

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



## President's Corner

We are fast closing in on the pointy end of our Winter season. The first of the Nordic Sport Winter Regional Championships are being held in North Queensland (North Mackay) and Maranoa (Chinchilla) this weekend. The following weekend will see Tropical North (Tablelands) and Central North (North Rockhampton). This is a very busy time of the year for Regional and Centre committees, parents and athletes as well as coaches. It has also been very busy for a lot of our athletes in their respective school and regional events.

As the 2023 season draws to a close for our Winter Centres, I would like to pass on my thanks to everyone who has had a hand in providing our great sport to our athletes. I fully appreciate how hard it is to juggle committee work with the pressures of family and jobs. It isn't always easy to get people to step up and help. The smiles on the faces of our athletes when they achieve a PB or just have fun makes it all worthwhile.

Good luck to all of our athletes for their respective regional competitions. Thank you to the officials who will be on the arena for each of these championships. Your expertise is greatly appreciated. I look forward to catching up with some of you.

We are well into the commencement of the summer season with some Centres having already started competition. It is great to see your advertising on the relevant social platforms. There are some very talented people amongst you! Hopefully on the back of a very successful World Athletics Championships we will be in for a bumper season. Don't forget if you

need help with anything the LAQ Office is just a phone call away.

It is only a few weeks now until our Coles Spring Carnival in Bundaberg on Saturday 23<sup>rd</sup> September. This is always a great day and a good start to the Summer season. Being in the school holidays allows for ease of travel for everyone. This is always a good learning event for our newer athletes and also officials, so don't be afraid to put your hand up and help out.

On a sad note this month, we lost one of our great friends Simon Hinton. Simon was from Mudgeeraba Centre and was a wonderful supporter of Little Athletics Queensland and athletics in general on the Gold Coast. Simon was one of our officials and could always be found at the high jump area. He served on the Board for a number of years and I valued his steady and measured support. He was also a manager on our last two New Zealand tours (his local knowledge was awesome). Simon will be missed in so many ways we cannot put into words. To Lindsay, Kobe and McKenzie, our deepest condolences and love to you.

September is our one month of the year where we have the whole State operating although at different ends of their season. Good luck to our Winter season athletes for their last few weeks of competition and welcome to our new and returning summer season athletes.

**Donna Smith**

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## From The CEO

Thank you to all Centres who have attended the 9 Regional Forums – I have thoroughly enjoyed meeting so many people who love Little Athletics and hearing the passion you all have for making it even better into the future. There is one final forum being held on September 10<sup>th</sup> at Tablelands, after which we will start to consolidate everyone's thoughts.

Our summer season marketing campaign has now been live for a few weeks. At the time of writing this, well over 200 expressions of interest have been forwarded through to Centres and we have seen many of these convert into registered athletes for the upcoming season. Our marketing campaign will continue right through until the end of October and it's vital that Centres remain on top of these enquiries to ensure athletes sign up at your Centres.

Our new school development program held its first session last week, piloting a fundamental change to what we provide to local schools. Unfortunately for many years, the number of kids we see each year has steadily decreased due to changes in the school curriculum. This new user-pays program is running immediately after-school to provide greater accessibility, with a focus on non-competitive skill development in a fun environment. Our pilot will expand in Term 4 before being assessed to determine its long-term viability into the future. If you have any schools wanting to be involved in the pilot, please contact our Development Staff who will try and fit them in.

The Go for Gold Fund that will provide much-needed investment in school sporting infrastructure closes on 15<sup>th</sup> September. I have been contacted by several schools, some of whom do not have Little Athletics Centres, to provide letters of support. Additional athletics infrastructure is always welcomed for the benefit of our sport so if you know any schools wanting to invest, please send them my way and

I will be happy to help support their application.

The overwhelming interest in the Women's Football World Cup led to the announcement of the \$200m *Play our Way* Federal grant program. This grant is expected to open in early 2024, but it is important to remember that this program will be open to all sports, and now is the time to start thinking about how an application can be written to help drive investment in your Centre. I know several of our Centres do not have adequate toilet facilities or need additional long jump runups. Almost any upgrade can be written to meet the needs of 'increasing female participation' – you just need to think creatively about it.

A reminder to all Centres that any punishments handed out to athletes or parents at your Centre due to discipline issues, LAQ must be notified of the name of the person and their punishment. This includes verbal warnings. LAQ maintains a register of all punishments so they can be tracked if required.

Finally, well done to Tracey and the team at Helensvale LAC for securing their new home venue at Upper Coomera State College. After several seasons without a home, we wish them all the best for the re-establishment of their Centre in an area that is just bursting with kids wanting to get involved in our sport!

