

# 2018/19 Yearbook & Parent Handbook

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# WELCOME TO THE WONDERFUL SPORT OF LITTLE ATHLETICS!

**We trust that you will enjoy the experience of learning new skills with your child.**

**Little Athletics is an activity for the whole family to enjoy and we certainly hope you enjoy contributing to your child's development.**

**This handbook will provide you with an overview of the programs and services that are available for you and your child through Little Athletics Queensland.**

**Your local Centre Committee will provide you with most details you require during the weekly Little Athletics activities and should be your first point of contact for any additional information. Alternatively, visit the Little Athletics Queensland (LAQ) website at [www.laq.org.au](http://www.laq.org.au) or contact the Association Office on (07) 3892 9400 (metropolitan area) or 1300 559 436 (outside Brisbane).**

## THE LITTLE ATHLETICS STORY

Originating in Victoria during the early 1960's, Little Athletics was developed for children that were too young to compete in senior Athletics. Co-founder Alan Triscott's idea in 1973, to bring Little Athletics to Queensland, began with several public meetings in Brisbane.

As a result of these meetings, the first Little Athletics Centre was established in Redcliffe. Now, the Association has 100 Centres located throughout Queensland. Athletes participate in weekly competitions at their local Centre across a range of events.

The Little Athletics motto of 'Family, Fun and Fitness' highlights that it is a community activity involving the whole family on a weekly basis. Athletes are encouraged to improve their own performances, sportsmanship and social skills, throughout the season.

Each of the events offered is age appropriate according to motor development and a gradual process of skill learning, supported by the National Junior Sports Framework.

## MISSION STATEMENT

"Little Athletics aims to develop children of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in Athletic activities."

## EQUITY

LAQ aims to guarantee all children and adults access to a complete range of participation, training and competition opportunities and to ensure equity in all aspects of Athletics, including the provision of rewards and incentives, coaching, officiating and administration. LAQ recognises seven equity areas, which include gender, disabilities, older adults, Aborigines and Torres Strait Islanders, non-English speakers, employment status and isolated communities.

# PERSONNEL

## PATRON

His Excellency The Honourable Paul de Jersey AC Governor of Queensland

## LAQ LIFE MEMBERS

George Harvey (1984)	Ken Watson (1991)	Alison Quirke (1998)	Andrea Harvey (2001)
Paul O'Brien OAM (2002) (d'cd)	Frank Knight (2003) (d'cd)	Deanna Price (2006)	Ray Robins (2007)
Brian Johnston (2008) (d'cd)	Barrie Cox (2012)	Karen Wolfenden (2012)	Ann Bell (2013)
Edward Fabian (2013)	Len Price (2015)	Don Yourell (2015)	Tony Northey (2016)
Todd Williams (2018)			

## AUSTRALIAN LITTLE ATHLETICS LIFE MEMBERS FROM QLD

George Harvey (1996)	Tony Libke (2004)
Alison Quirke (2010)	Marjorie McNamara (2010)

## AUSTRALIAN LITTLE ATHLETICS MERIT AWARDS FROM QLD

Alison Quirke (2006)	Marjorie McNamara (2008)
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## BOARD OF DIRECTORS – 2018/19 DIRECTORS



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# GENERAL INFORMATION

## LAQ AFFILIATED CENTRES

The Little Athletics season runs from 1st April to 31st March the following year and Centres generally operate a summer or winter season. Queensland is divided into 11 Regions for the purpose of the Little Athletics competitions. The following is the list of the current affiliated Centres in Queensland:

Tropical North	Central North	Maranoa
Cairns	Agnes Water	Charleville & District
Cassowary Coast	Bargara	Dirranbandi & District
Douglas Shire	Biloela	Goondiwindi
Marlin Coast	Gin Gin	Mitchell & District
Mulgrave	Gracemere	Mungindi
Ravenshoe	Moura	St George
Tablelands	North Rockhampton	Tara & District
Tully	Yeppoon	Texas

North Queensland	Met North	Met West
North Mackay	Arana	Centenary
Townsville Central	Aspley	Colleges
Wulguru	Bracken Ridge	Goodna
	City North	Ipswich
	Dayboro	Kenmore
	Redcliffe	Rosewood
	Strathpine	Souths
	The Gap	Toowong Harriers

