

CHERRYBROOK LITTLE ATHLETICS NEWSLETTER NO. 2
FRIDAY 20 SEPTEMBER
Special Program this week

Thank you to all for your patience last week for our first program. We were fortunate to have so much help at all events from our senior athletes. This week we will again have a special program, including hurdles for relevant age groups. We will be taking results for all events except turbo javelin.

The program can be found at the Cherrybrook website at <http://cherrybrookathletics.org.au/20132014%20Stuff/PDFs/Special%20program%2020%20Sept%202013.pdf>

Please print and bring the program with you so you know where you are going on the night.

Registrations and Uniforms

Registrations and Uniforms will be open in the club room from 5.15. If you are intending to trial, you must visit the club room and register first. Please be patient and join the queue, you will be processed as quickly as possible.

Parent Duties

Cherrybrook Little Athletics is run entirely by volunteers led by the committee. Consequently each week, age groups are rostered on to various duties. If your age group is on set up, this is likely to occur only 4 times in the season. It is very important that you arrive early - about 5pm in order to set out the gates, high jump, hurdles etc, all of which need to be carried from storage onto the oval. Duties are date based so if it rains on a Friday evening - you miss one duty.

Canteen and BBQ needs 2-3 parents per age group gender (total 5-6 needed), I suggest this is changed every hour or so on Friday night.

Timing Gate Helpers 2 parents (1 each from girls and 1 from boys) per gate set.

Parent Duty 20/9/13	Age Group
Field Set up	9B & 9G
Canteen & BBQ	7B & 7G
Timing Gate Helpers	10B & 10G
Timing Gate pack up	12B & 12G

Care and Maintenance of the Ground

The reason we are running special programs is because of the newly laid drainage trenches covered in sand. These will not recover quickly if children dig the sand up or walk along the trench lines, making deep depressions. We therefore need to keep kids out

of the trenches. This week children who manage to keep out of the trenches will be awarded a (jelly) snake at the end of the session by their age manager. Parents please help us by monitoring your children. This will get us back to normal as soon as we can and allow the grass to grow in the trench lines.

Gala Days

If your child really enjoys Friday night athletics and you are looking for more competitive opportunities, then have a look at the front page of our website where we advertise gala days run by other clubs around the state (they can be found under upcoming events on the bottom right of the page). These are usually held on Sundays and often have ribbons and trophies for placegetters. Please see www.cherrybrookathletics.org.au

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 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

NSW All Schools - for secondary students 10-13 October at Sydney Olympic Park

All are welcome to compete via online application. No qualification necessary. Applications online close next Tuesday 24 September. For more information go to <http://www.nswathletics.org.au/Competitions/Calendar/ArtMID/5316/ArticleID/8807/2013-Buffero-Sports-NSW-All-Schools-Championships>