

**CHERRYBROOK LITTLE ATHLETICS SEASON 2016/2017  
NEWSLETTER NO 8**

Program 1  
**FRIDAY 28 OCTOBER 2015**

It's been great to see lots of happy faces, with so many athletes enjoying their athletics and doing their best each week – that's what we love to see.

A reminder to Nominate for Zone if you wish to do so –

**Zone Nominations will close 6pm November 5 via the online process** – see separate email earlier this week, or read below for more information. To view the screen shots, you will need to open the Zone registration email with a computer, not a phone, or the detailed instructions will not be visible

Please also consider becoming local official for Zone – we would like at least 1 parent per agegroup to be a part of this process – it's a great way to learn some more about athletics while helping out at the same time – for more details see later in the email regarding "LOMS"

There seem to be quite a lot of flies and mosquitos around at Cherrybrook at the moment – you may wish to protect your children with some extra insect repellent

**PROGRAM 1 THIS WEEK:**

This week we are running program 1.

Next week we will be having one of 2 **Multi event nights** for the year where all athletes will complete 4 events – 1 sprint, 1 Middle Distance, 1 throw and 1 jump event, with points for each tallied up as occurs at State relays. Last year our multi event night was the night where the most PB's were performed (over 300), so put the date in your diaries and come along for a great night of competition. This year we will have a male and female trophy for the athlete who gets the best overall score across the 2 nights.

**INVATIONALS THIS WEEK: 400m/800m, Walks + shot/discus and walks**

This week when the circular track has completed events (approximately 8pm) we are going to run invitational 400m races as most agegroups missed out on these last week, as well as 800m if there is enough demand, Shot and discus over in the discus cages.

Can I particularly encourage athletes who are nominating to run at Zone 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.

**Those wanting to do invationals need to please come and complete the sign on sheets at the concrete circles by 6pm so we can organize athletes and enough helpers.**

**Anyone wishing to nominate for walks at Zone should come and see Craig Little by 6pm.** Those without walks scheduled can join in with an older agegroup if they wish to, but must see Craig in order to do so

## **CLUB PHOTO NIGHT NEXT FRIDAY:**

This year we will split the photos over 2 night, with the Whole Club Photo at 6pm Nov 4th so please plan to arrive on time. This will be followed by

Seniors  
Under 17  
Under 15  
Under 14  
Under 13  
Under 12

Week 2 – Nov 11

Under 11  
Under 10  
Under 9  
Under 8  
Under 7  
Under 6's

## **PARENT ROSTER FOR FRIDAY 28th OCTOBER:**

**Equipment Out from Canteen & BBQ**  
**5pm**  
9B and 9G

**6-8:15**  
11B and 11G

**Timing Gate Helpers**   **Timing Gate Pack Up**  
Snr B and Snr G   12 Boys and 12 girls

## **CANTEEN**

***This week's special is: Chicken burgers \$5 each as well as the usual sausage sandwiches and treats***

### **CHAMPIONSHIPS INFORMATION:**

**Zone nominations have opened, and this year will be done via the new online system with all athletes to please print out a copy of their nominations** and place in the folders at Greenway. A separate email was sent to all Little Athletics members, or follow the link below:

<http://www.cherrybrookathletics.org.au/20162017%20Stuff/PDFs/Zone/2016%20Zone%20Nominations%20Instructions%20v2-CB.pdf>

**Those in the U7-U12 agegroups must also indicate their preferences on their printout**

**Nominations will close at 6pm on Saturday**

The Cherrybrook website contains quite a bit of information regarding the various Little athletics championships – follow the link below

<http://www.cherrybrookathletics.org.au/Title Pages added/LAs Championships.html>

### **STATE RELAY CHAMPIONSHIPS – SOPAC**

U8-U11 Saturday 19 November 2016 U12-U17 Sunday 20 November 2016

Keep watching the newsletter and website for team details.

Zone championships – Barton Park Parramatta

Saturday and Sunday 10-11 December.

*Rules for Zone* - athletes from U7-U12 can only compete in 4 individual events and are subject to selection, via a nomination process. Therefore your nominated event preferences will be taken into consideration. Cherrybrook is only able to put 5 athletes into

each event at zone. This is generally done based on best performances within the age group, although the Championships Officers will do their best to allow all nominating athletes the chance to compete in at least one event.

Athletes from U13-U17 may compete in up to 6 individual events and are not subject to selection. We can enter as many athletes as nominate. (This is because there are less senior athletes registered and competing, and events are rarely full).

**Athletes will be entered only if they complete the online registration process.**

## **LOMS: 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/>

## **EVENTS THIS WEEKEND FOR DUAL ATHLETES REGISTERED WITH SENIORS ATHLETICS:**

### **Allcomers/Treloar**

#### **Venue:**

Blacktown International Sports Centre, Eastern Rd, Rooty Hill NSW 2766. [Click here](#) to view the location map.

#### **Events:**

Treloar Shield Events: 200m, 800m, 1500/3000/5000m walks, triple jump

All-comer Events: 100m, 400m, sprint hurdles, high jump, shot put, javelin

#### **Eligibility:**

The event is open to the general public. Members of Athletics NSW and Little Athletics NSW can enter at a discounted member rate.

Athletics NSW members must wear their senior club uniform and 2016/17 competition numbers. Non-members will be supplied temporary numbers at athlete check in.

#### **Age Groups:**

Athletes compete as open athletes and will be placed in events based on ability (track events and jumps) and according to weight division in throws events.

**Entry:**

[Click here](#) to enter online.

Participants are to enter online at an entry cost of \$7.50 for members and \$15 for non-members. The entry fee is for unlimited events. Online entry closes midnight Thursday 27th October 2016.

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](#) for the draft timetable.

**Rules:**

[To view the Treloar Shield and All-comers rules click here.](#)

[To view the Treloar Shield and Age Pennant scoring format click here.](#)

**Athletics NSW Summer Series:**

This event is part of the Athletics NSW Summer Series. For more information about the series including the event calendar [click here](#).

**HAPPY ATHLETICS**

**Jenny Bishop**

**Championships officer**

**Cherrybrook LA's**