



2015/2016

The Mustang Messenger

Newsletter #22- 08/02/16

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Date	Program	Venue
MON 08/02	GREEN	MMLAC
TUES 09/02	Track/Throws	RLAC
WED 10/02	YELLOW	MMLAC
MON 15/02	BLUE	MMLAC
TUES 16/02	Track/Throws	RLAC
WED 17/02	RED	MMLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 13th February 2016

Program 2 (Including Walks)

NEXT WALA COMPETITION:

WALA Zone Championships

Under 7's to Under 15's

Sat 5th & Sun 6th March 2016

UWA, McGillivray Oval, Floreat

NEXT COMPETITION ROSTER:

Family Name	Rostered Position
LENA	Set Up 6.30AM
HUMPHREY	Canteen 7-10
SURESH	Canteen 10-1
ADAMS	Jump Pit 2 KO
WOODMAN	Shot Site 1 KO
INVERARITY	Shot Put Site 1
LEONARD	Shot Put Site 1
LATEGAN	Shot Put Site 1
CRONJE	Discus Site 1 KO
	Discus Site 1
KRAUSE	Discus Site 1
	Discus Site 1
JAMES	High Jump 1 KO
ROSELT/SMITH	High Jump 2 KO
KINGI (SWIFT)	High Jump 1
WATSON	High Jump 1
ABBOTT	High Jump 2
	High Jump 2
HALL	Pack Up

**PARENT ROSTER HELPERS
REQUIRED THIS WEEK**

Training This Week!

Training will continue this week (Mon 8th/Wed 10th) at 5pm at Abbeville Park. Due to the forecasted weather, please ensure that you have a hat, water bottle and sunscreen. The training programs will be modified based on athlete attendance and will potentially finish early at the discretion of the Club Coaches.

PB & Record Certificate Presentations.

There is now a large pile of record certificates and PB Vouchers to hand out for results up to and including Jan 30th. These will be presented at the conclusion of Wednesday's (10th Feb) Training session. Hope lots of athletes can join us to celebrate the achievements of many club athletes.

Other Highlights in this week's Newsletter

Ridgewood Multi Event Perpetual Trophy

WALA State Multi Event Championships Provisional Wrap Up

WALA Zone & State Championships Important Information Reminders

Official RLAC Championship Information/Criteria & End of Season Awards Eligibility Criteria

RECORD BREAKERS

On Sat 30th Jan, 2 Athletes broke/ set 1 new Ridgewood Record!

Congratulations to:

Elijah Louange

U9 Boys 70m - 10.89 sec

(Subsequently broken by:)

Jackson Anderson

U9 Boys 70m - 10.79 sec

WEEKLY SPONSOR

Mindarie Mustangs LAC would like to thank



*Darklight
Joondalup*

for being a Club Sponsor and providing vouchers for our athletes.

If you would like to sponsor the club, please see Louise at training or competitions.

FRIDAY NIGHT AWA STRIVE COMPETITIONS

Next Event: AWA State Championships Day 1
- Fri 12th February

Open to Athletes **U14+**. Great opportunities to compete against different athletes at the WA Athletics Stadium.

For more information, visit: www.waathletics.org.au



WALA Zones and States Nominations

When nominating for events it is important to remember that the Zones and States Programs differ. The two Jetstar WALA Logos below are hyperlinks to the corresponding programs.



**** PLEASE NOTE THAT TIMING OF EVENTS DIFFER BETWEEN ZONES AND STATES****

Nominations can be edited by athletes until the close date

FRIDAY 19/2/16.

Following this date no new nominations will be accepted.

For information on how to nominate from the Family Area visit

<http://support.timingsolutions.com.au/hc/en-us/articles/207167736-Family-Portal-Nominations>

If you have any further queries please contact Samya / Heather - 9388 2339

Or admin@walittleathletics.com.au or chris@timingsolutions.com.au

Nominations for Parent Rosters will be opening soon. Please be prepared to put your name forward for a roster position at Zones.



MINDARIE WINS RIDGEWOOD MULTI EVENT PERPETUAL TROPHY!



The Multi Event Perpetual Trophy is presented to a club who meets the criteria as set by the Centre. Over the course of a preselected two-week period athletes compete to earn their club points towards this trophy. Well done to all of the Mindarie athletes who have competed hard this season and assisted us in winning this trophy this year.



WALA State Multi Event Championships

Congratulations to Ruben Lategan (U12B), Joshua Smith (U13B),



Hayley Smith (U13G), Ryan Vine (U14B) and Shaun Smith (U17B) for competing at the WALA State Multi Event Championships. In what was some very hot weather, the athletes did themselves and the Club/Centre proud. WELL DONE EVERYONE!



Special congratulations to Shaun Smith (U17B) [Pictured Top Left and first top right] for competing in the Octathlon, an eight event, two day championship event. Full results will be published once available.



Strategic Planning Workshops

Athletes, parents, coaches, officials, Centre/Club administrators and interested parties are welcome to attend these sessions to provide valuable input towards the Strategic Plan.

When: Thursday 25 February & Monday 29 February, both 7-9pm

Where: Wembley Community Centre. 40 Alexander St, Wembley WA.

Please RSVP your attendance by Tuesday 23/2 (Session 1) and Friday 26/2 (Session 2) to admin@walittleathletics.com.au

Mindarie Mustangs Little Athletics Club

www.mindarielac.myclub.org.au

www.facebook.com/Mindarielac

mindarielac@gmail.com



Centre Championships Information and Criteria Page 1



The Ridgewood Little Athletics Centre holds their annual Centre Championships at the end of each summer season over two weeks.

These Centre Championships will be run as the event order for Program 1 and Program 2.

Clubs will be competing for the Centre Championship Day Perpetual Trophy.

Track Events Heats & Finals

Heats and finals will be run for all track events where required as indicated below:

- For U6 – U7, the 200m will be run as straight finals and for U6 – U8, the 400m will be run as straight finals (there will be no heats so the athletes don't have to run the event twice). The top 8 qualified athletes, based on PB times will run in the final. All other athletes will run in heats following the final.
- All 1500m and all Walk events will be run as straight finals.
- The 800m will be run as straight finals for age groups with less than 16 qualified athletes.
- For short track events (70m/100m/60m hurdles) where there are 14 or less qualified athletes, and for all other track events where there are 8 or less qualified athletes, these athletes will be run as a straight final. All non-qualified athletes will run in heats following the final.

Championship Medals & Eligibility

- Centre Championship Medals are awarded for first, second and third place for each age group and each event.
- To be eligible for a Centre Championship Medal in an event, the athlete must have competed in that event a *minimum of three (3) times* during the current Ridgewood Centre Season not including any State run events.
- The Ridgewood LAC Executive Committee will consider exemptions from the outlined criteria for specific events under the following guidelines:
 - ◇ The Club President and Coach can confirm that an athlete had sustained a major injury or illness during the season which is the main reason for missing these events, and
 - ◇ The athlete has competed in the event twice (2) during the current season.
- Please provide the Centre with written details of any exemptions sought by *5pm on the Monday before Centre Championships Program 1*.
- *Exemption submissions must be lodged with the Club Secretary by 2pm on the Final Saturday prior to Centre Championships Program 1*
- Athletes who are not eligible for medals in an event can still compete and are encouraged to do so. In track events athletes ineligible for medals will be allowed to run in the heats but will not progress to the finals in the relevant event.



Centre Championships Information and Criteria Page 2



Rules and Regulations

- Centre Championship will be run as per a State Event 'Rules of Competition'.
- Athletes will not receive any prompts/direction/coaching from any site officials i.e. "go out the back" in discus or shot put, etc.
- If an athlete is given "No Throw" they can ask why and the key site official may explain the reason for the "No Throw" but if the athlete does not ask, the key official does not need to give a reason.

Spectators/Coaches

- Spectators will be able to talk with the athletes about their performances during competition but must from a distance (not touching).
- In some cases spectators will be asked to stand in a particular area whilst the competition is underway.
- Coaching can lead to disqualification and we would appreciate it if you followed the direction of the site officials on the day, the key referees or the Arena Manager.
- All site officials are under the direction of the Centre and are trying their very best to conduct a fair and impartial competition and we would appreciate all parents to try and remember this.

Uniform

- Athletes must wear the correct Club uniforms – Club shirt/singlet, registration numbers and plain navy blue shorts or Ridgewood Centre navy shorts.
- All athlete uniforms should be checked at marshalling prior to each event.
- If an athlete does not have their age tag or Jetstar badge then they should be reminded to put these onto their uniform in the future.
- If an athlete does not have their registration number bib or correct uniform the marshallers need to use their radio to notify the Centre Announcer to sort out with the Clubs immediately.
- Blank registration numbers can be purchased for \$10, Ridgewood shorts can be purchased for \$30 and second hand shorts can be hired for a gold coin donation to either the McGrath Foundation or the PMH Foundation (all available from Rachel under the Jetstar tent) so there is no reason for any athlete to be out of Club uniform.

The Centre's Final Message

Remember that although medals are on offer, the aim is always to do your best.

Good luck to all the athletes and have an enjoyable last few weeks at Centre level.



Club & Centre End of Season Awards



To be eligible for Mindarie LAC and/or Ridgewood LAC end of season awards; athletes must have competed at more than 60% of meets in the current season, not including state events and must have competed **twice after the Christmas Break**.

Parents must also meet the minimum roster requirements as set out in the Roster Policy.

MMLAC & RLAC Committees will consider exemptions from the criteria for injuries, if supported by a medical certificate.

Please provide the Club with details of exemptions sought by **5pm on the Saturday of the Centre Championships Program 2** to enable them to be tabled and forwarded to the Centre by **5pm on the Monday following Centre Championships Program 2**.

