

Raymond Terrace Athletics Centre

Newsletter 1 4 October, 2025

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407 and RTAC facebook page

TODAY IS WEEK 2 PROGRAM

WELCOME TO OUR 2025 / 2026 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.

Thank you to everyone for being so supportive and helpful last week, especially with the age groups. We were also fortunate to have some volunteer helpers with some groups or events. We hope to again have some help today, but please let us know if you need assistance.

There may be hold-ups for the first few weeks, so please be patient, 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 you have suggestions on how something can be improved or needs attention.

CANTEEN TODAY

As well as our popular hot dogs, we have chicken burgers and cheese burgers for \$6. The burgers need to be ordered before you head onto the track.

NSW ALL SCHOOLS CHAMPIONSHIPS LAST WEEKEND

Last weekend, in warm and windy conditions and against some tough competition, we had 2 of our talented athletes compete at Homebush at this annual Championships against other high school students from around the State. Each has come home with a Silver medal, personal best times and qualified for the National All Schools in December in Melbourne.

13's Audrey Russell finished the 3000m with a Silver medal in a time of 16-23.67 and in the 1500m achieved a PB of 5-10.72 finishing 13th. **17's Ashlyn Wall** won Silver in the 800m with a PB of 2-14.17. She also finished 5th in the 1500m with a time of 4-51.24 and 7th in the 400m in 59.35. Congratulations for such commendable results!

COACHING

Unfortunately, at the moment we are only able to offer throws coaching which will be starting soon. Scott Clarke is our Level 3 Coach as well as our grounds person who is a shift worker.

Our previous coaches now either have work commitments or no longer live in the area. We will be doing our best to recruit some assistance. If there are any parents interested in coaching we can assist with courses.

FREE INTRODUCTION TO TEACHING LITTLE ATHLETICS SKILLS WORKSHOP

For a limited time, Little Athletics is offering free workshops that usually cost \$70 at 4 locations in our region. Thornton is the closest to us (Allan and Don Lawrence Oval) and is being held on **Sunday 19 October** from 9:30 till 4pm. Minimum age is 13 years. You will learn practical coaching skills in a fun way. You'll learn about hurdles, relays, race walking, long, triple and high jumps, shot put, discus, and javelin. This is a great chance to improve your confidence on the field and to help young athletes. No experience needed.

On completion of the course, you will be eligible to attain your Level 1 coaching accreditation for just \$70 instead of \$270. CHECK OUT THE FLYER AND REGISTRATION LINK ON THE NOTICEBOARD

TWO UPCOMING COMPETITIONS THAT CAN CAUSE CONFUSION

On 2 November we have the Port Hunter Zone Combined Event at Mallabulla Sports Complex and the weekend of 15 & 16 November is the Port Hunter Zone Championships at Tomaree Sporting Complex. There is an attached sheet explaining the 2 events. The Combined Event takes entries for 6's to Masters and you see Barbara to enter, and the Zone Championships are for 7's to U20, for which you enter online. **There is a Combined Event program on the noticeboard. The table on the verandah has the Zone Championships event choices.**

A SAFETY REMINDER

- **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 an LAA rule and we ask the same of our senior athletes in the interest of safety.

A NEW NEWSLETTER IS AVAILABLE MOST WEEKS

You will find them on the verandah and our website and facebook. They will keep you updated with information, records and upcoming events.

UPCOMING EVENTS:

Sat 11 Oct	RTAC Centre Meet
Sat 18 Oct	RTAC Centre Meet
Sat 25 Oct	RTAC Centre meet
Sat 25 Oct	Entries close Port Hunter Zone Combined Event – 6's to Masters
Sat 1 Nov	RTAC Centre Meet
Sat 1 Nov	Entries close Port Hunter Zone Championships – 6's to U20
Sun 2 Nov	Port Hunter Zone Combined Event (Multi) 9:30 Mallabulla Sports Complex
Sat 8 Nov	RTAC Centre Meet
Sat 15 Nov	NO RTAC CENTRE MEET
Sat 15 & Sun 16 Nov	Port Hunter Zone Championships – Tomaree Sports Complex
Sat 22 Nov	RTAC Centre Meet

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre