

REGION V

Barbara Osborne Memorial Junior Development Course

Region V hosted the Barbara Osborne Memorial Junior Development Course on Monday 26th, Tuesday 27th and Wednesday 28th September, 2016 on the Hawkesbury River at Ebenezer.

The Course was offered to any junior skiers that wished to attend and was funded by Region V Australia and their generous Sponsors for the betterment of Junior Development in our sport. Congratulations to the Region V Committee who fundraise hard at every event to make this fantastic experience available to the juniors.

We had in attendance 60 Junior Attendees (5-15 Yrs), 8 Senior Kids (15-17 Yrs) who helped and many parent helpers throughout the course of the two nights and three days. All kids stayed over and were fed like kings and ate like lions!

Day One started with an 8.00am Registration, followed by a Briefing to all attendees and then the famous personal introduction by the kids and setting of their goal's session. This session is a real ice breaker, as there are so many kids that don't know each other and are hesitant about setting a goal.

After an orientation of the River Area and the do's and don'ts reiterated, we hit the water by 10.00am and skied until lunchtime.

After lunch we were lucky enough to have World Champ - Lauryn Eagle attend and run a fantastic training session for the kids, teaching them about the need to be both physically and mentally fit, if you want to water ski race. This session was a lot of fun with the kids getting to do some boxing, attempted to skip like Rocky and plank like there's no tomorrow. We can't thank Lauryn enough for running this session, as it really snapped the kids into thinking about what we were all trying to achieve over the three days. Lauryn also stayed around and drove the Eagle Family Boat – Herbie for the rest of the arvo, with a boat full of kids having a ball.

After working out, it was time to hit the water again and they didn't stop skiing until close to 5.00pm with a pearler of a spring day. Many kids just skied flat out, some even achieving their goal on the first day.

Monday Night we were lucky enough to have a Guest Speaker by the name of Rob McDonald who came and spoke to the kids. Rob presented many life stories to the kids about bullying, drugs, alcohol, crime, but most importantly "facing your fears", "having dreams", "having happy friends" and "setting goals".

Big First Day – You'd think they'd be tired??? Apparently Not...

Tuesday Morning the camp woke to the smell of bacon and eggs, every cereal you could think of and copious amounts of fresh fruit... Well sort of, they really woke to the sound of AC/DC blaring as a little bit of a pay back for the chattering voices and giggles the night before...

Then like a breath of fresh air, Ellen Jones arrived at 8.00am to start fitness training with this bunch of night owls... Ellen is an absolute Role Model for these Kids and really drummed it into them, that to be a Ski Racer you need to be fit, she showed them many ways of exercising without it costing any money and without needing anyone else but themselves. Of course as

usual the Traditional Wall Sits were a killer, but a lot of fun!

Tuesday was very windy but didn't really deter, it was great to see the kids branching out and skiing with others they had only just met and having a go on anything – Disc, Trick Skis, Finless, Free Boards, Palings or just attempting beach starts and having fun social skiing.

Tuesday Night we were lucky enough to have Current F1 Men's World Champion – Peter Procter and Current F2 Women's World Champion – Kelsey Feros attend and talk about their journeys as Water Ski Racers, growing up and achieving the pinnacle in our Sport.

You could of heard a pin drop! This was absolutely awesome for the kids to hear from two Champions of our Sport, who shared their eating, training and mental tips with the kids and were both once Region V Juniors, so very relatable stuff for these kids. Question time was amazing, the kids obviously felt very comfortable with these two Champs, which was evident when it was time for Autographs and Photos. We thank Pete and Kels for their valued time.

Wednesday Morning – more punishment to AC/DC blearing out over the beautiful Hawkesbury River... Yep "Rise & Shine Princesses"... Ellen arrived at 8.00am for the final day's training session and it was a ripper, lots of fun with so many kids really digging deep. A Big Thank You to Ellen for her time whilst studying for her HSC and remember kids, if you want a Personal Trainer to kick start your fitness campaign, contact Ellen to discuss how she can help. Ellen's Contact details were in your Show Bags.

With breakfast, fitness and morning tea done and dusted it was off to the River to chase those allusive goals for some and re-set higher goals for others who had already achieved.

Wednesday morning was flat out, with kids attempting Palings, Free Boards, Beachies etc and before we knew it, lunch was upon us and the Relay Teams were being finalized for the big Finale!

Three Relay Teams faced the starter:-

Team Mr B with Boylo driving and Trent observing.

Team Revolution with Maca driving and Dale observing.

Team Tinny Kids with Matt Jordo driving and Julie observing.

This Relay Finale didn't disappoint, with the Tinny Kids without a doubt, being outright winners of the race, together with the Total Cuteness Award... They were just gorgeous...

Meanwhile the rivalry between Maca and Boylo lives on, with too many flat turns, gunnel knocking, sledging, cutting off incidents for our Chief Judge Christopher Jarvis to police...

Besides the crews having lots of fun, this was a tremendous display of water skiing and team work by all the kids, with many choosing to ski on what they had just learnt on – Two Thumbs Up!

We finished off the afternoon with some Team Photos and a Presentation together with some "Special Awards" kindly donated by our Sponsors.

On behalf of Region V we hope that each and every Attendee whether

participating, helping, spectating all enjoyed your 3 Days. We know that the kids have made great friends, gained awesome knowledge from the discussion Topics and on water coaching, but most of all have memories of a Lifetime...

