



2015/2016

The Mustang Messenger

Newsletter #9 – 26/10/15

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Date	Program	Venue
MON 26/10	RED	MMLAC
TUES 27/10	Throws/Track	RLAC
WED 28/10	BLUE + BBQ	MMLAC
MON 02/11	GREEN	MMLAC
TUES 03/11	Throws/Track	RLAC
WED 04/11	YELLOW	MMLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 31st October 2015
Program 1 (1500m)

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
FREIND	Set Up 6.30AM
HOUGH	Canteen 7-10
MALPASS	Canteen 10-1
ADAMS	Jump Pit 2 KO
DEAN	Shot Put Site 1 KO
HUMPHREY	Shot Put Site 1
BARNETT	Shot Put Site 1
SURESH	Shot Put Site 1
MOSS	Discus Site 1 KO
HEARD	Discus Site 1
LOUANGE	Discus Site 1
PAYNE	Discus Site 1
JAMES	High Jump 1 KO
VAN DER SPUIY	High Jump 2 KO
ROSELT/SMITH	High Jump 1
WHITE	High Jump 1
ABBOTT	High Jump 2
ALDERSON	High Jump 2
HEAD (GREEN)	Pack Up

NEXT FUNDRAISING EVENT:

End of Month Club BBQ
Wed 28th October—THIS WEEK
Sausage \$2.50 / Drinks \$1.50

Parent Training Session Success

Last week we held our first Parent Training Session where the parents got to learn some new skills in the events of Shot Put, Discus and High Jump. Thank you to all of the parents that attended, we hope it was worthwhile and will assist you during the season. A special thank you to Delaney Smith (Quinns U16) and Carl Vine for their assistance in demonstrating the events and to Scott James for assisting in running the sessions.

Training Set Up and Pack Up

The equipment that we use at each training session can be heavy. The committee would really appreciate if parents could assist us in collecting the equipment from the store at 4.50 p.m., setting up and packing up sites and returning the equipment to the store once training is complete at 6.20 p.m. This will assist everyone in getting away quickly at the conclusion of Training.

End of Month BBQ This Week

Join us this Wednesday (28th Oct) for our Monthly BBQ. This week we will celebrate our record breakers, 10 PB Holders (After 2 weeks of Competition) and present our Captains with their badges.

Sausage Sizzle \$2.50 & Drinks \$1.50

RECORD BREAKERS

On Sat 17th Oct, 4 Athletes broke/ set new Ridgewood Records!

Congratulations to:

Bertie Donnison

U6 Boys Vortex—9.17m

Lucas James

U7 Boys Vortex—15.23m

Mignon Cronje

U10 Girls High Jump Scissor—1.18m

Omeara Louange

U14 Girls Long Jump—4.95m

WEEKLY SPONSOR

Mindarie Mustangs LAC would like to thank



GRILL'D

OCEAN KEYS

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

Next Event: Strive Prog B - Fri 6th November

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.

CENTRE HANDBOOK



The 2015/2016 Ridgewood LAC Centre Handbook is now available on the Ridgewood website!

Visit

<http://ridgewoodlac.org/centre-handbook/>
to download!

Initial Relay Squads Released

The Initial Squads for the 2015 State Track Relay Championships have been released.

Squad Lists have been emailed to all members.

Squad Coaches will be in contact soon to organise training.

Selection for Final Squad is determined based on the RLAC Relay Policy.

[ROSTER POLICY LINK](#)

WALKS @ RLAC

The Race Walks for U8-U17 are held prior to each Program 2.

Ridgewood LAC requires at least 1 Club Parent to assist with the Officiating of Walks.

If you are interested in being a Walks Official, please see a committee member, RLAC has officials who can provide mentoring. Athletes who choose to participate in the Walks must have a knowledge of the rules and requirements and put in their best effort.

There is no minimum standard required but RLAC does expect athletes to have had some training, It is not just going for a walk in the park.

Mindarie LAC are currently unable to provide training as we do not have a Walks Coach. If you would like to take this on, please see a committee member!

Local Matters @ Grill'd Ocean Keys - November

We've been selected to participate in Local Matters at Grill'd Ocean Keys this November!

Local Matters is the Grill'd community donation program that sees each Grill'd restaurant donate \$500 back into the community every month. The donation is split between 3 local community groups \$300 / \$100 / \$100.

