

# Sports Excellence

## Junior Academy Programs



The following documents outlines all our Junior Academy programs, costs and session plans.



## COACHING STAFF



### Priscilla De Schwartz - Volleyball Coach & Head of Junior Academy Program

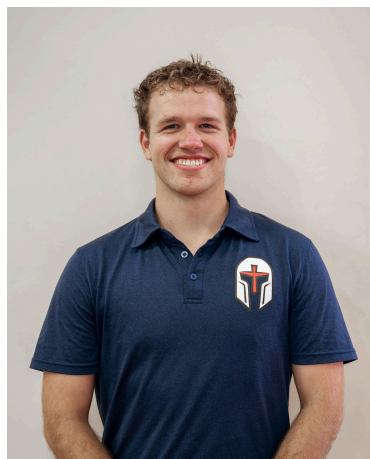


Priscilla has completed her Level 2 Volleyball Victoria coaching certificate and is passionate about coaching Volleyball.

Priscilla is also passionate about soccer, she has played at state level 1 in outdoor soccer and is currently playing at a high level in futsal. She has a true passion for all sports and coaching teams to achieve their best.

Priscilla is the Primary Head of Sports and oversees all the Junior Academy Programs throughout the year.

### Jonah Bailey - Coach of Junior Academy Programs



Jonah is a current NCCBA, EISM and primary school sports coach. He is talented and experienced with many years of coaching Basketballers of all abilities. He is passionate about helping young athletes become the best version of themselves whether it be in sport or any other field.

Jonah currently coaches representative Basketball at the Frankston Blues Basketball Association, has run domestic development programs within the Knox Basketball system as well as junior NBA camps..

The Junior Academy will also draw on the highest quality coaches, alumni and athletes to complete the coaching stable used for all Academy sessions. Only committed, verified and qualified coaches will be involved in the Junior Academy Programs as part of the Sports Excellence Program at NCC.

# Junior NCC Fit Academy Program Term 1



## PROGRAM OUTLINE

Year levels: 3-6

Sessions: 1:00-1:30 pm

Tuesdays for 6 weeks

Location: Sports Oval/ MPC in the case of inclement weather

Fees: \$60 which will include the cost of the uniform (Sentinels training shirt)

Fees: \$45 if the student already owns a Sentinels training shirt

Capacity of students involved: 25

The first 20 students to fill in the registration form and pay the \$60/ \$45 fee to student reception (in person or over the phone) will be given a spot in the Academy.

Coaching staff:

- Priscilla de Schwartz (Director of the Program)
- Jonah Bailey (Coach)
- Secondary Sentinels (Assistant Coaches)

## SESSION PLAN

**Each of the sessions has a particular skill focus that will be practised.**

**Session 1:** Develop good running techniques for short and long distance

**Session 2:** Start and finishing - sprints and cross country

**Session 3:** Sprinting relays

**Session 4:** Develop pacing strategies when running in continuous sport

**Session 5:** Endurance running practice and breathing technique

**Session 6:** Final cross country practise

# Junior Soccer Academy Program Term 2



## PROGRAM OUTLINE

Year levels: 3-6

Sessions: 1:00-1:30pm

Mondays for 6 weeks in Term 3

Location: Oval and if it is raining NCC Multipurpose Centre (Gym)

Fees: \$60 which will include the cost of the uniform (Sentinels training shirt)

Fees: \$45 if the student already owns a Sentinels training shirt

Capacity of students involved: 25

The first 25 students to fill in the registration form and pay the \$60/ \$45 fee to student reception (in person or over the phone) will be given a spot in the Academy.

Coaching staff:

- Priscilla de Schwartz (Head of the Program)
- Jonah Bailey (Assistant Coach)
- Secondary Sentinels (Assistant Coaches)

## SESSION PLAN

**Each of the sessions has a particular skill focus that will be practised during game play each week.**

**Session 1:** Introduction to the Soccer Academy with a focus on dribbling techniques

**Session 2:** Shooting and kicking techniques

**Session 3:** Creating space to receive a pass in a game scenario and positions on the field

**Session 4:** Defending techniques and how to incorporate these techniques in a game

**Session 5:** Developing the knowledge of the rules of soccer and incorporating all the skills learned in previous sessions into a game scenario

**Session 6:** Incorporating all the skills developed over the program in a soccer match . This will include a post-academy analysis for each participant. This will outline areas of growth and opportunities for continued improvement.

# Junior Basketball Academy Program Term 3



## PROGRAM OUTLINE

Sessions: 1:00-1:30pm

Every Tuesday for 6 weeks

Location: NCC Multipurpose Centre (Gym)

Fees: \$60 which will include the cost of the uniform (Sentinels training shirt)

Fees: \$45 if the student already owns a Sentinels training shirt

The first 30 students to fill in the registration form and pay the \$60/ \$45 fee to student reception (in person or over the phone) will be given a spot in the Academy.

Capacity of students involved: 30

Year levels: 3-6

Coaching staff:

- Priscilla de Schwartz (Head of the Program)
- Jonah Bailey (Coach)
- Secondary Sentinels (Assistant Coaches)

## SESSION PLAN

**Each of the sessions has a particular skill focus that will be practised during game play each week.**

**Session 1:** General skill circuit to better understand the athletic ability of each participant

**Session 2:** Focus on dribbling and hand-eye coordination

**Session 3:** Layup and shooting techniques

**Session 4:** Rebounding technique including boxing out offensive players

**Session 5:** Defensive structures

**Session 6:** Incorporating all the skills developed over the program in a basketball game. This will include a post-academy analysis for each participant. This will outline areas of growth and opportunities for continued improvement.

# Junior Volleyball Academy Program Term 4



## PROGRAM OUTLINE

Year levels: 5 and 6

Sessions: 1:00-1:30 pm

Tuesdays for 6 weeks in Term 4

Location: NCC Multipurpose Centre (Gym)

Fees: \$60 which will include the cost of the uniform (Sentinels training shirt)

Fees: \$45 if the student already owns a Sentinels training shirt

Capacity of students involved: 25

The first 25 students to fill in the registration form and pay the \$60/ \$45 fee to student reception (in person or over the phone) will be given a spot in the Academy.

Coaching staff:

- Priscilla de Schwartz (Head of the Program and Coach)
- Jonah Bailey (Assistant Coach)
- Secondary Sentinels (Assistant Coaches)

## SESSION PLAN

**Each of the sessions has a particular skill focus that will be practised during game play each week.**

**Session 1:** Fundamentals of setting

**Session 2:** Fundamentals of digging

**Session 3:** Fundamentals of spiking/ blocking

**Session 4:** Fundamentals of serving underarm and overarm

**Session 5:** Introduction of rules and game play

**Session 6:** Incorporating all the skills developed over the program in a volleyball game. This will include a post-academy analysis for each participant. This will outline areas of growth and opportunities for continued improvement.