

CHERRYBROOK LITTLE ATHLETICS

2019/2020 Season Newsletter – 25 September

One of our senior Cherrybrook athletes received some very exciting news this week! **Alysha Burnett** has been selected to represent Australia in the High Jump at the IAAF World Championships in Doha - congratulations and good luck Alysha!

The IAAF World Championships take place from Friday 27th September - Sunday 6th October. Alysha will be joined by former Cherrybrook athletes Michelle (Shelly) Jenneke and Georgia Winkcup at these Championships, and they will be competing at the following times (times given in Sydney AEST)

Alysha Burnett	High Jump Qualification round	Saturday 28 th September	1.40am
Georgia Winkcup	3000m Steeplechase heat	Saturday 28 th September	1.55am
Shelly Jenneke	100m Hurdles heat	Sunday 6 th October	12.15am

The Championships will be live on Fox Sports. Please click on this [link](#) for timetables, results etc.

Program 3 – Friday 27th September

We are looking forward to seeing our eager athletes and triallists again this Friday night for [Program 3](#). A map of where each event is located can be found [here](#).

Parents signed up for Program 3 duties please sign in for your duty upon arrival at the sign in table on the wall near the changerooms. Please click on this [link](#) to confirm which nights you are rostered on for.

All parents must sign in their children at the sign table located outside the amenities block on a Friday evening, otherwise athletes will be unable to compete. Once signed in for the night all parents are asked to help set up the equipment for the competition.

At 5.45pm there will be announcements on the concrete area outside the amenities block. **Following the announcements, athletes will be led in a warm up. Parents with duties will go to their duty area at this time** and further notices for parents will take place during the warm up.

After the warm up, athletes will find their Age Managers who will be identified with an age group bib and will be lined up at the base of the hill in age group order.

A reminder that all athletes in the U6 - U15 age groups must have a parent/guardian in attendance anytime they compete. Athletes found without a parent present will be asked to sit in the Club house until a parent is on site. Parents who are not rostered on a specific duty for the evening are asked to join one of their athlete's age groups and help where necessary.

If for whatever reason, you are unable to attend on a Friday evening when you are rostered on a duty, could you please leave a message in the comment section of Signup genius for your duty before 10pm on the Thursday night before competition or contact Nicky Jenneke on 0448407716 if you only realise you are unavailable on the Friday.

U14 – U17 JAVELIN - 5:15pm Friday

Javelin for any athletes in the U14 – U17 age groups commences at 5.15pm. Participating athletes are encouraged to arrive around 5pm to help set up the Javelin area. Parents of all participating throwers are asked to help with the running of the event.

EQUIPMENT SET UP & PACK UP

Thank you to the parents and athletes that assisted setting up the oval for competition last week. Just a friendly reminder that **all parents are asked to assist with the setting up of equipment on a Friday night** to ensure we are ready to commence at 6pm. Members of the Committee will be there to assist.

	Set Up	Pack Up
U6	Straight Track	Shot Put Circles 3 & 4
U7	Discus	Long Jump Pit 2 / Timing gates
U8	HJ scissor mats	Shot Put Circles 3 & 4
U9	All Shot Put Circles	Hurdles / High Jump scissor mats
U10	All Long Jump Pits	Shot Put 1 & 2 / Timing gates
U11	High Jump main mats	High Jump main mats
U12	Both Circular Tracks	Discus
U13	Hurdles Track	Long Jump Pit 1
U14 U17	Javelin	Timing gates

PARENT DUTIES

Please undertake your duty for the **entire evening** and give our young athletes the best possible Friday night of Athletics.

Members that registered since Monday this week, please ensure you have correctly signed up for your season duties.

U6 parents: assist with the U6 age group

U7 parents: one duty in the three-week program.

U8 – U15 parents: two duties on two different programs of the three-week program.

OFFICIALS ONLINE COURSE

For those that have signed up as an Official as their duty this season, it would be beneficial to have undertaken an AAOES level 1 course in the event you will be an Official at. You can find out more and take a free course at [AAOES Level 1 online course](#)

WEEKLY RESULTS – RESULTSHQ

Weekly results will be available by logging into the ResultsHQ website (located under Results & Records > LA Results & records on our website).

Weekly results are uploaded before any checking has been done. **Please note** that while every effort is taken to capture these results accurately, they have not been validated, and may change once they have been checked!

Results entered via iPads, tablets and smart phone apps will be available immediately. Most results from electronic gates will also upload on save. All other results will be available once uploaded after Friday evenings' competition. It is anticipated that all results should be available by Saturday afternoon.

Results for late registered athletes will start to be uploaded on the next weeks competition after registration is finalised.

CANTEEN

The Club is still seeking a Canteen Coordinator/s. If you are interested in this position, please ring **Sandra Moore on 0402 099 206**

Chicken and vegetarian burgers (\$5) will be available tomorrow evening as well as sausage sandwiches.

