

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... 4

President's Corner

We are certainly seeing a very busy period of Athletics at the moment. The World Champs have just finished, Commonwealth Games are about to start and we have a team from Australia about to compete in the World Athletics U20's in Columbia. It is wonderful to see so many of our current and ex-Little Athletics Queensland athletes competing on the world stage. These athletes become role models for our future stars. For all of us armchair athletes it is great to be able to watch so much Athletics at the moment.

The Summer season is fast upon us. A lot of Centre's have already commenced sign on and some have started competition. It has been great to see your socials advertising your Centres and what they offer. Simon will have more about what LAQ is doing regarding advertising for the upcoming Summer season. The timing is great for sign ons as it coincides with the Commonwealth Games. Don't forget if you need any assistance the office is only a phone call away.

Our Winter Centers are in their busy time of the year with organising Regionals in their respective areas. It has been great to see all the posts with the athletes out and about at the various comps in the north. School Athletics has also been keeping the athletes busy. I am looking forward to catching up with everyone as we travel to as many Regional Championships as possible

Good luck to all of our athletes in their respective school districts and regional events.

Donna Smith

From The CEO

Commonwealth Games Promotion

With the success of Australian athletes at the World Athletics Championships and the predicted performances at the Commonwealth Games in Birmingham, I'd encourage all Centres to open your registration portals in the next 2 weeks to capitalise on the increased exposure for our sport. Athletics only enjoys coverage during World Championships, Commonwealth Games and Olympic Games so it'd be great to see a whole new generation of children see our sport at its best, get excited and then join straight away! Last time we had record membership for Little Athletics in Queensland was when Sally Pearson won her gold medal in the hurdles at the London Olympics.

Centre Connect

Following its launch at the LAQ Conference, Centre Connect is well and truly off to a flying start. We've been meeting with Michael Connelly and his team from the CPR Group regularly to shape and build the online governance, administration and learning platform.

Thanks to the Centres that indicated they'd be willing to be part of a trial. Michael will be in contact with you shortly. Thank you also to the State Government for funding this project. We're really looking forward to having this up and running by the start of the Summer season.

LAQ Marketing Campaign

The LAQ Board has just approved a proposal to develop a whole new range of marketing collateral to be used to promote our sports for this coming Summer and Winter Seasons. The branding includes digital sign-on flyers, social media files, digital ads, cover images, email mastheads,

event marketing designs, competition calendars and event merchandise designs.

We will share these with Centres as soon as they become available.

LAQ has also commissioned a great range of sign-on advertising campaigns through radio, roadside electronic billboards, Facebook and Instagram. We also be posting our promotional video so be sure to share it on your social media pages.

Simon Cook

Administration

LAA National U15 Coaching Camp

Congratulations to the 19 LAQ athletes who have been selected for this camp, which will be held at the Gold Coast Performance Centre from the 2nd – 5th October. They are:

Maddyn Allison -Bracken Ridge
 Ava Barron – Mudgeeraba
 Charlotte Blain - City North
 Matilda Campling – University of the SC
 Angus Dine – Redcliffe
 Lucy Dyson – Highfields & District
 Dylan Gardiner – Gladstone
 Daniel Harlow – Redcliffe
 Saskia Josipovic – Souths
 Mia Kertesz – Colleges
 Jacob Kent – Granite Belt
 Maya Mitchell – University of the SC
 Liam O'Neill – Maroochy
 Tiana Parsons – Ipswich
 Jamieson Pooles – University of the SC
 Milly Sharpe – Gladstone
 Dakota Stewart – Ipswich
 Mali Stoker – University of the SC
 Olivia Windolf - Ipswich

2023 New Zealand Development Tour

Nominations are now open for the 2023 New Zealand Development Tour. The Tour will take place from the 6th – 16th January 2023. The Tour is open to any U14 or U15 athlete who will be aged 13 or 14 years (born 2008 or 2009) as of 31st December 2022.

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

The cost for the 2023 Tour is \$2,995, 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 14th September 2022. Further information and a nomination form are available on the LAQ website or by contacting the LAQ Office.

Fair Play Vouchers

The next round of FairPlay vouchers has opened.

Parents, carers or guardians can apply for a voucher valued up to \$150 for their child, which can be used towards sport and active recreation membership, registration or participation fees with registered activity providers.

For more information, please click on the following link:

<https://www.qld.gov.au/recreation/sports/funding/fairplay/apply>

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.

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.

Winter Centres

Registrations

Winter Centres should ensure that all athlete registrations have been provided to the LAQ Office along with payment for your athlete registrations.

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

Summer Centres

Registration Preparation

Summer Centres should be in the process of setting up their registration consoles in preparation for the start of the 2022/2023 season.

Also, Centres should ensure that their Facebook and website information is up to date with all fee and registration information.

If Centres require any assistance with their registration console, please contact the LAQ office.

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble



Coaching & Development

Little Athletics Program for Schools (LAPS)

With the start of the Summer season upon us, a great way to increase exposure of your Centre is to provide the LAPS program to your local schools.

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.

Javelin Progression

Recently we were asked about "alternatives" for the javelin event at Centres. Particularly about the use of Turbo Jav's for the younger age groups. Currently the U11 and above can throw a javelin.

The weight of the javelin when beginning is 400g. The weight of a turbo jav is also 400g.

If we are looking at developing an overarm throwing technique there are alternatives to the turbo jav that may be considered for the younger age groups. Whatever implement that is thrown, it is imperative that a good overarm throwing action is used and that the weight adheres to the LAQ guidelines (e.g. U8's can throw no more than 300g).

The following table gives some ideas for products on the market that can be used by younger age groups in a progressive manner.

Product	Weight	Length
Mini Vortex	30-65g	16-20cm
Vortex	130-140g	35cm
Foam	120g	77cm
Foam (Bullnose)	250-260g	78cm
Turbo Jav	400g	70cm
Javelin	400g	183-195cm

Note: the foam javelin when used outdoors may be difficult to throw in windy conditions. The "Bullnose" variation adds a little weight, however the implement is still effected by wind.

Examples of products above, as listed in order:



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.

The following courses have been confirmed:

August

- Sunday 10th – Runaway Bay
- Saturday 20th – Wynnum
- Sunday 21st – South Burnett

September

- Sunday 18th – Bribie District

October

- Saturday 15th – Highfields

Game of the Month

Squat Jumping

Equipment:

- Markers (optional)

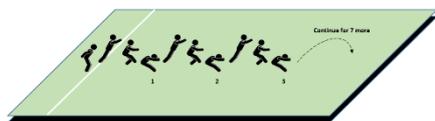
How to Play:

Split the group into teams of 4-6. This can be varied depending on the



number of players attending the session. Note: large numbers for the group can cause problems when trying to calculate the number of jumps.

Teams start from a scratch lines with approximately 30m of flat surface in front of the lines. Each team member is to complete 10 continuous squat jumps. The player stands at the scratch line with toes touching the line. They then squat down and jump as far forward as they can. This is done continuously until the 10 jumps are completed. Movement must be constant, no pauses are allowed between jumps. When the 10 jumps have been completed the distance achieved is measured from the scratch line to the heel mark on the final jump. To complete the team's total, the distances covered by each team member are added together. The team, which has jumped the furthest distance, is the winner.



Shaun Lethem & Kendal Newton-Smith

Competition & Officials

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. For assistance with this or for any other queries on ResultsHQ, please feel free to contact Karen through the LAQ Office. The link below provides a step by step article for quick reference.

<https://support.timingsolutions.com.au/hc/en-us/articles/201741754-Season-Rollover-Getting-ready-for-a-new-season>

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 the Timing Solutions Team as soon as possible.

- Nordic Sport North Qld Regional Championships:
Townsville (TSR), 3 - 4 September
- Nordic Sport Central North Regional Championships:
Bundaberg Regional Athletics Facility, 10-11 September
- Nordic Sport Tropical North Regional Championships:
Tully LAC, 10 - 11 September
- Nordic Sport Maranoa Regional Championships:
Goondiwindi LAC 8th October

All Regions' competition nomination closing dates will be 9:00am on the Monday, 10 working days prior to the competition date.

All nominations must be submitted through Centre or Family ResultsHQ profiles,

Additional information including event order will be posted on respective LAQ [web-calendar page](#)

2022 Coles Spring Carnival

All LAQ U7-U17 registered athletes are invited to participate in the Coles Spring Carnival at the Bundaberg Regional Athletics Facility on Saturday 24th September. The ResultsHQ Meet Invite will be issued to all Centres mid-August.

Centre Committees, please ensure you share the following with your members and encourage their participation in this fun filled Carnival that will also earn points towards the 2022 Coles Spring Carnival Centre participation Trophy.

- **Parking** - a netball carnival will be held at the Bundaberg Regional Facility on the same weekend as our Carnival. Please be mindful to allow sufficient time to park and arrive at the arena for your event. Athletes will not be offered or allowed to compete

in like events with other age groups or swap events.

- **Accommodation** - aside from the netball carnival, there is a big rowing regatta the weekend before. Both events will have a bearing on accommodation availability. We encourage members intending to participate in the LAQ Coles Spring Carnival to book now or as soon as possible so accommodation is secured.
- General Information and the Event Order will be posted and updated on the [Coles Spring Carnival web-calendar page](#).
- Nominations close at 9am, Monday 12th September
- Nomination fee is \$20 per athlete.

Once again, the Spring Carnival will be an opportunity for Officials to log practical assessments towards accreditation or simply enjoy the on arena experience with like-minded Official who are keen to see athletes have an enjoyable competition. Winter Region Officials, this will be your time to shine! As always, Officials from the south of the State are encouraged to participate. EOI to officiate can be lodged [online using this link](#)

Calling for Officials

LAQ is calling for members to lodge Expressions of Interest to officiate at the LAQ competitions during the 2022/23 season, [use this link to view a summary of season's calendar](#). While officials will be required for each competition, the Spring and Summer Carnivals are the focus for the next few months.

The State Championships in Townsville is the major event that we will be focusing on very soon. With this in mind we ask all Officials to 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 there are extenuating circumstances to be considered

Officials Education

Does your Centre have members who are showing a keenness for officiating? Encourage their participation in one of the Introduction to Officiating Workshops listed below.

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! Registration is essential.

- 28th August - Bundaberg with mini athlete clinic *
- 9th October - Tweed LAC with mini athlete clinic *
- 9th October - Arana LAC
- 23rd October - Glasshouse LAC
- 23rd October - Laidley LAC with mini athlete clinic *

* mini athlete clinics are only available to athletes of parents participating in the IOW.

Further information and registration links are posted for each IOW within the LAQ web-calendar and LAQ Officials pages

Calendar Dates to Remember

September

- 3rd – 4th September
Nordic Sport North Queensland Regional Championships @ Townsville Sports Reserve
- 7th September
Regional Relay workshop
LAQ Office at 6.30pm
- 10th – 11th September
Nordic Sport Central North Regional Championships @ Bundaberg Athletics Facility
- 10th – 11th September
Nordic Sport Tropical North Regional Championships @ Tully
- 11th September
Regional Relay workshop
LAQ Office at 9.30am

- 12th September
Coles Spring Carnival nominations close at 9am
- 24th September
Coles Spring Carnival @ Bundaberg Region Athletics Facility

October

- 8th 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

