

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



In this Edition

- President's Corner 1**
- From The CEO 2**
- Administration 2**
- Coaching & Development . 3**
- Competition & Officials .. 4**

President's Corner

We have nearly made it to the end of 2022!! It has been another great year of Little Athletics. Congratulations on the season so far.

We have seen another 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 the local areas. We envisage with the 2032 Olympics getting closer these numbers will increase. WELL DONE!!

The McDonalds State Relays were held last weekend and it was extremely successful. I will admit the weather gods were kind to us apart from the wind, which sent the tents flying and kept the temperature down. 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 day 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 by now we are saying goodbye to Simon and Kendal. Kendal has been such a popular member of our team for the last 4 years and will be solely missed not only in the office but throughout the state. Kendal has brought fun and enthusiasm to everything he does. Good luck Kendal for the future, we hope we see you again in the not too distant future.

Simon has been with us for 15 years and will be solely missed. He has steered us through many challenges and successes in his time. We wouldn't have got through COVID as well as we did with his work behind the scenes liaising with government and all of you to get the sport back on track. Simon has seen us through age group changes, One Athletics, floods, office moves and many other issues, which are important to us. We have been able to retain a number of long-term sponsors and secure many new ones, and have received many grants through the government and private enterprise due to Simons work. There are many more achievements for which we are grateful for. As most of you know Simon is always on the ground at events helping out our tech boys. We will all miss his friendship, guidance and quick wit. Good luck Simon and we wish you well in your new role and hope you come back and visit us.

We are all going to take a break now for a few weeks to regroup and do it all again next year. I will be busy finding a new CEO and DO!! I imagine Centre committees are glad to have some down time. I would like to thank Simon and the staff for the work you have done this year.

I wish all of you a very Merry Christmas and a wonderful 2023. I look forward to working with you all again next year.

Donna Smith

From The CEO

Thanks and Farewell

As this will be my last LA News, I just wanted to pass on my thanks to a few people. I've been extremely fortunate to work with some of the best people in Queensland sport during my time here over the last 15 years which has made my job all the more enjoyable and rewarding.

Donna Smith, our President, has shown me unwavering support and leadership during the past 7 years. I certainly couldn't have steered LAQ through the good times (so many successful State Championships, Conferences and ALAC's) and bad times (COVID, failed merger attempts and floods) without her guidance, clear-thinking and friendship.

I've been lucky to have Directors on the Board that not only have provided the right blend of expertise and dedication but, above all, have placed the needs of the athletes and the sport first. Whilst there may have been the odd heated discussion around the Board table about a certain topic, I've never had any doubt that the right decision wasn't going to be made in the end...and I'd rather have passionate debate on a topic than decisions just slide through without any attention.

To all the Centre committees and volunteers, thanks for making my job so simple. In truth, it was never easy, but I worked out early on that it didn't matter what we did at Board and Staff level, if we didn't have strong and effective Centres, the sport was going to struggle. So my role, put simply, was to provide the right conditions and support so that you could do what you needed to do. I'm pleased to say I've enjoyed outstanding relationships with all of you over the years and the sport is the strongest it's ever been.

To our corporate and government partners, I couldn't have asked for a more generous and supportive group of professionals. We've had long-standing and successful relationships with McDonald's, Nordic Sport,

Quality Inn and the Queensland Government during my entire time at LAQ. I'm not sure there'd be any other sport in Australia that has had that level of loyalty and support.

Lastly, thank you to the LAQ Staff. Shannon, Ngaire, Karen, Shaun, Amanda, Kendal and Will, I've enjoyed working with all of you. You've made it very easy to come into work each day and have ensured the engine room keeps running on all cylinders day in, day out.

As I've said to the many people who called me to wish me well, I'm leaving on the best possible terms, at the right time, with the sport in the best place. So I can't complain at all about how my time at Little Athletics Queensland has come to an end.

I wish you all the best for the future and the rest of the season.

Simon Cook

Administration

LAQ Office Closure

The LAQ Office will close today, Friday 16th of December at 3.00pm and reopen on Tuesday 3rd of January at 8.30am. We would like to take this opportunity to wish all of our Centres and members a very Merry Christmas. We hope 2023 is a terrific year for us all.

Summer Centres

Closure of Registration Portals

Summer Centres should take note that registration portals will be closed off to the public at the end of January 2023.

Centres will still be able to access their registration console while it is closed off to the public.

Winter Centres

Start of Season Checklist

It's never too early to start preparation for the new season. A set checklist makes it easier to ensure that the committee is ready to go when registrations open. An example

of the checklist might include the following:

- Book grounds with school or council for the upcoming season
- Check grounds for any hazards
- Mark the track
- Facilities are clean
- Check that equipment is in good working order
- Check stock uniform stock

The committee should also look to hold a planning meeting to discuss the upcoming season

Winter Centre Requirements

Winter Centres need to ensure that the following items are sent into the LAQ Office before the start of the new season:

- \$55 Affiliation Fee
- Committee Membership form
- Sign-on Information
- Draft AGM Minutes

2023 / 2024 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.

