



PROGRAM INFORMATION PACKAGE

BACKGROUND

In 2021, Volleyball NSW (VNSW) is thrilled to announce a new partnership with the NSW [Regional Academies of Sport Incorporated \(RASI\)](#). This partnership will see eligible Academies locations within the RASI network deliver volleyball programs in partnership with VNSW for athletes in the Youth bracket (generally aged between 12-18 years old), forming an official part of the VNSW performance pathway.

OBJECTIVES

The introduction of the RASI program is a key new step in the pathway for ALL athletes and coaches interested in participating in the 2021 Youth Phoenix Program. There are many purposes to this program including:

1. Provide localised high-quality training for athletes and coaches across Sydney Metro and Regional NSW (previously delivered only through the centralised State Team program)
2. Increase the education level of athletes through access to strength & conditioning services and sports education (e.g. nutrition, psychology)
3. Increase the education level of coaches through the development of a combined coaching cohort, with State-wide content led by VNSW
4. Provide a regional level representative championship opportunity within NSW
5. Provide an opportunity for talent identification throughout NSW and therefore engage with more individuals

ELIGIBILITY & FINANCIAL INFORMATION

Suitable athletes are required to:

- Be aged generally between 12-18 years old
- Hold a valid VNSW Membership
- Attend a trial for their Academy

Costs for selected athletes include:

- Invoiced by VNSW on selection:
 - \$600 training & education levy
 - \$130 equipment levy (includes a ball to be kept by the athlete)
- Invoiced by North Coast Academy of Sport:
 - TBC uniform levy
 - TBC additional event/competition opportunities

NORTH COAST ACADEMY OF SPORT

The North Coast Academy of Sport (NCAS) is part of the Regional Academies of Sport Inc. (RASi), a network of sport academies assisting talented junior athletes from regional areas of NSW. Established in 1989, NCAS services a coastal region from Laurieton to Tweed Heads and its mission is:

To facilitate the identification and development of talented junior athletes from the North Coast of NSW. In order to achieve this mission, the Academy supports talent development programs in partnership with state and regional sporting organisations, and conducts development activities for athletes and coaches. Since 1989 the Academy has assisted many athletes to achieve success at state, national and international level.

The geographic region covered by the Academy is vast, extending over 500kms from Tweed Heads in the north to Laurieton in the south. The region includes the local government authorities including Kyogle, Tweed, Byron, Lismore, Ballina, Richmond Valley, Clarence Valley, Coffs Harbour, Bellingen, Nambucca, Kempsey and Port Macquarie-Hastings.

TRIALS

Registration: <https://www.volleyballnsw.com.au/performance-pathways/youth-rasi-network/>

ACTIVITY	DATE	TIME	LOCATION
Trials	Sunday 30 May	10:00AM-12:00PM (Born 2006-2009) 12:00PM-2:00PM (Born 2003-2005)	SportzCentral, Coffs Harbour

VOLLEYBALL TRAINING SCHEDULE

Athletes will undertake a minimum of 24 hours of court activities (18 hours court training + 6 hours competition time), delivered by VNSW endorsed and accredited coaches. Athletes will be educated based on a curriculum developed by VNSW in reference to the Volleyball Australia coaching manual.

The exact times & dates for court activities are still to be confirmed. This will be updated when available and notification of the update will be sent to all those who have registered for trials.

ACTIVITY	DATE	TIME	LOCATIONS
Court Training	Amount: 3x full day camps Day: Saturday, approximately monthly between June-August (inclusive) Time: All day, starting 9am and finishing 6pm Exact schedule to be confirmed ASAP		SportzCentral, Coffs Harbour Port Macquarie Indoor Sports Stadium, Port Macquarie
RASi Tournament	11-12 September	Schedule TBC	Netball Central, Sydney Olympic Park

ATHLETE EDUCATION

Athletes will undertake a minimum of 8 hours of strength and conditioning, and 8 hours of athlete education, delivered by RASi endorsed and accredited coaches and presenters. Athletes will be educated based on a curriculum developed by the North Coast Academy of Sport.

Topics to be delivered will include (but are not limited to):

- Injury Prevention & Management
- Drugs in Sport
- Nutrition
- Cyber Safety
- Sports Psychology
- Bullying & Resilience

The schedule of education will be communicated through the North Coast Academy of Sport upon selection.

COMMUNICATION

TEAM APP

All athletes and staff will communicate directly through the Academy's Team App – this is a secure information share and communication portal attached to the Academy's web site and can only be accessed by the designated group members. All program communications, information, learning opportunities will be directed through the Team App and athletes are expected to use this method to communicate with the squad.

VNSW & ACADEMY WEBSITES

The VNSW website www.volleyballnsw.com.au is the source of centralised information about the partnership between VNSW and the RASi network.

The Academy's dedicated website ncas.org.au has been designed as a portal of information for our athletes and interested parties – providing up to date information on all the Academy's activities, initiatives and opportunities.

SOCIAL MEDIA

Athletes are encouraged to provide the Academy with any updates on performances and representation so that we can promote your achievements across our pages on Facebook, Twitter, Linked In & Instagram. Join Us!

CONTACT DETAILS

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