

- **When can I join Little Athletics?**

The Little Athletics year begins in October and runs through to the following September. You can register at any time during the athletic year. Age groups are determined by your age as at December 31st. 4 year olds can commence in Little Aths (U6 age group) from the start of the track & field season as long as they turn 5 years old on, or prior to, 31st December 2019.

Registrations must be completed and paid online at www.lavic.com.au You are able to pick up your registration pack and purchase Team t-shirt's on any competition day.

- **What Age Group will I be in?**

Age Group by Month and Year of Birth

	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
January	16	15	14	13	12	11	10	9	8	7	6	6
February	16	15	14	13	12	11	10	9	8	7	6	6
March	16	15	14	13	12	11	10	9	8	7	6	6
April	16	15	14	13	12	11	10	9	8	7	6	6
May	16	15	14	13	12	11	10	9	8	7	6	6
June	16	15	14	13	12	11	10	9	8	7	6	
July	16	15	14	13	12	11	10	9	8	7	6	
August	16	15	14	13	12	11	10	9	8	7	6	
September	16	15	14	13	12	11	10	9	8	7	6	
October	16	15	14	13	12	11	10	9	8	7	6	
November	16	15	14	13	12	11	10	9	8	7	6	
December	16	15	14	13	12	11	10	9	8	7	6	

Age groups for the 2019-20 season are based on how old the athlete is as of the 31st December 2019.

From the 1st January 2020, an athlete must have turned 5 before being able to register.

- **Where & when does the Little Aths program occur?**

The summer season (Track & Field) runs from October to March, with a short break over the Christmas/New Year holidays and is held at the Moonee Valley Athletics Track, Corio Street, Moonee Ponds. The program usually runs on Saturday mornings from 8.00am to 12:00pm though there may be a few Friday night twilight programs held which start at 6:00pm. Each competition day, the children participate in a selection of different events that rotate on a 3 week program.

Cross Country starts in late April and runs through to the end of July and involves 1 long distance run for each age group.

- **How much does it cost?**

For the 2019/20 season, Registration Fees are \$155 each for the first 2 children in a family and \$145 each for the 3rd & 4th child in a family and every additional child is free. Note: Registration fees are non-refundable.

Weekly competition fees are \$3 per athlete or \$5 per family.

In addition a Team t-shirt must be purchased. A pair of shorts for every child is included in the registration fees.

- **Can children try Little Aths before joining?**

Yes. Children are able to be a "visitor" for 1 week to see if they like Little Aths. They will be placed in their correct age group and able to participate in all events on that day for \$2 which is donated to the RCH Good Friday Appeal. Please register online but do not submit payment.

Essendon will also be holding a **"Come & Try Day"** on **Saturday 21st September** between **9:00-11am** Even though the day doesn't follow the same format as a normal week, you will still get a taste of what Little Aths is like.

- **Can I drop off my child?**

NO. A parent/guardian or responsible adult must be in attendance at all times. The Centre & Teams cannot be responsible for athletes left unattended after a program has been completed or if competition has been cancelled during the morning due to inclement weather.

• **Which of the four Teams in the Essendon Centre do I join?**

Local primary schools in the Essendon area are zoned to one of the 4 Teams. If you do not attend one of these schools you can join any of the Teams. They each have their own uniforms but all athletes train and compete together.

Team	Uniform	Shorts	Schools
ABERFELDIE	Blue T'shirt	Black	Aberfeldie PS, Resurrection House, Our Lady Of Nativity
BOMBERS	Red T'shirt	Black	Essendon PS, St Monica's, St Therese's
NIDDRIE	Green T'shirt	Black	Niddrie PS, St John Bosco's, Essendon North PS St Margaret's
ROYAL ASCOT	Gold T'shirt	Black	Moonee Ponds PS, Moonee Ponds West PS, St Mary's Ascot Vale PS, Ascot Vale West PS

• **What events are held?**

Events held are dependent on the age of the athletes but include:

- Sprints (60m, 70m, 100m, 200m), Middle distance (400m, 800m), Long distance (1500m), Walks
- Hurdles (60m, 80m, 90, 100m, 200m, 300m)
- Long Jump, Triple Jump, High Jump
- Discus, Shot Put, Javelin
- Relays
- Combined event
- On-Track – special athletic skills & modified event program for U6 athletes

• **What is expected of parents?**

Parents are expected to assist with the operation of Little Aths by carrying out a duty and obtaining 24 duty points during the season. Anyone can help in some way either at an event, in the canteen or taking around refreshments or helping on the Team tables. Additionally, any parent wishing to get involved at a Team or Centre level are invited to speak to the current committees. Involvement is encouraged and welcome.

• **Does my child have to attend training?**

Training occurs on Monday & Wednesday nights. Training is not compulsory for athletes but obviously it gives athletes a chance to develop their skills and to improve their fitness and techniques.

• **How are the athlete's performances monitored?**

All Little athlete's performances in all events are recorded during the program. Each week children receive tickets detailing their performances and results can be viewed online.

• **What level of ability do children have to have to join?**

The Essendon Centre promotes family, fun and fitness. Little Athletics is for the whole family to enjoy. Children can join with any level of skill or fitness. Children are given plenty of encouragement to achieve personal bests.

• **What is available to children with disabilities?**

All children are encouraged to join. Children with a disability are integrated with other athletes however may compete under modified regulations pertaining to equipment and event technique.

