

# CHERRYBROOK LITTLE ATHLETICS

**Thursday 12 November 2020**

The weather conditions last Friday were certainly favourable as 4 athletes set new records and over 400 personal bests were achieved! Congratulations to **Valentina Kuruc** (U14) and **Mia Stewart** (U12) who broke their own 1500m walk records, **Joel Moresi** (U12) who broke his 80m Hurdles record and **Caitlin Russell** (U13) who broke the 200m record.

This Friday night we will be running **Program 3** which may be viewed [here](#) and on our Facebook page. U14 - U17 Javelin starts at 5:15pm between the discus cages.

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 **5.00pm**. 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
- 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 official duty. **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 3 duties below please check in for your duty near the changerooms before 5:40pm. U6 parents and equipment helpers please arrive from 5:15pm to set up the oval.**

Duty roster officials will be walking around the oval to ensure parents are at the correct location. Please remain at your duty until all events at your location are complete .

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

Duty Roster Facilitator		<b>Libby Cuza, Olivia Dixon</b>
Equipment		<b>Lisa Li, Chan (Katrina) Wang, Noah Alkhateeb, U6 parents</b>
Amenities - COVID		<b>Wendy Jiang</b>
Uniform / Clubhouse / Canteen		<b>Wendy Jiang</b>
Long Jump		<b>Kelly Devine, Sanders Chopra, Carolyn Vanderklauw, Maureen Omage</b>
High Jump		<b>Zhengbin Yan, Huiqin Wang, Natasha Basic, Sonia Sehli, Sonia Wiberg</b>
Shot Put		<b>Chris Shannon, Pooja Maini</b>
Discus		<b>Joanne Pajkowska, Roberta Wansey, Paul Fitzgerald, Anne Afeaki</b>
Track starters	Straight	<b>Andrew Russell</b>
	Hurdles	<b>William Darby</b>
	200/400	<b>Graham Hobbs</b>
	Outer	<b>Rodney Clark</b>
Track Officials	Straight	<b>Keith Cheng</b>
	Hurdles	<b>Shamika Ekanayake</b>
	200/400	<b>Marie Ricafort</b>
	Outer	<b>Kate Carswell</b>
Timing gate operators	Straight	<b>Henry Tang, Dennis Orpilla</b>
	Hurdles	<b>Karen Mitchell, Karen Taylor Gurney</b>
	200/400	<b>Margherita Giufre, Karim Burkhardt</b>
	Outer	<b>Erin Mansell, Andrew Gulczynski</b>
Canteen		<b>Nadia Zaiter, Christine Gillies, Samantha Johnson, Zen Wijeyesinghe (February)</b>
Barbecue		<b>Kalinga Katpodi K, Jyoti/Prasoon Roy</b>
Canteen Purchasing Officer		<b>Valerie Liao</b>

**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.

## **COLOURED PATCH ACHIEVEMENT AWARDS**

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

### **Yellow**

Ethan Li (U7B), Imogen Connell (U8G), Lachlan Vercoe (U8B), Ashleigh Mansell (U9G), Serena Li (U10G), Sian Stewart (U10G), Mia Stewart (U12G), Heidi Vercoe (U11G), Jenaya Lubrano (U12G), Ruby Semaganda (U12G), Zoe Connell (U12G), James Lubrano (U13B)

### **Green**

Ethan Li, Imogen Connell, Lachlan Vercoe, Serena Li, Sian Stewart, Mia Stewart, Heidi Vercoe

### **Red**

Imogen Connell & Lachlan Vercoe

## **VIDEO OPPORTUNITY FOR ONE ATHLETICS**

This Friday night at approximately 5.30pm we will be filming a few short promotion videos for One Athletics. Any athletes that would like to be in the background for one of these videos, please arrive at the oval by 5:25pm this Friday night and after using the QR code, assemble on the oval near the bubbler.

## **NATIONAL BANDANNA DAY**

Thank you again to Justine Wallis and the charity night sub-committee members for their efforts coordinating and running National Bandanna Day which raised \$736. If members would like to make a donation, please visit [www.bandannaday.org.au/fundraiser/cherrybrooklittleathleticsclub](http://www.bandannaday.org.au/fundraiser/cherrybrooklittleathleticsclub)

## **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.

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.

