

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



President's Corner

Our summer season is well underway and the Regional Relays are almost upon us.

We had our Senior Carnival & Junior Pentathlon on Sunday 5th November at a new venue for us at Runaway Bay. This was also a trial event for the ALACs to be held next April at the same venue. We were able to test the facilities and see what we need to do to further improve. It was a great day with lots of PBs and happy athletes. A big thank you to all of our Officials and parent helpers. Without you none of these events happen. Congratulations to our U/9 and U/10 Pentathlon medal recipients. We hope in the future to be able to utilise these facilities for other events as it is good to be able to spread events out of Brisbane.

I recently attended a meeting in Melbourne to discuss the ongoing issues with officials. There will be some fine tuning of the current on line accreditation but it will largely stay the same. Coles Little Athletics Australia and Athletics Australia are going to jointly fund a staff member whose sole responsibility will be to look after education and direction of officials for both organisations. This will go a long way to alleviating the current issues.

We are about to launch into our McDonald's Regional Relay Championships which will be held this weekend. These events are always one of the highlights of the season as athletes get to compete with their friends not against them. There will be Board members at most competitions so please come up and say hello.

Simon Cook (CEO), Paul Langton (VP) and I recently went to Hobart to attend the half yearly Conference and various meetings attached to

that. There were not a lot of changes this year.

Queensland put up a motion to allow athletes to compete in 5 events at ALACs and this was successful. We also attended the Coles Little Athletics Australia Role of Excellence dinner at Wrest Point Casino. The highlight of the night was the induction of Javelin thrower Kim Mickle from WA. Kim is an amazing athlete who has had a shot at every sport. While she is currently recuperating from a series of injuries, one playing AFL for the Fremantle Dockers and the other throwing javelin at the Olympics she is playing cricket in New Zealand. It is a great lesson to all of our athletes because you are injured there is always something else you can do.

I would like to congratulate all of our athletes who were successful at the recent Primary and Secondary Schools State Championships and who have qualified through to nationals. Good Luck to all of you.

Good Luck to everyone with their Regionals Relays and I hope everything runs smoothly. Fingers crossed for good weather. I look forward to catching up with everyone at Regionals.

Donna Smith

From The CEO

North Queensland Athletics Forum

Thank you to all of the North Queensland and Tropical North Centres that attended the Athletics Forum in Cairns last weekend. In all, there were 20 representatives which is the largest number we've had so far. Everyone contributed greatly and there were many issues covered including the age group change, dual registrations, regional boundaries, championship

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competitions, Results HQ and Sports TG and Centre marketing. We're looking forward to working with the Centres in the north to see athletics really thrive.

Coles Partnership with Little Athletics

As part of the national Coles sponsorship, Centres will receive a free marquee for their competitions and hats for all of their athletes. We're still working out the details, but it is hoped that most Centres in South East Queensland will be able to collect their tents and hats at the State Relays on the 2nd of December. Centres outside of South East corner may have to collect their free tents from a central regional location. As you could imagine, co-ordinating the delivery of 600 tents nationally is a big (and expensive) job so your patience and help is sincerely appreciated.

We'll send out further details when they come to hand. Thank you Coles for your kind support of our sport

Neil Sutton Finalist in the Queensland Sport Awards

Congratulations to LAQ Volunteer of the Year, Neil Sutton from Glasshouse District LAC who has been selected as a finalist in the Volunteer category in the Queensland Sports Awards! Neil and his family will be our guests at the gala awards night on the 30th of November at the Brisbane Convention & Exhibition Centre.



It promises to be an exciting night with the elite of Queensland Sport vying for 12 sport award categories. Four Queensland Sporting identities will also be inducted into the Sport Hall of Fame and one athlete will be elevated to Legend status as the 17th Legend of Queensland Sport.

Good luck Neill!

Simon Cook

Administration

Summer Centre Registrations

Summer Centres should ensure that all registrations and payment for registrations are up to date.

For any Summer Centres that have not submitted any registrations or payment for registrations, please do so as a matter of urgency. Your Centre could risk incurring an administration charge.

Transferring Athletes

Centres that have an athlete that is transferring to a different Centre in the same season must still complete a transfer form.

The steps involved in submitting a transfer form are:

- 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.

