

NEWSLETTER No 7 2015 /16 19th OCTOBER 2015

Wallsend RSL Athletic Club

Wallsend RSL Little Athletic Centre

www.wallsendathleticsclub.org.au A.B.N. 70 859 060 84

TONIGHT

Tonight's program is ROUND THREE (3) WEEK ONE (1)

TRAINING

Thursday 5.30pm to 6.30pm,

looking at long/triple jump, highjump, shotput, discus , sprints

DON'T FORGET TO PUT YOUR CLUB GALA ENTRY IN TONIGHT

For next Sundays 25/10/2015 Wallsend Gala Carnival

Heaps of JOBS TO BE DONE ON THE DAY please help out

Will be great if we know your who will be helping

PLEASE PUT YOUR NAME ON SHEET AT THE TABLE

HELP WANTED WALLSEND GALA SUNDAY 25th Oct

There is a list on wall of help wanted to set up // to run // to pack up
we ask Club Parents and our Senior athletes to help out in these jobs
to ensure our Club provides an outstanding Gala Car

NEW MEMBERS

new members, no worries, not a problem.

Our registrations continue through the whole season.

Know a friend -- someone interested...invite them along

REMEMBER TO SIGN ON EACH WEK IN EVENT FOLDER

Please sign the Form if conducting or helping at events

In each Age Group Folder are worksheet for the night events....instructions on how to conduct the events... list of the age group events for the night ...map of the Park with events location indicated....please use information provided

TRANS TASMAN TOUR TO AUCKLAND NEW ZEALAND

Organised by NSW Little Athletics for U11 and U12 Boys and Girls

It's a 12 day tour with a competition meet starts 7/1/2016 return 19/1/2016

Cost is \$2990...full details and paperwork requirements at the table

