

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



**QUEENSLAND GOVERNMENT**

## *In this Edition*

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## President's Corner

Firstly, this month I would like to send a massive thank you to our Regional and Centre committees for all the work they have done in managing their Nordic Sport Regional Championships around very difficult weather conditions. It is a very unusual occurrence to have Regionals cancelled twice. Most people can't remember it ever happening. The committees were at the mercy of the weather and relevant venue management and kept their Centres fully involved in the decision-making process.

I understand this has made for some difficult situations with families and athletes, but unfortunately, the decisions were made with the safety of all our athletes and officials in mind. Thank you to the parents and families who understood the difficulties and supported the committees. Everyone involved is a volunteer and do the work they do for the benefit of our athletes only. There has been a large time commitment put into the Regionals this year by everyone. I would also like to pass on my thanks to the LAQ Staff who also had to manage the shifting dates and the distribution of information as it came to hand.

Now Regionals are over it is time to turn our attention to the McDonald's Combined Events Championships and the McDonald's State Championships. Last year, our inaugural Combined Events competition was a great success. We are looking forward to this year, which has some additional events added to the program. The State Championships are our largest event of the year and always a terrific weekend. The selections for the U13 and U15 teams to compete at the ALAC's in Canberra are done at both events. We are hoping for

more favourable weather conditions but remember any decisions made are made for the benefit of the athletes and safety is our main priority for everyone.

I would like to welcome all of our families who have just commenced the Winter season. Some Centres have commenced competition, and some are still signing on. We have some wonderful Centres in the north of our State with very supportive committees. Some of our Winter athletes will be travelling down for State Championships so we would like to wish them all the best for the competition. Don't forget if there is any information you require or anything you need please don't hesitate to contact the LAQ Office. The staff are always on hand to help you.

I would like to wish everyone the very best of luck in the two remaining LAQ competitions this season. Thank you also to our officials who will work over two very big weekends.

**Donna Smith**

## From The CEO

### Winter Season Sign On

Best of luck to Winter Centres with your sign-ons for this season. Radio and print advertising is already in full swing along with promotions on Facebook.

Our Development Team is also organising school visits so please contact Shaun or Kendal at the LAQ office if you would like them to arrange a visit to a local school in your catchment.

We also have promotional video available for you to post on your website or distribute through your social media channels. It's available on the LAQ website at:



<https://laq.org.au/laq-promotional-video/>

Just open up the link, play the video and right click on "save video as" to save it to your computer.

If you need anything further as your season starts please don't hesitate to contact the LAQ Office.

### McDonald's 40 year Celebrations

The 2020 / 2021 season will be the 40<sup>th</sup> year McDonald's has sponsored Little Athletics Queensland. It's certainly one of the longest, if not **the** longest, grass roots sponsorship of sport in this country. To celebrate, we will be announcing a range of activities to commemorate the long-standing partnership. Further details will be released soon, but suffice to say we're looking forward to another fun-filled year with McDonald's by our side.

### Thank You Kumon

Supporting sponsor, Kumon Australia has decided not to renew their sponsorship of Little Athletics Queensland this season. We do thank them for support for the last 2 years and hope that you will consider their services if your child needs assistance in reaching their full potential in either Maths or English.

*Simon Cook*

## Administration

### LAQ Awards Booklet

The LAQ Awards booklet has been updated and is now online for Centres.

Closing date and criteria for all awards is listed in the front of this booklet.

Athlete nominations for the Laurie Baartz Memorial Trophy for Most Improved Athlete and the George Harvey Leadership Award close on Wednesday 4<sup>th</sup> March. These awards will be presented at the McDonald's State Championships.

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 17<sup>th</sup> April. Refer to the LAQ Awards Booklet for further information.

This year, we have made changes to our Centre Awards. We no longer have the PR or Administration Award, but have introduced a new award called the 'Centre Innovation Award'. This award aims to recognise, reward and celebrate Centres that have introduced innovative ideas at Centre level to promote more athletes and families to participate and be involved in our sport. Innovations can occur across a range of different areas and must benefit your Centre, athletes or families. More detailed criteria on this award can be found in the Awards Booklet.

### Funding Assistance for Athletes Attending the 2020 McDonald's State Championships

Funding assistance is available to athletes and families for the 2020 McDonald's State Championships.

Aspirations4Kids in Sport (A4K) is partnering with LAQ to offer funding grants for athletes who are facing barriers to participate. A4K is offering some funding grants to families who meet the criteria of four categories – Financial Hardship, Disabilities & Chronic Illness, Remote Living Issues and Temporary Hardship.

The Emerging Athlete Pathways (which replaces the Young Athlete Assistance Program) is an initiative of the Queensland Government. It is a subsidy that provides funding to help alleviate the costs associated with attending state, national or international events, and support pathways to elite success. The program provides financial assistance to athletes under the age of 18 who are competing at state, national or international level and need to travel at least 250km one way to their event.

More information on both funding opportunities can be found on the homepage of the LAQ website.



Emerging Athlete Pathways

### 2020 Annual Conference

#### Call For Motions

This is the first and final call for motions for the 2020 Annual Conference.

Please find attached to this mailout, a Call for Motions form. All motions must be submitted on this form. The closing date is Friday 17<sup>th</sup> April. Please refer to the attached paperwork for further information and instructions.

### Summer Centres

#### AGM's

As the Summer season draws to a close, Centres should be starting to prepare for their Annual General Meetings. The purpose of holding an AGM is to:

- To comply with the Office of Fair Trading as an Incorporated Centre
- Report to the members on the activities of the centre
- Ensure the election of the committee happens in an orderly manner
- Present the financial accounts to the members
- Appointment of an auditor
- Change of signatories to the Centres bank account
- Provides the members the opportunity to ask questions and provide feedback to the committee.

Here are some tips for a successful AGM:

- As many Centre's are aware, it can be difficult to draw in members to an AGM. To maximize your AGM's potential, you might want to look at pairing it with another activity. If your Centre holds an awards





night or an end of season break up, that would be perfect.

- Centres should advertise the date of the AGM well in advance and send out reminders to their members. Also, provide members with an agenda, so that they are aware of the structure of the meeting.
- Preparation for the AGM is key and the Committee should ensure that they compile all relevant paperwork for the AGM and also confirm which Committee Members are looking to continue on with the Centre. A notice of the AGM should be sent to your members at least (28) days prior to the meeting.

When your Centre has held their AGM, please ensure that your Centre & Committee Membership form is completed and sent into the LAQ Office along with a copy of the draft AGM minutes and Audit Report.

If your Centre has any questions or concerns about your AGM, please contact the LAQ Office.

#### 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**

##### 2020 / 2021 Registration Fee

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

#### Registrations

Winter Centres should be in the process of preparing for the start of the season. If your Centre needs assistance with setting up your SportsTG Console in preparation for receiving registrations, please contact the LAQ Office.

#### Coles Banana Donations

Winter Centres that are within 50km from a Coles store will receive their banana coupon book in early April. It is anticipated that the banana donations will commence on the 20<sup>th</sup> April and run through to the 30<sup>th</sup> August 2020.

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

#### Marketing Your Centre for the New Season

With the new Winter season now underway, it is important for Centres to start looking at ways to promote your Centre in the local community. You might like to consider the following options:

- Sports Expos
- Signage around your grounds
- Distributing flyers to your local schools
- Regular Facebook, Twitter and Instagram posts
- Newspaper advertising

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

#### **Member Privacy**

All Little Athletics Centres collect personal details from members as part of the registration process each season. Therefore, it is important to have some safe guards in place to protect members privacy.

To ensure that the personal information of members is secure:

- Only designated Committee should have access to the registration database and information retrieved from the database must remain confidential.
- Any information that is exported from the registration database should be kept secure and destroyed after it is no longer required. (e.g First Aid Officer that has a record of medical conditions at centre competitions)
- Personal information should not be provided to any friend or family member that is not listed on the athlete registration.
- Member details should not be provided to any company or marketing groups.

Members not wanting to have their child photographed may approach committee members. They may disclose the reason for this request or they may not want to provide details. In any case committee members should keep the athletes details on record that can be accessed when required. This information should also be forwarded to LAQ to advise our photographers.

#### **Nominations Payments**

A reminder that all nomination payments from centres must be received by our office no later than the Friday following competition closing date. A late payment/admin fee of \$55 will be charged to the Centre if fees are not received by this date. Please ensure your

nominations and payments for the same are submitted on time. A tax invoice/receipt will be issued once payment has been received.

**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.

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.

Upcoming courses and dates:

- 16<sup>th</sup> May - Townsville Central
- 23<sup>rd</sup> May - Bargara

### 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.

### Game of the Month

#### Butterfly Run

Set out markers in the shape of a butterfly (as big or as small as you want). One side (wing) would be one set of coloured markers, the other wing would be another set of coloured markers so that the athletes know the different on sides. One wing would have the athletes follow the markers while walking, the other wing would be following the markers while jogging. The body of the butterfly (down the middle) would be a sprint. The athletes would be alternating between, walking / sprinting / jogging / sprinting.

Variation:

Coach to stand at the "head" of the butterfly and hold up a number of fingers as the athlete runs towards them. The athlete must call out the number while sprinting. This will enable the athlete to focus their eyes to the front while sprinting.

**Shaun Lethem & Kendal Newton-Smith**

## Competition & Officials

### 2020/2021 Season

#### Winter Centres Only

**Required ResultsHQ Season Roll over**  
Winter 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.

All Winter Centres should have received an email covering the Season Rollover process, which was issued on Thursday 13<sup>th</sup> February to Centres' registered email addresses. Any Centre that has not received this email, are to contact Bianca in the LAQ Office as a matter of urgency

### 2020 LAQ Conference

**5<sup>th</sup> - 7<sup>th</sup> June**

#### Hilton Surfers Paradise

The Conference Information booklet which includes the Conference attendance options, fees, and the registration form is attached to this LANews. This booklet is also available on the Resources area of the LAQ website.

