



TASMANIAN INSTITUTE OF SPORT



yearbook and annual report

2000-2001



TASMANIAN INSTITUTE OF SPORT

Bulletin

ISSUE 37 - SEPTEMBER 2000



Olympics honour for squad of 14

FOURTEEN Tasmanian rowers representing their state will compete in the Sydney 2000 Olympic Games. The squad, coached by former Olympic rower and coach Peter Dutton, includes four men's and ten women's rowers. The team is the first Tasmanian rowing team to qualify for the Sydney 2000 Olympic Games. The athletes are: Simon Durall, Robert Nicholls, Anthony Edwards, and Robert Nicholls (men's); and Sarah-Jane Perry, Lisa Carr, and Lisa Carr (women's).

TASMANIAN INSTITUTE OF SPORT

Bulletin

ISSUE 38 - DECEMBER 2000



Olympic rowers win top award

CHAMPION Tasmanian rowers Simon Durall and Robert Nicholls have won the Australian Rowing Championships. The duo, who were part of the Olympic rowing squad, won the men's double scull. They were defeated by the Victorian duo of Robert Nicholls and Anthony Edwards. The Tasmanian duo were coached by Peter Dutton. The championships were held in Sydney, Australia.

TASMANIAN INSTITUTE OF SPORT

Bulletin

ISSUE 39 - APRIL 2001



New sponsor for cycling program

A WAREHOSE of optimism awaits for Tasmanian cyclists as they prepare for the Sydney 2000 Olympic Games. The Tasmanian Cycling Club has secured a new sponsor, the Warehouse Group. The sponsorship deal is worth \$100,000 and will cover the club's expenses for the next year. The Warehouse Group is a leading Tasmanian business and is pleased to support the club's efforts to develop the sport of cycling in Tasmania.

TASMANIAN INSTITUTE OF SPORT

Bulletin

ISSUE 40 - JULY 2001



Powerade boost for schools program

AN OLYMPIC star meeting and a new sponsor have boosted the Tasmanian Institute of Sport's schools program. The program, which aims to encourage young people to take up sport, has received a significant boost from Powerade. Powerade is a leading Tasmanian business and is pleased to support the program's efforts to develop the sport of cycling in Tasmania. The sponsorship deal is worth \$50,000 and will cover the program's expenses for the next year.

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minister's

foreword

The Tasmanian Institute of Sport has completed another significant year in its 16-year history, beginning with the participation of TIS athletes at the Sydney Olympic Games in September 2000.

A total of 14 Tasmanians competed in the Olympic and Paralympic Games, with the most notable TIS performance coming from senior rowers Darren Balmforth and Simon Burgess, who won a silver medal as part of the lightweight quad scull. Hockey players Daniel Sproule and Matthew Wells also achieved success winning a bronze medal as part of the men's hockey team, while dual Paralympian Melissa Carlton won a bronze and silver medal in Paralympic swimming events.

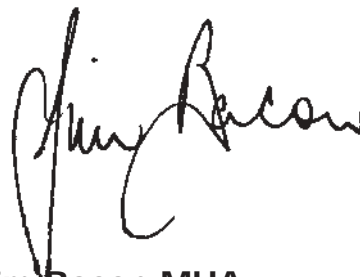
To augment the performance of TIS athletes in the future, the State Government committed additional funding to the Institute for the development of a number of motion analysis tools to assist TIS staff and coaches in the assessment of athletes' technique in training and competition.

The State Government has also allocated funding for a comprehensive counselling service for TIS athletes, their families and coaches.

On behalf of the people of Tasmania, I commend the Tasmanian Institute of Sport Board of Management, under the chairmanship of



Denis Rogers, the TIS staff and, most importantly, the athletes and coaches for their many achievements over the course of the year. I have no doubt these will continue into the future.



Jim Bacon MHA
Premier
Minister for State Development

chairman's

report

With the success of the Sydney 2000 Olympic Games now behind us, the Tasmanian Institute of Sport Board of Management is already focusing on the 2004 Athens Games and beyond – considering strategies that will help support our athletes and coaches achieve their sporting potential and goals.

The achievements of our athletes at the Sydney 2000 Olympic and Paralympic Games commenced a year of continued success for the TIS, with athletes and teams winning medals at numerous national and international events. Their success throughout the year was indeed a reflection of their efforts, aided by the support of many other individuals and groups.

On behalf of the Board of Management I offer a sincere thank you to our many sponsors – in particular, major sponsor Coca-Cola Amatil, who have supported and made possible our continued involvement in the Powerade Schools Program. In addition, Motors Pty Ltd, J. Boag & Son, Cripps Nubake, WIN Television, Ansett Australia, MBF and the Hotel Grand Chancellor Hobart have made important contributions to the Institute and the many programs we operate. Without their support we would most certainly not be in a position to provide the high level and wide range of services we do. Special mention must be made of the extremely valuable support of our long-time major sponsor, Lactos, whose seven-year partnership came to an end during the year.

After 10 years of dedicated service to the TIS Board of Management, Board Director Ron Nylander retired. I would like to take this opportunity to acknowledge Ron's contribu-



tion to the Institute while welcoming his replacement, well-known Australian rowing official David Williams.

I would like to personally thank my fellow Directors and the staff of the TIS for their ongoing commitment and efforts over the past year. I look forward to working with them in the future to provide the best possible level of support to our athletes and coaches.

As I consider the achievements of the TIS over the past year, it is with pride that I recall the performances of our athletes. I congratulate them for their successes of the past and I wish them continued success in the future as they represent their institute, state and country at the highest levels of sport.

A handwritten signature in black ink, appearing to read 'D. Rogers', written over a set of horizontal lines.

Denis W. Rogers
Chairman
Board of Management

director's

report

The past year has again been a successful one for the Tasmanian Institute of Sport, beginning, of course, with our contribution to the medal count at Australia's most successful Olympic Games ever – our home Games held in Sydney in September 2000.

As in past years, a number of changes have taken place at the TIS over the course of the past 12 months. Following the departure of Acting Director Bridget Joscelyne in September, TIS Executive Officer Paul Austen took on the role of Director until my return in February 2001. I wish to take this opportunity to acknowledge Paul's outstanding work over the course of his five months at the helm of the TIS.

One of the stable influences for the TIS over this period has been its Board of Management under the direction of Chairman Denis Rogers. The support and guidance they have provided has been extremely valuable and I extend my sincere thanks to the Chairman and Directors for their ongoing contribution to the Institute.

Through both Federal and State Government support of our major programs – including Athlete Career & Education, Talent Search, and the National Training Centre programs of Cycling, Hockey and Rowing – we have been able to work closely with other institutes and academies of sport, national sporting organisations and the Australian Olympic Committee in an effort to help our athletes and teams to achieve international success. In addition, the generous support of our many corporate partners has enabled us to enhance these and other programs of the Institute.

A benchmark for the effectiveness of the national elite sports network was Australia's outstanding success at the Sydney 2000 Olympic Games. If we are to continue to reach higher levels of sporting success, all stakeholders must continue to work together to pro-



vide a professional, effective and successful elite sports network for our athletes and coaches. As a member of that network, the TIS must continue to strive for an edge on our international competitors and seek innovative ways of supporting our athletes, squads and teams.

I feel most privileged to have been able to return to the TIS, to work with a truly dedicated and passionate staff – all of whom are committed to providing the highest level of support to Tasmania's elite and developing elite athletes. I thank each and every one of them for their unquestionable professionalism and continued support.

In closing, I pay tribute to the very people we have the pleasure to support – the athletes and coaches of the TIS. Their pursuit of excellence, focus, determination and dedication should be an example to us all. It is my hope we may continue to strive to achieve at the highest possible level – as, indeed, they do.

A handwritten signature in black ink, appearing to read 'Elizabeth Jack'. The signature is fluid and cursive, written over a light blue background.

Elizabeth Jack
Director

administration

ACTIVITIES

During the first half of the year TIS staff conducted forums in Hobart, Launceston and Ulverstone to provide information to the sporting public on the Institute's scholarship program. At each forum, interested athletes and parents were provided with information on the standards required to achieve a scholarship as well as information on the various services provided by the TIS.

The annual announcement of scholarships and awards presentation was held on December 8 at the Hotel Grand Chancellor in Hobart.

It was a full day of activities this year, starting with the announcement of the scholarships. A feature of the day was a special parade of the new TIS clothing from Adidas, modelled by six current TIS scholarship holders.

After media interviews and morning tea, the athletes spent an hour being briefed on the services provided by the TIS. The day wound up with a cocktail party hosted by former Board member and ABC radio sports commentator Caroline Davison. Tasmanian Olympians and Paralympians were honoured for their efforts at the Sydney Olympic Games.

The Ansett Athlete of the Year award was shared by Olympic silver medallist rowers,



*TIS Executive Officer
Paul Austen*

Darren Balmforth and Simon Burgess, making it consecutive awards for the pair. Paralympic swimming medallist Melissa Carlton won the Commonwealth Bank Female Athlete of the Year award and swimmer, Nicole Hunter, was announced as the *Examiner* Junior Athlete of the Year.

Also on the night, retiring TIS Board of Management Director, Ron Nylander, was presented with a special award in recognition of his 10 years of dedicated service to the Tasmanian Institute of Sport.



STAFF

Staffing changes during the year saw Daniel Billing join the Sports Performance Unit as its Sports Performance Officer. Physical Preparation Officer Ted Polglaze left to work with the New South Wales Institute of Sport in January, following which Peter Culhane joined us from NSW as his replacement in May. Trainee Adam Rowlings joined in March to work in the Sports Performance Unit, providing assistance to the Talent Search program.

Acting Director Bridget Joscelyne returned to work with Tourism Tasmania in October and I acted as Director until the return of Elizabeth Jack. Elizabeth had been on special leave to work with SOCOG in the preparation and operation of the Sydney 2000 Olympic Games. Elizabeth returned to the TIS in February.

Administration assistant Natalie Sankey resigned in February to spend more time with her young family, and Denise Hansson, who had acted as Natalie's replacement previously, was appointed as the full-time Project Support Officer in March after a slight restructuring of the position. Madeleine Hooper continued as a temp for two days per week until March, when she left for Queensland.

Liz Coglan continued to maintain the TIS resource centre during the year.

The TIS website provides up-to-date results of TIS athletes as well as information on all the TIS. The *TIS Bulletin* was published regularly as part of the Institute's ongoing promotional activities, acknowledging corporate sector support and providing information to the community on Institute activities and the achievements of its athletes.

As a final note, we would like to acknowledge the support of staff at the Department of State Development for the many services they provided to the Institute during the year.

Paul Austen
Executive Officer



Natalie Sankey
Administration Assistant



Madeleine Hooper



Denise Hansson
Project Support Officer



Adam Rowlings



Liz Coglan
Librarian

corporate partnerships

The TIS is extremely grateful for the most generous support of our corporate partners, many of whom have been long-term supporters of the Institute. In particular, the continued support from one of our major sponsors, Coca-Cola Amatil, has provided TIS athletes with the opportunity to develop critical public speaking and presentation skills, while promoting the benefits of a healthy and active lifestyle to Tasmania's youth through the POWERaDE Schools Program. In addition to their valuable support to the schools program, Coca-Cola Amatil has also supported us with the provision of POWERaDE product to all sports programs of the Institute.

In December 2000, our seven-year partnership with Tasmania's master cheesemaker, Lactos, concluded. Over their seven-year association with the Institute, Lactos provided assistance that was essential to the continued development of our athletes through and including two Olympic Games. In particular, we thank outgoing chief executive officer Russell Paterson

In the first half of 2001 we welcomed two new sponsors, both of whom are providing critical support to the TIS sports science program. Major sponsor of the TIS Talent Search program is Cripps Nubake who, through their support, are ensuring young, potential elite athletes are identified and supported in their development. MBF joined the TIS as the



major sponsor of the Institute's mobile testing laboratory – allowing sports science staff to take their services to the athletes wherever they may be based within the State – a critical component in their annual training and testing schedules.

Other key sponsors committed to the long-term development of Tasmania's elite athletes have been Motors Pty Ltd, Ansett Australia, J. Boag and Son, the Hobart Hotel Grand Chancellor and WIN Television. In addition, Avanti and Launceston's Prince Albert Inn provide much needed assistance to the TIS Cycling program. We extend our sincere thanks to all these companies for their continued assistance and the important role they play in the development of our athletes.



Thanks go to our PR consultants, Corporate Communications, and, in particular, consultant Keryn Nylander, for their assistance with media and corporate activities throughout the year.

*PR consultant
Keryn Nylander*

For most of the Institute's existence, our athletes have been provided with access to fitness centres around the State to assist them in their preparation for national and international competitions. We gratefully acknowledge Theogenes Health and Squash Centre in Launceston, Healthglo Fitness and Leisure in Burnie, Templars Fitness Centre in Devonport, Health and Fitness World in Glenorchy and Launceston, Dockside Fitness and Oceana Health and Fitness in Hobart and Port Huon Fitness Centre in Huonville for their ongoing support.



sports *performance*

The Sports Performance Unit continues to assist Tasmania's talented athletes and coaches through the provision of sports science, sports medicine and physical preparation services.

New additions to the staff of the Sports Performance Unit are Peter Culhane (Physical Preparation Officer) who replaces Ted Polglaze (who moved to the New South Wales Institute of Sport), and Adam Rowlings who joined us as a trainee. We also farewelled Daniel Billing (Sports Performance Officer) and thank him for his work in the Talent Search Unit and establishing movement analysis services for TIS athletes and coaches.

Through the support of MBF and Dell, the Sports Performance Unit has been able to expand its services with the addition of a mobile testing facility. This specially designed van equipped with power supply, fridge and ample carry capacity has enabled us to take sports science services to athletes and coaches in various locations around Tasmania as opposed to athletes and coaches having to make the journey to Launceston. We hope to use the unit more extensively in the training and competition environment.

With the support of additional State



Tammie Ebert
Manager,
Sports Performance Unit

Government funding, the TIS now has a movement analysis service including virtual reality glasses, underwater camera and Swinger analysis system. Already this has assisted athletes and coaches to assess movement for improvements in technique but also injury rehabilitation.

Regular testing of the National Training Centre Programs of Cycling, Hockey and Rowing was conducted throughout the year with a number of target squad athletes also being involved, highlighting the depth of tal-

ent in Tasmania. The Unit was involved in testing of the Elite Development Squads of Tennis, Cricket and Football.

The Sports Performance Unit has also become increasingly involved with a number of the Elite Development Scholarship holders in the sports of swimming, wildwater canoe and orienteering and we look forward to continuing our work with these up-and-coming athletes.

LABORATORY REACCREDITATION

In April, the Laboratory Standards Assistance Scheme committee put the Sports Performance Unit through its paces to make sure all practices were of a standard to achieve national re-accreditation. Following this process our lab was re-accredited until 2005.

SPORTS MEDICINE NETWORK

We would like to thank the TIS Consultant Network which continues to provide quality services to our athletes and coaches. Thanks are extended to Hobart Pathology for their continued provision of blood screening. Thank you to Dr Ian Beltz who is the Sports Medicine Co-ordinator for his assistance in the efficient and effective provision of Sports Medicine services.

SPORTS SCIENCE SCHOLARSHIP

The TIS Sports Science Scholarship Holder for 2000/2001 was Simone Haigh, who continues to provide valuable assistance to the Sports Performance Unit and the Talent Search Program.

Tammie Ebert
Sports Performance Manager



MBF Victoria/Tasmania Manager Peter Hudson with TIS cyclist Louise Yaxley in front of the mobile testing unit.

talent search

The national Talent Search identification program was established in 1995 when Sydney was announced as the host city for the 2000 Olympic Games. Talent Search is now entering a new era and an exciting time as we look towards Athens in 2004.

This year, thanks to the support of major sponsor Cripps Nubake, the Talent Search program in Tasmania continued to grow with 6,847 students from 43 schools participating in the program. This compares with 1,500 students in the first year. The increasing number each year highlights the support that the Tasmanian school community provides to the Talent Search program in assisting us to identify young Tasmanians and provide them with opportunities to explore their talents. Their development is only possible through the invaluable support of Tasmanian coaches who provide their time to assist these athletes, of which the Talent Search Unit is greatly appreciative.

With the support of Cripps Nubake, the



Talent Search Unit was able to provide each student who participated in the initial testing with a result sheet and chance to win sports gear. A huge thank you is extended to Adam Rowlings, Simone Haigh and Joe Pearson who spent hours putting the 6,847 student results into the database.

The 2001/2002 Cripps Nubake Talent Search Development Squad was announced after phase two testing. The final squad included 65 athletes targeted for the sports



Some of the Talent Search support staff

of Athletics, Rowing and Cycling.

This year saw the initiation of a fast-track program in the sport of rowing. Four females were identified as having potential in rowing and with the assistance of John Kincade (Tasmanian Rowing Development Officer) these females were provided with specialist training through the use of video analysis and one-on-one ergometer sessions to assist in quickly learning the basics of rowing. We look forward to seeing how they go on the water.

2000/2001 Talent Search Development Squad members excelled in their new sports. Natasha Mapley won a silver medal at the 2001 Track Championships in the under-15 pursuit after only starting in cycling in July 2000. Other previous Talent Search athletes such as Simon Dornauf, Shaun Inglis and Morgan Whiley excelled at the National Track Athletics, and Jarrod Burr, David Klyne and Louise Yaxley represented Tasmania at the National Track Cycling Championships. Congratulations to all other Talent Search athletes on their efforts in 2000/2001.

Thank you to all the schools, sporting organisations, coaches, parents and university students who helped in the 2000/2001 Talent Search program. Also thank you to Cripps Nubake for their valuable sponsorship of the program. We look forward to a successful year in 2001/2002 with the continued support to identify and develop Tasmania's talented young athletes.

Tammie Ebert
Sports Performance Manager



athlete career & education

No doubt the highlight for the past 12 months has been Australia's overall success and in particular the success of Tasmanian elite athletes at the Sydney 2000 Olympic Games. Although ACE support is always there for athletes, particular assistance prior to the 'home Games' was offered to family members and interested friends of potential Olympic athletes. Special thanks go to Rosemary Towner, representing the Australian Olympic Committee, for facilitating two very informative sessions held in Hobart and Launceston.

A range of other information sessions and workshops delivered by the Athlete Career & Education Program has assisted athletes in the area of personal development, including



*ACE Co-ordinator
Maree Fish*



TIS sailor Mark Padgett talks to students at Riverside Primary School about being an elite athlete.



Darren Balmforth, Mark Padgett and Steve Fordham, of Coca-Cola Amatil, sponsors of the Powerade Schools Program, with a group of Riverside Primary School students.

speaking skills, media skills, goal setting and leadership.

An integral component of personal development is achieved for those athletes involved in the Powerade Schools Program. Thanks to ongoing support from Coca-Cola Amatil in 2000, 23 schools took part in the program and for 2001, the fourth year of the program, 26 school visits took place.

The 2001 program was launched at Riverside Primary School with Olympic rower Darren Balmforth and potential Olympic sailor Mark Padgett sharing their experiences with grade 5 and 6 students.

Other components of the ongoing program development within the ACE Program have included introductory presentations at the annual scholarship announcements and several squad groups including tennis, cricket,

hockey and cycling.

On the national front, the TIS hosted the annual ACE Conference in July 2000 giving all states an opportunity to view the operations in Tasmania. After the Olympics a number of the ACE managers participated in an international forum discussing similar programs around the world. ACE stood out as the benchmark program and this has been reinforced with the UK and NZ now working to the Australian ACE model.

Throughout the year links with education, government and private business have been enhanced through presentations and participation in a variety of events including the Annual Careers Conference in Hobart.

Maree Fish
Athlete Career & Education
Co-ordinator

physical preparation

The year 2001 has been one of change and consolidation for both the area of Physical Preparation and also the athletes and squads that utilise these services. The major change that has taken place was the departure of Ted Polglaze to take up a position at the NSW Institute of Sport, and my subsequent appointment and arrival in mid-May.

I come to the position after completing a Bachelor of Applied Science (Exercise and Sports Science) at the University of Sydney, and more than three years' experience as an Exercise Physiologist and Sports Scientist at the NSW Institute of Sport in addition to running my own small sports massage and injury rehabilitation clinic in Sydney.

While it has been a hectic time since my arrival, I believe that the Institute and the athletes are once again beginning to reap the rewards of the programs that are in place. The major focus has been on consolidation of existing NTC programs and also the development of new EDS programs such as tennis and basketball.

CYCLING

The majority of the TIS cyclists are utilising resistance training programs to further enhance their riding potential. With cyclists from all major cycling disciplines represented in the squad (from track sprinting and road racing to downhill mountain-biking), it has been a challenge to tailor periodised resistance training programs to each of these athletes' needs and training requirements. One



*Physical Preparation Coach
Peter Culhane*

of the areas that is of current interest for both myself and head cycling coach, Kevin Tabotta, is the need for athletes to work on developing areas of weakness in their bodies (such as leg strength imbalances) and the development of core stability to maximise their cycling ability and decrease the risk of injury.

ROWING

After tasting great success at the Sydney Olympic Games at the senior level, we have had very good results from some of our juniors at the recent World Championships in Belgium. With many rowers gearing up at the

end of the year to tackle our domestic season, we have set in place a number of strategies that we hope to see improve our results further. In discussion with head coach, Sam Le Compte, and Sport Science Manager, Tammie Ebert, a new program has been put in place that we believe should bring about remarkable results.

HOCKEY

The hockey program, being based in Hobart, has seen the majority of work being done with the players who are targeted for national selection. This has involved supervision of their resistance training programs. However, the emphasis will soon move to the speed/agility and specific conditioning phase of the year with both the men's and women's National League teams - the Van Demons and the Tigers. Head coach, Andrew McDonald, has put most of his squad through an extensive physiotherapy screening in Hobart, with this information vital to the athlete, coach and myself in managing their fitness and injury status.

OTHER NEWS

I have begun work on an exciting new project that should lead to athletes in less accessible areas of the state gaining assistance in the techniques of resistance training through the development of a new, interactive CD. It is hoped that the CD will mean greater safety for the athlete and result in greater strength development due to improved exercise techniques. The CD will focus on resistance training exercises and also on core stability exercises which have a great need for perfect technique to achieve the desired results.

Much work has been done over the past months in a capacity of educating the athletic and wider community in the area of

strength and conditioning. I have been involved in community forums, school visits, advising sporting clubs on training and facilities, and presenting at a number of coaching courses.

THANK YOU

Due to the lack of a dedicated strength training facility at the Institute, we rely greatly on the co-operation of a number of network gymnasiums around Tasmania. These are Health and Fitness World and Theogenes in Launceston, Oceana and Fitness Domain in Hobart, Templars Fitness Centre in Devonport and Healthglo Fitness Centre in Burnie. The assistance of a number of other gyms in accommodating athletes is also acknowledged.

Peter Culhane
Physical Preparation Coach



cycling

The 2000-2001 year will be remembered as the most successful year in the cycling program's history, with excellent results on the national and international stage by our team of young riders in all three disciplines – road, track and mountain bike.

On the road, Caleb Manion continued his excellent form throughout the year, including a gold medal in the under-19 men's road race at the Oceania Cycling Championships in December in Sydney, and a series of high placings in other national road events. Bernard Sulzberger gained a spot in the junior national road squad and joined 13 other junior men and women from around Australia for an eight-day camp held in Tasmania during June under National Junior Road coaches Jackie Barnett and me. Tasmania also hosted the National Junior Road Championships, with TIS cyclists featuring strongly in the medal count.

Naomi Williams had her most successful road season helped by solid training with the AIS squad in Canberra. It earned her a place in the national team and a trip to the USA to compete in the International Cycling Tour for Women, as well as competitions in Europe. Internationally, the road season was also a highlight with some excellent results by TIS riders, including Nathan Clarke, who scored his first international win, while Caleb Manion placed second in an under-23 World Cup race in Italy. Sean Sullivan, who spent seven months of the year in Europe, achieved a number of top 10 finishes in his first season in the professional ranks.

In track cycling, Mark Jamieson and Belinda



*TIS Cycling Coach
Kevin Tabotta*

Goss were the standout performers. Both were rewarded with representation in the national team to travel to Trexlertown, Pennsylvania, in the USA for the Junior World Track Championships. In total, the Tasmanian team won 14 medals including gold by Jamieson, Emily Williams and Goss (2). Darren Young earned a spot on the senior national team to the World Cup in Columbia with his performance in the men's points race.

TIS cyclists performed extremely well in the Tasmanian Christmas Carnivals, with Belinda Goss exceptional during the series. At just 16 years of age, Belinda was matched against a number of class cyclists, including world junior medallists in the women's racing, and rarely finished outside the placings. In addition, Nathan Clarke was strong, as always, off scratch.

Caleb Manion, Bernard Sulzberger and Matthew Rice backed up a great team performance.

Tasmania had its most successful junior track championships ever during March at the new Sydney Velodrome, largely due to the efforts of Goss and Jamieson. At the senior track championships, we fielded a small crew with the best result from Meg Sulzberger in the under-19 women's individual pursuit, a result that gained her selection in the national track squad.

Kirby Piscioneri showed she is a talent of the future after winning double gold and a bronze in sprint events at under-17 national level.

In mountain bike, Sid Taberlay and Simon French flew the flag with great success. Sid went from strength to strength in cross-country, finishing off the season with a win in the under-23 Nationals. Earlier in the season he secured a convincing win in the under-23 national series to confirm his status as the top under-23 rider in the country. He was selected for the World Championships in the USA.

Simon had a year plagued with mechanical mishaps in his favoured downhill events but still performed well enough to win selection in the national team along with Sid.

The cycling program secured another major sponsor during the year with Launceston's Prince Albert Inn signing on for a three-year deal. We thank owners Lindsay and Yeonsoon Bourke for this support.

We also thank Avanti Bicycles and Thule for their continued support of the TIS Cycling Program and the Tasmanian Cycling Federation, especially Robyn Bailey and Greg Nunn.

Kevin Tabotta
Head Cycling Coach



hockey

The 2000/2001 period has been very successful for the TIS Hockey program. The main emphasis throughout this reporting period has been the Sydney 2000 Olympic Games. I am pleased that the TIS Hockey program had two athletes represent Australia at the Games.

Matthew Wells and Daniel Sproule were both Olympic bronze medallists after beating Pakistan in the playoff. Unfortunately for the Kookaburras, Holland beat them (when it went to strokes) in the Olympic semi-final. One other member of the TIS Hockey program, Bianca Langham, was unlucky in not making the gold medal winning Hockeyroos team. Coach Ric Charlesworth acknowledged this omission as one of the toughest decisions that he made in his time as coach of the Hockeyroos.

Zain Wright made his international debut for Australia in May 2001. He was a member of the gold medal-winning Kookaburras that won the East Asian Games and defeated New Zealand in the Manning Cup Test series. In the junior levels we are also seeing strong representation in the Australian under-21 men's Junior World Cup squad, with three players making the team for the JWC qualifiers held in Hobart. Phil Marshall, David Guest and Cam Bennett were all members of the 18-man team that competed against New Zealand in Hobart.

We have had as many as 19 athletes on scholarship for the majority of the year. We have introduced a tiered system of support ensuring that the funds supplied by the government are wisely allocated.

We had three athletes on AIS scholarships in



*TIS Head Hockey Coach
Andrew McDonald*

Perth – Matthew Wells, Daniel Sproule and David Guest. David was included in the 2001 AIS intake in preparation for the Junior Men's World Cup. Our development program has seen as many as 15 players begin the NTC Development Squad program, incorporating attendance at trainings to ensure we cater for the potential future of the TIS Hockey program. The work done by the athletes, TIS administrative and scientific support personnel have all contributed to a highly successful 12 months.

Daniel Sproule, Matthew Wells, Zain Wright, David Guest, Phil Marshall, Cam Bennett and Ken Read all played significant roles in the success of the Tassie Tigers NHL team in 2001. The Tigers made the semi-final of the National League, losing to the eventual winners NSW by one goal, finishing fourth overall. This results in a significant shift up the

ladder by the Tigers, with the team now working hard to ensure a similar trend in the 2002 AHL competition. Matthew Wells must again be recognised for his outstanding form throughout the event. He was clearly voted as the best and fairest player for the competition. His form was some of the best I have seen by any player competing in the AHL for many, many years. Matthew also won the award for the Tassie Tigers best and fairest for the 2001 season.

The TIS was also pleased to acknowledge that Matthew Wells was named as captain of the Australian team for the East Asian Games tournament, while Daniel Sproule was awarded the honour of vice-captain in a later tournament.

In early January 2001 the TIS sent two teams to the Sydney Youth Olympic Festival tournament. It was decided to take players only eligible for the 2001 under-18 teams. Many other states took players who were 18 and over and it was a terrific opportunity to supply players with the experience of playing

extra matches against quality opposition. Ilene Carr, who is a scholarship holder, took on the task of assistant coach and did a wonderful job. The TIS players who competed were Abby Douglas, Nicole Geeves, Sofie McLeod, Julia Reid, Warren Lucas, Nick Tremayne and David Woolford. The event was run to simulate what it might be like to participate in an Olympic event in respect of the logistics etc. The tournament allowed many players to assess and evaluate their own progress. The TIS will continue to support this bi-annual event to ensure our players have the opportunity and exposure to quality competition.

Bianca Langham overcame some of the disappointment of missing selection in the Olympic Games by representing her National League team, the Van Demons, in the 2001 season. The Van Demons finished sixth overall with Ilene Carr, Bernadette Colrain and Lottie White all contributing to the solid performances of the team. It should be noted that Ilene has been integral to the TIS Hockey program as she plays a major role in



Zain Wright made his international debut for Australia in May 2001.

the coaching of senior and junior athletes, irrespective of their gender. Ilene was recognised for her skills as a coach and awarded a TIS Coaching scholarship in the middle of 2001. The TIS was represented well at all Junior National Championships, with the highlight being the fourth place finish at the under-16 ASSC Girls Championships.

This reporting period has seen new faces make their debut for Australia, Olympic bronze and a change in the way that the TIS Hockey program operates. We have made strategic movements to ensure we cater for and deliver a quality program to both test our senior athletes and develop the youth identified in our development program.

I would like to take this opportunity to thank all the coaches who have assisted in various state team capacities involving TIS players. Coaches such as Stewart Pither, Rod Clifford, Ken Read, Alistair Brooks, Ilene Carr and Larry Mills underpin much of the TIS Hockey program and I appreciate the work they do with athletes and myself. With their assistance, we have a productive and successful program. I would also like to acknowledge the support of Hockey Australia and HTAS, namely Gai Cross, Paul Austen, Grant Douglas and Alison Monk. I would also like to thank all the staff at the TIS, support offered by government and all sponsors for assisting the program to produce results, which hopefully all Tasmanians can look back on and be proud of. I am confident that Tasmanian hockey will continue to figure prominently in national teams. I look forward to the next year and hope we can continue to develop and build a better TIS program.

Andrew McDonald
TIS Head Hockey Coach

2000 Squad Members

Cam Bennett
Ilene Carr
Tim Gillon
David Guest
Bianca Langham
Phil Marshall
Jane Poke
Daniel Sproule
Kim Walker
Matthew Wells
Lottie White
Zain Wright

2001 Squad Members

Cam Bennett
Ilene Carr
Bernadette Colrain
Abby Douglas
Nicole Geeves
Tim Gillon
David Guest
Richard Headlam
Jackie Jones
Warren Lucas
Phil Marshall
Sofie McLeod
Jarrod Page
Julia Reid
Daniel Sproule
Nick Tremayne
Matthew Wells
Lottie White
David Woolford
Zain Wright

rowing

It has been a great year for the TIS and Tassie rowing, starting with a quick trip to New Zealand by six of our under-23 scholarship athletes – Brendan Long, Tom Edwards, Tameka Painting, Kerry Hore, Sarah Bird and Kate Hill.

Under John Kincade, the squad swept all before them, giving the Kiwis a taste of Tassie rowing.

Andrew Butler, Shane Broad and coach John Driessen kicked off the international season by winning a bronze medal at the World Championships in the lightweight men's eight. John did a fine job with this crew, who also won gold at the World Cup regatta on the Rootsee in Switzerland. John's hard work with that crew has been rewarded this season with him being selected in the coaching position of the Senior A lightweight men's team for 2001.

Sam Beltz, our only senior B selected rower, was unable to repeat his performance from last season's Nations Cup regatta.

A junior quad of Hugh Edwards, Sam Waley, Scott Brennan, and Rob Oakley, with Barry Edwards coaching the crew, also headed to Europe to the Junior Worlds. These four young rowers did not reach the heights that they expected, but the experience was rewarding, for all four have continued to row with success this year.

Sydney Olympic Games 2000. The hype of the year. Tassie had a team on and off the water at the rowing. Two great weeks that we all will remember for a long time. The regatta and the time of .04 seconds will remain in five people's memories for a life-



*ITC Rowing Head Coach
Sam Le Compte*

time. But Olympic silver for the men's lightweight four, which I was fortunate to coach, is something to be very proud of. With months of hard work preparing for the race of your life, then to see your dream slip away by that small margin - that's the sport of rowing.

DOMESTIC SEASON

The domestic season was under way in August with training and selection camps for our target squad members for the Sydney Youth Olympic Festival. Once again, John Kincade took on the role as selector-manager and did a great job, with Tasmania winning top state at the regatta. This regatta was a springboard start for things to come at the Australian Champs.

Five-kilometre time trials were held in October and November with good turn-outs

from the two trials. Fourteen scholarships were given this year - three female and 11 male. Twenty-five Target Squad members were selected.

TIS athletes had no national commitments until February 2001 due to the Olympic Games, with a national regatta in Victoria. At this regatta our rowers left their mark on things to come, with outstanding racing by Kerry Hore, Dana Faletic and Brendan Long. Our lightweights left the national selectors realising that we had greater depth than just our Olympians, Darren Balmforth and Simon Burgess.

AUSTRALIAN CHAMPIONSHIPS

This must have been the best yet:

- 38 medals from 80 races
- Three in a row for the Penrith Four
- Senior women's single, the first ever heavyweight women's gold for Tassie!
- Gold in the men's quad – another first for a long time.
- Tassie junior men won every junior race except the coxed four, and the list goes on.

It was sad that our fast-improving Kerry Hore was unable to show her brilliance due to injury, but Kerry will have her day.

It was great to be a part of Tassie rowing at the championships. One to remember, but we must be on our toes next year.

AUSTRALIAN SELECTIONS

Ten rowers and three coaches won selection this year. This would have to be one of our best years for Australian representation.

Senior A team

Dana Faletic, Shane Broad, Andrew Butler, Sam Beltz and John Driessen were selected for the World Championships in Lucern, Switzerland.

Junior team

Hugh Edwards, Sam Waley, Carmen Wurf, Kaspar Hebblewhite, Darren Balmforth, Scoot Brennan and myself were selected for the World Junior Championships in Duisberg, Germany.

East Asia Games

Deon Birtwistle won selection for the East Asia Games.

GENERAL

Now that we can get full use of Lake Barrington and the lodge, we only have to look back at this year's results to see the benefit of such a complex.

It is our intention at the TIS to work closely with Tas Rowing to ensure Lake Barrington is a real success.

Sam LeCompte TIS Rowing Head Coach



TIS scholarship programs

Through support from the State and Federal Governments and the various corporate sponsors of the TIS, the Institute provides scholarships to selected athletes in different TIS programs. Varying programs operate within the Institute, depending upon the resources available and quality and number of athletes participating.

Intensive Training Centre (ITC) programs

ITC programs were the main programs offered by the TIS in 2000/2001 in conjunction with national and state sporting organisations and the Australian Sports Commission. Over this period the Institute continued to support three ITC programs in the sports of Cycling, Hockey and Rowing. All sports have a full-time coach employed specifically to conduct the ITC program. Athletes are admitted into these programs using nationally accepted standards and are provided with coaching, access to national and international competition, equipment

and all TIS services including sports science and athlete career and education.

Elite Development Squad (EDS) programs

These programs operate in a similar manner to ITC programs. Squads enlist the services of a coach employed by the state sporting organisation to co-ordinate the program for selected athletes in that sport. Athletes receive financial support to attend additional developmental activities within their respective sports program. TIS Elite Development Squads in 2000/2001 were Football, Cricket, Basketball and Tennis, with the latter beginning an EDS program for the first time in January 2001.

Individual scholarship program

These scholarships are provided to athletes from sports in which a small number of athletes are performing at the required level or where the sport does not have the infra-



The first tennis Elite Development Squad began in January 2001.

structure to provide a coach/co-ordinator and other support services needed to support an ITC or EDS program. The Institute's staff work directly with the athletes to help co-ordinate their programs and oversee the utilisation of their funds.

In January 2001 the Individual scholarship program was revamped, with the introduction of a tiered structure of three levels of scholarship support in order to provide a more flexible and supportive pathway. The three categories – elite, elite development level 1 and elite development level 2 – are determined on performance-based criteria and cater for junior through to senior athletes.

The scholarships provide financial assistance directly to athletes for travel to competitions and training camps interstate and overseas, as well as providing access for them and their coaches to the complete range of TIS services, including:

- Sports science testing, monitoring and results analysis.
- Access to the TIS medical network, including doctors, physiotherapists, nutritionists, psychologists and masseurs.
- Specialist staff to advise on athlete career and education services and strength training.
- Access to the TIS resource centre.



individual scholarships

The lead-up to the 2000 Olympic Games saw some athletes realise their sporting dreams. Others for a variety of reasons missed out.

Triathlete Craig Walton had a tense and demanding qualification process. Craig finished in 32nd place at the Games after being in the leading pack for the swim and bike legs.

Boxer Daniel Geale also gained Olympic selection in the 67kg division. He was eliminated in his first bout but gained experience from his first Olympic competition.

