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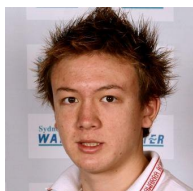
COMING SOON...

AUGUST 2007

- 8.....League Education WIN Stadium
- 12.....League Video session WIN Stadium
- 12.....Netball (U15 train. & prelim trials) Berkeley
- 18.....Cycling Pre-event Camp Canberra
- 19.....Cricket Train & Ed Nowra

GRADUATES AMONGST MEDALS

Sydney Water graduates competing in the NSWSC championships at Sydney Olympic Park Aquatic Centre last weekend provided some fine performances.



Robert Hurley (*right*) from Mt Ousley, had exceptional results finishing 1st in the state, in the 400m free & 50m b/stroke. He also finished 2nd in the 100 & 200m b/stroke & 3rd in the 100m free. Josh Minogue (Thirroul) finished 2nd in the 400m freestyle & 3rd in the 200m fly. Angela Hurley (Mt Ousley), finished 2nd in the 50m free whilst Nick Milnes (Nowra) finished 3rd in the 1500m free, less a second behind the winner.

Special mentions go out to 15yr old Amelia Halagan (Kiama), who finished 6th in the 50m breaststroke and Matthew Crisafi (Balgownie), who finished 6th in the 200m breaststroke. Both swimmers put in commendable performances, conceding age to their rivals.

GILMORE'S MIXED SUCCESS

Rochelle Gilmore competing at the International Thüringen-Rundfahrt der Frauen in Germany had mixed success last week.



After the first stage 4.2km time trial, she was 24 seconds off the lead. In stage 2, she was in a bunch sprint to the line and finished 4th. In stage 3, she won the bunch sprint to the line, but had to settle for 3rd overall. However, a disappointing result in stage 4 saw her drop out of contention for this event.

TWO IN NSW U16'S HOCKEY

City Coast Credit Union hockey players Janardana Commerford (Milton) and Oliver Walker (*right*) from Balgownie left for Melbourne on the weekend to represent the NSW U16 school-boys team at the National all schools championships. The team is expected to do well under the guidance of former Academy coach & state selector Barry Reid.



Meanwhile graduate Kieran Govers is enjoying UK success with his Australian Institute of Sport teammates and scoring several important goals. To date the team has had a clean sweep of wins against the Irish & Scots—a match against England A will finish the tour next week.

For more information go to www.ias.org.au

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THOMAS IN U17 AUST SQUAD

Ashley Thomas (*right*) from Keiraville was recently selected in the Australian U17 track & field squad as a 100m hurdler. Thomas gained this selection from her national schools results in December 2006, where she was third in the sprint and second the 200m hurdles, breaking the national record in her heat performance. Thomas has recently attended a development camp at the AIS last weekend and gained valuable experience.



In other athletics news, Alana Yardley (Mt Ousley), Ryan Hennessy (Woonona) and Ryan Gregson (Bulli) competed at the NSW road relays in Wollongong last Saturday.

Yardley ran a strong 1st leg for her team in the under 18's category and helped her team to win the gold medal. Then in a show of endurance she backed up to run another 4km leg for her club's open women's team.

Ryan Hennessy & Ryan Gregson ran for competing teams in the open men's race. Both found the team's competition challenging with Gregson's team the best result of the two in finishing 3rd.

RECEPTION FOR ATHLETES



More than 100 people were in attendance a mayoral reception held at the Shellharbour City Stadium last week. The mayor acknowledged the contribution of the sponsors and parents in helping the sporting careers of the athletes. Hockey player Kate Nealon spoke on behalf of the athletes in acknowledging the Academy, sponsors & their parents.

With the likes of Brett and Shane Lee, Luke Bailey and Michael Lowe coming from the Shellharbour area, it has proven to be a nursery for future stars.

ATHLETE NOMINATIONS SOUGHT

Athlete Nominations now are open for programs commencing in October 2007. Individual Athlete Program, Hockey, Netball and Rugby Union are now available.

Those wishing to nominate please ensure you read the sport programs summary and nomination form before nominating.

Applications can be downloaded from our website.