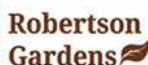


Little Athletics Queensland wishes to express its appreciation to the following partners:



QUEENSLAND GOVERNMENT

In this Edition

President's Corner 1
From The CEO 1
Administration 2
Coaching & Development.. 2
Competition & Officials... 3
Checklist for Centres 4

President's Corner

Congratulations to all our State Team members who have just returned from Hobart. We had some great results and an amazing number of PB's. The U13 Team finished 2nd overall in the Team's Trophy and 3rd overall in the Handicap Trophy. Our U15 athletes finished 3rd overall in the Life Members Trophy. These results were wonderful considering the weather the athletes had to compete in. Saturday got to a top of 10 degrees, Sunday was just a little warmer. We were so proud of everyone who just got on with it regardless of how cold they were.

I would like to pass on our thanks to the Team Managers Adam, Jo, Donna, Gary and Zane who also had to brave the elements to ensure the athletes performed to their best. We appreciate all the work done over the weekend. It was great to see a number of our officials go to Hobart to lend a hand. This contributed to a great Championships. I would like to pass on our thanks to you.

The Winter season is now in full swing and it is great to see a good number of registrations coming in. We hope there won't be too many washed out competition days and everyone has a successful season. Don't forget if you have any great stories from your Centre let us know and we can cover it in LA News.

Our next big event will be the Annual Conference at Novatel Twin Waters on the Sunshine Coast on the 8th and 9th June. This is always a great weekend where all of you get to contribute to the development of Little Athletics in Queensland. I would like to encourage everyone to attend as there are workshops and a lot of information to help you run your Centres. The opportunity to network with other Centres is one of

the most important aspects of the weekend.

I look forward to catching up with everyone at Conference.

Donna Smith

From The CEO

Coles Community Fund - Round 3

Congratulations to the following Centres that received up to \$5,000 from Round 3 of the Coles Community Fund:

- Nambour
- Gold Coast
- Bracken Ridge
- Noosa
- Marlin Coast
- Toowong Harriers
- Tablelands
- Barga
- Texas
- Tully
- Ross River
- North Rockhampton
- Cassowary Coast
- Agnes Water

This totals \$57,772 worth of equipment for Queensland Centres for this round alone. Thank you sincerely to Coles for your support of this program. Details on future funding will be released later in the year.

Queensland Marathons Partnership

Little Athletics Queensland is a proud Community Partner of the McDonald's Brisbane Marathon Festival and 7 Sunshine Coast Marathon Festival.

If you or anyone at your Centre would like to join the Little Athletics Queensland Team and receive a 10% discount off your entry fee, click on the links below:

McDonald's Brisbane Marathon Festival (2nd June):

https://endurancecui.active.com/news/events/56628653/select-race?_ga=2.256719055.579311957.1552446895-3556765.1538447871&locale=en_AU&p=7530902388150367

7 Sunshine Coast Marathon Festival (4 August):

https://endurancecui.active.com/news/events/56626853/select-race?_ga=2.49790373.2032756373.1552257303-330047876.1540273362&locale=en_AU&p=9642654799690169

Be sure to select the Little Athletics Queensland Team when you enter to receive your discount

2019 LAQ Conference

We're busy putting the final preparations together for this year's Conference at Novotel Twin Waters on the Sunshine Coast. We've responded to previous feedback and have allowed for an extra workshop block so you can have more interactive time with the presenters. The final agenda will go out with the Conference Handbook by the end of this week.

For those of you interested in starting the weekend off in the best possible way, there will be a golf game on the Friday morning before Conference at Mt Coolool Golf Club at 8am. Further details will be released soon.

Simon Cook

Administration

2019 State Team

Congratulations to the LAQ State Team on their performance in Hobart on the 27th and 28th April.

As Donna mentioned above, our team finished 2nd overall in the U13 Teams Championship, with a total point score of 1,484. The team returned home with 30 top eight placings, of which we won 3 gold, 8 silver and 6 bronze medals.

Havana Harris set a new Meet Record in the U13 Girls High Jump, with a jump of 1.71cm. Kalliyan Seremet was also successful in

recording a QBP's for the U13 Girls Long Jump with a distance of 5.43m (to be ratified).

Our U15 Multi Event athletes finished 2nd overall in the Life Members Trophy. Laylani Va'ai placed 3rd overall in the female competition.



Winter Centre Registrations & Payment

All Winter Centres using Sports TG for registrations need to ensure that any paper copy registrations that are received at your Centre are added into your Console regularly.

Centres also need to ensure that for any member that pays at the Centre this payment is processed manually in the Console. The athlete's financial status will be updated once the payment has been processed. All payments for registrations not paid through Sports TG must be paid to LAQ by cheque or direct deposit by the Centre. If your Centre needs assistance with registrations this season, please contact Ngaire from the LAQ Office.

Social Media Workshop - Cairns

For our Winter Centres in the Tropical North Region, a Social Media Workshop is being held in Cairns by the Council. The workshop will be conducted at the Spence Street Civic Room on the 15th May from 6pm.

