

CHERRYBROOK LITTLE ATHLETICS

Thursday 22 October 2020

The cooler weather and drizzle certainly didn't stop our athletes from achieving some great performances last Friday. Congratulations to our first record breakers for the season - **Valentia Kuric** (14 years 1500m walk), **Joel Moresi** (12 years 80m hurdles) and **Mia Stewart** (12 years 1500m walk).

This Friday night we will be running **Program 3** which may be viewed [here](#) and on our Facebook page. A minor change to the program this week will be the U13 age group competing in their 100m before the U6 age group run their 70m.

Only members assisting with set up or the U14 - U17 athletes arriving for javelin should enter the oval before 5.30pm as entries for our head count are only monitored from 5:30pm.

A full club photo will take place shortly after 5.45pm tomorrow. All athletes are asked to arrive and be assembled in their age group area by 5.40pm please. Age group photos will then be taken throughout the night (see details further in the newsletter).

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, athletes should assemble in their age group areas on the oval adjacent to the concrete area – only the U6 athletes should assemble on the concrete area (in front of the stairs). After the Club photo, a warm up will take place. 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.

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

PARENT DUTIES

Parents signed up for Program 3 duties below please check in for your duty near the changerooms before 5:40pm. Parents on canteen and barbecue duty have been contacted already. Duty roster officials will be walking around the oval to ensure parents are attending to their duty otherwise their children will not be allowed to compete.

Duty Roster	Danielle Van Middeldyk Olivia Dixon
-------------	--

Equipment Set up/Pack up	Lisa Li Chang Wang Noah Alkhateeb U6 parents (set up)
--------------------------	--

Change Rooms monitor	Allison Thomas Jen Manuel	
Uniform/Clubhouse Assistance	Sonia Larhouile	
Long Jump	Kelly Devine Sanders Chopra Carolyn Vanderklauw Maureen Oimage	
High Jump	Zhengbin Yan Huiqin Wang Natasha Basic Sonia Sehil	
Shot Put	Chris Shannon Looka Maini Praveen Joseph	
Discus	Joanna Pajkowska Roberta Wansey Paul Fitzgerald Anne Afeaki	
Track Starter	Graham Hobbs William Darby Rodney Clarke Andrew Russell	200/400m Track Hurdles Track Outer Track Straight Track
Track Official	Meera Kumeran-Ingram Shamilka Ekanayake Keith Cheng Maria Ricafort	200/400m Track Hurdles Track Straight Track Outer Track
Timing Gates	Henry Tang Dennis Orpilla Erin Mansell Andrew Gulczynski Karen Mitchell Karen Taylor Gurney Emily Robertson Margherita Guifre	Straight Track Straight Track Outer Track Outer Track Hurdles Track Hurdles Track 200/400m Track 200/400m Track

If you are not available tomorrow evening, please contact Amanda Kely on 0490 735 242.

If parents have not signed up for a duty as yet, they are required to go to the duties check in desk.

CLUB PHOTOS

Following the full club photo at 5.45pm this Friday evening, the timetable for each age group is as follows:

U6	Group photo during warm up
U7	After their 70m
U8	After their 100m
U9	After their 100m
U10	After their 100m
U11	Boys after Discus, Girls after High Jump
U12	After their 100m
U13	After their 100m
U14 - U17	After their 100m

When it is each age groups time, the group should assemble near the photography marshalling sign on the grass closest to the concrete. Age Managers should ensure their athletes are lined up from shortest to tallest, with a head count ready for the photographer. Age Managers will be welcome and encouraged to take part in the photos. Please make sure all athletes wear full uniform and bring along their best smiles.

NATIONAL BANDANNA DAY – FRIDAY 30TH OCTOBER

This year Cherrybrook Little Athletics Club is proudly fundraising for the organisation [Canteen](#) that helps young people impacted by cancer get access to programs, counselling and peer support.

Tomorrow evening will be the first opportunity to purchase bandannas and donate to this fantastic cause

Cotton bandannas (\$5 each) and **premium bandannas** (\$15 each) will be on sale from 5 – 6:15pm. Only exact cash will be accepted.

Bandannas will also be for sale on Friday 30th October which is National Bandanna Day

FUN NIGHT:

Details will be confirmed next week however, athletes can only participate if they have purchased a bandanna which must be brought to Little Athletics on 30th October **OR** a donation is given and a wristband will be given to the athlete

More finalised details will be sent next week, thank you in advance for your support!

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 (9th 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.

How to claim a coloured patch:

- Print off the Coloured Patch Recording Sheet for the Athletes Age Group from the website [here](#)
- Carefully read the instructions at the top of the sheet and filling in the athlete's results using their performances from ResultsHQ (located under Results & Records > LA Results & records on our website).
- Once an athlete has qualified for a coloured patch, drop the completed sheet into the tub located at the duty check in table. More than one coloured patch can be applied for at any time.
- The sheet will then be processed, published in the weekly newsletter and the patch available within two weeks.

Coloured patches may be sewn on the back of the uniform.

COLES GRANT

Thank you again to Grants Officer Kate Tong and assisting Committee members who were successful in achieving a Coles Little Athletics community fund grant for \$2,800 worth of sports equipment.

BAKERS DELIGHT SPONSORSHIP

Welcome and thank you to our newest Club sponsor - Cherrybrook Bakers Delight. We hope that in return for their sponsorship, our members will support them by shopping at their store at 32 Cherrybrook Shopping Village, Shepherds Drive, Cherrybrook.

BANANAS

As part of their continued sponsorship of Little Athletics, Coles is providing boxes of bananas to clubs for their weekly competition. These will be for ATHLETES only and may be picked up from the canteen.

CANTEEN

The canteen and barbecue will be available again 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. 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 everyone who supported our canteen last week.

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 for any queries.

SENIOR COMPETITION FOR DUAL ATHLETES

Nepean Interclub Competition

Congratulations to our dual athletes who competed at the Nepean Interclub senior competition last Saturday, with some great results and plenty of personal bests.

Robbie Cullen	200m (24.59), 400m Hurdles (58.88 PB + NQ), Long Jump (5.85m PB)
Xavier Hennessey	100m (13.21 PB), 200m (28.53 PB), Long Jump (4.70m PB)
Sarah-anne Koot	100m (14.18PB), 200m Hurdles (30.90 PB, NQ + Senior Club Record)
Tara Webb	Long Jump (5.13m)

Good luck to our athletes who are competing this weekend at Bankstown. All Cherrybrook athletes are encouraged to sit together as a team.

Upcoming Meets:

31st October - Sutherland Interclub @ Sylvania Waters 4pm – 7pm.

Events: 100m, 400m, 5000m, 1500m+3000m Walks, Shot Put and Long Jump.

Only pre-entered athletes are able to compete. Entries close 28th October @ 10am. Early entry is encouraged as entries may close earlier if maximum entries are reached. For more details and to register visit

<https://www.nswathletics.org.au/events/78918/&cat=2643-2644-2697-2698-3489&f=list>

UNCOLLECTED ITEMS

Uncollected Items from last season may be collected tomorrow evening from 7:30pm.

MISSING EARRING

If any athletes or parents came across a silver Pandora hoop earring with crystals all the way around last Friday evening, please hand it into the canteen. It was lost near the junior shot put area.

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/2020/08/CLAC-COVID-19-PLAN-as-at-22nd-August.pdf>

No attendees are to use the public bubblers onsite. Please ensure all athletes have enough water to keep them hydrated for the whole night or you can purchase water and drinks from the canteen. This is a COVID safety rule and we ask for your cooperation please.

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

23 rd October	Cherrybrook Photo Night & Program 3	Greenway oval
30 th October	Cherrybrook Competition/Bandanna night	Greenway Oval
31 st October	Sutherland Inter Club (Duals)	Sylvania Waters
7 th November	Club Championships (age group tbc)	SOPAC
15 th November	Warren Mossman Gala Day	St Marys
27 th - 29 th November	NSW All Schools Championships	SOPAC
4 th – 6 th December	NSW ALL Schools Championships	SOPAC

Cherrybrook Athletics Committee