

*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.. 3**  
**Competition & Officials... 4**

## President's Corner

What a busy month we have all had. September is the only month when we have the whole state operating. We have had most of our Winter Centres complete their Nordic Sport Regional Championships with only Tropical North Queensland to have theirs on 9<sup>th</sup> October.

The Regional Championships bring all the Centres together for competition and this means a substantial amount of travel for a lot of people. We have been able to have Staff or Board at all the events and the reports have been that the weekends have been a big success, and this is largely due to the skill and dedication of our regional and Centre committees. A huge thank you to you all. I attended the North Queensland Champs in Townsville and can only say what a huge success. One of the best parts of my role as President is to see the comradery not only between athletes but also all the volunteers who guide our sport. This is truly evident at Regional Championships where everyone has to pull together to get the job done. Well done everyone!! I am looking forward to going to Innisfail for the Tropical North Champs.

We are well into the Summer season in the southern end of our State. Many Centres are seeing an increase in numbers which is great to see after a difficult couple of years for everyone. We are so very fortunate here in Queensland not to have the lockdown issues NSW and Victoria are experiencing and we certainly wish them a speedy return to normal so they can start their seasons. We do have Centres impacted directly as Tweed and Border Blues Centres are located in NSW so they have had a difficult start. Hopefully they can commence competition soon.

Last Saturday was the Coles Spring Carnival in Bundaberg. What can I say, it was a wonderful day. We had an increase in numbers which was terrific and with the few tweaks we had done to the program this was no problem. We were able to finish on time to allow everyone who had travelled to leave at a good time. A massive thank you to all our officials and volunteers who made this possible. Many worked all day with minimal breaks which shows the dedication our officials have for the athletes. Thank you to the parents who helped across the events, we had to make very few calls for assistance. A huge thank you to West Bundaberg Little Athletics and Bundaberg Athletics for your assistance in staging the event. This was a joint effort from everyone. The canteen was amazing I don't think I have ever had that much selection at an athletic meet. Thank you everyone who helped in the canteen all day. Thank you to Judy who looked after the officials so well again. It is a pleasure to have these wonderful people who just do it for the love of the sport.

The biggest thanks of the day go to our athletes. You all did your best and showed great sportsmanship across the day. Some of the events had large numbers but the athletes enabled us to move through the events well. It was great to see lots of new families to the sport and we look forward to them being with us into the future. It was great to see so much encouragement from the sidelines. I imagine some friendships were forged that will last a long time.

I would like to pass on my sincere thanks to our Board, Staff and other key personnel who gave up their Friday to help pack the equipment truck at QSAC in Brisbane,

then travel to Bundaberg, unpack and set up Friday afternoon/evening, then officiate all day Saturday and then repack the truck Saturday night to drive back to QSAC Sunday to unpack. This is huge undertaking and largely goes unnoticed. Thanks everyone!!

Congratulations to Sylvia McNamara who was presented with her Distinguished Merit Award on Saturday for her contribution to the sport over many years. Sylvia has been involved in the sport for a long time in Queensland and NSW and has had a hand in setting up several Centres in the Wide Bay area. Congratulations Sylvia.

We were hooked on our screens early in September for the Paralympics with some fantastic results for Australia. Congratulations to former West Bundaberg Little Athletics athlete Rheed McCracken on a fantastic silver medal. We can't wait for Paris in 2024 to see what these amazing athletes can do. The Paralympics is just getting stronger and the competition is very fierce and exciting to watch. It is wonderful that young athletes who have a disability have been able to see these athletes perform at the highest level and achieve their dreams.

We are only a few weeks away from the Coles Summer Carnival and if Spring Carnival is anything to go by the numbers will be big so make sure you get your nominations in. We have moved the date as I am sure you are all aware of by now to allow Queensland Athletics to run the schools event. This co-operation between associations allows everyone to get the best from the sport.

Good luck to everyone competing in the Nordic Sport Tropical North Queensland Regional Championships, being hosted by Cassowary Coast LAC. I look forward to catching up with everyone and seeing some great competition.

