



CENTRAL COAST ACADEMY OF SPORT

Crowne Plaza Terrigal High Performance

Surfing Program 2016/17 Program

introduction

The CCAS is now accepting athlete nominations for the 2016/17 Academy Surfing Program which is scheduled to commence in October 2016 and run through until early March 2017.

This year's surfing program will be led by a team of Central Coast elite surfing stars to further develop our future junior surfing champions on the Central Coast. These professionals bring skills, knowledge and experience in competing with the world's best surfers.

The Crowne Plaza Terrigal CCAS Surfing Program offers elements not available elsewhere delivering opportunity to our local surfing athletes to develop in a measured and pre-elite environment.

benefits

In addition to regular scheduled beach/in water training, skill and personal development sessions, athletes will receive:

- A minimum of 20 hours of on the beach/in water training including identification and training methods to correct techniques;
- Video analysis and skill development;
- Competition strategies and workshops;
- Speciality guest coaching sessions/workshops;
- Education sessions such as Skin Safety and Drug and Alcohol;
- Fitness sessions including rotational symmetry work to improve balance and footing;
- A CCAS merchandise kit consisting of a CCAS backpack, polo, training shorts, training singlet, towel and drink bottle. This uniform will be worn by athletes at CCAS surf training session and associated events;
- Assistance with wave usage and wave count;
- Skateboard sessions on Streetboardz to practice technique;
- Equipment advice;
- 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

Should you be accepted into the 2016/17 program fee of \$420.00 (+ GST). The fee is broken into two parts.

- (1) The program fee is \$380 (+GST), which covers the full cost of participation in the program including the CCAS merchandise kit (valued at RRP \$220.00).
- (2) The Award Night fee is \$40 (+GST) & provides four (4) tickets to the CCAS awards night scheduled in September 2017.
- (3) Additional costs will apply for non-core program elements such as tours or ClubsNSW Academy Games.

Whilst this amount is billed to the individual, clubs are encouraged to assist where possible in covering or part covering the costs of the scholarship.

eligibility

To be eligible for an academy surfing scholarship, athletes must:

- Be male or female aged 11 to 16 years old in 2016
- Be currently residing within the Local Government Area (LGA) of the Central Coast Council
- Be a current member of Surfing NSW
- A nomination endorsed by a local Boardrider's Association is preferred

how to apply

1. Individuals and Local Boardrider Associations are asked to complete the attached application or online form by Wednesday 28th September.
2. The Academy's Surfing selection panel will assess each applicant on their ability, performance, and potential as well as their personal attributes such as attitude and coachability. Suitable applicants will be invited to take up a position in the squad.
3. The squad will be announced on the CCAS website.

Please note, if successful, 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.