



2016/2017

THIS WEEK'S KEY INFO

NEXT TRAINING - @ 5pm:

Date	Who	Venue
Nov 28	<u>U9-U17</u>	MMLAC
Nov 29	U11-U17	RLAC
Nov 30	<u>ALL</u>	MMLAC
Dec 1	U11-U17	RLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 26th November

Joondalup Challenge @ WAAS

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
MOSS	U13 Girls Age Group Coordinator
NEL	U11 Girls Age Group Coordinator
ROSS	Set Up 7am
KING	Set Up 7am
ADAMS	U13 Boys Parent Help
LEONARD	U14-U17 Boys Parent Help
WOODMAN	U14-U17 Girls Parent Helper
HARRIMAN	U14-U17 Boys Parent Helper
RUDD	Place Judge EoT 11am-2pm
MILLS	Place Judge EoT 8am - 11am

ROSTER MANAGER

SELECT YOUR ROSTERS NOW!



The Mustang Messenger

Newsletter #13 — 24/11/16

This week's messages:

- Joondalup Challenge, this weekend at WA Athletics Stadium, Claremont, see Page 2 for more details.
- NEW Training Nights start on Monday, see Page 3 for details.
- PB Awards, Record Certificates, Captains Badges will all be presented on Wednesday 30th November.
- Sausage Sizzle Night—Wednesday 30th November \$2.50 Sausage Sizzle & \$1.50 Drinks
- SAVE THE DATE—December 7th, - Mindarie Christmas Party—details next week.
- Ridgewood December Competitions:
December 3rd (Program 1),
December 10th (Program 2),
December 11th (LA WA State Relays),
December 16th (Twilight/RLAC Xmas Party—5pm Start)
- Last Mindarie Training—Wednesday 14th December

RECORD BREAKERS

The record certificates for Nov 12th are yet to be received

Check out the next newsletters for details on our many record breakers in recent weeks.

WEEKLY SPONSOR

The Mindarie Mustangs would like to thank

Video Ezy Mindarie



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





Vs.



This Weekend (Nov 26th)

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

Key Event Information

- Set Up commences at 7am with first calls for marshalling to commence just after 8am following the welcoming speeches and presentation.
- Athletes will stay with the same team of parents/officials throughout the morning and will be instructed on where to meet after each event.
- Event is scheduled to finish around 2pm.
- Athletes competing in the 4x100m Relay at LAWA State Relay champs will be the only athletes competing in the relay events.
- NO Personal Bests will be acknowledged at this event. This is to ensure that athletes can still obtain PB's back at Ridgewood Centre due to the differences in tracks (Synthetic Vs. Grass)
- This is a fun event that all athletes are encouraged to participate at.

Let the rivalry intensify!

The Joondalup Challenge is on this weekend. Arrive at the stadium by 7.45am 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.



Uniforms

As this event is a Centre Vs. Centre Challenge, Athletes are encouraged to wear the Ridgewood Singlet and Shorts.

HOWEVER, if you do not have

Ridgewood Uniform, please wear Mindarie Uniform as normal.

Competition Numbers, Age Tags and Jetstar Badges MUST be affixed to your chosen uniform.

Mindarie Mustangs Little Athletics Club

www.mindarielac.weebly.com

www.facebook.com/Mindarielac

mindarielac@gmail.com



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 12th, Mindarie athletes have been putting in their absolute best every week.
The Club PB Grand Total is currently
1188

With **72** athletes now achieved 10 or more PB's, PLUS **7** Athlete has already achieved 20 PB's

FANTASTIC

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



RIDGEWOOD LAC

WENT PINK

SATURDAY 19 NOVEMBER



Thanks for your support and donations on Saturday. If you would like to still donate visit:

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



End of Month BBQ
Wed 30 Nov

Join us after training next Wednesday when all of our athletes are at Training for the first time on a Wednesday.

We will have a Sausage Sizzle to end the month and present all of the PB Awards, Record Certificates and Captains Badges.

DON'T MISS IT

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.

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