**Donna Smith**

## From The CEO

### Latest COVID Advice

The Premier announced today that residents in the Brisbane, Gold Coast, Moreton Bay, Logan, Townsville and Palm Island LGA's will move to Stage 2 restrictions from 4pm, for two weeks.

Fortunately, community sport can continue in full including training and competition.

Centres within the above affected LGA's will still need to comply with spectator density requirements (1 person per 2m<sup>2</sup>) and physical distancing until further notice. There are no restrictions on the field of play.

While masks are not required when people are outdoors, they must carry masks with them at all times and wear them when physical distancing is not possible with people from outside their household.

### Coles Community Fund

Congratulations to the 17 LAQ Centres that have been awarded funding as part of Round 6 of the Coles Community Fund.

Funding has been received for items such as Tiny Tots equipment, marquees, timing gates, electronic starting systems, collapsible hurdles, equipment trolleys and PA systems, just to name a few! A full list of successful recipients can be found here:

<https://www.coles.com.au/about-coles/community/our-partners/little-athletics-fund>

**Simon Cook**

## Administration

### LAA National U15 Coaching Camp

Due to current COVID restrictions and various statewide lockdowns, the National U15 Camp has been postponed until 19<sup>th</sup> – 21<sup>st</sup> January 2022.

### 2022 McDonald's New Zealand Development Tour

Congratulations to the 41 athletes selected for the 2022 Tour.

### GIRLS

Matilda Allen (Helensvale)  
Teresa Anthony (Springwood)  
Georgia Barrow (Helensvale)  
Lucie Basset-Rougé (Bracken Ridge)  
Emmerson Broomhall (Nth Rockhampton)  
Indianna Brown (Gold Coast)  
Zoe Chester (Townsville Central)  
Charlize Goody (Ipswich)  
Keisha Grummett (Maroochy)  
Zahli Grummett (Maroochy)  
Marissa Hanlon (Centenary)  
Emerson Heit (Beaudesert & District)  
Eboniee Hilton (Caboolture)  
Savannah Jarrett (Tweed)  
Abigail Johns (Springwood)  
Piper Lawson (Redlands)  
Maddelyn Marston (Springwood)  
Chloe Martin (Tweed)  
Brooke Matthews (Runaway Bay)  
Charli Mickelborough (Highfields)  
Nikeisha Ngaru (Algester)  
Mia Silcock (Runaway Bay)  
Alice Stevens (Moura)  
Carlee Smith (Helensvale)  
Charlize Winnall (Helensvale)

### BOYS

Braden Ashley (Runaway Bay)  
Jayden Brown (Helensvale)  
Joshua Bulbert (West Bundaberg)  
Oliver Corcoran (Gold Coast)  
Quinton Dales (Moura)  
Toby Dawson (Mudgeeraba)  
Lincoln Goodger (Biloela)  
Alex Hamilton (Jimboomba)  
Hudson Hunt (Jimboomba)  
Danny Kavanagh (Springwood)  
Tyler Mearns (Jimboomba)  
Sam McCure (Ashmore)  
Cameron Phillip (Balmoral)  
Chayse Russell (Ipswich)  
Christian Smith (Tamborine Mtn)  
Ryan Waters (Bribie District)

### Summer Centres

#### Transferring Athletes

Throughout the season some Centres will receive an athlete that is transferring interstate or from another Centre during the summer season.

Centres are required to notify the LAQ office of any transfers that occur during the season and will need to 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 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.

### U16 & U17 Dual Registration

In order to keep costs down and encourage older athletes to continue in athletics, Little Athletics Queensland is offering free registration (LAQ Component) to the U16 and U17 athletes. Athletes must register as a platinum member with Queensland Athletics to claim free registration.

When an athlete has been 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.

If the LAQ fee has been paid before registration with Queensland Athletics, it will be reimbursed to the Centre to return to the athlete.

### **Winter Centres**

As the Winter season draws to a close, we want to remind Centres of the following awards that are available to your athletes and volunteers.

### Graduation Certificates & 10 Year Athlete 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 LAQ Office.

Please allow at least 1 week for preparation of these certificates.

### Honour Certificates & Years of Services 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.

LAQ 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 LAQ Office.

