

NCAS 2023 NETBALL PROGRAM

Introduction

Thank you for your interest in applying for selection into the **NCAS 2023 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 2023 program will commence in November 2022 and run to September 2023. 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 30th September 2022. No late applications will be accepted.**
- Trials will be held on **Sunday 16th October, 9am – 2:30pm** at Sportz Central, Coffs Harbour

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
- Drink bottle, water, lunch & snacks.
- Strapping, ice pack and towel for cool down

A Member of



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Your local club

Eligibility to Apply

Athletes

1. Be turning 15-16 years of age in 2023
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 30th September 2022**.
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 2023. 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 30th September 2022**.
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 2023 program will include an induction and testing session as well as seven training days. The program will also consist of 3 compulsory tournaments/events: NNSW Academy Camp 18-19th March 2023 (TBC), Your Local Club Academy Games 21-23rd April 2023 and Regional Academy Challenge, 23-25th September 2023. 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 2023 (Sydney Olympic Park) is offered to all Academy netballers and is considered a compulsory Academy date. Further details will be made available from NNSW closer to the event.

The following schedule of dates for the 2023 Netball Program is indicative only and subject to change. All program dates will be confirmed following trials.

Date	Event	Venue
16 th Oct 2022	NCAS Netball 2023 Trials	Sportz Central, Coffs Harbour
12 th Nov 2022	Induction & Education Day	SCU, Coffs Harbour
13 th Nov 2022	Training 1	Coffs Harbour – venue TBC
12 th Feb 2023	Training 2	Grafton PCYC
11-12 th Mar 2023	NNSW Academy Camp	Sydney Olympic Park
26 th Mar 2023	Training 3	Sportz Central, Coffs Harbour
16 th Apr 2023	Training 4	Grafton PCYC

21-23 rd Apr 2023	Your Local Club Academy Games	Wagga Wagga, NSW
13 th Aug 2023	Training 5	Sportz Central, Coffs Harbour
27 th Aug 2023	Training 6	Grafton PCYC
10 th Sept 2023	Training 7	Sportz Central, Coffs Harbour
23-26 th September 2022	NNSW Academy Challenge	Port Macquarie Indoor Stadium
7 th Oct 2023	NCAS Academy Awards	Coffs Harbour

Expected Program Fee

During the program, the selected squad will be divided into 2 teams and will be expected to attend the Academy Camp, Academy Games, and the Academy Challenge. Each event will incur a separate camp fee, to be invoiced prior to each event. Please note that these events will operate as live-in camps for Academy athletes, umpires, coaches, and managers.

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

Camp/Tournament fees will cover the following:

- Accommodation
- All meals – breakfast, lunch & dinner (unless otherwise notified)
- Transport during event
- Coaching fees
- Event costs – e.g., venue hire, registration fees, administration costs, specialist coaching & education sessions.

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.

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 30th September 2022; 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