

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



*In this Edition*

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

## President's Corner

We are fast approaching the pointy end of the season 2022/2023. We are fortunate to have been able to get back to a normal season after a few tumultuous ones with COVID, cancellations and flooding.

Last weekend saw the running of our McDonald's Combined Events Championships and yet again a terrific weekend. The weather gods shone down all weekend. We integrated our U7 and U8's into a fun development and competition event. This was our first time running this and we are pleased to say it was very successful and our young athletes had a lot of fun. Thank you to all of the coaches and officials who helped with this. Combined Events are a different way of athletes competing and sometimes it means not competing in your favourite events but this can often lead to a new favourite event. Congratulations to all of our athletes who competed it was a fantastic weekend. Congratulations to the U15's who were successful in being selected to compete at the Coles Australian Little Athletics Championships to be held in Melbourne in April.

A huge thank you to our Officials who yet again excelled at delivering our sport. It is a big ask to be out in the weather for two days, however, everyone one of you jump in and provide a great competition space for our athletes. Without you none of it would happen. THANK YOU.

The Nordic Sport Regional Championships were held throughout the Regions in early February. This was the qualifier for the McDonald State Championships later this month. Thank you to all of the Centre committees, Regional committees and everyone who contributed to making these a success. They were

held on probably the hottest and most humid of weekends we have had for a while. A lot of work goes on behind the scenes to ensure the safety of our athletes and officials during these events. Thank you to everyone. A big thank you also to the Staff in the LAQ Office. It is a juggle to get everything organised when all events fall on the same weekend.

We are only a few weeks away from our pinnacle event of the year – the McDonald's State Championships, which will be held in Townsville. Planning is well underway and we are really looking forward to taking this event to the north of our State. Thank you to Townsville Central Little Athletics who are helping on the ground in Townsville as this assistance is imperative to the event being successful. Thanks also to Ross River Athletics for their assistance.

We have the pleasure of welcoming two new staff members to our Little Athletics family over the next few weeks. We have appointed Christopher Davis to the role of CEO. Chris comes to us from a very successful tenure at Touch Football and has a wealth of knowledge of working with grass roots sports. Chris will commence on 20<sup>th</sup> March, just in time to join us in Townsville and it will be a wonderful opportunity for you all to meet Chris. Welcome Chris!!

We have also appointed a new Development Officer, Mitchell Clark. Mitchell has come to us with a background in Cricket, AFL and delivering LAPS for Little Athletics in South Australia. Mitchell started on 27<sup>th</sup> February. Welcome Mitch!!

It is great to have a full contingent of staff again. I would like to acknowledge the extra work the staff have done covering all of the roles. I would especially like to thank Shannon Kruger, who has been covering both the CEO and her own



role of Operations Manager for the last couple of months. This has meant a huge workload and we certainly appreciate all you have done to keep us ticking over in what is one of the busiest times of the year.

Our Winter Centres are about to get into full swing weather depending. Good luck for your season and we look forward to watching your season unfold.

This time of the year is not only busy for Little Athletics but also for the senior side of the sport. Good luck to all of our athletes who are competing for selection in the AA Nationals.

Good Luck to everyone at the McDonald's State Championships. We look forward to seeing you all in Townsville for a fantastic weekend of competition.

**Donna Smith**

## From The Acting CEO

### New LAQ Staff

As Donna mentioned above, we are excited to welcome two new staff members to our LAQ team.

Mitch Clark has been appointed as our Development Officer. Mitch was previously involved in delivery the LAPS program for LA's in South Australia, and has also been involved in grassroots sport with cricket and AFL. Mitch has already started in the office and has been out visiting a few Centres already. He is going on tour with Shaun later this month and will be visiting a number of our Winter Centres. He's looking forward to meeting our Centre's and members.



Chris Davis has been appointed to the CEO role. Chris comes from his previous role as General Manager for Brisbane Metropolitan Touch Association where he led the organisation to administrative, strategic and financial success. Prior to this, he was involved with the AFL.

Chris was involved with Little Athletics as a kid and is still competing in our sport as a Masters athlete. He will be heading down to Sydney this weekend for the National Masters Championships.

Chris commences with us on the 20<sup>th</sup> of March and will be in Townsville for the McDonald's State Championships, which will provide a great opportunity for our Centres and members to meet him.



