

# *Raymond Terrace Athletics Centre*

## *Newsletter 6    October 19, 2019*

[www.raymondterraceathletics.com.au](http://www.raymondterraceathletics.com.au)

Cancellation No: 4983 1407

### **TODAY IS WEEK 6 PROGRAM**

#### **CANTEEN ROSTER TODAY**

Our canteen helpers today **if available** - **9 till 9:45** – Natasha Drake (U11), **9:45 till 10:30** – TBA.

#### **CHOCOLATE BOXES ARE AVAILABLE**

#### **RONALD MCDONALD SOCKS TO SUPPORT RONALD MCDONALD HOUSE ARE HERE**

The socks are available today for \$5 each. There are 2 sizes – Youth (up to 6 years) and Adult. Our hope is that next Saturday we have as many athletes and adults as possible wearing the socks during competition. All funds raised are going directly to Ronald McDonald House. October is “Show Us Your Stripes Month” and is endorsed by LANSW. Ronald McDonald House is about keeping families together under the one roof and close to the hospital. It costs Ronald McDonald House Charities \$160 to accommodate a family with a seriously ill child for one night. If every Little A's Centre in NSW were to raise \$1,120 or one weeks' worth of accommodation for a family, as a group LANSW would be able to support one family staying at Ronald McDonald House for over 3 years! **RTAC would like to help support this incredible charity which supports families at their most difficult time.**

#### **COAST RUNNERS SHOP HERE TODAY**

Come over and see Margaret if you'd like to check out shoes or spikes.

#### **SPECIAL MASTER CLASS COACHING IN HIGH JUMP TODAY FROM 11:00**

Interested U9's to U12's can come along for the 11am session; and U13's and above from noon. This is free to our athletes and is a great opportunity for them to take advantage of Bella's expertise. See David this morning if you plan to attend.

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

Nominations and a \$300 deposit close **Wednesday October 23**, with full payment due November. This tour will be from January 9 to 21 and is, unfortunately, the final Trans Tasman Tour after an amazing 22 years.

#### **CENTRE CHAMPIONSHIPS ROUND 1 NEXT SATURDAY**

Athletes still compete in 5 events. The only difference is that points will be awarded based on performances, so the faster you run, the further you jump or throw, the more points you earn. Points are based on a multi event point score.

#### **THERE ARE NO EARLY EVENTS NEXT WEEK**

#### **PORT HUNTER ZONE MULTI EVENT ENTRIES CLOSE NEXT SATURDAY**

To be held at **Alder Park, Adamstown** on Nov 6, this annual 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.** The program of events is on the noticeboard. Our competing athletes will receive **5 bonus points** towards Presentation Day awards.

#### **OUR ANNUAL PENTATHLON 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. Forms are available on the verandah table.** Medals are awarded to the first 3 males and females

in each age group. Any of our athletes that compete will be awarded **5 bonus points** to go towards their end of season point scores. If we have to reschedule, the alternate date is Saturday November 16.

**WE STILL COMPETE AS USUAL ON THE SATURDAY MORNING.**

**UPCOMING EVENTS:**

Wed Oct 23	Trans Tasman Nominations and deposit due
<b>Sat Oct 26</b>	<b>Round 1 Centre Championships</b>
<b>Sat Oct 26</b>	<b>Entries close Zone Multi Championships</b>
Sun Nov 3	Zone Multi Event – Alder Park, Adamstown
<b>Wed Nov 6</b>	<b>Entries close RTAC Pentathlon</b>
<b>Sat Nov 9</b>	<b>RTAC Pentathlon from 1:45pm</b>
Sat Nov 16	Centre Meet
Sat Nov 23	Centre Meet

**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. Her 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 gift or would like something special for yourself, call Ann on 0412 452 027 or check out the website at [www.spiralclothing77.bigcartel.com](http://www.spiralclothing77.bigcartel.com). Her ad is on p10 of our Handbook.

## *Raymond Terrace Bowling Club*

Proud to be supporting Raymond Terrace Athletics Centre