



NCAS HIGH PERFORMANCE SURF LIFE SAVING PROGRAM 2020

Introduction

North Coast Academy of Sport is one of eleven regional academies throughout NSW. Supported by NSW Government – Office of Sport and Southern Cross University, NCAS with the support of Surf Life Saving NSW and the underpinning North Coast Branches, core business is the identification and development of talented junior surf life savers on the North Coast of NSW.

Currently, around 20-30 athletes are selected annually into this High Performance Program. As well as intensive training camps, squad members also receive an athlete education program which includes sports nutrition, sports physiology, sports psychology, injury prevention and management, media training and drugs awareness. NCAS's Surf Life Saving program has run since 2002. It was the first regionally-based and delivered junior identification and development program of its type in Australia.

The program is underpinned by four Surf Life Saving branches at Mid North Coast, North Coast, Far North Coast and more recently, Lower North Coast. The strength of the partnership between NCAS and the supporting branches is further enhanced by having coaches from each branch becoming assistant coaches of the NCAS squad which allows for ongoing coaching, monitoring and encouragement in between NCAS squad camps.

North Coast Academy of Sport (NCAS) Surf Life Saving Program is for athletes who are in the U15 – U19 age categories for Surf Life Saving in the year of selection (2020). Note that U14's are not eligible. Each new squad undertakes an athlete induction, fitness testing on board, ski & swim, skills assessment using video analysis on board and ski, and a discussion of season preparation and training requirements. Camps are conducted from July to January in all the branch centers (not including LNC). Athletes will also be provided with a uniform.

NCAS Surf Life Saving's camps have a number of objectives which can be summarised as follows:

- Improving the athletes' technique and skills via individual feedback
- Monitor (at each camp) the progress of the athletes regarding fitness, strength, flexibility etc.
- Make feedback and video footage available to athletes, parents and personal coaches post camp
- Helping athletes understand and use Sports Science and all components of fitness e.g. psychology, nutrition, strength training, flexibility etc.
- Encouraging athletes to adopt good racing and training routines e.g. monitoring weight & rest pulse; recovery strategies
- Prepare athletes for Country/State/Aussie competition events
- Developing the athletes life skills by the discipline, teamwork, socialising and leadership required by the camp situation

Proudly supported by



Office
of Sport



Your local club

Giving Our Athletes The Edge

The experienced coaching staff provide ongoing feedback and encouragement to the athletes and the athletes are given a clear indication of their current level and how they can improve at each camp.

Selection Process

The selection process will follow these steps:

1. Prospective athletes complete and submit an application form by **Friday 29th May 2020.**
2. The selection committee will ensure that applicants meet all selection criteria and are suitable for entry into the program
3. Applicants will be informed via email as to the result of their application.

Please be aware the Athlete Levy for the 2020 Program will be approximately \$575.00.

Eligibility to Apply

To be eligible for NCAS selection, the applicant must meet the following criteria:

1. Train and compete regularly at Carnivals during the 2019-20 season and achieve at least finals in the board or swim or ski or iron person races
2. Perform creditably at Championship Carnivals
3. Be able to swim 400m in less than 8 minutes
4. Competing in the U15 – U19 age categories for Surf Life Saving in the year of selection. Note that U14 Athletes are not eligible. (Applicants must be 14 years of age by September 30th 2020).
5. Be a current active member of one of the Mid North, Far North, North Coast or Lower North Coast Surf Life Saving branches.
6. Reside in the North Coast Region
7. Submit a copy of your Surf Rescue Certificate, Bronze Medallion Certificate or Record of Results (15yrs +)
8. Have an endorsed local club official sign the application
9. Complete and submit an application form as attached by **Friday 29th May 2020.**

**Applicants must provide proof of Bronze Medallion before they are allowed to bring a ski to camps. You will not be permitted to train on the water if the NCAS office or SLS manager hasn't received a copy of your certificate.

