

Raymond Terrace Athletics Centre

Newsletter 4 October 5, 2019

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS WEEK 4 PROGRAM

BANANAS AVAILABLE EVERY WEEK FOR YOU AND YOUR ATHLETES TO ENJOY

OUR ANNUAL HANDBOOK IS IN COLOUR ON OUR WEBSITE

Hard copies are in black and white on the verandah if you prefer.

CANTEEN ROSTER TODAY

Our canteen helpers today - **9 till 9:45** - Jessica Morrison (U10, U12), **9:45 till 10:30** – Katrina Gibbs (U15)

CHOCOLATE FUNDRAISER

More boxes will be arriving for next Saturday. Thank you to our families that have supported this so far.

CONGRATULATIONSTO DIXIE CONLON

U12 Dixie Conlon recently travelled to Darwin as part of the NSW PSSA team to compete at Nationals in long jump. Although she didn't jump any pb's she finished 11th in her first National championship. She was also invited to be a part of the Northern Territory 4 x 100m relay team. This was an exciting experience for her, especially when they finished an amazing 4th. Dixie also had the opportunity to visit a crocodile park, go on a jumping crocodile cruise, feed wild fish; and play tips on Darwin's lagoon waterfront with the fastest kids in Australia. Not surprisingly, she didn't want to come home! Congratulations Dixie on this incredible experience.

COAST RUNNERS SHOP WILL BE HERE OCTOBER 19

Margaret will be here on the 19th from 7:30 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 OCTOBER 19 AT 11:00

We are fortunate to have a very talented athlete, Bella Stewart, to share her expertise in high jump here on the 19th. 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 see David.

THE LAST EVER TRANS TASMAN TOUR TO AUCKLAND FOR U11'S, U12'S AND SOME U13'S

This will be on from January 9 to 21 and is, unfortunately, the final Trans Tasman Tour after an amazing 22 years. It's a fantastic opportunity for athletes and parents. There are some flyers on the U11 and U12 age boards for interested athletes. The Trans Tasman Challenge will be held on January 19 at Mt Smart Stadium. It's primarily an educational tour with exposure to customs, heritage and environment with some tours, and fun events including an Antarctic Encounter, a fun park and Auckland city sights as well as competition. Cost is \$2900 - \$2990 which includes uniform, airfare, taxes, accommodation, meals, coach travel, admissions, entertainment and \$130 pocket money. Nominations and a \$300 deposit close **Wednesday October 23**, with full payment due November

PORT HUNTER ZONE MULTI EVENT CHAMPIONSHIP

This Championship is a 6-event competition for U7 to U17 athletes from the 11 Centres in our Port Hunter Zone. Entry fee is \$6 (maximum of \$20 per family). U6's can enter for a full day of fun events at a cost of \$5. See Barbara to enter.

OUR ANNUAL PENTATHLON

This will be our 20th annual Pentathlon and will be held here on **Saturday November 9**. This competition is for U6's to Masters. First call is 1:45pm with first events beginning at 2pm. **Entries close Nov 6. Entries will be emailed to you and be available on the verandah table.** Any of our athletes that compete will be awarded 5 bonus points to the end of season point scores. If we have to reschedule, the alternate date is Saturday November 16.

OUR PENTATHLON IS RUN ON A MULTI-EVENT POINTSCORE

Results for our annual Pentathlon and some other multi-event carnivals are determined by a multi-event point score. To better understand how the different events are scored, go to www.lansw.com.au, then "Competitions", "Championships", "State Multi", then "Multi-Event Scoring Tables".

CENTRE CHAMPIONSHIPS

We are holding **Round One on October 26 and Round Two on February 8**. Each Round consists of 5 events which must be completed on the programmed day. Points are awarded for achievement - the better the result, the greater the points. A multi-event point score is used.

Total points earned over the 2 Rounds will determine the Sub-Junior (U6 - U8), Junior (U9 & U10), Sub-Senior (U11 & U12), Senior (U13 – U15), U17 - U20, Open; and Masters Champions for which trophies will be awarded at Presentation Day. **Athletes must have satisfied 60% attendance before and after Christmas to be eligible for awards.**

NEW RECORDS FOR SEPTEMBER 14, 2019

Cassidy Peters	U6 SP	4.49m
Liam Fairweather	Open 100m	11.4
Liam Fairweather	Open LJ	7.06m
Benjamin Edstein	Open 3000m	10-31.2

NEW RECORDS FOR SEPTEMBER 28, 2019

Lucinda Bray	Open 800m	2-47.3
Duncan Akerman	Open SP	12.04m

UPCOMING EVENTS:

Sat Oct 12	Centre Meet
Sat Oct 19	Centre Meet
Sat Oct 19	Coast Runners Shop here
Sat Oct 19	Master Class High Jump Coaching from 11am
Wed Oct 23	Trans Tasman Nominations and deposit due
Sat Oct 26	Entries close Zone Multi Championships
Sun Nov 3	Zone Multi Event – Alder Park, Adamstown
Wed Nov 6	Entries close RTAC Pentathlon
Sat Nov 9	RTAC Pentathlon from 1:45pm

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

Raymond Terrace Ten Pin is an ideal place to spend some of your school holiday time. They have holiday specials on offer and are open 9am to 11pm every day. You can bowl in airconditioned comfort and enjoy something light to eat too. There is cosmic bowling, special deals and group prices. It's an excellent place for a birthday party too. Their ad is on p20 of our Handbook. Call 4987 7544 for bookings.