



NCAS Hockey & Hockey Umpire Programs 2024

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 extending from Laurieton to Tweed Heads. Programs in numerous sports are offered, with the Academy working closely with the relevant state and regional sporting associations.

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 Hockey NSW, NCAS has as our core business, the identification and development of talented junior hockey players & umpires on the North Coast of NSW.

The North Coast Academy of Sport hockey program plays a vital role in the Hockey NSW pathway by identifying, monitoring and developing the skills of young hockey players and umpires.

About the Hockey Program

The Academy Hockey Program was originally established by the Academy in 2007, with the program running until 2015. The Academy reintroduced Hockey in 2019 and has since partnered with Hockey NSW to assist in the identification and development of young athletes who aspire to compete at the representative, national, and international levels of Hockey.

Athletes will need to apply annually, even if they have made said program in the previous year. The Regional Academy Program is a recognised pathway for selection into the Hockey NSW Futures program. From the athlete's perspective there is a strong focus on the identification, development, and support of individuals born in 2006-2008. The Regional Academy Program also serves as a platform to develop and educate aspiring elite coaches. Hockey NSW will provide expert coaching with elements of mentoring, training, education, and support.

Coaching Squad

Head Coach – Leigh McIntosh

Assistant Coach – Kieran Marshall

Trainee Coaches - TBC

Manager – TBC

Strength & Conditioning – ACE Performance

Program Inclusions

- 3 x 1-day training sessions
- 1 x 2-day training weekend
- 1 x 2-day Inter-Academy camp (Northern Hockey Camp)
- Fitness testing
- Weekly regional strength & conditioning sessions
 - Lismore, Grafton, Coffs Harbour & Port Macquarie

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REGIONAL
ACADEMIES
OF SPORT

- NCAS Education Program
- Regional Academies of Sport “Your Local Club” Academy Games

As well as intensive training days and/or camps, squad members also receive an athlete education program which includes sports nutrition, sports psychology, strength and conditioning, and drugs awareness. In addition to training camps some squad members may be invited to tour and represent NCAS at tournaments. The NCAS Hockey Program is endorsed by Hockey NSW.

Program Dates, Times and Activities

Please note that these dates and times are subject to change.

Date	Event	Time	Venue
13 th – 27 th Nov 2023	Online Applications	2 weeks	Online
6 th Dec 2023	Online Induction	5:30pm – 6:30pm	Online
13 th Jan 2024 (day 1)	Training Session	10am – 3pm	Port Macquarie Hockey
14 th Jan 2024 (day 2)	NCAS-HAS Training Session	9am – 3pm	Taree Hockey
3 rd Feb 2024	Training Session	10am – 3pm	Coffs Harbour Hockey
17 th Feb 2024	Training Session	10am – 3pm	Ballina Hockey
2-3 rd Mar 2024	Northern Hockey Camp	2 days	Tamworth Hockey Centre
16 th Mar 2024	Training Session	10am – 3pm	Coffs Harbour Hockey
12-14 th April 2024	Academy Games	2.5 days	Wagga Wagga
12 th October 2024	NCAS Academy Awards	TBC	Coffs Harbour

Notification of Selection

Selections will be made based on the information provided in the nomination form. Please ensure that you provide as much relevant information as possible to assist the coaches in their selections.

The NCAS program will include up to 36 athletes (18 boys & 18 girls) in 2024. All athletes will be notified of selections by the 29th November 2023.

Further Information

If you have any queries, please contact the Sport Programs Manager on 0448 899 681.

Please accept my best wishes for you in the upcoming trial.

Yours Faithfully,



Claire McCulloch
Sports Programs Manager
North Coast Academy of Sport