



Tasmanian Institute of Sport Yearbook 2015-16



CONTENTS

Minister's foreword	1	Hockey ETS	22
Director's report	2	Rowing	23
Who we are	4	Rowing ETS	25
Business and administration	6	Canoe slalom	26
Financial management	7	Netball	27
Corporate partnerships	8	Sailing	28
Sports performance	9	Individual scholarships	29
Personal excellence	12	TIS values	30
Coach development	13	Strategic plan 2012-2016	30
Scholarship and sports programs	14	Key performance indicators	31
Athletics	16	Olympic and Paralympic athlete honour roll	32
Cycling	17	Commonwealth athlete honour roll	34
Cycling ETS	19	Champions club	35
Hockey	20	Athlete of the Year	36

MINISTER'S FOREWORD



Once again, we can celebrate an excellent year in Tasmanian sport and congratulate our outstanding Tasmanian athletes for producing an array of world class performances.

As Premier and Minister for Sport and Recreation, I take immense pride in seeing our athletes take on and compete with the world's

best – particularly when our athletes emerge as world champions.

The Tasmanian Institute of Sport (TIS) plays a critical role in supporting our athletes' development and I would like to acknowledge and thank the dedicated staff of the TIS for their passion, ongoing commitment and professionalism as they help Tasmanian athletes achieve their sporting dreams.

The TIS is strongly committed to nurturing the potential of our elite athletes and coaches, and through effective leadership and high-quality programs and services our talented athletes have a wonderful opportunity to reach the very pinnacle of sporting success.

This coming year will see our best athletes compete at the 2016 Olympic Games and Paralympic

Games in Rio de Janeiro. I will follow with great interest and excitement the efforts of these outstanding sporting representatives as they compete at the peak sporting event in the world.

I would like to take this opportunity to wish all our athletes every success and the very best of luck as they represent our State and country to the best of their ability.

Our TIS athletes are excellent ambassadors for our State and they set a great example of the good health, courage and perseverance that is required for all Tasmanians.

Hon Will Hodgman MP
Premier
Minister for Sport and Recreation



DIRECTOR'S REPORT

This year has been both exciting and at times challenging as we have seen our top athletes succeed or falter in their efforts to achieve selection for the upcoming 2016 Olympic Games and 2016 Paralympic Games in Rio.

Nine athletes have achieved Olympic selection with the representation spread across all of the four major programs that the TIS operates. Cycling achieved the most representation with four athletes in the disciplines of track cycling, road cycling and mountain bike chosen to represent Australia.

In the 2016 Paralympic Games, four athletes were selected to compete in Rio, from athletics, swimming and sailing. This is our best ever representation at a Paralympic Games.

Some of our athletes have missed out on reaching their sporting goal to compete at the Olympics after a lot of personal sacrifice, discipline and commitment. Although this is a difficult and somewhat disappointing time for these athletes, I would like to congratulate each one for the hard work, commitment and the conduct they have displayed as Tasmanian athletes.

The year has also been a consistent one for the Tasmanian Institute of Sport athletes who achieved 25 top eight or better results at benchmark international sporting events in 2015-16. These 25 results were produced by 18 athletes and matches our benchmark performances from 2014-15 and our target of 18 for this year.

The results include five gold medals, three silver medals, three bronze medal and nine fourth to eighth placings across a number of sports, including hockey, cycling, athletics, sailing, and triathlon.

The high standard of performances is well demonstrated by Eddie Ockenden and Tim Deavin in winning the 2015 FIH World Hockey League as members of the Australian Kookaburras Hockey Team.

Amy Cure was crowned the Southern Cross Tasmanian Athlete of the Year in recognition of the consistent high level performances she has produced in the last 12 months. There was also some excellent performance from our junior and age group athletes with Jake Birtwhistle, James Robinson, Josh Beltz, Hayden Beltz, Jack Welch and Wilson Mure all standing on the podium in their respective world championship events.

Our Paralympic sailor Matt Bugg has continued to successfully compete at the highest level by finishing on the podium at the world championships. Deon Kenzie and Todd Hodgetts (athletics) and Jacob Templeton (swimming) have also consistently produced world class performances with Paralympic selection a fitting reward.

During the course of the year there were 76 national team selections achieved by TIS athletes and seven TIS coaches and specialist staff contributed to the performance of national teams through attendance at international events



I thank all staff for their commitment and application during the past year and gratefully acknowledge the important contribution each has made to help our talented Tasmanian athletes realise their sporting goals.

The TIS management group continue to provide leadership across all the operations of the Institute and I would like to acknowledge all of the managers for their contribution to this important role.

Towards the end of the year we had to farewell our long serving Manager, Sports Programs, Carl Saunder who left after making a valued contribution to the TIS for more than nine-and-a-half-years. We wish Carl all the very best in his new challenge working with AFL Tasmania.

I gratefully acknowledge the excellent support provided by Department of Premier and Cabinet (DPaC) staff. Through this support we were able to increase the space at our Technopark facility to add in a much needed training and recovery area.

The Sports Performance Unit has delivered again this year, providing high quality services across the whole spectrum of sports science and sports medicine, as well as support to visiting national teams and squads during the year.

We were able to increase our Strength and Conditioning resources during the year that allowed the Technopark gym to increase service hours to five-days-a-week.

We continue to build on delivering programs for emerging talented athletes in the sports of cycling, hockey and rowing as well as support Athletics' Target Talent Program.

The Emerging Talent Scholarship category introduced last year has made a positive impact in cycling and hockey where we have seen strong progression from athletes as a result of the extra support provided.

The TIS receives considerable support from the Tasmanian Government, as well as from the Australian Sports Commission, through national sporting organisations, and also from our state sporting organisation partners.

This support has provided the means by which the TIS has been able to establish and develop programs and services to progress athletes to the level we are now consistently seeing.

A special mention and sincere thanks goes to Motors Group Tasmania which continues to be an outstanding and highly valued partner of the TIS. Motors Group Tasmania is now into the 22nd year of providing two vehicles for TIS use which allows us to provide more support to our programs.

The TIS enjoys strong partnerships with the all members of the National Institute Network, the Australian Sports Commission, the Australian Olympic Committee and the Australian Commonwealth Games Association, as part of the national high performance sports network.

It has been an important year for the whole organisation as we worked alongside and with talented, motivated and dedicated Tasmanian athletes. We look forward with much excitement to see how our best athletes perform as they represent their state and country at the pinnacle sporting event in the world, the 2016 Olympic and Paralympic Games in Rio.

We also look forward to continue to assist the development of our next generation of potential Olympic athletes in the coming year as the focus shifts away from Rio and onto the Commonwealth Games in Brisbane in 2018 and then on 2020 Olympic Games in Tokyo.

Paul Austen
Director



WHO WE ARE

PURPOSE

To provide leadership and quality high performance services to Tasmania's talented athletes and coaches.

BACKGROUND

The Tasmanian Institute of Sport was established in 1985 by the Tasmanian Government to assist Tasmania's talented athletes achieve excellence in sport.

LOCATION

The Institute has two bases – the Silverdome Complex in Prospect, Launceston, which was a purpose-built facility and the Technopark at Dowsing Point, Hobart. In addition, the TIS hockey program is based at the Tasmanian Hockey Centre in New Town, Hobart.

The TIS facility at the Silverdome provides office space for staff, a resource centre, multiple meeting rooms, an auditorium, a nationally-accredited human performance laboratory, a strength and conditioning facility and a daily training environment for cycling and netball athletes.

The TIS facility at Technopark provides office space for staff, multiple meeting rooms, a strength and conditioning facility, and athlete recovery area and a testing laboratory.

SPORTS PROGRAMS

The TIS offers scholarships to talented Tasmanian athletes in a range of sports which fit into the following sports programs – National Training Centre (NTC) programs, Elite Development Programs (EDP), Emerging Talent (ET) and individual scholarship programs.



SPORTS PERFORMANCE UNIT

The Sports Performance Unit of the TIS is comprised of sports physiology, human performance laboratory, video analysis, physical preparation, sports medicine network and talent identification and development.

PERSONAL EXCELLENCE

The Personal Excellence program provides nationally consistent services that assist elite athletes to undertake career, educational and professional development services, whilst pursuing and achieving excellence in sport.

COACH DEVELOPMENT

The TIS provides a number of opportunities to coaches to assist with their personal development.

FUNDING

Funding for the TIS predominately comes from the Tasmanian Government. Additional funding is

received from national sporting organisations that partner our sports programs through the funding they receive from the federal government.

The institute received valuable support from Motors Group Tasmania through the provision of vehicles and Coca-Cola Amatil that provides PowerAde and Mt Franklin beverages. Southern Cross Television provide 'in-kind' support for the Tasmanian Athlete of the Year Award.

ORGANISATIONAL STRUCTURE

The TIS is a strategic activity of Communities, Sport and Recreation within the Department of Premier and Cabinet.

TIS personnel include administrative and sports performance staff, an athlete and coach development staff member and full-time accredited coaches. In addition consultants in the areas of nutrition, physiotherapy, sports psychology and sports medicine are affiliated with the TIS and are employed on a fee-for-service basis.



BUSINESS AND ADMINISTRATION

STAFF

Paul Austen

Director

Geoff Masters

Business and Relationship Manager

Jeanne Pennington

Executive Assistant

Lyn Jackson

Project Support Officer

Ellie Poynton

Project Support Officer

Sam Rumbel

Administrative Assistant

Mark Dixon

Senior Support Officer (IT)

EVENTS

The Southern Cross Television Tasmanian Athlete of the Year Award cocktail function was held at the Theatre Royal in Hobart in November 2015.

The function acknowledged six finalists who were recognised for their performance at international level, contribution to their sport and also their contribution to the Tasmanian sporting community. The finalists were Grant Birchall (AFL), Amy Cure (cycling), James Faulkner (cricket), Todd Hodgetts (athletics), Eddie Ockenden (hockey) and Richie Porte (cycling).

The winner was Amy Cure (cycling). The function was attended by staff, athletes, and key stakeholders from Tasmania's sporting community.

Scholarship holders for 2016 were announced at a breakfast function at Wrest Point in December 2015. The breakfast was well-attended by athletes and their families as well as the wider sporting community and valued supporters. This function gave new athletes, and those continuing on, the opportunity to be recognised for receiving a scholarship for the coming year.

COMMUNICATIONS

PUBLICATIONS

The TIS Bulletin is produced monthly and distributed electronically. The Bulletin provides information to a wide sector of the community on the activities of the institute and achievements of its athletes.

WEBSITE

The TIS website is a valuable resource for both athletes and the general public. It is kept updated by TIS staff. Valuable IT support for the institute is provided by Senior Support Officer (IT), Mark Dixon.

SOCIAL MEDIA

The 2015-16 reporting period continued the trend of noticeable growth of TIS social media platforms, with the addition of an Instagram account. The TIS Facebook, Twitter and Instagram accounts have enabled the institute to provide instant updates on the progress of our athletes.

PUBLIC RELATIONS

The TIS uses the services of public relations consultants Corporate Communications (Tas) Pty Ltd to maximise the reach of the TIS and communicate effectively on a large scale with all forms of media. We would particularly like to acknowledge the role of Managing Director Nicolas Turner in providing excellent services and advice in this area.

DATABASE

The TISLink database continues to manage athlete information and sports science data with athletes able to directly access the database online and via a mobile phone application. IT Senior Support Officer Mark Dixon and Business and Relationship Manager Geoff Masters continue to work on the development of new uses aimed at benefitting both staff and athletes.

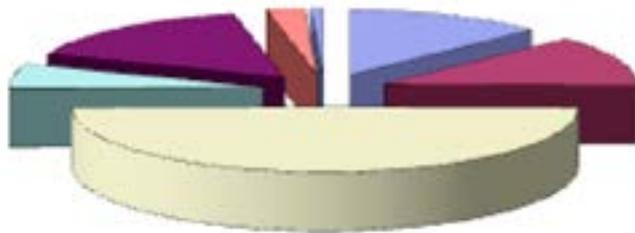
UNIFORMS

TIS athletes are provided with competition and training uniforms by the institute. The TIS has entered into an arrangement with 2XU for the provision of athlete clothing for the next five years. 2XU will provide TIS athletes with a range of training and competition clothing.



FINANCIAL MANAGEMENT

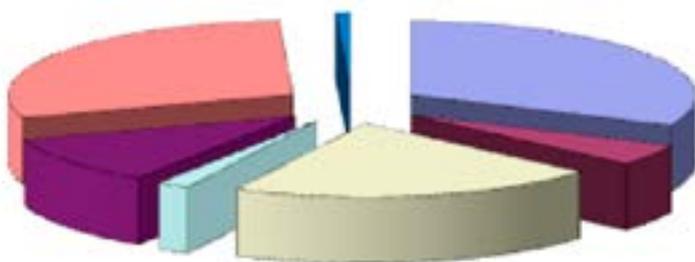
TIS FUNDING ALL SOURCES 2015-16



- Scholarship Funds
- Athlete & Coach Services
- Consolidated Funds
- Corporate/Trust Funds
- Commonwealth Funds-Sports Programs
- State Sporting Organisations
- National Representatives Fund

Scholarship Funds	\$348,500.00
Athlete and Coach Services	\$340,300.00
Consolidated Funds	\$1,490,332.00
Corporate/Trust Funds	\$295,464.00
Commonwealth Funds-Sports Programs	\$373,275.00
State Sporting Organisations	\$37,120.00
National Representatives Fund	\$30,000.00
Total Funds	\$2,914,991.00

TIS ALLOCATIONS 2015-16



- Sports Programs & Scholarships
- Athlete Services
- Sports Performance Unit
- Personal Excellence
- Emerging Talent Programs
- Operations
- National Representatives Fund

Sports Programs and Scholarships	\$884,752.00
Athlete Services	\$133,075.00
Sports Performance Unit	\$688,895.00
Personal Excellence	\$41,424.00
Emerging Talent Programs	\$288,813.00
Operations	\$848,032.00
National Representatives Fund	\$30,000.00
Total Allocations	\$2,914,991.00



CORPORATE PARTNERSHIPS

THE TASMANIAN INSTITUTE OF SPORT WOULD LIKE TO THANK THE FOLLOWING PARTNERS:

PRINCIPAL PARTNER



STRATEGIC PARTNERS



**NATIONAL
INSTITUTE
NETWORK
(NIN)**

MAJOR CORPORATE PARTNERS



CORPORATE PARTNERS



PROGRAM PARTNERS





SPORTS PERFORMANCE

The Sports Performance Unit (SPU) conducts a wide range of tests on scholarship holders and provides information to coaches and athletes regarding performance. In conjunction with this information, there is assistance with training and competition and the provision of up to date information regarding sports performance.

STAFF

John Gregory
Senior Scientist

Ben Scarlett
Sports Performance Officer

Alanna Martin
Sports Performance Officer – Talent ID

Pete Culhane
Senior Strength and Conditioning Coach

Todd Andrews
Strength and Conditioning Coach

Mitch Bootes
Strength and Conditioning Coach

MAJOR ACTIVITIES

- Assistance at Olympic and world titles selection events.
 - Sports science support to Cycling and Rowing Australia at world titles.
 - Presentation of TIS research at national physiology conference.
 - Staff training and upskilling in athletics biomechanics.
 - Completion of external quality control of equipment and protocols.
 - Assistance to AFL to run national draft testing protocols.
 - Fee for service testing.
 - Ongoing lab and field testing of athletes.
 - Increased focus on anthropometry with Hobart sports.
 - Lab based testing of running athletes in Hobart with new treadmill.
 - Team sport competition support for netball and hockey.
 - Video coding of matches and competition.
 - Increased nutritional support.
 - Increased sport psychology services.
 - Assistance at Swimming Tasmania talent identification camp.
 - Nutritional and supplement audit undertaken.
 - Ongoing day to day servicing of athletes within athletes daily training environment.
- Integration with the AIS Athlete Management System (AMS) with TISLink, including hockey and rowing now using the AMS daily monitoring forms.
 - Load monitoring and training prescription to sports.
 - Development of automated injury forms in TISLink.
 - Development of physiotherapy screening forms in TISLink.



PROJECTS AND RESEARCH

- Testing of different team sport GPS devices and software.
- Established recovery centres in Hobart and Launceston, with compression recovery technology, foam rollers, stretching areas and ergometers for warm down.
- Pre-season load monitoring comparison with hockey.
- Altitude protocols documented and successful training undertaken.
- Integration of SPU with sports medicine via sport meetings and usage of TISLink.
- Systematic improvement of injury management.
- Development of a track cycling app with the University of Tasmania.
- Planning and production of track cycling handlebars with collaboration with the Australian Maritime College.
- Use of a five stroke test to track strength and performance changes in rowers.
- Assistance with Athletics Australia javelin biomechanics project pre 2016 Olympic Games.
- Trialling of measuring core temperature via heart rate.

