

CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016
NEWSLETTER NO 18
 Multi Night

FRIDAY 22nd January 2016

Hopefully the weather will be kinder to us this week! The oval is in great condition after plenty of rain and sunshine, so we just need the rain to stay away on Friday. This week we will be having out MULTI NIGHT.

MULTI NIGHT:

All athletes will do 4 events:

- 1 sprint event
- 1 Middle distance event
- 1 throw event
- 1 jump event

Timetable below:

6	7	8	9	10	11	12	13	14 to 17
50m	Long2	200m	Discus	Shot	Long1	High	800m	shot
300m	Long2	700m	Discus	Shot	Long1	High	Break	Shot
Long2	50m	Discus	100m	800m	100m	Break	Long1	200m
Long2	Shot	Discus	800m	High	Discus	800m	Long1	Break
Shot	Shot	Long2	Long1	High	Discus	200m	100m	800m
Shot	500m	Long2	Long1	200m	Break	Discus	Shot	Long1
					800m	Discus	Shot	Long1

Each athlete will be awarded points based on their performance at each event using the little athletics pointscore tables for each event (as occurs at the State Multi event), which will then be added together for a final pointscore.

If your children particularly enjoy the multi event program, then think about entering the Little Athletics State Multi Championships – more information later in this email.

Athletes will still earn points as per usual towards the end of season awards, and will still be able to do PB's and break records in individual events.
 Parents please bring i-pads for entering in field event results.

There will be 2 or 3 throws/jumps for each athlete at discretion of age manager depending on the size of each group.

Please be prepared to help out – each agegroup will need:

- a parent to record results onto a spreadsheet
- a parent for each agegroup to calculate the point scores, and add them up at the end of the 4 events

so please share these jobs around in your agegroup, and be prepared to help out as necessary.

There will be no invitationals this week.

Next week we will be back to running **program 2**.

REGIONAL RELAY TRAINING:

We would like to do relay training for those who ran in our Zone relay teams – please meet Jen Bishop at the 400 start at 8pm.

PARENT AND ATHLETE CODE OF CONDUCT:

As we head towards the second half of the season and toward the region and State Championships, can I remind all our athletes and parents of our Code of Conduct. Little Athletics is run entirely by volunteers, for the enjoyment of all.

At Cherrybrook we believe that athletics has a particular ability to teach great lessons about always giving your best, persevering, encouraging others to do their best, applauding the best efforts of others and having fun!!

Having watched many years of athletics and seen many wonderful athletic performances, it is in fact various acts of particular sportsmanship or kindness that stand out to me as the most memorable moments in Athletics.

Whether we are competing, standing on the sidelines, finish lines or helping out at events, can I remind athletes and parents of the “code of Conduct” that can be found on our website in the “grey book”

Athletes

- 1) Compete according to the rules.
- 2) Work equally hard for yourself and/or your Centre.
- 3) Always address officials in a polite manner.
- 4) Be a good sport. Acknowledge all good results, whether they are made by your Centre or friends or an athlete from another Centre.
- 5) Only cheer good performances, not when other competitors make an error or don't perform well.
- 6) Treat other competitors with respect.
- 7) Do not act smart or ‘cocky’.
- 8) Treat all athletes as you like to be treated. Do not bully or take unfair advantage of another competitor.
- 9) Cooperate with your coach, Centre mates and other competitors. Without them there would be no competition.
- 10) Participate for your own enjoyment and benefit, not just to please parents and coaches.
- 11) Remember that all that is ever requested of you is to Be Your Best!

Parents, Relatives & Spectators

- 1) Remember that young people are involved in Little Athletics for their enjoyment, not yours.
- 2) Encourage children to participate, do not force them.
- 3) Focus on the child's efforts and performance rather than winning or losing.
- 4) Encourage athletes to always participate according to the rules.
- 5) Applaud good performances and efforts from all competitors.
- 6) Support all efforts to remove verbal and physical abuse from Little Athletics. Condemn the use of violence in any form, whether it is by spectators, coaches, officials or athletes.
- 7) Recognise the value and importance of being a volunteer.
- 8) Respect officials' decisions and teach young people to do likewise. Remember, officials freely give their time and effort for your child's involvement and enjoyment.
- 9) Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.

INTERESTED IN A SPORTS TAPING COURSE? – MONDAY 1ST FEB 2016

This course will be run at Cherrybrook by a qualified physiotherapist with significant experience in sports taping.

- 1.5 hour course covering the basics of sports taping, with additional techniques specific to running injuries
- Learn how to use traditional rigid tape as well as stretchy kinesiology tape
- Receive a booklet with pictures and instructions outlining each technique covered in the course
- Date: Monday 1st Feb 4.30pm at the Cherrybrook clubhouse
- Cost \$25, with tape provided
- If interested, contact Sports focus physio at Castle Hill on 8850 0797

Parent roster for Friday 22nd January

Equipment Out from 5pm	Canteen	Timing Gate Helpers	Timing Gate Pack Up
10B & 10G	11B 11&G	8B & 8G	12B & 12G

COMMITTEE POSITIONS FOR NEXT YEAR:

We are always looking for new people who would be interested in joining the committee or becoming a bit more involved in the club. In particular, there are a few areas where we would love some additional people to help out for the remainder of this year and into next. These include:

- Registrations
- Equipment assistant
- Results
- Canteen assistant

Speak to one of the current committee if you are interested in becoming involved in either one of these areas, or in being on the committee.

CANTEEN

This week's special at the canteen is Chicken burgers, 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.

Wednesday hurdles training: 6pm - 7pm from the 13th Jan – 10th Feb - for people who have made it through to region, and who do 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.

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!