



NCAS Hockey & Hockey Umpire Programs 2022-23

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.

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 players & umpires 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 and umpires.

About the Hockey Program

The Academy Hockey Program was originally established by the Academy in 2007, with the program running until 2015. The Academy reintroduced Hockey in 2019 and has since partnered with Hockey NSW to assist in the identification and development of young athletes who aspire to compete at the representative, national, and international levels of Hockey.

Athletes will need to apply annually, even if they have made said program in the previous year. The Regional Academy Program is a recognised pathway for selection into the Hockey NSW Accelerated Athlete Program (AAP). From the athlete's perspective there is a strong focus on the identification, development, and support of individuals born in 2005-2007. The Regional Academy Program also serves as platform to develop and educate aspiring elite coaches. Hockey NSW will provide expert coaching with elements of mentoring, training, education, and support.

About the Hockey Umpires Program

The program will have an emphasis on umpires looking to progress to HockeyEd Lv. 1, 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 2023, hosted by Southern Sports Academy in Wagga Wagga. Umpires that demonstrate the required skill level and knowledge of the game, may be given a letter of recommendation for officiating at the HNSW U18's State Tournament.

Program Inclusions

- 3 x 1-day training sessions
- 2 x 2-day training camps
- 1 x 2-day Inter-Academy camp
- Fitness testing and sport specific strength & conditioning coaching
- NCAS Education Program

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- Regional Academies of Sport “Your Local Club” Academy Games

As well as intensive training days and/or camps, squad members also receive an athlete education program which includes sports nutrition, sports psychology, strength and conditioning, and drugs awareness. In addition to training camps some squad members may be invited to tour and represent NCAS at tournaments. The NCAS Hockey Program is endorsed by Hockey NSW.

Selection Trial Date & Venue

When: 15th October 2022

Location: Grafton Hockey Fields

Time: 10am – 3pm

Selection Criteria

The delivery of the Regional Academy program in North-East NSW will include up to 36 athletes in 2022-23, selected through a public call up, followed by a selection trial which is to be held 15th October 2022. The selected squad will be announced following the trials.

From the selection trial, the Selection Committee will select athletes into the NCAS Hockey program based on the following criteria:

1. Performance at the Hockey Trial event
2. Fundamental skills (based on performance and assessment at the trial)
3. Ability to interact with others and demonstrate team-play skills
4. Conduct and attitude (based on performance and assessment during the trial)

Further Information

If you have any queries, please contact the Sport Programs Manager on 0448 899 681.

Please accept my best wishes for you in the upcoming trial.

Yours Faithfully,



Claire McCulloch

Sports Programs Manager

North Coast Academy of Sport