



Mindarie Mustangs Little Athletics Club

Newsletter #13 – 18/01/2015

This Week's Key Information

Club Training

Parental Assistance is VITAL to running Training. Without your assistance Sites will not operate. Each site needs at least 2 adults in order to run safely.

Upcoming Training Dates:

Date	Program
Mon 19 th Jan	GREEN
Wed 21 st Jan	YELLOW
Mon 26 th Jan	NO TRAINING
AUS DAY P/H	
Wed 28 th Jan	BLUE

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 24th January 2015**

Program 2, Including WALKS. To compete in WALKS 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. As you can see below we are quite short of allocated helpers. If you need to complete a roster and your name does not appear it would be highly recommended that you attend to assist to ensure that your athlete will receive any eligible awards at the end of the season. If you have any concerns see Daan or Tony at Training or Competitions.

Family Name	This Weeks Roster:
Friend	Set Up 6.30am
Dawson	Canteen 7am to 10am
	Start of Track Assistant
Venter	End of Track Assistant
Young	Jump Pit 1 Key Official
James	Jump Pit 2 Key Official
Tudor-Roberts	Jump Pit 3 Key Official
Hockey	Jump Pit 4 Key Official
Arundel/Smith	Jump Pit Assistant
Baxter	Jump Pit Assistant
Cronje	Jump Pit Assistant
Ebert	Jump Pit Assistant
Harriman	Jump Pit Assistant
Krause	Jump Pit Assistant
McGrath	Jump Pit Assistant
Moss	Jump Pit Assistant
Sivic	Jump Pit Assistant
	Jump Pit Assistant
	Jump Pit Assistant
	Jump Pit Assistant
	Jump Pit Assistant
McCartney	Canteen 10am to 1pm
Inveriaty	Pack Up

If you are unable to attend please inform us by 8pm THURSDAY, who will be replacing you.

Competition 24th Jan 2015



Ridgewood is going AUSSIE DAY MAD!

Wear your Aussie Day Tops, Bottoms, Hats and Flags at this week's Competition.

DON'T FORGET! NO COMPETITION NUMBERS, NO COMPETING

Rosters for Last 5 Weeks of Competition.

With only 5 weeks of Centre Competition left to go, it is now even more important that the committee is aware if you are not attending a competition where you are rostered on. The rosters are on the notice board at competitions and training so PLEASE CHECK and update as required.

Canteen Roster

As with any season there are a number of families who are no longer able to continue with the season. As a result, a number of Canteen Positions have become available. Please see below to see who is allocated the remainder of the season. If you are unable to complete your slot. IT IS YOUR RESPONSIBILITY TO FIND A REPLACEMENT! Failure to inform the committee of a change will result in the listed family becoming ineligible for awards as per the Ridgewood Rosters Policy.

Date	Event	7am to 10am	10am to 1pm
24/01	Prog 2	Dawson	McCartney
31/01	Prog 1	James	1 REQUIRED
07/02	Prog 2	2 REQUIRED	1 REQUIRED
14/02	Prog 1 Champs	1 REQUIRED	Friend
21/02	Prog 2 Champs	1 REQUIRED	Moss

Fundraising:

Next Event: **Wed 28th Jan (End of Month BBQ)**

Sausage Sizzle \$2.50 Drinks \$1.50

Centre Training (Tuesday)

Middle Distance Training EVERY Tuesday (5.30pm – 6.30pm) at Ridgewood Oval with Craig McCorkindale for U10 athletes and above. Improve your skills in 400m, 800m and 1500m.

Make sure you take advantage of these training sessions, these sessions are provided at no extra charge by dedicated and experienced people.

For more details on Centre Training visit

<http://ridgewoodlac.org/coaching/>



Thank You to Bunnings Mindarie for providing us with a Sausage Sizzle slot this weekend.

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

Athlete Achievements

Last Week (10/01/15) Kaiwyn McCartney won a medal during the Centre Multi Event Championships. Congratulations on the medal Kaiwyn.

Centre Record Breakers

Last Week (10/01/2015) there was no records broken, but there are many athletes who are working hard to get a record.

Personal Bests

The Mindarie Mustangs continue to improve each and every week. We now have many athletes over 20 and 30 PB's with a number of athletes close to 40 PB's. What a fantastic achievement for this part of the season.

WALA Multi Event State Championships

Sunday 1st February 2015 @ WA Athletics Stadium
U11 – U17's only. 5 events, must compete in all events.
Good Luck to those attending. (2 Weeks to Go!)

WALA Heats and Quarter Finals (ZONES)

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

Over the past two weeks Zones Nomination Forms (U7-U15) and States Nomination Forms (U16/U17) have been handed out to athletes. If you have not yet received a form, see Matt at Training or Competitions.

Don't forget these forms must be returned to Ridgewood by Saturday 7th Feb 2015.
(Only 3 weeks left)

All athletes U7-U15 are invited to attend. Athletes select the events that they wish to compete in by ticking against the events on the form.

Please read the form carefully as it includes important information about the number of events that athletes can compete in.

The top 3 place getters in U7-U9 will receive medals as this will be their Finals for the 2014/2015 Season. U10-U15 athletes who place (numbers depend on event) will advance to the State Finals on 21st/22nd March at the WA Athletics Stadium.

As with all events Parental Assistance is expected so please indicate times that you would be available to assist. Parental Signature and Phone Number are also mandatory to submit the form.

Completed Rosters

The following families have met the minimum requirements for rosters and continue to help!! Thank You

Abbott	Adams
Ayliffe-Todd	Baxter
Dawson	Dean
Drummond	Ebert
Halliday	Harriman
Hathaway	Heard
Hulston	Lategan
O'Malley	Payne
Roselt/Smith	Secomb
Watson	Wollhaf
Woodman	Young

Mindarie Mustangs Committee

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



Mindarie Mustangs Little Athletics Club
www.mindarielac.myclub.org.au mindarielac@gmail.com
www.facebook.com/Mindarielac



The 2015 'Go for 2& 5' Jandakot City (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 NOW ON SALE via Ticketmaster.



ticketmaster®

