



2015/2016

# The Mustang Messenger

Newsletter #25- 29/02/16

## THIS WEEKS KEY INFO NEXT TRAINING - @ 5pm:

Date	Program	Venue
TUES 01/03	Centre Training	RLAC
THURS 03/03	Centre Training	RLAC
TUES 08/03	Centre Training	RLAC
THURS 10/03	Centre Training	RLAC
TUES 15/03	Centre Training	RLAC
THURS 17/03	Centre Training	RLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

## NEXT RLAC COMPETITION:

SEASON CONCLUDED

SEE YOU NEXT SEASON

## 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:

## ZONES ROSTERS OPEN FOR NOMINATION

Visit:

[http://kramps.me/rosters/  
rosters.php?event\\_id=27](http://kramps.me/rosters/rosters.php?event_id=27)

to nominate for a  
position.

All families must  
nominate for at least 1  
roster slot. If you can  
help with more, please  
do so 😊

## CENTRE COMPETITION CONCLUDES

What an end to the Ridgewood Centre competitions, a great number of athletes winning medals, producing PB's and breaking records. Congratulations to everyone. Check out the long list of medallists and statistics in the Centre Medallists Newsletter Special Edition.

## ZONE & STATE TRAINING

Training for Zone and State Championships are on Tuesdays and Thursdays commencing at 5pm. The Centre requires as many parent helpers and coaches as possible so please be prepared to assist where you can each session.

## ZONE PREPARATIONS

Are you ready? Don't forget to nominate for roster positions and ensure you have a print out of the events that each athlete has nominated for. This is for your own personal records and to assist if any queries at marshalling.

A special email has been sent to all those attending!

## AGM Details

The 2016 AGM, Trophy Presentation and Wind-Up will be held at HBF Arena (Joondalup). More details later in the newsletter.

THANK YOU FOR AN AMAZING SEASON!

## RECORD BREAKERS

On Sat 20th Feb, 2 Athletes broke/  
set 3 new Ridgewood Records!

Congratulations to:

### Mignon Cronje

U10 Girls - 60m Hurdles - 11.60 sec

U10 Girls - High Jump Scissor - 1.29m

### Walter James Seymore

U13 Boys - 80m Hurdles—12.99 sec

## WEEKLY SPONSOR

Mindarie Mustangs LAC would like to thank all of our sponsors this season for being a Club Sponsor and providing vouchers for our athletes.

Your donations are greatly appreciated.

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



## FRIDAY-THURSDAY NIGHT AWA STRIVE COMPETITIONS

Next Event: AWA Program C—THURSDAY 3RD MARCH

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)

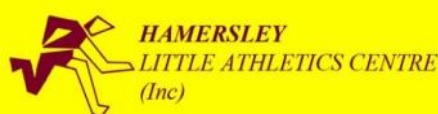
# Zone 4 March 5th & 6th



Vs.



THE UNIVERSITY OF  
WESTERN AUSTRALIA  
LITTLE ATHLETICS CENTRE



Are You Ready?  
Good Luck

from Mindarie Mustangs

[http://kramps.me/rosters/  
rosters.php?event\\_id=27](http://kramps.me/rosters/rosters.php?event_id=27)

NOMINATE NOW  
FOR ROSTERS AT  
ZONES



## Special Facebook Page for 2016 Zones

<https://www.facebook.com/WAZone4/>

### WALA Zones and States Programs

The two Jetstar WALA Logos below are hyperlinks to the corresponding programs.



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

### Key Points to remember for Zones!

1. Under 7, 8 and 9's - This is your State Championships! Medals will be presented for the top 3 athletes in each event!
2. Under 10-15's - This is your QUALIFICATION for State Championships!
3. Under 10-15's must be wearing full Ridgewood Uniform (Ridgewood Singlet & Shorts) If you don't have these items, you must purchase them ASAP!
4. The number of athletes that qualify for States will vary depending on the event.
5. If there are less than the number of athletes registered to compete that are to progress to states, athletes must record a time, height or distance to progress.
6. Have fun and enjoy the experience
7. Any questions contact the Centre via email at [info@ridgewoodlac.org](mailto:info@ridgewoodlac.org)

### 2016 WA Little Athletics Competition Schedule

Date	Program/Comp	Venue
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

WAAS = WA Athletics Stadium, Mt Claremont

UWA = UWA Sports Park, McGillivray Oval, Mt Claremont

Mindarie Mustangs Little Athletics Club

[www.mindarielac.myclub.org.au](http://www.mindarielac.myclub.org.au)

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

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



The 2016 Mindarie Mustangs AGM, Trophy Presentations and Wind-Up will be held at HBF Arena (Joondalup) on Saturday 2nd April 2016.

