

**CHERRYBROOK LITTLE ATHLETICS NEWSLETTER NO. 21**  
**FRIDAY 7 MARCH 2014**  
**CHERRYBROOK PROGRAM 3**

And so we begin the run down the final straight with only 2 more competition nights left in the season. Hopefully the efforts of the past few months will be successfully reflected in the up coming school carnivals. And remember Coloured Patches are still up for grabs this week, so we wish all our Little Athletes continued strength, speed and determination to achieve their personal bests.

Please be vigilant when moving between events this week as our older Athletes are competing in Javelin.

**Parent Roster**

<b>Parent Duty 7/3/2014</b>	<b>Age Group</b>
Field Set up	8B & 8G
Canteen & BBQ	12B & 12G
Timing Gate Helpers	7B & 7G
Timing Gate pack up	11B & 11G

We are going to be using 3 timing gates this week and need as many people as possible to help set up from 5:15 onwards. Please don't anticipate that someone else will do the job, our Little Athletes need us to be organized so we can start the Program on time.

**Canteen & BBQ**

Dinner is once again sorted on Friday night, courtesy of our dedicated canteen helpers. As always the BBQ will be turning out its traditional sausage sizzle as well as this week's \$5 Chicken burger with lettuce special.

**Colour Patches**

Please put in your colour patch sheets this week. Print the sheet at home from the listing on the Cherrybrook website, go through your child's results on the website to fill in the various sections of the colour patch form to put in the performances and the dates of those performances. If you have one or two gaps, bring the form and fill in the performance from this Friday night. Lodge the form in the club room at the end of the night. Blue or Gold patches are extremely hard to achieve, so if your child is close to either of those levels, they have had a really wonderful season and should be rewarded with the patches. Gold patches are presented at our presentation day in May.

**State Championships Parent Duty Roster**

We don't have many rostered duties, but they are especially important at the State Championships. It is understandable that you will want to watch your children, so please stay a little longer or arrive a bit earlier to fill a duty that won't impact on watching your children. Without the parent duties the carnival can't run, so it affects everyone. Go to Sign Up Genius and fill in your spot, plus your mobile phone number as usual.

Click <http://www.signupgenius.com/go/5080548A8AE22A02-cherrybrook2>

### **This Week's 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.

### **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.

### **Bunnings BBQ**

Our final fundraiser of the season will occur at Thornleigh Bunnings on Sunday April 6 2014. Those who have helped out before will tell you that it is very relaxed and enjoyable and a good way to spend 2 hours. Timeslots are 8-10am, 10-12 noon, 12-2pm, 2-4pm. Please reply to this email indicating your interest.

## **Lost Property**

The box is full of treasures that have been neglected and forgotten. Please claim your missing bits and pieces before the end of the season next week.

## **Presentation Day - Sunday 18 May at Dural Country Club**

Save the Date - our annual presentation day is Sunday 18 May from 4-6pm at Dural Country Club. It is a great idea to book a table and have a meal at the bistro following the presentation. Apparently the bistro has been completely revamped, so we look forward to trying the new menu.

## **Zone 2014/2015 season**

Another save the date for your diaries: Our zone (north metropolitan zone) will be held at Barton Park, Parramatta on 13-14 December 2014. The zone program will be up on the website.

## **Region Photos**

Finally don't forget to check out the photos from the rainy Regional Championships. They can be found at [www.abbeydigital.com.au](http://www.abbeydigital.com.au) and the password is ATHLETE

Have a great Friday night!