



2015/2016

The Mustang Messenger

Newsletter #6 – 05/10/15

THIS WEEKS KEY INFO NEXT TRAINING - @ 5pm:

Date	Program	Venue
Tues 06/10	Track/Throws	RLAC
Mon 12/10	BLUE	MMLAC
Tues 13/10	Track/Throws	RLAC
Wed 14/10	RED	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
FRIEND	Set Up 6.30AM
LENA	Canteen 7-10
WATSON	Canteen 10-1
NEL	Jump Pit 2 KO
WOODMAN	Shot Site 2 KO
MOSS	Discus Site 1 KO
HOCKEY	Shot Put Site 1
PALLISTER	Shot Put Site 1
SURESH	Shot Put Site 1
HEARD	Discus Site 1
LOUNAGE	Discus Site 1
PAYNE	Discus Site 1
Not required	High Jump 1 KO
Not required	High Jump 2 KO
Not required	High Jump 1
Not required	High Jump 1
Not required	High Jump 2
Not required	High Jump 2
VAN DER SPUIY	Pack Up

NEXT FUNDRAISING EVENT:

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

LET THE GAMES BEGIN!

Competition for the 2015/2016 season commences this Saturday! (10th October)

The order of events for the morning will be as follows:

7.20am—Mindarie Athletes begin arriving at Ridgewood Park

and meet committee at Club Tent (Look for Club Banners)

7.30am—Mindarie Club Photos (Age Groups and Whole Club)

7.45am—Centre Parade and march past followed by Opening Ceremony/Presentations.

8.30am—Competition commences!

U6	U7	U8	U9	U10	U11	U12	U13+
70m	70m	200m	200m	200m	400m	400m	400m
100m	100m	100m	100m	100m	100m	100m	100m
Shot	Shot	Turbo	Shot	Javelin	Shot	Javelin	Javelin
Put	Put	Jav	Put		Put		
		Discus	Long Jump	Long Jump	Long Jump	Long Jump	Discus

Good Luck to all of our athletes who are competing on Saturday

2015/2016 Spike License Now Available

The new spike license is now available as part of the Ridgewood Uniform Policy. Download and complete form, and see us at Competition Show bag collection or Training to authorise.

RECORD BREAKERS

The countdown is on to see who is going to be the first Mindarie Mustangs athlete to break a Ridgewood Event Record for the 2015/2016 Season.

Is it going to be you?

WEEKLY SPONSOR

Mindarie Mustangs LAC would like to thank



AMF Bowling
Joondalup

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

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.***



Mindarie Mustangs Little Athletics Club

Canteen Roster Allocations

2015/2016

As part of the Parent Participation/Roster Policy, Families are required to complete 1 session in the Canteen. Below is the initial Canteen Roster Allocations. Where there are black spaces, Mindarie is not required to provide a Canteen Assistant. You will not be rostered onto a site on your selected Canteen day. If you become unable to complete your Canteen roster, YOU are responsible for organising with another family to replace you to ensure the position is filled.

Date	Event	Canteen 1 (7am to 10am)	Canteen 2 (10am to 1pm)
10 th October	Opening Day	LENA	WATSON
17 th October	Program 1	LEONARD	MOSS
24 th October	Program 2	VISSER	KINGI
31 st October	Program 1	HOUGH	MALPASS
7 th November	Program 2	VENTER	COWAP (STACEY)
14 th November	Program 1	NORIS	HOCKEY
21 st November	Program 2		ABBOTT
28 th November	Joondalup Challenge		
5 th December	Program 1	FRIEND	HATHAWAY
12 th December	Program 2	SIVIC	
FRI 18 th December	Twilight (Evening)	PAYNE (4pm-7pm)	HEARD (4pm-7pm)
16 th January	Centre Multi Program	MULCRONE	CRONJE
23 rd January	Program 1	KOTZE	SURESH
30 th January	Program 2	AIRNS	HALL
6 th February	Program 1	BARNETT	WHITE
13 th February	Program 2	HARRIMAN	ARUNDEL/SMITH
20 th February	Championship Program 1	HUMPHREY	HEAD (GREEN)
27 th February	Championship Program 2	MAHER	CHAYCHUK

Roster Responsibilities	
1 st Shift (7am to 10am)	2 nd Shift (10am to 1pm)
Set up BBQ, Tent and inside Canteen area.	Clean and pack up BBQ, Tent and inside of Canteen
Cook and/or Serve Food	Cook and/or Serve Food

Hat and Enclosed shoes are mandatory under Health and Safety Regulations.

Mindarie Mustangs Little Athletics Club

RLAC Calendar Special Events

PMH Day



PRINCESS MARGARET HOSPITAL
FOUNDATION

Special events and fundraising for
PMH.

Pinkletics



Special events and fundraising for
Pinkletics

Multi Day 1 & 2

Normal programs are used as the
clubs compete for the Multi Event
Trophy.

PB Day 1 & 2

Normal programs are used as the
clubs compete for the PD Day
Trophy.

* Events held at WA Athletics
Stadium, Mount Claremont
<https://qoo.gl/maps/ZUNtR>

** Event held at Ern Clark
Athletics Centre, Coker Park,
Cannington
<https://qoo.gl/maps/KIBp0>

*** Events held at UWA Sports
Park, McGillivray Oval, Mount
Claremont
<https://qoo.gl/maps/tEJ6q>

Twilight Meet at Ridgewood
Oval starting at 5pm

RLAC 2015-2016 Calendar

October

Sunday 4th	Officials Training Course
Saturday 10th	Opening Day Program
Saturday 17th	Program 1
Saturday 24th	Program 2
Saturday 31st	Program 1

November

Saturday 7th	Program 2 [PMH Day]
Saturday 14th	Program 1
Sunday 15th	Bravehearts Challenge *
Saturday 21st	Program 2 [Pinkletics]
Saturday 28th	Joondalup Challenge *

December

Saturday 5th	Program 1 [Multi Day 1]
Saturday 12th	Program 2 [Multi Day 2]
Sunday 13th	State Relay Championships *
Friday 18th	Twilight Program/Christmas Party

—Christmas Break—

January

Saturday 16th	Centre Multi Program
Saturday 23rd	Program 1 [PB Day 1] [Australia Day Event]
Saturday 30th	Program 2 [PB Day 2]

February

Saturday 6th	Program 1 State Multi Event Champs (U16/U17)**
Sunday 7th	State Multi Event Champs (U11-U17) *
Saturday 13th	Program 2
Saturday 20th	Centre Championships—Program 1
Saturday 27th	Centre Championships—Program 2

March

Saturday 5th	Zones Day 1 ***
Sunday 6th	Zones Day 2 ***
Saturday 12th	BREAK
Saturday 19th	State Championships Day 1 *
Sunday 20th	State Championships Day 2 *

Mindarie Mustangs Little Athletics Club

PROTESTS

All protests relating to events that occur at Centre competitions are to be raised with the Club President (Daan) or Club Vice President (Tony). Daan and/or Tony will listen to your grievance and then take the appropriate action by presenting the case to the Ridgewood Committee. No club member is to raise a protest directly with the Centre (RLAC). All protests will be dealt with on the day as long as they are presented through the appropriate channels (via Daan/Tony).

Parent Roster Allocations

Thank you to all of the families that completed and submitted their Parent Roster Allocation Request forms. This will assist the committee in allocating rosters as equally and fairly as possible to all families.

Each week Mindarie needs to provide 19 helpers to assist in the following roles. If you have a preference, please discuss with Matt or Tony at Training.

Shot Put—1 Key Official (Site S2), 3 Parent Helpers (Site S1)

Discus—1 Key Official and 3 Parent Helpers (Site D1)

Long/Triple Jump— 1 Key Official (Site P2)

High Jump—2 Key Officials and 4 Parent Helpers (Sites HJF1 & HJF2)

Set Up—1 Parent Helper

Pack Up—1 Parent Helper

Canteen—2 Parent Helpers.

The roster for Opening Program is on the first page of this Newsletter. Once sites and Key Officials are confirmed the roster for the remaining weeks will begin to be issued.



Centre Training

Centre Training starts on Tuesday 6 October at 5pm at Ridgewood Park.

Craig McCorkindale will be taking middle distance training and Craig Smith will be taking throws training.

