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THE PROGRESS

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Important Dates:

- **6th March:** Fitness Testing begins in regional gyms (please make sure you attend)
- **4th March:** Fresha Tennis training day for tennis athletes.
- **25th March:** Victorian Junior Criterion Champion-

What's new at SWAS:

- New Website is up and running!
- Athlete diaries have been distributed to athletes.
- Fresha Tennis program remodelled
- Volleyball athletes included to individual scholarship

Mark McGrath

World renowned Movement Expert and Strength and Conditioning coach Mark McGrath worked with SWAS athletes at the Athlete, Career & Coach Education day on the 20th November, 2011. Mark presented on body alignment and correct recruitment of stabilising and postural muscles. Mark also informed the athletes about postural muscle activation and correct usage. His presentation was very informative and showed all involved new and effective techniques. SWAS would like to thank Mark for taking the time to again work with our athletes.



ACCE DAY: 19TH FEB

February 19th saw SWAS athletes gather at the Warrnambool Surf Life Saving Club for the first SWAS Athlete Career and Coach Education Day for 2012.

Athletes learnt about the importance of drug education; personal preparation, representation, presentation; hot/cold contrast recovery and a Pilates session with Warrnambool Osteopath Haylee Finn.

Athletes found this day to be informative and useful to their on going development as they aspire to be elite athletes.

Top Athlete Results

- **Golf**— SWAS athletes Matt Cameron, Matthew Baxter, Daniel Kenna, Henry Green and Noah Mounsey all recently competed in the Victorian Junior Country Tournament held at Kyneton Golf Club. The Corangamite team of which they were members of won the best handicap score of the tournament.
- **Shooting**—Penny Smith competed in Sydney at the Shooting Oceania Grand Prix. She achieved 2nd in that competition and Trap Shooting even at the Australian International Shooting Limited National Youth Championships.

SWAS WEBSITE LAUNCHED

www.swas.org.au

SWAS is pleased to announce the launch of its new purpose built website.

www.swas.org.au is an educational tool to help facilitate athlete improvement.

Remember to log on regularly for SWAS news and updates!

WORDS FROM THE CEO



2012 Starting off with a BANG! In the office we have been busy organising ACCE Days, new programs, new athletes, and the new website.

2012 brings the change of structure to the Fresha Tennis Program. Athletes are now in a camp based Tennis program selected by Tennis Victoria.

SWAS also would like to welcome Volleyballers' Bec Keane, Lauryn Keeley and Tessa English to the individual scholarship program. We hope that our services can heighten their aims to become elite athletes.

****Note to athletes - please make sure that you are taking your diaries to every SWAS session as part of your uniform (including gym), these diaries have been provided to you as an elite athlete tool so please make full use of them!**



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: Steven Krybolder

Age: 15

Sport: Cycling

Hometown: Ecklin South

School: Mercy Regional College

Highest achievement: 2nd in Eildon Tour Road Race (stage)

Sporting hero: Cadel Evans

Sporting goal:

To be the best I can be.

Penny meets the Queen

SWAS athlete Penny Smith was given the great privilege to meet Her Majesty the Queen. Penny was nominated by SWAS because of her outstanding efforts throughout 2011. Penny said that the Queen was "A really nice person to talk to" and that's the whole experience was Fantastic!"



SWAS WOULD LIKE TO THANK OUR PARTNERS

