

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



Robertson Gardens



QUEENSLAND GOVERNMENT

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President's Corner

What a difference a weekend makes. We all thought we were through the major threat of COVID in Queensland, but we have had it pop up again in our lives. It is great to see our Centres being able to operate through this with the implementation of the COVID safe plans. I would like to thank all of our Centre committees throughout the State for their hard work and efforts in delivering safe and fun Centre competitions. I understand a lot of work is going on behind the scenes for this to happen.

We are almost ready for the first of our Nordic Sport Winter Regional Championships. Central North Region is first up on the 12 and 13th of September, with Agnes Waters hosting the event. This is always a well run event with lots of help from the whole Region. We have the North Queensland Championships the following weekend in Mackay on the new synthetic track facility. This is a great opportunity for the athletes in that Region to compete on a brand new track and we expect to see some good performances. North Mackay LAC have done a great job in getting this event organised. We have a few weeks break and then the Maranoa Championships will be held in Goondiwindi in early October.

This year, LAQ will be holding our AGM electronically for the first time. This will be on the 8th September. I encourage all Centres to come on board and be part of this. Simon will have the details in his article.

The Summer season has well and truly started and its great to see our athletes back to it, enjoying athletics and being with their friends. This was certainly missed during the lockdown. I appreciate how lucky we have been in Queensland and spare a thought for our Victorian Centres who

are unable to plan for a season yet due to their Stage 4 restrictions. We wish them well and hope they can get started soon.

We are fast approaching the first of our Carnivals for this year with the Coles Spring Carnival in Bundaberg in late September. We have our fingers crossed that this goes ahead. We will be strictly enforcing any COVID rules current at the time. It will be terrific to be out on the arena again. I have missed our events and the catching up that happens.

On a sad note, this month we learnt of the passing of Alyssa Postle. Alyssa was an U17 athlete with Strathpine LAC. On behalf of Little Athletics Queensland, we would like to send our sincere condolences to Alyssa's family, friends and Strathpine Centre. Alyssa will be sadly missed by everyone who knew her.

I would like to wish all our Winter Regions all the best for your upcoming Championships.

Donna Smith

From The CEO

Latest COVID 19 News

Well done to all of the Centres that have embraced COVID regulations and succeeded in bringing Little Athletics back to Queensland. Whether you are a Winter Centre that has been operating under Stage 2 and then Stage 3 for several weeks, or a Summer Centre that has completed all your pre-season preparations and is commencing your season, congratulations on a job well done!

Our advice has not changed through each stage of the restrictions, read and adopt LAQ's "Back on Track" guidelines. These guidelines have been developed using the latest



advice from the Health and Sport department within the State Government. We've also been fortunate to be granted an additional concession over and above our COVID Safe Industry Plan. This concession means that Centres can exceed the 500 person (in total) limit for regular competitions without having to notify the local Public Health Unit.

As we move towards Regional Championships though (Winter Regional and Summer Relays), there may be some additional COVID event planning that needs to take place. We'll advise accordingly if it affects any Centres and will work with Regional Competition Committees and hosts to ensure everything is in place before each competition. If the "Back on Track" guidelines need updating, we'll forward them to you if, and when that happens.

If you require any further information or have any questions about any of the restrictions, please contact us at the LAQ Office.

Coles Community Fund – Round 5

Round 5 of the Coles Little Athletics Community Fund is now open. Grants of up to \$5,000 are available for Little Athletics Centres for new athletics gear, modified safety and volunteer support equipment.

Funds for the CLACF are provided through the sales of specially marked Coles community chiller bags on sale at Coles supermarkets.

Applications close on Sunday 6th of September. Go to www.coles.com.au/littleathleticsfund for more information.

When sourcing quotes for your equipment grant please ensure you obtain a quote from long-time LAQ sponsor, Nordic Sport. Neal Pitman and his team have sponsored Little Athletics Queensland for over 15 years so your support of his business in return would be sincerely appreciated.

LAQ AGM

For the first time in our history, the 2020 LAQ AGM will be held through an online platform (in this case Zoom). Details on how to open a free Zoom account and attend the AGM online have already been sent to all Centres. It goes without saying, an AGM is an essential requirement for us constitutionally, so your Centre's representation at our AGM is much appreciated.

The meeting will commence at 7.30pm on Tuesday the 8th of September. We look forward to seeing you even if it is on the other end of a screen!

