

Raymond Terrace Athletics Centre

Newsletter 9 6 December, 2025

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407 and RTAC facebook page

TODAY IS PROGRAM 3

IT'S GOING TO BE EVEN HOTTER TODAY!

We have decided to not hold the longer walks, runs and high jump today to minimize time out in the heat. Athletes can choose 3 of the remaining events. Please wear hats, sunscreen and stay hydrated.

YOU CAN PURCHASE DISCUS AND SHOT PUT FROM US

Another Christmas gift idea and something a bit different for your athlete who enjoys throws and would like to be able to practice at home! Check with Barbara about sizes and availability.

SCHOOL HOLIDAY COACHING CAMP FOR 10'S TO 15'S AT HOMEBUSH

For athletes born 2015 to 2010. There's a day for Jumps and Throws and 2 days for Track. **Spots are filling fast, especially track.** Check the noticeboard for some details. Cost is \$125 for 1 day, \$110 for subsequent days. **From 9:15 to 3pm.**

Go online to register: <https://www.nswathletics.org.au/events/register/325229>

EXPLOSIVE SPEED CLINIC FOR 7'S TO 16'S WITH MELINDA GAINSFORD-TAYLOR

This is another exciting event for our athletes. Melinda is a former Olympic sprint champion who we were fortunate to have visit us a few years ago. We are in contact with Melinda at the moment about a speed clinic at our Centre in January. The date is still to be determined. Cost will be \$77 per athlete. The clinic will go from 9:30 to 12 noon. Minimum number is 25 athletes and maximum is 45. More details very soon.

REGION SHIRT REMINDER

You can place orders for the shirts with the following link:
<https://sportsmagic.com.au/products/region-2-little-athletics-2026-polo-pre-order?variant=45786675052697>

PLEASE BUY TICKETS FOR OUR CHRISTMAS RAFFLE

Your support of our Christmas raffle and \$50 club are our fundraisers that help us to continue to offer the best facilities we can for our athletes. We face ongoing running costs that include replacing and repairing equipment, paying an annual fee to Council for our field usage, insurance of our extensive equipment, fuel and repairs to the golf carts. Our starting system on the 2 tracks have been devised by members of our Committee and funded by us. These have attracted attention from other Centres. Our 2 iPads for the starting can no longer be updated and need to be replaced. Your support will help us to continue the great work of the Committee that ultimately helps your athletes be the best they can be. **Tickets are \$5 for a book of 5 tickets. It will be drawn on 20 December, our last meet of 2025.**

We have some great prizes that so far include 1st Prize – a \$216 voucher at Treetops Adventure, Central Coast, as well as 3 family passes at Raymond Terrace Pool, \$50 Bunnings voucher, Donut Oz, Terrace 10 Pin, Aussie Pizza and Terrace Meats. There will be more confirmed next week.

DON'T FORGET OUR \$50 CLUB

Numbers from 1 to 50 are just \$2 each. The prize is \$50. To be drawn when the numbers are sold.

PLEASE ORDER CHICKEN BURGERS AND CHEESEBURGERS BEFORE YOU GO ON THE FIELD

**OUR LAST MEET FOR 2025 WILL BE 20 DEC (with a special visitor!).
WE RETURN 17 JAN 2026**