

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..	4
Competition & Officials...	4
Checklist & Attachments	6

President's Corner

Welcome to 2020. I hope everyone had a great Christmas and New Year. Hopefully you had the opportunity to get some downtime to spend with your families.

The second half of the season is as usual very busy. We are into our Nordic Sport Summer Regional Championships. This is a culmination of a lot of work by the Regional and Centre Committees. I hope the weather is kind for both the weekends of championships. I would like to take this opportunity to thank everyone involved with getting the events organised. It takes a lot of hard work from getting nominations organised to getting the fields ready and everything in between. We appreciate all the hard work.

We are not too far away from our Combined Event Championships. This was a great success last year and we have fine-tuned the events to enable more participation. There are many different combinations from the traditional Heptathlon to Duathlons and everything in between. Speak with your Centres to nominate for this event.

Our Winter Centres are starting to sign on for the new 20/21 season. I would like to remind everyone we are here to help so don't forget to contact the LAQ Office if there is any information you require or assistance needed throughout the season. For our Centres in the North, we have our Northern Ambassador, Ros McAlister from Townsville, who is also be able to assist you.

Recently we sent a team of athletes to New Zealand for our annual development tour. Congratulations to our athletes, we were very successful at both competitions. I

would also like to thank the team managers who travelled with the team. I appreciate it is not always easy to keep 25 teenagers organised!

The representative season for athletes who also compete at the senior level is also in full swing. The National Multi Event Championships will be held in Brisbane in February. This is a great opportunity to watch our star athletes try to qualify for the Tokyo Olympics, being held later this year. We would like to wish them good luck.

Good luck to everyone for their Regional Championships.

Donna Smith

From The CEO

Novel Coronavirus - Little Athletics Australia Information for Centres

Little Athletics Australia has released information for Centres to use to prevent exposure to the virus. Measures include:

- Practicing simple hygiene by covering coughs and sneezes and washing hands thoroughly
- Avoid touching eyes, nose and mouth with unwashed hands
- Avoid close contact, when possible, with anyone showing symptoms of respiratory illness such as coughing and sneezing
- Making sure members stay home if they are sick.

For further information visit:

www.littleathletics.com.au/novel-coronavirus-information-for-little-athletics-centres/



Round 2 of Fair Play Open

Fair Play is an initiative under the Queensland Government's Activate! Queensland 2019–2029 strategy to support regular participation in physical activity, by reducing the cost for children and young people from low-income families.

Parents, carers or guardians can apply for a voucher valued up to \$150 for eligible children and young people. These vouchers can be used toward the cost of membership, registration and/or participation fees for eligible activities with registered physical activity providers.

Fair Play replaces the Get Started vouchers. Important dates are as follows:

- Voucher applications will close on 1st April, if the budget is not already exhausted.
- Vouchers need to be presented to activity providers by 13th May.
- Registered activity providers must redeem all vouchers by no later than 27th May

For further information for members or Centres (providers) visit: www.qld.gov.au/recreation/sports/funding/fairplay

Australian Masters Athletics Championships

Queensland Masters Athletics have extended an invitation to LAQ parents to participate in the Australian Masters Athletics National Championships that are being held in Brisbane from the 10-13 April, 2020. Parents over the age of 30 are eligible although you will need to become a member of QMA or another QA/QRUN club. For more information or to register, visit www.brisbane2020nationals.com.au

Simon Cook

Administration

2020 McDonald's New Zealand Development Tour

As Donna mentioned earlier, the New Zealand Development Tour took place in January. LAQ had 25 athletes on tour.



The team took part in two separate competitions. The first was the Colgate Games in Christchurch. Our athletes performed well and a number of 14-year athletes took home medals in their individual events. Congratulations to:

- Caitlin Taylor
100m – 1st 13.02
- Nathan Taverner
Hurdles – 1st 14.36
High Jump – 1st 1.78m
- Summer Millard
2000m Walk – 1st 10:27.22
- Jemma Keefe
Discus – 1st 36.68m
Shot Put – 1st 11.94m
- Jacob Monaghan
100m – 3rd 11.87
200m – 2nd 24.03
- Payten Hogan
Walk – 2nd 12:27.52
- Torryn Fisher
Walk – 3rd 12:40.41
- Joel Templin
Hurdles – 3rd 14.96

The organisers of this competition also included a number of invitational events for our 15 year athletes. Caleb Wilson took out first place in the 100m (12.15) and 200m (24.83) events.

Our team also helped out and were volunteer officials on a number of events throughout the weekend. Well done to all the athletes on their

efforts in Christchurch. Our Managers received numerous compliments from the New Zealand Officials and organising committee on how polite, well behaved and helpful our athletes were.

The second competition that our team competed at was the South Island Teams Competition, held in Timaru. Our athletes performed exceptionally well and took out first place at this competition. A great effort from our Team!

Congratulations to the following athletes who placed first overall in their events:

- Summer Millard
1500m 5:52.41
- Tiani Hogan
Triple Jump 10.64m
Javelin 39.81m
- Jemma Keefe
Discus 35.91m
- Jacob Monaghan
100m 11.37
200m 23.63
- Kris Hayward
800m 2:03.11
- Nathan Taverner
100m Hurdles 14.32
Triple Jump 12.90m
- Connor Duggan
High Jump 1.87m
Javelin 43.78m
- Boys 4x100m Relay 49.13

We also extend our congratulations to Jemma Keefe (Bracken Ridge LAC) and Jacob Monaghan (Helensvale LAC) who were the highest scoring female and male athletes of the meet.



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 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.

Winter Centres

Requirements

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

2020 / 2021 Registration Fees

Winter Centres are reminded of 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.

Grants

The Gambling Community Benefit Fund has now opened for the next round of applications. Centres can apply for grants anywhere from \$500 to \$35,000. For more information, please use the following link:

<https://www.justice.qld.gov.au/initiatives/community-grants>

Applications close on the 29th February 2020.

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble

Coaching & Development

McDonald's School Holiday Clinics

During the January school holidays, LAQ organised a number of athlete coaching clinics at QSAC.

We had 88 registrations for the two clinics and we would like to extend our thanks to our wonderful coaches Cedric Dubler, Dani Stevens, Mitch Cooper, Hannah Joye, Theresa Stolberg, Ralph Newton.

More McDonald's clinics are being organised for our Winter Centres during this coming season. Further clinics at QSAC will be organised for the September / October school holidays. Details of these clinics will be available on the LAQ website and facebook page as they are confirmed.

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 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 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 at the LAQ office. Please understand that we aim to conduct all school visits for those who request them, however we cannot guarantee this

Athletics 3D App

We are pleased to announce the release of Athletics3D to the App stores!

Athletics3D is a powerful phone app that endeavours to increase knowledge and advance athletic performance at all levels through the use of interactive and intuitive technology.

Whether you are a coach, physical education teacher, parent of an

athlete or an athlete, Athletics3D is a powerful tool that can help advance your overall knowledge of the track and field events and enhance your coaching process.

Learn, record, analyse, coach and share with Athletics3D. Available on Android & Apple Devices.

To learn more, go to: <https://athletics3d.com.au/>

Game of the Month

Frogs and Lily Pads

Randomly distribute the hoops (lily pads) inside the pond, making sure they are close enough to each other (i.e. jumping distance). Athletes jump from lily pad to lily pad and see how many they can land on in a given amount of time, e.g. 30 seconds.

If there is more than one frog on the lily pad, it will sink. If an athlete jumps onto a lily pad with another athlete already on it, the original athlete must immediately find another lily pad to jump onto. Athletes may jump into the pond as well as onto the lily pads.

Variations:

- Increase or decrease the distance between the lily pads to vary the jumps.
- Introduce a 'tagger'. Athletes must jump around the pond and avoid the 'tagger'. Athletes are safe if they are standing on a lily pad, but as soon as another player jumps on that lily pad the original player must find a new one. If an athlete is tagged, they become the new tagger.
- Place the lily pads in the sand pit to increase difficulty.



Shaun Lethem & Kendal Newton-Smith

Competition & Officials

Nordic Sport Summer Regional Championships

Nominations have closed and all updated Summer Regions Program of Events have been posted on the LAQ website. We wish all regional committees, athletes, officials and team managers a successful weekend. Team Managers, please remind your members of the following details:

- Approved uniforms including registration number, age patches and sponsor patches must be worn while competing
- Spikes rules: only pyramid or xmas tree style allowed
- U9 –U17 athletes who place 1st – 4th are eligible to progress to the State Championships
- Athletes competing at the Regional Championships who record an equal or better time / distance than the qualifying standards are also eligible to nominate to the State Championships
- Race Walking and the 1500m events at Regional Championships have qualifying time limits, which must be equaled or bettered to progress to State Championships, irrespective of placing

Additional information for each of the Regional Championships is posted on the LAQ web calendar. Each Region's results will be posted on the LAQ website and declarations will be issued to Centres as soon as results are provided to the LAQ Office.

Winter Centre Regional Championships results and declarations for the McDonald's State Championships were issued in October 2019. Any Winter Centre that has not received their nomination papers should email k.lunt@laq.org.au requesting same as a matter of urgency.

McDonald's State Championships nominations close 9am 24th February.

McDonald's Combined Event Championships

All LAQ registered U7 to U17 athletes are eligible to nominate for the Combined Event Championships. A full program of events is posted on the LAQ website. Nominations will be accepted via Family ResultsHQ and Centre ResultsHQ profiles.

A Meet Invite was issued on 11th December to Centres to view, accept, and open to Family profiles. If more information or assistance with ResultsHQ is required, contact Bianca through the LAQ Office as soon as possible, but no later than Friday 21st February.

U15 athletes seeking to be selected for the 2020 LAQ State Team, will need to compete at this event. Place getter medals will be awarded to U9 – U17s. Participating U7 & U8s will be awarded participation medals.

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: 29th February and 1st March
- Venue: SAF, Nathan
- Fees: \$15/athlete
- Family E-noms Close: Per the Centre set up
- Centre E-noms Close: 9am on 24/2/20

This season new combined events have been added to the program, including events for Multi-Class athletes. Refer to the LAQ Competition webpage for further information.

State Competition Officials

Calling for Expressions of Interest (EOI) to officiate at the 2020 Combined Events and State Championships.

Did you know LAQ Championship events need at least 60 key officials to conduct the event successfully? On top of that, there is also the dozens officiating as recorders, rakers, retrievers, sector judges, assistants etc.

To ensure that the events are well officiated, we need more EOIs. We are asking all Centres to support LAQ competitions, not only by encouraging the athletes to compete, but by encouraging and inviting new officials to assist at these events.

EOIs can be submitted online via the Officials / Competition Officials LAQ webpage or via email to k.lunt@laq.org.au

2020 McDonald's State Championships Souvenir Shirts

Nordic Sport has just released the State Championships Souvenir shirt design and information. Centre order forms and a flyer are attached to this LA News mailout. Details are also available on the LAQ website.

Please note that all orders and payments must be submitted directly to Nordic Sport through the Centre. Orders close on 27th February. The cost of the shirts is \$29.

2020 LAQ Conference 5th - 7th June

Hilton Surfers Paradise

Online accommodation booking functions are now available. The link can be found on the LAQ website or by using this address:

https://www.hilton.com/en/hi/groups/personalized/O/OOLHIHI-GLAQA-20200605/index.jhtml?WT.mc_id=POG

- Group Name:
Little Athletics Queensland
- Group Code:
GLAQA
- Hotel Name:
[Hilton Surfers Paradise](#)

Please note that you will only be able to book the 'special' rate during the conference weekend dates. If you want accommodation outside these dates, please contact

Hilton Surfers Paradise directly for assistance.

Be mindful that LAQ Conference accommodation rooms are on a release schedule. Rooms will be released periodically until the final release date after which availability is not guaranteed. We recommend you book accommodation as soon as possible.

Important dates to note:

- Submission of Motions
Friday 17th April
- Accommodation 1st release
Sunday 26th April
- Accommodation 2nd release
Monday 11th May
- Registration & Delegates Form
Wednesday 13th May

Relay Rule Review Workshop 23rd February

Summer Centres (excluding CC Region Centres) were emailed invitations to participate in a discussion group to review Relay Rules. The Competition Committee are keen to have Team Managers and Nomination Officers who have working knowledge of the Relay rules participate. Details are:

- Time: 9am – 12pm
- Venue: QSAC
- RSVP: 19th February – please email k.lunt@laq.org.au with Centre, Name(s), Committee Position(s) and email addresses

Upcoming 2020 LAQ Competitions

- McDonald's State Championships
Brisbane
13th – 15th March
- Ronald McDonald House
Charities Winter Carnival
Townsville
20th & 21st June
- Coles Spring Carnival
Bundaberg
26th September

Find more information on the 2020 / 2021 LAQ State Competitions visit the LAQ competition webpages or the LAQ web calendar. Nomination forms and online nomination portals

for LAQ members will be available from May.

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