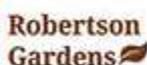


Little Athletics Queensland wishes to express its appreciation to the following partners:



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President's Corner

We are at the end of another very busy month and the end of the year is fast closing.

The Nordic Sport Regional Relays have all been completed for the Summer Centres. We were fortunate that there were no washed out events, which made life easier for everyone. Relays is probably the most enjoyable event for athletes as they get to compete with their mates. Thanks to all of our Regional and Centre committees for all of their work leading up to and including event day. Relays come with their own set of issues particularly when athletes don't turn up. This is where Team Managers come into their own filling teams and athletes are always willing to step into another event to help out.

We look forward to seeing all of our teams compete at the McDonald's State Relay Championships on the 3rd of December. This is always a very big day often we are graced with a storm to make the day more interesting. Good luck to everyone competing!!

We are almost half way through our Summer season and again we have increased our registration numbers. Thank you, all of the committees who are managing the extra numbers. We understand the work involved and are certainly appreciative of your efforts.

Last weekend Simon and I attended our Winter Centre forums in Cairns and Townsville. Thank you to all the participants. There is always a significant amount of travel involved for some Centres and we certainly appreciate the efforts you made to get there. It is terrific to catch up and update everyone on where we are and where we are headed to moving towards next season, which for our Winter areas starts in March/April.

On a sad note, we are saying good-bye to our long standing CEO Simon Cook. Simon has been with us for over 15 years and this will be a big hole to fill. Simon's successes are too long to list but he has steered us through multiple governance reforms, developed strong ties with government, our sponsors and the sporting community at large. I personally will miss the leadership Simon shows and the professionalism he brings to all of our events, meetings and everything in between. I am sure you would join me in wishing Simon every success in his future career and from the bottom of our hearts extend a huge thank you. Simon's last day is 16th December so he will be at State Relays to say goodbye.

On another sad note, we are saying good-bye to our Development Officer Kendal Newton-Smith. Kendal is moving to NSW and he will be sorely missed right through the State. We have appreciated everything he has done for our sport in Queensland. Kendal is extremely popular with athletes and parents alike. We will miss you Kendal but good luck with the next chapter of your life.

Donna Smith

From The CEO

North Queensland Athletics Forums

Thank you to the Centres that attended the North Queensland Athletics Forums held last weekend in Cairns and Townsville. There were lots of positive and useful discussions about how we can move Little Athletics forward in the north.

2023 is shaping up to be big year and it's wonderful to see our Centres committees firing on all cylinders!



Athletics3D Partnership

We're excited to announce Little Athletics Queensland is partnering with Athletics3D to put state of the art coach education in the hands of Queensland introductory coaches. The Athletics 3d App will now be provided as part of the Introduction to Teaching Little Athletics Skills Course (formerly the ITC Course).

This revolutionary App breaks down the skills of each athletics event into animations and videos that can be viewed from every angle right down to the skeletal level. There's expert advice from renowned coach, Eric Brown featuring Australia Olympic Decathlete (and former LAQ athlete), Cedric Dubler.

Health and Wellbeing Queensland Survey

Want to win a sporting goods voucher for your Centre?

If your Centre operates a canteen, simply share your feedback in this short 15-20min survey and your Centre will go into the draw to win 1 of 20 sporting goods vouchers, valued at \$50.

Health and Wellbeing Queensland is looking for your feedback on four new resources that provide helpful quick tips to provide and promote healthier food and drinks at your local sporting club or association canteen and beyond.

Follow this link to the Survey: [Take the Survey](#)

Or copy and paste the URL below into your internet browser:

https://hwqld.qualtrics.com/jfe/form/SV_0dOBe1eal6f2Tdk

Complete the survey by 9am Monday 12th December 2022 to be in the running for a sporting goods voucher.

If you require any assistance with completing the survey, please contact amy.wakem@hw.qld.gov.au or 0476 251 679.

Goodbye and Farewell

As Donna mentioned in her report this will be my final few weeks at Little Athletics Queensland. I've thoroughly enjoyed my time here and am extremely proud of what we've achieved over that time.

I've been fortunate to work with some exceptional people. Donna has been an outstanding President and great friend during some rewarding and enjoyable times but also some challenging times. The Directors that have served on the Board have always been excellent to work with. There's never been any factions or fighting that can so often negatively impact Boards. Everyone has always moved in the same direction and put the athletes, Centres and ultimately the sport ahead of everything else.

We also have a knowledgeable and dedicated staff which is the envy of other sports. I still find it hard to believe at 15 years, I'm the second shortest serving staff member at LAQ! That must be some sort of record. I often joke about it being a family but it really has been during my time here. Of particular note, Shannon has been an ever-loyal and supportive second-in-charge and it's been a pleasure working with her.

