



Mindarie Mustangs Little Athletics Club

Newsletter #16 – 08/02/2015

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 9 th Feb	BLUE
Wed 11 th Feb	RED
Mon 16 th Feb	GREEN
Wed 18 th Feb	YELLOW
FINAL CLUB TRAINING	

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 14th February 2015**

Program 1, including 1500m. Athletes wishing to compete in 1500m 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:
	Set Up 6.30am
McGrath	Canteen 7am to 10am
Watson	Start of Track Assistant
Pallister	End of Track Assistant
Young	Jump Pit 1 Key Official
O'Malley	Jump Pit 2 Key Official
James	Jump Pit 3 Key Official
Ayliffe-Todd	Jump Pit 4 Key Official
Cornell	Jump Pit Assistant
Dawson	Jump Pit Assistant
Duguid	Jump Pit Assistant
Ebert	Jump Pit Assistant
Halliday	Jump Pit Assistant
Hathaway	Jump Pit Assistant
Hockey	Jump Pit Assistant
Hulston	Jump Pit Assistant
Lategan	Jump Pit Assistant
Louange	Jump Pit Assistant
Lovett	Jump Pit Assistant
Sivic	Jump Pit Assistant
Wollhaf	Jump Pit Assistant
Friend	Canteen 10am to 1pm
Nel	Pack Up

Extra Help is required for SET UP. If anyone is available to assist it would be greatly appreciated.

Centre Championships 2015

RLAC Centre Championships are Sat 14th and 21st Feb 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.

Rules for Centre Championships

Centre Championships are the finals of the Centre Season where athletes compete for the medals. Please remember that Ridgewood LAC runs these Championships in accordance with all WALA State Rules of Competition. Therefore it is important to note the following rules to ensure a smooth running and enjoyment by all parents, officials and most importantly athletes.

1. No Adult acting in an Officiating Role are allowed to coach athletes on the competition site. Parents may coach athletes from behind the boundary ropes only. For Example, at the Pits, parents/coaches must be on the track side of the yellow rope.
2. Athletes wearing Spikes for events must have a valid Spike License that has been signed by Matt. Athletes must also display a red button on their uniforms.
3. Full Mindarie Mustangs Uniform is ESSENTIAL. This being the Mindarie Green Top and Plain Navy Shorts/Ridgewood Shorts.
4. All athletes must display their Competition Number, Age Tag and Jetstar Badge on their uniform in the correct format.
5. Athletes MUST marshal for ALL events when called.

Failure to comply with one or more of the above may result in disqualification from the event.

In order to present medals in a timely fashion for all athletes, please ensure that if you are on roster that the results sheets are taken to the Centre Recorders at the conclusion of EACH event.

The WALA Rules of Competition can be found at the link below:

https://assets.imgstg.com/assets/console/document/documents/20150205072145LM_Jetstar_WALA_Rules_of_Competition_14-15.pdf

On the Mindarie Mustangs Website and included in the Members Email is a shortened version of the rules that contain only the General Field Rules, Long Jump Rules and Triple Jump Rules in order for Mindarie Officials to be aware of the rules for the events that Mindarie runs at competitions.

Rules for Jump Pits

The following rules are specific to Long and Triple Jump and will assist in a smooth running of the site.

1. Where possible there will be 5 Officials per site
 - a. Key Official/Board Judge (Yellow Vest)
 - b. Recorder
 - c. Spiker
 - d. Raker
 - e. Athlete Control (if available)
2. Prior to the commencement of competition each athlete will be allowed to establish their run-up with at least one practice trial. This is to be made in the order of the competition draw.
3. Once competition has commenced no equipment, including runways can be used to practice.
4. Each competitor will be allowed three (3) trials (One Jump per Round).
5. A red flag will be raised to indicate a foul jump.
6. A foul jump will be indicated on the results sheet by the use of an "X"
7. The time allowed for each trial is one minute. Failure to commence a jump within one minute of being called will result in a no-jump being recorded.
8. Each athlete is allowed a maximum of 2 markers to assist in their run-up.

Mats and Distance from Pit

9. U6 – U9's use a 1m square mat located with the leading edge 20cm from the edge of the landing area.
10. U10 – U12's use a 1m x ½ m mat located with the leading edge no more than 1m from the edge of the landing area.
11. U13 – U17's use a 1m x 20cm strip located with the leading edge between 1m and 2m from the edge of the landing area.
12. In Triple Jump, the same size mat as in Long Jump is used but the mat is located at meter increments from the edge of the pit based on the athletes' preference. (Usually between 5m and 10m at meter increments)

All other rules are included in the Simplified Rule Book available on the Mindarie Mustangs Website.

Centre Training (Tuesday)

5pm to 6pm – Middle Distance (400m, 800m, 1500m)
5.30pm to 6.30pm – High Jump and Throws

Coming Soon Centre Training for Zones and States

Tuesday and Thursday starting 24th February 2015.
Events start between 5pm and 5.30pm, running for 1hr.

If anyone is interested in assisting with the coaching, please see Matt at training.

For more details on Centre Training visit
<http://ridgewoodlac.org/coaching/>



Mindarie Mustangs Little Athletics Club

www.mindarielac.myclub.org.au

mindarielac@gmail.com

www.facebook.com/Mindarielac

Athlete Achievements

Centre Record Breakers

Congratulations to the following athletes who broke Ridgewood Centre Residential Records on 31st Jan 2015

Omeara Louange

U13 Girls 100m – New Record: 13.88 seconds

U13 Girls Triple Jump – New Record: 10.84 meters

Elijah Louange

U8 Boys 100m – New Record: 16.41 seconds

Jackson Anderson

U8 Boys 100m – New Record: 16.33 seconds

Certificates for Record Holders will be handed out at Training on Wednesday 11th February.

WALA State Multi Event Championships

Last week was the WALA State Multi Event Championships. Congratulations to the athletes that competed, results are now available online @ www.walittleathletics.com.au

Mindarie Mustangs Results:

Girls

U12 Girls – Hayley Smith - 32nd

Boys

U11 Boys – Ruben Lategan – 9th

U12 Boys – Joshua Smith – 21st

U12 Boys – Jack Hathaway – 9th

U13 Boys – Ryan Vine – 23rd

U15 Boys – Liam Van Der Spuy – 1st (GOLD)

U16 Boys – Shaun Smith – 20th

U17 Boys – Heinrich Krause – 6th

Personal Bests

Congratulations to all of our athletes this season. Mindarie has been getting more PB's this season compared to last season with 5 athletes breaking the 40PB mark after last week's competition. With our final two weeks to go let's see how more PB's athletes can achieve.



Thank You Dark Light Joondalup

For providing us with Free Game vouchers for our PB Achievement Program. Athletes who have accumulated 40 PB's will receive 1 voucher.

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.

Nominations NOW CLOSED!

WALA State Track and Field Championships U10-U17

Saturday 21st and Sunday 22nd March @ WA Athletics Stadium
Nominations for U16 and U17 NOW CLOSED.

U10 – U15 Qualify via Zones only.



Completed Rosters

The Mindarie Mustangs Committee would like to sincerely thank all of the parents that assist us in fulfilling our roster requirements each and every week at competitions.

With only TWO weeks left, if your athletes are active and your name does not appear below please ensure you assist us over the next two weeks to ensure your children receive trophies and end of season awards.

Abbott	Adams	Anderson
Ayliffe-Todd	Baxter	Dawson
Cronje	Dean	Drummond
Duguid	Ebert	Fleay
Goodley	Halliday	Harriman
Hathaway	Heard	Hockey
Hulston	Humphrey	Inverarity
James	Krause	Lategan
Louange	Lovett	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	

THIS WEEK AFTER COMPETITION!!!



EVENTS START AT 5PM.

Come and see some of the best National and International Athletes that Australia has to offer.

**FREE ENTRY FOR ALL (ADULTS AND CHILDREN)
BRING ONE, BRING ALL**



Club and Centre End of Season Trophies

Mindarie AGM and Presentations: Sun 29th March (Afternoon, Time TBC)

Ridgewood AGM and Presentations: Sat 28th March (TBC)

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.

MINDARIE MUSTANGS

AGM AND PRESENTATION AFTERNOON COMING SOON TO ABBEVILLE PARK

The end of the season is a time to celebrate the achievements of our athletes. This year we will be hosting our AGM and Presentation Afternoon at Abbeville Oval from 1pm to 4pm(TBC) on Sunday 29th March 2015.

All 2014/2015 registered athletes and families are invited to join us for this event. We will have a variety of Giant Inflatables and a Snow Cone Machine.

At this event we will be presenting all athletes who have met the criteria with awards. Each eligible athlete will receive at a minimum a Seasons Best Certificate and a Participation Trophy. We will also present Age Group Champion and Runner Up Trophies to athletes who have excelled over the season as well as a variety of Perpetual Trophies.

We invite you to bring a Picnic Lunch and join us for the fun and festivities.

This event will also be our AGM where the Committee from 2014/2015 will be dissolved and a new committee for 2015/2016 will be appointed. If you would like to consider being a part of the fantastic team of volunteers that make our club so successful please speak with Daan or any other committee member to register your interest.

More details about the event and a breakdown of the committee positions will be included in upcoming Newsletters.



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