

CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016
NEWSLETTER NO 13
FRIDAY 20 November 2015

This weekend sees the first of our major competitions, the Little Athletics State Relay Championships to be held in Campbelltown on Saturday (U8-U11) and Sunday (U12-U17). Cherrybrook will be well represented over the two days and we look forward to some very exciting relays. It has been a huge task to organize - thank you to Jen Bishop, Daven Timms and Trish Hirst who have worked tirelessly to get all the teams organized and entered. Good luck to all the athletes, hope they have fun and compete to the best of their abilities.

The weather has gone from one extreme to another, and is forecast to be particularly hot on Friday (current prediction is about 40 degrees) so please check the website if it's still very hot late in the afternoon. Plan to bring extra water bottles, sprayers etc to keep cool.

COACHING NIGHT THIS WEEK:

This week we will run a coaching night, similar to week 1. The emphasis will be on improving technique, and learning new skills. We will run through the events of program 2 for each agegroup, in approximately 20 minute slots, aiming to finish just after 730 to allow our State relay teams an early night. There will be no points awarded this week, and no events recorded, but come along and make the most of additional coaching. We ask all parents to lend a hand, so that our children can get the best out of the night. There will be no Javelin this week.

PARENT ROSTER FOR FRIDAY 13 NOVEMBER

Equipment Out from 5pm	Canteen & BBQ
SnrB & SnrG	6B & 6G

CANTEEN

This week our canteen will be serving up Beef Burgers, as well as all the usual drinks and other goodies

ZONE:

Our zone entries have been put in and processed. There is now a document on the front page of the website with our official Zone entries. **CAN ALL PARENTS PLEASE FOLLOW THE LINK AND CHECK YOUR CHILD'S ENTRIES FOR:**

1. Name spelling
2. Rego number
3. Events listed

Email any questions or corrections to jenbishop@optusnet.com.au. We have until Saturday 28th November to make changes, so if you have forgotten to put an entry in or wish to change an entry where there is still space in an event, then please email Jenny ASAP.

WE HAVE HAD ATHLETES MISS OUT ON EVENTS IN THE PAST BECAUSE INCORRECT EVENTS WERE NOMINATED OR ENTERED, SO PLEASE CHECK FOR EACH OF YOUR CHILDREN

<http://www.cherrybrookathletics.org.au/20152016%20Stuff/Zone/Cherrybrook%20Zone%20team%20entries.pdf>

STATE RELAYS

Relay training will take place this Friday evening at 5.30 for the 4x100 teams. Please be there on time (ie arrive by 5.15 if you can so the kids can do a warm up before training starts). Baton changing is one of the most important aspects of relay running, and crucial to the success of 4x100 relays.

If anyone in the **4x400 teams can come to the 400 finish line at 5.55** we will go through procedures for 4x400 baton changes also.

Other reminders to State relay athletes will be emailed to the team separately.

Coloured Patches

Congratulations to the following recipients of coloured patches so far this season: - they come in order – Yellow, green red, blue and gold. Below is listed the highest level patch achieved by each athlete so far – so if red is listed, it means they have achieved yellow, green and red....well done . Remember to go to the website and download the appropriate form for you agegroup. Use the results HQ to table your results, and bring it in to your age manager, or the box in the clubhouse.

SAMANTHA BUDDEN	RED
SARAH-ANNE KOOT	GREEN
JAMES LUBRANO	GREEN
HARRY UY	GREEN
VICTORIA BUDDEN	RED
ZACHARY BUDDEN	RED
HARLEY GRACE	GREEN
THOMAS BISHOP	RED
KAYLAH BENNETT	RED
TAHLIA GEELAN	GREEN
ETHAN GEELAN	GREEN
ZACH SEMAGANDA	RED
RHIANNON CASTLE	GREEN
LILLY HAYHURST	RED
ISLA CASTLE	GREEN
BRONSEN BROWN	BLUE
SAMANTHA PALOZZI	YELLOW
JAX BROWN	RED
ADRIAN WONG	RED
JESSICA PALOZZI	YELLOW

Next week (Nov 27) we will be running a special multi event night – more information in next week's newsletter

Best of Luck to our State relays teams

GO CHERRYBROOK!!