



2016/2017

SPECIAL EDITION

The Mustang Messenger

Newsletter #19 — 16/01/17

THIS WEEK'S KEY INFO

NEXT TRAINING - @ 5pm:

Date	Who	Venue
17/01	U10+ Sprint/ Throws	RLAC
18/01	All Athletes	BEACH
23/01	U9-U17	MLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 21st January

Program 1 including 1500m

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
LENA	Set Up 6.30am
METTAM	Canteen 7-10am
Help Needed	Canteen 10am - 1pm
N/A	Walks Judge
Help Needed	Shot Put Chief
VAN DER SPUIJ	Shot Put Helper 1
Help Needed	Shot Put Helper 2
Help Needed	Discus Chief
LEONARD	Discus Helper 1
Help Needed	Discus Helper 2
Help Needed	Discus Helper 3
ADAMS	High Jump A Chief
CLEMENTSON	High Jump A Help 1
Help Needed	High Jump A Help 2
CORNELL	High Jump B Chief
LOUANGE	High Jump B Help 1
BAILEY	High Jump B Help 2
FREIND	Pack Up 11.30am

ROSTER MANAGER
SELECT YOUR ROSTERS NOW!



Welcome to this Special Edition of The Mustang Messenger

In this special edition there is some important information that just could not wait until Thursday!

Beach Training this Wednesday

Australia Day Celebrations at Ridgewood This Saturday

Ridgewood Hoodies - ORDER NOW by Wednesday

Check out the other pages of this newsletter for more details.

Centre Training returns Tues Jan 17th - Sprints & Throws from 5pm

Plus a reminder to complete your online rosters, families must complete 5 rosters by the end of the season to have athletes eligible for awards.

RECORD BREAKERS

On Fri 16th Dec, the following athletes broke the following RLAC Records:

Congratulations to:

Omeara Louange

U15 Girls 60m - 8.83 seconds

WEEKLY SPONSOR

The Mindarie Mustangs would like to thank

Outback Jacks Northbridge



For being a supporter of our club during the 2016/2017 season.

Please support this business.



AWA Go for 2 & 5 COMPETITIONS

Fridays @ WA Athletics Stadium

Open to Athletes U12+.

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

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



Beach Training

Wednesday 18th January

5pm Start

Quinns Beach

(Meet at Portfonios Grass)

Join us for a great training session down at the beach!
All athletes are able to attend!

All athletes **MUST** be signed in and have an Adult present **ON THE BEACH** for the duration of Training.

Athletes will not be going into the ocean during training, if they wish to do so after the session is complete, supervision will be solely the responsibility of the parent/guardian present with the athlete(s).

Mindarie Mustangs Little Athletics Club

 www.mindarielac.weebly.com

 www.facebook.com/Mindarielac

 mindarielac@gmail.com



Australia Day

**THIS SATURDAY 21 JANUARY 2017
RIDGEWOOD LITTLE ATHLETICS CENTRE
CELEBRATE AUSTRALIA DAY**

**ATHLETES ARE ENCOURAGED TO COME DRESSED IN
AUSSIE DAY COLOURS OF GREEN AND GOLD OR
THE COLOURS OF THE AUSTRALIAN FLAG
BLUE RED AND WHITE**

**DON'T FORGET TO WEAR YOUR JETSTAR
BADGE, NUMBERS AND AGE TAGS**



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Ridgewood Casual Hoodies



	1. Chest	2. Body	3. Sleeve
3XS	47CM	60CM	75CM
2XS	50CM	61CM	76CM
XS	53CM	62CM	78CM
S	56CM	63CM	79CM
M	58CM	64CM	80CM
L	60CM	64CM	81CM
XL	63CM	65CM	83CM
2XL	65CM	66CM	84CM
3XL	68CM	67CM	86CM
4XL	74CM	69CM	89CM
5XL	80CM	71CM	91CM

The NEW Ridgewood Casual Hoodies are pictured above and are available for purchase via Pre-Order.

Cost is \$45 and sizing is highlighted on the right.

Orders are to be placed directly with Ridgewood LAC via email by 12 Noon on Wednesday 18th January so that the hoodies will be received prior to the end of the season.

ORDER NOW:
info@ridgewoodlac.org

Club/Centre End of Season Awards

Ridgewood Policy with MLAC additions

To be eligible for Ridgewood LAC and Mindarie LAC end of season awards; athletes must have competed at more than **60% of meets in the current season**, not including state events and must have competed **twice after the Christmas Break**. (This equates to 10 out of 16 meets, not including Centre Championships)

* Athletes who joined after the start of the season need to compete at 60% of events they were eligible to compete at.

Parents must also meet the minimum roster requirements as set out in the Roster Policy.

MLAC and RLAC Committee will consider exemptions from the criteria for injuries only, if supported by a medical certificate.

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