

CHERRYBROOK LITTLE ATHLETICS SEASON 2014/2015
NEWSLETTER NO 1
FRIDAY 5 SEPTEMBER 2014

Welcome to all families for the start of the athletics season this Friday night.

This Friday night we will be running a special coaching night and have gathered more than 25 coaches to instruct all athletes across the broad range of athletic disciplines. In many age groups there is a new skill to learn this year with a new event introduced. Those age groups will have a longer time at that new event with the coaches. You can find the special First night training program on the Cherrybrook website using this link www.cherrybrookathletics.org.au

From the following week (12/9/14) we will start regular competition and competition continues through the school holidays. You can see the 3 week rotating program on the Cherrybrook website. Remember if you are a trialist you cannot come this week. The first week is too busy to accept trialists. This year we are holding 2 trial periods. The first period will be held on Friday 12th and Friday 19th September and then the second trial will be later - Friday 21st & Friday 28th November. **You cannot trial on any other Friday evenings.**

What to do on arrival on the first night

Your child must have their uniform on and have their number at least safety pinned on the front along with their age patch. Come to the concrete area in front of the clubhouse and look for the age manager of your children. They will be wearing a bib with the age number on it - blue for boys and yellow for girls. They will be on the grass area in front of the light pole. Parents you need to sign in with the age manager and then be prepared to go with your youngest child on the first night. All U6 parents must stay with their U6 child all season.

Parent responsibilities

Parents must stay for the whole program each week. You can help with your child's age group, by following them around and assisting in measuring, collecting discus, crowd control, safety etc or help with the carnival generally by operating the timing systems, starting, results recording and canteen. There is a duty roster per age group for a variety of jobs throughout the season. This roster is in the club handbook ("Grey Book" on the website) and will be promoted each week in the newsletter. Each age group is responsible for packing up their last event each week. Senior boys and girls is U13-U17 age groups.

Please read the newsletter each week. Athletics is different to team sports and the newsletter is the primary form of communication with members - we tell you about championships, special events and coaching among other things. We will never give your email to a third party.

PARENT ROSTER FOR FRIDAY 5 SEPTEMBER

| Equipment Out from 5pm | Canteen & BBQ | Timing Gate Helpers | Timing Gate Pack Up |
|------------------------|--------------------|---------------------|----------------------|
| Senior Boys and Girls | 10 boys & 10 girls | 9 boys and 9 girls | 11 boys and 11 girls |

Canteen

Each week Cherrybrook operates a canteen and this is our major source of fundraising for the club. We would appreciate you supporting this venture by electing to have dinner with us each week. To that end we offer sausages plus a different weekly special. Prices as follows:

Sausage sizzle -\$3.00

MEAL DEAL - sausage and can of drink or water - \$5.00

This week's special - chicken kebabs at \$2.50 per kebab.

We also offer snacks, cold and hot drinks, ice cream spiders and hot soup. A full list of items and prices is available on the canteen whiteboard.

New equipment

Your committee has been very busy in the off season resourcing the club. We hope to have our 4 new sets of timing gates operational this Friday night. These were purchased at a cost of \$30,000 and are the very latest technology. We will be continually training people in their use and care throughout the season. Once operational they are not difficult to manage, but we ask you to be very mindful of their cost and to value them accordingly.

Additionally we have fenced the long throwers circle in the discus area, and purchased 5 new laptop computers for the running of our gates and results.

Following lengthy negotiation with the council, our ground will benefit from a lighting upgrade commencing in January 2015. This will make a terrific change and complement the fantastic oval surface we have courtesy of the improvements made over the past two years.

Uniforms

It is compulsory to wear Cherrybrook uniform on competition nights. Uniforms can be ordered online, by clicking on the uniform link on the Cherrybrook Little Athletics website, or in person at our Cherrybrook Little Athletics clubhouse, which is located next to the canteen at Greenway Oval. When purchasing online you may pay with credit card, although if purchasing in person at the clubhouse, payment is only by cash or cheque. Orders made online prior to competition night may be picked up on Friday nights.

If you have any spiked shoes or waffles that you have grown out of, bring them to the club and we will sell them for \$10 –proceeds to Cherrybrook.

Also with summer coming, we are selling Cancer Council sunscreen at cost price – stock up now!

Spiked shoes

According to Little Athletics rules, spiked shoes cannot be worn at all by children in the U6, U7, U8 and U9 age groups. Children in U10, U11 and U12 can only wear spikes in laned events, and jumps (and javelin for U12). Athletes in U13 and above may wear spiked shoes in any running or jumping event.

Registrations & additional Registration Day

If you have yet to collect your registration numbers there is an additional Registration collection time this **Wednesday – 3rd September – at the Clubhouse from 5 – 7pm.** Please note that Uniforms are NOT able to be collected at this time.

I would strongly advise that you collect your registration numbers at this time, as no athlete can join their age group until they have their current registration number attached to their uniform. If you wait until the first night of competition, this Friday, your child may miss some events whilst standing in the queue to collect their number.

Please remember to bring completed Medical, Volunteer & Member Protection forms with you as well as your photo id to go with the Member protection form. If the athlete is new to Cherrybrook, or has had more than 2 seasons off, then please also bring proof of age documentation – original Birth certificate or Passport.

Finally please remember that we can only take payment by cash or cheque at the Clubhouse.

If you are unable to come on Wednesday then I will be at the Clubhouse as close to 5pm as I can manage on Friday to finalise any registrations.

School Holiday Little Athletics Coaching Clinics

Each clinic is open to athletes U9-U17 and costs \$50 (\$40 for early bird booking) for a full day of coaching – great value.

Two are in the North Metropolitan Zone –

Tuesday 23 September – Northern Suburbs, Rotary Field, Lane Cove West

Thursday 25 September – Barton Park, Parramatta

See www.lansw.com.au for details

Do you want to learn more about athletics?

If your kids are really keen or you are an age manager or simply wanting to educate yourself about athletics, then the Introduction to Coaching Course is for you! It is very practical and highly specific to the operation of Little Athletics and run by really excellent

facilitators. A number of Cherrybrook parents undertook courses last season and all came back raving about how good they were.

See

https://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=10471&OrgID=3666&count=1

Dates – Sunday 28 September at Barton Park, Parramatta
Sunday 19 October at Rotary Field, Lane Cove West

JETS – Junior Encouragement and Talent Squad

Athletes aged U12-U17 who have competed at the State Championships are eligible for JETS. There are special JETS coaching clinics and a JETS camp, and a newsletter for JETS members with special tips and follow up advice. To see if you are eligible to apply for JETS membership go to

<https://eventdesq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=8917&OrgID=914>

Is your Little Athlete Gluten Intolerant?

LANSW has a bi-monthly newsletter called Run for Fun E news and in the last edition there was a very interesting article on maintaining a gluten free diet on page 7-8 of the newsletter.

https://assets.imgstg.com/assets/console/document/documents/20140825010723Run_for_Fun_-_July-Aug_2014.pdf