

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 2018). 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 Little Athletics SA website - salaa.org.au/SAAthleticsAcademy or the Athletics SA website - www.athleticssa.com.au/SAAthleticsAcademy.

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

The Bronze Squad is \$160.00 (inc. GST), whilst the Silver and Gold Squads are \$180.00 (inc. GST). 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 6th May 2018. There are a total of 8 program sessions conducted over a total of 5 months. The Academy will operate during the Little Athletics SA and Athletics SA off-season, in the lead up to the 2018/2019 Summer Track and Field season.

The program dates are listed below:

1. Sunday 6th May 2018
2. Sunday 27th May 2018
3. Sunday 17th June 2018
4. Sunday 1st July 2018
5. Sunday 5th August 2018
6. Sunday 26th August 2018
7. Sunday 9th September 2018
8. Sunday 7th October 2018

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

For each Academy program date 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 register, athletes can select the two athletic events they would like to participate in for each Academy session for the year. An opportunity to change athletic event selections will become available two weeks prior to the scheduled program date.

The Gold and TTP Squads run differently, as the athletes in the squad have achieved high qualifying standards to participate in the Academy. 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 all squads have remained the same as the 2017 SA Athletics Academy.

8. Are training singlets available for the Academy?

After being offered in the 2017 SA Athletics Academy, training singlets will no longer be offered for the Silver and Bronze Squad for 2018 and beyond. Conversely, the Gold Squad will continue to have training singlets as an option.

9. Has the eligibility and qualifying standards changed from the 2017 SA Athletics Academy?

There have been no changes to both the men and the women's qualifying standards for the Silver and Gold Squads.

The only change of significance from the 2017 SA Athletics Academy is that athletes who turn 14 as of the 31st of December 2018, are automatically eligible for the Silver Squad and do not need to meet the qualification standards. At the discretion of the athlete, they can still choose to register for the Bronze Squad if desired.

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 of athletics.

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, this is strongly encouraged.

If you have any questions that are not answered above, please do not hesitate to contact the following:

Bronze & Silver Squads

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

Gold & TTP Squads

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