



## Coaching

Illawong Little Athletics Club is fortunate to have dedicated coaches who volunteer their time to help our athletes achieve their very best.

All athletes at Illawong Little Athletics have access to these services at our synthetic track located at 'The Ridge'.

A training timetable is available on our website.



## Registration

Registrations for the 2011/2012 season are open for children aged 5 to 16 as at midnight on 30<sup>th</sup> September, 2011

Tiny Tots (non competition) must turn 3 by 30<sup>th</sup> September 2011

### Registration dates:

Sunday 21st August 2010, 10am—2pm

Sunday 28th August 2010, 10am—2pm

**at the Ridge Athletics Track, Recreation Drive (off New Illawarra Rd), Lucas Heights.**

New registrations require proof of age – **payment by cash or cheque only** .

**OR Register online @laansw.com.au from early August 2011** (credit card payments accepted online )

**For more information, visit our website:**

**[www.illawongathletics.org](http://www.illawongathletics.org)**



**ILLAWONG LITTLE ATHLETICS**

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## ILLAWONG LITTLE ATHLETICS

The Ridge Athletics Track  
Recreation Drive  
(off New Illawarra Rd)  
Lucas Heights



**New season begins  
10th September 2011**



## Illawong Little Athletics Club

Illawong Little Athletics Club was established in 1975.

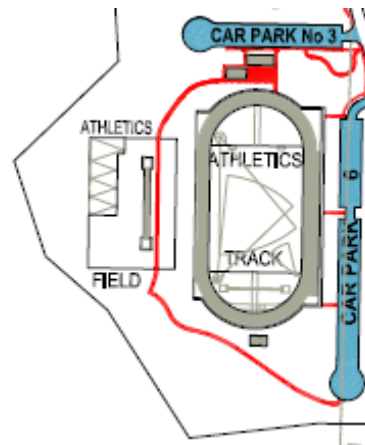
Since that time the club has continued to go from strength to strength. The club has an impressive record of achievement at the Zone, Regional and State Athletics Championships and has had athletes represent NSW in the National Little Athletics Championships.

## Track & Field

Illawong Little Athletics Club holds a two week track and field program every Saturday afternoon from 12.45pm to approx 4pm at 'The Ridge', our synthetic track with state of the art amenities.

Located on an upper and lower field, the upper field has an 8 lane 400m track, 10 lane straight track, high jump areas, discus throwing cages and javelin throwing area.

The lower field consist of 4 long jump pits and 4 shot put throwing areas.



The motto of Little Athletics is Family, Fun and Fitness.

Parents are involved in the weekly program as helpers or officials. They share in the many experiences with the children.



2010-2011 Illawong Region team (some members missing)