

COACHES ON TOUR 2010

New Zealand Water Polo is pleased to announce the 'Coaches on Tour' 2010.

'Coaches on Tour' is a series of coaching courses throughout New Zealand (see detailed itinerary below), **delivered by internationally renowned coaching expert/facilitator Paul Metz and two times Olympian Eelco Uri**. CVs of both Paul and Eelco can be found below the itinerary.

The course will consist of a two hour classroom session and an hour and a half pool session.

This course will be the kick-off of the new NZ Water Polo coach education/development model, which is based on Long Term Athlete Development (LTAD).

Prerequisites

There are no prerequisites for attending this course.

Course contents

- **Introduction into LTAD, water polo specific**
- **Outline of new coach education/development model**
- **General coaching tips**
- **Specific water polo coaching tips**
- **Pool session where the above will be demonstrated**

Admission fee

\$10 per attendee, paid on the day.

Registration

Please register your attendance by contacting the appropriate course coordinator. For contact details see the itinerary.

This course is a fantastic opportunity to gain **invaluable coaching knowledge** and again is open to everybody, no prerequisites.

Itinerary

Auckland: Tuesday 23 March 2010 at Sacred Heart College
Classroom 6-8pm followed by pool session 8-9.30pm
(course coordinator Chris Hayward: men@waterpolo.org.nz)

Wednesday 31 March 2010 at the Millennium Institute of Health and Sport
Classroom 6-8pm followed by pool session 8.15-9.30pm
(course coordinator Sharon Geary: women@waterpolo.org.nz)

Christchurch: Wednesday 24 March 2010 at QEII Park Pool
Classroom 5.30-7.30pm followed by pool session 7.30-9pm
(course coordinator Debbie Bowry: info@canterburywaterpolo.org.nz)

- Invercargill:** Saturday 27 March 2010 at the Splash Palace Pool
Classroom 9-11am followed by pool session 11.15am-12.45pm
(course coordinator Gillian Bowie: dbowie@es.co.nz)
- Dunedin:** Sunday 28 March 2010 at the Moana Pool
Classroom 4.30-6.30pm followed by pool session 7-8.30pm
(course coordinator Peter White: peter.s.white@nz.mwhglobal.com)
- Hamilton:** Tuesday 30 March 2010 at Waterworld Te Rapa
Classroom 6-8pm followed by pool session 8-9pm
(course coordinators Jerry Prendergast: jprendergast@mgmarketing.co.nz)
Bill Doig: bill_doig@xtra.co.nz and Doug Campbell: doug@sharkattack.co.nz)
- Wellington:** Friday 2 April 2010 at the WRAC
Classroom 5-7pm followed by pool session 7-8.30pm
(course coordinator Wellington Water Polo Centre:
comps@wellingtonwaterpolo.org.nz)
- Tauranga:** Saturday 3 April 2010 at the Poly Tech
Pool session 10am-12pm followed by classroom 1-3pm
(course coordinator Robyn Gregory: admin@taurangawaterpolo.org.nz)

CV Paul Metz

Name : Metz
Christian Name : Peter Paul
Date of birth : 8 March 1966
Civil status : Unmarried, cohabiting
Birthplace : The Hague
Nationality : Dutch

Qualifications / Education

2001 - 2002 **Master coach in sports (NOC-NSF)**
Diploma: 12 June 2002.

Roles of the master coach in sport:

- Communicator • Innovator • Planner • Trainer/coach • Mental coach
- Physical coach • Organizer • Talent developer • Policy developer
- Manager • Consultant • Research worker.

Competences of the Master Coach in Sport

- Durable with stress management • Individual leadership • Flexibility • Cooperative • Planning & organizing policy • Progress control • Problem analysis.

1983 - 1988

Central training institute for PE-teachers (CIOS)

Diploma: 7 July 1988

Profile description: • Sport, -recreation, care and training application
• Teacher learn to swim • Staff advisor on sport,- recreation and training
• Consultant swimming pools.

