

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



President's Corner

Finally after three years, our athletes were able to compete at the Coles Australian Little Athletics Championships, which was held in Melbourne on the Anzac weekend. It was a great weekend with all of our athletes doing us proud. Queensland bought home 41 medals in total, 16 of them gold. There were also a large number of PB's. This year also saw the introduction of the Multi Class Athlete events. Queensland had the largest team and our athletes certainly did us proud with a swag of medals. The smiles on the athletes faces when they were on the podium was priceless.

The best part of a trip like this is the friendships made that will last a lifetime and the experience of representing your State. I would like to pass on a huge THANK YOU to our Team Managers Shannon Kruger, Jo Spyro, Jenny Boardman, Nick Bennett, Adam White and Kendal Newton-Smith. It is a massive undertaking to be able to be at every athlete's event to coach and encourage the athletes. Keeping track of 49 athletes at the warm up area and in the competition area was a challenge, but it was handled very professionally by our managers.

We are well into our Winter season and unfortunately the weather isn't being kind in some places, but hopefully it will dry up and the season can progress as planned. The Summer season has wrapped up and we are starting to see the AGM's being held and change of committees happening. To our outgoing committee members, we say thank you for all that you have done towards bringing Little Athletics to your area. To the incoming committees, we say welcome and good luck in your roles. Don't forget

our office is always just a call or email away to assist you in any way we can.

We are not too far away now from our Annual Conference. This is your opportunity to be part of the decision making process for the coming season. We will also have a large number of workshops for you to attend to gain knowledge to take back to your Centres to help you and your committees run your Centre. One of the great benefits of coming to conference is the networking you are able to do with other Centres. I believe most knowledge is gained in informal discussions around the table and break times. Everyone does things a little differently and are happy to share ideas. It would be great to see as many Centres as possible represented as now we aren't subject to COVID restrictions.

We had the sad news this month of the passing of our wonderful friend and official Barrie Cox. As you will all have seen from our various posts Barrie has been involved with LAQ for 40 years. I personally have known Barrie for 25 years as we were both at Redlands LAC together. He was an exceptional mentor and was always happy to share information. Barrie's specialty was in the Tech area and in this role he was amazing. Barrie spent countless hours in the equipment shed tinkering and getting everything right for our athletes. Barrie will be missed by many as he was involved in athletics at all levels.

Donna Smith

From The CEO

2022 LAQ Conference

We're busy putting the final preparations together for this year's Conference at the Novotel Sunshine Coast Resort (aka Twin Waters). We're looking forward to hosting a great Conference and building on

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last year's event.

We've listened to your feedback and have kept the 3 workshop sessions and scheduled only one full presentation for the Saturday so there will be plenty of hands on learning to keep you involved.

As always, the real benefit of attending Conference extends way beyond the formal workshops and meetings to and networking with all of your fellow Centres. It's the perfect opportunity to find out from other people how they run their Centres and how they might solve that issue that's been bugging you at your Centre. The LAQ Board and Staff will be on hand to answer any questions about the Conference or assist you with anything you need from us to run your Centre efficiently and with the least amount of dramas as possible.

For those of you that like golf, a game will be held at one of the local courses on Friday at around 8am. Let me know if you're keen to play a round and I'll send you further details!

I'm looking forward to seeing you all again. If you need any further information please visit the Conference web page or contact us at the LAQ Office.

Queensland Government Athlete Funding

Emerging Athlete Pathways provides financial assistance to help alleviate the costs associated with attending championship events. The subsidy can be used for our State Championships last month or the Australian Little Athletics Championships held in Melbourne last weekend.

Athletes must have travelled a road or air distance of at least 250km (one-way) from their place of residence.

Applications must be correctly submitted within 6 months of the start date.

Events held on or after 1 April 2022 (such this year's ALAC's) will be eligible for the following amounts:

- \$500 for state or state school events
- \$600 for national or national school events
- \$800 for international events

For further information, visit: <https://www.qld.gov.au/recreation/sports/funding/emerging-athlete-pathways>

Simon Cook

Administration

2022 LAQ State Team

Congratulations to Team Queensland who competed at the Coles Australian Little Athletics Championships in Melbourne on the weekend.

Our Team came away with 16 gold, 16 silver and 9 bronze medals, loads of PB's and dozens of new friendships.

Our team finished 2nd overall in the U13's team trophy, equal 2nd in the handicap points trophy and 3rd in the U15 Life Members Trophy.



Summer Centres

End of Season

For Summer Centres that have held their Annual General Meetings, please ensure that the following items are sent into the LAQ Office:

- \$55 Affiliation Fee
- Committee Membership form
- AGM Minutes & Audit Report

As an incorporated Centre, you are required by the Office of Fair Trading to complete and send back your Centre's Annual Return. This form is sent to your Centre from the Office of Fair Trading and is to be returned to them directly (not to LAQ).

Graduation Certificates & 10 Year Athlete Participation 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 Association Office. Please allow at least 1 week for preparation of these certificates.

Honour Certificates & Year of Service 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.

The Association 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 & 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 Association Office.

Summer Centres are required to complete and send in their Centre & Committee Membership form by Friday 20th May.

2022 / 2023 Registration Fees

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.

Winter Centres

Banana Donations

The Banana Coupon Booklets are being sent out to Winter Centres and they should arrive in early May.

The Banana Coupon Book is redeemable from Wednesday 27 April to Tuesday 13 September 2022.

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

Sponsorship

Sponsorship can be a great source of income for Centres but when entering into a sponsorship agreement it's important to consider the following:

- Does the sponsor conflict with other sponsors that the Centre may have already?
- Is the sponsor suitable for the Centres culture?
- Does the committee have time to support and maintain the sponsor through the season?
- Does the Centre Committee have a good understanding on the requirements of the sponsor?

Just remember any sponsorship agreements should benefit both parties.

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble

Coaching & Development

....and They're Off!

Cooktown Little Athletics Centre is back! On Wednesday 20th April, Cooktown Little Athletics Centre had their first meet back after a 5-6 year break. After a lot of hard work from their new Centre Manager Liesl and her team of extremely enthusiastic volunteers, Cooktown managed to attract over 40 athletes to their first meet back since 2015. With around 60 registrations taken and still a lot of interest being shown, it looks like they are off to a very good start.

Gloomy skies and ultimately a very wet finish to the afternoon, didn't dampen (pun intended) the athletes enthusiasm and enjoyment of the four event program.

Well done to all of those involved in re-establishing Cooktown Little Athletics.



Photo: The older athletes leading the young ones through a warm up.



Photo: The first event of the re-established Cooktown Little Athletics Centre.

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 Discus GOAL!!!!

Equipment:

- 2 cones (same colour if possible)
- 2 mini hurdles (or anything that can represent soccer goals)
- 2 safety / foam discus

How to play:

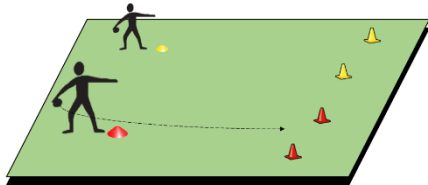
The aim is to score a goal by rolling the discus into the "soccer goals". Organise 2 groups. Participant stands next to cone and front arm points to the target with opposite foot forward. The arm holding the discus is long and relaxed. Just like ten-pin bowling, rolling arm is brought back and the brought through and discus roll off the fingers

Participant retrieves and gives it to the next person... NEVER THROWN BACK.

Extension Ideas:

- Set target further/closer
- Use opposite hand
- On their knees
- Smaller goals

- One target and the aim is to be the first person to hit the target



Shaun Lethem & Kendal Newton-Smith

Competition & Officials

2022 Conference Novotel Sunshine Coast Resort 10th – 12th June

If your Centre intends on having delegates at this year's Conference, it is imperative that you lodge your Centre's registration by the closing date.

Also be sure to get your accommodation bookings completed for your delegates as soon as possible. Any remaining rooms on hold for LAQ that have not been booked by the 9th May will be released to the public and discount rates cannot be guaranteed after this date.

COVID advice (update 19/04/22)

In conjunction with the Queensland guidelines, Novotel Sunshine Coast have lifted the vaccination restrictions affecting private hire of venues, entry into food & beverage outlets and weddings. As always, the resort does encourage social distancing where possible and the frequent use of hand sanitizer.

Centre delegates, observers and guests are asked to follow these requirements when attending the 2022 LAQ Conference.

Travel Subsidy

The Board agreed to update By Law '98 03 04 for the Conference travel rebate to the following, for those Centres attending Conference:

- 0 – 250km \$0 / Centre
- 251 – 500km \$300 / Centre
- 501 – 700km \$400 / Centre
- 701km+ \$500 / Centre

Conference Links

Available on the [LAQ Conference webpage](#). Updates and further information will be posted on the LAQ Conference webpage as they become available, including workshop details and the online workshop registration portal.

Important Dates

- Accommodation finalised
Monday 9th May
- Conference & AGM papers issued to Centres
Friday 13th May
- Online Registration
Wednesday 25th May
- Registration Payment due
Monday 30th May
- Workshop Registration Closes
Monday 30th May
- Conference postal votes & AGM votes close
Wednesday 1st June

McDonald's Combined Event Championships – Rescheduled date Sunday 22nd May

Nominations are coming in, but more promotion is required for additional interest from the membership.

Centres are asked to share on their websites and social media channels that the CEC has been rescheduled with an altered program to be held as a one-day event on Sunday 22nd May at the SAF arena.

The event program and hard copy nomination / confirmation of re-nomination form is available on the LAQ [webpage](https://laq.org.au/event/combined-events-championships-proposed-rescheduled-date-22nd-may/)
<https://laq.org.au/event/combined-events-championships-proposed-rescheduled-date-22nd-may/>

Coles Winter Carnival Townsville Sports Reserve 25th & 26th June

This Carnival is primarily for LAQ registered U7 – U17 athletes, however it is also open to non-registered athletes aged 6 – 16.

A ResultsHQ Meet Invite will be issued to all LAQ Centres during the week starting Monday 2nd May. If your Centre has not received the Meet Invite that is to be shared with members, or you are not sure how to share the invite, please contact

Bianca through the LAQ Office as a matter of urgency.

- All athletes will compete in age groups according to the 2022/2023 season dates.
- Members intending to submit nominations through their affiliated Centre, should enquire when the Committee will be closing their receiving date to process nominations on your behalf.
- The Family and Centre ResultsHQ e-nomination portals will close 9:00am Monday 12th June.

Further information including a program of events, athlete nomination options and Officials EOJ are available on the LAQ webpage.

2022/ 2023 Officials Education

The Officials Committee is reaching out to a number of Centres to host this season's education workshops. The Committee and staff are also looking to offer other opportunities towards officials' education. The following Regions are likely to have Centres hosting Introduction to Officiating Workshops during the months indicated.

- May - Central North at North Rockhampton LAC
- August - North Qld
- October - Met North, South Coast, Sun Coast and Downs & South West
- November – South East

These workshops will be free of charge and open to any adult member. Participation will not be limited to members within the Region; and older athletes may attend upon request.

Once dates and venues are confirmed, email notices will be issued to Centres. Information and registration links will also be posted on the LAQ Calendar and LAQ Officials pages; and in LAQ Officials TeamApp.

Officials' Practical Assessments:

The Officials accreditation practical component is now competency based. New cards are available through the AAOES page. A link to these cards can be found on this [LAQ Officials webpage](#).

Calendar Dates to Remember

May

- 9th May
McDonald's Combined Event Championships nominations close
- 15th May
Introduction to Officials Workshop North Rockhampton LAC
- 22nd May
McDonald's Combined Event Championships, Brisbane

June

- 13th June
Coles Winter Carnival nominations close
- 25th – 26th June
Coles Winter Carnival @ Townsville Sports Reserve
Nominations close 13th June

September

- 12th September
Coles Spring Carnival nominations close
- 24th September
Coles Spring Carnival @ Bundaberg Region Athletics Facility

Further information can be found on the relevant LAQ Web-calendar date

Karen & Bianca Lunt