

Little Athletics SA and Athletics SA
present

SA ATHLETICS ACADEMY 2017



ABOUT THE ACADEMY



South Australia's Athletics Academy is a junior development squad that has been developed by Athletics South Australia and Little Athletics South Australia, to provide a targeted preparation program for all young athletes, aged between 9 and 19 years of age.

The Academy operates to assist athletes to further their skills, improve techniques, motivations and knowledge in the sport of athletics.

The Academy covers all facets of Track & Field Events, theory and practical based, which are delivered by highly skilled and experienced coaches.

ACADEMY SPONSORS

Without our sponsors, the SA Athletics Academy would not be where it is today. We would like to thank City-Bay for their ongoing support of the program.



THE DEVELOPMENT PATHWAY

An Athletics development pathway has been designed for young athletes, to progressively move through the sport of athletics. The pathway will provide opportunities for them to:

- Gain skills in line with their skill level and maturation.
- Move easily from one stage of involvement to another.
- Be motivated and have fun whilst developing their skills and interests.
- Inspire them to stay involved in the sport of athletics, for life.
- Provide athletes with ongoing support throughout the off-season.

The Academy has four tiers; **Bronze, Silver, Gold and the Target Talent Program (TTP)**





PRACTICAL SESSIONS

Bronze & Silver Squads

Each month, athletes will have the opportunity to choose two events for 2 x 1 hour sessions that they would like to get coaching in. The events available to choose are: Long Jump, Triple Jump, Pole Vault, High Jump, Shot Put, Discus, Javelin, Sprints, Hurdles, Distance Running, and Walks. Hammer Throw may be offered, dependent largely on demand.

Gold and TTP Squads

The Gold & TTP squads run differently, as the athletes in these squads have achieved high qualifying standards to participate in the program. Therefore, these squads are designed to engage personal coaches and athletes in event focused programs.

THEORY SESSIONS

The Silver, Gold, and Talent Target Program (TTP) Squads have education theory sessions each month. These sessions aim to provide athletes with the extra knowledge and understanding to ensure they continue to follow the athletics pathway to success.

All below theory components will be facilitated by individuals with specialist knowledge in the areas. It is highly recommended that individual coaches attend these theory sessions with their athletes, for further development.

Recovery

You've trained hard, worked hard, competed hard... now it's time to recover. What do you do to assist your recovery? Is it best to move, rest, use heat or ice? This session holds the answers that will put you on the right track for your next training session or competition.

Pilates

Pilates as a cross training tool can increase sports specific performance, with some of the elite athletes of the world using Pilates to get them ahead of their competition. Pilates involves doing controlled body movements, which with consistent practice, can reduce the frequency and severity of injuries, increase body control and increase power output. This session is focused on injury management and prevention, packed full of take-home Pilates exercises that you can use to get an advantage right away.

Introduction to Sports Psychology

The preparation of the mind is equally as important as the preparation of the body. The same way as we have physical training techniques for our events, the Sports Psychologist will provide simple techniques to prepare mentally for the challenges that occur before and during competitions.



Nutrition

Optimal nutrition ensures the best platform for your sporting success, at whatever level you participate.

Aspirational

In South Australia, we have a rich history of Olympics and Commonwealth Games representation. High profile athletes are often portrayed as providing positive messages such as good behaviour, commitment to goals, good health attitudes, community engagement and sport participation. In this Olympic year, we will invite a past, present, or future athlete to attend the Academy to provide sound and inspiring advice.

Pre-Event Preparation

The way you look after yourself leading into a competition has a huge impact on your event performance. Is your body working at its best? What can you do to optimise it? Learn tricks of the physiotherapy trade that you can use to ensure your joints, nerves and muscles are firing hot on event day.

Competition Day Preparation

The big day has arrived – what is your preparation routine? Do you have a game plan? Or do you just “wing it” and try your hardest on the field? Research tells us that the most successful athletes have routines and habits that the rest of the pack don’t use. Learn how to create your own competition day routine – this session covers a selection of exercises that you can use to get the most out of your body on the day.

