

CHERRYBROOK LITTLE ATHLETICS SEASON 2016/2017
NEWSLETTER NO 22
Program 2
FRIDAY 10th March 2016

Lots of important info – please read whole newsletter

- Last night tonight
- Program 2
- Various photos – Zone reps, zone medalists, region reps, region medalists, Trans Tasman, State
- Water and soft drinks \$1 each, ½ price lollies and free zoopa Doopa at Canteen
- Dates for next season

And so we head around the track for the **last night of competition this Friday**. What a season it has been! Extreme heat and wet weather saw us miss a couple of competition nights, nonetheless our athletes still managed to put in champion like efforts on the other nights. It has been wonderful to watch our Little Athletes compete with such determination and enthusiasm, while always displaying exemplary sportsmanship. Well done everyone! And remember registration for the 2017/2018 will be open again in August.

If we are rained out this week, we will aim to run our last night on Friday March 24th (ie the weekend after State)

Traditionally each age group chooses a novelty event or relay to run (backwards 100's, noodle races, 3 legged race etc – so come with some ideas for a fun event for your agegroup.

Photos:

We would love to do a few quick photos **starting at 5.45** for the red book. If you won a medal at either Zone (U7's only) or region, then **please bring your medals with you** so we can get a photo for the redbook. The order of photos will be:

- Zone representatives
- U7 Zone medalists,
- region representatives
- Region medalists,
- Trans Tasman representatives
- State team

Thank You!!

There are many thank-you's that we need to give for the season – to the committee for all their work behind the scenes to keep things ticking over, to our wonderful age managers and age manager co-ordinators who have done a fantastic job running each agegroup week to week. Also, a big thank you to Jill Ingram, as well as our other regular timing gate helpers – we really appreciate all your hard work this year that gives us instant results!! Of course we can't forget our regular starters and stand-in helpers for starting our races each week – there are a few too many of you to name, but thanks!! Massive thanks yet again to, Sandra, Lyn and Jeanette+ other helpers in the canteen + Sean on the BBQ each week – how good is it to be able to have a bite to eat at the end of each night?? Well done to our parents and supporters for helping out each week, and of course to our athletes for their wonderful spirit and performances each week – it's been a great season.

End of season survey/ help for next year

Thanks to those of you who filled out the end of season survey. A few people offered potential help next year but did not leave contact details – if you would like to help out in any way next season, then please come and have a chat with one of the committee. Our most immediate priority for next season is to train up a registrar, as Elizabeth Jones who has done that job for some time is not able to continue next year, and will be overseas during the registration period. If you are interested in any other role again, please speak to a committee member.

Congratulations:

Congratulations to all out athletes who attended the State Multi championships in Dubbo this weekend – we had some amazing results with a number of medal winners. Particular congratulations to Amie Bowrey (U15G) who won her agegroup and makes it through to ALAC for a second time which is a wonderful achievement. A full report will follow shortly.

Congratulations also to a few of our parents who competed in the Masters Championships over the weekend– if you have been inspired to come and have a go at athletics yourself, consider joining Cherrybrook as a masters athlete next season – it's lots of fun!!

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.

If you put in a coloured patch form tonight, we will arrange a weeknight where you will be able to collect the physical patch – keep an eye out for an email. Alternatively they will be available at our presentation night on May 21.

If there is an event that you need to complete one of your patches that is not on your program, or you want to attempt a record, please come and see either Jenny Bishop or Craig Little, and we will try arrange for you to hop in with another agegroup if they have that event, or do a special "invitational" You may only do an event **once** if attempting for a patch or a record (eg. 3 throws/jumps or 1 attempt at a sprint event etc)

HAS YOUR CHILD BROKEN A CHERRYBROOK CHAMPIONSHIP RECORD?

In addition to normal Friday night competition records at Greenway, we also have championship records. These are the best performances by our athletes at any of the Little Athletics Championships (Zone, Region, State, State relays, State Multi, ALAC).

Below is the link to the records which are on the front page of the Cherrybrook website.

If you think your child has broken one of these records, please email a list of the event and time/distance achieved and at what Carnival (eg. Fred Smith U8 boys long jump Region 2016 3.95m) to jenbishop@optusnet.com.au

CANTEEN:

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

**All water and soft drinks other than poweraids will be \$1 and lollies will also be half price.

END OF SEASON FREE TREATS

Each agegroup can visit the canteen after their last event to receive a free Zoopa-Doop from the canteen as long as you come with impeccable manners!

ZONE/REGION CERTIFICATES

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.

LOST PROPERTY

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 17-Sunday 19th March, This year we have 51 athletes who have made it through to State which is a great effort.

Clean up time!! The club house is well overdue a good clean-up, so we are aiming to do this over the week of **20 + 22 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 between about 5 and 6pm

Next Year's Zone Carnival:

Dates have been set for next year's zone carnival which will be **9-10 December at Barton Park**. Please set this date aside for next season

Presentation day

Our annual presentation day will be on **Sunday afternoon 21st 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.

Best wishes to our athletes competing next weekend at the State Championships at Homebush – we know you will do Cherrybrook proud!

We hope you will all be back again for the new season – other than of course our older U17 athletes – we wish them the very best in the future.

HAPPY ATHLETICS!!