



## North Coast Academy of Sport 2022-23 CYCLING PROGRAM

### Introduction

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 has as our core business the identification and development of talented junior cycling athletes on the North Coast of NSW.

In addition to intensive training days and camps, squad members will also receive strength & conditioning training through our provider, ACE Performance. Athletes are given the opportunity to engage in the NCAS education program, where they are introduced to modules on topics such as sports nutrition, injury prevention, sports psychology, media training and drugs awareness.

### About the Program

The Academy acknowledges and encourages athletes to play multiple sports at a junior level, however if wanting to join a Cycling Specific Squad such as this, the expectation is the majority of your training time is dedicated to cycling and that cycling events take precedence over other sports.

The NCAS Cycling Program this year will be focused on a squad of U15 and U17 road and/or track cyclists who are successfully competing at club and regional level or higher. The aim of the program is to increase our squad member awareness and knowledge of their physiological capabilities and to maximise training effectiveness. Athletes will then be able to take this knowledge and understanding of their individual performance characteristics into competition scenarios for improved strategic riding and outcomes. Athletes will learn about tapering and peaking in anticipation of competing at certain events scheduled towards the end of our program.

This year, athletes will have the option to engage in a more flexible program format, enabling athletes to choose between 3 options; (1) Road & Track – 12 x sessions; (2) Track only – 6 x sessions; (3) Road only – 6 x sessions.

This program will also support the development of U19 road and/or track cyclists where calendar opportunities permit as an 'opt in' opportunity. We have developed a flexible program for U19 athletes acknowledging the vast difference of schedules and commitments between age groups.

The 2022-23 Cycling program dates and venues will be finalised once the demographics of successful athletes are known. NCAS is excited to once again have this program driven by Head Coach - Aaron Virieux.

### Selection Process

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To be eligible for selection into the North Coast Academy of Sport Cycling Program an athlete or parent / guardian must complete the online application forms prior to due date. Successful athletes will be selected by a panel which will include the following: NCAS Staff, Academy Head Coach, and a member from NSWIS or AusCycling.

Squad positions will be awarded to the riders recognised to have the potential to achieve selection into State or National squads as deemed by AusCycling / NSWIS in consultation with the NCAS Head Coach. The selection of the 2022-23 squad is expected to be finalised within 2 weeks following close of online applications. Successful applicants will be notified via email.

### Eligibility to Apply

To be eligible for the NCAS cycle program, it is desirable that the applicant meet the following criteria:

1. Be turning 13-18 years old in 2022 (those outside these ages are encouraged to contact the Academy for further information)
2. Reside in the North Coast region
3. Complete and submit an online application form prior to close of applications on **30<sup>th</sup> September 2022.**
4. Athletes must be gold license holders of AusCycling

### Selection Committee

The Selection Committee will consist of:

- NCAS Head Coach – Aaron Virieux
- AusCycling / NSWIS Delegate
- NCAS Delegate

### Costs – TBC

Costs for the 2022-23 program are dependent on athlete numbers and subject to change. See below for projected program costs.

- U15 & U17 Road & Track - \$400
- U15 & U17 Track **OR** Road - \$200

This amount will cover expenses such as:

- 6-12 x High quality coaching during training days and camp sessions/events
- 6-12mths Strength & Conditioning with ACE Performance – face to face & sessions, programming & testing
- NCAS athlete injury, death and permanent disability insurance
- NCAS administration levy
- NCAS Education Program
- NCAS Academy Awards Night 2022

For U19 athletes, participants will be able to opt-in to training sessions as schedules allow. Costs for the 2021-22 program are dependent on athlete numbers and subject to change. See below for projected program costs.

- U19 Track **OR** Road per session - \$22

This amount will cover expenses such as:

- Up to 12 high quality coaching during training days and camp sessions/events
- NCAS athlete injury, death and permanent disability insurance

- NCAS administration levy
- NCAS Education Program
- NCAS Academy Awards 2023

U19 athletes will also have the opportunity to take part in separate 6-12mths Strength & Conditioning with ACE Performance – including face to face sessions, programming, testing & athlete management system (AMS). Where an U19 athlete cannot commit to a set track or road program with the main squad, this separate S&C programming may be beneficial. Please contact the Academy for further information including costs.

#### **Camps & Inter-Academy Events**

From time to time, NCAS along with other Regional Academies of Sport, AusCycling and NSWIS will look to hold inter-Academy camps and similar events. These camps will be costed separately to the cycling program and information will be provided in due course.

Thank You and Best Wishes,

A handwritten signature in blue ink, appearing to read 'Claire', is positioned above the printed name.

**Claire McCulloch**  
Sport Programs Manager  
North Coast Academy of Sport