

# Southern Peninsula Little Athletics Centre

Welcome to the Southern Peninsula Little Athletics Centre website.

We are an Athletic Centre located on the Southern Peninsula in Rosebud. Athletes Under 6 to Under 15 compete on Friday nights over the Spring and Summer seasons at 5pm on a grass track. We offer a range of events such as:

## **Track Events**

Sprints - 70, 100m, 200m

Distance - 400m, 800m, 1500m

Hurdles - 60mh, 80mh, 90mh, 100mh

## **Field Events**

Jumps - Long Jump, Triple Jump, High Jump

Throws - Shot Put, Discus, Javelin

Our centre's objective is for every athlete to build confidence and friendships while encouraging all children to have fun and make exercise a way of life. It is important for athletes to learn to run, jump and throw using the correct techniques to minimise growth development issues and injuries.

We offer an On Track program (technique development) for our Under 6 – Under 8 athletes which is incorporated into our weekly competitions. This has proved to be a great program for them with extremely positive feedback from parents and careers alike. The smiles on the athletes faces are extremely rewarding.

Our Centre continues to promote "Personal Bests" on a weekly basis. Athletes are encouraged every week to perform at their best to achieve ribbons when reaching milestones such as 10, 15, 20, 25, 30, 35 and 40 Personal Bests.

Open Days, Region and State events are also promoted at our centre. While not compulsory it is available for all athletes as a way of continuing their athletic experience by competing against other athletes from other centres around the state.

Parental assistance from minor tasks to major roles is encouraged and appreciated because without it we would not be able to continue operating our centre.

**Venue:** Truemans Road Reserve, Truemans Road, Rosebud