The training is open to any Ridgewood Athletes in the U10 age group and above.

All parents are to remain at the grounds at all times whilst training is in progress.

It is recommended that parents go out to the throws site as valuable information on technique can be gained from the coach which can help parents and athletes.

Athletes in the younger age groups will be considered on a case by case basis by the Centre Executive Committee.

RIDGEWOOD KEY OFFICIALS

Last week we highlighted some of our dedicated volunteers who assist each and every week, these Mindarie Members have been appointed to some of those positions:

Dean Smith	Arena Manager
Kim Smith	Recorder
Jillian McCorkindale	Recorder
Craig McCorkindale	Track Referee
Paul Mann	Track Referee
Nigel Vine	Equipment Officer
Julie Vine	First Aid Officer
Carl Vine	Starter

Officiating Accreditation

WA Little Athletics in conjunction with Athletics Australia and Little Athletics Australia are introducing new Officiating Accreditation standards. More information about this and how to become accredited coming in future editions of The Mustang Messenger

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

Go for
2&5®

GO FOR 2&5 JUNIOR TRANSITION CLINIC

Transition Clinic Dates for 2015 & 2016

23rd October

High Jump

13th November

Block Starts

20th November

**Steeple Chase
Hammer Throw**

27th November

200M Hurdles

11th December

Pole Vault

15th January

Javelin



TRANSITION CLINICS

SIGN IN

4:15PM

START TIME

4:30PM

VENUE

WA ATHLETICS STADIUM

DURATION

60 – 90 MINUTES

**ALL ATHLETES MUST BE AN ATHLETICS
WA MEMBER TO PARTICIPATE.**

Athletics WA Membership - \$20



Athletics
Western Australia

For more information please contact Jake Trewin (Development Officer)

jake.trewin@waathletics.org.au



Mindarie Mustangs Little Athletics Club

www.mindarielac.myclub.org.au

www.facebook.com/Mindarielac

mindarielac@gmail.com



30th October – 1st November 2015
WA Athletics Stadium



The 2015 Go for 2 & 5 WA All Schools Championships are open to any WA school student aged 12-17 years. Including Para - Athletes.

Athletes can qualify for the WA State Team for the Australian All Schools Championships to be held in Melbourne from 4th - 7th December 2015.



Enter online at www.waathletics.org.au.

Entries close 26th October 2015.

For more information contact: Mel Tantrum, High Performance Manager

Phone: (08) 6272 0480. Email: mel.tantrum@waathletics.org.au



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Go for 2&5[®] FRUIT VEG **ATHLETICS** **CHALLENGE SERIES**

Places are available for centres to compete under the lights at the
WA Athletics Stadium



Preliminaries
6TH NOVEMBER
27TH NOVEMBER
11TH DECEMBER



Final
17TH DECEMBER

Warm up from 5pm. First Event at 5:30

Open to U14-17 athletes, Little Athletics Centre uniforms to be worn
with bib provided by Athletics WA for the night.

FREE ENTRY

Please send your expressions of interest to:
Ridgewood LAC – info@ridgewoodlac.org




healthway


Athletics

Mindarie Mustangs Little Athletics Club

 www.mindarielac.myclub.org.au

 www.facebook.com/Mindarielac

 mindarielac@gmail.com

Become an IRONKIDS Champion!



SATURDAY 7 NOVEMBER 2015

Calling all families, boys and girls aged 7 -13 years to compete in the kids only version of the SunSmart IRONMAN 70.3 Mandurah.

All you need is a pair of goggles, a bike and helmet, a pair of sneakers and you're ready to go!

Entry is only \$35 per individual or \$45 for a family team.



Check-In: 6.45am-7.45am
Eastern Foreshore, Mandurah

Race Start: 8.00am

Ages			
7-10yrs	100m	1.5km	500m
11-13yrs	200m	3km	1km

#IM703Mandurah #MadeforWA

Represent your school, help them win the School Champions Trophy and \$1000

Every finisher receives a medal, t-shirt and random prize draw entry

Enter online www.ironmanmandurah.com



Government of Western Australia
Department of Regional Development



ROYALTIES
FOR REGIONS



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