

Raymond Terrace Athletics Centre

Newsletter 17 March 11, 2017

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS WEEK 1 PROGRAM

THERE IS ONLY 1 MORE MEET FOR THE SEASON!

We're pleased you stuck with us and hope to see you again next season. It's been so frustrating with the number of cancelled meets, but this season being cancelled for the heat is something we've not ever had to do. It's been very difficult for any of us to get into any sort of momentum and enjoy the season, but if this was your first season with us, we hope you give us another chance to see how enjoyable it can be.

FOR OUR STATE COMPETITORS TODAY IS THE END OF THEIR SEASON

We wish our State athletes the very best for next weekend. Enjoy this challenging experience and just do the best you can on the day. We know you will all represent our Centre well. It's a great achievement to have reached this level of competition.

WE NEED YOUR SUPPORT FOR TOMORROW NIGHT'S DAMIEN MINDMASTER SHOW

It's incredibly disappointing that at the moment, none of our parents are attending tomorrow night's show at the Bowling Club. We thought this would be a fun way to end our season and raise funds for our ongoing costs such as improving our irrigation system, equipment repairs and maintenance, but so far we haven't even covered costs. We would love to see some of our parents there, so **see Katie or me today if you now find you are able to make it.** Tickets are \$20 each or \$36 which includes a choice from three meal options (schnitzel and chips, beef burger and chips or fish and chips). **Dinner is from 6:15 to 7:15. Doors open at 7:30 with the show beginning at 8pm.** Recommended age is from 14 years.

FULL REGION RESULTS ARE ON THE LA WEBSITE

THE LIST OF STATE QUALIFIERS AND THEIR EVENTS IS ON THE NOTICEBOARD

Qualifying athletes should check the list for any additional events they may have qualified for.

LA STATE CHAMPIONSHIPS PROGRAM IS ALSO ON THE NOTICEBOARD

Please note that some events are on Friday afternoon.

ARE YOU UNSURE OF HOW TO GET TO HOMEBUSH?

If you haven't been to Homebush before and you have a GPS, the address is **Edwin Flack Ave, Sydney Olympic Park.** It's a 2hr drive from Raymond Terrace but allow extra time as you won't want to be caught in delays with break downs, etc. There is no street parking, but P1 car park, which is the closest but still involves a bit of a walk, may have some spaces. If it is full, you will have to try P2 or P3 and walk a bit further. Parking is \$5 per hour, although you may be able to have your ticket validated. **If you don't have a GPS, there is a separate sheet on the table with directions to Homebush.**

GIVE YOUR ATHLETE TIME TO WARM UP

Sitting for so long in the car causes a build-up of lactic acid in your athlete's legs, so allow plenty of time for a proper warm-up.

THE WARM UP TRACK IS UNAVAILABLE

Unfortunately, the warm up track is being used for competition, so athletes will have to warm up where they can on the grass or concrete on the area just inside the gates. There is some grass there but it could be very busy.

WHERE DO YOU SIT IN THE GRANDSTAND?

It's up to you where you would like to sit, but our families usually try to sit somewhere near the finish line (about Bay 12), but more towards the top rows. You get a great view there. It's beneficial to sit with other RTAC families and cheer as a group, so look for our athletes' Centre colours.

PARENT DUTIES AT STATE CHAMPIONSHIPS

The Zone Co-Ordinator will get these to Barbara in the next couple of days. They will then be emailed to parents and be put on our website and facebook. If you have a duty, please do it or organise a swap.

REFUNDS FOR YOUR REFUNDABLE DEPOSITS

If your athletes have not qualified for State, see Barbara today for your refund. For athletes competing at State, you can collect your refund at Presentation Day. Any uncollected deposits at Presentation will become "donations" to our Centre.

CANTEEN ROSTER

We appreciate your support during the season. We couldn't have kept the canteen operating without it.

9 to 9:45

TODAY - Megan Moore and Kerry Mockman
March 18 - Jade Ballentyne and Candice O'Loughlin

9:45 to 10:30

Anissa Ewen and Sally-Anne Carroll
Robert Jackson and Andrew Dodd

RTAC PRESENTATION DAY IS SUNDAY APRIL 2 AT 4PM AT RT BOWLING CLUB

Every athlete that attends Presentation, having satisfied eligibility (see Handbook p25), will receive an award or trophy at Presentation.

AWARD CATEGORIES AT PRESENTATION

See Handbook p25 for Merit Awards and Continuous Service Award information and p27 for the Centre Championships Age Category Trophies.

AGM NOMINATIONS AND NEW AGM DATE

AGM nomination forms are on the Newsletter table along with an explanation of the position Roles and Responsibilities. We would like to encourage our parents and senior athletes to consider nominating for a Committee or Sub Committee position for the 2017 / 18 season. Due to our numerous unexpected cancellations, **the deadline for Nominations has been extended to March 21. The new date for the AGM is Tuesday April 4 at 6:30pm.** All positions are available for nomination and we are keen to have more of our parents involved in the running of our Centre.

CURE BRAIN CANCER MERCHANDISE AVAILABLE FOR SALE

We still have some beanies, audio beanies and running caps on hand that we'd like to sell and be able to make another donation to this wonderful organization. With the weather starting to cool down, why not consider having one on hand? There's also slapbands, wrist bands, ribbons and tattoos. See the Canteen.

CHECK THE LOST PROPERTY BASKET BEFORE ITS CONTENTS ARE DONATED TO CHARITY!

KEEP A CHECK ON OUR WEBSITE AND FACEBOOK DURING THE OFF SEASON

Keep a check on our 2 sites for any news or updates of any kind.

RAYMOND TERRACE PARK RUN

During the off season, why not try the RT Park Run that we see happening before our weekly meets. It's a 5km run that's on every Saturday starting at 8am from Riverside Park. It's timed and it's FREE! Check out their website at <http://www.parkrun.com.au/theterrace/>.

NEW RECORD FOR FEBRUARY 25, 2017:

Harper Collins U12 200m 28.5

UPCOMING EVENTS:

Sat 11 Mar	Damien Mindmaster 8pm	RT Bowling Club
Tues 14 Mar	RTAC General Meeting 6:45pm	RT Bowling Club
Fri 17 – Sun 19 Mar	LA State Championships	Homebush
Sat 18 Mar	Final Centre Meet for the 2016/17 season	and Fun Activities
Sun 2 Apr	RTAC Presentation Day from 4pm	RT Bowling Club
Tues 4 Apr	RTAC AGM 6:30pm	RT Bowling Club
Tues Apr 11	RTAC General Meeting 6:45pm	RT Bowling Club
Sat Aug 12	RTAC Registration Day 10am -1pm	RTAC
Sat Aug 19	RTAC Registration Day 10am -1pm	RTAC
Sat Aug 26	RTAC Registration Day 10am -1pm	RTAC

Nielsens Hire is a locally owned and operated hire company located at 299 Pacific Highway, Heatherbrae, just before Heather St. Nielsens specialises in earthmoving, access equipment, mowers, mini loaders and general builders' equipment and much more. They also offer affordable delivery rates to most areas; and are open 5 ½ days from 7am to 5pm Mon to Fri and 7am to Noon on Saturdays. Their ad is on p22 of our Handbook and you can reach them on 4987 4900. Don't forget to mention our Centre if you decide to hire from them.

Cups N Saucers is a yummy place to enjoy something different in Raymond Terrace. Tucked away downstairs in William St, near the Dentist, Cups N Saucers serves scrumptious savoury and sweet crepes with an amazing variety of traditional and surprising fillings, delicious hot breakfasts, including Eggs Benedict or Dutch pancakes; and fondue for 2 with strawberries, fruits and marshmallow skewers with Belgian Chocolate. The owners are former RTAC parents and they previously owned the popular Cups N Crepes in Morpeth. They're open Mon to Fri from 7 till 3 and Saturday from 7 till 1. Check them out at www.cupansaucers.com or call them on 4983 1777. Their ad is on p14 of our Handbook.

Dowling Real Estate Raymond Terrace is celebrating 25 years of service in Raymond Terrace as a Property Management Specialist. Located at 16a William St, it is part of Newcastle's largest chain of local agents. You can find an extensive selection of rental properties; and land and residences for sale there. To make enquiries, call them on 4987 2226 and check out their ad on the inside back cover of our Handbook. You can also like them on facebook, subscribe to "You Tube Channel Dowling RT" or "Let's Connect" on www.dowlingterrace.com.au

Wahroonga Aboriginal Corporation Raymond Terrace is located at 9 King St. They provide advocacy and support as well as Referral and Case Management service to the Aboriginal Community of Raymond Terrace and surrounding areas. Their programs include Family Support, Health Checks, Women's Business, Youth Mentoring, Housing Assistance; and a School Community Program. They are open from 9-4 Monday to Friday or you can reach them on 4987 7754.

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre