

**CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016
NEWSLETTER NO 10**

Program 1

FRIDAY 30 OCTOBER 2015

PROGRAM 1 THIS WEEK:

This week we are running program 1.

We will be holding our invitational 400m and high jump event at 8pm.

For those athletes wanting to participate in the High Jump, heights are as follows:

U 9 & 10: PB: 1.10m+

U 11 & 12 PB: 1.25m+

U13-17G PB: 1.35m+

U13-17B: PB : 1.40m+

Any questions please speak to Jenny Bishop

PARENT ROSTER FOR FRIDAY 30 OCTOBER:

| Equipment Out from 5pm | Canteen & BBQ 6-8:15 | Timing Gate Helpers | Timing Gate Pack Up |
|-----------------------------------|-------------------------------------|--------------------------------|--------------------------------|
| 7B and 7G | 8B and 8G | 10B and 10G | Snr Boys and Snr girls |

CHAMPIONSHIPS:

**ZONE CHAMPIONSHIPS Barton Park, Parramatta, Saturday 12 & Sunday 13
December 2015**

GENERAL NOMINATIONS CLOSE THIS FRIDAY

Athletes will be entered only if they fill in a nomination form. **Zone nomination forms are available on the website now, and nominations will close Friday October 30.**

Follow the link below and print a form:

<http://www.cherrybrookathletics.org.au/20152016%20Stuff/Zone/2015%20ZONE%20NOMINATION%20FORM.pdf>

The North Metropolitan Zone Championship is the first step on the way to the State Championship in March 2016. **You MUST compete at zone in order to qualify through to Region and then qualify through to the State Championship.**

Zone Championship is open to all athletes from U7-U17. Athletes in the U7 age group do not progress any further and receive medals if they come 1st, 2nd or 3rd at Zone.

Athletes from **U7-U12** can only compete in **4 individual events** and are subject to selection, via a nomination process. Therefore your nominated event preferences will be taken into consideration. **In these agegroups, Cherrybrook is only able to put 5 athletes into each event at zone.** This is generally done based on best performances within the age group, although the Championships Officers will do their best to allow all nominating athletes the chance to compete in at least one event.

Athletes from **U13-U17** may compete in up to **6 individual events** and are not subject to selection. We can enter as many athletes as nominate. (This is because there are less senior athletes registered and competing, and events are rarely full).

Athletes who place in the top 6 in any event automatically qualify to the Region Championship. Athletes who are deemed to be the next best 4 from either of the two zones in our region will be notified in the week following the Zone Championship. Therefore you will know well before Christmas regarding additional qualifications through to the Region Championships.

WHAT TO DO WITH ZONE NOMINATION FORMS:

There will be 2 folders to file forms into by agegroup

Pink folder for girls

Blue folder for boys

These will be on the concrete circle where announcing takes place.

Please file your child's nomination form into the appropriate folder

Further Zone Championships information including the timetable of events is available on the Cherrybrook website, on the left hand side of the home page under Zone, or follow the link:

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

STATE RELAYS

Teams are almost finalized for State relays, and will be posted on the Cherrybrook website over the weekend. General nominations have closed for State relays, however a few teams still need athletes to fill teams:

U9 Girls 4x100 relay

U 11 girls 4x400

U13 girls 4x100m and 4x400m

U 14 boys 4x100

U15 boys 4x100

Please email Jenny Bishop or speak to her, or Trish Hirst or Daven Timms this Friday if you are interested.

COLOURED PATCHES:

The club has a coloured patch award program, under which athletes are eligible to receive different coloured patches once they have met specific performance standards across a number of events.

The athlete (or parent) must complete and submit a performance sheet to receive each coloured patch, which can then be sewn onto their uniform.

Performances can be achieved at any LAs event including Gala Days and championship events (where the result can be verified).

There is a gradual progression from one set of standards to the next and levels commence at Yellow progressing through Green, Red and Blue up to Gold. The Gold level standards reflect performances at the highest level, very close to State times or distances, and are hard to achieve.

The patches are available to athletes in the U7 – U15 age groups. The Coloured Patch achievement performance sheet for each age group is available on either the club's website or through age managers. Follow the link below, then find the appropriate agegroup and print off a sheet.

http://www.cherrybrookathletics.org.au/Title%20Pages%20added/Coloured_patches.html

When your child has achieved a particular level please place the performance sheet with details of the level achieved in the designated box in the club room. After verification, the appropriate level award patch will be placed in the Age Manager's File to be presented to your child.

CANTEEN

This week's special is: Chicken Kebabs. Please support the canteen and join us for an easy Friday night dinner.

Evening in Memory of Greg Collett:

Many of you will fondly remember Greg Collett who was an age manager at Cherrybrook for many years. A fundraising evening for the family is being held in memory of Greg on Friday Night 20th November at Castle Hill RSL. For more information please speak to Ven Collett or contact her on 0418 246 556

Hope to see you this Friday!

HAPPY ATHLETICS