**Christopher Davis**

## Administration

### Centre Connect

Centre Connect was officially launched at the 2023 Annual Conference and is an online resource hub that has been created to assist Centre Committees.

It is available to all LAQ Centre committees to provide governance training and assist in simplifying your administration duties. Sign up for free access hands on governance training with videos and resources

designed to help your committee feel confident in their roles.

The training is quick and includes short easy to understand videos and practical resources to guide you to great governance. You can also access general administration information and forms on Centre Connect to help reduce your administration load and streamline your interaction with LAQ.

Head to

<http://centreconnect.org.au/> or follow the link on our website and register your account today.



### Change in Coles Banana Donations

All Centres should have received an email last week regarding the change in Coles Little Athletics banana donations.

Essentially, they are transitioning to Coles Online Click&Collect for season 2023/24 from Wednesday, 20 September. The new Coles Online banana donation process will provide Centres with greater control and flexibility of how, when, where and by whom bananas are collected throughout the season.

Coles will be setting up every Little Athletics Centre (regardless of location) with a Coles Online B2B account so that Centres can place their banana orders for this season. In order to facilitate this, your Centre

was required to provide the following details to us:

- Centre Name
- Centre email address
- Phone number (i.e. the best person to contact for collection or delivery details)
- Postcode of where the Centre is based

If you have not already provided LAQ these details, please do so as a matter of urgency by emailing [info@laq.org.au](mailto:info@laq.org.au)

Coles will be sending further information directly to Centres once your account is set up and your Centre will also be able to register for a virtual training session on the new process in September.

For further information, refer to the email sent early last week. If your Centre did not receive an email, please contact Ngaire in the LAQ office as a matter of urgency.

### Winter Centres

#### Registrations

The end of the 2023/2024 season is fast approaching, and all Winter Centres need to ensure that all athlete registrations have been provided to the LAQ Office along with payment for your athlete registrations.

An audit will be conducted on all Winter Centre registrations with Centres then being advised if they have any outstanding payments owing.

#### Graduation Certificates

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 LAQ Office. Please allow at least 1 week for preparation of these certificates.

#### Honour Certificates & Year of Service 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 and 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 LAQ Office.

#### Annual General Meetings

Winter Centres should be starting to prepare for their Annual General Meeting's (AGM). Your AGM should be held within three months of the close of the Centre's financial year, which is 30th September for Winter Centres.

To assist Centres with conducting their AGM's, please click on the link below:

<https://laq.org.au/wp-content/uploads/2020/11/How-to-Conduct-an-AGM.pdf>

If your Centre has any questions or concerns about your AGM, please contact the LAQ Office.

### Summer Centres

#### Public Enquiries

Centres should ensure that their social media and website information is up to date with correct information for your season.

The 2023/2024 summer season is now underway, and we are starting to see an increase in public enquiries generated from the recent LAQ marketing campaign.

Just some things to note when receiving public enquiries:

- For any prospective member making an enquiry it's their first contact with the Centre and it should be a positive experience.
- Respond promptly to inquiries within 24 hours or sooner to

ensure they feel their enquiry is important to you.

- To assist your Centre with getting the registration process out in the community make sure you keep your social media platforms updated.

If your Centre does need assistance or advice at any time during the season, please don't hesitate to reach out to the LAQ Office.

#### Trialling Athletes

All Centres must offer the option of a two-week trial period at any time throughout the respective Centre's competition season to new members seeking registration. After this time the child must either complete the registration formalities or not participate any further in Centre activities.

Centres may only charge a maximum of \$10 per week for triallists. This fee is to be deducted from the individual's registration fee if registering. This fee is non-refundable for individuals not wishing to registrar.

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

#### Transferring Athletes

Throughout the season some Centres will receive an athlete that is transferring interstate or from another Centre during the summer season.

Centres are required to notify the LAQ office of any transfers that occur during the season and will need to following these steps:

- The Centre Registrar of the "losing" Centre must complete the Notice for Clearance & Transfer between Centres form and give it to the athlete that is transferring from the Centre.
- The athlete then hands this form to the Centre Registrar of the "gaining" Centre.
- The Notice for Clearance & Transfer between Centre Form

should then be sent into the LAQ Office by the "gaining" Centre.

Athletes will be moved across in Timing Solutions by LAQ once advice has been received from the Centre.

Notice for Clearance & Transfer between Centre Form can be found on the Centre Connect platform under Forms & Information.

### Member Protection & Complaint Handling - Virtual Workshops

The Department of Tourism, Innovation and Sport will be conducting a workshop on Member Protection and Complaint Handling.

