



2016/2017

The Mustang Messenger

Newsletter #14 — 01/12/16

THIS WEEK'S KEY INFO

NEXT TRAINING - @ 5pm:

Date	Who	Venue
Dec 5	U9-U17	MMLAC
Dec 6	U11-U17	RLAC
Dec 7	XMAS PARTY	MMLAC
Dec 8	U11-U17	RLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 3rd December

Program 1 including 1500m

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
KING	Canteen 7-10am
N/A	Canteen 10am-1pm
N/A	Walks Judge
COWAP	Shot Put Chief
ROSS	Shot Put Helper 1
RANCATORE	Shot Put Helper 2
HARRIMAN	Discus Chief
HOUGH	Discus Helper 1
CRONJE	Discus Helper 2
GAMBLE	Discus Helper 3
ROSELT/SMITH	High Jump A Chief
YOUNG	High Jump A Help 1
THOMAS	High Jump A Help 2
ADAMS	High Jump B Chief
MCDUGALL	High Jump B Help 1
HOCKEY	High Jump B Help 2
CORNELL	Pack Up 11.30am

ROSTER MANAGER

SELECT YOUR ROSTERS NOW!



Happy 1st Day of SUMMER!

Good Luck in Canberra

Jordan Woodman and Omeara Louange arrived in Canberra today ahead of the 2016 Australian All Schools Championships.

Mindarie Mustangs wishes them both all the best.

Results will be posted on the Athletics Australia Website and will be shared on our Facebook page as soon as practical.

Jordan is scheduled to compete in the U14 Girls Javelin and Shot Put, while Omeara is scheduled to compete in the U16 Girls Long Jump and Triple Jump.

BE YOUR BEST GIRLS

Still to come before Christmas:

December 3rd—RLAC Program 1

December 5th—U9-17 Training

December 7th—Mindarie Xmas Party

December 10th—RLAC Program 2

December 11th—LAWA State Relay Championships

December 12th—U9-17 Training

December 14th—Last Training Session

December 16th—RLAC Twilight Competition and Xmas Party

RECORD BREAKERS

More records are coming soon.

Don't forget due to fairness no Personal Bests achieved at the Joondalup Challenge are recognised at this point in the season.

WEEKLY SPONSOR

The Mindarie Mustangs would like to thank

Pizza Hut Clarkson
(Formerly Eagle Boys)



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



AWA Go for 2 & 5 COMPETITIONS

THURSDAY 8TH AND 15TH

Open to Athletes U12+.

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

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



Joondalup Challenge Recap

Last weekend saw the fifth time for Joondalup and Ridgewood LAC's competing in the annual challenge. In what was some very warm (HOT!) conditions at the stadium, many athletes competed with pride and did their very best to earn points for Ridgewood LAC.

Sadly, Ridgewood LAC was unable to retain the Challenge Shield as Joondalup triumphed by just over 300 points.

As always the athletes did their best and events like this wouldn't occur without the effort of the Centre Committees and the many Officials and Parent Helpers.

A huge thank you to everyone involved for enabling our athletes to have this unique experience unlike most other centres.



Personal Bests Tally

As of November 19th, Mindarie athletes have been putting in their absolute best every week.

The Club PB Grand Total is currently **1340**

With **75** athletes now achieved 10 or more PB's, PLUS **16** Athlete has already achieved 20 PB's

BRILLIANT

PB Certificates will be handed out again soon

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

2016 Mindarie Mustangs Christmas Party

WEDNESDAY 7TH DECEMBER

ABBEVILLE PARK—4.45pm to 6.30pm

It's our Christmas Water Extravaganza

WARNING! ATHLETES GET WET, PARENTS PROCEED WITH CAUTION

Bring your bathers, water toys and towels.

DJ Matt spinning the tunes.

Bouncy Castles

Huge Slip & Slide

FREE PIZZA HUT PIZZA

Lolly Bags for all attending Athletes.



HOW MANY PB's & RECORDS!?

It has been an absolutely amazing start to the season with so many athletes achieving PB's and Records over recent weeks.

Congratulations to you all. If you did not collect your certificate this week, your next chance will be next Wednesday at the Christmas Party.

Roster Site Changes

As the new Jump Pit is now operational the following changes have been made to the Mindarie Rosters.

Mindarie is now required to provide the following each week:

- ◇ 1 Set Up Assistant and 1 Pack Up Assistant
- ◇ 1 Discus Chief and 3 Parent Helpers
- ◇ 1 Shot Put Chief and 2 Parent Helpers (Quinns will now provide the 3rd Parent Helper)
- ◇ 2 High Jump Chiefs and 4 Parent Helpers (3 people per site)
- ◇ PLUS at least 1-2 Canteen helpers each week.

As a result of these changes some families will have their previously selected rosters revoked. Affected families will be emailed directly to advise them of these changes.

The committee thanks families for their continued support with the rosters and wish to remind families to please select their rosters soon. If you are having problems, please email us or speak to a committee member.