



Tasmanian Institute of Sport



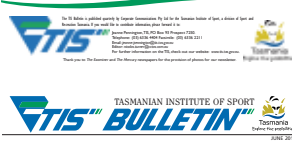
**ANNUAL REPORT / YEARBOOK
2009-10**

TASMANIAN INSTITUTE OF SPORT

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Front cover: Amy Cure

Minister's foreword

I congratulate the Tasmanian Institute of Sport (TIS) athletes and coaches on their wonderful accomplishments during the year.

These achievements are underwritten by the passion, commitment and professionalism of the Institute staff. Their provision of high-quality services to Tasmanian elite athletes has helped each athlete achieve their 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 acknowledge and thank the TIS Board of Management, under the chairmanship of Mr Bill Woolcock, for the strategic direction and guidance it has provided to the TIS.

I would also like to wish those athletes vying for selection to represent Australia at the 2010 Commonwealth Games in India this October every success. I look forward to following their achievements.



A handwritten signature in blue ink, consisting of stylized, overlapping loops and a long horizontal stroke extending to the right.

***Hon David O'Byrne, MP
Minister for Sport and Recreation***

Chairman's report

I am pleased to provide my report as Chairman on what has been another successful year for the Tasmanian Institute of Sport (TIS).

Our athletes continue to produce world-class performances that are built on the quality of support provided by the TIS staff.

The TIS Board of Management has conducted a review of its role during this year. While mindful of the recommendations flagged in the Crawford Report, the Board has made some changes to improve the level of interaction between the Board and the TIS administration as well as increase its role as the advisory committee to the Minister for Sport and Recreation.

A number of organisations contribute significantly to the TIS and both the Board and staff appreciate the positive association enjoyed with these partners.

By far the greatest contributor is the State Government, through the Department of Economic Development, Tourism and the Arts. This is complemented by the Federal Government's support provided by the Australian Sports Commission, particularly through the national programs that the TIS manages within our state.

I want to also thank the other corporate partners who over many years have continued to support the Institute, in particular Motors Pty Ltd, Coca Cola Amatil and Southern Cross Television

To my fellow Board Directors and TIS staff, I extend my personal thanks for their support throughout the year.

As with all Tasmanians I wish our Institute representatives competing in the Commonwealth Games in India this year good luck. To all the athletes, under the guidance of the dedicated staff and coaches at the TIS, I reaffirm the Board's commitment to ensure that they are given every opportunity and assistance to achieve their full potential.



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

Bill Woolcock
Chairman
Board of Management

Director's report

This year has been an interesting one as the national elite sports system has been focused on refining the way all the key contributors work together to keep Australia recognised as one of the world's top sporting nations.

There has been some strong debate about where the limited sport resources should be going within this country, and the importance of the Olympics to Australian athletes has also been questioned. This has been important and will only help to further develop a strong cooperative and coordinated system that provides the best opportunities for Australia's talented athletes.

Against this background, TIS athletes have continued to do the hard work, make sacrifices and strive to get as close as possible to realising their sporting ambitions.

It is always pleasing to see these results come to fruition. It can also be said that the level of support provided by the TIS contributes significantly in helping each athlete 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 spectrum of sports science and sports medicine services, as well as providing support to visiting national teams and squads during the year.

The relationship between the TIS and the University of Tasmania continues to be of mutual value, with several joint projects and other initiatives now in place that are providing excellent opportunities to better deliver activities and services.



The Program Management team, led by Geoff Masters, has 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, Australian Paralympic 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.

With the upcoming Commonwealth Games in India I look forward to seeing the performances of the TIS athletes selected to represent their country.

A handwritten signature in blue ink, reading "Paul Austen".

Paul Austen
Director

Administration

46th Annual Tasmanian Sports Awards

THE Tasmanian Institute of Sport and Sport and Recreation Tasmania held the 46th Annual Tasmanian Sports Awards at Wrest Point in Hobart on Friday, 12 March 2010.

The awards' evening is Tasmania's most prestigious annual sporting awards function and provided a night to celebrate the outstanding performances of Tasmania's athletes, coaches, administrators and volunteers from the sport and recreation sector during 2009.

TIS cyclist Amy Cure was presented with both Junior Athlete of the Year and Athlete of the Year awards, after a year that saw the 17-year-old win gold and silver at the World Junior Track Championships, become the under-19 national champion and return from the Youth Olympics with three gold medals.

Tristan Thomas was presented with the TIS Male Athlete of the Year award following a bronze medal performance at the World Athletics Championships in the 4 x 400 metre relay. The TIS Female Athlete of the Year title was awarded to Belinda Goss after winning the scratch race bronze medal at the Track Cycling World Championships.

The Tasmanian Institute of Sport's Champions' Club welcomed Matthew Wells as its newest inductee after an outstanding international career in the sport of hockey.

National sports commentator Tim Lane provided entertainment throughout the evening by interviewing the award winners and the Champions' Club inductee, revealing the personalities behind the athletes and enabling some of Tasmania's best to share their sporting experiences.

Athlete Award winners

Athlete of the Year – Amy Cure, cycling

Male Athlete of the Year – Tristan Thomas, track and field

Female Athlete of the Year – Belinda Goss, cycling

Junior Athlete of the Year – Amy Cure, cycling

The Coach of the Year was TIS Elite Development Coach Andrea McQuitty for her ongoing commitment and success as the wildwater canoe coach, with Tasmanian paddlers being core members of the Australian team.



Jeanne Pennington
Executive Assistant



Samantha Lockett
Administrative
Assistant

Staff Retreat

In June 2010, all staff participated in a retreat at Richmond. Over the course of the two days staff undertook planning activities in their respective groups, looked at the various technologies in use both nationally and at the Institute and heard from a range of guest speakers.

Staff

Helen Griffiths resigned from the administration trainee position. Samantha Lockett replaced Helen, taking up the modified role of administrative assistant.

Publications and website

The TIS website upgrade has been completed, providing a great new look and feel. It was hoped to implement an athlete log-in as part of the upgrade. This is a complex task but still remains in the pipeline. The new website has been managed by the TIS Athlete Administration Officer, Claire Deavin.

The *TIS Bulletin* was also upgraded and is now being distributed in an electronic format. The first issue of the new financial year was an electronic *TIS Bulletin*. Jeanne Pennington continues to edit and distribute the quarterly publication, which acknowledges the corporate sector support, as well as provides information to the community on the Institute's activities and the achievements 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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TIS Commonwealth Games athlete honour roll

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

1990 Commonwealth Games – Auckland

Chris Bacon	Judo (bronze)
Gail Luke (Millar)	Athletics
Susan Andrews	Athletics (silver)
Ron Laycock	Weightlifting (gold x 2, bronze)

1994 Commonwealth Games – Canada

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

1998 Commonwealth Games – Kuala Lumpur

Daniel Sproule	Hockey (gold)
Kylie Risk	Athletics (silver)
Mandy Giblin	Athletics
Susan Andrews	Athletics (gold)
Bianca Langham	Hockey (gold)

2002 Commonwealth Games – Manchester

Bianca Langham	Hockey (bronze)
Daniel Geale	Boxing (gold)
Chantal Castledine	Judo
Natasha Hardy	Karate (bronze)
Matthew Wells	Hockey (gold)

2006 Commonwealth Games – Melbourne

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

Key Performance Indicators

THE Tasmanian Institute of Sport's objective is to assist athletes to achieve national success and ultimately to achieve on the international stage. This is monitored by calculating the number of TIS athletes achieving selection in national teams each year. In total over the 2009-10 period TIS athletes achieved 67 national selections, with the breakdown in each sport as follows:

Athletics	4	Orienteering	1
Basketball	6	Rowing	8
Cycling	9	Squash	3
Golf	1	Swimming	2
Hockey	14	Trampoline	2
Judo	3	Wildwater Canoe	10
Lawn Bowls	1	Weightlifting	3



Corporate partnerships

THE TIS receives valuable support through partnerships with leading corporations. These partnerships provide important benefits for TIS athletes and coach development activities.

Coca-Cola Amatil (CCA) has continued on as one of the TIS' major partners. CCA has supported the TIS for 13 years. In particular we would like to thank CCA State Manager Emilio Amanatidis for his positive role in continuing this valuable partnership.

The great support provided by long-term TIS partner Motors Pty Ltd, by supplying 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 assistance provided to the TIS over 15 years.

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

Country Club Tasmania has signed on for the next three years, providing assistance to the NTC cycling program. The Country Club is joined by other supporters of the program in Jayco, Argon18 (supplied by FRF Sports) and Santini Cycling Clothing.

The importance of the benefits that these organisations provide our athletes cannot be overstated. Receiving assistance such as that provided by our corporate partners can make a huge difference to the day-to-day activities of an athlete.

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



I-MED

REGIONAL IMAGING TASMANIA



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

We extend our sincere thanks to the Hobart Aquatic Centre that has over many years continued to provide access for our athletes to assist their preparation for national and international competition.



Cycling Program Sponsors



Strategic Partners



Australian Government
Australian Sports Commission



An Olympic Training Centre
recognised by the
Australian Olympic Committee

Sports performance

THE Sports Performance Unit (SPU) has enjoyed another good year working with Tasmanian Institute of Sport (TIS) athletes. Core activities have centred on physical preparation, sports science testing and projects, video analysis, sports medicine and Talent Identification (TID).

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

- Extensive support to Tasmanian-based athletes and coaches.
- Patronage of the Launceston-based strength facility.
- Support at national titles and selection events.
- Continued testing and projects run with Elite Development Programs (EDP) and National Training Centre (NTC) squads.
- Management of National Cycling and Rowing TID programs.

Late in 2009 we farewellled Inge Hillier, who worked as our Laboratory Technician, and spent a productive two years streamlining the TIS accreditation program. We wish Inge all the best in her new career direction.

In February 2010 the SPU welcomed Alanna Martin to the role of Laboratory Technician. Alanna holds a degree in exercise and sport science and undertook a placement at the Northern Territory Institute of Sport before commencing at the TIS. She has a background in gymnastics, having been a competitor and more recently a coach. Alanna has worked on our accreditation program and equipment servicing since joining the TIS.

This is our fourth year of hosting international placement students, with University of Bath students relocating to Tasmania to work full time with the Institute for nine months. The students travel and accommodate themselves at their own cost and fulfil their third-year practical requirements. Our most recent student, Malcolm Kennett, assisted with our testing program and worked on recovery projects.

We have maintained our services to NTC programs of rowing, cycling, hockey and athletics. In addition, EDP sports including AFL, basketball, netball, football, swimming and kayaking have benefited from regular sports science and physical preparation input.

An example of one the projects undertaken involved



*John Gregory
Manager, Sports
Performance Unit*



*Ben Scarlett
Sports Performance
Officer*



*Alanna Martin
Laboratory Technician*



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



*Peter Culhane
Physical Preparation
Officer*



*Tim Mosey
Sports Performance
Officer*

GPS tracking and heart rate monitoring during the playing of hockey to assist in understanding the effort expended in the sport.

Sports Performance Officer Ben Scarlett attended the Australian Hockey League games in Hobart collecting heart rate and GPS data from athletes. GPS units worn by players recorded running speeds and direction up to 10 times per second, monitoring heart rates once per second, storing information for later analysis. The results showed that during a hockey match, athletes can run up to 10 kilometres and work at 90 per cent of their maximum heart rate.

Rachel Elsley, Sports Performance Officer – TID, continued her work in the TID program. We currently have rowing and cycling as National TID program sports. This partnership has allowed us to engage coaches who deliver daily programs to athletes.

With the assistance of Rowing Tasmania and the National TID program, Rachel has travelled the state with a dedicated rowing trailer to test athletes. The trailer allows us to transport testing equipment to remote testing locations.

After testing, the athlete's results are compared with national standards – with those showing exceptional talent being invited to join the TIS TID rowing squad. The TID cycling program operates in a similar manner with cyclists performing sprint and endurance tests on a cycle ergometer.

Research

For some time, the SPU has been interested in improving performance through research with a number of projects undertaken in the past year. The quality of this work was reflected by former TIS PhD scholar Matt Driller, who took up a position working in physiology with the Australian Institute of Sport.

With the SPU's assistance, Matt has published several leading articles using TIS athletes. As well, all staff members have been active over the past year undertaking a wide range of tasks.

Projects have included:

- The effect of breathing training on cycling performance.
- Reactive agility testing.



The TIS Lab at the Silverdome Complex.

- Swimming start and turn testing.
- Development of Eon Fusion software that integrates GPS, video and data on maps.
- Examining the differences between laboratory and field performances in mountain bike cross-country cycling.
- Heart rate response in team sports.
- GPS in team sports.
- Strategies to enhance recovery.
- Attendance and presentation of research at conferences.

The SPU has conducted extensive testing at the Aurora netball stadium in Hobart and we thank centre coordinator Phillip Stoneman for his assistance over the past 12 months.

Sports Medicine Network

The TIS is 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. Positive changes were made to the medical screening process, including cardiac pre-screening.

The sports medicine network has addressed many injury and illness requests throughout the year. We thank our medical network coordinator Dr Ian Beltz for undertaking this role.

Physical Preparation

This year has seen further developments in the area of physical preparation. Both the Launceston and Hobart facilities continue to be accessed by high numbers of athletes in a wide range of sports supported by the TIS.

Considerable work has been done to refine service provision in a number of areas that affect a TIS athlete's daily training environment and their physical preparation. These include:

- Monitoring and assessing neural and metabolic markers of fatigue in elite level rowers.
- Design and implementation of a new athlete attendance monitoring system that allows for the gathering and reporting of data to athletes, coaches and physical preparation staff.
- New report templates that assist in the clear and concise dissemination of athlete results.

- Maintenance of the TIS facility at the highest level of certification within the National Sports Science Quality Assurance scheme.

As well, a new TIS-UTAS Strength and Conditioning Scholarship Program has been launched as a joint venture between the TIS and the University of Tasmania's School of Human Life Sciences. The two scholarships on offer will allow for two third-year students to gain a minimum of 450 hours of experience within the physical preparation area. The scholarships will:

- Provide an opportunity for students to learn about the field of physical preparation as a potential career path.
- Provide students with an opportunity to both observe and gain practical experience in the preparation of elite athletes.

John Gregory
Manager, Sports Performance



Sports Science staff conduct testing in the TIS lab.

Talent ID

THE Talent Identification (Talent ID) program has undergone considerable change since mid-2009, with the introduction of two National Talent ID programs and postponement of the School's Program for the 2010 academic year.

In June 2009, the TIS, in conjunction with the Australian Sports Commission and Cycling Australia, launched a National Talent ID (NTID) program for cycling. An initial 10 athletes were placed in the program and 12 months on this has grown to 11 athletes.

Our cyclists have enjoyed a fantastic year in the program, with representatives participating in the junior track nationals, the Mersey Valley Tour, national hill climbing championships and under-19 road nationals. In addition TIS cyclists recorded strong performances in the Canberra Tour in July 2010, with Georgia Baker finishing third overall in the junior women's under-17 age category, and Alex Clements fourth and Campbell Flakemore fifth overall in the junior men's under-19 age category.

Georgia Baker is the first cyclist to progress from being identified in the schools program, through the pathway to NTID and now to a TIS cycling program development scholarship. Georgia celebrated success at the national junior hill climbing championships in Mount Buffalo, Victoria, taking home gold and silver medals.

Since November 2009, the National Talent ID program for rowing, in conjunction with the Australian Sports Commission, Rowing Australia and Rowing Tasmania, has been searching for talented rowers to join the squad. Our mobile testing trailer has travelled around the state testing rowers and non-rowers in a national bid to improve Australia's chances of success in future Olympic Games.

Some 11 rowers have been identified to date for the squad of 14 positions. Squad members Ciona Wilson and Sam Volker have already experienced a taste of International rowing after receiving an invitation to join the NTID New Zealand tour over Easter. Ciona and Sam were selected to join NTID athletes from around Australia to train and compete in New Zealand to fast-track their development.



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

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

Athlete Career & Education

A balanced approach to sporting excellence

THE transition from Tasmanian Institute of Sport hockey coach to the role as athlete career and education consultant two years ago, has involved a steep personal learning curve and an even bigger learning curve in continuing and developing this service within the TIS.

One of the biggest changes during the past two years has been the implementation of a variety of workshops that have been designed to assist athletes with learning expectations, outcomes and results, so as to provide athletes with skills that can be applied away from the sporting environment.

This format has seen a significant breakthrough in removing the barriers and identifying when athletes require further one-on-one advice. This has been emphasised of late with a number of athletes taking up the opportunity of these individual meetings to discuss their own transition from education, employment or sport.

The world of sport is continuing to change and one of our challenges is to ensure that this program engages the athletes in activities and relationships that allow them to believe they have the ability to do whatever they want to achieve in whatever field they choose.

Due to this changing nature of sport and, more importantly, the pressures on athletes, in February 2010 the ACE program researched our athletes to gain a better understanding of their situations and their views on the ACE program. Athletes were surveyed on a variety of topics including;

- Rank the core ACE services of importance to your development.
- Importance of support services.
- Athletes response to the 'my learning' form.
- Rank the importance of ACE to your development.
- Describe your level of understanding of the ACE program.
- Number of times you use ACE per year.
- How you instigate ACE services.
- Preferred method of engagement from ACE.
- Preferred method of receiving ACE information.

The survey was open for one week and during this



Stewart Pither
ACE Consultant

time we received 56 completed responses and a total of 60 responses from the 134 TIS athletes.

Some of the results from this research and survey include:

- 79 per cent of TIS athletes are aged 12-23.
- 69 per cent of TIS athletes are undertaking some form of education.
- Average time on scholarship is 3.3 years.
- ACE is important to athlete development while coaching, competition and training are their major priorities.
- Planning isn't really a concept for the majority of athletes.
- Athletes prefer face-to-face contact, instigated by them, between one and four times per year.
- E-mail is a vital communication tool.

Based on this feedback we are now working towards meeting the challenges the ACE program faces in today's sporting world including:

- How does ACE fit into the needs of current and future athletes?
- Accessing athletes within their crowded schedules and increased demands.
- The changing nature of athletes' needs – finance, social responsibility.
- How ACE maximises athlete contacts one to four times per year.

- Combining competition, training, education or work.
- Breaking down the stigma in asking for assistance.
- There appears to be a number of areas under-utilised, such as job search skills and personal development workshops.
- Increase promotion and awareness of ACE program opportunities and access for athletes.

These are exciting times for the ACE program and we are endeavouring to improve this service over the next 12 months.

Recently, and due in part to the research conducted, we have commenced interviewing our athletes and placing these interviews on the TIS website to assist in public speaking, media skills and presentation development.

By undertaking this type of activity we can provide athletes with instant feedback on how they performed, and over time it is hoped that we will see steady improvements. It is intended that TIS athletes will interview each other allowing them to become confident in asking and answering questions from the media.

Other activities undertaken during this 12-month period have included:

- Mock job interview process for women's football.
- 30-second advertisement workshop for men's football and basketball.



Netball scholarship holders attend a workshop with Stewart Pither.



Rowers Ali Foot and Ella Flecker during their visit to Scotch Oakburn College.

- Public speaking and media presentations for cycling and track and field.
- McHappy Day participation from basketball, cycling and women's football.
- Skins ambassador program participation for a number of athletes.
- Cyber safety presentation in Hobart and Launceston.
- Time management session to sporting programs and individuals.
- Continued day-to-day servicing.
- High-performance forum with guest speakers Rowena Fry and Belinda Goss, with Nina Khoury as host.
- Higher education assistance. The TIS and University of Tasmania (UTAS) relationship is continuing to strengthen with 16 athletes currently studying at UTAS.

The success of the program is built around our athletes as well as that of our hard-working coaches who have continued to embrace the ACE program throughout this year. Thank you to all of our coaches, support staff and stakeholders for contributing to this successful year.

Stewart Pither
Athlete Career and Education Consultant

TIS scholarship programs

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

NATIONAL TRAINING CENTRE (NTC) PROGRAMS

These key programs are provided by the TIS in conjunction with national and state sporting organisations and the Australian Sports Commission. In 2009-10 the Institute operated eight NTC programs in the sports of athletics, basketball, cycling, hockey, football (with separate men's and women's programs), 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 and national level training and competition opportunities, access to training facilities and coaching support within Tasmania as well as access to the services provided by the TIS in sports science and athlete career and education. TIS Elite Development Programs in 2009-10 were AFL football, cricket, gymnastics (trampoline), sailing, swimming, and wild water 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 or where the sport does not have the infrastructure to provide a coach/coordinator and other support services necessary for the operation of an NTC or EDP program. Athletes are provided with funding support to enable access to



Geoff Masters
Program Manager



Tania Paterson
Sport Program Coordinator



Claire Deavin
Athlete Administration Officer

international and 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 expenditure of their funds. Scholarships are offered at different levels based on performance criteria catering for junior through to senior athletes.

Basketball

THE Tasmanian Institute of Sport (TIS) basketball program has experienced some very positive results over the 2009-10 reporting period.

This period under review saw the program restructure its scholarship tiers to create a greater opportunity to assist athletes in gaining Australian representation. The three-tier structure (elite, shadow and invitational) catered for our athletes based at the Australian Institute of Sport (AIS), our Tasmanian-based athletes and up-and-coming athletes demonstrating the potential to be a TIS scholarship holder.

The structural change saw the program assist three athletes to make Australian representative teams and six athletes included in Australian development camps.

The year saw improved results at national championships, with all TIS scholarship holders representing Tasmania at state level in their respective teams. Olivia Howard, Hugh Greenwood and Dylan Warren represented the state in under-20 teams. Tayla Roberts, Katelyn Brooks, Ella Fox, Josie Greenwood and Isabelle Morgan all represented Tasmania in the under-18 girls' team that finished sixth nationally, while Matt Brazendale, Michael Woods and Ric Howard represented the state in the under-18 boys' team.

The National Intensive Training Program (NITP) continued to provide a vital development pathway into the TIS basketball program. The commitment and dedication of these athletes has seen the TIS athletes raise the bar to new heights.

I thank TIS satellite coaches John Fox and Craig Taylor for their tireless work and dedication to the program. Without their efforts the program could not be as successful. The TIS basketball program is grateful for the ongoing support received from Basketball Australia and Basketball Tasmania.

Program Highlights

Hugh Greenwood continued to make his mark on basketball's biggest stages. After representing the Australian Emus under-19 side at the world championships in July 2009, where he played above his age group and helped the team achieve a fourth place,



Justin Schueller
NITP Basketball Coach

Hugh continued to shine in the national green and gold colours, this time with the Australian Boomers senior national team. Hugh was selected for the team to compete at the Stankovic Cup in China in August 2009.

2010 saw Hugh continue in the national under-19 team, firstly for the Australian Emus at the prestigious Albert Schweitzer tournament in Germany. The Emus won gold for the first time and Hugh not only captained the team for the tournament but his play saw him named in the tournaments All Star 5.

Hugh finished the reporting year with his second selection as an Australian Boomer for the series versus Argentina.

Another TIS athlete excelling at the international level was Tayla Roberts. Tayla's year included her first junior national team representation, being selected as a member of the under-17 Australian women's side. Tayla also made her mark in her debut Women's National Basketball League (WNBL) season, capping off a solid season in winning the WNBL Rookie of the Year award.

Tasmanian-based scholarship holders achieved national honours. First-year scholarship holder Ben Richmond was rewarded with a reserve roster spot on the Australian under-17 men's side that competed at the world championships after his outstanding performance at the under-18 national championships. Ben managed to lead Tasmania in every statistical category at the championships.

Katelyn Brooks and Matthew Brazendale were invited to attend Australian development camps in 2009 while Matthew was invited again in 2010, this time joined by invitation scholarship holder Ric Howard.

The TIS basketball squad's visit to the AIS was a highlight of the annual program, providing the opportunity to work with current AIS scholarship holders and coaches. This experience is vital to the athletes' development. The athletes represented themselves and the TIS very well, with AIS coaches impressed with what the Tasmanian basketball players added to sessions.

Off-Court Highlights

The Athlete Career and Education (ACE) program lead by Stewart Pither found innovative ways to help advance the athletes' off-court skills. Workshops were held on time management, marketing and advertising, which saw the athletes creating their own television advertisement, and an education workshop on college recruitment and the education pathway.

The continued support and outstanding work by the

Sports Performance Unit and Strength and Conditioning has assisted our athletes to achieve higher standards and compete at the highest levels.

Justin Schueller
NITP Basketball Coach

TIS Basketball Scholarship Holders

2009

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

2010

Elite Tier

Hugh Greenwood and Tayla Roberts

Shadow Tier

Matthew Brazendale, Katelyn Brooks, Ella Fox, Josie Greenwood, Ben Richmond, Dylan Warren, Michael Woods

Invitational Tier

Isabelle Morgan and Ric Howard



The TIS basketball squad.

Cycling

THE TIS cycling program experienced many changes in the 2009-10 reporting period. A review of the selection measures resulted in changes to the cycling development model and criteria. The cycling program now offers two levels of support with TIS scholarships offered to athletes who are national representatives and development scholarship offered to athletes who show potential to represent Australia at Olympic Games, Paralympics, Commonwealth Games and world championships.

TIS cycling program purpose:

- Provide high-performance coaching and support services within the daily training environment to Tasmanian cyclists.
- Identify talented athletes with the potential to progress to national squad/team level and represent Australia at junior and/or senior level within the following Olympic and Paralympic disciplines:
 - Track cycling
 - Road cycling
 - Mountain bike
 - BMX
- Develop and support identified athletes in all areas required for elite performance and to maximise their potential to represent Australia.

Further information on the cycling criteria and development model is available on the TIS cycling webpage.

The National Talent Identification and Development (NTID) program underpins the scholarship program. The NTID program aims to identify potential athletes who can ultimately achieve national and international success. The NTID program is delivered through three regional future centres in the north coached by Ron Bryan, north-west coached by David Walker and south coached by Michael Thorne. The NTID program is coordinated by the TIS through Rachel Elsley.

National championships incorporating road, track and cross-country mountain bike for under-19, under-23 and elite athletes is a primary focus of the cycling program.



*Matthew Gilmore
Head NTC Cycling Coach*



*Ron Bryan
NTC Cycling Coach*

In January Ben Grenda, Will Clarke, Peter Loft, Wesley Sulzberger and NTID athlete Doug Hagger competed in the under-23 and elite road championships held in Ballarat. In stifling heat Will Clarke performed brilliantly to place third in the criterium championship, fourth in the individual road time trial and ninth in the open men's road race. Ben Grenda's results were equally impressive with a fourth placing in the under-23 criterium championship, ninth in the under-23 individual road time trial and 11th in the road race.

The focus then switched to Rowena Fry who defended her national cross-country MTB title and backed up this performance the following day to win the short-track

championship in Adelaide. Rowena's performances continued in January on returning to Tasmania to win the 'wild side' event. Rowena was subsequently selected to represent Australia at the World Mountain Bike Championships held in Canada in early September 2010.

The Australian track championships for elite, under-19 and para cyclists, held in Adelaide in the first week of February, was the next event for the TIS cycling program. Belinda Goss overcame interrupted preparation after falling ill 10 days before the event, displaying her class and determination to win the national point score championship for the fourth consecutive year. This performance was backed up the following evening when she won the 10km scratch race championship.

2009 Tasmanian athlete of the year Amy Cure rode a personal best time and Australian championship record qualifying first in the under-19 women's individual pursuit championship breaking a time that has stood since 1998. Later that night Amy beat reigning world individual under-19 pursuit champion Michaela Anderson to win the championship. Amy had a fantastic week and won medals in every event she contested, winning the point score, and finishing second in the scratch race, omnium and teams pursuit with Belinda Goss and Emma Lawson.

Ryan Hughes won both events he participated in, the C4 category for para cycling taking out the 4000m pursuit championships and 1km time-trial, smashing his personal best times set the previous year and breaking national championship records in both disciplines.

Luke Ockerby rode a tactically smart race to win the under-19 men's scratch race championship. In senior men's competition, Peter Loft has made the difficult transition from junior ranks to successfully finish third in the scratch race championship. Earlier in the week Peter rode a personal best time in the individual pursuit to finish ninth in the championship.

Belinda Goss was once again selected to represent Australia at the world track championships, this year held in Denmark. Belinda returned to Australia (for the third consecutive time) with a bronze medal in the 10km scratch race.

With only seven laps to go Belinda suffered from a late crash. Springing straight back on her bike she rejoined the field with five and half laps to go and was right back



Richie Porte in the pink leader's jersey after stage 12 of the Tour of Italy.

in the action, but the unfortunate crash impacted on her end result. Her results at the world championships earned her a place in the Commonwealth Games squad.

The month of May saw the emergence of Richie Porte at an international level. For three weeks Richie enthralled Tasmanian and Australian audiences with his outstanding performances during the Tour of Italy (one of three grand tours which incorporates the Tour of Spain and the crown jewel, the Tour de France). Richie finished seventh in the overall classification in Italy and won the very prestigious young rider jersey (for cyclists aged under 25).

Fellow Tasmanian Matt Goss won stage nine and former TIS scholarship rower and Athens Olympian Cameron Wurf rode a gutsy race to support his team leaders finishing in a very creditable 77th place. Recovering from glandular fever in the previous six months made this a very impressive result for Cameron and reflective of his professionalism to return to a very high standard of performance.

Unfortunately, scholarship athletes have also experienced some lows during the year with Luke Ockerby crashing at the Australian track championships and injuring his AC joint which required surgery and a rehabilitation period of five months. Peter Loft was diagnosed with glandular fever in April and is working hard to return to competition in September.

Country Club Tasmania continued its welcomed accommodation and financial support. Santini continues to supply the squad with state-of-the-art competition clothing and Jayco Caravans makes a significant financial contribution each year. Without the contribution of these sponsors we would not be able to provide our athletes with competition exposure or the state-of-the-art equipment that we currently enjoy.

Matthew Gilmore
Head NTC Cycling Coach

2009-10 cycling TIS scholarship holders

Belinda Goss, Rowena Fry, Cameron Wurf, Amy Cure, Ryan Hughes, Wesley Sulzberger, Richie Porte, Will Clarke

2009-10 Cycling TIS development scholarship holders

Peter Loft, Ben Grenda, Sarah Cure, Luke Ockerby, Emma Smith, Georgia Baker

Scholarships not renewed May 2010

Caleb Manion, Karl Menzies, Sean Sullivan, Bernard Sulzberger, Sid Taberlay, Mark Jamieson

2009-10 Cycling squad sponsors

Major sponsors: Santini Cycling Clothing, Country Club Tasmania, *Argon18 (FRF sports), Ronde gloves and socks, Jayco

* Argon18 (FRF sports) sponsorship ends July 2010.