Selection Panel

The Selection Panel will consist of:

- NCAS Head Coach
- NCAS Assistant Coaches
- NCAS Officer
- Surf Life Saving NSW Delegate

Coaching Staff

The Program will be conducted under the guidance of Head Coach Daniel Bannerman. Supporting Dan will be a Program Manager and 7 Assistant Coaches (2 from NC, MNC, FNC; 1 from LNC). As well as the NCAS coaching staff, the Academy will be inviting branch &/or guest coaches and possible professional consultants to work with the program's athletes and coaches.

Program Dates

Athletes that are successful in gaining entry into the 2020 NCAS SLS squad are expected to attend all of the following planned events. **All program dates TBC.

6 - 8 July 2020

Camp 1 – Lennox Head

28 – 30 September 2020

Camp 2 - Port Macquarie

Date TBC

Your Local Club NCAS Education Weekend – Coffs Harbour

4 - 6 January 2021

Camp 3 – Urunga/Sawtell

Date TBC

NCAS Academy Awards Evening

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

All Applicants should be informed via email within 2 weeks of the application closing date. Applications close on **Friday 29th May 2020**. No late applications will be accepted.

We ask that you please ensure at least one active email address is provided on your application.

Please do not hesitate to contact the Academy with any queries.

Thank you and best wishes

A handwritten signature in blue ink, appearing to read 'D'Arcy Van den Bossche'.

D'Arcy Van den Bossche
Sport Programs Manager | North Coast Academy of Sport

**North Coast Academy of Sport
ATHLETE APPLICATION FORM
2020 Surf Life Saving Program**



All applications to be submitted via email to:

D'Arcy Van den Bossche programs@ncas.org.au

Instructions to Surf Life Saving athletes applying for selection:

1. Complete all sections digitally or using only blue or black pen
3. Attach a current head & shoulders photo
4. Attach SRC & Bronze medallion or record of results (15yrs +)
5. You may attach extra pages to this document if required
6. Return this completed form back to NCAS by **5pm Friday 29th May 2020**

Please insert a head & shoulder photo of athlete

Personal Details

Full Name	
Email (Athlete)	
Street Address	
Town & Postcode	
Postal Address	
Date of Birth	
Home Phone	
Mobile Phone	
Gender	
Email (Parent/Guardian)	
Parent/Guardian Name (1) and Contact Number	
Parent/Guardian Name (2) and Contact Number	
Emergency Contact Person & Phone Number	
Do you identify as Aboriginal or Torres Strait Islander-Diverse Background? YES / NO <i>Optional, this information is used for NSW Government – Office of Sport reporting requirements</i>	
Do you identify as Culturally And Linguistically Diverse Background? YES / NO <i>Optional, this information is used for NSW Government – Office of Sport reporting requirements</i>	
SLS Club	
SLS Branch	
Do you have your Bronze**	Yes / No
SLS Age Group for 2020 Season	

**If you have not produced a copy of your bronze with this application you will not be permitted to bring skis to the camps and train on the water with them.

You may add extra pages to this document to support your application

1. What are your current weaknesses as a surf competitor?

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2. What are your current strengths as a surf competitor?

3. List and explain your surf competition goals for the next 12 months

4. Summary of SLS competition performances over your last competitive season

Include: DATE, EVENT/DIVISION ETC., PLACE/PERFORMANCE

Branch Championships

Country Championships

State Championships

Australian Championships

Consent & Declaration

Parent/Guardian

I give my consent for my child to participate in the Academy Surf Life Saving Squad and for images/photographs of my daughter to be used by NCAS and/or SLS NSW in promotion of the sport and program.

Parent/Guardian Sign:

Relationship to Athlete:

Date:

Surf Life Saving Club Endorsement

Signed on Behalf of the Club:

Name (Printed):

Position held within Branch:

Date:

Athlete

Athlete's Signature:

Name (Printed):

Date:

THE ATHLETE APPLICATION FORM MUST BE SIGNED BY AN ENDORSED CLUB OFFICIAL AND RECEIVED BY NCAS BEFORE 5.00pm Friday 29th May 2020