SPORTS MEDICINE NETWORK

We thank Dr Ian Beltz – our Sports Medicine Coordinator – and the Sports Medicine practitioners who make up our network. Our network delivers quality sports medicine, sports psychology, sports nutrition, sports podiatry and physiotherapy services to TIS athletes. We continue to successfully roll out the TISLink database with network members.

OTHER ACKNOWLEDGEMENTS

We thank the University of Tasmania for our continued relationship across the sports sciences.

STRENGTH AND CONDITIONING

MAJOR ACTIVITIES

- Since September 2015 the S&C area has had an increase in staff numbers with the addition of a second S&C coach in Hobart. Mitch Bootes joined us from Queensland and Todd Andrews joined us from New Zealand. Both have been quick to immerse themselves in the sports they are working with and have also added a huge amount of additional servicing capacity to our sports and athletes.
- The Technopark Strength Training facility has commenced opening every weekday which has seen additional athlete usage in the gym and also an improved level of athlete-to-coach ratios.
- New astroturf has been installed in both the Launceston and Hobart facilities which has allowed an increase in functionality to the training spaces.
- Support provided to the national heavyweight men's rowing quad crew for their Tasmanian training block prior to heading to Europe for its Olympic campaign.
- Support in the lead-up to and at the U21 and U18 hockey nationals.
- Provided a range of support to 21 and under and 19 and under netball teams.
- Provided a range of assistance at athletics training camps.
- Physical capacity testing at swimming camps based in Tasmania.



- With the arrival of our Force Decks paired force platforms we have been progressing towards integrating testing and monitoring of all TIS athletes through this system to both assess and monitor lower limb asymmetries in force development in sporting activities.
- The S&C area has purchased an additional third GymAware unit which is a Linear Position Transducer that is designed specifically for measuring performance in athletes in the gym as a method of assessing and monitoring performance.
- Development of weekly athlete monitoring systems involving tracking of significant load markers and injury prevalence markers that may lead to an increase in injury risk.
- Attendance at two major S&C Conferences:
 - » 2015 National Institute Network Conference on Applied Strength and Conditioning.
 - » 2015 Australian Strength and Conditioning International Conference on Applied Strength and Conditioning. Pete Culhane presented on the topic of 'lower body movement limitations and their assessment on the gym floor'.
- S&C coaches have instigated a regular in-house professional development scheme that also brings in other Tasmanian-based S&C coaches from Cricket and AFL Tasmania to share knowledge.
- TIS S&C coaches are actively involved in developing the State's S&C coaches by continuing to present at the Australian Strength and Conditioning Association Level 1 courses.

PROJECTS AND RESEARCH

- Nathan Lee is nearing completion of his PhD research on monitoring fatigue through jump assessments.
- UTas Practical student Kahlia Perry ran a small analysis study on the Functional Movement Screen (FMS) and differences between tests, sports and sexes.
- UTas Practical student Thomas Coates finished an Excel document that allows all the data from the force plates to be collated and analysed within TISLink.
- Pete Culhane has initiated talks with a notable researcher into starting some research into the force production profiles of athletes within different sports and at different training ages.
- The S&C unit has been looking at the lower limb force production and acceptance asymmetry between lower limbs of athletes during sporting activities such as jumping, landing, and single leg stabilisation among others.

OTHER ACKNOWLEDGEMENTS

- After more than three years our S&C-based PhD student has decided to take up a full-time S&C coaching position with Cricket Tasmania. We thank Nathan for all his hard work, critical analysis and thought provoking conversations over that time and wish him all the best in his new role.
- Our UTas-TIS S&C Scholarship holder Max Macmillan has completed his 12-month scholarship. We have seen him develop as an S&C coach and hope he furthers his career in the area and thank him for his efforts.
- The TIS S&C area services athletes all across the state and as such uses the services of S&C consultants to assist with coaching as required, most notably Chris Bellette at Move Strong Gym in Devonport.
- The TIS also works closely with the University of Tasmania's School of Human Life Sciences where both organisations support the development of Sports Science students, with particular emphasis on S&C. We acknowledge Dr James Fell, Dr Cecilia Kitic and Dr Sam Wu for their continued assistance.



PERSONAL EXCELLENCE

The TIS operates the Personal Excellence program which is an AIS initiative supported and delivered through Australia's Winning Edge (AWE) strategy. It focuses on equipping athletes with the awareness to make decisions which impact on their performance in sport and life.

STAFF

Stewart Pither

The Personal Excellence Network consists of providers located across Australia, with some directly engaged within an NSO while others are based in SIS/SAS organisations. Personal Excellence takes wellbeing support for athletes to a new level, understanding that there is a great deal of scrutiny and pressure on all areas of an athlete's life.

Through a multifaceted approach, athletes are provided with guidance, resources and educational opportunities to achieve personal and professional empowerment. This is in alignment with the personal excellence principles of responsibility, accountability, professionalism, integrity and resilience.

MAJOR PROGRAM INITIATIVES

- An individualised service designed to assist each athlete create the unique environment necessary for creating success with the major trends being education assistance, study requests and achieving balance with time management.
- Parent Induction and education evening.
- Elite Athlete Induction Day – more than 100 participants attended. Topics covered were nutrition and supplements, cooking, daily monitoring, career planning, performance psychology as well as an athlete guest speaker.

- Athlete performance psychology workshops, nutritional workshops and elite athlete counselling support.
- Cyber-Safety workshops.
- Ongoing support from the Elite Athlete Friendly University program and continued liaison with the University of Tasmania in relation to athletes combining their academic and sporting commitments.
- Assistance with Swimming Tasmania Talent Identification camp.
- Continued TIS/UTAS HECS scholarship agreement.
- Continued support from Relationship Tasmania.
- Continued liaison with TIS athlete education providers.
- 'Welcome' packs for athletes.
- Presentation at the Elite Athlete Friendly University conference with the University of Tasmania.
- Attendance at AIS Performance Psychology conference.

OTHER

This year the TIS Personal Excellence Program has had more than 690 athlete contacts during this reporting period. National Personnel Excellence is a member of the Career Industry Council of Australia (CICA).

The TIS maintains strong partnerships with National AIS Personal Excellence, Emma Harris, Gaye Rutherford, Maree Taylor, Dana Lis, Brooke Hepburn, Peter Tatham, The Good Sports Program, the University of Tasmania and Relationships Tasmania.



COACH DEVELOPMENT

The TIS delivers a number of information sessions to TIS coaches and network coaches to assist with their development in a range of areas.

STAFF

Stewart Pither

MAJOR PROGRAM INITIATIVES

- A mental health workshop was conducted to educate and upskill coaches on the subject. This workshop demonstrated the relevance of mental health to performance in a sporting context, and equipped coaches with the knowledge and skills to identify and respond to someone with mental health concerns. This workshop was attended by more than 50 of Tasmania's leading coaches.
- Individual career counselling session for TIS coaches, as well as group counselling sessions.

- Conducted a pilot incentive program for track and field coaches.
- TIS coaches participated in Sydney University research regarding the coach management assessment profile (CMAP).
- Successful completion of TIS coaching scholarship for James Watson. James attained his Level 2 coaching accreditation and was provided with access to national and international coaching experiences.

During the year a number of TIS coaches were involved with national squads and teams coaching at the highest levels including:

- Brett Crow (rowing)
- Matthew Gilmore (cycling)
- Ilene Carr (hockey)
- Susan Andrews (athletics)



SCHOLARSHIP AND SPORTS PROGRAMS

Through support from the Tasmanian Government, the TIS provides scholarships to athletes selected to participate in TIS sports programs.

STAFF

Carl Saunder (to June 2016)
Manager, Sports Programs

Bec Thomas (commenced June 2016)
Manager, Sports Programs

Brendan Long
Sport Program Coordinator

SCHOLARSHIPS

HIGH PERFORMANCE SCHOLARSHIPS

Athletes on a High Performance Scholarship receive access to:

- Expert coaching.
- International standard equipment.
- Sport science and sports medicine services.
- Strength and conditioning services.

