

# WALLSEND RSL ATHLETIC CLUB

## WALLSEND RSL LITTLE ATHLETIC CENTRE



NEWSLETTER NO 6 2019-2020

14<sup>th</sup> October, 2019

Tonight Round Two, Week Two program

### Training this Thursday

5.30pm - 6.30pm training will be sprints, stand start, crouch start, running style, line finish. Some skills activities

### Uniforms

Price remains \$35.00. all sizes in stock

### Welcome

yes you can still registrar all year.... "Bring a Friend" they could like athletics and join the Club.

### Saturday 19/10/2019

Raymond Terrace High Jump Clinic ... On Again

Barnett Oval Raymond Terrace

U9 to U12 11am-12pm and U13+ 12pm to 1pm

cost \$5 per athlete, all athletes welcome to sessions. Please contact Barbara Inglis (binglis@comcen.com.au) to register your interest.

### Sunday 29/10/2019

Wallsend Track & Field Gala Day here at Federal Park - it's our Big Carnival Day all details and entry forms at table and [Club website](#)

### Sunday 3/11/2019

Port Hunter Zone Multi at Alder Park Adamstown. Must enter by Club only, club pays entry fee. Please complete online registration for entry: <https://form.jotform.co/92770514314858>

More details available <http://www.wallsendathleticsclub.org.au/centre-information/?p=26>

### Saturday 9/11/2019

Raymond Terrace Pentathlon at Barnett Oval Raymond Terrace for U6 to Masters. Events start at 2.00pm. Entry fee \$10 per athlete, entries close 6/11/2019.

More information on the Raymond Terrace website

[http://raymondterraceathletics.com.au/client\\_files/Files/rtac%20penthalon%20form.pdf](http://raymondterraceathletics.com.au/client_files/Files/rtac%20penthalon%20form.pdf)

### Little Athlete Trans Tasman tour

under LA management a 12 day tour New Zealand 9-21 January 2020. Challenge meet on 19/1 cost \$2900.00 per athlete restricted to U11 & U12 ages. see NSWLA for all information to be finalised by 23/10

### Zone / Regional / State Competition Program

details available on LA website <https://lansw.com.au/championships/>

Those crazy word problems .....answers to last week

SPACE INVADERS      ANY ONE      IN BETWEEN      OVER TO YOU  
FOR TENNIS      TIMES

VAD ERS      NE1410S      AMINPM      OVUUER

Ok Too Easy - TRY THESE

KCABOG      DO12"OR      TEKCIT      USxUS