

CHERRYBROOK LITTLE ATHLETICS
NEWSLETTER NO 21
7 FEBRUARY 2018/19 season

It was great to see so many smiles on our athletes faces last week despite the drizzle! Many thanks to those parents, grandparents and guardians who jumped in and assisted with timekeeping where required.

Good luck to all our athletes competing at the Region 5 Championships at Narrabeen this weekend. We hope you run, throw, walk, hurdle and jump as best you can and have fun along the way!

MODIFIED PROGRAM TOMORROW NIGHT

Due to the Regional Championships this weekend, we will be running the modified program below. There will be no points awarded tomorrow night.

U 6	U7	U 8	U 9	U 10	U 11	U 12	U13+
LONG JUMP	LONG JUMP	4 X 100M RELAYS	4 X 100M RELAYS	SHOT PUT	DISCUS	SPRINT KNOCK OUTS	SPRINT KNOCK OUTS
SPRINTS KNOCK OUTS	SPRINTS KNOCK OUTS	SHOT PUT	DISCUS	4 X 100M RELAYS	4 X 100M RELAYS	LONG JUMP	LONG JUMP
SHOT PUT	DISCUS	SPRINT KNOCK OUTS	SPRINT KNOCK OUTS	LONG JUMP	LONG JUMP	4 X 100M RELAYS	4 X 100M RELAYS
SHUTTLE RELAYS	SHUTTLE RELAYS	LONG JUMP	LONG JUMP	SPRINT KNOCK OUTS	SPRINT KNOCK OUTS	SHOT PUT	DISCUS

If parents could please accompany their youngest athlete tomorrow evening that would be greatly appreciated as age groups will run their own events except for the sprint knock outs.

We will also require some canteen and barbecue helpers' tomorrow night, so please don't be shy and offer your assistance.

Parents and athletes are asked to cooperate in packing up the event areas below:

Age	Area
U 6 & U 7	Relays
U 8 & U 9	Long Jump
U 12	Shot Put
U13	Discus

REGIONAL UPDATE

If you have not done so already, please read the Regional Information Sheet emailed to all Regional athletes/parents.

Please arrive at least an hour before your first event (90 minutes would be safer).

Both athletes and parents need to check in at the Cherrybrook Information Desk on arrival at the ground.

Please check all uniform items and running shoes (including the correct length spikes).

Rain and warm weather is expected over the weekend, so please come prepared for all weather conditions. As Narrabeen is an all-weather track, the competition will go ahead in the rain. In the case of lightning, we may experience some delays, but the carnival will proceed.

All Regional enquiries before the Championships should be directed to Nicky Jenneke 0448 407716

On the day enquiries should be directed to our Team Managers Naomi Moore and Nicky Jenneke.

COLOURED PATCH AWARDS

Congratulations to **JOEL MORESI (U10)** who is our first athlete to achieve a Gold Patch Award this season!

Congratulations to the following athletes on achieving their coloured patch awards

Yellow:

Madison Tabrett (U7), Rohan Sharma (U8), Anna Moresi (U8), Juliet Brunsdon (U9G), Joel Moresi (U10), Rani Sharma (U12), Olivia Moresi (U12)

Green:

Madison Tabrett (U7), Rohan Sharma (U8), Anna Moresi (U8), Blake Billingsley (U9), Joel Moresi (U10), Rani Sharma (12G), Olivia Moresi (U12)

Red:

Madison Tabrett (U7), Rohan Sharma (U8), Anna Moresi (U8), Joel Moresi (U10), Hayley Grace (U11), Olivia Moresi (U12)

Blue:

Anna Moresi (U8), Joel Moresi (U10), Rani Sharma (U12)

Typically, coloured patch awards are ready for collection the following Friday night after they are submitted. If your child has submitted their form this season and not received their patches please remind your Age Manager to check the Age Managers Coloured Patch Folder for them.

Don't forget we have a competition running to see which age group submits the highest percentage of coloured patches by the 1st of March, so print off the coloured patch award recording sheets from the Cherrybrook Athletics website <https://athleticsclubwebsite.wordpress.com/coloured-patch-standards/> and submit them soon!

