

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



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## President's Corner

It has certainly been a very busy and exciting month. We have been treated to the best of the best competing at the Olympics and are currently seeing the best of the best at the Paralympics. I imagine there was a lot of TV watching and if you are anything like me, I had multiple devices on at the same time, making sure I didn't miss anything! There were a lot of late nights involved in keeping up. We had some wonderful results in all of the sports but the Athletics was extra special for me. To see the athletes we have seen come through the ranks of Little Athletics mix it with the best and medal at the Olympics was amazing. All of the Aussie athletes appeared to perform at or close to their best and this was extra special because of the tough road they have all had to take to get there. Congratulations to you all we are so proud. It looks very positive leading into Paris in 3 years' time.

The sportsmanship on show at these games from athletes from all over the world shows you how good sport is for camaraderie and lifting up your fellow competitors. There is no better example than Ashley Moloney's bronze medal in the gruelling Decathlon. Ash was helped along in the 1500m by his mate Cedric. This is what our sport is about. Another highlight for me was the sharing of the gold medal in the men's High Jump. I am excited now to see the Paralympians show their might on the world stage and I imagine we will see more outstanding results.

We are also in the thick of summer sign ons for the 21/22 season. This has been hampered slightly with yet another lockdown but is ramping up now. I would like to congratulate all of the Centres for your social media

work in the lead up to your sign ons. This I am sure will have generated lots of interest especially after the Olympics. We are hoping for lots of new athletes and our returning athletes who have been inspired by what they have seen the Olympians do. Our fundamental focus is on getting kids active and having fun.

We are a couple of weeks away from the first of the Nordic Sport Winter Regional Championships. It is always great fun to get out to our Winter Centres to catch up with everyone. We have 3 on the one weekend so it will be busy in the office in the lead up. Congratulations and thank you all of our Winter Centres for running such a fantastic season. Again it has been a bit fraught with the threat of lockdowns and also the weather has had an impact again. However through all of this you have kept going. The work that goes on behind the scenes is certainly seen by us and is appreciated. Good luck to everyone in the next few weeks.

The Coles Spring Carnival is only 4 weeks away. This is the first of our Summer carnivals and is always a fun day. A windy day is guaranteed and this year we will be using the new photo finish system which West Bundaberg have just had installed. This will make life a lot easier for the photo finish team. We have tweaked the program this year to ensure we get a smooth running day. I look forward to seeing you all there.

Good luck to all of our Centres for the next month. There is a lot happening around the State.

**Donna Smith**

## From The CEO

### Latest COVID Advice

The Premier announced on the 18<sup>th</sup> of August that restrictions were to ease in the Local Government Areas of Brisbane, Moreton Bay, Ipswich, Logan, Redland, Sunshine Coast, Gold Coast, Noosa, Somerset, Lockyer Valley and Scenic Rim from 4pm Friday 20 August 2021.

This means that community sport is now able to be played and includes competition with spectators and training.

Centres within the affected 11 LGA's (listed above) will still need to comply with spectator density requirements (1 person per 2m<sup>2</sup>) and physical distancing until further notice. There are no restrictions on the field of play.

While masks are not required when people are outdoors, they must carry masks with them at all times.

Centres within these LGA's will also be required to check people in using the Check In QLD App.

Cairns and Yarrabah, having completed their lockdown, will align to the rest of the State.

If there are any changes or further updates, we will advise accordingly.

### COVID & Fees

We've had some Summer Centres enquire whether LAQ will issue refunds if the season doesn't go ahead or is interrupted at some point. It is our intention to get a full season in regardless of whether additional restrictions come in and out even if this means extending our season past the end of March.

We will be constantly monitoring the situation throughout the remainder of the season and will make adjustments if need be to ensure the sport continues. Should something happen that prevents us from continuing on, then we will advise accordingly when that happens. If it looks like we won't be able to finish the season then we will make a decision on whether some proportion of the fees should be refunded at that time. We do need to

stress though that our intention is to complete the season.

As always, we will keep you updated with any announcements as they occur. If you need to speak to someone at the LAQ office about COVID restrictions please don't hesitate to contact us.

### Coles Initiatives

#### Little Athletics Community Fund

Round 6 of the Coles Little Athletics Community Fund closes next Tuesday, 31 August 2021.

This is a fantastic opportunity for your Centre to apply for up to \$5,000 worth of sports, safety and volunteering equipment, what a great way to start the new season!

For more details and to apply for a grant, visit [coles.com.au/littleathleticsfund](https://coles.com.au/littleathleticsfund)

#### Athlete of the Month

For Winter Centres, nominations for the Coles Athlete of the Month close on Tuesday, 31<sup>st</sup> August.

The nominations must demonstrate some of the following traits - Sportsmanship, Leadership, Commitment and Health and include the [#COLESLAOTM](https://twitter.com/COLESLAOTM) and tag [Little Athletics Australia](https://www.littleathletics.com.au/) in the post.

Winners will receive a \$25 gift voucher from Coles.

**Simon Cook**

## Administration

### LAA National U15 Coaching Camp

Due to current COVID restrictions and various statewide lockdowns, the National U15 Camp has been postponed until 19<sup>th</sup> – 21<sup>st</sup> January 2022.

### 2022 McDonald's New Zealand Development Tour

Nominations are closing soon for the 2022 McDonald's New Zealand Development Tour. The Tour will take place from the 7<sup>th</sup> – 17<sup>th</sup> January 2022. The Tour is open to any U15 or U16 athlete regardless of skill level.

The cost for the 2022 Tour is \$2,950, which covers airfares (Brisbane-NZ return), taxes, ground transportation, travel insurance, accommodation, meals, competition fees, uniforms and sightseeing activities.

Closing date for nominations is Wednesday 15<sup>th</sup> September 2021. 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 2022 Tour as normal, however, it is of course dependant on both the Australian and New Zealand Government's restrictions regarding COVID-19.

### Registration Numbers

Centres can now request smaller registration numbers for athletes with crop tops and singlets.

For Centres that require smaller registration numbers, please contact the LAQ Office.

### 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. Athletes must register as a platinum member with Queensland Athletics to claim free registration.

When an athlete has been dual 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.

If the LAQ fee has been paid before registration with Queensland Athletics, it will be reimbursed to the Centre to return to the athlete.

### Summer Centres

#### Banana Donations

The Banana Coupon Booklets will be sent out to Centres in mid-September provided that a delivery address has been provided by Centres.



The Banana Coupon Book is redeemable over two donation periods:

- Wednesday 22 September – Tuesday 14 December 2021 and
- Wednesday 12 January – Tuesday 29 March 2022

Centres will only receive one coupon book for the season. The book covers the donation periods as above.

#### 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.

#### **Winter Centres**

##### 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 from the LAQ Office.

#### 2022 / 2023 Committee Membership Forms

Winter Centres will find enclosed in this month's mailout the Committee Membership Form for the 2022/2023 season. Once Centres have held their AGM, this form is required to be completed and returned to the LAQ Office by 25th February 2022.

#### **Upcoming Volunteer Workshop**

Active Queenslanders Industry Alliance (AQIA) will be holding a free workshop for volunteers within the sport and recreation community. The workshop will cover the following topics:

- Grants and funding information
- Sponsorship
- Volunteers (How to attract & retain)
- Financial management

The workshop will be held on Wednesday 1<sup>st</sup> September from 6.00pm-8.00pm at Nissan Arena, 520 Mains Road, Nathan.

To register for the Volunteers session, click [here](https://www.aqia.org.au/events/brisbane-south-east-volunteers/): <https://www.aqia.org.au/events/brisbane-south-east-volunteers/>

#### **Free Fundraising eLearning Course**

For Centres interested in learning more about fundraising. Active Queenslanders Industry Alliance's (AQIA) is offering a free online course.

This course covers different types of fundraising activities your Centre can explore. It also goes through developing a fundraising strategy.

For more information on this course, please click [here](#).

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

## Coaching & Development

#### **School Holiday Coaching Clinics**

LAQ will be hosting a series of athlete development clinics over the September school holidays. Clinics will take place at QSAC, Brisbane from 9am – 12pm. Details are:

##### Tuesday 21<sup>st</sup> September 2021

- U9 – U10 athletes: Long Jump, Sprints, Discus. Athletes will rotate around these 3 events.
- U11 – U17 athletes: Athletes to choose up to two events (one event from each session):
  - Session 1: Discus, Sprints, High Jump.
  - Session 2: Discus, Sprints, High Jump.

##### Thursday 23<sup>rd</sup> September 2021

- U9 – U10: Shot Put, High Jump, Hurdles. Athletes will rotate around these 3 events.
- U11 – U17: Athletes to choose up to two events (one event from each session):
  - Session 1: Long Jump, Javelin, Hurdles.
  - Session 2: Long Jump, Javelin, Hurdles.

For more information and to register, go to the LAQ website.

#### **Centre Competitions**

If you are only running your program because it is what you "inherited" from previous years and it doesn't seem to be working now, maybe it is time you looked at what and how you are doing things. Maybe the program you inherited was written (and working well) for 120 members and now you only have 50 members and still are trying to do things the same way. Or you had 50 members and now have 120. A program is **always fluid** and changing to suit the needs of those running it and number of athletes.

