

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



**QUEENSLAND GOVERNMENT**

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## **President's Corner**

June has been a very busy month for us all. The first highlight of the month was our Annual Conference on the Sunshine Coast. We had near record attendance which made for a great weekend. We had our new Centre, Granite Belt attend for the first time and several other Centres who haven't been represented for several years. It was terrific to have you all on board with us. With the business session dealt with early, we were able to concentrate on all the workshops. It was good to see centres splitting delegates between the various workshops so as best to amass more information to take back to their Centres. The workshops were all popular and we had a new Podiatry workshop this year. By the sounds of laughter coming from the room, it was a hit. It was great to have Centres come and say how happy they were that they now had loads of extra information and tools to take away with them.

Saturday night was a fun night with lots of great costumes. Some were very creative. This is where everyone gets to have fun with the other Centres and have a break from the work of running Centres. I certainly had a great night.

I would like to congratulate all our award winners over the weekend. We don't give out awards lightly and were pleased to have so many people we thought were truly deserving of an award this year. Well done to our Distinguished Merit Award winners Jo Spyro, Jenny Boardman and Ralph Newton. This award is one of the highest we give out. A very special congratulations to our newest Life Member Ros McAlister from Townsville Central. Ros has stepped down from her role as Finance Director this year after

many years. We were very pleased to be able to present this award to Ros as her work over a long period of time has been exemplary.

The Board has decided to create a new role in North Queensland so as not to lose the knowledge and work that Ros has done over the years. We are proud to say Ros has accepted her new role as North Queensland Adviser. This will enable LAQ to have a presence and a voice in the North and a support for the Centres.

Our next big weekend was our Ronald McDonald House Charities Winter Carnival held in Townsville. Once again this was a successful weekend with athletes from as far away as Victoria and Cairns. The weather gave us a beautiful weekend and enabled all our athletes to perform to their best. The Townsville Sports Reserve is a wonderful venue for this competition. I would like to thank all our hardworking Officials and volunteers for their efforts throughout the Carnival, without you all we can't operate. I would especially like to pass on my thanks to the committee of Townsville Central Little Athletics for all your help prior to the weekend and the lending of equipment and most of all to the canteen staff. Long hours were spent each day in making sure we were all catered to. A special thank you for breakfast on Sunday morning. Thank you also to Wulguru for loaning us equipment as well. It is truly a community event when we go to Townsville.

A highlight of the weekend for the athletes was the Relays where two National athletes joined in. Thanks to Alex Beck and Rorey Hunter for joining us. We also had our great friend Cedric Dubler give a few tips at Discus. It is great when the older



athletes make it fun for the younger ones. We also had our first "FAST" program for the Tiny Tots and U6's. This will become a familiar fixture at our Carnivals. I would like to thank Brad Roberts from Ross River who helped our Development Officer, Kendal Newton-Smith, with the running of this program. The children had so much fun. I think the adults did as well!

We are fast approaching the Winter Regionals with the first one at the end of August. Don't forget we are here to help if you require it. Just contact the LAQ Office. A lot of our summer Centres are starting their sign ons early this year. Good luck to everyone for the upcoming season.

*Donna Smith*

## From The CEO

### 2019 Annual Conference Wrap Up

Thank you to everyone that attended to this year's Conference to make it one of the best we've ever had. The new format of having more workshops seemed to really strike a chord with everyone this year. If you want to look over them, we've placed all of the notes on the LAQ website in the Resources area.

We'll also make the Little Athletics promotional videos available in the next few days so you can use them with your sign on campaigns.

Thank you also to everyone that completed the feedback forms. We'll be looking at them very soon to make sure next year's Conference is even bigger and better.

Finally, congratulations to all of our award winners. What an amazing bunch of truly deserving people.



### LAQ Board Casual Vacancy

The Board is seeking Expressions of Interest for the vacant Director position on the Board. This position will be for the remainder of the current 2 year term. Further information is attached to this LA News and available on the LAQ website.

If you're interested in making a real difference to our sport, please consider submitting an application. If you have any questions do not hesitate to contact me at the LAQ Office on (07) 3892 9400 or email [s.cook@laq.org.au](mailto:s.cook@laq.org.au)

Expressions of Interest close on the 8<sup>th</sup> of July.

*Simon Cook*

## Administration

### Winter Centres

#### Registrations

All Winter Centres need to ensure that all registrations and payment for registrations received at your Centre have been provided to Little Athletics Queensland.

If your Centre needs assistance with registrations this season, please contact Ngaire from the LAQ Office.

#### Athlete Registration Numbers

All Winter Centres need to ensure that athletes within their Centre have been assigned a registration number. Athletes can continue to use their registration number from last season.

The athlete's registration number will need to be recorded in the registration system that that Centre is using.

#### Banana Donations

Just a reminder to our Winter Centres that the banana donations will continue right up until the 1<sup>st</sup> September 2019.

### Summer Centres

#### 2019 / 2020 Registration Fees

The LAQ registration fees for the 2019/2020 season are:

- Tiny Tots: \$40.00
- U6-U17: \$72.00

Centres should be aware of Rule 1.8.1 of the Centre Constitution regarding the maximum fees that can be charged when setting your fees for the new season.

For Centres that charge a once off fee at the start of the season, the total fee cannot be greater than three times the LAQ registration fee.

Centres that charge a fee at the start of the season as well as running fees throughout the season, the overall total cannot be greater than four times the LAQ registration fee.

### Marketing your Centre

The start of the summer season is right around the corner, it is important for Centres to start looking at ways to promote your Centre to the local community.

Your Centre might like to use some of the following options to assist with your promotional strategy:

- Sports Expos
- Signage around your grounds
- Distributing flyers to your local schools
- Regular Facebook, Twitter and Instagram posts
- Newspaper advertising
- Placing posters on community notice boards

Don't forget to ensure that all your contact details for your Centre are up to date and current.

### 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 16<sup>th</sup> – 26<sup>th</sup> 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 31<sup>st</sup> 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 18<sup>th</sup> 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](mailto:s.kruger@laq.org.au) or 0404 491 580.

### LAQ Awards

Congratulations to those members who received awards at the recent LAQ Conference. They include:

#### Life Membership

Ros McAlister (Townsville Central)

#### Distinguished Merit

Jenny Boardman (Redcliffe), Ralph Newton (Jimboomba), Joanna Spyro (Goodna)

#### Merit

Crystal Goulding (Ipswich), Melinda Otto (Laidley), Gary Morrisby (The Gap), Gary Barton (Gympie), Rodney Clarke (Redlands), Adam Wyatt (Bargara), Judy Lewis (Gracemere), Kerri Wills (Isis District)

#### Alison Quirke Official of the Year

Paul Langton (Ipswich)

#### Frank Knight Coach of the Year

Dave Lester (North Mackay)

#### Volunteer of the Year

Mal Currie (Sunnybank)

#### Registration Awards

Highest Registration Increase:

> 100 athletes - Gladstone

< 100 athletes - Boyne Tannum

Highest Re-Registration Percentage:

> 100 athletes - Redlands

< 100 athletes - Moura

#### Andrea Harvey Admin Award

Ipswich

Those Centres who were not at Conference to receive their awards, it will be mailed to your Centre in the coming weeks.

Those individuals who were not at Conference to receive their awards,

it will be presented to you at your next Regional competition.

### 2019 Conference & AGM

All Centres will find attached to this mailout, the following updated documents from the 2019 Annual Conference & AGM:

- Annual Conference minutes
- AGM minutes
- Association Constitution
- Resolutions & ByLaws

### Invoices and Payments

Little Athletics Queensland works on a self-nomination process for both manual registrations and event nominations. As such, tax invoice/receipts are issued once payment has been received. Please ensure all manual registrations are paid within 4 weeks of athlete registration and all event nominations are paid by the due date or prior to the event. Penalties may apply for late payment.

**Shannon Kruger, Ngairé 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):

- 28<sup>th</sup> July - Warwick
- 3<sup>rd</sup> August - Gracemere
- 11<sup>th</sup> August - Mt Gravatt
- 25<sup>th</sup> August - Strathpine
- 8<sup>th</sup> September - Mt Tarampa

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 Winter 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.

## 2019 Coles Little Athletics Australia National Camp.

Starting Sunday 29th September and concluding Wednesday 2nd October 2019, 12 athletes from Queensland have been invited to be a part of this year's camp. The live-in camp is designed to provide elite coaching and active participation in athletics. Situated at the Australian Institute of Sport (AIS) in Canberra, they will have coaching sessions planned each day to enhance their performance in their selected event and improve your general fitness. They will also experience workshops on various topics such as strength & conditioning and stretching as well as guest appearances by senior elite athletes.

The athletes selected are:

Athlete	Event
Jayda Anderson	1500m Walk
Amelita Case	90m Hurdle
Zane Eldridge	Multi
Erin Gallagher	Discus
Sabrina Guse	Multi
Leilani Hills	400m
Jemma Keefe	Javelin
Kai Norton	1500m Walk
Zacharee Ridgley	Long Jump
Tamara Taripo	Discus
Angelina Tignani	Javelin
Dianne Waight	200m

## FAST in Townsville

Lots of smiling faces enjoying the FAST Program at the Ronald McDonald House Charities Winter Carnival in Townsville. Two sessions were run on the Saturday and a big thanks to coach Brad from Ross River

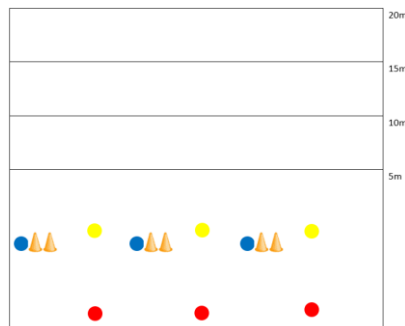


for running the sessions.

