

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



QUEENSLAND GOVERNMENT

In this Edition

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

President's Corner

July is our big month for preparation. Our Winter Centres are getting ready to deliver the Nordic Sport Regional Championships with the first one being the Tropical North Region holding theirs at Tully. A vast amount of work goes into the organising of these events especially so for our smaller Centres. This is where the Region as a whole is able to offer support and manpower to hold the event. From experience I have found the smaller Centres put on a great Championships and it is a lot of fun because most people know each other.

The Summer Centres have started competition with some signing on earlier than usual. It is great that Centres can choose their own season within the rules and sometimes moving a season around works well for a Centre. This is also a good way of capturing members before the more traditional summer sports commence. I have seen some great advertising from our Centres on their social media platforms. This is important in the lead up to sign on and in the weeks after to keep parents up to date. If you have any questions leading into your season or once started, don't forget to let the LAQ Office know.

The first of our carnivals for the Summer season isn't too far away with the Spring Carnival being held in Bundaberg at the end of September. This is always a great day and gets bigger every year. Our carnivals are a great way for athletes to experience competition away from their Centre but in a learning environment. Check out our website for more information.

On the world stage we recently had some of our ex-LAQ athletes competing in the World University

Games in Italy, with some great results. It is also a busy time for athletes at the moment with the cross country and track and field schools events crossing over. It is wonderful to see our Centres acknowledging athletes who are competing away from the Centre. Athletes always love to see their names up in lights.

I wish our Winter Centres well in their preparations for the Regional Championships and also to our Summer Centres getting ready for the start of the new season. Thank you to all of the committees from our Centres for the work you do for our athletes.

Donna Smith

From The CEO

McDonald's Sponsorship

I'm proud to announce McDonald's have just signed a further 3 year sponsorship deal with Little Athletics Queensland. This will bring the partnership between the two organisations to well over 40 years! There wouldn't be many, if not any, sporting partnerships that could boast this level of longevity.

We'll be announcing further details of engagement activities soon along with promotions for the 40 year celebrations. Thank you McDonald's for your ongoing support of Little Athletics in Queensland!

Funding for Disadvantaged Kids

Little Athletics Queensland has joined forces with Aspirations4Kids in Sport (A4K) to offer funding for disadvantaged children to participate in Little Athletics.

Set up by former Australian cricketer, Ian Healy, funding is granted to families who fall under 4 categories - Financial Hardship, Disabilities &

Chronic Illness, Remote Living Issues and Temporary Hardship. LAQ is the first sport that A4K has chosen to partner with. Before then, they've operated solely in schools.

Further details about the program and how applications are made will be forwarded to Centres shortly.

Queensland Marathons Partnership

Little Athletics Queensland is a proud Community Partner of the remaining Queensland Marathon, the 7 Sunshine Coast Marathon.

If you or anyone at your Centre would like to join the Little Athletics Queensland Team and receive a 10% discount off your entry fee, click on the links below:

7 Sunshine Coast Marathon Festival (4 August):
https://endurancecui.active.com/new/events/56626853/select-race?ga=2.49790373.2032756373.1552257303-330047876.1540273362&locale=en_AU&p=9642654799690169

Be sure to select the Little Athletics Queensland Team when you enter to receive your discount.

Simon Cook

Administration

Centre Registrations

Winter

As another winter season is just about to end, all Winter Centres need to ensure that final registrations and payment for registrations has been provided to LAQ.

Winter Centres will find enclosed with this mailout, current registration figures as received by the LAQ Office to date. If your Centre has any issues with these figures, please contact Ngaire in the LAQ Office.

Summer

Summer Centres should be in the process of setting up their registration consoles for the 2019/2020 season. If your Centre requires any assistance, please contact Ngaire in the LAQ Office.

New Committee Support

The launch of the new summer season is just around the corner and we have many new committee members contacting the LAQ office and introducing themselves. It has been a pleasure talking all things Little Athletics. If your Centre has any questions or requires assistance, please contact the LAQ office and we are very happy to help.

To assist those Centres with completely new committees, LAQ is inviting Centres to put in an expression of interest for an event demonstration session to assist parents within your Centre. The demonstration would be open to all parents within your Centre and would go through each event that your Centre would run. The aim is to provide your parents with the knowledge and confidence to run the event.

If this is of interest to your Centre, please email info@laq.org.au

2020 McDonald's New Zealand Development Tour

Nominations are now open for the 2020 McDonald's New Zealand Development Tour. The Tour will take place from the 16th – 26th January 2020. The Tour is open to any U15 or U16 athlete who will be aged 14 or 15 years (born 2004 or 2005) as of 31st December 2019.

Selected athletes will spend 11 days training, travelling and competing together throughout the South Island of New Zealand.

The cost for the 2020 Tour is \$2,750, which covers airfares (Brisbane-NZ), taxes, ground transportation, travel insurance, accommodation, meals, competition fees, uniforms and sightseeing activities.

Athletes of any skill level are encouraged to apply. It is not necessary to be an elite athlete to take part in this Tour.

Closing date for nominations is Wednesday 18th September 2019. Further information and a nomination form are available on the LAQ website or by contacting

Shannon in the LAQ Office on s.kruger@laq.org.au or 0404 491 580.

Qantas Regional Grants Program

The new Qantas Regional Grants Program will provide financial, flight and marketing support to community groups and organisations in regional communities

For Centres that are located in regional Queensland, this grant might be of interest to you.

To learn more or to apply, please go to www.qantas.com/regionalgrants

Applications close on the 31st August 2019.

Lodging your Association Annual Return

Centres must submit an Annual Return to the Office of Fair Trading within 1 month of holding their AGM.

This form (Associations Incorporation Form 12-1: Annual return of association) must be lodged along with the Centre's adopted financials and fee (currently \$56.60). A copy of this form is usually posted in the mail, otherwise it can be done online.

Please contact the Office of Fair Trading if you have any queries in relation to this matter.

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble

Coaching & Development

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.

Upcoming ITC's (confirmed to date):

- 27th July – Agnes Water
- 28th July – Warwick
- 3rd August - Gracemere
- 11th August – Mt Gravatt
- 25th August - Strathpine
- 8th September – Mt Tarampa
- 15th September – Ipswich
- 22nd September - Jimboomba

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 Association Office.

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, 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.

We have recently sent out expressions of interest to schools nearby Winer Centres. 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 at the LAQ office. Please understand that we aim to conduct all school visits for those who request them, however we cannot guarantee this.

Coaching Clinics

This month has seen a number of coaching clinics held at Centres by LAQ Development Staff and coaches. Clinics were held at Cassowary Coast and Goondiwindi. A big thank you to Cara Boustead and Brenda Gracie for helping at Cassowary Coast and Taneille Crase and Hannah Joye for going to Goondiwindi (pictured below).



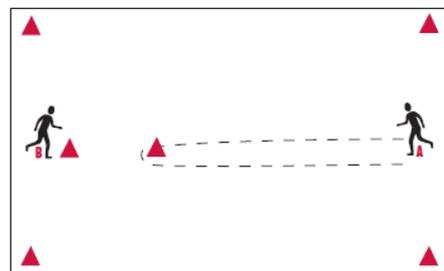
We are planning to hold a number of clinics in the Winter regions in the upcoming school holidays. Dates and coaches for these are still to be finalised, however these will be published when confirmed.

Game of the Month

Touch & Go (Cops & Robbers)

Athletes form pairs and face each other 20-30 metres apart.

Athlete A jogs towards Athlete B. On reaching a predetermined marker a few metres in front of Athlete B, Athlete A must touch the marker and sprint back past where they started. At the same time, once the marker has been touched, Athlete B must chase them and attempt to pass Athlete A before they get back to the starting line.



If Athlete B catches Athlete A then they can move the marker further away from Athlete B and try again.

If Athlete B didn't catch Athlete A then they move the marker closer to Athlete B and try again

Shaun Lethem & Kendal Newton-Smith

Competition & Officials

Competition Rule Changes

A summary of LAQ & LAA rule changes, now included in the Competition Handbook, is attached to this mail out. The summary has also been posted on the LAQ resources competition webpage and the Officials Team App page. A few key items to note:

- Rule 2.3.9. All Centres must now be using the knock-down hurdles
- Rule 5.4.3. Combined Event Championships – additional event options added
- Rule 5.5.10. 'Small' Centres can now form U15 – U17s Relay teams with other Centres within their Region.
- Rule 6.4. The table of Track & Field Qualifying Levels for Additional Entry to the State Championships have been removed and will now be published on the LAQ webpage and in the Regional Championship programs

State Relays – Multi-Class Athletes

Multi-Class Regional Exhibition Relay Teams will be trialled at the 2019 McDonald's State Relays. The following outlines the trial events and team structure for U9 – U17s.

Field Teams:

- Offered Discus and Long Jump events
- Two (2) athletes from one or combination of any Centre from within a Region
- Must be formed with minimum of one Multi-Class athlete.
- No age grouping restrictions applied; however, athletes will use implements relevant to their age group and or classification.

Track Teams:

- Offered 4 x 70m shuttle relay
- Four (4) athletes from one or combination of any Centre from within a Region
- Must be formed with a minimum of two (2) Multi-Class athletes

- Teams will be age group restricted and combinations U9 to U12s & U13 to U17s.

More information, nomination forms etc. will be available before the Regional Relays.

Trialing U13 – U17s Teams Event

LAQ are seeking expressions of interest from Centres on behalf of its U13 – U17 members that would like to participate in a Teams Event Trial that will primarily be a virtual competition this season.

Centre Meet best results from each team's top 7 athletes, from each eligible event during the round will count towards the overall Teams points.

A detailed paper is attached; nevertheless the following provides a summary:

The first Trial round will be:

- Limited to 15 Summer Centre Teams
- Teams will be limit to a maximum of 10 athletes and a minimum of 7 athletes
- There are no restrictions on the number of boys or girls or ages to form a team of 15
- Events eligible for points and rankings are: 100m, 400m, 800m, Sprint Hurdles, High Jump, Long Jump, Discus & Shot Put
- Eligible dates for 1st round results will be 27th October – 8th December
- Participation is by application

In setting up this trial the focus is on providing a workable and expandable virtual competition and gaining an indication of interest for alternate competitions. The Competition Committee will be looking for feedback on the base concept, with the intent for specific and structured competitions to be incorporated the following season(s).

Application and Team information should be submitted as soon as possible, but no later than Friday 30th August. If more than the maximum number of teams are submitted,

Simon Hinton and Karen Lunt will decide which Centre's will participate in the trial.

2019 Nordic Sport Winter Regional Championships

All Winter Centres should be in full swing of promoting their Nordic Sport Regional Championships, which are open to U7 – U17's members. A ResultsHQ Meet Invite has been issued to all Winter Centres. If your Centre has not received the Invite or if your administrator is not sure how to share the invite with your members and a little guidance is needed please contact Bianca as soon as possible.

Nominations must be processed through either the Family or Centre ResultsHQ profiles by 9:00am on the advertised closing dates (listed on last page).

Programs are being posted on the LAQ webpages once they are confirmed by the Regional Committee. Regional Competition Dates & Venues are as follows.

Competition dates and venues are:

- Tropical North
Tully LAC
31st August & 1st September
- North Queensland
Townsville Sports Reserve
7th September
- Central North
North Rockhampton LAC
7th & 8th September
- Maranoa
Goondiwindi LAC
21st & 22nd September

The nomination fee is \$15.00 per athlete and is payable by close of nominations. Centres must also ensure all registrations are up to date and complete for the nomination process to work. An audit of registrations vs nominations will be conducted.

Parent Help and Officials Accreditation

More often than not we hear from new parents that they do not know how to run an event. Once they are confident at Centre level, we then hear, "I don't know enough to help

at LAQ competitions including the Regions".

One simple fact that we must not lose sight of is the base rules applied when running an event at a Centre meet are the same at LAQ meets. Granted at LAQ meets there are a few more procedures, rules and protocols, but the base rules are the same.

So how can this information be shared with your new members, and more importantly how do you build their confidence to help at your Centre meets? A number of Centres very successfully run induction sessions, either during their sign-on days or as specific days early in the season before the Centre meets/program rounds start. If you need some ideas about these, speak to Shaun or Karen in the LAQ Office.

Base education on or an induction to running an event is generally provided from within your Centre, by experienced Centre members and is backed up by the National education scheme which is online. Use this link for more information on this online format <https://athletics.com.au/Officials/Education/>.

Centres also find the LAQ Handy Hints cards very useful as they cover the basic rules and event information. The Officials Handbook is another great source of information (an updated version will be available soon). Ngaire will be issuing an email asking Centres if assistance is required for very basic instruction for parent help.

LAQ Officials Committee is looking into suitable days and venues to conduct some Officials Seminars. The LAQ conducted Seminars are generally more suitable for experienced Officials holding Level 1 or Level 2 accreditation. If your Region would like to host event(s) specific Advance Officials Seminar, please email Karen k.lunt@laq.org.au

Once Seminars are scheduled details will be listed here <https://laq.org.au/courses-and->

[seminar/](#) , on the LAQ web-calendar and on the Officials Team App page.

Next month Bianca will be issuing extracts from the LAQ Officials database to each Centre with registered Officials. Centres will be required to review the details and provide feedback and updates on their member's officials and active status.

Summer Centres Only - ResultsHQ Roll Over Required

Summer Centres using ResultsHQ should be looking to conduct a Season Rollover in the Centre ResultsHQ Profile at least 2 weeks prior to their first sign on date. For assistance with this or for any other queries on ResultsHQ, please feel free to contact Bianca through the LAQ Office. The link below provides a step by step article for quick reference.

<https://support.timingsolutions.com.au/hc/en-us/articles/201741754-Season-Rollover-Getting-ready-for-a-new-season>

Karen Lunt & Bianca Lunt

Checklist

Competition Nomination Closing Dates:

- Tropical North Regional C'ships
9am on 19/8/19
- Central North Regional C'ships
9am on 26/8/19
- North Qld Regional C'ships
9am on 26/8/19
- Maranoa Regional C'ships
9am on 9/9/19

Workshops:

- Regional Relay Workshop LAQ Office
 - 6.30pm on 10/9/19
 - 10am on 15/9/19

