



# Join Little Athletics at Melville Roar

Little Athletics is a fun, social and active program for girls and boys aged 5 to 16. We are also pleased to announce the inclusion of a community membership option (U18+) for the continued social participation of 17-year-olds and adults. We offer competition in a wide range of events including running, jumping, throwing and walking. Events are modified to suit the age of the children participating.

Little Athletics creates lifelong friendships with a focus on “Be your Best”. We cater for athletes of all abilities as the emphasis is on fun, participation, technique, performance and getting involved with your family and friends in physical activity.

## Melville Little Athletics Centre and our Clubs

Melville Little Athletics Centre is based at Len Shearer Reserve, Booragoon. This is where we hold our weekly interclub competition mostly on Saturday mornings from October to March each year.

We have four clubs competing at Melville Little Athletics Centre. These are Brentwood, Leeming, Palmyra-Bicton and Olympia. When registering with Melville Little Athletics Centre you join one our Clubs and compete for them in their club singlet at our weekly competitions. The exception being our U18+ who compete in our Melville Roar singlet.

## Age Groups

At Melville we offer Little Athletics from Under 6 to Under 18+. Your age group is determined by your age at the 31 December 2023. For example, if you turn 10 in 2023 you will be registered as an Under 11. You will need to provide proof of age when you register.

For 2023/2024 registration age groups are as follows:

Age Group	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18+
Year Born	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006 & prior

## Registration and Cost

Registrations are open via the (Little Athletics Register Here) ‘REGISTER NOW’ button on our Melville Roar website [www.melvilleroar.com](http://www.melvilleroar.com)

Our registration costs are as follows (excluding Timing Solutions fees):

Age Group	U6	U7-U8	U9-U10	U11-U17	U18+
Cost	\$210	\$230	\$260	\$290	\$100

Your registration fee covers both Summer and Winter seasons. You do not need any special equipment for athletics, you just wear your club singlet, plain black shorts and trainers or athletic shoes. If you choose to compete in Athletics West events, such as State Championships, there will be some additional costs.

## Season Start

Our training is scheduled to start the first week of the school holidays being week commencing 25 September 2023 (see next page). Training is your opportunity to trial Little Athletics at Melville Roar.

Our first competition is scheduled for Sat 7 October 2023 with events commencing at 7:45am and all usually completed by 11:30am. We also have a few twilight meets on Saturday evenings in the peak summer heat which generally run from 4:45-8:30pm.

Our Summer season, which includes many of the track and field events you see at the Olympic Games, continues through until March 2024 with a 3-week break over Christmas & New Year.

Winter season commences in April and includes Cross Country and Road Walking events on alternate weekends.

*Please turn over for further information.*

## Training

The clubs at Melville Little Athletics Centre train in Booragoon, Leeming or Palmyra on a Tuesday or Wednesday night depending on the club and age group. Most summer events training starts w/c 25 September 2023 depending on the club or age group.

### Summer Events Training

U6 - U10 Club: Brentwood; Commencing Wed 27 Sept  
Len Shearer Reserve, Booragoon, Wednesday: 5:15 – 6:30pm

U6 - U10 Club: Leeming; Commencing Wed 4 Oct  
Beasley Park, Leeming, Wednesday: 4:30 – 6:30pm

U6 - U10 Club: Olympia; Commencing Wed 27 Sept  
Len Shearer Reserve, Booragoon, Wednesday: 4:45 – 6:00pm

U6 - U10 Club: Palmyra-Bicton; Commencing Wed 27 Sept  
Palmyra Primary School, Palmyra, Wednesday: 4:30 – 6:00pm

U11 and Over All Clubs; Commencing Tues 26 Sept  
Len Shearer Reserve, Booragoon, Tuesday: 5:00 - 6:30pm

### Middle Distance Training

U6 - U10 All Clubs: Included with summer events above

U10 and Over All Clubs: Commencing Mon 2 Oct  
Initially at Piney Lakes Reserve, Murdoch Drive Car Park, Winthrop, Monday: 4:30 - 5:30pm

U11 and Over All Clubs: Commencing Wed 27 Sept  
Initially at Piney Lakes Reserve, Murdoch Drive Car Park, Winthrop, Wednesday: 4:30 - 5:30pm

NB U10s cannot attend this session as middle distance is included in the U6-U10 Club training each Wed

### Parent Participation

Centre competitions cannot operate without the assistance of parents and other adult volunteers fulfilling the many and varied duties required each week. These include officiating at an event; managing an age group; recording results; working at the BBQ or becoming a committee member. You don't need any experience and a key official at each site will give you instruction on what to do to ensure our competitions run smoothly.

### More Questions?

See our website, get in contact with your club, or contact [macexecutiveofficer@gmail.com](mailto:macexecutiveofficer@gmail.com) for more information.

Club	Contact	Club	Contact
Brentwood	littleathleticsbrentwood@gmail.com	Leeming	leemingstars@gmail.com
Olympia	olympiaregistrar@gmail.com	Palmyra-Bicton	palbiclacregistrar@gmail.com

Hear the ROAR

See the ROAR

Be the ROAR

