



## NCAS 2021-22 HOCKEY PROGRAM

### Introduction

Thank you for your interest in applying for selection into the **NCAS 2021-22 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 2021-22 program will commence in October 2021 and run to April 2022. 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 2022, hosted by Southern Sports Academy in Wagga Wagga.

As well as intensive training days and camps, squad members are also required to participate in the 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.

Athletes selected into the NCAS Hockey Program will also have the opportunity to participate in an umpire development program, supported by Hockey NSW.

### Selection Process, Date and Venue

- Prospective athletes must complete and submit an online application form by **5.00pm Friday 3rd September 2021**.
- Possible Trial dates will be announced shortly.

### Selection Panel

The Selection Panel may consist of:

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

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## 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 2022 (born in 2004-2005-2006)
2. Be a current registered member of a Hockey NSW affiliated Association as at July 1<sup>st</sup>, 2021.
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 3rd September 2021**.
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
Mid-September 2021	NCAS Hockey 2021-22 Trials	Only if necessary
9-10 <sup>th</sup> October 2021	Session 1 – Overnight Camp	Grafton
13 <sup>th</sup> November 2021	Session 2	Coffs Harbour
15 <sup>th</sup> January 2022	Session 3	Port Macquarie/Taree (TBC)
29 <sup>th</sup> January 2022	Session 4	Grafton
5-6 <sup>th</sup> February	Inter-Academy Camp	Hunter Region (TBC)
February 2022 (TBC)	NCAS Education Program	Coffs Harbour (TBC)
5 <sup>th</sup> March 2022	Session 5	Goonellabah
19-20 <sup>th</sup> March 2022	Session 6 – Overnight Camp	Grafton
8-10 <sup>th</sup> April 2022	Your Local Clubs Academy Games	Wagga Wagga
May 2022 (TBC)	NCAS Academy Awards	Coffs Harbour

The 2021-22 program will include North Coast training camp days spread throughout the region and possible inter-Academy camps and training sessions (TBC). The program will culminate in the Your Local Club Academy Games in Wagga Wagga, 8-10<sup>th</sup> April 2022.

If required, a Trials & Development Day will be held in mid-September, which will include skills sessions and game play. Applicants will be notified if they are required to attend this session and it will be considered compulsory in order for you to be considered for the program.

## Expected Program Costs

Should you be selected for the 2021-22 program you will expect to pay an athlete levy, which will be confirmed once final athlete numbers are selected. Selected athletes will also be expected to attend the Academy Games 2022 in Wagga Wagga which will incur a separate tour fee. The inter-academy camp in Newcastle is still TBC and may incur a separate fee to cover additional camp costs.

The program cost (approx. \$450) will cover the following:

- Venue hire & equipment
- 2 x Overnight camps (Grafton) – accommodation & meals
- Coach and manager expenses
- Strength & conditioning programming, training sessions & AMS
- Fitness testing
- Athlete insurance
- Administration costs
- Athlete entry to the NCAS Academy Awards Event
- NCAS Education Program

Costs to be covered by athletes

- NCAS uniform – polo & shorts
- NCAS playing/training kit – training singlet, playing singlet, shorts/skort, socks
- Own travel, accommodation and meals as required for training days
- Strapping tape

**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 3rd September 2021.** 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



**Claire McCulloch**

Sports Programs Manager

North Coast Academy of Sport