

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



In this Edition

President's Corner 1
From The CEO 1
Administration 2
Coaching & Development.. 3
Competition & Officials... 5

President's Corner

It is wonderful to finally see the Tokyo 2020 Olympics get underway. I imagine, like myself, you have all been watching the myriad of sports on offer and seeing some great performances. And this is before the athletics starts! It is testament to the true dedication of the athletes, their coaches and support crews to be able to bring the results that we are seeing after the uncertainty of the last 18 months. Sport has a way of bringing everyone together even when things get tough. The Paralympics get underway later in August and again this will bring great competition and is always fantastic to watch these terrific athletes.

Great news this month also with the confirmation of Brisbane as the host venue for the 2032 Olympic and Paralympic Games. On the back of this announcement and the current Olympics and Paralympics, we may see in an influx of families to our sport. Although 2032 sounds a long way off, I imagine people will be starting to look towards that as there are many years of work and training that go into reaching that level. There will be many a young athlete with stars in their eyes looking to 2032.

Our Summer season is just around the corner. Majority of Centres have commenced their sign ons and a small number have already commenced their Centre competitions. It has been great watching your advertising on social media and making the most of the interest in sport at the moment. A lot of Centres have timed the sign on for the week following the completion of the Athletics at the Olympics, which is very smart marketing. I am looking forward to the new season and what it may bring. We are gearing up at

LAQ for a big season and will be there to support in any way we can.

The Winter season is over the half way mark and gearing up for the Nordic Sport Winter Regional Championships. There is always a lot of travel involved for some of the Centres and we certainly appreciate how difficult it can be. We will be out and about at the Regionals and I look forward to catching up with everyone. We have three Regionals being held on the one weekend so the Board will split between them all.

We also have our Coles Spring Carnival at the end of September in Bundaberg. This is always a great day of competition. This year, we will be starting events a little earlier to ensure an early finish for those travelling families. The Coles Spring Carnival is a terrific warm up competition for the season.

I would like to wish all of the Australian Olympians and Paralympians all the best for their competition in Tokyo. These athletes again show such tenacity after a long gruelling year.

Donna Smith

From The CEO

Summer Sign-On Advertising

We are providing some excellent Little Athletics advertising campaigns starting next week to leverage the excitement generated by the Tokyo Olympic Games and to assist Summer Centres with their sign-on promotional activities.

We've increased the frequency of our radio exposure on 97.3FM with news sponsorships during peak drive times and added news sponsorships during the day on B105. We'll also be advertising for the first time on Triple M radio during their weekend breakfast news to reach a new market.

GOA are carrying more digital roadside billboard advertising than ever in high traffic areas around Brisbane immediately after the Games and we've also broadened our digital presence with increased marketing on Facebook and Instagram.

If you haven't already done so, I'd encourage all Summer Centres to open your registration portals earlier to coincide with the athletics coverage during the Games or at least to open soon thereafter. It is also advisable to use your own social media channels to "remind" your families that you're signing on and to get the word out to the community through banners, local newspapers, notices in school electronic newsletters or any other method that suits your local catchment area.

Feel free to share the new LAQ promotional video through your social media channels as well. We'll be posting them on the LAQ Facebook soon.

We're really looking forward to bouncing back after last year to reach the heights in membership we previously enjoyed only a few short years ago. All of this to ensure we play our part in giving more and more Queensland children a bright and active future.

If you require any assistance with your sign-ons, please contact us at the LAQ Office.

COVID Update

Notwithstanding any lockdowns, there's no change COVID-wise with outdoor sport still not required to follow an industry plan or collect contact tracing information.

The promotion of physical distancing and enhanced cleaning though is still recommended and our Back on Track guide has been updated to reflect the current restrictions.

Regions looking to book alternate venues, however, may need to be aware that some venues might still require hirers to have a COVID plan or checklist in place in order to book the facility. If this is the case, you can use

the plans available in the Back on Track guide.

Coles Little Athletics Community Fund
Round 6 of the Coles Little Athletics Community Fund will open on Sunday, 1 August and close on 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

Simon Cook

Administration

LAA National U15 Coaching Camp

Congratulations to the 13 LAQ athletes who have been selected for this camp, which will be held at the Gold Coast Performance Centre from the 3rd – 6th October. They are:

Pascal Foster (Gold Coast)
Keisha Grummett (University of the SC)
Nikeisha Ngaru (Algester)
Rebecca Teahan (Toowong)
Richayllan Wihone-Mackey (Springwood)
Lyla Williams (Springwood)
Daniel Frey (Tweed)
Bailey Housden (Arana)
Bailin Hughes (Caboolture)
Hunter Laubscher (Beenleigh)
Jonty Murdoch (West Bundaberg)
Harrison Purcell (Aspley)
Michael Williams (Deception Bay)

Use of Olympic Wording and Logo

Centres should be aware that there are strict guidelines in place by the International and Australian Olympic Committees regarding the unauthorised use the word 'Olympics' or images of the Olympic rings while the Games are being held. If you are unsure, please contact Shannon in the LAQ Office.

2022 McDonald's New Zealand Development Tour

Nominations are now open for the 2022 McDonald's New Zealand Development Tour. The Tour will take place from the 7th – 17th January 2022. The Tour is open to any U15 or U16 athlete who will be aged 14 or 15 years (born 2006 or 2007) as of 31st December 2021.

Selected athletes will spend 11 days training, travelling and competing together throughout the South Island of New Zealand.

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.

Athletes of any skill level are encouraged to apply. It is not necessary to be an elite athlete to take part in this Tour.

Closing date for nominations is Wednesday 15th 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.

Summer Centres

Registration Preparation

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

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.

U16 & U17 Dual Registrations

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.

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.

Coles Little Athlete of the Month

Coles Little Athlete of the Month for Winter Centres will be open from 1st - 31 August 2021.

To enter, post a photo of the athlete participating at a Little Athletics Centre from anytime during your season on our Facebook page and in

50 words or less tell us why the Little Athlete deserves to be the Coles Little Athlete of the Month.

The nomination must demonstrate traits of sportsmanship, leadership, commitment and health and include the #COESLAOTM and tag Little Athletics Australia in the post.

Anyone can make a nomination and two athletes will each win a \$200 Coles voucher.

Keep an eye on the LAQ Facebook page for more details.

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.

Give it a Go Games

In celebration of the Olympics, the 'Give it a Go Games' are being held over the next 3 weeks. QSAC and the Sleeman Sports Centre are hosting a number of events for members to try and experience.

Track and Field Athletics are being held from Monday 2nd – Friday 6th August.

For more information and to register, please click [here](http://www.thegiveitagogames.com.au)

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 Monday 16th August from 6pm - 8pm 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/>

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble

Coaching & Development

Centre Initiative

In this edition we would like to highlight an initiative that one of our Centres has recently done. In the recent school holidays, Jimboomba LAC conducted their own coaching camp. Peta Smith of Jimboomba LAC describes it as follows:

On the last weekend of the school holidays, Jimboomba Little Athletics (in conjunction with Jimboomba Athletics) held a two day athletics camp with beginner and advanced coaching sessions as well as come and try events.

It was advertised first to club members and then to surrounding clubs (Browns Plains, Beenleigh and Mount Tamborine) and a member from Beaudesert also registered to attend.

Both days started with a group warm up, then athletes went to their first jump, throw or track coaching session. Each coaching block went for an hour and athletes were able to mix and match events to suit. Four qualified coaches took the sessions.

Track included sessions on sprint technique and block starts, sprints, power and speed, hurdles and sprint endurance. Jumps included flop high jump. One of the most popular sessions was discus – learning the basics of "the turn". There were also group sessions on plyometrics and core work with strength and conditioning.

Day one, Saturday, started at 9am and went to 5pm with breaks for morning and afternoon tea and lunch (sausage sizzle). Day two

started at 9am and went until about 2pm.

Athletes ranged in age from 10-16 years. It was a good opportunity for athletes moving into U11 learning the basics of triple jump and javelin; others came to refresh their skills for school, district and regional carnivals.

The idea was also to introduce members to hammer throw and pole vault (planting and sand pit drills as well as gymnastics and pole running etc) but in the end, there was not enough interest to put these on.

In total there were around 20 athletes who took part on Saturday and 10 on Sunday. We are hoping to hold another camp, with shorter hours in the September school holidays.



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 Duck Duck Goose

Sit the children in a circle, facing inwards.

One child is chosen to be 'It.' It walks around the circle, gently tapping each other player in turn on the head or shoulder, naming each player as a 'Duck.' When ready, It chooses one player to be the 'Goose' – tapping that player on the head (or shoulder) and saying, 'Goose.'

The player selected as Goose stands up and chases It around the circle, trying to tag them before they get all the way around the circle to sit back in the spot where Goose was originally sitting.

If the Goose is not able to tag It, then Goose becomes It and the game continues as per the previous steps.

If the Goose does tag It, the tagged player sits in the centre of the circle and Goose becomes It for the next round. The player remains in the middle of the circle until the next time a Goose is tagged to replace them.

Shaun Lethem & Kendal Newton-Smith

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-credited 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.



If your Centre has something that they would like to share, please feel free to contact Kendal or Shaun to discuss. Or even better, invite them out to see what you're doing!

Out and About Around the State

This week, Shaun visited our Centre and its wonderful athletes at St George. St George is located in our Maranoa Region and is a good 6-hour drive from Brisbane. They currently have 55 registered athletes this season, which is almost a 70% increase on their membership from last year! This is fantastic for a small Regional area. Keep up the great work, St George LAC!

Competition & Officials

2021 Nordic Sport Winter Regional Championships

A ResultsHQ Meet invite has been issued to all Winter Region Centres. Centre Committees that are unsure what steps need to be taken to share the invite to their members or have not received the invite should contact Bianca as soon as possible.

Event Orders (programs) will be posted on a LAQ [web-calendar page](#) relevant to each Region once received from the Region's Competition Coordinator.

Nominations close 9am on the Monday 10 days prior to the competition weekend.

Summer Centres - ResultsHQ Roll Over Required

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 Summer 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.

2021 Coles Spring Carnival

Plans are well in place for the Coles Spring Carnival being held at the Bundaberg Regional Athletics Facility on Saturday 25th September.

The ResultsHQ Meet Invite will be issued to all Centres mid-August and a draft event order will be posted on the [Coles Spring Carnival web-calendar page](#). As LAQ will be focusing on reducing the pressure on the program and concentrating on our core Little Athletics age groups, there have been some changes to U9-U17s events being offered.

The Officials Committee is hoping that a number of local Officials (Winter and Summer Region based) will take advantage of the competition to log practical time towards accreditation or simply gain

some varied experience. Officials from the south of the State are also encouraged to participate. EOI to officiate can be lodged [online using this link](#).

Please share this information and encourage your athletes to nominate to compete and your parents to come forward to officiate.

Nominations close 9am on Monday 13th September.

U13 – U17 Teams Event

The LAQ Competition Committee is discussing the continuation and format of this program and are seeking Centres feedback and support or otherwise. [Use this link to view details](#) on the event delivery in previous seasons. Responses to k.lunt@laq.org.au would be appreciated by Monday 16th August.

Upcoming Competition Dates

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

Officials Education

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

- 10th October – Ipswich LAC
- 24th October – Jimboomba LAC
- 21st November – Caloundra LAC
- 28th November – Gold Coast LAC

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

Karen & Bianca Lunt