



How to Host an Introduction to Teaching Little Athletics Skills Course

**What You Need To Know If You Are Thinking About
Hosting an ITLAS Course**

ITLAS
INTRODUCTION TO
TEACHING LITTLE
ATHLETICS SKILLS 

The ITLAS logo is a stylized figure of a person in motion, similar to the Little Athletics NSW logo, but colored in shades of blue and green. It is positioned to the right of the text "INTRODUCTION TO TEACHING LITTLE ATHLETICS SKILLS".

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Introduction

Introduction to Teaching Little Athletics Skills Courses (ITLAS Courses) are designed to help participants become better placed to assist children to perform **basic athletics skills**.

An ITLAS Course is a practical coaching course designed for Little Athletics and conducted on behalf of Little Athletics Australia. The courses cover **how to teach basic working models** for each event on the Little Athletics program. Participants will be shown event-specific skills, drills, games and activities relevant to the target age group.

Who are the courses for?

The course is great for parents, school teachers and other interested people who want to know a little more about the skills of the sport so that they may help to coach children of primary school age, assist at Little Athletics centres or prepare students for a school athletics carnival.

This course is suitable for:

- People with little or no athletics coaching experience
- Little Athletics Age Managers
- Primary school teachers
- People who are considering attending a Level 1 Community Athletics Coach Course
- People who have completed a Level 1 Community Coach Athletics Accreditation

Time Commitment

6.5 hours attendance face-to-face if completing all modules (track, jumps, throws) in one day, including a lunch break, OR

3 hours per session if the modules are completed on two separate days: Session 1 - Track Events
Session 2 - Field Events (Jumps & Throws)

(No pre-course work or reading is required).

Modules

- Introduction to Teaching Track Skills - Running, Hurdles, Relays, Race Walking
- Introduction to Teaching Jumping Skills - Long Jump, Triple Jump, Scissors High Jump
- Introduction to Teaching Throwing Skills - Shot Put (Standing Throw), Discus (Standing Throw), Javelin (3-Step Approach)

Resource

Participants receive the following Little Athletics Australia downloadable manuals according to the sections of the course completed:

- Introduction to Coaching
- Warm Up & Recovery
- Introduction to Running
- Introduction to Jumps
- Introduction to Throwing

Participant Fee

The registration fee is \$70.00 per person.

Course Outcomes

At the conclusion of the course the participant will, for the target age group:

- Better understand an appropriate working model for each Little Athletics event
- Have a greater knowledge of appropriate drills, skills, games and activities for each event
- Identify some of the more common technical faults associated with each event
- Have a basic understanding of a simple coaching session
- Better understand how to organise a group safely

Participant Requirements

- All participants must be a minimum of 16 years of age at the time of the course.
- There are no other course prerequisites.
- There is no exam, written or practical.
- While physical participation in each of the activities is strongly encouraged, it is not compulsory.
- Participants will need to bring clothing suitable for participating in the various events, a hat, sunscreen, water bottle, pen, notepaper, lunch, drinks and snacks. Participants may be asked to bring their own folding chair to some venues.

Registration

Participants register via the Little Athletics NSW online registration system.

If a hosting centre wants to pay the registration fee for one or more participants, special arrangements can be made with Little Athletics NSW. These participants will still need to complete an individual online registration, using a link specially created for this purpose.

“Walk-in” registrations cannot be taken on the day.

Accreditation

These courses sit outside of the Athletics Coach Accreditation Framework and therefore no formal accreditation is gained for attendance.

Certificate

To receive the Introduction to Teaching Little Athletics Skills Course Certificate, all modules must be completed.

Course Venue

Ideally a course venue will feature a large indoor/undercover area that can be used in the case of rain, wind, cold or heat. This means that a course can go ahead regardless of the conditions and participants can learn in relative comfort. If the agreed course venue does not have this feature, the host centre **MUST** organise a "Plan B" alternative venue OR a wet weather alternative date in the case of adverse weather conditions forecast or occurring on the day.

An athletics track or field event facilities are not necessary features of a venue for this course. A school or similar with a large hall is a perfect venue at which to host this course.

Any reasonable venue hire fees may be covered by Little Athletics NSW.

Equipment

These courses mostly make use of modified equipment that is supplied by the Little Athletics NSW course presenter. Some equipment may need to be provided by the host centre.

Children

Children or others who are not registered course participants cannot participate or become involved in a course on the day.

Host Centre Responsibilities

1. Liaise with LANSW to determine a proposed course date, time & venue.
2. Book venue and liaise with venue operators.
3. If relevant, arrange a "Plan B" alternative venue in the case of adverse weather conditions forecast or occurring on the day of the course.
4. Assist LANSW with locally advertising the course and recruiting participants.
5. Provide access to required facilities, equipment & toilets on the day of the course.

Little Athletics NSW Responsibilities

1. Liaise with host to determine a proposed course date, time & venue.
2. Arrange a presenter or presenters.
3. Administer the course.
4. Create promotional flyers and online registration.
5. Advertise the course and recruit participants.
6. Respond to enquiries.
7. Arrange pre-course participant correspondence.
8. Coordinate post-course correspondence and distribution of certificates.

What You Need To Complete An Online ITLAS Course Host Request

- Preferred course format (i.e. the full course in one day or split up and held on two separate days).
- Proposed course dates
- Proposed course venue
- A proposed alternative venue in the case of adverse weather
- Preferred course times
- Formal centre/zone committee approval

Little Athletics NSW ITLAS Course Coordinator

All ITLAS enquiries should be directed to Darren Wensor – LANSW Head of Coach & Volunteer Development, Ph. 02 9633 4511 (Ext 108) or 0417 686 257 or dwensor@lansw.com.au.

Request An ITLAS

To submit an online request to host an ITLAS, go to: <https://lansw.com.au/itcc-introduction-to-coaching-course/> or scan the following QR Code

