

Academy Action

November 2010

The Official Newsletter of the South West Sydney Academy of Sport

Netball

Congratulations go to current Netball Academy scholarship holders Brooke Lawrence and Emilee Lang (*pictured*) who have recently been selected in the U17's NSW team. Former scholarship holder Alix McDermott has also been selected in the NSW U19's team.



Both teams will compete at the Australian Championships, in April 2011.

This month also saw Netball Coach David Shorrock returned from a trip to South Africa, where he was given the opportunity to present a number of coaching and education sessions to local players and coaches.

A member of the Academy coaching staff since 2006, and recently completing a Bachelor of Science Degree in Sport and Exercise Science, David provides not only coaching for the Netball program but extensive fitness testing, and training for the Open and U15 Netball squads.

In March, David was approached by Montana Public School in the Pretoria Province of South Africa and the University of Johannesburg, to conduct a number of coaching, skills and education sessions across various sports with their players and coaches.

Whilst in South Africa, David worked with various rugby union, hockey, track and field, cricket and netball squads.

As part of the netball program David completed twelve specialised sessions over two weeks, for both players and coaches. With players ranging from 8 to 18 years, the sessions included game analysis, centre plays, defensive strategies and attacking plays.

"I found this very exhilarating and challenging to be able to impart the knowledge I have gained through my university studies and years of coaching, to players who thoroughly enjoyed the experience", said David.

"The overall response from athletes and coaches certainly

showed they were listening and wanted to improve their knowledge of not only the game, but our training techniques. It was a great opportunity to show them how hard and technical we train and what kind of things we are teaching Academy athletes of the same age," he said.



Softball

Congratulations to the following athletes who have been selected in boys and girls NSW U17 Softball teams to compete at the National Championships in January 2011, Mason Rossi, Samuel Spooner, Bianca Abrahams and Karla Davidson.

Former Academy athletes Julia McCann (*pictured*), Grant Clarke and Kayne Kajan have also been selected into NSW teams.



Hockey

Hockey NSW recently named its teams to play in the annual City versus Country Challenge to be held in Lithgow, on in March 2011.

Congratulations to the following 20 athletes who will take part in the challenge, Sally-Ann Legge, Kayleigh



Hadlow, Jordan Parker, Aimee Lauc, Andrea Seymour, Nicole King, (pictured) Danica Plumb, Jarred Edwards, Nathanael Stewart, James Shakeshaft, Jackson Harrison, Isaac McDonald, Kurt Devlin, Michael Hemmingway, Joshua Gregory, James Vanderschiff, Stuart Shepherd and Jacob Andaloro. *Twenty athletes is an amazing feat!!*

Congratulations also go to former Academy athletes Shelley Watson and Danielle Hemmingway in being named in the Australian Indoor team to play, at the 2011 World Cup.

Former Academy athlete Kellie White, daughter of current coaching staff member Des White, has also been successful in gaining a scholarship with the Australian Institute of Sport, for 2011.

Local Business Drives Sports Academy

The next 12 months looks exceedingly promising for athlete scholarship holders of the South West Sydney Academy of Sport. Additional athlete scholarships have been provided in Rugby League and Hockey and an underpinning Hockey development program has also been instigated for local talented athletes.

Organisations like the Macarthur Credit Union and Lend Lease through its Bingara Gorge development at Wilton are directly responsible for providing our local talented athletes the opportunity to be in the eyes of State and National selectors and also have the understanding, skill and education, to provide what the selectors are looking for.



Macarthur Credit Union and Bingara Gorge Wilton, Lend Lease have been associated with the Academy for 3 years, and have been an integral part of the enormous increase in its NSW and junior Australian and Australian representation, during that period.

Times are tough, and the Academy like other large and small businesses alike, continues to do more with its current resources' each day. This is achieved through the commitment of its Board and Committee members, but most importantly through the unbelievable efforts of it's 61 volunteer coaching and support staff members, who totally commit themselves to supporting the future "Dreams" of our regions talent identified athletes.

The Macarthur Credit Union has identified it's self



as the public face of the Academy within its Credit Union outlets, by displaying the faces and providing sound tracks of our local future heroes, to the community.

These quality businesses and their support of the Academy was again appropriately recognised at the recent Academy induction night at the University of Western Sydney Campbelltown Campus, by the over 300 attendees.

Merry Christmas

2010, has been a very successful year for the Academy across the board with many athletes gaining state and national selection, and the commencement of two new programs and many successful events throughout the year.

The Academy would like to take this opportunity to wish all athletes, coaching staff, parents, families, sponsors and valued partners a very *Merry Christmas* and a safe and *Happy New Year*.



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 SWSAS Academy website: www.swsas.org.au/swsas/skinsaward.htm

This month's winner will receive a plaque of recognition to be presented at the 2011 Graduation and Sports Awards Dinner and will be featured in the Academy 'Corporate Monthly News Update Bulletin'.

The SKINS™ Dedication to Task Award

November Winner – Peter Mehl



If you want to get a job done, ask Peter Mehl. He is one of those big hearted people willing to put their hand up when a need arises.

Peter is the newly appointed Manager of the 2010/2011 SWSAS Rugby League Development program, whilst also the President of Group 6 Junior Rugby League, and the Regional Technical Education Officer for the Country Rugby League.

Peter was a driving force behind increasing the size of this years Rugby League Development program from 24 players to 56 players. And, he has been instrumental in securing corporate support for the program.

Peter has a passion for Rugby League, and always has the best interests of young players, ahead of any other goal. Peter is a most worthy recipient of the November SKINS Dedication to Task Award.

DECEMBER 2010

1st – Golf Training

6th – Rugby League Training

12th – Hockey vs. Illawarra

13th – Rugby League Training

14th – Softball Training

15th – Golf Training

16th – Netball Fitness Testing

18th – Netball Fitness Training

20th – Rugby League Training

EXECUTIVE AUTOMOTIVE

The Academy is proud to announce that Executive Automotive Pty Ltd has recently joined the Academy as a Silver Level corporate partner, of the Rugby League Development program.

Director Elvio Modolo expressed his excitement in supporting, and seeing our regions local talented athletes develop towards their maximum potential.

Executive Automotive specialises in all mechanical repairs to all makes of cars and trucks, including fleet servicing and repairs.

So when your car or truck needs brake, clutch or electronic fuel repair, or just a rego check, phone Elvio on 9618 6000, he will look after you.

Say you are a member of the Academy family.





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