

## **CHERRYBROOK LITTLE ATHLETICS**

### **2019/2020 Season Newsletter – 13 February 2020**

Good luck to all our athletes competing at the rescheduled Regional Championships this weekend. We hope you run, throw, walk, hurdle and jump as best as you can!

The Multi Night will not be going ahead tomorrow night due to the Regional Championships this weekend.

#### **MODIFIED PROGRAM TOMORROW NIGHT**

There will be no points awarded tomorrow night.

<b>U 6</b>	<b>U 7</b>	<b>U 8</b>	<b>U 9</b>	<b>U 10</b>	<b>U 11</b>	<b>U 12</b>	<b>U13+</b>
LONG JUMP	LONG JUMP	SHUTTLE RELAYS	SHUTTLE RELAYS	SHOT PUT	DISCUS	SPRINT KNOCK OUTS	SPRINT KNOCK OUTS
SPRINTS KNOCK OUTS	SPRINTS KNOCK OUTS	SHOT PUT	DISCUS	SHUTTLE RELAYS	SHUTTLE RELAYS	LONG JUMP	LONG JUMP
SHOT PUT	DISCUS	SPRINT KNOCK OUTS	SPRINT KNOCK OUTS	LONG JUMP	LONG JUMP	SHUTTLE RELAYS	SHUTTLE RELAYS
SHUTTLE RELAYS	SHUTTLE RELAYS	LONG JUMP	LONG JUMP	SPRINT KNOCK OUTS	SPRINT KNOCK OUTS	SHOT PUT	DISCUS

If parents could please accompany their youngest athlete tomorrow evening that would be greatly appreciated as age groups will run their own events.

Parents and athletes are asked to cooperate in helping set up and packing up the event areas.

#### **Coronavirus Precautions**

As you are aware, several NSW and Australian health department related alerts have been issued in relation to the novel coronavirus.

The NSW Health Department report that there have been a small number of cases of transmission from person to person occurring outside of mainland China. However, all confirmed cases in NSW were infected with the virus whilst overseas.

The NSW Health Department suggest that the best way to prevent infection is to avoid being exposed to the virus. This can be done by following the everyday preventive actions for protecting against respiratory infections.

- Practice simple hygiene by covering your coughs and sneezes and wash your hands thoroughly.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact, when possible, with anyone showing symptoms of respiratory illness such as coughing and sneezing.
- Make sure you stay home if you are sick.

In addition, the NSW Government has requested that children who have visited China not attend school or childcare services until 14 days have lapsed from their date of departure. Although the risk is very low, the NSW Government has taken this step as an additional precautionary measure.

**Cherrybrook Athletics Club we will also be applying these same incubation periods for any of our members returning from China during this time as a precautionary measure.** While the risk is very low, this is an additional precautionary measure that may assist in reducing the likelihood of infection for athletes and their family members.

### **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. Athletes found without a parent or guardian on site, will be asked to wait in the Clubroom (supervision provided) until a parent is present. Please do not put the Committee in the position of having to withdraw a child from competition.

### **COLOURED PATCH COMPETITION**

At this stage the U12 Boys are leading the competition for the highest percentage of athletes in an age group to submit their coloured patches, with several age groups right on their tail! The competition has been extended for another two weeks so make sure you submit your completed sheets to help your age group win.

Please click on this [link](#), print off your child's age group sheet, fill it in using results on ResultsHQ and place it in the tray on the left hand side of the Club room.

Results achieved at Championship events e.g. Zone and Region 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.

### **REGIONAL CHAMPIONSHIPS – 15<sup>th</sup> & 16<sup>th</sup> February**

#### **IMPORTANT THINGS TO REMEMBER:**

The Region 5 Region has been rescheduled for this weekend in Narrabeen, using the original timetable and parent duty roster.

