

CNEWSLETTER No 11 – 2014/5 1st DECEMBER 2014

WALLSEND RSL ATHLETIC CLUB

WALLSEND RSL LITTLE ATHLETIC CENTRE

www.wallsendathleticsclub.org.au

A.B.N. 70 859 060 841

WILL NEED SOME HELP TO GET ORGANISED FOR PORT HUNTER ZONE LA CHAMPIONSHIPS

(A) transport tent trailer to Raymond Terrace Friday 12/12

(B) to help Zone set up all areas on Friday say 12noon --1pm to 3pm

(C) subject to Club people there erect Club tent Friday afternoon OR

(D) Club Parents to erect Tent by 8am Saturday morning

YES CAN ASSIST PLEASE ADVISE TABLE OFFICERS

but wait there's more

+++++ PLUS JOBS AT ZONE..... WE MUST DO THEM

Please see officers at the Table for your committed Club duties

WALLSEND MUST COVER

1 Timekeeper ALL DAY SAT & SUN (3 lots of about 2 hours)

1 Place Judge ALL DAY SAT & SUN (3 lots of about 2 hours)

3 people ALL DAY SAT & SUN for Highjump No1

4 people ALL DAY SAT & SUN for Discus No1 then Javelin

Plus canteen (? number ? times not sure) Monica will know!!!!

ATHLETES DON'T FORGET the 159 PATCH & JETSTAR PATCH
--

NOW WHAT'S ON TONIGHT & BEING FIRST MONDAY ITS BBQ NIGHT

Tonight will be Round FOUR (4) Program TWO (2) thanks Ritchie

TRAINING

General Club Training Thursday 5.30pm to 6.30pm

POLE VAULT TRAINING IS CONDUCTED EVERY TUESDAY NIGHT

PLEASE let the Table Officers know if you would like to do training sessions

PARENT HELPERS/OFFICIALS DRAW....MOVEMBER WINNERS

without the moustache...Ken Brett (U10M) Natalie Chambers (U6F)

Ester Lethbridge (U6F) Nathan Miller (U13-15M) John Epton (U12F)

Call at canteen to collect free bbq voucher

CLUB COMPETITION OVER SCHOOL HOLIDAYS IS STILL ON

WE WILL HAVE 3 MONDAYS OFF 22nd Dec 29th Dec 5th Jan

CHILD PROTECTON DECLARATION

All Club Officials and Parents and Helpers who are at Club competition and Involved in activities with children.... **MUST COMPLETE a WORKING WITH CHILDREN DECLARATION FORM**, Please get a form and complete and sign

ALL ATHLETE ARE REQUIRED TO REMOVE THEIR SPIKE SHOES AFTER EACH EVENTS

.....this applies to Senior and Little A athletes.....

ALL THROW EVENTS CAN BE DANGEROUS KEEP A LOOK OUT &&&&

WATCH OUT FOR TRACK EVENTS JUST LIKE THE ROADWAYS LOOK BOTH WAYS BEFORE YOU CROSS

A LITTLE BIT OF HOUSEKEEPING

we need to have all our electrical equipment leads checked and tagged do we know an electrician who can help?

WHAT'S COMING ALONG THE TRACK

The INTERNATIONAL CHILDRENS GAMES

CONGRATULATIONS to our STEPHANIE SCIGALA one of two girls chosen to represent the City of Newcastle

the Newcastle City Team consists of only 4 Track & Field Athletes The International Children Games are held over a week, the Athletics section at Hunter Sports Centre on Mon Tues Wed 8th to 10 December a number of our Club Competition Officials will be officiating

HO HO HO the JINGLE BELL RELAY at NEWCASTLE ATHLETIC FIELD TUESDAY 9th December It's a 10km Relay with 25 runners all doing 1 x 400m lap Again it's a bit different it's a Christmas Thing Wallsend Club will enter a Team... put your name on the sheet if you want to have a run...no age limit,

Our little teasers
IN BETWEEN TIMES

Answer to Last Newsletter
MAN ON MOON LONG LETTER
FROM HOME

ANYONE FOR
TENNIS

AMINPM

MOMANON

HOME

NE1410S

some more to think about

P
E
E
K

Target
Target
Target
Target

much
much

TwinS
TwinS