

CHERRYBROOK LITTLE ATHLETICS NEWSLETTER NO. 3
FRIDAY 27 SEPTEMBER
Program 3 this week

This Friday we are starting our usual published programs which you received in your kit on registration. They can also be found on the Cherrybrook website under 3 week program.

We are starting with program 3 because the baseball club is still allowing us access to the top oval for one more week and it is extremely well lit and will enable us to run Javelin safely. The next time we run program 3 javelin will be up in the discus area and it will be daylight saving. At the moment that area is just too dark to run this event safely. No 4x100m relay run this week though.

Under 12s your javelin actually starts at 5.30, so on arrival you need to go directly to the top oval. Under 12 age managers - remember both boys and girls throw together, so please take turns, finishing by 6.30pm please. This may mean only 2 throws. Perhaps take turbos up as practices whilst others are throwing javelin. Make sure this is supervised safely.

Parent Duties

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. The timing gates are exceptionally easy to run (just pushing two buttons and writing up the result) We will have 3 sets of gates up - therefore 3 parents required from each.

Parent Duty 27/9/13	Age Group
Field Set up	7B &7G
Canteen & BBQ	8B&8G
Timing Gate Helpers	Snr B & Snr G
Timing Gate pack up	9B&9G

Timing gate pack up - lots of help is required. Under 9s - all the parents are needed - many hands do it quickly. Do not leave after your last event until all the gates are back in the club house.

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.

Basic Event Instruction Course for Parents

Have you wanted to help on Friday nights but not known how?

When we asked for volunteers and have you stood back because you didn't want to make a mistake?

Has your child ever asked for basic event assistance and you didn't know how to help them?

If you answered yes to any of these questions then this course is for you!

To do this course you don't need to have any prior knowledge of Little Athletics; all you need is a willingness to learn. 'Basic Event Instruction' is a term used to encompass the essentials you need to know about how to conduct an event at the 'how not to get disqualified level'. The course also dispels some common myths and misconceptions about each of the Little Athletics events.

The majority of the course is practical, with some theory involved. The atmosphere of the course is fun and non-threatening, making it a day where people can feel relaxed and motivated by what they learn. It is also nice to know that there is no exam and no cost is involved.

When: Saturday 12 October 12noon-4pm

Where: Ryde Little Athletics Centre, Dunbar Park, Sobraon Road, Marsfield.

There will be a registration sheet near the BBQ on Friday night. Many Cherrybrook parents have done this course in the past and found it to be really great. It is always held at a club in our zone, but cannot be held at Greenway Park as our ground is used for cricket on Saturdays. Dunbar Park is not far away and it is a great course.

Championship Dates & Explanations

State Relays -

U8-U11 Saturday 23 November 2013

U12-U17 Sunday 24 November 2013

Athletics is mostly an individual sport, State Relays is the one major carnival where athletes compete in a team of 4 and all their performances are added together to make the team score. Of course 4x100 is included, but there is also a 4x400 (or 4x200 in the 8s and 9s as they don't run a 400 at Little Athletics so this is the substitute event) which has two boys and two girls from the age group, this is the only mixed gender event. For middle distance runners there is a multi age 4x800m relay (on the junior day the U8 competitor runs 700m).

In field events there is a jumps relay - 4xlong jump in U8 and U9 and 4x long/high with 2 competitors contesting long jump and 2 contesting high jump in the other age groups. There is also a 4xshot/discus relay in all age groups.

State Relays is the biggest carnival run by Little Athletics. It is held at Sydney Olympic Park and for some of our younger athletes, it might be the first time they have competed at the venue. It is a great event to be involved in with teams from centres all over the state.

Cherrybrook picks the teams via a nomination process. Nominations will open after the school holidays but start talking among the age group now to try and get an enthusiastic and strong group nominating.

Zone Championships
Saturday 14 and Sunday 15 December 2013
Barton Park, Parramatta

The North Metropolitan Zone Championship is the first step on the way to the State Championship in March 2014. You **MUST** compete at zone in order to qualify through to region and qualify through to the State Championship.

Zone Championship is open to all athletes from U7-U17. Athletes in the U7 age group do not progress any further and receive medals if they come 1st, 2nd or 3rd at Zone.

Athletes who place in the top 6 in any event automatically qualify to the Region Championship. Athletes who are deemed to be the next best 4 from either of the two zones in our region will be notified on 31 January to enable them to also compete at Region. (This later date is because the other zone in our region does not hold their competition until the Australia Day long weekend).

Rules for Zone - athletes from U7-U12 can only compete in 4 individual events and are subject to selection. Therefore when nominating your preferences will be taken into consideration. Cherrybrook is only able to put 5 athletes into each event at zone.

Athletes from U13-U17 may compete in up to 6 individual events and are not subject to selection. We can enter as many athletes as nominate. (This is because there are less senior athletes registered and competing).

Athletes will be entered only if they fill in a nomination form. These will be available in late October.

The Zone Championships program has been up on the Cherrybrook website for some time on the left hand side of the home page under Zone.

Mark the date now in your calendar so that Cherrybrook has a large team.

Region Championships
Saturday 15 and Sunday 16 February 2014
Sydney Academy of Sport, Narrabeen

Athletes qualify from the Zone carnival above. This is the final championship carnival for the U8 age group.

Athletes who come 1st or 2nd automatically qualify for the State Championship. The next best 8 athletes from across the state will also achieve qualification. These athletes will be notified on about 26 February, following the completion of all the region carnivals.

State Track and Field Championship
Friday 21, Saturday 22 and Sunday 23 March 2014
Sydney Olympic Park Athletic Centre

Qualification is through the zone and region pathway listed above for U9-17 age groups.

Friday night events begin at 5pm and continue to about 9pm. Parents are encouraged to have a look at the State program to ensure your child is available on the date the event is scheduled at State. The State program being run over 3 days with 24 competitors in each event is a big schedule and there are some clashes. Go to http://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=10558&OrgID=3666&count=1

This will give you more information regarding the State Championships and the complete program for each day.

Australian Little Athletics Championships
Saturday 3 May 2014
Melbourne

Athletes are selected in the U13 age group from the State Championships performances. Only 22 athletes are selected and therefore it is an honour to be selected as it is the best athletes who can produce their best in a few events. Cherrybrook has had club members in this team almost every season over the past 10 years. Good luck to this year's Under 13s.

The gold and silver medalist from the U15 State Multi Event championship are also selected for this National Championship. More details on the state multi event in a future newsletter.