



Through the Little Athletics Program for Schools (LAPS), Little Athletics NSW aims to deliver an outstanding educational athletic program that provides a high quality experience to every participant. The children involved will develop basic running, jumping and throwing skills by participating in highly active sessions with nationally accredited coaches.

Please Note:

- **Group sizes cannot exceed 30 students per coach at any time.**
- **It is necessary that one teacher accompany each group.**
- **Each coaching session is 30-45 minutes in duration.**

High jump: LANSW strictly insists that all schools requesting high jump follow the DET Guidelines: <http://www.sports.det.nsw.edu.au/spguide/activities/athletics/athletics.php>

For high jump activities the following safety strategies must be employed:

- *where the landing area consists of several mats, they are held firmly together with straps or ties and the whole area is covered with a one piece overlay*

High jump landing mats should:

- *cover an area of approximately 3600mm x 2400mm with height from floor of 600mm*
- *be linked together to avoid separation*



For more information contact:
 Little Athletics NSW
 Locked Bag 85, PARRAMATTA
 NSW 2124
 Ph: 9633 4511 Fax: 9633 2821
 Email: info@lansw.com.au

BOOKING INQUIRY FORM

Please complete the below form and fax to LANSW. The LAPS Coordinator will contact you to organise a coaching program to suit your needs.

School: _____

Address: _____ Post Code: _____

Phone: _____ Fax: _____

Email: _____

Contact Person: _____

Requested Date/s: _____ No. of coaches: _____

Requested Coaching Times: _____ Break Time 1: _____ to _____

Events to be coaches: (please tick) Break Time 2: _____ to _____

Sprints Relays Hurdles Shot Put Discus Long Jump High Jump Athletic Games

- **Hurdles, Discus and High Jump are for primary students only.**
- **School must have High Jump bags and a safe, maintained Long Jump pit if they intend to conduct these events.**

Please complete table below for each class that is participating

Class/Year Level	No. of Students	Class/Year Level	No. of Students	Class/Year Level	No. of Students

Do you have an undercover area where sessions can continue in the case of wet weather? Yes No

Are we able to give you some information to advertise in your school newsletter? Yes No

Do you agree for a local LA Centre representative to get in contact with you? Yes No

Do any children have any special requirements we should know of: _____

Any additional information: _____

Office Use Only

Coach/es: _____

Local LAC: _____

Program prepared		
Agreement sent		
Agreement returned		
Invoice and paperwork sent		