

SAILORS ON RIGHT TACK

The NSW Youth Championships were held at Georges River Sailing Club on Botany Bay over the October long weekend.



Five races were held over the three day event in breezes of less than 15 knots. The academy had 11 boats competing in various divisions that made up an overall fleet of 130 boats.

Academy sailors came away with some fantastic results, including skipper Dean Souter (Wollongong) and crew Ryan Lindsay (Wollongong) who sailed their Flying Ant "Misguided Missile" into first place by winning all five races they were entered in. Closely following in third place overall was Jarith and Ebony Young (Wollongong) with their Flying Ant "Fair Go".

In the Catamaran class, Academy sailors won gold, silver and bronze, with Kurt Griffiths (Wollongong) on "Frequent Flyer" first, with four wins and a second, followed by Aaron Tanner (Kiama) on "Gronski", and Lachlan Pudney (Shoalhaven) on "Cygnet" in third.

Also at the competition was Alisha Kawalla (Shellharbour) who was the first female over the line to take out silver in the combined Male/Female Sailboard division.

GOLF DAY A FINE WALK IN KIAMA

A field of 108 were treated to a clear sunny day at Kiama on September 30.



The day's events commenced with a charity Hole-in-one contest on the 9th — closest on the day was Paul Prendergast who was 109cm from the pin.

After 18 holes of golf, participants were back in the clubhouse for a dinner, presentation & auction.

With thanks to those present, a number of non playing sponsors, major sponsor Tory Toyota, and the auctioneering skills of Mr Harry Kersten, close to \$10,000 was raised on the day for the golf program.

GAMES A GREAT SUCCESS

Academy netball, hockey and swimming squads travelled to the Central Coast last week to be part of the inaugural Academy Games.



The multi-sport games were hosted by the Central Coast Academy of Sport. More than 500 athletes from the six participating Academy sports took part.

Our squads were accommodated at a single venue at Shelly Beach which allowed both athletes and coaches from the three squads to mix in out-of-competition hours. For some, this was their first "mixed" camp experience.

On the field of play, the netball squad finished the tournament with four wins and three losses whilst the City Coast men's and women's hockey squads had varying success. The men won all three matches, while the women had one win and two 2-3 losses.

Meanwhile, the Sydney Water swim squad held an intensive training camp at the international standard Mingara Sports Complex. Although the squad didn't compete, athletes worked hard in the various aspects of their training within the Games environment.

Overall the games were a very successful event and look to be even bigger in 2006

O'DONNELL A KANGAROO

Academy graduate Luke O'Donnell (*right*) has been selected in the Australian squad for the tri-nations series.



The former Oak Flats junior, and current North Queensland Cowboy forward has fulfilled his dream of wearing the green and gold for Australia.

In his first test appearance, O'Donnell will be part of the Aussie team to take on New Zealand at Telstra Stadium on Saturday evening.

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DECEMBER 2005

3..... 20TH Anniversary