

CHERRYBROOK LITTLE ATHLETICS

2019/2020 Season Newsletter – 23 January 2020

We hope all our athletes enjoyed the relaxed atmosphere and participating with other age groups last Friday night!

PROGRAM 2

Whilst we intend on running the full [Program 2](#) tomorrow night, if athlete numbers or Age Managers are very low, we may be required to modify the program which will be determined on the night.

Any age group with six or less athletes in a gender group will be asked to combine with the other gender for that age group and follow the Boys program. This will ensure the age group has enough helpers for all events.

As we anticipate many of our Program 2 parent helpers may be away this Friday evening, ALL PARENTS (other than U6 parents) are asked to visit the Parent Duty sign in table after the club announcements and be allocated a duty so that we can ensure all duties are filled for the night. Your cooperation with this will be greatly appreciated.

Any Age Managers or Field Recorders who have yet to do so, please advise Virginia Moresi if you are unavailable this Friday night please.

Notice of Cancelled or Postponed Athletics

Where possible, cancellation of our athletics program will be made at least an hour before the scheduled start time on Friday nights. In many instances however, a call as late as 6pm may be made as summer weather can be difficult to predict as we all know! This was certainly the case last Friday night when despite an 80% chance of rain forecast for 6pm, the sky remained clear and athletics went ahead for the 50 or so athletes that attended.

Please check emails, the website and social media for Club messages on Friday nights. If there is no message broadcast, it would imply no decision to cancel has been made.

Please try not to contact Committee members directly and follow the process of checking for Club messages.

Equipment Set Up and Pack Up

Just a friendly reminder that each age group is responsible for setting up an event to avoid any delays in starting the Program. We require as many hands on deck as possible from each age group!

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

	Set Up	Pack Up
U12	Hurdles Track	Long Jump Pit 1
U13	All High Jump Mats	Discus/Timing gates
U14 U17	All High Jump Mats	High Jump main mats

ATHLETES WITHOUT PARENTS IN ATTENDANCE

A friendly reminder that a parent or guardian must be in attendance on all occasions their child is attending Athletics. Furthermore, the attending parent must be willing to assist in some way, either with a rostered Duty or actively assisting an Age Manager.

Athletes found without a parent or guardian on site, will be asked to wait for their parent in the Clubroom (supervision provided) and will not be able to join in the activities until a parent or guardian is present. The Committee are dedicated to ensuring your children have access to an athletics program. Please do not put us in the position of having to withdraw a child from competition.

CONGRATULATIONS:

To the following athletes who competed at the Wyong Multi Gala day last Thursday with some great results.

Daniel Koot	U8 Boys	
Zion Svennson	U9 Boys	4 th Place
Nisini R M	U10 Girls	Silver Medallist
Sarah-Anne Koot	U13 Girls	Silver Medallist

COLOURED PATCH ACHIEVEMENT AWARDS

Congratulations to **Joel Moresi** (U11) who has had a brilliant season so far and is the second athlete to achieve a gold patch this season, which will be presented at the Presentation Day in May.

Congratulations to the following athletes who have achieved coloured patches:

Yellow:

Amy Goldstiver (U8G), Anna Moresi (U9G), Marcus Goldstiver (U10B), Edward Goldstiver (U11B), Joel Moresi (U11B), Olivia Moresi (U13G)

Green:

Emily Deverson (U8G), Anna Moresi), Marcus Goldstiver, Edward Goldstiver, Joel Moresi, Olivia Moresi

Red:

Emily Deverson, Anna Moresi, Joel Moresi, Olivia Moresi

Blue:

Joel Moresi, Olivia Moresi

Gold:

Joel Moresi

If you are yet to fill out and hand in your coloured Patch achievement sheet this season, now is a great time to have the kids do it whilst they are on holidays. Please click on this [link](#), print off your child's age group sheet, fill it in using the results on ResultsHQ and place it in the tray on the left hand side of the Club room as you enter.

Results achieved at Championship events e.g. Zone and Club Champs may be used towards coloured patches. Results from Gala days may only be used if verification of those results is attached to the sheet when submitted.

COLOURED PATCH COMPETITION

Cherrybrook Little Athletics will have a competition between the age groups, to see which age group has submitted the highest percentage of coloured patch recording sheets this season. The competition will close on Friday 21st of February and the winners will be announced the following week. There will be prizes for the top two age groups. The competition will be run for all ages U7 to U15.

Athletes in the U7G age group who had their first patches completed by their Age Manager, will have to submit their forms again. Athletes that have not achieved their yellow patch yet (or Green for the U7G), are encouraged to enter their sheets to show their progress this season (this will count towards the competition).

REGIONAL CHAMPIONSHIPS – 8th & 9th February

Thank you to all the parents who have replied to indicate they have received the first regional email. If you have yet to reply email Nicky Jenneke or if you have not received the first email and your child has qualified for region, please text Nicky Jenneke on 0448 407 716.

A list of qualifiers can be found [here](#). Please click [here](#) for copy of the Region 5 Program.

All parents will be required to undertake a duty on each day they have a child competing. The parent duty can be found by clicking [here](#).

Team Managers for the Regional Championships will be Andrew Fisher and Naomi Moore. Please contact them with any enquiries.

All athletes that competed at the Zone Carnival will receive a certificate from their Age Managers tomorrow evening if they were absent last week.

CHERRYBROOK MULTI NIGHT – moved to Friday 14th February

Please note our annual Multi Night has been moved to Friday 14th February so we can complete Program 2 and Program 3 before the Regional Championships.

Athletes in the U8 – U17 age groups will compete in five events while the U6 and U7 age groups will compete in four events. Athletes will receive points according to how fast they run and how far they throw and jump. These points will then be tallied to determine placings in each age group.

Please click on this link for the Program: [2020 Multi Night](#)

CLUB CHAMPIONSHIPS - UNCOLLECTED MEDALS

Any athletes in the U11 or U14 teams that did not receive their medal at the Club Championships in December, please see Nicky Jenneke either before or after competition on Friday 31st January to receive your medals.

Athletes that competed in U17 and U20 teams that did not collect their medal, please contact Matt Joyce on 0402 485 998.

LANSW STATE COMBINED EVENTS – 29th February – 1st March 2020

This season, the State Combined Events Carnival will be held at **Tamworth Athletics Centre**.

Please [CLICK HERE](#) to go directly to the registration page. Entries will close on **Wednesday, 12 February 2020** at a cost of **\$25 per athlete entry** (with a late entry a week later at **\$50 per athlete**).

First event each day will be at 9am. 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 point score system. The points are then added together to determine results.

The events are as follows:

U7	Boys & Girls	50m; 100m; pack start; long jump; shot put; discus
U8	Boys & Girls	70m; 200m; pack start; long jump; shot put; discus
U9	Boys & Girls	100m; 60m hurdles; 800m; long jump; shot put; discus
U10	Boys & Girls	200m; 60m hurdles; 800m; long jump; shot put; discus
U11	Boys & Girls	100m; 80m hurdles; 800m; long jump; shot put; discus
U12	Boys & Girls	200m; 80m hurdles; 800m; long jump; shot put; discus
U13	Boys & Girls	100m; 80m hurdles; 800m; long jump; shot put; discus
U14	Girls	200m; 80m hurdles; 800m; long jump; shot put; discus
U14	Boys	200m; 90m hurdles; 800m; long jump; shot put; discus
U15	Girls	200m; 90m hurdles; 800m; long jump; shot put; high jump; javelin
U15	Boys	100m; 100m hurdles; 800m; long jump; discus; high jump; javelin
U17	Girls	200m; 100m hurdles; 800m; long jump; shot put; high jump; javelin
U17	Boys	100m; 110m hurdles; 800m; long jump; discus; high jump; javelin

Medals are awarded to the top 3 placegetters in all age groups. Athletes in the U15 age group will be vying for selection into the LANSW State Team to compete at the Australian Little Athletics Championships, which will be held in Canberra in April 2020.

SENIOR COMPETITION U12+ ATHLETES

NSW Combined Event Championships – 25th January at SOPAC

This is a pentathlon, heptathlon and decathlon event and caters for athlete from 12 years of age.

Registration is now open and closes on Wednesday 22nd January

For more details and to register, click [HERE](#)

Final Treloar Shield – Saturday 1st February at SOPAC – TEAM CHERRYBROOK NEEDS YOU!

A great opportunity for our athletes to practice for the Regional Carnival....

Join the Cherrybrook team and help us secure podium positions for the Treloar Shield.

Events on offer: 100m, 400m, 1500m, sprint Hurdles, Steeplechase, Long Jump (U12 – U17), Shot Put, Pole Vault and Hammer Throw

For more details visit <https://www.nswathletics.org.au/events/58555/&cat=2643-2697-2698&f=list>

NSW Junior State Championships – Friday 21st Feb - Sunday 23rd February

Athletes must compete at these Championships if they wish to compete at Nationals (even if you have already qualified for Nationals you must still compete at these Championships).

Entry is open to Athletes who turn 12 – 19years of age this calendar year.

For more details visit <https://www.nswathletics.org.au/events/51671/&cat=2643-2697-2698&f=list>

UPCOMING EVENTS

LANSW Region 5 Championships	8 th - 9 th February	Narrabeen
Cherrybrook Multi Night	14 th February	Cherrybrook
NSW Junior State Championships	21 st – 23 rd February	Homebush
State Combined Events Carnival	29 th Feb – 1 st March	Tamworth
LANSW State Championships	14 th - 15 th March	Homebush

OUR SPONSORS

Find out what's on at the WPH Bowling Club at <https://wphsportsclub.com.au/whats-on/daily/>

Hunter Pacific Ceiling Fans have great products to keep you cool this summer visit:

<https://www.hunterpacificinternational.com/>

The Club is always on the lookout for sponsors. If you own your own business or are involved with a business that would be interested in sponsoring the Club or athletes at Cherrybrook Athletics, please get in touch with either Hugh Hunt on 0437 022 898 or Nicky Jenneke on 0448 407 716.