

## CHERRYBROOK LITTLE ATHLETICS

### Pre Season NEWSLETTER NO 4

5 September 2018/19 season

Hi Everyone!

A sincere thank you to all the Officials and parents who participated in the Officials Training Night last Friday evening. Despite the low attendance, those who were present benefited from the expertise of our knowledgeable Officials. Thank you also to the athletes who gave valuable practical experience for our officials whether it was running, jumping or throwing!

### **ORIENTATION & COACHING NIGHT – Friday 7<sup>th</sup> September (5:45 – 8:00pm)**

This Friday 7<sup>th</sup> September, the Club will have a training night for all athletes in the U6 to U15 age groups. Our U17 athletes are also encouraged to come to assist with the U6 age group.

This is a valuable night being trained by National and International representative athletes, many of whom are former and current Cherrybrook Athletes and Coaches, including:

- **Jenny Blundell** (former Cherrybrook athlete and Olympian)
- **Nick Dang** (Oceania hurdles medallist)
- **Ben Jaworski** (Australian 100m and relay representative)
- **Elliott Lang** (Youth Olympic Javelin competitor).
- **Gen Cowie** (400m Hurdles finalist at the Commonwealth Games Trials)
- **Imogen Cowie** (Australian representative at the School Team Championships)

On the night, **all Timing Gate Officials that did not attend last Fridays training night are asked to spend the night at the timing gates learning how to run the gates.**

All **other parents** are required to accompany their youngest child's age group for the evening.

**Age Managers** are asked to accompany their age groups until 7pm when they are to join the Age Managers Coordinator in the Club Room for a meeting.

At **5.45pm** all athletes and parents are asked to gather on the concrete area in front of the stairs for the evenings messages which will be followed by the athletes being involved in a warm up.

At **6pm** Athletes and parents will go to their first event and follow the program below.

TIME	U6	U7	U8	U9	U10	U11	U12	U13+
6.00	<b>LONG JUMP</b> Pit 2	<b>DISCUS</b> Cage 3	<b>HIGH JUMP</b>	<b>WALK</b> Back straight	<b>HIGH JUMP</b>	<b>SHOT PUT</b> Circle 1	<b>SPRINTS + STARTS</b> 100m Track	<b>HURDLES</b> Hurdles Track
6.20	<b>SPRINTS + STARTS</b> 100m Track	<b>LONG JUMP</b> Pit 2	<b>DISCUS</b> Cage 3	<b>HIGH JUMP</b>	<b>WALK</b> Back straight	<b>HIGH JUMP</b>	<b>HURDLES</b> Hurdles Track	<b>SHOT PUT</b> Circle 1
6.40	<b>SHOT PUT</b> Circle 1	<b>SPRINTS + STARTS</b> 100m Track	<b>LONG JUMP</b> Pit 2	<b>DISCUS</b> Cage 3	<b>HURDLES</b> Hurdles Track	<b>WALK</b> Back straight	<b>HIGH JUMP</b>	<b>HIGH JUMP</b>
7.00	<b>DISCUS UP HILL</b> Next to Cricket nets	<b>SHOT PUT</b> Circle 1	<b>SPRINTS + STARTS</b> 100m Track	<b>LONG JUMP</b> Pit 2	<b>DISCUS</b> Cage 3	<b>HURDLES</b> Hurdles Track	<b>TRIPLE JUMP</b> Pit 1	<b>TRIPLE JUMP</b> Pit 1
7.20	<b>GAMES</b> Home straight	<b>GAMES</b> Home straight	<b>SHOT PUT</b> Circle 1	<b>HURDLES</b> Hurdles Track	<b>TRIPLE JUMP</b> Pit 1	<b>JAVELIN</b> Top Oval	<b>WALK</b> Back straight	<b>SPRINTS + STARTS</b> 100m Track
7.40			<b>HURDLES</b> Hurdles Track	<b>SHOT PUT</b> Circle 1	<b>SPRINTS + STARTS</b> 100m Track	<b>TRIPLE JUMP</b> Pit 1	<b>JAVELIN</b> Top Oval	<b>JAVELIN</b> Top Oval

## **AGE MANAGERS MEETING – Friday 7<sup>th</sup> September (7:00pm – 7:30pm)**

On Friday 7<sup>th</sup> September during the Coaching Night, there will be a meeting in the Club room for all Age Managers. This will allow Age Managers to remain with their age group at the start of the night before heading to the meeting.

