

**CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016  
NEWSLETTER NO 7**

Program 1

**FRIDAY 9 OCTOBER 2015**

The weather has certainly kept us guessing this week – so come prepared this Friday night with your all weather gear!

**PROGRAM 1 THIS WEEK:**

We have now run through each of the programs and this week we will be returning to Program 1. Details can be found under the 3 WEEK PROGRAM tab on the homepage. Javelin will be back on the top oval from 5.30pm – please be very aware of safety when heading up for Javelin

**TRIALISTS:**

This will be our final week for trialists who have had less than 2 trials so far. 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.

**CHAMPIONSHIPS INFORMATION:**

The Cherrybrook website contains quite a bit of information regarding the various Little athletics championships – follow the link below

<http://www.cherrybrookathletics.org.au/Title%20Pages%20added/LAs%20Championships.html>

**State relays – Campbelltown Athletics Centre, Lumeah.**

Junior day U8-U11 Saturday 21 November

Senior Day U12-U17 Sunday 22 November

**Nominations opened last week and will close October 16 – ie next week.**

**PLEASE PUT YOUR NOMINATION FORMS IN THIS WEEK IF YOU KNOW YOU ARE AVAILABLE TO COMPETE. If you are not sure, please talk to your age manager so that age we can organise teams.**

Age managers will have nomination forms available from this Friday, or print one off from the link:

<http://www.cherrybrookathletics.org.au/20152016%20Stuff/PDFs/State%20Relays/2015%20State%20Relays%20Nomination%20form%20only.pdf>

Completed forms should go in the folder which will be on the concrete area where the announcements happen at the beginning of the night – please file them by age groups

Nominations for the Zone championships to be held Saturday and Sunday 12-13

December will open once we have completed nominations and teams for State relays.

**Trans Tasman – for U11 and U12 athletes only**

Trans Tasman is a fantastic opportunity for Children from the U11 and U 12 age group to travel to Auckland New Zealand for a wonderful cultural and athletics experience.

Nomination forms for the Trans Tasman Tour to Auckland are now available on LANSW website in the COMPETITION section. There are no Trials being held this year, so when nominating athletes must include, on the relevant form, their performance (between 1 October 2014 and 21 October 2015) for their nominated events. These performances will be verified by LANSW. Selectors will then select the team based on these verifiable performances. Cherrybrook athletes wanting to use Cherrybrook results on their forms should use [cherrybrookresults@yahoo.com](mailto:cherrybrookresults@yahoo.com) as their contact email

Nominations close at the LANSW office on Wednesday, 21 October 2015.

See link below for further information:

[https://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display\\_main&ItemID=10567&OrgID=3666&count=1](https://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=10567&OrgID=3666&count=1)

or speak to Jenny Bishop who has experienced Trans Tasman both as an athlete (yes, it has been going that long!!) and more recently as a parent in 2012. Trans Tasman is an absolutely wonderful experience!

**CLUB PHOTO NIGHT NEXT WEEK:**

This has been planned for the 16th of October. More information next week, but plan to come with your best smiles on next week.

**PARENT ROSTER FOR FRIDAY 9 OCTOBER:**

<b>Equipment Out from</b> 5pm	<b>Canteen &amp; BBQ</b> 6-8:15	<b>Timing Gate Helpers</b>	<b>Timing Gate Pack Up</b>
10B and 10G	6B and 6G	12B and 12G	11 Boys and 11 girls

**2015/ 2016 VOLUNTEERS ROSTER:**

The following parents are volunteering this week. If your name isn't down, please feel free to still help out and perhaps learn a new skill in the process.

<b>TRACK</b>	<b>PROGRAM ONE</b>
INNER TRACK	Jasmine Miletich Brian Condon
OUTER TRACK	Philip Smillie Phillip Davidson
SPRINTS TRACK	Colleen Reid Janine Tavner
HURDLES TRACK	Mark Shackley Paul Garufi

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.

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'.

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.

<b>TIMING GATES</b>	<b>PROGRAM ONE</b>
INNER TRACK	Nicci Fryberg Nazreen Hameed Martin Bradshaw
OUTER TRACK	Rupesh Shah Yue Ann Yang Phil Lampert
SPRINTS TRACK	Lesley Maher Ven Collett
HURDLES TRACK	Elise Roffe Gireesha Pinnagoda Sarah Polito

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	
<b>CANTEEN</b>		
6PM – 7.30PM	Liz James Juan Zhang Jeanette Boyton	
7.30PM – FINISH	Jacqueline Everett Dongmei Wu Lillian Patterson	
<b>BBQ</b>		
6PM – 7.30PM	Anthony James Adrian/Nicole Cherry	
7.30PM - FINISH	Mark Johnston Jason Abraham	

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

### CANTEEN

***This week's special is*** Chicken Kebabs - \$3 each, as well as the usual sausage sandwiches, drinks etc.

So please join us at the Canteen for an easy dinner before you head home.

Hope to see you on Friday night!

Happy athletics.