



Mindarie Mustangs Little Athletics Club

PINKLETICS SPECIAL EDITION

Newsletter #5 – 16/11/2014

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:

<u>Date</u>	<u>Program</u>
Mon 17 th November	Yellow
Wed 19 th November	Green
Mon 24 th November	SPECIAL
Wed 26 th November	SPECIAL

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 22nd November 2014**

Program 2 Events including WALKS. To compete in WALKS you MUST marshal by 7.20 am at the Ridgewood Marquee.

Competition Roster

Family Name	This Weeks Roster:
Friend	Set Up 6.30am
Hulston	Canteen 7am to 10am
Suresh	Start of Track Assistant
Marsh	End of Track Assistant
Payne	Jump Pit 1 Key Official
Ayliffe-Todd	Jump Pit 2 Key Official
Ebert	Jump Pit 3 Key Official
Louange	Jump Pit 4 Key Official
Bouwer	Jump Pit Assistant
Cornell	Jump Pit Assistant
Cronje	Jump Pit Assistant
Dean	Jump Pit Assistant
Hall	Jump Pit Assistant
Heard	Jump Pit Assistant
Hepcal	Jump Pit Assistant
Humphrey	Jump Pit Assistant
Jordan/Fleay	Jump Pit Assistant
Krause	Jump Pit Assistant
Lovett	Jump Pit Assistant
Nortje	Jump Pit Assistant
Roselt/Smith	Jump Pit Assistant
Venter	Jump Pit Assistant
Watson	Jump Pit Assistant
Hathaway	Canteen 10am to 1pm
Burnett	Pack Up

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

Roster Requirements

Set Up 6.30am-8am

In order for the day's events to run on-time and smoothly, all sites are required to be set up prior to commencement of marshalling at 7.50am. Therefore we request 1 family per week to assist with set up. Please see Nigel in the storeroom or check to see what is left to be set up.

Canteen (7am-10am OR 10am – Close)

The Canteen is operated every week by Donna 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. If allocated the 10am-close shift please assist in ensuring the BBQ, Tent and Table have been returned to the store room prior to leaving.

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

Start of Track Assistant: 7.50am – End of Competition (~12.30)

This role is to ensure that all the athletes are allocated lanes and heats for track events. You will assist Darren and Carl (The Starters) in preparing the athletes for the events.

End of Track Assistant: 7.50am – End of Competition (~12.30)

This role is to ensure that all athletes are accounted for and complete their track events by passing through the correct timing gate and registering their lanes with the recorders.

Jump Pit Assistants and Key Officials:

7.50am – End of Competition (~12.30-1pm)

Mindarie Mustangs has the task of running the 4 Jump Pit Sites in order for athletes to contest Long Jump and/or Triple Jump each week.

Each week we require 16 people in order to run the site effectively. Each site requires at least 4 people as follows:

- 1 person as Key Official (Mat Judge, Tape Reader and Flags)
- 1 person as Recorder
- 1 person as Spiker
- 1 person as Raker

Without at least 4 people per site, we are unable to run the site quickly and efficiently, resulting in delays along the entire competition. Unfortunately, delays and breaks between events are prevalent at the Jump Pits. Rostered people are able to leave the site during breaks, but MUST return to assist once the next group of athletes are marshalled.

Please ensure once all events have been completed that all site equipment, ropes and tents have been dismantled and loaded onto the trailer for collection.

Pack Up (~11am – Lock Up @~1.30)

Pack up is a required roster position as someone has to do it. If you are allocated to assist with Pack Up, it is expected that you will be available to assist Nigel (Ridgewood Equipment Officer) to ensure all equipment is returned to the store in a timely manner. Assistance is specifically required for Track Rope Barriers, Club Tents and any other equipment that needs to be packed away. Please remain available until both trailers have been returned to the store room.

WITHOUT PARENTAL ASSISTANCE, COMPETITION STOPS!
Any questions or queries see Daan or Matt

Weather @ Training

As the hotter weather starts to arrive, this is a timely reminder to all athletes and parents to ensure that everyone has a hat, water bottle and jumper at training each and every night. When the sun sets in can get chilly quite quickly. In the event of extreme weather that would result in unsafe training conditions, the coaching team will make a decision at the earliest opportunity to cancel training. Cancellations will be notified via Facebook and Email as soon as possible.

