



2015/2016

The Mustang Messenger

Newsletter #17 – 22/12/15

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Date	Program	Venue
MON 11/01	MULTI A	MMLAC
TUES 12/01	Track/Throws	RLAC (TBC)
WED 13/01	MULTI B	MMLAC
MON 18/01	BLUE	MMLAC
TUES 19/01	Track/Throws	RLAC (TBC)
WED 20/01	RED	MMLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 16th January 2016

Centre Multi Event Championship

NEXT WALA COMPETITION:

WALA State Multi Championships

Under 11's to Under 17's

Sat 6th & Sun 7th February 2016

Ern Clarke & WAAS

NEXT COMPETITION ROSTER:

Family Name	Rostered Position
FREIND	Set Up 6.30AM
MULCRONE	Canteen 7-10
CRONJE	Canteen 10-1
NEL	Jump Pit 2 KO
YOUNG	Shot Site 1 KO
CHAYCHUK	Shot Put Site 1
NORRIS	Shot Put Site 1
HEAD (GREEN)	Shot Put Site 1
AYLIFFE-TODD	Discus Site 1 KO
VISSER	Discus Site 1
KRAUSE	Discus Site 1
MALPASS	Discus Site 1
Not Required	High Jump 1 KO
Not Required	High Jump 2 KO
Not Required	High Jump 1
Not Required	High Jump 1
Not Required	High Jump 2
Not Required	High Jump 2
LATEGAN	Pack Up

NEXT FUNDRAISING EVENT:

DETAILS COMING SOON

From All of the
Mindarie Mustangs Committee
A very Merry Christmas &
A Happy and Healthy New Year

RECORD BREAKERS

On Sat 12th Dec, 3 Athletes broke/
set new Ridgewood Records!

Congratulations to:

Ashton Van Der Spuy

U8 Boys High Jump Scissor — 0.97m

Jackson Anderson

U9 Boys High Jump Scissor — 1.12m

Sophie McCorkindale

U11 Girls 800m — 2 mins, 44.31 sec

WEEKLY SPONSOR

Mindarie Mustangs LAC would
like to thank



*Wendy's
Ocean Keys*

for being a Club Sponsor and
providing vouchers for our
athletes.

*If you would like to sponsor the
club, please see Louise or Donna
at training or competitions.*



FRIDAY THURSDAY NIGHT AWA STRIVE COMPETITIONS

Next Event: Strive Prog A - Thurs 7th January

Open to Athletes U12+. Great opportunities to compete
against different athletes at the WA Athletics Stadium.

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

WALA Registered Athletes can register as part of a
Seniors Club or as an AWA Independent Athlete.

Training in 2016

In 2016, the Mindarie Mustangs Committee is looking for your help at Training even more! Over the first half of the season the parent help has been great but we need more parents to step up and help out. When at training ALL parents will be asked to be based at a site. Whilst at the site, experienced parents will be teamed up with less experienced parents to assist the less experienced parents in learning new skills whilst watching their athletes train. The committee appreciates all of the help that regular volunteers provide.

The committee is also investigating the potential of "professional" coaches. If you know anybody that would be interested please contact the committee.

2016 Parent Rosters

As the season progresses it is inevitable that some families no longer wish to continue with the season for whatever reason. Please remember that all families have already been allocated adequate rosters for the entire season and without this assistance the competitions are unable to run. Please contact the committee if you are unable to complete a roster so that replacements can be arranged. Failure to advise the committee may result in athletes being ineligible for end of season awards.



WALA State Track and Field Relay Championships

2015 SUCCESS FOR FOUR FIELD TEAMS!

The 2015 WALA State Field Relays were very successful for both Ridgewood and Mindarie as four teams secured medals. Gold was won by the U12 and U13 Boys, whilst Silver was won by the U10 and U14 Boys.

Congratulations to all of the Track Teams who did remarkably well under the new timed finals format. Great to see so many teams come within the Top 8 and some even just missing out on a medal.

WALA State Relay Representatives—Mindarie

U8 Boys	Ashton Van Der Spuy	Jayden Freind	
U9 Girls	Hayley Mann		
U9 Boys	Jackson Anderson	Elijah Louange	
U10 Girls	Leola Hall	Mignon Cronje	Evuné Nel
U11 Boys	William Heard	Ezekiel Louange	
U12 Girls	Jordan Woodman		
U12 Boys	Dian Nel	Callum James	Ruben Lategan
	Daniel Mann	Darold Kirton Venter	Mekhi Adams
U13 Girls	Hannah Sivic	Kaiwyn McCartney	Hayley Smith
U13 Boys	Osh Leonard	Ethan White	Joshua Smith
U14 Girls	Omeara Louange	Rachel Noris	Ally Moss
		Monique Heard	
U14 Boys	Brendan O'Malley	Dylan James	Brayden Smith
		Reinhard Visser	
U17 Boys	Jayden Harriman	Shaun Smith	Raja Suresh

Key	Track Representative	Gold Medallist
	Field Representative	Silver Medallist

Official Photos are currently unavailable. If you have any photos you would like to share please forward them to mindarielac@gmail.com for inclusion in 2016 Newsletters.

State Multi Championship Programs

The WALA State Multi Event Championships take on a new form for the U16/U17's this season. Their competition will be contested over two days in a Heptathlon/Octathlon format as follows:

Venue: Ern Clarke Athletics		Venue: WA Athletics Stadium,	
U16/U17 Girls Day 1	U16/U17 Boys Day 1	U16/U17 Girls Day 2	U16/U17 Boys Day 2
Hurdles	100m	Long Jump	Hurdles
High Jump	Long Jump	Javelin	High Jump
Shot Put	Shot Put	800m	Javelin
200m	400m		1 000m

The Under 11-15's will continue with the one-day Pentathlon event held at the WA Athletics Stadium in Mount Claremont. Their program is as follows:

U11	U12	U13	U14/U15 Girls	U14/U15 Boys
Shot Put	100m	100m	Long Jump	Long Jump
100m	Long Jump	Long Jump	Shot Put	100m
Long Jump	Shot Put	Hurdles	200m	Discus
Hurdles	Hurdles	Shot Put	Hurdles	Hurdles
800m	800m	800m	800m	800m

Don't forget to register with Nicole by Saturday 16th January!

SAVE THE DATE! - Saturday 2nd April 2016

The 2016 Mindarie Mustangs AGM and Presentation Day is provisionally pencilled to be held on Saturday 2nd April 2016.

We hope as many families can make it.

More details to follow later in the season.



Next [Final] Transition Clinic

Friday 15th January 2016—Javelin

For more info contact Jake Trewin (Development Officer)

jake.trewin@waathletics.org.au



WALA State Multi Event Championships

Saturday 6th February 2016

U16-U17

**Ern Clarke Athletics Track,
Cannington**

Sunday 7th February 2016

U11-U17

**WA Athletics Stadium,
Mt Claremont**

Register NOW with Nicole at the
Jetstar Tent.

Closing Date - Saturday 16th January



PERSONAL BEST TALLY

After Competition on Dec 12th our athletes are putting their best foot forward and continuing to gain PB's each and every week!

As a club the athletes have earned a combined total of **1928** Personal Bests so far this season!

Well Done Everyone!

Keep up the great effort when we return in 2016!

