

**LITTLE ATHLETICS SEASON 2015/2016**  
**NEWSLETTER NO 14**  
**FRIDAY 27 November 2015**  
**Program 2**

Congratulations to everyone involved in the State Relays this past weekend. The weekend saw great competition, great team spirit, many PB's and of course a few medals! As always Cherrybrook athletes gave of their best, demonstrating wonderful sportsmanship and determination.

Given the lack of competition over the past 3 weeks we have postponed our Club Multi Event Night until January - more information closer to the date. So, we are back to Program 2 this week - hopefully 4th time lucky?? – at least the weather forecast looks promising!!

**INVITATIONALS:**

There will be invitational 200 and 800 this week at 8pm – meet at the 200 start or 800 finish

Also please note that next week (Dec 4) is our last competition night of the year, as there is no Friday night competition the night before the Zone championships (12th and 13th December). We will resume competition on January the 8th 2016.

**PARENT ROSTER FOR FRIDAY 27 NOVEMBER**

Equipment Out from 5pm	Canteen & BBQ	Timing Gate Helpers	Timing Gate Pack-up
6B & 6G	7B & 7G	Snr B & Snr G	Snr B & Snr G

**CANTEEN**

This week our canteen will be serving up Beef burgers \$5 as well as the usual drinks, snacks etc.

**ZONE CHAMPIONSHIPS – 12-13th DECEMBER AT BARTON PARK**

**Please read all of the following section below as there have been issues with some zone entries:**

This week is really the last opportunity to put in or alter Zone entries. Entries or changes must be given or emailed to Jenny Bishop by 8pm Friday.

**CAN ALL PARENTS WHO HAVE ENTERED THEIR CHILDREN FOR ZONE PLEASE CHECK THE ZONE ENTRY SHEET ON THE FRONT PAGE OF THE WEBSITE (LINK BELOW)**

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

Please check:

1. Name including spelling
2. Correct registration number
3. Events entered
4. Start times of events\*\* READ BELOW

\*\*Please note that there has been an issue at a zone level with the “meet manager” template that has created the list on the website. In particular it seems that the listed start times for 800m events have been incorrectly listed, and some of the Start times listed on that document are LATER than the correct start time (AS THE FINAL TIME RATHER THAN THE HEAT TIME HAS BEEN INCORRECTLY LISTED)

Below is a link to the Zone timetable.

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

**THE CORRECT START TIMES ARE THOSE LISTED ON THE ZONE TIMETABLE, SO PLEASE EACH FAMILY SHOULD PRINT OFF THE TIMETABLE, AND HIGHLIGHT YOUR CHILD’S START TIMES**

If anyone is unsure about start times of events, or finds discrepancies other than for 800 times please contact Jenny Bishop by Friday evening. We are awaiting an updated team list which will be put on the website once corrected.

### **COACHING**

We are very fortunate to have a number of experienced and dedicated coaches. For guidance on training needs or for general information regarding coaching please contact our Coaching Coordinator, Valmé Kruger (mobile 0402 126 060), or follow the link below to the coaching section of the website which gives specific details of times and disciplines:

<http://www.cherrybrookathletics.org.au/Title%20Pages%20added/Coaching.html>

Please contact coaches before attending your first session to check availability in their squads, fees and to determine which session would best meet your athlete’s needs.

### **Coaches:**

**Valme Kruger:** Middle distance and Cross country. Enquiries: 0402 126 060

**John Sharpe:** Jumps, throws, Sprints/hurdles training Enquiries: 0407 070 758

**Mick Zisti:** Sprints and Hurdles Training Enquiries: 0434 110 872

**Georgia Huggett** Middle Distance and Cross Country Enquiries: 0439 414 730

**Looking forward to getting back on the track this week!!**