



CENTRAL COAST ACADEMY OF SPORT

2016/17 Athletics Program

introduction

The CCAS is now accepting athlete nominations for the 2016/17 Athletics Program, which is scheduled to commence in July 2016 and conclude in January 2017.

Athletes will receive expert coaching and will participate in both practical and educational development sessions throughout the program.

Selected athletes receive over 20 hours of on the track/field training per athlete to further develop skills along with guest coaching, regular educational sessions and training to ensure athletes also learn how to prepare themselves off the track and field.

benefits

In addition to regular scheduled track/field training sessions, the following benefits will apply to athletes selected within the CCAS 2016/17 Athletics Squad:

- Over 20 hours training, skill and personal development sessions;
- A CCAS merchandise kit valued at \$250.00 RRP;
- A six (6) month track pass to Mingara Regional Athletics Track;
- Speciality guest coaching sessions;
- Education Sessions
- Identification and training methods to correct techniques;
- Opportunities to represent the CCAS at various events;
- 20% discount to all CCAS merchandise and various other athlete discounts including preferred pricing for 2XU, Victor Sports, Mingara One Gym (for those 15 and over) and Water to Go, among others.

cost

A levy of \$400 (inc GST) will be applicable to successful scholarship athletes and covers the full cost of participation in the program, a CCAS merchandise kit and track access to Mingara Regional Athletics Centre for 7 months.

athlete uniform

The CCAS merchandise kit consists of a CCAS backpack, CCAS polo shirt, CCAS training singlet and CCAS shorts, it will also include a pair of 2XU co-branded training shorts and singlet. The 2XU uniform must be worn by athletes at CCAS training sessions, education session and media opportunities.

eligibility

To be eligible for an academy 'Development' Athletics scholarship, athletes must be:

- 14-17 years of age as at 1st January 2016 (Year 7 2016);
- Currently residing within Gosford City or Wyong Shire;
- A current or willing to join member of Athletics NSW;
- Committed to developing to higher representation within track and/or field.
- Athletes from other sports encouraged to apply

selection process

Interested athletes must complete the attached application form available through www.thinksport.com.au. Applications close Thursday 30th June with an announcement of successful athletes via the website on or around Thursday 14th July 2016.

Each applicant is reviewed by a selected panel of CCAS coaches and invited representatives. The CCAS decision/s regarding athlete selection is based on objective and subjective measures and the CCAS hold final responsibility for the selection of athletes.

athlete commitment

If successful, athletes will be accepted as a scholarship holder upon signing an athlete agreement to attend compulsory training /educational sessions as scheduled (unless a written submission is received ie for school event or meet). Only eligible athletes that can fulfil these commitments are encouraged to apply.

Please note, the athlete levy and any previous amount owing from preceding years must be received by the CCAS prior to the athlete receiving their uniform and / or participating.

