



2015/2016

The Mustang Messenger

Newsletter #29- 06/04/16

THIS WEEKS KEY INFO NEXT TRAINING - @ 5pm:

Date	Program	Venue
SEASON CONCLUDED		
SEE YOU NEXT SEASON		

MMLAC = Abbeville Park
RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

SEASON CONCLUDED
SEE YOU NEXT SEASON

NEXT WALA COMPETITION:

SEASON CONCLUDED
SEE YOU NEXT SEASON

NEXT COMPETITION ROSTER:

THANK YOU FOR ALL
YOUR HELP THIS
SEASON
HOPE TO SEE YOU
AGAIN NEXT SEASON



As the sun sets on the 2015/2016 Summer we look back at the season and celebrate the achievements of the club.

This season saw the Mindarie Mustangs well represented at all of the State Championship events with a total of 11 Gold, 8 Silver and 8 Bronze Medals (Total 27) across the 5 Championships.

45 of our athletes represented the Club and Centre at one or more of these championships.

49 different records were broken by Mindarie athletes this season with 8 athletes having a combined total of 25 records that still remain at the end of the season.

WHAT A SEASON!

P.S. Make sure to keep hold of your Blue Timing Chip from your 2015/2016 Numbers as these can be reused next season!

RECORD BREAKERS

An amazing end to the season with so many great athletes achieving and maintaining records across this season.

Congratulations to all of the record holders.

Good luck on breaking the next records in the 2016/2017 season!

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 NIGHT AWA STRIVE COMPETITIONS

RETURNS IN OCTOBER 2016

Open to Athletes U12+. Great opportunities to compete against different athletes at the WA Athletics Stadium. For more information, visit: www.waathletics.org.au

KEEP A WATCH OUT FOR DETAILS OF ANY WINTER EVENTS

Record Holders @ 20/03/16

Congratulations to the following athletes who produced a record breaking performance during the 2015/2016 season and whose record still stands at the end of the 2015/2016 season.

Athlete	Age	Event	Result
Declan Humphrey	U7 M	60m Hurdles	13.09 sec
		100m	17.42 sec
Jackson Anderson	U9 M	60m	9.77 sec
		70m	10.79 sec
		100m	15.16 sec
		200m	31.57 sec
		400m	1 min 12.79 sec
		800m	2 mins 47.83 sec
		60m Hurdles	10.60 sec
		Long Jump	3.92m
Mignon Cronje	U10 F	High Jump Scissor	1.12m
		High Jump Scissor	1.29m
Sophie McCorkindale	U11 F	60m Hurdles	11.60 sec
		1500m	5 mins 43.90 sec
Jordan Woodman	U12 F	800m	2 mins 44.31 sec
		Javelin	30.12m
Omeara Louange	U14 F	Discus	23.80m
		High Jump Fosbury	1.56m
		Long Jump	5.30m
Lucy McCorkindale	U14 F	Triple Jump	11.28m
		800m	2 mins 36.37 sec
Dylan James	U14 M	High Jump Fosbury	1.66m
		Triple Jump	12.57m



Retiring Under 17's

At the end of every season we say goodbye to our group of Under 17's. This season saw the last season for Rajasuriya Suresh and Shaun Smith. Congratulations on your achievements this season.

We are also pleased to announce that following the AGM, Shaun has joined the Coaching Team as an Assistant Coach for the 2016/2017 Season

2016/2017 Mindarie Mustangs Committee

At the recent 2016 Mindarie Mustangs AGM the following individuals agreed to be a part of the 2016/2017 Athletics Season Committee.

All of the club members thank the following members for their ongoing support of the club.

President	Daan Nel
Secretary	Matthew Vine
Treasurer	Karen Swift
Registrar	Evyonne Nel
Recorder	Julie Vine
Coaching Team	Steve Moss
	Scott James
	Jeff Woodman
Fundraising Team	Louise Mann
	Caron Woodman



Parent Rosters

Parent rosters at Competitions and Training Support are vital to a successful club.

Thank you to all of the parents that have assisted across the season.

We look forward to seeing you again next year continue to step up and assist in making your athletes athletics experience even better.

Next season we will be looking for even more support as we look to improve the coaching and training programs that we offer at Mindarie LAC.

Stay tuned for more details

PERSONAL BEST TALLY

Congratulations to all of the Mindarie Mustang Athletes who together achieved a grand total of **2525** Official Personal Bests this season. An amazing achievement to be proud of!

