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COMING SOON...

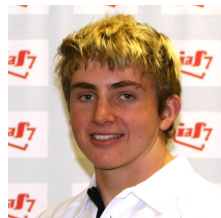
DECEMBER 2007

- 4.....Rugby Union
Skills Session
Shoal Rugby Park
- 8.....Netball
NSW trials U17 phase2
Anne Clarke
- 10.....Hockey
Skills Session
Croome Road
- 11.....Rugby Union
Skills with Illawarriors
Wollongong
- 11.....IAP
Nutrition/Hydration
IAS

LAYING DOWN THE LAW

The Law brothers raced at the NSW country junior track champs at West Gosford recently.

Jackson (pictured) dominated the U17's time trial, sprint & scratch races.



At the same meet at the Central Coast track open, (run in conjunction with the junior championships), Jackson won the U17's scratch, group handicap, motor pace & finished 3rd in the Kierin. Brother Scott won the A&B grade time blaster, was 2nd in the A grade Kierin final & 3rd in the A grade scratch race.

ADAM'S SELECTION

Adam Reich, recently gained selection into the U17's NSW country junior basketball team. The team will compete in the 2007 pacific slam (PCS) to be held in Port Macquarie in January. At the PCS, his team will compete against teams representing the other Australian states and New Zealand.



NETBALL FITNESS RESULTS

The netball fitness test was conducted last week with some good results. Madolyn Ryan, Emma Kelly (pictured) & Olivia Lenarduzzi staying under 11 seconds in the t-test.



Half the squad made it to level 8 in the beep test with Kelly reaching level 10.4. Alyse Holmes, Emma Kelly, Nicole Moore, Emily Jansen reached level 6 in the 7 stage sit ups test, whilst Lenarduzzi vertical jumped 55cm in the power test.

GOLFERS AT MOSS VALE

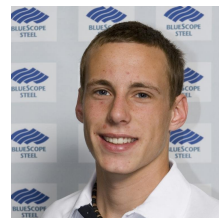
Golfers Tania Ravnjak, Elise Parker, Brittany Maher and Lauren North played at the Moss Vale junior open on the weekend. The best performers were Brittney Maher who won the nett score on a count back from Elise Parker.

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GREGSON'S HAT TRICK

Athletics—Ryan Gregson's amazing record run continued last weekend with another national record. The Australian 1500m U18's record fell by close on 4 seconds with his time of 3.43.8—it was a NSW U18 & 20 record as well!



Tennis—BlueScope's Brianna Kostovski competed in the 2007 Medibank Cup U14's played at Cintra Park, Concord. Brianna lost her first match in the main draw in the singles and had to go into the consolation draw. There she beat Isabella D'Ambrosio 6-1, 6-3 then lost her next game in an exhilarating 5-7, 6-3, 10-7. In the doubles, Brianna teamed up with Ellen Perez and they made it through to the quarter finals before bowing out.

Football—Elyse Finlayson recently attended the Johnny Warren foundation camp. There she got goal keeping advice from former Mariner goalie, John Crawley and Sydney FC goal keeping coach - Jim Fraser. She put this to good use by pulling off some successful saves in goal during her team's 4-1 win in round 8 against Greater Western Sydney. Her team, South Coast FC, have 5 wins, 1 draw and 1 loss in 8 rounds and are currently in fourth position- only one point off second in the U16's Futsal super league competition.



Mountain Bike—Ben Wilson competed in round 2 of the national downhill series in Queensland last week. Despite suffering interference in the qualifying trial, he still managed to scrape through into the final. There he rode a pleasing race & just missed out on a top 10 finish by only 2.5 seconds. Also racing at this event was graduate Ameil Cavalier, who narrowly missed out on a 3rd place finish by less than half a second in the elite division.

Surf Life Saving- Bernadette Cardillo & Ryan O'Grady competed at the SLS centenary interstate champs last weekend at Bondi. Competition was tough & O'Grady just missed out on a podium finish in the ironman & surf races.



Cardillo, won the junior beach relay & was 2nd in the Junior Cameron relay. In the individual events, she was 2nd in the U15 beach sprint & 4th in the flags.