



Venue

Stradbroke Park,
Cnr Harp and Burke Roads, East Kew
(Mel 45, K4)

Registration Days

with Pre Season Training

Sat 6th Sept 2008 9am – 11:30am
Sat 13th Sept 2008 9am – 11:30am
Sat 20th Sept 2008 9am – 11:30am

Athlete "Come n' Try" Days

Sat 4th Oct 2008 from 8:45am
Sat 11th Oct 2008 from 8:45am

Athlete "Bring a Friend" Day

Sat 18th Oct 2008 from 8:45am

1st Competition Day

Sat 4th Oct 2008 from 8:45am

Email

info@kewlac.org.au

Web Site

www.kewlac.org.au

COST

Little Athletics is one of the cheapest all year round sports costing \$100 per child for 12 months registration. Proof of age is required (birth certificate, passport, etc) at the time of first registration.

Additional coaching is available mid week for an extra fee per child (for all age groups).

CLOTHING

Light clothing such as a tee shirt, shorts and a pair of running shoes with good support are worn. A suitable sun hat is also required for protection from the sun. Club tee shirts are provided as part of the registration pack. Little Athletics uniforms fulfil "SunSmart" requirements. Athletes competing at region and state events must wear representative uniform which can be purchased through the club if necessary.

SAFETY & HEALTH

Little Athletics is a safe, non contact sport for your child. Safety is important to us at Kew Little Athletics so you will be shown how to warm up before taking part in any activities and also learn how to safely use equipment that is appropriate for each age group.

Field events are separated from each other and clearly marked. Kew Little Athletics has Safety Officers and first aid equipment on site or to take to meets.



*On Your Marks
Set...
Go!*

Young Athletes
Ages 5 – 14*

Come and join

Kew Little Athletics Centre

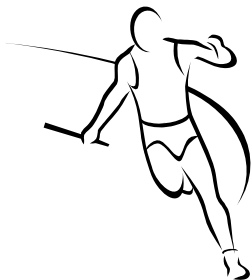
Family, Fun and Fitness, together
with qualified, professional
coaches and volunteers to help
our athletes achieve their best.

* Athletes must turn 5 by 1st October 2008

Little Athletics Program

Little Athletics Summer program from October until March is made up of activities and events including:

- ☆ sprinting
- ☆ hurdling
- ☆ distance running
- ☆ discus
- ☆ shot put
- ☆ long jump
- ☆ high jump
- ☆ triple jump
- ☆ relays

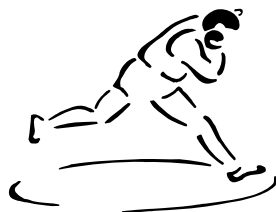


The events are performed on a grass track which is more sympathetic to growing children's joints than the red synthetic tracks.

Experienced coaches and/or volunteers are available to help you learn new skills and improve your standards and performance.

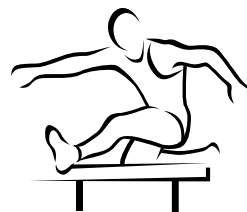
In the Winter season the Centre participates in the local region and state cross country programs from March until July.

Little Athletics encourages participation, improvement and doing your best as the most important things.



Did You Know?

- ☆ Kew Little Athletics currently has several state title holders in both Track and Field and Cross Country events.



- ☆ One of the record holders from our centre represented Australia at the Olympic Games in Barcelona '96 and Sydney 2000
- ☆ One of our record holders has represented Australia at World Juniors.
- ☆ Many well known Australian sports stars started their careers in Little Athletics including:

Shane Crawford
Anthony and Sav Rocca
Melinda Gainsford-Taylor
Kyle Vanderkuyp
Matt Shervington
Alisa Camplin



Kew Little Athletics is a member of the Victorian Little Athletics Association (VLAA). We promote the theme "Fun, Family and Fitness" and apply this to all activities we undertake. For more information about VLAA, please visit the web site at:

www.littleathletics.com.au

At Little Athletics you will learn new skills and have fun making new friends.

The skills developed through running, jumping and throwing activities – around which athletics is based – help with many skills including balance, timing, co-ordination, flexibility, endurance and strength. These are skills used for many other sports too.

