



North Coast Academy of Sport
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2014-15 NCAS Golf Program



Dear Athlete,

Thank you for your interest in the 2014-15 NCAS Golf Program. The North Coast Academy of Sport (NCAS) Golf Program is one of eleven Regional Academies of Sport in New South Wales that provide a program for emerging elite junior golfers' across NSW. The NCAS golf program is proudly supported by Jack Newton Junior Golf (JNJG) and the Bonville Golf Resort.

About the Academy

Established in 1989, the North Coast Academy of Sport aims to assist young athletes from the region to achieve sporting excellence. The Academy is a non-profit organisation covering a NSW coastal region from Laurieton to Tweed Heads. NCAS works closely with the relevant state and regional sporting associations.

Program Overview

The NCAS Golf Program has the specific objective of identifying talented junior golfers and providing them with a level of coaching and ancillary athlete education that will assist them in taking the next step on the player development pathway. The program is designed to expose golfers to skills assessment and development designed by JNJG, new challenges and opportunities, and to complement any lessons / training you are receiving or have received.

Athletes will receive a sports education component with NCAS's Regional Athlete & Coach Education Program. The RACE Program will deliver modules in the following areas: Sports Psychology, Sports Physiology, Sports Nutrition, Drugs in Sport, and Core Strength & Conditioning. This program is delivered over an entire weekend, 22nd-23rd November 2014 in Coffs Harbour.

*Please Note: the RACE weekend will be your induction to the NCAS golf program. Upon receiving your nomination to the program, information on the RACE weekend will be emailed to you.

The program is expected to run from November 2014 until May/June 2015 with an athlete fee of \$300 approx.

The NCAS Golf Program Curriculum will be delivered by the Bonville Golf Resort's PGA Professional. The program will be Camps based with a minimum of 30 coaching contact hours. It is envisaged that 4 Camps will be conducted over the course of the program at Bonville Golf Resort, and complimented by a tournament tour. Bonville are currently in the process of finalising their new pro- once this process is complete camp dates will be advertised.

A selected squad will also attend the 2015 Academy Games Golf Tournament on the Central Coast, April 10-12.

Eligibility to apply

To be eligible for selection, applicants must meet the following criteria:

1. Must be a current registered member of a NSW Golf Club in the North Coast catchment area.
2. Must be Born in – 1997 to 2001
3. Handicap of: preferably 10 and under for Boys / preferably 15 and under for girls
4. Representing at school or club level as a minimum. Preferably at a district level.
5. Must have a willingness to undertake a structured development program and abide by NCAS policies.
6. Complete and submit an application form by the due date

Application Process

To apply complete the attached Application Form and return it to NCAS. Please note that the closing date for applications is: **Wednesday 12th November 2014.**

Please ensure at least one active e-mail address is provided on your application.

Selection Committee

The Selection Committee will consist of:

- The NCAS Head Coach
- A representative from Jack Newton Junior Golf

Selection of athletes is based on development potential which includes factors such as age, performance history, attitude, coachability & not necessarily based purely on handicap.

What Happens To Those That Are Identified?

Each applicant will be notified by email as soon as selections have been finalised. It is expected that selections will be completed by Friday 14th of November 2014. If you have not received an email regarding selection by November 18 please contact the office on (02) 6620 3073.

For those athletes that are selected, you will receive a detailed offer to join the program which will include details on program dates, cost to athletes (The program is financially supported by the JNJG, however there will be an athlete levy to cover expenses determined from the program budget), uniform, insurance cover and NCAS athlete policies. It is envisaged that the athlete program levy will be in the vicinity of \$300.00. This fee covers camp costs and may not necessarily cover all tour expenses; therefore attendance at some events may incur further charges.

Further Information

- For further information regarding NCAS visit: <http://www.ncas.org.au>
- For further information about Jack Newton Junior Golf visit: www.jnjg.com.au
- To contact the NCAS please phone 02-6620 3073, or fax 02-6620 3707 or email programs@ncas.org.au

One Final Thought “Nothing Ventured, Nothing Gained”

NCAS and JNJG are very excited and committed to this exciting program, especially in regional areas such as the North Coast NSW.

On behalf of JNJG and the NCAS, I extend my thanks to the athletes and their families who apply for a position in the program in the hope of gaining a new and rewarding experience.

Thank You and Best Wishes



John Kincade
Executive Director

North Coast Academy of Sport ATHLETE APPLICATION FORM

Golf Program 2014-15

All applications to be submitted to:
2014-15 Golf Program Application Form
 North Coast Academy of Sport
 PO Box 157, LISMORE NSW 2480
 Phone: (02) 6620 3073, Fax: (02) 6620 3707
 Email: programs@ncas.org.au
 Web: www.ncas.org.au



Insert photo here
 The photo needs to be a 'head and shoulders' shot.

Instructions to Golf athletes wishing to trial:

1. Complete all sections
2. Write neatly using only black pen
3. Attach a non-returnable photo (a quality photocopy will suffice)
4. Return this completed form
 back to NCAS by **5pm – Wednesday 12th November 2014.**

Section One – Athlete information

Applicant Details

First Name	
Family Name	
Email (athlete)	
Street Address	
Town	
Postcode	
Date of Birth	
Gender	
Home Phone	
Mobile Phone (athlete)	
Email (parent / guardian)	
(1) Parent/Guardian's Name	
Above Persons Contact Number	
(2) Parent/Guardian's Name	
Above Persons Contact Number	
Other Emergency Contact Person & Contact Number	
ATSI-Diverse Background (Optional):	
Are you of Aboriginal, Torres Strait Island or other culturally diverse background? Yes / No	
School	
Golf Club Name	
Coach Name & Contact Number	
Golflink number	

Section Two – Competition Golf History

Please summarise your top five golf performances over the last 24 months. Include event date, age and gender division, etc

- 1.
- 2.
- 3.
- 4.
- 5.

Coach’s name and contact details (post, phone, email):

What would your coach, parents or others say are your strengths as a golfer?

What do you think are you weaknesses as a golfer that you hope to improve in the program?

What are your golfing goals for the upcoming season (be specific):

What is your current handicap.....

Section Three - Health, Injury and Fitness Information

Briefly list all current and recent injuries (past 12 months), illnesses, allergies, etc.
(leave blank if none).

List all prescription or important medications that NCAS should know about.
(Leave blank if none)

List any disabilities or impairments that may affect your performance.
(Leave blank if none)

Medicare number.

Section Four – Athlete & Parent Declaration

1. Athlete Declaration

The information I have provided is accurate and correct:

SIGNED BY ATHLETE: _____ DATE: _____

2. Parental Guardian Consent

I give my consent for my child to apply to trial for the NCAS Golf Program:

SIGNED BY PARENT/GUARDIAN: _____ DATE: _____