

**WALLSEND RSL ATHLETIC CLUB &  
WALLSEND RSL LITTLE ATHLETIC CENTRE**

# Newsletter No 5. 2nd October 2017

**WITH DAYLIGHT SAVING WE STILL START AT 5.30pm**

**WEEKLY PROGRAM.....TONIGHT..... ROUND 2 WEEK 2**

## **MONTHLY BBQ**

being the first Monday of the month we conduct our monthly BBQ

and for a Labour Day Special ::::

Sausage Sandwich and can of Drink COMBO \$4.00

## **CLUB LUCKY WINNERS**

Parents who have assisted conducting events during September go into a lucky draw for a free BBQ sandwich and can of drink "just a little thank you" for your help

### **SEPTEMBER WINNERS ARE**

Dallas Hamilton U10B Brian Hill U9F Cameron Wells U6F Dave Browne Official  
Andrew Digby U7F Jenny Robertson U13-15B

**Please collect your prize from the canteen tonight**

## **WE CONTINUE REGISTRATIONS EVERY MONDAY NIGHT**

Still need to suggest best way is online but can take registrations at Club and another reminder that next year Little Athletics will ONLY REGISTER ONLINE

## **TRIALS**

we are required to continue to offer 2 Trail nights to new members you MUST complete a Trail Registration Form PAY the \$5.00 fee

## **NO SMOKING**

**Smoking is not Permitted in the Clubhouse building  
in the building surrounds MOST definitely at competition  
and at the event venues and where children are present.  
There is a designated Smoking Area beyond the sandpits  
near the canal**

## **TRAINING .....CHANGE with Daylight Saving**

WHOOOPS made a little Boo Boo last week with start time  
**TRAINING IS NOW THURSDAY 5.30 to 6.30pm**

## **SPECIAL WALK COACHING**

Club Member Neville Holahan will do Special coaching for all athlete and parents on the correct way of competition walking (parents can listen and see what is needed and so help their children to walk correctly)

**SESSION THURSDAY 12th and THURSDAY 19th OCTOBER**

## **CARNIVALS**

PORT HUNTER ZONE MULTI SUNDAY 22nd OCTOBER

at Kindlebark Oval Medowie, starts 9.30am finish about 3.00pm,

Wallsend Club pays for the Multi entry, there are 6 events in each age group,

details and an entry sheet on the table, and a copy of events on wall

**MUST ENTER THROUGH THE CLUB....give your details to Officers**

## **WALLSEND CLUB GALA DAY SUNDAY 29th OCTOBER**

**entry forms are now available YOU CAN ENTER ONLINE**

**or PUT PAPER ENTRY AT CLUBHOUSE or POST ENTRY**

### **Problem Solvers**

Answers to last week's teasers

LIGHT REFRESHMENTS

SPREADING RUMOURS

SHIP WRIGHT

REFRESHMENT    **R U M O U R    >>>>>SHIP**  
**R U M O U R**

**Getting the idea now, Well Try These**

**& MIGHTY**

**SAFETY 1**

**>>>COOKER<<<**

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**ARM**