

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



**Robertson Gardens**



**QUEENSLAND GOVERNMENT**

## *In this Edition*

**President's Corner** ..... 1  
**From The CEO**..... 1  
**Administration** ..... 2  
**Coaching & Development** . 3  
**Competition & Officials** .. 4

## President's Corner

It has been a very busy month across the whole State, which is fantastic to see. We are getting back to some sort of normality within our sport. Firstly, I would like to thank each and every one of you for your work in ensuring our COVID Safe Plans are put into place and adhered to. We understand what a big job it is and the extra work it places on already busy volunteers. The work you have done and are doing is ensuring our athletes are able get back to doing what they love and that is Little Athletics. I would also like to thank Simon and the Staff in the LAQ Office for collating the information coming through from the Government and getting it out to our Centres. Simon is in regular meetings with the relevant authorities to ensure our information is kept up to date.

The first of our carnivals for the season was held last weekend in Bundaberg. We had over 500 athletes representing 49 Centres. This is by far the largest number of athletes we have had at this event. The weather gods were kind to us and it wasn't as windy as usual. Everyone had a great day. Thank you very much to our hard-working officials and volunteers. This is always a big day made even bigger by all the extra cleaning we must do to be COVID safe. Whoever thought we would one day be cleaning hurdles between events. Thank you to West Bundaberg LAC for their support and assistance during the day. We look forward to an even bigger event next year.

Congratulations to Agnes Water and North Mackay LAC's who have hosted their respective Nordic Sport Regional Championships this month. I have had wonderful feedback from both and it is terrific to see the smiling faces of our athletes with their friends.

Thank you to all of the officials and volunteers who have helped pull both events together. This is a big job made even bigger with the extra work at the moment. Thank you to the Centres from both Regions for ensuring your athletes were prepared as it has been a difficult season for you.

We have 2 Regions to go this month - Maranoa and Tropical North. Good luck to you both and I look forward to catching up with everyone.

Our Summer season is well underway and most Centres are have either commenced competition or are in the final processes of signing on. Like our Winter Centres, I am so proud of how everyone has adapted to the new way of doing things and just implemented the extra checks. Signing in now has become second nature to everyone, which was not even thought of six months ago. Good luck to all of our Summer Centres for your season and we hope things continue to get better.

Thank you to the Winter Centres who have now completed their season. You led the way for us this year and kept going even when you were able to only have half a season. This has been a huge task and we truly appreciate your work.

**Donna Smith**

## From The CEO

### COVID Update

Little Athletics Queensland together with Regional Competition Committees have now conducted 2 Regional Championships and 1 State Carnival under LAQ's Back on Track COVID plan.

Whilst there is additional word, the reward is that we're now back doing what we love most and that is running



successful Little Athletics competitions for thousands of smiling and extremely appreciative young athletes. If the enthusiasm shown on the weekend at the Coles Spring Carnival is anything to go by, we're going to have an exciting season ahead!

For Regional and Inter-Centre competitions, current COVID restrictions require that all events run under an Industry Approved Plan (and Event Plan) and that the local Public Health Unit be notified if total numbers of people attending exceed 500. LAQ has draft plans in place, so if your Centre is running an Inter-Centre carnival please let me know so we can provide further information on what is required.

To all the Summer Centres starting their season and running their regular weekly competitions, the advice is still the same, please read and abide by LAQ's Back on Track COVID plan. There is no need to notify the Public Health Unit of your competitions.

To all the Winter Centres that have run under COVID for both Centre and Regional competitions for the past 4 months, congratulations on a job well done. The enthusiasm and organisation skills you have shown has been outstanding.

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

### LAQ Board Casual Vacancy

Due to former LAQ Director Simon Hinton not standing for re-election at the 2020 AGM, the LAQ Board has a casual vacancy to fill.

Interested candidates can contact me on (07)3892 9400 or by email at [s.cook@laq.org.au](mailto:s.cook@laq.org.au) if you have any questions or wish to discuss the role further.

Expressions of Interest and the LAQ Strategic Plan are included with this email and available on the LAQ website. If you'd like to be a valuable part of the LAQ team, please submit your Expression of Interest by 5pm on

the closing of the 23<sup>rd</sup> of October by email to [info@laq.org.au](mailto:info@laq.org.au)

The organisation has just formulated its 5 year Strategic Plan with some ambitious and significant goals to lead the organisation into the future. It is an extremely exciting time to be involved in Little Athletics.

