

# CHERRYBROOK LITTLE ATHLETICS

**Thursday 5 November 2020**

It was certainly touch and go as to whether we would be able to proceed with our Friday night competition last week with the works being undertaken at Greenway oval. Thankfully the crane and temporary fencing were able to be moved in time so we could undertake our full program of events.

Congratulations to **Joel Moresi** who set his second record for the season in the U12 High Jump last week with a massive leap of 1.56m!

This Friday night we will be running **Program 2** which may be viewed [here](#) and on our Facebook page.

As the Club Championships are on this Saturday and a number of our dual athletes are competing, some of the older groups' Age Managers will be absent this Friday. It would be greatly appreciated if some parents who are not rostered on for duty this week, could please help out with the U15 – U17 boys and girls age groups.

This Friday both the main entry to the oval near the amenities building and the entry at the top of the stairs from the bottom car park will be open from 5.15pm. Please ensure you only enter the oval by one of these entry points. **Athletes without a parent at the gate entry will not be permitted on site until their parent joins them.** Parents please do not drop your children before parking the car.

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 and parents should check before crossing the tracks to ensure no races are taking place and peoples' safety is not compromised.
- 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](mailto: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. **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 parents have to fill in to ensure the program runs smoothly.** 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 2 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.

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

Duty	Parent/Guardian	
Duty Roster	Joanne Pajkowska Suzanne Haskins	
Equipment	Michael Bentley Leif Svensson U6 parents	
COVID	Michelle Honor Allison Thomson	
Uniform/Canteen	Julie Aydin	
Long Jump/Triple Jump	Jade Solomons Xiax Yan Huang John / Tinara Eagles	
High Jump	Dolores/Rob McCrostie Philip Austin Lyndal /Justin Moir Fabian Matuszewicz Candy Li	
Shot Put	Adele Durheim Jennifer Vercoe Terry Morrison	
Discus	Enzie Coppolelli Supriti Chandra Sadhasivam Palani Gurjot Rai Anusha Sahasvia	
Track starters	Magesh Venkatesan William Darby Milla Krivozhnya Regina Bunn Graham Hobbs	200/400m Track Hurdles Outer Track Straight Track Standby Starter

Track officials	Meera Kumeran-Ingram	200m/400m Track
	Melanie Naidoo	Hurdles Track
	Daven Timms	Straight Track
	Natasha Bennet	Outer Track
Timing gates	Sarah Leivesley	Hurdles Track
	Need 1 Helper	Hurdles Track
	Anita/Michael Cox	200m/400m Track
	Emily Robertson	200m/400m Track
	Emily Goldstiver	Straight Track
	Andrew Russell	Straight Track
	Ivy Graham	Outer Track
	David Lawson	Outer Track
Canteen	Donna Pellarini	
	Bec Evans	
	Shen Shen Zao	
Barbecue	Terry Olsen	
	Vibhor Sethi	

**All parents not rostered on for a duty should be actively involved in assisting the Age Managers** whether that is supervising the group, assisting with games between events when there is waiting time, facilitating athletes getting to know one another, taking groups to the toilets or to the canteen for bananas.

At field events, parents should assist with marshalling athletes, recording results, measuring, marking jumps and throws, encouraging athletes and where possible, listening to coaches and officials to learn the rules of competition.

At track events, parents should be assisting marshalling athletes into heats, assisting as race judges where required, assisting where needed with double timing and helping at the end of the race.

No parent on the oval should regard themselves as spectators. Cherrybrook Little Athletics is run by the parents for our athletes.

## **VOLUNTEERS NEEDED**

### **CANTEEN COORDINATOR**

Communicating canteen supplies needed to the purchasing officer, facilitating the canteen roster, coordinating the running of the canteen and barbecue. This could be a shared job - please contact Sandra Moore on 0402 099 206 to volunteer or to learn more.

## NATIONAL BANDANNA DAY

Thank you to Justine Wallis and the charity night sub-committee members for their fantastic efforts coordinating and running National Bandanna Day over the past fortnight. \$735 was raised through the sale of bandannas and donations and this money will go directly to Canteen to support young people affected by cancer.

