

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



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President's Corner

Congratulations to everyone involved in the Coles Summer Carnival held last weekend. What a massive day!! We had over 1500 competitors from all over the state. This carnival is getting bigger every year which is fantastic. Thank you to Eddie Fabian who spends hours of his own time in the lead up to all of our events but especially this one to work out how it can all fit. Thanks Eddie!!

A massive THANK YOU to our officials who spent the majority of the day on the arena. Given the numbers it was hard to get in for a break however everyone pitched in and got the job done. I believe we have the most amazing group of officials who give their all for the athletes. To our wonderful Margaret who mans the officials room, thank you so much. Margaret spends the night before our competitions baking the most delicious treats for us to enjoy. This is so appreciated by all of us. We certainly appreciated all the parents who jumped the fence to help out so thank you all.

We also owe a huge THANK YOU to our trusty Tech Crew led by Mal. These officials are at the track hours before anyone else and hours after. They are at the track during the week prior to our events checking equipment. We cannot operate without these wonderful volunteers and I am so appreciative of their efforts.

This event like all of our events was a team effort. The staff in the office worked above and beyond to get the day organised. Our Competition and Officials Committees put hours into working through how it can happen. Tony Frampton put hours into getting the officials organised for the day. THANK YOU to you all. This is why we are a successful

organisation, we have such a great team at all levels.

The winter season has wrapped up and I would like to thank all of the centre committees for their hard work this season. We understand the amount of work that goes on behind the scenes and know the athletes and their families do appreciate it all. Time for a break and a recharge to get ready for the 24/25 season.

The Nordic Sport Australia Regionals Relays have all been completed with no rain disruption. This is when athletes get to compete with their friends not against them and they always excel. It is a busy time for everyone organising their teams. The work involved from centre committees is huge and we thank them for their time and commitment. Good Luck to everyone in the McDonald State Relays Championships on 2nd December.

Good Luck to all of our athletes who are travelling to Perth in December to compete at the Australian All Schools!!

Donna Smith

From The CEO

Centres are reminded to complete their Blue Card and Child Protection survey as a matter of urgency as it is now overdue.

A survey was also sent last week asking Centres to help update our State Facilities Plan. Please ensure this information is completed by 30th November.

The Queensland Government's new Active Women and Girls program opens on Monday 20th November. It aims to increase female participation across all areas of sports and recreation – from coaching and volunteering, to umpiring and team management, to inspire the next

generation of female athletes and secure the sporting future of women and girls across Queensland.

Funding can be used for female coach employment, volunteer and team management training courses, equipment procurement, volunteer recognition, open days, and targeted programs, to name a few.

Some ideas for Centres could include free training for females, girls specific sign-on campaign, new equipment which has a girls focus (but of course can be used for boys too). It's a very easy grant to apply for!

There are 2 categories for eligibility under this program:

- Local clubs can apply for **\$7,500 (GST exclusive)** under Category 1.
- Local government authorities and state-level sport and active recreation organisations can apply for **\$25,000 (GST exclusive)** under Category 2.

I encourage you to read through the eligibility guidance and key information provided on our website at:

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/>

eSafety Webinar – Online Safety for Sporting Clubs

As part of the Australia's eSafety Commissioner (eSafety) signing an MOU with Play by The Rules, eSafety will be running free webinars for the sport industry this November.

[eSafety](#) is Australia's independent regulator for online safety, working to help safeguard all Australians from online harms and to promote safer, more positive online experiences.

A free one hour webinar with the eSafety Commissioner is being held on Wednesday 22nd November at 7pm.

It is ideal for community sport administrators, leaders and volunteers.

This one-hour presentation will cover:

- types of online harm in sport
- how to mitigate to deal with online harm in sport
- tips for creating a safe online environments at your club
- eSafety's reporting schemes
- advice on common online issues in sport.

Register here: [Registration \(gotowebinar.com\)](https://gotowebinar.com)

Christopher Davis

Administration

Summer Centres

U16 / U17 Dual Registration

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

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

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

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 Forms can be found on the website under Centre Connect.

Change of Committee

During the season Centres will potentially have members resign from the committee. If your Centre has received any resignations, please advise LAQ. It is important that we have the correct details for each Centre.

Resignation advice can be emailed to info@laq.org.au

Also, please ensure that any resignations are recorded in your Centre minutes.

FairPlay Vouchers Approval

All Centres will have members that will use FairPlay vouchers for part of their registration payment and Centres must approve this voucher to complete the registration process. The FairPlay vouchers should only be approved in RegistrationHQ once they have been redeemed through the State Government by the Centre.

If a FairPlay voucher is not valid then it will need to be declined by the Centre and a new payment request will be created in RegistrationHQ for the member.

Winter Centres

Annual General Meetings

The 2023/2024 season has officially closed for our Winter Centres and planning for your Annual General Meetings should be well underway.

Here are some tips for a successful AGM:

- As many Centre's are aware, it can be difficult to draw in members to an AGM. To maximize your AGM's potential, you might want to look at pairing it with another activity that is run by the Centre.
- Centres should advertise the date of the AGM well in advance and send out reminders to their members. Also, provide members with an agenda, so they are aware of the structure of the meeting.
- Preparation for the AGM is key and the Committee should ensure that they compile all relevant paperwork for the AGM and also confirm which Committee Members are looking to continue on with the Centre.

When your Centre has held their AGM, please ensure that your Centre & Committee Membership form is completed and sent into the LAQ Office along with a copy of the draft AGM minutes and Audit Report.

