



# Cherrybrook Little Athletics



cherrybrookathletics@gmail.com

This week is **Program 3** which can be viewed [here](#) and includes the following optional early events:

- **5.15pm:** U11-U12 – javelin
- **5.15pm:** U13-U17 – triple jump
- **5.30pm:** U9 – 800m

Optional late events are: U13-U17 – 3000m

**Tiny Tots 4.45pm to 5.30pm**

**Main program: Warm-up at 5.45pm and first events at 6pm**

All parents/carers are reminded of the following Little Athletics NSW and NSW Health rules to ensure the health and wellbeing of all our young athletes.

- Little Athletics NSW has a **zero tolerance on the consumption of alcohol** during any Little Athletics activity. This includes Cherrybrook Little Athletics Competition Nights.
- Under NSW Health rules, the use of **cigarettes and e-cigarettes is prohibited** around children's sporting activities or any spectator area. This includes the canteen surrounds and the toilets.

**ALL PARENTS/CARERS HAVE A ROLE TO PLAY ON COMPETITION NIGHTS**

**YOU ARE NOT JUST SPECTATORS – PLEASE HELP YOUR AGE MANAGERS!**

**When not on a rostered duty, all parents/carers are expected to HELP YOUR AGE MANAGER supervise athletes** and run events. Age Managers are responsible for officiating and recording, it is UP TO ALL OTHERS PRESENT to help supervise athletes to ensure their safety and the smooth running of events.

**Parents/carers rostered on Program 3 duties are reminded to sign in at the Duty Desk before heading to your duty** to ensure your attendance is recorded, and to enable us to fill any gaps as needed.

- If you are unable to attend a rostered duty, please try to organise a swap with another parent/carer for another week. If unable to swap, please advise your absence via your Age Group WhatsApp chats ASAP.
- Parents/carers are required to remain at their rostered duties until the event is fully completed.
- If any athlete is competing but their parent/carer fails to properly fulfil a rostered duty, the athlete's POINTS WILL BE FORFEITED.

**PROFESSIONAL PHOTOGRAPHER COMING THIS WEEK!** Our sponsor Sam from **Divi Home Loans** is providing a professional photographer to take some awesome action shots of our athletes, which will be made available to families at a later date – stay tuned for details, and be sure to SMILE!

## CONGRATULATIONS!

Well done to ALL our athletes who competed in LANSW State Relays last weekend – we are SO PROUD of everyone for putting in their best effort and representing our Club. Congratulations to our U11G jumps team who won SILVER, our U14B throws teams who also won SILVER and our U14B jumps team who won BRONZE.

Thank you also to all those parents/carers who stepped up to help us fulfill our Club's volunteer duties. It was a real team effort and we hope everyone enjoyed the weekend as much as we did!



## TINY TOTS & U6 FUN NIGHT – NO COMPETITION NIGHT – DECEMBER 2

Ahead of the LANSW Metropolitan North Zone Carnival on the weekend of December 3-4, there will be **NO REGULAR COMPETITION NIGHT** on Friday, December 2. Instead, we will be running a special FUN NIGHT for Tiny Tots and U6 athletes (who are ineligible for Zone). Stay tuned for details!

**Zone nominations have now closed** – any clashes/oversubscriptions will be finalised on Friday Night. If you have any questions about your Zone nominations, please speak to Ang on Friday.

**UNIFORMS:** The Uniform shop is open in the Clubhouse from **5.30pm to 6.30pm on Fridays until December 2** but will then be closed until mid-January. If you need uniform items, especially for Zone, please ensure to purchase these by December 2.

## OTHER UPCOMING EVENTS FOR YOUR CALENDARS:

- Friday 16 December: Our last Competition Night before the Christmas/New Year break
- Friday 6 January: Competition Nights resume
- Saturday 8 January: Lake Illawarra Little Athletics Summer Carnival – details: <https://bit.ly/3gUxe54>

## TOP TIPS – measuring long jump

All horizontal jumps are measured by placing the zero end of the tape (ie the spike) at the point the athlete breaks the sand with **any** part of their body nearest to the take-off board. This may be a mark made by the hand or foot behind the initial landing area if they overbalance and fall back.

The spike should be placed at the very **back** (ie closest to the take-off board) of the mark and measured directly to the **front** of the white take-off board for U11+ or to the front of any indentation made by the athlete in the sand on the take-off area for the younger age groups. If an U6-U10 athlete takes off before the marked take-off area, the measurement is taken from the mark in the sandpit to the **back** of the take-off area. Distances shall always be recorded to the nearest centimetre below if not a whole centimetre.

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Cherrybrook

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HOME LOANS