



2015/2016

The Mustang Messenger

Newsletter #3 — 14/09/15

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Pre-Season Training
Mon 14th Sept & Mon 21st Sept
5pm – 6.30pm
Abbeville Park, Mindarie

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 10th October 2015

Opening Day Program

NEXT WALA COMPETITION:

Bravehearts Teams Challenge

Under 6's to Under 10's

Sunday 15th November 2015

WA Athletics Stadium

NEXT COMPETITION ROSTER:

Family
Name

Rostered
Position

COMPLETE YOUR
ROSTER

AVAILABILITY
FORMS NOW!

Visit Website/
Email for forms!
Return by Friday
2nd October

NEXT FUNDRAISING EVENT:

End of Month Club BBQ

Wednesday 28th October

Sausage \$2.50 / Drinks \$1.50

LET'S GET TRAINING

Pre-Season Training kicks off this week with athletes training in a variety of events in preparation for the Opening Day Competition on Saturday 10th October.

During the season Mindarie training will be held on Mondays and Wednesdays (Starting Mon 12th October) from 5pm to 6.30pm. Our Training Program is split into FOUR different sessions. Each week, athletes will train in the events for the upcoming Saturday's competition program. Each week there will be two programs, one on a Monday and another on a Wednesday. In order to accommodate athletes that can only attend training once a week, the programs rotate on a four week cycle as follows:

	Monday	Wednesday	For details of what events, each age group will be training, check the notice board at training or visit the Training Programs page on the website.
Week 1	BLUE	RED	
Week 2	YELLOW	GREEN	
Week 3	RED	BLUE	
Week 4	GREEN	YELLOW	

The week's programs will be included in the "This Week's Key Info" Side Bar each week as well as being advertised on the Website and Facebook. Special Training Programs will be used for Special Event Competitions and these will be clearly advertised in due course.

2015/2016 FEES

The 2015/2016 Registration Fees will be \$155 per athlete, with a \$25 Fundraising Levy per family. Payments can be made via Cash or via Direct Deposit ONLY.

Direct Bank Deposits:

Mindarie Mustangs Little

Athletics Club

BSB: 066-166

Account Number: 10-275-242

Reference: *Athlete's Name*

UNIFORM

Uniform consists of the Mindarie Mustangs Shirt or Singlet and Ridgewood/Navy Blue Shorts.



OR



\$30 T-Shirt

\$25 Singlet

Full Range of Ridgewood Uniform available from RLAC.

Prices start at \$30

FRIDAY NIGHT AWA STRIVE COMPETITIONS

Start Friday 23rd October 2015

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

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

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



Competition Rosters – What do I have to do?

Episode 2– Field Sites

As part of the registration process, you would have signed to abide by the Centre Roster Policy. This states that all families must complete a *MINIMUM* of 5 Rosters across the season, with the expectation of fortnightly. Without the Roster Positions being filled Competition STOPS! Rosters will be issued as soon as practical once the final site allocation is released. However, this week we will highlight the potential field site positions that may require filling by Mindarie families.

If you wish to request a specific position please indicate on your Roster Allocation Form. Any issues see Daan, Tony or Matt.

At each of the Field Sites there will be a qualified Key Official who will assist you in running the competition site to a high standard. If you require any assistance or have any questions, please speak to your Key Official or one of the Field Referees.

Field Site Rosters require parental assistance throughout the entire morning. Field Site rosters commence at 7.30am and conclude once the site has been packed up following the conclusion of the final event. The finishing time will vary from site to site, week to week.

Upon arrival at 7.30am please assist your sites Key Official in setting up your site for competition to commence at 8am.

On the next page is a list of all the field sites and required parental assistance for each site to assist the Key Official in running the site.

Personal Bests Awards

Thanks to a number of Mindarie Mustangs Sponsors we are proud to offer athletes special achievement vouchers/certificates for achieving personal best milestones.

To achieve a Personal Bests “PB” is achieving a better result than previously achieved for a specific event. It might be running a track event quicker; jumping further into the pit, or higher over the High Jump bar; or maybe throwing the implement further. It doesn't matter whether it is a big PB or whether it is hundredths of a second or mere centimeters, every PB is worth celebrating.

