

Celebrating 30 years



Cherrybrook Athletics

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We hope everyone had a wonderful Australia Day weekend and are enjoying back-to-school – and back to athletics! This week, Friday February 2, we will be running **Program 3** which can be viewed on our website [here](#) and includes the following optional early events, all starting at 5.15pm:

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

PLEASE ALSO NOTE: U17G and U15-17B 100m hurdles start at 5.45pm, followed by 90m hurdles and then 80m

- **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 6pm

(other than early 100m hurdles)

REGION 5 CHAMPIONSHIPS

The Region 5 Championship will now be held on February 10-11 at Sydney Olympic Park Athletics Centre (main stadium) – a list of our qualified athletes is available on our website [here](#), along with a revised program which can be viewed [here](#).

Parents/carers who have yet to sign up for a duty should please do so [here](#).

LANSW STATE COMBINED CARNIVAL

Entries are now open for the LANSW State Combined Carnival over the weekend of Saturday and Sunday, March 2-3 at Hunter Sports Centre, Glendale for LANSW athletes in U7 to U17. As this is a combined event – like pentathlon, heptathlon and decathlon – athletes must compete in ALL events in their age group to achieve an overall total point score. Points are allocated for performances in each event, based on the LANSW Multi-Event point score system, for an overall total. Top 3 medals are awarded in all age groups, with U15 athletes also vying for a spot in the LANSW team at the Australian Little Athletics Championships in April. More details including a full list of events for each age group is available at [LANSW website](#).

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.

COLOURED PATCHES

Congratulations to the following athletes who have earned Coloured Patches:

- **YELLOW:** Amelie Gilchrist 11G, Callum Gilchrist 13B, Imogen Gilchrist 7G, Juliette Soltan 11G
- **GREEN:** Amelie Gilchrist 11G, Callum Gilchrist 13B, Imogen Gilchrist 7G
- **RED:** Callum Gilchrist 13B, Imogen Gilchrist 7G
- **BLUE:** Imogen Gilchrist 7G
- **GOLD:** Imogen Gilchrist 7G – well done Imogen!!



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

- **Saturday to Sunday, February 10-11:** Region 5 Championship – SOPAC.
- **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 Hunter Sports Centre, Glendale
- **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 5 Championships ****Please be advised the Easter Show starts at Sydney Olympic Park that weekend so you may wish to consider pre-booking parking**
- **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 ...

Mid-season monitoring: The importance of appropriate recovery strategies

Massage therapy, hot packs, ice baths, compression garments ... all are strategies you've likely heard about to optimise recovery after training and competitions. But time is limited and it's not likely that you will be able to do all of them. This blogpost looks at your favourite recovery methods and explores how they aid recovery for tired athletes.

1. Sleep & relaxation

Sleep is a fundamental pillar in the foundation of athletic recovery, playing a pivotal role in enhancing both performance and overall well-being for athletes. Sleep emerges as a natural performance booster, with the body leveraging this time to fortify tissues, elevate energy levels, and consolidate memory and learning. You may have read in our earlier blogpost about building a healthy sleep pattern and taking that time before bed to really relax. This means taking away things that put on a higher cognitive load such as intense training sessions the night before or stressful video games.

2. Hydrotherapy

Hydrotherapy is a well-liked technique for athletes to recover from rigorous training or competition. This therapy is submerging the body in water, usually using techniques such as contrast baths or ice baths (alternating between hot and cold water). The goal of hydrotherapy is to speed up recovery in between sessions by lowering tiredness, inflammation, and soreness in the muscles.

Keep reading on Carlingford Active Health's website:

<http://www.carlingfordactivehealth.com.au/news/midseason-monitoring-the-importance-of-appropriate-recovery-strategies/>

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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