



# Cherrybrook Little Athletics

Thursday 8<sup>th</sup> April, 2021

Little Athletics summer track + field season is over for another year, and we hope all our members enjoyed our Fun Night + 50<sup>th</sup> Anniversary of Little Athletics in NSW on Friday, March 26<sup>th</sup>. You can see our wonderful 50<sup>th</sup> Anniversary photo on our Facebook page at [facebook.com/Cherrybrook-Little-Athletics-106804180667266](https://www.facebook.com/Cherrybrook-Little-Athletics-106804180667266)

Thank you to all our members for another great season at Cherrybrook Athletics, in particular our wonderful Little Athletes for taking part with such enthusiasm and achieving many PBs.

Thank you to our parent helpers and officials who are an integral part of running Friday nights. Thank you to our Age Managers for co-ordinating the age groups each Friday night and for giving the athletes such a great experience.

Thank you to our Friday night coaches who have proven invaluable to the development of our Athletes this season.

Finally, thank you to the Committee for your dedication behind the scenes to enable our Club to offer athletics programs every week – it is an amazing service to our community.

While the summer season has finished, there will be opportunities to compete during the winter race walk and cross country season – so stay tuned and don't pack away your uniforms yet!

## **PRESENTATION DAY SUNDAY MAY 23<sup>rd</sup>**

Please keep the date free for Cherrybrook Little Athletics AGM and Presentation of awards on Sunday, May 23<sup>rd</sup> from 4pm at Dural County Club. All Athletes are invited to attend and will receive a participation medal. Age group awards and State Gifts will also be presented. Members are invited to book for dinner at the restaurant after the presentation, with more details to be emailed soon.

## **HELP NEEDED**

Next season we have a few vacancies on our committee and assistant to the committee positions. Any member who is willing and able to volunteer some time to running the club for our Athletes is asked to please read the descriptions at the end of this newsletter. If anyone has an interest in a role but is concerned they do not have the time, please chat to Nicky as the role might be suitable to job share.

## **WORKING BEE THANK YOU**

Thank you to our team of helpers who assisted with the working bees last week, ensuring that the storage rooms and club room (now home to Pennant Hills Stags rugby league for the next five months) are clean and tidy and an inventory of equipment has been taken.

## **CONGRATULATIONS!**

Congratulations to all our Athletes who competed at the Little Athletics Youth State Championships on March 27<sup>th</sup>-28<sup>th</sup>, with special congratulations to our medallists:

**Sarah-anne Koot, Tara Webb and Robbie Cullen** were multi-medallists.

**Sarah (U14G)** achieved Silver in 80m Hurdles and Bronze in 200m Hurdles.

**Tara (U15G)** achieved Silver in Triple Jump and Bronze in Long Jump.

**Robbie (U17B)** brought home Silver in 110m Hurdles, High Jump and Javelin.

Our other successful Silver medallists included **Madison Tabret** U9G Long Jump, **Olivia Moresi** U14G High Jump, **Xavier Hennessey** U14B Triple Jump and **Daniel De Sacadura** U17B Discus.

Our Bronze medallists were **Isabella Fisher** U14G 800m and **Tayla Moore** U13G Discus.

## **GOOD LUCK**

Good luck to our Dual Athletes who will be competing at the Australian National Championships on April 12<sup>th</sup>- 19<sup>th</sup> at SOPAC including **Will Austin, Joseph Ayoade, Marco Boccaletti, Viktorija Calusic, Robbie Cullen, Daniel De Sacadura, Lachlan Dewar, Isabella Fisher, Xavier Hennessey, Anna Kely, Sarah-anne Koot, Tayla Moore, Olivia Moresi** and **Tara Webb**.

Also good luck to all our other 15 Senior Athletes competing at the Nationals including Friday night coaches **Amie Bowrey, Ryan Jones, Kaitlyn Joseph** and **Sara Kely**.

## **GOLD PATCH CONGRATULATIONS**

Congratulations to **Olivia Moresi** for achieving her Gold Patch.

Olivia has had an outstanding season, with progress across all events, and always gives her best in both her weakest and strongest events. In her favourite event High Jump, she demonstrated her ability with a PB of 1.65m, a silver at State and an equal club record. In the 400m, Olivia improved her time by more than 5 seconds to finish the season with a PB of 1.01.15.

A well-earned and deserved Gold Patch for Olivia.

## **COLOUR PATCHES**

Congratulations to the following Athletes who will receive Coloured Patches at Presentation day:

Nisini Ramapaksha U11G – Yellow, Green, Red

Olivia Moresi U14G – Gold

Athletes can still email Coloured Patch sheets to [Nickyjenneke219@gmail.com](mailto:Nickyjenneke219@gmail.com) with the subject 'Coloured Patches' and they will be ready for collection on May 23<sup>rd</sup>.

## **RACEWALKING CARNIVAL**

The inaugural Little Athletics NSW Racewalking Carnival for U9-U17 Athletes will be held at Angle Park, Chipping Norton on Saturday, May 1<sup>st</sup>, 2021, hosted by NSW Racewalking Club Inc.

Entries are [ONLINE](#) and close at 9am Tuesday 27th April. Cost is \$25 per Athlete.

Late entries will be taken up to 9am the day prior and cost \$40 per athlete.

Medals will be awarded to first 3 placings in each age group, male & female.

For further information including the timetable (tbc) click [HERE](#).

## **UNCOLLECTED ITEMS**

Any uncollected items from the season (Coloured Patches, certificates etc) will be available for collection at the AGM and Presentation on May 23<sup>rd</sup> at Dural Country Club.

## **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](mailto:elizabeth.jones.aus@gmail.com) by April 20<sup>th</sup>.

## **CHAMPIONSHIP PHOTOS – URGENT REQUEST PLEASE!**

Could any parent on photo duty at the Region 5 SQM, or State Championships please save any photos you have not submitted yet and 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.

All photos are required by April 20<sup>th</sup>.

**LOST PROPERTY:** Please text Nicky Jenneke on 0448407716 if you have lost anything this season.

## **PARENTS WHO WERE ONCE LITTLE ATHLETES**

FINAL REQUEST: 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 our Club or any other. Please send photos and a small story about your experience to [Nickyjenneke219@gmail.com](mailto:Nickyjenneke219@gmail.com) with the subject 50th memories.

## STATE CHAMPS RESULTS

Full Cherrybrook results from the Little Athletics State Championships are now available on the Club's website at <https://www.cherrybrookathletics.org.au/wp-content/uploads/2021/04/LANSW-STATE-RESULTS-2021.pdf>

For full Littles State Results (U9-U12) visit <http://www.littlearesults.com/LittlesState/>

For full Youth State Results (U13 – U17) visit <http://www.littlearesults.com/YouthState/>

## DUAL ATHLETE SENIOR NEWS, 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

April 12-19	Athletics Australia National Champs	SOPAC
May 1	Racewalking Carnival	Chipping Norton
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](http://3monkeez.com.au/about-us)

**Bakers Delight Cherrybrook** for supporting our canteen and BBQ [bakersdelight.com.au/bakery-locator/cherrybrook/](http://bakersdelight.com.au/bakery-locator/cherrybrook/)

**Hunter Pacific Ceiling Fans** who support our Friday night coaching program [hunterpacificinternational.com/](http://hunterpacificinternational.com/)

**Coles**, LA's National sponsor supplying us with our Friday night bananas and equipment grants

## COMMITTEE VACANCIES FOR 2021/2022 SEASON

We have vacancies for both Committee positions and Assistant to the Committee positions for the 2021/2022 season.

Committee positions have voting rights, with Committee members encouraged to attend as many committee meetings as possible. Executive Committee members are required to attend most meetings.

Assistant to the Committee positions are actively involved with the running of the Club but are not required to attend meetings – however they are very welcome to attend and may on occasion be asked to provide a written report to the committee.

For anyone unable to attend committee meetings, phone or video conferencing is an option.

All Committee members and Assistants to the Committee will be encouraged to assist with major events such as registration days, presentation day, training days at the start of the season and fun night at the end of season. As a committee we are a team and as such it is hoped we will help and support one another to facilitate the best possible athletics experience for our members.

If you are interested in any of the below positions, please **contact Nicky Jenneke on 0448407716**.

Taking on a committee role can be very rewarding and is a great service to the Club.

### Secretary's Assistant (Assistant position)

- Assist the secretary as needed
- Confirm committee members attending meeting
- Attend monthly committee meetings when required
- Prepare agendas and take minutes of committee meeting, as required

Time commitment: 1-2 hours per week

## **LA Championship Coordinator**

- Coordinate all Little Athletics championships for the Club with the help of a team of championship assistants
- Attend or allocate team managers for all championship events
- Attend committee meetings and Zone and Region meetings where possible

Time commitment: 1-6 hours per week

## **LA Championship Assistants (2 required – Assistant position)**

- Assist the Championship Manager with all major championships eg Zone, Regional, State, State Relays and State Multi
- Championship duties will be divided between the hopefully four team members
- Roles include selecting teams, generating and processing nomination forms, sending out selection and information emails to members, setting up sign-up Genius for Championships and sending out reminders, being team manager at events (optional), reporting on Championships

Time commitment: 1-6 hours per week + some Friday nights to promote Championship events + attend Championship events. Some periods are busier than others.

This can be a purely administration role if someone has just a couple of hours a week to spare. You will be working as part of a team.

## **Junior Club Officials Coordinator**

- Put together a parent duty sign-up for the season
- Coordinate and supervise the weekly running of duties
- Analyse the weekly undertaking of the duty roster and send out reminders as required
- Encourage members to undertake official courses

Time commitment: Friday nights + 1-4 hours per week

## **Junior Competition Coordinator**

- To run the Friday night program
- Liaise with other committee members to remain updated on any Friday Night issues
- Ensure everything is ready for a smooth running of Friday night competition
- Trouble shooting problems on Friday nights
- Be on the track ensuring the program is running well on Friday nights
- In charge of special program nights like Multi Nights, U6+U7 Relay Night, Coloured Patch Night etc
- Attend Monthly Committee Meeting (to be determined)

Time commitment: Friday nights + 1-4 hours per week

## **Canteen Coordinator**

- Run the Canteen on Friday nights
- Look after the canteen duty roster and remind members of their duty
- Liaise with the purchasing officer if supplies are required
- Ensure the Canteen is set up and cleaned up on Friday nights
- Wash aprons, tea towels etc ready for the next week
- Liaise with the treasurer re float and cash income
- Attend committee meetings (negotiable)
- Provide a report to the committee once a month if required

Time commitment: Friday nights + 1-2 hours per week

**Club Publicity Officer (Assistant position)**

- Coordinate promotion of LA and Senior registrations in August/September
- Coordinate and submit articles to local publications after championship events and high performances of athletes

Time commitment: 15 minutes-1 hour per week