



NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE

Kingsdene Oval on Felton Road, Carlingford

www.nrclac.org.au

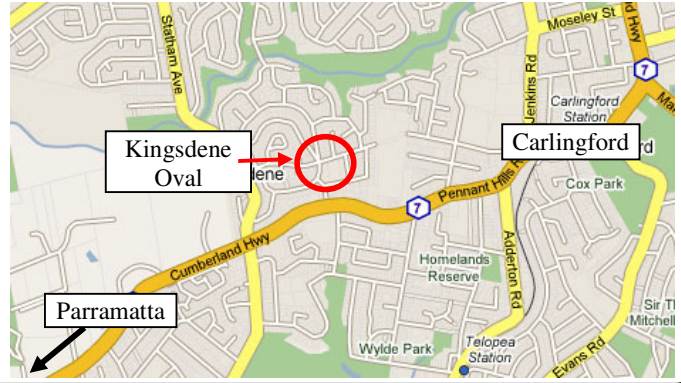
Season begins at 8.15am on 18 September

What is Little A's?

Little Athletics is a uniquely Australian junior sport centred on modified track and field events. It caters for youngsters from Tiny Tots (3-4 years old) to Under 17. Depending on age, you take part in events such as running (sprints and distance), race walking, hurdles, jumps (long jump, high jump, triple jump), and throws (shot put, discus, javelin). There is also an emphasis on the development of gross motor skills.

North Rocks Carlingford Little Athletics Centre (NRCLAC) was established in 1981 and generally has around 350 athletes enrolled. We compete on a Saturday morning between approximately 8:15 and 11:00am at Kingsdene Oval on Felton Road, Carlingford (turn off Pennant Hills Road at Westminster Avenue)

NRCLAC prides itself on being a family oriented Centre. Our motto is "family, fun and fitness", with the emphasis on doing your best. All athletes are encouraged to improve personal performances and generally keep fit and have fun.



What do the Athletes do?

Each athlete takes part in selected events each Saturday, moving around the field with their Age Group. Everyone competes in 4 to 6 events per week. The idea is to have fun and keep improving your 'Personal Bests' (PBs). At the end of the season, awards are given based on your number of PBs.

All athletes are encouraged to enter our Zone Championships (involving a number of Centres within your local district) and some go through to Regional and State Championships.

What do the Parents do?

Little Athletics is a totally voluntary organisation that relies on parents to assist each week in running the many and varied activities.

Duties include officiating at events, managing age groups, recording results, BBQ'ing and working in the canteen. Little A's is one of the few sports where parents can become fully involved in their child's sporting interests. Your help is *essential*, there are always plenty of experienced parents and officials on hand to answer any questions you may have.

Calendar for the 2010-2011 season

The season runs from 18th September to March. There is a break in competition after 4 December, resuming in mid January. See our web site for dates of Zone and Regional Meeting and other events.

How do I Register? Details on our website at www.nrclac.org.au

There are 2 Information days: Sunday 22nd August Kingsdene Oval 12pm to 4pm
Sunday 30th August Kingsdene Oval 12pm to 4pm

New athletes will need proof of age such as a birth certificate, passport or NSW Health 'Blue Book'.

Your age group will be your age as at 30 September 2011.

Cost

- Early Bird Registration costs \$90 for one athlete, \$80 for 2nd athlete and \$70 for each other athlete in the family. Costs increase after 29 August.
- You also need a uniform consisting of a NRCLAC T-shirt or singlet and plain black shorts. These can be purchased at Registration at Kingsdene Oval.
- Any enquiries check website www.nrclac.org.au or email president@nrclac.org.au

