

2024

NEW ZEALAND

DEVELOPMENT TOUR

Athlete & Parent Information Pack





WELCOME

Welcome and congratulations to each athlete on their selection for the 2024 Little Athletics Queensland New Zealand Development Tour. We are very excited that they have been selected to be part of this team and trust that each athlete will represent our Association with pride.

Little Athletics Queensland aims to encourage athletes to remain involved in Little Athletics throughout their senior years, which is why we have organised this tour. We also hope that they will feel encouraged to stay involved in the wonderful sport of Athletics as they move into adulthood, either competitively or socially. The purpose of this tour is a development opportunity for athletes of all skill levels and it is not necessary to be an elite athlete to take part in the tour.

Myself, Joanna Spryo, Bec Brice, Adam White and Todd Ransome are your Team Management for the duration of the tour and we know that both athletes and managers alike will value this special experience representing Little Athletics Queensland internationally. This tour is a total team experience for the athletes and managers. Parents do not travel with or stay as part of our team. Profiles for each of the Managers are included in this booklet. As Managers, we are very experienced in managing junior sports teams, so if athletes have any problems throughout the trip, they are welcome to talk to one of us, we are there to help and to make sure each athlete has a truly memorable time in New Zealand.


We have 30 athletes in the Team as well as 5 Managers, giving us a touring team of 35 people. The team will spend 10 days travelling and competing throughout the South Island of New Zealand. All travel, accommodation and tours have been pre booked and a copy of the itinerary has been included for information.

There will be a team meet and greet held on Saturday 25th November at 9.30am at QSAC, Brisbane and all tour members are expected to attend. Further information on this meeting is provided in this document.

If at any time in the lead up to the tour, athletes or parents have any questions, I can be contacted on the following details: Work: (07) 3892 9409 Mobile: 0404 491 580 Email: s.kruger@laq.org.au

Athletes, enjoy your time with the team and on tour, make lots of new friends, stay focussed on your events on competition day and support your fellow team members. Be Your Best – but above all, have fun and enjoy the experience!

Shannon Kruger
LAQ Operations Manager



OUR TEAM

| Name | Centre | Events |
|--------------------|----------------------------------|---|
| Acacia Wohlsen | Centenary | 100m, 200m, Long Jump |
| Alana-Jane Platell | Beaudesert & District | 200m, 400m, Hurdles, Long Jump, High Jump |
| Aliyah Hionis | Strathpine | 100m, 200m, 400m, Long Jump, High Jump |
| Anna Wilkinson | Maroochy | 100m, 200m, 400m, Long Jump |
| Holly Targato | Caloundra | 100m, 200m, Long Jump, Shot Put |
| Jenali Bolden | South Burnett | 100m, 200m, Discus, Shot Put |
| Livinia Mead | Deception Bay | Long Jump, Discus, Shot Put |
| Makenna Clarke | Redlands | Walk, 800m, 1500m, Discus, Shot Put |
| Mckenzi Stone | Chinchilla | 100m, 200m, 400m, |
| Melanie Hamilton | Springwood | 100m, 200m, 400m, Discus, Shot Put |
| Mia De Jong | Nanango | 100m, 200m, Long Jump |
| Mikayla Heap | Deception Bay | 400m, 800m, Long Jump, Shot Put |
| Mikalsh Gill | University of the Sunshine Coast | 100m, 200m, Hurdles, Long Jump |
| Piper Snow | City North | 400m, 800m, 1500m, Hurdles, High Jump |
| Sienna Kruck | Algester | 100m, 200m, Long Jump, Discus, Shot Put |
| Taylah Hazell | Springwood | 200m, 400m, 800m |
| Xanthee Watts | Toowoomba | 100m, 200m, 400m, Discus, Shot Put |

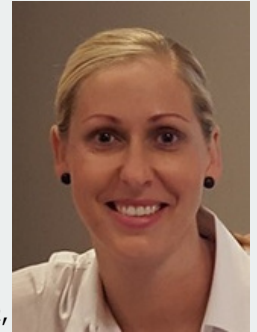
OUR TEAM

| Name | Centre | Events |
|---------------------------|-----------------------|---|
| Bailey Silvester | Gladstone | 100m, 200m, Long Jump, Discus |
| Bailin Sammons | Wynnum Manly | 100m, Hurdles, Long Jump, High Jump, Discus |
| Blade Thompson | Tweed | 100m, 200m, Hurdles, Long Jump |
| Dylan Fitzgerald | Helensvale | 400m, 800m, 1500m, Hurdles, Long Jump |
| Koby Bell | Redcliffe | 100m, 200m, 400m |
| Lachlan Williams | Springwood | 100m, 400m, 800m, Long Jump |
| Malekai Kubils | Tweed | 400m, 800m, 1500m, Long Jump, Discus |
| Riley Rogers | Hervey Bay | 800m, 1500m |
| Ruben Coombs | Glasshouse District | 200m, Hurdles, Discus Shot Put |
| Ryan Mollenhauer | South Burnett | 100m, 200m, Hurdles, Long Jump, Discus |
| Tate Harm | Chinchilla | 100m, 200m, Long Jump, High Jump |
| Valentino Ferrini-Poutard | Balmoral | 100m, 200m, 400m, Long Jump |
| William Robinson | Beaudesert & District | 100m, 200m, Long Jump, High Jump, Shot Put |

TOUR MANAGER PROFILES

Shannon Kruger

Shannon has been involved with Little Athletics from the age of 7 when she joined the Aspley Little Athletics Centre. She competed from the U7 age group, right through to U15's and enjoyed success during her older years at State level in a range of events, particularly High Jump.



In 2001, she joined the LAQ Staff as a part time Development Officer, before taking on her current position as Operations Manager. She has been LAQ's Operations Manager since 2005, taking short breaks in 2015 and 2019 to have her two children. Since working for LAQ, Shannon has taken on various team and athlete duties, which includes the administration and management of:

- 7 Summer & 5 Winter Coaching Camps held throughout Queensland
- 3 Australia Cup (U14) teams for competitions held both in Brisbane and Canberra
- 16 State Teams (U13 & U15) that competed at the Australian Little Athletics Championships (ALAC's) with competitions being held in rotation in all States and Territories across Australia
- 13 New Zealand Development Tours

As well as working with athletes and teams in Little Athletics, Shannon has previously been appointed the Technical Manager with Queensland Athletics and has been away with their state teams for at least eight years. She was also a Team Manager for the Australian team that competed at the 2017 Oceania Athletics Championships in Fiji.

Shannon is an experienced Technical Official, holding Athletics Australia Level B in Administration and Jumps and Level C in Track, Throws and Administration / Technical. She has worked in the Call Room as the Manager / Chief for the Australian Open National Championships, Australian All Schools Championships and Pacific School Games and was also an Official at the 2006 Melbourne Commonwealth Games. Shannon has a Bachelor degree in Leisure Management, majoring in Sports Management from Griffith University.

As one of your Tour Manager for the New Zealand Development Tour, Shannon brings aboard knowledge and experience not only from previous New Zealand Teams, but also in dealing with junior athletes from all of the above listed roles. She's thrilled at the prospect of being able to make a positive contribution to the athletes attending this Tour. She believes they all have a unique competitive opportunity that not many athletes will ever experience in their career journeys. It is rare in athletics to be part of a touring team such as this, where the emphasis is not only focussed on an individual's performance, but also the bonds and friendships that the team will form. Shannon is really looking forward to again being part of the excitement for the athletes on Tour and is keen to ensure that all involved have a positive and thoroughly enjoyable experience.

TOUR MANAGER PROFILES

Joanna Spyro

Joanna was involved with Little Athletics for 17 years, as a parent, coach and Centre Manager of the Goodna LAC. She first became involved when her son was five and quickly became involved with her Centre on many different levels. Coaching was just one of them and it did not take long for her to realise that she absolutely loved the sport and had a real passion and drive to help athletes of all abilities to achieve new Personal Bests, but most of all to have fun with their chosen sport.

During her time with Goodna LAC, Joanna developed all the coaching programs within the Centre as well as offering coaching to all the athletes. Most importantly, she acted as a mentor for new coaches within her Centre as well as outside.

Outside of her Centre, Joanna has her own squad of junior and senior athletes, all of which have reached State and National level. Some of her athletes competed at and broke records at the Pan Pacific Games. As well as her own squad she also works closely with another coach to assist with the strength and conditioning development of junior and senior athletes.

Joanna has also developed the Athletics program for The Springfield Anglican College for the past 9 years, and last year the Junior TAS Team took out the JTAS carnival coming in 1st place and making college history. Joanna also implements all the strength and conditioning programs for both the junior and senior Rugby teams at the college. She has also taken on the challenge of coaching the colleges cross country teams, as well as this she currently runs and develops the Athletics Development program at Westside Christian College and runs three Gym sessions per week for senior students and staff.

She was a coach at the 2012 and 2013 LAQ Summer and Winter Coaching Camps, held on the Sunshine Coast and Townsville and has also coached at numerous LAQ coaching clinics, McDonald's Development Squad Clinics and McDonald's All Comers Coaching Clinics. Joanna has also been an LAQ State Team Personnel member for the past 11 years and has found the experience very rewarding. In 2013, she was awarded LAQ's Coach of the Year, received an LAQ Merit Award in 2016 and in 2019 was awarded LAQ's Distinguished Merit Award for her outstanding service and commitment to Little Athletics in Queensland.

As well as being a Level III Advanced Event coach in Sprints, Jumps, Hurdles and Relays, Joanna also holds a current junior coaching licence for Soccer. She is a qualified Personal Trainer holding both a Cert III and Cert IV in Fitness and Diploma in Fitness as well as being an Older Adult Trainer and Younger Children's Trainer. She also holds a Cert IV in Training and Assessment, Cert III and Cert IV in Aggressive Behaviour Management

This will be Joanna's second New Zealand Development Tour. She is excited to be part of an international tour and believes it will be a fantastic experience for all involved. Joanna is looking forward to bringing the knowledge she has gained from her years of experience with LAQ's State Team to the athletes of this Tour.



TOUR MANAGER PROFILES

Bec Brice

Bec is a highly qualified and experienced Little Athletics coach who brings a wealth of knowledge and a passion for nurturing young talent. From sprinting techniques to long jump form, athletes will benefit from Bec's guidance, which fosters skill development, confidence and a love for sports.

Bec had a successful personal Athletics career spanning from Tiny Tots right through to competing in several State teams and holding a State and National record for Long Jump in the Under 13 age group.



Bec was involved with Noosa Little Athletics Centre for seven years as a committee member and has been coaching since 2010. She completed her Level 2 Jumps coaching course in 2012 and has coached a number of State representatives and National medallists. Outside of Little Athletics, Bec loves coaching several sports at a local school in Noosa.

This year was Bec's ninth year as a State Team Selector for the LAQ State Team. In 2016, she was also a Manager at the Little Athletics Australia National U15 Coaching Camp in Canberra. And in 2016, Bec was awarded an LAQ Merit Award, for her commitment and contributions to her Centre, Region and to LAQ. This will be Bec's seventh tour with Little Athletics Queensland, and as a mother of three very sporty and active children, Bec is well equipped to deal with young athletes both on and off the track. She has travelled to the South Island of New Zealand several times with her family and knows the area well. Bec believes that the New Zealand Development Tour is an amazing experience for the athletes and creates lifelong memories and friendships. Bec also believes that by giving the children opportunities like the New Zealand Development Tour, it will encourage the older athletes to stay involved in Athletics.

Bec Brice isn't just a skilled athletics coach, she is also exceptional at supervising children during trips and outings. With a keen eye for safety and a warm, nurturing approach, Bec ensures that every child under the team's care enjoys a safe and memorable experience. Her ability to manage group activities, coupled with a knack for creating an inclusive and fun environment, makes Bec the perfect choice for touring. Rest assured, your child will be in capable hands, exploring, learning, and having a blast under Bec's guidance.

TOUR MANAGER PROFILES

Adam White

Adam has been involved in Little Athletics since the age of 12 when his parents took him along to watch his little brother compete at Deception Bay Little Athletics. He competed through to Under 15's but stayed at the Centre to help coach younger athletes until his late teens. Little Athletics left a lasting impression on Adam and when his daughter was old enough, she joined Deception Bay Little Athletics as well.



After a couple of seasons as a parent helper Adam was elected to the Deception Bay committee as a general committee member before holding the role of Parent Liaison Officer for three years. Following this, he was elected as Centre Manager, a role that he held for seven years.

As a keen sportsman himself, it was inevitable Adam joined the ranks of coaching and is a Level 2 Throws Coach and Level 1 in all other disciplines. During Adam's time in Little Athletics as a parent and coach, he has taken on various team and athlete duties. He was a regular coach for the LAQ Development Squads and has worked within many of the Regions throughout Queensland. Not only did he coach the athletes in these squads, he also acts as a mentor for many of the athletes as well. Adam has visited many Little Athletics Centres throughout the State, working with parents and athletes at numerous McDonald's Coaching Clinics. His main area of coaching at these Clinics was the Throws.

In 2010, Adam was appointed as a coach and Manager for the LAQ Under 14 Australia Cup Team. He travelled to Canberra with the team and was an integral part of the team's success. This was the first and only Queensland team to win the Australia Cup. Over the past 15 years, Adam has been involved with the LAQ State Team. Firstly as a selector from 2009 - 2011 and as a Team Manager from 2013 to present.

Adam was elected as a member of the LAQ Board in 2013 and was the Chair of Coaching and Development for the last six months of his tenure on the Board. In 2017, he was recognised for his outstanding efforts and commitment to Little Athletics and was a worthy recipient of LAQ's Merit Award.

Outside of Athletics, Adam is a very keen Rugby League follower. This passion includes his involvement with the Redcliffe Dolphins Juniors. He has coached junior sides at Redcliffe for the past 20 years and is currently a Trainer with Junior teams. Adam is also a qualified First Aid Officer.

Adam is also a strong advocate within his community for men's mental health and was the founding member of The Man Walk Redcliffe, which now boasts over 1,000 members. The Man Walk provides an opportunity for men to get together to walk, talk and support each other in a regular and healthy way.

This will be Adam's sixth year as a Manager for the LAQ New Zealand Development Tour. He is looking forward to being part of the excitement for the athletes who are selected and is keen to ensure that all involved have a positive and thoroughly enjoyable experience.

TOUR MANAGER PROFILES

Todd Ransome

Todd started with Little Athletics 10 years ago when his son began in U8's and his daughter in U6's. During Todd's early years in Little Athletics, he helped out as a parent and an age manager. After a few years he noticed there was a gap to fill in coaching for the young athletes. So, while he continued being the athletics parent and helping out on competition days, he also started doing some coaching courses to help young learning athletes.

Over the past 6 years of coaching, Todd has helped develop all levels of athletes from Centre level to national champions. He has just completed his level 3 jumps as well as level 3 sprints/hurdles/relays to continue driving his passion toward helping young athletes be the best they can be.

Todd was awarded LAO's Coach of the Year in 2023, thanks to his passion for the sport and helping develop young athletes. He was also a manager/coach for the Queensland team at the 2023 ALAC competition in Melbourne. In October this year, Todd will also take on the role of Manager at the Little Athletics National U15 Coaching Camp on the Gold Coast.

Todd has a private squad of about 80 athletes ranging from 6-18 years old. His squad includes sports people from team sports looking for that edge, right up to national champions in a number of events. He has just started a Masters group, to get the parents off the sidelines and onto the track.