	Sat 13th Feb	Sat 20th Feb	Sat 27th Feb
Rostered Position	Program 2	Championship Program 1	Championship Program 2
Set Up 6.30AM	LENA	VINE/NEL	FREIND
Canteen 7-10	HUMPHREY	HARRIMAN	INVERARITY
Canteen 10-1	SURESH	HEAD (GREEN)	CHAYCHUK
Jump Pit 2 KO	ADAMS	NEL	ADAMS
Shot Put Site 1 KO	WOODMAN	YOUNG	WOODMAN
Shot Put Site 1	INVERARITY	PALLISTER	HOCKEY
Shot Put Site 1	LEONARD		McCARTNEY
Shot Put Site 1	LATEGAN		
Discus Site 1 KO	CRONJE	MOSS	AYLIFFE-TODD
Discus Site 1	KRAUSE	HEARD	KRAUSE
Discus Site 1		PAYNE	
Discus Site 1		LOUANGE	
High Jump 1 KO	JAMES	JAMES	JAMES
High Jump 2 KO	ROSELT/SMITH	VAN DER SPUIY	O'MALLEY
High Jump 1	KINGI (SWIFT)	MULCRONE	KINGI (SWIFT)
High Jump 1	WATSON	COWAP (STACEY)	ALDERSON
High Jump 2	ABBOTT	WHITE	SIVIC
High Jump 2		KOTZE	VENTER
Pack Up	HALL		NORRIS
MEDALS		VINE	VINE

Parent Rosters Final Weeks!

The final three weeks of rosters are provided here!

Please remember to check the rosters as some positions have changed!

Currently we require Parent Assistance to fill the purple positions which have been vacated by families who no longer attend competitions. If you would be willing to assist in any capacity, please email mindarielac@gmail.com
First in –Best Dressed.

Remember, a minimum of FIVE (5) completed rosters is required to meet the Centre Parent Helper/Roster Policy so if your name is yet to appear on the completed rosters part it may be worthwhile volunteering for an extra roster if possible.





Throws U10-17 Skills Clinic

&

Throws Workshop for Coaches with Lyn Foreman

Sunday 28 February 9am-12pm @ Gerry Archer Athletics Track

Discus, Javelin & Shot Put

<http://walittleathletics.com.au/News/throws-clinics-for-athletes-coaches-28216>

2016 WA Little Athletics Competition Schedule

Date	Program/Comp	Venue
Sat 13th Feb	RLAC Program 2	RLAC
Sat 20th Feb	RLAC Program 1 Champs	RLAC
Sat 27th Feb	RLAC Program 2 Champs	RLAC
Sat 5th Mar	WALA Zones Day 1 (U7-U15)	UWA
Sun 6th Mar	WALA Zones Day 2 (U7-U15)	UWA
Sat 19th Mar	WALA States Day 1 (U10-U17)	WAAS
Sun 20th Mar	WALA States Day 2 (U10-U17)	WAAS

Venues

RLAC = Ridgewood Park, Ridgewood

WAAS = WA Athletics Stadium, Mt Claremont

UWA = UWA Sports Park, McGillivray Oval, Mt Claremont

SAVE THE DATE! - Saturday 2nd April 2016

The 2016 Mindarie Mustangs AGM and Presentation Day is provisionally pencilled to be held on the morning/early afternoon of Saturday 2nd April 2016. We hope as many families can make it. More details to follow soon.

SAVE THE DATE! - Saturday 2nd April 2016

The 2016 Ridgewood LAC AGM, Windup and Presentation Evening is provisionally pencilled to be held in the late afternoon/ evening on Saturday 2nd April 2016. We hope as many families can make it. More details to follow soon.

Parent Rosters

Thank you to the following families who have completed the minimum requirement for the Roster Policy.

ABBOTT	McCORKINDALE
ALDERSON	MOSS
ANDERSON	MULCRONE
DEAN	NEL
CORNELL	O'MALLEY
COWAP (STACEY)	PALLISTER
FRIEND	PAYNE
HARRIMAN	ROSELT/SMITH
HALL	RUDD/VON KOSS
HEARD	SMITH D.
HOCKEY	VAN DER SPUI
JAMES	VENTER
KOTZE	VINE
LATEGAN	WATSON
LOUANGE	WOODMAN
MANN	YOUNG

NEW NAMES THIS WEEK

Names will be added each week once you have completed the requirements. If you would like to know how many more you require please contact Matt

PERSONAL BEST TALLY

After Competition on Jan 30th our athletes are putting their best foot forward and continuing to gain PB's each and every week!

As a club the athletes have earned a combined total of **2340** Personal Bests so far this season!

Well Done Everyone!

2015-2016 Committee

President	Daan Nel
VP/Coach	Tony Young
Secretary	Matthew Vine
Treasurer	Jillian McCorkindale
Registrar	Evyonne Nel
Recorder	Julie Vine
Fundraising	Louise Mann Donna Cornell
Coaching Team	Jeff Woodman Steve Moss

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Final Club Training

Wednesday 24th February

5pm

Quinns Beach

(Meet on grass by Portofinos)

Join us for our Final Club Training Session of 2015/2016
Training on the Beach, followed by a Sausage Sizzle.

All athletes **MUST** be signed in and have an Adult
present **ON THE BEACH** for the duration of Training.

Athletes will not be going into the ocean during training,
if they wish to do so after the session is complete,
supervision will be solely the responsibility of the
parent/guardian present with the athlete(s).

Mindarie Mustangs Little Athletics Club