



Mindarie Mustangs Little Athletics Club

Newsletter #21 – 23/03/2015

End of Season Survey

An Online Survey <http://goo.gl/forms/1H0bwtMHCh> has been emailed to all members. It would be greatly appreciated if all families could take the time to complete the survey in order to assist us in improving the club in 2015/2016.

If you have any issues with the link please contact us!

Only 3 Responses have registered so if you have tried within the last week, please resubmit your feedback as there may have been a system error.

Upcoming Events: THIS COMING WEEKEND!



WINDUP / TROPHY PRESENTATION AND AGM

SATURDAY 28TH MARCH, 2015

4.30pm TO 7.30pm

MINDARIE PRIMARY SCHOOL (UNDERCOVER AREA)
ROTHSAY HEIGHTS, MINDARIE

Come along and celebrate the end of the 2014/15 season with the presentation of
Age Group Trophies
Most Improved Trophies
Centre Perpetual Trophies
Certificates & Badges
And then.....

A DISCO FOR ALL TO ENJOY



As this is our AGM, all committee positions will be vacated by the current committee, and a new committee will be voted in.

We hope to see as many of our athletes, parents and siblings as possible.

BVO picnic and drink



STRENGTH-SPEED-STAMINA

WINDUP / TROPHY PRESENTATION AND AGM

SUNDAY 29TH MARCH, 2015

1pm to 4pm

ABBEVILLE PARK (MLAC Training Ground)
ROTHSAY HEIGHTS, MINDARIE

Come along and celebrate the end of the 2014/15 season with the presentation of
Age Group Trophies
Most Improved Trophies
Club Perpetual Trophies
Seasons Bests Certificates

PLUS GIANT INFLATABLES AND SNOW CONES FOR ALL TO ENJOY!



As this is our AGM, all committee positions will be vacated by the current committee, and a new committee will be voted in.

2015/2016 Committee Positions:

Treasurer President Vice President Registrar
Secretary Recorder
Fundraising Team (2 Positions) Coaching Team (2 Positions)

We hope to see as many of our athletes, parents and siblings as possible.
BVO picnic and drink

State Championship Success!

6 Gold, 3 Silver, 3 Bronze and a WALA Athlete of the Year to end a highly successful summer season of athletics.

The 2014/2015 Little Athletics Summer Season has come to a dramatic conclusion with the State Track and Field Championships being held over the weekend.

The Mindarie Mustangs have finished the season with an impressive 21 State Medals across the season, including 9 at Zones and 12 at States.

Huge congratulations go to the athletes that won a medal at States!

Dian Nel	(U11B 100m)	Bronze
	(U11B 200m)	Bronze
Jordan Woodman	(U11G Javelin)	Silver
Omeara Louange	(U13G Long Jump)	Gold
	(U13G Triple Jump)	Gold
	(U13G High Jump)	Gold
Liam Van Der Spuy	(U15B 100m Hurdles)	Gold
	(U15B 200m Hurdles)	Gold
	(U15B 100m)	Gold
	(U15B 200m)	Silver
Heinrich Krause	(U17B 800m)	Silver
Emily Watson	(U17G 1500m)	Bronze

Congratulations are further needed for Liam Van Der Spuy (U15B) who was awarded WALA Athlete of the Year! This is one of the highest honours an athlete can receive from WA Little Athletics and it is testament to the achievements that Liam has made over the past few seasons.

The days started early and finished late, but every Mindarie athlete that competed across the weekend should be proud of what they have achieved!

MINDARIE MUSTANGS 2015/2016 Committee Positions

Call for Nominations!

At our AGM the Mindarie Mustangs Committee for 2014/2015 will be dissolved and a new committee for the 2015/2016 season will be voted in. Below is a general description of the requirements for each position. If you would like to nominate for a position, please email the Mindarie Mustangs Committee mindarielac@gmail.com

President

The President is responsible for the overall running of the club.

- Will attend and chair the monthly committee meetings.
- Will act as a signatory for the club in all legal and financial purposes.
- Will liaise with committee members to ensure all obligations are being met.
- Will ensure all members are fulfilling their Roster Requirements at Ridgewood run competitions.
- Will present certificates and trophies when required across the season.
- Attend Centre Delegate Meetings as required.

Vice President

The Vice President is responsible for assisting the President in the overall running of the club and to fulfil any presidential requirements in the President's absence.

Treasurer

The Treasurer is responsible for the financial supervision of the club in order for the club to operate effectively.

- Will compile monthly account statements for presentation at committee meetings.
- Will deal with all financial requirements by the club including receipts and banking of monies
- Will act as a signatory for the club in all legal and financial purposes.

Secretary

The Secretary is responsible for assisting the President in the overall running of the club.

- Organise and accurately minute all committee meetings
- Disseminate all information received to the relevant members.
- Produce and distribute the weekly newsletter to members.
- Maintain and update the Clubs Website and Facebook Page.
- Assist any other committee member in administrative requirements.

Registrar

The registrar is responsible for maintaining the log of members for the current season.

- Attend required meetings in relation to Season Registrations
- Attend Registration Day and Orientation Day to discuss and take registrations of members.
- Liaise with Treasurer and Secretary with Registration matters.

Recorder

The Recorder is responsible for the maintaining of competition results.

- Will collect results from Centre Recorder each week.
- Will collate and write certificates for PB Award recipients.
- Will collate results at the end of the season to determine the winners of the various trophies and awards presented by the Club/Centre/WALA

Coaching Team (2 Positions)

The Coach(s) is/are responsible for the running of all Club Training

- Will attend all club training sessions to coach athletes in a variety of events
- Will construct and maintain training files for each event so that Assistant Coaches (Parents) can provide quality training for athletes.
- Maintain equipment and organise purchases of new/replacement equipment.
- Promote Coaching/Officiating Courses and Athlete Achievements

Fundraising Team (2 Positions)

The Fundraising Team is responsible for increasing the clubs finances through various means.

- Will organise Club Sponsors for the season
- Will liaise with Recorder to ensure enough PB Award Vouchers are available
- Will organise End of Month Club BBQ's, Christmas Party and End of Season Wind Up Entertainment
- Will liaise with Treasurer and Secretary as required.
- Will organise additional fundraising activities as determined by the committee.



2015 WINTER SEASON

Little Athletics doesn't end in March after the State Championships. We now begin to turn our attention to the WINTER SEASON.

The winter season consists of Cross Country Running and Road Race Walking. All U7-U17 athletes who are 2014/2015 Registered members are eligible to compete at no extra charge.

Cross Country Runs run fortnightly starting Sat 2nd May 2015 until Sat 8th August 2015.

Road Race Walks run alternate fortnights starting Sat 9th May 2015 until Sat 1st August 2015.

Events are hosted by various State Centres across the Metro Area.

In 2015 there will be a number of locations confirmed closer to the time of competition so make sure you check the WALA Website, Ridgewood Website and Facebook Page as well as the Mindarie Website and Facebook Page regularly.

Distances:

Cross Country

U7 to U9	1500M
U10 to U12	2000M
U13 to U17	3000M

Road Walks

U7 to U9	1000M
U10 to U12	1500M
U13 to U17	2000M

State Championship Eligibility:

Cross Country

Athletes must complete (register a time) at 4 events prior to the State Championships on Sat 8th August.

Road Walks

Athletes must complete (register a time) at 4 events prior to the State Championships on Sat 1st August. (DQ counts as a time recorded)

All Winter Season events are classified as STATE EVENTS and as such all athletes must wear the RIDGEWOOD competition uniform with Jetstar, Age Tag and Registration Number affixed to the top.

Training

Training takes place usually twice a week at various locations between Yanchep and Joondalup.

Previous Training locations have included:

- ❖ The Water Tower, Blue Mountain Drive, Joondalup
- ❖ Neerabup National Park, Lochy Close, Kinross
- ❖ Neerabup National Park, Hester Avenue, Ridgewood (Meet at Quarry Entrance Road)
- ❖ Yellagonga Regional Park, Lakeside Drive, Joondalup
- ❖ Quinns Road, Quinns Rocks (Meet at Portofinos Restaurant Car Park)
- ❖ Jindalee Beach, Jindalee Blvd, Jindalee

Details and locations of Training will be uploaded to the Ridgewood Website as soon as it is made available by the Winter Officer and/or Winter Coach(es)

Training will go ahead regardless of sun or rain unless there is severe weather/storms.

For more information about the Winter Season and to check on the location of competitions as the season progresses make sure to check the following websites:

WALA Website: www.walittleathletics.com.au

WALA Winter Guide: <http://walittleathletics.com.au/Competition/State-Events/Winter-Competition>

Ridgewood Website: www.ridgewoodlac.org



Mindarie Mustangs Little Athletics Club
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www.facebook.com/Mindarielac