This will be Todd's first NZ Development Tour and he is super excited to be part of this amazing experience for our athletes. Todd loves to travel and has been to all 7 continents. This tour provides an awesome opportunity for Todd to combine his two passions of travel and athletics.





TOUR LEVY

The cost for each athlete will be \$3,300. This amount covers the following:

- Return airfares from Brisbane to New Zealand
- Airport and government taxes
- Ground transportation costs in New Zealand
- Travel insurance
- 9 night's accommodation
- All meals and food for 10 days
- Competition Fees
- Uniforms
- Tours and sightseeing activities

The only other money that will be required from athletes is personal spending money and payment for a passport, if you don't already have one. For athletes that live outside of the South East area, travel to and from Brisbane airport prior to the team's departure is not included in the above cost.

All athletes are required to pay a \$1,650 deposit by Friday 29th September 2023. The remaining \$1,650 is due by Friday 17th November. Due to the high demand of this tour, any athlete that fails to pay the required amounts by the due dates will forfeit their place on the team and their spot will be offered to another athlete.


Families are welcome to pay the entire \$3,300 by Friday 29th September if they wish, but there is no expectation to do so.

If you choose to withdraw from the Tour after your selection, but prior to our departure, you will be charged for any non-refundable amounts that have already been paid (eg. flights, accommodation, tours etc).

Our preferred payment method is direct deposit to the following account:

Account Name: Queensland Little Athletics Association
Bank: Bendigo Bank
BSB: 633000
Account No.: 125610782
Reference: NZ CHILD'S SURNAME

Please ensure you use the abbreviation NZ followed by your child's surname as the reference so we can determine where the money is from.





TOUR MEETING

In preparation for the trip to New Zealand, athletes are required to attend our tour meeting. The purpose of this meeting is to allow athletes and personnel to meet and get to know each other prior to the team going away. LAQ will also be providing further information and updates about the tour, our expectations and guidelines for behaviour. The meet and greet will also allow all parents and athletes to ask any questions they may have. Furthermore, athletes will be receiving their uniforms at this meeting.

The meeting details are as follows:


Venue: QSAC, Nathan

Date: Saturday 25th November 2023

Time: 9.30am

The meeting will be held in the Sprinters Room at QSAC on Level 4 in the main stadium building. Simply go through the glass front entrance, take the lift up to level 4 and follow the signs.

Athletes that are located in remote areas are encouraged to attend this meeting, but are not expected too. If you are unable to attend, you must arrange a suitable time for an online meeting via Teams or Zoom, or a face-to-face meeting with Shannon Kruger before the end of November. Your uniforms will then be posted out to your home address or collected from the LAQ Office.





TOUR ITINERARY

The following itinerary provides athletes and parents with details of our day to day activities. All athletes will participate in all training, fitness and group activities.

Saturday 6th January

9am Depart Brisbane for Queenstown
Qantas QF185
3.40pm Land in Queenstown
ON Queenstown

Sunday 7th January

9am Group fitness activity - The Playground
2pm Group activity - Minus 5 Ice Bar
ON Queenstown

Monday 8th January

9am Athletics training
2pm Group fitness activity - Yoga
ON Queenstown

Tuesday 9th January

9am Athletics training
2pm Group activity - Jetboat
ON Queenstown

Wednesday 10th January

9am Athletics training
2pm Group activity - Gondola & Luge
ON Queenstown

Thursday 11th January

9am Depart Queenstown for Dunedin (4 hours)
3pm Competition preparations
ON Dunedin

Friday 12th - Sunday 14th January

All Day Colgate Games competition
ON Dunedin

Monday 15th January

8.30am Depart Dunedin for Queenstown airport
1.30pm Check in for flight home
4.35pm Fly Queenstown to Brisbane
Qantas QF186
5.20pm Arrive Brisbane

ON = Overnight



TOUR ITINERARY

- Day 1 Fly to Queenstown (1)
- Day 2-5 Queenstown
- Day 6 Drive to Dunedin (2)
- Day 7-9 Dunedin (competition)
- Day 10 Drive to Queenstown (1)
- Day 10 Fly home





ACCOMMODATION

Accommodation for the duration of the Tour has been fully booked. Details are as follows:

Queenstown

Queenstown Lakeview Holiday Park
4 Cemetery Road, Queenstown
Phone: +64 3 442 7252
Website: www.holidaypark.net.nz
Saturday 6th - Thursday 11th January (5 nights)

Dunedin

University of Otago, Caroline Freeman College
911 Cumberland Street, Dunedin North
Phone: +64 3 479 5590
Website: www.otago.ac.nz/freeman-college
Thursday 11th - Monday 15th January (4 nights)

Athletes are allocated one bed each at both accommodations. In Queenstown, athletes will be sharing rooms with up to four other athletes. In Dunedin, athletes will be in single rooms within our own block. All linen, pillows and towels are provided.

Toiletries are not provided at either accommodation. Please ensure you bring all necessary toiletries with you, including soap or body wash, shampoo, conditioner etc.

If families are considering travelling to New Zealand while our group is there, we politely ask that you do not book the same accommodation as our group.

FOOD & MEALS

All meals have been organised for the duration of the Tour.

In Queenstown, the group will be taken grocery shopping and athletes can select what foods they would normally eat for breakfast (continental, no cooked breakfasts). Managers will be on hand to ensure they are making good food choices. Athletes will prepare breakfast for themselves daily either in their cabins or the communal kitchen. Lunch each day will consist of meat and salad rolls and dinners will be pre-ordered at various locations. Athletes will be given more information on this throughout the tour.

