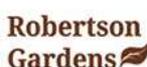


Little Athletics Queensland wishes to express its appreciation to the following partners:



QUEENSLAND GOVERNMENT

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President's Corner

We have another busy month ahead with our Annual Conference and Ronald McDonald House Charities Winter Carnival along with the continuation of our Winter season.

Our Annual Conference this year will be at Novatel Twin Waters on the Sunshine Coast, on the 8th and 9th June. Our theme this year is The Greatest Show on Earth. This should be an easy one for our themed dinner on Saturday night so I look forward to seeing what you all come up with.

There are not a large number of motions this year again so we will be focusing on delivering more workshops which will help you with developing your Centres' potential. If you have more than one representative from your Centre make sure you all go to different workshops as this will give you a broader range of knowledge. We will have some great new workshops this year along with the workshops most requested by Centres every year.

Our Winter Centres are in full swing and planning for their Nordic Sport Winter Regional Championships is well underway. If any Centre has any questions around this please don't hesitate to contact the LAQ Office.

The Ronald McDonald House Charities Winter Carnival will be held on the 22th and 23rd June in Townsville. This Carnival is open to all registered athletes and age appropriate non registered athletes. Please contact the LAQ Office if you have any queries or for nomination information.

A large number of the Summer Centres have recently held their AGM's. I would like to extend a

warm welcome to all the incoming committees. For those of you who are new to your committee don't be afraid to ask a lot of questions as we are always available in the office to help with any information you may need. We have all been on a Centre Committee for the first time and understand how daunting it can be.

I look forward to seeing you all at Twin Waters for Conference and Townsville for the Winter Carnival.

Donna Smith

From The CEO

2019 Annual Conference

The final details for the 2019 Conference have all been confirmed and we're looking forward to welcoming one of our largest contingents of delegates to Novotel Twin Waters next Friday evening for an informative and fun-filled weekend.

The Board and staff are keen to look at new ways of doing things in our sport and to break outside the usual mould of what we deliver at all levels. To help with this, Shannon will be interviewing some of our athletes on Saturday before the workshops to see what their thoughts are on their journey through our sport and what we need to consider as administrators to make their experiences more positive and enjoyable. It'll be very interesting to hear what they have to say and to hopefully use that information when we make decisions over the two days.

We'll also be awarding prizes for the most innovative and clever Centre ideas presented throughout the Conference. I'll explain in more detail how that will work on the Saturday morning but please start



thinking of any ideas you have now before we get to next weekend.

For those of you interested in cheeky round of golf before the Conference, we've organised a game at Mt Coolum Golf Club on Friday (7th June) teeing off at 8am. The cost is \$60 per person which includes the use of motorised cart. To book your spot, email me at s.cook@laq.org.au.

I look forward to seeing you all there.

Queensland Marathons Partnership

Little Athletics Queensland is a proud Community Partner of the remaining Queensland Marathon, the 7 Sunshine Coast Marathon, being held on the 4th of August.

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 link below:

https://endurancecui.active.com/new/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.

Simon Cook

Administration

Winter Centres

Registrations

Winter Centres need to ensure that for any member that pays at the Centre this payment is processed manually in the SportsTG Console. The athlete's financial status will be updated once the payment has been processed. All payment for registrations not paid through Sports TG must be paid directly to LAQ by cheque or direct deposit by the Centre.

If your Centre requires assistance, please contact Ngaire in the LAQ office.

[Athlete Registration Numbers](#)

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.

Banana Donations

Banana donations are continuing for participating Winter Centres, please ensure that the coupons are presented to your allocated store when collecting the banana donations.

Summer Centres

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 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.

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.

Insurance

Claim forms and certificates of currency can be accessed from the LAQ website. Go to Resources > Insurance and follow the links to the V-Insurance Group website. You will also find details of all our insurance policies here. For any insurance questions, contact our insurance broker on 1300 945 547 or Amanda in the LAQ Office.

Annual Return to the Office of Fair Trading

All Incorporated Centres must lodge an annual return with the Office of Fair Trading after your Centre has held an Annual General Meeting.

To lodge your annual return you will provide the Office of Fair Trading with the following:

- Completed annual return form
- Attach your financial statements
- Pay the \$55.35 fee

Centres should receive the annual return form at the end of the financial year from the Office of Fair Trading.

