



south west academy of sport

Players revel in chance to impress a big crowd

Bike rider bides time

SOUTH West Academy of Sport football players had the honour of warming up Hands Oval for the Fremantle Dockers and Western Bulldogs at the Nab Challenge game played in Bunbury over the March long weekend.

As excitement built for the first AFL game in Bunbury in two years and fans began streaming into the grounds, the young football talents showcased their skills in a curtain-raiser to the main match.

SWAS head football coach Jamie Douse said the event provided the 15 and 16-year-olds with a golden opportunity to test themselves against their peers and in front of a crowd which included selectors for the Brownes Chill AFL State Talent Academy.

"The WAFL 16s carnival, from which the Brownes Chill AFL State Talent Academy sides are chosen, starts this month so it gave the boys valuable big game experience leading into that carnival," he said.

"We had arranged for Brownes Chill AFL State Talent Academy selectors to be at the game and they

were suitably impressed by the high standard of skills displayed.

"It was also an opportunity for some of the best 15-year-olds to experience the next level of elite youth football."

Douse said it wasn't just the promising batch of SWAS athletes who had benefited from the curtain-raiser.

"It was a valuable experience for coaches too, who, after being involved in a training session run by Brownes Chill AFL State Talent Academy selectors and a Level 2 AFL coaching course, had the opportunity to put into practice some of the skills they have learnt over the past few weeks," he said.

It was the second time players from the SWAS high performance football program had been invited to play a curtain-raiser for a Nab Challenge match. The first time was in 2009 when the Dockers were victorious against Carlton at Hands Oval.

The Dockers weren't so lucky this time around, with the Bulldogs achieving a 30-point win and claiming the battle for Hands Oval.



Herman Humphries takes possession of the ball at the curtain-raiser to the recent game between the Dockers and Bulldogs at Hands Oval.

IT is not every day a person turns down the chance to represent Australia at a world sporting event — but Rowan Brown has done just that.

Despite receiving an invitation to compete against some of the best cross country mountain bike riders at the world championships, the 18-year-old has decided 2011 was not the year to make the leap from national to international racing.

Instead, the South West Academy of Sport scholarship holder will gain more experience closer to home before flying the flag for Australia.

"I was pretty keen to go but it wasn't the right time," Brown said.

"I'm going to do a few more national races and go next year or the year after."

The invitation to compete at the world championships was just one achievement in a stellar season for the teenager, who has continued to rise in a sport where endurance and determination are traits required to tackle challenging courses.

Recent highlights for Brown included third and fifth places in the under 19 national championships, fifth in the Cape to Cape and third in the 100km Karri Cup.

Footy player makes waves

BINNINGUP teenager Steven Kefalianos is equally at home in the surf as he is on the footy field.

As well as being selected for talent development through this year's South West Academy of Sport football program and being part of the Peel Thunder Rising Stars program, the 14-year-old is making an impression in surf sports.

He came away from the Surf Life Saving WA State Championships earlier this month with silver and bronze medals.

During the event in Perth over March 12 and 13, Kefalianos claimed silver in the under 15 100m beach sprint, as well as bronze in a beach relay.

"Surf life saving is great because you meet new people and it teaches you self discipline and to help other people," he said.

"I find it is good for cross-training and keeping fit for the football season."



Steven Kefalianos may be part of the South West Academy of Sport's football program but his talent also stretches to surf sports.

Hockey stars take a break to help out

SWAS athletes Keeley Allsop and Preah Hetherington were happy to take time out from training for the upcoming Australian Under 18 Women's Hockey Championships to help some youngsters improve their game.

Both girls spent last weekend

helping under 11 to under 13 players sharpen their skills at hockey clinics in Busselton and Bunbury.

The clinics, held over March 26 and 27, were coached by players from the State under 18

women's team and featured an appearance by Olympic hockey player Emily Halliday.

Following the clinics, the State team and South West Academy of Sport hockey players played off in special matches.

Allsop and Hetherington will fly to Brisbane in April for the national championships. It will be the third time the SWAS players have represented Western Australia at the prestigious event.

SWAS south west academy of sport

Is Proudly Supported by:

Proudly Sponsored by