### U7 & U8 Clinic at CEC

Before the start of the McDonald's Combined Event Championships, LAQ ran a short development and competition clinic for U7 and U8 athletes.

We had around 70 athletes participate in the event and the overwhelming feedback we received from parents was that it was a fantastic morning. Many of the athletes had never received the correct instructions on what to do for each event, so they were very appreciative of this.

It also highlights the need for Centres to provide some kind of development assistance to our younger athletes. Centre's that need help, guidance or advice in this area are encouraged

to contact our Development Staff for more information.



### McDonald's Facebook Competition for State Championships

If you have athletes heading to Townsville for the McDonald's State Championships, McDonald's have four (4) tickets up for grabs to the North Queensland Cowboys vs Gold Coast Titans game.

The game will be played at Queensland Country Bank Stadium in Townsville on Saturday 25<sup>th</sup> March, with kick off at 4.30pm.

To enter the competition, you need to LIKE our Facebook page, LOVE the post and in 30 words or less tell us why you'd like tickets to the game.

The winner will be drawn at random, provided they satisfy the competition criteria.

Visit the Facebook post for more details. Our thanks to Maccas for this generous prize!

### U15 ALAC's Athletes

Congratulations to the following athletes who have been selected in the LAQ State Team as U15 athletes to compete in the Australian Teams Championships in Melbourne in April.

#### Girls

Charlotte Blain (City North)  
Amaya Mearns (Arana)  
Perla Maizey (Strathpine)

#### Boys

Daniel Harlow (Redcliffe)  
Cooper Weil (Nanango)  
Dylan Gardiner (Gladstone)

**Shannon Kruger**

## Administration

### LAQ Awards

#### Athletes

Athlete nominations for the George Harvey Leadership Award and Most Improved Athlete Award close on Wednesday 8<sup>th</sup> March. We encourage Centres to nominate athletes worthy of these awards. Winners will be presented at the 2023 McDonald's State Championships.

#### Adult

Adult nominations are open for the following LAQ awards:

- Life Membership
- Distinguished Merit
- Merit
- Coach of the Year
- Volunteer of the Year
- Officials Merit

#### Centre

Centres can nominate themselves for the Centre Innovation Award, which closes on Friday 14<sup>th</sup> April.

Adult and Centre awards will close on Friday 14<sup>th</sup> April and be presented at the Annual Conference in June.

The LAQ Awards booklet is available on our website. This booklet contains information and criteria on all LAQ

awards as well as nomination forms for each. Nominations will only be accepted on the appropriate nomination forms.

### 2023 Conference Call For Motions

This is the first and final call for motions for the 2023 Annual Conference. Please find attached to this mailout, a Call for Motions form. All motions must be submitted on this form. The closing date is Friday 14<sup>th</sup> April. Please refer to the attached paperwork for further information and instructions.

### Summer Centres

#### AGM's

The end of the Summer season is almost here, which means Centres should be starting to prepare for their Annual General Meeting's (AGM).

Your AGM should be held within three months of the close of the Centre's financial year, which for Summer Centres is 31<sup>st</sup> March. Once your Centre has held an AGM, please ensure that your Centre & Committee Membership form is completed and sent into the LAQ along with a draft copy of your AGM minutes and Audit Report.

To access a guide for conducting AGM's, please click [here](#).

If your Centre has any questions or concerns about your AGM, please contact the LAQ Office

#### 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.

#### 2023 / 2024 Registration Fees

When your Centre is considering its fees for next season, please take into account the LAQ registration fees per athlete. For the 2023/2024 season they 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.

### Winter Centres

#### Registrations

Winter Centres should have by now set up their registration consoles for the new season in preparation to receive registrations.

All payment for registrations that are received at the Centre are required to be sent to LAQ at the end of each month.

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

#### Banana Donations

Banana donations will be occurring from the 3<sup>rd</sup> May up until the 20<sup>th</sup> September.

Centres will only receive one coupon book for the season which will be sent out in late April. Replacements will not be issued should the coupon booklet be lost or damaged.

For those Centre that are 50km away from a Coles store, you will receive a an e-gift card.



### Centre Minutes

All Centres are required to send their Committee meeting minutes and treasurer's reports to LAQ.

These minutes are required for a number of reasons. Firstly, so LAQ can store them in case they get lost, misplaced or accidentally deleted by Centres. It also allows us to keep track of how Centres are going and identify any issues that may be arising so we can offer assistance to help.

