

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



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President's Corner

It has been a busy couple of months across the state for our sport. We started off with our Conference held at SeaWorld Resort on the Gold Coast. What a fantastic weekend of fun, workshops, networking and awards. The venue was terrific, allowing easy transition into workshops and then dinner on Saturday night. Everyone certainly went to a lot of effort with their "Gold" costumes and it was a fun night. A lot of great information was delivered through the workshops and during the business sessions. This will help contribute to the successful running of your Centres.

Congratulations to all our award winners over the weekend. The work that everyone puts into their Centres doesn't go unnoticed. We appreciate each and every one of you. Congratulations also to Tony, Brad and Gary on their re-election to the board as directors. Thank you to the staff for all the work done in the delivery of our Conference. I understand the work involved and we appreciate it.

Hot on the heels of conference was our Coles Winter Carnival in Townsville. Again, a great weekend and Townsville certainly turned on spectacular weather for our athletes. Congratulations to all our athletes who came from across the state and also from Victoria. There were some great performances, and a number of records were broken. Thank you to our willing band of officials who spent hours on the arena allowing for the athletes to perform at their best. THANK YOU!!

Thank you to Townsville Central LAC for their help and support in putting the event together. This support is invaluable for us to successfully run an event away from our normal venue.

The canteen again was instrumental in us being well fed all weekend. Thank you to everyone who played a part.

We are well into our Winter season and the Nordic Sport Regional Championships are not too far away. Our winter Centres are getting bigger each year which is testament to the work of the committees and volunteers. Don't forget if you need any assistance with your Regionals please contact the office who will be only too happy to assist.

Our summer Centers are in the midst of their sign on for the upcoming season. Good luck to everyone for a successful 2023/2024 season. Again, if there is any help needed we are only a phone call away.

Recently Mudgeeraba and Ormeau Centres put on a A Day For Simon in support of our great friend Simon Hinton. Simon is a valued member of Mudgeeraba and has been a regular official at LAQ events for a number of years. He has been a Director on the LAQ Board and recently went to New Zealand as a manager for our tour. Simon has been diagnosed with an aggressive form of brain cancer. What an amazing day it was!! It was fun, colourful and an absolute joy to be part of. Congratulations to Krysta from Mudgeeraba and Neil from Ormeau for spearheading this great day. It was perfect. It showed what an amazing family we have within our sport and when needed everyone comes together. I think the biggest kid on the day was Simon himself who had a smile on his face the whole day. To Simon, Lindsay, Kobe and McKenzie we send our love to you for the journey ahead.

Best of luck also to all our athletes who are currently competing in their relative school and district athletics carnivals.

Donna Smith

From The CEO

I have now completed 5 of the 9 Regional Forums being held across the state. Thank you to those volunteers who have taken the time out of your week to come and share your thoughts. If you have not already, please ensure you RSVP for one of the upcoming ones held across the state (Townsville 3/8, Bundaberg 9/8, Toowoomba 10/8, Tablelands 10/9). Although I will hold off sharing the feedback until all the forums have been held, there are some clear trends emerging, helping me to form some stronger views on some of the key priority areas for Little Athletics in Queensland.

In fitting with this feedback, I have decided to note down some brief points in this update of the key things affecting you, that have come across my desk over the past couple of months.

Insurance

All Centres were asked to confirm their total property and contents values last week. These have been provided to Honan to update estimates and fees for the upcoming September 2023 – March 2024 period. If your Centre has above \$75,000 in assets needing coverage, you will receive communication directly from Honan to confirm or deny their quote in the coming months.

Summer Season Sign-On Marketing Campaign

A multi-channel marketing campaign will go live in the coming weeks promoting our summer season. This campaign covers radio, billboards and digital, encouraging the public to directly contact your Centre. More specific information will follow in the coming weeks, but you are encouraged to ensure your email and phone contacts are monitored daily to ensure conversion of these new athletes.

Coles Little Athletics Community Fund

The Coles Little Athletics Community Fund (CLACF) is back!

Round 8 of the CLACF will **open from Tuesday 1st August** and **close on Thursday 31st August 2023** at 11:59pm AEST.

The CLACF is a grant program designed to help Little Athletics Centre's improve the grassroots Little Athletics experience for volunteers, participants, and families.

Centres can apply for grants between \$1000 to \$5000 to go towards new equipment for 2023/24 season.

For more information on the CLACF, guidelines and FAQ's, please visit www.coles.com.au/littleathleticsfund

Any questions regarding the application process are to be sent to communitysport@coles.com.au

Lord Mayor's Community Fund

For our Centre's located within the Brisbane City Council area, the Lord Mayor's Community Fund has just opened for applications: <https://www.brisbane.qld.gov.au/community-and-safety/grants-awards-and-sponsorships/community-grants/lord-mayors-community-fund>

Centres can apply for funding of up to \$10,000.

