



U11 SKILLS CLINIC

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@vlaq.asn.au

Please return Registration Details to

Victorian Little Athletics Association, Locked Bag 10111,

Port Melbourne 3207 VIC or Fax (03) 9676 3601

Entries close December 16th 2009.

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- Nunawading LAC,
Bill Sewart Athletics Track,
Burwood Hwy, East Burwood **Mel Ref:** 62 C8

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.