

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



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President's Corner

August has been a very busy month for all of our Centres. The Winter Centres are in full swing in preparation for the Nordic Sport Winter Regional Championships. The first will be Tropical North to be held in Tully. Regional Championships take a lot of preparation from the regional committees and the host venue and their committees. LAQ appreciates all of the hard work that goes on behind the scenes in getting tracks, equipment etc ready for the athletes. The athletes are the beneficiaries of all of this work and they certainly appreciate it.

There will be LAQ representatives at every Championship. We look forward to meeting up with everyone and don't forget if you have anything you would like to discuss we are only too happy have a chat. We will also be helping on the field at several of the events in whatever capacity is needed. I will be attending Tropical North, Central North and Maranoa. Good luck to all of our Regions, I am sure you will provide a great competition.

The Summer Centres are well underway with the new 2019/20 season. A lot of Centres have already commenced competition, and some are signing on. It has been great watching your social media posts coming through. There has been a lot of terrific information being posted, there are some very creative people behind the scenes at your Centres. Keep it coming!!

We have had a few changes at the LAQ Board level recently. Unfortunately, Dave Brown has had to step down from our Board. I would like to thank Dave for his commitment over the last couple of years and wish him well. Fortunately,

we will still see Dave on the start line at our competitions which is great for us as Dave mentors our new starters.

I would like to welcome to our Board, Gary Morrisby from The Gap LAC and Brad Jones from Wynnum Manly LAC. Both Gary and Brad bring with them a wealth of knowledge from their Centres over many years. This experience is of benefit to moving our sport into the future. I would also like to thank the other nominees for the vacant positions. We had a hard decision to make.

The next few months are very busy for everyone within the sport. There are a lot of school events on at the moment. These will lead into the Nationals with the Primary schools to be held in Darwin in September, and Secondary schools in Perth in December. Good luck to all of our athletes competing.

We are also not too far out from the IAAF World Championships to be held in Doha in September. This will be a great event to watch as not only is the outdoor venue air conditioned, a lot of the events are held during the night due to heat. We will have a number of ex-LAQ athletes competing and we wish them well.

Donna Smith

From The CEO

Coles Activations

Coles has just released their planned activities for the Summer 2019/2020 season.

Round 4 has already opened for the Coles Community Little Athletics Fund. The closing date is the 1st of September so Centres are advised to get an application in as soon as possible if they haven't already.

Further details are available at <https://coles.com.au/corporate-responsibility/community/littleathsfund>

Banana donations for Summer Centres will also be starting on the 23rd of September. Eligible Centres will be sent new coupons soon so you can start using them at your local Coles. Ambient Packs for Centres that are located more than 50km from their local Coles will be sent in late September / early October.

Centres will have an opportunity to 'opt in' to receive Coles Little Athletics merchandise this season. Centres can apply to receive a Coles Little Athletics Promotional Pack for store activations and/or a Store Manager to attend a Little Athletics meet or event.

Examples of eligible activities include sign-on days, promotion days, BBQ fundraisers, Coles Little Athletics Community Fund equipment presentations, end of season awards day/nights, special Centre anniversaries or presentations.

Summer Sign-On Advertising

To assist Summer Centres with their sign-on promotional activities, we are providing some excellent advertising campaigns again this year.

97.3FM is airing an advertisement during peak drive times on radio, GOA billboards are carrying digital roadside advertising in high traffic areas around Brisbane, McDonald's are providing instore posters in all their summer stores, and regional newspapers have our print advertisements. Online advertising is also happening on Facebook.

I would encourage Centres to also have an online presence as well as use traditional mediums such as local newspapers and school newsletters to get the message out to as many prospective members as possible. Feel free to share the new LAQ promotional video through your social media channels as well. They

can be found on the LAQ Facebook page or at:

20 second
<https://drive.google.com/open?id=1X3ArC-5XBxv3jsOrFywe59tUD3djo7cS>

40 second
<https://drive.google.com/open?id=1jDE85e438WNnSH4OUgacGAOWweQ97kK>

60 second
https://drive.google.com/open?id=12R_u0M3pnWQkZXX79z53PQj3KnBls3j_a

Simon Cook

Administration

Centre Incorporation

All Centres are reminded that due to changes to the Association Constitution at the recent LAQ Annual Conference, all Centres MUST be incorporated with the Office of Fair Trading (in either Queensland or NSW) in order to be affiliated with the Association.

