

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



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## President's Corner

We have nearly made it to the end of 2020!! This has certainly been a year like nothing we have ever seen both in sport and our lives away from sport. I would like to thank each and every one of you for your efforts in getting our athletes back out on the arena doing what they love. Our Winter Centres flew the flag and showed it was possible with a few modifications to continue as normal. I understand there has been a lot of extra work placed on Centre committees to comply with the COVID plans, but you have all done an exceptional job.

The McDonald's State Relays were held last weekend and it was extremely successful. I will admit the weather gods were kind to us until the last half an hour, but that's ok! Relays is always such a fun event as we see athletes competing with their friends not against them. It is great to see the athletes lining up along the fences cheering each other on.

I would like to thank our wonderful group of officials. Yet again you delivered a high level of officiating. Some of the events had very high numbers of entrants but you just took it in your stride. The day ran on time all day and we also finished early. A special thank you to our Tech crew. You guys are there long before anyone else and long after. We couldn't do it as well as we do without you.

Thank you to all of the Regional committees for the work you have done in organising the McDonald's Regional Relays and then organising the teams for the McDonald's State Relays. Thanks also to the Centre committees for their work behind the scenes. Having done it in the past, I understand the depth of the work

that goes in to organise the teams heading into Regionals.

We had some wonderful news last week with the induction of Ros McAlister from Townsville Central into the Little Athletics Australia Hall of Fame in the Volunteers category. Ros served on the LAQ Board for many years, including 8 as our Finance Director. Ros has true love of our sport and works tirelessly for the athletes particularly in the North. If any Centre needs a hand Ros is first to jump on board and help out. Congratulations Ros we are very proud of you!!

I would like to welcome Clint Harvey to the Board of Directors of LAQ. Clint and his family have a long history with Little Athletics in Queensland. It is great to have someone who knows the sport from all angles and has grown up with it. Welcome aboard Clint, we look forward to working with you well into the future.

We are all going to take a break now for a few weeks to regroup and do it all again next year, which hopefully will be a bit smoother than this one. I imagine Centre committees are glad to have some down time. I would like to thank Simon and the LAQ Staff for the work you have done this year. There have been a lot of challenges and a lot of unknowns but these have been overcome. Simon spends a lot of time in meetings with the relevant government agencies to ensure we meet all the COVID guidelines. This is to ensure our sport can still take place and our athletes can continue to compete. I certainly appreciate all the work that has gone on.

I wish all of you a very Merry Christmas and a wonderful 2021. I look forward to working with you all again next year.

**Donna Smith**

## From The CEO

### COVID Update

The latest version of Back on Track is now available on the LAQ website at <https://laq.org.au/covid-19-2/>. The main change has been the increase in the number people at events to 1,500 before approval is required from the Local Public Health Unit. Any event with a total number of people attending under that number can operate under a COVID Safe Checklist which is attached to the LAQ Back on Track Plan. If you need assistance in conducting a Centre Carnival under COVID rules, please contact me at the LAQ office.

### Social Media Support

Little Athletics nationally is using consultants, Shunt Media, to conduct research into the effectiveness of our social media performance from a Little Athletics perspective against other similar sports. To assist Centres in building a healthy social media presence, they've also produced some examples of successful social media campaigns that you can use. To access this resource, visit our website at <https://laq.org.au/marketing-and-pr-forms/>

### EVA Check In to Continue

The LAQ Board has made the decision to extend the free supply of EVA Check In to all Centres for the remainder of the 2020 – 2021 season. This means Centres will not be invoiced for any of the costs associated with using this program.

Congratulations to everyone on how well you've responded to COVID and the restrictions imposed. I'm sure you're like us and looking forward to a better 2021 already!

### Ronald McDonald House Charities SEQ Christmas Pantry Drive

Thank you to all the people that donated to the South East Queensland Christmas Pantry Drive at the McDonald's State Relays on Saturday. The total amount of pantry items donated is well over \$1,500.

These items will be used to feed seriously ill children and their families staying at Ronald McDonald House. Your kind donations are truly appreciated.

### Little Athletics on the Today Show

A huge thank you to the Bracken Ridge Little Athletics Centre for hosting the Today Show at their grounds last month.

