

FREQUENTLY ASKED QUESTIONS

SA ATHLETICS ACADEMY 2023

EMERGING AND ELITE SQUADS



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Q1 - How old do you need to be to participate in the SA Athletics Academy?

Athletes must be between the ages of 10 to 18 years (as of the 31st of December 2023). Therefore, athletes may be 9 years old when they begin the Academy.

Q2 - Do you have to be 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.

Q3 - What are the different squads in the Academy?

There are two squads in the Academy – Emerging and Elite. The Emerging Squad is open to all athletes over the age of 10 as of 31st December 2023, to qualify for the Elite Squad an athlete must have qualified for the 2023 State Individual Championships and be over the age of 12 as of the 31st December 2023.

Q4 - How much will each squad cost for the Academy?

The Emerging Squad is \$180.00 (inc. GST), whilst the Elite Squad is \$220.00 (inc. GST).

Q5 - When does the Academy start, and how long does it go for?

The first Academy session commences on Sunday 28th May 2023. There are a total of 6 program sessions conducted over a total of 3 months. The Academy will operate during the Little Athletics SA and Athletics SA off-season, in the lead up to the 2023/2024 Summer Track and Field season.

The program dates are listed below:

- 1. Sunday 28th of May 2023**
- 2. Sunday 4th of June 2023**
- 3. Sunday 18th of June 2023**
- 4. Sunday 25th of June 2023**
- 5. Sunday 2nd of July 2023**
- 6. Sunday 9th of July 2023**

Q6 - When do I need to register for the Academy by?

To participate in the first weeks Academy session on Sunday 28th May 2023, athletes must have registered and paid for the program **by no later than Wednesday 24th of May 2023**. 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 31st May 2023.**

Q7 - Do I get to choose what events I wish to have coaching in?

For each Academy program date for the Emerging and Elite 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.

- Sprints
- Distance Running
- Walks
- Hurdles
- Long Jump
- Triple Jump
- High Jump
- Discus
- Shot Put
- Javelin

Q8 - Have the starting and finishing times for the Squads changed?

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.

Squad	Start Time	Finish Time
Emerging	11:00 am	1:00 pm
Elite	1:15 pm	3:15 pm

- Please note, there will be two sessions this year for both the Emerging and Elite that will go for 3 hours due to the 2x theoretical sessions from sport/health professionals.

Q9 - Are training T-shirts available for the Academy?

The training T-shirts are available for athletes for purchase. For more information on purchasing a training T-shirt please contact dpauli@salaa.org.au. Alternatively, if you are not wanting to purchase a training T-shirt, please wear your Little Athletics club top and if you are not

enrolled with a club, please wear appropriate active wear (example: running shoes, leggings and a sport top).

Q10 - Has the eligibility and qualifying standards changed from the 2022 SA Athletics Academy?

The Bronze and Silver squads have been revamped to Emerging and Elite programs. In order to qualify for the emerging program, the athlete must be turning 10 as of the 31st of December 2023, to qualify for the Elite program the athlete must be turning 12 as of the 31st of December 2023 and have qualified for the 2023 State Individual Championships.

Q11 - Does my child have to remain in the Emerging Squad if they do not meet the qualification standards as they get older?

In order to qualify for the Elite Squad the athlete must qualify for the State Individual Championships. It is our hope that the skills and techniques learned by the athletes through the Emerging Squad will help transition them into the Elite Squad in the future.

Q12 - What theory sessions are being provided this year?

Both Emerging and Elite Academy athletes will have the opportunity to listen and learn from two health professionals in order to help develop their skills and knowledge. This year the two theory sessions will be on Nutrition and Sports Psychology.

Q13 - Is my personal coach allowed to be involved?

Of course, they are! Personal coaches are more than welcome to watch their athletes doing the Academy practical sessions. We do kindly ask all Personal coaches to remain on the outside of the track, but we do encourage Personal coaches to communicate with their athletes and the Academy Coaches after the session is finished.

Q14 - Does the Academy dates clash with the Little Athletics SA Cross Country program?

Yes it does. Due to both programs running on a Sunday, date clashes are unavoidable. All Academy sessions this year will clash with the Cross Country Calendar - <https://salaa.org.au/winter-competitions/>. Any athletes that would like the opportunity to participate in both programs, please contact Little Athletics SA on the details below as arrangements can be made.

Emerging and Elite Squads

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

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