

CHERRYBROOK LITTLE ATHLETICS
NEWSLETTER NO 20
31 January 2018/19 season

We hope our athletes have had a positive start to the school year, despite the heat and humidity this week.

We had a pleasing turnout for Little Athletics last Friday night considering it was the eve of a long weekend. The weather forecast for tomorrow is much cooler weather which will be a welcome relief!

PROGRAM 2

PARENT DUTY ROSTER

DUTY	ROSTERED PARENTS	
Straight Track Starter	Eric Conejos	Pauline Lu
Hurdles Track Starter	Adam Suplina	Nicole Page
Inner Track Starter	Michael Hampton	Poh Ng
Outer Track Starter	William Boyle	Mark Edwards
Straight Track Timing Gates	Simon Consdale	Steven Duggan
Hurdles Track Timing Gates	Karen Taylor	Georgina Mandla
	Gurney Family	Omage Family
Inner Track Timing Gates	Elizabeth Ryan	Tianlan Ye
Outer Track Timing Gates	Kellie Clarke	Alex Huggins
Straight Track Official	Louise Johnson	
Hurdles Track Official	Leanne McDonald	Shamilka Ekanyake
Inner Track Official	Sulu Anthony	
Outer Track Official	Karin Wallis	
Walks Judges	Kandi Lee	Mark Lean-Fore
	Danielle Van Middeldyk	Nirmal Weerasekara
	Davidson Family	Rajesh Jayabal
Track + Field Liaison	Magda and Joe Daidone	Roza Bali
Horizontal Jumps Officials	Morena Connell	Thomas Li
	Dave Mephram	Alison Winley
	Natasha Basic	Dave Tabrett
	Kate Deverson	Juan Zhang
	Neridah Burke	Niroshan Jeyarajah
	Rossi Family	
High Jump Officials	Mohanraja Pillai	Christina Motuszewez
	Yen Wan	Fan Shu
	Alison Mills	Tanyani Senayake
	Boehm Family	Childs Family
Shot Put Officials	Siddarth Gupta	Adel Durheim
	Liya Quan	Kylie Condon
	Jane Carasso	Xuan He
	Nancy Wang	Denise Dewar

DUTY	ROSTERED PARENTS	
Discus Officials	Paul Garufi	Igor Pipic Batar
	Enzie Coppolelli	Rahul Palaspagar
Canteen	Kamran Nahmud	Donna Pellarini
	Shiona Braithwaite	Kelly Family
BBQ	Natalie Brown	Natalie Hanlon
	Michele Carpenter	
Uniform + Clubroom	Natalie Connor	Queenie Wang
Duty Roster Facilitator	Vikas Sharma	Cassandra Billingsley
U6 + U7 Hurdles and Relays	Jane Miles	

EQUIPMENT SET UP

Parents and athletes are asked to cooperate in setting up one event area as tabled below for Program 2. 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.

AGE	AREA	EQUIPMENT TO SET UP
U6	Straight Track	Timing Gates – Table – 2 Chairs – Red Box + Starting Blocks
U7	Long Jump All Pits	Long Jump Equipment Trolley
U8	Discus	Discus size 500g – 750g – 1kg – 1.5kg Discus equipment trolley
U9	Shot Put Areas 1 + 2	Shot area 1 - Shot Put Size 2kg (orange) Shot Put area 2 – Shot Put size 1kg (Blue) Shot Put equipment trolleys
U10	Outer Track	Timing Gates, Table – 2 Chairs + Red Box
U11 Boys	High Jump	2 sets of Junior Scissor Mats 2 sets of senior mats Uprights, cross bars, measuring sticks and cones
U 11 Girls	Hurdles Track	Timing Gate – Table – 2 Chairs – Red Box (set up for 60m hurdles at 2 nd highest height – 6 lanes = 36 hurdles + 6 hurdles lined up next to the track for practice)
U12	Hurdles Track	Timing Gate – Table – 2 Chairs – Red Box + Starting Blocks set up for 60m hurdles at 2 nd highest Height – 6 lanes = 36 hurdles + 6 hurdles lined up next to the track for practice)
U13	High Jump	2 sets of Junior Scissor Mats 2 sets of senior mats Uprights, cross bars, measuring sticks and cones
U14+	Inner Track	Timing Gates – Table – 2 Chairs – Red Box

PACK UP DUTIES

Parents and athletes are asked to cooperate in packing up event areas as tabled below for Program 2:

Age	Area
U 6	Long Jump Pit 2
U 7	Shot Put Circle 3 & 4
U 8	Timing Gates
U 9	Hurdles
U 10	Discus
U 11	Shot Put Circle 1 & 2
U 12	Long Jump Pit 1
U13	Timing Gates
U14-U17	High Jump

COLOURED PATCH AWARDS

Congratulations to the following athletes on achieving their coloured patch awards

Yellow:

Kian Kapoor (U7B), Chanya De Mel (U7G), Charithu De Mel (U8B), Samuel Lean-Fore (U9B), Ryan Redhead (U10B), Serena Vanderklauw (U11G), Sarah Koot (U12G)

Green:

Tyson Grace (U7B), Serena Vanderklauw (U11G), Sarah Koot (U12G)

Red:

Sarah Koot (U12G)

Typically, coloured patch awards are ready for collection the following Friday night after they are submitted. If your child has submitted their form this season and not received their patches please remind your Age Manager to check the Age Managers Coloured Patch Folder for them.

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.

REGIONAL UPDATE

All Regional athletes should have received an email this week containing Regional Information Sheets, a Parent Duty Roster and List of Events (with not before times). If you have not received this email, please contact Nicky Jenneke on 0448 407 716 ASAP.

All Regional information can also be found on the Cherrybrook Athletics website homepage:
www.cherrybrookathletics.org.au

Please note athletes/parents are encouraged to check uniforms and patches before tomorrow evening and visit the uniform shop this Friday night for any uniform requirements.

There are restrictions on the type of spikes allowed on the Narrabeen track, so please read the information sheet and purchase the correct spikes before next weekend if needed.

All Regional enquiries should be directed to Nicky Jenneke.

CONGRATULATIONS:

Jono Reid (U17) who came a very impressive 4th place in the Men's Triple Jump (13.39m) at the Hunter Track Classic on 25th January.

To our Senior Athletes on their fantastic results at the same meet: **Zac Hayward** 1st in High Jump, **Alysha Burnett** 2nd in 100m Hurdles and High Jump, **Tamara Kowcz Rosinke** 3rd in Triple Jump, **Matt Joyce** 1st in community mile and **Carla Takchi** 3rd in 100m Hurdles.

To the following athletes that competed at the Athletics Australia High Performance Canberra Track Classic on Monday 28th January: **Jacob McCorry** 2nd and **Nick Andrews** 3rd in 110m Hurdles and **Harry Andrews** 6th in 100m B race.

GOOD LUCK

Robbie Cullen (U15B) and **Victoria Cullen** (U17G) as well as Senior Athlete and Commonwealth Games representative **Alysha Burnett** and coach **Amie Bowrey** who will compete at the NSW Combined Event Championships at SOPAC, Homebush this weekend.

RUNWEST FUN RUN – Sunday 31st March

Volunteers are required for the new community fun run – RunWest - in Western Sydney in roles such as course marshals, to manage drink stations, and other duties throughout the morning. The time commitment is approximately 5am-11am.

In addition to the regular benefits of volunteering, each volunteer will be provided with a free pass to the new Sydney Zoo in Blacktown.

To find out more about volunteering at RunWest, please visit: [RunWest Volunteer Information](#)

UPCOMING EVENTS

LA's Regional Championships	9 th - 10 th February	Narrabeen
NSW Junior Championships (U12-U20)	22 nd – 24 th February	SOPAC, Homebush
Australian Championships	1 st – 7 th April	SOPAC, Homebush
LA's Presentation Day	Sunday 19 th May	Pennant Hills
Senior Club Presentation	Sunday 2 nd June	WPH

JUNIOR HURDLES NEEDED

If any athletes have any plastic training hurdles they would like to sell, could you please contact Nicky Jenneke ASAP.

BECOMING A DUAL ATHLETE

All Little Athletics registered Athletes in the U12 – U17 age group are eligible to compete as Dual Athletes at Athletics NSW competitions including the NSW Junior Championships and Australian Championships (subject to qualifying). To become a Dual athlete (at no cost) please follow these steps:

1. Visit **Athletics NSW** at: https://www.google.com/search?q=athletics+nsw&rlz=1C1CHBF_en-GBAU805AU805&oq=Athletics+NSW&aqs=chrome.0.69i59j69i60l3j69i64j69i59.8337j0j7&sourceid=chrome&ie=UTF-8
2. Choose membership on the home page
3. Then click 'Join Now' followed by 'Registration'
4. You will then either be taken to a section to choose the Club you wish to register as a Dual with (we suggest choosing 'Cherrybrook Senior + Little Athletics Centre Inc), however, sometimes the system skips this, and we can fix that up afterwards (just let the Club know)
5. A list of membership options will then be displayed. Scroll down and choose the second last category on the list of registration options which will read '2018/19 Athletics NSW Dual Athlete Membership' then click next and complete the form.

If you require any assistance, please contact our Senior Registrar Karin Webb on 0408 622 144

NSW JUNIOR AND PARA JUNIOR CHAMPIONSHIPS: 22nd – 24th February, SOPAC Homebush

These Championships are open to all dual athletes who turn 12 or older this year (born 2000 – 2007). There are no qualifying standards or pathway and athletes of all abilities are welcome to enter.

Athletes wishing to compete at the Junior Nationals in April **must** compete at State to be eligible for Nationals.

Entries close Wednesday 13th February at 9am.

For full championship details, please visit

<http://nswathletics.org.au/Events/Calendar/ArtMID/5316/ArticleID/2060022/NSW-Junior-and-Para-Junior-Championships>

AUSTRALIAN NATIONAL CHAMPIONSHIPS – 1st - 7th April, SOPAC Homebush

The Australian National Championships are open to Dual Athletes in the U12 – U17 age Group.

To qualify for Nationals, athletes must either place 1st, 2nd or 3rd at either the NSW All School Championships (last year) or the NSW Junior State Championships (in February) or achieve a national Qualifying standard (see link for entry standards)

<http://athletics.com.au/Portals/56/Competition/Documents/2019/Standards%202018-19%20Proposed.pdf>

Additionally, athletes must compete at the NSW Junior Championships in any event to be eligible.

The draft for the National Championships can be found here:

<http://athletics.com.au/Portals/56/Competition/Documents/2019/2019%20Australian%20Track%20Field%20Championships%20-%20DRAFT.pdf>