

CHERRYBROOK LITTLE ATHLETICS SEASON 2016/2017

NEWSLETTER 13

Program 3

FRIDAY 10th November 2017

Read on for :

- Consider doing a level 1 officials course
- Upcoming dates: Photo Night THIS WEEK 10/11, Multi night 24/11
- Collect your Coles patch for uniform from the sign in desk
- Program 3 this week - Please ensure that all agegroups stick to the set program order
- State relays team finalised – relay training this week at 5.30 for 4x100m
- Online system for weekly duties – SIGN UP BEFORE 5PM FRIDAY
- Please sign up for a duty for Zone if you have not done so yet- MANY PARENTS HAVE NOT SIGNED UP AND EVERY PARENT WITH KIDS COMPETING WILL NEED TO DO A DUTY:
- Canteen specials: Bacon and Egg Rolls

We come to a busy time in the athletics calendar when there is lots on so **PLEASE READ THE NEWSLETTER CAREFULLY EACH WEEK** as most of the questions I get asked each week would be answered by reading the emails

We will finish photos this week for our 12+ agegroups + a few groups that missed out last week., starting with the younger groups, so please bring your best smiles this week!! Can all parents please ensure their children have the correct uniform in place this week – if unsure refer to the uniform section of the website or ask a committee member

We have a box of Bananas from our sponsor Coles to distribute this week – **please come and get your new coles patch from the sign in desk**, and a free banana at the same time.

BECOMING A LEVEL 1 OFFICIAL

Hopefully all our families read the email from Craig during the week regarding becoming an official.

Can I encourage our families to at least have a go at doing a level 1 course – I have done 2 in the last month, and each one took me just over 30 minutes. They are very well presented with an open book exam at the end to complete the course. I can assure you that doing the course will broaden your knowledge of athletics, help you to assist your children in becoming a better athlete, and help us run a better Friday night program at Cherrybrook.

Please refer to Craig's previous email, or go to:
<http://athletics.com.au/>

Then select "officials" then "education" and choose a level 1 course to complete

ZONE NOMINATIONS CLOSED. However, there will be an opportunity to nominate in events where there is still space. Look out for an email regarding this likely around the middle of next week..

PARENT ROSTER FOR FRIDAY Nov 10:

PLEASE SIGN ON EARLY – BEFORE 5PM FRIDAY TO AVOID PEOPLE DOUBLING UP ON DUTIES

And please sign on before you come – this will help avoid the long queues when people arrive.

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 agegroup that last competes at high jump – this week the u11's, so please be prepared to stay and pack this up once HJ is complete.

Link to parent roster:

<http://www.signupgenius.com/go/60b054caaa929a13-10novcherrybrook>

CANTEEN

This week's special Bacon and Egg rolls as well as the usual sausage sandwiches, drinks etc.

STATE RELAYS:

The team list is at the bottom of this email. Teams have largely been decided by age managers, so if you have any questions, please approach your age manager first.

Can all athletes listed in a 4x100 team try and get to Greenway by 5.30 for relay training on baton changing.

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 week is the 3K championships and Treloar Shield #4 – enter online by Thursday 9am

<http://nswathletics.org.au/Events/Calendar/ANSW-Club-Events>

Eligibility:

Athletics NSW events are open to all registered members of a senior Athletics NSW club and dual Little Athletics athletes

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

Northern Metropolitan Zone Nominations 2017

Zone championships – Barton Park Parramatta
Saturday and Sunday 9-10 December

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.

Zone nominations are being processed this week, and an email will be sent confirming nominations once the processing is complete.

Parents will also be required to do at least 1 duty over the weekend of Zone – there will be a sign up genius roster for this. I would ask that you sign up for your duty as you put your form in. The zone timetable is on the website under championships

EVENT PROGRAM FOR ZONE:

The program for Zone is on the championships page of the Cherrybrook website in the Zone section, or follow the link:

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DUTIES AT ZONE:

Each family who has a child/children competing at Zone must do at least 1 rostered duty at Zone, and depending on nomination numbers, you may need to do a duty for each day you have a child/ren competing. The club has been given 110 duties to fill. You can sign up for a duty now via a sign up genius roster – link below:

<http://www.signupgenius.com/go/60b054caaa929a13-20172>

Please note that the following nomination rules apply:

- **U7 to U12** - Can nominate for up to 6 events but are limited to participate in 4. Clubs are limited to 6 athletes per event. Championship Officers / Age Managers will review all nominations and make selections to meet the club and athlete limits. Because of the limits, athletes are **NOT GUARANTEED** their preferences. The club is responsible for putting in the most balanced and competitive team possible. Your club will publish the events of each athlete in the days following the closure of nominations.
- **U13 to U17** - Can nominate for up to 6 events. No participation limits apply in these age groups.

AGEGROUP NOMINATIONS STATE RELAYS – Team as at 1/11/17

8Boys –

4x100 nominations – 4 athletes required/ gender/agegroup

Name
Hamish Duggan 5603
Joel Moresis 5536
Luke Hobbs 5416
Aarush Anandh 5393

4x200 (U8-U9) 4x400 (U10-U17) – 2 athletes required/gender/agegroup

Name
Luke Hobbs 5416
Aarush Anandh 5393
Hamish Duggan 5603

- NEED TO Choose 2 + who is reserve

4x800 – 1 athletes/gender/agegroup

Hamish Duggan

9BOYS

4x100 nominations – 4 athletes required/ gender/agegroup

Name
Lachlan Booth 5398
Mitchell Kirby
Mason Rawhiti
Zach Budden

4x200 (U8-U9)– 2 athletes required/gender/agegroup

Name
Lachlan Booth 5398
Mason Rawhiti

4x800 – 1 athletes/gender/agegroup

Joel Moresis 5536
(Mason Rawhiti – reserve)

10Boys**4x100 nominations – 4 athletes required/ gender/agegroup**

Name
Kobe Moore 5428
Jamison Carre 54525
Cooper Rawhiti 5470
Bronsen Brown 5401
(Reserve Idris Burkhardt 5405)

4x 4x400 (U10-U17) – 2 athletes required/gender/agegroup

Name
Jamison Carre 54525
Idris Burkhardt 5405
Reserves Kobe Moore 5428 + Copper Rawhiti

4x800 – 1 athletes/gender/agegroup

Bronsen Brown 5401
(Reserve Idris Burkhardt 5405)

Jumps relay – U8-U10 3xLJ 2 teams/agegroup/gender

Name
Thomas Bishop
James Lubrano 5493
Jethro Penn Or Joshua Forbes

Throw relay U8-10 2x disc 1xshot 2/agegroup/gender

Name
Gurteer Rai 5432 Disc
James Lubrano 5493 Disc
Joshua Forbes 5524 (shot0
(reserve Thomas Bishop)

11Boys**4x100 nominations – 4 athletes required/ gender/agegroup**

Name
Marco Boccaletti 5545
Zachariah El-kiabi 5633
Ometh Edinsingh 5497
Jeremy Jubb 5538

4x400 (U10-U17) – 2 athletes required/gender/agegroup

Name.
Zachariah El-kiabi 5633
Jeremy Jubb 5538

4x800 – 1 athletes/gender/agegroup

Charlie Bradford 5399
(Reserve Zachariah El-kiabi 5633)

Girls**U8's****4x100 nominations – 4 athletes required/ gender/agegroup**

Name
Jenaya Lubrano 5494
Millie King
Nisini Rajapaksha Mudiyansele 5506
Ruby Penn

4x200 (U8-U9) – 2 athletes required/gender/agegroup

Name
Jenaya Lubrano 5494
Aliyah Bennett
(reserve Nisini Rajapaksha Mudiyansele 5506)

4x800 – 1 athletes/gender/agegroup

Aliyah Bennett

9Girls**4x100 nominations – 4 athletes required/ gender/agegroup**

Name
Madsion Clarke 5408
Emma Cherry 5509
Emmanuella Ome 5556
Amelia Eccles

4x200 (U8-U9) – 2 athletes required/gender/agegroup

Name
Madsion Clarke 5408
Amelia Eccles
(Reserve Emma Cherry 5509)

4x800 – 1 athletes/gender/agegroup

Jessie Bradford 5400
(reserve ??)

