



# *U11 SKILLS CLINIC*

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All Track & Field events will be covered in this comprehensive **FREE 2 day training clinic**. Athletes will rotate through **10** events of 45 min duration. Preparation, Clothing, Equipment including spikes, Hydration and Nutritional information will also be provided.

Athletes will receive coaching from the same coaches who run both the **Junior Development Squad (JDS)** and U13 Australian Little Athletic Championships (**ALAC**) programs.

**Athletes of all abilities are invited.** Information and brochures will be provided for all athletes to take the next step into **JDS** and beyond. Attendance of both days is necessary.

**Parents will be invited** to attend **FREE** sessions on Officiating throughout the 2 days. Information will be supplied on the day.

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**Date:** Saturday 9th & Sunday 10th January 2010

**Venue:** **Saturday-** Nunawading LAC,  
Bill Sewart Athletics Track,  
Burwood Hwy, East Burwood **Mel Ref:** 62 C8

**Sunday-** Knox LAC,  
Knox Park Sporting Complex,  
Bunjil Way Knoxfield **Mel Ref:** 73 D7

**Duration:** Saturday- 9.45am—4.30pm  
Sunday - 9.45am—4.30pm

**Cost:** **Free** to registered **U11** athletes **only**.

**What to Bring:** Full training kit, t-shirts (not singlets), hat, sunscreen, drink bottle, lunch & snacks.  
Additional drinks and sunscreen will be provided.

Places are limited to **150 athletes** only, entries close Wednesday December 16<sup>th</sup>, refer registration form.



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## REGISTRATION FORM

Athletes Name: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

D.O.B.: \_\_\_\_ / \_\_\_\_ / 19\_\_\_\_ Age Group 2009-2010: U \_\_\_\_

Centre: \_\_\_\_\_ Please Circle: Female Male

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Parents names: \_\_\_\_\_

Do you currently have a coach? (Please circle) YES NO

**Limited to the first 150 athletes only.**

*Information regarding the course please contact  
Shane Bertrand on 9676 3600 or [shane.bertrand@vlaa.asn.au](mailto:shane.bertrand@vlaa.asn.au)*

*Please return Registration Details to  
Victorian Little Athletics Association, Locked Bag 1011,  
Port Melbourne 3207 VIC or Fax (03) 9676 3601*

**Entries close December 16<sup>th</sup> 2009.**