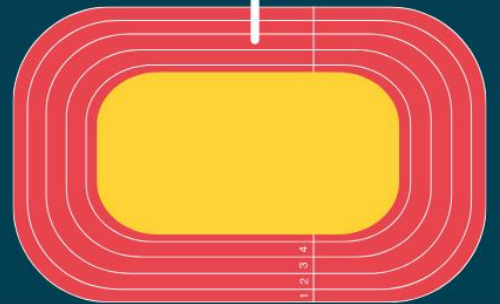




**SA ATHLETICS
STADIUM**



SA ATHLETICS ACADEMY

2021

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 any young athletes, aged between 9 and 18 years of age.

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

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

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 three tiers; **Bronze, Silver and Gold**





PRACTICAL SESSIONS

Bronze & Silver Squads

Athletes will have the opportunity to choose two events for 2 x 1-hour sessions that they would like to get coaching in on each date. The events available to choose are: Long Jump, Triple Jump, Pole Vault, High Jump, Shot Put, Discus, Javelin, Sprints, Hurdles, Distance Running, and Walks.

NOTE: Silver Squad athletes must meet the Qualification Standards set out in this booklet.

Gold Squad

The Gold squad runs differently, as the athletes in this squad have achieved high qualifying standards to participate in the program. Therefore, this squad is designed to engage personal coaches and athletes in event focused programs.

For more information on how the Gold squad runs, please view pages 6 & 7.

THEORY SESSIONS

The Silver and Gold Squads have online education theory sessions throughout the Academy program. These sessions aim to provide athletes with the extra knowledge and understanding to ensure they continue to follow the athletics pathway to success.

Some areas covered off within these modules include recovery, sports psychology, nutrition, pre-event preparation and so much more!

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 2021. Therefore, athletes may be 9 years old (born in 2011) when they begin the Academy.
- Have a desire to develop as an athlete.
- NOTE: Athletes who turn 14 (born 2007) as of the 31st of December 2021, are automatically eligible for the Silver Squad and do not need to meet selection criteria. At the discretion of the athlete, they can still choose to register for the Bronze Squad if desired.

COST: \$190.00 inclusive of GST

Cost includes:

- 8 x 2.5-hour practical sessions with coaching from experienced and qualified coaches.
- Bronze Squad athletics training t-shirt is provided for FREE with registration!

Program Dates and Times:

All Academy days will take place on a **Sunday** between **1:15pm – 3:45pm**

16th May

4th July

30th May

1st August

6th June

15th August

20th June

29th August

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: www.littleathleticssa.com.au/SAAthleticsAcademy

CONTACT: Little Athletics SA – phone 08 8352 8133 / email programs@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. The aim is to develop the athletes' all-round technical ability, and also improve their understanding and knowledge of athletics to compete at a higher 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 modules are approximately 1 hour in length.

Eligibility and Selection Criteria

- Turned 12 as of the 31st of December 2021. Therefore, athletes may be 11 years old (born 2009) when they begin the Academy.
- Have met the selection criteria as listed on page 10 of this document.
- NOTE: Athletes who turn 14 (born 2007) as of the 31st of December 2021, are automatically eligible for the Silver Squad and do not need to meet selection criteria.

COST: \$220.00 inclusive of GST

Cost includes:

- 8 x 2.75-hour practical sessions with coaching from experienced and qualified coaches.
- 8 x online theory modules.
- Silver Squad athletics training t-shirt is provided for FREE with registration!

Program Dates and Times:

All Academy days will take place on **Sunday** between **12:00pm – 2:45pm**

16th May

4th July

30th May

1st August

6th June

15th August

20th June

29th August

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: www.littleathleticssa.com.au/SAAthleticsAcademy

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



The Gold Squad is the third tier in the Academy and is aimed at athletes who are performing to a high standard and have the potential to progress to the Athletics SA state teams or High-Performance pathway. The structure of the Gold Squad program will follow the Athletics Australia's Target Talent Program Practical educational and physical curriculum. This aims to build physical capabilities over the sessions in the beginning, with a plan to progress to very targeted technical gains in the final sessions. Not all sessions are focused on technique, more on the building of the foundation to ensure that the junior development of athletes is controlled and places the athlete in the best possible condition – physically and technically – for the upcoming season. The theory sessions are built to develop the 'whole athlete', providing tools that will assist in the long-term outcome of a healthy and competitive athletics journey.

