

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



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President's Corner

Happy New Year to you all!! I hope everyone got the opportunity to have some downtime during the festive season. While we all love our sport it's great to be able to stop and recharge for a few weeks.

What a tumultuous couple of months we have had with the weather impacting everyone. You have all weathered 2 cyclones in the north of the State and extraordinary rainfall and storms in the south. Some Winter Centres have had some flooding damage to equipment and grounds from the aftermath of Cyclone Jasper. Thank you to all of those committees for your efforts in getting in and doing the clean up and assessing the damage.

Some of our Summer Centres have had unprecedented rain and storms over many weeks making competition at their grounds impossible. There has been some significant damage to some tracks and field areas. This has meant these Centres have not been able to compete for a number of weeks.

A massive shout out to all of the Centres who have invited those Centres impacted to come and join with them until their fields are open again. This is the amazing spirit we have within our Little Athletics Queensland community. If someone is having problems, others jump in and help. This has meant the athletes have been able to compete and train leading into the Regional Championships. THANK YOU!!

Recently, some of our athletes headed to New Zealand for our annual development tour and competition. Congratulations to everyone who competed, did PB's and brought home medals. Not only do the athletes get to compete internationally, they also forge

friendships that can last a lifetime. A special thank you to the managers who travelled with the athletes. It can be a very tiring but rewarding experience and we certainly appreciate the work done in training and managing the team.

It is nearly time for the Nordic Sport Regional Championships for our Summer Centres, which will be held at various venues throughout the summer regions. This is a big weekend for athletes with qualification for the McDonalds' State Championships on the line. It is also a fun weekend for everyone. I would like to acknowledge the work that goes into the preparation by regional committees and Centres towards the event. This is a big undertaking particularly if you are the host Centre. A large amount of work is done by the committee in getting grounds and equipment ready. The officials over the weekend are kept very busy and without them no events would happen. THANK YOU TO ALL OF YOU!!

We also have our McDonald's Combined Event Championships coming up in early march, and this will also serve as the selection event for the U15s for ALACs 2024 in Adelaide. It is a very busy time particularly for our older athletes who also compete at Queensland Athletics with a lot of competitions coming up. I would like to wish everyone the best of luck for all for your upcoming events.

Our Winter Centres are starting to look toward their sign ons. We will see some of our Winter athletes at the McDonald's State Championships in March. This is a terrific effort as these athletes have to stay in training throughout the remainder of the year after their season finishes.

I would like to pass on my thanks to Brad Jones, who recently stepped down as a Director on the LAQ Board. Brad has done a terrific job as Chair

of the Competition Committee, especially in the last couple of years with fine tuning the relay rules. This was a huge undertaking. I will miss Brad's clear thinking and level head when making decisions. Thank you Brad and good luck in the future. We will still see Brad as an official at our events. We will be advertising in the near future for a new Director to join the Board.

Donna Smith

From The CEO

It just wouldn't be Little Athletics season without the weather already playing an impact and making things difficult for everyone 😞. Cyclones Jasper & Kirrily have already caused damage, disruption and flooding since the holiday period began, a tornado went through the Gold Coast and hinterland regions over Christmas and now flooding is once again making its way through SEQ. Online, I can see the frustration of meets being cancelled week after week, but I have also seen several Centres be flexible with their delivery to provide quality experiences for their members. Shortened programs, neighbouring Centres welcoming other athletes into the fold and even mid-week programs have all featured as ways to keep the Little Athletics spirit alive – well done!

Insurance

LAA & AA have appointed Gow-Gates as the new insurance brokers for the National Insurance Program, taking over from Honan. There has been no change to the previous policies, however if you need to make a claim, or wish to obtain advice, you can find all of the information at this site: <https://www.gowgates.com.au/sport-programs/athletics>.

