

**CHERRYBROOK LITTLE ATHLETICS NEWSLETTER NO. 7**  
**FRIDAY 25 OCTOBER 2013**  
**Program 1 this week**

We had a great night last week. Thanks everyone for pitching in to help. The canteen specials were a great success, read further down for this week's specials.

**Parent Duties**

| <b>Parent Duty 25/10/13</b> | <b>Age Group</b> |
|-----------------------------|------------------|
| Field Set up                | 9B & 9G          |
| Canteen & BBQ               | 11B & 11G        |
| Timing Gate Helpers         | Snr B & Snr G    |
| Timing Gate pack up         | 12B & 12G        |

**Registration Numbers**

Parents please check that your child is competing with this season's registration number fixed to their uniform. It must say "Season 2013-2014" on it. Some children are using their number from last season and this has been allocated to another individual which is causing problems in the results system. Prior to competing at State Relays or Zone, you must have your new season number sewn onto your uniform.

**State Relays**

**How to enter State Relays? - Nominations close Friday 25th October.**

Thanks to those who sent in an email indicating their interest. Can you please follow that email up with a completed form printed out and handed in on Friday night. Any others who are interested are welcome to put in a form on Friday. We would love to have more teams. We are eligible for 60 teams and at this stage only have 28 teams. Teams are formed for both track and field events. It is a wonderful carnival, please consider taking part.

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. Hand in your nomination form to the canteen.

**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 - CHICKEN BURGERS!!**

Delicious 100% breast fillet with a light crumb, cooked on the BBQ, served with lettuce and mayo on a hamburger bun - just \$5 or \$7 as a meal deal with a can of drink.

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

Last week the Lindt chocolates with pod coffee, or tea didn't run out - so you still have a chance to get a yummy choc with your coffee - while stocks last!

### **Cherrybrook Athletics Club Needs You - 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.

\$500 doesn't even buy a one column 5 centimetre advertisement for one week in the local paper - this is targeted and good value and we need your help. Please reply to Cathy on this email who will put you in touch with the Fundraising Committee.

### **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. There are only 2 more weeks to nominate for zone.

As our ground conditions have been challenging for some events (200m, 400m) and you may not have competed in those events at Cherrybrook, you can attach results from other carnivals in the last 6 months that are verifiable - that is published so that I can check them. This will only apply to athletes U7-U12 as older athletes are not subject to selection. Please print the result for me and give the URL where I can find it. If you have Cherrybrook results additional results will not be taken into consideration.

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.

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!

### **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.

### **PSSA Results**

Congratulations to Scarlett Prowse and Ben Bishop who both achieved selection to the NSW team for the Australian 12 years and under Track and Field Championships. Sadly for us they will miss State Relays as the Championships are on in Brisbane over the same weekend. We wish them all the very best.

There were several other fabulous performances at the PSSA Championships - Emily Crawford won the U8 100m breaking the State record. I am always interested in results, so please drop an email so I can share it with the club.

### **All Schools Results**

At the NSW All Schools (Secondary schools) 14 Cherrybrook athletes achieved selection to the NSW team. This is extremely hard to do as only 1st and 2nd are chosen for the odd age groups (13,15,17) and 1st only for even age groups (14,16,18). Many of these athletes are Dual athletes - that is they compete for Cherrybrook at both Little Athletics and for Cherrybrook Seniors at Athletics NSW events. Dual registration is available for athletes aged 12 and up and is an additional \$25. This gives you the opportunity to compete on Saturdays often at Homebush against a wide range of other athletes. Please reply to this email if you want further information and someone will contact you.

Congratulations to: Lauren Clark, Rachel Pace, Alysha Burnett, Daisy Bryant, Becky Clark, Karina Takchi, Konrad Cuevas, Lewis Clabburn, Kyle Ekstrom, James McFadden, Alex Nguyen Ha, Declan Plum, Jordan Shelley, and Alex Moore.