If your Centre has any questions regarding their incorporation, please contact Shannon in the LAQ Office.

Certificate of Currency

The new Certificate of Currency starting 31 August 2019 is now available on our website. Follow the link under Resources – Insurance and download a copy for your Centre's records.

Don't forget that the following insurances are included in Little Athletics membership – Personal Accident, Public & Products Liability, Professional Indemnity, Directors & Officers Liability, Property & Equipment, Group Travel, and Cyber Liability & Privacy Protection.

Please contact V-Insurance Group on 1300 945 547 if you have any questions regarding these policies.

Summer Centres

Registrations

All Summer Centres should be up and running with their online registration consoles. For Centres

that are receiving manual payments for registrations at the Centre, please ensure that this payment is sent into the LAQ office within 3 weeks of the registration.

Payment for registrations can be made by cheque or direct deposit.

If your Centre needs any assistance with registrations, please contact Ngairé in the LAQ Office.

U16 & U17 Dual Registration

In order to keep costs down and encourage older athletes to continue in athletics, Little Athletics Queensland is offering free registration (LAQ Component) to the U16 and U17 athletes.

When an athlete has been dual registered with Queensland Athletics, please ensure that the athlete's full name and birthdate are emailed into the LAQ Office within 3 weeks of registering the athlete. This information must be provided to ensure free registration with LAQ.

Banana Donations & Ambient Packs

Banana donations will be occurring again for the Summer Centres this season.

Centres will receive a coupon booklet for the banana donations towards the end of September. The coupon booklet will be sent to your Centres postal address.

Also, don't forget to re-establish contact with your store manager at least one week prior to your first collection.

Centres that are 50km from a Coles will receive an ambient pack instead of banana donations.

Winter Centres - End of Season

As our Winter Centres come towards the end of their season, we'd like to remind them of a few administrative duties that must be carried out.

Audit Report

It is a requirement under the LAQ Constitution that all Centres have an Audit Report completed each season.

AGM

All LAQ Centres must hold an AGM within three months of the close of the financial year (which is 30th September for Winter Centres).

The quorum at this meeting is 12 members. If your Centre struggles to get numbers at their AGM, consider having it at the same time as your end of season break up. That way, you have more parents there to attend.

The AGM should not be a long meeting, we suggest that it takes no longer than 20 minutes to complete.

You will find attached to this email, a one page summary on how to conduct an AGM.

Annual Return

As an incorporated Centre, you are required by the Office of Fair Trading to complete and send back your Centre's Annual Return. This form is sent to your Centre from the Office of Fair Trading and is to be returned to them directly (not to LAQ).

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 1 week 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.

The Association 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 and 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 Association Office.

2020 McDonald's New Zealand Development Tour

Nominations are still open for the 2020 McDonald's New Zealand Development Tour. The Tour will take place from the 16th – 26th January 2020. The Tour is open to any U15 or U16 athlete who will be aged 14 or 15 years (born 2004 or 2005) as of 31st December 2019.

Selected athletes will spend 11 days training, travelling and competing together throughout the South Island of New Zealand.

The cost for the 2020 Tour is \$2,750, which covers airfares (Brisbane-NZ), taxes, ground transportation, travel insurance, accommodation, meals, competition fees, uniforms and sightseeing activities.

Athletes of any skill level are encouraged to apply. It is not necessary to be an elite athlete to take part in this Tour.

Closing date for nominations is Wednesday 18th September 2019. Further information and a nomination form are available on the LAQ website or by contacting Shannon in the LAQ Office on s.kruger@laq.org.au or 0404 491 580.

FairPlay Vouchers

Parents, carers or guardians can apply for a voucher valued up to \$150 for their child, which can be used towards membership, registration or participation fees.

Round 1 closes, on the 9th October 2019 or until all vouchers have been issued.

For more information on the vouchers, please go to <https://www.qld.gov.au/recreation/sports/funding/fairplay>

Upcoming Volunteer Conference

The Active Queenslanders Industry Alliance 2019 Symposium will be held on the 16th November 2019 and is open to all volunteers who are

involved within the sport and recreation sector.

The Active Queenslanders Industry Alliance is a training provider for the recreation and sport industry and endeavours to equip volunteers with the necessary skill and knowledge.

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble

Coaching & Development

School Holiday Clinics

In the September / October school holidays LAQ will be running a number of clinics. These clinics will be held at QSAC on Tuesday 24th and Thursday 26th September as well as Tuesday 1st and Thursday 3rd October.

