

Model mum to muscle mode in 20 weeks



TORIN CHEN

LORETTA Mostofi can transform herself from a North Shore mother to a world natural figure champion in 20 weeks.

St Ives mother of three Mostofi, 37, of St Ives, is the Australian Natural Figure Champion.

And in her first international bodybuilding competition last month she won the open figure and muscle model divisions at the WSNO/FAME World Championships in the US.

A personal trainer at North Shore Gym, Pymble, Mostofi said that over 20 weeks she

could "sculpt" her body. This involves a stringent regime of eating six nutritious meals a day along with five weight training and six low-impact cardio sessions a week.

"It's a rigid lifestyle," she said. "I have all my meals packed away and mixed and I cook separately for my family.

"It's a discipline and for everyday people, they don't have to do what I do, but it's possible."

Inspired to show her students that anything is achievable, Mostofi began competing in Australasian Natural Bodybuilding competition last year.

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SCULPTED: Australian and world natural figure champ Loretta Mostofi.

Pictures: DANIELLE BUTTERS -PO954600; DALLAS OLSEN

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Cricket clash

GORDON play Campbelltown-Camden in a first grade one-day cricket match at Chatswood Oval tomorrow. North Sydney play Fairfield-Liverpool at Rosedale Oval, Warwick Farm and Northern District take on Randwick-Petersham at Waitara Oval. Play starts 10am.



Match reports Monday
northshoretimes.com.au

Baseball fans

NORTH Sydney Leagues play Concord in an A-grade Pacific Coast Baseball League match at Flat Rock Reserve, Willoughby, from 3.45pm Sunday.

U14s tennis

ALEX Fairbanks, of Wahroonga, won the under-14 boys singles at the Medibank Cup at Sydney Olympic Park Tennis Centre, beating top seed Jake Delaney 6-2, 6-2 in the final. Wahroonga's Jamie Fraser won the under-12 boys doubles, with James Pearson, of Panania. They beat Blake Bayldon and Matthew Clarke 6-4, 6-0. Willoughby's Alexandra Taylor was runner-up in the under-14 girls doubles.

Model mum to muscles

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She won the tall class and overall categories in the Australia Natural Figure Championships in October before winning her maiden world title in Las Vegas.

"It's given me a lot more confidence and nothing is a challenge anymore, it's only an obstacle," she said. "I feel empowered, physically and mentally, and if there's a problem I know there's always an answer."

Next year, Mostofi will try and earn her professional card by winning an advanced category at the world championships.

She hopes her journey can inspire other mothers and women to chase their dreams. "My advice is to set goals and work towards little goals to get to bigger ones," she said.

Mostofi is seeking sponsorship. Details: 9414 1379.

Stealer boys hit for Sox



TIPS FROM THE TOP:
Blue Sox stars Andrew Graham and Dae-Sung Koo with Tomiya Nagai, Daniel Myrmell and James Percival at Golden Jubilee Oval.

Picture:
PETER KELLY
-PP425340

TORIN CHEN

KU-RING-GAI Stealers junior baseball players have been picking up tips from Sydney Blue Sox and former Major League baseball stars Andrew Graham and Dae-Sung Koo.

Graham, who was signed up by the Detroit Tigers, and Koo, who pitched for the New York Mets, spoke to the juniors at the club's recent gala day at Golden Jubilee Oval, Wahroonga.

The juniors included the Stealers'

four NSW junior representatives, Kieran McCluskey, Tomiya Nagai, Daniel Myrmell and James Percival.

Graham, 28, a former Turrumurra High School student, said the day was an opportunity for him to answer the children's questions about the game.

"The main thing we said to the young children is to keep at it and make sure you enjoy it," he said.

"We told them if you don't enjoy baseball there's no point doing it.

"A love for the game will help

them go to the next level and we told them they needed to practice hard."

Past and present players participated in junior t-ball and senior games while the children enjoyed a jumping castle and a game where they could water bomb their coaches.

Graham, a former Stealers junior, will coach the Detroit-Connecticut Tigers in the US Minor League next year.

He will have charge of a playing roster of 30 players between the ages

of 18 and 23. "I'm very excited and it's going to be a great stepping stone in my baseball career – it's going to be challenging," he said.

"I've been an assistant coach at the club for the past two years so it's nice to know that they think I have what it takes to be a manager."

Graham said there was an abundance of junior talent at the Stealers.

"The club has really grown and they have also increased the talent of their coaches," he said.

Youngsters star in rugby and oztag



UNBEATEN:
St Thomas' oztag team (standing) Tom Colgan, Liam Tachjians, Jake Watts, Oscar Jacobson, Sean Grace, Luca Marchione; (sitting) Brae Fuller, Declan Woodward, Sam Holmes, Lachlan Albert.

TORIN CHEN

THE boys and girls love their football at Willoughby's St Thomas Catholic Primary School.

They've shown their prowess in rugby union and oztag, with junior teams winning the Australian Rugby Union North Shore gala day and Australian Rugby League Oztag gala day. Fifteen boys and girls played in the rugby and oztag teams, with six playing in both codes.

Coach Rau Albert, a parent of one the boys, said he hadn't seen a more talented group of children.

"These children are naturally good at all sports," he said. "In rugby we threw the ball around and we didn't just pass it to only one person. We were able to string together a few phases and applied the same principle to oztag. Our skills

were a bit better than what we came up against."

In the rugby event, at Wahroonga, St Thomas beat Willoughby, Roseville and Castle Cove public schools in their round-robin matches before downing Balgowlah North 20-5 in the grand final.

St Thomas also went through the oztag competition undefeated, beating St Agatha's and Cherrybrook and Northbridge public schools then Northbridge for a second time in the final, 5-2.

Albert said the lone girl to play in either competition, Charlize Grace, 9, starred in the rugby team.

"Charlize has been playing rugby since she was four," he said.

The players: Brae Fuller, Tom Newell, Joseph Siokos, Alistare Siokos, Sean Grace, Lachlan Albert, Oscar Jacobson, Sam Kafer, Declan Woodward, Charlize Grace, Jake Watts, Sam Holmes, Tom Colgan, Luca Marchione and Liam Tachjian. Coaches: Rau Albert, Tony Woodward, Niki Frost.