



Cherrybrook Little Athletics



cherrybrookathletics@gmail.com

WELCOME BACK! We hope everyone had an enjoyable Christmas and New Year, in whatever way you celebrated it, and that all our athletes are ready to start the New Year – and the second half of our Little Athletics season – running, jumping and throwing!

Our first Competition Night of the year is this Friday, January 6, 2023. We will be running **Program 3** which can be viewed [here](#) and includes the following optional early events:

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

There is also an optional U13-U17 3000m at the end of the main program.

Tiny Tots 4.45pm to 5.30pm

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

With many families still away on summer holiday, we ask **ALL PARENTS** to please pitch in and help as needed this week – we may also need some fill-in Age Managers.

We will also likely have some visiting athletes from other clubs.



COLOURED PATCHES

Congratulations to the following athletes on achieving Coloured Patches at the end of last year:

YELLOW: Charlotte Patchett U7G; Tom Hilgendorf U7B; Hugo Jordan U9B; Anna Wegener U10G; Jack Hilgendorf U10B

GREEN: Charlotte Patchett U7G; Tom Hilgendorf U7B; Hugo Jordan U9B; Anna Wegener U10G; Zoe Jordan U10G

RED: Charlotte Patchett U7G; Tom Hilgendorf U7B; Anna Wegener U10G; Imogen Connell U10G

These Coloured Patches can be collected from your Age Managers.

2023 DATES TO REMEMBER:

- Saturday-Sunday, **February 4-5** – Region 5 Championships, Sydney Olympic Park Athletics Centre, Homebush for qualified athletes. [See the full list of our qualified athletes on our website.](#)
- Friday, **February 24** – Cherrybrook Little Athletics Tiny Tots Mini Olympics/U6-U17 Ribbon Night
- Saturday-Sunday, **March 4-5** – LANSW Kumon State Combined Carnival, Dubbo

- Saturday-Sunday **March 18-19** – McDonald’s LANSW State Track and Field Championships
- Friday, **March 24** – Cherrybrook Little Athletics Fun Night – last night of the season
- Sunday, **May 21** – Cherrybrook Athletics AGM and Little Athletics Presentation Day

SANTA FOR SICK KIDS

Thank you to everyone who bought a pair of Stripecy Socks – or two to mix and match – as part of our Santa For Sick Kids fundraiser on our last night for 2022.

We sold 75 pairs of socks and raised \$375 to support Ronald McDonald House Charities.

Ronald McDonald House Charities Greater Western Sydney are a long-standing charity partner of Little Athletics NSW.

Each year more than 2,000 families from regional and rural NSW rely on Ronald McDonald House Charities Greater Western Sydney to provide them with a home-away-from-home while their seriously sick or injured child receives critical hospital care. Thank you for helping us help them!



WELCOME TO OUR NEW SPONSORS!



You may have seen some physiotherapists from **Carlingford Active Health** at our Competition Nights at the end of last year.

The good news is the team from Carlingford Active Health have come on board as a new Cherrybrook Little Athletics sponsor – so we will be seeing more of them each week. Why not have a chat to them about your athlete’s physiotherapy needs on Friday.

This season we have also welcomed **Cherrybrook Village** shopping centre, **Motiv8 Sports** and the new **Zeus Street Greek** restaurant at Cherrybrook as sponsors, alongside our long-time supporters **Wamee**, **Hunter Pacific International**, **Bakers Delight** Cherrybrook, **Divi Home Loans** and ongoing LANSW

sponsor Coles. Stay tuned for more details about all our amazing sponsors!

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Delight
Cherrybrook

8
motiv8sports

ZEUS™

Cherrybrook Village

Divi
HOME LOANS

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wamee

HUNTER PACIFIC
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