



# SA ATHLETICS ACADEMY 2023

**EMERGING AND ELITE SQUADS**



## ABOUT THE ACADEMY

South Australia's Athletics Academy is a junior development squad that has been developed by 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 two tiers: **Emerging and Elite**



\*Selection process is determined by age eligibility and athlete qualification in the SIC 2023.

## COMPONENTS OF THE ACADEMY

### PRACTICAL SESSIONS

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, High Jump, Shot Put, Discus, Javelin, Sprints, Hurdles, Distance Running, and Walks.

**NOTE:** Elite Squad athletes must have qualified for State Individual Championships.

### THEORY SESSIONS

The Elite and Emerging Squad will both have 2 x 1-hour presentations throughout the Academy program. These presentations are aimed at providing athletes with further knowledge and understanding to ensure they continue to follow the athletics pathway to success.

The two presentations will include:

- Sports Nutrition
- Sports Psychology

## Emerging Squad

The Emerging Squad is the first tier in the Academy. This squad is involved in theory presentation sessions and practical sessions which cover all track and field events offered by Little Athletics SA. The aim is to develop the athletes' all-round athletic ability, ensuring sound techniques in any running, jumping and throwing events, with the intention that the skills developed can help athletes transition into the Elite Squad in the future.

### The squad will participate in:

- 6 practical sessions (2 hours in length) conducted by accredited athletics coaches.
- 2 theory presentations (1 hour in length) conducted by sports nutrition and sports psychology professionals.

### Eligibility

- Turned 10 as of the 31<sup>st</sup> of December 2023.
- Have a desire to develop as an athlete.

### **COST: \$180.00 inclusive of GST**

Cost includes:

- 6 x 2-hour practical sessions with coaching from experienced and qualified coaches.
- 2 x 1 hour theory presentation from sport health professionals.

### Program Dates and Times:

All Academy days will take place on a **Sunday**. The **Emerging Academy** sessions will run between **11:00am – 1:00pm**. Please note there will be two sessions where the Emerging Academy will run for 3 hours due to the two theory sessions being presented by Sport/health professionals.

**28<sup>th</sup> May**

**4<sup>th</sup> June**

**18<sup>th</sup> June**

**25<sup>th</sup> June**

**2<sup>nd</sup> July**

**9<sup>th</sup> July**

### Location:

All sessions will be at the **SA Athletics Stadium**

**REGISTER FOR THE EMERGING SQUAD HERE**

### CONTACT:

Little Athletics SA – phone 08 8352 8133

Email: dpauli@salaa.org.au

## Elite Squad

The Elite Squad is the second tier in the Academy. This squad has practical and theoretical components. Coaching for all Little Athletics track, and field events are provided, as well as different educational theory presentations. The aim is to develop the athletes' all-round technical ability and improve their understanding and knowledge of athletics to compete at a higher level.

### The squad will participate in:

- 6 practical and 2 theory sessions conducted by accredited athletics coaches and sport health professionals.
  - Practical sessions are 2 hours in length.
  - Theory presentations are approximately 1 hour in length.

### Eligibility and Selection Criteria

- **Turned 12 as of the 31<sup>st</sup> of December 2023. Therefore, athletes may be 11 years old (born 2012) when they begin the Academy.**
- Have met the selection criteria as listed on page 10 of this document.

### **COST: \$220.00 inclusive of GST**

Cost includes:

- 6 x 2-hour practical sessions with coaching from experienced and qualified coaches.
- 2 x 1 hour theory presentation from sport health professionals

### Program Dates and Times:

All Academy days will take place on **Sunday** between **1:15pm-3:15pm**. Please note there will be two sessions where the Elite Academy will run for 3 hours due to the two theory sessions being presented by Sport/health professionals.

**28<sup>th</sup> May**  
**4<sup>th</sup> June**  
**18<sup>th</sup> June**

**25<sup>th</sup> June**  
**2<sup>nd</sup> July**  
**9<sup>th</sup> July**

### Location:

All sessions will be run at the **SA Athletics Stadium**

**REGISTER FOR THE ELITE SQUAD HERE**

### CONTACT:

Little Athletics SA – phone 08 8352 8133

Email: [dpauli@salaa.org.au](mailto:dpauli@salaa.org.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 - Code of Conduct Policy \(Child Safety\)](#)

[Little Athletics SA - Code of Conduct Policy \(Behaviour\)](#)

## **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- EMERGING SQUAD**

#### **1. Introduction**

- a) The SA Athletics Academy will be held from May 2023 – July 2023.
- b) This document outlines the selection policy for the Emerging Squad only.

#### **2. Eligibility**

- a) Turned 10 as of the 31<sup>st</sup> of December 2023. Therefore, athletes may be 9 years old when they begin the Academy.
- b) Do not have to be a registered member with an Athletics SA or Little Athletics SA Club/Centre.
- c) Have a desire to develop as an athlete.

#### **3. Selection Criteria**

- a) There are no selection criteria for athletes in the Emerging Squad, other than age.

### **SELECTION POLICY- ELITE SQUAD**

#### **1. Introduction**

- a) The SA Athletics Academy will be held from May 2023 – July 2023.
- b) This document outlines the selection policy for the Elite Squad only.
- c) All athletes are able to join these squad if they have met the eligibility and selection criteria, as listed below.

#### **2. Eligibility**

- a) Turned 12 as of the 31<sup>st</sup> of December 2023. Therefore, athletes may be 11 years old when they begin the Academy.
- b) For Elite Squad, an athlete does not have to be a registered member with a Little Athletics SA Club/Centre.

### 3. Selection Criteria

- a) An athlete can achieve selection for the Elite Squad by having qualified for Little Athletics South Australia's State Individual Championships 2023.
- b) Official results achieved at a state/national schools' event (i.e., SAPSASA and SSSSA Metro & Country Championships, All Schools) will be accepted.

## 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 [dpauli@salaa.org.au](mailto:dpauli@salaa.org.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 will be in touch within 2 business days of receiving the email.

## 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 doctor's 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.

## 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](http://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.

Most programs will continue in wet conditions. Some events (i.e., High Jump) 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 Facebook for any additional information regarding weather cancellations of the SA Athletics Academy.**

**Little Athletics SA Facebook**  
[www.facebook.com.au/littleathleticssa](https://www.facebook.com.au/littleathleticssa)

50 Years of  
**Little  
Athletics  
SA**

*Foundation of all sports!*

[littleathleticssa.com.au](http://littleathleticssa.com.au) 

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