



**2016/2017**

# The Mustang Messenger

Newsletter #1 — 14/08/16

## THIS WEEKS KEY INFO

### NEXT TRAINING - @ 5pm:

Pre-Season Training  
Coming Soon  
5pm – 6.30pm  
Abbeville Park, Mindarie

MMLAC = Abbeville Park

RLAC = Ridgewood Park

### NEXT RLAC COMPETITION:

TBA

Opening Day Program

### NEXT LAWA COMPETITION:

Bravehearts Teams Challenge

Under 6's to Under 10's

Sunday 13th November 2016

WA Athletics Stadium

### NEXT COMPETITION ROSTER:

Family Name	Rostered Position
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ONLINE  
ROSTER  
AVAILABILITY  
FORMS  
COMING SOON

### NEXT FUNDRAISING EVENT:

Details Coming Soon

## WELCOME TO THE 2016/2017 SEASON

The Mindarie Mustangs Little Athletics Club would like to welcome you to the upcoming Little Athletics Season. The committee has been working hard over the past few months to ensure that the upcoming 15<sup>th</sup> season of Mindarie Mustangs is successful.

This first Mustangs Messenger of the 2016/2017 Season is designed to inform you of the upcoming registration process and some information about the upcoming season.

## Registration Dates 2016

### 2015/2016 Members re-registering for 2016/2017 Season

Login to Results HQ website between 8am on Sunday 28th August and 11.59pm on Monday 29th August

### New and Returning Members for 2016/2017 Season

Login to Results HQ website after 8am on Saturday 3rd September

Or see us In Person at Ridgewood Park, Ridgewood 10am to 1pm

New members will need to visit Ridgewood Park with their athlete's Birth Certificate/Passport to confirm registration.

## Returning Member?

Don't forget that your blue timing chip from the 2015/2016 season is still valid for 2016/2017 season.



If you haven't kept it from last season, returning members will be charged \$5 for a replacement.

## UNIFORM

Uniform consists of the Mindarie Mustangs Shirt or Singlet and Ridgewood/Navy Blue Shorts.



OR



\$30 T-Shirt

\$25 Singlet

Full Range of Ridgewood Uniform available from RLAC.

Prices start at \$30

**PERTH 2016**

**XXII WORLD MASTERS ATHLETICS CHAMPIONSHIPS**

PERTH, WESTERN AUSTRALIA 26 OCTOBER - 6 NOVEMBER 2016



WWW.PERTH2016.COM | INFO@PERTH2016.COM | +618 9244 5200 | Facebook Twitter Instagram

Over 35? Register to Compete by August 25th, 2016



Mindarie Mustangs is proud to announce that it is a registered KidSport Voucher club.

Eligible athletes can receive up to \$200 in funding towards registration fees and/or uniform costs per season.

For more information visit

 <http://www.dsr.wa.gov.au/funding/individuals/kidsport>

It is highly recommended that you apply for KidSport Vouchers now prior to registration so these can be processed prior to registering for the 2016/2017 Season.



Department of Sport and Recreation



## The Mustang Messenger

Published each week during the summer season, The Mustang Messenger is your weekly one stop location for all of the key information for members of the Mindarie Mustangs Little Athletics Clubs.

Regular features include the upcoming weeks roster, training times, record breakers, upcoming special events, club sponsors and special articles highlighting our athletes.

If you would like to submit an article, and/or photos or you would like to sponsor the club please email

 [mindarielac@gmail.com](mailto:mindarielac@gmail.com)

### WA Athletics



**Friday Night Strive Competitions and WA All Schools**

*Returning soon*

Visit [waathletics.org.au](http://waathletics.org.au) for more details

## Registration Process 2016/2017

*Results HQ Logos are direct digital links*

All registrations for the 2016/2017 Season will be completed ONLINE via Results HQ.



### Returning Members

#### EARLY ACCESS PERIOD

*8am on Sunday 28th August to 11.59pm on Monday 29th August  
OR from 8am on Saturday 3rd September*

1. Click link for "Returning Members"
2. Follow On-Screen Prompts to update details and complete registration process.
3. Make Payment via Online Bank/Electronic Transfer.  
*(Mindarie Bank Details below)*

### New Members

Registration opens Saturday 3rd September from 8am via Results HQ



See us In Person at Ridgewood Park, Ridgewood between 10am and 1pm on Sat 3rd September to confirm registration by showing our registrar new athletes birth certificates/passport and/or receive assistance if required.



When completing the online form via Results HQ select the following options to register with Mindarie Mustangs.

1. Click link for "New Members"
2. Select "Little Athletics WA" as Body
3. Select "Ridgewood LAC" as Organisation/Centre
4. Select "Mindarie LAC" as Club
5. Complete the remainder of the form, submit and complete payment process.

### 2016/2017 Registration Fees

1st Athlete - \$200 (\$175 Registration, \$25 Family Fundraising Levy)

Additional Athletes - \$175 per athlete registration fees.

*LAWA organised State Championship events may incur additional costs per athlete to compete.*

### Payment Details

All registration payments for the 2016/2017 season are to be made electronically. No CASH will be accepted for Registrations.

Please make the required payments to the Mindarie Mustangs Account and forward a copy of the payment receipt to

 [mindarielac@gmail.com](mailto:mindarielac@gmail.com)

BSB Number: 066-166

Account Number: 10-275-242

Reference: *Athlete's Name*

Mindarie Mustangs Little Athletics Club

 [www.mindarielac.myclub.org.au](http://www.mindarielac.myclub.org.au)

 [www.facebook.com/Mindarielac](http://www.facebook.com/Mindarielac)

 [mindarielac@gmail.com](mailto:mindarielac@gmail.com)

## USEFUL LINKS

Mindarie Mustangs Little Athletics Club Website

 [www.mindarielac.myclub.org.au](http://www.mindarielac.myclub.org.au)

Mindarie Mustangs Little Athletics Club Email Contact

 [mindarielac@gmail.com](mailto:mindarielac@gmail.com)

Mindarie Mustangs Little Athletics Club Facebook Page

 [www.facebook.com/Mindarielac](https://www.facebook.com/Mindarielac)

Ridgewood Little Athletics Centre Website

 [www.ridgewoodlac.org](http://www.ridgewoodlac.org)

Little Athletics WA (State) (LAWA)

 [www.walittleathletics.com.au](http://www.walittleathletics.com.au)



## 2016/2017 Training Times

### Junior Athletes

**U6-U10**

**Mondays ONLY**  
**5pm till 6.30pm**

### Senior Athletes

**U11-U17**

**Monday & Wednesday**  
**5pm till 6.30pm**

**Training at Abbeville Park,  
Mindarie**

**(Adjacent to Mindarie  
Primary School)**

## 2016/2017 Competition Event Offerings

This season sees some changes to the events on offer to different age groups across Little Athletics.

See the graphic below for all the details.

U6	U7	U8	U9
70m	70m	70m	70m
100m	100m	100m	100m
Long Jump	200m	200m	200m
Shot Put	400m	400m	400m
Discus	Long Jump	60m hurdles	800m
Vortex	Shot Put	Long Jump	60m hurdles
	Discus	Shot Put	Long Jump
	Vortex	Discus	High Jump
		Turbo	Shot Put
			Discus
			Turbo
			700m walk

U10	U11	U12	U13
70m	100m	100m	100m
100m	200m	200m	200m
200m	400m	400m	400m
400m	800m	800m	800m
800m	1500m	1500m	1500m
60m hurdles	60m hurdles	60m hurdles	80m hurdles
Long Jump	Long Jump	Long Jump	Long Jump
Triple Jump	Triple Jump	Triple Jump	Triple Jump
High Jump	High Jump	High Jump	High Jump
Shot Put	Shot Put	Shot Put	Shot Put
Discus	Discus	Discus	Discus
Javelin	Javelin	Javelin	Javelin
1100m walk	1100m walk	1500m walk	200m hurdles
			1500m walk

U14	U15	U16	U17
100m	100m	100m	100m
200m	200m	200m	200m
400m	400m	400m	400m
800m	800m	800m	800m
1500m	1500m	1500m	1500m
80m hurdles	90m hurdles	100m hurdles	110m hurdles
Long Jump	Long Jump	Long Jump	Long Jump
Triple Jump	Triple Jump	Triple Jump	Triple Jump
High Jump	High Jump	High Jump	High Jump
Shot Put	Shot Put	Shot Put	Shot Put
Discus	Discus	Discus	Discus
Javelin	Javelin	Javelin	Javelin
200m hurdles	300m hurdles	300m hurdles	300m hurdles
1500m walk	1500m walk	2000m walk	2000m walk

Mindarie Mustangs Little Athletics Club

 [www.mindarielac.myclub.org.au](http://www.mindarielac.myclub.org.au)

 [www.facebook.com/Mindarielac](https://www.facebook.com/Mindarielac)

 [mindarielac@gmail.com](mailto:mindarielac@gmail.com)

## IMPORTANT CLUB/CENTRE POLICIES

In order for the Club and Centre to operate to the high standards that they do, the following policies are adhered to.

### Uniform Policy

To compete at RLAC Competitions, athletes will need to wear the approved Club Uniform, which is the Mindarie Club Top (Shirt or Singlet) and Navy Blue Shorts. Competition Numbers, and associated badges, numbers and tags must also be affixed to the Club Top.

*Failure to comply may result in being unable to compete.*

### Athlete Participation Policy

To be eligible for end of season awards, athletes must compete at a minimum of 60% of available Centre Competitions.

To be eligible for Championship Medals, athletes must compete in an event a minimum of 3 times prior to the Centre Championships.

### Parental Assistance/Roster Policy

**All** families must assist in the running of training and competitions. Families will be regularly (fortnightly) rostered on at competitions. Families **must** complete a minimum of 5 rosters across the season to ensure their athletes are eligible for end-of-season awards.

*For more details and the full policies, please check the Club and Centre Websites.*



## ONLINE LEVEL 1 OFFICIATING COURSES

Check out these opportunities

<http://athletics.com.au/Officials/Education>

The Australian Athletics Officials' Education Scheme (AAOES) is a joint initiative of Athletics Australia and Jetstar Little Athletics and provides a seamless and transparent education pathway for athletics Officials.

Click on the links below to find out all the information about how this could affect you.

[New Officials Information](#)

[Existing Officials Information](#)



## Ridgewood LAC Officials Course

**Sunday 16th October 2016**  
**Ridgewood Park, Ridgewood**

These Sessions are provided by the Centre to assist all Parents so you are confident to run an Event Site.

If you have indicated to be a Site Referee, Key Official or a Parent Helper please come along and learn, as each year the Rules and Event Specifications change regularly from season to season.

### Course Outline

8.30am Registration

9.00am Shot Put

9.30am Discus

10.00am Javelin

10.30am Tea Break

11.00am Long Jump

11.30am Triple Jump

12.00pm High Jump

12.30pm Lunch

1.00pm Walks

### Notes:

Sessions will be short and informative to give you the ability to run a competition site at Centre or State level. If you wish to come for one discipline or all you are more than welcome.

Tea and Coffee will be provided, but no other catering, if you wish to come for the day please bring along your own lunch, drink bottle, etc.

## LAWA EVENTS 2015/16

Little Athletics WA hosts a number of State events across the season. Here is a provisional list of Events, Dates and Age groups that will compete. Additional Entry fees may apply for these events. Once events are confirmed, details will be in upcoming Mustang Messengers.

### BraveHearts Challenge

Sunday 13<sup>th</sup> November 2016  
*Under 6 – Under 10*

### State Relay Championships

Sunday 11<sup>th</sup> December 2016  
*Under 8 – Under 17 (Track)*  
*Under 10 – Under 17 (Field)*

### State Combined Event Championships

Saturday 4<sup>th</sup> February 2017 & Sunday 5<sup>th</sup> February  
*Under 11 – Under 17*  
*(Some Age Groups will compete on Sunday Only)*

### Zone Championships

Saturday 4<sup>th</sup> March &  
Sunday 5<sup>th</sup> March 2017  
*Under 7 – Under 8 FINALS*  
*Under 9 – Under 15*  
*STATE QUALIFIERS*

### State Track & Field Championships

Friday 17<sup>th</sup> March (Evening), Saturday 18<sup>th</sup> March (Full Day)  
& Sunday 19<sup>th</sup> March 2017 (Full Day)  
*Under 9 – Under 17 FINALS*

## WORKING WITH CHILDREN CHECKS (WWCC)

Under legislation, Parents of registered athletes DO NOT need a WWCC. However, any grandparents, siblings (18 yrs. old +) or any other adult that is volunteering with us at Club or Centre level will require one.

If you already have one please bring it to any event where it can be sighted and a copy taken for file. If you don't have one, but require one to comply with legislation, then please call into any Australia Post branch to collect a form.

Rachel from RLAC will be required to sign off the form on Page 3. If you have any queries or concerns regarding this, please see Matt from MMLAC or Rachel from RLAC.

## SPIKE RULES

Footwear is mandatory for all athletes in all events. However, athletes from Under 11's up may wear shoes that contain spikes in certain events.

Hurdles	U11+
100m, 200m, 400m	
4 x 100m Relay	
High/Long/Triple Jump	
Javelin	
800m/1500m	U13+
4 x 400m Relay	

To be able to wear spikes at competitions, athletes **MUST** complete a Spike License.

Licenses will be available from the website soon.

Athletes must then see a Committee Member at Training to be authorized.

Athletes **MUST** wear a RED button on their Club Shirt to be able to wear spikes.

*No Button/License – NO SPIKES*

## PERSONAL BEST TALLY

Each week as the Season progresses we will celebrate the athletes that have achieved high totals of accumulative Personal Bests.

Athletes who achieve certain levels throughout the season will be presented with certificates/ vouchers at future training sessions.

## 2016-2017 Committee

President	Daan Nel
Secretary	Matthew Vine
Treasurer	Karen Swift
Registrar	Evyonne Nel
Recorder	Julie Vine
Fundraising	Louise Mann
	Caron Woodman
Coaching Team	Jeff Woodman
	Steve Moss
	Scott James