

TASMANIAN INSTITUTE OF SPORT YEARBOOK 2017-18



Tasmanian
Government





CONTENTS

Minister's foreword	2	Hockey ETS	22
Director's report	3	Rowing	23
What we do	4	Canoe Slalom	25
Business and Administration	5	Netball	26
Financial Management	6	Sailing	27
Corporate Partnerships	7	Individual Athletes	28
Sports Performance	8	Key Performance Indicators	29
Personal Excellence	12	Gold Coast Commonwealth Games	30
Coach Development	14	Commonwealth Athlete Honour Roll	32
Scholarship and sports programs	15	Champions Club	34
Athletics	16	Athlete of the Year	35
Cycling	18	Olympic and Paralympic Athlete Honour Roll	36
Hockey	20		



TASMANIAN INSTITUTE OF SPORT - PO Box 93 - (55 Oakden Road) - PROSPECT TAS 7250 - AUSTRALIA

T: +61 3 6777 2828

F: +61 3 6777 5158

www.tis.tas.gov.au

institute.sport@tis.tas.gov.au

MINISTER'S FOREWORD

HON JACQUIE PETRUSMA MP

What an incredible year for Tasmanian sport - as Minister for Sport and Recreation, I am exceptionally proud to watch Tasmania's finest athletes compete against the best from around the world.

The performance of Tasmania's athletes in delivering the State's greatest ever representation and performance at a Commonwealth Games held on the Gold Coast in 2018 was no doubt the highlight of the year.

To watch our best athlete's represent their country at the Gold Coast Commonwealth Games and to compete so successfully was exhilarating and inspirational.

I value the critical role the Tasmanian Institute of Sport continue to play in supporting our athletes' development and I would like to thank the dedicated staff for their ongoing passion, commitment and professionalism as they help Tasmanian athletes achieve their sporting dreams.

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

I congratulate all our athletes on their past years' performance and wish them the very best for the future as they pursue their sporting goals.



Hon Jacquie Petrusma MP
Minister for Sport and Recreation



DIRECTOR'S REPORT

PAUL AUSTEN

The 2018 year was one to remember.

The 2018 Commonwealth Games held at the Gold Coast in Queensland saw Tasmanian athletes deliver their best ever performance at a Commonwealth Games and by some margin.

A record number of athletes were selected, and they performed over and above expectations, winning an incredible 10 gold and four silver medals from the 15 athletes that competed.

I congratulate all the athletes for such a fantastic achievement and the results clearly demonstrated the commitment and hard work each athlete puts into competing at their best.

Tasmanian Institute of Sport athletes also consistently competed across the year, with 24 athletes achieving top eight or better results at benchmark international sporting events in 2017-18.

In total there were 40 top eight or better results achieved by these athletes, including 14 gold medals, eight silver medals, five bronze medal and 13 fourth to eighth placings across the sports of Athletics, Canoe Slalom, Cycling, Hockey, Rowing, Sailing, Triathlon and Weightlifting.

During the course of the year there were 62 national team selections achieved by TIS athletes and three TIS coaches and specialist staff contributed to the performance of national teams through attendance at international events.

TIS World Champion Rower Sarah Hawe shared the Southern Cross Tasmanian Athlete of the Year with multiple World Champion Lawn Bowler Rebecca Van Asch.

I would especially like to acknowledge and thank all TIS staff for their ongoing commitment and diligent work that helps our talented Tasmanian athletes realise their sporting goals.

Thank you also to all the specialist consultants within the TIS sports medicine network who have so ably helped us again this year with their expertise in delivering high quality services to the TIS athletes.

We will move to a new Department, Communities Tasmania, in the new year, and I sincerely thank the corporate staff of the Department of Premier and Cabinet (DPAC) who have helped us manage the operations of the TIS across the state over the past four years.

The TIS receives considerable support from the Tasmanian Government without which it would not be able to establish and operate programs and services to progress athletes' development.

