

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

# Newsletter No 13. 4th December 2017

**MONDAY COMPETITION START 5.30pm.**

**WEEKLY PROGRAM.....TONIGHT..... ROUND 5 WEEK 1  
FIRST MONDAY DECEMBER ITS BBQ NIGHT**

**LA ZONE RELAY TEAMS**

**please..FOR TRAINING TOMORROW TUESDAY AT 5.30**

**GENERAL CLUB 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

Been told Athletes think Their Numbers are for Big Competition Only  
!!! WRONG !!!! MUST ALSO BE WORN AT CLUB

The Number is part of your Club Uniform...YOU SHOULD BE WEARING

**PORT HUNTER ZONE LA CHAMPIONSHIPS**

**WALLSEND JOBS AT ZONE see Lee Grant / Paul Goeldner**

**“”” The ZONE PROGRAM IS ON OUR CLUB WEBSITE “””**

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

**DANGER DANGER DANGER**

Had a report of athletes leaning on wire netting at the throw cages  
others with back turned what if Discus-Hammer heading their way  
**THE CAGES ARE FOR SAFETY >> KEEP OFF<< >> LOOK <<**

**TIME TAGS FROM LAST SEASON**

all Senior Athletes received a Time Tag to put on shoe....  
have been requested to collect them and return to State Office

**JINGLE BELL RELAY TUES 5th DEC...TOMORROW NIGHT**

at Newcastle Blue Track. . . . . PUT NAMES DOWN OF SHEET TONIGHT

**DRAW FOR HELPERS** drawn from names on Event Helpers Sheet  
**OCTOBER WINNERS ARE** Karina Currington U8F Jodi Robertson U8F  
 Jarrod Freeman U8M Kris Walton U6M Robin Pugh U10F L Worley U13F  
**& NOVEMBER WINNERS ARE** Megan Gleeson U9M Cindy Digby U7F  
 Nicole Perrett13M Rebecca BraggU12M Rachel OsborneU7F H Spannenberg U12M  
**ALL LUCKY WINNERS COLLECT YOUR BBQ PRIZE & DRINK FROM CANTEEN**

# COLES

## NEW AUSTRALIAN LITTLE ATHLETE SPONSOR

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

## CARNIVALS COMING UP SOON

### 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...PUT YOUR NAME ON SHEET

### PORT HUTER ZONE CHAMPIONSHIPS

SATURDAY & SUNDAY 9<sup>th</sup> 10<sup>th</sup> NOVEMBER

think already covered everything earlier and last three weeks

**NOT A CARNIVAL or COMPETITION on SUNDAY 29TH APRIL 2018**

**CLUB PRESENTATION followed by DISCO**

at Diggers Wallsend, this is first notification only just booked the room today

**Problem Solvers** answers to last week

NOTHING ON TV PARASHUTE ROOM FOR IMPROVEMENT QUARTER BACK

<b>0</b>	<b>SHOOT</b>	<b>IMPROVEMENT</b>	<b>BACK</b>
.	<b>SHOOT</b>	<b>IMPROVEMENT</b>	<b>CK</b>
<b>T V</b>			<b>K</b>
.		<b>IMPROVEMENT</b>	

now try these

REFRESHMENTS    GIN   GER   ■ BESIDE

**TYPE**