

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

Newsletter No 12. 27th November 2017

MONDAY COMPETITION START 5.30pm.

WEEKLY PROGRAM.....TONIGHT..... ROUND 4 WEEK 3

TRAINING

THURSDAY 5.30 to 6.30pm

CLUB UNIFORM

All athletes are required to wear the correct Club Uniform
Athletes be warned not in uniform no Competition Points

PORT HUNTER ZONE LA CHAMPIONSHIPS

FOR ZONE we will not be taking the big Club Tent ...not a lot of space
but we are taking our 6 Club Gazebo to set up a Wallsend Gazebo City

Zone Meeting this Thursday will allocate Wallsend Centre jobs
so next Monday will be looking for parents to fill those positions

WALLSEND RELAY TEAMS FOR ZONE

Relay Team Squads names on Clubhouse door...see coach re training

...Relay Coach Cale Farquharson for the Junior Boys & Girls

...Relay Coach Rob Browne for Senior Girls Team

...Relay Coach Peter Watson for Senior Boys Team

ZONE TEAM MANAGERS are Mrs Lee Grant and Mr Paul Goeldner

We ask you to note, the Team Managers are the sole Centre decision makers

REDUCED TIMES FOR EVENT TRIALS APPLIES NOW

THIS APPLIES TO BOTH SENIOR AND LITTLE ATHLETICS

30 SECONDS FROM TIME NAME CALLED TO START TRIAL

COLES

NEW AUSTRALIAN LITTLE ATHLETE SPONSOR

...as a promotion COLES are supplying boxes of Bananas to Centres..

**CLUB DECEMBER MEETING this Friday 1/12/17 at the CLUBHOUSE
7.30pm start all Welcome**

CARNIVALS COMING UP SOON

PORT HUTER ZONE CHAMPIONSHIPS SATURDAY & SUNDAY 9th 10th NOVEMBER

think already covered everything earlier

JINGLE BELLS RELAY TUESDAY 5TH DECEMBER

at the FEARNLEY DAWES (blue) TRACK IN TOWN

A 10 kilometre Relay of 20 runners each running a 400m lap, Great Fun, Wallsend Club will be submitting Teams for the JBR, put your name down on the sheet in the Clubhouse

Problem Solvers answers to last week

SEE YOU IN
THE MORNING

LOOSE ENDS

ANY ONE
FOR TENNIS

BACKWARD
STEP

A C U M L O O S E N E 1 4 1 0 S P E T S A

OK have a go at these

0 S H O O T I M P R O V E M E N T B A C K
S H O O T I M P R O V E M E N T C K
T V K
I M P R O V E M E N T