A special mention and sincere thanks goes to our outstanding and highly valued partner Motors Tasmania that continues to provide two vehicles for TIS use which allows us to provide more support to our programs.

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

In the coming year, we will strive to provide our athletes with quality support and services with the focus now on assisting them achieve selection for the 2020 Olympic Games in Tokyo.



Paul Austen

Director



WHAT WE DO

PURPOSE

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

BACKGROUND

The Tasmanian Institute of Sport was established in 1985 by the Tasmanian Government to assist Tasmania's talented athletes achieve excellence in sport and operated from two bases – the Silverdome Complex in Prospect, Launceston and the Technopark at Dowsing Point, Hobart.

SPORTS PROGRAMS

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

SPORTS PERFORMANCE UNIT

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

PERSONAL EXCELLENCE

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

COACH DEVELOPMENT

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

FUNDING

Funding for the TIS predominately comes from the Tasmanian Government. Additional funding is received from national sporting organisations that partner our sports programs through the funding they receive from the federal government.

The institute received valuable support from Motors Tasmania through the provision of vehicles. Southern Cross Television provide in-kind support for the Tasmanian Athlete of the Year Award.

ORGANISATIONAL STRUCTURE

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

We will transfer to the Department of Communities Tasmania as of 1 July 2018.



BUSINESS AND ADMINISTRATION

STAFF

Paul Austen	Director
Geoff Masters	Business and Relationship Manager
Jeanne Pennington	(to November 2017) Executive Assistant
Sam Rumbel	Administrative Assistant/ Executive Assistant
Lyn Jackson	Project Support Officer
Ellie Poynton	Project Support Officer
Shelly Wesley	(commenced April 2018) Administrative Assistant
Mark Dixon	Senior Support Officer (IT)

EVENTS

TASMANIAN ATHLETE OF THE YEAR

The 2017 Tasmanian Athlete of the Year Award cocktail function was held at Blundstone Arena in Hobart.

The function acknowledged six finalists who were recognised for their performance at international level, contribution to their sport and also their contribution to the Tasmanian sporting community. The finalists were;

- Amy Cure (cycling)
- Sarah Hawe (rowing)
- Deon Kenzie (athletics)
- Richie Porte (cycling)
- Ariarne Titmus (swimming)
- Rebecca Van Asch (lawn bowls).

The joint winners for 2017 were Sarah Hawe and Rebecca Van Asch.

TASMANIAN SPORTING HALL OF FAME

For the first time, the Tasmanian Sporting Hall of Fame was run in conjunction with The Tasmanian Athlete of the Year. The Sporting Hall of Fame honours outstanding Tasmanian sportspeople who have represented their State and nation with distinction and ensures their achievements receive the recognition they deserve. The two inductees for 2017 were Ricky Ponting (cricket) and Anthony Edwards (rowing).

The combined function was attended by staff, athletes, family members and key stakeholders from Tasmania's sporting community.

2018 SCHOLARSHIP ANNOUNCEMENTS

Scholarship holders for 2018 were announced at a breakfast function at Wrest Point in December 2017. The breakfast was well attended by athletes and their families as well as the wider sporting community and valued supporters. This function gave new athletes, and those continuing on, the opportunity to be recognised for receiving a scholarship for the coming year.

COMMUNICATIONS

PUBLICATIONS

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

WEBSITE

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

SOCIAL MEDIA

The 2017-18 reporting period continued the trend of noticeable growth of TIS social media platforms. The TIS Facebook, Twitter and Instagram accounts have enabled the institute to provide instant updates on the progress of our athletes.

