

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



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President's Corner

Happy New Year to you all!! I hope everyone got the opportunity to have some downtime during the festive season. While we all love our sport, it's great to be able to stop and recharge for a few weeks.

This year has already thrown us a curveball with the new COVID variant, which is creating some headaches for Centres. From what I have seen you are all managing the disruptions very well particularly around advising your members when you have a positive case. It goes to show how good you have all become at listening to the advice and working it into your Centres to be able to carry on with minimal disruption. This has meant the athletes are being able to do what they love particularly coming into the pointy end of the season.

It is nearly time for the Nordic Sport Summer Regional Championships which will be held at various venues throughout our Summer Regions. This is a big weekend for athletes with qualification for McDonald's State Championships on the line. It is also a fun weekend for everyone. I would like to acknowledge the work that goes into the preparation by Regional committees and Centres towards the event. This is a big undertaking particularly if you are the host Centre. A large amount of work is done by the committee in getting grounds and equipment ready. The officials over the weekend are kept very busy and without them, no events would happen. THANK YOU TO ALL OF YOU!!

We also have our McDonald's Combined Event Championships at the end of February, and this will also serve as the selection event for the U15's for the 2022 ALACs in Melbourne. It is a very busy time

particularly for our older athletes who also compete at Queensland Athletics competitions. I would like to wish everyone the best of luck for all for your upcoming events.

Our Winter Centres are starting to look toward their sign ons. We will see some of our Winter athletes at the McDonald's State Championships. This is a terrific effort as these athletes have to stay in training throughout the whole year long after their season finishes in October. It has been great to see some of our Winter Centres holding combined training sessions. Again amazing committees who instigate these sessions.

In closing, I would like to acknowledge the passing of two of our Little Athletics family members. Lucas and Lavinia Mocanu, who tragically lost their lives along with their Dad Cris and pilot Robert, in a plane crash prior to Christmas. Lucas and Lavinia were much loved members of Souths Little Athletics. We extend our deepest condolences to their family and friends.

Donna Smith

From The CEO

COVID Update

As Queensland pushes through the Omicron variant, we've had a number of questions about whether it will have any impact on Centre, Regional and State Competitions.

I am pleased to advise the Government recently made it very clear that they want sport to continue and for the impact to be as minimal as possible for the participants and volunteers that run sporting clubs. The community has suffered enough for the last 2 years and needs to get to get back to some level of normality especially with our recreational pursuits.

As a result, the restrictions have not changed for sport. Outdoor sport is still not restricted which means we are not required to check in people, we don't have to adhere to density requirements and we don't have to ensure our participants, parents or volunteers are double vaccinated.

Our Regional and State competitions will be going ahead as planned and athletes will be required to compete at their Regional Championships if they wish to qualify for the State Championships.

As to be expected, people will still need to follow the public health orders and stay at home if they have COVID or are a close contact of someone with COVID.

The signs so far for 2022 are looking promising. The shift has changed to living with COVID is a vast improvement on where we've been at any other point in this pandemic.

I wish all the athletes the best of luck for the remainder of the season and smooth sailing for the organisers of all of the Summer Regional Championships.

State Government Grant

Little Athletics Queensland was successful in obtaining \$55,000 from the Queensland Government through its Active Industry Project Fund to develop an online education hub for our Centres and members. Once finished, the hub will offer innovative and engaging education programs on all aspects of running our sport whether that be coaching, officiating or administration.

We'll keep you posted on how it progresses. LAQ thanks the Queensland Government for its support of our sport.

Simon Cook

Administration

Athlete Award Nominations

Nominations for the George Harvey Leadership Award and Laurie Baartz Memorial Trophy for Most Improved Athlete close on Wednesday 2nd

March. We encourage Centres to nominate athletes worthy of these awards.

The updated LAQ Awards booklet is now available on our website. This booklet contains information about all LAQ awards as well as nomination forms.

Summer Centres

Banana Donations

Just a reminder to Summer Centres that the Banana Donations have been suspended indefinitely due to the current COVID-19 situation.

2022 / 2023 Centre & Committee Membership Forms

Summer Centres will find enclosed in this month's mailout the Committee Membership Form for the 2022/2023 season. Once Centres have held their Annual General Meetings, this form must be completed and returned to the LAQ office by the Friday 20th May 2022.

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.

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.

FairPlay Vouchers Now Open

The next round of the Government's FairPlay vouchers has been released.

Queensland children who are eligible can receive a voucher valued up to \$150, which can be used for their registration fees.

Centres that receive the FairPlay vouchers will need to redeem them through the Queensland Government. For information on how to redeem the vouchers, please click [here](#).

Shannon Kruger, Ngaire Hollands & Amanda-Jayne Noble

Coaching & Development

School Holiday Coaching Clinics

During January, LAQ held three clinics in Brisbane, Runaway Bay and Townsville. All clinics had great participation numbers, with 31 athletes in Brisbane, 26 athletes in Runaway Bay and 22 athletes in Townsville.

Thank you to all athletes who attended our clinics during these school holidays. We had a total of 128 athletes across five clinics. And a special shout out to our fantastic group of coaches for your assistance at these 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.

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.

Interesting Read

We came across an interesting blog the other week about child development and thought that it is very relevant to the needs of our young athletes and young athlete coaches.

Note: the following is an abridged version of the full article, with just the headings and a one or two key points for each of them.

10 Things Youth Sports Coaches Must Know About Child Development
By Erica Suter

"Long-term athletic development" is a phrase that has gained a tremendous amount of traction in the past few years. It highlights the importance of a gradual and meticulous journey for physical growth and performance gains in speed, strength, and power with youth athletes.

.....Through growth spurts, maturation, coordination disturbances, speed hindrances, and so much more, coaches need to have some degree of knowledge about child development so they can learn how to help their athletes during these dynamic

.....Here are 10 things youth coaches must know about child development to set their athletes up for a successful and healthy career."

1. Everyone Is on a Different Schedule
You can't rush physical development. Every child is on their own biological clock, so one 11-year-old kid might be slower than the 11-year-old kid next door.
2. Speed Can Slow Down During the Growth Spurt
A child may be the fastest kid on the team from ages 7-11, then all of a sudden, their speed stagnates, or worse yet, decreases.....focus on their strengths during this time, and let speed catch up as they mature into their bodies.
3. A Female Athlete's Menstrual Cycle Impacts Performance
Athletes on their menstrual cycle are more susceptible to fatigue and sleep disturbances, so it is much more helpful to promote adequate recovery, nutrition, and proper load monitoring during this time.
4. Stability Is a Requirement for Pre-Adolescent and Adolescent Core Training
.....coaches need to keep in mind that core training must cover stabilising all of the muscles of the trunk—from the gluteal to the abdominals to the psoas.
5. Young Athletes Need Behaviour Change
Building a culture of accountability outside the gym and off the field ensures that young athletes grow mentally, socially, and academically.

6. **Training Age Must Be Considered**
Training age is important to keep in mind because an athlete may be further along than someone the same age as them because they have been training longer.....everyone must have the movement patterns customized to where they are.
7. **Training Must Be Different for 7- to 8-Year-Olds Than It Is for Adolescents**
The last thing younger kids want is to be instructed with wall drills, agility rings, ladders, and monotonous drills where the coach barks a running commentary. Younger kids thrive on fun and energy within a practice session, as well as the opportunity to problem-solve without the help of an adult figure.
8. **All Age Groups Benefit from Free Play and a Variety of Movements**
.....older kids also benefit from play amidst the busy structure of year-round sports..... Sometimes it is a nice escape for them to return back to the childhood days of tag and fun.
9. **Plyometrics Should Be About Quality, Not Quantity**
.....plyometrics are not about fatiguing the athlete; they are about ensuring the athlete produces force into the ground.
10. **Overuse Injuries Can Increase During the Growth Spurt**
With the growing system of year-round organised sports, youth athletes become more susceptible to overuse injuries..... kids going through rapid growth spurts, or the time of peak height velocity (PHV), suffer overuse injuries even more.

The full article can be found [here](#).

Game of the Month Monster Ball

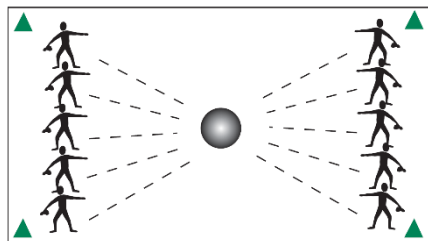
Equipment:

- At least one ball per player
- 1 very large ball

How to play:

This is a chaotic game that is a lot of fun and gives children plenty of opportunities to practice throwing. It is generally played on a basketball or netball court. The children are divided into two teams. They are each given a basket of balls of different sizes and weights.

A very large "monster ball" is placed in the centre of the court. The goal of the game is to throw balls at the monster ball, forcing it to move towards the other team's side of the court. If the ball goes out of bounds while on the other team's side of the court, your team gets a point. The smaller balls can be retrieved by players at any time, but players cannot block shots at the monster ball and cannot touch the monster ball.



Shaun Lethem & Kendal Newton-Smith

Competition & Officials

McDonald's Combined Event Championships (CEC) 25th & 26th Feb, SAF

Points to note:

- Nominations are open until 9am Monday, 14th February
- Nomination fees are \$15 per athlete
- Nominations will only be accepted via Family or Centre ResultsHQ Profiles
- U13 – U14s may only nominate for 2 combined events provided they are programmed on separate days
- U15 – U17s may not nominate for the heptathlon (2-day event) and a triathlon; they may

however nominate for 2 triathlon events

- U15 athletes seeking consideration for selection in the 2022 State Team, will need to compete in the heptathlon event at this competition
- Any U9 –U17 failing to start an event, cannot compete in following events within the combined event set

U13-U17 Teams Event athletes are invited to participate in the CEC to earn points for the season score and compete for the title of CEC Team Event Champions. Additional information has been forwarded to Team Event Centres.

McDonald's State Championships Souvenir Shirts

Nordic Sport is taking orders for the 2022 McDonald's State Championships souvenir shirt. A small quantity of shirts will be available for sale during the Championship weekend. Shirt cost \$32 each.

Pre-order forms and payment must be provided to Nordic Sport by Wednesday 2nd March.

Papers are attached to this mailout.

ResultsHQ Roll Over Required Winter Centres Only

Winter Centres using ResultsHQ should be looking to conduct a Season Rollover in the Centre ResultsHQ Profile at least 2 weeks prior to their first sign on date. An email will be issued to all Winter Centres shortly with instructions on the process required. For assistance with this or for any other queries on ResultsHQ, please contact Bianca through the LAQ Office

Calendar Dates to Remember

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

April

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

June

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

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

Karen & Bianca Lunt

