



2016/2017

## THIS WEEKS KEY INFO

### NEXT TRAINING - @ 5pm:

Date	Who	Venue
06/02	U9-U17	MMLAC
07/02	U10-U17	RLAC
08/02	ALL	MMLAC
09/02	U10-U17	RLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

### NEXT RLAC COMPETITION:

Saturday 4th February

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
GAMBLE	Set Up 6.30am
DU PLOOY & MCDUGALL	Canteen 7-10am
N/A	Canteen 10am-1pm
N/A	Walks Judge
WOODMAN	Shot Put Chief
VAN DEVENTER	Shot Put Helper 1
CHAYCHUK	Shot Put Helper 2
BAILEY	Discus Chief
KILGALLON	Discus Helper 1
KLEYHANS	Discus Helper 2
MILLS	Discus Helper 3
HATHAWAY	High Jump A Chief
ROSS	High Jump A Help 1
THOMAS	High Jump A Help 2
HARDING	High Jump B Chief
RAMSAY	High Jump B Help 1
NORTHMORE	High Jump B Help 2
FREIND	Pack Up 11.30am

**ROSTER MANAGER**  
**SELECT YOUR ROSTERS NOW!**



# The Mustang Messenger

Newsletter #21 — 02/02/17

## State Combined Event Championships

### This Weekend

Good Luck to all of the athletes who are competing at this weekend's State competition.

Mindarie Mustangs will be represented by the following athletes:

Jayden Harriman (U17 B)

Ryan Vine (U15 B)

Joshua Smith (U14 B)

Daniel Mann (U13 B)

## State Zone Championships

March 4th and 5th 2017

### Under 7 to Under 15's

Nominations for Zones will be opening soon via Results HQ. Important information will be sent directly to your inbox once it is released from LAWA. Stay Tuned!

## 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](http://www.waathletics.org.au)



## Spotlight on Committee

As previously announced the AGM's are approaching and ALL committee positions will be up for nominations. In this newsletter we highlight the positions of Secretary and Communications. These two positions have previously been together and may remain together if someone is interested or can be split.

### Secretary

- ✓ Attending committee meetings & maintaining up to date minutes and records.
- ✓ Liaise with Committee Members as required for distribution of information and support
- ✓ Monitoring and actioning emails as they arrive throughout the week
- ✓ Liaise with the Communications member for distribution of newsletters as required.
- ✓ Be a Club Signatory for financial transactions (Commonwealth Bank, Clarkson)

### Communications

- ✓ Create and distribute regular newsletters to actively inform members of upcoming events etc.
- ✓ Maintain the Club Website (Weebly.com interface which is easy to use)
- ✓ Manage the Club Facebook Page.

*Interested individuals are asked to speak with Matt or Daan for more information.*

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

Rosters to fill as of 6.30pm  
Thurs Feb 2nd:

Feb 11th

Shot Put Chief

Feb 18th

Shot Put Chief

Discus Chief

High Jump Chief

High Jump Helper

Feb 25th

Shot Put Chief

Shot Put Helper

Discus Chief

High Jump Chief

**Please assist if you can!**

**Any issues please email us!**

### 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 28th, Mindarie athletes have been putting in their absolute best every week.

The Club PB Grand Total is currently **1945**

With **84** athletes now achieved 10 or more PB's, **63** Athlete have achieved 20 PB's and now **11** athletes has achieved 30 PB's

### Incredible

PB Certificates will be handed out again on Wednesday 22nd Feb

Mindarie Mustangs Little Athletics Club

 [www.mindarielac.weebly.com](http://www.mindarielac.weebly.com)

 [www.facebook.com/Mindarielac](https://www.facebook.com/Mindarielac)

 [mindarielac@gmail.com](mailto:mindarielac@gmail.com)