

Media Release



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Volunteers at the Heart of New Athletics eLearning Initiative

New digital courses build confidence, consistency and inclusion across the Little Athletics community

Little Athletics Australia, in collaboration with Playbk Sports, has launched the highly anticipated **Introduction to Teaching Little Athletics Skills (ITLAS) eLearning Course**. This series of micro-courses is designed to give volunteers the confidence and knowledge to support athletes at specific events through a nationally consistent and accessible learning experience.

Building on years of successful face-to-face delivery, ITLAS has been reimagined for digital access through [Little Athletics eLearning](#). The series features more than two hours of expert-led video content, covering three key disciplines: Track, Jumps, and Throws, as well as a warm-up section and a short introductory course.

The eLearning courses have been purpose-built for volunteers looking to make a meaningful contribution at their local Centres to support athlete development and ongoing participation in Little Athletics.



“ITLAS has long been a foundational part of how we prepare volunteers to deliver safe and enjoyable athletics sessions,” said Myles Foreman, CEO of Little Athletics Australia. “This online version gives more people access to that knowledge, in a format that works for them and their schedules.”

Built for Volunteers, Backed by Expertise

Each micro-course is under 20 minutes, allowing parents and helpers to complete individual disciplines or build their knowledge across the full suite of disciplines and events. Whether someone has been asked to supervise a specific event or has a passion for a particular area of athletics, ITLAS offers the right level of support—when and where it’s needed most.

“We’ve taken everything that made ITLAS so effective in person—technical clarity, practical advice, and real-world context—and delivered it through a platform that anyone can access, anytime,” said Shane Bertrand, Manager – Competition, Programs, Education and Accreditation at [Little Athletics Australia](#). “This is about giving our volunteers the confidence to make a difference, even if they’re new to the sport.”

Learners earn a digital badge for each event course they complete, and a certificate for completing all courses within a discipline. This certificate unlocks access to face-to-face workshops, forming a blended learning model that caters to both new volunteers and those who want to further invest in their education.

“This is a sophisticated example of how digital learning and traditional delivery can work together to serve the whole sporting community,” said Damian Hecker, COO at [Playbk Sports](#). “From new volunteers to experienced coaches, ITLAS now provides a pathway for everyone to access the education that’s right for them.”

Inclusion at the Core

Alongside the launch of ITLAS and Coles Little Athletics [Tiny Tots Coordinator eLearning Course](#), the updated Inclusion Hub is now fully integrated on Little Athletics eLearning platform. This central resource provides practical tools to help volunteers create welcoming environments for all participants—ensuring equity, accessibility and belonging remain at the heart of Little Athletics.

Elevating the Participant Experience

The ITLAS course builds community confidence, lifts the quality of support at Centre level, and helps every young athlete thrive through more engaging, informed, and enjoyable athletics experiences.

Visit littleathleticselearning.com.au to access the new ITLAS micro-courses, explore the Inclusion Hub, and create your free account.

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For media enquiries, please contact:

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Little Athletics Australia | [Contact Us](#)

About Little Athletics Australia

Little Athletics is a uniquely Australian sport for children 3-16 years. It is based upon the sport of athletics (track & field) and the events are specially modified to suit the ages and abilities of children. A wide range of running, jumping, throwing and walking events is conducted.

About Playbk Sports

Playbk Sports delivers premium digital learning solutions tailored for the sporting sector.

Since 2015, we have partnered with elite clubs and national sporting bodies to design eLearning programs and branded LMS platforms that drive participation, build workforce capability and create measurable impact across schools, coaches, athletes and communities.

Trusted by organisations including teams from the AFL, NRL, NBL and the NFL, as well as AusCycling, Little Athletics Australia and Special Olympics Australia.

