

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



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President's Corner

We have had a very busy March culminating in the McDonald's State Championships in Townsville. What a great weekend of competition we had and thankfully the weather held albeit a bit humid. We had over 1,400 athletes competing from 88 Centres. This represents 83% of our Centres competing over the weekend, which is an amazing representation from across the State.

We had lots of good competition resulting in numerous QBP's and 2 ABP's. This is a great result considering the heat athletes had to contend with. There were lots of PB's and a lot of friendships made throughout the weekend. Many Centres travelled together and stayed as a team and this created comradery between athletes who normally wouldn't be together. This is a lovely by product of conducting events outside the South East corner. I witnessed some special moments between athletes over the weekend which makes me proud to be involved with the sport. Thank you to all of the parents, carers, coaches and Centre committees for their efforts in getting the athletes to Townsville.

We also say a very big thanks to Townsville Central Little Athletics for helping us organise the weekend and for lending equipment, and to Wulguru Little Athletics for also helping out with equipment.

I would like to say a heartfelt thank you to our officials who spent the weekend out in the heat and humidity. Your dedication and willingness to do whatever is asked of you is appreciated. A lot of officials travelled largely at their own expense and this is testament to the amazing group of people we have involved at LAQ. Thank you to Tony

Frampton who organised the officials for the weekend. This is not an easy task for three days.

One of the highlights of the weekend was the presentation we were able to make to Marnie from Ronald McDonald House Charities North Australia. In 2 weeks our Centres were able to raise \$6,000. This is a fantastic effort and RMHC NA was extremely grateful.

I would like to thank our sponsors who were in Townsville, Neal and Marianne Pitman from Nordic Sport, Ashleigh Hure from McDonald's and Josiah Hess from Kumon. Without the support of our sponsors we couldn't provide the services we do.

On Wednesday, we announced the State Team to travel to Hobart to compete in the Coles Australian Little Athletics Championships in April. This is a teams event and this year we are taking a larger team than we normally do due to the age group change over. Thank you to our selectors who had a very difficult job in picking the team due to the size. Good luck to all of our athletes and I look forward to watching you compete in Hobart.

The Winter season has kicked off for 2019/2020. I would like to wish every Centre the best of luck for a great year ahead. If any Centre has queries or information they require, don't forget the LAQ Office is always happy to help. Thank you to everyone who has stepped up to committee positions. This enables every athlete to have the best athletics experience.

As our Summer season draws to a close, I would like to thank all the committees and everyone else who has contributed to another terrific season. Running a Centre is not a small task but the results are well worth it when you see all the athletes



having fun and getting outside in the fresh air.

Good luck to all our athletes and ex athletes competing at the Australian National Championships in Sydney next week. Best of luck also to our officials going. Hopefully you all get a well-deserved break after that.

Donna Smith

From The CEO

Coles Community Fund - Round 3

This is the final opportunity for Centres to apply for Round 3 of the Coles Little Athletics Community Fund.

Applications close this Sunday (11.59pm, 31 March) and the process has not changed from Round 2, so Centres can re-apply using the same application form with updated quotes.

Preference for this round will also be given to Winter Centres so, if you're a Winter Centre, make sure you get an application in as part of your season preparations.

Applications can be lodged at www.coles.com.au/littleathleticsfund

Ronald McDonald House Townsville Fundraiser

A sincere thank you to the following Centres that donated to the Ronald McDonald House Townsville Fundraiser:

Bargara	\$470.70
South Burnett	\$100.00
Balmoral	\$549.40
Glasshouse	\$363.50
Runaway Bay	\$200.00
Gympie	\$1,000.00
Algerger	\$283.00
Jimboomba	\$250.00
Toowong	\$370.00
Noosa	\$1,050.00
Ipswich	\$500.00

We presented a cheque to Marnie Bricknell from Ronald McDonald House North Australia at the McDonald's State Championships in Townsville for the exceptional amount of \$6,000! She was absolutely astounded at the

generosity of the Centres and the supporters in the stands that donated throughout the event.

I'm pleased to say, the tally has continued to rise with the total money raised now at \$6,151.60. Well done to everyone that contributed to this extremely worthwhile cause.



LAQ Award Winners

Congratulations to the following athletes that were awarded George Harvey Leadership Awards and the Laurie Baartz Award for Most Improved Athlete at the 2019 McDonald's State Championships:

George Harvey Leadership Award

Kobe Hinton (Mudgeeraba)

Sophie Trevan (Glasshouse)



Laurie Baartz Award for Most Improved Athlete

Seth Mitchell (Gold Coast)



Well done to all of you on outstanding seasons!

