

CHERRYBROOK LITTLE ATHLETICS

NEWSLETTER NO 18

10 January 2018/19 season

Happy New Year everyone! We hope you enjoyed a lovely Christmas with family and friends and had the chance to put your feet up and relax!

We are looking forward to the rest of the 2018/2019 Little Athletics season resuming tomorrow.

GOOD LUCK

Tayla Moore (U11) and **Olivia Moresi** (U12) who are representing NSW this Sunday 13th January in the Trans Tasman at Campbelltown Athletics Stadium. We look forward to hearing about your experience against the New Zealand team.

PROGRAM 3

Tomorrow night we will be running Program 3 with walks included for the U9 – U17 age groups.

- The **U9 Girls and Boys** will have the 700m walk as their first event before Shot Put.
- The **U10 and U11 Girls and Boys** will have the 1100m walk before their last field event (U10 – Shot Put and U11 – Discus)
- The **U12 – U17 Girls and Boys** will have the 1500m Walk as their last event (followed by the 3000m which is optional).
- The **U12 Girls and Boys** will also have the option of doing both Long Jump and Triple Jump.
- **Javelin for U14 – U17 athletes** will commence at 5:15pm in the discus area.

As we expect a smaller than usual turn out tomorrow night we will restrict the U8 - U17 age groups to a maximum of four parent helpers to assist Age Managers. All extra parents are asked to visit the Parent Duty sign in table after the club announcements and be allocated a duty so that we can ensure all duties are filled for the night. Your cooperation with this will be greatly appreciated.

PARENT DUTY ROSTER – 11th January

Any Age Managers or Field Recorders please advise Virginia Moresi if you are unavailable tomorrow night please.

Any other parents unable to make their rostered parent duty this Friday night, please contact Nicky on 0448407716.

Listed below are all members rostered on a duty tomorrow night. Please check for your name as additional duties have been allocated to families who did not already appear on the Duty Roster or only appeared once. If an error has been made with any new allocations, please contact Nicky Jenneke on 0448407716 as we are aware we have had some technical difficulties with the SignUp genius and errors may have occurred.

| DUTY | ROSTERED PARENTS | |
|--|-------------------------|------------------|
| Straight Track Starter | Jing Pan | Jahnavi Gude |
| Hurdles Track Starter | Nicole Page | Morena Connell |
| Inner Track Starter | Poh Ng | Graham Hobbs |
| Outer Track Starter | William Boyle | Mark Edwards |
| Straight Track Timing Gates | Jane Smith | Martina Storgato |
| Hurdles Track Timing Gates | Karen Taylor | Georgina Mandla |
| Inner Track Timing Gates | Hettvidanaralage Family | Alex Huggins |
| Outer Track Timing Gates | Marcela Penafiel | Carrie Guo |
| Straight Track Official | Nirmal Weerasekara | |
| Hurdles Track Official | Ruth Brunsdon | Maureen Omage |
| | Phillip Davidson | Edward Muna |
| Inner Track Official | Wei Tang | Leanne Kennedy |
| Outer Track Official | Karen Wallis | |
| Track + Field Liaison | Michelle Tabrett | Roza Bali |
| Horizontal Jumps Officials | Ben + Sarah Gray | Kate Deverson |
| | Neridah Burke | Elizabeth Ryan |
| | Louise Johnson | Peter Hayes |
| | Carolyn Vanderklaauw | Jane Carasso |
| | Emily Fawbert | Meredith Poole |
| High Jump Officials | Braden Timms | Jaun Zhang |
| | Yen Wan | Fan Shu |
| | Siddarth Cupta | Liz Adams |
| | Chris Childs | |
| Shot Put Officials | Rick Johnson | Nancy Wang |
| | Bastian Arijanayagam | Sonia Harper |
| | Graeme Burgoyne | Liya Qiow |
| Discus Officials | Sonia Wiberg | Catherine Wilson |
| | Kylie Condon | |
| | Paul Garufi | Carol Boehm |
| | Sally Lowe | |
| Canteen | Mira Dixit | Kamran Mahmud |
| | Kelly Won | Megan Kirkland |
| | Rebeca Runcoglu | Beth Chant |
| BBQ | Hyosub Kim | Sujin Choi |
| | Tallam Family | Bronwyn Carman |
| Uniform + Clubroom | Natalie Connor | |
| Duty Roster Facilitator | Cassandra Billingsley | Danielle Carre |
| | | |
| Additionally, this week we will require the following Walks Judges | | |
| Walks Judges | Mark Lean – Fore | Kandi Lee |
| | | |

ATTENTION ALL PARENTS – NEW FRIDAY NIGHT COMPETITION SET UP

From this Friday, a new set up system will be in place to support our equipment officer and ensure the oval is set up ready for the start of the night.

Parents and athletes of each age group are asked to cooperate in setting up one event area as tabled below for Program 3.

| Age | Area | Equipment to Set Up |
|-----------------|-------------------------|--|
| U 6 | Straight Track | Timing Gates – Table – 2 Chairs – Red Box – Starting blocks |
| U 7 | Discus + Javelin | Discus sizes 350g, 500g, 750g Javelin Sizes 400g + 600g Discus equipment trolley |
| U 8 | Outer Track | Timing Gates, Table – 2 Chairs + Red Box |
| U 9 | Shot Put Areas 1 + 2 | Shot area 1 - Shot Put Sizes 1.5kg (yellow), 2kg (orange), 3kg (white), 4kg (red), 5kg (green). Shot Put area 2 – Shot Put size 500g (pink) Shot Put equipment trolleys |
| U 10 | Long Jump All Pits | Long Jump Equipment Trolley |
| U 11 | High Jump | 2 sets of Junior Scissor Mats 2 sets of senior mats Uprights, cross bars, measuring stick and cones |
| U 12 | Inner Track | Timing Gates – Table – 2 Chairs – Red Box |
| U13/U14+ | Hurdles Track | Hurdles – Timing Gate – Table – 2 Chairs – Red Box |

ATHLETES WITHOUT PARENTS PRESENT FRIDAY EVENINGS

Unfortunately, we still have a small number of parents who simply drop their children at athletics on Friday evenings and leave or sit and wait in the car. It is a condition of registration that all athletes from U6 – U15 years have a parent or guardian in attendance on site on every occasion their child is attending athletics. Furthermore, the attending parent must be willing to assist in some way, either with a rostered duty or actively assisting an Age Manager.

All athletes will be checked this week to ensure they have a parent or allocated guardian present. Athletes found without a parent or guardian on site, will be asked to wait for their parent in the Clubroom (supervision provided) and will not be able to join in the activities until a parent or guardian is present. The Committee are dedicated to ensuring your children have access to an athletics program. Please do not put us in the position of having to withdraw a child from competition.

CLUB RECORDS

For Club Records to be verified, they must be signed off by an Official at the event where the record is broken.

Track Records:

If an athlete is likely to break a track record, the starter should be advised so that they can ensure the race is also hand timed and that the Officials at the finish line are alerted to check the record and sign it off, if it occurs.

To verify a track Record, the track officials must agree that the race was run correctly e.g. run in their lane, hurdles attempted, walking technique legal, no interference etc. The Timing Gate officials must also agree that the timing of the race was true. If both the officials and Timing Gate operators agree it was a record, then this must be written down and signed by either the track official or timing Gate operator.

Field Records:

If an athlete is likely to break a field event record, an Official must be present to witness the throw or jump. Officials cannot verify a record if they are not present to see the attempt and ensure it was in no way a foul.

To verify a field Event record, the official on duty at that event must be satisfied that all parts of the record attempt were in accordance with the rules of competition and if satisfied must write 'record' next to the attempt and sign off on it.

REGIONAL CHAMPIONSHIPS UPDATE

All athletes who have qualified for Regional should have received an email confirming their events. If you have not received an email and your child appears on the regional qualifiers list, please contact Nicky Jenneke on 0448407716.

The Regional qualifiers list can be found on the Cherrybrook Athletics Home page or by following this link:

<http://www.lansw.com.au/Portals/44/Competition/Region%20%20qualifiers%202019%20-%20by%20centres.pdf>

UPCOMING EVENTS

| | | |
|--|--|---------------|
| ACT Combined Event Champ (U12+ multi) | 12 – 13 th January | Canberra |
| Treloar Shield 6 (Dual Athletes U12+) | 19 th January | SOPAC |
| Senior Club Summer Gathering (14yrs+) | 20 th January | Dural |
| LA's Regional Championships | 9 th - 10 th February | Narrabeen |
| NSW Junior Championships (U12-U20) | 22 nd – Sun 24 th February | SOPAC |
| LA's Presentation Day | Sunday 19 th May | Pennant Hills |
| Senior Club Presentation | Sunday 2 nd June | WPH |

SENIOR CLUB SOCIAL MEDIA

Our Cherrybrook Senior Athletics Club has both a Facebook and Instagram account to keep its athletes updated. We welcome parents and our 13+ years athletes (Legal age for social media is 13) to follow us.

Face Book = <https://www.facebook.com/Cherrybrook-Senior-Athletics-192371734120085/>

Instagram = <https://www.instagram.com/cherrybrookseniorathletics/>

SENIOR CLUB SUMMER GATHERING

This seasons' Senior Club Summer Gathering will be on Sunday 20th January from 12 - 4pm in Dural (location provided on request).

All Cherrybrook Senior and Dual Athletes 14 years and older are invited to come and join in a day with their team mates. There will be a water slide, pool fun, activities, games and lunch.

Attendees are asked to bring swimmers, a towel, a drink and savoury or sweet treats to share.

For further details please read this week's Senior Club Newsletter or text Nicky Jenneke on 0448407716. RSVP's are required by Thursday 17th January.

Please note this is an athlete only event - no additional friends or family members.

COACHING

A reminder that Cherrybrook offers coaching for most athletics disciplines at Greenway Oval during the week. For those wishing to improve their technique, fitness, results or get ready for Regional, please consider training with one of our Cherrybrook coaches which are listed below. All coaches charge a fee and must be contacted before joining their training squads. Most training is available on Monday and Wednesday afternoons however please contact the coaches directly as they may offer other days.

| | | |
|---------------|---------------------------|---------------------------------------|
| Amie Bowrey | Junior Throws and Jumps | 0411652332 |
| Matthew Joyce | Middle + Distance Running | 0402485998 (filling in for Valme) |
| Valme Kruger | Middle + Distance Running | 0402126060 (away during the holidays) |
| Morgan Little | Junior Walks | 0401192721 (filling in for Will) |
| Will Mills | Junior Walks | 0435213275 (Away during January) |
| John Sharpe | Jumps, Throws and Sprints | 0407070758 |
| Carla Takchi | Junior Hurdles | 0447964238 |
| Mick Zisti | Sprints and Hurdles | 0434110872 |

(Junior Coaches are best suited to athletes in the 14 and under age groups)

Looking forward to seeing everyone tomorrow for our first night of competition for 2019!