Important dates to note:

- Online Conference registration portal is now available on the Resources area of the LAQ website
- Online Workshop Registration portal will be available at the end of March
- Submission of Motions Friday 17<sup>th</sup> April
- Motions to be submitted by Friday 17<sup>th</sup> April
- Accommodation 1<sup>st</sup> release Sunday 26<sup>th</sup> April
- Accommodation 2<sup>nd</sup> release Monday 11<sup>th</sup> May
- Registration & Delegates Form Wednesday 13<sup>th</sup> May

Be mindful that LAQ Conference accommodation rooms are on a release schedule. Rooms will be released in line with the dates listed above. We recommend you book accommodation as soon as possible

### McDonald's State Championships Officials Needed

A draft appointment list is available on the LAQ Officials webpage and Team App Officials page. More Officials are needed as some of our regular Officials have commitments and are not available for the full weekend. Expressions of Interest

(EOI) to officiate are still being accepted, get yours in now!

Did you know that event allocations have been made for each Region to assist at the competition? Here is the event list for your convenience:

- Discus & Javelin  
Central Coast, Central North and Metro West Centres
- Shot Put  
Downs & South West, Sun Coast and Maranoa Centres
- Long / Triple Jump  
Metro North and South Coast Centres
- High Jump  
South East, North Queensland and Tropical North Centres

Team Managers, please encourage your members to come forward and offer some time, especially if requested by the Announcer.

Centres and Regions who co-ordinate rosters for these events will be providing great assistance towards ensuring all events start on time. If rosters are created, please email them to the LAQ Office for the attention of the Officials Manager, Tony Frampton. EOIs or rosters can be sent via email to [k.lunt@laq.org.au](mailto:k.lunt@laq.org.au)

### Team Manager Reminders

It is essential that each Centre has a Team Manager at the competition while your Centre athletes are competing. An email will be sent to Centres requesting details of your nominated Team Manager(s), please be sure to respond. Some timely reminders that should be noted by new and experienced Team Managers and shared with athletes and members:

- Athletes must compete in the approved uniforms including rego and age patches, failure to do so may result in the athlete being disqualified or prevented from entering the arena.
- Only Pyramid or Xmas tree style spikes are allowed. Refer to the

Competition Handbook for age and event allowances.

- All withdrawals must be notified to Val Hooper the Admin Manager, located on the ground floor in the control room.
- The program of event times may be brought forward up to 30 minutes. It is highly recommended that athletes be in or around the arena at least 45 minutes prior to the event. There will only be one event call for athletes to report to the Call Room (marshalling) or field event as soon as possible upon hearing that announcement.
- The Championships is being conducted at an all-weather facility and as such, competition / events will only be cancelled or postponed due to severe weather conditions. Spectators and athletes should prepare for all possible weather conditions.
- Members will have access to all areas of the Western Grandstand – corporate boxes may be used. Access and use of the Eastern and Southern stands is restricted to the first four 4) rows to view the long / triple jump, high jump and or shot put events.
- A list on nominated athletes will be posted and updated on the LAQ State Championship webpage and calendar page. The program booklet (to view or download) will also be posted on the same page the week of the Championships.
- Live Results will be activated on the Thursday prior to the competition.
- Nordic Sport's pre-orders for the State Championships Souvenir Shirts have closed. Centre orders can be collected any time after 3:30pm on the Friday. Individuals may have the opportunity to make purchases over the counter, however,

stocks and sizes will be limited. Nordic Sport will be located on the 2<sup>nd</sup> level concourse.

- LAQ official services providers Medals Shots (photographers), and Affordable Trophies (engravers) will also be located on the 2<sup>nd</sup> level concourse.

### Relay Rule Review

#### Date Change - 8<sup>th</sup> March

Summer Centres Team Managers and Nomination Officers, and others interested Committee Members are invited to participate in a discussion group to review the Relay Rules. It is important that we have experienced based participants who have a working knowledge of the rules participating in this review.

- Time: 9am – 12pm
- Venue: QSAC, Sprinters Room
- RSVP by 2<sup>nd</sup> March – please provide Centre, Name(s), Committee Position(s) and email addresses to [k.lunt@laq.org.au](mailto:k.lunt@laq.org.au)

### Upcoming 2020 LAQ Competitions

- McDonald's State Championships Brisbane  
13<sup>th</sup> – 15<sup>th</sup> March
- Ronald McDonald House Charities Winter Carnival  
Townsville  
20<sup>th</sup> & 21<sup>st</sup> June
- Coles Spring Carnival  
Bundaberg  
26<sup>th</sup> 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 and Sign On Form  
Summer Centres – due 20/5/20