

## FUTURE STARS

The Gold Coast Academy of Sport (GCAS) offers educational and skill development opportunities for all sporting athletes on the Gold Coast. In the team areas, GCAS offers programs in Rugby Union, Rugby League, Basketball, Soccer, Aussie Rules, Cricket and Surf Life Saving. The 'Future Stars' program is designed for those athletes involved in sports that fall outside of the many regular team programs offered by the Academy. Athletes from ANY sport are encouraged to apply to be part of this program (sports which have been included in the past are: Swimming, Tennis, Track and Field, Go Karting, Cheering and Ice Hockey with other sports such as Gymnastics, Volleyball, Surfing, Touch and Cycling could be included). Athletes who are already part of a scheduled program such as Rugby or Basketball are able to be part of this program as there are further educational units/topics which are covered and discussed.

The focus of training will be on individual movement development and basic fitness. In addition to these skills and fitness training there will be core educational sessions for the athletes to help them prepare on and off the field whilst also growing on a personal level.

The program caters for basic fitness elements for athletes and builds on their awareness of important issues/aspects essential in the growth as a developing and high performance athlete. We understand all sports have individual skill needs which the athlete has to target, but the underlying strength, coordination and basic movement patterns are general areas that can be focused upon, regardless of their chosen 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, rehab and recovery, 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 performance development program provides physical and mental skills which will benefit the athlete outside of their 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 RACV Royal Pines (October).

Here are some feedback from athletes and parents involved in past Future Stars programs.

"It's been a busy year for the boy, Lachlan and myself think the sessions with Future Stars and GCAS Cricket have helped him through, especially with the mental and physical approach to the game".

"Casey was a wonderful program facilitator and it was evident when at the conclusion of the proceedings that the Future Stars gathered together for

celebration, congratulations, photos and friendship. Casey did a great job of fostering a positive and productive team environment. I have personally thanked her but want to ensure I let everyone know. Self-belief was the biggest hurdle that had to be overcome in my son's career.

"The program was great. Lots of good information. Perhaps fitness to be part of every session. Casey was excellent as a coordinator and leader - she made all sessions fun and interesting. I hope I can do a program again".

"Excellent program for young athletes. Has made me a better person and more educated about my sport. It has also given me information to pass on to others".

"The most important thing I learnt was how to look after my body before and after all sessions - very good practical knowledge and very informative".

Athletes will receive a 6 month-membership to the Strength and Conditioning area at the Southport Sharks. We will also be working out of the Southport Sharks for most of the theory sessions.

If you would like to apply for this program, please go to the website or contact us via email, Facebook or call. 0403 676 897 The program normally commences in April/May runs through to October.