



2016/2017

# The Mustang Messenger

Newsletter #4 — 23/09/16

## THIS WEEKS KEY INFO NEXT TRAINING - @ 5pm:

**LAUNCH NIGHT**  
Monday 3rd October  
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

## Important Message: Training Attendance

It has been great to see so many members attending our first two training sessions this week. Unfortunately, however, there has already been athletes attending our Wednesday Senior Training Session without adequate parental supervision at the oval. As part of the registration and insurance policy for Little Athletics WA, **ALL** athletes attending training or competitions must have a parent or designated responsible adult (18+) in attendance on the oval in order for them to train/compete. All members are to be signed in at the start of each training session as a record of this understanding and so we know which athletes are training during that session. Going forward, any athlete who attends training sessions or competitions without adequate parental supervision will be unable to train or compete until this requirement has been met.

Don't forget we also need parents to assist with the training sessions, we have volunteer qualified coaches but still need your help with some of the training program support.

If you would like to discuss this matter further please see a committee member at any training sessions or competitions.

## 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/Navy 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](http://mindarielac.weebly.com)

## Competition Rosters –

### What do I have to do?

#### Episode 2– Field Sites

Last week we introduced the Set Up, Pack Up and Canteen Rosters and reminded families of the requirement of a MINIMUM of 5 Rosters with the expectation of being rostered on every fortnight.

This week we take a look at the Field Sites. Field Sites are the main part of the competition and require the most parent helpers each week with between 3 and 4 adults being required to effectively and efficiently run the site.

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.

## 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

## Field Site Rosters

**\*All sites will have a qualified Key Official allocated as well as the following rostered Parent Helpers.**

For the 2016/2017 Season Mindarie Mustangs have been allocated the following sites to operate:

**High Jump Flop Site A**

**High Jump Flop Site B**

**Discus Site A**

**Shot Put Site A**

### Jumps—High Jump

High Jump consists of 2 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 and Discus

Each discipline consists of 1 Site 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 implements back to the throwing circle for use by the next athletes.

*Your support and assistance in attending to these sites is greatly appreciated by the athletes as well as the Club and Centre Committees.*

Mindarie Mustangs will also require at least 1 Set Up Assistant, 1 Pack Up Assistant and 2 Canteen Helpers as highlighted in last weeks Newsletter.

Mindarie Mustangs also have the following weekly rosters which require the following individuals to be rostered on EVERY WEEK.

The Club is greatly appreciative of these individuals for volunteering their time for this task:

Referees:

**Check Starter**—Carl Vine

**Track**—Adrian Van Der Westhuizen **Timekeeper Assis.**—Louise Mann

**Throws**—Scott James

**First Aid Officer**—Julie Vine

**Jumps**—Matthew Vine

**Equipment Officer**—Nigel Vine

Mindarie Mustangs Little Athletics Club

# 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!

### Important Registration Points

Have we received/seen a copy of your athlete's birth certificate/passport? (New Members Only)

Have you paid for your registration fees? OR Informed us about pending KidSport Vouchers?

Have you purchased and paid for your required uniform?

If the answer is **NO** to any of these questions please make sure you contact us/organise these items by 5pm, Tuesday 27th September so your registration can be finalised and processed in time for our Launch Night on October 3rd!

***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

 [www.mindarielac.weebly.com](http://www.mindarielac.weebly.com)

[www.facebook.com/Mindarielac](https://www.facebook.com/Mindarielac)

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