



2016/2017

The Mustang Messenger

Newsletter #11 — 10/11/16

THIS WEEK'S KEY INFO

NEXT TRAINING - @ 5pm:

Date	Who	Venue
Nov 14	ALL	MMLAC
Nov 15	U11-U17	RLAC
Nov 16	U11-U17	MMLAC
Nov 17	U11-U17	RLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 12th November

Program 1 including 1500m

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
BAILEY	Set Up 6.30am
HOCKEY	Canteen 7-10am
N/A	Canteen 10am-1pm
N/A	Walks Judge
WOODMAN	Shot Put Chief
KOTZE	Shot Put Helper 1
VAN DEVENTER	Shot Put Helper 2
VENTER	Shot Put Helper 3
MOSS	Discus Chief
HOUGH	Discus Helper 1
PAYNE	Discus Helper 2
HEARD	Discus Helper 3
ROSELT/SMITH	High Jump A Chief
LUCKENS	High Jump A Help 1
CLEMENTSON	High Jump A Help 2
ADAMS	High Jump B Chief
KILGALLON	Pack Up 11.30am

ROSTER MANAGER

SELECT YOUR ROSTERS NOW!



This week's RLAC Messages

- Be mindful that we are all volunteers/work full-time and the expectation to reply to emails should be fair and reasonable (in general Sunday is a day off for everyone and that includes from athletics)
- Referee/key official/parent must not interfere with an event unless working that site/day especially if your own children competing at that event; leave it to the officials to run
- If you have a query, please direct it to your Club representative firstly and they may enquire to the referees or Arena Manager; please don't make enquiries in front of the athletes
- Please educate your parents on the correct way to use a spike/tape measure when helping each Saturday. Unfortunately we had 2 break last week and this slows down the event whilst they are fixed/replaced plus is an added expense:- grab the spike in one hand and a metre of tape in the other then spike the landing spot and release the tape otherwise the pressure on the tape measure will eventually break at the spike shaft
- Athletes/parents marshalling for discus: please ensure you do not cross the track and walk well away from the javelin sites for safety reasons when proceeding to the discus site
- Please inform all athletes to follow the ropes (not go under them) especially at end of track as this is a safety concern with expensive equipment being used and power cables laying on the ground
- For the younger athletes' parents: please allow the rostered parent helpers at end of track assist your child off the track and wait for them behind the ropes surrounding the track.
- Please can all parents rostered for set up and/or pack up please sign in on the sheet on the doors to the equipment shed.

RECORD BREAKERS

On Sat 22nd Oct, the following athletes set the inaugural records for the 300m Hurdles:

Congratulations to:

Brendan O'Malley

U15 Boys—47.99 sec

Jayden Harriman

U17 Boys—42.86 sec

Jordan Lena

U17 Girls—54.97 sec

An amazing start to the season!

RECORD BREAKERS

On Sat 22nd Oct, 3 athletes broke records and 29th Oct, 1 further record was broken:

Congratulations to:

Mignon Cronje

U11 Girls High Jump—1.31m

Jordan Woodman

U13 Girls Javelin—36.10m

Brendan O'Malley

U15 Boys Javelin—31.99m

Omeara Louange

U15 Girls Long Jump—5.39m



COMING SOON



Ridgewood LAC Vs. Joondalup LAC

Saturday 26th November

WA Athletics Stadium, Claremont

More Information to be released soon.



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>

Personal Bests Tally

As of October 29th, Mindarie athletes have been putting in their absolute best every week.

The Club PB Grand Total is currently **796**

With **46** athletes now achieved 10 or more PB's

AMAZING

PB Certificates will be handed out on at upcoming Training Sessions.

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

IMPORTANT

TRAINING NEWS

Since the start of this season the Mustangs Coaching Team have been working hard to provide the best possible training programs for all of our athletes. Whilst the Coaching Team is happy with the progress and would like to thank all the parents who are volunteering to assist at training sessions, it has been discussed and decided that some changes for our Junior athletes (Under 6—Under 10's) need to be made in order to improve the quality of training further.

These changes will come into affect from

Monday 28th November

following the Joondalup Challenge event.

Under 6's, 7's and 8's will move to train on a WEDNESDAY night (Change of Night)

Under 9's and 10's will change to training on BOTH Mondays and Wednesdays

Under 11's to 17's will continue to train on BOTH nights and will not be affected by these changes.

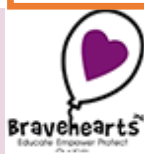
The rationale for the changes focus on the Under 9 and 10's needing more time for training in order to accommodate the events that they compete in and moving the 6's to 8's to a Wednesday was to enable more coaches to be available on Wednesdays and it is a more even time frame between training and competitions.

If you have any concerns with these changes please speak to a committee member at training over the coming weeks prior to the restructure.

Updates to Rules of Competition

The LAWA Rules of Competition have been recently updated, please visit the website to see the new rules. [ONLINE RULES](#)

The False Start Rule is the most significant change.



BRAVEHEARTS CHALLENGE THIS SUNDAY

Good Luck to the following athletes who will be competing at this fun event for our Under 6's to Under 10's.

Daniel Kotze (U6B), Christel Kotze (U8G), Lucas James (U8B), Jacob Cowap (U8B), Ryno Kotze (U8B), Dakota King (U9G) and Gemma Vine (U9G)

Enjoy the competition! Arrive at 7.30 to get organised.

Mindarie Mustangs Little Athletics Club

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Level 2 Track seminar



Supported by

Little Athletics WA



Athletics WA



Presenter

Fiona Brown

AA Officials Education
Officer (WA)

IAAF TOECS Lecturer —
Level 1

Contact

Marion Buchanan

Education Coordinator

WA Athletics Officials Club Inc

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waoc2015@gmail.com



WA Athletics Officials Club Inc

Date: Sunday, 20 November 2016
Time: 9am to 11.30am (theory)
12pm to 1pm (practical)
RSVP: Tuesday, 15 November 2016
Venue: HBF Stadium training room and
WA Athletics Stadium, Mt Claremont

Course prerequisites

- Read the Level 2 Track pre-reading document (available at <http://athletics.com.au/Officials/Education/Level-2>)
- Officiated at a number of events in a variety of positions for Track
- Familiarity with the current IAAF Rule book (available at <http://athletics.com.au/Officials/Resources>)

What to bring

- wear comfortable clothing
- hat, water bottle
- pen and paper

Who should attend?

- Officials who are working towards completing their Level 2 AAOES accreditation
- Officials needing to update their officiating credentials
- Officials from Athletics WA and Little Athletics WA

Our Vision is to provide a support network for volunteer officials from grass roots to International level, through a united, fair and equitable approach to the sport of athletics.

Mindarie Mustangs Little Athletics Club

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