



GOLD COAST ACADEMY OF SPORT

2018 FUTURE STARS PROGRAM

COMMENCES MAY 2018

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 2018. (Born 2000 - 2005)
- Aspiring to achieve representation in their chosen sport and to understand and learn more about themselves and how they improve.

ATHLETE COMMITMENT

Athletes are accepted to the GCAS upon signing an athlete agreement to attend compulsory training / educational sessions as scheduled. It is encouraged that athletes advise the coordinator if unable to attend organized sessions.

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 Thursday 26 April 2018. Successful athletes to be announced via email on Monday 30 April 2018.

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.

IMPORTANT DATES

Applications Open: Tuesday 27 February 2018

Applications Close: Thursday 26 April 2018.

GCAS Squad Announced: Monday 30 April 2018.

Program Orientation & Training One: Friday 11 May 2018.

CONTACT / FURTHER INFORMATION

For further information please contact
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