



2015/2016

# The Mustang Messenger

Newsletter #7 – 12/10/15

## THIS WEEKS KEY INFO

**NEXT TRAINING - @ 5pm:**

Date	Program	Venue
MON 12/10	BLUE	MMLAC
TUES 13/10	Track/Throws	RLAC
WED 14/10	RED	MMLAC
MON 19/10	YELLOW	MMLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

## NEXT RLAC COMPETITION:

Saturday 17th October 2015

Program 1

## 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
HUMPHREY	Set Up 6.30AM
LEONARD	Canteen 7-10
MOSS	Canteen 10-1
ADAMS	Jump Pit 2 KO
JAMES	Shot Site 2 KO
AYLIFFE-TODD	Discus Site 1 KO
CHAYCHUK	Shot Put Site 1
HEAD (GREEN)	Shot Put Site 1
SURESH	Shot Put Site 1
HOUGH	Discus Site 1
KOTZE	Discus Site 1
MALPASS	Discus Site 1
O'MALLEY	High Jump 1 KO
VAN DER SPUIY	High Jump 2 KO
BARNETT	High Jump 1
ROSELT/SMITH	High Jump 1
ABBOTT	High Jump 2
ALDERSON	High Jump 2
COWAP	Pack Up

## NEXT FUNDRAISING EVENT:

End of Month Club BBQ

Wednesday 28th October 2015

Sausage \$2.50 / Drinks \$1.50

## WE ARE OFF AND RUNNING

The 2015/2016 Athletics season got off to a flying start last Saturday with most of the 90+ Mustang athletes competing in their first competition of the season.



## CLUB TRAINING RETURNS TONIGHT

Training at Abbeville Park returns tonight with the new look training programs. Check out Page 2 for details on training.

## 2015/2016 CLUB CAPTAINS

The Committee has elected the following athletes as Mindarie Club Captains for this season:

**Senior Captains— Jayden Harriman and Jenna Woodman**

*Junior Captains will be announced later this week*

## RECORD BREAKERS

With competition now underway who will be first to break a record?

Watch this space to find out who...

## WEEKLY SPONSOR

Mindarie Mustangs LAC would like to thank



**Wendy's  
Ocean Keys**

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](http://www.waathletics.org.au)

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





## Centre Training

Centre Training continues each Tuesday 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.

## NEW 2015/2016 SPIKE LICENCE NOW ONLINE

<http://mindarielac.myclub.org.au/9.htm>

### Uniform Page



Download form, complete and see a Club Committee member to authorise you!

No Licence— No Spikes

## TRAINING—WHAT EVENTS AM I TRAINING IN?

Each week we have two training sessions. The weeks training sessions link to the upcoming Saturday's competition, so depending on what events you have coming up will depend on what events will be offered to you at training.

In the week leading up to Competition Program 1, Blue and Red Training Programs are used. In the week leading up to Competition Program 2, Yellow and Green Training Programs are used. The programs alternate each week to allow athletes who can only attend training one night a week the opportunity to train in all the events that we offer.

Below are the Blue and Red Training Programs for Competition Program 1. Each Age group rotates through 3 sessions as indicated in the graphics below:

UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10
GAMES	HURDLES	HURDLES	FITNESS	FITNESS
VORTEX	VORTEX	SHOT PUT	HURDLES	HIGH JUMP SCISSOR
TRACK	TRACK	TRACK	LONG JUMP	HURDLES
UNDER 11	UNDER 12	UNDER 13	UNDER 14	UNDER 15-17
TRACK	TRIPLE JUMP	SHOT PUT	HIGH JUMP FLOP	SHOT PUT
TRIPLE JUMP	FITNESS	TRACK	TRACK	TRACK
JAVELIN	TRACK	HIGH JUMP FLOP	SHOT PUT	HIGH JUMP FLOP

UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10
DISCUS	DISCUS	SHOT PUT	TRACK	TRIPLE JUMP
VORTEX	VORTEX	LONG JUMP	SHOT PUT	TRACK
FITNESS	FITNESS	FITNESS	DISCUS	JAVELIN
UNDER 11	UNDER 12	UNDER 13	UNDER 14	UNDER 15-17
FITNESS	TRACK	HURDLES	HURDLES	HURDLES
HURDLES	DISCUS	FITNESS	FITNESS	FITNESS
TRACK	HURDLES	LONG JUMP	LONG JUMP	LONG JUMP

## Frequently Asked Questions

*Taken from the Ridgewood FAQ's*

### Why are athletes not accepted for Walks or 1500m after 7.20am?

These are long events. We must ensure that these events are completed before 8am so we can ensure the entire program can be completed on time. In order to organise races, bibs etc all athletes competing in these events must be marshalled before 7.20am.

### Does RLAC supply water to parent helpers?

In extreme heat, we will endeavour to provide water to all parent helpers and officials. Over the season this is an expensive exercise and cannot be guaranteed. Please ensure you have enough water, sunscreen and hats if you are on roster.

