



2015/2016

The Mustang Messenger

Newsletter #1 – 26/08/15

THIS WEEKS KEY INFO

TRAINING - @ 5pm:

Date	Program	Venue
Starts mid - September Monday and Wednesdays 5.00 pm to 6.30pm		

MMLAC = Abbeville Park
RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 10 th October 2015
Opening Day Program

NEXT WALA COMPETITION:

Bravehearts (Teams) Challenge
Under 6's to Under 10's
Sunday 15 th November 2015
WA Athletics Stadium

ROSTER:

Family Name	Rostered Position
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Coming Soon –
Remember to
Check Weekly
starting
October 5th

FUNDRAISING:

Orientation Day Sausage Sizzle
Saturday 12 th September
Abbeville Park, Mindarie

WELCOME TO THE 2015/2016 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 14th season of Mindarie Mustangs is successful.

REGISTRATION DAY

Registration for the 2015/2016 Season

Saturday 5th September 2015

Ridgewood Park, Ridgewood,

10am - 1pm.

New Members will need to attend the Registration Day at Ridgewood Park with their Birth Certificates in order to confirm ages and register.

2014/2015 Members will receive an email about how to re-register online or come to see us at Ridgewood Park.

For more information on the Club and/or Centre, please visit our websites.

2015/2016 FEES

The 2015/2016 Registration Fees will be \$155 per athlete, with a \$25 Fundraising Levy per family.

Payments can be made by CASH or via Direct Deposit.

Direct Bank Deposits:

Mindarie Mustangs Little Athletics Club

BSB: 066-166

Account Number: 10-275-242

Reference: *Athlete's Name*

UNIFORM

Mindarie Mustangs Uniform consists of the Mindarie Mustangs Top and Ridgewood Shorts or Plain Navy Blue Shorts.



OR



\$30 T-Shirt

\$25 Singlet

Full Range of Ridgewood Uniform available from RLAC.
Prices from \$30



SCHOOL HOLIDAY ATHLETICS CLINICS

Specialist training for all abilities (beginner through accomplished)
Open to U9 to U17's. Mon 5th and Tues 6th October 2015 @ WA

Athletics Stadium between 9am and 3pm. \$85 for 1 Day or \$150 for both days.

(includes T-Shirt) Select up to 4 events per day. Enrollments closes September 13th.

For more details or register: <http://sprintingfast.com/school-holiday-clinics/>

MINDARIE TRAINING TIMES

Training takes place at Abbeville Park, Mindarie on Mondays and Wednesdays from 5pm to 6.30pm. Pre-Season Training will commence on Monday 14th September. More details to follow.

SATURDAY COMPETITIONS

Competitions take place each Saturday morning at Ridgewood Park, Ridgewood starting Saturday 10th October from 7.15am (Marshalling for 1500m/Walks) till approx. 1pm. Full Calendar coming soon.

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.*

NEWSLETTERS – *The Mustang Messenger*

The weekly newsletter is our main form of communication with all of the upcoming information, plus record breakers, PB Trackers and feature articles from our athletes and committee members. Newsletters will be available on the website weekly.

 www.mindarielac.myclub.org.au/11.htm

USEFUL LINKS

Mindarie Mustangs Little Athletics Club Website

 www.mindarielac.myclub.org.au

Mindarie Mustangs Little Athletics Club Email Contact

 mindarielac@gmail.com

Mindarie Mustangs Little Athletics Club Facebook Page

 www.facebook.com/Mindarielac

Ridgewood Little Athletics Centre Website

 www.ridgewoodlac.org

WA Little Athletics (State) (WALA)

 www.walittleathletics.com.au

ORIENTATION DAY 2015

Saturday 12th September 2015
10am to 12pm
Abbeville Park, Mindarie
Information Sessions covering
Training, Competitions and
Special Events.

ALL Members (New and
Returning) encourage to attend!
Free Sausage Sizzle!

KIDSPORT

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

For more information visit

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



Department of
Sport and Recreation

 City of
Wanneroo

Mindarie Mustangs Little Athletics Club

 www.mindarielac.myclub.org.au

 www.facebook.com/Mindarielac

 mindarielac@gmail.com

RIDGEWOOD SATURDAY KEY OFFICIALS

In order to provide top quality events each and every week at Ridgewood LAC we require a team of parents to act as Key Officials and Parent Helpers on each of the field sites on Saturday mornings. If you are interested in becoming part of the Key Officials Team please contact Rachel at RLAC via ✉ info@ridgewoodlac.org Interested parties will be required to attend an officiating course prior to the start of the season.

Sites that require Key Officials

Shot Put Discus Javelin
High Jump Long/Triple Jump

RIDGEWOOD LAC CANTEEN MANAGER ADVERTISEMENT

Ridgewood Little Athletics Centre are calling for applications for the role of Canteen Manager for the 2015/2016 RLAC Athletics Season. A full advert has been emailed to previous members. If you are interested in taking on this role, please contact Rachel at RLAC via ✉ info@ridgewoodlac.org

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.

WALA RELAY CHANGEOVER JUDGES TRAINING

In order to assist in the smooth running of the WALA State Relay Championships in December, WALA are requesting names of any individual who would be interested in being trained up to complete the role of a Changeover Judge at the event. The event will be on Sunday 13th December at the WA Athletics Stadium. If you are interested in taking on this role, please contact RLAC via ✉ info@ridgewoodlac.org

WALA EVENTS 2015/16

Brave Hearts (Teams) Challenge

Sunday 15th November
Under 6 – Under 10

State Relay Championships

Sunday 13th December
Under 8 – Under 17 (Track)
Under 10 – Under 17 (Field)

State Multi Event Championships

Saturday 6th February
Under 16/17 Only
Sunday 7th February
Under 11 – Under 17

Zone Championships

Saturday 5th March &
Sunday 6th March 2016
Under 7 – Under 9 FINALS
Under 10 – Under 15
STATE QUALIFIERS

State Track & Field Championships

Saturday 19th March &
Sunday 20th March 2016
Under 10 – Under 17 FINALS

2015-2016 Committee

President	Daan Nel
VP/Coach	Tony Young
Secretary	Matthew Vine
Treasurer	Jillian McCorkindale
Registrar	Evynne Nel
Recorder	Julie Vine
Fundraising	Louise Mann
	Donna Cornell
Coaching	Jeff Woodman
Team	Steve Moss
	Jacque Ayliffe

