

KINGBOROUGH LITTLE ATHLETICS

2016/17 Season

Come & Try Day

Saturday, 1 October 2016— 9 am start

Want to experience the thrill of an Olympic sport? You can register on the day or come along and find out more information and then attend two athletics meets before needing to register.

What is Little Athletics?

LITTLE ATHLETICS develops motor skills and improves your fitness for many sports. Over the summer season you can increase strength, speed, stamina and agility as well as assisting your health and fitness.

OUR ATHLETE PROGRAM rewards individual “Personal Best” performance, encouraging you to run faster, jump higher and throw further as you progress through the season.

COACHING is offered once a week for all athletes wanting to learn how to perform the correct technique for all events.

EVENTS AVAILABLE include sprint and distance running, race walking, high jump, long jump, discus, shot put and javelin.

DOES MY CHILD HAVE TO BE A GOOD ATHLETE? No, Little Athletics is about your child learning different athletics events and improving on their own achievements (ie. “personal bests”).

Season start date: Saturday, 8 October 2016, commencing at 8.30 am.

Location: Gormley Park, Gormley Drive, Kingston. This is off Summerleas Rd, just down the hill from the Kingston High School.

Who can attend: Any child aged 3 to 15. Please enquire about places for 3 and 4 year olds in our Tiny Tots Program.

When do we meet?: Generally Saturday mornings from October to March. Some Wednesday nights are used and there are opportunities to run in State competitions at the Domain and elsewhere.


How much does it cost: Registration fees are \$100 per athlete.

What else is required: The Club requires that all athletes wear a uniform consisting of centre top and black shorts. Tops are available from the Club at a cost of \$45.



FOR MORE INFORMATION

W. www.kingboroughlac.org.au
E. publicity@kingboroughlac.org.au
M. Selena Hagan—0438 292 261

 Find us on Facebook

