

# CHERRYBROOK LITTLE ATHLETICS

## NEWSLETTER NO 19

17 January 2018/19 season

It was great to see Cherrybrook athletes back in action at Greenway Oval last Friday night. Despite smaller numbers and drizzle, the atmosphere was positive and there were plenty of smiles.

*As you are aware, we are expecting very hot weather again tomorrow so please ensure athletes hydrate adequately throughout the day and evening and come prepared wearing a hat and sunscreen. We will be monitoring the temperature and humidity levels closely in the afternoon and if necessary will remove distance events from the program and/or delay start times. An email will be circulated at approximately 5pm with updates.*

### CONGRATULATIONS:

**Tayla Moore** (U11) on placing 1st in the Field Relay, 2nd in the Shot Put, and 4th in the discus and **Olivia Moresi** (U12) on placing 2nd in the 4 x 400m relay and 8th in the 800m and High Jump at the Trans Tasman last Sunday. Wonderful results for these young athletes and a fantastic opportunity to be part of a team environment. We are very proud of you girls and hope you enjoyed the experience!

### PROGRAM 1

Tomorrow night we will be running Program 1.

**Javelin for U12 athletes** will take place after their last event (1500m) 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 – 18th January

Any Age Managers or Field Recorders please advise Nicky Jenneke on 0448407716 if they are unavailable tomorrow as both our Age Manager Coordinators will be away this week.

For 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	
<b>Straight Track Starter</b>	Eric Conejos	Jing Pan
<b>Hurdles Track Starter</b>	Adam Suplina	Edward Muni
<b>Inner Track Starter</b>	Michael Hampton	Graham Hobbs
<b>Outer Track Starter</b>	Rebecca Vella	Liz Adams
<b>Straight Track Timing Gates</b>	Simon Consdale	Steven Duggan
<b>Hurdles Track Timing Gates</b>	Sarah Andrade	Tiania Ye
	Karen Taylor Gurney	
<b>Inner Track Timing Gates</b>	Hettivanaratalage Don Family	Pauline Ly Visevic Family
<b>Outer Track Timing Gates</b>	Kellie Clarke	Martin Storgato

<b>DUTY</b>	<b>ROSTERED PARENTS</b>	
	Carrie Guo (Deng)	
<b>Straight Track Official</b>	Meredith Poole	Jahnvi Gude
<b>Hurdles Track Official</b>	Samilka Ekenyake	
<b>Inner Track Official</b>	Sulu Anthony	Graeme Burguayne
	Ashley Swarzes	
<b>Outer Track Official</b>	Michele Carpenter	Rajesh Jayabal
<b>Track + Field Liaison</b>	Magda and Joe Daidone	
<b>Horizontal Jumps Officials</b>	Mohanraja Pillai	Thomas LI
	Braden Timms	Dave Mephram
	Kelly Won	Wei Tang
	Allison Winley	Natasha Basic
	Ben + Sarah Gray	John + Lisa Rossi
<b>High Jump Officials</b>	Carolyn Vanderklauw	Cristina Matuszewez
	Earle Durham	Hayley Brown
	Jayani Senayake	
<b>Shot Put Officials</b>	Igor Pipic - Batar	Rick Johnson
	Hairong He	Jane Smith
	Julie Eccles	Sarithu Vemuri
	Catherine Wilson	Rahul Palaspagar
	Enzie Coppolelli	Denise Dewar
<b>Discus Officials</b>	Bastian Artyanayagam	Kylie Condon
	Sonia Wiberg	Megan Kirkland
	Georgina Mandla	
<b>Canteen</b>	Mira Dixit	Donna Pellarni
	Sujin Choi	Katherine Mullen
<b>BBQ</b>	Shiona Braithwaite	Hyosub Kim
	Peter Hayes	Sally Lowe
	Kennedy Family	
<b>Uniform + Clubroom</b>	Yvonne Forzer	Queenie Wang
<b>Duty Roster Facilitator</b>	Vikas Sharma	Danielle Carre
<b>Photography</b>	Therese Sasha Fernando	

### **ATTENTION ALL PARENTS – NEW FRIDAY NIGHT COMPETITION SET UP**

A new Set up System is now in place to 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 1 event area as tabled below for Program One.

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 1. Parents should where possible, arrive close to 5.30pm to assist setting up, to be ready for notices at 5.45pm followed by the athlete warm up.

<b>Age</b>	<b>Area</b>	<b>Equipment to Set Up</b>
<b>U 6</b>	Straight Track	Timing Gates – Table – 2 Chairs – Red Box
<b>U 7</b>	Long Jump All Pits	Long Jump Equipment Trolley
<b>U 8</b>	Outer Track	Timing Gates, Table – 2 Chairs + Red Box

Age	Area	Equipment to Set Up
U 9	Discus	Discus size 500G Discus equipment trolley
U 10	High Jump	2 sets of Junior Scissor Mats 2 sets of senior mats Uprights, cross bars, measuring sticks and cones
U 11	Turbo Jav	Set up in cricket nets Turbo Javelins 2 Tape measures A bucket of balls
U 12	Shot Put Areas 1 + 2	Shot area 1 - Shot Put Sizes 2kg (orange) + 3kg (white), 4kg (red), 5kg (green). Shot Put area 2 – Shot Put size 500g (pink) Shot Put equipment trolleys
U13	Hurdles Track	Timing Gate – Table – 2 Chairs – Red Box + Starting Blocks (No Hurdles)
U14+	Inner Track	Timing Gates – Table – 2 Chairs – Red Box Hurdles

### **ATHLETES WITHOUT PARENTS**

It was fantastic to see that all athletes had a parent or guardian on site last Friday evening. A check will take place again this week and we are hopeful of the same result.

A reminder a parent or guardian must be in attendance on all 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.

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.

### **COLOURED PATCH AWARDS**

Please be aware that athletes may use results achieved at Gala Days and championship events e.g. Zone, towards their colour patch awards.

A prize will be announced on Friday 8th March for the age group with the highest percentage of their group who have submitted coloured patch recording sheets this season. If you have not already done so, start filling out your coloured patch award sheet and lodge it in the collection tray inside the clubroom door.

Congratulations to the following athletes on achieving their coloured patches:

#### **Green:**

Wade Billingsley (U8B), Laura Bray ((U9G), Lachlan Booth ((U10B)

#### **Red:**

Ruby Semaganda (U10G), Lachlan Booth (U10B)

### **REGIONAL UPDATE**

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

[2018/2019 Cherrybrook Regional Qualifiers](#)

**If any Regional qualified athlete does not intend on competing in any of their events at Regional please notify Nicky Jenneke on 044847716 or Nickyjenneke219@gmail.com as soon as possible, to ensure your family is not allocated a Regional Parent duty at a time you will not be attending.**

An email containing further details, a run sheet with not before times and parent duty roster will be circulated soon.

### UPCOMING EVENTS

<b>Treloar Shield 6 (Dual Athletes U12+)</b>	19th January	SOPAC
<b>Senior Club Summer Gathering (14yrs+)</b>	20th January	Dural
<b>LA's Regional Championships</b>	9th - 10th February	Narrabeen
<b>NSW Junior Championships (U12-U20)</b>	22nd – Sun 24th February	SOPAC
<b>LA's Presentation Day</b>	Sunday 19th May	Pennant Hills
<b>Senior Club Presentation</b>	Sunday 2nd 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.

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

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