

# **LITTLE BOLTERS**

*'Little Bolter's...where fun comes 1<sup>st</sup>,*



**Date:** Friday the 2<sup>nd</sup> of October

**Arrive:** 5.30pm. Canteen will be open at this time for refreshments and BBQ

**Start Time:** 6.00pm (Sharp)

**Finish Time:** 8.00pm

**Venue:** Collingwood Little Athletics Track (George Knott Reserve Heidelberg Rd, Clifton Hill)

**What to wear:** CLAC uniform and registration tags for free entry.

Non CLAC members wear T-Shirt, shorts, leg-ins, running shoes...whatever you feel comfortable in. Remember a jumper or long sleeve top in the event of cold weather.

**Who:** Anyone who is aged 5-15yrs old can join in the fun of Little Bolters. You don't have to become a member to participate.

**Cost:** \$5 per child or \$10 family wishing to participate. (CLAC members free)

**Program:** Program will involve skill development, coaching & non stop activity across all event disciplines (running, hurdles, Jumps & throws excluding Javelin). Athletes will be organised into age groups and participate in 4 event rotations per session.

There will be 8 events stations and age groups will cycle through events across the course of the season. Each station event is 20 minutes in duration and will provide event instruction, practise and feedback opportunities. The night will conclude with relay team events where athletes and parents/carers can all join in the fun.

**More info:** Contact Narelle Scott [narelle.scott@hotmail.com](mailto:narelle.scott@hotmail.com)  
or Dean Cromb 9481-4606.