Simon Cook

Administration

Coles Prize Packs

Coles is offering Little Athletics Centres the opportunity to order free Coles carry baskets and participant prize packs. Centres must complete an order form and baskets and prize packs will be provided to the first 100 Centres to apply.

For more information and an order form, please click on this link:

<https://littleathletics.com.au/community/coles-resources/offers-and-competitions/>

Registration Payments

All Centres that are taking manual payments (cash or EFT) for registrations need to ensure that this payment is sent into the LAQ office within 3 weeks of registration.

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

If your Centre needs any assistance, please contact Ngaire in the LAQ Office.

Winter Centres

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 LAQ Office.

Summer Centres

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 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.

Transferring Athletes

Centres that receive an athlete that is transferring interstate or from another Centre during the season are required to notify the LAQ office.

Centres will need to follow these steps:

- 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.

Athletes will be moved across in Timing Solutions by LAQ once advice has been received from the Centre.

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

Fair Play 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.

Applications close, on the 7th October 2020 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>

2021 McDonald's New Zealand Development Tour

Nominations are open for the 2021 McDonald's New Zealand Development Tour. The Tour will take place from the 16th – 24th January 2021. The Tour is open to any U15 or U16 athlete who will be aged 14 or 15 years (born 2005 or 2006) as of 31st December 2020.

Closing date for nominations is Wednesday 16th September 2020. Further information and a nomination form are available on the LAQ website or by contacting the LAQ Office.

It is worth noting that we are planning to operate the 2021 Tour as normal, however, it is of course dependant on both the Australian and New Zealand Government's restrictions concerning COVID-19.

COVID-19 Check In App

There is still time for Centres that would like to register interest for Eva CheckIn.

Little Athletics Queensland has purchased the QR code technology of Eva CheckIn, to register spectator attendance, and made this free for all of our Centres for the first 3 months of operation. Should Centres extend their use of the Eva CheckIn past 3 months a fee of \$10/month will apply.

To register your Centres interest, please contact Ngaire in the LAQ Office.

To check out the program before registering, please use this link <https://www.evacheckin.com/>

Record Keeping Requirements for COVID-19

Centres are required under the current COVID-19 restrictions to record all attendance information at competitions and training.

For Centres that are using an attendance register for members to sign in manually, please ensure that the attendance sheets are stored securely after competition or training sessions.

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble

Coaching & Development

Coaching Clinics

We headed back out to Goondiwindi on the 23rd August with 15 in attendance. A big thank you to Ralph Newton & Taneille Crase for assisting us with these clinics.



SAVE THE DATE

School Holiday Coaching Clinics

LAQ are holding two school holiday clinics in Brisbane on the 29th of

September and the 1st of October. Registrations for these clinics will open at the end of next week. Keep an eye on the LAQ website and Facebook page for further details.

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.

Upcoming Courses:

- 30th August - Toowong Harriers
- 6th September – South Burnett
- 13th September – Deception Bay

Game of the Month Throwing the Square

Preparation:

In the shot put sector, a reasonable distance from the stop board for the age of the athletes throwing, mark out a rectangle about 2 metres by 1 metre on the ground with markers. Divide the rectangle in two so that you have two squares side by side.

The game is played with two players or two teams. Each side will need a throwing object of a weight suitable for the age throwing.

How to Play:

One player places their object in one square. The other player moves into the circle behind the stop board and tries to throw their object to land in the same square as the other player's object. Score as follows:

The same square: 2 points
The other, empty square: 1 point
Outside the target: 0 points

The first side to an agreed score - perhaps 10 - wins.

Variations:

- Use a variety of delivery techniques (push, sling, over arm throw)
- Use a variety of throwing positions (seated, kneeling, standing)

Shaun Lethem & Kendal Newton-Smith

Competition & Officials

2020/2021 Season ResultsHQ Roll Over

It has come to our attention that a number of Centres are yet to complete their season roll over for the 2020/21 season. It is highly recommended that this process be completed at least 2 weeks prior to the first sign on date. It is also essential that this action be undertaken so Meet Invites can be issued and enable nominations to be processed for LAQ competitions this season.

Summer Centres should note that they now have the option to allow families to direct nominate for the 2021 Regional Championships (not relays).

For assistance with the rollover process or for any other ResultsHQ queries, please feel free to contact Bianca in the LAQ Office.

