

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



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President's Corner

We have nearly made it to the end of 2023!! It has been another great year of Little Athletics. Congratulations on the season so far.

We have seen another increase in numbers this season and I fully understand the increased workload this puts on you all. Thank you for all the work you do. These increases are largely due to the efforts of the centre committees within the local areas. We have had the pleasure of welcoming two new centres Eidsvold and Providence and Helensvale are back on line after securing a long term venue. We envisage with the 2032 Olympics getting closer these numbers will increase. WELL DONE!!

The McDonalds State Relays were held recently and it was extremely successful. I will admit the weather gods were kind to us apart from the intense heat which made it challenging for athletes and officials alike. Relays is always such a fun event as we see athletes competing with their friends not against them. It is great to see the athletes lining up along the fences cheering each other on.

I would like to thank our wonderful group of officials. Yet again you delivered a high level of officiating. Some of the events had very high numbers of entrants but you just took it in your stride. The day ran on time all day and we also finished early. A special thank you to our Tech crew. You guys are there long before anyone else and long after. We couldn't do it as well as we do without you.

Thank you to all of the Regional committees for the work you have done in organising the Regional Relays and then organising the teams for the State Relays. Thanks also to the

centre committees for their work behind the scenes. Having had to do it I understand the depth of the work that goes on to organise the teams heading into Regionals.

Congratulations to all of our athletes who have competed at the recent All Schools in Perth. Well done on your achievements. Congratulations to all of our officials who were appointed.

We are all going to take a break now for a few weeks to regroup and do it all again next year. I imagine centre committees are glad to have some down time. I would like to thank Chris and the staff for the work you have done this year.

I wish all of you a very Merry Christmas and a wonderful 2024. I look forward to working with you all again next year.

Donna Smith

From The CEO

As we reach the end of 2023, I want to wish you all a safe and happy holiday period. There are a few big things that are being worked on that I wanted to update you on before our office closes for the holidays.

Active Women & Girls Grants

Up to \$7,500 is available to your Centre for initiatives that help support female participation either as athletes, coaches, officials, parents etc. Although our sport enjoys an even gender split, and a greater proportion of females in roles on committees, that does not exclude you from applying.

LAQ's application is being targeted towards increasing skills of volunteers through subsidised or additional training courses, even though males will still be able to attend.

The application should take you no more than an hour to complete, and applications are assessed as they are received – so get in quick!

Governance & Affiliation Review

LAQ has engaged CPR Group to review the model Centre constitution and affiliation documents we have in place. The goal of this project will be to:

- Provide your Centre with a current, best-practice template constitution to run your Centre that meets all legislative requirements.
- Clearly outline the rights, benefits and expectations of both LAQ and Centres that occur through affiliation within the sport.

These projects will be discussed further at next year's Conference, but I know several Centres had considered reviewing their Constitution – it may be worth waiting until this project is complete before spending further time and money on doing it yourselves.

State Facilities Plan

Thank you to those Centres who have provided us with your information for our 2024 State Facilities Plan update. Since the announcement of Brisbane 2032, most Councils have increased their focus on city-wide facility planning and they are seeking guidance from State Sporting Organisations to identify where best to spend their resources. Our document was first produced in 2018 and is now outdated and being able to provide councils with accurate information will help us to advocate for additional investment in our sport. If you have not yet completed this survey, please do so, no later than January 10th by heading to: <https://www.surveymonkey.com/r/2024FacilityUpdate>

Blue Card & Child Protection Survey

Thank you to those Centres who have completed the Blue Card & Child Protection survey. Unfortunately, there are still 23 who have not

completed this survey – we need you to complete this ASAP as it is well overdue:

<https://www.surveymonkey.com/r/FKMQVMW>

This survey was designed to get an understanding of where Centres required more support in understanding the Blue Card system and your requirements for child protection. Early in the new year we will be running an online training session to talk through some of the points that were identified as part of this survey and help you understand your requirements, further.

The survey also identified challenges with Centres trying to develop their Risk Management Strategy in relation to child protection.

New Employment Opportunities

Following extensive feedback through the Regional Forums it was identified that LAQ needs to place an increased focus on schools, assisting with Centre operations, and better education. I am pleased to announce that LAQ is now advertising for two new full-time staff roles to place an increased focus on these areas. The intent is for these roles to start early in the new year and become self-sustaining, allowing us to further expand in the years to come. If you know of individuals who may be interested in applying for either role, please encourage them to visit our website.

Christopher Davis

Administration

LAQ Office Closure

The LAQ Office will close for the festive season on Wednesday 20th December at midday and reopens on Wednesday 3rd January at 8.30am.

We'd like to take this opportunity to wish our Centres, committees, volunteers, athletes and families a very Merry Christmas and a safe and Happy New Year.

Summer Centres

Closure of Registration Portals

All Summer Centre registration platforms will be closed off to the public at the end of January 2024.

If your Centre would like to keep your registration platforms open after January 2024, please contact the LAQ Office.

Centres will still be able to access their registration platforms while it is closed off to the public.

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.

Winter Centres

2024/2025 Winter Registration Fees

The LAQ registration fees for the 2024/2025 season are:

- Tiny Tots: \$60.00
- U6-U17: \$92.00

The LAQ registration fee will be updated in Centres registration consoles in early January 2024.

Please note that Summer season fees have not been confirmed and will be communicated no later than 1st March 2024.

New Season Requirements

Winter Centres need to ensure that the following items are sent into the LAQ Office before the start of the new season:

- \$55 Affiliation Fee
- Committee Membership form
- Sign-on Information
- Draft AGM Minutes & Audit Report

Also, don't forget to send your Annual Return into the Office of Fair Trading.

Season Rollover in ResultsHQ

Winter Centres should conduct their season rollover in the Centre ResultsHQ Profile at least 4 weeks prior to their first sign on date.

An email will be sent to all Winter Centres in early January 2024 with instructions on the process required.

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 in 2024, more details can be found on the LAQ website or contact the LAQ Office.

Coaching Clinic at Nambour LAC

LAQ supported Nambour LAC at their recent coaching clinic. Over 55 athletes from Centres all over the Sunshine Coast attended and were put through their paces in sprints, hurdles, discus, javelin, long, triple and high jumps.

A big shout out to Sophie Henderson, Garth Cooper, Michael Hooper and Nick Bennett for providing their time and expertise.



Game of the Month

Christmas Present Stacking Relay

Equipment:

- Duplicate set of wrapped boxes
- Items inside the boxes (optional)
- Markers
- Agility pole (optional)

How to Play:

You will need a variety of boxes to wrap. They should be a variety of shapes and sizes. You need two sets of gifts, one for each team. Set up markers, agility poles, or other obstacles depending on location.

Divide teams in two, Team A and B. Set out a course of 15-20m. Now split each team so half are at one end of the lane and half at the other end. Stack three gifts on top of each other, have both teams with the same size and shape presents.

Teams are told that they must take the stack of gifts from one marker to the other without dropping any gifts and then place them on the ground. Then the next person must pick up the gifts and take them back to the other starting point. Continue until all athletes have had a turn, or for a set time.

Note: if the gifts fall then the person must go back to their starting point and begin again.
Variations

Easy version - use empty boxes.

A little trickier - add obstacles that players must weave around

Harder version - tell teams that they can only use one hand to carry the gifts (two when lifting off ground)

More Difficult - add items into the gifts or place an apple or orange on the top box!



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

2023 McDonald's State Relays

Well done to everyone that contributed towards and competed at the McDonald's State Relay Championships. This event showcased many aspiring athletes competing in LAQ's major teams event, and they did so with great spirit and confidence. This season also the official rollout of the new relay rules and regulations after 2 years of trials and adjustments, which proved to be a successful process.

The Board approved 34 Relay QBP's earlier this week, congratulations to all teams and Centres. Certificates will be issued early in the New Year. A full list of results and the QPBs can be found on the LAQ results page.