In Dunedin, all meals are supplied by our accommodation, including on competition days.

Morning and afternoon tea will also be provided each day for the group, and usually consists of fruit and biscuits.

If an athlete has any specific dietary requirements, please let us know so we can look after these needs for them. There will be opportunities for them in New Zealand to purchase snack foods, should they want them. For this reason, we encourage them to only bring with them what they require on the plane.





UNIFORMS & CLOTHING

All athletes will receive uniforms as part of the team and will be required to wear this uniform throughout the Tour and on competition days. No exceptions will be made to this. However, athletes will not be required to be in tour uniform for the entire duration of the trip. In fact, for most of the trip they will be wearing their own casual clothes. The only time they will be required to wear the tour uniform is on the flights to and from New Zealand, on competition day and when we are doing various group tours. Tour Management will wash athlete's clothes after each competition day and throughout the week after each use.

With this in mind, athletes should bring enough casual clothing with them for the duration of the trip. Please be mindful that the articles of clothes brought on Tour are appropriate. Athletes will be asked to change if clothing is deemed unacceptable by the Tour Managers, which includes articles of clothing that are offensive or inappropriate. We also maintain a smart casual dress standard for all meals - proper footwear must be worn (no thongs), no singlets or daggy t-shirts and certainly no hats or caps when we are dining out at restaurants. This is to ensure that our Team looks respectable and is portraying a good image for our sport.

All athletes should ensure that they bring appropriate footwear for training and casual wear. Joggers are essential for our training sessions and must be taken on Tour.

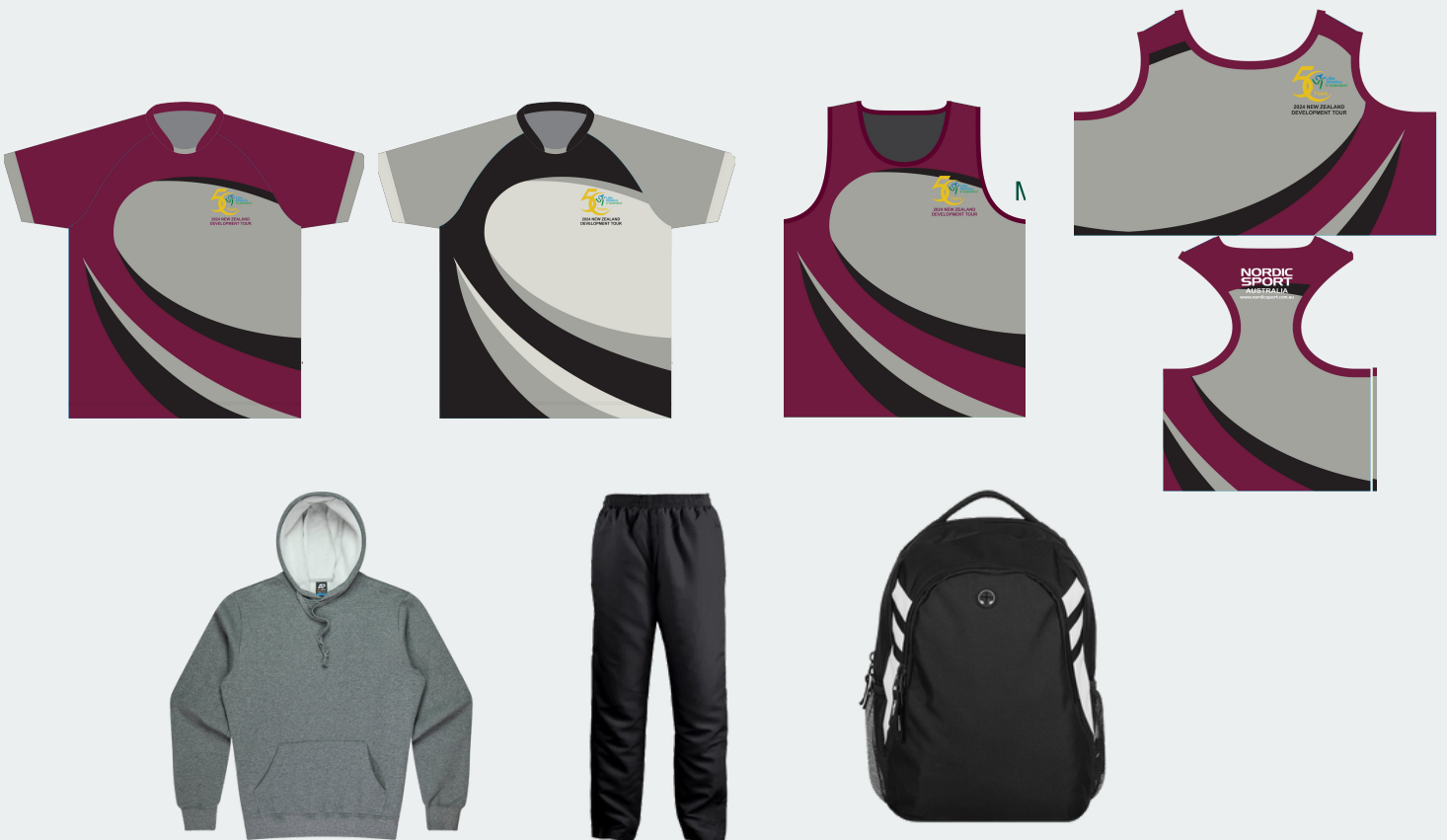
New Zealand's summer months generally bring warm temperatures and sunshine. Days are long and sunny and nights are usually mild. On the South Island, temperatures range on average in summer from 9 - 22 degrees. For this Tour, we will be based predominantly in the southern alpine area of the South Island, which is much colder there than the northern part of the Island. So we would encourage all athletes to bring some warmer articles of clothing with them. The weather during the day is usually pleasant, but can be quite cold, particularly in the early morning, evening and nights. We have had years where the weather during the day has turned rather unpleasant and it gets extremely cold and rainy.

We will update everyone closer to the Tour about the expected weather conditions. This will help you to pack accordingly to ensure that you bring appropriate clothes for the expected weather conditions.

UNIFORMS & CLOTHING

Each athlete will receive the below items as part of their Tour uniform. Size chart is listed on the following page for ease of selection.

Female athletes have the choice of either a competition singlet or crop top. Please select only one.



We understand that athletes are particular and individual with their preferred type of bottoms worn during competition. Therefore, we ask that athletes supply their own competition bottoms. These can either be bike pants, briefs or shorts or a combination. However, please note they must be **black only** in colour, above knee length and free from any advertising.

For our training sessions, athletes are free to wear what they like, there are no restrictions on logos or brand advertising.

UNIFORMS & CLOTHING

The following size chart is provided to assist in your selection of uniforms. Please choose carefully as we do not offer exchanges for incorrect sizes. If in doubt, we recommend ordering the next size up. All sizes are listed in Kids, Mens and Womens.

The sizes listed below are half chest measurements for all shirts, singlets and hoodies, and half waist measurements for track pants. For half chest measurements, simply measure armpit to armpit on the body of the garment.

For crop tops, measurements are W (width at midriff) / L (top of shoulder to midriff hem).

All measurements are in centimetres.

Anything listed as N/A means that size is not available for that item.

| | Shirt | Singlet | Crop Top | Hoodie | Track Pants 1/2 waist |
|----------|-------|---------|-----------|---|--------------------------|
| Kids 14 | 47.5 | 47.5 | N/A | 51 | 38 |
| Mens XS | 51 | 48 | | 53.5 | N/A |
| S | 55 | 50 | | 56 | 31.5 |
| M | 57 | 52 | | 58.5 | 33 |
| L | 59 | 54 | | 61 | 34.5 |
| XL | 61 | 56 | | 63.5 | 37 |
| 2XL | 64 | 59 | | 66 | 40 |
| Ladies 8 | 47 | 45 | W32 / L35 | Only Kids and Mens sizes available in Hoodies and Track Pants | |
| 10 | 49 | 47 | W34 / L37 | | |
| 12 | 51 | 49 | W36 / L39 | | |
| 14 | 53 | 51 | W38 / L41 | | |
| 16 | 55 | 53 | W40 / L43 | | |
| 18 | 58 | 56 | W42 / L45 | | |

COMPETITION INFORMATION

The Colgate Games will be held in Dunedin on **Friday 12th - Sunday 14th January 2024**.

For this competition, LAQ U14 athletes are referred to as Grade 13 and LAQ U15 athletes are referred to as Grade 14 athletes.

The full list of events offered and specifications for each age group is listed below.

| Event | Grade 13 (LAQ U14) | Grade 14 (LAQ U15) |
|--------------|-------------------------------|-------------------------------|
| 100m | ✓ | ✓ |
| 200m | ✓ | ✓ |
| 400m | ✓ | ✓ |
| 800m | ✓ | ✓ |
| 1500m | ✓ | ✓ |
| Hurdles | ✓ Girls: 80m Boys: 80m | ✓ Girls: 80m Boys: 100m |
| Race Walk | ✓ 1600m | ✓ 2000m |
| Long Jump | ✓ | ✓ |
| High Jump | ✓ | ✓ |
| Discus | ✓ Girls: 1kg Boys: 1kg | ✓ Girls: 1kg Boys 1.25kg |
| Shot Put | ✓ Girls 3kg Boys: 4kg | ✓ Girls 3kg Boys: 5kg |

COMPETITION INFORMATION

Competition General

Athletes can compete in up to five (5) individual events. LAQ will also be selecting some athletes to form relay teams in the 4x100m and mixed Medley. These teams will be selected while in New Zealand.

Athletes and relay teams who place 1st, 2nd or 3rd in a final will receive a placegetter medal.

Spike shoes may be worn during competition and must be removed at the immediate completion of the event, before the athlete leaves the arena. There are restrictions on the type and length of spikes athletes can use, which are as follows:

- 6mm maximum for Track and Long Jump
- 9mm maximum for High Jump
- Cones or pyramid spikes ONLY



Track Specific Rules

Entries are not accepted for the following combination of events: 100m / 1500m and 200m / 800m.

Athletes in the Grade 13 and Grade 14 age groups must use a crouch start WITH blocks for all track events up to and including the 400m.

A maximum of 3 LAQ athletes will be allowed to progress from heats to finals in laned track events and a maximum of 4 in the 800m.

COMPETITION INFORMATION

Hurdle specifications are as follows:

| Hurdles | Grade 13 Boys & Girls Grade 14 Girls | Grade 14 Boys |
|----------------|---|----------------------|
| Distance | 80m | 100m |
| Height | 0.762m | 0.840m |
| Lead in | 12m | 13m |
| Between | 8m | 8.5m |
| Run out | 12m | 10.5m |

Field Specific Rules

In field events, three throws, puts and jumps will apply to the Discus, Shot Put and Long Jump respectively. Three attempts at each height will be allowed in the High Jump, but three consecutive failures means elimination.

Only implements supplied by the organising committee can be used for the competition.

High Jump starting heights are as follows:

| Grade 13 | Grade 14 |
|-----------------------------|-----------------------------|
| Girls: 1.20m Boys: 1.25m | Girls: 1.25m Boys: 1.30m |

COMPETITION INFORMATION

FRIDAY

| GIRLS | | BOYS | |
|---------------------------------|----------|---------------------------------|----------|
| TRACK | | | |
| Event | Ages | Event | Ages |
| 200m | 7,8,9 | 60m | 7,8,9 |
| 200m Heats, Semi-Finals, Finals | 10,11 | 100m Heats, Semi-Finals, Finals | 10,11 |
| 400M Heats, Finals | 12,13,14 | 400m Heats, Finals | 12,13,14 |
| 800m Heats, Finals | 10,11 | 1500m Heats, Finals | 10,11 |
| Hurdles Heats, Finals | 12,13,14 | Hurdles Heats, Finals | 12,13,14 |
| 4 x 100m Relay Heats | 10, 11 | 4 x 100m Relay | 7,8,9 |
| 1600m Track Walk | 13 | 4 x 100 m Heats | 10,11 |
| | | 1600m Track Walk | 13 |
| | | Medley Relays | 12,13,14 |

| FIELD | | | |
|-----------|------------|-----------|------------|
| Long Jump | 8,12,13,14 | Long Jump | 8,14 |
| High Jump | 10,11 | High Jump | 12,13 |
| Shot Put | 9,11,12,14 | Shot Put | 9,14 |
| Discus | 7,13 | Discus | 7,10,11,12 |

SATURDAY

| GIRLS | | BOYS | |
|---------------------------------|----------------|---------------------------------|----------------|
| TRACK | | | |
| Event | Ages | Event | Ages |
| 100m | 7,8,9 | 200m | 7,8,9 |
| 100m Heats, Semi-Finals, Finals | 10,11,12,13,14 | 200m Heats, Semi-Finals, Finals | 10,11,12,13,14 |
| 1500m Heats, Finals | 10,11,12,13,14 | 800m Heats, Finals | 10,11,12,13,14 |
| 4 x 100m Relays | 7,8,9 | 4 x 100m Relay Heats | 12,13,14 |
| 4 x 100m Relay Heats | 12,13,14 | 4 x 100m Relay Finals | 10,11 |
| 4 x 100m Relay Finals | 10, 11 | 1200m Track Walk | 10,12 |
| 1200m Track Walk | 10,12 | | |

| FIELD | | | |
|-----------|------------|-----------|---------|
| Long Jump | 9,10 | Long Jump | 9,10,13 |
| High Jump | 13,14 | High Jump | 11 |
| Shot Put | 7 | Shot Put | 7,12,13 |
| Discus | 8,10,11,12 | Discus | 8,14 |

COMPETITION INFORMATION

SUNDAY

| GIRLS | | BOYS | |
|---------------------------------|-------------|---------------------------------|-------------|
| TRACK | | | |
| Event | Ages | Event | Ages |
| 60m | 7,8,9 | 100m | 7,8,9 |
| 200m Heats, Semi-Finals, Finals | 12,13,14 | 100m Heats, Semi-Finals, Finals | 12,13,14 |
| 400m Heats, Finals | 10,11 | 400m Heats, Finals | 10,11 |
| 800m Heats, Finals | 12,13,14 | 1500m Heats, Finals | 12,13,14 |
| 4 x 100m Relay Finals | 12,13,14 | 4 x 100m Relay Finals | 12,13,14 |
| Medley Relays | 10,11 | Medley Relays | 10,11 |
| 1200m Track Walk | 11 | 1200m Track Walk | 11 |
| 2000m Track Walk | 14 | 2000m Track Walk | 14 |
| FIELD | | | |
| Long Jump | 7,11 | Long Jump | 7,11,12 |
| High Jump | 12 | High Jump | 10,14 |
| Shot Put | 8,10,13 | Shot Put | 8,10,11 |
| Discus | 9,14 | Discus | 9,13 |

This is a draft program and may be subject to change depending on athlete entry numbers.




CODE OF CONDUCT

The LAQ Code of Conduct forms the basis for our expectations of behaviour from our tour members. Parents should go through this detail with their athlete so they are familiar with our expectations.

