



CHAMP PROGRAM TWO – ‘HOW TO’ INSTRUCTIONS

Two programs are available – one that can be completed at an athletic park or oval, or other park. The other can be completed at home, either outside in the yard/garden or indoors wherever you have enough space.

Participants can do one of both programs but should only register one set of results with the Club.

If you wish to do both, we recommend you record your results for the park/ova program and use the home program as an extra training session.

Each program should be completed in one session with 5 to 10 minute breaks between events, participants should not be breathless before starting an event.

The Program should be completed at a time convenient to you between Friday morning and the following Thursday evening.

The program is designed to be done with a buddy who can help time, count, record and encourage. Anyone can take part, so parents and siblings are welcome to join in, but we ask that only Little Athletics athletes register their results with the Club.

Program Two – At a park or oval

Event 1 200m Sprint (All Ages)

Recording Record in seconds how long it takes the participant to sprint from the start line to the finish line of the 200m, stopping the clock as their chest passes over the line eg 38.65s

How to Time the participant sprinting 200m. Start the race with a call of ‘on your marks’ followed by ‘set’ and finally ‘Go’ (or whistle or clap). At Greenway Oval the start of the 200m is near the long jump pits. Use a GPS or measuring wheel to measure a 200m distance if you are at an oval or park without a 200m track marked.

Event 2 Tennis Ball Shot Put (All Ages)

Recording Measure the Distance of the throw in metres, from the inside of the throw line to the marker where the Tennis Ball lands eg 7.85m

Only the best results from three attempts will be recorded. Only record results where proper shot put technique has been used for the throw.

How to Visit <https://lansw.com.au/wp-content/uploads/sites/3/2018/11/Shot-Put-1.pdf> to see the correct method to undertake shot put. Other than using a tennis ball rather than a shot put and not worrying about sector lines, this event should be undertaken the same as regular shot put.

Event 3 Sprint 10 metre intervals for 15 seconds (All Ages)

Recording Record the number of times the participant successfully gets to a marker. If the participant has run to a marker 8 times, but on the 9th attempt misses by just a few steps, it should still be recorded as 8.

How to Set up two markers 10m apart and on ‘Go’, start the stopwatch and count the number of times the participant runs between the markers. Stop the event at 15 seconds. This is a sprint event and participants should run as fast as they can.

Event 4 Long Jump (U10 and younger) or Triple Jump (U11 and older)

Recording Measure the distance jumped in metres, from the front of the take-off foot (U10 and younger for Long Jump) or the front of the take-off board (U11 and Older for Triple Jump) to the mark in the sand made by the jumper, closest to the take-off board (this will often be the heel mark from the back foot, but may be a hand or bottom if the participant has fallen backwards on landing).

Only the best results from three attempts will be recorded e.g. 4.10m

How to The location you undertake this activity at will require a long jump pit. If the park or oval does not have a long jump pit, then please undertake a standing jump (U10 and younger) or a hop skip and jump sequence from standing (U11 years and older).

How to long jump instructions can be found at <https://lansw.com.au/wp-content/uploads/sites/3/2021/02/Long-Jump-UPDATED-29-Sep.pdf>

How to Triple Jump instructions can be found at <https://lansw.com.au/wp-content/uploads/sites/3/2018/11/Triple-Jump.pdf>

Where there is no long jump take-off board marked, use markers eg cones or shoes either side of the runway to indicate the take-off area.

For Long Jump the take-off board should be 1.5m or 2m behind the start of the pit.

For triple Jump the take-off board should be 5m, 7m, 9m or 11m back from the start of the pit. Ensure the take-off area used allows the participant to execute their hop, skip and jump on the runway and allows them to clearly and safely land in the pit.

Event 5 2 minute run (under 10 and younger), 1500m run (U11 athletes and older).

Recording For the 2 minute run record the distance a participant runs in 2 minutes. If the participant can run wearing a GPS watch or similar then a more accurate distance can be recorded. However for those without this technology simply write down your most accurate guess. If at Greenway Oval or other athletics Track the athlete run in the inside lane each lap is 400m every 1/8 of a lap is 50m. So if an athlete starts at the 400m finish line and runs once around the oval and then keeps running half way around the first bend, then they will have run approx. 1 1/8th times around the oval which is 450m.

For the 1500m time how long it take for the participant to run from the start, to the finish of 1500m. Record the time in minutes, seconds and hundreds of seconds eg 6 minures and 52.35 seconds should be recorded as 6:52.35 At Greenway Oval the 1500m start line is located in the middle of the bend on the Shot put end of the track. It is marked by a black line running across lanes 7 and 8.

How to For both the 2 minutes run and the 1500m run, participants should be started with the command 'On your Marks' and then 'Go' (Clap or whistle).

For the 2 minute run start timing from 'Go' and then call out stop to the participant once they have been running for 2 minutes - as a guide an U7 might only run 300m or less whilst an U10 athlete might run 400m or more.

If you have a GPS on a device, this is a great tool to use if you are at a park without a track to measure out a 1500m run.

CHAMP PROGRAM ONE – Indoors or in the garden

Event 1 30 second sprints on the spot (All Ages)

Recording Record the number of steps you can take running as fast as you can on the spot for 30 seconds.

How to On a command of 'go' the participant should sprint on the spot as fast as they can for 30 seconds. Stand up tall when running fast, (trying not to bend from the hips) run on the balls of your feet and remember fast arms help to make fast legs).

Event 2 Shot Put Strength Activity (All Ages)

Recording Record how long the bottle can be held out in front of the participant without lowering.

How to - There are two parts to this activity.

First take a bottle and fill with water. For athletes U8 and younger use a 600ml bottle, for U9 – U11 participants use a 750ml bottle and for athletes U12 and older a 1.25l bottle.

Hold the bottom of the bottle in your hand and wrap your fingers around it to hold it (the end of the bottle is used as a shot put). Point the top of the bottle forward and slightly up. If the bottle is too heavy to hold in one hand, use the other hand to rest under the neck of the bottle. Now without releasing the bottle, push the bottle forwards and up and repeat this action 10 times.

Then comes step 2 – Now hold the middle of the bottle in a horizontal position and then hold your arm stretch out at shoulder height parallel to the ground. As soon as the arm is outstretched, start timing how long the participant can hold the bottle out in front of them. As soon as their arm starts to lower stop the watch and record the time. Watching the 'How to' video for this activity on Facebook or the Club's website is highly recommended.

Event 3 Standing Hop for Distance (All Ages)

Recording Measure and record the best result from three attempts at this event. In metres record the distance from the take-off point (front of toe) to the back of the heel that lands closest to the take-off area e.g. 0.95m

How to Choose a soft secure landing area e.g. carpet or grass. Make a take-off mark e.g. lie something on the ground like a ruler or chop stick. Stand on one leg, with your toes up to the line. Crouch down a little, bring your arms back and then in a fast strong action hop forward as far as you can, swinging your arms under and forward, landing on one foot (your take off foot).

Practice this on either leg before you start to see which of your legs is stronger and will give you the best result

Event 4 Jump 5 metre intervals for 15 seconds (All Ages)

Recording Record the number of times the participant successfully jumps between the two markers. If the participant has jumped to a marker 3 times but on the 4th attempt misses by just a small distance, it should still be recorded as 3.

How to Set up two markers 5m apart and on 'Go', start the stopwatch and count the number of times the participant reaches a marker jumping with feet together, between the markers. Stop the event at 15 seconds. This is a speed event and participants should jump as fast as they can.

- Event 5** **Jogging on the Spot Challenge**
 (2 minutes for U10 and younger) or (5 minutes for U11 and older)
- Recording** This is a challenge so all you record is either 'YES' if the participant undertakes the jog for the full amount of time or 'NO' if the participant did not complete the full time.
- How to** Very simply the participant will jog on the spot for the required amount of time for their age. To complete the challenge the participant cannot stop at any point or slow down to a walk but must jog for the entire time (they may slow down but maintain a jog on the spot not a walk).

Good Luck, Have Fun and Be a CHAMP

CHAMP – PROGRAM TWO			
EVENT 1	200m	EVENT 1	30 second running on the spot
EVENT 2	Tennis all Shot Put	EVENT 2	Shot Put strength activity
EVENT 3	10m Sprints for 15 seconds	EVENT 3	5m jumping for 15 seconds
EVENT 4	Long Jump – U10 and younger Triple Jump – U11 and older	EVENT 4	Standing hop for distance
EVENT 5	2 minute run – U10 and younger 5 minute run – U11 and older	EVENT 5	Jogging on the spot 2 minutes for U10 and younger 5 minutes for U11 and older

Record your results at:

Please note: The age group you are in for CHAMP is the age group you will be in for the 2021/22 season.

[U7 BOYS](#)

[U7 GIRLS](#)

[U8 BOYS](#)

[U8 GIRLS](#)

[U9 BOYS](#)

[U9 GIRLS](#)

[U10 BOYS](#)

[U10 Girls](#)

[U11 Boys](#)

[U11 Girls](#)

[U12 Boys](#)

[U12 Girls](#)

[U13 Boys](#)

[U13 Girls](#)

[U14-17 BOYS](#)

[U14-17 GIRLS](#)