Simon Cook

Administration

2019 State Team

Congratulations to the 40 athletes who were selected as members of the 2019 LAQ State Team to compete at the Australian Little Athletics Championships in Hobart on the 27/28 April.

U13 Boys

- Harrison Adams – Ashmore
- Alex Bradley – Highfields
- Kynan Coombes – Redlands
- Sebastian Cu – Algerger
- Zane Eldridge – Ashmore
- Jake Giltrap-Good – Gold Coast
- Diesel Hadlow – Bracken Ridge
- Tyler Hine – Ashmore
- Danny Kavanagh – Springwood
- Zephyr Marlin – Redlands
- Sam McCure – Ashmore
- Charlie Miller – Runaway Bay
- Zane Pearce – Redlands
- Cameron Philip – Balmoral
- Aston Tagg – University of the SC
- Nathan Taberner - Springwood

U13 Girls

- Ella Booker – Deception Bay
- Anika Clarke – Redlands
- Charlize Goody – Ipswich
- Mackenzie Grundy – Nanango
- Daniella Hankey – Redlands
- Marissa Hanlon – Centenary
- Havana Harris – Gold Coast
- Ashanti Heap – Gold Coast
- Ruby Hughes – Gold Coast
- Chloe Kerswell – Springwood
- Amali Kinsella – Deception Bay
- Losehina Mulligan – Springwood
- Amber Norton – Arana
- Kalliyan Seremet – Redlands
- Bailee-Anne Tewake – Gold Coast
- Zoe Waters – Highfields

U15 Heptathletes

- Matilda Brown – Helensvale
- Bella Iselin – Helensvale
- Eloise Tolstoff – Mt Gravatt
- Laylani Vaai – Ipswich
- Connor Duggan – The Gap
- Brayden Field – Gold Coast
- Carl Martin – Arana
- Sam Windsor - Jimboomba

LAQ Awards

Nominations for Life Membership, Distinguished Merit, Merit, Frank Knight Memorial Coach of the Year



and Volunteer of the Year close on 19th April. Refer to the LAQ Awards Booklet for further information.

2019 Annual Conference Motions

A reminder that if your Centre wishes to submit motions for the 2019 Annual Conference, the closing date is Friday 19th April.

Nominations for Board of Director Positions

Nominations are now open for Board of Director positions for the 2019 AGM. Positions available are Finance Director and two (2) General Directors.

Closing date for nominations is Friday 19th April and no late nominations will be accepted. You will find enclosed with this mailout, further information and a nomination form.

Athlete Registration Numbers - Winter Centres

All Winter Centres need to ensure that athletes within their Centre have been assigned a registration number. Athletes can continue to use their registration number from last season.

Centres must enter the athlete's registration number into your registration console.

Winter Centre Registrations & Payment

For any Winter Centres that require assistance with their registrations or payment for registrations, please contact Ngaire in the LAQ Office.

End of Season AGM's - Summer Centres

Summer Centres should be starting to prepare for their AGM's. Your AGM should be held within three months of the close of the Centre's financial year, which is 31st March for Summer Centres. Once your Centre has held an AGM, please ensure that your Centre & Committee Membership form is completed and sent into the LAQ.

If your Centre has any questions or concerns about your AGM, please contact the LAQ Office.

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.

Shannon Kruger & Ngaire 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
- 8th September – Mt Tarampa

Little Athletics Program for Schools (LAPS)

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.

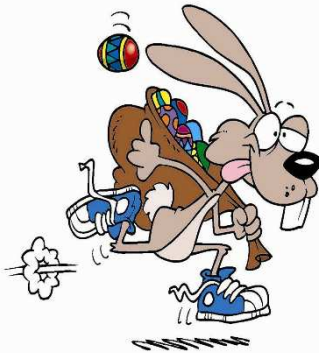
Game of the Month Bunny Tag

No equipment needed.

How to play:

Pick one athlete to be the "dog" chasing the other athletes, who are the bunnies. The bunnies hop away from the fast-walking dog. If they are caught, they must crouch down and use their arms to make bunny ears

on top of their head until the game is finished. The last bunny caught becomes the dog during the next round.



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.

Centres planning on attending the LAQ Conference who are wanting to stay at Novotel Twin Waters should have already made or be submitting their accommodation bookings now. If bookings have not been made, please use the following link to complete the booking form and return it to the venue as a matter of urgency.

<http://www.laq.org.au/Portals/47/Documents/2014%20Medibank%20Conference/06.%20June%2007%20-%20Little%20Athletics%20QLD.pdf>

The venue is releasing held rooms and will not guarantee availability.

Committees should be considering who will represent the Centre as delegates and who would benefit as additional attendees during business, workshop and presentation sessions. You may also like to invite members who deserve a little reward or recognition to the Saturday evening Annual Awards Dinner, the theme this year will be "The Greatest Show on Earth".

