



## NCAS 2021 NETBALL PROGRAM

## NCAS 2021 NETBALL UMPIRE PROGRAM

### Introduction

Thank you for your interest in applying for selection into the **NCAS 2021 Netball and Netball Umpire Programs**.

North Coast Academy of Sport (NCAS) is one of eleven regional academies throughout NSW. Supported by the NSW Government – Office of Sport and Southern Cross University, NCAS with the support of Netball NSW and the underpinning North and Far North Coast Netball Associations has, as our core business, the identification and development of talented junior netball athletes on the North Coast of NSW.

### Netball Program

The Academy Netball Program was established in 1990 and a major aim of the program is to assist the individual development of each athlete so that they progress further in the sport.

The 2021 program will commence in February 2021 and run to September 2021. The program will have an emphasis on athletes 14-16-years old, providing greater skills development, strength and conditioning support and physical preparation leading to the U17 State Selection Trials. Age eligible successful athletes who have trialled will need to commit to State Trials as a caveat to their selection to the squad.

As well as intensive training days and camps, squad members also receive an athlete education program which includes sports nutrition, sports physiology, sports psychology and drugs awareness. Athletes will also be provided with an NCAS uniform.

### Umpire Program

The 2021 Umpire Program will commence in February 2021 and run to September/October 2021 and will implement the NNSW Umpire Program as set in conjunction with the Netball Australia Umpire Program. The program will have an emphasis on athletes 14-20-years old providing greater skills development, strength and conditioning support, physical preparation, and ancillary sports education

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modules.

Eligible umpires will need to commit to both tours (Your Local Club Academy Games 2021 Hunter 16<sup>th</sup> -18<sup>th</sup> April 2021 and Regional Academies of Sport & NNSW Netball Academy Challenge date TBC) as a caveat to their selection to the program. During these tournaments, umpires will not only gain practical experience umpiring higher level competition but also be part of NNSW umpire mentoring and education sessions as well as having the chance to be badged.

As well as training days, squad members also receive an athlete education program which includes sports nutrition, sports physiology, sports psychology and drugs awareness as well as other modules. Squad members will also be provided with an NCAS umpire uniform.

### **Selection Process, Date and Venue**

- Prospective athletes and umpires must complete and submit a trial application form by **Friday 27<sup>th</sup> November 2020. No late applications will be accepted.**
- Trials will be held on **Sunday 6<sup>th</sup> December** at Raymond Laurie Sports Centre, Yamba.

### **Selection Panel**

The Selection Panel will consist of:

- Netball NSW Delegate
- NCAS Head Coach
- NCAS Appointed Independent Selector/s

### **Cost**

Athlete 2021 Netball Trials \$50.00.

Umpires are not required to pay a trial fee.

### **What to Bring**

- Training attire & shoes: white t shirt/singlet. If you are a previous NCAS squad member, do not wear any NCAS clothing.
- A netball clearly marked with your name
- Drink bottle, water, lunch & snacks.
- Strapping, ice pack and towel for cool down

### **Netball Elite Coaching Development Sessions**

Nicole Cusack and Tracey Robinson from Netball Elite Coaching will again be running development sessions for athletes on **Saturday 5<sup>th</sup> December** leading into the NCAS trials. There will be four different sessions to choose from covering shooting, attacking, court work/systems and defence.

Should you wish to attend you will need to submit your application to Netball Elite via [info@netballelite.com.au](mailto:info@netballelite.com.au) by Tuesday 1<sup>st</sup> December 2020. Applications can be downloaded from the NCAS website.

### **Eligibility to Apply**

#### **Athletes**

1. Be turning 14-16 years of age in 2021
2. Be a current registered member of a North Coast or Far North Coast Netball Association.

3. Reside in the North Coast region within the defined Local Government boundaries of the following Council areas: Tweed, Byron, Lismore, Ballina, Kyogle, Richmond River, Clarence Valley, Coffs Harbour, Bellingen, Nambucca, Kempsey and Port Macquarie-Hastings.
4. Complete and submit an application form as attached by **5.00pm Friday 27<sup>th</sup> November 2020**
5. Be available to attend the selection trials if all other selection criteria are met.
6. Display the potential to progress through the Netball NSW Athlete Pathway.
7. Demonstrate a dedication to improving performance.

### Umpires

1. Be turning 14-20 years of age in 2021. If you are outside of these ages please contact the Academy for further information.
2. Be working towards a National B or C Badge.
3. Associations must endorse umpire application.
4. Be a current registered member of a North Coast or Far North Coast Netball Association.
5. Reside in the North Coast region within the defined Local Government boundaries of the following Council areas: Tweed, Byron, Lismore, Ballina, Kyogle, Richmond River, Clarence Valley, Coffs Harbour, Bellingen, Nambucca, Kempsey and Port Macquarie-Hastings.
6. Complete and submit an application form as attached by **5.00pm Friday 27<sup>th</sup> November 2020**
7. Be available to attend the selection trials if all other selection criteria are met.
8. Display the potential to progress through the Netball NSW Umpire Pathway.
9. Demonstrate a dedication to improving performance.

### Program Format & Dates

The 2021 program will include an induction and testing weekend as well as six training camp days. The program will also consist of 2 compulsory tournaments: Academy Games to be held during 16<sup>th</sup> – 18<sup>th</sup> April 2021 and Regional Academy Challenge, dates TBC September/October 2021. Squad members will also be required to participate in the Your Local Club NCAS Education Program (dates TBC).

The Netball NSW High Performance Camp March 2021 (TBC) (Sydney Olympic Park) is offered to all Academy netballers and while not a compulsory Academy date we strongly encourage athletes to take part in this event. Further details to come available from NNSW.

The following schedule of dates for the 2021 Netball Program is indicative only and subject to change. All program dates will be confirmed following trials.

Date	Venue	Event
5 – 6 December 2020	Raymond Laurie Sports Centre, Yamba	Netball Elite Coaching Clinic (Sat) & NCAS 2020 Netball Athlete & Umpire Trials (Sun)
7 February 2021	Coffs Harbour	Induction/Testing & 1 <sup>st</sup> Session - NCAS/NIAS Inter-Academy Camp (TBC)
28 February 2021	Yamba	NCAS Session 2 – NCAS/NIAS Inter-Academy Camp (alt date TBC)
March 2021 (dates TBC)	Sydney Olympic Park	Netball NSW High Performance Camp
28 March 2021	Coffs Harbour	NCAS Session 3
16 – 18 April 2021	Maitland	Your Local Club Academy Games 2021 Hosted by Hunter Academy of Sport
1 August 2021	Yamba	NCAS Session 4

22 August 2021	Coffs Harbour	NCAS Session 5
12 September 2021	Yamba	NCAS Session 6
September 2021	TBC	Regional Academies of Sport & Netball NSW Academy Challenge

### Expected Program Costs

Due to the impact of COVID on the Australian sporting community, program costs and inclusions will be finalised after trials and is dependent on final squad numbers. During the program, the selected squad will be divided into 2 teams and will attend the Academy Games and the Academy Challenge. All squad members will attend these tournaments and will need to pay an additional fee per tour (costs TBC).

The program costs will cover the following:

- Athlete Insurances
- Administration Costs
- Athlete Uniform
- Sport specific equipment
- Venue Hire
- Coach and Manager expenses
- Entry to the NCAS Academy Awards Evening
- Access for athletes to the Your Local Club Education Program where sport education modules in the areas of Sports Nutrition, Sports Psychology, Strength and Conditioning, My Athlete Brand and general topics including Drugs Education will be delivered.

If selected, the Academy offers the *Friends of the Academy Sponsorship Program* where athletes and umpires are encouraged to find individual sponsorship for their levy. Further information will be distributed to selected athletes.

Athletes and umpires will need to organise and pay for their own travel, accommodation and meals as required to the training days.

### When will I find out if I have been selected into the squad?

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

**Applications close Friday 27<sup>th</sup> November 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 2 weeks of trials via email.

Thank you and best wishes.



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