

Raymond Terrace Athletics Centre

Newsletter 10 November 16, 2019

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS WEEK 1

CANTEEN ROSTER

Our canteen helpers today are: from **9 till 9:45 Cath Canevan** and from **9:45 till 10:30 – Megan Moore**. We appreciate your assistance.

OUR ANNUAL PENTATHLON LAST WEEKEND

The weather last Saturday was probably the best we've ever had for the Pentathlon and it proved to be a really enjoyable afternoon. Congratulations to all of our athletes who were able to compete, as well as our parents who did a great job assisting. Those athletes have received 5 bonus points towards their end of season point score. If this was your first Pentathlon and you enjoyed it, we hope you will consider joining us again next year. The only disappointment was when our computer crashed just as the final results were being entered so we were unable to make any presentation of medals. This will be rectified as soon as possible with medals being presented at one of our meets.

COLES LITTLE ATHLETICS BIG DREAMS PROGRAM VISIT NEXT SATURDAY FROM 8:30 TILL 9:30

We and Woodberry LAC are the 2 Hunter athletics Centres to be selected for a visit next week as part of this program. Also attending will be a specially selected **high-profile athlete who will be announced this morning**. The session will be:

- **15 minutes** - visiting athlete introduced to our athletes for questions and answers, conducted by a Coles representative.
- **15 minutes** – group photo opportunity and handing out autographed cards.
- **30 minutes** – athletes to go to their age groups as normal. Visiting athlete will be escorted around different groups for photos or to provide tips to the athletes.

Coles has been the most amazing sponsor Little Athletics has ever had, with the most recent support being a successful \$3,5000 equipment grant which has resulted in the new javelin trolley, the new starting system, new sand covers for the long jump pits; and some training equipment.

CHOCOLATE BOXES ONLY AVAILABLE FOR THE NEXT FEW WEEKS

Come in and collect a box on the way home if you haven't had a chance to do so. Thanks to those families that have returned their money.

PORT HUNTER ZONE CHAMPIONSHIPS DUTIES

Allocated duties for the Zone Championships will soon be released. Parents are allocated 1 duty per competing athlete. In order for your deposit to be returned to you before Christmas, parents will need to fulfil their duty. If you don't do your duty or fail to arrange a swap, your deposit will be forfeited and paid to the parent who, after having done their own duty, does yours as well.

NEW RECORDS FOR NOVEMBER 9, 2019

Zane Edwards	U11 80H	17.4
Bela Clarke	U11 80H	17.6
Dixie Conlon	U12 80H	15.1
Duncan Akerman	U20 SP	12.54m

UPCOMING EVENTS:

Sat Nov 23	Centre Meet	
Sat Nov 23	Coles Little Athletics Big Dreams Program Visit	
Sat Nov 30	NO CENTRE MEET	
Sat Nov 30-Sun Dec 1	Port Hunter Zone Little A Championships	RTAC
Sat Dec 8	Centre Meet	
Sat Dec 15	Final 2019 Centre Meet	
Sat Jan 11	First Centre Meet for 2020	
Fri 17 Jan – Sun 19	NSW Country Championships	Dubbo
Sat 25 Jan – Sun 26	NSW Combined Championships (Multi)	TBA
Sat 1 Feb	NO CENTRE MEET	
Sat 1 Feb- Sun 2	LA Region Championships	Glendale

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

Spiral Activewear & Accessories is one of our new local advertisers. Ann is also a former RTAC athlete. All items are quality locally made to measure using high quality supplex lycra which is great for compression, has stretch recovery and is breathable. Ann's specialty is leggings and shorts for all ages; and there is a variety of individually designed bags for all occasions. If you are looking for a special Christmas gift or would like something special for yourself, call Ann on 0412 452 027 or check out her website at www.spiralclothing77.bigcartel.com. Ann's ad is on p10 of our Handbook.

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre