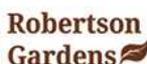


Little Athletics Queensland wishes to express its appreciation to the following partners:



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President's Corner

Congratulations to all our athletes who competed in the Coles Summer Carnival. We had a 33% increase in numbers this year, which was fantastic. It meant we had to do some reorganising of the program to fit it all in. We had over 50 athletes in some of our events. I would like to say a very heartfelt thanks to our wonderful officials who worked tirelessly throughout the day and night to get all our athletes achieving their bests. Towards the end of the program, we had three track events running concurrently. This was a first and has given us an insight as to what we can do in the future.

We would also like to say thank you to all of the parents and volunteers who stepped up to give us a hand. It meant we could keep the events running without lengthy delays. We also appreciate the patience shown as we worked through some IT issues. As you can imagine a large volume of work gets done prior to the day especially with the large numbers nominated. Thanks to the LAQ Staff and committee members who worked through the reprogramming and logistics for the day. Our biggest thanks go to the tech crew of Barrie Cox and Steve Scanlan, ably assisted by our CEO Simon Cook, who were at the track long before anyone else and long after. The setting up and pulling down of the equipment is a big task and we appreciate the work done by these guys.

We now roll straight into our McDonald's Regional Relays. These are big days for our Centres and Regions. Relays is the one of the events of the year where athletes get to compete with their friends. This always makes for a fun atmosphere and often athletes

perform even better than they normally do due to the team culture. Thanks to the all the Regional committees who have worked hard to get the events organised. We appreciate the work Centre committees do in getting the teams organised. We understand this can be fraught with difficulty. Good luck to everyone.

By now, most people have heard about the proposed merger between Little Athletics Australia and Athletics Australia. It is only a proposal at this stage and there are no plans or expectations that Little Athletics Queensland and Queensland Athletics merge. We have limited information at this stage but will keep everyone informed along the way.

November is proving to be a very busy month for everyone with carnivals and relays. December will be upon us soon enough and thoughts turn to the McDonald's State Relays, which is one of the highlights of our calendar. It is always a fantastic day.

We would like to wish our ex-LAQ athletes competing in the World Para Championships in Dubai the best of luck. Don't forget this is being shown on Channel 7, which is fantastic. The Australian All Schools Championships are in Perth in early December, and good luck to all of our athletes competing.

Donna Smith

From The CEO

Queensland Sport Awards

Congratulations to LAQ Official of the Year, Paul Langton who has been selected as a finalist for Official of the Year Category at the Queensland Sports Awards! Paul is LAQ's long serving, regular, photo

Finish operator who works tirelessly behind the scenes to ensure all of the thousands of results on the track at our competitions are recorded correctly. Always willing to travel the State to lend a hand at regional competitions, Paul is a deserved finalist for this award.

Former Balmoral LAC athlete, Oscar Miers has also been selected as a finalist for Junior Sport Star of the Year Award. Having excelled in his chosen event of High Jump, his hard work and dedication has seen him achieve great things both nationally and internationally in only a short period of time. At the Australian Athletics Championships he won the U18 High Jump event with a clearance of 2.14m. He also won the U18 High Jump at the 2018 Melanesian Athletics Championships in Vanuatu with a clearance of 2.10m. Winning gold at both competitions saw him automatically selected as a member of the Australian team for the 2018 Youth Olympic Games, held in Buenos Aires, Brazil. Oscar was a break through athlete in the final, claiming silver in the event with a jump of 2.22m.

Oscar has a very exciting athletics career ahead of him and we are excited to watch where his journey will take him.

It promises to be an exciting night with the elite of Queensland Sport vying for awards across 12 categories including the Male and Female Sports Stars of the Year. Good luck Paul and Oscar!

One Athletics Proposal

As some of you may be aware, Little Athletics Australia and Athletics Australia have released "OneAthletics", which is a proposal to potentially merge the two organisations at the national level. Further information, FAQ's and timelines are available on the OneAthletics website:

<https://oneathletics.com.au/>

At this stage, we still have very limited details. Donna and I

attended the Little Athletics Australia conference in Perth 2 weeks ago but unfortunately specific information of how this would affect the States and Centres was still not available.

As always, we will continue to act in the best interest of our Centres and members and will keep you informed and involved as we find out more.

Simon Cook

Administration

U16 & U17 Dual Registration

Just a reminder to Centres that LAQ is offering free registration (LAQ component) for U16 and U17 athletes.

The athlete must be dual registered with Queensland Athletics. Please ensure that the athlete's full name and birthdate are emailed to the LAQ Office within 3 weeks of registering the athlete. This information must be provided to ensure free registration with LAQ.

Trialling Athletes

All Centres must offer the option of a two-week trial period at any time throughout the respective Centre's competition season to new members seeking registration. After this time the child must either complete the registration formalities or not participate any further in Centre activities.

Centres may only charge a maximum of \$10 per week for Trialists. This fee is to be deducted from the individual's registration fee if registering. This fee is non-refundable for individuals not wishing to registrar.

Any athlete who has previously registered with a Little Athletics Centre is not considered a triallist. They must fully register and pay full fees.

Transferring Athletes

Centres that have an athlete that is transferring to a different Centre in the same season must still complete a transfer form.

The steps involved in submitting a transfer form are:

- The Centre Registrar of the "losing" Centre must complete the Notice for Clearance & Transfer between Centres form and give it to the athlete that is transferring from the Centre.
- The athlete then hands this form to the Centre Registrar of the "gaining" Centre.
- The Notice for Clearance & Transfer between Centre Form should then be sent into the LAQ Office by the "gaining" Centre.

Notice for Clearance & Transfer between Centre Forms can be found on the website under Resources > Centre Forms

Winter Centres

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

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 LAQ 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 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 LAQ Office.

