



2015/2016

The Mustang Messenger

Newsletter #12 – 16/11/15

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Date	Program	Venue
MON 16/11	YELLOW	MMLAC
TUES 17/11	Throws/Track	RLAC
WED 18/11	GREEN	MMLAC
MON 23/11	RED	MMLAC
TUES 24/11	Throws/Track	RLAC
WED 25/11	BLUE	MMLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 21st November 2015
Program 2 (Walks @ 7.20am)

NEXT WALA COMPETITION:

WALA State Track & Field Relays
Under 8's to Under 17's
Sunday 13th December 2015
WA Athletics Stadium

NEXT COMPETITION ROSTER:

Family Name	Rostered Position
FREIND	Set Up 6.30AM
<i>Not Required</i>	Canteen 7-10
VAN DER SPUIY	Canteen 10-1
CORNELL	Jump Pit 2 KO
DEAN	Shot Put Site 1 KO
CHAYCHUK	Shot Put Site 1
INVERARITY	Shot Put Site 1
SURESH	Shot Put Site 1
CRONJE	Discus Site 1 KO
LATEGAN	Discus Site 1
ARUNDEL/SMITH	Discus Site 1
WATSON	Discus Site 1
JAMES	High Jump 1 KO
O'MALLEY	High Jump 2 KO
COWAP (STACEY)	High Jump 1
VISSER	High Jump 1
VENTER	High Jump 2
MULCRONE	High Jump 2
ALDERSON	Pack Up

NEXT FUNDRAISING EVENT:

End of Month Club BBQ
Wednesday 25th November
Sausage \$2.50 / Drinks \$1.50

Joondalup Vs Ridgewood Challenge

SATURDAY 28TH NOVEMBER 2015 - WA ATHLETICS STADIUM

The JLAC Vs RLAC Challenge is fast approaching with just two weeks to go! Important information and Parent Roster requirements are on Page 2. Please check it out and help us out!

PINKLETICS FUNDRAISER THIS SATURDAY

More details on Page 3

WALA Bravehearts Challenge

Congratulations to all who competed. More on Page 3.

WALA State Relays

SUNDAY 13TH DECEMBER 2015 - WA ATHLETICS STADIUM

As mentioned in last weeks Newsletter, the 2015 State Track and Field Relays program has been revised to all Track Events being conducted as Timed Finals. As such there is a new timetable which is available online and also on Page 4.

Site Official Issues

If you have an issue with a site or event, please ensure that you talk to Daan or Tony as Mindarie Committee who will raise it on your behalf to the relevant Referee/Arena Manager.

RECORD BREAKERS

On Sat 7th Nov, 1 Athlete broke/set new Ridgewood Records!

Congratulations to:

Jade White

U8 Girls High Jump Scissor - 0.91m

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 D - Fri 20th 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 WALA Registered Athletes can register as part of a Seniors Club or as an AWA Independent Athlete.

Joondalup Challenge Roster Requirements

In order to run a smooth competition the following positions are required to be filled by Mindarie Parents.

This event will count towards Roster Policy requirements.

Rostered Position
Set Up Team 7.00 AM
Boys Age Group (TBD) Coordinator 1
Boys Age Group (TBD) Coordinator 2
Under 6 Boys Parent Help
Under 7 Boys Parent Help
Under 8 Girls Parent Help
Under 9 Boys Parent Help
Under 10 Girls Parent Help
Under 11 Girls Parent Help
Under 12 Girls Parent Help
Under 13 Girls Parent Help
Under 14 Girls Parent Help
Under 15-17 Girls Parent Help

This event will run differently to normal RLAC Competitions.

The Age Group Coordinators will be the Group Chaperone and Key Official for each Field event (Long Jump & a Throw) that the age group competes at.

The 4 Parent Helpers (2x RLAC & 2x JLAC) will act as the Chaperone Assistants and Site Officials for the Field Events for said age group.



Joondalup Vs Ridgewood Challenge

Saturday 28th November 2015

WA Athletics Stadium, Stephenson Avenue, Mt Claremont



The annual Joondalup Vs Ridgewood Challenge meet is here once again. For the third year we head down to the Perth's premium athletics venue, the WA Athletics Stadium in Mt Claremont, (Next door to HBF [Challenge] Stadium) for a morning of fantastic competition between our closest athletics 'rivals.'

This is the athletes opportunity to run, jump and throw on the very same arena as Australian Athletics stars Kim Mickle (Javelin), Shannon McCann (Hurdles), Zoe Timmers (High Jump) and Fabrice Lapierre (Long Jump) among others.

JOONDALUP CHALLENGE PROGRAM

U6	U7	U8	U9	U10
100m	100m	100m	100m	100m
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Vortex	Discus	Shot Put	Turbo	Discus
200m	200m	200m	60m hurdles	60m hurdles
		60m hurdles	400m	400m
		Relay	Relay	Relay

U11	U12	U13	U14-17
100m	100m	100m	100m
Long Jump	Long Jump	Long Jump	Long Jump
Javelin	Shot Put	Discus	Shot Put
60m hurdles	60m hurdles	80m hurdles	Hurdles*
800m	800m	800m	800m
Relay	Relay	Relay	Relay

Please see Matt at Training or Email if you have any questions or would be available to volunteer and assist in one of the required positions.

"First In, Best Dressed"



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.



Free Education Seminars November 2015

Throws Officials Seminar

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

Jumps Officials Seminar

Tuesday 24th November
7pm to 9pm
WA Little Athletics Office,
15 Harrogate St, Leederville

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



Next Transition Clinics

Friday 20th November—Steeple Chase & Hammer Throw

Friday 27th November—200m Hurdles

Friday 11th December—Pole Vault

For more info contact Jake Trewin (Development Officer)
jake.trewin@waathletics.org.au



WALA Bravehearts Challenge

What a great morning!

On Sunday morning, 7 of our Under 6—Under 10's travelled down to the WA Athletics Stadium to get a taste of competing on the big stage of athletics. All of the athletes had a great time. *If anyone has any pictures from the event and would like to share them please email them to us.*



Some of our Ridgewood Centre Athletes who competed at the WALA Bravehearts Challenge

PERSONAL BEST TALLY

As of Nov 7th, 86 Athletes have achieved 10 or more PB's with now 12 active individual already achieving 20 PB's for this season.

As a club the athletes have earned a combined total of **1424** Personal Bests so far this season!

Well Done Everyone!

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

Mindarie Mustangs Little Athletics Club

REVISED PROGRAM

STATE RELAY CHAMPIONSHIPS

SUNDAY 13 December 2015

8.00am COMPETITORS FOR EVENT 1 TO MARSHALLING AREA

Track Events

1	8.20	Girls U 10	4 X 200m
2	8.30	Boys U 10	4 X 200m
3	8.40	Girls U 9	4 X 200m
4	8.50	Boys U 9	4 X 200m
5	9.00	Girls U 8	4 X 200m
6	9.10	Boys U8	4 X 200m
7	9.20	Girls U17	4 x 400m
8	9.35	Boys U17	4 x 400m
9	9.50	Girls U11	4 x 400m
10	10:05	Boys U11	4 x 400m
11	10.20	Girls U12	4 x 400m
12	10.35	Boys 12	4 x 400m
13	10.50	Girls U13	4 x 400m
14	11.05	Boys 13	4 x 400m
15	11.20	Girls U14	4 x 400m
16	11.35	Boys U14	4 x 400m
17	11.50	Girls U15	4 x 400m
18	12:05	Boys U15	4 x 400m
LUNCH			

19	12:30pm	Girls U17	4 x 100m
20	12:40pm	Boys U17	4 x 100m
21	12:50pm	Girls U8	4 x 100m
22	1.00pm	Boys U8	4 x 100m
23	1.10pm	Girls U9	4 x 100m
24	1.20pm	Boys U9	4 x 100m
25	1:30pm	Girls U10	4 x 100m
26	1:40pm	Boys U10	4 x 100m
27	1:50pm	Girls U11	4 x 100m
28	2:00pm	Boys U11	4 x 100m
29	2:10pm	Girls U12	4 x 100m
30	2:20pm	Boys U12	4 x 100m
31	2:30pm	Girls U13	4 x 100m
32	2:40pm	Boys U13	4 x 100m
33	2:50pm	Girls U14	4 x 100m
34	3:00pm	Boys U14	4 x 100m
35	3:10pm	Girls U15	4 x 100m
36	3:20pm	Boys U15	4 x 100m
	3:30pm	FINISH	

