

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

# Newsletter No 4. 25th September 2017

## **WEEKLY PROGRAM**

Tonight's Program: **ROUND 2 WEEK 1**

### **& YES WE DO RUN NEXT MONDAY.**

A reminder that next Monday is a Public Holiday and we will be doing our normal program (next week Rd2 W2)

### **& YES WE WILL BE HAVING OUR MONTHLY BBQ**

being the first Monday of the month we get the barbie out and for a

*Labour Day Special ::*

*Sausage Sandwich and Can of Drink Combo \$4.00*

### **REMINDER !!!!!!!!!!!!!!! WE CONTINUE REGISTRATIONS EVERY MONDAY NIGHT BOTH LA & SENIORS**

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

### **!!!!!! ANOTHER REMINDER YOU CAN STILL DO TRIALS U6 to U17 NEED TO REGISTER AND PAY THE TRAIL FEE \$5.00 U18+ NEED TO COMPLETE TRIALS FORM PAY TRIAL FEE \$5.00**

all new athletes if name is not on sheet just print your name and continue with competition, we will fix it up for next week

### **REMEMBER ::: PLEASE BE CAREFULL PARKING OVER HOME DRIVEWAYS...HAD COMPLAINT LAST WEEK ALSO NEED TO CLOSE PARKING SPACES A BIT BETTER**

### **A FINAL REMINDER // REMEMBER**

**Daylight Saving starts next Sunday we still start at 5.30pm**

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

this Thursday 5.30pm to 6.30pm

don't need to be in Club uniform (can wear old sports gear)

## **SPECIAL WALK COACHING**

Club Member Neville Holahan was to 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) due to School holidays

## **NOW WILL DO WALK SESSIONS**

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

## **FIRST CARNIVAL of the SEASON**

the Port Hunter Zone LA Multi Event is on Sunday 22nd October at Kindlebark Oval Medowie, starts 9.30am finish about 3.00pm, covers 6 events in each age group, copy of events on wall

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

## **LAST YEAR YEARBOOK AND RECORD BOOK**

we have available some copies of last year's Yearbook and Record Book at the table, there is no cost.

### **Problem Solvers**

Answers to last week's teasers

LEMON TREE

END TO END

AUCTION ON SITE

DUAL CONTROL

**Lem**

**end**

**auction**

**control**

**tree**

**v**

**site**

**control**

**v**

**end**

**Did well, did we, let's make them harder**

REFRESHMENT

**R U M O U R**

**>>>>>SHIP**

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**R U M O U R**