



# WATER POLO STRENGTH



12-WEEK OFF-SEASON TRAINING PROGRAMME

Specialised Strength and Conditioning Sessions, Athlete Monitoring and Testing for High School Waterpolo Players





# ASSESSMENT AND MONITORING

- Initial & Post-programme Physical Assessments (Week 1 and 12)
- Load monitoring and Evaluation by HPC Sport Scientist





# STRENGTH & CONDITIONING SESSIONS

Periodised off-season training programme, focusing on building foundational strength with a focus on improving power in the pool. Additionally, aerobic development and injury prevention.

Two sessions per week (24 sessions in total)

Ages: u/15-u/19



## Load management

Essential in preventing overtraining and injury, and ensuring peak performance for the upcoming season

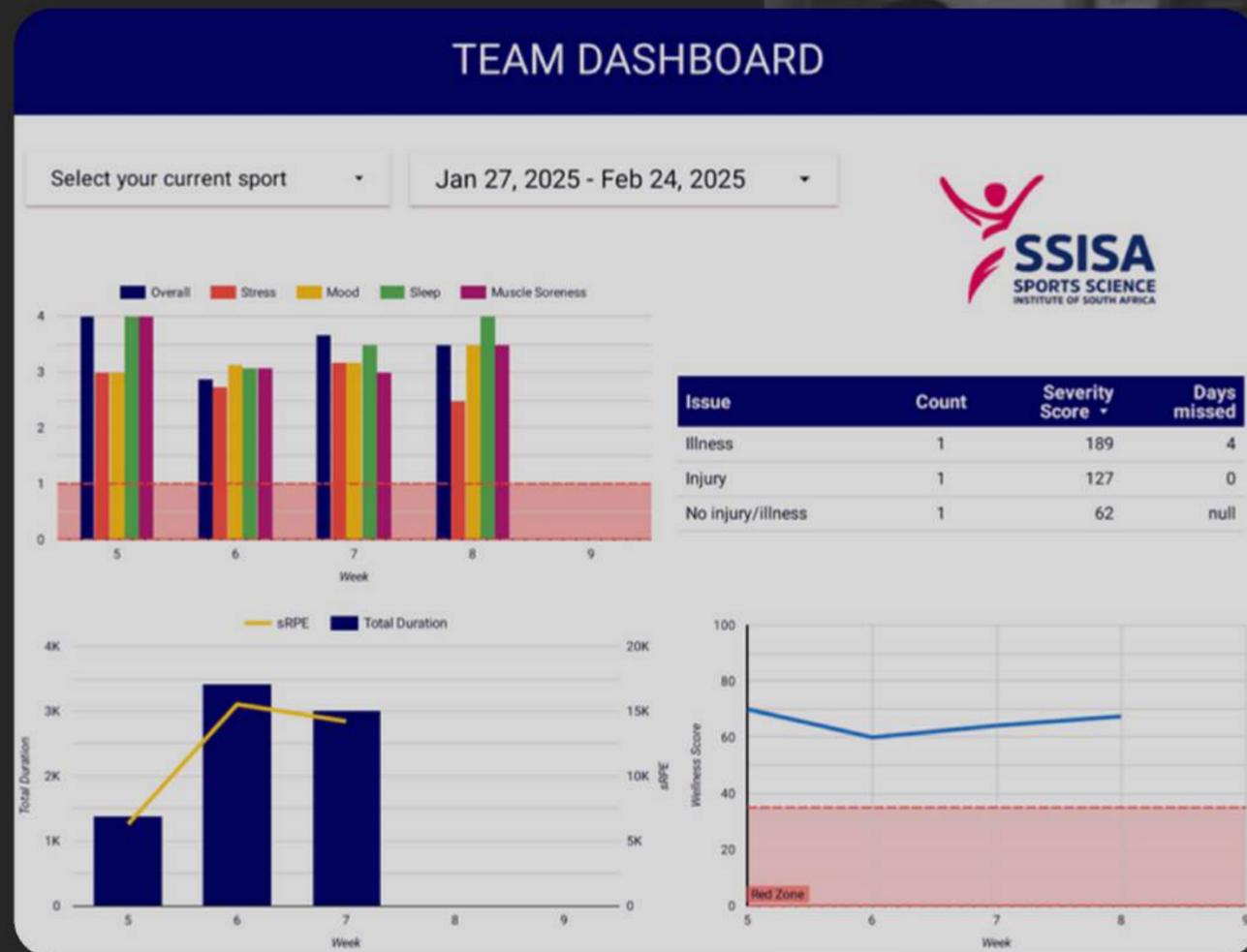


## Supervised training sessions

Group classes led by HPC biokineticists to ensure you get the most out of each session



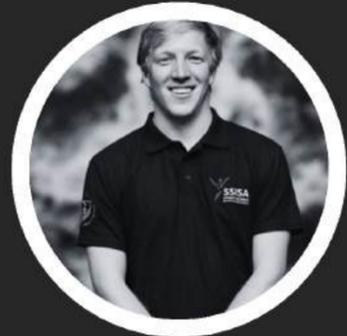
# EXPERT, DATA LED ATHLETE MONITORING



- Individual data is collected from each athlete over the entire programme
- Data collected is stored securely and only shared with the athlete and coach
- Athletes will be asked to provide load and wellness data which will be analysed and presented in a individual and team dashboard (if applicable)
- Monitoring wellness and load of the athletes will help reduce the risk of injury as a result of overtraining



# MEET THE TEAM



**TIMOTHY LEECH**  
*Biokineticist: HPC*

BSC (Hons) Biokinetics (US)  
BSC Sport Science (US)



**AMISH KOOVERJEE**  
*Biokineticist: HPC*

BSC(Hons) Sports Science (TUKS)  
BSC (Hons) Biokinetics (TUKS)



**WARWICK CROSS**  
*Senior Biokineticist: HPC*

BSC (Med) (Hons) Exercise Science (Biokinetics) (UCT)



**TIM KLEIN**  
*Sport Scientist: HPC*

BSC (Med) (Hons) Exercise Science (UCT)  
MSc Exercise Science (candidate)



# ADDITIONAL INFORMATION

- 24 group sessions over 12 weeks, led by an HPC Biokineticist
- Select your stream:
  - Mondays and Wednesdays at 4pm
  - or Tuesdays and Thursdays at 4pm
- Initial and post water polo specific assessments
- Load & wellness monitoring
- Top-up option for swimming fitness @ R470/month
- Two workshops/talks during the programme for participants and parents (Dietician and Sport Scientist)
- Home training programme provided if needed during the June/July holidays



Limited spaces  
**40**



Full programme  
**R3000**



DATES:  
**13 APRIL - 3 JULY  
2026**



# SIGN UP NOW!

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To guarantee your spot NOW, sign up by clicking [here](#), or scan the QR code:

**OR** if you would like to find out more information about the programme, or explore other membership options at SSISA, please complete [this](#) form.





 @sportscience\_hpc