1978 - 1983

LTS mechanical technique (fine metal)

Diploma: 13 July 1983

Profession parcel: Dutch, English, maths, physics/mechanics,
Profession signs, practice fine metal, instrument maker.

Work experience

Jan `06 - present

Coachcoaches&training

Duty station: Zaandam

Function: Director

Activities: • Writing, organizing, carry out and assessing water polo coach courses • Workshop coach/speculator/expert during the training of several sport coach courses • to prepare and implementation of readings with relation on sport processes, training and coaching.

Objective: • Obtain commercial targets, customer visits • advancement (acquisition), • Establish tenders • Negotiations sale tariff.

Apr `06 - Apr `07

Dutch Rugby Board (NRB)

Duty station: National rugby center Amsterdam

Function: Co-ordinator top sport & coach education

Activities: • Justification concerning initiating • coordinating top sports policy • Active coaching within the Committee top rugby. • Justification, co-ordination and implementation of the development of coach education policy.

Aug `99 - Aug `05

Royal Dutch Swimming Association (KNZB)

Duty station: House of the sport, Nieuwegein

Function: Dutch National team head coach womans water polo

Most important responsibilities: • To recommend programme manager for policy conditions concerning the water polo programme • edge conditions accompaniment, the technical from a sports aspect contents of the training programme, improvement of the top sports organization • To discuss, task to divide and gives control to the top sport accompaniment team • training aims to determine • training plans make for short and long period • Report accompaniment process and results • Lead during consultation situations to association coaches, ring coaches and region coaches • Control and evaluates during trainings sessions • Collect Information for games • To Analyze games • Recording of coach needs and possibilities for sportsmen
• Coaching of sportsmen before, during and after the games • Connect and discussions with sportsmen • Planning of staff-team at events • Provision of information to the press regarding games • Building a network of functional contacts.

Aug `96-Aug `99

Teambuiding and organization office Metz (TOB-Metz)

Duty station: The Hague

Function: Director

Activities: Organizing and implementation of Teambuiding activities for companies and sport groups • customer visits, advancement (acquisition), to establish tenders, negotiations sale tariff.

Sept `98-Mei `99

City council of Amsterdam, Geuzenveld/Slotermeer

Duty station: P.J. Troelstra school

Function: Teacher BEWO

Activities: Prepare and carry out the Physical education programme for all classes of the primary school.

Oct `93-Mei `96

HZ/ZIAN omni sports club

Duty station: The Hague

Function: Technical coordinator swimming association HZ/ZIAN

Activities: Daily managing the operational technical aspects concerning compatative swimming, water polo, diving and learn to swim • To freshen up one-off of projects. Result-oriented heading of club coaches • To register, to analyze and fullfill technical challenges by associated swimming sports disciplines.

Oct `92-Oct 93

City Council of The Hague, Department of Sport & Recreational events

Duty station: District center of Scheveningen

Function: Sports and recreation officer

Activities: To prepare, coordinates and implementation of metropolitan (sport) events • justification of youths and 55+ sports and recreation events • To prepare, coordinate and implementation of 'familiarisation after-school (sport) courses' • To prepare, coordinate and implementation of holiday activities for youthfuls • Organizing school footbal, korfbal, slagbal, water polo and basketball tournaments • Organizing neighborhood and club house soccer tournaments.

Oct `90-Mei `93

Swimming Club Nereus

Function: Head coach womans water polo

Duty station: Swimming pool the battle at Zaandam

Activities: • To discuss, allocates out tasks and control the top sport water polo team • Training aims determine • Training plans for short and long period • Report accompaniment process and results • Control gives and evaluates during trainings • Collect information for games • Analyze of games • Record developmental needs and possibilities of sportsmen • Coaching of sportsmen prior, during and after the games • Providing information to press regarding games.

Sept 89-Jan 90

New Zealand Water Polo Board

Function (s): •New Zealand National team head coach womans water polo • New Zealand National team head coach boys under 20 • New Zealand National team head coach polo boys under 18 • New Zealand National team head coach boys under 15 • New Zealand National team head coach boys secondary school team.