FAST is a Fundamental Athletics Skills Training session designed to utilise games and skill development activities to teach the basic, fundamental movement patterns of the events experienced in a Little Athletics competition.

## Game of the Month

### Bullseye



- Form small groups, e.g. 3-5 per group and line up behind the red markers (safety area)
- One player from each group moves up to the throwing point – yellow markers.
- Each player throws their objects (two witches' hats and one discus) to the target area.
- They use a round arm slinging action with the witches' hats and an underarm slinging action with the discus
- Players throw all of their objects and wait until all others have finished before objects are retrieved.
- Repeat for a given number of rounds.
- Points are scored depending on where the object lands
- Up to 5m – 1 point
- 5m – 10m – 2 points
- 10m – 15m – 3 points
- 15m – 20m – 4 points
- 20m+ - 5 points

**Shaun Lethem & Kendal Newton-Smith**

## Competition & Officials

### 2019 LAQ Conference - It's A Wrap!

The 2019 LAQ Conference was another successful event. Well done and congratulations to those who participated wholeheartedly in all that was on offer, you represented your Centres well and we are confident you were able to take useful information back to your committees.

A huge thank you to those that provided feedback, including exciting suggestions for workshop and presentations for future Conferences. This feedback will help with planning for the 2020 Conference which will begin in the coming months.

The 2020 Conference will be held on the 6<sup>th</sup> and 7<sup>th</sup> of June 2020 in South East Queensland, with venue considerations being taken from Sunshine Coast, Gold Coast and Brisbane metro. Following this, the 2021 Conference will be held in a Winter Region. While these Conference dates seem a long way off, it is never too early to start planning, budgeting and consideration given to grants applications.

Jimboomba LAC has already committed to providing financial assistance for other Centre members to attend the 2020 Conference under the LAQ Conference Buddy Scheme. If your Centre is in a position to assist another Centre to help them send delegates to Conference, please consider being part of this scheme.

Travel rebates have been calculated and should already be showing in Centre accounts. Information from Workshops and Presentations have either been posted or are being prepared for posting on the LAQ Resources / Conference webpage.

We also have a small quantity of spare 2018 & 2019 Conference bags.

If you would like one, please contact Bianca in the LAQ Office.

### 2019 Ronald McDonald's House Charities Winter Carnival

LAQ welcomed Ross River LAC back to this Carnival after their re-affiliation and we also welcomed Little Athletics members from NSW & Victoria. Overall, there was an increase in participant numbers, with many athletes striving for personal best results and enjoying the competition. A number of Winter and Queensland Best Performances were recorded over the weekend.

Some members were lucky enough to run a 4 x100m Relay race with Alex Beck (Australian 400m runner) and Rorey Hunter (Australian 1500m runner). These guys were great sports as they anchored teams in this fun event. A full list of results are available on the LAQ results and performance certificates have been distributed.

LAQ will be returning to the north for the 2020 Winter Carnival on the weekend 20<sup>th</sup> & 21<sup>st</sup> June, look out for more information and inclusions early next year.

### 2019 Nordic Sport Winter Regional Championships

The Regional Championships are just that, Championships for the Region's athletes and every Centre should be promoting and encouraging each and every one of their U7 – U17's members to attend this competition. Qualifying to participate at the 2020 McDonald's State Championships is an end result, but the fun to be had while doing your best alongside new competitors, and the friendships to make and rekindle are the best part of this competition.

Programs will be posted on the LAQ webpages once they are confirmed by the Regional Committee.

Competition dates and venues are:

- Tropical North  
Tully LAC  
31<sup>st</sup> August & 1<sup>st</sup> September
- North Queensland  
Townsville Sports Reserve  
7<sup>th</sup> September

- Central North  
North Rockhampton LAC  
7<sup>th</sup> & 8<sup>th</sup> September
- Maranoa  
Goondiwindi LAC  
21<sup>st</sup> & 22<sup>nd</sup> September

Each Regional Coordinator and their teams work hard towards making this event successful for all who attend, back them, and ensure that your families are aware of where and when the event will be held and the nomination closing date that your Centre is working towards.

Nominations must be processed through either the Family or Centre ResultsHQ profiles by 9:00am on the advertised closing dates. The nomination fee is \$15.00 per athlete. A ResultsHQ Meet Invite will be sent to all Winter Centres at the end of July.

Centres must ensure all registrations are up to date and complete for the nomination process to work. An audit of registrations vs nominations will be conducted.

### 2019 Coles Spring Carnival 28<sup>th</sup> September

#### Bundaberg Regional Athletics Facility

This is another Carnival primarily for LAQ registered U7 – U17 athletes, however it is also open to non-registered athletes aged 6 – 16 and QA U18's and Open athletes. The competition features standard events as well as:

- **Centre Points Scoring** – each competing member earns points from each event contested for their Centre in the bid to win the Weight Points Trophy
- **100m Handicap** – each 1<sup>st</sup> placed athlete in the U9 –U17's 100m is invited to participate in a staggered start line race for all ages e.g. an U9 might start at the a 55m start line, while the U15 might be at the 100m start line. First 3 place getters are award trophies.
- **FAST session for Tiny Tots and U6 athletes:** The session will be on the main arena at time to be determined. FAST is a Fundamental Athletics Skills

Training session designed to be run for a one hour duration utilising games and skill development activities to teach the basic, fundamental movement patterns of the events experienced in a Little Athletics competition. The FAST session is one (1) hour long and will have one warm up activity, one running activity, one jumping activity and one throwing activity. Each of these activities are 10 – 15 minutes duration so that the athletes will experience a lot of skill development in a short amount of time.

Registration is essential and can be done by contacting Shaun Lethem in the LAQ Office s.lethem@laq.org.au or phone 3892 9400. Online registration will be available soon.

All athletes will compete in age groups according to the 2019/2020 season dates. Closing dates for nominations and fees are:

- Nominations via Form  
Wednesday 18/9/19 at 4pm
- Nominations via ResultsHQ  
Monday 23/9/19 at 9am
- LAQ registered athletes - \$15
- Non LAQ registered athletes - \$20

A ResultsHQ Meet Invite will be issued to all LAQ Centres in August. Members may self-nominate through the Family Profiles. Those who intend to lodge nominations through their Centre, should check with the Committee for their closing date.

Further information including a program of events, athlete nomination options and Officials EOI are available on the LAQ website.

#### Inclusion – Multi-Class Athletes

More and more Centres are being asked by local athletes with disabilities 'Can they be involved', and what is on offer. At Centre level, it is all about chatting to the parents/guardians and athletes to ascertain what the athlete is capable of and if necessary modifying events / equipment so they can be part of the Little A's experience.

A Multi-Class McDonald's Achievement Levels spreadsheet is available on the LAQ Competition McDonald's Achievement page.

The LAQ Multi-Class Competition Handbook on the LAQ resources webpage can be referred to for implement weights, available events at LAQ competition level, classification details etc. LAQ are also looking at what other events can be included at State Level competitions.

The following links may be useful to those Centres looking for more information on, inclusiveness, classifications, getting involved and funding:

<https://laq.org.au/wp-content/uploads/sites/5/2018/11/Creating-an-Inclusive-Centre.pdf>

<https://www.sportaccessfoundation.org.au/what-we-do/2019-grants>

<https://www.athletics.com.au/get-involved-athletics/multi-class/>

<http://www.specialolympics.com.au/>

#### Calling for Officials

The competition season is well underway for Winter Centres, as it will soon be for Summer Centres and the bulk of the LAQ competitions. With this in mind we ask all Officials to consider using the online function or PDF forms available on the [LAQ Officials Competition](#) webpage to lodge their EOI to officiate at LAQ competitions as soon as possible.

We are hoping the Officials from within the Central North Region will take advantage of the Coles Spring Carnival to advance their accreditation and use this event to gain assessments for the practical components. Those interested in being assessed should provide a written request to [k.lunt@laq.org.au](mailto:k.lunt@laq.org.au)

#### Competition Handbook and other Resource Updates

An updated Competition Handbook is attached with this LANews, and has been uploaded on the LAQ

Resources webpage. Hard copies can be ordered in A4 or A5 sizes at a minimal charge through the LAQ Office.

The Event Specification Cards (ESC) have also been updated and are available on the LAQ Resources webpage, along with an A4 version. To purchase a ESC set (\$5.50 each), please email [b.lunt@laq.org.au](mailto:b.lunt@laq.org.au).

Updated versions of the Handy Hints and the Officials Handbook will be posted as soon as possible.

**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 & Sessions:

- Regional Coordinators & Committee Session  
10am on 20/7/19
- Regional Relay Workshop LAQ Office
  - 6.30pm on 10/9/19
  - 10am on 15/9/19

