

WALLSEND ATHLETIC CLUB INC

Wallsend RSL Athletic Club & Wallsend RSL Little Athletic Centre

NEWSLETTER No 1 for 2016-2017 5th September 2016

Hi....Hello....Welcome

On behalf of Wallsend Athletic Club Committee and Officers we offer a warm welcome to all New Athletes and Parents and a Welcome Back to Athletes returning for another Summer Season with us.

WE AIM TO PROVIDE AN ENJOYABLE ATMOSPHERE TO ENJOY OUR SPORT: TO ENCOURAGE ALL ATHLETES TO TRY THEIR BEST TO BE FAIR AND FRIENDLY: LET US ALL HAVE A GREAT DAY

NO NUMBERS YET

outside of our control both Senior and LA are waiting for the numbers to arrive.. last word we had was "being held up at Customs" so obviously the numbers are coming from overseas

WHATS NEW

UNIFORMS after some 25 years we are changing our uniform, the colours remain the same, a black splash scatter design has been added

THE OLD UNIFORM CAN BE WORN AT CLUB THIS SEASON AND NEXT BUT THE NEW DESIGN CAN ALSO BE WORN THIS SEASON BUT FOR CLUB AND AWAY NEXT YEAR THE NEW UNIFORM MUST BE WORN WE HAVE A 12 MONTHS TRANSFER PERIOD TO MAKE THE CHANGE

FLOODLIGHTS the replacement new floodlights have now all been put up ..its a bit of lets look // lets see as to the focus areas being correct. Like all new things trial and error.to obtain the best results

HIGHJUMP MATS Another newey since last season we have purchased new Scissor High Jump Mats for the Under 9 and Under 10 for their highjump..

NOTE U9 & U10 MUST DO A SCISSOR JUMP // FLOP STYLE NOT PERMITTED

HIGHJUMP MATS POSITION CHANGE

with the new Floodlights we have moved the High Jump location from the Western end of the Park to the Eastern end

WOW.....BEST LAID PLANS GO KERPUT

the Weekly Season Program listing Weeks 1-2-3 in the Handbook ARE WRONG it is last seasons program A CORRECTION SHEET IS AVAILABLE ON TABLE

SAFETY CORNER
remember
REMOVE SPIKE
shoes after a race
and jump event

IN YOUR AGE FOLDER

in each Age Group Folder there are
the competition sheets for the nights event
a map of event locations areas
an officials and Helpers Sign-On Sheet

**IT IS CRITICAL THAT THE SIGN-ON SHEET IS FILLED IN AND SIGNED BY
EVERY PARENT THAT HELPS AT THE EVENT**

(you go in a lucky Monthly Prize Draw)

MORE & MOST IMPORTANT INSURANCE COVER INJURY- ACCIDENT

TRAINING STARTS THIS THURSDAY

Training starts this coming Thursday from 5pm to 6pm

IT'S JUMPS ONLY TRAINING NIGHT LONG TRIPLE HIGH the
following week will be Throws Only Night....

We are attempting something different doing each area separate as all
athletes are not interested in all events so it's a pick and choose