

**CHERRYBROOK LITTLE ATHLETICS SEASON 2016/2017**  
**NEWSLETTER NO 16**  
Program 2  
**FRIDAY 20th January 2017**

- Program 2 this week
- New weekly parent help procedures – **ALL PARENTS MUST READ BELOW**

Happy New year! Hopefully the really hot weather is behind us now, and the weather forecast at least looks a little kinder to enable a comfortable start back again this Friday night. If the weather is doubtful, please check your emails before coming – we try to always send something out before 5pm.

This week we will be running program 2.

We should 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 100m – PLEASE SIGN IN ON THE INVITATIONAL SHEET AT 6PM, and meet at 8pm at the 100M start.

**NOTICE TO ALL FAMILIES**

**NEW PARENT HELP PROCEDURES  
TO REPLACE PREVIOUS PARENT ROSTER**

Thank you to all the families that help out regularly at Little Athletics. Unfortunately this isn't occurring across all families.

Over the years we have noticed a major drop off of helpers. Little Athletics can only run with help from everyone – we are all parents and volunteers. Therefore we have re-evaluated our procedures and policies and are trialling a new family participation roster.

**For the rest of the 2016/2017 season we are asking that one member of each family help out on a duty each Friday night. There will be many duties you can choose from, eg. Set up; event helpers at: shot put, discus, high jump, long jump; track starter; finish line helper, timing gate helper, walk judge, canteen helper; BBQ, pack away, age manager assistants.**

**At the beginning of the evening you will sign into a duty. Once you have signed on you will receive a poker chip for each child in your family. These poker chips will need to be given to your age managers to allow your child to compete.**

**No duty = No events for your child**

We realise this is a different way to run the night than you were used to but most other athletic clubs run similarly for parent help. We believe the night will run smoother and quicker. U6 parents do not need to help out with a duty as you should be present with your child. Please continue to help your U6 age manager.

If you have younger children with you, please come early and help set up the oval as your duty. Your younger children can help too. Set up of the oval starts at 5:15pm. We also need helpers to assist at the duty desk giving out the poker chips. This is also a duty people could do with younger children.

We ask for your patience during this implementation of our new procedure. We look forward to a fun family atmosphere for the rest of the season. Thank you.

Cherrybrook Little Athletics Committee

## **Canteen**

This week's special at the canteen chicken skewers as well as the usual sausage sandwiches etc.

## **HURDLES COACHING:**

Nicky Jenneke has kindly again offered some hurdles coaching for regional competitors– see details below:

Hurdles Training for any aged athlete going to Regional:

from next week on Mondays and Wednesdays from 6pm – 7pm. (except for Mondays the 13th or 27th Feb or 6th March, and not available on Wednesdays 18th Jan or 22nd Feb.)

Training will continue this training to the end of the season (until State)

Training is only for Athletes not already being coached for Hurdles by another Coach, and athletes being coached with a coach for other disciplines should ask their coach if they are happy for them to receive hurdles coaching.

\$5 per session as a donation to the club.

Interested athletes should text Nicky their Name and LA's Age Group on 0448407716

## **SENIORS/ DUAL ATHLETES –**

# **Bankstown All Comers**

### **Date**

Saturday January 21, 2017

### **Competition Status**

This event is permitted by Athletics Australia (AA). An AA permit allows athletes to qualify for international events and break state and/ or national records.

### **Eligibility**

Athletes must be registered with an Athletics NSW affiliated club for the 2016/17 season. If you are not currently registered with a club you can register online [here](#). Interstate athletes who are registered members of their state organisation are welcome to enter.

### **Uniform**

Registered Athletics NSW club members must wear their correct club uniform. Athletes must have their Athletics NSW 2016-17 registration numbers attached on the front and back (except in pole vault and high jump events).

### **Events on offer:**

100m, 200m, 1500m, sprint hurdles, steeplechase, 1500m/3000m race walk, triple jump, pole vault, javelin throw, shot put.

### **Entry**

[Online entry is available here](#). Entries will close Thursday January 19, 2017 at midnight.

### **Entry Fees**

Participants are to enter online at an entry cost of \$10 for members and \$15 for non-members. The entry fee is for unlimited events.

On the day entry is available. On the day entry will incur a higher fee of \$15 for members and \$20 for non-members. On the day entry must be completed one (1) hour prior to the athlete's first event

### **Timetable**

[Click here](#) to view the DRAFT timetable.

### **Venue**

The Crest, Bankstown

Looking forward to seeing plenty of happy athletes and families this Friday

Jenny Bishop

Cherrybrook Little Athletics