

# Celebrating 30 years



## Cherrybrook Athletics



cherrybrookathletics@gmail.com

This Friday, November 24, we are running **Program 2 (updated)** which can be viewed on our website [here](#) and features the following early events, all at **5.15pm**:

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

**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.

The Multi Night previously scheduled for this Friday has been postponed until December 8 and will be run to Program 3 – more details to come soon!

Also, with 144 of our athletes competing at the LANSW North Met Zone carnival on December 1-3, there will be **NO COMPETITION NIGHT for U7-U17 athletes on Friday, December 1**. Cherrybrook Crew and U6 athletes **ONLY** are invited to join us for a **FUN NIGHT** of special events.

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

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

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

### LANSW NORTH MET ZONE CARNIVAL

The full and FINAL list of our entries for LANSW North Met Zone carnival on December 1-3 at Barton Park, Parramatta is **available on our website [here](#)**. The full program of Zone events is also on our website [here](#).

**We will be running relay training for Zone teams on Friday at 5.15pm.**

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 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 **via these updated links ASAP** otherwise a duty will be assigned to you:

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

### DATES FOR YOUR DIARY

- **Friday, December 15:** Our last night of the year and our Santa For Sick Kids fundraiser – because we know you all love them, we will be selling stripey socks in Christmas colours of red and green to

raise funds for the families of sick and injured kids staying at Ronald McDonald House over Christmas and beyond.

- **Friday, January 12:** Our season resumes after the Christmas break with our first Competition Night for 2024.
- **Saturday and Sunday, February 17-18:** ANSW Sydney North Clubs Regional Championships at The Crest Athletics Centre – this is a new event from ANSW for athletes aged 7-12, offering competition in a relaxed environment. There is also a team-based competition, whereby athletes score points for their Club. For athletes with individual aspirations, the Regional Championships will also serve as a direct qualifier to the inaugural Youth Championships in March 2024.
  - Events: [cdn.revolutionise.com.au/cups/nswathletics/files/9inhqmb2cyoheorl.pdf](https://cdn.revolutionise.com.au/cups/nswathletics/files/9inhqmb2cyoheorl.pdf)
  - Entry details: [www.nswathletics.org.au/events-page/regional-championships/](http://www.nswathletics.org.au/events-page/regional-championships/)
- **Saturday and Sunday, March 2-3:** LANSW State Combined Carnival at Hunter Sports Centre, Glendale for athletes in U7-U17 – this is a fun event in which athletes compete in a series of events for a combined point score, like a heptathlon or decathlon, but with fewer events for our younger athletes. It also serves as a qualifier for ALAC for eligible age groups. Stay tuned for updates in coming newsletters.
- **Friday, March 8:** Cherrybrook Athletics Ribbon Night
- **Friday, March 15:** It's our final night for the season which means it is our FUN NIGHT!
- **A Sunday TBA in May:** Presentation Day

## COLOURED PATCHES

Congratulations to the following athletes who have earned Coloured Patches:

- **YELLOW:** Lincoln Howitt 7B, Ryan Rann 8B, Tom Hilgendorf 8B, Abigail Howitt 10G, Jack Hilgendorf 11B
- **GREEN:** Lincoln Howitt 7B, Ryan Rann 8B, Tom Hilgendorf 8B
- **RED:** Tom Hilgendorf 8B

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.**

**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.



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.

## 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.



## THANK YOU!

Our Bandanna Day fundraiser for CanTeen was an amazing success, especially with the help of our sponsor Carlingford Active Health who donated **THREE** fabulous prizes for families who purchased a bandana to go into a draw for. Congratulations to our lucky CAH voucher winners! And thanks to the team at CAH for supporting us with this worthwhile cause – and for providing physio support trackside every week!

We raised \$652 for CanTeen through bandana sales and donations! And it was all for such a wonderful cause. CanTeen supports young people (aged 12-25) whose lives have been affected by cancer, either themselves or a family member.

And we think our athletes had a lot of fun – and looked amazing – wearing their bandanas with pride! Thank you to everyone who purchased a bandana – or two or three – or who donated online.



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