



Mindarie Mustangs Little Athletics Club

Ridgewood Multi Event Podium / Australia Day Photo Special

Newsletter #14 – 25/01/2015

This Week's Key Information

Club Training

Thank you to those parents that are always helping. Please remember 2 Parents per site in order for the site to run.

Upcoming Training Dates:

Date	Program
Mon 26 th Jan Aus Day P/H	NO TRAINING
Wed 28 th Jan BBQ Night	BLUE
Mon 2 nd Feb	YELLOW
Wed 4 th Feb	GREEN

Don't forget for parents and athletes to sign in at each training session.

As always THANK YOU for your help at Training!

Fundraising:

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

Sausage Sizzle \$2.50 Drinks \$1.50

Saturday Competitions

Next Competition is: **Saturday 31st January 2015**

Program 1, including 1500m.

To compete in 1500m, you must marshal by 7.20am at Ridgewood Tent.

Competition Roster

Thank you to all of the families that are assisting with their roster commitments. The rosters for the remainder of the season are online and have been sent via email. If you have any concerns see Daan or Tony at Training or Competitions.

Family Name	This Weeks Roster:
Friend	Set Up 6.30am
James	Canteen 7-10
Ayliffe-Todd	Start Of Track Assistant
Wollhaf	End Of Track Assistant
Payne	Jump Pit 1 Key Official
Louange	Jump Pit 2 Key Official
Hulston	Jump Pit 3 Key Official
Van Der Spuy	Jump Pit 4 Key Official
Abbott	Jump Pit Assistant
Burnett	Jump Pit Assistant
Cornell	Jump Pit Assistant
Dean	Jump Pit Assistant
Duguid	Jump Pit Assistant
Halliday	Jump Pit Assistant
Hathaway	Jump Pit Assistant
Heard	Jump Pit Assistant
Humphrey	Jump Pit Assistant
Nel	Jump Pit Assistant
Pallister	Jump Pit Assistant
Watson	Jump Pit Assistant
Help Required	Jump Pit Assistant
HELP REQUIRED	Canteen 10-1
Dawson	Pack Up

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

WALA State Multi Event Championships

Next Sunday is the WALA State Multi Event Championships at the WA Athletics Stadium. If you have nominated to go, Good Luck to you all. Remember the rules of this event.

You must wear full RIDGEWOOD Centre Uniform (Singlet and Shorts)

You must compete in ALL 5 EVENTS. Failure to compete in an event will result you in being ineligible to compete in the rest of the day's competition.

The 800m is always the last event. First Calls for the day will be from 7.25am with competition scheduled to begin at 8am. Athletes in U13, U14 and U15 age groups who medal may be eligible to compete at National or International Events over the coming months.

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.

This week there is also the High Jump Training with Craig Smith. This is open to ALL athletes U12+ from 5pm

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/>

Athlete Achievements

PHM Fundraiser

Last November Ridgewood held the annual PMH Fundraiser. Special Congratulations to Danielle Rudd (U6 Girls) for raising the most money as an individual in the whole centre!

Centre Record Breakers

Last Week (17/1/2015) there was no Mindarie Record breakers but all of our athletes are still doing really well.

Certificates for Record Holders will be handed out at Training.

Personal Bests

The Mindarie Mustangs continue to improve each and every week. We now have a multitude of athletes who have broken past the 30 PB's and on their way to 40 PB's. Well Done to all.



Thank You to Video Ezy Mindarie for providing us with Certificates for our PB Awards. (If you would like to advertise in our weekly newsletter please see Caron at Training.)

Upcoming State Events

WA Athletics Senior State Championships

Fri 30th Jan, Sat 31st Jan and Fri 6th Feb @ WA Athletics Stadium.

Entries close 5PM Tues 27th Jan

Visit www.waathletics.org.au for details.

Don't Forget ZONES (U7-U15) and STATES (U16-U17) Nomination Forms are due by Saturday 7th February 2015!

