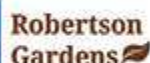


Little Athletics Queensland wishes to express its appreciation to the following partners:



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President's Corner

We made it!! Season 2020 / 2021 completed just in the nick of time before we went into lockdown again. We have had everything thrown at us this season but have come through well. We have had a half season for our Winter Centres and they led the way with operating their Centre competitions under a strict COVID plan. We have wiped, sprayed and socially distanced ourselves to get through. I am so proud of you all to have just got in to get the work done regardless of how hard it was. CONGRATULATIONS TEAM!!

The McDonald's State Championships were held in March and it was wonderful to be able to once again showcase our best athletes of all abilities. We were holding our breath leading in due to some COVID cases starting to emerge but were able to proceed as normal. Yes we did have a storm or two and the usual showers but we are used to that! Unfortunately, we did have to cancel the last block of events due to safety. I would like to thank our wonderful team of officials led by Tony Frampton who just got in and did it over the weekend. Your dedication to our athletes is truly outstanding and on behalf of them and all of us at LAQ - THANK YOU!!

The 2021 team for the Coles Australian Little Athletics Championships was selected during the Championships weekend. We also decided to select an U14 team as well from the athletes who were eligible last year. While the athletes won't be travelling this year we felt it was important to recognise their efforts. Congratulations to all the athletes selected you have worked hard for the chance to be part of the team. I would also like to thank our selectors who put in a large amount

of work to get the selections right. There was no less pressure even though the athletes are not physically competing.

While its tools down for our Summer Centres, things are just ramping up for our Winter Centres. We are hoping for a much smoother ride than last year. We have our Development Officers starting to move around the central, northern and western areas of the State for coaching and courses. It is looking promising for our Winter Carnival to go ahead in Townsville at the end of June. The one thing we have learnt in the last year is that we need to plan for all outcomes. Good luck to the Winter Centres for a terrific season.

The Annual Conference is well into the planning stages and at the moment is going ahead but with some number restrictions that will be detailed later. This is the only time of the year when you all get a chance to have a say on the future of our sport in Queensland. Please ensure at least one member from your Centre can attend. It is vitally important that if you have been to our Conference several times before and don't participate in any of the workshops, consider sending a new person from your Committee for not only their benefit, but also for the benefit of your Centre. Your Centre will not get any value from the money spent if only the business sessions are attended as we don't have many motions any more.

We are starting to see a change in Committees leading into a new season. I would like to congratulate and thank all of our Centre and Regional Committees for their work this season. It has been a tough year and a lot of extra work needed to be done but you all did what had to be done to get athletes on the track. Well Done!!

I would like to thank Simon and the Staff in the LAQ Office for all of their work this season. Like all of our Committees it has been a tough year. The Staff have gone above and beyond to get things done. Thank you also to our Competition and Officials Committees for your expertise and guidance throughout the season. Lastly to my fellow directors, thank you!! You make my job easy and were always there to support and guide during some tough times last season, especially when we had to make some tough calls. Amongst all of the hard stuff there was also a lot of fun and great moments. Thanks Everyone.

Donna Smith

From The CEO

COVID Update

With Greater Brisbane just coming out of a 3 day lockdown, it's a brutal reminder that COVID is still impacting our day to day lives and refusing to go away. At one point, it looked like restrictions were going to be eased further, then it looked like those of us in and around Brisbane were going to be confined to our homes for the immediate future and may have our Easter plans ruined.

We are, however, looking at the State Government tracing App to see if it can replace EVA Check-in. It is a no cost option, which if it meets our needs we'll look to introduce in the next couple of months. There's still some testing to do so we'll let you know if it proves to be a viable option for our sport.

McDonald's State Championships

I'm so thankful that due to the wonderful work of our volunteers and with a good dose of luck we managed to successfully hold our McDonald's State Championships. The performances of the athletes were outstanding considering, for many, it was their first major competition in 2 years. Well done also to the officials who ensured everything ran smoothly and on time.

The feedback we've received on this year's Championships has been extremely positive.

Finally, thank you to our event partner, McDonald's, for sponsoring the competition along with the Athlete and Officials Travel Grants. They've been with us every step of the way for the past 40 years and we couldn't provide such a high level competition without them.

Simon Cook

Administration

2021 State Team

Congratulations to those U13, U14, U15 and U16 athletes who were selected in the 2021 LAQ State Team. The full team list can be found on the LAQ website.

We also say thank you to our Team Selectors – Chris Anderson, Bec Brice, Steve Langley and Rik Hedge. Our Selectors have done a fantastic job this year, given the task of selecting two teams.

