

# CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016

## NEWSLETTER NO 20

### Program 3

FRIDAY 5 February 2016

Finally! Last Friday turned out to be a hot and humid (and dry!) competition night. Looking forward to another one this week! This week we will be running Program 3.

We are at that part of the season where there is quite a bit going on, so please take care to read all of the emails coming over the next few weeks.

#### **INVITATIONALS:**

There will be invitational 100m and throws 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 GO!!

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 ~5.45 ready for training. Please let Jen know if you are unable to make it at 5.45 and we will arrange a time at the end of competition.

#### **PARENT ROSTER FOR FRIDAY 5TH FEBRUARY**

| <b>Equipment Out from 5pm</b> | <b>Canteen</b> | <b>Timing Gate Helpers</b> | <b>Timing Gate Pack Up</b> |
|-------------------------------|----------------|----------------------------|----------------------------|
| 7B & 7G                       | 8B & 8G        | 6B & 6G                    | 10 B & 10 G                |

#### **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 there will be either chicken skewers or bacon and egg sandwiches (dependent on weather), as well as the usual sausage sandwiches.

#### **HURDLES COACHING:**

Only 1 more week 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.

### **REGIONAL CHAMPIONSHIPS 13TH AND 14TH FEBRUARY**

Only 1 week to go until Region. Cherrybrook athletes qualifies for Region by finishing in the top 6-8 finalists at the Zone championships in December.

Regional information and parent roster will come out in a separate email this week. Just a reminder that all parents with children attending Region will need to do **1 parent duty over the weekend**, so please follow the link to the roster that will be in the regional information letter, and sign up for a duty early so that you get a duty that suits your child's timetable

### **REGION SHIRTS**

Most people collected a region shirt if they ordered one last week. For those that did not collect them last week, they will again be available in the clubroom this week. Please note that the region shirts are NOT for competition, but rather just as a team shirt that can be worn over your normal Cherrybrook uniform between events.

### **REGION PROGRAMS:**

This year we will be able to pre-order a small number of Regional Programs for a cost of \$5 each. THEY WILL NOT BE AVAILABLE FOR GENERAL SALE AT REGION, though we will have 1 for people to view at the Cherrybrook information desk. If you would like a program pre-ordered (for collection at Region) please let Jen Bishop know by the end of Friday night.

### **STATE MULTI CHAMPIONSHIPS:**

LAST CHANCE TO ENTER – ENTRIES CLOSE TODAY 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.

### **NSW JUNIOR CHAMPIONSHIPS THIS WEEKEND**

Best of luck to all our senior athletes entered in the NSW Junior Championships this weekend at SOPAC. We hope that you enjoy the competition, and no doubt there will be many good performances from our very talented Cherrybrook Athlete.

Hoping for fine weather again this Friday and over the weekend.

Happy Athletics