



Mindarie Mustangs Little Athletics Club

Newsletter #3 – 02/11/2014

This Week's Key Information

Training

Please remember that all Parents are to remain at Abbeville Park for the entire session and be available to assist in Training and Coaching. If parents are not present, athletes will be unable to train.

Upcoming Training Dates:

Date	Program
Mon 3 rd November	Green
Wed 5 th November	Yellow
Mon 10 th November	Blue
Wed 12 th November	Red

Don't forget for parents and athletes to sign in at each training session.

A huge thank you to all the parents that assist at training. Without your assistance we would not be training.

Fundraising:

Next Event: **End of Month BBQ - Wed 26th November**
Sausage Sizzle \$2.50 Drinks \$1.50

Saturday Competitions

Next Competition is: **SATURDAY 8th November 2014**
Program 2 Events including WALKS. To compete in WALKS you MUST marshal by 7.20 am at the Ridgewood Marquee.

Competition Roster

This week's roster:

Unless specified please sign on by 7.30am in order to set up and prepare for competition. Your assistance is required until all events have been completed. Please ensure that you are available on site for all events.

If you are at the Jump Pits, please ensure that you assist with at least 4 events.

Family Name	
Cronje	Set Up 6.30am
Van Der Spuy	Canteen 7am to 10am
Burnett	Start of Track Assistant
Humphrey	End of Track Assistant
Watson	Jump Pit 1 Key Official
Ayliffe-Todd	Jump Pit 2 Key Official
Nel	Jump Pit 3 Key Official
Secomb	Jump Pit 4 Key Official
Dean	Jump Pit Assistant
Ebert	Jump Pit Assistant
Hall	Jump Pit Assistant
Harriman	Jump Pit Assistant
Hathaway	Jump Pit Assistant
Heard	Jump Pit Assistant
Hockey	Jump Pit Assistant
Marsh	Jump Pit Assistant
Payne	Jump Pit Assistant
Sivic	Jump Pit Assistant
Spollen	Jump Pit Assistant
Suresh	Jump Pit Assistant
Abbott	Canteen 10am to 1pm
Drummond	Pack Up

If you are unable to attend please inform us by 8pm THURSDAY, who will be replacing you.

Spike Licenses

Spike Licenses must be completed by athletes and signed off by Matt at Training prior to using them at Competition. See Matt if you need more details.

No U6-U10 or Unlicensed U11-U17 Athletes are allowed to wear footwear capable of taking spikes. Spikes are only to be worn for approved events. See Table Below

U11	Hurdles	100m	200m	400m	Javelin			
U12	Hurdles	100m	200m	400m	Javelin	High Jump		
U13+	Hurdles	100m	200m	400m	Javelin	High Jump	Long Jump	Triple Jump

All athletes that have completed a Spike License MUST have a RED button on their Uniform.

News and Events

WALA State Track Relay Training

Training will commence FRIDAY 7TH NOVEMBER at 5.30pm at Ridgewood Oval. Initial Squads will be released this week once results from November 1st have been checked and verified. If you are eligible for Track Relay Squads, please check your emails carefully for information during this week.

Centre Training

Tuesdays (5.30pm – 6.30pm) ONLY at Ridgewood Oval with Craig McCorkindale

Ridgewood Centre is now offering specialist Middle Distance Training (400m 800m, 1500m) for any athlete U10 and over. These sessions will be gruelling and a 100% commitment to training will be expected from all athletes. All Parents are asked to be present at the start to be informed of the training plan and be on-time for collection.

Athletes in younger age groups may be invited at the discretion of the Centre Executive Committee.

Walks Training

Mindarie currently does not provide training to athletes in the Race Walking events due to the lack of qualified or experienced coaches in this area. If any parent is interested in providing Training for Walks or attending sessions to be able to provide Training for Mindarie athletes please see Matt at Training. If parents are also interested in becoming or are already a qualified Walks Official, please see Matt at Training.

Officiating

In order to improve the skills and knowledge of parents completing competition rosters, West Australian Little Athletics have a set of C Grade and D Grade Officials exams available on their website. If any parents are interested in learning the basic skills and rules for officiating at Long Jump and Triple Jump (or any other event), please see Matt at Training or Competitions and a session can be organised for parents to complete some training and complete the assessments.