### **Active Gameday Projects**

Active Gameday Projects is designed to provide funding for infrastructure projects or upgrades to help community and sport clubs.

There are two types of projects available for funding:

- installing or upgrading of sports lighting
- developing or upgrading of playing surfaces/space(s) including irrigation.

Funding from \$50,000 up to \$150,000 (GST exclusive) will be available for eligible Centres and projects who are able contribute a minimum 20 per cent of their project's cost.

Funding applications are now open and will close at 5pm on Friday 5 November 2021 with successful applicants announced early next year.

Centres are encouraged to thoroughly read the Active Gameday Projects' program guidelines and associated resources to determine if your potential project meets the program requirements, and to aid your preparations towards developing a strong application.

For further information, please click [here](#).

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

## Coaching & Development

### **School Holiday Coaching Clinics**

Close to 100 athletes had fun at the LAQ clinics held during the first week of the September school holidays.

The sessions went for three hours with participants learning new skills and drills in a range of events including sprints, hurdles, jumps and throws.

Sessions were held by Australian representatives Dani Stevens and Mitch Cooper, as well as coaches including Marty Stolberg, Tracey Tuia, Shaun Lethem and Kendal Newton-Smith.

The highlight for many children (and parents) who attended was the appearance of Olympic Decathlon bronze medallist and former Little Athletics member, Ashley Moloney, who talked about his journey and experiences. Ashley posed for photos and many athletes had the opportunity to wear his Olympic medal.

The next LAQ clinics will be held in the summer holidays. Keep an eye on the LAQ website and Facebook page for details.





### Introduction to Teaching Little Athletics Skills (ITLAS) - Formerly 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 this is the course for you!

The ITLAS 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 ITLAS is a non-accredited practical coaching course designed for Little Athletics.

1 Day course - 6.5 hours duration. Cost: **\$99** 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 Association Office.

Upcoming courses:

- Beaudesert - 9 October
- Caboolture - 17 October
- University - 23 or 24 October TBC

### 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

#### Escape from the Space Monsters

Equipment:

- High jump landing mats
- Uprights
- Flexi bar
- Ground Markers

How to Play:

Set up all high jump equipment as for a competition. Divide the group into two teams. Denote each team by a colour (e.g. "red" team, "blue" team). Behind the landing mats, place two rows ground markers; one colour for each team colour (i.e. a red marker and a blue marker).

Explain to the group that they have all been captured by space monsters and are being held in the space monster prison. The only way of escape is to high jump an electrified fence (high jump flex bar). If an athlete clears the bar, they have escaped and must stand next to the first of their teams' row of markers behind the mat. Should another person from the same team escape, the first player must move along one marker to allow the escapee to stand next to the first marker. This continues until all players from a team have escaped.

If an athlete touches the bar while jumping, they have set off an alarm and alerted the space monsters, and have therefore not escaped. This person must return to the end of the line and attempt to clear the bar again when it is again their turn. In addition, the person standing next to the first marker behind the mat has not yet got far enough away, and has also been recaptured, and must jump again. All remaining escapees must then move back one marker. The aim of the game is to be the first team to have all players safely out of prison.

**Shaun Lethem & Kendal Newton-Smith**

## Competition & Officials

### 2021 Coles Spring Carnival Wrap-Up

It was our 8<sup>th</sup> Coles Spring Carnival in Bundaberg and the athlete participation number continue to grow. Over 600 athletes nominated to compete, 53% of these athletes recorded personal best performances and 3 athletes recorded QBPs. West Bundaberg took away the Participation Award this year, with Moura and Isis District placing 2<sup>nd</sup> and 3<sup>rd</sup>.

A core group of Officials travelled from Brisbane and surrounds and were joined by a good number of local officials and volunteers who came forward and provided assistance. Without all of these

members willing to officiate and be on the arena throughout the day, the event would not have been as successful as it was. The competition started and finished on time, so thanks and congratulations to you all.

Photos taken by the official photographer can be viewed by visiting her Facebook page <https://www.facebook.com/pg/DanjelleSPhotography38/photos/>

### 2021 Nordic Sport Winter Regional Championships

The Tropical North Regional Championships will be conducted next Saturday (9<sup>th</sup> October) in Innisfail. Results from the Central North, Maranoa, and North Qld Regions can be found on the [LAQ Competition Results webpage](#). Tropical North results will be posted once files are received.

U9 – U17 athletes who placed 1<sup>st</sup> – 4<sup>th</sup> in events at their Regional Championships will have automatic qualification (excluding the Race Walking and 1500m events, which have time limits), to compete at the 2022 McDonald's State Championships. Winter Centre declarations for these State Championships will be issued next week for Centres to share and seek confirmation of nomination from their members.

### 2021 Coles Summer Carnival Saturday 23<sup>rd</sup> October

Each Centre should have received the Meet Invite for the Coles Summer Carnival. ResultsHQ Administrators are reminded to open the Meet so members can process their nominations directly. The closing date and time should be set to 8:59am Monday 11<sup>th</sup> October.

Hard copy and emailed nominations will not be accepted. All nominations must be lodged through ResultsHQ. Therefore, Centre ResultsHQ Administrators are required to process nominations through the Centre profile on behalf of families that are unable to nominate through a family profile.

There have been some changes to the order of events, and events table. Please be sure to share this [LAQ Calendar link](#) with your members so they can access all updated details on the Coles Summer Carnival.

Please note and advise your members that check-in may be required before entering the SAF arena. Further details will be provided closer to the Carnival date.

Any Centre that has not received the Meet Invite or needs assistance to open the Meet for Centre members, should contact Bianca Lunt as soon as possible.

### 2021 Nordic Sport Regional Relays

**Reminder:** Changes to the Relay Regulations are available on the LAQ webpage here:

<https://laq.org.au/wp-content/uploads/sites/5/2021/08/Rule-Changes-Relays-July-2021.pdf>

The Regional Relay Meet invite will be issued this Friday 1<sup>st</sup> October to all Summer Centres. This meet cannot be opened to your family profiles. All nominations must be lodged through the ResultsHQ Centre Profile.

Nominations will close 9am on the designated Monday for your Region, see list below. Late and hard copy, including emailed nominations will not be accepted.

- Met North & Sun Coast  
25<sup>th</sup> October
- South East Downs & South West  
South Coast & Met West  
1<sup>st</sup> November

Nordic Sport Regional Relays information including Draft Order of Events and specific Region information shall be updated on the [LAQ webpage calendar](#) as it is provided by the Regions.

Interesting notes:

- LAQ does not impose eligibility restrictions upon athletes wishing to nominate for the Regional Relays other than they must be U7 – U17 and LAQ registered.
- Athletes may only nominate in a maximum of five (5) events.

- Relay events are offered to Multi-Class athletes at State Relays and some Regions
- Program Officers are encouraged to incorporate track and field events used in the Relay programs a number of times to be sure athletes have BP to assist with track team building and if needed in case event(s) are cancelled.
- Using wristbands at the Regional Relay competition can be a great way to ID athletes for track teams – the call room officials will appreciate clear info when you have multiple teams. Check out the options at Officeworks.

### 2021 McDonald's State Relay Championships - 11<sup>th</sup> December

**Summer Regions progression:** The progression of track teams to McDonald's State Relays from each Summer Region for shall be based on times, and will result in

- Three (3) boys and three (3) girls Same Age Teams (SAT) from each event
- Three (3) U9 – U12 and three (3) U13 - U17 Combined Age Teams (CAT) from each event.

The maximum number of U9 – U17 Field Teams that can progress from each Region to the State Relay Championships shall be:

- Two (2) boys and two (2) girls Same Age Teams from each event
- Two (2) Mixed Teams from each event.

### Winter Regions & Central Coast Regions direct nomination:

All Centres in the Central Coast, Central North, North Qld, Maranoa, and Tropical North Regions are invited to submit teams for direct nomination to the McDonald's State Relays - no need for a Regional Relay competition.

Team configuration is the same for Winter Centres as it is for Summer Centres, that is, Track Teams have

four (4) athletes, and field teams have two (2) athletes.

