

CHERRYBROOK LITTLE ATHLETICS
Pre Season NEWSLETTER NO 3
30th August 2017/18 season

Read on for details of:

- **Orientation night this Friday September 1**
- **Final registration day before the season starts this Friday Sept 1**
- Coaching night next week September 8th
- No finalisation of registrations Sept 8th

Our season get underway **THIS FRIDAY September 1** with our **Orientation night**: Come and learn how to do each of the events, and receive coaching on field events, starts, and hurdles. Parents can also learn how each event works, and receive instruction on how best to help out at events (eg. How to measure at long jump etc).

All registered athletes are welcome to attend but we would particularly like to see our new families come– please come in your Cherrybrook uniform

Below is a link to the website which contains the timetable that we will be following for the orientation night. Please come by 5.45 for a 6pm start. We will commence with an athlete warm-up whilst new parents and age managers will be instructed on what happens throughout the season. After that age groups will rotate through a series of events where they can learn how the event works, and have an opportunity to practice. At the end of each rotation there will be a signal for all age groups to rotate to their next event, and the night will conclude by 7.45.

Link to timetable for September 1 Orientation night: [New Family orientation night program](#)

The program is designed with slightly longer rotations for the first 2 events where athletes are generally doing a more technical event, or one that is new to their age group (eg. Hurdles for U8's, High jump for U9's, Triple jump for U11's etc)

There will be a free sausage sandwich for all athletes who attend, and drinks will be available for purchase. As we will be using our canteen area for uniforms, we will not have a full canteen functioning, so it would be helpful if you can bring appropriate small change for drink purchases

There will also be **orientation for age managers** for the season, so if you have put your name forward as an age manager, then please come along to receive information for the season.

This Friday will also be **final registration day before the season commences, from 6-7pm only** so if you have not already registered online you must do so **by tonight** in order to be able to collect your registration pack this week.

Please note that due to our trialist weeks we will NOT be finalising any registrations on Friday September 8th

This Friday our Uniform shop will be open for online order collection and purchases. Just a reminder that we have a new uniform this year, but all athletes are still able to compete in their old uniform for this season.

Please either order and pay for uniforms online via the website, otherwise payment is by cash or cheque only.

Once you have completed this year's registration, you will need to ensure that your child has the following attached to their uniform:

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

Note that there will be no Jetstar patches this year, but it is OK to leave last year's one there if you are continuing to use the same uniform.

When you come to a registration day,

Please bring with you ALREADY COMPLETED:

1. **Medical form for EACH child**
2. **Volunteer form**
3. **Working with Children Check.**
4. **ORIGINALS of proof of age documents** for your children if you are new to Cherrybrook LA's.- **Passport or birth certificates are acceptable**
5. Please also bring **a drivers licence or photo ID for each adult that has completed a "Working with Children check"**
6. **Your registration receipt** which needs to be viewed – the email on your phone will be fine, otherwise please print a copy of you registration email receipt.

For more information on registrations, and to find forms to print, please go to the Cherrybrook website: -<http://www.cherrybrookathletics.org.au/>

TRIALISTS: This year we are holding **1 trial period** of 2 weeks duration **September 8th and 15th ONLY**. Each trialist can come for **2 weeks** for a cost of \$30 that gets refunded if you go on to register. You cannot trial on any other Friday evenings. Trialists should arrive at **5pm** on the nights they are trialling to allow time to finalise paperwork.

Other Dates to set aside for the Season:

- **Coaching night: September 8:** We will have additional coaches available, and extra time for each age group at their new events (eg. Hurdles for U8's, high jump for U9's, Triple Jump for U11's etc).

Athletes will rotate across Track and field, and receive coaching at each event.

- **September 15:** Usual competition night and trialist night

OTHER GENERAL INFORMATION:

All athletes MUST compete in the correct age group according to Little Athletics NSW age group guidelines (ie. Age as at 30th September 2015). Under no circumstances are children allowed to compete in a different age group (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.

PARENT RESPONSIBILITIES:

More information will follow as the season starts, but please remember that Parents must stay at Greenway for the whole program each week. You can help with your child's age group or at specific events each week. There will be a duty roster to sign in to before your child starts each week.

PARENT ROSTER

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 age group 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 age group where parents must remain with the age group 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.

Just a reminder that **ALL CHILDREN MUST HAVE A PARENT PRESENT AT THE OVAL THROUGHOUT EACH FRIDAY NIGHT, OR THEY WILL NOT BE ALLOWED TO COMPETE**

Each night, we also ask that the last age group to conduct an event that evening must pack up that event and return all equipment to the storage area (other than timing gates which require special and specific pack up)

Please **read the newsletter each week** as they come. 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.

THINKING ABOUT HOW YOU CAN HELP AT LITTLE ATHLETICS THIS SEASON?

We still need more **age managers and assistants** for some groups. Please speak to a committee member at a registration day if you might be interested.

Being an age manager is one of the most enjoyable ways to be involved at Little Athletics. It's a fantastic way to get to know your kids and their friends, and to encourage their participation week to week as well as in our various carnivals like Zone and State relays. We are aiming to have at least 2 age managers for each age group to share the load.

We also have a few other areas where we are looking for help. In particular we need:

- **assistants for registrations and equipment** and **Championships**
- We are also still looking for a **Canteen co-ordinator**. This is a really important role – not only does it mean you can satisfy your hunger on a Friday night with something from the BBQ, but our canteen sales also help us raise money for new equipment etc for the club, so again please speak to one of the committee members at the registration day or on any Friday night if you would be interested to help.

Welcome again to the 2017/18 Athletics season – it will be great to get the season underway this week.

Any questions – please reply to this email with your question or talk to a committee member on Friday.

Happy athletics!

Jenny Bishop
Cherrybrook Little Athletics