
NIAS Newsletter July

NIAS has leaped back into training with more of our squads throughout July. With the Cycling program and individuals in the Lone Star program continuing their sessions throughout July, there has also been the return of our Tamworth City Toyota Basketball squad and our Athletics squad. There is also some exciting news for our Rugby League and Rugby Union Squads as the 2020 applications open.



2020 Rugby Union and League Applications

NIAS is excited to announce that we will be having both Rugby League and Rugby Union sports programs in 2020! The programs will be slightly modified to previous years, but will deliver the same core outcomes for our athletes. Applications are now open for both of these squads. Rugby League will close

on the 12th of August and Rugby Union applications will close on the 16th August.

To apply for or discover more information about the **Rugby League** program, click [HERE](#).

To apply for or discover more information about the **Rugby Union** program, click [HERE](#).

New Partnership with NSWIS

The NSW Institute of Sport have recently formalised a partnership with the Regional Academies of Sport. This four year agreement will see the improvement of current high performance pathways for athletes across NSW. Head to our [website](#) to see a bit more about this exciting new agreement.

Returning to Training



Athletics

The 'Athletics NSW' Athletics program was the first to return this month as they geared up for a training session on Sunday 12th July at the Tamworth Track. We had sprinters, long distance runners, hurdlers and throwers spread across the track, all keen to be back at training with other squad members and their coaches.



Basketball

Our 'Tamworth City Toyota' Basketball Squad was next in line to

hit the court this month. The squad had their first session on Wednesday 15th July and backed it up with another session on Saturday 18th July. The athletes were keen to get straight back into it practicing their skills through a variety of training drills with their coaches.

**Tamworth City
Toyota** 



A range of local tennis tournaments have been released for our 'Inland Technology' Tennis program with one of the first to occur in the middle of August.

Amongst the sports returning to play in August is the 'Inverell RSM Club' AFL program and the 'Glen Innes and District Services Club' Netball program. You can find these return to training dates on our website.

Mountain Bikers Compete in Awaba

Over the weekend of the 11th and 12th July, some of our mountain bikers made the drive to the Awaba MTB Park (near Newcastle) for the Rocky Trail Entertainment Fox Superflow weekend. From our Cycling program we had Kaele Blair (Uralla), Lachlan Marsh (Tamworth), Lawson Walsh (Inverell), Joshua Deasey (Kootingal), Campbell Walsh (Inverell), Ashton Scales (Gunnedah) and Lachlan Butters (Tamworth) competing over the weekend.

Have a look at how our athletes went [here](#).

Triathlon Program Returns to NIAS

NIAS is excited to once again have Triathlon join our offerings of sporting programs. Triathlon will be the 12th program in the Northern Inland Academy of Sport and will see up to 6 talented young athletes selected for the 2020/2021 program. The program will include training sessions, races, competition at the annual Your Local Club Academy Games and Life Skills Education components.

Jack Newton Junior Golf 'Out of Iso' Day

Presented by Jack Newton Junior Golf and held right across NSW was the 'Out of Iso' Day. Our NIAS golfers played 18 holes out at the Longyard Golf Course on the 7th July for the local Jack Newton Junior Golf 'Out of Isolation' Day. The focus of the day was to provide a fun competition on the golf course upon getting out of lock down.



Sponsor Recognition

Inland Technology have been sponsoring NIAS since their inception in 2003. Inland Technology runs offices in Tamworth, Armidale, Moree and Dubbo to help customers maintain their technology solutions and increase productivity. Inland Technology are also the naming rights partners for our 2020 Tennis
