

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

We hope everyone is getting into the swing of the season and enjoying our Competition Nights! This Friday, October 20, we roll back around to **Program 1** which can be viewed on our website [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

NEW RECORDS!

Congratulations to the marvellous **Madison Tabrett** who broke the U12G 80m hurdles record last week with a time of 14.68, beating Caitlin Russell's previous record of 14.97 set in season 2019-2020. Well done, Madi!

And congratulations also to the awesome **Andre Liyanage** who broke the U11B discus record with a throw of 30.70m, beating the 2016 record of 30.07m set by Will Austin. Way to go, Andre!



LANSW STATE RELAYS – nominate now!

It's time to get your nominations in for the Little Athletics NSW Valour State Relay Championships, 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. Juniors (U8 to U11) compete on the Saturday – view the program [here](#) – and Seniors (U12 to U17) on the Sunday – program [here](#). Please note: 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 and will be available to attend, **please speak to your Age Managers this Friday or complete the nomination form [here](#) BY THE END OF THIS WEEKEND please.**

ANSW SENIOR STATE RELAYS – nominate now!

For ANSW-registered athletes, the NSW Senior State Relays – with event options from U10 to Masters – are on Friday, Saturday, and Sunday November 17-19 at Sydney Olympic Park Athletics Centre. More information and a draft timetable are available on the [ANSW website here](#). Any athlete who is available and wishes to compete for Cherrybrook Athletics at this championship event should submit an online

[nomination form here](#). Nominations close at midnight on Saturday November 4, and team selections will be announced by Friday November 10.

IMPORTANT SAFETY INFORMATION

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

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



While many of us love our four-legged friends, not everyone is a fan – and an athletics meet is no place for them. Please DO NOT BRING DOGS onto the oval during Competition Nights.

Also, NO BALLS on the oval – wayward balls pose an injury risk to athletes.

REGISTRATION COLLECTION

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 again!

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.

We are also accepting donations of old/outgrown waffles and spikes, which can be dropped off at the Club house at any time on a Friday, to be sold.

Please note the proper patch placement (pictured) for LANSW-registered athletes.



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 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 at 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 athlete eligibility for end of season awards.

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 Other 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 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.

For ANSW renewal (including all previously registered athletes in any club), if you cannot find your National ID please email chandra.gunarathne@gmail.com – you don't need to contact ANSW and wait.

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.

LANSW EDUCATION PATHWAY

LANSW Education Pathway aims to grow the numbers of volunteers, officials, coaches, and Age Managers to ensure athletes can continue to develop their abilities in all events. The LANSW Education framework and pathway is accessible, attainable, and achievable. Find out more, or learn a little more about athletics events, at [Little Athletics NSW - Little Athletics Basics.pdf](#).

COLOURED PATCH AWARDS

Cherrybrook Little Athletics Coloured Patch program encourages athletes in U7 to U15 to strive to improve their personal best results across a range of events throughout the season. Coloured Patches can only be achieved in ascending order, with Yellow, Green, Red and Blue awarded during the season to athletes who achieve the required results in a certain number of events, depending on age group:

- U7-U8 athletes need to achieve two track and one field, or one track and two field, events
- U9-U10 athletes need to achieve two track and two field events
- U11-U15 athletes need to achieve two track and three field, or three track and two field, events



Gold Patches, attained by achieving the highest standard in any two events, are the most prestigious – and hardest to achieve – and are awarded at Presentation Day.

- To attain a Coloured Patch, athletes must equal or better the standard for that colour in the required number of events – results can be achieved at Cherrybrook Athletics Competition Nights, LANSW championships or gala days, or sanctioned ANSW events. Results can only be used once.
- Download and print ONLY THE PAGE YOU NEED FOR EACH ATHLETE from our website – ONE FORM PER CHILD (please note forms will be returned with each patch achieved ready for more results).
- YOU CAN SUBMIT YOUR FORM FOR EACH PATCH AS IT IS ACHIEVED, OR FOR SEVERAL PATCHES AT ONCE provided the required results for each patch in ascending order have been attained.
- Completed forms are to be hand to your Age Manager to place in the tray in the clubhouse.

If you have any questions, please see Cate at the duty desk at the beginning of Friday night.

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

Understanding OS and SLJ

Everyone has heard of Osgood-Schlatter – up to 10% of all adolescents are affected by OS. But what is it? And what is SLJ? OS is a common osteochondrosis – or self-limiting development of normal bone growth (as covered in a previous blog) – that occurs at the knee joint, specifically at the growth plate of the tibial tuberosity ie the top bony part of your shin bone before you reach the patella. SLJ presents very similarly to OS but affects the inferior pole of the patella, and thus presents slightly superior (higher) to the knee than OS. OS and SLJ can often result from overuse and repetitive bouts of running and jumping and are strongly associated with repeated contraction of the quadriceps (repetitive knee extension).

Keep reading on Carlingford Active Health's website:

<http://www.carlingfordactivehealth.com.au/news/understanding-osd-and-slj-the-impact-on-young-athletes/>

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

Bakers
Delight
Cherrybrook

HUNTER PACIFIC
INTERNATIONAL

carlingford
active health



wamee

