



Mindarie Mustangs Little Athletics Club

Newsletter #2 – 26/10/2014

This Week's Key Information

Training

Upcoming Training Dates:

Date	Program	
Mon 27 th October	Red	Don't forget for parents and athletes to sign in at each training session.
Wed 29 th October	Blue**	
Mon 3 rd November	Green	
Wed 5 th November	Yellow	

A huge thank you to all the parents that assist at training. Without your assistance we would not be training.

Fundraising:

Next Event: **End of Month BBQ - Wed 29th October**
Sausage Sizzle \$2.50 Drinks \$1.50 **(THIS WEEK)**

Saturday Competitions

Next Competition is: **SATURDAY 1st November 2014**
Program 1 Events including 1500m. To compete in 1500m you MUST marshal by 7.20 am at the Ridgewood Marquee. This is also the PMH Fundraising Day. More details at Training!

Competition Roster

This week's roster:

Unless specified please sign on by 7.30am in order to set up and prepare for competition. Your assistance is required until all events have been completed. Please ensure that you are available on site for all events.

Family Name	
Baxter	Set Up 6.30am
Halliday	Canteen 7am to 10am
Humphrey	Start of Track Assistant
Hall	End of Track Assistant
Woodman	Jump Pit 1 Key Official
Louange	Jump Pit 2 Key Official
James	Jump Pit 3 Key Official
Goodley	Jump Pit 4 Key Official
Adams	Jump Pit Assistant
Arundel/Smith	Jump Pit Assistant
Inverarity	Jump Pit Assistant
Dalton	Jump Pit Assistant
Dawson	Jump Pit Assistant
Duguid	Jump Pit Assistant
Fleay	Jump Pit Assistant
Friend	Jump Pit Assistant
Gray	Jump Pit Assistant
Tan/Wong	Jump Pit Assistant
Timms	Jump Pit Assistant
Wollhaf	Jump Pit Assistant
Bouwer	Canteen 10am to 1pm
Lovett	Pack Up

If you are unable to attend please inform us by 8pm THURSDAY, who will be replacing you.

Spike Licenses

Don't forget to complete a Spike License for athletes in U11 and above if they wish to wear spikes at competitions. Forms are available on the website and must be signed off by Matt at Training before being able to use them. Failure to comply with the License guidelines will result in suspension from wearing spikes for competitions.

News and Events

Important Message from Ridgewood LAC

RE: Track Results from October 18th.

Members would have already received an email regarding this issue. For those that missed it, see below
Dear Clubs,

The Centre has become aware of some issues with the Timing Gates and the accuracy of recorded times from Saturday 18 October.

The supplier of our electronic gates, Timing Solutions, have confirmed that the system had a bug in the software program. Timing Solutions are working to fix the issue and were at Ridgewood Oval on Thursday 23rd October to correct the system for this coming Saturday (25th October).

At this stage we cannot guarantee the accuracy of the results for 100m, 200m and hurdles from Saturday 18 October. The results for these events will not be published in ResultsHQ until we have had an opportunity to review the results and determine our next course of action. We will complete this as soon as we can.

We intend to put a procedure in place where a manual stopwatch will be used to confirm the accuracy of the timing gates.

We apologise for any inconvenience and will endeavour to correct the issue as soon as possible.

Regards

RLAC Centre Committee

As a result of this issue NO results from October 18th have been released to our Recorder, Julie. This also means that the PB totals are currently only for the Opening Day Competition. Which means there will be no PB certificates at this week's BBQ.

Centre Training

Tuesdays (5.30pm – 6.30pm) and Thursdays (5pm – 6pm) at Ridgewood Oval

Ridgewood Centre is now offering specialist Middle Distance Training (800m, 1500m, Cross-Country) for any athlete U10 and over.

These sessions will be gruelling and a 100% commitment to training will be expected from all athletes. All Parents are to remain at Ridgewood Oval during the entire training session. Athletes in younger age groups may be invited at the discretion of the Centre Executive Committee.

