

## **CHERRYBROOK LITTLE ATHLETICS SEASON 2014/2015**

### **NEWSLETTER NO 8**

Program 1

**FRIDAY 24 OCTOBER 2014**

**Relay coaching for all this week** - Coaches will be available from 5-6pm to explain how the circular 4x100m relays work and to give everyone practice. Sprints and blocks coaching with Stephen as usual.

#### **Learn Race Walking**

This week for U9 to U17 athletes there is an opportunity to learn Race Walking. Please meet Craig Little at 5:30 this Friday, at the finish line of the Hurdles track. Cherrybrook athletes are able to select walks and compete at zone. Come and give race walking a try this week.

**Starters:** Our lack of starters has been holding us up at a few events. We would love to train up a few more starters so that we can have a roster. Any starters for the night will be given a free sausage sandwich from the BBQ.

#### **Parent roster for Friday 24th 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	6B&6G	12B&12G	9B&9G

#### **Parents - You cannot drop your kids and leave**

Any competitor from U6-U17 without a parent with them is not allowed to compete. This week they will be sat in the club room and parents will be phoned to either come and stay or take them home. On your registration papers you signed a declaration agreeing to be at the ground at all times your child is there. Not only is this a requirement, but it is essential for safety - what if your child gets hurt and you are not there?

Particularly in the older age groups we often don't have enough parents. Groups will not start until enough parents are available to help. Please give us a hand - if you don't know what to do, the kids will likely offer advice!!

#### **Results**

Field events must be recorded on paper as well as being entered into the computer. Please leave paper results in the tray next to the computer or bring to the clubroom. This is necessary so that we can verify any results and records, as well as to ensure that results have uploaded correctly.

#### **Canteen**

This week's special at the canteen - Beef Burgers \$5 each. The usual fine array of food and drink is also available.

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

Nominations for the Zone Championships are now on the Cherrybrook website. These must be handed in by Friday 1 November. Following this date selection begins, so if you miss this date, you will only be put into events that still have slots available, regardless of how talented you are. To be in the selection mix, forms must be in by Friday 1 November.

Put your form in the pink (girls) or blue (boys) folders divided by age. Folders will be either in the clubroom or on the concrete circle where the announcements are made.

The zone program is also on the club website, along with an information for competitors document. These can be found under the Zone tab on the left hand side of the home page.

All athletes at Cherrybrook should seriously consider entering the zone championship. Everyone has the ability to compete against the other 4 clubs and it is a really great fun weekend. The first 6 athletes in each event automatically qualify for the region carnival and then the next best 4 from either of the two eligible zones are additional qualifiers who are notified in the week following the carnival. This means you could come 8th or 9th (provided you were in the final) and still go to region.

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.

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.

**State Relay Championships**  
**Saturday 22 November U8-U11**  
**Sunday 23 November U12-U17**

We still have some relays which are not complete - we really need you to help out to enable these teams to go ahead. Please reply to this email or see your age manager.

We especially need -

1 x U8G for the 700m in the middle distance junior girls relay.  
2 x U8B for the 4x100m  
U11B one more for each of the 4x100 and 4x400  
2 x U11G for LJ/HJ relay  
2 x 13G for 4x400  
1 x 14 800 for 15G for the senior middle distance relay

**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.