

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



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## President's Corner

Happy New Year to you all!! I hope everyone got the opportunity to have some downtime during the festive season. While we all love our sport, it's great to be able to stop and recharge for a few weeks.

Finally after a three year hiatus our athletes were finally able to go to New Zealand to compete in the Colgate Games. Congratulations to everyone who competed and brought home medals. Not only do the athletes get to compete internationally they also forge friendships which can last a lifetime. A special thank you to the managers who travelled with the athletes. It can be a very tiring but rewarding experience and we certainly appreciate the work done in training and managing the team.

It is nearly time for the Nordic Sport Summer Regional Championships, which will be held at various venues throughout our summer regions. This is a big weekend for athletes with qualification for McDonald's State Championships on the line. It is also a fun weekend for everyone. I would like to acknowledge the work that goes into the preparation by regional committees and Centres towards the event. This is a big undertaking particularly if you are the host Centre. A large amount of work is done by the committee in getting grounds and equipment ready. The officials over the weekend are kept very busy and without them no events would happen. THANK YOU TO ALL OF YOU!!

We also have our McDonald's Combined Championships coming up soon, and this will also serve as the selection event for the U15 athletes for 2022 ALAC's in Melbourne. It is a very busy time particularly for our older athletes who also compete at

Queensland Athletics with a lot of competitions coming up. I would like to wish everyone the best of luck for all for your upcoming events.

Our Winter Centres are starting to look toward their sign ons. We will see some of our Winter athletes at the McDonald's State Championships in Townsville. This is a terrific effort as these athletes have to stay in training throughout the whole year round after their season finishes. It has been great to see some of our Winter Centres holding combined training sessions. Again, amazing committees who instigate these sessions.

**Donna Smith**

## From The Acting CEO

### New CEO & DO Recruitment

Our office is much quieter as we begin 2023 with both Simon Cook and Kendal Newton-Smith having left our LA's family.

We are currently in the process of recruiting a new CEO and DO. Applications for both positions have now closed and interviews will take place in mid-February. I'm hopeful that by our next LA News edition I will have some good news on who will be taking over both roles.

### 2023 ALAC's

This year's ALAC competition will look slightly different as LAA introduce the Australian Junior Athletics Championships (AJAC). The AJAC competition includes U14 athletes and U15/16 Multi Class athletes as a separate competition to our U13 and U15 athletes.

Selection for the U14 AJAC athletes will be from their results at the 2022 LAQ State Championships as U13 athletes. Athletes who placed 1<sup>st</sup> – 3<sup>rd</sup>

in any event were sent an invitation to nominate. Further selections may take place from results achieved at this year's Regional and State Championships.

At the time of writing this article, 26 LAQ athletes have nominated for AJAC.

### 2023 New Zealand Development Tour

As Donna mentioned, for the first time in three years, we were able to travel across the ditch and conduct our New Zealand Development Tour.

33 athletes took part in the 11 day tour across the South Island. Our athletes should be congratulated on their performances at the Colgate Games. I was proud to hear so many wonderful comments from the New Zealand teams and officials on the fantastic sportsmanship shown by our athletes.

I must sincerely thank Jo Spyro, Adam White, Simon Hinton and Nick Bennett who accompanied me as Managers on this tour. This year's athletes presented us with many challenges, so I truly appreciate your efforts throughout the 11 days.

### McDonald's Sponsorship

I am pleased to advise that LAQ has again partnered with our major sponsor, McDonald's, for another three years. This is an incredible sponsorship, and one of the longest in the history of junior sport here in Australia. As we get ready to begin the 2023 / 2024 season, we enter into our 43<sup>rd</sup> year of sponsorship with them and we say a huge thank you to McDonald's for their commitment and support of Little Athletics in Queensland.

*Shannon Kruger*

## Administration

### Summer Centres

#### 2023/2024 Committee Forms

Summer Centres will find enclosed in this month's mailout the Committee Membership Form for the 2023/2024 season. Once Centres have held their Annual General Meetings, this form

must be completed and returned to the LAQ office by the Friday 19<sup>th</sup> May 2023.

### Banana Donations

Banana Donations have resumed for the remainder of the summer season and will finish on the 28<sup>th</sup> March 2023.

Please make sure you are using the coupons in the 2023 section with valid redemption dates when going into store to redeem your bananas.

