

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



In this Edition

President's Corner	1
From The CEO	2
Administration	3
Coaching & Development ..	4
Competition & Officials ...	5

President's Corner

What a busy month we have all had. September is the only month when we have the whole state operating. We had all of our winter Centres complete their Nordic Sport Regional Championships.

The Regional Champs bring all the Centres together for competition and this means a substantial amount of travel for a lot of people. We have been able to have staff or board members at most of the events and the reports have been that the weekends have been a big success. This is largely due to the skill and dedication of our regional committees and Centre committees. A huge thank you to you all. I attended the Tropical North Champs in Tolga (Tablelands Athletics) and can only say what a huge success it was. Congratulations to Penny, Andrew and the team, you did an amazing job!! One of the best parts of my role as President is to see the comradery not only between athletes but also all the volunteers who guide our sport. This is truly evident at Regional Championships where everyone pulls together to get the job done. Well done everyone!! Congratulations not only to the athletes that have been successful in qualifying for the McDonald's State Championships but to all athletes that competed.

A big THANK YOU to the committees of the winter Centres. With the end of season comes the AGMs to select new committees. Thank you to those who are stepping away. We couldn't have done it without you!! Welcome to new committee members who have come on board! I look forward to meeting you all next season.

We are well into the summer season in the southern end of our State. A lot of Centres are seeing an increase in

numbers which is great to see. We have some Centres that are due to start soon. The beauty of an open season is that our Centres have total control over when they start and stop. Seasons can be subject to ground availability which means we have to offer flexibility.

Recently we held the Coles Spring Carnival in Bundaberg. It was a wonderful, but windy day. We had an increase in numbers which was terrific and with the few tweaks we had done to the program this was no problem. We were able to finish on time which allowed everyone who had travelled to leave the arena at a good time. A massive thank you to all our officials and volunteers who made this possible. A lot worked all day with minimal breaks which shows the dedication our officials have for the athletes. Thank you to the parents who helped across the events, we had to make very few calls for assistance. A huge thank you to West Bundaberg Little Athletics for your assistance in staging the event. This was a joint effort from everyone. The canteen was amazing, I don't think I have ever had that much selection at an athletic meet. Thank you everyone who helped in the canteen all day. Thank you to Judy who looked after the officials so well again. It is a pleasure to have these wonderful people who just do it for the love of the sport. Thank you to our athletes and parents who made themselves available on Friday for the photo shoot with Sally Pearson. Coles were very happy with the way the afternoon panned out. Thank you also to Sally who joined us on Saturday for autographs and photos. The lineup for autographs was enormous!!

The biggest thanks of the day goes to our athletes. You all did your best and showed great sportsmanship across the day.

Some of the events had large numbers but the athletes enabled us to move through the events well. It was great to see a lot of new families to the sport and we look forward to them being with us into the future. It was great to see so much encouragement from the sidelines. I imagine some friendships were forged that will last a long time.

I would like to pass on my sincere thanks to our board, staff and other key personnel who gave up Friday to help pack the truck with equipment in Brisbane to then travel to Bundaberg, unpack and set up Friday, then officiate all day Saturday, before repacking the truck Saturday night to drive back to Brisbane on Sunday to unpack. This is huge undertaking and largely goes unnoticed. Thanks everyone!!

We are only a few weeks away from the Coles Summer Carnival and if Spring Carnival is anything to go by the numbers will be big so make sure you get your nominations in.

Donna Smith

From The CEO

With our summer season well underway, it is amazing to see so many kids running, jumping, throwing and walking each week, and with most Centre programs now starting to repeat themselves, those cherished first PB's are coming through! I wanted to take the opportunity to speak to a few of the things that have come across my desk over the past few weeks.

Complaints Handling & Discipline

While we would love to think everything is perfect, unfortunately several Centre committees have reached out for advice regarding complaints they have received. Below are a few key tips we want to share:

1. **Do not let something minor 'rest'.** Often, only after repeated poor behaviour (e.g., a parent abusing another parent) does a committee choose to act and wish to impose a formal penalty.

However under [LAQ's Zero Tolerance Policy](#) the first instance is often a verbal, or written warning. Not only has the first instance been 'accepted' by being ignored, but it also leaves you unable to impose penalties that would be applicable for a second instance of the behaviour.

2. **All penalties should be notified to LAQ**, even those that are only 'warnings'. LAQ maintains a register of disciplinary penalties that can be referred to should someone change Centres or wish to attend LAQ-run events. However, the register is only as good as the information provided. Simply copying c.davis@laq.org.au into an email will be sufficient notification.
3. **Ensure confidentiality when managing complaints.** Only the person(s) involved should be notified. Remember that being on the committee gives you access to confidential information that cannot be shared, even with friends or family. This is vital in ensuring a faire process for all involved, but also to stop an issue escalating further.
4. **Ensure your Committee is familiar and acting in accordance with the relevant policies to minimise your own risk.** For example, if a child protection issue arose and a coach did not have a Blue Card – that is when your Committee becomes personally liable. Failing to stop competition when lightning is approaching may seem harmless, but if you choose to act outside the policies that are in place, and a rogue lightning bolt hits a tree that a spectator is sheltering under – again, that is where you become liable. The policies are in place to provide you with direction and protection when running your Centre, please

make sure you are aware of, and follow them.

We are of course happy to provide advice and guidance to help you through these issues and policies, with Shannon being your first point of call.

Government Advocacy

Over the past couple of months I have met with both State Government, and several councils. If you are submitting grant applications, especially those involving facility upgrades, please let me know. Last month I was able to advocate for the Go for Gold applications at Maroochy, Kenmore & North Rockhampton to the State Sports Minister, while also actively advocating against the detrimental application at The Gap SHS.

This is also a timely reminder to ensure your application for the State Government's [Minor Infrastructure and Inclusive Facilities grants](#) are being worked on. Up to \$520,000 is available with applications due on November 16th. I hope that every Centre is looking to apply under this program with toilet blocks, floodlighting, long jump runways or accessibility upgrades some great options to consider. Please reach out to our team if you're looking for assistance, and we're more than happy to provide letters of support and a review of what you have put together.

Sport & Recreation Queensland are also conducting an [industry engagement survey](#), open to Associations and Clubs across the state. As was shared at the State Conference, LAQ is no longer receiving State Government funding, a loss of \$105,000 per year, and will no longer have the ability for athletes to receive Government subsidies to attend State and National Championship events. The survey largely focusses on the capacity of your Centre to deliver programs, but also gives opportunity to highlight how these changes negatively affect our sport. If you have a spare 5 minutes, additional (respectful) feedback can only help our

continued advocacy to try and return these funds to the sport, and our families.

LAA Inclusion Hub

A visual is a picture with the written word, held up or displayed. Visuals help younger athletes, athletes with disability, people who can't read easily or quickly, people with English as their second language, everyone who is in a rush, Age Managers to not have to repeat themselves, Centre Volunteers to more easily manage the group and more!

LAA have designed their own Coles Little Athletics visuals and visual schedule samples for Centres to use. They have also created resources on how to use visuals and visual schedules along with a short video. These resources can be found here:

<https://www.littleathletics.com.au/inclusion/resources/how-to-use-visual-supports/>

Christopher Davis

Administration

New Coles Bananas Ordering System

If your Centre is having any issues with the new Click&Collect system for Coles bananas, please reach out to communitysport@coles.com.au for assistance.

We understand there will be some initial teething issues for some, so we thank you for your patience as these are worked through.

Winter Centres

Annual General Meetings

Winter Centres should be starting to prepare for their Annual General Meetings. The purpose of holding an AGM is to:

- To comply with the Office of Fair Trading as an Incorporated Centre
- Report to the members on the activities of the centre
- Ensure the election of the committee happens in an orderly manner

- Present the financial accounts to the members
- Appointment of an auditor
- Change of signatories to the Centres bank account
- Provides the members the opportunity to ask questions and provide feedback to the committee.

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

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.

Summer Centres

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.

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:

- 14 October – Bracken Ridge
- 14 October – Highfields
- 22nd October – Ipswich
- 5th November – Granite Belt
- 19th November – The Gap

Moreton Bay Healthy & Active School Holiday Program

Little Athletics Queensland was invited to participate in the Moreton Bay Healthy & Active program in the recent school holidays. We were asked to run a number of come and try Little Athletics clinics in the region. Clinics were conducted at Bribie and Wamuran with just under 60 participants registering for them. A huge thank you to the Bribie and Wamuran Little Athletics Centres who allowed us to use their venues for these clinics. An even bigger thank you to Ross Palentine and Brendan Smith for offering to coach.

We had very positive feedback from the Moreton Bay Regional Council and we will look to expand these clinics to include other Centre in the region in the next school holiday period.



Game of the Month

Tic Tac Toe Relay

Equipment:

- 9 Hula Hoops (tic tac toe board)
- 6 markers (bean bags or scarves)
- 1 cone per team to designate a starting point

How to play:

The game will be played 3 versus 3. Each person will have 1 placement marker (bean bag or scarf). On go, the first person from each team will run down to the tic tac toe board and place their marker in one of the hula hoops. After they place the marker, they will race back to their line to high five the next person in line. The next person will then place their marker in an open hoop. The goal is to have your team get 3 in a row (horizontally, vertically, or diagonally). If all 3 markers have been played and there is no tic tac toe, the next player in line will run down and move one of their own team markers into an open hula hoop. The next team in line will stand behind the hula hoops and judge the game. After the game is over, the winning team will stay and play again. The judging team will come on to challenge, and the next 3 in line will judge the next game. The game will continue to cycle through. You can have multiple games going at a time!



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 Wrap Up

This year marked the 10th anniversary of the Coles Spring Carnival in Bundaberg. The overall atmosphere of the event proved that this Carnival is fun and popular for the athletes and families from SEQ and surrounding Regions. The West Bundaberg Centre led by Gary Barton and Lee Ann Naumann provided excellent ground preparation and support for our Carnival, we thank you!!

