

ARCHERY

Another string to her bow with help

COMPETITION NOW IN SIGHTS

Rowan Cowley

MEREDITH Greenham is riding a new wave of momentum all the way to Antwerp thanks to a Mosman exercise and lifestyle coach.

Ms Greenham, 41, has been seeing specialists for a degenerative spinal condition since she was 16.

But after seeking help from Leila Lutz, owner of Mosman business Momentum for Life, she is now preparing to compete in archery at the Outgames.

A year ago she was advised to take up archery to help her spine condition.

OUTGAMES FILE

- The third World Outgames is underway in Antwerp
- Event is organised by the LGBT community but is open to everyone
- More than 5000 athletes from 100 countries are expected to take part to take part in 32 disciplines
- Details: woga2013.org

Archery involves a lot of strain on the spine so she consulted a health and fitness expert Leila Lutz.

"When Meredith first

came to me, whenever she held the bow she had a horrible contortion in her spine."

Ms Lutz helped her develop a comprehensive program involving exercise but also focusing on managing diet and other factors such as emotional stress.

Since then Ms Greenham has progressed from an 18lb bow to a 32lb one and is about to enter her first competition.

The Outgames, an initiative of the LGBT community, will be held in Antwerp this year with archery on August 6-7.



Leila Lutz has helped archer Meredith Greenham rehabilitate her spine so she can compete. Picture: DAVID SWIFT

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Do you know someone who deserves to be the next NewsLocal Junior Sports Star?

Tick which category you would like to enter: (one only)

- **Young Achiever** - recognises young athletes who are dedicated, play fair and are strong performers.
- **Junior Sports Star** - recognises excellence in sport.
- **Team Spirit** - recognises sporting teams who play fairly and in the spirit of the game.
- **Service to Sport** - recognises club members or volunteers over 18 who show passion, spirit and determination.

Nominees for Young Achiever, Junior Sports Star and Team Spirit categories must be aged 10 - 16 at the time of nomination

NOMINEE DETAILS - Young Achiever, Junior Sports Star and Service to Sport

First Name: Last Name: Birth Date: / /
Address, Suburb & Postcode:
Email: Phone:
School: Sport:

TEAM SPIRIT ONLY

Team Name: Club Name:
Coach/Manager Name & address:
..... Coach/Manager phone:

Attachments required (limit to one A4 page):

- **Young Achiever** and **Junior Sports Star** categories - please attach a list of achievements of the nominee.
- **Team Spirit** - please attach a list of names of all the Team Members, oldest players birth date, and reasons why you think the team deserves this award.
- **Service to Sport** - please attach reasons why you think this person deserves this award.

PLEASE SEND YOUR COMPLETED NOMINATION FORM TO: PO Box 468 Parramatta BC 2150

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The cricket season is just around the corner!

Boys and girls aged between 5 and 16 years are invited to play Cricket with Mosman Cricket Club this summer.

REGISTRATION DAY

10th August 2013, 9:30am to 1:00pm

REGISTRATION CLOSES

24th August 2013

ADDRESS Warringah Bowling Club, 74-82 Bradley's Head Rd, Mosman
Online Registration and Payment also available at
<http://www.trybooking.com/56080>

For Enquiries registrar@mosmancricket.com.au or visit us at mosmancricket.com.au or on Facebook

Mosman Cricket Club representing the Mosman Community for over 100 years.

