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## Schools back!

With school starting up again this week, things are bound to start getting busier. There is just one week to go now until we see all squad members and staff at the WRAS combined camp sponsored by Delta Electricity to be held at Wallerawang. A final program will be emailed to everyone early next week. In other news the past week has seen WRAS athletes continue to reap the rewards of all their hard training with successes in competition, selection in State squads and recognition of achievements all occurring. Enough from me. Enjoy the read!

## Hockey Duo named Sportspersons of the Year



WRAS Hall of Fame Hockey athletes Rachel Miller (pictured left) and Jade Warrender (pictured right) have been recognised for their efforts on the hockey field throughout 2009 by being named Bathurst Sportsperson and Orange Junior Sportsperson of the Year. Miller joins the likes of another WRAS Hall of Fame athlete in Tour de France cyclist Mark Renshaw in adding her name to the Bathurst trophy.



Miller is currently in the United States on scholarship at Kent State University. An All-American selection in 2008, her 2009 surpassed that as she donned the green and gold on a number of occasions with the National U21's side.

Warrender also had an outstanding year representing Australia in the National U21 side as well. She was also included in the NSW Arrows open squad for 2010 in yet another breakthrough for the promising play-maker.

Well done girls!

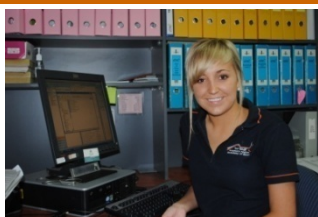
## Basketballers selected to Country State Squads

Good news was received this week by some current and past WRAS basketball athletes with the U18 NSW Country State men's and women's squads being announced. Current squad members Laurence Mifsud, Jesse Fergusson and Olivia Patterson will participate in the final selection camp at Bridgecoast Stadium in Terrigal on 6-7<sup>th</sup> February, whilst former WRAS athletes Freya Roebuck and Romy Casey have also gained an invite to the camp.



The WRAS family wish all of the athletes the best of luck in Terrigal.

## Welcome Elise



WRAS welcomes Elise Mosley to the staff. Elise is a Bathurst resident who graduated from McKillop College in 2009 and is completing her Certificate III in Business Administration through the Central West Group Apprentices. A keen water skier, Elise is sure to be a great addition to the WRAS family. Next time you call the office most likely you will hear Elise's friendly voice at the other end of the line so make sure you introduce yourself and make her feel welcome!

## Fearnley celebrates Australia Day with a win!



WRAS Hall of Fame athlete and Carcoar resident and Kurt Fearnley thrilled a vocal Australian Day crowd in The Rocks on Tuesday when he surged to a sixth-straight Oz Day victory, edging out arch-rival David Weir of Great Britain.

Fearnley, who recently crawled the 96km Kokoda Trail, seemingly cruised to victory over arch-rival David Weir of Great Britain in a time of 21 minutes 13 seconds.

Great effort Kurt!

## David Reid wins Gold!

WRAS now has another Australian Champion. Lone Star squad member David Reid was Co Captain of the Hockey NSW under 18 Indoor Hockey Team that competed at the Australian Championships at Perth the week before last.

NSW went thru undefeated to be Australian Champions. David saved Penalty strokes in the semi and also in the final. In particular, a fantastic save made by David against QLD was pivotal to NSW's win as this was a very close encounter. David's save was very close to the end of the game and ensured NSW a path to the final. Eventually winning 3-2.

Congratulations David!



## Happy Birthday



**Lauren Willams (Netball) - 2 February**  
**Tierra Hausia Netball) - 4 February**  
**Sarah Cooper (Netball) - 8 February**  
**Zoe Watts (Hockey) - 8 February**

## Upcoming Activities

Date	Squad	Details	Venue	Time
1 February 2010	Basketball	Bathurst Satellite Training	Bathurst Stadium	4.30-6pm
1 February 2010	Basketball (snr)	Bathurst Training – Guest coach Ray Warrington	Bathurst Stadium	4.30-7pm
1 February 2010	Basketball	Dubbo Satellite Training	Dubbo Stadium	4-6pm
1 February 2010	Basketball	Gilgandra Satellite Training	Gilgandra Stadium	4-6pm
1 February 2010	Hockey	Bathurst Satellite Training	Bathurst Hockey Fields	5-6.30pm
1 February 2010	Netball	Dubbo Satellite Training	Dubbo Netball Courts	6.15-8.15pm
1 February 2010	Netball	Forbes Satellite Training	Forbes Netball Courts	5-7pm
1 February 2010	Netball	Bathurst/Orange Satellite Training	Bathurst Netball Courts	6.30-8.30pm
2 February 2010	Basketball (snr)	Bathurst Training – Guest coach Ray Warrington	Bathurst Stadium	6.30-8am
2 February 2010	Hockey	Orange Satellite Training	Orange Hockey Fields	7.8.30am
2 February 2010	Netball	Grenfell Satellite Training	Grenfell Netball Courts	5-7pm
4 February 2010	Hockey	Lithgow Satellite Training	Lithgow Hockey Fields	5.30-7pm
4 February 2010	Hockey	Parkes Satellite Training	Parkes Hockey Fields	6-8pm
5-7 February 2010	All Squads	WRAS 2010 Combined Camp	Wallerawang	7pm

## A wise old man once said.....

*"Man's finest hour is the moment when he has worked his heart out in good cause and lies exhausted on the field of battle - victorious."*

**Vince Lombardi**

*"Better to ask twice than to lose your way once."*

**Danish Proverb**

*"The strength of the wolf is in the pack, and the strength of the pack is in the wolf."*

**Rudyard Kipling**

*"There are four things that all players, in all programs, say it takes to be a champion: good attitude, hard work ethic, commitment to being a champion, and leadership."*

**Gene Keady (Coach)**