



# GOLD COAST ACADEMY OF SPORT

## 2018 U16 TOUCH PROGRAM

### INTRODUCTION

The Gold Coast Academy of Sport (GCAS) is proud to announce that we will be offering a Touch program in 2018.

Athletes will be invited to participate in a performance development program incorporating both practical skills and personal development. This Program is aimed at providing additional benefits outside of normal club and association trainings.

The focus of training will be on individual fundamental skill development, team dynamics, winning strategies and basic fitness. In addition to the skills, team development and fitness training there will be core educational sessions for the athletes to help themselves prepare off the field and grow on a personal level.

We are also pleased to announce that coach of the GCAS Touch Program is Belinda Hammett, State and National representative in Touch. She is extremely enthusiastic and has an interest in developing a love of the sport for all. To develop basic skills and understanding of the sport is most important.

### ELIGIBILITY

To be eligible for an academy Touch Program, athletes must be:

- Males / Females born in or after 2003 (Turning 15 or have turned 15 yrs old in 2018.)
- Any athletes wishing to learn more about Touch.
- Aspiring to improve in the sport. \*(Athlete does NOT have to be at a high level of performance).

### ATHLETE COMMITMENT

Athletes are accepted into the GCAS Touch Program upon signing an athlete agreement to attend compulsory training / educational sessions as scheduled. Failure to attend sessions and wear the GCAS uniform will result in the cancellation of the involvement and thereby all benefits associated with being part of the program. Only interested, committed are encouraged to apply.

### COST

A levy of \$ 230.00 (incl. GST) is applicable to athletes, which covers the full cost of participation in the program, which starts in February and runs through to end of March. The GCAS uniform will be included in this program cost. The uniform must be worn by athletes at GCAS training sessions. Program levy covers the cost of coaching sessions, core education sessions, GCAS uniform and GCAS Awards night in October.

### APPLICATION / SELECTION PROCESS

All athletes are asked to complete the application form for the 2018 GCAS Touch Program. The program welcomes beginners along with experienced players. Touch is a growing sport and is seen to be a sport for everyone.

Athletes are requested to complete the application forms and email them to [programs@goldsport.com.au](mailto:programs@goldsport.com.au)

After being selected the athlete must complete the participation and medical form and pay the specified levy. All forms will be made available to the players.

Successful athletes to be announced via email on Friday 9th February 2018 via email and on our website and Facebook pages.

[www.goldsport.com.au](http://www.goldsport.com.au)

### IMPORTANT DATES

**Applications Open:** 15<sup>th</sup> January

**Applications Close:** 7<sup>th</sup> February

**Announcement of Athletes:** 9<sup>th</sup> February

**Program Commences:** 26<sup>th</sup> February

### CONTACT / FURTHER INFORMATION

For further information please contact  
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