



Run Proud



BOX HILL LITTLE ATHLETICS CENTRE

Little Athletics provides the opportunity for children to participate in track and field events in a fun, competitive environment.

BHLAC operate a Saturday morning competition (there are three Friday twilight meets interspersed through the season) at Hagenauer Reserve Box Hill from October 2, 2010 through to March 2011 (with a month break over Christmas) for children in age groups ranging from under 6 to under 15. Children generally compete in 5 events (although this is modified for the younger age groups) and receive tickets recording their individual results, which they can record in their Centre Handbook to keep track of their performances. Although excellence is applauded, the main emphasis is always on participation and personal improvement, with athletes acknowledged when they achieve a PB ('personal best') as many of the awards are based on PB's achieved. Therefore it is not necessarily the fastest, longest or highest athlete that achieves Centre or Club awards. The BHLAC comprises four Clubs within, being Canterbury, Koonung Mont Albert, North Box Hill and Whitehorse.

The Saturday morning program starts at 8:30am with a warm-up and competition gets underway at 8:45. The morning's events are usually finished by 11:00am – 11:30am, although on occasion it can be later, subject to program scheduling, weather, number of athletes on the day etc. A parent or guardian from each registered family is required to do a duty every three weeks, which helps contribute to the program running smoothly.

BHLAC also offers a Wednesday night training program (4:30-6:00pm) to supplement Saturday's competition, and this is open to all registered athletes at no additional charge. We also run a Cross Country program from April to August, which is also covered in an athlete's registration.

If you'd like to register for the 2010/11 season there is further information on this website. Otherwise you might like to come along one Saturday for a free "Come and Try" Session and speak with any of the Committee.

As you can see above our symbol is the prancing horse that ***Runs Proud*** which is what wish all our athletes to do.

2010 / 2011 Committee