

CHERRYBROOK LITTLE ATHLETICS

NEWSLETTER NO 16

5 December 2018/19 season

MULTI NIGHT

Congratulations to all our athletes on some great competition and results last Friday at our annual Multi Night. Results will be announced next week.

UNDER 6 RIBBON NIGHT

A reminder to all U6 Athletes and their parents that this Friday is the inaugural U6 Ribbon Night. Events being contested are the 70m, 100m, 200m, Pack start, long jump, shot put, relays and novelty races as well as games.

The night will commence at 5.45pm, with help setting up welcomed from 5.15pm.

Parental assistance will be required to make it a fantastic night for our youngest athletes, so please jump in and help if asked.

Whilst this is an U6 exclusive event, siblings of U6 athletes are welcome to take part in the event but will not be recipients of ribbons.

CONGRATULATIONS:

To the following athletes who have been chosen to represent Cherrybrook in the Junior and Senior relays at the Zone Championships:

Junior Boys Relay: **Harry Wigham, Lachlan Booth, Aleksander Mendria, Marco Boccaletti**

Junior Girls Relay: **Isabella Daidone, Sophie Durheim, Tayla Moore, Sarah Koot**

Senior Boys Relay: **Julian Mendria, Thimuthu Weerasekara, Ajaiy Moharaja, Noah Li**

Senior Girls Relay: **Tara Webb, Abigail Oimage, Milena Visser, Fran Sugiaman**

GOOD LUCK

Robbie Cullen and **Donovan Bradshaw** as well as several of our senior club athletes who are competing at the Australian All Schools Championships in Cairns from 7th – 9th December. We look forward to hearing your results!

All our U7 – U17 athletes competing at the Zone Championships at Barton Pak, North Parramatta this weekend!

ZONE INFORMATION

Updated Team lists, the Zone program, carnival information for parents etc are now available on the home page of our Club's website. All families of zone athletes should hopefully receive an email by Friday morning with full carnival details.

ZONE CHECK LIST

- Parents please ensure you have signed up for a duty on each day you have a child competing. You can sign up at [2018 Met North Zone Parent Duty Roster](#)
If your child or children is/are attending on Saturday or Sunday only, you are required to sign up for one parent duty on the appropriate day.
If your child or children is/are attending on Saturday and Sunday, you are required to sign up for a parent duty on both days.
- Check your uniform – please ensure the red border of your competition number is fully showing, and all patches are securely fixed to the front of the uniform with the age patch appearing underneath the Cherrybrook logo and the COLES patch on the other side of the chest.
- Pack your bag with essentials such as running shoes/ spikes, spare socks, water, snacks, a hat, sunscreen and something to do between events
- Eat a high protein, high carbohydrate meal the night before competition.
- Get a good night's sleep.
- Arrive at least an hour before your first event, to give enough time to park, check in, set up, warm up and be at marshalling on time.
- Let the club know at the Cherrybrook Information desk how you go in each of your events. The Club also needs to know if you are going or likely to go to Regional.
- Attend to your duties at Zone without reminder and ensure you collect and return your duty lanyard when going to and returning from a duty. Bring a hat, sunscreen, water and wear enclosed shoes for all duties.
- Encourage your own children and all athletes. Remember your child will be trying their best regardless of whether they achieve their best results. Reward effort and help them deal with disappointment quickly and positively.
- **If you have any questions, concerns or potential protests at zone, please speak to a Cherrybrook Team Manager before approaching any zone official or zone information.**
- Athletes, be proud to be representing your Club, as your Club is proud of you. Have an amazing weekend competing and enjoying time with your team mates.

CLUB CHAMPIONSHIPS

The Club Championships will take place at Sydney Olympic Park on Saturday the 15th December from 12 - 7.30pm. As this is a whole Club event and regarded as the Grand Final of the NSW Athletics Interclub competition, we invite all members to come and support our Cherrybrook athletes and watch a great day of athletics, with some of Australia's best athletes competing. Wear club colours and join the cheer squad.

All Cherrybrook athletes taking part in the Club Championships have received an invitation and we currently have 13 teams taking part in the competition from U11 to Open Aged athletes.

Team lists for the U11 and U14 age groups are now available to view on the Cherrybrook Athletics website home page <https://athleticsclubwebsite.files.wordpress.com/2018/12/club-championship-teams-under-11s-u14s.pdf>

EXCAVATOR OR LANDSCAPER NEEDED

If there are any families who work in the excavating or landscaping business that could assist the club with the irrigation and upgrade of our junior jump pits, could you please contact Nicky Jenneke on 0448407716 to arrange a quote.

SUMMER HOLIDAY BREAK

Our last night of competition for this year will be Friday 14th December. Friday night competition returns in the New Year on Friday 11th January.