

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



President's Corner

We have come through yet another season of great competition, fun and the odd lock down or two. I am amazed at everyone's resilience to just do what we have to do to adhere to whatever guidelines are in place at the time, and balance that with the need to keep our athletes on the track and field. You should all be very proud of yourselves as we understand what a difficult couple of years it has been.

This season has also had the added pressure of appalling weather throughout the bulk of the season, particularly at the end. Our thoughts go out to all of the families who have been impacted by the recent floods. We also have a number of Centres impacted and we are working with them to be ready for the next season. The weather has meant that a lot of Centres have been unable to complete their seasons which is disappointing but unfortunately when the relevant authorities close facilities there is little anyone can do. I am sure you will all come back bigger and better next season.

We recently held our McDonald's State Championships, which were a wonderful success. I can't remember a Championship without any rain or storms, but this year we managed it. It enabled everything to run on time, which is great for families particularly those who travel long distances to be there. It was great to see so many athletes from all over the State just doing what they do best. We had quite a number of QBP's over the weekend and I imagine a lot of personal bests. Congratulations to all of our athletes who competed.

After two years, we have finally been able to select a Team to attend The ALAC's in Melbourne. These Championships have been

cancelled the past two years, so it's fantastic that it will go ahead as planned, with some minor adjustments. Congratulations to everyone selected especially our Multi Class athletes. This is the first time Multi Class athletes have been included in the event. Thank you to our Selectors on a job well done. I know what a hard job you have and the incredible hours you spend on this. To Chris Anderson, Bec Brice, Rik Hedge and Steve Langley - THANK YOU!! This was Rik's final year as a Selector, so we say a huge thank you to Rik for his service as a Selector over the past 15 years.

I would like to thank our officials led by Tony Frampton, who did a magnificent job over the three days. It is a big undertaking to commit to such a big event and the hours can be long. The reduction in trials in the top 8 on the field had a big impact on lessening the load on officials, which I believe allowed us to stay on time over the weekend. A special thanks to our Tech officials led by Mal Currie. Our Tech crew are at the track long before and long after anyone else and don't stop all weekend. We owe you all a huge debt of gratitude as none of the competition would happen without you. THANK YOU to each and every official who joined us.

Thank you to all of the parents, coaches and Centre committees who have worked throughout the Winter and Summer season to get your weekly competitions happening and then leading onto Regionals and then State Champs. A special thanks to our Winter season Centres as you have to keep your athletes fit long after your season is finished to come through to March.

We owe a huge thank you to our sponsors. Without you we would not be able to offer the events and

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everything in between that we do. So to McDonalds, Coles, Nordic Sport, and Comfort Inn & Suites Robertson Gardens - thank you!!

As our Summer Centres are now finishing off and heading into their AGMs, thank you to all of the Committees for your work throughout the year.

Our Winter season has now started and it is great to see the numbers coming through. It looks like you are going to have a great season. Fingers crossed for good weather and no lock downs. We look forward to working with you throughout your season.

Congratulations to our great friend Cedric Dubler, on receiving the inaugural Cecil Healy Award for Outstanding Sportsmanship displayed at an Olympic Games. We all remember Cedric helping fellow athlete (also ex LAQ) Ash Maloney to a bronze medal in the decathlon.

Speaking of Ash Moloney, we also extend our congratulations to Ash for his BRONZE medal in the Heptathlon at the World Athletics Indoor Championships in Serbia. What a terrific season Ash has had on the world stage.

In closing I would like to thank everyone for a great 2021/2022 season. Thank you to the Officials and Competition Committees for your help and guidance throughout the year. It takes a large amount of people to help run an organisation the size of LAQ.

Thank you also to Simon and the Staff of LAQ. We had a lot of distractions last year which meant a greater workload, but due to the exceptional work ethic of the staff it didn't impact the sport. You are an amazing team and your work is critical in the delivery of our sport.

Thank you my fellow directors. Your support and guidance is critical to what we do and I appreciate all that you do.

Donna Smith

From The CEO

Flood Recovery

Unfortunately, twelve LAQ Centres were impacted by the devastating floods that swept through South East Queensland just over 3 weeks ago. Ten of those Centres had water through, or over, their clubhouse.

