

North Coast Academy of Sport

2021-22 AFLW Talent ID Program

Introduction

Thank you for your interest in applying for selection into the **NCAS 2021-22 AFLW Talent ID 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 AFLW athletes on the North Coast of NSW.

NCAS, AFL North Coast and Sydney Swans Academy have worked closely to develop this program with the aim to assist our athletes towards the next step in their AFL/W careers. The program will include squads of U14 and U16 female athletes in combined sessions within the North Coast. These sessions focus on skills and fitness development, culminating in a 12-a-side tournament, co-hosted by the Regional Academies of Sport & Sydney Swans Academy. This tournament is a talent ID event, with the potential for selection into the Sydney Swans Academy.

Eligibility to Apply

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

1. Females 13 - 16 years of age in 2021 (i.e. born in 2008 – 2005)
2. Reside in the in the North Coast region within the defined Local Government boundaries of the following Council areas: Lismore, Richmond Valley, Clarence Valley, Coffs Harbour, Bellingen, Nambucca, Kempsey and Port Macquarie-Hastings
3. Play for a club affiliated with AFL North Coast
4. Complete and submit application forms by **24th September 2021**
5. **Attend the Trials & Development Day – September/October 2021 (TBC)**
6. Display the potential to progress through the Sydney Swans Academy Athlete Pathway
7. Demonstrate a dedication to improving performance

Program Dates, Times and Activities

The AFLW 2021 program will follow the following schedule: 6 x Combined Sessions where all athletes and coaches will meet centrally (Coffs Harbour), culminating in the Academy Cup – an inter-academy tournament co-hosted by the Sydney Swans Academy in early 2022. This is a talent ID event, with the potential for selection into the Sydney Swans Academy.

Your attendance at the following training days, competition dates and NCAS activities is compulsory, except under extreme personal circumstances or higher AFL duties (i.e. State or National training /events). If an athlete is unable to attend a scheduled event, approval from the head coach must be sought with as much notice prior to the event. If an athlete cannot attend because of injury or illness, a certificate from a sports physician or doctor must be provided in writing to the Academy office within seven days of the scheduled date and the head coach must be contacted before the date if possible. Work commitments must be arranged around the program dates.

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Camp	Dates	Times	Venue
Trials TBC	27 th & 28 th September 2021	TBC	AFL NC Carnival - TBC
Session 1	23 rd October 2021	9am – 12pm	SCU, Coffs Harbour
Session 2	13 th November 2021	9am – 12pm	SCU, Coffs Harbour
Session 3	11 th December 2021	9am – 12pm	SCU, Coffs Harbour
Session 4	22 nd January 2022	9am – 12pm	SCU, Coffs Harbour
NCAS Education Day	13 th February 2022	9am – 3pm	SCU, Coffs Harbour
Session 5	26 th February 2022	9am – 12pm	SCU, Coffs Harbour
Session 6	26 th March 2022	9am – 12pm	SCU, Coffs Harbour
Swans Academy Tournament	March/April 2022	2 Days	TBC
NCAS Academy Awards	May 2022	TBC	Coffs Harbour

Program Costs and Inclusions

The program fee for 2021-22 is **\$275.00** (including GST), which covers the following items:

- 6 x 1-day training sessions
- Professional coaching
- Strength and conditioning programming with ACE Performance – face to face sessions, training programs & AMS
- Fitness testing
- Athlete injury, death and permanent disability insurance
- Access to NCAS Education Program
- Entry to NCAS 2022 Academy Awards, including meal
- NCAS administration levy

Costs to be covered by athletes:

- NCAS uniform - Polo & shorts
- NCAS playing kit – Jersey, shorts, socks; optional – training singlet
- Travel and accommodation (if required) to and from training days, NCAS Education Program, Academy Cup 2022 & NCAS Awards Evening.
- Lunch and snacks at training days
- Strapping tape

Academy Cup 2022 – Sydney Swans Academy & Regional Academy of Sport TID

The Academy Cup is a talent ID opportunity for Regional Athletes to be selected into the Sydney Swans Academy. The Academy Cup is a 12-a-side competition, held over 2 days for U14 & U16 AFL & AFLW athletes. Further information will be sent out closer to the event.

Further Enquiries

For further information, please contact the NCAS office via programs@ncas.org.au.

Yours sincerely,



Claire McCulloch
Sport Programs Manager
North Coast Academy of Sport