

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 July 2021 to January 2022.

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 and develop talented junior athletes on the North Coast.
- To identify and mentor talented coaches of junior athletes on the North Coast.
- 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.

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 – 21 years of age in 2021 and will be considered on a case-by-case basis. Athletes are required to meet the selection criteria and have demonstrated excellence within their sport.

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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 of formally applying, athletes 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.

- COMPULSORY
 - Swimming Program – \$350 per athlete. Program levies are payable over instalments and athletes are encouraged to source sponsorship to assist with program fees.
 - Athletes will be required to purchase an official NCAS uniform from our supplier Coast 2 Coast at their own cost. *Returning athletes need not purchase another uniform unless required.
- OPTIONAL
 - 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 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
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	Boali Lodge, 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	Face-to-face sessions run at training camps	Online & Face to Face Workshops
NCAS Academy Awards	May 2022	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

This year, Academy athletes will have the opportunity to train and compete at the AIS training centre in Thredbo. NCAS will be inviting 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 Coffs Harbour 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 Coffs Harbour 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, 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.

Thank You and Best Wishes



Claire McCulloch
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North Coast Academy of Sport