



2015/2016

# The Mustang Messenger

Newsletter #4 — 21/09/15

## THIS WEEKS KEY INFO

### NEXT TRAINING - @ 5pm:

Pre-Season Training  
Mon 21<sup>st</sup> 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 Challenge

Under 6's to Under 10's

Sunday 15th November 2015

WA Athletics Stadium

### NEXT COMPETITION ROSTER:

Family Name	Rostered Position
<p style="text-align: center; font-size: 24px; color: green;">COMPLETE YOUR ROSTER AVAILABILITY FORMS NOW!  Visit Website/ Email for forms! Return by Friday 2nd October</p>	

### NEXT FUNDRAISING EVENT:

End of Month Club BBQ

Wednesday 28th October

Sausage \$2.50 / Drinks \$1.50

## Pre-Season Training

Pre-Season Training kicked off last week with some excited athletes trying out a variety of events as we continue with getting ready for competition.

Pre-Season Training continues on Monday 21st September with another session from 5pm with new events on offer to provide a wide scope of athletic events.

We are currently in negotiations with the City of Wanneroo for us to hold a final Pre-Season Training session on **Wednesday 7th October** (2nd Week of School Holidays) As soon as we can confirm if this session will proceed we will publish it on Facebook, our Website and in the Mustang Messenger!

There will be NO Training during the first week of the school holidays!

## ONLINE REGISTRATION

If you have not yet registered for the 2015/2016 season visit <http://www.resultshq.com.au> to register with the Ridgewood Little Athletics Centre.

## Competition Showbags—Early Rego Now Ready

See us at Training to collect your bag with all of your numbers, badges, special gifts and information.

### 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](http://www.waathletics.org.au)

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



## UNIFORM BADGE POSITIONING

Uniform worn by athletes is mandatory for them to compete at all Centre and State Competitions.

Below is an illustration of the positioning of the various badges on the Competition Top as determined by WA Little Athletics.



**Jetstar Badge**—Positioned on the top right side of the top.

**Age Tag**—Positioned on the top left side of the top.

**Registration Number**—Positioned centrally over the lower chest.

ALL THREE items must be securely affixed to the top for athletes to compete.

NO NUMBERS—NO COMPETITION.

*If you lose any of your items, replacements are available but fees will apply.*



## TRAINING SAFETY

Safety is paramount for all athletes, parents and committee members of Mindarie Mustangs Little Athletics.

Athletics can be dangerous if the correct safety measures are not observed. Please take note and abide by the following points:

1. Shoes ARE COMPULSORY. Any athlete who attends events without the correct footwear will not be allowed to train.
2. Site Coaches are in charge of the running of the training. Please listen to all instructions carefully.
3. When training at Javelin. Javelins must be kept in a vertical position until such time you are instructed to throw.
4. When training at Shot Put and Discus, please only throw the implement when you are in the throwing circle.
5. When training in Throw Events, do not proceed into the sector to collect your implement until instructed by your site coach.
6. Be mindful of where throwing events are taking place and do not encroach on throwing areas.
7. TRAIN HARD AND HAVE FUN 😊

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

## Special Events—January/February 2016

### Ridgewood Multi Event Championships

Date TBC, Ridgewood Park, **\*\*FINAL DETAILS TBC\*\***

Contested under State rules, athletes have the opportunity to complete in a Pentathlon (U9-U17)/[4 Events](U6-U8) of events to contest to be the best all-rounder. Athletes compete in 100m or 200m; Long Jump; Hurdles (U9-U17), a throw and 400m or 800m.

### WALA State Multi Event Championships

Saturday 6th February—Ern Clark Athletics Centre (U16/U17)  
Sunday 7th February—WA Athletics Stadium (U11—U17)

**NEW FOR 2016**—U16/U17 Heptathlon/Octathlon  
U11-U15 Pentathlon (Same as RLAC Multi Event)  
Entry is via nomination, more details coming soon!

### Centre Championships

Saturday 20th February—Program 1  
Saturday 27th February—Program 2

The start of the championship season kicks off with the Centre Championships in February.

Spread across the final two weeks of centre competition, athletes compete for medals across all events offered by RLAC. To be eligible for medals at these championships, athletes must have competed in an event a minimum of 3 times across the season.

Mindarie Mustangs Little Athletics Club

## Competition Rosters – What do I have to do?

### Episode 3 – Track & Marshalling

As previous discussed over the last two weeks, rosters and parental support are essential in order to run the morning's competition. The final roster allocations are still to come from the Centre, but this week we highlight the track and marshalling positions that may require assistance from Mindarie families. Don't forget that 5 completed rosters is the MINIMUM requirement, with the expectation of once a fortnight.

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

#### Start of Track Assistant (8am to End of Track Competition)

The *Start of Track Assistants* (2 People required) assist the Starters in ensuring all athletes are allocated to the specified lanes and positions based on their age, gender and/or current ranking. The process for the allocation of heats will be determined by the track referee and/or starters. You will be required to assist at all track events for the morning and will be deemed to have completed your roster once the final track event of the morning has commenced.

#### End of Track Assistant (8am to End of Track Competition)

The *End of Track Assistants* (2 People Required) assist the Recorders and Timing Team by ensuring each athlete crosses the finish line in the correct lane. Once athletes have crossed the line they are to remain in their lanes and wait 5 meters beyond the finish line (by the cones) until all athletes have completed the race. Once all athletes have completed the race, athletes will be escorted by the *End of Track Assistants* from the track IN LANE ORDER to pass through the *Recorder's tunnel* to register their time via their timing chips/numbers. You will be required to assist at all track events for the morning and will be deemed to have completed your roster once the final track event of the morning has concluded and past through the recorder's tunnel.

#### Marshalling (7.45am to End of Marshalling)

At RLAC we have two Marshalling Sites (North and South). In order for athletes to register their intention to compete at each event they have to marshal at either the North or South Marshalling Points. 2 people at each marshalling area (North/South) are required to tick the athletes off for each event as the events are called throughout the morning. Athletes receive TWO Calls from the Announcer to attend marshalling for their event. Following a reasonable amount of time from the second call, athletes are then released to attend their event. Depending on the age of the athletes will depend if they are chaperoned or allowed to go themselves. Each time an event is released from Marshalling, the marshalling sheet is to be sent to the site with the athletes for use by the site officials. Your roster will be deemed at being completed once all events have been marshaled for the morning.

#### Episode 4—Key Officials, Referees and Arena Management Teams in next weeks 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