



Tasmanian Institute of Sport



ANNUAL REPORT / YEARBOOK
2008-09

TASMANIAN INSTITUTE OF SPORT

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Reflecting on our Olympic efforts

By Paul Sullivan, DIRECTOR
 It was a strong performance from Australia at the Beijing Olympic Games, with athletes achieving 16 medals, 10 gold, 5 silver and 1 bronze. This was a significant achievement for the nation, particularly in the context of the global financial crisis and the challenges faced by the Australian Olympic Committee (AOC) in the lead-up to the Games.

The performance from the athletes, coaches and support staff was a testament to the hard work and dedication of the Australian Olympic Team. The success of the team was a result of the support and resources provided by the AOC and the Tasmanian Institute of Sport (TIS).

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Scholarships awarded to 122 athletes in 2009

By Paul Sullivan, DIRECTOR
 The Tasmanian Institute of Sport (TIS) has announced that it has awarded 122 scholarships to athletes for the 2009-2010 season. This is a significant increase from the 100 scholarships awarded in the previous year. The scholarships are awarded to athletes who have demonstrated exceptional talent and potential for success in their respective sports.

The scholarships are awarded to athletes who have achieved a minimum of 10 medals at the Tasmanian State Championships or equivalent. The scholarships are awarded for a period of 12 months and cover the costs of training, travel, and accommodation.



Brennan celebrates awards double success

By Paul Sullivan, DIRECTOR
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ACE Ambassador program launched

By Paul Sullivan, DIRECTOR
 The Tasmanian Institute of Sport (TIS) has announced that it has launched the ACE Ambassador program. This is a new initiative aimed at promoting the TIS and its programs to the general public. The program involves a group of athletes who will act as ambassadors for the TIS, promoting its programs and services to the community.

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Front cover: Eddie Ockenden

Minister's foreword

The performances of Tasmanian Institute of Sport (TIS) athletes at the 2008 Olympic Games were truly outstanding. The memorable moment where rower Scott Brennan realised his sporting dream in winning an Olympic gold medal will stay with me forever.

I congratulate the TIS for the passion, commitment and professionalism of Institute staff. Their provision of high-quality services to Tasmanian elite athletes and coaches has helped each athlete achieve his or her goals and aspirations.

The State Government is strongly committed to the TIS and this has allowed the Institute to maintain its place as a quality contributor to elite athlete development within the national elite sport network.

On behalf of the people of Tasmania, I would like to acknowledge and thank Mr Denis W Rogers AO, who concluded his term as Chairman of the TIS Board of Management after nine years of service.

Finally, I congratulate the TIS athletes and coaches on their wonderful accomplishments during the year. I look forward to witnessing the achievements of Tasmanian athletes as we continue to build on the success of the past year through the dedication and commitment of our outstanding Tasmanian athletes.



Michelle O'Byrne, MP
Minister for Sport and Recreation

Chairman's report

It is a pleasure to be able to report as Chairman in what has been an outstanding year for the Tasmanian Institute of Sport (TIS).

With a major focus of the TIS the performance of athletes at the Olympic Games every four years, the Board takes great pride in the number of athletes selected, as well as the individual performances of each of the athletes at the 2008 Olympic Games.

The contribution made by Tasmanian athletes to the 2008 Australian Olympic team in Beijing was outstanding and confirms the quality of the services provided by the Institute in assisting our athletes achieve their sporting dreams.

There are a number of organisations that significantly contribute to the TIS. The TIS Board and staff greatly appreciate the positive association enjoyed with all of our partners.

The State Government, through the Department of Economic Development, Tourism and the Arts, continues to provide excellent support to the TIS. I would especially like to acknowledge the support Minister Michelle O'Byrne provides to the Institute.

It is also important to acknowledge the support provided by the Federal Government through the Australian Sports Commission. This partnership is an important aspect of the TIS in operating national programs within the state.

I sincerely thank all the corporate partners who also provided valuable assistance to the TIS. To my fellow directors and TIS staff, I extend my personal thanks for your ongoing support and commitment throughout the year.

In closing, I would especially like to wish those athletes vying for selection for the upcoming Commonwealth Games in 2010 good luck, as well as wishing every TIS athlete the very best of success for the coming year.



A handwritten signature in blue ink that reads "Bill Woolcock".

Bill Woolcock
Chairman
Board of Management

Director's report

The performances of our athletes at pinnacle sporting events such as the Olympic Games have always been used as strong indicators of the success of the programs and activities of the Tasmanian Institute of Sport (TIS).

It is with a great deal of satisfaction I can acknowledge the contribution that TIS athletes made to the Australian Olympic team's performance at the 2008 Olympic Games in Beijing.

Scott Brennan's gold medal performance in rowing, Hollie Grima's silver medal as a member of the Australian Opals basketball team and the contribution to the Australian Kookaburras hockey team bronze medal by the three Tasmanian hockey players, Matthew Wells, David Guest and Eddie Ockenden, were all highlights of our best ever Olympic Games representation.

I know that it is predominantly the hard work, sacrifice and persistence of the athletes that sees these results come to fruition but it can also be said that the level of support provided by the TIS contributes significantly in helping each one achieve at the highest level.

The TIS receives considerable support from the Tasmanian Government, as well as from the Australian Sports Commission, national and state sporting organisations and our valuable corporate 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.

The Sports Performance Unit, managed by John Gregory, has continued to make a significant contribution to TIS athletes across the whole spectrum of sports science and sports medicine services, as well as support to visiting national teams and squads during the year.

The addition of Cycling Australia's National Mountain Bike Program, based at the TIS, has provided further opportunities for the unit to contribute to the development of national level athletes. The provision of strength and conditioning services also continues to be a high-demand service that is having a positive impact on the level of physical preparation and development provided for each athlete.

The relationship between the TIS and the University of



Tasmania continues to develop with several joint projects and other initiatives now in place that are providing good opportunities to better deliver activities and services.

The Program Management staff, led by Geoff Masters, have placed a high level of importance around making sure each athlete and coach has access to the necessary support. The scholarship program has provided quality services through the various programs to 134 athletes during the year. All athletes have enjoyed access to a standard of support that has given them the best possible home-based training environment.

The TIS has maintained strong partnerships with all members of the National Elite Sports Council, the Australian Sports Commission, the Australian Olympic Committee and the Australian Commonwealth Games Association, as part of the national elite sports network.

The Board of Management continues to provide strong strategic leadership and guidance in assisting the TIS achieve its goals.

Finally, I congratulate the athletes and coaches for the outstanding performances achieved this year and I look forward to working with them into the future as we continue to build on the Institute's role in providing the best possible environment to maximise their opportunity for success.

A handwritten signature in blue ink, reading "Paul Austen". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Paul Austen
Director

Administration

Staff Retreat

In June 2009 all staff participated in a retreat at Lake Barrington. Over the course of the two days staff participated in a co-achieving exercise aimed at identifying different coaching styles, reviewed the current TIS Strategic Plan, and defined goals and objectives to be incorporated into the 2010-13 Strategic Plan.

Staff

Tegan Raabus resigned from the Administration Trainee position and was replaced by Helen Griffiths. Tony Sulzberger was appointed to the part-time position of Senior Operations Assistant (Silverdome).



Jeanne Pennington
Executive Assistant

Tasmanian Sports Awards Dinner

The Tasmanian Sports Awards Dinner was a night of celebration for the outstanding performances of Tasmania's athletes, coaches, administrators and volunteers from the sport and recreation sector in 2008.

The event was hosted by the Tasmanian Institute of Sport (TIS) and Sport and Recreation Tasmania – the second time the awards have been combined. The dinner was held at Wrest Point on 13 March 2009 and attracted 400 guests.

The sporting achievements of Tasmanian athletes for 2008 were outstanding with finalists in all categories producing top international results across many sports.

The following athletes were awarded 2008 Tasmanian Sports Awards:

Athlete of the Year – Scott Brennan (rowing)

Male Athlete of the Year – Scott Brennan (rowing)

Female Athlete of the Year – Hollie Grima (basketball)

Junior Athlete of the Year – Carly Cottam (rowing)

Scott's year was outstanding. Rowing with partner David Crawshay, he won a gold medal at the 2008 Olympic Games in Beijing in the men's double scull event. Hollie enjoyed an exceptional year on the international basketball stage, with the highlight a silver medal at the 2008 Olympic Games as a member of the women's Opals team.

Carly's determination was rewarded at the Under 23 World Rowing Championships in Austria where she

won gold in the lightweight single scull event.

The TIS rowing program was the dominant sport for the 2008 awards, winning four of the five sports category awards.

This included former TIS Head Rowing Coach Rhett Ayliffe being named Coach of the Year. Rhett was the coach of the gold medal-winning men's double scull at the 2008 Olympic Games.

Sports commentator Tim Lane also provided a series of highlights during the evening, drawing on his knowledge of the athletes during interviews with award winners. Comedian Tom Gleeson provided the entertainment, while local news presenter Jo Palmer was the compere for the evening.

Publications and website

The TIS website is undergoing an upgrade that will feature a fresh new design and a secure athlete log-in. The website is managed by the TIS Project Support Officer Claire Deavin.

The *TIS Bulletin* is also in the process of an upgrade, with the first bulletin in the 2009-10 financial year switching to an electronic format. Jeanne Pennington has continued to edit the quarterly publications that acknowledge the corporate sector and provide information to the community on the Institute's activities and the achievement of its athletes.

TIS Olympic athlete honour roll

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

1988 Olympic Games – Seoul

David Connor	Sailing
Ron Laycock	Weightlifting
Gary Smith	Sailing

1992 Olympic Games – Barcelona

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

1996 Olympic Games – Atlanta

Daniel Collins	Canoe (bronze)
Scott Goodman	Swimming (bronze)
Tim O'Shannasse	Cycling (bronze)
Daniel Sproule	Hockey (bronze)
Justin Boock	Canoe Slalom
Simon Burgess	Rowing
Simon Hollingsworth	Athletics
Kylie Risk	Athletics

1996 Paralympic Games – Atlanta

Melissa Carlton	Swimming (gold, silver, bronze)
Leroi Court	Athletics (bronze)
Paul Wiggins	Athletics

2000 Olympic Games – Sydney

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

2000 Paralympic Games – Sydney

Melissa Carlton	Swimming (silver, bronze)
Clayton Johnson	Athletics

2004 Olympic Games – Athens

Matthew Wells	Hockey (gold)
Simon Burgess	Rowing (silver)
Simmone Morrow	Softball (silver)
Dana Faletic	Rowing (bronze)
Kerry Hore	Rowing (bronze)
Scott Brennan	Rowing
Brendan Long	Rowing
Cameron Wurf	Rowing
Sid Taberlay	Mountain Bike

2008 Olympic Games – Beijing

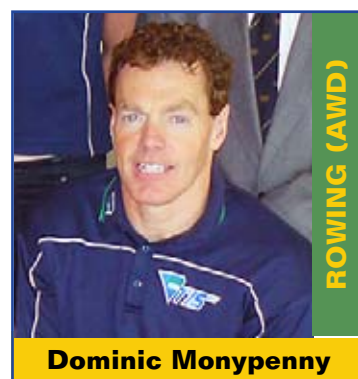
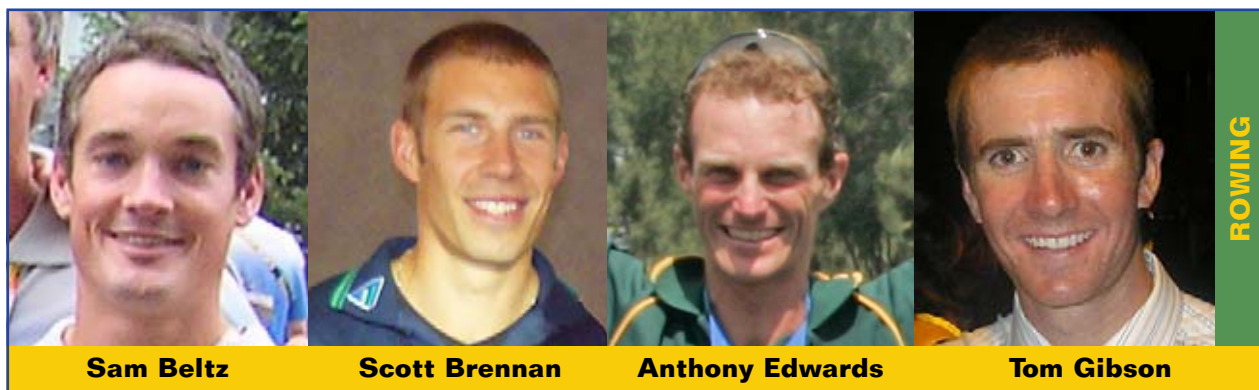
Scott Brennan	Rowing (gold)
Hollie Grima	Basketball (silver)
David Guest	Hockey (bronze)
Edward Ockenden	Hockey (bronze)
Matthew Wells	Hockey (bronze)
Sam Beltz	Rowing
Anthony Edwards	Rowing
Tom Gibson	Rowing
Stephanie Grant	Judo
Kerry Hore	Rowing
Kate Hornsey	Rowing
Mark Jamieson	Cycling
Brendan Long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

