



2015/2016

The Mustang Messenger

Newsletter #23- 15/02/16

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Date	Program	Venue
MON 15/02	BLUE	MMLAC
TUES 16/02	Track/Throws	RLAC
WED 17/02	RED	MMLAC
MON 22/02	FIELD EVENTS	MMLAC
TUES 23/02	RLAC Training	RLAC
WED 24/02	Beach Training	QUINNS

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 20th February 2016

Championship Program 1

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
VINE & NEL	Set Up 6.30AM
HARRIMAN	Canteen 7-10
HEAD (GREEN)	Canteen 10-1
NEL	Jump Pit 2 KO
YOUNG	Shot Site 1 KO
PALLISTER	Shot Put Site 1
KINGI (SWIFT)	Shot Put Site 1
HOUGH	Shot Put Site 1
MOSS	Discus Site 1 KO
HEARD	Discus Site 1
PAYNE	Discus Site 1
LOUANGE	Discus Site 1
JAMES	High Jump 1 KO
VAN DER SPUIY	High Jump 2 KO
MULCRONE	High Jump 1
COWAP (STACEY)	High Jump 1
WHITE	High Jump 2
KOTZE	High Jump 2
HOCKEY	Pack Up
VINE	Medals

CHAMPIONSHIP SEASON HAS ARRIVED!

Over the next two weekends, athletes will compete to win medals for each of the events on offer in each of the programs. Remember to be eligible to compete for a medal athletes must have competed in the event at least THREE (3) times up to now! GOOD LUCK TO ALL & hopefully Matt will be calling your name to stand on the podium!

PB & Record Certificate Presentations.

Due to the cancellation of training on Wednesday due to the extreme weather, the certificates will be presented this week at training on both evenings. We hope to see as many athletes at training this week to receive their certificates for PB's and Records

WALA ZONES NOMINATIONS

Nominations for WALA Zone Championships close

THIS FRIDAY 19TH FEBRUARY

To enter visit your Results HQ login to select your events, If you are having any issues PLEASE CONTACT US!

RECORD BREAKERS

On Sat 6th Feb, 4 Athletes broke/set 5 new Ridgewood Records!

Congratulations to:

Jackson Anderson

U9 Boys 100m - 15.16 sec

U9 Boys 800m - 2 mins, 47.83 sec

Mignon Cronje

U10 Girls High Jump Scissor - 1.24m

Jordan Woodman

U12 Girls Discus—23.80m

Dylan James

U14 Boys High Jump - 1.66m

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 2 & 3
- Fri 19th / Sat 20th 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

GOOD LUCK TO ALL MINDARIE ATHLETES COMPETING

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.



WALA State Multi Event Championships 2016

Last weekend saw 5 of Mindarie's athletes competing in some extreme weather conditions at the Multi Event Championships. The final results are as follows:

		100m	Long Jump	Throw
Ruben Lategan	U12 Boys	14.54 sec	4.44m	7.28m (SP)
Joshua Smith	U13 Boys	13.79 sec	5.04m	9.55m (SP)
Hayley Smith	U13 Girls	16.12 sec	3.39m	6.26m (SP)
Ryan Vine	U14 Boys	15.39 sec	3.66m	12.42m (DIS)

		Hurdles	800m	Overall
Ruben Lategan	U12 Boys	11.09 sec	2m 52.05 sec	12th
Joshua Smith	U13 Boys	14.00 sec	2m 50.29 sec	10th
Hayley Smith	U13 Girls	20.51 sec	3m 05.46 sec	24th
Ryan Vine	U14 Boys	20.37 sec	2m 53.53	21st

Shaun Smith	Hurdles: 21.36 sec	High Jump: No Height	Javelin: 24.27m	1000m: 4m 59.07 sec	OVERALL: 11TH
U17 Boys	100m: 14.41 sec	Long Jump: 4.06m	Shot Put: 10.27m	400m: 1m 14.16 sec	

CONGRATULATIONS TO ALL OF OUR ATHLETES THAT COMPETED AND PERFORMED AT THEIR BEST!



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.

Mustangs Perform Strongly at Athletics WA State Championships

The 2016 Athletics WA State Championships got underway last Friday night with some of the biggest names of Athletics (Melissa Breen, WA) competing for State Medals and National Qualifiers.

But its not all about the big names with Junior Athletes competing to also win medals and qualify for the Australian Junior Athletics Championships which are set to be held here in Perth, WA between March 8th and 13th.

Mindarie Mustangs have some great athletes who are looking to extend and excel themselves towards National, and into the future potentially International Glory!

Congratulations to the following athletes who received medals on Day 1 of the Athletics WA State Championships and have provisionally earnt themselves a spot at the Australian Junior Athletics National Championships.

Omeara Louange

High Jump U15 - GOLD MEDAL - 1.55m (National Qualifier - Position)

100m U15 - 4th - 13.06 sec

Dian Nel

100m U14 - GOLD MEDAL - 13.30 sec (National Qualifier - Position)

Dylan James

Triple Jump U15 - GOLD MEDAL - 12.40m (National Qualifier - Standard & Position)

CONGRATULATIONS TO THESE THREE ATHLETES, AN AMAZING ACHIEVEMENT!



Photos courtesy of Nicole James



Mindarie Mustangs Little Athletics Club



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 20th Feb	Sat 27th Feb
Rostered Position	Championship Program 1	Championship Program 2
Set Up 6.30AM	VINE/NEL	FREIND
Canteen 7-10	HARRIMAN	INVERARITY
Canteen 10-1	HEAD (GREEN)	CHAYCHUK
Jump Pit 2 KO	NEL	ADAMS
Shot Put Site 1 KO	YOUNG	WOODMAN
Shot Put Site 1	PALLISTER	HOCKEY
Shot Put Site 1	KINGI (SWIFT)	MCCARTNEY
Shot Put Site 1	HOUGH	HUMPHREY
Discus Site 1 KO	MOSS	AYLIFFE-TODD
Discus Site 1	HEARD	KRAUSE
Discus Site 1	PAYNE	MALPASS
Discus Site 1	LOUANGE	
High Jump 1 KO	JAMES	JAMES
High Jump 2 KO	VAN DER SPUIY	O'MALLEY
High Jump 1	MULCRONE	KINGI (SWIFT)
High Jump 1	COWAP (STACEY)	ALDERSON
High Jump 2	WHITE	SIVIC
High Jump 2	KOTZE	VENTER
Pack Up	HOCKEY	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.





Coming Soon!

AUSTRALIAN ATHLETICS
TOUR
PERTH TRACK CLASSIC

Saturday 12th March 2016

WA Athletics Stadium

**AUSTRALIAN
JUNIOR ATHLETICS
CHAMPIONSHIPS**

March 8th - 13th

2016 WA Little Athletics Competition Schedule

Date	Program/Comp	Venue
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	MANN
ALDERSON	McCORKINDALE
ANDERSON	MOSS
DEAN	MULCRONE
CORNELL	NEL
COWAP (STACEY)	NORRIS
CRONJE	O'MALLEY
FRIEND	PALLISTER
HARRIMAN	PAYNE
HALL	ROSELT/SMITH
HEARD	RUDD/VON KOSS
HOCKEY	SMITH D.
INVERARITY	SURESH
JAMES	VAN DER SPUY
KOTZE	VENTER
LATEGAN	VINE
LEONARD	WATSON
LOUANGE	WOODMAN
MALPASS	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 Feb 6th 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 **2429** 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

Mindarie Mustangs Little Athletics Club

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