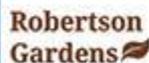


Little Athletics Queensland wishes to express its appreciation to the following partners:



In this Edition

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

President's Corner

We begin this month with sad news of the passing of our wonderful friend and Life Member, Karen Wolfenden. Karen's contribution as a volunteer to the growth and development of all facets of Little Athletics spanned over three decades. She immersed herself in all levels of our sport from grass roots to Board level.

She was involved with Caboolture Little Athletics Centre for 30 years. Karen was a valued member of the LAQ Board of Directors for 8 years, including 3 years as Vice President. She also served on LAQ's Coaching and PR Committees. She was a respected and qualified official and coach and was an active Official, serving at Centre, Regional, State and National level. She held the position of Throws Referee at LAQ State Competitions for many years and was also one of our State's top Race Walking judges.

Karen's positive and upbeat nature will be missed by many. LAQ extends our deepest sympathies to Karen's husband Kevin and the entire Wolfenden family during this incredibly difficult time.

A memorial in Karen's honour will take place once COVID-19 restrictions are lifted. We will advise all Centres of the details once we have them.

We are starting to see the signs of our centres re opening after the COVID shutdown. Training has commenced in our winter centres and I would like to congratulate the committees who have gone above and beyond to ensure compliance with the relative guidelines pertaining to each stage. It is not easy ensuring social distancing is observed while coaching athletes particularly younger athletes.

With the easing of restrictions with Stage 3 coming into force soon we can see the start of the winter season. We understand the delays will impact Regionals etc but we will address these issues once the season is underway. I imagine most athletes are just looking forward to running around with their friends. No sport is hard when children need to burn off energy.

If we hold our current trend in Queensland, we should be able to commence the Summer season on schedule ensuring all measures are taken to ensure compliance. It is great to see some centres have been successful in obtaining grants for the added expense of sanitisers etc. The rules are changing frequently so be sure to check our website and Facebook page for updates.

We are on track to be able to hold our annual Conference scheduled for early September. It would be great to see many new faces this year. If you have been a number of times or if you no longer attend workshops because you "been there done that" it's a great time to send new committee members who will gain a lot of knowledge to assist in the day to day running of Centres.

I wish our Winter Centres all the best in the start up of your season. Don't forget our LAQ Staff are always happy to answer any questions you may have.

Donna Smith

From The CEO

COVID 19 Update

With Stage 3 only a matter of days away, it's important that Summer Centres start planning for their return to athletics. Centres should be following our "Back on Track" guidelines (available on the LAQ

website) to ensure compliance with the mandatory physical distancing, hygiene and contact tracing standards. You can also use this document as your COVID-19 Plan should any of the authorities ask for it.

The main differences between Stage 2 and 3 is the limit of 20 people in groups will increase to 100 in total and that competition can now be conducted as well as training. Winter Centres that have already been operating, therefore, will be able to combine their groups into one group of 100 if they wish to at any stage throughout a training session and also run competitions for up to 100 people.

There is also discussions taking place now in Government Departments about increasing the number of groups of 100 allowed to multiple groups of 100 so please stay tuned for further updates. If there is a change, we'll advise Centres immediately.

In all of this, having well organised systems that the children (and parents) can follow will go a long way towards ensuring your athletes, volunteers and Committees are all safe during COVID restrictions. That and a healthy dose of common sense should mean we come out of this sooner rather than later.

If you have any questions about returning to athletics, please contact me at the LAQ Office. All staff are now back to at least 4 days a week of work so one of us will be able to help you.

2020 LAQ Conference

We're busy preparing for this year's Conference at the Hilton Surfers Paradise. Feedback from last year's Conference was overwhelmingly

positive towards having more workshop times with closer interaction with presenters and other delegates so we've kept the 3 workshop blocks in the agenda. We'll have a final agenda out to you in early August.

We'll also be keeping a close eye on the COVID restrictions over the next few weeks to ensure we can conduct the Conference in accordance with the rules at the time. We'll advise everyone as those details are released.

The theme for the dinner has changed. It'll now be "Roaring into the 20's" so make sure you come up with something creative and fun.

Simon Cook

Administration

Little Athletics Australia National U15 Camp

The LAA National U15 Camp is being held at the AIS in Canberra on the 4th – 7th October 2020.

Congratulations to the 18 LAQ athletes who have been selected. They are:

Amali Kinsella (Deception Bay)
Amali Butcher (Gold Coast)
Amber Norton (Arana)
Ashanti Heap (Gold Coast)
Aston Tagg (University of the SC)
Cameron Philip (Balmoral)
Charlize Goody (Ipswich)
Diesel Hadlow (Bracken Ridge)
Ella Booker (Deception Bay)
Grace Brimelow (Nambour)
Jennifer Ladewig (Noosa)
Losehina Mulligan (Springwood)
Marissa Hanlon (Centenary)
Rhys Evans (Caboolture)
Sam McCure (Ashmore)
Toby Stolberg (Ipswich)
Zephyr Marlin (Redlands)
Zoe Chester (Townsville Central)

Call For Motions

With the change in date for the LAQ Conference, the new closing date for motions to be submitted is Friday 10th July. An email has previously been

sent to all Centres with the revised details, included an updated Call for Motions form.

If your Centre has any questions relating to motions, please contact Shannon in the LAQ Office.

