



North Coast Academy of Sport HOCKEY PROGRAM 2021-22

About the Academy

Established in 1989, the North Coast Academy of Sport aims to assist young athletes from the region to achieve sporting excellence. The Academy is a non-profit organisation covering the NSW coastal region extending from Laurieton to Tweed Heads. Programs in numerous sports are offered, with the Academy working closely with the relevant state and regional sporting associations.

About the NCAS Hockey Program

The NCAS Hockey program forms an underpinning program for the Hockey NSW (HNSW) 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.

Hockey NSW provides support and endorsement for the NCAS program to develop and support pre-elite Hockey Players.

The purpose of the hockey program is to:

- Provide a pre-elite environment for the athletes to develop
- Give athletes access to quality services and programs as they progress through the HNSW pathway
- Prepare athletes for the upcoming Hockey season
- Provide a coach excellence program for regional coaches with the support of HNSW Regional Coaching Coordinator (RCC) Network
- Provide umpire education

Supporting the Academy program are the regional hockey associations of Port Macquarie/Hastings Hockey Association, Grafton Hockey Association, Far North Coast Hockey Association, Coffs Harbour & District Hockey Association.

For the 2021-22 Program a squad of up to 24 males and 24 females (including 2 male and 2 female goal keepers), aged 16 to 18 years in 2022 will be selected across the North Coast region, through an application and trial process.

Depending on selected athlete demographics, the NCAS Hockey program may involve single- and two-day weekend camps, local training sessions, athlete education workshops, with the program culminating at the 2022 Academy Games in Wagga Wagga, 8-10th April. We expect the program to run from October 2021 to April 2022.

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In 2021-22 the program staff will include a head coach, two assistant coaches, specialist goal keeper coach, apprentice coach/s and a squad manager. All positions within the program are held on a voluntary basis.

Staffing Structure

The staffing structure includes:

Head Coach

Squad Manager

2 x Assistant Coaches

Specialist Goal Keeper Coach

Apprentice Coaches

Program Outline

As an integral component of the Hockey NSW pathway, the Academy will offer on and off pitch support to its athletes, access to education, fitness and nutrition as well as specific on field technical training. The program will run mainly over the off season of hockey during the months of October-April.

The program will consist of:

- A minimum of 30 hours on field sessions and 3-6 hours education.
- Regular satellite training in stakeholder association areas with a coordinated plan. There will be opportunities for inter-Academy sessions throughout the program.
- Fitness program to consist of basic strength and conditioning
- NCAS Athlete Education modules – including Sports Nutrition, Sports Psychology, Strength & Conditioning, Injury Prevention, Drugs Awareness, and Youth Leadership.
- Athlete Umpire Education (where possible, TBC)

Program Training Dates

Please note the program below is an **indicative guide only** and may change. **Specific dates & locations will be confirmed shortly.** NCAS dates are scheduled to avoid where possible major COD, AAP & other Hockey NSW dates.

Late September 2021	NCAS Hockey2022 Trials	Only if necessary
9-10 th October 2021	Session 1 – Overnight Camp	Grafton
13 th November 2021	Session 2	Coffs Harbour
15 th January 2022	Session 3	Port Macquarie/Taree (TBC)
29 th January 2022	Session 4	Grafton
5-6 th February	Inter-Academy Camp	Hunter Region (TBC)
February 2022 (TBC)	NCAS Education Program	Coffs Harbour (TBC)
5 th March 2022	Session 5	Goonellabah
19-20 th March 2022	Session 6 – Overnight Camp	Grafton
8-10 th April 2022	Your Local Clubs Academy Games	Wagga Wagga
May 2022 (TBC)	NCAS Academy Awards	Coffs Harbour

Your Local Club Academy Games

The 2022 Academy Games will be hosted by the Southern Sports Academy in Wagga Wagga from 8th–10th April 2022. In 2022, the Games will move to an 11-a-side competition format. NCAS will take

2 squads, consisting of 16 males & 16 females aged 16-18yrs. This is a compulsory event for selected hockey athletes. Hockey NSW will be in attendance and will be holding coach, athlete and umpire development workshops.

To contact the NCAS please phone 02-6620 3073 or email programs@ncas.org.au.

On behalf NCAS, I extend my thanks to the coaches and managers who apply for a position in the program in the hope of gaining a new and rewarding experience.

Thank You and Best Wishes,

A handwritten signature in blue ink, appearing to read 'Claire', is positioned above the printed name.

Claire McCulloch
Sport Programs Manager
North Coast Academy of Sport