

Introduction

Little Athletics is for any child between 5 and 16 years of age and is a great way to introduce a child to sport. Athletics is a non-contact activity which assists in the development of coordination, flexibility, speed, endurance and strength through walking, running, throwing and jumping.

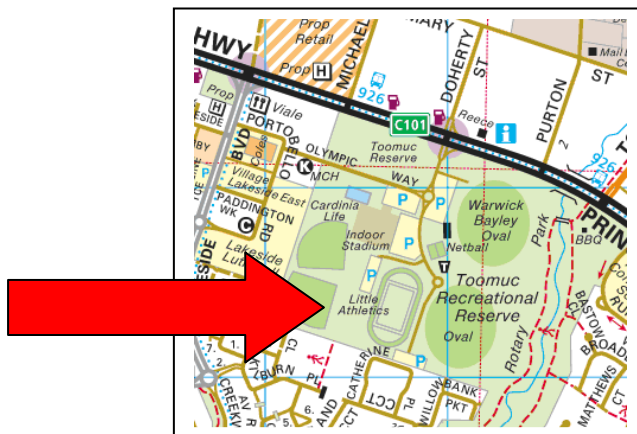
Little Athletics is for the whole **FAMILY**. It is a real opportunity for mum, dad and the family to do an activity regularly with each other.

Little Athletics is **FUN**. Children not only have fun trying to do their best each Saturday morning but there are opportunities to attend a camp, learn more at coaching nights, participate at clinics and other special events.

Little Athletics is also a great way to keep **FIT**. Good habits learnt at Little Athletics in their early year's means children are more likely to stay fit for the years ahead and a healthy body is an alert mind.

Location

Toomuc Recreation Reserve, Princes Highway, Pakenham



Age Requirements

An Athlete must have turned five by the 30th of September 2011 to be eligible as an Under 6 competitor, and must not have turned 16 before the 30th of September 2011 to be eligible as an Under 16 competitor.

Age at 30 th of September	Pakenham LAC Age Group
5	Under 6
6	Under 7
7	Under 8
8	Under 9
9	Under 10
10	Under 11
11	Under 12
12	Under 13
13	Under 14
14	Under 15
15	Under 16

Athletes registering for the first time should bring a copy of their birth certificate to be sighted.

Fees

The registration fees as listed below covers an athlete's attendance from the 1st October 2011 through to the 10th March 2012 or a period of 20 weeks, and is comparable to many other sports and activities available for children.

The fees include the supply of an Achievement book, monthly e-newsletter, T-Shirt patch, Centre Handbook, show bag, Association registration and Little Athletics Medical Insurance.

First Child	\$ 115.00
Second Child	\$ 115.00
Third Child +	\$ 100.00

The Association has a "No Refund" policy and as such Pakenham Little Athletics Centre has a similar policy. However; children who register, and do not compete in any competition, may have a portion of their fees refunded upon written request and at the discretion of the Centre Committee.

First Aid

Qualified first aid personnel are available at each athletic meeting to deal with any injury or medical emergency that may arise.

Uniform

Athletes competing at an athletic morning or evening should be in Centre uniform comprising of the Pakenham Little Athletics polo shirt, singlet or crop top and black shorts. Items of uniform except for the shorts are available through the Committee each Saturday morning at a reasonable price.

Athletes who represent the Centre at either Region or State events **must** wear the Pakenham Little Athletics Centre Competition Uniform. The crop top and unisex singlet can be purchased through the Centre.

T-Shirt Patches (also referred to as Bibs or Chest Patches)

Upon payment of fees, all registered athletes are provided with a patch that shows their name, age group and registration number as well as Little Athletics Victoria's sponsor.

The patch must be worn each week and it may be required at Region and State events if an alternative is not offered.

Registration Days

Families wishing to register early for the 2011/2012 season, can attend the Clubrooms in person at Toomuc Recreation Reserve on either Saturday 17th September between 9.00am to 1.00pm or Saturday 24th September between 10.00am and 12.00noon or register at any time online via the link on our website.



Please note that all registrations are required to be completed online and during our registration days we will have people on hand (and computers) to assist people in doing this.

Come and Try Session



These sessions are for children who have previously not attended Little Athletics. It is an opportunity for them to experience the various track and field events that take place each week. We understand that not all children are alike, and Little Athletics may not interest all children, so we offer families a two week free no obligation trial.

There will be a **FREE** Come & Try session on Saturday 17th September from 9.30am to 11.30am. Parents will be asked to complete a registration form, and provide proof of age, i.e. a Birth Certificate. These sessions are also an opportune time for parents to familiarise themselves with the routine of the Centre, and to ask questions. Children should be encouraged to wear comfortable clothes and runners.



Season Dates



The first Saturday of competition is on October 1st 2011. A calendar of dates and events can be found in the handbook or online via our website. Athletes and parents should be ready for announcements at 8.30 am, and commencement of the track and field events at 8.40 am. The morning generally finishes at 11.30am for the older athletes and at 10.30am for the On-Trackers.

Weekly Athletic Programs

This season Pakenham LAC is offering the On-Track program to athletes in Under 6, 7 and 8 age groups. The program teaches children the fundamental skills required to develop their running, throwing and jumping abilities whether it is for an athletic program or another sport.

In conjunction with their On-Track program, these young athletes will also experience some Track and Field events each week.

Children in Under 9-16 will participate in 5 or 6 events each week on a rotating three week program. Track events include sprints (70m, 100m & 200m), middle distance (400m & 800m), long distance (1100m & 1500m), hurdles (60m, 80m, 90m & 100m) and relays. Field events include Long Jump, Triple Jump, High Jump, Discus, Shot Put and Javelin. Some events are subject to age appropriateness.

Coaching

Coaching is offered to athletes on a Tuesday and Thursday evening from our qualified coaches who are volunteering their time for free. Coaching is suitable for children in the age groups Under 8 and above. Children and parents can make use of these nights when it suits them. Coaching dates and times will be listed in the handbook and in the newsletter.



Communication

Information is distributed weekly during the season either through the "Family Folder" system or the Centre website. The Centre noticeboard is also regularly updated with news and events for parents and athletes.

The family folder will also be used to distribute awards, ribbons, flyers and as well as other information.

Inclement Weather Days



In the event of inclement weather, a modified program may be offered or alternatively the day's events will be cancelled. Notification will be through email, a recorded message or other suitable alternative subject to the time of the cancellation.



Parent Responsibility

It is the responsibility of parents to remain at the athletics track when the Pakenham Little Athletics Centre is operating. The Committee **cannot** accept responsibility for children left without parental supervision.

Signing In and Out

Parents are asked to proceed to the Controller of Officials table on arrival and sign in their children, and when leaving to sign them out.



Parent Duty Roster



Every week we need over 30 parent volunteers together with the Committee Members to assist with the running of events, and to ensure our children are provided with a fantastic athletics program. We therefore ask parents to make every effort to assist. If on any given week there are insufficient volunteers, the Centre may choose not to run an event or it may combine age groups. This only disappoints the children and disrupts the running of the events.

NOT SURE ??

If there are parents, who are unsure of what is required to be a volunteer then we ask you to speak to one of the Committee Members who can be distinguished by their uniform (orange Hi-Visibility vest). We are happy to offer training and support for anyone in any position.



Thank you for taking time to read this information pack. We hope it answers some of your questions, and gives you an insight into the Pakenham Little Athletics Centre.

Please remember Little Athletics is all about **"Family, Fun and Fitness"**.

Contacts



www.pakenhamlittleathletics.com.au



pakenham@lavic.com.au