Your Centre can complete your annual return online by selecting the following link:

<https://forms.business.gov.au/aba/lafairtrading.htm?formCode=annual-return>

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble

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.



the school recently had Justin Anlezark (three time Olympian) attend their school and talk to the students as well as take them through some basic running, jumping and throwing skills.



Upcoming ITC's (confirmed to date):

- 16th June - Maleny
- 28th July - Warwick
- 11th August - Mt Gravatt
- 25th August - Strathpine
- 8th September - Mt Tarampa

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 contact the Association Office.



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 Winter 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.

Last year **Coopers Plains State School** was the winner of the win a visit from an Olympian. Thanks to McDonald's,

Coaching Clinics

This month has seen a number of coaching clinics held at Centres by LAQ Development Staff and coaches. Clinics were held at Cassowary Coast, Gin Gin, Townsville Central and North Mackay. A big thank you to Camryn Newton-Smith for going to Gin Gin, Dave Lester and Justin Anlezark who came along to North Mackay as well as Karl Brooke, Theresa and Tyla Stolberg for going to Townsville.

We are planning to hold a number of clinics in the Winter regions in the upcoming school holidays. Dates and coaches for these are still to be finalised, however these will be published when confirmed.

The following photos are from the Gin Gin, North Mackay and Townsville Central clinics.



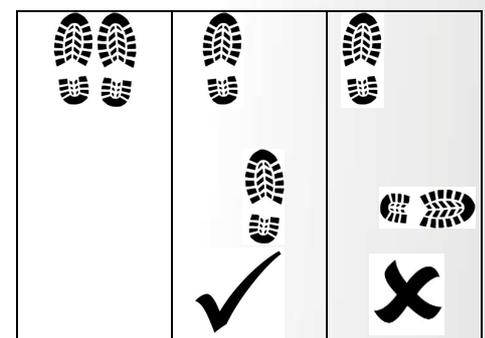
Game of the Month

Many Starts

Have children line up on the start line with their toes behind the line, not on it or over it.

Give the command "On your marks" and have the children complete the following:

- Move one foot (it matters not which one at this stage) straight back so the foot isn't too close together nor too far apart.
- Place both hands on the front (bent) knee.
- Eyes should be focused on the ground about 1-2m in front of them. Not at feet, nor at the finish line



Give the next command - "Set" and have the children complete the following:

- Move one hand to the front and one to the rear so that you have the opposite hand to opposite foot out in front.

- Lean slightly forward from ankles, not waist.

On the "B" of the bang of the gun, clap of the coach's hands or whistle blast, the children run as fast as they can to the finish line 5-10m in front of them.

Practice this position / standing start three times. Each time focus on the feet (straight ahead) and the arms (opposite arm, opposite leg).

The description above can be considered a two point start – two points of contact on the ground (i.e. two feet). Now we can vary the starting position. Note: these variations of this standing start position are to practice the reaction to the gun and highlight how difficult it is to get up off the ground and start running.

Variations:

- Three point start – two feet, one hand (opposite hand in front reaches forward to touch ground).
- Four point start – as for the three point start, however after the first hand is on the ground, the other one joins it out in front.
- Five point start – as per the four point, however drop to one knee (2 feet, 2 hands, 1 knee)
- Six point start – as per the five point start, however drop onto both knees.
- No point start. Lie on belly with hands on the start line.
- Reverse no point start – as per no point start, however feet are now on the line and the children have to get up, turn and then go

Shaun Leithem & Kendal Newton-Smith

Competition & Officials

2019 LAQ Conference 8th & 9th June

The LAQ Conference registrations have now closed, however, workshop registration is still open for those attending delegates and observers.

Attendees are encouraged to visit the Annual Conference webpage (found through the resources tab) for additional Conference information and to access the online Workshop Registration link which will close at 4pm on Wednesday 5th June. Attendees will be able to sign-up for the Workshops on Saturday during the morning tea break, however online registration is recommended. Be mindful that workshop participant numbers will be limited and Centres with multiple attendees at some Workshops may be asked to make another workshop selection.

To ensure voting rights during the Conference, all Centres must provide the LAQ Office with your Centre Committee Membership form, minutes outlining attending delegates and payment for the Centre affiliation fees and Conference. Centres not attending the Conference but planning to submit postal votes, the committee form and affiliation fees must be received for votes to be counted.

