

Raymond Terrace Athletics Centre

Newsletter 17 February 22, 2020

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

LITTLE ATHLETICS CODE OF CONDUCT

We have an amazing body of athletes who all give their best every week and helpful, supportive parents who contribute to the success of our Centre. However, occasionally we need to have a reminder about the LA Codes of Conduct for times when some enthusiastic parents forget that we need to be supportive of all our athletes and keep comments to a positive nature. Be enthusiastic in your encouragement of athletes and don't detract from their efforts. We can't always perform at our best. Our aim is that our athletes enjoy their time competing and aren't exposed to criticism of any sort. The LA Behavioural Guidelines and Codes of Conduct are on the noticeboard.

LA STATE COMBINED CHAMPIONSHIPS NEXT WEEKEND

Good luck to Cody Hancock and Sienna Newton who are competing in Tamworth at these Championships. There are 607 athletes entered, so it should be an amazing weekend!

STATE QUALIFIERS

Fourteen of our athletes have qualified in a total of 31 events for the LA State Championships to be held on the weekend of March 14 and 15 at Sydney Olympic Park, Homebush. Congratulations to:

U11 Zachary Thomson - 1500m - 5:03.89, 400m - 1:08.90, 800m - 2:32.00, **Zane Edwards** - 100m - 14.97, **U12 Ashlyn Wall** - 1500m - 5:27.17, 800m - 2:36.8, **Dixie Conlon** - Triple Jump - 9.42m, 80H - 14.33, LJ - 4.29m,

U13 Hayden Clarke - Jav - 25.92m, **Sienna Newton** - 200H - 33.18, LJ - 4.27m, 80H - 15.06,

U14 Conor Matthews - TJ - 10.65m,

U15 Tyler Clarke - HJ - 1.62m, **Ebony Newton** - 300H - 47.39, 100m - 13.24, 90H - 14.13, 200m 26.62,

Cody Hancock - 300 H - 44.94, LJ - 5.77, 100 H - 14.94, Discus - 43.73m, TJ - 12.10m,

U17 Thomas Bray - 110 H - 14.95, **Nathan Swan** - 400m - 55.3, 800m - 2:08.29, **Jack Kenny** - Jav - 52.19m, **Mitchell Lightfoot** - 110H - 13.75, 200m - 23.25.

FULL REGION RESULTS NEXT WEEK

ANSW JUNIOR & YOUTH CHAMPIONSHIPS THIS WEEKEND

We have Ebony and Sienna Newton and Cody Hancock competing this weekend at the Championships. We wish them well and will have their results next weekend.

VISIT AUSSIE PIZZA TODAY BEFORE 2PM FOR A GREAT DEAL FOR OUR ATHLETES

Don't forget Aussie Pizza's special offer in our Handbook on p40. Located at the Hub near the Plaza, if our athletes go in store on a Saturday, **IN UNIFORM, before 2pm** you can order pizzas from \$6.50 (Surcharges may apply).

NEW RECORD FOR JANUARY 11, 2020

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| Joshua Nott | Open 3000m | 10-44.9 |
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NEW RECORD FOR FEBRUARY 15, 2020

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| Zane Edwards | U11 80H | 17.1 |
| Cooper McKenna | U12 80H | 16.1 |

UPCOMING EVENTS:

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| Sat 29 Feb – Sun 1 Mar | LA State Combined Events | Tamworth |
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| Sat 29 Feb | Centre Meet | |
| Fri 6 Mar – Sun 8 Mar | NSW Open Championships | SOPAC |
| Sat 7 Mar | Centre Meet | |
| Sat 14 Mar | Centre Meet | |
| Sat 14 – Sun 15 Mar | LA State Championships | SOPAC |
| Sat 21 Mar | Centre Special Event | |
| Sun 22 Mar | RTAC Presentation Day 4pm | RT Bowling Club |

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

Dowling Real Estate Raymond Terrace is celebrating 25 years of service in Raymond Terrace as a Property Management Specialist. Located at 16a William St, it is part of Newcastle's largest chain of local agents. You can find an extensive selection of rental properties; and land and residences for sale there. To make enquiries, call them on 4987 2226 and check out their ad on the inside back cover of our Handbook. You can also like them on facebook, subscribe to "You Tube Channel Dowling RT" or "Let's Connect" on www.dowlingterrace.com.au

Terrace Tiles is located on the Pacific Highway at Heatherbrae. They are another of our long-term supporters. They carry wall and floor tiles and have attractive displays to help make your choice easier. Terrace Tiles provides expert advice and have very competitive prices. Their ad is on p4 of your Handbook.

Capital Chemist, which has recently moved to William St, has a full Beauty Salon, skin care and cosmetics, a weight loss clinic, a comprehensive prescription service, an extensive range of vitamins and herbal medicines, aromatherapy and sit sown consultations with a naturopath / iridologist and much more! The pharmacy is open every day and their ad is on p24 of your Handbook.

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre