

WRAS Wramblings



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Clubs NSW Academy Games

Last weekend, two WRAS squads travelled to Armidale to take part in the NSW Academies of Sport 'Academy Games'. The basketball and hockey athletes had to hit the ground running, arriving in Armidale at lunch time and starting on the court and field not long after.

An Opening Ceremony was held on the Friday night of the games as an official welcome to all of the Academies and teams involved and this included an athlete march past and reading of the Athlete Oath.

The male and female basketball teams played at the Den Stadium at Armidale High School and competed against athletes from the Central Coast, Hunter, North Coast and Southern Academies of Sport. Both teams did a fantastic job making it through to the semi-finals of the tournament on the Sunday with only six players in each team.

The Academy Games hockey tournament was a huge event with teams from Hunter, Illawarra, North Coast, Northern Inland Southern and South West Sydney Academies of Sport and invitational sides from the Sydney Academy and the NSW U18 girls squad who played in the men's competition. No scores are recorded for the hockey competition as the purpose of the tournament is game development in a friendly non-pressure environment. Both WRAS sides did the Academy and the region proud with their attitude and performance.

This was the last event of the 2009 program for both the Basketball and Hockey squads and an enjoyable weekend was had by all.



Athlete Education Day

An athlete education day was held on Friday 24 April to provide WRAS' top level athletes with development on a range of topics. This is the third year the Academy has conducted the day which is an event for athletes in the High Performance, Basketball Senior and Lone Star squads and selected athletes in other squads who are representing at a state level.

The day commenced with some team building and ice-breaker games to help warm the athletes up and get everyone in the right mindset to listen and learn. Following this Dr Eric Drinkwater took the athletes through a lecture on 'Why all athletes need strength training' to help them understand the science and benefits behind strength and conditioning. Strength and Conditioning intern Ryan Nelson presented a lecture on Sports Nutrition and a practical session on Plyometrics. WRAS Executive Officer also spent some time with the athletes explaining the American School and College sporting system as some WRAS athletes could be eligible for all expenses paid for scholarships because of their sporting talent.

The day finished with athletes learning about Time Management and going through some practical examples on how they can plan their lives and help get everything done.



Hannah makes state side

WRAS Basketball athlete Hannah Lepaio has received the exciting news that she was selected in NSW U16 team to compete at the National Championships in Tasmania on the 11-18 July 2009. This is an exciting achievement for Hannah as she is in the bottom age group for this team and will be eligible for selection in next year's side as well. Hannah is currently away in South Australia cheering on her big sister Haylee who is playing with the NSW U18 side at the National Championships.



WRAS AGM

The WRAS AGM will be held at Bathurst RSL in the Heritage Room on 18 May 2009. Information and nomination forms for board positions are now on the WRAS website.
The WRAS 2008 Yearbook can also be downloaded from the website in the 'downloads' section.

NSW U21 State side

Four past and present WRAS hockey athletes are currently away at the U21 National Championships in Homebush playing for the state. Tamsin Lee, Claire McGarity, Mardi Watts and Jade Warrender have all put in spectacular performances for NSW and have contributed to getting the side to the Semi Finals against Western Australia on Friday. Good luck to all the girls for the remainder of the tournament!

Upcoming Activities

Date	Squad	Details	Venue	Time
24 April 2009	Invited athletes	Education day	CSU, Bathurst	10am-4pm
1-3 May 2009	Coaches	COACH the COACH	CSU, Bathurst	See program
4 May 2009	Board	Board meeting	Phone	6pm
10 May 2009	Netball	Training day	Molong Central School	10am-4pm
18 May 2009	Members	Annual General Meeting	Bathurst RSL	6pm
18 May 2009	Board	Board meeting	Bathurst RSL	Following AGM
31 May 2009	Netball	Training day	CSU, Bathurst	10am-4pm

WRAS Birthdays

Adam Kastelein – 18 April

Luke Simms – 19 April

Nick Abraham – 28 April

Bryce Hitchcock – 14 April

Athlete profile – Jade Warrender

This profile appeared in the NSW Institute of Sport hockey ETS program newsletters:

Jade lives in Orange and is a member of the Western Region Academy of Sport high performance squad. She has been playing hockey since she was 4 years old.

Achievements:

- 2009 – NSW U21 team, NSW U18 team
- 2008 – NSW U18 team, NSW All Schools team, Australian U16 Schoolgirls team
- 2007 – NSW U15 team, NSW All Schools team, Australian U16 Schoolgirls team

Awards:

- 2007 – Player of the tournament at U15's and U16's, WRAS Athlete of the Year

Greatest Influence - Peter Shea, family and boyfriend

Favourite athlete - Billy Slater because he is fast, exciting and creates game winning opportunities

Future goals - NSW AHL team, the Arrows

Preferred position - Midfield

Best piece of advice - 'Always look forward because if you're constantly looking back over your shoulder you focus on the past and forget the future'

Career highlight - Selection in 2009 NSW U21 team.

Jade was recently involved in attending several training sessions with the national coach, Frank Murray, along with several other NSWIS ETS athletes.

