

Celebrating 30 years



Cherrybrook Athletics

✉ cherrybrookathletics@gmail.com

IT'S OUR FINAL NIGHT OF THE SEASON WHICH MEANS IT'S

FUN NIGHT!

Our wonderful season draws to a close this Friday, March 15, with our Fun Night of novelty events. Uniforms are not required this week – athletes are invited to wear mufti, provided it is suitable for athletic events. Appropriate athletic shoes are still required. Quick drying clothes and/or a towel might also come in handy – we are hearing rumours there may be a splash zone!

Parents/carers will also be welcome to participate in some events 😊

We also have a special guest joining us – former Cherrybrook athlete turned Olympic hurdler **Shelly Jenneke** who will be helping to supervise some of our fun events. Be sure to say Hi and take a photo with her – and maybe even ask about her top tips for athletics success!

And to cap off a wonderful night, we will be giving a free Zooper Dooper to all athletes via their Age Managers.



There are no parent/carer duties this week, however parents/carers are still required to be present and we ask that all parents/carers please assist with supervising one of their athletes' Age Groups so everyone can join in the fun and have an enjoyable time!

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

U6-U17 – fun warm-up circuit at 5.45pm, novelty events from 6.20pm

Please see attached program for details!

WORKING BEE – MONDAY MARCH 18

Our Friday Competition Nights are done – which means it is time to clean, check and pack away all our equipment ready for next season and to hand over the club house rooms in pristine condition to the winter sports teams who use them. While it can be a big job for one or two people, it's only a series of little jobs for many people so we would like as many parents/carers as possible to please join us for a **Working Bee on Monday, March 18 from 5.30pm to 7.30pm** – or hopefully much earlier with enough helpers!

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 to your emails, our Facebook page and website for further details.

RED BOOK

Our Red Book annual report is a record of the Cherrybrook Athletics season for all our athletes, from our youngest members of the Cherrybrook Crew to our oldest Masters competitors who are still giving it their all on the track and field. It is a record of events, results, awards, and special moments complete with lots of photos taken throughout the season including all our Age Group group photos.

The Red Book – usually close to 100 pages in full colour – is finalised after presentation day and will then be made available free to all Club members, either to view and/or download via our website or as a printed copy for you to read and keep, however WE ONLY PRINT AS MANY COPIES AS ARE ORDERED to avoid waste. You can order either in person at our Presentation Day, or via an online form which will be emailed around the same time. Please keep an eye on emails for further details.

PLEASE STAY IN TOUCH!

Speaking of keeping an eye on emails ... after this week you will no longer receive regular weekly newsletters from us, however, we will be keeping you updated with news and information about our Presentation Day, Red Book orders, and any follow-up from this season – plus we will of course let you know when the new season registrations open. We hope you will join us again for another season of athletics but, if not, please do stay tuned to this email address for a little while longer – and once the new season begins in August/September, rest assured this email contact list will be archived and only those families who register again will continue to receive emails from us after that time.

LANSW STATE CHAMPIONSHIPS

While our Friday Nights are ending, 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.

COLOURED PATCHES

Congratulations to the following athletes who have achieved Coloured Patches:

YELLOW: **George de Sacadura** 12B, **Jackson Doherty** 10B, **Matilda Doherty** 8G, **Jayden Eagles** 11B, **Jiahua Hu** 9B, **Harriet Hunter** 11G, **Sophie Hunter** 9G, **Enaya Karunaratne** 9G, **Liyaana Karunaratne** 10G, **Erum Kumar** 12G, **Prayaan Kumar** 9B, **Lucas Lombos** 12B, **Ashleigh Mansell** 12G, **Myles Marson** 9B, **Sam Marson**

11B, Toby Sinclair 9B, Liam Steel 12B, Aaryaveer Tangri 9B, Ewan Titley 11B, Lachlan Vercoe 11B, Abigail Wigham 12G, Emily Wigham 9G, Harry Wigham 14B,

GREEN: George de Sacadura 12B, Matilda Doherty 8G, Jayden Eagles 11B, Jiahua Hu 9B, Liyaana Karunaratne 10G, Ashleigh Mansell 12G, Toby Sinclair 9B, Liam Steel 12B, Aaryaveer Tangri 9B, Ewan Titley 11B, Lachlan Vercoe 11B, Abigail Wigham 12G, Emily Wigham 9G, Harry Wigham 14B

RED: Matilda Doherty 8G, Ashleigh Mansell 12G, Liam Steel 12B, Lachlan Vercoe 11B, Abigail Wigham 12G, Emily Wigham 9G, Harry Wigham 14B

BLUE: Ashleigh Mansell 12G, Katryn Meyer 8G, Liam Steel 12B, Emily Wigham 9G, Harry Wigham 14B

GOLD: Ashleigh Mansell 12G, Emily Wigham 9G – well done Ash and Emily!!



These patches can be collected from Cate at the canteen on Friday. You can also drop off any outstanding sheets to her there.

Just a reminder that this Friday is your last chance to submit Colour Patch sheets but please note, any patches will be handed out at Presentation Day. No sheets will be accepted after March 15. Consideration will be given to results from LANSW State Championships however these athletes MUST still submit their sheet with current results by the 15th and email any updated results by Monday, March 25 to cate.e.grace@gmail.com (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 Cate by Monday).

WE NEED YOU!

As our season ends, 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!

Some of the committee positions which need filling include:

- **Equipment manager** – keeping equipment sheds are in order, and equipment is in good condition for use, organising repairs or purchase of new equipment as needed, ensuring trolleys contain the correct equipment each week for coaches
- **Media manager** – writing/editing weekly newsletters, managing social media posts, organising photography of Competition Nights and other events, writing/editing the Red Book annual report, liaising with local journalists for media coverage of our success stories
- **Sponsorship officer** – liaising with existing sponsors and seeking new ones, developing new ideas for sponsorship events, working with media manager on recognition of our sponsors
- **Age Manager Coordinator** – recruiting and training managers for each Age Group at the start of the season, printing event recording sheets and working with Age Managers weekly to ensure the smooth running of Competition Nights

- **Canteen manager** – overseeing the efficient running of the canteen each week including liaising with the purchasing officer and our sponsor Bakers Delight, supervising our canteen and BBQ volunteers and ensuring the canteen is properly packed up and cleaned each week.

There are many ways you can assist. If you have a skill you are willing to share – anything from graphic design or photography to handyman skills to record-keeping – please let us know! If you are interested in helping the committee in any way, please speak with a committee member on a Friday night or email us at cherrybrookathletics@gmail.com.

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

A smooth transition from summer to winter sports

Summer is gone and the athletics season is over (well, almost over for some of us) which means that many young people will be transitioning from sports with lower impact and load – such as track and field and swimming – to sports with higher impact and load, such as soccer, netball, AFL and rugby.

This transition can be challenging, as it requires a shift in training and conditioning to prepare the body for the increased demands of winter sports.

As sports physiotherapists, the team at CAH have seen many young athletes struggle with injuries and setbacks due to improper training and conditioning.

CAH has some key tips and recommendations for athletes and their parents to help them safely and effectively transition to higher impact activities and movement during the winter sports season.

1. Gradually increase training intensity
2. Focus on proper technique and form
3. Incorporate injury prevention strength and conditioning exercises

Continue reading on Carlingford Active Health's website:

www.carlingfordactivehealth.com.au/news/smoothing-the-transition-from-summer-to-winter/

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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