

swas south west academy of sport



SWAS chief executive officer Bernice Butlton and SWAS board member Cliff Anderson look forward to the golf day.

Show support at SWAS golf day

THERE are many ways to support the South West Academy of Sport, including through sponsorship and donations.

For the second consecutive year, people can also get behind SWAS by taking part in a game of golf.

The academy is encouraging people to put together teams of four for this year's SWAS Corporate Golf Day.

To be held at the All Seasons Sanctuary Golf Resort on Thursday, September 1, the event will tee off at 11.30am with registration and a light lunch and wrap-up later that day with a barbecue dinner and presentation of prizes.

SWAS chief executive officer Bernice Butlton said the inaugural golf day in 2010 was a success, with people from businesses and organisations taking up the opportunity to get out of the office and network on the green.

"Your participation in this fun day not only provides an opportunity to network with your business associates or treat employees to a fun-filled afternoon, it's also a chance to help promising young people in the South West pursue a career in sport," she said.

To register, email SWAS on info@swaswa.com.au or call 9795 4504.

Registrations close Thursday, August 18.

Skills showcased

SOUTH West Academy of Sport football players Kevin Pickett and Frank Davis have returned home to Bunbury after spending a recent weekend at a Dreamtime camp in Perth.

Over the weekend of May 21 and 22, the duo had the opportunity to showcase their football skills and learn about possible career and education pathways.

As part of the camp, they participated in draft camp testing, a resume writing workshop and attended an indigenous careers and education trade show before visiting Patersons Stadium to watch the West Coast Eagles take on the Western Bulldogs.

SWAS football head coach Jamie Douse said both Pickett and Davis could now be selected to travel to Sydney later this year for an elite indigenous training camp.

swas south west academy of sport

Is Proudly Supported by:

Regional South Western Times

Teen set to fly the flag for Australia

SOUTH West Academy of Sport scholarship holder Shenae Peterson recently received something many young athletes only ever dream about — an invitation to represent Australia at an international sporting event.

At just 16, the Dalzellup resident can look forward to the honour of wearing the green and gold colours of Australia at one of the world's biggest junior sports competitions after being selected to compete at the upcoming 2011 Commonwealth Youth Games.

"It's been a goal for so long to represent Australia and compete overseas so it's really exciting," Peterson said.

The opportunity to participate in the games follows a standout season on the track, which included competing at the Australian Junior Athletics Championships at Sydney Olympic Park and inclusion in Athletics Australia's Target Talent 4x400m Relay Program.

Her strong performances, which were made all the more remarkable by the fact she was sidelined because of injury last year, led to Athletics Australia earlier this month naming the teenager in the 27-strong track and field team bound for the games.

Peterson, who was the only West Australian to make the team, will fly the flag for Australia in the 400m hurdles event.

The athlete said she was looking forward to travelling to the Isle of Man for the games in September and experiencing the excitement, competitiveness and atmosphere of a high profile sporting event.

"It will be the biggest competition of my life," she said.

"I'm looking forward to the experience of flying to a new country, meeting new people and wearing the green and gold."

In the lead-up to the games, the hard-working and determined young athlete will be balancing her Year 11 studies at Bunbury Cathedral Grammar School with training.

"I'm doing lots of fitness work and will be going into technique and race plans before I fly out," she said.

Also keeping Peterson busy is her coaching role with a local hockey team.

Peterson thanked SWAS and her coaches Lyn Foreman, Chris Nicholson and Donelle McInerney for their assistance.



Shenae Peterson is looking forward to representing Australia in the 400m hurdles event at the 2011 Commonwealth Youth Games in the Isle of Man in September.



Therese Reeves takes South West Academy of Sport basketball players through a Pilates session.

Helping athletes perform at a high level

WHEN South West Academy of Sport athletes step off the court or away from the field they don't necessarily put their feet up.

Many of the academy's athletes take part in Pilates classes to help them reach peak condition.

As part of SWAS high performance programs, athletes are given the opportunity to participate in Pilates classes where they can work on improving their core strength, flexibility and posture.

SWAS pilates instructor Therese Reeves said the exercise

system helped young sports men and women to grow into the athletes they were intended to be.

"Between the ages of 13 and 18 athletes go through growth spurts where the bones grow at a faster rate than the muscles," she said.

"They might start to feel uncoordinated and gangly where in the past they have been very efficient at their sports skills. They may also start to get niggling injuries without a major cause.

"Pilates addresses the flexibility and core issues that manifest

during these growth spurts and helps the athletes to continue to perform at a high level in their sport."

Reeves said it was rewarding to see the positive effects Pilates had on developing athletes.

"The biggest feedback I get is the improvement in flexibility especially in male athletes. By this I mean athletes who couldn't touch their toes being able to do so by the end of the term," she said.

"Other athletes have reported being faster or stronger in their

sport and having more endurance. This is because Pilates encourages a more efficient movement pattern which requires less energy".

Reeves said athletes who remained free of injury were more likely to enjoy and continue participating in sport.

Pilates is just one of the support services employed by SWAS to help develop well-rounded athletes, with nutrition and injury prevention sessions also forming part of SWAS programs.

Proudly Sponsored by

swas south west academy of sport

GOVERNMENT OF WESTERN AUSTRALIA

ROYALTIES FOR REGIONS

SOUTH WEST DEVELOPMENT COMMISSION

South Western Times
The region's leading newspaper

bhpbilliton
Inspiring the future
Worleypark Alcoa

WIN