



2015/2016

# The Mustang Messenger

Newsletter #11 – 09/11/15

## THIS WEEKS KEY INFO

### NEXT TRAINING - @ 5pm:

Date	Program	Venue
MON 09/11	BLUE	MMLAC
TUES 10/11	Throws/Track	RLAC
WED 11/11	RED	MMLAC
MON 16/11	YELLOW	MMLAC
TUES 17/11	Throws/Track	RLAC
WED 18/11	GREEN	MMLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

### NEXT RLAC COMPETITION:

Saturday 14th November 2015

Program 1 (1500m @ 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
LENA	Set Up 6.30AM
NORIS	Canteen 7-10
HOCKEY	Canteen 10-1
NEL	Jump Pit 2 KO
WOODMAN	Shot Put Site 1 KO
HUMPHREY	Shot Put Site 1
LEONARD	Shot Put Site 1
McCARTNEY	Shot Put Site 1
MOSS	Discus Site 1 KO
HEARD	Discus Site 1
LOUANGE	Discus Site 1
PAYNE	Discus Site 1
VAN DER SPUIY	High Jump 1 KO
ROSELT/SMITH	High Jump 2 KO
SIVIC	High Jump 1
HARRIMAN	High Jump 1
WHITE	High Jump 2
HEAD (GREEN)	High Jump 2
MALPASS	Pack Up

### NEXT FUNDRAISING EVENT:

End of Month Club BBQ

Wednesday 25th November

Sausage \$2.50 / Drinks \$1.50

## New Horizontal Jumps Rule

Commencing on Saturday 14th November 2015, U11 and U12 Athletes will compete in the Long Jump and Triple Jump events by taking off from a 20cm strip (same as U13-U17). This has been brought in by WALA due to the changes in Spike Rules which allow U11 & U12's to wear spikes during these events and the inconsistency in measurements that have been made apparent by Little Athletics.

## WALA Track Relays

Relay teams are currently training hard in preparation for the 2015

Track Relay Championships. This year ALL Track events will be contested as "Timed Finals." This means that all teams will compete across a number of "Heats" with the top 3 fastest times across all the "Heats" to be awarded the medals.

## Omeara heading to Melbourne

A special congratulations to Omeara who last week competed hard at the 2015 WA All Schools Championships and has successfully secured her place in the State Team for the National All Schools Championships which are being held in Melbourne, VIC between December 4—6.

## Message from RLAC

A pair of Children's glasses were found at Ridgewood Oval on Opening Day. If these are yours please contact RLAC [info@ridgewoodlac.org.au](mailto:info@ridgewoodlac.org.au)

## RECORD BREAKERS

On Sat 31st Oct, 3 Athletes broke/ set new Ridgewood Records!

Congratulations to:

**Bertie Donnison**

U6 Boys Vortex - 13.34m

**Sophie McCorkindale**

U11 Girls 1500m - 5 mins, 49.03 sec

**Omeara Louange**

U14 Girls High Jump - 1.55m

U14 Girls Long Jump - 5.15m

## 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 C - Fri 13th 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](http://www.waathletics.org.au)

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



## 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](http://www.l1caccyanchepnov2015).



Free Education  
Seminars November  
2015

### Track Officials Seminar

Thursday 12th November  
7pm to 9pm  
WA Little Athletics Office,  
15 Harrogate St, Leederville

### Throws Officials Seminar

Thursday 19th November  
7pm to 9pm  
WA Little Athletics Office,  
15 Harrogate St, Leederville

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



## RIDGEWOOD LITTLE ATHLETICS GOES PINK

SATURDAY 21ST NOVEMBER

Come dressed in Pink to  
support the McGrath  
Foundation

Donation Tins will be at club  
tents.

## HAIR STYLING FUNDRAISER FOR PINKLETICS

Kirsty Timms will be styling  
hair for Gold Coin Donations  
with all money raised going  
to the McGrath Foundation.



### Next Transition Clinics

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](mailto:jake.trewin@waathletics.org.au)



## WALA Bravehearts Challenge EVENT IS THIS SUNDAY

Please arrive at the stadium at 7.30am to register and collect  
Show Bag. 1st Event is at 8.00am! Good Luck to all attending!

### How to get to the WA Athletics Stadium?

The simplest way to get to the stadium is to travel down Marmion  
Avenue/West Coast Highway until you get to Oceanic Drive. Turn Left  
onto Oceanic Drive. Turn Right onto Perry Lakes Drive. Turn Right onto  
Stephenson Avenue and finally Turn Left into the HBF Stadium Complex.  
Turn Left at the roundabout and park the car.

### Parking Costs?

Free Parking is provided for all WALA State Events unless otherwise stated

### Parent Roster Requirements?

Parental assistance is required to run the events. There is no set roster as  
yet but please assist in whatever way you can on the morning.

Mindarie Mustangs Little Athletics Club

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

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

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



## Hayley Smith - Junior Captain

Hayley joined Mindarie Mustangs in 2008 and re-joins us for her 8th season with Mindarie. In her time with Mindarie, Hayley has achieved a state medal as well as winning various

Champion and Runner Up trophies at both Centre and Club level.

Hayley said that her greatest achievement was winning the State Medal and wishes to continue improving on her personal bests across all events this season.

Looking to the future, Hayley is level headed and just wants to keep improving overall as her athletics develops.

Hayley's one piece of advice:

*"Try Your Best and Don't Give Up."*



# PMH Day Grand Relay



Kids Helping Kids

# Thanks for your support



Mindarie Mustangs Little Athletics Club

## COACHING/OFFICIATING QUALIFICATIONS

Mindarie Mustangs in association with Ridgewood LAC and WA Little Athletics are currently compiling a list and record of all Parents who have various Coaching or Officiating Qualifications.

If you a Coaching or Officiating Qualification please send an email to [mindarielac@gmail.com](mailto:mindarielac@gmail.com) with the following details:

Name  
Surname  
Address  
Suburb  
Postcode  
Mobile Phone  
Email  
Qualification(s)

*Your assistance is greatly appreciated*

## PERSONAL BEST TALLY

As of Oct 31st, 73 Athletes have achieved 10 or more PB's with 1 active individual already achieving 20 PB's for this season.

As a club the athletes have earned a combined total of **1188** Personal Bests so far this season!

The coaching team will present PB awards on Wed 11th Nov!

## 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



# Go for 2&5<sup>®</sup> FRUIT VEG ATHLETICS CHALLENGE SERIES

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



## Preliminaries

Ridgewood LAC competing!  
Contact us to attend

**11<sup>TH</sup> DECEMBER**

## Final

**17<sup>TH</sup> 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](mailto:info@ridgewoodlac.org)

# Nominations Close Tues 10th Nov



Mindarie Mustangs Little Athletics Club

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

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