I've also been lucky to form some great friendships with our corporate and government partners that have made my job so much easier along the way.

Finally, to all of the volunteers, officials and coaches, thank you for making it such a delight to come into work each day. I've never ceased to be amazed by the contribution you all make each and every week to ensure the athletes have the most enjoyable time in our sport. It's truly humbling to see.

I wish you all the best for the rest of the season!

Simon Cook

Administration

LAQ Office Closure

The LAQ Office will close on Friday 16th of December at 1.00pm and reopen on Tuesday 3rd of January 2023 at 8.30am for the Christmas and New Year break.

Winter Centres

2023 / 2024 Winter Registration Fees

The LAQ registration fees for the 2023/2024 season are:

- Tiny Tots: \$48.00
- U6-U17: \$80.00

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.

Annual General Meetings

Just a reminder to Winter Centres that when your Centre has held your Annual General Meeting and you have a committee, please ensure that your Centre & Committee Membership form is completed and sent into the LAQ Office.

If your Centre has been unsuccessful in forming a committee from your Annual General Meeting, please notify the LAQ office straightaway.

Summer Centres

Change of Committee

If you have members resign from the committee throughout your season, you need to advise LAQ these changes. It is important that we have the correct details for each Centre.

Resignation advice can be emailed to info@laq.org.au

Also, please ensure that any resignations are recorded in your Centre minutes.

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.

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.

Centre Communication

As a Centre, it's important to keep your members in the loop on all things related to Centre matters and upcoming events. That's where social media can play an integral part in getting your message across.

For example, you might want to ensure that your members are aware of the upcoming Regional Championships and the requirements for participation.

Whatever platform you use make sure that your messaging to your members is consistent & positive. By regularly engaging your members it will help create a sense of belonging with the Centre.

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble

Coaching & Development

McDonald's Development Clinics

LAQ is hosting a number of development clinics these school holidays during December and January. The clinics will be held at the following venues and dates:

- 15th December - QSAC.
- 17th December – Upper Lockyer
- 17th January - QSAC
- 19th January - Ormeau

Details and registration links are available on the LAQ website:

<https://laq.org.au/athletes/coaching-camp-and-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.

The following courses have been confirmed:

November

- Sunday 27th – Aspley

December

- Saturday 10th – University of the SC

Food for Thought

In June 2022 the South Australian Commissioner for Children and Young People released a report on the perceptions and experiences of over 1500 children aged between 9 and 18 years of age. This report is the findings from conversations had directly between the commissioner and the children.

Below are a few of findings.

The best things about sport:

- Having fun with friends and meeting new people.
- Being part of a team and a community and belonging.
- Feeling energised, fit, strong and free from stress.

The worst things about sport:

- Not being or feeling 'good enough' to enjoy sport when it's too competitive and there's pressure to 'be the best'.
- Difficulty balancing sport with schoolwork and other commitments.
- 'Cliques' and sometimes 'toxic' culture of clubs.

What makes it difficult for children and young people to get involved and stay involved in sport?

- Limited opportunities to 'play for fun' or to start playing as you get older.
- Pressure to balance sport with other priorities, responsibilities or interests at school, home, work or socially.
- Bullying and exclusion based on skills and ability, age, size, gender, sexuality, race, or cultural background.

An overview of the report (with a link to the full report) can be found here:

More Than A Game

<https://www.orsr.sa.gov.au/news/more-than-a-game?fbclid=IwAR3k9TFC29r8xbXrnFVnqCHXkDxRQpgar65BjtGPRaCTUtpcQHT9WSlhLSc>

It makes for very interesting reading for any parent or guardian, official or coach.

Game of the Month

Hit The Target

Equipment:

- a collection of a variety of objects for targets
- a collection of small bean bags, tennis balls, cricket balls, soft balls -whatever you have access to

How to Play:

This activity teaches the basic skills of the delivery actions required for throwing.

Make a collection of a variety of objects such as (but not limited to) markers, witches hats, bins, plastic drink containers, cardboard boxes – essentially whatever you have access to. Ensure that they are of different shapes and sizes. Place the obstacles at various distances and locations in the playing space in front of the athletes. The measurements above are just a guide, adjust to suit the needs of your athletes. Have athletes line up behind the markers and try to have multiple throwers throw at the same time, using a different starting

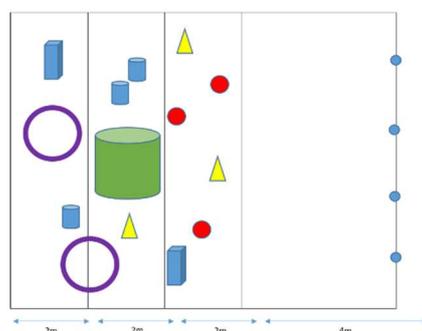
point for the next round of throwing (i.e.. so they are not at the same marker each time).

Using small bean bags, tennis balls, cricket balls, soft balls.....again, whatever you have access to, throw them at the targets using a variety of delivery techniques from different delivery positions.

Two handed chest pass – simulate the "pushing" action required for Shot Put.

Underarm – simulate the "slinging" action required for Discus.

Overarm – simulate the "Pulling" action required for Javelin.



Goodbye from Kendal Newton-Smith

The 16th of December will be my last day with LAQ. I have been involved with Little Athletics for the past 20 years through being an athlete, volunteering and most recently as a staff member. It has been a difficult decision for me to step away from the sport that I am so passionate about.

I will forever be grateful for the experiences I have received, memories I have created with the company and friends I have made throughout my journey.

Thank you LAQ.

Shaun Lethem & Kendal Newton-Smith

Competition & Officials

2022 McDonald's State Relays

The Nordic Sport Summer Regional Relays are done, declarations were issued and we are in the final stages of processing nominations for the McDonald's State Relays. Updated information including the State Relays

Event Order will be updated on the event's web calendar page.

The Officials Manager is seeking Centre Committee assistance in encouraging parents, guardians and accredited officials [to complete an EOJ](#) to lodge their commitment to assisting during this competition.

Reminder that the updated 2022 Relay Regulations are available here:

<https://laq.org.au/resources/competition-resources/>

Best of luck to all participating athletes and Teams Managers.

2023 Nordic Sport Summer Regional Championships

The Nordic Sport Summer Regional Championships Meet Invites will be issued to all active Summer Centres shortly. Committees please use, and promote the use of credit card or PayPal payments to ensure all nominations are released / accessible when the nominations close. Other forms of payment may hinder or render nominations invalid.

Specific information including the competition and backup dates, venue and event orders for each of the Regional Championships will be posted and updated on the LAQ event calendar as details are available.

The LAQ ResultsHQ portals will close at 9am for all Summer Centres on the following dates per the details below. Late nominations will not be accepted.

- 16th January - Met North, Met West and Sun Coast
- 23rd January – Central Coast, Downs South West, South Coast and South East

2023 LAQ Conference

2nd – 4th June

We are pleased to announce that the 2023 Conference will be held at Sea World Village Roadshow Theme Park Conference Centre.

Current Committees should start planning now to ensure your Centre has attending members for this very informative weekend. The



conference packages include a Friday evening welcome, full Saturday business session, Saturday evening Awards Dinner and ½ day Sunday business session; followed by the LAQ AGM.

Accommodation booking and general information will be updated and provided soon on the [LAQ conference webpage](#).

Race Walking Program

LAQ is proud to support and promote the efforts of Ashmore Little Athletics Centre and QRW who are conducting a 2023 Race Walking Day. The event is open to all U9 – U17 LAQ members. Important details:

- Sunday 15th January, 8.30am for a 9am start
- Brian Johnston Athletics Track
Currumburra Road, Ashmore
- \$5 on the day, no prior nomination required

Competition Rules and Regulations

The updated LAQ competition rules and regulations have been finalised and the document can now be found on the LAQ website under the Resources area. Or click here:

[LAQ Competition Rules and Regulations](#).

Officials Workshops & Muster

The Officials specialty workshops and Muster that were scheduled to be held at the end of November have been postponed. A new date will be announced in the new year.

Calendar Dates to Remember

December

- 3rd December
McDonald's State Relays – SAF, Brisbane
- 5th December
Relay Review Zoom Discussion
- 7th December
Relay Review Zoom Discussion

January

- 16th January
Summer Regional Championship Nomination closing date for Met North, Met West and Sun Coast Regions
- 23rd January
Summer Regional Championship Nomination closing date for Central Coast, Downs & South West, South Coast and South East Regions

February

- 3rd - 5th February
Nordic Sport Met North Regional Championships – Strathpine LAC
- 3rd - 5th February
Nordic Sport South Coast Regional Championships – Gold Coast LAC
- 4th - 5th February
Nordic Sport Central Coast Regional Championships – Gayndah LAC
- 4th - 5th February
Nordic Sport Downs & South West Regional Championships – Toowoomba LAC
- 4th - 5th February
Nordic Sport Met West Regional Championships – Ipswich LAC
- 4th - 5th February
Nordic Sport South East Regional Championships – SAF
- 4th - 5th February
Nordic Sport Sun Coast Regional Championships – University of the SC LAC
- 18th February
Relay Rules discussions - QSAC

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

Karen Lunt & Will Eggar