Respect for Team Mates and Team – LAQ Tour Members:

- Are encouraged to demonstrate their best effort at all times – ahead or behind
- Will always wear their uniform in an appropriate manner and as required
- Will only be permitted to leave the team area for competition-related reasons or for emergencies and only then with the permission of Team Management
- Will show the utmost respect for the Team Management throughout the tour. Athletes will respect their rules and decisions and understand that choices are made for the benefit of the whole team.
- Never use offensive language towards Team Management
- Never enter the opposite gender's room at any time
- Understand that acts of inappropriate sexual behaviour between any team members will not be tolerated.
- Respect the curfew time as set by the Team Management. This will be enforced to ensure all athletes are given the opportunity to compete at their best.
- Will never engage in any acts of bullying.

Respect for Other Teams & Officials – LAQ Tour Members:

- Shall never engage in disrespectful conduct of any sort including profanity, sledging, obscene gestures, offensive remarks, trash-talking, taunting or other actions that are demeaning to other athletes, officials or supporters
 - Are encouraged to treat athletes and personnel from other teams with respect
 - Are encouraged to be good sports. Respect all good performances whether from your Team or the opponents and shake hands with and thank the opposing athletes and officials after the event – win, lose or draw.
 - Are encouraged to address officials in a polite manner and thank officials after an event
 - Will always respect the official's decision
 - Are encouraged not to argue with officials. Understand that you have the right to question an officials decision – but in a polite manner.
 - Recognise that officials and coaches are volunteers who give up their time to provide their services. Treat them with the utmost respect.
- 




CODE OF CONDUCT

General – LAQ Tour Members:

- Shall never become involved in acts of foul play
- Shall honour both the spirit and intention of the competition rules and live up the highest ideals of ethics and sportsmanship. Avoid gamesmanship and respect the traditions of the sport.
- Will care for and respect the facilities and equipment made available to you during training and competition
- Will respect the property and premises in which you are accommodated
- Safeguard your health. Don't use any illegal or unhealthy substances.
- Be responsible as you are representing your family, your Little Athletics Centre and Little Athletics Queensland

Breach of Code of Conduct – A breach in the code of conduct may result in the athlete being:

- Banned from the remainder of the Tour
 - Sent home on the first available flight
 - Any additional expenses incurred will be the responsibility of the parents
 - Parents and Little Athletics Centre will be notified of the breach and if required, it will be dealt with by the Little Athletics Centre under the Zero Tolerance Policy
 - If the incident involves a criminal offence, the Police will be involved without question
 - Further disciplinary action may be considered depending on the seriousness of the breach
- 



PRE DEPARTURE CHECKLIST

The following checklist is suggested as a guide. Athletes are not limited to the items listed below and are welcome to bring whatever clothes, footwear and belongings they feel are necessary for the duration of the trip. Please ensure that all clothing is appropriate, keeping in mind that you are representing LAQ while on tour.


Athletes must make sure that all tour uniform items they receive are taken on tour. More specific information about what to wear on the plane will be provided later in the year.

Things you must do before you pack:

- Label all clothing and other belongings with your name
- Label all bags with your name, address and a contact phone number of one of the Tour Managers
- Make a list of all personal items that you are bringing

Please note that any electronic devices such as mobile phones, cameras etc are taken at your own risk. LAQ will not be responsible for any loss or damage to property.

Items you need to pack:

- Tour competition singlet
 - Tour hoodie
 - Tour tracksuit pants
 - 3 x Tour t-shirts
 - Competition bottoms (black)
 - Competition shoes (spikes, throwing shoes)
 - Joggers
 - Wallet or purse with personal spending money
 - Any prescribed medication, puffers, etc.
 - Laundry bag
 - Sufficient underwear and socks for 10 days
 - Casual clothes for duration of trip
 - Footwear - casual shoes, thongs
 - Clothing suitable for cooler weather (eg. jeans, jumper etc. as it does get cold in NZ)
 - Swimming Togs
 - Towel - for swim session
 - Waterproof jacket or poncho
 - Personal effects / toiletries (body wash, deodorant, toothbrush, toothpaste, shaving gear, hair care etc)
 - Sleepwear
 - Chargers for electronic items
 - Drink bottle for use on day of competition
 - PASSPORT - VERY IMPORTANT!!
If you don't bring your passport, you won't get on the flight.
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WHAT YOU NEED TO DO NEXT

Now that you've read all the information in this booklet, here is an easy step-by-step guide on what to do next.

1. Click on the link below to fill out all your required details **before Friday 29th September**.
2. Pay your \$1,650 deposit before Friday 29th September. This will secure your place on the tour. Payment details are listed on the Tour Levy page of this booklet.
3. Email your athlete ID photo and copy of your passport photo page (if you already have one) to s.kruger@laq.org.au **by Friday 29th September**. The athlete ID photo will be used to create your individual ID so a photo where the athlete is smiling would be most appropriate.
4. Apply for your passport, if you don't already have one.
 - Please do this as soon as possible. There can be lengthy delays in obtaining a passport, so apply now to ensure you receive it before December.
 - Go to www.passports.gov.au to apply and for more details.
 - Costs involved in obtaining a passport are not included in the tour levy.
5. Pay your remaining \$1,650 **before Friday 17th November**.
6. Email the following items to s.kruger@laq.org.au **by Friday 24th November**:
 - Copy of passport (photo page only) if not already sent
 - Medical certificate / letter for all prescribed drugs, medications and dosages

Due to the high demand for this tour, if your deposit is not paid and details are not completed by Friday 29th September, your child will forfeit their place on the tour and their spot will be offered to another athlete. There will be no exceptions to this.

ATHLETE
DETAILS