

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



## President's Corner

The Coles Winter Carnival was held last weekend in Townsville. We had athletes from a large number of our Winter Centres and from other Centres all over the State. Athletes had a lot of fun and several records were broken. Townsville is a wonderful venue and the weather certainly made it that much better, especially for us southerners! A huge thank you goes to the committees of Townsville Central and Ross River Centres who helped co-ordinate the weekend and provide an amazing canteen which never fails to impress us all.

Thank you to all of the officials and volunteers over the weekend. There was a large number of people who helped out and this made for a very smooth flowing event and everyone enjoyed themselves. We look forward to next year.



June also saw the holding of our 40<sup>th</sup> Conference at the Novotel Sunshine Coast Resort. It was great to be back to normal numbers and we had a large number of Centres in attendance. While we didn't have a lot of motions to make decisions on, the ones we had were certainly discussed at length and good

decisions made. The workshops were well received and everyone got some very good information to take back to their Centres. The Saturday night awards dinner didn't fail to disappoint. Everyone had a good time and there were some great costumes around our theme "Two Two's".

I would like to congratulate all of our award winners. You all contribute a significant amount of time and passion to our sport and we are forever grateful for your efforts. We understand that all of our award winners are supported by a family and a committee around them and we also appreciate the work that goes into our sport by everyone.

I would like to congratulate LAQ's newest Life Member Malcolm Currie (Mal). Mal is such an important part of our organisation. He ensures all of our equipment is well maintained, up to date and all ready for our competitions. Mal is such a good friend to us all and so deserving of this recognition. Congratulations Mal!!



During the Conference weekend, we also held our AGM. Congratulations to Clint Harvey and Val Hooper on their re-election to the Board. We also welcome new Director, Michelle Moore, who was elected to the Board.

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We look forward to working with you. We have a very solid board with a broad range of skills. It makes my life as President so easy to be able to have a group I can rely on to help me and offer differing opinions and ways of doing things.

Thank you to Paul Langton who stepped down after serving eight years on the Board, six of those as Vice President. Paul will stay on as our NTC (National Technical Committee) representative as his experience in this area is incredibly valued. Thanks Paul for all of your work and guidance over the last eight years

It was great for our Board and Staff to be able to catch up with some of our Winter season committees at the Winter Carnival. They are well into their season and starting to prepare for their regional championships. There has been some weather disruption this season but thankfully everything else has been tracking along nicely. I look forward to catching up at Regionals.

Planning for our Summer season is well underway and some Centres are looking towards sign ons.

Don't forget if you need any assistance LAQ Office is only a phone call or email away.

I would like to pass on my thanks and appreciation to our Competition and Officials committees. The people on these committees put in a large amount of work and dedication to the sport. We are so grateful for the work that everyone is prepared to put into our sport to make it the best possible for our athletes.

We are not too far now from the start of World Athletics World Championships being held in Oregon USA, which will be followed closely by the Commonwealth Games in Birmingham UK. July and early August will be a busy time in Athletics. I would like wish all of our ex-Little A's athletes the very best of luck at these competitions.

**Donna Smith**

## From The CEO

### 2022 LAQ Conference

What an awesome conference we had at the start of this month with an increase in the number of delegates, some truly deserved award winners on the Saturday night and a great range of informative and interactive workshops and presentations held throughout the weekend.

Thank you to the Centre representatives that attended. I know it is a big time commitment but I hope what you've learnt will be beneficial for your season ahead and on an ongoing basis. I know we learn a lot from all of you as well!

The presentations and workshop notes have been posted on our website and we've kept a list of the Centres that are interested in trialling the Centre Connect portal when it goes live. We'll keep you all updated on how we progress with this vital tool that should help you ease your administrative workload and at the same time ensure your Centre is complying with all the necessary governance standards for our industry.

At the end of the Conference during the AGM, we said goodbye to long-standing LAQ Director, Paul Langton from the Board. Paul has been an invaluable source of Little Athletic "smarts" during his full eight year tenure on the Board. His easy-going but level headed approach has helped enormously as we navigated our way through the merger talks, the introduction of standard rules, COVID and the ever-increasing demands of conducting first class competitions in our sport.

Best wishes Paul and thank you for your outstanding contribution.

### Position Vacant

As many of you would be aware, Bianca Lunt has left LAQ to move on to the next chapter of her career, which means we have a position vacant at LAQ.

The new role will include all of Bianca's previous responsibilities in

organising competitions and conference but we've added some new duties in communications and the marketing of our events. A position description will be available on the LAQ website and [www.sportspeople.com.au](http://www.sportspeople.com.au) in coming days so if you're interested in joining the LAQ team, please keep an eye out and contact us if you have any questions.

**Simon Cook**

## Administration

### Winter Centres

#### Registrations

Winter Centres need to ensure that all athlete registrations and payment for registrations is up to date.

Registration payments are to be calculated by the Centre at the end of each month and payment can be made by direct deposit or cheque. A tax invoice/receipt is issued once payment has been received.

