

# CHERRYBROOK LITTLE ATHLETICS

## Thursday 17 December 2020

It was wonderful to see so many family and friends at Little Athletics last Friday. Welcome back everyone and thank you for social distancing, hand sanitising and keeping our sport COVID-safe.

This Friday, 18th December, will be the last competition night of the year. We will be running a modified program for all age groups but which is designed to give our U9 – U12 athletes their last Club-based opportunity to attain or improve on a standard to nominate for the Region 5 state qualifying meet.

The modified program will accrue both attendance, PB and performance points, with the exception of the Invitational events. Results can be used towards coloured patches and records.

The modified program is available on the [Club's website](#) and Cherrybrook Little Athletics Facebook page.

These Invitational events will also be run on Friday night:

5.15pm	U11 + U12	1100m + 1500m Walk <b>OR</b>
5.35pm	U11 + U12	1500m Run
5.35pm	U13 to U17	400m

All athletes wishing to compete in Invitational events should marshal at the building site side of the 400m finish line at least 5 minutes before the start time.

### **THIS WEEK'S PARENT DUTIES**

Due to the modified program, we are asking ALL parents to please pitch in and help out this week. Please check in with the duty desk at the start of the night to be allocated a duty, and those who arrive early are also asked to assist with setting up. If everyone does their little bit, it will help a lot!

### **RECORDS BROKEN**

Congratulations to the following athletes for achieving records in the past few weeks:

**Liam Lawson** U8B 70m 11:71, and 100m 16:37

**Caitlin Russell** U13G 200m 28:13

**James Hanlon** U15B 100m 11:94 and 200m 24:96

**Marco Boccaletti** U13B 200m Hurdles 30:06

**Joel Moresi** U12B 400m 1:03:00

### **U6 – U8 FANCY DRESS**

This Friday U6 – U8 age group athletes are invited to compete in fancy dress – they can come dressed as anything such as their favourite movie or book character, a super hero or sports personality, in Christmas theme, or even just wear a fun pair pf socks. Athletes will NOT need to wear their registration patches, and will instead have a sticker with their number placed on their top at the start of the night. The only rule is athletes must wear suitable clothes to compete in and sports shoes as usual. For safety, athletes wearing items that may fall off (eg hats) should take them off while competing, along with capes longer than knee-length. All U6 – U8 athletes in fancy dress will receive a free Zooper Dooper at the canteen at the end of the night.

## KEEPING COVID-SAFE

A reminder that under the NSW Government roll-back of restrictions, we have now increased our numbers and athletes are permitted up to 6 spectators. With the increased numbers we ask that those spectators not actively involved in a duty or assisting an age group to please watch from behind the fence, or from the hill, to avoid crowding on the oval and around events. And please remember to look out when crossing track and field events, and do not stand on the track at any time.

Other COVID safety measures still apply including:

- 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.
- Do not use the bubblers on site, and use hand sanitiser before and after using the toilet facilities

## LOST PROPERTY

Lost property is advertised on our Facebook page and can be collected from the canteen window between 5.30pm – 6.30pm. If you think you have misplaced anything at Athletics, you can also text Nicky Jenneke on 0448407716 to enquire.

## REGION 5 NOMINATIONS DUE THIS FRIDAY

Nomination forms for the Region 5 State Qualification Meet on Feb 6<sup>th</sup> – 7<sup>th</sup> close this Friday 18<sup>th</sup> December and should be emailed to [ayjay1@hotmail.com](mailto:ayjay1@hotmail.com) by 8.30pm that night. Forms can also be placed in the Nomination Box near the canteen before the end of competition (ie before 8.30pm) on Friday. In the event that Friday competition is cancelled, the Club Room will be open to accept nominations from 5.30pm to 6.30pm.

Athletes must achieve the nomination standard to submit a nomination form. Athletes who gain or improve their nomination standard can email their updated results to [ayjay1@hotmail.com](mailto:ayjay1@hotmail.com) to be added to their nomination. Nomination forms are NOT a guarantee of entry to the Region 5 State Qualifying meet, it is only a nomination.

## HOW TO QUALIFY FOR LANSW STATE CHAMPIONSHIPS

The State Championships will take place on 20<sup>th</sup> – 21<sup>st</sup> March 2021 for the U9 – U12 age groups, and 27<sup>th</sup> – 28<sup>th</sup> 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 or invitational events within our region.

2. Complete a nomination form available on the Club's website. Nomination forms to be submitted in person or by email by the close of competition this Friday 18<sup>th</sup> December.

Updated PBs from the MWAC meet on Saturday must be submitted via email to [ayjay1@hotmail.com](mailto:ayjay1@hotmail.com) by 7.30pm on 19/12/2020.

