



2015/2016

The Mustang Messenger

Newsletter #8 – 19/10/15

THIS WEEKS KEY INFO NEXT TRAINING - @ 5pm:

Date	Program	Venue
MON 19/10	PARENT NIGHT	MMLAC
TUES 20/10	Track/Throws	RLAC
WED 21/10	GREEN	MMLAC
MON 26/10	RED	MMLAC
WED 28/10	BLUE	MMLAC

MMLAC = Abbeville Park
RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 24th October 2015

Program 2

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
LENA	Set Up 6.30AM
VISSER	Canteen 7-10
DEAN	Canteen 10-1
NEL	Jump Pit 2 KO
WOODMAN	Shot Site 1 KO
HATHAWAY	Discus Site 1 KO
HALL	Shot Put Site 1
MAHER	Shot Put Site 1
YOUNG	Shot Put Site 1
AIRNS	Discus Site 1
MCCARTNEY	Discus Site 1
NORRIS	Discus Site 1
HARRIMAN	High Jump 1 KO
VINE	High Jump 2 KO
SIVIC	High Jump 1
SMITH/ARUNDEL	High Jump 1
VENTER	High Jump 2
WATSON	High Jump 2
PALLISTER	Pack Up

NEXT FUNDRAISING EVENT:

End of Month Club BBQ

Wednesday 28th October

Sausage \$2.50 / Drinks \$1.50

Mindarie Mustangs Parent Training Night

Monday 19th October

5PM - Abbeville Park, Mindarie

It's time for the parents to learn some new skills.

Join us on Monday for a basic understanding in how to coach, officiate and run the High Jump, Shot Put and Discus sites.

Athletes will have fitness and games with Captains.



Mindarie Mustangs Little Athletics Club

www.mindarielac.myclub.org.au

www.facebook.com/Mindarielac

mindarielac@gmail.com

2015/2016 Junior Club Captains

The committee has elected the following athletes as Club

Captains for the 2015/2016 Season:

Daniel Mann, Dian Nel,

Monique Heard & Hayley Mann

RECORD BREAKERS

RECORDS ARE STARTING TO
FALL AT THE CENTRE
COMPETITIONS

CHECK OUT NEXT WEEKS
EDITION TO FIND OUT WHO
HAS BROKEN THE FIRST
RECORD FOR MINDARIE

WEEKLY SPONSOR

Mindarie Mustangs LAC would
like to thank

EAGLEBOYS

Eagle Boys Clarkson

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

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



Meet The Captains



Jayden Harriman



Jenna Woodman



Dian Nel



Daniel Mann



Monique Heard



Hayley Smith

**Photos taken at 2015 Centre Championships*

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 Yellow and Green Training Programs for Competition Program 2. Each Age group rotates through 3 sessions as indicated in the graphics below:

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

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

Mindarie Mustangs Little Athletics Club

Competition Program 2

Check out the events that athletes will be competing in

Program 2 Events

U6	U7	U8	U9
		700m walk	700m walk
400m	400m	400m	400m
Shot Put	Shot Put	Discus	Turbo
70m	70m	70m	Shot Put
Long Jump	Long Jump	Turbo	70m
		High Jump	High Jump

New Event!

High Jump
Scissor for
U8



U10	U11	U12	U13-17
1100m walk	1100m walk	1500m walk	1500m walk
Shot Put	Discus	High Jump	Triple Jump
Long Jump	800m	800m	800m
800m	High Jump	Javelin	Discus
Discus	200m	Long Jump	200h
200m	Shot Put	200m	Javelin
	Long Jump	Shot Put	200m



NEXT CLINIC—FRIDAY 23RD OCTOBER—HIGH JUMP THIS WEEK

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 [AWA Independent])

For more info contact Jake Trewin (Development Officer)

jake.trewin@waathletics.org.au



30TH October—1ST November 2015

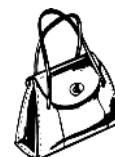
Open to all WA School Student aged 12-17 Years, including
Para Athletes.

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

Need to register with Athletics WA to compete.

For more info contact mel.tantrum@waathletics.org.au

SPECIAL MESSAGE



Unfortunately a number of
handbags and personal belongings
were stolen at the RLAC
Competition on October 17th.
Please be vigilant at competitions
and keep personal belongings safe
at all times.

U7 WALKS

Under the 2015/2016 Rules of
Competition and Events, Under 7's
will no longer be offered the 700m
Walk as part of the Little Athletics
Programs. (RLAC Program 2)

Apologies to anyone this affects

Dogs at Athletics

Message from RLAC

Whilst all the parks on which we
all train and compete are public
open spaces and as such the
Centre is not able to mandate this,
we would however request that
dogs are not brought to training or
competition.

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

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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 15th 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



Australian Government
Australian Sports Commission



Free online officiating course

The Introductory Officiating General Principles course has been developed to assist new officials improve their basic officiating skills.

A major benefit of the online course is that officials can complete it in their own time. Thanks to a subsidy from the Australian Sports Commission, the online course is initially available free of charge to Australian officials.

About the course

The course contains three training modules that cover a range of general officiating topics, including:

- > ethical responsibilities of officials
- > preparation for officiating
- > safety
- > communication
- > dealing with conflict
- > people management.

The course takes approximately four hours to complete, and there is assessment included at the end of each module.

Becoming an accredited official

The Introductory Officiating General Principles course can provide the first step towards accreditation. Your national or state sporting organisation can provide more information on the sport-specific requirements to achieve accreditation as an official.

How to access the course

The Introductory Officiating General Principles course is available from the Australian Sports Commission's online learning portal at learning.ausport.gov.au

ausport.gov.au/official



SP 32508

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In 2014 young people were given the opportunity to help shape the future of the City of Wanneroo (the City) by voicing their opinions as part of a youth consultation **YSpeak!**.

YSpeak! was the largest youth consultation undertaken by any local government area in Western Australia with feedback gathered from over 1300 young people aged 8-25 years. The outcomes will now inform the development of a City wide Youth Strategy due for completion in 2016.

The City is holding a workshop for young people aged 8-25 years to input into the development of the Youth Strategy. The four year plan will integrate and sit alongside the City's Strategic Community Plan will identify how the City will continue to inform, support and provide opportunities for young people within our local community.

The workshops will be informed by the **YSpeak!** Youth Consultation, as well as other key reports and statistics, and engage attendees in a fun and interactive way to:

- Provide young people with an opportunity to feedback on key identified themes and actions to be included in the Youth Strategy for Wanneroo 2016 – 2020
- Incorporate ideas from young people regarding the format and design of the final Youth Strategy

To ensure that the plan is able to best meet the current and future needs of young people within the City, it is critical that all relevant stakeholders are involved in the process.

The City would like to invite young people aged 8 – 25 years to attend and assist us in collaboratively shaping the future of youth services throughout the local area.

Wednesday 9 December 2015
// 10am – 2pm

Council Chambers,
City of Wanneroo Civic Centre,
23 Dundobar Road, Wanneroo

Morning tea, lunch and afternoon tea provided. Please let us know of any dietary requirements or other needs.

RSVP by Friday 30 October 2015
on 9405 5000 or by email to
youth.services@wanneroo.wa.gov.au

**A face, place
& voice...**