Important dates to note:

- 19th April
Submission of Motions
- 24th April
Accommodation Bookings Finalised
- 10th May
Motions & AGM papers distributed via email
- 17th May
Registration & Delegates Form
- 29th May
Closing date for motions and AGM votes

Online registration for Conference attendance and the Conference Information booklet (attached to this mail) is available through the LAQ Conference webpage.

Over recent years a Conference Centre Buddy scheme has been in place which encourages Centres who are financially able to assist smaller Centres to send delegates. For more information please contact Karen in the LAQ Office.

2019 McDonald's State Championships

With great team effort, the event in Townsville was undoubtedly a success. The overall atmosphere of the Championships was uplifting, the Officials were awesome in working tirelessly each day, and everywhere you turned athletes were being their best on the arena.

Congratulations to all Centres and families for their support of our young athletes and their attendance in Townsville. As always many personal best performances were set, as well as 14 QBP's and 2 ABP's (to be ratified). Photos are available for purchase through [Medal Shot webpage](#) and the official results are now on the LAQ website. Performance certificates will be posted to each Centre next week. If your Centre wishes to collect their certificates from the LAQ Office, please contact Karen or Bianca before Monday afternoon.

2019 LAQ Competition Calendar

All Centres are encouraged to promote the following competitions:

- 2019 Ronald McDonald House Charities Winter Carnival - Townsville - 22nd & 23rd June
- 2019 Coles Spring Carnival - Bundaberg - 28th September

These LAQ Competitions are open to U7 - U17 LAQ registered and non-registered age appropriate athletes. LAQ Members can nominate directly through ResultsHQ Family profile or through their Centre. Nomination fees are \$15 per registered athlete and \$20 per non-LAQ registered athletes.

The following Nordic Sport Regional Championships are only open to U7 - U17's LAQ registered athletes. LAQ members can nominate directly through the ResultsHQ Family profile or through their Centre. Nomination fees are \$15 per athlete.

- Tropical North
Tully LAC
31st August & 1st September
- Central North
North Rockhampton LAC
7th & 8th September
- Maranoa
Goondiwindi LAC
21st & 22nd September
- North Queensland - TBC

Families and Centres will have access to their ResultsHQ profiles for each of these events in May. Programs and further information will be available on the LAQ website as they become available.

Competition Quick Bites

Collapsible Hurdles must be in use this season!

U11 & U12 Hurdle specifications have changed to:

- 80m (not 60mH), 9 Flights @ 7m spacing, 12m lead in, 12m run out
- 60cm: U11 Boys & Girls
- 68cm: 12 Boys & Girls

Updated LAQ Centre Program Manual is available on the LAQ webpage - feedback is welcome

Centre Weekly Meets

Centres looking at their season program and weekly meets, might like to consider incorporating or using some of the following ideas:

- Start the season off easy
 - use the FAST Program (particularly for Tiny Tots - U8's) for the first 8 week block. For more details about this option contact Shaun through the LAQ Office.
 - consider only having a few (2-3) scheduled events the first three meets and include event coaching and or education for athletes and helpers
 - create lines in sectors to indicate green, red and blue levels, and have athletes try to jump / land implement in sections instead of measuring.
 - don't include javelin, triple jump or flop high jump for age groups that have never done the event before
 - have 3 weeks of coaching, the 4th week provide a competition meet, or alternate between a coaching meet and a competition week.
- Look at which age groups can be combined in like events, but do not allow an individual athlete to compete up for personal gain
- Use front and back straights for sprint and hurdle events
- Provide training while age groups are waiting for track events - show athletes how to start and finish a race

Competition is a natural component of what Little Athletics offers; however, skill development, improvement, and having fun should always be the focus at grassroots level.

Centre Awards Survey

Each Centre will soon receive an email requesting that a Committee member complete an online Monkey Survey on Centre Awards, so we can collate and use the details to create a template of the most commonly used. These templates will be available for any existing or new Centre Committee to review and use as they see appropriate. We would appreciate all Centres supporting this exercise.

Starting Caps

Starting Caps are becoming rare and unlikely to be available in the near future. Nordic Sport have advised that if your Centre needs an alternate to the starting gun and caps, please visit the [Nordic Sport webpage](#) to view the various options that are available.

Karen Lunt & Bianca Lunt

Checklist

- Conference motions to be submitted - 19/4/19
- Nominations for Board of Director Positions – 19/4/19
- LAQ Adult Award Nominations – 19/4/19
- 2019/2020 Centre & Committee Membership Form (Summer Centres) - 24/5/19

Mailout Attachments

- Call for Nominations for Board of Director Positions