The Squad Will Participate In:

- 8 x practical training & development sessions conducted by accredited athletics coaches. Practical sessions are 90 minutes in length.
- Theory education sessions which will be delivered online.

Eligibility & Selection Criteria:

All athletes that have registered, will be encouraged their personal coaches to engage and participate in the Gold Squad. We recognise that athletes may not have personal coaches at this point and will direct them to the 'Find a Coach' page on the Athletics Australia website to find the most appropriate coach in terms of geography and skill set –

www.icoach.athletics.com.au

Selection criteria will be;

- Year of birth 2009 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 2021.
- Athletes must meet the Gold Squad qualifying standard.

COST: \$220.00

Cost includes:

- 8 x 3-hour practical sessions with coaching from experienced and qualified coaches.
- Up to 20 x 1 hour theory sessions.
- Gold Squad athletics training t-shirt or singlet is provided for FREE with registration!



Program Dates and Times:

All Academy days will take place on **Sunday** between **9:00am – 12:00pm**

16th May

4th July

30th May

1st August

6th June

15th August

20th June

29th August

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: www.athleticssa.com.au/SAAthleticsAcademy

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

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

Each squad has specific eligibility and selection criteria that must be met to be granted entry into a particular squad. Please ensure that the selection policy for each squad is known before registering.

SELECTION POLICY- BRONZE SQUAD

1. Introduction

- 1.1. The SA Athletics Academy will be held from May 2021 – August 2021.
- 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 2021. Therefore, athletes may be 9 years old (born 2011) 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 May 2021 – August 2021.
- 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 2021. Therefore, athletes may be 11 years old (born 2009) when they begin the Academy.
- 2.2. *SILVER ONLY* – Athletes who turn 14 (born 2007) as of the 31st of December 2021, are automatically eligible for the Silver Squad and do not need to meet selection criteria. At the discretion of the athlete, they can still choose to register for the Bronze Squad if desired.
- 2.3. 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 – 2018/2019 and 2019/2020 seasons.
- 3.2. *SILVER* - Athletes must have achieved two or more of the following qualification standards listed on pages 11 and 12.
- 3.3. *GOLD* - Athletes must have achieved one or more of the following qualification standards listed on pages 11 and 12.
- 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 can be used if the result has been attained at the SA Athletics Stadium.
- 3.6. Official results achieved at a state/national schools event (i.e. SAPSASA and SSSSA Metro & Country Championships, All Schools) will be accepted.

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
80m Hurdles	N/A	17.00
90m Hurdles	17.00	18.56
100m Hurdles	17.00	18.56
110m Hurdles	20.22	22.08
200m Hurdles	33.29	36.35
300m Hurdles	45.00	50.00
400m Hurdles	70.71	N/A
2000m Steeple Chase	07:42	08:18
1100m Walks	N/A	06:50
1500m Walks	07:44	08:21
3000m Walks	17:49	19:13
5000m Walks	31:12	N/A
High Jump	1.48	1.35
Pole Vault	3.46	2.98
Long Jump	5.08	4.53
Triple Jump	10.44	9.49
Shot Put - (5kg)	10.58	N/A
- (4kg)	10.58	10.10
- (3kg)	10.68	9.79
- (2kg)	N/A	10.81
Discus Throw - (1.5kg)	32.77	30.04
- (1kg)	34.23	31.38
- (750g)	30.00	27.36
Hammer Throw - (5kg)	35.12	30.24
-	28.09	24.19
(4kg)		
-	24.58	21.17
(3kg)		
Javelin Throw - (700g)	34.61	31.72
- (600g)	30.14	27.63
- (400g)	N/A	28.00
Pentathlon	1441	1315
Hexathlon	2025	1849
Heptathlon	3917	3576
Decathlon	4320	N/A

NOTE: Athletes who turn 14 as of the 31st of December 2021, are automatically eligible for the Silver Squad and do not need to achieve the qualification standards.