The Spring Carnival had over 600 athletes from 50 Centres, in windy conditions, with 51% of the participants recording season best performances. Well done to all. Congratulations to Jonty Murdoch, U17 athlete from West Bundaberg who recorded QBPs in the Discus and Shot Put events.

As always our core group of Officials from the south and local Centres worked well as a team providing the best opportunities for our athletes. We are very grateful for their dedication.

A complete set of results are available on this LAQ webpage <https://laq.org.au/competition/result/s/>

The Results have been provided to the Timing Solutions team, who have made the data available to Centres that wish to import the results.

This competition we welcomed Samantha Hooper of Sammy Creative who looked after our photographic needs for this event. Photos are available free of charge for viewing and downloading on our Facebook page. Sammy also offers photographic services and can be contacted via her Facebook page @sammycreativeco or through her insta page @sammy.creative

Nordic Sport Winter Regional Championships Wrap Up

All four Winter Regions conducted their respective Regional Championships during the month of September. Results are available on the LAQ results webpage <https://laq.org.au/competition/results/> and the Timing Solutions team have upload the data for Centres that wish to import the results.

Athletes (U9 – U17) who placed 1st – 4th in events at their Regional Championships have earned automatic qualification (excluding the Race Walking and 1500m events which have time limits), to compete at the 2024 McDonald's State Championships. Winter Centre declarations for these State Championships have been issued for Centres to share and seek confirmation of nomination from their members.

Coles Summer Carnival 28th October, Brisbane

The Summer Carnival 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 U9 – U17 LAQ registered athletes are eligible to compete.
- The competition will be held at the State Athletics Facility, Brisbane (Nathan).
- The Family and Centre ResultsHQ e-nomination portals will close 9am Monday 16th October.
- Nomination fees are \$20 per athlete; payment can be made via Credit Card or PayPal only.
- Late nominations or hard copy nominations will not be accepted.
- The Event Order, and other useful event information can be found using this link <https://laq.org.au/coles-summer-carnival/>
- Encourage your fellow committee members, parents/guardians to register their intent to officiate using this link to the [online EOI platform](#)

2023 Nordic Sport Regional Relays

The Relay Regulations endorsed at the 2023 Conference are available on the LAQ Competition Resources webpage here:

<https://laq.org.au/resources/competition-resources/>

The Regional Relay Meet invites have been issued to all Summer Centres. This meet cannot / is not to be opened to your family profiles. All nominations must be lodged through the ResultsHQ Centre Profile by the Centre Committee.

Nominations will close 9am on the designated Monday for your Region, see list below. Late and hard copy nominations will not be accepted.

- Downs & South West, Met North & Sun Coast close 23rd October
- South East, South Coast & Met West close 30th October

Nordic Sport Regional Relays information including Draft Event Orders and specific Region information shall be updated on the [LAQ webpage calendar](#) as it is provided by the Regions.

Centre Participation at LAQ Events

Does your Centre promote the athletes who are participating in the LAQ competitions? Do the parents and athletes know who the Centre's Team Manager is so they can be approached at LAQ or other away competitions? The Committee may also like to take on board the following tips for teams at away competitions.

- Have a Centre tent or sign that promotes the Centre colours so your members can gather and sit together or close by.
- Introduce or share information about the Centre's Team Manager
- Capture to promote or share on the Centre's social media special moments for athletes. This can help them feel like they are being seen by others in the LA community.
- Organise a team photo before or at the event day and

encourage everyone to be a part of it. This may help some athletes who are feeling separated to see that they have a support network. It could provide the encouragement they need to achieve their best.

- Create a team achievement list at the end of the competition day. It doesn't have to be just about be who placed in an event, it could also include who bettered their PB or who went out of their way to help others or showed great sportsmanship at the competition.

We look forward to seeing you at the LAQ events and how you acknowledge your Centre members and the Team Managers.

Relay Regulations & Results Entry Hints - Online Discussion

Nomination officers and Team Managers who are still not sure about the Relay Regulations can join Karen and Will for an online discussion covering the application of the Relays Regulations and hints on the ResultsHQ nomination processes.

Details are:

- Wednesday 11th October 6pm
- Via Teams (online) or attend in person

Members wishing to join the online discussion or attend in the LAQ office are requested to email Karen at k.lunt@laq.org.au

Centres that require assistance with processing nominations on behalf of their members should contact this office as soon as possible.

Official's Matters

Summer Series IOW

This is a final call for members interested in attending an Introduction on Officiating Workshops (IOW). These are offered free of charge and not Centre or Region restricted.

Further information and the registration portal is available on the [LAQ Officials webpage](#).

- 8th October: Runaway Bay and City North
- 22nd October: Balmoral and Toowoomba

Competition Calendar Dates to RememberOctober

- 16th October
Closing date for Coles Summer Carnival nominations (9am)
- 23rd October
Closing date for Nordic Sport Regional Relays - Downs & South West, Met North and Sun Coast Regions (9am)
- 28th October
Coles Summer Carnival
State Athletics Facility, Brisbane
- 30th October
Closing date for Nordic Sport Regional Relays – Met West, South Coast and South East Regions (9am)

November

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

December

- 2nd December
McDonald's State Relays

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

Karen Lunt & Will Eggar