



U11 SKILLS CLINIC

All Track & Field events will be covered in this comprehensive **FREE 2 day training clinic**. Athletes will rotate through **10** events of 45 min duration. Preparation, Clothing, Equipment including spikes, Hydration and Nutritional information will also be provided.

Athletes will receive coaching from the same coaches who run both the **Junior Development Squad (JDS)** and U13 Australian Little Athletic Championships (**ALAC**) programs.

Athletes of all abilities are invited. Information and brochures will be provided for all athletes to take the next step into **JDS** and beyond. Attendance of both days is necessary.

Parents will be invited to attend **FREE** sessions on Officiating throughout the 2 days. Information will be supplied on the day.

Date: Saturday 9th & Sunday 10th January 2010

Venue: **Saturday**- Waverley LAC, Central Reserve,
Cnr Waverley & Springvale Rds
Glen Waverley **Mel Ref:** 71 B5

Sunday- Knox LAC,
Knox Park Sporting Complex,
Bunjil Way Knoxfield **Mel Ref:** 73 D7

Duration: Saturday- 9.45am—4.30pm
Sunday - 9.45am—4.30pm

Cost: **Free** to registered **U11** athletes **only**.

What to Bring: Full training kit, t-shirts (not singlets), hat, sunscreen, drink bottle, lunch & snacks.
Additional drinks and sunscreen will be provided.

Places are limited to **150 athletes** only, entries close Wednesday December 16th, refer registration form for details.



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REGISTRATION FORM

Athletes Name: _____

Address: _____

Suburb: _____ Postcode: _____

D.O.B.: ____ / ____ / 19____ Age Group 2009-2010: U ____

Centre: _____ Please Circle: Female Male

Mobile: _____

Email: _____

Parents names: _____

Do you currently have a coach? (Please circle) YES NO

Limited to the first 150 athletes only.

*Information regarding the course please contact
Shane Bertrand on 9676 3600 or shane.bertrand@vlaa.asn.au
Please return Registration Details to
Victorian Little Athletics Association, Locked Bag 1011,
Port Melbourne 3207 VIC or Fax (03) 9676 3601*

Entries close December 16th 2009.