

April 2020

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## President's Corner

Well March has certainly been a tumultuous month. I imagine everyone has had a lot of changes in their lives recently.

Firstly, I would like to touch on McDonald's State Championships. It was an extremely difficult decision to cancel especially at the last minute. We had to ensure the protection of everyone involved from athletes, officials, volunteers, sponsors, staff and all the families who would be attending over the weekend. The situation has escalated since that day and while difficult, we are comfortable we made the right decision.

I would especially like to pass on my sincere thanks to our officials and volunteers who turned up on Friday to help with set up and to officiate but once the announcement came, quietly and efficiently packed everything up. I am so proud to be part of a group of amazing and wonderful people.

COVID-19 has had a massive impact on our Winter Centers who are unable to start their season for the foreseeable future. We are hopeful you may be able to get some competition in later in the season, but it is wait and see for now. If you have any questions as a result of this, please don't hesitate to contact the LAQ Office. Thank you to the Centre committees who have managed this issue. We have a wonderful group of volunteers within our sport who go above and beyond for the athletes.

I imagine there are a lot of disappointed athletes in our Summer Regions who have missed out on end of season fun and games and of course, full presentations. It is terrific

to see that a lot of Centres have staggered the presentations so only a few athletes are in attendance at the same time.

I would like to thank the Summer Centre committees for their work through the season. It has been a very difficult season with all of the wet weather. It was a disappointing way to end but again, you all managed well.

As you can imagine it is going to be fairly quiet on the athletics front for some time. We will still have some staff in the LAQ Office while it is considered safe to do so please feel free to call if you have any questions. They may be glad to have someone to chat to! The Board will still be keeping abreast of what is happening and as soon as we see a light at the end of the tunnel, it will be full steam ahead. We will put all of our efforts into getting the winter season up and running as quickly as possible.

As you will see from Simon's report, the LAQ Conference and the McDonald's Winter Carnival are postponed. We will still be endeavoring to have both later in the year if at all possible.

I would like to wish you all the best for the difficult days and months ahead. I hope everyone stays healthy and the children are able to keep active in some form. I hope the exclusion we are experiencing now means we can come back sooner and get back into Little Athletics.

**Donna Smith**

## From The CEO

### COVID 19 Guidelines

You all would've received guidelines from us and Little Athletics Australia outlining the restrictions in place to limit the spread of Coronavirus in our sport. If you need to view them they are available on the LAQ website at <https://laq.org.au/covid-19-laq-update/>.

Essentially though, all Little Athletics activities and operations have been suspended until further notice. This includes all competitions, training, meetings, award presentations and social gatherings. You may notice we haven't given a revised starting date, or at least a date when the restrictions will be lifted. This is due to the changing nature of this situation and how difficult it would be to predict when this restrictions might be lifted.

As always, our priority is the safety of our members and the wider community so we will do everything in our power to lessen the impact on the athletes and volunteers that make up our sport and their families.

### LAQ Office Changes

To limit the amount of time staff spend in the office, we have restricted our office hours to 8.30am - 2.30pm (Monday to Friday). There will also be a maximum of 3 staff in the office at any one time. Staff have also been directed to take unused annual leave so if you have difficulties reaching individual staff members please copy Ngaire in on any emails at [info@laq.org.au](mailto:info@laq.org.au) or call her on 3892 9400 to arrange for someone else to answer your enquiry. At this stage, QSAC have not advised of any restrictions to the building we operate out of but we will advise if this changes.

### Conference and Competition Cancellations and Postponements

As you would've heard, the 2020 LAQ Conference has been postponed until a date still to be confirmed in August. We will advise as soon as the date is set. The 2020

McDonald's Winter Carnival in Townsville has also been postponed until further notice.

Further details on these postponements are explained later in this LA News.

We have also approved the refund of nomination fees from the cancelled State Championships so Centres that had paid nominations should be receiving an electronic payment soon.

I'd like to also thank everyone for their understanding of the decision to cancel the competition. Whilst people were understandably initially frustrated and disappointed, once they saw the enormity of the problem and how quickly it escalated, the overwhelming response has been that the right decision was made.

Please stay safe everyone and if you need anything do not hesitate to contact us.

**Simon Cook**

## Administration

### LAQ Athlete Awards

LAQ wishes to congratulate the following athletes who were winners of the George Harvey Leadership Award and the Laurie Baartz Memorial Trophy for Most Improved Athlete.

