

CHERRYBROOK LITTLE ATHLETICS

Thursday 29 October 2020

It was fantastic to see so many of our athletes support our season's charity – National Bandanna Day – last week! We are looking forward to seeing more athletes purchase the colourful bandannas and participate in some fun races this week.

Thank you for your patience whilst our Club photos were held last Friday. It did result in a number of events being delayed across the evening and some later than usual finishes for most age groups.

This Friday night we will be running **Program 1** which may be viewed [here](#) and on our Facebook page. Javelin for the U11 and U12 age groups will commence at 5:15pm.

In the event that we are not able to use the circular track as some of it may be fenced off due to a temporary extension of the building site, a modified program will be implemented.

This Friday the main entry to the oval near the amenities building will be open from 5.00pm and the lower car park entry from 5.30pm. Please ensure you only enter the oval by one of these entry points.

Just a friendly reminder that:

- all attendees should be checked in via the QR code and hand sanitize on arrival. Parents should check in all their athletes with their age managers and then check in for a duty if rostered on.
- U6 parents are to assist with equipment set up
- athletes who are wearing spikes in the U11+ age group should remove their spikes in between events
- athletes must wear their current 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 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 **Anyone found on the oval without an exemption will be asked to watch from behind the fence.**

PARENT DUTIES

Thank you to those parents who have been attending to their duty so far this season. **Unfortunately, there are some parents who have not checked in for their duty despite their children participating on Friday evenings. As clearly stated during the registration process, parents are required to fulfill at least one official duty every three weeks of our program. If you miss a duty for whatever reason, it is expected that you make up for the duty upon your return as other families have to fill in to ensure the program runs smoothly.**

As much as we do not wish for children to miss out through no fault of their own, athletes of parents who have not fulfilled their duty run the risk of not having their child's results recorded.

Parents signed up for Program 1 duties below please check in for your duty near the changerooms before 5:40pm. Duty roster officials will be walking around the oval to ensure parents have arrived for their duty.

Duty Roster Facilitator	Libby Cuza Olivia Dixon	
Equipment set up/Pack away	Moira Daniels David Lawson Oliver Manulutac U6 parents	
Change Room COVID	Olivia Solomon	
Uniform/Clubhouse Assistance	Peeyush Gautam	
Long Jump	Sion Queenan Catherine Jennings Micheline Assaf 1 helper needed	
High Jump	Kay De Sacadura Virginia Moresi Edward Muna Simon Blair	
Shot Put	Suzanne McPherson Natasha Doherty 1 or 2 helpers needed	
Discus	Leigh Hughes Jennifer Manuel Samantha Odbert 1 helper needed	
Track starters	Graham Hobbs William Darby William Boyle Andrew Russell Terry Morrison	200/400m Track Hurdles Outer Track Straight Track Standby helper
Track Officials	Claire West Helper required Trent Thomas Shannon Whitely	200m/400m Hurdles Track Straight Track Outer Track

Timing gate operators	Jeetu Swain Natalie Hanlon Pratibha Bhatia Tyronne Mitchell Emily Goldstiver Thirumalai Kumar Shilpi Sehgal Murugecon Rajkumar	Hurdles Track Hurdles Track 200m/400m Track 200m/400m Track Straight Track Straight Track Outer Track Outer Track
Canteen	Michele Carpenter Shiona Braithwaite Wenting Shi Ena Song	
Barbecue	Ivan Zavoznogite	

If you are not available on Friday, please contact Amanda Kely on 0490 735 242 ASAP.

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.

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

Only athletes who have purchased a bandanna (which they must have with them) or made a donation (and a wristband is issued) may participate in a fun race which will take part throughout the program (Age Managers will have details).

Some useful links related to National Bandanna Day can be found below:

[CLICK HERE TO VIEW BANDANNA DESIGNS](#)

[CLICK HERE FOR JOSH'S STORY](#)

[CLICK HERE FOR GEORGIA'S STORY](#)

[CLICK HERE FOR HOW TO STYLE BANDANNAS](#) – Justine Wallis will also be helping to tie up the bandannas and style them on the night!

INCLEMENT WEATHER ANNOUNCEMENTS

If Friday night competition is cancelled for any reason the Club will make its best efforts to notify members via:

- an email to members
- a notification on the Club's website www.cherrybrookathletics.org.au
- a post on the Cherrybrook Little Athletics Facebook page.

If a call to cancel a program is made after 5.30pm on Fridays, it will not always be possible for the Club to post notifications. We appreciate your understanding.

COLOURED PATCH ACHIEVEMENT AWARDS

Thank you to those athletes who submitted their coloured patch recording sheets last week. The coloured patch recipients will be published in next week's newsletter and available for collection via age managers next Friday.

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.

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.

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. The Club is still seeking a Canteen Coordinator. Please contact Sandra on 0402 099 206 if you would like to learn more about this role.

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.

LOST PROPERTY

Lost property will be advertised on the Cherrybrook Little Athletics Facebook page each week and can be collected from the canteen on Friday nights from 5.45pm to 6.30pm. Lost property will only be held for 4 weeks before being discarded.

SENIOR COMPETITION FOR DUAL ATHLETES

Nepean Interclub Competition

Congratulations to our dual athletes who competed at the Bankstown Interclub senior competition last Saturday. Despite very wet and cold conditions, our athletes produced some strong performances, including a national qualifier for Joel Moresi (U12) in the 800m.

Robbie Cullen	800m (2:26.45), Triple Jump (11.74m) PB, Javelin (42.52m)
Xavier Hennessey	Triple Jump (10.49m), Javelin (16.94m)
Anna Kely	Javelin (37.28m)
Joel Moresi	800m (2:19.38) - a massive 5 second PB and U14 national qualifier.

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

Upcoming Meets:

Senior Club Championships – 7th November @ SOPAC.

Athletes that have nominated will be notified by early next week if they have gained selection.

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 COVID 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.

UPCOMING DATES

30 th October	Cherrybrook Competition/Bandanna night	Greenway Oval
31 st October	Sutherland Inter Club (Duals)	Sylvania Waters
7 th November	Club Championships	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

SPONSORS

Thank you to our sponsors:

- **Bakers Delight Cherrybrook**
32 Cherrybrook Shopping Village, Shepherds Drive, Cherrybrook.
- **Coles** who sponsor Little Athletics nationally and provide us with our weekly bananas.
- **Hunter Pacific Ceiling Fans** who sponsor our Friday night coaching program.

Cherrybrook Athletics Committee