



### **Come and Try Day**

Under the Little Athletics Australia insurance policy, non-members are allowed to come to two (2) training sessions before completing a full membership/registration.

Please complete this form and email it back to our club [admin@jlac.org.au](mailto:admin@jlac.org.au) should you wish for your child to come to 2 trial training sessions.

#### **Joondalup Little Athletics Centre**

**Athletes full name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Gender:** \_\_\_\_\_

**Parent Name:** \_\_\_\_\_

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

**Contact phone number:** \_\_\_\_\_

**Any relevant medical information?**

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Training for the 20/21 summer season begins the week of Monday 21<sup>st</sup> September. Please check the table overleaf as to your child's designated training day and then fill in your preferred trial training dates. These trials need to be made between Monday 21<sup>st</sup> September and Thursday October 9<sup>th</sup> (inclusive- a 3 week period).

**Proposed Training Day & Times 20/21 season**

<b>Under 6 &amp; Under 7 Girls &amp; Boys</b>	Thursday 4.30pm- 5.30pm	Declan, Luke & Joshua
<b>Under 8 Girls &amp; Boys</b>	Thursday 4.30pm-5.30pm	Izzy
<b>Under 9 Girls</b>	Monday 4.30pm-5.30pm	Ria
<b>Under 9 Boys</b>	Wednesday 5.00pm- 6.00pm	Natalie
<b>Under 10 Girls</b>	Monday 4.30pm-5.30pm	Tyla
<b>Under 10 Boys</b>	Thursday 5.30pm-6.30pm	Micky
<b>Under 11 Girls</b>	Thursday 4.30pm-5.30pm	John
<b>Under 11 Boys</b>	Tuesday 5.15pm-6.15pm	Nyree
<b>Under 12 Girls</b>	Thursday 4.00pm-5.00pm	Justin & Cathy
<b>Under 12 Boys</b>	Wednesday 6.00pm-7.00pm	Marcos
<b>13+ Mixed – Events Based Training</b>		
<b>Sprints</b>	Monday 5.00pm-6.30pm	John C
<b>Sprints</b>	Wednesday 5.30pm- 7.00pm	John C
<b>Hurdles</b>	Wednesday 4.30pm-5.30pm	John C
<b>Javelin</b>	Monday 5.00pm-6.30pm	Janno/Jenna
<b>Shot Put &amp; Discus</b>	Wednesday 5.00pm-6.30pm	Janno/Jenna
<b>Jumps</b>	Tuesday 5.00pm-6.30pm	Martina
<b>Middle Distance</b>	Thursday 4.30pm-5.30pm	Simon

**Preferred Training Dates** (These need to be made between Monday Sep 21<sup>st</sup> and Thursday Oct 9<sup>th</sup>)

<b>Date of 1<sup>st</sup> Training Session- trial</b>	
<b>Date of 2<sup>nd</sup> Training Session -trial</b>	

I acknowledge that this is for a trial only and should my child want to continue Little Athletics, then a full registration must be completed and paid for:

**Parent/Guardian Signature:** \_\_\_\_\_

Should you have any questions please don't hesitate to email [admin@jlac.org.au](mailto:admin@jlac.org.au)

Warm regards  
JLAC Board