

# WRAS Wramblings



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## Bowling into Dubbo

This Saturday the Lawn Bowls squad will head to Dubbo for a training day at the Railway Bowling club. It will be a smaller group than usual for the training session with several athletes away at tournaments around the region. This will allow those who are attending the day to get some invaluable one on one coaching from the Academy's experienced coaches and focus on particular areas needing improvement.

In Lawn Bowls news, several WRAS bowlers attended the selections for the western region school sports secondary lawn bowls squad on Wednesday this week. Thomas Staff and Alex Milgate were both selected in the squad and Ashlee Meyers is 1<sup>st</sup> reserve. Congratulations to these athletes!



## Triathletes



Following on from his success at the NSW All Schools Triathlon, WRAS triathlete Nathan Bankovic travelled to Tasmania in March to compete in the 2009b School Sport Australia National All Schools Triathlon Championships. Nathan placed 6<sup>th</sup> overall in the individual junior race for athletes in the 12-13 year age group and was the first NSW athlete to cross the finish line. Nathan also took part in the teams event at the championships and his side place third. These are spectacular achievements for the junior athlete who has a very bright future ahead of him! Also in March, WRAS High Performance triathlete Matthew Pellow travelled to Murray Bridge, South Australia to take part in the Murray Man Long Course triathlon. Competitors in the gruelling event swam 2km, rode 60km and ran 15km and included some of Australia's triathlon pro's. Matt placed 2<sup>nd</sup> in his 18-19 age category and 10<sup>th</sup> overall in the males which is a truly outstanding result for such a young athlete.

Keep an eye out for Matt in the future, WRAS just might have an ironman in the making!



## Mitch makes Australian side

WRAS High Performance basketball athlete Mitch Mavrak this week received the exciting news he has been selected in the Australian Boomerangs – the national men's basketball side for athletes with an intellectual disability. This selection is testament to the hard work Mitch and his family have put in over the last year, travelling to regular Boomerang training sessions and selection trials and putting in hundreds of hours in individual training sessions. Mitch and the rest of the Boomerangs will now travel to the Czech Republic in July to take part in the 2009 INAS-FID Global Games.

**Congratulations Mitch!**



## COACH the COACH 2009 is coming!

The program for COACH the COACH has now been finalised and will be uploaded to the website in the coming days. WRAS has assembled a line up of top quality presenters who will deliver a range of sessions which will be interesting and useful for coaches of all levels.

The registration closing date is fast approaching, Thursday 9 April (before Good Friday) so get in quick to secure your place at the conference! Registration forms and the program can be accessed at the [www.coachthecoach.com.au](http://www.coachthecoach.com.au) or by contacting the Academy on 6338 4821 or [fjames@csu.edu.au](mailto:fjames@csu.edu.au)



## COACH THE COACH 2009

### Hockey players in Emerging Athlete Program

Names of athletes in the NSW Institute of Sport hockey emerging athletes program (EAP) were released this week and four of the WRAS alumni have been included. Jade Warrender is in the program as a tier 1 athlete, which includes players targeted for the Junior World Cup in 2013. Molly Bright, Claire McGarity and Mardi Watts are all in the NSWIS EAP tier 2 program which focuses on NSW representative players. Congratulations to all four girls!

### Upcoming Activities

Date	Squad	Details	Venue	Time
4 April 2009	Lawn Bowls	Training day	Dubbo	10am
5 April 2009	Netball	Training day	West Wyalong	10am-4pm
17-19 Apr 2009	Basketball	ASi Games	Armidale	TBA
17-19 Apr 2009	Hockey	ASi Games	Armidale	TBA
22 April 2009	Netball	U19 Nationals	Canberra	TBA
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	Bathurst	6pm

### WRAS Birthdays

Lauren Sheridan – 5 April

Ashlee Meyers – 9 April

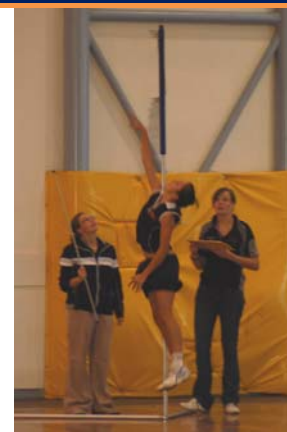
Tim Wilkinson – 10 April

Freya Roebuck – 11 April

Claire McGarity – 14 April

Mitch Mavrak – 14 April

### Thanks TASS!



Thanks to the members of the CSU School of Human Studies Testing and Sports Science team for the effort conducting the final physical testing of WRAS squads over recent weeks!