

# *Raymond Terrace Athletics Centre*

## *Newsletter 3     September 30, 2023*

[www.raymondterraceathletics.com.au](http://www.raymondterraceathletics.com.au)

Cancellation No: 4983 1407 and RTAC facebook page

### **TODAY IS WEEK 3 PROGRAM**

#### **WE DESPERATELY NEED HELPERS FOR SETTING UP FOR THE NEXT COUPLE OF WEEKS**

We have several of our Committee and helper parents who will be with their athletes at Championships over the next couple of weeks. Consequently, we are putting out an SOS for extra helpers to set up equipment from 7am while they are away. Next Saturday, we'd like to start with 2 of the U7's and the following week – U8's and so on. We have parents and Committee members who do this every week, so we hope we can count on additional helpers for a Saturday set up. There are some clubs that expect parents to help for 3 hour sessions several times a season. Come and see Deidre or Barbara to volunteer.

The seniors will be assisting with packing up equipment those weeks.

#### **WE HAVE BANANAS!**

Today is our first day of bananas which are provided by Coles for athletes and siblings to enjoy prior to or after competing. Today, they may not be quite ripe due to a supply issue, but future Saturdays will be ready to eat. If they prove popular today, we will be able to have 2 boxes next week.

#### **COAST RUNNERS SHOP UPDATE**

Unfortunately, due to staff shortages, the Runners Shop is unable to make their way up to us this season. For those who need running, spike or throwing shoes, there are 2 options available:

- You can either go to their store at Shop 1/140 Wyong Rd, Killarney Hours are Mon to Friday, 9am till 5pm, Saturday 9am till 2pm. **CALL first** on 4333 6064 to confirm closing time in case of changes.
- Go to **runnershop.com.au** then click on "subscribe" and you'll get 10% off your first order. If you aren't **sure about sizes, their site has a section to help**. Before you click on "Athletics", arrow down to **"Having Trouble Finding Your Size?"** for their **"Shoe Finder"** - what shoes they currently have in stock in your size.

Coast Runners Shop has more than 50 years of experience. They stock a wide variety of running shoes, socks and apparel including kids' Waffles and Rubber Spikes and brands such as Nike, Brooks, Asics and HOKA.

They also carry shoes and accessories for a variety of other sports such as Football, Walking, Swimming and more. Online orders are shipped without charge. Look for the logo to ensure quality and service.



# *Raymond Terrace Bowling Club*

Proud to be supporting Raymond Terrace Athletics Centre