

WRAS Wrablings



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Welcome to 2009

Welcome to another exciting and jam packed WRAS year! It's great to see all of our returning athletes, coaches, managers, friends and family again and to all of you joining the WRAS team for the first time, welcome on board!

Last weekend during our 'Festival of Sport', WRAS inducted 109 athletes and 32 squad staff into 2009/10 programs. This year we have introduced three new squads to the Academy line up – Athletes with a Disability, Golf and Officiating.

The weekend was chock-a-block with activities including orientation lectures, functional movement screening, physical testing, team building activities and a Sports Inclusiveness lecture with CSU lecturer Chelsea Litchfield.



Sports stars shine at the Academy Awards

The Academy Awards themed evening was a great ending to the 2009 WRAS programs. Over 200 guests walked the red carpet at the glitz and glamour evening that recognised the achievements of graduating athletes and squad staff.

Hockeyroo Rebecca Sanders delighted guests when she shared her experiences as an elite level athlete. Rebecca also made the presentation to the 2009 WRAS Hall of Fame inductees fellow Hockey players Tamsin Lee Bathurst, Rachel Miller both formerly of Bathurst and Jade Warrender of Orange. All three girls represented Australia at the Hockey Junior World Championships in August this year.

Local media personality Charlie Croucher did a great job as the evening's MC. Huge thank you to CSU Professional Practice student Emma Dunbar for her tireless hours spent organising the presentation! Thanks also to the Bathurst businesses that supported the evening by donating prizes– Metro Cinemas, Blockbuster Video and Civic Video.

It was a fantastic evening and we can't wait until next year!

Congratulations go to winners of the CSU Squad Athletes of the Year:

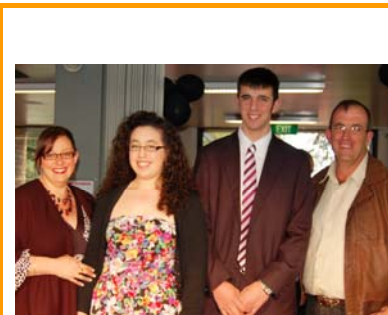
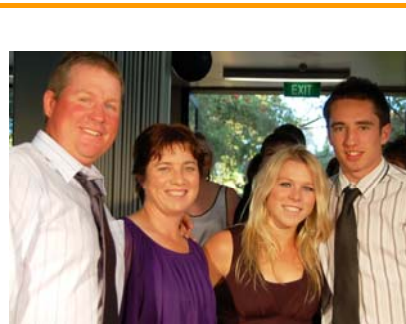
Basketball – Laurence Mifsud
Basketball Senior – Jesse Fergusson
High Performance – Nick North
Hockey Women – Beth Redding
Hockey Men – Tim Eslick
Lawn Bowls – Tim Wilkinson
Lone Star – Adam Safaric
Netball – Danielle Turner
Triathlon – Nathan Bankovic

And to recipients of our WRAS Excellence Awards:

Deb Ford - Supporter of the Year
Anne Redding (Hockey) and Karen Pellow (Triathlon) - Award for Managerial Excellence
John Rodis (Lawn Bowls) - Award for Coaching Excellence
Jacqueline Hawthorne (Netball) - Chairman's Award for Excellence

School of Human Movement Studies Overall Athletes of the Year:

Overall Squad Athlete of the Year – Laurence Mifsud
Overall Individual Athlete of the Year – Nick North



View Photos with Flickr

Want to view some photos from last weekend? All you need to do is go to the WRAS website, scroll down to the bottom of the screen and click on one of the photos under the 'Flickr' heading. This will take you into the Academy's online photo stream, so you'll be able to check out your squad's photo, pictures from the presentation night and any other photos uploaded over the last few years.

Don't forget we're always after good photos to upload, so if you or your parents ever take any, please send them in on a CD or via email so we can share them with the rest of the world!

Hall of Fame Rachel Miller



It was a big weekend for talented WRAS hockey graduate Rachel Miller who is currently on scholarship to Kent State University in the USA. Rachel was awarded the Conference Player of the Year award for her outstanding on field performances with the Kent State Flashes. In addition to this, Rachel was also named in the Mid American Conference League All-MAC First team for the third year in a row.

To cap off what has been an amazing year for Rachel, on Saturday night she was also inducted into the Western Region Academy of Sport Hall of Fame after representing Australia at the Junior World Cup in August. Rachel and fellow 2009 inductees Tamsin Lee and Jade Warrender join the likes of Paralympian's Kurt Fearnley and Toireasa Gallagher and cyclist Mark Renshaw in the WRAS Hall of Fame.

Upcoming Activities

Date	Squad	Details	Venue	Time
15 November 2009	Hockey	Alternate Orientation	CSU, Bx	Commence 9.30am
22 November 2009	Basketball	Training day	Young	TBC
28-29 November 2009	Netball	Training camp	CSU, Bx	Commence 10am
29 November 2009	Hockey	Training day	Orange	8.30am-2.30pm
1 December 2009	Board	Board Meeting	TBC	TBC
5-6 December 2009	Basketball	Training camp	Bathurst	TBC
12 December 2009	Lawn Bowls	Training day	Blayney	9am-4pm
13 December 2009	Hockey	Training day	Bathurst	8.30am-2.30pm

Satellite sessions will be added to the calendar asap!

WRAS online communication

The WRAS email is off to a flying start with pretty much all athletes accessing it in the last week! The system is there for all WRAS athletes and squad staff to use any time they like, night or day, and is a great way to stay in touch. If your parents would like to be included in the WRAS email list, please email fjames@csu.edu.au and state the email address you would like included.

The Strength and Conditioning blog is experiencing a few initial technical glitches at the moment so please bare with us. If you are still experiencing problems next week, please call the office on 6338 4821 and we will do our best to get it sorted.

If you're ever unsure how to use your email or Strength and Conditioning blog, don't hesitate to give us a call in the office, we are only too happy to help you work it out!

WRAS Birthdays

Nathan Sutton – 12 November