Don't forget to let your members know that there are photos taken by Medal Shots available through this link: <https://gallery.medalshotsphotos.com/2023laqstaterelaychampionships/>

2024 Nordic Sport Summer Regional Championships

Meet Invites for the summer Nordic Sport Regional Championships have been issued to all active Summer Centres. If action has not already been taken, please be sure to open and share your meet now so members, including Multi-Class athletes can nominate directly – late nominations will not be accepted. Remind your members that **9am** is the time that the nomination portal will close, and payment is required at the time of nomination (prior to the closing date) via credit card or PayPal.

Closing dates are:

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

Event Order, closing dates, competition and backup dates, venue details and more information for each of the Regional Championships will be posted on relevant Regional event web-calendar-pages once provided.

Please ensure your members are aware of the following:

- The 4 Centre meet requirement to be eligible for nominations. Centres are responsible for helping members who are not able to process nominations for themselves.
- Athletes in the U9 - U17 who place in the top four of any final at the Regional Championships will have automatic qualification to the 2024 State Championships in Brisbane, apart from those competing in Walks and 1500m events, which have time limits.

2024 McDonald's Combined Event Championships

These Championships are being held on the 2nd & 3rd of March. The Meet Invite for the event will be issued to all Centres during the week ending 19th January.

Key Points to note:

- Open to all LAQ registered U9 – U17
- Nominations close on Monday 19th February at 9am
- Nomination fees are \$20 per athlete.
- Nominations will only be accepted via Family or Centre ResultsHQ Profiles.
- U13 – U14s may only nominate for 2 combined events provided they are programmed on separate days.
- U15 – U17s may not nominate for the heptathlon (2-day event) and a triathlon; they may however nominate for 2 triathlon events.
- U15 athletes seeking consideration for selection in the 2024 State Team will need to compete in the heptathlon event at this competition.
- Any U9 –U17 failing to start an event, cannot compete in following events within the combined event set.
- U7 & U8s will be offered skill sessions on the Saturday morning – registrations shall only be available via the ResultsHQ Meet Invite.

Looking Further Ahead

2024 McDonald's State Championships

- QSAC Brisbane 22nd - 24th March
- Nominations close on Monday 4th March at 9am
- Winter Centres if you haven't already, be sure to reach out to your membership and share the Declaration of Nomination issued in October

2024 Coles Winter Carnival

- Townsville 22nd & 23rd June
- Open to all LAQ registered and non-registered age appropriate U9 – U17s.
- Nominations close on Monday 10th June at 9am

Competition Officials Shout Out

Have you heard about the Bring a Friend and New Officials' campaigns?

Simply put, our regular appointed Officials are encouraged to bring along a friend (and new official) to officiate at one or more of the remaining 2023/24 season LAQ competitions to be eligible for entry into the prize draws.

Your friend (new official) must hold a Blue Card, needs to complete an EOI for event allocation and help at three or more field events or half day as a track official.

Be sure to introduce your friend(s) to Tony Frampton and get them to check-in using the Officials QR code. Anyone who was an attendee at one of the 23/24 IOWs who registers an IOW and meets the criteria could also be in the draw.

Prizes include an accommodation voucher at Robertson Gardens as well as Coles and fuel gift cards.

There is also the Mentoring and Evaluation program that has been implemented across all levels of the LAQ Officials hierarchy at LAQ conducted events. Several experienced and accredited Officials have been appointed to evaluate Officials, offer mentoring, provide immediate feedback, and identify those for upskilling.

2024 LAQ Conference

We are extremely excited to announce that the 2024 Conference will be returning to Sea World Village Roadshow Theme Park Conference Centre. The date will be 7th – 9th June.

We strongly urge current Committees to start planning now to ensure your Centre has attending members for this highly informative weekend. The conference packages include a Friday evening welcome, full Saturday business sessions & LAQ AGM, Saturday evening Awards Dinner and ½ day Sunday business session.

An accommodation booking link and general information will be provided soon on the LAQ Conference webpage.

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
- 19th February
Closing date for McDonald's Combined Event Championships nominations (9am)

March

- 3rd & 4th March
McDonald's Combined Event Championships (SAF)
- 4th March
Closing date for McDonald's State Championship nominations (9am)
- 22nd – 24th March
McDonald's State Championships (QSAC)

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

Karen Lunt & Will Eggar