

# CHERRYBROOK LITTLE ATHLETICS

## NEWSLETTER NO 10

18 October 2018/19 season

Hi Everyone!

We are looking forward to seeing everyone tomorrow night after washouts the previous two weeks!

### PROGRAM 1 – Friday 19<sup>th</sup> October

<https://athleticsclubwebsite.files.wordpress.com/2018/10/2018-2019-cherrybrook-athletics-program-october-2018-final-v1-1.pdf>

Please note **U12 Athletes** will commence their program with Javelin from 5.15pm in the Discus area. Parents of athletes taking part are required to attend Javelin until 5.40pm and must assist as officials if requested.

**This week all Program 1 rostered parents will be required.** Please click on the recently updated Sign Up Genius link to check your duties: <https://www.signupgenius.com/go/60B054CAA929A13-201820191> This week the Duty sign in table will be located in front of the BBQ area, as the usual location will be being used for the age group photos.

**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.

### U6 PARENTS – SETTING UP EQUIPMENT FROM 5:15pm

A reminder to **ALL U6 Parents** that your duty on Friday nights is to assist with the setup of the equipment from 5.15pm or as early as you can get to the Oval.

### CLUB PHOTOS THIS FRIDAY NIGHT

Club photos will take place this Friday night. All Athletes are asked to please wear full Club Uniform (including competition number, age patch and Coles patch) and to bring their very best smiles!

Age Group	Time
U6 – U17	5:45pm
Under 6	After their 50m
Under 7	Before their first event (long Jump)
Under 8	After their 70m
Under 9	After their 70m
Under 10	After their 70m
Under 11	After their 100m
Under 12	After their 100m
Under 13	After their 60m
Under 14 – U17	After their 60m

Athletes please assemble on the concrete area in front of the stairs. Photos will take place near where the Duty Sign-on table is usually located.

## LANSW STATE RELAYS - Saturday 17<sup>th</sup> and Sunday 18<sup>th</sup> November

Nomination forms are due tomorrow. If you missed out on receiving a form, please click on this link for a fillable PDF: <https://athleticsclubwebsite.files.wordpress.com/2018/10/2018-state-relays-nomination-form2.pdf>.

Our Championships Officer Naomi Moore will be approaching age groups tomorrow night to encourage athletes to fill teams. Naomi will also have forms with her to fill in.

A copy of the draft timetable will be on display tomorrow night near the canteen area.

## COLOURED PATCH ACHIEVEMENT AWARDS

The Coloured Patch system is an incentive award system to encourage participation and performance. Coloured patches are available to athletes in the U7 to U15 age groups. Coloured patches are awarded in five colours - each colour has standards that must be achieved which increase with each colour attained (Yellow standards being the easiest to achieve and Gold being the hardest). For an athlete to achieve their coloured patches, they must follow these steps

1. Print off a coloured patch recording sheet (under Awards & Patches on our website)
2. Once a coloured patch has been achieved bring the completed sheet on Friday night and place it in the Coloured Patch Tray located in the Club room (just inside the glass doors). The following week, the athlete will be awarded their physical colour patch via their Age Manager.  
Coloured patches may be sewn on the back of the uniform.

Congratulations to **Oliver Penn** (U7B) who is being awarded his Green coloured patch this week!

## 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 be available tomorrow evening as well as a special.

## UPCOMING EVENTS

<b>Mid-West Zone Multi-Event Carnival</b>	28 October 2018	Entry through ResultsHQ
<b>Kings Langley LAC Multi</b>	28 October 2018	Entry through ResultsHQ
<b>Trans Tasman Trials (U11 &amp; U12)</b>	4 November 2018	Campbelltown
<b>LA's Zone Championships</b>	8 <sup>th</sup> & 9 <sup>th</sup> December	Barton Park, Parramatta

## INVITATION TO ALL DUAL ATHLETES U12 – U17

Our Senior Club would like to invite all our Dual Athletes in the U12 – U17 age groups to compete in the Treloar Shield this season. The Treloar Shield is a point scoring series of inter Club competitions - the more events you compete in and the better you do, the more points the club earns. The series has a relaxed atmosphere and is a great introduction to senior athletics, with races seeded according to ability. Please enter online (there is a fee). Entries close at 9am the Wednesday before each competition, however, on the day entries are available if events are not full.

**2<sup>nd</sup> Treloar Shield - Saturday 20<sup>th</sup> October** at Sydney Olympic Park.

Events: 60m, 200m, 1500m, 5000m, 400m Hurdles, 200m Hurdles, Pole Vault, Triple Jump, Discus Throw and Javelin Throw. <http://www.nswathletics.org.au/Events/Calendar/treloar-shield-2-sopac-11>

**3<sup>rd</sup> Treloar Shield - Saturday 3<sup>rd</sup> November** at Campbelltown

Please check the NSW 2018/19 Summer Season Calendar at <http://nswathletics.org.au/Events/Calendar> to view all upcoming events.

## ATHLETE COACHING

Any athletes looking for some coaching, please consider one of our Cherrybrook coaches that conduct coaching at Greenway Oval. All coaches charge a fee and must be contacted before joining their squad for the first time. Our three main coaches, Valme Kruger, Mick Zisti and John Sharpe have 70 years of coaching experience between them and have all developed Athletes to World Representative level. Our new junior coach Amie Bowrey has been an athlete at Cherrybrook Athletics for the past ten years and is a National level Multi Athlete.

<b>Valme Kruger</b> – Middle Distance – Long Distance and Cross Country Mondays and Wednesdays from 4.15pm	Ph- 0402126060
<b>Mick Zisti</b> – Sprints and Hurdles Monday and Wednesdays from 4.30pm	Ph – 0434110872
<b>John Sharpe</b> – Jumps (including High Jump), Throws and Sprints Most days from 4.00pm	Ph – 0407070758
<b>Amie Bowrey</b> – Throws and Jumps (please do not contact during school hours) Wednesdays from 4pm – 5pm	Ph - 0411658332

## COACHING OPPORTUNITY

If any Cherrybrook athletes over the age of 14 years are interested in coaching for the club on Friday nights, please contact Valme Kruger at [valme.kruger@det.nsw.edu.au](mailto:valme.kruger@det.nsw.edu.au)

Interested athletes under 17 must be prepared to:

- obtain their Community Coach qualification which is a free online course.

- obtain their Level 1 Coaching certificate, which does have a cost and practical element. Coaching opportunities are available across all track and field events and a small fee is paid by the club to those chosen to coach.

Athletes wishing to volunteer (unpaid) as a coach on Friday nights are not required to obtain any qualifications and should also contact Valme. Volunteering as a coach is a great opportunity for those doing a community service award e.g. Duke of Edinburgh Award

## **CONGRATULATIONS**

**Mick Zisti** who will marry his partner Alison, this weekend.

## **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 and before you leave, regarding completion of paperwork.

*Ariyanayagam, Anthony, Baroculu, Braithwaite, Bray, Cuza, De Mel, Eccles, Gartner, Garufi, Harlon, Kelly (Rhian), Mate, Redhead, Redman, Sohn, Tabrett, Tallam, Wilson*

## **UNCOLLECTED AWARDS FROM LAST SEASON**

Uncollected certificates, awards, coloured patches, trophies and gifts from last season, will be available for collection from near the barbecue on Friday night AFTER 7.30pm.