

CHERRYBROOK LITTLE ATHLETICS NEWSLETTER NO. 4
FRIDAY 4 OCTOBER 2013
Program 1 this week

Apologies for the lack of light on the top oval last week. Hornsby Council had two days earlier switched to a new system whereby the lights are switched on by mobile phone. Only 4 mobile phone numbers per club have access and the people with access at the baseball club, did not realise we needed the lights on and we were unable to get in touch with them. Bring on daylight saving!!

Parent Duties

We are struggling to fill parent duties. If you are new to athletics, don't worry, just pitch in and offer help, you will always be advised what to do. The club is run entirely by volunteers and every piece of equipment is carried by hand out onto the field. Don't stand by and watch, when you arrive come and help, that way the program will be more likely to start on time and therefore finish on time. Especially on a long weekend when we have less parents generally.

Parent Duty 4/10/13	Age Group
Field Set up	8B & 8G
Canteen & BBQ	9B & 9G
Timing Gate Helpers	6B & 6G
Timing Gate pack up	Snr B & Snr G

Timing gate pack up - lots of help is required. Senior is all ages from U13-U17 - 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.

Is your child in the Under 11 or Under 12 Age Group - READ THIS

TRANS TASMAN ATHLETICS TOUR
9-21 January 2014

This is a fantastic opportunity to go away and experience another culture close to home and have fun and participate in some athletics carnivals. Since its inception in 1978 over 4500 athletes have competed in the LANSW team touring to NZ's north island. There is a selection trial on Sunday 3 November 2013 at Barton Park, Parramatta. In order to nominate for the selection trial a non refundable deposit of \$200 per person plus the nomination form must be made by Wednesday 23 October. This deposit is deducted from the tour cost. For lots more information, including a video on the Trans Tasman experience go to

http://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=10567&OrgID=3666&count=1

5 Cherrybrook members went on the last tour two years ago and really benefited from the experience, having a wonderful time. On Friday 12 October at 5.30 we will have a meeting in the club room for those interested and you can ask questions of some of those past athletes.

Athletes must trial in 2 track events and 2 field events. All the details are available on the link and I recommend you read it thoroughly. Feel free to reply to this email with any questions as I have had children go on the previous two tours.

Getting Started in Little Athletics - Free 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.

Cherrybrook Website

The website of the Cherrybrook Athletics club is a wonderful source of information. It is kept up to date and as the season progresses you can find your child's results as well as our weekly program and all the club's policies. There is information about upcoming Gala Days at other clubs throughout the state and all the newsletters sent out are also kept here. For example you may not have read last week's Newsletter 3, which had

comprehensive details about Championship Events such as State Relays and Zone Championships. It is recommended that you bookmark the Cherrybrook website and visit it often.

Shoes too small?

We are still collecting and selling spikes and waffles or throwing shoes. If your child has outgrown theirs, and they are in good condition, please tie the laces together and donate them for resale at the club. Proceeds go towards purchase of new equipment.