

Raymond Terrace Athletics Centre

Newsletter 18 March 9, 2019

www.raymondterraceathletics.com.au

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TODAY IS WEEK 4 AND OUR FINAL MEET FOR THE SEASON

It's come quickly as it always seems to. We hope you've enjoyed the season with us and look forward to seeing you again next season. If you've experienced any concerns that you would like us to address or if you have any ideas you think would improve what we do, please don't hesitate to see a Committee person.

IS THERE OFF-SEASON COACHING?

Little Athletics recommends athletes take a break for the off season, especially if they play a winter sport where their fitness will be maintained. However, if you would still like to attend sessions, check with your coach to see if they are taking a well-earned break.

CANTEEN HELPERS TODAY

9 till 9:45 – Kelly Styles (U7)

PLEASE RETURN CHOCOLATE MONEY ASAP

LA STATE MULTI LAST WEEKEND AT DUBBO

U12 Sienna Newton and U14 Cody Hancock were our only 2 athletes to brave the hot conditions in Dubbo, but their efforts were well worth it. With 6 events and some age groups with as many as 40 athletes, the pressure was on to achieve as many personal bests as possible. This was Sienna's 2nd time at the Multi after a couple of years of illness and it was Cody's first.

By the end of competition on Sunday, Cody had won Gold with personal best performances in the 200m, shot put, 800m, and 90m hurdles. Until his final event, Cody was in second place, but his personal best in the 800m secured first place. Sienna finished a commendable 10th place and achieved personal bests in the 60m hurdles, shot put, 800m; and sliced almost 1 second off her 200m best. Congratulations to both our athletes! Next year's Multi is in Tamworth on Sat Feb 29 and Sun March 1.

GOOD LUCK TO OUR STATE ATHLETES NEXT WEEKEND

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.

THERE ARE NO EVENT CALLS AT STATE

You may need to set an alarm on your phone for the event check-in times for the call room. If you are not there on time, you will not be allowed to compete.

MATT WILL NOT BE CHECKING IF YOU GO TO EVENTS ON TIME

The area is too big and noisy and everyone comes and goes all weekend, so you will need to be aware of times and events for your athletes.

YOUR UNIFORM MUST BE CORRECT

All patches must be attached to your uniform (safety pins are ok). Your shorts cannot have any brands on them. They **MUST** only be our uniform pants or plain black shorts. You will be excluded from competition otherwise.

GIVE YOUR ATHLETE PLENTY OF 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 when you arrive. Also time to chill!!

THERE WILL BE NO STATE PROGRAM PRINTED

Download a copy of the State Program of Events at: <http://www.lansw.com.au/Competition/Championships/State-Track-Field-Championships>, or save to your smart phone. The program shows the names of the athletes and their heats/positions etc. You will also find links to the FAQ, LANSW State Team information, Maps of venue etc. **The program lists times the athletes need to be at the Call Room and the start time for the events.**

WILL ANY OF YOUR EVENTS BE ON THE WARM UP TRACK?

If your event has “WT” next to it, the event is on the warm-up track. Give yourself time to get there. You will need to find out if check-in is at the call room or warm up track.

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, and whatever car park you are in, you will need to allow time to walk to the venue. Parking is \$5 per hour, although you may be able to have your ticket validated for \$15 for the day if you haven't pre-booked. **If you don't have a GPS, there is a separate sheet on the table with directions to Homebush.**

THE WARM UP TRACK IS UNAVAILABLE FOR WARMING UP

Unfortunately, the warm up track, which is just down the road from the main 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 main gates. There is some grass there but it could be very busy. Hurdlers and throwers will need to bring their own warm-up equipment.

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 when you arrive.

PLEASE CONSIDER JOINING OUR COMMITTEE

We would like our parents and older athletes to consider nominating for a Committee or Sub Committee position for the 2019 / 20 season. Nomination forms and an explanation of the roles of the positions are on the verandah table. **The AGM will be held on Tues April 30 at 6:30pm at RT Bowling Club**. All positions will be available for nomination and we are keen to have not only more of our parents involved in the running of our Centre, but senior athletes. **Nominations close April 16**; and can be handed in at the canteen or mailed to RTAC, PO Box 91, Raymond Terrace 2324. See Deidre or call on 0418 962 185 if you would like to nominate or to find out more.

OUR PRESENTATION DAY IS SUNDAY MAY 5 AT 4PM

AWARD CATEGORIES AT PRESENTATION

See Handbook p25 and 26 for information on Merit Awards, Continuous Service Award; and information on the Centre Championships Age Category Trophies.

If you think your athlete may not have made eligibility because of illness, injuries or family circumstances, see Barbara today just to check. If we aren't aware of these circumstances we won't be able to take it into account when eligibility is being checked for awards.

WE'LL HAVE A RAFFLE AT PRESENTATION

Please bring a few dollars to support this fundraiser for some great prizes.

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

CURE BRAIN CANCER MERCHANDISE AVAILABLE FOR SALE

We would like to sell the last of our merchandise. With cooler weather on its way, the beanies, especially the audio beanies, will be very handy. There's also running caps, slap bands, wrist bands, ribbons and tattoos. See the Canteen. We'll have them at Presentation too.

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.

THIS IS YOUR LAST CHANCE TO COLLECT YOUR REFUNDABLE ZONE DEPOSIT

UPCOMING EVENTS:

Sat 16 – Sun 17	LA State Champs	Homebush
Sat 30-Sun 7Apr	Aust Track & Field Champs	Homebush
Fri 26-Mon 29 Apr	Aust Masters Champs	Melbourne
Sat 27-Sun 28	Aust LA Champs	Tasmania
Sat 27-Tues 30	Defence Arafura Games	Darwin
Tues 30 Apr	RTAC AGM 6:30pm	RT Bowling Club
Sun 5 May	RTAC Annual Presentation Day 4pm	RT Bowling Club
Tues 14 May	AGM (back-up date) & General Meeting 6:30pm	RTBC
Sat 25-Sun 26 May	Great Barrier Reef Masters Games	Cairns

BUSINESSES OF THE WEEK: Please support the businesses that support us:

Plus Fitness Medowie can be found at 58 Ferodale Rd. They have no lock-in contracts, free fitness programs, free virtual classes and can be accessed 24 hours a day. Join online at plusfitness.com.au. You can reach them on 4981 7300 or 1300GYM247, medowie@plusfitness.com.au Their ad is on p4 Handbook

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 and car is also available. Call them on 4981 8889 for a booking. You can find their ad on p44 of our Handbook.

Deepka Indian Restaurant is open 7 days for Lunch from 12 to 2pm and Dinner from 5:30 till late at 2 locations - 4/2 The Close, Raymond Terrace (4987 6363) and 14 Newton Ave, Beresfield above Woolworths (4966 5583). They also operate Usha's Kitchen Take Away featuring Curry, Pizza and Kebabs at 1B Beresford Ave, Beresfield (4966 5582) 7 days a week from 9am to 9pm. See handbook p32.

Poolside Coastline Pools & Spas offers pool servicing and maintenance made easy with a loyalty program. Located at 150 Adelaide St, Raymond Terrace (near RT School), they service all areas, have a mobile pool service, automatic pool cleaners and heating, pumps, motors, filters, salt water chlorinators and do insurance work and pool renovations. Call 4980 3666 or see their ad on p36.

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre