

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

Last week it seems we had everything – heat, humidity, rain, thunder, and lightning – *except* athletics!

This week, Friday March 1, we will try again for **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 note: Athletes who wish to compete in early events MUST HAVE A PARENT/CARER PRESENT to help run the events.

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

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
(other than early 100m hurdles)**

END OF SEASON PHOTOS

March is upon us, which means our season is drawing to a close – we only have three Friday nights left (weather permitting of course!) We will be taking a number of group and other photos for the Red Book over the next two weeks. Please ensure athletes are in correct uniform.

We will aim to take the following photos this week, Friday March 1:

- **Coaches:** Please arrive promptly and be set up at your events in time to meet Gail on the hill (behind main shot put circles) at **5.40pm** for a group photo before warm-up and the start of events.
- **Region and State qualified athletes:** Please be wearing your Wamee Region shirts and assemble at the main shot put circles at the **start of warm-up at 5.45pm** (athletes can warm up at their first events) for the following group photos:
 - All Region athletes
 - Region medallists (please bring your medals to wear for the photo)
 - All State-qualified athletes
 - U8 Region medallists
- **U7 Zone medallists:** Please bring your medals and Gail will organise a time with your Age Managers

We will aim to take the following photos next week, Friday March 8:

- **Whole Club Photo:** All athletes should be in correct uniform and will be asked to assemble in front of the new Club House at **5.30pm before warm-up** for a series of group photos.
- **Age Managers:** All Age Managers are asked to please assemble, in your vests, in front of the new Club House at **5.45pm** as the athletes head to warm-up
- **Committee:** All committee members are asked to please be wearing their committee shirts and assemble, again in front of the new Club House, **at 5.50pm** immediately after Age Managers (and hopefully before warm-up has ended!)

RIBBON NIGHT – MARCH 8

Friday, March 8 will be our Ribbon Night which will run like a regular Competition Night but with ribbons awarded at the end of the night to the top 3 placegetters in each event.

This will also be our last point-scoring night for the season and the last chance for results to count toward Coloured Patches.



FUN NIGHT – MARCH 15

Our last night for Season 2023-2024 will be March 15 which is our Fun Night of novelty events to celebrate the end of the season. Athletes are invited to wear mufti, provided it is suitable for athletic events – appropriate athletic shoes are required. A towel/change of clothes may also be handy as there is likely to be a splash zone involved! Parents/carers will also be welcome to participate in some events 😊

PRESENTATION DAY – SUNDAY MAY 19

Our Presentation Day will be held on the afternoon of Sunday, May 19 – location and precise times to be announced closer to the event. Awards – such as Most Consistent Athlete, Most Improved Athlete and Newcomer Encouragement – and special achievements for each Age Group will be recognised at the Presentation Day and all athletes present will receive a participation medal. Please pop the date in your diary now and stay tuned for further details.

LANSW STATE CHAMPIONSHIPS

While our Friday Night season ends on March 15, many of our amazing athletes will be still warming up for at least one more event – the big one on the LANSW calendar!

The LANSW Hart Sport State Track and Field Championships will be held on Friday to Sunday, March 22-24 at Sydney Olympic Park Athletics Centre. We are thrilled to have 49 athletes qualified in 89 events. Good luck to each and every one. A full list of our qualified athletes is available on our website [here](#).

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

LANSW STATE COMBINED CARNIVAL

Good luck also to our 14 Cherrybrook athletes who have entered in the LANSW State Combined Carnival this weekend, Saturday and Sunday, March 2-3 at Hunter Sports Centre, Glendale.

ANSW YOUTH CHAMPIONSHIP

A reminder for any ANSW-registered athletes who have qualified for the inaugural NSW Youth Championships on March 14-17 to ensure you are registered before 11.59pm this Sunday, March 3. If any of our U8-U12 walks, hurdles or Para athletes is interested in a direct nomination, please contact Nicky Jenneke ASAP on 0448 407716. More information on the ANSW Youth Championships – which is a new event on the calendar this year – is available [here](#).

COLOURED PATCHES

Any Coloured Patch sheets submitted in the past few weeks will be processed and announced soon – and remember to please get



any outstanding sheets in by Friday, March 8 to be processed and patches awarded before the end of the season. For any sheets submitted after March 8, patches will be available for collection on our Presentation Day. Please fill out and submit a printed sheet on Fridays – we currently cannot accept emailed copies. If anyone needs more information about the Coloured Patch program, details and sheets are available on our website [here](#) or see Coloured Patch co-ordinator Cate near the duty sign-up desk before events begin on Friday.

WE NEED YOU!

As the end of the season approaches, it is time to start planning our Annual General Meeting – and our committee who will oversee Season 2024-2025. We have several committee members stepping down at the end of this season, some of them after many years of volunteer contributions to our Club and our young athletes. If your family are keen to do athletics again next season, please consider putting your hand up for a role on the committee – or even for a role assisting the committee. The more people who become involved the less work there will be for each person involved! If you are interested, please speak with a committee member on a Friday night or email us at cherrybrookathletics@gmail.com.

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!

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**

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

Unpacking ankle stiffness – the key to athletic performance

Physiotherapists want ankle stiffness. You want ankle stiffness.

When we refer to ankle stiffness, we are not talking about a swollen ankle three weeks after an ankle sprain. These ankles are restricted and have no movement in dorsiflexion or plantarflexion.

When we refer to ankle stiffness we are talking about performance. Ankle stiffness to run faster, jump higher – for this, ankle stiffness is vital.

But how does this work?

The anatomy behind stiffness

Every skeletal muscle in the human body has tendons to transfer the force a muscle generates. Each muscle has a different make-up of muscle fibres, some are more suited for muscle endurance while others are suited for strength and power.

Furthermore, each tendon attached to the muscle has a different size and shape and this effects how much rapid force it is required to transfer.

Read more on about stiff ankles on Carlingford Active Health's website:

<http://www.carlingfordactivehealth.com.au/news/you-want-your-ankles-to-be-stiff/>

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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Sponsors Voucher
50% off

TO RECEIVE YOUR VOUCHER*

*terms & conditions apply

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