### **NEXT DATE TO FINALISE REGISTRATIONS**

If you have registered online, the next opportunity to finalise your registration and collect your registration numbers will be this Friday 7<sup>th</sup> September from 6pm. Before attending to finalise a registration, please ensure you have followed these steps.

1. Read the Volunteer Commitment Statement at <https://athleticsclubwebsite.wordpress.com/parent-roster/>
2. Choose and sign up for your volunteer duty for the season at <https://www.signupgenius.com/go/60b054caaa929a13-20182019>
3. Please ensure you bring:
  - ◆ Registration receipt
  - ◆ Medical form
  - ◆ Volunteer Commitment Form
  - ◆ Working with Children Check Form

These forms can be found by clicking on this link:

<https://athleticsclubwebsite.wordpress.com/registration-forms/>

4. All new members, must bring proof of age.

**Registrations cannot be finalised without these steps having been taken.**

Please expect some delays and exercise patience if finalising registrations this Friday 7<sup>th</sup> September.

Athletes who are finalising registration on the day, but do not have their Registration numbers are permitted to take part in the Coaching sessions, however they may not commence competition on the 14<sup>th</sup> September without their registrations finalised.

### **TRACK AND FIELD OFFICIALS INFORMATION**

- ◆ If you haven't had a chance to do so, please take the time to watch this short video produced by Little Athletics Australia on Officiating Tips: <https://youtu.be/L8YivK32uzs>
- ◆ These Basic **Event Fact Sheets** aimed at parent volunteers are another valuable resource:

[http://www.lansw.com.au/Portals/44/EventFactSheets/2018/EventFactSheets\\_201819finalcombined.pdf](http://www.lansw.com.au/Portals/44/EventFactSheets/2018/EventFactSheets_201819finalcombined.pdf)

## **OFFICIALS SEMINAR – Sunday 9<sup>th</sup> September**

Anyone interested in attending a free Officials Seminar this Sunday 9<sup>th</sup> September at Holroyd Park, Merrylands please click on this link to find out more information:

[https://gallery.mailchimp.com/9bff3870caa72f3379495a66f/files/c786c262-55b1-4c05-97ec-3314d3e784c4/9th\\_Sept\\_Seminar\\_Flyer.pdf](https://gallery.mailchimp.com/9bff3870caa72f3379495a66f/files/c786c262-55b1-4c05-97ec-3314d3e784c4/9th_Sept_Seminar_Flyer.pdf)

## **UNIFORM**

Uniform will also be available to purchase on Friday 7<sup>th</sup> September by cash or online banking on your smart phone. Credit card payment is only available for purchases made online. On line orders must be submitted by 8pm on Thursday 6<sup>th</sup> September to be ready for collection the following evening

Online Uniform is available at <https://shopdesq.sportstg.com/index.cfm?fuseaction=main&OrgID=941>

The uniform shop also has for sale a supply of 2<sup>nd</sup> hand waffles shoes and spikes for \$10 a pair.

## **THANK YOU**

Thank you to:

- **Jun Liu** and **Virginia Moresi** for taking on the role of Records & Rankings and Age Manager Coordinator respectively this season. We appreciate you stepping into these important roles and look forward to working with you.
- **Nicky Jenneke** for her superb organisation of the Officials Training Night and Coaching Night.

## **CANTEEN**

Please note there will be no canteen operating this week!

Looking forward to seeing as many athletes and parents as possible at our Coaching night on Friday!