

Raymond Terrace Athletics Centre

Newsletter 1 September 7, 2019

www.raymondterraceathletics.com.au

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TODAY IS WEEK 1 PROGRAM

WELCOME TO OUR 2019 / 2020 SEASON

Welcome to our new families and those who have returned for another season. We hope it proves to be an enjoyable time for you and your athletes. The first few weeks may be a little rough around the edges but it will improve. If you are new and aren't too sure what you need to do, just stay with your child's group and jump in to assist where you can. All of us have started as a new family with a feeling of uncertainty and confusion, so don't be afraid to ask for help or explanations of how things are done. Please let one of the Committee know if you have any concerns that impact on you or your athletes. We like to know if something can be improved or needs attention.

WE'LL BE THERE TO HELP

For the first couple of weeks we try to have experienced parents or available Committee members to help run the age groups or assist with field event techniques for new athletes or for events that are new to an age group. If we are a bit short handed and your group doesn't have that help, please come and see a Committee person.

HANG IN THERE

Please be patient if there are hold-ups at events. It will take a few weeks to have things run smoothly. A big part of the success of our meets is the willingness of parents to assist. Our new athletes and parents will need to be shown where to go and how to participate, so please give them the help they need.

WE NEED YOU TO ACTIVELY HELP

It can be easy to stand back and let the same people run the morning's events each week, but please try to jump in and help too. Your kids enjoy having you there and it enables all parents to enjoy the morning without feeling like they are the only ones helping. Taking turns is a great idea, especially if a "regular" helper happens to be away one week.

DO YOU HAVE MORE THAN ONE ATHLETE COMPETING?

You can only be in one place at a time of course! But please spend your time with the group where you are most needed. That is, if one of your athletes is in a group with only a few helpers, please stay with the group rather than another with lots of help.

WEEKLY COACHING SESSIONS

We are fortunate to have talented qualified coaches in all events except high jump at the moment. The sessions are free to RTAC athletes. Attendance is not compulsory. **Walks coaching with David Marsh is on request.** Check our facebook page for any coaching cancellations or changes.

MONDAYS

- Middle Distance - 4:30 pm — David Marsh 4987 2810
- Throws - 4:30pm – Scott – 0475 087 354
- Long and Triple Jump squad – 4:45 pm - David Summerville – 0458 999 429

TUESDAYS

- Sprints – 5:15pm - Kylie / Matt Newton – 0418 483 993
- Long & Triple Jump (non squad) - David S

WEDNESDAYS

- Middle Distance - 4:30 pm — David M
- Long & Triple Jump – 4:45pm – David S

FRIDAYS

- Hurdles - 4pm — Katie – 0417 240 120

SUNDAYS

- Sprints - 4pm - Kylie / Matt

THERE ARE SOME CHANGES TO EVENT SPECIFICATIONS WITH SOME EVENTS

Please check the specifications on the age boards for the changes in long jump take off boards for U11 to U17 and Hurdle distances for U11's and U12's are now 80m distance instead of 60m.

SPECIAL MASTER CLASS COACHING IN HIGH JUMP SATURDAY SEPTEMBER 21

We are fortunate to have a very talented athlete, Bella Stewart, to share her expertise in high jump on the 21st at our field. An U9's to U12's session will be held from 11am to noon; and U13's and above are from noon to 1pm. This is free to our athletes and \$5 for athletes from other Centres. Bella is an IAAF ranked High Jumper, an Australian National Champion and has been named on the Paris 2024 Potential list.

If you are interested in taking advantage of this special opportunity, please let us know.

CANTEEN ROSTER

From next week, we'll have a canteen roster operating. Parents will only be required for 1 or maybe 2 times in the season. Parents will be contacted prior to their duty. We need your support for the canteen to operate.

COAST RUNNERS SHOP WILL BE HERE SEPT 21

Margaret from the Runners Shop will be here in 2 weeks with running shoes and spikes. If you are in need of some specific shoes, you can contact her on **4333 6064** prior to the day and make a request for her to bring them up. She also mails orders without charging for postage.

CHOCOLATE FUNDRAISER

We are again starting the season with the ever popular Cadbury chocolate fundraiser. We'd appreciate you selling (or eating if you like) 1 or more boxes. We'd appreciate you coming in before you go home and collecting some to sell. The family that sells the most chocolates will receive \$50 at Presentation Day!

WE COMPETE DURING THE HOLIDAYS

Because athletics is an individual sport, we are able to offer competition each week except for the Christmas break when we take a break. We understand families aren't necessarily able to come every week, but as long as athletes compete 60% of meets before Christmas and 60% after Christmas, they are eligible for end of season awards.

SOME REMINDERS

- **Spikes can only be worn by athletes U11 and older** for javelin, jumps and track events that are run in lanes for the entire race.
- **Spikes must be removed by ALL athletes** before they leave any event. It is a LAA rule and we ask the same of our senior athletes in the interest of safety.
- If one of the athletes in your group has **broken a record in a field event**, see a **Committee person immediately** to verify it before any markers, high jump bar or sand imprints have been disturbed. Unless this is done, the record cannot be recognised.
- **A new newsletter** is available every week on the verandah and on our website. They will keep you updated with information, records and upcoming events.

We hope you enjoy the season.

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre