

# *Raymond Terrace Athletics Centre*

## *Newsletter 14 31 January, 2026*

[www.raymondterraceathletics.com.au](http://www.raymondterraceathletics.com.au)  
Cancellation on RTAC facebook page

### **TODAY IS PROGRAM 2**

### **NEXT SATURDAY IS ROUND 2 OF CENTRE CHAMPIONSHIPS**

There are no early events.

### **RELAY PRACTICE TODAY AT THE END OF THIS MORNING'S COMPETITION**

### **USING BLOCKS AT REGION AND STATE**

Katie is able to help today with any 14's and up going to Region who hasn't been coached in using blocks.

### **EXPLOSIVE SPEED CLINIC HERE NEXT SUNDAY**

There are still a few spots available at the moment. This clinic isn't just for track and field athletes, but also for any child that takes part in an individual or team sport who would like to improve their speed.

**The areas of speed development addressed are -**

- Analysis & correction of running technique
- Technical running drills
- Techniques in developing strength and stability
- All participants will receive a MelGT water bottle

We are excited for our athletes to have the opportunity to be part of this coaching clinic. Cost is \$77 with just 45 spots available. The flyer and QR code are on our noticeboard and facebook page.

### **OUR FINAL CENTRE MEET IS 7 MARCH**

At our meeting on Tuesday night we discussed the remaining events on the athletics calendar that impact our decision on our end of season and Presentation dates. Once again we have 3 consecutive weekends of State Championships in March that involve our athletes and officials, followed by Easter, school holidays and the ANZAC Day holiday weekend. Consequently, we will finish the weekend before the start of the 3 State Championships. **Presentation will be the Sunday following the ANZAC Day long weekend.**

### **UPCOMING EVENTS**

Sat 7 Feb	Round 2 Centre Championships
Sun 8 Feb	Explosive Speed Clinic for 7's to 16's 9:15-12:00
Fri 13 – Sun 15 Feb	Region Championships Maitland Regional Athletics Centre
Sat 14 Feb	NO Centre Meet
Sat 21 Feb	Centre Meet / Alternate date Round 2 Centre Championships
Sat 28 Feb	Centre Meet
Sat 7 Mar	Final RTAC Meet for 2025 / 2026
Thu 12 – Sun 15 Mar	NSW Junior Championships SOPAC
Thu 19 – Sun 22 Mar	NSW Open Championships SOPAC
Sat 21 – Sun 22 Mar	NSW LA State Championships SOPAC
Sun 3 May	RTAC Presentation 4pm to 6 pm RT Bowling Club
Sat 31 October	RTAC 50 <sup>th</sup> Anniversary Dinner Celebration – RT Bowling Club

# *Raymond Terrace Bowling Club*

**Proud to be supporting Raymond Terrace Athletics Centre**