

CHERRYBROOK LITTLE ATHLETICS

Pre Season NEWSLETTER NO 5

13 September 2018/19 season

Hi Everyone!

Our athletes were very fortunate to participate in a warm up under the guidance of Rio Olympic Semi-Finalist Jenny Blundell. Obviously, it was bitterly disappointing that the weather did not hold out for the entire evening, but we hope that for the short time the athletes were with the various coaches, they gained some benefit and inspiration from them.

FIRST COMPETITION NIGHT TOMORROW – Program 1

- ◆ We are very excited to have our first competition night tomorrow and fine weather to accompany it! Age Managers will have a copy of the program and it will also be on display outside the clubhouse.
- ◆ **Parents signed up for Program 1 duties please sign in for your duty upon arrival outside the clubhouse.** Please click on this link to confirm which nights you are rostered on for: <https://www.signupgenius.com/go/60b054caaa929a13-20182019>
When children are warming up at 5:45pm, you will then proceed to your rostered location.
- ◆ **All parents must sign in with their child's/children's Age Manager/s on a Friday evening, otherwise they will be unable to compete.**
- ◆ **If for whatever reason, you are unable to attend on a Friday evening when you are rostered on a duty, could you please contact Nicky Jenneke on 0448 407 716.**

U6 PARENTS – SETTING UP EQUIPMENT FROM 5:15pm

Just a friendly reminder to U6 parents that we are asking for your assistance to help set up the equipment every Friday night from 5:15pm. Members of the Committee will be there to guide and assist you.

CANTEEN

The Canteen will be operating this week and Gözlemes are making their debut!

- ◆ **Lamb mince and spinach gözleme** - \$3 half/ \$5 whole
- ◆ **Feta Cheese and spinach gözleme** - \$3 half/ \$5 whole

Sausage sandwiches \$3 and drinks will also be available.

FINALISING REGISTRATIONS

If you have registered online, the next opportunity to finalise your registration and collect your registration numbers will be this Friday 14th September from 5:45pm. 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.

UNIFORM

Uniform will also be available to purchase this Friday 14th September by cash or online banking on your smart phone. Credit card payment is only available for purchases made online.

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

CONGRATULATIONS

Congratulations to all athletes that competed at the **Combined High Schools (CHS) Athletics Championships** from 5- 7th September, particularly those who achieved personals bests or medals.

THANK YOU

Nicky Jenneke and **Valme Kruger** for their fantastic organisation of the Coaching Night last week. We are very lucky to have so many current and former Cherrybrook athletes willing to help our Club.

Looking forward to seeing everyone tomorrow night!