

CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016
NEWSLETTER NO 24
Program 3
FRIDAY 4th March 2016

Another glorious week and our first competition night of autumn.

We have only 2 more nights of competition left! Looking forward to seeing you all out on Friday night to run and jump and throw as best you can.

Best of luck to our group of Cherrybrook athletes competing at the State Multi championships in Dubbo this weekend – we hope you all do your best and have fun!! There will be a few key people out at Dubbo this Friday, so please step up and help to get things going.

Best wishes also to a number of our athletes who are heading across to Perth for the Australian Junior Athletics Championships next week– safe travels and enjoy the amazing competition.

COLOURED PATCHES:

Remember to fill out your **Coloured Patch** Achievement Recording Sheets so that we can award patches. You can download these sheets off the website and then hand them in at the clubhouse. Follow the link below to print off your relevant coloured patch form: http://www.cherrybrookathletics.org.au/Title%20Pages%20added/Coloured_patches.html then log in to results HQ and find your child's results. Each agegroup is different, so follow the instructions as to how many events you need to achieve a patch. Remember that you can use results from Zone and Region towards patches also.

INVITATIONALS:

There will be an invitational 100m as well 200 and 400 this Friday evening. Please come and sign in and write down your PB for the relevant event before 6pm so that we can organize people into races according to times.

These are open to ANY ATHLETE who would like to get in some additional competition, so please COME AND HAVE A GO!!

TRACK MARKINGS

We have had ongoing issues with the track makings this week, in part it seems now, related to the calibration of the equipment used to measure the track.

Many hours have been spent this week by various members of the club measuring and re-measuring. Using a more accurate wheel, the 200 and 400 tracks have been re-marked by Sean, and look much more sensible. Many of the issues have unfortunately been out of the club's control, and we just ask for your patience, and that everyone keeps the issue in perspective even though we understand the frustration that it has caused for some. Please just ask your children to continue to give their best in every event, and enjoy their events, and lets focus on enjoying the last 2 weeks of the season. We will offer invitational 200 and 400 next week also for those wanting the opportunity to better their PB or break a record

For next season we are hoping that the council will be able to utilise GPS technology to assist in marking the track, though the committee is planning on other options in case this is not possible to minimise the issues into the future.

TIMING GATES:

We also have the team from timing solutions attending on Friday night to service our timing gates and hopefully resolve some of the issues we've had over the past few weeks. A special big thank you to Jill who has put in a huge number of hours this year to ensure that the gates are working as well as they can.

PARENT ROSTER FOR FRIDAY 4th March FEBRUARY

Equipment Out from 5pm	Canteen	Timing Gate Helpers	Timing Gate Pack Up
SnrB & SnrG	9B & 9G	8B & 8G	12B & 12G

CANTEEN:

This week's special at the canteen is Chicken Burgers in addition to sausage sandwiches and usual treats

MULTI NIGHT RESULTS:

Some people were unable to access the multi results in the newsletter last week. There is a link to these up on the main page of the club's website.

ZONE CERTIFICATES AND LOST PROPERTY

We have a large number of uncollected Zone certificates that will be available for collection over the next few weeks at the beginning of each night – these are in the clubroom on the table. There is also quite a bit of lost property, so if you are missing anything please check. Anything un-named will be donated to a charity after next week.

A FEW DATES FOR YOUR DIARIES:

LA's State Championships

These will be held over 3 days Friday 18-Sunday 20th March, This year we have 48 athletes who have made it through to State which is a great effort.

Sydney Track Classic – Saturday 19th March

The Sydney Olympic Park Athletics Centre will welcome some of the most recognizable names in our sport, with athletes including **Dani Samuels** (NSW), **Ella Nelson** (NSW) and **Brandon Starc** (NSW) chasing their qualifier for the Rio 2016 Olympic Games.

This is always a great evening – for more information follow the link below

<http://athletics.com.au/Compete/Events/sydney-track-classic-15>

Clean up time!! The club house is well overdue a good clean-up, so we are aiming to do this over the week of **21 + 23 March**. If anyone has some spare time in the afternoon's of those days, or is already up at the club for training on those days, please speak to one of the committee members, and perhaps you consider helping out for an hour or so

Next Year's Zone Carnival:

Dates have been set for next year's zone carnival which will be **10-11 December at Barton Park**. Please set this date aside for next season

Presentation day

Our annual presentation day will be on **Sunday afternoon 15th May at Dural Country club** . This is a fantastic afternoon where we remember many of the great achievements of the season, give out our season's awards, and you will get the chance to see lots of the great photos as well as some terrific video's from this season. Please set the date aside in your diary.

All the best to our athletes as we enter the last few weeks of the season – hopefully there will be many more PB performances this week as well.

HAPPY ATHLETICS!!