



North Coast Academy of Sport
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NCAS 2020 NETBALL PROGRAM

NCAS 2020 NETBALL UMPIRE PROGRAM

Introduction

Thank you for your interest in applying for selection into the **NCAS 2020 Netball and Netball Umpire Programs**.

North Coast Academy of Sport (NCAS) is one of eleven regional academies throughout NSW. Supported by the NSW Government – Office of Sport and Southern Cross University, NCAS with the support of Netball NSW and the underpinning North and Far North Coast Netball Associations has, as our core business, the identification and development of talented junior netball athletes on the North Coast of NSW.

Netball Program

The Academy Netball Program was established in 1990 and a major aim of the program is to assist the individual development of each athlete so that they progress further in the sport.

The 2020 program will commence in November 2019 and run to September/October 2020. The program will have an emphasis on 14-16 year olds providing greater skills development, strength and conditioning support and physical preparation leading to the U17 State Selection Trials. Age eligible successful athletes who have trialled will need to commit to State Trials as a caveat to their selection to the squad.

As well as intensive training days and camps, squad members also receive an athlete education program which includes sports nutrition, sports physiology, sports psychology and drugs awareness. Athletes will also be provided with an NCAS uniform.

Umpire Program

The 2020 Umpire Program will commence in November 2019 and run to September/October 2020 and will implement the NNSW Umpire Program as set in conjunction with the Netball Australia Umpire Program. The program will have an emphasis on 14-20 year olds providing greater skills development, strength and conditioning support, physical preparation, and ancillary sports education modules.

Eligible umpires will need to commit to both tours (Your Local Club Academy Games 2020 Hunter 3-5 April 2020 and Regional Academies of Sport & NNSW Netball Academy Challenge date TBC) as a caveat

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to their selection to the program. During these tournaments umpires will not only gain practical experience umpiring higher level competition but also be part of NSW umpire mentoring and education sessions as well as having the chance to be badged.

As well as training days, squad members also receive an athlete education program which includes sports nutrition, sports physiology, sports psychology and drugs awareness as well as other modules. Squad members will also be provided with an NCAS umpire uniform.

Selection Process, Date and Venue

- Prospective athletes and umpires must complete and submit a trial application form and payment by **Friday 25th October 2019. No late applications will be accepted.**
- Trials will be held on Sunday 10th November at Raymond Laurie Sports Centre, Yamba.

Selection Panel

The Selection Panel will consist of:

- Netball NSW Delegate
- NCAS Head Coach
- NCAS Appointed Independent Selector/s

Cost

Athlete 2020 Netball Trials \$50.00.

Umpires are not required to pay a trial fee.

What to Bring

- Training attire & shoes: white t shirt/singlet. If you are a previous NCAS squad member, do not wear any NCAS clothing.
- A netball clearly marked with your name
- Drink bottle, water, lunch & snacks. The canteen on site will have limited options.
- Strapping, ice pack and towel for cool down

Netball Elite Coaching Development Sessions

Nicole Cusack and Tracey Robinson from Netball Elite Coaching will again be running development sessions for athletes on Saturday 9th November leading into the NCAS trials. Details to come.

Eligibility to Apply

Athletes

1. Be turning 14-16 years of age in 2020
2. Be a current registered member of a North Coast or Far North Coast Netball Association.
3. Reside in the North Coast region within the defined Local Government boundaries of the following Council areas: Tweed, Byron, Lismore, Ballina, Kyogle, Richmond River, Clarence Valley, Coffs Harbour, Bellingen, Nambucca, Kempsey and Port Macquarie-Hastings.
4. Complete and submit an application form as attached by **5.00pm Friday 25th October 2019**
5. Be available to attend the selection trials if all other selection criteria are met.
6. Display the potential to progress through the Netball NSW Athlete Pathway.
7. Demonstrate a dedication to improving performance.

Umpires

1. Be turning 14-20 years of age in 2020. If you are outside of these ages please contact the Academy for further information.
2. Be working towards a National B or C Badge.
3. Associations must endorse umpire application.
4. Be a current registered member of a North Coast or Far North Coast Netball Association.

5. Reside in the North Coast region within the defined Local Government boundaries of the following Council areas: Tweed, Byron, Lismore, Ballina, Kyogle, Richmond River, Clarence Valley, Coffs Harbour, Bellingen, Nambucca, Kempsey and Port Macquarie-Hastings.
6. Complete and submit an application form as attached by **5.00pm Friday 25th October 2019**
7. Be available to attend the selection trials if all other selection criteria are met.
8. Display the potential to progress through the Netball NSW Umpire Pathway.
9. Demonstrate a dedication to improving performance.

Program Format & Dates

The 2020 program will include an induction and testing weekend as well as six training camp days. The program will also consist of 2 compulsory tournaments: Academy Games to be held during 3–5 April 2020 and Regional Academy Challenge, dates TBC September/October 2020. Squad members will also be required to attend the Your Local Club NCAS Education Weekend 2020 at Coffs Harbour (dates TBC).

The Netball NSW High Performance Camp 21-22 March 2020 (Sydney Olympic Park) is offered to all Academy netballers and while not a compulsory Academy date we strongly encourage athletes to take part in this event. Further details to come available from NNSW.

The following schedule of dates for the 2020 Netball Program is indicative only and subject to change. All program dates will be confirmed following trials.

Date	Venue	Event
9 & 10 November 2019	Raymond Laurie Sports Centre, Yamba	Netball Elite Coaching Clinic (Sat) & NCAS 2020 Netball Athlete & Umpire Trials (Sun)
30 November – 1 December 2019	TBC	Induction & Testing Weekend
7 December 2019	Sydney	NNSW Academy Coaches Day (coaches only)
2 February 2020	TBC	NCAS Session 1
23 February 2020	TBC	NCAS Session 2
21 - 22 March 2020	Genea Netball Centre, Sydney Olympic Park	Netball NSW High Performance Camp
Dates TBC	Coffs Harbour	NCAS Education Weekend 2020
15 March 2020	TBC	NCAS Session 3
3 – 5 April 2020	Maitland	Your Local Club Academy Games 2020 Hosted by Hunter Academy of Sport
2 August 2020	TBC	NCAS Session 4
23 August 2020	TBC	NCAS Session 5
13 September 2020	TBC	NCAS Session 6
26 – 27 September 2020	TBC	Regional Academies of Sport & Netball NSW Academy Challenge

Expected Program Costs

Athletes selected for the 2020 program can expect to pay a fee of approximately \$350, and Umpires selected for the 2020 program can expect to pay a fee of approximately \$200, dependent on final squad numbers. During the program the selected squad will be divided into 2 teams and will attend the Academy Games and the Academy Challenge. All squad members will attend these tournaments and will need to pay an additional fee per tour (costs TBC).

The estimated program cost will cover the following:

- Athlete Insurances
- Administration Costs
- Uniform
- Venue Hire
- Coach and Manager expenses
- Entry to the NCAS Academy Awards Evening
- Entry for athletes & family members to the Your Local Club Education Weekend where sport education modules in the areas of Sports Nutrition, Sports Psychology, Strength and Conditioning, My Athlete Brand and general topics including Drugs Education will be delivered.

If selected, the Academy offers the *Friends of the Academy Sponsorship Program* where athletes and umpires are encouraged to find individual sponsorship for their levy. Further information will be distributed to selected athletes.

Athletes and umpires will need to organise and pay for their own travel, accommodation and meals as required to the training days. Each athlete will have the contact details for fellow squad members so carpooling, etc. can be organised.

When will I find out if I have been selected into the squad?

Please ensure at least one active email address is provided on your application. **Applications close Friday 25th October 2019. No late applications will be accepted.**

Applicants who have satisfied the eligibility criteria and have demonstrated the skills necessary to be a part of the program will be notified as soon as possible after the trials via post, usually within two weeks of the trial.

Thank you and best wishes



John Kincade
Executive Director

Attached documents (bolded documents must be returned completed):

NCAS 2020 Netball Trials Application Form

NCAS 2020 Netball Trials Payment Form

NCAS Athlete/Umpire Medical Form

APPLICATION FORM

NCAS Netball 2020 Trials



All applications to be submitted to:
programs@ncas.org.au

Instructions to Netball athletes wishing to attend weekend:

1. Complete all sections using only black pen or digital completion
2. Return this completed form & payment slip back to NCAS by **Friday 25th October 2019. No late applications will be accepted.**