Notice for Clearance & Transfer between Centre Forms can be found on the website under Resources > Centre Forms and information or in the Centre Returns Booklet which is provided to all Centres at the start of the season

Winter Centre 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 Stationery form
- Draft AGM Minutes

How to Conduct Your AGM

For our Winter Centres, it's time to start preparing for your AGM's (if you haven't already done so).

Your AGM should be held within three months of the close of the financial year. For most Winter Centres, this is the 30th of September.

At least twenty-eight (28) days clear notice in writing of the AGM is to be distributed by hand, mail or email to every family in attendance at your Centre.

Your Centre Manager or Assistant Centre Manager should chair the meeting – in the event neither are available the members should elect a chair.

Election of all Centre Management Committee positions must occur. In the event that more than one person stands for election to any position of the Centre Committee, voting will be by secret ballot and the Secretary shall be the Returning Officer (when counting the votes for position of Secretary the Centre Manager will be the Returning Officer). All current Ordinary Members and all Honorary Life Members actually in attendance at the meeting will be entitled to vote.

Reports to be presented at your AGM are your Centre Manager, Treasurer (audit report) and any other Committee positions / office bearers as required. But do note, not all Committee members are required to present a report at the AGM.

The quorum for your AGM is twelve (12) members. Should there not be a quorum within thirty (30) minutes of the time set for the AGM meetings, then a further meeting should be set for one week. If at the rescheduled

AGM, a quorum is still not present, the numbers so attending will be considered to be the quorum.

The right to vote at the AGM is restricted to Ordinary Members and Honorary Life Members of the Centre. No member of the Centre is entitled to vote more than once on any one issue. In the case of a tied vote at any meeting, the motion under discussion will be declared lost, or in the case of elections, members will be asked to vote again.

The Secretary must take minutes at the AGM. A copy of the DRAFT AGM minutes and auditors report must be sent to the Office of Fair Trading and to LAQ.

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

Shannon Kruger & Ngaire Hollands

Coaching & Development

CLOSING SOON: Comfort Inn & Suites Robertson Gardens Christmas Camp

Come along to test your skills, learn some new ones and meet new friends in a "team" based environment packed with innovative coaching.

This inaugural Christmas Camp will take place between Friday 15th December to Sunday 17th December at Frederick Marsden Youth Centre, Kallangur and focus on FUN! Our action packed 3-day camp is the perfect Christmas gift filled with lots of practices designed to improve agility, balance, coordination and strength as well as improve all round athletic performance. The camp is offered to children of all abilities in the U9 to U17 age groups to develop drills, skills by using games and activities to enhance the learning experience.

Further details and an online registration form are available on the LAQ website.



McDonald's Development Camp

The McDonald's Development Camp is for the athletes who wish to develop and improve their skills in all areas of track and field to unleash their potential. The camp will start introducing event-specific skills to enable athletes to enhance their own technique as well as other core training methods to improve their athleticism.

The Development Camp will be taking place at Runaway Bay Super Sports Centre on Saturday 13th January to Sunday 14th January 2018. The camp will offer a unique combination of professional training, drills and skills whilst allowing athletes to have fun with their friends. Professional qualified coaches will tailor activities to each age group for fun and assist the athletes with their development in athletics. Athletes in the U12 to U17 age group will have the opportunity to participate in four practical skill sessions and are able to choose their two event disciplines.

For more information and to register, please visit the LAQ website or contact the LAQ Office.

Introduction to Coaching Course (ITC)

Take your first step into basic athletics skills coaching. All practical, no exam, no previous experience necessary!

The ITC 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.

Upcoming ITC Courses:

- 19th November
Rosewood
- 25th November
Deception Bay
- 26th November
University of the Sunshine Coast

To find out more information about these upcoming courses or host a course at your Centre, please visit the LAQ website or contact the LAQ Office.

Game of the Month / 20 Minute Session

Let's get ready for relays! Unlike other athletics disciplines, the relay is a team event. It requires the cooperation of every team member for development of its technical component. The game for this month is teaching the athletes to run fast through the changeover zone.

Relay Zone Racing

The only equipment required for this game are ground markers and relay batons

Set up a twenty metre relay changeover zone and a ten metre acceleration zone using ground markers. In pairs, the players decide who will be the incoming and outgoing runners, and set up check marks accordingly. The outgoing runners can stand anywhere inside the acceleration zone (as per a relay race), however all incoming runners must begin running from the same line 20m behind the acceleration line. Each incoming runner carries a baton.

The aim of this game is for each pair to attempt to be the first to carry the baton past the end of the 20m changeover zone. On "Go", all

incoming runners sprint towards the outgoing runners in an attempt to make a fast, smooth baton exchange in the 20m changeover zone. The outgoing runner, on receiving the baton, sprints to the end of the changeover zone, carrying the baton.



Shaun Lethem & Taneille Crase

From The North

Regional Forum – Tropical North & North Queensland Regions

Thank you to those members who represented their Centre at our annual forum on the 28th of October in Cairns. I hope you all got as much out of it as I did. A special thank you to Tablelands, Ravenshoe, Douglas, Townsville Centrals and North Mackay, for travelling far and wide to attend. The minutes of this forum have been circulated to all Centres within the Regions.

Coaching Clinics and Introduction to Coaching Courses

Centres are reminded to let me know if you have any specific dates in mind to host coaching clinics or ITC's at your Centre. Weekends are filling up fast already for 2018.

LAPS

We are currently attending schools for Cairns, Mulgrave, Cassowary Coast and the Tablelands this term, with many schools already booked for 2018. Please let me know if you have any schools in mind that you would like LAQ to visit on behalf of your Centre.

My contact details are 0427 808 975 or k.macrae@laq.org.au

Free Workshops and Online Training for Volunteers

As we near the end of 2017 the sport and recreation department will continue to host a number of Building Active Communities Workshops (BACWs) across the Far North region. These free workshops are open to everyone and focus on key local issues in the sport and recreation industry, helping to build knowledge in the community. Places are limited for many of the workshops, so if you are interested continue attend check for registration openings to avoid disappointment.

On the 16th of November at Cairns, the topic is "Strategic Planning" register at:

<https://www.npsr.qld.gov.au/news-events/events/index.php?region=far-north-queensland&electorate=&date=&program=&course=&type=&submit=Apply+filters>

The Queensland Government recognises the important role volunteers play in local sport and recreation clubs and is pleased to partner with [QFSR Skills Alliance](#) to offer a number of online training opportunities through the Department's Building Active Communities Workshops program. There are a variety of free courses on offer:

- Committee Management
- Financial Management
- Marketing and Promotion
- Volunteer Management
- Fundraising, Grant and Sponsorship
- Strategic Planning
- Laws Insurance
- Risk Management

*You will need to register under your Centre name to receive free access. Please note it can take up to 15 minutes to recognise your free status.

Is Your Centre Ready for Extreme Weather Events?

For many Queensland sport and recreation organisations, summer means bushfires, storms, floods and

cyclones. The [Get Ready Queensland](#) website has a number of resources that may assist your sport and recreation to prepare for a natural disaster and to facilitate a quick recovery.

Some resources / links include:
[What are the natural disasters?](#)
[Check your insurance coverage](#)
[Connect with your Council about your local plan and services](#)
[Prepare your business fact sheet](#)

Kate Macrae

Competition & Officials

Senior Carnival & Junior Pentathlon

'We love Little Athletics' was heard across South East Queensland as a Channel 7 News report aired showcasing Runaway Bay Sport Centre and our Senior Carnival & Junior Pentathlon. The link made to the Commonwealth Games may seem a bit stretched, but there were a number of Officials and volunteers on the arena that will be at the Commonwealth games helping the big athletes. And let us not forget that some of the Little Athletes of today could also be Commonwealth Games competitors in years to come. So, well done to all who participated in our competition on Sunday. While the numbers were a little lower than in previous years, those that were there had a lot of fun.

Athlete performance certificates are enclosed with this mailout. Certificates for endorsed QBP's will be issued to the relevant Centres as soon as possible. A full list of results can be found on the LAQ results website.

McDonald's Regional & State Relays

The McDonald's Regional Relays are being conducted over the 11th & 12th November weekend. We wish all the Team Managers, Officials and athletes the very best of luck for a fun filled day of competition. We

hope that the weather is kind to you all.

As soon as we have the Regional Relay results from the Regions we will be preparing and issuing the declaration for nominations to the McDonald's State Relay Championships, which are being conducted on Saturday 2nd December at SAF. Centres are required to lodge nominations as soon as possible but no later than 9am on Friday 24th November.

