

**CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016**  
**NEWSLETTER NO 16**  
Program 1  
**FRIDAY 1 DECEMBER 2017**

- Last week of competition until January 12
- Zone entries on the website for checking
- Zone athletes please ensure that you have all your correct uniform and patches
- Please sign up for Zone roster if you have not done so already
- Age managers to collect ice blocks for their age groups at completion of competition
- Age manager thank-you at 8pm

**PROGRAM 1 THIS WEEK.**

It looks like it is going to be a hot one on Friday, so make sure your Little Athletes come prepared with water. This Friday is our last night of competition for 2017. We start back at Greenway Park on the 12th January 2017.

If the weather is extreme, Cherrybrook follows the Little Athletics Hot weather guidelines for the safety of all of our athletes. A message will go on the website if it looks like it will be too hot to compete, so please check before you come up.

This week we will hold **an invitational 800m at 5.55pm before competition starts**. We would particularly encourage those athletes competing at Zone in the 800m to come and run – we will be doing a laned start with cut in at the ~150m mark as per Zone. Please sign up before 5.45pm so that we can be prepared the race to start before 6pm.

There will be a free ice block at the end of the night this week for all our athletes to help keep everyone cool – age managers can come and collect enough ice blocks for their agegroup once they have finished their events

**Parent reminders for Friday 1st December**

**It is a requirement that all athletes have a parent at the track with them , except for U17 athletes** and all athletes U6-u15 **must be signed in by a parent or guardian**. Not only do kids value your support, but parental help is essential to allowing us to run through the program efficiently and effectively. Athletes will be taken to the clubroom if parents are not present at all times throughout the evening.

**Friday Parent Roster:**

Please sign up to the roster before Friday, then collect your token to sign your child in. Remember you need to do a duty every second week.

<http://www.signupgenius.com/go/60b054caaa929a13-cherrybrook8>

**Canteen**

This week's special at the canteen are Chicken skewers. Thanks for your support at the Canteen each week – it helps us raise vital funds to pay for new equipment as we need it.

**Zone Championships 9-10 December, Barton Park, Parramatta**

The updated list of athletes is now up on the website at the following link:

<http://www.cherrybrookathletics.org.au/20172018%20Stuff/PDFs/Zone/cherrybrook%20zone%20entries%20final%20list%20after%20changes.pdf>

Please read this carefully, particularly if you asked for changes to be made last week. You will also find the program on the club's website. If you have not checked the list please do so BEFORE FRIDAY – after Friday changes cannot be made. Please check your child's name spelling, rego# and events are all correct, and notify Jenny Bishop immediately if there are any issues

### **Zone: Uniforms and placement of patches**

A reminder that all Athletes must wear their full Cherrybrook uniform to the Zone Championship event. A few notes below:

- The uniform shorts are RED or BLACK
- Uniform tops must have the patches fixed to the uniform in the correct places:
  - 2017/18 registration number in the middle of the top
  - age patch on the top left shoulder (the age patch is permitted on the left of the shorts)
  - Coles patch on the right shoulder
  - All patches should be clear and visible and not covered by each other

If your child has the incorrect patches on, they will be allowed to continue at that event, but MUST then have correct patches for subsequent events, Please see Jenny Bishop or Shoba on Friday night if you are missing any patches.

### **Zone rosters:**

Remember that you will need to do a duty for each day that you have children competing at Zone, unless you are acting as an official or training official over the weekend. There are some spots remaining which must be filled. A big thank you to some generous parents who are officialing over the weekend, and to a few who have signed up for more than 1 duty – that is very much appreciated.

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

### **Nationals and Knockout championships in Adelaide and Seniors Club Championships**

Best of luck to our athletes competing either at Nationals or knockouts in Adelaide on the same weekend as Zone, as well as those competing at the Seniors Club Championships this weekend at SOPAC

**And we wish all our Cherrybrook families a safe and happy Christmas.**

**We hope to see you back at Cherrybrook for our first week of competition on January 12.**

**Jenny Bishop  
Cherrybrook LA's**