

What to expect at Little Athletics

Little Athletics is a fun sport for all children and their families where parents are encouraged to help so they can experience the fun alongside the kids! Each Centre is different but here is a guide of what to expect at one of the Centre meets.

A typical session for the athlete might be;

1. Arrive.
2. Do a warm up.
3. Gather with age group and go to age manager to find out the events. The age manager is a volunteer, usually another parent.
4. Move to the first event.
5. Complete the event.
 - a. Track – athletes run, walk or wheel the event for one turn.
 - b. Field (throwing and jumping events) - each athlete has 3 turns and will have their turn in order. The athletes wait for their next turn.
6. Move to next event. There will probably be some waiting to start.
7. Repeat for 3-5 events. There is a combination of track and field.

A typical session in the Tiny Tots program (3 to 5 years old) might be;

Tiny Tots is a range of skill-based games that are focused on participation and fun. Games include activities such as running and jumping over rope ladders, mini hurdles, hoops, throwing and catching bean bags or playing with the big parachute. The children also get to participate in 'Athletics' events such a long jump or a 50m run on the track.

A typical session for the athlete's parent or carer might be;

1. Arrive.
2. Go to your volunteer task – usually you will be with your child's age group or at an event.
3. Lead events.
4. Facilitate games while the athletes are waiting.
5. See the Little Athletics Australia website for more information on events and games.

It is useful to think about and plan;

- You can suggest modifications that you think might be able to be planned to make the experience easier for your child. If you are not sure about the modification, you can talk with the Centre about what might be a challenge in the sport for your child with disability and the Centre can offer ideas.
- Venue specifics – track, field, stadium/watching area - discuss particulars with the Centre prior especially if they need to plan for access related to grass and uneven surfaces, running, jumping etc.
- Event specifics – track events might use a gun sound to start, field and jump events might get grass or sand on body – discuss particulars with the Centre prior. See our website for more information about events.
- You may or may not be with them (discuss with the Centre prior).
- How to support waiting times and unstructured times– consider your typical techniques, social story, support device, personal support such as yourself or support worker, buddy system, does the Centre have a space where they can wait.
- How to support winning and losing - practice with SP/OT/Psych, social story, a buddy, personal support such as SP/OT/Psych, yourself or support worker.
- How to support making friends – consider your typical techniques, practice with SP/OT/Psych, connect with a buddy, personal support such as speech pathologist, yourself or support worker.

Your Centre is run by passionate volunteers who want your child to enjoy Little Athletics. Keep talking with the Centre about modifications which are useful or could be tried.