



# Mindarie Mustangs Little Athletics Club

Joondalup Vs Ridgewood Info Special Newsletter #6 – 23/11/2014

## 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:

Date	Program
Mon 24 <sup>th</sup> November	SPECIAL
Wed 26 <sup>th</sup> November	SPECIAL**
Mon 1 <sup>st</sup> December	RED
Wed 3 <sup>rd</sup> December	BLUE

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 26<sup>th</sup> November**  
Sausage Sizzle \$2.50 Drinks \$1.50

### Saturday Competitions

Next Competition is: **SAT 29<sup>th</sup> November 2014**

### **JOONDALUP Vs. RIDGEWOOD CHALLENGE**

#### Competition Roster

This week there are **6 Sites** as there will be 24 Long Jump Events. (Compared to usual 14-16)

Please ensure that you **SIGN ON** and are on site at either 8AM or 11AM.

Family Name	8-11	11-2
Site 1	Cornell	Roselt/Smith
Site 1	Krause	Hulston
<b>Site 2 KO</b>	<b>Young</b>	<b>O'Malley</b>
Site 2	Wollhaf	Sivic
Site 3	Purcell	Venter
Site 3	Bouwer	Baxter
<b>Site 4 KO</b>	<b>Secomb</b>	<b>Moss</b>
Site 4	Joseph	Hathaway
Site 5	Abbott	McCartney
<b>Site 6 KO</b>	<b>Mann</b>	<b>Pallister</b>
Site 6	Dawson	Harriman
Place Judge		Anderson

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

### Parking at WA Athletics Stadium (HBF Stadium)

Please note that *The Wiggles* are performing next door at HBF Stadium during this event. Parking within the HBF Stadium Complex will attract a \$10 Charge. Free Parking for Little Athletics is located across Underwood Ave, on Perry Lakes Road (P) and Families will follow the yellow line to get to the stadium. See Map Below:



### **Perry Lakes Drive**

For detailed parking information check the website later in the week plus watch out for a special email.

## Training This Week

This week, due to the Special Program as part of the Joondalup Challenge Event, the following events will be trained across the nights.

Please note that ALL THROWS will be covered on Monday only

### Monday

U6	U7	U8	U9	
Turbo Jav	Discus	Shot Put	Fitness	
100m	100m	Fitness	Hurdles	
Hurdles	Hurdles	Hurdles	Turbo	
U10	U11	U12	U13	U14-U17
Hurdles	L Jump	100m	100m	100m
100m	Javelin	L Jump	Discus	Shot Put
Discus	100m	Shot Put	L Jump	L Jump

### Wednesday

U6	U7	U8	U9
L Jump	L Jump	100m	100m
200m	200m	L Jump	L Jump
Fitness	Fitness	200m	400m
U10	U11	U12	U13-U17
400m	Hurdles	800m	Fitness
Fitness	800m	Fitness	Hurdles
L Jump	Fitness	Hurdles	800m

**The BBQ and Awards will follow Training Tonight!**

## Joondalup Vs Ridgewood Challenge – THIS WEEK

Don't forget that next Saturday (29<sup>th</sup> November) there will be no competition at Ridgewood Oval. Instead we head to the WA Athletics Stadium (100 Stephenson Ave, Mt Claremont) for the annual Joondalup Challenge.

Arrive between 7.30am and 8am in order to prepare for competition. Families on Roster at 8am will need to be onsite by 8am in order to prepare the site for competition. The roster allocation has been split between Ridgewood and Joondalup Centres with each Jump Pit having 5 people allocated. One Key Official and 4 helpers.

Helpers will complete either:

1. Spiker
2. Raker
3. Recorder/Athlete Control
4. Tape Pull Through/Athlete Control

## Events

All Athletes will compete in 100m and Long Jump.

U8-U17 Athletes will compete in Hurdles.

Plus all athletes will compete in the following events depending on age group.

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 - U17	800m	Shot Put
U10	400m	Discus			

Reminder that Spikes at the stadium are to be 7mm Christmas Tree Style ONLY!

This event is in its second year at the stadium and is another fantastic opportunity for our athletes to experience the premier athletics facility in WA.

If you have any questions about this event, please see Matt at Training or email us at [mindarielac@gmail.com](mailto:mindarielac@gmail.com)

### **Adult Relay Trials**

Due to the fantastic response for names for the adult relay race at next weekend's Joondalup Challenge at HBF Stadium, Ridgewood LAC will be holding trials for the adult relay on Friday 28 November straight after relay training at Ridgewood Oval (roughly 6.30pm).

This will be a fantastic opportunity for the kids to have some fun at our expense!!

