

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



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President's Corner

Recently our athletes went to Melbourne to compete at the Coles Little Athletics Australia Championships. This year for the first time there was an U14 team along with the U13 Teams Championships, U15 Combined Event and Multi Class athletes. It was a great weekend with all of our athletes doing us proud. Queensland brought home a swag of medals in all events. There were also a large number of PB's.

The best part of a trip like this is the friendships made, which will last a lifetime and the experience of representing your State. I would like to pass on a huge THANK YOU to our Team Managers Jo Spyro, Adam White, Jenny Boardman, Nick Bennett, Tracey Tuia, Mick Hooper, Aaron Norton and Todd Ransome. It is a massive undertaking to be able to be at every athlete's event to coach and encourage the athletes. Keeping track of athletes at the warm up area and in the competition area is a challenge but was handled very professionally by our managers.

We are well into our Winter season and fortunately the weather has so far been kind. It is great seeing all the different events and things that are happening within our Regions through all of your social media. The Summer season has wrapped up and we are starting to see the AGMs being held and change of committees happening. To our outgoing committee members, thank you for all that you have done towards bringing Little Athletics to your area. To the incoming committees welcome and good luck in your roles. Don't forget our office is always just a call or email away to assist you in any way we can.

We are not too far away from our Annual Conference, which will be

held at Sea World Resort on the Gold Coast. This is your opportunity to be part of the decision making process for the coming season. We will also have a large number of workshops for you to attend to gain knowledge to take back to your Centres to help you and your committees run your Centre. One of the great benefits of coming to Conference is the networking you are able to do with other Centres. I believe most knowledge is gained from informal discussions around the table and break times. Everyone does things a little differently and are happy to share ideas. This is our 50th year so we will be celebrating this over the weekend. 50 & Golden is the theme for our dinner on Saturday night so I look forward to seeing everyone dazzling in their golden outfits.

Donna Smith

From The CEO

I would like to extend a huge congratulations to all the athletes who represented Queensland in Melbourne a couple of weeks ago. We had 83 athletes pull on the cherished maroon uniform, bringing home plenty of medals and of course many PB's. A special mention must go to our U15 Combined Events athletes who brought home the overall championship trophy, with Amaya Mearns and Dan Harlow winning individual silver medals. Next year, even more athletes will get to experience ALAC's with an individual U15 program added to the schedule when the team travels to Adelaide in the last weekend of April.

Prior to ALAC's, Donna and I attended several meetings with Little Athletics Australia and the other State CEO's and Presidents. The focus of these meetings was for all States to work together on some key projects,

including unified databases, marketing strategies and policies. While these may not have immediate everyday benefits for you as a Centre, a parent or an athlete, they are important things that need to be put in place to bring Little Athletics up to standard with most other community sports. From there, we have an amazing platform to build upon to ensure our sport can continue to grow and deliver in an incredibly crowded marketplace.

It is this amazing opportunity, which I have witnessed through my first 6 weeks in the job. Everyone I have spoken to, both personally and professionally has their own Little Athletics experience, whether it be themselves, their kids or even their neighbour's best friend's cousin. As planning begins for our Summer Centres, and competition enters its second month for our Winter ones, please reach out to our team if there is anything we can do to assist you, to ensure that everyone who is involved this year returns again next year with their own positive Little Athletics story.

Finally, I would like to encourage as many Centre volunteers as possible to attend our Annual Conference at Sea World Resort from 2 – 4 June. We have several amazing presenters lined up, including Michael Connelly from CPR Group, Nick Frederickson from Timing Solutions and some individual skill development sessions run by our experienced Development Officer, Shaun Lethem. Registrations are now open, so please do not delay. I look forward to meeting many of you whom I have not yet had the pleasure, at this event.

Chris Davis

Administration

2023 LAQ State Team

Congratulations to Team Queensland who competed at the Coles Australian Little Athletics Championships in Melbourne in April. Our U13/15 Team came away with 6 gold, 7 silver and 7 bronze medals, loads of PB's and dozens of new

friendships. Our team finished 3rd overall in the U13's team trophy, and 1st in the U15 Life Members Trophy. Congratulations to our six U15 athletes, pictured below.



This was the first year that the U14 athletes were involved in the competition. While they competed individually and not for points, our Queensland athletes did our State proud.

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

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

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

Winter Centres

Registrations

Winter Centres need to ensure that all athlete registrations and payment for registrations is up to date. Registration payments are to be calculated by the Centre at the end of each month and payment can be made by direct deposit.

A tax invoice/receipt is issued once payment has been received.

If your Centre needs assistance with registrations or payment for registrations, please contact the LAQ Office.

Athlete Registration Numbers

Please ensure that all athletes within your Centre have been assigned a registration number. Athletes can continue to use their registration number from last season. All athlete registration numbers are required to be recorded in your Centres registration system. If your Centre requires extra registration numbers, please contact the LAQ Office.

Banana Donations

The Banana Coupon Booklets are being sent out to Winter Centres in early May. Centres are able to

redeem the Banana Coupons from Wednesday 3rd May to Tuesday 19th September 2023.

Centres will only receive one coupon book for the season, please ensure that it is kept in a safe location to avoid damage or loss.

Shannon Kruger, 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.

Upcoming courses:

- Townsville Central: 20th May
- Chinchilla: TBC
- St George: Date TBC

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 Butterfly Run

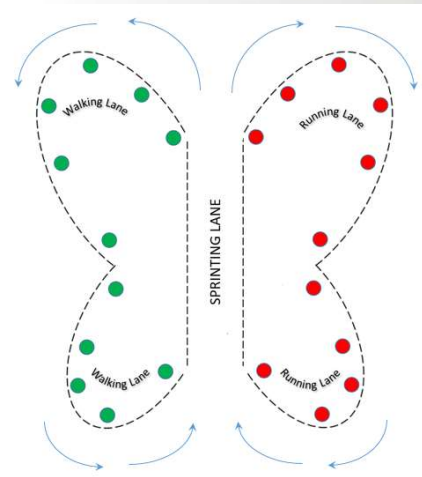
Equipment:

- Ground Markers

How to play:

Set out markers in the shape of a butterfly (as big or as small as you want). One side (wing) would be one set of coloured markers, the other wing would be another set of coloured markers so that the athletes know the different on sides. One wing would have the athletes follow the markers while walking, the other wing would be following the markers while jogging. The body of the butterfly (down the middle) would be a sprint. The athletes would be alternating between, walking / sprinting / jogging / sprinting.

Variation: Coach to stand at the "head" of the butterfly and hold up a number of fingers as the athlete runs towards them. The athlete must call out the number while sprinting. This will enable the athlete to focus their eyes to the front while sprinting.



Shaun Lethem & Mitch Clark

Competition & Officials

2023 Conference

Sea World Resort - 2nd – 4th June

Only four weeks until the Annual Conference commences.

All blocked accommodation has now been taken up. You can still book accommodation at the venue, but it may no longer be at the discounted rate.

The registration portal for workshops will be open this weekend.

LAQ will be celebrating its 50th year this season and to celebrate, the dinner theme will be 50 & Golden.

If your Centre intends to have participants be sure to:

- use this link to the [online accommodation booking for SeaWorld](#).
- use this link [Conference registration portal](#) to register.
- access the workshop registration portal through the [LAQ Conference webpage](#) (under the Resources tab).

Don't forget there is a travel subsidy paid per Centre after the Conference at the following rate:

0 – 250km:	\$0
251 – 500km:	\$300
501 – 700km:	\$400
701km+	\$500

Centres do not need to put in a claim for the travel subsidy, payments are made automatically.

Important dates for Centres:

- 5th May
Accommodation to be finalised.
Any rooms not allocated will be released to the public.
- 12th May
Online Registration Closes
- 19th May
Registration Payment Due
- 24th May
Postal votes due for motions and AGM elections
Workshop registration closes

Please ensure that your completed Centre Committee Membership form, affiliation fees and minutes detailing your Centre delegates are provided to the LAQ office as soon as possible and prior to the Conference to secure the Centre's voting rights.

Competition Circuit

Coles Winter Carnival

Held on 24th and 25th June at the Townsville Sport Precinct. The event is open to all U7 – U17 LAQ, QA and ANQ registered athletes and non-registered age-appropriate athletes.

The event provides a fun relaxed atmosphere and some serious competition for those that are looking for a good combination of both.

LAQ registered athletes must nominate via ResultsHQ, therefore, Centres are required to share the Meet Invite when it is issued next week. QA, ANQ and non-registered athletes may use the nomination form on our website.

The Event Order, nomination forms and other useful event information can be found using this link <https://laq.org.au/coles-winter-carnival/>

QA Cross Country

Athletes interested in Cross Country may enjoy the Brisbane Cross Country Series (XC23). LAQ members can register for any or all XC23 events as

long as QA base membership is taken up (\$12).

Use this link for more information <https://qldathletics.org.au/articlebypage/?ald=membership&ld=134>.

For venue and date information use this link <https://qldathletics.org.au/index.cfm/competition/>

Official's Matters

EOI (Expression of Interest)

The EOI registration portal will be opened this weekend. All active officials are encouraged to register their intent to officiate at LAQ events during the 23/24 season.

We are particularly keen to have Winter Centre members registered their interest and intent to officiate at the Winter Carnival.

Introduction to Officiating Workshop (IOW)

The Official's Committee is reaching out to a number of Centres to host this season's education workshops. The following Winter Regions are being scheduled to host IOW during the months indicated.

- June/July: Central North
- July/August: Tropical North and North Qld

Once dates and venues are confirmed, email notices will be issued to Centres. Information and registration links will also be posted on the LAQ Calendar and LAQ Officials pages; and in LAQ Officials TeamApp.

LAQ Officials Database

We have been issuing emails to individuals currently listed in an evolving LAQ Officials database that is a culmination of information from various sources. Via this email individuals have been asked to confirm their status as an active official to tidy up the database, maintain correct information and improve communications with active officials only. Once this process is complete Centres will be provided with a list relevant to their Centre.

Unfortunately, there has been a high percentage of these emails failing, so we would appreciate Committees approaching accredited officials within their Centre and enquiring if said email has been received. For those who have not received the email, please recommend them to contact Karen through the LAQ Office as soon as possible.

Officials Forum

The LAQ Officials Committee are hosting an Officials Forum to discuss the season past, planning for the coming season and other information relevant to officiating.

The morning event starting at 10am will be held in the Sprinters Room at QSAC, with morning tea provided. All active LAQ Officials and Centre Officials Officers will be welcome. More information will be issued directly to Officials and Centres shortly. Registration will be essential.

Calendar Dates to Remember

June

- 20th June
Closing date for Coles Winter Carnival nominations (9am)
- 24th – 25th June
Coles Winter Carnival
Townsville Sports Precinct

September

- 11th September
Closing date for Coles Spring Carnival nominations (9am)
- 23rd September
Coles Spring Carnival
Bundaberg

October

- 16th October
Closing date for Coles Summer Carnival nominations (9am)
- 28th October
Coles Summer Carnival
State Athletics Facility, Brisbane

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

Karen Lunt & Will Eggar