### 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 Services 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.

### Winter Centres

#### 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.

### Fair Play Vouchers Now Open

The next round of Fair Play vouchers has been released.

Queensland children who are eligible can receive a voucher valued up to \$150 which can be used for their registration fees.

Centres that receive the FairPlay vouchers will need to redeem them through the Queensland Government. For information on how to redeem the vouchers, please click [here](#).

### Active Clubs Program

The Active Clubs Program is now open.

The Active Clubs program will provide funding to local and regional sport and active recreation organisations to support:

- training and education for volunteers
- volunteer recognition
- equipment (on-field and off-field)

For more information, click [here](#).

### Organisation Portal with Blue Card Services

Centres are able to setup an Organisation Portal with Blue Card Services in order to assist members that volunteer at your Centre to obtain a free blue card. Once your Centres Organisation Portal has been set up you can link your Centres volunteers.

To begin the process of setting up an Organisation Portal with Blue Card Services, please click [here](#). Once your Centre has set up an Organisation Portal you will be able to link your volunteers, please click [here](#) for instructions on how to link volunteers

**Ngairé Hollands &  
Amanda-Jayne Noble**



## Coaching & Development

### McDonald's Development Clinics

Isis and District, QSAC, Nambour, Ormeau and Highfields hosted clinics in January with nearly 190 athletes in attendance at these five different locations. A huge thank you to the Centres and committee member who hosted these clinics and made the days run smoothly. Also a huge thank you to all of the coaches involved. Without your knowledge and expertise, the clinics would not be able to be conducted.



### 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: **\$125** 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 LAQ 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 Shaun in the LAQ office. Please understand that we aim to conduct all school visits for those who request them, however we cannot guarantee this.

### How To Videos

With our Winter season Centres starting (pun intended) to get underway with their new season, here are some links to some brief videos that may assist your parents with what to do, what to look for and how to do it.

The videos are approximately 60-90 seconds duration and are designed to give people some brief information so that they have the confidence to help out at your weekly meets.

#### Track

- Starting: <https://www.facebook.com/LAQLD/videos/1229159117582267>
- Timing: <https://www.facebook.com/LAQLD/videos/1040895173411062>

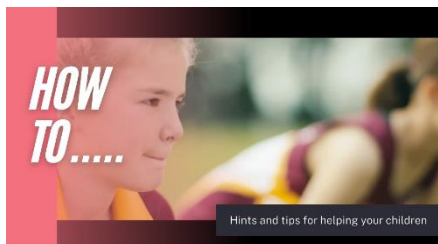
#### Throws

- Circle: <https://www.facebook.com/LAQLD/videos/607361350683424>

- Javelin:  
<https://www.facebook.com/LAQLD/videos/1241216353013471>

### Jumps

- High:  
<https://www.facebook.com/LAQLD/videos/595829401693537>
- Long/Triple:  
<https://www.facebook.com/LAQLD/videos/340194744540570>



### Game of the Month

#### Running Over Obstacles

##### Equipment:

- 7 small dome markers (collapsible)
- 3 witches hats
- 3 mini hurdles

##### How to play:

This activity teaches the basic skill of hurdling – running over obstacles.

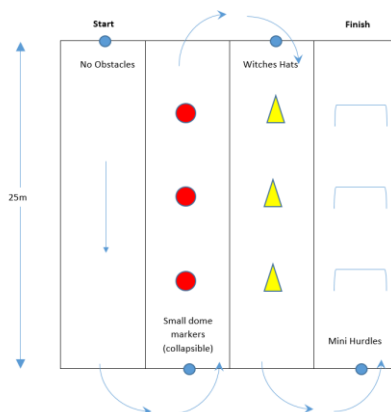
Using four lanes, evenly space out the obstacles as in diagram above over a distance of 25m (approx.). The diagram shows three, however you could use two or four obstacles. It will depend on the amount of equipment you have access to. It doesn't matter what the obstacles are, so long as they are safe and they increase in height each lane. You could use skipping ropes, hurdle tops, micro hurdles (15cm high) for example, so long as they are safe.

To begin, run down lane 1, turn into lane two and return (over obstacles), then turn down lane three (over larger obstacles) and return back up lane 4 (over ever bigger obstacles).

Start off the first repetition jogging and then each subsequent repetition increase speed. For example, if doing this three times, first would be a jog, second would be ¾ speed and then third would be flat out.