Minor Infrastructure Program

The Department of Tourism, Innovation and Sport will be launching the Minor Infrastructure Program. The program will open on the 31st January 2023.

The objective of the program is to enhance community sport and active recreation participation opportunities through the provision of spaces that enable quality, accessibility, inclusive, safe and more efficient activity. accessibility,

inclusive, safe and more efficient activity.

For more information visit www.qld.gov.au/recreation/sports/funding/minor-infrastructure-program

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble

Coaching & Development

McDonald's Development Clinics

LAQ is continuing to host development clinics in the school holidays. This week saw 60 athletes attend our first clinic at QSAC and 30 at our second clinic at Upper Lockyer.

We have two more clinics scheduled in January, details are as follows:

- 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/>

These clinics have been very popular, so if you're interesting in attending one of the January clinics, you're your registration in quickly to secure your place and avoid disappointment.

Smiles For Miles Tour

Little Athletics NSW, Little Athletics QLD, and Little Athletics Australia with the support from Coles, recently conducted a number of visits to Centres, schools and also ran some clinics in northern NSW and Southern QLD.

To assist in delivering these services, the NSW and QLD Development team were joined by Little Athletics Australia ambassadors Taneille Crase and Emelia Surch. The goal was to provide some "Smiles for Miles" and judging by the enthusiasm and attendance (and smiles) I think we achieved it.

A massive thank you to LANSW for organising and inviting us to be a part of this tour. We are already discussing

ways that we can assist each other in the near future.



Game of the Month Banana Olympics (Relay Races)

Equipment:

- Ground Markers
- One relay baton (per team)

How to play:

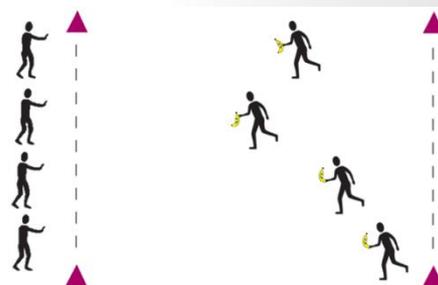
Divide the group into even teams and give each team a banana. Set up a start and finish point, as you would in a shuttle relay, 10 – 20m apart.

Show the players all of the relays that they'll have to complete for the Olympics. You may have to write them on a large white board so that all players will know what relay is next.

Once a team has completed all these relays someone (or the whole team) on the team must eat the banana and the team that is done first is the winner. Use your own ideas, add to the list or use only a few ideas.

Some ideas for Banana Relays:

1. Hold the banana in both hands above your head (so you are now shaped as a banana) and "run like a banana" to your team mate.
2. Two teammates, run, tossing the banana back and forth between them down the track before passing to your teammate.
3. Place the banana under your armpit and hop on one leg down the track to your partner.
4. Teammates line up in leapfrog formation and first player hops over players while holding banana and then tosses banana to next player in line to do the same.
5. Use the banana as a relay baton and complete a regular shuttle relay.
6. Your own variation.....



Shaun Lethem & Kendal Newton-Smith

Competition & Officials

2022 McDonald's State Relays

Congratulations and thank you to all who were instrumental in ensuring the State Relay Championships was a successful competition. Potential recorded QBP's will be put before the LAQ Board for ratification in the New Year. A full set of results is posted on the LAQ webpage under Competition / Results.

This was the final year of trialling the new format of Relay Regulations. A lot of valuable feedback has been received for the Competition Committee and LAQ Board to compile the proposed Relay Regulations to be used in future seasons.

In the new year Summer Centre Committee's will receive information and an invitation to participate in a face to face discussion group on the proposed Relay Regulations that will be presented at the 2023 Conference

2023 Nordic Sport Regional Championships (Summer Centres)

The summer Nordic Sport Regional Championships Meet Invites have been issued to all summer season Centres. If not already done, please be sure to open and share your meet and include the appropriate closing date and time as detailed below.

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 9:00am 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

Athletes in the U9 - U17 who place in the top four of any final at the Regional Championships will have automatic qualification to the 2023 State Championships (24th – 26th March TSP Townville), with the exception of those competing in Walks and 1500m events, which have time limits. LAQ will issue declaration on nominations to Centres as soon as possible once Region results are provided

Calendar Dates to Remember

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
- 26th February
Relay Rules discussions for Centre representatives - QSAC

March

- 3rd - 4th March
McDonald's Combined Event Championships – SAF, Brisbane
- 24th – 26th March
McDonald's State Championships – TSP, Townsville

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

Karen Lunt & William Eggar

