

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



*In this Edition*

**President's Corner ..... 1**  
**From The CEO ..... 1**  
**Administration ..... 2**  
**Coaching & Development.. 3**  
**Competition & Officials... 4**  
**Calendar Dates ..... 6**

## President's Corner

We are fast closing in on the pointy end of our Winter season. The first of the Nordic Sport Regional Championships will be the North Queensland Region, being held in Townsville on the first weekend in September. Tropical North and Central North will be held the following weekend and Maranoa in October. This is a very busy time of the year for Regional and Centre committees, parents and athletes as well as coaches. It has been very busy for many of our athletes with their respective school and regional events.

Good Luck to all of our athletes for their respective Regionals. Thank you to the officials who will be on the arena for the Championships. Your expertise is greatly appreciated. I look forward to catching up with some of you.

As the 2021/2022 season draws to a close for our Winter Centres, I would like to pass on my thanks to everyone who has had a hand in providing our great sport to our athletes. I fully appreciate how hard it is to juggle committee work with the pressures of family and jobs. It's not always easy to get people to step up and help. The smiles on the athlete's faces when they achieve a PB or just have fun makes it all worthwhile.

We are well into the commencement of the Summer season with some Centres having already started competition. It is great to see your advertising on the relevant social media platforms. There are some very talented people amongst you. Hopefully, on the back of a very successful World Champs and Commonwealth Games, we will be in for a bumper season. Don't forget if you need help with anything the LAQ

Office is just an email or phone call away.

We have great pleasure in welcoming a new staff member this week. Will Eggar is taking on the role of Events Coordinator. Will has a background in Taekwondo and working in gyms so has a good knowledge of grass roots sport. Welcome Will!!!

It is only a few weeks now until our Coles Spring Carnival in Bundaberg on Saturday 24<sup>th</sup> September. This is always a great day and a good start to the Summer season. Being in the school holidays allows for ease of travel for everyone. This is always a good learning event for our newer athletes and also officials so don't be afraid to put your hand up and help out.

September is our one month of the year where we have the whole state operating although at different ends of their season. Good luck to our Winter season athletes for their last few weeks of competition and welcome to our new and returning summer season athletes.

**Donna Smith**

## From The CEO

### **Coles Little Athletics Community Fund**

The Coles Little Athletics Community Fund closes on the 31<sup>st</sup> of August so if you haven't submitted an application, please do so at [www.coles.com.au/littleathleticsfund](http://www.coles.com.au/littleathleticsfund) Any questions can also be emailed to [communitysport@coles.com.au](mailto:communitysport@coles.com.au) .

When sourcing quotes for the fund, please ensure you obtain one from long-time LAQ sponsor, Nordic Sport. Neal Pitman and his team have sponsored Little Athletics Queensland for over 15 years so your support of his business in return would be sincerely appreciated.

If your Centre is not yet registered with Nordic Sport, register at [Register Your Club \(nordicsport.com.au\)](https://nordicsport.com.au) and complete a request for a quote. You can also email your equipment list to [sales@nordicsport.com.au](mailto:sales@nordicsport.com.au) or simply call their office on (07)5540 7803 and speak with them directly.

### New LAQ Staff Member

William Eggar has joined the LAQ team as our new Events Coordinator to assist Karen in the running of our competitions and conference. Part of his role is to also increase the marketing and communications activity for all of our events. Those of you that attended this year's Conference know how important this is for our sport.

He comes to us with a background in community sport, particularly Taekwondo, technology, and the fitness industry and I'm sure you'll join with me in welcoming Will to the Little Athletics family.

### New LAQ Sponsor

It gives me great pleasure to announce LAQ has a new partner, Cluey Learning!



Cluey provides online tutoring support for students in years 2-12 and have conducted over 519,000 tutoring sessions. They're experts in delivering support to students and are Australia's leading online tutoring provider for school age children. On top of this, they're also offering Little Athletics members a 20% discount!

Further information on these exciting offers and activations will be provided to Centres and members throughout the season.

Thank you Cluey for your partnering with Little Athletics Queensland.

**Simon Cook**

## Administration

### 2023 New Zealand Development Tour

Nominations are now open for the 2023 New Zealand Development Tour. The Tour will take place from the 6th – 16th January 2023. The Tour is open to any U14 or U15 athlete who will be aged 13 or 14 years (born 2008 or 2009) as of 31st December 2022.

Selected athletes will spend 11 days training, travelling and competing together throughout the South Island of New Zealand.

The cost for the 2023 Tour is \$2,995, which covers airfares (Brisbane-NZ return), taxes, ground transportation, travel insurance, accommodation, meals, competition fees, uniforms and sightseeing activities.

Athletes of any skill level are encouraged to apply. It is not necessary to be an elite athlete to take part in this Tour.

Closing date for nominations is Wednesday 14th September 2022. Further information and a nomination form are available on the LAQ website or by contacting the LAQ Office.

### Winter Centres

#### Registrations

The end of the season is fast approaching. All Winter Centres need to ensure that any late season registrations have been added into your registration console.

Centre registration consoles will be closed off to the public at the end of August. Centres will still be able to access their registration data as needed after the season.

Any Centres that have outstanding registration payments owing to Little Athletics Queensland will be advised by the end of August.

If you have any questions regarding registrations or payment for registrations, please contact Ngaire in the LAQ Office.

#### Annual General Meetings

Winter 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 30th September for Winter Centres.

To assist Centres with conducting their AGM's, please click on the link below:

<https://laq.org.au/wp-content/uploads/sites/5/2020/11/How-to-Conduct-an-AGM.pdf>

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

#### 2023/2024 Committee Membership Forms

Winter Centres will find enclosed in this month's mailout the Committee Membership Form for the 2023/2024 season. Once Centres have held their AGM, this form is required to be completed and returned to the LAQ Office by 24<sup>th</sup> February 2023.

#### 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 LAQ 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 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.



## Summer Centres

### Banana Donations

The Banana Coupon Booklets will be sent out to Centres in mid-September provided that a delivery address has been provided by Centres.

Centres will only receive one coupon book for the season. Replacements will not be issued should the coupon booklet be lost or damaged.

### 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.

### Communication with Members

At the start of the season, plenty of new families will be looking to register with Centres. It's important to have a good communication strategy in place to ensure that new members have all the information they need & know what is expected.

Centres can create a sense of belonging for each member that registers by using communication.

Communicating with members when they first register is the start of the Centres relationship building with their members.

When members register online it's essential to provide confirmation of their registration as well as the next steps to their involvement with the Centre.

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

## Coaching & Development

### **How To Videos**

With the Summer season Centres starting (pun intended) to get underway with their new season, here are some links to some brief videos that may assist your parents with what to do, what to look for and how to do it.

The videos are approximately 60-90 seconds duration and are designed to give people some brief information so that they have the confidence to help out at your weekly meets.

Track - Starting:

<https://www.facebook.com/LAQLD/videos/1229159117582267>

Track – Timing:

<https://www.facebook.com/LAQLD/videos/1040895173411062>

Throws – Circle:

<https://www.facebook.com/LAQLD/videos/607361350683424>

Throws – Javelin:

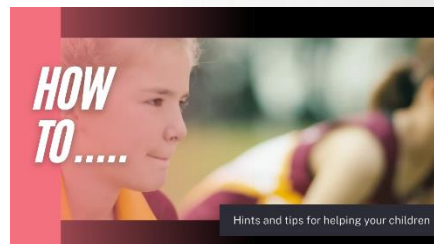
<https://www.facebook.com/LAQLD/videos/1241216353013471>

Jumps – High:

<https://www.facebook.com/LAQLD/videos/595829401693537>

Jumps – Long/Triple:

<https://www.facebook.com/LAQLD/videos/340194744540570>



### **Little Athletics Program for Schools (LAPS)**

With the start of the Summer season upon us, a great way to increase exposure of your Centre is to provide the LAPS program to your local schools.

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.

### **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.

The following courses have been confirmed:

#### September

- Saturday 17<sup>th</sup> - Springwood
- Sunday 18<sup>th</sup> - Bribie District

#### October

- Saturday 15<sup>th</sup> - Highfields

### **Game of the Month**

#### Down Down Down

Equipment:

- Small ball (e.g. tennis ball)

How to Play:

With a partner, stand approximately five meters apart. Start off with your ball and throw the ball, using an underarm action, continuously back and forth until somebody drops the ball. When someone drops the ball you say "DOWN ON ONE KNEE." If the same person drops it a second time then you say "DOWN ON TWO KNEES." If the same person drops the

ball again you say "DOWN ON ONE ELBOW" and again you say "DOWN ON TWO ELBOWS" and then chin and then you're out but remember you have to stay in the position you're in to catch the ball and throw the ball.



**Shaun Lethem & Kendal Newton-Smith**

## Competition & Officials

### **2022 Nordic Sport Winter Regional Championships**

Centres now have access to their Regional Meet through the Centre profiles and the ability to share for families to nominate directly. Any Winter Centre Committee that requires assistance in the invitation sharing or nomination processes should contact Timing Solutions or Karen [k.lunt@laq.org.au](mailto:k.lunt@laq.org.au) as soon as possible.

All nominations must be submitted through Centre or Family ResultsHQ profiles by the relevant Region date.

- Nordic Sport North Qld Regional Championships: Townsville (TSR), 3 - 4 September
- Nordic Sport Central North Regional Championships: Bundaberg Regional Athletics Facility, 10-11 September
- Nordic Sport Tropical North Regional Championships: Tully LAC, 10 - 11 September
- Nordic Sport Maranoa Regional Championships: Goondiwindi LAC 8<sup>th</sup> October

Additional information including Event Order is posted on respective LAQ [web-calendar pages](#).

Be sure to remind your athletes that the 2023 McDonald's State Championships will be held at the

Townsville Sport Precinct Friday 24<sup>th</sup> March – Sunday 26<sup>th</sup> March.

### **2022 Coles Spring & Summer Carnivals**

#### Spring Carnival

The Coles Spring Carnival is being held at the Bundaberg Regional Athletics Facility on 24<sup>th</sup> September. Details are:

- Open to all LAQ U7 – U17 registered athletes
- The ResultsHQ Meet Invite will be issued to Centre's at the end of this week
- Nominations close at 9am on Monday 12<sup>th</sup> September
- The Draft Event Order is available on the [Spring Carnival Calendar page, use this link](#)

#### Summer Carnival

The Coles Summer Carnival is being held at SAF, Brisbane on 22<sup>nd</sup> October. Details are:

- This competition is open to all LAQ U9 – U17 registered athletes.
- ResultsHQ Meet Invite will be issued to all Centres in early September
- Nominations close at 9am on Monday 10<sup>th</sup> October
- The Draft Event Order will be available in the coming month on the [Summer Carnival Calendar page, use this link](#).

Nominations for both Carnivals must be submitted using the ResultsHQ Family or Centre Profiles. Late nominations will not be accepted.

The nomination fee for these Carnivals is \$20 per athlete.

Officials and parents are asked to register their Expression of Interest as soon as possible to assist on the arena during these events using the [this online portal link](#).

### U13 – U17 Teams Event

LAQ is calling for Centre teams to participate in the 2022/2023 season virtual U13-U17 Teams Event.

Centre Meet best results from each team's athletes, from eligible events during each round will count towards the overall Teams points. Keep a look out for the new developments for this program. We are hoping to have at least one Centre Team from each Summer Region.

- The event will be limited to 15 Summer Centre Teams
- Teams must have maximum 10 athletes
- There are no restrictions on the number of boys or girls or ages to form a team
- Events eligible for points and rankings are: 100m, 400m, 800m, Sprint Hurdles, High Jump, Long Jump, Discus & Shot Put
- There will be two 7 week rounds; the first round of results from Centre Meets will be recorded from the week commencing 17<sup>th</sup> October. The second round will commence 23<sup>rd</sup> January.
- Participation in the Summer Carnival, the CEC and the Regional Championships earn team bonus points!
- Team participation is by application.

Application and Team information should be submitted as soon as possible, but no later than Monday 3<sup>rd</sup> October. Please use the form attached to this LANews and return to [k.lunt@laq.org.au](mailto:k.lunt@laq.org.au)

### Relay Regulations – Year 2

The Relay Regulations have been tweaked based on feedback gathered after the 2021 Regional and State Relays. The paper has been posted on the LAQ Resources page <https://laq.org.au/resources/competition-resources/> and are attached to this mailing for your convenience. Alterations to the regulations have been shaded on the document.

It is strongly encouraged for Centre Team Managers / Nominations

Officers (new and experienced) to attend a Relay Workshop to ensure that there is a clear understanding and application (how and when) of the rules.. Currently there are two workshop dates scheduled and both will be held in the LAQ Office, 3<sup>rd</sup> Floor, QSAC Western Stand.

