



2016/2017

Happy Australia Day

The Mustang Messenger

Newsletter #20 — 26/01/17

THIS WEEK'S KEY INFO

NEXT TRAINING - @ 5pm:

Date	Who	Venue
30/01	U9-U17	MMLAC
31/01	U10-U17	RLAC
01/02	ALL	MMLAC
02/02	U10-U17	RLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 28th January

Program 2 - including WALKS

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
LARKIN	Set Up 6.30am
KILGALLON	Canteen 7-10am
LUCKENS & CORNELL	Canteen 10am-1pm
JAMES	Walks Judge
	Shot Put Chief
KING	Shot Put Helper 1
MILLS	Shot Put Helper 2
HARRIMAN	Discus Chief
GAMBLE	Discus Helper 1
HOUGH	Discus Helper 2
LEONARD	Discus Helper 3
NEL	High Jump A Chief
ROSS	High Jump A Help 1
WATSON	High Jump A Help 2
	High Jump B Chief
PAYNE	High Jump B Help 1
HEARD	High Jump B Help 2
FREIND	Pack Up 11.30am

ROSTER MANAGER
SELECT YOUR ROSTERS NOW!



Centre Championship Eligibility Criteria

The Centre Championships is the pinnacle of each Season, by giving all Athletes a chance to compete and rewarding the top three Athletes in each of their Age Groups and selected Events with Medals.

Centre Championship Medals are awarded for First, Second and Third for each Age Group and in each Event.

To be eligible for a Centre Championship Medal in any Event, the Athlete must have competed in that Event a minimum of three (3) times during that current Ridgewood Centre Season not including State run Events.

Any athletes wishing to apply for a medical exemption must provide this in writing to the Club Secretary (Matthew) by 2pm on Saturday 11th February (The last competition before Centre Championships).

More information about Centre Championships will be revealed in the coming weeks.

RECORD BREAKERS

No New records have been broken recently by Mindarie Athletes.

Keep up the great work everyone and lets see who will be the first Mindarie athlete break a Ridgewood Record in 2017

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



THANK YOU PARENTS

With only 5 weeks left of Centre Competition, completing rosters is more important now than ever as we prepare our athletes for Centre Championships and then onto Zones and State Championships in March.

As you can see below we are still needing a couple of spaces filling over the coming weeks.

Those willing to put up their hand for Shot Put Chief Judge will be provided with support and assistance by our Throws Referees Scott and Paul.

If you are willing to assist please contact us ASAP!

(Image below is rosters as recorded at 5pm on January 26th. For the most recent lists see our Facebook Page or the Online Roster System.)

Rosters	<u>Jan 28th</u>	<u>Feb 4th</u>	<u>Feb 11th</u>	<u>Feb 18th Champ</u>	<u>Feb 25th Champ</u>
Set Up	LARKIN	GAMBLE	LENA	COWAP	COWAP
Canteen 7-10	KILGALLON	DU PLOOY & MCDUGALL	VAN DEVENTER		HOUGH
Canteen 10-1	LUCKENS & CORNELL			BAILEY	LENA
Walk Judge	JAMES		JAMES		JAMES
Shot Put Chief					
Shot Put H1	KING	VAN DEVENTER	FURSE	CHAYCHUK	ROSS
Shot Put H2	MILLS	CHAYCHUK	KLEYNHANS	VENTER	
Discus Chief	HARRIMAN	BAILEY	HARRIMAN		
Discus H1	GAMBLE	KILGALLON	HOUGH	LEONARD	PAYNE
Discus H2	HOUGH	KLEYNHANS	YOUNG	KILGALLON	HEARD
Discus H3	LEONARD	MILLS	HATHAWAY	WATSON	VAN DER SPUIY
High Jump Chief	NEL	HATHAWAY	HARDING		
High Jump H1	ROSS	ROSS	CLEMENSTON	GAMBLE	NORTHMORE
High Jump H2	WATSON	THOMAS	VENTER		DU PLOOY
High Jump Chief		HARDING	WHITE	HARDING	HARDING
High Jump H3	PAYNE	RAMSAY	THOMAS	LOUANGE	VENTER
High Jump H4	HEARD	NORTHMORE	KILGALLON	HATHAWAY	WATSON
Pack Up	FREIND	FREIND	HARRIMAN	FREIND	FREIND

Save the Dates!

Saturday 25th March and Saturday 1st April 2017

The Mindarie LAC AGM will occur on Saturday 25th March

The Ridgewood LAC AGM will occur on Saturday 1st April

The AGM's are a time when all of the committee positions will be open for nominations. We will be looking for some new and enthusiastic members to join the committee for the 2017/2018 season.

If you would like to know more about any of the positions please speak to a committee member at Training or Competitions.

Personal Bests Tally

As of January 21st, Mindarie athletes have been putting in their absolute best every week.

The Club PB Grand Total is currently **1873**

With **84** athletes now achieved 10 or more PB's, **60** Athlete have achieved 20 PB's and now **7** athletes has achieved 30 PB's

FANTASTIC!

PB Certificates will be handed out again on Wednesday 1st Feb

Mindarie Mustangs Little Athletics Club

 www.mindarielac.weebly.com

 www.facebook.com/Mindarielac

 mindarielac@gmail.com