

Raymond Terrace Athletics Centre Newsletter 2 January 22, 2022

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS WEEK 2 PROGRAM

NSW COUNTRY CHAMPIONSHIPS THIS WEEKEND AT MAITLAND

We have 13 of our athletes competing against other athletes from around the state. We wish them a great weekend of competition.

YOU ARE DOING WELL!

We've been so impressed with the way our athletes and families have been managing "the new norm" with the continued demands of COVID and another season. If you need any assistance or explanation of events, please make sure you ask a Committee member (we're in green polo shirts) or one of our many experienced parents who are also keen to assist.

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. **Throws coaching sessions with Scott Clarke and middle distance and walks coaching with David Marsh are on request.**

**Middle Distance and Walks – 4:30pm - David Marsh - 4987 2810
Throws – 4:30pm – Scott Clarke – 0475 087 354**

COAST RUNNERS SHOP

It's not possible to have Margaret from the Runners Shop come to us as we usually do, so for anyone **needing** running shoes or spikes, contact her on **4333 6064**. She will be happy to send what you need without charging for postage.

UPCOMING EVENTS:

Sat Jan 29	Centre Championships Round 1	
Fri Feb 4- Sun 6	LA Regional Championships	Mingara (Central Coast)
Sat Feb 5	Centre Meet TBC	
Sat Feb 12	Centre Champs Round 2	
Fri Feb 18 – Sun 20	NSW Open Champs	SOPAC
Sat Feb 19	Centre Meet	
Fri Feb 25 – Sun 27	ANSW Junior & Youth Champs	SOPAC
Sat Feb 26	Centre Meet TBC	
Sat Mar 5 – Sun 6	LA State Combined (Multi) Champs	Maitland
Sat Mar 5	Centre Meet	

BUSINESSES OF THE WEEK: Please support the businesses that support us: **Check out our annual Handbook on our website – raymondterraceathletics.com.au.**

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 gluten-free bases and vegan cheese, available on request.

Every Tuesday is cheap Tuesday with large pizzas from \$7.90. Ben and Jerry's ice cream is now in store. Order online at aussiepizza.com.au or call 4987 4722. Aussie Pizza is located in in The Hub just outside Raymond Terrace Plaza and their ad is on Handbook p40.

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 till late every day. Bowl in airconditioned comfort with 12 lanes, cosmic bowling and latest technology. Enjoy something light to eat too. Check out the special deals and group prices, free coaching, social comps and leagues. It's an excellent place for a birthday party too. **Ask how you can receive a free bowling ball!** Call 4987 7544 for bookings. Their ad is on p22 of our Handbook.

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre