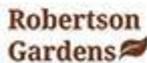


Little Athletics Queensland wishes to express its appreciation to the following partners:



In this Edition

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

President's Corner

We have now completed the Winter season for 2020 / 2021 with the final Nordic Sport Regional Championships being held in Tropical North. I would like to pass on my congratulations to Cassowary Coast LAC and the Centres within the Region for pulling together the event in just 6 weeks. It was a fantastic day and everything ran smoothly. It normally takes months of planning so to arrange at short notice is testament to an incredibly supportive committee and Region. Well done!

I would like to thank all our Winter Centres for coming through an incredibly tough season. You set the benchmark for our Summer Centres and we are extremely grateful for the effort put in to kick-start your competitions after the COVID restrictions. Thank you to the committees for your efforts this season, it was certainly tougher than any other. We look forward to next season being much smoother and being able to complete a full season.

The Coles Summer Carnival was held last weekend and it threw everything weather wise at us. Unfortunately, we were forced to cancel mid-afternoon after QSAC stopped all competition as the hailstorm approached. We had much larger numbers than were expected which meant a few delays on the field. A huge thank you to our wonderful team of officials. It was a tough day as we had some officials not able to attend at the last minute. This meant those that were there were under the pump from the first event. We will be looking at ways to manage the events when the numbers are larger than anticipated so we can avoid delays.

It would be fantastic to see some new officials step up join us. It is now

imperative that this happens so our athletes can do their events at the time indicated. Even if you were able to run 1 or 2 events in a day it would be such a tremendous help. The pool of officials comes from the parents of athletes although many of our core officials no longer have children in the sport and just do it because they love it. Being an official on an event is an easy task. If you have run an event at your Centre it is no different to running an event at an LAQ carnival. With Regional Relays coming up, it is a great opportunity to get some experience. If you would like to join us at the McDonald's State Relays and would like some guidance please let us know through the LAQ Office or speak to your Centre committee who can help you out. I look forward to meeting some new officials at Relays. We supply you with an amazing morning and afternoon tea as well as lunch and cold refreshments throughout the day.

The first of our McDonald's Regional Relays are being held this weekend. Relays is always a favourite time of the year for athletes as they get to compete with their friends not against them. I would like to pass on my thanks to all the Centres for putting their teams together. This is a huge task and full of pitfalls and angst, but the smiles and the cheers as athletes support each other makes it all worthwhile.

Good luck to everyone involved in the McDonald's Regional Relays and I hope to see some great competition coming through to the McDonald's State Relays.

Donna Smith

From The CEO

Sign On Advertising

To capitalise on the winter sports finishing later this year due to COVID, we've organised additional advertising on 97.3FM, Facebook and Instagram. Some Summer Centres have surpassed their registration total from last year already and others are still a little behind so it looks like numbers might be on a Centre by Centre basis rather than all up or all down so far this season.

Hopefully, the increased advertising and the large number of families still to sign on will have a positive effect on everyone's registrations as we gradually move out of the impact of COVID.

If you need assistance in any way from LAQ during the start of your season, please don't hesitate to contact us at the LAQ office. This could be through Introduction to Coaching Courses, Parent Induction Training, Development Clinics or simply by having one of Development Officers visit your Centre to lend a hand and provide advice. We're always happy to help.

Coles Little Athletics Sunrise Promotion

A big thank you to the Runaway Bay LAC for hosting Sunrise Weather Reporter, Sam Mac and the Sunrise Production Team for the re-signing of the Coles Little Athletics contract. Sam Mac and his team were blown away by the how well organised and enthusiastic the Centre was, particularly given they had to be at the grounds at a very early 4.15am.

The Committee managed to organise around 60 athletes, 4 or 5 coaches, all the equipment, and even some additional volunteers to assist on the day. It was an outstanding promotion for Little Athletics with our sport being featured in all 7 live weather crosses.

Coles Ambassadors Sally Person, Matt Denny, Kelsey-Lee Barber and Jaryd Clifford even took the little athletes

through some training sessions throughout the morning.

Well done to Runaway Bay LAC for putting on a fantastic morning and thank you Coles for your support.



Simon Cook

Administration

Winter Centres

End of Season

As the 2020/2021 season officially draws to a close for our Winter Centres, planning for your Annual General Meetings should be underway.

Here are some tips for a successful AGM:

- As many Centre's are aware, it can be difficult to draw in members to an AGM. To maximize your AGM's potential, you might want to look at pairing it with another activity that is run by the Centre.
- Centres should advertise the date of the AGM well in advance and send out reminders to their members. Also, provide members with an agenda, so they are aware of the structure of the meeting.
- Preparation for the AGM is key and the Committee should ensure that they compile all relevant paperwork for the AGM and also confirm which Committee Members are looking to continue on with the Centre.

When your Centre has held their AGM, please ensure that your Centre & Committee Membership form is completed and sent into the LAQ Office along with a copy of the draft AGM minutes and Audit Report.

If your Centre has any questions or concerns about your AGM, please contact the LAQ Office.

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.

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.

Member Retention

At the end of the season, it is always good for the Committee to look at the participation figures for the season and compare them to previous seasons. This is just an exercise to give the Committee an indication about the growth of the membership.

If the Centre is losing membership, then you might want to consider some of the following possibilities:

- Marketing – is your Centre actively promoting within your local community.

- Communication - do members know what your Centre is about and what the expectation is through the season.
- What service is your Centre providing - is the Centre providing coaching as well as competition.

There will be circumstances that are not within the Centre control for example other sports overlapping with the athletics season, family situations etc.

Whatever the reason, you need to know so you can determine if it's possible to get them back and to reduce the likelihood of other people leaving for the same reason.

Summer Centres

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 a considered a triallist. They must fully register and pay full fees.

Transferring Athletes

Throughout the season some Centres will receive an athlete that is transferring interstate or from another Centre during the summer season.

Centres are required to notify the LAQ office of any transfers that occur during the season and will need to following 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.

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble

Coaching & Development

McDonald's Development Clinics

LAQ are holding four school holiday clinics in Brisbane on the 15th and 17th of December 2020 and the 19th and 21st of January 2021.

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 Association Office.

Upcoming Courses:

- Saturday 14th November
Bli Bli
- Sunday 22nd November
Springwood
Highfields & District
- Sunday 29th November
Granite Belt

Game of the Month

High Jump Time Trial

Equipment:

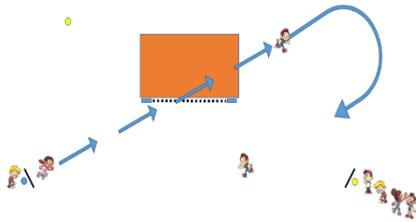
- High jump mats
- Uprights
- Flexi bar
- Markers

How to Play:

Set up high jump mats and uprights on a flat ground with no rocks, clumps of grass or holes. The bar is set at a height everyone can clear with a degree of effort above the minimum. A scratch line is set out approximately 10m (at an angle of about 20 to 30 degrees) away from the side of each upright. Split the group into two even groups. Each team lines up behind their scratch lines. On the command "GO" a stopwatch is started and the first player runs in to clear the bar.

The second player moves when the first jumper has stepped clear of the mats. This continues until every player has completed a jump. When the full team has returned to the original starting place and is standing up in order, the stopwatch is stopped. This is the time recorded for the team. The next team lines up and repeats the performance and the times are compared to find the winning team.

After both teams have been through once, swap positions so that the players then run in from the other side.



Shaun Lethem & Kendal Newton-Smith

Competition & Officials

2020 Coles Summer Carnival

The nomination numbers just kept getting bigger, so thank you for your support. We appreciated all Centres that assisted us in ensuring that COVID requirements and pre-advise was shared amongst the attending members. Huge thanks are extended to all officials and parents that were on the arena from the early day's start until the program was forced to stop due to the weather event.

Uncollected medals will be issued to the relevant Centres for distribution to the relevant athletes and the Official Results will be on the LAQ Competition / Results webpage as soon as possible.

The Competition & Officials Committee have already started reviewing all aspects of the competition and have provided recommendations to the Board for their consideration. For those interested, here are some stats from this event: 1173 athletes nominated (from 54 Centres), in 5010 events.

McDonald's Regional & State Relays

Nominations for the McDonald's Regional Relays are now closed. Best of luck to all athletes, officials, host Centres and Regional Committees.

We are aiming to issue Declarations of Nominations for the 2020 McDonald's State Relay Championships (12th December) out to Centres by the 23rd November.

Things to note:

- Centres should be advising U9-U17 athletes / teams that place 1st – 3rd will automatically qualify for the McDonald's State Relay Championships
- Winter Centres are reminded that U9 – U17 teams can nominate track & 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.
- State Relay Championships Closing Date is 9:00am Monday 30 November
- Officials EOI for the McDonald's State Relay Championships are still being accepted.

Introduction To Officiating Workshop 22nd November at Balmoral LAC

The LAQ Introduction to Officiating Workshop is ideal for parents, guardians or athletes looking for a solid introduction to officiating (helping out) at Centre meets or Regional competitions. These can also be a lead-in to gaining AAOES Level 1 accreditation.

If you are considering participating in the Balmoral workshop, looking to gain accreditation or just interested in gaining some insight on how events should be run, you may like to start your pathway by participating in the online Australian Sports Commission Course, Level 0. It's a great way to start. Use this [link](#). Further information on officiating and on-line learning can be accessed [here](#).

Karen & Bianca Lunt