



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

Starter Pack

Season Kickoff This Friday!

Welcome to Cherrybrook Athletics to both new and returning families!

Our committee has been working diligently behind the scenes for months to prepare for another successful season. Here is the list of the Club's [committee members](#), so if you spot them, be sure to say hi. We are excited about the new season and look forward to a fantastic year ahead.

The 2024-2025 season will run from 13 September 2024 to 28 March 2025 where competition nights will take place every Friday, rotating through 3 weekly programs. Events for each program can be found [here](#). We also have a number of special nights and events through the season so check out our [season calendar](#)!

Everything you need to know to get started

- Parents/carers (U7-U15) are reminded of the following regarding their duty
 - Each family must have at least one parent/carer complete a duty every two out of three weeks
 - Not completing your duty may affect your athlete's eligibility for championship events and end-of-season awards
- Parents/carers are also reminded they are NOT SPECTATORS – any parent/carer not on a rostered duty is expected to be ACTIVELY ASSISTING AGE MANAGERS by supervising athletes and helping run events
- 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 will be so you can be found in case of emergency. This is for their safety: St John Ambulance volunteers need a parent/carer present if a child is injured
- Each athlete should bring their own water bottle, jacket for the cooler nights and sun protection as needed

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

- If your child requires medications for allergies or asthma, please ensure they have these with them (carried in a small bag or similar) on Competition Nights
- For those who still need to finalise their registration, the registration desk will be open from 4:30pm this Friday night. Please remember to bring – copy of your completed Working with Children Check declaration form, proof of age for new members and sign-up for a duty to complete the registration process.
- Please follow our [Facebook page](#) for regular updates and join your age group WhatsApp chat. It's important to stay informed with all the latest information
- You will receive a weekly newsletter through your registered email and the age group WhatsApp chat
- Weekly Results – ResultsHQ - Season results will be available by logging into the ResultsHQ website when competition commences, link [here](#)
- The Uniform Shop will be open from 5:30 to 6:30pm on Friday if you'd like to purchase uniforms

Important safety information

- Please familiarise yourself with the oval layout [here](#) and always check for athletes before crossing the circular track
- Walk AROUND the straight tracks – never across (unless it is clear all events are finished)
- Walk BEHIND the high jumps mats
- Wait BEHIND the discus cages – NEVER lean, grab or climb on the cages, especially when athletes are throwing
- NO BALLS on the oval – wayward balls pose an injury risk to athletes
- Please DO NOT BRING DOGS to the oval on Competition Nights



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.

Here's how our Friday nights run

This Friday we will run Program 1. This is a non-point-scoring night and there are no early events. It will allow everyone, especially new members, to understand their responsibilities, while Age Managers meet their groups and go over event procedures. **Please note:** all parents/carers are required to complete a duty this Friday, regardless of their duty schedule.

Tiny Tots Crew:

- 4:30 PM: Arrive at the oval and collect your child's name tag, from Week 2 onwards, tots are advised to arrive by 4:40pm.
- 4:45 PM - 5:30 PM: Join in the session and HAVE LOTS OF FUN! Parents/carers must stay with their Tots

Parents/carers are reminded they are to always stay with their Tots during the session. Some Tots may need a grown-up to hold their hand through activities until they gain confidence, but even independent Tots still need a parent/carer present – while our Tots Crew coordinators organise and run the activities, parents/carers are responsible for supervising their own child especially while they are waiting their turn/having a water break etc.

U6-U17



- 5:30 PM: Age Managers arrive and check in at the Age Manager's desk
- 5:30 PM - 5:45 PM: Parents/carers check in athletes with Age Managers, who will be wearing vests with age numbers and with the marked tubs (pictured) on the oval
- 5:45 PM - 6:00 PM: Athletes warm up; parents/carers listen to announcements
- 6:00 PM: Parents/carers head to their duties, athletes follow Age Managers to their first event

Details on uniform and patch placement

- Each athlete is issued with a unique registration patch. Families with more than one athlete – ensure you attach the correct patch to each child's uniform
- New registration patches and age patches are issued each season. Last season patches must be removed
- The patches are NOT iron on – the fabric is delicate and will melt when in direct contact with iron
- The red border on the Registration patch **MUST BE VISIBLE**
- The AGE patch can fray easily – fold edges back before attaching to shorts, keeping the logos and number visible



Athletics footwear



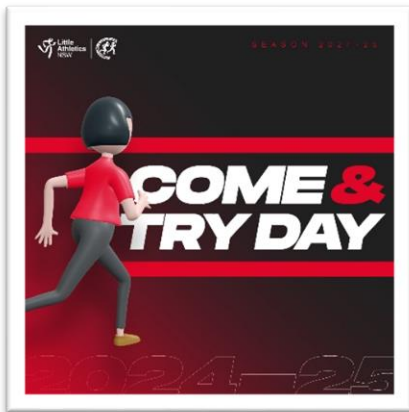
Waffles: All athletes in all age groups may wear waffles in all events

Spikes:

- U11-U12 may wear spikes in all entirely lane events. They may also be worn long jump, triple jump, high jump, and javelin
- U13 and above may wear spikes in all track events except for walks. Spikes maybe worn in long jump, triple jump, high jump and javelin



Come & Try Athletics Night



If you have a friend with a child or children who are unsure about athletics, invite them to our Trial Nights on 20 September and 27 September, 5:30pm onwards

The cost is \$30 for one or both sessions, which will be deducted from the registration fee if they decide to join us.

Trial athletes should arrive early to pay, register, and provide parent/carer contact details before joining their Age Group.

We can't wait to kick off the season and look forward to a year filled with fun, friendship, and achievements.

gsa planning

Bakers
Delight
Cherrybrook

HUNTER PACIFIC
INTERNATIONAL

@ carlingford
active health



wamee

