

**CHERRYBROOK LITTLE ATHLETICS SEASON 2014/2015**  
**NEWSLETTER NO 7**  
Program 3  
**FRIDAY 17 OCTOBER 2014**

We are fortunate again this week to have coaches on call to help our Athletics hone their skills.

**Relay coaching for all this week** - Two coaches will be available from 5-6pm to explain how the circular 4x100m relays work and to give everyone practice. During the competition night, all athletes in all age groups will run a 4x100m race in lanes 5-6. This is the lead up to State Relays – remember nomination forms are due this Friday (more later in the newsletter). Relay coaching replaces blocks and sprints coaching for this week only. Blocks and sprints returns next Friday night. We are keen for everyone to take advantage of the relay coaching.

**Wet Weather**

Hornsby Council allows Cherrybrook to make decisions regarding ground usage in the case of wet weather. Therefore we usually wait as long as possible, as the ground drains really well and often bad weather blows over in the afternoon, leading to a fine evening. However thanks to the wonders of smartphones, if we cancel due to weather conditions at late notice, we will still send a brief email. Always plan to come, however check your email.

**Javelin**

Now that baseball has started on the top oval javelin returns to the discus area. Due to safety javelin will be available from 5.30-6.30 for all comers. If you wish to do javelin, you must do it in this time. After 6.30 the throwing area reverts to discus. We will not run both discus and javelin in the same area at the same time as it is extremely dangerous, especially for the parent helpers. If you need to leave your group and miss an event to do javelin, tell your age manager and re join the group later.

**Parent roster for Friday 17th October**

<b>Equipment Out from 5pm</b>	<b>Canteen &amp; BBQ</b>	<b>Timing Gate Helpers</b>	<b>Timing Gate Pack Up</b>
9B & 9G	11B & 11G	Snr B & Snr G	12B & 12G

**Results System**

You may have noticed things were much improved on all our gated tracks last week, but we still continue to have issues with our outer track. Therefore we would ask EVERY age group to send a parent to the finish line to run a multi timer as a double timing mechanism for all distance races. We need to have accurate times not only to tell the children, but also to select the zone team. We are working with our supplier towards a solution but the double timing will solve the problems for results.

## **Canteen**

This week's special at the canteen - Chicken Burgers \$5 each. Made from Ingham's 100% crumbed chicken breast, with lettuce and mayo on a bun.

Also enjoy a tea, coffee or hot chocolate, plus a wide range of cold drinks.

## **State Relay Championships**

**Saturday 22 November U8-U11**

**Sunday 23 November U12-U17**

Last week, either Cathy or Jenny visited all age groups to talk about State Relays. It is a wonderful team competition and we would encourage you to fill in a form – see below.

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:

<b>Age</b>		<b>Mixed</b>	<b>**</b>	<b>2 do each</b>	<b>2 do each</b>
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 in the same relay, but can do for example long jump and discus – therefore competing in two field relays.

U8-U11 may compete in either track relays or field relays NOT BOTH. This restriction does not apply for U12-U17.

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 this 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>

## **I am away this week, but want to join – what do I do?**

If at all possible bring the form to Cherrybrook on Friday night, but if not, please email a scanned copy of the form, or a declaration which include all the details on the form, including a statement that you understand as a parent, that you need to be present and you will do a duty at the State Relay Championship. (Don't email it, "just in case", as we are volunteers and don't need to print a hundred forms on our home printers).

## **Interested in Becoming an Official?**

You may remember a few weeks ago in the newsletter I described the changing process for officials accreditation at the end of this season. If this has inspired you to become an official this season, but feel that you are nervous about the practical aspect of being an official- then come to an officials training session for most events on **Saturday 8 November at Rotary Athletics Field, corner of Epping Road & Mowbray Road, West Chatswood**. The session will begin at 12.30 with a free BBQ & will make use of the UTS seniors competition who patiently allow our new officials to practice on them. It will conclude about 4pm. This is NOT an accreditation session but an education session. You need to do your C grade online exam to then go onto accreditation at Zone.

## **Zone Championships 13-14 December, Barton Park, Parramatta**

Nominations for the Zone Championships will be available on 24 October for 2 weeks. 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. All newsletters are posted on the Cherrybrook website.

## **Jetstar Sponsorship**

Don't forget to sew on the Jetstar patches (which replace the old IGA ones). If you haven't already received one yet please check with your Age Manage. Please ensure that they are sewn horizontally onto the top left hand side of the athlete's shirt.

## **McDonald's McHappy Day**

McDonald's have introduced #ourfamilypromise for this year's McHappy Day:

- This can be a promise you make with your own personal family, your friends family, your work family or best yet – your Little A's centre!
- Take a photo of your promise or create a social post that represents your promise.
- Make the promise public by posting on your social networks – Facebook and Instagram are preferred.
- **Use the hashtags #McHappyDay #ourfamilypromise in your post.**

Examples of promises include: making sure you laugh at least once every day, eat lunch together, do a good deed a day, the options are endless and can be as simple and easy as you want it to be.

You can also show your support for RMHC by heading down to your local Macca's to purchase a Helping Hand for just \$1 from today, up until McHappy Day. In addition to Helping Hands, you can also make a donation to RMHC when you drop in to your local Macca's on Saturday, 18 October.

McDonald's is the major sponsor of Little Athletics.