

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



Robertson Gardens



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President's Corner

I hope everyone is going well in this very unusual and for some difficult period. It is always hard when our normal routines go out the window and we have to re-invent our 'new normal'. I for one am finding it hard to not be part of my athletics family even though my normal paid job is business as usual. Athletics is such a big part of so many of our lives that when it is taken away so abruptly it is hard.

We are waiting for the government to decide the next steps in opening up our State and Country again so until then we can only plan and hope it is soon. We have some plans in place ready to go but these are flexible, and we won't be able to publish them until we know what rules will be in place around social distancing once we can compete again. We may have to totally rethink them.

I have thoroughly enjoyed watching your presentations and end of year ceremonies. We have some very creative committee members in our mix and I applaud you all for still giving your athletes a terrific end of season albeit a different one. The one thing the shut down has taught us all is that we don't have to stick to the same routines, and it is fun when it is done a little differently, and it still works brilliantly.

Congratulations to all of our athletes on a great 2019/2020 season. I understand it ended in unusual circumstances but all of your efforts made for a another terrific summer season. I would like to thank all of the committee members for the work you put in. I understand it can be a lot of work but the smiles on the athletes faces make it all worthwhile.

We are hoping to be able to have our Winter season up and running in

whatever form the relevant committees see as the best option once we can get out again

The LAQ Office has been quiet as expected during this time but we do have a staff member there most days so there is a lot of work going on ready for us being able to operate normally. Don't forget if you need anything just email and we will be in touch. Fingers crossed we can compete again soon. I imagine there are a lot of kids with excess energy at the moment.

Donna Smith

From The CEO

COVID 19 Update

The National Cabinet will be meeting in the coming days to plan the lifting of restrictions for community sport. There has already been a set of principles developed at the national level and the State Government has formed a committee to create their own set of guidelines for the commencement of sport across Queensland.

As governments move to start easing restrictions, it's important that we start planning our own return to the playing field. There's no doubt that there will be a staged approach, so it may mean that we have to be flexible in how we reintroduce our competitions, training and the general running of our Centres.

Locally, Centres can start preparing for reopening by making sure all of your equipment and venues are ready to go. It's advisable that you confirm with your Council or school (depending who holds your user agreement) to ensure that your commencement dates are still current. Other sports that share your grounds that might have had their seasons interrupted may be pushing

to have their agreement extended later into the year, so it's important you confirm with your lessor that your start dates remain the same.

LAQ Office

As mentioned in Donna's article, the LAQ office is still open at limited times throughout the working week. The best form of communication is through email to individual staff members or to Ngaire at info@laq.org.au. Some staff members are using annual leave so may not get back to you straight away so please be patient.

As the restrictions are lifted we will increase the office opening times and staff hours so we can hit the ground running. The sports that come out of this epidemic in front will be the ones that are prepared to recommence when the restrictions ease and we'll be making sure we're ready to go when that happens.

If you require anything, please do not hesitate to contact us. We're looking forward to getting back on the track as soon as we can!

Simon Cook

Administration

Little Athletics Australia National U15 Camp

The LAA National U15 Camp is being held at the AIS in Canberra on the 4th – 7th October 2020.

In 2020, Multi Class athletes are being invited to nominate to participate in the camp.

Information on the selection process and a nomination form for Multi Class athletes can be found on the LAQ website.

For any questions, please contact Shannon in the LAQ Office via email s.kruger@laq.org.au

Summer Centres

AGM's

Due to the Covid-19 situation, a number of Summer Centres have not been able to hold their AGM's. The

current committee should stay in place until an AGM can be held.

Centres are able to make use of technology (such as Zoom, Skype, Google Hangouts etc.) to hold an AGM. If your Centre is not in a position to use this technology then your Centre should wait until restrictions have been lifted to conduct your Centres AGM.

Just a reminder that the Office of Fair Trading has issued a blanket grace period of six months, if required for Centres to hold their AGM without the need to write to the OFT to seek an extension.

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 Centre Athlete Refunds

For Winter Centres that are receiving requests for refunds for the 2020/2021 season, please provide the member with a full refund. Your Centre should also keep a list of the members that have received refunds.

For Centres that have had members pay online through SportsTG, please contact the LAQ office by email for advice.

Prepare For Your Centre's Future

The current Covid -19 situation has presented many challenges for our Little Athletics Centres. During this time of isolation, Centre Committees might like to use this time to prepare for the future of the Centre.

A key aspect of preparation is reviewing and evaluating. The committee might like to review and evaluate some of the following areas:

- Award criteria
- Committee positions – roles and responsibilities
- Centre policies
- Centre programs
- Succession plan
- Centre budget

It is important to know what is doable at your Centre, so don't hesitate to conduct a review.

Keep Updated via Facebook

While almost all of LAQ's activities have been suspended due to COVID-19, a great way to keep in touch with LAQ is via our Facebook page. We will be posting regular updates on our page and sharing important information that our athletes, families and Centres need to know.

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble

Coaching & Development

The ever-evolving situation with COVID-19 means we still have a suspension of all of the ITC's and LAPS sessions. Those Centres who already have an ITC booked for the coming months or schools with LAPS sessions booked in, we will be in touch, as the date get closer to determine if we can go ahead or not.

