

Frequently Asked Questions

- **When can I join Little Athletics?**

The Little Athletics year begins in October and runs through to the following September. You can register at any time during the athletic year providing you are between the age of 5 and 16. Age groups are determined by your age as at October 1st.

A Registration Day will be held, prior to the start of the season, on Saturday 25th September at the Moonee Valley Athletics Track between 9am and 11am. If you miss this day you are still able to register on any competition day.

- **What Age Group will I be in?**

Age Group by Month and Year of Birth

	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005
January		16	15	14	13	12	11	10	9	8	7	6
February		16	15	14	13	12	11	10	9	8	7	6
March		16	15	14	13	12	11	10	9	8	7	6
April		16	15	14	13	12	11	10	9	8	7	6
May		16	15	14	13	12	11	10	9	8	7	6
June		16	15	14	13	12	11	10	9	8	7	6
July		16	15	14	13	12	11	10	9	8	7	6
August		16	15	14	13	12	11	10	9	8	7	6
September		16	15	14	13	12	11	10	9	8	7	6
October	16	15	14	13	12	11	10	9	8	7	6	
November	16	15	14	13	12	11	10	9	8	7	6	
December	16	15	14	13	12	11	10	9	8	7	6	

Note: Once a child turns five they are able to register.

- **How much does it cost?**

For the 2010/11 season, Registration Fees are \$90 each for the first 2 children in a family and \$80 each for the 3rd & 4th child in a family and \$70 each for every additional child.

Weekly competition fees are \$2 or \$5 for a family of 3 or more children.

In addition a Team t-shirt must be purchased.

- **Which of the four Teams in the Essendon Centre do I join?**

Local primary schools in the Essendon area are zoned to one of the 4 Teams. If you do not attend one of these schools you can join any of the Teams. They each have their own uniforms but all athletes train and compete together.

Team	Uniform	Shorts	Schools
ABERFELDIE	Blue T-shirt	Black	Aberfeldie PS, Resurrection House, Our Lady Of Nativity
BOMBERS	Red T-shirt	Black	Essendon PS, St Monica's, St Therese's
NIDDRIE	Green T-shirt	Black	Niddrie PS, St John Bosco's, Essendon North PS St Margaret's
ROYAL ASCOT	Gold T-shirt	Black	Moonee Ponds Central, Moonee Ponds West PS, St Mary's Ascot Vale PS, Ascot Vale West PS, Flemington PS

- **Where & when does the Little Aths program occur?**

The Essendon Centre competes at the Moonee Valley Athletics Track, Corio Street, Moonee Ponds Melways ref: 28 C6 The summer season (Track & Field) runs from October to March, with a short break over the Christmas/New Year holidays. The program runs on Saturday mornings from 8.00am to 12:30pm. There are 2 Friday twilight programs which start at 6:00pm. Each competition day, the children participate in a selection of different events that rotate on a 3 week program.

Cross Country starts in late April and runs through to the end of July and involves 1 long distance run for each age group.

- **What events are held?**

Events held are dependent on the age of the athletes but include:

- Sprints (60m, 70m, 100m, 200m), Middle distance (400m, 800m), Long distance (1500m)
- Hurdles (60m, 80m, 90, 100m, 300m)
- Long Jump, Triple Jump, High Jump
- Discus, Shot Put, Javelin
- Relays
- Multi event
- On-Track – special athletic skills & modified event program held for U6 athletes before Christmas

- **What is expected of parents?**

Parents are expected to assist with the operation of Little Aths by carrying out a duty on at least six (6) weeks during the season. Anyone can help in some way either at an event, in the canteen or taking around refreshments or helping on the Team tables. Additionally, any parent wishing to get involved at a Team or Centre level are invited to speak to the current committees. Involvement is encouraged and welcome.

- **Can I drop off my child?**

NO. A parent/guardian or responsible adult must be in attendance at all times. The Centre & Teams cannot be responsible for athletes left unattended after a program has been completed or if competition has been cancelled during the morning due to inclement weather.

- **Does my child have to attend training?**

Training occurs on Monday & Wednesday nights. Training is not compulsory for athletes but obviously it gives athletes a chance to develop their skills and to improve their fitness and techniques.

- **How are the athlete's performances monitored?**

All Little athlete's performances in all events are recorded during the program. Children receive tickets detailing their performances which can then be put into their achievement book.

- **What level of ability do children have to have to join?**

The Essendon Centre promotes family, fun and fitness. Little Athletics is for the whole family to enjoy. Children can join with any level of skill or fitness. Children are given plenty of encouragement to achieve personal bests.

- **What is available to children with disabilities?**

All children are encouraged to join. Children with a disability are integrated with other athletes however compete under modified regulations pertaining to equipment and event technique.

- **Can children try Little Aths before joining?**

Yes. Children are able to be a "visitor" for 1 week to see if they like Little Aths. They will be placed in their correct age group and able to participate in all events on that day for \$2.