WOMEN		
	<i>GOLD</i>	<i>SILVER</i>
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
80m Hurdles	13.52	14.66
90m Hurdles	14.70	15.94
100m Hurdles	18.88	20.48
200m Hurdles	31.50	34.17
300m Hurdles	50.00	59.00
400m Hurdles	77.64	N/A
2000m Steeple Chase	08:23	09:06
1100m Walks	N/A	06:30
1500m Walks	06:32	07:05
3000m Walks	16:48	18:14
5000m Walks	31:28	N/A
High Jump	1.42	1.32
Pole Vault	3.00	2.78
Long Jump	4.74	4.39
Triple Jump	10.05	9.18
Shot Put - (3kg)	10.15	9.31
- (2kg)	N/A	9.63
Discus Throw - (1kg)	30.06	27.66
- (750g)	30.30	27.87
Hammer Throw - (3kg)	35.56	32.93
Javelin Throw - (500g)	30.30	27.88
- (400g)	28.10	25.85
Pentathlon	1349	1232
Hexathlon	1747	1595
Heptathlon	3395	3099

NOTE: Athletes who turn 14 as of the 31st of December 2021, are automatically eligible for the Silver Squad and do not need to achieve the qualification standards.

PARA-ATHLETES



The SA Athletics Academy is an all-inclusive program and offers the opportunity for any para-athlete to be involved.

Depending on the individual's ability level, a specific squad may be more suitable for the para-athletes ongoing athletic development. Therefore, to find out which squad the para-athlete would be best suited for, please email programs@salaa.org.au and development@athleticssa.com.au, and provide their classification type (e.g. T/F01) and their best athletic events results (e.g. 100m – 14.4 seconds (SAPSASA Championships)).

An Academy Coordinator from Little Athletics SA or Athletics SA will be in touch within 2 business days of receiving the email.

APPEALS POLICY

Appeals can be made at any time, however the final day to lodge an appeal must be submitted by 5pm on Thursday 3rd of June 2021, before the third SA Athletics Academy day. To lodge an appeal, please contact Little Athletics SA or 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 is not deemed to be a satisfactory reason for an appeal.

Silver, Gold and TTP squad appeals will be taken to the SA Athletics Academy 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, a refund based on the amount of programs missed may be received.
3. If the Academy is cancelled due to Weather Policies, no refund will be given.
4. For the Bronze and Silver Academies, the [SALAA Pandemic Refund Policy](#) applies.

WEATHER POLICIES



Hot 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. Athletes are encouraged to refer to the BOM'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 degrees 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 wet weather will be at the discretion of Little Athletics SA and Athletics SA, whilst assessing the BOM website.

Generally speaking, most programs will continue in wet conditions. 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. Participants will be notified via email if the session is to be cancelled and will be advised about the possible re-scheduling of the session should this be a viable option.

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

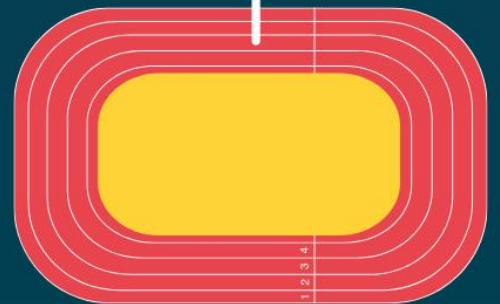
www.facebook.com.au/littleathleticssa

Athletics SA Facebook

www.facebook.com.au/athleticssa



**SA ATHLETICS
STADIUM**



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