U13 – U17 Teams Event

Congratulations to Bargara, Ross River, and Townsville Central Centres for taking up the challenge and participating in the Winter Chapter of the U13 – U17 Teams Event trial. Any Winter Centres still wishing to join this trial must provide a team application by 31st August.

The Teams Event is primarily a virtual competition with the inclusion of participation in Inter-Centre visits and selected LAQ competitions. Athlete's best result from each eligible event and meets will count towards the overall Centre Teams points and athlete rankings. Weekly results, over all best performances, and event rankings will be posted on the LAQ webpage on a weekly basis.

EOI from Summer Centres teams are still being taken, closing on Friday 31st August, names will be required by the end of September.

For more information, please visit the LAQ U13-U17s Teams Event webpage or contact the LAQ Office.

2020 Nordic Sport Winter Regional Championships

Nominations for the Winter Regional Championships are closing soon. ResultsHQ Meet Invites have been issued to profiles in 2020/21 season, and nominations must be processed through either the Family or Centre ResultsHQ profiles. Centres must also ensure all registrations are up to date and complete for the nomination process to work.

If your Centre has not received the Invite or if your administrator requires assistance please contact Bianca as a matter of urgency.

Confirmed dates and venues are as follows:

- Central North
12th & 13th September
Agnes Water
Noms Close: 31/8/20 at 9am
- North Qld
19th & 20th September
North Mackay
Noms Close: 7/9/20 at 9am

- Maranoa
3rd & 4th October
Goondiwindi
Noms Close: 21/9/20 at 9am

The nomination fee is \$15 per athlete and must be paid by the closing date. Centres must also ensure all registrations are up to date and complete for the nomination process to work.

Further information including the programs can be found on the LAQ website.

2020 Coles Spring Carnival 26th September - Bundaberg

This Carnival is primarily for LAQ registered U7 – U17 athletes, however it is also open to non-registered athletes aged 6 – 16 and QA U18s & Open athletes.

Centre ResultsHQ administrators of Summer & Winter Centres 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.

Nomination fees are:

- LAQ Registered athlete: \$15
- Non-registered athlete: \$20

Closing dates for nominations are:

- Hardcopy Forms
4pm on 16/9/20
- ResultsHQ e-noms
9am on 21/9/20

When promoting the event remember to include that this competition features standard events as well as:

- Centre Points Scoring – each competing member earns points from each event contested for their Centre in the bid to win the Weight Points Trophy
- 100m Handicap – each 1st placed athlete in the U9 – U17s 100m is invited to participate in a staggered start line race for all ages. First 3 place getters are award trophies.

Further information including the event order list, athlete nominations

and Officials EOI will be available on the LAQ website once confirmed.

2020 McDonald's Regional Relays

The fun of Regional Relays should be promoted as soon as practical amongst new and returning members. Remember to mention that the event is open to all U7 – U17 athletes of all abilities, and is the only team competition offered in the LAQ calendar.

It is recommended that Program Officers incorporate mini track relays or skill based games that have a relay feel in the early part of the season; and that all relevant age group relay events be offered in the Centre's weekly meets prior to close of nominations. This may encourage greater participation at the Relays and should ensure that the athletes have an opportunity to record times and distances in case they are needed for the Relay results.

The Relay and Team Manager Workshops have been scheduled for the following dates:

- Wednesday 7th October 6:30pm
- Sunday 11th October 10:00am

These free sessions are designed to assist new and experienced Team Managers and Nominations Officers work through the Relay rules and nomination process in ResultsHQ. Registration is essential and can be completed online through the LAQ Event date claimers.

For more information on the McDonald's Regional Relays including competition dates and programs will be detailed on the LAQ website calendar.

Officials Education

A number of Introduction to the Basics and Level 1 accreditation workshops have been scheduled to be held before December 2020. Centres will be issued an invitation for members to attend with all date and venue details in the coming weeks. This information and registration options will also be available through

the LAQ webpages and calendar shortly.

Calling For Competition Officials EOI

The Officials Committee continues to call for Officials Expressions of Interest for the 2020 Coles Spring Carnival scheduled for 26th September in Bundaberg, and for the full LAQ competition season.

The online EOI platform and editable EOI forms for all 2020/21 season competitions are available on the LAQ Competition Officials webpage <https://laq.org.au/competition-officials/>

Karen & Bianca Lunt

