



CENTRAL COAST ACADEMY OF SPORT

2019 CCAS Swimming Program

introduction

The Central Coast Academy of Sport (CCAS) is now accepting athlete nominations for the 2019 Academy Swimming Program. The program is scheduled to commence late April 2019.

Swimmers will receive expert coaching from Graeme Carroll and Stephen Critoph and will participate in both practical and educational development sessions throughout the program. Selected athletes receive approx 15 hours of 'in water' training to further develop skills along with special guest coaching, specialised performance testing, exercise physiology screening, biomechanics, media exposure and educational sessions including as examples; goal setting, social media training, integrity on sport to ensure athletes also learn how to prepare themselves out of the water.

Changes to the 2019 program include the introduction of a two squad structure. An elite squad (ES) and a development squad (DS) will be introduced. The ES is for national ranked athletes. The DS is for junior athletes who compete at district and up to national level. The schedule will include combined sessions every 4 weeks.

eligibility

Elite Squad: Open National Level Athletes, Age 17+, Member Swimming NSW, currently residing within LGA of CCC.

Dev Squad: Junior Athletes, District level performance and up to National ranked events, 10-17years, Member Swimming NSW, currently residing within LGA of CCC.

Athletes must also be registered to compete at the 2019 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 provide evidence of time/s at sanctioned event (Event, Date and Venue).

If athletes, parents / guardians are unsure the CCAS encourages you to complete the online application and supply evidence of performance.

selection process

Interested swimmers must complete the online application found at: <https://thinksport.com.au/programs/swimming>. An announcement of successful athletes will be available on the CCAS website 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.

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

Elite Squad: Will incur a levy of approximately \$120.00+ GST

Dev Squad: Will incur a levy of approximately \$340.00+ GST

The levy covers the full cost of participation in the program including scheduled pool sessions, guest presenters specialised sports science, a CCAS merchandise kit consisting of a polo shirt, backpack, Singlet, Tracksuit, swimmers and swimming cap, tickets for athletes and their parents to attend the 2019 Annual Athlete Celebration, and membership to Mingara One Gymnasium 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 email programs@thinksport.com.au





CENTRAL COAST ACADEMY OF SPORT

2019 CCAS Swimming Program

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 & Girls Sizes | | | | | | | |
|------------|--------------------|----|---|---|---|----|-----|-----|
| Polo Shirt | XXS | XS | S | M | L | XL | 2XL | 3XL |
| Singlet | XXS | XS | S | M | L | XL | 2XL | 3XL |
| Tracksuit | XXS | XS | S | M | L | XL | 2XL | 3XL |

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 a case, please put this in writing with your application form.





CENTRAL COAST ACADEMY OF SPORT 2019 CCAS Swimming Program

Application Form Continued...

Event Number/s registered to compete in at the 2019 State Age: _____

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

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

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

Athletes must complete the online application:
<https://thinksport.com.au/programs/swimming/>

