

Woods tops WQS

By GREG DANVERS

REBECCA Woods raced to the top of the Women's World Qualifying Series rankings with a win over Sally Fitzgibbons at Maroochydore on the Sunshine Coast yesterday.

While Woods's form has been top-shelf on the WQS, her rankings on the World Championship Tour in her debut year have not been as bright.

Woods, from Copacabana, is currently 13th of 17 on the WCT. But a good year on the WQS will see the 20-year-old again qualify for the WCT.

Her long-time idol and six-time world champion Layne Beachley has been her nemesis so far on the WCT. Beachley has eliminated her in round-three of both the Roxy Pro (Gold

Coast) and SPC Fruit Pro (Bells Beach) this year.

The current seeding would see Woods draw Beachley again at the Roxy Pro in Fiji next month. "I'm not really too disappointed, because I know that my surfing is up to its potential but I have been outsurfed," Woods said. "I am not putting anyone else's pressures on me, I'm just surfing for myself."

Woods dominated the Billabong Girls Easter Surf Fest one-star rated WQS event, easily winning two rounds to set up a semi clash with Airini Mason, whom she beat to set up the final against 14-year-old Fitzgibbons.

"It's a confidence booster definitely, going into my next event in Fiji," Woods said after the win.

Magpies eye Diamond

By GREG DANVERS

THE Black Diamond AFL Cup will ball-up for the first round of the 2005 season on Saturday.

The introduction of Wyong Lakes Magpies has expanded the competition, from seven teams, to eight in the top grade eliminating the bye.

The Magpies will host Gosford Tigers at Tacoma Oval, with the home side expected to be brimming with confidence on the eve of first grade competition. With back-to-back reserve grade premierships to their name they should give Gosford, who finished with last year's wooden spoon, a run for their money.

The Magpies beat South West Sydney at Picken Oval in a trial that has coach Paul Las-

ka confident his side will be competitive.

Gosford, who also travelled to Sydney for a trial, were beaten by two goals by Sutherland. New coach Peter Anderson said he was pleased with his side's effort.

Killarney Vale played Holroyd-Parramatta at Greystanes where they recorded a close win.

In other matches to come, Killarney Vale Bombers will play hosts to Newcastle City Blues and Terrigal Avoca Panthers play host to Cardiff Hawks.

Nelson Bay Marlins and the Warners Bay Bulldogs round out the first round.

The Football Record — the official Black Diamond Cup weekly program has been revamped for the 2005 season.

NSW hit ACT for six

SIX Central Coast baseballers contributed admirably to Country NSW's 5-3 win over the ACT in the Australian Provincial Championship final at Canberra over the weekend.

Nathan Walbancke, Mick Ashton, Adam Blight, Sam Brown, Tom O'Gorman and Jarron Van Dyke played an integral role in the matches against New Zealand, Victoria, Northern Territory and ACT at the championships.

ACT, having beaten Country in the preliminary rounds, were the form team heading into the final.

The final proved a thriller with the ACT holding a two-run lead until the fifth inning, before Country equalised and then scored a further three runs to lead 5-2.

A run by the ACT team, in the sixth, closed the gap but the defence of Country held strong and the trophy was theirs.

Gibson's par

Academy reviews golf tuition

By GREG DANVERS

IMPROVE or go backwards will be uppermost on the minds of the Central Coast's Academy of Sport golf program leaders when they review the past year.

Guest coach for the golf program Mark Gibson is in the region this week to have a final evaluation session with the academy's 21 athletes.

Gibson, an AAA-rated PGA coach based on the Gold Coast was the 1999 and 2002 Australian PGA Teacher of the Year, and has been not only a guest coach for the academy but has conducted detailed video analysis of their athletes.

"They have been skills tested at the start and mid stream. We were able to quantify their improvement," Gibson said yesterday. "If you can show people there is a problem, visually, then it is evidential. Whoever said 'a picture is worth a thousand words' I reckon was a golf coach."

Academy chief Ian Robilliard, Gibson, Tuggerah Lakes assistant professional Peter Mayson and the academy advisers will review the past program.

"[We are] working out what we want to change from this year's model to next year's," said Gibson. "It is being reviewed from both the participants' and the coaches' points of view."

Gibson cited a speech he heard from Brisbane Broncos coach Wayne Bennett in 2002 as strong reasons for review and improvement.

Gibson explained: "I heard Wayne Bennett speak in 2002 and he said: 'having been coach of the Brisbane Broncos since inception in 1988, if I was coaching the quality of today's player with what I was doing in 1988 now they wouldn't win a reserve grade match'."

"So any program that doesn't evolve every year is actually losing ground because every other program is evolving," Gibson said.

"I don't think there is such thing as the perfect program because there's always room to keep improving."

The academy golf squad will this week have their final training session, with Gibson in attendance, at host club Tuggerah Lakes ahead of next week's Srixon Cup.

Played on Tuesday and Wednesday afternoons next week, the Srixon Cup will end the inaugural academy golf program involving the 21 athletes.

Tuesday's event will be two-ball best-ball and Wednesday has a four-somes format.

Both Srixon Cup events tee-off at 4pm with the general public invited to watch the region's upcoming golfing stars.



Aiming higher . . . guest coach Mark Gibson and training coach Peter Mayson at Tuggerah Lakes Golf Course. Picture: TROY BENDEICH

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