

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



Robertson Gardens

KUMON



QUEENSLAND GOVERNMENT

In this Edition

- President's Corner 1**
- From The CEO 2**
- Administration 2**
- Coaching & Development... 3**
- Competition & Officials... 4**
- Checklist for Centres 5**
- Mailout Attachments 5**

President's Corner

We have had a very busy and eventful February. Our friends in Townsville and the surrounding areas have had catastrophic flooding and loss of homes and livelihoods. We have been keeping in regular contact to see how we can help out. To this end we are not changing our plans to hold the McDonald's State Championships in Townsville. We have had advice it is safe to do so and we will be helping bring in much needed business to the area.

The Nordic Sport Regional Championships have been held and only one Region had to go to their back up weekend. I would like to congratulate all of our Regional committees for their tireless efforts in running these events. It is a big weekend and a lot of work goes in before, during and after the event. I got to four Regions and was impressed by how seamless it all was. This means the athletes are able to compete to their best. Thank you to everyone involved.

I would especially like to congratulate the Sunshine Coast Regional committee and Noosa LAC. After being washed out on their original weekend at Gympie, they had to move to their back up weekend and hold the event at a different location. This was a difficult turn around in a week but was done with no disruption to the athletes. Well done to everyone especially Noosa LAC who were able to host this event at short notice.

We now look forward to McDonald's State Championships in Townsville on the 22nd – 24th March. Congratulations to all of the athletes who qualified and we look forward to a big weekend in Townsville.

We held the first Multi Event weekend this weekend. We had lots of different combinations of events and it was a lot of fun. Being the first event like this that we have done there some areas that we can improve on and this will lead to a bigger and better event next year. This weekend also served as the qualification for our U/15s for the State Team to go to Hobart for ALACs in April. Congratulations to those athletes that were named in the team. Thank you to our great group of officials who were out there all weekend. Without you there is no competition.

Some of our officials attended a TOECS 1 officiating course run over several weekends in January. All of our officials passed the exams so congratulations to everyone. This allows us to continue to deliver well run athletics to our athletes and gives us more mentors within the sport. I would like to thank Helen Roberts and QA for including us in this program.

It is great to see our Winter Centres in sign on mode. We would like to welcome back Ross River to the Little Athletics family. It is great to see another Centre in the Townsville area. This will allow great competition come Regional Championship time. Fingers crossed the weather is kind to you this season. We look forward to seeing what is happening at the Centres as your season progresses. Don't forget if you have something special happening let us know so we can showcase it to everyone. We look forward to catching up in March at States.

As the Summer season draws to a close, I would like to take this opportunity to thank all of the Centre committees, Regional committees

and all of the volunteers who come together to make Little Athletics happen. Without all of the countless hours, many behind the scenes, our athletes wouldn't have the great sporting experience they have. This is getting more important every year as children are becoming less active. We understand everyone has many commitments in their lives and we appreciate that Little Athletics is one of them. Thank you to each and every one of you.

Donna Smith

From The CEO

Coles Community Fund - Round 3

The Coles Little Athletics Community Fund (Round 3) has now opened at www.coles.com.au/littleathleticsfund

Preference for this round will be given to Winter Centres so make sure you get an application in as part of your start of season preparations.

Applications close Sunday 31 March and the process has not changed from Round 2, so Centres can re-apply using the same application form with updated quotes.

Over summer, 160 Little Athletics Centres have shared in almost \$600,000 worth of equipment through the Coles Little Athletics Community Fund. Thank you sincerely Coles for helping get this much needed equipment out to the athletes.

LAQ Ronald McDonald House Townsville Relay Fundraiser

Many of you would have seen the recent Facebook and website posts for the Townsville Relay Fundraiser Little Athletics Queensland is conducting for Ronald McDonald House in Townsville.

In the lead up to the 2019 McDonald's State Championships, we're calling on Centres to raise much needed funds for Ronald McDonald House who accommodated so many families affected by the floods.

