

CHERRYBROOK LITTLE ATHLETICS

NEWSLETTER NO 12

1 November 2018/19 season

We are very excited to announce that Cherrybrook Athletics Club has received a \$2200 grant to purchase new equipment thanks to funds raised from selected Coles community bags! We are one of approximately 100 centres nationwide to receive a sports grant to expand our equipment and we are extremely grateful to Coles for their generosity.

We are expecting very hot weather tomorrow so please ensure athletes hydrate adequately throughout the day and evening.

Just a friendly reminder that dogs are not permitted at the Oval during Friday night competition due to safety reasons.

PROGRAM 3 – Friday 2nd November

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

Please note U14- U17 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 needed.

This week all Program 3 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>

A reminder that if you are rostered on as an Official at an event, you are not just 'helping out', you are 'Officials' and as such are in charge of the event you are at. You are responsible for being at your event area at all times whilst athletes are competing (not just your own child's age group please).

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. Many hands make light work!

SIGNING IN ATHLETES

Sign-in folders will be laid out in age order on tables located on the concrete area in front of the barbecue.

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

Thank you to all athletes who have nominated for the State Relays. Teams will be made available very soon. A copy of the draft timetable will be on display tomorrow night near the canteen area.

ZONE CHAMPIONSHIPS – 8th and 9th December

Information was sent to all club members on Wednesday evening regarding the Zone Championships at Barton Park, North Parramatta. **Athletes will be entered only if they complete the nomination process via ResultsHQ which is now open. Nominations will close at 9pm on Wednesday the 7th of November 2018.**

A copy of your nomination form will need to be emailed to Karim Burkhardt at karimburkhardt@hotmail.com once you have nominated, with preferences against each of your events if you are in the U7-U12 age groups.

CONGRATULATIONS

Tayla Moore (U11) who threw two personal bests at the NSW PSSA Athletics this week to claim GOLD in the Junior Girls Shot Put and SILVER in the Discus, securing her a spot on the NSW team for the National Primary Schools Championships in Melbourne from 23rd - 27th November.

Jessica Coppolelli (U13) who placed 3rd in the 12/13 years Discus at the NSW PSSA Championships

Nisini Rajapaksha Mudiyansele (U9) who won the gold medal in the U9 girls division at the Kings Langley LAC Multi Day on Sunday 28th October.

GOOD LUCK

To our U11 and U12 athletes competing at the Trans Tasman Trials at Campbelltown on Sunday.

U6 & U7 RELAY NIGHT – Friday 16th November 5:45pm

The relay night will include track and field relays and all relay teams will be decided on the night. This is a new initiative to our club's competition calendar this season and is designed as a night of fun, team participation and friendly competition. More details to come in next week's newsletter.

INVITATION TO ALL DUAL ATHLETES U12 – U17: TRELOAR SHIELD

3rd Treloar Shield - Saturday 3rd November at Campbelltown

Events on offer are 100m, 400m, 1500m, 5000m, Sprint Hurdles, Steeplechase, 1500m/5000m Walk. Field - Pole Vault, Long Jump, Discus Throw and Shot Put. Further details can be found on:

<http://nswathletics.org.au/Events/Calendar/treloar-shield-3-campbelltown>

Online Entry is open via: <https://ts320182019.eventdesq.com/> and close at 9am on 31st October 2018

4th Treloar Shield - Saturday 10th November SOPAC

Events on offer are 60m, 200m, 800m, 200m/400m Hurdles, Triple Jump, High Jump, Hammer Throw and Javelin Throw. Further details can be found on: <http://nswathletics.org.au/Events/Events/treloar-shield-4-sopac>

Online Entry is open via: <https://ts420182019.eventdesq.com/> and close at 9am on 7th November 2018