

WRAS Wrablings



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Netball NIB Games

Last Tuesday the WRAS Netball squad headed to Maitland to compete in the 2009 NIB Games. The Division 1 team had a successful time away and were able to come home with particularly impressive victories against the Sydney Rubies and the Illawarra Academy, which is an exceptional achievement! The Division 2 team completed the week in the highest placing position that they have received since first competing in the NIB Games as equal third.

With the help of recovery sessions the girls were able to maintain an optimal level of intensity throughout the eight games enabling them to achieve such great results!

Congratulations to both teams!

Special thanks to Saan Williamson who umpired over the week, coaching and managerial staff for their efforts and to Simone Kerrison for helping out with food. Also congratulations to Saan who received her National B Badge as recognition for all of her hard work that she has put into umpiring recently.



Mark crosses the line in second place in the final stage!



Graduate and WRAS Hall of Fame athlete, Mark Renshaw, of Team Columbia, has completed the 21st and final stage of the Tour de France in second spot. The final leg of the race saw Mark cross the finish line just metres behind team mate Mark Cavendish.

Overall Team Columbia won stages 2, 3, 10, 11, 19 and 21 over the three week race where they covered 3459.5 km. After being unable to complete the 2008 Tour de France due to illness, Mark's aim for this year's race was to help team captain Cavendish win as many stages as possible and he definitely did this!

Congratulations Mark and Team Columbia!



Cassie Ford – Lawn Bowls

Graduate WRAS athlete, Cassie Ford was a member of the victorious NSW team that recently won the NSW versus Queensland shield. Despite only being 19, Cassie was selected in the under 25 team that competed in three test matches. Her age was definitely not a disadvantage as Cassie proved her position in the team through her extensive contribution throughout the tests. The team ended the competition winning all three games. Congratulations Cassie and good luck in the future!

Featured friends

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

Sarah and Josh Cowan	<i>Bathurst</i>	Dara Pastoral Co	<i>Cowra</i>
Wyangala Social Bowling Club	<i>Wyangala</i>	John Davis Motors	<i>Orange</i>
Video Ezy	<i>Lithgow</i>	Westend Newsagency	<i>Lithgow</i>
Phillip Price	<i>Mudgee</i>	The Wright Honey	<i>Orange</i>
Whitey's Pies	<i>Orange</i>	Telescope Tyres & Batteries	<i>Parkes</i>

Upcoming Activities

Date	Squad	Details	Venue	Time
3 Aug 2009	WRAS	Board Meeting	Teleconference	TBA
5 Aug 2009	Basketball	Basketball Nominations Close	-	-
8-9 Aug 2009	Lawn Bowls	Test - V ACT	Canberra	TBA
9 Aug 2009	Basketball	2009/10 Basketball Trials	CSU, Bathurst	10am-3pm
12 Aug 2009	Hockey, Netball, Lawn Bowls, Triathlon	Nominations Close	-	-
16 Aug 2009	Netball	2009/10 U15's Trials	Centrepont, Blayney	10-12 noon
16 Aug 2009	Netball	2009/10 Netball Squad Trials	Centrepont, Blayney	1-4pm
21 Aug 2009	Basketball Snr, High Performance, Officiating	Nominations Close	-	-
26 Aug 2009	Hockey	2009/10 Hockey Trials	Cooke Hockey Complex, Bathurst	Female: 4:45-7:45pm Male: 6-9pm
6 Sep 2009	Triathlon	2009/10 Triathlon Trials	Bathurst Aquatic Centre	10am-

