



2015/2016

The Mustang Messenger

Newsletter #5 – 28/09/15

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Date	Program	Venue
MON 12/10	BLUE	MMLAC
WED 14/10	RED	MMLAC
MON 19/10	YELLOW	MMLAC
WED 21/10	GREEN	MMLAC

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
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FINAL WEEK TO
COMPLETE YOUR
ROSTER REQUEST
FORMS

DUE FRIDAY BY
5PM via EMAIL
OPENING DAY
ROSTER RELEASED
MON 5TH OCT

NEXT FUNDRAISING EVENT:

End of Month Club BBQ
Wednesday 28th October
Sausage \$2.50 / Drinks \$1.50

NO TRAINING DURING SCHOOL HOLIDAYS

Due to the school holidays, the Queen's Birthday Public Holiday and the City of Wanneroo Council's Parks Maintenance window there will be no training during the school holidays.

FINAL CALL FOR ROSTER ALLOCATION REQUEST FORMS!

We would love to be able to release as many weeks of parent rosters as possible next week so please return your form via email to ensure your requests are taken into account.

Any families who do not return a form will be allocated rosters based on the working rotations.

OFFICIALS TRAINING COURSE

RLAC are hosting an Officials Training Course on Sunday 4th October. This course is open to all parents and is highly recommended for any parents who want to learn about the events that they are going to be rostered onto.

More details on Page 2.

COMPETITION SHOWBAG COLLECTIONS

Competition Showbags (including Competition Numbers) will be available for collection on Wednesday 7th October, between 5pm and 5.30pm at Abbeville Park, Mindarie.

More details on Page 3.

RECORD BREAKERS

Last Season saw 12 of Mindarie's athletes break/re-break over 30 Ridgewood Records across the season. By the end of the season 9 athletes had a combined total of 17 Ridgewood records still standing.

Are you going to be the next record breaker in 2015/2016?

WEEKLY SPONSOR

Mindarie Mustangs LAC would like to thank



Video Ezy
Mindarie

for being a Club Sponsor and providing certificate and vouchers for our PB Achievement Awards.

If you would like to sponsor the club, please see Louise or Donna at training or competitions.

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

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





MINDARIE MUSTANGS LITTLE ATHLETICS CLUB

**presents in association
with RLAC and WALA**

2015/2016 OFFICIALS TRAINING COURSE

WHEN

SUNDAY 4TH OCTOBER

WHERE

**Ridgewood Park,
Ridgewood**

CNR RIDGEWOOD BLVD & HESTER AV

**FURTHER DETAILS COMING SOON!
IF YOU WISH TO LEARN THE RULES TO
SOME OF THE EVENTS TO ASSIST YOU IN
COMPLETING YOUR PARENT ROSTERS
THIS IS THE COURSE FOR YOU**

FOR MORE INFORMATION GO TO THE FOLLOWING:

 www.mindarielac.myclub.org.au

 mindarielac@gmail.com

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

 [@ MindarieLAC](https://twitter.com/MindarieLAC)

Jetstar 



**This course is presented
by WA Little Athletics in
association with
Ridgewood Little
Athletics Centre**



**Timings for specific event
training will be released
shortly.**

**You can attend one
session or all of them!**



MINDARIE MUSTANGS LITTLE ATHLETICS CLUB

COMPETITION SHOWBAG COLLECTIONS

WHEN

Wed 7th October 2015
5pm to 5.30pm

WHERE

**Abbeville Park,
Mindarie**

NEXT TO MINDARIE PRIMARY SCHOOL

**COLLECT YOUR COMPETITION
SHOWBAG PRIOR TO THE FIRST
COMPETITION TO ENSURE A SMOOTH
START TO THE SEASON!**

FOR MORE INFORMATION GO TO THE FOLLOWING:

 www.mindarielac.myclub.org.au

 mindarielac@gmail.com

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

 [@MindarieLAC](https://twitter.com/MindarieLAC)



UNIFORM AVAILABLE

SINGLETS - \$25

T-SHIRTS - \$30

SHORTS - \$30

HATS - \$10



**IN ASSOCIATION WITH
RIDGEWOOD LAC**

***Athletes who have not
received their ShowBag
by this evening will be
able to collect them at
the first competition.***

CHANGE TO NEW STATE EVENT



Previously advertised as the Bravehearts Teams Challenge (U6-U10 Team Based Event), (Sunday 15th November) this event has now been confirmed as an individual fun carnival with ALL athletes in U6-U10 age groups welcome to participate. Ribbons will be presented to athletes who achieve highly in each event with participation ribbons presented to all other athletes. This event is to introduce "the big stage" of the stadium to all of our Junior athletes and is an exciting event to be a part of.

All athletes will participate in a 60m run, 100m run, Long Jump, a throw (Vortex U6/7, Shot Put U8-10) and a Shuttle Relay!

