



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 Forrestdfield 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 2023/2024 season commence on Saturday 9th September 2023. By registering with FLAC, your child/ren will train and compete with Forrestdfield throughout the season. Important dates are as follows:

Registrations Open:	Saturday 9 th September 2023
Training Commences:	Thursday 7 th September 2023
Competition Commences:	Saturday 7 th October 2023

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 9th September 2023.

New athletes will need to supply proof of age to the club (birth certificate/passport) by uploading when processing your registration via Results HQ. Returning athletes have already supplied this.

REGISTRATION FEES FOR 2023/2024 SEASON (Kidsport Approved)

All Athletes Registration Fee	\$230.00
Competition Shirt or Singlet (compulsory)	\$35.00 (singlet) \$40.00 (Shirt)

We will only be taking online payments at time of registration this year, should you require an alternative payment arrangement please contact our Registrar flacregistrar01@gmail.com to discuss.

Shirts and singlets are now available to purchase when registering online. Please ensure this is done at time of registering, sizing can be determined at training if you are unsure.

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

Club cap and hooded jumper are available to order, however are not compulsory uniform items.

FINALISING REGISTRATIONS – PAYMENTS, UNIFORM FITTINGS ETC

The club will commence training on the below training dates to allow parents to ask questions.

- Thursday 7th September 2023, 5-6pm John Reid Oval, Hale Rd, Forrestfield
- Thursday 14th September 2023, 5-6pm John Reid Oval, Hale Rd, Forrestfield
- Thursday 21st September 2023, 5-6pm Forrestfield Rugby Grounds, Morrison Rd, Forrestfield

TRAINING DAYS

Forrestfield Rugby 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 may require to relocate to train at John Reid oval)

COMPETITION DAYS

Interclub competition commences 7th October 2023 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 2024.

UNIFORMS

Club singlet/shirt is compulsory and is available for purchase (\$35.00/\$40.00) 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 and if available on training days help with the setting up and packing away of equipment. 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 flacregistrar01@gmail.com and a member of our club committee will help.

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

www.flac.asn.au