

The poster features a light beige background with scattered confetti in shades of blue, purple, and brown. At the top right, there are icons for a gold medal with a star, a blue volleyball, and a blue football. At the bottom left, there are icons for a blue globe, a blue bicycle, and a yellow tennis ball. The main text is arranged in four slanted rectangular boxes: 'NCAS' in a yellow box, 'EDUCATION' in a blue box, 'WEEKEND' in a dark blue box, and '2019' in a yellow box.

NCAS

EDUCATION

WEEKEND

2019

Pacific Bay Resort
Coffs Harbour
30 & 31 March
www.ncas.org.au for
sign up & details

Proudly supported by

Your local club

The logo for 'Your local club' consists of a white rectangular box containing the text 'Your local club' in a bold, black, sans-serif font. Below the text is a stylized graphic element consisting of three curved lines in orange, blue, and green.

Dear Athletes, Coaches and Families

I am very proud to present to you the 2019 Your Local Club NCAS Education Weekend.

Conducted at Pacific Bay Resort Coffs Harbour, the weekend will run from Saturday 30th to Sunday 31st March 2019. It is expected that over 200 athletes, coaches and parents will participate.

As Major Partner, the club industry has committed \$250,000 a year for three years towards the program, which will provide a best practice health and wellbeing program to young people across the state.

Modules to be delivered in 2019 include:

- Sports Nutrition
- Sports Psychology
- Integrity in Sport
- Injury Prevention and Management
- Drugs in Sport and the Community
- Youth Leadership and Media Skills

Parents and guardians are also strongly invited to attend any of the weekend sessions which will again be at no extra cost. Coaches and athletes outside NCAS are also encouraged to attend with the program recognised for Coach Accreditation status.

The 2019 Your Local Club NCAS Education Weekend will involve a two days of quality up-to-date information and practical sessions, presented by experienced professionals relevant to our regional athletes' and coaches' needs.

The Academy is currently finalising format and delivery. We anticipate that attendees will need to be at the Pacific Bay Resort by 10.00am on the Saturday – finishing around 4.00pm and 9.00am on the Sunday finishing around midday.

The Sports Education Program is a compulsory event on the athlete's scholarship program and an exemption will only be provided for those reasons stated in the Athletes Agreement. Attending coaches will improve their coaching skills and knowledge.

I look forward to sharing this program with you. For more information visit www.ncas.org.au or phone (02)-6620-3073



John Kincade
Executive Director, North Coast Academy of Sport



RSVP

Please return this form to NCAS via admin@ncas.org.au by Monday 11th March 2019

Name	
Are you an NCAS athlete, coach or parent?	
If outside of NCAS, please note your main sport and role e.g. Hockey coach	
Dietary Requirements (if any)	
Attendance Saturday 30 th /Sunday 31 st (Circle)	Sat 30 th Sun 31 st Both
Number of additional persons attending	
Additional person names	
Attendance Saturday 24 th /Sunday 25 th (Circle)	Sat 30 th Sun 31 st Both
Additional person payment details NCAS athletes, parents & coaches do not pay	Complete Payment Method

Additional Person Payment Method (tick one)

Sat \$30.00 Sun \$30.00 both days \$50.00

Note NCAS athletes, parents & coaches do not pay

Price includes entry, food and refreshments.

Direct EFT Transfer

I have on (insert date) Transferred the above amount to NCAS's bank account:

BSB: 533 000 Account Number: 184721

Account Name: North Coast Academy of Sport

Reference: name as written above + Education e.g. 'John Doe Education'

Debit/Credit Card

I authorise North Coast Academy of Sport to charge the above amount to my:

(Circle One) Bank Card MasterCard Visa Card

Card Number: _____ - _____ - _____ - _____ Expiry Date: __/__/__ CVV: ___

Card Holder's Name: _____

Card Holder's Signature: _____ Date: _____

North Coast Academy of Sport
admin@ncas.org.au www.ncas.org.au 6620 3073