Its an exciting day of fun down at the stadium!

Registration details coming soon!



ATHLETE PROFILE: OMEARA LOUANGE (U14F) RECORD JUMPING SUPERSTAR!

Omeara joined Mindarie Mustangs in 2012 as an Under 11 and rejoins us this year as an Under 14 for her fourth season. Since joining Mindarie Mustangs, Omeara has gone from strength to strength within the Jump disciplines of Long Jump, Triple Jump and High Jump.

Omeara currently holds the Jumps Record Trifecta (Long Jump, Triple Jump and High Jump) for Under 11's, Under 12's and Under 13's at Ridgewood Little Athletics Centre and has gone on to medal at both State and National Little Athletics events in recent years.

Omeara has medalled at WALA State Championships in Long Jump in 2013, 2014 and 2015. She also medalled in Triple Jump in both 2014 and 2015, as well as medalling in High Jump in 2015.

In 2014, Omeara was the recipient of the Ridgewood U12 Scholarship. Whilst in 2015 at the WALA State Championships, Omeara secured the Jumps Gold Trifecta by winning all 3 events. Following this, Omeara went on to represent WA at the asics Australian Little Athletics Championships where she secured Gold in Long Jump, Triple Jump and the 4x100m relay as well as Bronze in the High Jump.

During a recent interview with this star of the field, Omeara had the following to say *"My greatest achievement so far was probably when I got the chance to compete at the Australian Little Athletics National Championships. It was a great experience to be a part of as it helped me to grow in confidence in doing the sport that I love."*

Omeara has her sights set on breaking her PB's and previously set records in her main events in the upcoming season, as well as aiming for selection to the International team, to compete in Singapore for Australia. Looking to the future, Omeara has her heart set on competing for Australia at the Commonwealth Games, with the possibility to progress further and compete at the Olympics.

When asked to give one tip to a new athlete, Omeara gave this advice: *"Don't think too much about the future, focus on enjoying being in the present. Most of all, think positive in everything and forget about the negative."*

With the current Under 14 records well and truly insight for the upcoming season, Omeara is defiantly one athlete to watch this year

With thanks to Ruth Louange for permission to publish this article and to Omeara for her assistance in creating the article.

Mindarie Mustangs Little Athletics Club

Competition Rosters—What do I have to do?

Episode 4—Key Officials, Referees, Arena Manager, Equipment Officer and Recording Team

So far in our “Competition Rosters—What do I have to do?” series, we have looked at Set Up; Pack Up; Canteen; Field Sites; Track and Marshalling. This week we highlight the positions that some of dedicated volunteer parents take on. These positions are filled by the same personal each and every week, with some positions resulting in the parent’s not getting to see their children compete. Without this group of dedicated volunteer parents, Ridgewood Little Athletics Centre would cease to exist and there would be no competition for any of our children.

Key Officials

Each site is run by a Key Official, who just like us all, are volunteers and parents/siblings to competing athletes. Their role is to run the site, with your support, to the best possible standard for athletes to compete. The Key Officials will determine whether a throw or jump is valid and measure and record the trial with the assistance of the club rostered parents.

Referees

The Referees are once again dedicated volunteers who assist each and every week. Their role is to assist the Key Officials as required, whilst ensuring that the rules of competition are upheld. If a record breaking performance is to be recognised, the relevant referee will verify the measurement taken and award the record if confirmed. If there is a dispute at a site, a referee may be called to assist in determining the correct ruling for the circumstances.

Arena Manager

The Arena Manager is the one individual who is in charge of the entire competition. The Arena Manager will liaise with all of the other Key Officials, Referees, Starter’s and Recording/Timing Team to make the competition run as smoothly as possible.

Equipment Officer

The Equipment Officer is one of the many hard working volunteers that do lots of things outside of the competition morning. The Equipment Officer ensures that all of the equipment required for competitions is serviceable and the arena is set each and every week. Without the Equipment Officer, there would be no competition!

Recording/Timing Team

This group of volunteers make sure that your athletes results are recorded and uploaded correctly to the ResultsHQ website each week. They time your athletes in every track event and transfer all of the field results to the ResultsHQ website during the week following the competition.

There are some very dedicated and hard working volunteers who have other jobs but still volunteer their time each and every week to assist your athletes. Please appreciate what they do and assist them in completing your own personal roster requirements throughout the season as required

RULES OF COMPETITION 2015/2016



For all interested individuals, the new WALA Rules of Competition for the 2015/2016 Season are now available to download from the WA Little Athletics Website.
<http://www.walittleathletics.com.au/Competition/Rules-of-Competition>



PERSONAL BEST TALLY

Last Season saw 8 Mindarie athletes achieving more than 40 Personal Bests across the season. Athletes who train hard and put in their best effort each and every week will continue to improve as often as these athletes did!

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