#### George Harvey Award.

Chelsea Lefsky (Deception Bay)  
Luke Hollinger (Caboolture)

#### Laurie Baartz Trophy

Joshua Osborne (Gold Coast)

### LAQ Adult Awards

The closing date for nominations for Life Membership, Distinguished Merit, Merit, Frank Night Memorial Coach of the Year, Volunteer of the Year and Centre Innovation Award is currently the 17<sup>th</sup> of April.

However, with the Annual Conference being postponed, we will be extending this closing date. The date is yet to be determined, but

all Centres will be advised once this date has been confirmed.

If your Centre still wishes to submit a nomination by the original due date of 17<sup>th</sup> April, you are more than welcome to do so.

### 2020 Annual Conference Motions

In last month's edition of LA News, we made the first and final call for motions for the 2020 Annual Conference.

With the postponement of the Annual Conference, we will be extending this closing date. This date won't be confirmed until a new Conference date is set. All Centres will be advised of the new closing date for the Call for Motions once it has been determined.

### Call For Nominations

#### Board of Director Positions

Again, with the postponement of the Annual Conference and AGM, LAQ will not be calling for nominations for Board of Director positions at this point in time.

Once the new date for the AGM has been established, LAQ will then Call for Nominations in line with timelines set out in the Association Constitution. All Centres will be advised of this date.

### Summer Centres

#### AGM's

The Office of Fair Trading has issued a blanket grace period of six months, if required for Centres to hold their Annual General Meeting (AGM) without the need to write to the OFT to seek an extension.

Your Centre might like to consider alternative options for holding AGMs using technology, including via telephone, video conferencing, skype and similar technologies.

Centres are able to make their lodgement online, please use the following link for more information:

<https://www.qld.gov.au/law/laws-regulated-industries-and-accountability/queensland-laws-and-regulations/fair-trading-services->

programs-and-resources/fair-trading-online-services

### Coles Little Athletics End of Season Survey

Coles has released an end of year survey for all Summer Centres to complete. The survey assists Coles with planning, communication and delivery during the season. If your Centre can please take some time to complete the survey. To access the survey, please use the following link:

<https://www.surveymonkey.com/r/Y3XMRSL>

### Coles Banana Deliveries

With Little Athletics at a community-level now concluded for the season, Coles Little Athletics Banana Donations for summer Centres will cease effectively immediately.

Remaining banana coupons will not scan at the registers and therefore cannot be redeemed, and we ask you to destroy all unused coupons.

### 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 anytime throughout the season by completing the appropriate nomination form in the

Awards Booklet and returning it to the LAQ Office.

### **Winter Centres**

#### Registration Update

All Winter Centre Registration Consoles have now been closed and no members will be able to register online.

For members requesting a refund, please provide the member with a full refund. Centres should keep a detailed list of any refunds made to members.

If your Centre has any questions regarding refunds, please contact the LAQ Office.

### Coles Banana Donations

The Banana Donations that were scheduled to start in April for Winter Centres are currently on hold and an update will be provided in due course.

**Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble**

## **Coaching & Development**

With the current situation of suspension of all Little Athletics sanctioned activities, all of the ITC's and LAPS sessions have been postponed. Those Centres who already have an ITC booked in in the coming months or schools with LAPS sessions booked in, we will be in touch as the date(s) get closer to determine if we can go ahead or not.

In saying that, let's see if we can inspire those at home to continue "playing".

### **Game of the Month**

#### Climb The Ladder

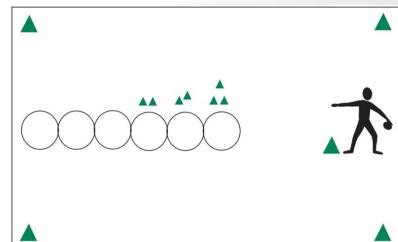
Equipment:

- 1 marker for each person plus 1 marker per group
- Six hoops per group
- 1 discus per group

How To Play:

Construct a ladder; beginning one metre in front of each group by

placing six hoops in line, flat on the ground. On command, the first player attempts to toss the discus underarm and land it on the full, on its edge, in the first hoop. If they are successful, they move their marker up next to the second hoop in line. When it is time for their next turn, they attempt to land the discus in the second hoop, and so on until they have reached the last hoop (top of the ladder). Should their discus at any time miss the hoop they are aiming for, they must continue to attempt to land their discus in that hoop, with each successive turn, until it is achieved. Players must hit the targets in order (i.e. first hoop, then second hoop, then third etc.).



