

**CHERRYBROOK LITTLE ATHLETICS  
SEASON 2017/2018 NEWSLETTER NO 5  
FRIDAY 15 SEPTEMBER 2016  
Program 2**

Read on for :

- **Program 2 this week**
- **Please ensure that all agegroups stick to the set program order**
- **Wet weather or extreme heat – what happens?**
- **Token system – duties start this week**
- **Registrations available tonight from 6pm**
- **Bring an I-pad if you have one for field event recording**
- **Link to grey book**
- **Canteen specials – bacon and egg rolls**
- **Uniforms**
- **PLEASE BRING WARM CLOTHES – THE LAST 2 FRIDAYS HAVE BEEN VERY COOL**

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 begin official results and points from next week.

Again a big thank you to our coaches and senior athletes who helped out last week – it was great to have extra coaching for our athletes as we began the season. We will continue to provide coaching with a number of qualified coaches spread across events, as well as some senior athletes assisting coach some of our junior age groups. - it's great to see the Cherrybrook community work together!

**PROGRAM 2 THIS WEEK - AGEGROUPS PLEASE STICK TO SET PROGRAM :**

For each program the event order is worked out try and accommodate enough time for all agegroups to complete events with minimal waiting time. For this to occur, it is important that all agegroups stick to the set order unless directed otherwise by a committee member. Sometimes we do have hold-ups at events, but please speak to either myself (Jenny Bishop), Craig Little or one of the other committee members before going to an event out of order. Last week one of our groups was held up because another had jumped in before them, and we would like to avoid this re-occurring.

Follow the link below to the 3 week program which you may like to print off:

[3 week program](#)

**WET WEATHER or EXTREME HEAT – WHAT HAPPENS**

If the weather ever looks doubtful on a Friday, then please check your email or the website front page before coming. Whilst the oval has excellent drainage, and can take significant rain, we cannot compete if there is significant rain during a Friday night. LANSW also has an extreme heat policy that requires us to cancel if the combination of temperature and humidity goes beyond a certain level (generally around ~35 degrees depending on the humidity). If athletics on any given night is cancelled, we put a message up at the top of the front page of the website, and we also email a cancellation message. Go to:

<http://www.cherrybrookathletics.org.au/>

**REGISTRATIONS:**

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

**Friday 15th September 6-7pm**

**Please ensure that you have paid your online registration by 48 hours 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.

Registration numbers will need to be attached (safety pins are fine) before athletes can compete on a Friday night. Please BYO pins

### **CANTEEN:**

Thanks for supporting the canteen last week.

#### **This week's Specials:**

Bacon, egg and sausage sandwiches combinations:

1 item (eg. Sausage sandwich) \$3

2 items (eg bacon and egg) \$4

3 items (sausage, egg and bacon) \$5

\$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!!

### **Ipads FOR FIELD EVENT RESULTS:**

Please 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, and can be counted as a duty for a token. Assistance is available each Friday night to get you started. No additional app is required. Meet Jill Ingram at 6.30 at field event table near High Jump.

### **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.

Please **DO NOT BRING YOUR DOG**. It doesn't matter how gentle your dog is, with the guns going off constantly, you don't know how it will react. Cherrybrook Little Athletics has a strict no dogs policy. Please leave the dog at home.

**NOTE THAT EACH AGEGROUP group is responsible for packing up their last event each week.**

Please read the newsletter each week. Athletics is different to team sports and the newsletter is the primary form of communication with members - we tell you about championships, special events and coaching among other things. We will never give your email to a third party.

### **“THE GREY BOOK”**

Below is the link to our “grey book” which is our 2017/18 season handbook. It contains lots of information about the club, different events and specifications for each agegroup committee contacts, season calendar and plenty more. It also contains our usual 3 week program, so please take some time to have a look through it and familiarise yourself with the contents.

[2017/2018 Cherrybrook Athletics Grey Book](#)

### **ELECTRONIC RESULTS SYSTEM**

From NEXT week onwards (ie NOT this week) 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](http://www.ResultsHQ.com.au) (link on the club website)

Key in the registered email and password that you used for registration (this will be the email address that this email comes to)

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](mailto: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>

### **TRIALISTS:**

This week is the last week for trialists. Remember if you are a trialist or have friends who wish to trial, this is the last week for trialling.

You cannot trial on any other Friday evenings.

Trialists need to check in at the clubhouse before the start of **each evening** that they wish to trial on. A completed medical form (available from our website) needs to be handed in on the first night they are attending as well as the trial fee of \$30 per child- cash only please"

New Trialists should arrive at **5.00pm** on the nights they are trialling to allow time to finalise paperwork.

Return trialists can arrive from 5.30pm

**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

### **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.

**REMEMBER TO BRING WARM CLOTHES. IT'S FINE TO PUT A T-SHIRT OR LONG SLEEVES UNDER THE UNIFORM. THE LAST 2 WEEKS IT HAS BEEN VERY COOL AT THE OVAL, SO PLEASE COME PREPARED.**

### **Happy athletics!**

Jenny Bishop  
Cherrybrook Little Athletics