



Mindarie Mustangs Little Athletics Club

Joondalup Vs Ridgewood Challenge Photo Special

Newsletter #7 – 30/11/2014

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 1 st Dec	Red
Wed 3 rd Dec	Blue **
Mon 8 th Dec	Green
Wed 10 th Dec	PARTY!

Don't forget for parents and athletes to sign in at each training session.

As always THANK YOU for your help at Training!

Fundraising:

Next Event: **End of Month BBQ - Wed 3rd December**

(Rescheduled due to storms last week)

Sausage Sizzle \$2.50 Drinks \$1.50

Saturday Competitions

Next Competition is: **SAT 6th December 2014**

Competition Roster

Thank you to all of the families that are assisting with their roster commitments. The rosters for the remainder of the season will be available very shortly. If you have any concerns see Daan or Tony at Training or Competitions.

Family Name	This Weeks Roster:
Goodley	Set Up 6.30am
Harriman	Canteen 7am to 10am
Suresh	Canteen 7am to 10am
Tudor-Roberts	Start of Track Assistant
Taylor	End of Track Assistant
Secomb	Jump Pit 1 Key Official
Gray	Jump Pit 2 Key Official
Hockey	Jump Pit 3 Key Official
Pallister	Jump Pit 4 Key Official
Abbott	Jump Pit Assistant
Cornell	Jump Pit Assistant
Dawson	Jump Pit Assistant
Drummond	Jump Pit Assistant
Duguid	Jump Pit Assistant
Halliday	Jump Pit Assistant
Hepcal	Jump Pit Assistant
Marsh	Jump Pit Assistant
McCartney	Jump Pit Assistant
McGrath	Jump Pit Assistant
Nortje	Jump Pit Assistant
Roselt/Smith	Jump Pit Assistant
Tan/Wong	Jump Pit Assistant
Venter	Jump Pit Assistant
Timms	Canteen 10am to 1pm
O'Brien	Pack Up

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

New Ridgewood Centre Uniform

Ridgewood LAC have put together a new selection of optional uniforms items for athletes to purchase and wear. If you are interested please see the Ridgewood Committee on Saturdays at the McDonalds tent to place an order.

2014/2015 PRICE LIST

State Required Uniforms	Optional Extras
- Singlet \$30	- Casual shorts \$30
- Running shorts \$30	- Long sleeve polo shirt \$40
- Girls Lycra shorts \$30	- Track pants \$55
- Boys Lycra shorts \$30	- Jacket \$65
- Unisex shorts \$30	

(Singlet & Shorts are mandatory at State Events)

Competition Results

This is a friendly reminder from Ridgewood that results take a minimum of 7 days to be processed and issued to the recorders. Julie is the Mindarie recorder and any enquires or concerns about athletes' results must be raised with Julie who will investigate on your behalf.

State Track and Field Relays

There are just two weeks left until the WALA State Track and Field Relay Championships at the WA Athletics Stadium.

Congratulations to those selected for the Field Teams.

Make sure that you attend Training on Friday Night at 5.30pm to make sure you are doing the best you can before the big event. Good Luck to all.

National All Schools and Schools Knockout, Adelaide, SA.

Fri 5th - Mon 8th Dec

This weekend, Liam Van Der Spuy (U15 Boys) is flying to Adelaide, SA to be a part of the WA Team at the National All School Championships. Liam will be participating in the U16 Male 100m, 200m, 100m hurdles and 200m hurdles events. Good Luck Liam!

Also heading over to Adelaide is our Head Coach, Matt who will be completing his first set of National Officiating Duties. Matt will be in the Call Room for the All Schools event as well as working as a Jumps Official on Monday at the Schools Knockout Championships.

Centre Training (Tuesday)

Middle Distance Training EVERY Tuesday (5.30pm – 6.30pm) at Ridgewood Oval with Craig McCorkindale for U10 athletes and above. Improve your skills in 400m, 800m and 1500m.

