

CLUB INFORMATION



Frequently Asked Questions

Here are some of the questions families ask most often about our Club, events and competition as well as general information. We hope these answers help you learn more about our club and what to expect. If you can't find the information you're looking for, please feel free to contact us at cherrybrookathletics@gmail.com

When can I register my athlete for athletics?

Registrations for 2026/2027 season open on **1 August 2026**.

For new members, we'll need to sight a proof of age document, such as a birth certificate or passport, when you register. This is a requirement of NSW Athletics and helps ensure your athlete's results can be officially recorded. We only need to view the document—we won't keep a copy. For returning members, the process is quick and easy.

How long does the season run?

Athletics offers opportunities to stay active, make friends and develop new skills throughout the year. Our **summer track and field season** runs on Friday nights from September through to March, with a short break over the Christmas holiday period. Athletes enjoy a variety of running, jumping and throwing events in a fun and supportive environment. There also a number of events and competitions to participate in throughout the period.

We also participate in a **winter cross country season**, which runs from April to August and gives athletes the opportunity to enjoy running off track.

How much does registration cost?

Cherrybrook Athletics work hard to keep membership affordable while providing a safe, enjoyable and well-run program for all families.

Your registration fee helps cover:

- Membership and insurance through NSW Athletics
- Access to all club competitions and activities
- Venue hire and facility costs
- Equipment maintenance and upgrades
- Awards, presentations and special club events
- Administrative and operational expenses

Family discounts are available for multiple children, making it easier for siblings to enjoy athletics together. For the most up-to-date registration fees, please visit our [registration page](#)

What do I need to wear and bring?

Once registered, athletes are required to wear a Cherrybrook Athletics Club competition singlet, crop top or tee along with black shorts or compression tights. Club tops are available to purchase through [Sportsmagic](#) and help create a strong sense of team spirit and belonging.

Athletes will also receive a registration patch which should be worn at every competition. This helps us identify athletes, record results accurately and ensure everyone is competing safely. If a patch is misplaced, a replacement can be arranged through the club.

We also recommend bringing:

- A named water bottle to stay hydrated
- Suitable running shoes
- Sunscreen and insect repellent
- Plenty of enthusiasm and a smile!

Athletes in the U11 age group and above may wear spikes in approved events.

How do I know which age group my child will compete in?

Age groups are determined by your child's age as of 31 December each season, in accordance with NSW Athletics guidelines. For example, if your child is 8 years old on 31 December, they will compete in the Under 9 age group for the entire season.

If you're unsure which age group applies to your child, our friendly registration team will be happy to help.

What do athletes do each week?

Each competition night is filled with fun, activity and opportunities to learn new skills.

Athletes compete in a range of age-appropriate events and rotate through activities with others in their age group. Every week is a different program which helps keep things exciting and engaging throughout the season.

Event programs are published on our Club website so families can see what's coming up each week.

What events do athletes participate in?

Athletics offers a wonderful variety of events, allowing children to discover new skills and develop confidence across many disciplines.

Depending on their age group, athletes may participate in:

- Running events, including sprints and middle-distance races
- Hurdles and race walking
- Long jump, triple jump and high jump
- Shot put, discus and javelin

Where are Friday night competitions held?

Our Friday night competitions take place at [Greenway Oval 2](#) (lower oval) Shepherds Drive, Cherrybrook.

What time do competitions run?

Our competition sessions are designed to fit comfortably into family schedules while giving athletes plenty of time to participate in a range of events.

- Tots – arrive from 4:30pm with a 4:45pm start. The session finishes at 5:30pm
- Other athletes arrive from 5:30pm with warm-up from 5:45pm
- Competition typically runs from 6pm to 8pm

How do you communicate with families during the season?

We understand how important it is to keep families informed and connected throughout the season. We regularly share news, competition information, event updates and important reminders through a variety of communication channels, including:

- Our club website
- Club newsletter
- Facebook and Instagram
- Email updates
- WhatsApp for individual age groups

We encourage all families to stay connected through these channels so they never miss an important announcement or club event.

How are athletes' performances recorded?

One of the exciting aspects of athletics is being able to track individual progress throughout the season.

