



South West Academy of Sport
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Helping athletes to long careers

BEN PAPALIA

MAKING it to the highest representative levels in sport is a tough journey that requires dedication, sacrifice and a lot of hard work.

That is why the South West Academy of Sport continues to find ways to make the road ahead easier for its athletes.

The latest initiative saw SWAS team up with the Department of Sport and Recreation and the Western Australian Institute of Sport to bring the Gifted Athlete Program (GAP), a life skills education and training course, to Bunbury.

Held at Edith Cowan University last Thursday, GAP gave SWAS basketball and individual scholarship athletes the opportunity to develop the life skills necessary to reach more advanced levels of competition.

SWAS chief executive officer Bernice Butlion said topics covered on the day aimed to smooth the transition between junior and elite sport levels and included leadership, injury prevention, sports nutrition and sports development pathways.

"Participants also met WAIS and Beijing Olympics athlete James Stanton, who was on hand to share his experiences with the athletes," she said.

"The program was a fantastic opportunity for our athletes to develop futures in sport and we are aiming to bring it back so even more of our athletes have the chance to take part."



Beijing Olympics water polo star James Stanton, centre, shared his knowledge at a personal development program in Bunbury last week with SWAS basketball players James Goodlad and Simon Green.

Squad selection excites rising star

EVENTING champion Phoebe Tucker's year got off to a bright start when she was selected to Equestrian Australia's Eventing National Youth Development Squad.

The promising talent secured a spot on the Australian squad earlier this month after wowing officials during a series of strong performances at competitions around the country last year.

Tucker's achievements for 2009 included upgrading to a two-star rating, winning the Gidgegannup Horse Trials and being part of the team that claimed silver at the National Pony Club Championships.

The 19-year-old SWAS scholarship holder said she was excited to have secured a position on the squad and looked forward to participating in upcoming training opportunities.

"Being a member of the national squad has a number of benefits," she said.

"You are invited to attend National Youth Development camps and you are also included in high performance clinics with national coaching staff.

"Just to be recognised by a national body is a positive in itself."



Capel resident Phoebe Tucker, pictured with Gravitron, has been honoured with selection to Equestrian Australia's 2010 Eventing National Youth Development Squad.

Season in UK for young cricketer

BUNBURY'S Sam Whiteman will follow in the footsteps of Australian cricketing legend Adam Gilchrist when he travels to England in April to spend five months playing and coaching for the Richmond Cricket Club.

As earlier reported by the *South Western Times*, the 17-year-old rising star is looking forward to a season batting for the London-based side after receiving this year's competitive Adam Gilchrist Cricket Development Scholarship.

The prestigious scholarship, which was launched in 2004, is awarded to just one promising young Australian cricket player each year.

Whiteman said it was exciting to join the list of up-and-coming cricket players who had previously picked up a bat for Richmond, including fellow left-hander and wicket-keeper Gilchrist who played for the club as a 17-year-old in 1989.

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