2019 Ronald McDonald House Charities Winter Carnival 22nd & 23rd June

This Carnival is primarily for LAQ registered U7 – U17 athletes, however it is also open to non-registered athletes aged 6 – 16. A ResultsHQ Meet Invite has been issued to all LAQ Centres. If your Centre has not received this Meet Invite which is to be shared with your members through the family profiles, please contact Bianca through the LAQ Office as a matter of urgency.

Further information including a program of events, athlete nomination options and Officials EOI are available on the LAQ webpage.

Nordic Sport will be in Townsville again selling a 2019 RMHC Winter Carnival souvenir shirt, other merchandise items and some sporting equipment. The souvenir shirt information will be posted on the LAQ webpage shortly.

All athletes will compete in age groups according to the 2019/2020 season dates. Nomination fees for LAQ Registered athlete \$15 and \$20 for non-registered athletes.

Closing Dates for athlete nominations are:

- Hard copy
4:00pm Wednesday 12th June
- ResultsHQ e-noms
9am on Monday 17th June

Members who intend to lodge nominations through their Centre, should check with the Committee their Centre's closing date.

At this year's Winter Carnival, there will be two FAST sessions run on the Saturday for Tiny Tots and U6 athletes. The sessions will be on the main arena at 10am-11am and then again from 2.15pm-3.15pm. Both of these sessions will have different activities in them.

What is a FAST session? FAST is a Fundamental Athletics Skills Training session designed to be run for a one hour duration utilising games and skill development activities to teach the basic, fundamental movement patterns of the events experienced in a Little Athletics competition.

Each FAST session is one (1) hour long and will have one warm up activity, one running activity, one jumping activity and one throwing activity. Each of these activities are 10 – 15 minutes duration so that the athletes will experience a lot of skill development in a short amount of time.

To register your interest, contact Kendal Newton Smith in the LAQ Office k.newtonsmith@laq.org.au or phone 3892 9410 by 17th June.

ResultsHQ

The Timing Solutions team have worked hard to launch the newest

version of the ResultsHQ that went live the week commencing 27th May. The newest version has significant updates to User Accounts and Nominations. Centres should've received an email from this Office (sent on behalf of Timing Solutions) with detailed instructions. Please be sure to take some time to review the information provided in preparation to use these new features. If you have any questions, please feel free to contact the team at Timing Solutions.

Product release notes are posted on this Timing Solutions page:

<https://support.timingolutions.com.au/hc/en-us/sections/200669194-New-Features-and-Announcements>

LAQ and Timing Solutions would like to thank all Centres for the valuable input along the way to help the continuous improvements in ResultsHQ.

Best Performances

How are performances recorded at 'away events' processed at your Centre? With new members joining the Committee it can be a good time to review and ensure the processes are recorded somewhere for all to access.

First and foremost, LAQ only recognises BP's for U9 – U17's and encourage Centres to follow suit. BP's must not be recorded for U6's or tiny tots. Apart from those parameters it is basically up to the Centre Committee to decide how to deal with times or distances that their athletes record during home or away competitions and whether they be recorded as Centre Best Performances (CBPs) or not.

Some Centres have chosen to keep an Away Best Performance list that is separate to the standard CBP's or Home Best Performance list. The reasoning being that more often than not the performance is recorded on a better arena / synthetic track & run ups etc., and or with greater competition to encourage a better performance. As all of the Centre's athletes don't

necessarily have access to the 'better competition' it is deemed fairer to have a 'home' and 'away' list.

Other Centres opt simply record the performance as part of the Centre's Best Performance and not differentiate between home or away competitions; while other Centres chose not to record the 'away' performance on any Centre list. Other Centres only recognise performances recorded at nominated Centre meets e.g. their Centre Championships.

Either way away any performances recorded at LAQ competitions should be recognised as the individual athletes Best Performance for that season.

Karen Lunt & Bianca Lunt

Checklist

Competition Nomination Closing Dates:

- RMHC Winter Carnival
Hard copy 4pm 12/6/19
ResultsHQ e-noms 9am 17/6/19
- Tropical North Regional C'ships
9am on 19/9/19
- Central North Regional C'ships
9am on 26/9/19
- North Qld Regional C'ships
9am on 26/9/19
- Maranoa Regional C'ships
9am on 9/10/19

Workshops & Sessions:

- Regional Coordinators & Committee Session
10am on 20/7/19
- Regional Relay Workshop LAQ Office
 - 6.30pm on 10/9/19
 - 10am on 15/9/19