



Mindarie Mustangs Little Athletics Club

Newsletter #8 – 07/12/2014

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 8 th Dec	Green
Wed 10 th Dec	PARTY!
Mon 15 th Dec	Twilight
Wed 17 th Dec	Twilight

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: **Christmas Party**

Pizza and Drinks Available!

Saturday Competitions

Next Competition is: **SAT 13th December 2014**

Program 2 Events including WALKS. To compete in WALKS you MUST marshal by 7.20 am at the Ridgewood Marquee.

Competition Roster

Thank you to all of the families that are assisting with their roster commitments. The rosters for the remainder of the season are online and have been sent via email. If you have any concerns see Daan or Tony at Training or Competitions.

Family Name	This Weeks Roster:
Friend	Set Up 6.30am
Ebert	Canteen 7am to 10am
Moss	Start of Track Assistant
TO BE FILLED	End of Track Assistant
Young	Jump Pit 1 Key Official
O'Malley	Jump Pit 2 Key Official
Adams	Jump Pit 3 Key Official
James	Jump Pit 4 Key Official
Arundel/Smith	Jump Pit Assistant
Baxter	Jump Pit Assistant
Dean	Jump Pit Assistant
Harriman	Jump Pit Assistant
Hathaway	Jump Pit Assistant
Hepcal	Jump Pit Assistant
Halliday	Jump Pit Assistant
TO BE FILLED	Jump Pit Assistant
Roselt/Smith	Jump Pit Assistant
Julie Smith	Jump Pit Assistant
Tan/Wong	Jump Pit Assistant
Wollhaf	Jump Pit Assistant
Woodman	Jump Pit Assistant
Hockey	Canteen 10am to 1pm
Hulston	Pack Up

As you can see above we need assistance to fill positions!

If you are unable to attend/or willing to help out extra please inform us by 8pm THURSDAY via mindarielac@gmail.com

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.



WALA State Track and Field Championships – This Weekend!

Good Luck to all of the Mindarie Athletes competing as part of Ridgewood LAC in either the Track or Field Events.

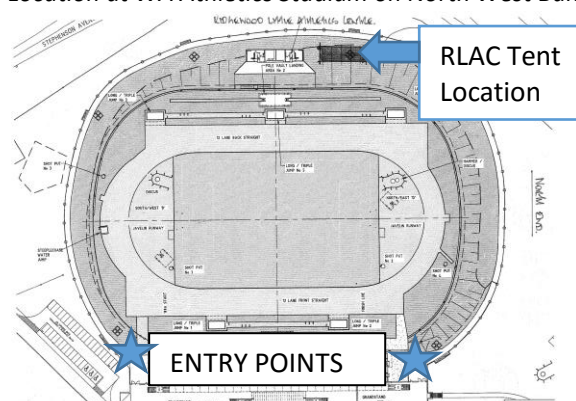
Remember it is compulsory for you to attend this event if you were selected. Failure to attend will result in your team mates being unable to compete, as well as rendering yourself ineligible for selection in 2015 and disqualified from contention for ALL end of season awards (Club and Centre). If you have any issues please speak to your team's coach ASAP!

Important Information for Track Teams have been emailed to Track Coaches, please see you team coach for more details. Field Team Members have received an email from MindarieLAC about the event.

Highlights from Information sent to coaches and teams:

1. No Centre organised training on Friday 12th December. *Coaches wishing to train this week may still organise.*
2. Full Ridgewood Centre Uniform (Singlet AND Shorts) are required for this event. See Rachel at McDonalds Tent on SATURDAY to purchase. (\$30 each item)
3. Athletes MUST HAVE Competition Number, Age Badge and Jetstar Badge on Centre Uniform to compete in.
4. Compression Shorts (*Skins*) must be completely plain black, including stitching, or Ridgewood Blue. Logos must be no larger than 7x5cm and shorts must end 5cm above the knee. (Failure to observe this ruling WILL result in disqualification from WALA)
5. No Spikes to be worn for TRACK events.
6. Spikes may be worn for FIELD Events only (See Spike Licence)
7. Team Lists (Mindarie Athletes Listed Only), Event Programs, Event Rules and Parent Rosters are on the Mindarie Website and can be emailed by request to Mindarie Committee or Relay Coach.

Centre Location at WA Athletics Stadium on North West Bank



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.

Don't Forget High Jump Training every Fortnight on Tuesday with Craig Smith. U12's and above. (5.30pm – 6.30pm)

Make sure you take advantage of these training sessions, these sessions are provided at no extra charge by dedicated and experienced people.

For more details on Centre Training visit
<http://ridgewoodlac.org/coaching/>

WALA State Multi Event Championships 2015

Sunday 1st February 2015 @ WA Athletics Stadium

Athletes in U11-U17 Age Groups can nominate to compete at this State Event. (U13-U15 have National/International Opportunities if they medal)

All athletes compete in 5 events across the day. These events are Hurdles, Long Jump, 800m, a Sprint (100/200m) and a Throw (Shot Put or Discus)

Failure to participate in an event will result in ineligibility to compete subsequent events for the day.

If you would like to enter this event please see Matt at Training/Competition and enter your name and registration number on the sheets. Registration for this event closes on 19th December 2014 (Twilight Event)

For more details visit: www.walittleathletics.com.au and go to the Competition tab and select "State Events and Championships"

EAGLEBOYS

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

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

Jetstar

Little Athletics Australia is proudly sponsored by Jetstar. All athletes MUST ensure that their Jetstar badge is affixed to their uniforms by Saturday's competition. The badge goes on the RIGHT HAND SIDE of the Competition Top.

Athlete Achievements

Centre Record Breakers

Two weeks ago (22/11/2014) there was 4 Mindarie Athletes that broke Ridgewood Centre Records. Congratulations to the following:

Jackson Anderson

U8 Boys 400m – New Record: 1min 18.85sec

Mignon Cronje

U9 Girls High Jump Scissor – New Record: 1.09m

Sophie McCorkindale

U10 Girls 800m – New Record: 2mins 53.58sec

Hannah Sivic

U12 Girls 800m – New Record: 2mins 49.37sec

What a fantastic achievement by all of our athletes.

Well done to all of our NEW RECORD HOLDERS.

Certificates for Record Holders will be handed out at our Christmas Water Party on Wednesday 10th December.

Personal Bests

The Mindarie Mustangs continue to improve each and every week. We now have just 10 athletes still to earn 10 Personal Bests. Up to the 22nd November, Mindarie Athletes have earned a total of almost 2000 Personal Bests as a Club! Well done to everyone who works hard every week at Competition.

Certificates will be handed out this Wednesday at our Christmas Party!

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 THIS SUNDAY

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.

Mindarie Mustangs Committee

Daan – President

Tony – Vice President

Nicole – Secretary

Nicola – Treasurer

Matt – Coach

Evynne – Registrar

Julie – Recorder

Caron – Fundraising

Tegan – Fundraising

Paul – General



Mindarie Mustangs Little Athletics Club
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www.facebook.com/Mindarielac

