

Parent participation

Southern Athletic Club Little is a not-for-profit organisation run by volunteers. Our committee consists of volunteers (whose children also compete as registered athletes) who are responsible for coordinating regular competition meets.

We understand that many parents may not have been involved in Little Athletics before. Don't worry, we all started out as new parents not knowing what to do or what advice to give. Our committee members and our experienced parents are on hand to help you.

Little Athletics SA has developed the "[How to Help At Little Athletics \(SA\)](#)" guide. This describes all events offered and how you might be able to help each event run smoothly.

Parents (as well as carers and grandparents) can also help in the following ways:

- Helping us set up and pack up the equipment used on the grounds on regular competition mornings
- Working in the canteen and on the BBQ
- Assisting with recording results and measuring

We understand that just like our athletes, our parents come from a diverse range of backgrounds and have different talents and experience – you may have skills that our organisation doesn't even know we need. So if you think you can help, let the committee know!

Family, fun and fitness

Your child is involved in a sport that provides an opportunity for immediate and long-term benefits.

These benefits include:

- Higher levels of fitness
- Better health
- A fun social environment, and
- Satisfaction derived from skilled performances

Little Athletics can provide a launching pad for a life-long involvement in sport, whether it is elite or just purely recreational.

Most importantly, Little Athletics provides children with the opportunity to have fun! Don't underestimate the effect you can have on your child's participation in and enjoyment of sport. By taking a considered, understanding approach, a parent can be their child's most valuable asset.