2008 Paralympic Games – Beijing

Dominic Monypenny	Rowing
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2008 OLYMPIC GAMES BEIJING *Tasmanian Athletes*



Key Performance Indicators

The Tasmanian Institute of Sport's objective is to assist athletes to achieve national success, ultimately achieving on the international stage. This is monitored by calculating the number of TIS athletes achieving selection into national teams each year. In total over the 2008-09 period there were 65 selections, with the breakdown in each sport shown below:

Athletics	4	Lawn Bowls	1
Basketball	4	Orienteering	1
Boxing	1	Rowing	20
Cycling	12	Squash	1
Golf	2	Tennis	2
Hockey	11	Trampoline	1
Judo	2	Canoe	1
Karate	1	Weightlifting	1

Corporate partnerships

The Tasmanian Institute of Sport (TIS) receives valuable support from partnerships with leading corporations. These partnerships provide important benefits for TIS athletes and coach development activities.

Coca-Cola Amatil (CCA) continued to be one of the TIS' major partners. CCA has supported the TIS for 12 years. In particular, the TIS would like to thank CCA State Manager Emilio Amanatidis for his role in continuing this valuable partnership.

The great support provided by long-term TIS partner Motors Pty Ltd, in the form of two motor vehicles to support TIS activities, enables coaches and staff to meet the needs of athletes throughout the state. One of these vehicles is specifically dedicated to the TIS Rowing Program. We thank Motors Pty Ltd, and General Manager Sergio Buccilli for 14 years of assistance.

Other companies providing assistance to the TIS this year were Southern Cross Television, Wrest Point, Regional Imaging Tasmania, Index Mineral Processors and the Denture Centre.

Country Club Tasmania has signed on as a corporate partner for a further three years, providing assistance to the NTC Cycling Program. Other supporters of the program are Avanti, cyclingnews.com, Santini Cycling Clothing and Specialized Helmets and Shoes. This year the bike supplier changed to Argon 18 (supplied by FRF Sports) taking over from Avanti.

The importance of the benefits provided by these organisations cannot be overstated. The assistance they provide makes a huge difference to the day-to-day activities of an athlete. This is particularly so during an Olympic year, with Tasmania's athletes representing the state so well on the international stage.

We would like to take this opportunity to thank all our corporate partners for continuing to make an investment in Tasmania's athletes and their future.



Tasmania
Explore the possibilities



I-MED

REGIONAL IMAGING TASMANIA

We would also like acknowledge the support of our public relations consultancy, Corporate Communications – in particular Nick Turner – for assistance with the Institute's media and corporate activities throughout the year.

We extend our sincere thanks to the fitness centres around the state that have over many years continued to provide access to our athletes to assist their preparation for national and international competition. These include the Hobart Aquatic Centre and Oceana Health and Fitness in Hobart, Healthglo Fitness and Leisure in Burnie, Health and Fitness World in Launceston and Glenorchy and Theogenes Health and Squash Centre in Launceston.



Wrest Point

Cycling Program Sponsors

cyclingnews.com

ARGON 18



Sports performance

The Sports Performance Unit (SPU) has enjoyed working with Tasmanian Institute of Sport (TIS) athletes and coaches over the past year. Services have included physical preparation, sports science testing, video analysis, sports medicine, psychology and Talent Identification (TID).

The SPU has been busy with Tasmanian-based athletes, with our main activities including:

- Obtaining quadrennial accreditation for sports science.
- Growth of physical preparation services.
- Level three accreditation of the Launceston strength facility.
- Continued support to Elite Development Program (EDP) and National Training Centre (NTC) squads.
- Applied research with the University of Tasmania.
- Restructuring of Talent Identification.

The SPU has obtained its National Sports Science Quality Assurance (NSSQA) accreditation certificates. Laboratory Technician Inge Hillier coordinated the documentation and procedures for the accreditation process. The TIS is one of a few institutes to have maintained accreditation over the history of the program. Furthermore, we are proud to have gained level three recognition, which is the highest level, for our Launceston-based strength facility.



*John Gregory
Manager, Sports
Performance Unit*



*Peter Culhane
Physical Preparation
Officer*



*Diana Dickenson
Sports Performance
Officer*



*Ben Scarlett
Sports Performance
Officer*



*Sean Murphy
Sports Performance
Officer*



*Inge Hillier
Laboratory Technician*



*Tim Mosey
Sports Performance
Officer*

We have maintained services to our full-time programs in rowing, cycling, hockey, football, netball, basketball and athletics. Furthermore, EDP sports including AFL, triathlon, tennis and wildwater canoe have profited from regular sports science and physical preparation input.

The SPU has continued its support of the National Mountain Bike Program, with regular testing during camps. A trip to the Australian titles gave us the chance to quantify the demands of the World title course scheduled in September. Furthermore, we have been busy determining the fastest tyre combination for cyclists competing in the Worlds.

In March 2009 Sports Performance Officer Diana Dickenson was granted two years leave without pay. We thank Diana for her contribution over the past three years. Diana has worked with all TIS squads and travelled frequently with teams, offering wide-ranging support. Along with Rachel Elsley, Matthew Driller and John Gregory, the SPU has delivered wide-ranging services throughout the state.

Ben Scarlett, who will work in the Sports Performance Officer position for the next two years, commenced in the role in June 2009. Ben has worked at the Victorian Institute of Sport with team sports and has a background in rowing. We look forward to Ben's contribution to the TIS.

In November 2008, we welcomed Rachel Elsley to the role of Sports Performance Officer – Talent Identification and Development (TID). Initially Rachel worked at the TIS for three months as an international placement student before starting her current position. Rachel holds a master of exercise physiology degree and hails from England. In addition to TID, Rachel has worked with the football squads providing testing and support at the Institute Challenge.

TID highlights include:

- Streamlining the schools testing scheme.
- Attendance at a National TID conference in Adelaide.
- Relocation of the position to Launceston.
- Restructuring of the role.



An athlete uses the Launceston strength and conditioning facility.

Research

The SPU has long been interested in improving performance through research. With this in mind PhD scholar Matthew Driller has been active with TIS and other athletes with research projects over the past year. In addition, Manager Sports Performance John Gregory presented research at the applied physiology conference that looked at differences between oxygen analysers.

Research activities undertaken:

- The effect of the supplement bicarbonate on cycling performance.
- The effect of bicarbonate on high-intensity training in rowers.
- Submission of articles for publication.

Physical Preparation

We farewelled Sean Murphy, Sports Performance Officer, in September and thank him for setting up full-time physical preparation services in Hobart. Tim Mosey filled that position in January 2009, providing

strength and conditioning to southern-based athletes. Tim comes from Queensland and is a former rugby union professional. Physical Preparation Officer Peter Culhane and Tim have worked well to build up coverage of TIS athletes in the past 12 months.

Physical Preparation's highlights in 2008–09 included:

- Extensive work with rowing and success at Olympic Games.
- Obtained level three accreditation of the strength facility in Launceston.
- Provided support to the Hockey squad at AHL week.
- Expanded services to include programs and coaching to 90 athletes.

Sports Medicine Network

We remain appreciative of the assistance of the medical network over the past year. Doctors and physiotherapists have provided medical and musculoskeletal screenings of TIS athletes in the past 12 months.

With the assistance of physiotherapists, it was possible to make positive changes to the screening process. The sports medicine network has continued to address any injury and illness requests. We thank Dr Ian Beltz and Carl Saunder, Athlete and Coach Services Coordinator, for their roles in the TIS sports medicine network.

John Gregory
Manager, Sports Performance



Sports Science staff test rower Brendan Long.

Talent ID

2008 brought changes to the ongoing Talent ID (TID) in schools program, previously known as 'Talent Search'. The TID in schools program is now independent from the Australian Sports Commission (ASC) making Tasmania the only state in Australia to conduct mass testing statewide.

This time became a transition period for the TID program, seeing the departure of Talent Search Coordinator Emily Parker in May 2008 after 18 months in the role. During Emily's time in the program, she implemented National Talent ID programs for wildwater canoeing (Rapid Slaying) and rowing (Dream Stream). The Talent Search Coordinator role was temporarily filled from May to November 2008 by Laboratory Technician Inge Hillier who finalised the mass screening of students across Tasmania.

In November 2008 Rachel Elsley started in the role of Sports Performance Officer – Talent Identification and Development.

The 2008/09 intake offered places to 10 athletes for 12 months development in the program after impressive performances in difficult and demanding tests in the sports of athletics, cycling and rowing.

The current 2008/09 athletes have already demonstrated huge successes, both statewide and in national competition.

Our cyclists have had a fantastic start to the program, with Georgia Baker winning bronze at the Australian Junior Track Championships in March less than six months after starting the sport. In athletics, Julian Rushworth and Max Waldron both competed at the National Under 18 match in Queensland. Max also represented Tasmania at the Pacific School Games held at the AIS in Canberra.

So far all members of the TID squad have shown great commitment and have embraced the challenges presented to them. We look forward to following their progress as they continue to develop as athletes.

The 2009 Talent ID in schools program introduced a new structure in an attempt to increase the number of participating students by trialling the program based on region. Students in grades seven, eight and nine at Launceston schools were invited to attend an open testing session to determine their physical and physiological potential to become an elite athlete. Based on



*Rachel Elsley
Sports Performance
Officer
– Talent Identification
and Development*

the low number of students who responded, it was decided to revert back to the original schools program.

Due to the continued support from more than 30 schools across Tasmania, we are able to continue the Talent ID Program for a 16th year. For the 2009/10 intake, we continue to identify athletes in the sports of athletics, rowing and cycling (road, track and mountain biking).

Athletes identified in the sports of rowing and cycling will have the opportunity to feed into the new national talent ID programs. Athletes in these squads will enjoy additional support from their respective national sporting organisations.

**Rachel Elsley
Sports Performance Officer – Talent
Identification and Development**

Athlete Career & Education

A balanced approach to sporting excellence

THROUGHOUT 2008-09 the Athlete Career and Education (ACE) program has seen a continued and steady growth in its programming of events and activities aimed at assisting Tasmanian Institute of Sport (TIS) athletes to ensure they are being the best athlete they can be.

For any scholarship athlete, they are chasing their dream to break records, represent their country and perhaps earn a living from their chosen sport. For many, though, this may never occur and with today's economic climate, it is even more important that athletes are preparing themselves for employment, higher education and life skills.

The ACE program undertook more than 520 individual athlete contacts during the period covered by this report, for a variety of situations including;

- Education situations
- Employment or finding employment
- Professional development
- Résumé preparation
- Time management
- 2008 Olympic Games

Some of this year's highlights include:

High Performance Athlete Forum

At the conclusion of the TIS scholarship announcements in December 2008 we staged our first High Performance Athlete Forum inviting all TIS athletes to attend. More than 80 athletes attended this afternoon session that covered topics including:

- Being a high-performance athlete – athletes were able to listen to Beijing Olympians Stephanie Grant, gold medallist Scott Brennan, wildwater canoeist Stewart Bennett and former TIS scholarship holder and now TIS Board member Bianca Langham Pritchard discuss their experiences and provide an insight into what the TIS offers athletes and the way the TIS has assisted them in reaching their goals.
- Media and public speaking – athletes were provided with an insight into what to say and how to conduct themselves in the media spotlight. This was deliv-



Stewart Pither
ACE Consultant

ered by Nick Turner, of Corporate Communications, who has also undertaken other media workshops throughout the year for TIS athletes.