PUBLIC RELATIONS

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

DATABASE

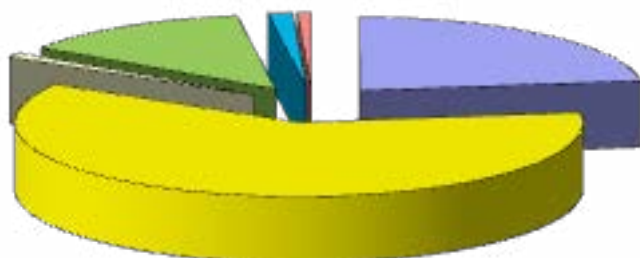
The TISLink database continues to manage athlete information and sports science data with athletes able to directly access the database online and via a mobile phone application. IT Senior Support Officer Mark Dixon and Business and Relationship Manager Geoff Masters continue to work on the development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

UNIFORMS

TIS athletes are provided with competition and training uniforms by the institute. The TIS enjoys ongoing support from 2XU for the provision of athlete clothing. 2XU provide TIS athletes with a range of training and competition clothing.

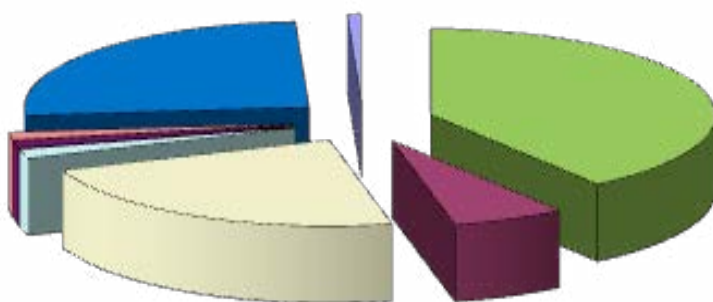
FINANCIAL MANAGEMENT

TIS FUNDING ALL SOURCES 2017-18



Scholarship Funds	\$702,580.00
Consolidated Funds	\$1,827,962.00
Trust Funds	\$11,182.00
National Sporting Organisations	\$362,289.00
State Sporting Organisations	\$45,120.00
National Representatives	\$15,000.00
Total Funds	\$2,964,133.00

TIS ALLOCATIONS 2017-18



Sports Programs & Scholarships	\$1,168,033.00
Athlete Services	\$172,093.00
Sports Performance Unit	\$685,912.00
Sport Science / Sports Medicine	\$50,500.00
Coaching Development	\$25,000.00
Personal Excellence	\$44,070.00
Operations	\$797,343.00
National Representatives Fund	\$21,182.00
Total Allocations	\$2,964,133.00

CORPORATE PARTNERSHIPS

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

PRINCIPAL PARTNER



STRATEGIC PARTNERS



MAJOR CORPORATE PARTNERS



CORPORATE PARTNERS



PROGRAM PARTNERS



SPORTS PERFORMANCE

The Sports Performance Unit (SPU) conducts a wide range of tests on scholarship holders and provides information to coaches and athletes regarding training, recovery and performance.

STAFF

Stewart Pither	Manager, Performance Services
John Gregory	Senior Scientist
Ben Scarlett	Sports Performance Officer
Alanna Martin	Sports Performance Officer – Talent ID
Gemma Whelan	(commenced April 2018) Sports Performance Officer – Talent ID
Pete Culhane	Senior Strength and Conditioning Coach
Mitch Bootes	Strength and Conditioning Coach
Annabelle Anderson	Strength and Conditioning Coach
Jake Cowin	PhD student

SPORTS SCIENCE

MAJOR ACTIVITIES

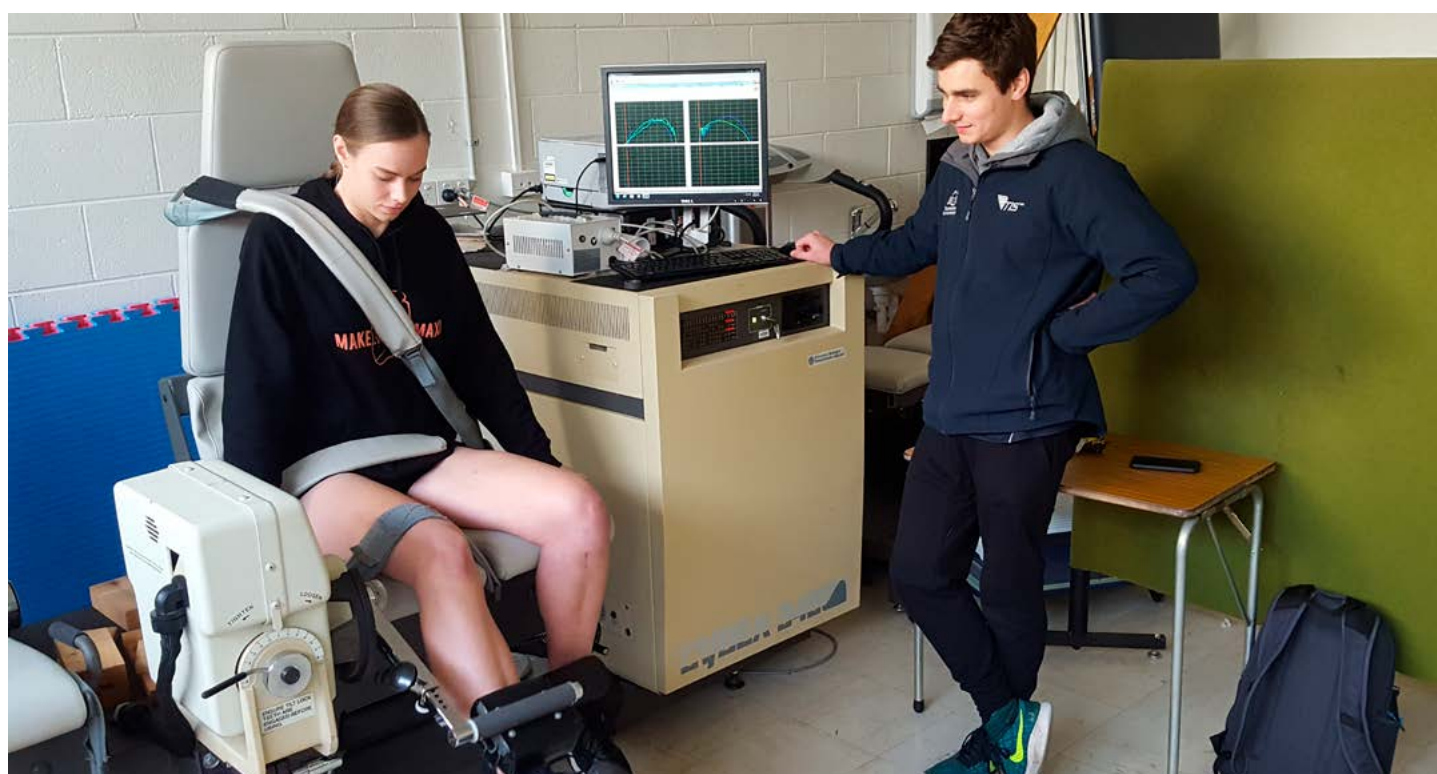
- 1117 testing sessions completed (anthropometry, field and lab testing).
- Provided more than 170 athlete support services for nutrition and sport psychology.
- Provision of more than 150 athletes support services in massage.
- Conducted 232 medical screenings and physio interventions.
- Conducted annual injury management report.
- Hosted an international student placement.
- More than 2225 individual athlete recovery sessions.
- Extensive usage of our Athlete Management System - TISLink.
- Development of Dashboard automated reports in TISLink.
- Sports science support and fee for service testing for Netball, AFL Tasmania and St Patrick's College.
- Integration of physiotherapy and medical reporting to TISLink.
- Assistance at key sport selection events.
- Presentation of TIS research at national physiology conference.
- Representation at the movement science and AIS Winning Pathways conferences.
- Staff attendance at Cycling Australia Junior World Track Championships.



