

CHERRYBROOK LITTLE ATHLETICS SEASON 2014/2015
NEWSLETTER NO 6
Program 2
FRIDAY 10 OCTOBER 2014

A reminder to our U10 and older athletes that they can make use of the free coaching on block starts and sprints again this Friday from 5-6.

This Friday sees us running Program 2. We are certainly well and truly into our season and our Athletes will soon have the opportunity to compete in the State Relays and Zone competitions.

On Tuesday all members received a separate email containing information about all the Little Athletics Championship events during the season. It is important that you read this. Athletics is very different to a team event such as soccer or netball and for a newcomer, a bit more complicated. If you haven't yet read it, please go back and do so. It is a very comprehensive guide to the Championships available. Upon reading the document, please feel free to ask questions. We will also put the Championships newsletter on the website for future reference under the newsletter section.

Gates and Results

You may have seen that we have been having teething troubles with our new equipment. This week a representative of the supplier has installed new software and tested it and we hope this will make the night run smoothly from the beginning. We thank you for your patience and we particularly thank our own volunteer IT guru and committee member, Jill Ingram for guiding us through the process.

Have you checked out your personalized results yet? If you have difficulty following Jill's excellent instructions (do a search in your inbox for her name – jjingram) then it is suggested that you download Google Chrome to use as an alternate browser to access the results. Whilst the results system works on all browsers it was optimized for Google Chrome.

All results whether hand timed or electronically timed have been uploaded into the system. If you have been coming regularly you should see results for every event by now.

Parent roster for Friday 10th October

Equipment Out from 5pm	Canteen & BBQ	Timing Gate Helpers	Timing Gate Pack Up
10B & 10G	6B & 6G	12B & 12G	11B & 11G

Canteen

This week's canteen special is Bacon and Egg Sandwiches for just \$4.

Add a can of drink and make it a Meal Deal for \$6.

As always, the good old snag sandwich is available for \$3.

The weather forecast for Friday is warm so give the kids a treat with an ice cream spider - yum.

Please support the Club's fundraising by buying your dinner at the canteen this Friday night.

State Relay Championships

Saturday 22 November U8-U11

Sunday 23 November U12-U17

Little Athletics has its own teams competition where 4 athletes form teams to compete in track and field events. This competition is held at Sydney Olympic Park for U8-U17s. Cherrybrook is able to put in one team in each category for boys and girls according to the table for the relays available in your age group:

Age		Mixed	**	2 do each	2 do each
U8	4x100	4x200	1x700	Shot/Discus	4xlong jump
U9	4x100	4x200	1x800 #	Shot/Discus	4xlong jump
U10	4x100	4x400	1x800 #	Shot/Discus	Long Jump/High Jump
U11	4x100	4x400	1x800 #	Shot/Discus	Long Jump/High Jump
U12	4x100	4x400	1x800 *	Shot/Discus	Long Jump/High Jump
U13	4x100	4x400	1x800 *	Shot/Discus	Long Jump/High Jump
U14	4x100	4x400	1x800 *	Shot/Discus	Long Jump/High Jump
U15	4x100	4x400	1x800 *	Shot/Discus	Long Jump/High Jump
U17	4x100	4x400		Shot/Discus	Long Jump/High Jump

The Shot/Discus relay and the Long Jump/High Jump relay has 2 athletes doing each discipline. They cannot do both disciplines.

The grey section indicates this relay is mixed gender – 2 boys and 2 girls.

form one relay being one from each age group in a junior day middle distance relay

* form one relay being one from each age group in a senior day middle distance relay

How do you join a relay team?

Click this link to the nomination form, print it, fill it in and bring it either this Friday night or next Friday night. Give it to your age manager who will help the Championships Officers select the teams. <http://www.cherrybrookathletics.org.au/20142015%20Stuff/>

[PDFs/State%20Relays/LANSW%20STATE%20RELAYS%202014%20NOMINATION%20FORM.pdf](#)

Zone Championships 13-14 December, Barton Park, Parramatta

Nominations for the Zone Championships will be available on 24 October for 2 weeks, to make sure there is no confusion between the two competitions. Zone is an individual competition and is the first step on the pathway to the State Championships. You must compete at Zone to achieve the pathway, there is no such thing as a wildcard, no matter how talented you are. In the meantime, go to the Cherrybrook website and under the Championships section, click on zone and have a look at the program so you know which day your preferred events are on. If you haven't competed before I recommend 2 per day as it can be very hot and tiring (particularly for middle distance events). Athletes in the U7-U12 age groups can be selected in up to 4 individual events. Athletes in the U13-U17 age groups can enter 6 events without selection. Read the Championships newsletter again for more details.

Coloured Patches

Cherrybrook has a system of encouragement for children in all age groups called Coloured Patches. These are actual patches that can be sewn onto the back of the uniform and the first level (yellow) can be achieved by absolutely everyone. There are 5 levels. They get progressively harder until the Gold level which is particularly difficult to achieve and is a State standard, achieved by only 5 or so club members each season. All you need to do is go to the Cherrybrook website, click on colour patches and find the page relating to your age group, print it out and put your results on it. You can go for 2 or more colour patches at once, but you can only use each result once. The kids love it – parents check it out and fill it in for the kids – hand it in to the club room. The forms are checked and the patches handed out by age managers with a bit of ceremony (usually) in the following weeks.

Calling all U12-17 parents

Please meet at the announcement area at 5.45pm on Friday to find out about DUAL registration with our seniors club. This is a unique and fun pathway from little athletics to senior's athletics. The presentation will take only 5 minutes and there will be an information sheet available.

Don't pack away that sewing machine yet...

The Jetstar patches (which replace the old IGA ones) have arrived and will be handed out during Friday night competition. Please make sure you receive one as they are compulsory and need to be sewn onto the top left hand side of the athlete's shirt. They are an awkward shape, especially on small uniforms, so you may have to sew them vertically.

Continuing Education

A reminder that we still always need parents to officiate, so if you are interested in learning how to start, time keep or officiate at an event, please speak to a committee member and they will put in touch with the relevant people on the night to show you the ropes.

Sunday 19th of October is the final day that the Introduction to Coaching Course will be held at Rotary Field, Lane Cove. Further information can be found at:

https://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=10471&OrgID=3666&count=1

And for those of you still wanting to achieve an official's accreditation, go to www.lansw.com.au and click on Online Officials Assessment to start the process

This has been a very long newsletter – thanks for hanging in there to the end!!