Joondalup vs Ridgewood Challenge

On 29th November there will be NO Competition @ Ridgewood Oval as ALL athletes are invited to head to the WA Athletics Stadium. (WA's premium athletics venue, home to the Athletics Australia National event - Perth Track Classic) Here we team up with the Joondalup Little Athletics Centre and compete in 4 or 5 events.

This is a fantastic opportunity for athletes to compete on a world class venue and experience the thrills that International Superstars have previously had.

This event requires 23 Roster Assistants from Mindarie Mustangs. The roster is currently being finalised and will be issued by the end of the week. The roster is split into two shifts with 8.00-11.00 OR 11.00-14.00 as the times.

Please remember that under Athletics Australia/Venue West Rules, NO Spikes longer than 7mm Christmas Tree Spikes are permitted to be used at the stadium.

All Athletes will compete in the 100m and Long Jump.

U8-U17 will compete in Hurdles.

All athletes will also compete in 2 other events as below:

U6	200m	Turbo Jav	U11	800m	Javelin
U7	200m	Discus	U12	800m	Shot Put
U8	200m	Shot Put	U13	800m	Discus
U9	400m	Turbo Jav	U14 -	800m	Shot Put
U10	400m	Discus	U17		

*Relay Squads competing at States will also compete the 4x100m relay as a practice race for States

State Track Relays

Training for the Track Relays continues this week (Friday 5.30) with the Final Selections currently being finalised by the Selection Committee and Coaches.

Please remember that ALL Training Sessions (Fridays + Coach Organised Extras) are compulsory to attend. Failure to attend without a valid excuse may result in non-selection. For more details on the Relay Policy please see the Ridgewood LAC Website or email info@ridgewoodlac.org

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

Centre Training (No Additional Charges)

Intense 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.

100% Commitment at Training is required to participate.

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

Lost Property

Another reminder that there is a lot of Lost Property already accumulated at Ridgewood after Saturday Competitions. All Lost Property can be found in the Red Wheelie Bin at the McDonalds Tent.

Please check to ensure you have not left anything and that athletes names are on ALL Hats and Water Bottles.

Training Summer Break

The last training session for 2014 will be on Wednesday 17th December. Training will recommence on Monday 12th January 2015. This will be AFTER the first Ridgewood Competition of 2015 which will be the Centre Multi Program on Sat 10th January.

More information about Multis Coming Soon.

Athlete Achievements

Personal Bests

Mindarie Athletes are getting better and better every week with now 100 athletes over 10 personal best achievements, including 8 athletes with 20 Personal Bests or more already. This proves that all of the athletes are putting in their best every week and are striving to succeed each week. PB Certificates will be awarded on Wednesday 26th November.

Centre Record Breakers

Last Week (08/11/2014) saw 3 Mindarie Athletes break Centre Records. A huge congratulations to the following athletes:

Jackson Anderson

U8 Boys 400m - New Record: 1 min 20.11 secs

Hannah Sivic

U12 Girls 800m – New Record – 2mins 52.45 secs

Omeara Louange

U13 Girls Triple Jump - New Record – 10.40m

What a fantastic achievement by all of our athletes.

Well done to all of our NEW RECORD HOLDERS.

Certificates for Record Holders from Nov 8th will be handed out at Training on Wednesday 26th November.

Upcoming State Events

Friday Night Senior Competitions

Open to athletes in U12+.

For more information 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 State Track and Field Relay Championships

Sunday 14th December 2014 @ WA Athletics Stadium

Track events open to U8-U17. Field events open to U10-U15.

Athletes are currently training hard preparing for the event.

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.



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Photo Gallery – 12th November – Record Breakers (25th Oct & 1st Nov)



Congratulations to our new Centre Record Breakers

Athletes pictured with Mindarie Vice President/Assistant Coach Tony Young

Photo Gallery – 15th November – Pinkletics Special

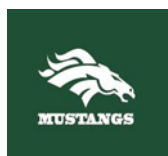


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