

Elite Women's 2019-2020 Season Summary

The Regina Armada water polo club provides training to their athletes with the intent to develop skills and prepare for competition at a national level. This 2019 - 2020 summary provides the Regina Armada Board of Directors a comprehensive overview of the female Elite athletes' growth and progression as competitive club athletes. Statistics below include the numbers of athletes training with the Elite and Carrier groups, High Performance and High School Excellence programs, and competing at the Provincial League and various National Championship League categories.

During the 2019-2020 season, the elite training group was composed of age groups 14U, 16U, and 19U. The full time Elite athletes train four times per week, and the part-time Carrier athletes train once a week with the Regina Armada club. There are 20 full-time Elite athletes and 6 Carrier athletes for the 2019-2020 training schedule.

Provincial level competitions included four Provincial League tournaments in Regina and the Winter & Spring Provincials in Saskatoon. Due to the COVID-19 pandemic, the Spring Provincials was cancelled. Regina Armada had 7 Elite athletes and 5 Carrier athletes compete in the other five Provincial competitions.

Water Polo Saskatchewan provides additional training for club athletes in the province to further prepare athletes for national competitions and post-secondary career opportunities. Regina Armada had 8 Elite athletes and 6 Carrier athletes in the High Performance program, with one time per week additional training. WPS's High School Excellence program provides three additional water training sessions per week, as well as three weight training sessions with partners at Level 10. Regina Armada had 13 of it's Elite women in the HSE training program throughout the 2019-2020 season.

The 2019-2020 National Championship League Statistics for the 14U, 16U, 19U and Major League categories are included below:

14U Women:

- 5 elite women & 5 Carrier women competed on two equal teams in Regina and Winnipeg
- Both the Prairie Green and Prairie Grey teams qualified for the 14U Western Championships (cancelled due to COVID-19 pandemic)

16U Women:

- 14 Elite athletes selected to compete
- 12 games played; 10-2 record in regular season games; end of season placement was 2nd out of 7 teams in the western conference
- One regular season tournament, Western Finals, and NCL Finals were cancelled due to COVID-19 pandemic

19U Women:

- 13 Elite athletes selected to compete

- 16 games played; 8-5-3 record in regular season and crossover games; end of season placement was 2nd out of 5 teams in the western conference
- Women won the Crossover championship title, earning them a spot in the NCL Championship Finals (cancelled due to COVID-19 pandemic)
- Western Finals and NCL Finals were cancelled due to COVID-19 pandemic

MLWP Women:

- 9 Elite athletes selected
- 12 games played; 10-2 record in regular season games; end of season placement was 1st out of 4 teams in west
- NCL Senior Finals were cancelled due to COVID-19 pandemic

Regina Armada also celebrated 3 athletes receive and accept an NCAA team selection for universities in the United States.

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Regina Armada Water Polo Club

November 2020 Annual General Meeting