KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Coach/Athletic Trainer: Flexibility and Core Development for the Growing Water Polo Player

# of Positions Available: 1

Industry/Company Description: The Calgary Seawolves are a Community Water Polo club that offers introductory water polo to new athletes ages 6-17 and trains experienced athletes at a basic level through high school.

Location: Repsol Sports Centre and/or Shane Homes YMCA, Shouldice Pool, Foothills Pool, Churchill Pool

Required Hours: 60-72 hours total per term – evenly dispersed throughout term:
- 5 to 6 hours per week

Academic Session: Fall or Winter

Specified Schedule: Hours will be determined by the student’s class schedule and the practice schedules and locations of the athletes.

Duties/Responsibilities:

Under the strict supervision of the Head Coach the student will carry out the following inquiry in order to improve the strength, body functioning and injury prevention of water polo athletes in U12, U14, U16 and U18:

- Assist with the assessment and record data on the flexibility of the shoulders, hips and spine in the athletes in order to establish a baseline of ability. The Head Coach and student will work together to determine which body movements can be measured and taken empirically, and which would be noted through description.
- Help design, implement and modify age appropriate stretching and core strength programs. Currently our athletes do very basic core exercises like planking, sit ups and leg raises and other exercises like push-ups and squats. No weights are involved.
- Measure and record the core strength of the athletes in the basic dryland exercises they perform such as push ups, sit ups, leg raises and other exercises we add to the program. These measurements can be repeated at interval throughout the season to track progress.
- At the end of the term, submit a 2 page, double-spaced document outlining suggested stretching and core strength exercises for water polo athletes. Visuals/pictures must be included.
- Develop a knowledge of body movement in water polo. This knowledge will be learned through observation and consultation with the Head Coach.
- Understand and articulate the values and educational practices of the Seawolves and provide a report of the results for the Board.

Student Qualifications:
- Required: KNES 331 - Foundations of Coaching
- Required: Current CPR/First Aid Certification
- Required: The student must but willing to get in the water and try some of the skills the athletes are learning. Being able to swim 50 metres of front crawl is a minimum requirement.

On-Site Supervisor:
Gary Malcolm, Head Coach
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