



2016/2017

The Mustang Messenger

Newsletter #10 — 03/11/16

THIS WEEK'S KEY INFO

NEXT TRAINING - @ 5pm:

Date	Who	Venue
Nov 7	ALL	MMLAC
Nov 8	U11-U17	RLAC
Nov 9	U11-U17	MMLAC
Nov 10	U11-U17	RLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 5th November

Program 2 including WALKS

NEXT LAWA COMPETITION:

Bravehearts Challenge

Under 6's to Under 10's

Sunday 13th November 2016

WA Athletics Stadium

NEXT COMPETITION ROSTER:

Family Name	Rostered Position
METTAM	Set Up 6.30am
ABBOTT & LENA	Canteen 7-10am
CORNELL	Canteen 10am-1pm
JAMES	Walks Judge
COWAP	Shot Put Chief
DU PLOOY	Shot Put Helper 1
CHAYCHUK	Shot Put Helper 2
RAMSAY	Shot Put Helper 3
ROSELT/SMITH	Discus Chief
CRONJE	Discus Helper 1
HATHAWAY	Discus Helper 2
KLEYNHANS	Discus Helper 3
ROSELT/SMITH	High Jump A Chief
CLEMENTSON	High Jump A Help 1
BAILEY	High Jump A Help 2
HARDING	High Jump B Chief
COWAP	Pack Up 11.30am

ROSTER MANAGER

SELECT YOUR ROSTERS NOW!



This week's RLAC Messages

- ✓ Athletes need to be aware of the rules around false starts, too many athletes are losing balance and false starting at competitions. The starters will be enforcing the false start rules which could result in disqualifications. If you are unsure, please see Carl during track training sessions.
- ✓ Please only select Key Official positions for competitions if you are confident to run the site. It is recommended and extremely encouraged that these individuals have completed the Level 1 Online Officials Course for the selected events.

Click [HERE](#) for more information and to complete the online courses.

- ✓ For queries on event sites please speak to the Referees (Matt/Dan for Jumps, Scott/Paul for Throws and Adrian/Mick for Track). The Arena Manager in consultation with Referees are the only people who can cancel/postpone an event.
- ✓ The Under 13 Boys Group have been given a FIRST and FINAL warning regarding Spike Safety. There was an incident at Long Jump last week and it is lucky no-one was seriously injured.

Please remember that ALL athletes who wear spikes MUST have completed a Spike Licence and have had it signed off by a Club Coach. Athletes who do not comply with the Rules and Regulations set out will have their spike licence cancelled.

RECORD BREAKERS

Records are starting to fall.

We will celebrate athletes achievements once certificates are issued.

WEEKLY SPONSOR

The Mindarie Mustangs would like to thank

AMF Bowling Joondalup



For being a supporter of our club during the 2016/2017 season.

Please support this business.



AWA Go for 2 & 5 COMPETITIONS

RETURNS FRIDAY 11TH 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





Australian Government
Australian Sports Commission



Free online officiating course

The Introductory Officiating General Principles course has been developed to assist new officials improve their basic officiating skills.

A major benefit of the online course is that officials can complete it in their own time. Thanks to a subsidy from the Australian Sports Commission, the online course is initially available free of charge to Australian officials.

About the course

The course contains three training modules that cover a range of general officiating topics, including:

- > ethical responsibilities of officials
- > preparation for officiating
- > safety
- > communication
- > dealing with conflict
- > people management.

The course takes approximately four hours to complete, and there is assessment included at the end of each module.

Becoming an accredited official

The Introductory Officiating General Principles course can provide the first step towards accreditation. Your national or state sporting organisation can provide more information on the sport-specific requirements to achieve accreditation as an official.

How to access the course

The Introductory Officiating General Principles course is available from the Australian Sports Commission's online learning portal at learning.ausport.gov.au

ausport.gov.au/official



SP 32508

Mindarie Mustangs Little Athletics Club

 www.mindarielac.weebly.com

 www.facebook.com/Mindarielac

 mindarielac@gmail.com

Relay Coaches & Teams

Initial Selection for Relay Teams have been released. Athletes that have made the initial selections list should have received an email from Mindarie LAC.

Any questions or queries please see the RLAC Coach—Craig Smith

RLAC are still seeking volunteers to undertake the role of a relay coach. If you are interested and would like more information please see the RLAC team at the Jetstar/McDonalds tent near end of track.



COMING SOON



Ridgewood LAC Vs. Joondalup LAC

Saturday 26th November

WA Athletics Stadium, Claremont

More Information to be released soon.

Personal Bests Tally

The PB Tally for Mindarie LAC will be updated next week once results are updated and received.

Keep it up everyone, you are all doing a great job.

10 PB's are just around the corner for a number of athletes.

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

Officiating Tip Sheets



Athletics Australia and Jetstar Little Athletics have released a variety of Officiating Tip Sheets.

These documents will assist you in the basic rulings and understanding for the specified discipline.

All of the documents are available at

<http://www.athletics.com.au/Officials/Handy-Hints>

Disciplines include:



Long Jump

Triple Jump

High Jump

Discus

Shot Put

Javelin

Wind Gauge



Starting

Timekeeping

Umpiring

Relays

Hurdles

Place Judging

Race Walking





LAWA – PERTH CHILDRENS HOSPITAL ACTIVITY DAY

SATURDAY 5TH NOVEMBER 2016

**All proceeds go to The Perth Children's Hospital (formerly PMH) Foundation
in support of the Artist in Residence Program**

Hospital staff have noted that many of the children spend their days drawing to keep themselves occupied. They have also noted that some of these children are very talented in this area, hence they are employing this artist to encourage and assist the long hours that some of these children spend in the hospital.

Please support this cause, so that your children are aware they too can help children less fortunate than they are and who cannot enjoy our sport as they can.



Bayswater LAC being presented with the trophy for most money raised by a PMH Foundation representative at State Championships 2016

New hospital / new look / same purpose

PMH Foundation has become Perth Children's Hospital foundation.

"Still, our purpose remains as strong as ever: to ensure the 250,000+ children from throughout WA who are cared for at the hospital each year are given the best possible chance of living their healthiest and happiest lives."

**Please support
'Kids for Kids'**

RLAC will be conducting a Grand Relay for athletes at 8am on Saturday 5th November. A Gold Coin Donation will be requested for athletes to participate. The clubs will also have a variety of fundraising activities going on.

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