



INFORMATION FOR PARTICIPANTS AND PARENTS

Academy Softball Camp – June 27th-29th, 2008.

The camp being held at Ewen Maddock dam and will be hosted by Sunshine Coast Softball Association. The camp will be a further opportunity for selected athletes, to take part in an intensive softball training camp. From the camp the final academy squad of 26 (13 male & 13 Female), players will be selected.

Please note, not everyone invited to take part in the Academy camp, will be selected in the final academy squad. The camp is a further assessment of athlete potential and a development opportunity, to assist players reach their full potential.

The camp will represent a further stepping stone, to representative level. The camp will run over the 1st weekend of the June school holidays at a cost of \$140. Participants selected into the final academy squad, will take part in a regular training program and assessments after the completion of the camp and will also play as a team, in the Sunshine Cup competition. If selected in the final academy squad, a further fee of \$80 will be payable, meaning the complete fee paid will not exceed \$220.

What is the Academy about?

Queensland Softball in partnership with the North Coast Regional Softball Academy (Representatives from Redcliffe, Caboolture, Sunshine Coast and Noosa Softball Associations) share a commitment and desire to enhance the development of talented athletes and coaches.

The Academy is completely separate to any development activity that may be run by an individual association (i.e. pitching & catching development squad at Redcliffe).

The Academy aims to provide talented athletes from each region (Queensland Softball Regions), the opportunity to achieve excellence in softball. Each Regional Academy operates under the direction of the Qld Softball Coaching Technical Directorate and the Regional Academy Committee.

The principle roles of the Regional Academy are to:

- (a) Support all athletes in their pursuit of excellence.
- (b) Increase the number of quality athletes available for District, State and National selection.
- (c) Provide a holistic approach to athlete development.
- (d) Provide each athlete with feedback on technique, skills, performance and attitude.
- (e) Provide a training environment that focuses on excellence and supports challenges and achievement.
- (f) Provide an opportunity for coaches and officials opportunity to develop.

Goals include:

- ☺ Increase young people's understanding of softball
- ☺ Develop personal skills, knowledge & abilities (ie. 'Setting goals').
- ☺ Provide an opportunity to develop to representative level.
- ☺ Support an environment that challenges and fosters continual improvement.

Who is Eligible to attend?

Young players who are (In First Year):

- ◆ aged 12-14 years (must be no older than 14 on the 31/12/08)
- ◆ interested in developing softball skills
- ◆ Assessed potential (Determined by selection process)
- ◆ Must be registered player (affiliated with Qld Softball) from one of the Regional District Associations.
- ◆ Desire to play game at representative level.

Please Note: Selection will also be on the expectation that athletes selected (in the first year), will be capable of performing **at a competitive U/16 level**. The academy squad will take part in the Sunshine Cup – U/16 tournament in January 2009.

What will happen during the academy?

The program combines the following assessments to assist the academy determine current status and future potential. Assessments include:

- (a) Physiological
- (b) Fitness
- (c) Strength and conditioning
- (d) Skills assessments
- (e) Game Knowledge
- (f) Game sense
- (g) Attitude

Indoor workshop sessions along with outdoor sport specific activities to assist in the development a range of skills, knowledge and abilities will be conducted.

Although a full program has yet to be formalised sessions may include but should not be limited to:

- ◆ Sports Science
- ◆ Goal Setting & Planning
- ◆ Injury prevention and Management
- ◆ Communication
- ◆ Team-Work
- ◆ Talks and presentations by elite players/coaches.

Workshop activities **might** include:

- ◆ Presentations
- ◆ Discussions
- ◆ Team building games & activities
- ◆ Working & Planning in Small Groups
- ◆ Problem-Solving Exercises
- ◆ Rules and Game knowledge

Outdoor activities **might** include:

- ◆ Softball Sports specific
- ◆ Fitness runs and tests
- ◆ Strength & flexibility
- ◆ Agility and Speed

WE ENCOURAGE EVERYONE TO PARTICIPATE FULLY.

NB. The program is a guide only a full program will be available prior to camp.

