

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

After last week's Competition Night was abandoned due to wet and windy weather, **Program 2** was postponed until this this Friday, November 3. The program can be viewed on our website [here](#) and features the following early events, all at **5.15pm**:

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

There is also a 1500m walk for U12-U17 at the end of the program about **8.15pm**.

For athletes running at either State Relay, or potentially in a Zone relay, we have relay training including baton changeover, block starts and merging on Friday 4.45pm-5.15pm

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

It's BANDANNA DAY (take #2)

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 (aged 12-25) whose lives have been affected by cancer, either themselves or a family member. This Friday we will be selling colourful bandanas for \$5 each CASH ONLY – or you can donate [here](#). As a special incentive to support our fundraiser, every bandana purchased will earn an entry into a draw for one of three prize packs generously donated by our wonderful sponsor, Carlingford Active Health! Simply write your name, age group and contact number on a piece of paper (which will be provided) and pop it in the bucket – the winners will be drawn toward the end of the evening's events.



It's also PHOTO DAY

We will endeavour to take as many U6-U17 Age Group photos as possible this Friday, with the remainder to be taken the following week. 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. Given it is Bandana Day, these can be worn for photos if you choose. 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 ZONE CARNIVAL – nominations close Friday!

Nominations close on Friday, November 3, for LANSW North Met Zone on December 1-3 at Barton Park, Parramatta. This event is open to athletes in U7-U17 and is the first step in the progression to LANSW Region (U8 up) and State Championships (U9 up). Nominations for LANSW athletes are via Results HQ – simply open your Results HQ account, select NOMINATIONS from the menu, then select Cherrybrook 2023-2024 North Met Zone from the drop-down menu. You can then choose which events to nominate for. Please note, events are listed in [program](#) order. Any ANSW-only registered athlete who wishes to nominate should email cherrybrookathletics@gmail.com with your athlete's national ID number and the events they wish to enter, and then see Club president Michael on Friday night.

Athletes U7-U11 can compete in only FOUR events, and athletes U12-U17 in SIX events. There is no qualification standard however nominations are not a guarantee of entry – Cherrybrook Athletics is limited to SIX entries per event/age group. Entries close on Friday, November 3 and successful nominations will be confirmed soon after. 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 – the parent/carer duty SignUp Genius will be sent around soon.

LANSW STATE RELAYS

A full list of teams who will compete in the LANSW Valour State Relay Championships, on Saturday and Sunday, November 11 and 12, 2023 at Sydney Olympic Park Athletics Centre is now on our website – well done to all those athletes who nominated and were selected and best of luck on the day!

Athletes will receive an email confirming their events soon, along with some information about team management and signing in at the event. We also have some parent/carer duties that need to be completed over the weekend, so a link will also be provided to a SignUp Genius.

ANSW SENIOR STATE RELAYS – nominations close Saturday

For ANSW-registered athletes, the NSW Senior State Relays – with event options from U10 to Masters – will take place 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 wishes to compete for Cherrybrook Athletics at this championship event should submit an online [nomination form here](#) by midnight on Saturday November 4. Team selections will be announced by Friday November 10. We encourage all interested and eligible athletes to nominate!

COLOURED PATCHES

Congratulations to the following athletes who have earned Coloured Patches:



- YELLOW: Imogen Connell 11G; Edward Darby 15B; Vishnu Rajagopal 9B; Anna Wegener 11G
- GREEN: Imogen Connell 11G; Vishnu Rajagopal 9B; Anna Wegener 11G
- RED: Imogen Connell 11G; Anna Wegener 11G

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 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. There is a selection of waffles/spikes already available for sale – please ask Julie at the Uniform Shop.

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

Understanding Sever's disease: The impact on young athletes

Sever's disease is a condition caused by an increased load at the point where the achilles tendon meets with the base of the heel – commonly occurring from an increase of sporting or physical load such as repetitive running and jumping. Sever's is an osteochondrosis, or a self-limiting development of normal bone growth. Patients with Sever's are usually young and have had a spike in physical activity. They will present with localised and specific tenderness on palpation over the calcaneal apophysis (directly over the heel bone). Swelling may also be present over this area despite it being a non-inflammatory condition.

Keep reading on Carlingford Active Health's website:

www.carlingfordactivehealth.com.au/news/understanding-severs-disease-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.



gsa planning

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