## **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 for \$3.50 or \$5.00 with a drink.**

## **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.

## **SENIOR COMPETITION FOR DUAL ATHLETES**

### **Club Championships (U18 division)**

Congratulations to all our dual athletes that represented Cherrybrook last Saturday at the Club Championships - **Marco Boccaletti, Isaac Cheng, Robbie Cullen, Daniel de Sacadura, Corey Dewar, Lachlan Dewar, Isabella Fisher, Xavier Hennessey, Anna Kely, Ethan Lee, Lachlan Lee, Joel Moresi, Olivia Moresi, Jono Reid and Tara Webb.**

Special congratulations to **Anna Kely** who threw another PB of 13.48m in the shot put which has earned her a world ranking of 187<sup>th</sup> in the U18 division! Well done Anna!

### **Upcoming Meets:**

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

## **CHERRYBROOK RELAY NIGHT – Friday 20<sup>th</sup> November**

The Clubs Championship relay night is for all athletes in the U6 - U17 age groups. U6 and U7 athletes will compete in 4 events. U8 - U17 athletes will choose 5 from a possible 8 events.

- Team selections will take place on the night, with age groups being divided into Championship teams and Participation teams. All teams achieve age group points
- Championship Teams will receive place tokens and age group points.
- Participation teams will receive group points
- Group points are awarded for all places in all events except for the 4 x 200m and Novelty relay which will receive participation points because they are a mixed age and gender relay.

- Place tokens will be awarded in all relays except for the Novelty event.
- The age group with the highest overall point score will be declared the overall winning team and the whole age group will receive a certificate.
- No teams will be pre-selected. All teams will be determined on the night during the team meeting at the age groups designated home base.
- On arrival at the oval, all athletes will assemble as usual and listen to some quick messages. The age managers will then lead their age group to their home base.
- At home base, Age Managers will allocate parent duties (parents can assist an age group for half the night and undertake an allocated duty for the other half). U6 - U8 parents will assist their youngest child's age group and U9 - U17 parents will assist their eldest child's age group.
- Age Managers will also make team selections.
- The night will be run under COVID guidelines and no batons will be used.

### **Schedule:**

5:40pm - Please arrive and have all athletes checked in with their Age Managers

5:45pm - Announcements

5:50pm - Age groups to assemble at their home bases and organise parent duties, teams, etc

6:20pm - Event 1 and meet at home base

6:40pm - Event 2 and meet at home base

7:00pm - Event 3 and meet at home base

7:20pm - Event 4 and meet at home base

7:40pm - Event 5 and pack up

**War cry cheer offs** – will take place at the Novelty event

### **Relay events:**

U6 and U7: Everyone competes in the 100m, Long Jump, Shot Put and Novelty relay

Everyone will compete in the 100m and Novelty relay and will then have a choice between Hurdles or 400m, Long Jump or Discus, High Jump or Shot Put.

High Jump and Discus only have a championship team, no participation team.

### **Relay and result details:**

In each time slot, 2 age groups and genders will compete against one another. For example U6B, U6G, U7B and U7G will all compete against one another as will

100m relay will be run as an age group handicapped shuttle relays.

400m relay will be a mixed age and gender shuttle relay

All field events and hurdles will be based on average times or distances (calculating the total time or distance and dividing it by the number of athletes that competed). The average time and distance will then have a handicap applied to obtain the result and places

## **Age Managers**

All Age Managers will be required on the night please and will receive an email with further information next week.

Each Age Manager, other than U6 will need to allocate one parent to remain at home base and 2 parent helpers to go around with the group (1 with each age manager)

All other parents are to be either placed on a duty (you will be provided with your age group's duty) or sent to the duty table.

## **UPCOMING DATES**

13 <sup>th</sup> November	Little Athletics Club competition	Greenway Oval
15 <sup>th</sup> November	Warren Mossman Gala Day	St Marys
20 <sup>th</sup> November	Little Athletics Club Relay Champs	Greenway Oval
27 <sup>th</sup> November	Little Athletics Club competition	Greenway Oval
4 <sup>th</sup> - 6 <sup>th</sup> December	NSW ALL Schools Championships	SOPAC
20 <sup>th</sup> - 21 <sup>st</sup> March	LANSW U9 – U12 State Championships	SOPAC
27 <sup>th</sup> - 28 <sup>th</sup> March	LANSW U13 – U17 State Championships	SOPAC

## **SPONSORS**

Thank you to our sponsors:

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

*Cherrybrook Athletics Committee*