- All Regional parents and athletes, please read the Regional Information sheet emailed out last Friday which is also available on the Club's website
- Check you have full Club uniform including rego patch, age patch and Coles patch attached
- Check you have your running shoes and the correct spikes (11yr+) – most pyramid spikes are not permitted at Narrabeen.
- Arrive an hour before your first event
- Athletes and their parents must sign in when they first arrive on each day of competition to avoid being scratched from an event.
- Come prepared for all weather.
- Check the Cherrybrook Athletics website before leaving for the Carnival for any last minute updates.

**Please contact Team managers Naomi Moore and Andrew Fisher with questions.**

## **LANSW STATE CHAMPIONSHIPS MERCHANDISE**

Athletes that qualify to compete at the LANSW State Championships in March have the opportunity to pre-order a small range of merchandise from Nordic Sport.

This merchandise needs to be pre-ordered by Clubs in bulk. Nordic will not take orders from individuals – only Club based orders can be placed. Due to the postponement of several Regional Carnivals, Nordic have extended the order deadline to 21<sup>st</sup> February.

Please click on this link to see the merchandise range: [LANSW-State-Championships-Merchandise-2020](#)

## **REMOVE SPIKES AFTER EVENTS**

Athletes that compete in spikes on Friday evenings are reminded that their spikes must be removed after each event and must not be worn walking between events. Age managers and Officials please ensure this is enforced.

## **VOLUNTEERS REQUIRED FOR NSW JUNIOR STATE CHAMPIONSHIPS – 22<sup>nd</sup> & 23<sup>rd</sup> February**

Volunteers are being sought to assist Officials at the NSW Junior State Championships. If you are able to volunteer for a few hours to assist with the smooth running of this Carnival please contact Ashleigh Crook from Athletics NSW on 9746 1122.

The volunteer roles may include

- Operating the manual scoreboard at the field sites
- Assisting the field officials
- Marshalling athletes with the start team
- Assisting the officials at athlete check-in and with other administrative duties

## **VOLUNTEERS REQUIRED FOR SYDNEY TRACK CLASSIC – Saturday 22<sup>nd</sup> February**

Athletics Australia are hosting the Sydney Track Classic at Homebush on Saturday 22<sup>nd</sup> February from 5pm - 9pm. The Sydney Track Classic is the fourth event of the 2020 Summer Super Series and will see some of Australia's best athletes perform.

This year Athletics Australia is offering a \$500 financial contribution to a club, if they are able to provide 20 volunteers to help on the night.

The volunteer roles include:

- Transport Drivers x3: Driving hire cars to transport athletes from the airport, accommodation and track (trips on Fri, Sat and Sun). Must hold a full licence.
- Athlete Kit Carriers x 20: transporting athlete kit during competition from the call room to the post event area
- Field Assistant x 8: helping the field officials with implement retrieval or event site scoreboard operation (minimum age of 14 years)
- Administration/medal ceremony volunteers x 6: assisting the officials and staff with the administrative aspect of the competition

Please contact Ashleigh Crook at Athletics NSW on 9746 1122 if you would like to assist and please also inform Nicky Jenneke on 0448 407 716 if you have been accepted as a volunteer.

## **UPCOMING EVENTS**

<b>LANSW Region 5 Championships</b>	15 <sup>th</sup> - 16 <sup>th</sup> February	Narrabeen
<b>NSW Junior State Championships</b>	21 <sup>st</sup> – 23 <sup>rd</sup> February	Homebush
<b>Sydney Track Classic</b>	22 <sup>nd</sup> February	Homebush
<b>State Combined Events Carnival</b>	29 <sup>th</sup> Feb – 1 <sup>st</sup> March	Tamworth
<b>Championship photos</b>	6 <sup>th</sup> March	Cherrybrook
<b>LANSW State Championships</b>	14 <sup>th</sup> - 15 <sup>th</sup> March	Homebush

## **OUR SPONSORS**

Thank you again to **Wamee Technology Accessories** for joining the Club as a sponsor. **Wamee** will be providing our Regional athletes with their complimentary Regional shirts this season, as well as a marquee at Regional for our play zone.

The **West Pennant Hills Sports Club** is a great place for a meal, to catch a show, watch a game of sport or try your luck in a raffle. 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.