

CHERRYBROOK LITTLE ATHLETICS
SEASON 2017/2018 NEWSLETTER NO 4
Season Commencement
FRIDAY 8 SEPTEMBER 2017 "Coaching night"

Read on for:

- Season start this week with "Coaching night"
- Trialists next 2 weeks
- No registrations can be finalised this week
- Uniform requirements and spikes
- What to do each night on arrival
- Link to the "grey book" – Cherrybrook LA's handbook
- Next registration night Sept 15

It was great to see so many new faces at our orientation night, as well as a number of our previous families. This week we begin the season with Program 1 and **COACHING NIGHT from 6.00-8.00pm**. We have organised a number of our older athletes as well as qualified coaches to come and assist as we get back into the swing of a new season. In many age groups there is a new skill to learn this year with a new event introduced. The canteen will be open as usual to allow you to purchase a sausage sandwich and drinks etc. at the end of the night.

We will run a slightly modified program 1 this week – there will be no walks events, and any 400m will be 200m, as well as a couple of small changes. Our focus will be on learning different events and improving technique rather than results as such, so come along, have fun and make the most of the additional coaching this week.

OUR FIRST NIGHT IS USUALLY VERY BUSY WITH A LITTLE MORE WAITING THAN USUAL, SO PLEASE COME PREPARED FOR THAT.

ALSO REMEMBER THAT IT GETS VERY COOL AT THIS TIME OF YEAR IN THE EVENINGS, SO PLEASE BRING SUFFICIENT WARM CLOTHES, JACKETS ETC FOR YOU AND YOUR CHILDREN

All athletes must have their uniform on, with 2017/18 registration number attached to their uniform (pins is fine),

Just a reminder that **NO REGISTRATIONS WILL BE ABLE TO BE FINALISED THIS WEEK**, and if you have not finalised your registration, then your child MAY NOT ATTEND THIS WEEK.

From next week (15/9/16) we will continue with regular competition and program 2. Weekly competition continues through the school holidays. You can see the 3 week rotating program on the Cherrybrook website. See link: [3 week program](#)

TRIALISTS: Remember if you are a trialist or have a friend who wants to try little Athletics, this year we are holding **1 trial period** of 2 weeks duration **September 8th and 15th**. 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.

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

Spiked shoes 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 (ie not in 800m or 1500m). 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.

WHAT TO DO ON ARRIVAL EACH NIGHT:

Your child must have their uniform on and have their number at least safety pinned on the front along with their age patch.

Normally, each family should come to the duty sign in area, and choose a duty for the evening. These do not require particular skill – usually things like Set up (you need to arrive at 5pm for this), pack up, helping on the gates or at field events or an hour in the canteen etc.

We usually have a token system – once you sign in for a duty, you get a token, and can then take your child to their appropriate age manager and sign them in. We generally line the agegroups up in order with the U6 group on the grass closest to the clubhouse, and the older agegroups further up the field. Age managers will be wearing a bib with the age number on it - blue for boys and yellow for girls.

This week we will not have our token system in place, but will need assistance from people with set up, pack up, and in the canteen. For this week, stay with your child's agegroup, and the age manager will organise parents to help out as required.

Remember that if you have a child in the **U6 agegroup, they must have a parent or guardian with them at all times.**

Your age manager will direct the agegroup 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 2015). 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. If you need further information in this regard, then please discuss further with Jenny Bishop or Elizabeth Jones.

PARENT RESPONSIBILITIES:

Parents must stay for the whole program each week. You can help with your child's age group, by following them around and assisting in measuring, collecting discus, crowd control, safety etc or help with the carnival generally by operating the timing systems, starting, results recording and canteen.

Each age group is responsible for packing up their last event each week. Senior boys and girls is U13-U17 age groups.

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.

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

We still need more **age managers and assistants** for some groups.

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.

CANTEEN:

Each week Cherrybrook operates a canteen and this is our major source of fundraising for the club. We would appreciate you supporting this venture by electing to have dinner with us on a Friday night. To that end we offer sausage sandwiches plus a different weekly special.

Prices as follows:

Sausage sizzle -\$3.00.

MEAL DEAL - sausage and can of drink or water - \$5.00

This week's special – chicken skewers \$3 each

We also offer snacks, cold and hot drinks, ice cream spiders etc. A full list of items and prices is available on the canteen whiteboard.

New equipment: The committee has been busy over the last 12 months resourcing the club. We will have our timing gates operational this Friday night for their 4th season. We will be continually training people in their use and care throughout the season. We ask you to be very mindful of their cost and to value them accordingly.

Below is the link to our "grey book" which is our 2017/18 season handbook. It contains lots of information about the club, committee contacts, season calendar and plenty of information regarding the different events for each agegroup, event specifications and much more. It also contains our usual 3 week program that will commence this week. Please take some time to have a look through it and familiarise yourself with the contents. [3 week program](#)

The **next registration night** will be **Friday September 15th, time to be advised.** at the Greenway oval clubhouse. You must complete your registration by 12MD on Wednesday in order to finalise registrations on Thursday. As per usual, please ensure that you come with the following:

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 or if you were last registered with Cherrybrook in 2013/14 season or earlier - 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.**

Welcome again to the 2017/18 Athletics season – we look forward to many weeks of fun and fitness ahead.

Happy athletics!
Jenny Bishop
Cherrybrook Little Athletics