

SA ATHLETICS ACADEMY



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, 2016). 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 \$170.

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

The first Academy session commences on Sunday, April 10th 2016. There are a total of 8 program sessions, one Sunday per month, concluding in November 2016. The Academy will operate during the Little Athletics SA and Athletics SA off-season, in the lead up to the 2016/2017 summer Track and Field season.

The program dates are listed below:

1. Sunday, April 10th 2016
2. Sunday, May 1st 2016
3. Sunday, June 5th 2016
4. Sunday, July 3rd 2016
5. Sunday, August 14th 2016
6. Sunday, September 11th 2016
7. Sunday, October 9th 2016
8. Sunday, November 13th 2016

6. Do I receive another shirt if I've been previously involved?

Shirts for each squad are not included in the price, and are provided free of charge. If the athlete's shirt from last season is still in good condition, we strongly encourage you to reuse it

again. However, if you require a new shirt, please advise Athletics SA or Little Athletics SA prior to the first session in April.

7. Has the eligibility and qualifying standards changed from the 2015/2016 SA Athletics Academy? Yes, the Silver squad standards are slightly different to the last Academy. In addition, the Gold and TTP squads both have included qualifying standards this year. Therefore, each athlete (especially those previously in the Academy) need to check the qualifying standards to know which squad they now qualify for.

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

Absolutely! In each month for the Bronze & 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 & TTP squads run differently, as the athletes in the squad 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.

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

Yes it does. We have designed a three year program for the Silver and Gold Squads that aims to provide athletes with tools that ensure longevity and enjoyment within the sport.

10. 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.