- Access to the TIS gym.
- Personal Excellence services.
- A TIS uniform.

In addition, High Performance Scholarship athletes receive TIS support to compete in national and international events.

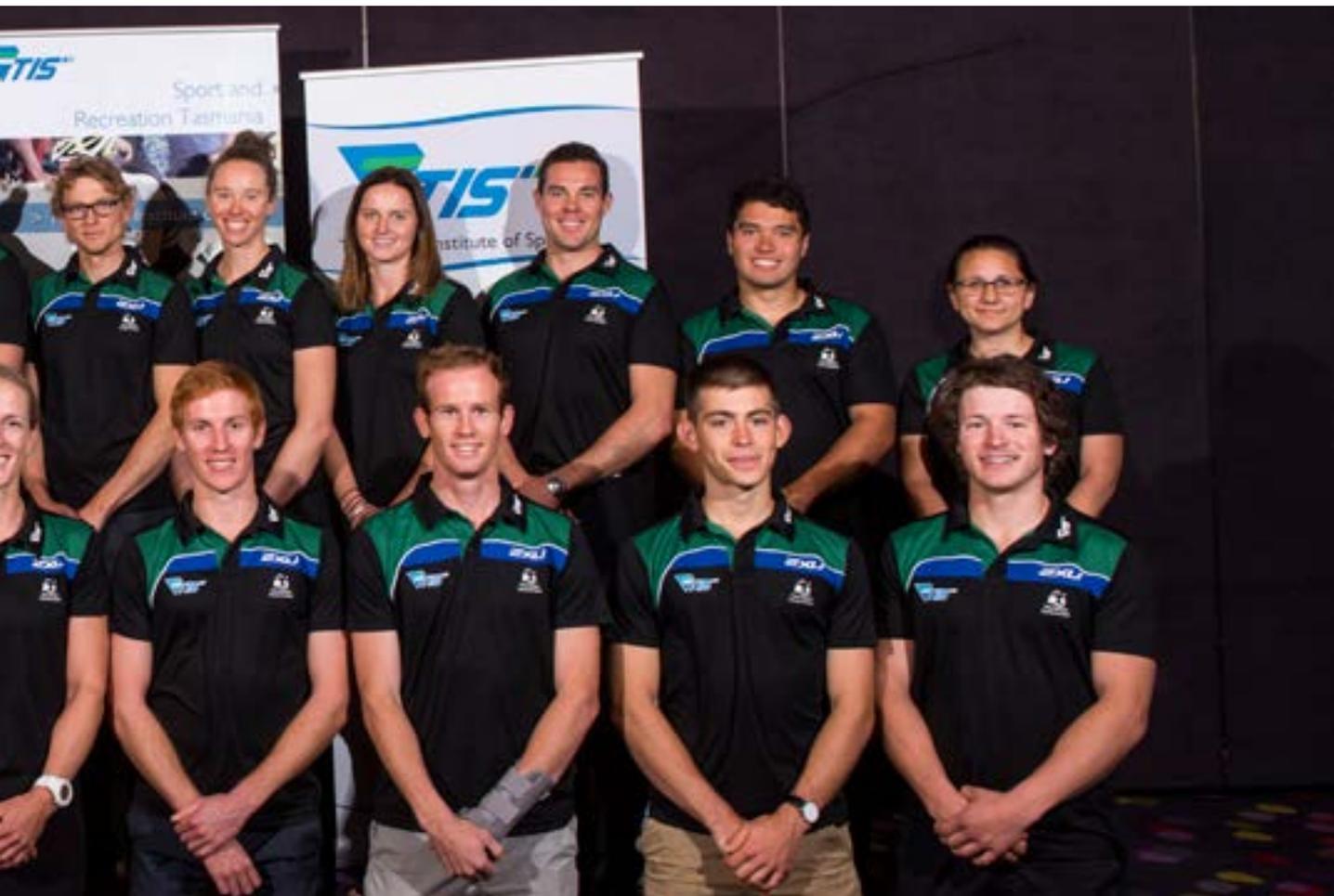
EMERGING TALENT SCHOLARSHIPS

Athletes on an Emerging Talent Scholarship receive access to expert coaching and one performance psychology and nutrition consultation.

SPORTS PROGRAMS

NATIONAL TRAINING CENTRE PROGRAMS

In 2015-16 the TIS operated four National Training Centre programs in athletics, cycling, hockey and rowing and provided High Performance Scholarships to athletes selected to participate in these programs. National Training Centre programs are conducted



in partnership with the national and state sporting organisations for the sports and are coordinated by a TIS coach, together with the TIS Manager, Sports Programs.

ELITE DEVELOPMENT PROGRAMS

In 2015-16 the TIS supported the operation of Elite Development programs in the sports of canoe slalom, netball and sailing and provided High Performance Scholarships to athletes selected to participate in these programs.

Elite Development programs are conducted in partnership with the national and state sporting organisations for the sports and are coordinated by a coach employed by the sport.

INDIVIDUAL ATHLETE PROGRAM

The TIS also provided support to selected Tasmanian athletes competing in sports for which the TIS does not operate a program.

The TIS supported ten athletes across a variety of

sports through this program in 2015-16, with eight receiving High Performance Scholarships and two receiving individual targeted competition support.

Sports included equestrian, shooting, sprint canoe, swimming, trampoline, triathlon, mountain bike and weightlifting.

EMERGING TALENT SQUAD PROGRAMS

In 2015-16, the TIS operated Emerging Talent Squad programs for cycling, hockey and rowing and supported the operation of Athletics Tasmania's equivalent in the Target Talent Program.

Emerging Talent Squad programs provide selected developing athletes with expert coaching to assist them to develop along their sport's high performance pathway.

Selected Emerging Talent Squad athletes are offered Emerging Talent Scholarships to assist them to fast-track their progression to a TIS High Performance Scholarship.



ATHLETICS

The Athletics Program's main objectives align closely with Athletics Australia's National High Performance Program and Athletics Australia's Winning Edge strategy. They are targeted towards supporting Tasmania's most talented athletes and coaches to impact on international selection and medals in both senior and junior IAAF sanctioned events. The program also supports State-based programs aimed at developing the future elite.

PROGRAM HIGHLIGHTS

- Hamish Peacock, 18th javelin, 2015 world championships.
- Jack Hale, 17th 100m, 2015 world youth championships.
- Jack Hale, multiple under age state records and national U18 record, 100m 2015-16.
- Jack Hale selection, 100m, 4 x 100m, 2016 world junior championships.
- Deon Kenzie, bronze medal T38 1500, 2015 IPC world championships.
- Deon Kenzie, World Record T38 1500 and automatic selection for 2016 Paralympic Games.
- Stephanie Stigwood, team silver, 20k walk, 2016 world walking cup.
- Samantha Lind, selection 4 x 400m, 2016 Australian relay team to tour Japan.
- Matt Hosie, multiple under age state records and equalled open pole vault record in 2016.

ATHLETES

Jacob Despard (100m)
Jack Hale (100m, long jump)

Deon Kenzie (1500m)
Samantha Lind (400m)
Hamish Peacock (javelin)
Huw Peacock (hammer)
Stephanie Stigwood (20k walk)

EMERGING TALENT ATHLETES

Mathew Hosie (decathlon)
Emma Keleher (hammer)

ATHLETICS COACH

Susan Andrews

ATHLETE SERVICE PROVIDERS

Stewart Pither (Personal Excellence)
Ben Scarlett (Sports Science)
Todd Andrews (Physical Preparation)
Pete Culhane (Physical Preparation)
Matt Lancaster (Physiotherapy)
Kellie Wilkie (Physiotherapy)
Brian Miller (Sport Psychology)
Dr Steve Reid (Sports Physician)
Dr David Humphries (Sports Physician)
Gaye Rutherford (Nutrition)
Emma Harris (Sport Psychology)

TRAINING VENUES

Domain Athletics Track, Hobart
St Leonards Complex, Launceston
Penguins Sports Complex, Penguin

PARTNERS

Athletics Australia
Athletics Tasmania



CYCLING

The TIS cycling program has had a very satisfying year with athletes performing to their potential at international and national competitions. Four athletes, Amy Cure, Georgia Baker, Lauren Perry and James Robinson, represented Australia during the reporting period and all performed to expectation with the most notable result coming from James Robinson who won a gold medal at the junior world track championships in the team's pursuit.

The most encouraging performances in the last 12 months was delivered by Georgia Baker who has become a regular member of the national pursuit team which has been successful at world championships, Oceania Championships and during the world cup season. In November, Amy Cure was named Tasmanian Athlete of the Year for a second time after another fantastic season which included winning the world team's pursuit championship in world record time.

The cycling program continues to look for cutting edge technology and this year collaborated with the University of Tasmania (UTAS) to develop a new track handlebar. The new handlebar was developed by UTAS maritime students in consultation with TIS coaches and sport science staff. The end result was a 3D printed handlebar which was manufactured using carbon fibre. The handle bar will be used

for the first time during competition at the national track championships in December. UTAS students have also developed a new training and competition timing application which has the capacity to generate timing reports directly after training or competition. This direct feedback will be critical for coaches and athletes to adjust pacing strategies during timed events at major track competitions in the future.

PROGRAM HIGHLIGHTS

- National team representatives (road and track, senior and junior) - Amy Cure, Georgia Baker, Lauren Perry and James Robinson.
- Amy Cure and Georgia Baker, fourth - world teams pursuit championship 2016.
- Georgia Baker, fourth - world points race championship 2016.
- Amy Cure and Georgia Baker, first - world cup teams pursuit 2015.
- James Robinson, first - world junior teams pursuit championship 2015.
- Georgia Baker, Lauren Perry, Macey Stewart, first - Oceania team's pursuit championship 2015.
- Georgia Baker, first - Oceania individual pursuit championship 2015.
- Georgia Baker, first - Oceania omnium championship 2015.



- Macey Stewart, first - Oceania points race championship 2015.
- Georgia Baker, second - Oceania points race championship 2015.
- Amy Cure, second - Australian individual pursuit championship 2016.
- Hayden Di Cocco-Grant, third - Australian U19 individual pursuit championship 2016.
- Morgan Gillon, third - Australian U19 individual pursuit championship 2016.

ATHLETES

Richie Porte*
 Georgia Baker
 Alex Clements
 Amy Cure
 Hayden Di Cocco-Grant
 Madeleine Fasnacht
 Campbell Flakemore*
 Morgan Gillon
 Zack Gilmore
 Matthew Goss*
 Lauren Perry
 Isaac Probert
 James Robinson
 Macey Stewart
 *Associate scholarship

NTC HEAD CYCLING COACH

Matthew Gilmore

ATHLETE SERVICE PROVIDERS

Stewart Pither (Personal Excellence)
 Alanna Martin (Sports Science)
 Pete Culhane (Physical Preparation)

TRAINING VENUES

Silverdome Complex track, Prospect

SPONSORS

Jayco
 Ronde, socks and gloves
 Dulux and Giant are Associate Sponsors of the TIS Racing Team

PARTNERS

Cycling Australia
 Cycling Tasmania



CYCLING ETS

The reporting period has seen a number of changes within the ETS cycling program with a number of athletes withdrawing for various reasons, plus a number of new recruits joining the program following statewide testing.

Emerging Talent scholarships were awarded to Harrison Musgrave, Jake Oliver, Harrison Baker, Madeleine Fasnacht, Renee Dykstra and Ryan Lawson following excellent results at national events during this period. Madeleine Fasnacht also progressed through to a full TIS scholarship.

ETS athletes competed at national and Oceania track and road championship events throughout the year gaining valuable experience which will assist with their long-term development. A number of ETS athletes were invited to be part of the TIS Dulux Racing Team which has given them the opportunity to compete in the King Valley Tour, Tour of Tasmania, Tour South West and Oceania Road Championships which has been invaluable to their development.

PROGRAM HIGHLIGHTS

- Progression of Madeleine Fasnacht to a full TIS scholarship following her performances at the Oceania Road Championship and the Australian Hill Climb Championships. Madeleine has since won the Australian road championship and been selected to represent Australia at the world road championships in Doha.
- ETS Program Coach James Watson's completion of his TIS Coaching Scholarship and gaining his Level 2 Coaching Accreditation.

ATHLETES

Chloe Abel	Rebecca Bye
Angus Calvert	Eddy Calvert
Max Cooper	Josh Duffy
Renee Dykstra	Mitch Gittus
Ainsleigh Gray	Henley James-Smith
Zack Johnson	Ryan Lawson
Anya Louw	Will Sargent
Thomas Wilkins	

EMERGING TALENT SCHOLARSHIP HOLDERS

Harrison Baker	Harrison Musgrave
Jake Oliver	

ETS CYCLING COACH

Ron Bryan

ETS PROGRAM COACHES

David Walker (north west)
 Jamie Perry (north)
 James Watson (south)
 Michael Long (south)

ATHLETE SERVICE PROVIDERS

Alanna Martin (Sports Science and Testing)
 Pete Culhane (Strength and Conditioning)

TRAINING VENUES

Silverdome Complex track, Prospect

PARTNERS

Cycling Australia
 Cycling Tasmania
 Subaru Australia



HOCKEY

The Hockey program has invested heavily in the TIS values of Excellence, Teamwork and Integrity.

To help shape our progression, Emma Harris (TIS Sports Psychologist) has engaged all athletes and staff to develop our expectations as a group.

The program now has five athletes based in Perth, involved with the Olympic squad, development squad and HA's HPP scholarship program.

The hockey program continues to set high standards with athlete daily monitoring, match reports and overall athlete compliance. This is necessary to meet HA's HPP expectations. The TIS athlete monitoring system is now shared with HA's HPP.

2016 Olympic selection occurred very late in this reporting period. The hockey program celebrated the inclusion of Eddie Ockenden and Tim Deavin.

In another positive, Josh Beltz, Jack Welch and Maddie Murphy all gained inclusion in junior national teams throughout this period, so we are underpinning our future outlook for the International stage with junior and national development squad athletes.

PROGRAM HIGHLIGHTS

- Tim Deavin, Eddie Ockenden and Josh Beltz were selected in the Olympic squad.
- Eddie Ockenden and Tim Deavin announced in the 2016 Australian Olympic team.
- Eddie Ockenden, Tim Deavin and Josh Beltz were part of the men's winning Oceania Olympic qualifier team.
- Eddie Ockenden and Tim Deavin were part of the winning Men's World League final in Raipur - Australia's first World League title.
- Eddie Ockenden won the Kookaburras player of the year award.
- Jeremy Edwards, Kurt Mackey and Amelia Spence were named in the 2016 HA development squad.
- Tim Deavin and Eddie Ockenden were part of the winning Men's World League semi-final in Belgium.
- Ten TIS athletes played in the Tassie Tigers Men's AHL team that won bronze.
- Six TIS athletes played in the Van Demons Women's AHL team.
- Hayden Beltz and Jack Welch, fifth - U21 Australian Men's Sultan Johor Cup.
- HA Futures camps (Hayden Beltz, Ruby-Rose



Hayward, Maddy Hinton, Eliza Westland, Benji Austin, Ryan Jones).

- Jack Welch, Josh Beltz and Maddie Murphy selected for JWC Oceania camp
- Gold medal, Sultan Azlan Shah Cup (Eddie Ockenden, Josh Beltz and Tim Deavin).
- Gold medal Champions Trophy (Eddie Ockenden, Tim Deavin and Josh Beltz).

INTERNATIONAL STATISTICS

Eddie Ockenden - Caps 278, Goals 65
 Tim Deavin - Caps 132, Goals 6
 Josh Beltz - Caps 15, Goals 2
 Amelia Spence - Caps 11, Goals 1
 Jeremy Edwards - Caps 8, Goals 2

NTC HEAD COACH

Andrew McDonald

ATHLETES

Kieron Arthur	Benji Austin
Hayden Beltz	Joshua Beltz
Tim Deavin	Ruby-Rose Hayward

Jeremy Edwards
 Ryan Jones
 Lily Kirkland
 Maddie Murphy
 Jayden Pearson
 Jai Walker-Kidd
 Eliza Westland

Maddy Hinton
 Jemma Kenworthy
 Kurt Mackey
 Eddie Ockenden
 Amelia Spence
 Jack Welch

ATHLETE SERVICE PROVIDERS

Todd Andrews (Physical Preparation)
 Ben Scarlett (Sports Science)
 Stewart Pither (Personal Excellence)
 Gaye Rutherford (Nutrition)
 Emma Harris (Sports Psychology)

TRAINING VENUES

Tasmanian Hockey Centre, New Town
 Launceston Hockey Centre, St Leonards

PARTNERS

Hockey Tasmania
 Hockey Australia



HOCKEY ETS

The Emerging Talent Squad (ETS) hockey program continues to remain a joint partnership between the TIS and Hockey Tasmania. Athletes participate in weekly squad and individual trainings, as well as tactical and holistic development sessions.

