

Raymond Terrace Athletics Centre

Newsletter 18 February 10, 2018

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS ROUND 4

THERE ARE JUST 4 CENTRE MEETS TO GO TILL THE END OF THE SEASON!

That means that today is your last chance for improvement points in personal bests and records for Round 4 events; and then for Round 5, Round 6, Round 1 and Round 2 to finish the season.

THERE IS NO CENTRE MEET ON SATURDAY FEBRUARY 24

Because of the large numbers of qualifiers for the Region Championships, we will not be able to hold our meet. On the 24th All Committee members and numerous parents will be on the Central Coast with their athletes.

TODAY'S CANTEEN ROSTER

9 till 9:45 – Jones family (U9)

9:45 till 10:30 - Swan family (U15)

CANTEEN ROSTER FOR NEXT WEEK

9 till 9:45 – O'Loughlin family (U8)

9:45 till 10:30 - Wall family(U10)

DON'T FORGET HIGH JUMP COACHING IS AVAILABLE

Dakota is here Saturday mornings at 7:30am for scissors high jump coaching and Wednesdays at 4:45pm for the older flop technique.

GOOD LUCK TO OUR ATHLETES AT THE ANSW JUNIOR CHAMPIONSHIPS THIS WEEKEND

We have some of our athletes competing at Homebush this weekend in the Athletics NSW (ANSW) Junior Championships. We have athletes who have already qualified for Nationals, but this is the last opportunity for other athletes to also qualify. It is also a requirement for athletes to compete at these Championships if they wish to be included in the NSW team for Nationals.

JUNIOR NATIONALS ENTRIES CLOSE MONDAY AT 9AM

Athletes aren't automatically entered if they have qualified, all qualifiers must lodge their entries by Monday. The qualifying standards are on our notice board and the website if you aren't sure if you qualify. **Call Katie on 0417 240 120 if you have any enquiries.** To enter, go to <http://nswathletics.org.au/teams>, then NSW State Teams, 2018 Australian Junior Championships. Information on the site includes a Draft Timetable of events and uniform order form.

NEW RECORDS FOR FEBRUARY 3, 2018

Harper Collins	U13 TJ	10.23m
Ebony Newton	U13 400m	1-07.1
Duncan Akerman	U17 SP	13.41m

UPCOMING EVENTS:

Sat 17 Feb	Centre Meet	
Fri 16 – Sun 18	ANSW Open Champs & Comm Games Selection Trials - Homebush	
Fri 23 – Sun 25	LA Region Championships	Mingara, Tumbi Umbi
Sat 24 Feb	NO Centre Meet	
Sat 3 March	LA State Multi	Wagga Wagga
Sat 10 March	Centre Meet	

Sat 17 March	Final Centre Meet for the season / BBQ	
Fri 23 – Sun 25	LA State Championships	Homebush
Sun 8 April	RTAC Presentation Day	RT Bowling Club
Wed 4-Sun 15 April	Commonwealth Games	

BUSINESS OF THE WEEK: Please support these businesses that support us:

Plus Fitness 24/7 at Medowie is located at 58 Ferodale Rd.

Access to their gym is 24 hours a day, every day of the year. They offer a complimentary personal fitness program; and unlimited 24 hour virtual group exercise classes with access to 16 different styles of group exercise classes including yoga, aerobics; and indoor cycling. There is also Functional Training in suspension training, body weight exercises and squats, as well as Master Classes in Pilates, boot camps, boxing and weight loss challenges. There are no lock-in contracts; and membership provides access to highly qualified Personal Trainers and instant access to over 180 Plus Fitness gyms across Australia and New Zealand. Their ad is on p4 of our Handbook. To find out more, call them on 4981 7300 or drop in.

Adam's Auto Fix is also located in Medowie at 1/19 Abundance Rd. and is open weekdays from 8am till 5pm. They are a RAAF / Defence Service Centre and offer all automotive repairs for new, used and lease vehicles including tyres, brakes, suspension, exhausts, windscreens and Rego checks. A daily courtesy bus is also available. Call them on 4981 8889 for a booking. You can find their ad on p44 of our Handbook.

Terrace Tiles is located on the Pacific Highway at Heatherbrae; and is one of our long-term supporters. They carry wall and floor tiles and have attractive displays to help make your choice easier. Terrace Tiles provides expert advice and have very competitive prices. You'll find them open Monday to Friday 7:30am till 5pm and Saturdays 8am till 12:30. Their ad is on p6 of our Handbook.

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre