

Celebrating 30 years



Cherrybrook Athletics



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**Competition
Nights resume
this Friday,
January 12**



Welcome to the 2024 portion of Cherrybrook Athletics season 2023-2024! We hope you all had a wonderful break over the Christmas and New Year period and are ready to run, jump and throw again! **Please note, we WILL be running a regular Competition Night on Australia Day, Friday January 26.**

This week is **Program 1** which can be viewed on our website [here](#) and includes the following early events, all starting at 5.15pm:

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

Parents/carers with athlete surnames A-G and O-Z are on Program 1 duties this week ... but we will likely need extra help as some families will still be away.

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.

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

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

REGION 5 CHAMPIONSHIPS

Due to the closure of the main track at Narrabeen Athletics Track, the Region 5 Championship on February 9-11 will be moved to a new venue – which is yet to be confirmed but likely to be Mingara Regional Athletics Centre at Tumby Umbi. More details will be provided in next week's newsletter. The full list of our **outstanding 99 athletes** who have qualified for the Region 5 Championship in a terrific total of 256 events can be viewed on our website [here](#).

RECORDS

Congratulations to the following athletes who achieved Club Competition Night records late last year:

- **Finn Leivesley** U11B high jump 1.46m (previous 1.45m)
- **Andre Liyanage** U11B discus 35.26 (breaking his own record for a second time this season!)
- **Madison Tabrett** U12G 80m hurdles 14.34 (breaking her own record of 14.68 earlier this season)
- **Samuel Price** U15B discus 52.31m (previous 48.97m); 100m hurdles 13.97 (previous 14.58); 300m hurdles 43.89 (previous 44.71); and equal record shot put 13.13m

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.

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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 to Sunday, February 9-11:** Region 5 Championship – venue TBC.
- **Saturday and Sunday, February 17-18:** ANSW Sydney North Clubs Regional Championships at The Crest Athletics Centre – this is a new ANSW event for athletes aged 7-12 registered with either ANSW or LANSW (additional fee applies) which 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. Entries are now open – go to the [LANSW website](#).
- **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.

SOCKS SUCCESS!

Thank you to everyone who purchased a pair (or two or more) of Stripecy Socks as part of the LANSW Santa for Sick Kids fundraiser to raise money to support the families of sick and injured kids staying at Ronald McDonald House over Christmas and beyond. We raised a terrific total of \$435. This was also



helped by our sponsor Carlingford Active Health who provided a special raffle prize as an incentive – with two entries in the draw for each pair of socks sold. Congratulations to Evan who won the amazing CAH prize hamper.



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

Understanding avulsion fractures and their impact on young athletes



An avulsion fracture is a type of fracture or break of the bone which occurs at the attachment of a ligament or a large tendon to the bone. Avulsion fractures of the hip and pelvis are common injuries in adolescent athletes during high intensity sport.

The cause of an avulsion fracture is often an unpredictable traumatic event caused during sport or intense physical activity. Avulsion fractures can occur with either contact or non-contact events.

A traumatic contact avulsion fracture can often occur when the force of the ligament tear can cause a fracture to our bone, such as at the ankle. However, it is most common for children and adolescent athletes to have a non-contact avulsion fracture due to the pulling of a major muscle tendon on the bone.

This can often occur during growth spurts in which a child's bone will grow faster than the muscle tendon that attaches to it. As a result, a young athlete's growth plates are subsequently weaker than the musculotendinous unit that attaches to it – unbeknownst to the athlete, coach or parents – which can cause the fracture. Keep reading at Carlingford Active Health's website:

www.carlingfordactivehealth.com.au/news/understanding-avulsion-fractures-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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