

# CHERRYBROOK LITTLE ATHLETICS

**Thursday 14 October 2020**

It was great to see a pleasing turn out for our first point scoring night last Friday. Tomorrow we will be running **Program 2**. The program may be viewed [here](#) and on our Facebook page.

Only members assisting with set up should enter the oval before 5.30pm as entries for our head count are only monitored from 5:30pm. All members should enter by one of two entry points only, where they should register their families' attendance using the QR code. After parents on duty have checked in, families should then move to the oval and start assembling in their age group areas - nobody except the U6 athletes should assemble on the concrete area.

A warm-up will commence at 5:45pm. Athletes will then join their age managers and go to their first event.

Athletes must wear their registration number and age patch on their uniform, otherwise they will not be able to compete.

Please note athletes on the oval no longer require to social distance, however all parents still do.

## PARENT DUTIES

Please click [here](#) for the Parent Duty Weekly Roster (please note the canteen and barbecue allocations are incorrect). **Parents signed up for Program 2 duties please check in for your duty near the changerooms before 5:40pm.** Parents must queue 1.5m apart when checking in.

If parents have not signed up for a duty as yet, they are required to go to the duties check in desk otherwise their child will not be allowed to compete.

**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.**

## COLOURED PATCH ACHIEVEMENT AWARDS

The coloured patch system is an incentive award system to encourage participation and performance in the U7 to U15 age groups. Results achieved at club level, gala days and championship events can be used towards obtaining patches. Yellow, green, red and blue patches achieved during the season (9<sup>th</sup> October 2020 – March 2021) will be awarded to athletes via their age managers. The highest achievable patch - the gold patch - is awarded at our annual presentation day.

The first date to claim patches will be next week. Some small changes are due to be made to the colour patch standards this week so please hold off from filling out the sheets until more details are shared next newsletter.

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

## CLUB PHOTOS

Next Friday 23<sup>rd</sup> October a full club photo will take place at 5.45pm before the warm-up. Age group photos will also take place rostered throughout the evening. Please make sure all athletes wear full uniform. Further details will be available in next week's newsletter.

## 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.

## CONGRATULATIONS

Congratulations to the Wigham family who experienced great success at the Lake Illawarra Gala Day last Sunday.

Harry Wigham:	U10 - 1 <sup>st</sup> 100m and 200m
Abigail Wigham:	U8 - 2 <sup>nd</sup> 200m and 3 <sup>rd</sup> 100m
Emily Wigham:	U6 - 1 <sup>st</sup> 70m and 100m

## CANTEEN

The canteen and barbecue will be available this Friday. Cashless 'tap and go' payment is the preferred method otherwise exact cash payments will be accepted (for COVID safety for our volunteers, no change will be available). **Enjoy a sausage sandwich at the end of the night for just \$3.50 or \$5.00 with a drink.**

The Canteen is a major fundraiser with all proceeds going back to the club for our athletes. It is operated under a COVID safety plan approved by NSW Health which is available on our website. Life member Sandra Moore will oversee the running of the canteen until a Canteen Coordinator can be found. Please contact Sandra on 0402 099 206 if you would like to learn more about this role. Thank you to Sandra for her service and dedication to our club.

## UNIFORM SALES

Pre ordered uniforms can be collected at the clubhouse between 5:45 – 6:30pm this Friday evening. Please pre-order uniforms [here](#) and contact our uniform coordinator Julie at [Julie.semaganda@sky.com](mailto:Julie.semaganda@sky.com) for any queries.

## SENIOR COMPETITION FOR DUAL ATHLETES

A reminder that senior competition is available to all U12-U17 athletes that have registered as a dual athlete.

For those who are competing on Saturday at Blacktown, we encourage all our athletes to sit together as a team. Please look for the Club banner on arrival and enjoy the first senior competition of the season.

### **Upcoming Meets:**

24<sup>th</sup> October - Bankstown Interclub @ The Crest Athletics Track from 4pm – 7pm.

For more details and to register visit <https://www.nswathletics.org.au/events/78605/&cat=2643-2644-2697-2698&f=list>

### **NSW ALL SCHOOLS**

The NSW All Schools will take place from Friday 27<sup>th</sup> - Sunday 29<sup>th</sup> November and Friday 4<sup>th</sup> - Sunday 6<sup>th</sup> 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.

### **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](mailto:Cherrybrook.athletics@outlook.com)

### **COVID COMPLIANCE**

At all throwing events, athletes **must use hand sanitiser** immediately before they touch any equipment prior to their turn. If an athlete touches their face during their turn, they should reapply sanitiser before touching the equipment. All equipment is sanitised at the beginning of the night and should be cleaned with disinfectant wipes before each age group commences throwing. Officials handling equipment should wear gloves particularly when cleaning equipment.

Since the last update to the NSW State Government 'Return to Play' policy the Cherrybrook Little Athletics COVIS plan has been updated and is available to view at <https://www.cherrybrookathletics.org.au/wp-content/uploads/2020/10/COVID-PLAN-FOR-ATTENDEES-as-at-14-Oct-2020.pdf>

No attendees are to use the public bubblers onsite and should bring their own drink or purchase one from the canteen. This is a COVID safety rule and we ask for your cooperation please.

## 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.

## 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 <sup>th</sup> October	CLAC competition Program 2	Greenway oval, Cherrybrook
17 <sup>th</sup> October	First Seniors Competition -Nepean Interclub	Blacktown
23 <sup>rd</sup> October	Cherrybrook Photo Night & Program 3	Greenway oval, Cherrybrook
7 <sup>th</sup> November	Club Championships (Age group tbc)	SOPAC
15 <sup>th</sup> November	Warren Mossman Gala Day	St Marys

*Cherrybrook Athletics Committee*