



## COLES LITTLE ATHLETICS AUSTRALIA NATIONAL HIGH PERFORMANCE TRAINING CAMP

*Sunday 1<sup>st</sup> October to Wednesday 4<sup>th</sup> October 2023*

The 2023 Coles Little Athletics National High-Performance Camp is being held at the Gold Coast Performance Centre, Runaway Bay on the Gold Coast from Sunday 1st October to Wednesday 4th October 2023.

Based on individual performances at the recent 2023 Coles Australian Little Athletics Championships and State events, top-performing Little Athletics athletes born in 2009 from across Australia have been invited to attend.

The camp is designed to offer each athlete an opportunity to improve themselves, on the track, in workshops of recovery, psychology and Strength and Conditioning. Allowing them to gain a better understanding of the journey and processes that are required to assist with their own development, in the high-performance pathway.

There will be current and former Australian International athletes coaching and presenting, as well as sharing their own experiences, and journeys from Little Athletics to International representation.

After Australia's best event medal haul at the recent World Athletics Championships and Brisbane hosting the 2032 Olympics, the future is looking bright for young athletes and the 2023 Coles Little Athletics National High-Performance Camp is an essential part of the future of the sport.

Athletes will participate in training sessions, workshops, recovery sessions, presentations, and social activities onsite.

Olympic Gold Medalist Glynis Nunn OAM who is the driving force behind the camp since it began 11 years ago says "I am always very pleased to be able to contribute to the development of up and coming Little Athletes and look forward to meeting them at the camp. Nothing gives me more pleasure than to see Little Athletes performing at the best and enjoying themselves at the same time."

CEO of Coles Little Athletics Australia, Myles Foreman says, "The Coles Little Athletics National High-Performance Camp is designed to help our next generation of athletes get the extra training and mentoring they need to take them to the next level in their chosen event. With the support of some of Australia's leading coaches and presenters, our Little Athletes will leave the camp ready to set a new personal best."

Coles Group General Manager Corporate and Indigenous Affairs Sally Fielke says, "Coles is delighted to be entering the seventh season of our partnership with Little Athletics Australia to continue supporting the next generation of Aussie athletes through initiatives like the National High-Performance Camp, banana donations and equipment grants."

For more information please visit [www.littleathletics.com.au](http://www.littleathletics.com.au).

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### **About Coles Little Athletics Australia**

Coles Little Athletics Australia is the peak body responsible for Little Athletics in Australia, providing leadership, governance and a national framework for Affiliated Member Associations to grow and develop the sport of athletics across ACT, NSW, QLD, SA, TAS, VIC and WA.

Little Athletics is a modified athletics program for children aged 5 to 16 years old. Established in 1964 Little Athletics now boasts 500+ Little Athletics Centres across metropolitan and regional Australia with over 90,000 athletes and a further 60,000 participants.

Little Athletics teaches the fundamental movement skills **critical for all sports**. Little Athletics welcomes **children**, their families, volunteers, coaches and officials from all parts of the community including those with physical or cognitive disability. With many Centres able to cater successfully to a wide variety of needs. Our approach is to fully integrate children's participation without the need for separation wherever possible.

**No matter what your skills or ability Little Athletics is all about Family, Fun & Fitness and making sure you can Be Your Best.**