

**CHERRYBROOK LITTLE ATHLETICS SEASON 2017/18**  
**NEWSLETTER NO 18**  
Program 3  
**FRIDAY 19 January 2018**

Competition re-commenced this Friday January 12

- Extreme heat forecast
- Canteen Specials
- Congratulations to all our Trans Tasman Athlete
- Link for uploading good photos for the red book
- Friday night parent roster
- Senior/Dual Athlete information

It was great to see some keen and happy athletes competing for our first week back last Friday.

This week we will be running **program 3 this week**

#### **HOT WEATHER FORECAST:**

Please be aware that the forecast for this week is extremely hot weather. We are governed by the Little Athletics heat policy, which, looking at the forecast may need to be enforced this week. A link to the policy is below for your information

<http://www.lansw.com.au/Portals/44/Hot%20Weather%20Policy.pdf>

If the combination of heat and humidity goes beyond a certain level, we must stop all competition for the safety of our athletes. If it is particularly hot, please check the website/your emails before coming on Friday, Unless you are an age manager, you do not need to let anyone know if you are not coming.

#### **CANTEEN**

This week's special at the canteen is bacon and eggs as well as the usual sausage sandwiches etc.

#### **TRANS TASMAN RESULTS**

Congratulations to Evan Custovic (u11s) just returned from running at the Trans Tasman over in New Zealand. He had a great time travelling and competing as part of the NSW team, and found the tour a fantastic experience. Evan also won a bronze medal in the 4 x 400m 10 year old boys relay – well done.

Congratulations to the New Zealand team who ended up winning the TT Challenge this year.

#### **PARENT REMINDERS FOR THIS FRIDAY**

Please find the link below for the duty roster for this Friday 19th January (Program 3):

[www.SignUpGenius.com/go/60B054CAA929A13-cherrybrook10](http://www.SignUpGenius.com/go/60B054CAA929A13-cherrybrook10)

**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 – thank you!

**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.

#### **PHOTOS FOR 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/0CrYbNPopLYcrlD0eZTg>

### **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

### **SENIORS/ DUAL ATHLETES –**

Hunter Track classic

NSW Junior & Youth Championships (SOPAC Feb 9th – Feb 11th)

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