

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



**QUEENSLAND GOVERNMENT**

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## **President's Corner**

Well done everyone we are halfway through the Summer season and now you can have a bit of down time to spend time with your families. We have had a very busy few weeks with the McDonald's Regionals Relays, McDonald's State Relays, some had a trip to Perth for the National All Schools and there were also a few Centre Carnivals thrown in.

I would like to congratulate everyone involved in the McDonald's State Relay Championships held last weekend. It was a very hot and humid day although we did get through without a storm, which is a rarity for us. Firstly to our wonderful officials led by Tony Frampton. You truly are the most amazing group. You provide a great environment for our athletes to compete in even during tough weather conditions. To stand in the Officials room in the morning of competition and see the comradery and friendship between you all is terrific. You have the utmost respect for each other and our athletes. THANK YOU to everyone.

What an amazing day our athletes had. Relays bring out the best in everyone as it's about the team not an individual. The beauty of holding Relays at SAF is the ability for teams to put up their tents around the track so athletes have a cheer squad the whole way around the track. I love the way the teams all support each other and are willing to jump into a team to help out if someone is missing. We had our first combined Multi Class athletes and able body athletes' relays in both track and field. This was fantastic and we look forward to having more teams next

year. At the end of the day, I wandered over to the U16 boys Long Jump. All the boys were lined up either side of the runway clapping every athlete down the runway. This was one of the best things I have witnessed in 30 years of officiating. Congratulations to all of you that is what sport is about.

I would like to thank all the Regional and Centre committees for all of the work you have done leading into the relays. I understand the volume of work this entails. Relays is a little more difficult as teams have to be put together. Thank you also to all of the parents and volunteers who contribute week to week. It takes a big team to put it all together. But our athletes are the beneficiaries of this effort.

Like all of you I can't believe how quickly this year has gone but we have managed to jam a lot in including a State Championship in North Queensland. I would like to pass on my thanks to all of you for your contributions to Little Athletics Queensland in 2019. Our success is due to everyone contributing in some way. We look forward to 2020 as we continue to develop new programs for our athletes. I would also like to thank my Board of Directors for all of the work they do behind the scenes. I couldn't do this without your support. Lastly, to Simon and our Staff in the LAQ Office, a very big thank you. The amount of work to run the Association with a small staff of 8 is enormous and doesn't go unnoticed. Thank you all of you.

I would like to wish you all a very merry Christmas and a happy 2020.

**Donna Smith**



## From The CEO

### LAQ Strategic Plan

The LAQ Board was lucky enough to be led through a strategic planning session by leading Queensland sports consultant, Peter Phair last month. Peter took us through our vision, mission statement and goals for the next 3 years. I have to say it was the most rewarding sessions like this that I've been involved with. We managed to break our "reason for being here" right down to deliverable levels and we gained a lot of clarity around what it is we need to do to bring our sport forward.

A necessary component of this process is to align our State Government funding to our goals. To this end I'm pleased to say already, our funding has been extended for a further 18 months at the current rate and our organisation is perfectly placed to capitalise on the Government's new Activate Queensland Strategy.

We're still in the process of finalising the details but once we do, we'll send around the completed plan so you can provide comment or feedback. It certainly is an exciting time to be involved in our sport and we're looking forward to leading everyone into the future.

### Coles Little Athletics Big Dream Program

It has been a very busy month for Coles with ambassadors travelling the country to visit 35 Little Athletics Centres for the Coles Little Athletics Big Dream Program.

In Queensland, Maroochy, Caloundra, Browns Plains and Aspley Centres were lucky enough to have a visit and throwing demonstration from Olympian and Commonwealth Games silver medallist, Matthew Denny.

Special mention goes to the Maroochy and Caloundra Centres who waited a little while longer than they should've due to the Friday traffic from Brisbane to the Coast.

The award for thinking outside the box goes to Caloundra though, for organising cars to shine their headlights on the discus cage so Matthew could finish his throws!

Matthew and the Coles team also managed to visit two more Centres, Balmoral and Caboolture, as part of the Little Athletics Community Fund equipment program to meet their athletes and to see the equipment being used.

Coles said it was terrific to work with and meet so many passionate volunteers and to see Little Athletics thriving in Queensland, so well done.



