

**CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016**  
**NEWSLETTER NO 4**  
Program 2  
**FRIDAY 18 SEPTEMBER 2015**

We hope that everyone enjoyed our first night of competition. It was so nice to see our little athletes out running fast, jumping high and throwing far – what an enthusiastic group they are!

**Program 2 this week:**

This week we roll over to program 2. This can be found on the Cherrybrook website under the **3 week program tab**. For our new families there is also a map of where the various events take place at the same tab.

**TRIALISTS:**

If you have never done little athletics before or you are in the U6's, then you can trial on our trial nights. This year we are holding 1 trial period of 3 weeks duration Sept 18<sup>th</sup>, 25<sup>th</sup> and Oct 2. Each trialist can come for 2 of the 3 weeks. You cannot trial on any other Friday evenings. Trialists should arrive at 5pm on the nights they are trialing to allow time to finalise paperwork. Please bring \$30 cash (exact money preferred). All trialists will have "T" entered at the timing gates but their results will not be able to access the results HQ system.

**PARENT ROSTER FOR FRIDAY 18 SEPTEMBER:**

Equipment Out from 5pm	Canteen & BBQ 6-8:15	Timing Gate Helpers	Timing Gate Pack Up
7B and 7G	8B and 8G	Snr boy and Snr girl	9B and 9G

**NEW REGISTRATIONS:**

If you need to finalise your registration this week, come to the clubhouse at 5.45. Ensure you have read the website information carefully, and bring all 3 completed forms with you. Newly registered athletes must be **Fully Registered** and fully paid by 5pm Thursday for results to be entered into the results HQ system.

**THROWING EVENTS:**

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

To help us speed up the throwing process, we ask that each athlete makes 2 consecutive throws, from which the best throw will be noted. Once every one has had their turn, the throws will be measured and recorded. As the season progresses, athletes will be able to complete 3 throws.

A reminder that U6's should be doing practice throws for the first part of the season at least. During Shot Put, U6 athletes should be throwing bean bags only, and Discus should be training only rather than measuring.

### ST JOHNS AMBULANCE:

St Johns Ambulance are not able to attend Friday night 25<sup>th</sup> Sept. If there is anyone first aid trained that would be able to provide cover on that day come and see Karin or Lyn in the canteen this Friday night.

### RECORDS:

A committee member must verify all records before they are included as an official club record. The event must be conducted under normal competition conditions – ie with members of the correct age group only, and with the correct number of attempts (ie max 3 throws/jumps).

For sprint events, the timing gates operator must verify that the gates were working correctly, and for Field event, the throw or jump must be measured and verified by a committee member before the marker is removed. Field event records are marked on the top of the recording sheets for each event.

### New Results System:

Thanks to all the parents who came and helped enter results into our new system. As in previous years, there will be no results recorded for last week, but from this week onwards results will be available on the club website. Each family will eventually receive an email login to access their child/ren's results. Please be patient as we all learn the new system – no doubt there will be a few more teething problems, but in the long run you will have quicker access to results. Any personal best or record breaking performances will be automatically flagged, so hopefully the system will really encourage kids to improve their performances each week.

Currently, upgrades to the system that occurred last week have meant that only iPads and 3G 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.

### **A few important things to remember re the results system:**

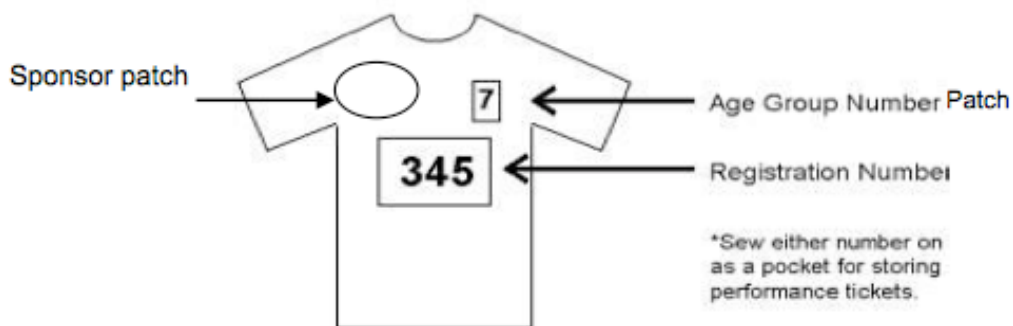
- We will continue to use paper sheets for field events to ensure that we have backup results in case there are issues with data entry or saving + for checking
- Paper sheets need to be put in the tray on the competition HQ table near high jump after they have been entered.
- High jump results must be 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.

Jill Ingram will be providing some more training in the clubhouse this week from 5.30 if you would like to attend, so please bring along your iPad or 3G tablet.

### Uniform:

It is imperative that all athletes wear correct Cherrybrook Little Athletics uniform each Friday night, and **MUST** have their **2015/16 registration numbers and age patches attached (pinned on is fine)** even if your registration number is the same as last year. Remember we need registration numbers at each event to record results.



### Canteen

Thanks for supporting the canteen last week.

***This week's special is:*** \$4 Bacon and Egg sandwiches

Add a can of drink for a Meal Deal Special of \$6.

### 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>

### School Holiday Little Athletics Coaching Clinics

Each clinic is open to athletes U9-U17 and costs \$50 for a full day of coaching – great value.

Two are in the North Metropolitan Zone –  
Tuesday 23 September – Northern Suburbs, Rotary Field, Lane Cove West  
Thursday 25 September – Barton Park, Parramatta

See [www.lansw.com.au](http://www.lansw.com.au) for details

### **Becoming an Official**

Next year Little Athletics Australia and Athletics Australia will combine their official's accreditation process. At the moment it involves an online exam (open book and about 20 minutes of time) and 2 sessions of practical to prove your competence across the range of official duties for the event. From next year, however, this will change to a 1 hour exam and FIFTEEN DAYS of practical assessment. Therefore we want to encourage as many as possible to do it now. Your accreditation will transfer across to the national standards.

During the school holidays when it is a little quieter at Cherrybrook we will be offering practical sign off sessions in shot put, long jump, high jump, starting and possibly discus. You will be required at one event all night for both nights in order to prove your competence. Each event will be run under full championship conditions – that is measuring after each throw, full description of rules to the athletes and calculating the top 8 (though not actually having them throw/jump another 3 for finals). This is a really good opportunity to become fully conversant with your child's best event and to up skill yourself and help the club in the future.

Once accredited you can officiate at zone, region and possibly state carnivals. Many of us at Cherrybrook already do and find it immensely satisfying.

Go to [www.lansw.com.au](http://www.lansw.com.au) and click on Online Officials Assessment to start the process. I recommend having two pages open – one with the Rules of Competition found under the Competitions tab and the other is the actual exam.

### **Do you want to learn more about athletics?**

If your kids are really keen or you are an age manager or simply wanting to educate yourself about athletics, then the Introduction to Coaching Course is for you! It is very practical and highly specific to the operation of Little Athletics and run by really excellent facilitators. A number of Cherrybrook parents undertook courses last season and all came back raving about how good they were. There is a cost but it is excellent value at \$95.

See

[https://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display\\_main&ItemID=10471&OrgID=3666&count=1](https://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=10471&OrgID=3666&count=1)

Dates – Sunday 28 September at Barton Park, Parramatta  
Sunday 19 October at Rotary Field, Lane Cove West