Richie Porte, right, wearing the white jersey of the Best Young Rider at the Giro d'Italia, with, from left, Matthew Lloyd, Cadel Evans and Ivan Basso.

National Mountain Bike Program

The TIS continued to support Cycling Australia's national mountain bike program until a decision was made by Cycling Australia to cease this in January 2010. The TIS continues to support Rowena Fry in her efforts to compete at the 2012 Olympics in London. Head coach Neil Ross, was invaluable in assisting our cycling program based at the Silverdome and his insight and expertise significantly assisted the cycling athletes and coaches. Neil subsequently moved to work with Cycling Australia's high-performance program based in Adelaide.

Football – men

IN September 2009 I travelled to observe the state teams competing in the Football Federation Australia (FFA) national championships held in Coffs Harbour, New South Wales. These championships provided the ideal opportunity to assess the capabilities of the athletes in the program, as well as identify any new players at the required standard to be invited into the program for the coming year.

October 2009 saw a swift changeover of players with Cameron Williams, Alex Nandan, Elliott Lovell, Declan Cuschieri, Jordan Muller and Cameron Sweeny leaving the program. Coming into the program following fine performances at the under-14 nationals were David McClung, Nick Green, Nick Mearns, James Ince and Luke Hills. Also added to the program was northern-based player Jesse Curran who, after good performances with the state under-13 squad and his local team, demonstrated the early potential and capability to join the squad a year earlier than expected.

National Identification

In January 2010, the program members travelled to the Australian Institute of Sport, Canberra, to compete in the inaugural FFA Institute Challenge. This was an ideal opportunity for the newer players to compete against their peers before AIS coaches and the national under-17 coach.

As directed by Football Federation Australia, all teams had to play the 1-4-3-3 format. Each team was also graded on how well it played under that system, with coaches graded on their set-up, team talks and general coaching. Bonus points were awarded to teams who performed well. TIS was graded as the fourth best team playing the system.

Unfortunately results did not go quite the way desired or deserved, with the team conceding goals in the last minute on three occasions impacting on the performance. However, more importantly, the event gave players the opportunity to find out what is required of them if they want to move further along the sport's pathway.

Jamie De Smit, Will Abbott and Jeremy Walker were identified for the All-Stars team. Unfortunately, due to injuries, only Jeremy was able to take part in the All-Stars match.



Dean May
NTC Men's Football Coach

On the local front, the TIS men's football program played in the 2008-09 southern under-19 premier league. At the end of the season, the team was unbeaten, winning the league with a goal difference of plus-120.

With the support and assistance of Football Federation Tasmania it was agreed that the squad would compete in the higher level of competition of men's premier league reserves for the 2009-10 season.

At the time of writing the squad sits in fourth place, having secured some emphatic wins along the way. The squad has gelled well both on and off the pitch, and resulting from these performances Will Abbott and Jeremy Walker have been invited to trial for A League youth contracts with the Brisbane Roar team.

The players are looking forward to an end-of-season tour to Queensland in September where they will play games against the Gold Coast United youth team, Queensland Academy of Sport and local club sides, as well as train with and observe the Gold Coast United A League squad.

Off the training ground, the athletes worked with ACE Consultant Stewart Pither in designing, filming and presenting a four-minute promotional DVD for the football program.

Continuing on from this we are conducting regular interviews with the players which, along with game footage, can be seen on the men's football web page.

All squad members have attended and passed the Football Australia referee level 4 course. This enables them to officiate at youth and junior games.

TIS Support Personnel

The TIS men's football program is supported by a great team. The voluntary assistance on training and match days provided by Scott Gallagher (Assistant Coach) and Mark Prendergast (Sports Trainer) has ensured that the program has been able to develop professionally, offering the players the best opportunities to succeed. Mark has been ever-present ensuring players are fit to play, overseeing recovery and injury management.

Thanks also go to State Technical Director Stephen Payne for the underpinning state programs that provide valuable assistance and support.

Dean May
NTC Men's Football Coach



*Jeremy Walker
at training.*

2009-10 Squad Members

Will Abbott, Jesse Curran, Jamie De Smit, Declan Foley, Hugh Foley, Nick Green, Sam Hamilton, Luke Hill, James Ince, Eli Luttmer, Nick Mearns, David McClung, Tristan Prendergast and Jeremy Walker



*The men's
football squad
in training with
Dean May.*

Football – women

THE 2009-10 period, the third year for the women's football program, has been 12 months of strong development for the athletes awarded TIS scholarships.

Just before the end of the 2009 scholarship period the inaugural NTC Women's Coach, Vicki Linton, decided she would leave the position to take on other football challenges in the coach education area with FIFA and the Asian Football Confederation, as well as continue to work with the Young Matildas program. The TIS would like to extend a sincere expression of thanks to Vicki for her work and genuine interest in the young female footballers in this state.

Vicki's position was passed initially on a temporary basis to the Assistant Coach, Michael Edwards, who continued to manage the program until he was appointed to the position on a full-time basis in mid-October 2009.

The selection of the NTC squad members for 2009-10 began in October with 22 invitations issued to players for trials. By late October a final group of 16 athletes was selected and recommended to the TIS Board as scholarship holders. There were four changes made from the 2009 group with Harkana Dixon, Tayla Thomas, Kathleen de Boer and Isolina Ottavi not returning to the program. For Harkana, Tayla and Kathleen the decision to prioritise their time towards study was the basis for their decisions while Isolina accepted a football scholarship at a college in Alabama, USA.

New athletes who accepted scholarship offers were Ellie Gavalas (state under-15s), Georgia Foote (north-west under-14s), Caitlin Stalker (central region under-12s) and Allie Berry (state under-15s).

At the beginning of December the squad again travelled to Adelaide for a two-game series against the SASI squad. A draw and a loss resulted but the weekend was more about the bonding and leadership. Despite some concerns regarding younger group members, it was pleasing to see the strong relationships that developed within the squad.

Just before Christmas Ashlee Tolman informed the Institute that she wished to end her scholarship in order to concentrate on her university studies in 2010. Sadly, we wished Ashlee farewell as she has been a



Michael Edwards
NTC Women's Football Coach

highly valued member of the group, not only for her football skills, but also for her leadership.

Over the Christmas period it also became clear that Sacha Rose would, in all likelihood, not be able to participate in the program for some time as she struggled to overcome a serious foot injury sustained earlier in 2009. Following a number of visits to medical practitioners over many months, Sacha was able to recommence limited training in late June 2010.

Competition for the women's NTC squad began in February with the defence of the FFT women's southern premier summer cup title. The preliminary series of matches resulted in three wins and the final, a replay of the 2009 final against Hobart Olympia, saw the squad record a convincing 6-0 win over the 2009 southern league champions. The round robin games saw the girls score 24 goals and not concede a goal, providing a very positive and strong start to the year.

The final was highlighted by a stunning volley by Rani Cavarretta to score the second goal. Further goals by Brooke Mason, Mady O'Brien, Ellie Gavalas, Lucy Foote and a second from Rani rounded out a very polished performance. Overall, the squad scored 30 goals without reply in the pre-season competition.

Over the summer period, the girls enjoyed early Monday morning training sessions to supplement their weekly field and strength and conditioning work. The 6.30am starts at the Hobart Aquatic Centre for

swimming sessions or at Wirksworth House for pilates with Virginia Andrews-Goff were enjoyed by all squad members and must have contributed to the successful beginning to the season.

The squad entered the under-15 boys division 1 Football Federation Tasmania competition for their match development and the season has seen mixed results and performances. Developing a consistently high level of play is one of the challenges faced by each squad member. The season, too, was marked by a number of injuries and sickness (as happens to all squads) but this season seems to have been very hard on the TIS girls.

Both Jessie Williams and Lucy Foote suffered serious knee complaints. Lucy's, suffered three days before

the national titles, ended her chances of representation for 2010, while Jessie was operated on three days after returning from the national titles. Both girls will make full recoveries.

Various other injuries and illness were suffered by every member of the team, but perhaps the most spectacular was Olivia Edwards' 'neck-stand' before the nationals, resulting in an ambulance trip to hospital and several hours under observation.

To supplement the match experiences, the TIS, after attempting to gain entry to the southern women's premier league, was granted entry into the women's Statewide Cup competition and progressed through to the semi-final stage (at the time of writing). Strong



The FFT women's southern premier Summer Cup title-winning squad.

performances in the knockout phases saw the girls score 16 goals and concede just one before their semi-final against Launceston City, currently perhaps the strongest women's team in the state.

At representative level the 14 remaining athletes all represented Tasmania at national youth championships. A number of the older TIS players caught the eye of coaches at the under-17 championships, commenting on their foot skills, vision and speed. It was very pleasing to see Caitlin Stalker (under-13) and Ellie Gavalas (under-15) selected into the All-Star teams at the conclusion of their respective championships.

During the May school holiday period Jessie Williams spent a week training with the New South Wales Institute of Sport under the guidance of their coach and Sydney FC's W League coach, Alen Stajcic. Jessie returned home with a greater understanding of the level of training intensity expected of, and displayed by, current national standard players of her age.

2010 also saw the women's football program undertake a major community outreach project with the 'Let the Children Play – Boots for Laos' campaign. The squad, at the suggestion of previous coach Vicki Linton, undertook to collect used football boots to send to the under-privileged players in Laos.

The initial aim of collecting 250 pairs of boots was reached, with the assistance and support of local businesses, individuals and school groups and the players are preparing to send the collection to Laos before the end of the year.

The project operated with the assistance of TIS ACE consultant Stewart Pither and was supported in the development and planning stage by Phil Dewis, of Blundstone Boots. Our thanks to both for their time and efforts in ensuring the success of the venture.

This season the TIS was able to secure the services of a goalkeeper coach to assist with the development for this specialist position. Rodney Tattam, a well-respected goalkeeper, gave his time and expertise to assist Jemma Plummer in her development. Rodney has previously coached Tasmanian women's state teams as well as senior women's teams in local leagues.

One of the major initiatives brought forward by the women's football program this year was the live streaming of games over the internet. While only one local game – the TIS men's game v South Hobart on 30 June – was broadcast, the trial was successful and further broadcasts will take place next season.

