



REGAL RACER

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Winter 2009: Issue 2 Saturday 11th April 2009

Happy Easter

Welcome to 'Regal's' Easter event for 2009. I hope the Easter Bunny comes knocking on everyone's door tomorrow. It was wonderful to see old and new friends come together at our first meeting last Saturday. There was a great vibe of fun and laughter throughout the morning while we enjoyed the sport we all love. 'Regal' prides itself on supporting our athletes to achieve their personal bests and prepare them for Championships throughout the year. If you have any questions please do not hesitate to approach one of the judges, coaches, timekeepers etc.

A friendly reminder that each athlete needs to join a senior athletics club to participate in 'Regal' events. This ensures everyone is covered in case on any accidents. Once you have your 2009 number can you please ensure you let us know so we can keep our database up to date. Also with our numbers on the increase and until the judges and time keepers get to know everyone, if you have your number with you if you can pop them on it would be appreciated.

Congratulations to 'Regal' member Ian Rayson who has been selected to represent Australia at the 2009 World University Games in Belgrade, Serbia from 1st-12th July. In preparation Ian is heading to Wuxi in China next week to compete in the IAAF World Racewalking Challenge meet on the 18th/19th April. Best of luck Ian. We look forward to hearing all about it upon your return.

In Athletics NSW news, below are details on official seminars/exam opportunities over the next couple of weeks.

- **Officials Seminar/Exam: Hexham Bowling Club on Sunday 19th April.** Seminar will be 9am - Middy. B and C Level Examinations to take place from 1pm. To book a place or for more information contact Marilyn Urane 0402 024 954.
- **Officials Exams: Tuesday 14th April 2009 at Sports House, Sydney Olympic Park 6:15pm for 6:30pm start.** The exams available for both Level B and C are: Track, Walks, Throws, Jumps, Out of Stadium, Administration, Technical. If you are interested in completing one or more of the above exams, please contact Mary Macaluso at ANSW. For ALL Level A exams please contact Mary Macaluso for more details.

The following information has been released by ANSW for coaches and those wishing to become a coach.

- Please read the Athletics Coach Accreditation Framework Summary of information & FAQ from the information session held on Wednesday 25th March 2009. This information can be found in the coaches section of the

Racewalking New South Wales
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Athletics NSW website– www.nswathletics.org.au/
 • COACH the COACH 2009 May 1-3, 2009, Bathurst NSW - Hosted by Western Region Academy of Sport. We've assembled an incredible lineup of experts with practical real world experience, who will showcase emerging practice, new technologies and trends for sports coaches. Keeping up to date with rapidly changing industry developments in the current climate is vital, and there's no better place you can do that than Coach the Coach 2009. The COACH the COACH conference provides coaches of all levels with a unique development and networking opportunity. For more information visit www.coachthecoach.com.au Register before the 9 April 2009

There are currently a couple of scholarship/grants seeking applications:
 • The 2009 Women's Sport Leaders Scholarship Program gives women the skills and confidence to succeed in their sport – on boards, as decision-makers and as coaches, officials and players. If you're a paid or volunteer coach, official or administrator, this scholarship program gives you the training and support to make a big difference in your sport. Scholarships are offered in five categories. Applications close 15th April 2009. For more information please check the Development-Grant section of the Athletics NSW website.

• Applications are now being sought for the Alf Robinson Memorial Race Walking Foundation grants for 2009. Applications close **Friday 29 May 2009**. Information can be found on the Athletics Australia website: http://www.athletics.com.au/news/news/2009/april/alf_robinson

The 2009 World Masters Games being held in Sydney in October is currently conducting information sessions for participants, volunteers etc. Please check the website <http://www.2009worldmasters.com/> or contact them directly for more details.

A reminder to all walkers that the following events are being held over the next couple of weeks:

- Saturday 18th April– Club event at Narellan
- Saturday 25th April– Club event at Georges Hall
- Saturday 2nd May– Club event at Five Dock
- Saturday 9th May– Club event at Central Coast
- Saturday 16th May– Club event at Chipping Norton– Handicap Start

Quote of the Week: "One who asks a question is a fool for five minutes; one who does not ask a question remains a fool forever" Chinese proverb

Renée Cassell
 Vice President

PLEASE CHECK THE FULL WINTER PROGRAM THAT WAS DISTRIBUTED LAST WEEK. DUE TO A TECHNICAL ERROR SOME INFORMATION MAY HAVE BEEN CUT OFF FROM SOME OF THE PAGES. IF YOU SEE MAJOR FORMATTING ERRORS ON YOUR COPY PLEASE RETURN IT FOR A NEW VERSION. THANK YOU