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By Brett Coxledge

What a week!

This past week has seen the WRAS athletes and coaches hard at it.

Our netball squad have been busy on their Bay of Plenty Tour in NZ under the guidance of Tour leader Nancy Haslop and the WRAS netball coaching staff.

Members of our hockey squad turned out in force in Orange and Bathurst to show their skills under the eye of Judy Laing (NSWIS Coach).

Finally our basketballers are tearing it up in the Australia Country Cup in Albury!

Let me say having been on the job for just three weeks now, I can't be more than impressed with the talent that exists in the WRAS. It is clear that with the knowledgeable coaches we have in charge leading our programs and the talented group of athletes on scholarship, the next emerging star is just around the corner!

Netballers hard at work in NZ

As you can see from our photos below, our Netball squad have been keeping very busy on their Bay of Plenty Tour in NZ. Rigorous training sessions on court mixed with sprint workouts on the sand at the Bay has seen the girls experience a new level of endurance. Throw in some strength and conditioning sessions as well as the odd recovery sessions in chilly Lake Okareka and it is no wonder the girls are having a great time!

To see more photos from the tour check out the photo section on the WRAS website.



Hockey Squad works out with NSWIS Coach

The WRAS hockey squad have had a busy week with all squad members participating in some training sessions with NSWIS coach Judy Laing. Judy put the whole WRAS squad through some rigorous training sessions over a three-day period. I was impressed with the skill level I observed when I attended the Bathurst sessions. I also admire the dedication of the athletes in the hockey squad (and all the parents) for making the effort to travel to get to the sessions, especially the early morning ones. Nice work everyone!



Above: Photos of Judy at work (Source: Chris Seabrook – Western Advocate)

Basketballers having a ball!



WRAS basketball squad members Jesse Fergusson, Laurence Mifsud, Nikki Collins and Olivia Patterson are literally having a ball at the Australian Country Cup in Albury this week as they represent NSW Country. At the time of going to press, all four athletes had not lost a single game in the tournament after four rounds of play!

Wrablings thinks it must be the fact that all are WRAS athletes along with the fact that all four had been training hard leading up to the tournament. Hopefully they can continue the good form and take care of business at the end of the week when the Finals take place.

Good luck guys and keep playing hard!

Facebook and Twitter – Have you joined up yet?

Just a friendly reminder that WRAS is on Facebook and Twitter. Currently we have 67 fans on facebook, however we would like to build on this starting with all WRAS athletes and coaches/managers/staff signing up. To become a fan of us on Facebook and to follow us on Twitter all you have to do is go to the front page of the WRAS website and click on the icons on the right hand side – it's as easy as that. Join up now!



We need YOU!



The WRAS website and newsletter belongs to our Athletes and Coaches – if you have some exciting sports related news, let us know. Contact us in the office by email or phone. Send us your WRAS related videos, photos, stories or gossip. We'd love to share them!

Also, if you know of anyone who would like to be placed on our email list to receive our Wrablings newsletter then please let me know or have them email me and I will place them on our distribution list.

Upcoming Activities

Date	Squad	Details	Venue	Time
25 January 2010	Hockey	Satellite Training	Bathurst HC	5 - 6.30pm
26 January 2010	Hockey	Satellite Training	Orange	6.45-8.15am
28 January 2010	Hockey	Satellite Training	Parkes	6-8pm
5-7 February 2010	All Squads	WRAS 2010 Combined Camp	Wallerawang	7pm

A wise old man once said.....

"When one door closes, another opens. But we often look so regretfully upon the closed door that we don't see the one that has opened for us."
Alexander Graham Bell (Inventor)

"A smile is an inexpensive way to improve your looks."
Andy Rooney (TV personality)

"If you don't quit you'll make it. On the other hand If you're in a hole, stop digging."
Anonymous

"There are only two options regarding commitment; you're either in or you're out. There's no such thing as life in-between."
Pat Riley (Former NBA Coach)