

WRAS Wrablings



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Welcome to 2008

Welcome to another exciting and jam packed WRAS year! It's great to see all of our returning athletes, coaches, managers, friends and family again and to all of you joining the WRAS team for the first time, welcome on board!

Last weekend during our 'Festival of Sport', WRAS inducted 108 athletes and 33 squad staff into 2008/09 programs. This year we have introduced a weightlifting squad into the Academy line up, bringing it to a total of 9 WRAS programs in 2008.

The weekend was chock-a-block with activities including orientation lectures, functional movement screening, physical testing, team building activities, a respect and responsibility lecture with WRAS board member, Beth Shea and an Anti Doping seminar with Dave Baxter from the Australian Sports Anti Doping Authority.



Awards galore at the WRAS 'lympics

The night began with the Opening Ceremony which included an athlete march past, presentation of graduation certificates and lighting of the torch by Paralympian Toireasa Gallagher and was followed by Olympic themed trivia and dinner. Following this was the presentation of formal awards including the Overall Squad and Individual Athlete's of the Year.

Local media personality Phil Cole did a great job as the evening's MC. Huge thank you to CSU Professional Practice student Laura Schwab for her tireless hours spent organising the presentation!

Thanks also to the local businesses that supported the evening by donating prizes and decorations – Annie's Icecream Parlour and Surf Skate and Street Bathurst and the Bathurst Lions Club.

All in all, a fantastic evening was had by all - now we just don't know how to possibly top it for next year!

Congratulations go to winners of the CSU Squad Athletes of the Year:

Basketball – Mitchell Mavrak and Olivia Patterson
Basketball Senior – Will Aisake
High Performance – Rachel Murray
Hockey Women - Molly Bright
Hockey Men - Dylan Smith
Lawn Bowls – Tim Wilkinson
Lone Star – Adam Safarik
Netball - Alice Hazelton
Softball – Matthew Death
Tennis – Lucy Bremner
Triathlon – Brooke Parker

And to recipients of our WRAS Excellence Awards:

John Rodis - Supporter of the Year
Susan Bennett (Softball) - Award for Managerial Excellence
Cate Gardner (Netball) - Award for Coaching Excellence
Samantha Spicer (Netball) - Chairman's Award for Excellence

School of Human Movement Studies Overall Athletes of the Year:

Overall Squad Athlete of the Year – Molly Bright
Overall Individual Athlete of the Year – Rachel Murray



View photos with Flickr

Want to view some photos from last weekend? All you need to do is go to the WRAS website, scroll down to the bottom of the screen and click on one of the photos under the 'Flickr' heading. This will take you into the Academy's online photo stream, so you'll be able to check out your squads photo, pictures from the presentation night and any other photos uploaded over the last few years.

Don't forget we're always after good photos to post, so if you or your parents ever take any, please send them in on a CD or via email so we can share them with the rest of the world!

NSW Selection

Last weekend, five WRAS hockey players travelled to Port Macquarie to compete in the Hockey NSW U13 Indoor State Championship. 22 girls and 17 boys teams competed for the state titles. During the tournament, three girls from Bathurst; Ailie McGarity and Zoe Watts were selected in the NSW U14 team Invitational Championships in January 2009 and Kate Brown was selected in the NSW Blues side.

Two WRAS netball athletes have received news they are through to the next phase of selection for the NSW U17 team. It has been a busy few weeks for Sarah Cooper and Lauren Sheridan travelling from West Wyalong and Young respectively to attend the trials in Homebush last weekend. Following the 15 years Academy Challenge held in September, they also travelled to Sydney last month to attend the NSW 15 years talented athlete program. Both girls will now attend the next phase of selections on 22 November, and WRAS wishes them all the best!

Upcoming Activities

Date	Squad	Details	Venue	Time
15 November 2008	Triathlon	Triathlon	Penrith	TBA
16 November 2008	Hockey	Training day	Orange	8am-2pm
16 November 2008	Basketball	Training day	Young	9am-4pm
2 December 2008	Board	Board Meeting	Bathurst	6pm
6 December 2008	Lawn Bowls	Training day	Parke	9am-4pm
7 December 2008	Hockey	Training day	Lithgow	8am-2pm
7 December 2008	Triathlon	Mudgee or Lithgow Triathlon	Mudgee/Lithgow	TBA
13 & 14 December 2008	Basketball	Training weekend	Bathurst	TBA
14 December 2008	Netball	Training day	CSU, Bathurst	10am-4pm

Satellite sessions will be added to the calendar asap and can be viewed on the WRAS website!

WRAS email

The WRAS email is off to a flying start with pretty much all athletes accessing it in the last week! The system is there for all WRAS athletes and squad staff to use any time they like, night or day, and is a great way to stay in touch. If you haven't done so already have a read of the email titled 'Welcome to WRAS 2008/09', open the attachment (a list of the 2009 Friends of the Academy), and send an email to fjames@csu.edu.au with a Friend from your town. Unsure how to use your email? Give us a call in the office, we are only too happy to help you work it out!

Free Safe Sport Seminar

The Sporting Injuries Committee in conjunction with NSW Sport and Recreation are next week conducting some workshops for sporting organisations, administrators, facility managers, school teachers and anyone interested in sport in Bathurst and Orange. These free seminar will provide information about corporate governance, risk management, insurance and child protection – all important topics for sporting clubs organisations and schools. The seminars are on:

Bathurst Panthers – Tuesday, 18 Nov 08

NSW Sport & Rec Office – Wednesday, 19 Nov 08

For more information, or if you are interested in attending contact Orange Sport and Rec office on 6362 6623!

WRAS Birthdays

Emily McPhail – 7th November – turning 13

Carl ten Cate – 12th November – turning 16