### LAQ Committees Expressions of Interest

Little Athletics Queensland is calling for Expressions of Interest to join either the Competition or Officials Committee.

Terms of Reference and Expressions of Interest are included in this email and available on the LAQ website.

If you have any questions about what is involved in being on one of these vital committees, please do not hesitate to contact me on (07) 3892 9402 or [s.cook@laq.org.au](mailto:s.cook@laq.org.au)

The closing date for Expressions of Interest is 5pm on the 23<sup>rd</sup> of October using the email address [info@laq.org.au](mailto:info@laq.org.au)

**Simon Cook**

## Administration

### Winter Centres

#### 2021 / 2022 Committee Membership Forms

Winter Centres will find enclosed in this month's mailout the Committee Membership Form for the 2021/2022 season. Once Centres have held their AGM, this form is required to be completed and returned to the LAQ Office.

#### Registration Payment

All Winter Centres should ensure that all payment for registrations is up to date in preparation for the end of the season.

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

If your Centre needs assistance with payment please contact Ngaire in the LAQ Office.

### Summer Centres

#### 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.

#### Banana Donations

Coles has now dispatched the Banana Coupon Booklets to Centres that provided a delivery address. If your Centre has not received the booklets, please contact the LAQ Office.

The Banana Coupon Book is redeemable over two donation periods:

- Monday 21 September – Sunday 13 December 2020; and
- Wednesday 13 January – Sunday 28 March 2021

Centres will only receive one coupon book for the season. The book covers the donation periods as above – the two sections are clearly labelled with a red insert in the book.

For your first collection of bananas, please ensure that you visit or call your Store Manager to discuss the best arrangements for your Centre



and the store to redeem your coupons.

### Athlete Registration with Classification in Registration HQ

Families that are registering a multi-class athlete now have the ability to upload a Classification document. The Classification document is required for athletes that are competing in Little Athletics Queensland competitions

For further information on how to upload a document, please use the following link:

<https://support.timingsolutions.com.au/hc/en-us/articles/900002788746>

### 2021 McDonald's New Zealand Development Tour

Congratulations to the 31 athletes selected in the 2021 Tour. They are:

#### Boys

- James Bulbert (West Bundaberg)
- Aidan Downie (Deception Bay)
- Lincoln Goodger (Biloela)
- Danny Kavanagh (Springwood)
- Zephyr Marlin (Redlands)
- Cameron Philip (Balmoral)
- Christian Smith (Tamborine Mtn)
- Caden Wyatt (Bargara)

#### Girls

- Jemima Bainbridge (University of the SC)
- Lucie Basset-Rouge (Bracken Ridge)
- Ella Booker (Deception Bay)
- Indianna Brown (Helensvale)
- Zoe Chester (Townsville Central)
- Olivia Galstuch Magalhaes (Balmoral)
- Charlize Goody (Ipswich)
- Zahli Grummett (Maroochy)
- Marissa Hanlon (Centenary)
- Lahni Hawking (Douglas Shire)
- Kobi Higgins (University of the SC)
- Eboniee Hilton (Caboolture)
- Abigail Johns (Springwood)
- Amali Kinsella (Deception Bay)
- Chelsea Lafsky (Deception Bay)
- Kianna Maclean (Deception Bay)
- Charli Mickelborough (Highfields)
- Heidi Noon (Arana)
- Rylee O'Shaughnessy (Algester)
- Schyler Smulders (Deception Bay)

- Jaedyn Vaughan (Maroochy)
- Alex White (Deception Bay)
- Sophie Wilkins (Ipswich)

The Tour is being planned to operate as normal, however, it is of course dependant on both the Australian and New Zealand Government's restrictions concerning COVID-19.

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

## Coaching & Development

### School Holiday Coaching Clinics

The first of our McDonald's Athlete Development Clinics was held in Brisbane on Tuesday. It was a terrific day with 30 athletes attending.

We were incredibly fortunate to have Olympic Hurdler, Michelle Jenneke attend as our Hurdles coach. What a treat for the athletes! Thank you Michelle and also to Taneille Crase and Lindsay Newton-Smith for also joining us as coaches.

The second clinic will be held tomorrow and another round of clinics is being organised for December and January.



