

WRAS Wrablings



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Squads get going

It's shaping up to be a busy weekend for WRAS with three squads holding sessions around the region.

On Saturday, WRAS triathletes will be off and racing at the Penrith Valley Napean Triathlon at the International Regatta Centre at Penrith Lakes. The athletes will have some tough competition ahead of them, with over 1100 competitors expected to attend. This triathlon weekend is one of the largest and longest running one of its kind in Australia. Good luck to all the triathletes!

On Sunday. The Basketball and Hockey squad both have training days in the region with the basketballers travelling down south to Young and the hockey athletes converging in Orange.

This is the first weekend that WRAS basketballers have trained in Young, with an athlete from the region selected in this year's WRAS squad and another selected in the satellite training program. Basketball in Young is a growing sport and it's great that WRAS can assist this process by having the basketball squad visit the town. The Hockey squad will train at the Orange Hockey Fields under the direction of Beth Shea this weekend due to Head Coach Wayne Gaynor's Australian Hockey League Coaching commitments. While Wally will be sadly missed this weekend, the squad is in very safe hands with Beth having previously held the position of Head Coach with WRAS as well as coaching at State level and having represented Australia in Hockey.



Strength and Conditioning underway



It's now two weeks since Orientation weekend, and all athletes should be regularly completing their Strength and Conditioning (S&C) programs. The S&C blog has been given a revamp for 2009 with the introduction of online videos (starring own very own High Performance athlete Olivia Patterson!) of each exercise which will help ensure athletes are completing exercises correctly and using the right technique. All athletes can also view their program online in the Strength and Conditioning blog, along with still pictures of exercises, which are perfect for printing out and using to jog your memory when completing the program.

S&C Interns, Ryan and Sarah have been busy attending satellite training sessions for basketball and hockey, compiling the Functional Movement Screening data from Orientation weekend, contacting athletes, returning emails – all on top of their end of year exams for Uni! In the next couple of weeks they will prepare S&C program 2 which will be individualised for each athlete, based on the results of the Functional Movement Screening and physical testing. While the purpose of the initial program is to build up a base level of strength and stability, these 2nd programs will aim to correct any imbalances and faulty movement patterns. Following this, athletes will be ready to leap ahead in terms of strength and fitness and will see some great results!



Don't forget, if you live in Bathurst, are passing through town or want to make a special trip, the interns are here for you to make appointments with for face to face sessions. All you need to do is go onto the S&C blog and select the link 'Request an S&C Consultation' then wait for a response by email or phone. You can also email or phone the interns on the details included in the S&C information sheet in your manuals. It's a great idea to keep them up to date with your progress and ask any questions you or your family may have about the program.

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
17 November 2008	Basketball	Satellite training	Bathurst Stadium	4.30-6.30pm
17 November 2008	Hockey	Satellite training	Bathurst HC	5-6.30pm
17 November 2008	Hockey	Satellite training	Orange HC	4.15-6pm
18 November 2008	Lawn Bowls	Home training	Own club	Afternoon
19 November 2008	Basketball	Satellite training	Gilgandra	4.30-6.30
19 November 2008	Hockey	Satellite training	Lithgow HC	5.30-7pm
19 November 2008	HP Hockey	Training	Lithgow HC	5.30-7pm
19 November 2008	Hockey	Satellite training	Parkes HC	5-6.30pm
21 November 2008	Hockey	Satellite training	Dubbo HC	4.30-6pm
24 November 2008	Basketball	Satellite training	Bathurst Stadium	4.30-6.30pm
24 November 2008	Hockey	Satellite training	Bathurst HC	5-6.30pm
24 November 2008	Hockey	Satellite training	Orange HC	4.15-6pm
25 November 2008	Lawn Bowls	Home training	Own club	Afternoon
26 November 2008	Basketball	Satellite training	Gilgandra	4.30-6.30
26 November 2008	Hockey	Satellite training	Lithgow HC	5.30-7pm
26 November 2008	Hockey	Satellite training	Parkes HC	5-6.30pm
28 November 2008	Basketball	Satellite training	Young	6-7.30pm
28 November 2008	Hockey	Satellite training	Dubbo HC	4.30-6pm
1 December 2008	Basketball	Satellite training	Bathurst Stadium	4.30-6.30pm
1 December 2008	Hockey	Satellite training	Bathurst HC	5-6.30pm
1 December 2008	Hockey	Satellite training	Orange HC	4.15-6pm
2 December 2008	Board	Board Meeting	Bathurst	6pm
2 December 2008	Lawn Bowls	Home training	Own club	Afternoon
3 December 2008	Basketball	Satellite training	Gilgandra	4.30-6.30
3 December 2008	Hockey	Satellite training	Lithgow HC	5.30-7pm
3 December 2008	Hockey	Satellite training	Parkes HC	5-6.30pm
5 December 2008	Basketball	Satellite training	Young	6-7.30pm
5 December 2008	Hockey	Satellite training	Dubbo HC	4.30-6pm
6 December 2008	Lawn Bowls	Training day	Parkes	9am-4pm
7 December 2008	Hockey	Training day	Lithgow	8am-2pm
7 December 2008	Triathlon	Mudgee or Lithgow Triathlon	Mudgee/Lithgow	TBA
8 December 2008	Basketball	Satellite training	Bathurst Stadium	4.30-6.30pm
9 December 2008	Lawn Bowls	Home training	Own club	Afternoon
10 December 2008	Basketball	Satellite training	Gilgandra	4.30-6.30pm
10 December 2008	HP Hockey	Training	Lithgow HC	5.30-7pm
13 & 14 December 2008	Basketball	Training weekend	Bathurst	TBA
14 December 2008	Netball	Training day	CSU, Bathurst	10am-4pm
15 December 2008	Basketball	Satellite training	Bx Pool recovery	4.30-6.30pm
16 December 2008	Lawn Bowls	Home training	Own club	Afternoon
17 December 2008	Basketball	Satellite training	Gilgandra	4.30-6.30pm
19 December 2008	Basketball	Satellite training	Young	6-7.30pm
23 December 2008	Lawn Bowls	Home training	Own club	Afternoon

Vote for Kurt!

It has been another fantastic year for WRAS Hall of Fame athlete Kurt Fearnley and as a result he has been nominated in the 'Sports Performer Awards' in the category of 'Performer of the Year with a Disability'. The list of nominees for these awards is put together by a panel sports industry professionals and winners are voted for by the Australian public. If you'd like to vote for Kurt or any other of the inspirational athletes nominated for these awards you can do so online at:

<http://sportsawards.smh.com.au/category.php?i ntcategoryid=2>.

Good luck Kurt!

