

# Academy Action

February 2010

The Official Newsletter of the South West Sydney Academy of Sport

## Netball

The 2010 Netball squad has participated in a busy training program over the past few weeks, having already completed fitness testing and several education sessions. The squad has been focusing on fitness and court work in preparation for the ClubsNSW Academy Games.

The squad has been travelling to Wollongong Beach for early morning intense fitness sessions with fitness trainer Gary Howell.



In March the squad will move to on-court sessions. With the NSW Dooley's State League competition also commencing Academy athletes will be very busy before heading off to Armidale the first weekend in April.

## Hockey

The Hockey squad commenced its 2009/2010 program back in December with a day of games against Illawarra Academy of Sport, down at Unanderra Hockey Complex, before taking a few weeks off over the summer holidays.

Over the summer break several Academy athletes were selected in NSW Indoor teams. Selections included U14's Jarred Edwards, Nathaniel Stewart, Jackson Harrison and Sally-Ann Legge. U16's Chris Roberts, Stuart Shepherd, Jacob Andaloro, Michael Hemmingway, Corey Cox, Nicole King, Emilia Tracey, Rhiannon Russell (*pictured*), Chloe Montgomery and in the U18's Cameron Rowland.



The squad has completed education sessions in injury management, recovery, core strength and weights training as well as attending an intensive weekend training camp in Goulburn.

## Golf

After the Prime 90 tournament in January the Golf squad have hit the training course in February in preparation for the Bathurst Junior Masters at the end of March and the ClubsNSW Academy Games the following week.

Training every second Wednesday at Camden Valley Golf Resort, the squad has completed education session in psychology with Academy psychologist Alan Mantle, Core Strength with Andrew Hreszczuk from Narellan Physiotherapy, a swing analysis with Khan Pullen from the Jack Newton Junior Golf Foundation, plus media education with Pat McGeown from C91.3FM.

Third year Golf athlete Belinda New (*pictured*) also attended the NSW Regional Academies of Sport Parliamentary Function at Parliament House in Sydney, as a representative of the South West Sydney Academy of Sport.



## Tennis

The Tennis program is up and running for 2010 with the squad kicking-off the program with a team trip to the Medibank International, at the Olympic Park Tennis Centre, Homebush in January.



The program has also completed its first round of fitness testing and training, with the squad being put through their paces by NSW Junior Coach John Thompson, in a high quality training session held at the Olympic Park Tennis Centre.

The Academy would also like to welcome our new Tennis program manager Julie Lewis to the Academy.

## Softball

The boy's and girl's Softball squads have been in heavy training every second Sunday on the pitch and every Thursday in the gym at Mt Annan Leisure Centre, in preparation for the upcoming Softball Easter Challenge, to be held in Melbourne.

Both squads will travel to Melbourne over the Easter weekend to compete in separate tournaments. The boy's will play at Dandenong while the girl's competition will be held in Waverly.

## Lone Star

The Academy has introduced a new Lone Star athlete program for 2010, with 2 athletes already inducted into the program.

Campbelltown Tenpin Bowler Daniel Webb is a member of the NSW State team and has competed at the Milo International All Stars Championships, in Kuala Lumpur.

Joining Daniel in the Lone Star program is Judo athlete Paddy Kearney, (*pictured below*) also a NSW representative.



Both athletes hope to gain extra skills and knowledge from the Academy program and undertake the next step in their sporting career.

## Athlete's with a Disability

Athletics athlete Natasha Morrison has accepted a scholarship with the Academy as part of the Athletes with a Disability program. An enthusiastic netballer and cricketer, Natasha is keen to focus on her athletics with the Academy, with her goal of one day qualifying for the Paralympic Games.

Coached by Academy coach Ben Towers, Natasha has already competed at the NSW All Schools, Pacific School Games and Australian Paralympic Youth Games medalling in shot put, discus, javelin and long jump.

## Rugby League

Playing three very exciting and close representative development matches so far this year, the U15's Rugby League squad are very unlucky to yet score a win. The squad has performed exceptionally well

against longstanding representative teams from Rugby League NRL and ARL power-houses clubs. With some very impressive performances and narrow losses squad manager Mark Dunn is certain a win is not to far away.

The squad will take on the Balmain Tigers at Leichhardt Oval and Canberra Raiders in Canberra over the next three weeks, before wrapping up the 2010 scholarship program.



The squad also recently had an education session at C91.3FM with Pat McGeown. Following this session Pat McGeown invited athlete Jason Finnerty (*pictured*) back to be a guest on his Sunday night show.

## Harold Matthews

A combined SWSAS / Wests Magpies commenced training in October, with individual teams being selected in early February, after 3 trial games. SWSAS has played 4 round games against Illawarra, Central Coast, Sydney Roosters and Cronulla. The team is yet to score a win, but, Coach Steve Cotsonis is happy with the improvements the boys have made each week.

The squad trains 3 nights per week, with video analysis, recovery and gym sessions included.

## Camden Mayoral Reception

The Academy held its first of four 2010 Mayoral Receptions on 19 February. Camden Council hosted the reception for all athletes and support staff members, who reside in the in Camden Local Government Area. Athletes were commended for their achievements and appropriately recognised by Deputy Mayor Councillor Greg Warren.



Deputy Mayor Cr. Greg Warren and longstanding Academy supporter Geoff Corrigan MP Camden, with Academy athletes.

## **SKINS™ Dedication to Task Award**

Skins™ Compression Garments have been a proud supporter of the Academy since 2006, providing the Academy's State and National representatives with a quality package of Skins™ Compression wear.

The South West Sydney Academy of Sport has implemented a monthly award to a member of the Academy Community who shows dedication, contribution and commitment to task in their Academy training, support and community promotion of the organisation.

Academy Members are encouraged to nominate a person they see fit of receiving this high profile award via the nomination forms electronically available on the Academy website. [www.swsas.org.au/swsas/skinsaward.htm](http://www.swsas.org.au/swsas/skinsaward.htm)

Winners of the monthly award will receive a "*Plaque of Recognition*" presented at the Annual Sports Awards Dinner and will be featured in the monthly Academy Action Newsletter and Corporate Update.

## **SKINS™ Dedication to Task Award Winners**

### **February 2010**

Rebecca Neale, Sara Dailey and Mia Jenkins representing the Industry Support Unit, Department Sport and Recreation, Communities NSW.

This month's SKINS Award is a joint award, recognising the long term fantastic support provided by three of our friends from the Industry Support Unit of the Department of Sport and Recreation, Communities NSW.

We recognise the unit's Senior Project Officer Rebecca Neale, its Coordinator Policy and Programs Sara Dailey, and Manager and past Academy Executive Officer Mia Jenkins.

These three ladies provide year round support to the Academy and the NSW Academy of Sport network, over and above all expectations.

They have demonstrated their passion on many occasions both individually and collectively in the ongoing development of NSW Regional Academies in so many ways their joint recognition is well deserved.

Congratulations Rebecca, Sara and Mia.



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