Here are some ideas that you may like to discuss with your Committee and see if they could work in your Centre program:

- Time based "events"
  - Each "event" rotation is 30 minutes.
  - This allows for "coaching" if desired (i.e. 20-25 minutes of skill work with one timed or measured performance at end), or
  - Allows for a "normal" timed and measured round.....with rest between events. Only move to next event / activity at scheduled time (i.e. no skipping ahead to next activity to rush through the program), or
  - Allows for more than the "normal" timed and measured attempts in the allocated time
  - Parents know there is a distinct finish time. The program must start at the stated time though.
- Have one person stay at one event area for the duration of the program.
  - Gives consistency of language used to all age groups.
  - Allows "coaches" to stay with their preferred activities.
- High Jump and Hurdles are on alternate weeks
  - Less equipment to set up.
  - On high jump weeks, the option is there to run a "double" session to allow for coaching and jumping.
- Hurdles
  - Long to short distance (100m to 60m)
  - Tall to short (76cm to 45cm)
  - Start your hurdles session with the longer taller hurdles. As the events finish, the extra hurdles can be moved to the side of the track and put to the lowest height ready for collection and storage.

- Walks / Distance (300m +) as an optional activity.
  - Allows those that still want to run / walk the opportunity.
  - 300m for "new" members to the event, 700m+ for "experienced".
  - Done at the start of the meet prior to the official start (e.g. meet starts at 6pm, walks / distance start at 530pm).
  - If there is a need / request, then this event can be substituted into any of the "running" timeslots.

There are many and varied ways to run a program. If you would like a Development Officer to come out to your Centre to look at what you are doing and check out your way of doing things and to perhaps offer some advice, please contact Shaun or Kendal to arrange a visit.

#### **Introduction to Teaching Little Athletics Skills (ITLAS) - Formerly 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 this is the course for you!

The ITLAS 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 ITLAS is a non-accredited practical coaching course designed for Little Athletics.

1 Day course - 6.5 hours duration.  
Cost: **\$99** 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.

#### **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 H-O-R-S-E

Well, this is a variation of the "basketball" version you may have played before. This one is for shot put. You need a shot (of suitable weight for your age), a hula hoop and a couple of players. One person places the hula hoop in the sector and "pushes" the shot from a seated, kneeling or standing position (in the shot circle) using either two hands or one. Essentially the first person chooses the method of throw, then everyone else has to do the same. If the first player lands the shot in the hoop (i.e. doesn't roll out), then everyone has to attempt to do it in the exact same way.

If the first player doesn't land it in the hoop, the next player sets the hoop and chooses the throwing method and play continues. Once it has landed in the hoop, all subsequent players have an attempt, if they miss then they earns the letter H and the next person has an attempt. Play continues until all have had an attempt and this completes the "round". Choose another person to set the hoop and method of throw and continue as before for the second round (and so on). The idea is to not collect all the letters H-O-R-S-E and become the first to complete the word.

**Shaun Lethem & Kendal Newton-Smith**

## Competition & Officials

### Important Date Change 2021 Coles Summer Carnival

To avoid a clash with the recently announced QA Queensland All Schools Championships, the LAQ Coles Summer Carnival has been rescheduled to Saturday 23<sup>rd</sup> October.

Centre Committees and members should note that the Meet Invite will be issued the week ending Friday 17<sup>th</sup> September. The Nomination closing date will be 9am Monday 11<sup>th</sup> October.

All nominations must be lodged through ResultsHQ. Hard copy nominations will not be accepted.

The table of events and any updated information will be posted on the [LAQ Calendar date](#).

### Relay Rule Changes

Further to the Conference discussions and 'Motion 6' being passed by the members, additional feedback post conference and recommendations from the Competition Committee, the Board has endorsed slight alterations to the Relay Regulations. These Relay Regulations, that will be trialed for 2 seasons, are attached to this LA News and are available on the LAQ webpage here:

<https://laq.org.au/wp-content/uploads/sites/5/2021/08/Rule-Changes-Relays-July-2021.pdf>

The alterations made post Conference have been highlighted to be easily identified.

It is recommended that Centre Team Managers / Nominations Officers attend a Relay Workshop if they have any doubt on how the rules are to be applied, either during the nomination process or on the day of competition. Scheduled dates are detailed on the LAQ calendar, registration is essential.

If a number of Centres in a Region would like a local workshop, Karen Lunt should be contacted as soon as possible to organise a suitable date.

