

LITTLE ATHLETICS SEASON 2015/2016
NEWSLETTER NO 15
Program 3
FRIDAY 4 DECEMBER 2015

At long last we managed to get a competition night in last week. The forecast is looking good again for this week. This Friday is our last night of competition for 2015. We start back at Greenway Park on the 8th January 2016. We are running program 3.

We have access to some of the top oval this week, so will run javelin at 5.30pm – if you doing javelin at Zone please come at 5.30.

Invitationals:

At 8pm we will run invitational 100m – met at the 100 start line.

There will be invitational shot put at the shot circles near the cricket nets and either Javelin or discus depending on demand for Javelin, to meet at the far discus cage.

****Fundraising Raffles for Christmas hampers****

We will be selling tickets for Christmas hampers this week, to be drawn at the end of the evening around 8pm.

\$2/ticket or 3 for \$5.

There will be a few to choose from:

- Christmas food
- kids toys in a handy storage tub
- sweets and lollies.

Please support the club and bring along a bit of spare change and buy a few tickets and take home something to share or put under your Christmas Tree!

Parent roster for Friday 4th December

Equipment from 5pm	Out	Canteen	Timing Helpers	Gate	Timing Gate Pack Up
10B & 10G		8B &8G	11B & 11G		SNR B & SNR G

Canteen

This week's special at the canteen chicken burgers as well as the usual items.

Zone Championships 12-13 December, Barton Park, Parramatta

You would have received an email earlier in the week with links and details to the upcoming Zone Championships. Please read this carefully and make note of events entered and arrival times. You will also find the final updated program on the club's website on the front page, or follow the link:

<http://www.cherrybrookathletics.org.au/20152016%20Stuff/Zone/final%20entries%20list%20cherrybrook.pdf>

PLEASE CHECK THE FINAL LIST FOR ALL OF YOUR CHILDREN PARTICULARLY IF YOU HAVE ASKED FOR ADDITIONS OR CHANGES TO ENTRIES IN THE LAST FEW WEEKS.

IF THERE ARE ANY PROBLEMS WITH YOUR CHILD'S ENTRY, PLEASE CONTACT JENNY BISHOP BY THE END OF FRIDAY NIGHT.

Athletes can still enter zone if they have not done so up to December 5, but this will now cost \$50 per athlete. Contact Jenny Bishop

ZONE PARENT ROSTER:

Please remember that you need to do a duty for each day you are at zone, so if you haven't already, parents need to sign up at

<http://www.signupgenius.com/go/5080548a8ae22a02-cherrybrook4>

CURRENTLY THERE ARE OVER 80 UNFILLED SLOTS

SO PLEASE DO NOT wait for others to sign up and fill the duties.

IF YOU DO NOT SIGN UP FOR A DUTY, YOU WILL BE CONTACTED AND ASSIGNED ONE, BUT THAT IS A TEDIOUS JOB FOR THE CHAMPIONSHIPS ORGANISERS. NONE OF THE JOBS ARE DIFFICULT, BUT ZONE IS RUN COMPLETELY BY VOLUNTEERS SO WE DO NEED A LOT OF PARENT HELP.

Hurdles coaching for Zone

If your child is competing at zone for hurdles and are not already doing training, there will be hurdles training available with Nicky Jenneke from 4.30 - 5.30pm on Monday 7th Dec, Wednesday 9th and Monday 14th December. Please text Nicky Jenneke on 0448407716 if you would like your child to take part. Attending athletes will be asked to meet outside the canteen with a drink for a 4.30pm start. Nicky has kindly offered her time to the club without charge, but we are suggesting a \$5 donation to the club for those attending.

In the New Year, Hurdles Coaching will become available with Australian representative Hurdler Michelle Jenneke for a \$10 per session fee. Stay tuned for more information on this.

Uniforms and placement of patches

A reminder that all Athletes must wear their full Cherrybrook uniform each week and to the Zone Championship event. The uniform shorts are RED. If you wear branded compression pants such as 3XU or Skins they must have Red shorts over the top. You are permitted to wear non branded plain **red** compression pants instead of shorts - these can be ordered online at www.quickresponse.net.au

Uniform tops must have the patches fixed to the uniform in the correct places -

- Registration number in the middle of the top,
- Age patch on the top left shoulder and
- Jetstar patch on the right shoulder.
- The back of the shirt needs to have the Cherrybrook Centre number 219.

- The age patch is permitted on the left of the shorts and the centre number is also permitted on the back of the shorts (this is usually only for girls who wear the bike pants). The Jetstar patch can cover some of the red border on the rego number, but cannot cover the McDonalds logo.

- If you do not have all **4 patches** then please come to the clubhouse at the beginning of competition on Friday night to collect them.

Wishing all our Cherrybrook families a very Happy Christmas, and hopefully we will see you back when competition re-starts on January 8.