



NCAS 2021 AFLW PROGRAM

Introduction

Thank you for your interest in applying for selection into the **NCAS 2021 AFLW Program**.

North Coast Academy of Sport (NCAS) is one of eleven regional academies throughout NSW. Supported by NSW Government - Office of Sport and Southern Cross University, NCAS undertakes the identification and development of talented junior AFL athletes on the North Coast of NSW.

The Academy AFLW Program's major aim is to assist the individual development of each athlete so that they progress further in the sport. The 2021 program will commence in December 2020 and run to April 2021. The program will have an emphasis on female athletes within U16 and U18 age groups (2003-2006). AFL NSW/ACT has recently revamped the female talent pathway with regional Academy of Sport programs providing the first step in this pathway.

As well as intensive training days, squad members also receive an athlete education program which includes the following modules:

- Nutrition
- Sport Psychology
- Integrity in Sport
- Sports Medicine and Injury Prevention
- Drugs in Sport and Community
- Youth Leadership
- Resilience
- Social Media for Athletes
- Financial Fitness for Young Athletes
- Public Speaking

Athletes will also be provided with an NCAS uniform and training kit.

Eligibility to Apply

To be eligible for NCAS selection, the athlete must meet the following criteria:

1. Females 15 -18 years of age in 2021 (i.e. born in 2003, 2004, 2005 & 2006)
2. Athletes who sit just outside of this age range may be considered and are encouraged to contact the Academy for further information

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3. Reside in the in the North Coast region within the defined Local Government boundaries of the following Council areas: Clarence Valley, Coffs Harbour, Bellingen, Nambucca, Kempsey and Port Macquarie-Hastings
4. Complete and submit application forms by **Friday 23rd October 2020**
5. **Attend the Trials & Development Day – Saturday 7th November 2020**
6. Display the potential to progress through the AFL NSW/ACT Athlete Pathway
7. Demonstrate a dedication to improving performance

Program Format & Dates

The 2021 program will be based in Coffs Harbour at the Southern Cross University CHEC Campus.

All applicants must attend the Trials and Development Day in order to be considered for the 2021 AFLW Squad. Squad members will be required to participate in the Your Local Club NCAS Education Program (dates TBC) as part of their commitment to the program. Attendance at the Your Local Club Academy Games at Newcastle on 16-18 April 2021 is compulsory for U16's athletes. Program dates will be advertised to selected athletes.

Expected Program Costs

The Trials and Development day incurs a fee of \$25, this includes;

- Fitness Testing – AFL Combine
- Skills and Development Sessions
- Strength & Conditioning Program based on testing results

Should you be selected for the 2021 program you can expect to pay a fee of approximately \$350.00 to confirm your place in the squad. The fee may be paid over instalments and payment plans may be negotiated if required.

The estimated program cost will cover the following:

- Athlete Insurance
- Administration Costs
- Off-Field and Playing Uniforms
- Venue Hire
- Equipment
- Coach Expenses
- Entry to the 2021 NCAS Academy Awards Evening, including meal
- Access to the Your Local Club NCAS Education Program where sport education modules will be delivered.

Athletes will need to organise and pay for their own travel, accommodation and meals as required to training days, NCAS events and Academy Games unless stated above.

There will be a separate athlete levy for U16 athletes attending the 2021 Your Local Club Academy Games which will cover the following: athlete insurance, team registration, coach expenses, and welcome pack.

Athletes will be able to utilise the *Friends of the Academy Sponsorship* program to find individual sponsorship to help cover their athlete levy or part thereof. Please contact the Academy if you have any questions.

NCAS AFLW Personnel

The NCAS AFLW Program is overseen and run by:

- NCAS Coach/es
- NCAS Executive Staff

Please ensure at least one active email address is provided on your application.

Applications close Friday 23rd October 2020. No late applications will be accepted.

Applicants who have satisfied the eligibility criteria and have demonstrated the skills necessary to be a part of the program will be notified within two weeks of the Trials and Development Camp date via email.

Best Wishes,

A handwritten signature in blue ink, appearing to read 'D'Arcy Van den Bossche'.

D'Arcy Van den Bossche
General Manager