

CHERRYBROOK LITTLE ATHLETICS NEWSLETTER NO. 18
FRIDAY 14 FEBRUARY 2014
NO CHERRYBROOK PROGRAM THIS WEEK

Due to the Region carnival over the weekend, there is no Cherrybrook Little Athletics competition this Friday night. We wish our 125 athletes the very best of luck to produce PBs this weekend at the Region carnival. Read on to the end to check you have all the information you need for region.

Next Friday 21 February

Next Friday we are back as usual and will be running Program 2

Parent Supervision on Friday nights

A reminder that every athlete is required to have a parent or guardian present on Friday nights. You cannot drop and run. There are implications to this as the parents of an U14 athlete discovered last Friday when their child broke an arm and they were not present. If your child does not have an authorised guardian at the ground, they cannot compete - it is that simple.

Colour Patches

Did you know that Cherrybrook has a reward system for children's performances, known as the colour patch system. Athletes performances go toward yellow, red, green, blue and gold patches. Each level requires either 2 track and 3 field or vice versa. Further details can be found on the forms. It is based on performance and all athletes will be able to achieve the lowest level. Go to the Cherrybrook website, click on Colour Patches and then go to the relevant gender/age group for your child. Fill in the performances on the chart and bring the form next week and lodge it in the club room. The patches can be sewn on the back of the Cherrybrook shirt and Gold patches which are a State Level are presented at the end of the season at presentation day.

Bunnings BBQ Roster request

Thank you to those who answered the call to help run the Bunnings BBQ next Sunday 23 February at Thornleigh Bunnings, through your age manager last Friday night. We have filled the morning roster but still need volunteers for the 12-2pm and 2-4pm shifts. Actually it is a fun and convivial atmosphere and a good relaxed opportunity to chat to other club members. Kids over 9 can come and help hand out drinks, so bring your Cherrybrook athlete. Reply to me and I will put you on the roster. Include your mobile phone number please.

What does the fundraising money go toward?

Last week you will have all seen with great relief that the gates are all working perfectly again - however this cost \$1300 (which is a bit more than we make at a Bunnings BBQ).

The committee has a number of proposals for consideration at the moment - these include:

- a. Fencing the “long throwers discus circle”
- b. Additional & upgraded lighting at the discus area
- c. Building a better, longer more even gradient ramp to the High Jump lock up
- d. New computers for a new results system
- e. One set of new timing gates (poles such as at Zone)
- f. Replacement hurdles, javelin, discus and shot
- g. Additional set of long jump equipment.

We cannot do all these things as these would cost in excess of \$80,000. We do apply for grants and are awaiting on the outcome of some of these, however grants are usually on a 50/50 basis.

Region Qualifiers

A full list of region qualifiers is up on the Little Athletics website - go to https://assets.imgstg.com/assets/console/document/documents/20140131042302Region_5_qualifiers_by_centre.pdf

Timed Region Program & Parent Roster

This has been on the Cherrybrook website for several months - it is now on the home page as well to make it easier.

You must fill a rostered duty. If your name is not down on the roster, you can be called upon to fill a duty on the day. See the signup genius roster - link on the cherrybrook website.

Region

1. You must arrive at least 1 hour prior to the time listed on the order of events which is on our website.
2. Allow plenty of travel time - Narrabeen is at least 45 minutes drive from Cherrybrook. Saturday traffic is usually much worse. See the link to google maps for the journey from Cherrybrook https://maps.google.com/maps?saddr=Shepherds+Drive,+Cherrybrook,+New+South+Wales,+Australia&daddr=Sydney+Academy+of+Sport+and+Recreation,+Wakehurst+Parkway,+Narrabeen,+New+South+Wales,+Australia&hl=en&sll=37.0625,-95.677068&sspn=48.019527,78.925781&geocode=F S2H_f0dB8wACSmREQXM0qASazF55lzg5OjTzQ%3BFbJ2_f0daR4ECSFTAfocFhReEinV-w08vVUNazFTAfocFhReEg&oq=Sydney+Academy+of+Sport&mra=ls&t=m&z=12
3. Programs are available for sale from the Cherrybrook Tent - \$5. This will give you lanes and heats etc. You must check in with Cherrybrook on arrival.
4. Uniform must be correct - make sure you have the correct shirt and shorts (red with no logos). Jen Bishop will have spares of age patches, IGA patches and the 219 centre number, but she cannot give you a uniform or your own registration number. The registration number **MUST** be the current season.
5. If you are running late or have some difficulty that means you cannot attend or do your roster - please call Jen Bishop on 0411 356 755

6. There are live results for Region - the URL has changed from that previously advised - www.littleareresults.com/Region5/ You will be able to see finalist qualifiers through this rather than crowding around the results board.
7. Athletes who come 1st, 2nd or 3rd in the final will receive a medal.
8. There is an engraver on the premises who will engrave name and time or distance for \$7. Additional letters will cost more. Bring small change.
9. There is a photographer at the ground - photos will be online after - details are on the information for competitors sheet on the Cherrybrook website.
10. Should you wish to purchase a State T shirt it is recommended that you place your order with Jen Bishop to ensure you get one. Stocks are very limited, so if you get through to State - order a shirt in advance.

How to get to State Championships

1. Under 8s do not progress. U9-U17 only.
2. Athletes who come 1st or 2nd in the final of their event are automatic qualifiers.
3. Following the completion of all regions the next 8 best performances from across all regions are determined and these will be notified on the www.lansw.com.au website.
4. Last year Region 5 (our region) was the strongest by far - in many events 4 or 5 of the next best performances came from our region.