CONGRATULATIONS:

To dual Athletes **Robbie and Victoria Cullen** on their results at the NSW Combined Events Championship at Bankstown last weekend. Both athletes contested the Heptathlon for the first time with Robbie achieving a Silver medal in the U16 Boys and Victoria placing 11th in the U18 women's event.

Senior Club Athlete and Commonwealth Games representative **Alysha Burnett** on winning the Gold medal in the Open Women's division.

RUNWEST FUN RUN – Sunday 31st March

Volunteers are required for the new community fun run – RunWest - in Western Sydney in roles such as course marshals, to manage drink stations, and other duties throughout the morning. The time commitment is approximately 5am-11am.

In addition to the regular benefits of volunteering, each volunteer will be provided with a free pass to the new Sydney Zoo in Blacktown.

To find out more about volunteering at RunWest, please visit: [RunWest Volunteer Information](#)

UPCOMING EVENTS

NSW Junior Championships (U12-U20)	22 nd - 24 th February	SOPAC, Homebush
Australian Championships	1 st - 7 th April	SOPAC, Homebush
LA's Presentation Day	Sunday 19 th May	Pennant Hills
Senior Club Presentation	Sunday 2 nd June	WPH

JUNIOR HURDLES NEEDED

If any athletes have any plastic training hurdles they would like to sell, could you please contact Nicky Jenneke ASAP.

BECOMING A DUAL ATHLETE

All Little Athletics registered Athletes in the U12 – U17 age group are eligible to compete as Dual Athletes at Athletics NSW competitions including the NSW Junior Championships and Australian Championships (subject to qualifying). To become a Dual athlete (at no cost) please follow these steps:

1. Visit **Athletics NSW** at: https://www.google.com/search?q=athletics+nsw&rlz=1C1CHBF_en-GBAU805AU805&oq=Athletics+NSW&aqs=chrome.0.69i59j69i60l3j69i64j69i59.8337j0j7&sourceid=chrome&ie=UTF-8
2. Choose membership on the home page
3. Then click 'Join Now' followed by 'Registration'

4. You will then either be taken to a section to choose the Club you wish to register as a Dual with (we suggest choosing 'Cherrybrook Senior + Little Athletics Centre Inc), however, sometimes the system skips this, and we can fix that up afterwards (just let the Club know)
5. A list of membership options will then be displayed. Scroll down and choose the second last category on the list of registration options which will read '2018/19 Athletics NSW Dual Athlete Membership' then click next and complete the form.

If you require any assistance, please contact our Senior Registrar Karin Webb on 0408 622 144

NSW JUNIOR & PARA JUNIOR CHAMPIONSHIPS: 22nd – 24th February, SOPAC Homebush

These Championships are open to all dual athletes who turn 12 or older this year (born 2000 – 2007). There are no qualifying standards or pathway and athletes of all abilities are welcome to enter.

Athletes wishing to compete at the Junior Nationals in April **must** compete at State to be eligible for Nationals.

Entries close Wednesday 13th February at 9am.

For full championship details, please visit

<http://nswathletics.org.au/Events/Calendar/ArtMID/5316/ArticleID/2060022/NSW-Junior-and-Para-Junior-Championships>

AUSTRALIAN NATIONAL CHAMPIONSHIPS – 1st - 7th April, SOPAC Homebush

The Australian National Championships are open to Dual Athletes in the U12 – U17 age Group.

To qualify for Nationals, athletes must either place 1st, 2nd or 3rd at either the NSW All School Championships (last year) or the NSW Junior State Championships (in February) or achieve a national Qualifying standard (see link for entry standards)

<http://athletics.com.au/Portals/56/Competition/Documents/2019/Standards%202018-19%20Proposed.pdf>

Additionally, athletes must compete at the NSW Junior Championships in any event to be eligible.

The draft for the National Championships can be found here:

<http://athletics.com.au/Portals/56/Competition/Documents/2019/2019%20Australian%20Track%20Field%20Championships%20-%20DRAFT.pdf>