

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



Robertson Gardens



QUEENSLAND GOVERNMENT

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President's Corner

It's been another month of adjustments and it's fantastic to see a lot of centres back into competition albeit with a lot of rules. I would like to thank our Winter Centre committees for all of the work they have done to ensure our athletes can compete in a safe environment. I understand there is a lot of extra work with ensuring sign ins happen, safe social distancing and the regular cleaning of equipment. It is great to see the athletes back to doing what they love and that is having fun with their friends. It is hoped we keep up the good work and QLD can stay relatively COVID free but we cant take that for granted so all of your work is worth it. It would be great if Regionals Championships go ahead as planned but time will tell.

The Summer Centres are commencing competition and sign ons. As Centres gradually come on line the current restrictions apply. Fingers crossed we get a full season. I am pleased to see centres setting the guidelines early for parent management so normal competition can go on without modifications.

Sadly, we have had to cancel our annual Conference this year as the restrictions at the venue made it impossible to have everyone in attendance. It is extremely disappointing but it's a small price to pay to keep everyone safe. We certainly will miss our Saturday night dinner. It is the highlight of the year for our volunteers (especially me). We are still monitoring the situation to see if our scheduled competitions go ahead.

We will be having a very different AGM this year and conducting it by Zoom. I hope we will have a good representation of Centres so the formalities can be dealt with. This is

never a long meeting so wont take up too much of your time. It is also great to see a lot of the Centre AGMs are also being conducted electronically. We have been forced to take a look at other ways to do meetings and this opens up a lot of options into the future.

I look forward to seeing everyone very soon as we start to get back up and running.

Donna Smith

From The CEO

COVID 19 Update

Stage 3 has now come into effect and I would urge all Centres to read and adopt LAQ's "Back on Track" guidelines. They have been developed in accordance with the State Government's COVID Return to Play rules and specific industry plans. Little Athletics falls under the Outdoor Field Group industry plan which has various concessions to the general population restrictions due to the non-contact, open nature of our sport and the immediate control we have over our activities.

Under our industry plan, we can have up to 500 people in total at any one Centre and the athletes are not required to break into zones on the field of play. Physical distancing only applies off the field of play for spectators and any other people not competing.

Obviously though, with the threat of a second wave still present, Centres must still use common sense and stick to the guidelines as far as minimising the gathering of people, continuing to sanitise and clean equipment and to ensure people have registered their attendance at training or competition.



This is essential and includes contact tracing for volunteers, parents, athletes, coaches and anyone else at your facility.

As mentioned in Shannon and Ngaire's article, to assist with this, we've made available the electronic attendance registering application, EVA Checkin for Centres to use at no cost for the first 3 months for this purpose. This program uses QR codes that can be printed on posters around your grounds. People can simply scan the code on their phone and register their details along with anyone else in their family that is present. It's very easy to use and alleviates having to gather people together for the purpose of signing in using paper forms.

Once again, please follow the Back on Track guidelines and if you have any questions about COVID plans or any other matter, please don't hesitate to contact the LAQ Office.

Simon Cook

Administration

Little Athletics Australia National U15 Camp

The LAA National U15 Camp was scheduled to be held at the AIS in Canberra from the 4th – 7th October 2020. Due to COVID-19 restrictions, the camp has been postponed. A new date and venue will be advised once confirmed by Little Athletics Australia.

Winter Centres

Coles Banana Donations

Banana Donations will be available for collection until the 30th August to eligible Winter Centres. Centres will be required to use a valid coupon when collecting the bananas. Coupon booklets have now been issued to Centres, please ensure that you check your mail box for the coupons.

Summer Centres

Registration Fees

The LAQ registration fees for the 2020/2021 Summer 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.

2021 McDonald's New Zealand Development Tour

Nominations are now open for the 2021 McDonald's New Zealand Development Tour. The Tour will take place from the 16th – 24th January 2021. The Tour is open to any U15 or U16 athlete who will be aged 14 or 15 years (born 2005 or 2006) as of 31st December 2020.

Selected athletes will spend 9 days training, travelling and competing together throughout the South Island of New Zealand.

The cost for the 2021 Tour is \$2,600, which covers airfares (Brisbane-NZ return), 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 16th September 2020. Further information and a nomination form are available on the LAQ website or by contacting the LAQ Office.

