

South West Academy
of Sport:
P.O Box 26
Warrnambool, 3280

Office: 5564 8567
Mobile: 0400076469

swsportsacademy@swt
afe.vic.edu.au

www.swas.org.au



THE PROGRESS

Issue No.1

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Important

Dates: 20th Nov
Athlete Career & Coach Education Day: This is a session for all SWAS athletes & Coaches to attend. Guest Speakers with new and exciting topics being presented! Musculo-skeletal assessment will also take place. The new website will be launched. All will take place at the South West TAFE campus.

What's new at SWAS:

- New training uniforms have arrived!
- Skateboarding included as Academy Sport—we welcome Jesse & Billy Abrahams
- Peter Joyce and Mark McGrath join tennis program as elite coaching staff
- Cycling program created and launched! No longer individual athletes.

Sarah Wall

Camperdown and Melbourne Vixens Netballer Sarah Wall has joined SWAS as an elite athlete mentor for all academy athletes.

SWAS are very pleased to welcome Sarah!



WORDS FROM THE CEO



I am really pleased with the progress the Academy has made in 2011. The development of many of the athletes has also been very encouraging.

This quarter has seen the relaunch of a cycling program, the creation of the new website and soon to be introduced athlete diaries to name a few. This in addition to the many advances that SWAS has already made this year.

Carol Fox

Leading Sports Psychologist Carol Fox presented to SWAS athletes on 11th September, 2011. Carol presented on "What Champions Know", which works with goal

imagery, visualisation and reframing thought processes.

SWAS would like to thank Carol for the fantastic work she put in with the athletes.



Top Athlete Results

- **SWAS Elite athlete Tommy Bertrand Wins World Championship as a member of the Australian Men's lightweight 8, at the World Championships held in Slovenia.**
- **Table Tennis**— At the New Zealand National Championships — SWAS team members Ben Taylor, Justin Field, Hamish Porter finish 3rd overall team in the U/18 division. Hamish was also a semi finalist in the consolation finals.
Hobart—Australian Youth Championships(U21)— Ben's team finished 5th, indiv. made last 16 of U/21.
Sydney—Australian Junior Championships Ben and Justin's team finished 6th. Justin and Ben both had success over national and international champions.
- **GOLF**— SWAS Golf wins VRAS Golf Challenge at Moona Links.
- **TENNIS**—Cutis Noble and Sam Wilde win U/14 boys doubles competition in OPTUS junior tournament. Jaslyn Skilbeck won the U/12 girls doubles in OPTUS junior tournament

Introducing: Kathryn Clare



Kathryn has joined SWAS as the new Sport Administration Officer. Kathryn is a Hamilton resident and has just completed her Bachelor of Exercise & Sport Science at the University of Ballarat. Kathryn is very passionate about sport & is excited about getting more prospective athletes involved with SWAS.

SWAS AGM

Wednesday October 12th
5:30pm SW TAFE
Warrnambool

SWAS Board expressions of interest are invited, representation from community members from the Southern Grampians & Corangamite Shires is desired. Interested individuals with skills in the areas of Medicine, Law or Media are highly sought.



ATHLETE PROFILE:

Name: Penny Smith

Age: 16

Sport: Shooting, Aussie Rules & Equestrian.

Hometown: Bookaar

School: Kings College

Highest achievement: 1st in Macintosh ladies competition

Sporting hero: Russel Marks, Nick Dal Santo

Sporting goal: to make to 2016 Rio Olympics for Clay Target Shooting

Penny made the Australian Macintosh Ladies Shooting team (top 6 shooters in Australia) and then came out in 1st place against those 6 ladies.

She was also recently selected to play for Victoria in the Women's U/18 Aussie Rules team and played at the National Championship

SWAS WOULD LIKE TO THANK OUR PARTNERS

