



## NCAS 2021 HOCKEY PROGRAM

### Introduction

Thank you for your interest in applying for selection into the **NCAS 2021 Hockey Program**.

North Coast Academy of Sport (NCAS) is one of eleven regional academies throughout NSW. Supported by the NSW Government – Office of Sport, Southern Cross University and Hockey NSW, NCAS has as our core business, the identification and development of talented junior hockey athletes on the North Coast of NSW.

The North Coast Academy of Sport hockey program plays a vital role in the Hockey NSW pathway by identifying, monitoring and developing the skills of young hockey players.

The NCAS hockey program forms an underpinning program for the Hockey NSW Athlete Acceleration Program (AAP) that can see athletes progress through the athlete pathway and be given the support they need to progress to the next level. Members of the squad will be exposed to expert coaching services, and sport specific education in areas such as strength and conditioning and nutrition.

The 2021 program will commence in November 2021 and run to April 2021. The program will have an emphasis on athletes 16-18-years old, providing greater skills development, strength and conditioning support and physical preparation with locally based sessions throughout the North Coast leading into the Academy Games in April 2020, Hosted by Hunter Academy of Sport.

As well as intensive training days and camps, squad members also receive an athlete education program and are required to participate in the Your Local Club NCAS Education Program which includes sports nutrition, sports medicine and injury prevention, sports psychology, public speaking, integrity in sport, resilience, financial fitness for young athletes, youth leadership, and drugs in sport and community. Selected athletes will also be provided with an NCAS uniform and playing kit.

### Selection Process, Date and Venue

- Prospective athletes must complete and submit an online application form by **5.00pm Friday 23rd October 2020. No late applications will be accepted.**
- Possible Trial dates will be announced shortly.

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## Selection Panel

The Selection Panel may consist of:

- Hockey NSW Delegate
- NCAS Head Coach
- NCAS Appointed Independent Selector/s

## Eligibility to Apply

To be eligible for NCAS selection, the athlete must meet the following criteria:

1. Be turning 16-18 years of age in 2021 (born in 2003-2004-2005)
2. Be a current registered member of a Hockey NSW affiliated Association as at July 1<sup>st</sup>, 2020.
3. 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.
4. Complete and submit an online application form by **5.00pm Friday 23rd October 2020. No late applications will be accepted.**
5. Be available to attend possible selection trials if all other selection criteria are met.
6. **HNSW AAP athletes cannot also be part of an Academy squad during the same term.**

## Program Format & Dates

Please note the following schedule of dates is indicative only and is subject to change. Please contact the Academy if you would like to discuss any part of this program.

DATE	EVENT	VENUE
30 <sup>th</sup> October 2020	Trials & Development Day 10-3pm (TBC)	TBC
14 <sup>th</sup> November 2020	Combined Training 10-3pm	TBC
12 <sup>th</sup> December 2020	Combined Training 10-3pm	TBC
6 <sup>th</sup> February 2021	Combined Training 10-3pm	TBC
27 <sup>th</sup> February 2021	Combined Training 10-3pm	TBC
20 <sup>th</sup> March 2021	Combined Training 10-3pm	TBC
16 <sup>th</sup> -18 <sup>th</sup> April 2021	Academy Games	Newcastle
TBC 2020-21	NCAS Education Program	Online & Face-to-Face

The 2021 program will include North Coast training camp days spread throughout the region and a possible inter-Academy camp (TBC).

If required, a Trials & Development Day will be held in late October, which will include fitness testing with NCAS Sports Testing Team and skills sessions with NCAS Coaching Staff. Applicants will be notified if they are required to attend this session. It will be considered compulsory in order for you to be considered for the program.

The program will also consist of a tournament: Academy Games to be held during 16<sup>th</sup>-18<sup>th</sup> April 2021.

Additionally, squad members will be required to participate in the 2021 Your Local Club NCAS Education Program (dates TBC). Program dates will be confirmed and advertised following selections.

## Expected Program Costs

Should you be selected for the 2021 program you will expect to pay an athlete levy to confirm your place in the squad. The athlete levy will be confirmed once final athlete numbers are selected. Selected athletes will also be expected to attend the Academy Games 2021 in Newcastle which will incur a separate tour fee.

The program cost will cover the following:

- Athlete Insurances
- Administration Costs
- Off-field uniform and playing kit
- Venue Hire
- Coach and Manager Expenses
- Athlete entry to the NCAS Academy Awards Event
- Access to the Your Local Club Education Program where sport education modules will be delivered.

Athletes will need to organise and pay for their own travel, accommodation and meals as required to the training days.

**When will I find out if I have been selected into the squad?**

Please ensure at least one active email address is provided on your application.

**Applications close 5.00pm Friday 23rd October 2020. No late applications will be accepted.** Applicants who have satisfied the eligibility criteria and have demonstrated the skills necessary to be a part of the program will be notified as soon as possible after close of applications including possible trial dates (TBC).

Thank you and best wishes

A handwritten signature in blue ink, appearing to read 'Claire', written in a cursive style.

**Claire McCulloch**

Acting Sports Programs Manager  
North Coast Academy of Sport