

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



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President's Corner

We have had another busy month around the State. The final Nordic Sport Regional Championships were held for our Winter Centres and the Summer season is well and truly underway.

Congratulations to everyone involved in the Coles Summer Carnival held last weekend. What a massive day!! We had just under 1,500 competitors from all over the State and some athletes from South Australia. This was a huge undertaking given we had an increase on numbers from last year of almost 40%. As you can imagine that puts a lot of pressure on programming and getting all the events completed by the end of the day. Add to that getting finished before another line of storms drop in. Thank you to Eddie Fabian who spends hours of his own time in the lead up to all of our events but especially this one to work out how it can all fit. Thanks Eddie!!

A massive THANK YOU to our officials who spent the majority of the day out in the sun. Given the numbers it was hard to get in for a break, but everyone pitched in and got the job done. I believe we have the most amazing group of officials who give their all for the athletes. To our wonderful Margaret who mans the officials room, thank you so much. Margaret spends the night before our competitions baking the most delicious treats for us to enjoy. This is so appreciated by all of us. We certainly appreciated all the parents who jumped the fence to help out so thank you all.

We also owe a huge THANK YOU to our trusty Tech Crew of Barrie Cox, Mal Currie and Steve Scanlan. These men are at the track hours before anyone else and hours after and are also at the track during the week prior

to our events checking equipment. We cannot operate without these wonderful volunteers and I am so appreciative of their efforts.

This event, like all of our events, was a team effort. The staff in the office worked above and beyond to get the day organised. Our Competition and Officials Committees put hours into working through how it can happen. Tony Frampton put hours into getting the officials organised for the day. THANK YOU to you all. This is why are a successful organisation, we such a great team at all levels.

Early in October, Tony Frampton and I travelled to Innisfail for the Nordic Sport Tropical North Regional Championships. What a terrific day. Thank you to Brenda and her team at Cassowary Coast Little Athletics for their organisation. The day flowed seamlessly and everyone had a great time. Thank you to Ros McAlister for coming up from Townsville to help out, and to Ruth Bousted for her continued assistance in the Tropical North area. We had athletes from as far away as Cooktown and right across the region. Congratulations everyone!!

The Winter season has wrapped up and I would like to thank all of the Centre committees for their hard work this season. Again, we were dodging lockdowns and the weather always has an impact. We understand the amount of work that goes on behind the scenes and know the athletes and their families do appreciate it all. I would also like to thank the Regional committees for their work in organising the Nordic Sport Regional champs in their areas. It is always a team effort and it can be difficult given the distances some have to travel but everyone pitches in and gets the job done.



We are about to head into relay season. This is when athletes get to compete with their friends not against them and they always excel. It will be a busy time for everyone organising their teams. Good luck to everyone.

I would like to do a big shout out to our Centres just across the border. It has been tough for them not being able to compete until very recently. Unfortunately, the current border closure will stop them from competing at Regional Relays, however, we are hopeful we can welcome qualifying teams to the State Relays. Good luck to all with your own event.

Donna Smith

From The CEO

#HowtoLittleAthletics

Keep an eye on our social media channels for a soon to be announced competition.

Given we've had a massive increase in our registration numbers, the next challenge will be to educate all the eager parents that have joined up in important things like - how to assist in running the competitions at your local Centre, maybe how to teach their child how to throw a shot put, or even, how to warm down after each training session.

We're looking for simple videos that will be posted on our socials using the hashtag #HowtoLittleAthletics.

Further details will follow soon. Suffice to say, there will be some great prizes for Centres that post some fun and informative videos.

Conflicting Sponsorships

Centres are to be advised that they can't enter into sponsorships with companies that are in direct conflict with national and state sponsors. Little Athletics Queensland and Little Athletics Australia have valuable, but a limited number of sponsors that only occupy a few sponsorship categories. This is done to provide high value but at the same time to provide minimal potential conflict

with the type of sponsors that would usually sponsor local Centres.

At present, the state and national sponsors are Coles, McDonald's, Nordic Sport and Comfort Inn & Suites Robertson Gardens. They all have exclusive rights in their categories which means there are to be no other competing sponsors all the way down to Centre level.

The companies that sponsor Little Athletics contribute millions of dollars each year to assist in running the sport and also keep fees to the athletes at a minimum. As you could appreciate, if national and state sponsors were to pull out as a result of Centres entering into agreements with conflicting sponsors then it would have a detrimental affect on all of the Centres around the country.

If you're in doubt as to whether a sponsor you're speaking with is in conflict with a national or state sponsor, then please speak with me at the LAQ office.

One Athletics Business Case Feedback

The One Athletics Business Case and associated documents have been emailed around to all Centres. We've asked for any Centres that wish to provide feedback to please email me at s.cook@laq.org.au so the LAQ Board can take your views into consideration.

If you have any questions on the Business Case, then you can email One Athletics directly at info@oneathletics.com.au.

Here is the link to the Business Case if you require it:

<https://oneathletics.com.au/australian-athletics-business-case-clubs-and-centres/>

Simon Cook

Administration

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 triallists. 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.

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.

Winter Centres

As the Winter season draws to a close, we want to remind Centres of some important things that need to be done and options that are available for athletes and volunteers.

