



NEWSLETTER #1

06th October 2022

Welcome to the 2022-2023 Kenmore Little Athletics season. This is the first of many newsletters this season. The newsletter will be emailed to families every fortnight to keep you up to date with all that is happening within our club. We will also inform you of any outside carnivals on offer for your children and other useful information.

UPCOMING EVENTS

Date	Event
Sat 8 th Oct	KLA Meet 3
Sat 15 th Oct	KLA Meet 4 (Photo Day)
Sat 22 nd Oct	Coles Summer Carnival @SAF
Sat 29 th Oct	KLA Meet 5
Sun 6 th Nov	Met West Regional Relay Day @Ipswich LA

KLA PHOTO DAY

The KLA photo day is next **Saturday 15th October**. We hope that all our athletes will be at our competition afternoon to be photographed with their age groups. Please ensure all athletes are in their correct uniform.

Age group photographs will be handed to the athletes at our presentation day at the end of the Season.

PROOF OF AGE DOCUMENTS

Some families have yet to bring along their proof of age documents for their children. If that is you, please remember to bring it along this weekend and see a committee member at the registration desk between 2:15 – 2:45 pm. Thank you

RESULTSHQ

Each week your athletes' results are imported in the ResultsHQ program. You can monitor your athletes results via this website. Results are entered after our competitions and should be available in ResultsHQ within a few days. Results from outside club carnivals and competitions are also included in ResultsHQ. Please follow the steps below to login



Family ResultHQ Log In Steps

To log into your family area to view results, tickets and graphs follow these steps:

1. Go to www.resultshq.com.au
2. Click on Forgot My Password
3. Enter your email as your username (Email used for registration)
4. Press Submit
5. You will get an email with the log in details for your family area

If you need a hand email info@kenmorelittleathletics.org.au

ResultsHQ is also where you nominate your athlete for outside competitions. Each family will be emailed an invitation to all relevant outside competitions on offer each season. It is your responsibility to nominate your athletes in ResultsHQ before the due date.

WET WEATHER PROCEDURES

If the weekends competition needs to be cancelled due to wet weather, families will be notified via email. There will also be posts on Facebook, so keep up to date with our social media page. Cancellations will only be made as a last resort. We will strive to always hold a competition even if it means we have to modify the events on the day.

OUTSIDE COMPETITIONS

There are several outside competitions on offer throughout the season. An email invitation will be sent to those families who are eligible via ResultsHQ. Nominations for these carnivals are done through ResultsHQ before the due date. Competitions are open to **all** athletes regardless of ability and are a great way to experience competing against other clubs, running on a tartan track and making new friends.

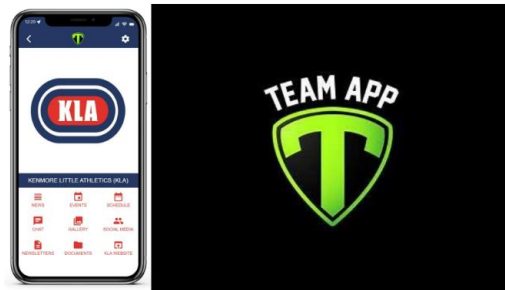
There are 4 main competitions hosted by Little Athletics QLD and our region during the season that we encourage participation in. They are:

1. **Coles Summer Carnival** – Sat 22nd October. (u9+ only)
2. **Met West Regional Relays** – Sun 6th November (u7+ only)
3. **Met West Regional Championships** – 4th & 5th February 2023 (u7+ only)
4. **McDonalds Combined Event** – 4th & 5th March 2023 (u9+ only)

TEAM APP

This season KLA will again be using Team App. Team App is a smart phone app and website that allows our centre to connect directly with our families. Team App is completely free too. We will primarily be using Team to communicate directly with our KLA families during outside competitions.

Install Team App on your mobile device and search for Kenmore Little Athletics (KLA) or visit our Team App website <https://kenmorelittleathleticskla.teamapp.com/>



Any issues, please either email or see a committee member at a KLA meet for assistance.