Centres can raise donations in whatever creative way you want. Any funds can simply be direct debited to LAQ and we will present the final tally to Ronald McDonald House at the State Championships.

Make sure you include in your direct debit the words "McDonald's Relay" and the name of your Centre. Any funds raised will need to be deposited by Monday the 18th of March to be included.

Also, post as many photos or ideas on social media so other Centres can see what you're doing. So far, some Centres have advised they're running sausage sizzles, doing cake or cookie drives, selling raffle tickets and the whole of the Gold Coast Region are looking to run a 400m relay to see how many laps they can do in 3 hours.

Centres that participate will also go into the draw to win one of three \$1,000 Macca's Spirit Awards and LAQ has already donated \$1,000 to the fund. Thank you in advance for your support.



Simon Cook

Administration

2019 Annual Conference Call For Motions

This is the first and final call for motions for the 2019 Annual Conference.

Please find attached to this mailout, a Call for Motions form template. All motions must be submitted on this

form. The closing date for motions is Friday 19th April. Please refer to the attached paperwork for further information and instructions.

New Website

Look out for Little Athletics Queensland new website, which will be launched in the coming week.

Coles Community Grant - Dirranbandi LAC

Dirranbandi LAC was just one of our Centres that was successful in receiving a Coles Community Grant for some much needed equipment.

The athletes of the Centre were very excited to try out the new equipment and Julia and Charlotte (pictured below) couldn't wait to start practising their relay baton changes.

Congratulations to all the Centres that were successful in receiving a Coles Community Grant.



2019/2020 Committee Membership Forms - Summer Centres

Summer Centres will find enclosed in this month's mailout the Committee Membership Form for the 2019/2020 season. Once Centres have held their AGM, this form needs to be completed and returned to the LAQ Office.

Coles Banana Donations - Winter Centres

Winter Centres that are within 50km from a Coles store will receive their banana coupon book in early April. Banana donations will occur from May to August.

Centres that are more than 50km from a Coles store will receive an ambient pack in lieu of the banana donations.

Winter Centre Registrations & Payment

For any Winter Centres that require assistance with their registrations or payment for registrations, please contact Ngaire in the LAQ Office.

LAQ Awards

Enclosed with this mailout is an updated copy of the 2018/2019 Awards Booklet.

Closing dates for the various awards can be found in the front page of the book.

Centres need to start considering adults from within their Centre for LAQ Awards.

Adult awards that are available include Life Membership, Distinguished Merit, Merit, Frank Knight Memorial Coach of the Year and Volunteer of the Year. These awards are presented at the Annual Conference in June. Nominations close on Friday 19th April.

Refer to the LAQ Awards Booklet for further information.

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 2 weeks 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.

LAQ 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 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.

Shannon Kruger & Ngaire Hollands

Coaching & Development

Coaching Round Table Discussion Group

Tracey Tuia, Coaching Co-ordinator from Springwood Sharks Little Athletics, is organising another sit down round table discussion for coaches. This one will be for **throws**. Des Davis and Junior Su'emai will be there to discuss all things throwing and will be able to answer your questions on throws.

Where: LAQ Office
QSAC, Level 3
Cnr Mains & Kessels Roads,
Nathan

When: Sunday 17th of March
6.30pm

Springwood LAC would like to open the opportunity for your coaches to attend. If anyone is interested, please contact Shaun Lethem on 0417 613 911 or s.lethem@laq.org.au by Friday 15th March.

Athletics 3D App Beta Testers Wanted!

The creators of the Athletics 3D app, featured at the 2018 LAQ Conference, are looking for interested coaches to try out the app prior to its upcoming release. They are looking for a range of platforms on either android or apple, so your device, whatever it may be, should be able to be utilised.

If you are interested in being a part of this exciting opportunity (and want a sneak peak of the app), please forward your name and email address to Shaun Lethem at s.lethem@laq.org.au or text / call 0417 613 911 by Monday 11th March.

Introduction to Coaching (ITC)

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 the ITC is for you!

The ITC 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 ITC is a non-accredited practical coaching course designed for Little Athletics.

1 Day course - 6.5 hours duration.
Cost: \$99.00 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 by contacting the LAQ Office.

Upcoming ITC's (confirmed to date):

- 9th March – St George
- 27th April – Marlin Coast
- 11th May – Townsville Central
- 8th September – Mt Tarampa

Little Athletics Program for Schools (LAPS)

The purpose of our LAPS session is to promote Little Athletics and to encourage more children to register with their local Centre. LAQ Development Staff and presenters, on behalf of the local Little Athletics centre make the visits, which include children having an active experience participating in different track and field events and distribution of relevant materials to both teachers and students.

If there are any Centres who wish us to contact a specific school to see if we can run a LAPS session, please contact Kendal or Shaun in the LAQ Office. Please understand that we aim to conduct all school visits for those who request them, however we cannot guarantee this.

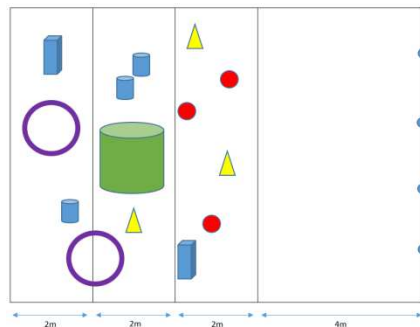
Game of the Month

Hit The Target

- Make a collection of a variety of objects such as (but not limited to) markers, witches hats, bins, plastic drink containers, cardboard boxes – essentially whatever you have access to. Ensure that they are of different shapes and sizes.
- Place the obstacles at various distances and locations in the playing space in front of the athletes. The measurements above are just a guide, adjust to suit the needs of your athletes.
- Have athletes line up behind the markers and try to have multiple throwers throw at the same time, using a different starting point for the next round of throwing (i.e.. so they are not at the same marker each time).
- Using small bean bags, tennis balls, cricket balls, soft balls.....again, whatever you have access to, throw them at the targets using a variety of delivery techniques from different delivery positions (see below).
 - Two handed chest pass – simulate the “pushing” action required for Shot Put.
 - Underarm – simulate the “slinging” action required for Discus.
 - Overarm – simulate the “Pulling” action required for Javelin.
- Use each of the above actions in a Sitting, Kneeling (one or two knees) and Standing position. This should also highlight the

importance of height of release (i.e. the taller the delivery position, the easier and better the throw.

- Allocate “points” for each target and for each target hit keep a running tally of points for the duration of each round. For example a marker might be 1 point, a witches hat 2 points, plastic bottle 3 points, plastic bottle knocked over 5 points, in the hoop 10 points, in the bucket 15 points.



Shaun Lethem & Kendal Newton-Smith

Competition & Officials

McDonald's Combined Event Championships

The inaugural competition was not held in the best of weather conditions, but that didn't stop the athletes having fun and achieving personal best performances, along with a number of QBP's. The official results have been posted on the LAQ website. The U7 & U8 athletes had fun completing their triathlon (without points) and being awarded participation medals. Performance certificates will be issued to Centres by the end of the month.

Thank you to all the Officials that provided a great atmosphere for the athletes, ensuring safe and well run events. Your dedication to our sport and Little Athletics is awesome and greatly appreciated. Feedback and suggestions on the event's concept and program via email is welcomed.

2019 LAQ Conference 8th & 9th June

The 2019 LAQ Conference will be held at Novotel Twin Waters Resort, Sunshine Coast.

Important dates to note:

- 17th April
Submission of Motions
- 24th April
Accommodation Bookings Finalised
- 17th May
Registration & Delegates Form

The accommodation booking form has been available for some time on the LAQ Conference webpage. Centres intending to use onsite accommodation should GET YOUR ACCOMMODATION BOOKINGS IN NOW!!

The Twin Waters venue is set for an early release of rooms (50% allocated for delegates) to the public 7th March, with a follow up release of rooms early in April. We urge Centres to make their bookings now or risk not being able to accommodate at the venue. This is now standard practice for Conference venues and we have little control over the release dates. Any rooms booked prior to the end of March will be offered free breakfast(s).

The Online Conference registration portal, the information booklet and further information will be available on the LAQ Conference webpage by the end of March.

Please use this link to view details about the Novotel Twin Waters:

<https://www.accorhotels.com/gb/hotel-1644-novotel-twin-waters-resort-sunshine-coast/index.shtml>

2019 McDonald's State Championships

The State Championships in Townsville are only a few weeks away, all nominations are in and final preparations are underway. While the final program will be posted on the LAQ webpage by 10th March, be very mindful that events may be brought forward up

to 30 minutes or could be delayed due to different circumstances.

Remind your members travelling to Townsville or in the local area that Officials are still being called for, and that general assistance on the arena will be required throughout the weekend.

Athletes must present to the call room and or field events in the Centre approved uniform (including rego number and age patch); and be in accordance to the LAQ Uniform Policies and rules. Use this link to view the current policy: <http://laq.org.au/Portals/47/Documents/Policies/Uniform%20Policy.pdf>

Be sure to share the following spike details / restrictions with your athletes competing at the Townsville Sport Reserve:

- Track: max length 7mm
- Field: max length 9mm
- Max diameter: 4mm
- Style: Pyramid or Xmas tree

The following services are available at the Championships:

- Nordic Sport: souvenir shirts and merchandise
- Medal Shots: official photographer
- Herbert River Trophies: engraving
- Catering: Townsville Central LAC canteen and variety of food vans
- Results: LAQ webpage for live results throughout the weekend.

Funding for athletes may be available through the Queensland Government's "Young Athletes Travel Subsidy". For more information visit this site:

<https://recreation.npsr.qld.gov.au/travel-subsidy/>

Please note our event is currently listed as the **Queensland Little Athletics Championships**. When you are on the site use the filter option, type in 'Athletics Little'. Our event is second on the result list.

Competition – Hurdle Event Specification changes

A reminder that commencing in the 2019/20 season, U11 and U12 athletes will be offered 80m Hurdles instead of the 60m Hurdles. The hurdle height (68cm) remains the same, however, the number of hurdle flights and placement of hurdles will be as per other LAQ 80m Hurdle events.

2019 LAQ Competitions

Centres are encouraged to promote the

- 2019 Ronald McDonald House Charities Winter Carnival - Townsville - 22nd & 23rd June
- 2019 Coles Spring Carnival - Bundaberg – date TBC

Nomination eligibility and fees:

- LAQ registered athletes:
 - U7 – U17 \$15/athlete
- QA / ANQ athletes and non-registered athletes matching LAQ age group criteria \$20/athlete
- Spring Carnival only - QA registered U18 – Open \$20/athlete

Find more information on the LAQ website or web calendar. Nomination forms and online nomination portals for LAQ members will be available in May.

2019 Centre Carnivals

Winter Centres planning to conduct / host a Carnival (separate to normal Centre meets) that is opened to athlete nomination, are required to provide details to LAQ for sanctioning. We can even help you promote the event. Please use the attached form.

Centres should also be noting in their committee meeting minutes details of any InterCentre meets that are planned during the season to ensure insurance cover is in place.

Karen Lunt & Bianca Lunt

Checklist

- Conference motions to be submitted - 19/4/19
- LAQ Adult Award Nominations – 19/4/19
- 2019/2020 Centre & Committee Membership Form (Summer Centres) - 24/5/19

Mailout Attachments

- Call For Motions for the 2019 Annual Conference
- 2019/2020 Centre & Committee Membership Form (Summer Centres)
- Centre Carnival Sanctioning Form
- 2018/2019 LAQ Awards Booklet

