

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



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## President's Corner

The Coles Winter Carnival was held last weekend in Townsville. We had athletes from a large number of our Winter Centres and from other Centres all over the State. Athletes had a lot of fun and several records were broken. Townsville is a wonderful venue and the weather certainly made it that much better especially for us southerners. A huge thank you goes to the committee of Townsville Central Little Athletics who helped co-ordinate the weekend and provide an amazing canteen which never fails to impress us all. Thank you also to Ross River Centre for help with equipment.

Thank you to all of the officials and volunteers over the weekend. There was a large number of people who helped out and this made for a very smooth flowing event that everyone enjoyed. We look forward to next year.

June also saw the holding of our Annual Conference at the Hilton Hotel on the Gold Coast. Due to Covid restrictions we had to limit the number in attendance but this didn't dampen the spirits of those attending. The motions were argued with gusto and some good decisions were made. The workshops were well received and everyone got some very good information to take back to their Centres. The Saturday night awards dinner didn't fail to disappoint. Everyone had a good time and there were some great costumes around our theme "Take Me To Tokyo".

I would like to congratulate all of our award winners. You all contribute a significant amount of time and passion to our sport and we are forever grateful for your efforts. We understand that all of our award

winners are also supported by a family and a committee around them and we also appreciate the work that goes into our sport by everyone.

It was great to be able to catch up with some of our Winter season committees at the Coles Winter Carnival. They are well into their season and starting to prepare for their Regional Championships. There has been some weather disruption this season but thankfully everything else has been tracking along nicely. I look forward to catching up again at Regionals.

The Summer season planning is well underway and some Centres are looking towards sign ons. Don't forget if you need any assistance, the LAQ office is only a phone call or email away. We are hoping for a bumper season on the back of the Olympics.

Congratulations to Tony Frampton, Brad Jones and Gary Morrisby on their re-election to the Board. We have a very solid Board with a broad range of skills. It makes my job as President much easier to be able to have a group I can rely on to help me and offer differing opinions and ways of doing things.

I would like to pass on my thanks and appreciation to our Competition and Officials committees. The people on these committees put in a large amount of work and dedication to the sport. This was particularly evident in the Relay motion put to Conference this year. This motion took many hours of preparation and a large number of meetings to put it together. We are so grateful for the work that everyone is prepared to put into our sport to make it the best possible for our athletes.

We are not too far now from the start of Tokyo 2020 (2021). While it will be a bit different to what we are used to seeing, we know all of the athletes will

give their best. I would like wish all of our ex-LAQ athletes the very best of luck, along with the rest of the Australian Team.

**Donna Smith**

## From The CEO

### 2021 Conference

I just firstly wanted to echo Donna's comments about this year's Conference. Our people played hard on the Saturday night but they also worked hard throughout the business sessions to ultimately make sure the end "product" that gets delivered to the athletes is as good as it possibly can be. The motions that were supported will certainly go a long way towards improving the competitions and make life a little bit easier for the volunteers.

Speaking of which, the achievements of the award winners each year blows me away with the level of dedication and effort each one of them put into the sport. I'm sure they would all tell you too that they don't do it for the rewards they do it for the athletes.

The presentation and workshops notes are on our website, so if you want to refer to them, they're available in the Conference section. The feedback we've received from them has been very positive. We'll also follow up by sending the One Athletics information as promised by Gavin to you so you can provide comment before we vote on the merge in October.

### COVID Update

Once again, COVID has reared its ugly head with a 3-day lockdown for South East Queensland and Townsville (including Palm Island and Magnetic Island). This means there is no organised sport or training for the duration of these 3 days.

Stay at home orders were lifted this morning for all local government areas except for Brisbane and Moreton Bay, which were extended for a further 24 hours. Hopefully tomorrow we will have our stay at home orders lifted as well and we can return to our previous level of restrictions which thankfully were not that onerous. Time will tell and we will

send out further advice from the Queensland Government when it is announced. Make sure you keep an eye on the Queensland Health website or facebook page for all the latest information and advice.

On a brighter note, we were very fortunate to conduct our Coles Winter Carnival in Townsville before the lockdown was enforced. It was an outstanding event with an increase in the number of athletes and Centres represented. Thank you to the families that made the trip north and for the Centre's for your ongoing support.

Stay safe everyone.

**Simon Cook**

## Administration

### Conference & AGM Minutes

All Centres will find attached to this email a copy of the 2021 LAQ Conference and AGM minutes.

### Updated Resolutions & ByLaws

Also attached to this email is an updated version of the Association's Resolutions & ByLaws. This has been updated from the 2021 LAQ Conference.

### Summer Centres

#### Registration Preparation

The 2021/2022 season is just around the corner for all our Summer Centres and it's important that preparation gets underway. Centres should be updating their registration console in preparation for them to go live by the 1<sup>st</sup> August 2021.

Also, Centres should ensure that their Facebook and website information is up to date with all fee and registration information.

#### Registration Fees

LAQ registration fees for the 2021/2022 Summer Season are:

- Tiny Tots: \$43.00
- U6-U17: \$75.00

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, the overall total cannot be greater than four times the LAQ registration fee.

### Winter Centres

#### Registrations

Winter Centres need to ensure that all athletes within their Centre have been assigned a registration number. Athletes can continue to use their registration number from last season.

If your Centre is yet to provide LAQ with the athlete's registration numbers, please do so as soon as possible.

### Marketing Your Centre During the Olympics

The Olympics will no doubt generate some big interest for members of the community wanting to join their local Little Athletics Centre. To take advantage of the Olympics advertising, it's important that your Centre has a visual presence within your community. Your Centre might like to use the following options:

- Sports Expos
- Signage around your grounds
- Distributing flyers to your local schools
- Regular Facebook and Instagram posts

Don't forget to ensure that all your contact details for your Centre are up to date

### Australian Sports Foundation

For the past 30 years the Australian Sports Foundation has helped athletes and clubs raise funds. They offer a sport-specific and tax deductible fundraising platform for Centres and Clubs to start online fundraising.

For more information or to setup an online fundraising platform, please click on the following link:

<https://sportsfoundation.org.au/fundraise>

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

## Coaching & Development

### FAST Session at Coles Winter Carnival

We had a terrific time in Townville last weekend with the Tiny Tots and U6 athletes who participated in our two FAST sessions! We had around 25 athletes participate over two sessions doing some fundamental movement skills and games with Kendal. Thanks to all who participated. We look forward to our next FAST session at the Coles Spring Carnival in Bundaberg in September.



### 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

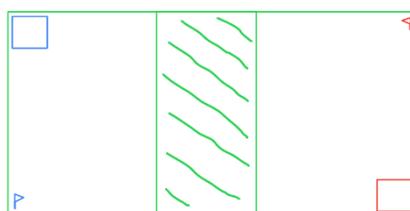
#### Old School Capture The Flag

##### Setting Up:

A big open space to set up the "field". It doesn't really matter how many on each team, nor how many teams for that matter as long as teams are equal (although at least five per team is generally a good number).

The playing field must be divided into three areas, with the two teams separated by a neutral space.

Each team must place their flag somewhere in their area. If you don't have a couple of flags handy, pretty much anything will do.



##### Playing the Game:

Now, teams get five minutes to place their flags. Once the flags are set, the game begins. Obviously, in order to win the game, you must capture the other team's flag (duh!) and bring it back to your own territory.

If an enemy team member tags you while you're standing on their part of the field, they are allowed to take you straight to jail (which is a small patch of land in their territory).

When guarding the flag zone or the jail zone, a defender must be at least 2m away from the zone boundaries.

You can be freed from jail if one of your team members tags you. A player can only free one teammate at a time. There's no limit to how many times you can be thrown back into the slammer!

**Shaun Lethem & Kendal Newton-Smith**

## Competition & Officials

### 2021 Coles Winter Carnival

We were extremely pleased to be returning to Townsville for the Coles Winter Carnival. It also seemed to be

the case for many LAQ members. There were over 250 competitors from Winter and Summer Centres and non-registered athletes from the north.

There were many officials and volunteers coming forward to assist at each event area throughout the weekend. We extend our thanks to all, as you made it possible to deliver a successful competition for the athletes. It would be remiss not to provide additional acknowledgment of the Townsville Central LAC members, led by Jane and Mark Chester who provided wonderful support by running the Long and Triple Jump events and the canteen the whole weekend. Again thank you all.

The statistics on personal BPs and contested events is awesome. With the introduction of the Coles Winter Carnival weighted-point participation trophy and the top 3 places swapping between Cassowary Coast, Townsville Central and Ross River, Cassowary Coast members were excited to hear that they were the winners.

All Centres with participating members please be sure to congratulate your athletes on their participation, performances and good sportsmanship. The official results have been posted on the LAQ website. A total of 33 Best Performances (Winter and Queensland) claims have been prepared for presentation to the Board for approval.

### LAQ Conference

The LAQ Conference earlier this month was well attended and a successful event. Our compliments to all who attended and participated in the discussions, workshops and the online feedback.

We trust that all Centre members who attended will share with their respective Centre Committees the information gained from the Conference. Workshop and presentation material / details is available on the LAQ Conference webpage, use this link: <https://laq.org.au/resources/annual-conference-and-agm/>

The Travel rebates for those eligible Centres will be paid into your Centre bank accounts by EFT shortly.

Tentative dates for the 2022 LAQ Conference are Saturday 4<sup>th</sup> and Sunday 5<sup>th</sup> June. We will be looking into venues on the Sunshine Coast and possibly as far north as Hervey Bay. While I acknowledge that the 2022 Conference is not only next year and next season, and the Committee members may be different, it would be in your Centre's interest to start planning, budgeting and even looking at relevant grant applications to have members attend.

### Competition Rule Changes

A summary of competition rule changes (excluding Motion 6) endorsed by the Board or Conference is attached to this edition of LA News. The document can also be found on the [LAQ Competition Resources page](#).

The new Relay Rules will be made available later in July. We strongly encourage Centre Team Managers to attend one of the scheduled Relay workshops or, after discussion amongst Centres in your Region, request to host a Relay workshop on an agreed date.

The updated and complete LAQ Competition Handbook will be made available as soon as possible.

### Competition / Officials Induction

With the start of the Summer season approaching this could be an ideal time for Committees to consider and decide how new members are introduced to what the Centre weekly meets offer and what is expected of them as parents/guardians. Committees should also be considering how to promote the LAQ Regional Relays, many new registering families are not aware that the competition provides track and field events and is open to all athletes of all abilities. These points may be a good place to start your discussions.

- Ensure you have some Committee members attend the Officials Workshop so they can share knowledge or run mini induction sessions for your members
- At the beginning of the season, offer a reduced number of events in the programs and use

the time to show parents how to run the events.

- Don't include 'new events' to aging up athletes in the first few weeks e.g. no javelin for U11s, hurdles for U8s and 300m Hurdles for U15s.
- Include track relays once your season is under way, but before the Regional Relays nomination are due.
- Consider having a 'bring a friend day' and include relays in the program

### Upcoming Competition Dates

- Coles Spring Carnival  
25<sup>th</sup> September in Bundaberg
- Nordic Sport Central North Regional Championships  
11<sup>th</sup> & 12 September in Biloela
- Nordic Sport Maranoa Regional Championships  
11<sup>th</sup> September in Chinchilla
- Nordic Sport North Qld Regional Championships  
11<sup>th</sup> & 12<sup>th</sup> September, Townsville Sports Reserve
- Nordic Sport Tropical North Regional Championships  
9<sup>th</sup> October at Cassowary Coast

The closing date for all of the above listed competitions will be 9am on the Monday, 10 working days prior to the competition date. ResultsHQ meet invites will be issued at least 4 – 6 weeks prior to the nomination closing date.

Additional information can be found on the LAQ Competition webpage or the competition's specific calendar page.

### 2021 Nordic Sport Winter Regional Championships

Winter Region Competition Coordinators and host Centres are well into their planning for the Nordic Sport Regional Championships. Winter Centres should start promoting this event to their athletes as their season Championship event, a competition open to all athletes and abilities. Each season we hear so many positive stories of the athletes having fun, attaining goals and personal best performances.

Nominations:

- A ResultsHQ Meet Invite will be sent to all Winter Centres at the end of July
- Nominations must be processed through either the Family or Centre ResultsHQ profiles by 9:00am on the advertised closing dates
- Centres must ensure all registrations are up to date and forward the meet invite for the nomination process to work
- The fee is \$15 per athlete

Competition Details:

- Each Regional Championship has its own [web-calendar page](#) which provides specific details, including the event order (once it is provided). General details about the Regional Championships can be found on the [LAQ Regional Competitions webpage](#)
- Any LAQ registered U7 – U17 member is eligible to nominate and participate.
- 1<sup>st</sup> – 4<sup>th</sup> placegetter are automatically eligible to nominate for the 2022 McDonald's State Championships

### Calling for Officials

The Officials Committee Chair is calling for members to lodge Expressions of Interest to officiate at the LAQ competitions during the 2021/2022 season. While officials will be required for each competition, the Coles Spring and Summer Carnivals are the focus for the next few months. With this in mind we ask all Officials to use the online function available on the [LAQ Officials Competition](#) webpage to lodge EOIs as soon as possible. All applicants will be appointed a role, unless there are extenuating circumstances to be considered.

We are particularly hoping that Officials from the Central Coast and Central North Regions will take advantage of the Coles Spring Carnival by using this event to gain practical assessments towards their accreditation.

### Officials Education

The following dates and venues have been confirmed for Officials Education Workshops:

- 14<sup>th</sup> August – West Bundaberg LAC
- 4<sup>th</sup> September – Gladstone LAC
- 10<sup>th</sup> October – Ipswich LAC
- 21<sup>st</sup> November – Caloundra LAC
- 28<sup>th</sup> November – Gold Coast LAC
- 24<sup>th</sup> October – Jimboomba LAC

These workshops are free and open to any interested member. Additional information and registration links will be posted on the LAQ website calendar, LAQ Officials pages and in LAQ Officials TeamApp.

### Competition Meeting and Workshop Dates

Summer Centres should take note of the following meetings and workshops coming up later this year:

- Summer Regional Coordinators & Regional Committees Meeting
  - LAQ Office
  - 25<sup>th</sup> July at 10am
- Regional Relay Workshop
  - LAQ Office
  - 1<sup>st</sup> September at 6:30pm
- Regional Relay Workshop
  - Gold Coast LAC clubhouse
  - 15<sup>th</sup> August at 10am
  - Venue TBC

### Centre Uniforms

The following outlines the process for Centre Committees that wish to add to or change any component of their Centre uniform:

- The Centre Committee would formally agree at a Committee Meeting to add to or change the uniform design or colours – colours can be completely different, or the same as current uniform
- The uniform components' design and colour ways must be provided to LAQ as artwork or photo of the actual mock-up for approval or otherwise. Shorts / are considered to be part of the uniform and must also be approved

- Once a new design is approved the Centre / members have two seasons to phase out the old and phase in the new – all athletes must be in the new uniform for the beginning of the next season.

Points to note:

- The colour scheme and design must be unique - not a match to another approved Centre uniform
- All components of the uniform (polo, singlets and crop top) must mirror each other in colour and design
- Shorts can colour match the uniform tops or be different e.g. all black
- Crop top and singlets are optional and can only be offered to U13 and older
- Jackets, socks, and hats are not considered to be part of the official athlete Centre uniform, therefore do not need approval of this office.

Use [this link](#) to view the current Uniform Policy.

**Karen & Bianca Lunt**