

Raymond Terrace Athletics Centre

Newsletter 2 October 24, 2020

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS WEEK 3 PROGRAM

YOU ARE DOING WELL!

We've been so impressed with the way our athletes and families have been managing "the new norm" with the demands of COVID and the new season. Committee members are aware that we haven't been able to be as helpful at groups as we usually do at the start of the season, but if you need any assistance, please make sure you ask.

SOME GROUPS ARE SHORT OF HELP

If you have more than one athlete competing, we need you to help at your child's group that is short of parents. There are a couple of groups that are trying to manage with just 2 parents. With more of our Committee involved in COVID procedures, we'd really appreciate additional support if you can until we are able to better manage the extra things we have to do.

WET WEATHER

Our track is in incredible condition at the moment thanks to the dedicated efforts of Scott Clarke and Kristy Page, our Grounds Officers. When it rains, it doesn't necessarily mean that we will call off a meet. It will take quite a bit of rain to make the track too wet to compete on. If it is raining at your house Friday or Saturday doesn't mean it is raining at the track. We will have a recorded message on the number at the top of this page or on our facebook or website to let you know.

WHAT IF AN ATHLETE BREAKS A RECORD?

The current records for your group's events are on the "run sheet" on your age board. If an athlete breaks a track record, it will be automatically updated when results are processed. However, field event records need to be witnessed and signed by a Committee person. When you notice a record has been broken, contact a Committee person BEFORE you rake the sand in the pit, remove a throws marker or adjust the high jump bar.

WE'RE GOING BANANAS AGAIN!

Coles is again providing bananas to all athletics centres around Australia. They're a great start to the day for our athletes.

DO YOU NEED SOME SPIKES OR RUNNING SHOES?

We are hoping Margaret from Coast 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.

WEEKLY COACHING SESSIONS ARE FREE TO RTAC ATHLETES

MONDAY – 4:30pm - Middle Distance - David Marsh – 4987 2810
5:00pm (TBC) - Throws (Jav, Discus & Shot Put) - Scott Clarke - 0475 087 354
5:00pm - Long and Triple Jump - David Summerville - 0458 999 429

WEDNESDAY - 4:30pm – Middle Distance – David Marsh. Walks with David are by request
5:00pm – Long and Triple Jump – David Summerville
5:00pm - Hurdles - Belle Leonard - 0459 320972

SUNDAY - 4:00pm - Sprints - Kylie/Matt Newton

WE COMPETE DURING THE SCHOOL 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. Please let Barbara know if there are special circumstances that will prevent you from attending 60%.

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.

NEW RECORDS FOR OCTOBER 17, 2020

Ashlyn Wall	U13 3000m	12-11.5
Ebony Newton	U17 400m	1-04.1
Joshua Serrett	Open 3000m	10-15.1

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

Aussie Pizza

is the home of the Monster Pizza which is a 16-slice pizza. They also have a 4-slice personal pizza, thin and deep pan bases as well as The Edge, Fetta Crunch and Gluten Free. Aussie Pizza also has a Mega Value Range, Awesome Range and Legendary Range, Hot Sides, desserts and drinks. They deliver to Tomago, Williamstown, Hinton, Seaham, Brandy Hill, Eagleton, Medowie, Heatherbrae and of course Raymond Terrace. They are open every day from 11am and are located in The Hub just outside Raymond Terrace Plaza. **Feeling like pizza for lunch on your way home? On Saturdays till 2pm, come in store in your RTAC uniform to receive pizzas from \$6.50 (surcharges are extra).**

Terrace Meats

has been a long term supporter of our Centre with raffle vouchers for our fundraising, but even more importantly, their meat is second to none. Their sausages continue to win State and National awards and their lamb and beef, especially, is incredibly tender. We buy our steak and sausages for our Centre from them. They're located in Terrace Plaza and in the Marketplace opposite Woolworths.

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre