



North Coast Academy of Sport
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NCAS 2021 Swimming Program

Introduction

In 2019, the North Coast Academy of Sport successfully reinstated 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 NCAS 2021 Swimming Program will run from May 2021 to January 2022.

Athletes are invited to attend a Trials & Development Day to be held at the Trinity Aquatic Centre - Lismore on the 8th May 2021. From this camp selected athletes will be invited to join the swimming program which will begin in May, with online education and fitness programs. The first pool-based training session will be held on 4th July 2021.

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.

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.

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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.

Athlete applicants to be 12 – 18 years of age in 2021.

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

*Athletes aged 18 – 21yrs in 2021 will be considered on a case by case basis. Athletes are required to meet the selection criteria and have demonstrated excellence within their sport.

Trials & Development Day

The Trials & Development Day will be conducted from 10.00am to 3.00pm on 8th May 2021 at the Trinity Aquatic Centre, 1 Dawson Street, Lismore.

The cost to athletes will be \$55.00 and must be paid at time of application.

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

Testing Protocols

All athletes attending trials, will undertake the following tests:

1. Anthropometrical Standards – Height, Mass, Arm Span
2. Sit & Reach
3. Vertical Jump
4. Max. Pull-ups
5. 1 min Max Push-ups
6. 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 are refrain from having an exertive session of activity in the 24hrs prior to testing, 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/>

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 – \$55 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.
- Inter-Academy Camp (AIS Training Centre, Thredbo) TBC– Costs TBC but can be expected to be approximately \$800 per athlete. Payment plans are available on request and athletes will also have the option to seek external sponsorship.
- Athletes will be required to purchase an official NCAS uniform from our supplier Coast 2 Coast at their own cost.

Athletes will be invoiced for the Swimming Program upon acceptance of their position within the squad. Invoices of the Inter-Academy camp will be issued to attending athletes at a later date.

Program Dates

Please note that the following dates may be subject to change.

Camps	Date	Location
Trials & Development Day	8-May-21	Trinity Aquatic Centre Lismore
Camp 1	Sunday 4-Jul-21	Trinity Aquatic Centre Lismore
Camp 2	Sunday 24-Jul-21	Trinity Aquatic Centre Lismore
Camp 3	Saturday 7-Aug-21	Trinity Aquatic Centre, Lismore
Camp 4	Sunday 29-Aug-21	Trinity Aquatic Centre, Lismore
Camp 5**Inter-Academy Camp	24-27-Sept-21	AIS Training Centre, Thredbo
Camp 6	Saturday 9-Oct-21	Trinity Aquatic Centre, Lismore
Camp 7	Saturday 6-Nov-21	Trinity Aquatic Centre Lismore
Camp 8	Saturday 4-Dec-21	Trinity Aquatic Centre Lismore
Camp 9	Saturday 8-Jan-22	Trinity Aquatic Centre, Lismore
NCAS Education Program	May - June Face to Face - TBC	Online & Face to Face Workshops
NCAS Academy Awards	TBC	TBC

** The Inter-Academy Camp is non-compulsory; however, we highly recommend that all athletes attend. This is a rare opportunity for athletes to experience training with a fellow regional academy at an elite performance centre. Please note that this camp is subject to athlete numbers and transportation costs.

Inter-Academy Camp – Thredbo TBC

This year, Academy athletes will have the opportunity to train and compete at the AIS training centre in Thredbo. NCAS will be joined by athletes from the Central Coast Academy of Sport's

Swimming Program, for 4 days & 3 nights of high-performance coaching, education and friendly competition.

This is a closed camp, with athletes traveling as a group between Sydney and Thredbo. NCAS coaches and staff will be on hand as chaperones – both male and female.

Athletes will be staying at Boali Lodge, which is walking distance to the AIS training centre. Costs for the camp are TBC but are expected to be approx. \$800 and includes the following.

- Bus hire – Return travel from Sydney/Canberra to Thredbo
- 3 nights' accommodation at Boali Lodge
- All meals – breakfast, lunch, dinner & dessert. Daily self-serve to hot beverages, fresh fruit and biscuits. Athletes are to BYO snacks and drinks; guest fridges will be available. All dietary needs will be catered for – please notify the Academy.
- Pool and gym hire
- Specialist coaching – pool and land based
- Education sessions
- Coaching fees
- Team building activities

Please note that this camp is subject to change depending on squad numbers and Covid restrictions.

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 Monday 3rd May 2021.

Thank You and Best Wishes



Claire McCulloch
Sport Programs Manager
North Coast Academy of Sport