

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

This Friday, November 10, we are running **Program 3** which can be viewed on our website [here](#) and features the following early events, all at **5.15pm**:

- Triple jump – U11 & U12
- High jump – U13
- Shot put – U14-17

PLEASE NOTE: If you wish to compete in an early event, please ARRIVE PROMPTLY AT 5.15PM and add your name to the list with the Age Manager on duty – any athlete who arrives after 5.30pm will not be able to join in.

We have relay training including baton changeover, block starts and merging on Friday 5.15pm to 5.45pm



PLEASE ALSO NOTE: U17G and U15-17B 100m hurdles start at 5.45pm

Parents/carers with athlete surnames H-N 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 #2

We will be taking group photos of all those Age Groups we missed last week 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 – Good luck to our teams!

Good luck to all our athletes competing in the LANSW Valour State Relay Championships THIS WEEKEND, Saturday and Sunday, November 11 and 12, 2023 at Sydney Olympic Park Athletics Centre. We hope you all have amazing fun and achieve a personal best, or walk away knowing you gave it your best.

- Juniors U8 to U11 compete on Saturday, November 11.
- Seniors U12 to U17 compete on Sunday, November 12.

All athletes involved should have received an email with team lists, programs, maps, and Team Manager contact details. **If your athlete is unable to attend, please advise us ASAP - teams cannot compete unless ALL members are present.**

LANSW NORTH MET ZONE CARNIVAL

Unless you have been contacted directly to advise otherwise, all other athletes who nominated for the LANSW North Met Zone carnival on December 1-3 at Barton Park, Parramatta **have been successfully entered in the events they nominated for.** Congratulations!

The full program of Zone events is 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.

You can sign up for duties here:

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



A NEW RECORD!

Congratulations to the amazing **Ashleigh Mansell** who broke the U12G 1500m walk record with a time of 8:34.83, smashing the previous record of 9:03.35 set by Mia Stewart in the 2020-2021 season. All our Little Athletics club records and championships records are available on our website and in our Red Book annual report each year.

Club records achieved on a Friday Night are automatically recorded. Athletes who believe they have broken a championship record (ie the best performance by a Cherrybrook athlete at a championship event such as Zone, Region or State) should email us at cherrybrookathletics@gmail.com

COLOURED PATCHES

Congratulations to the following athletes who have earned Coloured Patches:

- YELLOW: Kane Grech 11B, Hayden Johansen 11B, Banjo Lear 9B, Sage Pradhan 7G
- GREEN: Sage Pradhan 7G
- RED: Sage Pradhan 7G

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 **CLOSED THIS FRIDAY**, November 10 – if anyone requires an urgent uniform purchase, please email us here ASAP to make arrangements for a committee member to meet you 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 right) for LANSW events.



An offer from our sponsor, Elite Active Fitness ...

Elite Outdoor Fitness is offering a free six-week total body transformation program starting November 13 at Greenway Oval. There are two parts to the program – nutrition and fitness. However, you can choose to only take part in the fitness portion if you don't want to follow the nutrition program. The program involves ...

- Six-week body transformation program in which we teach you what to eat including meal plans, recipes and shopping lists. Our members have lost on average 6kg following this plan.
- Private Facebook support group where you can ask questions and have all the support you need.
- Six weeks of unlimited 45-minute functional training sessions with a focus on strength and fitness, with 24 available sessions times over six days each week.

You can find our more information or register at: <http://eliteoutdoorfitness.gympages.net/eof-6wc-cla-nov-23/>

gsa planning

Bakers
Delight
Cherrybrook

HUNTER PACIFIC
INTERNATIONAL

@ carlingford
active health



wamee

