



## North Coast Academy of Sport 2024 Volleyball Program

### Introduction

Thank you for your interest in applying for selection into the **NCAS 2024 Indoor Volleyball 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 Indoor Volleyball Program plays a vital role in the Volleyball NSW 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, nutrition, sport psychology, sport media & communications.

In partnership with Volleyball NSW, we have worked to develop the NCAS Volleyball Program to be in alignment with the VNSW Phoenix (State Team) 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 November 2023 to September 2024.

### Selection Date and Venue

- Saturday 7<sup>th</sup> October, 3pm – 5pm
- Sports Central, Coffs Harbour

### Selection Panel

The Selection Panel may consist of:

- Volleyball NSW Delegate
- NCAS Head Coach
- NCAS Appointed Independent Selector/s

### Cost

Athlete Trials Fee – \$15.00.

### What to Bring

- Training attire & shoes: white t shirt/singlet. If you are a previous NCAS athlete, DO NOT wear any NCAS clothing.
- A volleyball clearly marked with your name
- Drink bottle & snacks
- Strapping, ice pack and towel for cool down

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## Eligibility to Apply

### Athletes

1. Be turning 12-17 years of age (2007-2012) in 2024; athletes turning 18 & 19 years of age in 2024 may be considered on a case-by-case basis.
2. Hold a full U18 or Adult Volleyball NSW Membership.
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 30<sup>th</sup> September 2023**.
5. Be available to attend the selection trials if all other selection criteria are met.
6. Display the potential to progress through the Volleyball NSW Phoenix Pathway.
7. Demonstrate a dedication to improving performance.

**\*\*Athletes turning 18 or 19 years of age will only be considered as training partners and will not be eligible to compete at Academy events.** Selected athletes are expected to attend the Junior Phoenix trials in May as part of their inclusion in the NCAS program.

### Program Dates, Times, and Activities

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.

Date	Event	Time	Venue
7 October 2023	Trials	3pm – 5pm	Sportz Central, Coffs Harbour
18 November 2023	NCAS Induction & Education	9am – 3pm	SCU Coffs Harbour
Nov 2023-Feb 2024	Weekly S&C Sessions	TBC	Regionally based – Lismore, Coffs Harbour & Port Macquarie
2-3 Feb 2024	Beach Camp	2 days	Port Macquarie TBC
17 Feb 2024	Training Session	10am – 3pm	Regionally based – FNC & Coffs TBC
9 March 2024	Training Session	10am – 3pm	Regionally based – FNC & Coffs TBC
23 March 2024	Training Session	10am – 3pm	Regionally based – FNC & Coffs TBC
12-14 April 2024	Academy Games	2.5 days	Wagga Wagga, NSW
27 April 2024	Training Session	10am – 3pm	Regionally based – FNC & Coffs TBC
17 May 2024	Training Session	10am – 3pm	Regionally based – FNC & Coffs TBC
22 June 2024	Training Session	10am – 3pm	Regionally based – FNC & Coffs TBC
July 2024	Inter-Academy Tournament	2 days	Illawarra TBC
July – Sept 2024	Weekly S&C Sessions	TBC	Regionally based – Lismore, Coffs Harbour & Port Macquarie
12 October 2024	NCAS Academy Awards	11am – 2pm	TBC

### Program Costs and Inclusions

The program fee for 2024 is **\$475 per athlete**, which covers the following items:

- Approx. 35hrs of on-court training
- Coaching in line with VNSW Phoenix 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 playing kit & uniform
- Costs associated with participating in competition opportunities - Academy Games & VNSW Inter-Academy Tournaments
- Travel to and from training days, NCAS Education Days and NCAS Academy Awards
- Fees, travel & accommodation for VNSW Phoenix trails and events
- 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.

### 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. 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 athlete management system XPS. Further details will be made available upon acceptance into the program.

### 'Your Local Club' Academy Games 2024

The 'Your Local Club' Academy Games will be held in Wagga Wagga from 12-14<sup>th</sup> April 2024. NCAS will take 4 teams of 10 athletes to this event – U16 & U18 males and females only. Please note that teams may be adjusted to suit the requirements of the competition. **This is a compulsory event for selected athletes.**

**This event will operate as a live-in camp with a fee of approx. \$550.** Please note that with rising costs we are unable to confirm exact costing at this stage.

The Academy Games fee will cover:

- 2 x nights (Fri & Sat) accommodation & meals (Breakfast & Lunch – Sat & Sun, Dinner – Fri & Sat). \*Meals & snacks outside of this need to be covered by athletes
- Transport – coach hire, fuel & associated expenses
- Venue & equipment hire
- Registration and Insurance
- Coaching expenses
- Athlete welcome pack

Where possible, we encourage families to organise their own transport to the Academy Games. NCAS have engaged the services of Simes Coaches to transport athletes to the Academy Games should they be unable to travel with family or their fellow teammates. The bus will leave from Ballina, with collection/drop off points between Ballina and Port Macquarie. The bus will travel overnight Thursday 11<sup>th</sup> April, returning Monday 15<sup>th</sup> April. Please note that seats are limited and

there will be an additional cost involved per athlete. Athletes will be responsible for own meals whilst travelling. Please notify the Academy if you wish to reserve a seat.

The Academy will again offer athletes the opportunity to gain individual sponsorship for this event through our Friends of the Academy sponsorship program. **Athletes will be invoiced separately for this event.**

#### **VNSW-RASi Volleyball Tournament**

The 2024 VNSW-RASi Volleyball Tournament will be held in the Illawarra region in July 2024. Athletes will be required to organise their own travel, accommodation, and meals for this event. This is a compulsory event for athletes within the NCAS Volleyball Program.

**\*Further information will be released closer to the event by the Academy.**

#### **Further Enquiries**

For further information, please contact the NCAS office on 0448 899 681 or email [programs@ncas.org.au](mailto: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**