

CHERRYBROOK LITTLE ATHLETICS NEWSLETTER NO. 10

FRIDAY 22 NOVEMBER 2013

Program 2 this week

State Relays are on this weekend. Good luck to all competitors - more information at the bottom of the newsletter.

Also very special best wishes to our Cherrybrook members who are competing at the School Sport Australia 12 years and Under Track and Field Championships in Brisbane this weekend. We wish very fast feet to Scarlett Prowse for her sprints and springed feet to Max Hirst for Long Jump. We wish Ben Bishop the best for a fast time and a clear run in the 800m.

Parent Duties

Parent Duty 22/11/13	Age Group
Field Set up	12B & 12G
Canteen & BBQ	Snr B & Snr G
Timing Gate Helpers	9B & 9G
Timing Gate pack up	11B & 11G

Photo Night

I took photos of all the age groups last Friday night, but I did miss one of the whole club due to the early rain. I would ask that following warm up, all athletes return to the club house area for a whole club photo.

State Relays Friday night Training

If you wish to have another training session, please see Ra. It is possible that some team members will not be at Cherrybrook on Friday night as they will be at home resting for State Relays.

Centre Numbers and Correct Uniform

In order to compete for Cherrybrook at State Relays and zone you must be in full and correct centre uniform with all the patches fixed to the correct position. You will not be allowed through marshalling to compete if your uniform is incomplete.

The Cherrybrook Centre number is 219 and these can be collected from the club room this week and for the next few weeks. The 219 must be fixed to the back of the shirt. Cherrybrook shorts are plain red, soccer shorts with a logo or white stripe are not acceptable. Correct shorts can be purchased from the uniform shop. You must have the 2013/2014 athlete's registration number fixed to the front of the shirt, with the age patch and IGA patch also fixed in place. Please ask at uniform shop if you are unsure as to patch placement.

Canteen Special of the Week

Chicken Burgers - this time there is a choice between the Southern style which we had before and is slightly spicy and plain coated chicken tenders. Both are 100% breast meat, just a choice between spicy and plain. Cost is just \$5. There will also be sausages - \$3, for a meal deal with a drink add \$2

Raffle Books

We still have some outstanding raffle butts and money. You MUST RETURN IT THIS WEEK. See Sandra Moore in the canteen.

Zone Championship - 14-15 December Barton Park, Parramatta

The zone team has been entered. I will put up on the Cherrybrook website by Friday the team list for checking. This is what is actually going to appear in the zone program. So if your events are wrong, your registration number wrong or something is missing, please email me.

If you wish to swap an event, please contact me. I am able to make a small number of changes to the team over the coming week.

Parent roster will go live next week, after state relays and more zone information will also be available at that time under the zone tab on the Cherrybrook website. You will be sent an email to tell you the link to the web based roster.

If you are coming to zone, please ensure you read all the information and if you still have questions, please contact Cathy Eaton by email or on 0415 952 141.

State Relays THIS WEEKEND

Cherrybrook will be sitting in BAY 5 at the athletics track at Sydney Olympic Park. Upon arrival you must check in with us, so we can ensure that the whole team has arrived and chase anyone up. PLEASE ARRIVE ONE HOUR BEFORE THE CALL ROOM TIME. It is very stressful for the kids to not have the whole team there. The whole team must go to the call room together. There are no marshalling calls, it is done on times listed in the program.

Parents if you do not have a roster, the team managers need help in the grandstand, particularly to keep note of which events are in the call room from the board in the middle of the ground. Please step up and help as we are all there so the kids have a great day. We don't want anyone to miss their event.

Little Athletics sent to all members this week full information including links to program. If you no longer have this then here is another link http://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=10559&OrgID=3666&count=1