

CHERRYBROOK LITTLE ATHLETICS

NEWSLETTER NO 8

4 October 2018/19 season

Hi Everyone!

NEW PROGRAM

The Committee has decided upon a new 3-week Program which will commence this week with Program1:
<https://athleticsclubwebsite.wordpress.com/weekly-programs/>

Please note U12 Athletes will commence their program with Javelin from 5.15pm in the Discus area. Parents of athletes taking part in Javelin 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. **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.

LANSW STATE RELAYS - Saturday 17th and Sunday 18th November

If you missed out on getting a nomination form last week, please click on this link to access the form which is due on Friday 19th October.

<https://athleticsclubwebsite.files.wordpress.com/2018/10/2018-state-relays-nomination-form2.pdf>

WEEKLY RESULTS – RESULTSHQ

Weekly results should be available by Saturday afternoon by logging into the ResultsHQ website:

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

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.

Athletes achieving their coloured patches will be published in the newsletter. This week is the first week that coloured patches will be received.

CONGRATULATIONS:

Congratulations to all our Dual Athletes that competed at the NSW All Schools from the 27th to 30th September. Special mention to the following athletes on their exceptional results

Donovan Bradshaw: Gold 14B 100m; Gold & record 200m; Silver Long Jump

Scott Chapman: Gold 17B Javelin

Robbie Cullen: Gold 14B Hammer Throw

Holly Saunders: Gold 12-15 Para Discus; Silver Long Jump

Annabelle Rodgers: Gold 12-15 Para Shot Put; Silver in Discus

Nicholas Bradshaw: Silver 12B 80m Hurdles

Kailyn Joseph: Bronze 16-19 Para Long Jump and State record for her classification

Fran Sugiaman: Bronze 16G Long Jump

Anna Kelly: Bronze 14G Javelin

Campbell Johnson: Bronze 16B High Jump

Donovan Bradshaw, Scott Chapman, Robbie Cullen, Holly Saunders and Annabelle Rodgers have all qualified to represent NSW at the Australian All Schools in Cairns from 7th- 9th December.

Full results will be published in the Senior Club Newsletter which will be available on the website.

BANANAS

As part of their continued sponsorship of Little Athletics, Coles will be providing boxes of bananas to clubs for their weekly competitions. These will be available for athletes in front of the clubhouse on Fridays.

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 (TBD)

THANK YOU

Thank you to the parents and athletes that helped at the Cherrybrook Stall at the NSW All Schools Championships including Wendy Fleming, Debra Joseph, Anna Kelly, Valme Kruger, Jenny Prowse, Kate Tong, Holly Saunders, Leonie Saunders and Tara Webb. A big thank you to Nicky Jenneke for preparing hundreds of lolly bags beforehand and setting up the tent.

UPCOMING EVENTS

Doonside LAC Twilight Gala Day	13 October 2018	Entry through ResultsHQ
Cherrybrook Photo Night	19 October 2018	
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

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, Braithwaite, Bray, Cuza, De Mel, Gartner, Garufi, Gurney, Hanlon, Hennessey, Mahmud, Mate, Redhead, Redman, Sohn, Tabrett, Tallam.

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

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

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.