

# WRAS Wrablings



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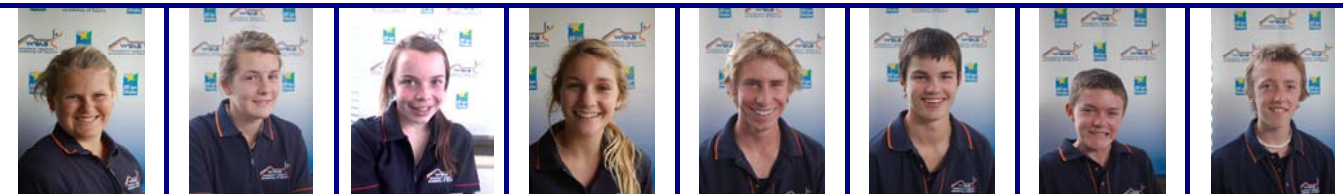


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## Hockey selections

It's been an exciting week for WRAS with 8 current hockey squad members receiving selection in NSW squads. Female hockey athletes Kate Brown, Madeline Bott, Ailie McGarity and Zoe Watts have all been selected in the NSW U15 Girls squad. The girls will attend a high performance camp in July where the final selections for the team will be completed. Current hockey athletes Tim Eslick, Nick Hill, Nick Milne and Jacob Townsend have been selected in the NSW U16 boys All Schools squad. The squad will attend a Talented Athlete camp in Narrabeen in June. Successful athletes chosen in the final All Schools team will travel to Mackay in August to compete in the 2009 School Sport Australia Hockey Championship.

**Congratulations to all these athletes!**



## Work Experience – Alex Miller



The WRAS office has been a hive of activity this week with Bathurst High School student Alex Miller helping out the WRAS staff. Alex has spent the week experiencing what it is like to be a Sports Administrator and has done a great job. Here's a little bit about Alex:

*My name is Alex Miller, I have lived in Bathurst all my life. I'm am currently attending Bathurst High School, my electives are Music and Commerce. The subjects I most enjoy are maths, geography and music. In year 11 & 12 I plan on doing physics. I play a wide range of sports I like to try anything. I play cricket in the summer and was selected to represent Bathurst. Later in the season I was selected to go to a Mitchell District 4 day cricket competition. I play soccer in the winter and played district for a few years and got sick of travelling. In between all this I play lawn bowls, snooker, touch football, table tennis and played basketball for a while. My hobby is playing guitar.*

**Thanks Alex for all your hard work!**

## WRAS AGM

The WRAS AGM will be held in the Heritage Room at Bathurst RSL on Monday 18 May 2009 at 7pm.

**The WRAS 2008 Yearbook can now be downloaded from the website in the 'downloads' section.**

## Rookie Camps

Details and nomination forms for the WRAS Rookie Camps being held in July, are in the 'downloads' section of the WRAS website. All camps are at CSU, Bathurst campus and are live-in.

Camp details are –

Basketball – 10-12 July – athletes born 1995 to 97 and attending Secondary School in 2009

Hockey – 19-21 July – athletes born 1993 to 1996

Lawn Bowls – 12-14 July – athletes born on or after 18 July 1992 and attending Secondary School in 2009

Netball – 18 to 20 July 2009 – athletes born 1993 to 1996

Triathlon – 10 to 12 July 2009 – athletes to be 17 years old (max) on 1 Feb 2010 and attending Secondary School in 2009

Details and nomination forms can be downloaded from [www.wras.org.au/downloads/](http://www.wras.org.au/downloads/)

The Rookie Camps aren't just for western region athletes, but also coaches looking to further their development. Please pass this information onto anyone you think may be interested in attending.

## 2010 NZ Netball Tour - Mother's Day Raffle Winners

	Prize	Winners
Prize 1	Foils Cut and Blowdry	Kirrilly Adams
Prize 2	Nail Spa Treatment	Heidi porter
Prize 3	Breville Aroma fresh coffee maker	Rebecca Cooper
Prize 4	Wiltshire 8 piece knife box set	Danielle Tilley
Prize 5	Rituelle pamper kit (Body cream, soap)	Michael Grey
Prize 6	Pink Happiness pamper pack (body spray, moisturizer, eau de toilette spray, body exfoliate, shimmer powder)	Anne Shepherd
Prize 7	Body shop pamper pack (hand cream, bath & shower cream, Body lotion, soap, foot lotion)	Mrs Whiley
Prize 8	Burnes of Boston Silver 8x10 photo frame	K Williams
Prize 9	Adidas socks and pink cap	Sarah Cooper
Prize 10	GBS sweet hat chocolate set	Anita Norman
Prize 11	Maxwell Williams blue ribbons fine china mugs- set of two	Lance Payne
Prize 12	Special Mum china cup and saucer	Christy Black
Prize 13	Vue set of 6 hi ball tumblers	Di Watt
Prize 14	Canterbury rose talc body lotion & Maddigan Purse	Mrs Meredith
Prize 15	Target gift card	Lance Payne
Prize 16	Maddigan pamper kit (Body lotion, shower gel, talc & soap)	Laura Kable
Prize 17	Vielle Luttre beach body cream	Pat Donaldson
Prize 18	Sushi Kit	Kelsey Gray
Prize 19	10 piece Lantern string light	Tierra Hausia

## Strapping course in Bathurst

Sports taping is an important skill for coaches, trainers, administrators, teachers, parents and players involved in sport. This sports taping workshop will be run by an experienced presenter who is ready to help develop attendees skills, knowledge and ensure safety in the sporting arena. Correct sports taping can help prevent injury and also help with injury rehabilitation.

### Elasto Strapsmart

This level one sports taping workshop offers the beginner technical and practical advice about strapping athletes. Ankles, fingers and thumbs are covered in this workshop.

### Advanced sports taping

Level two is an advanced workshop aimed at providing participants with extensive knowledge of sports taping and the prevention of injuries. The workshop covers shoulders, knee, foot, shin and elbow injuries. Prerequisite: Elasto Strapsmart course.

### Upcoming workshops

**Cost per workshop is \$60.** Bring pens and paper and wear comfortable casual clothing. Please go to [www.wras.org.au/downloads/](http://www.wras.org.au/downloads/) and download the Sports Taping Courses form. For more information call NSW Sport and Recreation on 6362 6623.

Town	Elasto Strapsmart	Advanced Taping	Venue
Bathurst	Monday 1 June, 2009 6.30pm – 9.30pm	Wednesday 3 June, 2009 6.30pm – 9.30pm	Bathurst Physiotherapy, 195 Russell St Bathurst

**Registrations close Monday 25 May so get in fast!**

## WRAS Birthdays

Jade Warrender (High Performance) – 20 May

## Upcoming Activities

Date	Squad	Details	Venue	Time
18 May 2009	Members	Annual General Meeting	Bathurst RSL	7pm
18 May 2009	Board	Board meeting	Bathurst RSL	Following AGM
31 May 2009	Netball	Training day	CSU, Bathurst	10am-4pm