ACHIEVEMENT LEVELS

The McDonald's Achievement Levels are calculated from the performance averages attained by Queensland's Little Athletes over the years. A regular review of the levels is conducted at least every three years.

The first level is the Green Level, which is within reach of 95% of 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 and is achievable by approximately 20% of athletes.

Performance levels can be achieved at any LAQ Centre or Association Competition.

Achievement Levels are provided as an incentive to children to improve their own performance and level of participation, thus providing satisfaction for the athlete who does not have the ability to win. It is a great way to set goals for the season at our club.

You can find the Girls and Boys Achievement Levels on our website, in our handbook and in the age group folders on the weekend.

FOOTWEAR & SPIKES

Shoes must be worn by all athletes while competing.

The U11+ age groups are permitted to wear spikes in the following events:

U11 & U12 – all laned track events (eg hurdles, 100m, 200m & 400m), long jump, triple jump, high jump and Javelin.

U13-U17 - in all track events (including 800m & 1500m), long jump, triple jump, high jump and Javelin.

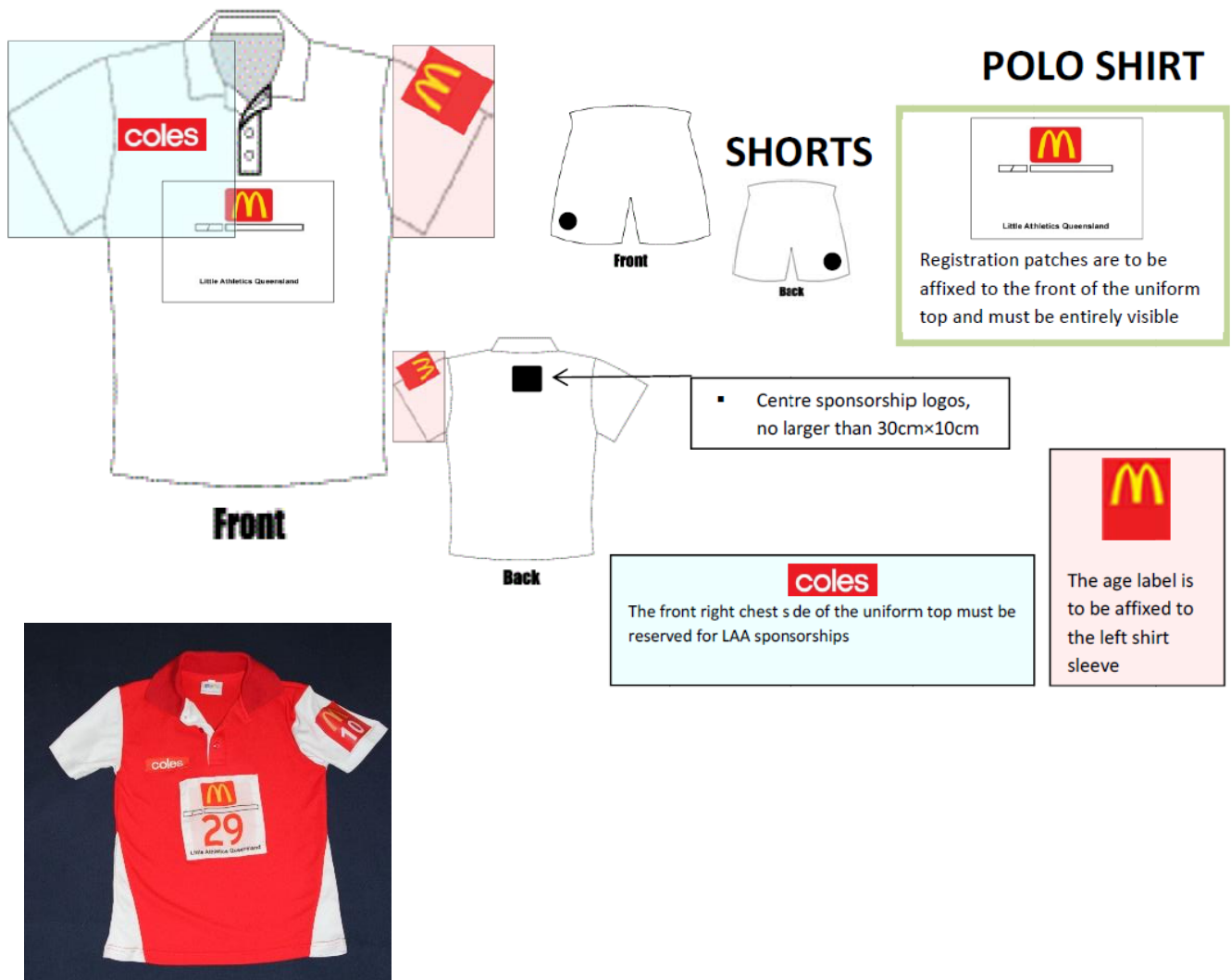
* spikes must be no longer than 7mm on synthetic tracks (tartan tracks)

