

Raymond Terrace Athletics Centre

Newsletter 2 September 14, 2019

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS WEEK 2 PROGRAM

CANTEEN ROSTER BEGINS TODAY

Our canteen roster is starting today with **Sarah Bennett (U12)** from 9 to 9:45 and **TBC** for 9:45 till 10:30.

COAST RUNNERS SHOP WILL BE HERE NEXT SATURDAY

Margaret will be here next Saturday with shoes and spikes. If you are interested in anything and are after a specific size or brand, contact Margaret on **4333 6064** to ask her to bring something along for you. Also check out her website at www.coastrunnersshop.com.au to place an order. She also mails orders without postage charges.

SPECIAL MASTER CLASS COACHING IN HIGH JUMP NEXT SATURDAY AT 11 am

We are fortunate to have a very talented athlete, Bella Stewart, to share her expertise in high jump here next Saturday. 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 today.

WEEKLY COACHING SESSIONS ARE FREE FOR OUR ATHLETES

Check our face book page for any coaching cancellations or changes. **Walks coaching with David Marsh is on request.**

ARE YOU INTERESTED IN COACHING?

If you are interested in learning how to coach an event, especially high jump, please see Kylie or a Committee member.

CHOCOLATE FUNDRAISER

The chocolate boxes are moving well. Don't forget to pick one up on your way home if you haven't already. The family that sells the most chocolates will receive \$50 at Presentation Day!

CHECK AGE BOARDS FOR CHANGES TO SOME EVENT SPECIFICATIONS

Be sure to check the event specifications page on the age boards in case they have changed since last season.

NEW RECORD FOR SEPTEMBER 7, 2019

Congratulations to our first record breaker of the season!

Joshua Knott Open Male 1500m 5-12.6

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

Cups N Saucers is a yummy place to enjoy something different in Raymond Terrace. Tucked away downstairs in William St, near the Dentist, Cups N Saucers serves scrumptious savoury and sweet crepes with an amazing variety of traditional and surprising fillings, delicious hot breakfasts, including Eggs Benedict or Dutch pancakes; and fondue for 2 with strawberries, fruits and marshmallow skewers with Belgian Chocolate. The owners are former RTAC parents and they previously owned the popular Cups N Crepes in Morpeth. They're open Mon to Fri from 7 till 3 and Saturday from 7 till 1pm. Check them out at www.cupnsaucers.com or call them on 4983 1777.