Importantly, the applications are assessed when they are received, and the \$38k allocated for each ward will get exhausted quickly, so Centres should get their applications in ASAP.

Eligible projects include projects such as:

- Community events, including:
 - Australia Day ceremonies
 - Fetes
 - Events that charge an entry fee (eg. Fundraiser with a cover charge or festivals with a site entry fee)
- equipment hired for a community event
- community facility improvements and equipment

funding towards community sporting organisations equipment and activities within a ward.

Single National Membership Platform

Work is continuing on this project, with a provider hoping to be selected in the coming month or two. From there, LAQ will be working closely with the chosen provider to understand rollout timeframes, with the goal of having it operational for the Winter 2024 season. While change is always a scary proposition, please rest assured that the experience for both Centre volunteers and members of the public are at the forefront of the decision making and ensuring the support you require is in place will precede any rollout.

Finally, thank you to everyone who helped make **A Day for Simon** a tremendous success. Well done to Krysta & Neil for their work to pull the day together, as well as all the Centres, especially from the South Coast for showcasing a truly amazing day. Those are the days that highlight what Little Athletics is truly about: family, fun and fitness.

Christopher Davis

Administration

Winter Centres

Registrations

For Centres that are processing athlete registrations manually, please ensure that the athlete's financial status is updated in GameDay. All payment received at the Centre for registrations must be paid directly to LAQ at the end of each month.

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

Summer Centres

Registration Preparations

The 2023/2024 season is fast approaching and it's important that all our Summer Centres have

preparations underway for a terrific season.

Centres should be in the process of updating their registration consoles in preparation to receive registrations for this season.

Also, please ensure that any social media platforms as well as your website has been updated to reflect the upcoming season.

U16/17 Dual Registration

In order to keep costs down and encourage older athletes to continue in athletics, Little Athletics Queensland is offering free registration (LAQ Component) to the U16 and U17 athletes. Athletes must register as a platinum member with Queensland Athletics to claim free registration.

When an athlete has been dual registered with Queensland Athletics, please ensure that the athlete's full name and birthdate are emailed into the LAQ Office within 3 weeks of registering the athlete.

If the LAQ fee has been paid before registration with Queensland Athletics, it will be reimbursed to the Centre to return to the athlete.

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.

Registration Fees

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

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

Centres should not that Rule 1.8.1 of the Centre Constitution regarding the maximum fees that can be charged was removed at this year's Conference.

Fair Play Vouchers

Round 9 of FairPlay is now open. The program provides eligible Queensland children and young people aged 5 to 17 (inclusive) who can least afford to join a sport or recreation club with a voucher valued up to \$150, which can be used toward the cost of membership, participation and/or registration fees for eligible activities with registered [Activity Providers](#).

Round 9 will close when all available vouchers are issued or, if the voucher allocation is exhausted, the round will close on 4 October 2023.

If your Centre is [not registered](#), please make sure that you do as it can be a great source of additional registrations.

Blue Cards

All Centre Managers are required to provide Little Athletics Queensland with your Blue Card information. If you as a Centre Manager have not done so, please contact Ngaire in the LAQ Office.

Communication

It is important for Centres to have a good communication strategy in place to ensure that members have all the information they need throughout the season. It also gives members an understanding of what is required from them.

Communicating with members when they first register is the start of a Centres relationship building with their members. You can build on this relationship with your members throughout the season.

Your Centre might look to appoint a Parent Liaison Officer who is able to assist parents during the season with any questions or concerns that they may have.

New Zealand Development Tour

Nominations are now open for the 2024 tour, which will run from 6th – 15th January 2024.

Athletes in the U14 and U15 age groups are eligible to apply. A team of 30 athletes will be selected.

More details can be found on the LAQ website.

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble

Coaching & Development

Coaching Course & Clinic in Townsville

Our thanks to Townsville Central LAC for hosting an ITLAS for the adults and a coaching clinic for the athletes last weekend. Shaun and Marty Stolberg attended and took athletes and parents through various events and techniques. Thanks to all who attended.

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:

- 30 July – Nanango
- 6 August – Runaway Bay
- 13 August – Maleny
- 27 August – Chinchilla
- 2 September – Wynnum
- 14 October – Bracken Ridge
- 14 October – Highfields

NEW LAPS After School Program

Little Athletics Queensland is excited to pilot its brand new after school's program. This program is designed to engage primary school aged kids in a fun and active environment which will hopefully encourage more kids to become future Little Athletes at local centres. With plans to begin this program within this school term (Term 3), we look forward to kicking off the program and hope to build a strong initiative that in the future will be delivered state-wide.

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

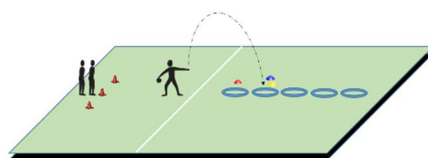
Climb the Ladder

Equipment:

- 1 marker for each person
- 3 witches hats per group
- At least 5 hoops in line
- 1 discus per group

How to play:

Construct a ladder; beginning one metre in front of each group by placing five (or more) hoops in line, flat on the ground. On command, the first player attempts to toss the discus underarm and land it on the full, on its edge, in the first hoop. If they are successful, they move their marker up next to the second hoop in line. When it is time for their next turn, they attempt to land the discus in the second hoop, and so on until they have reached the last hoop (top of the ladder). Should their discus at any time miss the hoop they are aiming for, they must continue to attempt to land their discus in that hoop, with each successive turn, until it is achieved. Players must hit the targets in order (i.e. first hoop, then second hoop, then third etc.).



For further games and ideas check out the following documents:

- [LAQ Games Manual](#)
- [Games for Skill Development](#)
- [We Run. We Jump. We Throw](#)

Shaun Lethem & Mitch Clark

Competition & Officials

Competition Circuit

Coles Spring Carnival

All LAQ Centres will be issued a ResultsHQ Meet Invite early August, which Committees are responsible for opening and sharing for their members.

Key notes:

- All athletes will compete in age groups according to the 2023/2024 season age group dates.
- The Family and Centre ResultsHQ e-nomination portals will close 9:00am Monday 11th September.

- Nomination fee \$20.00 per athlete; payment via Credit Card or PayPal only.
- The Event Order, and other useful event information can be found using this link <https://laq.org.au/event/coles-spring-carnival-2/>
- Encourage your committee members, parents/guardians to register their intent to officiate using this link <https://laq.org.au/competition-officials/>

The Coles Spring Carnival is an ideal opportunity for parents and Officials to gain practical knowledge or simply enjoy being close to the competition action.

Nordic Sport Winter Regional Championships

The ResultsHQ Meet invites have been issued to all Winter Region Centres. Witner Centre Super Users of the Timing Solutions platform who are unsure on the steps required to share the invite should contact the Timing Solutions Support Team. Haven't received the invite? Contact LAQ's staff Karen or William as soon as a matter of urgency.

Key notes:

- All nomination closing dates are 9:00am Monday, 10 working days prior to the competition date.
- All nominations must be submitted through Centre or Family ResultsHQ profiles,
- Nomination fees must be paid during the nomination process, payable via credit card and PayPal only.
- Additional information including each Region's Event Order is available on respective [event's calendar page](#).

Dates and venues:

- Maranoa
Chinchilla, 2nd September
- North Qld
Mackay, 2nd & 3rd September
- Central North
Rockhampton, 9th & 10th September
- Tropical North
Tablelands, 10th September

Sneak Peek – U7 & U8 at the CEC

The LAQ Board have endorsed the continuation of the U7 & U8 development program at the Combined Event Championships.

Key points:

- Athletes must be registered with an LAQ Centre
- \$15 per athlete.
- Nominations will be essential and accepted via the ResultsHQ platform.
- Will be conducted before the U7 - U17s CEC competition

More details will be released in early 2024.

Official's Matters

Summer Series IOW

Mark in your calendars the Introduction to Officiating Workshops (IOW) dates listed below and be ready to share more information in the coming weeks. Consider these points!

- Will your Centre have parents who are looking for instruction on basic 'Know How'?
- Do you want an easy way to provide it?

Most Centre Committee's will have answered YES!

So, encourage Committee and parent participation in one of the IOWs listed below. These are offered free of charge and potentially within your Region!

Further information and the registration portal will be released on the [LAQ Officials webpage soon](#).

- 27th August
Sun Coast Region
South East Region
- 8th October
Runaway Bay LAC
Met North Region
- 22nd October
Downs & South West Region

Specialty Workshops

The first of the 2023/24 Officials Specialty Workshops is being held on Sunday 13th August at SAF, commencing at 10am. The sessions will be conducted simultaneously, ending no later than noon.

- Practical applications of the Chiefs and Referees.
- Umpiring (relay & general track).
- EDM or PhotoFinish operations.

These sessions are offered free of charge, but registration is essential. Be sure to register as soon as possible so you do miss this opportunity.

EOI (Expression of Interest)

The EOI registration portal is now open. While officials will be required for each competition during the 2023/24 season, the Coles Spring and Summer Carnivals are the focus for the next few months.

Those that have registered their intention to officiate have been recognised and listed on the [Competition Official's page](#).

Competition Calendar Dates to Remember

August

- 21st August
Closing date for Maranoa and North Queensland Regional Championship nominations (9am)
- 28th August
Closing date for Tropical North and Central North Queensland Regional Championship nominations (9am)

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