

CHERRYBROOK LITTLE ATHLETICS NEWSLETTER NO. 5
FRIDAY 11 OCTOBER 2013
Program 2 this week

Daylight savings has arrived and that will make a significant difference to our programs from now on. With families back from school holidays we expect full numbers this week and a great night of competition. Please come willing to help out.

Parent Duties

Parent Duty 4/10/13	Age Group
Field Set up	11B & 11G
Canteen & BBQ	7B & 7G
Timing Gate Helpers	9B & 9G
Timing Gate pack up	10B & 10G

If you have never operated the timing gates before - it is so simple - there are just two buttons to press! There are instructions at the gates and people available to give advice if need be.

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. This continues to be a safety issue.

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

TRANS TASMAN ATHLETICS TOUR
9-21 January 2014

Information meeting at 6pm prior to the commencement of the program for U11 and U12.

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

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.

Raffle Books

If you took a raffle book at registration as part of the fundraising levy, it is time to return the stubs and the \$20 to the canteen. Please make sure you have your name on the envelope so we know who has returned the books and don't chase you up later!

State Relays

In newsletter No. 3 dated 27 September, I gave a full explanation of the State Relays Championship. Please go back to the website and re read this.

State Relays is the biggest carnival on the Little Athletics calendar and probably the most fun! Kids get to compete as a team and Cherrybrook has had success over the years across a range of events. Parents of all competing athletes must perform a duty at all championships. Carnivals are run entirely by volunteers and Cherrybrook usually has a change zone to look after at State Relays, under the guidance of the technical official.

Saturday 23 November is the relay day for athletes aged U8-U11 and Sunday 24 November for athletes aged U12-U17. The rules for each day are slightly different.

U8-U11

May only compete in track **OR** field, not both.

May not do the 4x400 and 4x800 relay.

Can do both field relays or two track relays (noting above exception)

U12-U17

May compete in track and field, **BUT** must manage their own clashes and return to marshalling as a team for the next event.

May not do the 4x400 and 4x800 relay.

How to enter State Relays?

Please fill in a nomination form found on the Cherrybrook website (it will be there by Friday 11 October, not on Thursday - sorry). www.cherrybrookathletics.org.au The teams are selected from the nominations received. If you do not fill in a nomination form, you will not be selected.

Parents, chat to your kids and to other parents about who is interested in representing Cherrybrook. It is a fabulous carnival and highly recommended to be involved in.

For queries regarding State Relays reply to this email or call Cathy Eaton on 0415 952 141.