South East	Downs & South West	Central Coast
Algester	Border Blues	Boyne Tannum
Balmoral	Dalby	Bundaberg
Beenleigh	Granite Belt	Burrum & District
Browns Plains	Highfields & District	Gayndah
Jimboomba	Laidley	Gladstone
Mt Gravatt	Mt Tarampa	Hervey Bay
Redlands	Pittsworth	Isis District
Springwood	Roma	Maryborough
Sunnybank	Ropehill	Monto
Wynnum Manly	Toowoomba Central	West Bundaberg
	Toowoomba South	
	Upper Lockyer	
	Warwick	

South Coast	Sun Coast
Ashmore	Bli Bli
Beaudesert & District	Bribie District
Gold Coast	Caboolture
Helensvale	Caloundra
Kyogle	Cooloola Coast
Mudgeeraba	Deception Bay
Ormeau	Glasshouse District
Runaway Bay	Gympie
Tamborine Mountain	Maleny
Tweed	Maroochy
	Nambour
	Nanango
	Noosa
	South Burnett
	University of the Sunshine Coast
	Wamuran







# WHAT TO WEAR AT LITTLE ATHLETICS

The athlete must wear appropriate footwear and the approved Centre uniform when participating in Athletics events. Please note all approved Centre uniforms must comply with LAQ's Uniform Policy. Children and parents are strongly encouraged to wear hats and sunscreen to all Little Athletics events and bring along a water bottle to aid hydration.

LAQ requires all athletes to wear the provided registration number and age label at all times (e.g. Centre, Region and State competitions). This is a safety, procedural and sponsorship requirement. It also allows other parents to know your child's name and age group, especially in the case of an accident or emergency, so that the child's name and medical conditions can be quickly accessed.

## MERCHANDISE

The Association has various coaching resources and a complete range of merchandise for sale. To place an order, simply visit the LAQ website to view these items. order, simply visit the LAQ website to view these items.

# AGE GROUPS IN LITTLE ATHLETICS

## TINY TOTS

Centres have the option of providing a Tiny Tots program for three and four year old children, with the allowance for a Centre to register the Tiny Tot only if he/she is a sibling of an older (Under 6 - Under 17) registered Little Athlete. The parent / guardian of the Tiny Tot athlete must be present and working at the Centre while the child is participating.

Tiny Tots activities do not include times, places or measurements. The maximum distance permissible for running is 60m. Other fun events can also be added to their program in accordance with endorsed LAQ programs.

A registration number will be provided for each Tiny Tot and uniforms are optional, but they must be Sunsafe. Tiny Tots do not take participate in activities outside their Centre competition.

## UNDER 6

The events offered for U6's include 70m, 100m, Shot Put, Discus and Long Jump. The U6 age group only competes at their own Centre and other Centre carnivals. Athletes in this age group are not able to compete up an age group.

## UNDER 7 – UNDER 17

The events offered and the equipment specifications vary depending on the age of your child. The LAQ Competition Handbook, which is available through your Centre, lists the summary of events for each age group as well as the specifications for each event.





## HOW TO GET INVOLVED

All parents are strongly encouraged to participate at their local Centre in any number of ways. However you choose to volunteer your time, your assistance is greatly appreciated, as without your support, the athletes would not be able to participate.

Your Centre may have a parent roster and/or levy to encourage maximum support of parents. Your Centre Committee can provide you with further details regarding this.

The Carnivals and Championships conducted by LAQ rely solely on volunteer officials. Key officials are appointed at the beginning of each season. However, additional assistance is required at all events. Parents of nominating athletes are required to help fulfill these roles.

The LAQ Officials Scheme offers various levels of accreditation suitable for officiating at Centre competitions. You can also gain qualifications to officiate at State level competitions and can even progress to Athletics Australia levels. Further details can be found the LAQ website.

# KNOW YOUR EVENTS

This guide has been written for parents to provide basic information about all the events that make up a weekly program at most Centres. Should you require further information about the rules, event or equipment specifications, please contact your Centre.

During the Little Athletics season, you will be encouraged to help out in many different ways to enable your child to compete each week. Every parent is an important part of the Little Athletics family and without your help, it would be difficult to conduct events for your child. Parents, like our athletes have different levels of experience and talents. Remember, all parents at your Centre are volunteers and are giving up their time for the betterment of the athletes.

## TRACK

### Sprints

Sprints are short running events, from 60m up to and including the 400m. Prior to the start of a sprint event, the athletes are placed in individual lanes and the Starter will give the commands "On Your Marks", "Set" and then fire the gun for the athletes to start racing.

### Distance

Distance races for Little Athletes are 800m (U9 – U17) and 1500m (U11 – U17). Prior to the start of a distance event, athletes may be placed in either a pack start (for larger groups) or in allocated lanes. The Starter will give the command "On Your Marks" and then fire the gun for the athletes to start racing.

### Hurdles

Hurdle races are simply sprint events with hurdles placed at set distances apart in each lane. The heights of the hurdles change with the age of the athletes. They start at 45cm and go up to 76cm in height. The distances of the races range from 60m to 300m. All hurdle races are run in lanes. Athletes may need some coaching and practice with low training hurdles before they try the real thing. The Starters commands for hurdle races are the same as that for sprints.

Hurdles are built to tumble easily when knocked provided they are hurdled from the correct direction. Hurdles must never be jumped from the reverse direction as they will not tumble and could cause serious injury.

### Relays

Relays are one of the few opportunities that athletes have to compete as a team. Some Centres run relays as part of their weekly program, others enter teams into Association's Region and State Relay Championships. Relay track teams consist of four runners who each run a set distance (eg. 70m, 100m, 200m, 400m or 800m) according to the type of relay. The athletes carry a baton, which must be passed onto the next runner. This change must take place within the specified change over zone. For field events at Region Relays, any number of athletes may enter with final results determined by individual performances being added together. The Starters commands for relay races are the same as that for sprints.

### Race Walking

Race Walking is a distance event, therefore the start is conducted as a pack start. Walking races include the 300m, 700m, 1100m or 1500m distances, however, some Centres may have shorter distances for younger age groups. Race Walking is a progression of steps taken so that the walker makes contact with the ground, and that no visible loss of contact occurs. The advancing leg shall be straightened (ie. not bent at the knee) from the moment of first contact with the ground until the vertical upright position. The Starters command for race walking is the same as that for distance events.

## FIELD

### Long Jump

The Long Jump event area includes a runway (grass, dirt, asphalt or synthetic material) and a sand pit. The athletes run in between the lines along the runway until they reach the take-off area, and then drive themselves into the air off one foot, landing in the pit. U6 – U10 athletes take-off from a mat covered in sand. U11 – U17 athletes use a 20cm take-off board. Athletes usually have three jumps. They must ensure that their take-off foot is on or behind the mat / board and land in the sand pit. Athletes must exit the pit forward of the mark they made on landing. A foul jump will be recorded if any type of somersaulting is used.

### Triple Jump

Triple Jump uses the same event area as Long Jump. It also has the same basic rules and is measured the same way as Long Jump. The runway has lines marked at 2 metre intervals usually from 5m, 7m and 9m and the athlete chooses which of these lines will be their take-off mark. Athletes take-off from the board or a line marked on the runway and usually have three jumps. Triple Jump has three distinct stages – hop, step and jump.

### High Jump

The High Jump event area consists of landing mats, two uprights, a bar and a measuring stick. The athlete must run up, take-off from one foot, clear the bar and land on the mats, without causing the bar to be knocked off the stand. Each athlete has three attempts to clear each height. If they successfully clear the height on the first or second attempt, they must wait until the bar is raised before having another jump. The athlete may pass if they wish. For the U8 – U10 age groups, the scissors technique must be used. With the U11 – U17 age groups, the Fosbury flop technique may be used.

### Shot Put

The Shot Put event area consists of a throwing circle, a stop board and a landing area (sector). The Shot is a metal ball and its weight and size varies, according to the age of the athlete. To begin the throw, the athlete stands in the circle and the Shot shall be put from the shoulder with one hand only. The Shot shall touch, or be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting. The athlete must wait until the Shot has landed, before walking out the back of the circle. The Shot must land completely inside the marked sector. Athletes usually have three throws.

### Discus

The Discus event area consists of a circle, a landing area (sector) and a cage / net. A discus is a rubber, synthetic or wooden disc, which varies in weight and size, according to the age of the athlete. It is thrown from the circle and must land completely inside the marked sector. All officials and other athletes must be outside the cage / net when an athlete is throwing. Discus rules are very similar to Shot Put, except that there is no specific rule about how the Discus must be thrown.

### Javelin

The Javelin event area consists of a runway and a landing area (sector). The athlete must hold the Javelin at the grip. It must be thrown over the shoulder or upper arm and must strike the ground with the tip of the metal head first. It doesn't have to stick into the ground. As the Javelin is a spear-like implement, all athletes and officials must carry the Javelin in an upright position and it must be walked back for retrieval. Everyone should stay clear of the immediate area, unless involved in the event and always make sure that you can see the Javelin at all times. Athletes usually have three throws.

# MCDONALD'S ACHIEVEMENT LEVELS

The McDonald's achievement levels are calculated from the performance averages attained by Queensland's Little Athletes over the years. The first level is the green level, which is within reach of all athletes. This level represents a good level of performance. A red level represents a very good performance, and is achievable by approximately 65% of athletes. A blue level represents an excellent performance achievable by approximately 20% of athletes. Levels for each age group and all events are detailed on the pink (girls) or blue (boys) achievement cards.

To receive a McDonald's achievement award certificate, an athlete must reach the relevant level in all events applicable to their age group in three event groups. For example, an U13 athlete would be awarded a green level certificate if they were to equal or better the green level times and distances in (1) Hurdles: 60m Hurdles and 200m Hurdles, (2) Sprints: 70m, 100m and 200m and in (3) Throws: Discus, Javelin and Shot Put. Any event group combination can be used to meet the criteria as long as the levels in three event groups are attained.

Should an athlete not reach the green level in any of the event groups, the Centre may award a green certificate for attendance.







## ASSOCIATION COMPETITIONS

LAQ conducts several Championships, including the McDonald's Winter Championships (June / July), McDonald's State Relay Championships (December), McDonald's Combined Event Championships (March) and McDonald's State Championships (March).

Other competitions offered, where participation is by nomination include the Coles Spring Carnival (September), Coles Summer Carnival (November), McDonald's Regional Relays and Nordic Sport Regional Championships.

The Association's competitions are based on the IAAF rules with specific modifications for Little Athletics. These modifications are listed in the LAQ Rules of Competition Handbook, which is available through your Centre Committee. The rules and regulations are reviewed at the LAQ Annual Conference. All Centre competitions are based on these rules, although some may be slightly modified to suit the individual Centre.



# DEVELOPMENT AND TRANSITION OF ATHLETES

## INTRODUCTION TO COACHING (ITC) COURSES

LAQ organises and conducts the ITC's courses throughout the state on behalf of Little Athletics Australia. The course is conducted over six and a half hours and covers all Track and Field events. The emphasis is placed on the practical aspect of coaching and there is no exam. There is a small course fee per participant and courses are conducted at various times throughout the year. Participants must be at least 16 years of age. Specialised, accredited coaches are employed to carry out all instructions

## MCDONALD'S SCHOOL HOLIDAY CLINICS

Little Athletics Queensland offers a number of coaching clinics for athletes during the school holiday periods. Athletes can choose the events they wish to be coached for and qualified coaches carry out the sessions. These clinics are for athletes in the U9 – U17 age groups. When available, further information on these clinics is available on the LAQ website.





## NEW ZEALAND DEVELOPMENT TOUR

Little Athletics Queensland offers the New Zealand Development Tour to encourage our athletes to remain involved in Little Athletics throughout their senior years. It is anticipated that by doing this, it will encourage athletes to stay involved in the sport of Athletics as they move into adulthood. The purpose of the tour is a development opportunity for athletes of all levels and it is not necessary to be an elite athlete to take part in this Tour.

Selected athletes will spend approximately 10 days in New Zealand, travelling, training and competing at one or two major competitions against athletes and teams from New Zealand's South Island. A team of 20 athletes (10 boys and 10 girls) will be eligible for selection to compete at this competition. Only LAQ registered athletes in the U15 and U16 age groups are eligible for selection as athletes must be either 14 or 15 years of age as of 31st December of the current year to compete. The Tour takes place in January each year. Further information on the Tour can be found on the LAQ website.



## NATIONAL U15 CAMP

Little Athletics Australia provides an exciting opportunity for athletes in the Under 15 age group with the National U15 Camp. This camp takes place at the Australian Institute of Sport, Canberra. The camp provides athletes with the opportunity to improve athletic skills by providing elite coaching and active participation in athletics. Being held at the AIS in Canberra means athletes can take full advantage of the world class facilities on offer. Each day will consist of coaching sessions to enhance performance in chosen events and improve general fitness. Workshops will be held on various topics such as strength and conditioning and stretching and there will also be guest appearances by senior elite athletes.

The aim of the camp is to develop and support young athletes who are showing a commitment to the sport and have reached national standard. Not only will athletes receive expert advice from some of the very best coaches from around Australia, it will be a fun and exciting time, and a chance for athletes to make new friends from all over the country.

Selection for this camp is conducted by Little Athletics Australia



## SENIOR ATHLETICS

As you will discover during your time at Little Athletics, Athletics is a great social sport. You or your child may like to continue with Athletics once your child is past the Little Athletics age range.

Once your child is past the Little Athletics age range, they are then eligible to participate in senior athletics events through Queensland Athletics (QA). QA is the organisation that administers and promotes Athletics at the senior level. They can be contacted on (07) 3343 0900 or via their website [www.qldathletics.org.au](http://www.qldathletics.org.au)

## LAQ STATE TEAM

The first Little Athletics “Australian Teams Championships” (ATC) started humbly in Melbourne in 1970 and is now a nationally recognised event on the sporting calendar attracting teams from seven State and Territory Associations. It consists of two separate competitions – a Teams Championships for the Under 13’s (normally 13 boys and 13 girls) and an individual Multi Event Championship for Under 15’s (normally 3 boys and 3 girls).



The U13 team is selected, principally, on their performances at State Championships and then if necessary, performances at other recently held LAQ sanctioned events will be taken into consideration in the final selection process. U15 athletes will be selected based on their performance at the Combined Event Championships.

The team is announced on Sunday afternoon of the State Championships. The 2019 Australian Little Athletics Championships are being held in Hobart on the 27th & 28th April 2019.

If you would like more detailed information, please contact the Association Office.

## LAQ AGM & ANNUAL CONFERENCE

The Association conducts one major meeting each year which includes the Annual Conference and Annual General Meeting (AGM).

The Annual Conference, which is usually held in June, is the premier meeting of the Association. Conference is the Centres' opportunity to learn more about the workings of the Association, a chance to ask questions of the Board and its Committees both in business sessions and out of business sessions and more importantly, it gives Centres the opportunity to meet other Centre delegates from all over the State, put faces to names and exchange ideas. Conference is a place for sharing information and experiences.

The 2018 Annual Conference was held at Peppers Resort & Villas, Noosa and representatives from 48 Centres throughout Queensland took part in the weekend's activities.

Presentations took place for the various LAQ Awards, which are detailed on the following pages.

The AGM is held on the last day of the Conference and it is at this meeting where the election of Officers and Life Membership takes place. The Association's Annual Report and Audited Financial Report are also presented to the AGM for adoption.



# LAQ AWARDS

LAQ recognises the service of individuals and Centres through various awards. These awards include:

## ATHLETES

### The George Harvey Leadership Award

The George Harvey Award is presented each year to one girl and one boy who best demonstrate they embrace the ideals of Little Athletics. The criteria encompasses those attributes George himself believes are important not only in Little Athletics but also to any individual's growth and development.

Eligibility for the award is not restricted by athletic ability as demonstrated on the track and in the field. The athletes selected will have been regular attendees of Centre and Zone competitions and will have displayed a willingness to participate in the full range of Little Athletics events. They will have been involved in Little Athletics for a minimum of 5 years and will currently be in the U15 – U17 Age Group.

Required attributes are:

#### LEADERSHIP:

Provides an example to others and shows a desire to assist in the development of skills in others

#### RESPECT:

Is always courteous, shows regard for fellow athletes and officials and accepts the judges' decisions

#### PERSEVERANCE:

Performs with determination to attain personal goals even if difficulties and setbacks are encountered

#### SPORTSMANSHIP:

Abides by a code of fair play and is gracious in victory and defeat

#### ENTHUSIASM:

Irrespective of ability, displays a keenness to become involved in all activities

And finally, the athlete should have been an ambassador for Little Athletics, proud of his/her involvement in the sport and have promoted it amongst his/her peers.



The 2018 winners were Meeka Kilbride (Strathpine) and Joel Ottoway (Gold Coast).



## The Laurie Baartz Award For Most Improved Athlete



Laurie Baartz was the Association's Manager for Coaching on the Board of Management from late 1982 until his untimely death in 1984 and during his time he laid the foundations for the extensive coaching programs the Association now offers throughout the State.

His approach to coaching always stressed the importance of personal improvement, whether or not this was accompanied by success in competition. In this way children maintain a balanced perspective of their performances at all times.

Laurie's workmates at Telecom chose to honour his memory by providing the Association with a perpetual trophy awarded to the Little Athlete showing the greatest degree of personal improvement.

The award is based on personal achievements over a range of events and is open to boys and girls across all age groups. To be eligible, performances are only permitted to be recorded at Centre level competition over any ten week period. Points are awarded for exceeding personal bests on the basis of one point per event group per nominated week.

**The 2018 winner was Carla Hernandez Gonzales from Gold Coast.**

## 10 -Year Participation Award

Athletes must have had a minimum of ten (10) years participation at a LAQ Centre during which time they have demonstrated the desire to foster the aims of Little Athletics within the Centre and the Community. Should you have an athlete who has been involved with another Little Athletics Centre in Queensland, that involvement can form part of the minimum required 10 years.

The athlete should have shown a level of commitment to their Centre as an athlete and may have been involved on the Centre Committee and assisted at other levels of the Centre (eg officiating / coaching / administration). Involvement at another centre would count towards the mandatory ten years.

## ADULTS

### Life Membership

Life Membership is the Association's highest honour. It is presented to members that have given highly meritorious service towards the growth and development of Little Athletics. They must have been involved with Little Athletics for a minimum period of 15 years and have served at Centre committee and / or Association level and / or National level for a minimum period of 10 years.

**In 2018, Life Membership was awarded to Todd Williams (Bracken Ridge).**



### Distinguished Merit Award

The Distinguished Merit Award is presented to members with the highest credentials and integrity, who have been given a minimum of 12 years service to Little Athletics in Queensland and served at Centre, Zone and State Level or had Board of Directors involvement. The person should also have been involved at all levels over and above the call of normal duty and been generally accepted by the majority of people.

**There were no Distinguished Merit Awards presented in 2018.**

### Merit Award

The Merit Award is presented to members of high character and show an unselfish willingness to work for the betterment of Little Athletics. They must have given a minimum of 8 years service at Centre level and this involvement should clearly demonstrate a commitment to fostering the growth and development of the Centre. The nominee should normally have been involved for a period of at least 3 years at Centre Committee level. In addition, they should have had regular involvement at Association competitions.



**In 2018, Merit Awards were presented to Leanne Hilton (Caboolture), Melissa Smith (Ipswich), Michelle Boddington (Souths) and Elissa Wyatt (Bargara).**



## Volunteer of the Year Award

This award is presented annually and is based on involvement in the current season only. It is open to all Centre members, however, not necessarily intended to be for the dedicated Committee Member. No limit of involvement with Little Athletics is placed on the nominee (eg. one year, five years) as it depends totally on the nominees involvement for that year.

**In 2018, the winner was Michelle Moore (Noosa).**



## Frank Knight Memorial Coach of the Year Award

Frank Knight is recognised as one of the true legends in Little Athletics, who unerringly demonstrated his passion for the sport and commitment to his positions held with LAQ over many years. Frank began his involvement with Little A's when he joined his children up with the Arana Centre in 1980. He then went onto be a member of the LAQ coaching committee in the early 1980's and became the Association's Manager for Coaching in 1986.

He served as a member of the Board of Directors since 1986 and set an all time high record for length of service – 20 years total. Frank contributed in many ways to the direction that our Association has taken, and he had an amazing ability to keep pace and continue moving forward with new innovations to assist in the strategic direction of our Association. His coaching knowledge, and the way that he passed this on to members, has been exceptional and he touched many of our members' athletic careers through his work with the coaching camps, coaching courses, state team coaching, Centre involvement and as an individual coach. He was also a longstanding and proactive member of the QLD Branch of the ATFCA.