Over the coming months, a working group has been established to work with the insurers to review the national policy and its inclusions. Gow-Gates will then go to market, seeking terms for a new policy to commence from May 1st. Several pieces of information

will be sought from Centres, and I ask that when this is requested, you help us to obtain the best insurance for you, by providing accurate and timely information.

A reminder that unfortunately there is no coverage for damage to equipment or property for cyclones, nor from flood (assuming your Centre is within 500m of a watercourse) – so if there is any safe opportunity to get equipment out of harm's way, you should make every endeavour to do so.

New Staff

In response to feedback sought during the Regional Forums, three new staff members will shortly start with LAQ. These new positions will allow us to place a greater emphasis on those areas which will help us drive the sport forwards into the future.

Keith Webb has been appointed to the new position of State Development Manager. Keith spent over 15 years managing school programs, club and regional development with AFL Queensland before starting his own personal training business and management of a small recreation centre in the past 4 years. Keith will commence on Monday 12th February.

Sophie Henderson will be joining our team as our third Development Officer, along with Shaun & Mitch. Sophie was initially a Little Athlete herself before progressing into coaching roles at City North LAC. She runs her own coaching business, Henderson Athletics, and has been coaching at LAQ development clinics on a contract basis for the past 12 months. Sophie will commence on Friday 9th February.

We have recently advertised for the new position of Marketing & Communications Coordinator, with applications closing on Monday 12th February. We would love it if you could share this opportunity through your networks, with a full position description available here: <https://bit.ly/laq-mcc>

Once all positions have been filled, updated contact lists and role responsibilities will be shared more broadly with Centres.

Winter Sign-On Campaign

Our Winter sign-on campaign will launch in mid-February with a targeted focus on generating EOI's through Facebook, Instagram & Google. This campaign will run for 6 weeks however the success of the campaign relies heavily on centres to convert an interested lead, into a sign-on. Please keep an eye across your emails for EOI's to come through from Ngaire and prioritise reaching out to the interested parent.

Christopher Davis

Administration

Closing Dates for LAQ Athlete Awards

Centres should start thinking about which of their athletes they could nominate for the LAQ Most Improved Award and George Harvey Leadership Award.

Closing date for both awards is Wednesday 6th March. More information, including criteria and a nomination form can be found in the LAQ Awards Booklet on our website.

Summer Centres

Graduation Certificates & 10 Year Athlete Participation Badges

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 Association 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, 40 & 45 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 Association Office.

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

2024/2025 Committee Membership Forms

Winter Centres that have held their Annual General Meetings are required to complete a Committee Membership Form and return it to the LAQ office.

The Committee Membership Form can be found on Centre Connect.

Fair Play Vouchers

Round 10 of the FairPlay vouchers have now opened and parents, carers and guardians can apply for a voucher valued up to \$150, which can be used for registration fees.

For parents, carers and guardians that have a FairPlay voucher from round 9 they can still be redeemed up until the 29th May 2024.

For more information on the FairPlay vouchers, please click [here](#).

Play Our Way Grant

The Australian Government has announced the \$200 million *Play Our Way* grant program. The program will provide greater opportunities for women and girls to access, participate in and remain involved in sport and physical activity.

The grant program will open in early 2024 and will be an open competitive Grant Opportunity for local governments and community, not-for-profit and sporting organisations.

The Grant Opportunity will fund projects across 2 streams:

- **Facilities** – to support new and upgraded facilities, playing areas, or spaces for sport and physical activity, for women and girls.
 - Applicants will be able to apply for between \$50,000 and \$1,500,000 for projects that support new and upgraded sport facilities, playing areas and spaces, specifically for women and girls.
 - For Facilities projects in small rural towns, remote communities or very remote communities, the maximum will be \$2,000,000 to reflect increased costs in rural and remote areas.
- **Participation and equipment** – to support sustainable and enduring sport programs and/or new or upgraded equipment, for women and girls.
 - Applicants will be able to apply for between \$50,000 and \$1,000,000 for projects that support modifying and/or developing sustainable and enduring sport participation programs, and/or new or upgraded equipment, specifically for women and girls.
 - Projects can be for both Participation and Equipment initiatives, or one component only.

For access to the grant documents, including the application form, you must register on [GrantConnect](#).

All Play Our Way enquires should be made to Grant.ATM@Health.gov.au

Child Safe Practices

Sport Integrity Australia has launched the 2024 Integrity Education Webinar Series. This series will focus on key integrity areas to support members of sport across all levels including participants, administrators, coaches, volunteers, and parents.

The first three webinars will focus on Child Safe Practices in Action, and a fourth will address Grooming in the sporting environment:

- Tuesday 13 February
Photography, Videos and Electronic Communication with Children and Young People
- Wednesday 6 March
Recognising Boundaries and Managing Behaviours of Children and Young People
- Thursday 21 March
Transporting and Travelling with Children and Young People
- Thursday 11 April
Understanding Grooming in Sport

More information including early registration is available on Sport Integrity Australia's website.

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.

Skills Session Clinics

LAQ hosted a series of Skills Session in the last week of the January school holidays at QSAC. These sessions were designed to teach, reinforce, and develop the skills that the athletes require in their events. Over 100 athletes attended this series and were faced with heavy rain as well as stifling heat and humidity, yet all put in their best. Hopefully they slept well.

A big shout out to Camryn Newton-Smith, Ian Thompson Sophie Henderson, Garth Cooper, and Joanne Lane and for providing their time and expertise.



Game of the Month

Many Starts

Equipment:

- A straight line

How to Play:

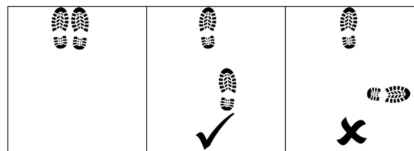
Have children line up on the start line with their toes behind the line, not on it or over it.

Give the command "On your marks" and have the children complete the following:

Move one foot (it matters not which one at this stage) straight back, so the foot isn't too close together nor too far apart.

Place both hands on the front (bent) knee.

Eyes should be focused on the ground about 1-2m in front of them. Not at feet, nor at the finish line.



Give the next command – "Set" and have the children complete the following:

Move one hand to the front and one to the rear so that you have the opposite hand to opposite foot out in front.

Lean slightly forward from ankles, not waist.

On the "B" of the bang of the gun, clap of the coach's hands or whistle blast, the children run as fast as they can to the finish line 5-10m in front of them.

Alternate the front foot (i.e. if left foot in front first, swap to try the right) each time you practice a start to allow the athlete to feel which one "feels fast" to them.

Practice this position / standing start three times on each leg. Each time focus on the feet (straight ahead) and the arms (opposite arm, opposite leg).

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

2024 Nordic Sport Summer Regional Championships

These next two weekends will see nearly 3,300 athletes competing across (7) seven competition venues in South East Qld and the Wide Bay Region at their Summer Nordic Sport Regional Championships. We wish all competing athletes, competition officials/event helpers and Centre Team Managers a successful and enjoyable competition.

Competition dates are listed in the [Summary of Calendar dates](#) at the end of this section. Do your members know when the backup dates are scheduled should the competition or an event is rained out? Be sure to share that information and the conditions of participation should the backup dates be needed.

With the ever expected changing weather conditions, Centre Committee members should be reminding members to hydrate, use sunscreen and be wearing or have suitable clothing at hand. If the competition venue allows, be sure to take extra shade for your members to

gather – it will make the Team Manager's task a lot easier and help the newer members feel like they are part of a team that will provide support and much needed information and guidance.

Over the next 7 days updated Event Orders and competition handbooks will be posted on the relevant LAQ Regional event calendar-pages.

Please remind your competing members that 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 (21st – 23rd March QSAC Brisbane), apart from those competing in Walks and 1500m events, which have time limits. All nominations must be submitted via the Centre Committee to the LAQ as soon as possible, but no later than the 9am Monday 4th March.

