



**2016/2017**

# The Mustang Messenger

Newsletter #9 — 27/10/16

## THIS WEEKS KEY INFO

### NEXT TRAINING - @ 5pm:

Date	Who	Venue
Oct 31	ALL	MMLAC
Nov 1	U11-U17	RLAC
Nov 2	U11-U17	MMLAC
Nov 3	U11-U17	RLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

### NEXT RLAC COMPETITION:

Saturday 29th October
Program 1 including 1500m

### 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
CHAYCHUK	Set Up 6.30am
LEONARD & ROSS & NEL	Canteen 7-10am
WOODMAN	Shot Put Chief
KING	Shot Put Helper 1
KOTZE	Shot Put Helper 2
VAN DER SPUY	Shot Put Helper 3
*ABBOTT OR LOUANGE	Discus Chief
HOUGH	Discus Helper 1
PAYNE	Discus Helper 2
HEARD	Discus Helper 3
ADAMS	High Jump A Chief
YOUNG	High Jump A Helper 1
CLEMENTSON	High Jump A Helper 2
ROSELT/SMITH	High Jump B Chief
WHITE	Pack Up 11.30am

**ROSTER MANAGER**

**SELECT YOUR ROSTERS NOW!**



## Important News

This week's Newsletter contains a lot of information about recent events, issues and changes as well as upcoming events.

PLEASE READ CAREFULLY

## Referees/Key Officials Meeting

All Referees and Key Officials who are rostered over the coming weeks and Club Presidents are required to meet Dean Smith, Arena Manager prior to the Start of Competition on Saturday 29th October.

## Uniform

As of this weekend (October 29th) FULL Competition uniform is required by ALL athletes otherwise athletes WILL NOT be allowed to compete in events until they are in correct uniform.

Mindarie Mustangs Uniform consists of the green Mustangs Competition T-Shirt or Singlet and Plain Navy Blue OR Ridgewood Competition Shorts.

The Competition Top must also contain all of the correct numbers and badges affixed in the correct places.

See Picture Below



## WEEKLY SPONSOR

The Mindarie Mustangs would like to thank

**Bakers Direct**

 **bakers direct**

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

Please support this business.



## AWA Go for 2 & 5 COMPETITIONS

**RETURNS FRIDAY 11TH 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](http://www.waathletics.org.au)





A number of families have made queries regarding ResultsHQ and availability of results etc. RLAC have been advised that ResultsHQ is no longer compatible with mobile devices. Therefore a laptop/desktop computer will need to be used in order to access the results.

If after using a Laptop/Desktop please email the club with your athlete's name, age group, competition number and the issue and we can follow up with RLAC for you.



## Personal Bests Tally

The Club PB Tally after October 15th sits at 357.

Keep it up everyone.

10 PB's are just around the corner for a number of athletes.

*No Results for Oct 22 until after U10 Boys Shot Put Re-Run*

## 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

## Roster Changes

The Roster allocations have been reviewed based on current club registration. The proposed third jumps pit has also been delayed until the New Year.

As a result, Mindarie LAC will no longer be required (subject to change post-Christmas break) to provide Parent Helpers at High Jump 2. This will affect a small number of families who have already selected their rosters. These families will need to reselect a different roster position. Affected families will be emailed directly.

## Relay Coaches & Teams

Initial Selection for Relay Teams will be made following competition on Saturday 29th October.

RLAC are still seeking volunteers to undertake the role of a relay coach. If you are interested and would like more information please see the RLAC team at the Jetstar/McDonalds tent near end of track.

## Under 10 Boys Shot Put

During competition on Saturday 22nd October a number of U10 Boys incorrectly 'put' the wrong weight shot during the competition. As a result of this, the affected results have been deemed invalid.

In the interests of fairness affected athletes will be eligible to re-contest the event during competition on Saturday 29th October. Affected families will be notified directly.

RLAC wishes to sincerely apologise for the mistake and ensures that new procedures have been adopted to ensure such an occurrence is not repeated.

If you have any queries relating to matters such as this please see a Club Committee Member (Daan [if available]) rather than approaching Centre/Key Officials.

## LAWA Bravehearts Challenge

**Sunday 13th November, WA Athletics Stadium**



Calling ALL U6-U10 athletes.

Here is your opportunity to compete at the WA Athletics Stadium in Claremont.

Events include: 70m, 100m, Long Jump, Throw (Age Dependent) and the Shuttle Relay

Entry is \$10 per athlete and includes a Showbag.

Entries via a Committee Member at Training with cash payment of \$10 to enter.

**ENTRIES CLOSE AT TRAINING ON WEDNESDAY 2ND NOVEMBER!**

*U15-U17 Athletes - Your help is needed - see the LAWA E-News for details.*

Mindarie Mustangs Little Athletics Club



## LAWA – PERTH CHILDRENS HOSPITAL ACTIVITY DAY

**SATURDAY 5<sup>TH</sup> NOVEMBER 2016**

**All proceeds go to The Perth Children's Hospital (formerly PMH) Foundation  
in support of the Artist in Residence Program**

Hospital staff have noted that many of the children spend their days drawing to keep themselves occupied. They have also noted that some of these children are very talented in this area, hence they are employing this artist to encourage and assist the long hours that some of these children spend in the hospital.

**Please support this cause, so that your children are aware they too can help children less fortunate than they are and who cannot enjoy our sport as they can.**



*Bayswater LAC being presented with the trophy for most money raised by a PMH Foundation representative at State Championships 2016*

### New hospital / new look / same purpose

**PMH Foundation has become Perth Children's Hospital foundation.**

"Still, our purpose remains as strong as ever: to ensure the 250,000+ children from throughout WA who are cared for at the hospital each year are given the best possible chance of living their healthiest and happiest lives."

**Please support  
'Kids for Kids'**

RLAC will be conducting a Grand Relay for athletes at 8am on Saturday 5th November. A Gold Coin Donation will be requested for athletes to participate. The clubs will also have a variety of fundraising activities going on.

Mindarie Mustangs Little Athletics Club

 [www.mindarielac.weebly.com](http://www.mindarielac.weebly.com)

 [www.facebook.com/Mindarielac](https://www.facebook.com/Mindarielac)

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