



Sally Pearson began Little Athletics at age 8. By age 14 she had her first national title!

FORRESTFIELD LITTLE ATHLETICS CLUB (FLAC)

WHAT IS LITTLE ATHLETICS?

Little Athletics provides an opportunity for junior athletes aged 5 - 17 years to participate in various athletics disciplines. They compete in events such as javelin, shot put, walks, jumps, running and more. The weekly interclub competition gives our junior athletes a chance to improve their skills while enjoying personal success in a friendly environment. Athletes compete in age groups and can also represent their centre at state run competitions.

At Forrestfield Little Athletics Club, we have a team of experienced coaches and FLAC offers a structured training program with an emphasis on correct technique and encouragement. Lots of our athletes have enjoyed success at Zone and State level competitions and we have also had a number of athletes compete on an international level.

HOW DOES MY CHILD BECOME INVOLVED?

Registrations for the 2020/2021 season commence on Saturday 5th September 2020. By registering with FLAC, your child/ren will train and compete with Forrestfield throughout the season. Important dates are as follows:

Registrations Open:	5 th September 2020
Training Commences:	9 th September 2020
Competition Commences:	10th October 2020

You can register AND PAY online at www.resultshq.com.au or via the link on our club website.

Please note, you cannot do this until 8am on Saturday 5th September 2020.

New athletes will need to supply proof of age to the club (birth certificate/passport), returning athletes have already supplied this.

REGISTRATION FEES FOR 2018/2019 SEASON (Kidsport Approved)

All Athletes Registration Fee	\$183.90
Competition Shirt or Singlet (compulsory)	\$35.00

Black shorts, sneakers not supplied by the club but are required to compete.

FINALISING REGISTRATIONS – PAYMENTS, UNIFORM FITTINGS ETC

The club will be located at Belmont Little Athletics Centre, Gerry Archer Oval, Belmont (Cnr Abernethy Rd and Leach Hwy) on the below training dates to allow parents to ask questions and to finalise their athlete registrations. We ask that you will have already completed your online registration PRIOR to attending.

Wednesday 9th September 2020, 5pm—6pm
Wednesday 16th September 2020, 5pm—6pm
Wednesday 23rd September 2020, 5pm—6pm
Wednesday 30th September 2020, 5pm—6pm

Uniforms will be available to purchase at training.

EFT (Bank Transfer) is our preferred method of payment.

Please remember to bring a completed/signed Parent Agreement. Form is also available to download from the club's website.

All "NEW" athletes, please ensure to upload a proof of age (birth certificate) when registering online or bring to any of the mentioned training days.

TRAINING DAYS

Forrestfield Hockey Grounds, Morrison Rd
Forrestfield (rear of Hartfield Park Ovals).

Tuesday: 5.00 to 6.30pm

Thursday: 5.00 to 6.30pm

(Our regular training ground at Hartfield Park will be under maintenance in September, with the Shire requiring access for our first few weeks of training – as a result, the club will train at Gerry Archer Oval in Belmont for the first couple of weeks.)

COMPETITION DAYS

Interclub competition commences 10th October 2020, at Gerry Archer Oval, Belmont (Cnr Abernethy Rd and Leach Hwy). Over the course of the season there will be morning sessions (starting at 8:00am) and afternoon sessions (from 4pm). The summer season ends with the State Championships in March 2021.

UNIFORMS

Club shirt/singlet is compulsory and is available for purchase (\$35.00) and is worn with any black shorts (bike or otherwise). Shorts cannot have any logos larger than a 50c piece on them and must fall above the knee, as per Athletics West requirements.

PARENT INVOLVEMENT

All junior sports require parents to be involved and Little Athletics is no different. By registering your child to compete with FLAC you acknowledge that your family **will** be included in our club Saturday competition roster. Depending on the number of registrations, the competition roster commitment is fortnightly. ***Please note Saturday competition takes approximately 4-5 hours and parents are expected to fulfil their roster duties for the entire time.***

Little Athletics requires a large commitment from parents. It takes approximately 80 parents to make our competition Saturdays work. Without the thankless efforts of our parent volunteers, there is no one around to measure, time, encourage and support our athletes. It can get hot, it can be tiring but with everyone contributing the task is made simpler and quicker.

CHASING FURTHER INFORMATION?? Please contact us at email forrestfieldlittleathletics@gmail.com and a member of our club committee will help.

www.flac.org.au