



# CENTRAL COAST ACADEMY OF SPORT

## 2017 CCAS Swimming Program

### introduction

The Central Coast Academy of Sport (CCAS) is now accepting athlete nominations for the 2017 Academy Swimming Program, which is scheduled to commence February 2017.

Swimmers will receive expert coaching from Graeme Carroll (ages 14 and up) and Shane Shepard (ages 13 and below) and will participate in both practical and educational development sessions throughout the program. Selected athletes receive up to 15 hours of 'in water' training to further develop skills along with special guest coaching, specialised performance testing, media exposure and educational sessions such as visualisation, goal setting and social awareness to ensure athletes also learn how to prepare themselves out of the water.

Athletes also have the opportunity to participate in a squad camp/s, which will be at an additional cost to the program levy. The camp/s provides competition exposure, training sessions, guest presenters and a fantastic experience for the athletes to be part of a touring sporting group. Please note that a minimum number of athletes will be required for the tour to go ahead.

### eligibility

To be eligible for an Academy Swimming Scholarship, athletes must be:

- :: 11-25 years as at 1st January 2017
- :: Currently residing within Central Coast Council zone
- :: A current registered member of Swimming NSW.

Athletes must also be registered to compete at the 2017 NSW State Age Champs or competed at the NSW State Opens (Winter) or the Short Course Nationals (Winter).

To be eligible for selection, athletes need to have competed or qualified with two (2) x CCAS Qualifying Times (attached) and provide evidence of time at a sanctioned event (Event, Date and Venue).

Should you not meet the qualifying times, & you think you have a case, please put this in writing with your application form.



### selection process

Interested swimmers must complete the attached application form and return by closed of business Tuesday 7th February, 2017. An announcement of successful athletes will be placed on the CCAS website [www.thinksport.com.au](http://www.thinksport.com.au) soon after close of applications.

Each applicant is reviewed by a selected panel of CCAS coaches and administrators, with a representative from Swimming NSW being consulted regarding the suitability of the athletes. 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.

If successful, athletes will be required to sign an athlete agreement to attend all scheduled sessions (unless a written submission is received ie for school event or meet).

### cost

The CCAS Swim Squad Program will incur a levy of approximately \$315.00 + GST (which covers the full cost of participation in the program including guest presenters and coaches, specialised sports science testing, a CCAS merchandise kit consisting of a polo shirt, backpack, Singlet, Tracksuit, swimming cap & towel, access to a 20% discount to all CCAS merchandise, tickets for athletes and their parents to attend the 2017 Annual Award Evening, and the opportunity to sign up for a complimentary six month membership to Mingara One Gym for athletes 15 and over.

### contact details

If you have any questions or require further information, please contact the CCAS office on (02) 4349 7756 or [programs@thinksport.com.au](mailto:programs@thinksport.com.au)





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### *Application Form*

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Postal Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Post Code: \_\_\_\_\_

Home Phone Number: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email Address: (compulsory) \_\_\_\_\_

Are you of Aboriginal / Torres Strait Islander Descent: \_\_\_\_\_ Gender: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Email Address: \_\_\_\_\_ Mobile: \_\_\_\_\_

Swimming NSW Rego #: \_\_\_\_\_ Current Club: \_\_\_\_\_

Current Coach: \_\_\_\_\_ Coaches Mobile: \_\_\_\_\_

Main Event: \_\_\_\_\_ Secondary Event: \_\_\_\_\_

Uniform Sizing: Please specify appropriate sizes as per the below table

Item	Boys Sizes							Girls Sizes					
	XS	S	M	L	XL	2XL	3XL	8	10	12	14	16	18
Polo Shirt	XS	S	M	L	XL	2XL	3XL	8	10	12	14	16	18
Singlet	XS	S	M	L	XL	2XL	3XL	8	10	12	14	16	18
Tracksuit	XS	S	M	L	XL	2XL	3XL	8	10	12	14	16	18

Athletes need to have competed within the CCAS Swimming Qualifying Time (attached) and provide evidence of time at a sanctioned event (time, event, date and venue). Should you not meet the qualifying times, and you think you have case, please put this in writing with your application form.





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## *Application Form Continued...*

Event Number/s registered to compete in at the 2017 State Age: \_\_\_\_\_

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Event Number/s competed at the Winter State Opens or Shorts Course Nationals: \_\_\_\_\_

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Other Sanctioned Event/s (Please include time, event, date and venue: \_\_\_\_\_

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What do you expect to gain from being a CCAS Squad Member?: \_\_\_\_\_

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***Please complete and fax to CCAS: (02) 4349 7759 or email:  
programs@thinksport.com.au no later than 5pm Tuesday 7th February, 2017.***