The Committee at Bracken Ridge managed to organise over 40 athletes, a couple of coaches, all the equipment, and even some parents to assist on the day. Well done to Bracken Ridge LAC for managing to wake your athletes so early and for putting on a fantastic morning!

It has been a wonderful time for the promotion of our sport with Little Athletics in Queensland showcased on both the Today Show and Sunrise in the space of one month.



Simon Cook

## Administration

### LAQ Office Closure

The LAQ Office will close for the festive season on Friday 18<sup>th</sup> December 2020 and reopen on Monday 4<sup>th</sup> January 2021.

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

### 2021 New Zealand Development Tour

Unfortunately, due to COVID-19 restrictions, LAQ has made the necessary decision to cancel the 2021 New Zealand Development Tour.

Planning is already underway for the 2022 Tour, which we anticipate will be

larger than usual. Nomination forms for this Tour will be available in June 2021.

### 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.

### Winter Centres

#### New Season 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

#### 2021 / 2022 Registration Fees

Registration fees will be:

Tiny Tots:	\$43
U6 – U17:	\$75

### Summer Centres

#### Banana Donations

Summer Centres should take note that Banana Donations will recommence from the 13<sup>th</sup> January 2021 and run until the 28<sup>th</sup> March 2021. Don't forget to check the validity dates on your coupons before using them to redeem your bananas.

#### Dual Registration

Just a reminder to Centres that Little Athletics Queensland is offering free registration (LAQ Component) to the 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 into 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 transferring to another Centre during the season will need to initiate the transfer process by following these steps:

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.

Athletes will be moved across in Timing Solutions or SportsTG by LAQ once advice has been received from the Centre.

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

## Sport Australia's Game Plan

The Queensland Government has launched a new initiative to assist sport and recreation Centres post COVID.

The Sport Australia Game Plan is an easy to use tool for centres to assess their strategic and operational strengths and weaknesses and access resources and information to help improve their performance.

In just six steps, centres are equipped with the tools and resources to improve the quality of skills of its volunteers and management, adapt quickly and maximise existing club resources.

For more information or to get started with Game Plan please visit <https://www.sportaus.gov.au/club-development>

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

## Coaching & Development

### McDonald's Development Clinics

Yesterday, LAQ held the first of four McDonald's Development Clinics in Brisbane with 29 athletes attending.



The remaining three clinics are being held in Brisbane on the 17<sup>th</sup> of December 2020 and the 19<sup>th</sup> and 21<sup>st</sup> of January 2021.

Nominations for tomorrow's clinic have closed, but details for the January clinics are as follows:

#### Tuesday 19<sup>th</sup> January 2021

- 9am – 12pm
- U9 – U10 Athletes: Shot Put, High Jump, Hurdles. Athletes will rotate around these 3 events.
- U11 – U17 Athletes: Athletes to choose up to two events (one event from each session):  
Session 1: Javelin, Sprints, HJ  
Session 2: Javelin, Sprints, HJ

#### Thursday 21<sup>st</sup> January 2021

- 9am – 12pm
- U9 – U10 Athletes: Long Jump, Middle Distance, Discus. Athletes will rotate around these 3 events.
- U11 – U17 Athletes: Athletes to choose up to two events (one event from each session):  
Session 1: TJ, Discus, Hurdles  
Session 2: TJ, Discus, Hurdles

To register, go to the LAQ website.

## Game of the Month

### Christmas Present Stacking Relay

#### Equipment:

- Duplicate set of wrapped boxes,
- Items inside the boxes (optional),
- Markers
- Agility pole (optional)

#### Game Prep:

1. You will need a variety of boxes to wrap. They should a variety of shapes and sizes. You need two sets of gifts, one for each team.
2. Set up markers, agility poles, or other obstacles depending on location.

#### How to Play:

These versions will get progressively harder.

1. Divide teams in two, Team A and B
2. Set out a course of 15-20m
3. Now split each team so half are at one end of the lane and half at the other end.
4. Stack three gifts on top of each other, have both teams with the same size and shape presents.
5. Teams are told that they must take the stack of gifts from one marker to the other without dropping any gifts and then place them on the ground. Then the next person must pick up the gifts and take them back to the other starting point.
6. Continue until all athletes have had a turn, or for a set time (e.g. two minutes)

Note: if the gifts fall then the person must go back to their starting point and begin again.

