

**CHERRYBROOK LITTLE ATHLETICS**  
**SEASON 2016/2017 NEWSLETTER NO 1**  
**FRIDAY 9 SEPTEMBER 2016 "Coaching night"**

Feeling inspired for another season of athletics after the Olympics? Well dust off those shoes...our Little Athletics season start is here. Greenaway Park is in great condition for our first night **THIS FRIDAY 9th September**

This week we will be having a special **COACHING NIGHT from 6.00-8.00pm** . We have organised a number of our older and previous athletes including Olympian Michelle Jenneke, as well as qualified coaches to come and assist as we get back into the swing of a new season. In many age groups there is a new skill to learn this year with a new event introduced. The canteen will be open as usual to allow you to purchase a sausage sandwich and drinks etc. at the end of the night.

Tomorrow, we will email a link to the special program that we will be running this week. Our focus will be on learning different events and improving technique rather than results as such, so come along, have fun and make the most of the additional coaching this week.

**All athletes must have their 2016/17 registration number attached to their uniform (pins is fine)**, except for U12-U17 athletes – we are still awaiting the arrival of the new registration numbers from Little Athletics, but this now seems unlikely to occur before our season starts on Sept 16. Please keep an eye on the weekly emails – we will notify everyone as soon as they have arrived. Please note that all dual athletes competing for both Little Athletics and Seniors will need to set aside their number with the QR code to go on the **FRONT** of their SENIORS uniform once they receive this.

Just a reminder that **NO REGISTRATIONS WILL BE ABLE TO BE FINALISED THIS WEEK**, and if you have not finalised your registration, then your child **MAY NOT ATTEND THIS WEEK**.

**From next week (16/9/16) we will start regular competition with program 1.** Weekly competition continues through the school holidays. You can see the 3 week rotating program on the Cherrybrook website. See link below:

<http://www.cherrybrookathletics.org.au/20162017%20Stuff/PDFs/CHERRYBROOK%20PROGRAM%20V8%20as%20at%206%20Sept%202016.pdf>

The **next registration night** will be **Thursday September 15th 7.00-8.30pm**

at the Greenway oval clubhouse. You must complete your registration by 12MD on Wednesday in order to finalise registrations on Thursday. As per usual, please ensure that you come with the following:

1. **Medical form for EACH child**
2. **Volunteer form**
3. **Working with Children Check.**
4. **ORIGINALS of proof of age documents for your children if you are new to Cherrybrook LA's or if you were last registered with Cherrybrook in 2013/14 season or earlier - Passport or birth certificates are acceptable**
5. **Please also bring a drivers licence or photo ID for each adult that has completed a "Working with Children check"**
6. **Your registration receipt which needs to be viewed – the email on your phone will be fine, otherwise please print a copy of you registration email receipt.**

Online is our preferred method of registration. Alternatively you can register in person at our Registration days, but payment is then by cash or cheque only and attracts a higher fee.

**TRIALISTS:** Remember if you are a trialist or have a friend who wants to try little Athletics, you cannot come the next 3 weeks. This year we are holding **1 trial period** of 3 weeks duration **October 7th, 14th and 21st**. Each trialist can come for **2** of the 3 weeks for a cost of \$30 that gets refunded if you go on to register. You cannot trial on any other Friday evenings. Trialists should arrive at **5pm** on the nights they are trialling to allow time to finalise paperwork.

**UNIFORMS** will be available for purchase from 5.30pm should you require one – please come early if you need to finalise uniforms. Please either order and pay online via the website, otherwise payment is by cash or cheque only on Friday night. Please ensure that your child has the following attached to their uniform:

- **2016/17 registration number** (even if your number is the same as last year)
- Age patch
- New orange Jetstar patch

**Spiked shoes** As per Little Athletics rules, spiked shoes cannot be worn at all by children in the U6-U10 age groups. Children in U11 and U12 can only wear spikes in laned events, jumps and javelin. Athletes in U13 and above may wear spiked shoes in any running or jumping event.

“Waffles” with rubber soles are fine for all agegroups and events

Also, if you have any old spikes or waffles that are in good condition, then please consider donating them to our uniform shop. We then sell them for approximately \$10, with the proceeds going to the club for new equipment etc.

#### **WHAT TO DO ON ARRIVAL EACH NIGHT:**

**Your child must have their uniform on and have their number at least safety pinned on the front along with their age patch.**

Come to the concrete area in front of the clubhouse and look for the age manager of your children. They will be wearing a bib with the age number on it - blue for boys and yellow for girls. They will be on the grass area in front of the light pole.

**Parents you need to sign in** with the age manager and then be prepared to go with your youngest child on the first night.

**All U6 parents must stay with their U6 child each night all season.**

**Your age manager will direct you to each event throughout the night.** Please assist the age managers as required in getting kids safely to each event, and help as required throughout the night.

