

CHERRYBROOK LITTLE ATHLETICS

NEWSLETTER NO 7

27 September 2018/19 season

Hi Everyone!

We are looking forward to seeing our eager athletes and triallists again this Friday night for Program 3.

PARENT DUTY - SIGN IN INSTRUCTIONS

Thank you to everyone that undertook their rostered duties last week. This week all Program 3 rostered parents will be required.

If you are unable to attend on a Friday evening when you are rostered on a duty, could you please text Nicky Jenneke on 0448 407 716 to let the club know. For any missed duty, we simply ask you to volunteer your time at that duty on another non- rostered night if required.

1. On arrival on Friday night, all volunteers rostered on a duty please sign in at the 'Sign In' table located between the Canteen and the Bathrooms.
2. Track and Field Officials should aim to be at their duty area by 5.45pm to check that the area is set up and ready for a 6pm start.
3. Please undertake your duty for the **entire evening** and give our young athletes the best possible Friday night of Athletics.

WEEKLY RESULTS – RESULTSHQ

Weekly results should be available by Saturday afternoon by logging into the ResultsHQ website (located under Results & Records > LA Results & records on our website)

<https://resultshq.com.au/Login/Index/>

Weekly results are uploaded before any checking has been done. **Please note** that while every effort is taken to capture these results accurately, they have not been validated, and may change once they have been checked!

Results for late registered athletes will start to be uploaded on the next weeks competition after registration is finalised.

U6 PARENTS – SETTING UP EQUIPMENT FROM 5:15pm

Thank you to the U6 parents that assisted setting up the oval for competition last week. Your help was appreciated. Just a friendly reminder that **all U6 parents are asked to assist with the setting up of equipment on a Friday night** to ensure we are ready to commence at 6pm. Please ask Committee members for guidance.

TRIPLE JUMP PRACTICE (Friday night 5:15 – 5:45pm)

This Friday night there will be an opportunity for athletes that have not done triple jump before, to gain some practice and coaching. To take advantage of this opportunity, athletes should go to the Horizontal Jump Pits accompanied by a parent.

CONGRATULATIONS

Sally Stables who won a Silver medal in the 80m Hurdles at the recent World Masters Athletics Championships. What an amazing achievement!

Natasha Flahey and **Mia Stewart** who broke the U10 Girls 1100m Walk record last Friday evening.

All Primary school athletes who have qualified for the NSW PSSA Athletics Championships on Wednesday 31st October & 1st November at Homebush.

GOOD LUCK

All Secondary school athletes who are competing at the NSW All Schools Championships this weekend at Homebush. We look forward to hearing your results.

CANTEEN

The Club is still seeking a Canteen Coordinator. If you are interested in this position please ring **Nicky Jenneke on 0448 407 716**.

Sausage sandwiches (\$3) will available tomorrow evening as well as chicken skewers (\$3).

HELP NEEDED AT NSW ALL SCHOOLS THIS SATURDAY

If any parents or athletes are at the NSW All Schools this Saturday with an hour to spare, please text Nicky Jenneke on 0448407716 to volunteer your time at the Cherrybrook promotional tent which will be providing information on the Club, selling lollies and hopefully providing some massages. If you are a qualified masseuse or physio and could volunteer an hour or two of your time on the day, that would also be appreciated. All funds raised will go to the Club.

PLEASE CHECK FOR YOUR NAME

Could a parent from the following families please see Nicky Jenneke at the table near the BBQ from 7.45pm onwards regarding completion of paperwork.

Ariyanayagam, Anthony, Baroculu, Bradshaw, Braithwaite, Bray, Cansdale, Cuza, De Mel, Gartner, Garufi, Gurney, Harlon, Hennessey, Mahmud, Mate, Redhead, Redman, Sohn, Tabrett, Tallam.

UPCOMING EVENTS

Doonside LAC Twilight Gala Day	13 October 2018	Entry through ResultsHQ
Cherrybrook Photo Night	19 October	
Mid-West Zone Multi-Event Carnival	28 October 2018	Entry through ResultsHQ
Kings Langley LAC Multi	28 October 2018	Entry through ResultsHQ
Trans Tasman Trials (U11 & U12)	4 November 2018	Campbelltown
LA's State Relays	17 th & 18 th November	SOPAC, Homebush
LA's Zone Championships	8 th & 9 th December	Barton Park, Parramatta

UNCOLLECTED AWARDS FROM LAST SEASON

Uncollected certificates, awards, coloured patches, trophies and gifts from last season, will be available for collection from near the BBQ on Friday night.