

**CHERRYBROOK LITTLE ATHLETICS SEASON 2014/2015**  
**NEWSLETTER NO 10**  
Program 3  
**FRIDAY 7 NOVEMBER 2014**

We have a 4x100 relay on the program this week. Kids who are in the 4x100m relay for state relays should miss the event before this and come to the finish line to meet with the coaches to practice. All athletes will compete in a 4x100m relay in lanes 5&6 during the time slot on the program.

**Javelin** - This **MUST** be finished by 7pm. Twilight is dangerous for those who are measuring and fetching the javelin. Please only throw the javelin tonight if you know what you are doing. We cannot fit everyone in. Two throws only and beginning at 5.30 for 12s and then anyone who wishes to throw a javelin. Please don't waste time, know who is throwing and be ready and in order. Last time quite a few missed out.

**Coaching:** Sprints and blocks coaching with Stephen as usual from 5-6, 2 coaches for the rest of the night at relays.

**Parent roster for Friday 31st October**

<b>Equipment Out from 5pm</b>	<b>Canteen &amp; BBQ</b>	<b>Timing Gate Helpers</b>	<b>Timing Gate Pack Up</b>
8B & 8G	12B & 12G	7B & 7G	10B & 10G

A reminder that your club needs you! Help out your age managers by volunteering your efforts before you are asked and learn new skills while you help at the various events.

**Canteen**

This week's special at the canteen - Chicken kebabs

**Zone Championships 13-14 December, Barton Park, Parramatta**

The Zone team will be up on the website by later today. Additionally there will be a document entitled "Zone Slots Available". If you wish to swap or have not yet entered zone you need to check this document first. Then fill in a form and email it or bring it on Friday night.

**Zone Parent Roster**

The parent roster on Sign Up genius will go live after State Relays. We will finalise the team first and then you will have your chance to pick your own roster.

**State Relay Championships**

**Saturday 22 November U8-U11**

**Sunday 23 November U12-U17**

You will know by now the team you are in for State Relays - make sure you attend relay training this Friday night for the 4x100 teams. The State Relays program has not yet been published, nor have we been notified of our rosters for the carnival. We will let you know of both as soon as we have notification.

We still need the following to complete teams:

11G long jump – 1 athlete

14B shot/disc – 1 athlete

14G Shot/disc – 1 athlete

Please discuss this in your age groups and notify the age manager and Jenny Bishop.

### **Uniform Shop**

At the moment due to a technical glitch you cannot order uniforms online, you can still purchase your uniform on Friday night in person. Payment in cash only.

### **Interested in Becoming an Official?**

This season, becoming an official is straight forward - go to [www.lansw.com.au](http://www.lansw.com.au) to the officials online assessment area, log in and complete a C Grade open book online exam in the discipline of your choice. (Make sure you have a separate screen open with the Little Athletics Rules of Competition - found on the same website under Competitions). Then all you need is two sessions of practical supervised by another official - a session is half a day at zone, or a full Friday night at Cherrybrook. At zone you are required to do a minimum of 90 minutes per day of parent duty anyway, so becoming an official is only slightly longer and you are going to be there so it would be a great opportunity to use the time well.

If you feel that you are nervous about the practical aspect of being an official- then come to an officials training session for most events on **Saturday 8 November at Rotary Athletics Field, corner of Epping Road & Mowbray Road, West Chatswood**. The session will begin at 12.30 with a free BBQ & will make use of the UTS seniors competition who patiently allow our new officials to practice on them. It will conclude about 4pm. This is NOT an accreditation session but an education session. You need to do your C grade online exam to then go onto accreditation at Zone.

Unfortunately next season officials accreditation changes and becomes more difficult to get. Please support Little Athletics as a well run organisation and give some time to becoming an official. I am sure you have all seen some dreadful mistakes at school carnivals from untrained officials - you can stop that by stepping over the fence and getting trained.

### **Coloured Patches**

The club has a coloured patch award program, under which athletes are eligible to receive different coloured patches once they have met specific performance standards across a number of events.

The athlete (or parent) must complete and submit a performance sheet to receive each coloured patch which can then be sewn onto their uniform.

Performances can be achieved at any LAs event including Gala Days and championship events (where the result can be verified).

There is a gradual progression from one set of standards to the next and levels commence at Yellow progressing through Green, Red and Blue up to Gold. The Gold level standards reflect performances at the highest level, very close to State times or distances, and are hard to achieve.

The patches are available to athletes in the U7 – U15 age groups. The Coloured Patch achievement performance sheet for each age group is available on either the club's website or through age managers.

When your child has achieved a particular level please place the performance sheet with details of the level achieved in the designated box in the club room. After verification, the appropriate level award patch will be placed in the Age Manager's File to be presented to your child.