



2015/2016

The Mustang Messenger

Newsletter #24 - 22/02/16

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Date	Program	Venue
MON 22/02	FIELD EVENTS	MMLAC
TUES 23/02	RLAC Training	RLAC
WED 24/02	Beach Training	QUINNS
FROM TUES 01/03	CENTRE TRAINING	RLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 27th February 2016

Championship Program 2

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
FREIND	Set Up 6.30AM
INVERARITY	Canteen 7-10
CHAYCHUK	Canteen 10-1
ADAMS	Jump Pit 2 KO
WOODMAN	Shot Site 1 KO
HOCKEY	Shot Put Site 1
McCARTNEY	Shot Put Site 1
HUMPHREY	Shot Put Site 1
AYLIFFE-TODD	Discus Site 1 KO
KRAUSE	Discus Site 1
MALPASS	Discus Site 1
	Discus Site 1
JAMES	High Jump 1 KO
O'MALLEY	High Jump 2 KO
KINGI (SWIFT)	High Jump 1
ALDERSON	High Jump 1
SIVIC	High Jump 2
VENTER	High Jump 2
NORRIS	Pack Up
VINE	Medals

FINAL WEEK OF CLUB TRAINING

This week is our final week of Club Training for 2015/2016!

Thank you to all of the parents/guardians/siblings who have assisted in the coaching of our athletes this season. Without your support training would not be able to run.

On Monday we will have a Field Events night with athletes able to train in their remaining field events.

Whilst on Wednesday we head to Quinns Beach for a Beach Training session to finish off the season.

CHAMPIONSHIP CENTRE TRAINING

STARTS NEXT WEEK

Tuesdays and Thursdays! - 5pm to 6pm, Ridgewood Park

March 1st, 3rd, 8th, 10th, 15th and 17th

Coaches/Parent Helpers needed! Contact RLAC if you can help.

CENTRE CHAMPIONSHIPS WEEK 1

What a start to the Centre Championships. So many medals, PB's and Records over the day! A fantastic effort!

Special Edition coming soon!

CENTRE CHAMPIONSHIPS WEEK 2

Last Competition of 2015/2016 held at Ridgewood Oval!

Are you going to win a medal this week? GOOD LUCK TO ALL

RECORD BREAKERS

On Sat 13th Feb, 5 Athletes broke/ set 5 new Ridgewood Records!

Congratulations to:

Ashton Van Der Spuy

U8 Boys High Jump Scissor - 1.00m

Jackson Anderson

U9 Boys 400m - 1 min 12.79 sec

Jordan Woodman

U12 Girls Javelin - 29.49m

Omeara Louange

U14 Girls Triple Jump - 11.28m

Dylan James

U14 Boys Triple Jump - 12.57m

WEEKLY SPONSOR

Mindarie Mustangs LAC would like to thank

 **bakers direct**

Bakers Direct

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 Program B—Friday 26th February



Open to Athletes U12+. Great opportunities to compete against different athletes at the WA Athletics Stadium.

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

Zone 4

March 5th & 6th



Vs.

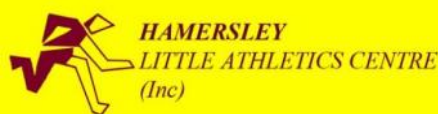


Vs.



THE UNIVERSITY OF
WESTERN AUSTRALIA
LITTLE ATHLETICS CENTRE

Vs.



Are You Ready?

Good Luck

from Mindarie Mustangs

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



Club & Centre End of Season Awards



There is a number of athletes who are currently ineligible.

If you have not met this criteria and do not provide adequate medical certificates athletes will not receive any 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.**

This does not include the Championship Weekends.

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.**

Mustang Messenger

Special Editions -

Coming Soon:

- Centre Champions
- ZONES
- STATES
- AGM/WIND-UP

Mindarie Mustangs Little Athletics Club

 www.mindarielac.myclub.org.au

 www.facebook.com/Mindarielac

 mindarielac@gmail.com

Final Club Training

THIS 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

Mustangs Continue to Perform Strongly at Athletics WA State Championships—Days 2 & 3

The 2016 Athletics WA State Championships continued on Friday and Saturday evenings 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 Days 2 & 3 of the Athletics WA State Championships and have provisionally earnt themselves a spot at the Australian Junior Athletics National Championships.

Omeara Louange

U15 Women Triple Jump - GOLD MEDAL - 11.31m (NATIONAL QUALIFIER - POSITION)

U15 Women Long Jump - GOLD MEDAL - 5.07m (NATIONAL QUALIFIER - POSITION)

Dian Nel

U14 Men 200m - SILVER MEDAL - 27.51 sec (NATIONAL QUALIFIER - POSITION)

U14 Men Long Jump - GOLD MEDAL - 4.68m (NATIONAL QUALIFIER - POSITION)

U14 Men High Jump - BRONZE MEDAL - 1.30m (NATIONAL QUALIFIER - POSITION)

Dylan James

U15 Men Long Jump - BRONZE MEDAL - 5.61m (NATIONAL QUALIFIER - POSITION)

U15 Men High Jump - GOLD MEDAL - 1.70m (NATIONAL QUALIFIER - POSITION)

CONGRATULATIONS TO THESE THREE ATHLETES, AN AMAZING ACHIEVEMENT!

DON'T FORGET IF YOU HAVE COMPETED AT ANY FRIDAY NIGHT STRIVE COMPETITION AND MET THE QUALIFYING STANDARD OR IF YOU MEDALLED AT THE 2015 WA ALL SCHOOLS CHAMPIONSHIPS (Oct 30th-Nov 1st), YOU TOO MAY BE ELIGIBLE TO COMPETE AT THE JUNIOR NATIONALS!

ENTRIES CLOSE 5.00PM MONDAY FEB 22ND 2016

<http://waathletics.org.au/Participate/Competitions/Australian-Championships/Australian-Junior-Championships>



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 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
CORNELL	MULCRONE
COWAP (STACEY)	NEL
CRONJE	NORRIS
DEAN	O'MALLEY
FRIEND	PALLISTER
HALL	PAYNE
HARRIMAN	ROSELT/SMITH
HEAD (GREEN)	RUDD/VON KOSS
HEARD	SMITH D.
HOCKEY	SURESH
INVERARITY	VAN DER SPUY
JAMES	VENTER
KOTZE	VINE
LATEGAN	WATSON
LEONARD	WOODMAN
LOUANGE	YOUNG
MALPASS	

NEW NAMES THIS WEEK

If you would like to know how many more you require please contact Matt

PERSONAL BEST TALLY

After Competition on Feb 13th 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 **2525** 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



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.