Yoga

Yoga increases the flexibility and core strength of the athlete while focusing the mind. Yoga is a technique used by many athletes to take control of their body throughout their training and competition cycle. The instructor will walk the athletes through a basic series of movements that will increase blood flow and help take conscious control of their breathing.

BRONZE SQUAD



The Bronze Squad is the first tier in the Academy. This squad is practical-based (no theory component) and will involve coaching in all track and field events. The aim is to develop the athletes' all-round athletic ability, ensuring sound techniques in any running, jumping and throwing events.

The squad will participate in:

- 8 practical sessions (2.5 hours in length), conducted by accredited athletics coaches.

Eligibility

- Turned 10 as of the 31st of December 2017. Therefore, athletes may be 9 years old when they begin the Academy.
- Have a desire to develop as an athlete.

Cost: \$150.00

Cost includes: 8 x 2.5 hour practical sessions with coaching from experienced and qualified coaches. Bronze Squad athletics training t-shirt or singlet (for athletes 12 years or older) is provided for FREE with registration!

Program Timetable:

Dates	Time
Sunday, April 30th 2017	2:15pm - 4:45pm
Sunday, May 14th 2017	2:15pm - 4:45pm
Sunday, June 11th 2017	2:15pm - 4:45pm
Sunday, July 9th 2017	2:15pm - 4:45pm
Sunday, Aug 13th 2017	2:15pm - 4:45pm
Sunday, Sept 10th 2017	2:15pm - 4:45pm
Sunday, Oct 8th 2017	2:15pm - 4:45pm
Sunday, Nov 12th 2017	2:15pm - 4:45pm

Location: All sessions will be run at the **SA Athletics Stadium.**

145 Railway Terrace, (access via Marjorie Jackson Nelson Drive), Mile End, SA 5031

REGISTER: <http://salaa.org.au/SAAthleticsAcademy>

CONTACT: Little Athletics SA – phone 08 8352 8133 / email development@salaa.org.au



The Silver Squad is the second tier in the Academy. This squad has practical and theoretical components. Coaching for all track and field events are provided, as well as different educational theory sessions each Academy. The aim is to develop the athletes' all-round technical ability, and also improve their understanding and knowledge of athletics to compete at a high level.

The squad will participate in:

- 8 practical and theory sessions, conducted by accredited athletics coaches.
 - Practical sessions are 2.75 hours in length.
 - Theory sessions are 1 hour in length.

Eligibility and Selection Criteria

- Turned 12 as of the 31st of December 2017. Therefore, athletes may be 11 years old when they begin the Academy.
- Have met the selection criteria as listed on page 9 of this document.

Cost: \$180.00

Cost includes: 8 x 2.75 hour practical sessions with coaching from experienced and qualified coaches, 8 x 1 hour theory sessions, and theory information folder. Silver Squad athletics training t-shirt or singlet (for athletes 12 years or older) is provided for FREE with registration!

Program Timetable:

Dates	Time
Sunday, April 30th 2017	12:00pm - 3:45pm
Sunday, May 14th 2017	12:00pm - 3:45pm
Sunday, June 11th 2017	12:00pm - 3:45pm
Sunday, July 9th 2017	12:00pm - 3:45pm
Sunday, Aug 13th 2017	12:00pm - 3:45pm
Sunday, Sept 10th 2017	12:00pm - 3:45pm
Sunday, Oct 8th 2017	12:00pm - 3:45pm
Sunday, Nov 12th 2017	12:00pm - 3:45pm

Location: All sessions will be run at the **SA Athletics Stadium.**

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The Gold Squad is the third tier in the Academy. It is aimed at athletes who have represented the state at National Competitions and have the potential to progress to the Athletics Australia High Performance stream. It assists athletes by providing practical and educational sessions to support their development. This squad requires both athlete and personal coach engagement.

The squad will participate in:

- 8 practical and theory sessions, conducted by accredited athletics coaches
 - Practical sessions are 2 hours in length
 - Theory sessions are 1 hour in length

Eligibility and Selection Criteria

Once Athletes have registered, we encourage their personal coaches to engage and participate in the Gold Squad.

