



2016/2017

The Mustang Messenger

Merry Christmas

Newsletter #16 — 15/12/16

THIS WEEK'S KEY INFO

NEXT TRAINING - @ 5pm:

Date	Who	Venue
TRAINING RETURNS IN 2017		
MONDAY 9TH JANUARY = U9-U17		
WEDNESDAY 11TH JANUARY = ALL		

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

FRIDAY 16th December
TWILIGHT Program

NEXT LAWA COMPETITION:

Combined Event Champs
Under 11's to Under 17's
Sat 4th & Sun 5th Feb 2017
WA Athletics Stadium

NEXT COMPETITION ROSTER:

Family Name	Rostered Position
LARKIN	Set Up 4PM
COWAP, VENTER & FREIND	Canteen 4-7PM
N/A	Walks Judge
WOODMAN	Shot Put Chief
BAILEY	Shot Put Helper 1
GAMBLE	Shot Put Helper 2
WATSON	Discus Chief
HOUGH	Discus Helper 1
CRONJE	Discus Helper 2
DU PLOOY	Discus Helper 3
N/A	High Jump A Chief
N/A	High Jump A Help 1
N/A	High Jump A Help 2
N/A	High Jump B Chief
N/A	High Jump B Help 1
N/A	High Jump B Help 2
LARKIN	Pack Up 11.30am

ROSTER MANAGER
SELECT YOUR ROSTERS NOW!



Final Newsletter for 2016

With the final competition for 2016 set for tomorrow night (See Page 3), this is the last Mustang Messenger for 2016. The committee would like to extend a huge thanks to all of the families who have assisted at training and competitions, especially those who have completed rosters and ensured that the rosters have been filled.

A special thank you to the Clementson, Cronje, Payne, Rancatore, Roselt/Smith, Ross and Woodman families who have already completed the minimum 5 required rosters. Your assistance and dedication is appreciated.

2017 is set to be bigger and better than ever before with a whole new look for LAWA State Combined Championships and State Finals.

The Mustang Messenger will return in January.

From the Mindarie Mustangs Committee

Merry Christmas and a safe and happy New Year!

RECORD BREAKERS

Records broken on Nov 12th:

Congratulations to

Omeara Louange

U15 Girls High Jump—1.55m

U15 Girls Long Jump—5.44m

Records broken on Nov 19th:

Congratulations to

Omeara Louange

U15 Girls Triple Jump—11.50m

RECORD BREAKERS

Records broken on Nov 19th:

Congratulations to

Mignon Cronje

U11 Girls High Jump—1.37m

Brendan O'Malley

U15 Boys Javelin—34.51m

Records broken on Dec 3rd:

Congratulations to

Jenna Woodman

U16 Girls High Jump—1.43m

Dylan James

U15 Boys High Jump—1.75m



AWA Go for 2 & 5 COMPETITIONS

RETURNS JAN 6TH

Open to Athletes U12+.

Great opportunities to compete against different athletes at the WA Athletics Stadium.

For more information, visit: www.waathletics.org.au



Upcoming Events

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

As of December 3rd, Mindarie athletes have been putting in their absolute best every week.

The Club PB Grand Total is currently
1508

With **79** athletes now achieved 10 or more PB's, **25** Athlete have achieved 20 PB's and now **1** athlete has achieved 30 PB's

BRILLIANT

PB Certificates will be handed out again in 2017

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

Save the Dates!

Saturday 25th March and 1st April 2017

The Mindarie Mustangs AGM will occur on one of these two Saturdays and will be confirmed in the new year.

The AGM is a time when all of the committee positions will be open for nominations. We will be looking for some new and enthusiastic members to join the committee for the 2017/2018 season.

If you would like to know more about any of the positions please speak to a committee member at Training or Competitions.

LAWA State Relay Championships RESULTS!

The 2016 Relay Championships were very successful for Ridgewood LAC with a number of the field teams coming away with medals and the U13 Boys 4x100m team securing a Silver Medal in a thrilling finish to a long day of competition.

A huge thank you to all the parents who volunteered as coaches or completed rosters on the day. Without your assistance this event is not possible.

Congratulations!

The following teams secured medals at the State Relay Championships

(Any mistakes - please let us know)

Track—Under 13 Boys 4x100m Relay - SILVER MEDAL

Field - Under 11 Boys - SILVER MEDAL

Field - Under 13 Boys - GOLD MEDAL

Field - Under 14 Boys - GOLD MEDAL

Field - Under 15 Girls - GOLD MEDAL

Field - Under 15 Boys - GOLD MEDAL

An amazing result for Ridgewood LAC, who also finished SECOND overall in the Centre Rankings.

Stay Tuned for upcoming information about other upcoming State Championship events.

Online Level 1 Courses

All parents are encouraged to complete the online courses for High Jump, Discus and/or Shot Put. These courses should take approx. 1 hour per event.

For more information visit athletics.com.au/Officials/Education

Mindarie Mustangs Little Athletics Club

 www.mindarielac.weebly.com

 www.facebook.com/Mindarielac

 mindarielac@gmail.com



Twilight Little Athletics Meet & Christmas Party

Friday 16th December 2016 at 5pm

U6	U7	U8	U9	U10	U11	U12	U13	U14	U15-17
60m	60m	60m	60m	60m	60m	60m	60m	60m	60m
Discus	Vortex	Shot	Turbo	Shot	Discus	Discus	Shot	Jav	Discus
100m	100m	100m	100m	100m	100m	100m	100m	100m	100m

Please note: Throws are different to previously advertised and above is correct.

Special Meal Deals Available from the Canteen:

- I. Sausage Sizzle, Drink (Soft Drink, Pop Top, Water) & Icy Pole—\$5
- II. Hamburger, Drink (Soft Drink, Pop Top, Water), & Icy Pole—\$6

Keep an eye out for Santa driving his Fire Engine!

Will see you there!

