

CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016
NEWSLETTER NO 12
Program 2
FRIDAY 13 November 2015

Rain! Rain! Stay away!!! This week we will be running program 2. Please check the website if the weather is looking dubious. A message will go onto the website by 5pm if the night is going to be cancelled...fingers crossed for lots of sunshine!!

There will also be **State relay training for all 4x100 athletes at 5.30 this Friday**, and throughout the night on Friday regardless of whether competition is on, as long as the outer track is safe to use. We will also be training during your agegroup's 400m event. Relay teams should meet at the cricket nets when their agegroup goes to their 400m. Check the website if it is raining. There will also be midweek relay training on Wednesday from 5.30-6pm so please try and make it if you can.

Can all athletes (and their parents) who have nominated in **walks for Zone** please meet Craig Little at 5.50pm near the clubhouse entrance to go through rules and suggested training drills for Zone

INVITATIONALS THIS WEEK

This week we will be running various invitationals at 8pm:

Invitational 200m and 800m – go to appropriate start area at 8pm.

Invitational Javelin at 8pm at the far discus cage FOR THOSE ATHLETES WHO HAVE NOMINATED IN JAVELIN FOR ZONE (The top oval remains un-available for javelin).

Invitational Shot Put – go to the shot put circle near the Cricket nets at **8pm**

Please **SIGN IN FOR INVATIONALS AT 6PM ON THE CONCRETE AREA** WHERE ANNOUNCEMENTS ARE MADE

ZONE CHAMPIONSHIPS: Barton Park Parramatta 12th and 13th December

IT'S NOT TOO LATE FOR NOMINATIONS.

Thanks to all those people who put in nomination forms for Zone. We have about 185 nominations so far which is terrific. There is still a chance to nominate for events that are not full in the U7-U12 agegroups, and for any event in the U13-17 agegroups. After this week we can only make limited changes to Zone teams, but we would love as many athletes as possible to compete. It would be great if we can crack the 200!!

Here is the link to events that are still available for the younger agegroups.

<http://www.cherrybrookathletics.org.au/20152016%20Stuff/Zone/2015%20ZONE%20SLOTS%20AVAILABLE%20as%20at%20week%202.pdf>

All events are available still to athletes in U13-17

If you would like to nominate for any of the events still available please do so **by this Friday**. Either bring forms to the clubhouse or email them to jenbishop@optusnet.com.au

Nominations for remaining available events will be allocated on a first in first served basis.

The list of Zone athletes competing is on the Cherrybrook website. PLEASE CHECK THAT YOUR CHILD'S EVENTS LOOK CORRECT. IF THEY ARE NOT ON THE LIST THEY HAVE NOT BEEN NOMINATED, AND WILL NOT BE ABLE TO COMPETE AT ZONE.

THESE FORMS WILL BE UPDAED AGAIN IN THE NEXT DAY. Changes that have been made over the last couple of days may not be on these forms yet, but please check again on Friday. Email any queries to jenbishop@optusnet.com.au

U 7-U 12:

<http://www.cherrybrookathletics.org.au/20152016%20Stuff/Zone/2015%20Cherrybrook%20zone%20team%207%20nov.pdf>

U 13-U17

<http://www.cherrybrookathletics.org.au/20152016%20Stuff/Zone/2015%20zone%20entry%20template%20U13-U17.pdf>

Zone Timetable of events:

<http://www.cherrybrookathletics.org.au/20152016%20Stuff/Zone/North%20Met%20Zone%20Program%202015%20V2.pdf>

PARENT ROSTER FOR FRIDAY 13 NOVEMBER

Equipment Out from 5pm	Canteen & BBQ	Timing Gate Helpers	Timing Gate Pack Up
12B & 12G	SnrB & SnrG	9B & 9G	11B & 11G

CANTEEN

This week our canteen will be serving up Beef Burgers

STATE RELAYS

Please ensure that you are familiar with the time of your event/s, and remember to arrive at least 1 hour before the call time (+ allow at least 1 hour of travel time to Campbelltown)

Relay Team managers:

If you have been contacted about being a team manager for state relays, can you please ensure that all 4 members of your child's team are aware of what time the team needs to be at Campbelltown, and that they all have correct uniform (2015/16 registration number, orange Jetstar patch, age patch and "219" centre number)

The link sign up Genius Roster will be emailed out on Friday evening – remember that you need to do a duty for each day that you have children competing at State relays, so please sign up early to have a choice of a time that best suits you.

REMINDER ABOUT SPIKES

Spikes may only be worn by those athletes in U11's & U12 in fully laned events and field events. This applies to U 12 athletes competing at Senior State relays in middle distance and 4x400 events where the U12 athletes are not permitted to wear spikes. U13's and up can use spikes for all track events except walks and appropriate field events.

No athletes in U7-U10's are permitted to use spikes.

Those athletes in U11's and up using spikes at track events at SOPAC this year (ie. at State) will be required to use Starting blocks in sprints, hurdles and 400m events.

UNIFORM SHOP:

Don't forget that we have Cherrybrook caps available for \$15. These will be particularly useful at State relays and zone, so come and buy one this Friday!

COMING WEEKS:

Next week we will be running another training night, with each age group going through their program of events, but with an emphasis on training and improving techniques. So come along and make the most of some additional coaching tips. More information in next week's newsletter.

The following week we are running a "multi event" night, where each age group will do a modified program of 4 events across all disciplines (sprint, distance, jump and throw). Athletes will accumulate a point score based on performance, similar to at State multi. So come along and enjoy!

HAPPY ATHLETICS!