



# ATHLETE FRAMEWORK

Designed ENAGE, EQUIP and EMPOWER the Athlete (young person) at every stage of development and ultimately learn transferable skills that support all aspects of life no matter age, gender, goals or ability.

FOUNDATIONAL		EMERGING		SPECIALISE	ACTIVE
<b>MINI GIANTS</b> 5 YEARS - 7 YEARS Providing a fun training environment, our youngest athletes develop their fundamental skills and fitness whilst keeping entertained and focused within a safe and positive environment.	<b>LITTLE GIANTS</b> 8 YEARS - 10 YEARS A continuation of the Giants program while increasing intensity, growth mindset through active learning and introduction to development testing	<b>ROOKIES</b> 11 YEARS - 14 YEARS Introduction to professional excellence, accountability and commitment. Increased physical and mindset training	<b>ELITE</b> 15 YEARS - 19 YEARS + Professional excellence, accountability and commitment. Physical and mindset training. Assessment.	<b>HPU</b> HIGH PERFORMANCE UNIT Specialised programming for high performers of the Rookies and Elite age group Invitational program based off IAA criteria.	<b>LIFE ATHLETE</b> BEYOND IAA Athletes (young person) that have graduated IAA have gained skills that support life long success in a multitude of areas.
Fundamental Movements	Fundamental & Challenging Movements	Refined Fundamentals	Elite Development	High Performance development	Life Skills Success
Fun and Enjoyable	Win and Learn	Lvl 1 Group Mentoring	Lvl 2 Group Mentoring	Group Mentoring (Compulsory)	Growth Mindset
Confidence & Co-operation	Increased Participation	Lvl 1 Strength Training (Introduction)	Lvl 2 Strength Training	Competition-specific Training	Potential and Possibility
Being Active	Fitness development	Fitness & Athlete Conditioning	Athlete Conditioning	IAA Representative Opportunities	Stay Active & Physically Healthy
Social & Emotional Skills	Lvl 1 Athlete Testing (Introduction)	Lvl 2 Athlete Testing	Lvl 3 Athlete Testing	Exclusive Tools, Training & programs	Resilience / Grit
	Agility, Speed, Balance & Coordination.	Strength, Speed & Skill	Discipline/Position Specific Skills	Leadership Development	Leadership
		Regular Training & Competitive Practice	Commitment, Communication, Consistency	Athletes Wellbeing & Accountability	Confidence & Self Management
		Talent Potential Gauged	Preparation for life	Verification of Talent Potential Pathway	Respect Self & Others