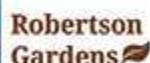


*Little Athletics Queensland wishes to express its appreciation to the following partners:*



*In this Edition*

**President's Corner ..... 1**  
**From The CEO ..... 2**  
**Administration ..... 2**  
**Coaching & Development . 4**  
**Competition & Officials .. 4**

## President's Corner

Last weekend saw the running of our McDonald's Combined Event Championships. We had some very hot and steamy weather to deal with. I would like to thank our hard working officials who worked tirelessly throughout the weekend in some hard conditions. We truly appreciate it. It was fantastic to see the athletes out competing and there were lots of smiling faces around the arena.

The Race Runners events on Saturday were amazing and the support for these athletes was incredible. The crowd involvement was fantastic and to see athletes of all ages lining the fences to encourage was what our sport is all about. Race Runners can only compete on a synthetic track so it was a pleasure to be able to incorporate them into our event. We will also be trying to do the same at the McDonald's State Championships.

It is very disappointing that the 2021 Coles Australian Little Athletics Championships have had to be cancelled. This was a hard decision but due to the sudden lockdowns that have been occurring with various States it was the only logical decision to make. This was based around the risk of having a large number of athletes without their parents and having to either try to get back to the relevant home state quickly or get stuck in quarantine, which no one wants. We will still be naming a team and will be doing our normal team day, uniforms etc. We will also be announcing an U14 team as well to acknowledge the athletes who weren't able to be selected last year due to COVID. Shannon will have more information in her article.

We are fast closing in on the end of the 2020/2021 Summer season and

what a ride it has been. We have been able to come through well as a result of the hard work by all of you in ensuring compliance with the COVID plans and restrictions. We have been fortunate in Queensland not to have the large-scale lockdowns other States have had and I certainly feel for Little Athletics Victoria who have had a very difficult season. I would especially like to thank Simon and the LAQ Staff who have had to navigate the Government's COVID information and develop and implement the plans accordingly. This was hard at times as the information was rapidly changing.

The 2021/2022 Winter season is approaching with sign ons having already commenced with some Centres. It will be terrific if we can see a full season this year and all indications are that we will. If we can be of any assistance with sign on or any information you require please do not hesitate to contact the LAQ Office either by phone or email. Our Staff will gladly assist you.

The McDonald's State Championships are only a couple of weeks away and we are hoping for great weather and no lockdowns. The only reason we will have to cancel is if there is a government decreed lockdown or if there is dangerous weather. We will have no problems with a normal storm or two - we are used to that!

I look forward to catching up at the McDonald's State Championships.

**Donna Smith**

## From The CEO

### COVID Update

As case numbers drop and vaccines begin to roll out, Government departments are reminding sports not to become complacent with their COVID planning. Consider the current situation as the "new normal" is the message they're sending out.

Sporting organisations are still required screen participants who are feeling unwell, capture attendees details using an electronic portal such as EVA Check-in, and maintain social distancing at training and competitions. As we've seen with the recent lockdown in Brisbane, all it takes is one case to put all our lives on hold for a number of days.

On a positive note, I really have been impressed with how well all of our Centres have coped with the extra COVID requirements imposed by the Health authorities. I haven't had one Centre complaining or struggling to implement the changes. In fact, it's been encouraging to see how resourceful and competent everyone has been in rising to the challenge.

As has been the case throughout COVID, our message remains the same, please ensure you're following LAQ's Back on Track COVID Plan. It can be found on the LAQ website. If you require anything further, please don't hesitate to contact me in the LAQ Office.

Congratulations on a job well done!

### McDonald's State Championships Travel Grants

The response to the McDonald's Travel Grants from Winter Centres has been outstanding with 32 applications received so far. If you haven't seen them, have a look at responses on the LAQ Facebook page because the answers to the question "Why do I love Little Athletics" give a great insight into why the athletes participate in our wonderful sport. We'll be announcing the winners very shortly so stay tuned.

### Winter Season Sign-Ons

Best of luck to Winter Centres with your sign-ons for this season. To assist, LAQ has organised radio and social media advertising in your catchment areas.

I'd also recommend Centres do their own targeted advertising through direct emailing your previous season's membership, asking your local schools to put an article in their newsletters, placing signage around your grounds and using your social media channels to promote your sign ons. If you wish to use the Little Athletics promotional video to post on your website or distribute through your social media channels, it's available on our website at:

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

Just open up the link, play the video and whilst its playing 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.

**Simon Cook**

## Administration

### 2021 State Team

As Donna mentioned, Little Athletics Australia has cancelled the 2021 Australian Little Athletics Championships in Melbourne in April. This was an incredibly tough decision but one that LAQ supports wholeheartedly. The safety and wellbeing of our athletes and managers is of the most importance and in the forefront of our minds with any decision that is made.

LAQ feels it is important to honour and recognise our athletes who would have gone on to represent our State.

So with this in mind, we will be selecting an U13 State Team as normal at the McDonald's State Championships.

However, this year we will not only recognise our U13 and U15 athletes, but also those U14 and U16 athletes

that missed out on their State Team opportunity in 2020 due to the ALAC's being cancelled.

U15 athletes will be selected based on performances at the 2021 LAQ Combined Event Championships. U16 athletes were already selected last year, so the results of these athletes will still stand.

We encourage all Centres to make their U13 and U14 athletes aware of this leading into the McDonald's State Championships.

### 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 10th March. These awards will be presented at the McDonald's State Championships.

Adult awards that are available for nomination include Life Membership, Distinguished Merit, Merit, Frank Knight Memorial Coach of the Year, Volunteer of the Year and Officials Merit Award. These awards are presented at the Annual Conference in June. Nominations close on Friday 16th April. Refer to the LAQ Awards Booklet for further information.

More detailed criteria on our awards can be found in the Awards Booklet.

### 2021 Annual Conference Call For Motions

This is the first and final call for motions for the 2021 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 16th April.

Please refer to the attached paperwork for further information and instructions.

### Summer Centres

#### Honour Certificates & Years 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.

The Association 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 any time throughout your season by completing the appropriate nomination form in the Awards Booklet and returning it to the Association Office

#### Athlete Graduation Certificates & 10 Year 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 Association Office. Please allow at least 1 week for preparation of these certificates.

#### Annual General Meetings

Summer Centres should be starting to prepare for their Annual General Meetings (AGM). It is important for Centres to decide on a meeting date and give members at least (28) days' notice of the meeting.

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

- Provide the members the opportunity to ask questions and provide feedback.

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

#### 2021/2022 Committee Membership Forms

Summer Centres will find enclosed in this month's mailout the Committee Membership Form for the 2021/2022 season. Once Centres have held their Annual General Meetings, this form must be completed and returned to the LAQ Office by Friday 21<sup>st</sup> May 2021.

### Winter Centres

#### 2021 / 2022 Registration Fees

Registration fees will be:

Tiny Tots:	\$43
U6 – U17:	\$75

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.

#### LAQ Requirements

Just a reminder to Winter Centres that the following items need to be 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

#### EVA Check In

All Winter Centres will need to ensure that electronic registration of participants is being conducted at your Centre.

To assist with this, 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 until the end of the season.

For more information, please contact Ngaire in the LAQ Office.

### Centre Minutes

All Centres are required to send in their committee meeting minutes as well as reports that are presented at the meeting.

Centre minutes and reports can be emailed into the LAQ Office or posted to our postal address.

### Member Feedback

Feedback is helpful for Centres as it provides insight into your membership. It might lead the committee to look at how the Centre is promoted or other specific areas of operation.

There are many ways to seek feedback from your members and some options are:

- Speak to them one on one - This can be done in person or over the phone. This is not always easy to do, particularly if the feedback is negative, but it will give the committee a good understanding of how the membership view the Centre. When asking the membership for feedback ensure that you are prepared.
- Surveys – Asking your members to complete a survey is a good tool to use. Members can provide feedback in their own time.
- Planning session – Invite members to attend a planning session to discuss the direction of the Centre. This can be conducted on an online platform if meeting at a physical location is not possible.
- Website feedback – For Centres that have a website, you might be able to setup an online form that members can complete and submit.

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

## Coaching & Development

### 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

#### Throw Throw Throw

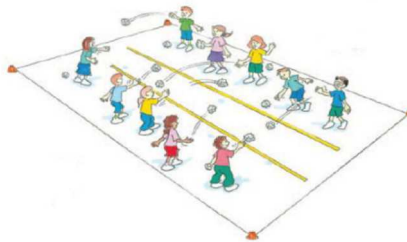
This activity teaches the basic throwing skills of the delivery actions required for Javelin.

- Divide the athletes into two groups of equal size facing each other.
- Separate the groups with a 'no-go' zone 2-3 metres wide (approx.).
- Give each athlete a couple of scrunched-up paper 'balls'.
- On the command (whistle), the athletes will:
- Throw their paper ball over a line in the direction of the opposite team, using an overarm throwing action.
- The objective is to get as many paper balls over to the opposite side. Any that fall into the 'no-go' zone are out of play for the remainder of the round.
- Athletes should "throw fast and throw smart"!

- After a set period (e.g. 30 seconds), balls are counted to see who has the fewest balls to determine the winning group.

Variations:

- 1<sup>st</sup> Round – have the athletes seated
- 2<sup>nd</sup> Round – have the athletes kneeling
- 3<sup>rd</sup> Round – have the athletes standing
- Increase the distance of the 'no-go' zone.



Shaun Lethem & Kendal Newton-Smith

## Competition & Officials

### McDonald's Combined Event Championships

There were a number of outstanding efforts by athletes and officials during the McDonald's Combined Event Championships. The heat was trying for all, but those that participated did so with great sportsmanship. Centres and families should be very proud. It was also wonderful to welcome athletes and families of Race Runners Queensland on Saturday. Our members certainly got behind the athletes by cheering and applauding as they made their way down the front straight. Inclusion and participation was very much a part of the weekend's activities.

