

# CHERRYBROOK LITTLE ATHLETICS

## Faster. Higher. Stronger.

### Is your little one being inspired by the Olympics?

Many Olympians started out at Little Athletics including former Cherrybrook Little Athletes, runners Jenny Blundell and Georgia Winkcup and softball player Rachel Lack.

Whether your children want to be the best in the world, or just their personal best, Cherrybrook Little Athletics is a great way to improve their fitness and learn new skills in an inclusive, family friendly environment.

Cherrybrook Little Athletics is a family run sports club for children aged 5-16 of all abilities. Friday night competitions from September to March rotate through different programs of events, giving kids a chance to learn everything from sprints to distance running, throws and jumps.

Athletes compete in age groups for both boys and girls, with parents volunteering as age managers or helping at events and older athletes coaching the youngsters in proper technique and skills. All our athletes are encouraged just to do their personal best each week, but there are also opportunities for more



competitive athletes to strive to represent the club at zone, region, state and national championships.

Cherrybrook Athletics also incorporates a Seniors club for athletes aged 12+, Masters (30+) and Para athletes, with weekly field and track coaching sessions available.

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**Registrations are open for the 2021/2022 season. Competition nights run from 5.45pm Fridays at Greenway Oval 2 (Shepherds Drive Cherrybrook). Cherrybrook Athletics Centre Inc is a registered activity provider, so Active Kids vouchers can be used toward registration fees. For more information go to [cherrybrookathletics.org.au](http://cherrybrookathletics.org.au).**