

NCAS 2022 NETBALL PROGRAM

Introduction

Thank you for your interest in applying for selection into the **NCAS 2022 Netball Program**.

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 and umpires in 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 2022 program will commence in December 2021 and run to October 2022. The program will have an emphasis on **athletes 15-16-years old and umpires 14-18-years old**, providing greater skills development, strength and conditioning support and physical preparation leading to Academy tournament events and the U17 State Selection Trials. 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. Age eligible successful athletes who have trialed 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, exercise physiology, sports psychology, and drugs awareness.

Selection Process, Date and Venue

- Prospective athletes and umpires must complete and submit a trial application form by **Friday 26th November 2021. No late applications will be accepted.**
- Trials will be held on **Sunday 5th December** at Sportz Central, Coffs Harbour
 - a. 1st Round – 10am – 12:30pm (all trialists)
 - b. 2nd Round – 1:30pm – 4pm (possible & probable)

Selection Panel

The Selection Panel will consist of:

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

Cost

Athlete 2022 Netball Trials \$55.00.

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 athlete or umpire, do not wear any NCAS clothing.
- A netball clearly marked with your name

A Member of



Proudly supported by



Your local club

- 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 4th 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 by **1st December 2021**. Applications can be downloaded from the NCAS website.

Eligibility to Apply

Athletes

1. Be turning 15-16 years of age in 2022
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 online application by **5.00pm Friday 26th November 2021**.
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 14-18 years of age in 2022. 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 online application by **5.00pm Friday 26th November 2021**.
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 2022 program will include an induction and testing session as well as six training camp days. The program will also consist of 3 compulsory tournaments/events: NNSW Academy Camp 19th & 20th March, Your Local Club Academy Games to be held during 8th – 10th April 2022 and Regional Academy Challenge, 23rd – 26th September 2022. Squad members will also be required to participate in the NCAS Education Program, which is expected to have online and face-to-face sessions throughout 2022.

The Netball NSW Academy Camp March 2022 (Sydney Olympic Park) is offered to all Academy netballers and is considered a compulsory Academy date. Further details to come available from NNSW.

The following schedule of dates for the 2022 Netball Program is indicative only and subject to change. All program dates will be confirmed following trials.

Date	Event	Venue
5 th December 2021	NCAS Netball 2022 Trials	Sportz Central, Coffs Harbour
23 rd January 2022	Training 1	Grafton PCYC
13 th February 2022	Education Day	SCU, Coffs Harbour
20 th February 2022	Training 2	Grafton PCYC
6 th March 2022	Training 3	Sportz Central, Coffs Harbour
19-20 th March 2022	NNSW Academy Camp	Sydney Olympic Park
27 th March 2022	Training 4	Sportz Central, Coffs Harbour
8-10 April 2022	Your Local Club Academy Games	Wagga Wagga, NSW
May 2022 (TBC)	NCAS Academy Awards	Coffs Harbour
14 th August 2022	Training 4	Grafton PCYC
21 st August 2022**	Training 6	Sportz Central, Coffs Harbour
11 th September 2022	Training 7	Sportz Central, Coffs Harbour
18 th September 2022	Training 8	Grafton PCYC
23-26 th September 2022	NNSW Academy Challenge	Port Macquarie

**Please note that this date is subject to change due to a scheduling conflict.

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
- Sport specific equipment
- Venue Hire
- Coach and Manager expenses
- Strength & Conditioning training with ACE Performance
- NCAS Education Program
- Entry to the NCAS Academy Awards Evening

Costs to be covered by athletes:

- NCAS uniform
- Travel to and from Academy training days, camps & events (if required. NCAS encourages athletes to organise car-pooling to share the travel cost/time, where appropriate.
- Accommodation for Academy training days, camps & events (if required).
- Lunch and snacks at training days
- Strapping tape
- Foam roller for cool down
- Reusable fillable ice bag

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.

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.

Applications close Friday 26th November 2021. No late applications will be accepted.

Thank you and best wishes.

A handwritten signature in blue ink, appearing to read 'Claire', with a stylized flourish at the end.

Claire McCulloch
Sport Programs Manager
North Coast Academy of Sport