Active Community Infrastructure Program

Sport and Recreation Queensland have launched the Active Community Infrastructure Program and Centres are able to put in an expression of interest for this program.

The program aims to provide places and spaces that support broader community social and wellbeing outcomes.

For more information, please use the following link:

<https://www.qld.gov.au/recreation/sports/funding/active-community-infrastructure>

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble

Coaching & Development

School Holiday Clinics

Following the success of our school holiday clinics earlier this year, LAQ are organising more clinics in the December / January school holidays. These clinics will be held at QSAC and dates are confirmed as Tuesday 17th and Thursday 19th December 2019 as well as Tuesday 21st and Thursday 23rd January 2020.

Details of events offered and coaches for these clinics will be posted on social media and the LAQ website once they are available.

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 contact the Association Office.

Game of the Month

Banana Olympics (Relay Races)

Divide the group into even teams and give each team a banana. Set up a start and finish point, as you would in a shuttle relay, 10 – 20m apart.

Show the players all of the relays that they'll have to complete for the Olympics. You may have to write them on a large white board so that all players will know what relay is next.

Once a team has completed all these relays someone (or the whole team) on the team must eat the banana and the team that is done first is the winner. Use your own ideas, add to the list or use only a few ideas.

Some ideas for Banana Relays:

1. Hold the banana in both hands above your head (so you are

now shaped as a banana) and "run like a banana" to your team mate.

2. Two teammates, run, tossing the banana back and forth between them down the track before passing to your teammate.
3. Place the banana under your armpit and hop on one leg down the track to your partner.
4. Teammates line up in leapfrog formation and first player hops over players while holding banana and then tosses banana to next player in line to do the same.
5. Use the banana as a relay baton and complete a regular shuttle relay.
6. Your own variation.....



Shaun Lethem & Kendal Newton-Smith

Competition & Officials

2019 Coles Summer Carnival

Thank you to all Officials for their tireless dedication on and around the arena on what was a HUGE and overall successful day

Thank you to all the athletes and parents who were understanding, supportive and decided to just have a good time

Unpresented / collected medals will be issued to the relevant Centres to distribute to the placing athletes. The Official Results are on the LAQ Competition / Results webpage.

The Competition & Officials Committee will be reviewing all aspects of the competition and be

providing recommendations to the Board for their consideration

Photos taken by Medal Shots can be found by visiting their website: <https://www.medalshotsphotos.com/>

2019 McDonald's Regional Relays

Nominations for the McDonald's Regional Relays are now closed. With Met North and Sun Coast kicking off this weekend and the four remaining Regions competing the weekend of 16th/17th November, we would like to wish the best of luck to all athletes; we trust you will remember to focus on having fun in this awesome teams competition.

We are hoping to get all Declarations of Nominations for the 2019 McDonald's State Relay Championships, being held on the 14th of December, out to Centres as soon as results come in from the Regions.

- We ask that Summer Centres look out for the declaration emails and respond to the nomination checks in a timely manner. Please be sure to remind your athletes / teams that only the first three U9-U17 placed getting teams will qualify for McDonald's State Relay Championships.
- Winter Centres are reminded that U9 – U17 teams can nominate track and field teams for the McDonald's State Relay Championships by using the direct nomination process. Forms for nomination are posted on the Resources / Competition webpage.
- Closing Date is 9am on Monday 2nd December
- Officials who want to officiate at the McDonald's State Relay Championships who have not provided an EOI, should do so as soon as possible

McDonald's State Relay Championships Souvenir Shirt design and pre-order information is attached to this LA News. The design and information is also posted

on the LAQ website. All orders are to be submitted by Centres only to Nordic Sport by the 27th of November. Individual athletes or family orders to Nordic Sport WILL NOT be accepted. All orders must be done through the Centre.

2020 Annual Conference

The 2020 LAQ Annual Conference will be held at the Hilton Surfers Paradise. Accommodation booking forms, registration information and general information will be posted on the LAQ website and in the LA News in the coming months.

Centre Committees, we understand that Christmas is yet to come and go and the Conference is in the middle of next season after your AGMs, but it really is never too early to start planning, applying for grants and considering how many and who will be attending to represent your Centre.

The Hilton is a great venue, the workshops and information sessions are improving in content and variation. Be sure to have your Centre there and share the experience.

Race Walking Sessions

Thank you to all the Centre officials and athletes that supported our Race Walking Seminar and Clinic. All who participated would have to agree that the experience and knowledge shared by Lisa Colquhoun, Steve Langley and Robyn Wales was invaluable. We thank them all for their effort and time provided to conduct the officials' education sessions and the athletes' coaching and competition sessions.

Seminar papers, race walking information and the competition results from the Race Walking Seminar and Development sessions will be posted shortly, with participants receiving an email to the relevant webpage links.

With the surge of enthusiasm rising towards the Race Walking event, we are hoping to keep the momentum

going and will be sharing information about different opportunities offered throughout the season.

In the meantime, Race Walking enthusiasts and those who are new or interested in the event might like to note that Caboolture LAC have offered an open invitation to all race walkers to join their Race Walking training sessions on Tuesdays at 3:45pm. Gold Coast LAC are also extending the same invitation; those interested should contact the Gold Coast Centre for session times.

Karen Lunt & Bianca Lunt

Checklist & Attachments

- 2019 McDonald's State Relays declarations and nominations
All Centres - due 2/12/19
- 2019 McDonald's State Relays souvenir shirt orders
All Centres - due 27/11/19
- 2020 / 2021 Centre & Committee Membership Form
Winter Centres – due 7/2/20
- 2020 / 2021 Sign On Form
Winter Centres – due 7/2/20