

# Academy Action

December 2009/January 2010

The Official Newsletter of the South West Sydney Academy of Sport

The League boys came back to bat and in the end

## Academy Softball vs. Rugby League Challenge

With training drawing to a close for 2009, one final major sporting challenge was played out in the cooler hours of the evening at Wood Park, Ingleburn. Moving away from their regular training den at the Macarthur Softball Complex, in rural Camden; the boys and girls of the Academy Softball squads ventured across the hill into the big smoke of Campbelltown; to pit their softball and rugby league skills against the Academy's Rugby League Development squad.

The training staff of both codes worked their charges hard through an hour of sports specific skills, while a hill full of parents, family and friends looked on. In the middle of this gladiatorial preparation, a single Academy tennis athlete and her Academy sports trainer were doing that extra one-on-one training that maybe the difference between winning and losing, around the edge of the playing arena.

The Softball squad looked immaculate in full uniform and full of confidence in gaining the ultimate result, by well and truly beating the Rugby League boys on their own turf but in a game of skills unfamiliar to them.

A true contest was in the air. A toss was considered, but the boys' with the oval ball skills wanted to bat first. Was this a sign of over confidence, or a sporting ploy? "First batsman up" was the call, followed by "next batsman" – 15 times. Yes, it was a very long innings with 15 easy outs and 1 run on the board before the League boys declared their innings well and truly closed.

The big guns of the Softball squad came out firing with a home run to their first batter but the League boys stuck to their guns in the field, all 27 fielders, and achieved a number of acrobatic outfield catches. The mitt brigade half full of State players continued their easy bat on ball antics and kindly declared their innings closed a couple of runs in front.

the scores might have been tied so time was called and the contest a draw. It seems that no one loses at this Academy.

The floodlights were blazing, the spectators in frenzy and it was time to change sports, but the BBQ beckoned so half-time was called and both squads then broke for dinner. This was a congenial situation, to say the very least?

After dinner both squads used every sports psychology technique in the book to hone themselves into battle frenzy mode. Sport rivalry was at stake, which sport develops the most rounded athletes, its all on the line Academy athlete vs. Academy athlete, round two.

The game, Touch Football, full squad vs. full squad, no fairer sex bias, everyone in to do their code proud. There was plenty of amazingly enterprising play from both squads, no one taking a backward step, but eventually time had to be called, parents need their comforts of home, neighbours need to sleep.

All eyes turned to the scorer, what was the point's damage? Who won? We all knew that it was close, how close? The scorer raised both arms, and bravely declared the contest a draw. This was not the true result because there were two teams of winners and two sets of very proud support staff members.

All square till next time.



Rugby League player Paul Vaai batting for his team.

## Prime 90 Success for Golf Squad

The 11th of January saw the start of the Prime 90 golf tournament held over the course of a week at several golf courses through the Wollongong area. This was also the first time the squad of 11 players had come together for the official start of their 2010 program.

The first day was held at Russell Vale Golf Club, with the Academy squad standing out in their uniforms many positive comments were made by officials, parents and players.

After a few nervous holes players settled and some great golf was played. The day brought mixed results with the best performance coming from one of the development squad members, Justin Poor who played 6 under his handicap.

Day 2 was held at Kiama Golf course, a tight course with course management being a priority. Before starting squad coach Brendan Barnes gave several putting lessons and the results showed, with Kane Alexander taking gross runner up for the day.

Playing at Kembla Grange Golf course on day 3 a much different course to Kiama, many of the squad found the back nine very difficult. The shot of the day went to development squad member Rachael New who on the par 3 18th sunk a putt for birdie.

Day 4 was played at Jamberoo Golf course with short course providing exceptional results, with 6 players playing better than their handicaps.

The final day was played at Wollongong Golf course, with some great results from the previous day the squad had four athletes placed in the top 8 for the scratch, Kendall Hunt, Jaxson Keller, Kane Alexander and Ben Clapham. As well as this Justin Warren and Rachael New went into the final day leading the nett event in their age groups.



*Prime 90 Winners – Justin Warren, Justin Poor, Rachael New, Ben Clapham and Kane Alexander.*

The day saw some excellent golf with the final results for the week being announced at the end of play. Justin Warren received nett winner for day 5 and overall U16's nett runner up, Rachael New finished 3rd in the nett and day 4 nett winner, Ben Clapham was gross winner for day 4 and gross runner up for day 5, Kane Alexander received gross runner up for day 2 and Justin Poor picked nett runner up for day 1.

## National Success for Academy Athletes

The school holidays have seen many South West Sydney Academy of Sport athletes out on the sporting field in various representative sports teams, all with outstanding results.



Softball athletes Kayne Kajan, (pictured) Taylor Martin, Dane Paterson, Sam Spooner, Julia McCann and Karla Davidson represented NSW in the U16's boys and girls Australian National Championships, held at Blacktown.

In a fantastic result both the boys and girls NSW teams took out Australian titles going through undefeated for the whole week. The boys defeated Queensland rivals 7-2 and the girls accomplished the NSW double by defeating Queensland 3-0 in their grand final.

For Julia, Karla and Kayne the week was topped off with selection in the 2010 Australian U19's squad.

Several hockey athletes were also in action over the holidays at the National Indoor Hockey Championships, held on the Central Coast.

As in previous years, the Academy was well represented in the NSW teams with 13 Academy athletes competing. In the U14's Jarred Edwards, Nathaniel Stewart, Jackson Harrison and Sally-Ann Legge, in the U16's Chris Roberts, Stuart Shepherd, Jacob Andaloro, Michael Hemmingway, Corey Cox, Nicole King, Emilia Tracey, Chloe Montgomery and in the U18's Cameron Rowland.

NSW made a clean-sweep, winning the U14's, U16's and the U18's National Indoor Titles cementing NSW as the top Hockey state.

## 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 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 Corporate Update.

### **December 2009: Gino Acrella – Aceit Sports Wear.**

Aceit Sports Wear is a proud and active corporate partner of the South West Sydney Academy of Sport.

Business owner, Gino is a wholehearted and truly dedicated supporter of the Academy and provides sustained assistance to the Academy in a wide range of ways, which can only be described as exceptional.

Aceit Sports Wear provides the Academy with its highly recognizable athlete and support staff uniforms. Gino assists the Academy in any capacity he can, through sponsorship and clothing supplies. Recently Aceit Sports Wear signed on as the 2010 jersey sponsor for the U15's Rugby League team.

There are many great supporters of the Academy, and Gino is one deserving of high recognition.

### **January 2010: Sue Woolner Media Liaison, Hockey.**

Sue has been a volunteer member of the Academy Hockey program coaching and support staff, for many years.

Sue attends Hockey squad training, education and competition sessions, and is recognised by all as the programs very own media officer. Sue uses every opportunity to take many, many photos of the squad in action, and relaxation modes.

Sue provision of quality skirmish and fun photos, are used by the Academy for its media articles, presentations and annual graduation evenings. To date, we have not received any action, or leisure shots of Sue?

Sue is a most valued member of the Hockey coaching and support staff and is a thoroughly deserving recipient of the SKINS dedication to task award.

## 2010 Calendar

Subject to change.

### **FEBRUARY 2009**

3<sup>rd</sup> – Rugby League Training  
Golf Training

4<sup>th</sup> – Drugs In Sport

5<sup>th</sup> – Rugby League Training

6<sup>th</sup> – Tennis Training  
Harold Matthews Trial Match

7<sup>th</sup> – Hockey Training

8<sup>th</sup> – Golf/Tennis C91.3FM  
Rugby League – Psychology

10<sup>th</sup> – Rugby League Training

12<sup>th</sup> – Rugby League Training

14<sup>th</sup> – Softball Training  
Hockey Training

15<sup>th</sup> – Rugby League – Psychology

17<sup>th</sup> – Rugby League Training  
Golf Training

18<sup>th</sup> – Camden Mayoral Reception

19<sup>th</sup> – Rugby League Training  
Netball Training

20<sup>th</sup> – Tennis Training  
Hockey Camp  
Netball Fitness Testing

22<sup>nd</sup> – Rugby League C91.3FM

24<sup>th</sup> – Rugby League Training

26<sup>th</sup> – Rugby League Training  
Netball Training

27<sup>th</sup> – Hockey Training

28<sup>th</sup> – Softball Training

\* For more information go to [www.swsas.org.au](http://www.swsas.org.au)



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