



2016/2017

The Mustang Messenger

Newsletter #8 — 20/10/16

THIS WEEK'S KEY INFO

NEXT TRAINING - @ 5pm:

Date	Who	Venue
Oct 24	ALL	MMLAC
Oct 25	U11-U17	RLAC
Oct 26	U11-U17	MMLAC
Oct 27	U11-U17	RLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 22nd October

Program 2 including WALKS

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
JAMES	Walks Judge
	Shot Put Chief
VAN DER SPUIJ	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
ADAMS	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!



Mustang Messenger moving to THURSDAYS

In order to reduce the amount of emails that families receive each week, the Mustang Messenger will now be published and delivered to your inbox on a THURSDAY. At the same time families will also receive the Little Athletics WA weekly newsletter.

By moving to Thursdays, the newsletter will be able to provide the most up-to-date information about upcoming competitions and rosters.

CENTRE TRAINING

Centre Training returns Tuesday October 25th, see Page 2 for more details.

WALKS

Program 2 sees the return of the Race Walks for U9 to U17's. These events are run at 7.30am and marshalling is at **7.20AM**.

If you miss marshalling, you can't compete.

LAWA Newsletters

Check your inbox for all the latest LAWA News and Events!

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!

WEEKLY SPONSOR

The Mindarie Mustangs would like to thank

Outback Jacks Northbridge



For being a supporter of our club during the 2016/2017 season.

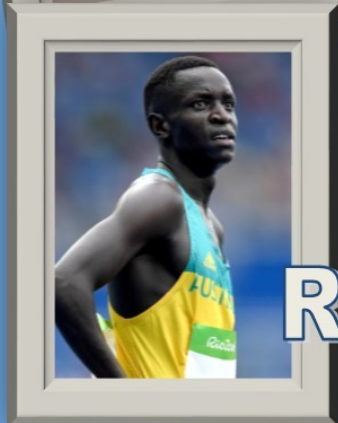
Please support this business.



October 26 - November 6

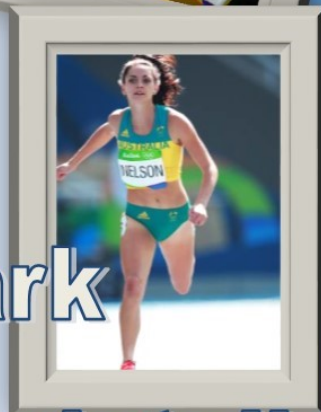
Congratulations to Matthew Vine who has been appointed as a Field Events Judge at the World Masters Athletic Championships being held in Perth between October 26 and November 6.

Centre Training - U11+



Tuesdays &
Thursdays
5pm

Ridgewood Park



ridgewoodlac.org for details

Personal Bests Tally

The results are in from October 8th and with a wet start to the season there wasn't a lot of events completed, however 38 athletes competed to earn a combined total of 56 PB's at the first competition.

Well Done to ALL

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

Centre Training

The Centre Training will be held on Tuesdays and Thursdays (*Specialist Coach Dependant) at Ridgewood Park between 5pm and 6pm.

Centre Training is aimed at Athletes in the U11 Age Groups upwards who wish to concentrate on improving their performances leading into important State Events such as State Relays, Zones and State Championships.

While the Centre would love to accommodate everyone they just can't, so only Athletes that are committed 100% to learning, listening and being involved should attend. Any Athlete who comes to Centre Training and the Centre feels isn't meeting these standards will be asked to leave the training sessions.

Craig Smith, the Centre Coach & Development Officer will be in attendance for any assistance.

At this stage the Centre will be offering Sprints, Middle Distance and Throws this Tuesday with Jumps and High Jump to be confirmed.

Please check the Centre Web Page and Facebook Page for updates and additional information regarding additional Events, Times, changes, etc.

Mindarie Mustangs Little Athletics Club



“On Your Mark”

“Set”

Starters Workshop with Peter Grant

An opportunity not to be missed for any starter, starters assistant or recaller. A must for all start team members irrespective of your current knowledge and experience.

Jetstar Little Athletics WA will be hosting a free dedicated starters workshop covering areas such as roles and responsibilities, Rules of Competition (including the new 2016/17 rules), starting procedures and much more.

Peter Grant Bio

Peter has great knowledge and experience from Little Athletics level to Australian National and World events.

He was the Olympic start team member at Sydney 2000, Paralympics Sydney 2000, Commonwealth Games 2006 Melbourne and the World Masters Christchurch.

Officiating for many years at an Australian National level, Peter is also a Life Member of the SA Officials club and has some 15 years experience at Little Athletics events.

We are very excited at being able to have Peter present this for our Officials in WA while he is here in Perth for the 2016 World Masters Athletics Championships!

Details

WHEN: 9-11.30am Sunday 30 October

WHERE: Little Athletics WA Office, 15 Harrogate St Leederville

Zoom conferencing available - RSVP by Friday 28 October 12pm to emma@walittleathletics.com.au

REGISTER your attendance at walittlathletics.com.au/officials



Mindarie Mustangs Little Athletics Club

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