Let's keep playing and being active though.....

LAQ Backyard Series

You may have seen on the LAQ Facebook page some videos of games and activities that you could try at home. Each of the videos features a simple activity that focuses on one basic part of a running, jumping or throwing technique. To date clips for the following basic skills are available:

- Underarm throw / slinging (discus)
- Sprinting / jogging (running)
- One leg take off, two foot landing (long jump)
- Overarm throw (javelin)
- Running over obstacles (hurdles)

If you haven't already seen them, head to the LAQ Facebook page to see them all. A new activity will be featured every Tuesday.

Game of the Month

Jump The River

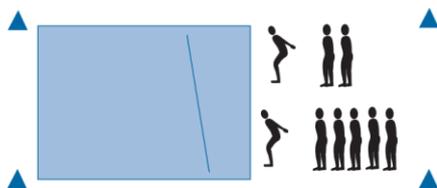
Equipment:

- Long Jump Pit
- 2 x Skipping Ropes (optional)

Place the two skipping ropes (or drawing two lines across the long jump pit) approximately 1m apart. Get the athlete's to line up in groups along the side of the pit. Explain to the athletes that this area simulates a river full of crocodiles. Using a standing or walking jump, athletes attempt to jump across a 'river' drawn in the sand or marked with skipping ropes. If an athlete lands in the river, they will be gobbled up but encouraged to have more attempts.

Alternative:

For older athletes, mark a widening river in the sand. Give points for each mark further along the river as they succeed.



Shaun Lethem & Kendal Newton-Smith

Competition & Officials

2020 LAQ Conference

4th – 6th September

Hilton Hotel, Surfers Paradise

Be sure to add 4th – 6th September as a date claimer in your diaries for the 2020 LAQ Conference, noting that the conduct of the Conference is dependent on approval from the State and Federal Governments with regard to COVID 19 restrictions:

Venue and Accommodation:

- The venue remains as the Hilton Surfers Paradise.
- Previous accommodation bookings have been cancelled.
- [A revised accommodation booking link](#) is now available on the LAQ webpage.
- All bookings must be made by 10th August to secure a room in the LAQ block at a revised and agreed price.

Conference Registration and Registration Fees:

- Online Conference registrations and paid fees already made will be held over in credit for the rescheduled date.
- Names and options for these existing registrations can be altered up until Monday 10th August via email.

Revised Dispatch and Closing Dates:

- Friday 10th July
Lodgement of Motions
- Sunday 26th July
1st release /reduction of accommodation block
- Friday 7th August
Motions for Consideration Issued
LAQ AGM papers Issued
- Monday 10th August
Accommodation Bookings
- Wednesday 12th August
Registration Closes
- Wednesday 26th August
Closing date for Conference
Postal Votes and AGM Elections

Updated information, dates and forms have been already been posted on the LAQ website.

Additional updates and information will be posted and provided as soon as possible.

2020 LAQ Carnivals & Championships

The conduct of all LAQ Carnivals is still subject to direction and rulings from the State and Federal governments with regard to COVID 19 restrictions making the following information subject change.

- McDonald's Winter Carnival has been postponed. LAQ is working towards this event being conducted at the end of the Winter Centre season.
- Nordic Sport Winter Regional Championships are anticipated to proceed as planned. RCC's and host Centres should be considering what preparations can be undertaken.
- Coles Spring Carnival: Saturday 26th September in Bundaberg, at this stage shall proceed as planned.
- McDonald's Regional Relays: It is anticipated that weekend dates which can be selected for these summer Regional events will include Sat 7th, Sun 8th, Sat 14th, Sun 15th, Sat 21st & 22nd November. The 21st and 22nd November would also be the last weekend that can be used as a back-up date. Regions should be considering ways to conduct handover meetings (in line with the COVID 19 restrictions) to ensure that the RCC is nominated, and host Centres and competition dates can be agreed upon.
- Coles Summer Carnival: Saturday 31st November SAF, at this stage shall proceed as planned.

2019 / 2020 New Australian Best Performances (ABP's)

Earlier in April, we were advised by Little Athletics Australia that a number LAQ athletes have been recognised for holding ABP's. Congratulations to the following athletes on achieving this recognition:

- Charleigh Allen
Girls U11 80m Hurdles
- Sirray Su'emai
Girls U11 Discus
- Daniel Harlow
Boys U12 Discus
- Alex Perry
Girls U12 80m Hurdles

2020 / 2021 Centre Carnivals

It is usually this time of year when we ask Centres wishing to host Carnivals to submit applications for approval and endorsement of LAQ. Due to the changing circumstances with the regard to COVID 19 restrictions, timelines have been altered. Therefore, in June an updated application form and a SEP template will be issued to all previous seasons Host Centres. Only submissions on the updated form will be considered.

In the meantime, Centres that have hosted Carnivals in the last 2 season have been issued an email requesting historical details of those held. The return of these details is required as soon as possible but no later than Friday 29th May. The updated form and template will be made available on the LAQ website.