Selection criteria will be;

- Year of birth 2005 or earlier. This is in line with the Athletics Australia Entry Standards Athletes in the Gold Squad must turn 12 years of age in the year of 2017.
- Athletes must meet the qualifying standard in a State Event (including Interclub & EH Throws).

Cost: \$180.00

Cost includes: 8 x 2 hour practical sessions with coaching from experienced and qualified coaches, 8 x 1 hour theory sessions, and theory information folder. Gold Squad athletics training t-shirt or singlet (for athletes 12 years or older) is provided for FREE with registration!

Program Timetable:

Dates	Time
Sunday, April 30th 2017	11:00am - 2:00pm
Sunday, May 14th 2017	11:00am - 2:00pm
Sunday, June 11th 2017	11:00am - 2:00pm
Sunday, July 9th 2017	11:00am - 2:00pm
Sunday, Aug 13th 2017	11:00am - 2:00pm
Sunday, Sept 10th 2017	11:00am - 2:00pm
Sunday, Oct 8th 2017	11:00am - 2:00pm
Sunday, Nov 12th 2017	11:00am - 2:00pm

Location: All sessions will be run at the **SA Athletics Stadium.**

145 Railway Terrace, (access via Marjorie Jackson Nelson Drive) Mile End, SA 5031

REGISTER: <http://athleticssa.com.au/SAAthleticsAcademy>

CONTACT: Athletics SA – phone 08 8354 3477 / email development@athleticssa.com.au

TARGET TALENT PROGRAM (TTP)



The Target Talent Program (TTP) is the highest tier of the Academy and is funded and directed by Athletics Australia, via Athletics South Australia. TTP is the early identification element of Athletics Australia's High Performance Department.

The aim of this program is to encourage and develop the best young athletes around the country, by providing them with an opportunity to train with other talented athletes, learn from professionals and to interact with their personal coach and other TTP personal coaches in a training environment. The TTP is an integrated program inviting both able bodies and para athletes.

The TTP squad will cover 8 event groups which include: Horizontal Jumps, Throws, Pole Vault, High Jump, Sprints and Hurdles, Endurance and Walks.

Whilst there will be core components of the TTP, each event group will have their own event leader that will assist Athletics South Australia by coordinating a specific event program, with their own specific aims and outcomes.

Personal coaches are asked to be heavily involved in the program, and will be required for a planning session.

Cost:

There will be no cost to the athletes in the TTP squad. Athletes will receive funding and specialist support to assist them in their continued development.

Eligibility and Selection Criteria

Applies to both Able-bodied and Para Athletes

Athletes must be born between 2003 and 1999 to be eligible for the program

The following Athletes and their personal coaches will be invited to the TTP Squads:

- *2017 National Championship Top 6 in the U16 –U20 age groups – All Events*
- *2017 State Champions U18 & U16 (specified age groups only) – All Events*

Additional Athletes will be invited at the discretion of Athletics SA

CONTACT: Athletics SA – phone 08 8354 3477 / email development@athleticssa.com.au

***PLEASE NOTE: Athletes in the TTP squad will be notified directly by Athletics SA.**

POLICIES

CODE OF CONDUCT / BEHAVIOUR POLICY

Athletes, Parents, Coaches, Officials and Staff of the SA Athletics Academy must abide by the following behaviour policies:

[Little Athletics SA - Codes of Conduct Policy](#)

[Athletics SA - Codes of Conduct Policy](#)



SELECTION POLICY- BRONZE SQUAD

1. Introduction

- 1.1. The SA Athletics Academy will be held from April 2017 – November 2017.
- 1.2. This document outlines the selection policy for the Bronze Squad only.

2. Eligibility

- 2.1. Turned 10 as of the 31st of December 2017. Therefore, athletes may be 9 years old when they begin the Academy.
- 2.2. Do not have to be a registered member with an Athletics SA or Little Athletics SA Club/Centre.
- 2.3. Have a desire to develop as an athlete.

