# NEWSLETTER No 1-2014/5 8th SEPT 2014

# WALLSEND RSL ATHLETIC CLUB WALLSEND RSL LITTLE ATHLETIC CENTRE

www.wallsendathleticsclub.org.au

A.B.N. 70 859 060 841

#### WELCOME

We "Welcome" all our athletes of last season back again We "Welcome" all the new athletes who have joined this year

Our aim is to provide a good athletic program that is suitable to all our athletes no matter what standard you wish to achieve

# **DUE TO BUILDING CONSTRUCTION**

It has been necessary to do a number of fiddley changes

REGISTRATIONS ARE BEING TAKEN in the Female Change Room

FEMALE TOILETS are to be the two new unisex toilets

THE CHANGES are indicated with Notices

#### WHAT'S ON TONIGHT

Tonight will be Round ONE (1) Program ONE (1)

# **TRAINING**

Thursday <u>starts 5.00pm to 6.00pm</u> (can be late just join in) NOTE TIMES WILL CHANGE LATER with Daylight Saving

#### **NOW ....A NUMBER EVENT RULES & AMENDMENTS**

- (a) this is a new Little Athletics Australia Rule Little Athlete Under 9 are no longer allowed to wear spike shoes (b) from the 2015 season onwards this Rule applies to U9 and U10
- (c) we have changed the Club Rules as applies to Veteran and Master athletes for Monday Club competition Veterans age will be 30 to 49yrs and Master 50yrs+applies for both Male and Female athletes in line with World Master Association (d) Veteran Masters Club Records will be 5 year brackets 30-34 35-39 40-44 etc The Club will re-examine all previous Records and update to the correct age group

# **COMPETITION SHEET FOLDERS......In the LA Age Folders will be**

(A) PARENTS Sign—On Sheet for parents who are running the events PLEASE Print and Sign the sheet...this is Insurance cover in case of accident (B the events for the nights competition

- (C a laminated instruction sheet on how to conduct tonight's events
- (D) a location map showing where events are conducted

# **BE ALERT... BE AWARE....of Track Events**

Parents with younger children (and some older athletes)
BE AWARE of Track Events going almost all the time...
CROSS THE TRACK WITH SAFETY
KEEP FINISH LINE CLEAR..STAY AWAY from Finish Line

# THIS IS IMPORTANT......Child Protection Declaration

CANT STRESS HOW IMPORTANT IT IS EVERY PERSON INVOLVED AT CLUB MUST COMPLETE A MEMBERS PROTECTION DECLARATION Please ensure that you have handed in a completed Declaration Form

# **CLUB HANDBOOKS**

Just realised not all athletes or parents received the Club Handbook when they Registered, it gets a bit hectic at the tables......Please collect one from the table

# **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 Official to check the distances and sheet

#### and now FOR SOME GOOD NEWS

we are changing from our Monthly Officials Draw for one parent helper we are now going to reward 5 parents helpers every two weeks (that on bbq night) with a free sausage sandwich and drink Lucky Winners will be listed on wall notice

# WHAT'S COMING UP

# Sun 14th Sept Raymond Terrace Fun Run

Start time 8am runs are 4km \$20 and 8km \$30 Barnett Oval Raymond Terrace entry <a href="https://www.raymondterracefunrun.com.au">www.raymondterracefunrun.com.au</a>

Sat – Sun 20—21st Sept
NSW Allschools Multi Championship &
Hunter Allschools Championship At Hunter Sports Centre Glendale
details are not on State website as yet

# Thu - Sun 9 - 12th October NSW Allschools T&F Championship

At Sydney Olympic Park Athletic Centre Homebush Bay 12yrs to 18yrs entry fee \$20 per event ENTRY CLOSE 23/9/14 All event information // program and Entry via ANSW website It's a Big Show last year 1506 athletes competed

# and now for something completely different

yes, we return with out little puzzle teasers easy ones this week but they will get harder

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