

The sky is the limit for Alisha

The mantra 'the more you prepare the luckier you get' (Terry Josephson) really is proving true for Wee Waa High School Year 7 student, Alisha Conomos.

The talented 11 year old has the determination and commitment to achieve her goal of taking her touch football pursuits as far as she can go.

Playing touch football as long as she can remember, Alisha and her family enjoy participating every Sunday in a local friendly touch football match.

"I really love the sport," Alisha said.

"I enjoy the competition, the sense of achievement and being outdoors.

"I train every Wednesday and this really helps with my game.

"My parents also help me a lot with goal setting and being organised so I know what's coming up and what I need to do to prepare ahead of time."

Two weeks ago Alisha travelled to Inverell to play in the Under 15's touch football trials.

It was a triumphant day as she gained selection into the North West team.

The selectors commented that it was Alisha's committed defence that scored her a place on the team.

The next goal in Alisha's sights is to impress selectors in late April at the touch football carnival in Mudgee.

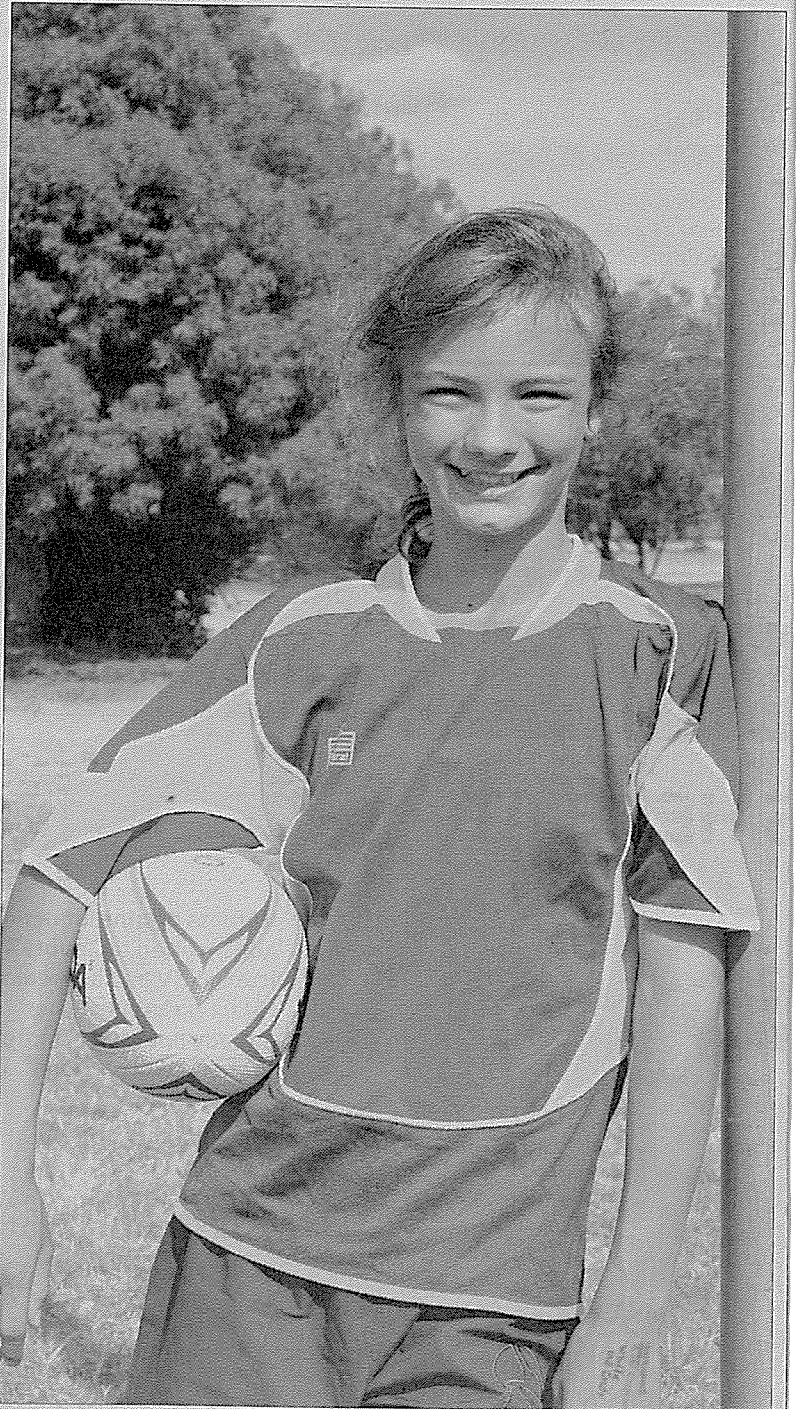
Here all 10 regions from around NSW will play.

Selectors will be watching players keenly as they go about selecting the NSW team to play at the all schools championships.

Wee Waa High School sports coordinator, Mr Patrick Legge is extremely proud of Alisha and said that "I'm so impressed that at 11 Alisha is beating 15 year olds to score a place on the team."

"It shows her level of talent and dedication and I'm looking forward to seeing how she progresses over the next few years.

"She is always focused on doing her best."



Alisha Conomos.