3. Selection Criteria

- 3.1. There is no selection criteria for athletes in the Bronze squad, other than age.

SELECTION POLICY- SILVER & GOLD SQUADS

1. Introduction

- 1.1. The SA Athletics Academy will be held from April 2017 – November 2017.
- 1.2. This document outlines the selection policy for the Silver and Gold Squads only.
- 1.3. All athletes are able to join these squads if they have met the eligibility and selection criteria, as listed below.

2. Eligibility

- 2.1. *SILVER & GOLD* - Turned 12 as of the 31st of December 2017. Therefore, athletes may be 11 years old when they begin the Academy.
- 2.2. For Silver and Gold Squads, an athlete does not have to be a registered member with an Athletics SA or Little Athletics SA Club/Centre.

3. Selection Criteria

- 3.1. The selection for the squad is based on results from the previous and current athletics season only – 2015/2016 and 2016/2017 seasons.
- 3.2. *SILVER* - Athletes must have achieved two or more of the following qualification standards listed on pages 10 and 11.
- 3.3. *GOLD* - Athletes must have achieved one or more of the following qualification standards listed on pages 10 and 11.
- 3.4. Times and/or distances achieved must have been accomplished at a Little Athletics SA and/or Athletics SA state/national sanctioned event (including Interclub & EH Throws).
- 3.5. Times and/or distances achieved at Little Athletics centre meets cannot be used.
- 3.6. Official results achieved at a state/national schools event (i.e. SAPSASA and SSSSA Metro & Country Championships, All Schools) will be accepted.

SELECTION POLICY- TTP SQUAD

1. Introduction

- 1.1. The SA Athletics Academy will be held from April 2017 – November 2017.
- 1.2. This document outlines the selection policy for the TTP Squad only.
- 1.3. Athletes are only able to join this squad if they have met the eligibility and selection criteria on page 7 and have been invited by Athletics SA.

2. Eligibility & Selection Criteria

- 2.1. As per page 7 of this document.
- 2.2. Must be born between 2003 and 1999.

MEN		
	GOLD	SILVER
100m	12.81	13.91
200m	25.46	27.63
400m	57.13	62.01
800m	02:12	02:23
1500m	04:56	05:20
3000m	10:41	11:32
5000m	18:30	19:57
10,000m	39:08	42:12
80m H	N/A	17.00
90m H	17.00	18.56
100m H	17.00	18.56
110m H	20.22	22.08
200m H	33.29	36.35
300m H	45.00	50.00
400m H	70.71	77.19
2000m St	07:42	08:18
3000m St	12:05	13:02
1100m W	N/A	06:50
1500m W	07:44	08:21
3000m W	17:49	19:13
5000mW	31:12	33:39
10000m W	1:06:42	1:11:58
High Jump	1.48	1.28
Pole Vault	3.46	2.98
Long Jump	5.26	4.53
Triple Jump	10.44	8.99
Shot Put - (7.26kg)	10.44	8.99
- (6kg)	10.71	9.22
- (5kg)	12.64	10.89
- (4kg)	12.64	10.89
- (3kg)	11.58	9.98
Discus Throw - (2kg)	33.84	29.14
- (1.75kg)	33.36	28.73
- (1.5kg)	40.38	34.78
- (1kg)	41.26	35.53
- (750g)	32.74	28.19
Hammer Throw - (7.26kg)	36.00	31.00
- (6kg)	32.05	27.60
- (5kg)	35.12	30.24
- (4kg)	28.09	24.19
- (3kg)	24.58	21.17
Javelin Throw - (800g)	46.08	39.68
- (700g)	47.41	40.83
- (600g)	31.61	27.22
- (400g)	N/A	28.00
Decathlon	4320	3720

