

Raymond Terrace Athletics Centre

Newsletter 1 October 17, 2020

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS WEEK 2 PROGRAM

WELCOME TO OUR 2020 / 2021 SEASON – COVID VERSION!

Welcome to our new families and those who have returned for another season. This season is one that is like no other. COVID 19 has made it necessary to do things differently. We've had to make a lot of changes just to be able to compete. Your cooperation and understanding is appreciated. There may be unannounced inspections of our Centre at any time to ensure we are following the COVID guidelines, so please maintain the 1.5m social distance as much as you can, but especially at the canteen counter, sanitise hands prior to starting an event and upon leaving it.

This will be a season to remember, but we hope it proves to be an enjoyable time for you and your athletes. The first few weeks may be a little rough around the edges but it will improve. If you are new and aren't too sure what you need to do, just stay with your child's group and jump in to assist where you can. All of us have started as a new family with a feeling of uncertainty and confusion, so don't be afraid to ask for help or explanations of how things are done. Please let one of the Committee know if you have any concerns that impact on you or your athletes. We like to know if something can be improved or needs attention.

WE'LL BE THERE TO HELP

For the first couple of weeks we try to have experienced parents or available Committee members to help run the age groups or assist with field event techniques for new athletes or for events that are new to an age group. If we are a bit short handed and your group doesn't have that help, please come and see a Committee person.

HANG IN THERE

Please be patient if there are hold-ups at events. It will take a few weeks to have things run smoothly. A big part of the success of our meets is the willingness of parents to assist. Our new athletes and parents will need to be shown where to go and how to participate, so please give them the help they need.

WE NEED YOU TO ACTIVELY HELP

It can be easy to stand back and let the same people run the morning's events each week, but please try to jump in and help too. Your kids enjoy having you there and it enables all parents to enjoy the morning without feeling like they are the only ones helping. Taking turns is a great idea, especially if a "regular" helper happens to be away one week.

DO YOU HAVE MORE THAN ONE ATHLETE COMPETING?

You can only be in one place at a time of course! **But please spend your time with the group where you are most needed.** That is, if one of your athletes is in a group with only a few helpers, please stay with the group rather than another with lots of help.

WEEKLY COACHING SESSIONS

We are fortunate to have talented qualified coaches in all events except high jump at the moment. The sessions are free to RTAC athletes. Attendance is not compulsory. **Walks coaching with David Marsh is on request.** Check our facebook page for coaching session details.

COAST RUNNERS SHOP

We are hoping Margaret from the Runners Shop here in the next couple of weeks with running shoes and spikes. As you can appreciate, some stocks are still affected because of COVID, but she will be able to confirm a date in the next week or 2. If you are in need of some specific shoes, you can check out her website – **coast@runnersshop.com.au** or contact her on **4333 6064** to make a request for her to bring them up. She also mails orders without charging for postage.

WE COMPETE DURING THE HOLIDAYS

Because athletics is an individual sport, we are able to offer competition each week except for the Christmas break when we take a 3-week break. We understand families aren't necessarily able to come every week, but as long as athletes compete 60% of meets before Christmas and 60% after Christmas, they are eligible for end of season awards.

SOME REMINDERS

- **Spikes can only be worn by athletes U11 and older** for javelin, jumps and track events that are run in lanes for the entire race.
- **Spikes must be removed by ALL athletes** before they leave any event. It is a LAA rule and we ask the same of our senior athletes in the interest of safety.
- If one of the athletes in your group has **broken a record in a field event**, see a **Committee person immediately** to verify it before any markers, high jump bar or sand imprints have been disturbed. Unless this is done, the record cannot be recognised.
- **A new newsletter is available here every week and on our website. They will keep you updated with information, records and upcoming events.**

NEW RECORDS FOR OCTOBER 10, 2020

Congratulations to our first record breakers for the new season!

Cody Hancock	U17 Discus	45.54
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Joshua Serrett	Open 1500m	4-36.3
Luke McAuliffe	Masters 30-49yrs 300H	52.3
Steve Edstein	Masters 50-59yrs 1500m	5-42.1

BUSINESSES OF THE WEEK: Please support the 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 formers RTAC parents They're open Mon to Fri from 7 till 3 and Saturday from 7 till 1. Check them out at www.cupansaucers.com or call them on 4983 1777.

Terrace Tyres is a long-time supporter of our Centre, both in advertising with us and donating vouchers for raffle prizes. They also provided the tyres for the equipment trailer. Not only do they carry quality tyres, but also batteries, shockies and brakes. They are on the old highway just up from McDonalds.

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre