



2015/2016

# The Mustang Messenger

Newsletter #2 — 07/09/15

## THIS WEEKS KEY INFO

### NEXT TRAINING - @ 5pm:

Pre-Season Training  
Mon 14<sup>th</sup> Sept & Mon 21<sup>st</sup> Sept  
5pm – 6.30pm  
Abbeville Park, Mindarie

MMLAC = Abbeville Park

RLAC = Ridgewood Park

### NEXT RLAC COMPETITION:

Saturday 10th October 2015

Opening Day Program

### NEXT WALA COMPETITION:

Bravehearts Teams Challenge

Under 6's to Under 10's

Sunday 15th November 2015

WA Athletics Stadium

### NEXT COMPETITION ROSTER:

Family Name	Rostered Position
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COMPLETE YOUR  
ROSTER

AVAILABILITY  
FORMS NOW!

Visit Website/  
Email for forms!  
Return by Friday  
2nd October

### NEXT FUNDRAISING EVENT:

Orientation Day Sausage Sizzle  
Saturday 12th September 2015  
Abbeville Park, Mindarie

## WELCOME TO THE 2015/2016 SEASON

This is Mindarie Mustangs 14<sup>th</sup> Season and the committee extends a warm welcome to all new members. Over the course of the Pre-Season the weekly newsletters will highlight some of the big events that make up the 2015/2016 Little Athletics Season. We will also share some important information about Rosters and the requirements for completing a roster. With this season about to get into full swing let's get ready to enjoy the FAMILY, FUN & FITNESS of Little Athletics.

## Orientation Day 2015

Our first big event takes place this Saturday, September 12<sup>th</sup> at Abbeville Park between 10am and 12noon. The 2015 Orientation Day gives both parents and athletes the opportunity to find out what Little Athletics is all about. Hear lots of information from our knowledgeable committee as well as take part in some exciting activities. Plus there is a FREE Sausage Sizzle for all to enjoy. (Drinks \$1.50)

## Pre-Season Training Starts Mon 14<sup>th</sup> Sept @ 5pm

### 2015/2016 FEES

The 2015/2016 Registration Fees will be \$155 per athlete, with a \$25 Fundraising Levy per family. Payments can be made via Cash or via Direct Deposit ONLY.

#### Direct Bank Deposits:

Mindarie Mustangs Little

Athletics Club

BSB: 066-166

Account Number: 10-275-242

Reference: *Athlete's Name*

### UNIFORM

Uniform consists of the Mindarie Mustangs Shirt or Singlet and Ridgewood/Navy Blue Shorts.



OR



\$30 T-Shirt

\$25 Singlet

Full Range of Ridgewood Uniform available from RLAC.

Prices start at \$30



### SCHOOL HOLIDAY ATHLETICS CLINICS

Specialist training for all abilities (beginner through accomplished) Open to U9 to U17's. Mon 5<sup>th</sup> and Tues 6<sup>th</sup> October 2015 @ WA Athletics Stadium between 9am and 3pm. \$85 for 1 Day or \$150 for both days. (includes T-Shirt) Select up to 4 events per day. Enrollments closes September 13<sup>th</sup>.

For more details or register: <http://sprintingfast.com/school-holiday-clinics/>

## Pre-Season Training 2015

**Monday 14<sup>th</sup> September 2015 &  
Monday 21<sup>st</sup> September 2015**

**5pm to 6.30pm**

### **Abbeville Park, Mindarie**

Training is an important part of Athletics. However, training only occurs with the support and assistance of volunteers/parents  
**THIS MEANS YOU!**

At each training session, athletes will participate in 3 different disciplines across the training session. For each session we have between 7 and 9 sites running at any one time, which requires 2-3 adults per site. If the sites do not have enough parental support then athletes WILL NOT be able to train.

Also under Health and Safety and insurance NO Athletes are to be dropped off and left at training/competitions without a parent/guardian present.

We are always looking for people to join the coaching team/be a regular coach so if you have a passion for a specific event we would love to have you apart of the team.

For more details on training and the programs see our Coaching Team or visit our website.

## Competition Rosters – A couple of FAQ's

*Taken from the Ridgewood LAC Parent Participation/Roster Policy*

### **Why do parents have to do a roster?**

Little Athletics is a volunteer run organisation that requires substantial parent involvement to ensure our children have a safe and rewarding experience. It takes around 80-90 volunteers every week to run an efficient program. ***Parents should expect to be required to assist with roster fortnightly.*** Your clubs will arrange your rosters. *Please remember under Health and Safety Laws you must wear enclosed shoes and a hat for canteen roster.*

### **What happens if parents do not attend their roster?**

Firstly, you let down the children and slow down the program. In addition you place unfair pressure on others to fulfil your commitments. We have many parents including Centre Committee members, Club Committee members, and Senior Officials who volunteer every week and never get to see their children compete. Every parent wishes to watch their children, it is unfair to expect another parent to fulfil your commitment.

**PARENT ROSTER ALLOCATION FORM DUE BY FRIDAY 2<sup>nd</sup> OCTOBER.**

**See website to download form! Return via email or at training!**

## SPECIAL EVENTS – OCTOBER 2015

### **Ridgewood Opening Day Event – Saturday 10<sup>th</sup> October 2015**

To kick off the Competition season, Ridgewood will host the Opening Day Competition on Saturday 10<sup>th</sup> October 2015 at Ridgewood Park.

There will be a parade of clubs at 7.45am, followed by a short presentation. Athletes will compete in the following events commencing at 8.30am:\*

U6	U7	U8	U9	U10	U11	U12	U13+
70m	70m	200m	200m	200m	400m	400m	400m
100m	100m	100m	100m	100m	100m	100m	100m
Shot	Shot	Turbo	Shot	Javelin	Shot	Javelin	Javelin
Put	Put	Jav	Put		Put		
		Discus	Long Jump	Long Jump	Long Jump	Long Jump	Discus

\*Event Schedule for Opening Day TBC

## SPECIAL EVENTS – NOVEMBER 2015

### **Braveheart's Team Challenge – Sunday 15<sup>th</sup> November 2015**

*WALA Event for U6-U10 Athletes @ WA Athletics Stadium.*

This event is aimed at introducing "the big stage" (The Stadium) to athletes in the Under 6 to 10 age groups in a fun team event. Athletes will compete in a number of events as part of a team.

### **Joondalup Challenge – Saturday 28th November 2015**

*Ridgewood LAC vs Joondalup LAC competition at WA Athletics Stadium.* Open to all athletes registered in the Ridgewood and Joondalup Centers. As Joondalup LAC is our closest rivals, the two centers take over the WA Athletics Stadium for a friendly competition.

With Joondalup retaining the Challenge Shield in 2014, it's time for Ridgewood to take over as Challenge Champions.

*Special Parent Rosters and Programs for these events will be published once confirmed by the organising committee.*

## Competition Rosters – What do I have to do?

### Episode 1 – Set Up, Pack Up and Canteen

As part of the registration process, you would have signed to abide by the Centre Roster Policy. This states that all families must complete a *MINIMUM* of 5 Rosters across the season, with the expectation of fortnightly. Without the Roster Positions being filled Competition STOPS! Rosters will be issued as soon as practical. However, over the next few weeks we will highlight some of the potential positions that require filling by Mindarie families. If you wish to request a specific position please indicate on your Roster Allocation Form. Any issues see Daan, Tony or Matt.

#### Arena Set Up 6.30am–8am [1 Family per Week]

In order to start the morning's competition on time, a set-up team is required. Each week 1 person from each club needs to meet Nigel (RLAC Equipment Officer) at Ridgewood Park at 6.30am to assist with set up. You will assist with setting up the Arena Boundary Rope, Centre Tents, End of Track Area and PA System plus anything else that is required. Once completed you would then be free to enjoy the morning's competition knowing that you assisted us in getting started on time.

#### Arena Pack Up ~11.30am–Lock Up @~1.30 [1 Family per Week]

Pack Up is the last roster for each week, but someone has to do it. As the saying goes "Many hands make light work." Families rostered onto Pack Up will meet with Nigel (RLAC Equipment Officer) at the store room when events are beginning to conclude for the day. Nigel will direct you to what requires packing up to ensure a quick pack up. Assistance is specifically required for Arena Boundary Ropes, Centre and Club Tents and any other equipment that needs to be packed away. Please remain available until all equipment has been returned and the store room closed. With your assistance, everyone can be home by a sensible time at the end of competition.

#### Canteen (7am-10am OR 10am–Close) [2/3 Families per Week]

The Canteen is operated every week by a Manager and 4 other people. When allocated a Canteen Roster, one member of the family is required to attend to the Canteen during the time specified:

##### 7am to 10am Shift

Assist with:

- ✓ Set Up of Kitchen, BBQ & Tent for BBQ.
- ✓ Cooking on BBQ
- ✓ Prep of other food
- ✓ Serving customers

##### 10am-Close shift

Assist with:

- ✓ Cooking of food
- ✓ Service Customers
- ✓ Cleaning BBQ and Kitchen
- ✓ Pack all equipment away and return to storeroom.

NOTE: Failure to complete an allocated Canteen Roster will result in ineligibility for all potential end of season awards.  
(RLAC Roster Policy)

#### Episode 2—Field Sites in next week's Mustang Messenger

## NEW SPIKE RULES

Footwear is mandatory for all athletes in all events. However, athletes from Under 11's up may wear shoes that contain spikes in certain events.

Hurdles	U11+
100m, 200m, 400m	
4 x 100m Relay	
High(FF)/Long/Triple Jump	
Javelin	
800m/1500m	U13+
4 x 400m Relay	

To be able to wear spikes at competitions, athletes **MUST** complete a Spike License.

Licenses will be available from the website soon.

Athletes must then see a Committee Member at Training to be authorized.

Athletes **MUST** wear a RED button on their Club Shirt to be able to wear spikes.

*No Button/License – NO SPIKES*

## PERSONAL BEST TALLY

Each week as the Season progresses we will celebrate the athletes that have achieved high totals of accumulative Personal Bests.

Athletes who achieve certain levels throughout the season will be presented with certificates/ vouchers at future training sessions.

## 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