

CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016
NEWSLETTER NO 19
Program 2

FRIDAY 29nd January 2016

Surely it can't rain 3 Fridays in a row??? Unfortunately the forecast does not look fantastic. If the weather is doubtful, then please check your emails and/or the website for updated information regarding Friday night competition.

Given that we only have 2 more Friday nights until Region, we will postpone the multi night until after Region, and return to **Program 2 this week.**

INVITATIONALS:

There will be invitational **200 and 800** this week at 8pm. These are open to **ANY ATHLETE** who would like to get in some additional competition, so please **COME AND HAVE A RUN!!** The idea is to give athletes the chance to run some close competitive races with athletes of similar ability regardless of age.

If there are people keen to do **invitational throws**, please email or speak to Jenny Bishop before 6pm on Friday night.

Sign in for invitationals:

There will be a folder outside the clubroom – please come and sign in and write down your PB for the relevant event before 6pm so that we can organize people into races according to times.

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 ~8.10pm after the invitationals.

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

As of last week, there was not enough interest to run the course If you remain keen, please contact Sports focus physio at Castle Hill on 8850 0797 or speak to Jen Bishop this Friday

Parent roster for Friday 22nd January

Equipment from 5pm	Out	Canteen	Timing Helpers	Gate	Timing Up	Gate	Pack
11B & 11G		6B 6&G	12B & 12G		9B & 9G		

REGION SHIRTS:

We have received the Regions shirts, so they will be available to collect this Friday night before 6pm. If you did not order one, and you made region and don't have a shirt that fits, please come and see Jen Bishop This Friday as we do have a few spares.

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:

Only 2 more weeks for hurdles training: 6pm – 7pm Mondays until 8th Feb **for any Athlete** who does not already receive hurdles coaching at the club.

Wednesday hurdles training: 6pm - 7pm until 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

LAST CHANCE TO ENTER – ENTRIES CLOSE WED 3RD FEB...READ BELOW

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!
Jenny Bishop
Championships Officer Cherrybrook Little Athletics