All eligible athletes will receive a Trophy (Champion, Runner-Up or Participation) and Season PB's Certificate. With some athletes also being presented with Perpetual Trophies.

Please arrive by 9.45am, in order for us to enter as a group and commence the AGM/Presentations promptly at 10am

Following the presentations athletes will be able to enjoy the pool facilities at HBF Arena.

Food will be provided to eligible athletes only.

Parents can self-purchase food for siblings and adults.

The Club will cover the entry fee for eligible athletes and one adult per family. Siblings and additional adults will need to pay for themselves.

(Entry Fee is \$3.70 per person/\$2 Spectators)

#### Food Options

- A. Ham & Cheese Sandwich
- B. Chicken Strips and Small Chips
- C. Cheeseburger and Small Chips

*Each served with choice of Juice or Water*

**A separate email will follow with details on how to RSVP for the AGM.**

**RSVP's will be due NO LATER than 5PM ON**

**WEDNESDAY 23RD MARCH**

## Parent Rosters

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

ABBOTT	LOUANGE
<b>ADAMS</b>	MALPASS
ALDERSON	MANN
ANDERSON	McCORKINDALE
<b>CHAYCHUK</b>	<b>McCARTNEY</b>
CORNELL	MOSS
COWAP (STACEY)	MULCRONE
CRONJE	NEL
DEAN	NORRIS
FRIEND	O'MALLEY
HALL	PALLISTER
HARRIMAN	PAYNE
HEAD (GREEN)	ROSELT/SMITH
HEARD	RUDD/VON KOSS
HOCKEY	<b>SIVIC</b>
<b>HUMPHREY</b>	SMITH D.
INVERARITY	SURESH
JAMES	VAN DER SPUY
<b>KINGI (SWIFT)</b>	VENTER
KOTZE	VINE
<b>KRAUSE</b>	WATSON
LATEGAN	WOODMAN
LEONARD	YOUNG

#### **\*NEW NAMES THIS WEEK\***

*Thank you to everyone who has assisted this season!*

## PERSONAL BEST TALLY

The PB Tally has concluded for now.

As a club the athletes have earned a combined total of **2525** Personal Bests so far this season!

Check out the Newsletters closer to the AGM to find out the final PB Total!

**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



# AUSTRALIAN JUNIOR ATHLETICS CHAMPIONSHIPS

## March 8th - 13th



Brought to you by:

**ticketmaster®**

VENUES WEST  
WA Athletics Stadium



**Athletics**  
Western Australia

More than 2000 Australian junior athletes will head west on 8-13 March 2016 for the Australian Junior Athletics Championships.

A celebration of athletics for those aged under 12 through to under 20, the six-day program features the race for the coveted title of national champion. Athletes can also vie for selection to the Australian Spark team that will compete at the IAAF World Under 20 Championships in Bydgoszcz (POL).

The Australian Junior Athletics Championships boasts a festival atmosphere, with the Western Australian Government thrilled to welcome the nation to the WA Athletics Stadium!

Look forward to sharing the #SUMMERofATHS with you at the WA Athletics Stadium!

More Info



Can't make it but want to check out the action?

Then check out the LIVE STREAM of the event!

Details coming soon!

Tickets

**ticketmaster®**



**ticketmaster®**

The next generation of athletics stars will witness the very best our nation has to offer at the Perth Track Classic.

Set to feature a plethora of Australia's best runners, jumpers and throwers, the Perth Track Classic on Saturday 12 March will welcome national record holder **Alana Boyd** (Qld) and her rivals **Nina Kennedy** (WA) and **Liz Parnov** (WA) in the pole vault. London 2012 Olympic 400m finalist **Steve Solomon** (NSW) is also on track to race. The program also includes the final of the boy's Under 20 100m, with **Jack Hale** (Tas) to stake his claim as Australia's fastest kid with selection to the IAAF World Under 20 Championships on the line.



**Dian**

Mindarie Athletes:  
LIVE @ Nationals



**Omeara**



**Dylan**

Mindarie Mustangs Little Athletics Club

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# WINDUP / TROPHY PRESENTATION AND AGM

SATURDAY 2 APRIL, 2016

4.30pm TO 7.30pm

MINDARIE PRIMARY SCHOOL (UNDERCOVER AREA)  
ROTHSAY HEIGHTS, MINDARIE

Come along and celebrate the end of the 2015/16 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.

BYO picnic and drink