Your journey starts right here

Box Hill Little Aths

"The perfect way for kids to keep active and have heaps of fun doing it".

Box Hill little athletics is for kids aged 5 to 15 years, commencing Oct 2015 through to March 2016. Events held Sunday afternoons with the occasional Friday twilight meeting. Come and check it out at our Open days:

12th & 20th September

For more information go to;
www.bhlac.org.au
Alan Bertacco  0414 366 827
Box Hill Little Athletics

Season 2015 - 2016

When does it start?
First weekend in October & finishes late March

Day & Time
Sunday afternoons from 2pm
Punctuated through the season are a small number of Friday twilight meets

Box Hill Aths Track
Hagenauers Reserve

Who can do Little A’s?
- As soon as your child turns 5 years they can start and go until they attain 15 years in their final season

Who does my child compete against?
- Themselves really as the athletes aim is to achieve Personal Best performances (PB’s) as those PB’s help to strive for self improvement.

Is it fun?
- Absolutely because Centre competition is conducted in age and gender groups. E.g., if your child is an U8 girl she will compete solely with U8 girls.

Why is it fun?
- The athletes get to contest different events each week whilst catching up with friends and make new friends along the way, all conducted outdoors in nice weather while being active. It’s also very social for the parents as well.

What if they think their not good enough and come last in races?
- Winning is not the focus, PB’s are what our Centre is about. As long as there is improvement in fitness, character and confidence then they are a winner. In fact our awards are based on PB’s. So the ‘gun’ athlete is not necessarily the one receiving the trophies at seasons end. The kids always have a smile on their face when their result ticket has the PB stamp

We haven’t done athletics before, is there instruction & guidance?
- Yes, each age group and gender has an Age Group Manger and helpers to assist at events and to keeping athletes organised so they don’t miss any events. Detailed coaching is available at mid week training.

This seems really worthwhile as my child can have fun and improve their fitness which will also carry through to their winter sports!!
- Now you’re thinking. That’s absolutely right.

What do I do next?
Keep an eye on our website as there will be notices placed alerting when the On-line Registration Portal is open.

In the mean time go to our website, click on the Parents tab, then click on Handbook. Open up the Season 2014—2015 booklet and you will find plenty of info about Box Hill Little Athletics.