*Simon Cook*

## Administration

### LAQ Office Closure

The LAQ Office will close for the festive season on Friday 20<sup>th</sup> December 2019 and reopen on Monday 6<sup>th</sup> January 2020.

We extend our warmest wishes to all our Centres and members this festive season.

### Summer Centre Coles Banana Donations

Summer Centres should take note that banana donations will recommence from the 20<sup>th</sup> January 2020 and run until the 29<sup>th</sup> March 2020. Don't forget to check the validity dates on your coupons before using them to redeem your bananas.

### U16 & U17 Dual Registration

Just a reminder to Centres that LAQ is offering free registration (LAQ component) for U16 and U17 athletes.

The athlete must be dual registered with Queensland Athletics. Please ensure that the athlete's full name and birthdate are emailed to the LAQ Office within 3 weeks of registering the athlete. This information must be provided to ensure free registration with LAQ.

### Transferring Athletes

Centres that have an athlete that is transferring to a different Centre in the same season must still complete a transfer form.

The steps involved in submitting a transfer form are:

- 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.

Notice for Clearance & Transfer between Centre Forms can be found on the website under Resources > Centre Forms

### Winter Centres

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 Stationery form
- Draft AGM Minutes

### 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 LAQ 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 and 40 years.

These certificates and badges can be ordered at anytime throughout the season by completing the appropriate nomination form in the Awards Booklet and returning it to the LAQ Office.

### 2020 LAQ State Team

The 2020 Australian Little Athletics Championships will be held in Canberra in April. The LAQ State Team information booklet has been revised for this competition and is available on the LAQ website.

We encourage all Centres to pass this information onto athletes in the relevant U13 and U15 age groups so they are aware of selection rules and guidelines.

### 2020 / 2021 Registration Fees

The LAQ registration fees for the 2020/2021 season are:

- Tiny Tots: \$41.50
- U6-U17: \$73.50

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.

### 2020 New Zealand Tour

Our best wishes to the 25 athletes heading to New Zealand in January to represent LAQ on the New Zealand Development Tour. We hope all athletes and Managers have a great time.

### Preparing for the Festive Season

As Centres prepare for the Christmas and New Year break, it is important to remain engaged with your membership base. Before your Centre goes on break, you might like to send your members a calendar of important dates for the next half of the season.

Once your Centre reopens after the festive break it is a perfect opportunity to send a message to your members welcoming them back.

**Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble**

## Coaching & Development

### McDonald's School Holiday Clinics

During the December and January school holidays, LAQ have again organised a number of athlete coaching clinics will be held at QSAC.

The first of the December clinics was a great success with 28 athletes attending. We extend our thanks to our wonderful coaches Cedric Dubler, Mitch Cooper, Gav Hunter, Taneille Crase, Camryn Newton-Smith and Lindsay Newton-Smith.



There is another McDonald's clinic on Thursday 19<sup>th</sup> December as well as two more on the 21<sup>st</sup> and 23<sup>rd</sup> of January. Details for the remaining three clinics and nomination forms are available on the LAQ website.

### Introduction to Coaching (ITC)

Talk 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 contact the Association Office.

### Game of the Month

#### Decorate a Tree Relay

For this activity, you will need a variety of equipment – just whatever you want to use - scarves, hats, tinsel, streamers, cones, balls, water bottles, jump ropes etc to use as the tree ornaments. Have the same number of similar items for each team.

Create even teams and have them line up behind one another. One member per team is the tree and

stands at the opposite end of the lane, about 15-20m away from their team. All the equipment will be in a hoop halfway between the team and "tree".

On your signal, the first person will run to the pile of equipment, take one piece of equipment (ornament), run to their tree and decorate the tree. Trees must hold their arms out horizontally. If an ornament falls off, the tree cannot put it back on.

When all the ornaments are on their tree, the game is over. Then we see how many ornaments were able to stay on the tree and (if you want) declare that team the winner. Then change who is the tree for the next round(s).

Variations (instead of running) include walk, skip, hop, jump, gallop, side stride.



Shaun Lethem & Kendal Newton-Smith

## Competition & Officials

### McDonald's State Relay Championships

First and foremost, a huge thank to all Officials, particularly to those that were there from the setup to the pack-up and the few that assisted with the tents early in the morning. Your dedication to our sport and athletes is appreciated and respected.

Congratulations to all athletes who participated, it was great to see the comradery and the good sportsmanship. A huge well done to the many new and experienced Team Managers in managing and assisting your teams.

There were 16 potential QBP's recorded, which will be put to the Board for ratification this week. A full set of results is posted on the LAQ website.

### Nordic Sport Summer Regional Championships

The Nordic Sport Regional Championships Meet Invite was issued on Friday 6<sup>th</sup> December. Centre ResultsHQ administrators are reminded to View/Edit & Accept the invite, ensuring that an appropriate cut-off date, hour & minute (see below) are set and the "Access" dropdown box is on the correct option. Once this has been completed, the email notification to families can be issued.

If the "Access" dropdown box is set to "Centre and Family" Families can nominate for their athletes directly online via their Family ResultsHQ profile. Nomination fees are \$15 / athlete. Payment is to be collected by the Centres and deposited into the LAQ bank account.

- Met North Region  
Centre ResultsHQ closing date and time should be 8:59am 20/1/20)
- All other Regions:  
Centre ResultsHQ closing date and time should be 8:59am 27/1/20)
- LAQ will close the nomination portal at 9am on the relevant Monday (including the public holiday date)

Centre Committees are responsible to process nominations for members who are unable to process any LAQ competition nomination themselves.

Centres that have not received the Meet Invite, or administrators having difficulties should contact Bianca in the LAQ Office as soon as possible.

Dates and venues are as follows:

- 31<sup>st</sup> Jan – 2<sup>nd</sup> February  
Met North  
Paul O'Brien Oval Bowden Park, Maidencombe St Geebung  
LAQ closing date is 20/1/20
- 7<sup>th</sup> – 9<sup>th</sup> February  
South Coast @  
Pizzey Park, Pizzey Drive, Miami  
LAQ closing date is 27/1/20
- 8<sup>th</sup> & 9<sup>th</sup> February  
Central Coast  
CQU Oval, Derby Street, Gladstone  
LAQ closing date is 27/1/20
- Downs & South West  
Glenis Nunns Cearns Oval  
O'Quinn Street, Toowoomba  
LAQ closing date is 27/1/20
- Met West  
Bill Patterson Oval  
Lion Street, Ipswich  
LAQ closing date is 27/1/20
- South East  
SAF, Nathan  
LAQ closing date is 27/1/20
- Sun Coast  
Albert Park, Gympie  
LAQ closing date is 27/1/20

Classified Multi-Class (MC) athletes may nominate to compete at the Regional Championships in the pre-set Multi-events or standard events relevant to their age group (maximum of five events across both classes of events). To be eligible to directly nominate and participate at McDonald's State Championships in pre-set Multi-events, MC athletes must have competed at their Regional competition. MC athletes may also nominate for the State Championships by gaining qualification at Regional Championship through placing in the standard events.

Specific information for each of the Regional Championships is posted on the LAQ web calendar and will be updated as details are provided.

### McDonald's Combined Event Championships

The Combined Event Meet Invite was issued Wednesday 11<sup>th</sup> December. Please follow the same release procedures as described under the Nordic Sports Regional Championships article above. The appropriate cut-off date, hour & minute would be 8:59am on 24/02/20. Families will be prompted to pay the nomination fees directly through the ResultsHQ family profile.

All LAQ registered U7 to U17 athletes are eligible to nominate for the Combined Event Championships (pre-set events). A full program of events is posted on the LAQ web calendar.

Nominations will be accepted via Family ResultsHQ and Centre ResultsHQ profiles. Multi-Class athletes are also eligible to participate in specific MC combined events.

U15 athletes seeking consideration for selection in the 2020 LAQ State Team, will need to compete at this event. Refer to the LAQ Competition webpage for further information.

- Date:  
Saturday 29<sup>th</sup> February and Sunday 1<sup>st</sup> March
- Venue  
SAF, Nathan
- Fees:  
\$15/athlete
- E-noms Close:  
9am on 24/2/20

### 2020 McDonald's State Championships 13<sup>th</sup> - 15<sup>th</sup> March

The McDonald's State Championships in Brisbane will be coming on quickly in the new year and those in the north should be looking for ways to support their memberships attendance and ensuring that their nominations are processed. Athlete's nominations must be received by 9am Monday 24<sup>th</sup> February.

We would appreciate all Officials taking a moment or two to consider if they will be available to officiate

during the weekend's competition. Expressions of Interest to officiate have been called for and we are aiming to ensure we have enough Officials to provide everybody with breaks and still conduct a calm proficient event for the athletes. If you have not already put in your EOI, please do so. As always, Winter Centre members are encourage to come forward to officiate with rare opportunities to share the arena at this level of competition.

Nordic Sport will again be providing souvenir shirts and pre-ordering details will be available in the new year.

### 2020 LAQ Conference 5<sup>th</sup> - 7<sup>th</sup> June

#### Hilton Surfers Paradise

The Conference weekend will include a Friday evening welcome, full Saturday business session, Saturday evening Awards Dinner and half day Sunday business session, incorporating the LAQ AGM.

Hilton Surfers Paradise will soon be ready to accept accommodation bookings. The LAQ online Conference registration portal and further information will be available on the LAQ Conference webpage early in the new year.

Important dates to note:

- Submission of Motions  
Friday 17<sup>th</sup> April
- Accommodation Bookings  
Finalised  
Wednesday 22<sup>nd</sup> April
- Registration & Delegates Form  
Wednesday 13<sup>th</sup> May

Be sure to have your Centre represented and share the experience. We encourage all Centres to contact the LAQ Office to discuss various funding opportunities that are available to financially assist members' attendance.

### U13- U17 Teams Event

Congratulations to all Centres that are participating in the U13- U17 Teams Event. At the conclusion of the first round, Caboolture has the lead on the points table. Centre

Points and athlete rankings are posted on the LAQ website. The second round for Summer teams will start the week ending 26<sup>th</sup> January and run though until the 8<sup>th</sup> March 2020.

The first of the Winter rounds will begin the week ending 10<sup>th</sup> May 2020. Winter Centres will be ask to submit teams in March/April.

### Competition vs Coaching

At Centre meets, the weekly program can include coaching or development sessions, in fact we encourage it! During these sessions, as the emphasis is on developing techniques:

- the equipment used does not have to be competition standard (lesser is fine) eg. turbo jav instead of a Javelin, jelly rope instead of a High Jump bar,
- times and measurements not taken
- "A full" distance not run or walked, etc.

For additional assistance, see the many useful articles in Shaun and Kendal's section of LA News or read LAQ's ASAP, FAST or Coaching manuals. All of these documents are available for download from the Resources page of the LAQ website.

However, when conducting an event as a 'competition' (results recorded), the correct equipment / specification does need to be used. For example, at Long Jump, U10 athletes must use the ½ metre mat. The importance of this, apart from abiding by LAQ rules and regulations, is to provide athletes a familiarity with the competition standards prior to being at LAQ competitions or other Centre Carnivals. The 20cm board cannot be used during competition for the U10 athletes.

### ResultsHQ – privacy

A friendly reminder on best practice and appropriate access to details in the Centre ResultsHQ profiles. Only authorized Committee members are

to have access to athletes' details and results.

To ensure that the broader membership is not accessing details within the Centre profile, the Family area set-up should only have the following criteria ticked: \*show communication banner, \*show upcoming meets. These options can also be ticked: \*show Centre Contact and \*show Centre Records. Centre Committee 'Users' should also ensure that access codes are secure so no other members have or gain access to athletes details and results, unless they are approved to do so.

### **Race Walking Program**

LAQ is proud to support and promote the efforts of Ashmore Little Athletics Centre and Queelsnald Race Walking who are conducting a Race Walking day. The event is open to all U9 – U17 LAQ members.

- Date:  
Sunday 12 January, 8.30am
- Venue:  
Brian Johnston Athletics Track  
Currumburra Road, Ashmore
- Cost:  
\$5 on the day, no prior nomination required

**Karen Lunt & Bianca Lunt**

## **Checklist & Attachments**

- 2020 / 2021 Centre & Committee Membership Form  
Winter Centres – due 7/2/20
- 2020 / 2021 Sign On Form  
Winter Centres – due 7/2/20