Winter Centres

Registrations

Winter Centres that need assistance with setting up their SportsTG Console in preparation for restarting the season should contact the Ngaire in the LAQ Office.

Summer Centres

New Season Requirements

For Summer Centres that have held their Annual General Meetings, please ensure that the following items are sent into the LAQ Office:

- \$55 Affiliation Fee
- Committee Membership form
- Sign-on Stationery form
- Draft AGM Minutes

It is a constitutional requirement that all Centres complete and return their Centre & Committee Membership form to LAQ.

Registration Fees

The LAQ registration fees for the 2020/2021 Summer season are:

- Tiny Tots: \$41.50
- U6-U17: \$73.50

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.

Covid Safety Training - Free Course

The Active Queenslanders Industry Alliance is offering a free training course for community sport and recreation centres to ensure that best practice community health and

hygiene is in place as restrictions begin to ease further.

For more information or to enrol in the course, please use the following link:

<https://www.aqia.org.au/covidsafet/y/>

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble

Coaching & Development

With the COVID-19 Stage 3 restrictions coming into effect shortly and Centres are starting to get back online we can start looking at rescheduling the ITC's we had planned earlier in the year as well as plan for others for the remainder of the year.

Although the current restrictions in place have hampered the return to Little Athletics, it is fantastic to see our Winter Centres providing training sessions for their athletes under Stage 2 of the restrictions. LAQ has shared photos on our facebook page of sessions held by Townsville Central and North Mackay Centres and we ask that if any other Centres are providing training, that you tag us so we can share your photos too.

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 LAQ Office

LAQ Backyard Series

You may have seen on the LAQ Facebook page some videos of games and activities that you could try at home. Each of the videos features a simple activity that focuses on one basic part of a running, jumping or throwing technique. If you haven't already seen them, head to the LAQ Facebook page to see them all.

Game of the Month

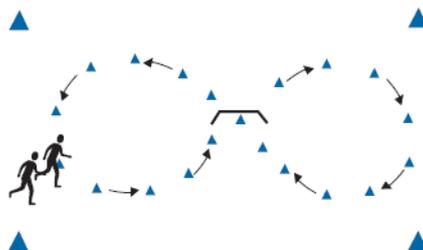
Scissor Jump Relay

Equipment:

- Ground Markers
- Low obstacles / skipping ropes

Make a large figure of 8 on the ground with markers. Place a low obstacle (or two skipping ropes) that can easily be scissored at the intersection of the figure 8. Athletes line up at the top of the figure 8.

Each athlete covers the figure 8 circuit, scissor jumping over the obstacle in the middle, before tagging the next athlete. Athletes will need to use both left and right legs as their take off legs for this activity.



ALTERNATIVE: This may be played as a follow-the-leader type activity, where up to six athletes go through at once,

as long as measures are taken to avoid collisions in the middle.

Shaun Lethem & Kendal Newton-Smith

Competition & Officials

2020 LAQ Conference

4th – 6th September

Hilton Hotel, Surfers Paradise

New and experienced Committees should endeavour to send at least one delegate to the 2020 LAQ Conference being held on the first weekend in September on the Gold Coast. Of course more delegates and observers would be welcome and we are planning to have a full house, however, this is still dependant on the Government's COVID-19 restrictions that may be in play. Keep a look out for information from this Office on Stage 3 to see how restrictions are progressing.

The theme for the Conference Awards Dinner and indeed the whole Conference will be centred on "Roaring into the 20's". Workshops topics are being finalised. Advice and online registration for the workshops will be available mid-July.

The Conference Information Handbook, Registration forms, and Online Registrations are now available on the LAQ Resources webpage:

Dates to remember:

- Friday 10th July
Lodgement of Motions
- Sunday 26th July
1st release /reduction of accommodation block
- Friday 7th August
Motions for Consideration Issued
LAQ AGM papers Issued
- Monday 10th August
Accommodation Bookings
- Wednesday 12th August
Registration Closes
- Wednesday 26th August
Closing date for Conference
Postal Votes and AGM Elections

Additional updates and information will be posted and provided as soon as possible.

2020 LAQ Carnivals & Championships

Little has changed since the last LANews regarding the anticipated competition season dates and venues. Below are some updates.

- Two (2) Winter Regions have confirmed dates and venues for the Nordic Sport Winter Regional Championships, which are listed below. We are endeavouring to work with the Maranoa and Tropical North Regions with the aim to ensure a competition is offered to members in each of these Regions.

Programs will be posted on the LAQ website once they are confirmed by the Regional Committee. We are also aiming to provide Centre and member access to Winter Regional Championship online nomination portals late July to early August.

- The Board are still considering a date that works with facility availability for the Winter Carnival. All Centres will be advised once a decision has been made.
- McDonald's Summer Regional Relays must be conducted and completed by the weekend of 21st & 22nd November. This includes any rescheduled (backup) competitions.
- Nordic Sport Summer Regional Championships must be conducted and completed by the weekend of 20th & 21st February. This includes any rescheduled (backup) competitions.

Winter Regional Championship Venues & Dates

- North Qld
Mackay
19th and 20th September
- Central North
Agnes Water
12th and 13th September
- Maranoa - TBC
- Tropical North - TBC

Nomination access and closing dates for all LAQ Competitions will be provided shortly.

Again the conduct of all LAQ Carnivals & Championships will be subject to direction and rulings from the State and Federal Governments with regard to COVID 19 restrictions.