

## CHERRYBROOK LITTLE ATHLETICS SEASON 2016/2017

### NEWSLETTER NO 5

Program 1

FRIDAY 7th October 2016

Back to **Program 1 this week**. Again we usually have fewer athletes during the holidays, so please help out with setting up, packing up, picking up the slack where necessary – we will need all hands on deck. We greatly appreciate the help that everyone gives week to week. **Please remember to put in your State relays nominations this week – see further information below**

#### THROWING EVENTS:

**Javelin:** We will again be running Javelin on the top oval this week as there is no baseball – if those who wish to throw in U 11's and up can go up to the top oval during their long jump/triple jump (no more than half a group at a time), we can rotate through the senior agegroups. Unfortunately we have minimal access to the top oval over a very limited number of weeks, so we would like to give the older groups the chance to throw Javelin when we can.

#### PARENT ROSTER FOR FRIDAY 30 SEPTEMBER:

Equipment Out	Canteen	Timing Gate	Timing Gate Pack Up
From 5pm	6.00-8.15pm	6-8pm	End of competition
8B and 8G	9B and 9G	6B and 6G	SnrBoys and SnrGirls

#### CANTEEN

***This week's special is:*** Bacon , Egg and Sausage sandwiches - \$3 for 1 item, \$4 for 2 items \$5 for 3 items, as well as the usual sausage sandwiches, drinks etc.

#### TRIALISTS:

For those of you with friends wanting to try Little Athletics, Trialists are able to come for 2 of the next 3 weeks (October 7th, 14th, 21st). All trialists must bring a completed medical form for each child - available on our website - and the \$30 cash per child. Trialists results will not be entered into the Results HQ system.

#### CHAMPIONSHIPS INFORMATION:

We are heading towards the first of the Little Athletics Championships.

General information about the championships was sent out last week + is on the website front page- please read this information carefully.

**State relays – SOPAC Homebush – nominations open until 14th October**

Junior day U8-U11 November 19

Senior Day U12-U17 – November 20

**If you would like to nominate your child, follow the link to the website, print a nomination form, and file in the folder which will be on the concrete circle where announcements are made – pink for girls, blue for boys [NOMINATION FORM:](#)**

NOTE THERE HAVE BEEN CHANGES TO THE COMPOSITION OF THE FIELD RELAYS THIS SEASON – PLEASE SEE SEPARATE EMAIL OR LINK BELOW FOR FURTHER INFORMATION.

## **OTHER CHAMPIONSHIP INFORMATION:**

<http://www.cherrybrookathletics.org.au/20162017%20Stuff/PDFs/2016%20Championship%20Dates%20and%20explanations%20edited.pdf>

### **Zone championships** – Barton Park Parramatta

Saturday and Sunday 10-11 December

Nominations will open in late October after State relay nominations close

### **Trans Tasman – for U11 and U12 athletes only**

Trans Tasman is a fantastic opportunity for Children from the U11 and U 12 agegroup to compete against the New Zealand team and enjoy a wonderful cultural and athletics experience.

Information regarding the Trans Tasman to be held in Sydney are now available on LANSW website in the COMPETITION section.

Nominations close at the LANSW office on **Wednesday 26 October 2016**.

See link below for further information:

<http://littleathleticsnsw.imgstgdev.com/Competition/Championships/Trans-Tasman>

or speak to Jenny Bishop who has experienced Trans Tasman both as an athlete (yes, it has been going that long!!) and more recently as a parent in 2011 and 2012 .

## **ELECTRONIC RESULTS SYSTEM**

Results are available via the results HQ system, the link for is at the bottom of the Cherrybrook homepage on the left hand side. Each family should login as follows: Visit [www.ResultsHQ.com.au](http://www.ResultsHQ.com.au) (link on the club website)

- Key in the registered email and password that you used for registration
- If you do not know your password or username, click on the link below these boxes on the screen and follow its prompts.
- If you do not know your registered email address send an email to Jill Ingram at [cherrybrookresults@yahoo.com](mailto:cherrybrookresults@yahoo.com)

Results which are usually available on the Results HQ system by Saturday – there is a message on the club website when the results are fully uploaded

Any personal best or record breaking performances will be automatically flagged, so hopefully the system will really encourage kids to improve their performances each week. Currently, upgrades to the system that occurred last week have meant that only iPads and tablets can be used for entering field events, so please bring one along if you can to help us get your age-group's results into the system.

A few important things to remember re the results system:

- We will continue to use paper sheets for field events to ensure that we have backup results in case there are issues with data entry or saving + for checking
- Paper sheets need to be put in the tray on the competition HQ table near high jump after they have been entered.

- High jump results must be entered into competition HQ on the laptop, which will be located on the field near high jump on a separate table, rather than onto the mobile iPad app.
- Field events need to be saved twice using the “save records” tab as results are entered. Then, any results entered that fall outside an average boundary of 25% will appear in red so that they can be checked before using the key “accept results” which saves all the results.
- Please don’t talk to the people entering track results at the end of races – it’s very distracting, and slows down the speed at which we can get results in and the next race started. You will be able to access those results soon enough!
- Any age groups who do not use the mobile app for field events must come to the high jump table and enter their results onto the laptop.

If you have not accessed the results you may like to click on the following link to view a video of what to expect from within the family results area –

<https://www.youtube.com/watch?v=knwjekPU-O4&feature=youtu.be>

Happy Athletics!

Jenny Bishop

Championships Officer, Cherrybrook LA’s