Details of the events being offered and coaches for these clinics will be posted on our social media and the LAQ website in the coming week.

Coaching Clinics

A clinic was held in Townsville this month with 22 athletes attending, working on their Hurdles and Javelin skills. Our thanks to Townsville Central LAC for hosting this clinic.

**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.

Congratulations to the 14 new coaches (pictured below) that attended the Strathpine ITC last weekend.



Upcoming ITC's (confirmed to date):

- 8th September – Mt Tarampa
- 15th September – Ipswich
- 22nd September – Jimboomba
- 12th October – Tamborine Mtn
- 2nd November - Warwick

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.

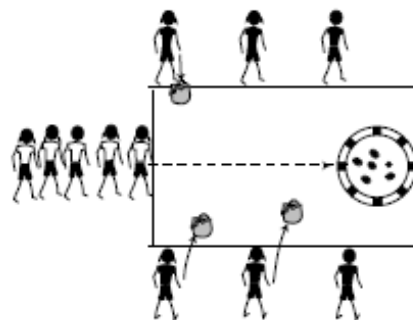
Game of the Month

Run The Gauntlet

This activity teaches the basic throwing skills of the delivery actions required for Shot Put.

- Divide the athletes into two groups of equal size

- One group of athletes stands in line at the start line. On a command, the first athlete runs down the track (through the gauntlet) to collect a bean bag from the hoop and returns back to the start line.
- Athletes from the other group stand on either side of the track and bombard the athlete with soft foam balls or scrunched-up paper 'balls'. They must use a chest pushing action (two hands on the ball and push) and only aim at the athletes' hips to the feet. If an athlete is hit (hips or below) by a ball or paper ball, they must stand still and drop the bean bag (that they may have) on the ground. Then next athlete in line runs the gauntlet, collects a dropped bean bag or a bean bag from the hoop and returns back to the start line.
- Each group scores one point for every bean bag returned to the start line



Variation

Instead of dropping the bean bag, the athlete stands still and holds the bean bag with an outstretched arm to be grabbed by another athlete as they run past.

Shaun Lethem & Kendal Newton-Smith

Competition & Officials

Winter Nordic Sport Regional Championships

Results from the Winter Regional Championships will be posted on the LAQ website and participation

certificates will be issued to Centres as soon as possible after the Office has received the official results from the Regional Recorders.

Athletes should be reminded that the first three placegetters automatically qualify for the McDonald's State Championships. This excludes the Race Walking and 1500m events, which are time restricted. A declaration of nominations will be forwarded to all Winter Centres before the end of September.

2020 McDonald's State Championships

While this season's State Championships are not for another 5 ½ months, it is important that your members are aware of the competition date which is a few weeks earlier than normal. The competition will be held at QSAC, Brisbane on the 13th – 15th March.

Winter Centres with members competing in the upcoming Nordic Sport Regional Championships in particular should be reminded of the dates and encouraged to make travel and accommodation bookings before Christmas.

Funding may again be available for travelling athletes, so keep an eye on the Sport & Rec website. Click on this link for more details: <https://www.qld.gov.au/recreation/sports/funding/athletes/emerging-athlete-pathways>

The Additional Qualifying table for the 2020 State Championships is now available on the LAQ website.

McDonald's Regional Relays

With a number of new rules and changes being applied this season at the upcoming McDonald's Regional Relays, Bianca and I will be conducting Relay and Team Manager workshops. These sessions are designed to assist new and experienced Team Managers and nominations officers work through the rules.

The FREE 'Relay and Team Manager' workshops dates & venues are:

LAQ Office

- Wednesday 10th September 6:30pm
- Sunday 15th September 10:00am

Nambour PCYC

- Sunday 6th October 10:30am

Registration is essential and can be completed online through the LAQ Event calendar on our website.

Summer Centres should start promoting the Regional Relays as soon as possible. Consider reminding your membership that the Relays are fun and is the only team competition offered to all LAQ athletes. More importantly, it is open to all athletes of all abilities.

Program Officers are encouraged to incorporate mini track relays or skill based games that have a relay feel in the early part of the season. Inclusion would more than likely assist in the promotion of and increase the interest in Relays for new and re-registering members.

It is highly advisable that all relevant age group relay events are offered in the Centre's weekly meets prior to close of nominations, so the athletes have an opportunity to record times and distances in case they are needed for the Relay results.

