

CHERRYBROOK LITTLE ATHLETICS
SEASON 2016/2017 NEWSLETTER NO 8
FRIDAY OCTOBER 6TH 2017
Program 2

Read on for :

- **Program 2 this week - Please ensure that all agegroups stick to the set program order**
- **Little athletics will continue over the school holidays**
- **ONLINE SIGN UP SYSTEM FOR WEEKLY DUTIES – READ ON FOR LINK**
- **Canteen specials: Bacon and egg sandwiches**
- **Trans Tasman information for U11's and U12's**
- **Seniors athletics calendar and information**
- **Registrations available tonight from 6pm**
- **Uniforms available tonight**
- **State relays – start thinking about being involved – nominations open next week. Information regarding events in this email.**

Thank you to everyone who came last week – we had smaller numbers than usual because of the school holidays, but the bonus always is that we get all our events in little quicker! Being school holidays we anticipate it also being much quieter this week, so again we will require all hands on deck to help out with age groups as a number of committee people and age managers are away.

We are running program 2 this week – follow the link to see the events in your agegroup:

[3 Week program](#)

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.

Parent sign in and duties – NEW ROSTER

We will continue with the online sign up for parent duties this week – link is below to sign up.

PARENTS WILL BE REQUIRED TO SIGN UP EVERY SECOND WEEK (though this week with our lower numbers we will need parents to sign up until the roster is full before signing in your children)

EACH WEEK, a link to the online roster will be sent out via the weekly email. One member of each family **MUST** help out on a duty every second Friday night.

LINK TO ROSTER:

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

When you arrive, please still go to the desk and have your name ticked off against the duty you have chosen. You will then 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" .

Our age manager co-ordinators will keep track of sign ups to ensure a fair distribution of duties so that everyone is helping out.

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.

CANTEEN:

Thanks for supporting the canteen last week.

This week's Specials:

Bacon and egg sandwiches \$ 4 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!!

TRANS TASMAN INFORMATION FOR U11 AND U12 ATHLETES:

Trans Tasman is a wonderful competition between NSW and Auckland that has been going for many years. I myself went to Trans Tasman (many years ago!) and my son Ben also went and had an absolutely wonderful time.

The Trans Tasman Team will be travelling to Auckland on 4 January 2018 and returning to Sydney on 16 January 2018. The Trans Tasman Challenge will be held at Mt Smart Stadium, Auckland on Sunday, 14 January 2018. Click on the relevant links below to access the nomination forms for both Athletes and Officials.

Please note: Nominations close on *Wednesday, 25 October 2017* at the Little Athletics NSW office, either post (Locked Bag 85, Parramatta 2150); delivery to 90-92 Harris Street, Harris Park 2150; fax to 9633 2821 or email to admin@lansw.com.au or dlevy@lansw.com.au

- January 2018 Trans Tasman Tour - [ATHLETE NOMINATION FORM](#)

For details on the 2018 Trans Tasman Tour to Auckland click [here](#) for the latest information.

If you require more details about Trans Tasman, please either speak to Jenny Bishop, go to the LANSW website, or contact:

Heather Mitchell 9522 9004

or

Sally Richardson 9427 0534 or 0411 586 001

SENIOR ATHLETICS INFORMATION FOR “DUAL ATHLETES AND SENIORS 12+

The first round of the Treloar Shield will be held on Saturday 7 October at a venue yet to be announced. Details, when available will be found on:

<http://nswathletics.org.au/Events/Calendar/treloar-shield-rd-1>

It would be fabulous to see a large Cherrybrook turnout to ensure the club gets off to a great start in this competition.

NSW 2017/18 SUMMER SEASON CALENDAR The calendar can be accessed from:

<http://www.nswathletics.org.au/Portals/18/Competition/2017/2017.18%20ATHLETICS%20NSW%20CALENDAR%20V3.pdf>

ATHLETICS AUSTRALIA 2017/18 SUMMER SEASON CALENDAR Athletics Australia has released the calendar for the 2017/18 summer season. The calendar can be accessed from:

<http://athletics.com.au/News/gold-coast-and-sydney-to-welcome-australias-best-forchampionships-of-2018>

REGISTRATIONS:

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

Friday 6th October 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.

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

STATE RELAYS:

We will open nominations for State relays next week. Please consider being involved. Below is some information from the LANSW website. :

The State Relay Championships is the largest event on the LANSW calendar in terms of number of competitors. As the name suggests the championships are comprised entirely of relay events. The State Relays are held in November each year. Junior athletes (U8 to U11) compete on the Saturday and Senior athletes (U12 to U17) compete on the Sunday. This season the championships are being held on the weekend of **18 & 19 November at Sydney Olympic Park Athletic Centre (SOPAC)**.

Performances in each of the field events are allocated points, based on the LANSW Multi-Event pointscore system. The performances of all athletes in each team are added together to determine final results.

Events will be held on the Main Track on the Junior Day and on both the Main Track & Warm Up Track on the Senior Day. See relevant maps below

Entries for the State Relay Championships are by centre only (no individual entries can be accepted). Centres submit their entries on an electronic, excel based, State Relay Entry form, which is emailed to all centres at the beginning of the season. If athletes are interested in entering the State Relays make they will need to advise their centre well before close of entries each season. Events offered are:

Track Relays

SECTION 1

U8 to U17 4 x 100m Boys & Girls

SECTION 3

U8 & U9 4 x 200m Mixed (2 boys/2 girls)

U10 to U17 4 x 400m Mixed (2 boys/2 girls)

U8 to U11 4 x Middle Distance Boys & Girls

U12 to U15 4 x Middle Distance Boys & Girls

Field Relays

(Centres may enter up to 2 teams in each field relay)

U8 to U10 Jumps Relay - Long Jump Boys & Girls
(3 athletes performing long jump per team)

U8 to U10 Throws Relay - Discus/Shot Boys & Girls
(2 athletes performing discus & 1 athlete performing shot put)

U11 to U17 Jumps Relay - Long/High/Triple Boys & Girls
(1 athlete performing each discipline per team)

U11 to U17 Throws Relay - Shot/Discus/Javelin Boys & Girls
(1 athlete performing each discipline per team)

State Relay Video

Little Athletics NSW has produced a short video which aims to help Little Athletes, parents and coaches to better understand the track markings and some of the baton changeover rules used at the Little Athletics NSW State Relay Championships (usually held at the Sydney Olympic Park Athletic Centre). Please click [HERE](#) to view. We hope that you find the video useful.

For more information, please contact the Little Athletics NSW office on 9633 4511, or follow the link

<http://www.lansw.com.au/Competition/Championships/State-Relay-Championships>

Happy athletics!

Jenny Bishop

Cherrybrook Little Athletics