



2015/2016

The Mustang Messenger

Newsletter #18 – 10/01/16

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

Happy New Year!

Welcome back to the 2015/2016 Season.

We are now down to the business end of the season.

Please remember the following criteria as the season progresses:

In order for athletes to be eligible for Championships Medals, they must have competed in the event to be contested a minimum of THREE (3) times prior to the Championship Weekends.

In order for athletes to be eligible to receive end of season awards and certificates, athletes must have competed at a minimum of 60% of eligible competitions, (9 of 15 Competitions) including THREE (3) post Christmas Competitions. Parents must also have completed their minimum roster requirements of FIVE (5) rosters across the season.

If you have any queries or concerns about these criteria please email the committee: mindarielac@gmail.com

TRAINING RESUMES MONDAY 11TH JANUARY 2016

COMPETITION RESUMES SATURDAY 16TH JANUARY 2016

(Centre Multi Event Championships)

RECORD BREAKERS

On Fri 18th Dec, 1 Athlete broke/
set new Ridgewood Records!

Congratulations to:

Jackson Anderson

U9 Boys 60m Dash—9.77 seconds

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 at
training or competitions.*



THURSDAY/FRIDAY NIGHT AWA STRIVE COMPETITIONS

Next Event: State Combined Championships &
10Km Walks - Thurs 14th January
Strive Prog B - Fri 15th 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

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 2015 State Field Relay Medallists

Photos courtesy of Ridgewood LAC Website.
No Photo of U13 BOYS Gold available at this time.
Official "Aussies in Action" Photos unavailable due to unforeseen circumstances.

2016 WA Little Athletics Competition Schedule

Date	Program/Comp	Venue
Sat 16th Jan	Centre Multi Event	RLAC
Sat 23rd Jan	RLAC Program 1	RLAC
Sat 30th Jan	RLAC Program 2	RLAC
Sat 6th Feb	WALA Multi U16/U17	Ern Clarke
Sat 6th Feb	RLAC Program 1	RLAC
Sun 7th Feb	WALA Multi U11-U17	WAAS
Sat 13th Feb	RLAC Program 2	RLAC
Sat 20th Feb	RLAC Program 1 Champs	RLAC
Sat 27th Feb	RLAC Program 2 Champs	RLAC
Sat 5th Mar	WALA Zones Day 1 (U7-U15)	UWA (TBC)
Sun 6th Mar	WALA Zones Day 2 (U7-U15)	UWA (TBC)
Sat 19th Mar	WALA States Day 1 (U10-U17)	WAAS
Sun 20th Mar	WALA States Day 2 (U10-U17)	WAAS

Venues

RLAC = Ridgewood Park, Ridgewood
Ern Clarke = Ern Clarke Athletics Track, Cannington
WAAS = WA Athletics Stadium, Mt Claremont
UWA = McGillivray Oval, UWA Sports Park, Mt Claremont

Mindarie Mustangs Little Athletics Club

Training Programs—Centre Multi Event

Mon 11th & Wed 13th January 2016

* - Bonus Training (Event not contested at Multis)

- Throws Event contested at Multis will depend on Age and Gender

Monday 11th January

UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10
Long Jump	Long Jump	Turbo	Track 100/800	Track 100/800
Track 100/400	Track 100/400	Long Jump	Long Jump	Javelin*
Vortex	Vortex	Shot Put*	Shot Put*	Long Jump
UNDER 11	UNDER 12	UNDER 13	UNDER 14	UNDER 15-17
Shot Put	Discus*	Fitness Spots	Hurdles	Fitness Spots
Fitness Spots	Shot Put	Discus*	Fitness Spots	Discus#
Track 100/800	Track 100/800	Hurdles	Discus#	Hurdles

Wednesday 13th January

UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10
Fitness Games	Fitness Games	Turbo	High Jump*	Hurdles
Vortex	Vortex	High Jump*	Hurdles	Discus
Shot Put*	Shot Put*	Track 100/400	Discus	High Jump*
UNDER 11	UNDER 12	UNDER 13	UNDER 14	UNDER 15-17
Long Jump	Fitness Spots	Shot Put	Track	Shot Put#
Shot Put	Long Jump	Track 100/800	Shot Put#	Long Jump
Hurdles	Hurdles	Long Jump	Long Jump	Track

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

Results and PB Tally from the
Twilight Competition on Dec 18th
are yet to be released to the club.

Well Done on the great effort
everyone has been putting in.

Stay tuned for next week to find
out how many PB's we have so far
as a Club!

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

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