

The Relay Carnival is held in December. This is a team based carnival with relay races and field events. A minimum of four athletes is required for an age group to compete and not all athletes have to compete in each event.

The Regional Championships are held in February. At this carnival Queanbeyan athletes compete against other Centres in the Northside Region. The top placed athletes at this carnival then go on to compete in the ACT State Championships held in March.

Athletes can also compete at carnivals held by other centres in the ACT and surrounding NSW areas.

We are also a part of the annual Queanbeyan Gift, held at Town Park, in late November. Athletes who nominate to be part of this event compete in heats held at Wright Park to determine who qualifies for a place in the finals. All registered athletes are eligible to enter.

Opportunities for older athletes

Additional opportunities exist for children in the Under 13 and Under 15 age groups to be selected in the ACT team for the Australian Little Athletics Championships. The club undertakes fundraising to financially help athletes from Queanbeyan Little Athletics that are selected in the ACT team.

Presentation Day

All athletes will be recognised at our end of season Presentation Day usually held in April. Special trophies are also awarded within each age group to the athlete who had the best overall performance, the athlete who improved the most and the athlete who participated in the most events. Major club trophies are also awarded to athletes who achieve significant results within the club.

Come and join the fun...

Registration and Uniform Sales:

Saturday, 29 August and
Saturday, 5 September

12 noon to 3pm at Wright Park,
Old Sydney Road, Queanbeyan

Proof of age is required for all new registrations

Registration can also be completed on
any competition day.

Season commences:

Saturday, 19 September 2009
Wright Park, Queanbeyan

Time: 8.30am to 12 noon

Cost:

\$85 per child,
family discounts available
plus athlete must have QLAC Competition shirt
cash or cheque only

To find out more visit our website

www.qlac.org.au

or

Telephone Caroline Kelly on 62559250 or
0488 2796 54



Get the kids into action



Queanbeyan Little Athletics

Queanbeyan Little Athletics has a lot to offer

Queanbeyan Little Athletics offers a range of events in addition to short and long distance running for your child to learn. Your child could try out their frisbee throwing skills on a discus, throw themselves across a pit of sand in long jump, and hurl themselves over a bar in high jump.

Little Athletics is a fun sport where all the family can get involved and make new friends. The emphasis is put on children achieving their 'personal best', improving their skills and having fun. This is why our motto is 'Family, Fun and Fitness'.

Queanbeyan Little Athletics is open to children aged between 5 (by the end of March 2010) and 17. Athletes compete against other athletes of the same age with age appropriate events undertaken.

Registration costs just \$85 for the season which runs from September to March. This is cheap compared to many other sports. Athletes are required to wear a QLAC competition shirt that can be purchased for \$20 when you register.

If you are uncertain if your child will enjoy this sport we offer a special 'try-out' period. Children may take part in activities for up to three weeks prior to formally registering.

Our regular competition days are held on Saturday with mid-week training available in a number of areas where athletes will be shown how to correctly throw, jump and run.



Regular competition days

Competition days are held on Saturday mornings at Wright Park, Queanbeyan, starting at 8.30am. Most events are finished by 12 noon. We also hold two twilight meets in January on a Saturday evening, starting at 5pm.

Events are run on a two-week roster which means athletes compete in all events every two weeks. Each age group competes within that group with boys and girls competing separately. Under 6 athletes start with our 'On Track' program, incorporating short runs, long jump and shot put, with other athletes competing in age appropriate track and field events such as longer distance runs, walks, hurdles, discus, high jump, triple jump and javelin.

Parent involvement

Parents are actively encouraged to be part of the activities. Each age group needs an Age Group Manager who coordinates the activity. Other parents are needed to help rake the sand pit, place markers for events like discus and shotput and to help out with time keeping on the running events. No experience is necessary and training will be provided. The more parent helpers we have, the quicker we can get through our program each week. It is essential that a parent or adult helper is available for every Under 6 athlete.



*It's about doing
your best,
not being the best.*

We also run a fully stocked canteen and barbecue each week and parents are required to assist with the food preparation and sales.

Recognising improvements

At Queanbeyan Little Athletics we recognise each athlete's personal best performances through the awarding of improvement points. A patch, to be sewn onto the athlete's competition shirt, is awarded for every five points achieved. In addition, athletes who record 30 or more personal bests in the season will be presented with a medallion at the end of season Presentation Day.

Other carnivals

In addition to our regular competition days, athletes in the Under 8 years age group and up can compete in ACT Little Athletics carnivals. This gives them the opportunity to compete against other centres. These are usually held at the Australian Institute of Sport (AIS) which provides athletes with the opportunity to compete at an international standard venue.

It is not compulsory for athletes to attend these events, however, a lot of fun and experience can be gained from attending these carnivals.

The first of the carnivals is the Multi-Event Carnival which is held in November. This event is similar to the pentathlon and is an individual event. In addition, a trophy is awarded to the club with the most points.



Family, Fun and Fitness

Queanbeyan Little Athletics – why not give it a go.