

Raymond Terrace Athletics Centre

Newsletter 1 September 16, 2023

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407 and RTAC facebook page

TODAY IS WEEK 1 PROGRAM

WELCOME TO OUR 2023 / 2024 SEASON

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We hope it proves to be an enjoyable time for you and your athletes. The first few weeks may be a little rough around the edges but it will improve. If you are new and aren't too sure what you need to do, **just stay with your child's group and jump in to assist where you can.** All of us have started as a new family with a feeling of uncertainty and confusion, so don't be afraid to ask for help or explanations of how things are done. Please let one of the Committee know if you have any concerns that impact on you or your athletes. We like to know if something can be improved or needs attention.

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DO YOU HAVE MORE THAN ONE ATHLETE COMPETING?

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WEEKLY COACHING SESSIONS

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Please be patient if there are hold-ups at events. It will take a few weeks to have things run smoothly. A big part of the success of our meets is the willingness of parents to assist. Our new athletes and parents will need to be shown where to go and how to participate, so please give them the help they need.

WE NEED YOU TO ACTIVELY HELP

It can be a bit daunting to assist at a new sport, but athletics is a labour intensive sport which can only happen with active participation of parents. The younger the group, the more parent participation that's needed. Three to four adults are needed at each field event with at least 2 to 3 supervising the athletes to keep them in the right place and be safe. If you are a bit unsure of what to do, just helping to supervise is great. Your kids enjoy having you there and it enables all parents to enjoy the morning without feeling like they are the only ones helping in a group. Taking turns is a great idea, especially if a “regular” helper happens to be away one week.

DO YOU HAVE MORE THAN ONE ATHLETE COMPETING?

You can only be in one place at a time of course! But please spend your time with the group where you are most needed. That is, if one of your athletes is in a group with only a few helpers, please stay with the group rather than another with lots of help.

WEEKLY COACHING SESSIONS

We are fortunate to have some talented qualified coaches for some of the events. We hope to have details soon.

SOME SAFETY REMINDERS

- **Spikes can only be worn by athletes U11 and older** for javelin, jumps and track events that are run in lanes for the entire race.
- **Spikes must be removed by ALL athletes** before they leave any event. It is a LAA rule and we ask the same of our senior athletes in the interest of safety.

BREAKING RECORDS

The current records for field events are on the ageboards near the list of events for the day. If an athlete in your group has **broken a record in a field event**, **see a Committee person immediately** to verify it before any markers, high jump bar or sand imprints have been disturbed. Unless this is done, the record cannot be recognised.

A NEW NEWSLETTER IS AVAILABLE EACH WEEK

You will find them on the verandah, on the verandah and on our website and facebook. They will keep you updated with information, records and upcoming events.

WE COMPETE DURING THE HOLIDAYS

Because athletics is an individual sport, we are able to offer competition each week except for Christmas when we take a 3-week break. We understand families aren't necessarily able to come every week, but as long as athletes compete 60% of meets before Christmas and 60% after Christmas, they are eligible for end of season awards. Special circumstances are taken into account. **Please see Barbara if you have concerns.**

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre

Raymond Terrace Athletics Centre

Newsletter 1 September 16, 2023

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407 and RTAC facebook page

TODAY IS WEEK 1 PROGRAM

WELCOME TO OUR 2023 / 2024 SEASON

Welcome to our new families and those who have returned for another season. We are hopeful that this season will be what we remember as a "normal" one. With 2 years affected by COVID and then last year relocating to Maitland due to flooding, we are excited about the possibilities for this one.

We hope it proves to be an enjoyable time for you and your athletes. The first few weeks may be a little rough around the edges but it will improve. If you are new and aren't too sure what you need to do, **just stay with your child's group and jump in to assist where you can.** All of us have started as a new family with a feeling of uncertainty and confusion, so don't be afraid to ask for help or explanations of how things are done. Please let one of the Committee know if you have any concerns that impact on you or your athletes. We like to know if something can be improved or needs attention.

COAST RUNNERS SHOP WILL BE COMING TO US SOON

In the next couple of weeks, we are hopeful that Margaret from the Coast Runners Shop here in the next few weeks with running shoes and spikes. We should have a better idea after September 25. If you are in need of some specific shoes, you can check out her website – **coast @runnersshop.com.au** or contact her on **4333 6064** to make a request for her to bring them up when she is able to. **She also mails orders without charging for postage.**

WE HAVE A LIMITED NUMBER PRE-LOVED SHOES AND UNIFORMS

See Barbara if you would like to check them out.

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