

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



**coles**



## President's Corner

That's a wrap for the 2022/23 season. The season culminated with the McDonald's State Championships in Townsville. It was a fantastic weekend of competition. We had 82 Centre's represented which is amazing. The weather was perfect which allowed for numerous records to be broken including one national record, and many PBs.

WELL DONE to all of the athletes competing. It was terrific to see everyone doing their best in their events and a lot of friendships were made over the weekend. Townsville is such a beautiful spot to host this event with Castle Hill as the backdrop. A lot of Centre's travelled and stayed together over the weekend and it was a very happy and almost holiday vibe around the arena.

Thank you to all of the Centre committees who put in such a large amount of work to get their athletes there. So much work goes on behind the scenes organizing travel, accommodation and food. Thanks also to the parents who supported their children and the Centre's throughout the season.

A massive shout out and thank you to our officials. Everyone worked through the heat and humidity to bring the best competition area for our athletes. None of our events would be able to go ahead without our dedicated group. We appreciate each and every one of you and love your never give up attitude even after many hours in the sun. THANK YOU!!

Thank you to our sponsors who were in attendance over the weekend. It was great to see so many staff from Coles helping with handing out fruit and interacting with the families. It was a pleasure to have World

Champion Javelin thrower Kelsey-Lee Barber join us on Saturday. What a thrill for our athletes to be able to meet a world champion. Thank you Kelsey-Lee

Thank you to Neal and Marianne Pitman from Nordic Sport Australia joined us also. Neal and Marianne are such a large part of our Little Athletics family it is always great to have them on board. Thanks to McDonalds who are our major sponsor and sponsor of the championships. We have had McDonalds for over 40 years now and we are so appreciative. Thank you also to Robertson Gardens and Cluey Learning.

Congratulations to the Queensland athletes who have been selected to go to Melbourne in April for the Coles Little Athletics Australia championships. A massive amount of work goes into preparing athletes to be able to compete and successfully qualify. Thank you to the parents and coaches for making this happen. Thank you to our selectors this year Chris Anderson, Bec Brice, Steve Langley and Ian Thompson. Our selectors spend a lot of the weekend out at events and locked in a room (not literally) carefully going through results and picking the best team to represent QLD. Good Luck to all of the athletes.

A huge shout out to the committee from Townsville Central Little Athletics for all of their assistance in the lead up and during the weekend. It makes it so much easier for us to have the support on the ground with the logistics of having a large event away from our normal venue. It was great to have breakfast cooked for our officials and lunch provided. Thank you so much we certainly appreciate it. Thank you also to Ross River Athletics for helping us also with equipment.

## In this Edition

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

As most summer Centres will start to have AGMs and committee change overs I would like to pass on my thanks to all of the committees for their efforts this season. Our athletes get so much benefit from all of the work that goes into running a Centre and region.

Our winter season is well and truly up and running. As can happen at this time of the year a bit of wet weather is having an impact but hopefully it will be dry for the next few months. It was great to see a lot of winter athletes competing last weekend. These athletes have to keep their fitness up over the off season to be able to compete at their best. Well Done everyone!!

April is going to be a very busy month for a lot of athletes and also officials. The AA National champs and Juniors are being held in the next few weeks and then the Coles Little Athletics Australia event on 22<sup>nd</sup> and 23<sup>rd</sup> of April. Good Luck to all of the athletes competing in these events.

**Donna Smith**

## From The CEO

I am now two weeks into the role and I would like to thank everyone for their friendly welcome at last weekend's McDonald's State Championships. With the event already planned prior to my commencement I had the opportunity to meet most of our volunteer officials and see how the event was run. Thank you to all of the staff, board and officials for making it an amazing event, and well done to all of the athletes on their performances. I heard many PB's were achieved on a fast, warm track and several state records were also broken. A special shoutout must also go to Amaya Mearns from Arana LAC for breaking the Australian record in the U15 Girls 100m with a lightning fast time of 11.91!

Another highlight was the attendance of 2-time world javelin champion Kelsey-Lee Barber attending our event on Saturday as a

Coles ambassador. Her smile and willingness to chat and take photos with the kids was great, and we wish her well for the upcoming World Championships in Budapest later this year.

Preparations for our U13, U14 & U15 State Teams are also well underway as they prepare to head to Melbourne for the Australian Little Athletics Championships (ALAC's). We have 84 athletes from 40 Centres selected to attend these Championships with a clear focus on camaraderie and earning points for Queensland as opposed to individual medals. It is always an honour to pull on the maroon uniform and I can't wait to see them represent our State with pride in 3 weeks' time!

Workshop information for our Conference will be coming out shortly and we look forward to seeing many of you at Sea World Resort from June 2 – 4. Along with our AGM and the always enjoyable Dinner & Awards Night, we will be putting together a series of workshops designed to assist you in the operation of your centres, targeted towards both introductory and experienced administrators. I encourage you to get as many people along to these workshops as possible, including those who have just started their volunteering journey and may need some additional support.

Finally, I also want to take the opportunity to publicly thank all the staff at LAQ, but especially our Operations Manager Shannon, for their hard work over the first few months of this year. The LAQ team is a small one and with both the CEO & Development Officer roles vacant, the team did an amazing job to keep everything running smoothly. With Mitch and myself starting this month we are working hard to get up to speed and look forward to having LAQ again running at 100%.

**Chris Davis**

## Administration

### LAQ Awards

Congratulations to the winners of our athletes awards for the 2022 / 2023 season.

#### George Harvey Leadership Award

Emmerson Broomhall (North Rockhampton) and Joshua Bulbert (West Bundaberg) – pictured below.

#### Most Improved Award

Ryan Ellis U15 (Maryborough)



A reminder that nominations for LAQ Life Membership, Distinguished Merit, Merit, Frank Knight Memorial Coach of the Year, Volunteer of the Year, Officials Merit and Centre Innovation Award are due on Friday 14<sup>th</sup> April

The LAQ Awards booklet is available on our website and contains information, criteria and nomination forms for all LAQ awards. Nominations will only be accepted on the correct nomination forms.

### 2023 LAQ State Team

Congratulations to the 39 athletes selected in the LAQ State Team.

We also have 44 athletes selected in the new Australian Junior Athletics Championships (AJAC).

We also say thank you to our terrific Team Selectors – Chris Anderson, Bec Brice, Steve Langley and Ian Thompson. We appreciate all your efforts leading into and over the weekend to select the best possible team for Queensland.

Go to our website to view the full list of athletes and their events. The 2023 Australian Little Athletics Championships will be held in Melbourne on the 22<sup>nd</sup> and 23<sup>rd</sup> of April.

### 2023 Conference Motions

A reminder that if your Centre would like to submit a motion for the 2023 Annual Conference, the paperwork must be received by Friday 14<sup>th</sup> April.

### Call for Nominations – LAQ Board

In 2023, the position of Finance Director and two General Directors are available for nomination.

All nominations must be submitted on the correct nomination form and include a profile and photo of the nominee. Closing date for nominations is Friday 14<sup>th</sup> April.

### Summer Centres

#### End of Season

For Summer Centres that have held their Annual General Meetings, please ensure that the following items are sent into the LAQ Office:

- \$55 Affiliation Fee
- Committee Membership form
- AGM Minutes & Audit Report

As an incorporated Centre, you are required by the Office of Fair Trading to complete and send back your Centre's Annual Return. This form is sent to your Centre from the Office of Fair Trading and is to be returned to them directly (not to LAQ).

#### 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.

Payments that are received at the Centre for registrations need to be paid to LAQ at the end of each month and payment can be made by direct deposit.

If your Centre requires assistance, please contact Ngaire in the LAQ Office.

#### 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 register.

Any athlete who has previously registered with a Little Athletics Centre is not considered a triallist. They must fully register and pay full fees.

### Member Retention

At the end of the season, it is always good for the Committee to look at the participation figures for the season and compare them to previous seasons. This is just an exercise to give the Committee an indication about the growth of the membership.

If the Centre is losing membership, then you might want to consider some of the following possibilities:

- Marketing – Is the Centre actively promoting within your local community.
- Communication – Do members know what your Centre is about and what the expectation is through the season.
- What service is your Centre providing – Is the Centre providing coaching as well as competition.

There will be circumstances that are not within the Centre control for example other sports overlapping with the athletics season, family situations etc.

Whatever the reason, you need to know so you can determine if it's possible to get them back and to reduce the likelihood of other people leaving for the same reason.

**Shannon Kruger, Ngaire 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.

#### Upcoming Courses:

- Charleville: Sunday 16<sup>th</sup> April
- Chinchilla: Saturday 20<sup>th</sup> May
- Townsville Central: 3<sup>rd</sup> June
- St George; Date TBC

### 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.

### Centre Visits & Coaching

The Development Staff were out and about in FNQ in the lead up to State Championships visiting Tully, Cassowary Coast and Tablelands as well as a number of schools in the area. A massive thanks to all Centres who welcomed Mitch and made him feel at home on his first road trip for LAQ.



On their way back to Brisbane they will also be stopping into see North Mackay, North Rockhampton, Gladstone and Biloela running some coaching sessions with the help of Garth Cooper from Deception Bay LA's.

### Game of the Month

#### Bullseye

Equipment:

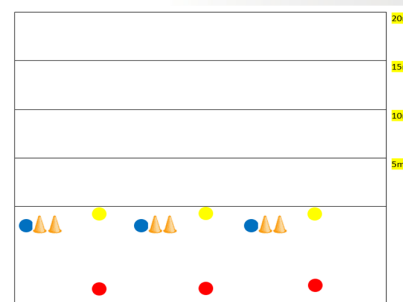
- 6 ground markers
- 6 witches hats
- 3 safety discus

How to play:

Form small groups, e.g. 3-5 per group and line up behind the red markers (safety area). One player from each group moves up to the throwing point – yellow markers. Each player throws their objects (two witches' hats and one discus) to the target area.

They use a round arm slinging action with the witches' hats and an underarm slinging action with the discus. Players throw all of their objects and wait until all others have finished before objects are retrieved. Repeat for a given number of rounds. Points are scored depending on where the object lands, for example:

Up to 5m – 1 point  
 5m – 10m – 2 points  
 10m – 15m – 3 points  
 15m – 20m – 4 points  
 20m+ - 5 points



Shaun Lethem & Mitch Clark

## Competition & Officials

### 2023 Conference

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

The link to the [online accommodation booking for SeaWorld](#), Gold Coast and the online [Conference registration portal](#) are now available on the [LAQ Conference webpage](#) (under the Resources tab). A reminder that any unsecured rooms not taken will be released back to the public on a percentage basis, so be sure to secure rooms so your Centre representatives don't miss out.

The [Information Booklet](#) is also on the LAQ Conference Webpage. Workshop details and the registration portal will be available on the LAQ Conference Webpage soon.

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.

As always one of the best times to celebrate our Association and recognise the wonderful members who dedicate their time at Centre and State level is at the Saturday evening Annual Awards Dinner. Not only is it a time for congratulations to be extended, friendships are kindle and strengthened. The theme for the dinner is "50 & golden".

### **2023 McDonald's State Championships**

The sense of enthusiasm and anticipation was evident as the 2023 McDonald's State Championships got underway in Townsville. Congratulations to all athletes who strived to achieve their best. Thanks, must be extended to the Centres, Team Managers and families for their support of these young athletes. As always, many athletes recorded Personal Best Performances, while an impressive total of 17 QBP's and 1 ABP were recorded (all to be ratified).

While the weather was hot, our Officials spirits and the level of officiating was high, extending a word of thanks never seems enough for all the time and effort these marvelous people provide. Special thanks are extended to those who joined our Tech crew for setup and pack up. Mark and Jane Chester, and their team from Townsville Central LAC also deserve praise for

their added behind the scenes assistance as well as the Long Jump event management. We hope you all enjoyed yourselves and look forward to seeing you in the new season.

Results are posted on the LAQ webpage and photos taken on the day are available through [Danielle Sibenaler's Facebooks page](#).

### **Regions - Preparing for the 2023/24 Competition Season**

Summer Regions should be holding the Handover Meetings to nominate the Region's Administrative Team and agree upon venues and competition dates in April or May. A maximum of four (4) Region competitions per weekend will be upheld. Completed nomination forms must be returned to the LAQ Office by 31<sup>st</sup> May.

Winter Regions should have their Administrative Team nominated and the competition dates and venues set. Forms should already be returned to the LAQ Office by now. Outstanding returns will be required for the April Board meeting.

### **Centres - Preparing for 2023/24 Competition Season:**

Winter Centres using ResultsHQ: if not already completed, a Season Rollover in the Centre ResultsHQ Profile must be done at least two (2) weeks prior to the first sign on date.

Before the season starts: discuss what the Committee's competition and skill development objectives are for the members during the season. Be sure to look after all levels of athletes both in skill and age group. Would utilising the FAST program early in the season allow for better development of the younger athletes?

Review your Centre program, does it work for your anticipated membership numbers. Include teaching sessions in your weekly meet programs for age groups that have new events e.g. Javelin and Triple Jump session for U11s. Remember, the schedule for weekly meets can

be fluid during the season to match the participating numbers.

Induction Days: consider holding a number of induction / introduction days before conducting the 'proper/competition' Centre meets. Conducted well, new and old members can be familiarised with the Centre arena, gain a good understanding of the how to run events well, and who the key members are in the Centre that can be approached for advice or help. Promote the ['how to videos'](#) to your new members.

Centre Carnival Approval applications will need to be submitted at least 6 weeks prior to the event date. An application form and SEP will automatically be provided April and May to Centres that request approval and to those that successfully held a Carnival during the 22/23 season. All Centres Carnivals may only be conducted if approved by LAQ under the application process.

Only approved Centre Carnival promotional material will be uploaded on the LAQ webpage, along with a link to the Centre's preferred platform e.g. Centre webpage or Facebook page.

Summer & Winter Centres are required to promote LAQ events, competition dates, and venues. Specific competition detail including programs, available events and related links will be updated and found on the [LAQ Competition webpage](#).

### **Calendar Dates to Remember**

#### April

- 14<sup>th</sup> April  
Centres to lodge motions for Conference
- 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

September

- 11<sup>th</sup> September  
Closing date for Coles Spring  
Carnival nominations
- 23<sup>rd</sup> September  
Coles Spring Carnival  
Bundaberg Region Athletics  
Facility

October

- 16<sup>th</sup> October  
Closing date for Coles Summer  
Carnival nominations
- 28<sup>th</sup> October  
Coles Summer Carnival  
SAF, Brisbane

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

**Karen Lunt & Will Eggar**