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By Sarah Feebrey

WRAS and CSU awarded NSW Sports Safety Award



Recently Dr Stephen Bird, Head of the WRAS Strength and Conditioning Department, nominated the Academy's Strength & Conditioning Internship program in the 2009 NSW Sports Safety Awards. The Awards recognise sporting organisations, schools, and clubs for their excellence in promoting sports safety and injury prevention for recreational and organised sport. Our Internship Program was entered into the category aimed at awarding outstanding education and promotion of safe sport practices for a regional or club level.

A panel comprising representatives from the NSW Sporting Injuries Committee, the Department of Sport and Recreation, the Department of Education and Training, and the NSW Sports Federation recognised the Internship as a candidate for the award and were invited to attend the awards luncheon on the 13 November. WRAS won the Bronze award and a \$500 voucher to spend on sporting goods at Peter Wynn's Score, the major sponsor of the awards program. The prize money has already been spent on creating an S&C training kit which we will be put to good use at future training sessions.

Jade Warrender

As we all know our newly inducted member to the WRAS Hall of Fame, Jade Warrender has had an exceptional year representing at both a State and National level well above her age group. On Saturday 14 November the third Hockey NSW Annual Awards Night was held where Jade capped off her amazing year winning the Hockey NSW Junior Female Field Player of the Year, receiving the Dianne Gorman Medal. Jade's successful season has included her representing the U18 NSW team, the NSW U21 team who placed second at nationals, as well as being selected in the Jillaros (Australian U20) squad with players up to four years her senior. We wish to congratulate Jade on this exceptional achievement and look forward to seeing her continue to succeed with her sport well into the future.



Rachel Staines – AWD Swim Star

Last Sunday Rachel Staines, a member of our AWD Squad, competed at a swimming carnival in Forbes where she participated and achieved a personal best time of 49.9 seconds in the 50m freestyle. Rachel also competed in the 100m freestyle where she narrowly missed out by a tenth of a second to qualify for the Australian Disability Championships taking place in February 2010. Rachel will have another opportunity to qualify for the Championships in Bathurst on the 29th of November and is well on her way to achieving that goal. We wish her all the best of luck and look forward to hearing an update of her results.

Lawn Bowls Selections

Congratulations to five graduates of the WRAS Lawn Bowls program who have recently been named in state teams. Stacey Woodhouse, Megan Walsh and Cassie Ford were named in the U25 NSW women's squad and Timothy Wilkinson and Ashlee Meyers were selected in the NSW Country Vs City team. Well done to these five bowlers for their continuing efforts.

S&C Road Trip details

The S&C interns will be doing a road trip once again to re-test athletes and to check up on their progress. It will be taking place on the 10, 11, and 12 of December with visits to Grenfell & Parkes in the late afternoon on the 10, and a Dubbo session will happen before school on the 11. A session in Mudgee will take place around lunch time on the 11 and Bathurst sessions are all day Saturday. There will also be a session on the Friday evening in Bathurst if it is not possible for you to attend the one of the sessions being held on the Saturday. If you are unable to attend your allocated town due to other commitments, please let us know so we can organise for you to attend another one. More details will be provided closer to the date and if parents or athletes need to get time off work it is advised that you do so soon.

Dubbo Session (Early 11 Dec): Gilgandra, Dubbo, Geurie, Narromine and Wellington athletes

Bathurst Session (All day 12 Dec, Evening 11 Dec): Blayney, Lithgow, Lyndhurst, Millthorpe, Orange and Oberon athletes

Parkes Session (Late 11 Dec): Condobolin and Forbes athletes

Grenfell Session (Late 11 Dec): Cowra, Greenethorpe, West Wyalong and Young athletes

Mudgee Session (Lunch time 11 Dec): Gulgong and Mudgee athletes

Indoor Hockey Selections

Congratulations to all of our Hockey Squad members who were recently named in the Hockey NSW U16 indoor teams:

Amelia Leard	HNSW U14 Indoor	Nicholas Hill	HNSW U16 Blues Indoor
Madeline Bott	HNSW U16 Indoor	Nicholas Milne	HNSW U16 Blues Indoor
Jack Elliot	HNSW U16 Indoor	Ailie McGarity	HNSW U16 Blues Indoor
Nicholas Hill	HNSW U16 Indoor (Shadow)	Logan Dolbel	HNSW U16 Blues Indoor (Shadow)
		Luke Thorncraft	HNSW U16 Blues Indoor (Shadow)
		Zoe Watts	HNSW U16 Blues Indoor (Shadow)

WRAS Birthdays

Felicity James 25 November

Laura Kable 30 November



Upcoming Activities

Date	Squad	Details	Venue	Time
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	6.15-8.15pm
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	6.15-8.15pm
8 December 2009	Hockey	Satellite Training	Orange HC	7-8.30am

10 December 2009	Hockey	Satellite Training	Lithgow HC	5.30-7pm
10 December 2009	Hockey	Satellite Training	Parkes HC	6-8pm
11 December 2009	Basketball	Satellite Training	North Young PS	6-7.30pm
12 December 2009	Lawn Bowls	Training Day	Blayney	9am-4pm
12 December 2009	Officiating	Education Day	TBC	TBA
13 December 2009	Hockey	Satellite Training	Bathurst HC	8.30am-2.30pm
14 December 2009	Basketball	Satellite Training	Bathurst Stadium	4.30-6pm
14 December 2009	Basketball	Satellite Training	Dubbo Stadium	4.30-6pm
14 December 2009	Hockey	Satellite Training	Bathurst HC	5-6pm
14 December 2009	Netball	Satellite Training	Dubbo Courts	6.15-8.15pm
18 December 2009	Basketball	Satellite Training	North Young PS	6-7.30pm



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Contact: Belinda Kelly on 6331 6211
Closing Date: Friday 4th December 2009