



# COACHING ATHLETICS PROGRAM FOR PRIMARY SCHOOLS (CAPPS)



Contact Us

South Australian Little Athletics Association  
145 Railway Terrace  
Mile End SA 5031

(08) 8352 8133  
laps@salaa.org.au

Visit us at: [www.littleathleticssa.com.au](http://www.littleathleticssa.com.au)

## What We Do

Through the CAPPS program, Little Athletics SA offers Primary Schools in South Australia the opportunity to provide their students with fun and engaging development sessions run by the associations best accredited track and field coaches.

The objective of CAPPS is to develop students knowledge, fundamental movements skills, and technical understanding of athletics, so students can participate and compete safely and successfully.

## What We Offer

- Accredited and experienced Little Athletics coaches.
- All year round coaching, including before, during or after school.
- Coaching assistance at sports days.
- Specialised coaching for any track and field events.
- Skill development and technique refinement.
- Coaching tailored to meet the specific needs of the school.
- Preparation of students for athletic carnivals i.e. school sports days, SAPSASA, SACPSSA.

## Pricing

A standard CAPPS session runs for no more than 40 - 50 minutes.

- **One or two sessions: \$50.00 per session, per coach**
- **Three or more sessions: \$40.00 per session, per coach**

There is an additional \$10.00 coaches travel fee per VISIT.

The pricing above does not include GST.

## Testimonial

*I cannot say enough positive words about the coach at our school last term. She was engaging of all students and adjusted her lessons according to different ability and age levels.*

*We choose to have a 10-week block focus on Athletics in the lead up to Sports day and the positive feedback I received from staff, students and parents was amazing. The students hand eye coordination and basic gross and fine motor skills improved dramatically.*

*We will definitely like to make this a yearly thing, especially looking at Term 1 with sports day.*

*Kate Nolan - PE Coordinator & Teacher  
Mt Barker South Primary School*



# BE YOUR BEST.



## Package ONE

### ACTIVITY STATION DELIVERED BY A LITTLE ATHLETICS SA COACH

Package One provides your school with the opportunity to have one or multiple athletic activity stations be run by our accredited coaches for your upcoming Sport Day!

Our coaches cater for all year levels (Reception - Year 7) by ensuring the activities are tailored to be inclusive of everyone, incorporate skill learning, and most importantly, be FUN for all involved!

Classes or groups rotate through the athletics activity station(s), where they will be provided with a great athletics coaching experience!

Rotation times are set by the school, whereas athletic activities can be determined by the school or left up to Little Athletics SA.

## Package TWO

### OPPORTUNITY FOR A LITTLE ATHLETICS SA COACH TO ACT AS AN OBSERVER

Package Two focuses on providing students with in depth technique advice whilst students are competing in any track or field event.

Schools are able to utilise the Little Athletics coaches in one of two ways:

1. Coaches are situated at one specific event, providing direct coaching advice to students. The coach can also assist as an official if the school requires (coaching still provided).
2. Coaches move around freely on the day to observe student's techniques and offer advice where necessary.

Upon request from the school prior to the Sports Day, our coaches can provide direct feedback to the PE Coordinator about students that should be considered for future District and State Athletics Carnivals.

# CAPPS SPORTS DAYS PACKAGES

Little Athletics SA can take the stress out of your school's Sports Days by assisting and facilitating all your track and field needs.

Little Athletics SA provides two Sports Day packages where the coaching and event rotation is handled by us.

For more information, please contact:  
[laps@salaa.org.au](mailto:laps@salaa.org.au)  
(08) 8352 8133

