NEWSLETTER No 2 – 13/14 23rd SEPT 2013

WALLSEND RSL ATHLETIC CLUB

WALLSEND RSL LITTLE ATHLETIC CENTRE

www.wallsendathleticsclub.org.au ***A.B.N. 70 859 060 841***

WELL DONE

Two weeks ago for a first night our athletes and parents did a great job,
yes a few hiccups as we would expect, really our finished pack up time was much better than expected
so it's a "BIG THANK YOU" to our athletes and parents for a "WELL DONE" job

WHAT'S ON TONIGHT……after last week's washout
ITS BBQ NIGHT TONIGHT Bacon & Egg sandwich
Tonight will be Round ONE… Program TWO
We continue on in a simple rotation pattern program 1 then 2 then 3
The washout information was on our website. was on facebook, was on phone recorded message

TRAINING

Thursday **starts 5.00pm to 6.00pm** (can be late just join in)
We are doing events in 15 minute lots, so athletes can learn and gain better knowledge about more events over the training hour

GOOD ON YOU "MUM"

Had one Mother come up to tell us on the first night saying they were delayed caused by explaining and showing new athletes how to do things……
suggested maybe we could do some training with show and tell on registration nights……a good one Mum
This suggestion will go to next months Meeting as a strong recommendation
To be put into place for next years registrations

THE NEW COMPETITION SHEETS……getting more computer friendly
We are going with the tide…our new competition sheets received a good response
The first night, most age managers were most impressed with the sheet set-up
any feedback good or bad, the information is appreciated, it will help us
U6 to U12 all events are on one computer page (except highjump another page)
NOTE FOR U13 to Masters computer sheets are separate Track and Field sheets

CLUB RECORDS

Records MUST be claimed on the night of performance
Track Records have the sheets signed off by the Chief Timekeepers
Field Event Records get a Club Officials to check the distances and sheet

CLUB RELAYS……..this is a new

In its infancy for Monday night competition, we do need to ensure athletes have knowledge of Relays how to best operate the changes etc that's why we introduced the Relays to our weekly program. We did miss some ages last wek hopefully we will catch up on all age groups due for Relays tonight that U9 to U12

RAFFLE TONGHT a Fruit & Veggie Tray donated by Jesmond Fruit Barn

CLUB HANDBOOK
At registration each athlete / family should have received the Club 2013—2014 Handbook, if you didn't receive a copy please ask at the table

CLUB TRACK JACKETS AND POLO SHIRTS
Our fundraising activity ladies presently having a Club Jacket selling for $30 and Club Polo for $20, see sample and sizing at he table
and looking at a Chocolate Variety Pack selling program in October/November

WHAT'S COMING UP IN OCTOBER

10th – 13th NSW Allschools Championships at Sydney Olympic Park
ENTRY CLOSE TOMORROW TUESDAY 23/9/13

One forTonight seeing its Bacon and Egg night
How can you drop a raw egg onto a concrete floor without cracking it?
Answer any way you want, concrete floors are very hard to crack

Answers to last weeks little problems

SHORT OF BREATH	ALMOST FORGOTTEN	MID TERM EXAM	WEST INDIES
BRETH	**FORGOTTE**	**TEEXAMRM**	**DWestD**

NOW TRY THESE

FOOTB**ALL** **THINGTHING** **BILLED** **T E GO**