

# Sports Excellence

## Junior Academy Programs



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



## COACHING STAFF



### Priscilla de Schwartz - Head of Junior Academy Program

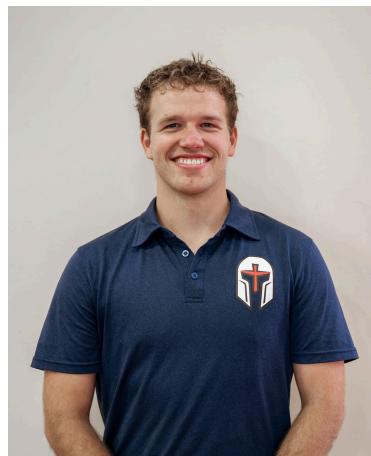


Priscilla has a true passion for all sports and coaching teams. She is a dedicated and enthusiastic coach who supports students to achieve their best by fostering confidence, skill development and a love of learning across different sports.

She has played at state level 1 in outdoor soccer and is currently playing at a high level in futsal and indoor soccer. She has completed her Level 2 Volleyball Victoria coaching certificate and is passionate about coaching Volleyball, both in the primary and secondary.

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 Academy - General Information



## Purpose

Our junior sports academy programs provide students with structured opportunities to develop their skills and gain exposure to each of the sports offered. Each term we offer a different sport, currently we offer NCC fit, soccer, basketball and volleyball academy (Please note volleyball academy is only offered to year 5/6).

## Registration

At the beginning of the year, promotions on our social media and website will be announced when registrations will open for the upcoming term's Junior Academy program. Toward the end of the term, promotions will be shared again, and registrations for the next Junior Academy will open one week before the term concludes. **Please note: fees MUST be paid to secure your child's place.**

## Structure

Students will have time to eat before the program begins, following the regular lunch schedule from 12:40 - 12:50pm. Once the lunch bell rings, students can head to the meeting point for a 12:55pm start. The session will conclude at 1:25 pm, allowing students time to have a drink and use the bathroom before the lunch bell rings.

## Uniform Requirements

It is expected that all students come to sessions wearing their Sentinel's training shirt. This shirt remains the same for all academies. Students are allowed to wear their PE uniform and training shirts to school on the day of the program. If your child needs to purchase a shirt, you can do this directly through our supplier [HERE](#).

Please use the size chart as a guide to pick a size for your child, to ensure the shirt will fit well and lasts throughout the year. If your child already has a training Sentinel's shirt from the previous year, they can continue to use this shirt for the new year ahead.

# Junior NCC Fit Academy Program Term 1



## PROGRAM OUTLINE

Year levels: 3-6

Sessions: 12.55-1:25pm

Mondays for 6 weeks

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

Fees: \$45

Uniforms: Students are expected to wear their Sentinels training shirt during each session. If required, these can be purchased [HERE](#).

Capacity of students involved: 25

The first 25 students to fill in the registration form and pay the \$45 fee to the 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 as required)

## 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 distances

**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 practice

**Session 7:** Make-Up Session for any sessions missed

# Junior Soccer Academy Program Term 2



## PROGRAM OUTLINE

Year levels: 3-6

Sessions: 12:55-1:25pm

Mondays for 6 weeks

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

Fees: \$45

Uniforms: Students are expected to wear their Sentinels training shirt during each session. If required, these can be purchased [HERE](#).

Capacity of students involved: 35

The first 25 students to fill in the registration form and pay the \$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.

**Session 7:** Make-up session for any sessions missed

# Junior Basketball Academy Program Term 3



## PROGRAM OUTLINE

Sessions: 12:55-1:25pm

Mondays for 6 weeks

Location: NCC Multipurpose Centre (Gym)

Fees: \$45

Uniforms: Students are expected to wear their Sentinels training shirt during each session. If required, these can be purchased [HERE](#).

The first 35 students to fill in the registration form and pay the \$45 fee to the student reception (in person or over the phone) will be given a spot in the Academy.

Capacity of students involved: 35

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 into a basketball game. This will include a post-academy analysis for each participant. This will outline areas of growth and opportunities for continued improvement.

**Session 7:** Make-up session for any sessions missed

# Junior Volleyball Academy Program Term 4



## PROGRAM OUTLINE

Year levels: 5 and 6

Sessions: 12:55-1:25pm

Mondays for 6 weeks

Location: NCC Multipurpose Centre (Gym)

Fees: \$45

Uniforms: Students are expected to wear their Sentinels training shirt during each session. If required, these can be purchased [HERE](#).

Capacity of students involved: 25

The first 25 students to fill in the registration form and pay the \$45 fee to the 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.

**Session 7:** Make-up session for any sessions missed