

# WRAS Wramblings



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Issue: 02/2010  
Friday 20 November 2009

## Squads get going

It's shaping up to be a busy few weeks for WRAS with four squads holding sessions around the region.

This Sunday, the basketball squad will travel to Young for a training day at North Young Public School where they will work on a range of skills and drills and go over their goal setting for the year. The golf squad also has a training day scheduled in Wellington which will include a parents vs team game and end of year BBQ.

Next weekend, the netball squad will converge in Bathurst for a two day training camp under the direction of head coach Cate Gardner. On Sunday 29 November the hockey squad also have a training day at Orange Hockey Complex where the squad will also have some sprint testing completed as part of their physiological testing.

See the calendar below for a full list of the training days and satellite sessions that are coming up.



## Strength and Conditioning

It's now two weeks since Orientation weekend, and all athletes should be regularly completing their Strength and Conditioning (S&C) programs. The S&C blog has been given a revamp for 2010 and now send emails to athletes, coaches and S&C interns when a new comment has been posted or program has been uploaded. All athletes can also view their program online in the Strength and Conditioning blog, along with still pictures of exercises, which are perfect for printing out and using to jog your memory when completing the program.

S&C Interns, Amie and Sheree are in the process of planning a S&C road trip to take place on 10-12 December visiting many towns throughout the western region. During this road trip the interns will conduct a face to face session with all athletes, make sure everyone is using correct technique and answer any questions athletes and parents might have. More information about this trip will be sent out via email ASAP, so athletes please make sure you keep checking your emails.

Don't forget you can always contact your intern by posting a comment on the S&C blog or by calling them (details are in athlete manuals) and all athletes should have posted at least one comment on the blog by now updating Amie and Sheree on their progress.

**Happy training!**

## Superhuman effort from Kurt



WRAS Hall of Fame athlete and Paralympian Kurt Fearnley this week completed his inspirational and 'superhuman' crawl of the Kokoda Track. It took just 9 days for Kurt to complete the 96km trail, something he says is about the hardest thing he's ever completed. Kurt completed the track dragging himself on his hands and knees to raise money and awareness for men's health groups Beyond Blue and Movember.

To top off an amazing week for the talented young Australian, Kurt was also named NSW Institute of Sport Male Athlete of the Year at last night's dinner.

WRAS is so proud of Kurt and honoured to have such a legend as part of the WRAS Family!

## End of year gathering and farewell

On Friday 4 December, WRAS is having an informal end of year gathering at the Oxford Hotel in Bathurst from 4pm onward. This will also be a farewell to Felicity who will sadly finish working for WRAS on that day. Felicity has accepted a position with the Australian Sports Commission as Regional Coordinator for the Active After School Communities program on the Central Coast.

An invitation is extended to all coaches, athletes, parents, volunteers and anyone else who would like to wish her farewell, to join us at the Ox for drinks (soft drinks for those under 18!!!), anytime between 4 and 9pm. No RSVP necessary, hope to see you there!

### WRAS online

Some of you may have noticed how cool WRAS is getting with both a facebook group and twitter page! We would love for you all to members of the WRAS facebook group and our 'fan' and also follow us on twitter. To sign up, please go to the links below or log on to the WRAS S&C site and follow the links.



[www.facebook.com](http://www.facebook.com)

and search for the Western Region Academy of Sport group




[http://twitter.com/wras\\_sport](http://twitter.com/wras_sport)



[www.facebook.com](http://www.facebook.com)

and search for the Western Region Academy of Sport page

### Upcoming Activities

Date	Squad	Details	Venue	Time
20 November 2009	Basketball	Satellite Training	North Young PS	6-7.30pm
22 November 2009	Basketball	Training Day	Young	9am-4pm
22 November 2009	Golf	Training Day	Wellington Golf Club	9.30am-4pm
23 November 2009	Basketball	Satellite Training	Bathurst Stadium	4.30-6pm
23 November 2009	Basketball	Satellite Training	Gilgandra Stadium	4-6pm
23 November 2009	Hockey	Satellite Training	Bathurst HC	5-6pm
24 November 2009	Hockey	Satellite Training	Orange HC	7-8.30am
26 November 2009	Hockey	Satellite Training	Lithgow HC	5.30-7pm
26 November 2009	Hockey	Satellite Training	Parkes HC	6-8pm
27 November 2009	Basketball	Satellite Training	North Young PS	6-7.30pm
28 & 29 November 2009	Netball	Training Camp	CSU Bathurst	TBA
29 November 2009	Hockey	Training Day	Orange HC	9.30am-2.30pm
30 November 2009	Basketball	Satellite Training	Bathurst Stadium	4.30-6pm
30 November 2009	Basketball	Satellite Training	Dubbo Stadium	4.30-6pm
30 November 2009	Hockey	Satellite Training	Bathurst HC	5-6pm
30 November 2009	Netball	Satellite Training	Dubbo Courts	6.15-7.45pm
1 December 2009	Board	Meeting	TBA	TBA
1 December 2009	Hockey	Satellite Training	Orange HC	7-8.30am
3 December 2009	Hockey	Satellite Training	Lithgow HC	5.30-7pm
3 December 2009	Hockey	Satellite Training	Parkes HC	6-8pm
4 December 2009	Basketball	Satellite Training	North Young PS	6-7.30pm
4 December 2009	All	End of Year Gathering & Felicity's farewell	The Ox, Bathurst	4pm onwards
5 & 6 December 2009	Basketball	Training Camp	CSU Bathurst	TBA
7 December 2009	Basketball	Satellite Training	Bathurst Stadium	4.30-6pm
7 December 2009	Basketball	Satellite Training	Dubbo Stadium	4-6pm
7 December 2009	Basketball	Satellite Training	Gilgandra Stadium	4-6pm
7 December 2009	Hockey	Satellite Training	Bathurst HC	5-6pm
7 December 2009	Netball	Satellite Training	Dubbo Courts	6.15-7.45pm