### Game of the Month Relay Zone Racing

Equipment:

- Ground Markers
- Relay Batons

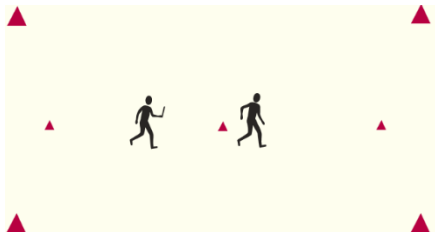
How to Play:

Set up a 30m relay changeover zone using ground markers. In pairs, the players decide who will be the incoming and outgoing runners, and set up check marks accordingly. The outgoing runners can stand anywhere inside the changeover zone (as per a relay race), however all incoming runners must begin running from the same line 20m behind the changeover line. Each incoming runner carries a baton.

The aim of this game is for each pair to attempt to be the first to carry the baton past the end of the 30m changeover zone. On "Go", all incoming runners sprint towards the



outgoing runners in an attempt to make a fast, smooth baton exchange in the changeover zone. The outgoing runner, on receiving the baton, sprints to the end of the changeover zone, carrying the baton.



Shaun Lethem & Kendal Newton-Smith

## Competition & Officials

### 2020/2021 U13-U17s Teams Event Trial

Congratulations to all U13-U17 Winter Centres Teams on your participation in the first event trial. The event had a rocky start, but with the support of Agnes Waters, Bargara, Biloela, North Rockhampton, Ross River & Townsville Central athletes were able to compete on a virtual level and test the competition of other athletes from various Regions. Even though some Centres only competed for a short period, we would like to say thank you and well done to all; and announce the TC Green machine (out of Townsville Central LAC) as the winners of this 8 week round. Second place went to the Aggy Athletes 1 Team (out of Agnes Water LAC) and placing third was the Ross River Raptors Team (of the Ross River LAC). A full list of results is available on the LAQ Teams Event webpage. We hope you all return and to see more teams competing next season.

Applications for Summer Centre U13-U17s Teams are still coming in for the first 7 week round of virtual competitions commencing on the 18<sup>th</sup> October. This season we are hoping to have 15 Teams, and so far have had expressions of interest and or accepted teams from Algester, Arana, Bracken Ridge, Springwood, The Gap, Toowong Harriers & West Bundaberg. Centres interested in

participating should get their team details in soon.

More information on the competition format and results can be found on the LAQ Competition Teams Event webpage.

### 2020 Coles Spring Carnival

This season there was an increase of over 130 participating athletes compared to last season, which was extraordinary. We acknowledge this had an impact on the program, which will be reviewed for next season. The key and chief officials were amazing with many of them on the arena for the full competition. So cheers to them and the volunteers who joined in, we imagine the athletes and the spectating parents were very appreciative of their time and efforts.

With the necessary changes and the COVID requirements in place, we congratulate all participants, families and officials for their cooperation and continued support of this event. Many thanks are also extended to the West Bundaberg LAC Committee for all of their ground preparations.

Bundaberg seems to draw the best out of the athletes with a number of outstanding personal performances and QBP's. Congratulations to Bundaberg LAC on winning the Centre Weighted Participation Award.

Due to the COVID restrictions if you did not collect your medal(s), please contact Bianca in the LAQ Office.

Photos taken at the event by LAQ's official photographer can be viewed and purchased by visiting <https://www.medalshotsphotos.com/>

### Winter Nordic Sport Regional Championships

Congratulations to Central North and North Qld Regions in the successful conduct of their Championships under the LAQ Back on Track COVID plan. Maranoa and Tropical North will be conducting their events in October and we wish athletes and officials well.

All Winter Regional Championships Results will be posted on the LAQ website as soon as possible. The Declaration of Nominations for the State Championships and participation certificates will be issued shortly.

### 2020 Coles Summer Carnival Saturday 31<sup>st</sup> October @ SAF

The Summer Carnival Meet Invite has been issued. Centre ResultsHQ administrators are reminded to View/Edit & Accept the invite, ensuring that a cut-off date, hour & minute are set and the "Access" dropdown box is on the correct option, we recommend 26<sup>th</sup> October 8:59am. Once this has been completed the email notification to families can be issued. If the "Access" dropdown box is set to "Centre and Family". Families can nominate and pay for their athletes directly online via their Family ResultsHQ profile.