You can have multiple athletes running at the same time, so long as there is 1-2 obstacles distance between them. If you have large groups, then have two lanes of everything.

Note: each repetition (up and back, up and back) equates to 100m.



Shaun Lethem

## Competition & Officials

### 2023 McDonald's Combined Events Championships

4<sup>th</sup> & 5<sup>th</sup> March

Points to note:

- Nominations are open until 9am Monday 20<sup>th</sup> February.
- Nomination fees are \$20 per athlete
- Nominations will only be accepted via Family or Centre ResultsHQ Profiles
- Nomination payments through the ResultsHQ profiles are best made via credit card or PayPal to ensure nominations are accepted / processed
- U13 – U14's may only nominate for 2 combined events provided they are programmed on separate days
- U15 – U17's can not nominate for the heptathlon (2-day event) and a triathlon, they can however nominate for 2 triathlon events
- U15 athletes seeking consideration for selection in the

2023 State Team, will need to compete in the heptathlon event at this competition

- Any U9 –U17 failing to start an event, cannot compete in following events within the combined event set
- U7 & U8s will be offered a mix of development and competition (a run, a jump and a throw), held over approximately 2 hours
- The draft program is available on the LAQ website [calendar page for the event](#)

### McDonald's State Championships Townsville Sports Reserve 24<sup>th</sup> – 26<sup>th</sup> March

Winter Centre State Championships declaration reports have been issued. Centres that do not have this report should call Karen as a matter of urgency.

Summer Centre State Championships declaration reports will be issued as soon as possible once the result files are received from the relevant Regions.

All nominations must be returned to LAQ as soon as possible, but no later than 9am on Monday 27<sup>th</sup> February 2023.

The draft State Championships program is [available here](#).

Nordic Sport is taking orders for the 2023 McDonald's State Championships souvenir shirt. A small quantity of shirts will be available for sale during the Championship weekend. Shirt cost \$32.00

Pre-order forms and payment must be provided to Nordic Sport by Wednesday 8<sup>th</sup> March.

Papers for the souvenir shirts are attached to this LANews.

### 2023 Conference Sea World Resort - 2<sup>nd</sup> – 4<sup>th</sup> June

Look out for an email next week with a link for Conference accommodation. SeaWorld like venues in previous years will be applying release back dates – 'release back' means that a percentage of unsecured / not





booked rooms that have been put on hold for our members will be released to the public and will no longer be in the pool of rooms for our members.

There will be 3 dates between now and 2 weeks prior the Conference date. So, if you want to guarantee accommodation at SeaWorld for your attending members book as soon as possible once you have the link.

The next edition of LANews will provide key return and distribution dates for the Conference papers and registrations. Be sure to check in on the [LAQ Conference webpage](#) for updates.

#### ResultsHQ Rollover for Winter Centres

Winter 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.

An email will be issued to all Winter Centres shortly with instructions on the process required. For assistance with this or for any other queries on ResultsHQ, please contact the Timing Solutions Support team, or LAQ Office staff.

#### Payments of Competition Nomination Fees

From the 2023 / 2024 season, all nominations processed through the ResultsHQ profiles must be paid by credit card or via a PayPal account. There will no longer be an option for direct debit.

This will apply to all Centre and Family profiles. Centres who would like instructions on the setup options for PayPal accounts can email the LAQ Office for details. The first LAQ competition that these payment methods will be enforced will be the Coles Winter Carnival in June.

#### Calendar Dates to Remember

##### February

- 20<sup>th</sup> February  
Combined Event Championships nominations close at 9am
- 26<sup>th</sup> February  
Relay Rules Discussion  
QSAC
- 27<sup>th</sup> February  
State Championships nominations close at 9am

##### March

- 4<sup>th</sup> - 5<sup>th</sup> March  
McDonald's Combined Event Championships  
SAF
- 8<sup>th</sup> March  
McDonald's State Championships souvenir shirt orders close – form to be submitted to Nordic Sport
- 24<sup>th</sup> – 26<sup>th</sup> March  
McDonald's State Championships  
Townsville

##### April

- 22<sup>nd</sup> – 23<sup>rd</sup> April  
Australian Little Athletics Championships  
Melbourne

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

**Karen Lunt & Will Eggar**