



ON YOUR MARKS

Werribee Little Athletics Newsletter
Issue 3 – Winter 2018/19
Winter 2019



 : Bacchus Marsh Little Athletics

Western Metro Region Cross Country Carnival 2019

Well done to all athletes who competed at the WMR Cross Country Carnival at the end of June. All athletes, who competed, have now qualified to race at the LAVic Cross Country Championships in early August. Congratulations to the following athletes, who finished on the podium for their individual age groups:

Liz H	2 nd Under 11 Girls	Steven M	3 rd Under 11 Boys
Lewis B	3 rd Under 14 Boys	Brad G	3 rd Under 15 Boys

Werribee Cross Country Open Day

This season WLAC will host a Cross Country Open Day at Brimbank Park on 27th July. This event is not only open to all Werribee athletes but also all LAVic registered athletes from all age groups. You must register to be able to compete and the event is open to all Werribee athletes, not just those who compete at our weekly Cross Country. Medals will be awarded to place getters in all age groups.

Entry is \$5 (plus \$1.65 admin fee) and is via the online portal –

<https://eventdesq.sportstg.com/index.cfm?fuseaction=main&EventDesqID=32778&OrgID=1541>

Road Relays 2019



 : Little Athletics Victoria

The sun gods were smiling on us, for the first time in a long time, for this year's LAVic Road Relays at Sandown. Werribee had 10 teams entered and athletes competing in 2 Western Metro Region teams. Congratulations to our Under 15 Boys teams who finished 2nd and 4th and Jade who's WMR team finished 2nd in the Under 16 Girls race. Well done to all other athletes who competed and were able to experience running on a sunny Sandown track.

Important XC Dates to Remember

27 th July	WLAC Cross Country Open Day	Brimbank Bark
3 rd August	LAVic State Cross Country Championships	Lake Dewar
17 th August	WLAC XC Presentation	

Little Athletics Victoria will be running 9 Introduction to Coaching Course between August and October. Please see the flyer (below) for details. If you are interested or would like some further information, including dates and locations please email werribee@lavic.com.au

ITCC INTRODUCTION TO COACHING COURSE

Take your first step into basic athletics skills coaching.
All practical.... No exam.... No previous experience necessary!

If you want to learn more about athletics for kids, the ITCC is for you!

The ITCC is designed to help participants become better placed to assist children to perform basic athletic skills. The course is great for parents, school teachers and other interested persons who want to know a little more about the skills of the sport so that they may help to coach children of Primary school age, assist at Little Athletics Centres or prepare students for a school athletics carnival. Participants will be shown skills, drills, games and activities relevant to the target age group.

The ITCC is a non accredited practical coaching course designed for Little Athletics and conducted on behalf of Little Athletics Australia- LAA.

Course Outcomes

At the conclusion of the course the participant will, for the target age group:

- Better understand an appropriate working model for each Little Athletics event
- Have a greater knowledge of appropriate drills, skills, games and activities for particular event groups
- Identify some of the more common technical faults of events
- Have a basic understanding of a simple coaching session
- Better understand how to organise a group safely

1 Day course - 6.5 hours duration - approx. 8.45am to 3.20pm

Cost: \$65.00 + STG processing fee, includes all practical sessions and coaching resources

Participants need to be 16 years of age at the time of the course.



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