



## North Coast Academy of Sport 2024 Skate Program

### Introduction

Thank you for your interest in applying for selection into the **NCAS 2024 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 Skate Australia Strategic Plan 2023-2028. 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 May to October 2024.

A squad of 12 athletes from across the North Coast will be selected.

### Coaching Squad

Head Coach – Bevin Newton

1<sup>st</sup> Assistant Coach – Byron Willis (TBC)

2<sup>nd</sup> Assistant Coach – Jimmy Waghorn

Guest Coach – Shaun Boucher

### Selection Criteria

- Video submission
  - 2 x 45sec run with variations & lines
  - 3 x best trick
  - 30 sec video self-introduction
    - i. Goals
    - ii. Strengths & weaknesses
    - iii. Fun fact

### Selection Panel

The Selection Panel may consist of:

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

### Eligibility to Apply

Proudly supported by



Office  
of Sport



Your local club



REGIONAL  
ACADEMIES  
OF SPORT

## Athletes

1. Be turning 8-14 years of age (born 2010 -2016) in 2024.
2. Athletes must register or be registered as a member of a Skate NSW/AUS affiliated Club.
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 Friday 19<sup>th</sup> April 2024**.
5. 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
25 <sup>th</sup> Mar – 19 <sup>th</sup> Apr 2024	Application Open	4 weeks	Online
18-19 <sup>th</sup> May 2024	Induction, Education & Training Session	2 days	Coffs Harbour
15 <sup>th</sup> June 2024	Training Session	10am – 4pm	Yamba Skate Park
12-14 <sup>th</sup> July 2024	Academy Skate Camp	3 days – 2 nights	Ballina/Byron Bay Skate Park
27 <sup>th</sup> July 2024	Training Session	10am – 4pm	Port Macquarie Skate Park
17 <sup>th</sup> August 2024	Training Session	10am – 4pm	Coffs Harbour Skate Park
Early September 2024	Kobbas Skate Fest	2 days	Coffs Harbour Skate Park
12 <sup>th</sup> October 2024	Program Recap	Prior to Awards – 1-2hrs	Coffs Harbour/Woolgoolga
12 <sup>th</sup> October 2024	NCAS Academy Awards	TBC	Coffs Harbour/Woolgoolga

## Program Costs and Inclusions

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

- Approx. 30hrs of training
- Coaching in line with Skate Aus performance priorities
- Venue hire
- Equipment
- Fitness testing
- Sport specific strength & conditioning coaching with ACE Performance
- Kobbas Skate Fest entry fees – 1 per event (street & park)
- NCAS Education Program
- NCAS administration levy
- Athlete injury, death, and permanent disability insurance
- Athlete ticket for the NCAS 2024 Academy Awards

### Additional costs to be covered by athletes:

- NCAS uniform items
- Travel to and from NCAS training days & events
- 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 training weekends, one at Coffs Harbour & one at Ballina/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. Further information to come.

### NCAS Education Program – May 2024

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 in May 2024 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, Grafton, Coffs Harbour, and Port Macquarie. **Please note that these times are subject to change.**

- Casuarina – Fridays 4:00pm-5:00pm (may change to Tuesdays in July)
- Lismore – Mondays 5:00pm-6:00pm & Wednesdays 5:00pm-6:00pm; 6:00-7:00pm
- Grafton – Tuesdays 5:00pm-6:00pm; 6:00pm-7:00pm
- Coffs Harbour – Mondays & Wednesdays 6:00pm-7:00pm & Fridays 5:15-6:15pm
- Port Macquarie – Fridays 5:00pm-6:00pm; 6:00pm-7:00pm

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 NCAS Sport Programs Manager, Claire McCulloch on 0448 899 681 or email [programs@ncas.org.au](mailto:programs@ncas.org.au)

Yours sincerely,



D'Arcy Van den Bossche  
**Executive Director**  
**North Coast Academy of Sport**