Applicant Details

Applying as Athlete or Umpire						
First Name						
Family Name						
Email (athlete)						
Street Address						
Town						
Postcode						
Date of Birth						
Gender						
Phone (athlete)						
Email (parent / guardian)						
(1) Parent/Guardian Name						
Above Persons Contact no.						
(2) Parent/Guardian Name						
Above Persons Contact no.						
Other Emergency Contact Person & Contact Number						
ATSI & CALD Diverse Background (Optional): Are you of Aboriginal, Torres Strait Island or other culturally diverse background? Yes / No <i>This information is used for NCAS and NSW Government – Office of Sport reporting requirements.</i>						
School						
Playing Position (2 only)						
Height (cm)						
Netball Club & Association						
Home Netball Coach Name & Email Contact						
NSW Netball membership number (Compulsory)						
Singlet Size (Use size guide below)						
Measure around widest area of bust – these are body measurements, not garment measurements						
Kids						
6Y 66cm	8Y 70cm	10Y 74cm	12Y 77cm	14Y 80cm		
Ladies						
8 84cm	10 89cm	12 94cm	14 99cm	16 104cm	18 109cm	20 114cm

Sporting Achievement Details

BEST NETBALL/UMPIRE ACHIEVEMENTS OVER THE PAST 12 MONTHS	
SUMMARY OF RESULTS (Be accurate, as results will be checked by selection committee)	
National	
State	
Regional	
Zone	
Club	

SUMMARY OF OTHER PERFORMANCES & REPRESENTATIONS (Selections/Awards/Squad Invites)	
National	
State	
Regional	
Zone	
Club	

List what you or your coach would say are your specific strengths as a Netball athlete/umpire:	
1	
2	
3	

List your specific weaknesses as a Netball athlete/umpire that you hope to improve:	
1	
2	
3	

1. Athlete/Umpire Declaration

The information I have provided is accurate and correct:

SIGNED BY ATHLETE: _____ DATE: _____

2. Parental Guardian Consent

I confirm that my child is fit to participate and give my consent for my child to trial for the NCAS Netball or Umpire Program:

SIGNED BY PARENT/GUARDIAN: _____ DATE: _____

North Coast Academy of Sport Netball 2020 Trials Payment Form



Athlete Payment form. Umpires are not required to pay trial fee.

Amount Payable:
\$50.00

Due by Friday 25th October 2019. No late payments will be accepted.

Athlete's Name:.....

Payment Method (please tick one)

EFT Transfer

PLEASE NOTE CHANGE OF BANK DETAILS

I have on (insert date) Transferred the above amount to NCAS's bank account

- **BSB: 533 000**
- Bank: Banana Coast Credit Union
- Account Number: 184 721
- Account Name: North Coast Academy of Sport
- Payment Reference (include athlete's name as you've written above.)

Debit/Credit Card

I authorise North Coast Academy of Sport to charge the above amount to my:

(Circle One) Bank Card MasterCard Visa Card

Card Number: _____ - _____ - _____ - _____

Expiry Date: __/__/__ CVV: ___ (3 digits on reverse of card)

Card Holder's Name: _____

Card Holder's Signature: _____

Got a question? Please contact the NCAS office via 02 6620 3073 admin@ncas.org.au

North Coast Academy of Sport ATHLETE MEDICAL FORM



2020 Netball Trials & Netball Elite Clinics

Complete the medical information below.

NCAS treats this information as confidential and is bound by its privacy policy. NCAS will only distribute this information to those people whom we consider need it to ensure your health and well-being at NCAS events.

The medical information provided within this document will be used throughout the 2020 Netball Program should the athlete be accepted. Please contact NCAS if athlete medical information changes. If you wish to discuss any matters on this form, please contact NCAS on (02) 6620 3073.

Field	Print Neatly In Black Ink
Athlete Full Name	
Medicare Number	
Do you have private medical cover?	
If yes, state provider and policy number	
Do you have ambulance cover?	
Date of last tetanus injection	
Blood type	
Do you suffer from asthma?	
If yes, detail your treatment plan	
Do you suffer from diabetes?	
If yes, detail your treatment plan	
Do you suffer from epilepsy or similar episodes?	
If yes, detail your treatment plan	
Do you suffer from allergies (foods, medications, stings etc)	
Do you have any specific food requirements (gluten free, vegetarian, vegan etc)	
If yes, detail your treatment plan/s	
List any other personal medications and the reasons for their use.	
List all other medical / health related matter/s not already mentioned that NCAS should be made aware of as well their related treatment plan/s	
Details all significant injuries and treatments over the past 12 months.	
Best emergency contact name and number	

Parent's / Guardian's Name (**print**): _____

Parent's/Guardian's Signature: _____ Date: _____