

WALLSEND ATHLETIC CLUB INC

Wallsend RSL Athletic Club & Wallsend RSL Little Athletic Centre

NEWSLETTER No 12 2016-2017 28th November 2016

WHATS on TONIGHT

Round 4 Program 3.....and a Sausage Sizzle

PORT HUNTER ZONE

(A) thank you to all parents who entered their children for Zone, before last Monday we only had 32 entries, we now have 60 athletes going....THATS GREAT

(B) **JOBS AT ZONE**.....Wallsend Centre are responsible to do
3 parents at Highjump both Saturday and Sunday **AND**
4 parents at Javelin both Saturday and Sunday **AND**
1 parent as the Clash Manager assistant Saturday **ONLY**

(C) **TIME PERIODS** for all Wallsend jobs 3 time periods
9.00>>11.30.....11.30>>1.301.30>>finish

(D) **CANTEEN**.....Wallsend
3 parents 8.30>>9.30 on Saturday **AND** 3 parents 2.30>> 3.30 on Sunday
as it's our canteen Wallsend will need a supervisor handy all day
all canteen profits go to Zone to help cover the weekends costs..... **BUT**

(E) CLUB BBQ

Wallsend are permitted to have a bbq for hosting the Championship
need 4 parents for cooking / serving

WALLSEND RELAY TEAMS (((((names not in running order))))

congratulation to our athletes selected to compete at the Zone Relays
Junior Boys Josh Lerch // Mitch Hinder // Ethan Hamilton // Will Bolewski
Senior Boys Reegan Clark // Ashton Robinson // Zachery Hawke // Hayden Seaton
Junior Girls Adisyn Lopez // Caitlyn Skelton // Madison Bragg // Abbey Sanderson
Senior Girls Tiahna Skelton // Charlotte Pratt // Georgia Bragg // Sarah Williams

USA T&F COACH TO VISIT WALLSEND

**MR TOM HAYS HAS BEEN INVITED TO WALLSEND (TOM 3RD VISIT WITH US)
TOM WILL HAVE TRAINING SESION COVERING SPRINT / JUMPS / THROWS
SESSIONS WILL BE 1.1/2 to 2 HOURS AND START 4.00pm or LATER
TOMS WILL BE WITH US 10 DAYS FROM THUR 8th DEC to SAT 17th DEC
TRAINING PROGRAM OUT NEXT WEEK ON WEBSITE AND FACEBOOK**

**TOM IS HEAD JUMPS COACH, UNIVERSITY OF KANSAS, Tom has coached
USA Olympic Athletes, World Junior Champions and US University Champions
and comes with outstanding knowledge of US training technique and program**

ELECTRONIC NEWSLETTER to receive the Weekly Newsletter by email go to website + sign up, keep up to date with latest info.....also be a sticky beak check out Facebook –Wallsend Athletic Club

BUS to NSW COUNTRY AT DUBBO NEXT JANUARY

Country Championships in Dubbo January 2017 discussion of hiring a bus/coach..... say leave Friday around 11am—12noon and return say leave 5pm Sunday
ARE YOU or FAMILY INTERESTED... NEED TO KNOW TONIGHT

EVENTS COMING UP

PORT HUNTER ZONE CHAMPIONSHIPS

Saturday 10th and Sunday 11th December, at Federal Park Wallsend
Need some help FRIDAY say 1.30pm onwards setting up

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

WOODBERRY CLUB “SANTA CHRISTMAS GIFT MEET “

on Saturday 17th December 100m and 800m Runs start 9am cost \$7
JUST WHAT YOU WANT BEFORE YOU FATTENING UP AT CHRISTMAS
Entry Form details on Table

CARDIFF CHALLENGE CUP SUNDAY 29th JANUARY

at Neegulbah Park Macquarie Hills 6 events each U6 to U17
First event 3.00pm, cost \$12 per athlete, entry close 26/01/17

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

FOUL LANGUAGE	LONG TIME NO SEE	BLIND FAITH	HOT UNDER THE COLLAR
QUACK QUACK CLUCK CLUCK	ENTURY	FA TH	COLLAR 30.c

Let's try these

FOOT/THE/OTHER	i	COME TAX	SAFETY1
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Club Secretary is away in Queensland 1/12 to 8/12