



The Mustang Messenger

Newsletter #10 – 02/11/15

THIS WEEKS KEY INFO NEXT TRAINING - @ 5pm:

Date	Program	Venue
MON 02/11	GREEN	MMLAC
TUES 03/11	Throws/Track	RLAC
WED 04/11	YELLOW	MMLAC
MON 09/11	BLUE	MMLAC
TUES 10/11	Throws/Track	RLAC
WED 11/11	RED	MMLAC

MMLAC = Abbeville Park
RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 7th November 2015

Program 2 (Walks @ 7.20am)

NEXT WALA COMPETITION:

Bravehearts Challenge

Under 6's to Under 10's

Sunday 15th November 2015

WA Athletics Stadium

NEXT COMPETITION ROSTER:

Family Name	Rostered Position
CHAYCHUK	Set Up 6.30AM
VENTER	Canteen 7-10
COWAP	Canteen 10-1
CORNELL	Jump Pit 2 KO
YOUNG	Shot Put Site 1 KO
HALL	Shot Put Site 1
HATHAWAY	Shot Put Site 1
PALLISTER	Shot Put Site 1
MOSS	Discus Site 1 KO
CRONJE	Discus Site 1
AIRNS	Discus Site 1
KOTZE	Discus Site 1
O'MALLEY	High Jump 1 KO
VINE	High Jump 2 KO
MULCRONE	High Jump 1
VISSER	High Jump 1
KRAUSE	High Jump 2
LATEGAN	High Jump 2
KINGI (SWIFT)	Pack Up

NEXT FUNDRAISING EVENT:

End of Month Club BBQ

Wednesday 25th November

Sausage \$2.50 / Drinks \$1.50

Captains Badge Presentation



Congratulations to our Club Captains who were presented with their badges on October 28th. We look forward to them assisting the athletes in continuing to improve by supporting them at both training and competitions.

(Hayley was unable to attend and will be presented with her badge this week)

Parent Rosters

Just a gentle reminder that all families are committed to completing at least 5 rosters across the season. If you are unable to complete a roster, it is your responsibility to organise a replacement and inform the committee via email. Failure to do so may jeopardise your athletes eligibility to receive awards and trophies at the end of the season. By not completing your roster it puts undue pressure on the event site and other people to fill in for you. Your assistance is greatly appreciated in ensuring the rosters are completed.

RECORD BREAKERS

On Sat 24th Oct, 4 Athletes broke/
set new Ridgewood Records!

Congratulations to:

Ashton Van Der Spuy

U8 Boys High Jump Scissor—0.92m

Jackson Anderson

U9 Boys 400m—1 min, 13.60 sec

Sophie McCorkindale

U11 Girls 800m—2 mins, 48.77 sec

Lucy McCorkindale

U14 Girls 800m—2 mins, 36.37 sec

WEEKLY SPONSOR

Mindarie Mustangs LAC would
like to thank



GRILL'D

OCEAN KEYS

for choosing us as a LOCAL
MATTERS CLUB for November.

Visit Grill'd during November to
support the club!

If you would like to sponsor the
club, please see Louise or Donna at
training or competitions.

FRIDAY NIGHT AWA STRIVE COMPETITIONS

Next Event: Strive Prog B - Fri 6th November

Open to Athletes U12+. Great opportunities to compete
against different athletes at the WA Athletics Stadium.

For more information, visit: www.waathletics.org.au

WALA Registered Athletes can register as part of a
Seniors Club or as an AWA Independent Athlete.



Signing In @ Training

As part of the health and safety of all athletes involved, please ensure that ALL athletes are signed in at the start of training. If you arrive late, please still sign them in. Not only does this give us some indication as to the number of athletes training but it also covers them under the WA Little Athletics Insurance.

Results Processing Timeframes

Please remember that results can take up to 7 days to process, this includes records and PB results.

We therefore celebrate these achievements the following week.

LEVEL 1 COACHING COURSE YANCHEP 15TH NOVEMBER

Yanchep LAC in association with Athletics WA are holding a Level 1 Coaching Course on November 15th. This course is a Nationally Accredited Course. It is a Full One Day Course (8.30am—5pm) which is designed to:

- ⇒ Develop the general principles of coaching: communication, group management, safety, organisation & instruction.
- ⇒ Provide practical coaching strategies to develop the fundamental skills of running, jumping & throwing in a fun and safe environment.

An online course is required as a pre-requisite.

For more details and to register please visit:

www.l1caccyanchepnov2015.eventdesq.com/



P.M.H ACTIVITY DAY

Saturday 7th November 2015

Special Events including
Club Relays
Parent/Former Athlete Relays
Raffles & lots more
All activities are via a Gold Coin Donation.



RIDGEWOOD LITTLE ATHLETICS GOES PINK

SATURDAY 21ST NOVEMBER

Come dressed in Pink to support the McGrath Foundation

Donation Tins will be at club tents.



COMING SOON

Friday 13th November—Block Starts

Friday 20th November—Steeple Chase & Hammer Throw

Friday 27th November—200m Hurdles

For more info contact Jake Trewin (Development Officer)
jake.trewin@waathletics.org.au

Jetstar



Free Education Seminars

November 2015

Referees & Arena Managers Seminar

Thursday 5th November
7pm to 9.30pm
WA Little Athletics Office,
15 Harrogate St, Leederville

Walks Officials Seminar

Sunday 8th November
10 am to 12.15pm
WA Little Athletics Office,
15 Harrogate St, Leederville

Visit: <http://www.walittleathletics.com.au/Officials/Officiating-Courses> to register.

WALA Bravehearts Challenge



Nominations for the WALA Bravehearts Teams Challenge have now closed.

Good luck to all those athletes in the Under 6 to Under 10's who have registered to compete at the event.