The Member Protection Workshop is designed to assist committee members with the roles and responsibilities regarding member protection.

The workshop on Complaint Handling focuses on providing members with the necessary strategies on how to handle complaints effectively and confidently.

For more information on these workshops or to register, please click on the "register here" links:

#### Member Protection Information Officer (MPIO)- Virtual Workshop

Wednesday 6<sup>th</sup> September

- 9.30am [Register here.](#)
- 5.30pm [Register here.](#)

Please note: the 7 online modules must be completed before attending either of the above virtual facilitated workshops. Please visit:

<https://elearning.sportintegrity.gov.au/login/index.php>

#### Complaint Handling in Sport - Virtual Workshop

Wednesday 13<sup>th</sup> September

- 9.30am [Register here.](#)
- 5.30pm [Register here.](#)

### Minor Infrastructure Program Funding

The Qld Government Minor infrastructure Program is opening soon, offering funding between **\$50,000 to \$250,000** to active Sporting and Recreation Organisations and

Clubs that have projects aiming to develop their infrastructure.

Projects to be considered for funding may involve (but are not limited to):

- Development or upgrades of change rooms or amenities
- Projects aiming to increase female and all-abilities access
- Development of new playing surfaces, fields or courts
- Field / Oval / Court resurfacing
- Clubhouse / Clubrooms / Pavilion development or upgrade
- Roofing / shade purchase or upgrade
- Irrigation / Drainage upgrades

Up to **\$250,000** is available to support eligible projects.

For more information, go to their website:

<https://www.qld.gov.au/recreation/sports/funding/minor-infrastructure-program>

### Volunteer Grants

Volunteer Grants support the work of local community organisations by enabling the inclusion of vulnerable people and promoting awareness to increase participation in volunteering.

The 2023–24 Volunteer Grants Opportunity is open for Expressions of Interest (EOI) through Members of Parliament (MPs). Organisations interested in a grant must contact their local MP to submit an EOI and confirm when their EOI closes.

Grants of between \$1,000 and \$5,000 will be available to assist eligible not-for-profit community organisations support the efforts of their volunteers. Examples of what grant funding can assist with include small portable equipment purchases, contributions towards the cost of training volunteers, reimbursement of fuel costs for volunteers and undertaking background screening checks for volunteers. For more details, visit:

[2023–24 Volunteer Grants | Community Grants Hub](#)

### Viability of LA News

Our Staff are currently looking at whether our LA News publication meets the need of our Centres for information.

We are seeking feedback from your Committees as to whether you think LA News is a beneficial way for information to be provided to your Centre. Any feedback is appreciated.

There is a lot of effort from each of our Staff in putting this publication together, but if it's not meeting the needs of our Centres, we'd like to change it to something that does.

If you think this publication is no longer relevant, do you have any suggestions for what we could do to replace it?

If you wish to provide feedback, please do so by Friday 22<sup>nd</sup> September by emailing [info@laq.org.au](mailto:info@laq.org.au)

**Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble**

## Coaching & Development

### Introduction to Teaching Little Athletics Skills (ITLAS)

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:

- 2 September – Wynnum
- 10 September – Runaway Bay
- 14 October – Bracken Ridge
- 14 October – Highfields

### 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.

The first school to host this program is Kings Christian College at Logan. We have already a number of interested schools to host the program in term 4.



### Game of the Month

#### Relay Zone Racing

Equipment:

- Ground markers
- Relay batons

How to play:

Set up a thirty-metre relay changeover zone using ground markers. In pairs, the players decide who will be the incoming and outgoing runners and set up check marks accordingly. The outgoing runners can stand anywhere inside the changeover zone (as per a relay race), however all incoming runners must begin running from the same

line 20m behind the changeover line. Each incoming runner carries a baton.

The aim of this game is for each pair to attempt to be the first to carry the baton past the end of the changeover zone. On "Go", all incoming runners sprint towards the outgoing runners in an attempt to make a fast, smooth baton exchange in the changeover zone. The outgoing runner, on receiving the baton, sprints to the end of the changeover zone, carrying the baton.



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 23<sup>rd</sup> September, Bundaberg

The ResultsHQ Meet Invite has been issued to all Centres. Please ensure the invite is shared and accessible for your families to self-nominate.

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 9am Monday 11th September.
- Nomination fee \$20 per athlete, payment via Credit Card or PayPal only.
- Late nominations or hard copy (email/forms) nominations will not be accepted

- 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/>

### Meet Invites

The Coles Summer Carnival and Nordic Sport Regional Relays ResultsHQ Meet Invites will be issued during the weeks as outlined below:

- Summer Carnival – week commencing 11<sup>th</sup> September
- McDonald's Regional Relays
  - Downs & South West, Met North & Sun Coast Centres – week commencing 18<sup>th</sup> September
  - Met West, South Coast & South East Centres – week commencing 25<sup>th</sup> September

Any Centres that require assistance with sharing the Meet Invite or processing nominations on behalf of their members should contact this office.

