

**CHERRYBROOK LITTLE ATHLETICS NEWSLETTER NO. 8**  
**FRIDAY 1 NOVEMBER 2013**  
**Program 2 this week**

Zone Nomination forms are due in at the Canteen this week. Please print off at home one form per child and fill it in according to preferences. More later in the newsletter.

**Parent Duties**

Parent Duty 1/11/13	Age Group
Field Set up	11B & 11G
Canteen & BBQ	6B & 6G
Timing Gate Helpers	12B & 12G
Timing Gate pack up	9B & 9G

Can we have U6 BBQ and canteen helpers starting at 5.30 please.

**State Relays**

State Relays teams have been selected and are available on the Cherrybrook website. This year we have a much lower number of teams than usual and in many age groups, athletes were not selected simply because we were unable to form a team. I apologise for the disappointment in this case and encourage you to enter zone. In only a couple of age groups were we over subscribed. <http://cherrybrookathletics.org.au/20132014%20Stuff/PDFs/State%20Relays/LANSW%20Cherrybrook%20State%20Relays%202013%20teams%20.pdf>

**State Relays Friday night Training**

As we did last year, this year we begin 4x100m training with Erin and Ra who have been helping us out every week. Teams should meet on the cricket pitch in the middle of the field according to the following schedule:

Age	Time & details - 4x100m teams only
U8	6.10-6.40 relay members throw discus first and then in a team be escorted to the relay area (near cricket pitch)
U10	6.40 - 7.00
U11	7.00-7.20
U9B	7.30 - 7.50 Do 3 jumps in LJ first consecutively and then go to relay area, whilst rest of group finishes LJ
U12	7.50 - 8.15

Age	Time & details - 4x100m teams only
U13	During 3000 (possibly with 12s, maybe just after them)

### **Canteen**

Support your club by planning dinner each week at the club - there will always be sausages and a special. This is our main revenue stream so we appreciate the support.

### **This week's special - BACON COMBINATIONS**

Item	\$
Bacon, Lettuce & Tomato	\$5
Bacon, egg & sausage	\$5
Bacon & egg	\$4
Bacon & sausage	\$4
Sausage & egg	\$4
Sausage	\$3
Bacon	\$3
Egg	\$3

**For a meal deal add \$2. All 2 or 3 combos get a roll.**

We have added Zooper Doopers (ice block in a plastic tube) to the menu - these are 60 cents each.

### **Zone Championship**

**Saturday 14 and Sunday 15 December**

The zone nomination forms are on the Cherrybrook website. If you do not attend zone, you cannot attend region or state. There is no such thing as a wild card. **ZONE FORMS ARE DUE FRIDAY 1 NOVEMBER.**

I recommend families have a look at the zone program on our website under the zone tab. Here you are able to plan your weekend. The carnival is fully timed and weather permitting has run on time for the past several years. <http://cherrybrookathletics.org.au/>

**Parent Responsibilities at Zone** - Track and Field requires a lot of people to successfully run a carnival. Zone, just like all Little Athletics Carnivals is entirely run by volunteers. Our volunteer officials work for the whole weekend supported by parent helpers who rotate on a rostered basis. Cherrybrook has a list of duties which need to be filled and thus each

family must do a duty for each day they are at the carnival. If the duties are not filled, events won't proceed causing delays to the program. At Cherrybrook we use an internet based sign up for the rosters and this will be released after the team has been finalised (probably early December). Then it is up to parents to get in early and choose a roster that suits your timings.

**Brief Rules for entry** - Athletes in U7-U12 can compete in 4 individual events and are subject to selection as Cherrybrook may only enter 5 athletes per discipline. Athletes in U13-U17 may compete in 6 individual events with no selection process as there is no limit per club in each discipline. At this time the Cherrybrook team will be selected from the nominations received. Nominations received after this time will only be able to enter the events which have not been filled regardless of how talented the individual is!

### **Become a Little Athletics Official - We Need You**

Every year a number of officials retire and this year particularly we need help. You can do an open book online exam in any of the disciplines and as a D Grade official be accredited immediately. If you also do an open book C Grade exam you need a day officiating at zone to achieve your practical completion. At zone we need officials and you can work for half a day to the whole carnival. It is a great way to see some special performances up close! Without officials the carnival cannot operate. We really need some more Cherrybrook parents to take on this task.

Practical Course - some people feel more comfortable doing a practical course, though this is purely optional. If this is you, then the zone has organised a practical session on Saturday 9 November from 12.30pm at UTS Norths, Corner Mowbray Road and Epping Road, Lane Cove West. There will be accredited officials guiding you and the seniors athletes to practice on for a real carnival. Seniors and masters athletes are very forgiving and helpful to the process.

Join our current Cherrybrook officials - Cathy Eaton (Zone Coordinator and Carnival Manager), Elizabeth Jones (High Jump), Nicola Craig (High Jump), Colleen Reid (Long and Triple Jump), Ros Read (Long and Triple Jump), Andrew Moore (Shot & Discus), Greg Phillips (starter), Hugh Anstee (Discus and Javelin), Carl Oberg (starter), Craig Little (walks)

### **Opportunity to meet Olympic Gold Medalist Sally Pearson**

**Thursday 7 November at Dymocks Rouse Hill at 5.30pm**

Sally Pearson is appearing at Dymocks to meet fans and sign copies of her book "Believe". Sally is a former Little Athlete from Queensland. She is an inspiration to the 100,000 current little athletes Australia wide, that you can make it all the way from your Centre competition to Olympic glory.

### **Athlete Congratulations**

Last week I congratulated athletes who had been selected in NSW teams for PSSA Track and Field and All Schools (secondary) Track and Field National titles later in the year. I missed two very talented Cherrybrookians from the list. I want to warmly congratulate Max

Hirst who will compete in PSSA Long Jump and Katie Devitt in the sprints and relays at All Schools.

## **Coaching**

On Friday nights there have been two Cherrybrook Senior athletes - Erin Blundell and Rachel (Ra) Attenborough coaching the kids. Last week they focussed on starting - crouch starts for the U9s and above and standing starts with opposite arm and leg on the start line. We started the season with field event coaching on every event with seniors athletes to help get your little athlete learn the beginning skills of each event. We will continue to have Friday night coaching included throughout the season. If you have a particular suggestion for where you would like Erin and Ra to be, let me know. (For the next month they will be doing relays in preparation for State Relays).

Should you wish to take this further there are plenty of coaches available who offer sessions at Greenway Park through the week. You can find their details here <http://cherrybrookathletics.org.au/Title%20Pages%20added/Coaching.html> These sessions are paid by the parents. One of the coaches, John Sharpe can be found at the High Jump every Friday night. John has athletes who have won medals at international competitions as has Mick Zisti and Valme Kruger. Please ring the coaches for further details.

Now is a good time to start coaching with zone coming up in 6 weeks time.