

CHERRYBROOK LITTLE ATHLETICS
SEASON 2016/2017 NEWSLETTER NO 6
FRIDAY 22 SEPTEMBER 2017
Program 3

Read on for :

- **Program 3 this week - Please ensure that all agegroups stick to the set program order**
- **Little athletics will continue over the school holidays**
- **Token system – duties continue this week**
- **Registrations available tonight from 6pm**
- **Bring an I-pad if you have one for field event recording**
- **Canteen specials – chicken Burgers**
- **Uniforms**
- **NSW All Schools Registrations extended to Monday Sept 25**
- **REMEMBER TO BRING WARM CLOTHES – THE OVAL HAS BEEN VERY COOL THE LAST FEW FRIDAYS**

It was great to see so many kids and parents for our first night of competition last week. All the agegroups looked like they were having great fun getting back into athletics again, and there were some great performances across the age groups. As is our tradition, we will not upload the results from last week, as we have a large number of children whose registration information was not able to be uploaded to the system in time. We will therefore begin official results and points from this week.

Again a big thank you to some of our senior athletes who are helping out this year – we are fortunate to have a number of our senior athletes helping out coaching for the next few weeks, and some of our U17 athletes who will help coaching the U6 and U 7 agegroups this year.

We are running program 3 this week – follow the link to see the events in your agegroup:

<http://www.cherrybrookathletics.org.au/20172018%20Stuff/PDFs/Program/CHERRYBROOK%20PROGRAM%202017-2018%20V1.1.pdf>

A reminder that athletics will continue over the school holidays, however it is totally fine if you are away and unable to attend – you don't particularly need to let anyone know unless you are an age manager . **If you are an age manager and you are going to be away, please speak to one of the age manager co-ordinators to let them know, and if you can, perhaps help another parent learn the ropes this week.**

WHAT TO DO ON ARRIVAL EACH NIGHT: - parent sign in and duties

Thank you to all the families that help out regularly at Little Athletics. Friday night competitions are run completely by volunteers, so we need ALL parents to help out each week in order for competitions to occur. Last season, the committee introduced a new family participation roster which assists in the set-up, pack-up, and running of each event so that age managers can concentrate on looking after their agegroup each week.

EACH WEEK, one member of each family MUST help out on a duty each Friday night. There will be many duties you can choose from, eg. Set up (AT 5PM) ; event helpers at: shot put, discus, high jump, long jump; track starter; finish line helper, timing gate helper, walk judge, canteen helper; BBQ, pack away, age manager assistants. At times during the season, there may also be jobs like data entry that can be performed during the week to help out the championships officer or other committee member in lieu of a duty. At the beginning of the evening you MUST sign into a duty. Once you have signed on you will receive a poker chip for each child in your family. These poker chips will need to be given to your age managers to allow your child to compete.

The exception is for parents of the U6 agegroup where parents must remain with the agegroup looking after their own child and assisting the U6 age manager to run each event and be vigilant with "crowd control" . **No duty = No events for your child** We realise this is a different way to run Friday nights, however most other athletic clubs have moved towards similar systems for parent help. Our feedback from last season was that we started much more on time, and most parents really enjoyed learning more about how events run and felt more a part of the Cherrybrook athletics community when they stepped in and helped out.

If you have a child who particularly needs you with them on a Friday, then please come early and help set up the oval as your duty. Your younger children can help too. Set up of the oval starts at 5:00pm. We also need helpers to assist at the duty desk giving out the poker chips. This is also a duty people could do with younger children. Alternatively speak to one of the committee members and we will find a job that you can do at a time that suits

Parents **please arrive on time and stay with your children until competition is finished**. We understand there can be traffic issues etc., however we need helpers to set up and get started on time. Please don't send your child in while you sit in the car. The running of our events is not difficult and your children really enjoy seeing your involvement, and knowing you are supporting and watching them close up. It also makes it very difficult for the age managers to concentrate on teaching and supervising events when people arrive late, or if there are not enough parent helpers. So please arrive on time and get involved!

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 2017). 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, and later in the season we will run invitational events that will go across agegroups. If you need further information in this regard, then please discuss further with Jenny Bishop or Elizabeth Jones.

REGISTRATIONS:

Registrations will be able to be finalised at the following times:

Friday 22rd September 6-7pm

Please ensure that you have paid your online registration by midday the day before the registration day, and that you bring ALL of the following COMPLETED forms all of which are on the front page of the website:

- Receipt from online booking unless paying BY CASH OR CHEQUE
- Volunteer form
- Medical form
- Working with Children check form + photo ID for yourself
- Original Proof of age (birth certificate or passport) if you are new to the club.

Please take care when completing the forms, and be prepared that there may be some waiting time as registrations get completed.

Ipads FOR FIELD EVENT RESULTS:

Please remember to bring an Ipad if you have one to help enter your agegroups's field event results each week. It is not difficult, and is a big help to your age manager. Assistance is available each Friday night to get you started. No additional app is required.

ELECTRONIC RESULTS SYSTEM

From this week onwards results will be available via the results HQ system, the link for which 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

Results which are usually available on the Results HQ system by Saturday – there is a message on Weekly Results page on the club website when the results are fully uploaded

Any personal best or record breaking performances will be automatically flagged, so hopefully the system will really encourage kids to improve their performances each week. Currently, upgrades to the system that occurred last week have meant that only iPads and tablets can be used for entering field events, so please bring one along if you can to help us get your age-group's results into the system.

A few important things to remember re the results system:

- We will continue to use paper sheets for field events to ensure that we have backup results in case there are issues with data entry or saving + for checking
- Paper sheets need to be put in the tray on the competition HQ table near high jump after they have been entered.
- High jump results must be entered into competition HQ on the laptop, which will be located on the field near high jump on a separate table, rather than onto the mobile iPad app.
- Field events need to be saved twice using the "save records" tab as results are entered. Then, any results entered that fall outside an average boundary of 25% will appear in red so that they can be checked before using the key "accept results" which saves all the results

- Please don't talk to the people entering track results at the end of races – it's very distracting, and slows down the speed at which we can get results in and the next race started. You will be able to access those results soon enough!
- Any age groups who do not use the mobile app for field events must come to the high jump table and enter their results onto the laptop.

If you have not accessed the results you may like to click on the following link to view a video of what to expect from within the family results area –

<https://www.youtube.com/watch?v=knwjekPU-O4&feature=youtu.be>

CANTEEN:

Thanks for supporting the canteen last week.

This week's Specials:

Chicken Burgers: \$ 5 each

Usual Sausage Sandwiches \$3

Add \$2 for a can of soft drink to make a meal deal.

Other Drinks, coffee and other treats etc will also be available as usual each week

Our Canteen is one of our major fundraisers for new equipment each year, and makes life a little easier if you don't need to cook dinner when you get home!!

UNIFORMS will be available for purchase from 5.30pm should you require one – please come early if you need to finalise uniforms. You can order and pay online via the website. Payment is by cash or cheque only on Friday night.

All athletes **MUST** have the following attached to their uniform:

- **2017/18 registration number** (even if your number is the same as last year)
- Age patch

SPIKES/WAFFLES:

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.

HIGH SCHOOL ATHLETES:

CONSIDER ENTERING THE **NSW ALL SCHOOLS CHAMPIONSHIPS** – READ BELOW

WHEN: 12 – 15 October at Sydney Olympic Park

ENTRIES CLOSE: Monday 25th September 2017

The event incorporates athletes from all sectors of the school system, including Government, Catholic and Independent, and has a long and rich history in NSW, being a breeding ground for many of NSW's best athletes, including Matt Shirvington, Melinda Gainsford-Taylor, Jana Rawlinson and current Rio Olympians Dani Samuels, Fabrice Lapiere, Ryan Gregson, Annelise Ruby, Madeline Hills, Michelle Jenneke, Vicky Mitchell, Ella Nelson, Elloise Wellings, Milly Clark, Jessica Thornton and Scott Westcott.

The competition is open to any athlete currently attending a NSW Secondary School, between the ages of 12-19. There is no direct progression from a previous carnival, and no qualifying standards exist. As long as you submit your entry by midnight Monday 25 September, you can compete!

To enter and for more information follow the link to Athletics NSW website

<http://nswathletics.org.au/Events/Calendar/ANSW-Club-Events/nsw-all-schools-championships-7>

Happy athletics!

Jenny Bishop

Cherrybrook Little Athletics