



2020/21 FAQs

HORNSBY DISTRICT LITTLE ATHLETICS CENTRE

Thinking of joining Hornsby District this season? You probably have lots of questions, so here are some details to help you. Registrations are currently open, but Age Group caps may be applied if we reach our size limit, so don't delay. You can find all the relevant registration information on our website [HERE](#):

Regular Comp

Our regular weekly club competition is on a Saturday morning at Pennant Hills Oval. We start at 8:00am and all U6-U17s participate in 3 track and 3 field events. Most groups are finished by 10:30am.

Tiny Tots meet at 8:15am and engage in fun directed play focusing on development of gross motor skills until 9:30am, with a short break for a snack and drink in the middle.

This season, due to the late running winter sports, our **first Saturday morning** is on the **24th October**.

Due to the current maximum capacity of 500 people, there are a few rules we must observe to stay within this number. Any parent staying on site will be allocated a duty. These range from helping in the canteen; raking the long jump; or starting a race. All relevant instruction will be made available. We strongly encourage all families to provide at least one parent helper, as there are 130 duties to be filled. Without this help, results may not be captured in some events.

Non-participating siblings count within the 500 headcount, so we ask that non-registered siblings or friends do not attend. Similarly, there will be no "spectators", so again, any parent or grandparent wishing to stay on site will be allocated a duty.

We operate over most Saturdays until the end of March. A full season program can be found here: [Season Program](#)

Training

From Term 4 we have lots of opportunities to participate in training:

Monday afternoons is a running based interval session, suitable for children aged 8+. There are two sessions:

4:30-5:30 is aimed at our younger athletes and is a mixed standard. We also have an adult interval session at the same time ideal for beginners.

5:30-6:30 is aimed at our older (13+) athletes and more competitive adults.

There is no charge for Monday training.

Skills training is held on Tuesday (5:30-6:30) and Thursday (4:30-5:30) which includes skill development across all athletics disciplines. There is no charge for this training and sessions are suitable for ages 7+.



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Also from Term 4 we commence specialist sprint, jumps, throws, hurdles and distance training for our older athletes taking their sport a bit more seriously. Further information is available on our [Training](#) page.

Seniors

Hornsby District are registered with ANSW, and therefore all our U12+ athletes can choose to register with Hornsby as a Senior club. This provides additional competition experience for our little athletes, creates a pathway for our older athletes to continue athletics as a chosen sport, and enables parents (and grandparents) to get involved too. Registrations with ANSW open on 28th September and all U12-U17 athletes can opt for a free DUAL athlete registration. U18+ can choose a low cost community membership for local event participation or an Open (or concession) membership for full access to all ANSW events. See more information on our senior [webpage](#).

Get in touch

If you still have more questions, have a look through our website www.hdlac.org.au or facebook page www.facebook.com/hornsbylittleathletics

Otherwise please get in touch:

- General enquiries: info@hdlac.org.au
- Registrations: registrar@hdlac.org.au
- Training: vice@hdlac.org.au