

WALLSEND ATHLETIC CLUB INC

Wallsend RSL Athletic Club & Wallsend RSL Little Athletic Centre

NEWSLETTER No 11 2016-2017 21st November 2016

WHATS on TONIGHT

Round 4 Program 2

WOW TOP BILLING !!!!! must be important

YES IT ISSIGN THE OFFICIAL / HELPERS SHEET

May not seem important to you, we as a Club have a DUTY OF CARE to provide a Safe and Secure workplace, we also need to endeavour to ensure our Members and Parents and Friends are protected for injury or actions, SO

ANY PERSON: MUM - DAD – GRANDPARENTS who are helping at an event PLEASE .sign the Age Event Officials Sheets.....thank you.....

WHILST ON SAFETY

reported recently athletes running or doing events barefooted,,, this is a NO NO for Little Athletes very specific in LA Rules of Competition ATHLETES MUST WEAR FOOTWARE for Seniors the IAAF Rule is different, it is permitted in certain events.. We recommend Seniors follow the LA Rule and wear shoes MORE SO SET AN EXAMPLE TO LITTLE

LA & SENIOR REGISTRATION NUMBERS ARE AVAILABLE

please collect from Officers at the table

NEW CLUB UNIFORMS AVAILABLE

TRAINING THURSDAY ...

Daylight Saving Thursday Training time NEW TIME IS 5.30pm to 6.30pm

BUS to NSW COUNTRY AT DUBBO NEXT JANUARY

has been very low key with little talk about the Country Championships on in Dubbo next year, some officials have had some discussions of hiring a bus/coach..... say leave Friday around 11am—12noon, events start late Friday and return leave say 5pm Sunday.....

DON'T KNOW WHAT COST WOULD BE

BUT NEED TO KNOW IF YOU or FAMILY ARE INTERESTED

please tell officers at table Yes & Possible number going

Club Meeting

a reminder our General Committee and Club will be on Friday 2nd December at the Clubhouse, and being last meeting for 2016 let's have a BYOB&B

EVENTS COMING UP

PORT HUNTER ZONE CHAMPIONSHIPS

Saturday 10th and Sunday 11th December, at Federal Park Wallsend
YES WALLSEND CENTRE ARE HOSTING THE CHAMPIONSHIPS
Zone appoint Competition Officials and tell each Centre what the Centres jobs are
ALL CENTRES ARE REQUIRED TO DO THEIR ALLOVATED JOBS...

BUT AS HOST CENTRE WE HAVE HEAPS OF MINI JOBS TO BE DONE
a) foe example the day before at Park setting up rope off areas///helping set out
centre area tent sites/// clean up event areas –sandpits – throw circles – building—
meeting room---
HELP put up Wallsend Tent ((it's a 5 Person job)) AIM TO PUT UP AT 5.00pm

JINGLE BELL RELAY TUESDAY 13th December here at Federal Park
great time, 25 runners all doing a 400m lay = a 10km Relay.
You can be a JBR Relay Team Runner, see put your name on sheet

Little teasers.....answers to last week ...Too Easy

| | | | | |
|----------------------|------------|---------------------|----------------|----------------------|
| PUT IT IN WRITING | GET BACK | ONCE UPON A TIME | UNDECIDED | BEE IN HER BONNET |
| WR it ING | TEG | 111 TIME | LA B OR | BONBNET |
| . | | | | |

ok see how you go with these

| | | | |
|--------------------|---------------|--------------|---------------|
| QUACK QUACK | ENTURY | FA TH | COLLAR |
| CLUCK CLUCK | | | 30.c |

