

CHERRYBROOK LITTLE ATHLETICS NEWSLETTER NO. 20
FRIDAY 28 FEBRUARY 2014
CHERRYBROOK PROGRAM 3

There are only 3 more competition nights left in the season. Our Little Athletes have been achieving some wonderful results; personal bests have been improved and new club records have been set. There is still time to achieve that next level of Colour Patches and get in practice for the school season. And let's not forget how deliciously easy Friday night dinners are courtesy of our parent canteen helpers.

This week is program 3 and our older athletes compete in Javelin. Please be vigilant at all times and take extra care when in the vicinity of the javelin arena.

Parent Roster

Parent Duty 28/2/2014	Age Group
Field Set up	6B & 6G
Canteen & BBQ	7B & 7G
Timing Gate Helpers	10B & 10G
Timing Gate pack up	9B & 9G

Canteen & BBQ

The Canteen & BBQ is our major source of income for the club. Please continue to support it right through to the end of the season.

Canteen special - Spicy chicken burgers or beef burgers - both just \$5 each. Available with lettuce and tomato.

Javelin this week

Javelin must finish by 7pm to enable U10 discus to begin. If you are not proficient in javelin, please give it a miss this week as it is important for the discus to begin. U12 start at 5.30 and should be finished by 6.15pm. 2 throws only unless you are going through to State and then you can have 3 throws.

Invitational events - Discus and 800m

These events start at 8pm and need an age manager who is willing to manage them. If you are through to State in discus, take the opportunity to do the invitational event for practice. Records can be broken in the invitational discus, but not the 800m, however it is a good opportunity to push yourself against faster athletes.

Additional Opportunities for 100m & 200m this week

In order for some athletes to prepare for State Championships we will be running invitational sprints run on times rather than age/gender. You can use these results for patches BUT NOT RECORDS. For example 100m races will be as follows:

12-13 second PB
13-14 second PB
14-15 second PB
15-16 second PB
17-18 second PB

These will be run at 6pm at the beginning of the program

Additionally at the conclusion of the circular track we will run 200m races based on PBs. This will be at approximately 7.45-8pm. Ask for a committee member to go and organise the heats based on times.

Take the opportunities we are offering across a range of events to have good competition prior to the State Championships or in preparation for the school season.

Lost Property

If you've been searching yourself silly for that favourite jumper or water bottle, please have a look in our lost property box at the club on Friday night. There is lots of stuff there and it will all be donated to charity at the end of the season if not claimed before.

Multi Event State Championships

This year's State Multi-Event Championships will be held at **Myimbarr Community Park, Flinders** on **Saturday and Sunday, 1 & 2 March 2014**. Good luck to all our Athletes who are making the trip down south and who will be flying the Cherrybrook flag with pride.

Bunnings BBQ - 6 April 2014

Thank you to those who volunteered at Thornleigh Bunnings last Sunday. The weather was perfect for DIY and so the Bunnings store was busy and our BBQers had to go to the butcher for additional sausages half way through the day. We raised approximately \$800. Those who volunteered enjoyed the camaraderie of the occasion and had the chance to have a good chat as well as help out the club.

We are having another Bunnings fundraising BBQ at Thornleigh Bunnings on Sunday 6 April - just prior to the end of term 1 at school. Shifts are 8-10am, 10-12noon, 12-2pm and 2-4pm. Please reply to this email or sign up with your age manager if you can help. Every little bit helps and we certainly appreciate your time volunteered to help our club.

Regional Photographs

Despite the wet and difficult conditions, the photographers at Abbey Digital were out at the regional Championships and their photos are now available at www.abbeydigital.com.au and the password to access the photos is **ATHLETE**

Zone 2014/2015 season

For those of you who like to plan ahead, the zone dates for the next little athletics season have now been set. Our zone (north metropolitan zone) will be held at Barton Park, Parramatta on 13-14 December 2014. The zone program will also be up on the Cherrybrook website under the zone tab, by the end of the week, to enable you to plan as necessary.

Remember that the zone carnival is the first step in representing your club. The first 6 place getters automatically qualify for the region carnival with the next best 4 athletes from either of the two zones, which make up our region also qualifying. More details will be provided in the new season.

City to Surf Fundraiser in memory of Daniel Berry

Daniel Berry was a member of our club who died in July last year aged 22 of a brain tumour. Daniel had represented Australia with the Paralympic team at international events in New Zealand and the Oceania region. He also acted as a starter on the outer track for Little Athletics on Friday nights. Daniel's courage and determination to fight his cancer was truly inspirational. Daniel's brother Thomas is running in the City to Surf this year in Daniel's honour and is fundraising for brain cancer. See the flyer on the home page of our website www.cherrybrookathletics.org.au

To sponsor Thomas directly go to <https://city2surf2014.everydayhero.com/au/thomas>

2014 Sydney Track Classic, Saturday 15 March at SOPAC

Tickets are available at Ticketmaster [Click here](#). Be quick and snap up one of the limited Premium Grandstand Tickets. If you are interested in competing in the 2014 Sydney Track Classic, you must nominate. Nominations close this Friday 28 February [click here](#). The Sydney Track Classic is being held in the middle of the Australian Junior Championships, so if you go early you can support some of our Cherrybrook athletes who are in the NSW team for the Juniors (U20, U18, U16 and U14) Championships.

If the answer is yes (and we certainly hope it is), please consider joining the committee. We are looking for general committee members, a person to share the uniform shop, a canteen coordinator, people to assist in registration. If you want to get more involved, we want you! Contact one of the current committee members on Friday night, or reply to this email.