The 2015-16 reporting period was another productive period of training and competition for the ETS hockey program. Four athletes transitioned into the high performance program, eight female athletes were part of Hockey Tasmania's silver medal winning school sport team and three athletes were selected in the SSA 2015 national teams. All athletes won selection in Hockey Tasmania state teams during the period.

At the commencement of 2016 four athletes were afforded Emerging Talent scholarships. The program comprises 32 athletes. The ET Scholarship athletes for 2016 include Linden McCarthy, Sam McCulloch, Oliver Smith and Annie Scutt.

PROGRAM HIGHLIGHTS

- Ruby-Rose Haywood, Eliza Westland, Jack Welch and Ryan Jones transitioned to the 2016 TIS Scholarship program.
- Sam McCulloch, Annabelle Scutt and Isabel Goldsmith were selected in School Sport Australia's 17 and under 2015 teams with Phillida Bridley named as a shadow for the girls' team.

- Isabel Goldsmith, Annabelle Scutt, Georgia Williams, Phillida Bridley, Stephanie Wylie, Isabelle Sharman, Romani Kenworthy and Maddison Poke won a silver medal at School Sport Australia's Girls U16 championships in Perth.

ATHLETES

Harvey Bessell	Rachel Bently
Phillida Bridley	Joshua Brooks
Rhys Burgess	Dayna Challis
Henry Chambers	Robbie Chapman
Madison Curtis	Ben East
Gobindjah Gill	Isabel Goldsmith
Julia Gunn	Molly Haas
Braden Johnson	Romani Kenworthy
Linden McCarthy	Sam McCulloch
Joe Murphy	Camille O'Connor
Nellie Paynter	Alissia Pearson
Raeleigh Phillips	Maddison Poke
Annabelle Scutt	Isabelle Sharman
Oliver Smith	Laura Spandler
Livinia Sproule	Georgia Williams
Emily Withington	Tyler Wolfe
Lucy Wootton	Stephanie Wylie
Thomas Wylie	Aiden Van Staden

EMERGING TALENT SCHOLARSHIP HOLDERS

Linden McCarthy	Sam McCulloch
Annie Scutt	Oliver Smith

ETS HOCKEY COACH

Ilene Carr

REGIONAL COACH

Craig McCarthy (north west)

TRAINING VENUES

Tasmanian Hockey Centre, New Town
 McKenna Park Regional Hockey Centre, Burnie
 St Leonards Hockey Complex, Launceston

PARTNER

Hockey Tasmania



ROWING

The TIS Rowing program operates in conjunction with the Rowing Australia National Rowing Centre of Excellence (NRCE) and Rowing Tasmania to deliver world class coaching, competition and training facilities for TIS athletes.

2015-16 was another strong season for the TIS rowing program with eight athletes and two coaches representing Australia at world championship level. The TIS hosted two Rowing Australia national crews (the men's lightweight four and men's quadruple scull), totalling eight athletes, in preparation for 2015 world championships. The Australian crews made the most of the world class training facilities available to the TIS, including at the TIS Technopark, New Town Bay rowing centre, the Franklin rowing centre and Lake Barrington international rowing course.

The TIS rowing facility at New Town Bay has continued to be an enormous asset for the program.

The facility has allowed TIS rowers to train together throughout the domestic season which has benefitted the whole scholarship group.

PROGRAM HIGHLIGHTS

- Kerry Hore selected in the 2016 Australian Olympic Team.
- Eight rowers represented Australia in senior and U23 teams to compete at 2015 world championships (Kerry Hore, Nicholas Silcox, Darryn Purcell, Georgia Nesbitt, Ella Flecker, Meaghan Volker, Max McQueeney and Wilson Mure-U23)

- Bronze medal in the men's quadruple scull at the 2015 world U23 championships (Wilson Mure).
- Fifth place in the women's quadruple scull at the 2015 world rowing championships (Kerry Hore)
- Sixth place in the men's lightweight pair at the 2015 world rowing championships (Darryn Purcell and Nick Silcox (coached by Brett Crow).

ATHLETES

Alistair Chong
 Oliver Cook
 Ella Flecker
 Alister Foot
 Sarah Hawe
 Kerry Hore
 Adam Kachyckyj
 Eleni Kalimnios
 Brendan Longman
 Max McQueeney
 Wilson Mure
 Georgia Nesbitt
 Darryn Purcell
 Nicholas Silcox
 Meaghan Volker
 Sam Volker
 Sara Waitzer
 Taylor Wilczynski
 Ciona Wilson
 Henry Youl

NTC HEAD ROWING COACH

Brett Crow



SUPPORT COACHES

John Driessen
 Paul Newbon
 Neil Stump
 Ron Woods (ETS regional support coach)
 Grant Pryor (Rowing Australia, State Talent Pathways Coordinator)

ATHLETE SERVICE PROVIDERS

Stewart Pither (Personal Excellence)
 John Gregory (Sports Science / Biomechanics)
 Pete Culhane (Physical Preparation)
 Kellie Wilkie (Physiotherapy)

TRAINING CENTRES

Derwent River (from New Town Bay facility)
 Huon River (Huon Rowing Club)
 Tamar River (North Esk Rowing Club and Tamar Rowing Club)
 Lake Barrington International Regatta Centre

SPONSORS

Motors
 Wintech Racing

PARTNERS

Rowing Australia
 Rowing Tasmania



ROWING ETS

The Rowing Emerging Talent Squad (ETS) focuses on developing Tasmania's promising young athletes who are aiming for Australian national under age team selection.

The Rowing ETS program aims to educate the squad members about elite level training and competition giving them the best possible opportunity to progress along the Rowing Australia high performance pathway.

The 2015-16 ETS squad was selected in November 2015 with seven new athletes entering the program.

Caitlin Bloomfield, Matthew Byrne, Oliver Marsden and Alec Paterson were awarded Emerging Talent (ET) scholarships. The ET scholarships offered a higher level of support to assist these athletes to fast track their progression to TIS HP scholarships.

ATHLETES

Jack Barrett
Lauren Conway
Carl Doedens
Nathaniel Graham
Angus McGlashan
Isobel Robertson
Louisa Stewart

EMERGING TALENT SCHOLARSHIP HOLDERS

Caitlin Bloomfield
Matthew Byrne
Oliver Marsden
Alec Paterson

ETS ROWING COACH

Anthony Edwards

SUPPORT COACH

Ron Woods (ETS regional support coach)

TRAINING VENUES

Derwent River
Huon River
New Norfolk
Tamar River

PARTNER

Rowing Tasmania



CANOE SLALOM

The TIS Canoe Slalom Elite Development Program is a three-way partnership between the TIS, Australian Canoeing and Canoe Tasmania.

TIS canoe slalom athletes are provided with world class training environments throughout Tasmania, along with a range of expert TIS services including coaching, physiological testing, strength and conditioning, sports nutrition, sports psychology and personal excellence services. The aim of the TIS canoe slalom program is to assist Tasmanian canoe athletes to progress along the Australian canoe high performance pathway.

The program is overseen by coordinator Peter Eckhardt.

PROGRAM HIGHLIGHTS

- Daniel Watkins competed in the senior canoe slalom world championships.
- Daniel Watkins selected to compete in the 2016 U23 canoe slalom world championships.

ATHLETES

Kieren Black
 Kate Eckhardt
 Jake Hodgkinson
 Daniel Watkins

KEY PARTNERS

Canoe Tasmania
 Australian Canoeing



NETBALL

The TIS netball program is a three way partnership between the TIS, Netball Tasmania and Netball Australia.

The program is overseen by satellite coach Julie Hoornweg with assistance from regional coaches covering Tasmania.

The TIS netball program offers Tasmanian elite netball athletes the opportunity to further develop their skills as they progress along Netball Australia's high performance pathway. The TIS netball scholarship holders are provided with a range of expert services including coaching, physiological testing, strength and conditioning, sports nutrition, sports psychology and personal excellence services.

