

Players learn from the best



Former Australian hockey Olympian and now WAIS coach Neil Hawgood held a training session for South West Academy of Sport hockey players in Bunbury last week.



Duo SWAS hockey athletes Ben Johnston, left, and Craig Leknys will represent WA in the national hockey championships next week.

SOUTH West Academy of Sport hockey players continue to benefit from tips and training from athletes who have progressed to the highest levels of their sport.

Neil Hawgood, who has represented Australia in the Olympics as an athlete and a coach, travelled to Bunbury last Thursday to lend a hand at SWAS.

The WAIS coach took charge of training for the evening, running the promising young hockey players through a series of high performance drills at the Bunbury Hockey Stadium.

SWAS hockey talent Michael Nicoli, who recently made the under-15 boy's State team, was among those thrilled to receive advice from the hockey great.

"It's great. He's teaching us a new aspect of the game," he said.

The special training session was organised by SWAS head coach Matt Mellor.

Meanwhile, two SWAS hockey talents will take a break from studying this month to represent WA at the biggest school hockey championships in the country.

Craig Leknys from Bunbury and Ben Johnston of Australind are set to take on some of Australia's best junior hockey players at the School Sport Australia Boys Hockey Championships at Rockhampton.

The event is an integral part of the junior hockey program in Australia and over the years many leading Australian players have been participants.

Leknys said he was looking forward to participating in the championships, which run from August 8 to 15.

"It will be a great experience to play at such a high level of hockey," he said.