

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.3

June, 2012

## Important Dates:

- June-August: Fitness Testing in gym
- 24th June: SWAS Cycling Training Ride: W'bool.
- 1st-4th July: Table-Tennis training- Hamilton & Mt.Gambier
- 21st-22nd July: Table Tennis Training W'bool
- 27th July: Cycling Wangarrata Junior IRTT Tour
- 28th July: Olympics Begin, London,
- Golf 2012-13 Program applications due
- 26th August: SWAS cycling training ride

## Colleen Hughson

Journalist and ABC Open Producer Colleen Hughson worked with SWAS athletes at the recent

Athlete, Coach and Career Education Day, presenting on media training.

She is currently producing documentaries on young athletes who give 110%. Her piece on twin Warrnambool skateboarders and SWAS athletes Billy and Jesse Abrahams appeared on National television on Saturday, June 2nd.

To get involved with this project please contact the office on 5564 8567.



Scott Barrow presented on functional movement

## Kathryn Mitchell

Former Casterton javelin thrower and SWAS elite athlete Kathryn Mitchell has just been selected in the Australian Athletics team for the 2012 Olympic Games to begin next month in London. She has previously represented her country at the 2006 and 2010 Commonwealth Games but will realise her Olympic dream after posting a personal best in the Czech Republic last month. Congratulations to Kathryn on an amazing achievement and good luck for London!

## ACCE DAY:20TH MAY

May 20th saw SWAS athletes gather at South West TAFE in Warrnambool for another SWAS Athlete Coach and Career Education Day.

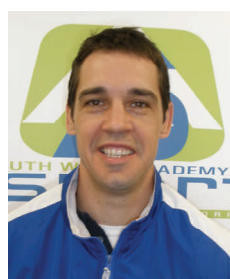
Athletes learnt about the importance of nutritional excellence, media training and functional movement.

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

## Top Athlete Results

- **Cycling**— SWAS cyclists have been impressive recently. Mikayla McLaren came 2nd overall in the General Classification— Ararat Junior Tour . Sam Lane finished 3rd in the Time Trial and 2nd overall in track at the Australasian Schools Cycling Championships. At the same Championships Steven Krybolder was the Under 17 Road Race Champion.
- **Shooting**- Penny Smith was the winner of the National Ladies and National Junior Double Barrel Title. She also won the National Junior Points Score Title and came 3rd overall at the National DTL Championship.
- **Golf**- Alana Ellery was the Victorian Under 16 Girls Stableford Champion at Koorngal Golf Club and also scored a hole in one at the Victorian Open Championship
- **Table Tennis**— At the Geelong Junior Table Tennis Open Championships, Ben Taylor was the winner of the Under 18 and Under 18's mixed doubles and was runner up in the U18 doubles at the Victorian Junior Open Championships.

## WORDS FROM THE CEO



These past few months have been busy to say the least!

The cycling program has started off well with two regional rides already completed at Ararat and Harcourt.

The Fresha tennis program had another informative and movement intensive training day from Coach Doug Hill, following on with the themes from the last session which will follow into the next.

We sadly say goodbye to Terang coach Ben Miller but welcome new coach Sam Elford to train athletes from the Corangamite area.

Finally a big congratulations to SWAS Elite athlete Kathryn Mitchell for her selection in to the 2012 London Olympic!

## Steven Krybolder VIS Visit

### ATHLETE PROFILE:

**Name:** Allana Ellery

**Age:** 14

**Sport:** Golf

**Hometown:** Warrnambool

**School:** Warrnambool College

**Highest achievement:**  
Victorian Under 16 Girls  
Stableford Champion

**Sporting goal:**  
To play off single figures.

SWAS athlete Steven Krybolder recently undertook work experience at the Victorian Institute of Sport (VIS) in Melbourne.

Steven gained a great insight into an elite and world class training facility and was in the presence of many Olympic and World Champion athletes, seeing them train and prepare up close—a wonderful experience for an aspiring athlete.

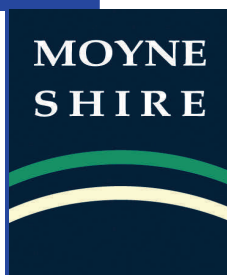
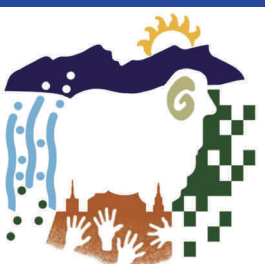
He got to see what goes on behind the scene in a world class facility; taking part in assisting with fitness testing with the sports science team, collating athletes training and competition times, learning and helping with dieticians and nutritionists and even fixing ice baths!

Steven was greatly appreciative at this rare opportunity that he was given to work so closely with Australia's sporting champions. A big thankyou goes out the Glenn for helping make this opportunity happen and also to the staff and athletes at the VIS for taking him under their wing for the week.



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.

## SWAS WOULD LIKE TO THANK OUR PARTNERS



Corangamite  
SHIRE



WARRNAMBOOL  
CITY COUNCIL



GLENELG SHIRE