

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



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President's Corner

Congratulations to our athletes who were selected in the LAQ State Team for the Coles Australian Little Athletics Championships. Unfortunately, the competition was cancelled due to possible COVID lockdowns. In light of the Western Australia lockdown over the weekend, this was a good decision! We decided this year as a one off to also select athletes who would have been eligible for last year's event if it had proceeded.

The athletes came together last weekend for a day of fun and acknowledgment of the hard work they and the teams around them have put in. We were privileged to have Riley Day (ex-Beaudesert LAC) and Cedric Dubler (ex-Aspley & Toowong Harriers LAC's) join the team at the presentation function. This was particularly special as both athletes are in the middle of Olympic preparations.

Our Winter season is in full swing but due to the massive amount of rain North Queensland has had, some of the weekly competitions had had to be cancelled. I hope the rain eases so the normal season can continue.

Our next big event on the calendar is our Annual Conference, which will be held on the Gold Coast. While we have to put a cap on numbers this year due to COVID restrictions, it is hoped at least one member from each Centre is able to attend. Conference is a great opportunity to get together with other Centres and share information and triumphs. Some of the best discussions are held during the breaks! More information regarding Conference is further on in this report.

We would like to congratulate all of our present and past athletes who recently competed at the Athletics Australia Nationals in Sydney. There

were some terrific results - some of which have led to Olympic selection. Thank to all of the officials who attended as it is a long week at the end of another busy year.

It is that time of the year when our Summer Centres are having their AGM's. Thanks to all of our committees for the work you do in ensuring Little Athletics is a success in your area. It has been an interesting past year but everyone has just got on with it. The athletes are the beneficiaries of this. To our outgoing committees thank you for your service and to our incoming committees, welcome!! I hope to meet you all soon.

Donna Smith

From The CEO

2021 LAQ Conference

We're busy putting the final preparations together for this year's Conference at the Hilton Surfers Paradise on the Gold Coast. It's been a long time coming with last year's event scheduled for the same venue not going ahead so people are eager to catch up with their Little Athletics family once again. We've responded to feedback from previous years and have allocated 3 workshops sessions throughout the weekend so there is sure to be something for everyone this year in the formal sessions.

As always, the real benefit of attending Conference extends way beyond the formal workshops and meetings to and networking with all of your fellow Centre representatives. It's the perfect opportunity to find out from other people "in the know" about how they run their Centres and how they might solve that issue that's been bugging you at your Centre. The LAQ Board and Staff are also on hand to answer any questions about

the Conference or anything else to do with the running of our sport. You might even be able to put a face to the name or voice you've spoken with on the phone several times.

For those of you that like golf, a game will be held down the coast teeing off at 8am at a course to be decided in the next couple of days. Further details will be posted on the Conference web page.

I'm looking forward to seeing you all again. If you need any further information on the Conference please don't hesitate to call or email us at the LAQ Office,

Queensland Government Funding

There have been a number of funding programs opened recently to assist Centres and Athletes with the costs of sport.

The **COVID SAFE Active Clubs Kickstart** program provides funding of \$2,000 to assist not-for-profit local and regional sport and active recreation organisations re-establish their operations in a COVID-safe environment. Funding is available for equipment, training and operational expenses. Applications close on the 5th of May so be quick.

Emerging Athlete Pathways provides financial assistance to help alleviate the costs associated with attending championship events. The subsidy provides financial assistance for eligible athletes that attended our State Championships last month. The athlete must have travelled a road or air distance of at least 250km (one-way) from their place of residence to QSAC (check distances using Google Maps).

Applications must be correctly submitted within 6 months of the start date of our State Championships (19 March 2021). The subsidy allows up to a maximum of \$1,200 in financial assistance. Visit <https://www.qld.gov.au/recreation/sports/funding/emerging-athlete-pathways> for further information.

Simon Cook

Administration

Summer Centres

AGM's

A reminder that when your Centre has held their AGM, please ensure that your Centre & Committee Membership form is completed and sent into the LAQ Office along with a copy of the draft AGM minutes and Audit Report.

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

2021/22 Committee Membership Form

A reminder that this form is due back on 21st May. If your Centre has misplaced their form, please contact the LAQ Office.

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.

Winter Centres

Banana Donations & Ambient Packs

Coles has now dispatched the Banana Coupon Booklets to Centres that provided a delivery address. If your Centre has not received the booklets, please contact the LAQ Office. The Banana Coupon Book is redeemable over two donation periods:

- Tuesday 27 April – Sunday 27 June 2021; and
- Monday 28 June – Sunday 12 September 2021

Your coupon book is divided into two sections, clearly outlined. You will NOT be sent another coupon book this season. The coupon book you received contains coupons to cover the whole redemption period as outlined above.

Please call or visit your Store Manager at least one week prior to your first collection to discuss the best arrangements for you and the store to redeem your coupons this season.

Centre's that are not located close to a Coles store will be sent their ambient packs in the next few weeks.

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

Conference & AGM Paperwork

Centres should keep an eye on their email inboxes at the end of next week as LAQ will be sending out all the necessary paperwork for the LAQ Conference and AGM. This includes voting papers for motions as well as Board of Director positions.

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.

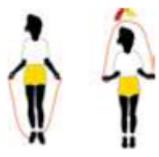
If there are any Centres who wish us to contact a specific school to see if we can run a LAPS session, please contact Kendal or Shaun at the LAQ office. Please understand that we aim to conduct all school visits for those who request them, however we cannot guarantee this.

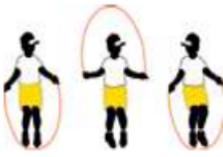
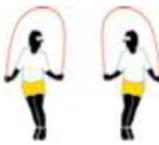
Game of the Month Old School Skipping

Who's up for a SKIPPING CHALLENGE? How many can you do? Taken from The Heart Foundation's Jump Rope for Heart.

<https://resources.heartfoundation.org.au/>



<p>Walking Skip</p>	 <p>Practice the movement pattern of arms, then feet. Identify the need to move arms over skippers' head before they attempt to step or jump over the rope.</p>
<p>Single Bounce</p>	 <p>Jump with both feet together. Try jumping in time to the beat of a song</p>

<p>Double Bounce</p>	 <p>Jump the rope once, followed by a small rebound bounce</p>
<p>Skier</p>	 <p>Practice jumping side to side along a marked line. Remember: little jumps</p>
<p>Bell</p>	 <p>Count the beat: 1, 2, 1, 2 as the skipper jumps forwards and backwards</p>
<p>Side Swing</p>	 <p>Hold hands together in front of body and practice the motion of rowing a boat as you swing the rope to each side of your body. Some skippers may need assistance to mimic the motion.</p>

Shaun Lethem & Kendal Newton-Smith

Competition & Officials

2021 LAQ Conference

Important dates to note:

- 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

Online links to the Conference registration and accommodation booking portals are available on the LAQ Conference webpage (under the Resources tab) <https://laq.org.au/annual-conference-and-agm/>.

It is important that Centres intending to have delegates at this Conference lodge registrations by the closing date, failure to do so may obstruct participation.

Be sure to get your accommodation bookings completed for your registered delegates as soon as possible. Any rooms held for LAQ that have not been booked by the 10th May will be released to the public to take up and accommodation and rates cannot be guaranteed after this date.

With the current COVID restrictions on attendance numbers:

- Centres maybe restricted to two (2) voting delegates only.
- During the registration process, all attendees including observers must be ranked in order of preference to attend the Conference.
- We will advise all registered Centres in the coming weeks if observers will be able to attend.

Upcoming Competition Dates

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



2021/ 2022 Officials Education

The Officials Committee is planning this season's education workshops and Centres visits, which includes sessions in

- May
Townsville and Cassowary Coast Centres
- August
Bundaberg
- September
SAF Level 2 Brisbane
- October
Met West and Met North
- November
Sun Coast, and South Coast

Once dates and venues are confirmed, email notices will be issued to Centres. Information and registration links will also be posted on the LAQ Calendar and LAQ Officials pages, and in LAQ Officials TeamApp.

Centres may submit an email to k.lunt@laq.org.au for the Committee to consider including their Centre as a host for an additional session.

Karen & Bianca Lunt