For the U13 and U15 athletes, Little Athletics Australia have created a virtual event to recognise those athletes who unfortunately missed out on competing at the Australian Little Athletics Championships (ALAC) in 2021. The Coles Little Athletics National Challenge will see results from athletes in each State Team added to a Live Leader Board. Athletes will be ranked nationally based on their results at their State Championships and State Combined Event Championships.

Athletes who are ranked 1, 2 and 3 in each event will receive awards for their achievements.

To view the live Leader Board, head to <https://littleathletics.com.au/events/coles-little-athletics-national-challenge/>

LAQ Awards

Nominations for LAQ Life Membership, Distinguished Merit, Merit, Frank Knight Memorial Coach of the Year, Volunteer of the Year,

Alison Quirke Official of the Year, Officials Merit Award and Centre Innovation Award 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 Motions

A reminder that the closing date for Centre's to submit motions for the 2021 LAQ Conference is Friday 16th April.

Summer Centres

EVA Check-in

LAQ will be closing down EVA Check-in for our Summer Centres at the end of April. If your Centre requires your EVA Check-in profile open after April, please advise the LAQ Office.

2021/2022 Committee Membership Forms

Summer Centres are required to complete and send in their Centre & Committee Membership form by the Friday 21st May 2021

Winter Centres

Registration Payments

Winter Centres should be sending in any payments that are received at the Centre every 4 weeks. If your Centre needs any assistance calculating your registration payment, please contact the LAQ Office.

Registration Fees

The LAQ registration fees for the 2021/2022 season are:

- Tiny Tots: \$43.00
- U6-U17: \$75.00

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.

Active Queenslanders Industry Alliance - Regional Forums

Active Queenslanders Industry Alliance is holding forums in Toowoomba and on the Gold Coast in April.

The forums will cover topics such as grants, sponsorship, financial management and much more.

The details for the forums are as follows:

Toowoomba Region

- Wednesday 21st April
- Toowoomba Sports Grounds, Clive Berghofer Stadium
- Click here to register:
<https://www.aqia.org.au/events/toowoomba/>

Gold Coast Region

- Wednesday 28th April
- Gold Coast Sports & Leisure Centre, 296 Nerang Broadbeach Rd, Carrara
- Click here to register:
<https://www.aqia.org.au/events/goldcoast/>

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 onto LAQ to advise our photographers.

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

Old School Hopscotch

You will need:

- Flat stone or a piece of wood (marker)
- Hopscotch grid marked on the ground

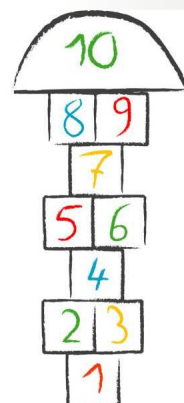
Rules:

1. Players must not step on the lines of the grid while hopping.
2. Players must not hop in a square which has a marker in it.
3. Players are able to place two hands on the ground to balance themselves when picking up their marker.

4. If a player's marker lands on a line when they are aiming for a square, then it is a 'liner'. The player has another go. If the player's marker lands outside the square they are aiming for, then it is the next player's turn.

How to play

1. Decide who will go first.
2. Throw your marker from the base to the square marked 1.
3. Hop over the first square to the second.
4. Hop on all the squares in turn up to the end.
5. Turn around hop back to 2.
6. Pick up your marker from 1, while standing on 2, without putting your foot down.
7. **Hop over 1 to base.**
8. The player continues if this is done without a mistake.
9. Throw the marker from the base onto the square marked 2.
10. Hop on the first square, then over the second square to the third.
11. Continue playing in this way, throwing the pebble onto 3, 4 etc up to the highest number and back again to 1.
12. The player who reaches the first square again is the winner.



Variations:

Watch The Time: Set the timer for 30 seconds. Each player must complete the course within the time frame to proceed. If you go into overtime, you lose your turn.

Sign On the Line: Instead of throwing the marker in numerical order, toss it in any square. When you complete a

successful turn, initial the square where your marker landed and pass it to the next player. The game ends when all spaces have been initialled. The person with the most initialled squares wins.

Kick It: Try kicking the marker from space to space—with your hopping foot—as you jump through the course.

Rearrange the Squares: You don't need to draw the traditional hopscotch course. Look up new ideas online, or brainstorm new courses yourself.

Shaun Lethem & Kendal Newton-Smith

Competition & Officials

McDonald's State Championships

The sense of joy, enthusiasm and appreciation was evident as the 2021 McDonald's State Championships got underway. The ever-changing weather did not dampen the spirits and dedication of our Officials, extending a word of thanks never seems enough for all that these marvelous people do.

Congratulations must be extended to the Centres, Team Managers and families for their support of our young athletes. As always, many athletes recorded Personal Best Performances. Add to that there was an impressive total of 21 QBP's and 4 potential ABP's, all of which are to be ratified.

Photos are available for purchase through the [MedalShots webpage](#).

2021 Annual Conference

Important dates to note:

- Submission of Motions
Friday 16th April
- Accommodation 1st Release
Sunday 25th April
- Conference & AGM Papers Issued
Friday 7th May
- Accommodation 2nd Release
Monday 10th May

- Delegate Registration Close
Wednesday 12th May
- Conference & AGM Votes Close
Wednesday 26th May
- Registration Fees Due
Monday 31st May

As always one of the best times to celebrate our Association and recognise the wonderful members who dedicate their time at Centre and State level is at the Saturday night Awards Dinner. Not only is it a time for congratulations to be extended, it is also a time for friendships to be formed and strengthened. The theme for the dinner will be announced shortly.

The link to the online accommodation booking for the Hilton Surfers Paradise and the online Conference registration portal are now available on the LAQ Conference webpage (under the Resources tab). The Information Booklet is attached to this LANews email. Updates and further information will be posted on the LAQ Conference webpage as necessary. Workshop details will be available once confirmed.

Please note the following points with the possibility of COVID limiting the attendance:

- Centres maybe restricted to two (2) voting delegates only. During the registration process, all attendees must be ranked in order of preference to attend the Conference.
- Consider delaying the accommodation bookings for your members registered as Observers.

Points to Consider for the 2021 / 2022 Competition Year

Regions:

- Summer Regions should be holding Handover meetings to nominate the Regions Administrative Team and agreed upon venues and competition dates in April or May. Completed nomination

forms must be returned to the LAQ Office by 31st May.

- Winter Regions should have their Administrative Team nominated and the competition dates and venues set. Forms should have been returned to the LAQ Office by now.
- Summer and Winter Regions, which have not already done so, could consider creating a closed Facebook page to share region competition information and meeting dates, updates, etc. with Centre representatives.

Centres:

- Winter Centres using ResultsHQ are requested to conduct a Season Rollover in the Centre ResultsHQ Profile at least 2 weeks prior to their first sign on date.
- Summer and Winter Centres are required to promote LAQ events, competition dates, and venues. Specific competition detail including programs, available events and related links can be found on the LAQ Competition webpage.
- Consider holding induction days before the 'proper Centre meets. Conducted well, new and old members can be familiarised with the Centre arena, gain a good understanding of the how to run events well, and who the key members are in the Centre that can be approached for advice or help.
- Before your season starts, discuss what the Committee's competition and skill development objectives are for the members during the season. Be sure to look after all levels of athletes both in skill and age group. Would utilizing the FAST program early in the season allow for better development of the younger athletes? Review your Centre program, does it work for your anticipated membership numbers. Include teaching sessions in your weekly

meet programs for age groups that have a new events (eg. Javelin and Triple Jump sessions for U11 athletes). The schedule for weekly meets can be fluid during the season to match the participating numbers.

- Centre Carnival Approval applications will need to be submitted at least 6 weeks prior to the event date. A revised application form and safety and emergency plan will automatically be provided early in May to Centres that successfully held a Carnival during the 20/21 season. Other Centre's may ask for an application form to be provided.

Hard copy flyers will not be distributed at Conference. Only approved Centre Carnival promotional material will be uploaded on the LAQ website, along with a link to the Centre's preferred platform (eg. Centre website or Facebook page).

- Nordic Sport North Qld Regional Championships
11th & 12th September, Townsville Sports Reserve
- Nordic Sport Tropical North Regional Championships - date and venue not yet confirmed

Karen & Bianca Lunt

Competition Certificates

In line with COVID restrictions and limiting wastage, the LAQ Office has ceased mass production of certificates for Regional and State competitions.

Centre's can email a request for consideration if they wish, but there is no guarantee requests will be approved.

Please note certificates are not provided for Relay competitions.

Upcoming Competition Dates

- McDonald's Winter Carnival
26th & 27th June in Townsville
- Coles Spring Carnival
25th September in Bundaberg
- Nordic Sport Central North Regional Championships
11th & 12 September in Biloela
- Nordic Sport Maranoa Regional Championships
11th September in Chinchilla

Sponsor's Message

Official Accommodation Partner



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