



Cherrybrook Little Athletics

Thursday 21 January 2021

This Friday night, January 22nd, we are running [Program 3](#). Gates will open from 5pm, with javelin for the U14-U17 age groups starting at 5.15pm.

We also have a **photo opportunity** at 5.35pm at the High Jump to capture some images for Coles of the new high jump top pads, which the Club received thanks to a Coles grant. We would love as many Athletes as possible to be involved in the photo shoot, wearing either full Club uniform or, for those who have one, the Coles T-shirt from last year's TV shoot.

PARENT DUTIES – ALL HANDS ON DECK PLEASE!

- **All U6 parents are asked to arrive as early as possible to assist with oval set-up**
- 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
- Any regular starters or timers/gate operators who are unable to attend are asked to please contact Amanda Kely on 0490 735 242 ASAP
- People usually on Program 3 canteen and BBQ duty are asked to please confirm their availability with Sandra Moore

And a general reminder:

- All attendees must register via QR code on arrival
- All athletes must be checked in with their Age Manager
- For safety, we ask that any parents not actively assisting please spectate from behind the fence or on the hill

SAFETY NOTE for Age Managers, parents and Athletes:

When age groups have two track events one after another, please ensure Athletes have at least 15 minutes break and ensure all Athletes feel rested, and are not still out of breath, when they start their races.

Athletes in the following age groups will require a rest between these events this Friday:

U7s	500m and 70m
U8s	700m and 100m
U9s	400m and 100m
U10s	100m and 80m Hurdles
U11s	100m and 60m Hurdles
U12s	800m and 100m
U13s	100m and 80m Hurdles

CONGRATULATIONS to **Xavier Hennessey** on achieving his Gold Patch, the first this season by any Cherrybrook Athlete. Xavier has had an outstanding season so far achieving his first Gold Patch.

To achieve the Gold Patch, Athletes must perform at a State standard in both Track and Field events. While Xavier's best events are Long Jump and Triple Jump, he has also made huge improvement in sprints and hurdles as well as achieving PBs in all attempted events this season. Well done Xavier.

CONGRATULATIONS to our U9-U12 Athletes who have been selected to compete in the Region 5 Qualifying Meet at Narrabeen on February 6th and 7th – see the full list of **52** selected Athletes [here](#). The Club will soon be contacting selected Athletes to confirm their selection and availability, and to determine their shirt size – please keep your eyes out for these emails and reply as swiftly as possible. Also please note [only Christmas tree spikes](#) may be worn on the Narrabeen track. These are usually available at Kings Sports Store at Sydney Olympic Park Athletics Centre and Rebel Sports.

NOMINATIONS ARE NOW OPEN for U13-U17 STATE QUALIFICATION

To qualify for State in the U13-U17 age groups, Athletes must achieve a minimum nomination standard which can be viewed [here](#) and then nominate via the [online portal](#) – which is now open. Nominations close on 21st February.

Please note: We do advise that Athletes wait until closer to the closing date to give themselves more time to improve their PBs for a better chance at selection. An email will be sent to Athletes in these age groups with more detailed information about how and where you can achieve or better nomination standards. Please see Nicky Jenneke on Friday night or call her on 0448407716 this weekend with any questions.

RECORDS

Club records can only be broken or set if they are validated by an authorised official – if a record is not validated, it will not be verified. All records broken or set during the season will be regarded as CLUB BESTS until validated at the end of the season. Only the Athlete with the Club Best at the end of the season will claim the record. If multiple Athletes break the record for an event, only the Athlete with the best results at the end of the season will be granted the Club Record.

At field events, if an official is not present, please locate one before the throw or jump is performed – an official must be present to witness the record attempt and to validate the measurement, and must sign off on the recording sheet for the result to stand as a Club Record.

At track events for a result to be valid and a new record to stand, the head timekeeper must sign off on the recording sheet. If a track umpire is present at the time of the race, this should be done in consultation with them to ensure the race was run within the rules of competition, that there were no race infringements and that the timing devices worked correctly. Outer track races and any other hand-timed races must be double timed. If an athlete is attempting a record, it is advised that the starter should be alerted so they can also alert the finish line officials.

FRIDAY NIGHT PHOTOS

A reminder that the Club would love to receive Friday night photos including PB photos, action shots, fun photos etc from anyone, but particularly Age Managers and Coaches, by emailing Nickyjenneke219@gmail.com with the subject PHOTOS.

