



Come and Try Information

We welcome children to 'Come and Try' Little Athletics. Under our insurance policy, non-members must register as a 'Come & Try' athletes and are allowed two training sessions and one competition day. If after trialling, the athlete decides to continue with UWALAC, they can register via the normal process.

Please attend on the days you have picked and email contact@uwalac.com if you need to change them.

We train and compete at McGillivray Oval.

Clothing

Athletes need to wear comfortable shorts and a t-shirt/singlet to train and participate

- Black shorts and a plain white top are preferred but not compulsory.

Training

- For Tuesday training please meet at the sea containers-see the information below re Tuesdays
- For Thursday training and competitions athletes meet their group and coaches at the age-group sign on the hill.
- Coaches wear vests with the age-group on them. Boys coaches wear orange and girls yellow.
- To check which age group your child is in please see the age group calculator attached.
- Please tell the coach you are a Come and Try Athlete.
- Training Times for Summer Tuesday U11-U17: Tuesday 5.15pm-6.30pm Thursday U6-U10: Thursday 4.45pm-6pm U11-U17: Thursday 6pm-7.15pm
- Training Days
 - Tuesday Training is not in age-groups – it focuses on fitness, middle distance and sprints. Athletes train in mixed age-groups and pick their area of interest.
 - Thursday athletes train in age-groups with their age-group coaches and focus on event skills such as jumping, hurdles and throwing

Competition Day

- On competition days please arrive at 7.45am.
- Athletes stay with their coach and age groups for the morning. The programs are up on the website <https://uwalac.com/competition-program/>
- No results are recorded in the computer system however if you register afterwards we will manually add your results from your Come and Try day