

# Celebrating 30 years



## Cherrybrook Athletics

 [cherrybrookathletics@gmail.com](mailto:cherrybrookathletics@gmail.com)

This Friday, October 6, is Program 3 which can be viewed [here](#) and features the following early event at **5.15pm**:

- Triple jump – U11 & U12

Due to ANSW Junior All Schools, the programmed early events for U13-U17 **will not be run** this week.

Parents/carers with athlete surnames H-N and O-Z are on Program 3 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.

**St John Ambulance volunteers need a parent/carer present to give permission to treat an injured child.**

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

**PLEASE DO NOT LEAVE THE OVAL AT ANY TIME WHILE YOUR CHILDREN ARE STILL THERE.**

## MEDICATION

If your child requires medications for allergies or asthma, please ensure they have these with them (carried in a small bag or similar) on Competition Nights.

## DUTIES – what to do if you are away

If you are unable to attend a Friday night when you are rostered on a duty but your athlete(s) are still taking part, please arrange for the adult bringing them to fill in for your duty – ensuring they know to sign in at the duty desk. If they are unable to do so, or if you and your athlete(s) will all be absent, please let us know ASAP via email at [cherrybrookathleticsduties@gmail.com](mailto:cherrybrookathleticsduties@gmail.com) advising your athlete(s) name(s) and age group(s), your rostered duty and reason for absence. Please be advised that not notifying us of a missed duty ahead of time may affect your athlete(s)' eligibility for end of season awards.

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.

# REGISTRATION COLLECTION

For athletes who need to finalise the registration paperwork, the registration desk will be open from 5.15pm 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 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.

**ANSW patches are still on their way – we apologise but we are relying on the supplier! Stickers will be made available again this week.**

# UNIFORM SHOP

The Uniform Shop will be open from 5.30pm-6.30pm on Friday. Athletes are required to wear a Cherrybrook Athletics singlet or crop top to compete on Friday nights, or at LANSW or ANSW events.

Please note the proper patch placement (pictured) for LANSW-registered athletes who intend competing in LANSW carnivals and championship events.



# DUAL ATHLETES – ANSW regos are now open

For last season's Dual athletes, ANSW re-registrations are now open – please use the categories **ANSW Juniors (U13 to U17)** and **ANSW Juniors (U8 to U12)**. Please do not use Club to Cherrybrook Senior Membership (U13 to U17) or Other Club to Cherrybrook Senior Membership (U8 to U12).

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 use the discount code **CAC8y17y2ANSW** 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.

And for ANSW-registered athletes, entries are now open for the first Treloar Shield on Saturday, October 14. We would love to see as many Cherrybrook athletes as possible competing and earning team points! For more information, please see the Seniors newsletter or talk to a committee member on Friday.

# LANSW STATE RELAYS – nominate now!

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, or 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 – view the program [here](#) – and Seniors (U12 to U17) compete on the Sunday – program [here](#). Please note that U8-

U11 athletes can only compete in either track or field – not both – as per LANSW rules. If you think your athlete(s) might be interested in competing in any event, and will be available to attend, 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.

## 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](mailto:cherrybrookathletics@gmail.com).

## Top tips from our sponsor, Carlingford Active Health ...

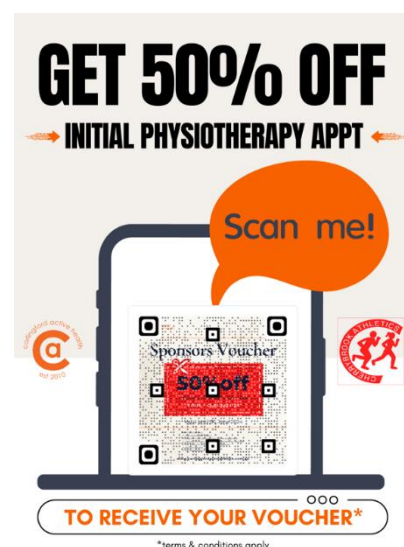
### THE HIPS DON'T LIE: Unlocking the hidden potential of your glutes

Shakira was onto something in 2005! Put simply, achieving peak athletic performance is all about having and maintaining balance. While having a good, fit body is important for athletic performance, sometimes some factors can accidentally get pushed a little back. A key element that often goes overlooked is hip flexibility. Much like how a conductor relies on each musician in an orchestra to create harmonious music, the glutes depend on the flexibility in the hips to create smooth, efficient, powerful movements.

Keep reading on Carlingford Active Health's website:

[www.carlingfordactivehealth.com.au/news/the-hips-dont-lie-unlocking-the-hidden-potential-of-your-glutes/](http://www.carlingfordactivehealth.com.au/news/the-hips-dont-lie-unlocking-the-hidden-potential-of-your-glutes/)

Carlingford Active Health is giving Cherrybrook Athletics members 50% off initial consultations? Enlarge and scan the QR code to claim your voucher.



## BANDANNA DAY October 27

Cherrybrook Athletics prides itself on supporting at least one charity each season – and for the past two seasons we have supported CanTeen through National Bandanna Day. CanTeen supports young people (12-25) whose lives have been affected by cancer, either themselves or a family member. On October 27, we will sell colourful bandanas for \$5 each CASH ONLY – or you can donate [here](#).

gsa planning

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Delight  
Cherrybrook

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