



North Coast Academy of Sport 2021-22 Beach Volleyball Program

Introduction

Thank you for your interest in applying for selection into the **NCAS 2021-22 Beach Volleyball 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 Volleyball NSW, NCAS has as our core business, the identification and development of talented junior volleyball athletes on the North Coast of NSW.

The North Coast Academy of Sport Beach Volleyball Program plays a vital role in the VNSW pathway by identifying, monitoring, and developing the skills of young volleyball players. Members of the squad will be exposed to expert coaching services, and sport specific education in areas such as strength and conditioning and nutrition.

We have worked closely with the State Sporting Organisation, Volleyball NSW to develop the NCAS Beach Volleyball Program. In delivering this program, we hope that it will assist our athletes towards the next step in their sporting careers. The program will be conducted from December 2021 to March 2022.

Program Dates, Times, and Activities

The 2021-22 Beach Volleyball program will follow the following schedule: 4-5 x Combined Sessions where all athletes and coaches will meet centrally (**Coffs Harbour TBC**). 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.

Camp	Dates	Venue
Trials/session	4 th December 2021	Coffs Harbour
Session 1	18 th December 2021	Coffs Harbour
Session 2	22 nd January 2022	Coffs Harbour
Session 3	5 th February 2022	Coffs Harbour
NCAS Education Day	13 th February 2022	SCU, Coffs Harbour
Session 4	19 th February 2022	Coffs Harbour
NCAS Academy Awards	May 2022	Coffs Harbour

Competition Opportunities

There will not be a centralised Academy tournament for the beach volleyball program. Instead, athletes are encouraged to participate in the [Volleyball NSW Beach Volleyball Tour](#). These are optional competition opportunities, where athletes enter as teams (U14: 4-a-side, U15: 3-a-side, 15+ pairs). Each date and location is a standalone tournament. More information, including tournament entry costs is available through the link above.

The remaining tour dates and locations are listed below:

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REGIONAL ACADEMIES OF SPORT

Event	Dates	Venue
Senior #4 (Open Age)	11-12th December 2021	Coffs Harbour
Youth #4 (U14-U18)	12th December 2021	Coffs Harbour
Youth #5 (U14-U18)	13-14th January 2022	Newcastle
Senior #5 (Open Age)	15-16th January 2022	Newcastle
Senior #6 (Open Age)	29-30th January 2022	Maroubra
Youth #6 (U14-U18)	30th January 2022	Maroubra
Senior #7 (Open Age)	12-13th February 2022	Wollongong
Youth #7 (U14-U18)	13th February 2022	Wollongong
Senior Championships	26-27th February 2022	Manly
Youth Championships	19th-20th March 2022	Mollymook

Program Costs and Inclusions

The program fee for 2021-22 is still TBC, but is expected to be approx. \$400.00 (including GST), invoiced by VNSW, which covers the following items:

- Coaching in line with VNSW Phoenix performance priorities
- Venue hire
- Equipment
- Fitness testing
- Sport specific strength & conditioning coaching
- NCAS Education Program
- NCAS administration levy
- Athlete injury, death, and permanent disability insurance
- Entry to NCAS 2022 Academy Awards

Costs to be covered by athletes:

- NCAS playing kit
- NCAS Uniform
- Costs associated with participating in competition opportunities.
- Travel to and from training days, Education Days and Academy Awards.
- Accommodation for training days (if required), Education Program and Academy Awards.
- Lunch and snacks at training days.
- Strapping tape.

NCAS Education Program

A key feature of all Academy Sport Programs is the Regional Athlete and Coach Education program, which requires Academy athletes to participate in various sports science education modules to enhance their sport-specific coaching. Modules include media training, strength and conditioning, injury prevention, sport psychology, drugs in sport, my athlete brand, respect and responsibility, financial literacy and so on.

Participation in this program is compulsory for all Academy athletes.

Strength & Conditioning – ACE Performance

NCAS has partnered with ACE Performance to provide athletes with dedicated strength and conditioning programming & support. ACE Performance will be delivering weekly online strength & conditioning sessions for all NCAS athletes as well as face-to-face training at individual sport camps. Athletes will be able to engage in home S&C programs via Coach Me Plus - ACE Performance's athlete management system.

Applications

Applications for the 2021-22 Beach Volleyball program can be made via the NCAS website - <https://ncas.org.au/sport-programs/volleyball/>

Applications close Friday 19th November 2021.

Further Enquiries

For further information, please contact the NCAS office on 0455 290 367 or email programs@ncas.org.au

Yours sincerely,

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

Claire McCulloch
Sport Programs Manager
North Coast Academy of Sport