If you don't have any of the equipment at home then you might like to try alternatives. Here are some suggestions. When using alternative equipment, try to focus on correct technique where possible.

Discus: a small beanbag, juggling ball, tennis ball or a rock from the garden (just try not to use the rock indoors!)

Hoops: Skipping rope / rope made into circles, socks lined up to make a circle on the ground, paper plates (best not to use a dinner plate from the cupboard, especially if using rocks!)

Marker: shoes, water bottles, plastic cups (probably try to avoid using glasses.....especially if using rocks!)



**Shaun Lethem & Kendal Newton-Smith**

## Competition & Officials

### 2020 LAQ Conference - POSTPONED

We are currently working with the Hilton Surfers Paradise to secure a date later in 2020 in order for the LAQ Conference to be held. Once a date has been confirmed, information will be updated on the LAQ Resources webpage: <https://laq.org.au/annual-conference-and-agm/> and emailed to all Centres.

Registration and Accommodation bookings:

- Advice regarding the best course of action for accommodation bookings already made will be issued as soon as possible.
- Registrations and fees already entered and paid, will be held over and in credit for the rescheduled date. Names and options can be altered as the rescheduled date draws closer if required. Registration fees can be refunded if requested, effectively cancelling the Registration(s).

Information regarding the revised Conference closing dates will be advertised as soon as possible.

### 2020 Carnivals & Championships

The following is preliminary information for the upcoming season, with the understanding the situation may change.

- McDonald's Winter Carnival: 20<sup>th</sup> & 21<sup>st</sup> June at Townsville Sport Reserve, has also been postponed. We will be monitoring the situation, with the view to reschedule this event towards the end of the Winter season. Information will be provided as soon as possible.
- Nordic Sport Winter Regional Championships: August – September are scheduled to proceed as

planned. We will be in touch with the RCC's regarding programs etc.

- Coles Spring Carnival: Saturday 26<sup>th</sup> September in Bundaberg, at this stage will proceed as planned. Nominations will be open in August.
- Coles Summer Carnival: Saturday 31<sup>st</sup> October at SAF, at this stage will proceed as planned. Nominations will be open in September.

### Regional Committee Meetings

Any face to face Regional Committee meetings scheduled to be held in the next few months should be postponed until further notice.

In order to keep planning for a return to normal operation for the 2020/21 season,

- Winter Region Host Centres and organizing Committees should continue as normal as possible, ensuring the safe practices are used eg. emails, FaceTime and online meetings for communication instead of face-to-face meetings.
- Summer Centre Regions are encouraged to discuss and make decisions relating to host venues, competition dates and applications of the nominated Regional Committee members via the above-mentioned options.

Some Regions have already setup controlled Region specific Facebook Pages, which is a great option when kept to a closed group.

### U13 – U17 Teams Event

We would like to thank all Centres that supported the U13 – U17 Teams Event trial and congratulate every athlete that participated. We found it interesting as the results came in and privately cheered.

For those that have been following the results and Centre points, join me in congratulating the athletes of the

University of the Sunshine Coast Centre Team for placing 1<sup>st</sup>, Caboolture Team 2<sup>nd</sup> and Toowong Team 3<sup>rd</sup>. These Centres now have bragging rights until next season when we do it all again with more competition and purpose. The full list of points has been posted on the LAQ Teams Event webpage.

Participating Centres and members will soon be asked to provide feedback. Expressions of interest for Teams will be called for later this year. Keep a look out for further details.

### In The Background For Competition & Officials

During the coming months, Bianca and I will be reviewing and updating the Official's database, current manuals, handbooks and procedures, working on historical data to create publishable documents and generally getting to tasks that have been put on hold. We will also be looking more closely at the Timing Solutions competition and nomination functions, therefore Centre feedback (particularly related to Centre Carnivals) will be appreciated.

Preparations for LAQ competitions will continue, as will the call out for Officials to assist. Please respond as required.

Even though the Summer Centre season is a little way off, Centres intending to offer Centre Carnivals are reminded that sanctioning from LAQ is required. Along with the application form, a Safety and Evacuation Plan (SEP) will need to be completed and submitted to [k.lunt@laq.org.au](mailto:k.lunt@laq.org.au) for sanctioning to be considered. A revised application form and a SEP template will be available mid-April on the LAQ webpage here: <https://laq.org.au/competition/centre-competitions/>:

As always, for matters that are related to Competition, Officials and Conference, further information and support can be requested by contacting us through the LAQ Office.