



2016/2017

The Mustang Messenger

Newsletter #3 — 14/09/16

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Pre-Season Training
Starts Monday 19th Sept
5pm
Abbeville Park, Mindarie

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 8th October

Opening Day Program

NEXT WALA COMPETITION:

Bravehearts Challenge

Under 6's to Under 10's

Sunday 13th November 2016

WA Athletics Stadium

NEXT COMPETITION ROSTER:

Family Name	Rostered Position
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Complete your
Online Roster
Availability
Form NOW!

Click Here



Due 30th Sept

NEXT FUNDRAISING EVENT:

Details Coming Soon

WELCOME TO THE 2016/2017 SEASON

This is Mindarie Mustangs 15th Season and the committee extends a warm welcome to all new and returning members.

With over 85 members currently registered we are off to a great start with having plenty of athletes to attend training and competitions.

This weeks' Mustang Messenger is jammed packed with information from the Club, Centre and Little Athletics WA.

Pre-Season Activities

With the seasons' Opening Competition confirmed for October 8th, 2016 (Last weekend of upcoming school holidays) we are pleased to inform members of our Pre-Season Activities.

Check out Page 2 for all the details.

New Website

Mindarie Mustangs are exciting to announce the launch of our brand new website. Visit mindarielac.weebly.com to check it out.

Constitution

The Mindarie Mustangs Constitution is available on our website.
<http://mindarielac.weebly.com/about-us.html>

2016/2017 FEES

The 2016/2017 Registration Fees are \$175 per athlete, (U6 \$155) + \$25 Family Fundraising Levy.

Registration Payments can be made 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/Navv Blue Shorts.



OR



\$30 T-Shirt

\$25 Singlet

Full Range of Ridgewood Uniform available from RLAC.

Prices start at \$30

New Website



mindarielac.weebly.com

Pre-Season Activities

Let's Get Ready to Rumble!

The 2016/2017 Mindarie Mustangs Little Athletics Season is here and we are set to launch with some big nights of training, fun and information for the whole family.

Check out what's happening below:

Don't forget without Parental Support we can't run training or competitions!

Monday 19th September

5pm, Abbeville Park,

ALL Athletes

It's time to start training! Come on down to our first full club training session. It's going to be a fun filled night as we get to meet the new athletes in our age groups, meet the coaching team and focus on our pre-season fitness. Plus some basic skills for some of our field events. See you all there!

Wednesday 21st September

5pm, Abbeville Park,

U11-U17 Athletes

Our new training programs sees our senior athletes have a special training night each week where a bigger focus on the skills and technique of the field events will be highlighted on Wednesday nights. Come down to our first Senior Only night to check out some of the more technical events including High Jump.

No Training during the first week of the school holidays

Monday 3rd October

5pm, Abbeville Park

ALL MEMBERS - Parents and Athletes

LAUNCH NIGHT!

It's time to prepare for the first competition on October 8th. Join us one and all for this special event!

Don't miss it!

- ◇ Athletes will receive their registration packs and numbers.
- ◇ Athletes will have some fun fitness activities led by the U15-U17 Athletes
- ◇ Parent Questions and Information Session.
- ◇ Sausage Sizzle to finish!

Wednesday 5th October

5pm, Abbeville Park,

U11-U17 Athletes

It's time to start focusing on some technique in our senior athletes. Plenty of opportunities to enhance the training with the support of parents and coaches.

Saturday 8th October

7.30am, Ridgewood Park

**OPENING DAY COMPETITION AND CLUB PARADE
LET THE GAMES BEGIN!**

Monday 10th October

5pm Abbeville Park

**Parent Officiating Information Sessions!
All parents encouraged to attend!**

Mindarie Mustangs Little Athletics Club

Competition Rosters – What do I have to do?

Episode 1 – Set Up, Pack Up and Canteen

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. However, over the next few weeks we will highlight some of the potential positions that require filling by Mindarie families. If you wish to request a specific position please indicate on your Roster Allocation Form. Any issues see Daan or Matt.

Arena Set Up 6.30am–8am [1 Family per Week]

In order to start the morning's competition on time, a set-up team is required. Each week 1 person from each club needs to meet Nigel (RLAC Equipment Officer) at Ridgewood Park at 6.30am to assist with set up. You will assist with setting up the Arena Boundary Rope, Centre Tents, End of Track Area and PA System plus anything else that is required. Once completed you would then be free to enjoy the morning's competition knowing that you assisted us in getting started on time.

Arena Pack Up ~11.30am–Lock Up @~1.30 [1 Family per Week]

Pack Up is the last roster for each week, but someone has to do it. As the saying goes "Many hands make light work." Families rostered onto Pack Up will meet with Nigel (RLAC Equipment Officer) at the store room when events are beginning to conclude for the day. Nigel will direct you to what requires packing up to ensure a quick pack up. Assistance is specifically required for Arena Boundary Ropes, Centre and Club Tents and any other equipment that needs to be packed away. Please remain available until all equipment has been returned and the store room closed. With your assistance, everyone can be home by a sensible time at the end of competition.

