

CHERRYBROOK LITTLE ATHLETICS SEASON 2016/2017
NEWSLETTER NO 17
Program 3
FRIDAY 27th January 2017

Wasn't it great to get back to the Greenway and get back into some athletics again? The oval is in great condition after plenty of rain and sunshine, and it was great to see so many athletes back competing.

Thank you to everyone who pitched in and helped with our new token system for duties – overall we felt it worked very well, and will continue with the new system this week. A reminder of the system will be further down the email.

This week we will be running **program 3**. As various people will be away this Friday, we will again need all hands on deck to help out with setting up, packing up as well as running events throughout the night, so please be prepared to help out as needed.

Invitationals:

At 8pm we will run:

* invitational sprints, and an 800m if there is enough demand.

Please ensure that you sign in by 6pm if you wish to run an invitational

These are a great opportunity to get some competitive runs in before region, so grab a couple of friends and join in.

Regional Shirts and information

Hopefully our Regional shirts will be available to collect next week, so please keep an eye out for emails regarding these.

The parent Roster for Region, and further Regional team information will be emailed out this week.

Reminder of our Token system for duties:

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.

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

STATE MULTI CHAMPIONSHIPS

REMINDER THAT ONLINE ENTRIES WILL CLOSE SOON!

ENTER **NOW** SO THAT YOU DON'T MISS OUT!!!!

ENTRIES CLOSE 8 FEBRUARY 2017

Entries for the 2017 State Multi-Event close on Wednesday, 8 February. This is **just over two weeks away!** The date is **4 & 5 March 2017** at Hunter Sports Centre, Glendale.

The entry fee is **\$20** per athlete, which will cover gate entry for athletes and parents/spectators. There will be a bit of 'down time', so we are trying to organise some other activities to keep everyone occupied in between events. Keep an eye on the Multi-Event page of our website for more information as final details of activities will be updated on the website soon.

As per previous years, large age groups will be split into smaller groups for ease of manageability. If you are interested in assisting as an Athlete Controller, please let me know by sending an email to dlevy@lansw.com.au. The number of Athlete Controllers per age will be determined by the number of entries per age. Please click [HERE](#) for the duties of the Athlete Controller at our Multi-Event. If we haven't been able to get enough Athlete Controllers by the time entries close. I will send an email to all parents of registrants asking for further volunteers.

If you are interested in attending this carnival, don't leave it until the last minute to submit your entry - you may miss out!! So get together a group from your centre and come along and join the FUN!

Click [HERE](#) to go directly to the registration page for the **2017 STATE MULTI-EVENT**.

Information on the 2017 State Multi-Event will be updated regularly in the [Multi-Event section](#) of the website. Make sure you check out this page.

Give the LANSW office a call on 9633 4511 if you have any questions.

Happy Athletics!