



Little Athletics NSW Little Athletics Basics (L.A.B) Education

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The foundation for all sports

For the past 50 years Little Athletics NSW has been a leading organisation for children's sport in the state.

Our sport includes track and field events, cross country, coaching clinics, camps and development pathways with a focus on **Family, Fun and Fitness.**

Our mission is to maximise the enjoyment, development and potential of each participant, whether athlete, coach, official or parent/guardian.

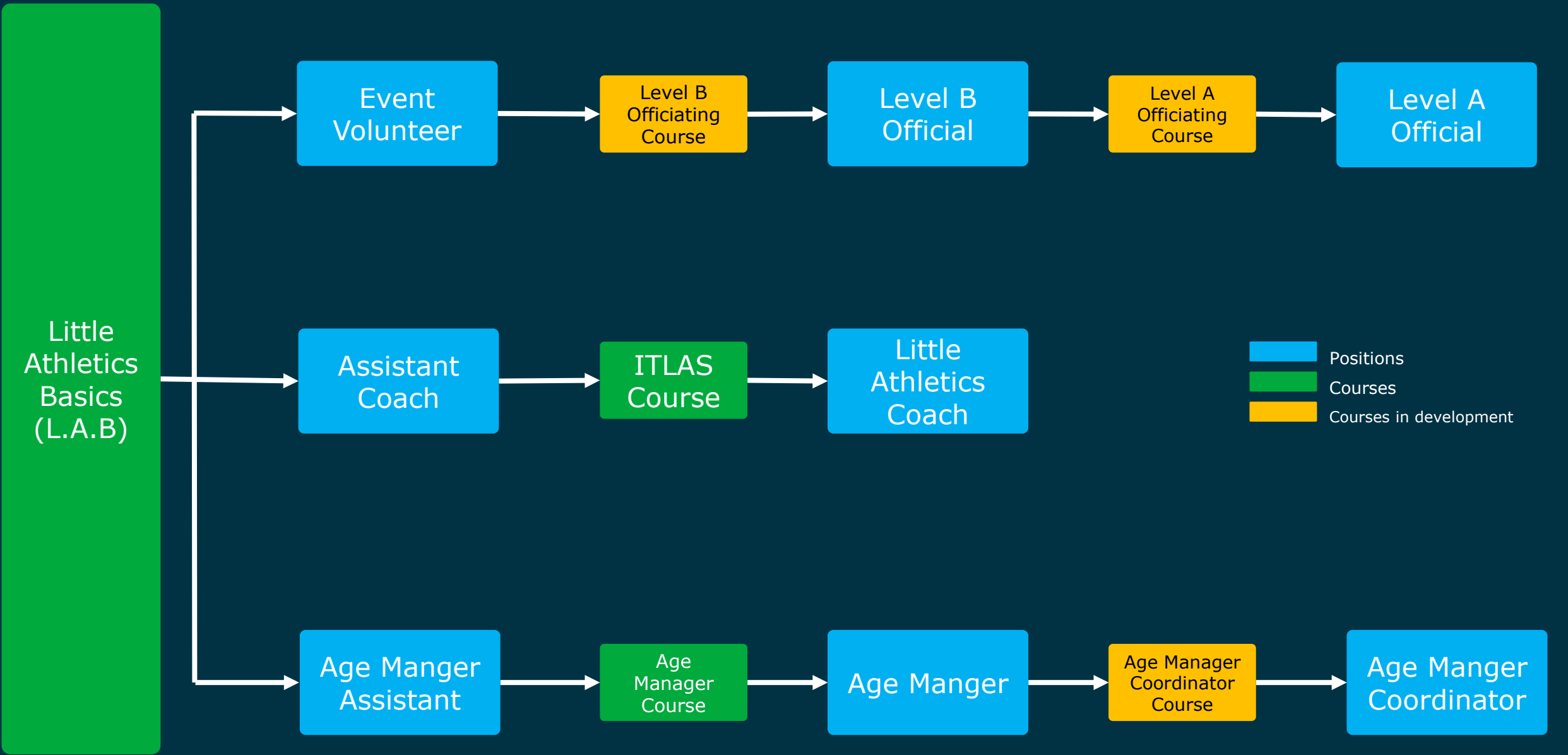




LANSW Education

Our goal is to grow our workforce of Event Volunteers, Officials, Coaches and Age Managers in order for our athletes to continue to participate and develop their abilities in all our events.

Continuing to encourage not only parents, but athletes and other members of the LANSW community to get involved is a priority, and in order for this to occur it is important that the Education framework and pathway is accessible, attainable and achievable.



Education Pathway - Diagram

How is it structured?

The LANSW education pathway branches off into three areas: **Officiating**, **Coaching** and **Age Managers** with the L.A.B being the introduction into volunteering within events, providing participants with the base of information to assist in organising the event.

OFFICIATING: Level B/A

Once a participant has completed their L.A.B Badges, they will be able to register for the Level B Officiating course (Regional & Zone Level). This includes an online and practical component. Once this has been completed participants will then be able to register for the Level A Officiating Course (State Level)

COACHING: Introduction to teaching Little Athletics Skills (ITLAS)

Introduction to Teaching Little Athletics Skills (ITLAS) Courses are designed to help participants become better placed to assist children to perform basic athletics skills. They are practical coaching courses designed for Little Athletics and conducted on behalf of Little Athletics Australia. They cover how to teach basic working models for each event on the Little Athletics program.

Age Manager: Age Manager Training Courses

Little Athletics NSW Age Manager Training Course is designed for people who want to get better at helping kids participate in Little Athletics events at a grass roots level. It will equip you with some of the key skills and knowledge needed to successfully carry out an age manager role or an age group leader role at your Little Athletics centre.