COVID-19 UPDATE

- A reminder that all attendees must 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.
- All equipment must be wiped down before each age group.
- Please use hand sanitiser on arrival and regularly throughout the night.
- Please DO NOT use the bubblers.

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.

CONGRATULATIONS to these Athletes who receive their Colour Patches this week:

Yellow – Jay Lavu (U8B), Anna Wegener (U8G), Chanya De Mel (U9G), Charithu De Mel (U10B), Issac Wegener (U10B), Lucus Basic (U11B)

Green – Ethan Graham (U7B), Jay Lavu (U8B), Anna Wegener (U8G), Charithu De Mel (U10B), Issac Wegener (U10B), Lucus Basic (U11B), James Lubrano (U13B)

Red – Anna Wegener (U8G), Charithu De Mel (U10B)

GOLD - Xavier Hennessey (U14B)

HOW TO RECEIVE YOUR COLOURED PATCHES

1. Fill out the [colour patch recording sheet](#) for the Athlete's age group and follow the instructions on the sheet
2. Bring coloured patch sheet with you on a Friday night and place in the Coloured Patch tray located at the Duty Sign-In Desk at the start of the evening
3. Two weeks after submitting the sheet, the Athlete should be awarded their patches via their Age Manager
4. If an Athlete does not receive their coloured patches, please first ask the Age Manager and then advise Nicky Jenneke on 0448 407 716

CANTEEN

The canteen will be open this week, including BBQ. Please remember to keep 1.5m distancing when queuing and leave the canteen area after you have made your purchase.

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

OUR SPONSORS 3monkeez

"Another Great Idea" captures the essence of what 3monkeez are all about, as a Cherrybrook Family and Australian-owned and operated company 3monkeez combines wisdom and innovation to develop effective product solutions to the plumbing, drainage, catering, building and civil industries. With a huge amount of product in stock they deliver on time, every time, and if what you're after is not a stock line, give them a call and they will manufacture it for you.

DUAL REGISTRATION

All U12-U17 Athletes registered at Little Athletics are entitled to become a Dual Athlete, which enables them to also compete at senior events – giving them more access to competition on synthetic surfaces, as well as access to Athletics NSW competition and Championships. Athletes who register as Dual Athletes by early next week will be able to enter the Mingara Inter-Club on 6th February, which is a great opportunity to achieve better LA's State Nomination Standards and National Qualifiers.

Athletes who wish to compete at the NSW Junior Championships and qualify for Nationals must be registered as a Dual Athlete, which can be done via the [ANSW membership platform](#)

- If you are registered with Cherrybrook Little Athletics Club you have FREE membership with our senior club. When you register, to remove the \$50 fee (which is applicable to athletes not registered with Cherrybrook LAs), enter the Discount Code **DualCAC**
- Senior bibs will be available at your first Seniors event when you check in at the venue

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 aged U12-U17 unless specified otherwise

Mingara Interclub competition on 30th January is highly recommended for Dual Athletes looking to better their Field events nomination entries for LA's State, and looking for track or field National qualifiers for Senior Athletics. Entries close on Wednesday 27th January at 10am. Find out more or register [here](#)

DUAL ATHLETE RESULTS FROM SENIOR COMPETITION

Amy Timms 11:38.73 in the 3000m at the Illawarra Track Challenge

Joseph Ayoade 7.00 and 4th in the U18M 60m in the NSW 60m Championships

WINTER SPORT

Would you like to retain your fitness during winter in a team environment? Pennant Hills Cherrybrook Rugby League Club, in addition to physical contact Rugby League, offers the very popular non-contact Girls Blues Tag. Come and Try Day is Tuesday, 9th February at Greenway Oval #2 from 5pm-6pm – find out more information or register your interest at their [website](#).

UPCOMING DATES

January 15	Club Night Program 2	Greenway Oval
January 16 th	NSW 1 mile and 60m Championships (Duals + Opens)	North Wollongong
January 23+24	NSW combined Championships	Campbelltown
January 30	Mingara Inter Club	Mingara/Central Coast
February 6-7:	Region 5 Qualifying Meet for State Selection	Narrabeen Athletics Track
February 12 – 14	U20 + Open ACT Championships	Canberra / ACT
February 26 – 28	U17 – U23 NSW Junior State Champs	SOPAC
February 26 – 28	U14 – U18 ACT Championships	Canberra / ACT
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

[Hunter Pacific Ceiling Fans](#) who support our Friday night coaching program

[Coles](#) LA's National sponsor supplying us with our Friday night bananas and equipment grants