

OUR PARTNERS



OUR SPONSORS



COMING SOON...

JULY

- 8.....Lawn Bowls
Squad Training
Warilla Bowls Club
Wed 5.30pm—7.30pm
- 11.....Golf
Training -Kiama Club
Sat 2.30pm—4.30pm
- 12.....Cricket
Training
Hayden Drexell Oval
Sun 10am—4.00pm
- 12.....Cycling
Squad Ride—Highlands
Sunday 9.00am
- 12.....Hockey
IAS Girls v H.A.S.
Homebush
Time: TBA

Lawn Bowls

SARAH'S ON THE MOVE

Sarah Boddington (Pictured) and her partner, Meg McClure, recently won the South Coast Women's District Pairs. This result now sees them off to contest the State finals later on this year at St Johns Park Bowling Club.



In other news, Boddington and Sean Mawdsley (Dapto) have been invited to contest the prestigious Golden Nugget Junior Singles at Tweed Heads Bowling Club on 1st & 2nd August this year.

Before that Boddington is off to Coffs Harbour with her Bomaderry team mates to play in the State No.1 Pennants playoffs, where they will meet Warilla in the last round of the round-robin event.

Swimming

SYDNEY CHALLENGE

The 14 yrs & under Duel Meet was held on 4-5 July at Newington College in Sydney.



Sydney Water swimmer Alexis Mastro (Shellharbour) competed, with her best results, one win and two seconds from 3 swims in the girl's 14 and under 50m backstroke and a third in the 100m.

In the butterfly events, Mastro had two thirds and one fourth in the 50m races and a third in the 100m event.

Cricket

NSW ROOKIE CONTRACT

Following a number of good seasons with the St George club in the Sydney first grade competition, graduate Phil Wells has gained a rookie contract with the NSW Speedblitz Blues.



Wells is an all rounder who generally bats in the top six for his club side. In the season just completed, Wells took 30 wickets at 19.63 and scored 654 runs at an average of 34.42.

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Cycling

CANBERRA JNR TOUR

A number of the Academy's cycling squad raced in the 2009 Canberra Junior Tour. In the boys under 15 Brad Heffernan (West Wollongong) put in consistent stage performances—the best result being the criterium where he was only 3 seconds behind the winner. Bree Jones (Kiama) best result was also in the criterium where she finished 1 minute 54 off the winner.

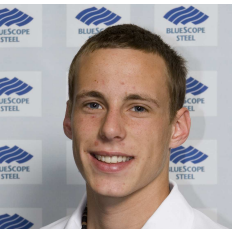


It was then left to Jackson Law (Pictured) and Tirian McManus (Bowral) to try and record a win for the Academy. After finishing 5th in his favoured time trial event and then 4th in the first road race, Law triumphed in the criterium race by outprinting the main bunch to record a well deserved win. McManus ended up the best placed rider in the general classification by finishing 5th two minutes behind the winner.

Athletics

OVERSEAS ADVENTURE

The second leg of the six meeting AF Golden League 2009 series was held in Oslo, Norway last Friday night. BlueScope Steel graduate, Ryan Gregson once again took up the challenge in the men's 1500m race.



A frantic pace was set with Gregson leading the second group of runners after the first 800m. Despite finishing strongly he was unable to make up enough ground to challenge the leaders. Despite finishing 6th, he was only 1.5 seconds off the winner and his time of 3.37.76 was just outside his personal best. His next race now will be the World University Games in Serbia which starts this week.

Golf

TIGHE IN STATE TEAM

The NSW state team was announced last week. Long hitting graduate, Lincoln Tighe (Cordeaux Heights) has gained selection.



Tighe is one of only two players to make the jump from juniors straight into the NSW team.