- Take control – athletes listened to Constable Ian Dunkley talking about the importance of car maintenance, road safety and what to do in certain situations.
- Healthy athlete – nutritionist Gaye Rutherford informed athletes on the importance of being a healthy athlete and some of the do's and don't's involved with this.



TIS athletes participate in an ACE workshop.

These sessions proved to be extremely successful and we look forward to staging another High-Performance Athlete Forum towards the end of 2009.

Higher Education Assistance

The TIS and University of Tasmania (UTAS) relationship is continuing to strengthen in many ways throughout this last report period including:

- Elite Athlete Friendly University – there are 12 TIS athletes at UTAS combining their university and sporting commitments. The assistance that Gaon Mitchell and Jane Emery provide athletes so they can combine both of their passions is second to none.
- HECS – each TIS athlete studying at UTAS can now take advantage of a HECS scholarship and a choice of more than 100 courses to interest them. This is open to all athletes and TIS staff and prepares and provides ongoing support and learning opportunities. This commitment includes a new initiative that offers HECS scholarships for study at the University of Tasmania. All eligible TIS athletes are entitled to a HECS scholarship for study of up to 25 per cent of a full-time university load per annum, throughout 2009, 2010 and 2011. Thanks goes to Susan Grant from UTAS in her development with this program.
- TIS/UTAS Scholarship recipient for 2009 was trampolinist Jack Penny.



Athletes gain valuable public speaking skills.



Problem-solving and goal-setting skills are a part of ACE workshops.

- Social Norms Analysis Project – Work is under way to establish a research project with Dr Clarissa Hughes and her team looking at the issue of young people and alcohol, specifically looking at a pilot study of an evidence-based education program to improve athlete wellbeing and reduce alcohol-related harm.

New Initiatives

- ACE Ambassadors

The Australian Sports Commission, through the National Coach and Athlete Career and Education (NCACE) program, has for many years been providing career, educational and personal development services and transitional support to eligible athletes and coaches. Through a national network comprising the Australian Institute of Sport (AIS) and state and territory institutes and academies of sport, more than 3000 national and state elite athletes and coaches access NCACE services each year.

To assist in spreading the message of the benefits and services available through ACE, the Australian Sports Commission is implementing an awareness and information strategy called the ACE Ambassador Program.

Belinda Goss (TIS/AIS Cycling Program) will be one of the new ACE Ambassadors. Hockey player David Guest, who is combining his sport and study to become a physiotherapist, has also been invited to participate in a complementary ACE initiative along with seven other athletes from around Australia to promote the value of athlete career and education services.

- *Success and Setbacks workshop*

Goal-setting can sometimes be a very dry topic to get athletes interested in. A version of the classic snakes and ladders board game has allowed athletes to understand more about goal-setting, the obstacles they may face along the way and possible strategies to allow them to reach their targets.

This new version of snakes and ladders, referred to as 'success and setbacks', has been greeted enthusiastically by the majority of team sports including women's football, basketball, netball, AFL football and the national mountain bike group.

- *Mock job interviews workshop*

This is a vital area for our athletes. Selected athletes were taken through the complete job interview process. Initially this entailed talking to the athletes about what to write in an application and how to structure their résumé.

We then sent the athletes a job advertisement. Each athlete had to complete their résumé, address the selection criteria and prepare a covering letter and return them to us by the specified date.

Athletes were then interviewed for approximately 15 minutes on a variety of topics from 'tell us about yourself' to role-play situations. Each athlete received individual feedback as well as group feedback on their performance and their paperwork.

Thank you goes to Shari Rieder who assisted us in our interview sessions and feedback to all the athletes. To date, men's football, basketball, netball and national mountain bike have participated in the program.

Other workshops held during the reporting period have included media skills, time management, 'The Apprentice', and financial implications for athletes. Induction programs for netball and basketball have also taken place.

Athlete in Schools Program

At the start of 2009 more than 70 primary and high schools across the state expressed their interest in this program, in which TIS athletes visit schools and conduct a verbal and practical session on their sport, discussing with the pupils the benefits of a healthy lifestyle, promoting their sport and themselves. The



Kate Schwatz conducts a practical session during a school visit.

sessions also provide the athletes with an opportunity to develop their own presentation skills.

This year we were able to meet 46 requests. The following athletes undertook the majority of the sessions – Rebecca Quail (lawn bowls), Jessie Humphries (basketball), Kate Schwartz (netball), Sam Crosswell and Donna MacFarlane (athletics), Scott Brennan and Kate Hornsey (rowing), Eddie Ockenden (hockey), Ella Bouchier and Nina Khoury (tennis), Stephanie Grant (judo) and Mark Jamieson (cycling).

Relationships Australia

Once again in 2008-09 Relationships Australia offered our athletes and families access to counselling as and when required. Thank you.

The ACE program has gained momentum in 2008-09 and the challenge will be for the program to continue this in 2009-10. The success of the program is built around our athletes as well as that of our hard-working coaches who have embraced the ACE program throughout this year. Thank you to all of our coaches and support staff and stakeholders in making this year a successful year.

Stewart Pither
Athlete Career and Education Consultant

TIS scholarship programs

THROUGH support from the State and Federal Governments, national and state sporting organisations and the various corporate sponsors of the Tasmanian Institute of Sport (TIS), the Institute provides scholarships to selected athletes in various TIS programs.

NATIONAL TRAINING CENTRE (NTC) PROGRAMS

These are the main programs offered by the TIS in conjunction with national and state sporting organisations and the Australian Sports Commission. In 2008-09 the Institute operated eight NTC programs in the sports of athletics, basketball, cycling, hockey, football (with a separate men's and women's program), netball and rowing. All sports have a full-time coach or program manager employed specifically to conduct the NTC 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 PROGRAMS (EDP)

These programs operate in a similar manner to NTC programs. Squads enlist the services of a coach employed by the state sporting organisation to coordinate the program for selected athletes in that sport. Athletes receive funding support to attend international/national level training and competition opportunities, access to training facilities and coaching support within Tasmania and access to the services provided by the TIS in Sports Science and Athlete Career and Education. TIS Elite Development Programs in 2008-09 were AFL football, cricket, diving, sailing, swimming, tennis, triathlon and wildwater canoe.

INDIVIDUAL SCHOLARSHIP PROGRAM

These scholarships are provided to athletes from sports in which a small number of athletes are performing at the required level in the sport or where the sport does not have the infrastructure to provide a coach/coordinator and other support services necessary for an NTC or EDP program to operate.



*Geoff Masters
Program Manager*



*Tania Paterson
Sport Program Coordinator*



*Claire Deavin
Project Support Officer*

Athletes are provided with funding support to enable access to international/national standard training and competition opportunities, Sports Science and Athlete Career and Education services. The Institute's staff work directly with the athletes to help coordinate their programs and the use of their funds. Scholarships are offered at different levels based on performance criteria that cater for junior through to senior athletes.

Cycling

THE 2008-09 year has been a busy and rewarding time for the Cycling Program. Athletes have competed in all parts of the world – major competitions have included the 2008 Olympic Games, World Championships, World Cups and National Championships.

Mark Jamieson's performances at the 2008 Olympic Games were an obvious highlight. Producing career-best form, Mark recorded some of the fastest lap splits by any individual cyclist at Beijing in the Teams Pursuit. Unfortunately, Mark punctured in the qualifying round leaving the remaining three-man team to soldier on without their strongest link. It became apparent in the bronze medal ride-off that the team had not fully recovered from their exhausting qualifying ride where they were narrowly beaten by New Zealand.

Belinda Goss was once again selected for the World Track Championships, held in Poland. Belinda prepared herself with great determination and ambition but was narrowly beaten by Valdivieso Gonzalez, of Cuba, and Elizabeth Armitstead, of Britain, to finish with a bronze medal in the scratch race. Belinda then continued this form two days later to finish fifth in the point score.

December through to March is traditionally the busiest months for the Cycling Program. Athletes competed and gained valuable experience at the coastal carnival series.

Ron Bryan travelled with the TIS athletes on New Year's Day to Geelong to compete in the prestigious Bay criterium series. Rowena Fry showed her versatility and surprised many, including herself, to win stage three. Unfortunately, Belinda Goss crashed out of the series sustaining injuries to her leg.

Shortly after the Geelong trip, Peter Loft, Amy Cure and Luke Ockerby were selected to represent Australia at the Youth Olympic Festival in Sydney. All three performed brilliantly – Amy won the individual pursuit, point score and scratch race and Peter won the scratch race and rode to a silver medal in the pursuit. Ron was also appointed as National Team Manager/Assistant Coach for the festival.

The National Road Championships followed in Ballarat. Cameron Wurf once again showed that he has made a



*Matthew Gilmore
Head NTC Cycling Coach*



*Ron Bryan
NTC Cycling Coach*

successful transition from Olympic rower to elite cyclist by finishing fourth in the individual time trial. Cameron, together with Karl Menzies, Wesley Sulzberger and Bernard Sulzberger, then raced in sweltering conditions in the open men's road race where Karl narrowly missed out on a bronze medal to finish fourth.

Ben Grenda showed that he has made a positive transition from the Under 19 age category by finishing 12th in the Under 23 road title. Bernard Sulzberger displayed fantastic condition to win the National Criterium Championship in Sydney.

In January 2009 Rowena Fry won her first National Cross Country Mountain Bike (MTB) title in Canberra and also won the National Short Course Championship one day later. In March 2009 Rowena travelled to Thredbo NSW to win the Oceania Cross Country MTB title. I would like to acknowledge the work of National MTB coach Neil Ross who has work closely with Rowena as she recovered from glandular fever. More information on the MTB program is available in the MTB program report.

Wesley Sulzberger signed a professional contract for the 2009 season with French team Française des Jeux. His first race for the team was the Tour Down Under which saw him race next to childhood hero Lance Armstrong. Wesley raced fantastically all week and finished fifth in the overall classification. Wesley then travelled to Europe where he competed against Matthew Goss in the early spring classics.

Matthew has progressed each year as a professional cyclist which was proven in the semi-classic Ghent to Wevelgem where he finished a very impressive third. Matthew was also the first Tasmanian since Tasmanian Hall of Fame inductee Michael Wilson to compete in this



Newest TIS scholarship holder Ryan Hughes.



Peter Loft finished third in the individual pursuit and fourth in the scratch race at the Australian Track Championships.

year's Tour of Italy. It will not be too long before we see a TIS athlete compete in the prestigious Tour de France.

The first week of February 2009 saw us travel to Adelaide for the Australian Senior, Under 19 and Para Track Championships. Belinda Goss defended her National Point score title for a second consecutive time. Belinda backed this performance up with a second placing in the 10km scratch race.

Under 19 cyclists Amy Cure, Peter Loft and Luke Ockerby did not miss their chance as they made their bid for Junior World Championship selection. Amy won the Individual Pursuit Championships, coming within a second and half of the junior world record.

She continued this form to finish second in the scratch race. Peter Loft finished third in the individual pursuit and fourth in the scratch race. Luke Ockerby raced to second in both the scratch race and omnium. Newest TIS scholarship holder, Ryan Hughes, raced well to win both the individual pursuit and one kilometre time trial in the LC2 category of para-cycling.

To round of this very busy period, Amy Cure and Ryan Hughes showed their versatility at the Junior and Para-Cycling National Road Championships. Amy won a silver medal in the individual time trial and Ryan returned with two gold medals in the individual time trial and was crowned National Road Champion in the LC2 category of para-cycling.



Peter Loft won the scratch race and rode to a silver medal in the pursuit at the Youth Olympic Festival in Sydney.

TIS scholarship coach Andrew Christie-Johnson continues to make significant contributions to our program through the Praties cycling team. Importantly, Ben Grenda has been included in the team's roster for the 2009 season. Through this link Ben has been included in major national competition which has been very beneficial for his development.

Ron Bryan continues his tireless work with Cycling Tasmania's Development Squad with Development Officer David Walker coordinating and assisting in development camps and training days throughout the year. We have also seen the inclusion of three target squad members in the scholarship program: Peter Loft,



Cyclists test their communication skills during a camp.

Amy Cure and Luke Ockerby – a true testament of Ron's work, along with Cycling Tasmania and accredited coaches.

We also welcome for the 2009 season a new bicycle sponsor, Argon18 supplied by FRFsports.com. Country Club Tasmania continued its corporate partnership with the Cycling Program, whereby we benefit greatly from accommodation and financial support. Santini continues to supply the squad with state-of-the-art competition clothing.

I would also like to acknowledge the importance of the ACE Program in providing incredible balance into the daily training environment of our athletes. The Talent Identification and Development program continues to provide future talent who will eventually stream through to our target and scholarship squad, and thanks to the Sports Performance Unit who deliver cutting edge sports science and strength and conditioning support.

Matthew Gilmore
Head NTC Cycling Coach

2008-09 Cycling Scholarship Holders

Amy Cure, Rowena Fry, Belinda Goss, Matthew Goss, Ben Grenda, Ryan Hughes, Mark Jamieson*, Peter Loft, Caleb Manion, Karl Menzies, Luke Ockerby, Richie Porte, Sean Sullivan, Bernard Sulzberger, Wesley Sulzberger, Sid Taberlay and Cameron Wurf.

*Mark Jamieson withdrew from the cycling program due to personal reasons in February 2009.

2008-09 Target Squad

Sam Brett, Will Clarke, Sarah Cure, Nathan Earle and Emma Smith.

2008-09 Cycling Squad Sponsors

Major sponsors: Cyclingnews.com*, Avanti Bicycles*, Santini Cycling Clothing, Country Club Casino, Argon18 (FRFsports.com)*.

Minor sponsors: *Specialized Helmets and Shoes.

**Avanti Bicycles and Specialized sponsorship agreement ended 31 December 2008.*

**Cyclingnews.com sponsorship agreement ended 31 December 2008.*

**Argon18 supplied through FRFsports.com sponsorship agreement commenced 1 January 2009*

2007-08 Satellite Coach

Andrew Christie-Johnson.



Belinda Goss finished with a bronze medal in the scratch race at the World Track Championships, held in Poland.



Amy Cure won the individual pursuit, point score and scratch race at the Youth Olympic Festival in Sydney.

Football – men

FOLLOWING the resignation of former NTC Men's Football Coach Bruce Stowell in June 2008, I took over the position in August 2008.

By this time the athletes in the men's football program were involved in state preparation for the Football Federation Australia (FFA) National Championships to be held in Coffs Harbour, NSW.

These championships gave me the ideal opportunity to assess the capabilities of those in the program, as well as see if there were any new players up to the required standard to be invited into the program for the coming year.

On returning from the championships the players were trialled for a period of three weeks under my coaching and decisions were made on who would be offered a scholarship for the next year. For the new intake I decided to concentrate on players born in 1993 and 1994. Due to this guideline Toby Woolley and Liam Scott became ineligible for the program. Liam has since been performing very well in the senior men's league in Hobart.

Brayden Mann and Bradley Ryan chose not to renew their scholarships. In December 2008, 13 athletes were placed on scholarship. Three players were added to the group in January 2009.

National Identification

In January 2009, the program travelled to the Australian Institute of Sport, Canberra, to compete in the inaugural FFA Institute Challenge. This was an ideal opportunity for the players to compete against their peers in front of AIS coaches and the National Under 17 Coach. The team performed very well achieving some notable results against Football West and narrowly being defeated by New South Wales.

More importantly it gave the players the opportunity to find out what is required of them if they want to move further along the players' pathway.

To help them gain valuable experience and match practice the team was entered into a senior men's competition, held in Launceston over six weekends. Again the team performed very well, playing good



*Dean May
NTC Men's Football Coach*

football, only losing to the eventual winner and thereby achieving a commendable third place.

To develop the players further, the squad was entered into the Southern Under 19s Premier League. At the end of the reporting period, the team was unbeaten, having played 12 games and scoring more than 70 goals and only conceding seven. Brady Cronk scored 22 of the 70 goals.

With the support and assistance of Football Federation Tasmania it is hoped that the team will compete in a higher level of competition for the season 2009/10.

TIS Support Personnel

The TIS Men's Football Program has a great support team behind it. The University of Tasmania has continued to provide training ovals and venues through the great enthusiasm and support of State Manager Gina Poulton and Centre Manager Nadia Roulias.

Away from the sporting arena the activities of the ACE Program were proactive in developing the players' life skills. This included mock job applications and interviews, public speaking and time management.

The strength and conditioning support provided to the athletes ensured that the players are continually

encouraged and tested to develop their physical attributes. The voluntary assistance on training and match days provided by David Cronk (Assistant Coach) and Mark Prendergast (Sports Trainer) has ensured that the program has been able to develop into a professional program offering the players the best opportunities to succeed. Thanks should also go to State Coaches Ken Morton and Chris Hay for the underpinning state programs in their assistance and support.

Dean May
NTC Men's Football Coach

2008-09 Squad Members

Will Abbott, Brady Cronk, Declan Cuschieri, Jamie De Smit, Declan Foley, Hugh Foley, Sam Hamilton, Elliott Lovell, Eli Luttmer, Jordan Muller, Tristan Prendergast, Cameron Sweeney, Jeremy Walker and Cameron Williams.



The men's football squad.

Football – women

THERE has been much accomplished in 2008/09, the second year of the Tasmanian Institute of Sport's (TIS) women's football program. The program grew from 13 scholarship holders in the first year to 16 athletes being inducted in December 2009. The program also added an assistant coach in the well-qualified and experienced Michael Edwards, who holds a Football Federation Australia (FFA) A-licence, thus enabling the highest level of coaching services to be provided to the scholarship holders.

The squad embarked on a busy competition program highlighted by a tour to China in April 2009. This was the first time a squad from the TIS has made an international tour and in all aspects it was a resounding success. The players played five matches in eight days against quality teams with the squad also experiencing the cultural aspects of Beijing.

Throughout the tour, the players demonstrated a level of performance and consistency not seen before. This was a significant achievement considering the level of difficulty associated with the tour and travelling especially when most had never been overseas before.

Competition also included a weekend trip to Adelaide in December 2008 to compete against the South Australian Sports Institute (SASI) squad. Two matches were played, the first a curtain-raiser before a Women's National League match and the second at the home of SASI. Results were 0-5 and 2-2 with a good improvement shown in the second game.

Both of these trips were vital in the development of the players in the squad, to expose them to a higher level of women's football and provide them with the appropriate stimulus for learning that is achieved by playing against age-similar elite opposition.

As the program runs for 12 months, other important competition components included competing in the Southern Boys Youth League Under 14 Division 1 competition throughout the winter season (April to August). Playing in boy's youth league competitions is consistent with NTC Women's Football programs in other states and provides a level of competition to challenge and develop the players.

Before the season started, the TIS competed in the Southern Women's Premier League Summer Cup,



Vicki Linton
NTC Women's Football Coach

overcoming Hobart Olympic 5-1 in the final after an undefeated run through the preliminary rounds. The team scored 29 goals and conceded three in five games in a dominant performance.

Rounding out the year the players competed in an Under 14 boys Futsal competition from October to December. The squad was split into two teams and managed to improve each game and adjust to the high speed of the indoor game. Both teams made the semi-finals (drawn against each other) with one team advancing to the final but were unfortunately defeated by Zebras who had been undefeated throughout the tournament.

Through the TIS NTC program, Jessie Williams competed at the Under 14 National Junior Championships as a guest player with South Australia as Tasmania did not field a team in this new age group. Jessie was selected in a squad of 30 players to attend a training camp at the Australian Institute of Sport from 21-24 May. From this training camp, she was selected into a final squad of 22 players that represented Australia at the Asian Football Confederation (AFC) Under 14 Girls – Festival of Football which was held in Ho Chi Minh City, Vietnam, from 26-30 June.

This tournament is about the development of these young players rather than competition and is used to prepare them for future international tournaments such as AFC Championships and World Cup qualifications. Jessie performed very well and made a significant impact as a goal-scorer.

Results from the tournament were:

AFC Under 14 Girls Festival of Football – Ho Chi Minh City, Vietnam

26 June

Aust (Team 1) vs China 1-1; Jessie Williams 1 goal

Aust (Team 2) vs Japan 0-2

Aust (Team 1) vs Guam 2-1; Jessie Williams 1 goal

27 June

Aust (Team 2) vs Singapore 6-0

Aust (Team 1) vs Thailand 2-0

Aust (Team 2) vs Korea 0-1

29 June

Aust vs Singapore 9-0; Jessie Williams 5 goals

Aust vs Thailand 2-0

30 June

Aust vs China 4-0; Jessie Williams 1 goal

Aust vs Japan 0-0

From the coaching ranks, I was also appointed as the Assistant Coach with the Under 16/17 Women's National Team. This team is preparing to compete at the Under 16 Asian Championships in November, which also act as Under 17 World Cup Qualifiers for 2010.

Nationals

Under 14 National Junior Championships, Canberra
April 2009 – Jessie Williams (SA/TIS)

The following TIS players were selected in Tasmanian State teams:

Tasmanian Under 17s

Adelyn Ayton, Rani Cavarretta, Caitlin Daley, Lucy Foote, Mady O'Brien, Sacha Rose, Tayla Thomas, Ashlee Tolman and Shelbi Vienna-Hallam.

Tasmanian Under 15s

Kathleen de Boer, Olivia Edwards, Brooke Mason, Jemma Plummer and Jessie Williams (who withdrew due to Under 14 National team commitments).

Adelyn Ayton, Lucy Foote and Harkana Dixon travelled to Melbourne to train with the Victorian NTC program under the eye of the Melbourne Victory W-League Coach. Tasmania does not have a team in the Women's National League and creating a pathway for talented players in Tasmania to play at the highest club level in Australia is important.

With regards to off-field athlete development, the women's football program participated in a number of workshops and seminars coordinated through the ACE program. At the start of the school year we put the first year athletes through goal-setting while the



*NTC Women's
Football Coach
Vicki Linton with
Jessie Williams*

second years' were introduced to the Athlete in Schools program. The whole squad participated in time management and public speaking workshops.

We also looked at team dynamics and leadership before the China tour. After the tour, sports psychologist Dr Jacqui Triffitt ran a debriefing session for the squad to help them reflect on what they had learned from the trip and assisted them in getting back into their normal routine and reset their goals for nationals.

The TIS women's football program is grateful for the many people who have supported the program this year. The tour to China was a big endeavour and I thank all the parents and players for the effort they put in to make the dream a reality. I am also very grateful for the assistance of Michael Edwards and Darren Cook (State team coaches) and Joanne Kemp (physiotherapist, Bodysystem) for their time and professionalism that ensured the trip was a success.

Mark Egan (Northern Development Officer) continued to support the program with a lone scholarship holder in the north providing valuable support to make this program work. Thank you to Gina Poulton and the staff at the University of Tasmania Sport and Recreation department in Hobart for their ongoing support with regards to training grounds for the program.

TIS Squad 2008-09

Adelyn Ayton, Rani Cavarretta, Caitlin Daley, Kathleen de Boer, Harkana Dixon, Olivia Edwards, Lucy Foote, Brooke Mason, Mady O'Brien, Isolina Ottavi, Jemma Plummer, Sacha Rose, Tayla Thomas, Ashlee Tolman, Shelbi Vienna-Hallam and Jessie Williams.

Vicki Linton
NTC Women's Football Coach



The women's football squad during their visit to China.

Hockey

WINNING the 2009 Women's National Under 21 Championship undefeated, and with a strong Tasmanian Institute of Sport (TIS) presence, was one of many highlights for the hockey program during the 2008-09 reporting period.

The TIS retained a strong presence in the men's National squad, but saw the retirement of one of its greats, Matthew Wells OAM. With a new Men's National Coach in Ric Charlesworth, there were many opportunities afforded to TIS members to stake their claim to be considered in the lead-up to the 2012 Olympic Games in London.

David Guest and Eddie Ockenden were both selected in the men's 2009 National squad. Unfortunately, David broke his hand during the 2009 AHL and as a consequence missed the 2009 European tour. Eddie remains a shining light for the National team and the TIS program.

Eddie's presence with the Tassie Tigers in the AHL finals week enabled many players and spectators to appreciate the spectacular ability he has to eliminate opponents and convert goals. After completing his stint in the Dutch National League, Eddie joined the National men's team on its European tour that included winning the Hamburg Cup.

Eddie scored a number of exciting and highly skilled goals on this tour. In the final game of this tour Eddie broke his collarbone which required surgery back in Perth. The 2010 World Cup in New Delhi and the Commonwealth Games are the upcoming major tournaments.

History was made when TIS athletes Lucy Ockenden, Nina Khoury, Emily Lawson, Emily Wilson, Eliza Flanagan and Hannah Calvert worked together to ensure a superb unbeaten National Championship victory for Tasmania in the 2009 Under 21 competition. This truly marks a significant event for the hockey program, one that has now set a high benchmark for all. I would also like to acknowledge TIS Coach Ilene Carr, who was the Head Coach of the team, for all she has done for the TIS Hockey program.

Before this milestone the 2009 Australian Hockey League competitions were conducted. They provided an opportunity for our new TIS scholarship holders,



*Andrew McDonald
Head NTC Hockey Coach*



*Ilene Carr
NTC Hockey Coach*

Nick Budgeon, Eliza Flanagan, Emily Lawson, Nina Khoury, Hamish McGregor and Hannah Calvert, to be exposed at the senior level.

After the women's success at the Under 21 National Championships, Emily Lawson, Nina Khoury and Emily Wilson were all included in the 2009 Junior World Cup (JWC) squad with all three touring Japan.

In late 2008 Hamish McGregor was part of the men's team that beat New Zealand and qualified Australia for the JWC. Hamish was also selected in the 2009 men's JWC squad after good form at the 2009 Under 21 Men's National Championships.

While the above selections were good news, there was some unease about the non-selection of other TIS athletes. Unfortunately, Hamish was not included in the final JWC team and all three girls were put on standby for the final JWC team after the Japan tour.

Ilene Carr has conducted regular training sessions on the North-West Coast and in Launceston. We continue to see a growing number of northern and north-west players being selected in State teams which is a combined effort of both the TIS, the region, Hockey Tasmania (HT) and its development programs and efforts of the HT Development Officers.

A key program activity was the pre-AHL match competitions in 2009. The Tassie Tigers and Wrest Point Van Demons each travelled to Melbourne and played two games against the Victorian senior teams.

During 2009 new National and National Junior squads were announced. In total seven athletes were selected in National squads during this reporting period.

2009 Men's National squad

David Guest and Eddie Ockenden

2009 Men's Development squad

Tim Deavin

2009 Men's Junior World Cup squad

Hamish McGregor

2009 Women's National Junior World Cup squad

Emily Lawson, Nina Khoury and Emily Wilson

It should also be noted that Nick Budgeon, Tim Deavin and Geoff Cock have attended a number of national



The victorious Tasmanian Under 21 women's team.

development camps during this period at the request of Ric Charlesworth. Eloise Duay has also trained regularly with the AIS high-performance program in WA.

The TIS hockey program continues to combine with HT's underpinning programs to provide a solid platform for further growth and delivery of the TIS mission to provide leadership and quality athlete and coaching services to Tasmania's talented athletes to assist them to compete successfully on the international stage.

The Sports Performance Unit continued to provide essential services and support to the overall conditioning and wellbeing of TIS athletes. I would like to thank all the coaches who have assisted in various State team capacities involving TIS players. I would also like to acknowledge the support of Hockey Australia and HT, especially Alison Monk, Grant Douglas, Jo Traynor and the former HT CEO, Stephen McMullen.

Our focus to build our National representation and success at National championships will ensure we work hard both on and off the track. We move ahead aware of the many successes of previous athletes as an inspiration for when the training gets tough.

2008 squad members: Matthew Wells OAM, David Guest, Eddie Ockenden, Ben Creese, Lucy Ockenden, Emily Wilson, Eloise Duay, Geoff Cock and Hamish McGregor.



Squad member Geoff Cock.

2009 squad members: David Guest, Eddie Ockenden, Lucy Ockenden, Emily Wilson, Eloise Duay, Geoff Cock, Hannah Calvert, Eliza Flanagan, Tim Deavin, Emily Lawson, Nina Khoury, Nick Budgeon and Hamish McGregor.

Andrew McDonald
Head NTC Hockey Coach



Emily Wilson in action in the AHL.

Rowing

THE 2008 Olympic Games in Beijing were the Tasmanian Institute of Sport's (TIS) rowing program's most successful Olympics to date. The good work that was started under Sam Le Compte's leadership culminated with Rhett Ayliffe coaching a gold medal-winning crew.

Hobart doctor Scott Brennan won the men's double sculls with crew mate Victorian David Crawshay. A further six athletes represented Australia at the Olympic Games and one at the Paralympic Games. There were also five in the non-Olympic Senior A team, four at the Under 23 World Championships and one at the Junior Worlds. Six Tasmanian coaches coached Australian crews.

In summary, it was a terrific year for rowing in Tasmania.

In more Olympic results, Launceston-based Brendan Long was in the men's quad sculls that finished fourth after setting a World's fastest time in the heat. The crew was based in the Huon and coached by John Driessen. Kerry Hore was sixth in the women's quad sculls while Kate Hornsey was sixth in the women's eight.

Rowing Tasmania's State Development Officer, Anthony Edwards, was in the men's lightweight coxless four which was ninth overall. Sam Beltz and Tom Gibson were 10th in the men's lightweight double scull. Double world champion Dominic Monypenny was sixth in the men's adaptive single scull. It was the first time rowing was held at the Paralympic Games. Dominic was coached by Rik Bryan.

At the Senior A and Junior World Championships held in Linz, Austria, Ingrid Fenger won gold in the lightweight women's quad scull. The men's lightweight eight had four TIS athletes on board – Blair Tunevitsch, Shaun Finlayson, Nick Baker and Max Sondermeyer. The crew was based in Launceston and coached by TIS coach Ron Batt. They finished eighth.

Devonport-based Rob Williams coached Taylor Wilczynski to the bronze medal in the junior men's single scull. Kellie Wilkie was the physiotherapist on the team and Dr Ian Beltz was the team doctor for two rounds of the World Cup in Europe.

In Brandenburg, Germany, at the Under 23 World



*Brett Crow
Head NTC Rowing
Coach 2009*



*Rhett Ayliffe
Head NTC Rowing
Coach 2008-09*



*Ron Batt
NTC Rowing Coach*

Championships, Carly Cottam won the gold medal in the lightweight women's single scull. Carly was coached by TIS scholarship coach Ken Davey. Fellow Launceston athletes Ali Foot and Will Breier were eighth in the lightweight quad sculls and Charlotte Walters was 13th in the women's double scull.

Many of our leading athletes took the year off after the 2008 Olympic Games. The National Championships were held on Lake Barrington in March and produced some outstanding performances. Ali Foot convincingly won the Under 23 men's lightweight single scull, while Blair Tunevitsch and Deon Birtwistle took the gold medal in the men's lightweight pair. The only TIS Olympian racing was Brendan Long who won both the men's double and quad sculls.

The Tasmanian Women's lightweight quad scull won the Queen's Cup in the Interstate Regatta in a very fast time. It was the first time a Tasmanian crew had won the event. There were three TIS athletes in the crew – Ingrid Fenger, Carly Cottam and Ella Flecker. TIS athletes won eight gold, nine silver and four bronze medals.

At the Australian Team Selection Regatta in April three athletes gained selection in the Under 23 team for the World Championships in Racice, Czech Republic. Ali Foot won all his sculling races to earn a place in the lightweight double sculls. The crew is coached by Ron Batt. Ella Flecker is in the lightweight women's quad sculls based in Adelaide and Charlotte Walters in the women's quad scull training in Canberra. Kellie Wilkie is the physiotherapist and Dr Ian Beltz the team doctor. Tom Chapman gained a place in the junior men's coxless four to race at the Junior World Championships in Brive, France.

In December NTC Head Rowing Coach Rhett Ayliffe moved to Canberra in a new role as the Senior Men's Coach at the new National Rowing Centre of Excellence. We thank Rhett for his hard work while running the rowing program at the TIS and wish him and his family well in their new home. New Zealander Brett

Crow was appointed as Rhett's successor, commencing in June 2009. Brett has coached crews internationally at the Olympics, as well as the underage World Championships.

The activities of the Sports Performance Unit played a crucial part in the success of the rowing program, providing support and assistance with six Australian crews containing 17 athletes who were based in Tasmania before representing their country in 2008.

RESULTS 2008-09

Scott Brennan

Gold, men's double scull – 2008 Olympic Games.

Brendan Long

Fourth, men's quad scull – 2008 Olympic Games; first, men's double scull and men's quad scull – National Championships.

Kerry Hore

Sixth, women's quad scull – 2008 Olympic Games.

Kate Hornsey

Sixth, women's eight – 2008 Olympic Games.



TIS rowers at the 2009 scholarship announcements.

Anthony Edwards

Ninth, men's lightweight coxless four – 2008 Olympic Games.

Tom Gibson

10th, men's lightweight double scull – 2008 Olympic Games.

Sam Beltz

10th, men's lightweight double scull – 2008 Olympic Games.

Dominic Monypenny

Sixth, men's adaptive fixed-seat single scull – 2008 Paralympic Games.

Ingrid Fenger

Gold, women's lightweight quad scull – Senior A World Championships; gold, women's lightweight quad scull – Victoria Cup; second, women's lightweight double scull – National Championships.

Carly Cottam

Gold, women's lightweight single scull – Under 23 World Championships; gold, women's lightweight quad scull – Victoria Cup; second, women's lightweight double scull and women's lightweight quad scull – National Championships; third, women's lightweight single scull – National Championships.

Charlotte Walters

13th, women's double scull – Under 23 World Championships; gold, women's under 23 eight, second, women's under 23 single scull, women's under 23 double scull, women's under 23 quad scull, women's under 23 eight, third, women's coxless four – National Championships.

Blair Tunevitsch

Eighth, men's lightweight eight – Senior A World Championships; gold, men's lightweight pair, men's coxless four, men's lightweight eight – National Championships; third, men's lightweight coxless four – Penrith Cup.

Ali Foot

Eighth, men's lightweight quad scull – Under 23 World Championships; gold, men's under 23 lightweight single scull and men's lightweight eight.

Shaun Finlayson

Eighth, men's lightweight eight – Senior A World

Championships; gold, men's lightweight coxless four and men's lightweight eight, second, men's lightweight double scull – National Championships; third, men's lightweight coxless four – Penrith Cup.

Nick Baker

Eighth, men's lightweight eight – Senior A World Championships; gold, men's lightweight coxless four and men's lightweight eight, second, men's lightweight double scull – National Championships; third, men's lightweight coxless four – Penrith Cup.

Max Sondermeyer

Eighth, men's lightweight eight – Senior A World Championships.

Deon Birtwistle

Gold, men's lightweight pair, men's lightweight coxless four, men's lightweight eight – National Championships; third, men's lightweight coxless four – Penrith Cup.

Ella Flecker

Gold, women's lightweight quad scull – Victoria Cup; second, women's lightweight quad scull, women's under 23 lightweight double scull, women's under 23 lightweight single scull – National Championships.

Tom Chapman

Second, men's under 19 coxless four – National Championships.

Ron Batt
NTC Rowing Coach



Olympians Tom Gibson and Sam Beltz.

Track and Field

THE Tasmanian Institute of Sport (TIS) track and field program this year included seven athletes – Donna MacFarlane (3000m steeple), Tristan Thomas (400m hurdles), Morgan Whiley (400m), Sam Crosswell (400m), Daniel Coleman (race walking) and Hamish Peacock (javelin) were joined by Huw Peacock who was added during the year after qualifying performances for World Youth Championships in hammer throw.

The TIS program continued to work closely with Athletics Tasmania (AT) with the major focus being the Europcar AT/TIS development squad with more than 30 athletes being announced. This program is evolving into an elite program and target for our talented under 20 athletes.

The clinic program, in collaboration with the Australian Track and Field Coaches Association, continued with visits from National-level coaches which are considered a core activity by the TIS program. The successful camps program with AT has also continued with the regular distance camp in June and a general camp in January attended by many of Tasmania's talented junior athletes.

A highlight for the year was undoubtedly Donna MacFarlane's selection and competition at the 2008 Olympic Games and subsequent competition at the World Athletics final. As a result of her performances, she was named in the World top 10 rankings. By winning the National Championship 3000m steeplechase this year, Donna also achieved selection in the 2009 World Championships in Berlin in August. Donna also placed third in the National 5000m Championship.

Tristan Thomas returned to top competition at the 2008 World University Games in Bangkok and also competed well in the Beijing test event which was a precursor to a stellar domestic season where he was undefeated in the 400m hurdles and 800m, became National Champion, qualified, and was selected in the World Championships team, and was named Australian male athlete of the domestic season by Athletics Australia.

Hamish Peacock also continued his development and represented Australia at the World Junior Championships in Poland where he excelled with fifth place in a wonderful competition with a number of athletes in the competition obtaining personal bests. Hamish had some injury issues during the domestic



*Peter Fortune
Track and Field
State Performance Coordinator*

season but still won gold at the National Under 20 Championships in April 2009.

His younger brother, Huw, won silver at the Commonwealth Youth Festival in India in January and had a breakthrough in Canberra in November when he threw the hammer a World Youth Qualifying distance of 68.16m and was awarded a TIS scholarship. Huw won the hammer at the Under 18 match in Brisbane in March, and the Under 20 National Championships, thus confirming him as a member of the Australian team for the World Youth Championships.

Morgan Whiley continued to rank among Australia's top 400m and 200m athletes, reaching the National final in the 200m. Sam Crosswell resumed competition from an achilles and hamstring injury and showed he is on the way back by winning the State Championship 200m title in March 2009. Daniel Coleman is continuing to progress, having relocated to Canberra to access the National Program Coaches and is now in senior ranks.

Tasmania's athletics stocks for the future are looking positive with a developing group of young athletes ranked in the top three nationally for their age groups. Several athletes achieved medals in National under-age competition. As usual, the throws events are prominent, which is an indication of the value of the program of event clinics coordinated by TIS Scholarship Coach Evan Peacock throughout the year, where our coaches and athletes are kept up date with developments nationally.

Funding has been allocated from Athletics Australia to continue the program as a national program through to December 2010. The national body recognises the positive contribution Tasmania and the TIS can offer and is planning an increased role for the TIS in the lead-up to the Commonwealth Games and beyond.

I am pleased to acknowledge the continuing positive partnership with Athletics Tasmania, and the support of the Tasmanian Branch of the Australian Track and Field Coaches Association and Athletics Australia, with the clinic program. The Track and Field Program and myself, have also benefited greatly from the guidance and support of my colleagues at the TIS at all levels of the organisation.

Peter Fortune
Track and Field State
Performance Coordinator

MAJOR ACHIEVEMENTS AND RESULTS

Donna MacFarlane (3000m steeplechase)

2008 Track and Field News World Top 10; 2008 Run 4YL Australian Female Distance Runner of the Year; gold medal 2009 National Championship 3000m steeple; 2008 Olympic representative; seventh, World Athletics final; bronze medal, National 5000m Championship; gold medal, Tasmanian Championships 800m.

Tristan Thomas (400m hurdles)

Gold medal, 2009 National 400m Hurdles Championship; first, Sydney GP 48.86; first, World Athletics Tour Melbourne, 50.67; first, Osaka GP, 48.68PB; first, Zatopek 800m, 1.47.83PB; personal best at 400m, Canberra, 45.86; Athletics Australia Athlete of Year; selected for World Championships team, Berlin.

Morgan Whiley (200m/400m)

Finalist, National 200m Championship; gold medal, Tasmanian Championships 400m; sixth, Sydney GP, 54.68.

Hamish Peacock (javelin)

Fifth, World Junior Championships, 74.44m; gold medal, Australian Under 20 Championships, 72.00m; fourth, World Athletics Tour Melbourne, 68.83m.

Daniel Coleman (race walking)

First, International Walking Event, Hong Kong 2009.

Huw Peacock (hammer throw)

Gold medal, Pacific Schools Games 2009, 69.88m; gold medal, Australian Under 20 Championships; gold medal, Youth Olympics, 63.03; seventh, Commonwealth Youth Games India, 57.50m; selected for 2009 World Youth Championships, Italy.

Sam Crosswell (200m/400m)

Gold medal, 2009 Tasmanian Championships 200m, 22.64.



Donna MacFarlane

Basketball

THE Tasmanian Institute of Sport (TIS) basketball program for the reporting period 2008-09 has been a year of success, development and change with four new athletes joining the scholarship group, while three athletes exited the program.

David Munns departed from the position of NITP Basketball Coach in July 2008. David was a passionate coach and committed to the promotion of basketball. I was then appointed to the position in September 2008. I was excited to be a part of a successful TIS program and embraced the challenge to further develop the level and opportunities for Tasmania's basketball athletes.

Program highlights

Hollie Grima was a member of the Australian Opals team that won silver at the 2008 Olympic Games. Hollie was also named 2008 TIS Tasmanian Female Athlete of the Year at the Tasmanian Sports Awards in March 2009.

Hugh Greenwood continued his development, playing at the prestigious Jordan Brand Classic where he was identified as an up-and-coming international talent. Hugh was selected as a member of the Australian Emus Under 19 team that will compete at the 2009



Hugh Greenwood



*Justin Schueller
NITP Basketball Coach*

World Championships. Hugh was also named in the Australian Boomers squad, being the youngest member of the squad, and named Basketball Australia's 2008 Junior Male Athlete of the Year.

Tayla Roberts, one of our youngest scholarship holders, had an outstanding year. After an impressive 2008 Under 16 National Championships campaign, Tayla was invited to attend three National development camps. Tayla's performances at National Championships, coupled with her increased strength and conditioning, has since seen her offered an AIS scholarship. Tayla is the first female TIS basketball scholarship holder to be offered an AIS scholarship since Hollie Grima in 2000.

All eight of this year's TIS scholarship holders represented Tasmania in their respective National Championships. Hugh Greenwood represented the state in the Under 18 men's side. Tayla Roberts, Katelyn Brooks, Olivia Howard and Ella Fox were all selected in the Under 18 women's side, while Matt Brazendale and Ben Langmaid represented Tasmania in the Under 16 men's side.

In addition to Tayla Roberts and Hugh Greenwood being invited to National development camps, first-year scholarship holders Katelyn Brooks and Matthew Brazendale were also included in the June 2009 camp.

The National Intensive Training Program (NITP) saw a new structure developed in the reporting period. The number of athletes in the program increased and the

program changed in order to tailor to a more progressive development pathway into the TIS basketball program.

The result of this has seen 11 NITP athletes placed on the Australian profile. And I personally appreciate the outstanding support and commitment to the program through the coaching of our TIS regional coaches Craig Taylor and John Fox. Without their work and dedication to the program these results would not have been achieved.

The TIS basketball program is grateful for the ongoing support received from Basketball Australia and Basketball Tasmania.

The great work performed by Strength and Conditioning staff was reflected in the athlete performances and strength on court, taking them to a new level of play and it proved to be a crucial component of their development.

The activities of the ACE program provided valuable assistance during the reporting period with scholarship holders involved in workshops including nutrition, sports psychology, goal-setting and mock job interview sessions.

TIS Basketball scholarship athletes

2008

Hugh Greenwood, Hollie Grima, Catherine Guest, Olivia Howard, Jessie Humphries, Dwayne Radcliffe, Tayla Roberts and Breanna Russell.

2009

Matthew Brazendale, Katelyn Brooks, Ella Fox, Hugh Greenwood, Hollie Grima, Olivia Howard, Ben Langmaid and Tayla Roberts.

Justin Schueller
NITC Basketball Coach



The TIS Basketball squad.

Netball

ON reflection, the past 12 months have been quite challenging as the Tasmanian Institute of Sport (TIS) Netball Coach.

In 2009 we moved from the 2008 model of entering a TIS team in the Tasmania Netball League (TNL). This was with some reservation as netball is obviously a team sport and all athletes require constant development in team structures, technical aspects and teamwork.

The aim and intention of the program in 2009 was to focus on the individual with an intensive daily training environment and a higher level of physical preparation to compete at the Under-age Nationals and the Australian Netball League (ANL) competition. The other piece of the puzzle for the group was to compete in our premier netball competition in the State which requires them to train and play with their respective State League teams between February and July.

Thank you to the State League clubs who embraced the TIS athletes back into their clubs and supported their individual training plans. Without this support it would have been difficult for the girls to enjoy what they do and strive for the best. The initiative of region-



*Lou Carter
TIS Netball Coach*

al coaches implementing the program in the respective areas has been a success. Thank you to Jodie Mather (south) and Debbie Daniel (north-west) for committing to this program.

Throughout the 2008-09 scholarship, athletes have been given many and varied activities and opportunities to develop both on and off the court. Through the ANL program, TIS athletes will have the opportunity to compete in the ANL competition which started at the beginning of August. Exciting times again for this



*Netball athletes
participate in an
ACE workshop.*

league as Netball Australia has invited Singapore in to compete.

Congratulations to Steffi Grenda, Lauren Miller, Kate Schwartz, Katelyn Fryett, Madeline Carter and Jacqui Witt who have been selected into the 14-player squad to compete in this highly rated competition. Exposure at this level can only build and develop the athlete's capacity to perform within national standards and be exposed to national selectors.

Thank you to ANL personnel in Aaron Pidgeon (Coach), Kelli Woolnough (Assistant Coach), Andrew Jackson (fitness adviser) and Bec Hills (physio) for their support of the TIS program.

Another highlight for individuals in the TIS program was their involvement in their respective under-age State teams that competed at the Under-age Nationals in April. Solid performances from all TIS athletes and three players being invited into the AIS under-age camp in July – Chelsea Coleman (19 and

under), Jacqui Witt and Sophie Manning (17 and under) – were highlights.

The Sports Performance Unit continued to provide great support and professional advice. Strength and conditioning was a strong focus with our elite netballers and the feedback received about the improvement in our athlete's physical presence on court was a highlight.

Support received from the ACE program assisted greatly in the management of what is an integral part of an athlete's life – education and pursuing work.

Thank you to Netball Tasmania and Netball Australia for the ongoing support of the program. This year I believe we have seen major improvements in our athletes' ability to match it with the best in their respective age groups around the country.

Lou Carter
TIS Netball Coach



The TIS Netball squad.

National Mountain Bike program

LATE in 2007 a partnership was formed between Cycling Australia and the Tasmanian Institute of Sport (TIS) to support the National Mountain Bike program in preparation for the 2008 Olympic Games in Beijing. This initial trial was extremely successful, and the partnership has been extended through to the 2012 Olympic Games in London.

The TIS functions as the Australian base of operations for the Mountain Bike program providing training facilities, sport science and medical support, and a work environment for the National Team Coach Neil Ross. The DiscoverTasmania.com National development team is the focus of the program. The members of the team are Charlton Durie (NSW), Gracie Elvin (ACT), Rowena Fry (Tas), Nathan Haas (ACT), Lachlan Norris (Vic) and Paul van der Ploeg (Vic). The DiscoverTasmania.com team competes domestically but has a significant international component, with a priority on World Cup competition.

