



2015/2016

The Mustang Messenger

Newsletter #13 – 23/11/15

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Date	Program	Venue
MON 23/11	JLAC 1	MMLAC
TUES 24/11	Throws/Track	RLAC
WED 25/11	JLAC 2	MMLAC
MON 30/11	RED	MMLAC
TUES 1/12	Throws/Track	RLAC
WED 2/12	BLUE	MMLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 28th November 2015

Joondalup Challenge @ WAAS

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:

Special Joondalup Challenge Roster

Family Name	Rostered Position
FREIND	Set Up Team 7.00 AM
NEL	U12 Boys Coordinator
JAMES	U14 Boys Coordinator
HOCKEY	U6 Boys Parent Help
KOTZE	U7 Boys Parent Help
RUDD	U8 Girls Parent Help
ANDERSON	U9 Boys Parent Help
CHAYCHUK	U10 Girls Parent Help
HELP REQUIRED	U11 Girls Parent Help
LEONARD	U12 Girls Parent Help
VAN DER SPUY	U13 Girls Parent Help
MOSS	U14 Girls Parent Help
WOODMAN	U15-17 Girls Parent Help

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

This Saturday join us at the WA Athletics Stadium for our Annual Challenge against the Joondalup Little Athletics Centre. Can Ridgewood finally win the shield after 3 years? Join us to find out and support the Centre. Special Training Programs on Page 3!

WALA State Relays

SUNDAY 13TH DECEMBER 2015 - WA ATHLETICS STADIUM

Final Track Teams will be released this week with Field Teams being offered once Track Teams are finalised. If you are a Track Relay team member it is expected that you attend the Joondalup Challenge to have an opportunity to run on the stadium surface prior to the Relay Championships.

Field Site Recording

There has been some confusion with recording on Field Sites. In order to maintain uniformity the following must be used at all Field Sites.

An 'X' is to be used for a No Jump or No Throw (Foul)

A " - " is to be used for a pass (If athlete has marshalled)

A continuous line is to be placed through the athlete's name and results line if the athlete does not marshal.

An "O" is to be used for a successful attempt in High Jump.

RECORD BREAKERS

On Sat 14th Nov, 4 Athlete broke/
set 5 new Ridgewood Records!

Congratulations to:

Declan Humphrey

U7 Boys 100m - 18.16 seconds

Jackson Anderson

U9 Boys 200m - 32.36 seconds

U9 Boys Long Jump - 3.92 meters

Omeara Louange

U14 Girls High Jump - 1.55 meters

Dylan James

U14 Boys High Jump - 1.65 meters

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 A - Fri 27th 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.





RIDGEWOOD LITTLE ATHLETICS GOES PINK

SATURDAY 21ST NOVEMBER

Thanks for your support and
dressing up at the Pinkletics
Event.

Donate to Pinkletics

If you would like to make a
monetary donation to Pinkletics
please visit:

[http://mcgrathfoundationportal.
gofundraise.com.au/page/RachelQuirk](http://mcgrathfoundationportal.gofundraise.com.au/page/RachelQuirk)

Thanks

New Equipment arrives at Mindarie LAC

After a long delay due to
circumstances out of our control
we have finally received our new
Shot Puts (2Kg & 3Kg) and the ever
expectant VORTEX.



These will be used at
Training to assist in
improving the athletes
technique and abilities in these
events.



Discus

Joondalup Vs Ridgewood Challenge

Saturday 28th November 2015

WA Athletics Stadium, Stephenson Avenue, Mt Claremont



Vs.



Let the rivalry intensify!

The Joondalup Challenge is on this weekend. Arrive at the stadium
by 8.00am to get set for action packed morning of competition
against rival centre - Joondalup LAC.

How to get to the WA Athletics Stadium?

Travel South on Marmion Avenue/West Coast Highway to Oceanic Drive.
Turn Left onto Oceanic Drive.
Turn Right onto Perry Lakes Drive.
Turn Right onto Stephenson Avenue.
Turn Left into the HBF Stadium Complex.
Turn Left at the roundabout and park the car.



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



This Wednesday

@ Training

Hot Dogs - \$2.50

Drinks - \$1.50



Mindarie Mustangs Little Athletics Club

www.mindarielac.myclub.org.au

www.facebook.com/Mindarielac

mindarielac@gmail.com

Monday	UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10
	LONG JUMP	LONG JUMP	TRACK/GAMES	HURDLES	DISCUS
	TRACK/GAMES	TRACK/GAMES	LONG JUMP	LONG JUMP	HURDLES
	VORTEX	DISCUS	HURDLES	TRACK/GAMES	LONG JUMP
	UNDER 11	UNDER 12	UNDER 13	UNDER 14	UNDER 15-17
	FITNESS GAMES	LONG TRACK	LONG TRACK	FITNESS SPOTS	FITNESS SPOTS
Tuesday	JAVELIN	SHOT	DISCUS	LONG TRACK	LONG TRACK
	LONG TRACK	FITNESS SPOTS	FITNESS SPOTS	SHOT PUT	SHOT PUT

Joondalup Challenge Training Programs

Wednesday	UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10
	VORTEX	VORTEX	FITNESS GAMES	FITNESS GAMES	DISCUS
	DISCUS	DISCUS	SHOT	LONG TRACK	FITNESS GAMES
	TRACK/GAMES	TRACK/GAMES	LONG TRACK	TURBO	LONG TRACK
	UNDER 11	UNDER 12	UNDER 13	UNDER 14	UNDER 15-17
	LONG JUMP	HURDLES	FITNESS SPOTS	LONG JUMP	FITNESS SPOTS
Thursday	JAVELIN	LONG JUMP	HURDLES	FITNESS SPOTS	HURDLES
	HURDLES	SHOT	LONG JUMP	HURDLES	LONG JUMP

Mindarie Mustangs Little Athletics Club



Some great action shots from competition on November 21st!

If you have any photos you would like to share or would a copy of a photo in our Newsletters email us at mindarielac@gmail.com



Next Transition Clinics

Friday 27th November—200m Hurdles

Friday 11th December—Pole Vault

Friday 15th January 2016—Javelin

For more info contact Jake Trewin (Development Officer)

jake.trewin@waathletics.org.au



Free Education Seminars November 2015

Jumps Officials Seminar

LAST 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.

Senior Officiating

Jake Trewin from Athletics WA will be visiting soon to talk about officiating at Senior Competitions. Keep a watch out for more details about this exciting opportunity.



PERSONAL BEST TALLY

As of Nov 14th, 93 Athletes have achieved 10 or more PB's with 21 active individuals already achieving 20 PB's for this season.

As a club the athletes have earned a combined total of **1604** 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

www.mindarielac.myclub.org.au

www.facebook.com/Mindarielac

mindarielac@gmail.com



SPONSORSHIP OPPORTUNITIES

The Ridgewood Little Athletics Centre was established in 2004 and has grown consistently over the past 10+ years to now having over 350 registered athletes. We believe we can offer your business substantial exposure to hundreds of families within the northern suburbs from Clarkson to Yanchep, an area of high population growth and future development.

Gold Sponsorship - \$1000 per season (minimum 2 year commitment)

- ◇ Your company logo to appear on one of RLAC non-competition Uniform (ie) Jackets, Polo Tops, Casual Shorts and Track Pants ordered during the sponsorship period. (note: 3rd party logo's are not permitted on competition tops and shorts)
- ◇ A teardrop sign (to be purchased by RLAC to the value of \$300) and to be displayed on the oval at all RLAC athletic meets for two (2) seasons, including championship days, and visits from other centres. These events will be attended by around 300 athletes and their families. The sign will become the property of the sponsor at the expiry of the sponsorship.
- ◇ RLAC to supply 1 pair of Casual Shorts or Jacket or Polo Shirt Free of Charge.
- ◇ A4 Sponsor Logo to appear on our Sponsors Board at Ridgewood Park
- ◇ A reference to your Sponsorship in our Centre Parent Handbook
- ◇ A reference to your Sponsorship on the home page of the Centre webpage, plus a link to your website.
- ◇ An opportunity to provide "Special Offers" to our members to support your business. All offers will have to be approved by The Centre Executive before distribution.

Silver Sponsorship - \$500 per season

- ◇ A teardrop sign (to be supplied by the sponsor) and to be displayed on the oval at all RLAC athletic meets for the next two seasons, including championship days, and visits from other centres. These events will be attended by around 300 athletes and their families.
- ◇ RLAC to supply 1 pair of Casual Shorts or Jacket or Polo Shirt Free of Charge.
- ◇ A4 Sponsor Logo to appear on our Sponsors Board at Ridgewood Park
- ◇ A reference to your Sponsorship in our Centre Parent Handbook
- ◇ A reference to your Sponsorship on the home page of the Centre webpage, plus a link to your website.
- ◇ An opportunity to provide "Special Offers" to our members to support your business. All offers will have to be approved by The Centre Executive before distribution.

Bronze Sponsorship - \$250 per season

- ◇ RLAC to supply 1 pair of Casual Shorts or Jacket or Polo Shirt Free of Charge.
- ◇ A4 Sponsor Logo to appear on our Sponsors Board at Ridgewood Park
- ◇ A reference to your Sponsorship in our Centre Parent Handbook
- ◇ A reference to your Sponsorship on the home page of the Centre webpage, plus a link to your website.
- ◇ An opportunity to provide "Special Offers" to our members to support your business. All offers will have to be approved by The Centre Executive before distribution.

Please contact any RLAC Committee Member or info@ridgewoodlac.org to express your interest.

Ridgewood Little Athletics Centre



www.ridgewoodlac.org info@ridgewoodlac.org
PO Box 2480 CLARKSON WA 6030
Mobile: 0456 732 212





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