Jumps relay – U8-U10 3xLJ U 11-17 1xLJ 1xTJ 1xHJ 2 teams/agegroup/gender

Team 1	Team 2
Gabriella Connell 5462	Aisha Zreika 5547
Tayla Moore 5482	Mia Stewart
Ruby Semaganda	Layla Tawbe 5517

Throws relay U8-10 2x disc 1xshot U 11-17 1xdisc 1xshot 1xjav 2/agegroup/gender

Team 1	Team 2
Tayla Moore 5482 (Shot)	Aisha Zreika 5547 Shot
Mia Stewart (Discus)	Gabriella Connell 5462 Discus
Natasha Flahey (Discus)	Layla Tawbe 5517 Discus

10Girls**4x100 nominations – 4 athletes required/ gender/agegroup**

Name
Ava Moore 5427
Vismaya Munnoli 5648
Alex Fenton 5609
Caitlin Shannon 2435
Reserve Verity Beech 5397

4x400 (U10-U17) – 2 athletes required/gender/agegroup

Name
Verity Beech 5397
Kaylah Bennett 5526
Reserve Ava Moore 5427

4x800 – 1 athletes/gender/agegroup

Kaylah Bennett 5526
reserve Caitlin Shannon 2435

Throws relay U8-10 2x disc 1xshot U 11-17 1xdisc 1xshot 1xjav 2/agegroup/gender

Name
Caitlin Gurney 5512 Disc
Eloise Brunsdon Shot
Rachel Rossi Disc

11Girls**4x400 (U10-U17) – 2 athletes required/gender/agegroup**

Name
Olivia Moresi 5535
Sarah Koot 5421
(Reserve Isabella Fisher 5411)

4x800 – 1 athletes/gender/agegroup

Isabella Fisher 5411

Jumps relay –**U 11-17 1xLJ 1xTJ 1xHJ 2 teams/agegroup/gender**

Name
Anisha Anandh (1) LJ
Keira Watson 5604 HJ
Ava Barraccu 5559 TJ

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Senior teams

12 BOYS

4x100 nominations – 4 athletes required/ gender/agegroup

Lynden Wiesenhaan 45683
Will Austin 45577
Jesse Robinson 45603
Nicholas Bradshaw 45605
Reserve: James Elliot 45648

4x400 (U10-U17) – 2 athletes required/gender/agegroup – unable to field a team as no girls

Jumps relay –U 11-17 1xLJ 1xTJ 1xHJ 2 teams/agegroup/gender

Team 1
Jessie Robinson 45603 LJ
Nicholas Bradshaw 45605 TJ
Will Austin 45577 HJ
Need 1 more for Long Jump
Brian Carpenter 45644 HJ
James Elliot 45648 TJ

13 BOYS:

4x100 nominations – 4 athletes required/ gender/agegroup

Name –
Zach Semaganda 45608
Ajaiy Mohanraja 45588
Sam Marsden 45612
Lachlan Dewar 45614
Reserve Corey Dewar 45613

4x400 (U10-U17) – 2 athletes required/gender/agegroup

Zach Semaganda 45608
Corey Dewar 45613
Reserve: Lachlan Dewar 45614

U 11-17 1xLJ 1xTJ 1xHJ 2 teams/agegroup/gender

Name
Zach Semaganda 45608 (1) LJ
Lachlan Dewar 45614 (4) LJ
Ajaiy Mohanraja 45588 (1) LJ

Throws relay U 11-17 1xdisc 1xshot 1xjav 2/agegroup/gender

Name
Corey Dewar 45613 (Jav 2
Lachlan Dewar 45614 disc
Vihan Sahai shot

13 Girls**4x400 nominations – 2athletes required/ gender/agegroup**

Name
Nike Anand
Lucinda Vanderklauw

14 Boys**4x100 nominations – 4 athletes required/ gender/agegroup**

Name
Kaylan Clarke
Jono Reid
Donovan Bradshaw 45604
Robbie Cullen 45617

Jumps relay –1xLJ 1xTJ 1xHJ 2 teams/agegroup/gender

Name
Kaylan Clarke (HJ)
Jono Reid (TJ)
Liam McKenzie HJ(1) TJ (2)

Throws relay U 11-17 1xdisc 1xshot 1xjav

Name
Robbie Cullen 45617 Disc
Donovan Bradshaw (Shot)
Jono Reid (Jav)

14Girls:**Throws relay U 11-17 1xdisc 1xshot 1xjav 2/agegroup/gender**

Name
Mykaela Hayhurst disc
Anna Kely Jav
Arienna Grebert Shot

Happy Athletics!
Jenny Bishop
Cherrybrook LA's