CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016
NEWSLETTER NO 5
Program 3
FRIDAY 25 SEPTEMBER 2015

Looking forward to seeing you at Little A's this week. We usually have fewer athletes during the holidays, but still require the same amount of equipment and preparation to go into the evening. So it is all hands on deck this week; please help out with setting up, packing up, picking up the slack where necessary and being patient.

On a safety note, we ask that no balls be brought onto the field or played with during competition.

This newsletter contains important information regarding the volunteer duty roster. Please make sure that you have read it and Thank you! If your name is not down, you can always still jump in. We (and your children) appreciate all the help we can get.

Program 3 this week:

This week sees our athletes completing program 3. This can be found on the Cherrybrook website under the 3 week program tab.

TRIALISTS:

This is the second week of our trial period so for those people that are coming back for their second trial, please remember you need to sign in again & get the T on the child's hand. There will be a list for you to tick against your name in the clubhouse.

If you are doing your first trial week this week please remember to bring a completed medical form for each child - available on our website - and the $30 cash per child. You can sign in at the clubhouse from 5pm.

NEW REGISTRATIONS:

If you need to finalise your registration to the club and collect your registration number & patches, please come to the clubhouse from 5.45pm with all your relevant paperwork - 3 completed forms and proof of age documentation.

If you are new to Cherrybrook, please bring some safety pins with you so that you can attach the registration number to your uniform.

THROWING EVENTS:

We remind age managers and parents that they need to be vigilant and remind athletes not to run around at the Discus cages. Safety must always be our first priority and athletes need to be particularly vigilant out near the throwing areas. Athletes and parents need to stand well behind the cages during throws.

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

PARENT ROSTER FOR FRIDAY 18 SEPTEMBER:

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

2015/ 2016 VOLUNTEERS ROSTER:

Thank you to those members who volunteered to assist with specific duties this season at Cherrybrook Little Athletics. Please Check the Duty Roster Tables below to see where you have been assigned a Friday night duty. Parents should also feel free to volunteer on these duties on dates they are not rostered. Should a parent miss their rostered duty we simply ask that you offer your assistance on the next occasion that you attend.

TRACK STARTERS ROSTER - Track Starters should contact Nicky Jenneke on 0448407716 if they have any questions and should email Nicky if they cannot attend on their rostered Friday night with a simple message with their name and 'Unavailable'.

TRACK	PROGRAM ONE	PROGRAM TWO	PROGRAM THREE
INNER TRACK	Jasmine Miletich Brian Condon	George or Lilly Georgescu Torie Cannon	Jasmine Miletich Brian Condon
OUTER TRACK	Philip Smillie Phillip Davidson	Katrina McIlwraith Namz Ginwala	Philip Smillie Alison Barry
SPRINTS TRACK	Colleen Reid Janine Tavner	Dave Morrison Janine Tavner	Collen Reid Dave Morrison
HURDLES TRACK	Mark Shackley Paul Garufi	Paul or Kathy Haigh Paul Garufi Srichandrika murali	Paul or Kathy Haigh Mark Shackley Nicholas Walter Rogencamp
All starters are asked to sign in at the Sign in Table near the BBQ and then make their way to their track area and collect the starting gear from the red box at the finish end of the track and then take their place at the start line, ready for the arrival of athletes for the first race. If another starter has already signed in on your track, please check if a starter is required on another track and if not, negotiate sharing the starting duty with the other rostered starter on your track, or assist at the track as a Marshall.			

TIMING GATES ROSTER - Timing Gate Helpers should contact Jill Ingram on 0420589148 with any questions or to inform her they will not be attending on their rostered session.

TRACK	PROGRAM ONE	PROGRAM TWO	PROGRAM THREE
INNER TRACK	Nicci Fryberg Nazreen Hameed Martin Bradshaw	Nicci Fryberg Shamilka Ekanayake Nicola Craig	Nicci Fryberg Kim McBaron Anna Roberts

OUTER TRACK	Rupesh Shah Yue Ann Yang Phil Lampert	Jim Morige Phil Lampert	Alison Carter Phil Lampert David Cowell
SPRINTS TRACK	Lesley Maher Ven Collett	Amanda/ Scott Dougall Sarah Finlayson Ven Collett	Lyndal Harrison Ven Collett Martin Bradshaw
HURDLES TRACK	Elise Roffe Gireesha Pinnagoda Sarah Polito	Rommel Pandex Christina Roberts David Cowell	Trish Hirst Simone or Peter Bowrey Elise Roffe
All Timing Gate Helpers/Recorders are asked to sign in at the sign in table near the BBQ and then make their way to their Timing Gate, in time for the start of the first event on the track. If another Track is short of help, you may be asked on the night to help at an alternate Track.			

BBQ AND CANTEEN ROSTER

TIME SLOT	PROGRAM ONE	PROGRAM TWO	PROGRAM THREE
CANTEEN			
6PM – 7.30PM	Liz James Juan Zhang Jeanette Boyton	Heidi Bourke Browyn Castle Jeanette Boyton	Deanne Uy Lisa Bae
7.30PM – FINISH	Jacqueline Everett Dongmei Wu Lillian Patterson	L Schnell Cathleen Anthony Joanne Tang	Helen Wilson Minah Kim Jeanette Boyton
BBQ			
6PM – 7.30PM	Anthony James Adrian/Nicole Cherry	Lachlan/Jade Gill Laura Yang	Mira Dixit Spencer Bailey
7.30PM - FINISH	Mark Johnston Jason Abraham	Peter Hayes Michael/Jacui Heaton	Daniela Fattoretto
All Canteen and BBQ helpers are asked to sign in at the canteen . Helpers on the last shifts are asked to remain until the last customers have been served and help with the cleanup and packing away of the Canteen and BBQ			

ST JOHNS AMBULANCE:

Just a reminder that St Johns Ambulance are not able to attend Friday night 25th 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.

RESULTS SYSTEM:

Cate Grace will be doing training for anyone who wants help entering field event results. People can ring her on 0411 347 363 when they need help and she will come to their age group.

CANTEEN

This week's special is: Chicken burgers

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

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 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

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