

WRAS **W**ramblings



Panorama Avenue, Bathurst, NSW, 2795
Phone: 02 63384821, Fax: 02 6338 4533, Email: nhaslop@csu.edu.au



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Lawn Bowls Achievements

At the beginning of August WRAS Lawn Bowls athlete Ashlee Meyers and FWAS athlete Claire Bennell participated in the CHS State Pairs Championships. Ashlee and Claire travelled to Warilla for the tournament and came home with a silver medal.

Last week Thomas Staff and Alex Milgate competed in the Western Region team at the NSW Combined High Schools Championships. The competition was held at St Johns Park on 18, 19 and 20 August. The boys completed the week in third position, receiving a bronze medal. Tim Wilkinson was also participating in the competition and was named Most Valuable Player for the Northern Regional team.

Additionally WRAS Graduate athlete Megan Walsh was selected to compete in the Australian Championships that will be held in the Central Coast on 28 September 2009.

Congratulations for all your achievements and good luck to Megan for next month!

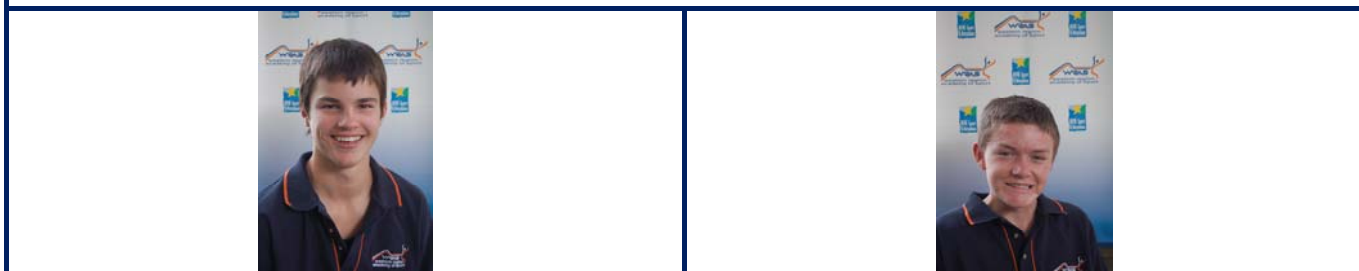


Two WRAS Athletes in U15 NSW Hockey Team

WRAS Hockey athletes Nick Hill and Nick Milne have both been selected in the U15 NSW State team. They will be competing in the National Championships held in Adelaide from 1-10 October 2009.

Selections for the squad occurred at the NSW Under 15 Boys State Championships where both boys caught the eyes of selectors. Following this tournament in May the boys underwent a High Performance training camp in July where the final team was selected.

Nic Milne had double success at the State Championships as he contributed to Lithgow's win over the Central Coast in the second division grand final.



WRAS Seeking Squad Staff

WRAS is currently seeking applicants for squad coaching and management positions for 2010 sport programs. There are positions available for assistant coaches, satellite coaches, apprentice coaches and managers. Applicants can nominate to work with the WRAS basketball, hockey, lawn bowls, netball or triathlon squads.

Squad Staff must be:

- Able to attend all session throughout the program
- Enthusiastic
- Committed
- Flexible
- Positive

Coaching applicants are also required to have at least a beginner coaching principles qualification.

To be considered for a position, applicants need to send a written expression of interest to the Academy via email fjames@csu.edu.au stating their name, position interested in and contact details by 6 September 2009. Further information is available from the WRAS downloads website along with the draft programs for the five sports - <http://wras.org.au/downloads/>. Alternatively you can contact the Academy on 6338 4821.

Featured friends

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

Ted and Genny Brown	<i>Bathurst</i>	Marie and Chris Sanders	<i>Cowra</i>
Wyangala Country Club	<i>Wyangala</i>	Stojanovic Auto Sales & Service	<i>Orange</i>
R Lorimer Shell Service	<i>Lithgow</i>	Rock Sounds	<i>Lithgow</i>
Peter Rawlinson	<i>Mudgee</i>	Darryl Grant Cycles	<i>Orange</i>
Peter Smith Chemart	<i>Orange</i>	Portland RSL Sport & Rec Club	<i>Portland</i>

Upcoming Activities

Date	Squad	Details	Venue	Time
6 Sep 2009	Triathlon	2009/10 Triathlon Trials	Bathurst Aquatic Centre	Commence at 10am
27 Sep 2009	Netball	15 Yrs Training Day	Bathurst CSU	10am-4pm
3-4 Sep 2009	Netball	15 Yrs Tournament	Homebush	TBC
9 Oct 2009	WRAS	2010 Athlete forms and levy due	WRAS Office	Close of Business
19 Oct 2009	WRAS	Board Meeting	TBC	TBC
26 Oct 2009	Triathlon	R1 State Jnr Series	Gunnedah	TBC
27 Oct 2009	Triathlon	R2 State Jnr Series	Gunnedah	TBC
7 Nov 2009	WRAS	Presentation Evening	TBC	TBC
7-8 Nov 2009	2010 Squads	Orientation Weekend	Bathurst CSU	TBC

WRAS Birthdays – up until Orientation

Tim Abraham – 29 Aug
 Michael Dillion – 31 Aug
 Stuart McKenzie – 2 Sep
 Katelyn Meredith – 5 Sep
 Kate Hazelton – 7 Sep
 Tori Pope – 9 Sep
 Thomas Staff – 12 Sep
 Kate Brown – 15 Sep

Karen Lindner – 20 Sep
 Laurence Mifsud – 3 Oct
 Natalie Sharp – 7 Oct
 Jacob Townsend – 12 Oct
 Tristan Harrison – 15 Oct
 Kate Wilson – 16 Oct
 Mikhaila Gray – 17 Oct
 Kate Moore – 19 Oct

Mitchell Gray – 23 Oct
 Jesse Fergusson – 23 Oct
 Megan Walsh – 25 Oct
 Keely Hunter – 24 Oct
 Madeline Bott – 28 Oct