#### Variations:

- Easy version - use empty boxes.
- A little trickier - add obstacles that players must weave around
- Harder version - tell teams that they can only use one hand to carry the gifts (two when lifting off ground)
- More Difficult - add items into the gifts or place an apple or orange on the top box!
- Even more difficult - increase number of boxes in the stack.

- In this version the first person starts the game with a 2 present stack and races to their teammate, where they hand off the present and add 1 more present. Now the person must take 3 presents to the other end, where the next person must take 4 presents, etc... This continues until the first team successfully carries a select amount of presents from one end to the other without dropping the presents!. You can decide if that number is 7, 8, 9, or 10 presents.
- If you don't have enough presents to have two team going at the same time, then have one team go one at a time and team that does the carries the most presents successful before they drop any wins.

**Shaun Lethem & Kendal Newton-Smith**

## Competition & Officials

### McDonald's State Relay Championships

The McDonald's State Relay Championships was a success with many athletes, family members, and officials simply enjoying the competition as it unfolded. The event would not have been the success it was without the dedication of our Officials team, the Team Managers and parents who stepped forward to assist as it was needed.

Congratulations to all athletes who participated. It was wonderful to witness the competition, good sportsmanship, and comradery between the teams. There were 8 potential QBP's recorded to be ratified. A full set of results is posted on the LAQ website.

### Nordic Sport Summer Regional Championships

The 2021 Nordic Sport Summer Regional Championships Meet Invite has been issued to all Summer Centres. Centre ResultsHQ administrators are reminded that

families can now nominate directly to the Regional Championships through their family profile should the Centre choose to follow the appropriate steps to allow this function.

Centre Committees remain responsible for processing nominations for members who are unable to do so themselves. All nominations must be provided through the ResultsHQ platform – nominations will not be processed by any other means.

Centres that have not received the Meet Invite or those having difficulties should contact the LAQ Office as soon possible.

Specific information including the competition and backup dates, venue and program of events for each of the Regional Championships is posted on the LAQ web calendar. Information on these pages will be updated as details are provided by the Region.

The LAQ ResultsHQ portal will close at 9:00am. The following details each Region's closing date:

- 18<sup>th</sup> January - Met North
- 25<sup>th</sup> January – Central Coast, Downs & South West, South Coast and Sun Coast
- 1<sup>st</sup> February – Met West and South East

Athletes in the U9 - U17 who place in the top four of any final at the Regional Championships will have automatic qualification to the 2021 McDonald's State Championships in March, with the exception of those competing in Walks and 1500m events, which have time limits. LAQ will issue declaration on nominations to Centres as soon as possible once Region results are provided.

### McDonald's Combined Event Championships

**27<sup>th</sup> & 28<sup>th</sup> February 2021**

The Combined Event Championship Meet Invite will be issued in January.

All LAQ registered U7 to U17 athletes are eligible to nominate for the Combined Event Championships (pre-set events) to be held at SAF,

Nathan. U15 athletes seeking consideration for selection in the 2021 State Team, will need to compete at this event.

Nominations will be accepted via Family and Centre ResultsHQ profiles. Multi-Class athletes are also eligible to participate in specific MC combined events. Nomination fees are \$15 per athlete and close at 9am on Monday 22<sup>nd</sup> February.

A full program of events and further details are available on the LAQ website.

### 2021 LAQ Conference 5<sup>th</sup> & 6<sup>th</sup> June 2021

#### Hilton Surfers Paradise

The LAQ Annual Conference will be held on the 5<sup>th</sup> and 6<sup>th</sup> of June 2021 at Hilton Surfers Paradise.

Hilton Surfers Paradise will soon be ready to accept accommodation bookings and the online Conference registration portal will be available on the LAQ Conference webpages early in the New Year. In the meantime, your Centre Committee may like to note the following dates, particularly if there is intent to lodge motions.

- Submission of Motions  
Friday 16<sup>th</sup> April
- Accommodation Bookings  
Finalised  
Wednesday 21<sup>st</sup> April
- Registration & Delegates Form  
Wednesday 12<sup>th</sup> May

### Race Walking Program

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

- Sunday 10<sup>th</sup> January, 8.30am
- Brian Johnston Athletics Track  
Currumburra Road, Ashmore
- \$5 on the day, no prior nomination required

**Karen & Bianca Lunt**

