

**CHERRYBROOK LITTLE ATHLETICS SEASON 2017/18
NEWSLETTER NO 20**

MULTI NIGHT THIS WEEK

FRIDAY 2 Feb 2018

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- Parent roster
- Regional Information
- State Multi information
- New link for uploading good photos for the red book
- Parent and athlete code of conduct
- Canteen – Bacon and Egg sandwiches
- Senior/Dual Athlete information

How nice to have a bit of cooler weather – the forecast looks good for Friday this week.

Some of our older athletes and parents will be away this week competing at the NSW Open Championships at Homebush – we wish them well as they compete.

This week we will be having our second MULTI NIGHT – there were a huge number of PB's at the previous multi night, so come along and see if we can have even more this week

MULTI NIGHT:

All athletes will do 4 events, for most agegroups 1 sprint event, 1 Middle distance event, 1 throw event and 1 jump event. We have tried to give each agegroup a different set of events to the previous multi night – thanks to Charlene Stewart and Craig Little for working out the timetable.

The timetable will go up on the website main page or see below – this might not be visible on a phone:

6	7	8	9	10	11	12	13	14 / 15/ 17
50m	200m	700m	100m - Girls Discus – Boys	HJ (scissor mat) – Girls Shot Put – Boys	Long Jump 1	Discus	High Jump	Hurdles
Shot Put	Long Jump 2	Shot Put	Long Jump – Girls 400m - Boys	800m – Girls 200m - Boys	Discus	100m	Hurdles	High Jump – Girls Shot Put - Boys
Long Jump 2	Discus	60m Hurdles	800m – Girls Long Jump - Boys	Shot Put – Girls HJ (scissor mat) - Boys	100m	High Jump	400m	800m
300m	70m	Long Jump 2	Discus – Girls 60m Hurdles - Boys	200m - Girls 800m - Boys	400m	800m	Shot Put	Shot Put – Girls High Jump - Boys

Each athlete will be awarded points based on their performance at each event using the little athletics pointscore tables for each event (as occurs at the State Multi event), which will then be added together for a final pointscore.

If your children particularly enjoy the multi event program, then think about entering the Little Athletics State Multi Championships – more information later in this email.

Athletes will still earn points as per usual towards the end of season awards, and will still be able to do PB's and break records in individual events. Parents please bring i-pads for entering in field event results.

There will be 2 or 3 throws/jumps for each athlete at discretion of age manager depending on the size of each group.

Please be prepared to help out where needed as directed by your age manager.

There will be no invitationals this week.

PARENT ROSTER:

Please find the link below for the duty roster for this Friday 2nd February:

<http://www.signupgenius.com/go/60B054CAA929A13-cherrybrook11>

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

REGIONAL INFORMATION FOR THOSE WHO QUALIFIED FROM ZONE:

When: Saturday 17 February and Sunday 18 February, 2018
Where: Sydney Olympic Park Athletics Centre – SOPAC – Main Arena
Start Time: First Marshaling Call: 7.30am. Events commence at 8:00am - both days.
Entry Fee: Free

Link to regional timetable:

<http://www.lansw.com.au/Portals/44/Competition/Region%205%20list%20of%20events%202018.pdf>

Specific regional information will be sent separately. Regional Shirts have been ordered and should be available soon – I will notify via email when they are received.

The Regional parent roster will be available soon - can everyone family attending the regional championships please sign up to 1 duty for the weekend.

STATE MULTI CHAMPIONSHIPS

REMINDER THAT ONLINE ENTRIES WILL CLOSE SOON! ENTER NOW SO THAT YOU DON'T MISS OUT!!!!

ENTRIES CLOSE MONDAY 5th FEBRUARY 2018

The **2018 State Multi-Event Championships** will be held at:
Jubilee Park, Wagga Wagga on Saturday & Sunday, 3 & 4 March 2018.
Entries are now open, click the **ONLINE** button now to enter. .

First event each day will be at 9am, with first call at 8.45am. 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.

PARENT AND ATHLETE CODE OF CONDUCT:

As we head towards the second half of the season and toward the region and State Championships, can I remind all our athletes and parents of our Code of Conduct. Little Athletics is run entirely by volunteers, for the enjoyment of all.

At Cherrybrook we believe that athletics has a particular ability to teach great lessons about always giving your best, persevering, encouraging others to do their best, applauding the best efforts of others and having fun!!

Having watched many years of athletics and seen many wonderful athletic performances, it is in fact various acts of particular sportsmanship or kindness that stand out to me as the most memorable moments in Athletics.

Whether we are competing, standing on the sidelines, finish lines or helping out at events, can I remind athletes and parents of the “code of Conduct” that can be found on our website in the “grey book”

Athletes

- 1) Compete according to the rules.
- 2) Work equally hard for yourself and/or your Centre.
- 3) Always address officials in a polite manner.
- 4) Be a good sport. Acknowledge all good results, whether they are made by your Centre or friends or an athlete from another Centre.
- 5) Only cheer good performances, not when other competitors make an error or don't perform well.
- 6) Treat other competitors with respect.
- 7) Do not act smart or 'cocky'.
- 8) Treat all athletes as you like to be treated. Do not bully or take unfair advantage of another competitor.
- 9) Cooperate with your coach, Centre mates and other competitors. Without them there would be no competition.
- 10) Participate for your own enjoyment and benefit, not just to please parents and coaches.
- 11) Remember that all that is ever requested of you is to Be Your Best!

Parents, Relatives & Spectators

- 1) Remember that young people are involved in Little Athletics for their enjoyment, not yours.
- 2) Encourage children to participate, do not force them.
- 3) Focus on the child's efforts and performance rather than winning or losing.
- 4) Encourage athletes to always participate according to the rules.
- 5) Applaud good performances and efforts from all competitors.
- 6) Support all efforts to remove verbal and physical abuse from Little Athletics. Condemn the use of violence in any form, whether it is by spectators, coaches, officials or athletes.
- 7) Recognise the value and importance of being a volunteer.
- 8) Respect officials' decisions and teach young people to do likewise. Remember, officials freely give their time and effort for your child's involvement and enjoyment.
- 9) Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.

CANTEEN

This week's special at the canteen is Bacon and Egg sandwiches, as well as the usual sausage sandwiches etc. Don't forget that we have a range of drinks, coffee and other snacks available as well as the ever popular spiders, so come and join us for some yummy treats.

Happy Athletics

PHOTOS FOR RED BOOK

There were a few issues with the previous link to upload photos – please see below for new options. 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.**

Either click on this link OR copy and paste into the browser, then select the files to upload from their computer or device.

<https://www.dropbox.com/request/0CrYbNPopLYcrlD0eZTg>

Alternatively, if you only have 1 or 2 then - just email them to CherrybrookRedBook@gmail.com

SENIORS/ DUAL ATHLETES –

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

Jenny Bishop
Cherrybrook Little Athletics