At this stage the Coles Summer Carnival will continue under the LAQ Back on Track COVID plan which means, the following key points will need to be adhered to:

- Check-in with a smart phone upon arrival and leaving
- Practice the current social distancing protocols
- Practice good hygiene
- Stay at home if you have any cold or flu symptoms (If you have these symptoms, seek medical advice and/or get tested for COVID-19)

For more details, you can access the basic LAQ Back on Track guidelines [here](#).

The competition will be open to U7 to U17 LAQ registered athletes. Athletes will be able to nominate in a maximum of five (5) events offered to their age group. We highly recommend that the program be reviewed before nominations are lodged to avoid event clashes. A draft program has been posted on the LAQ website under the Coles Summer Carnival information page and calendar.



The ResultsHQ Family & Centre Profiles Nominations access will Close 9:00am Monday 26<sup>th</sup> October. The nomination fee is \$15 per athlete.

Centre Committees are reminded that they are responsible and required to process nominations for members who are unable to process any LAQ competition nomination themselves. Centres that have not received the Meet Invite or if administrators have any issues regarding the ResultsHQ meet invite, please contact Bianca through the LAQ Office for assistance.

### McDonald's Regional & State Relays

Relay Workshops are being held in the LAQ Office for Nominations Officers, Team Managers etc. The aim of these workshops is to assist Centres with how to put teams together. Two workshops have been scheduled as follows:

- Wednesday 7<sup>th</sup> October at 6:30pm
- Sunday 11<sup>th</sup> October at 10am

Registration is essential and can be done [on-line here](#)

Key points to note:

- The McDonald's Regional Relay Meet Invite will be available as soon as it is completed in October. The Meet Invite is only open to Centre Profiles. Family Profiles might be able to see this event but cannot nominate for it. All nominations must be submitted through the Centre.
- LAQ does not impose eligibility restrictions upon athletes wishing to nominate for the Regional Relays other than they must be U7 – U17 and LAQ registered.
- Athletes do not have to compete in a minimal number of Centre meets. This restriction is only for Regional Championships.
- Athletes may only nominate in a maximum of five (5) events and ideally placed in teams of their own age group. They must not be placed in an event or age

group to suit their personal needs or desires.

- Athletes are not nominated in teams of two (2) for field events. All nominating athletes for field events are nominated as a 'team' be it 2 or 9 or 29 athletes! Athletes can only age-up in field events when there is only one athlete nominated in a field event and the event specifications are the same.
- Relay events are offered to Multi-Class athletes at State Relays and in some Regions
- All Relay rules are detailed in the LAQ Competition Handbook.
- Program Officers are encourage to incorporate track and field events used in the Relay programs a number of times to be sure athletes have BP to assist with track team building and if needed in case event(s) are cancelled.

Competition dates are:

- 7<sup>th</sup> November  
Metro North (at City North LAC)  
Sun Coast (at Caboolture LAC)
- 14<sup>th</sup> November  
South Coast (at Mudgeeraba LAC)
- 15<sup>th</sup> November  
Metro West (at UQ)  
South East (at SAF)  
Downs & South West  
(Toowoomba LAC TBC)
- 12<sup>th</sup> December  
State Relay Championships  
SAF, Brisbane

Closing dates:

- Regional Relays - 9am on the Monday 10 days prior to the competition date
- State Relays - 9am Wednesday 2<sup>nd</sup> December.

Late nominations for Relay competitions will not be accepted.

For more on the Relay competitions visit the LAQ website.

### Introduction To Officiating Workshop (IOW)

IOW's are ideal for parents looking for a solid introduction to officiating at Centre or Regional competitions. These can also be a lead-in to gaining AAOES Level 1 accreditation for those interested.

The workshops are open to anyone that has an interest in knowing how to assist at an event regardless of skill level as they provide an introduction to officiating at Centre meets.

The workshops will cover three event modules - Throws, Jumps, Track and are offered free of charge. Registration is essential.

For more information and to register, visit the LAQ Officials Workshop Seminar webpage.

Dates and venues are:

- Pizzey Park (Gold Coast)  
Sunday 18<sup>th</sup> October at 9am
- Clem Jones Centre (Carina)  
Sunday 22<sup>nd</sup> November at 9am

**Karen & Bianca Lunt**