**Please don't forget that everyone involved with Mindarie Mustangs and Ridgewood LAC are ALL VOLUNTEERS.**

**Without the dedicated volunteers our club and centre wouldn't run as well as it does.**



### Why is an event empty when my child is free?

There are many reasons. The Arena Manager has the responsibility to ensure the smooth running of events for over 330 athletes, boys and girls from Under 6 to Under 17, competing in up to 7 events each. We must cater for the entire program, not focus on one age group.

To add further pressure to this we must vacate the track by 12.30 to cater for the cricketers. This includes inside field events High Jump and Javelin. The Arena Manager will move the order of events to ensure all track events are completed by our deadline. If we send a group to a vacant site, it may affect the order of other events for the rest of the meet. The Arena Manager will always arrange the order of events to ensure we can finish the entire program as soon as possible.

### Why are there athletes on the track and the event not starting?

Our centre runs electronic timing gates. These gates are the latest technology and adopted by WA Little Athletics, and are extremely accurate and reliable. However, like all electronic equipment it can have issues. In 90% of cases the fix is carried out in less than 10 minutes. The volunteers at the end of track work very hard to ensure these issues are dealt with promptly and efficiently. Children will be moved into the shade if we believe this delay is excessive.

### Why am I not allowed inside the ropes at the end of track?

The end of track is a busy place and additional parents in the area affect the efficiency and accuracy of the results. The timing gates as well as the laptops are sensor driven precise equipment and need to be treated accordingly. Any interference can affect the processing of this information and the accuracy of the information.

In addition athletes are running at full speed through these gates. Serious injury can occur if a person was to make contact with a runner. The timekeepers must ensure the gates work correctly in each and every race, ensure all lanes are accounted for and timing started correctly. In addition they hand out tickets to all athletes and co-ordinate the results.

**PLEASE DO NOT APPROACH ANY TIME KEEPER OR OFFICIAL AT END OF TRACK**

### Why am I not allowed inside the arena?

There are many events occurring simultaneously inside the arena: track, field and jumps. For safety reasons and for insurance purposes the centre of the arena must be left clear to allow for field events to take place.

The Centre encourages support of athletes but this must be done in a safe area clear of the arena, the track finish line and recording areas.

**PLEASE DO NOT APPROACH KEY OFFICIALS, SITE MANAGERS**



## COMPETITION PROGRAM 1

Check out the events that athletes will be competing in on Program 1 events.

U6	U7	U8	U9
Vortex	Vortex	Long Jump	800m
200m	200m	200m	Discus
Discus	Discus	60m hurdles	60m hurdles
100m	60m hurdles	Shot Put	200m
	100m	100m	Long Jump
			100m

**New Event!**  
**VORTEX for**  
**U6/U7**



U10	U11	U12	U13-17
	1500m	1500m	1500m
High Jump	Triple Jump	Discus	Hurdles*
60m hurdles	60m hurdles	60m hurdles	Long Jump
Javelin	400m	400m	400m
400m	Javelin	Triple Jump	High Jump
Triple Jump	100m	100m	Shot Put
100m			100m



The Australian Athletics Officials' Education Scheme (AAOES) is a joint initiative of Athletics Australia and Jetstar Little Athletics and provides a seamless and transparent education pathway for athletics Officials.

Click on the links below to find out all the information about how this could affect you.

### New Officials Information

#### Existing Officials Information

### PERSONAL BEST TALLY

With competition now underway our PB Tally is going to start to climb. Good luck to all athletes as you strive for your best each and every week.

### 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



### NEXT CLINIC—FRIDAY 23RD OCTOBER—HIGH JUMP

Sign in at 4.15pm for 4.30pm start at WA Athletics Stadium.

Participants must be Athletics WA members to attend.  
(Membership is just \$20)

For more info contact Jake Trewin (Development Officer)  
jake.trewin@waathletics.org.au



### 30TH October—1ST November 2015

Open to all WA School Student aged 12-17 Years, including Para Athletes.

Register at <https://2015waallschools.eventdesq.com/>

Need to register with Athletics WA to compete.

For more info contact [mel.tantrum@waathletics.org.au](mailto:mel.tantrum@waathletics.org.au)

Mindarie Mustangs Little Athletics Club

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

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

[mindarielac@gmail.com](mailto:mindarielac@gmail.com)