If your Centre has been damaged and hasn't notified us yet please call or email the LAQ Office so we can advise of the recovery grants that are available for you to get back on your feet.

Thank you to the Centres that have already made their own donations to support the flood affected Centres. If your Centre would like to donate equipment or money please contact the LAQ Office, or alternatively, a donation can be made by depositing funds directly to:

Name: Qld Little Athletics
Association Inc
BSB: 638 070
A/C: 14294672

Please reference the payment with your Centre name and the words "Flood Recovery Donation".

Little Athletics is one big family so thank you for helping your fellow Centres in their time of need.

Winter Season Sign Ons

Best of luck to Winter Centres with your sign-ons for this season. Whilst we've organised radio and social media advertising in your catchment areas, I'd encourage you to do your own targeted advertising through direct emailing of 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 it is playing, right click on "save video as" to save it to your computer.

Interest in our sport is at an all-time high with the announcement of the Brisbane 2032 Olympics so it's important that we capitalise on the opportunity this presents. If you need anything further as your season starts please don't hesitate to contact the LAQ Office.

Simon Cook

Administration

LAQ Awards

Congratulations to the winners of our athletes awards for the 2021 / 2022 season.

George Harvey Leadership Award

Eboniee Hilton (Caboolture) and Caden Wyatt (Bargara)

Laurie Baartz Most Improved Award

Liliana Brillante (Bargara)

A reminder that nominations for LAQ Life Membership, Distinguished Merit, Merit, Frank Knight Memorial Coach of the Year, Volunteer of the Year, Officials Merit and Centre Innovation Award are due on Friday 15th April.



Eboniee Hilton & Caden Wyatt

2022 LAQ State Team

Congratulations to the 49 athletes selected in the LAQ State Team. As Donna mentioned above, this is the first year that Multi Class athletes have

been included in these Championships. LAQ selected five Multi Class athletes as part of our team. Go to our website to view the full list of athletes and their events.

The 2022 Australian Little Athletics Championships will be held in Melbourne on the 23rd and 24th of April.

2022 Conference Motions

A reminder that if your Centre would like to submit a motion for the 2022 Annual Conference, the paperwork must be received by Friday 15th April.

Summer Centres

2022 / 2023 Centre & Committee Membership Forms

Summer Centres are required to complete and send in their Centre & Committee Membership form by Friday 20th May.

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.

Winter Centres

Registration Payments

All Winter Centres using GameDay (Formally SportsTG) for registrations need to ensure that any paper copy registrations that are received at your Centre are added into your console regularly.

All payments for registrations not paid through GameDay (Formally SportsTG) must be paid to LAQ by cheque or direct deposit. If your Centre needs assistance with payment please contact Ngaire in the LAQ Office.

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

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.

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 High Jump Time Trial

Equipment:

- High jump mats
- Uprights
- Flexi bar
- Markers

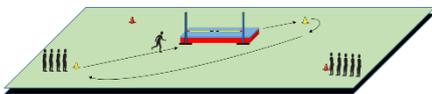


How to play:

Set up high jump mats and uprights on a flat ground with no rocks, clumps of grass or holes. The bar is set at a height everyone can clear with a degree of effort above the minimum. A scratch line is set out approximately 10m (at an angle of about 20 to 30 degrees) away from the side of each upright. Split the group into two even groups. Each team lines up behind their scratch lines. On the command "GO" a stopwatch is started and the first player runs in to clear the bar.

The second player moves when the first jumper has stepped clear of the mats. This continues until every player has completed a jump. When the full team has returned to the original starting place and is standing up in order, the stopwatch is stopped. This is the time recorded for the team. The next team lines up and repeats the performance and the times are compared to find the winning team.

After both teams have been through once, swap positions so that the players then run in from the other side.



Shaun Lethem & Kendal Newton-Smith

Competition & Officials

McDonald's State Championships

The 2022 Championships were completed in near perfect weather conditions. Athletes did themselves and Centres proud, not only performing well on the track and arena, but showing great sportsmanship and appreciation to the Officials. Well done to all the families and Centres who have encouraged and supported these athletes through the season which brought about such results.

