

# NIAS Newsletter

## August

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Training resumed for our netball, cycling, golf, athletics and AFL squads in August, with the AFL program also having their last session for the year. Athletes from our cycling squad have been lucky to have the opportunity to ride in competition again, in round 2 of the Rocky Trail Entertainment Fox Superflow weekend.

A number of our sporting program applications for 2020/2021 will be opening on our [website](#) next week.

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## Squad Trainings



### Netball

Our 'Glen Innes & District Services Club' Netball squad hit the courts this month to mark their return to training.

The netball squad had their session in Armidale at the indoor training facilities at SportUNE. Their next session will be held on Sunday 6th September.



## AFL

The 'Inverell RSM' AFL squad had their last training session in August at the SportUNE facilities. The squad used the outdoor fields for their training session, before heading inside for some strength and conditioning work with UNE's High Performance Manager Matt Pine.



## Athletics

Our Athletics squad went out to the [Fit 2 Function](#) gym this month for their training session. There was plenty of strength and conditioning happening as they made use of the entire space and learnt some sport/event specific techniques and exercises to aid their development.



## Golf

The 'Jack Newton Junior Golf' Golf squad had their regional training weekend in August. Over the course of the weekend, the squad trained Saturday morning and played in the Tamworth Golf Club competition that afternoon. The squad had another training session the following Sunday morning with coach Darren Burger.



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## Mountain Bikers Compete in Jolly Nose

Our Cycling squad mountain bikers have been full speed ahead as they've had more training sessions across August, and some also having competed in race 2 of the Rocky Trail Entertainment Fox Superflow weekend at Jolly Nose near Port Macquarie.

On the Saturday of races, Lachlan Marsh from Tamworth placed 16th out of 24 contestants

for the U15s category. Gunnedah's Ashton Scales raced on the Sunday where he placed 7th against the other racers, which landed him in 13th place overall for the U13's category.

On the same weekend, brothers Lawson and Campbell Walsh from Inverell competed in the Shimano MTB Grand Prix event at Jolly Nose on the Saturday, and again at Kempsey on the Sunday. The boys did well to place 3rd in the male pairs category.



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## **2020/2021 Sport Applications**

Sporting program applications will be opening next week for AFL, basketball, cycling, golf, hockey, lone star and netball. Keep updated on our programs through our [website](#) or [Facebook](#) page.

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