

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



Robertson Gardens



QUEENSLAND GOVERNMENT

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President's Corner

A Happy New Year to you all. I hope everyone had some downtime over the Christmas / New Year break because it was a busy first half of the season. We are just about to hit the pointy end of our 2020 / 2021 season. It certainly has been a season like no other, but we are getting through quite well. Some Centres had a forced break during our short lockdown, but others were unaffected. We just have to roll with the current rules as they come up. Fingers crossed for a smooth run to the McDonald's State Championships.

This weekend we see the first of the Nordic Sport Summer Regional Championships kick off. These Championships will be run over three weekends at various venues within our Summer Regions. We are hoping for good weather for all of the events so it will be easy for Regional and Centre committees without having to use back up weekends. Regionals are the qualifying event for State Championships for our athletes. It is also a good catch up for athletes with their friends from other Centres. This can be as much fun as the events themselves.

I would like to pass my thanks to all of the Regional and Centre committees for the work they have done in the lead up to the Championships. There is a lot of work involved in getting nominations organised. A special thanks goes to the hosting venues as your work is huge with getting your venue ready as well.

Our Winter Centres are starting to prepare for their sign-ons to commence the season 2021 / 2022. We are hoping for a full season with no lock downs. Don't forget if you require any assistance the LAQ Office is only a phone call away and will be

more than happy to provide what you need.

I wish all of our athletes' good luck with your Regional Championships. Thank you to all of the officials who will be stepping up to give their assistance to the athletes. Without you we have no events.

Donna Smith

From The CEO

COVID Update

It is now mandatory for sporting venues to use electronic tracing instead of a paper template to capture attendee details. To facilitate this, LAQ is providing EVA Check-in for all Centres to use free of charge. If you need assistance with setting it up, please contact Ngairé in the LAQ office.

For Regional Competition Committees, the threshold of people required before the Local Public Health Unit is to be notified has increased to 1,500 people. If your event is under that number then it can run under a COVID Safe Checklist which is included in the LAQ Back on Track plan available at <https://laq.org.au/covid-19-2/>. The remaining guidelines in the Plan will still need to be followed.

LAQ Sponsorships

I'm pleased to announce Nordic Sport has just renewed its partnership with Little Athletics Queensland for a further 3 years. Neal Pitman and his team have been extremely supportive of our sport over an extended period of time (almost 20 years) providing significant funding to assist us in conducting competitions all throughout Queensland. In particular, they provide direct funding and naming rights to all 11 LAQ Regional Championships.



Please contact Nordic Sport for all your athletics equipment and uniforms needs. Their equipment is the best you can buy and supporting him really does benefit our sport.

Comfort Inn & Suites Robertson Gardens have also renewed their sponsorship of LAQ. Like Nordic, Comfort Inn have supported us for an significant period of time having been one of our supporting sponsors for just over 20 years. Located conveniently close to QSAC, they are the ideal place to stay when competing at LAQ competitions. Call the friendly staff there to make a booking when you're travelling to Brisbane!

McDonald's State Championships Travel Grants

Winter Centre athletes will soon be eligible to apply for 1 of 10 McDonald's Travel Grants to attend the 2020 McDonald's State Championships on the 19-21 March 2020. Grants will be to the maximum value of \$500 and limited to 1 per family. Further details will be emailed directly out to Winter Centre athletes in the next few days.

Thank you to McDonald's for your generosity in helping families from regional areas participate in Little Athletics.

Simon Cook

Administration

Contact Tracing Requirements

All Centres will need to implement electronic registration of participants attending weekly competitions/training at your Centre. Paper registration of attendees will no longer be sufficient to meet contact tracing requirements.

Little Athletics Queensland is currently using the QR technology of Eva Check In, to register spectator attendance, and will assist Centres with signing up for the program. For more information, please contact Ngaire in the LAQ Office.

Summer Centres

Honour Certificates & Years 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 Association Office

Winter Centres

2021 / 2022 Registration Fees

Registration fees will be:

Tiny Tots:	\$43
U6 – U17:	\$75

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.

LAQ Requirements

Just a reminder to Winter Centres that the following items need to be sent into the LAQ Office before the start of the new season:

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

FairPlay Vouchers

The next round of FairPlay Vouchers is now open.

FairPlay aims to support regular participation in physical activity, by reducing the cost of sport and active recreation for children and young people from low-income families.

Parents, carers or guardians can apply for a voucher valued up to \$150 for eligible children and young

people. These vouchers can be used toward the cost of membership, registration and/or participation fees for eligible activities.

Further information can be found by visiting

www.qld.gov.au/fairplayvouchers

Sport Australia's Game Plan

The Queensland Government has launched a new initiative to assist sport and recreation centres post COVID.

The Sport Australia Game Plan is an easy to use tool for centres to assess their strategic and operational strengths and weaknesses and access resources and information to help improve their performance.

In just six steps, centres are equipped with the tools and resources to improve the quality of skills of its volunteers and management, adapt quickly and maximise existing club resources.

For more information or to get started with Game Plan please visit <https://www.sportaus.gov.au/club-development>

Running with Goals in Mind

Running a Centre is not always easy and that is why it is important to set goals at the start of the season. Setting goals will help your Centre achieve the best possible outcome for the season. Some goals that your Centre may look at setting are:

- Budgeting – The committee might look to plan and work within a budget this season.
- Coach & Officiating – You may want to look at increasing your team of coaches and officials. Mentoring your older athletes to assist in these areas might be a good option.
- Member engagement - At the start of the season spend time with members familiarizing them with the Centre. The start of the season is quite busy and it may not be an easy task but there are significant benefits to reaching out to your members.

- Celebrate achievements – It's important to celebrate members, athletes as well as Centre achievements during the season.
- Athlete retention – Developing a strong social environment is as important as having a competitive one. It essential to recognize why your athletes keep returning to the Centre each season.

No matter what goals you set, make sure you review your goals at the end of the season.

Shannon Kruger, Ngairé Hollands & Amanda-Jayne Noble

Coaching & Development

McDonald's School Holiday Clinics

During the January school holidays, LAQ organised a number of athlete coaching clinics at QSAC. We had 82 registrations for the two clinics and we would like to extend our thanks to our wonderful coaches Cedric Dubler, Mitch Cooper, Caitlin Mcquilkin-Bell and Tracey Tuia.

More McDonald's clinics are being organised for our Winter Centres during this coming season. Further clinics at QSAC will be held on the 21st and 23rd of September 2021. More details of these clinics will be available on the LAQ website and Facebook page as they are confirmed.



Little Athletics Program for Schools (LAPS)

The purpose of our LAPS session is to promote Little Athletics and to encourage more children to register with their local centre. LAQ Development Staff and presenters, on behalf of the local Little Athletics centre make the visits, which include children having an active experience participating in different track and field events and distribution of relevant materials to both teachers and students.

If there are any Centres who wish us to contact a specific school to see if we can run a LAPS session, please contact Kendal or Shaun at the LAQ office. Please understand that we aim to conduct all school visits for those who request them, however we cannot guarantee this

Game of the Month

Speed Bounce

Each athlete has a collapsible marker. On the command (whistle), the athletes must jump over the marker and touch the ground on the other side of the marker with both feet. The objective is to get as many bounces as they can and then attempt to beat that score each subsequent round. Set a time to complete each round (e.g. 30 seconds). One correct cross of the marker in either direction counts as one bounce. If the marker is touched but the athletes' feet still cross to the other side, then the bounce is still counted

Variation: Use one foot instead of two.



Shaun Lethem & Kendal Newton-Smith

Competition & Officials

ResultsHQ Roll Over Required Winter Centres Only

Winter Centres using ResultsHQ should be looking to conduct a Season Rollover in the Centre ResultsHQ Profile at least 2 weeks prior to their first sign on date. An email will be issued to all Winter Centres shortly with instructions on the process required. For assistance with this or for any other queries on ResultsHQ, please contact Bianca through the LAQ Office.

Reminders on Competition Dates, Closing Dates & Programs

- Nordic Sport Regional Championships: **Nominations Open** until 9am Monday 1st February for Met West and South East. Nominations for all other Regions have closed. *Late nominations are not accepted.*
- McDonald's Combined Event Championship: **Nominations Open** until 9am Monday 22nd February. Nomination fees are \$15 per athlete.
U15 athletes seeking consideration for selection in the 2021 LAQ State Team will need to compete at this event.
- McDonald's State Championships: Brisbane, 19th – 21st March
- McDonald's Winter Carnival: Townsville, 26th & 27th June (TBC)
- Coles Spring Carnival: Bundaberg, 25th September (TBC)

Programs for the above competitions and information can be found on the LAQ website.

2021 / 2022 LAQ Competition season nomination forms and online nomination portals for LAQ members will be available from May.

Officials Education & Accreditation

LAQs 2021 Level 2 (Extension) Officials Workshop has been scheduled for Sunday 7th March. This workshop is suitable for those with or gaining Level 2 accreditation, or officiating as a Chief or Referee at Regional or State Competitions. Participation is free; however, registration is essential. More information and a registration portal will be available in the coming weeks on the LAQ Official's webpage.

2021/2022 IOW Workshops: Centres or Regions that would like to host an Introduction to Officiating Workshop during the 21/22 season are asked to email k.lunt@laq.org.au an EOI with preferred dates.

Karen & Bianca Lunt