Annual General Meeting (AGM)

The 2021/2022 season officially draws to a close for our Winter Centres and planning for 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.

It is also important that your Centre complete its Annual Return for the Office of Fair Trading. This is a legal requirement for all Incorporated Centres.

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

Graduation Certificates & 10 Year Athlete 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 1 week for preparation of these certificates.

Honour Certificates & Years of Services 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.

LAQ 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.

SunSmart Shade Creation Initiative

The SunSmart Shade Creation Initiative has now been launched. Not-for-profit sport and recreation organisations can apply for funding to purchase permanent shade structures under a joint initiative by Cancer Council Queensland and the Queensland Government.

For more information and to apply, please click on the following link: <http://www.cancerqld.org.au/shade-initiative/>

Applications close 19th November.

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble

Coaching & Development

School Holiday Coaching Clinics

The next round of athlete development clinics are being held in the December and January school holidays. Dates and venues will be as follows:

- 14th December at QSAC
- 16th December at Runaway Bay
- 11th January at QSAC
- 13th January at Highfields

Each clinic will run for three hours with participants learning new skills and drills in a range of events including sprints, hurdles, jumps and throws.

Further information will be available in the next LA News.

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.

Upcoming courses:

- Caboolture – 13 November
- Ipswich – 13 November
- Bribie District - TBC

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:

- Beaudesert - 9 October
- Caboolture - 17 October
- University - 23 or 24 October TBC

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

Cardboard Javelin

Equipment:

- An empty cardboard tube
- String or twine
- An outdoor area with two objects that the string can be tied to

How to play:

Start by running the string through the cardboard tube. Next, tie the string to two objects (trees work well) so it forms a straight horizontal line with the cardboard tube running along it. Children can then grasp the cardboard tube and see how far they can throw it along the line.

This is a useful game because it helps you teach children the mechanics of throwing overarm. You will be able to show them how to place their feet, how to turn their torso and how to use their arms. They will quickly see an

increase in the distance of their cardboard javelin throws as their technique gets better — and they won't have to worry about chasing after the ball they just threw.



Shaun Lethem & Kendal Newton-Smith

Competition & Officials

2021 Coles Summer Carnival

The Coles Summer Carnival continues to attract the interest of our members, once again growing in participation numbers. As always without the dedication of a core group of officials aided by new officials and parents willing to assist on the arena, the day would not have been as successful as it was. All events were contested and completed before the weather rolled in.

Uncollected medals will be issued to Centres for distribution to the relevant athletes. The three potential QBPs will be provided to the Board for approval after which certificates will be issued to the Centres for presentation to the athletes. The Official Results are on the LAQ Competition / Results webpage and are available in Centre ResultsHQ profiles.

Congratulations to all participating athletes, many personal best performances were recorded in trying conditions and the competition for the Participation Weighted Points Trophy was close throughout the day. Ormeau LAC athletes took honours, winning the trophy with a total of 109,063 points. A full list of points can be found in the Results Booklet posted on the LAQ Competition Results page.

LAQ Competition & Officials Committees will be reviewing all aspects of the competition and shall be providing recommendations to the Board for their consideration.

2021 Nordic Sport Regional Relays

Nominations for the Regional Relays are being processed for the Met North and Sun Coast Region Centres and will be closing soon for the remaining Summer Regions.

With the new Relay Regulations, it will be even more important for Centres to encourage families to arrive on time (at least 45 minutes prior to their event); know where the Centre tent will be set up, who the Centre's Team Managers will be and how to contact the Team Manager if availability changes.

Best of luck to all participating athletes and Teams Managers. Well done to all Regional Committees in the preparations already undertaken. We hope you all have a successful and fun day.

Introduction to Officials Workshop (IOW)

A number of successful LAQ IOW have been conducted this season with parents, guardians and senior athletes learning basic yet helpful details on how to assist at Centre meets or Regional competitions. A number of these participants have also chosen to gain AAOES Level 1 accreditation.

Centre Committees, please encourage your members to attend local workshop happening during November, reminding them that the sessions are free, but registration is essential, use this [link](#) when promoting these workshops. Further information on officiating and on-line learning can be accessed [here](#)

Officials Hints

- When starting a race, be calm when talking to or instructing the athletes. Use a clear voice and instructions. Remember children new to athletics or young ones may not know or understand

what you are saying or what is expected of them.

- Check hurdles are in good working order and that they will stand up against the wind or knock down when hit by an athlete. Be sure to always place the hurdles in the correct direction, and that they are raised or dropped to the appropriate height.

Calendar Dates to Remember

November

- 6th November
Nordic Sport Met North Regional Relays, Strathpine
Nordic Sport Sun Coast Regional Relays, Caloundra
- 13th November
Nordic Sport South East Regional Relays, Sheldon College
- 14th November
Nordic Sport Downs & South West Regional Relays, Highfields
Nordic Sport South Coast Regional Relays, Runaway Bay
Nordic Sport Meet West Regional Relays, Ipswich
- 21st November
Introduction to Officials Workshop @ Caloundra LAC
- 28th November
Introduction to Officials Workshop @ Gold Coast LAC

December

- 11th December
McDonald's State Relay Championships, Brisbane

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

Karen & Bianca Lunt