

Cherrybrook Newsletter for 6 January 2012

Happy New Year to all our member families. The committee hopes your Christmas/New Year break was a wonderful one. After some not terribly good weather in December, we have had lovely weather recently and we hope for that to continue this week as we recommence our season at Greenway Park, Cherrybrook.

This Friday 6 January 2012 we will be running Program 2.

As many members will still be away our numbers are likely to be lower, so therefore we ask for as much help as possible. Please don't sit in your car waiting for the night to begin so you avoid jobs, helping out is easy and the kids love you to be involved - you will find you enjoy the night more as you have helped out.

We need help setting the field up from 5.30 - so if you are on holidays, come down a little early and help by putting up the gates, putting out the hurdles, high jump bags, shot, discus, long jump equipment - kids help with all these things - and the more people helping the easier it is.

State Multi Event

The State Multi Event Championship is held on 3-4 March at Cessnock Little Athletics Centre. This is a weekend where athletes compete in 3 events per day (a total of 6 events) and their results are converted to points which are added up to determine the medalists. It is a wonderful carnival - a great weekend of fun and a great opportunity to meet and make new friends from centres all over the state as you stay with the one group all weekend. Book your accommodation soon as I believe there is other activities on in the Hunter Valley that weekend. For those athletes going to Trans Tasman - this carnival is also the Trans Tasman reunion - there is a function on the Saturday evening following competition to get together with others from the New Zealand trip. For more information on the State Multi Event - please go to the Little Athletics Association website at <http://www.laansw.com.au/>

Trans Tasman

Good luck to the Cherrybrook athletes travelling with the Trans Tasman team. They participate in the North Island Games this weekend, two Gala Days and the Trans Tasman Challenge Cup on 15 January as well as having a full program of activities. They will come back with lots of good stories to share no doubt.

Our athletes going are: Kristina Moore, Lauren Clark, Kyle Ekstrom, Ben Bishop and Claire Eaton.

Coloured Patches

A reminder to all members that coloured patches are available to all U7 - U15 athletes. The Patches are not automatically issued but are only awarded to athletes who submit a completed Coloured Patch Recording Sheet (available on the clubs website) and submit it to the club by placing it in the Coloured Patches box in the Club room.

As well as Friday night competition results, results from all LA's championship events eg zone and regional may be used towards coloured patches, gala day results may also be used were the results are available and verifiable.

Congratulations to the following athletes who are being awarded with their coloured patches this week. Athletes will receive their coloured patches from their age managers on Friday night and are encouraged to attach them to their uniform.

Y = Yellow , G = Green, R = Red, B = Blue

UNDER 7 BOYS - Ben Bailey (Y,G,R), Ronan Bennett (Y,G,R)

UNDER 8 BOYS - Jonathan Reid (B)

UNDER 8 GIRLS - Xanthe Craig (Y,G,R)

UNDER 9 BOYS - Andrew Craig (Y,G,R), Trent Dalton (Y,G,R)

UNDER 9 GIRLS - Sabrina Lasurdo (Y,G), Scarlett Prowse (G)

UNDER 10 BOYS - Nathan Hayes (Y,G)

UNDER 10 GIRLS - Ayla Bennett (Y)

UNDER 11 GIRLS - Lauren Marshall (R), Kathleen Notohamiprodjo (Y,G,R)

UNDER 12 BOYS - Alistair Read (Y,G,R)

UNDER 12 GIRLS - Amy Reid (R)

CHANGES TO COLOURED PATCH STANDARDS

Due to the implement weight change for Under 14 Boys Shot Put and Under 15 Boys Javelin, the coloured Patch standards have been adjusted accordingly.

The U14 Boys 3kg Shot Put Standards are now

Y = 4.80M, G = 6.50M, R = 8.90M, B = 11.00M AND GOLD = 12.50M

The U15 Boys 700g Javelin standards are now

Y = 11.00M, G = 17.00M, R = 24.00M, B = 30.50M AND GOLD = 41.00M