

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

This Friday, September 29, is Program 2 which can be viewed [here](#) and features the following early events, all at **5.15pm**:

- High jump – U11
- Javelin U12 & U13
- Long jump – U14-17

Parents/carers with athlete surnames A-G and H-N are on Program 2 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

Please note: There is a large baseball event starting Friday, meaning parking will be limited – please leave time to park nearby and walk to the Oval

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. **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.

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TRIAL NIGHT

Please tell your family and friends – this is our second and final trial night for families who are unsure if athletics is right for their children, or who just want to find out how our Competition Nights are run before registering. The cost is \$30 which is deducted from the centre fees if the child/children then register with us (refunded on a Friday after registering). 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.

REGISTRATION COLLECTION

For athletes who need to finalise 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.

UNIFORMS

The Uniform Shop will also be open from 5pm-6pm on Friday. Please note the proper patch placement (pictured) for LANSW-registered athletes who intend competing in LANSW carnivals and championship events.

ANSW patches will be here soon!



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.

LANSW STATE RELAYS

Nominations are now open for Little Athletics NSW Valour State Relay Championships, which will be held on Saturday and Sunday, November 11 and 12, 2023 at Sydney Olympic Park Athletics Centre. Athletes in U8-U17 can compete in traditional track relays, as well as throws and jumps relays, and we hope to be able to enter as many teams as possible in each age group. Juniors (U8 to U11), compete on the Saturday and Seniors (U12 to U17) compete on the Sunday. Event information and draft timetable (subject to change) can be found [here](#) ... if you think your athlete/s might be interested in competing in any event, and you will be available, please speak to your Age Managers now so we can start putting our teams together.

RESULTS

Parents/carers can view athletes' results via ResultsHQ – for new members, details on how to activate your ResultsHQ account were sent to the email address you used to register via either LANSW or ANSW.

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!!



VOLUNTEERS

Cherrybrook Athletics is run by dedicated volunteers who give their time for the benefit of all our athletes – young and old! We are always looking for more help, and it doesn't have to be a major role or committee position. If you have a skill you think might be helpful, or you are interested in helping more but are not sure how, please let us know via cherrybrookathletics@gmail.com.

SPONSORS

Our Club also relies on sponsorship – and we thank our returning sponsors:



Bakers Delight Cherrybrook – Neelam and the team have been supporting us with bread rolls for our BBQ, and the occasional special treat, for several seasons now.

Hunter Pacific International is a long-time supporter of our Up & Coming Young Coaches project, which is an integral part of Competition Nights. Last season the project expanded to give more U15-U17 athletes the chance to develop their coaching skills and in turn help support the next generation of athletes.

Wamee is another long-term sponsor, providing both our Little Athletics Zone caps and Region representative shirts last season.

Carlingford Active Health joined us last season, providing physiotherapy services on Friday nights and at competitions, as well as member discounts on your first in-clinic consultation.



gsa planning

Bakers
Delight
Cherrybrook

HUNTER PACIFIC
INTERNATIONAL

@ carlingford
active health

wamee