



2022  
Year Book

The Western Region Academy of Sport (WRAS) commenced operation in July 1991 and is a non-profit organisation. WRAS is one of 11 regional academies in NSW that offer support to talented junior athletes, officials and coaches.

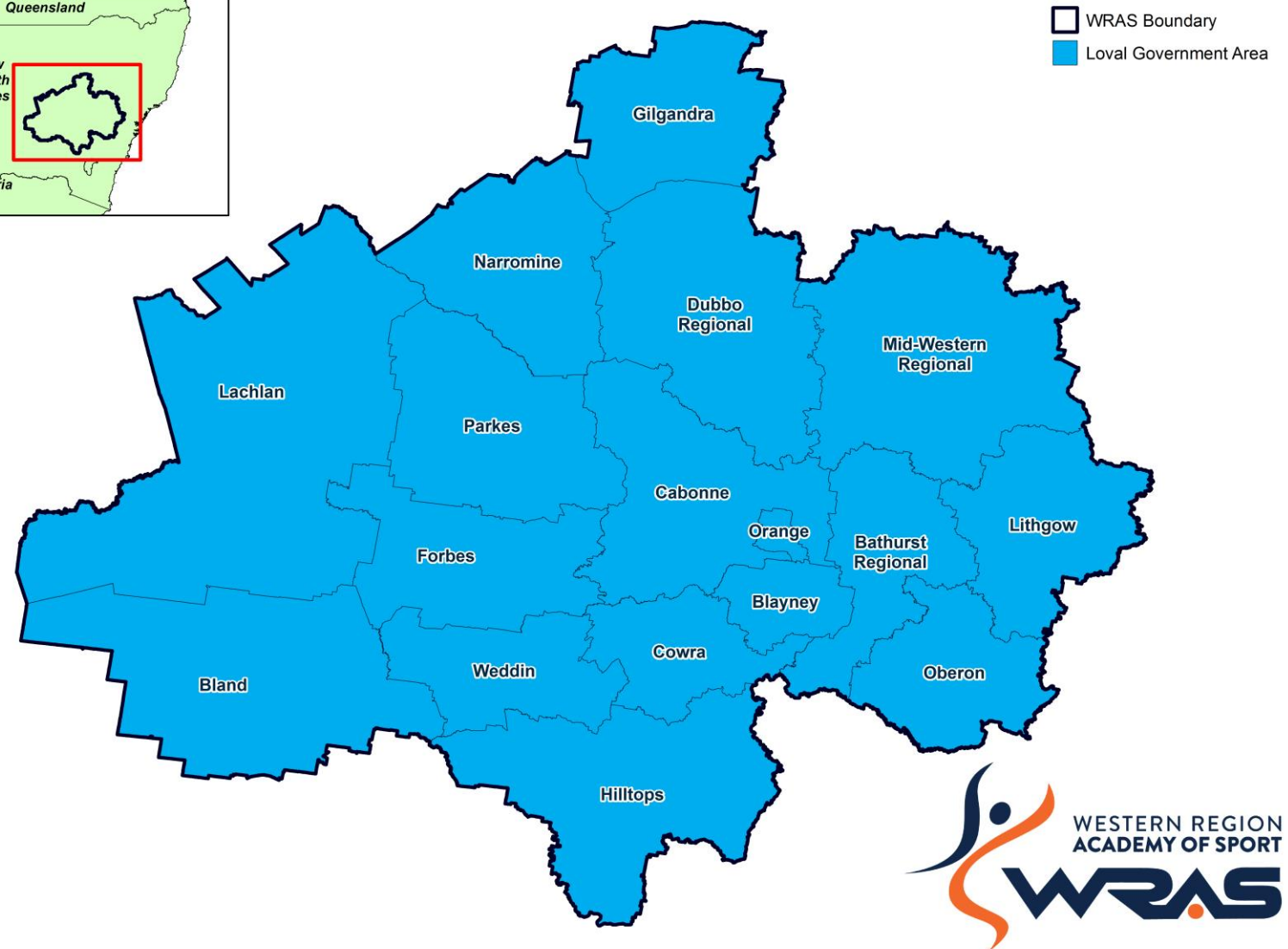
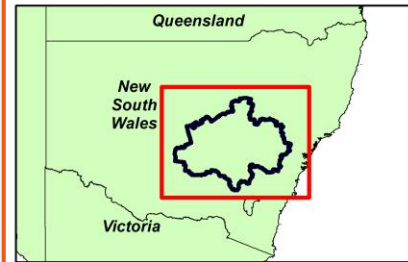
The region covers 17 local government areas: Bathurst Regional, Bland, Blayney, Cabonne, Cowra, Dubbo Regional, Forbes, Gilgandra, Hilltops, Lachlan, Lithgow, Mid-Western Regional, Narromine, Oberon, Orange, Parkes and Weddin.

## Benefits to athletes selected in WRAS programs

- ❖ Intensive training sessions by local and visiting elite coaches
- ❖ Skill development
- ❖ Inter-Academy development camps
- ❖ Strength and conditioning programs
- ❖ Sports science testing and function movement screening
- ❖ Educational seminars
- ❖ Opportunities to compete in elite events such as the Your Local Club Academy Games

Program are supported and endorsed by relevant state sporting organisation.

As a part of the Australian Institute of Sport's Winning Edge Strategy, the FTEM (Foundations | Talent | Elite | Mastery) Model was developed to identify elite pathways in Australian sport. The Regional Academies of Sport are recognised in the FTEM model. WRAS along with the other regional academies in NSW are commissioned by many sports to operate in the T (Talent) section of the pathway moving athletes from T1 to T4.





WRAS is governed by a Board of 7 members who are nominated, elected and appointed from within the western region community.

WRAS employs an Executive Officer, Programs/Strength and Conditioning Manager, Office Manager and Communications Officer. The organisation is supported by volunteers.

## **WRAS Board Members:** *(pictured from left to right)*

- ❖ Michael Price, Community Member, Bathurst
- ❖ Carmen Dwyer, Community Member, Dubbo
- ❖ Clr Scott Ferguson, Central NSW Joint Organisation of Council Representative, Blayney
- ❖ Matthew Irvine, Chair/Community Member, Bathurst
- ❖ Dr Melissa Skein, Charles Sturt University Representative, Bathurst
- ❖ Tim Findlay, Treasurer/Community Member, Young
- ❖ Brian Cobcroft, Deputy Chair/Community Member, Bathurst
- ❖ Mick Bell (not pictured), Community Member to May 2022, Narromine

## **WRAS Staff**

- ❖ Candice Boggs, Executive Officer
- ❖ Caitlin Knox, Program Manager to August 2022
- ❖ Dan Bunyan, Programs/Strength and Conditioning Manager from October 2002
- ❖ Tanya Pallier, Office Manager
- ❖ Vittorio Travan, Communications Officer



## Chair of the WRAS Board's Address

Well that's a wrap on 2022 – the year life ALMOST returned to normal! After two years of pandemic-related disruption and many forced changes to our operations, it was wonderful to see the return of camps, events, competitions and various other development opportunities to the WRAS calendar.

I know our many coaches, officials, staff and supporters had been looking forward to more face-to-face engagement, and from all reports our athletes appreciated the opportunity as well.

At a strategic level, 2022 presented challenges relating to forward planning, particularly in relation to our medium-term business model. I would like to acknowledge Candice and her colleagues from the RASi collective, for their work in securing an ongoing financial commitment from the NSW Government.

Your board and executive worked hard during the periods impacted by COVID-19 to ensure WRAS would be a strong and sustainable organisation when the pandemic fog finally lifted. Thank you to my fellow board members for their contribution in 2022. A special mention to Mick Bell who resigned from the board in May 2022 after 9 years.

Pleasingly, we are in good shape with a sound financial base. This is due in no small part to the efforts of previous boards, and in particular long-serving WRAS Chair Norm Mann and former Treasurer Len Graff. Norm and Len instilled a culture built on responsible leadership and prudent financial discipline into the organisation over 20 years ago, and these traits have served us particularly well in 2022.



2022 also saw the return of the WRAS Presentation Night, and the sheer excitement of being back in a large venue celebrating together was evident to everyone who attended.

A highlight for me each year is presenting the Chairman's Award for Excellence. Cyclist Xavier Bland was the very deserving recipient this year. Xavier is a young man who puts as much effort into his schooling and extra-curricular activities as he puts into his cycling. He makes a huge contribution to his local cycling club and the wider cycling community in the NSW Central West, and his on-track results have been outstanding.

Xavier's fellow nominees for the Chairman's Award were Josh Bywater (basketball), Ruben Martin-Clark (hockey), Alex Kinghorne (lone star), Bronte Cullen-Ward (netball), and Emily Bennett (triathlon). These outstanding young people all deserve our congratulations, and I am incredibly proud that they have been a part of WRAS.

Keep an eye out in 2023 for the many WRAS graduates making headlines as they progress to the next stage of their sporting pathway. Their dreams are being achieved through dedication and commitment, and countless hours of training. Let their efforts be an example to all.

Matthew

Photo: Xavier Bland with Matthew Irvine (Chair of the WRAS Board at the 2022 presentation evening)



## Executive Officer's Address

Welcome to the 2022 Western Region Academy of Sport (WRAS) Annual Report.

I want to start by acknowledging the WRAS staff; Tanya, Caitlin, Dan and Vittorio, for their contributions to WRAS throughout the past 12 months. We only have a small team behind the scenes, but working with these great people on a daily basis is an absolute pleasure.

The 2022 programs kicked off with Orientation in Bathurst, where all squads came together for a weekend of training, testing and education. It had been several years since we held a full Orientation weekend and the atmosphere was buzzing.

The WRAS squads travelled to Wagga Wagga for Southern Sports Academy's first year hosting Your Local Club Academy Games. WRAS saw great results across our sports, with a notable mention to the U16 Boys and Girls Basketball teams, who were the undefeated Champions of the Games.

Following the excitement of the Games, WRAS staff focused on hosting our inaugural talent identification day for Aboriginal and/or Torres Strait Islander athletes. The day was a great success for our first time, with 76 students from 14 high schools registered to attend the one-day event in Orange.

Even though mother nature caused havoc to our follow-up camps, we were pleased to see four athletes progress to full squad scholarships with our Basketball, Netball and Golf Programs for 2023. Thank you to the WRAS coaches who attended this day, including representatives from Basketball NSW, Netball NSW and guest coach Jess Skinner (NRL Pathways Strategy Manager and First Nations Gems Head Coach).



Linda MacLeod (centre) at her Life Membership celebration, pictured with Matthew Irvine (Chair of the WRAS Board) and Candice Boggs (WRAS Executive Officer)



Life Member Bruce McLean (back) with WRAS golf athletes Jacob Lamb, Cooper Starkey and Jake Davis.

As always, the strength of the Regional Academy network (RAS) remained vital as we formalised new partnerships with the NSW Institute of Sport (NSWIS) and Steadfast. These critical relationships, along with the continued support from the NSW Office of Sport, saw the RAS network host the inaugural RAS Coaches Conference. A coaching development opportunity RAS is eager to continue facilitating in years to come. WRAS were represented at this conference by Kent Bestwick (hockey), Michael Robinson (cycling), Rory Thornhill (triathlon) and Adam Marjoram (basketball).

Two life members were inducted into the Organisation at the presentation night in August. Congratulations to Linda MacLeod (Netball) and Bruce McLean (Golf). Linda and Bruce have played vital roles over many years of service supporting the talented athletes within WRAS programs.

In late 2022, we farewelled Caitlin as she moved to chase the warmer weather of QLD. Prior to her departure, Caitlin had been working to reinvigorate the Strength and Conditioning Internship with Charles Sturt University (CSU). A program that had seen WRAS and CSU previously win multiple Strength of America Awards. Dan will be leading this project moving into 2023.

As we welcome WRAS Alumni Dan Bunyan back into this space, I look forward to seeing this project expand under his knowledge. This partnership with CSU will benefit the athletes and provide educational and practical learning experiences for CSU students.

Our role within the regional sporting pathway only strengthens as our ties to NSWIS and the NSW Office of Sport continued to progress in 2022. We anticipate many more projects together moving forward and offering many more opportunities to regional athletes, coaches and officials within the Central West of NSW.

Candice

## Graduate Athletes

### Graduate (U18) Squad

Jack Apps – Young	Chiranjeev Kalsi – Bathurst
Joshua Bywater – Dubbo	Damon Koles – Bilpin
Max Campbell – Bathurst	Kurt Lansom – Bathurst
Roxy George – Bathurst	Phoebe Moller – Bathurst
Carter Godson – Orange	Rhys O’Neill – Gilgandra
Sophie Harvey – Orange	Tallis Thomas – Orange
Ainsley Holmes – Orange	Maya Thompson – Orange
Max Johns – Bathurst	Lara Winterton – Dubbo

### Senior (U16) Squad

Sage Annis-Brown – Orange	Jai McMillan – Lithgow
William Burton – Bathurst	Tayla Mongan – Dubbo
Kyan Campbell – Lithgow	Archie Morris – Lithgow
Charlie Fischbeck – Bathurst	Lochy Nolan – Balladonan
Riley George – Bathurst	Luke O’Neill – Gilgandra
Ruby Griffin – Bathurst	Jai Simcoe – Lithgow
Keeley Holmes – Orange	Millie Sutcliffe – Dubbo
Hamish Larson – Dubbo	Tilly Wilson – Dubbo
Elka Lee – Lithgow	Emily Winterton – Dubbo
Kiara McKeown – Geurie	

### Development (U14) Squad

Callum Bowen – Wongarbron	Shaylee Holmes – Orange
Jaxon Burton – Bathurst	Austin Hunt – Dubbo
Sam Bynon-Hargreaves – Dubbo	Milo Mages – Orange
Sian Campbell – Bathurst	Tully Pickering – Dubbo
Archie Dickson – Dubbo	Clancy Toshack – Dubbo
Lowan Francis – Wallerawang	Hannah Wallace – Lithgow
Jazzy Gordon – Dubbo	Cohen Weir – Dubbo
Maddison Hart – Lithgow	



## Training Partners

Xavier Lyden - Orange	Kalan Traves – Bathurst
Oliver Molloy – Orange	Karol Villanueva – Dubbo
Pierson O’Dwyer - Bathurst	Jarvis Whalan – Bathurst
William Pheils – Bathurst	

## Squad Staff

Adam Marjoram – Head Coach – Lithgow
Claire Bynon – Assistant Coach – Dubbo
Scott Holmes – Assistant Coach – Orange
Jessica McGrath – Assistant Coach – Bathurst
Molly Croft – Apprentice Coach – Dubbo
Jade Windle – Apprentice Coach – Bathurst
Leanne Godson – Squad Manager – Orange

## Program Outline

The 2022 basketball program ran from October 2021 to May 2022 and included:

- ❖ Orientation
- ❖ Fitness Testing, Functional Movement Screening
- ❖ Strength and Conditioning Programs
- ❖ Education: speed/agility running techniques, injury prevention and load management, movement preparation and recovery, strength and conditioning overview, sport nutrition, team culture, teamwork, leadership and motivation
- ❖ Inter-Academy training camp in Wollongong
- ❖ Squad training days
- ❖ Your Local Clubs Academy Games – Senior/Development Squads
- ❖ Coastal Classic Tournament - Graduate Squad



WRAS Head Coach Adam Marjoram's summary of 2022...

*'After 2 years of stopping and starting in the sport of basketball, the coaching staff had one goal - to make the athletes feel proud to put on a WRAS jersey again. The coaches created a culture that valued the athletes on and off the court and wasn't performance or result driven. Thank you to the coaches for being athlete focused, checking the athletes' holistic development and ensuring their overall wellness was number 1. Through this shift of culture we have seen the athletes' growth and development on all levels excel beyond our initial thoughts.'*

## Program Highlights

- ❖ Guest Coaches at WRAS training sessions
  - Peter Lonergan, Basketball Aust, HP Coach Development
  - Dr Stephen Bird, Athlete Health and Performance, BBNZ
- ❖ Inter-Academy camp with Illawarra Academy
  - Team Culture/Leadership and BNSW 'Women in Sport' workshops
  - Guest coaches Michael Turton (ex Assistant Coach, WNBL Sydney Flames) and Shelley Bates (Head Coach, NSW Country U18 Women's team)
  - Illawarra Hawks v NZ Breakers game

## Graduate (U18) Squad

- ❖ **Roxy George** selected as reserve for Basketball NSW Country U18 State team. Also selected for BNSW Country D League.
- ❖ **Josh Bywater** made possible and probable for NSW CCC Open basketball team
- ❖ **Max Campbell, Roxy George, Sophie Harvey, Chiranjeev Kalsi and Phoebe Moller** selected in regional school representative basketball teams.
- ❖ WRAS women's team won the Coastal Classic Tournament. The men's team lost semi final by 1 point.



## Senior (U16) Squad

- ❖ **Kiara McKeown, Lochy Nolan, Jai Simcoe and Millie Sutcliffe** selected in Basketball NSW State Performance Program.
- ❖ **Riley George, Kiara McKeown and Jai Simcoe** selected in Basketball NSW U16 Country squads.
- ❖ **Charlie Fischbeck, Kiara McKeown, Lochy Nolan, Jai Simcoe, and Millie Sutcliffe** selected for Basketball NSW Country DLeague.
- ❖ **Millie Sutcliffe** named in Girls All-Star 5 Team of the National Indigenous Basketball Tournament in recognition of the skills she displayed at this event.
- ❖ **Lochy Nolan and Millie Sutcliffe** selected in NSW State team for National Indigenous Basketball Tournament. Both were also selected for 3-day junior NBA camp prior to the tournament.
- ❖ Both U16 women's and men's teams won their competition at the Your Local Club Academy Games

## Development (U14) Squad

- ❖ **Jazzy Gordon and Tully Pickering** selected in NSW State team for National Indigenous Basketball Tournament. Jazzy was also selected for 3-day junior NBA camp prior to the tournament.
- ❖ **Clancy Toshack and Cohen Weir** selected for BNSW DLeague
- ❖ **Sam Byron-Hargreaves, Jazzy Gordon, Tully Pickering, Clancy Toshack and Cohen Weir** selected for the Basketball NSW U14s Talented Athlete Program
- ❖ **Sian Campbell** selected in Western Associated Schools representative basketball team

**The 2022 basketball program was supported with sponsorship provided by Underwriting Agencies of Australia (UAA).**

**Roxy George****Basketball Athlete of the Year**

Roxy is the coach's dream athlete. She is driven, has exceptional work ethic and is a leader amongst her peers. Her selection in Basketball NSW high performance programs in 2022 was a testament to the effort she puts into her training.

Roxy's achievements include:

- ❖ Selected as reserve for Basketball NSW U18 Country State team.
- ❖ Selected for Basketball NSW U18 Country DLeague.
- ❖ Selected in the Western Region opens basketball team for NSW Combined High Schools Tournament.

**Joshua Bywater****Chairman's Award for Excellence Nominee**

Josh lead by example on and off the court, setting the standard for other WRAS members. He was part of the WRAS leadership group and also captained his Dubbo representative team. Josh worked part-time, volunteered with his local association (coach and umpire) and was committed to his education achieving admirable academic results.

Josh was selected as a possible/probable athlete for NSW Combined Catholic Colleges open basketball team. Josh's school team finished 5<sup>th</sup> at NSW Combined Catholic Colleges Championships.

**Lara Winterton****Coach's Award – Graduate Squad**

Lara is an amazing young athlete who is a dream to coach. She is a leader amongst her peers both on and off the basketball court. She showed genuine care for her teammates and supported the younger athletes within the program.

Lara was part of the winning team for the U18 Western Junior League competition and represented her school at the NSW Combined Catholic Colleges Basketball Championships.





**Jai Simcoe****Coach's Award – Senior Squad**

Jai is a determined young athlete who has always aims to be the best he can be. His demonstration of maturity and leadership outside of his basketball talent, sets him apart from his peers.

2022 was Jai's second year selected in the Basketball NSW State Performance Program.

Jai was also selected in the Basketball NSW U16 NSW Country Squad.

**Millie Sutcliffe****Coach's Award – Senior Squad**

Millie is the pinnacle of what a coach want in a young athlete chasing their dreams. Millie wakes up every day with a drive to get better. Her never quit, never give up attitude is why her basketball pathways have continued to open up over the past 18 months.

Some standout performances for Millie this year were her selection to represent NSW at the National Indigenous Basketball Tournament and being named in the All Star 5 following the Tournament. Millie was also selected in the Basketball NSW State Performance Program.

**Jazzy Gordon****Coach's Award – Development Squad**

Jazzy is an athlete that plays with her heart first and talent second. Her ability to be coached under fatigue, and work ethic to keep on giving when exhausted, is impressive.

Her basketball pathways have just begun - she has a big future ahead. In 2022 Jazzy was selected to represent NSW at the National Indigenous Basketball Tournament and also selected in Basketball NSW Talented Athlete Program.



### Graduate Athletes

Lara Allen – Bathurst  
Xavier Bland – Orange  
Cameron Crump – Orange  
Lachlan Crump – Orange

Cadel Lovett – Bathurst  
Charlotte Lovett – Bathurst  
Ebony Robinson – O’Connell  
Isabelle Russell – Dubbo

### Squad Staff

Marian Renshaw – Coach – Bathurst  
Michael Robinson – Coach/Mechanic – O’Connell  
Mitch Bland – Manager – Orange

### Program Outline

- ❖ Fitness Testing
- ❖ Functional Movement Screening
- ❖ Strength and Conditioning Programs
- ❖ Education – sports psychology, foam rolling for recovery, recovery practices and nutrition for cycling
- ❖ Inter-Academy Road Cycling camp
- ❖ Your Local Clubs Academy Games
- ❖ Cycling events as agreed with coaches

WRAS Cycling Coach Marian Renshaw’s summary of 2022 ...

*‘The year of 2022 saw some normality return to our sport of cycling. Our small team has showed the commitment and dedication that has reflected in their results throughout the year.*

*Our program has athletes span a large age difference and it was impressive to see our older athletes mentor the younger ones and give encouragement when needed. The respect showed from our athletes at competition and training certainly is to be proud of.*

*Representing WRAS has given the athletes a pathway to strive forward in their goals of cycling.’*



### Athlete Achievements

- ❖ Australian medals – 2022 AusCycling Junior Road Nationals.
  - **Ebony Robinson** (U17W) – Gold (criterium champion)
  - **Isabelle Russell** (U17W) – Silver (road race)
  - **Cadel Lovett** (U17M) – Silver (road race).
- ❖ Australian Medals – 2022 AusCycling Junior Track Nationals
  - **Ebony Robinson** (U17W) – 2 Gold (team sprint, madison), 1 Silver (individual sprint), 3 Bronze (500m time trial, keirin, scratch race)
  - **Xavier Bland** (U17M) – Gold (team sprint), 2 Bronze (500m time trial, individual sprint)
  - **Isabelle Russell** (U17W) – 1 Gold (team pursuit), Bronze (madison)
- ❖ NSW State Team selections – **Xavier Bland** (track), **Cadel Lovett** (road and track), **Ebony Robinson** (road and track), **Isabelle Russell** (road and track). **Cadel Lovett** was co-captain of the NSW road team.
- ❖ State Medals – 2022 NSW Road Championships
  - **Ebony Robinson** (U17W) – Gold (criterium), Bronze (road race)
  - **Isabelle Russell** (U17W) – Silver (road race), 2 Bronze criterium, time trial)
- ❖ State Medals – 2022 NSW Track Championships – Individual medals:
  - **Cadel Lovett** (U17M) – Gold (points race)
  - **Ebony Robinson** (U17W) – Silver (keirin), 3 Bronze (omnium, 500m time trial, sprint)
  - **Xavier Bland** – 2 Silver (sprint, individual time trial), Bronze (scratch)



### Athlete Achievements continued...

- ❖ State Medals – 2022 NSW Track Championships – WRAS teams:
  - Silver medal (U17M team sprint) – **Xavier Bland, Cameron Crump, Cadel Lovett**
  - 2 Bronze medals (U17W team sprint and team pursuit) **Ebony Robinson, Charlotte Lovett, Lara Allen**
  - Bronze medal (U17M team pursuit) – **Xavier Bland, Cameron Crump, Lachlan Crump, Cadel Lovett**
- ❖ NSW Junior Country Road Championship – **Cadel Lovett** (U17M) and **Charlotte Lovett** (U15W) both claimed Silver medals.
- ❖ 2022 Bay Criterium Championships – Silver medal for **Isabelle Russell** (U17W) and Bronze medal for **Cadel Lovett** (U17M)

### Program Highlights

- ❖ Your Local Clubs Academy Games
  - **Lara Allen** 2<sup>nd</sup> overall in U15W
  - **Ebony Robinson** 2<sup>nd</sup> overall U17W
  - **Charlotte Lovett** 3<sup>rd</sup> overall in U17W
  - **Cadel Lovett** 2<sup>nd</sup> overall in U17M
  - **Xavier Bland** 3<sup>rd</sup> overall in U17M
- ❖ Hunter, Illawarra and Southern Academy athletes joined WRAS at the Inter-Academy Camp in Bathurst. Guest coaches Graham Seers from AusCycling and Craig Sutton NRS rider, facilitated workshops for on-road cycling skills, criterium tactics/racing, and pathways for road racing.

### Ebony Robinson

#### Cycling Athlete of the Year

Ebony's approach to her sport is professional, focused and disciplined. Her application and commitment to training is outstanding whether on the bike, doing strength and conditioning or cross training.

Ebony's achievements include:

- ❖ Seven Australian medals (3 Gold, 1 Silver, 3 Bronze) – National Junior Track and Road Championships in 2022
- ❖ Eight (8) State medals (1 Gold, 1 Silver, 6 Bronze) – NSW State Junior Track and Road Championships in 2022
- ❖ NSW State Team for both road and track.



### Xavier Bland

#### Chairman's Award for Excellence Nominee

Xavier strives for constant self-improvement in training. He is a thinking athlete that leaves no stone unturned in his quest for excellence. Xavier balances his cycling commitments with part time work, achieving at a high level academically and volunteering with his local cycling club.

Xavier won 3 Australian medals (1 Gold, 2 Bronze) at National Junior Track Championships and 7 State medals (1 Gold, 3 Silver, 3 Bronze) at NSW State Track Championships. For the 2022 road season Xavier was ranked in top 5 NSW riders in U/17 age group. Xavier was selected in the NSW State Track Team.



## Graduate Athletes

Jake Davis – Bathurst  
Maiv Dorman – Bathurst  
Max Hemsworth – Bathurst  
Jacob Lamb – Bathurst  
Cooper Starkey – Bathurst  
Tom Vickery – Orange  
Logan Whiteley – Orange

## Squad Staff

Bruce McLean – Head Coach – Orange  
Sam Pasquali – Interim Head Coach – Orange

## Program Outline

The 2022 golf program ran from November 2021 to July 2022 and included:

- ❖ Orientation
- ❖ Fitness Testing
- ❖ Functional Movement Screening
- ❖ Strength and Conditioning Programs
- ❖ Education – strength and conditioning for golf, mind flow and mental practice for golf
- ❖ 2 day training camp
- ❖ Squad training days
- ❖ Wagga Wagga Junior Masters
- ❖ Peter O'Malley Junior Masters
- ❖ Your Local Clubs Academy Games
- ❖ Regional Academies North V South President's Cup for 2 golfers selected from the WRAS squad
- ❖ NSW State Age Junior Golf Championships



WRAS Head Coach Bruce McLean's summary of 2022 ...

*'The golf program was a success despite health issues that came my way. Many thanks to Sam Pasquali for stepping in and keeping the coaching at a high level. The squad all performed well and applied themselves to improve. The strength and conditioning program had an effect on performance and you could see Individuals improvement in stamina and concentration with those who applied themselves. Hence the results of reaching playoffs and being selected for further representation.*

*While weather restricted travel to some state tournaments, squad members committed themselves to local events and reduced their handicaps, and their game management and tournament preparation has improved for future events.*

*It has been a pleasure to see the encouragement and positive competitive nature displayed by the squad members and support of the parents.'*

## Program Highlights

- ❖ Golfers attended a 2 day camp in Sydney in May 2022 participating in:
  - A strength and conditioning workshop at Precision Athletica, Athletes were taken through golf specific mobility, strength and power training.
  - Mindflow seminar with John Novak (Boomerang Effect) which focused on the power of positive thinking and improving mindset in the time between shots. John gave the golfers a great summary of the big ideas surrounding mindset as well as some practical strategies they can use out on course to improve their thinking during competition.
  - 18 holes at Glenmore Heritage Valley Course, guided by coach Brad Ward (Professional at the 19th Golf Driving range and head coach for Western Sydney Academy).



### Program Highlights continued ....

- ❖ Wagga Junior Masters
  - **Jacob Lamb** – tied 3<sup>rd</sup> overall boys, 3<sup>rd</sup> in 14-15yr age division
  - **Max Hemsworth** – nett 2<sup>nd</sup> in boys 13yr age division
  - **Maiv Dorman** – 3<sup>rd</sup> in girls 12-13yr age division
- ❖ Peter O'Malley Junior Masters
  - **Maiv Dorman** – 4<sup>th</sup> in girls 12-13yr age division
  - **Cooper Starkey** – tied 1<sup>st</sup> in 12-13yr age division, runner up after play off
- ❖ **Maiv Dorman** - 2<sup>nd</sup> in girls 12yrs age division at NSW State Age Championships
- ❖ **Jake Davis** – tied 1<sup>st</sup> in boys scratch event at the Your Local Club Academy Games
- ❖ **Jake Davis** and **Jacob Lamb** – selected in South Team for the Regional Academies North V South President's Cup. Both boys had a win in their singles matches.
- ❖ Special mention to **Cooper Starkey** completing the Cancer Council's Longest Day Golf Challenge – played 72 holes in one day to raise money for the Cancer Council.

### Jacob Lamb Golf Athlete of the Year

Jacob had a number of standout performance including:

- ❖ 3<sup>rd</sup> overall boys and 3<sup>rd</sup> in 14-15yrs boys at the Wagga Wagga Junior Managers
- ❖ 1<sup>st</sup> age net and 7<sup>th</sup> overall at the Peter O'Malley Junior Masters in Bathurst
- ❖ Bathurst Junior Championships – outright winner
- ❖ Selected in the South Team for the Regional Academies North V South Presidents Cup.



### Jake Davis Coach's Award

Jake has a great desire to do well and was a constant source of encouragement to the other squad members.

His fierce competitiveness is tempered by a very mature attitude.

Jake placed tie 1st in the boy's scratch event at Your Local Club Academy Games. Jake was selected to represent WRAS and team South at the Regional Academies North V South Presidents Cup.



## Graduate Athletes

Oliver Bestwick – Bathurst	Ruben Martin-Clark – Bathurst
Molly Brown – Dubbo	Clare Mawhood – Oberon
Oliver Brown – Dubbo	Ashton McDonald – Wallerawang
Addison Chapman – Orange	Maddy McLean – Lithgow
Angus Coddington – Dubbo	Jordan Moody – Parkes
Jessika Day-Stephen – Bathurst	Liam Moody – Parkes
Paige Duncan – Parkes	Molly Orr – Parkes
Ryan Dunford – Parkes	Eva Price – Blayney
Jackson Essex – Orange	Phoebe Smith – Cowra
Amelia Heath – Orange	Meg Turner – Parkes
Harriet Lowe – Bathurst	Deklin Unsworth – Lidsdale
Kane MacFarlane – Dubbo	Pip Webb – O’Connell
Cait Maguire – Orange	Hayley Willott – Bathurst
Charlie Manual – Orange	Giaan Willott – Bathurst

## Squad Staff

Kent Bestwick – Head Coach – Bathurst  
 Niel Howard – Assistant Coach – Bathurst  
 Ian McAlister – Manager – Orange

## Program Outline

The hockey program ran from November 2021 to April 2022 and included:

- ❖ Orientation
- ❖ Fitness Testing
- ❖ Functional Movement Screening
- ❖ Strength and Conditioning Programs
- ❖ Education – speed/agility running techniques, injury prevention and load management, S&C overview,
- ❖ 2 Day Inter-Academy training camp
- ❖ Squad training days
- ❖ Your Local Clubs Academy Games



WRAS Head Coach Kent Bestwick’s summary of 2022 ...

*‘The 2022 program provided athletes with game awareness, decision making and also leadership skills for both on and off the field. The squad achievements were of a very high standard and I was grateful to have a high calibre playing group in the program. The improvement in athletes’ strength and conditioning will hold them in good stead for the Hockey NSW AAP program for those fortunate enough to be selected.*

*I have no doubt that the 2022 athletes they will fly the WRAS flag with pride and prowess’.*

## Program Highlights

- ❖ Mariah Williams (Australian hockey player) spoke about Olympic pathways and ran a skills workshop.
- ❖ **Addison Chapman, Ryan Dunford, Kane MacFarlane, Ruben Martin-Clark and Molly Orr** selected in Hockey NSW Athlete Acceleration Program.
- ❖ **Addison Chapman** selected in NSW Combined High Schools hockey team. **Ryan Dunford** was selected as shadow player for NSW Combined High Schools hockey team.
- ❖ **Oliver Bestwick, Molly Brown, Addison Chapman, Ryan Dunford, Ruben Martin-Clark, Clare Mawhood, Jordan Moody, Liam Moody, Molly Orr and Pipp Webb** selected in regional school representative hockey teams.
- ❖ **Hayley Willott** selected in Central West Premier League Hockey ‘Futures’ team. **Giaan Willott** selected in Central West Premier League Hockey ‘All Stars’ team.
- ❖ 100 athletes and coaches (Western, Southern and Sydney Metro Academies) attended the Inter-Academy camp in Bathurst.
- ❖ Mens team at Academy Games showed great determination narrowly missing out on playing in the Grand Final after playing all weekend with only one sub.



### Addison Chapman

#### Hockey Athlete of the Year

Addison's achievements include:

- ❖ Selection in Hockey NSW 2022/23 Athlete Acceleration Program
- ❖ Selected in NSW Combined High Schools Open Hockey team to play at the NSW All Schools Tournament
- ❖ Represented Western Region at the NSW Combined High Schools Tournament
- ❖ Named Most Valuable Player for Western Region Combined High Schools Hockey team



### Ruben Martin-Clark

#### Chairman's Award for Excellence Nominee

Ruben's dedication to training has earned him selection in Hockey NSW's 2022/23 Athlete Acceleration Program. Ruben represented Western Region at the NSW Combined High Schools Hockey Tournament.

Ruben coaches junior athletes, umpires when he can, as well as working part-time. Ruben excels in the schooling environment receiving a Senior Executive Award for Exceptional Commitment to Learning, and Academic Excellence Awards for Advanced Mathematics, Economics, Software Design and Development and Advanced English.



### Jordan Moody

#### Coach's Award

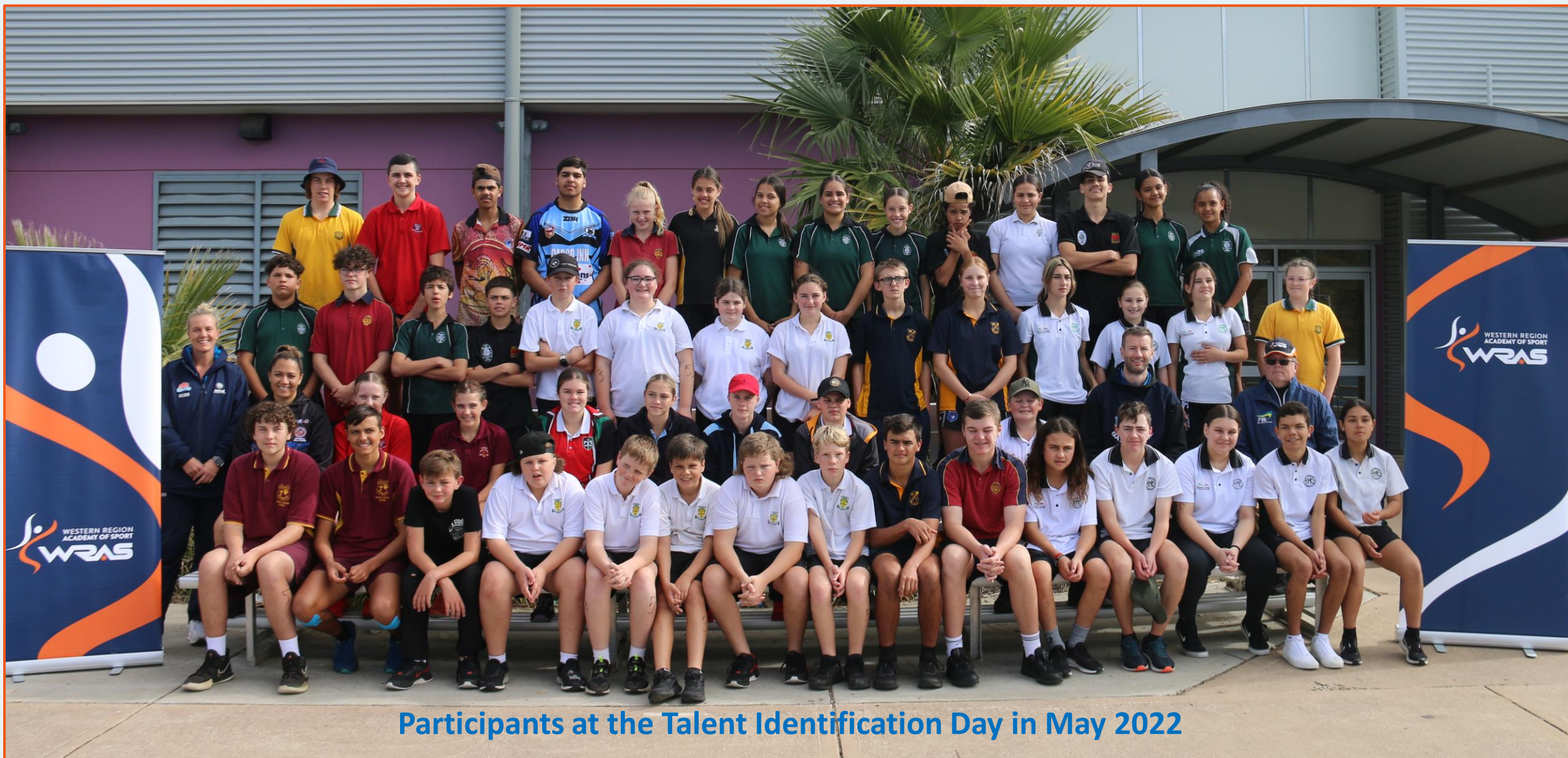
Jordan has shown great growth since starting with the academy not only as an athlete but a leading member of the squad.

Jordan's ability to adapt to any position within a team is a bonus to any coach and she does it for betterment of the team.

Jordan represented Western Region at the NSW Combined High Schools Hockey Tournament.







Participants at the Talent Identification Day in May 2022



### Program Outline

The Indigenous Talent Program was introduced in 2022 with support from Underwriting Agencies of Australia (UAA).

The program was designed to provide assistance in advancing opportunities in sport for western region athletes of Aboriginal and/or Torres Strait Islander descent.

High schools students aged 13-16 years of age were invited to a Talent Identification Day (TID) in May 2022. A total of 76 students registered for the day. The students participated in various sports science tests to measure their sprint speed, agility, power and fitness. In the afternoon they took part in fun activities based on sports specific skills for netball, basketball, rugby league and golf.

### Guest coaches at the TID

- ❖ Adam Marjoram (Basketball NSW Development Officer and WRAS Basketball Head Coach)
- ❖ Mardi Aplin (Netball NSW Regional Performance and Pathways Manager)
- ❖ Jess Skinner (First Nations Gems Head Coach and NRL Pathway Strategy Manager)
- ❖ Bruce McLean (PGA Member and WRAS Golf Head Coach)

### 29 athletes selected in the 2022 squad participated in:

- ❖ Workshop with Jess Skinner discussing identity, connection and community in sport and the main barriers faced by First Nations athletes aspiring to be at the elite level in sport.
- ❖ Gym session with Caitlin Knox (Level 2 Strength and Conditioning Coach) – teaching basic components of a strength program including correct lifting techniques.
- ❖ Speed and agility techniques workshop.



### Athletes selected in the 2022 squad

Ryan Bell	Savannah Lucas
Cooper Crowe	Callan Martin
Jayanna Dixon	Hunter Mooney
Jase Edwards	Tyler Morgan
Rory Elphick	Miah Naden
Tyson Harvey	Braydon Nean
Brock Hoswell-Parsons	Ty Nean
Jackeel Jones	Pippa Orth
Jamie Jones	Amarii Pitt
Keegan Jones	Jim Ramsay
Paityn Klaare-Smith	Anthony Sampson
Jayden Lucas	Kareel South Hill
Kimi Crague-Lucas	Lily-Louise Walker
Rhianna Lucas	Paddy Williams
Ada Lunney	

### Progression to WRAS sports programs

Several athletes identified as having a high skill level in basketball, golf and netball, were invited to trial for WRAS 2023 programs.

The following athletes were selected in WRAS 2023 programs:

- ❖ **Cooper Crowe** – Basketball
- ❖ **Rory Elphick** – Golf
- ❖ **Amarii Pitt** – Basketball
- ❖ **Lily-Louise Walker** – Netball

## Graduate Athletes – Lone Star

Hadden Bennett (athletics) – Forest Reefs  
 Alesha Bennetts (athletics) – Mudgee  
 Mollie Blackman (athletics) – Mudgee  
 Mitchell Crossman (softball) – Orange  
 Ellen Dolbel (hockey) – Orange  
 Jessica Healey (hockey) – Orange  
 Luke Hinrichsen (athletics) – Orange  
 William Kelly (triathlon) – Bathurst  
 Alex Kinghorne (volleyball) – Blayney  
 Ella Penman (athletics) – Dubbo  
 Mia Penman (athletics) – Dubbo  
 Phebie Ryan (athletics) – Dubbo  
 Angus Thompson (athletics/rugby league) – Orange

## Program Highlights

The 2022 individual program ran from November 2021 to July 2022 and included:

- ❖ Orientation
- ❖ Fitness Testing
- ❖ Functional Movement Screening
- ❖ Strength and Conditioning Programs
- ❖ Education – running techniques, injury prevention and load management, strength and conditioning overview, foam rolling and recovery, sports nutrition, yoga practices for mobility and recovery
- ❖ 2 day camp in Bathurst



## Athlete achievements

- ❖ **Hadden Bennett** – top 10 finishes and personal best times for 1500m and 3000m at Little Athletics NSW Championships.
- ❖ **Alesha Bennetts**
  - Australian team for Oceania Athletics Championships.
  - 2 Gold medals at Oceania (400m hurdles, 4 x 400m relay).
  - 2 Gold medals at National Athletics Championships (400m, 400m hurdles)
  - Gold (400m hurdles, Silver 400m) at NSW Junior Athletics Championships
  - Gold and PB (200m), Bronze (400m) at Little Athletics NSW Championships
- ❖ **Mollie Blackman** – Silver Australian medal (hammer throw) at National Athletics Championships
- ❖ **Mitchell Crossman** – selected in Softball NSW State squad
- ❖ **Ellen Dolbel** – Hockey NSW Athlete Acceleration Program and Cricket NSW Country State Squad
- ❖ **Jessica Healey** – Hockey NSW Athlete Acceleration Program for 2nd year
- ❖ **Luke Hinrichsen** – top 10 and PBs (400m, 800m, 1500m) at NSW Athletics Championship. PBs at NSW All Schools (800m, 1500m)
- ❖ **William Kelly** – 9<sup>th</sup> in 5km swim at Australian Open Water Championships. 2<sup>nd</sup> in triathlon at Your Local Clubs Academy Games.



## Athlete Achievements continued ...

- ❖ **Alex Kinghorne** – Western Region opens volleyball team for Combined High Schools Tournament. Team Vice Captain and Coach's Award recipient.
- ❖ **Ella Penman**
  - 3 Australian medals at National Athletics Championships Gold (4 x 400m relay), Silver (800m) and Bronze (400m)
  - All Schools Australian Champion – Gold medal (800m)
  - 2 Gold State medals (400m, 800m) at NSW Junior State Athletics Championships
  - Gold (800m), Silver (400m) at Little Athletics State Championships
- ❖ **Mia Penman** – qualified for 800m at NSW All Schools, qualified for 1500m at NSW Athletics Championships and Little Athletics State Championships.
- ❖ **Phebie Ryan** – qualified for 400m and shotput for Little Athletics State Championships. Phebie also qualified for western region schools cross-country and athletics.
- ❖ **Angus Thompson** – selected in Penrith Panthers U17 Harold Matthews Cup, Western Rams U16 and Group 10 U16s rugby league teams.

## Alesha Bennetts

### Lone Star Athlete of the Year

Alesha's major achievements include:

- ❖ Selected to represent Australia at the Oceania Athletics Championships. Alesha won 2 Gold medals at this event (400m hurdle, 4 x 400m hurdles relay)
- ❖ 2 Australian Gold medals at National Athletics Championships 400m sprint and 400m hurdles (U18)
- ❖ 2 State medals – Gold (400m hurdles) and Silver (400m sprint) at NSW Junior State Athletics Championships.



## Alex Kinghorne

### Chairman's Award for Excellence Nominee

Alex excels both on and off the sporting field. He is a high achieving student who balances his education and sport commitments with 2 part time jobs. Alex was school captain of Blayney High School and volunteers at all community events run by the school. Alex also mentored younger athletes as assistant coach for the School Volleyball team.

Alex was selected in the Western Region opens volleyball team for the NSW Combined High Schools Tournament. He was the team vice-captain and received the coach's award.



## Graduate Athletes – Para-Sports

Waryk Holmes (athletics) – Bathurst

Aaron Houston (athletics) – Bathurst

## Program Outline

The 2022 para-sport program ran from November 2021 to July 2022 and included:

- ❖ Orientation
- ❖ Fitness Testing
- ❖ Functional Movement Screening
- ❖ Personalised Strength and Conditioning Programs
- ❖ Education – injury prevention and load management, strength and conditioning overview



## Aaron Houston (pictured right) – achievements in 2022

- ❖ Selected in U20 Australian team for Virtus Oceania Asia Games. Aaron won 1 Gold medal (5km), 1 Bronze medal (1500m) setting a Australian record (T20 classification 1500m).
- ❖ Selected in U20 Australian team for Virtus World Cross Country Championships.
- ❖ Selected in U20 Regional Australian able bodied team for Oceania Athletics Championships ( 4<sup>th</sup> in 5km, 5<sup>th</sup> in 1500m).
- ❖ 2 Australian medals – Gold (1500m), Bronze (800m) U20 para men events at Australian National Athletics Championships.
- ❖ 2 Silver State medals (800m, 1500m) in U20 para men events at NSW Open Athletics Championships.
- ❖ 2 Gold State medals (U20m Ambulant 800m and 1500m) at NSW Junior Athletics Championship.
- ❖ NSW All Schools - Gold medal (17-19yr boys AMB 800m)

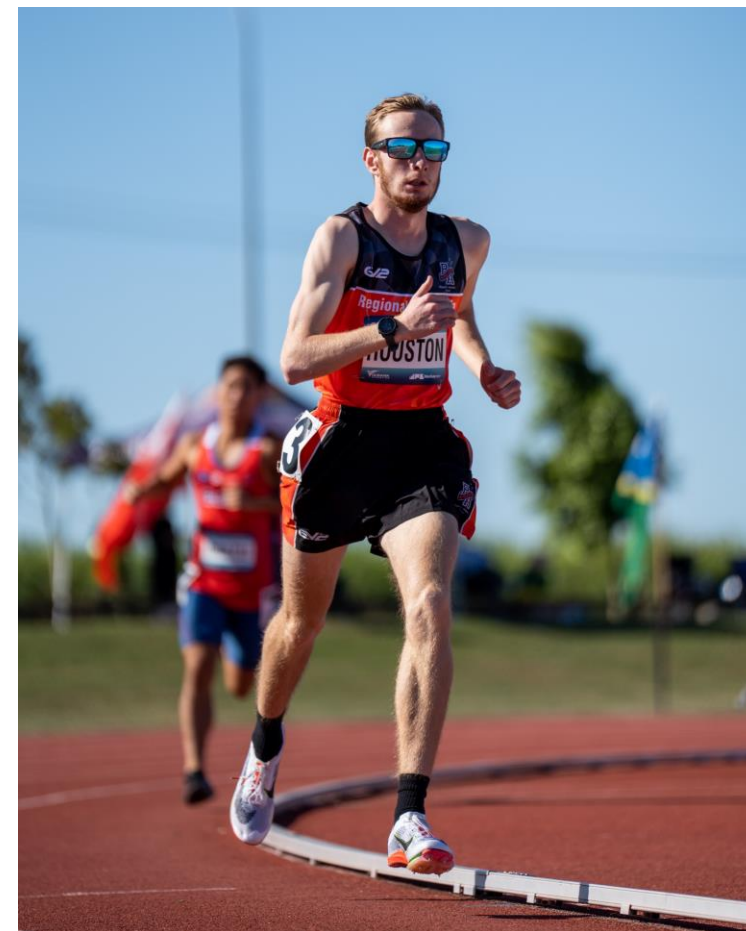
## Waryk Holmes (pictured left) – achievements in 2022

- ❖ National Track and Road team to compete at World Para Athletics Grand Prix and Daniela Jutzeler Memorial in Nottwill Switzerland (Waryk pictured left in Switzerland)
- ❖ World Para Athletics Grand Prix – 400m (PB of 105.92, ranked 12<sup>th</sup>), 800m (PB of 218.58, ranked 10<sup>th</sup>)
- ❖ Daniela Jutzeler Memorial – 100m (PB of 17.79, ranked 10<sup>th</sup>)
- ❖ Australian Silver medal at the 2022 National Athletics Championships (Mens open 100m for T34 classification)
- ❖ Bronze State medal (100m wheelchair) at NSW Opens Athletic Championships
- ❖ Gold medal (U20M 100m wheelchair), Bronze (800m) at ACT Athletics State Titles
- ❖ NSW All Schools – 2 Silver medals (T34 wheelchair 100m and 800m)

## Aaron Houston

### Para-Sport Athlete of the Year

Aaron completing at the Oceania Athletics Championships as part of the Regional Australian U20 able-bodied men's team.





### Graduate Athletes

Jorja Bennetts – Mudgee  
 Elsie Callaway – Orange  
 Charlotte Collins – Orange  
 Caitlin Cox (Umpire) – Orange  
 Bronte Cullen-Ward – Bathurst  
 Georgia Faichney – Dubbo  
 Ansune Gouws (Umpire) – Dubbo  
 Charli Greatbatch – Orange  
 Samantha Hanrahan – Bathurst  
 Eva Marchant – Dubbo  
 Rachel Marshall – Mudgee

Emmie McCullough – Dubbo  
 Sophie McLennan – Bathurst  
 Talia Opetia – Orange  
 Maddison O'Reilly – Cowra  
 Zara Savage – Mudgee  
 Charlee Small – Bathurst  
 Isla Stringer – Orange  
 Edwina Tink – Dubbo  
 Emily Turner – Orange  
 Hannah-Lee Williams – Bathurst  
 Hallie Wolfenden – Cowra  
 Mackenzie Wright – Molong

### Training Partners

Casey Middenway – Dubbo

Laura Scott – Bathurst

### Squad Staff

Linda MacLeod – Head Coach – Dubbo  
 Lana McCarthy – Assistant Coach – Bathurst  
 Michelle Ensor / Shelley Hutchinson – Umpire Coaches – Dubbo  
 Tanya Fearnley – Manager – Blayney

### Program Outline

The netball program, sponsored by Greater Bank, ran from February to September 2022 and included:

- ❖ Orientation/Team Bonding Camp
- ❖ Fitness Testing, Functional Movement Screening, Strength and Conditioning Programs
- ❖ Squad training days and 6 weekly home town training sessions.
- ❖ Education – speed/agility running techniques, sports nutrition, foam rolling and recovery
- ❖ Netball NSW Regional Academies Camp
- ❖ Your Local Clubs Academy Games in Wagga Wagga
- ❖ Netball Academy Challenge in Port Macquarie



WRAS Head Coach Linda MacLeod's summary of 2022 ...

*After 2 years of not being able to run a full program it was exciting to have the athletes back training face to face and able to participate in our two major competitions for the year.*

*The athletes trained to a very high standard and committed wholeheartedly to the program. The improvement both individually and as a group was evident throughout the program and culminated in some outstanding results at the Academy Challenge and individual performances at State selections'.*

### Program Highlights

- ❖ **Ansune Gouws** achieved her National B umpire badge at the Netball Academy Challenge in September 2022.
- ❖ **Hallie Wolfenden** selected for Phase 3 of Netball NSW U17 State Team trials.
- ❖ **Isla Stringer** selected for Phase 2 of Netball NSW U17 State Team trials. Isla was also invited to Netball NSW Emerging Pathway session.
- ❖ **Hannah-Lee Williams** selected in Netball NSW First Nations Emerging Talent Squad.
- ❖ **Emily Turner** selected in Western Associated Schools team.
- ❖ **Bronte Cullen-Ward** selected in Netball NSW U23 Central West Regional State Cup team.
- ❖ Greater Banks Netball Athlete of the Month awards went to: – **Zara Savage, Emmaline McCullough, Hannah-Lee Williams, Isla Stringer, Jorja Bennetts** and **Eva Marchant**
- ❖ **Hallie Wolfenden** (Div 1) and **Maddison O'Reilly** (Div 2) – MVPs at Your Local Club Academy Games.
- ❖ **Jorja Bennetts** (Div 1) and **Eva Marchant** (Div 2) – MVPS at Netball Academy Challenge).
- ❖ Colleen Mitchell, Netball NSW high performance coach - guest coach at WRAS training session.

**Hallie Wolfenden****Netball Athlete of the Year**

2022 was Hallie's 3<sup>rd</sup> year in the WRAS program. Hallie continues to strive to improve her skills at every session and seeks regular feedback on areas to improve. Hallie trains at 100% intensity at all sessions and shows excellent leadership skills. Hallie epitomises the values of WRAS and has a promising future in netball.

- ❖ Selected for Phase 3 of the Netball NSW U17 State Team trials
- ❖ Most Valuable Player for the WRAS Division 1 team at Your Local Club Academy Games
- ❖ NSW State Titles Division 2 Champions – Bathurst representative team

**Bronte Cullen-Ward****Chairman's Award for Excellence Nominee**

Bronte was committed to the WRAS program for the past 3 years even during the difficult times when unable to train or play due to COVID. She always demonstrates a positive attitude and great team spirit. Bronte is a quiet achiever who just gets in and does the work and this is evident in the level of improvement seen in her over the past 3 years. Bronte is also a high-achieving student applying herself consistently to her education.

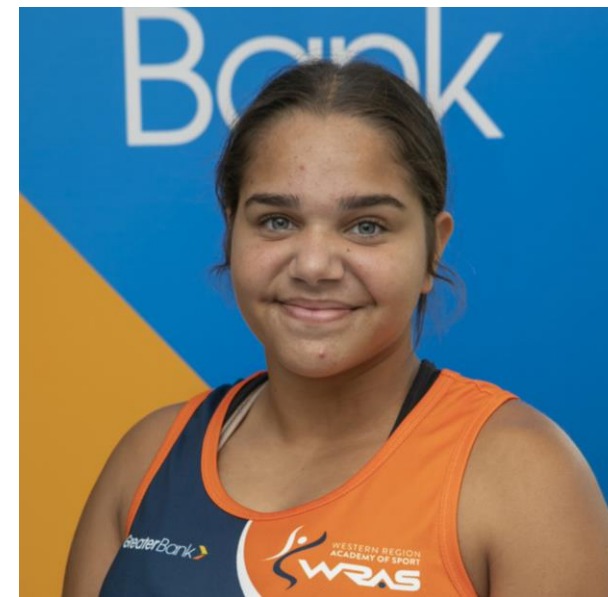
Bronte was selected in Netball NSW Central West U23 Regional State Cup Team

**Hannah-Lee Williams****Coach's Award**

Hannah has demonstrated a very high level of commitment and work ethic at training. Hannah's increased level of confidence has accompanied her changed approach to her intensity at training and on court.

Hannah was receptive to coaching and always took on feedback in a positive manner.

Hannah was selected in the Netball NSW First Nations Emerging Talent team





## Graduate Athletes

Sam Bayada – Orange  
Emily Bennetts – Bathurst  
Sophie Martin – Orange  
Halle Potter – Mudgee  
Amy Robinson – Orange  
Riley Taylor – Mudgee  
Jessie Tudor – Orange

## Squad Staff

Luke Gillmer – Head Coach – Bathurst  
Rory Thornhill – Assistant Coach – Orange

## Program Outline

The 2022 triathlon program ran from September 2021 to April 2022 and included:

- ❖ Orientation
- ❖ Fitness Testing
- ❖ Functional Movement Screening
- ❖ Strength and Conditioning Programs
- ❖ Education – running techniques, injury prevention and load management, strength and conditioning overview, sports nutrition
- ❖ 2 Day Inter-Academy training camp
- ❖ Squad training days
- ❖ Billigence Races – Canberra, Orange, Penrith
- ❖ Your Local Clubs Academy Games



WRAS Head Coach Luke Gillmer's summary of 2022 ...

*'This year I was really impressed with the performance of the athletes in our squad. What stood out was the ability of our group to lift their performance to meet the demands of the event and competition.'*

*There was a lot of lessons including how to go for a win and how to respond following disappointment or failure. These are lessons that can be carried forward, not just in sport but in future employment and broader life challenges.'*

## Program Highlights

- ❖ Bathurst Inter-Club Event – **Emily Bennett** won junior women's short course. **Halle Potter** 4<sup>th</sup> in the women's long course
- ❖ Dubbo Inter-Club Event – **Halle Potter** 1<sup>st</sup>, **Sophie Martin** 2<sup>nd</sup>, **Amy Robinson** 3<sup>rd</sup> in U20 women's race. **Will Kelly** (lone star athlete) 1<sup>st</sup> in U20 men's sprint
- ❖ Orange Inter-Club Event – **Sophie Martin** 1<sup>st</sup> in open women's short course. **Halle Potter** 2<sup>nd</sup>, **Amy Robinson** 4<sup>th</sup> in U19 women's long course. **Will Kelly** (long star athlete) 1<sup>st</sup>, **Riley Taylor** 2<sup>nd</sup>, **Sam Bayada** 3<sup>rd</sup> in U19 men's long course.
- ❖ Orange Club Championship – **Amy Robinson** 2<sup>nd</sup> in women's sprint and **Sam Bayada** 3<sup>rd</sup> in men's sprint.
- ❖ **Sam Bayada** – 1<sup>st</sup> Canberra Triathlon Festival and 1<sup>st</sup> Orange Great Volcanic Challenge (11km)
- ❖ **Halle Potter** – 3<sup>rd</sup> in 14-15yrs at Billigence Aust Grand Prix Eliminator, Canberra
- ❖ **Halle Potter** 4<sup>th</sup> overall female and **Riley Taylor** 4<sup>th</sup> overall youth male at Your Local Club Academy Games.
- ❖ **Sophie Martin** – 5<sup>th</sup> junior female – Billigence Penrith race



## Halle Potter

### Triathlon Athlete of the Year

Some of Halle's many triathlon achievements include:

- ❖ 1<sup>st</sup> in aquathon heat, super sprint heat and 3<sup>rd</sup> in super sprint D final – Orange Billigence Series event.
- ❖ 3<sup>rd</sup> youth female – Australian Grand Prix Eliminator, Canberra
- ❖ 4<sup>th</sup> in B youth final – Penrith Billigence Series event
- ❖ 1<sup>st</sup> overall female – Dubbo Inter-Club series
- ❖ 2<sup>nd</sup> women's long course – Orange Inter-Club series
- ❖ 4<sup>th</sup> overall female – Bathurst Australian Day Inter-Club series



## Emily Bennett

### Chairman's Award for Excellence Nominee

Emily balance her triathlon commitments with a range of other sporting, academic and cultural commitments. Emily competes at state level in athletics, is a high performing academic student and rehearsed and performed in a lead role for her school musical.

Emily was selected in the triathlon program, due to her high level running ability, involvement in swim squad and strong potential to develop as a triathlete. Emily raced in the state development series against top athletes in the state and at times across Australia. She quickly adapted to triathlon to be a competitive athlete in her age division.





## WRAS Internships Program

In 2022, WRAS engaged seven interns, six of whom were completing studies in Exercise and Sports Science at Charles Sturt University.

Caitlin Knox, (Master of Exercise Science, Australian Strength and Conditioning Level 2 Coach and WRAS Program Manager) managed the interns. Caitlin ran a comprehensive and detailed internship, providing both theoretical and practical workshops in topics such as advanced resistance training, speed and power development and an exploration into contextual issues in strength and conditioning.

These experiences culminated in the opportunity for interns to complete the Australian Strength and Conditioning Association's Level 1 course – the first step in a professional career in strength and conditioning.

The WRAS internship also provided valuable practical opportunities including athletic performance testing, coaching, and monitoring in a pre-elite/elite athlete setting. These opportunities and workshops complement the high-quality learning experiences offered at Charles Sturt University, ensuring that the interns graduate from their studies in the best possible position to gain employment in the exercise science field.

Charles Sturt University students engaged with WRAS as Interns:

- ❖ Ben Cooke
- ❖ Margi Jackson
- ❖ Kelli Piddington
- ❖ Mikaela Robinson
- ❖ Georgia Thornberry
- ❖ Emma Watkins



## Regional providers for venues and/or group strength and conditioning sessions:

- ❖ Bathurst – Charles Sturt University Gymnasium
- ❖ Blayney – Centrepont Sport and Leisure Centre
- ❖ Cowra – RAD Gym
- ❖ Dubbo – Dubbo RSL Health and Aquatic Centre
- ❖ Mudgee – Country Fit Gym
- ❖ Orange – Fitness Perfection
- ❖ Orange – RPT Health Group
- ❖ Parkes – Pulse Gym
- ❖ Gilgandra – Fitness Centre

WRAS athletes received weekly gym sessions in their local town under the guidance of trained practitioners during their scholarship with WRAS.

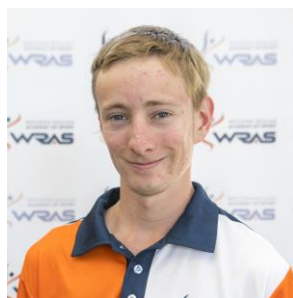
Thank you to the regional providers for their support of WRAS athletes in delivering safe, challenging and educational sessions for athletes.

WRAS look forward to expanding this list of providers in other areas within our catchment region over the coming years.



## **Amelia Heath – Hockey – Orange**

Amelia had a great attendance record at her gym sessions throughout the 2022 program. Amelia's trainers described her as a hard-working athlete that never shied away from a challenge and fostered a supportive gym environment for others.



## **Aaron Houston – Para-Sports (athletics) – Bathurst**

Aaron's coach set some big movement goals for him at the start of the program and the WRAS coaches were constantly working towards them in the gym. Every time the program changed Aaron was always keen to master the new movement and took on every challenge that was thrown his way.



## **Cooper Starkey – Golf – Bathurst**

Cooper had one of the best attendance records in the gym in 2022. Even when he was doing his program by himself, he still gave the exercises his full effort and attention. Cooper was always keen to learn and was great at working his way through his programmed movements.



## **Millie Sutcliffe – Basketball – Dubbo**

Millie was a standout athlete at the Dubbo gym sessions. She is an athlete that always listens and is ready to absorb information. Millie is a naturally gifted athlete in the gym and demonstrated a clear desire to work on the little things within herself to become better.



## **Riley Taylor – Triathlon – Mudgee**

Riley was described by his trainer at the Mudgee gym session as someone that clearly loved his sport and enjoys the training process. He is an athlete that loved trying new things in the gym and always gave every movement a go.



## **Meg Turner – Hockey – Parkes**

Meg was consistent in her approach to her gym sessions at Parkes. She attended sessions each week ready to push herself and motivate others. Meg had a keen interest in perfecting her form and challenging herself in the gym.



# WRAS 2022 PRESENTATION AND MAJOR AWARD WINNERS



**Alesha Bennetts**  
**WRAS 2022 Athlete of the Year**

The WRAS 2022 presentation evening provided an opportunity to celebrate the achievements of WRAS athletes, and recognise the contribution of volunteers, sponsors and supporters.

A total of 320 WRAS athletes, squad staff, supporters and their families attended the event that was held at Panthers Bathurst in August. Hannah-Lee Williams (WRAS netball athlete) performed the Acknowledgement of Country at the start of the evening.

In attendance were representatives from the following WRAS sponsors and supporters: NSW Office of Sport, Underwriting Agencies of Australia, Greater Bank, Charles Sturt University, Bathurst RSL Club, Panthers Bathurst, Bathurst Regional Council, Blayney Shire Council, Lithgow City Council and Orange City Council.

## **WRAS 2022 Athlete of the Year**

Winner – 2022 Athlete of the Year - **Alesha Bennett**

Runner up – 2022 Athlete of the Year - **Aaron Houston**

This major award is for the WRAS athlete who has achieved the highest sporting achievements during the 2022 programs. Nominees were:

- ❖ Roxy George – Basketball Athlete of the Year
- ❖ Ebony Robinson – Cycling Athlete of the Year
- ❖ Jacob Lamb – Golf Athlete of the Year
- ❖ Addison Chapman – Hockey Athlete of the Year
- ❖ Alesha Bennetts – Lone Star Athlete of the Year
- ❖ Aaron Houston – Para-Sports Athlete of the Year
- ❖ Hallie Wolfenden – Netball Athlete of the Year
- ❖ Halle Potter – Triathlon Athlete of the Year



**Aaron Houston**  
**WRAS 2022 Athlete of the Year - runner up**  
Aaron pictured centre with his proud parents





## WRAS Chairman's Award for Excellence – Xavier Bland

This award recognises an athlete who excels in their sporting endeavours whilst also succeeding in other aspects of their life including academic and leadership areas.

Nominees were: **Joshua Bywater** (Basketball), **Xavier Bland** (cycling), **Ruben Martin-Clark** (Hockey), **Alex Kinghorne** (Lone Star), **Bronte Cullen-Ward** (Netball) and **Emily Bennett** (Triathlon).

## Outstanding Achievement by an Aboriginal and/or Torres Strait Islander Athlete - Millie Sutcliffe.

Sponsored by Underwriting Agencies of Australia (UAA) this award recognises an athlete within WRAS who has demonstrated outstanding achievements and success with their sport.

Millie Sutcliffe received the award for her high level basketball selections and achievements, including selection in NSW team for the National Indigenous Basketball Tournament, captain of the NSW team and named in the All Star 5 following the event.

## Coach's Awards

Athletes that have demonstrated the greatest level of dedication and/or improvement during the 2022 programs. Winners were:

**Jazzy Gordon** (Basketball Development)

**Jai Simcoe and Millie Sutcliffe** (Basketball Senior)

**Lara Winterton** (Basketball Graduate)

**Jake Davis** (Golf)

**Jordan Moody** (Hockey)

**Hannah-Lee Williams** (Netball)

*Presentation evening photos by Julia Strang Photography*



**Millie Sutcliffe**

**Outstanding Achievement by an Aboriginal and/or Torres Strait Islander athlete**

Millie pictured centre with proud parents



# 2022 PRESENTATION – SQUAD ATHLETES OF THE YEAR



Left to right (back row) **Roxy George, Ebony Robinson, Hallie Wolfenden, Halle Potter, Addison Chapman,**  
(front row) **Aaron Houston, Alesha Bennetts, Jacob Lamb**



# 2022 PRESENTATION – COACH'S AWARDS



Left to right (back row) **Jake Davis, Jai Simcoe, Hannah-Lee Williams**  
(front row) **Ian Miller (Bathurst RSL Club), Millie Sutcliffe, Lara Winterton, Jordan Moody, Dennis Commerford (Panthers Bathurst)**  
(Jazzy Gordon missing from photo)



# 2022 PRESENTATION – CHAIRMAN'S AWARD FOR EXCELLENCE



Left to right – Xavier Bland, Bronte Cullen-Ward, Ruben Martin-Clark, Matthew Irvine (Chair of the WRAS Board), Alex Kinghorne, Joshua Bywater, Emily Bennett



# 2022 PRESENTATION – STRENGTH & CONDITIONING AWARDS

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Left to right – **Cooper Starkey, Millie Sutcliffe, Dr Melissa Skein** (Charles Sturt University representative/WRAS Board Member) **Caitlyn Knox** (WRAS Strength and Conditioning/Program Manager) **Aaron Houston, Meg Turner**  
(Amelia Heath and Riley Taylor - missing from photo)



# THANK YOU TO WRAS PARTNERS, SPONSORS AND SUPPORTERS

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## WRAS Partners



## Sponsors and State Sport Organisations supporting WRAS programs



## Regional community support for WRAS athletes



## Local Government supporting regional athletes