- Wednesday 7<sup>th</sup> September 6.30pm
- Sunday 11<sup>th</sup> September 9.30am

Registration to attend a workshop is essential, please email [k.lunt@laq.org.au](mailto:k.lunt@laq.org.au)

Additional workshop(s) may be scheduled upon requests, if there is sufficient support from a Region or surrounding Centres. Requests should be emailed as soon as possible.

Additional information on the actual Nordic Sport Regional Relays competition dates, order of events etc. will be available through the LAQ website calendar once provided by the relevant Region Committees.

### Preparing for the Season

The following information has been shared by one of our LAQ Centres and we feel it's a great idea to share with you all:

For the past 2 seasons our Centre has dedicated our first 2 weeks of Centre training to trialists and new athletes only. Returning athletes join us on week 3. This allows us the time to dedicate to these new athletes and parents to show them the rules and how to do each event properly without the added pressure of them being intimidated by the more experienced members of the Centre.

It also takes some pressure off the Age Managers having to show the new athletes on competition days. We also make sure 1 of Committee member or experienced parent is present at each field event in the first couple of weeks to help them on competition day, (as well as the Age Manager).

By doing this we have had tremendous feedback from the

parents and have had a 98-99% retention rate from our trialists. I realise that not every club can do this due to lack of experienced coaches or helpers but may be able to do to a certain extent.

### Officials Education

Does your Centre have members who are showing a keenness for officiating? Encourage their participation in one of the Introduction to Officiating Workshops listed below.

IOW's are ideal for parents, guardians or athletes who are looking for a solid introduction to officiating (helping out) at Centre meets or Regional competitions. Best of all, they're FREE to attend! Registration is essential.

- 9<sup>th</sup> October - Tweed LAC with mini athlete clinic \*
- 9<sup>th</sup> October - Arana LAC
- 23<sup>rd</sup> October - Glasshouse LAC
- 23<sup>rd</sup> October - Laidley LAC with mini athlete clinic \*

\* mini athlete clinics are only available to athletes of parents participating in the IOW.

Registration is essential for all of these clinics.

The Officials Committee is also excited to be providing Specialty Workshops for selected event areas and roles. These can be attended free of charge by anyone interested in what is being offered. Sessions include Umpiring, Photo Finish, Call Room, Recording, and Race Walking

The sessions will be held concurrently on the SAF arena Sunday 27<sup>th</sup> November commencing 9:30am.

Further information and registration links for all IOWs, and other education sessions can be found within the LAQ web-calendar and LAQ Officials pages.

**Calendar Dates to Remember**August

- 29<sup>th</sup> August  
Central & Tropical North Regional Championships nominations close at 9am

September

- 3<sup>rd</sup> – 4<sup>th</sup> September  
Nordic Sport North Queensland Regional Championships @ Townsville Sports Reserve
- 7<sup>th</sup> September  
Regional Relay workshop  
LAQ Office at 6.30pm
- 10<sup>th</sup> – 11<sup>th</sup> September  
Nordic Sport Central North Regional Championships @ Bundaberg Athletics Facility
- 10<sup>th</sup> – 11<sup>th</sup> September  
Nordic Sport Tropical North Regional Championships @ Tully
- 11<sup>th</sup> September  
Regional Relay workshop  
LAQ Office at 9.30am
- 11<sup>th</sup> September  
Summer Region Admin Meeting  
LAQ Office at 12.30pm
- 12<sup>th</sup> September  
Coles Spring Carnival nominations close at 9am
- 24<sup>th</sup> September  
Coles Spring Carnival @ Bundaberg Region Athletics Facility
- 26<sup>th</sup> September  
Maranoa Regional Championships nominations close at 9am

October

- 3<sup>rd</sup> October  
Registrations close for Tweed & Arana IOW's
- 8<sup>th</sup> October  
Nordic Sport Maranoa Regional Championships @ Goondiwindi
- 9<sup>th</sup> October  
Tweed & Arana IOW's
- 17<sup>th</sup> October  
Registrations close for Glasshouse & Laidley IOW's

- 23<sup>rd</sup> October  
Glasshouse & Laidley IOW's

November

- 21<sup>st</sup> November  
Registrations close for Specialty Workshop sessions
- 27<sup>th</sup> November  
Specialty Workshops at SAF

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

**Karen Lunt & Will Eggar**