



# Mindarie Mustangs Little Athletics Club

Final Edition of 2014 – Merry Christmas

Newsletter #10 – 21/12/2014

## State Field Relay Championships

Last weekend at the 2014 WALA State Track and Field Relay Championships many teams competed under the Ridgewood Banner. Every athlete should be proud of their achievements. However, the Mindarie Mustangs have something even more special to celebrate following this event.



Brayden Smith (Mindarie) and Dylan James (Butler), two of our Under 13 Boys competed in the Field Relays and secured themselves a SILVER MEDAL. A huge congratulations to both.



### **Brayden Smith – U13 Boys (Mindarie Junior Boys Captain)**

Brayden joined the Mindarie Mustangs as part of the Under 8's in 2009. He has been a strong member of the club ever since over the past six seasons. Currently as our Junior Boys Captain, Brayden is setting the mark for other athletes to continue to strive for excellence. Brayden has been very successful in his athletics career so far, securing Gold (U10) and three

silver medals (U11, U12, and U13) at the Field Relay Championships over the past four seasons.

Brayden has been selected as a member of the 2014/2015 Little Athletics Development Squad and is specialising in Throws. With Ridgewood Season Best Performances of 22.68m for Discus, 8.02m for Shot Put and 22.98m for Javelin, there is no wonder why Brayden has been performing so well at State and Local competitions.

Brayden has competed at many State events over his time with Mindarie Mustangs and in 2015 is aiming to medal in the Throw Events at the WALA State Championships on March 21<sup>st</sup>/22<sup>nd</sup>.

From all of the Committee at Mindarie Mustangs we extend our huge congratulations to our first WALA State Medallist for 2014/2015.

## Centre Training

Last Tuesday, many members of both the Club and Centre attended the final Middle Distance Training Session with Craig McCorkindale at Quinns Beach. Lots of fun was had by all including, beach running, a quick dip in the ocean and Hot Chip Rolls to finish.

A big Thank-You to all the parents that attended with athletes for supervision, but more importantly, THANK YOU to Craig McCorkindale for organising a great last session for 2014.

Centre Training will return in 2015, check the Ridgewood and Mindarie Websites plus the Mindarie Newsletter for details on when Centre Training will resume.



## Competition Roster

As previous stated in the Mindarie Handbook, Ridgewood Handbook and in the Parent Roster Policy; it takes a lot of people to run the competitions smoothly. Without the parental support, it becomes very difficult to maintain a high level of competition. As per the policy, it is a requirement of ALL families to complete a minimum of 5 rosters. This means that parents assist and sign in at the relevant locations for the total duration required. To ensure that your presence and assistance has been recognised please ensure that you sign in with Tony or Daan at Competitions. Failure to complete the required 5 rosters, will results in all athletes associated with the family being ineligible for any Club and Centre acknowledgments at the end of the season.

Over the remainder of the season we begin to lose a number of families due to unforeseen circumstances like holidays/ moving house/ medical etc. Therefore we are beginning to be short for our rosters. If you have not completed your allocated five rosters or are available to assist please let us know at Training or arrive at the Jump Pits and see if we need help.

Below is the roster for the first competition back: Saturday 10<sup>th</sup> January 2015. We are already a few people short so please let us know via email if you can help us out.

| Family Name   | This Weeks Roster:       |
|---------------|--------------------------|
| FRIEND        | Set Up 6.30am            |
| LOUANGE       | Canteen 7am to 10am      |
| VENTER        | Start of Track Assistant |
| ARUNDEL/SMITH | End of Track Assistant   |
| PAYNE         | Jump Pit 1 Key Official  |
| ADAMS         | Jump Pit 2 Key Official  |
| JAMES         | Jump Pit 3 Key Official  |
| O'MALLEY      | Jump Pit 4 Key Official  |
| BOUWER        | Jump Pit Assistant       |
| BURNETT       | Jump Pit Assistant       |
| HALLIDAY      | Jump Pit Assistant       |
| HEARD         | Jump Pit Assistant       |
| HEPCAL        | Jump Pit Assistant       |
| McCARTNEY     | Jump Pit Assistant       |
| McGRATH       | Jump Pit Assistant       |
| MOSS          | Jump Pit Assistant       |
| TUDOR-ROBERTS | Jump Pit Assistant       |
| HELP NEEDED   | Jump Pit Assistant       |
| HELP NEEDED   | Jump Pit Assistant       |
| HELP NEEDED   | Jump Pit Assistant       |
| HELP NEEDED   | Jump Pit Assistant       |
| ROSELT/SMITH  | Canteen 10am to 1pm      |
| HELP NEEDED   | Pack Up                  |

If you are unable to attend please inform us by 8pm THURSDAY, who will be replacing you.

## Athlete Achievements

### **Centre Record Breakers**

Last Week (13/12/2014) saw 2 Mindarie Athletes break 3 different Ridgewood Records:

*Jackson Anderson*

U8 Boys 70m – NEW RECORD: 11.75 sec

U8 Boys 400m – NEW RECORD: 1 min 16.35 sec

*Sophie McCorkindale*

U10 Girls 800m – NEW RECORD: 2 mins 51.06 sec

What a fantastic achievement by all of our athletes.

Well Done to all of our NEW RECORD HOLDERS.

**Certificates for Record Holders will be handed out at Training on Wednesday 14<sup>th</sup> January.**

### **Personal Bests**

The Mindarie Mustangs continue to improve each and every week. We now have 5 athletes who have achieved 30 Personal Bests! This is a fantastic achievement, this early in the season. KEEP IT UP!

### **Twilight Competition**

Last Friday (19<sup>th</sup> December) saw Ridgewood LAC host the final competition for 2014. Lots of fun was had by all with PB's galore, competing under the lights for the 100m and even a visit from Santa! A special thank you to all the parents that assisted at this event.

### **2015 AT A GLANCE**

With 2015 just on the horizon and the athletics season soon approaching the "business" end, here is some brief information about some of the upcoming events.

#### **Multi Event Championships**

Multi Events is a Pentathlon of events. Ridgewood LAC hosts a local event on Jan 10<sup>th</sup> for all age groups. Check out the newsletters closer to the time for the program for U6-U10. U11-U17 athletes will complete the events as per WALA guidelines.

The WALA State Event is on Sunday 1<sup>st</sup> February at the WA Athletics Stadium. U11-U17 athletes only. Details on the Mindarie Website. See Rachel at the McDonalds Tent on Jan 10<sup>th</sup> or email to sign up if you haven't already.

#### **Centre Championships**

The 2015 RLAC Championships will be held on Saturday 14<sup>th</sup> and 21<sup>st</sup> February 2015.

Medals will be presented to the top three athletes in each age, gender and event.

In order to be eligible to contest medals, athletes must have competed in the event at least THREE (3) times across the season. If you have any questions about Championships or eligibility, see us at Training and Competitions.

#### **Zones**

*Saturday 7<sup>th</sup> and Sunday 8<sup>th</sup> March 2015 – Location TBC*

U7 – U9: Season Finals

U10 – U15: Qualifiers for State Championships.

U16 – U17: No Competition – Direct to States!

Athletes nominate to compete at this event. More information will be included in future Newsletters.

## States

*Saturday 21<sup>st</sup> and Sunday 22<sup>nd</sup> March 2015 – WA Athletics Stadium.*

U10 – U17: Season Finals

U10 – U15 Athletes who qualified from Zones

U16/U17 Athletes nominate to compete.

More information will be included in future Newsletters.

### **End of Season Awards Eligibility**

*AGM Date and Location TBD*

All athletes who compete in at least 60% (12/18) of Ridgewood Competitions and whose parents have completed the minimum 5 Rosters, per the policy, will at least receive a Participation Award and PB Certificate.

If an athlete or family does not meet this criteria then expressions of exemption are to be presented to the President of Mindarie Mustangs with supporting medical documentation.

### **Calendar**

*All Dates/Locations are correct at time of publication*

|   |  |
|---|--|
| Sat 10 <sup>th</sup> January                                | Ridgewood Multi Event Championships  |
| Mon 12 <sup>th</sup> January                                | Training Resumes @ Abbeville Park  |
| Sat 17 <sup>th</sup> January                                | Ridgewood Program 1  |
| Sat 24 <sup>th</sup> January                                | Ridgewood Program 2 (Aus Day Fun)  |
| Mon 26 <sup>th</sup> January                                | NO Training Tonight – Aus Day P/H  |
| Wed 28 <sup>th</sup> January                                | Training & End of Month BBQ  |
| Sat 31 <sup>st</sup> January                                | Ridgewood Program 1  |
| Sun 1 <sup>st</sup> February                                | WALA State Multi Event Championships @ WA Athletics Stadium (Self Nominated U11-U17's ONLY)                        |
| Sat 7 <sup>th</sup> February                                | Ridgewood Program 2  |
| Sat 14 <sup>th</sup> February                               | Ridgewood Program 1 Centre Championships   |
| Sat 14 <sup>th</sup> February                               | Athletics Australia Perth Track Classic @ WA Athletics Stadium (National/International Elite Athletes Competition) |
| Wed 18 <sup>th</sup> February                               | Final Mindarie Training Session  |
| Sat 21 <sup>st</sup> February                               | Ridgewood Program 2 Centre Championships   |
| Dates TBC (22 <sup>nd</sup> Feb – 6 <sup>th</sup> Mar)      | Zones Centre Training  |
| Saturday 7 <sup>th</sup> and Sunday 8 <sup>th</sup> March   | WALA State Track and Field Heats and Quarter-Finals. (U7-U15) – Zone 4, Location TBD                               |
| Dates TBC (9 <sup>th</sup> – 20 <sup>th</sup> Mar)          | States Centre Training   |
| Saturday 21 <sup>st</sup> and Sunday 22 <sup>nd</sup> March | WALA State Track and Field Championships (Semi-Finals and Finals) (U10-U17)  |
| Date/Location TBD (March/April)                             | Mindarie Mustangs AGM  |
| Date/Location TBD (March/April)                             | Ridgewood LAC AGM  |



Mindarie Mustangs Little Athletics Club

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

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

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



The Mindarie Mustangs  
Committee would like to wish all  
of our members a very  
Merry Christmas and a  
Happy New Year.



Enjoy the break from  
Competitions and we shall see  
you all again in 2015.

Competition Resumes Sat 10<sup>th</sup> Jan  
Training Resumes Mon 12<sup>th</sup> Jan



Mindarie Mustangs Little Athletics Club  
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