

WRAS Wramblings



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High performance on the world stage

High Performance hockey player Jade Warrender will depart for Japan early next week as a member of the Australian Women's Junior World Cup squad. The trip is a preparation pre-tour to the Junior World Championships which will be held in Boston, USA in August. Selections for the final team to travel to the championships in America will be completed once the squad returns from Japan.

High Performance basketball athlete Rachel Murray has been selected in the Australian U20 basketball team to compete in the FIBA Oceania Championships in Saipan in June. Rachel is no stranger to representative honours as she has been a part of the U16, U18 and U20 NSW teams, however being selected in an Australian side is an exciting new challenge for her. She has also recently been offered a scholarship to Seattle Pacific University where she will study and play basketball for the college team the 'Falcons'. The team is part of the Great Northwest Athletic Conference in America and compete against colleges from Washington and Alaska.

Good luck Jade and Rach!



Bowls News

WRAS Lawn Bowls athlete Tim Wilkinson of Coonabarabran has this week received selection in the NSW U18 bowls squad. Tim is ecstatic with his selection as it follows many years of hard work and dedication to the sport. Well done Tim!

In more bowls news, WRAS graduates Stacey Woodhouse and Cassandra Ford have been selected in NSW U25 teams. Both girls will represent the state in a test series against Queensland in Lawnton QLD.

Congratulations and good luck to these bowlers!



John Hickey to coach at the Triathlon Rookie Camp

Triathlon NSW and the Western Region Academy of Sport are proud to announce that John Hickey, highly experienced and well respected NSW coach, will be head coach at the 2009 Triathlon Rookie Camp. The three day camp will be held from Friday 10 July to Sunday 12 July at Charles Sturt University, Bathurst.

John comes with a wealth of experience being Triathlon NSW's Assistant Coach, Northern Inland Academy of Sport head coach and has become well known for his coaching success throughout NSW. The camp will be a great opportunity for Western Region athletes and coaches to train alongside John and learn from his immense experience.

For more information on the Triathlon Rookie Camp or WRAS program please contact the Academy office as soon as possible on 6338 4821.



New addition to the WRAS team



The WRAS office is proud to announce a new addition to the team! Rachel Murray will be working in the WRAS office on Monday, Tuesday, Thursday and Friday each week from now until early September. Rachel has been an athlete with the Academy since 2004, having been a member of the basketball, lone star and high performance squads. Rach will be working with WRAS until she leaves for the USA on a college basketball scholarship.

Welcome to the team Rach!

Featured friends

Please support those who support WRAS! This week's featured friends are -

Mark A Cordato	<i>Bathurst</i>	Sarah and Josh Cowan	<i>Bathurst</i>
R & K Gas Supplies	<i>Lithgow</i>	Rock Sounds	<i>Lithgow</i>
Video Ezy Lithgow	<i>Lithgow</i>	John Davis Motors	<i>Orange</i>
Robin Hood Hotel	<i>Orange</i>	Scarrs Printing	<i>Orange</i>
Nev's Butchery	<i>West Wyalong</i>	Wyangala Fishing Club	<i>Wyangala Dam</i>

Upcoming Activities

Date	Squad	Details	Venue	Time
29 May 2009	Rookies	Rookie camp nominations close	WRAS office	5pm
31 May 2009	Netball	Training day	CSU, Bathurst	10am-4pm
3 June 2009	WRAS	Condobolin Netball Gala Day	Condo	9am-3pm
June/July	RACE	COMING SOON!	TBA	TBA

WRAS Birthdays

Nick North (High Performance: Triathlon) – 4 June

