

Cherrybrook Little Athletics Friday 2 December

Program 1

Friday 2 December is our last night of 2011. We resume competition at Greenway Park on Friday 6 January 2012.

Parent Help

Little Athletics is an organisation that provides opportunities for children to learn and compete in many different skilled areas. It is an excellent introduction to fitness and the skills lead to many other sports. In order to run programs each night each family signed a form at the beginning of the season agreeing to stay at the ground with their child and offer help. Parents not doing so place an unfair burden on others.

When you arrive on a Friday night step up and help set up - it is not difficult to carry equipment - it requires no special skill. The tracks need time keepers, the gates need helpers, as do the age managers in managing a group of kids.

If you do not wish to do those things, the canteen requires help and the results need to be input at the computers in the club room. Each week every parent is expected to help in some small way.

Join the culture of Family Fun and Fitness - the motto of Little Athletics. Let's all take part together for the benefit of all our children.

State Relays

Held last weekend the State Relays were a lot of fun. Full results are on the Little Athletics website. Results for our club only can be found under the State Relays tab on the Cherrybrook Athletics website at

<http://www.cherrybrookathletics.org.au>

Parent Duties at Zone

All parents have been notified about their duties at the Zone carnival - this information went out prior to last weekend so there has been nearly 3 weeks notice for the duty. The roster is up on the club's website so if you want to arrange a swap - you need to go to this document and find someone to swap with. This needs to be arranged by you and then notified to Cathy Eaton.

Zone Championships Team

The full zone team is on the website. If you have not entered zone and wish to do so - the deadline has passed. A late entry fee of \$50 may be paid for athletes who enter by this Sunday. You must contact Cathy Eaton for details.

Only late entries can be accepted if the club has not filled our allocated spots in the U7-12 age groups, Under 13 and above there are no slot restrictions.

Dogs

A reminder that dogs are not allowed on the oval on Friday nights. There are two reasons for this - firstly many small children are afraid of dogs and no matter how friendly your dog is, we are a children's organisation and their wellbeing comes first. Secondly it is unfair to the dogs with constant sound of the starters gun - many dogs get agitated. Please leave the dog at home.

Centre Number - 219

If you have been at Cherrybrook previously you may have a "219" Centre number sewn onto the back of your uniform shirt. All athletes who compete at **Gala Days or at the Zone Carnival**, will need to have their centre number fixed to their uniform. This year however, Coca Cola are no longer sponsoring Little Athletics and so all 219 numbers need to have the Coca Cola cut off before refixing to the uniform. Athletes will not be allowed to compete without a centre number and they will not be allowed to compete with Coca Cola showing.

If you do not have an old centre number, new ones will be available to collect from the club room. We do not have enough "new" centre numbers to re-issue to everyone, so those who have Coca Cola ones, can you please help out by cutting off the logo and reusing the number.

Under 6 Certificates

This Friday night we will have certificates of participation for some of our wonderful Under 6's. They will be congratulated by their age manager and given the certificate during the evening.

State Multi Event Championship

Hosted by: Cessnock Little Athletics Centre

Venue: Turner Park, Aberdare Road, ABERDARE

Date: Saturday 3 & Sunday 4 March, 2012

The State Multi-Event Championships are held on the first full weekend in March each year at a Country venue. This season the Championships are being held at **Turner Park, Aberdare (Cessnock) on Saturday & Sunday, March 3 & 4, 2012**. First event on the Saturday is at 9.30am, with first marshal call at 9.15am. Athletes participate in ALL of the events on offer for their particular age group. Performances for all events are allocated points, based on the LANSW Multi-Event pointscore system. The points are then added together to determine final results.

[FLYER](#) - for further details and events for each age group

Entries can be made [ONLINE](#) or by downloading the [MANUAL ENTRY FORM](#). Once entries have closed, a list of all participating athletes will be sent to their Centre.

It is a great competition and this year is close to Sydney. Cessnock has quite a bit happening that weekend and we have been advised that accommodation bookings should be made as soon as possible to make sure you don't have to stay too far away from the venue.

Check the flyer for more details.