

# WALLSEND RSL ATHLETIC CLUB

## WALLSEND RSL LITTLE ATHLETIC CENTRE



NEWSLETTER NO 1 2019-2020

16th September 2019

Is it on Yes / No?

Sorry last Monday night's weather was one of those nights of maybe yes maybe no - certainly hurdles and highjump were off due to wet grounds and we did have some light showers.

Thanks to Officers-coaches who ran the children through some of the events giving them an idea of how we run Monday nights.

Tonight will be... Round One - Week One Program

WELCOME BACK to all our athletes from last year and a BIG WELCOME to all athletes joining us this year! Our Club is hoping for a great year of athletics.

### REGISTRATIONS

All Little Athletes must register online - if having trouble see the Officers at the table.

Seniors are requested to register on line, but can also submit a completed form which is available at the clubhouse table.

### UNIFORMS

Please see Officers at the Table, our current Price of \$35 will remain for September.

We will take raincheck @ \$35 if size not available in existing stock. New uniforms are due to arrive mid-end September and price will increase to \$38 a unit.

### NEW TO COMPETITION FOLDERS

Last season's survey said age groups were lost on where to go for next event... to help with this - in the U6 to U12 there is a Laminated Sheet that lists all the night's events in order – hopefully everyone will find this useful.

A huge part of club night is having parent helpers run age groups, help out at events and also at other jobs like Canteen, setting up and packing away. This year, we're using SignUp.Com which is an online website to help allocate and organise volunteers for club night jobs. The link to use for this will be posted each week on facebook. Each family is required to help out throughout the season. Thank you to those that signed up, and helped out last week – your help is greatly appreciated!

### TRAINING THURSDAY

from 5pm to 6pm at Federal Park.

### HIGH JUMP Master Class

at Barnett Oval, Raymond Terrace next Saturday 21<sup>st</sup>, conducted by Bella Stewart. Open to members of Port Hunter Zone clubs only. Cost \$5.

Juniors (Age 9-12) 11am-12pm

Seniors (Age 13+) 12pm-1pm

Please contact Barbara Inglis (binglis@comcen.com.au) to register your interest.