TIS women's program players also had their national championship games broadcast and stored on the internet website for future reference. The benefit of streaming and exposing TIS players to wider world audiences in this simple way, promotes the Institute and the sport. There are also opportunities for support partners to be involved during the broadcasts.

This year we have been able to purchase the Gamebreaker Plus sports analysis software program, allowing greater feedback and analysis for each of the players on their match performances. The program also allows the breakdown of international and other high-level games for the girls to view in more depth and to be able to relate that to their own play.

The women's football program extends its thanks to all those who have supported the players throughout the year. In particular, thanks to the parents and families of all the players who have supported their daughters' development, the physicians and physiotherapist, particularly Jo Kemp at Bodysystem, who have assessed and 'repaired' the players, and to the staff at Football Federation Tasmania, especially the chief executive John Bolous, technical director Steve Payne and football administration staff Dale Itchins, Michael McKenna and Leila Freke.

Michael Edwards
NTC Women's Football Coach

TIS Women's Football scholarship holders 2009-10

Adelyn Ayton, Allie Berry, Rani Cavarretta, Caitlin Daley, Olivia Edwards, Georgia Foote, Lucy Foote, Ellie Gavalas, Brooke Mason, Mady O'Brien, Jemma Plummer, Sacha Rose, Caitlin Stalker, Shelbi Vienna-Hallam and Jessie Williams, (Ashlee Tolman until Dec 2009).

Hockey

SUCCESS at two major international events feature among the highlights for the hockey program during the 2009-10 reporting period. The TIS continues to have a strong presence in the national men's squad and junior women's squad which all bodes well in the lead-up to the London Olympic Games in 2012.

Athletes have continued to impress and as a result a number of TIS athletes have opportunities ahead as they continue to push for selection for the London Olympics and beyond.

David Guest and Eddie Ockenden were both selected in the men's 2010 national squad, while Tim Deavin was selected in the national development squad. David, who is currently living in and playing hockey in Europe, has had limited opportunities to impress in the national team as he continues to battle injuries. Eddie Ockenden continues to be a shining light for the national team and the TIS program.

Eddie played in the successful team that won the Champions' Trophy in Melbourne in December 2009 and then provided the highlight for the program assisting the Kookaburras in winning the World Cup played in New Delhi, India in March 2010.

Eddie, arguably one the world's best players, scored the opening goal of the match and combined with the rest of the team to defeat Germany 2-1. The Kookaburras won the World Cup for the first time in 24 years. Both David and Eddie will now focus their attention on achieving selection for the upcoming 2010 Champions Trophy and Commonwealth Games teams.

Another highlight for the program was Tim Deavin making his debut for the Kookaburras at the Sultan Azlan Shah Cup in Malaysia in May. Tim relocated to Perth in January to improve his chances for selection and this paid off as he was selected for Australia at the tournament.

Fielding a young team with many senior players rested, the Kookaburras finished third. Tim contributed well and hopefully this is the beginning of many more opportunities with the national team. Along with Eddie and David, Tim will also be pressing for selection into the 2010 Champions Trophy and Commonwealth Games teams.



*Andrew McDonald
Head NTC Hockey Coach*



*Ilene Carr
NTC Hockey Coach*

Hockey Australia's senior tournament, the Australian Hockey League (AHL), took on a change of format in 2010 as well as implementing a number of new rule changes. The AHL saw all TIS athletes play, providing another opportunity for the athletes to be exposed to senior competition. This particularly assisted new TIS scholarship holders Amelia Spence and Jeremy Edwards.

Opportunities for national exposure continue to be presented to our athletes. After strong performances at the under-21 women's nationals in 2009, Amelia Spence, Nina Khoury and Eliza Flanagan attended the women's national futures camp in Canberra in

December. This camp provided an opportunity for the girls to gain national level coaching with a focus on development of essential skills and tactical understanding. Nina was then given the opportunity to play against Korea in March of 2010 when she attended the AIS as a visiting scholarship holder.

Geoffrey Cock has followed in Tim Deavin's footsteps and relocated to Perth to improve his chances for national selection. Geoff has settled in well and is impressing in the Perth club competition. Geoff has quickly established himself as a prolific goal-scorer and has been regularly invited to play against the AIS squad and the Australian team in practice matches.

Throughout this reporting period the hockey program has expanded its planning of the requirements of ath-

letes to meet increased time on the training pitch and increased time in the gym. The athletes have worked closely with Tim Mosey to build their overall physiology specific to their needs.

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, the result of a combined effort of the TIS, the region and Hockey Tasmania, its development programs and development officers.

During 2010 new national senior and junior squads were announced. In total seven TIS athletes were selected in national squads during this reporting period.

MERCURY
SOUVENIR
POSTER

EDDIE OCKENDEN

WORLD CHAMPION



PHOTO: Treedy Images

Eddie UNRAVELLED

Birth date: April 3, 1987
Position: Midfield/Striker
International Matches: 105
International Goals: 32
Kookaburras Shirt Number: 11
International Debut: 2006 Asian
Cup
Major International Tournaments:
2008 Olympic Games, 2008 Champions
Trophy, 2007 Champions Trophy
AHL Team: MIA Tassie Tigers
AHL Shirt Number: 11
Hometown: Hobart, TAS
Occupation/Current Studies:
Student, Bachelor of Business
Nickname: Eddie
Junior hockey club: North West Grads
What is the hardest thing to give up
during training? Seeing friends
in Hobart
Who is your funniest teammate?
Most of them
What are your post hockey career
ambitions? Travel properly and
actually see the places I am visiting
If you didn't play hockey what would
you do? Play another sport
Favourite sporting moment?
Kookaburras winning Gold in Athens and
Geelong winning the 2007 AFL Premiership
Who is your sporting hero? Gary
Allsett Jr
Which AFL team do you support?
Geelong
Favourite song? Anything by Nirvana
Greatest fear? Don't have one
Favourite holiday destination? Still
looking
Favourite movie: Lock, Stock and
Two Smoking Barrels
How would you spend your last \$50?
Heaps of food!
Favourite quote: "Do something"
Best travelling experience: Hockey
tours
Worst travelling experience: Delays
in airports on hockey trips
Three things I want to do before I die:
1: Travel, 2: Win a Gold medal, 3: Live life
He shoots, he scores:
Eddie Ockenden fires the ball past German
goalie Tim Jozsa for Australia's first goal
in the World cup final.

2010 Men's National Squad

David Guest and Eddie Ockenden

2010 Men's Development Squad

Tim Deavin

2010 Women's Development Squad

Nina Khoury

2009/10 Junior Women's Squad

Emily Wilson, Emily Lawson and Nina Khoury

The TIS hockey program continues to combine with Hockey Tasmania'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.

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 Hockey Tasmania, especially Alison Monk, Jo Traynor and the Hockey Tasmania CEO, Mark Purcell.



Eddie Ockenden in action against Korea in Hobart.



Tim Deavin in action in the Australian Hockey League.

Our focus to build our national representation and success at national championships will ensure we work hard both on and off the track. We look forward to the challenges that will be presented to our athletes in the build-up to the London Olympics. It is exciting to see new faces like Tim Deavin joining Eddie Ockenden in pushing for 2012 Olympic selection.

Andrew McDonald
NTC Head Hockey Coach

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.

2010 Squad Members

David Guest, Eddie Ockenden, Tim Deavin, Emily Wilson, Emily Lawson, Hannah Calvert, Eliza Flanagan, Amelia Spence, Nina Khoury, Geoff Cock, Jeremy Edwards and Nick Budgeon.

Netball

THE year 2009-10 has seen significant progress for the TIS netball program with the continued development of the 14 squad members. The squad makeup included eight continuing athletes and six new athletes.

The program focus is on providing individual development and building on the training intensity and high-performance daily training environment while managing the various state commitments with the goal of being nationally identified into Australian squads.

The structure of the program was modified to include associate scholarships primarily focusing on athletes outside the 19 and under target group. This accommodates athletes who are continuing with their pursuit of being nationally identified through their involvement in the Australian National League (ANL) competition.

A program highlight for the year was Madeline Carter gaining selection into the Australian 17 and under squad after a strong and consistent performance at the underage national championships in Adelaide. This was an outstanding result with Madeline being the first TIS netball athlete to be selected in a national squad since the inception of the TIS netball program in 2007.

With all TIS athletes members of their respective state teams at the underage national championships in April, four athletes were invited to the Australian underage camp in July. Congratulations to Chelsea Coleman (19 and under), Lauren Miller (19 and under), Dannielle Pickett (17 and under) and Adriana Gough (17 and under) on their selections. Unfortunately Lauren had to withdraw due to injury.

There has been a great collaboration with the crossover of TIS athletes involved with the ANL program, with nine athletes being represented in the squad of 15 for 2010. Working with ANL Head Coach Aaron Pidgeon has worked well with combined squad training sessions, monitoring training loads and athlete welfare throughout the year to give the athletes the best opportunity to perform.

Congratulations to ANL squad members Steffi Grenda, Lauren Miller, Kate Schwartz, Katelyn Fryett, Madeline Carter, Chelsea Coleman, Dannielle Pickett, Hayley Sansom, and Claudia Maher who have all been selected in the squad. Jacqui Witt was also selected but has withdrawn due to injury.



Lou Carter
TIS Netball Coach

Netball Coach Lou Carter completed her two-year contract with the TIS at the beginning of June. Lou made a significant impact on the development of the athletes and program. Aaron Pidgeon has since been supporting the program in a coordination role.

The continuing support of regional coaches working closely with Lou and the regionally based athletes assisted with the delivery of the statewide program. Thanks to Jodie Mather (south), Kellie Woolnough (north) and Debbie Daniel (north-west) for their ongoing support of the program.

The Institute Challenge in Narrabeen, Sydney, held in September 2009, was a great opportunity for program members to travel and play as a team and test their skills, fitness and teamwork against other institute programs and have an opportunity to be assessed by Australian selectors.

The squad was fortunate to work with experienced coach Julie Hoornweg, the Vixens and Victorian Institute Head Coach, during an intensive pre-season training camp in Launceston.

External consultants and coaches were an important component in the delivery of the program. In particular the expertise of sport psychologist David O'Sign was invaluable in working with the girls in a number of areas including strategies to manage their thought processes on and off the court.