Ridgewood Centre Multi Event Championship Medallists
Photo Gallery (Photos provided by Ridgewood LAC)



U6 Boys – Silver Medal – Declan Humphrey



U8 Girls – Gold Medallist – Hayley Mann
 Bronze Medallist – Gemma Young



U8 Boys – Gold Medallist – Jackson Anderson
 Silver Medallist – Riley Hulston



U10 Girls – Gold Medallist – Sophie McCorkindale



U10 Boys – Gold Medallist – Daniel Mann



U12 Girls – Gold Medallist – Kaiwyn McCartney
 Silver Medallist – Hannah Sivic

Ridgewood LAC are looking for Coaches for Zone and State Centre Training Sessions. Tuesday and Thursdays from 5pm or 5.30pm for 4 weeks from Feb 24th. All events required! Let's prepare our athletes to succeed! If interested see Matt.



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www.mindarielac.myclub.org.au mindarielac@gmail.com
www.facebook.com/Mindarielac





U12 Boys – Gold Medallist – Joshua Smith
Silver Medallist – Jack Hathaway



U15 Boys – Gold Medallist – Jayden Harriman



U17 Girls – Silver Medallist – Emily Watson
Bronze Medallist – Emily Ebert

Centre Championships – COMING SOON

Saturday 14th and 21st February 2015 @ Ridgewood Oval.
The culmination of 16 weeks of Centre competitions all comes down to this, THE CENTRE CHAMPIONSHIPS!

The top three eligible place getters on these days in each event will receive medals.

To be eligible for Centre Champs you must have competed in the event a minimum of THREE (3) prior to Championships.
To check your eligibility see a committee member.



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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®



Completed Rosters

Thank you to the following families who have now completed their minimum roster requirements. If your family name does not appear below and you think it should see Matt, Daan or Tony to check.

Abbott	Adams	Anderson
Ayliffe-Todd	Baxter	Dawson
Dean	Drummond	Ebert
Halliday	Harriman	Hathaway
Heard	Hockey	Hulston
Krause	Lategan	Mann
McCorkindale	Moss	Nel
O'Malley	Payne	Roselt/Smith
Rudd/Von Koss	Secomb	Sivic
D & K Smith	Vine	Watson
Wollhaf	Woodman	Young

End of Season Awards

The 2014/2015 Mindarie Mustangs AGM and Presentation Day is currently pencilled in for the weekend of Sat 14th/Sun 15th March. More details coming very soon.

For athletes to be eligible to receive a trophy/award, they must have competed at a minimum of 11 competitions.

(Based on data provided by Centre Recorders)

If you are unsure of your eligibility for athlete awards see Matt at training or competition.





Mindarie Mustangs Little Athletics Centre

Australia Day Photo Special

All photos included in this Newsletter are available electronically to parents.

Email mindarielac@gmail.com with your requests.



The Mindarie Mustangs are ready for fun!



Well Done to all of the athletes that dressed up to compete!

Skippy the Kangaroo.

Skippy the Kangaroo was very excited to be joining the Mindarie Mustangs athletes for a great day of competition whilst celebrating Australia Day. She came all prepared with her uniform on and Joey in tow. She said "G'Day" to lots of the athletes and even bounced around to watch the athletes compete.



Skippy was allowed to join the U12 Girls on the start line of their 800m race. She so excited that she even got a pre-race photo with the Starter – Darren.



Skippy was allocated the outside lane, Lane 8, and headed over to wait for the race to get started.



Skippy and the U12 Girls were all set for the race and were called to their marks.

"On Your Marks!"



The gun was fired and they were off, but then there was a second gunshot and everyone had to stop.

There had been a false start in Lane 8.

Skippy's feet were over the line and as a result was disqualified with a red flag.

So Skippy didn't get to compete at the Australia Day competition or did she?

Thanks to Darren, Carl and the U12 & U13 Mindarie Girls for having fun with Skippy.