### Competition & Education Publications

Several publications and support materials have been undergoing reviews and updating.

The LAQ Rules and Regulations, the LAQ Field of Play (formerly Officials) Handbook, Handy Hints and Event Cards will all be posted on the LAQ webpage and in the Stack LAQ Officials group soon. A notice and links will be issued directly to all Centres on the release dates

### Centre Meets Race Walking

Race Walking is a high value event – Australian athletes do exceptionally well on the international stage.... Yes, there is a big difference in competition levels but where can athletes get their first fun experience and what is happening at Centre meets?

We have heard some Centres don't offer Walks as it is too hard!! The reality is that the Walks event is no more technical than the Javelin or Shot-Put events.

If perceived experience is hindering the event from being offered during your Centre season program, review [this document](#) (An introduction to race walking at Centre level) and consider incorporating Race Walking this season.

#### True Inclusion Program (TIM)

LAQ will again be offering access to the True Inclusion Method (TIM) through ResultsHQ for Centres that wish to utilise the program. Activation of the program has been completed so Centres have the option to turn TIM on/off as required. Please use these links for resources related to TIM.

- [How activate TIM](#)
- [ResultsHQ Article](#)
- [Inclusion Education Series](#)

#### Centre Risk Assessments

When was the last time your Centre considered the safety aspects and first aid delivery during a Centre meet or Carnival?

If it is time for your Committee to:

- Evaluate the safety aspects relevant to your Centre meets / Carnival – then please review the [LAQ Risk Management Policy](#) for some guidance.
- Engage first aid providers for a Carnival or offer first aid training to your members – then you may like to consider contacting a professional group who deliver services and or training. Below are two providers that have been recommended to be worthwhile.
  - [First Response Sports Trainers](#)
  - [Australia Wide First Aid](#)

#### **Official's Matters**

##### Summer Series IOW

Reminder to mark in your calendars the Introduction to Officiating Workshops (IOW) dates listed below and be ready to share more information in the coming weeks. Note the new date for the IOW being hosted by Balmoral.

Be sure to encourage your fellow Committee members and parents to participate 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](#).

The following upcoming workshops have been confirmed:

- 8<sup>th</sup> October  
Runaway Bay LAC  
City North LAC
- 22<sup>nd</sup> October  
Balmoral LAC  
Toowoomba LAC

##### LAQ Officials Team (Stack)

Want to be in the know on all things relevant to LAQ Officials – consider joining the LAQ Officials group on the Stack Team App, it's free. It will keep you updated with all the latest news, events and more.

If you are not already using the app., go to the App Store or Google Play and download Stack Team App onto your mobile device, then follow these simple steps:

1. Sign-up to Stack Team App. You'll be sent an e-mail to activate your account.
2. Log-in and search for LAQ Officials, then request to become a member.

#### **Competition Calendar Dates to Remember**

##### September

- 11<sup>th</sup> September  
Closing date for Coles Spring Carnival nominations (9am)

- 23<sup>rd</sup> September  
Coles Spring Carnival  
Bundaberg

##### October

- 8<sup>th</sup> October  
Summer Series IOW at Runaway Bay and City North LAC's (9am)
- 16<sup>th</sup> October  
Closing date for Coles Summer Carnival nominations (9am)
- 22<sup>nd</sup> October  
Summer Series IOW at Balmoral and Toowoomba LAC's (9am)
- 23<sup>rd</sup> October  
Closing date for Nordic Sport Regional Relay nominations for Downs & South West, Met North and Sun Coast Regions (9am)
- 28<sup>th</sup> October  
Coles Summer Carnival  
State Athletics Facility, Brisbane
- 30<sup>th</sup> October  
Closing date for Nordic Sport Regional Relay nominations for Met East, South East and South Coast Regions (9am)

##### November

- 4<sup>th</sup> November  
Nordic Sport Regional Relays – Sun Coast
- 11<sup>th</sup> November  
Nordic Sport Regional Relays – Met North and South Coast
- 12<sup>th</sup> November  
Nordic Sport Regional Relays – Downs & South West, Met West and South East
- 4<sup>th</sup> November  
Nordic Sport Regional Relays – Sun Coast

##### December

- 2<sup>nd</sup> December  
McDonald's State Relays  
SAF

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

**Karen Lunt & Will Eggar**

