

# Wallsend Athletics Club

## Welcome!



[2019-2020 Season](#)

[www.wallsendathleticsclub.org.au](http://www.wallsendathleticsclub.org.au)

[info@wallsendathleticsclub.org.au](mailto:info@wallsendathleticsclub.org.au)

Welcome to the 2019/2020 season of athletics with the Wallsend Club. We are very excited to get things moving, so here is some information about the first night:

### Things to do before club night:

- **Register!** All LA NSW registrations should be done online before you attend club night. To do this, please go to <http://lansw.com.au>. Don't forget to tell your friends too. If they want to improve for school carnivals, or are just after some general fitness while having fun, the more kids we have to share in the club the better.
- **Sign up!** We need all parents and caretakers to participate in club night. To help with this, please go to <https://signup.com/login/entry/617025265967166082> and sign up for a position on the night. This provides visibility and clarity to those people who are putting their hands up for each age group and helps the club identify where more help is needed.

### On the night:

- **Arrive early:** There will be committee members available in the clubhouse from 5:00pm. This is to help with any queries, sort out uniforms and help with any other issues you may have. But be aware that there are often a lot of queries on the first night and there can be lines, so the earlier we can have everyone out, the better.
- **Warm up!** We'll be running a club warm up at 5:30pm. All kids should assemble on the track to take part in this activity.
- **Stay with your kids!** A reminder that no child should be left unsupervised on the night. Even if you are not experienced in helping out, there is always something you can do and it is important that you are there to help keep the children generally organised.
- **Visit the canteen:** This year we are introducing a number of healthy options into our canteen. For the first week, we'll be offering delicious Toasted Sandwiches.
- **Be safe:** While club night generally runs smoothly, we ask that especially new members are wary of crossing the running track. Some of our older athletes move along very quickly, so you should treat it like you would treat crossing the road. Please have the children look both ways, cross together and keep the finish line area clear so that all athletes can have a smooth run through.

### After:

- **Give yourself a pat on the back!** The first club night is always hectic with people getting organised and lots of kids trying events for the first time. It can be a lot of work, but we'll all be in the swing of things before you know it.
- **Check your results:** All results will be available online at <http://www.wallsendathleticsclub.org.au/>. Just note that it may take a few weeks until registrations finalise before the results will start rolling in.
- **Get ready for training:** Club training is held on Thursday nights at 5:00pm (5:30pm after daylight savings). This is available to all athletes and is a great chance to ask about events you are not sure about, practice other events you are keen on and in general get out on the track with your club mates and enjoy the sport of athletics.
- **Save the dates!** The Wallsend Gala Day is on October 27<sup>th</sup>, and the Port Hunter Zone championships are on November 30<sup>th</sup> & December 1<sup>st</sup>. These are two events that all Wallsend athletes, no matter their experience or ability will be able to compete in. So start planning so we can see everyone there!