A special shout out to Danielle Sibenaler who was very busy taking wonderful photos all weekend. Her photos can be seen for the next few days on her Facebook page Danielle Sibenaler Photography. The official results will be posted on this [LAQ webpage](#) shortly. Notably there are 19 Queensland Best Performances

(QBPs) for total point scores and 6 individual QBPs recorded. These will be presented to the Board for ratification. The number of personal best performances achieved was also outstanding. Based on these figures we can only imagine how well the competition at the upcoming McDonald's State Championships will be.

### McDonald's State Championships

Nominations for the McDonald's State Championships have closed, however Souvenir Shirt orders are still being accepted by Nordic Sport up until 5<sup>th</sup> March.

A few points to note for the competition:

- A limited number of programs will be available for purchase – EFTPOS only.
- The Canteen will be operating – EFTPOS only.
- Events may be brought forward up to 30 minutes, we recommend athletes arrive 60 minutes prior the event schedule. There will only be one event call for athletes to report to the Call Room (marshalling) or the field event as soon as possible upon hearing that announcement.
- A list on nominated athletes will be posted and updated on the LAQ website. The program booklet (to view or download) will also be posted.

A draft Officials Appointment list will be available on the [LAQ Officials webpage](#) and Team App Officials page shortly. The Officials Committee are keen to ensure our regular officials have breaks throughout the weekend. If you have not yet registered an Expressions of Interest (EOI), please consider doing so, not only to help throughout the weekend but also to ensure your accreditation points are being accumulated.

Event allocations have been made for each Region to provide Officials at the Championships, these are listed below for your convenience.

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

If you need to assist in another event area for your points or accreditation purposes, this can be accommodated.

Winter Centre Officials – McDonald's Subsidy: McDonald's are offering a subsidy to Winter Centre Officials to attend the 2021 McDonald's State Championships. We are intending to provide approximately \$400 for up to four members who will commit to officiating over the weekend.

Members who are interested in being selected for this subsidy should complete EOI on this webpage: <https://laq.org.au/competition-officials/> and provide a brief background of officiating undertaken at Centre and Regional competitions to [k.lunt@laq.org.au](mailto:k.lunt@laq.org.au)

Applications close at 4pm on Wednesday 10<sup>th</sup> March. The subsidy will be paid after the competition and officiating commitments have been fulfilled.

For more information about the McDonald's State Championships visit the LAQ calendar page <https://laq.org.au/event/mcdonalds-state-championships-3/>

#### Multi Class Classification

LAQ are hosting Multi Class Classification sessions for physical classifications only on Sunday 21<sup>st</sup> March at QSAC. Appointment positions are limited so submitting an application is essential to be considered and approved for a position. Applications can only be submitted using the online platform found on the LAQ [webpage here](#). Applications Close Friday 5<sup>th</sup> March.

#### Reminders on Competition Dates

- McDonald's Winter Carnival: Townsville, 26<sup>th</sup> & 27<sup>th</sup> June 2021
- Coles Spring Carnival: Bundaberg, 25<sup>th</sup> September 2021

Programs for the above competitions and information can be found on the relevant LAQ Web calendar or LAQ Competition webpages.

#### 2021 Conference 5<sup>th</sup> – 6<sup>th</sup> June

Important dates to note:

- Submission of Motions  
Friday 16<sup>th</sup> April
- Accommodation 1<sup>st</sup> Release  
Sunday 25<sup>th</sup> April
- Conference & AGM Papers Issued  
Friday 7<sup>th</sup> May
- Accommodation 2<sup>nd</sup> Release  
Monday 10<sup>th</sup> May
- Delegate Registration Close  
Wednesday 12<sup>th</sup> May
- Conference & AGM Votes Close  
Wednesday 26<sup>th</sup> May

The link to the online booking for the Hilton Surfers Paradise accommodation will be available shortly. An email will be issued to all Centres once it is open on the LAQ Conference webpage (under the Resources tab). The online Conference registration portal, the information booklet, and further information will also be available on the LAQ Conference webpage by the end of March. Workshop detail will be available once confirmed.

Please use this link to view details about the [Hilton Surfers Paradise](#).

#### U13-U17s Teams Event 2021 Winter Season

Winter Centre U13 – U17 athletes are invited to participate in a virtual and actual local competitions. Teams would comprise of a maximum of 7 and minimum of 5 athletes per team. There are no restriction on what combination of boys or girls form the team, and the athletes in consultation with the Centre can name their team.

Eligible events that will team earn points and personal rankings include 100m, 400m, 800m, Sprint Hurdles, High Jump, Long Jump, Javelin, and Shot Put. The following meet dates are when times and distances/heights will be taken from:

#### Centre Meets:

- 1<sup>st</sup> round: weekends ending 2<sup>nd</sup> May – 20<sup>th</sup> June
- 2<sup>nd</sup> round: weekends ending 18<sup>th</sup> July – 5<sup>th</sup> September

#### LAQ Meets:

- Winter & Spring Carnivals earning 50 additional points for participating
- Winter Regional Championships earning additional 10 points per event

A Meet Invite to register Winter Centre Teams will be sent to all affiliated Winter Centre teams later this month. Registration will close Monday 19<sup>th</sup> April. For further information, visit the LAQ Team Event webpage.

**Karen & Bianca Lunt**

