



Mindarie Mustangs Little Athletics Club

Newsletter #15 – 01/02/2015

This Week's Key Information

Club Training

Parental Assistance is always required at Training Sessions in order to provide athletes with the best opportunities to learn. Please assist at Training sessions by collecting a file or teaming up with a friend to train the athletes.

Upcoming Training Dates:

Date	Program
Mon 2 nd Feb	YELLOW
Wed 4 th Feb	GREEN
Mon 9 th Feb	BLUE
Wed 11 th Feb	RED

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 18th Feb **End of Month BBQ**

Sausage Sizzle \$2.50 Drinks \$1.50

Saturday Competitions

Next Competition is: **Saturday 7th February 2015**

Program 2, including WALKS. Athletes wishing to compete in WALKS must marshal by 7.20am at the 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:
Goodley	Set Up 6.30am
Lovett	Canteen 7am to 10am
Dawson	Canteen 7am to 10am
Drummond	Start of Track Assistant
	End of Track Assistant
Tudor-Riberts	Jump Pit 1 Key Official
Adams	Jump Pit 2 Key Official
Baxter	Jump Pit 3 Key Official
Hockey	Jump Pit 4 Key Official
Cronje	Jump Pit Assistant
Duguid	Jump Pit Assistant
Humphrey	Jump Pit Assistant
Inveriaty	Jump Pit Assistant
Jordan/Fleay	Jump Pit Assistant
McCartney	Jump Pit Assistant
Moss	Jump Pit Assistant
Roselt/Smith	Jump Pit Assistant
Secomb	Jump Pit Assistant
Venter	Jump Pit Assistant
	Jump Pit Assistant
	Jump Pit Assistant
	Jump Pit Assistant
Dean	Canteen 10am to 1pm
	Pack Up

Extra Help is required for YELLOW slots. Please volunteer to assist by adding your name at Training or heading over to the Pits/ End of Track on Saturday

VERY IMPORTANT INFORMATION:

Centre Championships 2015

The Ridgewood Little Athletics Centre hold their annual Centre Championships at the end of each summer season. This year the Championships are being held on Saturday 14 and 21 February 2015.

These Centre Championships are run as the event order for Program 1 and Program 2 with heats and finals being run for track events.

Centre Championship Medals are awarded for first, second and third for each age group and in each event.

Clubs will also be competing for the Centre Championship Day Perpetual Trophy.

Medal Eligibility

To be eligible for a Centre Championship Medal in an event, the athlete must have competed in that event a minimum of three (3) times during that current Ridgewood Centre season not including State run events.

Exemptions for Medals

RLAC committee will consider exemptions from the criteria for specific events under the following guidelines:

1. The Club President and Club Coach can confirm that the athlete has sustained a major injury or illness during the year which is the reason for missing the event, and
2. The athlete has competed in the event twice during the 2014/15 season.

Please discuss with Matt, Daan and Tony by 12noon

Saturday 7th February so that details can be forwarded to RLAC by Monday 9th February.

Club and Centre End of Season Trophies

Tentative Dates (Times TBC, Afternoon/Evening):

Mindarie AGM and Presentations: Sun 15th March

Ridgewood AGM and Presentations: Sat 28th March

To be eligible for both Mindarie LAC and Ridgewood LAC End of Season Awards; athletes must have competed at more than 60% of meets (11 Centre Meets) and must have competed **TWICE** after the Christmas Break.

Parents must also meet the minimum roster requirements as set out in the Roster Policy.

Failure to meet the criteria will result in ineligibility for all Club and Centre awards. Any queries on eligibility see Matt at Training or Competitions.

MLAC and RLAC Committee will consider exemptions from the athlete participation criteria for injuries, if supported by a medical certificate. Please provide us with any details of exemptions sought by 12noon, Saturday 21st February.

Centre Training (Tuesday)

Middle Distance Training EVERY Tuesday (NEW TIME 5.00pm – 6.00pm) at Ridgewood Oval with Craig McCorkindale for U10 athletes and above. Improve your skills in 400m to 1500m.

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/>

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

Athlete Achievements

WALA State Multi Event Championships

Today, the Mindarie Mustangs had 8 athletes compete at the 2015 Multi's. Each athlete competed in 5 events including 100m, Long Jump, Hurdles, Shot Put or Discus and finally 800m. Well done to each of our athletes who attended.

Girls

U12 Girls – Hayley Smith

Boys

U11 Boys – Ruben Lategan

U12 Boys – Joshua Smith

U12 Boys – Jack Hathaway

U13 Boys – Ryan Vine

U15 Boys – Liam Van Der Spuy

U16 Boys – Shaun Smith

U17 Boys – Heinrich Krause



Full results and review in next week's newsletter.

Special Congratulations to Liam Van Der Spuy (U15) for winning the Gold Medal at this year's event.

Centre Record Breakers

Certificates for Record Holders will be handed out at Training on Wednesday 4th February.

Personal Bests

The Mindarie Mustangs continue to improve each and every week. We now have a handful of athletes who are currently sitting on 39 PB's and with performances at the Jan 31st Competition would have gone over the 40 PB total. This is a fantastic achievement and all of the athletes should be proud of their achievements. Any athlete that has now achieved 10, 20 or 30 PB's and has not yet received their corresponding PB Certificate will be able to get them at Training this week.

Upcoming State Events

Friday Night Senior Competitions

Open to athletes in U12+.

Visit www.waathletics.org.au for details.

WALA Zones (Heats and Quarter Finals) U7-U15

Saturday 7th and Sunday 8th March @ UWA Sports Ground McGillivray Oval, McGillivray Road, Mt Claremont.

Medals for U7-U9, Qualification for States U10-U15.

Ridgewood Uniform Required! Nominations close Sat 7th Feb

WALA State Track and Field Championships U10-U17

Saturday 21st and Sunday 22nd March @ WA Athletics Stadium
 Nominations for U16 and U17 close Sat 7th Feb.

U10 – U15 Qualify via Zones only.

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
James	Krause	Lategan
Louange	Mann	McCorkindale
Moss	Nel	O'Malley
Payne	Roselt/Smith	Rudd/Von Koss
Secomb	Sivic	D & K Smith
Van Der Spuy	Vine	Watson
Wollhaf	Woodman	Young



Congratulations Matt!

Our Head Coach, Matthew had once again been selected to officiate at upcoming National Athletics Championship events. In February, Matt will be a Photo Finish Judge at the Jandakot City Track Classic, here in Perth. While in March, Matt will head to Sydney (11th to 15th) for the Australian Junior Championships and Brisbane (26th to 29th) for the Australian Open Championships as a Field Judge. Well done on your appointments Matt.



Mindarie Mustangs Little Athletics Club
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