10 Important Things To Know When Your Child Joins The Seaford Little Athletics Club

Our **compulsory uniform** consists of the yellow Seaford Little Athletics top and plain black shorts with no pockets. Athlete **patches** must be worn each week. The uniform can be purchased on a Saturday morning from the club rooms. We also have a range of jackets, hats, hair ties and other items available to purchase if you wish.

**Meet** your age group manager and team outside the entrance to the clubrooms. Your age group manager will be wearing either an orange or pink hi-vis vest. **Saturday morning** meets generally begin at 8:30 a.m.(walk and distance events will start at 8.00am this season) and are usually finished by 11:00 a.m., depending on the age group. **Twilight** meets begin at 6:00 p.m. **Training** sessions are held on a Tuesday night and run from 5:45 p.m.

**Please bring** a hat, water bottle and sunscreen each week. You may also like to bring a snack, or we also run a bbq and a canteen which raises funds for the club.

Our club relies on **parent helpers** to ensure our events run smoothly. Please jump in and volunteer to measure or record the events. You don’t need to be an expert, we are more than happy to show the ropes (they are very easy to master). Please note that parents **must be in attendance** at each meet and we ask that you keep to the **outside of the track** unless marshalling athletes or assisting with events.

Our **full season calendar** can be found in our handbook and on our website. The calendar lists when we are holding twilight and other special meets as well as when we are not holding a meet due to regional and state events and the Christmas break.

Our **open day** is held in early February. We ask that every family **volunteer one adult** to help with the running of the day. An open day is when other clubs from around Victoria are invited to Seaford to compete against each other. It is a very fun and busy day, so we need lots of hands on deck to help. Our open day is **free** for all current Seaford registered athletes.

**Dogs** are not permitted at our meets, so we ask that you please keep your four-legged friends at home.

We have a **Facebook group** for families to keep up-to-date on events, news and schedule changes. If you are on Facebook we highly recommend joining. The group is called **Seaford Little Athletics Club Parents & Athletes**. We also have a public page for families and friends to follow.

If you have any **questions** at all, please ask your friendly age group manager for help or come and find an official wearing a high-vis vest. If you prefer, you will find a lot of answers to your questions on our website or in the handbook. Alternatively, you can email us at [seaford@lavic.com.au](mailto:seaford@lavic.com.au).

Finally, Little Athletics is about striving for **Personal Bests (PBs)**, not winning. Have fun, encourage the other athletes and support the club.

Keep me on the fridge

Keep me on the fridge!