



Cherrybrook Little Athletics

Thursday 18 March, 2021

This Friday, March 19th is our Colour Patch Night. All families should have received an email explaining how the night works, and the program is available on the [Club's website](#) and Facebook page facebook.com/Cherrybrook-Little-Athletics-106804180667266

- Entry to the Oval will be from 5.30pm from both entry points

PARENT DUTIES

- All parents and Athletes are encouraged to arrive at 5.30pm to finish setting up the Oval
- All parents of U6-U12 Athletes are asked to accompany their children for the night and actively assist at all events where required
- All U13-U17 parents who have not been asked to help at a specific event are asked to see Nicky in the Athlete Zone/ "Home base" after the President's messages
- All parents and athletes are requested to help pack up their last event.

EQUIPMENT PACK UP

U6-U7 parents are not required to pack up, however all other age groups should pack up their last event areas as well as check that the following has been fully packed away:

- U8:** Check Long Jump 2 (junior pits) are packed away
- U9:** Check that all Hurdles are packed away
- U10:** Check all Timing Gates and recording tables are packed away
- U11:** Check Long Jump Pit 2 is packed away
- U12:** Check both Shot Put areas are packed away
- U14-17:** Check that the High Jump and Discus cage areas are packed away

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.**

COLURED PATCH NIGHT

A separate email has gone out to explain how this Friday's Coloured Patch Night will be run (weather permitting). Please take the time to read the information with your Little Athletes.

Important things to know about the night:

- Athletes should be checked in with their Age Managers, but then is it **parents** – and not Age Managers – who are responsible for supervising their own children, with the exception of U6-U7 age group who will go around with Age Managers as usual.
- Members are encouraged to arrive at 5.30pm to assist with Oval set up.
- The [timetable](#) for this event is available on the Club's website and Facebook page.
- The timetable is flexible so that Athletes can choose their own events – please discuss the timetable with your children before arrival to help the night run smoothly.
- Further instructions will be communicated to Athletes and parents on the night.

- No regular points are awarded, however athletes can break records and use results to achieve Coloured Patches.
- Athletes may only have one attempt at any track event and 4 attempts at any throw or horizontal event, and can only compete in one time slot for High Jump.
- If the night is called off due to the weather, this information will be posted on the Club's Website and Facebook page, and will also be emailed to members if time and internet connection permits.

SPECIAL GUESTS THIS FRIDAY

This Friday we will have a few special guests helping as officials. Don't be shy to say "Hi" and get a photo with them:

Nick Andrews is an Australian representative and Olympic hopeful, who will lead our warm-up and start races on the Hurdles track. Nick is the current NSW State Title holder and ranked 2nd in Australia for the 110m Hurdles and is Cherrybrook's fastest senior sprinter.

Julie Charlton is an Australian Para representative in seated throws and also a highly regarded Para coach with several Australian records. Julie will be visiting as a Shot Put official this Friday.

Kailyn Joseph is a regular at Cherrybrook Little Athletics as a coach but is also an Australian representative and Commonwealth Games athlete and Para Olympic hopeful. Kailyn will be officiating at the Long Jump this Friday.

We see **Zac Hayward** each week but just a reminder he has also medalled and represented Australia in High Jump at the Oceania Games. So why not get a photo with the friendly giant at High Jump, where he will be a guest official.

Rob Clarke is an Australian representative master athlete, with world rankings in several throws events. Rob will be an official at our Discus and Javelin. Parents with an interest in Masters Athletics might like to have a chat with in between throws.

GOLD PATCH RECIPIENTS

Congratulations to both **Sarah-anne Koot** (U14) and **Will Austin** (U15) who have both achieved their Gold Patches. Sarah-Ann also achieved her Gold Patch last season and excels in Hurdles, sprints and horizontal jumps. Will demonstrated recently at the State Multi event (where he placed second) why he has achieved his Gold Patch every season since he was in the U10s, congratulations on six years of all-round excellence Will.

CONGRATULATIONS!

Congratulations to **Tayla Moore** for making her first National Qualifiers in Shot Put and Discus and to **Isabella Fisher** for making her first U15 National Qualifiers in the 400m and 800m.

GOOD LUCK

Good Luck to our 17 U9-U12 Athletes who will be competing at State this weekend. We hope you have a weekend full of good sportsmanship, good results and good fun!

LET'S GO TEAM CHERRYBROOK!!!

LITTLES STATE CHAMPIONSHIPS

The LANSW Littles State Championships for U9-U12 Athletes will be held this weekend, March 20-21, at Sydney Olympic Park. All State U9-U12 Athletes should now have received details from the association regarding ticket purchases, and we encourage all our State families to purchase tickets in Bay 5/6. State duties and general information should also now have been received.

Our list of qualified Athletes can be found at:

lansw.com.au/wp-content/uploads/sites/3/2021/02/Entry-List-Littles-State-202146974.pdf

For all enquiries for the Littles State Championships please contact Angela Maclaine at ayjay1@hotmail.com

YOUTH STATE CHAMPIONSHIPS

The LANSW Youth State Championship for U13-U17 Athletes will be held on March 27-28 at Sydney Olympic Park. All our Youth State Athletes should have received an email from the LANSW association regarding ticketing – please purchase tickets in Bay 5/6 where Cherrybrook team members will be seated. Our list of qualified Athletes can be found at:

lansw.com.au/wp-content/uploads/sites/3/2021/02/Entry-List-Youth-State-202147267.pdf

For all enquiries about the Youth State Championship please contact Andrew Fisher on 0438515962.

Parent duties will be circulated as soon as details become available. Please keep your day free for the 2.5hrs before and after your Athlete's events to accommodate for your duty.

FUN NIGHT AND 50TH ANNIVERSARY CELEBRATION

Next Friday, March 26th Cherrybrook Little Athletics will be having a fun night to celebrate the end of the season and the 50th Anniversary of Little Athletics.

The night will commence with a whole Club photo in the shape of a 50 and will be followed by a night of fun novelty events and activities run in age groups by our committee.

We invite all athletes and their parents and siblings to take part in a night of Fun, Family and Fitness 😊 More details to come in next week's newsletter.

CLUB BESTS

Congratulations to the following Athletes who achieved Club Bests in recent weeks:

Alastair Brill (U7B) – 70m 12.64

William Austin (U15B) – 100m Hurdles 14.58

And an equal best:

James Hanlon (U15B) – 200m 23.81

COLOUR PATCHES

Congratulations to the following Athletes who will receive their Coloured Patches this week:

Yellow – Jayden Eagles U8B, Navithu Ruhunage U8B, Aadi Narang U8B, Armaan Duggal U8B, Xavier Kulenfran U9B, Oliver Matthews U9B, Millie Haskins U9G, James De Sacadura U11B, Aliyah Bennett U11G, Gabrielle Eagles U11G, Caitlin Shannon U13G, Sarah-anne Koot U14G, Will Austin U15B, Thomas Shannon U15B

Green – Jayden Eagles U8B, Navithu Ruhunage U8B, Armaan Duggal U8B, Indianna Gillies U8G, Max Penn U9B, Oliver Matthews U9B, Millie Haskins U9G, Aliyah Bennett U11G, Gabrielle Eagles U11G, Sarah-anne Koot U14G, Will Austin U15B, Thomas Shannon U15B

Red – Ethan Li U7B, Lillian Jennings U7G, Navithu Ruhunage U8B, Oliver Penn U9B, Aliyah Bennett U11G, Jack Carwell U12B, Sarah-anne Koot U14G, Will Austin U15B

Blue - Sarah-anne Koot U14G, Will Austin U15B

Gold – Sarah-anne Koot U14G, Will Austin U15B

Athletes who achieve a Coloured Patch this Friday night can have them processed on the spot in the "Home Base" area. If you achieve a coloured patch standard on Friday night, please take a photo of the result from the recording sheet before submitting the Coloured Patch sheet. Coloured Patches can be processed at any time on the night.

COLOURED PATCH AGE GROUP WINNERS

Congratulations to all our Athletes who achieved a Coloured Patch this season and helped their age group in the Coloured Patch age group competition.

Our top three age groups are:

1st – U8 Girls with 65%

2nd – U11 Girls with 58%

3rd – U8 Girls and U9 Boys tied on 57%

These age groups will receive their prizes via their Age Managers either this week or next week.

10 YEARS AT LITTLE ATHLETICS

Could any Athletes who have been members of Little Athletics for 10 years please let Elizabeth Jones know at elizabeth.jones.aus@gmail.com

RECORDS/CLUB BESTS

A reminder that all track and field Club Bests must be signed off at the event by an official who has judged and witnessed the performance. Please ensure an official is in attendance at all events where records are likely to be broken (Age Managers are not officials).

Athletes in track events cannot choose to run with older athletes or athletes of another gender to push them to achieve Club Bests, however Club Bests achieved when it is the decision of the starter or official to race combined ages or genders are allowable.

COVID-19

The Club's most current COVID policy is displayed on the noticeboard each Friday night as well as being available on the home page of our website.

REGION 5 SQM PHOTOS

Any parent on photo duty at the Region 5 SQM, or those who took their own photos, could you please save any photos on a memory stick labelled with your name and place it in the photo collection box in the canteen THIS WEEK PLEASE.

LOST PROPERTY

A reminder that lost property is only available through the canteen, and is only kept for 1 month and then disposed of. All items of lost property are shown on the Club's Facebook page

[facebook.com/Cherrybrook-Little-Athletics-106804180667266](https://www.facebook.com/Cherrybrook-Little-Athletics-106804180667266)

Our most recent lost property will be on Facebook on Thursday night.

CANTEEN

The canteen will be open this Friday for BBQ items, noodles, snacks, drinks and lollies.

PARENTS WHO WERE ONCE LITTLE ATHLETES

In celebrating NSW Little Athletics 50th Anniversary, we are looking for parents or grandparents who were once part of Little Athletics. We would love photos and memories from anyone involved in Little Athletics in the past, either representing the Club at Pennant Hills or in a different district. Please send photos and a small story about your experience to Nickyjenneke219@gmail.com with the subject 50th memories.

DUAL ATHLETE RESULTS FROM SENIOR COMPETITION

NSW JUNIOR CHAMPIONSHIPS – March 12-14

A full list of Cherrybrook Athletics results from the NSW Junior State championships held at SOPAC this past weekend will be available on the Club's website later this week.

For all NSW Athletes results visit http://www.nswathletics.info/liveresults/2021/nsw_juniors/

Across the three days of competition our Dual athletes achieved 12 medals:

Tayla Moore was our only Gold Medallist, taking out the U14s State Title in Discus and achieved a National Qualifier in Shot Put, throwing up an age group.

Daniel De Sacadura brought home the most medals with Silver in U17s Discus and Shot Put and Bronze in Hammer.

Other multi-medallists included **Robbie Cullen** Silver in the U18s High Jump and Bronze in Javelin, **Xavier Hennessey** Silver in U15 Triple Jump and Bronze in 200m Hurdles and **Isabella Fisher** Silver in U15 400m and 800m.

Other Silver medallists included **Olivia Moresi** in U15 High Jump and **Tara Webb** in U16 Triple Jump. Other Bronze medallist included **Sarah-anne Koot** U15 200m Hurdles and **Anna Kely** U18 Shot Put.

NATIONAL QUALIFIERS

Cherrybrook Dual Athletes who have qualified for the Athletics Australia National Championships should now have entered for this event, if you have not, please contact Nicky Jenneke immediately on 0448407716. Our Dual National Qualifiers include:

Joseph Ayoade, Marco Boccoletti, Idris Burkhardt, Robbie Cullen, Daniel De Sacadura, Lachlan Dewar, Isabella Fisher, Xavier Hennessey, Anna Kely, Sarah-anne Koot, Tayla Moore, Olivia Moresi, Caitlin Russell and Tara Webb.

If any Athlete has been left off the list, please let Nicky Know.

UPCOMING SENIOR EVENTS FOR DUALS

Dual Athletes can view Senior National Qualifiers at cdn.revolutionise.com.au/cups/aa/files/tmcme3utvvqj2dug.pdf

To enter Nationals, to be held in Sydney from 12th-21st April, you must have either achieved the National Qualifier for the event in your age division or placed in the top 2 at a State Championships for that individual event.

For all upcoming Senior Competitions please visit <https://www.nswathletics.org.au/events-home/>

SENIOR CLUB INSTAGRAM

Dual Athletes and parents please make sure you are following the senior Club on Instagram <https://www.instagram.com/cherrybrookseniorathletics/?hl=en> You don't have to have Instagram to see what we post.

CHERRYBROOK LITTLE ATHLETICS PRESENTATION DAY

Please save the date.

On Sunday May 23rd Cherrybrook Little Athletics will hold its annual AGM and presentation of awards.

All Athletes are invited and all Athletes will receive a participation medal and each family will receive a "Red Book" (annual report) full of photos and seasons results as a memento of the season. Age group awards and State Awards will also be awarded on the night. The event will be held at Dural Country Club from 4pm and all members are invited to book for dinner at the restaurant afterwards. More details will be emailed to members in April.

UPCOMING DATES

March 19	Club Coloured Patch Night	Greenway Oval, Cherrybrook
March 20-21	LANSW U9-U12 State Championships	SOPAC
March 26	50th ANNIVERSARY OF LA'S FUN NIGHT – last night of season	Greenway Oval, Cherrybrook
March 27-28	LANSW U13-U17 State Championships	SOPAC
March 29th	Working Bee 1 tbc	Greenway Oval
March 31st	Working Bee 2 tbc	Greenway Oval
April 12-2	Athletics Australia National Champs	SOPAC
Sunday, May 23	AGM and Presentation	Dural Country Club

THANK YOU TO OUR SPONSORS

3Monkeez for supporting the Club with equipment and awards 3monkeez.com.au/about-us

Bakers Delight Cherrybrook for supporting our canteen and BBQ bakersdelight.com.au/bakery-locator/cherrybrook/

Hunter Pacific Ceiling Fans who support our Friday night coaching program hunterpacificinternational.com/

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