



**2016/2017**

# The Mustang Messenger

Newsletter #15 — 08/12/16

## THIS WEEK'S KEY INFO

### NEXT TRAINING - @ 5pm:

Date	Who	Venue
Dec 12	U9-U17	MMLAC
Dec 13	U11-U17	RLAC
Dec 14	ALL	MMLAC
Dec 15	U11-U17	RLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

### NEXT RLAC COMPETITION:

Saturday 10th December

Program 2 including Walks

### 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
ROSS	Set Up 6.30am
VAN DER SPUIJ LENA CRONJE	Canteen 7-10am
JAMES	Walks Judge
SWIFT	Shot Put Chief
McDOUGALL	Shot Put Helper 1
RANCATORE	Shot Put Helper 2
PAYNE	Discus Chief
HEARD	Discus Helper 1
DU PLOOY	Discus Helper 2
MELENDEZ	Discus Helper 3
HARDING	High Jump A Chief
RAMSAY	High Jump A Help 1
NORTHMORE	High Jump A Help 2
ROSELT/SMITH	High Jump B Chief
VENTER	High Jump B Help 1
THOMAS	High Jump B Help 2
COWAP	Pack Up 11.30am

**ROSTER MANAGER**

**SELECT YOUR ROSTERS NOW!**



## Two Competitions to go until Xmas!

With just two competitions left until the Christmas break, it is important to remind families of the post Christmas commitments. Athletes wishing to compete for medals at Centre Championships in February must have competed in an event at least 3 (THREE) times during the 2016/2017 season. Events that were marshalled and then cancelled due to weather or time constraints count towards this criteria.

Athletes who do not meet this criteria may apply for exemption on medical grounds with appropriate supporting documentation.

## Congratulations Jordan and Omeara

Last weekend, Jordan Woodman and Omeara Louange were in Canberra at the National All School Championships. The girls did their absolute best and achieved the following results:

Jordan—Javelin—33.28m (6th), Shot Put—8.20m (13th)

Omeara—Long Jump—5.44m (5th), Triple Jump—11.58m (6th)

## RECORD BREAKERS

Record Certificates are currently delayed due to printing issues

Records broken on Nov 12th:

**Congratulations to**

**Kaydee Van Deventer**

*U6 Girls Vortex—8.08m*

## 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 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](http://www.waathletics.org.au)



## Upcoming Events

**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

### CHRISTMAS BREAK

Training Resumes:

**January 9th**—U9-17 Training  
**January 11th**—Training for ALL Athletes  
**January 14th**—Centre Multi Event Championships



## Personal Bests Tally

Personal Bests achieved at the Joondalup Challenge are not included as to enable athletes to continue to improve over the remainder of the season.

The Personal Bests Tally will return next week.  
 Keep it up everyone!

## 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

## Twilight Competition

Christmas is almost upon us and our final competition for 2016 is the RLAC Twilight Competition which will be held next Friday (December 16th) at Ridgewood Park, starting at 5pm. Athletes compete in a special selection of events including 60m, 100m and 1 Throw as indicated below:



Shot Put	Discus	Javelin
U6	U7	U11
U8	U12	U13
U9	U15—17	U14
U10		

Athletes will enjoy the ability to compete "Under Lights" and there may even be a special visitor?

Further details will be confirmed over the weekend and will be forwarded out directly once received.

## State Relay Championships—THIS SUNDAY

Good Luck to all of the athletes competing.

For all of the important information click [HERE](#) & [HERE](#)



Jayden (Captain) and Coaches Steve and Carl having lots of fun at the Xmas Party



## Mustangs



## Xmas Party



## Pizza Hut



Yummy Pizza!

Thanks

PIZZA HUT  
 CLARKSON



Mindarie Mustangs Little Athletics Club