WOMEN		
	GOLD	SILVER
100m	14.20	14.83
200m	28.70	29.96
400m	64.65	67.51
800m	02:31	02:37
1500m	05:34	06:02
3000m	11:49	12:49
5000m	20:28	22:12
10,000m	44:42	48:29
80m H	13.52	14.66
90m H	14.70	15.94
100m H	18.88	20.48
200m H	31.50	34.17
300m H	50.00	59.00
400m H	77.64	84.22
2000m St	08:23	09:06
3000m St	14:30	15:44
1100m W	N/A	06:30
1500m W	06:32	07:05
3000m W	16:48	18:14
5000m W	31:28	34:08
10000m W	1:09:08	1:14:59
High Jump	1.40	1.30
Pole Vault	3.00	2.78
Long Jump	4.74	4.39
Triple Jump	9.40	8.70
Shot Put - (4kg)	10.13	9.38
- (3kg)	11.58	9.98
- (2kg)	12.06	11.17
Discus Throw - (1kg)	35.64	33.00
- (750g)	36.89	34.16
Hammer Throw - (4kg)	34.02	31.50
- (3kg)	35.56	32.93
Javelin Throw - (600g)	34.02	31.50
- (500g)	41.48	38.41
- (400g)	29.63	27.44
Heptathlon	3240	3000

APPEALS POLICY

Appeals will close at 5pm on Thursday the 11th of May 2017, before the second SA Athletics Academy day. To lodge an appeal, please contact Athletics SA or Little Athletics SA.

Appeals will be considered for extenuating circumstances that prevented an athlete from reaching the qualifying standard, provided they apply with all the appropriate documentation.

Examples of appropriate appeals are: illness, injury, family grievance and travel that prevented the athlete from training and competing for a number of weeks. Competition weather conditions are not deemed to be a satisfactory reason for an appeal.

Silver, Gold and TTP squad appeals will be taken to the relevant Development Committee for consideration.

REFUND POLICY

1. No refunds will be given for Academy sessions missed during the program.
2. In the event that an athlete was medically unable to participate in the Academy, it will be required that he/she provide;
 - a. A note from a Doctor, indicating why the athlete cannot participate. Only once this document has been provided can a refund be discussed.
 - b. If the athlete has provided a doctors certificate prior to the start of the Academy, they will receive a full refund (an administration fee may apply).
 - c. If a child has participated in an Academy session on one or more occasion/s, they may receive a refund based on the amount of programs missed. Please contact Little Athletics SA or Athletics SA.
3. If the Academy is cancelled due to Weather Policies, no refund will be given.

WEATHER POLICIES

Heat Weather Policy

The forecast maximum temperature is that issued by the Bureau of Meteorology (BOM) at 4:10pm CDT two days prior to the academy program i.e. 4:10pm Friday for a program to be conducted on a Sunday. Members are encouraged to refer to the Bureau's website which can be found at: www.bom.gov.au

Forecast temperatures of 41 and above degrees, the program will be cancelled, and may be rescheduled if there is stadium availability within the month. There will be no refund if the program is cancelled due to weather.

NOTE: The program cancellation is decided based on the 4:10pm Friday forecast. Even if the predicated forecast changes to be less than 41 after this deadline, the program will still not go ahead as communication will have already been made to athletes.

For Academy program days where the temperature forecast is between 37°C and 40°C, practical coaching sessions will be reduced to allow athletes to cool down in the shade and rehydrate.

Athletes are encouraged to keep hydrated with plenty of water, apply sunscreen regularly, wear adequate clothing including a hat, and bring a change of clothes.

Wet Weather Policy

The postponement, cancellation or continuation of a program day due to winter weather will be at the discretion of Little Athletics SA and Athletics SA, whilst accessing the BOM website.

Generally speaking, most programs will continue in the winter weather. Some events (i.e. High Jump & Pole Vault) may not be offered on the day if it poses a safety risk to the athletes. The program will be cancelled if extreme conditions arise such as heavy rainfall, hail or lightning.

Athletes are encouraged to keep warm, wear adequate clothing and bring a change of clothes.

Please ensure that you check the Little Athletics SA and Athletics SA Facebook for any additional information regarding weather cancellations of the SA Athletics Academy.

Little Athletics SA Facebook

www.facebook.com.au/littleathleticssa

Athletics SA Facebook

www.facebook.com.au/athleticssa

CONTACT US



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