

CHERRYBROOK LITTLE ATHLETICS SEASON 2014/2015
NEWSLETTER NO 3

Program 2
FRIDAY 19 SEPTEMBER 2014

We hope that everyone enjoyed our first night of competition. If it felt busy it certainly was – we now have over 350 athletes registered at Cherrybrook, and over 50 triallists last week, so there really are a lot of kids to get organized and competing. Please help us out each week by trying to arrive early so that we can get set up and start on time, and please get involved helping out at each of the events. We have 1 more week of triallists this week, then another 2-week trial period in November. No results will be recorded into the system for triallists.

Program 2 this week:

This week we roll over to program 2. This can be found on the Cherrybrook website under the **3 week program tab**. This week we will still only be allowing 2 trials per athlete at throws and long jump in order to speed the night up.

PARENT ROSTER FOR FRIDAY 19 SEPTEMBER

Equipment Out from 5pm	Canteen & BBQ	Timing Gate Helpers	Timing Gate Pack Up
7B and 7G	8B and 8G	Snr boy and Snr girl	9B and 9G

Friday Night coaching:

From this week we will have 2 of our young coaches back each week giving instruction on different events over the course of each night, so please make the most of their expertise. This week there will be coaches at Long jump and hurdles. Over the coming weeks we will rotate the coaches through various events in order to assist our athletes in learning the skills needed to perform at their best.

In addition, the club has received a grant to do additional starts coaching and for the purchase of starting blocks for older athletes which most of you will have seen. 'Starts' coaching will begin **THIS WEEK**, from **5pm-6pm** before the start of Friday night competition, for any interested athletes, at no charge. Meet at the start of the 100m track. Valme Kruger, our coaching co-ordinator will be assisting this week - if you have any other questions regarding coaching then please feel free to have a chat to Valme, or have a look at the coaching section of the Cherrybrook website.

Special guest leading warm up this week:

Michelle Jenneke is a former Cherrybrook Athletics member who recently returned from the Commonwealth Games where she came 5th in the final of the 100m hurdles. Michelle commenced competition with Cherrybrook Athletics in Under 10's and was with the club for eleven seasons. Michelle is still part of the Cherrybrook Athletics community as she trains and coaches with Cherrybrook Coach Mick Zisti.

Michelle will be leading the warm up this week – she will be in her Commonwealth Games uniform out on the oval at 5.45pm so don't miss out!

Michelle recently released a Fitness App called 'Stretch! with Michelle Jenneke' which was made in consultation with a qualified physiotherapist. The App guides the user through a series of warm up, cool down and stretch exercises. It is suitable for both children and adults of most levels of fitness, and is available on the App store and Google play for about \$1.25. To find out more visit <http://stretchwithmichellejenneke.com/>

Two things Michelle would like to share with everyone.

1. Warm up before exercise
2. Cool down and stretch after exercise

Javelin:

As the top oval is not in use for baseball until after the school holidays we will run Javelin each week between now and then – so 3 weeks in a row of Javelin. This is in order to run it safely in good light conditions and is thanks to our good relationship with the Giants baseball club. U12s will commence at 5.30 with Javelin and we will try to have two separate areas to run boys and girls concurrently. Other senior age groups should try and fit javelin in when they can. It may mean taking a vote to split or miss an event.

New Results System:

Thanks to all the parents who came and helped enter results into our new system. As in previous years, there will be no results recorded for last week, but from this week onwards results will be available on the club website. Each family will eventually receive an email login to access their child/ren's results. Please be patient as we all learn the new system – no doubt there will be a few more teething problems, but in the long run you will have quicker access to results. Any personal best or record breaking performances will be automatically flagged, so hopefully the system will really encourage kids to improve their performances each week.

Currently, upgrades to the system that occurred last week have meant that only iPads and 3G tablets can be used for entering field events, so please bring one along if you can to help us get your age-group's results into the system.

A few important things to remember re the results system:

- We will continue to use paper sheets for field events to ensure that we have backup results in case there are issues with data entry or saving + for checking
- Paper sheets need to be put in the tray on the competition HQ table near high jump after they have been entered.
- High jump results must be entered into competition HQ on the laptop, which will be located on the field near high jump on a separate table, rather than onto the mobile iPad app.
- Field events need to be saved **twice** using the "save records" tab as results are entered. Then, any results entered that fall outside an average boundary of 25% will appear in red so that they can be checked before using the key "accept results" which saves all the results
- Please don't talk to the people entering track results at the end of races – it's very distracting, and slows down the speed at which we can get results in and the next race started. You will be able to access those results soon enough!
- Any age groups who do not use the mobile app for field events must come to the high jump table and enter their results onto the laptop.

Jill Ingram will be providing some more training in the clubhouse this week from 5.30 if you would like to attend, so please bring along your iPad or 3G tablet.

Uniform:

It is imperative that all athletes 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. Remember we need registration numbers at each event to record results.

Canteen

Thanks for supporting the canteen last week.

This week's special is: Bacon and Egg.

Purchase any combination of Bacon & Egg or Bacon & Sausage or Egg & Sausage for only \$4. Add a can of drink for a Meal Deal Special of \$6.

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

Becoming an Official:

Next year Little Athletics Australia and Athletics Australia will combine their official's accreditation process. At the moment it involves an online exam (open book and about 20 minutes of time) and 2 sessions of practical to prove your competence across the range of official duties for the event. From next year, however, this will change to a 1 hour exam and FIFTEEN DAYS of practical assessment. Therefore we want to encourage as many as possible to do it now. Your accreditation will transfer across to the national standards. During the school holidays when it is a little quieter at Cherrybrook we will be offering practical sign off sessions in shot put, long jump, high jump, starting and possibly discus. You will be required at one event all night for both nights in order to prove your competence. Each event will be run under full championship conditions – that is measuring after each throw, full description of rules to the athletes and calculating the top 8 (though not actually having them throw/jump another 3 for finals). This is a really good opportunity to become fully conversant with your child's best event and to up skill yourself and help the club in the future.

Once accredited you can officiate at zone, region and possibly state carnivals. Many of us at Cherrybrook already do and find it immensely satisfying.

Go to www.lansw.com.au and click on Online Officials Assessment to start the process. I recommend having two pages open – one with the Rules of Competition found under the Competitions tab and the other is the actual exam.

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.

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

Looking forward to another family friendly and energetic Friday night - see you then!