COLOURED PATCH ACHIEVEMENT AWARDS

The Coloured Patch system is an incentive award system to encourage participation and performance. Coloured patches are available to athletes in the U7 to U15 age groups. Coloured patches are awarded in five colours - each colour has standards that must be achieved which increase with each colour attained (Yellow standards being the easiest to achieve and Gold being the hardest). For an athlete to achieve their coloured patches, they must follow these steps

1. Print off a coloured patch recording sheet (under Awards & Patches on our website)
2. Once a coloured patch has been achieved bring the completed sheet on Friday night and place it in the Coloured Patch Tray located in the Club room (just inside the glass doors). The following week, the athlete will be awarded their physical colour patch via their Age Manager.

Coloured patches may be sewn on the back of the uniform. Athletes achieving their coloured patches will be published in the newsletter.

CONGRATULATIONS

Tayla Moore who threw a PB to place 5th in the 11 years discus at the School Sport Australia Track & Field Championships in Darwin.

Natasha Flahey and **Mia Stewart** who broke the U11 Girls 1100m Walk record last Friday evening.

GOOD LUCK

All Secondary school athletes who are competing at the NSW All Schools Championships commencing tomorrow at Sydney Olympic Park, Homebush. We look forward to hearing your results.

THANK YOU

West Pennant Hills Sports Club for once again supporting our Club as a sponsor for the 2019/20 season. Their generous support of our club goes a long way in purchasing necessary equipment.

To the many parents last week that came forward and undertook extra duties as well as those parents that undertook Discus Officials training last week.

TRANS TASMAN: 9 – 21 January 2020 & Meeting 27th September

As well as participating in athletics meets, the Trans Tasman is an educational and cultural experience for athletes in the U11 and U12 age groups (plus U13 athletes born after Oct 1).

The 2020 Trans Tasman Challenge will be the **FINAL** Tour to Auckland. [CLICK HERE](#) to view the promotional flyer.

Click [BULLETIN NO. 1](#) to read all the relevant details including athlete nomination forms, a draft Itinerary, costs and much more.

Sally Richardson, the Tour Secretary, will visit Cherrybrook this Friday night to talk about the Tour. A meeting will take place for all U11 and U12 athletes in the Clubroom after the age groups' last events (approximately 8.00pm). Sally will remain after the meeting to answer any questions.

Cherrybrook athletes who have taken part in the Trans Tasman Tour in the past have had an amazing experience.

COACH EDUCATION OPPORTUNITIES AT NORTHMEAD

Little Athletics NSW has just announced two coaching-related workshops to be held on Sunday 6th October at the NBC Sports Club at Northmead.

Here are links to more information:

[How To Coach The Fundamentals Of Movement Workshop](#)

[Coaching Children 5-12: The Next Generation Workshop](#)

The "Fundamentals" workshop is relevant for people coaching kids of any age. LANSW particularly recommends it for anyone working with Tiny Tots.

The "Coaching Children 5-12" workshop is obviously relevant for anyone working with that age group, including age managers.

SHOW YOUR STRIPES

This season, our Club is very excited to be involved with the Show your Stripes fundraising initiative for Ronald McDonald House Charities. We will be selling red and white striped socks throughout October and hosting a bake sale. A [fundraising page](#) has also been established. For further information on this wonderful initiative please click on these links:

- [Meet the families](#)
- [LANSW partners with RMHC GWS](#)
- [Why your support is vital](#)

UPCOMING EVENTS

Friday 18 th October	Club Photo Night
Friday 25 th October	Show your Stripes Night
Saturday 16 th November	LANSW U8 - U11 State Relays, Homebush
Sunday 17 th November	LANSW U12 - U17 State Relays, Homebush
Sat 30 th November/Sun 1 st December	North Metropolitan Zone Championships, North Parramatta

SENIOR COMPETITION FOR DUALS

Dual Athletes are athletes in the U12 and above age groups who are registered with both our Little Athletics and Senior Athletics Club. We hope that all our 12years and over athletes have taken up this free option. Dual athletes have access to all senior competitions. The Athletics NSW senior competition calendar commences on Saturday 5th October. Allcomers meets are available to both members and non-members, so you could take a friend. The competition also has permit status which allows athletes to achieve national qualifiers. If you have any questions regarding senior competition, please contact Nicky Jenneke on 0448407716 or Matt Joyce on 0402 485 998.

Bankstown Allcomers - 5TH October

The Crest Athletics Centre - 70 McClean St, Georges Hall from 1:30pm

Entries: Open soon and close at 9am on Wednesday 2nd October,

\$10 for online entries. \$20 for on the day entries (non- members are an additional \$10)

Events: 100m, 400m, 1500m, Hurdles, 10 000m, High Jump, Triple Jump, Discus and Javelin

Competition Link - [Competition link](#)

Looking forward to seeing everyone Friday night!

Cherrybrook Athletics Committee