



CENTRAL COAST ACADEMY OF SPORT

2016-17 Women's AFL Program

introduction

The Central Coast Academy of Sport (CCAS) is now accepting nominations for the 2016-17 AFL Program, the program will commence early November and run through until late February.

The CCAS, together with the AFL NSWACT, have compiled a development program for female AFL players. The program will include on field and off field components, the program will have a high emphasis on individual skill development.

The program will be lead by experienced coaching staff and include expert guest coaching session, who will provide expert guidance on skill technique, fitness and game sense training. The CCAS AFL Program is open to female athletes wanting to pursue skill development opportunities in the game, in addition, entry to the program is open to athletes who excel in sports other than AFL.

benefits

In addition to regular scheduled training sessions, the following benefits will apply to athletes selected within the CCAS 2016-17 Academy AFL Program:

- High quality, education, gym and pool sessions;
- Individual, as well as squad coaching;
- Insight into what it takes to become an AFL athlete;
- Identification and training methods to correct technique;
- Opportunities to represent the CCAS at various events;
- Sports science testing conducted by the University of Newcastle to ensure all aspects of fitness are improved;
- Access to the CCAS online communication system;
- 20% discount on all CCAS and 2XU Clothing purchases and various other athlete discounts including preferred pricing for Victor Sports, Mingara One Gym and Water to Go.

cost

A levy of \$390 (+ GST) will be applicable to the successful athletes, and covers the full cost of participation in the program, CCAS merchandise kit and family of four (4) ticket to the CCAS Annual Awards Evening.

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.

athlete uniform

Athletes will receive a CCAS uniform consisting of a CCAS backpack, drink bottle, dress polo shirt, training socks, training T , training shorts. This uniform will be worn by athletes at CCAS training sessions and associated events.

eligibility

To be eligible for an academy AFL scholarship athletes must be:

- Be FEMALE, turning 12, 13 or 14 in 2016;
- Currently residing within the Local Government Area (LGA) of Central Coast Council;
- Have an interest or participate in AFL or another sport;
- Be a driven athlete, who is dedicated to improvement, and committed to every session.

athlete commitment

Athletes will be considered as a scholarship holder upon signing an athlete commitment form and then to attend compulsory training sessions as scheduled.

Failure to do so, will result in the cancellation of scholarship and thereby all benefits associated with being a scholarship holder. Only eligible athletes that can fulfil these commitments are encouraged to apply.

how to apply

Athletes are asked to complete the on line application found at www.thinksport.com.au and under the AFL tab apply on line. Alternative a paper application can be made by completing the attached form and submitting a sporting resume.

selection

The CCAS will select a squad of up to 22 athletes, who are of the highest standard regardless of position. Selectors will focus on individual athletes rather than a team.

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

The CCAS decision/s regarding athlete selection is based on objective and subjective measures and the CCAS holds final responsibility for the selection of athletes.





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Athlete Registration Form - AFL 2016-17

*Form to be submitted via fax (02) 4349 7759 or
email info@thinksport.com.au by COB Monday 7th November 2016
For FEMALE Athletes ONLY*

Name: _____ DOB: _____ / _____ / _____

Postal Address: _____ Age Turning 2016: _____

Suburb: _____ Post Code: _____

School: _____ Mobile: _____

Email Address: (compulsory) _____

Current AFL Club (If Applicable) _____ # of Yrs Playing _____

Are you of Aboriginal or Torres Strait Islander descent? Y / N

Parents Name: _____ Parents Mobile: _____

Parents Email: _____

Uniform Sizing Details (if successful in gaining selection these sizes are required, please note uniforms are in adult sizes:
eg: Female - 8, 10, 12, 14, 16, 18

Polo: _____ Training T Shirt: _____ Training Shorts: _____

Current / Past Performance

Please provide the CCAS AFL program staff with a summary of the nominated athlete's achievements to date in AFL or other relevant sport. Additional information may be attached to this application if desired.

