

# WRAS Wramblings



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



Issue: 04/2010  
Friday 04 December 2009  
By Sarah Feebrey

## December Road Trip

The WRAS Strength and Conditioning Interns and staff are heading out on the road visiting WRAS athletes next week for the second year in a row. The purpose of these visits is for the interns to make face to face contact with athletes living away from the Bathurst office base, see where everyone is up to with their initial S&C program and assess who is ready to move up a level when the next programs are released just before Christmas.

Sheree Bilney, Amie Partridge, Sarah Feebrey and Nancy Haslop will be on the road on the 10, 11 and 12 visiting Parkes, Grenfell, Dubbo, Mudgee and Bathurst (details below) and all athletes from towns surrounding these are expected to attend and should have received a letter regarding this in the mail. This S&C road trip is a great opportunity for all WRAS athletes to have a personal consultation with the interns without having to travel too far from your own home town. You need to contact us in the office at [program.manager@wras.org.au](mailto:program.manager@wras.org.au) or give us a call to let us know which session you will be attending before Wednesday the 9 December. If you cannot attend any of these sessions it is important that you contact us as soon as possible to organise another date to catch up with your S&C intern.

Don't forget, you can also organise Strength and Conditioning session with your intern at the Gym at CSU Bathurst in the holidays by emailing or giving them a call. We look forward to seeing everyone and their progress when we hit the road!

### Thursday 10 December

#### **Parkes**

*Where:* North Parkes Oval,  
Alexandra St

*When:* 4:30-6pm

#### **Grenfell**

*Where:* Grenfell Bowling Club,  
Forbes St

*When:* 4:30-6pm

### Friday 11 December

#### **Dubbo**

*Where:* Dubbo Railway Bowling Club,  
Erskine St

*When:* 7-8:30am

#### **Mudgee**

*Where:* Mudgee High School

*When:* 1:20-2:10pm

#### **Bathurst**

*Where:* CSU Gym

*When:* 5:30-7pm

### Saturday 12 December

#### **Bathurst Session 1**

*Where:* CSU Gym

*When:* 10-11:30am

#### **Bathurst Session 2**

*Where:* CSU Gym

*When:* 12:30-2pm

#### **Bathurst Session 3**

*Where:* CSU Gym

*When:* 2:30-4pm

## NSWIS January Visit

When Judith Laing, the NSWIS Emerging Athlete Program Hockey Development Coach, visited the Western Region last January, she brought with her the rain and this year on her return visit hopes to bring it once again. Judith will be running hockey coaching sessions in Orange, Bathurst and Lithgow and will be working with our hockey squad athletes, focusing on skills crucial to moving up in the selection pathway. There will be six sessions run over the 18-21 January next year and it is expected that WRAS hockey athletes will attend. The times and dates for the sessions are listed below:

#### **ORANGE: Orange Hockey Complex**

Monday 18 January 4-6pm

Tuesday 19 January 7-8:30am

#### **BATHURST: Cooke Complex**

Tuesday 19 January 4-6pm

Wednesday 20 January 6:30-8am

#### **LITHGOW: Lithgow Hockey Complex**

Wednesday 20 January 4-6pm (TBC)

Wednesday 21 January 7-8:30am (TBC)

## David Reid State Selection

David Reid, a member of our Lone Star squad recently played at the Under 17 Hockey NSW Indoor championships where he represented the Division A Newcastle team as Goal Keeper. The team went through the competition undefeated and faced the Illawarra team in the final where, in extreme temperatures went down 5-3. It was from this competition that David was selected in the Under 18 Hockey NSW Indoor team to play in the National Championships at Perth in January 2010. Congratulations David on this achievement!



## Flames Basketball Visit



This weekend the Basketball squad have a training camp at the Bathurst Basketball Stadium with a special guest visit, the Sydney Uni Flames on Saturday. The Flames will be running a clinic from 12-3 with the WRAS basketball squad, giving the athletes an opportunity to work on skills with the inspiration and guidance of professional athletes. On Sunday morning, the basketball squad will also be participating in SPARQ (speed, power, agility, reaction time and quickness) testing, a new fitness testing program for Nike, conducted by Dr Eric Drinkwater. Overall it will be a busy and exciting weekend for the basketball athletes.

The basketball squad have been spoilt with coaching talent this coming week, with a visit from Mark Watkins who is the Basketball NSW Intensive Centre Training Program manager. He will be doing an early morning session with our basketball High Performance squad members on Tuesday the 8 December.

## Farewell Felicity

Sadly Friday 4 December was the last day of work for Felicity James who you would all know as the friendly voice at the other end of the phone and the welcoming smile in the WRAS office. Felicity started working for WRAS in 2004 as a volunteer whilst completing a double degree in Business and Exercise Science at Charles Sturt University. Felicity became a paid casual employee in 2005 and her professional, well organised and cheerful manner led to her becoming a fully fledged WRAS employee by 2006. Her six years of service have truly been a blessing to the Academy as her passion and commitment to the WRAS' mission has always been her priority, even if sometimes it meant putting her personal life on hold. She will be truly missed and forever remembered by all who have been a part of the WRAS family as a critical part of the successful running of the Academy and all that it stands for. We wish her all the very best of luck as she starts her new job working for the Sports Commission in Newcastle.



Bye Flick! 🙋🏻

## Birthdays

Min Cheng 11 December  
 James Grierson 16 December  
 Jake Carmen 16 December  
 Michael Stanford 18 December  
 Nancy Haslop 18 December



## Upcoming Activities

Date	Squad	Details	Venue	Time
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



# Central West Group Apprentices

[www.cwga.com.au](http://www.cwga.com.au)

Working in conjunction with:

**Business  
Traineeship**



This exciting traineeship in Business Cert III is an opportunity for a highly motivated and reliable individual with excellent interpersonal skills. The successful applicant must have good computer skills and organisation abilities.

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