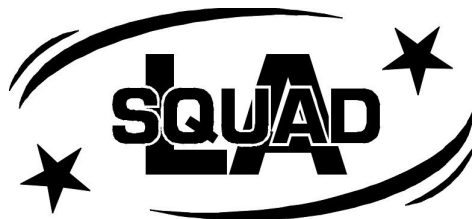




INVITATION



S.A. Little Athletics would like to invite you to become part of Squad LA. You have been identified as an Athlete who is enthusiastic and enjoys Athletics. You could benefit from being involved in Squad LA that covers all facets of Track & Field Events.

We would like to assist you to improve all your athletic events and at the same time have fun. We will be providing excellent coaching, fun competitions and a Squad LA T-Shirt.

We have attached an outline of the Program and a Nomination Form so you can register. The Registration Fee is minimal and provides great value.

On Sunday 16th August 2009 at 1.00pm to 3.30pm we will be holding an Information Session on the structure of Squad LA at Santos Stadium, Function Room, followed by a short training session. Please bring Mum and Dad along so we can tell you and your Parents about Squad LA and how you could improve and achieve your Personal Best Performances.

In the meantime for more information please contact Bruce Smith on 0400 606 619.

P.T.O.



THE SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION INC
SQUAD 'LA'
DEVELOPMENT PROGRAM

This Season we are again offering our Squad 'LA' Development Program.

Over the season we will be offering Coaching Clinics for Young Athletes in the Under 12, 13, 14, & 15 age groups (These Age Groups are based on your age group for the 2009/2010 season).

COACHES:

- S.A.L.A.A. Coaches will coach the participants in event groups. Athletes may invite their own Coaches to come along.
- All Coaches will be highly skilled, motivated and experienced and are accredited with either SALAA or the AT&FCA.
- Coaches will aim to make the day fun and valuable learning experience for young athletes.

WHY SHOULD YOU BE INVOLVED?

- Access quality Coaches
- Make new friends
- Learn more skills and event techniques
- Have the opportunity to find out more about athletics and what our Association has to offer.
- Learn about the State Team Selection process.
- Have lots of Fun!

WHO CAN PARTICIPATE?

- Any registered athlete in the 2009/2010 Season Under 12 to Under 15 age groups.
- The Program is for athletes of all abilities.

WHAT TO BRING:

- Appropriate clothing (Centre uniform or t-shirt-NO singlet tops), Joggers, spikes if you have them, drink bottle, hat, towel and 30+ sunscreen
- If you have a coach, they are very welcome to attend.

GENERAL INFORMATION:

- Coaches are not responsible for supervision of participants during breaks.
- Parents are responsible for informing the coaches of any recent or current injury or illness that may affect the participant's involvement.
- Athletes are required to have an adult in attendance that is responsible for them for the duration of the program. This is important in case the coaching sessions are called off during the program due to poor weather.
- Insurance – parents are reminded that athletes registered with the Association are only covered by insurance during Centre Programmed Meets, Association Events, and Coaching Sessions Programmed by their Centre or organised by the Association. Any Coaching sessions outside these are the responsibility of your Athletes Coaches Insurance coverage.

COST:

\$55 OR '*early bird*' price of \$50 if the application and payment is received at the Association Office on or before **Thursday 6th August 2009**.

COACHING SESSIONS:

Athletes can select their events that include - Sprints, Long Distance, Hurdles, Shot Put, Discus, Javelin, High Jump, Long Jump, and Triple Jump & Walks.

COUNTRY REGIONAL COACHING CLINICS & COURSES:

In addition to the Squad LA Development Program we intend to send Coaches out to Centres within each Country Region to hold Coaching Clinics and Courses. These courses will be held at the following Regions, dates to be advised in Conference Folder –

- Loxton
- NYP Kadina
- Bordertown
- Port Augusta

Along with the Coaching Clinic we will be offering Officials, Coaches Courses for Parents while Athletes are attending the Coaching Clinics.

To ensure these Clinics and Courses are successful we are asking that all Centres get behind the concept and support it fully.

Coaches from all Centres within the Regions are invited to attend, either in assisting with the Clinic or working along side Squad LA Coaches so as to improve their knowledge.

P.T.O.

THE SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION INC
SQUAD 'LA'
DEVELOPMENT PROGRAM

PROPOSED PROGRAM

DATES & VENUES

Sun. 16 th August	Santos Stadium	1.00 – 3.30pm
Sun. 13 th September	Henley Districts LAC	1.00 – 3.30pm
Sun. 11 th October	Henley Districts LAC	1.00 – 3.30pm
Sun. 8 th November	Henley Districts LAC	1.00 – 3.30pm
Sun. 13 th December	Henley Districts LAC	1.00 – 3.30pm
Sun. 10 th January	Henley Districts LAC	1.00 – 3.30pm
Sun. 14 th February	Henley Districts LAC	1.00 – 3.30pm
Sun. 14 th March	Henley Districts LAC	1.00 – 3.30pm

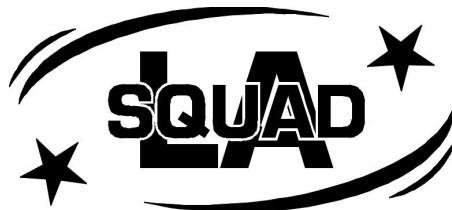
VENUES

Santos Stadium
Railway Terrace, Mile End

Henley Districts LAC
Henley Memorial Oval,
Cudmore Terrace, Henley Beach

PROPOSED PROGRAM FORMAT

1.00pm Athletes Registration
1.15pm Introduction
1.30pm Coaching Session 1
2.00pm Break
2.10pm Coaching Session 2
2.40pm Break
2.50pm Coaching Session 3
3.20pm Break
3.30pm Conclusion





**THE SOUTH AUSTRALIAN LITTLE ATHLETICS ASSOCIATION INC
2009/2010 SQUAD 'LA' DEVELOPMENT PROGRAM
REGISTRATION FORM**

Name:.....

Address:.....

.....P/C.....

Phone No. Home:.....Mobile:.....

Email:.....

Date of Birth:..... Age Group:
(2009/2010 Season)

Centre/Club:

Medical:

.....

Parent/Guardian Names:

.....Please print

SignatureDate:.....

Emergency Phone Contact No:

PAYMENT DETAILS

\$.....Enclosed

Cash () Cheque () Money order ()

**FORWARD APPLICATION FORM AND PAYMENT DUE THURSDAY 6TH
AUGUST 2009 TO:
SALAA 'SQUAD LA', DEVELOPMENT PROGRAM, P.O. BOX 146,
TORRENSVILLE PLAZA S.A. 5031**