Duty station: Auckland

Most important responsibilities: • To recommend programme manager for policy conditions concerning the water polo programme • edge conditions accompaniment, the technical from a sports aspect contents of the training programme, improvement of the top sports organization • To discuss, task to divide and gives control to the top sport accompaniment team • training aims to determine • training plans make for short and long period • Report accompaniment process and results • Lead during consultation situations to association coaches, ring coaches and region coaches • Control and evaluates during trainings sessions • Collect Information for games • To Analyze games • Recording of coach needs and possibilities for sportsmen • Coaching of sportsmen before, during and after the games • Connect and discussions with sportsmen • Planning of staff-team at events • Provision of information to the press regarding games • Building a network of functional contacts.

Sept 88-Dec 89

Capital Power Maranui water polo club

Function (s): • Head coach maranui water polo • Coach womans water polo selection • Coach boys under 20 • Coach boys under 18 • Coach girls/boys under 16 • Coach Girls/boys under 14 • Coach girls/ boys under 12.

Duty station: Wellington, New Zealand

Activities: • To discuss, allocates out tasks and control the top sport water polo team • Training aims determine • Training plans for short and long period • Report accompaniment process and results • Control gives and evaluates during trainings • Collect information for games • Analyze of games • Record developmental needs and possibilities of sportsmen • Coaching of sportsmen prior, during and after the games • Providing information to press regarding games.

Jan 89 - Sept 89

Wellington City Counsel

Function: Coaching co-ordinator water polo

Duty station: Wellington Regional Aquatic Center, New Zealand

Activities: • Planning and implementation of a water polo programme primary and secondary schools • To organize, increases and improving regular school water polo competitions • Creates connection between schools and clubs.

Sept 1988 - Oct 1990

St Patrick's college, Wellington, New Zealand (high school)

Duty station: Wellington

Function: • Physical education teacher • Teacher social studies

Activities: • Dean for all 4e class • The management of daily lessons physical exercise for all classes • Teacher social studies 4e formers.

Results as water polo coach

2005 1st at the WC qualification tournament, Madrid, Spain, National Womens team of the Netherlands;
2003 4th at the European championships, Ljubiana, Slovenia, National Womens team of the Netherlands;
5th at the World championships, Barcelona, Spain, National Womens team of the Netherlands;
2001 5th at the European championships, Budapest, Hungary, National Womens team of the Netherlands;
2000 4th at the Olympic game Sydney, Australia, National Womens team of the Netherlands;
1999 2nd at the European championships, Prato, Italy, National Womens team of the Netherlands;
1998 2nd at the Dutch National top league, ZWV/Nereus womens team;
1995 Upgrade 2nd League to Dutch National top league, HZZIAN mens team;
1993 2nd at LEN Champions cup, Palermo, Italy, ZC Nereus womens team,;
1993 1st at the Dutch National top league, ZC Nereus womens team;
1992 1st at the Dutch National top league, ZC Nereus womens team;
1991 2nd at the Dutch National top league, ZC Nereus womens team;
1990 1st ever victory in and against Australia, National school boys team, New Zealand, Sydney, Australia;
7th at the World championships, Perth, Australia, National Womens team New Zealand;
1989 3rd at the Pan Pacific Games, Auckland, New Zealand National boys team u/20 years;
1st at the Pan Pacific Games, Auckland, New Zealand National boys team u/18 years;
1st at the Pan Pacific Games, Auckland, New Zealand National boys team u/15 years;
1989 1st at the National secondary schools championship, New Zealand, Secret Heart college u/17;
1988 1st at the National secondary schools championship, Wellington college u/15;
1987 1st at the District The Hague league, the Netherlands, HZZIAN boys under 14;

Water polo player experience

1979/80 Dutch National junior team the Netherlands under 14;
1981/2 Dutch National junior team the Netherlands under 16;
1983/4 Dutch National junior team the Netherlands under 18;
Zian/Vitesse mens A team - Dutch National top league;
1985/6 Dutch National junior team the Netherlands under 18;
Zian/Vitesse mens A team - Dutch National top league;
1887/8 Dutch National Senior mens team the Netherlands under 20;
Zian/Vitesse mens A team - Dutch National top league;
1988/90 Capital Power Maranui mens A team, Wellington, National League New Zealand;
1990/1 The West water polo, Brisbane, Queensland League Australia.

Remaining skills

Computer Skills: Become, Excel, PowerPoint, Outlook, Utilius (Divaris), Control the Game, Ulead, Mindmanager, Systran Dictionary manager, ArcSoft Photo studio, Dartish Connect, XN View, , VSO ConvertX2DVD and Videoget.

Languages: Dutch and English.

Hobby's • Water polo • Rugby • Chess • Reading • Cooking • Running • Traveling

CV Eelco Uri

Date/place of birth: 05-12-1973, Rhenen, the Netherlands

Education

2007	Equity and Diversity Workshop	<i>UK Amateur Swimming Association</i>
2006	- World Class Coaching Conference <i>Three day conference with top coaches of UK Olympic Committee and international speakers including:</i> <ul style="list-style-type: none">- Li Cunxin- Brad Gilbert <i>And workshops with, among others:</i> <ul style="list-style-type: none">- Dr. Richard Charlesworth (High Performance Manager NZ Cricket)- Graham Lowe (S&C Coach All Blacks)- Dr. Christian Cook (NZ Rugby)	<i>UK Sport</i>
	- Anti-doping Seminar	<i>British Swimming</i>
	- International Life Guard Certificate	<i>Royal Life Saving Society, UK</i>
	- ESL training course <i>Water Polo specific training course involving:</i> <ul style="list-style-type: none">- Planning- Structuring- Mini Water Polo (Flippa Ball)	<i>Swiss Olympic Waterpolo</i>
1999	Masterclass Sport Subjects: <ul style="list-style-type: none">- Sport Management- Sport Marketing- Media Training	<i>HVU/ NOC*NSF, Netherlands</i>
1994 – 1999	Bachelor of Physiotherapy Subjects: <ul style="list-style-type: none">- Biomechanics- Physiology- Psychology- Sport Science- many other subjects	<i>Hogeschool van Utrecht, Netherlands</i>
1990 – 1993	Diploma in Business <ul style="list-style-type: none">- Statistics- Company Economics- Commercial Economics- Business English- Business German- Business Dutch	<i>Business School MEAO, Netherlands</i>

Water Polo Player CV – Club:

2005	SC Schaffhausen, Switzerland (summer championship) National champion MVP
2004 – 2005	NOX Hania, Greece Play off finalist
1999 – 2004	Olympic Nice Natation, France Five times national champion Two times cup winners Winners Coupe de la Ligue Five times quarter finalist Champions League 2001-2004 team captain
1998	Al-Qadsia, Kuwait (summer championship) Silver medallist at Arab Cup
1996 – 1999	AZ&PC Amersfoort Three times cup winners Two times national champion Two times MVP play offs
1994 – 1996	Polar Bears Ede Cup finalist Two times national champion Two times MVP play offs
1984 – 1994	VZC Veenendaal National junior champion Two times senior cup finalist

Water Polo Player CV – National Team:

1994 – 2004	257 caps (2003 and 2004 team captain) for the Netherlands Participated in: <ul style="list-style-type: none">- World championships 1994 and 2001- European championships 1995, 1997, 1999, 2001 and 2003- FINA World Cup 1995- FINA World League 2003- Olympic Games 1996 and 2000
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Water Polo Trainer CV:

2009 – 2010	Head Coach Senior Women NZL
2006 – 2007	High Performance Coach British Water Polo
2005	Head Coach and Waterpolo Development Manager SC Schaffhausen, Switzerland
1998 – 2005	Clinic Trainer National junior teams Netherlands
1994 – 1998	Junior Trainer, VZC Veenendaal Two times national junior champion