

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



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President's Corner

We have nearly made it to the end of 2021!! It has been another year punctuated by lockdowns and COVID plans, however, you have all got through it brilliantly and largely kept our athletes doing what they love. A special mention to Tweed Little Athletics who have been unable to attend Regional or State Relays due to border restrictions and only missed the State Relays by 2 days. We look forward to welcoming you and our other border Centres back in the new year. Thank you to all of you for your efforts in working within the guidelines and keeping Little Athletics flourishing in Queensland.

We have seen a large increase in numbers this season and I fully understand the increased workload this puts on you all. Thank you for all for the work you do. These increases are largely due to the efforts of the Centre committees within our local areas. We envisage with the 2032 Olympics getting closer these numbers will increase even more. WELL DONE!!

The McDonald's State Relays were held last weekend and it was extremely successful. The weather gods were kind to us this year. Relays is always such a fun event as we see athletes competing with their friends not against them. It is great to see the athletes lining up along the fences cheering each other on.

I would like to thank our wonderful group of officials. Yet again you delivered a high level of officiating. Some of the events had very high numbers of entrants but you just took it in your stride. The program ran on time all day and we also finished early. A special thank you to our Tech crew. You guys are there long before anyone else and long after. We

couldn't do it as well as we do without you.

Thank you to all of the Regional committees for the work you have done in organising the Regional Relays and then organising the teams for the State Relays. Thanks also to the Centre committees for their work behind the scenes. Having had to do it I understand the depth of the work that goes on to organise the teams heading into Regionals.

As you may all know now, the vote to merge Little Athletics Australia and Athletics Australia into "Oneathletics" was lost. This means we go on as usual with no changes. We fully supported the concept of a 'one sport' model, however, the constitution we had to vote on took away any power we had to make decisions relevant to Queensland. This doesn't mean we don't continue to work with and liaise with our senior counterparts just as we have been doing.

We are all going to take a break now for a few weeks to regroup and do it all again next year. I imagine Centre committees are glad to have some down time. I would like to thank Simon and the LAQ staff for the work you have done this year. There have been a lot of challenges and a lot of unknowns again but these have been overcome. Simon spends a lot of time in meetings with the relevant government agencies to ensure we meet all the COVID guidelines which has enabled us to still compete. I certainly appreciate all the work that has gone on.

Donna Smith

From The CEO

COVID Update

As Queensland pushes through the Omicron variant, we've had a number of questions about whether it will have any impact on Centre, Regional and State Competitions.

I am pleased to advise the Government recently made it very clear that they want sport to continue and for the impact to be as minimal as possible for the participants and volunteers that run sporting clubs. The community has suffered enough for the last 2 years and needs to get to get back to some level of normality especially with our recreational pursuits.

As a result, the restrictions have not changed for sport. Outdoor sport is still not restricted which means we are not required to check in people, we don't have to adhere to density requirements and we don't have to ensure our participants, parents or volunteers are double vaccinated.

Our Regional and State competitions will be going ahead as planned and athletes will be required to compete at their Regional Championships if they wish to qualify for the State Championships.

As to be expected, people will still need to follow the public health orders and stay at home if they have COVID or are a close contact of someone with COVID.

The signs so far for 2022 are looking promising. The shift has changed to living with COVID is a vast improvement on where we've been at any other point in this pandemic.

I wish all the athletes the best of luck for the remainder of the season and smooth sailing for the organisers of all of the Summer Regional Championships.

State Government Grant

Little Athletics Queensland was successful in obtaining \$55,000 from the Queensland Government through it's Active Industry Project Fund to develop an online education

hub for our Centres and members. Once finished, the hub will offer innovative and engaging education programs on all aspects of running our sport whether that be coaching, officiating or administration.

We'll keep you posted on how it progresses. LAQ thanks the Queensland Government for its support of our sport.

Simon Cook

Administration

Athlete Award Nominations

Nominations for the George Harvey Leadership Award and Laurie Baartz Memorial Trophy for Most Improved Athlete close on Wednesday 2nd March. We encourage Centres to nominate athletes worthy of these awards.

The updated LAQ Awards booklet is now available on our website. This booklet contains information about all LAQ awards as well as nomination forms.

Summer Centres

Banana Donations

Just a reminder to Summer Centres that the Banana Donations have been suspended indefinitely due to the current COVID-19 situation.

2022 / 2023 Centre & Committee Membership Forms

Summer Centres will find enclosed in this month's mailout the Committee Membership Form for the 2022/2023 season. Once Centres have held their Annual General Meetings, this form must be completed and returned to the LAQ office by the Friday 20th May 2022.

Winter Centres

2022 / 2023 Registration Fees

A reminder that the LAQ registration fees for the 2022/2023 season are:

- Tiny Tots: \$45.50
- U6-U17: \$77.50

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

FairPlay Vouchers Now Open

The next round of the Government's FairPlay vouchers has been released.

Queensland children who are eligible can receive a voucher valued up to \$150, which can be used for their registration fees.

Centres that receive the FairPlay vouchers will need to redeem them through the Queensland Government. For information on how to redeem the vouchers, please click [here](#).

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble

Coaching & Development

School Holiday Coaching Clinics

During January, LAQ held three clinics in Brisbane, Runaway Bay and Townsville. All clinics had great participation numbers, with 31 athletes in Brisbane, 26 athletes in Runaway Bay and 22 athletes in Townsville.

Thank you to all athletes who attended our clinics during these school holidays. We had a total of 128 athletes across five clinics. And a special shout out to our fantastic group of coaches for your assistance at these clinics.





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.

Interesting Read

We came across an interesting blog the other week about child development and thought that it is very relevant to the needs of our young athletes and young athlete coaches.

Note: the following is an abridged version of the full article, with just the headings and a one or two key points for each of them.

10 Things Youth Sports Coaches Must Know About Child Development
By Erica Suter

"Long-term athletic development" is a phrase that has gained a tremendous amount of traction in the past few years. It highlights the importance of a gradual and meticulous journey for physical growth and performance gains in speed, strength, and power with youth athletes.

.....Through growth spurts, maturation, coordination disturbances, speed hindrances, and so much more, coaches need to have some degree of knowledge about child development so they can learn how to help their athletes during these dynamic

.....Here are 10 things youth coaches must know about child development to set their athletes up for a successful and healthy career."

1. Everyone Is on a Different Schedule
You can't rush physical development. Every child is on their own biological clock, so one 11-year-old kid might be slower than the 11-year-old kid next door.
2. Speed Can Slow Down During the Growth Spurt
A child may be the fastest kid on the team from ages 7-11, then all of a sudden, their speed stagnates, or worse yet, decreases.....focus on their strengths during this time, and let speed catch up as they mature into their bodies.
3. A Female Athlete's Menstrual Cycle Impacts Performance
Athletes on their menstrual cycle are more susceptible to fatigue and sleep disturbances, so it is much more helpful to promote adequate recovery, nutrition, and proper load monitoring during this time.
4. Stability Is a Requirement for Pre-Adolescent and Adolescent Core Training
.....coaches need to keep in mind that core training must cover

stabilising all of the muscles of the trunk—from the gluteal to the abdominals to the psoas.

5. Young Athletes Need Behaviour Change

Building a culture of accountability outside the gym and off the field ensures that young athletes grow mentally, socially, and academically.

6. Training Age Must Be Considered

Training age is important to keep in mind because an athlete may be further along than someone the same age as them because they have been training longer.....everyone must have the movement patterns customized to where they are.

7. Training Must Be Different for 7- to 8-Year-Olds Than It Is for Adolescents

The last thing younger kids want is to be instructed with wall drills, agility rings, ladders, and monotonous drills where the coach barks a running commentary. Younger kids thrive on fun and energy within a practice session, as well as the opportunity to problem-solve without the help of an adult figure.

