

Little Athletics Queensland wishes to express its appreciation to the following partners:



QUEENSLAND GOVERNMENT

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President's Corner

The holidays have come and gone and I hope everyone had the opportunity to relax over the festive period ready for a busy second half of the season.

The first of the Nordic Sport Regional Championships start on the 2nd and 3th of February with Met North and Met West. The remainder of the Regions have theirs on the 8th, 9th & 10th of February. The Championships are a culmination of a lot of hard work by Regional committees, Centre committees and their athletes and parents. There is a lot of work in organising tracks, equipment and the general running of the events on the day. It is great to see the various Centres within each of the Regions all help each other to stage this event to allow their athletes to compete to the best of their abilities. I would like to thank all of the Regional Committees and Centre committees for their tireless efforts.

Our McDonald's State Championships will be held in Townsville this year. The emphasis is of course on the competition but everyone also has a lot of fun on these trips and gets to socialise a lot more with their Centre members. Hopefully we get good weather and not too much rain this time.

We are not too far away from our inaugural Multi Event weekend. This will be the first time this has been a standalone event. It will also serve as the selection event for our Multi Event team for ALAC's in Hobart in April

The sign on for our Winter Centres is fast approaching and we are looking forward to another great season in the North. The office is

always on hand to answer any questions you may have.

I would like to congratulate all of our centre officials who received Australia Day Awards. We have some truly wonderful people who work tirelessly for Little Athletics and the community at large. Congratulations to you all.

Sadly we said good bye to one of our staff members recently. Taneille Crase was one of our Development Officers and more recently filling in for Shannon in the Operations Managers role. Taneille has gone to work in the education system and we wish her well. We welcome Kendal Newton-Smith into the DOs role. Kendall is already getting out and about with the Centres.

I would like to wish everyone all the best with your Regionals. We will have a Board member present at most of the Regions so come and say hello and ask any questions you may have.

Donna Smith

From The CEO

Kumon Sponsorship

It gives me great pleasure to announce education provider, Kumon has renewed their sponsorship of Little Athletics Queensland. Kumon is great fit with our organisation given we share the values of personal improvement, family involvement and learning skills in fun and healthy environments.

We're also looking to partner with Kumon to develop some innovative and fresh education programs for our members and volunteers. Further information on these will be provided soon. In the meantime, please visit www.kumon.com.au to see the full



range of services Kumon can provide to your athletes.

Thank you Kumon for your support of Little Athletics in Queensland!

Little Athletics Promotional Videos

Little Athletics Queensland has partnered with the Griffith University Film School to produce three promotional videos for us to use when marketing our sport. The end results are amazing and really typify the Little Athletics spirit.

Thank you to the Aspley, Goodna and Ipswich Centres for providing athletes and parents for the shoot.



Here are the links to view them:

15 Second Version:

<https://drive.google.com/file/d/1pwEHE7LuPGxZGJMqTOladPILiPGZXuJ/view?usp=sharing>

30 Second Version

cut: <https://drive.google.com/file/d/1MRd5257UF5W8Po4iZNozViaH7pAZkQem/view?usp=sharing>

1 Minute Version

<https://drive.google.com/file/d/1mla-RClkz3bvb4AjvZEaG-T-BgtlClpP/view?usp=sharing>

If you have trouble opening these links, try copying and pasting the links into your web browser. Otherwise, please email me at s.cook@laq.org.au and I'll forward the links back directly by email.

Simon Cook

Administration

Coles Banana Donations

Banana donations for Summer Centres will recommence on Friday 1 February 2019.

Don't forget to check the back of your coupon books for the correct validity dates to ensure the barcodes scan properly. These should be marked "February" or "March" on the back of the coupon.

2019 State Team Information

The State Team booklet has been revised for the 2019 ALAC's and is available on the LAQ website. This document will also be emailed to all Centres so they can pass the information onto athletes in the relevant age groups.

Further information on any additional selection processes that might apply at the upcoming McDonald's State Championships will be provided to competing athletes after the Regional Championships.

Gambling Community Benefit Fund

The Gambling Community Benefit Fund has now opened for the next round of applications. Centres can apply for grants anywhere from \$500 to \$35,000.

For more information, please use the following link:

<https://www.gamblingcommunityfund.qld.gov.au/#/welcome>

Get Started Vouchers

The next round of the Get Started Vouchers will open on Wednesday 6th February 2019.

The program provides eligible Queensland children and young people aged 5 to 17 (inclusive) with a voucher that is valued up to \$150 for membership and/or registration fees.

