

**CHERRYBROOK LITTLE ATHLETICS SEASON 2014/2015**  
**NEWSLETTER NO 5**

Program 1  
**FRIDAY 3 OCTOBER 2014**

Little Athletics gives families wonderful opportunities to participate in many ways; from age managers, time-keepers, recorders, cheerleaders and packer-uppers, there is a role for each and every one of us. We encourage and appreciate any help that parents can provide during the season.

**Parent roster for Friday 3 October**

<b>Equipment Out from 5pm</b>	<b>Canteen &amp; BBQ</b>	<b>Timing Gate Helpers</b>	<b>Timing Gate Pack Up</b>
11B & 11G	7B & 7G	9B & 9G	10B & 10G

**Anyone for a new challenge?**

**Starters** - we are in need of more starters to start races on Friday evenings. We require 4 starters each week to cover all tracks and make the night run smoothly. Nicky Jenneke will be providing training for anyone who would be interested in learning at 5.30pm this Friday evening. Please meet Nicky on the oval near the inner track table.

**Officials** - 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.

**Coaching Courses** – you can still sign up for this excellent introductory course at [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 19 October at Rotary Field, Lane Cove West

**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!

**Canteen**

Everyone's favourite special is back.....Chicken Kebabs for \$2.50 each.  
Buy a can of drink and make it a Meal Deal for \$4.50.

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

## **Results**

Thank you to all athletic families for your patience as we master our new timing gates and recording systems.

Results for 19 & 26 September are now available by logging onto the ResultsHQ system.

Results entered into iPads will be available immediately all other results will be available once uploaded after Friday evening competition and should be available by Saturday.

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)

If you have not accessed the results you may like to click on the following link to view a video of what to expect from within the family results area –

<https://www.youtube.com/watch?v=knwjekPU-O4&feature=youtu.be>

Please Note: there is now an option on the home page to view all results.

All age groups have been doing a great job at entering Field Event results either via the mobile app on an iPad or via the computer near High Jump.

If you would like to assist your age group please bring your iPad with 3G internet access. Your age manager will have an instruction sheet in the age manager folder.

If you do not have internet access on your iPad but have internet on your phone you should be able to make a hotspot to your phone.

Please see Jill Ingram at the computer table near High Jump if you require assistance with making a hotspot to your phone or using the mobile app on your iPad or assistance entering the field events on the laptop.

## **Wet Weather - The wet weather number is: 9847-6764**

In the event of wet weather on any particularly meeting night, please phone Hornsby Council's wet weather number listed below after 3.00 pm.

If the Council has closed the grounds, we will not be competing that night. Wet weather updates are also available on the club's website. In all other circumstances where weather is a factor a decision on whether the night will proceed will be made at 5.45pm.

