



Mindarie Mustangs Little Athletics Club

Welcome Back!

Newsletter #11 – 04/01/2015

Welcome Back!

Welcome to 2015 and the second half of our season. With just 5 competitions left until Centre Championships now is the time to pull out all the stops, train hard, compete well and get as close to those records as you can.

Remember to be eligible for medals at Centre Championships you must have competed in the event a minimum of THREE (3) times. Also to be eligible to receive trophies at the end of the season athletes need to have competed at a minimum of 12 Ridgewood Centre Competitions and parents must have completed their minimum roster requirements.

Athletes who are not eligible may be able to submit an application for exemption to the Mindarie President. Applications will be assessed case by case and MUST be accompanied by medical documentation. See Daan or Tony at Training/Competitions to discuss.

Rosters

The Committee would like to sincerely thank the following families who have already completed the minimum requirements but still continue to assist us whenever their roster indicates or as extra support each week.

| <i>Families who have completed 5 or more Rosters this season</i> | |
|--|--------------|
| Adams | Ayliffe-Todd |
| Dawson | Dean |
| Ebert | Harriman |
| Hathaway | Lategan |
| O'Malley | Payne |
| Roselt/Smith | Tan/Wong |
| Wollhaf | Woodman |
| Young | |

Club Training

As athlete numbers usually decline after Christmas it is even more important that parents are in attendance at Training and available to assist. If you have any questions about Training see Matt.

Training will recommence AFTER the first competition of 2015. Upcoming Training Dates:

| Date | Program |
|--------------------------|-----------|
| Mon 12 th Jan | BLUE/BEEP |
| Wed 14 th Jan | RED/BEEP |
| Mon 19 th Jan | GREEN |
| Wed 21 st Jan | YELLOW |

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

As always THANK YOU for your help at Training!

Fundraising:

Next Event: 28TH January 2015 (End of Month BBQ)
Sausage Sizzle \$2.50 Drinks \$1.50

Saturday Competitions

Next Competition is: **Saturday 10th January 2015**

Centre Multi Event Program **PROVISIONAL – TBC!!!**

| | | | | | | |
|----------------------------|-----------------------|-----|----------|------------|-------------|----------|
| U6 - U8 | U9 | U10 | U11- U13 | U14/15 BOY | U14/15 GIRL | U16/ U17 |
| 100 | 100 | 100 | 100 | 100 | 200 | 100 |
| Turbo | Disc | Jav | Shot | Disc | Shot | Shot |
| Long Jump – ALL AGE GROUPS | | | | | | |
| Hurdles All U9-U17 | | | | | | |
| 400M | 800 Meters All U9-U17 | | | | | |

Competition Roster

Thank you to all of the families that are assisting with their roster commitments. The rosters for the remainder of the season are online and have been sent via email. If you have any concerns see Daan or Tony at Training or Competitions.

As you can see from this week's roster we are short a number of officials. This week ALL AGE GROUPS compete in the Long Jump as part of the Multi Event competition, therefore if you can help PLEASE come to the Pits to assist.

Roster for Saturday 10th January 2015 – Centre Multi Event

| 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 |
| WOODMAN | 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 1 pm |
| HELP NEEDED | Pack Up |

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

Athlete Achievements

Returns Next Week when results from the Twilight Competition are available.

Upcoming State Events

Friday Night Senior Competitions

Open to athletes in U12+.

Visit www.waathletics.org.au for details.

WALA Multi Event State Championships

Sunday 1st February 2015 @ WA Athletics Stadium

U11 – U17's only. 5 events, must compete in all events.

Final Week to Nominate to Compete! See Rachel at McDonalds Tent on Saturday!!!



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