

# WRAS Wramblings



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## WRAS Jillaroos

Last Friday WRAS received the exciting news that WRAS graduates Tamsin Lee and Rachel Miller and current athlete Jade Warrender have been selected in the Australian Hockey Jillaroos. The Jillaroos are the female U21 squad that will compete in the Junior World Cup in Boston, USA in August. This is a phenomenal achievement for the girls and a great accomplishment for all the wonderful hockey coaches who have been involved in the WRAS program over the past 10 years. All the best girls, we'll watch your progress at the tournament with interest!



## WRAS Lawn Bowls Championships

Last Saturday, the WRAS Lawn Bowls Squad competed in the WRAS Singles and Pairs Championship. The event was held at Dubbo Railway Bowling Club.

In the singles event, Tim Wilkinson defeated Joshua Bohanna. The pairs championship was won by Alex Milgate and Joshua Bohanna who defeated Thomas Staff and Ashlee Meyers.

The squad's last event of the 2009 program is a tournament in Canberra against the ACT which will be held on 8 & 9 August.

Congratulations to all involved for another great WRAS Championships!



## Minister visits WRAS



NSW Minister for Sport and Recreation The Hon. Kevin Greene MP visited Bathurst earlier this month as part of the government's cabinet meeting held in the town. Minister Greene spent an hour with WRAS staff learning about the Academy, the benefits provided to the community and the significant challenges faced by WRAS and other regional Academies. WRAS greatly appreciates Minister Greene for providing us with some of his time and his ongoing support of the Academies in NSW.

## Basketball stars



High Performance basketball athlete Rachel Murray spent this week in Saipan competing in the FIBA Oceania Championships as part of the Australian U20 basketball team. The team has had a very successful tournament so far winning all of their four round games and winning the semi-final match against Guam today with a score of 68 to 33. The team will now play New Zealand in the final later this evening. Good luck Rach, look forward to having you back next week!

Fellow basketballer Mitch Mavrak leaves today for the Czech Republic where he will take part in the 2009 INAS-FID Global Games as a member of the Australian Boomerangs. The Boomerangs are the Australian Men's side for athletes with an intellectual disability. Good luck Mitch and all of the Boomerangs for the games!



## Netballers to train in Cowra

The WRAS netball squad will head to Cowra this Sunday for an intensive day of training. The netballers will train at Cowra High School under the direction of head coach Cate Gardner and assistance coaches Tegan Dray and Trish Williams. Local athletes and coaches are more than welcome to attend the day to learn some of the latest training techniques and witness a pre-elite level netball session.

## Featured friends

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

Bathurst Physiotherapy	<i>Bathurst</i>	All Service Motors	<i>Cowra</i>
B & G Wilkinson Lawn Mowing	<i>Coonabarabran</i>	Post Office Hotel	<i>Forbes</i>
Ali Baba	<i>Lithgow</i>	Baskers Delight	<i>Lithgow</i>
Cudgeegong Valley Motel	<i>Mudgee</i>	Abraham International Pty Ltd	<i>Orange</i>
Bloomfield Hockey Club	<i>Orange</i>	Country Rentals	<i>Parkes</i>

## Upcoming Activities

Date	Squad	Details	Venue	Time
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- Coventry 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
8 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



Kellie Watson  
(Netball)  
26 June



Brooke Parker  
(Triathlon)  
29 June