

## 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 31<sup>st</sup> of December 2021). Therefore, athletes may be 9 years old (born 2011) 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 three squads in the Academy – Bronze, Silver and Gold. 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 - [www.littleathleticssa.com.au/SAAthleticsAcademy](http://www.littleathleticssa.com.au/SAAthleticsAcademy) or the Athletics SA website - [www.athleticssa.com.au/SAAthleticsAcademy](http://www.athleticssa.com.au/SAAthleticsAcademy).

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

The Bronze Squad is \$190.00 (inc. GST), whilst the Silver and Gold Squads are \$220.00 (inc. GST).

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

The first Academy session commences on Sunday 16<sup>th</sup> May 2021. There are a total of 8 program sessions conducted over a total of 4 months. The Academy will operate during the Little Athletics SA and Athletics SA off-season, in the lead up to the 2021/2022 Summer Track and Field season.

The program dates are listed below:

1. Sunday 16<sup>th</sup> May 2021
2. Sunday 30<sup>th</sup> May 2021
3. Sunday 6<sup>th</sup> June 2021
4. Sunday 20<sup>th</sup> June 2021
5. Sunday 4<sup>th</sup> July 2021
6. Sunday 1<sup>st</sup> August 2021
7. Sunday 15<sup>th</sup> August 2021
8. Sunday 29<sup>th</sup> August 2021

### 6. When do I need to register for the Academy by?

To participate in the first weeks Academy session on Sunday 16<sup>th</sup> May 2021, athletes must have registered and paid for the program **by no later than Wednesday 28<sup>th</sup> April 2021**. Registrations after this time may be unable to attend the first session, depending on the availability of coaches as this is sourced 2 weeks prior to each session. **The last date to register for the Academy will be Wednesday 12<sup>th</sup> May 2021.**

**7. 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.

The Gold Squad run differently, as the athletes in the squad have achieved high qualifying standards to participate in the Academy. For that reason, the squad is designed to engage personal coaches and athletes in event focused programs. The early sessions are focus on building physical capabilities and then progressing to technical skills later in the program.

**8. Have the starting and finishing times for the Squads changed?**

Times for the Academy sessions have changed this year. Below are the following start and finish times for each squad. We recommend arriving 10-15 minutes prior to your start time to ensure you are ready to go.

<b>Squad</b>	<b>Start Time</b>	<b>Finish Time</b>
<b>Bronze</b>	1:15 pm	3:45 pm
<b>Silver</b>	12:00 pm	2:45 pm
<b>Gold</b>	9:00 am	12:00 pm

**9. Are training singlets available for the Academy?**

Only the Gold Squad will provide training singlets as an option.

**10. Has the eligibility and qualifying standards changed from the 2019 SA Athletics Academy?**

The qualifying standards have not changed for the Silver or Gold Squads from the 2019 SA Athletics Academy.

**11. Does my child have to remain in the Bronze Squad if they do not meet the qualification standards as they get older?**

Athletes who turn 14 (born 2007) as of the 31<sup>st</sup> of December 2021, 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.

**12. 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 12 of the Academy Booklet to find out more.

**13. Does the theory for the Academy change every year?**

Yes it does. The Academy provides foundation skills for athletes to be long-term, competitive, and healthy athletes. The theory sessions are designed to complement the physical skills and develop the athletes as a whole. The sessions change from year to year, however the core Nutrition and Sports Psychology topics remain each year due to the importance for developing athletes.

**14. Is my personal coach allowed to be involved?**

Of course they are! Personal coaches are more than welcome to attend the Academy's practical and theory sessions with their athlete. This is strongly encouraged as personal coaches can work with the Academy coaches to ensure the best outcomes for the athlete.

**15. Does the Academy dates clash with the Little Athletics SA Cross Country program?**

Unfortunately yes it does. Due to both programs running on a Sunday, date clashes are unavoidable. Session 1, 3, 4 and 5 clash with the program, as per the Cross Country Calendar - <https://salaa.org.au/winter-competitions/> If any athletes would like the opportunity to participate in both programs, please contact Little Athletics SA on the details below as arrangements can be made.

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 [programs@salaa.org.au](mailto:programs@salaa.org.au)

**Gold & TTP Squads**

*Athletics SA* – phone 08 8354 3477 / email [development@athleticssa.com.au](mailto:development@athleticssa.com.au)