

CHERRYBROOK LITTLE ATHLETICS

Thursday 3 December 2020

This Friday 4th December we will be running [Program 2](#) with gates being open from 5:15pm.

Due to All Schools, several key Committee members and Age Managers will be absent this week. If you are able to arrive early, extra assistance would be appreciated from 5.30pm to set up the oval (please wear gloves provided)

From Monday 7th December, as part of the NSW Government roll-back on COVID restrictions, our 500 person restrictions will be significantly eased. Whilst we still await confirmation from LANSW it is anticipated that on Friday 11th December, we will be able to lift the one parent per family rule, with more lifting of restrictions expected to follow. For this Friday however, there are no immediate major changes to our COVID restrictions.

PARENT DUTY ROSTER

The following parents are required for duty this Friday please:

Duty Roster Facilitator		Joanne Pajkowska, Suzanne Haskins
Equipment		Michael Bentley, Leif Svensson, U6 parents
Amenities - COVID		Allison Thomson
Clubhouse Assistant		Julie Aydin
Long Jump		Jade Solomons, Xiao Yan (Yalin) Huang, John / Tinara Eagles
High Jump		Dolores/Rob McCrostie, Philip Austin, Lyndal /Justin Moir, Fabian Matuszewicz, Cathy Li
Shot Put		Adele Durheim, Jennifer Vercoe, Terry Morrison
Discus		Enzie Coppolelli, Supriti Chandra, Sadhasivam Palani, Gurjot Rai, Nisha/Dilan Oponso
Track starters	Straight	Regina Bunn
	Hurdles	William Darby
	200/400	Magesh Venkatesan
	Outer	Milla Krivozhnya
Track Officials	Straight	Daven Timms
	Hurdles	Melanie Naidoo
	200/400	Meera Kumeran-Ingram
	Outer	Natasha Bennett
Timing gate operators	Straight	Henry Tang, Andrew Russell
	Hurdles	Sarah Leivesley, Kelvin Wheat
	200/400	Anita/Michael Cox, Emily Robertson/Daniel Benson
	Outer	Ivy Graham, David Lawson
Canteen		Donna Pellarini, Bec Evans, Shen Shen Zhao
Barbecue		Terry Olsen, Vibhor Sethi

If you are rostered on for a track or field duty and are unable to attend tomorrow evening, please contact Amanda Kely on 0490 535 242. If you are rostered on for canteen duty and are unable to attend, please contact Sandra Moore on 0402 099 206.

GOOD LUCK

Good luck to our dual athletes competing at the ACPE All School Championships at SOPAC from Thursday 3rd to Sunday 6th December.

NEW SPONSOR

We would like to thank and welcome our latest sponsor **3Monkeez** to Cherrybrook Athletics. 3Monkeez is a member-owned business and will be supporting both our Little Athletics and Senior Club. Check out their website <https://3monkeez.com.au/>
Your support of our sponsors is appreciated.

NEW EQUIPMENT

Thank you to 3Monkeez for manufacturing and donating 2 new hurdles trolleys and 4 new junior long jump frames to the Club, as well as supplying the Club's hand sanitising needs.

Arriving this week are two new High Jump top mats from the Coles equipment grant awarded earlier in the year.

HOW TO QUALIFY FOR LANSW STATE CHAMPIONSHIPS

The State Championships will take place on 20th - 21st March 2021 for the U9 - U12 age groups, and 27th - 28th March 2021 for the U13 - U17 age groups.

These are the steps to qualify for the U9 - U12 age groups:

1. Be ranked in the top 6 athletes for an event at Cherrybrook for your age group AND achieve the minimum Region 5 nomination standard (available on our Cherrybrook Little Athletics Facebook page). Standards must be achieved within the 2020/2021 season and can be achieved at Club or Gala days within our region.

(The nomination process will be out soon; athletes will be limited to nominating for 4 events)

2. Athletes will receive notification by 15th January 2021 if their nomination has been successful.
3. If selected, athletes will be required to compete at the Region 5 State qualification meet at Narrabeen on 6th - 7th February 2021.
4. State Selection will take place from the results achieved at the Qualifying meet. It is likely (but not confirmed) that first place from each region plus the next best results will proceed to State.

For the U13 – U17 Age groups, athletes that achieve the State minimum nomination standard will be eligible to nominate for a place at state. The nomination standards are not yet available. The nomination period is anticipated to be from mid-January to late February. More details will be communicated to members once available.

As more details become available, they will be communicated to our members. Our advice is for athletes to do their absolute best over the next 3 weeks in any events they wish to contest at the Regional qualification meet and State.

STATE QUALIFYING INFORMATION MEETING

Meetings will be held under the awning outside the canteen on Wednesday 9th December at 5.15pm and again at 6.15pm to better explain the State pathway for this season. Any interested parents or athletes are welcome to attend.

ADDITIONAL 800M + 1500M RACES

On Friday 11th December, additional distance races will be added to the start of Program 3 to give more opportunity to athletes attempting to achieve or improve on a nomination standard for the Region 5 Qualifying Meet.

These additional events are for attempted qualification only and will not accrue any season points or be counted towards club records.

5.30pm: 1500m - U11 and U12 age groups

5.45pm: 800m - U9 and U10 age groups

GENERAL REMINDERS

- Please enter and register using the QR codes at the top of the main carpark or top of the stairs from the bottom carpark. We encourage everyone to use the hand sanitiser provided at each gate.
- PARENTS MUST SIGN IN ATHLETES. Any athlete without a parent present will not be permitted on site until a parent joins them.
- Remember to look before crossing track/field events, and athletes please note that spikes are not to be worn between events.

For COVID hygiene, please:

- Do not use the bubblers on site, and use hand sanitiser before and after using the toilet facilities
- Use electronic payment, or exact cash only, at the canteen – no change will be given

To remain within the 500 people maximum allowed on Friday nights, only one parent per family may attend. Anyone without an exemption will be asked to watch from behind the fence.

CANTEEN CO-ORDINATOR NEEDED

The role involves communicating what canteen supplies are needed to the purchasing officer and co-ordinating the running of the canteen and barbecue, including the roster, and **could be a shared job**. Please contact Sandra Moore on 0402 099 206 to volunteer or to learn more.

UNIFORM SHOP

[Uniforms](#) should be pre ordered and then collected on a Friday night from 5.45pm to 6.15pm. Please contact Julie Semaganda to arrange collection on 0421 002 991

SENIOR COMPETITION FOR DUAL ATHLETES

Upcoming Meets:

Campbelltown Interclub – Saturday 12th December. Entries close 10th December.

For meet details and to enter visit [here](#)

Dual Results

Illawong High Velocity meet results

Viktorija Calusic - High Jump (1.68m PB + NQ)

Sarah-anne Koot - 80m Hurdles (12.71 PB + NQ)

Teddy Hampton - High Jump (1.40m)

UPCOMING DATES

December 3-6:	NSW ALL Schools Championships	SOPAC
December 4:	Little Athletics Club competition	Greenway Oval
December 18:	Cherrybrook Ribbon Night Champs tbc.	Greenway Oval
March 20-21:	LANSW U9 – U12 State Championships	SOPAC
March 27-28:	LANSW U13 – U17 State Championships	SOPAC

OUR SPONSORS

3Monkeez supporting the Club with equipment and awards

Bakers Delight Cherrybrook supporting our canteen and BBQ

Coles, LA's National sponsor supplying us with our Friday night bananas

Hunter Pacific Ceiling Fans who support our Friday night coaching program

Cherrybrook Athletics Committee