

## **Lilydale & Yarra Ranges Little Athletics - the basics.**

### **What is it?**

Lilydale & Yarra Ranges Little Athletics is an athletics competition for children aged from 5 to 15 years. The emphasis is on "Family, Fun & Fitness".

### **When and where?**

We compete every Saturday morning at Morrison Reserve in Mt. Evelyn Melways Map 118 C9. Competition starts with a warm-up for all athletes at 8:30-8:45am and continues until noon. We offer a variety of coaching, from a general coaching session on Wednesday afternoons to event-specific coaching for older athletes on almost every day of the week.

Our summer competition starts on Saturday 4th October 2008 and continues until Saturday 21st March 2009, with a few weeks off over Christmas.

### **What about parent involvement?**

Our competition is entirely run by the parents of the athletes. That means that all parents are rostered on to help. More experienced officials will assist you if you are unsure.

### **What events do the children do?**

All athletes compete in various running races, jumps and throws events. The distances, types of implements etc are modified and change as the athletes become older. For example, our youngest athletes (Under 6's) compete in the 70m, 100m, 200m, Long Jump, Shot Put and Discus. By the time they reach Under 13, the short races (70m) are deleted, and the 400m, 800m & 1500m are added, along with Racewalking, High Jump, Triple Jump, Hurdles and Javelin.

### **Do you have a uniform?**

Club T-shirts are compulsory and are available for purchase from the Centre when registering (see "How do we join?" below). We provide a registration number, age patch and sponsor's logo to be attached to the T-shirt. Navy Blue shorts and suitable running shoes complete the picture; only Under 12 and older athletes are allowed to wear spikes.

### **How does the Saturday competition work?**

We have a 3-week cycle of events for each age group. As athletes in the group finish their first event for the day, they move on to the next event, until they have done all 4 - 5 events for the day.

Though it is not compulsory for every child to compete in every event, we encourage them to do so. Children receive a performance ticket for every event they do; they paste these into a special ticket book, and strive for various achievement and merit awards, as well as Personal Bests.

**How do we join?**

Lilydale & Yarra Ranges Little Athletics consists of 4 Clubs all competing together every Saturday morning. You will be placed in a Club depending on numbers (Jaguars, Redbacks, Comets or Mustangs). Preferences for a particular Club will be accommodated where possible.

We will be registering on Saturday 13th September from 9.00 am to 11.00 am at Morrison Reserve – Melways 118 C9.

The fee is \$100 for the season (\$180 for 2 children, \$260 for 3, \$300 for 4, plus \$40 for each additional child over 4 in the one family). Payment is accepted by cash or a cheque. You must also bring proof of age (eg birth certificate or passport) for each child.

If you can't come to our Registration Day, it is possible to register on any Saturday morning at Morrison Reserve from 4th October, or you can complete the paperwork online (see the link below), print it out and post it with your cheque to our Registrar. We do however encourage you to attend our Registration Day – there will be various people in attendance who can assist you with any queries – Competition Days can be hectic (especially in the early weeks) and registering on these days can cause delays.

**Please print off a Registration Form from Web Site**

**Please fill it in and take it to a Registration Day along with proof of age and payment**

**Need more information?**

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