

# *Raymond Terrace Athletics Centre*

## *Newsletter 9    October 28, 2017*

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

### **TODAY IS OUR ANNUAL PENTATHLON FROM 1:45PM**

The weather looks great for us today, and we have athletes from quite a few clubs including some who have come from Sydney. There will be a BBQ from about 12:30 and the Happy Mobile Café will be with us for the whole day too. We'll also be selling raffle tickets for \$1 each for a fruit and veggie tray kindly donated by Woolworths Raymond Terrace North and a travel mug with handmade design from Maiden Designs in Medowie. This afternoon, athletes and families are able to sit and wait for events to be called. There will be some shade provided, but bring your own chairs. We would appreciate some assistance on the field for some events. We look forward to a great afternoon of competition.

### **SHOOSH FOR KIDS WEEK FOR SUMMER SPORTS IS THIS WEEK, OCTOBER 23 TO 29**

Today we are acknowledging Shoosh For Kids Week as a recommendation from Little A's. The following paragraph is taken from the [sport.nsw.gov.au/shooshforkids](http://sport.nsw.gov.au/shooshforkids) website: Shoosh for Kids is a collaborative effort between the Office of Sport and State Sporting Organisations to promote positive behaviour to their members, clubs and associations. The general rule is, if you can't say anything nice, don't say anything at all. The purpose of the campaign is to support grassroots sports in providing positive environments for their members, whilst also addressing issues which arise from poor behaviour including abuse to officials, reduced volunteer numbers, reduced participation rates (due to poor experiences/non-enjoyment/too competitive). The recent winter season saw the Office of Sport work with seven State Sporting Organisations and almost 400 Councils, clubs, associations and schools to spread the campaign message.

Little Athletics Australia is encouraging all Centres to promote this initiative and remember that sport should be fun. The aim is to be aware of how negative comments can affect kids and officials and that praise is much more effective. There are leaflets and cards on the table with more information;

### **WE'RE GOING BANANAS!**

Our athletes will be offered bananas each week now thanks to Coles who have come on board with Little Athletics Australia for a 3-year partnership. Part of this commitment is to donate four boxes of bananas each week to every Little Athletics club for a total of 8 weeks, taking us to the end of the season. This donation which provides local kids with a nutritious snack, will amount to 2 million bananas to Little Athletics clubs this season. **All of our Little Athletes will also be given a Coles patch which needs to be attached to the right shoulder of their uniform top. There are smaller ones for crop tops.**

### **LAST SUNDAY'S ZONE MULTI**

The day went well with great weather. Results next week.

### **LITTLE ATHLETICS ZONE CHAMPIONSHIPS ENTRIES (U7'S TO U17'S) CLOSE NOVEMBER 18**

Zone entry forms are now available on the verandah table. **U6's do not compete at Zone, so you will be able to have a week off!** This year the Championships are being held the weekend of December 9<sup>th</sup> and 10<sup>th</sup> at Port Stephens Athletics Centre, Dick Burwell Oval, Tomaree Sports Complex, Salamander Bay. **The refundable deposit must be paid with entry fees. .**

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

Now that all of our Freddo boxes have been picked up, we'd appreciate you returning the money as soon as you can. We appreciate your support.

#### NEW RECORDS FOR OCTOBER 21, 2017

Duncan Akerman	U17 SP	12.16m
Belle Leonard	U17 100H	15.7

#### UPCOMING EVENTS:

Sat 4 Nov	Centre Meet
Sat 11 Nov	Centre Meet
Sat 18 Nov	Centre Meet
Sat 25 Nov	Centre Meet
Sat 2 Dec	Round 2 Centre Championships

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

*Riverside Cafe Bulahdelah* – is a locally run family cafe that's tucked away right on the river at the Marina at the end of Crawford St, just off the old highway. They use local produce, serving breakfast till 11am, light lunches, wraps, sandwiches, jaffles, kids' sandwiches; and scones with jam and cream. They are open every day from 7am. So give them a try, next time you are travelling north, for something that is a change from the usual fried take away food and away from the busy main street. You can call them on 0401 003 794 to order.

## *Raymond Terrace Bowling Club*

Proud to be supporting Raymond Terrace Athletics Centre