



## **Selection Guide for the Women's Programme**

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Water Polo New Zealand (WPNZ) selection process is designed to select athletes for World Aquatics competitions (U16, U18, U20, Senior). The process is designed to provide fair and transparent selection decisions across age groups and support athlete development. The process ensures alignment with international best practice while reinforcing standards required for high performance.

This document is intended as a guide to the selection process. Squad and Team selection is determined by WPNZ Selection Regulations and Policies, found on the WPNZ website.

### **1. Squad identification**

Athletes are typically identified at National Club Championships and School Championships. Using a Talent ID Matrix, developed by Olympic-experienced coaches, athletes are scored from 1–4 across physical capacity, game and tactical awareness, technical positional play, and coachability and attitude.

### **2. Selection camps and testing**

Athletes meeting squad identification are invited to National Squad Camps where testing is carried out. Key tests include 10 x 100m Freestyle for aerobic fitness, Lateral Leg Test for agility and defensive movement, and Shooting Tests for data on goalkeeper saves, shooting accuracy and release under pressure. These tests inform squad selection (performance factor 4.4(b)) and provide development benchmarks.

### **3. Post-squad selection**

Following squad selection (typically 25–30 athletes), players train weekly and attend weekend camps approximately every three months. Physical testing is repeated three times across two years and includes swimming endurance, anaerobic capacity, lactate tolerance, shooting assessments, and goalkeeper-specific evaluations. This ensures consistent tracking of physical progress and readiness.

#### **4. Final team selection**

Final team selection is the culmination of a multi-layered process. Athletes will have completed camps, weekly training, repeated testing, video analysis, and individual development check-ins. The coaching team prepares a detailed selection document including selection factors, style of play, testing data, core competency ratings, positional balance, and overall team make-up. This document is submitted to the selection panel to select the team. The independent panel ensures fairness, transparency, and evidence-based decision making in the selection process.

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