

CHERRYBROOK LITTLE ATHLETICS SEASON 2014/2015
NEWSLETTER NO 12

Program 1
FRIDAY 21 NOVEMBER 2014

Last Week

Little Athletics NSW has guidelines for hot weather and last week the temperature exceeded that at which competition is allowed. Unfortunately that meant the cancellation of the Friday night competition. We hope that the hot weather predicted for this Friday will not mean another cancellation. If so you will be notified by email when the decision is taken and a notice put on the Cherrybrook website.

If it is called off, then we would like state relay teams to attend at 6pm for a full briefing and uniform check, so that everyone is ready for the weekend.

Race walking is on this week

For all athletes who have nominated the walk as one of their events at Zone, and any other athletes who would like to learn race walking, there will be race walking training this week. Please be at Cherrybrook Athletics before 5:30 on Friday, so there is time for warm up, and to complete a race walk in preparation for zone.

There are plenty of vacant spots for the walk at zone, for Cherrybrook athletes to nominate.

Sprints coaching - Stephen will be there at 5, so if it isn't too hot, come along!

Spikes Available for Sale at the Uniform shop

7mm and 9mm spikes available for sale through the uniform shop at just \$10 a bag. Each bag contains enough for a pair of shoes. 7mm spikes are worn for running on artificial tracks. 9mm for grass tracks and for jumping or javelin only on artificial surfaces.

Parent roster for Friday 21st November

Equipment Out from 5pm	Canteen & BBQ	Timing Gate Helpers	Timing Gate Pack Up
SNR B & SNR G	6B &6G	8B & 8G	12B & 12G

Canteen

This week's special at the canteen - chicken burgers

State Relay Championships

We would like all relay teams to attend as we missed last week.

Relay training this week - compulsory for all 4x100 teams at the following times this Friday night:

6.15-6.45 U8 boys and girls 4x100 and 4x200*

6.45-7.15 U9 boys and girls 4x100 and 4x200*

7.15-7.45 U10 and U11 boys and girls 4x100

7.45-8.15 U12-U14 boys and girls 4x100

8.15 meeting of all 4x400m relay teams to explain the change zone and discuss the rules and position of the runners.

*You can go home immediately following your training session if it suits your athlete, to go to bed and rest up.

State Relays THIS WEEKEND at SOPAC Homebush.

Junior team U8-11 SATURDAY

Senior Team U12-17 SUNDAY

Cherrybrook will be sitting in **BAY 5** at the athletics track at Sydney Olympic Park. Upon arrival you must check in with us, so we can ensure that the whole team has arrived and chase anyone up. PLEASE ARRIVE ONE HOUR BEFORE THE CALL ROOM TIME. It is very stressful for the kids to not have the whole team there. The whole team must go to the call room together. There are no marshalling calls, it is done on times listed in the program.

Parents if you do not have a roster, the team managers need help in the grandstand, particularly to keep note of which events are in the call room from the board in the middle of the ground. Please step up and help as we are all there so the kids have a great day.

We don't want anyone to miss their event.

Come prepared for a day out; bring food and drinks, books and games. If you are expecting to be at the track for an extended part of the day, perhaps plan to cool off at the Aquatic Center between events. Parents, when heading to your duty, make sure that you are on time and that you have a hat, water and sunscreen.

Please put Jenny Bishop's mobile number into your phone and ring her if you are having any difficulties on the day or are running late etc – 0411 356 755.

Little Athletics sent to all members this week full information including links to program. If you no longer have this then here is another link http://www.cherrybrookathletics.org.au/20142015%20Stuff/PDFs/State%20Relays/LA%20State_Relay_list_of_events_-_2014.pdf

Zone Championships 13-14 December, Barton Park, Parramatta

There is an information for competitors letter on the Cherrybrook website under the zone tab on the left hand side of the home page. Here you will also find the program. The zone parent roster will become live on Sign Up Genius following the State Relay Championships.

An updated zone list will be on the website by Friday afternoon. Check this list if you have not already done so, for spelling of your child's name, and checking events. If you wish to add or change an event, you must check the Zone Slots available document on the website to see what you can still do. Anyone who has not yet applied for zone must do so in the next few days, otherwise there is a late fee of \$50 paid by the athlete.

Uniforms and placement of patches

Athletes must wear their full Cherrybrook uniform to all Championship events - such as State Relays and Zone. The uniform shorts are RED. If you wear branded compression pants such as 3XU or Skins they must have Red shorts over the top. You are permitted to wear non branded plain red compression pants instead of shorts - these can be ordered online at www.quickresponse.net.au

Uniform tops must have the patches fixed to the uniform in the correct places - registration number in the middle of the top, age patch on the top left shoulder and Jetstar patch on the right shoulder. The age patch is permitted on the left of the shorts and the centre number is also permitted on the back of the shorts (this is usually only for girls who wear the bike pants). The Jetstar patch can cover some of the red border on the rego number, but cannot cover the McDonalds logo. The back of the shirt needs to have the Cherrybrook Centre number 219. If you do not have all **4 patches** then please see Elizabeth Jones at the beginning of competition on Friday night in the club room to collect them.

Becoming an official

A reminder that you can still become accredited by logging onto www.lansw.com.au . Follow the links to the to 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). After that 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. You can practice your new found knowledge at the up and coming State and Zone carnivals.