

**CHERRYBROOK LITTLE ATHLETICS**  
**SEASON 2015/2016 NEWSLETTER NO 2**  
**FRIDAY 11 SEPTEMBER 2015**

How lucky we were with the weather last Friday night for a wonderful introduction to athletics with coaching across a wide range of events. The rain held off, enabling us to get off to a great start with our coaching night. We hope everyone enjoyed the extra coaching and training, and we would like to thank our many senior athletes and coaches for their great help in running the events. Thanks also to Cathy Eaton who co-ordinated the training night. It was a great start to the season.

**INTERNATIONAL RESULTS:**

Special congratulations to 2 of our own Cherrybrook athletes who are over in Samoa competing in the Commonwealth Youth Games. Just this week Kristina Moore won a GOLD medal in the discus with a mighty throw of 46.95, as well as finishing a fantastic 4th in the shot put with a great throw of 14.91m. Rachel Pace also won a Bronze medal in the 100m hurdles with a great time of 13.46 Amazing results – well done to both girls!

**PROGRAM 1 THIS WEEK**

Competition commences with Program 1. This can be found on the Cherrybrook website under the 3 week program tab. Depending on how each group is going, we may only be allowing 2 trials per athlete at throws and long jump in order to speed the night up while everyone learns the ropes.

Parents **please arrive on time and stay with your children until competition is finished**. We understand there can be traffic issues etc., however we need helpers to set up and get started on time. Please don't send your child in while you sit in the car. The tasks in running our events are not difficult and your children really enjoy seeing your involvement, and knowing you are supporting and watching them close up. It also makes it very difficult for the age managers to concentrate on teaching and supervising events when people arrive late, or if there are not enough parent helpers. So please arrive on time and get involved!

Please **DO NOT BRING YOUR DOG**. It doesn't matter how gentle your dog is, with the guns going off constantly, you don't know how it will react. Many children and their toddler siblings are afraid of dogs and so Cherrybrook Little Athletics has a strict no dogs policy. Please leave the dog at home.

This week we would like to ask for a few volunteers from each age group to bring their tablet (eg. I-pad or similar) with internet access on Friday evening so that they can be trained on how to enter field event results out on the field. Training will occur throughout the night at field events, starting with the younger age groups.

**JAVEILN:**

As the top oval is not in use for baseball this week, we will run Javelin AT 5.30 ON THE TOP OVAL for U11's and upwards. This is in order to run it safely in good light conditions and is thanks to our good relationship with the Giants baseball club. U11s will commence at 5.30 with Javelin and we will try to have two separate areas to run boys and girls concurrently. Other senior age groups should try and fit javelin in when they can. It may mean taking a vote to split or miss an event.

**PARENT ROSTER FOR FRIDAY 12 SEPTEMBER**

Equipment Out from 5pm	9 boys and 9 girls
Canteen & BBQ	7 Boys and 7 Girls
Timing Gate Helpers	10 boys & 10 girls
Timing Gate Pack Up	12 Boys & 12 Girls

**CANTEEN:** Thanks for supporting the canteen last week. This week's special is: Beef Burgers. These will be \$5 each. Sausage sandwiches, drinks etc will also be available as usual.

## **“THE GREY BOOK”**

Below is the link to our “grey book” which is our 2015/16 season handbook. It contains lots of information about the club, different events and specifications for each age group committee contacts, season calendar and plenty more. It also contains our usual 3 week program, so 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%20Message.html>

## **ELECTRONIC RESULTS SYSTEM**

As in previous years, there will be no results recorded for last week, but from this week onwards results will be available via the results HQ system, the link for which is at the bottom of the Cherrybrook homepage on the left hand side. Each family should login as follows:

Visit [www.ResultsHQ.com.au](http://www.ResultsHQ.com.au) (link on the club website)

Key in the registered email and password that you used for registration

If you do not know your password or username, click on the link below these boxes on the screen and follow its prompts.

If you do not know your registered email address send an email to Jill Ingram at [cherrybrookresults@yahoo.com](mailto:cherrybrookresults@yahoo.com)

Results which are usually available on the Results HQ system by Saturday – there is a message on the homepage when the results are fully uploaded

Any personal best or record breaking performances will be automatically flagged, so hopefully the system will really encourage kids to improve their performances each week. Currently, upgrades to the system that occurred last week have meant that only iPads and tablets can be used for entering field events, so please bring one along if you can to help us get your age-group’s results into the system.

A few important things to remember re the results system:

We will continue to use paper sheets for field events to ensure that we have backup results in case there are issues with data entry or saving + for checking

Paper sheets need to be put in the tray on the competition HQ table near high jump after they have been entered.

High jump results must be entered into competition HQ on the laptop, which will be located on the field near high jump on a separate table, rather than onto the mobile iPad app.

Field events need to be saved twice using the “save records” tab as results are entered. Then, any results entered that fall outside an average boundary of 25% will appear in red so that they can be checked before using the key “accept results” which saves all the results

Please don’t talk to the people entering track results at the end of races – it’s very distracting, and slows down the speed at which we can get results in and the next race started. You will be able to access those results soon enough!

Any age groups who do not use the mobile app for field events must come to the high jump table and enter their results onto the laptop.

If you have not accessed the results you may like to click on the following link to view a video of what to expect from within the family results area –

<https://www.youtube.com/watch?v=knwjekPU-O4&feature=youtu.be>

## **REGISTRATIONS:**

Just a reminder that **REGISTRATIONS WILL BE ABLE TO BE FINALISED THIS WEEK at the clubhouse from 5pm. If registering and paying online, you must have done this by Thursday evening to have your registration processed this Friday.** If you need to finalise your registration, please ensure that you have the following which are all available from the Cherrybrook website:

- receipt from online booking unless paying BY CASH OR CHEQUE
- Volunteer form
- Medical form
- Working with Children check form
- Proof of age if you are new to the club.

**TRIALISTS:** Remember if you are a trialist you cannot come this week. 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 5.30pm should you require one – please come early if you need to finalise uniforms. You can order and pay online via the website. Payment is by cash or cheque only on Friday night.

All athletes **MUST** have 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 age groups and events

Also, if you have any old spikes or waffles that are in 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 age group** according to Little Athletics NSW age group guidelines (ie. Age as at 30th September 2015). Under no circumstances are children allowed to compete in a different age group (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 RESPONSIBILITIES:**

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.

**Enjoy our first night of competition. Happy athletics!**

Jenny Bishop  
Championships Officer Cherrybrook Little Athletics