PB Milestones are recognised and celebrated once athletes achieve 10 PB's and every 10 thereafter.

The special achievement vouchers/certificates will be presented monthly at our End of Month BBQ's.

Please be aware that it takes 7 days for results to be processed and released to the club recorders so if you achieve a milestone the weekend prior to a BBQ, certificates would not be presented until the following month due to this processing timeframe.

Some of our previous achievement certificate sponsors include:



PARENT ROSTER ALLOCATION FORM DUE BY FRIDAY 2nd OCTOBER.
See website to download form! Return via email or at training!

SPECIAL EVENTS – DECEMBER 2015

Mindarie Mustangs Christmas Water Party

Wednesday 9th December*, Abbeville Park, 5pm Start

Let's celebrate our club's achievements so far and the upcoming Christmas break with a super wet obstacle course.

WARNING – Athletes WILL GET WET! *Date TBC

WALA State Track & Field Relay Championships

Sunday 13th December – WA Athletics Stadium

An action packed day of Track and Field Competition with 4x100m (U8-U17), 4x200m (U8-U10), 4x400m (U11-U17) and Field Events (U10-U17) taking place in the first State Championships of the season. Entry is via selection. For more details see the Relays Selection Policy on the Websites.

Ridgewood Christmas Twilight Competition/Party

Friday 18th December, Ridgewood Oval, 5pm Start

It's time to finish off the 2015 half of the season with a Friday Night Twilight Competition with special events and guests.

Special Parent Rosters and Programs for these events will be published once confirmed by the organising committee.

Field Site Rosters

Jumps

Jump Pits (Long Jump and Triple Jump)

The Jump Pits consists of 4 Sites with 3 roster positions per site. Each site will require parent helpers to complete the following tasks:

1. Recorder—Record the distance achieved by athletes.
2. Spiker—Place the marker into the pit at the closest break in the sand to the take-off point.
3. Raker—Prepare the Jump Pit for each attempt by leveling the sand in the Jump Pit.

High Jump

High Jump consists of 4 Sites with 2 roster positions per site. Each site will require parent helpers to complete the following tasks:

1. Recorder—Record the clearances or failures of athletes during the event.
2. Bar Judge—Assist the Key Official in raising/replacing the bar throughout the competition.

Throws

Shot Put

Shot Put consists of 2 Sites with 3 roster positions per site. Each site will require parent helpers to complete the following tasks:

1. Recorder—Record the distance achieved by athletes.
2. Spiker—Place the marker at the closest point of contact to the throwing circle.
3. Retriever—Assist in walking the shot puts back to the throwing circle for use by the next athletes.

Discus

Discus consists of 2 Sites with 3 roster positions per site. Each site will require parent helpers to complete the following tasks:

1. Recorder—Record the distance achieved by athletes.
2. Spiker—Place the marker at the closest point of contact to the throwing circle.
3. Retriever—Assist in walking the discus back to the throwing circle for use by the next athletes.

Javelin

Javelin consists of 2 Sites with 3 roster positions per site. Each site will require parent helpers to complete the following tasks:

1. Recorder—Record the distance achieved by athletes.
2. Spiker—Place the marker at the closest point of contact to the runway.
3. Retriever—Assist in walking the javelins back to the runway for use by the next athletes.

Episode 3—Track and Marshalling in next week's Mustang Messenger

NEW SPIKE RULES

Footwear is mandatory for all athletes in all events. However, athletes from Under 11's up may wear shoes that contain spikes in certain events.

Hurdles	U11+
100m, 200m, 400m	
4 x 100m Relay	
High (Flop) /Long/ Triple Jump	
Javelin	
800m/1500m	U13+
4 x 400m Relay	

To be able to wear spikes at competitions, athletes **MUST** complete a Spike License.

Licenses will be available from the website soon.

Athletes must then see a Committee Member at Training to be authorized.

Athletes **MUST** wear a RED button on their Club Shirt to be able to wear spikes.

No Button/License – NO SPIKES

PERSONAL BEST TALLY

Each week as the Season progresses we will celebrate the athletes that have achieved high totals of accumulative Personal Bests.

Athletes who achieve certain levels throughout the season will be presented with certificates/ vouchers at future training sessions.

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 Jacque Ayliffe