



2016/2017

The Mustang Messenger

Newsletter #5 — 03/10/16

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
Positions to be filled from nominations at this weeks Training.	Set Up 6.30am
	Canteen 7-10am
	Canteen 10am-1pm
	Shot Put Chief
No email nominations will be accepted.	Shot Put Helper 1
	Shot Put Helper 2
	Shot Put Helper 3
	Discus Chief
Please complete at Training "First In Best Dressed"	Discus Helper 1
	Discus Helper 2
	Discus Helper 3
	Pack Up 11.30am
Not Required This Week	High Jump A Chief
	High Jump A Helper 1
	High Jump A Helper 2
Not Required This Week	High Jump B Chief
	High Jump B Helper 1
	High Jump B Helper 2

NEXT FUNDRAISING EVENT:

Details Coming Soon

It's Time to Compete

Saturday 8th October

Competition starts this weekend with the 2016 Opening Program. Athletes will compete in a shortened program to allow for the Opening Day Club Parade and Official Season Launch Presentations.

All athletes are required to meet the Coaching Team in front of the Club Tents at Ridgewood Park at 7.30am in order for the Club Photo to be taken and for the athletes to be organised ready for the Parade.

First Competition Roster

Due to time constraints and other factors, the first competition roster for Opening Day will be determined by self-nominations. Please see Matt at Training on Monday 3rd October to select a roster position. As it is the Opening Day Program and there is no High Jump events being held we only require 12 families compared to the normal 18 families that will be required throughout the season.

RLAC Officiating Course

Don't forget Ridgewood LAC are hosting an Officiating Course on Sunday 16th October from 8.30am for ALL interested members.

Referees/Key Officials are expected to attend. See previous newsletters for details.

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



AWA STRIVE COMPETITIONS

Start Friday 7th October 2016

STRIVE is back! Open to Athletes U12+.

Great opportunities to compete against different athletes at the WA Athletics Stadium.

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

Rules of Competition

The Rules of Competition have changed for the 2016/2017 season and beyond. The new rules align with IAAF and Little Athletics Australia.

The rules have been formatted in line with the IAAF format which will assist athletes, parents, officials and all other associated individuals in being able to understand the rules more clearly.

It is important that all Referees and Key Officials are fully aware of the changes to the rules and all other members are encouraged to read the rules to ensure they understand how the competitions will be conducted.

View the links to a letter from the LAWA CEO and the new Rules of Competition below:

[Letter to Members from LAWA CEO](#)

[2016/2017 LAWA Rules of Competition](#)

State Championships

The 2017 LAWA State Championship Dates have been confirmed by LAWA as being held over THREE Big Days of Competition

Day 1 - Friday 17th March 2017 - commencing from 5.30pm

Day 2 - Saturday 18th March 2017 - 8am

Day 3 - Sunday 19th March 2017 - 8am

It's a long time until States but we are on the road to Family, Fun and Fitness

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

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 see us at Training on Monday 3rd October otherwise you will be UNABLE to compete on Opening Day (Unless registered as a "Come and Try Athlete")

Pre-Season Activities

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!

- ◇ Registered 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

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