

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

IT'S OUR RIBBON NIGHT!

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

This will also be our last point-scoring night for the season, which means it is also the last chance for Friday Night results to count toward Coloured Patches.

Ribbon Night will run to a slightly amended **Program 1** which can be viewed on our website [here](#). Early events will be run but, because they are optional, no ribbons will be awarded in these events.

These early events all start at 5.15pm:

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

Please note: Athletes who wish to compete in early events MUST HAVE A PARENT/CARER PRESENT to help run the events.

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 O-Z are on Program 1 duties this week

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

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

END OF SEASON PHOTOS

Our season is almost over – we only have TWO Friday nights left (weather permitting of course!) Which means we will be taking our last major group and other photos for the Red Book this week as follows:

- **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!)

FUN NIGHT – MARCH 15

Our last night for Season 2023-2024 will be March 15 which is our Fun Night of novelty events. Athletes are invited to wear mufti, provided it is suitable for athletic events – appropriate athletic shoes are required. 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 between 1pm and 6pm at the new Club House at Greenway Oval. 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 on the day 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

Well done to all our athletes – Katryn, Chenuka, Schalk, Finn, Lachlan, Dhulain, Immy, Andrew, Mia, Nisini, Sam, and Sophie – who all competed in the LANSW State Combined Carnival last weekend at Hunter Sports Centre, Glendale.

A big round of applause to our medal-winners:

- **Andrew Kim** GOLD in U13B
- **Samuel Price** GOLD in U15B

And a special mention also to our top 10 place-getters **Nisini**

Rajapaksha Mudiyansele who was just outside the medals in 4th place in U14G, **Sophie Durheim** 5th in U15G, and **Finn Leivesley** 8th in U11B.

COLOURED PATCHES



Congratulations to the following athletes who have achieved Coloured Patches in the past few weeks:

YELLOW: **John Marsh** 9B, **Zoe Connell** 15G, **Zoe Jordan** 11G, **Lucy Jordan** 7G, **Hugo Jordan** 10B

GREEN: **John Marsh** 9B, **Zoe Jordan** 11G, **Lucy Jordan** 7G, **Hugo Jordan** 10B

RED: **Lincoln Howitt** 7B, **Zoe Jordan** 11G

BLUE: **Sage Pradhan** 7G



GOLD: Sage Pradhan 7G – well done Sage! Your Gold patch will be awarded at Presentation Day!

This week is the final point-scoring week and completed Coloured Patch sheets need to be submitted this Friday to be processed and patches returned on our final night on Friday, March 15.

Any sheets submitted after this Friday will be processed and patches handed out at Presentation Day. No sheets will be accepted after March 15, however consideration will be given to results from LANSW State Championships – but these athletes **MUST** still submit their sheet with current results by the 15th (eg if you are missing one result for a colour, submit the sheet with the existing results and, if the required result is achieved at State, email details by Monday, March 25 to cate.e.grace@gmail.com).

If anyone needs more information about the Coloured Patch program, details and sheets are available on our website [here](#) or see 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. Athletes who have qualified for LANSW State Championships or other representative events are advised to please check they have the appropriate uniform, including any patches that may have been lost 😊

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

gsa planning

Bakers
Delight
Cherrybrook

HUNTER PACIFIC
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active health



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