The Institute was also well represented at the 2000 Paralympic Games with swimmer Melissa Carlton winning two silver and a bronze medal. Track and field disabled athlete Clayton Johnson successfully gained selection to his first Paralympics after only a short time in the sport.

Slalom canoeist Justin Boocock continued to endure the ups and downs of elite sport. He was unable to beat Western Australian teammate and best friend Robin Bell for Australia's sole Olympic spot for Sydney.

Atlanta Olympian, swimmer Scott Goodman, worked very hard to gain selection for Sydney 2000. Unfortunately, he was unable to reproduce his best form and missed selection.



*Geoff Masters
Manager, Athlete Services*

A pleasing aspect of the additional support offered to junior athletes from the Institute's scholarship program was the athletes who were able to produce successful results at the senior level.

Swimmer Nicole Hunter, paddler Adam Marmion, judo player Chantal Castledine, archer Marcus Stephens and sailor Mark Padgett all made a successful transition to senior level competition and Australian senior representation during 2000/2001.

Geoff Masters
Manager, Athlete Services

elite development squads

BASKETBALL

Following an extensive review of its athlete development pathway, Basketball Tasmania introduced a new Intensive Training Centre structure under the control of Head Coach David Munns. This saw a restructured TIS Basketball EDS begin in May 2001. The energetic David and his regional coaches conduct weekly sessions covering all facets of the game, including strength and skill development. Patrick Hunt, National Head Coach ITCP, continues to take an active interest in the athletes and conducted three statewide coaching weekends.

The TIS EDS facilitated activities to support the development of eight athletes. Squad members continue to maintain their national profiles, with Hollie Grima, Nic Campbell and Sam Harris receiving AIS scholarships for 2001.

CRICKET

The TIS has continued to support a Cricket EDS under the guidance of Tim Coyle, EDS Coach/Co-ordinator. The activities provided supplement the Tasmanian Cricket Association Youth Development Program.

For the second year, Launceston successfully hosted the 'Institute One-Day Series'.

Institute teams from Victoria, New South Wales and South Australia joined with the TIS Tigers in an exciting round robin competition for cricketers who have the potential to play one-day cricket for their home states. The TIS Tigers won the series trophy by the narrowest of margins from South Australia. The future of this competition looks secure now, with ACB support for it to be held as a pre-season competition in the north of Australia. Brett Geeves, Xavier Doherty and George Bailey were selected in the Australian under-19 squad, with Brett being named in the team to play a series against Sri Lanka. Brett and Xavier received full-time 2001 scholarships at the AIS Cricket Academy, with George and Ben Hilfenhaus receiving non-resident 2001 scholarships.

FOOTBALL

In addition to the individual support offered, the two cornerstone activities for the football EDS athletes were the two-day pre-draft camp workshop and a "Week in the life of an AFL Player" visit to an AFL Club.

At the 2000 workshop, presenters Brad Green, Mark Thompson, Michael Quinlan, Keryn Nylander and TIS Sports Science staff provided valuable information to assist with the transition from TAC Cup under-18 to senior football. Congratulations to Simon

Wiggins who was drafted to Carlton in the November draft.

Barry Brooks, Chris Joyce, Tim MacMichael, Dean Millhouse, Kane Richter and Nathan Street were included in the 2001 squad under the guidance of coach Martin King. Squad members experienced a taste of AFL competition cycle when they were fostered for a week by three AFL clubs. All athletes participated in the host club's training program and were exposed to the weekly preparation cycle expected of a player at this level.

TENNIS

In January 2001 the TIS began supporting an EDS under the co-ordination of Tennis Tasmania Executive Director Steve Walker and with coaching support from Ken Hiskins and Simon Youl. Six of the top players from Tennis Tasmania's Junior Development Program received support to access competition and additional preparation opportunities.

Geoff Masters
Manager, Athlete Services



Geoff Masters with members of the cricket Elite Development Squad.

scholarship holders

Archery

Ryan Farrington
Clint Freeman
Marcus Stephens

Athletics

Patrick Coleman
Rachel Delphin
Graham Hicks
Ashley Howlett
Lauren Jauncey
Katie Nicholson
Scott Wells

Badminton

Rowan Henderson

Basketball

Haani Beswick
Nic Campbell
Jo Edmunds
Hollie Grima
Sam Harris
Matthew Knight
Malinda Masters
James Thompson

Boxing

Daniel Geale

Canoeing

Stuart Bennett
Damon Bonney
Justin Boocock
Diana Dickenson
Adam Marmion
Andrew Maynard
Ben Maynard

Cricket

George Bailey
Xavier Doherty
Brett Geeves
Ben Hilfenhaus
Travis Little
Kade Munday
Tim Paine

Cycling

Nathan Clarke
Belinda Goss
Mark Jamieson
Caleb Manion
Kirby Piscioneri
Steven Rossendell
Lisa Strange
Sean Sullivan
Bernard Sulzberger
Emily Williams
Naomi Williams
Louise Yaxley
Darren Young

Cycling - Mountain Bike

Simon French
Sid Taberlay

Disabled Athletics

Clayton Johnson

Disabled Table Tennis

Daniel Page

Diving

Heath Hughes

Equestrian

Catherine Davies
Judy Peel

Football

Barry Brooks
Chris Joyce
Tim MacMichael
Dean Millhouse
Kane Richter
Nathan Street

Golf

Bradley Bone

Hockey

Cameron Bennett
Ilene Carr
Bernadette Colrain
Abby Douglas
Nicole Geeves
Tim Gillon
David Guest
Richard Headlam
Jackie Jones
Warren Lucas
Phil Marshall
Sophie McLeod
Jarrod Page
Julia Reid
Daniel Sproule
Nick Tremayne
Matthew Wells
Charlotte White
David Woolford
Zain Wright
Nicola Young

Judo

Chantal Castledine
Priscus Fogagnolo
Heather Mannering
Angela Tolson

Karate

Natasha Hardy
Rodney Smith
Ben Smith

Lawn Bowls

Mark Strochnetter

Orienteering

Claire Hawthorne
Georgina Statham
Danielle Winslow

Rowing

Randall Baker
Darren Balmforth
Sam Beltz
Sarah Bird
Deon Birtwhistle
Scott Brennan
Shane Broad
Simon Burgess
Andrew Butler
Hugh Edwards
Dana Faletic
Kerry Hore
Brendan Long
Sam Waley

