



Cherrybrook Little Athletics



cherrybrookathletics@gmail.com

This week, Friday March 3, we will be running **Program 2** which can be viewed on our website [here](#) and includes the following optional early events:

At 5.15pm:

- **U9** – 700m walk
- **U10-U11** – 1100m walk
- **U12-U17** – javelin

At 5.30pm:

- **U12-U17** – 1500m walk

Optional late events after the main program are:

- **U10** – 100m
- **U14-U17** – 80m-100m hurdles

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

Tiny Tots: 4.45pm to 5.30pm

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

It is a condition of competing each Friday that **ALL** athletes have one parent/guardian per family present on the Oval at all times. Parents/guardians are required to let Age Managers know where they can be contacted (ie, if not with that Age Group, then which duty or other Age Group they are assisting with).

St John Ambulance cannot treat children in some instances without a parent present.



WE NEED YOUR HELP #1: Our Uniform Shop cupboards have seen better days! If you know of anyone who is disposing of any large cupboards, please let us know.

WE NEED YOUR HELP #2: Little Athletics is all about providing fun, fitness and friendships for our children – but the thing about children is they grow up! Which means we have several committee members leaving us at the end of the season and, as a 100% volunteer-run

organisation, we will need more parents/carers to step up to help fill some roles next season including: Uniform Manager, Canteen Manager, Equipment Manager.

If you are interested in helping more and becoming involved in the running of the Club – 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.

COLOUR PATCHES

Congratulations to the following athletes who have achieved Coloured Patches in recent weeks:

YELLOW: Luke Belshaw 8B; Gabrielle Eagles 13G; Jayden Eagles 10B; Tyson Grace 11B; Nuoran Li 9G; Antonina Plohl 9G; Ruby Semaganda 14G; Kai Watts 9B

GREEN: Luke Belshaw 8B; Gabrielle Eagles 13G; Jayden Eagles 10B; Nuoran Li 9G; Ruby Semaganda 14G

RED: Ruby Semaganda 14G

BLUE: Ruby Semaganda 14G

GOOD LUCK TO ALL OUR ATHLETES COMPETING IN THE LANSW KUMON STATE COMBINED CARNIVAL IN DUBBO THIS WEEKEND!

WELL DONE TO OUR STATE TEAM

Congratulations to our amazing 52 athletes who have qualified for LANSW State Championships in an excellent 92 events. The full state team list is available on our website, but a round of applause for:

Jude U9G, Morgan U9B, Archie U9B, Imogen U10G, Zoe U10G, Anna U10G, Hugh U10B, Finn U10B, Andre U10B, Lachlan U10B, Ashleigh U11G, Madison U11G, Ryan U11B, Max U11B, Oliver U11B, Ivy U12G, Aaron U12B T/F20, Rohan U12B, Aliyah U13G, Laila U13G, Ruby U13G, Nisini U13G, Cheyenne U13G, Claudia U13G, Blake U13B, Carson U13B, Christopher U13B, Harry U13B, Sophie U14G, Ruby U14G, Hannah U14G, Layla U14G, Brendan U14B, Zacary U14B, Sam U14B, Ryan U14B, Ally U15G, Tayla U15G, Amy U15G, Justin U15B, Harley U15B, Teddy U15B, Viktorija U17G, Sarah-Anne U17G, Nikki U17G, Madison U17G, Olivia U17G, Rani U17G, Tara U17G, Marco U17B, Idris U17B, Thomas U17B



TRIVIA NIGHT – please book tickets ASAP!

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. Feel free to share this invitation with family and friends, and other people in the community. All are welcome!

2023 DATES TO REMEMBER:

- 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

coles

Bakers
Delight
Cherrybrook



Cherrybrook Village