### **Relay Training**

Congratulations to everyone that have been attending training and are a part of the relay squads.

Please remember that all training sessions and event attendance are **COMPULSORY** upon selection unless a substantial medical certificate to declare otherwise.

Remember at the event:

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

For any other information regarding the State Track Relays please contact Ridgewood LAC directly via email:

[info@ridgewoodlac.org](mailto:info@ridgewoodlac.org)

### **Congratulations Matt!**

Our Head Coach, Matt heads down to the WA Athletics Stadium each Friday Night to officiate at the Strive Track and Field Competitions as part of the Jumps Officiating Teams. Last week, (17<sup>th</sup> November) Matt was awarded the Official of the Month award.

*Blurb from AWA Website:*

Athletics WA Official of the Month: MATTHEW VINE.

Matthew joined the ranks of AWA officials late last season and from the outset showed great enthusiasm for his involvement as an athletics volunteer.

The 2014-2015 summer season has seen Matthew attend every competition and undertake positions in the various disciplines of Jumps including the Pole Vault.

He recently sat his Level 1 Jumps examination and earned an excellent mark of 96%.

Matthew has been appointed to the National ALL Schools event in Adelaide in Dec this year and has his sights set on the Commonwealth Games in 2018.

Well done and congratulations Matthew

### **Athlete Achievements**

#### **Centre Record Breakers**

Last Week (15/11/2014) saw Jackson Anderson re-break 2 Centre Records. A huge congratulations to Jackson for the following events:

U8 Boys 200m – New Record: 33.98 seconds

U8 Boys 60m Hurdles – New Record: 11.95 seconds

Well Done Jackson.

**Certificates for Record Holders will be presented at this week's End of Month BBQ.**

*Don't forget to visit [www.ridgewoodlac.org](http://www.ridgewoodlac.org) or like Ridgewood-Little-Athletics-Centre-RLAC on Facebook.*

### **Personal Bests**

WHAT AN ACHIEVEMENT!

The PB Tally continues to improve as the weeks go by.

Mindarie now over 100 athletes having achieved 10 PB's or better including 23 athletes now over 20 PB's. Great Job to everyone for always trying to improve.

10 PB Certificates will be available from Committee members over the next two weeks. Listen out for announcements when you can get them.

20 PB Certificates will be presented at this week's BBQ Awards Night.

Thank you to Wendy's Ice Cream (10 PB's) and Eagle Boys Pizza (20 PB's) for providing us with these vouchers.

### **December Events**

With December just a week away, it is time to start planning holidays and Christmas parties.

Dates for Training:

Mon 1<sup>st</sup> December – Red Program

Wed 3<sup>rd</sup> December – Blue Program

Sat 6<sup>th</sup> December – Program 1

Mon 8<sup>th</sup> December – Green Program

Wed 10<sup>th</sup> December – Mustangs Xmas Party and Pizza Night

Sat 13<sup>th</sup> December – Program 2

Sun 14<sup>th</sup> December – State Track & Field Relays @ WAAS

Mon 15<sup>th</sup> December – Special Twilight Training Program

Wed 17<sup>th</sup> December – Special Twilight Training Program

Fri 19<sup>th</sup> December – Twilight Program from 5pm

CHRISTMAS/NEW YEAR BREAK

Competition Recommences Sat 10<sup>th</sup> January – Multi Program

Training Recommences Monday 12<sup>th</sup> January – Blue Program & Beep Test Updates

### **Centre Training – Ridgewood Oval – Tuesday 25<sup>th</sup> November**

Specialist High Jump Training with Craig Smith.

U12/U13 @ 5.30pm-6pm and U14-U17 @ 6pm-6.30pm.

This is highly recommended for all athletes that want some extra support in High Jump or want to advance themselves further.

*Intense* Middle Distance Training with Craig McCorkindale  
5.30 pm – 6.30 pm

U10 athletes and above. Improve your skills in 400m, 800m and 1500m.

For more details on Centre Training visit

<http://ridgewoodlac.org/coaching/>

### **Upcoming State Events**

#### **Friday Night Senior Competitions**

Open to athletes in U12+.

Visit [www.waathletics.org.au](http://www.waathletics.org.au) for details.

#### **WALA State Track and Field Relay Championships**

Sunday 14<sup>th</sup> December 2014 @ WA Athletics Stadium

#### **WALA Multi Event State Championships**

Sunday 1<sup>st</sup> February 2015 @ WA Athletics Stadium

U11 – U17's only. 5 events, must compete in all events.

More details coming soon.



Mindarie Mustangs Little Athletics Club

[www.mindarielac.myclub.org.au](http://www.mindarielac.myclub.org.au)

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