

## CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016

### NEWSLETTER NO 13

Program 1

**FRIDAY 2 DECEMBER 2016**

- Last week of competition until January 13
- Zone entries on the website for checking
- Zone athletes please ensure that you have all your correct uniform and patches

#### **PROGRAM 1 THIS WEEK.**

It looks like it is going to be a hot one on Friday, so make sure your Little Athletes come prepared with water. This Friday is our last night of competition for 2016. We start back at Greenway Park on the 13th January 2017.

If the weather is extreme, Cherrybrook follows the Little Athletics Hot weather guidelines for the safety of all of our athletes. A message will go on the website if it looks like it will be too hot to compete, so please check before you come up.

This week we will hold an invitational 800m and 100m. Please sign up before 6pm so that we can be prepared for the races at the end of the evening.

There will be a free ice block at the end of the night this week for all our athletes to help keep everyone cool.

#### **Parent reminders for Friday 2nd December**

**It is a requirement that all athletes have a parent at the track with them.** Not only do they value your support, but parental help is essential to allowing us to run through the program efficiently and effectively. Athletes will be taken to the clubroom if parents are not present at all times throughout the evening.

**PLEASE LEAVE YOUR DOGS AT HOME.** We have a strict no dogs policy – even if your dog is friendly, some children are nervous around dogs, and dogs can behave erratically to the strating gun noises. It also stops you from being able to help out at events. Any parents with dogs at the oval will be asked to remove them.

The roster is put out every week to share the load, please make sure that you help out with your designated task, or with requests from your age manager. If you aren't scheduled on, come and find a committee member and learn a new skill. We always need new starters, timing gate operators and general assistance each week.

<b>Equipment Out from 5pm</b>	<b>Canteen</b>	<b>Timing Gate Helpers</b>	<b>Timing Gate Pack Up</b>
SnrB & SnrG	6B & 6G	8B & 8G	12 B & 12G

#### **Canteen**

This week's special at the canteen are Chicken skewers. Thanks for your support at the Canteen each week – it helps us raise vital funds to pay for new equipment as we need it.

#### **Zone Championships 10-11 December, Barton Park, Parramatta**

You would have received an email earlier in the week with links and details to the upcoming Zone Championships. Please read this carefully and make note of events entered and arrival times. You will also find the program on the club's website. If you have not checked the list please do so BEFORE FRIDAY – after Friday changes cannot be made. Please check your child's name spelling, rego# and events are all correct, and notify Jenny Bishop immediately if there are any issues

<http://www.cherrybrookathletics.org.au/20162017%20Stuff/PDFs/Zone/2016%20cherrybrook%20final%20Zone%20entries%20list.pdf>

## **Zone: Uniforms and placement of patches**

A reminder that all Athletes must wear their full Cherrybrook uniform to the Zone Championship event. A few notes below:

- The uniform shorts are RED.
- If you wear branded compression pants such as 3XU or Skins they must have Red shorts over the top. You are permitted to wear non branded plain red compression pants instead of shorts - these can be ordered online at [www.quickresponse.net.au](http://www.quickresponse.net.au)

Uniform tops must have the patches fixed to the uniform in the correct places:

- 2016/17 registration number in the middle of the top
- age patch on the top left shoulder (the age patch is permitted on the left of the shorts)
- Jetstar patch on the right shoulder
- All patches should be clear and visible and not covered by eachother

If your child has the incorrect patches on, they will be allowed to continue at that event, but MUST then have correct patches for subsequent events, Please see Jenny Bishop of Elizabeth Jones on Friday night if you are missing any patches.

### **Zone rosters:**

Remember that you will need to do a duty for each day that you have children competing at Zone, unless you are acting as an official or training official over the weekend. A link to the sign up roster will be sent in the next few days – please ensure that you sign up, otherwise you will be allocated a duty to do of whatever gaps are left on the roster. For those of you with small children, you will be able to sign up to the information desk roster at the Cherrybrook tent where your children will be able to stay with you.

### **PSSA National Championships:**

If your child competed at the PSSA championships in Canberra last weekend, please email Jenny Bishop with your results – we know there have been some good ones, and would like to record these all for our end of year "Red book". Please email Jenny with your Child's name, agegroup, event/s and results

Best of luck to all our athletes competing at Zone next weekend.

And we wish all our Cherrybrook families a safe and happy Christmas, and we hope to see you back at Cherrybrook for our first week of competition on January 13.