

Hard work rewarded

A GROUP of talented South West Academy of Sport basketball players are closer to their dream of becoming future Boomers and Opals after being selected for a prestigious national training program.

A total of 11 SWAS athletes have been named in Basketball Australia's National Intensive Training Program (NITP), with a further three SWAS young guns scoring positions in the NITP prep squad.

Boasting top Australian players Mark Worthington, Lauren Jackson and Chris Anstey among its graduates, the NITP was established more than a dec-

ade ago to fulfill the need for a unified national approach to the identification and development of outstanding junior basketballers.

Over the next 10 months, the elite youth development program will give participants the opportunity to lift their skill level and understanding of sports science, with athletes set to be exposed to a range of intensive individual and group training sessions as well as local and national camps.

SWAS basketball head coach Steve Hawkins congratulated the players for making the program, saying the high number of players in the NITP reflected the

quality of basketball programs in the South West region, as well as the hard work and dedication of the athletes and coaches.

"Basketball South West (BSW) can now boast as being the best program in Western Australia with the 11 athletes eclipsing basketball powerhouses Willetton, Wanneroo and Perry Lakes," he said.

"The 11 athletes are a true recognition of the work being done not only by the athletes but also by the dedicated group of coaches in the South West who continue to offer their time and knowledge for the love of the game.

"Special thanks must go to Treena and Greg Worthington and Russell Upton who have shown dedication over the past 12 years to continually improve and develop the BSW Elite program to where it is today."

National Intensive Training Program athletes: Jess Cameron, Paris Duffield, Dena English, Shannon McRobert, James Goodlad, Tyler Hickert, Damien Lee, Dylan Ness, Cory Richardson, Carey Watkins and Jarrad Watson.

National Intensive Training Program prep squad athletes: Rikki Cameron, Nathan Berryman and Madison Stoveld.



Bunbury basketball player James Goodlad has been selected for the National Intensive Training Program for 2010.

Academy welcomes director

THE South West Academy of Sport has welcomed Western Australian Institute of Sport executive director Steven Lawrence to its board of management.

With more than 25 years spent in a variety of roles within Australia's elite sports system, Mr Lawrence brings a wealth of experience to the role.

He provides leadership and direction to more than 50 full-time staff servicing more than 350 athletes across 29 sports.

His past roles include being a physiologist and trainer to the national men's and women's hockey teams between 1987 and 2000 and the Australian swimming team physiologist from 1988 to 1991.

He attended the 1992 Olympics as a team physiologist.

Mr Lawrence joins Don Punch, Rolf Stene, Jason Stowe, Cliff Anderson, Denise Jenkins, Troy Jones, Greg Trevaskis, Wayne Vitali and Cary Green on the SWAS board.



Steven Lawrence



South West Academy of Sport hockey talent Preah Hetherington takes a free hit at the FHE Cup.

Talented SW players shine against international peers

THIRTY South West Academy of Sport hockey talents experienced the game at an international level earlier this month when they took on teams from as far away as Japan at the FHE Cup.

The annual event, which gives young players the opportunity to play hockey on a world stage, saw teams from Singapore, Japan and Australia hit the turf at the Hale Hockey Club.

The SWAS athletes had spent

six weeks preparing for the tournament and travelled to Perth on December 11 to take part in the three-day event.

SWAS head hockey coach Matt Mellor said the competition gave the SWAS athletes the chance to put their skills to the test in front of a top tier crowd, which included State selectors and coaches.

"Highlights for the weekend include the girl's team twice beating Singapore and being

very competitive against Japan and WA under-16s teams," he said.

"The boy's team drew four-all with Japanese National under-16s team and beat the WA under-16s.

"The athletes learnt a lot from the weekend and now realise the work required to make the next level and be successful, but the good thing is that they are not far off being at that level."

Program to develop skills

SOUTH West Academy of Sport athletes will take part in a new regional version of a program for gifted athletes that had previously only been offered through State sporting associations.

The pilot program will be held at Bunbury's Edith Cowan Uni-

versity on January 21 to provide participants with the opportunity to develop the skills necessary to become elite athletes.

SWAS chief executive officer Bernice Butlion said increasing awareness of key life skills and networking with other athletes

would be part of the day's agenda.

"I'd like to thank WAIS and the Department of Sport and Recreation for making the program possible in the South West," she said.

"We are very lucky to have this pilot in the South West."

Youth recognised as emerging star

LOCAL court talent James Goodlad can add another trophy to his cabinet after taking out the highly coveted Emerging Star Award at the South West Academy of Sport's annual dinner.

The promising basketball player accepted the award in front of a 180-strong crowd at a special red carpet event at Bunbury's All Seasons Sanctuary Golf Resort earlier this month.

"I was really shocked when they read out my name — I couldn't believe I had won something like that," Goodlad said.

The award, which honours just one athlete from the academy's four partner sports, is the latest achievement for the promising Bunbury teenager who can look back on 2009 with pride.

His highlights over the past year include being part of the team that represented Western Australia at the U18 Australian National Basketball Championships at Gawler in South Australia, being one of four SWAS players chosen to train with the Perth Wildcats during the NBL team's visit to Bunbury and seeing his Junior Slammers team win the WABL competition for the third consecutive year.

Just recently, 16-year-old Goodlad was told he had been selected for the 2010 National Intensive Training Program.

"I'm looking forward to the program because it gives all the best in WA the chance to train together," he said.

"It means we get the chance to train with our rivals who we normally play against."

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