WRAS Birthdays

Danielle Turner
(Netball)
4 August



WRAS Rookie Camp Selected Athletes

BASKETBALL			LAWN BOWLS		
Timothy	Abraham	ORANGE	Jarrod	Andrews	FORBES
Luke	Anderson	DUBBO	Jake	Carman	DUBBO
Allira	Ashby	GILGANDRA	Mark	Cowan	BLAYNEY
Andre	Carter	DUBBO	Christopher	Graham	MUDGEE
Nikki	Collins	KELSO	Cody	Graham	MUDGEE
Bronte	Covington	BATHURST	Brent	Lees	LYNDHURST
Kahleisha	Furner	KELSO	Alex	Milgate	GILGANDRA
Bradly	Heidtmann–King	YOUNG	Skye	Moore	DUBBO
Kharni	Holmes	DUBBO	Nathan	Sutton	BLAYNEY
Charlotte	Jasprizza	ORANGE	Benjamin	Townsend	PARKES
Hannah	Lepaio	BATHURST			
Bradley	Love	BATHURST	TRIATHLON – INVITED TO NOMINATE		
James	Mirkovic	YOUNG	Nathan	Bankovic	BATHURST
James	Niddrie	YOUNG	Tom	Evans	BATHURST - TID
Jayden	Oliver	YOUNG	Tristan	Harrison	ORANGE
Daniel	Pracy	BALLADORAN	Kate	Hazelton	PARKES
Alex	Robinson	GEURIE	Jake	Thornton	BATHURST
Luke	Simms	MONTEAGLE			
Stevie	Smith	GILGANDRA	TRIATHLON – INVITED TO SECOND TRIAL		
Eden	Taylorwood-Roe	LIDSTER	Stephanie	Harrison	ORANGE
Lachlan	Wood	ORANGE	Thomas	Kotzur	DUBBO
			Kate	Moore	MUDGEE
HOCKEY - FEMALE			Jordan	Payne	MUDGEE
Madison	Boyce	KELSO	Joshua	Stapley	BATHURST
Erin	Boyling	LITHGOW	Ayden	Toovey	MUDGEE
Stephanie	Boyling	LITHGOW			
Casey	Hunter	LITHGOW	HOCKEY - MALE		
Amelia	Leard	LITHGOW	Peter	Amor	PARKES
Kymberly	Lucas	DUBBO	Jack	Baker	WOODSTOCK
Cassie	Magill	PARKES	Andrew	Bourke	PARKES
Beth	McGrath	WALLERAWANG	Darcy	Davis	BATHURST
Laura	McIntosh	KINGS PLAINS	Taylor	Dolbel	PARKES
Lisa	Mould	WONGARBON	Jack	Elliot	PARKES
Jodie	Muldoon	KELSO	Lachlan	Menzies	BATHURST
Jessica	Ross	PARKES	Bryan	Stapleton-Moller	MUDGEE
Amie	Sharp	LITHGOW	Dylan	Wakefield	PARKES
Tyla-Maree	Vella	ORANGE	Dylan	Webber	BATHURST
Emily	Williams	LITHGOW			
Sophie	Zachulski	PERTHVILLE			



NETBALL – WRAS TRIALS			NETBALL – 15s		
Brooke	Albert	<i>DUBBO</i>	Gabriella	Bischof	<i>COWRA</i>
Danielle	Barber	<i>NARROMINE</i>	Hannah	Broomby	<i>QUANDIALLA</i>
Nicole	Beer	<i>COWRA</i>	Alice	Collins-Gallagher	<i>ORANGE</i>
Gabriella	Bischof	<i>COWRA</i>	Rebecca	Cooper	<i>W' WYALONG</i>
Hannah	Broomby	<i>QUANDIALLA</i>	Emily	Crutcher	<i>GRENFELL</i>
Laura	Cattle	<i>W' WYALONG</i>	Kendall	Draper	<i>ORANGE</i>
Bridgette	Clarke	<i>FORBES</i>	Lauren	Green	<i>YOUNG</i>
Rebecca	Cooper	<i>W' WYALONG</i>	Tierra	Hausia	<i>DUBBO</i>
Nikela	Coulter	<i>YOUNG</i>	Caitlin	Hawthorne	<i>ORANGE</i>
Emily	Crutcher	<i>GRENFELL</i>	Laura	Kable	<i>ORANGE</i>
Kendall	Draper	<i>ORANGE</i>	Katelyn	Meredith	<i>W' WYALONG</i>
Regan	Draper	<i>FORBES</i>	Grace	Murray	<i>PARKES</i>
Georgia	Duffy	<i>ORANGE</i>	Sophie	Ryan	<i>ORANGE</i>
Elyssa	Haley	<i>FORBES</i>	Molly	Sharpe	<i>ORANGE</i>
Samantha	Haley	<i>FORBES</i>	Olivia	Welch	<i>LITHGOW</i>
Sophie	Hancock	<i>GRENFELL</i>	Lauren	Williams	<i>ORANGE</i>
Fua	Hausia	<i>DUBBO</i>			
Laura	Herbert	<i>FORBES</i>			
Jessie	Hodges	<i>FORBES</i>			
Amy	Hopkins	<i>WYALONG</i>			
Charlotte	Jasprizza	<i>ORANGE</i>			
Nicole	Johnstone	<i>GRENFELL</i>			
Ellie	Lawry	<i>SPRING HILL</i>			
Kate	McCarthy	<i>PERTHVILLE</i>			
Emma	Molloy	<i>YOUNG</i>			
Darcie	Morrison	<i>FORBES</i>			
Grace	Murray	<i>PARKES</i>			
Brooke	Partridge	<i>GULGONG</i>			
Sophie	Ryan	<i>ORANGE</i>			
Taylor	Sanders	<i>MUDGE</i>			
Caitlin	Sharp	<i>BATHURST</i>			
Molly	Sharpe	<i>ORANGE</i>			
Rebecca	Smith	<i>ORANGE</i>			
Ali	Sutton	<i>COWRA</i>			
Courtney	Szloch	<i>MUDGE</i>			
Kayla	Thornhill	<i>PARKES</i>			
Olivia	Welch	<i>LITHGOW</i>			



CONGRATULATIONS AND GOODLUCK WITH SQUAD TRIALS!