

## **NCAS 2020 Swimming Program – Trials & Development Camp**

### **Introduction**

On the back of a very successful pilot program in 2019, North Coast Academy of Sport is thrilled to announce the launch of an official Swimming Program for athletes in the North Coast Region endorsed by Swimming North Coast Inc. The 2020 Swimming Program will run from September 2020 to March 2021.

The Academy is excited by the prospect of reinstating an official swimming program after a lengthy hiatus. Swimming has been a historically sturdy sport throughout the North Coast and the Academy notes the strength of our region's swimmers and swim coaches.

The swimming program will be led by Head Coach, Simon Watkins. Simon comes with vast experience including Olympic and Paralympic coaching as well as great enthusiasm for the sport.

Athletes are invited to attend a Trials & Development Camp to be held at the Trinity Aquatic Centre - Lismore on the 8<sup>th</sup> & 9<sup>th</sup> August 2020.

### **Program Objectives**

- To identify, recruit and develop talented junior athletes on the North Coast.
- To identify, recruit and mentor talented coaches of junior athletes on the North Coast.
- To provide those athletes & coaches with access to clearly defined pathways in swimming.
- To maintain a swimming program of excellence.

The program will be delivered through weekend training days using the Trinity Aquatic Centre in Lismore as the program base. The Academy is proud to announce Trinity Aquatic Centre as program partner, enabling athletes to access a year-round open swimming pool. Pool and land-based programs will be offered for each athlete, with athletes being encouraged to complete a program commensurate with their age, experience and technical efficiency. The focus of Program will be on short & long course racing technique, starts, turns & finishes, and athlete endurance.

Sports science including video analysis, pool and land-based fitness measurements will be used as part of the regular testing procedures for the more advanced athletes. These sports science components will also assist in the professional development of satellite coaches.

### **Eligibility**

Pool Swimmers: Australian Age, Multi-Class, or Open Championship Qualifiers and other talented athletes within 5% of qualifying times for these events are invited to apply to be part of this new and exciting program. Please refer to Swimming Australia's website for these times [www.swimming.org.au](http://www.swimming.org.au).

Athletes other than pool swimmers: applicants from another sport e.g. SLS surf sports or triathlon will be required to demonstrate potential capacity to progress to standards as mentioned above.

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Athlete applicants to be 12 years of age or over in 2020.

Considering the test results, perceived potential and prior competition results, athletes may be invited to join the program.

### **Testing Protocols**

For all athletes seeking to be part of the 2020 NCAS Swimming Programs you must complete the Athlete Application Form attached to this Information Pack. All athletes will undertake the following tests at the Trials camp:

1. Anthropometrical Standards – Height, Mass, Arm Span
2. Push-ups
3. Sit & Reach
4. Standing Broad Jump
5. Pool based testing

The tests will be conducted by the NCAS Sports Testing Unit. Considering the test results, perceived potential and prior competition results, athletes may be invited to join the program.

### **Athlete preparation prior to testing**

Athletes should not have had an exertive session of activity either on the testing day or the day prior, as this may affect results. Athletes must be injury free and in good health. Athletes should be well rested and have had healthy food and be well hydrated in the days leading up to testing. A healthy light meal which has been consumed at least 2 hours prior to testing is recommended. Athletes should bring water which they can drink during the testing if they wish. Athletes should bring comfortable clothing suitable for testing activities, including sports shoes.

### **Satellite Coaches**

Coaches of selected athletes will be invited to apply for satellite coach positions within the program. This enables the coach and athlete to progress together, with the coach being mentored by the Head and Assistant Coaches.

Should a coach wish to apply for the program without an associated athlete, the Academy invites the coach to complete a Swimming Staff Application which can be accessed via <https://ncas.org.au/sport-programs/swimming/>

### **Development Camp**

The Trials & Development Camp will be conducted from 10.00am to 3.00pm on 8<sup>th</sup> & 9<sup>th</sup> August 2020 at the Trinity Aquatic Centre, 1 Dawson Street, Lismore. Specific times will be confirmed shortly.

The cost of the camp to athletes will be \$100.00 and must be paid at time of application.

Accommodation will not be provided and suitable local accommodation can be sourced at the Dawson Motor Inn opposite the pool.

### **What to Bring**

- A great attitude
- Clothing and sports shoes suitable for tests and land training
- Swimwear
- Full swimming kit bag inclusive of kickboard, pull buoy, finger paddles, snorkel and fins
- Lunch and snacks for the day

### **When will I find out if I am selected?**

Within approximately two weeks after the development camp all athletes who have formally applied will receive an email letter notifying them of whether or not they have been selected to the program.

### **Program Cost**

Should an athlete be selected, a program levy will be applicable.

- Trials & Development Camp – \$100 per athlete payable on application.
- Swimming Program – \$350 per athlete. Program levies are payable over instalments and athletes are encouraged to source sponsorship to assist with program fees.
- Active Kids Vouchers may be used to assist with program fees upon acceptance into the program.

### **Athlete & Family Commitment**

It is important that each athlete knows that they must be able to commit themselves honestly and fully to the program, before they formally gain selection into the program. Of equal importance is a commitment from the athlete's family in their ability to support their child's own commitment to the program. It is in many ways it is a family team effort rather than just an individual athlete's effort.

Please ensure at least one active e-mail address is provided on your application.

**Applications close by 5pm Friday 31<sup>st</sup> July 2020.**

Thank You and Best Wishes



Claire McCulloch  
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