Competition dates and venues are as follows:

- Metro North
9th Nov
Aspley LAC grounds
- Sun Coast
9th Nov
Nambour LAC grounds
- Downs & South West
16th Nov
Laidley LAC grounds
- South Coast
16th Nov
Mudgeeraba LAC grounds
- Metro West
17th Nov
Ipswich LAC grounds
- South East
17th Nov
SAF, Nathan, Brisbane

For more information on the McDonald's Regional and State Relays visit the LAQ website calendar.

Competition: ResultsHQ Meet Invites & Updates

In the coming weeks, Bianca will be contacting Summer Centres to ensure that the 2019 roll over process has been completed. This action is essential to enable nominations to be processed for any LAQ competitions this season.

Summer & Winter Centre ResultsHQ administrators are reminded to forward the family Spring Carnival ResultsHQ meet invite to their membership, so that families can nominate and pay for their athletes directly online via ResultsHQ. The carnival meet invite has been issued to Summer Centres and will shortly be issued to the Winter Centres. Centres that have not received the meet invite or administrators having trouble in forwarding the invite to members should contact Bianca in the LAQ Office for assistance.

Centre committees are responsible for processing nominations for members who are unable to process any LAQ competition nominations themselves.

Results from LAQ competitions (Nordic Sport Winter Regional Championships, Coles Spring Carnival etc.) can be provided for ResultsHQ if requested through Bianca after the competition has been conducted.

Officials & Parent Help

Coles Spring Carnival

Initial appointments for the 2019 Coles Spring Carnival will be posted on the LAQ Competition Officials page Webpage and in Team App by the end of August. A number of Key and general roles are still available for interested Officials and applications continue to be accepted and considered. Please use [this link](#) to submit your Expression of Interest to officiate.

Team App

Anyone interested in joining the Officials Team App page need only submit a request once Team App is downloaded. Once in Team App, simply search for LAQ Officials and follow the prompts.

Offering and Gaining Parent Assistance

Committees that have the ability to provide one or two computers (and internet access) at their grounds during Centre meets or coaching days may like to consider the following. Encourage parents to take time out of the sun or from the arena to sit down, while the athletes are busy, to participate in online education and the first steps to accreditation, or at the very least gain a better understanding of what is required at an event. Having knowledge is empowering..... so offer parents your assistance and access to what is available online, you may find them helping on the arena more often. For those that have never assisted, officiated or competed in athletics the AAOES Introduction to Officiating would be best. For those that have some experience or are very keen, the AAOES Level 1 Accreditation platform (allowing between 10 to 40 minutes) would be beneficial. Access to both platforms can be found through the 'Becoming an Official' button at the bottom of this webpage:

<https://laq.org.au/officials/>.

Resources

There are a number of Officials resources available to Centre Committees and members alike. [This link](#) provides access to these resources including the links to the IAAF handbook, the LAQ Officials Handbook and newly added lanyards cards. All items can be read on-line, downloaded or ordered in hard copies.

The Officials Committee is in the process of creating a guideline for Centre Officials Officers and Centre Managers, with the intent that it will provide some assistance in educating or familiarising members on the basic conduct of an event;



and provide some direction for further accreditation and higher level of officiating for those that wish too.

Starting Cap Guns, Pistols, and E-Guns

The LAQ Office has received many queries about starting cap guns, pistols and e-guns. So to clarify:

- Starting guns that require caps - can not be used by persons under 18 at any LAQ competition, including Centre level.
- Starting Pistols with blanks - requires a gun licence and are rarely used at LAQ competitions
- E-guns (electronic devices) - is not age restricted and used at many LAQ Centres and all Association competitions
- Clappers and whistles - are acceptable means to create a start sound at Centre meets - speak to the Nordic Sport Team or visit their website for their non-electric options

If Centres have the funds, there are a number of e-guns options available in the market place. LAQ recommend Centres compare the options supplied by Nordic Sport and Timing Solutions and select the unit that best suits their needs and finances.

Karen Lunt & Bianca Lunt

Checklist

Competition Nomination Closing Dates:

- Maranoa Regional C'ships
9am on 9/9/19
- Coles Spring Carnival
9am on 23/9/19

Workshops:

- Regional Relay Workshop LAQ Office
 - 6.30pm on 10/9/19
 - 10am on 15/9/19
- Regional Relay Workshop Nambour PCYC
 - 6.30pm on 6/10/19