

North Coast Academy of Sport

FUTURE STARS PROGRAM

Introduction

Thank you for your interest in applying for selection into the **NCAS Future Stars Program**.

North Coast Academy of Sport (NCAS) is a non-government and not-for-profit organisation whose goal is to identify and develop talented pre-elite athletes throughout the North Coast region of NSW. NCAS services an area that extends around 500 km from Tweed Heads in the north to Laurieton in the south and westward to the foothills of the Great Dividing Range. It serves a population base of some 500,000 people.

NCAS is one of eleven regional academies throughout NSW and is supported by the NSW Government Office of Sport, Southern Cross University, State Sporting Organisations and the underpinning North and Far North Coast Associations. Within this network, our core business is focused on identifying, developing and supporting talented junior athletes, coaches and officials across the North Coast of NSW.

NCAS programs are considered a vital step in the pathway between regional and state-level sports development, and accordingly, many of our programs are acknowledged, endorsed and or supported by the respective state sporting organisations and elite sports agencies such as NSW Institute of Sport and the Australian Sports Commission.

Program Format & Dates

The 2024/25 Future Stars program will have two intakes with each running for 6 months in total.

- Intake 1: November to early April the following year.
- Intake 2: late April to October 2025.

Program Offerings

We have a range of performance support programs that are flexible to cater to athletes' individual needs. A specific performance support plan and program will be developed with the NCAS Performance and Education Manager.

Components of our performance support programs can include:

- Performance testing
 - Assessment of performance capacities to inform program design and monitor progress and development.
- Strength and Conditioning (S & C) support
 - Individualised strength and conditioning programs.
- Access to our Athlete Management System (AMS) XPS which can be used to monitor training load and athlete well-being.
- Education for Athletes, Parents and Coaches
 - Performance education sessions on youth athletic development and performance support topics.

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Each program offering has the following inclusions:

- STEP Levy (Athlete insurances & administration fees).
- Athlete Performance Journal.
- Access to the NCAS Athlete Management Software, XPS.
 - S & C programs could be a mix of face-to-face and/or accessed online through the XPS app.
- NCAS Training apparel
- Entry to the end-of-year NCAS Academy Awards Evening.
- Performance support management with the NCAS Performance and Education Manager (PEM).
 - This involves regular contact with the NCAS PPEM to assist with planning, goal setting, and individual issues.

There may also be opportunities for athletes to have networking and development opportunities within the regional academy network. We are also able to connect athletes and families to a range of performance support services such as nutritional consultations, allied health professionals, specialist coaches etc.

Scholarships

As part of the NCAS Future Stars program, athlete scholarships can be offered. However, these are determined based on the number of athlete applications received, the representation and success of the applicants, as well as the potential endorsement and support from the relevant State Sporting Organisation (SSO). Furthermore, scholarships may be prioritised based on these factors and the level of competition of the individual's sport, for example, Olympic compared to non-Olympic sports.

Costs to be covered by athletes:

- Athlete contribution to the performance support program if not awarded a full scholarship.
- Travel to and from training days, camps & events where required.
- Accommodation for training days, camps & events where required.
- Any additional performance support services engaged with by the athlete.

Selection Process & Criteria

To be eligible for selection to the Future Stars Program, athletes must meet the following criteria:

1. 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.
2. Athletes must represent their chosen sport at a pre-elite level (state/national representation).
3. It is desirable that athletes be in junior or youth age categories (8 to 18 years).
4. Applicants must be able to demonstrate that they currently are (or have the potential to become) an elite athlete within their sport, discipline, age, and classification. Athletes are expected to have been training and competing in their sport and may have already achieved a notable level of accomplishment.
5. Athletes must participate in a sport the NCAS is not currently running as a Program or if NCAS is running a program, the athlete must be participating at a higher level, such as state or national.

Athletes wanting to apply for the NCAS Future Stars program must complete and submit the Future Stars Application Form on the NCAS website.

Selection Committee

The Selection Committee will consist of:

- NCAS Executive Officer
- NCAS Performance & Education Manager
- NCAS Sports Programs Manager
- If available and appropriate, a representative from the relevant State Sporting Organisation.

Once applications are submitted, the NCAS PPEM will organise online interviews with the athletes and their families. The submitted applications and information from the interviews will then be reviewed by the selection committee.

After all applications have been reviewed, the applicants will be notified of the outcome via email, and feedback will be provided.