

CHERRYBROOK LITTLE ATHLETICS SEASON 2014/2015
NEWSLETTER NO 2
Program 1
FRIDAY 12 SEPTEMBER 2014

How lucky we were with the weather last Friday night for a wonderful introduction to athletics with coaching across a wide range of events. Just as we packed up, down came the rain!! We hope everyone enjoyed the extra coaching and training, and we would like to thank our many senior athletes and coaches for their great help in running the events. Thanks also to Cathy Eaton who co-ordinated the training night. It was a great start to the season.

Trialists

This year we are holding 2 trial periods. The first period will be held this week and next - 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.** You must visit the clubhouse and get a temporary number and pay your trialist fee. This fee covers you for insurance, should there be an injury. Without paying the fee and getting a temporary number you cannot participate.

Do you still need to finalise your registration?

Our registration desk will be very busy with trialists this week. Anyone who needs to finalise a registration should come to the clubhouse **after 6.45pm** this Friday in order to allow us time to process trialists first. Please be understanding as there may be some waiting time this week.

Competition commences with Program 1

This week we start with program 1. This can be found on the Cherrybrook website under the 3 week program tab. Should the night be washed out, then program 1 will occur the following week. This week we will only be allowing 2 trials per athlete at throws and long jump in order to speed the night up.

Uniform:

All athletes are required to wear correct Cherrybrook Little Athletics uniform each Friday night, and **MUST** have their **2014/15 registration numbers and age patches attached (pinned on is fine)** even if your registration number is the same as last year. We need registration numbers at each event to record results.

NOTE THAT THIS YEAR THE IGA PATCH WILL NO LONGER BE PART OF THE UNIFORM

Parents

Please arrive on time. We understand there can be traffic issues etc., however we need helpers to set up and get started on time. Please don't send your child in while you sit in the car. The tasks in running our events are not difficult and your children really enjoy seeing your involvement, and knowing you are supporting and watching them close up. It also makes it very difficult for the age managers to concentrate on teaching and supervising events when people arrive late, or if there are not enough parent helpers. So please arrive on time and get involved!

Please DO NOT BRING YOUR DOG. It doesn't matter how gentle your dog is, with the guns going off constantly, you don't know how it will react. Many children and their toddler siblings are afraid of dogs and so Cherrybrook Little Athletics has a strict no dogs policy. Please leave the dog at home.

This week we would like to ask for **a few volunteers from each age group to bring their smart phone, iPad or tablet with 3G internet access** on Friday evening so that they can be trained on how to **enter field event results** out on the field. Training will take 10 - 15 minutes, prior to events starting, at around 5.30pm. Volunteers should see Jill Ingram at 5.30pm at the Hurdles track table with their smart phone or iPad or tablet with 3G internet for the training.

PARENT ROSTER FOR FRIDAY 12 SEPTEMBER

Equipment Out from 5pm	Canteen & BBQ	Timing Gate Helpers	Timing Gate Pack Up
9 boys and 9 girls	7 Boys and 7 Girls	10 boys & 10 girls	12 Boys &12 Girls

Canteen

Thanks for supporting the canteen last week. This week we will have a meat raffle – so bring a few dollar coins and you could be going home with meat for the weekend BBQ!!

This week’s special is: Chicken Burgers. These will be \$5 each. 100% chicken breast coated in breadcrumbs, lettuce and mayo on a bun.

School Holiday Little Athletics Coaching Clinics

Each clinic is open to athletes U9-U17 and costs \$50 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. There is a cost but it is excellent value at \$95. Follow the link below:

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

Healthy kids required for a research project at Sydney University.

Sydney University is conducting a large research project called the 1000 Norms project to investigate healthy ageing and changes to physical ability as you age. They are looking for 200 healthy kids to take part. They will pay transport to and from the university and you are required only once for 2-3 hours assessment involving strength tests, balance, questionnaires, etc. They will give individual feedback on how your child compares with others on the test parameters. If you are interested have a look here <http://sydney.edu.au/health-sciences/research/1000-norms.shtml> and get in touch with the research convener's.