3. Athletes will receive notification by 15<sup>th</sup> January 2021 if their nomination has been successful.

4. If selected, athletes will be required to compete at the Region 5 State qualification meet at Narrabeen on 6<sup>th</sup> – 7<sup>th</sup> February 2021.

5. 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. However it may just be the top 16 or 24 results from the Region.

For the U13 – U17 Age groups, athletes who 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.

There will be a Nomination Table set up on Friday night near the canteen for members to make enquiries.

## **MWAC 2<sup>nd</sup> INVITATION MEET**

Manly Warringah Little Athletics Centre invites U9 to U12 athletes of centres in Region 5 to participate in Open competition at the Narrabeen Sports Academy, Narrabeen on **Saturday 19<sup>th</sup> December 2020**. This will allow those athletes the opportunity to record their best time and/or distance for potential qualification for the Regional competition to be held in February 2021.

To participate, all athletes will need to pre-register as visitors **on or before 5pm on the Thursday before competition**. Register online [here](#)

The program of events can be viewed at [Manly Warringah Little Athletics Centre \(mwlac.org.au\)](http://Manly Warringah Little Athletics Centre (mwlac.org.au))

- Cost for a visitor will be free on each day
- If numbers exceed 20 per age group MWAC reserves the right to cap numbers to ensure age managers are not overwhelmed
- Pre-registered athletes will be up-loaded into the MWAC results system so each day's results will be accessible by the athlete and their Centre after competition
- MWAC reserves the right to close registration early, change conditions of entry and/or delay entry at the gate if it reasonably believes numbers will exceed COVID-19 restrictions
- Saturday 19<sup>th</sup> December will be the usual MWAC program for that Saturday which can be accessed via their website
- Due to the easing of COVID-19 restrictions, all age groups will start at 7.30am but it is recommended that visitors arrive at least 30 minutes earlier to complete the visitor registration
- Parents of athletes participating must be willing to assist with an allocated duty to assist with the running of the competition
- We reserve the right to exclude a visitor if a parent fails or refuses to do a duty in the previous week

## **CHANGE TO DUTY ROSTER FROM 8<sup>TH</sup> JANUARY 2021**

From January 8<sup>th</sup> while all duties will remain the same as currently rostered, U6 Parents will be asked to take on a more specific role within the group. Parents with their youngest child participating athlete in the U10 – U13 age group will also be allocated a 2<sup>nd</sup> rostered duty for the 2021 part of the season, to ensure we have enough officials at each event area.

## COLOURED PATCH AWARDS

Congratulation to our athletes who receive their Coloured patches this week.

**Yellow** – Max Penn (U9B), Oliver Penn (U9B), James Dunstan (U9B), Mia Graham (U10G), Neil Maini (U11B), Ruby Penn (U11G), Jethro Penn (U13B), Jack Carswell (U13B), Harley Grace (U13B)

**Green** - Oliver Penn (U9B), Neil Maini (U11B), Ruby Penn (U11G), Fergus Cheng (U13B), Jack Carswell (U13B), Harley Grace (U13B)

**Red** - Fergus Cheng (U13B), Harley Grace (U13B)

Coloured patch recording sheets submitted this week will be available to collect in the new year.

## NSW ALL SCHOOLS CHAMPIONSHIPS RESULT CORRECTIONS

Apologies to those athletes whose NSW All School Results were missed or reported incorrectly last newsletter. Here are the correct/missing results:

**Sarah-anne Koots** U13W – 200m (27.47 19<sup>th</sup> PB), Triple Jump 15<sup>th</sup> (not 5<sup>th</sup>)

**Xavier Henessey** U13M – Triple Jump (10.63m 7<sup>th</sup> PB), Long Jump (4.88m 10<sup>th</sup> PB)

**Anna Kely** U16W – GOLD in Shot Put (not Silver) and also qualified for Nationals in Discus

**Daniel De Sacadura** U15M – 4<sup>th</sup> in both the Discus (53.55m) and Javelin (45.56m)

If any results have still been missed or reported incorrectly please text Nicky Jenneke 0448 407 716

## 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

## UPCOMING DATES

December 18:	Modified Program targeted to U9 – 12 age groups Last night of 2020	Greenway Oval
December 19:	MWAC Invitation for Region 5 Nomination improvement	Narrabeen Athletics Track
January 8	First Club night of 2021 Program 1	Greenway Oval
Jan 29 – 31	Canberra Championships (Duals to Opens)	ACT AIS
February 6-7:	Region 5 Qualifying Meet for State Selection	Narrabeen Athletics Track
March 5 – 7:	NSW State Championships (Duals to Opens)	SOPAC
March 20-21:	LANSW U9 – U12 State Championships	SOPAC
March 27-28:	LANSW U13 – U17 State Championships	SOPAC

## **THANK YOU TO OUR SPONSORS**

**3Monkeez** for supporting the Club with equipment and awards

**Bakers Delight Cherrybrook** for 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