



Mindarie Mustangs Little Athletics Club

Newsletter #4 – 09/11/2014

This Week's Key Information

Club Training

Parental Assistance is always required at Training Sessions in order to provide athletes with the best opportunities to learn. Please assist at Training sessions by collecting a file or teaming up with a friend to train the athletes.

Upcoming Training Dates:

Date	Program
Mon 10 th November	Blue
Wed 12 th November	Red
Mon 17 th November	Yellow
Wed 19 th November	Green

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: **SAT 15th November 2014 - PINKLETICS**
Program 1 Events including 1500m. To compete in 1500m you MUST marshal by 7.20 am at the Ridgewood Marquee.

Competition Roster

Jump Pit Assistants are required to sign on at 7.30am and assist in preparing the site for competition. Assistance is required until all events have been completed and the site has been packed away with all equipment returned to the respective trailer. Jump Pits Assistants are required to assist with a minimum of 4 events to complete their roster.

Family Name	This Weeks Roster:
Goodley	Set Up 6.30am
Adams	Canteen 7am to 10am
Tan/Wong	Canteen 7am to 10am
Pallister	Start of Track Assistant
Halliday	End of Track Assistant
Young	Jump Pit 1 Key Official
James	Jump Pit 2 Key Official
O'Malley	Jump Pit 3 Key Official
Van Der Spuy	Jump Pit 4 Key Official
Hall	Jump Pit Assistant
Joseph	Jump Pit Assistant
McGrath	Jump Pit Assistant
Moss	Jump Pit Assistant
Nortje	Jump Pit Assistant
O'Brien	Jump Pit Assistant
Purcell	Jump Pit Assistant
Roselt/Smith	Jump Pit Assistant
Sivic	Jump Pit Assistant
Taylor	Jump Pit Assistant
Timms	Jump Pit Assistant
Tudor-Roberts	Jump Pit Assistant
Wollhaf	Canteen 10am to 1pm
Gray	Pack Up

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

Important Reminder RE: Training and Competitions

NO ATHLETE is to be dropped off and left at Club Training or Centre Competitions. If this occurs the athletes WILL NOT participate regardless of Age.

Parental presence is a Health & Safety and WALA Insurance Requirement as all athletes are classified as children.

Pinkletics – Saturday 15th November

This Week – Ridgewood LAC GOES PINK!

Fundraising activities and donation tins to raise money for the McGrath Foundation for Breast Care Nurses around Australia.
<http://mcgrathfoundation.gofundraise.com.au/page/athletesgopink>
Athlete are able to wear pink instead of their club uniform but MUST have competition numbers pinned on as normal.

State Track Relays

Ridgewood LAC would like to thank the following people from Mindarie for volunteering to be a Relay Team Coach:
Sarah Anderson, Daniel Hulston, Paul Mann and Carl Vine.

If your athlete is a member of a relay squad please ensure that your coach has received your contact details to be able to organise extra/alternate training sessions as required.

ALL Footwear for Track events must NOT be capable of taking spikes as there is a NO Spike Rule for Relay Events.

For any other information regarding the State Track Relays please contact Ridgewood LAC directly via email:
info@ridgewoodlac.org

WALA State Track Relay Training

Congratulations to those athletes that have been selected as part of the initial relay squads. Please ensure that you attend ALL of the training sessions that your coach organises. This is a TEAM event and every member of the team is as important as the next.

Centre Training

Starting Tuesday this week (11th Nov) each fortnight, there will be specialist High Jump Training at Ridgewood Oval.
U12/U13 @ 5.30pm-6pm and U14-U17 @ 6pm-6.30pm.
This is highly recommended for all athletes that want some extra support in High Jump or want to advance themselves further.

Don't forget about the Middle Distance Training EVERY Tuesday (5.30pm – 6.30pm) at Ridgewood Oval with Craig McCorkindale for U10 athletes and above. Improve your skills in 400m, 800m and 1500m.

Ridgewood Centre is putting in a lot of effort to offer these Centre Training sessions. Please support the center by attending some of these sessions. Discussions are currently ongoing for a Throws Session.

For more details on Centre Training visit
<http://ridgewoodlac.org/coaching/>

Working with Children's Checks.

Please note that adults that are not the parents or the legal guardian/career of an athlete must hold a Working with Children's Check in order to assist at Training and Competitions. If you have any queries of concern see a committee member at Training or Competitions.

Lost Property

There is already a number of items within the Lost Property Bin at Mindarie and Ridgewood. Please ensure that athletes' names are on ALL Hats and Water Bottles. If they are not claimed within 2-3 weeks then they will be donated to local charity shops.

Joondalup Vs. Ridgewood Challenge

The annual Joondalup LAC Vs. Ridgewood LAC Challenge is back for another year and we will again be competing at the WA Athletics Stadium. This is a fantastic opportunity for all athletes as the two centers have complete access to the venue and all ages (U6-U17) are invited to participate. In preparation for the event please be aware that parents will be required to complete a roster during the day. This will be similar to the Ridgewood Competitions. Also under WA Athletics Rules, NO Spikes longer than 7mm Christmas Tree Spikes are permitted to be used at the stadium. Please indicate at Training or Competition if you will be attending this event so the Rosters can be organized.

Athlete Achievements

Centre Record Breakers

Last Week (01/11/2014) saw 4 Mindarie Athletes break 6 Centre Records. A huge congratulations to the following athletes:

Riley Hulston

U8 Boys 60m Hurdles - New Record: 12:39 sec*

Jackson Anderson

U8 Boys 60m Hurdles - New Record: 12:29 sec

U8 Boys 100m – New Record: 16:41 sec

U8 Boys 200m – New Record: 34:79 sec

Elijah Louange

U8 Boys 100m - New Record – 17:09 sec*

Omeara Louange

U13 Girls High Jump - New Record – 1.45m (Omeara now holds the Jumps Trifecta for U11, U12 and NOW U13)

What a fantastic achievement by all of our athletes.

Well Done to all of our NEW RECORD HOLDERS.

Certificates for Record Holders from Oct 25th and Nov 1st will be handed out at Training on Wednesday 12th November.

Personal Bests

The PB Tally continues to improve as the weeks go by. Mindarie now has 80 athletes having achieved 10 PB's or better including 22 athletes now over 15 PB's. Great Job to everyone for always trying to improve. Certificates and Vouchers from our Sponsors will be handed out as soon as more supplies become available.



Thank You to Bunnings Warehouse Mindarie for providing us with Sausage Sizzle Fundraising opportunities throughout the year.

(If you would like to advertise in our weekly newsletter please see Caron at Training.)

Photo Gallery – 8th November



Our U13 Boys in the 200 meters.

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 – Next Sunday

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. Further Information will be in a separate email later this week once released by WALA.

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/>

See the Training Section for further details.

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

www.mindarielac.myclub.org.au

mindarielac@gmail.com

www.facebook.com/Mindarielac