Mindarie Mustangs Little Athletics Club

www.mindarielac.myclub.org.au

www.facebook.com/Mindarielac

mindarielac@gmail.com



Jenna Woodman - Senior Captain

Jenna joined Mindarie Mustangs in 2010 and re-joins us for her 6th season with Mindarie. In her time with Mindarie, Jenna has achieved a variety of Centre Championship medals and Club Awards.

Jenna said some of her best achievements have come at State Championships, but she believes that her greatest achievement is still to come.

During this season, Jenna is aiming to achieve the goal of clearing 1.40m in High Jump. Jenna is confident that she can achieve this.

Looking to the future, Jenna is looking to continue to improve her High Jump PB's so that she can achieve higher heights.

Jenna's one piece of advice:

"Believe in Yourself."



30th October – 1st November 2015
WA Athletics Stadium

WA All Schools Championships Recap

Mindarie Athletes bring home 4 Medals!

Over the course of this weekend, Omeara Louange (U14 Girls), Joshua Smith (U13 Boys), Jayden Harriman (U16 Boys) and Shaun Smith (U17 Boys) competed against some very strong competition at the State Championships.

All four of them competed to their absolute best and should be commended on their achievements.

Results were as follows:

Omeara

Triple Jump - **GOLD**, 11.00m
Long Jump - **GOLD**, 5.27m
High Jump - **BRONZE**, 1.55m
100m Final - 7th, 13.2 seconds

Jayden

200m Final - 7th, 23.56 seconds

Shaun

Hammer Throw 5kg - 4th, 23.30m
Shot Put 5kg - 5th, 10.89m
Javelin 700g - 9th, 30.03m

Joshua

Hammer Throw 3kg - **SILVER**, 18.56m
Discus 1kg - 5th, 24.54m
Triple Jump - 6th, 9.23m
200m Heat - 6th, 29.16 seconds
90m Hurdles Final - 8th, 17.12 seconds
High Jump - 13th, 1.25m

**CONGRATULATIONS TO YOU
ALL!**

Click for [Full Results!](#)



Officiating Level 1

As part of the new Athletics Australia Officials Education Scheme, it is highly recommended that all parents have a go at the course(s) that they are rostered onto across the season.

By completing these courses, not only does it give you an Officials Qualification it also provides you with the opportunity to ensure that you are completing your roster commitments correctly.

[Level 1 Information](#)

[Officiating Courses Log In](#)

If you wish to discuss the scheme further please see Matt at Training or Competitions.

PERSONAL BEST TALLY

After 3 weeks of Competition (up to 24th Oct) Mindarie Athletes have earnt a combined total of

959 Personal Bests!

Well Done Everyone! 55 Athletes have now earnt 10 Personal Bests this season! A great start by all!

2015-2016 Committee

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

Mindarie Mustangs Little Athletics Club



Places are available for centres to compete under the lights at the
WA Athletics Stadium



Preliminaries

Ridgewood LAC competing!
Contact us to attend

11TH DECEMBER

Final

17TH DECEMBER

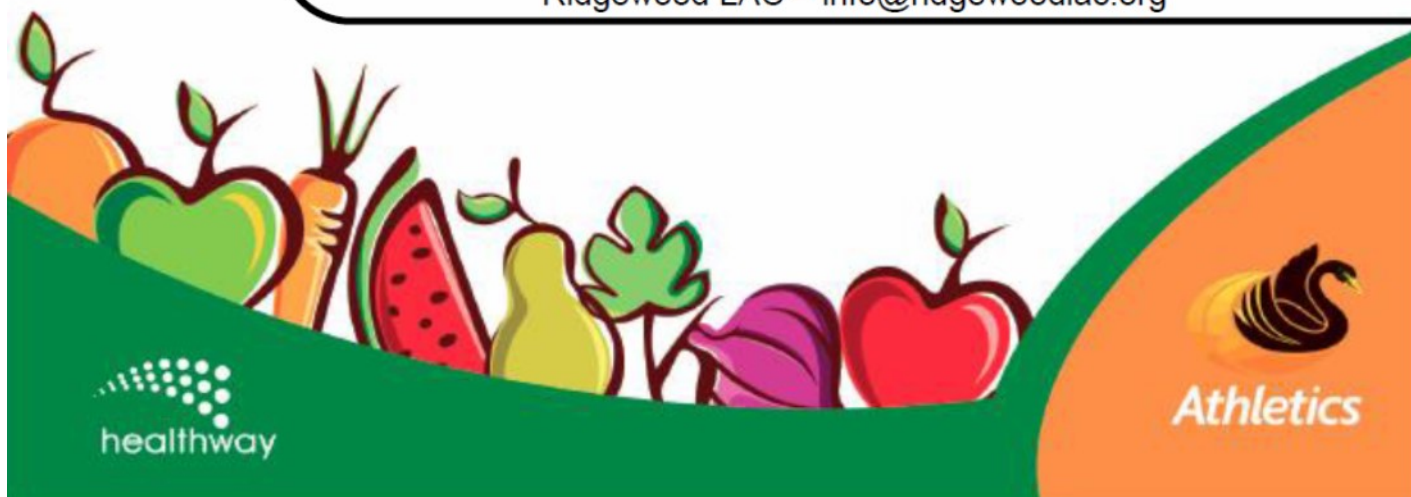


Warm up from 5pm. First Event at 5:30

Open to U14-17 athletes, Little Athletics Centre uniforms to be worn
with bib provided by Athletics WA for the night.

FREE ENTRY

Please send your expressions of interest to:
Ridgewood LAC – info@ridgewoodlac.org



Mindarie Mustangs Little Athletics Club

www.mindarielac.myclub.org.au

www.facebook.com/Mindarielac

mindarielac@gmail.com