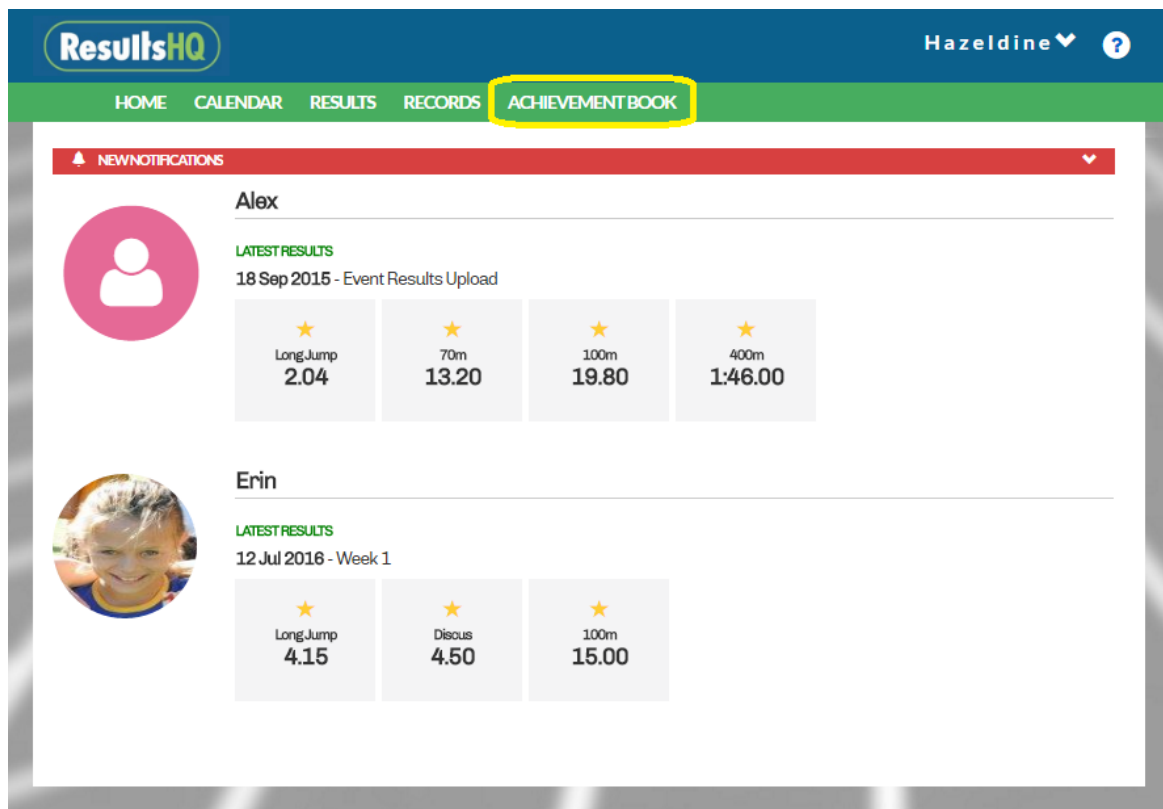


Little Athletics Australia - Achievement Book

Families that have an active Registration with a Little Athletics Centre around the country will have access to a new Achievement Book area within their Family Portal. This provides information on successful Australian Athletes, instructions and how to's for your favourite events and an electronic Achievement Book builder.

This content is available from the Achievement Book link at the top of your profile pages.



The screenshot shows the ResultsHQ website interface. At the top, there is a navigation bar with the following items: HOME, CALENDAR, RESULTS, RECORDS, and ACHIEVEMENT BOOK (highlighted with a yellow box). The user's name, HazelDine, is visible in the top right corner. Below the navigation bar, there is a red notification bar that says "NEW NOTIFICATIONS". The main content area displays two athlete profiles:

- Alex:**
 - Profile picture: A pink circle with a white person icon.
 - LATEST RESULTS: 18 Sep 2015 - Event Results Upload
 - Results: Long Jump (2.04), 70m (13.20), 100m (19.80), 400m (1:46.00).
- Erin:**
 - Profile picture: A circular photo of a young girl.
 - LATEST RESULTS: 12 Jul 2016 - Week 1
 - Results: Long Jump (4.15), Discus (4.50), 100m (15.00).

Little Athletics Victoria

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Foundation for all sports

Reg No. A0003260D ABN: 47 646 887 442

Athlete Profiles

A collection of successful Australian Athletes is available for you to get to know something new about them. Where did they start their Athletics career and what their favourite food is are just some of the interesting things you will be able to find out about them.

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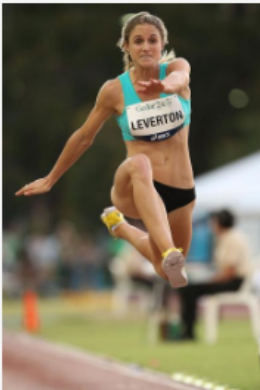
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ResultsHQ
Hazeldine ▾ ?

[HOME](#) [CALENDAR](#) [RESULTS](#) [RECORDS](#) [ACHIEVEMENTBOOK](#)



I started Little Athletics in the U10's at Algester Little Athletics Centre in Queensland and liked trying all of the different events, but I was better at the jumps, sprints and hurdles.

The thing that stands out most in my memory about Little Athletics was our centre championships - they were always a really fun competition that I looked forward to.

TRIPLE JUMP

Linda Leverton

Hi, my name is Linda Leverton (my maiden name was Allen). I compete in both the long jump and triple jump but my favourite event is the triple jump, and my personal best is 13.93 metres.

My most memorable moment in athletics is when I got to compete in the World Cup in Greece in 2006 against Tatyana Lebedeva from Russia, who has won an Olympic Gold medal in the long jump and a World Championships gold medal in the triple jump. I am the Australian U20 record holder for triple jump. I have been the national champion for triple jump in 2006, 2009 and 2013.

Favourite Food?
Chicken burritos

Favourite Tv show?
Top Gear

Favourite Movie?
Pearl Harbour

Who is your idol?
Bronwyn Thompson (Australian record holder in the long jump) was my idol when I was in Little Athletics because I liked doing the jumps events.

What advice would you give to Little Athletes?
Keep trying and never give up!
Lots of people improve a lot as they get older.

Instructional Content

Find out how to do a new event from the professionals. Key tips and instructions to assist you with achieving personal bests every week.

ResultsHQ
Hazeldine ▾ ?

[HOME](#) [CALENDAR](#) [RESULTS](#) [RECORDS](#) [ACHIEVEMENTBOOK](#)

Javelin

Hold javelin along the length of the hand with a comfortable grip. Javelin is held at head height, with palm facing upward. Javelin is taken back straight. Throw should have a pronounced backward lean from the ground. Coming over the top of the shoulder.

Hi, I'm Kim Mickle, also known as Kimbo. My event is the javelin, and my best throw is 66.83m, which I achieved in March 2014 and ranked me number one in the world.

My most memorable results are winning gold at the 2014 Commonwealth Games with a throw of 65.96m, silver medal at the 2013 World Championships, silver at the 2010 Commonwealth Games and winning the gold medal at the 2001 World Youth Championships. I have been Australian Champion nine times including 2014 and competed at both the 2012 and 2016 Olympic Games.

[Click here to read more...](#)