8. All Age Groups Benefit from Free Play and a Variety of Movements

.....older kids also benefit from play amidst the busy structure of year-round sports..... Sometimes it is a nice escape for them to return back to the childhood days of tag and fun.

9. Plyometrics Should Be About Quality, Not Quantity

.....plyometrics are not about fatiguing the athlete; they are about ensuring the athlete produces force into the ground.

10. Overuse Injuries Can Increase During the Growth Spurt

With the growing system of year-round organised sports, youth athletes become more susceptible to overuse injuries..... kids going through rapid growth spurts, or the time of peak height

velocity (PHV), suffer overuse injuries even more.

The full article can be found [here](#).

Game of the Month

Monster Ball

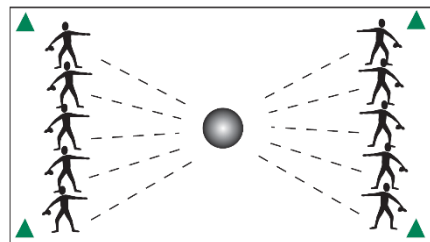
Equipment:

- At least one ball per player
- 1 very large ball

How to play:

This is a chaotic game that is a lot of fun and gives children plenty of opportunities to practice throwing. It is generally played on a basketball or netball court. The children are divided into two teams. They are each given a basket of balls of different sizes and weights.

A very large "monster ball" is placed in the centre of the court. The goal of the game is to throw balls at the monster ball, forcing it to move towards the other team's side of the court. If the ball goes out of bounds while on the other team's side of the court, your team gets a point. The smaller balls can be retrieved by players at any time, but players cannot block shots at the monster ball and cannot touch the monster ball.



Shaun Lethem & Kendal Newton-Smith

Competition & Officials

McDonald's Combined Event Championships (CEC) 25th & 26th Feb, SAF

Points to note:

- Nominations are open until 9am Monday, 14th February
- Nomination fees are \$15 per athlete

- Nominations will only be accepted via Family or Centre ResultsHQ Profiles

- U13 – U14s may only nominate for 2 combined events provided they are programmed on separate days

- U15 – U17s may not nominate for the heptathlon (2-day event) and a triathlon; they may however nominate for 2 triathlon events

- U15 athletes seeking consideration for selection in the 2022 State Team, will need to compete in the heptathlon event at this competition

- Any U9 –U17 failing to start an event, cannot compete in following events within the combined event set

U13-U17 Teams Event athletes are invited to participate in the CEC to earn points for the season score and compete for the title of CEC Team Event Champions. Additional information has been forwarded to Team Event Centres.

McDonald's State Championships Souvenir Shirts

Nordic Sport is taking orders for the 2022 McDonald's State Championships souvenir shirt. A small quantity of shirts will be available for sale during the Championship weekend. Shirt cost \$32 each.

Pre-order forms and payment must be provided to Nordic Sport by Wednesday 2nd March.

Papers are attached to this mailout.

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

Calendar Dates to Remember

February

- 4th – 6th February
Met North Regional
Championships @ Bracken Ridge
LAC

South Coast Regional
Championships @ Ashmore LAC
- 5th – 6th February
Central Coast Regional
Championships @ West
Bundaberg LAC

Downs & South West Regional
Championships @ Laidley LAC

Met West Regional
Championships @ Ipswich LAC

South East Regional
Championships @ SAF

Sun Coast Regional
Championships @ University of the
Sunshine Coast LAC

March

- 11th – 13th March
McDonald's State Championships
@ QSAC

April

- 23rd – 24th April
Australian Little Athletics
Championships (ALAC's) in
Melbourne

June

- 25th – 26th June
Coles Winter Carnival @ Townsville
Sports Reserve

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

Karen & Bianca Lunt