

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 COMPETITON:

Bravehearts Challenge Under 6's to Under 10's Sunday 15th November 2015 WA Athletics Stadium

NEXT COMPETITION ROSTER:

Family	Rostered	
Name	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 SPUY	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 <u>info@ridgewoodlac.org.au</u>

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: <u>www.waathletics.org.au</u> 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 \Rightarrow of coaching: communication, group management, safety, organisation & instruction.
- Provide practical coaching \Rightarrow strategies to develop the fundamental skills of running, jumping & throwing in a fun and safe environment.

An online course is required as a prerequisite.

For more details and to register please visit: www.l1caccyanchepnov2015.

letstar# Athletics stralia Jetstar Free Education Semínars 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



WALA Bravehearts Challenge EVENT IS THIS SUNDAY

Bravehearts" 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.facebook.com/Mindarielac



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: <u>"Try You</u>r Best and Don't Give Up."



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 <u>mindarielac@gmail.com</u> 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 $\boldsymbol{1188}$ Personal Bests

so far this season!

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

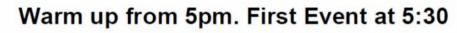
2015-2016 Committee

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

🖞 www.facebook.com/Mindarielac 🛛 🖂 mindarielac@gmail.com



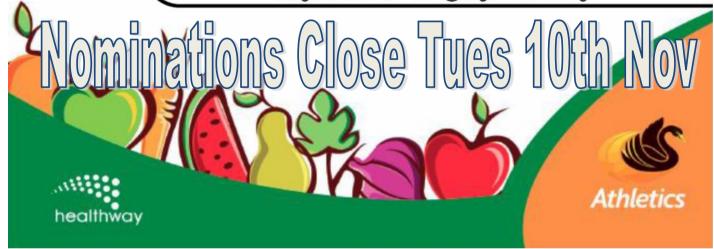




Open to U14-17 athletes, Little Athletics Centre uniforms to be worn with bib provided by Athletics WA for the night.

FREE ENTRY

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



Mindarie Mustangs Little Athletics Club