CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016
NEWSLETTER NO 5
Program 3
FRIDAY 2 OCTOBER 2015

Hopefully the weather will hold for Little A's this week. Again we usually have fewer athletes during the holidays, particularly with the long weekend, so please help out with setting up, packing up, picking up the slack where necessary – we will need all hands on deck. We greatly appreciate the help that everyone gives week to week.

Program 3 this week:

This week sees our athletes completing program 3. This can be found on the Cherrybrook website under the **3 week program tab**.

TRIALISTS:

All trialists, please remember you need to sign in again & get the T on the child's hand. There will be a list for you to tick against your name in the clubhouse.

If you are doing your first trial week this week please remember to bring a completed medical form for each child - available on our website - and the $30 cash per child. You can sign in at the clubhouse from 5pm.

Championships information:

The Cherrybrook website contains quite a bit of information regarding the various Little athletics championships – follow the link below
http://www.cherrybrookathletics.org.au/Title%20Pages%20added/LAs%20Championships.html

Below are a couple of dates to set aside in your diaries:

State relays – Campbeltown athletics Centre, NOT SOPAC

Junior day U8-U11 Saturday 21 November

Senior Day U12-U17 Sunday 2 November

We will open nominations this week. Nominations will close October 16 so agegroups have a couple of weeks to organise teams. Further championships information will follow in a separate email. 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.

Zone championships – Barton Park Parramatta

Saturday and Sunday 12-13 December

Trans Tasman – for U11 and U12 athletes only

Trans Tasman is a fantastic opportunity for Children from the U11 and U 12 agegroup 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

or speak to Jenny Bishop who has experienced Trans Tasman both as an athlete (yes, it has been going that long!!) and more recently as a parent in 2012.

ELECTRONIC RESULTS SYSTEM

Results are available via the results HQ system, the link for is at the bottom of the Cherrybrook homepage on the left hand side. Each family should login as follows:

Visit 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

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

Any personal best or record breaking performances will be automatically flagged when results are entered, so hopefully the system will really encourage kids to improve their performances each week.

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.

Cate Grace will be doing training for anyone who wants help entering field event results. People can phone Cate during the evening on 0411 347 363 if they need help or training and she will come to their age group.

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 black bag 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

NEW REGISTRATIONS:

If you need to finalise your registration to the club and collect your registration number & patches, please come to the clubhouse from 5.45pm with all your relevant paperwork - 3 completed forms and proof of age documentation.

If you are new to Cherrybrook, please bring some safety pins with you so that you can attach the registration number to your uniform.

THROWING EVENTS:

We remind age managers and parents that they need to be vigilant and remind athletes not to run around at the Discus cages and shot put. Safety must always be our first priority and athletes need to be particularly vigilant out near the throwing areas. Athletes and parents need to stand well behind the cages/throwing circles during throws.

There will be no Javelin this week due to baseball using the top oval.

PARENT ROSTER FOR FRIDAY 18 SEPTEMBER:

Equipment Out From 5pm	Canteen 6.00-8.15pm	Timing Gate 6-8pm	Timing Gate Pack Up End of competition
8B and 8G	9B and 9G	6B and 6G	Snr Boys and Snr girls

2015/ 2016 VOLUNTEERS ROSTER:

Thank you to those members who volunteered to assist with specific duties this season at Cherrybrook Little Athletics. Please Check the Duty Roster Tables below to see where you have been assigned a Friday night duty. Parents should also feel free to volunteer on these duties on dates they are not rostered. Should a parent miss their rostered duty we simply ask that you offer your assistance on the next occasion that you attend.

TRACK STARTERS ROSTER - Track Starters should contact Nicky Jenneke on 0448407716 if they have any questions and should email Nicky if they cannot attend on their rostered Friday night with a simple message with their name and 'Unavailable'.

TRACK	PROGRAM ONE	PROGRAM TWO	PROGRAM THREE
INNER TRACK	Jasmine Miletich Brian Condon	George or Lilly Georgescu Torie Cannon	Jasmine Miletich Brian Condon
OUTER TRACK	Philip Smillie Phillip Davidson	Katrina McIlwraith Namz Ginwala	Philip Smillie Alison Barry
SPRINTS TRACK	Colleen Reid Janine Tavner	Dave Morrison Janine Tavner	Collen Reid Dave Morrison
HURDLES TRACK	Mark Shackley Paul Garufi	Paul or Kathy Haigh Paul Garufi Srichandrika murali	Paul or Kathy Haigh Mark Shackley Nicholas Walter Rogencamp
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 ONE	PROGRAM TWO	PROGRAM THREE
INNER TRACK	Nicci Fryberg Nazreen Hameed Martin Bradshaw	Nicci Fryberg Shamilka Ekanayake Nicola Craig	Nicci Fryberg Kim McBaron Anna Roberts
OUTER TRACK	Rupesh Shah Yue Ann Yang Phil Lampert	Jim Morige Phil Lampert	Alison Carter Phil Lampert David Cowell
SPRINTS TRACK	Lesley Maher Ven Collett	Amanda/ Scott Dougall Sarah Finlayson Ven Collett	Lyndal Harrison Ven Collett Martin Bradshaw
HURDLES TRACK	Elise Roffe Gireesha Pinnagoda Sarah Polito	Rommel Pandex Christina Roberts David Cowell	Trish Hirst Simone or Peter Bowrey Elise Roffe
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 ONE	PROGRAM TWO	PROGRAM THREE
CANTEEN			
6PM – 7.30PM	Liz James Juan Zhang Jeanette Boyton	Heidi Bourke Browyn Castle Jeanette Boyton	Deanne Uy Lisa Bae
7.30PM – FINISH	Jacqueline Everett Dongmei Wu Lillian Patterson	L Schnell Cathleen Anthony Joanne Tang	Helen Wilson Minah Kim Jeanette Boyton
BBQ			
6PM – 7.30PM	Anthony James Adrian/Nicole Cherry	Lachlan/Jade Gill Laura Yang	Mira Dixit Spencer Bailey
7.30PM - FINISH	Mark Johnston Jason Abraham	Peter Hayes Michael/Jacui Heaton	Daniela Fattoretto
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			

CANTEEN

This week's special is: Chicken burgers $5 + the usual sausage sandwiches, drinks etc.

DUAL ATHLETES:

Registration is open for Dual athletes. Athletes can register with Cherrybrook for Athletics NSW as seniors. This allows you to compete in Athletics NSW events on Saturdays such as Treloar Shield and Senior Club Championships. For little athletes it costs only $25. Speak to Craig Little or Jenny Bishop or Seniors Registrar Karin Webb. Follow the link below to register as a Dual athlete.

http://www.cherrybrookathletics.org.au/20152016%20Stuff/PDFs/Reigistration%202015-16/Cherrybrook%20Senior%20Registration%202015-16.htm

Happy Athletics!
Jenny Bishop
Championships Officer