

WRAS Wrablings



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RACE

This year's RACE Lectures are soon approaching! These educational lectures are held throughout the western region and provide valuable information to athletes, coaches, parents, staff, students and community members.

The topics include 'Sports Gadgets-all the tricks and toys and how to use them', 'Why all athletes need strength training' and 'Sports nutrition'. We are lucky enough to have a number of lecturers including Dr Steven Bird, Dr Eric Drinkwater, Felicity James, Sarah Febrey, Ryan Nelson and Alistair Murphy.

It is compulsory for all WRAS athletes and squad staff to attend as it is an important component of the program. If there are any questions, issues or if you would like more information please contact the WRAS office.

Haylee Lepaio achieves a double selection



WRAS graduate basketball athlete, Haylee Lepaio was recently selected in the NSW All Schools Basketball team which will travel to Newcastle to compete in the All-Schools tournament from the 9-14 Aug. Haylee was selected in this team following her great performance at the All-Schools Tri Series Tournament where she played an integral role in the Combined High Schools Team.

Haylee has also been selected in the CHS Western Region Netball Team. Congrats Haylee and good luck!!

Western Girls Netball Team

Congratulations to Danielle Turner, Claire Rodgers, Tierra Hausia, Sarah Cooper, Lauren Williams and Haylee Lepaio for their recent selection in the Western Region Combined High Schools Netball Team. The girls will be travelling to Menai on 9 August to compete in the NSW Combined High Schools competition and from here they are eligible to be selected in the NSW Combined High Schools Team. All the best girls!



Lawn Bowls

The Lochiel Pairs Junior Championships set down for Mudgee on 20 and 21 June has been cancelled, due to insufficient entries. Consequently the WRAS singles and pairs championships will now be played at Dubbo Railway Bowling Club on Saturday 20 June commencing at 9am
For more information contact John Rodis.

Tim Wilkinson

Tim has been selected as one of 12 boys in the NSW State Junior U/18 Training Squad. The State Test teams and the Australian Championship team, of 5 boys, will be selected from the squad.

Tim will also be travelling to Warilla to compete in the zone 4 pairs competition in July and then the Zone 4 seven-a-side team to compete against the other 16 zones during August in Wollongong.
Good luck Tim!



Featured friends

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

R Lorimer Shell Service Station	Lithgow	Brian Gooley	Mudgee
Video Ezy	Lithgow	Telescope Tyres & Batteries	Parkes
Westend Newsagency	Lithgow	Matt B Concreting	Young
Lynne Dinner	Mudgee	Jody Thornberry	Young
Peter Rawlinson	Mudgee	Tester Porter Services	Wyangala

Upcoming Activities

Date	Squad	Details	Venue	Time
20 June 2009	Lawn Bowls	WRAS Championships	Dubbo Railway Bowling Club	9am Start
22 June 2009	WRAS	RACE Lectures	Orange City Bowling Club	7-8:30 pm
23 June 2009	WRAS	RACE Lectures	CSU S15, Bathurst	7-8:30 pm
25 June 2009	WRAS	RACE Lectures	Oberon HS	Contact Office
28 June 2009	Netball	Training Day	Cowra	10am-4pm
29 June 2009	WRAS	RACE Lectures	Dubbo Railway Bowling Club	7-8:30 pm
29 June 2009	WRAS	RACE Lectures	West Wyalong HS	Contact Office
29 June 2009	WRAS	RACE Lectures	Henry Lawson HS	Contact Office
29 June 2009	WRAS	RACE Lectures	Forbes Sport and Rec Club	7-8:30 pm
30 June 2009	WRAS	RACE Lectures	Gilgandra HS	Contact Office
30 June 2009	WRAS	RACE Lectures	Mudgee Physio	7-8:30 pm
30 June 2009	WRAS	RACE Lectures	Parkes Council-Conventry Room	5-6:30pm
1 July 2009	WRAS	RACE Lectures	Millard Centre-Boorowa St Young	4:30-6pm
1 July 2009	WRAS	RACE Lectures	Cowra Library Multi Purpose Room	7:30-9 pm
6 July 2009	WRAS	RACE Lectures	Lithgow Workies Club	7-8:30 pm
9 July 2009	WRAS	RACE Lectures	CSU Gym, Bathurst	7-8:30 pm

WRAS Birthdays

Dylan Smith (High Performance - Hockey) 12 June	Sarah Melhuish (Hockey) 17 June	Mikaela Cato (Basketball) 19 June
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