

CHERRYBROOK LITTLE ATHLETICS SEASON 2014/2015
NEWSLETTER NO 13

Program 2

FRIDAY 28 NOVEMBER 2014

Sprints coaching - If you are doing a sprint at zone, you should take advantage of the FREE coaching available this Friday and next Friday from 5-6pm.

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.

2nd hand shoes and spikes for sale

\$10 per pair - go to the uniform shop to see if they have your size.

Balls on the field

In the last few weeks there have been a few incidents with Soccer and rugby balls on the field interfering with events and equipment. All balls must remain off the oval once competition has commenced at 6pm, and should not be kicked on the field until competition has ceased for the night.

Parent roster for Friday 28th November

Equipment Out from 5pm	Canteen & BBQ	Timing Gate Helpers	Timing Gate Pack Up
6B & 6G	7B & 7G	SNR B & SNR G	SNR B & SNR G

Come and learn how easy it is to operate the gates results

We need more volunteers to learn the operation of the gates. All who have done so will tell you it is really very easy. See Jill Ingram at the beginning of the evening on the track at one of the gates or contact Jill via email jjj65@yahoo.com

Canteen

This week's special at the canteen - bacon, sausage and egg combinations.– \$3 for 1 item, \$4 for 2 items and \$5 for 3

Photo Night this Friday 28th November

Please come in full uniform with your smiles in place for photos this Friday night. We will begin with a full club photograph - so please be on time as that photo will be taken at 6pm sharp.

Please come to the club house at the appointed time for your photo. Age Manager and assistant age manager plus all the athletes in the group will be in the photo. These photos will be used in our glossy year book which is handed out on presentation day.

6.10 - State Relay Medalists (bring your medal to wear in the photo)

6.30 - U6

6.40 - U7

6.50 - U8

7.00 - U9

7.10 - U10

7.20 - U11

7.30 - U12

7.40 - U13

7.50 - U14

8.00 - U15&U17

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. Make sure you read this document - it is like a FAQ for zone. You will also find the program on the club's website.

The zone parent roster is now live see <http://www.signupgenius.com/go/5080548a8ae22a02-cherrybrook4>.

You need to do a duty for each day you are at Zone. We really appreciate your help, without it the carnival could not go ahead.

An updated zone list is on the website. 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. ABSOLUTELY THE LAST CHANCE TO ENTER ZONE THIS WEEKEND.

Two more Friday nights in 2014 at Greenway Park

Reminder that the last competition night is December 5th, and first week back after the holidays is 9th January.

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 - YOU CAN DO YOUR ACCREDITATION INSTEAD OF A PARENT DUTY AT ZONE - ONE FULL DAY WILL SEE YOU FULLY ACCREDITED!!

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.

State Relays Update

Congratulations to all out athletes who competed at State relays this year. We had 2 excellent days of competition in pretty hot conditions, and many excellent results. Given the high temperatures on Sunday, all the track events were run as either timed finals or straight finals in order to complete events prior to the worst of the hot afternoon temperatures, and we did manage to get all the events completed which was great.

On the junior day, 3 of our 4x100 teams made the finals which is a particularly tough feat, with the U10 girls finishing 4th, the 11 boys 5th and the 10boys 7th. A particular, congratulations to our medal winning teams – the U11 girls HJ/LJ - SILVER, the 12boys 4x100 who ran an awesome race to win GOLD, the 14G HJ/LJ relay (BRONZE), 14G Shot/disc relay SILVER, and senior boys middle distance relay (BRONZE). There were numerous other top 10 results, and fantastic PB's performed. A full report of the State championships will be sent out this week.