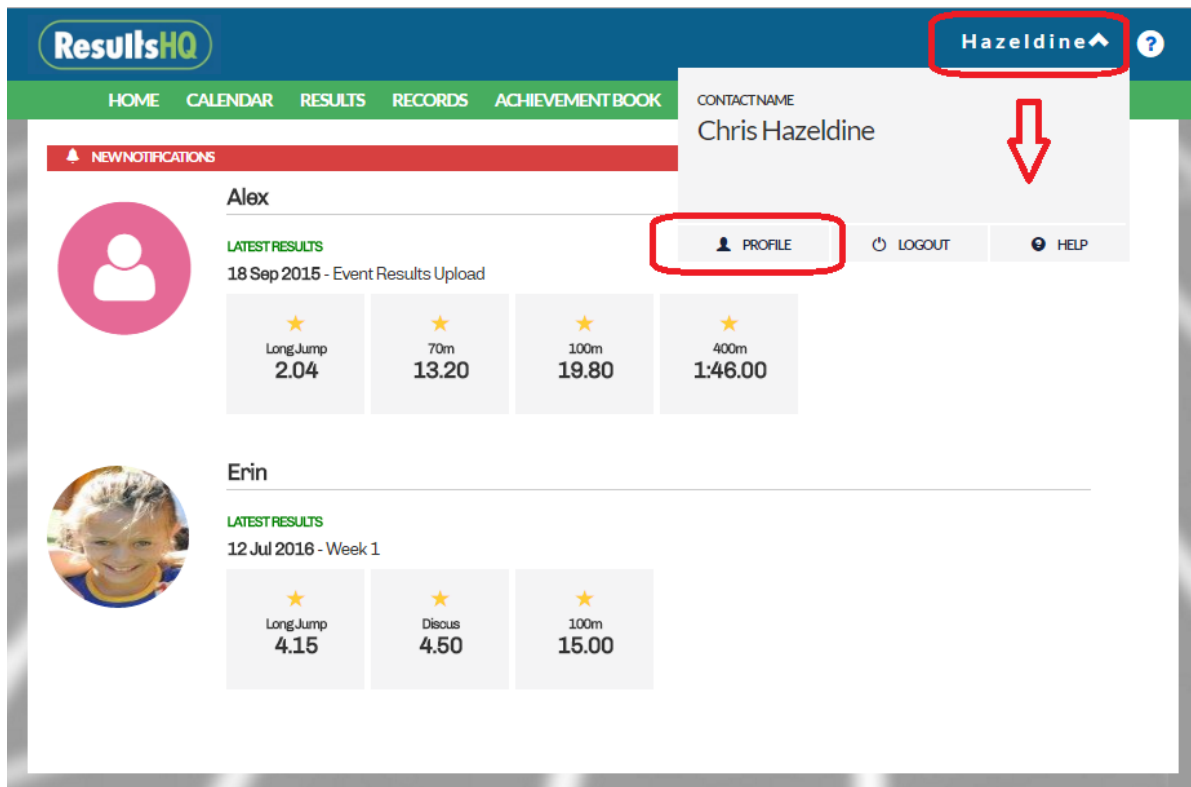
Printed/Saved Achievement Book

A printed/saved version of the Little Athletics Australia Achievement is available from the Family Portal. The tickets are drawn from all uploaded results in the current season and members can upload a custom picture for the cover page direct from the Family Portal.

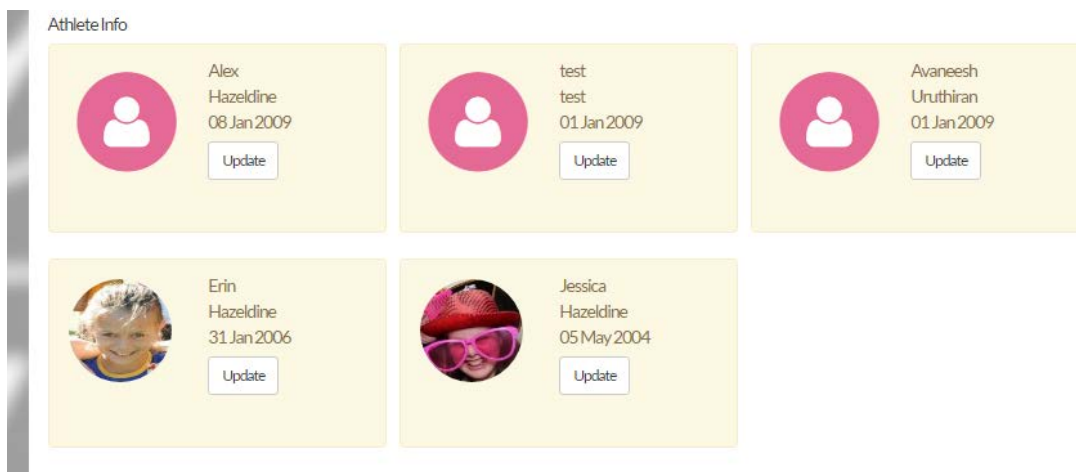
NOTE: This feature is only available from a desktop/laptop computer and Chrome is the browser that provides the best results. Also smaller screens such as on laptops that have a zoom applied may display images/content incorrectly and may need to be adjusted for best results.

Adding a Personalised Picture

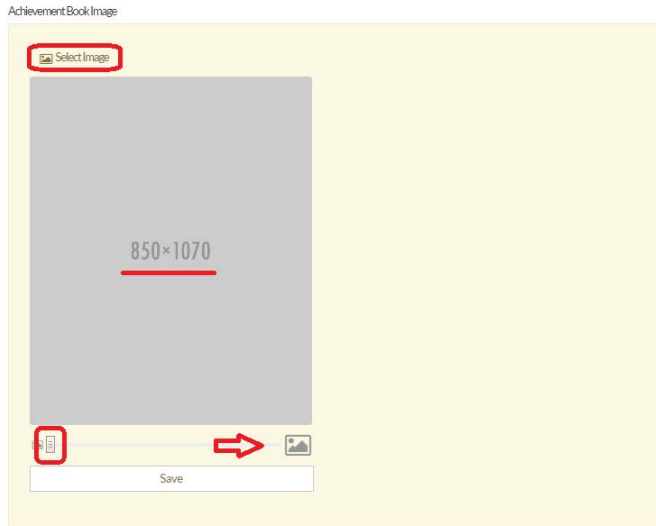
To add your own personalised Athlete Picture to the front cover of your achievement book, click the family name at the top right of the screen and go to the Profile page.



