



2016/2017

The Mustang Messenger

Newsletter #7 — 16/10/16

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Date	Who	Venue
Oct 17	ALL	MMLAC
Oct 19	U11-U17	MMLAC
Oct 24	ALL	MMLAC
Oct 26	U11-U17	MMLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 22nd October

Program 2

NEXT LAWA COMPETITION:

Bravehearts Challenge

Under 6's to Under 10's

Sunday 13th November 2016

WA Athletics Stadium

NEXT COMPETITION ROSTER:

Family Name	Rostered Position
LENA	Set Up 6.30am
KOTZE, DU PLOOY, RANCATORE	Canteen 7-10am
	Shot Put Chief
VAN DER SPUIY	Shot Put Helper 1
KINGI (SWIFT)	Shot Put Helper 2
VAN DEVENTER	Shot Put Helper 3
ROSELT/SMITH	Discus Chief
LEONARD	Discus Helper 1
PAYNE	Discus Helper 2
HEARD	Discus Helper 3
	High Jump A Chief
KINGSTON	High Jump A Helper 1
ROSS	High Jump A Helper 2
	High Jump B Chief
CLEMENTSON	High Jump B Helper 1
HARDING	High Jump B Helper 2
HOCKEY	Pack Up 11.30am

ROSTER MANAGER

SELECT YOUR ROSTERS NOW!



Rain, Rain GO AWAY!

"Little Athletics is a Summer Sport they said" It shouldn't rain they said" Well even with another wet morning we still managed to get through majority of the events.

The Jump Events that were cancelled or suspended were done so due to the health and safety of the athletes in consultation with the Jumps Referee and Arena Manager.

You may have wondered why the athletes were marshalled for the events but then returned straight to the tents? This is so it is recorded that they intended to compete in the event and will be recorded as a completed event in relation to Championship eligibility etc.

If you have any concerns with anything that occurs on Saturday mornings please see a committee member who will address it for you.



2016 Bravehearts Challenge (U6-U10)

Sunday 13th November - WA Athletics Stadium

"A fun introductory event"

All athletes (U6-U10) compete in 70m, 100m, Long Jump, a Throw and Shuttle Relay.

\$10 Entry Fee per athlete (includes Showbag)

More details, including how to register, coming soon.

RECORD BREAKERS

As the season progresses, Mindarie Athletes will begin to break records across many events.

Good Luck

Check this section out each week to see who has broken a record!

UNIFORM

Uniform consists of the Mindarie Mustangs Shirt or Singlet and Ridgewood/Navy Blue Shorts.



OR

\$30 T-Shirt

\$25 Singlet

Full Range of Ridgewood Uniform available from RLAC. Prices start at \$30



Athletics
Western Australia

AWA Go for 2 & 5 COMPETITIONS

RETURNS FRIDAY 11TH NOVEMBER

Open to Athletes U12+.

Great opportunities to compete against different athletes at the WA Athletics Stadium.

For more information, visit: www.waathletics.org.au



Club Captains

Congratulations to the following athletes who have been selected as the 2016/17 Mindarie Mustangs Club Captains:

Junior Girls—Jordan Woodman

Junior Boys—Joshua Smith

Senior Girls—Jordan Lena

Senior Boys—Jayden Harriman

Special Congratulations to Jayden who has also been selected as Ridgewood Centre Captain for this season.

Photos and profiles to follow in coming weeks



Thank you to Evyonne and the team at Outback Jacks Northbridge for giving the club some gift vouchers to use for achievement awards across the season.

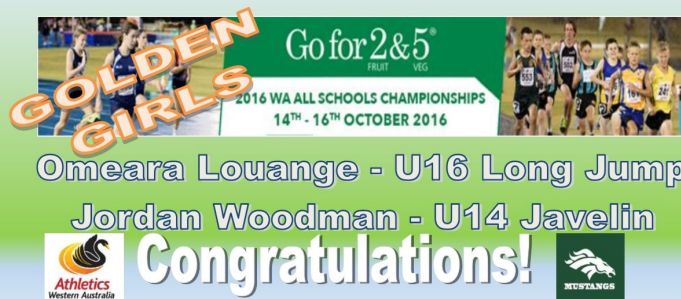
Who is going to receive the first one?

Let's get those Personal Bests!

The season has started, keep on improving to get Personal Bests each and every week!

2016-2017 Committee

President	Daan Nel
Secretary	Matthew Vine
Treasurer	Karen Swift
Registrar	Evyonne Nel
Recorder	Julie Vine
Fundraising	Louise Mann
	Caron Woodman
Coaching Team	Jeff Woodman
	Steve Moss
	Scott James



Congratulations to Omeara Louange and Jordan Woodman who both won Gold over the weekend at the 2016 WA All Schools Championships.

What a great start to the season for you both!

Rules of Competition

There are new Rules of Competition for the 2016/2017 Season.

ALL Families are encouraged to take a look at the rules.

Key Officials and Parent Helpers, make sure you have a look at your event(s). If you have any questions see Matt at training or competitions.

[Rules of Competition](#)



Upcoming Courses

23RD OCTOBER

Introduction to Coaching Course (ATFCA)

8am-2pm

@: Arena Joondalup Athletics Track, Joondalup LAC.

\$70

Click to Register



ONLINE LEVEL 1 OFFICIATING COURSES

Check out these opportunities

<http://athletics.com.au/Officials/Education>

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](#)

Mindarie Mustangs Little Athletics Club

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