For more details on Centre Training visit

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

Christmas Party – Wednesday 10th December

Warning! – ATHLETES WILL GET WET.

Parents approach with caution. ☺

As per tradition, we will be holding our Christmas Water Party on Wednesday 10th December from 5-6.30pm.

There will be a giant slip and slide, along with a giant obstacle course. Athletes are invited to bring along a small water pistol to use throughout the evening.

Please remember to wear bathers and bring a towel!

Following the water fun there will be pizza provided by Eagle Boys for us all to enjoy and lolly bags for registered athletes.



EAGLEBOYS

Thank You to Eagle Boys Clarkson for assisting us with our Christmas Party Food!



Thank You to AMF Bowling Joondalup for providing us with Free Games of Bowling for all of our Athletes.

(If you would like to advertise in our weekly newsletter please see Caron at Training.)

Athlete Achievements

Centre Record Breakers

Due to us being at the WA Athletics Stadium on Saturday 29th November, results from Saturday 22nd November will be available to us next week.

Don't forget Certificates for Record Holders up to 15/11/14 will be handed out at Training on Wednesday 3rd December.

Personal Bests

Our PB results will be updated next week, but with over 100 athletes on 10 PB's, with about 25 of them on 20 PB's there is lots of certificates to hand out this week on Wednesday.

Want a photo from the Newsletters?

Any photos included in the weekly newsletter are available from Matt as a digital copy. Just email mindarielac@gmail.com with the subject line: Photos.

Make sure to include the athlete's name, event (if applicable) and Newsletter Issue Number.

Upcoming State Events

Friday Night Senior Competitions

Open to athletes in U12+.

Visit www.waathletics.org.au for details.

WALA State Track and Field Relay Championships

Sunday 14th December 2014 @ WA Athletics Stadium

WALA Multi Event State Championships

Sunday 1st February 2015 @ WA Athletics Stadium

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

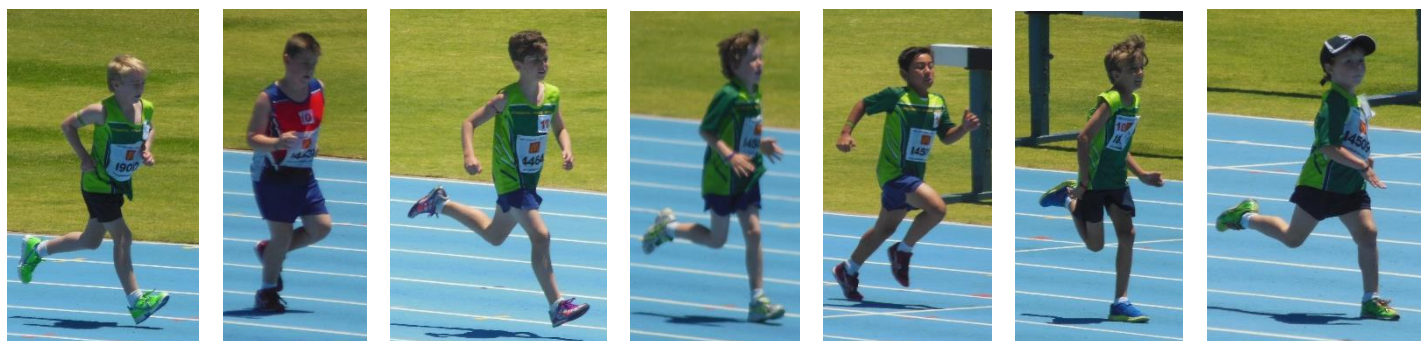
More details coming soon.

Photo Gallery – 29th November – Joondalup Vs Ridgewood Challenge Special



Mindarie Mustangs Little Athletics Club
www.mindarielac.myclub.org.au mindarielac@gmail.com
www.facebook.com/Mindarielac





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Well done to everyone that competed!



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