CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016 NEWSLETTER NO 1 FRIDAY 4 SEPTEMBER 2015

Feeling inspired for another season of athletics after the World Championships? Well dust off those shoes...our Little Athletics season start is here. Greenaway Park is in great condition for our first night of Competition on **THIS FRIDAY 4th September**

This week we will be having a special **TRAINING NIGHT** – many thanks to Cathy Eaton who has helped organise a number of our older and previous athletes to come and coach athletes of all ages this week as we get back into the swing of a new season. In many age groups there is a new skill to learn this year with a new event introduced. Those age groups will have a longer time at that new event with the coaches. Below is a link to the special program that we will be running this week. Our focus will be on learning different events and improving technique rather than results as such, so come along, have fun and make the most of the additional coaching this week.

http://www.cherrybrookathletics.org.au/20152016%20Stuff/PDFs/2015%20Training%20night%20program%20Cherrybrook.pdf

Just a reminder that **NO REGISTRATIONS WILL BE ABLE TO BE FINALISED THIS WEEK**, and if you have not finalised your registration and received your 2015/16 number etc. then your child MAY NOT COMPETE THIS WEEK.
From the following week (11/9/14) we will start regular competition, which continues through the school holidays. You can see the 3 week rotating program on the Cherrybrook website. Registrations will be able to be finalised on Friday nights from Sept 11 onwards, beginning at 5pm

TRIALISTS: Remember if you are a trialist you cannot come the next 2 weeks. This year we are holding **1 trial period** of 3 weeks duration **Sept 18th, 25th and Oct 2.** Each trialist can come for **2** of the 3 weeks. You cannot trial on any other Friday evenings. Trialists should arrive at **5pm** on the nights they are trialling to allow time to finalise paperwork.

UNIFORMS will be available for purchase from 5.30 pm this week should you require one – please come early if you need to finalise uniforms. Please either order and pay online via the website. Payment is by cash or cheque only on Friday night. Please ensure that your child has the following attached to their uniform:

- 2015/16 registration number (even if your number is the same as last year)
- Age patch
- New orange Jetstar patch

Spiked shoes As per Little Athletics rules, spiked shoes cannot be worn at all by children in the U6-U10 age groups. Children in U11 and U12 can only wear spikes in laned events, jumps and javelin. Athletes in U13 and above may wear spiked shoes in any running or jumping event.

"Waffles" with rubber soles are fine for all agegroups and events Also, if you have any old spikes or waffles that are I good condition, then please consider donating them to our uniform shop. We then sell them for approximately \$10, with the proceeds going to the club for new equipment etc.

WHAT TO DO ON ARRIVAL EACH NIGHT:

Your child must have their uniform on and have their number at least safety pinned on the front along with their age patch.

Come to the concrete area in front of the clubhouse and look for the age manager of your children. They will be wearing a bib with the age number on it - blue for boys and yellow for girls. They will be on the grass area in front of the light pole.

Parents you need to sign in with the age manager and then be prepared to go with your youngest child on the first night.

All U6 parents must stay with their U6 child each night all season.

Your age manager will direct you to each event throughout the night. Please assist the age managers as required in getting kids safely to each event, and help as required throughout the night.

All athletes MUST compete in the correct agegroup according to Little athletics NSW agegroup guidelines (ie. Age as at 30th September 2015). Under no circumstances are children allowed to compete in a different agegroup (eg with friends). This is an issue of safety and fairness to all athletes and this rule strictly applies at all Little Athletics Centres. There are plenty of opportunities to socialise at the end of the night. If you need further information in this regard, then please discuss further with Jenny Bishop or Elizabeth Jones.

PARENT RESPNSIBILITIES:

Parents must stay for the whole program each week. You can help with your child's age group, by following them around and assisting in measuring, collecting discus, crowd control, safety etc or help with the carnival generally by operating the timing systems, starting, results recording and canteen. There is a duty roster per age group for a variety of jobs throughout the season. This roster is in the club handbook ("Grey Book" on the website) and will be promoted each week in the newsletter. Each age group is responsible for packing up their last event each week. Senior boys and girls is U13-U17 age groups.

Please read the newsletter each week. Athletics is different to team sports and the newsletter is the primary form of communication with members - we tell you about championships, special events and coaching among other things. We will never give your email to a third party.

PARENT ROSTER FOR FRIDAY 5 SEPTEMBER

Equipment Out from 5pm
Canteen & BBQ
Timing Gate Helpers
Timing Gate Pack Up

Senior Boys and Senior girls
U10Boys and U10 Girls
U9 boys and U9 Girls
U11 boys and U11 girls

Field event results: – please bring an **i-pad** if you have one to enter field event results – i-phones will no longer be able to be used to enter results this year. Entering field event results is really very easy, and can be done by any parent in an agegroup. It's a great help to the age managers if a few parents in each agegroup can learn how it's done.

This week the U11, U12 & U13's each have a few field events, so if your child is in this agegroup and you have an i-pad, then please bring it along and learn how the field event results are entered.

CANTEEN:

Each week Cherrybrook operates a canteen and this is our major source of fundraising for the club. We would appreciate you supporting this venture by electing to have dinner with us on a Friday night. To that end we offer sausage sandwiches plus a different weekly special. Prices as follows:

Sausage sizzle -\$3.00.

MEAL DEAL - sausage and can of drink or water - \$5.00

This week's special - chicken kebabs at \$3.00 per kebab.

We also offer snacks, cold and hot drinks, ice cream spiders etc. A full list of items and prices is available on the canteen whiteboard.

New equipment: The committee has been busy over the last 12 months resourcing the club. We will have our timing gates operational this Friday night for their second

season. We will be continually training people in their use and care throughout the season. We ask you to be very mindful of their cost and to value them accordingly. This season we will also enjoy additional fencing and a significant lighting upgrade, particularly in the throws area, and various other new pieces of equipment such as throwing equipment and hurdles.

"THE GREY BOOK"

Below is the link to out "grey book" which is our 2015/16 season handbook. It contains lots of information about the club, committee contacts, season calendar and plenty of information regarding the different events for each agegroup, event specifications and much more. IT also contains our usual 3 week program that will commence Sept 11. Please take some time to have a look through it and familiarise yourself with the contents.

http://www.cherrybrookathletics.org.au/Title%20Pages%20added/Grey%20Book%20 Message.html

Lastly, if you are looking for a day of fun in the September/October School Holidays, Little athletics run a variety of **coaching clinics** for kids aged 8-16 years of age. There are numerous different clinics at various locations – follow the link below to the LANSW website for further details on dates, locations and costs. https://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_image_listing-categoryID=4217&itemLayout=1&headerselector=3&OrgID=3666

Welcome again to the 2015/16 Athletics season – we look forward to many weeks of fun and fitness ahead.

Happy athletics!
Jenny Bishop
Championships Officer Cherrybrook Little Athletics