

WALLSEND ATHLETIC CLUB INC

Wallsend RSL Athletic Club & Wallsend RSL Little Athletic Centre

NEWSLETTER No 7 2016-2017 24th October 2016

**NEED ENTRIES TONIGHT FOR
WALLSEND GALA NEXT SUNDAY 30th OCTOBER**

.....entry forms at the table.....

ALSO WE NEED HELP DOING EVENTS ON THE DAY

can you assist for 3hours... say 9am to 12noon or 12noon to 3pm

PLEASE let our officers know TONIGHT we need to plan for the Day

WHATS on TONIGHT last week washed out we still retain the same program so due last week was **Round 3 Week 1** and that's what we run tonight

CLUB BUNNINGS FUNDRAISER

"A BIG THANK YOU" to the Club Members and parents who assisted two weeks ago at the Bunning BBQ, A Special "thanks" to Danielle Nicoll and Barbara Griffis and also Siobahn Holahan came straight from school to help.

To the workers your assistance was much appreciated, nice profit return

REGISTRATION NUMBERS

BOTH LA & SENIOR NUMBERS ARE AVAILABLE

please collect from Officers at the table

NEW UNIFORMS ...HAVE ARRIVED.....AVAILABLE

LA and Senior Athletic Associations have approved our new Club Uniform

OLD UNIFORM CAN BE WORN THIS SEASON AND NEXT SEASON

THE NEW DESIGN UNIFORM CAN ALSO BE WORN THIS SEASON

Next season the NEW UNIFORM ARE REQUIRED TO BE WORN AT ALL

COMPETITIONS AWAY FROM OUR PARKdon't panic.....

we are accepting Uniform Orders all through the season on a 4 week delivery time

CLUB HELPERS REWARDS

parents helping and Sign event sheets NOW is YOUR HELPERS LUCKY DRAW

winners were ...Michelle Vogt 19/9 P3 U9f:: Matthew Dickinson 3/10 P2 U6f::

Lisa Goeldner 19/9 P3 Admin:: Shayne Hughes 12/9 P2 U9m::

Michelle Craft 12/9 P2 U12f:: Max Teasdale 19/9 P3 13/15m.... ,

CONGRATULATIONS TO OUR GREAT WORKING LUCKY WINNERS

please collect your free BBQ sandwich and Drink

A BIT EMBARRASING

Wallsend LA Centre had only TWO entries in the Port Hunter Zone Multi at Mallabula yesterday. We need to encourage our athletes to support other Centre Carnivals and

Zone events to keep the sport strong...even more so our Gala Day next Sunday

Also thanks to Dave, Kas and Bob for doing the Club Shotput duties at the Multi.

SA FETY CORNER

Spike Shoes can cause nasty cuts
remove them after each event

WALLSEND CENTRE RELAY TEAMS for ZONE

will be selected after tonight's 100m runs ...selected athletes nominated for the Zone Relay Team Teams to be announced next week

SIGN THE OFFICIAL / HELPERS SHEET

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

TRAINING THURSDAY ...

Daylight Saving Thursday Training time NEW TIME IS 5.30pm to 6.30pm
THIS WEEK JUMP EVENTS...Long.....Triple.....High.....Pole Vault

LAST YEAR TROPHY WINNERS

Club and Centre athletes from last year unable to attend Presentation Night we still have your trophies available, we will be contacting families to come and collect the trophies, if you know someone who missed out please contact them to come to us.

EVENTS COMING UP

WALLSEND GALA DAY

our Clubs Big Carnival Day being held here at Federal Park:
Sunday 30th October...Entry Forms at Table. (see note at start of Newsletter)

EDGEWORTH CHALLENGE

Edgeworth Oval off Charles St Edgeworth on Sunday 6th November
entry forms with details at table 8.30am start, won't be a late day

RAYMOND TERRACE TWILIGHT MEET

Saturday 12th November at Vi Barnett Oval Raymond Terrace
program starts at 2pm,, entry form with full details at table

Little teasers.....How did you go?		Answers	
TOP DRESSING	BACKWARD TO GOOD	QUIT	EYES ON
.	GLANCE TO LAST	FOLLOWING ME	YOU
>DRESSING	ECNALG	Good Last	ME QUIT
DRESSING		Good Last	iii
			you

We'll you did sort of good, NOW TRY THESE

HOUSE	Dr. Dr.	1T3456	2345	TEEXAMRM
STOVE			67890	

