

# **CHERRYBROOK LITTLE ATHLETICS**

## **First 2020/2021 Pre Season Newsletter – 10 September 2020**

It is almost time for the 2020/2021 Little Athletics season to commence and the Committee is looking forward to welcoming old and new members to Cherrybrook Little Athletics Club.

### **FINALISING REGISTRATIONS**

Members who have registered and paid online but have not yet received their registration number or age patch are required to finalise their registration in person. You can finalise registrations this Friday night from 6.00pm – 7.30pm. Please exercise patience when queued to finalise registrations as we only have limited staff (volunteers) running the registrations.

To finalise your registration, please:

- bring a copy of your registration receipt.
- read the club's Volunteer Commitment Statement and sign up for a duty via this [SignUp Genius link](#). If you require assistance with this step, assistance will be provided on the day.
- submit a completed [Working with Children Form](#) for each parent that will be attending Cherrybrook Little Athletics this season.
- Provide proof of age for any new members to the club e.g. passport or birth certificate

### **PARENT TRAINING AND ATHLETE COACHING NIGHT – Friday 11<sup>th</sup> September**

Our first night of the season commences tomorrow from 5.45pm - 8.00pm with a training and coaching night for both parents and athletes. Parents will receive training in track or field duties and athletes will receive coaching in track and field events. This is a worthwhile night to attend, even if you have been with the club for several seasons.

To attend the night we ask all attending parents and athletes to sign up via:

<https://www.signupgenius.com/go/904044FABA82EA4F85-officials>

We apologise but those who have signed up already and missed adding their children could you please do so on the link above.

Our COVID -19 safety plan will be in action and we ask all attendees to use hand sanitiser upon arrival and as advised throughout the night. Social distancing of 1.5m is mandatory except with family members or during races. There will be a limit of 500 attendees on the night and all members must check in on arrival using the QR codes provided at the entry area at the top of the car park turning circle. Please read our [Club's COVID safety plan](#) before attending.

On arrival, all athletes should be taken by their parents to their first event area and parents should remain with their child/children until the age manager arrives. Parents should then go to their event area to commence training. Parents without a track or field duty this season, should remain with their youngest child's age group for the night. All U6 parents should remain with the U6 group for the entire night and assist the age group.

All members that were registered by Tuesday 8th of September, will have received an email with details of the night. Those who have not received these details, please click [here](#)

The oval map is also available on the website and Facebook page. There will be no paper handouts of the program. Laminated copies will be displayed for members to take a photo of on the night.

This Friday parents will not be required to assist in the oval set up. Our coaches and Committee will undertake the oval set up. Anyone involved in equipment set up must wear gloves please.

Until 6:45pm on Friday night, there will be a Committee member located at the entry area to help members with enquiries.

Our Committee members are always happy to help and will be scattered around the Oval wearing red Committee shirts to help you identify them.

## WHAT TO BRING ON FRIDAY NIGHT

Due to COVID-19, Age managers and assisting parents will not be permitted to help athletes carry their items between events. Athletes are also asked not to bring any toys, games (including balls) or food to share.

Each athlete should bring with them, preferably in a back pack a clearly named drink bottle (water is recommended and warm outer clothing.

## UNIFORM SALES

As a COVID safety initiative, uniforms are by **pre order and collection only**. Please pre-order uniform [here](#)

Uniform ordered online before 5pm on Thursday will be ready to collect on Friday from 5.45pm – 6.45pm.

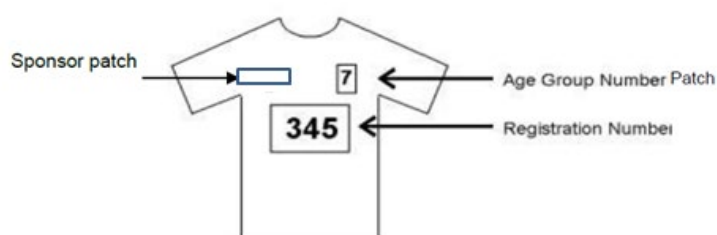
Due to Covid-19, uniforms cannot be tried on before purchase. Exchange of items in original condition can be offered within 2 weeks of purchase. No refunds.

Each athlete is required to wear a Cherrybrook singlet or crop top. Any black shorts can be worn, they do not need to have the Cherrybrook logo. All other items are optional.

Singlets and shorts are a small make (most people buy a size bigger than their child usually wears). **Singlet measurements are on our shop webpage (in the description)**. Please measure a top at home and compare measurements.

Fleeces are an accurate size.

## Registration Numbers & Age Patch:



If girls are wearing a crop top and bike pants, the age patch should be sewn onto the left hand side of the pants, instead of on the crop top.

## HELPERS NEEDED:

### COVID monitors

According to our COVID-19 plan, we are required to have some COVID monitors to supervise the bathrooms and general compliance of using hand sanitiser and keeping social distancing etc. Without COVID monitors, we cannot by law run our Friday night competition. The Club understands this is not a glamorous duty, but it is an essential one. Could members please consider signing up for this duty and if you require further information, please contact Nicky Jenneke on 0448 407 716.

### Canteen coordinator needed

The canteen is a regular feature at Cherrybrook athletics and as well as feeding our many hungry athletes on Friday nights, it is also a main source of income for the Club. Unfortunately, the Club does not have a canteen coordinator to run the canteen this season. Please consider taking on this role and sign up for it on the SignUp Genius roster. Please contact Sandra Moore on 0402 099 206 if you would like to learn more about this role. **The Canteen will be closed this Friday.**

### First Aid Officer

The Club may need the assistance of a qualified first aid officer this season on Friday nights. If you are a doctor, nurse, physio or just have a current first aid certificate and are happy to assist with first aid, please get in touch with our First Aid Coordinator Jane Wegener by emailing [jane.miles01@gmail.com](mailto:jane.miles01@gmail.com) or via text 0488 024 626 (please do not call)

## ATHLETES WITH MEDICAL CONDITIONS

If any athlete attending Cherrybrook Little Athletics has a condition such as asthma, epilepsy, diabetes or a severe allergy etc, could you please provide the club with details of the condition and the action plan for the athlete if they require medical assistance. Please hand these details to the registrar with the child's name and age group clearly provided.

## UNCOLLECTED ITEMS

All uncollected items from last season will be available from 5.45pm – 6.45pm from the uniform collection area.

We still have many uncollected certificates, coloured patches awards, trophies and gifts from last season. All State qualified athletes from last season also have a certificate to collect, that were not available on presentation day. Any members from last season who did not receive a Red Book (Annual report) can also collect one.

## OFFICIALS ONLINE TRAINING

In addition to attending the Club's officials training night this Friday, we encourage all volunteering parents (1 parent per family) to please complete their [AAOES Level 1 online course](#) in at least 1 track or field event (preferably relating to your chosen duty).

As all U6 parents assist in the running of U6 activities, we encourage these parents to undertake their level 1 official course in both long jump and shot put.

Please keep in mind Cherrybrook Little Athletics is run by our parents for our athletes. The more informed and engaged our parents are, the better the experience will be for our athletes.

## **NEW BUILDING AT GREENWAY OVAL**

There is a new community building being constructed on the bank between the top and bottom ovals at Greenway Park. We do not anticipate this effecting our season but would ask parents to please ask their children not to climb on the fence around the building site and not to throw any items over the fence please.

## **FACEBOOK**

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

This will be a major source of information this season, so you are strongly advised to check this page every Friday before attending Little Athletics.

If you do not wish for your child's image or name to appear on the social media platform, please let Nicky Jenneke know on 0448 407 716 or reply to [nickyjenneke219@gmail.com](mailto:nickyjenneke219@gmail.com)

## **NO DOGS ALLOWED**

As we have some members that are either allergic or fearful of dogs, no dogs are permitted at the oval during our Friday night competition. If any member requires an assistance or companion dogs to accompany then, please contact Nicky Jenneke on 0448 407 716.

*Cherrybrook Athletics Committee*