

Raymond Terrace Athletics Centre

Newsletter 1 September 2, 2017

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS WEEK 1 PROGRAM

WELCOME TO OUR 2017 / 2018 SEASON

Welcome to our new families and those who have returned for another season. 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 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.

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.

THE GREATER RAYMOND TERRACE FUN RUN NEXT SUNDAY FROM 9AM

Come and join us for the Fun Run that is perfect for both novice and experienced runners alike. You can run, walk or push strollers; and there's an opportunity for school teams to enter the 2km and a family category for the 4km. The race starts and finishes at our Centre and follows the picturesque Williams River. The 8km run is at 9am (\$25), The Greater Bank 4km run is at 10am (\$15, \$47.50 per family); and the 2km is for kids at 11am (\$10 or School Team \$42 for 4-6 runners). Flyers are on the table. For further information and to enter, go to www.runnsw.com.au/event/raymond-terrace-fun-run-2017.

WEEKLY COACHING SESSIONS BEGIN MONDAY

We are fortunate to have talented qualified coaches in most events: Scott Clarke – throws, David Marsh – middle and long distance (and walks on request); and Katie Drosd – hurdles & relays, Kylie & Matt Newton – sprints, Dakota Gordon – high jump, David Summerville – long jump. The sessions are free to RTAC athletes. **David Marsh is happy to do Walks on request.**

- MON** - **Middle Distance** - 4:30 pm - David M - 4987 2810
- **Long Jump** - 4:45pm – David S - 0458 999 429 (assistance with covers please)
- TUES** - **Throws** - 4pm – Scott – 0475 087 354
- **Sprints** - 5:15pm – Matt – 0418 483 993
- WED** - **Hurdles** - 4pm - Katie – 0417 240 120
- **Middle Distance** - 4:30 pm – David M - 4987 2810
- **Speed Endurance** - 5:15 – Kylie – 0418 483 993
- THUR** - **Long Jump** – 4:15pm – David S – (assistance with covers please)
- **High Jump** – 4:45pm – Dakota – (assistance with bags please)

FREDDO FUNDRAISER

Thanks to our families that have sold, (and eaten!), Freddos. There are numerous families who have taken multiple boxes. The family that sells the most boxes will receive \$50!

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 taking a 4-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.

U9 HIGH JUMP

These athletes **MUST** use the **scissor technique for high jump** and use the new scissor mats.

ELECTIONS

Three of our Committee will be running Polling Booths next Saturday, so we will be a little short-handed. Please assist where you can.

CHANGES TO PROGRAM

There are changes to the 8am long distance events that will give our long distance athletes the opportunity to do both the 1500m and the 3000m on separate weeks instead of making a choice between the 2. One of these distances will be conducted with a walks event. So please check the noticeboard for next week's early events. There are also 8:15 am walks for our junior athletes.

U6 SHOT PUT

Some of you may have noticed that there is a pretty pink shot put with the U6's. This is a new weight of 500g and is sure to be popular with our youngest athletes.

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 leaving 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 every week on the verandah and on our website. They will keep you updated with information, records and upcoming events.
- Carnival information and entry forms will be on the verandah table.

RTAC HANDBOOK

We will shortly have our annual Handbook on our website in full colour as well as a limited number of "hard" copies.

UPCOMING EVENTS:

Sat 9 Sept	Centre Meet
Sun 10 Sept	The Greater Raymond Terrace Fun Run
Sat 16 Sept	Centre Meet
Sat 23 Sept	Centre Meet
Sat 30 Sept	Centre Meet
Sat 7 Oct	Centre Meet

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre