

2017/18 Croydon Little Athletics Training Information



Involvement in any sport should have a positive outcome for all involved. In Little Athletics we see a wide range of skills and event preferences across all age groups. Our training is focussed on developing these skills as well as introducing new skill. The mix of regular training sessions, skill based clinics and Competition event coaching is being tailored to cater for the needs of each age group in line with LAVIC recommendations.

Regular Training Program

The following summarises the regular training program and targeted age group:

Day	Discipline	Age Group	Time
Monday	Long / Triple Jumps NOTE	U10+	5:30pm – 6:45pm
Wednesday	General Training	U6+	5:00pm – 6:00pm
	Long / Triple Jumps NOTE	U10+	5:30pm – 6:45pm
Sunday	General Training	U6+	10:00am – 11:00am
	Hurdles (from Sun 19 th Nov onwards)	U8+	10:00am – 11:30am

NOTE: No training Wednesday 8th November, Monday 13th November and Wednesday 15th November
Long Jump clinics for U6 – U9 will be scheduled....stay tuned..!

During regular competition days, Julianne will be providing coaching for all age groups across various events.

U6 & U7 – The prime focus for this age group is understanding the basic principles of each event and most importantly having fun. Our general training caters for the U6+ and we will further support their skills development through the on track activities and particular focus on the U6 & U7 age groups with on the spot coaching during the regular competition program.

Upcoming Clinics

In addition to the regular training, targeted skills clinics will be conducted as follows:

Day	Discipline	Age Group	Time
Wednesday 15 th November	Hurdles	U8+	5:30pm – 7:00pm
Sunday 19 th November	Javelin	U11+	10:00am – 11:00am
Thursday 16 th November	Sprints	U6 – U11	6:00pm – 7:00pm
Thursday 23 rd November	Sprints & Block starts	U12+	6:00pm – 7:00pm
Sunday 26 th November	High Jump	U8 – U10	9:30am – 10:45am
Sunday 10 th December	High Jump	U11+	9:30am – 10:45am

Parental support – To assist with the running of both regular training and skills based clinics, parental assistance may be called upon. This may be as simple as assisting with the collection of shot puts or getting more involved with the program (for instance learning how to correctly hold a javelin so that the skills learnt by our athletes can be reinforced away from training).

Ensure you check our website www.croydonlac.com.au for training dates and our facebook page for any updates on training such as inclement weather cancellations.

See you at the track
Croydon Little Athletics Committee