- * spikes must be no longer than 9mm on synthetic field (eg. Long jump track)
- * spikes must be no longer than 12mm on grass tracks.
- * spikes must be carried in a suitable bag and must be stored safely at all times.

Spikes must only be worn during an event must be taken straight off after the event and while walking to the next event.

UNIFORMS

It is important that each athlete is wearing the correct uniform at each of our Saturday competitions. Please remember to change over age patches from last season too. LAQ is very strict with their uniform policy at outside competitions, and if your child is not wearing the correct uniform, they will disqualify them from participating.



MET WEST REGIONAL RELAYS

The Regional Relay day is coming up on **Sunday 6th November** and will be held at **Ipswich Little Athletics**. Any athlete from the U7 – U17 age groups can participate on this day. If you think your child/children would be interested, please complete a nomination form (available at the Canteen) and place it in the nomination box on Saturday. Alternatively, you can email the nomination form to the club. **We need to start organising teams ASAP, so please think about nominating this weekend.**

NOMINATIONS ARE DUE NEXT

Saturday 15th OCTOBER

We try to accommodate every athlete but unfortunately sometimes we don't get enough nominations and are unable to create a team. In some cases, we may ask an athlete to participate in a combined age group team.

The Relay Day includes both track and field events, with track teams comprising of 4 athletes and field teams comprising of 2 athletes.



There is no cost to our athletes for this competition as it is included in our registration fees.

Once allocated to a team an athlete **must** attend the Regional Relay Day unless prevented by injury or illness, otherwise your team may be unable to compete.

All U7 & U8 athletes will receive a participation medal on the day.

All teams from U9 — U17 who place 1st, 2nd or 3rd in their event at the Regional Relay day will qualify for the State Relay Championships held on the **Saturday 3rd December 2022.**

U9-U17 Athletes PLEASE NOTE:

If you think you will be unable to compete at the State Relay day on the 3rd December, you may need to reconsider competing at the Regional Relay Day. As it is a team competition, you would need to be available for both the 6th November and the 3rd December.

COLES SUMMER CARNIVAL

The Coles Summer Carnival nominations are now open in ResultsHQ.

When: **Saturday 22nd October**

Where: SAF (State Athletics Facility, Nathan)

Cost: \$20 per athlete

As we don't have a scheduled Kenmore Centre meet on the weekend of 22nd Oct, we encourage all our U9+ age groups to nominate for this event. It is a great opportunity to run on a tartan track and you can choose up to 5 events for the day.

The Summer Carnival aims to give all registered athletes in U9 – U17 age groups the opportunity to take part in a large-scale competition, without any of the pressures associated with a Championship.

Additionally it allows the athletes of the U13 age group to register performances that the State Team Selectors may need to refer to later in the season when selecting the State Team.

To foster team spirit, all athletes registered with a LAQ Centre, through their competing, will earn points towards the Competition's Centre Weighted Points Trophy.

Summer Carnival 100m Handicap Races are also included in the program. The first placed athletes in the U9 – U17 age groups are offered an opportunity to compete in the Handicap Races, using handicapped starting distances calculated on each competing athlete's 100m times.

The main purpose of the day is for athletes of all abilities to have an enjoyable day's competition and foster new friendships.

Nominations are due: 9 am Monday 10th October via ResultsHQ.