It is worth noting that we are planning to operate the 2021 Tour as normal, however, it is of course dependant on both the Australian and New Zealand

Government's restrictions concerning COVID-19.

COVID-19 Check In App

Centres are required under the current COVID-19 restrictions to record all attendance information at competitions and training.

To assist Centres with this process, Little Athletics Queensland has purchased the QR code technology of Eva Check In, to register spectator attendance, and made this free for all of our Centres for the first 3 months of operation. Should Centres extend their use of the Eva Check In past 3 months a fee of \$10/month will apply.

To register your Centre's interest, please contact Ngaire in the LAQ Office. If you would like to check out the program before registering, please use this link <https://www.evacheckin.com/>

COVID-19 Safety Training Free Course

The Active Queenslanders Industry Alliance is offering a free training course for community sport and recreation centres to ensure that best practice community health and hygiene is in place as restrictions begin to ease further.

For more information or to enrol in the course, please use the following link:

<https://www.aqia.org.au/covidsafet/y/>

Active Restart Infrastructure Recovery Fund

The Active Restart Infrastructure Recovery Fund is open now and provides funding of up to \$20,000 per organisation for minor upgrades, repairs and maintenance works and equipment.

To find out more about the Recovery Fund and to apply, visit

<https://www.qld.gov.au/recreation/sports/funding/active-restart-infrastructure-recovery-fund>

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble



Coaching & Development

Coaching Clinics

With Winter Centres commencing their season, we have organised and conducted a few coaching clinics around the State.

Goondiwindi was on the 12th July with 15 in attendance. Townsville Central and North Mackay were both held on the 18th July, with 30 athletes attending each. A big thank you to Cedric Dubler, Taneille Crase, Theresa Stolberg and Tyla Stolberg for assisting us with these clinics.



Goondiwindi Clinic



Townsville Central Clinic



Mackay Clinic

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 LAQ Office.

Upcoming Courses:

- 15th August - Bargara
- 23rd August - Arana
- 30th August - Toowong Harriers

Game of the Month

Fast Baton

Equipment:

- Ground Markers
- One Relay Baton per team

Divide the group into even teams. The athletes line up behind a ground marker in their teams. They stand in single file, arm's length apart. The person at the rear of the line is given a relay baton.

On "Go", the athletes pass the relay baton down the line as quickly as possible, using non-visual exchanges. When the first person receives the

baton, they must quickly raise it above their head, signalling that they have finished. The first team to do this the winner.

When the baton reaches the first person and all teams have finished, simply ask the athletes to turn and face the other direction, so that the front person is now at the end of the line with the baton. Repeat the game.



ALTERNATIVE: Athletes attempt this game while running on the spot.

Shaun Lethem & Kendal Newton-Smith

Competition & Officials

2020 LAQ Conference

With the cancellation of the 2020 Conference, Centres that have booked their accommodation with Hilton Surfers Paradise are reminded to cancel their bookings, and be assured that no charges will be incurred.

Any Centre that registered to attend the Conference and paid fees to LAQ, by now should have received a refund. All queries or concerns related to the booking and registrations should be directed to Karen and Bianca through the LAQ Office.

It is also important to be mindful and be sure to return all relevant postal voting papers for the AGM by the required date:

Dates to remember:

- Friday 7th August
LAQ AGM papers Issued
- Wednesday 26th August
Closing date AGM Elections

Competition Changes

A summary of LAQ & LAA rule changes will be posted on the LAQ resources competition webpage and

on the Officials Team App page shortly. A few key items to note:

- Multi Class (MC) athletes (age appropriate) will now be offered 800m and Javelin events in the LAQ competition programs, excluding the Combined Event Championships. The MC events within the Combined Event Championships are unchanged.
- The Track & Field Qualifying Levels for Additional Entry to the State Championships are being reviewed, details will be published ASAP.
- The McDonald's Achievement Levels are being reviewed and will be updated in ResultsHQ for the Summer Centres 20/21 season.

2020 Nordic Sport Winter Regional Championships

Winter Centres in the North Qld, Central North and Maranoa Regions should be promoting their Regional Championships and assisting the RCC and host Committee wherever possible. Further information on all Winter Regional Championships will be provided as soon as possible. This includes the programs once they are confirmed by the Regional Committees.

Confirmed Dates & Venues are as follows:

- Central North
12th & 13th September
Agnes Water
Noms Close: 31/8/20 at 9am
- North Qld
19th & 20th September
North Mackay
Noms Close: 7/9/20 at 9am
- Maranoa
3rd & 4th October
Goondiwindi
Noms Close: 21/9/20 at 9am

The nomination fee is \$15 per athlete. Centres must also ensure all registrations are up to date and complete for the nomination process to work.

Nominations must be processed through either the Family or Centre ResultsHQ profiles.

A ResultsHQ Meet Invite will be issued to Winter Centres during the first week of August. If your Centre does not received the Invite or if your administrator is not sure how to share the invite with your members and guidance is needed please contact Bianca as soon as possible.

U13 – U7 Teams Event

LAQ is seeking expressions of interest from Centres that would like to participate in the second season trial of the U13 – U17 Teams Event. LAQ is seeking expressions of interest from Centres that would like to participate in the second season trial of the U13 – U17 Teams Event.

The Teams Event is primarily a virtual competition incorporated with participation at inter Centre meets / visits and selected LAQ competitions. Results of each team athlete are used in the calculations, provided the results are entered by the required date.

The best result from each eligible competition will count towards the overall Teams points. Weekly results, over all best performances, and overall event rankings will be posted on a weekly basis. These results postings, a detailed paper on the Teams Event trial and Team Application form can be found on LAQ Competition Teams Event webpage.

During the 2020 / 2021 trial:

- There will be a limit of 15 Teams for each season - Summer & Winter
- Summer Teams will be limited to a maximum of 10 athletes and a minimum of 7 athletes
- Winter Teams will be limited to a maximum of 7 athletes and a minimum of 5 athletes
- Members age groups are limited to U13 – U17s
- Athletes of all abilities are to be encouraged to participate

- There are no restrictions on the number of boys or girls or ages to form a Centre Team
- Events eligible for points and rankings are: 100m, 400m, 800m, Sprint Hurdles, High Jump, Long Jump, Discus & Shot Put
- Summer Centre meet dates eligible for 1st round results will be 18th October – 29th November
- Winter Centre meet dates eligible for 1st round results will be 9th August – 27th September
- Summer and Winter Teams will have separated point tallies
- Participation is by application

Winter Centre applications and Team information should be submitted as soon as possible prior to the first eligible competition date, but no later than 19th August.

Summer Centre applications must be received by Monday 31st August. If more than the maximum number of teams are submitted, a decision will be made on which Centres will participate in the second phase trial.

Calling for Competition Officials

The Officials Committee is calling for expressions of interest from Officials for the 2020 Coles Spring Carnival, scheduled for 26th September in Bundaberg.

LAQ has a core group of Officials that travel from Brisbane, however more officials will be needed and we look to local and visiting officials to be involved. With this in mind and noting that the 2020/21 EOI forms and online registration are not yet available, we would appreciate emailed advice (with details below) from Officials interested in assisting at the Spring Carnival.

1. Name & Centre
2. Availability – all day & evening / all or part day / evening
3. Preferred event area or role and level of experience – remembering that general officials will be required and a

willingness to help is all that is needed

Access to the online EOI platform and editable EOI forms for all other 20/21 season LAQ competitions will be made available shortly on the LAQ Competition Officials webpage and the Officials Team App page.

Officials Education

The Officials Committee have been reviewing the Officials education workshops, programs and general AAOES Education Scheme; and are now aiming to offer some 'old school' workshops suitable for members looking for a solid introduction to the basics and Level 1 accreditation.

It has been agreed that four (4) Introduction / Level One education session should be held before December 2020, one each in the Met West, Sun Coast, South Coast and South East Regions; with a Workshop aimed at accredited Officials either ready to gain or already with Level 2 accreditation at QSAC in March. We are also hoping to offer interested members access to the AAOES online accreditation as part of the education sessions. Confirmation of date, venues, and information will be provided as soon as possible.

Centres Operating in the 2021 Season - ResultsHQ Roll Over Required

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. For assistance with this or for any other queries on ResultsHQ, please feel free to contact Bianca through the LAQ Office. The link below provides a step-by-step article for quick reference:

<https://support.timingsolutions.com.au/hc/en-us/articles/201741754-Season-Rollover-Getting-ready-for-a-new-season>

Karen & Bianca Lunt

