

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

Welcome to Cherrybrook Athletics Season 2023-2024 – our 30th season!

We kick off this Friday, September 15, with our non-point-scoring training/orientation night – consider it like our dress rehearsal – which is run to Program 1 but please note that **ALL PARENTS/CARERS ARE ON DUTY THIS WEEK!**

This is a chance for parents/carers – especially those who are new to the Club – to learn what is involved in their rostered duty for the season, while Age Managers meet their groups/learn about running events including any updates. We will have some NSW Athletics Officials present to help people understand how events are run and what their duties are in helping – please make them feel welcome and if you have any questions, do not hesitate to ask.

Even if you are a returning member, you can help our new parents/carers learn what to do and there is always something new happening so we ask that ALL PARENTS/CARERS attend to a duty this Friday, whether you are rostered on Program 1 or not.

Program 1 can be viewed [here](#) but please note there are no early events this week. Program 1, including the early events, will be run again next week, September 22, when our point-score begins.

IMPORTANT: At least one parent/carer per family **MUST BE PRESENT AT THE OVAL AT ALL TIMES** when your athletes are competing. If you are on a duty, please tell your Age Managers where you will be so you can be found in case of emergency. **This is for your own child/children's safety: St John Ambulance volunteers need a parent/carer present if a child is injured.**

And please note that parents/carers are not spectators – if you are not on a duty, you are asked to please assist your Age Managers who are busy running events (measuring/recording etc). We need any parent who is not on a duty to assist their Age Managers/help supervise athletes who are waiting their turn.

**PARENTS/CARERS
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WE NEED EVERYONE DOING THEIR BIT FOR COMPETITION NIGHTS TO RUN AS SMOOTHLY AS POSSIBLE

WHAT HAPPENS ON FRIDAY:

Tiny Tots Crew:

- 4.30pm-4.45pm arrive at the oval, find your child's name tag and stick it to their T-shirt
- 4.45pm-5.30pm join in the session and HAVE LOTS OF FUN!

Parents/carers are reminded they are to stay with their Tots at all times during the session. Some Tots may need a grown-up to hold their hand through activities until they gain confidence, but even independent Tots still need a parent/carer present – while our Tots Crew coordinators organise and run the activities, parents/carers are responsible for supervising their own child especially while they are waiting their turn/having a water break etc.



U6-U17

- 5.15-5.30pm Age Managers arrive and check in at Age Managers' desk
- **THIS WEEK THERE WILL BE AN IMPORTANT AGE MANAGERS' BRIEFING with Michael at 5.30pm**
- 5.30pm-5.45pm parents/carers must check in each athlete with their respective Age Managers, who will be with the marked tubs (pictured) on the oval. Please ensure each athlete has their own water bottle and jacket/sun protection as needed – these can be placed in the tubs and will be taken to each event with the group.

- Parents/carers check in for your duty at the duty table near the club house.
- 5.45pm-6pm athletes warm-up in centre of oval, parents/carers remain to listen to important announcements
- 6pm parents/carers go to their duties, athletes go with their Age Managers (and U6 parents/carers) to their first event. Athletes will remain with their Age Managers throughout the evening. If you need to leave early for any reason, please ensure your child/children's Age Managers know!!

Important safety information:

- Please familiarise yourself with the oval layout ([see map on our website](#)) and NEVER WALK ACROSS AN EVENT!
- Always check for athletes before crossing the circular track
- Walk AROUND the straight tracks – never across (unless it is clear all events are finished)
- Walk BEHIND the high jumps mats
- Wait BEHIND the discus cages – not beside, and NEVER lean on, grab or climb on the cages, especially when athletes are throwing
- NO BALLS on the oval on Competition Nights (these can roll onto the track into the path of athletes and cause injury)
- NO DOGS on the oval on Competition Nights

REGISTRATION COLLECTION

For those people yet to finalise their paperwork/collect patches, the registration desk will be open from 5pm to 6pm on Friday. Don't forget to bring:

- A printed copy of the Working With Children declaration form for each adult attending on Friday nights along with your photo ID
- Proof of age of the athlete if you are new to the Club, or if it has been more than two years since your last registration
- Sign up for your duty roster – each family is required to have at least one parent/carer undertake a duty for two out of three programs. We need to confirm your rostered duty before registration can be completed.

DUAL ATHLETES

For athletes in U8-U17, Cherrybrook Athletics will REFUND THE ANSW FEE of \$40 for those athletes who register both via LANSW and ANSW and compete at least twice for the club in ANSW events ... effectively meaning our Dual registration remains free. Once you have registered via LANSW, please email our Senior Registrar Chandra on chandra.gunarathne@gmail.com for a discount code to avoid paying the Club centre fee (\$95) again when you register via ANSW.

You still need to pay the \$40 ANSW fee at the time of registration but it will then be refunded, at set times during the season, once athletes have competed in Cherrybrook uniform in ANSW events on at least two separate occasions at any time during the 12-month ANSW registration period.

UNIFORMS

The Uniform Shop will also be open from 5pm-6pm on Friday. Please note proper patch placement (pictured) for LANSW registered athletes – patches must be correctly sewn onto uniforms for any athletes who intend competing in LANSW carnivals and championship events.



ANSW-registered athletes please be advised your patches ARE on the way and are anticipated to be here soon. We will advise as soon as they can be collected, but rest assured athletes' results will be recorded, and points allocated for ALL registered athletes – whether LANSW or ANSW registered – from September 22.

TRIALS

If you have a friend with a child or children who are unsure if athletics is for them, our Trial Nights will be held on September 22 and 29 – cost is \$30 for one or both sessions which is deducted if the child/children then register with us. Trial athletes are asked to please arrive early to pay/register a parent/carer contact details before joining in with the appropriate Age Group.

TOP TIPS FROM OUR SPONSOR, CARLINGFORD ACTIVE HEALTH

Pre-season Preparation: Fuelling young athletes for success

Proper hydration, nutrition, rhythm, adapting equipment and clothing, warm-up, and core strength are all critical factors in preparing young athletes for the transition from winter to summer sports. Staying well-hydrated is crucial – dehydration can lead to reduced performance, fatigue, and potentially heat-related illnesses.

- Encourage athletes to start hydrating well before practice or competition. Consume fluids with electrolytes for intense activities.
- Educate athletes on the signs of dehydration, such as dark urine, dizziness, and dry mouth. If they experience any of these symptoms, it's better to rehydrate than ignore these red flags.

For more, read Carlingford Active Health's full blog on the website:

www.carlingfordactivehealth.com.au/news/preseason-preparation-fuelling-little-athletes-for-success/

Carlingford Active Health is giving Cherrybrook Athletics Club members 50% off initial consultations using the voucher above. CAH will also be available on Friday nights to attend to any urgent athletes' needs.

THANK YOU TO ALL OUR SPONSORS WHO HAVE JOINED US AGAIN THIS SEASON, ALONG WITH NEW SPONSORS!



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