

Tuesday 29 November, 2011

## Lizette Cabrera awarded Junior Regional Athlete of the Year!



Queensland's Sport Awards were recently held in Brisbane where tennis took home some major honours. One of Tennis Townsville's promising juniors, Lizette Cabrera picked up a deserving award and was named Junior Regional Athlete of the Year. Lizette had a very successful year with tournaments played in Australia and Europe; she definitely deserved to take home the 'Eddie Machin' Junior Regional Athlete of the Year award, which she's received the second year in a row. Samantha Stosur was named Queensland's Sport Star of the Year.

Lizette recently moved to Brisbane where she's completing a 2 year scholarship at the National Academy- Tennis Australia (NA). To be able to qualify for the scholarship Lizette had to be ranked in the top 4 in Australia for her birth year (1997) and she had to compete in two 14/16 Nationals. The benefits of the school include free training at the NA, services such as physiotherapy, sport psychology and financial funds.

Tennis Townsville recently spoke with Dolly Cabrera, Lizette's mother on how she's doing in Brisbane. Since moving to Brisbane, Lizette has been very busy training. She trains twice a day from 8.15am to 3.30pm with a few breaks in between and starts each day with a gym session. This is a regular day for her, other than Tuesday and Thursday morning which is when she has school. Lizette takes part of Distance Education, but will finish the day off with a training session. Lizette is very dedicated to her tennis and feels so privileged to have the scholarship as it gives her a chance to train every day and improve her tennis.

Wayne Hannah, Tennis Townsville's Head Coach has been coaching Lizette for approximately 7 years. "Lizette is a very talented tennis player, Lizette's determination, concentration and powerful tennis have got her the recognition she deserves. She's a great ambassador for Tennis and Townsville."

Lizette parents are extremely proud of their young daughter with her mum Dolly saying "Lizette is such a busy girl; she's been training so hard. Lizette is still representing Townsville and is grateful for all the support she's received."

Lizette is currently in Melbourne competing in the 2011 Optus 14s Australian Teams Championships.

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For further information visit

[www.tennistownsville.org](http://www.tennistownsville.org)

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