

**CHERRYBROOK LITTLE ATHLETICS**  
**SEASON 2016/2017 NEWSLETTER NO 3**  
**FRIDAY 23 SEPTEMBER 2016**  
**Program 2**

It was great to see so many kids and parents for our first night of competition last week. All the agegroups looked like they were having great fun getting back into athletics again, and there were some great performances across the age groups. As is our tradition, we will not upload the results from last week, as we have a large number of children whose registration information was not able to be uploaded to the system in time. We will therefore begin official results and points from this week.

Again a big thank you to some of our senior athletes who are helping out this year – we are fortunate to have a number of our senior athletes helping out coaching for the next few weeks, and a couple of our U17 boys who are helping age manage the U6 boys – it's great to see the Cherrybrook community work together!

**WET WEATHER:**

If the weather looks doubtful on Friday, then please check your email or the website front page before coming. If athletics on any given night is cancelled, we put a message up at the top of the front page of the website, and we also email a cancellation message. Go to:

<http://www.cherrybrookathletics.org.au/>

**REGISTRATIONS:**

Registrations will be able to be finalised at the following times:

**Friday 23<sup>rd</sup> September 6-7pm**

**Monday 26<sup>th</sup> September 6.30-7.30 pm**

**Friday 30<sup>th</sup> September 5.30-6.30 pm**

**Please ensure that you have paid your online registration by midday the day before the registration day, and that you bring ALL of the following COMPLETED forms all of which are on the front page of the website:**

- Receipt from online booking unless paying BY CASH OR CHEQUE
- Volunteer form
- Medical form
- Working with Children check form + photo ID for yourself
- Original Proof of age (birth certificate or passport) if you are new to the club.

Please take care when completing the forms, and be prepared that there may be some waiting time as registrations get completed.

**U12 - U17 Athletes, Registration Numbers are now available for collection**

If you have handed in all forms & just need to collect Registration numbers, please collect the registration numbers from the clubhouse on Friday

Registration numbers will need to be attached (safety pins are fine) before athletes can compete on a Friday night. Please BYO pins

## Program 2 this week

Follow the link below to the 3 week program which you may like to print off:

[2016/2017 Cherrybrook LAs 3 week Program, Map, Calendar & Roster](#)

### PARENT ROSTER FOR FRIDAY 23 SEPTEMBER

Equipment Out from 5pm	9 boys and 9 girls
Canteen & BBQ	7 Boys and 7 Girls
Timing Gate Helpers	10 boys & 10 girls
Timing Gate Pack Up	12 Boys &12 Girls

### CANTEEN:

Thanks for supporting the canteen last week.

#### **This week's Specials:**

Bacon, egg and sausage sandwiches combinations:

1 item (eg. Sausage sandwich) \$3

2 items (eg bacon and egg) \$4

3 items (sausage, egg and bacon) \$5

\$2 for a can of soft drink to make a meal deal.

Other Drinks, coffee and other treats etc will also be available as usual each week

Our Canteen is one of our major fundraisers for new equipment each year, and makes life a little easier if you don't need to cook dinner when you get home!!

### **Ipads FOR FIELD EVENT RESULTS:**

Please remember to bring an Ipad if you have one to help enter your agegroups's field event results each week. It is not difficult, and is a big help to your age manager. Assistance is available each Friday night to get you started. No additional app is required.

### WHAT TO DO ON ARRIVAL EACH NIGHT:

Parents **please arrive on time and stay with your children until competition is finished**. We understand there can be traffic issues etc., however we need helpers to set up and get started on time. Please don't send your child in while you sit in the car. The running of our events is not difficult and your children really enjoy seeing your involvement, and knowing you are supporting and watching them close up. It also makes it very difficult for the age managers to concentrate on teaching and supervising events when people arrive late, or if there are not enough parent helpers. So please arrive on time and get involved!

If on any given night you are not able to attend that's fine – you do not need to let anyone know.

**Parents you need to sign your children in** with the age manager EVERY WEEK YOU ATTEND and then be prepared to go with your youngest child on the first night. Age groups line up on the edge of the oval starting with the U6 agegroups closest to the clubhouse.

**All U6 parents must stay with their U6 child each night all season.**

**Your age manager will direct you to each event throughout the night.** Please assist the age managers as required in getting kids safely to each event, and help as required throughout the night.

**All athletes MUST compete in the correct agegroup** according to Little athletics NSW agegroup guidelines (ie. Age as at 30<sup>th</sup> September 2016). Under no circumstances are children allowed to compete in a different agegroup (eg with friends). This is an issue of safety and fairness to all athletes and this rule strictly applies at all Little Athletics Centres. There are plenty of opportunities to socialise at the end of the night, and later in the season we will run invitational events that will go across agegroups. If you need further information in this regard, then please discuss further with Jenny Bishop or Elizabeth Jones.

Please **DO NOT BRING YOUR DOG**. It doesn't matter how gentle your dog is, with the guns going off constantly, you don't know how it will react. Cherrybrook Little Athletics has a strict no dogs policy. Please leave the dog at home.

This week we would like to ask for **people from each age group to bring their tablet** (eg. I-pad or similar) on Friday evening so that they can be trained on how to enter field event results out on the field. Training will occur throughout the night at field events, starting with the younger agegroups.

**Your child must have their uniform on and have their number either safety pinned or sewn on the front along with their age patch and Jetstar patch**

Come to the concrete area in front of the clubhouse and look for the age manager of your children. They will be wearing a bib with the age number on it - blue for boys and yellow for girls. They will be on the grass area in front of the light pole.

#### **PARENT RESPONSIBILITIES:**

Parents must stay for the whole program each week. You can help with your child's age group, by following them around and assisting in measuring, collecting discus, crowd control, safety etc or help with the carnival generally by operating the timing systems, starting, results recording and canteen. There is a duty roster per age group for a variety of jobs throughout the season. This roster is in the club handbook ("Grey Book" on the website) and will be promoted each week in the newsletter. Each age group is responsible for packing up their last event each week. Senior boys and girls is U13-U17 age groups.

Please read the newsletter each week. Athletics is different to team sports and the newsletter is the primary form of communication with members - we tell you about championships, special events and coaching among other things. We will never give your email to a third party.

#### **"THE GREY BOOK"**

Below is the link to our "grey book" which is our 2016/17 season handbook. It contains lots of information about the club, different events and specifications for each agegroup committee contacts, season calendar and plenty more. It also contains our usual 3 week program, so please take some time to have a look through it and familiarise yourself with the contents.

<http://www.cherrybrookathletics.org.au/Title%20Pages%20added/Grey%20Book%20Message.html>

## ELECTRONIC RESULTS SYSTEM

From this week onwards results will be available via the results HQ system, the link for which 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 Weekly Results page 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. Currently, upgrades to the system that occurred last week have meant that only iPads and tablets can be used for entering field events, so please bring one along if you can to help us get your age-group's results into the system.

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 results must be entered into competition HQ on the laptop, which will be located on the field near high jump on a separate table, rather than onto the mobile iPad app.
- 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>

### TRIALISTS:

Remember if you are a trialist or have friends who wish to trial, you cannot come this week.

This year we are holding **1 trial period** of 3 weeks duration **October 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup>**.

Each trialist can come for **2** of the 3 weeks. You cannot trial on any other Friday evenings.

Trialists need to check in at the clubhouse before the start of **each evening** that they wish to trial on. A completed medical form (available from our website) needs to be handed in on the first night they are attending as well as the trial fee of \$30 per child- cash only please"

Trialists should arrive at **5.30pm** on the nights they are trialling to allow time to finalise paperwork.

**UNIFORMS** will be available for purchase from 5.30pm should you require one – please come early if you need to finalise uniforms. You can order and pay online via the website. Payment is by cash or cheque only on Friday night.

All athletes **MUST** have the following attached to their uniform:

- **2016/17 registration number** (even if your number is the same as last year)
- Age patch
- New orange Jetstar patch

#### **SPIKES/WAFFLES:**

As per Little Athletics rules, spiked shoes cannot be worn at all by children in the U6-U10 age groups. Children in U11 and U12 can only wear spikes in laned events, jumps and javelin.

Athletes in U13 and above may wear spiked shoes in any running or jumping event.

“Waffles” with rubber soles are fine for all agegroups and events

Also, if you have any old spikes or waffles that are in good condition, then please consider donating them to our uniform shop. We then sell them for approximately \$10, with the proceeds going to the club for new equipment etc.

#### **HIGH SCHOOL ATHLETES:**

CONSIDER ENTERING THE **NSW 2XU ALL SCHOOLS CHAMPIONSHIPS** – READ BELOW

**WHEN:** 13 – 16 October at Sydney Olympic Park

**ENTRIES CLOSE:** Thursday 22<sup>nd</sup> September

The event incorporates athletes from all sectors of the school system, including Government, Catholic and Independent, and has a long and rich history in NSW, being a breeding ground for many of NSW's best athletes, including Matt Shirvington, Melinda Gainsford-Taylor, Jana Rawlinson and current Rio Olympians Dani Samuels, Fabrice Lapierre, Ryan Gregson, Annelise Ruby, Madeline Hills, Michelle Jenneke, Vicky Mitchell, Ella Nelson, Elloise Wellings, Milly Clark, Jessica Thornton and Scott Westcott.

The competition is open to any athlete currently attending a NSW Secondary School, between the ages of 12-19. There is no direct progression from a previous carnival, and no qualifying standards exist. As long as you submit your entry by midnight Thursday 22 September, you can compete!

The Australian All Schools Championships are to be held at the AIS Track and Field Centre in Canberra from 2nd – 4th December 2016. Students wanting to compete must qualify at the 2XU 2016 NSW All Schools Championships.

To enter and for more information click [here](#).

For further information contact Athletics NSW on 9746 1122

**Happy athletics!**

Jenny Bishop

Championships Officer Cherrybrook Little Athletics