



Cherrybrook Little Athletics



cherrybrookathletics@gmail.com

This week, Friday February 17, is Program 4 which can be viewed on our website [here](#) and includes the following optional early events, all starting at **5.15pm**:

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

Tiny Tots: 4.45pm to 5.30pm

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

**PARENTS/CARERS
MUST BE PRESENT
AT THE OVAL AT ALL
TIMES WHILE THEIR
ATHLETE/S ARE
COMPETING**

It is a condition of competing each Friday that ALL athletes have one parent/guardian per family present on the Oval at all times, either doing a rostered duty or assisting with an Age Group.

Parents/guardians are required to let their athletes' Age Managers know where they can be contacted (ie, if not with that Age Group then which duty they are on or other Age Group they are assisting with) in case of emergency. St John Ambulance cannot treat children in some instances without a parent present – you **MUST BE ON THE OVAL** for your own child's wellbeing.

A big THANK YOU to all parents/carers who pitch in each week – as a fully volunteer-run organisation, we require lots and lots of help to run a full program of events for all our athletes. If you are interested in helping more, and perhaps becoming involved in the running of the Club, we have several roles which need to be filled at the AGM for next season. Or perhaps you have an area of expertise which could be useful to the Club? Please email us at cherrybrookathletics@gmail.com or speak to a committee member on a Friday.

**THANK YOU
FOR YOUR HELP**

COLOURED PATCHES

Congratulations to the following athletes who have achieved Coloured Patches over the past few weeks:

YELLOW: Tate Gibson 11B; Addison Hoogesteger 8G; Maverick Hoogesteger 10B; Milana Hoogesteger 7G; Hayden Johansen 10B; Maddison Johansen 7G; Christina Krivozhnya 11G; Jacob Lim 9B; Nicholas Reid 12B; Kina Wu 9G; Justin Xu 13B

GREEN: Addison Hoogesteger 8G; Maverick Hoogesteger 10B; Milana Hoogesteger 7G; Maddison Johansen 7G; Christina Krivozhnya 11G; Kina Wu 9G; Justin Xu 13B

RED: Laurence Darby 7B; Addison Hoogesteger 8G; Maverick Hoogesteger 10B; Maddison Johansen 7G; Christina Krivozhnya 11G; Natalie Reid 7G

TRIVIA NIGHT – it's time for the grown-ups to have some fun while helping raise money!



The Epping Club is hosting a Trivia Night to help raise funds for Cherrybrook Little Athletics on Saturday, 11 March from 8pm – please join us for a night of fun ... and fundraising.

Please note that, while not strictly adults only, this event is targeted at an adult audience – the venue is licensed, the event will likely run until quite late, and all games and trivia questions are designed for the “grown-ups”.

The cost is \$25 per person and bookings are essential, please. Teams can be up to eight people. Where possible please book as a team – or let the organisers know if you don't have a full team and they can link you with other players. Feel free to share this invitation with family and friends, and other people in the community. All are welcome!

2023 DATES TO REMEMBER:

- Friday, **February 24** – Cherrybrook Little Athletics **Tiny Tots Mini Olympics/U6-U14 Ribbon Night** (which at this stage is scheduled to run to Program 1). This is a non-point score night when 1st, 2nd and 3rd place ribbons will be awarded in each event to U6-U14 athletes, with participation ribbons also handed out to all athletes who have not received a place ribbon by the end of the night 😊
- Saturday-Sunday, **March 4-5** – LANSW Kumon **State Combined Carnival**, Dubbo
- Saturday, **March 11** – Trivia Night @ The Epping Club
- Saturday-Sunday **March 18-19** – HART Sport **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**



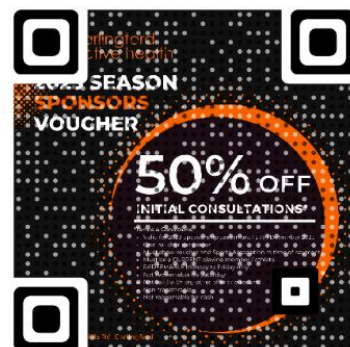
A word from our sponsor: Our friends from **Carlingford Active Health** are on hand each week for athletes' physiotherapy needs – they are usually set up near the canteen throughout our Competition Nights. You can also read top tips for recovering after competitions such as Region at the CAH blog:

<http://www.carlingfordactivehealth.com.au/news/recovery-after-regionals-the-balancing-act/>

Carlingford Active Health is giving Cherrybrook Little Athletics Club members 50% off initial consultations? Scan the QR code to claim your voucher.

Call ☎ 9873 2770 or book online 📱:

<https://bookings.nookal.com/bookings/location/39XKS>



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