Please ensure to arrive up to 10 mins prior to commencement of the training to be briefed by the coaches on the sessions plan.

Walks Training

Mindarie currently does not provide training to athletes in the Race Walking events due to the lack of qualified or experienced coaches in this area. If any parent is interested in providing Training for Walks or attending sessions to be able to provide Training for Mindarie athletes please see Matt at Training. If parents are also interested in becoming or are already a qualified Walks Official, please see Matt at Training.

Officiating

In order to improve the skills and knowledge of parents completing competition rosters, West Australian Little Athletics have a set of C Grade and D Grade Officials exams available on their website. If any parents are interested in learning the basic skills and rules for officiating at Long Jump and Triple Jump (or any other event), please see Matt at Training or Competitions and a session can be organised for parents to complete some training and complete the assessments.

Centre Handbook

All members would have received an email on Saturday 25th October with the Ridgewood Centre Handbook attached, if you did not receive it, it is available on the Ridgewood LAC Website: <http://ridgewoodlac.org/centre-handbook/>

Ridgewood Uniform - Jackets

Ridgewood are submitting another order for Ridgewood Jackets. If you are interested in purchasing a jacket (\$65) please see a committee member at Training THIS WEEK so your order can be placed.

Photo Gallery

More photos Next Week.



Thank You to Wendy's Ocean Keys for providing the Mindarie Mustangs with Vouchers for us to use as part of our Personal Best Achievement Program. These will be used as our first milestone of 10 Personal Bests.

(If you would like to advertise in our weekly newsletter please see Caron at Training.)

Once again THANK YOU to all of the parents that have assisted with last week's roster. Your professionalism and assistance in much appreciated. If you have any issues with your Roster please contact us via email or speak to Daan at Competitions.

Athlete Achievements

Centre Record Breakers

A Mindarie athlete has already broken a Ridgewood Residential Record. Congratulations to Omeara Louange for breaking the U13 Girls Long Jump record, with a new record of 5.23m. This is another fantastic achievement for Omeara who also currently holds all the Ridgewood Records for Long Jump, Triple Jump and High Jump in U11 and U12. WELL DONE OMEARA!!!

Personal Bests

Due to the technical issue on October 18th the Personal Bests Tally only includes Opening Day Competition. Therefore no PB certificates will be presented this week. As soon as the recent results have been confirmed and passed onto our Recorder, the PB certificates and vouchers can be issued. Watch this space for more details as they become available.

Upcoming State Events

Friday Night Senior Competitions

Open to athletes in U12+.

Great opportunities to compete against different athletes at the WA Athletics Stadium. For more information, to sign up or to find out what events are coming up check out their website: www.waathletics.org.au

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

WALA State Track and Field Relay Championships

Sunday 14th December 2014 @ WA Athletics Stadium
Track events open to U8-U17. Field events open to U10-U17. Athletes will be selected by Ridgewood LAC based on performances in 100m, 200m and 400m events. Selected athletes MUST commit to all requirement or penalties will apply including No Relay Selection in 2015/2016 season and NO Trophy Eligibility in 2014/2015 season.

For the full selection criteria and policy for the event see the Ridgewood LAC Website.

<http://ridgewoodlac.org/state-relays-selection-policy/>

More details to follow once initial squads are announced.

Registered Builder Required!

Over the past few years the Mindarie Mustang Committees have been fundraising tirelessly to raise enough funds to construct a storage unit on the back of the toilet block at Abbeville Park. If you are/or know a registered builder and would be interested in assisting us fulfil the dream please see Daan, Caron or Nicola at Training or Competition or contact us via our email. mindarielac@gmail.com

Mindarie Mustangs Committee

Daan – President	Tony – Vice President	Nicole – Secretary	Nicola – Treasurer	Matt – Coach
Evonne – Registrar	Julie – Recorder	Caron – Fundraising	Tegan – Fundraising	Paul – General



Mindarie Mustangs Little Athletics Club
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