2015-2016 Committee

President	Daan Nel
VP/Coach	Tony Young
Secretary	Matthew Vine
Treasurer	Jillian McCorkindale
Registrar	Evyonne Nel
Recorder	Julie Vine
Fundraising	Louise Mann Donna Cornell
Coaching Team	Jeff Woodman Steve Moss Jacque Ayliffe

Mindarie Mustangs Little Athletics Club

www.mindarielac.myclub.org.au

www.facebook.com/Mindarielac

mindarielac@gmail.com



**TO CELEBRATE THE START OF THE SECOND
HALF OF THE SEASON, WE INVITE ALL
ATHLETES TO JOIN US FOR OUR ANNUAL**

MULTI EVENT PROGRAM

**SATURDAY 16TH JANUARY, 2016
COMMENCING AT 8.00AM**

U6-U8	U9	U10	U11-U12	U13	U14-U15 B	U14-U15 G	U16-U17
100m	100m	100m	100m	100m	100m	200m	100m
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Vortex/Turbo	Discus	Discus	Shot Put	Shot Put	Discus	Shot Put	Shot Put
400m	60m Hurdles	60m Hurdles	60m Hurdles	80m Hurdles	Hurdles	Hurdles	Hurdles
	800m	800m	800m	800m	800m	800m	800m

RULES OF COMPETITION:-

- ❖ 800m Event will always be the last event contested.
- ❖ Any Competitor failing to attempt to start or make a trial in one of the events shall not figure in any of the final results.
- ❖ Any Competitor deciding to withdraw from the competition must inform the officials.
- ❖ Scoring will be using the Multi Event Points System as determined by the RLAC Committee.
- ❖ Gold, Silver and Bronze Medals will be awarded for the first three (3) place getters in each age group for both boys and girls.
- ❖ Individual Centre Records will be recognised.

Ridgewood Little Athletics Centre



ATHLETICS WA



SCHOOL HOLIDAY CAMP

Monday 18TH – Thursday 21ST January 2016

Location: WA Athletics Stadium

Time: Sign in from 8:30am, 1st session starts at 9am and final session concludes at 3:00pm

Ages: 11 years to 16 years

Cost: 1 Day - \$85

2 Days - \$160

3 Days - \$220

4 Days - \$300



Events include: Sprints, Block Starts, Hurdles, Relays, Discus, Shot Put, Javelin, Long Jump, Triple Jump, High Jump, Long Distance & Steeple Chase

These sessions are planned by the best Track and Field coaches in W.A and coached by the elite athletes from Athletics WA's Target Talent Program.

All athletes will receive an Athletics WA School Holiday Camp T-Shirt and some light snacks will be provided during the day. Lunch is to be provided by the athlete.

Special Guest Speakers

Monday – **Brianna Beahan** – Australian World Relay Team Member

Tuesday – **Kim Mickle** – Javelin Commonwealth Games Gold Medallist

Wednesday – **Nina Kennedy** – Pole Vault World Junior Record Holder

Thursday – **Lyndsay Pekin** – Reserve 4 x 400m Runner for 2015 World Athletics Championships



To register go to the Athletics WA website – waathletics.org.au

Entries close Friday 8th January 2016 11:59pm

For enquiries please email – jake.trewin@waathletics.org.au



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 mindarielac@gmail.com



SCHOOL HOLIDAY

ATHLETICS CLINIC

The clinic is designed to develop athletics skills and techniques for boys and girls aged 8 to 16 years (Little Athletics age groups U9 – U17).

Whether they are beginners or accomplished athletes, our experienced coaches will ensure your children are enjoying their training while aiming for their personal bests.

Where: WA Athletics Stadium
Stephenson Ave, Floreat WA 6014
When: Mon 11th, Tue 12th, Wed 27th, Thu 28th
January 2016
Time: 9:00am to 3:00pm
(Registration commences 8:30am)
Cost: 1 Day \$85, 2 Days \$150,
3 Days \$210, 4 Days \$280
Includes spikes/shoe bag

EVENTS CHOICES

Sprints/Starts
Hurdles
Middle Distance
Long Jump
Triple Jump
High Jump
Discus
Javelin
Shot Put

Athletes are able to choose four events to specialize in each day.

For more information or to register please go to:
sprintingfast.com/school-holiday-clinics/



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