

# Academy Action

July 2010

The Official Newsletter of the South West Sydney Academy of Sport

## NIB GAMES - NETBALL

The July school holidays did not provide much relaxation for the South West Sydney Academy of Sports' netball squad, as they travelled up the highway to Maitland to compete in the annual NIB Hunter Festival of Sport.

What the holidays did produce was dedication, hard work, respect and outstanding results coming from two teams proudly representing the Academy.

With a team competing in both division's one and two, the competition saw a busy 3 days packed full of exiting netball action.

All ten NSW academies competed in the competition, plus teams representing South Australia. Day one saw the division one girls earning two very important victories over the Hunter Academy, and the Metropolitan Red team in a very tight finish which could have gone either way.

The academies division two girls also had some important wins scoring 3 victories on the first day.

Unfortunately, day one also saw two critical injuries for the division one squad. One player injured a finger and another injured her anterior cruciate ligament. These injuries were to ultimately make a marked difference in the playing strength of the squad.

Day two was very important with both divisions playing the South Australia teams. Following two very intense games the Academy squads came through and won both matches. Division one girls defeated the South East Academy of Sport and Southern Sports Academy. Division two girls defeated the Far East Academy, again in a tight match.

Fatigue started to tell on the girls after two days of top competition, but with the help of sports trainer Garry Howell and a strong recovery program, the girls were ready to compete for the next day. "I give a special tribute to our sports trainer Gary for his help which played an instrumental part in our success", said coach David Shorrocks.

As always the division one girls played hard and fast against their local rivals Western Sydney Academy of Sport. After very finish strong in the last two quarters their shooting percentages were down from previous matches and eventually cost them the match,

Both teams finished the last day well. The Academies division two team won their competition scoring an incredible 8/9 victories.

The division one team finished 4<sup>th</sup> only one point behind 2<sup>nd</sup> and 3<sup>rd</sup>. The girls were singled out and congratulated on their respect and sportsmanship towards umpires, coaches, other teams and themselves.

Recognition from the division one team for outstanding play went to Bridget Mason (*Pictured*) Rebecca McCarthy and Brooke Lawrence. These girls played exceptionally well for the duration of the whole competition.



Division two team members Madeleine Stone was recognised for leading her team exceptionally well; and Tegan McDonald for playing all matches to an extraordinarily high standard.

## NIB GAMES – SOFTBALL

The South West Sydney Academy of Sport boys and girls Softball Squads headed to Maitland last weekend to compete in what was their final competition for 2010, the Hunter Academy of Sport NIB Games, a highly prestigious event on the sporting calendar.

During the two day event each team played seven



games against other Academies and selected representative teams, from across NSW.

The boys' team performed exceptionally well losing just one round game to Southern Met. The Academy end up eventual winners defeating Western Sydney Academy of Sport 15 to 9, in an exciting final where the Academy's batters hit six balls out of the park, to the oppositions three.

Head coach Heather Skuse said, "It was a fantastic team effort over the whole two days of competition and I could not nominate one individual player as a stand out, with the all players performing so well".

Because of the size and depth of talent in the Academy squad, not all players could be accommodated in the Academy team. Therefore high quality athletes Hayden McWilliams and Mike Reihana formed part of the strong Hunter Academy squad, Ayden Gough assisted Southern Met and Jarrod Stanley was part of the Western Sydney Academy team who played in the final.

The skills of these four players from the Academy were made very apparent when measuring the high amount of quality game time played by each athlete.

The girls' squad finished an excellent third overall in a very tough competition which included seven high quality teams. The squad played against teams from Western Sydney and Hunter Academy of Sport, Southern Met, Western and Canberra on its way to the finals.

Bianca Abrahams (*pictured*) was nominated as the stand out performer in the girls' squad after two days of excellent performances.

## ATHLETES WITH A DISABILITY

During the July school holiday's athlete Natasha Morrison made the journey to Olympic Park and the New South Wales Institute of Sport with coach Ben Towers, to spend a day at the institute and enjoy a tour of its facilities, including getting an idea of a day in the life of an Institute athlete. Natasha also had the opportunity to meet and spend some time with Australian Paralympian Louise Savage.

After touring the athlete lounge, gym, recovery pools and support staff offices Natasha sat down with Louise to talk about her experiences and success as a multi gold medal athlete.

## TENPIN BOWLING

South West Sydney Academy of Sport Tenpin Bowling athlete Sam Cooley (*pictured*) has recently won a silver medal for Men's Singles at 2010 Youth World Championships, held in Helsinki, Finland.



From a competitive field of 146 men from 46 different countries, Sam performed extremely well to finish second. The Tenpin Bowling Youth World Championships are held every two years and is the premium tenpin bowling event for the 21 years and under age group.

## 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 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/or community promotion of the organisation.

Academy members are encouraged to nominate a person they see fit to receive this highly prestigious award, via the nomination form electronically available on the SWSAS 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 Graduation and Sports Awards Dinner and will be featured in the monthly Academy Action Newsletter and Corporate Update.

### SKINS™ Dedication to Task Award Winners

#### JULY 2010 – SUE NEW

Sue New is taking on her third year as the Golf squad manager with the South West Sydney Academy of Sport. Her background in the sport is on many levels, as a player she has



represented the local area, being one of the best players in the district for many years.

Sue's involvement in the Academy Golf program as its manager enables the Golf program to operate smoothly. Sue is not only the first line of Academy communication from the coach to the athletes, but Sue also works tirelessly booking venues and accommodation, managing tournament entries, attending promotional days as well as being involved with the coaching of athletes.

Sue also provides the Academy administration office with support and has been the driving force behind developing new support staff strategies.

## August - Events and Training

August 6<sup>th</sup> – 15's Selection Netball

August 13<sup>th</sup> – Academy Graduation Night

Upcoming Selections

- U15's Netball
- Softball Boys and Girls



*Tenpin Bowling athletes Jacqueline Heldoorn, Sam Cooley, Tristan Foo and Daniel Webb.*



*Our Netball squad enjoying some free time, at the recent 2010 Hunter Academy NIB Games.*

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



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