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

Online Safety Resources

The Australian Government has released a new online safety hub with resources to help stem the tide of online abuse from grassroots to the elite level sport.

The eSafety Sport hub is a one-stop-shop for administrators, coaches, officials, parents, and competitors to learn ways to prevent and manage online abuse in community sport.

To access the eSafety Sport hub, please click [here](#)

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:

- 19th November – The Gap
- 26th November – Granite Belt

After School Program

In terms 3 and 4 of this year, we have been piloting an After School Program at various locations. A big thank you to Kings Christian College at Logan for being the first school in the state to conduct the program and allowing us to utilise their facilities.

This program is a paid 8-week introductory program that is fun, games-based and for all skill levels.

While it is games based, it does have elements of structured coaching sessions as well as a modified competition. If there are any teachers or school staff within your Centre community that may be interested in Little Athletics Queensland coming to their school and running our new After School Program in 2024 we would love to get in touch to arrange dates and times. All the school needs to do is provide promotional material (e.g. Facebook ad), allow us to distribute flyers to the school community and allow us to use the oval and facilities.

If you know of anyone interested in having LAQ come to their school or have any questions, please feel free to reach out to us for more information.

Game of the Month

Run The Gauntlet

Equipment:

- Hula Hoop
- Bean bags
- Soft / foam balls (even scrunched up paper balls)

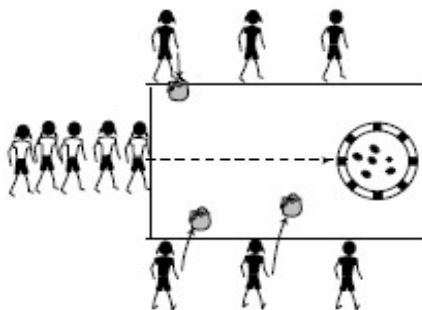
How to play:

1. Divide the athletes into two groups of equal size. One group of athletes stands in line at the start line. On a command, the first athlete runs down the track (through the gauntlet) to collect a bean bag from the hoop and returns back to the start line.

Athletes from the other group stand on either side of the track and bombard the athlete with soft foam balls or scrunched-up paper 'balls'. They must use a chest pushing action (two hands on the ball and push) and only aim at the athletes' hips to the feet. If an athlete is hit (hips or below) by a ball or paper ball, they must stand still and drop the bean bag (that they may have) on the ground. Then next athlete in line runs the gauntlet, collects a dropped bean bag or a bean bag from the hoop and returns back to the start line.

Each group scores one point for every bean bag returned to the start line.

Variation: instead of dropping the bean bag, the athlete stands still and holds the bean bag with an outstretched arm to be grabbed by another athlete as they run past.



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

McDonald's State Relays

With the Summer Regional Relays completed, declarations issued (15/11/23), we are now accepting nominations. Centres that have not received the declaration email should contact Karen as a matter of urgency.

Souvenir Shirts Orders will be accepted up until Sunday 19th November – orders must be email to sales@nordicsport.com.au

Updated information including the State Relay's Event Order can be found on the [State Relay Championships event's webpage](#).

Key notes:

- The competition will be held at the State Athletics Facility, Brisbane (Nathan).
- Nominations close at 9am on Monday 20th November.
- Late nominations will not be accepted.
- Nomination fees are \$24 per track team and \$12 per field

team. Payment can be made via Credit Card or EFT to the LAQ account.

- All U9 – U17 athletes who competed at Regional Relays are eligible to compete as substitutes.
- The role of Team Managers cannot be under taken by an Official on the arena.

Centre Committee, we require your assistance to encourage parents, guardians and accredited officials [to complete an EOJ](#) to lodge their commitment to assist during this competition. Alternatively, you can encourage your members to simply be helpers at the events allocated to your Region/Centre as follows:

- Met North & South Coast – Discus
- Sun Coast: Shot Put
- Downs & South West & Met West: Long Jump
- South East: High Jump

Best of luck to all participating athletes and Teams Managers.

2024 Nordic Sport Summer Regional Championships

Meet Invites for the Nordic Sport Summer Regional Championships will be issued to all active Summer Centres the week starting Monday 4th December.

Each Centre is required to open and share the Invite so members can nominate directly – late nominations will not be accepted. Payment is required at the time of nominations via credit card or PayPal.

Please ensure your members are aware of the 4 Centre meet requirement to be eligible for nominations. Centres are responsible for assisting members who are not able to process nominations for themselves.

Event order, closing dates, competition and backup dates, venue details etc. for each of the Regional Championships will be posted on relevant Regional event web-calendar pages as soon as possible once provided.

The LAQ ResultsHQ portals will close at 9am on the following dates as detailed below:

- 22nd January
Met North, Downs & South West and South East
- 29th January
Central Coast, Met West, South Coast and Sun Coast

Competition Calendar Dates to Remember

December

- 2nd December
McDonald's State Relays

January

- 22nd January
Closing date for Nordic Sport Regional Championships – Downs & South West, Met North, South East Regions (9am)
- 29th January
Closing date for Nordic Sport Regional Championships – Central Coast, Met West, South Coast, Sun Coast Regions (9am)

February

- Nordic Sport Regional Championships
 - 2nd – 4th Met North
 - 3rd & 4th Downs & South West South East
 - 9th – 11th South Coast
 - 10th & 11th Central Coast Met West Sun Coast

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

Karen Lunt & Will Eggar