

# Herman ready to live the dream



Football superstar Herman Humphries in action.

The South West Football Academy is excited to announce one of its talented Junior Footballers, Herman Humphries, has been selected to participate in the 2010 QANTAS AFL Kickstart Program, which this year is being held at the National Centre for Indigenous Excellence in Sydney.

The Qantas AFL Kickstart Program is the program that provides young Indigenous footballers a chance to "live the dream", as many have done before them.

This program is more than football though; once again it is football being used as the vehicle to achieve positive social outcomes for these Indigenous boys, most notably in education, health and leadership.

Herman said he was excited for the opportunity and that while he has never been in an airplane before, he was looking forward to the trip east and participating in the program.

The football component is an extension of the AFL Auskick program, with the pinnacle being a five-night football camp in Sydney.

The boys also get the opportunity to play a curtain raiser game before the Sydney Swans v Western Bulldogs at the Sydney Cricket Ground in Round 21.

Each year this camp enables 50 of the best young Indigenous boys at an Under 15s level throughout Australia experience something similar to that of a week's training at an AFL Club.

The selection criterion is based around the following:

- Potential to play football at the highest level.
- Leadership capabilities.
- Attendance in school.

SWFA Football Operations Manager and uncle to Herman Merv Kelly said that Herman's football had taken on a lot more maturity since he started playing above his age group.

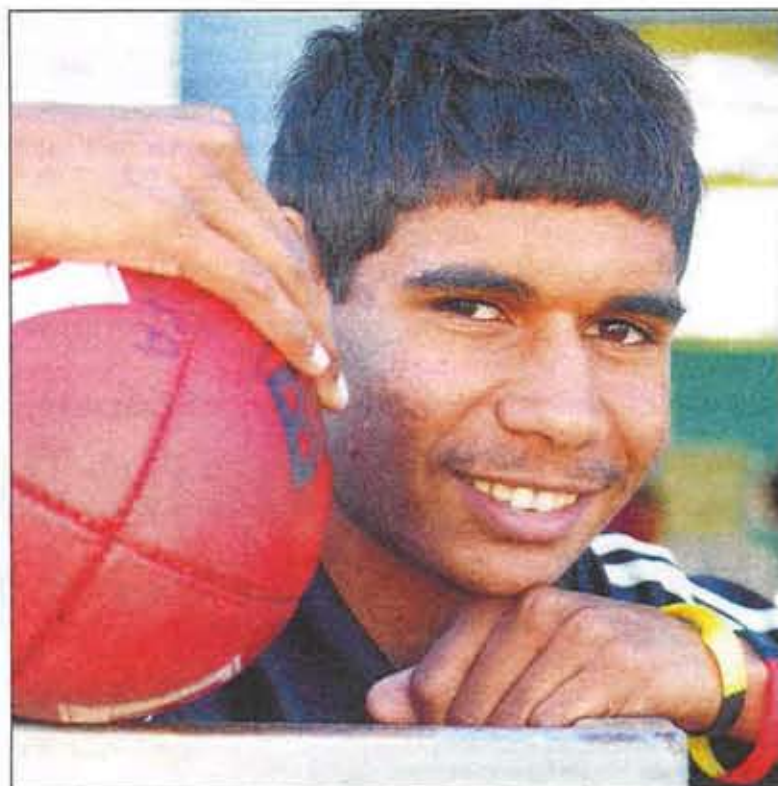
"Herman has shown a great level of confidence in playing against bigger bodies," he said.

Mr Kelly believes that the experience gained from the program will only enhance Herman's football preparation and make him a more confident young man when he comes back to the academy.

Herman was nominated through the Swan Districts Football Club by SWAS (South West Academy of Sport) coordinator Jamie Dhouse.

Herman's fellow team mates Timmy Yarran and Brendan Coyne are also in this squad.

Good luck over east Herman.



Newton Moore Senior High School student Herman Humphries is excited about his forthcoming trip to Sydney.

## Cyclist mixes with the best

SOUTH West Cycle Club cyclist and Bunbury Cathedral Grammar student Bradley Linfield demonstrated he can mix it with the best junior riders in Australia and New Zealand when he claimed second place at the recent Canberra Junior Cycling Tour.

After a slightly disappointing National Championships last September, 16-year-old Linfield has been training hard in recent months and gained confidence in the first road stage in Canberra when he was able to comfortably match the efforts of the riders from the eastern states and NZ.

Using this confidence to his advantage, Linfield rode aggressively but found it hard to establish and maintain a gap on the large bunch of 70 odd riders in the first road race or criterium event.

Persevering with the aggressive tactics, he got into the right move on the second day of the tour and established a tour winning break with Alex Morgan from the Blackburn Cycling Club.

The pair held off the bunch with an advantage of close to 1 minute.

From there, Linfield needed a good performance in the final individual time trial and he didn't falter, with a solid ride and fourth placing on the stage good enough to confirm his overall second place.

Linfield followed this up with a dominant performance in the Santos Central Districts Tour in South Australia last weekend where he won three of the four



Bunbury Cathedral Grammar cyclist Bradley Linfield.

stages and claimed the overall tour victory and King of the Mountains prize.

Linfield, who is a product of the Department of Sport and Recreation's South West Junior Elite Talent Squad and a South West

Academy of Sport Scholarship holder, will take a short break now before preparing for the State Championships and will hope to repeat his recent success at the National Championships in Canberra in September.

## Cory back from World Champs

CORY Richardson has returned home from Germany after fulfilling his childhood dream of representing Australia.

The rising Bunbury basketball star slipped on the green and gold to play for the national team at the recent FIBA U17 World Championship in Hamburg.

Competing on court against some of the world's finest basketball players, the South West Academy of Sport athlete helped Aust-

ralia to secure an admirable top-half finish.

Richardson said beating host country Germany was a highlight of the competition.

"The experience of the whole thing was amazing," he said.

"Just being there playing for your country was a dream come true."

Australia finished a commendable sixth place in the tournament after losing to Serbia in the fifth-place playoff.



South West Academy of Sport basketball player Cory Richardson with his most prized possession.