







COME & JOIN THE FUN !

FAMILY, FUN & FITNESS....



SATURDAY MORNING COMPETITIONS

7.30-11am
October- March season
Under 6- Under 17



FULL SUITE OF EVENTS

Sprints
Middle distance
Hurdles
Long Jump
Triple Jump
High Jump
Discus
Shotput
Javelin
Walking
Relay



PERFORMANCE TRAINING

Age group training
1 day per week/ 1hr
>12yrs, water fitness classes



Club Registration
29th August
Info session
9-10am or 10.30-11.30am
At the club rooms
Western Oval
HBF Arena

"Our family has been part of the Joondalup Little Athletics Centre for 3 years. Thank you for providing such a great, friendly, welcoming and social environment for our children to grow and develop. A special thanks must also go to the centre volunteers and coaches who donate their time each week. Kudos to you."

Horton Family

" A great experience"

Jennings Family

" The best sport our kids play. Multiple disciplines & lots of fun"

Pearce Family

Joondalup Athletics Centre
HBF Arena- Western Oval
25 Kennedy Drive
Joondalup

0434 446 954

www.jlac.org.au



joondalup little athletics

Move-Girls Program

ECU Physical Activity Hub



MOVE-GIRLS PROGRAM

Edith Cowan University is conducting research to investigate ways for girls to become more physically active and feel more confident to participate in sport, games and fitness.

We are offering a free, 10-week fun-based movement program called *Move-Girls* at the Joondalup campus.

Eligible participants will receive an initial assessment of their fundamental movement skills, fitness, physical activity levels and self-confidence. Results from the initial assessment are available to parents.

Following testing, girls will be randomly allocated into Group A or Group B. Group A will start the program in Term 4, 2020 and Group B will start the program in Term 3, 2021.

The 10-week program includes targeted activities (including movement skills, strength and fitness), as well as expert instruction and feedback in a fun and non-threatening environment.

The *Move-Girls* Program is the initiative of the Exercise and Sports Science Department, School of Medical and Health Sciences.

Where: Building 22, Edith Cowan University, Joondalup Campus

Initial assessment: October School Holidays, 2020

Program participation: Term 4 (2020) or Term 3 (2021) (Tuesday and Thursday 4pm – 5pm)

Who: Girls (8 to 11 years) who would like to improve their movement, sports skills and fitness

Cost: Free

For further information please contact Kylie Cormack (details below)

Chief Investigator: Kylie Cormack,
Senior Lecturer, Exercise & Sports Science
Email: k.cormack@ecu.edu.au
Phone: 0427 927 325
Program website:

<https://www.ecu.edu.au/schools/medical-and-health-sciences/community-outreach->

MOVE-GIRLS





SOCCER SCHOOLS

HOLIDAY CLINICS

PRENDIVILLE CATHOLIC COLLEGE

Constellation Drive, Ocean Reef

FULL DAYS: 8am to 3pm \$30

8am to 4.30pm \$40

HALF DAYS: morning or afternoon \$20

**Tuesday 29th September
- Friday 9th October**



Come and have a right royal time at our soccer holiday clinics!

Please remember to bring water, morning tea & packed lunch!

Hats and Sunblock must be worn at all times

Book online or contact Nick on the details below

Email: nick1965@bigpond.com Mob: 0409 118 228 Office: 9304 8111

Website: www.ncsoccerschools.com.au