



Jetstar★



*How to get started  
in Little Athletics*

[littleathletics.com.au](http://littleathletics.com.au)

**FAMILY FUN & FITNESS**

**Who can do Little Athletics? Little Athletics Victoria venues are able to cater for children from 5 to 15 years of age, with many Centres able to cater to athletes with a disability. No matter what your skills or ability Little Athletics is all about family, fun and fitness and making sure you can be your best®.**

### *How will I learn?*

Many Centres have coaches to help you improve and learn about athletics so you can get the most out of your involvement with Little Athletics. Learning is fun and in no time you will see your personal best (PB's) performances improve.



### *What are the benefits?*

If you are fit it makes you feel good about yourself and you have the energy to do anything. Young people who take an interest in sport are more likely to stay fit for life.

### *What does my mum, dad or family have to do?*

Apart from making sure you get safely to and from Little Athletics, your mum and/or dad or your family make great helpers and officials and coaches of the future. Organising, raking, recording, directing and measuring are all jobs families and helpers are asked to do.

### *What events can I do?*

Depending on your age group Little Athletics offers: Sprints, Middle and Long Distances, Hurdles, Relays, Walks, Shot Put, Discus, Javelin, High Jump, Long Jump, Triple Jump and Cross Country.

### *How friendly is it?*

You will find no shortage of friends or friendships at Little Athletics! Little Athletics has provided a friendly environment for over 50 years with millions of Aussies enjoying their experience. If you are uncertain or a little shy, bring your best friend and do Little Athletics together.

### *How do I join?*

Simply visit our website to register online or contact your nearest Centre for details. You can join at any time!

Run, jump, throw,  
have fun and be healthy.



*To find your nearest Centre go to: [www.lavic.com.au](http://www.lavic.com.au) and click on*

**FIND A CENTRE**

**Jetstar** 



*Call 03 8646 4510  
or 1800 689 112  
(Country Victoria)*

State Association:

[littleathletics.com.au](http://littleathletics.com.au)

Little Athletics Victoria

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