

swas south west academy of sport

Medallist aims to keep on improving

It can be tough balancing sport with study.

But Roelands taekwondo champion Jasmine Klumpp shows no signs of letting her number one ranking slip, even as she juggles a busy training schedule with intensive final year TEE studies.

The talented 17-year-old backed up last year's win in the under 18 category at the national titles with a triumphant performance at the recent Perth Open Taekwondo Championships.

The South West Academy of Sport scholarship holder trounced the competition to earn a gold medal in the championship's open sparring division, putting her on track for another successful turn at this year's nationals.

As well as maintaining her status as one of the country's best young taekwondo talents, Klumpp has also continued to advance her skills.

Earlier this month she impressed at a grading to earn a third stripe on her black belt.

"Taekwondo is never boring — there is always room to improve," Klumpp said.

"It's not just sparring, you continue to have opportunities to improve your grade and keep moving up."

Klumpp is one of 20 outstanding young sports men and women who received a scholarship with the South West Academy of Sport earlier this year.

The SWAS individual scholarship program helps promising young athletes to realise their dreams in sport by providing high level support, including access to specialist services such as nutritionists and sport psychologists.



South West Academy of Sport scholarship holder Jasmine Klumpp collected a gold medal at the recent Perth Open Taekwondo Championships.

Hard work in the pool pays off

RILEY STUART

YEARS of clocking up laps in the pool has paid off for a talented Gelorup swimmer.

South West Academy of Sport scholarship holder Adele Schultz was rewarded for her dedication and hard work with a bronze medal win at the recent 2010 Australian Age Swimming Championships.

The event, held at Sydney Olympic Park Aquatic Centre in April, attracted 1400 of Australia's best young swimmers including Beijing Olympian Emily Seebohm and stars of the future such as Mitch Larkin and Ryan Leonard.

Schultz proved she was among the competition's most promising when she powered through her 200m butterfly final to secure third place.

"It was good to win that medal especially since it was my coach's birthday that day," Schultz said.

It was a successful meet for the 15-year-old Gelorup teenager who achieved a number of personal best times in other races during the six-day event.

After a well-earned two-week break from the water, the young gun is now training in preparation for a national open meet in July.

"I've qualified for the past couple of years but I'm only now going — it's a real step up," Schultz said.



Promising South West Academy of Sport swimmer Adele Schultz has returned home from a national competition in Sydney with reward for her dedication and hard work — a bronze medal.

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Hockey players learn vital life skills

SOUTH West Academy of Sport hockey players recently participated in a program designed to help athletes develop the life skills necessary to reach more advanced levels of competition.

Run by the Western Australian Institute of Sport and Department of Sport and Recreation, the Gift-

ed Athlete Program gave the SWAS hockey players the opportunity to develop their knowledge about topics such as nutrition, injury prevention and time management.

The hockey players also had the opportunity to learn from the experiences of a WAIS athlete

who travelled to Bunbury especially for the program.

SWAS chief executive officer Bernice Butlion said the overall purpose of the program was to provide talented participants with an opportunity to develop a core set of skills to assist them towards becoming an elite athlete.

"We would like to thank DSR and WAIS for their generous support and offer of this introductory course," she said.

"This course is in addition to the advanced program offered in January to the SWAS basketball players and individual scholarship holders."

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