



North Coast Academy of Sport 2023 Skate Program

Introduction

Thank you for your interest in applying for selection into the **NCAS 2023 Skate Program**.

North Coast Academy of Sport (NCAS) is one of eleven regional academies throughout NSW. Supported by the NSW Government – Office of Sport and Southern Cross University, NCAS has as our core business, the identification and development of talented junior athletes on the North Coast of NSW.

The North Coast Academy of Sport Skate Program plays a vital role in identifying, monitoring, and developing the skills of young Skate athletes. Members of the squad will be exposed to expert coaching services, and sport specific education in areas such as strength and conditioning, nutrition, sport psychology, sport media & communications.

In partnership with the Mid North Coast and Northern Rivers Skate Clubs, we have worked to develop the NCAS Skate Program to be in alignment with the Northern NSW Skate Competition Pathway. 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 April to September 2023.

Selection Date and Venue

- Fair Go Skate Fest 31st March – 1st April 2023
- Ballina Skate Park, Ballina

Selection Panel

The Selection Panel may consist of:

- Australian Skate Federation Delegate
- NCAS Head Coach
- NCAS Appointed Independent Selector/s

Cost

Athlete Trials Fee – FREE – competition fees still apply.

What to Bring

- Passion
- Drive
- Killer tricks

Eligibility to Apply

Athletes

1. Be turning 8-14 years of age (born 2009-2015) in 2023.
2. Athletes must register or be registered as a member of Mid North Coast Skate Club or Northern Rivers Skate Club.

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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 by **5.00pm Monday 27th March 2023**.
5. Be available to attend the selection trials if all other selection criteria are met.
6. Demonstrate a dedication to improving performance.

Program Dates, Times, and Activities

Please note the following schedule of dates is **indicative only and is subject to change**. Final dates and locations will be made available to successful athletes. Please contact the Academy if you would like to discuss any part of this program.

Date	Event	Time	Venue
31 st March – 1 st April 2023	Trials	2 days	Fair Go Skate Fest, Ballina
Mid-May 2023	Training Session	10am – 4pm	Yamba Skate Park
10 th June 2023	Education Day	9am – 12:30pm	SCU CHEC - Coffs Harbour
10 th – 11 th June 2023	Academy Skate Camp	2 days	Coffs Skate Park
Mid-July 2023	Training Session	10am – 4pm	Yamba Skate Park
Mid-August 2023	Academy Skate Camp	2 days	Byron Bay Skate Park
September 2023	Cobbers Skate Fest	2 days	Coffs Harbour
7 October 2023	NCAS Academy Awards	11am – 2pm	C.ex Services Club, Coffs Harbour

Program Costs and Inclusions

The program fee for 2023 is **\$475 per athlete**, which covers the following items:

- Approx. 30hrs of training, including 2 overnight camps
- Coaching in line with Skate Aus performance priorities
- Venue hire
- Equipment
- Fitness testing
- Sport specific strength & conditioning coaching with ACE Performance
- NCAS Education Program
- NCAS administration levy
- Athlete injury, death, and permanent disability insurance
- Athlete ticket for the NCAS 2023 Academy Awards

Additional costs to be covered by athletes:

- NCAS uniform Polo Shirt & T-Shirt
- Costs associated with participating in competition opportunities
- Travel to and from NCAS training days & events
- Fees, travel & accommodation for Skate competition events
- Accommodation for training days (if required), Education Program and Academy Awards
- Lunch and snacks at training days
- Strapping tape

Academy Skate Camps

The program will include 2 overnight camps at Coffs Harbour & Byron Bay.

Recognising the age of athletes within the program, the Academy will require families to organise their own travel, accommodation & meals for these camps.

NCAS Education Program – 10th June 2023

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 etc. The Education Program will be delivered on the 10th June 2023 at the SCU CHEC Campus in Coffs Harbour. Further details will be provided in due course.

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 strength & conditioning sessions for all NCAS athletes at regional training hubs in Lismore, Coffs Harbour and Port Macquarie.

- Lismore – Tuesday & Wednesday 5:30-6:30pm
- Coffs Harbour – Monday, Wednesday & Friday 5:30-6:30pm
- Port Macquarie – Friday 5:30-6:30pm

Athletes are expected to engage in regular fitness training whilst they are in the Academy. Training programs will be made available to all athletes via the Academy AMS. Further details will be made available upon acceptance into the program.

Athlete Management System - XPS

All athletes and coaches will communicate directly through the athlete management system, XPS. This is a secure information share platform restricted to approved members only. **All program communications, information and schedules will be directed through XPS and athletes are expected to have their notifications turned on.**

Athletes selected into the program will receive an email with their login details and an invitation to download XPS via their app store once they have accepted their position in the program.

Further Enquiries

For further information, please contact the NCAS office on 0448 899 681 or email programs@ncas.org.au

Yours sincerely,



John Kincade
Executive Director
North Coast Academy of Sport