## Officiating Tip Sheets

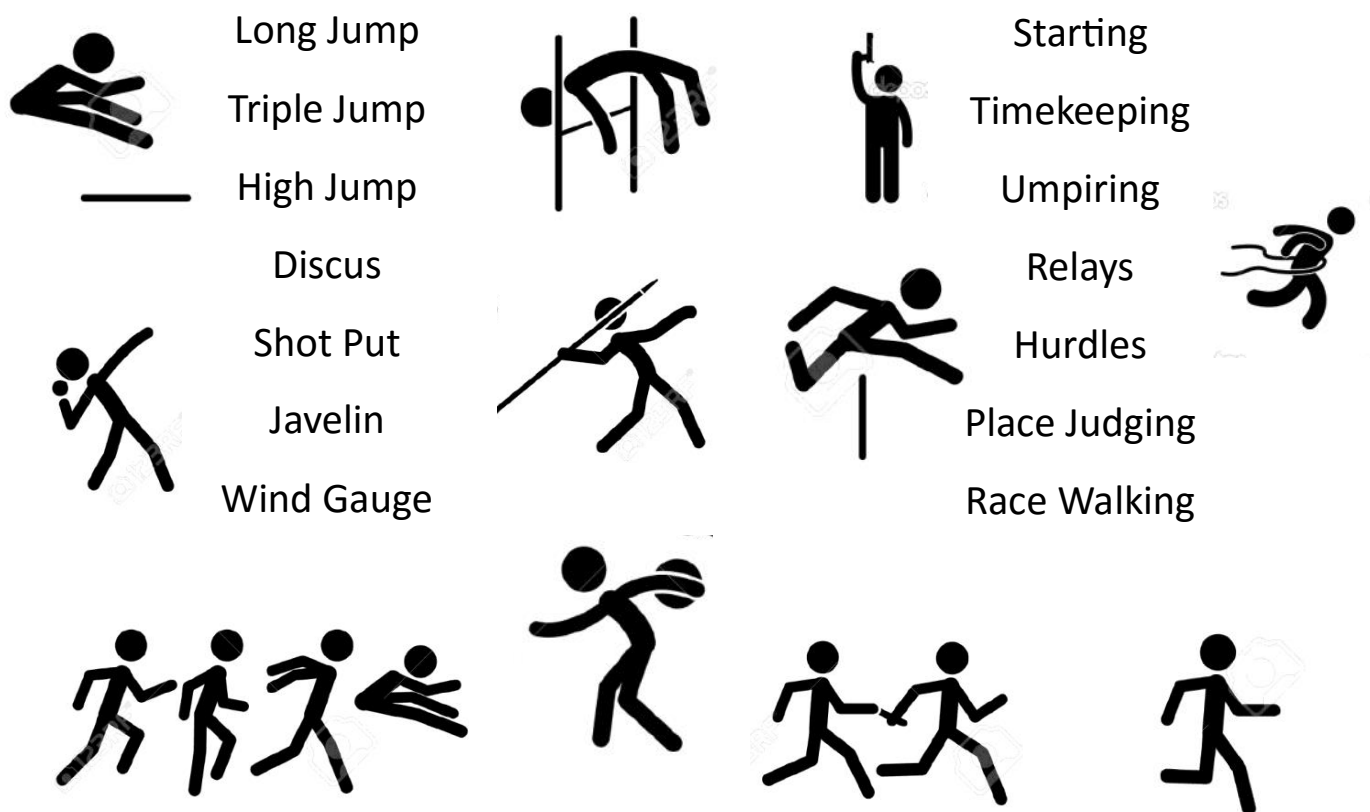
Athletics Australia and Jetstar Little Athletics have released a variety of Officiating Tip Sheets.

These documents will assist you in the basic rulings and understanding for the specified discipline.

All of the documents are available at

<http://www.athletics.com.au/Officials/Handy-Hints>

Disciplines include:



Mindarie Mustangs Little Athletics Club

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

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

[mindarielac@gmail.com](mailto:mindarielac@gmail.com)



# TEAMS CHALLENGE

**A DAY OF FUN FOR THOSE ATHLETES IN THE U6 TO U10 AGE GROUPS.**

**THE AIM IS TO INTRODUCE THEM TO COMPETITION AT THE WA ATHLETIC STADIUM WITHOUT PRESSURE, WHILST RAISING FUNDS FOR BRAVEHEARTS.**

**WHEN: SUNDAY 15<sup>th</sup> NOVEMBER, 2015**

**WHERE: WA ATHLETIC STADIUM, STEPHENSON AVE, MT CLAREMONT**

**TIME: 8AM SHARP (SHOW BAGS AVAILABLE FOR COLLECTION FROM 7.30AM)**

**ENTRY FEE: \$3.00 PER ATHLETE**

## EVENTS

U6	U7	U8	U9	U10
VORTEX	VORTEX	SHOT PUT	SHOT PUT	SHOT PUT
LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP
60M	60M	60M	60M	60M
100M	100M	100M	100M	100M
SHUTTLE RELAY	SHUTTLE RELAY	SHUTTLE RELAY	SHUTTLE RELAY	SHUTTLE RELAY

- **ATHLETES RECEIVE 2 ATTEMPTS ONLY IN ALL FIELD EVENTS**
- **THE TOP 3 PLACE GETTERS FOR EACH EVENT WILL RECEIVE A PLACE RIBBON**
- **ALL ATHLETES WILL RECEIVE PARTICIPATION RIBBONS.**
- **ALL REGISTERED ATHLETES WILL RECEIVE A SHOW BAG ON THE DAY**
- **ATHLETES CAN COMPETE IN THEIR CLUB OR CENTRE UNIFORM OR COME DRESSED IN PURPLE TO SUPPORT BRAVEHEARTS.**
- **ATHLETES MUST WEAR COMPETITION NUMBERS, AGE TAGS AND JETSTAR BADGE**

**Register via email or with  
Matt by Wed Oct 28th**

Mindarie Mustangs Little Athletics Club