



Mindarie Mustangs Little Athletics Club

Newsletter #1 – 19/10/2014

Welcome to the 2014/2015 Season.

Welcome to our 13th Season as the Mindarie Mustangs! Each week a newsletter will be emailed to you with all the important information for the upcoming week. If you have any questions or queries please email us at mindarielac@gmail.com and a committee member will get back to you.

Training

Upcoming Training Dates:

Date	Program
Mon 20 th October	Yellow
Wed 22 nd October	Green
Mon 27 th October	Red
Wed 29 th October	Blue

Don't forget for parents and athletes to sign in at each training session.

A huge thank you to all the parents that assist at training. Without your assistance we would not be training.

Fundraising:

Next Event: **End of Month BBQ - Wed 29th October**
Sausage Sizzle \$2.50 Drinks \$1.50

Saturday Competitions

Next Competition is: **SATURDAY 25TH OCTOBER 2014**
Program 2 Events including Walks. To compete in Walks you MUST marshal by 7.20 am

Competition Roster

This week's roster:

Unless specified please sign on by 7.30am in order to set up and prepare for competition. Your assistance is required until all events have been completed. Please ensure that you are available on site for all events.

Family Name	
Woodman	ROSTER SUPERVISOR
Burnett	Set Up 6.30am
Humphrey	Canteen 7am to 10am
Abbott	Start of Track Assistant
Cronje	End of Track Assistant
Young	Jump Pit 1 Key Official
Ayliffe-Todd	Jump Pit 2 Key Official
Pallister	Jump Pit 3 Key Official
Van Der Spuy	Jump Pit 4 Key Official
Drummond	Jump Pit Assistant
Ebert	Jump Pit Assistant
Hall	Jump Pit Assistant
Harriman	Jump Pit Assistant
Lovett	Jump Pit Assistant
Marsh	Jump Pit Assistant
McCartney	Jump Pit Assistant
McGrath	Jump Pit Assistant
Moss	Jump Pit Assistant
Sivic	Jump Pit Assistant
Spollen	Jump Pit Assistant
Tan/Wong	Jump Pit Assistant
Dean	Canteen 10am to 1pm
Nortje	Pack Up

If you are unable to attend please inform us by 8pm THURSDAY, so replacements can be organised.

Season Handbook

Included as separate attachment to this Newsletter or available on the News/Info page on the website:
www.mindarielac.myclub.org.au

Spike Licenses

All athletes over U11 that wish to wear spikes at competition events, MUST complete Spike License training and be signed off on an authorization form by Coach Matt. Athletes MUST have a red button on their uniform if they have a spike license. Failure to comply with the Spike License will result in the athlete not being allowed to wear spikes for ANY event. If any Athlete still needs to complete a Spike License or have any questions, please see Coach Matt at Training or Competition events.

Club Captains

Congratulations to our 2014/2015 Mustang Captains.



(Left to Right) Emily Ebert, Lucy McCorkindale, Jayden Harriman and Brayden Smith.

Centre Captains

Congratulations to Emily Watson and Emily Ebert for being elected as the Ridgewood LAC Captains for the 2014/2015 Season.

Athlete Achievements

Congratulation to Omeara Louange for becoming the first recipient of the Ridgewood LAC U12 Scholarship Award.

Upcoming State Events

WALA Teams Challenge

Sunday 16th November 2014 @ WA Athletics Stadium
Open to U6, U7, U8, U9 and U10 Athletes.

Fun team event to introduce younger athletes to the Athletics Stadium. Teams of 4 compete in 60m, 100m, Long Jump, Shuttle Relay and Turbo Jav. (U6-U8) and Shot Put (U9-U10). If you would like to attend, or more details please see Matt at Training this week to sign up.

WALA State Track and Field Relay Championships

Sunday 14th December 2014 @ WA Athletics Stadium
Track events open to U8-U17. Field events open to U10-U17. Athletes will be selected by Ridgewood LAC based on performances in 100m, 200m and 400m events. Selected athletes MUST commit to all requirement or penalties will apply including No Relay Selection in 2015/2016 season and NO Trophy Eligibility in 2014/2015 season.

For the full selection criteria and policy for the event see the Ridgewood LAC Website.

<http://ridgewoodlac.org/state-relays-selection-policy/>

More details to follow once initial squads are announced.

First 2 Weeks of Competition Photo Gallery



Some of our U13 Boys



Some of our U12 and U7 Girls



Our U17 Girls



Our Senior Athletes at Long Jump

Registered Builder Required!

Over the past few years the Mindarie Mustang Committees have been fundraising tirelessly to raise enough funds to construct a storage unit on the back of the toilet block at Abbeville Park. If you are/or know a registered builder and would be interested in assisting us fulfil the dream please see Daan, Caron or Nicola at Training or Competition or contact us via our email. mindarielac@gmail.com

Ticks and Bees at Ridgewood Oval

Please remember that athletes should not be down by the lake or playing in the trees as they could be stung by bees or get attacked by a Tick. If athletes are stung by bees or have a tick, then please see the First Aid Officer.

A BIG Thank You to all of the parents that have assisted on Roster over the first two weeks. Without your dedication the competitions would not be successful.



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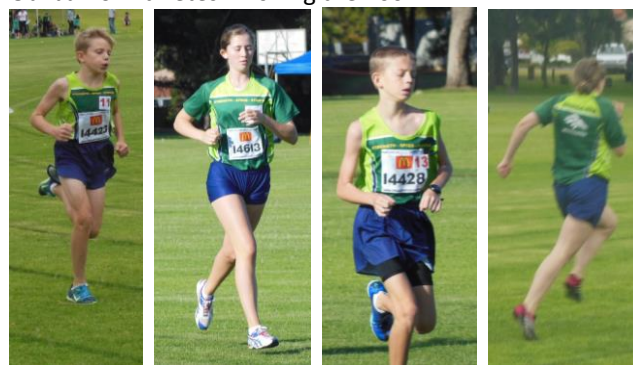
www.facebook.com/Mindarielac



The Senior Boys on track in the 400m



Our Junior Athletes finishing the 200m



Some of our athletes tackling the track.

EAGLEBOYS

Thank You to Eagle Boys Clarkson for providing the Mindarie Mustangs with Vouchers for us to use as part of our Personal Best Achievement Program.

(If you would like to advertise in our weekly newsletter please see Caron at Training.)

Behaviour at Competitions

Over the first couple of weeks there have been a few incidents at events involving some of the junior athlete's behaviour. Can we please remind all athletes that good behaviour is a requirement to compete at Ridgewood LAC. If athletes are not behaving in the correct manner or listening to the site officials, then athletes may be removed from the site and not allowed to compete. If your athlete is in the U6, U7 or U8 age groups and you are not on roster, please feel free to follow your athlete around and assist the site officials in doing their job by ensuring the athletes are behaving appropriately and listening.

Mindarie Mustangs Committee

Daan – President	Tony – Vice President
Nicole – Secretary	Nicola – Treasurer
Matt – Coach	Evynne – Registrar
Julie – Recorder	Caron – Fundraising
Tegan – Fundraising	Paul – General