Athletes have been challenged to further develop in

many aspects of their preparation, game and life outside netball. This balance is often difficult to meet with the demands of training, competition, school, university, work commitments and spending time with family and friends.

Stewart Pither, TIS Athlete Career and Education (ACE) consultant, worked closely with the squad to ensure the balance of their sporting and school/work-life maintained on track. While assisting athletes on an individual basis, group activities included mock job applications and interviews, public speaking and time-management skills.

Thanks to Netball Tasmania and Netball Australia for the ongoing support of the program. The opportunities provided to athletes within the TIS program have given all squad members the chance to be nationally recognised.

2009 Scholarship Athletes

Madeline Carter, Chelsea Coleman, Katelyn Fryett, Steffi Grenda, Sophie Manning, Lauren Miller, Lauren Muralt, Savahn Overall, Hayley Sansom, Kate Schwartz, Emma Webb and Jacqui Witt.

2010 Scholarship Athletes

Victoria Black, Madeline Carter, Chelsea Coleman, Laura Elliott, Adriana Gough, Claudia Maher, Estelle Margetts, Lauren Miller, Danielle Pickett, Hayley Sansom, Kate Schwartz and Jacqui Witt.

2010 Associate Scholarship Athletes

Katelyn Fryett and Steffi Grenda



TIS netball squad.

Rowing

THE year in review saw many highlights for the TIS rowing program. Among these, Ella Flecker stroked the women's lightweight quad scull to third place at the 2009 under-23 world championships in Racice, Czech Republic. Charlotte Walters was in the women's heavy-weight quad that finished eighth overall and Ali Foot stroked the men's lightweight double scull to 15th place.

Tom Chapman was a member of the coxless four that won a bronze medal at the junior world championships in France. The Huon Rowing Club-based men's quad crew, coached by John Driessen, won the silver medal at the senior world championships in Poland.

The 2010 national rowing championships held at Lake Nagambie saw Tasmanian Institute of Sport athletes dominate the lightweight men's category, winning the four, the eight and gaining first, second and fourth placings in the pair. Tasmania clearly re-established itself as one of the country's strongest states in lightweight rowing, winning the prestigious Penrith Cup.

The nationals also saw the TIS women rowers among the medals in a number of events.

Throughout the 2009 winter, athletes trained under the guidance of Brett Crow and Ron Batt. Scholarship selection was based on a series of five-kilometre time trials, held at Lake Barrington and on the Huon River. The scholarship selection was hard fought and of a high standard, with the return of four past Olympians. Scholarships were announced in December and this saw the beginning of intense training in both Hobart and Launceston.

TIS athletes performed with distinction at the state championships. Competing for their clubs, they gained many state titles and demonstrated their outstanding ability, justifying their selection as TIS athletes.

National championships saw the lightweight men's crew of Tom Gibson, Anthony Edwards, Sam Beltz, and Blair Tunevitsch convincingly win the men's lightweight coxless fours. This talented crew went on to win and return the Penrith Cup to Tasmania after a three-year absence.

Sam Beltz and Anthony Edwards won the men's light-



Brett Crow
Head NTC Rowing Coach



Ron Batt
NTC Rowing Coach

weight pair in a slick time of 6.38 minutes. Tom Gibson and Ali Foot followed in second place with another TIS combination of Blair Tunevitsch and Nick Baker securing fourth place. For the ninth year in a row, the men's lightweight eight won – six members of this crew are TIS athletes.

The women's interstate lightweight quad was competitive and Tasmania was victorious on the day. Carly Cottam, Ingrid Fenger and Ella Flecker were crucial members of this crew. Kerry Hore continued her pursuit of the women's single title, securing a sound second place.

Following the nationals, nine TIS athletes were selected to participate in arduous and demanding national trials

for selection to compete at the world cups in Munich and Lucerne. Further trials will be held in August for the world championships in New Zealand in November 2010.

Kerry Hore gained selection in the women's heavy-weight double, Ingrid Fenger in lightweight women's single scull, and Sam Beltz, Blair Tunevitsch, and Anthony Edwards, in the senior A men's lightweight four. This crew is based in Hobart under TIS head coach Brett Crow.

Ali Foot and Shaun Finlayson will also attend the August trials aiming to secure a position in the men's lightweight eight.

Former Olympic gold medallist and TIS scholarship holder Scott Brennan is continuing his training in Canberra.

Results at the world cups in Lucerne and Munich were mixed and athletes are continuing their training towards the November world championships in New Zealand

TIS scholarship holders continue to be well supported by the TIS support services team.

Brett Crow
NTC Head Rowing Coach



Brendan Long & Blair Tunevitsch training on the Tamar.

Athlete achievements

Sam Beltz

Gold, men's lightweight pair/coxless four/eight, national championships; Penrith Cup coxless four.

Anthony Edwards

Gold, men's lightweight pair/coxless four/eight, national championships; Penrith Cup coxless four.



Australian under-23 lightweight men's double scull training in Murwillumbah, July 2009.

Tom Gibson

Gold, men's lightweight coxless four/eight, national championships; Penrith Cup coxless four; silver, men's lightweight pair.

Blair Tunevitsch

Gold, men's lightweight coxless four/eight, national championships; Penrith Cup coxless four.

Ali Foot

Gold, men's lightweight eight, national championships; silver, men's lightweight pair/coxless four.

Shaun Finlayson

Gold, men's lightweight eight, national championships; silver, men's lightweight single scull; bronze, men's lightweight coxless four.

Kerry Hore

Gold, women's heavyweight quad scull, national championships; silver, Nell Slatter Trophy, women's single scull; women's heavyweight single scull/double scull.

Ingrid Fenger

Gold, women's lightweight quad scull, Victoria Cup national championships; silver, women's lightweight double scull and quad scull.

Carly Cottam

Gold, women's lightweight quad scull, Victoria Cup



Carly Cottam and Ingrid Fenger after winning silver at the nationals in the lightweight women's double sculls, March 2010.

national championships; silver, women's lightweight double scull and quad scull.

Ella Flecker

Gold, women's lightweight quad scull, Victoria Cup national championships; silver, women's lightweight under-23 single scull; bronze, women's lightweight under-23 double sculls.

Taylor Wilczynski

Silver, men's under-23 heavyweight quad scull.



Australian lightweight men's coxless four training at Lake Barrington in June prior to racing at this year's 2nd and 3rd rounds of the World Cup in Europe.



Australian under-23 lightweight men's double scull (Ali Foot and Angus Morton), at the world championships in the Czech Republic, July 2009.

Track and Field

THE 2009-10 year saw seven athletes included in the TIS track and field program – Tristan Thomas (AIS, 400m hurdles and 400m), Donna MacFarlane (3000m steeple), Hamish Peacock (javelin), Daniel Coleman (race walking) and Huw Peacock (hammer throw), were joined during the year by two younger athletes with national leading age performances, Danni McConnell (hammer throw) and Kaitlin Morgan (high jump and triple jump).

Performance highlights included Tristan Thomas and Donna MacFarlane's selection and competing in the 2009 world championships where Tristan was a member of the bronze medal-winning 4 x 400m relay team.

Tristan also won gold at the world university championships in the 400m hurdles. In March, he was named TIS Male Athlete of the Year providing great recognition for his efforts during 2009. Tristan's last domestic season has been marred by an injury to his achilles tendon but he was nominated for the Commonwealth Games team.

Donna is not pursuing international competition at the moment but is still training and may return to the national stage next season. Daniel Coleman's season was affected by a persistent hip injury which is now resolved and we hope that he can extend his excellent junior performances into senior competition.

Hamish Peacock narrowly missed selection in the javelin competition for this year's Commonwealth Games and had some injury and illness issues. Huw Peacock, although the best young hammer thrower in Australia, narrowly missed selection for the 2009 world junior championships.

Danni McConnell's highlight was her national age record performance in the women's hammer throw winning many medals at national junior events. Kaitlin Morgan won gold medals in the high jump and triple jump in the national all schools and national junior championships. All four are members of national under age squads and all are ranked number one in their events in Australia for their age groups.

The program is undergoing some changes in line with developments in Athletics Australia's high-performance program. We now have two tiers of scholarship reflecting high-performance senior athletes and emerging talent athletes. Athletics Australia is currently developing the plan for track and field towards



*Peter Fortune
Track and Field
State Performance Coordinator*

2012 and beyond in partnership with all state institutes and especially for the TIS with the national relay development program.

The track and field program continues to enjoy a productive relationship with Athletics Tasmania (AT) especially with the support of the AT/TIS development squad which this year has moved towards a more elite focus with new standards. The TIS also supports Athletics Tasmania with team selection and coaching for state teams to events such as the national junior and national cross-country championships.

The Institute also has close ties with the Tasmanian branch of the Australian Track and Field Coaches Association (ATFCA) through regular event clinics coordinated by the TIS with the valuable support of the ATFCA. A number of clinics were held in 2009-10 across many event groups. A special initiative was the inaugural 'Hammerfest' hammer-throwing camp where a number of Australia's best hammer throwers visited Launceston for four days of competition and technical analysis.

A continuing matter of some concern, however, is the difficulties associated with the regional nature of track and field delivery in Tasmania and the lack of coaches in several event disciplines.

The two major underpinning events nationally were the final national all schools championships (to be replaced by a new teams event) which Tasmania hosted in Hobart in December, and the new national junior

championships which were held in Sydney in March this year. Both events were very successful both organisationally (especially Hobart), and athletically for Tasmania with a number of excellent performances by Tasmanian athletes.

Coach Evan Peacock is developing an increasing national profile and was named Athletics Australia's junior coach of the year at the national titles in Perth in April, largely for his excellent work with his group of throwers.

Peter Fortune
Track and Field State
Performance Coordinator

Major achievements and results

Tristan Thomas

Bronze, 4 x 400m relay, world championships, Berlin 2009; gold, 400m hurdles, world university games; TIS Male Athlete of the Year 2009.

Donna MacFarlane

Australian team, world championships Berlin, 3000m steeplechase.

Hamish Peacock

Gold, javelin, Australian university games; Tasmanian champion.

Huw Peacock

Gold, hammer throw under-18, Australian all schools and youth championships 2009; gold hammer throw under-20, Australian junior championships 2010; Tasmanian champion.

Danni McConnell

Australian under-16 hammer throw record 52.92 metres; gold, hammer throw under-16, Australian all schools and youth championships 2009; gold, hammer throw under-18; silver, hammer throw under-20, Australian junior championships 2010; Tasmanian champion.

Kaitlin Morgan

Gold, high jump, triple jump under-15, Australian all schools and youth championships 2009; gold, high jump under-16, Australian junior championships 2010; Tasmanian champion.



Above and below: Tristan Thomas in action.



Elite Development Programs

2009-10 was another busy year for the TIS elite development program (EDP) with activities operating in six sports including the introduction of a scholarship program for swimming and an education-based program for trampolining.

Wildwater canoe

The 2010 world championships held in Sort, Spain, during June 2010 provided the highlight for the wildwater canoe program. The TIS squad of Matt Dalziel, Stewart Bennett, Ben Maynard and Matt French all represented Australia at the championships.

In the men's K1 classic, Matt Dalziel finished 17th, Stewart Bennett 18th, Ben Maynard 20th and Matt French 24th. In the men's K1 sprint event Ben Maynard finished 22nd, Stewart Bennett 40th and Matt Dalziel 42nd. Unfortunately Dan Hall was disqualified. Bennett, Dalziel and Maynard teamed up in both the men's K1 classic and sprint teams races finishing fifth in both events. The squad was again coached by Andrea McQuitty and benefited from strength and conditioning support and field-testing throughout the year.

Swimming

2009-10 saw the introduction of a three-way partnership program between Swimming Australia, Swimming Tasmania and the TIS. The program supported five athletes – Karl Wurzer, Shani Burleigh, Maggie Lennox, Alec Guerzoni and Paul Crosswell. All athletes were provided with competition assistance, testing, strength and conditioning support, medical



Lucy Shephard and Amelia Catt sailing in the 420 class



*Carl Saunder
Sport Program Coordinator*

assistance, nutrition, sport psychology and ACE support.

The national and age national championships provided the major competition for the athletes. All athletes produced personal best times through the year, with the highlight being Karl Wurzer winning a bronze medal in the men's 50-metre breaststroke at the Australian championships. Alec Guerzoni won gold and silver medals in the 400-metre and 200-metre individual medley events at the age nationals in April. Alec was also selected on an Australian team for the trans-Tasman tour to New Zealand.

Several athletes also visited the AIS in June 2010 and took part in field-testing and video analysis work using the AIS wet plate system. The athletes gained valuable experience and advice from this activity. Thanks to Leigh Nugent and Bernard Savage from Swimming Australia and Jamie McIntyre from Swimming Tasmania for their support in running the swimming program.

Sailing

2009-10 saw the continuation of the TIS sailing EDP involving eight athletes – Elliot Noye, George Jones, Angus Barton and Zac Pullen sailing Laser Radials, Ben Price and Rohan Langford sailing in the 470 class and Lucy Shephard and Amelia Catt sailing in the 420 class.

The key competitions for the squad focused around the national championships held in Adelaide over the New Year period. The standout result was Lucy

Shephard and Amelia Catt winning the Australian women's 420 championship. At the Laser Radial nationals, George Jones finished third, Elliot Noye 16th, Angus Barton 15th (youth) and Zac Pullen 11th (youth). Rohan Langford and Ben Price finished 13th in the 420 class.

The squad was coached by Richard Scarr and the program coordinator was Garry Langford. Athletes also benefited from strength and conditioning support, ACE assistance, sport psychology and nutrition advice.

Cricket

In 2009-10 the TIS assisted Cricket Tasmania (CT) with its Capture The Tiger program aimed at identifying talented Tasmanian cricketers aged between 13 and 15. The cricketers took part in a school holiday camp in September. Participants were exposed to a variety of cricket-specific topics and coaching provided by CT staff.

The TIS provided information on time management and goal-setting as well as running a nutrition workshop that included a supermarket tour and cooking class. The TIS also conducted cricket-specific testing for the participants at the September camp and again in January and June.

AFL

The TIS and AFL Tasmania continued their partnership agreement based around testing AFL Tasmania's academy programs at under-18 and under-16 level. Both age groups take part in testing protocols set out by the AFL. In addition, 11 athletes viewed as potential AFL draftees also took part in testing before AFL scouts in Hobart during September. Four players were drafted to AFL clubs at the November AFL national draft – Marcus Davies (Carlton, pick 43), Ryan Harwood (Brisbane, pick 47), Jessie Crichton (Fremantle, pick 48) and Jeromey Webberley (Richmond, pick 67).

Gymnastics

The TIS and Gymnastics Tasmania ran an education-based program during 2009 and 2010. Athletes participated in several educational activities including a Master Chef-style cooking day which included a practical supermarket tour and cooking class with TIS nutritionist Maree Taylor. In competitions athletes participated in a series of national events throughout the year. Jack Penny competed at the 2009 world championships finishing 16th overall in the double mini-trampoline event.

Carl Saunder
Sport Program Coordinator



Lucy Shephard and Amelia Catt with their trophy after winning the Australian women's 420 championship.

Individual Scholarship Programs

HIGHLIGHTS of the individual scholarship program for the year included:

Boxing athletes Luke Woods and Luke Jackson qualified for the 2010 Commonwealth Games in Delhi. Both have received AIS residential scholarships and toured Russia and Cuba as part of their preparation for the Games.

Jenna Myers (weightlifting) won the national title in the women's 75kg class and also qualified for the 2010 Commonwealth Games.

Zac Grgurevic (weightlifting) finished third at the senior nationals in the 105kg class. In addition Zac represented Australia at the Oceania championships in Nauru where he won a silver medal.

Hanny Allston (orienteering) competed at the world orienteering championships in July 2009 finishing 18th in the middle-distance and 19th in the long-distance events.

Ashlee Dewhurst (golf) had an outstanding year, finishing third at the 2009 South Australian stroke play event, seventh at the Victorian stroke play and fifth at the Riversdale Cup. Ashlee was invited to represent Australia at the Suntory Open in Japan, a major professional tournament.

Ryan McCarthy (golf) is a member of the Golf Australia national squad. Highlights for the year included a second placing at the South Australian amateur championships and a top-10 finish at the Australian amateur championships at Lake Karrinyup in Western Australia. Ryan has also spent time with the national squad in the United States competing in a variety of tournaments.

Bec Quail (lawn bowls) finished second in the pairs event at the 2010 Australian open event in Victoria. Bec was also a member of the Australian team that competed against the Kiwis in the Trans-Tasman Trophy in New Zealand.

Clint Freeman (archery) returned to full completion and TIS scholarship support in 2010. Clint is the current national champion and is on track to make the Australian team for the 2010 Commonwealth Games.

Aaron Frankcomb (squash) had an outstanding 12 months, maintaining his world ranking inside the top



Aaron Frankcomb had an outstanding 12 months, maintaining his world ranking inside the top 50.

50. Highlights included being a member of the Australian team that finished third at the world teams championships in Denmark. Aaron also represented Australia at the world open event in Kuwait in November. Aaron is on track to represent Australia at the 2010 Commonwealth Games.

Maggy Marshall (squash) returned to full competition following a frustrating run of injuries. Maggy continues to be based in Brisbane with the AIS squash squad. She represented Australia at a number of events in India and Malaysia.

Stephanie Grant (judo) won the women's 78kg class at the 2009 Oceania world cup event in Samoa and represented Australia at a number of tournaments in Brazil.

Jocelyn Burnett (diving) competed at her first open national championships in January finishing 18th in the one-metre springboard and 10th in the women's platform. Jocelyn is a member of Diving Australia's development squad.

Carl Saunder
Sport Program Coordinator

Coaching Development Scholarships

COACHING development scholarship recipients Jodie Mather (netball) and Ken Davey (rowing) continued to access developmental opportunities provided by attending conferences and visiting their respective sports' national program activities.

Scholarship holders

ARCHERY

Clint Freeman (2010)

BADMINTON

Susan Dobson (2009)

BOXING

Luke Jackson (2009/2010)

Luke Woods (2010)

DIVING

Jocelyn Burnett (2010)

GOLF

Ashlee Dewhurst (2009/2010)

Ryan McCarthy (2010)

JUDO

Mollie Dabner (2009)

Stephanie Grant (2009/2010)

Priscus Fogagnolo (2009)

LAWN BOWLS

Rebecca Quail (2009/2010)

ORIENTEERING

Johanna Allston (2009/2010)

SQUASH

Aaron Frankcomb (2009/2010)

Maggy Marshall (2009/2010)

WEIGHTLIFTING

Jenna Myers (2009/2010)

Zac Grgurevic (2009/2010)

NTC CYCLING

Amy Cure (2009/2010)

Rowena Fry (2009/2010)

Belinda Goss (2009/2010)

Matthew Goss (2009)

Ben Grenda (2009/2010)

Ryan Hughes (2009/2010)

Peter Loft (2009/2010)

Caleb Manion (2009)

Karl Menzies (2009)

Luke Ockerby (2009/2010)

Richie Porte (2009/2010)

Sean Sullivan (2009)

Bernard Sulzberger (2009)

Wes Sulzberger (2009/2010)

Sid Taberlay (2009)

Cameron Wurf (2009/2010)

NTC FOOTBALL MEN

Will Abbott (2009/2010)

Brady Cronk (2009/2010)

Jesse Curran (2010)

Declan Cuschieri (2009)

Jamie De Smit (2009/2010)

Maxim Devine (2010)

Declan Foley (2009/2010)

Hugh Foley (2009/2010)

Nick Green (2010)

Sam Hamilton (2009/2010)

Lucas Hill (2010)

James Ince (2010)

Eli Luttmmer (2009/2010)

Jordan Muller (2009)

David McClung (2010)

Nick Mearns (2010)

Alex Nandan (2009)

Tristan Prendergast (2009/2010)

Cameron Sweeney (2009)

Jeremy Walker (2009/2010)

Cameron Williams (2009)

NTC FOOTBALL WOMEN

Adelyn Ayton (2009/2010)

Allie Berry (2010)

Rani Cavaretta (2009/2010)

Caitlin Daily (2009/2010)

Kathleen de Boer (2009)

Harkana Dixon (2009)

Olivia Edwards (2009/2010)

Georgia Foote (2010)

Lucy Foote (2009/2010)

Ellie Gavalas (2010)

Brooke Mason (2009/2010)

Madeline O'Brien (2009/2010)

Isolina Ottavi (2009)

Jemma Plummer (2009/2010)

Sacha Rose (2009/2010)

Caitlin Stalker (2010)

Tayla Thomas (2009)

Ashlee Tolman (2009/2010)

Shelbi Vienna-Hallam

(2009/2010)

Jessie Williams (2009/2010)

NTC HOCKEY

Nick Budgeon (2009/2010)

Hannah Calvert (2009/2010)

Geoffrey Cock (2009/2010)

Tim Deavin (2009/2010)

Eloise Crombie (Duay) (2009)

Eliza Flanagan (2009/2010)

David Guest (2009/2010)

Nina Khoury (2009/2010)

Emily Lawson (2009/2010)

Hamish McGregor (2009)

Edward Ockenden (2009/2010)

Lucy Ockenden (2009)

Emily Wilson (2009/2010)

2009/2010 denotes athletes on scholarship for both years.

2009/10 denotes athletes in programs that run for the financial year.

NTC NETBALL

Victoria Black (2010)
Madeline Carter (2009/2010)
Chelsea Coleman (2009/2010)
Laura Elliot (2010)
Katelyn Fryett (2009/2010)
Steffi Grenda (2009/2010)
Adriana Gough (2010)
Sophie Manning (2009)
Claudia Maher (2010)
Estelle Margetts (2010)
Lauren Miller (2009/2010)
Lauren Muralt (2009)
Savahn Overall (2009)
Dannielle Pickett (2010)
Hayley Sansom (2009/2010)
Kate Schwartz (2009/2010)
Emma Webb (2009)
Jacqui Witt (2009/2010)

NTC ROWING

Sam Beltz (2009/2010)
Deon Birtwistle (2009)
Scott Brennan (2009/2010)
Tom Chapman (2009)
Carly Cottam (2009/2010)
Anthony Edwards (2010)
Ingrid Fenger (2009/2010)
Shaun Finlayson (2010)
Ella Flecker (2009/2010)
Ali Foot (2009/2010)
Tom Gibson (2009/2010)
Kerry Hore (2009/2010)
Kate Hornsey (2009)
Brendan Long (2009/2010)
Blair Tunevitsch (2009/2010)
Charlotte Walters (2009/2010)
Taylor Wilczynski (2009/2010)

NTC TRACK AND FIELD

Daniel Coleman (2009/10)
Donna MacFarlane (2009/10)
Danielle McConnell (2009/10)
Kaitlin Morgan (2009/10)
Hamish Peacock (2009/10)
Huw Peacock (2009/10)
Tristan Thomas (2009/10)

NITP BASKETBALL

Irini Alexiou (2009/2010)
Matthew Brazendale (2009/2010)
Katelyn Brooks (2009/2010)
Ella Fox (2009/2010)
Josie Greenwood (2010)
Hugh Greenwood (2009/2010)
Hollie Grima (2009)
Olivia Howard (2009)
Ben Langmaid (2009)
Ben Richmond (2009/2010)
Tayla Roberts (2009/2010)
Dylan Warren (2009/2010)
Michael Woods (2009/2010)

EDP CANOE WILDWATER

Stewart Bennett (2009/10)
Matt Dalziel (2009/10)
Mathew French (2009/10)
Dan Hall (2009/10)
Ben Maynard (2009/10)

EDP GYMNASTICS (TRAMPOLINE)

Jack Penny (2009/10)

EDP SAILING

Angus Barton (2009/10)
Amelia Catt (2009/10)
Christopher Jones (2009/10)
Rohan Langford (2009/10)
Elliot Noye (2009/10)
Ben Price (2009/10)
Zac Pullen (2009/10)
Lucy Shephard (2009/10)

EDP SWIMMING

Shani Burleigh (2009/10)
Paul Crosswell (2009/10)
Alec Guerzoni (2009/10)
Maggie Lennox (2009/10)
Karl Wurzer (2009/10)

2009/2010 denotes athletes on scholarship for both years.

2009/10 denotes athletes in programs that run for the financial year.

Our Vision

Tasmanian athletes acclaimed for their contribution to Australia's sporting success.

Our Purpose

To provide leadership and quality athlete and coaching services to Tasmania's talented athletes to assist them to compete successfully on the international stage.

Our Approach

The TIS is guided by the following principles:

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

Key Performance Indicators

TIS athlete representation on Australian teams.
TIS athlete representation in national developmental squads.

Operational Principles

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

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

Our Values

- Excellence through passion.
- Commitment to make a difference.
- Team-work that is based on respect, flexibility, support and a sense of humour.
- Open, effective communication that provides honest, accurate and reliable information.
- Creativity and innovation that supports our professionalism.

Critical Success Factors

The TIS operations are focused on achieving the following critical success factors:

- Quality athletes – identification and development.
- Quality coaches – identification and development.
- Environment – providing a daily training environment that maximises identified athletes' potential to achieve their performance goals.
- Pathways – investing in high-performance pathways that ensure identified athletes can progress towards achieving their sporting goals.
- Sport and life balance – ensuring identified athletes have the opportunity to develop both in their sport and life to meet their personal goals.
- Competition opportunities – providing identified athletes with competition opportunities that assist in the development of their competitive skills.

Our Goals:

1. Provide athletes with holistic development opportunities that maximise their potential to represent Australia.
2. Contribute effectively to the Australian elite sports system.
3. Have highly satisfied clients and stakeholders who value their relationship with the TIS.
4. Be recognised for commitment to fair and ethical participation in sport.

Key Result Areas

- People
- Process
- Partnerships
- Resources

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, Culture Recreation
and Sport, Department of Economic
Development, Tourism and the Arts
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

Director, Community and Rural Health
Reform, 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 &
field
Board Member, Tasmanian Institute of
Sport 2007 – present

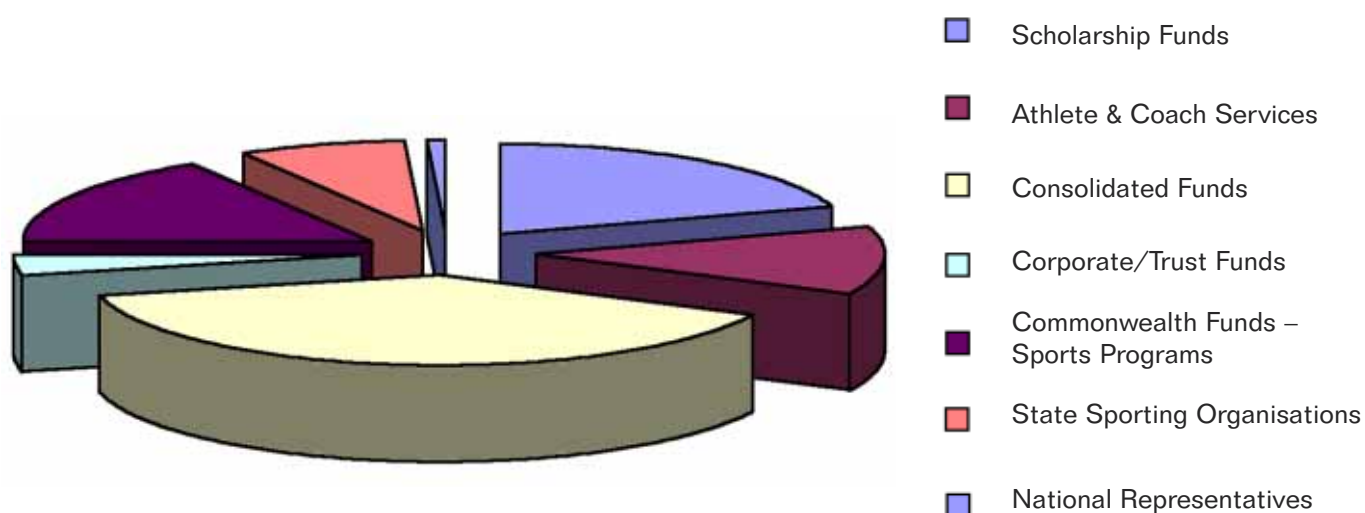
Staff

DIRECTOR	Paul Austen
PROGRAM MANAGER	Geoff Masters
EXECUTIVE ASSISTANT	Jeanne Pennington
SPORT PROGRAM COORDINATOR	Tania Paterson
SPORT PROGRAM COORDINATOR	Carl Saunder
ADMINISTRATION ASSISTANT	Helen Griffiths/Samantha Lockett
ATHLETE ADMINISTRATION OFFICER	Claire Deavin
MANAGER SPORTS PERFORMANCE UNIT	John Gregory
SPORTS PERFORMANCE OFFICER	Ben Scarlett
SPORTS PERFORMANCE OFFICER	Tim Mosey
SPORTS PERFORMANCE OFFICER (TID)	Rachel Elsley
PHYSICAL PREPARATION OFFICER	Peter Culhane
LABORATORY TECHNICIAN	Inge Hillier/Alanna Martin
HEAD CYCLING COACH	Matthew Gilmore
CYCLING COACH	Ron Bryan
HEAD HOCKEY COACH	Andrew McDonald
HOCKEY COACH	Ilene Carr
HEAD ROWING COACH	Brett Crow
ROWING COACH	Ron Batt
NETBALL COACH	Elizabeth Carter
MEN'S FOOTBALL COACH	Dean May
WOMEN'S FOOTBALL COACH	Vicki Linton/Michael Edwards
TRACK & FIELD STATE PERFORMANCE COORDINATOR	Peter Fortune
ACE COORDINATOR	Stewart Pither
PHD STUDENT	Matthew Driller
INTERNATIONAL PLACEMENT STUDENT	Malcolm Kennett

Funding

Scholarship Funds	\$540,000
Athlete & Coach Services	\$332,000
Consolidated Funds	\$1,065,611
Corporate/Trust Funds	\$94,973
Commonwealth Funds-Sports Programs	\$446,500
State Sporting Organisations	\$213,300
National Representatives	\$20,000
Total Funds	\$2,712,384

TIS Funding All Sources



Allocations

Sports Programs & Scholarships	\$1,346,450
Athlete Services	\$98,300
Sports Performance Unit	\$425,671
Athlete Career & Education	\$80,250
Talent Identification	\$9,000
Operations	\$647,740
National Representatives Fund	\$20,000
Trust Funded Projects	\$73,650
Total Allocations	\$2,701,061

TIS Allocations 2009-10

