

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 2021!! It has been another year punctuated by lockdowns and COVID plans, however, you have all got through it brilliantly and largely kept our athletes doing what they love. A special mention to Tweed Little Athletics who have been unable to attend Regional or State Relays due to border restrictions and only missed the State Relays by 2 days. We look forward to welcoming you and our other border Centres back in the new year. Thank you to all of you for your efforts in working within the guidelines and keeping Little Athletics flourishing in Queensland.

We have seen a large increase in numbers this season and I fully understand the increased workload this puts on you all. Thank you for all for the work you do. These increases are largely due to the efforts of the Centre committees within our local areas. We envisage with the 2032 Olympics getting closer these numbers will increase even more. WELL DONE!!

The McDonald's State Relays were held last weekend and it was extremely successful. The weather gods were kind to us this year. 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 program 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 Regional Relays and then organising the teams for the State Relays. Thanks also to the Centre committees for their work behind the scenes. Having had to do it I understand the depth of the work that goes on to organise the teams heading into Regionals.

As you may all know now, the vote to merge Little Athletics Australia and Athletics Australia into "Oneathletics" was lost. This means we go on as usual with no changes. We fully supported the concept of a 'one sport' model, however, the constitution we had to vote on took away any power we had to make decisions relevant to Queensland. This doesn't mean we don't continue to work with and liaise with our senior counterparts just as we have been doing.

We are all going to take a break now for a few weeks to regroup and do it all again next year. 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 again 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 which has enabled us to still compete. I certainly appreciate all the work that has gone on.

I wish all of you a very Merry Christmas and a wonderful 2022. I look forward to working with you all again next year.

Donna Smith

From The CEO

#HowtoLittleAthletics Campaign

A reminder to Centres to get your phones or cameras out during the holidays and shoot some creative instructional videos for the #HowtoLittleAthletics campaign.

It could be an instructional video on how to do flop in High Jump, or how to rake the perfect pit in Long Jump or even how to make the best hamburger in the canteen. All videos will go into the draw to win one of 5 x McDonald's marquees.

Given we've had a massive increase in our registration numbers, we now need to educate all the eager parents that have joined up and short, sharp videos are the perfect medium.

So get filming and go into the draw to win a great prize for your Centre.

If you have the chance, use the hashtag above to see the amazing video posted by Gold Coast LAC. It's totally mesmerising.

COVID Update

We've just been advised by Stadiums Queensland that restrictions to unvaccinated people entering QSAC will not apply if the total number of people at the venue for an event is less than 5,000. This would then include all LAQ competitions conducted at QSAC as all our competitions would have less than 5,000 people at any one time..

Centre competitions are also exempt from having all people double vaccinated so there is no requirement for you to ask your members whether they have been vaccinated or not.

Health orders are being updated regularly so we will let you know if anything changes.

North Queensland Forums

A big thank you to the North Queensland Centres that attended the forums in Cairns and Townsville last month. All Centres were represented and there were some healthy discussions on a range of

topics and issues affecting athletics in the North. Special mention goes to North Mackay LAC who jumped on a plane to attend.

The Winter Season has just wound down so we're looking forward to picking up where we left off next year for another great season of athletics.

Best wishes to everyone for the Festive Season. I hope you all enjoy a well-earned break with your families.

Simon Cook

Administration

LAQ Office Closure

The LAQ Office will close today, Friday 17th of December at 1.00pm and reopen on Tuesday 4th of January at 8.30am. We would like to take this opportunity to wish all of our Centres and members a very Merry Christmas. We hope 2022 is a terrific year for us all.

2022 New Zealand Development Tour

Unfortunately, we had to cancel the 2022 New Zealand Tour due to the Trans-Tasman border bubble remaining closed until April.

While this is disappointing for the athletes, we will instead be running a five-day development camp for these athletes at the Runaway Bay Sports Super Centre from the 5th – 9th January 2022.

We hope the athletes attending the Camp have a great time.

2021 National U15 Coaching Camp

This week, LAA made the decision to cancel the 2021 National U15 Coaching Camp. This camp was scheduled to take place on the Gold Coast in January.

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.

Grounds and Facility Check

When Centres return to competition in the New Year and welcome back athletes and families, it is important to conduct an inspection of the grounds and facilities.

The following should be considered when conducting the inspection:

- Grounds have been cleared of any rubbish or debris
- Identifying and removing any obstacles or hazards
- After recent heavy rains and storms check for water damage or erosion to the grounds.
- Facilities are clean
- Any evidence or damage from pests (i.e spiders, termites, cockroaches)
- Equipment is in good working order

Winter Centres

2022 / 2023 Registration Fees

The LAQ registration fees for the 2022/2023 season are:

- Tiny Tots: \$45.50
- U6-U17: \$77.50

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.

For Centres that charge a once off fee at the start of the season, the total fee cannot be greater than three times the LAQ registration fee.

Centres that charge a fee at the start of the season as well as running fees throughout the season, the overall total cannot be greater than four times the LAQ registration fee.

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 Information
- Draft AGM Minutes

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble

Coaching & Development

School Holiday Coaching Clinics

This week we held two clinics in Brisbane and Highfields. Both clinics had great participation numbers, with 23 athletes in Brisbane and 26 athletes in Highfields.



Two more clinics will be held in January. Details are:

- Tuesday 11th January - QSAC
- Thursday 13th January - Runaway Bay LAC

For further information and to register, please go to:

<https://laq.org.au/athletes/coaching-camp-and-clinics/>

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.

Upcoming courses:

- Caboolture – 13 November
- Ipswich – 13 November
- Bribie District - TBC

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.

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.

Handy Hint – High Jump

Recently we came across a different way of running High Jump at a Centre meet. While some Centres may already do this, some may not and we think that this is a good way of looking at High Jump at your Centre meet.

At a lot of Centres, High Jump seems to create a bottle neck in the program and the way Arana LAC has addressed this is great from a program perspective (to speed things

up a little), as well as an athlete development perspective.

Click on this link to view the High Jump procedures at Arana LAC:

<http://www.aranala.com.au/wp-content/uploads/2021/10/High-Jump-Procedures-at-Arana.pdf>

This provides a complete overview of the philosophy behind their decision to change the way they run the High Jump event as well as outlining the procedures to be used for Centre meets.

Quick Overview:

It allows all athletes to have a go at High Jump and helps to build their confidence in the event. It also teaches athletes that they can "pass" at heights. The initial starting height is set well below the best performance of the lowest ranked athlete. That is, if the lowest ranked athlete's best performance is 90cm, the bar is initially set at 70cm. This allows them to have a go at heights they can achieve, while others who may be able to jump 1.20m (in the same age group) are encouraged to pass until the bar reaches a height closer to their best performance.

Arana LAC has also created a little computer program to assist in creating the results sheets for this. If you would like to be sent this or to discuss in more detail, please feel free to contact Arana LAC for more information.

Well done Arana, keep up the great work!

Game of the Month

Tic Tac Toe Relay

Equipment:

- 9 Hula Hoops (tic tac toe board)
- 6 markers (bean bags or scarves)
- 1 cone per team to designate a starting point

How to play:

The game will be played 3 versus 3. Each person will have 1 placement marker (bean bag or scarf). On go, the first person from each team will

run down to the tic tac toe board and place their marker in one of the hula hoops. After they place the marker, they will race back to their line to high five the next person in line. The next person will then place their marker in an open hoop. The goal is to have your team get 3 in a row (horizontally, vertically, or diagonally). If all 3 markers have been played and there is no tic tac toe, the next player in line will run down and move one of their own team markers into an open hula hoop. The next team in line will stand behind the hula hoops and judge the game. After the game is over, the winning team will stay and play again. The judging team will come on to challenge, and the next 3 in line will judge the next game. The game will continue to cycle through. You can have multiple games going at a time!



Shaun Lethem & Kendal Newton-Smith

Competition & Officials

Nordic Sport Summer Regional Championships

The 2022 Nordic Sport Regional Championships Meet Invite has been issued to all active Summer Centres. Centre ResultsHQ administrators are reminded that families can 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 administrators anticipating difficulties should

contact the LAQ Office as soon possible. Afterhours assistance may be arranged.

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.

The LAQ ResultsHQ portal will close at 9:00am 24th January for all Regions.

Athletes in the U9 - U17 who place in the top four of any final at the Regional Championships will have automatic qualification to the 2022 State Championships (11th - 13th March QSAC), 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.

2022 McDonald's Combined Event Championships – 26th & 27th February

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. Nominations close 9:00am Monday, 14th February, nomination fees are \$15.00 per athlete.

A full program of events is posted on the LAQ web Calendar; refer to the LAQ Competition webpage for further information.

2022 LAQ Conference Novotel Sunshine Coast (formerly Twin Waters) 11th & 12th June 2022

The LAQ Conference weekend includes a Friday evening welcome, full Saturday business session, Saturday evening Awards Dinner and

½ day Sunday business session, followed by the LAQ AGM.

More information including the accommodation booking details will be released early in the New Year.

Calendar Dates to Remember

January

- 18th January
Advance Officials Webinar
(Zoom)

February

- 4th – 6th February
Met North Regional
Championships @ Bracken Ridge
LAC

South Coast Regional
Championships @ Ashmore LAC

- 5th – 6th February
Central Coast Regional
Championships @ West
Bundaberg LAC

Downs & South West Regional
Championships @ Upper Lockyer
LAC

Met West Regional
Championships @ Ipswich LAC

South East Regional
Championships @ SAF

Sun Coast Regional
Championships @ University of the
Sunshine Coast LAC

March

- 11th – 13th March
McDonald's State Championships
@ QSAC

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

Karen & Bianca Lunt