Additional information on the Nordic Sport Regional Relays including competition dates and order of events will be available through the LAQ website calendar once provided by the relevant Region's Committee.

### 2021 Coles Spring Carnival 25<sup>th</sup> September

The ResultsHQ Meet Invite has been issued to all Centres in the current season. Any Centre that has not received the Meet Invite or needs assistance to open the Meet for Centre members to process their nominations directly, should contact Bianca Lunt as soon as possible.

Nominations close 9:00am Monday 13<sup>th</sup> September. Hard copy nominations will not be accepted. All details including the draft Order of Events can be found at the [Coles Spring Carnival web-calendar page](#).

The online platform to submit an Expression of Interest (to officiate) at this Carnival and other LAQ competitions during the 2021/22 season is now available on the LAQ Competition Officials webpage <https://laq.org.au/competition-officials/>

### 2021 Nordic Sport Winter Regional Championships

A reminder that nominations close 9am Monday 30<sup>th</sup> August for Centres

in the Maranoa, Central North and North Queensland Regions. Late nominations will not be accepted.

Nominations close 9am Monday 27<sup>th</sup> September for the Tropical North Centres.

Draft Event Orders (programs) have been posted on a LAQ [web-calendar page](#) relevant to each Region.

Be sure to let your members know that the 2022 McDonald's State Championships date is now confirmed for 11<sup>th</sup> – 13<sup>th</sup> March. These Championships will be held in Brisbane in the QSAC Main Stadium.

### U13 – U17s Teams Event

The LAQ Competition Committee are calling for Centre teams to participate in the 2021/22 season virtual U13-U17 Team Event, with some actual competition included.

Centre Meet best results from each team's athletes, from eligible events during the round will count towards the overall Teams points.

- The event will be limited to 15 Summer Centre Teams
- Teams will be limit to a maximum of 10 athletes and a minimum of 7 athletes
- There are no restrictions on the number of boys or girls or ages to form a team
- Events eligible for points and rankings are: 100m, 400m, 800m, Sprint Hurdles, High Jump, Long Jump, Discus & Shot Put
- There will be two 7 week rounds; the first round of results from Centre Meets well be recorded from the week commencing 18<sup>th</sup> October. The second round will commence 24<sup>th</sup> January.
- Participation is by application.

Application and Team information should be submitted as soon as possible, but no later than Monday 4<sup>th</sup> October. Please use the form attached to this LA News and return to [k.lunt@laq.org.au](mailto:k.lunt@laq.org.au)



**Calendar Dates to Remember**September

- 1<sup>st</sup> September at 6.30pm  
Regional Relay Workshop  
LAQ Office
- 4<sup>th</sup> September  
IOW @ Gladstone LAC
- 6<sup>th</sup> September at 6.30pm  
Summer Region Admin Meeting  
LAQ Office
- 7<sup>th</sup> September  
Regional Relay Workshop  
Caboolture LAC
- 11<sup>th</sup> September  
Nordic Sport Maranoa Regional  
Championships, Chinchilla
- 11<sup>th</sup> & 12<sup>th</sup> September  
Nordic Sport Central North  
Regional Championships, Biloela  
Nordic Sport North Qld Regional  
Championships, Townsville (TSR)
- 18<sup>th</sup> September  
IOW + Athlete Clinic  
West Bundaberg LAC
- 25<sup>th</sup> September  
Coles Spring Carnival  
Bundaberg Athletics Facility

October

- 9<sup>th</sup> October  
Nordic Sport Tropical North  
Regional Championships,  
Cassowary Coast LAC
- 10<sup>th</sup> October  
IOW @ Ipswich LAC
- 23<sup>rd</sup> October  
Coles Summer Carnival  
SAF Nathan
- 24<sup>th</sup> October  
IOW @ Jimboomba LAC

November

- 6<sup>th</sup> November  
Nordic Sport Met North Regional  
Relays, Strathpine  
Nordic Sport Sun Coast Regional  
Relays, Caloundra
- 7<sup>th</sup> November  
Nordic Sport Met West Regional  
Relays, venue TBC
- 13<sup>th</sup> November  
Nordic Sport South East Regional  
Relays, venue TBC
- 14<sup>th</sup> November  
Nordic Sport Downs & South West  
Regional Relays, Highfields  
Nordic Sport South Coast Regional  
Relays, Runaway Bay
- 21<sup>st</sup> November  
IOW @ Caloundra LAC
- 28<sup>th</sup> November  
IOW @ Gold Coast LAC

Additional information on the above  
events will be posted on respective  
LAQ [web-calendar date pages](#)

**Karen & Bianca Lunt**

