



south west academy of sport

Sport centres share ideas

SOUTH West Academy of Sport chief executive officer Bernice Buttion was one of 80 heads of high performance sport training centres from around the world who met at Colorado Springs earlier this month to exchange ideas.

The five-day event, which was organised by the International Association of High Performance Sports Training Centres and hosted by the

United States Olympic Committee, presented delegates with the opportunity to learn from fellow sports professionals.

For Buttion, the forum proved an invaluable springboard for creating ties with prestigious sports academies and associations based in Asia, Africa, America and Europe.

"In the future there's the potential to do a coach exchange," she said.

"We might be able to learn something from each other about preparing athletes at a young age for a successful sporting career."

"This kind of cultural exchange could benefit the academy's athletes in terms of their sporting development."

Highlights of the forum included hearing about preparations for the 2010 Vancouver Olympic Winter Games,

a tour of the Olympic Training Center at Chula Vista and an address by Disney's Wide World of Sports director of sport business development Mike Millay.

A key note presentation on Leadership in Sport by former professional basketball player and Olympic gold medallist Jennifer Azzi was also memorable, according to Buttion.

"From a very young age athletes

need to be focused, looking down the line and saying 'that's where I want to be'," she said.

"I think young athletes need to be constantly reminded of what it takes to reach the pinnacles of sporting achievement. Jennifer's story was inspiring in terms of her dedication, determination and decoration."

Buttion said the forum proved an excellent opportunity to network.

Youngsters rewarded at grand final

TALENTED footballers from the South West Academy of Sport were part of the crowd that witnessed South Fremantle win its 13th premiership at the WAFL grand final on the weekend.

The promising young athletes attended the game between the Bulldogs and Subiaco on Sunday as a reward for their hard work and dedication during the season.

As part of the academy's inaugural football program, the teenagers participated in a range of activities throughout the year that were designed to hone their skills and prepare them for a rewarding career in sport.

SWAS head football coach Mark Skehan said the athletes and their parents enjoyed the day, which ended with South Fremantle's 18-point victory over Subiaco.

"It was the final activity of the football program and gave many of the boys their first experience of a WAFL grand final with its increased level of atmosphere and pressure," he said.



Mark Skehan

"At half time a few of the SWAS boys joined the parade to acknowledge State representatives."

SWAS is the first sports academy in regional Western Australia.

It has an individual scholarship program and four partner sport programs in basketball, football, hockey and soccer.

It receives generous support from a range of sponsors including foundation partner The Griffin Group.



Talented Bunbury BMX star Lauren Reynolds continues to tear up the track with another strong performance at a BMX World Cup event.

BMX star sets sights on London

THE excitement, energy and competitive spirit of the next Olympic Games might be years away, but a local athlete has already taken her first steps towards London.

Clifton Park BMX star Lauren Reynolds flew to California last week to take part in round three of the 2009 UCI BMX Supercross World Cup at Chula Vista.

The race was part of a series which will qualify Australia to take the maximum number of riders to the 2012 Olympic Games.

"Elite riders race in these events, so it's the best of the best, very tough," Reynolds said.

Having put in a gutsy effort at the race on the weekend, the South West Academy of Sport scholarship holder is now focusing her attention on training.

She will spend two weeks perfecting her skills at the world-class US Olympic Training Centre in Chula Vista.

From there she will make her way to France for the final leg of this year's World Cup.

Reynolds said she was looking forward to the remainder of the trip, which will include a stay at the AIS cycling team house in Italy.

"It's going to be an awesome trip, a great experience travelling around the world and going up against the top riders," she said.

"It will also be great fun gaining points for the country for the 2012 Olympic Games."

For more information about Reynolds or to follow her blog during the competitions, visit www.laurenreynolds.com

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