



CENTRAL COAST ACADEMY OF SPORT

2017 Greater Bank Netball Program

introduction

The Central Coast Academy of Sport (CCAS) is now accepting applications from athletes interested in trialing for a position within the CCAS 2017 Greater Bank Netball Program. The program follows Netball Australia's Develop a Diamond Academy (DADA) guidelines providing aspiring young netballers of the Central Coast region access to quality development opportunities and support, as they progress through the Netball NSW pathway.

The program provides a localised training environment, focusing on athlete development, acquisition of elite skills and the broader concepts of injury prevention, recovery, lifestyle management and education following Netball Australia's Long Term Athlete Development Program promoting holistic athlete development.

The program is due to commence late January 2017 with selection trials taking place in November 2016.

benefits

In addition to regular scheduled training sessions, the following benefits will apply to athletes selected within the CCAS 2017 Academy Netball Program:

Approx. 40 hours of on court high performance training to further develop individual technical and tactical skills.

- Specialised sports science testing conducted by The University of Newcastle to ensure all aspects of fitness are improved;
- Guest coaching sessions;
- Regular education sessions to ensure athletes also learn to prepare themselves off the court;
- High level competition through participation in Inter-Academy Challenge Matches, The Hunter Festival of Sport and the 2017 ClubsNSW Academy Games to be held in 2017 on the Central Coast;
- Discounts on CCAS clothing purchases and preferred pricing for 2XU, Victor Sports and Water to Go among many others;
- Family Ticket to the CCAS Annual Awards Evening;
- Opportunities to represent the CCAS at various events.

costs

A levy of \$440.00 +GST will be applicable to successful athletes and covers the full cost of participation in the program, the CCAS merchandise kit and tickets for athletes and their family to attend the CCAS Award Evening (4 Pax). An additional fee will apply for athletes selected to attend the annual ClubsNSW Academy Games to be held on the Central Coast in April 2017.

athlete uniform

Athletes will receive a CCAS netball program uniform consisting of a tracksuit, polo, training singlet, training shorts, drink bottle, Gatorade and a backpack. Athletes will have the option to buy 2XU Compression 1/2 Shorts to wear at training and under playing uniform at a 40% discount off RRP.

eligibility

To be eligible to apply for a 2017 Academy Netball scholarship, athletes must be:

- Females turning 14, 15, or 16 in 2017 ie. born 00/01/03
- A current financial member of a local Netball Association located with the Central Coast Region;
- Currently residing within the Local Government Area (LGA) of Central Coast Council.

how to apply

Please return attached application form prior to Monday 14th November, 2016.

All applicants will be assessed, and suitable applicants will be invited to trial at the Central Coast Grammar School.

Trial Date 1: Wed 16th November (\$5.00 fee)

Trial Date 2: Wed 23rd November (invited athletes only)

selection process

Each applicant is reviewed by a selected panel of CCAS coaches, administrators, CCAS Independent Mentor Coach and independent Netball NSW selector/s. Athletes are assessed on their ability, performance and potential as an individual athlete as well as their personal attributes such as attitude and coachability. The CCAS decision/s regarding athlete selection is based on objective & subjective measures, & the CCAS hold final responsibility for the selection of athletes.

