

# Sports Excellence

## Junior Academy Programs



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



# Term 1 - Junior NCC Fit Academy Program



Year levels: 3-6

Sessions: 1:00-1:30 pm

Tuesdays for 6 weeks in Term 1, starting 13th February

Location: Sports Oval

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: 20

The first 20 students to fill in the registration form [HERE](#) 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)
- Jordan Hutchinson (Advisor)
- 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 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

# Term 2 - Junior Basketball Academy Program



Sessions: 1:00-1:30pm

Every Tuesday for 6 weeks in Term 2

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 20 students to fill in the registration form **HERE** 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: 20

Year levels: 3-6

Coaching staff:

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

## SESSION PLAN

**Each of the sessions has a particular skill focus that will be practiced 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:** Gameplay incorporating all the skills developed over the program. This will include a post-academy analysis for each participant. This will outline areas of growth and opportunities for continued improvement.

# Term 3 - Junior Soccer Academy Program



Year levels: 3-6

Sessions: 1:00-1:30pm

Mondays for 6 weeks in Term 3

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: 30

The first 30 students to fill in the registration form **HERE** 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 (Assistant Coach)
- Jordan Hutchinson (Advisor)
- 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. Focus on dribbling

**Session 2:** Shooting and kicking techniques

**Session 3:** Creating space to receive a pass in the game

**Session 4:** Understanding defending in the game

**Session 5:** Knowledge of the rules of soccer and incorporating all the skills learned in previous sessions.

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

# Term 4 - Junior Volleyball Academy Program



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: 20

The first 20 students to fill in the registration form **HERE** 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 (Assistant Coach)
- Jordan Hutchinson (Advisor)
- 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 (please note this session will be on a Monday due to a year 5/6 sporting event)

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

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

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

**Session 6:** Volleyball Game

Gameplay incorporating all the skills developed over the program. This will include a post-academy analysis for each participant. This will outline areas of growth and opportunities for continued improvement.