Five National Team training camps have been held in Tasmania and based at the TIS but included training at locations all around the state. Highlights were the final preparation camp of Daniel McConnell for the 2008 Olympic Games, the National Under 19 team camp, and the DiscoverTasmania.com team pre-season training camp.

Twenty-five interstate athletes travelled to Tasmania to participate in these camps. TIS Manager Sports Performance (and former MTB National Champion) John Gregory also fills the role of MTB Programs



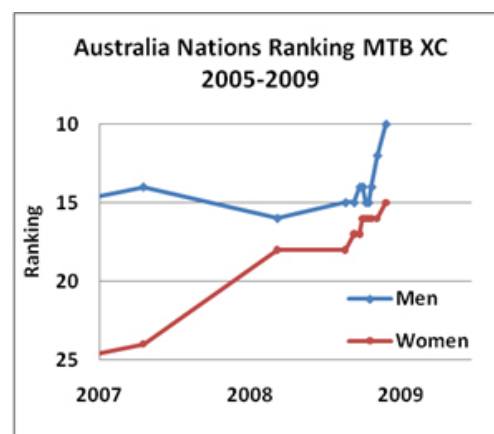
Neil Ross, Daniel McConnell and Delys Starr at the closing ceremony of the 2008 Olympic Games.



*Neil Ross
National MTB XCO Head Coach*

sport science coordinator and has been a key support staff member at camps and competitions.

The year has been very positive in performance terms, with many excellent results internationally.



This chart, above, illustrates Australia's clear progress toward the top of the MTB Olympic Cross Country World rankings since the program relocated to the TIS.

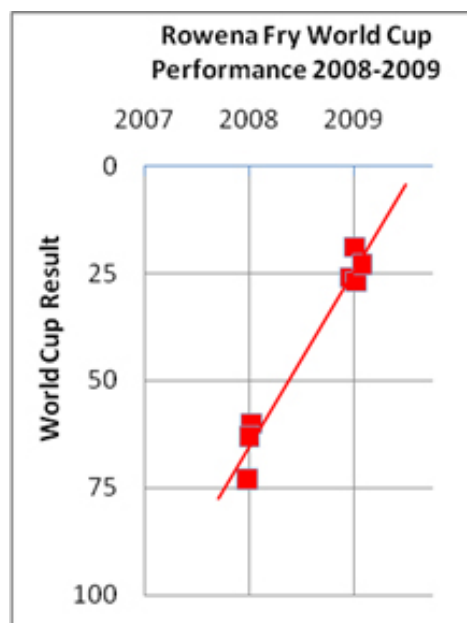
A key beneficiary of Tasmania's investment in the program has been Launceston resident Rowena Fry. At the time of this report, Rowena was ranked 28th in the world in Olympic Cross Country MTB and was the National Champion in all disciplines of mountain biking in which she competes: Cross Country Olympic, Cross Country Short Track Criterium and Cross Country Marathon.

Rowena has benefited tremendously from the intensive exposure to the National program that the TIS partnership has made possible. Rowena is improving rapidly and is on course to develop into one of the top 10 in the world by 2012.

This graph, right, illustrates her international progression over the past year, from results in the mid-sixties in 2008 to performances in the top 25 in 2009.

Many thanks to TIS management, administration, sport science, strength and conditioning, ACE, IT services, reception and especially TIS cycling coaches Matthew Gilmore and Ron Bryan who have contributed so much to the success of the National Mountain Bike program this year.

Neil Ross
National MTB XCO Head Coach



Rowena Fry at the 2009 National Championships.

Elite Development Programs

ELITE Development Programs (EDP) are a two-way partnership between State sporting organisations and the Tasmanian Institute of Sport (TIS) and are designed for sports with an identified group of athletes where the TIS does not run a National Training Centre program.

Each sport has a coach and/or program coordinator endorsed by the sport who runs the daily training environment and works with the TIS on program specifics and delivery.

A three-tier model was introduced to better service the needs of specific sports:

Tier 1 – Designed for sports where athletes are of an international level.

Tier 2 – Designed for sports where athletes are of a national standard.

Tier 3 – Designed for sports with developmental athletes and provides educational-based activities.

2008-09 was another busy year for TIS EDPs with programs in eight sports, including the introduction of sailing. 2008-09 was the first full operating year of the new EDP model, which is based on the requirements of the sports.



Stewart Bennett



*Carl Saunder
Athlete and Coach Services Coordinator*

WILDWATER CANOE (Tier 1)

2008-09 was a transitional year for the Wildwater Canoe Program with no world championships held. The four scholarship athletes, Dan Hall, Ben Maynard, Mathew French and Stewart Bennett, all competed at the National Championships held in Tasmania in December 2008. All athletes successfully qualified for National selection and all will compete in the World Cup event to be held in Tasmania in November 2009.

Ben Maynard was the only athlete to attend any of the European World Cups this year – he competed at the Spain World Cup on the course that will host the 2010 World Championships. Ben finished a creditable 18th. The squad has spent a lot of the past 12 months maximising training time with TIS Strength and Conditioning staff as well as on-water training and testing with the TIS Sports Performance Unit.

The program was overseen by Coach Andrea McQuitty.

TENNIS (Tier 2)

The Elite Development Program for the sport of tennis was again overseen by Head Coach Simon Youl, based out of the Hobart Tennis Centre. The scholarship group consisted of three athletes, Alyssa Hibberd, Anna Wishink and Ella Bouchier.

Anna continued to play in a number of tournaments on the WTA tour, including qualifying at the Australian Open and Moorilla International in Hobart which earned her a ranking in the top 20 Australian women.

Anna's biggest win came in an Australian Money Tournament (AMT) held in Traralgon, Victoria, in October 2008.

Ella was quarter-finalist at AMT events in Queensland and Darwin. Alyssa won the autumn and spring Under 16 National Championships. Ella will attend college in the USA later in 2009.

SAILING (Tier 2)

2008-09 saw the introduction of the TIS sailing program. Eight athletes were involved, including former individual scholarship holders Nick Behrens and Simon Morgan.

The main focus of the program was for the six development athletes identified through Yachting Tasmania's Youth Academy program. Rohan Langford, George Jones, Elliott Noye and Angus Barton all sailed Laser radials at the 2009 National Championships held in Western Australia, and Lucy Shephard and Amelia Catt teamed up to sail in the 420 class.

Athletes also received strength and conditioning support along with workshop activities and Athlete Career and Education support. All athletes have gone on to National representation in 2009.

CRICKET (Tier 3)

The TIS Cricket EDP had a new focus during 2008-09 with the main activity based on a camp for targeted athletes in the Tasmanian Cricket Association's talented pathway program at Under 17 and Under 19 levels. The three-day camp held in Hobart was attended by eight athletes, who gained an insight into high-performance sport and life as an elite cricketer. Key topics included nutrition, time management, sport psychology and mentoring from Tigers captain Dan Marsh and former Australian Test player Terry Jenner.

SWIMMING (Tier 3)

The TIS swimming program had a new focus in 2008-09 based on workshop and camp activities. The main activity in November 2008 in Hobart included a three-day camp where 25 athletes gained valuable insights



Members of the Sailing Elite Development Program.

into life as an elite athlete. Athletes took part in workshops including nutrition, sport psychology and self-massage, as well as doing lactate testing with TIS sports performance staff.

Karl Wurzer was a standout in the swimming program placing third at the Australian Championships in April 2009. One of Karl's aims is to make the 2010 Commonwealth Games team.

DIVING (Tier 3)

The TIS provided education-based activities for the six members of the diving EDP in 2008-09.

TRIATHLON (Tier 3)

Five athletes, Glynn Bound, Marcus Clarke, Matthew Guy, Luke Geelan and James Hodge, continued their involvement with the TIS through three intensive training camps. Athletes were tested by the TIS Sports Performance Unit in all three of the sport's disciplines. Athletes also received advice regarding strength and conditioning, nutrition, sport psychology and video analysis. Highlights for the period were Luke Geelan finishing 11th at the National

Championships in Hobart and Matt Guy finishing 13th at the 2XU Super Sprint race weekend at Runaway Bay.

AFL (Tier 3)

The TIS and AFL Tasmania again focused on the development of younger athletes with a major concentration on athletes at Under 15 level. An academy squad of 25 players was involved in a three-day camp hosted by the TIS in Launceston during February 2009. The athletes were put through the full suite of tests under the AFL draft camp protocols, given an insight into life at an AFL club and education seminars about nutrition and drugs in sport.

The TIS also provided testing for the Tassie Mariners State Under 18 and Under 16 squads. Those athletes who are likely to be considered as potential draftees at the 2009 national draft will continue to access testing services up until the AFL draft camp and screening sessions in October 2009.

Carl Saunder
Athlete and Coach Services Coordinator



*Ben Maynard
and Stewart
Bennett.*

Individual Scholarship Programs

A STAND-OUT result for the Tasmanian Institute of Sport's Individual Scholarship Program was provided by Stephanie Grant (judo) who competed in the women's 78kg class at the 2008 Olympic Games in Beijing.

It was an outstanding achievement for Stephanie considering the serious elbow injury she sustained in June 2007.

All three TIS judo athletes, Stephanie Grant (78kg), Priscus Fogagnolo (90kg) and Mollie Dabner (57kg Junior) won their respective classes at the 2009 Australian Judo Federation Championships and have gained national selection.

Other key highlights for the Individual Scholarship Program included:

- Hanny Allston dominated the domestic orienteering competition winning all categories at the 2009 Australian Championships. Hanny gained selection for the World Championships to be held in August 2009.
- Maggy Marshall (squash) has become a full AIS scholarship holder based in Brisbane. Maggy also had an outstanding result winning the Australian Under 19 Championship.
- Ashlee Dewhurst (golf) broke through for the biggest win of her career winning the Riversdale Cup, held at the Riversdale Golf Club in Victoria. Ashlee was also part of the Australian team that retained the



Stephanie Grant (in blue).

Trans Tasman trophy against New Zealand at Royal Canberra.

- Zac Grgurevic (weightlifting) won several medals at the Oceania Championships and Arafura Games in Darwin in May 2009.

Coaching Development Scholarships

FIVE Tasmanian coaches completed their Tasmanian Institute of Sport (TIS) Coaching Development Scholarships in 2008-09.

Matthew Gillie (badminton), Andrew Christie-Johnson (cycling), Rebecca Thomson (diving), Evan Peacock (track & field) and Oliver Close (hockey) all received support to attend a variety of educational workshops and development opportunities. The TIS

wishes them all the best in their future coaching endeavours.

Three additional coaches were granted scholarships for 2009-2011. Recipients of the scholarships are assistant coach to the TIS women's football program Michael Edwards; coach of world champion TIS rower Carly Cottam, Ken Davey; and TIS regional netball coach Jodie Mather.

