

Falls Creek Race Club

June 2012 Newsletter

Race News

Falls creek race club are very pleased to announce that **ATOMIC** have agreed to supply race ski's to our club members at wholesale cost. Making them half price.

All product is 2012-13 stock and we are the first in the world to get this new model.

Atomic is the No: 1 brand in the world with more World Cup victory's than any other ski company.

If you would like to place an order or would like further information please email the race club at:
fallscrekraceclub@yahoo.com.au.



Our Committee

Our annual AGM was held on Thursday 10th May. Thank you to those that attended, it was great to see some new and old faces.

Our 2012 committee is:

President: Riley Scott Vice President: Brett Williams

Secretary: Donna Howlett Treasurer: Jane Fitzpatrick

Ord Members: Anna Curnow, Lachy Bowes, Jenny FIndlay

Save the Date!

2nd Hand Sale

Sat 9-11th June

Registration: Sat
10-2pm

Sale starts: Sat 2-
4pm & Sun 10-4pm

Meet & Greet

Sat 30th June

Meet & greet the
coaches @
Gateway Café

Time: TBA

Programs start

Sat 30th June

All programs start
at race club at 8.30
am



2nd Hand Sale Falls Creek Race Club

Starts Saturday Queens B'day

Our annual 2nd Hand Sale is on this weekend. Queens Birthday. You should have already received your flyer in regards to registration and sale times.

It's a great way to pick up some bargains and great equipment.

Early Bird Squad Payments

Don't forget the early bird squad payments are due by the 19th June. This also assists us to guarantee the correct allocate of children into there groups and coach to athlete ratio's.

Club Fundraising Auction

This is the annual Fundraiser and one of the biggest social nights on our calendar. All Funds raised in our live and silent auction goes directly into running the club, and in continuing to purchase or upgrade equipment that is used for our children in there programs. It is an important part of our clubs survival.

This is a great social night and is open to all the public, friends and family.

HOW YOU CAN HELP

We would like to encourage all members to assist with donations of services and goods which can be sold in the live and silent auctions or where possible or help out by volunteering your time.

If you can assist with any items please contact Brett Williams at fallscreekraceclub@yahoo.com.au.





Healthy Tips:

On the go snacks:

Between training, school, homework and family time athletes often have very busy schedules. Planning for quick, readily available snacks is critical. They should provide an ample amount of healthy calories and be portable and easily consumed when time is short. Stock your kitchen with dried fruits, nuts, wholegrain crackers, wholegrain dry cereals, chocolate milk, 100% fruit juices, granola bars, baby carrots, cheese and sports bars to be sure there is always a variety of good choices to grab.

Protein for growth:

Proteins are necessary for growth, repair and restructuring of the body tissues. The teen years already are a time marked by significant growth spurts. Teen athletes putting the added strain on their muscles need even more protein to repair the daily damage done by training. Dairy products such as milk, yoghurt and cheese are good sources of protein for teens. Peanut butter and other nuts are other convenient choices. Eggs, chicken, meat and fish are all rich protein sources also.



Healthy Tips

Breakfast

Without question breakfast is the meal that makes champions. Eat breakfast to ensure that you are well fuelled for training and race days.

Better pre race fuel = better performance.

Try Eggs, wholemeal toast, porridge, wholegrain cereals, yogurt, or fruit just to name a few.

Sponsors:



Falls Creek Race Club are extremely grateful for the support and sponsorship from Falls Creek Sports, Apres Vous and the Falls Creek Lift Co.

We would ask all members to support those who support us. Including those business' who support us at our Club auction.

If you have a business or know of a business that would like to get involved with our club please contact Riley Scott.



Thank you.

Falls Creek Race Club

Bogong High Plains Rd

Falls Creek, Vic 3699

W: www.raceclubfalls creek.com.au

E: falls creekraceclub@yahoo.com.au