Canteen (7am–10am OR 10am–Close) [2/3 Families per Week]

The Canteen is operated every week by a Manager and 4 other people. When allocated a Canteen Roster, one member of the family is required to attend to the Canteen during the time specified:

7am to 10am Shift

Assist with:

- ✓ Set Up of Kitchen, BBQ & Tent for BBQ.
- ✓ Cooking on BBQ
- ✓ Prep of other food
- ✓ Serving customers

10am–Close shift

Assist with:

- ✓ Cooking of food
- ✓ Service Customers
- ✓ Cleaning BBQ and Kitchen
- ✓ Pack all equipment away and return to storeroom.

NOTE: Failure to complete an allocated Canteen Roster will result in ineligibility for all potential end of season awards.
(RLAC Roster Policy)

Episode 2—Field Sites in the next Mustang Messenger

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/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 available from our website.

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.

2016-2017 Committee

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



Date: 4th September 2016

2016-17 SEASON Calendar

<u>OCTOBER</u>	Saturday 8 th	Opening Day Program	
	Saturday 15 th	Program 1	
	Sunday 16 th	Officials Course	
	Saturday 22 nd	Program 2	
<u>NOVEMBER</u>	Saturday 29 th	Program 1	
	Saturday 5 th	Program 2	PMH Day
	Saturday 12 th	Program 1	
	Sunday 13 th	Braveheart's Teams Challenge*	
	Saturday 19 th	Program 2	Pinkletics Day
<u>DECEMBER</u>	Saturday 26 th	Joondalup Challenge*	
	Saturday 3 rd	Program 1	Multi Day 1
	Saturday 10 th	Program 2	Multi Day 2
	Sunday 11 th	State Relay Championship*	
	Friday 16 th	Twilight Program/Christmas Party #	
CHRISTMAS BREAK			
<u>JANUARY</u>	Saturday 14 th	Centre Multi Program	
	Saturday 21 st	Program 1	PB Day 1 / Australia Day
	Saturday 28 th	Program 2	PB Day 2
<u>FEBRUARY</u>	Saturday 4 th	Program 1	
		U14-17 State Multi Event State Championship**	
	Sunday 5 th	State Multi Event State Championship*	
	Saturday 11 th	Program 2	Jetstar Orange Day
	Saturday 18 th	Centre Championship – Program 1	
<u>MARCH</u>	Saturday 25 th	Centre Championship – Program 2	
	Saturday 4 th	Zones Day 1***	
	Sunday 5 th	Zones Day 2***	
	Saturday 11 th	BREAK	
	Saturday 18 th	State Championship - Day 1*	
	Sunday 19 th	State Championship - Day 2*	

- * Events held at WA Athletics Stadium, Mount Claremont <https://goo.gl/maps/ZUNtR>
- ** Event held at Em Clark Athletics Centre, Coker Park, Cannington <https://goo.gl/maps/KIBp0>
- *** Events held at UWA Sports Park, McGillivray Oval, Mount Claremont <https://goo.gl/maps/tEJ6q>
- # Twilight Meet at Ridgewood Oval starting at 5pm



Ridgewood Little Athletics Centre
www.ridgewoodlac.org info@ridgewoodlac.org
 PO Box 2480 CLARKSON WA 6030



Mindarie Mustangs Little Athletics Club

 www.mindarielac.weebly.com

www.facebook.com/Mindarielac

 mindarielac@gmail.com



SCHOOL HOLIDAY PROGRAMS

**LITTLE ATHLETICS WA
HOLIDAY CLINICS**
30th SEPT & 6th OCT



30TH SEPTEMBER

U10 - U17 Sprint & Hurdles Skills Clinic
WHERE: WA Athletics Stadium

\$25

**Click to
Register**

6TH OCTOBER

U10 - U17 Throws Skills Clinic
WHERE: McGillivray Oval

\$25

**Click to
Register**

U8 - U9 Holiday Fun
WHERE: McGillivray Oval

\$20

**Click to
Register**

FOR MORE INFORMATION VISIT:

www.walittleathletics.com.au



**GO FOR 2&5
HOLIDAY CAMP**
3rd - 4th OCT

3RD - 4TH OCTOBER

U12-U18 Athletics Camp
WHERE: WA Athletics Stadium

\$95 or \$180

**Click to
Register**

FOR MORE INFORMATION VISIT:

www.waathletics.org.au

PLACES ARE LIMITED. REGISTER NOW!

ATHLETICS WA'S HOLIDAY CAMP SPONSORED BY:



Mindarie Mustangs Little Athletics Club

www.mindarielac.weebly.com

www.facebook.com/Mindarielac

mindarielac@gmail.com

SKILLS CLINIC

16TH OCTOBER

U10 - U17 Jump Skills Clinic

WHERE: Gerry Archer Athletics Track,
Belmont LAC

\$25

Click to
Register



*This company is not
supported or
endorsed by
Mindarie LAC.
This is an advert
only.*

School Holiday Athletics Clinic
8-16 years.
Wed 5th & Thu 6th October 2016.
WA Athletics Stadium.
8.50am-3pm.

\$85 per day. Or \$150 for both days.
Includes a Shoe Bag or Cap.
Prizes and giveaways.
Choose 4 events per day.
More Info: <http://sprintingfast.com/>

Coaching Courses

30TH SEPTEMBER

Sprints/Hurdles Coaching
Workshop with Lyn Foreman.
9-12pm

WHERE: WA Athletics Stadium

FREE

Click to
Register

16TH OCTOBER

Introduction to Coaching Course (ATFCA)
8am-2pm

WHERE: Gerry Archer Athletics Track,
Belmont LAC.

\$70

Click to
Register

23RD OCTOBER

Introduction to Coaching Course (ATFCA)
8am-2pm

WHERE: Arena Joondalup Athletics Track,
Joondalup LAC.

\$70

Click to
Register



Ridgewood LAC Officials Course

Sunday 16th October 2016
Ridgewood Park, Ridgewood

These Sessions are provided by the
Centre to assist all Parents so you are
confident to run an Event Site.

If you have indicated to be a Site
Referee, Key Official or a Parent
Helper please come along and learn,
as each year the Rules and Event
Specifications change regularly from
season to season.

Course Outline

8.30am Registration

9.00am Shot Put

9.30am Discus

10.00am Javelin

10.30am Tea Break

11.00am Long Jump

11.30am Triple Jump

12.00pm High Jump

12.30pm Lunch

1.00pm Walks

Notes:

Sessions will be short and informa-
tive to give you the ability to run a
competition site at Centre or State
level. If you wish to come for one
discipline or all you are more than
welcome.

Tea and Coffee will be provided, but
no other catering, if you wish to
come for the day please bring along
your own lunch, drink bottle, etc.

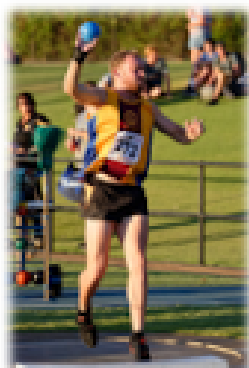
ONLINE LEVEL 1 OFFICIALS COURSES

Check out these opportunities

[http://athletics.com.au/Officials/
Education](http://athletics.com.au/Officials/Education)



UPCOMING COACHING COURSES



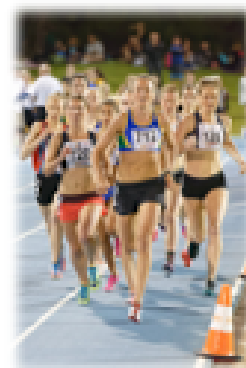
LEVEL 1 COMMUNITY ATHLETICS COACHING COURSE

SUNDAY 18TH SEPTEMBER – BAYSWATER LAC 8:30AM – 5:00PM

SUNDAY 2ND OCTOBER – COCKBURN LAC 8:30AM – 5:00PM

SUNDAY 23RD OCTOBER – HAMERSLEY LAC 8:30AM – 5:00PM

SUNDAY 27TH NOVEMBER – WA ATHLETICS STADIUM 8:30AM – 5:00PM



LEVEL 2 INTERMEDIATE RECREATIONAL RUNNING COURSE

SATURDAY 26TH NOVEMBER – WA ATHLETICS STADIUM – 9:00AM – 5:30PM

LEVEL 2 ADVANCED RECREATIONAL RUNNING COURSE

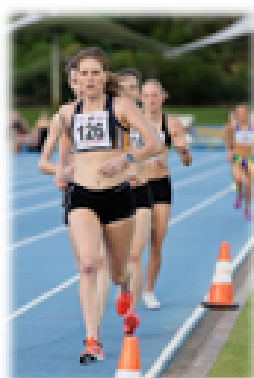
SATURDAY 22ND & SUNDAY 23RD OCTOBER – WA ATHLETICS STADIUM – 9:00AM – 5:30PM

LEVEL 2 INTERMEDIATE COMMUNITY COACHING COURSE

SATURDAY 8TH & SUNDAY 9TH OCTOBER – COCKBURN LAC – 8:30AM – 5:00PM

LEVEL 2 ADVANCED PART B JUMPS

SUNDAY 2ND OCTOBER – WA ATHLETICS STADIUM – 8:30AM – 5:00PM



LEVEL 2 ADVANCED PART B SPRINTS/HURDLES/RELAYS

SUNDAY 2ND OCTOBER – WA ATHLETICS STADIUM – 8:30AM – 5:00PM

LEVEL 2 ADVANCED PART B MIDDLE/LONG DISTANCE

SUNDAY 20TH NOVEMBER – WA ATHLETICS STADIUM – 8:30AM – 5:00PM



REGISTER NOW!

www.waathletics.org.au/Coaches/Information



CONTACT DETAILS

PHONE – 08 6272 0480

EMAIL – Info@waathletics.org.au

WEBSITE – www.waathletics.org.au



CONTACT DETAILS

PHONE – 03 8646 4550

EMAIL – coachaccreditation@athletics.org.au

WEBSITE – www.athletics.com.au

Mindarie Mustangs Little Athletics Club

www.mindarielac.weebly.com

www.facebook.com/Mindarielac

mindarielac@gmail.com