

Raymond Terrace Athletics Centre

Newsletter 14 February 4, 2017

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

THERE ARE ONLY 4 MORE MEETS FOR THE SEASON!

TODAY IS WEEK 5 PROGRAM

TODAY'S CANTEEN ROSTER

Today's parents are from **Jasmin Hostler and Mardi Sautchuk 9 till 9:45**; and **Lauren Watters and Lea Wallace** from **9:45 till 10:30**.

FEBRUARY 18 CANTEEN ROSTER

Our parents for the 18th are **Jade Ballentyne and Candice O'Loughlin from 9 till 9:45**; and **Robert Jackson and Andrew Dodd from 9:45 till 10:30**. If you are unable to do this day, please arrange a swap with another family.

GOOD LUCK TO OUR REGION ATHLETES NEXT WEEKEND

We wish our 43 athletes who are competing in 141 events; and 2 relay teams a great weekend of competition. For those who haven't been to the Glendale track before, the track and jump pits are a synthetic surface just like our long jump run-ups. There is some seating under cover, but it's usually crowded and noisy. We'll have our RTAC shades on the grassed slope to the right or opposite the track. Sitting together as a Centre makes it easier for everyone to listen to the event calls. It's on a slope, so you may also like to take a blanket to sit on.

STAY NEAR TEAM MANAGER MATTHEW NEWTON

It's important to stay together so Matt can ensure our athletes don't miss their events. It's also important so that he ensures our parents get to their duties. Matt covered a lot of ground at last year's Region and Zone finding athletes and parents, so please make his job easier this time and be close to our shades.

CORRECT UNIFORM AND PATCHES

Athletes **MUST** be in correct **full uniform** or may not be allowed to compete. Please check your patches today as they might not be available next weekend.

CHECK THE EVENT SCHEDULE ON THE NOTICEBOARD

The events also have listed the "Not Before" time for events. Allow plenty of time to park in the shopping centre parking and walk to the track. Also allow time for your athlete to warm up properly.

CHECK YOUR SPIKES

Spikes for track events must be no longer than 7mm, and for HJ and Jav can be no longer than 9mm. We sell spikes if you need them.

THIS IS YOUR LAST CHANCE TO CHECK LA REGION QUALIFIERS FOR ADDITIONAL EVENTS

Check the noticeboard in case your athlete has qualified in extra events.

WHERE IS THE GLENDALE TRACK?

It's officially called the Hunter Sports Centre. Turn off Lake Rd at the big roundabout into Stockland Rd, the main entrance to the Glendale Super Centre. Follow the road around and it's at the end on the left before you get to K Mart. Parking can be difficult and you may have to park in the shopping car park and walk. So allow extra time for that. **There is no entry fee for our athletes and families as we have pre-paid it for you.** There is **NO SMOKING** except in the car park; and **no alcohol** is allowed.

PROGRESSION TO STATE CHAMPIONSHIPS

U8 athletes do not progress beyond Region, but will be awarded medals if they place in the finals. From U9's and up, the first 2 place getters will progress to State. Little Athletics NSW then selects the next best 8 final performances from across all regions, making a total of up to 24 athletes in each event at State. The names of the extra qualifiers will be posted on the web as soon as possible following the completion of the other Region championships.

DON'T FORGET HIGH JUMP COACHING TODAY

See Dakota at high jump when you have finished your events today.

PLEASE RETURN YOUR CHOCOLATE MONEY TO KATIE ASAP

We appreciate your support of this fundraiser. There are just a couple of boxes left. See Katie today.

TICKETS NOW AVAILABLE FOR DAMIEN MINDMASTER ON SATURDAY MARCH 11

Katie has organized this fundraising fun evening with comedian hypnotist Damien Mindmaster on the evening of our last Centre Meet. **Tickets are \$20 each or \$36 which includes a meal. Recommended age is from 14 years with the pre-warning of possible swearing.** Table bookings of 12 are available, so get in early for the best spot. The show begins at 8pm, with doors open at 7:30. It's going to be a fun evening and a great way to end our season. See Katie for bookings.

PLEASE CONSIDER NOMINATING FOR NEXT SEASON'S COMMITTEE

With our AGM on Tuesday March 14, we would like our parents to consider nominating for a Committee or Sub Committee position for the 2017 / 18 season. Nomination forms and an explanation of the roles of the positions will be available on the 18th. Nominations close Tues Feb 28. All positions will be available for nomination and we are keen to have more of our parents involved in the running of our Centre.

NEW RECORDS FOR JANUARY 28, 2017

Victoria Allen	U17 100H	17.5
Steve Edstein	Masters 30-39 3000m	10-44.6

UPCOMING EVENTS:

Wed 8 Feb	Entries close LA State Multi (Glendale)	
Sat 11 Feb	No Centre Meet	
Sat 11-Sun 12	LA Regional Championships	Glendale
Sat 18 Feb	Centre Meet	
Sat 25 Feb	Centre Meet	
Sat 4 Mar	Centre Meet	
Sat 11 Mar	Final Centre Meet for the season	
Sat 11 Mar	Damien Mindmaster	RT Bowling Club
Tues 14 Mar	AGM 6:30pm	RT Bowling Club
Fri 17 – Sun 19 Mar	LA State Championships	Homebush

BUSINESSES OF THE WEEK: Please support the businesses that support us. **When you do patronize one of our supporting businesses, please mention their ad in our Handbook as it will encourage them to continue to assist with the publication of our Handbook each year.**

Priceline Centro Plaza Pharmacy is one of our long-term supporters. The pharmacy has a full Beauty Salon, skin care and cosmetics, a weightloss clinic, a comprehensive prescription service, an extensive range of vitamins and herbal medicines, aromatherapy and sit sown consultations with a naturopath / iridologist and much more! The pharmacy is open every day and their ad is on p24 of your Handbook.

Heatherbrae's Pies

Heatherbrae's Pies is located at the large roundabout on the corner of Masonite Rd and the Pacific Highway. They are open Mon to Thurs from 6am to 8pm and Fri to Sun from 6am to 9pm. As their slogan says, they are more than just a pie shop. Their cakes and pies are baked on the premises; and coffee beans are grown and roasted near Byron Bay. As well as quality coffee, they have a special breakfast menu and serve traditional milkshakes, cappuccino, croissants, banana bread with cinnamon butter, Danish, jaffles and have a drive-through where you can quickly pick up bread, milk, family pies and cakes. Their ad is on p18 of your Handbook.

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre