



2016/2017

The Mustang Messenger

Newsletter #2 — 28/08/16

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Pre-Season Training

TBD

5pm – 6.30pm

Abbeville Park, Mindarie

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

TBA

Opening Day Program

NEXT WALA COMPETITION:

Bravehearts Teams Challenge

Under 6's to Under 10's

Sunday 13th November 2016

WA Athletics Stadium

NEXT COMPETITION ROSTER:

Family Name	Rostered Position
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ONLINE
ROSTER
AVAILABILITY
FORMS
COMING SOON

NEXT FUNDRAISING EVENT:

Details Coming Soon

REGISTER FOR THE 2016/17 SEASON

With an expected influx of new members due to the recent Olympic Games, all returning members are encouraged to secure their place during the early access period by completing the online registration and transferring the required payments.

RETURNING MEMBERS- EARLY ACCESS PERIOD

8am on Sunday 28th August to 11.59pm on Monday 29th August



1. Click link for "Returning Members"

- Follow On-Screen Prompts to update details and complete registration process.
- If you have not retained your timing chip from the 2015/16 Season, you will need to purchase a new one in the online store during the registration process.
- Select Cash as payment method in ResultsHQ but please make ALL Registration Payments via Online Bank/Electronic Transfer. (Bank details below)

New Members will be able to register online from 8am on Saturday 3rd September and will need to visit the Ridgewood Registration Event to finalise registrations.

2016/2017 FEES

The 2016/2017 Registration Fees are \$175 per athlete, (U6 \$155) + \$25 Family Fundraising Levy. Registration Payments can be made 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



The 2016 Rio Paralympics start on September 8.

Let's get behind our Aussie Athletes as they Go for Gold in Rio!



Mindarie Mustangs is proud to announce that it is a registered KidSport Voucher club.

Eligible athletes can receive up to \$200 in funding towards registration fees and/or uniform costs per season.

For more information visit

🖥: <http://www.dsr.wa.gov.au/funding/individuals/kidsport>

It is highly recommended that you apply for KidSport Vouchers now prior to registration so these can be processed prior to registering for the 2016/2017 Season.



Department of Sport and Recreation



The Mustang Messenger

Published each week during the summer season, The Mustang Messenger is your weekly one stop location for all of the key information for members of the Mindarie Mustangs Little Athletics Clubs.

Regular features include the upcoming weeks roster, training times, record breakers, upcoming special events, club sponsors and special articles highlighting our athletes.

If you would like to submit an article, and/or photos or you would like to sponsor the club please email

✉: mindarielac@gmail.com



**WA Athletics
Friday Night Strive
Competitions and
WA All Schools**

First Competition—7th Oct

All School Championships

14th-16th Oct

Visit waathletics.org.au for info

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.

Mindarie Club Rosters

As a result of the large size of Mindarie club it is normally expected that up to 20-25 individuals would be required to assist each week.

Once the competition calendar is confirmed all members will be emailed a link to complete an Online Roster Allocation Form.

This form will ask families to indicate their availability to assist at Centre Competitions. Please be aware that this form is used to assist the club in fairly allocating club rosters to families based on families availability and the requirements indicated by Ridgewood LAC.

Families will have until September 30th to complete the online form once available. Following this, the first two-three weeks rosters will be allocated by October 5th with the remaining weeks allocated as soon as practical.

Please remember that it is your responsibility to organise a swap/replacement with another family if you are unable to complete an allocated roster and inform the club via email by 8pm on the Thursday prior to the affected competition.

Families who do not show up and have not contacted the club prior to competition will have the roster reallocated to the following week.

Parental Assistance/Roster Policy

Please remember that **All** families must assist in the running of training and competitions. Families will be regularly (fortnightly) rostered on at competitions. Families **must** complete a minimum of 5 rosters across the season to ensure their athletes are eligible for end-of-season awards.

Mindarie Mustangs Little Athletics Club

🖥 www.mindarielac.myclub.org.au



www.facebook.com/Mindarielac



mindarielac@gmail.com



Ridgewood LAC Officials Course

Sunday 16th October 2016 Ridgewood Park, Ridgewood

These sessions are provided by the Centre to assist all Parents so you are confident to run an Event Site.

If you have indicated to be a Site Referee, Key Official or a Parent Helper please come along and learn, as each year the Rules and Event Specifications change regularly from season to season.

Course Outline

8.30am Registration

9.00am Shot Put

9.30am Discus

10.00am Javelin

10.30am Tea Break

11.00am Long Jump

11.30am Triple Jump

12.00pm High Jump

12.30pm Lunch

1.00pm Walks

Notes:

Sessions will be short and informative to give you the ability to run a competition site at Centre or State level. If you wish to come for one discipline or all you are more than welcome.

Tea and Coffee will be provided, but no other catering, if you wish to come for the day please bring along your own lunch, drink bottle.



ONLINE LEVEL 1 OFFICIATING COURSES

Check out these opportunities

<http://athletics.com.au/Officials/Education>

The Australian Athletics Officials' Education Scheme (AAOES) is a joint initiative of Athletics Australia and Jetstar Little Athletics and provides a seamless and transparent education pathway for athletics Officials.

Click on the links below to find out all the information about how this could affect you.

[New Officials Information](#)

[Existing Officials Information](#)

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/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.

2016-2017 Committee

President Daan Nel

Secretary Matthew Vine

Treasurer Karen Swift

Registrar Evyonne Nel

Recorder Julie Vine

Fundraising Louise Mann

Caron Woodman

Coaching Team Jeff Woodman

Steve Moss

Scott James