



Mindarie Mustangs Little Athletics Club

Newsletter #12 – 11/01/2015

This Week's Key Information

Club Training

We are beginning to lose a number of athlete due to holidays and other commitments, therefore in order to run a safe training session ALL Parents are required to be ON THE OVAL available to assist. With an expected 50 athletes still training and most families having multiple athletes parent help is vital.

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!

Saturday Competitions

Next Competition is: **Saturday 17th January 2015**

Program 1 Events including 1500m. To compete in 1500m you MUST marshal by 7.20 am at the Ridgewood Marquee.

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.

Surname	Roster Position
HALL	Set Up 6.30 am
GRAY	Canteen 7am to 10am
DRUMMOND	Canteen 7am to 10am
WOLLHAF	Start of Track Assistant
ABBOTT	End of Track Assistant
YOUNG	Jump Pit 1 Key Official
AYLIFFE-TODD	Jump Pit 2 Key Official
VAN DER SPUY	Jump Pit 3 Key Official
HELP NEEDED	Jump Pit 4 Key Official
CORNELL	Jump Pit Assistant
DEAN	Jump Pit Assistant
DUGUID	Jump Pit Assistant
HATHAWAY	Jump Pit Assistant
HULSTON	Jump Pit Assistant
HUMPHREY	Jump Pit Assistant
JORDAN/FLEAY	Jump Pit Assistant
KRAUSE	Jump Pit Assistant
LOVETT	Jump Pit Assistant
NEL	Jump Pit Assistant
PALLISTER	Jump Pit Assistant
SECOMB	Jump Pit Assistant
WATSON	Jump Pit Assistant
HELP NEEDED	Jump Pit Assistant
LATEGAN	Canteen 10am to 1pm
MARSH	Pack Up

Canteen Assistants require Hats and Enclosed Shoes to complete roster. If you are unable to attend please inform us by 8pm THURSDAY, who will be replacing you.

Fundraising:

Next Event: 18TH January 2015 (Bunnings Sausage Sizzle)

Sausage Sizzle \$2.50 Drinks \$1.50

If you are able to help please see Caron or Email.

Athlete Achievements

Centre Multi Event Championships

Our first competition of 2015 was the annual Ridgewood Multi Event Championships. Athletes competed across the morning in some trying conditions due to the smoke from the Bushfires near Bullsbrook, but all put in their best. Athletes competed in 100m, Long Jump, a Throw (Turbo Javelin U6-U8, Discus U9, U10, U14G, U15G and Shot Put U11-U13, U14B, U15B, U16-U17), Hurdles (U9 – U17) and either 400m (U6-U8) or 800m (U9 – U17).

Congratulations to the following medallists:

(Podium Photos will be available soon, apologies if anyone has been missed)

U6 Boys – Declan Humphrey

U7 Girls – Gemma Vine

U8 Girls – Hayley Mann

U8 Girls – Gemma Young

U8 Boys – Jackson Anderson

U8 Boys – Riley Hulston

U10 Girls – Sophie McCorkindale

U11 Boys – Daniel Mann

U12 Girls – Hannah Sivic

U12 Boys – Jack Hathaway

U12 Boys – Joshua Smith

U15 Boys – Jayden Harriman

U17 Girls – Emily Ebert

U17 Girls – Emily Watson

Centre Record Breakers

Last Month (19/12/2014) there was 4 records broken at the Twilight Meet by Mindarie Athletes.

Declan Humphrey

U6 Boys 60m – New Record: 12.41 sec

Jackson Anderson

U8 Boys 60m – New Record: 10.50 sec

Elijah Louange

U8 Boys 60m – New Record: 10.50 sec

Jack Hathaway

U12 Boys 400m – New Record: 1 minute, 06.39 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 once certificates are received.

Personal Bests

The Mindarie Mustangs continue to improve each and every week. We now have 9 athletes who have surpassed 30 Personal Bests for the season. This is a great achievement and there have been more personal bests earned this season compared to the same time last season. FANTASTIC JOB EVERYONE!



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Thank You to Bunnings Warehouse Mindarie for providing us with a Sausage Sizzle opportunity. Come and support us on Sunday 18th January.

(If you would like to advertise in our weekly newsletter please see Caron at Training.)

Centre Championships

Saturday 14th and 21st February 2015 @ Ridgewood Oval. These weekends are the pinnacle of the Centre Season with Medals awarded for the top three athletes in EVERY AGE, EVERY EVENT.

To be eligible to win medals, athletes must have competed in the event a minimum of 3 times prior to the championships. (There is still TWO opportunities to compete in every event before championships.)

For more information see a committee member at Training or Competitions.



The 2015 'Go for 2& 5' Perth Track Classic is the fourth stop on the national **Australian Athletics Tour**, which sees our country's best track and field athletes compete around the country. The superstars of Australian athletics will come to Perth's WA Athletics Stadium in Floreat to compete. All events will be straight finals, with only the best Australian runners, throwers and jumpers invited to take part as they seek to earn a berth in the Finals of the 2015 Australian Athletics Tour.

Tickets are \$15.00 for Adults and Free for Children under 12. Tickets go on sale Friday 16th January 2015 @ 9am via Ticketmaster.



ticketmaster®



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.

Registrations are now CLOSED. Good Luck to everyone attending.

WALA Zones (Heats and Quarter Finals)

Saturday 7th and Sunday 8th March 2015 @ McGillivray Oval
McGillivray Road, Mt Claremont

U7-U9 State Finals, U10-U15 State Qualifiers

All athletes who attended competition on 10th January would have received their nomination forms. If you did not attend or need a new form see Rachel on Saturdays.

Nominations MUST be returned to Nicole James (RLAC) by Saturday 7th February 2015.

U7-U9 – Nominate for up to 4 events over two days.

U10-U12 – Nominate for up to 5 events over two days.

U13-U17 – Nominate for up to 6 events over two days.

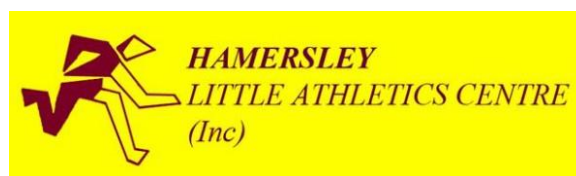
RIDGEWOOD CENTRE UNIFORM IS REQUIRED

As with all State Events Parental Assistance will be required in order for the competition to run smoothly.

For more information visit the WA Little Athletics Website:

www.walittleathletics.com.au

Zone 4 Centres



WALA State Championships

Saturday 21st and Sunday 22nd March 2015 @ WA Athletics Stadium.

U10-U15 Qualify via Zones. U16-U17 Nomination Opening Soon. More Information Coming Soon.



Mindarie Mustangs Committee

Daan – President	Tony – Vice President	Nicole – Secretary	Nicola – Treasurer	Matt – Coach
Evyonne – Registrar	Julie – Recorder	Caron – Fundraising	Tegan – Fundraising	Paul – General