

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

After last week's Competition Night was abandoned due to extreme heat and humidity, this Friday, December 15 is our postponed **MULTI NIGHT** for all U6-U17 athletes which will be run to a special amended version of **Program 3** which can be viewed on our website [here](#).

While we will be running our usual early events, these WILL NOT COUNT to the overall Multi Night point score. The early events at **5.15pm** are:

- Triple jump – U11 & U12
- High jump – U13
- Shot put – U14-U17

PLEASE ALSO NOTE: U17G and U15-17B 100m hurdles start at 5.45pm ... if athletes in these age groups wish to achieve an overall Multi Night score, please arrive in time for this event.

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.

MULTI NIGHT

Multi Night is run like a regular Competition Night, but with points based on time/distance in each event accrued as a total over ALL events – similar to how pentathlon, heptathlon and decathlon are scored. Athletes must compete in ALL EVENTS on their program (excluding early events but including the 5.45pm hurdles for eligible age groups) to achieve an overall Multi Night score.

The top three point-scoring athletes in each Age Group will receive a certificate at Presentation Day, when we will also award special prizes to our overall Boy and Girl top point-scorers. Given different Age Groups compete in different numbers of events – U6-U7 will compete in four events and U8-U17 in five events – the overall scores will be weighted accordingly to provide a fair overall score for eligible athletes.



Parents/carers with athlete surnames H-N and O-Z are on Program 3 duties this week ... but please be aware, we will likely be needing some extra help from anyone present as some families will have already left on their summer holidays.

Cherrybrook Crew (U3-5) – 4.45pm-5.30pm
U6-U17 – warm-up 5.45pm, main events 6pm
(5.45pm for U15-17 hurdles)



PULL YOUR SOCKS UP!

Yes, it's Stripecy Sock night! The LANSW Santa for Sick Kids fundraiser is to raise money to support the

families of sick and injured kids staying at Ronald McDonald House over Christmas and beyond – purchase your \$5 red, green, pink, blue or orange stripecy socks in both children and adult sizes. Socks are limited so get in quick! As an added incentive to help this worthwhile cause, our sponsor Carlingford Active Health is providing a special raffle prize – each pair of socks sold

gains two entries in the draw, or you can make a gold coin donation to Santa For Sick Kids and also receive a ticket in the draw for an amazing CAH prize hamper.

It is also our last night for 2023. We hope all our athletes and their families have a happy and safe Christmas and New Year – however you celebrate it – and we look forward to seeing you back at Greenway in a few weeks.



Our FIRST NIGHT BACK for 2024 will be Friday, January 12

REGION 5 CHAMPIONSHIPS

Congratulations to our **outstanding 99 athletes** who have qualified for the Region 5 Championship in a terrific total of 256 events! The full list of athletes to compete at Region on Friday to Sunday, February 9-11 at Narrabeen Athletics Track, can be viewed on our website [here](#). Well done to all those athletes!

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 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**



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.

DATES FOR YOUR DIARY

- **Friday, January 12:** Our season resumes after the Christmas break with our first Competition Night for 2024.
- **Friday to Sunday, February 9-11:** Region 5 Championship at Narrabeen Athletics Track.
- **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 plus a team-based competition where athletes score points for their Club. This 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
 - Entry details: 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 whole club FUN NIGHT!
- **Friday to Sunday, March 22-24:** LANSW HART Sport State Track and Field Championships, SOPAC for athletes who qualify through Region
- **May:** Our Presentation Day will be held on a Sunday in May, date TBA

UNIFORM SHOP

The Uniform Shop is now open by appointment only – please contact Julie on 0421 002 991.

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



RED-S: Understanding the impact on athletes: What is Relative Energy Deficiency in Sport (RED-S)? Put simply, RED-S is about energy imbalance. Expenditure of energy (exercise/movement) requires sufficient input (food/drink) to work effectively. The imbalance occurs when the expenditure of energy outpaces the input, causing a state of energy deficiency.

With insufficient energy intake, the body begins to prioritise functions for survival. The other functions, such as the production of hormones, bone health and the immune system, begin to be lowered in priority of resource allocation.

RED-S can affect all members of the athletic population irrespective of age. Symptoms vary between individual, making the diagnosis of RED-S more difficult. Classical symptoms include fatigue, recurrent injuries, prolonged recovery time, irregular menstrual cycles in female athletes, decreased performance, and psychological distress or depression. The key to optimising energy performance is ensuring adequate rest breaks and sufficient nutritional intake between bouts of exercise. This is referred to as “integrated periodisation” and is not just about eating enough, but allowing time for the body to recover to meet the energy demands of the sport.

Keep reading on Carlingford Active Health’s website: www.carlingfordactivehealth.com.au/news/red-s-understanding-the-impact-on-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

Bakers
Delight
Cherrybrook

HUNTER PACIFIC
INTERNATIONAL

carlingford
active health



wamee