Field Events

Time	Long Jump	Long Jump	Triple Jump	Triple Jump	Shot Put	Shot Put	Discus	Javelin
8.30am			U12 Boys	U14 Boys	U12 Girls	U14 Girls	U10 Girls	U10 Boys
9.15am	U12 Girls	U10 Boys			U10 Girls	U14 Boys	U12 Boys	U14 Girls
10.00am	U14 Girls	U10 Girls			U10 Boys	U12 Boys	U12 Girls	U14 Boys
10.45am	U12 Boys	U14 Boys	U12 Girls	U14 Girls			U10 Boys	U10 Girls
11.30am	U17 Boys	U13 Boys	U17 Girls	U13 Girls	U15 Girls	U11 Girls	U11 Boys	U15 Boys
12.30pm	U17 Girls	U13 Girls	U15 Boys	U13 Boys	U11 Boys	U17 Boys	U11 Girls	U15 Girls
1.15pm	U15 Boys	U11 Boys	U11 Girls	U15 Girls	U17 Girls	U13 Boys	U17 Boys	U13 Girls
2.00pm	U15 Girls	U11 Girls	U11 Boys	U17 Boys	U13 Girls	U15 Boys	U13 Boys	U17 Girls

Mindarie Mustangs Little Athletics Club

Athletes Walks Skills Clinic

Jetstar WA Little Athletics will be hosting a skills clinic for Under 10 to Under 17 registered Little Athletes in Walks. Participants will be able to learn key technical tips and training techniques from a specialist Nationally Accredited coach.

WHEN: 10am - 11.30am Sunday 29 November

WHERE: Noranda Sporting Complex, Wylde Rd, Noranda (Bayswater LAC)

COST: \$10 per Little Athlete (payment must accompany registration, no payments on the day).

Entries close at C.O.B Tuesday 24 November (no late entries). Numbers for this clinic are limited to 50 Athletes only.



EVENT	TIME
Sign in	9.30-9.50am
Walks Coaching	10-11.30
Finish	11.30am



Little Athlete Full Name: _____

Date of Birth: _____ Age Group: _____ Male/Female

Centre/Club: _____

Address: _____

_____ Postcode: _____

Parent/Guardian Full Name: _____

Email: _____

Phone: _____

Please return this completed form to:

WA Little Athletics

Fax: (08) 9388 2340

Email: Karen@walittleathletics.com.au

Mail: 15 Harrogate St, Leederville, WA 6007

I am paying by (please tick):

- ☐ **Cheque attached:** To "WA Little Athletics"
☐ **EFT:** BSB - 016 460 Acc No - 1800 20331
 Quote 'WC' & Athlete full name
☐ **EFTPOS:** Phone the office to pay by credit card (1% surcharge).



Walks Coaches/Officials Workshop

Jetstar WA Little Athletics will be hosting a coach education workshop in the area of Walks. Participants will learn key technical tips and techniques from specialist presenter, Marion Buchanan.

All levels of coaches/parents are welcome from beginner to experienced.

WHEN: 10 - 11.30am Sunday 29 November 2015

WHERE: Noranda Sporting Complex, Wylde Rd, Noranda (Bayswater LAC)

COST: Free

Open to 40 coaches / officials

Please Register by Tuesday 24 November 2015



EVENT	TIME
Sign in	9.30-9.50am
Walks Workshop	10-11.30
Finish	11.30am



Full Name: _____

Address: _____ **Postcode:** _____

Email: _____

Phone: _____

Coaching Level: _____

Centre/Club: _____

To reserve your place, please return this completed form by Tuesday 24 November to:

WA Little Athletics

Fax: (08) 9388 2340

Email: Abid@walittleathletics.com.au

Mail: 15 Harrogate St, Leederville, WA 6007

