

FREQUENTLY ASKED QUESTIONS

1. How old do you need to be to participate in the SA Athletics Academy?

Athletes must be between the ages of 10 to 19 years (as of the 31st of December, 2017). Therefore, athletes may be 9 years old when they begin the Academy.

2. Do you have to be really good at athletics to join, or is the Academy available to anyone?

The Academy is open to ANY athlete that has a desire to improve their athletic ability. It does not matter if you have never participated in athletics before or if you have been competing for a number of years, the Academy caters for all varying skill levels and abilities.

3. What are the different squads in the Academy?

There are four squads in the Academy – Bronze, Silver, Gold and the Target Talent Program (TTP). The Bronze squad is open to all athletes, whilst the other squads have specific eligibility and selection criteria. The criteria can be viewed in the Academy booklet on the Athletics SA website - www.athleticssa.com.au/SAAthleticsAcademy or the Little Athletics SA website - salaa.org.au/SAAthleticsAcademy.

4. How much will each squad cost for the Academy?

The Bronze Squad is \$150, whilst the Silver and Gold Squads are \$180. There will be no cost to the athletes in the TTP Squad as it is funded and directed by Athletics Australia, via Athletics South Australia.

5. When does the Academy start, and how long does it go for?

The first Academy session commences on Sunday, April 30th 2017. There are a total of 8 program sessions, one Sunday per month, concluding in November 2017. The Academy will operate during the Little Athletics SA and Athletics SA off-season, in the lead up to the 2017/2018 Summer Track and Field season.

The program dates are listed below:

1. Sunday, April 30th 2017
2. Sunday, May 14th 2017
3. Sunday, June 11th 2017
4. Sunday, July 9th 2017
5. Sunday, August 13th 2017
6. Sunday, September 10th 2017
7. Sunday, October 8th 2017
8. Sunday, November 12th 2017

6. Do I get to choose what events I wish to have coaching in?

Absolutely! In each month for the Bronze and Silver Squads, athletes will have the opportunity to choose two events for 2 x 1 hour practical sessions that they would like to participate in. When you arrive at the SA Athletics Stadium, you are required to nominate the two events you would like to be involved in. A list of the events and timeslots will be provided via email in the week prior to each Academy day.

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

7. Have the starting and finishing times for the Squads changed?

The times for the Gold and TTP Squads have remained the same, however based on feedback received, the Silver and Bronze Squad times have been brought forward.

The time changes are as follows:

- Silver Squad will start at 12:00PM and finish at 3:45PM (compared to 1:00PM to 4:30PM in 2016).
- Bronze Squad will start at 2:15PM and finish at 4:45PM (compared to 3:00PM to 5:30PM in 2016).

8. Are training singlets available for the Academy?

Yes they are, they have been introduced this year. Training t-shirts or singlets for each squad are not included in the price, and are provided free of charge. Only athletes who are turning 12 as of the 31st of December 2017 are able to attain a training singlet.

9. Has the eligibility and qualifying standards changed from the 2016 SA Athletics Academy?

Yes, the Silver and Gold Squad standards are slightly different for both Men's and Women's in the 2017 Academy, compared to 2016. Each athlete (especially those previously in the Academy) will need to check the qualifying standards to know which squad they now qualify for. In addition, the TTP Squad no longer has qualifying standards this year to align with the program outcomes specified by Athletics Australia.

10. Can I request an exemption for my child to join a certain squad?

Little Athletics SA and Athletics SA allow appeals to be lodged for consideration by the Development Committee. Please visit page 13 of the Academy Booklet to find out more.

11. Does the theory for the Academy change every year?

Yes it does. A three year theory program for the Silver, Gold and TTP Squads has been designed. It aims to provide athletes with valuable tools that ensure longevity and enjoyment within the sport.

12. Is my personal coach allowed to be involved?

Of course they are. Personal coaches are more than welcome to attend the Academy practical and theory sessions with their athletes. We strongly encourage this, especially for the older athletes.

If you have any questions, do not hesitate to contact the following:

Bronze & Silver Squads

Little Athletics SA – phone 08 8352 8133 / email development@salaq.org.au

Gold & TTP Squads

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