

**CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016
NEWSLETTER NO 8**

Program 2
FRIDAY 16 OCTOBER 2015

PROGRAM 2 THIS WEEK:

This week we are running program 2
Unfortunately we will not have access to the top oval, so no Javelin this week.

CLUB PHOTO NIGHT THIS FRIDAY:

Photos of the various age groups will be taken during competition this Friday night. We will start with a whole club photo just before the kids go to warm up, and then go through the age groups starting with the u6's at 6.05pm, going in 10 minute slots from there, so please bring your best smiles this week J, and please try and be at the oval a little earlier if you can.

Photo timetable:

Whole club – before warm up around 5.55pm

U6 6.05
U7 6.15
U8 6.25
U9 6.35
U10 6.45
U11 6.55
U12 7.05
U13 7.15
U14 7.25
U15 7.35
U17 7.45

Invitational events starting this week with 100m at 8pm

We are going to start running invitational events this week for interested athletes. This week we will have invitational 100m at the end of the program around 8pm. For invitational races, we will run children of different agegroups mixed together, based on their Cherrybrook PB.

The idea of these races is to give our athletes a chance to compete against other athletes of similar ability, and to give some additional practice at close competitive racing leading up to the various championships. Over the 3 programs, we will run a variety of invitational events (sprints, middle distance and field events), so check the newsletter each week to find out what is on. We will run invitational 100m next week also, which should assist us in choosing teams for relays where we have more than 4 nominations. It's also a great chance to watch some really competitive racing, so come over and watch and cheer our athletes on.

Invitational times may be used towards patches, but NOT for agegroup records, as these must be achieved running with your own agegroup.

Interested athletes should come at 8pm:

U9-U11 to the hurdles track
U12+ to the 100m track.

We will also have an invitational 800m this week – meet at the outer track finish line at approx. 8pm

Next week with program 3 we will have Shot put and Discus + 100m.
For more information, speak to either Craig Little or Jenny Bishop

CANTEEN

This week's special is: Beef Burgers for \$5, so join us for dinner at the end of the program

UNIFORM SHOP:

Polar fleeces and running caps are now available from the uniform shop. Fleeces are \$35 and caps \$15. Please bring cash or cheque on Friday evening, or pay online prior to coming on Friday night.

Sean,

CHAMPIONSHIPS INFORMATION: State relay nominations close this Friday State relays – Campbelltown Athletics Centre, Lumeah

Junior day U8-U11 Saturday 21 November

Senior Day U12-U17 Sunday 22 November

Nominations will close THIS FRIDAY October 16 so this week is your last chance to hand in nomination forms. If you are going to be away this week, please email them to jenbishop@optusnet.com.au by Friday. Age managers will have nomination forms available from this Friday. Completed forms should go in the folder which will be on the concrete area where the announcements happen at the beginning of the night.

Trans Tasman – for U11 and U12 athletes only

Trans Tasman is a fantastic opportunity for Children from the U11 and U 12 age group to travel to Auckland New Zealand for a wonderful cultural and athletics experience.

Nomination forms for the Trans Tasman Tour to Auckland are now available on LANSW website in the COMPETITION section. There are no Trials being held this year, so when nominating athletes must include, on the relevant form, their performance (between 1 October 2014 and 21 October 2015) for their nominated events. These performances will be verified by LANSW. Selectors will then select the team based on these verifiable performances. Cherrybrook athletes wanting to use Cherrybrook results on their forms should use cherrybrookresults@yahoo.com as their contact email

Nominations close at the LANSW office on **Wednesday, 21 October 2015**.

See link below for further information:

https://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=10567&OrgID=3666&count=1

Zone championships – Barton Park Parramatta

Saturday and Sunday 12-13 December.

Nominations will open next week for athletes U7-U17. See information on the clubs website. More information next week's newsletter.

PARENT ROSTER FOR FRIDAY 9 OCTOBER:

Equipment Out from 5pm	Canteen & BBQ 6-8:15	Timing Gate Helpers	Timing Gate Pack Up
9B and 9G	11B and 11G	Snr B and Snr G	12 Boys and 12 girls

2015/ 2016 VOLUNTEERS ROSTER:

The following parents are volunteering this week. Our children can only compete if we have enough parents to help run the events. Many parents help out every week, but would welcome your assistance. So please pitch in whenever you can.

TRACK	PROGRAM TWO	
INNER TRACK	George or Lilly Georgescu Torie Cannon	
OUTER TRACK	Katrina McIlwraith Namz Ginwala	
SPRINTS TRACK	Dave Morrison Janine Tavner	
HURDLES TRACK	Paul or Kathy Haigh Paul Garufi Srichandrika murali	

All starters are asked to sign in at the Sign in Table near the BBQ and then make their way to their track area and collect the starting gear from the red box at the finish end of the track and then take their place at the start line, ready for the arrival of athletes for the first race.

If another starter has already signed in on your track, please check if a starter is required on another track and if not, negotiate sharing the starting duty with the other rostered starter on your track, or assist at the track as a Marshall.

TIMING GATES ROSTER - Timing Gate Helpers should contact Jill Ingram on 0420589148 with any questions or to inform her they will not be attending on their rostered session.

TRACK	PROGRAM TWO	
INNER TRACK	Nicci Fryberg Shamilka Ekanayake Nicola Craig	
OUTER TRACK	Jim Morige Phil Lampert	
SPRINTS TRACK	Amanda/ Scott Dougall Sarah Finlayson Ven Collett	
HURDLES TRACK	Rommel Pandex Christina Roberts David Cowell	

All Timing Gate Helpers/Recorders are asked to sign in at the sign in table near the BBQ and then make their way to their Timing Gate, in time for the start of the first event on the track. If another Track is short of help, you may be asked on the night to help at an alternate Track.

BBQ AND CANTEEN ROSTER

TIME SLOT	PROGRAM TWO	
CANTEEN		
6PM – 7.30PM	Heidi Bourke Browyn Castle Jeanette Boyton	
7.30PM – FINISH	L Schnell Cathleen Anthony Joanne Tang	
BBQ		
6PM – 7.30PM	Lachlan/Jade Gill Laura Yang	
7.30PM - FINISH	Peter Hayes Michael/Jacui Heaton	
<p>All Canteen and BBQ helpers are asked to sign in at the canteen . Helpers on the last shifts are asked to remain until the last customers have been served and help with the cleanup and packing away of the Canteen and BBQ</p>		