



2015/2016

The Mustang Messenger

Newsletter #14 A - 30/11/15

THIS WEEKS KEY INFO NEXT TRAINING - @ 5pm:

Date	Program	Venue
MON 30/11	RED	MMLAC
TUES 1/12	Throws/Track	RLAC
WED 2/12	BLUE	MMLAC
MON 7/12	GREEN	MMLAC
TUES 8/12	Throws/Track	RLAC
WED 9/12	XMAS PARTY	MMLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 5th December 2015

Program 1 (1500m @ 7.20am)

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:

Family Name	Rostered Position
HELP REQUIRED	Set Up 6.30AM
FREIND	Canteen 7-10
LATEGAN	Canteen 10-1
ADAMS	Jump Pit 2 KO
YOUNG	Shot Put Site 1 KO
HOCKEY	Shot Put Site 1
HUMPHREY	Shot Put Site 1
HALL	Shot Put Site 1
AYLIFFE-TODD	Discus Site 1 KO
LEONARD	Discus Site 1
MCCARTNEY	Discus Site 1
HOUGH	Discus Site 1
O'MALLEY	High Jump 1 KO
JAMES	High Jump 2 KO
KRAUSE	High Jump 1
KINGI (SWIFT)	High Jump 1
SIVIC	High Jump 2
WHITE	High Jump 2
SURESH	Pack Up

NEXT FUNDRAISING EVENT:

DETAILS COMING SOON

RIDGEWOOD WINS!



For the first time in the event's history, Ridgewood LAC have won the Joondalup Challenge Shield!

Congratulations to everyone and well done to all of the athletes that headed down to the WA Athletics Stadium over the weekend to compete in the event.

RECORD BREAKERS

On Sat 21st Nov, 1 Athlete broke/ set a new Ridgewood Records!

Congratulations to:

Jackson Anderson

U9 Boys 70m - 10.98 sec

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 B (Reduced) - Fri 4th December

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.





WALA State Track and Field Relay Championships

Sunday 13th December 2015

WA Athletics Stadium

The State Relay Championships are only 2 weeks away and the final teams are being selected.

Don't forget that the Initial State Field Relay Teams have been released and those selected have been emailed.

With the Track teams getting an opportunity to have a go at the WA Athletics Stadium as part of the Joondalup Challenge we wish all of the teams the very best of luck.

Can Ridgewood earn more medals from this event? Watch the Mustang Messenger to see how we go!



2014 State Field Relay Silver Medallists
Dylan James & Brayden Smith

Joondalup Vs Ridgewood Challenge

Saturday 28th November 2015



What a day! The weather was great, the stadium set, the athletes had arrived, the welcomes were completed and action was underway. Well over 400 athletes from the two centres competed across the many different track and field events that took place across the morning. Everyone was doing their very best to keep on improving and score points for their Centre.

The day started with the first hurdles event of the day and with only Ridgewood Athletes in sight, Ridgewood was off and running... literally.

There was plenty going on with everyone having the opportunity to compete in the Long Jump and 100m events, plus a throw, longer run and hurdle events.

Plus the final action saw the Relay teams draw the battle lines early ahead of the WALA State Relay Championships in two weeks time. Even the parents got in on the relay action with 5

Adult teams running to cap off a great morning of competition.

The final results were:

Ridgewood—1920 Points

Joondalup— 1717 Points

Check out the separate, special edition of the Mindarie Messenger containing loads of great photos from the day.



Mindarie Mustangs Little Athletics Club



Mustangs Xmas Party



Wednesday 9th December
5pm to 6.30pm

Abbeville Park, Mindarie

Warning!
Athletes will get wet!
Parents approach with caution!

Join us for our Christmas/Summer Water Fun Party!
Giant Slip N Slide, Obstacle Course, Music and More!

Free Pizza!

Drinks for \$1.50

Plus PB Certificates!



Next Transition Clinics

Friday 11th December—Pole Vault

Friday 15th January 2016—Javelin

For more info contact Jake Trewin (Development Officer)

jake.trewin@waathletics.org.au



Good Luck
Omeara at
Nationals
State Team
Member



Ridgewood
Twilight
Competition

Friday 18th December 2015

5pm - Ridgewood Park

The final competition before
Christmas sees RLAC compete
under lights!

A special program is run for this
event. Check out next week's
Messenger for details.

PERSONAL BEST TALLY

As of Nov 21st, 96 Athletes have
achieved 10 or more PB's with 39 active
individuals already achieving 20 PB's for
this season. Plus 1 Athlete has earned 30
PB's.

Find out who at the Christmas Party!

As a club the athletes have earned a
combined total of **1786** 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.
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Bronze Sponsorship - \$250 per season

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- ◇ 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



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