### How can I find out more?

Feel free to contact any of our 2013/2014 committee:

- President Shaun Bailey 0408 997 037
- Vice president Justin Jones 0418 311 033
- Treasurer Rob Howell 0422 871 229
- Secretary Nat Zegveld 0407 351 064
- Team Manager Girls Anna Davie 6331 1796
- Team Manager Boys- Simone Fox 0408 143 649
- Team Manager Duties Nat Zegveld 0407 351 064
- Social Orsyia Petterwood 0402 764 680

Contact us via email on: sacredheart@sllac.org.au

Find us on Facebook: https://www.facebook.com/SacredHeartAthletics

More information can also be found on our webpage: http://www.sllac.org.au/clubs/sacredheart/shs.htm



# **Sacred Heart**



# Little Athletics Club









## Welcome to the Sacred Heart Athletic Club.

We are one of the largest clubs at South Launceston Little Athletics Centre with a proud tradition of good sportmanship and competition.

We are a family oriented club with a strong committee, willing parents, grandparents and siblings all getting involved in providing our children with fulfilling experiences.



Family, Fun & Fitness embodies what Little Athletics is all about! Parent and family involvement is highly encouraged and leads to a more rewarding experience for children and all members of your club.

Little Athletics gives children the opportunity to exercise and have fun at the same time. They will develop skills by participating in events such as sprints, long/short distance running, hurdles, relays, walks, shot put, discus, vortex/javelin, long, high & triple jumps.



### **Uniform:**



Club tops and hats will be available to purchase at our club registration days in September along with training and at the first few meets. Contact Rob, Simone or Anna at training sessions or at the meets. Green shorts are available from most sports stockists. Club uniform is required by the 3rd week of the season. Until then a red top & green shorts is fine.

#### Training:

Club training is currently held on Thursdays at South Launceston Football Club between 5-6pm. Training is centred around events that athletes will participate in at the next centre meeting.

Our first training session for the 2013/2014 season will be on September 26th from 5-6pm.

You're more than welcome to come along and have a try!

#### **Registration:**

Registration for the season can be done online through the South Launceston Little Athletics Centre web page :

#### http://www.sllac.org.au/index.html

We will also be holding registration days where you can come along, register, pay, ask questions and purchase club uniforms.

These will be held on:

# Monday 23rd Sept: Sacred Heart School, Grade 6 Davie 3-4pm Wednesday 25th Sept: St Thomas More's, main foyer 3-4pm

Proof of age (birth certificate or blue Child Health book) needs to be sighted before children can be registered and payment needs to be made by the second meet of the season.

Athlete groupings are organised by each athletes age by Sept 30. Tiny tots need to be 3 or 4 by this date to participate.

#### This seasons fees are as follows:

- 1 Child \$110
- 2 Children \$200
- 3 Children \$270
- 4 Children \$320
- 5 Children \$370
- 6 Children \$420
- Tiny Tots \$30
- U14 / U15 Dual registration \$60

