

**CHERRYBROOK LITTLE ATHLETICS**  
**SEASON 2017/2018 NEWSLETTER NO 9**  
**FRIDAY OCTOBER 13TH 2017**  
**Program 3**

**Read on for :**

- **Program 3 this week - Please ensure that all agegroups stick to the set program order**
- **STATE RELAY NOMINATIONS OPEN THIS WEEK UNTIL 20/10/17 FOR U8-U17 – link to nomination form**
- **Online system for weekly duties – read on for link.**
- **Please stay for the entire rostered time of your duty**
- **Zone nominations open after state relay nominations finish**
- **Canteen specials: Chicken Burgers**
- **Having trouble sewing numbers on your uniforms? – come and see Naoimi and bring your numbers to be sewn on + \$10, with all funds raise going to the club**
- **Trans Tasman information for U11's and U12's – nominations close Oct 25**
- **Seniors athletics calendar and information**
- **Registrations available Friday from 6pm**
- **Uniforms available Fridays**

**We are running program 3 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.

**PLEASE MAKE SURE YOUR CHILDREN HAVE THEIR UNIFORM WITH NUMBER ATTACHED. We have the lovely Naomi sewing numbers on in the clubroom each week for a bargain \$10 – all proceeds going to the club – so bring your singlet and numbers, and they will be sewn on for you!**

**STATE RELAYS – NOMINATIONS OPEN THIS WEEK AND CLOSE ON OCTOBER 20**

**Zone nominations will then open. The zone nominations for Cherrybrook have been turned OFF for the moment, and the few people who had already nominated will need to nominate again – please speak to Jen Bishop if unsure**

**Link to nomination form: (also available on the homepage) [LA Start Relay Nomination form](#)**

**State Relays - SOPAC Homebush**

**U8-U11 Saturday 18 November 2017**

**U12-U17 Sunday 19 November 2017**

Athletics is mostly an individual sport, however State Relays is the one major carnival where athletes compete in teams of 3 for field events (where their performances are combined to make the team score) or teams of 4 for track events. State Relays is the biggest carnival run by Little Athletics NSW and is a great event to be involved in.

For U8 - U17 athletes, there is the opportunity to compete in track and field relays.

**U8 – U11 athletes must choose *either* track or field events, NOT BOTH.**

**U12-17 athletes may choose both**, however note that there is no clash management at the carnival.

**TRACK RELAYS:**

On the track, there is:

- 4x100m for each age group (heats and finals),
- 4x400m (or 4x200m in the 8s and 9s) – both timed finals, which has two boys and two girls from the age group - this is the only mixed gender event.
- For middle distance runners there is a multi-age 4x800m relay run as timed finals:

On the junior day the U8 competitor runs 700m, and U9/U10/U11 800m

On the Senior day, 1 competitor from each of U12/U13/U14/U15 runs 800m with substitutions allowed from younger age groups (eg. 12/12/14/15)

**FIELD RELAYS: NOTE: The field relays have changed this year and are as follows:**

**JUNIOR DAY:**

**U8/U9/U10:** 1 athlete x Shot Put + 2 athletes x Discus Up to 2 teams/centre each gender  
3 athletes x Long jump Up to 2 teams/centre each gender

Eg. U9 Girls, can have 2 throws teams and 2 jumps teams

**U11** Shot/Disc/Javelin 1 athlete per discipline Up to 2 teams/centre each gender  
Long/Triple/High 1 athlete per discipline Up to 2 teams/centre each gender

**SENIOR DAY:**

**U12-17** Shot/Disc/Javelin 1 athlete per discipline Up to 2 teams/centre each gender  
Long/Triple/High 1 athlete per discipline Up to 2 teams/centre each gender

Cherrybrook picks the teams based on the best results from Friday nights competitions, via a nomination process. **Nominations will open on Friday 13th October 2017, and close on Friday 20th October 2017**, so start talking with your age group now to build strong and enthusiastic teams.

Nomination forms are available on the website, or follow the link below:

A DRAFT timetable is available to give you a rough idea of event times for State relays, though please note that these may be subject to changes – follow the link to our championships page:

<http://www.cherrybrookathletics.org.au/State%20Relays.html>

**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-cherrybrook4>

**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.

**PLEASE MAKE SURE THAT YOU STAY FOR THE WHOLE TIME YOUR DUTY IS ALLOCATED – EG. IF HELPING ON THE GATES FROM 7-8PM YOU NEED TO STAY EVEN IF YOUR OWN CHILDREN HAVE FINISHED FOR THE NIGHT**

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:**

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 2014); delivery to 90-92 Harris Street, Harris Park 2150; fax to 9633 2821 or email to [admin@lansw.com.au](mailto:admin@lansw.com.au) or [dlevy@lansw.com.au](mailto: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+

Best of luck to all out athletes competing in the NSW All school championships over the next few days

A reminder that as well as Little Athletics State relays, Seniors have their own state relays which you should have received an email about if your registered as a Cherrybrook Senior. A reminder that nominations close on Monday – details below:

The NSW Senior State Relays will take place on **Saturday 4th and Sunday 5th November** at **Sydney Olympic Park Athletics Centre (SOPAC)**.

**All Athletes wishing to compete in a relay team for Cherrybrook Athletics at this championship event must first complete and submit a Cherrybrook State Relay Online Nomination Form. One survey per athlete – if you have multiple children/siblings please complete the form again for that athlete.**

The Online form can be found by accessing the link below:

<https://www.surveymonkey.com/r/RQSD287>

**Nominations close** at midnight on **Monday 16th October** and **team selections** will be announced by **Friday 27th October**.

Whilst no guarantee can be given that all nominating athletes will gain selection in a relay team (but very likely) ***we encourage ALL our Athletes to Nominate to compete at this team event.***

Please speak to our Cherrybrook Seniors Championships manager Matt Joyce with any queries about this - 0402 485 998

**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**
- Age patch

**Happy athletics!**

Jenny Bishop

Cherrybrook Little Athletics