

# **NEWSLETTER No 7 – 13/14 28th OCT 2013**

**WALLSEND RSL ATHLETIC CLUB**

**WALLSEND RSL LITTLE ATHLETIC CENTRE**

[www.wallsendathleticsclub.org.au](http://www.wallsendathleticsclub.org.au)

**A.B.N. 70 859 060 841**

## **“”” a BIG THANK YOU “””**

to 85 Wallsend Athletes who competed in our Club’s Gala Day Carnival yesterday  
to our Club Officers and Officials for their tremendous efforts  
to the Parents who helped out in many areas, it was just wonderful  
((( we often say it’s the athletes and parents who are the club who make the club)))  
This was certainly proven yesterday.....our most sincere thanks

## **WHATS ON TONIGHT**

Round 3 Program 1

## **TRAINING**

Thursday 5.30pm to 6.30pm

## **WARNING.....THEFT of PERSONAL PROPERTY**

It is most unfortunate that at yesterdays Carnival a visiting athletes mobile phone was stolen and a club officials handbag was stolen from the Administration area

**THIS IS A TIMELY WARNING TO US ALL**

**YOU ARE RESPONSIBLE FOR YOUR OWN PROPERTY**

## **SKILLS VIDEOS**

Did you know that there are a number of short videos available from the LA website to help you with your LA experience, all videos can be viewed directly categories covered are “getting started” “coaching” “officiating” they provide practical ideas / instructions on a variety of aspects of Little Athletics.

to view go to [littleathletics.com.au](http://littleathletics.com.au) Highlight “Education & Training”  
<> video resources <> choose your category

## **CHASING UP ZONE MULTI**

If you intend to compete at the Port Hunter Zone Multi at Raymond Terrace on Sunday 10th November, there is no cost involved the Club pays the entry fees  
Details sheets of events are on table, need entry tonight next Monday latest

## **EXCELLENT ATHLETES SCHOOL RESULTS**

We have had some truly excellent Club athlete performances at recent State School Championships even though many school events are conducted by State ANSW it is Club policy not to provide a wide ranging schools athletics report.  
We have 28 primary/high schools in our area all conduct athletic programs, if we start for one we need in fairness to do all the schools (most schools athletics is done outside of our summer season making it more difficult to collate results)

## WHATS COMING UP in NOVEMBER

### Saturday 9th November at Baxter Oval Marks Point

Eastlakes LAC are conducting a PENTATHLON first event 9am  
Cost \$10 per athlete (family discounts see form)m  
Mail entry close Friday 8/11/13 BUT you can enter on the day  
Forms for this event on table tonight

### Sunday 10<sup>th</sup> November at Barnett Field Raymond Terrace

The Port Hunter Zone Multi with a 9.30am start time  
Entry is free Club pays .. forms at the Table  
Need your entry tonight or next Monday latest

### Port Hunter Zone Championships

#### On Saturday 14th Sunday 15th December

((ok its not in November))) BUT we need your ENTRY DETAILS  
BY THE 25TH NOVEMBER (((see is now in November)))

Answers to last weeks ;little teasers

FOUL LANGUAGE	ROOM FOR MORE	SELF CENTERED	TYPEWRITTEN
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<b>QUACK QUACK</b>	<b>2345</b>	<b>....self....</b>	<b><i>type</i></b>
<b>CLUCK CLUCK</b>	<b>67890</b>		

Ok!!! Well try these

<b>WEAR</b>	<b>KNEE</b>	<b>Snow Rain Wind</b>	<b>NIGHT FLY</b>
<b>LONG</b>	<b>LIGHT</b>		
<b>little</b>			