



26TH & 28TH SEPTEMBER 2017

COACHING CLINIC

FOR ATHLETES 8 TO 11 YEARS OLD

Little Athletics ACT will be hosting a coaching clinic for athletes

aged 8 years to 11 years old in the September School Holidays.

The clinic provides the perfect environment for the children to

develop their skills in their favourite events by qualified coaches.

All Track & Field events will be offered over the two days.

**26th & 28th
September 2017**

9.30am to 1.30pm

WODEN PARK

**Corner Ainsworth &
Kitchener Street
Phillip**

COST:

2 Days – \$75.00

1 Day – \$50.00

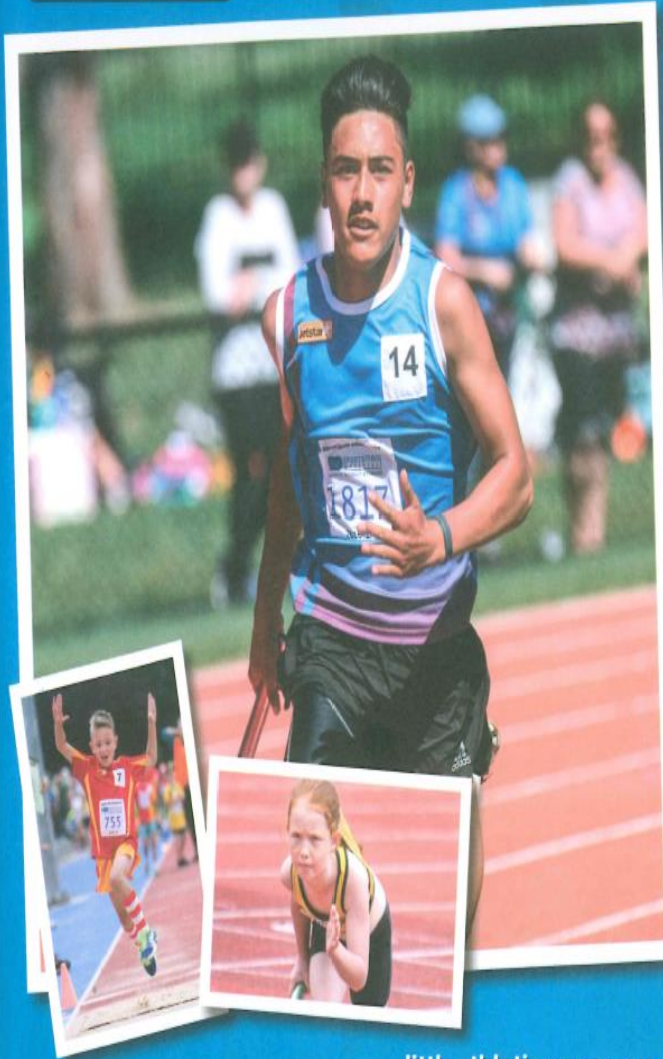
**TO REGISTER GO
TO
www.actlaa.org.au**

**FOR MORE
INFORMATION**

Contact the participation &
Development Officer on
02 6247 1296 or
development@actlaa.org.au



How to get started in Little Athletics



littleathletics.com.au
FAMILY FUN & FITNESS

Who can do Little Athletics?

ACT Little Athletics venues are able to cater for children from 6 to 17 years of age, with many Centres able to cater for athletes with a disability. No matter what your skills or ability Little Athletics is all about family, fun & fitness[®] and making sure you can be your best[®].

How will I learn?

Many Centres have coaches to help you improve and learn about athletics so you can get the most out of your involvement with Little Athletics. Learning is fun and in no time you will see your personal best (PB's) performances improve.

What are the benefits?

If you are fit it makes you feel good about yourself and you have the energy to do anything. Young people who take an interest in sport are more likely to stay fit for life.

What does my mum, dad or family have to do?

Apart from making sure you get safely to and from Little Athletics, your mum and/or dad or your family make great helpers and officials and coaches of the future. Organising, raking, recording, directing and measuring are all jobs families and helpers are asked to do.

What events can I do?

Depending on your age group Little Athletics offers: Sprints, Middle and Long Distances, Hurdles, Relays, Walks, Shot Put, Discus, Javelin, High Jump, Long Jump and Triple Jump.

How friendly is it?

You will find no shortage of friends or friendships at Little Athletics! Little Athletics has provided a friendly environment for over 50 years with millions of Aussies enjoying their experience. If you are uncertain or a little shy, bring your best friend and do Little Athletics together.

How do I join?

Simply visit our website to register online or contact your nearest Centre for details. You can join at any time! Run, jump, throw, have fun and be healthy.



Join up today!

For more information or to register go to:

www.actlaa.org.au

Jetstar



www.actlaa.org.au

or email
administration@actlaa.org.au

State Association:

littleathletics.com.au

Woden Park
Athletics Centre
Corner Ainsworth
and Kitchener St.
Phillip ACT 2606



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