

CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016
NEWSLETTER NO 24
Program 1
FRIDAY 11th March 2016

And so we head around the track for the **last night of competition this Friday**. What a season it has been! Extreme heat and wet weather saw us miss a couple of competition nights, nonetheless our athletes still managed to put in champion like efforts on the other nights. It has been wonderful to watch our Little Athletes compete with such determination and enthusiasm, while always displaying exemplary sportsmanship. Well done everyone! And remember registration for the 2016/2017 will be open again in August.

Traditionally each age group chooses a novelty event or relay to run (backwards 100's, noodle races, 3 legged race etc – so come with some ideas for a fun event for your agegroup.

Thank You!!

There are many thank-you's that we need to give for the season – to the committee for all their work behind the scenes to keep things ticking over, to our wonderful age managers and age manager co-ordinators who have done a fantastic job running each agegroup week to week. Also, a big thank you to Jill Ingram, as well as our other regular timing gate helpers – Nikki, Ven, Trish, Phil, David and Cate – we really appreciate all your hard work this year that gives us instant results!! Of course we can't forget our regular starters and stand-in helpers for starting our races each week – there are a few too many of you to name, but thanks!! Massive thanks yet again to Karin, Sandra, Lyn and Jeanette+ other helpers in the canteen + Sean on the BBQ each week – how good is it to be able to have a bite to eat at the end of each night?? Well done to our parents and supporters for helping out each week, and of course to our athletes for their wonderful spirit and performances each week – it's been a great season.

Congratulations to all out athletes who attended the State Multi championships in Dubbo this weekend – we had some amazing results – 5 medal winners which is a terrific effort

Some great results already this week from our athletes who are in Perth for the Australian Junior Athletics Championships next week – best wishes to those yet to compete.

COLOURED PATCHES:

Remember to fill out your **Coloured Patch** Achievement Recording Sheets so that we can award patches. You can download these sheets off the website and then hand them in at the clubhouse. Follow the link below to print off your relevant coloured patch form:

http://www.cherrybrookathletics.org.au/Title%20Pages%20added/Coloured_patches.html

then log in to results HQ and find your child's results. Each agegroup is different, so follow the instructions as to how many events you need to achieve a patch. Remember that you can use results from Zone and Region towards patches also.

If you put in a coloured patch form tonight, we will arrange a weeknight where you will be able to collect the physical patch – keep an eye out for an email. Alternatively they will be available at our presentation night on May 15.

If there is an event that you need to complete one of your patches that is not on your program, or you want to attempt a record, please attend the invitationals at the end of the night or speak to your age manager and see if you can hop in with another agegroup if they have that event. You may only do an event once if attempting for a patch (eg. 3 throws/jumps or 1 attempt at a sprint event etc)

If anyone has a question about coloured patches please email or speak to Jen Bishop or Andrew Searle

INVITATIONALS:

There will be an invitational throws this week at 8pm, as well as 200 and 400 this Friday evening. Please come and sign in and write down your PB for the relevant event before 6pm so that we can organize people into races according to times.

These are open to ANY ATHLETE who would like to get in some additional competition, so please COME AND HAVE A GO!!

HAS YOUR CHILD BROKEN A CHERRYBROOK CHAMPIONSHIP RECORD?

In addition to normal competition records, we also have championship records. These are the best performances by our athletes at any of the Little Athletics Championships (Zone, Region, State, State relays, State Multi).

Below is the link to the records which are on the front page of the Cherrybrook website.

<http://www.cherrybrookathletics.org.au/20152016%20Stuff/PDFs/Championship%20Reports/2015%20redbookCHAMPIONSHIP%20RECORDS%20revised%2022.5.15%20%20KS%20W1.pdf>

If you think your child has broken one of these records, please bring with you a list of the event and time/distance achieved and at what Carnival (eg. Fred Smith U8 boys long jump Region 2016 3.95m). You can attach your list to a set of the records in the clubhouse, or give it to your age manager. This will assist us in verifying those records so that we can update them all as it's a big job! If you won't be here this Friday, please email the result to jenbishop@optusnet.com.au

TIMING GATES:

The team from timing solutions worked out quite a few glitches with our timing gates. Shut on wiring. Please take care when taking out and packing up any of our equipment, as most of it is both expensive and breakable!!

PARENT ROSTER FOR FRIDAY 11th March

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

CANTEEN:

This week's special at the canteen is Chicken Kebabs in addition to sausage sandwiches and usual treats.

END OF SEASON FREE TREATS

All athletes are welcome to visit the canteen after their last event to receive a free treat from the canteen

CANTEEN SALE

Lolly bags are on sale this Friday night. Buy two bags and get 1 bag free or Buy a \$1 lolly bag and receive a 50cent lolly bag for free.

ZONE CERTIFICATES

We have a large number of uncollected Zone certificates that will be available for collection over the next few weeks at the beginning of each night – these are in the clubroom on the table.

LOST PROPERTY

There is also quite a bit of lost property, so if you are missing anything please check. Anything un-named will be donated to a charity after next week.

A FEW DATES FOR YOUR DIARIES:

LA's State Championships

These will be held over 3 days Friday 18-Sunday 20th March, This year we have 48 athletes who have made it through to State which is a great effort.

Sydney Track Classic – Saturday 19th March

The Sydney Olympic Park Athletics Centre will welcome some of the most recognizable names in our sport, with athletes including **Dani Samuels** (NSW), **Ella Nelson** (NSW) and **Brandon Starc** (NSW) chasing their qualifier for the Rio 2016 Olympic Games.

This is always a great evening – for more information follow the link below

<http://athletics.com.au/Compete/Events/sydney-track-classic-15>

Clean up time!! The club house is well overdue a good clean-up, so we are aiming to do this over the week of **21 + 23 March**. If anyone has some spare time in the afternoon's of those days, or is already up at the club for training on those days, please speak to one of the committee members, and perhaps you consider helping out for an hour or so

Next Year's Zone Carnival:

Dates have been set for next year's zone carnival which will be **10-11 December at Barton Park**. Please set this date aside for next season

STATE CROSS COUNTRY AND ROAD WALKS IN JULY:

You might be hanging up your spikes, but there is still lots of running and walking left to do.

The State Cross Country and Road Walks will be held on **Sunday, 3 July 2016** at Kembla Joggers Cross Country Park, Darkes Road, West Dapto. There is a \$10 entry fee for this championship (this fee covers both the run and the walk) with entries closing on **Wednesday 15 June 2016**. Athletes in the U7 through to U17 age groups are eligible to enter the State Cross Country. Athletes in the U9 through to U17 age groups are eligible to enter the State Road Walks.

Athletes can enter as an individual or as a team. Come and have a great Sunday morning together with your friends. If you have a minimum of 3 runners in that age group you may even get a medal, Cherrybrook has done well at these championships in the past few years. For further details see the following link

https://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=10566&OrgID=3666

Presentation day

Our annual presentation day will be on **Sunday afternoon 15th May at Dural Country club**. This is a fantastic afternoon where we remember many of the great achievements of the season, give out our season's awards, and you will get the chance to see lots of the great photos as well as some terrific video's from this season. Please set the date aside in your diary.

Best wishes to our athletes competing next weekend at the State Championships at Homebush – we know you will do Cherrybrook proud!

We hope you will all be back again for the new season – other than of course our older U17 athletes – we wish them the very best in the future.

HAPPY ATHLETICS!!