

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

This week, Friday February 16, we will be running **Program 2** which can be viewed on our website [here](#) and includes the following optional early events, all starting at 5.15pm:

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

Please note: Athletes who wish to compete in early events MUST HAVE A PARENT/CARER PRESENT to help run events – any athlete without a parent/carer assisting cannot compete.

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.

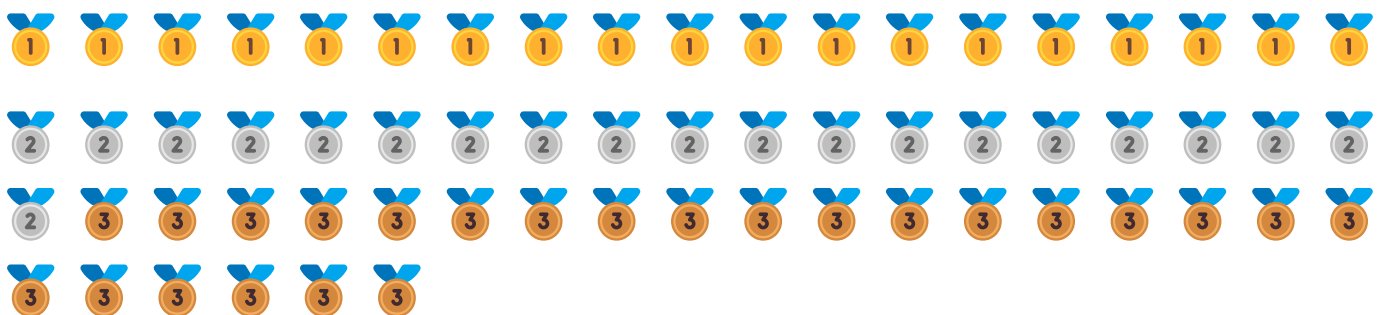
Parents/carers with athlete surnames A-G and H-N are on Program 2 duties this week

A reminder that any parent/carer who is not on a rostered duty is expected to be ACTIVELY ASSISTING AGE MANAGERS who are there to record results and coach athletes ... and who need your help, especially supervising children waiting their turn. If you have more than one athlete (and are not on a duty), please check which Age Manager is most in need of your support!

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

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

WELL DONE REGION ATHLETES!



Congratulations to ALL our athletes who competed at the LANSW Region 5 Championship last weekend at Sydney Olympic Park Athletics Centre – everyone put in an amazing effort and we are so proud of you all ... but what an marvellous medal haul for our Club! Congratulations to all our medal-winners – as you can see above, our athletes won 19 GOLD, 20 SILVER and 24 BRONZE. And another round of applause please for those athletes who have qualified to compete at LANSW State Championships. A full wrap-up of results and qualifications will be announced once the results from all Regions have been verified and posted.

Also, a big shout out to our super sponsor Wamee for the terrific training shirts all our Region athletes received – they looked fabulous and were a huge hit! And to Carlingford Active Health for their physiotherapy support over the weekend of competition.



And just a reminder for parents/carers of athletes who qualify for State to consider pre-booking parking as the Sydney Royal Easter Show starts at Olympic Park that weekend.

COLOURED PATCHES

Congratulations to the following athletes who have earned Coloured Patches:

- **YELLOW:** Yehas Halpage 7B, Katryn Meyer 8G, Schalk Meyer 10B, Samuel West 11B
- **GREEN:** Katryn Meyer 8G, Schalk Meyer 10B
- **RED:** Katryn Meyer 8G



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.



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.

**PARENTS/CARERS
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AT THE OVAL AT ALL
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ATHLETE/S ARE
COMPETING**

UNIFORM SHOP

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

DUAL ATHLETES

Details on how to claim refunds for eligible Dual ANSW/LANSW athletes will be emailed to parents/carers of those athletes soon – please keep an eye on your inbox!

DATES FOR YOUR DIARY

- **Saturday, February 17:** ANSW Sydney North Clubs Regional Championships The Crest Athletics
- **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
- **May:** Our Presentation Day will be held on a Sunday in May, date TBA

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

Overuse injuries in young athletes: Upper body

As highlighted in our previous blog and newsletter piece, athletics provides a great opportunity for young athletes to develop both upper and lower body strength, power and endurance in track and field events. However, we know sometimes our young athletes' bodies are unable to keep up with the demand of training and competing while juggling multiple sports during summer. This unfortunately can result in an overuse injury.

Osteochondritis dissecans (OCD) of the elbow is a condition that can significantly impact the performance and well-being of young track and field athletes. The repetitive stress and strain placed on the elbow during repetitive throwing events and training can predispose athletes to OCD specifically of the elbow.

Read about the diagnosis, prognosis, and treatment of OCD in young track and field athletes on Carlingford Active Health's website:

<http://www.carlingfordactivehealth.com.au/news/overuse-injuries-in-young-athletes-upper-body-edition/>

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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