

Cherrybrook Athletics Weekly

18 September 2024



WE ARE FAMILY, FUN & FITNESS

Stay upto date through our newsletters, website, Facebook, and Instagram.



Welcome to Week 2 of the 2024/2025 athletics season! We're excited for another week filled with fun, friendships, and the new opportunities brought by our partnership with NSW Athletics.

Let's enjoy the week ahead together!

This Friday, 20 September, marks our first full point-scoring night of the season running on **Program 2** and featuring the following early events, all at 5.15pm:

- Triple Jump U11
- Javelin U12- U13
- High Jump U14-U17

A BIG thank you to all families for their efforts with the duty roster last week! A quick reminder for U7-15 families: each family should have one parent/carer complete a duty every two out of three weeks. Missing duties could affect your athlete's eligibility for events and awards. If you are not on duty, please help Age Managers with supervising and running events.

We need everyone's support to keep competition nights running smoothly.

Trialist Nights - 20 September and 27 September

If you have a friend with a child or children who are unsure about athletics, invite them to our Trial Nights. The cost is \$30 for one or both sessions, which will be deducted from the registration fee if they decide to join. Trial athletes should arrive early (5:30pm) to pay, register, and provide parent/carer contact details before joining their Age Group.

REMINDER

Duty Roster

Parents/carers with athlete surnames **A-G** and **H-N** are on Program 2 duties this week. Duties span the entire program from the first to the last event.

Nominations open (login to ResultHQ to access)

[Warren Mossman Memorial Gala Day](#)
on 03 Nov 2024

[2024 October Carnival](#) on
13 Oct 2024

Links to Programs

[Program 1](#)
[Program 2](#)
[Program 3](#)
[Season calendar](#)

Uniform shop

Open from 5:30-6:30pm



Results are now LIVE!

Each week, the results will be processed and made live for your viewing. To access them:

- Visit [Result HQ](#)
- Log in with your registered email address

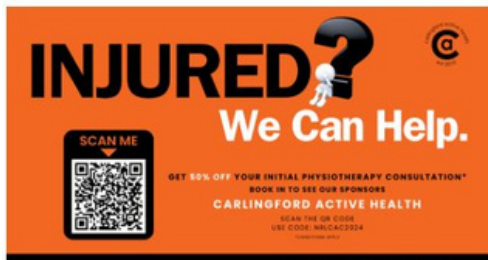
If you encounter any issues or need to reset your password, go to "Trouble logging in."



Coloured Patch Standards

Encourages athletes in U7 to U15 to strive to improve their personal best results across a range of events throughout the season. Coloured Patches can only be achieved in ascending order with Yellow, Green, Red and Blue awarded during the season to athletes.

Read more [here](#)



Top Tips from our sponsor - Carlingford Active Health

As the shift from winter to summer sports begins, young athletes should prepare both physically and mentally for peak performance and injury prevention. For the full blog, visit website [here](#).



Resources for Athletes by LANSW

Here are some valuable resources created by Little Athletics NSW to help both new and returning athletes enhance their skills. These include [guides](#) and [videos](#) on basic techniques.

If you have any questions or concerns, feel free to reach out to the Cherrybrook Athletics Committee by sending an email at cherrybrookathletics@gmail.com. During Friday competitions, your first contact should be your Age Manager or a Committee member wearing a club polo shirt. We're here to help!