

CHERRYBROOK LITTLE ATHLETICS SEASON 2016/2017
NEWSLETTER NO 12
FRIDAY 25 November 2016
Program 3

Congratulations to everyone involved in the State Relays this past weekend. As always Cherrybrook athletes gave of their best, demonstrating wonderful sportsmanship and determination. Many of our athletes put in massive PB performances which is great to see, and they all had lots of fun! Congratulations in particular to our U8 girls field team who finished with a silver medal – well done!

This week we are back to program 3. Next week will be the last Friday competition night of the year, so hope to see you all out on the track these next two weeks.

There will be no invitationals this week.

PARENT ROSTER FOR FRIDAY 25 NOVEMBER

Equipment Out from 5pm	Canteen & BBQ	Timing Gate Helpers	Timing Gate Pack-up
12B & 12G	SnrB & SnrG	9B & 9 G	11B & 11G

CANTEEN

This week our canteen will be serving up Beef burgers as well as the usual Sausage sandwiches. Make your life easy and come and grab dinner before heading home.

ZONE CHAMPIONSHIPS – 10-11th DECEMBER AT BARTON PARK

Please ensure that you have checked your Child's entry for Zone – link on the front page of the website. Any changes or additions need to be sent to Jenny Bishop BY TONIGHT. Contact Jenny if you have any queries.

The link to the parent Roster will be sent out over the next few days, so please keep an eye out for that,

COACHING

We are very fortunate to have a number of experienced and dedicated coaches.

For guidance on training needs or for general information regarding coaching please contact our Coaching Coordinator, Valmé Kruger (mobile 0402 126 060). Please contact coaches before attending your first session to check availability in their squads and to determine which session would best meet your athlete's needs.

<p>Valme Kruger Middle Distance and Cross Country Training</p>	<p>Level 4 Accredited Coach (Australian Coaches Association) Level 5 Accredited Coach (South Africa Coaches Association) 27 years active coaching experience Specific track event coaching 400m - 3000m Specific cross country coaching A training fee is charged. Enquiries: 0402 126 060</p>	<p>Monday and Wednesday sessions; 4:15-5:30 Development Session: 8-12 year olds, concentrating on sprints and fitness and the practicing of the correct running style. 5:15-6:45 Middle Distance Session: older, more serious and well-conditioned middle distance athletes. Concentrating on more dynamic development of all the different types of training according to a specific training regime and athletics participation. Fitness, strength and conditioning, speed endurance, speed, time trials etc. An already established group of high level athletes. Any athlete interested in specific fitness and speed training. From 4:15-5:30</p>
<p>John Sharpe Jumps, Throws, Sprints Training</p>	<p>Level 4 Accredited Coach (Australian Coaches Association) 22 years active coaching experience A training fee is charged Enquiries: 0407 070 758</p>	<p>Training: Most days (including weekends) from 4pm onwards</p>

<p>Mick Zisti</p> <p>Sprints and Hurdles Training</p>	<p>Level 2 Accredited Coach (Australian Coaches Association)</p> <p>22 years active coaching experience Sprints/Hurdles A training fee is charged</p> <p>Enquiries: 0434 110 872</p>	<p>Training: Monday and Wednesday 4.30pm onwards</p>
<p>Georgia Huggert</p> <p>Middle Distance and Cross Country Training</p>	<p>Level 2 Accredited Coach (Australian Coaches Association)</p> <p>7 years active coaching experience A training fee is charged</p> <p>Enquiries: 0439 414 730</p>	<p>Training: Monday 4.30 - 6pm Wednesday 5 - 6.30pm</p>

COLOURED PATCHES:

Below is the link to our coloured patch system, where athletes can attain coloured patches once they achieve performances to a certain standard.

http://www.cherrybrookathletics.org.au/Title%20Pages%20added/Coloured_patches.html

Follow the instructions on the website, print off the appropriate agegroup standards for your child, and use results HQ to look up and record results. Once you have enough performances for 1 or more patches, put your sheet in the clubhouse in the "coloured patch" box.

Best of Luck to various athletes competing in both Nationals and Athletics NSW State Relays.

Jenny Bishop
Cherrybrook LA's