Winter and Central Coast Region Centre Committees are reminded that your Centre's athletes are able to nominate track and field teams for the McDonald's State Relays by using the direct nomination process. Forms can be found on the LAQ website.

Pre-sale orders for the McDonald's State Relay Souvenir shirts as advertised in the Regional Relay programs are being taken. All orders must be through the Centres and provided with payment or proof of payment on the order forms included in this mailout. A limited amount of souvenir shirts will be available for purchase on the day of competition through the Nordic Sport display. Centre pre-orders are due by 9am on Wednesday 22nd November.

Nomination Audits

The registration vs nomination audits are continuing, which includes Regional Relay nominations.

Centres using the STG console are to ensure that all registered athletes are checked as active and financial.

Athletes not fully registered are not eligible to compete. This means Centres may be risking these athletes being disqualified from competition at the McDonald's State Relay Championships, or the Centre being invoiced an administration fee.

Registrars who are unsure how to complete the registration process in either program should contact the LAQ Office and speak with Ngaire

for SportsTG console support or Bianca for ResultsHQ supports.

LAQ Competition Nomination Processes – Regional Championships

While we have been trialling parents / athletes nominating directly for LAQ competitions through their family profile, Summer Regional Championships nominations will only be accepted from Centres. Nominations must be provided through the Centre ResultsHQ Meet invitation or as a Team Manager Import file.

Changes To Uniform Policy

There have been further changes to the LAQ Uniform Policies, which all Committees and members should be aware of:

- All competing athletes must be attired in the correct Centre uniform, which conforms to the Centre design and colours approved by LAQ. The uniform items must be worn in compliance with the items design (e.g. not rolled up or down). Failure to comply with this will lead to the athlete not being allowed to enter the competition arena. Refer to IAAF Rules 143.8 & 143.10
- Singlets and the depth of the crop tops* are to be sufficient size to clearly display the registration label so that the registration number and sponsor logo are entirely visible. (*not less than 150mm)

A full updated policy is available through the LAQ website.

Officials Accreditation

Want to advance your National Officials accreditation? Here are the steps:

New Officials (holding no accreditation):

1. (Optional) Do the online Australian Sports Commission Course, Level 0. Use this link: <https://learning.ausport.gov.au/auth/login/?returnUrl=%2F>

2. Level 1: Access the Australian Athletics Officials Education Scheme and complete an online learning course and pass a multiple-choice quiz. Use this link:

<http://athletics.com.au/Officials/Level-1-Important-Information>

3. Level 2: Having received a Level 1 Completion Certificate, complete Level 2 practical requirements (15 days of practical at approved athletics meets and get sign-off), attend seminars, complete online learning components. Once the practical, seminars, eLearning have been completed (allow 2 years from commencement), Officials must successfully complete an online exam that will include multiple choice and short answer questions. The pass mark will be 75%. Further information is provided once officials sign up for the Level 2 Course on the eLearning system. Use this link: <http://athletics.com.au/Officials/Education/Level-2>

4. Level 3: Includes seminars, practical components and a written exam. LAQ recommends Officials wishing to advance their accreditation to Level 3, commence officiating with QA or other relevant senior body.

Accredited Officials (holding LAQ Accreditation):

1. Start fresh and revise your accreditation by following steps 1 to 3 above **or**
2. Level 1 or 2 Accredited Officials who are actively officiating at LAQ competitions as Chiefs or Referees; contact the LAQ Office asking that you be added to the AA National database. Once you are registered as an active member on the National database, continue with step 3.

LAQ Officials Database:

Any accreditation which was gained prior to the introduction of the new

scheme has since been translated to reflect the levels in the new Australian Athletics Officials Education (AAOE) Scheme. This information will continue to be maintained on the LAQ Officials database for the purpose of competition appointments and Centre information. Official's accreditation data from the National database will be added or updated on the LAQ database, where Officials have identified being affiliated with a LAQ Centre.

Karen & Bianca Lunt

Mailout Attachments

- 2017 Senior Carnival & Junior Pentathlon Certificates
- Souvenir Shirt Order forms and information

Checklist

- Centre & Committee Membership Form (Winter Centres) – 26/1/18
- Sign On Form (Winter Centres) – 26/1/18