



COLLINGWOOD LITTLE ATHLETICS

GEORGE KNOTT ATHLETICS TRACK
HEIDELBERG RD, CLIFTON HILL

PRESIDENT: Scott Lovell: **0438 015 398**

REGISTRAR: Jacki Ford: **0408 549 548**

ASSISTANT REGISTRAR: Rohan Jones: **0400 217 700**

SECRETARY: Ian Nunn: email - collingwood@lavic.com.au

ATTENTION ALL 5 -15 YEAR OLDS

ATHLETICS SEASON RETURNS (SEPTEMBER 2013 – MARCH 2014)

Centre Opening & “Little Bolters” Skills Development Clinic

Saturday 21st & 28th Sept 8.30am -12pm

What is Little Bolters?

The Little Bolters clinics provides children with a basic understanding of the sport of athletics by providing each participant a basic 20 minute discipline rotation through Running, Jumping & Throwing, whilst not being in a competitive environment. Instruction is provided from experienced athletics coaching personnel.

Sessions will also provide adults with an insight into the sport of athletics via the centre.

Note that no experience is necessary, just come along, bring a friend and have some fun!

Centre Athletic Disciplines Include: Sprints, Middle Distance Running, Shot Put, Discus, Javelin, Long Jump, Triple Jump & High Jump

When:

Little Bolters 1: Sat 21st Sept. 2013 8.30am

Little Bolters 2: Sat 28th Sept 2013 8.30am

For registered athletes

On both these days athletes who have registered on-line will be able to collect LAVic show bags, buy uniforms & pick up competition race bibs.

Cost:

Centre Visitor Cost: \$10 per Little Bolters clinic

CLAC Members Cost: Free (For athletes who have registered prior to event)

CLAC Season Athlete Registration Opens Online from: 24th August 2013.

FOR FURTHER INQUIRIES VISIT OUR WEBSITE: www.collingwoodlittleathletics.org.au

Note: The first Centre Competition Day will be Friday 4th Oct 2013 5.30pm