

**CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016**  
**NEWSLETTER NO 16**

Program 1  
**FRIDAY 8th January 2016**

Happy New year! Hoping that you all have had a lovely Christmas and New year and a restful break. Hopefully the rain of the last few days will stop and the sun will dry things out enough for us to start back again this Friday night – please check the website and look out for an update email on Friday afternoon regarding the condition of the ground. We may need to modify the program or some events such as 200hurdles depending on ground conditions. It will be great to get competition up and going again.

This week we will be running program 1. We will need all hands on deck to help out with setting up, packing up as well as running events throughout the night, so please be prepared to help out as needed.

We have access to some of the top oval this week, so will aim to run javelin from 6.00pm.

**Invitationals:**

At 8pm we will run invitational 400m – meet at the 400 start.

There will be invitational high jump for those with PB's as follows:

PB: 9+10=1.10m. PB: 11+12=1.25m. PB: 13-17G=1.35m. PB: 13-17B=1.40m.

Please speak to Jenny Bishop before 6pm if you would like to do invitational high jump.

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

Congratulations to the winners of the Christmas Hampers at Cherrybrook Little Athletics back in December:

- Jazz Milletich Christmas Hamper (Son in U12 boys)
- Linda Farrington Toy Hamper ( Sons in U12, U13, and U15's)
- Heaton Family (son in U12 boys)

Many thanks to all members who supported this fundraising initiative.

**Parent roster for Friday 4th December**

<b>Equipment Out from 5pm</b>	<b>Canteen</b>	<b>Timing Gate Helpers</b>	<b>Timing Gate Pack Up</b>
12B & 12G	9B & 9G	6B & 6G	10B & 10G

Traditionally our numbers for the first few weeks of January are lower than usual, so please just help out as we need on the night even if your group is not rostered on.

**Canteen**

This week's special at the canteen bacon and egg burgers as well as the usual sausage sandwiches etc.

**HURDLES COACHING:**

Nicky Jenneke has again offered some hurdles coaching – see details below:

Monday hurdles training 6pm – 7pm from the 11th Jan – 8th Feb **for any Athlete** who does not already receive hurdles coaching at the club.

Wednesday hurdles training 6pm - 7pm from the 13th Jan – 10th Feb **Only for Athletes who have qualified for Hurdles at Regional** and do not already receive hurdles coaching at the Club

Please contact Nicky if you would like to attend – ph:0448407716

Nicky has kindly offered her time to the club without charge, but we are suggesting a \$5 donation to the club for those attending.

### **STATE MULTI CHAMPIONSHIPS**

Entries are now being taken for the LANSW State Multi-Event Championships, which are being held in **Dubbo on 5 & 6 March 2016**. This event is being hosted by Dubbo Little Athletics and Dubbo City Council. All registered athletes in the **U7 to U17** age groups are eligible to enter.

The State Multi-Event is one of the highlights of the Little Athletics calendar and is an event with a great family atmosphere. All athletes participate in ALL of the events on offer for their particular age group. Athletes are allocated points for each event (based on the LANSW Multi-Event pointscore system). The points are then added together to determine final results.

Please [CLICK HERE](#) to find more information on the 2015 State Multi-Event, including: events for each age group; flyer; accommodation information; merchandise order form, etc.

The entry fee is \$20 per athlete. All entries are individual and are online only. Entries close online **Wednesday, 3 February 2016**.

Happy Athletics!