

NCAS NETBALL PROGRAM

Introduction

Thank you for your interest in applying for selection into the **NCAS 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 on the North Coast of NSW.

Netball Program

The NCAS Netball Program is a crucial component of the Netball NSW Performance Pathway, focusing on identifying, developing, and enhancing the skills of promising young netball players. As a foundational element of the Netball NSW High Performance Program, the NCAS Netball Program selects athletes who demonstrate the potential to advance to state or national levels, categorising them as either performance or development players.

The 2025 program will commence in November 2024 and run to September 2025. The program will have an emphasis on **athletes 15-16-years old**, providing greater skills development, strength and conditioning support and physical preparation leading to Academy tournament events and the U17 State Selection Trials. Successful athletes who meet the age requirements and have trialled for NCAS must commit to the NSW State Trials as a condition of their squad selection.

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 **30th September 2024**. **No late applications will be accepted.**
- Trials will be held on **Sunday 20th October, 8am – 12pm** at Sportz Central, Coffs Harbour.
 - a. Select trialists may be asked to remain for further assessment from **12pm – 1pm**.

Selection Panel

The Selection Panel will consist of:

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

Trial Fee

Athletes - \$55.00.

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

Eligibility to Apply

Athletes

1. Be turning 15-16 years of age in 2025
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 30th September 2024**.
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.

Selections

Performance Squad – 20 athletes

Development Squad – 6-10 athletes

Program Format & Dates

The 2025 program will include an induction and testing session, overnight camp as well as six training days. The program will also consist of 3 compulsory tournaments/events for Performance Squad Athletes: NNSW Academy Camp 8-9th March 2025 (TBC), Your Local Club Academy Games 11-13th April 2025 and Regional Academy Challenge, 27-29th September 2025. All athletes are required to participate in the NCAS Education Program, which is expected to have online and face-to-face sessions throughout 2024-25.

Program Costs and Inclusions

The program fee for 2025 is \$485.00 (including GST), which covers the following items:

- Professional and high-level coaching
- Strength & conditioning programming with ACE Performance – face to face sessions, testing & training programs
- Venue Hire
- Use of NCAS playing uniform at competitions and events
- Athlete injury, death and permanent disability insurance
- NCAS administration levy
- NCAS Education Program
- Entry to the NCAS Academy Awards

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 30th September 2024; no late applications will be accepted.

Thank you and best wishes.



D'Arcy Van den Bossche
Executive Director
North Coast Academy of Sport