Thank you to all the parents that completed your rosters on Saturday. Many hands make light work. If you have any issues with your Roster please contact us via email or speak to Daan at Competitions. Special Thanks to Daniel Lategan for volunteering to assist at the Jump Pits for the day, even when not rostered on. Thanks a bunch.



Thank You to Bakers Direct for providing the Mindarie Mustangs with bread rolls for our End of Month BBQ's (If you would like to advertise in our weekly newsletter please see Caron at Training.)

Athlete Achievements

Centre Record Breakers

Last Week (25/10/14) saw FOUR Mindarie Athletes break Centre Records. A huge congratulations to the following athletes:

Lucy McCorkindale – U13 Girls 800m –

New Record: 2 mins 43.84 seconds.

Omeara Louange – U13 Girls Triple Jump –

New Record: 10.38 meters.

Sophie McCorkindale – U10 Girls 800m –

New Record: 2 mins 58.27 seconds.

Jackson Anderson – U8 Boys 400m –

New Record: 1 min 21.46 seconds.

Well Done to all of our NEW RECORD HOLDERS.

Personal Bests

The PB Tally has now been updated to last week's events (25/10/14). We currently have 45 athletes who have achieved 10 or more Personal Bests for the 2014/2015 season, with another 24 athletes who have achieved 8 or 9 Personal Bests. Don't forget once athletes receive 10 or more Personal Bests, athletes start earning awards and certificates thanks to our Sponsors. So keep working hard, doing your best and maybe we might have most of our athletes getting their first prize by our next awards night.

WA State All Schools

This weekend was not only a Little Athletics Competition but also saw the State Finals for the All Schools Championships. Matt was there all weekend and wants to congratulate all of the Ridgewood LAC athletes that competed.

A special *Well Done* to the following Mindarie Athletes for competing/winning medals:

Omeara Louange – U14 Girls Triple Jump (Silver Medallist)

Ella Tudor Roberts - U14 Girls 3kg Shot Put

Brayden Smith – U14 Boys 3kg Shot Put, U14 Boys 1kg Discus, U14 Boys 600gms Javelin

Liam Van Der Spuy – U16 Boys 100m (Silver Medallist), U16 Boys 200m (Gold Medallist), U16 Boys 100m Hurdles (Gold Medallist), U16 Boys 200m Hurdles (Gold Medallist)

Registered Builder Required!

Over the past few years the Mindarie Mustang Committees have been fundraising tirelessly to raise enough funds to construct a storage unit on the back of the toilet block at Abbeville Park. If you are/or know a registered builder and would be interested in assisting us fulfil the dream please see Daan, Caron or Nicola at Training or Competition or contact us via our email. mindarielac@gmail.com

Photo Gallery – 1st November



Teamwork on Set up



On Your Marks, Get Set, Go!



Flying High at Long Jump

If anyone has any photos they would like to share or would like a copy of a photo published in our Newsletters send an email with the Subject Line: *Photo Gallery*

Upcoming State Events

Friday Night Senior Competitions

Open to athletes in U12+.

Great opportunities to compete against different athletes at the WA Athletics Stadium. For more information, to sign up or to find out what events are coming up check out their website: www.waathletics.org.au

WALA Registered Athletes can register as part of a Seniors Club or as an AWA Independent Athlete.

WALA Teams Challenge

Sunday 16th November @ WA Athletics Stadium

A great event for our younger athletes. Open to U6-U10 Athletes. Teams of 4 will compete in 60m, 100, Long Jump, Turbo Jav or Shot Put and finish off with a Shuttle Relay. Good Luck to all of the athletes that have nominated to attend this event. We look forward to sharing your success after the event.

WALA State Track and Field Relay Championships

Sunday 14th December 2014 @ WA Athletics Stadium

Track events open to U8-U17. Field events open to U10-U17. Athletes will be selected by Ridgewood LAC based on performances in 100m, 200m and 400m events. Selected athletes MUST commit to all requirement or penalties will apply including No Relay Selection in 2015/2016 season and NO Trophy Eligibility in 2014/2015 season.

For the full selection criteria and policy for the event see the Ridgewood LAC Website.

<http://ridgewoodlac.org/state-relays-selection-policy/>

More details to follow once initial squads are announced.

Mindarie Mustangs Committee

Daan – President

Tony – Vice President

Nicole – Secretary

Nicola – Treasurer

Matt – Coach

Evyonne – Registrar

Julie – Recorder

Caron – Fundraising

Tegan – Fundraising

Paul – General



Mindarie Mustangs Little Athletics Club

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