

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



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President's Corner

One week to go! Our Golden Conference is almost here and it will be terrific to catch up with everyone after another eventful season. We have some great workshops planned which will give you some good information to use at your Centres. This year we are at SeaWorld Resort on the Gold Coast, which is a fantastic venue.

Conference is as much about networking with each others as about what we deliver. It is where you get some wonderful ideas to take back to your Centres, and don't forget you will have things that you do that other Centres will be interested in. We have a large range of Centres represented from quite small ones to our larger ones. Everyone has something they can share with each other. Our dinner on Saturday night is always good fun and lots of dancing will be had (mainly by me). We are also very proud to acknowledge our award winners for the tireless work they do for Little Athletics across the State.

Our Winter Centres are well into their season although wet weather has made things a bit hard in places. Hopefully it will be a dry for the rest of the season. Planning has started for Nordic Sport Regional Championships in the north later in the season.

We are not too far away from our Coles Winter Carnival in Townsville at the end of June. This is always a terrific weekend without any pressure and very much a family event. It falls in the school holidays so we have families from all over Queensland attend.

I look forward to catching up with many of you at Conference.

Donna Smith

From The CEO

With AGM season in full swing, I welcome those who are new to committees, congratulate those who are continuing and of course thank those who are stepping down from their roles. Last week was National Volunteer Week and we all know that our sport simply cannot run without the hard work of our dedicated volunteers – thank you! As new people come into their roles there will inevitably be a knowledge gap, and this is where I encourage you to reach out to our team at LAQ. If there is anything your committee is unsure about, our staff are here to help and will be happy to either provide you with the information you need or guide you in the right direction.

Insurance

A couple of weeks ago around 40% of our Centres will have received an invoice directly from Honan for the additional property insurance they elected to take out above the \$75,000 that is covered as part of our national policy. This invoice is for the period 31 August 2022 – 31 August 2023 and was based off the information you provided in your survey back in August. I acknowledge this is incredibly late and depending on the value may have a detrimental effect on your year-end financial reporting. Since learning about this, myself and the other State CEO's have worked with LAA to ensure the process is improved and this does not occur again for the upcoming year. If any Centres have any concerns with this invoice, please reach out.

Go for Gold Funding

The State Government recently announced \$100million of funding to go towards upgrading school sporting facilities.

Around a third of our Centres are located at schools and this funding represents a great opportunity to upgrade your facilities, as well as form a deeper partnership between the school and your Centre. While the funding has the goal of increasing participation, there is also a strong weighting towards projects which reduce disadvantage. Schools located in regional or rural areas, as well as those with a higher proportion of students from low socio-economic backgrounds will be looked upon very favourably.

LAQ wants to help your Centre secure some of this funding by helping to present an amazing case to the school Principal to apply for the grant. If your Centre is located at a school, please have a think about what facilities you are interested in upgrading (think big) and then contact me to work out the best approach to meet with your school Principal. For context, Centres that have already reached out are looking to install synthetic field event runups, build a new clubhouse and in one case even relocate to a neighbouring school which can better cater for growth!

These opportunities do not come around often, do not waste it!

Chris 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 (formally SportsTG). 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

Requirements

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
- Sign-on Information
- AGM Minutes & Audit Report

2023 / 2024 Registration Fees

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

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

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.

Brisbane Marathon Festival



Our Major Sponsor McDonald's are also sponsoring the Macca's 2km Mini Marathon during next Sunday's Brisbane Marathon Festival

and have a limited number of discounted entries on offer to all LAQ families.

Simply use the code **MACCAS50%2023** to get an amazing half price race entry!*

With distances from 2km to a full marathon, there is a distance to suit everyone, so lace up your shoes and get your entry in today.

* A limited number of discounted entries are available and are allocated on a first in basis.

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.

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:

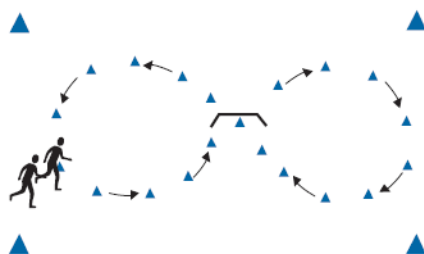
- Ground Markers
- Low obstacle / skipping ropes

How to play:

Make a large figure of 8 on the ground with markers. Place a low obstacle (or two skipping ropes) that can easily be scissored at the intersection of the figure 8. Athletes line up at the top of the figure 8.