The workshop is designed to give you more information on how to market your Centre through social media and provide a general overview of how social media works.

If you have any questions or would like to RSVP for the workshop you will need to email t.mackrill@cairns.qld.gov.au

National Volunteer Week

It is National Volunteer Week from the 20th – 26 May. This is a week to acknowledge the contribution of volunteers across the Nation. Centres might like to hold a BBQ or picnic to celebrate.

To all our hardworking volunteers you make a significant impact in the lives of your athletes, families and the wider community. We are very fortunate to have such a selfless group.

Thank you for your amazing dedication and keep up the good work!!!

Just remember...



Summer Centre Requirements

Summer 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

2019 / 2020 Registration Fees

The LAQ registration fees for the 2018/2019 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.

For Centres that charge a once off fee at the start of the season, the total fee cannot be greater than three times the LAQ registration fee.

Centres that charge a fee at the start of the season as well as running fees throughout the season, the overall total cannot be greater than four times the LAQ registration fee

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):

- 11th May – Townsville Central
- 16th June - Maleny
- 25th August - Strathpine
- 8th September – Mt Tarampa

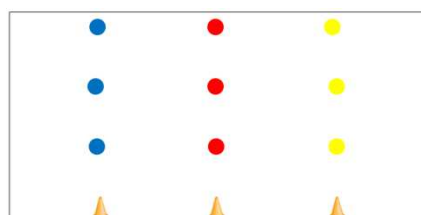
Little Athletics Program for Schools (LAPS)

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, 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.

We have recently sent out expressions of interest to schools nearby Winer Centres. 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 at 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

Hopscotch



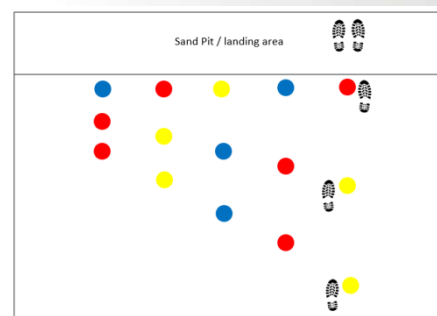
Begin by creating three (or more) even groups and have each group stand behind the witches hat facing the dots (or markers) in the ground. The first person in each group, followed by the second and so on. Each child completes each pattern two or three times:

- Two feet, two feet, two feet
- Left foot, left foot, left foot
- Right foot, right foot, right foot
- Two feet, two feet, left foot
- Two feet, right foot, two feet
- Left foot, two feet, right foot.
- Right foot, left foot, two feet

Then it is time to change the grid.

Each child then completes each sequence (starting on the smaller one) with the pattern of:

Take off on one foot, then.....**Same...Other...Both**



That is: take off on one foot on the first dot, then the next dot is the same colour so use the same foot, then the next dot is a different colour, so use a different foot and then jump into the sand pit / landing area onto two feet.

Once the first sequence is complete, move up to the next. If an child can't make it to the next dot / landing area, then they go back to the one they can and add more speed (i.e. run up).

Shaun Lethem & Kendal Newton-Smith

Competition & Officials

2019 LAQ Conference

8th & 9th June

The 2019 LAQ Annual Conference is only a month away. It will be held at Novotel Twin Waters Resort, Sunshine Coast.

A reminder of important dates to note:

- 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 are available through the LAQ Conference webpage, under the Resources tab.

2019 Coles Australian Little Athletics Championships

This past weekend in Hobart, LAQ athletes, team management and officials represented Queensland in trying conditions – it was cold, wet and windy, but they had an amazing time.

There were a number of LAQ Officials in Hobart, including Julie Cousins (LAA & LAQ 2018 Official of the Year), Judy McDonald, Garry Morrisby, Rod Clarke and Shane Pearson. They officiated tirelessly, impartially and without falter and despite the cold, they even managed to share a laugh or two.



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
Townsville
7th September

Families and Centres will have access to their ResultsHQ profiles for each of these events in May for the Winter and Spring Carnivals.

Programs and further information will be available on the LAQ calendar and competition webpages as they become available.

Centre Carnivals or Pentathlons

A reminder that Centre Carnivals or Combined Events planned for the 2019/2020 season must be sanctioned by LAQ. A revised Centre Carnival Sanctioning Request Form, detailing new requirements, has been posted on the LAQ webpage. The conducted of the competition must comply with LAQ rules and policies.

Centre Awards Survey

Thank to you each Centre that has supported this exercise undertaken by the Competition Committee and completed the online survey on Centre Awards. To ensure we have a good cross section of responses we have extended survey's closing date until Friday 17th May. Those Centre's that have not yet completed the survey, please do so by using this link:

https://www.surveymonkey.com/r/P_MFLW9C.

Karen Lunt & Bianca Lunt

Checklist

- 2019/2020 Centre & Committee Membership Form (Summer Centres) - 24/5/19