**All athletes MUST compete in the correct agegroup** according to Little Athletics NSW agegroup guidelines (ie. Age as at 30th September 2015). Under no circumstances are children allowed to compete in a different agegroup (eg with friends). This is an issue of safety and fairness to all athletes and this rule strictly applies at all Little Athletics Centres. There are plenty of opportunities to socialise at the end of the night. If you need further information in this regard, then please discuss further with Jenny Bishop or Elizabeth Jones.

#### **PARENT RESPONSIBILITIES:**

Parents must stay for the whole program each week. You can help with your child's age group, by following them around and assisting in measuring, collecting discus, crowd control, safety etc or help with the carnival generally by operating the timing systems, starting, results recording and canteen. There is a duty roster per age group for a variety of jobs throughout the season. This roster is in the club handbook (“Grey Book” on the website) and will be promoted each week in the newsletter. Each age group is responsible for packing up their last event each week. Senior boys and girls is U13-U17 age groups.

Please read the newsletter each week. Athletics is different to team sports and the newsletter is the primary form of communication with members - we tell you about championships, special events and coaching among other things. We will never give your email to a third party.

#### **THINKING ABOUT HOW YOU CAN HELP AT LITTLE ATHLETICS THIS SEASON?**

We still need more **age managers and assistants** for some groups.

In particular, we are still looking for assistants/age managers for:

U6 girls

U 8 boys

U9 boys

U13 girls

Being an age manager is one of the most enjoyable ways to be involved at Little Athletics. It's a fantastic way to get to know your kids and their friends, and to encourage their participation week to week as well as in our various carnivals like Zone and State relays. We are aiming to have at least 2 age managers for each age group to share the load. If you would like more information, then feel free to contact either Sandra Hughes at [sandrahughes75@gmail.com](mailto:sandrahughes75@gmail.com) or Jenny Bishop at [jenbishop@optusnet.com.au](mailto:jenbishop@optusnet.com.au), or talk to one of the committee at registration day.

We also have a few other areas where we are looking for help. In particular we need **assistants for registrations and equipment**. We are also still looking for a **Canteen co-ordinator**. This is a really important role – not only does it mean you can satisfy your hunger on a Friday night with something from the BBQ, but our canteen sales also help us raise money for new equipment etc for the club, so again please speak to one of the committee members at the registration day or on any Friday night if you would be interested to help.

### **PARENT ROSTER FOR FRIDAY 5 SEPTEMBER**

We have no official roster for this week, but if you are the last agegroup at an event, please assist by packing up any equipment and bringing back to the clubhouse

**Field event results:** – please bring an **i-pad or similar tablet** if you have one to enter field event results. Entering field event results is really very easy, and can be done by any parent in an agegroup. It's a great help to the age managers if a few parents in each agegroup can learn how it's done. This week whilst the kids are doing sprint starts, there will be an opportunity to learn how to use your ipad to enter field event results. This is easy, and needs to be done by each agegroup each week, and is a great way to help out your age manager.

### **CANTEEN:**

Each week Cherrybrook operates a canteen and this is our major source of fundraising for the club. We would appreciate you supporting this venture by electing to have dinner with us on a Friday night. To that end we offer sausage sandwiches plus a different weekly special. Prices as follows:

Sausage sizzle -\$3.00.

MEAL DEAL - sausage and can of drink or water - \$5.00

We also offer snacks, cold and hot drinks, ice cream spiders etc. A full list of items and prices is available on the canteen whiteboard.

**New equipment:** The committee has been busy over the last 12 months resourcing the club. We will have our timing gates operational this Friday night for their third season. We will be continually training people in their use and care throughout the season. We ask you to be very mindful of their cost and to value them accordingly.

This season we will also enjoy additional fencing and a significant lighting upgrade, particularly in the throws area, and various other new pieces of equipment such as throwing equipment and hurdles.

### **"THE GREY BOOK"**

Below is the link to our "grey book" which is our 2016/17 season handbook. It contains lots of information about the club, committee contacts, season calendar and plenty of information regarding the different events for each agegroup, event specifications and much more. It also contains our usual 3 week program that will commence Sept 16. Please take some time to have a look through it and familiarise yourself with the contents.

<http://www.cherrybrookathletics.org.au/Title%20Pages%20added/Grey%20Book%20Message.html>

**COACHING CLINICS:** Lastly, if you are looking for a day of fun in the next School Holidays, Little Athletics run a variety of **coaching clinics** for kids aged 8-16 years of age. There are numerous different clinics at various locations – follow the link below to the LANSW website for further details on dates, locations and costs.

<http://www.lansw.com.au/Education-Training/Athletes/Coaching-Camps-Clinics>

Welcome again to the 2016/17 Athletics season – we look forward to many weeks of fun and fitness ahead. Happy athletics!

Jenny Bishop

Championships Officer Cherrybrook Little Athletics