



# GOLD COAST ACADEMY OF SPORT

## 2017 FUTURE STARS PROGRAM

### COMMENCES APRIL 2017

#### INTRODUCTION

The Gold Coast Academy of Sport (GCAS) Future Stars Program is proudly supported by Runaway Bay Sports Super Centre and HART Sport.

The Future Stars Program is designed for those athletes involved in sports that fall outside of the regular programs offered by the Academy. We would like to encourage athletes from ANY sport to apply to be part of this program (sports such as Gymnastics, Track and Field, Volleyball, Surfing, Touch, Tennis, Cycling, Swimming to name a few). We will also consider those athletes who are already in a scheduled program conducted under the GCAS banner.

The focus of training will be on individual skill development and basic fitness. In addition to the skills 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.

The program will cater for basic fitness elements of athletes and build on their awareness of important issues/aspects that are essential in the development as an elite performance athlete. We understand that all sports have individual skill needs which the athlete has to target, but the underlying strength and basic movement patterns are general areas that can be worked on, regardless of the competition sport.

In addition to these skill development sessions, athletes will be involved in a number of core educational sessions to help them develop and grow to become a 'student of their own event and sport'. These sessions will include nutrition, psychology, study skills and time-management to name a few. With links to one of our major partners, Griffith University, these educational sessions will help the athletes develop into an all round athlete on and off the field of play. This high performance development program provides physical and mental skill which will benefit the athlete outside of normal club and association trainings.

It is understood and accepted that once an athlete is accepted into the program that they will attend all compulsory training and educational sessions as set down by the coordinator that are scheduled. If, for some reason, the athlete is unable to attend due to sickness/other commitments, it is expected that the coordinator / GCAS is advised. On completion of the program, all athletes will be recognised at the 'End of year graduation' ceremony conducted at the RACV (Late September).

#### ELIGIBILITY

To be eligible for an academy FUTURE STARS Program, athletes must be:

- Males or females aged between 13 to 18 in 2017. (Born 1999 - 2004)
- A current financial member of a their local sporting club located within the Queensland Gold Coast region
- Aspiring to achieve elite representation in their chosen sport.

#### ATHLETE COMMITMENT

Athletes are accepted to the GCAS upon signing an athlete agreement to attend compulsory training / educational sessions as scheduled. Failure to do so, without informing the program manager prior will result in the cancellation of their involvement and thereby all benefits associated with being a scholarship holder. Only eligible athletes that can fulfill these commitments are encouraged to apply.

#### COST

A levy of \$360.00 (incl. GST) is applicable to successful athletes and covers the full cost of participation in the program. Benefits also include -

- Full merchandise kit (uniform) of the GCAS.
- 6 month membership to Runaway Sports Super Centre
- Personal Training session with PT from RBSSC
- GCAS training sessions
- GCAS educational sessions
- Personal screening and personal training session - highlight strengths and weaknesses to further the athlete's abilities
- Quarterly newsletter
- Any further opportunities as they arise in relation to mentoring etc.
- Final Annual Awards function

#### APPLICATION / SELECTION PROCESS

Please fill in the application form available on our website. Applications close on Friday 17th March. Successful athletes to be announced via email by Monday 27th March 2017.

If successful, the athlete must complete the participation agreement and medical form and pay the specified levy. All forms will be made available on the GCAS website, [www.goldsport.com.au](http://www.goldsport.com.au).

#### IMPORTANT DATES

**Applications Open:** Monday 13th February 2017.

**Applications Close:** Friday 17th March 2017.

**GCAS Squad Announced:** Monday 27th March 2017.

**Program Orientation & Training One:** Friday 21st April 2017.

#### CONTACT / FURTHER INFORMATION

For further information please contact  
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