



Skills Clinics Frequently Asked Questions

Little Athletics NSW

Are there any spots still available?

Spots for each clinic is still available if you are able to access the online registration for that particular clinic. This is done by clicking "Enter Now" from the website, littleathletics.com.au. Alternatively contact the Little Athletics office.

What time should I get there?

Check in opens at 9am. We like to get started as close to 9:15am as possible, so allow yourself about 10 minutes to get there, register and find your friends.

What time should I be collected?

The clinic finishes at approximately 3pm, with supervision finishing at 3.15pm. All athletes MUST be picked up by this time.

What if I have an allergy or illness that may affect my participation?

PLEASE PLEASE PLEASE let us know before the day so that we can alert our first aid staff. Please also bring with you any medication you need and let us know when you get there!

Note, there will there be a first aid officer at each clinic

How are the groups allocated?

We allocate participants to groups based on age. As much as possible we try to accommodate requests from participants to be in groups with their friends. However in order to get a balance of numbers and participants in a similar age group, we can't always accommodate these requests.

What should I wear?

Wear what you would normally wear to athletics training – comfortable clothes you can run around in. Also be sure to pack wet weather gear and something warm if the weather doesn't look good.

Is the canteen open?

We cannot guarantee that the canteen will open. It depends upon each Host Centre.

Do I need to bring lunch?

Please bring your own morning tea and lunch (please DO NOT bring any food containing peanuts).

What else do I need to bring?

Morning tea, lunch, water, sunscreen and a hat and a big smile!

What if I don't know anyone else?

Your coach will make sure you mix in with your group on the day – and by the end of the day you will have a heap of new friends!

Can my mum and/or dad stay and watch?

Your mum and dad are more than welcome to stay and watch and even take notes for ideas for their own sessions if they are coaches.

Can my mum and/or dad drop me off and go and do their own thing for the day?

Yep! But tell them to beware – you may have transformed into a superstar by the time they get back!



Coaching Clinics Frequently Asked Questions

Little Athletics NSW

Wet Weather?

In the event of wet weather, clinics may be cancelled. If in doubt please contact the Clinic Coordinator. No refund of monies will be issued for athlete withdrawal after the closing date. Should the clinic or part thereof not proceed (eg wet weather), a prorata refund will be issued.

Online Payments

Credit Card payments are processed via our secure registration provider and your credit card statement will show a debit to **IMG** sports technology group.

Cheque Payment Instructions

Cheques must be in Australian dollars and free of all charges. Cheques are to be made payable to "Little Athletics NSW" (LANSW). Any cheque payments **MUST** be stapled to a copy of your registration form and sent to:

Little Athletics Association of NSW
Locked Bag 85
PARRAMATTA 2124

Cancellations, Modifications and Refunds

Cancellations made up to and before the closing date for the clinic receive a refund. Cancellations after the closing date receive no refund.



For further information contact

Little Athletics NSW

Phone: 9633 4511

Fax: 9633 2821

Email: admin@lansw.com.au

Website: littleathletics.com.au