



# Mindarie Mustangs Little Athletics Club

CENTRE CHAMPIONSHIPS - DAY 1 WRAP UP

Newsletter #17 – 15/02/2015

## 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:

<u>Date</u>	<u>Program</u>
Mon 16 <sup>th</sup> Feb	GREEN
Wed 18 <sup>th</sup> Feb FINAL CLUB TRAINING	YELLOW
Centre Training Tues/Thurs Starts 24 <sup>th</sup> Feb	RLAC

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 18<sup>th</sup> Feb **End of Month BBQ**

*Sausage Sizzle \$2.50 Drinks \$1.50*

### **Saturday Competitions**

Next Competition is: **Saturday 21st February 2015**

Program 2, including WALKS. Athletes wishing to compete in WALKS must marshal by 7.20am at the Ridgewood Tent.

### **Competition Roster**

#### **FINAL WEEK**

A huge thankyou to everyone this season who has completed their rosters and even gone above and beyond the expectations.

Family Name	This Weeks Roster:
GOODLEY	Set Up 6.30am
BAXTER	Canteen 7am to 10am
JORDAN/FLEAY	Start of Track Assistant
	End of Track Assistant
VAN DER SPUIY	Jump Pit 1 Key Official
PAYNE	Jump Pit 2 Key Official
TUDOR-ROBERTS	Jump Pit 3 Key Official
HEARD	Jump Pit 4 Key Official
ADAMS	Jump Pit Assistant
CRONJE	Jump Pit Assistant
DRUMMOND	Jump Pit Assistant
INVERIATY	Jump Pit Assistant
KRAUSE	Jump Pit Assistant
McCARTNEY	Jump Pit Assistant
ROSELT/SMITH	Jump Pit Assistant
SECOMB	Jump Pit Assistant
SIVIC	Jump Pit Assistant
VENTER	Jump Pit Assistant
	Jump Pit Assistant
	Jump Pit Assistant
	Jump Pit Assistant
MOSS	Canteen 10am to 1pm
	Pack Up

Extra Help is required for PITS, END of TRACK and PACK UP. If anyone is available to assist it would be greatly appreciated.

## **Centre Championships 2015**

RLAC Centre Championships are Sat 14<sup>th</sup> and 21<sup>st</sup> 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**

All the important rules for Centre Championships were included in last week's Newsletter. Check out our website for links to these valuable resources.

### **Centre Training (Tuesday)**

5pm to 6pm – Middle Distance (400m, 800m, 1500m)

5.30pm to 6.30pm –Throws

### **Coming Soon Centre Training for Zones and States**

Tuesday and Thursday starting 24<sup>th</sup> 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/>

### **Athlete Achievements**

#### **Centre Record Breakers**

Congratulations to the following athletes who broke Ridgewood Centre Residential Records on 7<sup>th</sup> Feb 2015

*Mignon Cronje*

U9 Girls – High Jump Scissor – NEW RECORD – 1.10m

**Certificates for Record Holders will be handed out at Training on Wednesday 18<sup>th</sup> February.**

### **Personal Bests**

Congratulations to all of our athletes this season. Mindarie has been getting more PB's this season compared to last season with a number of athletes breaking the 40PB mark after last week's competition. With our final week upon us let's see how many 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**

#### **WALA Zones (Heats and Quarter Finals) U7-U15**

Saturday 7<sup>th</sup> and Sunday 8<sup>th</sup> March @ UWA Sports Ground

McGillivray Oval, McGillivray Road, Mt Claremont.

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

**Nominations NOW CLOSED!**

### 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.

Families whose names appear below have met the Roster Policy requirements. Thank You!

Abbott	Adams	Anderson
Ayliffe-Todd	Baxter	Dawson
Cornell	Cronje	Dean
Drummond	Duguid	Ebert
Friend	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	Venter	Vine
Watson	Wollhaf	Woodman
	Young	

### Club and Centre End of Season Trophies

Mindarie AGM and Presentations: Sun 29<sup>th</sup> March  
(Afternoon, Time TBC)

Ridgewood AGM and Presentations: Sat 28<sup>th</sup> 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 (10 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 21<sup>st</sup> February.

### **MINDARIE MUSTANGS** **AGM AND PRESENTATION AFTERNOON** **COMING SOON TO ABBEVILLE PARK**

#### **Sunday 29<sup>th</sup> March 2015 – 1pm to 4pm**

Giant Inflatables, Snow Cones and plenty of Trophies and Certificates for all eligible athletes.

BYO Picnic Food and Drink and join us for our end of season celebration.

Our AGM is where the previous committee is dissolved and a new committee is elected. More details on the Committee Positions and Roles in next week's Newsletter!

If you are interested in joining the committee, see Daan!



Mindarie Mustangs Little Athletics Club

[www.mindarielac.myclub.org.au](http://www.mindarielac.myclub.org.au)

[mindarielac@gmail.com](mailto:mindarielac@gmail.com)

[www.facebook.com/Mindarielac](https://www.facebook.com/Mindarielac)

### **2015 Centre Championships – DAY ONE WRAP**

*A full list of Mindarie Medallists and Podium Photos will be included in next week's SUPER Championship Newsletter Special!*

Centre Championships are here and Day One has been completed. A total of 146 Gold Medals were up for grabs on Day One right across the 24 different ages and genders so Mindarie Athletes had got plenty of opportunities to shine and win medals.

The day kicked off early with the 1500m for the U11 to U17 Age brackets, followed by the 800m for the U9's.

Mindarie athletes did very well in these first few events coming away with a number of medals.

Then the main events commenced with most age groups heading out to the different field sites to contest their first events of the morning.

It was a fantastic morning of competition with plenty of records being broken right across the oval with spectacular performances by athletes.

A very special congratulations goes to Omeara Louange from the U13 Girls who broke 3 records in one day.

Omeara started the day by breaking her own Long Jump record by another 32 centimetres to 5.55m. Following this, Omeara went on to reclaim the High Jump record from a fellow Mindarie athlete to set the bar at 1.48m. This combined with last month's Triple Jump record performance of 10.84m has regained the Jumping Trifecta for Omeara!

But Omeara was not finished there. Determined to continue to improve her personal best tally, Omeara broke her own 100m record that she recorded two weeks ago by another 0.02 seconds. The new record now standing at 13.86 seconds. What a fantastic achievement for Omeara! Can she continue her winning performances next week in the Triple Jump? Only time will tell.

As the morning progressed, the medal tally for Mindarie was starting to build and by the end of the morning the current estimated tally is around 47 Gold, 41 Silver and 25 Bronze. Totalling to 113 medals across the competition so far. This is only from Day One and with another 150 Gold Medals up for grabs in next week's competition, only time will tell how many medals the Mustangs can haul away by the end of the season. Good Luck to EVERY athlete next week in the final day of competition.

Check out next week's Special Edition of our Newsletter which will include a full list of all of the Mindarie Mustangs Medallists and Photos from every podium.



Our U17 Athletes!



(L2R) Heinrich, Emily E., Emily W. and Kailey



Mindarie Mustangs Little Athletics Club  
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