How can you help?

We'd love your support in receiving the highest \$300 donation! Simply head to Grill'd Ocean Keys during November, for a burger and pop your Local Matters token in our jar. The group with the most tokens at the end of the month receives the largest donation.

It's a simple (and delicious) way to show your support!

You'll find us on a jar at Grill'd Ocean Keys
Ocean Keys Shopping Centre
36 Ocean Keys Blvd, Clarkson



COMING SOON

Friday 13th November—Block Starts

Friday 20th November—Steeple Chase & Hammer Throw

Friday 27th November—200m Hurdles

For more info contact Jake Trewin (Development Officer)

jake.trewin@waathletics.org.au



P.M.H ACTIVITY DAY

Saturday 7th November 2015

Special Events including

Club Relays

Parent/Formal Athlete Relays

Raffles & lots more

All activities are via a Gold Coin Donation.

All money raised supports the children at PMH.



RIDGEWOOD LITTLE ATHLETICS GOES PINK

SATURDAY 21ST NOVEMBER

Come dressed in Pink to support the McGrath Foundation

Donation Tins will be at club tents.

Mindarie Mustangs Little Athletics Club



Jayden Harriman - Senior Captain

Jayden joined Mindarie Mustangs in 2008 and re-joins us for his 7th season with Mindarie. In his time with Mindarie, Jayden has achieved various Centre Championship medals, a variety of Centre and Club awards, as well as achieving state finals in each season that he has competed.

Jayden said his greatest achievement so far was achieving 5th place at State Championships for the 400m and 200m events.

Jayden's goal for the 2015/2016 season is to achieve a RLAC Record in 200m and 400m, whilst encouraging younger athletes to achieve their best and to never give up.

Looking to the future, Jayden wants to continue to improve his overall personal bests as often as he can.

Jayden's one piece of advice:

"Never give up, make new friends and just have fun."



Dian Nel - Junior Captain

Dian joined Mindarie Mustangs in 2012 as an Under 9 and now joins us as an Under 12. In his time with Mindarie, Dian has achieved Silver (100m, 2014) and Bronze (100m & 200m, 2015) at State Championships

as well as recording Away records in the 100m & 200m in 2015. Dian also holds the U10 60m RLAC Record.

Dian said his greatest achievement so far was achieving the Bronze Medal in the 200m at the 2015 State Championships.

This season, Dian aims to achieve some high PB's including going under 13 seconds for 100m, under 27 seconds for 200m and under 1 minute, 10 seconds for 400m. Dian hopes to jump over 5 meters in Long Jump and 10 meters for Triple Jump. Overall, Dian hopes to qualify for State Championships in March.

Looking to the future, Dian aims to qualify for State & National teams, representing Australia at the Youth Olympics for 100m and 200m.

Dian's one piece of advice:

"Always think positive, never give up and always try your best."



Daniel Mann - Junior Captain

Daniel joined Mindarie Mustangs in 2009 as an Under 6 and now joins us as an Under 12. In his time with Mindarie, Daniel has achieved Zone Silver and Bronze medals, various Centre Championship Medals, Club and

Centre Awards and was awarded the Mindarie Club PB Award in 2011. Daniel said his greatest achievement so far was achieving 4th place at the State Championships in 2014 in the 200m and 400m.

Daniel's goal for this season is to improve his overall fitness as he states that "last year was not my best year."

Looking to the future, Daniel's goal is to qualify and win a State Medal.

Daniel's one piece of advice:

"If you don't succeed at first, keep trying."



WALA BRAVEHEARTS TEAMS CHALLENGE

Final chance to register for this event!

Event is held on Sunday 15th

November at WA Athletics

Stadium for all U6-U10 Athletes.

Send your athletes name, age, gender and registration number to Matt by Wednesday to assist in us in completing the registration.

PERSONAL BEST TALLY

After 2 weeks of competition we have our first few athletes that have achieved 10 PB's.

Certificates and vouchers will be presented on Wednesday at our End of Month BBQ.



REGISTRATIONS FOR WA ALL SCHOOLS CLOSE MIDNIGHT MONDAY 26TH OCTOBER!

