

Athletes put to test

SOUTH West Academy of Sport football squad members attended an induction and screening day on Saturday as the program got into full swing for 2009.

The screening session consisted of a series of stations located within the South West Sports Centre where the boys were tested for a variety of physical attributes including vertical leap, both standing and off two steps, a 20m sprint, lunge test to gauge hip and knee stability, core exercises, beep tests and one-legged squats.

The height, weight, flexibility and agility of each squad member was also measured.

Conducted over a period of three

hours, the testing was followed by lunch and an academy induction.

South West Football Development manager Shane Atherton spoke about the program and how it fitted into the AFL talent pathway, while SWAS chief executive Bernice Butlion spoke on the commitment required and the partnership between AFL and SWAS.

SWAS head football coach Dylan Harper spoke on the program in-depth and the structure of the squads from year to year.

"The day was a huge success and the biggest thanks goes to Marg Rhodes (exercise physiologist) who set up and coordinated the testing, and provided the hi tech equipment akin to the AFL draft camp," Atherton said.



Ben Farquhar of Manjimup runs the 20m sprint in just over three seconds at Saturday's South West Academy of Sport induction and screening session. PICTURES: JAMES WORSFOLD



Mitchell Holme of Australind starts the 20m sprint.



Jacob Smith of Bunbury in the 20m sprint.



Riley Hutchison had the best vertical leap out of the Manjimup boys.



Mitchell Fraser of Manjimup tests his vertical leap at Saturday's screening session.



Bunbury's Brayden Lawler in the 20m sprint.

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 Neil Foale - 0407 315 091, Peter Stove - (08) 9347 0555

Further enquires contact Phone: Peter Stove (08) 9347 0555
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