

# Gippsland Sports Academy

## December 2019

### Dare to Develop a Diamond Netball Program

We are continuing with our Netball programs for 2020 with an induction being held on 1<sup>st</sup> December. The DocShop 'Dare to Develop a Diamond' Netball this year will have 34 athletes and a further 25 in our Development program. The athletes were provided with Sports Science sessions on Nutrition by Emily Orchard of Hex Health and Sports Psychology by Melissa Weinberg. The girls also participated in the first of 3 fitness tests. We congratulate the 9 netballers, from our previous programs, that have progressed to Netball Victoria's Eastern Region Talent Academy for 2020



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### Volleyball Program

Our 2019 Volleyball program was a great success this year. The program was again headed by Luke Campbell with the assistance of Nic Ryan & Glenn Trembath and 18 athletes in the program, with 7 athletes being selected to State Teams. This year we held training sessions in Leongatha as well as Churchill. Luke has stated :

*"I think that all round this has been the most successful program at GSA volleyball in the 4 years I've been involved. The all-round improvement from the kids, the training attendance, the training attitude of the players has been first class the whole way through. "*

Trials for the new program were held in November with 17 athletes being selected into the 2020 Volleyball program which commenced with an induction on the 15<sup>th</sup> December. This year we will continue our monthly Strength & Conditioning sessions (S & C) in 3 venues across Gippsland

### Tennis Program

The 2019 program saw a new Head Coach with Aidan Fitzgerald joining the GSA. This year Tennis Victoria held the Inter-Academy Challenge in Bendigo which proved to be a success. We also added a monthly S & C session for the Tennis athletes at CME Fit in Traralgon. The 2020 program commenced on the 1<sup>st</sup> of December 2019 and 17 athletes will again participate. The 2020 program will see some exciting changes with 6 sessions now



being held over the year, the Inter-Academy challenge to be held in Bendigo, monthly S & C to be held across Leongatha, Sale & Yallourn and some new lunchtime sessions including Pilates at our first session in February 2020



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## Swimming Program

The 2018 -19 program finished with 13 swimmers attending Age Nationals and 3 at Open Nationals. The 2019/20 Morwell Bowling Club Swimming program commenced in July with 2 squads being established, Performance and



Development. Our Performance squad has 6 sessions and the development squad 3 sessions, all of which are spread over 3 days throughout the year. The ultimate goal for our swimmers is to achieve National times. A significant achievement was Ruby Storm competing at the 2019 World Para Swimming Championships in London where she came 5<sup>th</sup> in her individual final for the 100Fly and winning a Bronze medal with her Mixed Relay team.

## Clay Target Shooting Program

We would like to thank Russell and Lauryn Mark from Go Shooting for their coaching over the past 2 years. The 2019 program has new coaches in Andrew Brady and Keith Ferguson who have continued the success of this program. We again held training sessions at Bairnsdale Field & Game and Korumburra Gun Club. Some good results have been seen for these athletes including Renae Jones competing at ISSF Trap World Cup in Germany, as well as:



## Boxing Program

This year we commenced a Pilot program for Boxing. This program focused solely on Sports Science and Strength & Conditioning, (S & C) with 10 participants from West & South Gippsland joining the GSA for this first time program. We look forward to extending this program in 2021 across Gippsland

## Individual Scholarship Holders (ISH)

We also commenced an ISH program which was a continuation of S & C for our Netball & Volleyball program athletes who graduated in May. We hope to continue this program through the 3 Gippsland locations in 2020

## Golf & Gymnastics Program

We are hoping to continue these 2 programs in 2020

## New Sponsors & Supporters

We would like to welcome our new Sponsor Monash Views to the GSA and our new supporter Pazzaz Printing who have provided merchandise to our athletes



On behalf of the GSA Board and staff I would like to thank all the sponsors and supporters of the GSA programs. We wish you and your families a Merry Christmas and safe New Year.

Our Office will be closed from 2pm Thursday 19<sup>th</sup> Dec 2019 and will re-open on Monday 13<sup>th</sup> January 2020