



**Beginners and
experienced athletes
ALL WELCOME!**

**ARE YOU BETWEEN
FIVE and FIFTEEN years old and
want to try something new?
COME ALONG AND
TRY LITTLE ATHLETICS**

Little Athletics offers children the opportunity to learn fundamental motor skills.

At our **weekly training sessions** experienced coaches conduct a number of rotations through the disciplines of running, jumping and throwing in a fun and supportive environment. This is split into:

On-Track Program for athletes aged 5-7 years

Running and Field Event Disciplines for athletes aged 8-15 years

Meet at 5pm each Tuesday at George Knott Athletics Track, Heidelberg Road, Clifton Hill

Season Runs from October to March

At our **weekly competitions** (held on a mix of Friday nights and Saturday mornings – refer to the calendar on our website for dates)

Athletes aged 5-7 years complete the On-Track skills program & in 1-3 events

Athletes aged 8-15 compete in 4-5 events

Online Registrations @ www.lavic.com.au

New Athlete Enquiries ✉ president@clac10.org.au ☎ 0405 353 105

www.clac10.org.au  CLAC

