

Basic Event Instruction Course (BEIC) Getting Started in Little Athletics Central Tablelands Zone



Hosted By: Bathurst Little Athletics
Conducted by: Glen Taylor
Where: Sports Ground, Howick Street Bathurst
When: Sunday 15th November 2015 at 10.00am – 1pm
Cost: Free
RSVP: Bathurst, Friday 13th November

- ✓ Have you ever wanted to help at your Little Athletics Centre but not known how?
- ✓ Has your local centre ever asked for volunteers and you stood back because you didn't want to make a mistake?
- ✓ Has your child ever asked for basic event assistance and you didn't know how to help them?

If you answered YES to any of these questions, then this course is for you!

To do this course you don't need to have any prior knowledge of Little Athletics; all you need is a willingness to learn. 'Basic Event Instruction' is a term used to encompass the essentials you need to know about how to conduct an event at the 'how not to get disqualified level'. The course also dispels some common myths and misconceptions about each of the Little Athletics events.

The majority of the course is practical, with some theory involved. The atmosphere of the course is fun and non-threatening, making it a day where people can feel relaxed and motivated by what they learn. It is also nice to know that there is no exam and no cost is involved.

What are the course topics?

TRACK: Running, Hurdles, Walks, Relays, Starting, Timekeeping

FIELD - THROWS: Shot, Discus & Javelin,

FIELD – JUMPS: High Jump, Long Jump, Triple Jump

(It is not a coaching course or an official's course but one that is a raw starting point for the first time parent).

*RSVP & Any questions please contact Bathurst Little Athletics
Belinda Ireland 0402 014 759 or Brian Course 0427 811 947*