Sailing

Mark Padgett
Stewart Wells

Surfing

Dara Penfold

Swimming

Scott Goodman
Nicole Hunter
Beau Mannix
Kate Young

Taekwondo

Krystal Chugg
Genevieve Lehner

Tennis

Gillie Bailey
Jackson Hills
Alex Jago
Jack Lynch
Sven Richter
Andrew Roberts

Ten Pin Bowling

Matthew Riley

Triathlon

Joe Gambles
Craig Walton

Water Polo

Kim McKibben

Water Skiing

Clare Angilley

Weightlifting

Rebecca Rush

corporate plan



VISION

To provide quality athlete and coaching services which places Tasmania at the forefront of elite sport

MISSION

To provide leadership to Tasmania's talented athletes as they strive for excellence in sport

VALUES (organisational)

Professionalism
Foster innovation and excellence
Provide quality services
Leadership

STRATEGY

To develop Tasmania's talented athletes

OUTPUT

Percentage change in Tasmanians representing Australia in sport

TIS SUB-PROJECTS

1. Scholarship program - Individual, Junior, Intensive Training Centre, Elite Development Squads
2. Sports Science and Medicine
3. Athlete Career and Education
4. Administration
5. Corporate Partnership

board of management



*Denis Rogers
Chairman*



*Mr Ken Read
Deputy Chairman*



*Mr Paul Sproule
Director, OSR
(Government
representative on
Board)*



Mrs Anne Shield



Mr Bill Woolcock



Mrs Julie Smith



Mrs Pip Leedham



Mr David Williams

staff

DIRECTOR

Elizabeth Jack

EXECUTIVE OFFICER

Paul Austen

PROJECT SUPPORT OFFICER

Denise Hansson

ACE CO-ORDINATOR

Maree Fish

MANAGER, SPORTS PERFORMANCE UNIT

Tammie Ebert

MANAGER, ATHLETE SERVICES

Geoff Masters

PHYSICAL PREPARATION COACH

Peter Culhane

HEAD CYCLING COACH

Kevin Tabotta

HEAD HOCKEY COACH

Andrew McDonald

HEAD ROWING COACH

Sam Le Compte

TRAINEE, SPORTS PERFORMANCE

Adam Rowlings

LIBRARY CO-ORDINATOR

Liz Coglan

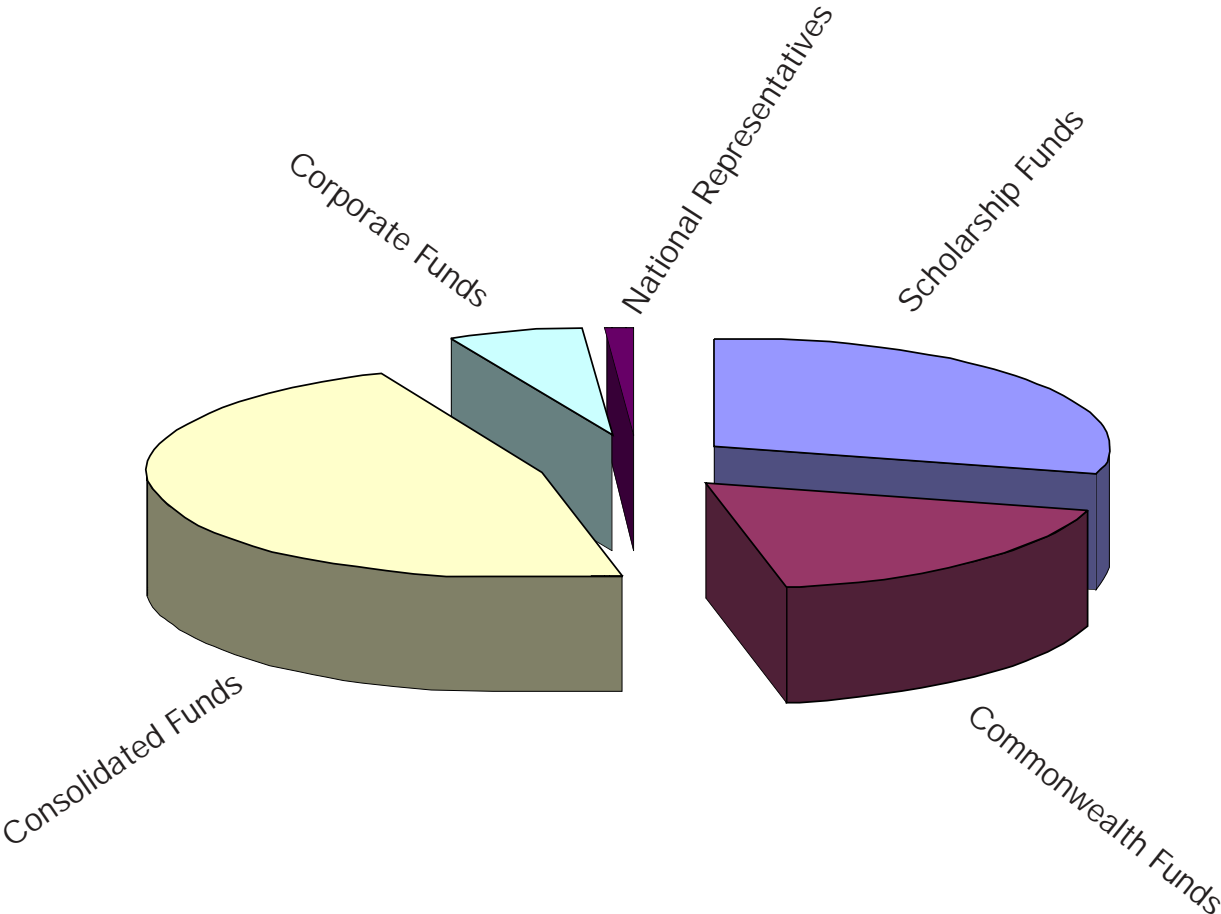
financial

report

2000-2001

income

Scholarship Funds	\$ 292,000.00
Commonwealth Funds	\$ 175,000.00
Consolidated Funds	\$ 465,600.00
Corporate Funds	\$ 57,000.00
National Representatives	\$ 10,000.00
Total Income	\$999,600.00



allocations

Athlete Career & Education	\$ 56,500.00
Special Projects	\$ 28,750.00
Sports Science	\$ 192,500.00
Talent Search	\$ 26,500.00
National Representatives	\$ 10,000.00
TIS Operations	\$ 273,100.00
Sports Programs and Scholarships	\$ 499,121.00
Total Allocations	\$1,086,471.00

