

CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016

NEWSLETTER NO 17

Program 2

FRIDAY 15th January 2016

Wasn't it great to get back to the Greenway and get back into some athletics again? The oval is in great condition after plenty of rain and sunshine, and it was great to see so many athletes back competing.

This week we will be running **program 2**. We will again need all hands on deck to help out with setting up, packing up as well as running events throughout the night, so please be prepared to help out as needed.

Invitationals:

At 8pm we will run:

- * invitational 800m – meet at the 400 start, and
- * invitational 200m – meet at the 200m start.

These are a great opportunity to get some competitive runs in before region, so grab a couple of friends and join in.

Parent roster for Friday 15th January

Equipment Out from 5pm	Canteen	Timing Gate Helpers	Timing Gate Pack Up
9B & 9G	10B & 10G	7B & 7G	11B & 11G

Traditionally our numbers for the first few weeks of January are lower than usual, so please just help out as we need on the night even if your group is not rostered on.

Thanks to all those who stepped up and helped out last week – as a totally volunteer organization, we really appreciate the help of all of all our parents and friends each week. Your assistance greatly improves the enjoyment of all our kids, and without your help we would struggle to get through the night.

Canteen

This week's special at the canteen is Chicken skewers, as well as the usual sausage sandwiches etc. Don't forget that we have a range of drinks, coffee and other snacks available as well as the ever popular spiders, so come and join us for some yummy treats.

Hurdles coaching:

Monday hurdles training 6pm – 7pm from the 11th Jan – 8th Feb **for any Athlete** who does not already receive hurdles coaching at the club. Nicky is not available this Monday, so please text Jen Bishop on 0411 356 755 if you would like to attend on Monday and she will be able to run a session if people are keen.

Wednesday hurdles training 6pm - 7pm from the 13th Jan – 10th Feb - this week open to any athlete who does not already receive hurdles coaching at the club.

Please contact Nicky if you would like to attend – ph:0448407716

Nicky has kindly offered her time to the club without charge, but we are suggesting a \$5 donation to the club for those attending.

MULTI NIGHT NEXT WEEK:

Next week we are going to run a “**multi night**”. Each agegroup will do 4 events – 1 sprint, 1 middle distance, 1 throwing event and 1 jumping event. We will use the Little athletics pointscore system like in the State multi championships to give each athlete points for each event, which then get added to make a final point score for each athlete. Our aim is to encourage all athletes to compete in all 4 events on the night, and to do their very best performances in order to get their best possible point score. More details in next week’s newsletter.

STATE MULTI CHAMPIONSHIPS

Entries are now being taken for the LANSW State Multi-Event Championships, which are being held in **Dubbo on 5 & 6 March 2016**. This event is being hosted by Dubbo Little Athletics and Dubbo City Council. All registered athletes in the **U7 to U17** age groups are eligible to enter.

The State Multi-Event is one of the highlights of the Little Athletics calendar and is an event with a great family atmosphere. All athletes participate in ALL of the events on offer for their particular age group. Athletes are allocated points for each event (based on the LANSW Multi-Event pointscore system). The points are then added together to determine final results.

Please [CLICK HERE](#) to find more information on the 2015 State Multi-Event, including: events for each age group; flyer; accommodation information; merchandise order form, etc.

The entry fee is \$20 per athlete. All entries are individual and are online only. Entries close online **Wednesday, 3 February 2016**.

Happy Athletics!