

CHERRYBROOK LITTLE ATHLETICS SEASON 2016/2017
NEWSLETTER NO 10
Program 2
FRIDAY 11 NOVEMBER 2016

Main reminders for this week:

Program 2 this week

Photos this week U6-U11

State relay training for all 4x100 teams at Greenway at 5.30

No normal Friday night competition next week, but practice/Training night on

What a great night we had last week at the Multi night. Like last year, we had fantastic participation in all our events, and a he number of PB's as everyone tries their best in all their events – just what we love to see. Our highest pointscorers will be announced before we start competition on Friday night. Back to **Program 2 this week.**

Invitationals:

Invitational 100 and Shot Put this week. If you would like to run an invitational 100 at 8pm, please sign up to the invitational sheets on the concrete circles where the announcements happen.

ZONE CHAMPIONSHIPS – SIGNUP DEADLINE:

Zone Nominations have now closed. After the weekend when all the different club's entries are processed, people will be able to nominate for Zone events in which there are still less than 5 competitors from Cherrybrook. Please see Jenny Bishop tonight if you have not nominated for Zone and would like to do so.

PARENT ROSTER FOR FRIDAY 11 NOVEMBER:

Equipment Out from 5pm	Canteen & BBQ 6-8:15	Timing Gate Helpers	Timing Gate Pack Up
7B and 7G	8B and 8G	10B and 10G	Snr Boys and Snr girls

PHOTO NIGHT THIS WEEK: - See times listed below.

Under 11	Start of the Evening
Under 10	After Hurdles
Under 9	After Shot Put
Under 8	After 100m
Under 7	After 500m
Under 6's	After 50m

STATE RELAYS:

Follow the link below to team list.

We still need 1 more U12 girl to run in the 4x400 – please see Jen Bishop if interested

If anyone has any questions please see Daven Timms, Jenny Bishop or your age manager

<http://www.cherrybrookathletics.org.au/State%20Relays.html>

There will be 4x100 relay training for all teams at Greenway at 5.30. Please meet at the 400m finish. This week we will split the junior and senior teams on to 2 groups for training.

Daven Timms and Jenny Bishop will also be running training with a couple of agegroups each Wednesday at 5pm, so other agegroups are welcome to come then if they would like

COLOURED PATCHES:

The club has a coloured patch award program, under which athletes are eligible to receive different coloured patches once they have met specific performance standards across a number of events.

The athlete (or parent) must complete and submit a performance sheet to receive each coloured patch, which can then be sewn onto their uniform.

Performances can be achieved at any LAs event including Gala Days and championship events (where the result can be verified).

There is a gradual progression from one set of standards to the next and levels commence at Yellow progressing through Green, Red and Blue up to Gold. The Gold level standards reflect performances at the highest level, very close to State times or distances, and are hard to achieve.

The patches are available to athletes in the U7 – U15 age groups. The Coloured Patch achievement performance sheet for each age group is available on either the club's website or through age managers.

When your child has achieved a particular level please place the performance sheet with details of the level achieved in the designated box in the club room. After verification, the appropriate level award patch will be placed in the Age Manager's File to be presented to your child.

CANTEEN

This week's special is: bacon and egg and Sausage sandwiches - \$3 for 1 item, \$4 for 2 items, \$5 for 3 items.

TRAINING NIGHT NEXT WEEK:

As per the grey book, there will be no normal Friday night competition next week (Friday 18th) due to State relays. However, we will run another training night where athletes can come and practice a selection of events. There will be a limited canteen with just sausage sandwiches and drinks. More details in next week's newsletter

HAPPY ATHLETICS

Jenny Bishop

Championships officer Cherrybrook LA's