

CHERRYBROOK LITTLE ATHLETICS SEASON 2016/2017
NEWSLETTER 10
Program 1
FRIDAY 20st October 2017

Read on for :

- **Program 1 this week - Please ensure that all agegroups stick to the set program order**
- **STATE RELAY NOMINATIONS CLOSE THIS WEEK – link to nomination form. PLEASE RETURN FORMS TO AGE MANAGERS**
- **Invitational 800m this week, No walks this week**
- **New marshalling system for 400m races**
- **Online system for weekly duties – read on for link.**
- **Zone nominations open after state relay nominations finish**
- **Canteen specials: Beef Burgers**
- **Having trouble sewing numbers on your uniforms? – come and see Naoimi and bring your numbers to be sewn on + \$10, with all funds raise going to the club**
- **Trans Tasman information for U11's and U12's – nominations close Oct 25**
- **Seniors athletics calendar and information**
- **Dual registered athletes please email Karin Webb if you intend to compete this season- details further in email**
- **Registrations available Friday from 5.45-6.15pm**
- **Uniforms available Fridays**
- **Upcoming dates: Photo Night 3/11, Multi night 24/11**

We are entering the championship phase of Little A's. Last weekend many of our older athletes competed in the NSW All schools Championships at Homebush. There were some amazing performances and Australian athletics is certainly looking strong. Particular congratulations to a few of our medal winners – Donovan Bradshaw with an amazing 4 golds, as well as Emily Britton and Morgan Little. Let me know if you were a medal winner and I've missed out on congratulating you.

Age managers are busy coordinating teams for the State Relays. **Nominations need to be in by this week so please go the website, print and complete a form and bring it THIS FRIDAY.** If you are unable to attend this week then please scan and email a form to me at jenbishop@optusnet.com.au by Friday evening. I have repeated the State relays information at the bottom of this newsletter for anyone who missed it in last week's newsletter.

There are lots of teams needing more kids to make a complete team, so if you are still keen, talk to your age managers this week. **PLEASE RETURN YOUR FORMS TO AGE MANAGERS RATHER THAN TO THE FOLDER SO THEY CAN CO-ORDINATE THE FILLING OF TEAMS BY AGEGROUP**

Information about the Zone Championships on 9TH-10th December were sent last week. Nominations will open during the week, this year via an online system for all athletes, however you still need to print out a copy of our nomination and bring it to the oval to put in the zone folders which will be available from NEXT week – 1 for boys and 1 for girls

Trans Tasman nominations are due by next week (Oct 25) for any U11's and U12's - any questions please see Jenny Bishop.

INVITATIONAL THIS WEEK: 800m +

Each season for the last couple of years, we have run various invitational events towards the end of the night where kids run across age groups against other children with a similar PB. These results are held separately, and do not count towards club records or age group points, but are designed to give some additional competition and of course fun for those who find that 5 events just isn't enough! The results are also able to be used when choosing championship teams.

This week when the circular track has completed events (approximately 8pm) we are going to run invitational 800m races on the circular track with the "cut in" at approx the 100m mark as occurs at the Zone championships.

In the next few weeks we will also have some invitational 100's, 200's and throw

Anyone wanting to do the invitationals will need to sign in by 6pm to the sheets which will be at the concrete circle where announcements are made.

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

New marshalling area for 400m:

The starters and timing gates people have had lots of trouble being able to see at the start of the 400m races. We are going to trial a new section off "marshalling area" between the 400m track and the end of the hurdles track for our 400's this week

PARENT ROSTER FOR FRIDAY 20th OCTOBER:

We seem to have had some issues with people signing up for rosters but then not staying to complete them – particularly for pack up. Can I remind everyone that our club is run ENTIRELY by volunteers, and we need everyone's help to complete each night in reasonable time. It's absolutely not fair for a few committee members who already give a significant amount of time to the club to be left packing up whilst they have other jobs to do as well. So please come and do your rostered duty, and stay until it has been completed whether on the track, in the canteen or pack up etc. We are monitoring duties so that there is a fair spread for everyone.

High jump pack-up: will now be done by the age group that last competes at high jump – this week the u10's, so please be prepared to stay and pack this up once HJ is complete.

Link to parent roster:

CANTEEN

This week's special is Beef Burgers \$5: as well as the usual sausage sandwiches, drinks etc.

<http://region5loms.weebly.com/>

HIGH SCHOOL ATHLETICS:

Can all For all U12 and older dual athletes registered with Cherrybrook please email Karin webb if you intend to compete this season. Her email is: karinswebb@yahoo.com.au

This Saturday is the second round of the **Treloar Shield**.

Details can be found on the NSW website:

<http://www.nswathletics.org.au/Competitions/Calendar/ANSW-Club-Events/treloar-shield-2-sopac>

Venue:

Sydney Olympic Park Athletic Centre, Edwin Flack Ave, Sydney Olympic park, NSW.

Eligibility:

The Treloar Shield is open to all registered members of a senior Athletics NSW club

For more information regarding dual athlete competitions, speak to one of the committee with Senior aged athletes – Jenny Bishop, Craig or Jenny Little, Phil Lamperts, Jill Ingram

Zone championships – Barton Park Parramatta

Saturday and Sunday 9-10 December

Nominations will open this week after State relay nominations close

This year, the zone entries are going to be done again via the online system that will link to results HQ.

Our Senior athletes U13 and above will do their nominations directly to the online system, and get automatic selection in up to 6 events

For U7-U12 athletes we are allowed to put 6 athletes per agegroup per event in for zone, so everyone needs to nominate for the events they would like to compete in, and we choose a team based largely on performance, but with a view to allowing as many athletes as possible to compete at Zone.

A separate email will follow with Zone instructions – please look out for this and read it carefully.

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 Auckland are now available on LANSW website in the COMPETITION section

Nominations close at the LANSW office on **Wednesday 25th October 2017**.

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 (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

State Relays - SOPAC Homebush

U8-U11 Saturday 18 November 2017

U12-U17 Sunday 19 November 2017

Athletics is mostly an individual sport, however State Relays is the one major carnival where athletes compete in teams of 3 for field events (where their performances are combined to make the team score) or teams of 4 for track events. State Relays is the biggest carnival run by Little Athletics NSW and is a great event to be involved in.

For U8 - U17 athletes, there is the opportunity to compete in track and field relays.

U8 – U11 athletes must choose *either track or field events, NOT BOTH.*

U12-17 athletes may choose both, however note that there is no clash management at the carnival.

TRACK RELAYS:

On the track, there is:

- 4x100m for each age group (heats and finals),
- 4x400m (or 4x200m in the 8s and 9s) – both timed finals, which has two boys and two girls from the age group - this is the only mixed gender event.

- For middle distance runners there is a multi-age 4x800m relay run as timed finals:

On the junior day the U8 competitor runs 700m, and U9/U10/U11 800m

On the Senior day, 1 competitor from each of U12/U13/U14/U15 runs 800m with substitutions allowed from younger age groups (eg. 12/12/14/15)

FIELD RELAYS: NOTE: The field relays have changed this year and are as follows:

JUNIOR DAY:

U8/U9/U10: 1 athlete x Shot Put + 2 athletes x Discus Up to 2 teams/centre each gender
3 athletes x Long jump Up to 2 teams/centre each gender

Eg. U9 Girls, can have 2 throws teams and 2 jumps teams

U11 Shot/Disc/Javelin 1 athlete per discipline Up to 2 teams/centre each gender
Long/Triple/High 1 athlete per discipline Up to 2 teams/centre each gender

SENIOR DAY:

U12-17 Shot/Disc/Javelin 1 athlete per discipline Up to 2 teams/centre each gender
Long/Triple/High 1 athlete per discipline Up to 2 teams/centre each gender

Cherrybrook picks the teams based on the best results from Friday nights competitions, via a nomination process. **Nominations will open on Friday 13th October 2017, and close on Friday 20th October 2017,** so start talking with your age group now to build strong and enthusiastic teams.

Nomination forms are available on the website, or follow the link below:

A DRAFT timetable is available to give you a rough idea of event times for State relays, though please note that these may be subject to changes – follow the link to our championships page:

<http://www.cherrybrookathletics.org.au/State%20Relays.html>

Happy Athletics!

Jenny Bishop

Championships Officer, Cherrybrook LA's