



Mindarie Mustangs Little Athletics Club

Newsletter #9 – 14/12/2014

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 15 th Dec	TWILIGHT
Wed 17 th Dec	TWILIGHT
HOLIDAYS TILL	
Mon 12 th Jan	BLUE/BEEP

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: **Coming Soon**

Sausage Sizzle \$2.50 Drinks \$1.50

Saturday Competitions

Next Competition is: **Fri 19th December 2014**

Twilight Program Commencing @ 5pm

Then Holidays till:

Sat 10th January 2015 – Centre Multi Event Program

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:
GOODLEY	Set Up 6.30am
HEARD	Canteen 4pm to 7pm
PAYNE	Canteen 4pm to 7pm
DUGUID	Start of Track Assistant
JORDAN/FLEAY	End of Track Assistant
PALLISTER	Jump Pit 1 Key Official
BAXTER	Jump Pit 2 Key Official
GRAY	Jump Pit 3 Key Official
WOLLHAF	Jump Pit 4 Key Official
BOUWER	Jump Pit Assistant
BURNETT	Jump Pit Assistant
CORNELL	Jump Pit Assistant
LOVETT	Jump Pit Assistant
MARSH	Jump Pit Assistant
MCCARTNEY	Jump Pit Assistant
KRAUSE	Jump Pit Assistant
SECOMB	Jump Pit Assistant
SPOLEN	Jump Pit Assistant
VENTER	Jump Pit Assistant
TO BE FILLED	Jump Pit Assistant
TO BE FILLED	Jump Pit Assistant
TIMMS	Pack Up

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

WALA State Track and Field Championships

Congratulations to all the athletes from Mindarie that competed at the WALA State Track and Field Championships. You did yourselves PROUD!

Centre Training (Tuesday)

The last Centre Middle Distance Training session is on Tuesday 16th December at 5.30pm. Meet at Portafiono's in Quinns Rocks for a Beach Training Session followed by Hot Chip Rolls for Supper.

Thank you to everyone that has been supporting the Centre Training Sessions so far this season.

For more details on Centre Training visit

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

Results – 6th December

Due to some field results not being processed, results from the 6th December are yet to be issued. They will be issued within the next week. Therefore no new PB certificate will be issued until our return from the Christmas Break.

January Invitational Events

Belmont Little Athletics Centre - Saturday 10th January
1500m Invitational 4pm Start.

Dale Little Athletics Centre – Saturday 31st January
Multi Event Invitational 7.45am Start

See Website for Details.

Athlete Achievements

Centre Record Breakers

Last Week (06/12/2014) saw 1 new record for Mindarie Athletes:

Ally Moss – U13 Girls High Jump Fosbury – New Record 1.46m

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 Training on Wednesday 17th December.

Personal Bests

The Mindarie Mustangs continue to improve each and every week. We now have an amazing number of PB's and every week we see improvement by the athletes. Keep up all the hard work and strive to get those PB's again and again.



Thank You to Bunnings Warehouse Mindarie

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

Upcoming State Events

Friday Night Senior Competitions

Open to athletes in U12+.

Visit www.waathletics.org.au for details.

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.



Mindarie Mustangs Little Athletics Club

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