PROGRAM HIGHLIGHTS

- The 17 and under and 19 and under netball nationals were held in Perth, Western Australia during April. An outstanding performance from Alexandra Vinen was rewarded by selectors, earning an invitation to the Australian 17 and under national training camp.
- Alexandra was the only TIS athlete in the 17 and under team which finished eighth in the

tournament. The 19 and under Tasmanian team included TIS athletes Shelby Miller, Dana Lester, Emma Johns, Hannah Lee, Frances Di Carlo and Caitlin Petrie, finishing seventh in the competition.

- The 21 and under nationals were held in Launceston during March. The Tasmanian team that finished seventh in the tournament included TIS athletes Shelby Miller, Dana Lester, Kelsie Rainbow and Frances Di Carlo

ATHLETES

Frances Di Carlo
Hannah Lee
Shelby Miller
Kelsie Rainbow

Emma Johns
Dana Lester
Kaitlin Petrie
Alexandra Vinen

COACHES

Julie Hoornweg
Lou Carter
Dannie Carstens

Jon Fletcher
Ebony Charlesworth

KEY PARTNERS

Netball Tasmania
Netball Australia



SAILING

The TIS sailing program is a three way partnership between the TIS, Yachting Tasmania and Australian Sailing.

The program is overseen by program coach Richard Scarr.

With the support of the Royal Yacht Club of Tasmania, TIS sailing athletes are provided with a training environment on the Derwent River in Hobart along with a range of expert TIS services including coaching, physiological testing, strength and conditioning, sports nutrition, sports psychology and personal excellence services. The aim of the TIS sailing program is to assist Tasmanian sailing athletes to progress into the Australian Sailing Team.

PROGRAM HIGHLIGHTS

- Matt Bugg selected in the 2016 Australian Paralympic Team.
- Matt Bugg competed in two world championships, winning a bronze medal in the 2.4mR multi class discipline at each event.

- Jock Calvert finished 18th in the RSX class at the 2015 ISAF World Youth Championships.

ATHLETES

Matthew Bugg
Jock Calvert
Amelia Catt
Chloe Fisher
Jasmin Galbraith
Hugo Hamilton
Silas Hamilton
Sam King
Neil Patterson
Lucy Shephard

COACH

Richard Scarr

KEY PARTNERS

Australian Sailing
Yachting Tasmania
Royal Yacht Club of Tasmania



INDIVIDUAL ATHLETES

The TIS individual athlete program assists athletes from a wide variety of sports aiming to provide Tasmanian elite athletes with the best possible opportunity to progress to the highest level in their chosen sport.

The TIS individual athlete program operates in partnership with a number of state and national sporting organisations to provide a world class daily training environment for Tasmanian elite athletes competing in sports that don't fall under the TIS NTC or EDP programs.

The TIS individual athlete program enjoyed significant success both nationally and internationally.

PROGRAM HIGHLIGHTS

- Scott Bowden (mountain bike) selected for the 2016 Olympic Games.
- Jacob Templeton (para swimming) selected for the 2016 Paralympic Games.
- Two athletes competed at the senior world championships during 2015 - Jack Penny (trampoline) and Jacob Templeton (para swimming).
- Two athletes competed at U23 world championships (Jacob Birtwhistle in triathlon and Scott Bowden in mountain bike).
- Jacob Birtwhistle won a gold medal at the 2015 U23 world triathlon championships.

- Scott Bowden (mountain bike) won a bronze medal at the 2016 Oceania mountain bike championships.
- Jenna Myers (weightlifting) won a silver medal at the 2016 Oceania weightlifting championships.

SPORT PROGRAM COORDINATOR

Brendan Long

SCHOLARSHIP ATHLETES

Jacob Birtwhistle (triathlon)
 Scott Bowden (mountain bike)
 Bailey Groves (shooting)
 Jenna Myers (weightlifting)
 Jack Penny (trampoline)
 Caitlin Radford (para equestrian)
 Jacob Templeton (para swimming)
 Ariarne Titmus (swimming)

During 2015-16 the TIS added individual athlete assistance as another mechanism to support Tasmanian athletes financially once selected to compete for Australia at an international benchmark event. The individual athlete assistance program can also be a stepping stone to a high performance (HP) scholarship in the individual athlete program.

INDIVIDUAL ASSISTANCE ATHLETES

Camilla Fogagnolo (weightlifting)
 Tom Norton (sprint canoe)



TIS VALUES

TEAMWORK

- Honest and effective communication
- Empathy
- Collaborative
- Accountable

INTEGRITY

- Honest
- Ethical
- Respectful
- Transparent

EXCELLENCE

- Providing the right services – for the right athletes – at the right time
- Best practice in everything we do
- World class Daily Training Environment
- World class athletes
- Consistent and sustainable success

STRATEGIC PLAN 2012-2016

OUR VISION:

THE TIS IS HIGHLY VALUED FOR ITS CONTRIBUTION TO TASMANIA'S SPORTING SUCCESS.

OUR PURPOSE:

TO PROVIDE LEADERSHIP AND QUALITY HIGH PERFORMANCE SERVICES TO TASMANIA'S TALENTED ATHLETES TO ASSIST THEM TO COMPETE SUCCESSFULLY ON THE INTERNATIONAL STAGE.

OUR APPROACH

The TIS is guided by the following principles:

- Our focus is the achievement of elite performance at the highest level of international competition.
- Our support is centred around identified priority Australian sports that are successful or culturally significant to Tasmania.
- Our role is to operate in partnership with sports to assist them in the development of their athletes.
- We will uphold the community's values and standards expected of athletes as role models.

OUR GOALS

1. Provide athletes with holistic development opportunities that maximise their potential to represent Australia.
2. Provide opportunities to support the development of high performance coaching and expertise.
3. Contribute effectively to the national outcomes of the Australian high performance sports system.
4. Highly satisfied clients and stakeholders who value their relationship with the TIS.
5. Recognised for commitment to fair and ethical participation in sport.

OPERATIONAL PRINCIPLES

TIS adheres to the following principles in how we go about our business:

- Athlete focussed
- Coach led
- Performance driven
- Sport engaged



PERFORMANCE DRIVERS

The TIS operations are focussed through the following performance drivers:

- **High Quality Athletes** - identification and development.
- **High Quality Coaches** - recruitment, retention and succession.
- **High Quality Leadership** - Effective and efficient decision making and accountabilities.
- **High Quality Service Support** - providing a daily training environment that maximises identified athletes potential to achieve their performance goals.
- **Research and Innovation** - evidence based approach and apply scientific method to support strategic decision making.
- **Competition Opportunities** - providing identified athletes with competition opportunities that assist in the development of their competitive skills.

KEY RESULT AREAS

- People
- Process
- Resources

KEY PERFORMANCE INDICATORS

The Tasmanian Institute of Sport's (TIS) primary objective is to assist athletes to achieve success on the national and ultimately international stage.

RESULTS AT BENCHMARK INTERNATIONAL EVENTS

This is measured by the number of TIS athletes that achieve top eight results at benchmark international sporting events. In 2015-16 the target was 17 athletes.

A total of 18 athletes achieved top eight results at benchmark international sporting events in 2015-16, producing 25 top eight results between them. The results include seven gold medals, three silver medals, three bronze medals and twelve fourth to eighth placings across a number of sports including athletics, cycling, hockey, rowing, sailing, swimming and triathlon.

NATIONAL TEAM REPRESENTATION

In addition, success is measured by the number of TIS athletes selected in national teams each year. In 2015-16 the target was 60, and a total of 76 athletes were selected in national teams. Finally, towards the end of the 2015-16 financial year a number of Australian Olympic team selections were announced, with selections finalised in early 2016-17.

AUSTRALIAN OLYMPIC TEAM REPRESENTATION

A total of nine TIS athletes achieved selection to the 2016 Australian Olympic Team in athletics, cycling/mountain bike, hockey and rowing. A total of four TIS athletes achieved selection to the 2016 Australian Paralympic Team athletics, sailing and swimming.



OLYMPIC AND PARALYMPIC ATHLETE HONOUR ROLL

The Tasmanian Institute of Sport is proud to have supported many athletes in pursuing their Olympic and Paralympic dreams. The following athletes have been supported on their journey to the Olympic and Paralympic Games.