Where To From Here?

Parents & young people invited to participate in the camp need to complete the attached paperwork and forward it to the Academy Administrator, **NO LATER THAN MONDAY THE 9th of June 2008**, including:

- ☺ Nomination Form
- ☺ Agreement Form
- ☺ Medical Information Form & Dietary requirements.
- ☺ Payment of \$140 for camp.

Players & parents should read and understand the code of conduct, prior to signing any agreement. Athletes should start planning now for the camp, to make sure they are fit and prepared for the challenges that will be presented at the camp.

At the completion of the camp, a squad of players will be invited to further participation in the full academy program. The selected group of players will be referred to Qld Softball Association, for appointment to the Academy.

Once selected, the appointment remains in place for 12 months. This will not however mean that players will not be selected in subsequent years, as the Academy provides a long term opportunity for development to full potential. Providing players show progress and continue to develop and assessment supports their continued involvement, they will in most (Not All) instances be provided with continued development opportunity through the Academy, (At discretion of Qld Softball and the Regional Coaching Selection panel).

Once selected, a program of activities will be forwarded to all participants. In the mean time please make provision for the initial camp which will be held from Friday the 27th of June – Sunday the 29th of June, 2008.

Prior to the camp a full program will be circulated to invited participants, including; program outline; site address; location map (where possible) and descriptions of what to bring. If you need any further information, please feel free to contact the Academy Co-ordinator (Mark Mawn) on Phone 0448 110854 or speak to your Association delegate.

An academy cap will be issued to all athletes taking part in the camp, at no extra cost. If selected in the final squad a playing/training shirt will be provided.

All Correspondence & Payments to:

***North Coast Regional Softball Academy
C/- Redcliffe Softball Association
PO Box 24
Redcliffe Q 4020***

Question you may have.....But what about.....?

- ◆ Young people are supervised and supported throughout the program by the Academy Head Coach, appointed coaches, specialists and volunteers determined necessary for the successful operation of the program.
- ◆ Rules and agreements are made prior to the commencement of any person in the Academy program. Discussions on site relating to operation of a particular activity or any issues will be discussed with participants before proceeding with any activities (i.e. camp rules & meal and clean up etc).
- ◆ Special food, medical or other requirements may be negotiated.
- ◆ All activities are conducted by, or under the direction of qualified staff.
- ◆ Responsibility for transport to and from camps and training venues, will be the responsibility of the parents/guardians, of each participant.
- ◆ The cost for attendance in the full program has been determined by the Academy Committee at \$220, per participant. Initially a fee of \$140 needs to be paid, for participation in the camp. If selected in the full program the further fee of \$80, will need to be paid at a date to be determined after the camp. If agreeing to participate, this fee is payable by all participants. No discounts or exclusions to the cost will be considered.
- ◆ In some cases a District Softball Association may offer support/sponsorship for participants, in the Academy Program. In each instance where this applies fee's IN FULL are to be paid to the North Coast Regional Softball Academy. Receipts will be issued, at which time athletes needing support may on application to their individual associations, apply for assistance. (Please Note: Not all Association will be in a position to do this. Each Assoc. will determine whether or not it has the capacity to support such a system. This will not be negotiated at any stage, by the North Coast Regional Softball Academy).
- ◆ Sometimes due to circumstance beyond our control, a program or part of any organised activity may need to be modified, altered or cancelled.
- ◆ This is a volunteer based program; as such it relies on the good will and dedication of a range of volunteers, coaches and administrators.
- ◆ The program administrator oversees the day to day operation of the program.
- ◆ All coaches and officials taking part in this program are required to have a Children's Commission suitability card.
- ◆ This is the first year of operation for this program; as such some teething problems are expected. Please remember to be patient as everyone involved is doing so because they have a belief in the opportunity this program provides, for development of the sport of Softball.
- ◆ In future/subsequent years it is anticipated that the age group of young people invited to attend, will be extended.
- ◆ The Academy coaching panel will not be restricted to simply selecting existing representative players. Players will be selected based on a selection process, considering their existing ability and future potential.