

# CHERRYBROOK LITTLE ATHLETICS

**Thursday 7 January 2021**

Happy New Year! We hope you had an enjoyable, and safe, festive season. Friday night competition resumes tomorrow, January 8, with [Program 1](#). Gates open from 5pm, with **Javelin from 5.15pm** for athletes in the U11 + U12 age groups.

Please note:

- All attendees must be registered via QR code on arrival
- All athletes must be checked in with their Age Manager
- All U6 parents are asked to arrive as early as possible to assist with oval set-up
- All parents other than Age Managers are asked to report to the Duty Table to be checked in for a duty – we are asking for 1 parent per family to be actively assisting in some capacity
- For safety we ask that any parents not actively assisting please spectate from behind the fence or on the hill

While every effort will be made to offer athletes a full Program 1, we are aware that some missing line markings may make this difficult – our groundsman has only recently returned from his break and the weather has worked against him getting all the line markings back in. In some cases, the program may need to be modified on the night – we ask for your co-operation and patience. This may also affect opportunities for athletes to break records in some events.

## **PARENT DUTIES – ALL HANDS ON DECK PLEASE!**

With many people still away on summer holiday, we are asking for **at least one parent from each family to be actively involved in a duty this week** – please check in at the Duty Table on arrival.

Please note: Any regular starters or timers who are unable to attend are asked to please contact Amanda Kely on 0490 735 242.

**CONGRATULATIONS** to the following athletes who achieved new records on December 18:

Nisini Rajapaksha Mudiyanse U11G – Discus 29.38

Sarah-anne Koot U14G – 400m 1:03.51

Tara Webb U15G – Long Jump 5.58

## **COVID-19 UPDATE**

We are very mindful that Greater Sydney is still at risk regarding COVID-19 and will continue to strive to provide our athletes and community with a COVID-safe environment. We ask for the co-operation of all attendees in helping us achieve our COVID-safe goals:

- We will return this season with a 3000 maximum oval capacity, with the understanding that all attendees will register on arrival via QR code.
- If you or a member of your household has in the past 14 days been in a hot spot, or in contact with someone suspected of having COVID, or have been unwell with COVID type symptoms, awaiting a COVID test result or have returned from overseas, please do not attend Athletics this Friday.
- Social distancing is encouraged for everyone and is mandatory for all parents and spectating children.
- Indoor space capacity returns to no more than 1 person per 4 square metres.
- All equipment must be wiped down before each age group.
- Generally no sharing of pens, computers, clip boards etc – if this is unavoidable, please use the gloves and wipes available to keep everyone safe.
- Please use hand sanitiser on arrival and regularly throughout the night.
- Please DO NOT use the bubblers.

## U9 – U12 STATE QUALIFICATION

Thank you to the 55 Athletes from our U9 to U12 age groups who have nominated to represent Cherrybrook at the Region 5 State qualifying meet. These nominated athletes will receive notification by January 15<sup>th</sup> if they have gained selection – please ensure that all nominated Athletes are available for February 6<sup>th</sup> and 7<sup>th</sup>.

## U13 – U17 STATE QUALIFICATION

To qualify for State in the U13-U17 age groups, athletes must achieve a minimum nomination standard and then enter via the online portal, with entries open on Monday 18<sup>th</sup> January and closing on February 21<sup>st</sup>.

Nomination Standards can be viewed [here](#) – while these standards are advertised as qualification standards, they do not guarantee selection to State and should be thought of as minimum standards to achieve in order to submit a nomination. Athletes can nominate in up to 4 events and at this stage the best two nominations from each region plus the next eight best nominations from NSW will gain selection to State (subject to COVID restrictions on numbers). The entry portal with more details will be emailed to members within the next week.

## 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.

## COLOURED PATCH AWARDS

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

**Yellow** – Jude Alkhateeb (U7G), Daniel Koot (U9B), Christina Krivozhnye (U9G), Adele Jiang (u10G), Marcus Goldstiver (U11B), Xavier Hennessey (U14B)

**Green** - Jude Alkhateeb (U7G), Daniel Koot (U9B), Christina Krivozhnye (U9G), Marcus Goldstiver (U11B), Xavier Hennessey (U14B)

**Red** - Jude Alkhateeb (U7G), Ashleigh Mansell (U9G), Xavier Hennessey (U14B)

## CANTEEN

The canteen will be open this week, however there will be NO BBQ

## 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 senior competitions can be viewed [here](#). Generally, entries for senior competitions are due by 10am the Wednesday before the event. Senior competitions are available to all Dual Athletes U12 – U17 unless specified otherwise. Registration as a Dual Athlete with Cherrybrook Senior Athletics is free to all U12+ Cherrybrook Little Athletics members.

## UPCOMING DATES

January 8	First Club night of 2021 Program 1	Greenway Oval
January 16 <sup>th</sup>	NSW 1 mile and 60m Championships (Duals + Opens)	North Wollongong
January 23+24	NSW combined Championships	Campbelltown
Jan 29 – 31	Canberra Championships (Duals to Opens)	ACT AIS
February 6-7:	Region 5 Qualifying Meet for State Selection	Narrabeen Athletics Track
February 26 – 28	U17 – U23 NSW Junior State Champs	SOPAC
March 5 – 7:	NSW Open State Championships	SOPAC
March 12-14	U14 – U16 NSW Junior State Championships	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 **and equipment grants**

**Hunter Pacific Ceiling Fans** who support our Friday night coaching program