

Slick stick skills

KEELEY Allsop loves nothing more than a game of hockey and her enthusiasm (and skill) with a stick has seen her recognised as the Busselton Freight Rising Sports Star of the Month for February.

The 16 year old is so sure that hockey is the sport for her that she stopped playing other sports to improve her hockey skills.

"I gave up netball to focus on hockey," she said.

"I was playing under-15's division one netball for Coasters, but it's just not the same (as playing hockey).

"Now I train everyday with the South West Academy of Sport (SWAS), my local hockey side (Countrys) and the state side."

This includes Monday pilates session, with SWAS, which Keeley said is an 'interesting way of training', but fun and good for her flexibility.

Rising sports star: Keeley Allsop.



She has been a scholarship holder with SWAS from 2008-2010 and was also selected for an Advanced GAP Life Skills Education and Training workshop run by the Western Australian Institute of Sport.

Her dedication has paid off and she has been selected in the under-18's state team (even though she is still eligible for the under-16 team) and will travel to Port Lincoln on April 11 for the national championships.

These are just her

most recent accomplishments – Keeley's history of hockey awards is too long to list.

And Keeley has the ambition to match her talent.

"Hopefully one day I can play for Australia and the WAIS Diamonds, who I watched when they played in Busselton recently.

"I am delighted to receive the Busselton Freight Rising Sports Star," she said.

Keeley receives a \$200 cash voucher.