Frank finally succumbed to his battle with cancer on 19th January 2006. As a final thank you and farewell to a man that gave so much of his life to Athletics, the Association renamed this award in his honour.

This award aims to promote, encourage and reward quality Little Athletics coaching. It is presented to an individual who, in the opinion of the Board, has made the most significant contribution to Little Athletics within their community. This individual, by their coaching and enthusiasm promotes the values and philosophies of Little Athletics and junior sport in general and is prepared to extend their qualifications for the development of athletes.

**In 2018, the winner was Tracey Tuia (Springwood).**



## Alison Quirke Official of the Year Award

The Alison Quirke Official of the Year Award is the newest Association award. It is awarded each year to one official in recognition of their outstanding service as an official to Little Athletics Queensland.

**In 2018, the winner was Julie Cousins (Nambour).**



## 10, 15, 20, 25, 30 Year Service Awards

These awards are presented to members of excellent character, who have had a minimum of ten (10) years service to LAQ during which time they have demonstrated the desire to foster the aims of Little Athletics within the Centre and the Community. The nominee should have shown a level of commitment higher than that expected of a normal Centre parent and would normally have been involved for a period of time on the Centre Committee and assisted at other levels of the Association (eg officiating / coaching / administration). Duties should have exceeded the requirements of a normal Centre Committee position.

## Honour Certificate

Honour certificates are presented to members of excellent character, who have had a minimum of five (5) years service at LAQ Centre level during which time they have demonstrated the desire to foster the aims of Little Athletics within the Centre. The nominee should have shown a level of commitment higher than that expected of a normal Centre parent and would normally have been involved for a period of time on the Centre Committee. Duties should have exceeded the requirements of a normal Centre Committee position.

## CENTRES

### The Andrea Harvey Award for Centre Administration

This award is presented to those Centres that have shown an excellence above other Centres, and have excelled in Centre Administration.

**In 2018, first prize was awarded to Ipswich.**

### The Centre Promotional Award

This award is judged on the Centre's promotion of Little Athletics as a brand to the community. Centre's should not be concerned with how the information is presented upon lodgement, other than it being in an orderly fashion.

**The winner in 2018 was Caboolture.**

### Development Award

This award is presented to Centres in two categories - those with the highest re-registration percentage and those the highest registration increase. In 2018, the winners were:

Highest re-registration % for Centres with less than 100 registrations – **Ropehill**

Highest re-registration % for Centres with more than 100 registrations – **Glasshouse District**

Highest registration increase for Centres with less than 100 registrations – **Dirranbandi & District**

Highest registration increase for Centres with more than 100 registrations – **Toowoomba Central**

Further information, including the complete details of the awards' criteria and application forms, can be accessed from LAQ's website or through your Centre.

Most Little Athletics Centres also have their own awards that recognise the achievements of athletes, parents and volunteers at Centre level.

## LAQ SPONSORS

LAQ wishes to express its appreciation to the following Association Partners:



McDonald's is LAQ's major sponsor and is our longest serving sponsor with over 35 years of partnership. They sponsor the State Championships, Winter Championships, State Relays, Combined Event Championships, Regional Relays, age labels and registration numbers on the athlete's uniforms, achievement award certificates, a bag or shoelaces and voucher for each athlete, and television advertising for sign-ons. They also sponsor the coaching program and LAQ Officials shirts.

Coles is the major sponsor of Little Athletics Australia and provides a range of programs and services to athletes and Centres throughout Australia



Nordic Sport Australia is the Association's preferred equipment and merchandise supplier. They also sponsor the Regional Championships.

CI&SRG Comfort Inn & Suites, Robertson Gardens sponsors the coaching camps. They are also LAQ's preferred accommodation venue in Brisbane for members. Please quote LAQ when making a booking.



Robertson Gardens



Kumon is proud to be a sponsor of Little Athletics Queensland. Kumon recognises that Maths and English students are often also athletes, and want to help them succeed in and out of the classroom. They are proud to be working with LAQ to help achieve this!

The Queensland Government provides funding for the general development of the sport and LAQ's programs.



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