

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

This Friday, November 17, we are running **Program 1** which can be viewed on our website [here](#) and features the following early events, all at **5.15pm**:

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

PLEASE NOTE: If you wish to compete in an early event, please **ARRIVE PROMPTLY AT 5.15PM** – any athlete who arrives after 5.30pm will not be able to join in.

Parents/carers with athlete surnames A-G and O-Z are on Program 3 duties this week.

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

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

It's PHOTO DAY #3

We will be taking group photos of any Age Groups we have missed so far – and taking some Age Groups again as needed (to be advised) – so please ensure all athletes are in their Cherrybrook uniform singlets or crop tops – jackets should be removed where possible for photos. If athletes wear a T-shirt or similar under their singlet, please ensure it is in Club or neutral colours – ie red, white, grey or black. Age Managers will bring their groups for photos between events, parents do not need to be present. Photos will be published in the annual Red Book which is available to order as a printed book at the end of each season or can be viewed on our website.

LANSW STATE RELAYS – well done to our teams!

Congratulations to all our teams who competed in the LANSW Valour State Relay Championships last weekend at Sydney Olympic Park Athletics Centre. For many athletes, it was their first time competing on a big track and we applaud all of you for rising to the challenge, giving your best efforts and representing our Club to your best abilities. Well done!



Special congratulations to our medal-winning teams – our U11 boys jumps team won SILVER, and our U15 boys throws team also won SILVER. Super efforts!

LANSW NORTH MET ZONE CARNIVAL

The full list of our entries for LANSW North Met Zone carnival on December 1-3 at Barton Park, Parramatta is available on our website [here](#) – please check all details are correct and advise us via your Age Managers and/or cherrybrookathletics@gmail.com ASAP (BY SUNDAY at the latest) if there are any problems. The full program of Zone events is also available on our website [here](#).

Parents/carers are advised that it is a condition of entry that each family have at least one parent/carer perform a Zone duty on EACH day they have an athlete competing. Please note that some duties are specific to an age group and event, and the times are Not Before times – ie if the event is running late, the duty will also be late.

If you have yet to sign up for a duty, please do so here:

- Saturday: https://www.signupgenius.com/go/904044FABA82EA4F85-45483348-saturday#
- Sunday: https://www.signupgenius.com/go/904044FABA82EA4F85-45504627-sunday#

COLOURED PATCHES

Congratulations to the following athletes who have earned Coloured Patches:

- YELLOW: Oliver Cox 12B, Nisini Rajpaksha Mudiyansele 14G
- GREEN: Oliver Cox 12B, Nisini Rajpaksha Mudiyansele 14G
- RED: Nisini Rajpaksha Mudiyansele 14G
- BLUE: Nisini Rajpaksha Mudiyansele 14G
- GOLD: Nisini Rajpaksha Mudiyansele 14G – well done Nisini!

The 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. For more information, see [our website](#) or the Week 6 newsletter. Coloured Patch forms should be handed to Age Managers to place in the tray above their pigeonholes in the Clubhouse.



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.



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.

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

UNIFORM SHOP

The Uniform Shop is open from **5.30pm to 6.30pm on Fridays** in the Club house.

Athletes are required to wear a Cherrybrook Athletics singlet or crop top and black shorts or other athletic-style pants to compete on Friday nights, or at LANSW or ANSW events. Please note the proper patch placement (pictured right) for LANSW events – noting that the red border on the athlete ID number cannot be cut, folded or altered in any way.



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

Understanding OCD: The impact on young athletes

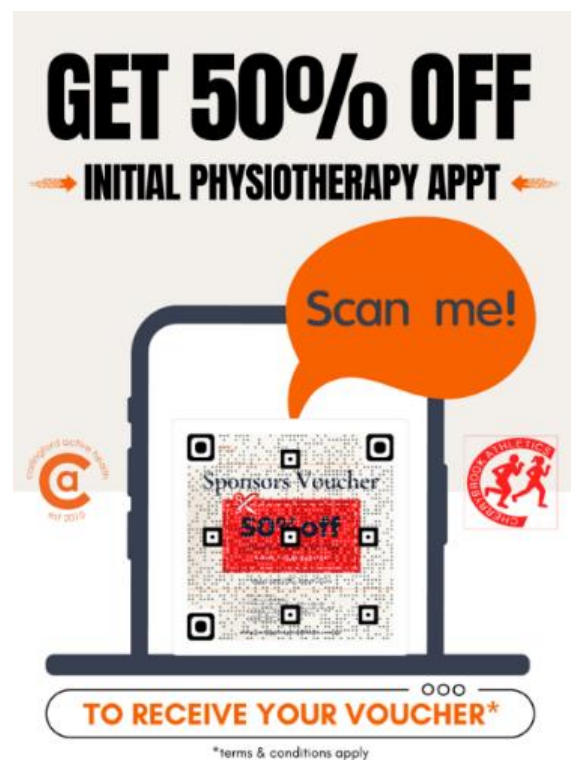
Osteochondritis dissecans (OCD) is a condition which develops in certain joints of young people. OCD affects the subchondral bone and its articular cartilage. That is, in simple terms, the bone that is underneath the cartilage and the cartilage subsequently above the subchondral area. This is common in the knee and elbow and occasionally in the ankle. OCD commonly occurs from a loss of blood flow to the joint (localised avascular necrosis) which can cause the articular surfaces (cartilage) to soften. This may then cause the subchondral collage (bone below the cartilage) to collapse and form loose bodies in the knee (medial femoral condyle), elbow (capitellum) or ankle (medial talus). But how does this happen? In most cases, the cause is idiopathic. Simply meaning, we don't really know! But the most common risk factors involve increased and repetitive stress or load to the bone.

Other risk factors may involve chemical changes at the surface located in the subchondral bone, genetic conditions, growth disorders, hereditary factors.

Keep reading on Carlingford Active Health's website:

<http://www.carlingfordactivehealth.com.au/news/understanding-ocd-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.



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ELITE
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