



Thank you for registering your child with Frankston Little Athletics Centre for our Summer Track and Field season for 2024/25. Little Athletics is a wonderful family friendly environment where children will participate in weekly events and have the opportunity to develop their athletics skills whilst making new friends and having lots of fun. We are excited to welcome you to the season ahead.

Our website [www.frankstonlittleathletics.com.au](http://www.frankstonlittleathletics.com.au) is a great resource and we communicate to members via our Facebook page and email. We would encourage you to check out our website as there is a lot of helpful information included for our members. Please like our Facebook page so you can keep up to date with important announcements.

Here is all of the important information about the upcoming season.

## **Season 2024/25 - Saturday 12<sup>th</sup> October 2024**

Our season start date is on Saturday 12<sup>th</sup> October, 2024

At FLAC our emphasis is on Family, Fun and Fitness. Children aged 5 to 16 can join with any level of skill or fitness and athletes are encouraged to participate in a wide range of track and field events, from running, jumping, throwing and race walking! A varied program of different events is set up each week on rotation.

## **Uniforms**

Once your child/ren have joined the club, you will need to purchase a uniform to wear on competition days. The uniform consists of a Centre t-shirt/singlet/crop top and black shorts/bloomers. Spikes can only be worn for athletes in U11 and above.

Uniform sales are available on competition days from the pavilion.

T-shirts and singlets \$35 each

Crop tops \$40 each

Other merchandise is available to purchase, including hoodies, training tops and jackets

## **Competition days**

Competitions are usually Saturday mornings (with the occasional Friday Night Twilight) 8.30am to approx. 10.30am (8.00am start on Racewalk Program Weeks)

Our full program will be available on our website and Facebook page soon.

## **Tag collection and information session**

Tuesday 8<sup>th</sup> and Thursday 10<sup>th</sup> October 5.00pm-6.00pm

Come and collect your registration tag and purchase uniform items.

We will be available to answer your questions and you can sign up for volunteer roles.

## Parent participation and involvement

To ensure that Saturday mornings start and finish on time as well as run smoothly for our athletes, parents will be rostered to help with one of the following duties -

### **Equipment set up, canteen, BBQ or equipment pack up.**

Please support the club and your child's participation by attending when you are rostered on for a duty.

Little Athletics is a volunteer run sport that relies heavily on parent and guardian involvement to help run the competition and the centre on the day. We need everyone to contribute to ensure timely and safe operation of events each week.

## Training

Training is not compulsory however it is encouraged as it is a great way for kids to learn to practice the skills which help them improve in each event. We offer weekly training for all Frankston Little Athletics members on Tuesday 5-6pm starting from 8<sup>th</sup> October.

Please let us know should you have any further questions and want to discuss anything further. If you have not already, please like our Frankston Little Athletics Club Facebook page and @17FLAC Instagram Page for more information and updates.