Scholarship holders

BADMINTON

Jonothan Cracknell (2008)
Susan Dobson (2008/2009)

BOXING

Luke Jackson (2008/2009)

CANOE

Kate Mollison (2008)
Sam Norton (2008)

GOLF

Ashlee Dewhurst (2008/2009)

JUDO

Mollie Dabner (2009)
Stephanie Grant (2008/2009)
Priscus Fogagnolo (2008/2009)

KARATE

Natasha Hardy (2008)

LAWN BOWLS

Rebecca Quail (2008/2009)

ORIENTEERING

Johanna Allston (2008/2009)
Grace Elson (2008)

SQUASH

Aaron Frankcomb (2009)
Maggy Marshall (2008/2009)

TRAMPOLINE

Jack Penny (2008/2009)

WEIGHTLIFTING

Jenna Myers (2009)
Zac Grgurevic (2008/2009)

NTC CYCLING

Amy Cure (2008/2009)
Rowena Fry (2008/2009)
Belinda Goss (2008/2009)
Matthew Goss (2008/2009)
Ben Grenda (2008/2009)
Ryan Hughes (2009)
Mark Jamieson (2008/2009)
Peter Loft (2009)
Caleb Manion (2008/2009)
Karl Menzies (2008/2009)
Luke Ockerby (2008/2009)
Richie Porte (2009)
Sean Sullivan (2008/2009)
Bernard Sulzberger (2008/2009)
Wes Sulzberger (2008/2009)
Sid Taberlay (2008/2009)
Cameron Wurf (2008/2009)

NTC FOOTBALL MEN

Will Abbott (2008/2009)
Brady Cronk (2009)
Declan Cuschieri (2008/2009)
Jamie De Smit (2009)
Declan Foley (2008/2009)
Hugh Foley (2008/2009)
Sam Hamilton (2008/2009)
Elliott Lovell (2008/2009)
Eli Luttmmer (2008/2009)
Brayden Mann (2008)
Sam McIntyre (2008/2009)
Jordan Muller (2008/2009)
Alex Nandan (2008/2009)
Tristan Prendergast (2009)
Bradley Ryan (2008/2009)
Liam Scott (2008)
Cameron Sweeney (2008/2009)
Jeremy Walker (2008/2009)
Cameron Williams (2008/2009)
Toby Woolley (2008)

NTC FOOTBALL WOMEN

Adelyn Ayton (2008/2009)
Maddie Bassett (2008)
Rani Cavaretta (2008/2009)
Caitlin Daily (2008/2009)
Kathleen de Boer (2008/2009)
Alicia Denholm (2008)
Harkana Dixon (2008/2009)
Olivia Edwards (2008/2009)
Claire Farquhar (2008)
Lucy Foote (2008/2009)
Brooke Mason (2008/2009)
Emma Norton (2008)
Madeline O'Brien (2008/2009)
Isolina Ottavi (2008/2009)
Jemma Plummer (2008/2009)
Molly Port (2008)
Teghan Quigley (2008)
Sacha Rose (2008/2009)
Caitlin Stora (2008)
Tayla Thomas (2008/2009)
Ashlee Tolman (2008/2009)
Shelbi Vienna-Hallam (2008/2009)
Jessie Williams (2008/2009)

NTC HOCKEY

Nick Budgeon (2009)
Hannah Calvert (2009)
Geoffrey Cock (2008/2009)
Tim Deavin (2009)
Eloise Duay (2008/2009)
Eliza Flanagan (2009)
David Guest (2008/2009)
Nina Khoury (2009)
Emily Lawson (2009)
Hamish McGregor (2008/2009)
Edward Ockenden (2008/2009)
Lucy Ockenden (2008/2009)
Matthew Wells (2008)
Emily Wilson (2008/2009)

NTC NETBALL

Madeline Carter (2008/2009)
Chelsea Coleman (2008/2009)
Katelyn Fryett (2008/2009)
Steffi Grenda (2008/2009)
Sophie Manning (2008/2009)
Lauren Miller (2008/2009)
Lauren Muralt (2008/2009)
Lucy Norton (2008)
Savahn Overall (2008/2009)
Hayley Sansom (2008/2009)
Amy Saunders (2008)
Sophia Saunders (2008)
Kate Schwartz (2008/2009)
Jennifer Taylor (2008)
Emma Webb (2008/2009)
Jacqui Witt (2008/2009)

NTC ROWING

Nick Baker (2008)
Sam Beltz (2008/2009)
Deon Birtwistle (2009)
Will Breier (2008)
Scott Brennan (2008/2009)
Tom Chapman (2009)
Carly Cottam (2008/2009)
Anthony Edwards (2008)
Ingrid Fenger (2008/2009)
Shaun Finlayson (2008)
Ella Flecker (2009)
Ali Foot (2008/2009)
Tom Gibson (2008/2009)
Jonothan Hookway (2008)
Kerry Hore (2008/2009)
Kate Hornsey (2008/2009)
Brendan Long (2008/2009)
Dominic Monypenny (2008)
Blair Tunevitsch (2008/2009)
Charlotte Walters (2008/2009)
Taylor Wilczynski (2008/2009)

NTC TRACK AND FIELD

Daniel Coleman (2008/09)
Sam Crosswell (2008/09)
Donna MacFarlane (2008/09)
Hamish Peacock (2008/09)
Huw Peacock (2008/09)
Tristan Thomas (2008/09)
Morgan Whiley (2008/09)

NITC BASKETBALL

Matthew Brazendale (2009)
Katelyn Brooks (2009)
Ella Fox (2009)
Hugh Greenwood (2008/2009)
Hollie Grima (2008/2009)
Catherine Guest (2008)
Olivia Howard (2008/2009)
Jessie Humphries (2008)
Ben Langmaid (2009)
Dwayne Radcliffe (2008)
Tayla Roberts (2008/2009)
Breanna Russell (2008)

EDP CANOE WILDWATER

Stewart Bennett (2008/09)
Mathew French (2008/09)
Dan Hall (2008/09)
Ben Maynard (2008/09)

EDP SAILING

Angus Barton (2008/09)
Nick Behrens (2008/09)
Amelia Catt (2008/09)
Christopher Jones (2008/09)
Rohan Langford (2008/09)
Simon Morgan (2008/09)
Elliot Noye (2008/09)
Lucy Shephard (2008/09)

EDP SWIMMING

Karl Wurzer (2008/09)

EDP TENNIS

Ella Bouchier (2008/09)
Alyssa Hibberd (2008/09)
Nina Khoury (2008)
Anna Wishink (2008/09)

2008/2009 denotes athletes on scholarship for both years.

2008/09 denotes athletes in programs that run for the financial year.

Board of management

Bill Woolcock Chairman

Managing Director
Woolcock Partners
Real Estate
Chairman, REI Super
Former Chairman,
Salvation Army Red
Shield Appeal 1993-
2006
Board member,
Tasmanian Institute of
Sport 1995 – present
Chairman, Tasmanian Institute of Sport
2008 – present



Elizabeth Jack Deputy Chair

Deputy Secretary, Enterprise
Development Division, Department of
Economic Development and Tourism
Olympian, 1976 Olympic Games (diving)
Former Director, Tasmanian Institute of
Sport and Sport and Recreation
Tasmania
Inductee, Tasmanian Sporting Hall of
Fame 1997
Board member, Tasmanian Institute of
Sport 2008 – present
Deputy Chair, Tasmanian Institute of Sport 2009 – present



Urszula Kay

Team Manager, Technology
Infrastructure, Australian Bureau of
Statistics
Gold medallist, 1986 Commonwealth
Games (rowing)
Board member, Tasmanian Institute of
Sport 2008 – present



Pip Leedham

Chief Executive Officer, Primary
Health, Department of Health and
Human Services
Board member, Tasmanian Institute of
Sport 1996 – present



Bianca Langham Pritchard

Business Manager, Wellington
Orthopaedics
Gold medallist, 1998 Commonwealth
Games; bronze medallist, 2002
Commonwealth Games (hockey)
Inductee, Tasmanian Sporting Hall of
Fame 2007
Board member, Tasmanian Institute of
Sport 2008 – present



Tom O'Meara

Chairman, Stronger Communities
Taskforce
Executive member, Launceston
Chamber of Commerce
Vice-President, Clifford Craig Medical
Research Trust
Board member, Tasmanian Institute of
Sport 2009 – present



Gina Poulton

Manager, Sport and Recreation,
University of Tasmania
Former state representative in track
and field and golf, and state and
national representation in basketball
Treasurer, Tasmanian Branch Australian
Council for Health, Physical Education
and Recreation (ACHPER)
Board member, Tasmanian Institute of
Sport 2007 – present



Kevin Young

Owner/Manager, Angus & Robertson,
Burnie
Chairman, Marist Regional College
Board
Former state representative in track
and field
Board member, Tasmanian Institute of
Sport 2007 – present

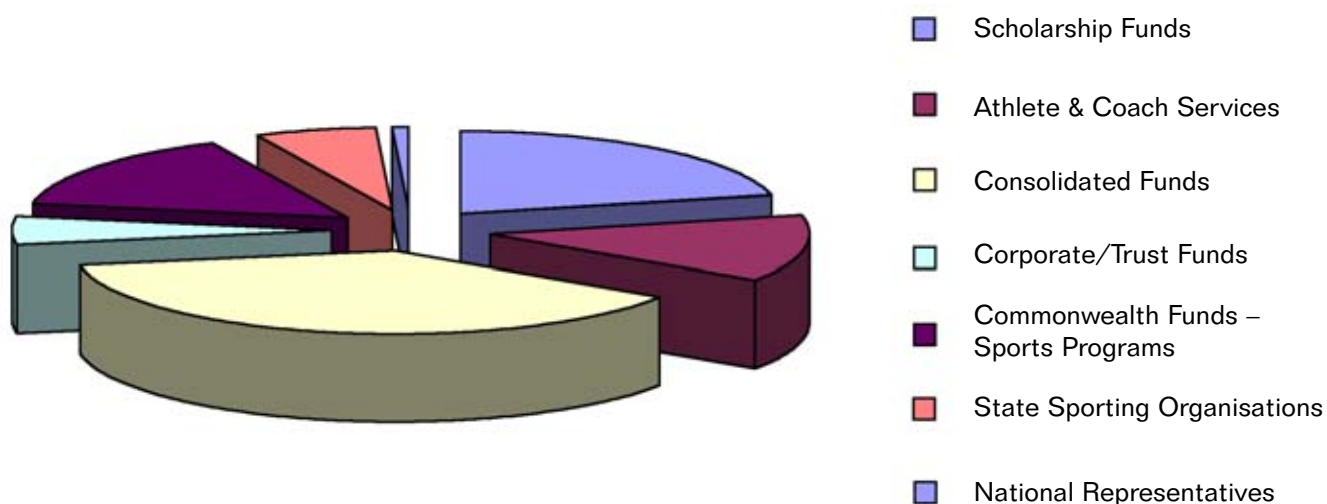
Staff

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EXECUTIVE ASSISTANT	Jeanne Pennington
SPORT PROGRAM COORDINATOR	Tania Paterson
ADMINISTRATION TRAINEE	Tegan Raabus/Helen Griffiths
PROJECT SUPPORT OFFICER	Claire Deavin
MANAGER SPORTS PERFORMANCE UNIT	John Gregory
SPORTS PERFORMANCE OFFICER	Diana Dickenson/Ben Scarlett
SPORTS PERFORMANCE OFFICER	Sean Murphy/Tim Mosey
SPORTS PERFORMANCE OFFICER (TID)	Rachel Elsley
PHYSICAL PREPARATION OFFICER	Peter Culhane
LABORATORY TECHNICIAN	Inge Hillier
ATHLETE & COACH SERVICES COORDINATOR	Carl Saunder
HEAD CYCLING COACH	Matthew Gilmore
CYCLING COACH	Ron Bryan
HEAD HOCKEY COACH	Andrew McDonald
HOCKEY COACH	Ilene Carr
HEAD ROWING COACH	Rhett Ayliffe/Brett Crow
ROWING COACH	Ron Batt
NETBALL COACH	Elizabeth (Lou) Carter
MEN'S FOOTBALL COACH	Dean May
WOMEN'S FOOTBALL COACH	Vicki Linton
TRACK & FIELD STATE PERFORMANCE COORDINATOR	Peter Fortune
ACE CONSULTANT	Stewart Pither
PhD STUDENT	Matthew Driller
INTERNATIONAL PLACEMENT STUDENT	Rachel Elsley

Funding

Scholarship Funds	\$540,000
Athlete & Coach Services	\$332,000
Consolidated Funds	\$952,263
Corporate/Trust Funds	\$141,607
Commonwealth Funds – Sports Programs	\$384,000
State Sporting Organisations	\$155,800
National Representatives	\$20,000
Total Funds 2008-09	\$ 2,525,670

TIS Funding All Sources



Allocations

Sports Programs & Scholarships	\$1,270,600
Athlete Services	\$112,800
Sports Performance Unit	\$274,100
Athlete Career & Education	\$46,300
Talent Identification	\$51,900
Operations	\$618,363
National Representatives Fund	\$20,000
Trust Funded Projects	\$104,900
Total Allocations 2008-09	\$2,498,963

TIS Allocations 2008-09

