



# south west academy of sport

## Olympic dream fuelling champ

THE London Olympics may not be until next year, but BMX champion Lauren Reynolds will have the Games on her mind when she competes at an international event in the Netherlands this week.

The 2012 Olympics hopeful will join the planet's finest riders in Papendal for a leg of the UCI BMX Supercross World Cup, using her time on the track to boost her ranking and accumulate points towards Australia's starting position at next year's Olympic Games.

"This race is vital for Olympic selection, both individual and nation points will come from this race," she said.

"The best riders in the world will be there racing, the competition is going to be extremely tough and the brand new track will be very challenging for all riders."

Reynolds, who is a South West Academy of Sport scholarship holder and is currently ranked fourth in the world, said the recently-completed track at Papendal would be a test in itself.

"This track is pretty much the same as what the London track is going to be, so selectors and coaches will have a big say on selections off this event," she said.

"The track is extremely technical with some new style jumps and sections we are not used to."

"Also being in the home grounds of the Dutch BMX team will make them one of my main competitors."

Despite the challenges of the track and the tough competition, Reynolds said she was feeling confident about the event, thanks to some pre-race training on the Gold Coast with the Australian team.

"I will be running with my normal race preparations," she said.

"I'll be doing the same thing, nothing different to make sure the job gets done."

"I'll be focusing mainly on my mental toughness and not letting emotions control my actions as they have in the past, or letting the chance of winning the race, or at least making the top three, be interfered with."

The UCI BMX Supercross World Cup event in the Netherlands will be held from today until Saturday.



South West Academy of Sport scholarship holder Lauren Reynolds is competing in this week's UCI BMX Supercross World Cup event in the Netherlands.

## Chance to back awards night

YOU do not have to be an athlete to be part of one of the South West region's most prestigious sports awards nights.

Businesses and organisations can be involved in the South West Academy of Sport's annual dinner and awards night by sponsoring an award and ensuring hard-working young athletes receive the acknowledgment they deserve.

SWAS chief executive officer Bernice Butlion encouraged people to take up the opportunity to recognise up-and-coming athletes for their accomplishments.

"The dinner is where we highlight the achievements of young sports men and women who have spent the past year striving for excellence in sport," she said.

"As a sponsor you will have the honour of presenting the trophy to the year's top young sports men and women."

"This year is unique in that we have added three new sports programs and will be giving trophies to the athletes in these codes for the first time."

Trophies will be handed out to outstanding athletes in the academy's Australian Rules Football, basketball, cricket, hockey, netball, soccer, tennis and individual scholarship programs.

An award named in honour of the late Wally Foreman will also be presented to an individual in the South West community, such as a coach or administrator, for their contribution to sport in the region.

The 2011 South West Academy of Sport annual dinner and awards night will be held at the All Seasons Sanctuary Golf Resort in Bunbury on November 4.

For more information about sponsorship opportunities including the benefits of supporting the annual dinner and awards night, contact Bernice Butlion on 9795 4504 or emailing info@swaswa.com.au.

## Camp sets up hockey star for the future

KEELEY Allsop's third appearance in a State hockey team proved a charm with the bright spark walking away from the recent national championships with an invitation to take part in a high performance camp run by Hockey Australia.

The 17-year-old was one of a handful of promising hockey talents selected to participate in the camp based on their performances at the Australian Under 18 Women's Hockey

Championships in Brisbane last month. Allsop, who used her talents as a striker and midfielder to help her WA team achieve an impressive fourth place finish at the championships, welcomed the opportunity to attend the camp and enhance her skills.

The camps give rising stars of the hockey field a chance to showcase and fine-tune their skills, and are used by Hockey Australia to identify potential national players. Allsop said

the two days she spent working on her game at the camp were valuable.

"It was really beneficial," she said.

"I learnt a lot and was able to improve my technique."

"One of the highlights of the camp was being coached by Jason Duff."

"He was able to spot anything I was doing wrong and tell me how to correct it."

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