The number of nominating teams per Winter Region is also the same as Summer Regions. If more than the maximum number of teams is submitted from a Region for an event, the best combined times or distances/heights will declare the nominations accepted.

A Winter Centre State Relay Meet invite will be issued this Friday 1<sup>st</sup> October to all Winter Region Centres and the Central Coast Centres. This meet cannot be opened to your family profiles and is not an option for Summer Centres. All Winter and CC Centre direct nomination to State Relay Championships must be lodged through the ResultsHQ Centre Profile by the closing date.

McDonald's State Relays information including the Draft Order of Events is available on this [LAQ web-calendar page](#).

#### Multi-Class Athletes at Your Centre

Little Athletics Australia has provided guidelines for Multi Class athletes to assist Centres in providing opportunities for children with additional needs. To view the document, [please click here](#).

If your Centre has athletes in the U9 – U17 age groups that may be eligible for classification to compete at LAQ competitions as Multi-Class athletes, share this [link for more information on classification and classification forms](#).

LAQ only requires State (provisional) classification for athletes to be eligible to compete as a Multi-Class (MC) athletes in MC events.

For further reading and LAQ MC Rules, please use this link to the [LAQ Competition Multi-Class webpage](#)

#### Competition Results

All LAQ Carnival and Championship Results will be posted on the [LAQ Competition Results webpage](#).

All athletes' results from LAQ competitions will be downloaded to the Centre ResultsHQ profile after each competition, except from the

Relay competitions. Centres can now choose to include or exclude downloaded results in their Centre point's calculations. Any Centre needing assistance with this process, should contact Bianca through the LAQ Office.

#### Competition Officials

With two large competitions only a hop, skip and jump along the calendar pages, we are calling for Officials to throw their Expression of Interest (EOI) to officiate into the ring. The online platform to officiate at all LAQ competitions during the 2021/22 season is now available on the LAQ Competition Officials webpage <https://laq.org.au/competition-officials/>.

Appointment lists will be posted on the same page as each competition date approaches.

#### Officials Education

Have you started your journey to become an accredited Official by completing the online exams. If you are officiating your way to Level 2, please remember to bring your Level 2 Practical Record of Officiating to each LAQ conducted competition and request the Chief to evaluate you before the event commences. To download and print the record paper [use this link](#)

#### U13 – U17 Teams Event

Don't forget submissions for Centre teams to participate in the 2021/22 season virtual U13-U17 Team Event, are due Monday 4<sup>th</sup> October.

Bonus Points for teams can be gained at the LAQ Coles Summer Carnival. The Competition Committee are also looking to include a head to head competition in the Combined Events Competition. The first Summer Centre round commences on the week 18<sup>th</sup> - 24<sup>th</sup> October.

Application and Team information should be submitted to [k.lunt@laq.org.au](mailto:k.lunt@laq.org.au) as soon as possible, [using this form](#)

#### Calendar Dates to Remember

##### October

- 9<sup>th</sup> October  
Nordic Sport Tropical North Regional Championships, Cassowary Coast LAC
- 10<sup>th</sup> October  
IOW @ Ipswich LAC
- 23<sup>rd</sup> October  
Coles Summer Carnival SAF Nathan
- 24<sup>th</sup> October  
IOW @ Jimboomba LAC

##### November

- 6<sup>th</sup> November  
Nordic Sport Met North Regional Relays, Strathpine  
Nordic Sport Sun Coast Regional Relays, Caloundra
- 13<sup>th</sup> November  
Nordic Sport South East Regional Relays, Sheldon College
- 14<sup>th</sup> November  
Nordic Sport Downs & South West Regional Relays, Highfields  
Nordic Sport South Coast Regional Relays, Runaway Bay  
Nordic Sport Meet West Regional Relays, Ipswich
- 21<sup>st</sup> November  
IOW @ Caloundra LAC
- 28<sup>th</sup> November  
IOW @ Gold Coast LAC

##### December

- 11<sup>th</sup> November  
McDonald's State Relay Championships, Brisbane

Additional information on the above events will be posted on respective LAQ [web-calendar date pages](#)

**Karen & Bianca Lunt**