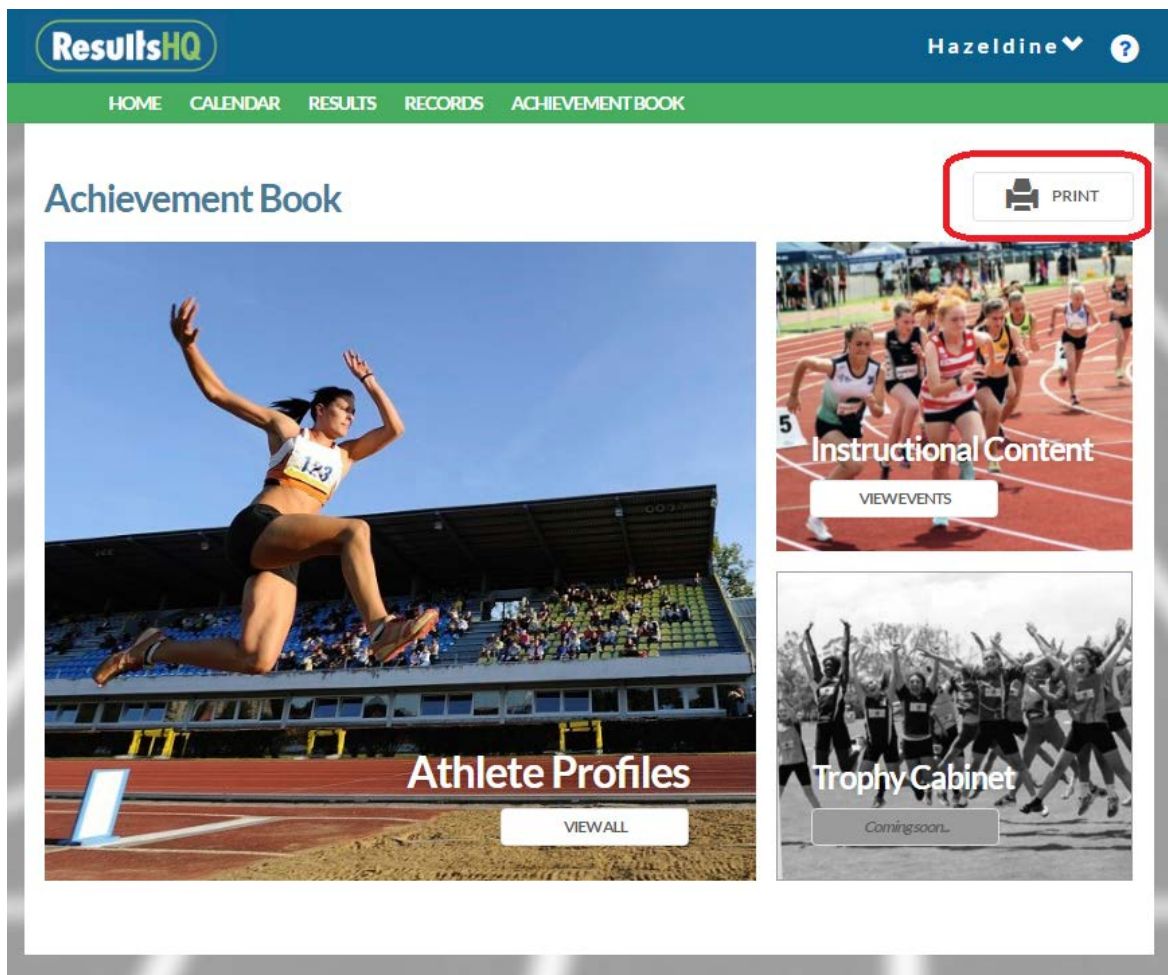
Click the Update button next to the Athlete that you want to update the Achievement Book picture for.



Browse for your picture by clicking the Select Image button - NOTE: pixel dimensions on the picture - a lower resolution picture will not look as good.



Drag/resize the picture to your desired result and then save to upload. Then go to the Print button from the Achievement Book home page to select the Athlete to generate an Achievement Book.



Using the print dialogue you can save as PDF or print your personalised achievement book at any time.

Print

Total: 11 pages

Save Cancel

Destination

Save as PDF

Change...

Pages

All

e.g. 1-5, 8, 11-13

Layout

Portrait

Paper size

A4

Margins

Default

Options

Background graphics



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