SPECIAL AWARDS

“Faced Their Fears Award” – Winner was Sky Manning for having a go and getting up on two skis.

“Best Team Player Award” – Winner was Jack Nutley, the little country boy all the way from Parkes, who was so polite and helpful and who by the way doesn't like Tunnel Ball!

“High Achievement Award” – Winner was Curtis Crook for getting up on 1 Ski after ski racing on 2 for a while now. Go Turtle...

“High Achievement Award” – Winner was Demi Simmonds who is 9 Years Old and tried everything with success, yes even the Fence Paling. Well Done Demi.

“High Achievement Award” – Winner was Tori McDonnell who also tried everything and got up on a Fence Paling but couldn't quite ski away long enough to get her credit, but it wasn't for the lack of trying. Awesome Effort Tori.

“High Achievement Award” – Winner was Corey Galley for mastering the Fence Paling and being a crack up of a kid...

Big Thank You To All Who Helped Cater

Jean Fennell
Bobbette McMillan
Karen McLeod
Nat Coldrake
Belinda Cicognani
Shontelle Campbell
Paula Gibson
Kerrie Nutley
Wendy Feros
David McMillan
Kevin Boylan

Big Thank You To Our Boats & Crews

Mr B - Boylo
Revolution Racing – Maca
Looney Tunes - Maca
Coldys - Jack Coldrake
Flaamin - Allan & Carmel Ross
Ski Nautique - Mark & Kim Neal
Herbie – Lauryn & Kerrie Eagle
Play Dirty – Nick & Wendy Feros
Crazy – Jason Waldon
Looney The Tinny – Brock McMillan
Malibu – Zac & Dale

Gibbo
Julie Jones
Trent
Cooper Boys

A Huge Thank You to Our Sponsors

**Region V wishes to thank our Generous Sponsors
who helped make this Course available to all NSW Juniors...**

Erron & Christine Jameson – All The Fuel for 3 Days x 10 Boats per Day
KMC Trailers – Danny & Kaz for the Marquee Hire
I HIRE 2 U – Matt & Julie Jones for the Cool Room Hire
Coldy's Towbars – Coldrake Family for BBQ & Drink Trailer & Ski Tape
Wake, Ski & Sport – Kaz White for Special Award Voucher
Zigs Marine – Jason & Neisha for Special Award Vouchers & Ski Tape
Boots Bar & Grill – Wayne & The Crew for the delicious Spuds
Sydneywide Pipecleaning Pty Ltd – Loo Hire - Phil McDonnell for arranging
McMillan Family – For opening their home to so many
All The Parents for the food and drink donations...

Huge Thank You To Our Guest Speakers

Kelsey Feros
Peter Procter
Rob McDonald
Ellen Jones
Lauryn Eagle

THE KIDS

**Thank you all so much for the Respect shown to all.
Your parents should be very proud...**

<i>SUPERMAN</i>	<i>STINGA</i>	<i>HELL YEAH</i>
Team Captain: Brock	Team Captain: Georgia	Team Captain: Grace
Team Manager: Shoni	Team Manager: Wendy	Team Manager: Julie
Zak Armstrong	Mackenzie Cooper	Annabelle Ross
Jaali Walsh	Ayla Knappick	Mitchell McDonald
Kane Nutley	Curtis Crook	Kianna Walsh
Demi Simmonds	Charlotte Neal	Cody Tickell
Sky Manning	Camden Cooper	Callum Meers
Jack Lamey	Samara Ross	Emily Neal
Haylee Gibson	Riley Cicognani	Jayleigh Crook
Conner Lindsell	Racquel Osmotherly	River Hobbs
Madison Rogers	Madison Swan	Lachlan Rogers
Joshua Heather	Kobe Russ	Jorja Russ
Braydon Spencer	Kiara Priestland	Riley Matheson
Korey Galley	Ryan Stanford	Riley Jarvis
Bailey Cropper	Jack Martin	Bailey Cooper
Tijana Lalor	Jack Manning	Jack Nutley
Cohen Cooper	Tori McDonald	Jack Gibson
Telica Lalor	Blake Tickell	Blake Priestland
Nellie McMillan	Ryan McDonald	Declan Cicognani

Isaac Wilson	Alicia Ausburn	Jai Waldon
Will Armstrong	Chris Jarvis	Nicole Follington
Abby Jones		Jack Simmons

THE BIG KID HELPERS

**Thank you all, you set a fine example for the younger ones.
Your Help was invaluable and so was your humour...
Your parents should also be very proud...**

Jack Coldrake
Georgia Coldrake
Brock McMillan
Grace Jones
Michael Boylan
Matthew Jordan
Chris Jarvis
Corey Lalor
Taylor Galley

REMEMBER

2016 Junior Development Course Challenge - thrown out to the NSW Juniors –

"Get Off the Couch, Put the Electronics Down and Exercise"

ALSO REMEMBER

TO COME ALIVE AT REGION V

Region V Race Dates 2016 - 2017 Season

ROUND 1 - Saturday 18th & Sunday 19th February

ROUND 2 - Saturday 4th & Sunday 5th March

ROUND 3 - Saturday 8th & Sunday 9th April

ROUND 4 - Saturday 6th & Sunday 7th May

ROUND 5 - Saturday 27th & Sunday 28th May