

# *Raymond Terrace Athletics Centre*

## *Newsletter 11 November 18, 2017*

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

### **TODAY IS PROGRAM WEEK 4**

#### **ZONE ENTRIES CLOSE TODAY**

See Barbara before you go home. Because of the increased deposit this season, the Committee has decided to offer you a **refund of deposits the week following Zone** if you do your duty. We thought it would be welcome for Christmas. Another refundable deposit will need to be paid before Region for athletes who qualify.

#### **CHECK YOUR PATCHES**

For Centre Championships on December 2 and anyone going to Zone Championships, every athlete will need to have all patches on their uniform. **See Barbara if you need any, especially the new Coles ones.** Our Handbooks tell you where to put them if you aren't sure. Sticky dots can be used which makes it very easy to replace patches next season.

#### **HIGH JUMP COACHING FOR SCISSORS**

Dakota, our high jump coach is holding coaching sessions at 7:30am on Saturdays for our younger athletes who have to do the scissor technique. It had become quite difficult to offer coaching on both the regular bags and scissor mats at the same time on Wednesdays.

#### **TODAY'S CANTEEN HELPERS**

From 9 till 9:45 – Dickson family (U6, U14), 9:45 till 10:30 - parent of Jack Kenny (U15).

#### **NEXT WEEK'S CANTEEN ROSTER**

From 9 till 9:45 – Petryk family (U8), 9:45 till 10:30 – Sullivan family (U14, U17).

#### **CANTEEN ROSTER**

There was a mistake on some of the roster copies last week, but they are all now correct. The roster is on the verandah table; and it will take us up to the first week back in 2018. Take a copy and check if you are rostered on for one of the weeks. Please organize a swap if you are unable to do the duty. See Deidre with any concerns.

#### **CHECK OUT OUR NEW JACKETS FOR CHRISTMAS**

Don't forget our new RTAC jackets if you are looking for something different for Christmas. They are \$70 and great quality. Some of our Committee members are wearing them. We have most sizes if you would like to try one on.

#### **OUR HANDBOOKS ARE IN**

There are copies on the verandah table if you would like one. There will be a few more next week

#### **GRAB A BANANA FROM THE BANANA**

#### **PLEASE RETURN YOUR FREDDO MONEY**

There is still outstanding money, so please bring it in.

## NEW RECORDS FOR NOVEMBER 11, 2017

Keira McGregor	U12 LJ	4.95m
Duncan Akerman	U17 SP	13.04m

## UPCOMING EVENTS:

Sat 25 Nov	Centre Meet
<b>Sat 2 Dec</b>	<b>Round 2 Centre Championships</b>
<b>Sat 9 Dec</b>	<b>NO CENTRE MEET</b>
Sat 9 – Sun 10 Dec	Port Hunter Zone LA Champs
<b>Sat 16 Dec</b>	<b>Final Centre Meet for 2017 with a visit from a jolly man in a red suit!</b>
<b>Sat Jan 13</b>	<b>First Centre meet for 2018</b>

**BUSINESS OF THE WEEK:** Please support the businesses that support us:

***Aussie Pizza*** — is located in the Hub which is between the main street and Centro Plaza, behind Newcastle Permanent. **They have a special offer for us! On Saturdays before 2pm, go instore in your RTAC uniform and you'll receive pizzas from \$6.95.** You can order online @aussiepizza.com.au. They have an amazing selection of pizzas and sizes from 4 slices to 16 slices. They also deliver. Tuesday deals are large pizzas from \$5.90. See their ad and selection on p36 (in the middle) of your Handbook.

## ***Raymond Terrace Bowling Club***

Proud to be supporting Raymond Terrace Athletics Centre