

**CHERRYBROOK LITTLE ATHLETICS SEASON 2014/2015**  
**NEWSLETTER NO 4**  
**Program 3**  
**FRIDAY 26 SEPTEMBER 2014**

If you are looking for a fun-filled, energy-packed, adrenalin rush for the kids, then we have just what you are looking for! Little Athletics is **on** during the school holidays and we are looking forward to seeing you all out at Greenway Oval this Friday night.

A reminder to all age groups that they need to keep to the order of the program, to help us run events as smoothly as possible. Once again thank you for your help and patience while our 'Learners' come to grips with the new technology and deal with the gremlins that occasionally challenge us. This week we will be running Program 3.

### **Javelin**

Javelin will again be run on the top oval. It is in Program 3, so simply run to program with U12s commencing at 5.30. There will be two separate areas to run boys and girls concurrently.

### **Free Coaching on Blocks Starts and Sprints**

Each Friday night from now on, Cherrybrook is offering FREE coaching concentrating on starting, especially with our newly acquired blocks. This coaching is available from 5-6pm/ Bring your kids to the coaching from U10 and up and then help us set the field up!

### **Parent roster for Friday 26 September**

Equipment out from 5pm	Canteen	Timing Gate Helpers	Timing Gate Pack Up
8B & 8 G	9B & 9 G	6B & 6 G	Snr B & Snr G

### **Canteen**

The canteen is the Club's main fundraiser, so why not make it your Friday dinner destination. All money raised by the Club goes straight back into the Club. We are a not-for-profit, 100% volunteer organization.

This week's special: Beef burgers, with your choice of onion, lettuce, tomato and beetroot, topped off with your favourite sauce, all for a deliciously tasty \$5.

The canteen also has a wide variety of cold drinks, tea, coffee and hot chocolate. Ice-cream spiders are also available.

### **Results**

Last week you would have been sent an email informing you as to how you could access your Little Athletes results.

Visit [www.ResultsHQ.com.au](http://www.ResultsHQ.com.au)

- Key in your registered email and password.
- If you do not know your password or username, click on the link below these boxes on the screen and follow its prompts.
- If you do not know your registered email address send an email to Jill Ingram at [jjj65@yahoo.com](mailto:jjj65@yahoo.com)

## **Becoming an Official**

Earlier this week an email was sent regarding the process involved in becoming an official – we would love you to bite the bullet and do it now! Go to [www.lansw.com.au](http://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.

### Introduction to Coaching Course

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](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

It's still a bit chilly out at night, so remember to bring your jumpers on Friday evening. Looking forward to another great night, see you then.