

CHERRYBROOK LITTLE ATHLETICS SEASON 2017/18
NEWSLETTER NO 17
Program 2
FRIDAY 12 January 2018

- Competition re-commenced this Friday January 12
- Program 2 this week
- Canteen Specials – chicken skewers
- Link to upload photos
- Congratulations to all our Zone athletes – full Zone results on front page of website
- Link for uploading good photos for the red book
- Friday night parent roster
- Senior/Dual Athlete information

Happy New year! Hopefully the really hot weather is behind us now, and the weather forecast at least looks a little kinder to enable a comfortable start back again this Friday night. If the weather is doubtful, please check your emails before coming – we try to always send something out before 5pm.

This week we will be running **program 2 this week**

We should have access to some of the top oval this week, so will aim to run javelin from 6.00pm.

Canteen

This week's special at the canteen is chicken skewers as well as the usual sausage sandwiches etc.

Zone:

Congratulations to all of our Zone athletes who competed. Full Cherrybrook results available at:
<http://www.cherrybrookathletics.org.au/20172018%20Stuff/PDFs/Zone/cherrybrook%202017%20zone%20carnival%20results.pdf>

Do you have any good photos that might be suitable for the red book??

Believe it or not we have already begun the process of putting together our end of year red book. Many of you will have some good photos of your children or others. If you have any good photos that might be suitable for the redbook, below is a link where you can upload them. **PLEASE ONLY UPLOAD CLEAR, CLOSE UP PHOTOS, AND A MAXIMUM OF 3 PER FAMILY UNLESS YOU HAVE GOOD GROUP PHOTOS OF OTHERS IN ADDITION.**

Parent Photos/friday night etc : <https://www.dropbox.com/request/0CrYbNPopLYcrldOeZTg>

MIDWEEK COACHING:

Want to improve your athletics ?

Cherrybrook is blessed to have a variety of experienced coaches as well as up and coming young coaches who train athletes at Cherrybrook.

We now have 4 training groups:

Valme Kruger:	Middle Distance
John Sharpe:	Sprints, jumps and throws
Mick Zisti:	Sprints and Hurdles
Harry Andrews:	Junior Hurdles coaching

If you are interested in having coaching,

please contact the coach to discuss joining their squad prior to attending

as some sessions are full and not able to accommodate new athletes.

See the coaching section of the website for contact details or speak to Jenny Bishop for more information

Parent reminders for THIS Friday

Please find the link below for the parent roster:

<http://www.signupgenius.com/go/60B054CAA929A13-cherrybrook9>

Please sign up to a duty before 5pm on Friday to avoid doubling up of duties and long queues upon arrival.

Could parents on pack up duty please ensure they check that all equipment is placed in the appropriate trolleys

It is a requirement that all athletes have a parent at the track with them , except for U17 athletes and all athletes U6-u15 **must be signed in by a parent or guardian**. Not only do kids value your support, but parental help is essential to allowing us to run through the program efficiently and effectively. Athletes will be taken to the clubroom if parents are not present at all times throughout the evening.

SENIORS/ DUAL ATHLETES –

There are a number of upcoming events including:

Illawarra Track Challenge and NSW Mile Championships next weekend

Newcastle All comers event

Hunter Track classic

See Athletics NSW website for details: <http://nswathletics.org.au/>

Looking forward to seeing plenty of happy athletes and families this Friday

Jenny Bishop

Cherrybrook Little Athletics