

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



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## President's Corner

As I am writing this article we are currently experiencing a large amount of flooding, destruction and heartache across the South East Region.

We have a lot of families who have been affected and some of our Centres have lost the majority of their stock and equipment. It will take a significant amount of time to recover from this. It has been heart warming to see the support from our Queensland Little Athletic community towards the Centres who have been impacted. We truly are in this together. There have also been Centres who have put calls out to their members to rush to get equipment to higher grounds and this has been successful in saving a lot of loss. Unfortunately, the speed of the rising water has caught everyone off guard.

We have had to cancel our McDonald's Combined Events Championships as a result of the weather. We gave it until the last possible time before it became clear the weather was going to get worse not better. We don't make these decisions lightly as we are aware some people travel long distances to get here. We take into consideration the safety of everyone to be able to travel safely to and from the venue and it was clear this was a very unsafe time to be on the roads. We are looking to reschedule, however this will depend on venue availability and being able to slot it around other sporting commitments as we are aware that winter sports are kicking off.

The Nordic Sport Summer Regional Championships were held earlier in February and these were very successful although the winds at most

venues made it a bit difficult for athletes and officials. Thank you to everyone who had a part in putting the events together. It is a large undertaking and is only successful because of the wonderful centre and regional committees we have.

Its not long now to our McDonald's State Championships. This is the culmination of everything our athletes have been working towards for the season. We are hoping for a fine weekend although we can work around the odd storm. We will also be selecting an U/13 team to attend the Coles Little Athletics Australia Championships in Melbourne in April. This event has had to be cancelled for the last 2 years due to COVID but we are hopeful of it going ahead this year.

We would like to congratulate one of our ex athletes who recently competed in the Winter Olympics. Jaclyn Narracott was a member of Bracken Ridge Little Athletics won a silver medal in the Sliding sports. This event is not for the faint hearted and Jaclyn showed nerves of steel to come out with a silver. Congratulation Jaclyn!!

**Donna Smith**

## From The CEO

### Flood Devastation

Our thoughts are with everyone that has been impacted by the devastating floods that hit South East Queensland and Northern New South Wales on the weekend. The harrowing vision and stories of the floodwaters moving through people's homes and our Centres are unimaginable having dealt with this only a short time ago in 2011 and then again in 2017.

For Centres impacted by the floods please contact the LAQ office when you have assessed the damage so we can gauge the assistance required for our sport from the authorities.

In terms of financial support, the State Government through the Department of Tourism, Innovation and Sport has released disaster recovery funding to assist local sporting organisations with the costs of replacing and repairing gear and facilities. A link to the basic funding program is provided here <https://www.qld.gov.au/recreation/sports/funding/disaster-recovery>. More information will be added to this page shortly with specific South East Queensland flood recovery details.

Under the Little Athletics national insurance program, Centres are covered for flooding so please visit the national brokers, Honan Insurance at <https://athletics.honansport.com.au/> to lodge a claim.

We've also been humbled by the support of other Centres from around the State and Country with offers of equipment and money to help affected Centres with the recovery process. 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".

Thank you for your support as we deal with this emergency.

If there is anything Little Athletics Queensland can do further to support you, please contact us at the office.

Stay safe everyone.

**Simon Cook**

## Administration

### LAQ Adult & Centre Awards

Adult awards that are available for nomination include Life Membership, Distinguished Merit, Merit, Frank Knight Memorial Coach of the Year, Volunteer of the Year and Officials Merit Award.

Centre awards available for nomination is the Centre Innovation Award.

These awards are presented at the Annual Conference in June. Nominations close on Friday 15th April. Refer to the LAQ Awards Booklet for further information. More detailed criteria on our awards can be found in the Awards Booklet.

### 2022 Conference Call For Motions

This is the first and final call for motions for the 2022 Annual Conference. Please find attached to this mailout, a Call for Motions form. All motions must be submitted on this form. The closing date is Friday 15th April. Please refer to the attached paperwork for further information and instructions.

### Summer Centres

#### End of Season - AGM

Summer Centres should be starting to prepare for their Annual General Meeting's (AGM). Your AGM should be held within three months of the close of the Centre's financial year, which is 31st March for Summer Centres. Once your Centre has held an AGM, please ensure that your Centre & Committee Membership form is completed and sent into the LAQ.

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

#### Graduation Certificates & 10 Year Athlete 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.

#### Honour Certificates & Year 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 & 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.

### Winter Centres

#### 2022 / 2023 Registration Fees

A reminder that 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.

#### Centre Registration Console

If your Centre requires assistance with setting up their GameDay (formally SportsTG) Consoles, please contact the LAQ Office.

#### Coles Bananas

The Coles Banana Donations will be proceeding for our winter season. Further information on the Coles Banana Donations will be provided as soon as possible.

### Active Clubs Funding

The latest round of Active Clubs is now open and Centres can apply for funding up to \$2,000 to support Centre committees.

Eligible projects include but are not limited to the following:

- Training and education
- Volunteer Recognition

- Equipment – on field
- Equipment – off field
- Covid-safe related expenses

For examples of the above mentioned projects and what is excluded from this funding, please click [here](#).

### Social Media & Your Centre

Social Media has become a driving force in today's society and it is a great tool to promote your Centre. To get the most out of promoting your Centre we have some great resources to assist. They can be found up on the LAQ website under resources /marketing and PR forms.

