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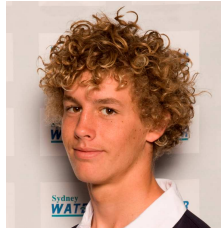


COMING SOON...

*Swimming*

COUNTRY CHAMPS

The NSW Country Championships concluded last Sunday in Sydney. Several members of the Sydney Water squad competed with some outstanding results.



Leading the way once again was newly crowned IAS swimmer of the year Emma McKeon. McKeon won gold in the 50, 100, 200m freestyle events, as well as the 4 x 200m free relays. She also picked up minor medals in the 50, 100 and 200m backstroke, 400m and 800m freestyle, 100m butterfly and the 4 x 200m medley relay.

Jordan Chyra (Pictured above) won gold in the 4 x 200m free relay, silver in the 200m butterfly and bronze in the medley relay. Jarrod Poort won gold as part of the relay team and then picked up a silver medal in the 400m freestyle.

Zoe Elkerton (Shellharbour) won gold in the freestyle relay, silver in the medley relay and bronze in the 100m freestyle. Alexis Mastro won gold in the freestyle relay, silver in the medley relay and bronze in the under 14 years butterfly.

Graduate, Robert Hurley decided to compete in the shorter events at this meet and finished with wins in the 50m backstroke, 100m freestyle and the freestyle relay, as well as a silver in the 200m IM.

*Hockey*

ARROWS SQUAD

The NSW Arrows squad to compete in the Australian hockey league was announced last week.



Congratulations to graduates Emma Cobbin and Airlie Ogilvie on their selection into the squad.

*Noms*

NOMS CLOSE SOON

Nominations for the IAS Cycling program closes soon. To nominate please go to the academy's website and fill in the form online.

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For more information go to [www.ias.org.au](http://www.ias.org.au)

*N.A.P.*

AARON ON FIRE

Aaron and Nick Ferderer (Bulli) recently competed at the National open water championships in Victoria. Aaron (Pictured right) had a strong swim in the under 14 10k event, finishing third in a time of 2h15m34seconds. He then backed up the next day to finish sixth in the 5k event, whilst brother Nick also had a top 10 finish in the 5k, coming in ninth.



Aaron also competed last weekend to race at the NSW Country championships in Sydney.

He had a sensational swim in the under 14 400m freestyle. After being in third place throughout the race, he put in a great last lap to overhaul the leaders to win by 0.4 seconds. He then picked up a bronze medal in the under 14 200m freestyle, in another tight finish.

*Tennis*

STELLA'S CAMP EXPERIENCE

Stella Crick (Coledale) was selected in January to attend the National Goolagong training camp in Melbourne. This annual event is run in conjunction with the Indigenous Sports Foundation.



Crick was one of two girls from NSW selected to go. Last month she gained selection into the NSW Under 15 Combined Independent Schools (CIS). She now will compete this week at Burwood against all ages.

**ias7**  
ILLAWARRA ACADEMY OF SPORT

invites you and your friends to the

**Inaugural**  
**Breakfast With The Champions**  
with IAS graduates Robert Hurley, Ryan Gregson, Karen Murphy & Shaun Timmins

Hosted by  
University of Wollongong

Live broadcast presented by  
97.3 ABC Illawarra

with guest speaker National Nine News sports presenter Ken Sutcliffe

Date: Friday 26 March 2010  
Time: 6.45am for 7am start - 8.30am  
Venue: URAC Sports Hub, University of Wollongong  
Parking: Available at Northern Car Park  
Tickets: \$60 (incl gst) includes: hot breakfast, fruit, refreshments, tea & coffee  
RSVP: Friday 19 March 2010  
Contact: Mark Brogan on 4283 5611

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