

**CHERRYBROOK LITTLE ATHLETICS SEASON 2016/2017**  
**NEWSLETTER NO 7**

Program 3

**FRIDAY 21st October 2016**

We are entering the championship phase of Little A's. Last weekend many of our older athletes competed in the NSW All schools Championships at Homebush. There were some amazing performances and Australian athletics is certainly looking strong.

Age managers are busy coordinating teams for the State Relays so please watch out for details. There are still a few teams needing 1 or 2 more kids to make a complete team, so if you are still keen, talk to your age managers about whether there are people needed in your agegroup.

Information about the Zone Championships on 10th-11th December can be found later on in this week's newsletter. Nominations will open during the week, this year via an online system for seniors, and a combination of online and paper entries for the juniors.

Trans Tasman nominations are due by next week (Oct 26) for any U11's and U12's - any questions please see Jenny Bishop.

**INVITATIONAL SPRINTS THIS WEEK: 200m + shot/discus**

Each season for the last couple of years, we have run various invitational events towards the end of the night where kids run across age groups against other children with a similar PB. These results are held separately, and do not count towards club records or age group points, but are designed to give some additional competition and of course fun for those who find that 5 events just isn't enough! The results are also able to be used when choosing championship teams.

This week when the straight track has completed events (approximately 8pm) we are going to run invitational 200m races, as well as Shot and discus over in the discus cages.

Can I particularly encourage athletes who are nominating to run at State relays to come and have a run - we do look at invitational times when choosing our championship teams. So come along and enjoy and extra race if you would like to.

**PARENT ROSTER FOR FRIDAY 21ST OCTOBER:**

<b>Equipment Out</b>	<b>Canteen</b>	<b>Timing Gates</b>	<b>Timing Gate Pack Up</b>
<b>From 5pm</b>	<b>6.00-8.15pm</b>	<b>6-8pm</b>	<b>End of competition</b>
10B & 10G	6B & 6G	12G & 12 B	11G & 11B

**CANTEEN**

***This week's special is Beef Burgers \$5:*** as well as the usual sausage sandwiches, drinks etc.

**WORK TOWARDS BECOMING AN OFFICIAL AND EDUCATE YOURSELF AND LEARN THE RULES OF ATHLETIC EVENTS**

The clubs of our Region in NSW have banded together to provide a platform for educating parents about the various athletic disciplines for Little Athletics. The ultimate aim is to continue to provide high standard and professional of running events at club, zone and region championships, where parents have the knowledge to run events efficiently and **correctly**. The Local Officials Mentoring Scheme (LOMS) has two sections, one for club level officials and a second tier for those who are willing to help officiate at zone and region. Each of these levels has an open book multiple choice test and we would encourage all parents to have a go at them.

Zone and Region are large carnivals that require about 100 officials to run. Our Zone is well short of this number and need new officials coming on board this year. New officials need to work a full day or 2 half days to become fully qualified at zone or region and will work with a qualified official who will guide and mentor them. It is highly rewarding to be an official and to know that you are part of a professional experience that benefits all the athletes (including your own children). Please step up, your children will love

your involvement and you will have a very specific purpose in your day or weekend at the carnival. At zone or region if you work the full day, you will get lunch and drinks provided and the satisfaction of knowing you have been a tremendous asset to a large team. And this would be in place of the usual zone duties.

We would really like at least 1 parent per agegroup to sign up to this process - Click on this link to take you straight to the LOMS site for more information:

<http://region5loms.weebly.com/>

### **TRELOAR SHIELD**

Calling all U12 and older dual athletes. This Saturday is the second round of the

#### **Treloar Shield.**

Details can be found on the NSW website:

<http://www.nswathletics.org.au/Competitions/Calendar/ANSW-Club-Events/treloar-shield-2-sopac>

#### **Venue:**

Sydney Olympic Park Athletic Centre, Edwin Flack Ave, Sydney Olympic park, NSW.

#### **Events:**

Treloar Shield Events: 100m, 400m, 1500m, 200/400m hurdles, 4x 200m relay, pole vault, long jump, shot put, hammer, invitational Javelin.

#### **Eligibility:**

The Treloar Shield is open to all registered members of a senior Athletics NSW club

For more information regarding dual athlete competitions, speak to one of the committee with Senior aged athletes – Jenny Bishop, Craig or Jenny Little, Phil Lamperts, Jill Ingram, Ven Collett

### **TRIALISTS:**

This Friday is the last night for Trialists wanting to give Little A's a go. So please encourage your friends who haven't joined yet to come and give it a go!

All trialists must bring a completed medical form for each child - available on our website - and the \$30 cash per child. Trialists results will not be entered into the Results HQ system.

### **OTHER CHAMPIONSHIP INFORMATION:**

This can be found at

<http://www.cherrybrookathletics.org.au/20162017%20Stuff/PDFs/2016%20Championship%20Dates%20and%20explanations%20edited.pdf>

#### **Zone championships** – Barton Park Parramatta

Saturday and Sunday 10-11 December

Nominations will open in late October after State relay nominations close

This year, the zone entries are going to be done via a new online system that will link to results HQ. This system is in the last stage of being finalized, and an email will go to all our club athletes when it becomes active.

Our Senior athletes U13 and above will do their nominations directly to the online system, and get automatic selection in up to 6 events

U7-U12 athletes will do a combination of online entry and likely a paper entry

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

Trans Tasman is a fantastic opportunity for Children from the U11 and U 12 agegroup to compete against the New Zealand team and enjoy a wonderful cultural and athletics experience.

Information regarding the Trans Tasman to be held in Sydney are now available on LANSW website in the COMPETITION section

Nominations close at the LANSW office on **Wednesday 26 October 2016.**

See link below for further information:

<http://littleathleticsnsw.imgstgdev.com/Competition/Championships/Trans-Tasman>

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 2011 and 2012 .

## **ELECTRONIC RESULTS SYSTEM**

Results are available via the results HQ system, the link for is at the bottom of the Cherrybrook homepage on the left hand side. Each family should login as follows:

Visit [www.ResultsHQ.com.au](http://www.ResultsHQ.com.au) (link on the club website)

- Key in the registered email and password that you used for registration
- If you do not know your password or username, click on the link below these boxes on the screen and follow its prompts.
- If you do not know your registered email address send an email to Jill Ingram at [cherrybrookresults@yahoo.com](mailto:cherrybrookresults@yahoo.com)

Results which are usually available on the Results HQ system by Saturday – there is a message on the club website when the results are fully uploaded

Any personal best or record breaking performances will be automatically flagged, so hopefully the system will really encourage kids to improve their performances each week.

A few important things to remember re the results system:

· We will continue to use paper sheets for field events to ensure that we have backup results in case there are issues with data entry or saving + for checking

· Paper sheets need to be put in the tray on the competition HQ table near high jump after they have been entered.

· High jump can now be entered either by the mobile/ipad template app or alternatively into competition HQ on the laptop, which will be located on the field near high jump on a separate table.

· Field events need to be saved twice using the “save records” tab as results are entered. Then, any results entered that fall outside an average boundary of 25% will appear in red so that they can be checked before using the key “accept results” which saves all the results

· Please don't talk to the people entering track results at the end of races – it's very distracting, and slows down the speed at which we can get results in and the next race started. You will be able to access those results soon enough!

· Any age groups who do not use the mobile app for field events must come to the high jump table and enter their results onto the laptop.

If you have not accessed the results you may like to click on the following link to view a video of what to expect from within the family results area –

<https://www.youtube.com/watch?v=knwjekPU-O4&feature=youtu.be>

Happy Athletics!

Jenny Bishop

Championships Officer, Cherrybrook LA's