

2022/23 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, and it's never too late to join. 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.

Our season starts on 17th September and runs through until March. We don't stop over the school holidays with the exception of 24 & 31 December. A full season program can be found here: [Season Program](#)

Parent help is required, which can range from helping in the canteen; raking the long jump pits; 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.

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:

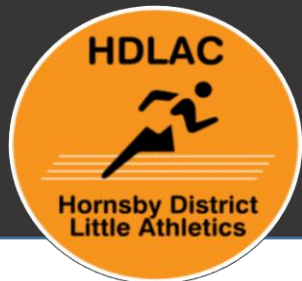
4:30-5:30 is aimed at our younger athletes and is a mixed standard. We also have an adult interval session at the same time ideal for beginners.

5:30-6:30 is aimed at our older (12+) athletes and more competitive adults.

There is no charge for Monday training.

Skills training is held on Monday and Thursday (4:30-5:30) which includes game based activities covering all the essential skills for running, jumping and throwing. There is no charge for this training and sessions are suitable for ages 7+.

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



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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 26th 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](#).

Trials

New athletes are welcome to trial before signing up for membership. This includes joining our training sessions and/or Saturday competition. You can trial for 2 weeks before deciding to sign up, noting that results will not be captured for trial members. To organise a trial please email registrar@hdlac.org.au so we know you are coming. We do not charge a fee for trials.

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: president@hdlac.org.au