



Frankston
Little Athletics Centre



Thank you for registering your child for a free trial with Frankston Little Athletics Centre (FLAC) for our Summer Track and Field season. Little Athletics is a wonderful environment for children where they learn to develop social skills, co-ordination, supporting other kids in doing well, doing their best, patience and in all of this they have so much fun and make lots of friends. We are excited to welcome you and your child to come and try little athletics for a 2-week trial to see if it is the right sport for them.

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

****All athletes aged 5-16 years are welcome to register for little athletics****

Note: athletes must have turned 5 before they can register

If you are unsure, you can use the age calculator provided by LAVic

<https://lavic.com.au/membership/new-member/age-calculator/>

Season 2023/24 - Saturday 7th October 2023

Our season start date is on Saturday 7th October 2023.

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 soon.

Parent participation and involvement

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

track set up, BBQ or track pack up.

Please support the club and your child's participation by attending when your child's age group is rostered on.

Duties will be posted weekly on our FB page and can be accessed through our website during the season.

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 perfect and improve in each event. Information on training will be provided as we get closer to the start of the season.

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.