

Melissa handed title tilt

BY LANCE JENKINSON

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STRONG-WILLED Melissa Condon used mind power to reach her intended destination of representing Australia on the international stage in European handball.

The incredibly focused 20-year-old is the only Victorian selected in the women's national team to head to New Zealand on May 28 for world championship qualifiers.

The prize at the end of the Oceania phase is a place at the world championships in Brazil.

"It's been a goal of mine for over four years," Condon said. "It's going to be exciting putting on an Australian jersey and representing Australia.

"I'll try not to let the nerves get the better of me."

Condon never wavered from her green and gold dream.

The Hoppers Crossing resident made many sacrifices, to the point of having "no social life".

She followed a strict training regime, ate the right foods, worked on her game and did not let negative outside forces rule her thinking.

"A lot of people said I wouldn't make it," she said.

Condon first played the foreign game as a student at Heathdale Christian College and liked it because of the speed at which it's played.

It is also a sport that allows the defender to use her strength.

"It's up and back nonstop," she said. "You have to be able to read the play."

The biggest hurdle Condon had to overcome was an injury to her shooting shoulder.

The support she received from teachers in the elite sports program at Maribyrnong College proved invaluable in her recovery.

Condon also represents Australia's beach handball team.



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Hope you get some sponsors to help you on your way as some of the costs are huge. All the best Melissa.

Posted by **daryl**, 11/05/2011 4:35:21 PM, on Wyndham Weekly

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Making sacrifices: Melissa Condon knows where she is heading and is going the right way about it. Picture: Cathy Jackson

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