<http://waathletics.org.au/Participate/Competitions/State-Championships/WA-All-Schools>

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

Mindarie Mustangs Little Athletics Club

www.mindarielac.myclub.org.au

www.facebook.com/Mindarielac

mindarielac@gmail.com

Free Education Seminars

November 2015

Jetstar WA Little Athletics are hosting a variety of Officials Seminars over the month of November. Each seminar is designed to meet the needs of Centre Officials, Parents and those interested in the event(s).

Information will be provided on relevant WALA Rules and Regulations.

All seminars will be presented by WA Officials Coordinator

Marion Buchanan

(Athletics Australia National Tech in Throws, Jumps, Track and Technical.

IAAF Oceania Walks Panel Member [Level 2 Intl.])

Register your interest by submitting the relevant form available from:

<http://www.walittleathletics.com.au/Officials/Officiating-Courses>

All parents are encouraged to attend seminars that interest them!

Relay Officials/Coaches Seminar

Sunday 1st November

1pm to 2pm

WA Athletics Stadium,
Stephenson Ave, Mt Claremont

Referees & Arena Managers Seminar

Thursday 5th November

7pm to 9.30pm

WA Little Athletics Office,
15 Harrogate St, Leederville

Walks Officials Seminar

Sunday 8th November

10 am to 12.15pm

WA Little Athletics Office,
15 Harrogate St, Leederville

Track Officials Seminar

Thursday 12th November

7pm to 9pm

WA Little Athletics Office,
15 Harrogate St, Leederville

Throws Officials Seminar

Thursday 19th November

7pm to 9pm

WA Little Athletics Office,
15 Harrogate St, Leederville

Jumps Officials Seminar

Tuesday 24th November

7pm to 9pm

WA Little Athletics Office,
15 Harrogate St, Leederville



Sprints & Hurdles Coaching Workshop

Jetstar WA Little Athletics will be hosting a coach education workshop in the area of sprints & hurdles. Participants will learn key technical tips and training techniques from specialist presenter, Lyn Foreman.

All levels of coaches/parents are welcome from beginner to experienced. Coaches may choose to stay for all or one of the components covered.

WHEN: 9am - 12pm Sunday 8 November

WHERE: Ern Clark Athletics Track, Wharf St, Cannington

COST: Free



EVENT	TIME
Sign in	8.30-8.50am
Starts	9-9.50
Sprints	10-10.50
Hurdles	11-11.50
Wrap	12pm



Full Name: _____

Address: _____

Email: _____

Phone: _____

Coaching Level: _____

Centre/Club: _____

To reserve your place, please return this completed form by Thursday 5 November to:

WA Little Athletics

Fax: (08) 9388 2340

Email: Admin@walittleathletics.com.au

Mail: 15 Harrogate St, Leederville, WA 6007



Mindarie Mustangs Little Athletics Club

 www.mindarielac.myclub.org.au

 www.facebook.com/Mindarielac

 mindarielac@gmail.com



Sprints & Hurdles Skills Clinic

Jetstar WA Little Athletics will be hosting a skills clinic for Under 10 to Under 17 registered Little Athletes in sprints & hurdles. Participants will be able to learn key technical tips and training techniques from a specialist Nationally Accredited coach.

WHEN: 9am - 12pm Sunday 8 November

WHERE: Ern Clark Athletics Track, Wharf St, Cannington

COST: \$20 per Little Athlete

Only Christmas Tree Spikes may be worn on the track. Use of spikes are optional. Standard age group and safety regulations apply. Athletes may stay for all or one of the components covered. Entries close at C.O.B Thursday 5 November,



EVENT	TIME
Sign in	8.30-8.50am
Starts	9-9.45
Sprints	10-10.50
Hurdles	11-11.50
Wrap	12pm



Little Athlete Full Name: _____

Date of Birth: _____

Centre/Club: _____

Address: _____

Parent/Guardian Full Name: _____

Email: _____

Phone: _____

Please return this completed form to:

WA Little Athletics

Fax: (08) 9388 2340

Email: Admin@walittleathletics.com.au

Mail: 15 Harrogate St, Leederville, WA 6007

Payment methods:

Cheque: To "WA Little Athletics"

EFT: BSB - 016 460 Acc No - 1800 20331

Quote Athlete name and 'Skills Clinic'

EFTPOS: Phone the office to pay by credit card (1% surcharge).

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