

SWIMMING

# Halicek laps up tough training

By Paul Haigh

THE swimming pedigree flows through the blood lines of Olivia Halicek and her family.  
The Kearns resident is maintaining a tradition of swimming talent.  
Her mother Wendy represented Australia at the 1982 Commonwealth Games in Brisbane.  
Olivia Halicek, 19, also harbours ambition to represent Australia.  
“I want to qualify at the selection trials for the Beijing Olympics next year,” Halicek said.  
Halicek, 19, is coached by Justin Rothwell at the Whitlam Centre, Liverpool.  
She followed Rothwell across to Liverpool after he previously coached her at the Bradbury and Macquarie Fields pools.  
The coach and swimmer professional relationship is a good fit, according to the lithe swimmer.  
“I swim well under Justin’s coaching,” Halicek

said. “He’s a very good coach. He communicates well with you as a swimmer. Justin creates the right environment for all the swimmers to do well.”  
Halicek is in Melbourne this week to swim at the national short-course titles where she will swim in the 50m freestyle events.  
Earlier this year Halicek competed at the national titles in Perth.  
She won gold in the 50 metres freestyle and bronze in the 100 metres freestyle.  
Halicek also swims in the breaststroke event with her training six days a week working on her swim style and technique coupled with three tough gym sessions.  
The articulate teenager, who has overcome asthma to excel in her chosen sport, has also embarked on new dimension with her swimming.  
“I use the Ventolin if I need it but over the years the swimming has helped with my asthma.



Wave maker: Olivia Halicek trains at the Whitlam Centre, Liverpool.  
Picture: Elliott Housego

MARTIAL ARTS

# Taekwondo players show winning spirit



MARTIAL Arts Spirit Club at Kearns have proved to be the team on top after taking home 15 gold and 16 silver medals at the NSW Taekwondo Championship.  
Despite the club only being opened for a few months, it did not stop them pushing their limits at Sydney Olympic Park this month.  
Club administrator Maria Fernandez said the star students trained at Kearns Community Hall once a week.

Shantell Morecroft (pictured), 8, won gold at her first tournament.  
“Most martial arts competitors would try to enter a number of smaller inter-club tournaments first to get the hang of competition and maybe win or lose a few matches before competing for a state championship,” she said.  
“This local 8-year-old girl attempted a major tournament to make her debut.”

Club coach Roy Fernandez was also impressed with Shantell’s achievements.  
“She had no fear and all confidence and she listens to instructions,” he said.  
Shantell said she was confident she would score a win.  
“I knew I’d get gold,” she said.  
The club offers traditional and sport taekwondo for beginners, advanced and competition levels.  
Details: Roy, 0404 094 587.

**INDOOR CRICKET**  
**MONDAY NIGHT COMP**  
**STARTING NOW**  
**Limited vacancies Tues & Wed**  
Got a Few mates? Why Not Form a Team and Start Playing?  
Terrific competitions for all players  
from beginners to elite players.  
Full Teams (8-A-Side) & Individuals Welcome  
**NOMINATE NOW**  
**PH: 9603 6066**  
CAMPBELLTOWN SPORTS CENTRE  
CNR AIRDS & SWAFFHAM RDS MINTO

**COLLEGIANS DRAGON JUDO CLUB**  
**REGISTRATION FOR BEGINNERS:**  
Every Tues 6.30 - 8PM  
Ages 8 - 80  
Juniors & Seniors  
**WHERE:**  
Campbelltown Catholic Club  
**CONTACT:**  
Axel: 0418 285 626  
Fred: 4657 1086  
akuban@internode.on.net

**Sydney International Equestrian Centre**  
Organise your next event within a magnificent parkland environment. Our facilities include:  
• Indoor arena with kiosk and PA system  
• 11 sand and two grass arenas  
• Cross country and steeplechase tracks  
• 300 stables with washbays, lunging rings and PA system  
• Accommodation and camping facilities  
• Conference facilities  
• Riders retreat with kitchen and BBQ  
Casual trail riding available for individuals or groups.  
Call our friendly events team, Antoinette, Greg or Rob to discuss your event requirements.  
Sydney International Equestrian Centre, Saxony Road, Horsley Park  
phone (02) 9620 2698 fax (02) 9620 2709  
email [equestriancentre@dsr.nsw.gov.au](mailto:equestriancentre@dsr.nsw.gov.au) [www.equestriancentre.nsw.gov.au](http://www.equestriancentre.nsw.gov.au)

**WESTS TIGERS FANS**  
GET BEHIND YOUR TEAM THIS FRIDAY AT TELSTRA STADIUM!

**PROTON**  
**WESTS TIGERS**

**VS**

**NEWCASTLE**  
**Knights**

**FRIDAY 31ST AUGUST - KICK OFF AT 7.30PM**

**200 GAMES FOR WEST'S TIGERS**  
West's Tigers will celebrate their 200th game since inception in 2000.

**GIRLS SUPER CLINIC**  
500 local girls will take part in a Rugby League Super Clinic at half time.  
Proudly supported by  
**MERCY MINISTRIES**

Proton Wests Tigers vs Knights  
Friday 31st August  
at Telstra Stadium  
Gates Open 5.30pm  
Kick Off 7.30pm  
Tickets on sale now through  
Ticketek. Visit [www.ticketek.com.au](http://www.ticketek.com.au)  
[www.weststigers.com.au](http://www.weststigers.com.au)

**Haier**  
**LIUGONG**  
**U TRUCKS**  
**HARBOUR CITY**  
**MUSTANG**  
**XBLADES**