

Raymond Terrace Athletics Centre

Newsletter 2 September 9, 2017

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

DON'T FORGET TO VOTE TODAY BEFORE 6PM

TODAY IS WEEK 2 PROGRAM

Your lists of events are on the back of the age board.

WE ARE REALLY SHORT HANDED THIS WEEK

Committee members Barbara, Deidre, Katie, Renae and John aren't here today, so we may need extra help this morning.

COAST RUNNERS SHOP HERE NEXT WEEK WITH RUNNING SHOES AND SPIKES

Charlie will be here about 8am and will have a selection of shoes and spies, so if you've had trouble finding what you or your athlete needs, they will be able to help you. If you are after something in particular, give him or Margaret a call on 0450 560 944 and they will bring it up for you if they have it.

HOW WAS WEEK 1?

For the first time in a couple of years, not only did we get onto the field for our first scheduled meet, but it was great weather! We hope you and your athletes were able to enjoy it to. We had a few hiccoughs but we made it without too many issues. It does take us a few weeks to get back into the groove.

WE NEED YOU AT THE GREATER RAYMOND TERRACE FUN RUN TOMORROW

We need some helpers and runners if you can make it. **See David this morning if you can help.** Come and join us for the Fun Run that is perfect for both novice and experienced runners alike. You can run, walk or push strollers; and there's an opportunity for school teams to enter the 2km and a family category for the 4km. The race starts and finishes at our Centre and follows the picturesque Williams River. The 8km run is at 9am (\$25), The Greater Bank 4km run is at 10am (\$15, \$47.50 per family); and the 2km is for kids at 11am (\$10 or School Team \$42 for 4-6 runners). Flyers are on the table. For further information and to enter, go to www.runnsw.com.au/event/raymond-terrace-fun-run-2017.

AMENDED WEEKLY COACHING SESSIONS

Our Thursday sessions have been moved to Wednesdays and we apologise for any confusion this may have caused. We are fortunate to have talented qualified coaches in most events: Scott Clarke – throws, David Marsh – middle and long distance (and walks on request); and Katie Drosd – hurdles & relays, Kylie & Matt Newton - sprints, Dakota Gordon – high jump, David Summerville – long jump. The sessions are free to RTAC athletes. **David Marsh is happy to do Walks on request.**

- MON** - **Middle Distance** - 4:30 pm - David M - 4987 2810
- **Long Jump** - 4:45pm– David S - 0458 999 429 (assistance with covers please)
- TUES** - **Throws** - 4pm – Scott – 0475 087 354
- **Sprints** - 5:15pm – Matt – 0418 483 993
- WED** - **Hurdles** - 4pm - Katie – 0417 240 120
- **Long Jump** – 4:15pm – David S – (assistance with covers please)
- **High Jump** – 4:45pm – Dakota – (assistance with bags please)
- **Middle Distance** - 4:30 pm – David M - 4987 2810
- **Speed Endurance** - 5:15 – Kylie – 0418 483 993

SKILLS COACHING CLINIC AT ADAMSTOWN NEW LAMBTON FOR U9 TO U17

Date: Tuesday, 26 September 2017

Venue: Alder Park, Bridges Road, New Lambton

Time: 9.00am - 2.30pm (sign on from 8.45am)

Age: U9-U17 (DOB: 1 Oct 2000 - 30 Sept 2009)

Events: Hurdles, High Jump/Scissors, Discus, Shot Put, Long Jump, Sprints/Relays

Cost: \$45 per athlete

Closing Date: Friday, 22 September 2017. Go to www.lansw.com.au to register.

NO DELIVERY OF FREDDO'S THIS WEEK

Unfortunately we weren't able to get a delivery of Freddos this week, but there will be more next week. Thanks to our families that have sold, (and eaten!), Freddos. There are numerous families who have taken multiple boxes. The family that sells the most boxes will receive \$50!

NEW RECORDS FOR SEPTEMBER 2, 2017

Congratulations to our first Record Breakers for the season:

| | | |
|----------------------|--------------------|--------|
| Owen Oquendo | U15 300H | 51.1 |
| Gemma Hancock | U17 400m | 1-07.5 |
| David Pisch | Masters 50-59 300H | 1-00.4 |

UPCOMING EVENTS:

| | |
|-------------|-------------------------------------|
| Sun 10 Sept | The Greater Raymond Terrace Fun Run |
| Sat 16 Sept | Centre Meet |
| Sat 23 Sept | Centre Meet |
| Sat 30 Sept | Centre Meet |
| Sat 7 Oct | Centre Meet |

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre