

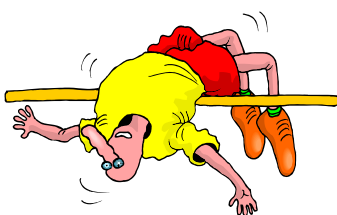
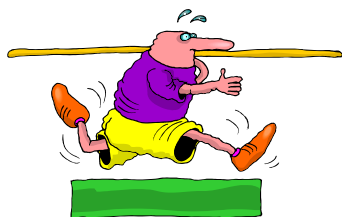
SEAFORTH LITTLE ATHLETICS CLUB

Training back
at Seaforth Oval

Does your child enjoy running, jumping or throwing?
Do they want to have fun & stay fit during the summer?

If so, come along & join us at Seaforth Little Athletics Club.

Events include: running, high/long/triple jump, shot putt, discus, javelin and hurdles.



Competition takes place on Saturday mornings at the world class facilities at Sydney Academy of Sport, Narrabeen.

Training will be back at Seaforth Oval on Wednesday afternoons & Monday afternoon training continues at the Academy of Sport aimed at athletes U9 & above who wish to hone their skills in particular disciplines.

REGISTRATION WILL BE HELD from 6.00-8.00PM on:
Tuesday 10th, Wednesday 18th & Tuesday 24th August at
Seaforth Clubhouse, Seaforth Oval, Wakehurst Parkway

What to bring when registering:

Cash or cheque (cannot accept c/cards) plus your child's proof of age
(birth certificate or passport)

For further information and to kick off process go to our website at:

www.seaforthlac.org