Daniel Collins	Canoe (Bronze)
Tim O'Shannassey	Cycling (Bronze)
Daniel Sproule	Hockey (Bronze)
Simon Burgess	Rowing
Scott Goodman	Swimming (Bronze)

1988 OLYMPIC GAMES – SEOUL

David Connor	Sailing
Gary Smith	Sailing
Ron Laycock	Weightlifting

1996 PARALYMPIC GAMES – ATLANTA

Leroi Court	Athletics (Bronze)
Paul Wiggins	Athletics
Melissa Carlton	Swimming (Gold, Silver, Bronze)

1992 OLYMPIC GAMES – BARCELONA

Susan Andrews	Athletics
Simon Hollingsworth	Athletics
Gail Luke (Millar)	Athletics
Justann Crawford	Boxing
Daniel Collins	Canoe Sprint
Peter Eckhardt	Canoe Slalom
Chris Bacon	Judo
Stephen Hawkins	Rowing (Gold)

2000 OLYMPIC GAMES – SYDNEY

Daniel Geale	Boxing
Daniel Sproule	Hockey (Bronze)
Matthew Wells	Hockey (Bronze)
Darren Balmforth	Rowing (Silver)
Simon Burgess	Rowing (Silver)
Craig Walton	Triathlon

1996 OLYMPIC GAMES – ATLANTA

Simon Hollingsworth	Athletics
Kylie Risk	Athletics
Justin Boocock	Canoe Slalom

2000 PARALYMPIC GAMES – SYDNEY

Clayton Johnson	Athletics
Melissa Carlton	Swimming (Silver, Bronze)



2004 OLYMPIC GAMES – ATHENS

Matthew Wells	Hockey (Gold)
Sid Taberlay	Mountain Bike
Simon Burgess	Rowing (Silver)
Scott Brennan	Rowing
Dana Faletic	Rowing (Bronze)
Kerry Hore	Rowing (Bronze)
Brendan Long	Rowing
Cameron Wurf	Rowing
Simmons Morrow	Softball (Silver)

2008 OLYMPIC GAMES – BEIJING

Donna MacFarlane	Athletics
Hollie Grima	Basketball (Silver)
Mark Jamieson	Cycling
David Guest	Hockey (Bronze)
Edward Ockenden	Hockey (Bronze)
Matthew Wells	Hockey (Bronze)
Stephanie Grant	Judo
Sam Beltz	Rowing
Scott Brennan	Rowing (Gold)
Anthony Edwards	Rowing
Tom Gibson	Rowing
Kerry Hore	Rowing
Kate Hornsey	Rowing
Brendan Long	Rowing

2008 PARALYMPIC GAMES – BEIJING

Dominic Monypenny	Rowing
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2012 OLYMPIC GAMES – LONDON

Tristan Thomas	Athletics
Adam Gibson	Basketball
Luke Jackson	Boxing
Jackson Woods	Boxing
Amy Cure	Cycling
Matthew Goss	Cycling
Tim Deavin	Hockey (Bronze)
Eddie Ockenden	Hockey (Bronze)
Sam Beltz	Rowing
Scott Brennan	Rowing
Anthony Edwards	Rowing
Dana Faletic	Rowing
Tom Gibson	Rowing
Kerry Hore	Rowing
Kate Hornsey	Rowing (Silver)

2012 PARALYMPIC GAMES – LONDON

Todd Hodgetts	Athletics (Gold)
Matt Bugg	Sailing



COMMONWEALTH ATHLETE HONOUR ROLL

The Tasmanian Institute of Sport is also proud to have supported many athletes in pursuing their Commonwealth dreams. The following athletes have been supported on their journey to the Commonwealth Games.

1990 COMMONWEALTH GAMES – AUCKLAND

Ron Laycock	Weightlifting (Gold x 2, Bronze)
Susan Andrews	Athletics (Silver)
Chris Bacon	Judo (Bronze)
Gail Luke (Millar)	Athletics

1994 COMMONWEALTH GAMES – CANADA

Tim O'Shannessey	Cycling (Gold, Bronze)
Melissa Carlton	Swimming (Gold)
Paul Wiggins	Athletics (Bronze)
Andrea Hughes	Athletics
Brendan Hanigan	Athletics
Simon Hollingsworth	Athletics
Aaron Everett	Boxing
Justann Crawford	Boxing

1998 COMMONWEALTH GAMES – KUALA LUMPUR

Susan Andrews	Athletics (Gold)
Bianca Langham	Hockey (Gold)
Daniel Sproule	Hockey (Gold)
Kylie Risk	Athletics (Silver)
Mandy Giblin	Athletics

2002 COMMONWEALTH GAMES – MANCHESTER

Daniel Geale	Boxing (Gold)
Matthew Wells	Hockey (Gold)

Bianca Langham	Hockey (Bronze)
Natasha Hardy	Karate (Bronze)
Chantal Castledine	Judo

2006 COMMONWEALTH GAMES – MELBOURNE

Matthew Wells	Hockey (Gold)
Kim Walker	Hockey (Gold)
Hollie Grima	Basketball (Gold)
Matthew Goss	Cycling (Silver)
Mark Jamieson	Cycling (Silver)
Donna MacFarlane	Athletics (Bronze)
Luke Jackson	Boxing (Bronze)
Tristan Thomas	Athletics
Sid Taberlay	Cycling – Mountain Bike

2010 COMMONWEALTH GAMES – DELHI

Eddie Ockenden	Hockey (Gold)
Clint Freeman	Archery
Luke Jackson	Boxing
Luke Woods	Boxing
Belinda Goss	Cycling
Aaron Frankcomb	Squash
Jenna Myers	Weightlifting

2014 COMMONWEALTH GAMES – GLASGOW

Eddie Ockenden	Hockey (Gold)
Amy Cure	Cycling (Silver, Bronze)
Hamish Peacock	Athletics (Bronze)
Huw Peacock	Athletics
Nick Cooney	Boxing
Jackson Woods	Boxing
Jenna Myers	Weightlifting



CHAMPIONS CLUB

TIS athletes make a significant contribution to the development of elite sport in Tasmania through their performances and interaction with various levels of the sporting and general community.

The TIS consider it appropriate that exceptional athletes that have made an outstanding contribution to the TIS and consistently achieved at the highest level of their sport, be publicly recognised by the TIS at the completion of their international sporting career.

The TIS Champions Club was established to recognise these exceptional athletes, with the first Champions Club inductions taking place in 2006. To qualify for membership, athletes are assessed against a criteria based on their involvement with the TIS, their conduct and their performance.

Once inducted, athletes are invited to all TIS functions and their attendance at these events is acknowledged. These athletes hold the honour of life-long recognition of their contribution to the TIS and serve as role models for current athletes.

TIS CHAMPIONS CLUB MEMBERS

Darren Balmforth	Rowing
Justin Boocock	Canoe Slalom
Scott Brennan OAM	Rowing
Simon Burgess	Rowing
Melissa Carlton	Swimming
Daniel Collins	Kayak
Anthony Edwards	Rowing
Dana Faletic	Rowing
Hollie Grima	Basketball
Belinda Goss	Cycling
David Guest	Hockey
Stephen Hawkins	Rowing
Kate Hornsey	Rowing
Bianca Langham	Hockey
Nick Rogers	Yachting
Daniel Sproule	Hockey
Matthew Wells	Hockey
Paul Wiggins	Athletics



ATHLETE OF THE YEAR

The Southern Cross Television Tasmanian Athlete of the Year recognises outstanding performance based on the athlete's performance at international level, their contribution to their sport and to the Tasmanian sporting community.

1994	Daniel Collins	Canoe – Sprint
1995	Nick Rogers	Sailing
1996	Daniel Sproule	Hockey
1997	Simon Burgess	Rowing
1998	Bianca Langham	Hockey
1999	Simon Burgess	Rowing
	Darren Balmforth	Rowing
2000	Simon Burgess	Rowing
	Darren Balmforth	Rowing
2001	Matthew Wells	Hockey
2002	Mark Jamieson	Cycling
2003	Dana Faletic	Rowing
	Kerry Hore	Rowing
2004	Matthew Wells	Hockey
2005	Kate Hornsey	Rowing
2006	Hanny Allston	Orienteering
2007	Ricky Ponting	Cricket
2008	Scott Brennan	Rowing
2009	Amy Cure	Cycling
2010	Eddie Ockenden	Hockey
2011	Matthew Goss	Cycling
2012	Daniel Geale	Boxing
2013	Richie Porte	Cycling
2014	Eddie Ockenden	Hockey
2015	Amy Cure	Cycling