Thank you also to World Championship 400m hurdler Sara Klein and National sprint hurdler Emily Britton for assisting in running the novelty event last Friday.

## COLOURED PATCH ACHIEVEMENT AWARDS

Congratulations to the following athletes who have been awarded their colour patches:

### Yellow

Siena Cuza (U8G), Jett Cuza (U10B)

### Green

Jett Cuza (U10B)

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 fill 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.

## PHOTO COMPETITION

Until Tuesday 17<sup>th</sup> November, members that shop at **Bakers Delight Cherrybrook** can take a photo with their purchase in front of store, to go in the running for a free sausage sandwich on Friday night (one for each athlete in the photo – a maximum of 5 athletes in a photo). Athletes in Club uniform will gain extra points in the competition. The photos should be emailed to [Nickyjenneke219@gmail.com](mailto:Nickyjenneke219@gmail.com) with the subject 'Bakers Delight competition' by 7pm on Tuesday 17<sup>th</sup> November. Good luck, be creative and happy snapping!

## FRIDAY NIGHT PHOTOS

Any members including Age Managers that take photos on Friday nights, could you please send them to [Nickyjenneke219@gmail.com](mailto:Nickyjenneke219@gmail.com) with the subject 'Photo'. Photos sent via email will be posted on our Facebook page.

Please do not text photos to Nicky on a Friday night as it drains her phone battery. Thank you to those that sent photos last week.

## CHERRYBROOK RELAY NIGHT

Friday 20<sup>th</sup> November will be the first of our Cherrybrook Little Athletics Club Championship events. More details in next weeks' newsletter.

## SENIOR COMPETITION FOR DUAL ATHLETES

### Sutherland Interclub Competition

Congratulations to **Anna Kely** on a National qualifier in the 3kg Shot Put with a throw of 13.09m.

Good luck to our athletes who are representing Cherrybrook at the Club Championships this Saturday at Homebush.

### Upcoming Meets:

**Sunday 15<sup>th</sup> November** @ Kerryn McCann Athletics Centre, Wollongong

Events: 100m, 200m, 400m, Sprint Hurdles, 800m, Triple Jump, Javelin.

Entries close Wednesday 11<sup>th</sup> November @ 10am

For more details please visit <https://www.nswathletics.org.au/events/79958/&cat=2698&f=list>

## 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](http://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.

## COVID COMPLIANCE REMINDERS

- All non-athletes must keep at least 1.5m from all non-family members at all times.
- Attendees are not to use the bubblers or refill bottles at the water station.
- Payment at the canteen should be done electronically or by exact cash.
- Equipment should not be used by age groups not scheduled on that activity.
- Equipment at all field events must be wiped down between each age group.
- Gloves should be worn when setting up or cleaning equipment.
- Pens, computers etc that are shared, must be sanitised between users
- Paper should not be shared between people and should only be handled by a second party with the use of gloves.

The Cherrybrook Athletics COVID plan is available to view at <https://www.cherrybrookathletics.org.au/wp-content/uploads/2020/08/CLAC-COVID-19-PLAN-as-at-22nd-August.pdf>

## 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.**

## 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.

## UNCOLLECTED ITEMS

Any athletes wishing to pick up uncollected items please make an appointment with Nicky on 0448407716.

## UPCOMING DATES

6 <sup>h</sup> November	Cherrybrook Club competition	Greenway Oval
7 November	Club Championships	SOPAC
13 November	Little Athletics Club competition	Greenway Oval
15 November	Warren Mossman Gala Day	St Marys
20 November	Little Athletics Club Relay Champs	Greenway Oval
4 - 6 December	NSW ALL Schools Championships	SOPAC

## SPONSORS

Thank you to our sponsors:

- **Bakers Delight Cherrybrook**
- **Coles**
- **Hunter Pacific Ceiling Fans**

*Cherrybrook Athletics Committee*