

CHERRYBROOK LITTLE ATHLETICS SEASON 2017/2018
NEWSLETTER 15
MULTI NIGHT
FRIDAY 24th November 2017

Congratulations to everyone involved in State Relays last past weekend. As always Cherrybrook athletes gave of their best, demonstrating wonderful sportsmanship and determination. Congratulations in particular to our U9 girls throws team who finished with a gold medal and State record, and the U14boys jumps team who also broke the State record, but were just pipped into second by an even better performance!

There have been a few incidents in various agegroups over the past few weeks – can I remind all athletes and parents about our code of conduct. Little Athletics motto is “family, fun and fitness”, and at Cherrybrook we feel strongly that all of our athletes should be able to come and compete in a safe, friendly relaxed environment, where all athletes regardless of their ability are encouraged to do their best.

Can all parents to specifically discuss appropriate behaviour and language with their children before Friday. At all times, we expect athletes and parents to be respectful, which includes:

Athlete Behaviour

- Encouraging all fellow athletes during competition in a positive manner
- Remembering manners towards others, including fellow competitors, parents and event helpers
- No pushing, shoving or fighting – even “playful” fighting can easily get out of hand
- No touching of other athletes or children
- Maintain appropriate language at all times – yelling, swearing and poor sportsmanship will not be tolerated
- if athletes are having any issues on a Friday night, they should approach one of the age managers for assistance

Parent behaviour:

- Encourage ALL athletes to always do their best
- Please assist your age manager by keeping an active eye on the agegroup
- If you see any inappropriate behaviour amongst the children, ask the child to stop in a polite manner. If it is someone else’s child behaving inappropriately, and the child does not respond to the request, PLEASE ALERT YOUR AGE MANAGERS
- If you feel that a child requires something more serious than a comment from you regarding their behaviour, then please alert one of the age managers – do not take on this role yourself unless a child is in immediate danger.

We encourage all parents to read the BEHAVIOURAL GUIDELINES from the Cherrybrook “grey book” p13-14, which are Adapted from the Australian Sports Commissions’ Junior Sport Codes of Behaviour).

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

Read on for:

- Multi night this week
- Entries now open for LANSW State Multi event in Wagga in February
- Invitational 800m at approximately 8pm using laned start and cut in as per Zone
- Zone entries must be checked by all athletes entered
- Please sign up for a duty for Zone if you have not done so yet – many duties still require filling and we have more than enough families to fill them
<http://www.signupgenius.com/go/60b054caaa929a13-20172>
- Canteen specials: Chicken burgers
- Reminders regarding athlete and parent code of conduct at Cherrybrook
- link for Friday night duty roster:
<http://www.signupgenius.com/go/60b054caaa929a13-cherrybrook7>

MULTI NIGHT:

All athletes will do 5 events, for most agegroups 1 sprint event, 1 Middle distance event, 1 throw event and 1 jump event and hurdles for some agegroups. The program is on the website – link below:

<http://www.cherrybrookathletics.org.au/20172018%20Stuff/PDFs/Program/Multi%20Program%2024%20Nov%202017.pdf>

Each athlete will be awarded points based on their performance at each event using an IAAF point score table which results HQ will calculate for us (similar to Little Athletics State Multi event), which will then be added together for a final point score.

If your children particularly enjoy the multi event program, then think about entering the Little Athletics State Multi Championships – more information later in this email.

Athletes will still earn points as per usual towards the end of season awards, and will still be able to do PB's and break records in individual events. Parents please bring i-pads for entering in field event results as usual.

There will be 2 or 3 throws/jumps for each athlete at discretion of age manager depending on the size of each group.

STATE MULTI ENTRIES OPEN:

Entries are now being taken for the LANSW State Multi-Event Championships, which are being held at **Jubilee Park, Wagga Wagga on 3 & 4 March 2018**. All registered athletes in the **U7 to U17** age groups are eligible to enter.

great family atmosphere. All athletes participate in ALL of the events on offer for their particular age group. Athletes are allocated points for each event (based on the LANSW Multi-Event point score system). The points are then added together to determine final results.

Please [CLICK HERE](#) to find more information on the 2018 State Multi-Event, including: events for each age group and all relevant information. The 2018 Multi-Event is sure to be popular, so make sure you book your accommodation soon.

The entry fee is \$20 per athlete. All entries are individual and are online only. Entries close online **Monday, 5 February 2018**.

To submit your entry online [CLICK HERE](#). Your username and password can be found below with details about registering online.

INVITATIONAL 800M:

We will run an invitational 800m this week with a laned start and cut in as occurs at Zone. Can I encourage all athletes competing in the 800m at Zone to come and run the 800 at around 8pm. Other athletes are also very welcome. We will make an announcement 5 minutes before starting the invitational 800m. Can anyone wanting to run the 800 please sign in to the invitational sign on sheet that will be available around the microphone area before 6pm.

Cherrybrook Zone Entries 2017 –

Zone Championships Barton Park Parramatta Dec 9 and 10

Zone entries have now been processed and are available on the club's website.

Most athletes received most of the events they asked for, though in the younger agegroups many events had more than 6 athletes wanting to compete, so some athletes were unable to be placed in all the events they asked for.

CAN ALL ATHLETES ENTERED FOR ZONE PLEASE:

- 1) **Check that your entry details are correct for name and registration number** – we have identified a couple of athletes whose details have been copied incorrectly into results HQ so that last year's registration number appears. If this is the case for your child and I have not already contacted you, please let me know as this needs to be rectified prior to zone.
- 2) **Check that you are in the correct number of events:**
 - U7-U12 maximum of 4 events
 - U 13 and above maximum 6 events

Where there are less than 6 Cherrybrook athletes in an event, it is still possible to request additional events for your child – please speak to Jenny Bishop if this is the case.

Cherrybrook Zone athletes:

<http://www.cherrybrookathletics.org.au/20172018%20Stuff/PDFs/Zone/2017%20cherrybrook%20entries%201st%20check%20export.pdf>

I need any additional requests by THIS FRIDAY at the latest to send in to the Zone entry co-ordinator on the weekend.

Requests should be emailed to jenbishop@optusnet.com.au in the following format:

Age Group, Rego #, Firstname, Surname, Events requested

Eg: U11 boys, Fred Smith, rego 12345, requesting to add (or delete): shot put

Zone Parent Roster:

Can I also remind all parents that each family is required to do a duty over the weekend.

Those parents who do not roster themselves on will be allocated a duty. Link to sign up below

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

Please email or speak to me if you need any additional information

Jenny Bishop 0411 356 755

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