



Many Centres have coaches to help children improve and learn about athletics and they will assist parents to encourage their children so they can get the most out of their involvement with Little Athletics.

Centres and Clubs organise regular weekly participation and may offer additional coaching and participation during special competition days. Many have an additional selection of social events for athletes and their families. Little Athletics has something for everyone!

Contact your local Centre today!



Your local centre:

Join up today!



Call 1300 888 713
or email
office@taslittleathletics.com.au

State Association:

littleathletics.com.au

Tasmanian
Little Athletics Association

PO Box 812
Moonah TAS 7009

Sponsors:



*How to get started
in Little Athletics*



littleathletics.com.au

FAMILY FUN & FITNESS



What does Little Athletics provide?

Little Athletics offers children a modified athletics program, designed for a broad range of children to develop their athletic skills in a warm and friendly environment. Little Athletics prides itself on a welcoming, friendly atmosphere where life-long friendships can thrive.

Little Athletics develops the basic motor skills of running, jumping, walking and throwing. Developing strength, flexibility, co-ordination and balance provide the basic requirements of all sports. Success in Little Athletics begins with the simple act of participation...

It's all about being your best.

Who can join?

There are over 550 Little Athletic Centres throughout Australia, there is one near you, so there is no excuse not to be involved.

Little Athletics is for children of most ages up to 15 years of age. Contact your Association for specific information about the eligibility of your child.

Family Values

Family fun and fitness encapsulates the Little Athletics experience. Family participation is encouraged so all members of the family may become involved. There's a role for everyone; helpers and volunteers make Little Athletics work. You will make a difference by becoming involved, sharing in the fun and making someone smile.

Just a reminder that parent and family involvement is actively encouraged, your involvement will make a more rewarding experience for your child(ren) as well as for others.



The Benefits.

When your child is fit it makes them feel good about themselves and they have the energy to do anything. Young people who take an interest in sport are more likely to stay fit for life. Athletics is a great way to exercise and have fun at the same time.

Athletics is a sport where your child gets satisfaction out of improving, over the course of a season and over the total period of time of their involvement.

Running, jumping and throwing are skills for life.

The Skills

A Little Athletics program is made up of activities and skills involving events such as:

- » Sprints
- » Long and Short Distance Running
- » Hurdles
- » Relays
- » Walks
- » Shot Put
- » Discus
- » Javelin
- » High Jump
- » Long Jump
- » Triple Jump
- » Cross Country

Safety and Health

Safety is important in Little Athletics. Children will be shown exercises needed to warm up before taking part in any activity.

They will also be shown how you use and care for all equipment used in Little Athletics.

How much does Little Athletics cost?

Registration Fees vary from Centre to Centre, but are very competitive when compared to other sports and organised activities. Your registration includes insurance coverage.

Contact your local Centre today!