Nordic Sport will be taking orders for the 2024 McDonald's State Championships Souvenir Shirt. A small quantity of shirts will be available for sale during the Championship weekend. Pre-Order forms and more details will be posted on [the State Championship event page](#)

2024 McDonald's Combined Event Championships

The Meet Invite for the McDonald's Combined Event Championships on the 2nd & 3rd of March was issued to all Centres on Friday 19th January and all Centres should have opened and shared the event for their members.

Key Points to note:

- Open to all LAQ registered U9 – U17
- Nominations close 9am Monday 19th February.
- 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.

An U7 & U8s Skill Development session will be conducted on the Saturday morning starting at 8am. This will consist of run, jump, and throws sessions and will be held over an approximate 2 hour period. Registrations must be submitted via the CEC ResultsHQ Meet platform, nomination fee of \$15 will be applied per athlete.

McDonald's State Championships

The McDonald's State Championships returns to QSAC Brisbane for the weekend starting Friday 22nd and ending on Sunday 24th March.

Use this link <https://laq.org.au/mcdonalds-state-championships/> to access current information including the draft Event Order and updated details as they are confirmed.

Thinking about helping on the arena but can only be available for particular events. That's okay, lock in your place for your preferred events by lodging an [EOI here](#).

Competition Considerations

Is appropriate equipment being offered and used at your Centre meets? Is everything in working order? Here are a few check-ins for your Committee to discuss after the off-season or Christmas breaks...

Are the hurdles collapsible, and do they collapse too easily or not easy enough. The nut/bolt on the collapsible joint needs a bit of attention.

Is the appropriate javelin weight being used for competition or skill development – if an age group is offered Javelin as an event, they must use the correct weight. If a turbo Jav or vortex is being used for skill sessions, the weight must be the same or less than the competition weight standard for that age group. For age groups not offered Javelin as a standard event, the weight of the turbo and or vortex used during a skill session must be appropriate for the age group. If your Committee is not sure what the weight specifications are; refer to the Competition Rules and Regulations – even the U10s can use a 400g or lesser weighted turbo Jav to learn.

Did you know that metal rimmed discus can only be used at LAQ competitions, and are only offered to U13- U17 athletes? They cannot be used at Centre Meets or Centre Carnivals. Be sure that the risk factor at your Centre is reduced and follow this LAQ rule. When was the last time the integrity of the discus nets were checked? Wet weather and extended periods of storage / age can alter the effectiveness of the net's hold. Is the rubber compound of the discus intact, are there little rims and gorges – is it time to replace damaged discus?

2024 LAQ Conference

Sea World Resort 7th – 9th June

Did your Committee discuss the return to Sea World Centre for the LAQ 2024 Conference & AGM? The link for accommodation bookings is now available [here](https://laq.org.au/resources/annual-conference-and-agm/): <https://laq.org.au/resources/annual-conference-and-agm/>

Committees, please note the accommodation will be applying release back dates – 'release back' means that a % of unsecured / not booked rooms that have been put on hold for our members will be released to the public and will no longer be in the pool of rooms for our members. There will be 3 dates between now and 2 weeks prior to the conference date. So, if you want to guarantee accommodation at SeaWorld for



your attending members book as soon as possible.

The next edition of LANews will provide key return and distribution dates for the Conference papers and registrations. The conference packages include a Friday evening welcome, full Saturday business sessions & LAQ AGM, Saturday evening Awards Dinner and ½ day Sunday business session.

So start planning now and be sure to visit the [LAQ Conference webpage](#) for updates.

Competition Calendar Dates to Remember

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

- 2nd & 3rd March
McDonald's Combined Event Championships (SAF)
- 4th March
Closing date for McDonald's State Championship nominations (9am)
- 13th March
Closing date for McDonald's State Championship souvenir shirts pre orders
- 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