



NCAS Golf Program 2023-24

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 from Laurieton to Tweed Heads. NCAS works closely with the relevant state and regional sporting associations.

Program Overview

Supported by Jack Newton Junior Golf and Coffs Harbour Golf Club, the NCAS Golf Program has the specific objective of identifying talented junior golfers and providing them with a level of coaching and ancillary athlete education that will assist them in taking the next step in the sport of golf. The program is designed to expose golfers to skills assessment and development designed by JNJG, new challenges and opportunities, and to complement any lessons / training you are receiving or have received. The NCAS Education Program will deliver modules in the following areas: Sports Psychology, Injury Prevention, Sports Nutrition, Drugs in Sport, and Strength & Conditioning.

The NCAS Golf Program will run from September 2023 to July 2024.

Coaching Staff

Name	Role	Email	Phone
Matthew Allan	Head Coach	matt@coffscitygolfcentre.com	0421410068
Peter Pearce	Mentor Coach		
Brandon Connor	Assistant Coach		
Tyler Corfe	Assistant Coach		

Program Dates, Times and Activities

Program Event	Date	Location	Notes
Training Session	24 September 2023	Coffs Harbour GC	Compulsory event
Induction & Edu Session	18 November 2023	SCU Coffs Harbour	Compulsory event
Training Session	19 November 2023	Coffs Harbour GC	Compulsory event
Training Session	10 December 2023	Coffs Harbour GC	Compulsory event
Training Session	15 January 2024	Coffs Harbour GC	Compulsory event
Inter-Academy Camp	9-11 February 2024	Cypress Lakes – Hunter Valley	Compulsory event
Training Session	March 2024 TBC	Coffs Harbour GC	Compulsory event (TBC)
Peter O’Malley Junior Masters	17-18 March 2024 (TBC)	Bathurst	Compulsory event which will include RASi teams competition
Your Local Club Academy Games	12-14 April 2024	Wagga Wagga	Compulsory event
Kew Junior Masters	4-5 May 2024 (TBC)	Kew GC	Recommended Event
JNJG North V South Cup	24-26 May 2024	Coffs Harbour (TBC)	Compulsory event for selected NCAS athletes
NSW Junior Championships	July 2024 TBC	TBC	Recommended Event

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Your local club



REGIONAL ACADEMIES OF SPORT

Ballina Junior Masters	14-15 July 2024	Ballina GC	Compulsory event
NCAS Awards	12 October 2024	TBC	You should come...it'll be fun.

Program Cost & Payment

The athlete levy of the 2022-23 NCAS Golf program is \$475.00 which includes:

- 5 x 1-day Training Sessions (includes lunches)
- 1 x 2-day Inter-Academy Camp (away camp)
 - Accommodation, food, transport (during event) & coaching fees included
- Coaching from PGA Coaches and visiting elite JNJG coaches and specialists
- Course & venue hire fees
- Fitness testing
- Sport specific strength and conditioning programming
- Weekly S&C training sessions
- NCAS administration levy
- Athlete injury, death and permanent disability insurance
- NCAS Education Program
- Athlete entry and meal at 2024 NCAS Academy Awards

NB: In the event that the Academy is unable to deliver the entirety of the Golf Program, NCAS will consider partial refunds where appropriate.

Costs to be covered by athletes:

- NCAS uniform & golf polo
- Travel to and from Athlete Induction, Training Days, Education Program, Academy Games and Academy Awards.
- Accommodation for training days (if required), Education Program, and Academy Awards.
- Academy Games Tour fee
- Lunch and snacks at training days
- Strapping tape

The cost of the 2024 Academy Games will be a separate charge and you will be advised of that fee once NCAS has confirmed attending athletes, accommodation, transport and catering, games entry and other arrangements and their associated costs. NCAS will offer bus travel for athletes who are unable to arrange their own transport to Wagga Wagga; this will incur a fee in addition to the tour fee.

Eligibility to apply

To be eligible for selection, applicants must meet the following criteria:

1. Must be a current registered member of a NSW Golf Club in the North Coast catchment area.
2. Must reside within the Local Government boundaries of Tweed, Byron, Lismore, Ballina, Kyogle, Richmond River, Clarence Valley, Coffs Harbour, Bellingen, Nambucca, Kempsey and Port Macquarie-Hastings.
3. Within 12 years – 17 years age in 2024, born 2007 – 2012.
4. Handicap of preferably 12 and under for Boys / preferably 18 and under for girls; all applicants will be considered on merit and potential.
5. Representing at school or club level as a minimum, preferably at a district level.
6. Must have a willingness to undertake a structured development program and abide by NCAS policies.
7. Preferably have golf as their primary sport played.
8. Complete and submit an application form by the due date.

Application Process

The selection process will follow the following steps:

1. Prospective athletes complete and submit an application form by **10th September 2023**.
2. The Head Coach will select the squad based on information provided and may offer a trial day if required.

Selection Committee

The Selection Committee will consist of:

- The NCAS Head Coach
- A representative from Jack Newton Junior Golf
- NCAS Executive Member

Selection of athletes is based on development potential which includes factors such as age, performance history, attitude, coachability and not necessarily based purely on handicap.

For those athletes that are selected, you will receive a detailed offer to join the program which will include details on program dates, cost to athletes (the program is financially supported by the JNJG, however there will be an athlete levy to cover expenses determined from the program budget), uniform, insurance cover and NCAS athlete policies. This fee covers training session costs and will not necessarily cover all tour expenses; therefore, attendance at some events may incur further charges.

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

Yours Sincerely,



John Kincade

Acting Executive Director
North Coast Academy of Sport