

CHERRYBROOK LITTLE ATHLETICS SEASON 2014/2015

NEWSLETTER NO 9

Program 2

FRIDAY 31 OCTOBER 2014

IT'S HALLOWEEN! Come with your Cherrybrook uniform on (you still need your number) and wear fancy dress on top if you like!! All athletes will receive a Halloween treat from the canteen during the night.

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.

Parent roster for Friday 31st October

Equipment Out from 5pm	Canteen & BBQ	Timing Gate Helpers	Timing Gate Pack Up
7B & 7G	8B & 8G	10B & 10G	Snr B & Snr G

Please ensure you do your roster. Each one only comes around a few times per season. Timing Gate helpers - it is a very easy job, all the systems are running very well now and we will train you - in one race you will have learnt what to do. There needs to be 4 helpers from the boys and 4 from the girls - making 2 helpers per track.

Age Managers - you can roster parents in the age group to swap through the night, this is particularly useful in the canteen and BBQ area.

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 - Bacon and egg combinations. 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 this Friday night**. 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.

PLEASE PRINT YOUR OWN FORMS AT HOME FOR YOUR FAMILY AND BRING THEM ON FRIDAY NIGHT.

State Relay Championships

Saturday 22 November U8-U11

Sunday 23 November U12-U17

State Relay teams will be published on the Cherrybrook website by Friday. Please check there to see your teams.

Interested in Becoming an Official?

This season, becoming an official is straight forward - go to www.lansw.com.au to the officials online assessment area, log in and complete a C Grade open book online exam in the discipline of your choice. (Make sure you have a separate screen open with the Little Athletics Rules of Competition - found on the same website under Competitions). Then all you need is two sessions of practical supervised by another official - a session is half a day at zone, or a full Friday night at Cherrybrook. At zone you are required to do a minimum of 90 minutes per day of parent duty anyway, so becoming an official is only slightly longer and you are going to be there so it would be a great opportunity to use the time well.

If you 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.

Unfortunately next season officials accreditation changes and becomes more difficult to get. Please support Little Athletics as a well run organisation and give some time to becoming an official. I am sure you have all seen some dreadful mistakes at school carnivals from untrained officials - you can stop that by stepping over the fence and getting trained.

Trans Tasman Trials

Good luck to any Cherrybrook athletes competing at the Trans Tasman trials this weekend - don't forget you need to wear your Cherrybrook shirt with age patch, Jetstar patch and registration number on the front and the Cherrybrook club number (219) on the back. If you don't have any of these patches, please see Elizabeth Jones our registrar in the club room at the start of Friday's competition. You must also wear RED shorts.