

CHERRYBROOK LITTLE ATHLETICS

NEWSLETTER NO 9

10 October 2018/19 season

Hi Everyone!

We have our fingers crossed that Little Athletics will go ahead tomorrow night – please check your emails and the website tomorrow afternoon for updates.

If competition is cancelled, the Clubroom will be open from 5.30 – 6.30pm for anyone wishing to submit a State Relays nomination form or coloured patch recording sheet.

PROGRAM 1 – Friday 12th October

The new Program 1 will commence this week:

<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>

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

Nomination forms are due next Friday 19th October. 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>

This form may be sent to naomimoore77@hotmail.com

CONGRATULATIONS

Elizabeth Jones on her selection as an athletics official for the Invictus Games which will be held in Sydney October from 20th – 27th October. <https://www.invictusgames2018.org/the-games/tickets/>

Jethro Penn (U11) who featured on 2Day FM's Alpha Bucks Kids segment last Friday 5th October. Jethro had the opportunity to not only play and win money for himself, but play for his school or sports club of choice. Jethro correctly answered 6 questions winning \$600 for himself and \$600 for Cherrybrook Athletics! Well done Jethro and thank you for nominating Cherrybrook Athletics – it is very humbling.

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 the following Athletes who are awarded their yellow colour patches this week:

James Brunsdon (U7B), Max Penn (U7B), Oliver Penn (U7B), Wade Billingsley (U8B), Blake Billingsley (U9B), Ruby Penn (U9G), Kayla Wiberg (U9G), Jethro Penn (U11B), Eloise Brunsdon (U12G)

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)

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

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.

1st Treloar Shield - Saturday 13th October at Blacktown.

Events on offer: 100m, 400m, 800m, 3000m, 3000m Walk, Sprint Hurdles, Long Jump, High Jump, Shot Put and Hammer Throw. <http://www.nswathletics.org.au/Events/Calendar/treloar-shield-1-blacktown>

2nd Treloar Shield - Saturday 20th 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>

ATHLETE COACHING

Any athletes looking for some coaching to improve their athletics, learn better technique and gain fitness, 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. -

Valme Kruger – Middle Distance – Long Distance and Cross Country Ph- 0402126060

Mondays and Wednesdays from 4.15pm

Mick Zisti – Sprints and Hurdles Ph – 0434110872

Monday and Wednesdays from 4.30pm

John Sharpe – Jumps (including High Jump), Throws and Sprints Ph – 0407070758

Most days from 4.00pm

Amie Bowrey – Throws and Jumps (please do not contact during school hours) Ph - 0411658332

Wednesdays from 4pm – 5pm

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

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.