

CHERRYBROOK LITTLE ATHLETICS NEWSLETTER NO. 6
FRIDAY 18 OCTOBER 2013
Program 3 this week

Last Friday was a great night of competition, however we started late as the field wasn't set up on time. Please do not sit in your car or arrive late just to miss lending a helping hand. If we are set up in time we finish on time, it is as simple as that. Every single piece of equipment is carried by hand out to the competition area - many hands make light work.

Parent Duties

Parent Duty 4/10/13	Age Group
Field Set up	10B & 10G
Canteen & BBQ	6B & 6G
Timing Gate Helpers	12B & 12G
Timing Gate pack up	11B & 11G

Javelin on Program 3

U12s remember that you start at 5.30 for javelin - go straight to the javelin on arrival, if you are late you will miss out. Both 12 boys and girls and you must be finished by 6.30. At this stage javelin will be up in the discus area and throwing from the Shepherds Drive end up toward John Purchase Oval. Age Managers please remember all the safety instructions and if necessary due to larger numbers have only 2 throws. Please remember that others follow you and if you run late it gets dark and it is impossible to throw safely in the dark.

Care and Maintenance of the Ground

Please continue to encourage your kids to stay out of the sand trenches. These are minimising week by week, but we need the field to be flat when the grass grows over. This continues to be a safety issue.

TRANS TASMAN ATHLETICS TOUR

9-21 January 2014

For U11 and U12 athletes - it is a fabulous experience. Entries close 23 October. Entries must include a non refundable \$200 deposit. For lots more information, including a video on the Trans Tasman experience go to http://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=10567&OrgID=3666&count=1

State Relays

In newsletter No. 3 dated 27 September, I gave a full explanation of the State Relays Championship. In Newsletter No 5, last week there was an explanation of the rules, please go back and read these. All newsletters are on the club website. All athletes from U8-U17 are eligible -

How to enter State Relays?

Please fill in a nomination form found on the Cherrybrook website <http://cherrybrookathletics.org.au/20132014%20Stuff/PDFs/State%20Relays/LANSW%20STATE%20RELAYS%202013%20NOMINATION%20FORM.pdf> The teams are selected from the nominations received. If you do not fill in a nomination form, you will not be selected. This is the Little Athletics State Relays - Seniors state relays is a different carnival and is for Athletics NSW for older athletes and is on different dates - check that you are looking at LANSW or Little Athletics NSW information from our website to save confusion. Hand in your nomination form to the canteen.

Parents, chat to your kids and to other parents about who is interested in representing Cherrybrook. It is a fabulous carnival and highly recommended to be involved in.

For queries regarding State Relays reply to this email or call Cathy Eaton on 0415 952 141.

Canteen

We are expanding our range of BBQ meals offered by the canteen by having a rotating series of specials. This week in addition to sausages, we will be having chicken kebabs at \$2 each. You may have noticed that we have a "pod" coffee machine in the canteen, and additionally this week there will be a free Lindt chocolate with every coffee order, until the chocolates run out! We also have a range of drinks, chips and lollies and the ice cream spiders.

Do you own a local business?

Cherrybrook Athletics club is keen to find sponsors within our club. Sponsorship is \$500 or \$1000 and each week I will feature one of the sponsors in the newsletter. You may wish to have a special offer for your business for this feature. We will put your logo and business details on the website, have your flyers or business cards available at the canteen and you will receive exposure and acknowledgement in our end of season book and presentation night.

Last season we purchased two new sets of high jump mats costing \$12,000, replacing our very old ones. Previously we have purchased our finish line gates over 2 seasons - total cost - \$20,000. This season we have applied for a grant to build a ramp from the high jump lock up, but the grant is on a 50% basis and the cost to the club is likely to be in excess of \$10,000. We would also like to cage the top discus circle and increase the lighting of the discus area.

Your sponsorship money would be well used, added into canteen profits and the fundraising levy of \$20 from each family at the start of the season. Athletics is a complex sport and at Cherrybrook we have been reinvesting in the club for the benefit of our athletes. Last season we were the second most successful club at the NSW Little Athletics Championships (by medal count) to Manly who have over 1000 athletes. We had just under 400 athletes last season.

Raffle Books

If you took a raffle book at registration as part of the fundraising levy, it is time to return the stubs and the \$20 to the canteen. Please make sure you have your name on the envelope so we know who has returned the books and don't chase you up later!

Zone Championship **Saturday 14 and Sunday 15 December**

The zone nomination forms will be available on the Cherrybrook website from later today (Thursday 17 October). As I mentioned in the newsletter dated 27 September, Zone is the first step on the way to the State Championships. If you do not attend zone, you cannot attend region or state. There is no such thing as a wild card.

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. As it is in December, expect it to be hot, so perhaps choose two events per day. Athletes in the U7-U12 age groups are subject to selection as the club can only enter 5 athletes per event. Therefore it is important that you put in your nominations in order of preference as that will be taken into account. Athletes who do not fill in a nomination form will not be entered. You must fill in a nomination form - please print out and fill it in.

Athletes in U7-U12 can compete in 4 individual events. Athletes in U13-U17 may compete in 6 individual events. **You must put in your nomination form by 1 November.** 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!