

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

This Friday, September 22, is our first full point-scoring night of the season running on Program 1 which can be viewed [here](#) and features the following early events, all at **5.15pm**:

- Javelin – U11 and U14-U17
- High jump – U12
- Long jump – U13

Parents/carers with athlete surnames A-G and O-Z are on Program 1 duties this week. **Please be advised that duties are for the whole program each week – you are on duty from the first event to the last.**

Cherrybrook Crew (U3-5) – 4.45pm-5.30pm

U6-U17 – warm-up 5.45pm, main events start 6pm

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

WE NEED EVERYONE DOING THEIR BIT FOR COMPETITION NIGHTS TO RUN AS SMOOTHLY AS POSSIBLE

TRIALS

This is also the first of our two trial nights for families who are unsure if athletics is right for their children, or who just want to find out some more about how our Competition Nights are run before registering for the season. The cost is \$30 for one or both sessions which is deducted from the centre fees if the child/children then register with us.

The desk will open at 5.30pm for trial athletes to pay and register a parent/carer contact details before joining in with the appropriate Age Group from 6pm.

WHAT HAPPENS ON FRIDAY:

Cherrybrook Crew (U3-5):

- 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! See the Cherrybrook Crew newsletter for more information.

U6-U17

- 5.30pm-5.45pm parents/carers 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!!



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 who intend competing in LANSW carnivals and championship events. ANSW-registered athletes will be provided with a sticker with their registration number again this week, and we anticipate your patches will be ready from next week. All ANSW numbers are now in the system for results to be recorded.



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