If your Centre needs assistance with registrations or payment for registrations, please contact the LAQ Office

#### Athlete Registration Numbers

Please ensure that all athletes within your Centre have been assigned a registration number. Athletes can continue to use their registration number from last season.

All athlete registration numbers are required to be recorded in your Centres registration system.

If your Centre requires extra registration numbers, please contact the LAQ Office.

### Summer Centres

#### Registration Preparation

The 2022/2023 season is just around the corner for all our Summer Centres and it's important that preparation gets underway. Centres should be updating their registration console in preparation for them to go live by the 1<sup>st</sup> August 2022.

Also, Centres should ensure that their Facebook and website information is

up to date with all fee and registration information

### 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.

### **Marketing Your Centre During the Commonwealth Games**

The Commonwealth Games will no doubt generate some big interest for members of the community wanting to join their local Little Athletics Centre. To take advantage of the Commonwealth Games advertising, it's important that your Centre has a visual presence within your community. Your Centre might like to use the following options:

- Sports Expos
- Signage around your grounds
- Distributing flyers to your local schools
- Regular Facebook and Instagram posts

Don't forget to ensure that all your contact details for your Centre are up to date.

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

## Coaching & Development

### **....and They're Off....Coaching**

Over the last month we have seen a few coaching courses completed for Bargara, North Rockhampton and Townsville Central Centres. Well done to those who participated (and presented), even if there were a couple of very early starts for some!



### **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** Roosters & Rabbits

Equipment: ground markers

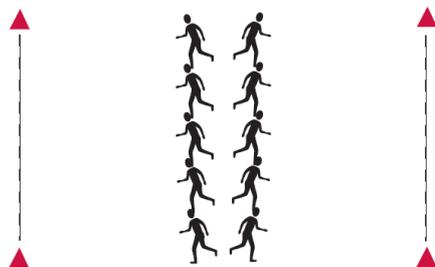
How to play:

Athletes line up beside their partner in two opposing teams, facing away from each other and finger tips touching. One team is named the "Rabbits", the other is named the "Roosters".

The coach will stand at the head of the lines and call "On Your Marks...Set..."and then either "Rabbits" or "Roosters". The team whose name has been called must run to a designated line and the

partner on the opposing team must try to beat them to that line.

Various starting positions such as sitting and lying in a prone position may be used in order to introduce more of an emphasis on agility. The ground markers can be set at any distance, whether the training session is aimed at sprints or distance.



Shaun Lethem & Kendal Newton-Smith

## Competition & Officials

### 2022 Conference

We had a great turnout of participants from Centres right across the State. The feedback provided by attendees indicates that the workshops and presentations have a high value and are providing valuable information for our Centre Committee members.

Travel rebates have been approved for payment. If your Centre has not received payment, please email me so this can be followed up.

The 2023 Conference will likely be on the weekend of 3<sup>rd</sup> and 4<sup>th</sup> June. Information will be shared as early as December this year. Be sure to prepare for Committee member attendance by applying for grants or including costs in your budget planning, and ensure information provided by LAQ is included during your handover to any incoming Committee members.

If your Centre does not have regularly attend Conference, speak to members within your Region about what they were able to take away from this year's event. If you need costings for grant applications,

contact me for an estimation or use the base figures from this year's Conference information handbook.

Workshop and Presentation material has been progressively posted on LAQ Conference webpage, use this link to access the available material <https://laq.org.au/resources/annual-conference-and-agm/>

### Coles Winter Carnival

Townsville turned on near perfect weather for this year's Coles Winter Carnival. We had an increase on numbers from last season and not only were there enthusiastic members from the North Queensland Region, we had athletes travelling from the top end of Queensland, the bottom corners of SEQ, Warwick and even Victoria. All in all a very successful competition.

The Townsville Sports Precinct seems to bring out the best in our athletes with many smiling faces and lots of PB's. There were a number of new Best Performances recorded for Board approval - well done to those athletes. The online results are still available and the official results booklet will be uploaded shortly. Winter Centres will soon have access to the results through ResultsHQ platform.

The support from the officials and parents of local Centres was tremendous. Special mention must be made of the Townsville Central members who ran the Long and Triple Jump and the canteen all weekend, while Ross River members looked after the High Jump. Both Centres also supporting the event with required equipment and tents. Our thanks is also extended to all our parent volunteers who helped make the weekend a great success for the athletes.

Members were quick to purchase the limited edition of the 2022 Coles Winter Carnival Souvenir Shirt and other goodies supplied by Nordic Sport Australia. Neal and Marianne Pitman always look forward to coming to Townsville for the opportunity to meet and chat with our northern members. They will be

returning in March for the 2023 McDonald's State Championships.

### Competition Rule & Date Changes

One significant rule change was endorsed by the membership at Conference: 'There will be no late nominations for any LAQ competition'.

Along with the updated Rules of Competition publication, a paper detailing competition rule changes (including those endorsed by LAA, the LAQ Board, the LAQ Conference, and the revised trial Relay Regulations) will be posted [on this Competition Resources page](#).

An email providing a link to these updated documents will also be issued to all Centres via email as soon as possible.

Please note and promote the following date changes for these competitions:

- Coles Summer Carnival (SAF) Saturday 22<sup>nd</sup> October.
- McDonald's State Relay Championships (SAF) Saturday 3<sup>rd</sup> December

Additional Relay Workshops will be planned between August and October in consultation with the Regional Coordinators. Keep an eye on the [LAQ Calendar](#) for confirmed dates.

### 2022 Nordic Sport Australia Winter Regional Championships

Winter Centres that have not already started promoting their local Regional Championships should start doing so to ensure maximum participation.

The competition is open to all U7 – U17 athletes. While the focus should be on maximum participation at Regionals and athletes being their best at these events, it should not be overlooked that this season the 2023 McDonald's State Championships is in the northern Centres' backyard at the Townsville Sports Precinct.

Nomination Details:

- A ResultsHQ Meet Invite will be sent to all Winter Centres at the end of July

- Nominations must be processed through either the Family or Centre ResultsHQ profiles by 9am on the advertised closing dates
- Centres must ensure all registrations are up to date and forward the meet invite for the nomination process to work
- The fee is \$20 per athlete for a maximum of seven events.

#### Competition Details:

- Each Regional Championship has its own [web-calendar page](#) which provides specific details, including the event order (once it is provided). General details about the Regional Championships can be found on the [LAQ Regional Competitions webpage](#)
- Any LAQ registered U7 – U17 member is eligible to nominate and participate.
- 1<sup>st</sup> – 4<sup>th</sup> placegetter are automatically eligible to nominate for the 2023 McDonald's State Championships

#### Calling for Officials

LAQ is calling for members to lodge Expressions of Interest to officiate at the LAQ competitions during the 2022 / 2023 season, [use this link to view a summary of season's calendar](#). While officials will be required for each competition, the Coles Spring and Summer Carnivals are the focus for the next few months.

The other event that will soon be on our radar for Officials is the 2023 McDonald's State Championships in Townsville. With this in mind we ask all Officials use the online function available on the [LAQ Officials Competition](#) webpage to lodge EOIs as soon as possible. All applicants will be appointed a role, unless extenuating circumstances need to be considered.

#### 2022/ 2023 Officials Education

Introduction to Officiating Workshops (IOW's) are ideal for parents,

guardians or athletes who are looking for a solid introduction to officiating (helping out) at Centre meets or Regional competitions. Best of all, they're FREE to attend!

The following workshops have been confirmed:

- 28<sup>th</sup> August – Bundaberg  
With a coaching clinic for athletes of participating parents
- 9<sup>th</sup> October – Arana LAC
- 9<sup>th</sup> October – Tweed LAC  
With a coaching clinic for athletes of participating parents

If your Centre would like to host an IOW, please contact Karen in the LAQ Office.

Additional IOW dates, general information, and registration links will be posted on the LAQ Calendar and LAQ Officials pages; and in LAQ Officials TeamApp.

#### Reminder about Updates to Emerging Athlete Pathways

The Department of Tourism, Innovation and Sport [Emerging Athlete Pathways](#) program aims to foster the development of young athletes and officials (such as coaches, referees and scorers), by providing financial assistance to help alleviate the costs associated with attending championship events at a state, national and international level.

For any events held on or after 1 April 2022, the funding amounts have increased for each event category. To reflect these and other changes, amendments have been made to the information on the '[Check if you are eligible](#)' page on the Emerging Athlete Pathway website.

This program could be worthwhile looking into for the 2023 McDonald's State Championships.

#### Calendar Dates to Remember

##### September

- 3<sup>rd</sup> – 4<sup>th</sup> September  
Nordic Sport North Queensland Regional Championships @ Townsville Sports Reserve
- 7<sup>th</sup> September  
Regional Relay workshop  
LAQ Office at 6.30pm
- 10<sup>th</sup> – 11<sup>th</sup> September  
Nordic Sport Central North Queensland Regional Championships @ Bundaberg Athletics Facility
- 10<sup>th</sup> – 11<sup>th</sup> September  
Nordic Sport Tropical North Queensland Regional Championships @ Tully
- 11<sup>th</sup> September  
Regional Relay workshop  
LAQ Office at 9.30am
- 12<sup>th</sup> September  
Coles Spring Carnival nominations close at 9am
- 24<sup>th</sup> September  
Coles Spring Carnival @ Bundaberg Region Athletics Facility

##### October

- 8<sup>th</sup> October  
Nordic Sport Maranoa Regional Championships @ Goondiwindi

All competition nomination closing dates will be 9am on the Monday, 10 working days prior to the competition date, with the exception of State Relays and State Championships.

ResultsHQ meet invites will be issued at least 4 – 6 weeks prior to the nomination closing date.

Additional information can be found on the LAQ Competition webpage or the competition's specific calendar page.

**Karen Lunt**