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

COACHING COURSES AND OPPORTUNITIES

Are you passionate about your athletes achieving their personal bests?
Are you someone who wants to support your athlete but unsure of what to
do at Training sessions?

Would you willing to learn and assist others?

If the answer to these questions is YES then WE NEED YOU!

Mindarie Mustangs LAC are looking for committed Parents and Siblings (16+) to attend Level 1 Community Athletics Coaching Courses during the Winter Season and 2016 Pre Season to become part of the group of skilled parents/siblings that can assist the Coaching Team at Training Sessions.

Course Dates are yet to be released by WA Little Athletics and/or Athletics WA but visit www.athletics.com.au/Coaches/Course-Calendar#WA regularly for details of any upcoming courses.

Courses are usually held at the WA Athletics Stadium but have been held at other locations too.

Mindarie Mustangs will fully fund any individual willing to attend the course on the understanding that these parents/siblings will become regular coaches at training sessions during the 2016/2017 season and beyond.

We encourage everyone to consider attending a course, as ultimately it will benefit your athletes and assist them to achieve their Personal Bests during the 2016/2017 season.

For more information or to place your name on an information mailing list please email mindarielac@gmail.com



Mindarie Mustangs Little Athletics Club

 www.mindarielac.myclub.org.au

 www.facebook.com/Mindarielac

 mindarielac@gmail.com



Competition Officials

Athletics Australia in association with Little Athletics Australia and the State Representatives have released a new online education program for Officials across all areas of the sport.

The Australian Athletics Officials' Education Scheme (AAOES) is designed to assist parents/interested parties become more skilled in the rules and regulations of competition at any level of Athletics.

All parents are encouraged to complete the Level 0 Officiating Course which provides you with a basic overview of Officiating in general. Once this has been completed parents are then encouraged to move onto the Level 1 Officiating Course.

Each Level 1 Course contains 4 modules
(Rules, Officials & Communication, Equipment, Risk Management)

Level 1 Officiating Courses are available in the following disciplines:
Track, Starting, Long Jump, High Jump, Pole Vault, Triple Jump, Hammer Throw, Javelin, Discus, Shot Put, Walks, and Out of Stadia

Each course will take between 45-90 minutes with a multiple choice quiz at the end of each module as an assessment.

For more information click on any of the links below:

[Level 0 Officiating Information](#) [Level 1 Officiating Information](#)

[Level 0 Online Course Portal](#)

[Level 1 Online Course Portal](#)

Or email mindarielac@gmail.com

Mindarie Mustangs would love to see as many parents as possible complete the Level 1 Courses for the field events that Mindarie Mustang Parents are rostered onto.

Proudly supported by



Mindarie Mustangs Little Athletics Club

www.mindarielac.myclub.org.au

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As the summer season comes to an end, it is now time to look towards the 2016 Winter Season. If you want to continue to keep up your fitness, or just love running through the bush, mud and sand, sometimes in the rain, then this is the competition for you.

The Winter Season Competition consists of Cross-Country Running and/or Road Race Walking. All 2015/2016 registered athletes are eligible to compete with a small \$5 registration fee to cover the cost of the timing chips (Different system to the Ridgewood LAC chips).

To register visit your Results HQ page and click on the nominations button in the right hand corner.

Events are held fortnightly, alternating between the running and walks, right across the metro area.

Competitors must complete four runs to be eligible for the Cross Country State Championships and four walks for the Road Walking State Championships. However, you can pick and choose which events and how many you wish to attend.

All Athletes must compete in the Ridgewood Centre uniform with registration and age tags affixed. The Season begins at the end of April and anyone wishing to compete should contact the Ridgewood Centre for further details.

Race distances vary, depending on the Athletes Age Group:

Cross Country Runs:

U7 - 9	1500m
U10 - 12	2000m
U13 - 17	3000m

Road Race Walks:

U7 - 9	1000m
U10 - 12	1500m
U13 - 17	2000m

The first Cross Country Race will be on Sat 7th May 2016.

The first Road Race Walk will be on Sat 14th May 2016.

If you want more information, you can check out the WALA Web Page at:

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

For more information about training and any other winter information contact Ridgewood LAC or check out their website:

✉: info@ridgewoodlac.org

💻: www.ridgewoodlac.org