



Welcome to the 07/08 summer season of Little Athletics

Many additional events are available for the Little Athletics participant – aside from our regular Saturday morning program.

- **RELAYS (U9 – U15)** October - December

Relays are one of the most exciting events for athletes. This is one of the rare opportunities to compete at athletics in a team event. The relays have a great team spirit and really get the kids and parents involved. Many new friendships are made and I encourage your children to “have a go” at relays, no matter what their ability. Your age group leader will be able to give you more advice closer to the time.

- **TRAINING (U9 – U15 only)**

Training/Coaching is held on Monday and Wednesday afternoons from 5:00 to 6:30pm commencing Monday 1st October. This is the perfect time to come down and learn correct techniques from our coaches and practice all you like with no pressure of the competition. You may be surprised at the extra number of PB’s that can be achieved enabling your child to remain full of enthusiasm.

This year we plan to have specialized coaches for individual Field and Track events.

- **WAVERLEY OPEN DAY - Sunday 2nd December (U6 – U15)**

Last season, we held our 3rd Open Day! It was another huge success, with over 300 entries representing 35 centers throughout Victoria, from as far away as Albury. This year’s competition will again cater for all the regular events plus lots of other fun activities, such as rock climbing, jumping castle, face painting and arts & craft. This open day is not just for elite athletes, but we encourage all children to have a go and join in a fantastic fun day. Medals for 1st, 2nd & 3rd & ribbons will be awarded to all participants. Please see the notice board during the season for more information & registration forms or visit our website at www.waverleylittleaths.org to register online. Entries close on **Wednesday, 28th November**, so put this date into your diary.

- **REGIONAL TRACK & FIELD CHAMPIONSHIPS (U9 – U15)**

During February, the Regional T & F Championships are held by a centre within our Southern Metropolitan Region. Once again, athletes are encouraged to “have a go” at their favourite events. Many friendships are made by both athlete and parents whilst competing against kids from approx 20 centers in the region, many of which continue through to U15’s and adulthood.

- **STATE MULTI EVENTS (U9 – U15)**

To be held at Albury this year, Multi Events are a great chance to get away for the weekend and establish/renew friendships from other centres. Approx 80 kids in each age group compete in five events. 100m, 800m, LJ, Discus and Hurdles. Points are awarded on a sliding scale according to performances. This is a true all rounders event, and also the spirit of being part of the Waverley team is very strong. All levels of ability are encouraged to compete!