

**CHERRYBROOK LITTLE ATHLETICS NEWSLETTER NO. 9**  
**FRIDAY 8 NOVEMBER 2013**  
**Program 3 this week**

The Zone team has been selected and a separate email sent last night regarding this.

Many thanks to everyone for their patience last week. We were impacted by the closure of the M2 for several hours due to a bus fire, which made the traffic in the area absolutely dreadful. As a result we started late and finished late.

**Parent Duties**

<b>Parent Duty 8/11/13</b>	<b>Age Group</b>
Field Set up	7B & 7G
Canteen & BBQ	8B & 8G
Timing Gate Helpers	10B & 10G
Timing Gate pack up	Snr B & Snr G

Can we have U8 BBQ and canteen helpers starting at 5.30 please.

**4x100m relay for all Age Groups on the Program this week**

**State Relays Friday night Training**

The whole age group should do a circular 4x100 relay at the time on the program. State Relay teams should run as a team, others randomly put into teams. State Relay Teams should stay with Erin and Ra for further practice following their circular relay.

**Meat Tray Winner from 1/11/13**

Last week's winner was Jenny P, a parent in the U6B. Congratulations to Jenny who almost didn't answer her phone on seeing an unknown number at 8pm on Friday..... Lucky she did!! Bring your spare change as you could win this week for just \$1.

**Javelin**

Javelin commences at 5.30 promptly with the U12s in the discus area - please be especially vigilant concerning safety. Parent helpers at javelin you must watch all the time - it is the helpers who are the most likely to be injured when not watching, especially as it gets darker - we must ensure you stand well to the side and allow the javelin to land before entering the area.

**Invitational events this week**

At 8pm there is Invitational 800m, boys and girls and all ages run together. Times will be recorded but this race is ineligible for any club records.

At 8pm also is invitational discus for athletes U9-U10 with a pb of 17m or more and U11-U15 with a pb of 20m or more.

## **Canteen**

Support your club by planning dinner each week at the club - there will always be sausages and a special. This is our main revenue stream so we appreciate the support.

**This week's special - 100% Angus beef burgers!**

**We will also have a limited amount of bacon and egg rolls for sale**

<b>Item</b>	<b>\$</b>
Beef Burger with lettuce & tomato	\$5
Bacon, egg & sausage	\$5
Bacon & egg	\$4
Sausage sizzle	3

**For a meal deal add \$2. All 2 or 3 combos get a roll.**

We have added Zooper Doopers (ice block in a plastic tube) to the menu - these are 60 cents each.

## **Little Athletics Ticket books**

We have plenty of ticket books, available from the canteen. These are usually given out at Registration, however they were not ready at that time. For those who don't know what they are - it is a book for recording your results, either gluing in your tickets, or writing them in from the website. At least two committee members still have their sticker books from their time as little athletes quite a long time ago! They do make interesting reading!

## **Centre Numbers and Correct Uniform**

In order to compete for Cherrybrook at State Relays and zone you must be in full and correct centre uniform with all the patches fixed to the correct position. You will not be allowed through marshalling to compete if your uniform is incomplete.

The Cherrybrook Centre number is 219 and these can be collected from the club room this week and for the next few weeks. The 219 must be fixed to the back of the shirt. Cherrybrook shorts are plain red, soccer shorts with a logo or white stripe are not acceptable. Correct shorts can be purchased from the uniform shop. You must have the 2013/2014 athlete's registration number fixed to the front of the shirt, with the age patch and IGA patch also fixed in place. Please ask at uniform shop if you are unsure as to patch placement.

## **Pack up of Equipment**

Age groups are responsible for packing up their last event. Additionally help is needed from everyone walking back to bring in all the equipment - tables, chairs, hurdles, high jump mats, bars, gates equipment etc. Please treat the equipment like it is your own and treat it all carefully - we have broken a few hurdles this season due to incorrect packing and handling. Hurdles cost \$100 each - that isn't a misprint.

### **Become a Little Athletics Official - We Need You**

Every year a number of officials retire and this year particularly we need help. You can do an open book online exam in any of the disciplines and as a D Grade official be accredited immediately. If you also do an open book C Grade exam you need a day officiating at zone to achieve your practical completion. At zone we need officials and you can work for half a day to the whole carnival. It is a great way to see some special performances up close! Without officials the carnival cannot operate. We really need some more Cherrybrook parents to take on this task.

Practical Course - some people feel more comfortable doing a practical course, though this is purely optional. If this is you, then the zone has organised a practical session on ***Saturday 9 November from 12.30pm at UTS Norths***, Corner Mowbray Road and Epping Road, Lane Cove West. There will be accredited officials guiding you and the seniors athletes to practice on for a real carnival. Seniors and masters athletes are very forgiving and helpful to the process.