Athletes' performances are measured, timed and recorded at each competition, with results generally available online within 24 hours. Many families enjoy following their child's progress and celebrating new personal bests along the way. Results can be viewed by logging into [ResultsHQ](#)

Club Records are particularly special achievements. To ensure accuracy, all potential records are carefully verified before being officially recognised. Athletes who break a Club Record receive special recognition for their achievement.

What other competition opportunities are available?

Athletes who would like to explore additional competition opportunities have plenty of options throughout the season.

These may include:

- Gala Days
- Invitation specialty events e.g Allcomers Throwers
- Treloar Shield
- Zone, Regional and State Championships
- Relay competitions

Participation in these events is entirely optional but can be a fantastic way for athletes to challenge themselves, meet new friends and experience competition at a broader level.

Many athletes enjoy taking part, whether they're aiming for qualification pathways or simply looking to have fun and try something new.

What is expected of parents?

Cherrybrook Athletics Club is proudly run by volunteers, and our club thrives thanks to the wonderful support of our parents and families. By volunteering, you're helping create a fun, safe and positive experience for all our athletes.

To help competitions run smoothly, we ask parents to assist with a duty. This shared approach means everyone contributes and gives families plenty of opportunities to enjoy watching and supporting their children throughout the season.

Volunteer roles include age group marshalling, track operations, raking long jump pits, helping with set-up and pack-up as well as canteen and BBQ.

For the safety and wellbeing of all athletes, parents and carers are required to remain at the venue while their child is competing. Above all, we encourage parents to cheer, support and celebrate every athlete's efforts and achievements. Your encouragement makes all the difference!

What is expected of athletes?

At Cherrybrook Athletics Club, we encourage all athletes to show respect, kindness and good sportsmanship.

We ask athletes to listen to officials and volunteers, follow instructions, and support their fellow competitors. One of the things we're most proud of is the way athletes encourage and celebrate each other's successes, whether they're achieving a personal best, trying a new event, or simply giving their best effort.

Our goal is for every child to have fun, make friends and enjoy being active in a positive and supportive environment.

Is coaching available?

Yes! Coaching is available during the season and is a fantastic opportunity for athletes to build their skills, confidence and technique.

Sessions are typically held on weekday evenings and weekends across all events.

Coaching staff, schedules, times and available disciplines are published on our [website](#)

What about safety, insurance and first aid?

The safety and wellbeing of our athletes is always our highest priority.

All registered athletes are covered by insurance through NSW Athletics. We also host St John's Ambulance on site every Friday night to provide first aid assistance when required. Our volunteers and officials work together to create a safe, welcoming and supportive environment where every child can participate with confidence.

What level of ability does my child need to join?

No prior experience is required!

Athletics welcomes children of all abilities, fitness levels and backgrounds. Whether your child is trying athletics for the very first time or already loves running, jumping and throwing, they'll find a place at our club.

Our focus is on fun, fitness, friendship and personal bests. Every child is encouraged to participate, develop their skills and enjoy being active in a supportive environment.

What support is available for children with disabilities?

We believe athletics should be accessible to everyone.

Children of all abilities are warmly welcomed at Cherrybrook Athletics. We are committed to supporting athletes wherever possible. If your child requires specific assistance or accommodations, we encourage you to speak with us so we can work together to help make their experience positive, enjoyable and inclusive.

Can my child try athletics before joining?

Absolutely! We know that trying something new can be a big step, so we offer families the opportunity to experience athletics before committing to a full registration.

Your child can participate in up to two Friday night competition sessions to see what athletics is all about. The fee for this trial is **\$30**.

This season our trial nights will be **Friday 18 September** and **Friday 25 September**.

Getting started is easy:

1. Register your interest to trial by contacting Club Registrar Erin Mansell via email: cherrybrookathleticsregos@gmail.com
2. When you arrive on the day, sign in at the registration desk and a committee member will take payment and finalise details with you.
3. We'll place your athlete in the correct age group and show your child where to find their age group.
4. If your child enjoys the experience and would like to continue, let us know and we will refund the trial fee via a discount code used at the time of online registration or via a cash refund at the registration desk after your online registration is finalised.

It's a great way to meet other families, learn how the club operates and discover just how much fun athletics can be.