Each athlete covers the figure 8 circuit, scissor jumping over the obstacle in the middle, before tagging the next athlete. Athletes will need to use both left and right legs as their take off legs for this activity.

ALTERNATIVE: This may be played as a follow-the-leader type activity, where up to six athletes go through at once, as long as measures are taken to avoid collisions in the middle.



Shaun Lethem & Mitch Clark

Competition & Officials

2023 Conference

Sea World Resort - 2nd – 4th June

Conference and Workshop registrations have now closed. Postal votes have also closed. Thank you to the Centre Committees that engaged in this important component and returned the voting papers.

Withdrawals and cancellation of Conference registrations is no longer possible. Additional attendees and

some alterations may be possible over the next few days; however, these requests will need to be discussed with Karen as a matter of urgency.

Confirmation of registration and reminders for outstanding items have been issued. Any Centre that has lodged Conference registrations, but not received an email should contact Karen through the LAQ Office.

Any Centres which have delegates and observers attending Conference that have not yet held their AGM are requested to advise this Office of the scheduled AGM date. Those Centres which have held their AGMs are required to provide a completed Centre Committee Membership form and pay the Centre Affiliation fee.

The final requirement for all Centres with registered Conference attendees, is providing the meeting minutes which details the nominated delegates and observers attending Conference on behalf of the Centre.

We are looking forward to seeing how our members will be celebrating LAQ's 50th year during the Awards Dinner, which is themed '50 & Golden'. Remember the dress code requires decorum!!

For Updates and further Conference information visit the [Annual Conference & AGM webpage](#).

Competition Circuit

Coles Winter Carnival

Being 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 as well as non-registered age-appropriate athletes.

Each LAQ Centre was sent a ResultsHQ Meet Invite, 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 12th June.
- Payment via credit card or PayPal only.
- The Event Order, nomination forms and other useful event information can be found using this link <https://laq.org.au/coles-winter-carnival/>
- Nordic Sport will be in Townsville, with a small quantity of merchandise, and the souvenir shirts also in limited sizes and quantities. The Souvenir shirt information will be posted on the LAQ webpage as soon as possible.

Nordic Sport Winter Regional Championships

Competition dates are detailed below. More information on these region based competitions will be published in the coming months.

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

Competition Fees for 2023 / 2024

Coles Carnivals

(Winter, Spring and Summer)

- \$20 per athlete (LAQ registered)
- \$25 per non-registered athletes (where applicable)

Nordic Sport Regional Relays

- \$5 per athlete per event

Nordic Sport Regional Championships

- \$20 per athlete

McDonald's Combined Event Championships

- \$20 per athlete

McDonald's State Relay Championships

- \$24 per track team
- \$12 per field team

McDonald's State Championships

- \$6 per athlete per event

Official's Matters

EOI (Expression of Interest)

The EOI registration portal is now open. Those that have registered their intention to officiate have been recognised and listed on the Competition Official's page.

All active officials and parents are encouraged to register their intent to officiate at LAQ events during the 2023/24 season to secure the best view of the action.

Winter Centre Committees, please be sure to encourage your members to not only nominate their athletes for the Carnival, but also registered their interest and intent to officiate at the Coles Winter Carnival.

Officials Forum

Tony Frampton led a successful Officials Forum last Sunday at QSAC. For those Officials who did attend, the gathering was worthwhile and informative. Some of the topics covered included protocols on communication, hierarchy, spiking and measuring, dealing with disputes on the arena, 2022/23 what went well and happenings in 2023/24.

Thank you to those who participated.



Speciality Workshops

SAVE the DATE: Sunday 13th August.

The Officials Committee are hosting the first of the 2023 Series of Specialty Sessions - Umpiring (Relay & General Track), EDM and PhotoFinish. These sessions will be conducted simultaneously and offered free of charge. Watch this space and the

Stack App LAQ Officials page for more details.

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