



2016/2017

The Mustang Messenger

Newsletter #12 — 17/11/16

THIS WEEK'S KEY INFO

NEXT TRAINING - @ 5pm:

Date	Who	Venue
Nov 21	ALL	MMLAC
Nov 22	U11-U17	RLAC
Nov 23	U11-U17	MMLAC
Nov 24	U11-U17	RLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 19th November

Program 2 including Walks

NEXT LAWA COMPETITION:

Relay Championships

Under 8's to Under 17's

Sunday 11th December 2016

WA Athletics Stadium

NEXT COMPETITION ROSTER:

Family Name	Rostered Position
METTAM	Set Up 6.30am
THOMAS & KINGI	Canteen 7-10am
N/A	Canteen 10am-1pm
JAMES	Walks Judge
COWAP	Shot Put Chief
YOUNG	Shot Put Helper 1
NORTHMORE	Shot Put Helper 2
VAN DEVENTER	Shot Put Helper 3
ROSELT/SMITH	Discus Chief
PAYNE	Discus Helper 1
HEARD	Discus Helper 2
Help Needed	Discus Helper 3
Help Needed	High Jump A Chief
LUCKENS	High Jump A Help 1
HATHAWAY	High Jump A Help 2
BAILEY	High Jump B Chief
CRONJE	Pack Up 11.30am

ROSTER MANAGER

SELECT YOUR ROSTERS NOW!

This week's messages

- PINKLETICS** - Athletes and families are encouraged to dress in pink for the annual **Pinkletics Fundraising Day**. Please remember that all athletes must have their numbers, age tag and Jetstar badges affixed to their tops in order to compete. (See Page 2)
- Rosters** - A huge thank you to all of the parents that have already filled in the rosters online. Please remember that it is YOUR responsibility to let us know VIA EMAIL if you cannot complete your roster. Please do this as early as possible so we can remove your name from the online system and/or advertise for assistance prior to the competition. Rosters are being monitored by the committee and families who do not complete at least 5 rosters without reasonable cause will see athletes deemed ineligible for end of season merits as highlighted in the Roster Policy.
- Joondalup Challenge** competition at WA Athletics Stadium on Saturday 26th November. (See Page 3)
- New Training Timetable** commencing Monday 28th November (See Page 4)
- PB Awards, Record Certificates and Captain Badge Presentations** occurring on Wednesday 30th November.

RECORD BREAKERS

On Sat 5th Nov, the following athletes broke the following RLAC Records:

Congratulations to:

Mignon Cronje

U11 Girls High Jump - 1.36m

Omeara Louange

U15 Girls Triple Jump - 11.33m

Brendan O'Malley

U15 Boys 300m Hurdles - 46.73 sec

U15 Boys Javelin - 32.27m

WEEKLY SPONSOR

The Mindarie Mustangs would like to thank

AMF Bowling Joondalup



For being a supporter of our club during the 2016/2017 season. Please support this business.



AWA Go for 2 & 5 COMPETITIONS

FRIDAYS

Open to Athletes U12+.

Great opportunities to compete against different athletes at the WA Athletics Stadium.

For more information, visit: www.waathletics.org.au



RIDGEWOOD LAC

GOES PINK

SATURDAY 19 NOVEMBER

**COME DRESSED IN PINK TO SUPPORT THE McGRATH
FOUNDATION**

**THE McGRATH FOUNDATION RAISES MONEY TO PLACE BREAST
CARE NURSES IN COMMUNITIES ACROSS AUSTRALIA AND TO
INCREASE BREAST AWARENESS IN YOUNG PEOPLE,
PARTICULARLY YOUNG WOMEN.**

**TO DATE THE FOUNDATION HAS PLACED OVER 110 BREAST
CARE NURSES IN AUSTRALIAN COMMUNITIES**

**THEIR AIM IS FOR EVERY FAMILY EXPERIENCING BREAST
CANCER TO HAVE ACCESS TO THE SUPPORT OF A BREAST CARE
NURSE, NO MATTER WHERE THEY LIVE OR FINANCIAL
SITUATION**

VISIT OUR FUNDRAISING PAGE NOW:

<https://mcgrathfoundationportal.gofundraise.com.au/page/RachelQuirk0>



Ridgewood Little Athletics Centre
www.ridgewoodlac.org info@ridgewoodlac.org
PO Box 2480 CLARKSON WA 6030
0498 179 478



Mindarie Mustangs Little Athletics Club

 www.mindarielac.weebly.com

 www.facebook.com/Mindarielac

 mindarielac@gmail.com



Vs.



Saturday 26th November

JOONDALUP CHALLENGE PROGRAM

U6	U7	U8	U9	U10	U11	U12	U13	U14-17
100m	100m	100m	100m	100m	100m	100m	100m	100m
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Vortex	Discus	Shot Put	Turbo	Discus	Javelin	Shot Put	Discus	Shot Put
200m	200m	200m	60m hurdles	60m hurdles	60m hurdles	60m hurdles	80m hurdles	Hurdles*
		60m hurdles	400m	400m	800m	800m	800m	800m
		Relay	Relay	Relay	Relay	Relay	Relay	Relay

2015 saw Ridgewood LAC claim the Challenge Shield for the first time and in 2016 we are looking to follow this up with another win.

Are you ready to have fun and enjoy this lucky opportunity to compete against other athletes on the International standard blue Mondo track at the WA Athletics Stadium?

This event runs differently to normal Ridgewood competitions where by the officials and parent helpers follow the age group around and assist in marshalling the athletes and running the Long Jump and Throw site that the athletes attend.

Mindarie is required to provide 10 parent helpers to assist in the running of the competition. This includes 2 Age Group Coordinators and 8 other positions including Set Up or Pack Up as well as Age Group Parent Helpers or Place Judge.

Parent Roster Assistance (10 People)	
Family Name	Position
MOSS	U13 Girls Age Group Coordinator
	U Girls Age Group Coordinator
ROSS	Set Up 7am
KING	Set Up 7am
NORTHMORE	Place Judge EoT 8-11am
LEONARD	U14-U17 Boys Parent Help
	Parent Helper
	Parent Helper
	Parent Helper
	Parent Helper

At time of publication the following families have volunteered to assist in some of these roles. If you would like to assist in a position that is free, please see Daan on Saturday or email us directly at mindarielac@gmail.com

These rosters count towards your 5 required rosters for the season as part of the roster policy.

Mindarie Mustangs Little Athletics Club



MINDARIE MUSTANGS LITTLE ATHLETICS CLUB

**NEW TRAINING NIGHTS
COMMENCE
MON 28TH NOV
(After Joondalup Challenge)**

**U9 TO U17
Monday
5pm till 6.30pm**

**ALL ATHLETES
Wednesday
5pm to 6.30pm**

LOCATION

**Abbeville Park, Mindarie
NEXT TO MINDARIE PRIMARY SCHOL**

**CHECK THE MUSTANG MESSENGER,
FACEBOOK AND WEBSITE FOR EVENT
SCHEDULE**

FOR MORE INFORMATION GO TO THE FOLLOWING:

 [**www.mindarielac.weebly.com**](http://www.mindarielac.weebly.com)

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

 [**facebook.com/Mindarielac**](https://www.facebook.com/Mindarielac)



**CHANGE
OF NIGHT
FOR
U6, U7, U8**

**U9 & U10
NOW
BOTH
NIGHTS**

**U11-U17
NO
CHANGES**

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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>

Online Level 1 Courses

All parents are encouraged to complete the online courses for High Jump, Discus and/or Shot Put. These courses should take approx. 1 hour per event.

For more information visit athletics.com.au/Officials/Education

Personal Bests Tally

As of November 5th, Mindarie athletes have been putting in their absolute best every week. The Club PB Grand Total is currently **969**

With **61** athletes now achieved 10 or more PB's, PLUS 1 Athlete has already achieved 20 PB's

INCREDIBLE

PB Certificates will be handed out on November 30th

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

Club/Centre End of Season Awards

Ridgewood Policy with MLAC additions

To be eligible for Ridgewood LAC and Mindarie LAC end of season awards; athletes must have competed at more than **60% of meets in the current season**, not including state events and must have competed **twice after the Christmas Break**.

(This equates to 10 out of 16 meets, not including Centre Championships)

** Athletes who joined after the start of the season need to compete at 60% of events they were eligible to compete at.*

Parents must also meet the minimum roster requirements as set out in the Roster Policy.

MLAC and RLAC Committee will consider exemptions from the criteria for injuries only, if supported by a medical certificate.

RLAC @

LAWA Bravehearts



Some of our Under 6 to Under 10's attended the WA Athletics Stadium as part of the 2016 LAWA Bravehearts Challenge. A special event for these athletes to get their (sometimes) first opportunity to compete at the major stadium on the Blue Track. Well done to all of the athletes who represented the Club and Centre proudly!

Photo includes the competing athletes and Little Athletics WA Chairman—Teresa. Photo courtesy of Rishelle Hume



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