

CHERRYBROOK LITTLE ATHLETICS

Thursday 8 October 2020

This week we will be running **Program 1**. The program may be viewed [here](#) and on the Cherrybrook Little Athletics Facebook page. **Javelin for any athletes in the U11 and U12 age groups commences at 5.15pm** near the discus cages.

After checking in at the entry points using the club's QR code, parents must check in with each of their children's age managers on the oval adjacent to the club house.

A warm-up with all athletes will take place at approximately 5:45pm and then athletes will go to their first event with their age managers.

This week will be our first competition night with point scoring. Athletes have the potential to break Club records and to use results towards our coloured patch award system (more information will be included in next week's newsletter). All results will be available for parents and athletes to check on ResultsHQ.

Just a friendly reminder that **athletes must wear their registration number and age patch on their uniform**, so they are easily identifiable for result recording. Athletes without a registration number fixed to the front of their uniform will not be able to compete as of next week. If you have not yet sewn the patches on, safety pins will be acceptable tomorrow.

Since the release of the most recent 'Return to Play' policy last month, things are slowly coming back to normal and we have been able to relax some of our COVID restrictions. These include club announcements being allowed and athletes on the field of play (the oval) no longer being required to social distance. All parents however, will still need to social distance.

PARENT DUTIES

Thank you to all parents and guardians that have signed up for a duty on Signup Genius. If you did not select a duty, a duty has been allocated by the Club on your behalf. As previously indicated, parents may be required to assist with two duties per cycle if required throughout the season.

Please click [here](#) for the Parent Duty Weekly Roster (please note the canteen and barbecue allocations are incorrect and the parents involved have been informed). **Parents signed up for Program 1 duties please check in for your duty upon arrival near the changerooms tomorrow evening.**

If you are unavailable to assist with your duty on any given Friday night, please text Amanda Kely on 0490 735 242 before 12 noon on Fridays where possible so a replacement can be organised.

For those parents who have signed up to any track or field duties, you may find the following links useful:

<https://littleathletics.com.au/education-training/video-resources/officiating-video-resouces/>

<https://littleathletics.com.au/education-training/video-resources/coaching-video-resources/>

A PARENT MUST ATTEND WITH PARTICIPATING ATHLETES

All athletes in the U6 - U15 age groups must have a parent or caregiver in attendance on site, each night their child attends. Athletes without a parent/caregiver present will not be allowed to compete until a parent is on site. Please ensure you check in with each of your child's age managers so that they are aware that you are onsite and remain onsite for the entire night. Parents will be contacted, and their child sat out of competition until the parent arrives.

Please note that the recent changes to the 'NSW Sports Return to Play Policy' has not changed our one parent/caregiver per family policy.

To remain within the 500 people maximum on Friday nights, only one parent/caregiver per family may attend on Friday night competition nights. If you have extenuating circumstances that require you to have additional family members to attend, please apply for an exemption at

Cherrybrook.athletics@outlook.com

FINALISING REGISTRATIONS

All Little Athletics registrations must be finalised in person before an athlete can compete. To complete your registration, please text Jenny Koot on 0414 530 792 to make an appointment.

UNIFORM SALES

Uniform for the remainder of the season is by **pre order and collection by appointment only**. Please pre-order uniforms [here](#) and contact our uniform coordinator Julie at Julie.semaganda@sky.com to make a collection appointment.

CANTEEN

The canteen will be open this Friday for the sale of snacks, lollies and drinks. Cashless 'Tap and Go' payment is the preferred payment method otherwise exact cash payments will be accepted (for COVID safety for our volunteers, no change will be available). **There will be no barbecue this Friday night.**

Unfortunately, the Club still does not have a canteen coordinator to run the canteen this season. Please contact Sandra Moore on 0402 099 206 if you would like to learn more about this role.

FIRST AID

First aid will once again be provided by St John's Ambulance. They will be located just inside the fence near the exit to the carpark or undercover in the event of light rain.

