

**CHERRYBROOK LITTLE ATHLETICS SEASON 2016/2017**  
**NEWSLETTER NO 21**  
**Program 2**  
**FRIDAY 3th March 2016**

**We have only 2 more nights of competition left!** Looking forward to seeing you all out on Friday night to run and jump and throw as best you can.

Please check the website and your emails if the weather is doubtful – we aim to have a message out by 5 though sometimes the img system that we send the emails through can be slow.. Those of you who come from further away feel free to ring me before you leave.

Best of luck to our group of Cherrybrook athletes competing at the State Multi championships in Newcastle this weekend – we hope you all do your best and have fun!! There will be a few key people away this Friday, so please step up and help to get things going.

#### **INVITATIONALS:**

There will be an invitational sprints this Friday evening. Please come and sign in and write down your PB for the relevant event before 6pm so that we can organize people into races according to times.

#### **COLOURED PATCHES:**

Remember to fill out your **Coloured Patch** Achievement Recording Sheets so that we can award patches. You can download these sheets off the website and then hand them in at the clubhouse. Follow the link below to print off your relevant coloured patch form: [http://www.cherrybrookathletics.org.au/Title%20Pages%20added/Coloured\\_patches.html](http://www.cherrybrookathletics.org.au/Title%20Pages%20added/Coloured_patches.html) then log in to results HQ and find your child's results. Each agegroup is different, so follow the instructions as to how many events you need to achieve a patch. Remember that you can use results from Zone and Region towards patches also.

#### **INVITATIONALS:**

There will be an invitational sprints this Friday evening. Please come and sign in and write down your PB for the relevant event before 6pm so that we can organize people into races according to times.

These are open to ANY ATHLETE who would like to get in some additional competition, so please COME AND HAVE A GO!!

#### **REGIONAL CERTIFICATES AND LOST PROPERTY**

We have a large number of uncollected Regional certificates that will be available for collection over the next few weeks at the beginning of each night – these are in the clubroom on the table. There is also quite a bit of lost property, so if you are missing anything please check. Anything un-named will be donated to a charity after next week.

#### **CAN YOU HELP THE CLUB NEXT SEASON?**

Always at this time of year we ask our parents to consider getting more involved in the club during the 2017/18 season. We are always looking for a number of assistants to help a number of our very experienced committee members with various roles in the club.

If you think you could assist in running the club in any other way, then please come and see one of the committee members.

## **A FEW DATES FOR YOUR DIARIES:**

### **LA's State Championships**

These will be held over 3 days Friday 17-Sunday 19th March, This year we have 51 athletes who have made it through to State which is a great effort.

**Clean up time!!** The club house is well overdue a good clean-up, so we are aiming to do this over the week of **20 + 23 March**. If anyone has some spare time in the afternoon's of those days around 5-6pm, or is already up at the club for training on those days, please speak to one of the committee members, and perhaps you consider helping out for an hour or so

### **Presentation day**

Our annual presentation day will be on **Sunday afternoon 21st May at Dural Country club** . This is a fantastic afternoon where we remember many of the great achievements of the season, give out our season's awards, and you will get the chance to see lots of the great photos as well as some terrific video's from this season. Please set the date aside in your diary.

All the best to our athletes as we enter the last few weeks of the season – hopefully there will be many more PB performances this week as well.

**HAPPY ATHLETICS!!**