



# Cherrybrook Little Athletics



cherrybrookathletics@gmail.com

This week, Friday January 19, we will be running **Program 4** which can be viewed on our website [here](#) and includes the following optional early events, all at **5.15pm**:

- **U10** – high jump
- **U11-U12** – triple jump
- **U13-U17** – javelin

Please note there have been some slight **changes** to this Program including that there is now **NO** optional U13-U17 3000m at the end (this event is available on another program and was only previously added here as a temporary extra in the lead-up to Zone).



## 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 – especially with set-up and pack-up.

**We will also have some fill-in Age Managers who would surely love some help!**

### **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

### **REGION PROGRAM OUT NOW**

Congratulations again to all our athletes who qualified to compete at the Region 5 Championship on Saturday and Sunday, February 4-5, at Sydney Olympic Park Athletics Centre. The full program of events is now available on the Club website – field events can be found [here](#) and track events [here](#).

The parent duty Sign-Up Genius will also be made available soon. Parents are reminded it is a condition of entry to commit to and fulfil duties at this event for their child to be eligible to compete. The number of duties required per athlete/family will depend on how many duties are allocated to the Club – this will be advised as soon as possible.

Some key things for Zone athletes to note:

- U8s 400m will now be a pack start at Region
- All athletes U11 and older who are wearing spikes and/or doing a crouching start WILL NEED TO USE STARTING BLOCKS for 100m, 200m and 400m events and short hurdles at Region, as per SOPAC ground rules. If your athlete has not used blocks before, please speak with your Age Manager or one of our running coaches – in the bright green vests – in the next few weeks for some pointers and practice!

## CARLINGFORD ACTIVE HEALTH (CAH) in partnership with Cherrybrook Athletics

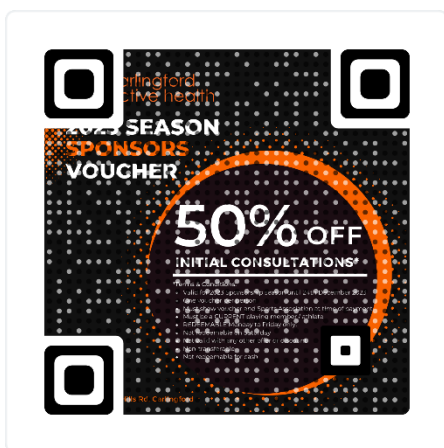
At CAH, we are passionate about every aspect of health and physical activity, which all starts with our grassroots community sport. Our mission is to focus on prevention and education, empowering and enabling individuals to manage their health and keep active for life:

- #Assess more than your pain
- #Help you to move better
- #Keep you active for life

With state-of-the-art equipment, including AxIT force plates, CAH does not leave any stone unturned when it comes to your Prehab, Rehab and Performance needs. Assess, don't guess is our motto.

As part of our sponsorship, CAH members will be at Cherrybrook Athletics on Friday Competition Nights as well as the Region 5 Championships at SOPAC for any physiotherapy needs.

- Do you have a burning question?
- Want to know more about warming up and recovery after events?
- Come visit us and have a chat.



Need to visit the clinic? As part of our sponsorship, we have 50% off initial consultations for all Cherrybrook Athletics members.

Just scan the QR code, fill in the details and download your voucher and come on into the clinic!

We are excited about our new partnership with Cherrybrook athletics and look forward to providing the very best in healthcare to all your athletes and members.

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