Little Athletics Basics

L.A.B



What are the L.A.B Badges?

- Each event has a Fact Sheet which is a basis of information.
- Each event is accompanied by a 10-12 question quiz
- In order to pass the participant must achieve a score of 80% or higher.
- Once accomplished the participant will receive a certificate of completion with the event badge.
- After receiving the Certificate, a participant will be able to become an **Event Volunteer** (Officiating), **Assistant Coach** (Coaching) and an **Age Manager Assistant** (Age Managing)

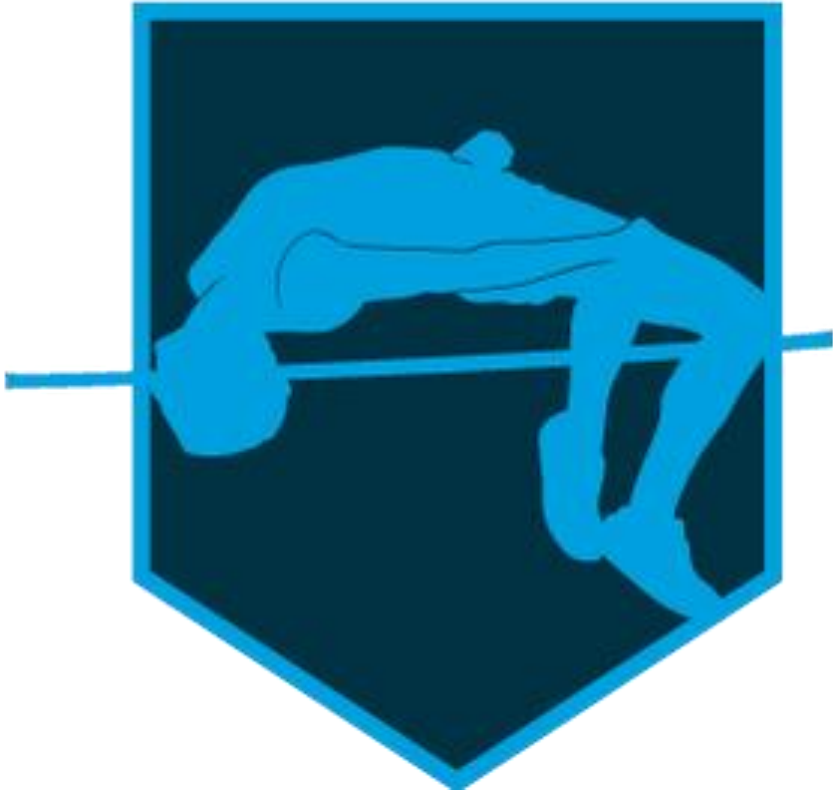
DISCUS



[Click Here for
Event Fact Sheet](#)

[Click Here for
Quiz](#)

HIGH JUMP



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Event Fact Sheet](#)

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Quiz](#)

HURDLES



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Quiz](#)

JAVELIN



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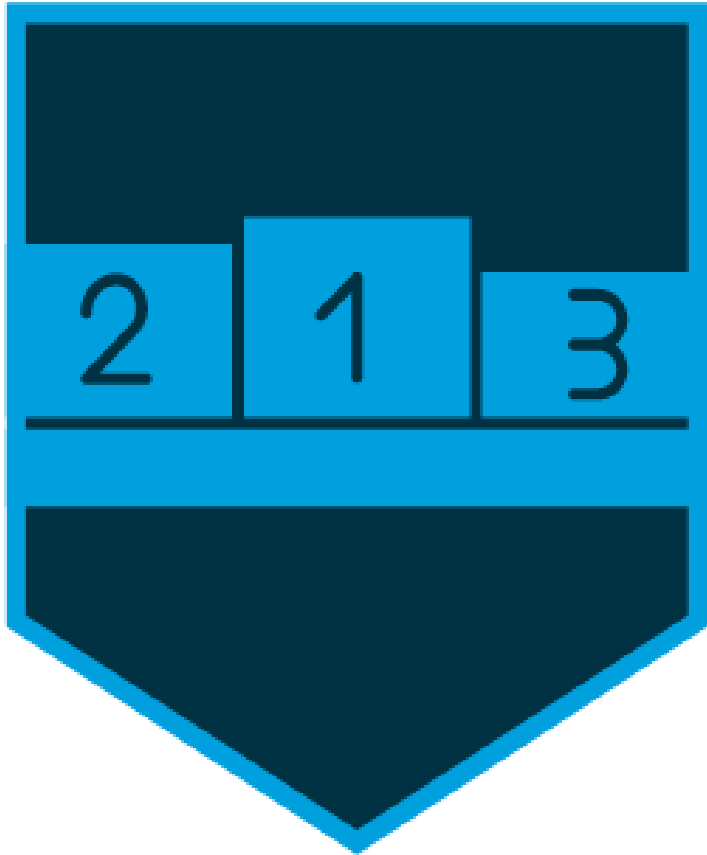
LONG JUMP



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Event Fact Sheet](#)

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Quiz](#)

PLACE JUDGING



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RELAYS



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SHOT PUT



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STARTERS



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TIME KEEPING



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TRIPLE JUMP



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WALKS



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Quiz](#)



What Now?

Thank you for completing your Little Athletics Basics! Now that you have completed the events, there are various pathways you can take.

Click on the Links Below!

[Click Here for Coach Education](#)

[Click Here for Officials Education](#)

[Click Here for Age Manager Education](#)

[Click Here for LANSW Resource Hub](#)

Further Education

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