NEWSLETTER No 7 2015 /16 19th OCTOBER 2015

Wallsend RSL Athletic Club Wallsend RSL Little Athletic Centre

www.wallsendathlreticsclub.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 Heeps 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

COMING UP SOON !!!!!

This **WEDNESDAY 21st October** at Newcastle Athletic Field, program 6pm 800m & Shotput 7pm 100m & Longjump 8pm 3km & Discus

WALLSEND GALA CARNIVAL SUNDAY 25TH OCTOBER

Our Clubs Gala Day here at Federal Park Entry Forms at the Table, you can put entry in at Club on Monday night or training night **BUT REMEMBER entry must be in by 6.00pm Thursday 22nd October**

PORT HUNTER LA MULTI EVENT

SUNDAY 8th November at Corroba Reserve Stockton first event 9.30am Due to finish 3.00pm NO ENTRY FEE the Club pays for the Entry, copy of events / times on the table **<u>NOTE entry is by Club Only</u>** if wishing to compete Please advise Table Officers

NEW INFORMATION..... EASTLAKES PENTATHLON

Saturday 7th November at Baxter Oval Marks Point, it's a 5 event competition First event 9am cost pre entry \$12 on the day \$15, entry form at the Table

ANSWERS TO LAST WEEK TEASERS

ONE AT A TIME	YIELD TC	THE RIGHT	BACKWARD STEP		
1 at 2.46pm	WAY	YIELD	PETS	LO	OSE

Not bad starting to get the idea.....so let's have a go at these

WHEATHER <u>1111</u> LA B OR FA TH 4444