



***LEARN FROM  
THE BEST***



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# SUMMARY



· **MISSION · VISION · VALUES ·**

# ABOUT BIWPA





BIWPA is an **international water polo academy** based in **Barcelona**, Spain, that offers the best combination between high performance water polo and academic studies. We're the world's first and leading **high performance** training program for water polo.

### HISTORY

The Academy was created **in 2014** by **2x Olympic coach Quim Colet**, widely recognized as one of the top coaches in the world of water polo, having played a key role in the development and implementation of the highly effective **methodology** that has brought Spain to the forefront of the sport.

### METHODOLOGY

All our coaches are aligned with the same training philosophy that has been applied for the past two decades in the development programs of both the Catalan and Spanish Federations. Our approach is mainly focused on **individual technique and tactics**, **decision making**, and a **playing style that prioritizes dynamism and intelligence over physical strength**.



### MISSION

Our mission is to help student-athletes achieve their full potential and fulfill their goals both on and off the pool. We aim to provide a world-class training environment and support system that fosters personal growth, character development, and academic excellence. We want our athletes to develop not only their physical skills but also their mental and academic abilities.

### VISION

We strive every day to continue as the leading international high-performance water polo academy, recognized for its excellence in training, coaching, and academic support, and for producing outstanding athletes and citizens who make a positive impact in their communities.

### VALUES

We believe in hard work, discipline, perseverance, teamwork, respect, and continuous improvement. We strive to instill these values in all of our student-athletes and coaches.





# OUR PROGRAMS

*We provide high school and over 18 student-athletes with a **world-class water polo program** and the best academics through our education partners.*

All our programs are designed for **ambitious student-athletes** who want to take their water polo skills and academic achievements to the **next level**. Our comprehensive programs are tailored for athletes with an advanced level of water polo experience who are looking for a challenging and unique opportunity to push themselves outside of their comfort zone in one of the world's best destinations.



# HIGH SCHOOL

## MAIN PROGRAM

Immerse yourself into one of the **world's best water polo environments** while you continue with your academics at an American high school.

*It was great! Being put on a **club team** was definitely one of my favorite parts, being able to go around and play with them . . . We qualified for the **Spanish national championships**, so that was very exciting. BIWPA did a good job trying to integrate **experiences in the city** as well. Overall a great experience and my water polo got a lot better.*



FULL INTERVIEW



- **Who?** High school ages 14 - 18 (grades 9 to 12)
- **Goals?** Develop your water polo skills and widen your college water polo opportunities
- **How long?** Semester or academic year

Luke Nelson (Connecticut, US) - Spring 2021 · USC





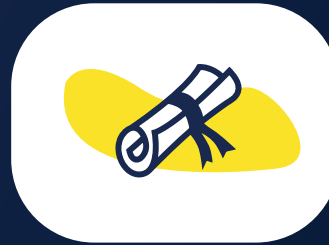
# ***OTHER PROGRAMS***



## ***GAP YEAR***

Improve as a water polo player and experience a new culture while you gain time to consider your future education and career plans.

- **Who?** Student-athletes graduated from high school
- **Goals?** Train and play at the highest level to prepare for your first year of college or search out better recruiting opportunities
- **How long?** Minimum of 4-month stays



## ***BACHELOR***

Start your higher studies with a bachelor's degree at Geneva Business School while you compete and train with a Barcelona-based club team.

- **Who?** Student-athletes graduated from high school
- **Goals?** Pursue a higher education degree in business while also improving your water polo skills, with a wide range of clubs and leagues for players to join after turning 18
- **How long?** 3-year degree



## ***MASTER***

Keep playing water polo at a high level after graduating from college and start your journey into the business world with a master's degree.

- **Who?** Collegiate student-athletes with undergraduate studies
- **Goals?** Continue your academic and athletic pursuits at the highest level
- **How long?** 1.5 years (3 semesters)

A young woman is in a swimming pool, wearing a dark blue swim cap with a logo that says 'ACADEMY' and a dark blue swimsuit. She is holding a yellow water polo ball with both hands. The background shows pool lane lines in red, white, and yellow. The text 'SPORTS PROGRAM' is overlaid in a large, yellow-outlined, italicized font.

# SPORTS PROGRAM

*We're the first water polo Academy in the world offering a **high performance** training program for ambitious student-athletes wishing to take their game to the next level.*



# WHAT DO WE OFFER?



High performance water polo: A methodology focused on **individual technical** and tactical skills.



Access to high-level competition: **Train and compete** on a weekly basis with the Academy club team to develop team cohesiveness and tactics.



**Strength and conditioning** sessions (dryland):  
Three dryland training sessions a week with a specialized coach.



Included services for our athletes' care:  
**Physical therapist, nutritionist and mental coach.**



**Masterclasses with Olympians:** Special practices once a month with professional and pro players.



Personalized **Watlicam sessions:** Enables real-time performance analysis from under and above the water by the technical staff.



**One-on-one coaching:** Individualized feedback for every athlete and their specific position with a low coach/player ratio.



**Videocall** between coaches and parents three times per semester.

# COACHING STAFF



**Quim Colet**

**Currently: Head Coach - CN Sabadell men's senior team**  
*LEN Euro Cup (1), Spanish Supercup (1)*

With a very low coach-to-athlete ratio, our staff is composed of qualified coaches with experience, skill and a high-level background. All the Academy coaching staff works under the leadership of Quim Colet, world-renowned coach for more than 30 years and currently in charge of Club Natació Sabadell men's senior team, among the top 16 best teams in the world.

## **Achievements:**

- Head Coach - Spanish Honor Division teams  
CE Mediterrani, CN Atlètic-Barceloneta, CN Barcelona
- Assistant Coach - Spain men's national team
- 2 Olympic Games
- Head Coach - Spain men's junior national team - World Champion and European silver medalist
- Water Polo Technical Director - Catalan Swimming Federation - 8 years





Although the achievements and skills of our coaches as players are undoubtedly valuable, what truly sets them apart is their deep knowledge and extensive training in the sport of water polo. Our coaches are experts in our specialized methodology, which emphasizes individual technique and tactics, decision-making, and fundamentals. With this approach, our coaches are dedicated to helping each individual athlete reach their full potential and achieve success in the sport.



**Yuri Colet**

### ***Head Coach - Barcelona, Spain***

***As one of the founders, Yuri is in charge of all the sports program***

- Head Coach - CN Poble Nou men's senior team (Spanish National D1)
- Technical Director - Soller (Mallorca)



**Ferran Pascual**

### ***Occasional Coach & Mentor - Barcelona, Spain***

***Ferran was the first coach of the Academy (2014)***

- Coach - With different age groups at CN Rubí
- Professional player and captain - CN Rubí (Spanish Honor Division)



**Gabor Egedi**

## *Coach - Hungary*

*Gabi brings the unique Hungarian polo style to everyday's practice*

- (Current) Head Coach of CN Catalunya women's senior team - 8 years
- Philippines national team
- Catalan 13u national team
- As a player: Played pro in Hungary, France, Germany and Spain



**Cecilia Leonard "CC"**

## *Coach - Florida, US*

*Her love for water polo knows no bounds*

- Iona Graduate
- Professional player in Spain and Argentina's national team





# MASTERCLASSES

Our student-athletes have the incredible privilege of being visited by numerous Olympians and professional players, enriching their experience and providing invaluable inspiration.





# ***CLUB TEAM COMPETITION***

*Learn how our players benefit from **competing in the local league***

We run our own club to ensure that all our student-athletes receive ample play-time during their time at the Academy.

Also, we have an agreement with **Club Natació Sant Feliu**, one of Catalonia's prominent clubs.

Besides the morning practice with our experienced coaching staff, all our players compete both with their age group at Club Natació Sant Feliu (16u or 18u) and with the senior team of Barcelona Waterpolo Club. Depending on their age and skill level, some players may be included only in the roster for either CNSF or BCN WP CLUB.



The primary objective of our club is to expand the opportunities for all athletes enrolled in our program to benefit from **weekly league competitions**.

Training sessions with the club team are held in the evening to accommodate our players' schedules and provide them with a well-rounded water polo experience.



# ACADEMIC PARTNERS

*We have teamed up with Barcelona's **best schools and universities** in order to offer our athletes excellence in education as well.*





### **Geneva Business School** **Bachelor's and master's programs**

Swiss-quality business education school with Bachelor's and Master's programs in both International and Sports Management specializations, among others. Campus is located right in the middle of the action in Barcelona, at the epicenter of all major attractions.

### **AESA Prep Academy** **High school program**




An American high school situated in the city's privileged Pedralbes neighborhood, with grades 9 to 12. Students-athletes at the school work with small groups and have flexible schedules. **Students come from all over the world, creating a truly unique learning environment.**

### **BCN Languages** **Gap year program**

A Spanish language school with more than 20 years experience in teaching Spanish to foreigners in Barcelona. The school has been innovating itself both from a technological and an academic point of view in order to offer students the best quality.





A group of female water polo players in a pool, wearing dark swim caps and blue swimsuits. They are holding yellow water polo balls. The player in the foreground has a cap that says "WATER POLO LIFE BARCELONA".

*Explore the day-to-day of our student-athletes at the Academy, both water polo and academic wise.*

# *TYPICAL WEEK*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
<b>AESA Prep Academy</b> 9 am - 2:30 pm	<b>Morning practice (POOL &amp; GYM)</b> 7:45 am - 10:30 am	<b>Morning practice (POOL &amp; GYM)</b> 7:45 - 10:30	<b>Morning practice (POOL &amp; GYM)</b> 7:45 - 10:30	<b>AESA Prep Academy</b> 9 am - 2:30 pm		<b>Weekend game(s)</b> Sunday morning
						
	<b>AESA Prep Academy</b> 11 am - 2:30 pm	<b>AESA Prep Academy</b> 11 am - 2:30 pm	<b>AESA Prep Academy</b> 11 am - 2:30 pm			
						
<b>Evening practice</b> L'Hospitalet / Blume / CN Sant Feliu 8 pm to 9.30 pm	<b>Evening practice</b> L'Hospitalet / Blume / CN Sant Feliu 8 pm to 9.30 pm	<b>Evening practice</b> L'Hospitalet / Blume / CN Sant Feliu 8 pm to 9.30 pm	<b>Evening practice</b> L'Hospitalet / Blume / CN Sant Feliu 8 pm to 9.30 pm	<b>Evening practice</b> L'Hospitalet / Blume / CN Sant Feliu 8 pm to 9.30 pm	<b>Weekend game(s)</b> Saturday evening	



An aerial photograph of Barcelona, Spain, taken at dusk. The city's dense urban landscape is visible, with the Sagrada Família church standing out prominently in the center. The background shows the dark silhouettes of mountains under a twilight sky. The entire image is framed by a thin yellow border.

# LIFE IN BARCELONA

*Its architecture, weather, food, and culture make Barcelona the perfect destination. Additionally, the city's water polo culture is prestigious with high-level competitions happening every weekend.*





## ***Why is Barcelona the perfect destination for student-athletes?***

Barcelona is an ideal destination for student-athletes looking for an immersive experience in a vibrant city. With its stunning **architecture, warm weather, and delicious cuisine**, the city is sure to captivate any visitor. Moreover, Barcelona's rich **culture and history** offer a wealth of opportunities for exploration and discovery, making it an exciting place to live and learn.



# HOUSING: LIV STUDENT SARRIA

All high school student-athletes live together at LIV Student Sarria under the supervision of a BIWPA staff member 24/7, a student residence located in a safe and central area of Barcelona, close to the iconic Diagonal street and a few blocks away from L'illa shopping mall.

## ***What's included:***

- Full board: The menu is thoughtfully tailored to meet the specific nutritional requirements of our athletes.
- Double rooms or single rooms (shared only with another Academy student-athlete).
- Private bathroom in a modern and spacious space with outdoor terrace.
- AC, two desks and study chairs.







*This accommodation option is also available for gap year and higher studies athletes, but is only obligatory for high school student-athletes.*





# ***OTHER SERVICES INCLUDED IN THE PROGRAM***



## **Getting around Barcelona:**

The **BIWPA van** ensures seamless connectivity between various essential destinations in our athlete's daily schedule: residence, school, pools, and more!




## **Don't worry about anything:**

We provide comprehensive support for athletes relocating to Barcelona, handling all the necessary **paperwork** with efficiency and expertise. Our services include assistance with visa processing, securing medical insurance, and more.



## **Training trips:**

All our Academy athletes are invited to take part in a training trip at least once per season. In the past, we have explored captivating destinations such as **Greece, Miami, the Canary Islands, Portugal, and Budapest.**



*At BIWPA, we understand that one of our student-athletes' primary concerns is planning for college. Our focus is on creating an environment that fosters their growth and development, both **athletically** and **academically**.*

# COLLEGE RECRUITING





Besides being surrounded by the best water polo in the world, our student-athletes can also take advantage of our ***taylor-made service for college consulting and recruiting***, which includes:



### Highlight video

With game and training footage.



### Consulting and advice

Guidance for athletes to look for the best option.



### Performance report

Outlining the athlete's progress at the Academy.



### Reference letter

Signed by Quim Colet and our coaches (only in specific cases who earn this recognition).





# HALL OF FAME

Take a look at some of our former student-athletes who are currently playing at the collegiate level:



**Adam Van Uden**  
Year 2017-18



**Addison Mc Gowan**  
Fall 2018



**Alison Doherty**  
2015 - 2019



**Alessia Gressi**  
Year 2019-20



**Amelia Baca**  
Spring 2021



**Annabelle Mundelius**  
Fall 2022



**Anna Crum**  
Summer 2021



**Bernardo Herzer**  
Fall 2020



**Carlos Silvestre**  
Year 2014-15



**Dara Schoolcraft**  
Spring 2021



**Dunara Senadheera**  
Spring '20 & Summer '22



**Easton Hamm**  
Spring 2019



**Emma Gustafsson**  
Spring 2021



**Gavin West**  
Fall 2017



**Jack Bradbury**  
Summer 2021



**Jack Brodersen**  
Year 2019-20



**Jordi Gascón**  
Year 2017-18



**Julian Montoya**  
Spring 2020



**Kelly Doherty**  
Year 2015-17



**Kiyann Mohebbizadeh**  
Summer 2017 & 2018



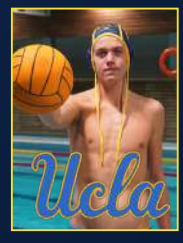
**Lauren Hett**  
Fall 2022



**Luke Nelson**  
Spring 2021



**Marcus Longton**  
Spring 2015



**Mark Laurlund**  
Spring 2018 & 2020



**Narayan Sharma**  
Year 2014-15



**Skyler Knoflick**  
Spring 2018



**Snapper Gulick**  
Year 2014 & 2015



**Reid Thorson**  
Spring '20 & Fall '20



**Ryder Hagan**  
Spring 2019



**Wyatt Mundelius**  
Spring 2019



# FACILITIES

*All the Academy settings are located in Barcelona and surroundings.*







# KEY LOCATIONS





# *BARCELONA: THE WORLD'S WATER POLO MECCA*

*Barcelona offers a unique opportunity to immerse in a **prestigious and competitive water polo culture.***





## ***The water polo system in Europe:***

The city boasts a strong tradition of water polo, with high-level competitions taking place every weekend and a wide variety of clubs with men's and women's teams of all age groups. With its combination of world-class training and a thriving sports community, Barcelona is the ultimate destination for aspiring water polo players.

In contrast to the US, water polo in Spain (and Europe) is **exclusively a club team sport**. All clubs in the Catalonia region have age groups ranging from u10 (benjamín) to u18 (juvenil), as well as a senior team for players over 18 years old.

There is no high school or collegiate-level competitive water polo. After finishing high school, athletes continue competing with a senior team from a club, at **regional, national, or international levels**, depending on their skills.

For high school age groups (16u and 18u), Catalonia boasts one of the world's most competitive and professionalized leagues. **Most top clubs are based in Barcelona** and nearby cities. In the metropolitan area alone, there are over 20 clubs with all age groups, men's and women's teams. Water polo-wise, **Catalonia is to Spain what California is to the US**.



# ***How do student-athletes take advantage of this environment?***



## **- Club team league:**

Compete in the local league with a club team, practice with your teammates in the evening and play at least one official game every weekend.



## **- Pro games:**

Access to watching professional water polo games live almost every week. Enjoy the best European water polo and experience the atmosphere of Champions League and Spanish league games.



## **- Connections:**

Immerse yourself into one of the world's most advanced water polo systems. Train with a group of local players every morning at the Academy and club, and make connections with athletes and coaches.

A photograph of four former student-athletes standing in a swimming pool. On the left, a woman in a blue one-piece swimsuit and swim cap, with 'WATKO' and 'WATER polo' on her suit, stands with hands on hips. In the center, a man in blue swim trunks. On the right, two women in blue one-piece swimsuits, one with 'WATKO' and 'WATER polo' on it, also with hands on hips. The background shows pool lanes and a building.

# TESTIMONIALS

*Hear from our former student-athletes.*





### Emma Gustafsson (Connecticut, US)

University of Michigan

Spring 2021 - High school program

*"This is one of the best decisions I've made in my entire life. It's such a family environment and a very positive coaching environment. I think that BIWPA is such a family and you feel welcome on the first day. It's an amazing experience, it goes by very quick and you won't believe it"*

**FULL INTERVIEW**



### Mark Lurlund (California, US)

UCLA

Spring 2018 & 2020 - High school program

*"I had the chance to compete with the best 16u team in Spain, Club Natació Barcelona, and winning both the Catalan and Spanish Championships. I had the best experience of my life: I played water polo, I traveled around Barcelona, and had a great time with my friends and club team."*

**FULL INTERVIEW**





### Lauren Hett (California, US)

UC Irvine

Fall 2022 - High school program

*It's a more physical game here in Spain, so that definitely prepared me for college. At the Academy, we focus more on conditioning and tactics, and the coaches focus on the players as individuals and what they need to learn. Although we do drills all together, then the coaches stop you and tell you what you need to do personally, which I think is great.*

**FULL INTERVIEW**



### Ryder Hagan (California, US)

UC Berkeley

Spring 2019 - High school program

*"Just the way they play water polo seems a lot more effective than at home, so I can bring that back and be a better player. The club league here is the most advanced and organized water polo I've ever seen in my life, with games going on every weekend. There's so much water polo here!"*

**FULL INTERVIEW**







## Jack Brodersen (New York City, US)

UC Irvine

Year 2019-20 - Gap year program

*"BIWPA has been an amazing opportunity for me to progress my skills in water polo along with living in a new city and learn a new language. The gap year program has been great so far, learning every day from my coaches and playing at a high level. It's been a great fit and I'm excited to come back in January."*



## Ferran Fuentes (Mexico)

Bachelor program

*"I started with BIWPA as a junior in 2018, and now I am graduating from Geneva Business School in 2023. It's amazing that I could start my higher studies here while I continued the sport I love in a competitive level. This has been a life-changing experience for me and it has shaped who I am."*

***THANK YOU!***



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