

QUEENBOROUGH LITTLE ATHLETICS

Frequently Asked Questions

What is Little Athletics?

Little Aths is modified form of athletics for kids between ages 5 and 15. By participating in running, jumping and throwing activities, they have fun, improve their fitness and develop coordination skills.

But my child isn't very good at sport!

Children don't need to be super sporty to enjoy Little Aths. The focus is on personal improvement and all kids can track their individual progress. There are lots of different events so most children find at least one that they're good at. Making new friends and improved confidence is also an outcome for most kids.

Isn't it really competitive?

Little Aths is about participation and improving your own performance each week - you can collect badges and awards for this. Most families just enjoy coming along to their local club each week for fun and fitness. For children who might want to, they can compete in regional, state and national competitions.

How long does it go for?

The season runs from the first Saturday in October through to March. Queenborough's first day for 2010 is Saturday, October 2nd at 8.45 am – be there! Most meetings are on Saturday mornings from 8.45 – 11.30am as well as occasional midweek twilight meetings.

What equipment will we need?

On the first day, it's fine to wear ordinary sports clothes and sandshoes. If you decide to register, our club uniform is navy shorts with a white top. Also, kids must bring a hat and a drink bottle. Parents are required to attend with their children.

Do I have to register on the first day?

No. Your child is welcome to try our events for two weeks before you need to register them at their third meeting.

How much does it cost?

For season 2009/10 it costs \$85 to register one child, \$140 for two and \$185 for three. This helps us buy equipment, all of which is provided by the centre.

Is Queenborough a large club? Queenborough is a medium sized club, with 119 registrations last season. We are based at Sandown Park in Lower Sandy Bay

More questions? – Email us at info@queenborough.org