



Cherrybrook Little Athletics

Thursday 25th March, 2021

This Friday, March 26th is our **last night of the season** when we will celebrate our FUN NIGHT and 50th Anniversary of Little Athletics NSW.

Unfortunately, with the season finishing this week, we will not have the opportunity to offer the Colour Patch Night which was cancelled last Friday.

Fun Night involves activities and novelty events, with the timetable available on the [Club's website](#) and Facebook page.

- Entry to the Oval will be from 5.30pm from both entry points – which may not be manned this week so we will rely on the “honour system” and ask all attendees to please register via the QR code on display and use the hand sanitiser provided.

FUN NIGHT / 50TH ANNIVERSARY CELEBRATION

As usual, all U6-U15 Athletes are required to have a parent on site and actively involved in the night's events.

Parents are asked to help supervise their youngest child's age group and assist with their activities and events.

Age Managers will not be expected to accompany their age group until 7.05pm and may accompany another group for the start of the evening if they would like.

- At 5.45pm, all Athletes, parents and spectators are asked to assemble on the oval but please DO NOT play on or move any equipment.
- After President Martin Lubrano's announcements, Athletes will then be marshalled in age order from eldest to youngest for a novelty warm-up lap of the oval.
- We will then take a 50th Anniversary club photo, with Athletes to be directed to stand in the shape of a 50. Parents are also welcome to take part in this photo, and are asked to please listen to and follow all instructions given on the night.
- After the photo, parents are asked to please assist in getting all Athletes to their age groups' first activity.
- A timetable and map of event locations will be available on both the [Club's website](#) and Facebook page, with roaming helpers also available on the night.
- U6-U7 Athletes will rotate through 7 activities and U8-U17 Athletes through 8 activities.
- A siren will sound to indicate when Athletes should move to their next activity, with 15-minute time slots allocated to each activity including moving between activities.
- Parents are asked to assist organisers at each event when asked and take part when invited. Yes, there are likely to be parent races!
- At the end of the night, there will be time to farewell teammates and managers for the Managers or a nominated parent to collect their free Zooper Dooper from the canteen.

In the event of light rain, we are likely to go ahead. If we are forced to cancel, a message will be posted on the Club's website and Facebook page. The Club will also attempt to email members but emails should not be relied on, please check the website or Facebook.

WORKING BEES – HELPERS NEEDED PLEASE!

With our season at an end, we now have to clean up before handing over the club house to other sporting groups and also ensure all our equipment is properly packed and stored, and we would greatly appreciate any parents who are available to come and help out on Monday, March 29 at 4pm at the club house, and Wednesday, March 31 at 4pm at the equipment storage sheds.

CONGRATULATIONS!

Congratulations to U16 Athlete **Will Austin** who achieved two medals at the NSW Youth Championships, with Silver in the 200m hurdles and Bronze in the 100m Hurdles – which were PBs and National Qualifiers in both events. (And apologies for missing these results last week.)

Congratulations also to our Athletes who competed at last weekend's LANSW Littles State Championships, with special congratulations to our medallists **Joel Moresi** (U12B) Gold in High Jump and Bronze in 400m, 800m and 1500m, **Gemma Dixon** (U10G) Gold in 1100m walk, **Nisini Rajapaksha** (U11G) Silver in Discus, **Oliver Penn** (U9B) Silver in 700m Walk.

GOOD LUCK

Good luck to all 39 of our U13-U17 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 was a great weekend of competition despite torrential rain and winds. Our Athletes really did us proud the way they competed to the best of their ability in very challenging conditions.

Some events were postponed due to the weather, and we wish Madison Tabrett (U9G Long Jump) and Ruby Semaganda (U12G Triple Jump) best of luck for this weekend.

Cherrybrook Athletes results can be found later in this newsletter, with full results at:

<http://www.littleareresults.com/LittlesState/>

YOUTH STATE CHAMPIONSHIPS

The LANSW Youth State Championship for U13-U17 Athletes will be held this weekend, March 27-28 at Sydney Olympic Park. All our Youth State Athletes have been emailed by the Club with competition information and duty roster. All qualified Athletes should also have received an email from LANSW regarding ticketing – please purchase tickets in Bay 5/6 where Cherrybrook team members will be seated.

Please contact Andrew Fisher if these emails have not been received.

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.

COLOUR PATCHES

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

Yellow – Sarah Lettice U8G, Emily Horsley U9G, Caitlin Lettice U10G, Aditi Sadhasivam U10G

Green – Sarah Lettice U8G

Athletes who still wish to lodge Coloured Patch sheets can email them to Nickyjenneke219@gmail.com and they will be ready for collection on presentation day May 23rd.

COLOURED PATCH AGE GROUP WINNERS

A reminder that our age group Coloured Patch competition winners were:

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 this 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

CHAMPIONSHIP PHOTOS

Any parent on photo duty at the Region 5 SQM, or the State Championships last weekend, 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. Otherwise please contact Nicky Jenneke on 0448407716 to discuss how to get them to her. Please do not send large numbers of photos to Nicky via the internet.

LOST PROPERTY

A reminder that lost property is only available for collection from 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

Our most recent lost property was on Facebook last weekend.

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.

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.

LITTLES STATE CHAMPS RESULTS

Maxwell Penn U9B 700m Walk 5th (4:14.22 PB), **Oliver Penn** U9B 700m Walk 2nd (3:55.15 PB), **Xavier Thomas** U9B 700m Walk 10th (4:32.00 PB), **Emily Horsley** U9G Shot Put (4.49m), **Ashleigh Mansell** U9G 700m Walk 4th (4:18.06 PB), **Madison Tabrett** U9G 70m 12th (11.25 PB), **Charithu de Mel** U10B 400m 2nd (1:08.69), **Gabby Oimage** U10G 100m =9th (15.22 PB) + 70m 10th (10.66), **Gemma Dixon** U10G 1100m Walk 1st (5:45.36 PB), **Harry Wigham** U11B 100m 10th (14.29) + 200m 14th (28.90 PB), **Nisini Rajapaksha** U11G Discus 2nd (35.83m PB) + Shot Put 15th (7.39m), **Claudia Wyatt** U11G 1500m 5th (5:26.74 PB) + 800m 12th (2:40.31 PB), **Edward Darby** U12B Shot Put 18th (9.43m), **Owen Dixon** U12B 1500m 11th (5:00.07 PB) + 800m 14th (2:31.80PB), **Joel Moresi** U12B High Jump Gold (1.55m) + 1500m 3rd (4:36.69 PB), 800m 3rd (2:20.07 PB) + 400m 3rd (1:01.80), **Ryan Redhead** U12B Javelin 18th (21.96m), **Ruby Semaganda** U12G High Jump 13th (1.25m).

DUAL ATHLETE SENIOR NEWS

Amendment to our medal tally from the NSW Junior State Championships which is 14th (not 12th as previously advised).

The Cherrybrook Senior Presentation night will take place on Sunday June 6th at West Pennant Hills Sports Club.

UPCOMING EVENTS

The Annual Grass Games will be held by UTS Norths at Rotary Athletics Field on April 10th. All Duals are welcome and it is a great way to finish off the summer season with some less common events such as the 60m and 150m sprints as well as 300m and 1 mile races. There is prize money for the Eliminator races and field events are also on offer. For more details and to enter visit <https://www.revolutionise.com.au/utsnorthern/events/>

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.

UPCOMING DATES

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	Greenway Oval
March 31st	Working Bee 2	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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