

CHERRYBROOK LITTLE ATHLETICS NEWSLETTER NO. 1

Welcome to all families to Cherrybrook Little Athletics. This season we return to Greenway Oval No. 2, Shepherds Drive Cherrybrook after the oval had been closed for a season for upgrading. We commence at 5.45pm.

Please read the newsletter each week as it is the club's key communication method.

Unfortunately for us the season begins again with some difficulties. Hornsby Council has laid drainage trenches the full length and width of the oval. We are working closely with the council to have the oval ready for normal use as quickly as possible but have decided for this week to run a special program. The oval is not closed, but the drainage trenches have a sand topping which is soft and could cause ankle injuries. The sand running across the ground is a marker for the irrigation and has not been trenched.

This week for our first week we will have a special coaching night concentrating on field events. We have asked a number of our senior athletes to help out so that there will be specialist coaching on all field events. Age groups who begin a new event this year will have up to an hour on the new event.

This will be a great opportunity to learn and develop skills. Each age group will still move around the ground as normal and will still do 5 events. We will have the straight track in operation for 50m, 70m, 100m and younger age groups will also do a shuttle relay. In the older age groups we will do a staggered start around the bike path which is 1200m. Field events are dependent on the age group but include shot put, long jump, triple jump, discus and javelin. You can find the special program at <http://cherrybrookathletics.org.au/Title%20Pages%20added/3%20week%20program.html>

We owe thanks to the Greenway Giants Baseball Club for allowing us to use half the top oval this week to allow us more flexibility. We ask that athletes and parents not stray toward the baseball game on the diamond closest to the community centre.

Members who have been registered with Cherrybrook before will know that we don't record results in the first week of competition and so this fits in with our coaching night.

We are really excited to start and know that a night of coaching will be of benefit to the members as a whole - the only difference to the children is that the program is a bit different and we are not recording any results.

Canteen

Please support the Cherrybrook Canteen as this is our major fundraiser.

Sausage sizzle	\$3.00	Smiths Crisps	\$1.50
Cans of soft drink	\$2.50	JJs snacks	\$1.00
Powerade	\$3.50	Bags of lollies	\$1-\$2
Bottled Water	\$2.00		

Meal deal (sausage & can) \$5.00

This week's special - **Spiders (ice cream sodas)** Coke or Creaming Soda \$2.50

PARENT HELP THIS WEEK

10B & 10G parents are on canteen and BBQ. This means you will be the cooks and selling the items listed above.

We would ask that parents from all age groups help with set up this week. Age groups are responsible for pack up of the final event and this is noted on the program. Parents are required to stay with their children. Children left at the ground unattended will not be allowed to participate as their legal guardian is not with them. Please support your children and stay on the ground helping with the operation of the program in some way.

SEASON HANDBOOK

Our season handbook is referred to as the Grey Book. This can be found on the Cherrybrook website. It is a very helpful document which contains all you need to know about the club, including specifications for the various athletic disciplines. In your registration pack you received a print out of the season program, season calendar and plan of the oval. These will be useful in weeks to come as we move into our regular program.

Wet Weather Information

Hornsby Council allows the club to make decisions regarding wet weather. As a result wet weather announcements will be on the website as a banner and if possible notified by email. In some cases we will not decide until 5.30pm as we wish where possible to conduct evening programs every week of the season.

Introduction to Coaching Courses

Are you interested in learning more about each of the athletic disciplines? Little Athletics runs excellent 1 day courses for \$95. Book online a week in advance. Fantastic especially for Age Managers and Assistant Age Managers and those who would like to be able to help their kids in the local park. In our area the following dates are available:

Sunday 22 September - Barton Park, Parramatta
Sunday 29 September - Foxglove Oval, Mt Colah
Sunday 20 October - Rotary Field, Chatswood West

For more information go to http://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=10471&OrgID=3666&count=1

Do you have Spikes or Waffles that are too small?

Do you have old pairs of spikes or waffles in the cupboard that you no longer need? Then would you consider donating them to Cherrybrook Little Athletics club for us to sell to interested club members in our uniform shop? Please only donate items that are in good order, and we ask that for safety reasons that you please remove any spikes (perhaps include them in a snap lock bag if you can). We plan to sell them for \$10 or \$20, with money raised going towards new equipment. Please bring items in to the uniform

shop over the new few weeks.

Attention athletes U12-U17

Two opportunities for you - JETS and Dual Registration with Athletics NSW.

JETS -

The Little Athletics NSW JETS (Junior Encouragement & Talent Squad) program aims to recognise, reward and foster emerging talent in the sport. The program gives athletes up to the Under 17 age group (minimum age Under 12) the opportunity to further develop their skills, knowledge and performances to a higher level in an enjoyable social environment.

So get involved, join in the fun, meet new people and get to work with some of NSW's best Little Athletics coaches!

Be quick! All applications using qualifying performances achieved between October 1, 2012 and September 30, 2013 must be received by **October 31, 2013**. Applications received after October 31 must use qualifying performances achieved in the new qualifying period beginning October 1, 2013. (NOTE: All JETS members must register with a Little Athletics centre for the 2013-2014 season).

For all information about the JETS program, including application details click [HERE](#).

Phone enquiries can be directed to 02 9633 4511 or 1800 451 295.

DUAL REGISTRATION

You can become a dual registered Cherrybrook Seniors Club athlete with Athletics NSW for just \$25 if you are already a Cherrybrook Little Athlete. This allows you to compete in all Seniors athletics competitions (run by Athletics NSW), including many Saturday and occasional mid week competitions at locations around Sydney. At Seniors athletes choose events and do not move in age groups as they do in Little Athletics. It gives the chance for further practice and a greater range of competition. If you have queries, reply to this email.