

CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016
NEWSLETTER NO 18
Multi Night

FRIDAY 3rd Feb 2017

Hopefully the weather will stay reasonable this week – the forecast looks ok for the afternoon! The oval is in great condition after plenty of rain and sunshine. This week we will be having out MULTI NIGHT.

Some of our older athletes and parents will be away this week competing at the NSW Junior Championships at Homebush – we wish them well as they compete.

MULTI NIGHT:

All athletes will do 4 events, for most agegroups 1 sprint event, 1 Middle distance event, 1 throw event and 1 jump event although we have altered the timetable a little to try to get everyone through the program a little faster, and give some agegroups hurdles.

Timetable will be sent separately:

Each athlete will be awarded points based on their performance at each event using the little athletics pointscore tables for each event (as occurs at the State Multi event), which will then be added together for a final pointscore.

If your children particularly enjoy the multi event program, then think about entering the Little Athletics State Multi Championships – more information later in this email.

Athletes will still earn points as per usual towards the end of season awards, and will still be able to do PB's and break records in individual events.

Parents please bring i-pads for entering in field event results.

There will be 2 or 3 throws/jumps for each athlete at discretion of age manager depending on the size of each group.

Please be prepared to help out – each agegroup will need:

- a parent to record results onto a spreadsheet
- a parent for each agegroup to calculate the point scores, and add them up at the end of the 4 events

so please share these jobs around in your agegroup, and be prepared to help out as necessary.

There will be no invitationals this week.

Regional Shirts and information

Regional Shirts will be available for collection in the clubroom for those who did not collect them last week.

Please also sign up to the regional parent roster if you have not already done so.

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.

PARENT AND ATHLETE CODE OF CONDUCT:

As we head towards the second half of the season and toward the region and State Championships, can I remind all our athletes and parents of our Code of Conduct. Little Athletics is run entirely by volunteers, for the enjoyment of all.

At Cherrybrook we believe that athletics has a particular ability to teach great lessons about always giving your best, persevering, encouraging others to do their best, applauding the best efforts of others and having fun!!

Having watched many years of athletics and seen many wonderful athletic performances, it is in fact various acts of particular sportsmanship or kindness that stand out to me as the most memorable moments in Athletics.

Whether we are competing, standing on the sidelines, finish lines or helping out at events, can I remind athletes and parents of the "code of Conduct" that can be found on our website in the "grey book"

Athletes

- 1) Compete according to the rules.
- 2) Work equally hard for yourself and/or your Centre.
- 3) Always address officials in a polite manner.
- 4) Be a good sport. Acknowledge all good results, whether they are made by your Centre or friends or an athlete from another Centre.
- 5) Only cheer good performances, not when other competitors make an error or don't perform well.
- 6) Treat other competitors with respect.
- 7) Do not act smart or 'cocky'.
- 8) Treat all athletes as you like to be treated. Do not bully or take unfair advantage of another competitor.
- 9) Cooperate with your coach, Centre mates and other competitors. Without them there would be no competition.
- 10) Participate for your own enjoyment and benefit, not just to please parents and coaches.
- 11) Remember that all that is ever requested of you is to Be Your Best!

Parents, Relatives & Spectators

- 1) Remember that young people are involved in Little Athletics for their enjoyment, not yours.
- 2) Encourage children to participate, do not force them.
- 3) Focus on the child's efforts and performance rather than winning or losing.
- 4) Encourage athletes to always participate according to the rules.
- 5) Applaud good performances and efforts from all competitors.
- 6) Support all efforts to remove verbal and physical abuse from Little Athletics. Condemn the use of violence in any form, whether it is by spectators, coaches, officials or athletes.
- 7) Recognise the value and importance of being a volunteer.
- 8) Respect officials' decisions and teach young people to do likewise. Remember, officials freely give their time and effort for your child's involvement and enjoyment.
- 9) Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.

CANTEEN

This week's special at the canteen is Bacon and Egg sandwiches, as well as the usual sausage sandwiches etc. Don't forget that we have a range of drinks, coffee and other snacks available as well as the ever popular spiders, so come and join us for some yummy treats.

Happy Athletics