UPGRADE TO JUNIOR LONG JUMP PITS

A big thank you to our Grants Officer Kate Tong and assisting Committee members who were successful in achieving a local sports grant which has been put towards extending the junior long jump pits. We hope that our younger athletes enjoy the longer flatter runs.

HOW TO CHECK RESULTS ON RESULTS HQ

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 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.

HOW POINT SCORING WORKS

MOST CONSISTENT TRACK ATHLETE & MOST CONSISTENT FIELD ATHLETE

These annual awards are based on the week by week results of each athlete in their respective age groups. To achieve the highest level, it is necessary to attend as many weeks as possible, go in as many events as are available and finish in the top ten in each event that is attempted. The points are computer generated and awarded as follows:

1 st = 10 points	2 nd = 9 points	3 rd = 8 points	4 th = 7 points	5 th = 6 points
6 th = 5 points	7 th = 4 points	8 th = 3 points	9 th = 2 points	10 th = 1 points

MOST IMPROVED ATHLETE

As with the Most Consistent Athlete, this award is also dependent on the number of times an athlete attends and the number of events participated in. Points are awarded if an athlete improves their best time or distance in each attempted event. Points for this award are calculated as follows:

Better than last personal best = 10 Points

Equal to last personal best = 5 Points

To be eligible for any of the above awards an athlete should have attended at least 52% of the available weeks in the season or have a legitimate reason for attending less e.g. injury. Consideration may also be given to dual registered athletes U12+ who may also be competing in the weekend seniors program.

VERIFYING CLUB RECORDS

Club records can only be broken if they are verified by an authorised official. If a record is not verified it will **not** be verified.

At **field events**, if an official is not present, please locate one before the throw or jump is performed. An official must be present to witness the record attempt and to verify the measurement. The official must sign off on the recording sheet for the result to stand.

At **Track events** for a result to be valid and a new record to stand, the head timekeeper must sign off on the recording sheet. If a track umpire is present at the time of the race, this should be done in consultation with them, to ensure the race was run within the rules of competition and that there were no race infringements. Outer track races and any other hand timed races must be double timed. If an athlete is attempting a record, it is advised that the starter is advised.

UNCOLLECTED ITEMS

This Friday night from 7.30pm – 8.30pm anyone with an uncollected item from last season can collect their items from an area outside the canteen.

STATE QUALIFIERS CERTIFICATES

All athletes that qualified for the 2020 LANSW State championships should have received a certificate. If there are any athletes that have not received their certificate, please collect it from the uncollected items table tomorrow. Please check your certificate carefully, as we are aware that there are some certificates that have event errors. If you have an error, please send an image of the certificate to Nicky on 0448 407 716 explaining the error.

NSW ALL SCHOOLS

The NSW All Schools will take place from Friday 27th - Sunday 29th November and Friday 4th - Sunday 6th December at Sydney Olympic Park (SOPAC).

Entry for this championship event is open to anyone attending high school. There is no pathway or qualification required to enter.

LOST PROPERTY

Due to COVID safety compliance any lost property for this season will only be kept for 1 month before being disposed of. Please clearly label everything that comes to athletics!

Lost property will be photographed each week and displayed on the clubs Facebook page. It will be bagged and dated and available for collection from the canteen on Friday nights from 5.45pm – 6.30pm.

FACEBOOK

Please follow and like our Little Athletics Facebook page at <https://www.facebook.com/Cherrybrook-Little-Athletics-106804180667266>

COACHING

Coaching is available for track and field events at Greenway Oval on weekday afternoons/evenings. To find out more about coaching click [here](#)

UPCOMING DATES

16 th October	CLAC competition Program 2	Greenway oval, Cherrybrook
17 th October	First Seniors Competition -Nepean Interclub	Blacktown
7 th November	Club Championships (Age group tbc)	SOPAC