

# WRAS Wramblings



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## WRAS training and competition



This weekend the WRAS hockey squad will travel to Orange for a training day. The squad will work with head coach Wally Gaynor (who has been given leave from his Australian Hockey League commitments) and other experienced and knowledgeable coaches Beth Shea, Ange Hennessey, Shane Conroy, Michelle Melhuish and Brian Townsend. The winter hockey season is fast approaching with many athletes having already begun Premiere League training so athletes will now begin to see the fruits of all their hard work over the off season. The squad are also now beginning to prepare for the Academy Games which will take place in Armidale on 17-19 April. During this competition athletes will get to implement all of their new skills and knowledge on the field playing against some of the best junior athletes from across the state.

Also on Sunday, Academy netballers will take part in the inaugural round of an inter-Academy tournament being held at the first class Australian Institute of Sport facility in Canberra. The WRAS squads will play against athletes from Illawarra Academy of Sport (IAS), South East Region Academy of Sport (SERAS) and Southern Sports Academy (SSA). There will be a familiar face in the Southern Academy coaching staff with previous WRAS assistant coach and Parkes resident Michelle Byrne now head coach for SSA. This tournament will provide all the Academy squads with a great opportunity for some quality game development and also allow them to interact with one another before they head to the NIB Games to compete against all Academies in July.

## Basketballers train with state side



Basketballers in the WRAS Senior and High Performance squads travelled to Penrith last Saturday to train with the NSW U20 women's side, which HP athlete Rachel Murray is a part of. The athlete's were given this special invitation as ex-Lithgow resident and regular WRAS guest coach Debbie Cook is the head coach of the U20 side and our very own Nancy Haslop is Manager. Despite the boiling heat, all athletes trained exceptionally well and did the Academy proud. The U20 side will meet in Sydney this Friday for a training session before leaving for the National Championships being held in Townsville next week.

Fellow HP basketballer Mitch Mavrak will also represent NSW as part of the Open Men's ID team.

Good luck everyone – make sure you wear the aeroguard!



## Local associations

A couple of western region sports associations have some exciting events occurring in the next few weeks. The Bathurst hockey association is hosting a huge weekend of hockey on 6-8 March involving Australian Hockey League games, City vs Country fixtures, a skills clinic, technical officers course and a coaching conference. For more information on the event, please visit <http://wras.org.au/downloads/> and download the information flyer or contact Melissa Bestwick at Bathurst Hockey (WRAS can provide contact details if requested).

The West Wyalong netball association is hosting a clinic on 14 March with world champion netballer Susan Pratley and local netball star Jackie Murphy. The purpose of the clinic is for athletes to learn and develop some new skills, make some new friends and have some fun! The cost is \$35 and positions are limited. Please RSVP to Melissa Smith at [mjs152@bigpond.net.au](mailto:mjs152@bigpond.net.au) or call on 0401 735251 by no later than 9 March. For more information please download the information flyer at <http://wras.org.au/downloads/>

## Athlete achievements



Congratulations to WRAS netballer Cate Smith who was awarded the Young Citizen award at the West Wyalong Australia Day ceremony and High Performance hockey player Molly Bright who was named Bathurst Junior sportsperson of the Year!



## Featured friends

Please support those who support WRAS! This week's featured friends are -

Brights Carpet Choice	<i>Bathurst</i>	Cowra Freight	<i>Cowra</i>
Dubbo Railway Bowling Club	<i>Dubbo</i>	Whinstandley Chemist	<i>Forbes</i>
Jody & Peter McPhail	<i>Lithgow</i>	K-Teens	<i>Lithgow</i>
Bloomfield Hockey Club	<i>Orange</i>	FJ & SG Ostini	<i>Orange</i>
North Parkes Mines	<i>Parkes</i>	CB Engineering	<i>West Wyalong</i>

## Upcoming Activities

Date	Squad	Details	Venue	Time
12 February	Netball	Satellite training	Bathurst All Saints College	5-7pm
13 February	Basketball	Satellite training	Young	6-7.30pm
13 February	Hockey	Satellite training	Dubbo HC	4.30-6pm
13 February	Netball	Satellite training	Cowra Netball Courts	5-7pm
15 February	Basketball	Satellite training	Bx Basketball Stadium	4.30-6.30pm
15 February	Hockey	Training day	Orange	8am-2pm
15 February	Netball	ACT Comp	AIS Netball Courts	8am, for 9am start
16 February	Hockey	Satellite training	Bathurst HC	5-6.30pm
16 February	Hockey	Satellite training	Orange HC	4.15-6pm
16 February	Netball	Satellite training	Orange High School	3.45-5.45pm
17 February	Lawn Bowls	Home training	Own club	
17 February	Netball	Satellite training	West Wyalong	5-7pm
18 February	Basketball	Satellite training	Gilgandra	4.30-6.30pm
18 February	Hockey	Satellite training	Lithgow HC	5.30-7pm
18 February	Hockey	Satellite training	Parkes	5-6.30pm
19 February	Netball	Satellite training	Bathurst All Saints College	5-7pm
19-20 February	Triathlon	NSW All Schools	Penrith	
20 February	Basketball	Satellite training	Young	6-7.30pm
20 February	Hockey	Satellite training	Dubbo HC	4.30-6pm
20 February	Netball	Satellite training	Cowra Netball Courts	5-7pm

## WRAS Birthdays

Amanda Marks – 18 February