More information about the program is available at:

www.qld.gov.au/recreation/sports/funding/getinthegame/getstarted

Summer Centre Registrations

Summer Centres will find enclosed with this mailout, current registration figures as received by the LAQ Office. If your Centre has any issues with these figures, please contact Ngaire in the LAQ Office.

2019 / 2020 Winter Registration Fees

The LAQ registration fees for the 2019 / 2020 season are:

- Tiny Tots: \$40.00
- U6-U17: \$72.00

Centres should be aware of Rule 1.8.1 of the Centre Constitution regarding the maximum fees that can be charged when setting your fees for the new season.

Winter Centre Requirements

Winter Centres need to ensure that the following items are sent into the LAQ Office before the start of the new season:

- \$55 Affiliation Fee
- Committee Membership form
- Sign-on Stationery form
- Draft AGM Minutes

Tips for a Successful AGM

As many Centre's are aware it can be difficult to draw in members to an AGM. To maximize your AGM's potential, you might want to look at pairing it with another activity. If your Centre holds an awards night or an end of season break up, that would be perfect.

Centres should advertise the date of the AGM well in advance and send out reminders to their members. Also, provide members with an agenda, so that they are aware of the structure of the meeting.

Preparation for the AGM is key and the Committee should ensure that they compile all relevant paperwork for the AGM and also confirm which Committee Members are looking to continue on with the Centre. A notice of the AGM should be sent to your members at least (28) days prior to the meeting.

Graduation Certificates & 10 Year Athlete Participation Badges

Graduation Certificates are available to all Centres on request. Order forms can be found in the Awards Booklet, or simply supply the names of the athletes in writing to the Association Office. Please allow

at least 2 weeks for preparation of these certificates.

Honour Certificates & Year of Service Badges

A great way to recognise the hardworking volunteers at your Centre is to nominate them for an honour certificate or years of service badge.

LAQ offers these awards for all Centres. To be eligible for an honour certificate, members must have been involved with your Centre for a minimum of 5 years. There are a number of years of service badges available, including 10, 15, 20, 25, 30, 35 & 40 years. These certificates and badges can be ordered at any time throughout your season by completing the appropriate nomination form in the Awards Booklet and returning it to the LAQ Office.

Ngairé Hollands

Coaching & Development

Introduction to Coaching (ITC)

Take your first step into basic athletics skills coaching. All practical, no exam, no previous experience necessary!

If you want to learn more about athletics for kids, then the ITC is for you!

The ITC is designed to help participants become better placed to assist children to perform basic athletic skills. The course is great for parents, school teachers and other interested persons who want to know a little more about the skills of the sport so that they may help to coach children of Primary school age, assist at Little Athletics Centres or prepare students for a school athletics carnival. Participants will be shown skills, drills, games and activities relevant to the target age group.

The ITC is a non-accredited practical coaching course designed for Little Athletics.

1 Day course - 6.5 hours duration.
Cost: \$99.00 per participant.
Participants need to be minimum of 16 years of age at the time of the course.

If you are interested in finding out more information or booking a course for your Centre, more details can be found on the LAQ website or by contacting the LAQ Office.

Upcoming ITC's (confirmed to date):

- 27th April – Marlin Coast
- 11th May – Townsville Central

Little Athletics Program for Schools (LAPS)

We have had another fantastic term of school visits with our Little Athletics Program for Schools. This year we have had approximately 30,000 children in over 100 schools throughout QLD participate in our LAPS promotional visit.

The purpose of our LAPS session is to promote Little Athletics and to encourage more children to register with their local centre. LAQ Development Staff and presenters, on behalf of the local Little Athletics centre make the visits, which include children having an active experience participating in different track and field events and distribution of relevant materials to both teachers and students.

If there are any Centres who wish us to contact a specific school to see if we can run a LAPS session, please contact Kendal or Shaun in the LAQ Office. Please understand that we aim to conduct all school visits for those who request them, however we cannot guarantee this.

Centre Coaching Initiatives

Over the recent school holidays a couple of coaching initiatives were conducted by Centres. While these may not have been the only ones out there, these are ones that the LAQ Development Staff were made aware of.

Springwood – coach education: Springwood LA's organised a "coaching round table" discussion group. They invited a guest coach,

Stacey Taurima, in to discuss anything and everything about coaching. Centre coaches were invited to ask questions about their own coaching and discussion was generated.

Nambour – coaching clinic: Nambour LA's organised a coaching clinic using their own Centre coaches to aid in the development of athletes. They also invited in coach Ian Fenwick to not only coach the athletes but also offer some in-service / professional development to the Centre coaches.

We would like to highlight and commend these Centres for taking the initiative for taking an active role to assist in the development of their own coaches. If your Centre is doing something similar and would like one of the Development Staff to come and assist, please contact us to let us know what you are doing.

Game of the Month

Running Over Obstacles

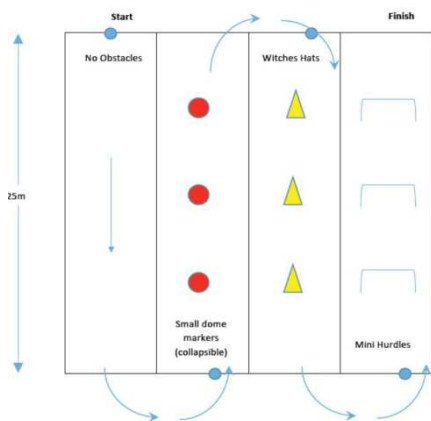
This activity teaches the basic skill of hurdling – running over obstacles.

- Using four lanes, evenly space out the obstacles (refer to diagram) over a distance of 25 metres (approx.). The diagram shows three, however you could use two or four obstacles. It will depend on the amount of equipment you have access to.
- It does not matter what the obstacles are, so long as they are safe and they increase in height each lane. For example, you could use skipping ropes, hurdle tops, micro hurdles (15cm high) so long as they are safe.
- To begin, run down lane one, turn into lane two and return back (over obstacles), then turn down lane three (over larger obstacles) and return back up lane 4 (over even bigger obstacles).
- Start the first repetition jogging and then increase speed with each subsequent repetition. For

example, if doing this three times, first repetition would be at a jog, second would be three quarter speed and then third would be flat out.

- You can have multiple athletes running at the same time, so long as there is one to two obstacles distance between them.
- If you have large groups, then have two lanes of everything.

Note: each repetition (up and back, up and back) equates to 100 metres.



Shaun Lethem & Kendal Newton-Smith

Competition & Officials

2019 LAQ Conference 8th & 9th June

The 2019 LAQ Conference will be held at Novotel Twin Waters Resort, Sunshine Coast. The Conference weekend will include a Friday evening welcome, full Saturday business sessions, Saturday evening awards dinner and ½ day Sunday business sessions, incorporating the LAQ AGM.

Important dates to note:

- 17th April
Submission of Motions
- 24th April
Accommodation Bookings Finalised
- 17th May
Registration & Delegates Form

Online Conference registration portal, the information booklet and further information will be available on the LAQ website soon.

The accommodation booking form is now available on the LAQ website. Centres intending to use onsite accommodation should note that there will be earlier than normal release dates (rooms released back the public) and bulk held rooms maybe limited if there is a high demand. So the best way to not miss out is to get your accommodation bookings in early!!

In the meantime, we encourage all Centres to contact the LAQ Office to discuss the various funding opportunities that are available to financially assist with your Committee members' attendance.

Please use this link to view details about the Novotel Twin Waters:

<https://www.accorhotels.com/gb/hotel-1644-novotel-twin-waters-resort-sunshine-coast/index.shtml>

ResultsHQ Season Rollover Required (Winter Centres Only)

Winter Centres using ResultsHQ should be looking to conduct a Season Rollover in the Centre ResultsHQ Profile at least 2 weeks prior to their first sign on date. For assistance with this or for any other queries on ResultsHQ, please feel free to contact Bianca through the LAQ Office. The link below provides a step by step article for quick reference:

<https://support.timingolutions.com.au/hc/en-us/articles/201741754-Season-Rollover-Getting-ready-for-a-new-season>

McDonald's State Relay Championships

Congratulations all athletes who participated in the 2018 McDonald's State Relay Championships and our sincere thanks to all Officials who dedicated their time to ensure the event was conducted so successfully.

There were 26 QBP's recorded and certificates are on their way to the

relevant Centres. A full set of results is posted on the LAQ website under Competition > Results.

Nordic Sport Summer Regional Championships

Best of luck to all Regional Committees, Host Centres, Officials and competing athletes at the following Regional Championships venues:

- 1st – 3rd February
Met North @ Leslie Patrick Park, Arana Hills
- 2nd & 3rd February
Met West @ Bill Patterson Oval, Ipswich
- 8th - 10th February
Sun Coast @ Albert Park, Gympie
- 9th & 10th February
 - Central Coast @ Bundaberg Region Athletics Facility
 - Downs & South West @ Highfields
 - South East @ SAF, Nathan
 - South Coast @ Ashmore

LAQ promotes these as fun competitions for athletes of all abilities, however, there is no escaping the fact that they are also the qualifying events for the McDonald's State Championships, so this is a timely reminder that:

Athletes

- who place 1st – 4th are eligible to progress
- who record an equal or better time / distance than the qualifying standards when competing in a final or top eight are also eligible (refer to the LAQ website for the 2019 standards).
- competing in Race Walking events at Regional Championships must equal or better the qualifying time limit as detailed in the Competition Handbook to progress, irrespective of placing
- competing in the 1500m at Regional Championships, must record a time that equals or better the qualifying time of 7 minutes irrespective of placing

There is no provision for athletes seeking participation under a medical application.

Specific information for each of the Regional Championships is posted on the LAQ website calendar and will be updated, including the Regional program of events as details are provided. Each Region's results will be posted on the LAQ website as soon as they are provided to the LAQ Office.

McDonald's Combined Event Championships

All LAQ registered U7 to U17 athletes are eligible to nominate for the McDonald's Combined Event Championships. A full program of events is posted on the LAQ website calendar.

Nominations will be accepted via Family ResultsHQ and Centre ResultsHQ profiles. A Meet Invite will be issued this week for Centre and family profiles. If more information or assistance is required, contact Bianca through the LAQ Office.

U15 athletes (and U16 athletes born October – December) seeking to be selected for the 2019 LAQ State Team, will need to compete at this event. Placegetter medals will be awarded to U9 – U17's. All U7 & U8's will be awarded participation medals. Refer to the LAQ website for further information.

Details for the event are:

- SAF, Nathan
- \$15.00 per athlete
- Nominations close 9am on 25th February

2019 McDonald's State Championships

The McDonald's State Championships is in Townsville on 22nd – 24th March.

Following the Nordic Sport Summer Regional Championships, the closing date for athlete nominations is 9am on Wednesday 27th February.

To ensure the smooth running of the event, we need to ensure that we have sufficient accredited Officials and helpers. We ask that all Officials

take a moment to consider if they will be available to officiate during the weekend's competition. We also need confirmation from those that lodged applications early in the season so please respond to any emails you receive. Expressions of interest forms are still being accepted so if you or your fellow Officials have not already submitted a form, please do so. More specifically to our Winter members, it would be wonderful to have northern officials at the event.

For classified Multi-Class athletes, direct nomination in the Multi-class events for the State Championships is available. There is a maximum of 5 events allowed across standard (via qualification at Regions) and Multi-Class events. Proof of classification must accompany all nominations. Nominations for these athletes should be done by Centres. Refer to the Multi-Class handbook for events and further details.

Pre-orders for the McDonald's State Championships souvenir shirts are now being processed directly through Nordic Sport. Order forms and information has been issued to all Centres via email, is attached to this edition and now available through the LAQ webpage. Orders will not be processed unless accompanied by payment. Orders and payments are to be sent to Nordic Sport by 27th of February.

Competition related Handbooks

Over the next few months the Officials and Competition Committees will be reviewing the LAQ Competition, Officials, and Multi-Class Competition Handbooks. Centre Committee members are invited to provide comments on or suggestions for additional information or changes to the current rules, format and information contained within these handbooks. Emailed communication in this matter is essential for sharing purposes amongst the Committee members and should be received by k.lunt@laq.org.au as soon as possible but no later than 1st March for consideration. Email addresses and

names can be made confidential if requested.

Officials Education

Members wishing to be engaged in the learning process for officiating at Centre or up to State level competitions should be using the online learning modules available through the LAQ Officials Education webpages. Level 1 learning and accreditation is all online. Centre Committees and experienced Officials should be assisting new members or members wishing to gain accreditation at Centre meets for Level 1.

Level 2 involves online learning and practical assessment. Any members that have completed the online theory who wish to be assessed at LAQ competitions must advise the LAQ Office prior to the competition and report to the assigned evaluator with the appropriate practical card for signing at the conclusion of the evaluations period.

Karen Lunt & Bianca Lunt

Mailout Attachments

- McDonald's State Championships Souvenir Shirt design and pre-order information

Checklist

- McDonald's Combined Event Championships nominations - 25/2/19
- McDonald's State Championships nominations - 27/2/19
- State Championships souvenir shirt orders (direct to Nordic Sport) - 27/2/19