

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.4

September, 2012

## Important Dates:

- 4th November, SWAS Tennis training day Warrnambool Lawn Tennis Club
- 18th November, ACCE Day—Victorian Institute of Sport
- 1st December SWAS Tennis Trials 3.00pm Warrnambool Lawn Tennis Club
- 9th December SWAS Training ride Hamilton Wal Smith Velodrome
- 12th December: SWAS Board meeting, Warrnambool

## Shane Kelly OAM

SWAS Cyclists met with Australian Cycling great Shane Kelly OAM.

Shane answered their questions and talked about his experiences in international sport - a career that spanned over 20 years.

Shane put the cyclists through a number of warm up drills and presented on the importance of **preparation, routine** and that **hard work gets results**.

The discussion was then followed by an indoor session at the Darebin International Sports Centre (DISC) on the fundamentals of track cycling training and racing.



## Top Athlete Results

- **Penny Smith:** Australian Shadow Team
- **Penny Smith:** Overall Champion, Victorian State School Shoot Competition—Bendigo September 2012
- **Ben Taylor:** Victorian Under 18 Mens Junior National Championship Team
- **Niamh Jones:** 1st Cub Female Compound—Archery Australia National Indoor Championships July 2012
- **Sophie Drake:** Won U/14 Doubles; 3rd place U/14 Singles—Taylor'd events Junior Championships
- **Emily Wetemans:** Overall Silver Medal—Jack Brow Memorial Track and Field (Javelin) U16-U17 Girls, Canada.

## WORDS FROM THE CEO



## September ACCE Day:

Carol Fox presented another fantastic session with SWAS athletes. Carol took coaches and athletes through the importance of the psychological side of sport and the need to be in a positive frame of mind when training and competing.

Carol's visit and her vast experience working with elite athletes was beneficial for SWAS athletes who learned about what it takes to become a champion and live out your visions and aspirations.

Carol's presentation was also great for the athletes holistic development and focused on living a life full of happiness, regardless of where their careers lead.

I must say over the past few months there has been some weary eyes in the office, from Le Tour De France and then to the 2012 London Olympic and Paralympic Games we have had a mammoth amount of sport—which doesn't leave much time for our own exercise which is always good for our health and wellbeing.

We have had a fantastic year with the reinstated Cycling program—many thanks to our Program Manager/coach Cam McFarlane for all his hard work and efforts and we look forward to the beginning of the new season.

At SWAS we have some very exciting projects coming up which I hope that all athletes will take full advantage of.

Our education, leadership and physical preparation programs are all going as planned which is pleasing to see and I look forward to the next instalment of these.

I am looking forward to seeing ALL SWAS athletes as possible at the next ACCE Day which will be held at the Victorian Institute of Sport in Melbourne!

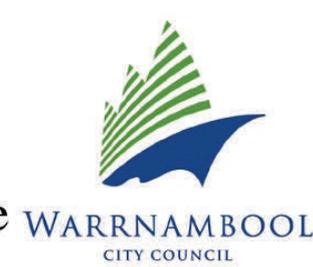
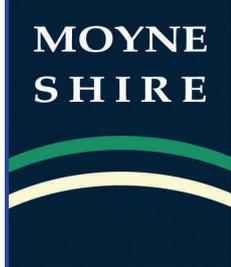
**PARALYMPICS!**



**ATHLETE PROFILE:**

**Name:** Sophie Drake  
**Age:** 13  
**Sport:** Tennis  
**Hometown:** Warrnambool  
**School:** Warrnambool College  
**Highest achievement:**  
 Winner Tennis Ballarat Champs 2012  
 Winner Taylor'D Solinco Series 2012  
**Sporting goal:**  
 To be a Professional Tennis Player

SWAS would like to make welcome to the five new board members and a thankyou to Brent Greening and Jo Rooke for their passion, support and input to the academy.



The Paralympics have recently wrapped in London, where the Australian team performed exceptionally well. Australia finished in 5th position on the medal tally with a total of 85 medals. Local athletes such as Hamilton's Melissa Tapper (Table Tennis), Warrnambool's Kathryn Ross (Rowing) and Camperdown's Josh Hose (Wheelchair Rugby) achieved great results with Hose taking out the gold medal as a member of the Steelers. Congratulations to the team their performances show that with the necessary dedication and hard work, local athletes can taste success on the international stage.

**KATHRYN MITCHELL**

SWAS elite athlete Kathryn Mitchell has capped off an amazing season by finishing a commendable 9th in the women's Javelin final at the 2012 London Olympics. The Casterton export was competing at her first Olympics and we congratulate her on a wonderful achievement and wish her well going into the next phase of her career.

**SWAS WOULD LIKE TO THANK OUR PARTNERS**