To our volunteer appointed officials, we extend a huge vote of thanks. Your commitment to officiate over the 3 day competition, with or without children of your own competing is

never under estimated and very much appreciated. Centres please extend our thanks to your parents that assisted at the field events, it made the days that much easier for the core group of appointed officials.

13 potential QBPs have been recorded and will be put to the Board in April for ratification.

The official results are posted on the [LAQ Competition Results webpage](#).

2023 McDonald's State Championships

We are pleased to confirm that next year's Championships will be held on the 24th – 26th March in Townsville at the Townsville Sports Reserve. Thank you to Townsville City Council for supporting the event. Further information on accommodation and activities for families to do in Townsville whilst in the area will be released soon.

Proposed Rescheduling

McDonald's Combined Event Championships

The Board are proposing to reschedule the Combined Event Championships for Sunday 22nd May on the SAF arena. However, the conduct of this re-scheduled competition may depend on interest from the membership.

A revised one-day program and hard copy nomination / confirmation will be posted on the LAQ webpage shortly and is attached to this mail out. Information will be emailed directly to athletes who nominated for the original dates.

The competition will be open to all LAQ registered athletes, whether they nominated for the original date or not. Athletes will compete under their 2021/22 season age group.

Further updates will posted on our website and Facebook pages.

2022 Conference Novotel Sunshine Coast Resort 10th – 12th June

We urge Centres to book their rooms for conference as soon as possible. Rooms will be released to the public

on a % basis, and once they are released, we cannot secure further rooms. .

Centres are advised to take note of the following important due dates:

- Submission of Motions
Friday 15th April
- Accommodation finalised
Monday 9th May
- Conference & AGM papers issued
Friday 13th May
- Online Registration
Wednesday 25th May
- Registration Payment
Monday 30th May
- Workshop Registration Closes
Monday 30th May

Links are now available on the [LAQ Conference webpage](#)

Updates and further information will posted on the LAQ Conference webpage as they become available, including workshop details and the online workshop registration portal.

Use the link provided to view details about the [Novotel Sunshine Coast Resort](#)

Resources

Updated Handbooks

Attached to this email are updated copies of the:

- Tiny Tots Handbook
Centres should note that Tiny Tots can no longer graduate to U6 in the same registered season
- Centre Programming Guide
Ideal for Centres looking to review their programs, particularly if changing competition grounds or expecting a change in registration numbers. Or for those wanting to incorporate some development sessions on a weekly basis.

Race Walking at Centre level

Centres looking to develop or incorporate race walking into their Centre program that don't necessarily have the resources to do



so, could consider using the processes outlined in the paper found [through this link](#).

Centre Competition Awards

It is generally around this time of year members will contact the office about Centre awards criteria and points or Committee enquire what is required for Centre Life membership. With this in mind, this end/start change of season period could be a great time to review your Centres competition awards criteria and points; and ensure that it is publically available somewhere for your members to access. Transparency allows members to set goals and understand what is probable at the end of season.

U13-U17s Teams Event

The second round of the Summer Centres U13-U17s Teams Event has concluded with the following Centre Teams taking honors for the top three placings:

- 1st Ipswich Bandits
5729 points
- 2nd Jimboomba Jets
5668 points
- 3rd Springwood Great Whites
5299 points

Congratulation to all athletes who participated. It was interesting watching the Best Performances, personal and team ranking and points change throughout the season.

Nominations for the Winter Centre U13 – U17 Teams are closing Monday 18th April. For further information, visit the [LAQ Team Event webpage](#).

Calendar Dates to Remember

April

- 23rd – 24th April
Coles Australian Little Athletics Championships (ALAC's) in Melbourne

May

- 15th May
Introduction to Officials Workshop
North Rockhampton

June

- 25th – 26th June
Coles Winter Carnival @ Townsville Sports Reserve
Nominations close 13th June

September

- 24th September
Coles Spring Carnival @ Bundaberg Region Athletics Facility
Nominations close 12th September

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

Karen & Bianca Lunt