These minutes can be emailed to [info@laq.org.au](mailto:info@laq.org.au)

### Centre Awards & Life Membership

Centres that have end of season awards need to ensure that all award winners are recorded in your Centre minutes.

All awards that a Centre presents need to have a criteria that has been made public, so that all members have an equal opportunity to achieve an award.

If the awards criteria is updated for a particular award then this update needs to be recorded in your Centres minutes.

**Ngairé Hollands &  
Amanda-Jayne Noble**

## Coaching & Development

**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.

### Game of the Month

#### Jump The River

Equipment:

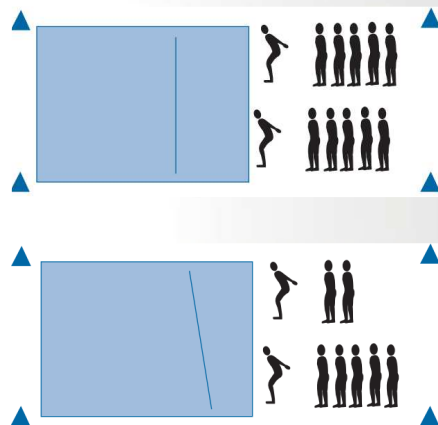
- Long Jump pit
- 2 skipping ropes (optional)

How to play:

Place the two skipping ropes (or drawing two lines across the long jump pit) approximately 1m apart. Get the athlete's to line up in groups along the side of the pit. Explain to the athletes that this area simulates a river full of crocodiles. Using a standing or walking jump, athletes

attempt to jump across a 'river' drawn in the sand or marked with skipping ropes. If an athlete lands in the river, they will be gobbled up but encouraged to have more attempts.

*Alternative:* For older athletes, mark a widening river in the sand. Give points for each mark further along the river as they succeed.



**Shaun Lethem & Mitch Clark**

## Competition & Officials

### 2023 McDonald's Combined Events Championships

As always our officials came through for another 2 day event; thank you one and all.

There was a slight change in the program for the U7 - U8 athletes who took part in three events, but the focus was on fun, participation, and the development of the athlete in each event. By all accounts this new option was a great success. Thank you to the coaches that spent some valued time with the little ones.

Best Performances will be presented to the Board this month for ratification. A full list of results will be posted on the LAQ results page by the end of today.

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

Nominations have closed and all systems are on track for our Championships in Townsville. Centre Committees should note the

following will be posted on the LAQ State Championships calendar page over the coming weeks:

- Competition information sheet
- Competitors list
- Venue map
- Program booklet (note - hard copies will not be sold).

Souvenir shirt orders are due by Wednesday 8<sup>th</sup> March. Please ensure that your order and payment is sent directly to Nordic Sport.

Each Centre with nominees is required to provide Karen Lunt with an email detailing names and contact phone numbers of the Centre's Team Managers. Remind your Team Managers to check in on arrival at the venue.

The Officials Manager is still accepting EOI from Officials who wish to assist at this competition. Please encourage your members to register as soon as possible or email [k.lunt@laq.org.au](mailto:k.lunt@laq.org.au)

### 2023 Conference

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

Links for the details listed below will be available by the end of this week on the [LAQ Conference webpage](#)

- Accommodation booking – SeaWorld Resort
- Online Conference registration portal
- Conference information booklet

Updates and further information will be posted on the LAQ Conference webpage as they become available, including the Conference Dinner theme, Workshop details and the online Workshop Registration portal.

Conference accommodation at SeaWorld should be done as soon as possible so you don't miss out.

Important dates for Centres:

- 14<sup>th</sup> April  
Centres to Lodge Motions
- 5<sup>th</sup> May  
Accommodation to be finalised. Any rooms not allocated will be released to the public.

- 12<sup>th</sup> May  
Online Registration Closes
- 19<sup>th</sup> May  
Registration Payment Due
- 24<sup>th</sup> May  
Postal votes due for motions and AGM elections  
Workshop registration closes

More dates are detailed in the Conference Information booklet.

### Calendar Dates to Remember

#### March

- 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

#### June

- 20<sup>th</sup> June  
Closing date for Coles Winter Carnival nominations
- 24<sup>th</sup> – 25<sup>th</sup> June  
Coles Winter Carnival Townsville Sports Precinct

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

**Karen Lunt & Will Eggar**