**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 Throwlf (Throws Golf)

Equipment:

- A range of 5–6 targets, set up at different heights over a course (indoor or outdoor)
- 1 disc per player
- Objects to create obstacles and barriers, such as towels, gym mats or benches
- A numbered flag or card for each 'hole'

How to play:

As in golf, a course with 'holes' is established. Players move around the course attempting to reach the target in the least number of throws. Establish the course and spread the players out on it.

Players throw from a start line ('tee') next to each target. The next shot is taken from where their disc comes to rest. Play in 2s or 3s and count the lowest score for each target. Allocate different scores to the targets. The athlete with the lowest score wins.

Note: At all times great care must be taken to ensure that no one is in the flight path about to be thrown. Athletes should watch the throwers carefully and at no time turn their back during a throw.



**Shaun Lethem & Kendal Newton-Smith**

## Competition & Officials

### 2022 Conference

#### Novotel Sunshine Coast Resort 10<sup>th</sup> – 12<sup>th</sup> June

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

- Submission of Motions  
Friday 21<sup>st</sup> April
- Accommodation finalised  
Monday 9<sup>th</sup> May
- Conference & AGM papers issued  
Friday 13<sup>th</sup> May
- Online Registration  
Wednesday 25<sup>th</sup> May
- Registration Payment  
Monday 30<sup>th</sup> May
- Workshop Registration Closes  
Monday 30<sup>th</sup> May

We advise Centres to make accommodation bookings as soon as possible. After Monday 9<sup>th</sup> May, all non-allocated accommodation will be released back to the public.

More dates are detailed in the Conference Information booklet.

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

- Accommodation booking form for the Novotel Sunshine Coast Resort.
- Online Conference registration portal.

- Conference information booklet (also attached to this LANews).

Updates and further information will be 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](#)

### **McDonald's Combined Event Championships** **25<sup>th</sup> & 26<sup>th</sup> February**

Wet and cancelled is about all we can say! Other than a huge thank you to all the Officials who remained on standby for each day's decision. To the Little A's families and Centre Committees, thank you for your understanding and support in the Board's decision which ultimately and clearly was the correct one.

As mentioned in a LAQ Facebook post, the Board is considering rescheduling the event, more details will be shared on various platforms once the decision has been made.

### **McDonald's State Championships** **11<sup>th</sup> – 13<sup>th</sup> March** **QSAC, Brisbane**

Nominations have closed for these Championships and souvenir shirt order are due Wednesday 2<sup>nd</sup> March. Centre Committees, please share these few points with your attending families:

- The event will be held in the main stadium, with the SAF being available for warmups.
- Grandstand seating will be available, there are no areas available for tents.
- A limited number of programs will be available for sale and an information area will be manned.
- Athletes should be at the arena between 45 and 60 minutes prior to their program events.
- The competition will only be cancelled due to extreme circumstances.
- For more information on the State Championships [use this link](#)

or visit the LAQ State Competition webpage.

Each Centre with nominees are required to provide Karen Lunt with emailed details (names and contact phone numbers) of who will be acting as the Centre's Team Managers over the weekend.

Event allocations for each Region to provide Officials are listed below for your convenience:

- Discus & Javelin: Central Coast, Central North & Metro West Centres
- Shot Put: Downs & South West, Sun Coast & Maranoa Centres
- Long / Triple Jump: Metro North & South Coast Centres.
- High Jump: South East, North Queensland & Tropical North Centres

If members wish to assist in another event area for accreditation purposes, this may be accommodated, however request must be email to [k.lunt@laq.org.au](mailto:k.lunt@laq.org.au)

### **Uniform Policy Changes**

Changes to the LAQ Uniform Policy were recently approved by the Board. These changes will be implemented at the 2022 McDonald's State Championships. The Uniform Policy can be found on the LAQ policy webpage: <https://laq.org.au/wp-content/uploads/sites/5/2022/02/Uniform-Policy-Feb22.pdf>

### **U13-U17s Teams Event** **2022 Winter Season**

Winter Centre U13 – U17 athletes are invited to participate in a virtual and actual local competitions. Teams would comprise of a maximum of 7 and minimum of 5 athletes per team. There are no restriction on what combination of boys or girls form the team, and the athletes in consultation with the Centre can name their team.

Eligible events that will earn team points and personal rankings include 100m, 400m, 800m, Sprint Hurdles, High Jump, Long Jump, Javelin, and

Shot Put. The following meet dates are when times and distances/heights will be taken from:

Centre Meets:

- 1<sup>st</sup> round: weekends ending 1<sup>st</sup> May – 19<sup>th</sup> June
- 2<sup>nd</sup> round: weekends ending 10<sup>th</sup> July – 28<sup>th</sup> August

LAQ Meets:

- Winter Carnivals earning 50 additional points for participating
- Winter Regional Championships earning additional 10 points per event

A registration form to register Winter Centre Teams is attached to this LANews and will be available of this page. Registration will close Monday 18<sup>th</sup> April. For further information, visit the [LAQ Team Event webpage](#).

### **Competition Calendar Dates to Remember**

#### March

- 11<sup>th</sup> – 13<sup>th</sup> March  
McDonald's State Championships @ QSAC

#### April

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

#### June

- 25<sup>th</sup> – 26<sup>th</sup> June  
Coles Winter Carnival @ Townsville Sports Reserve

#### September

- 24<sup>th</sup> September  
Coles Spring Carnival @ Bundaberg Region Athletics Facility

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

**Karen & Bianca Lunt**