- Conducted extensive applied research.
- Completed annual audit and education for athletes supplement usage.
- Completed annual external quality control of equipment, labs and protocols.
- Commenced staff accreditation with Exercise Sports Science Australia (ESSA).
- Further assessment of rowing performance with GPS and on water biomechanics systems.
- Local, national and international course reconnaissance and power monitoring with cycling.
- Ongoing lab and field-testing of athletes.
- Lab and field based testing of running athletes in Hobart.
- Team sport competition support for hockey at U21, U18 and AHL nationals.
- Video coding of matches and competition.
- Video capture of cycling and rowing with drone technology.
- Active management of massage, recovery, sports nutrition and sports psychology services.
- Assistance at Swimming Tasmania talent identification camps.
- Assistance at Athletics Tasmania TTP camps
- Increased sailing lab testing throughout the year.
- Ongoing day-to-day monitoring of athletes within athletes daily training environment.
- Provision of weekly and fortnightly daily monitoring reports to TIS and netball squads.

PROJECTS AND RESEARCH

- Successful deployment of sport GPS devices and software.
- Consolidation of recovery centres in Hobart and Launceston.
- Conducting research on the links between gym based force assessment and on-water rowing.
- Development of a device that can measure and correct for, the effect of wind for rowing.
- In conjunction with UTAS a new handlebar was designed for cyclists to achieve a more aerodynamic position.
- Comparison between ergometer and on track cycling performance measures.
- Altitude training and testing successfully undertaken.
- Integration of SPU with sports via sport meetings and usage of TISLink.
- Systematic improvement of injury management.
- A TIS Talent Plan was developed and implemented, initiatives undertaken included:
 - Conducting the Giant Bikes / TIS Racing Team Strava Challenge
 - Conducting the TIS Wattbike Challenge at the All-schools Cycling Championship.



SPORTS PERFORMANCE (CONT.)

SPORTS MEDICINE NETWORK

We thank Dr Ian Beltz – our Sports Medicine Coordinator – and the Sports Medicine Network practitioners who support the TIS. Our network delivers quality sports medicine, sports psychology, sports nutrition, sports podiatry and physiotherapy services to TIS athletes. We continue to achieve good up take and usage of our TISLink database with network members.

OTHER ACKNOWLEDGEMENTS

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

STRENGTH AND CONDITIONING

MAJOR ACTIVITIES

- There has been more than 3300 athlete visits across the three strength and conditioning (S&C) training venues in Launceston, Hobart and Devonport and in other parts of the world including Europe and America

during this reporting period.

- Completed more than 100 testing sessions involving FMS, 70 testing sessions for Y Balance and more than 50 strength tests completed.
- Continued integration of the use of the Force Decks dual force platforms into the testing and training environment of the TIS athletes. The force plates have assisted in assessing performance changes as well as rehabilitation/ injury prevention monitoring in all our scholarship athletes with more than 320 tests undertaken,
- Refinement of the athlete monitoring system that integrates both historical data entered by athletes and coaches and predicted data on where we want the athletes to be heading.
- A number of national and international sporting teams have used the TIS S&C facilities over the past 12 months including the Magpies Netball team and several international netball teams preparing for the 2018 Commonwealth Games.
- Attended and provided a range of services to Athletics Tasmanian TTP training camps.



- Attendance at two major S&C Conferences:
 - 2017 National Institute Network Conference on Applied Strength and Conditioning.
 - 2017 Australian Strength and Conditioning International Conference on Applied Strength and Conditioning.
- Continued to engage in regular in-house professional development sessions in areas such as hip and knee injury, training and rehabilitation; periodization; and a review of the two major S&C conferences attended.
- In addition to the in-house professional development, TIS S&C coaches have been engaging with other state institutes and professional clubs in efforts to stay at the forefront of physical preparation. Some of the organisations visited have included the Queensland Academy of Sport, Victorian Institute of Sport, New South Wales Institute of Sport, Brisbane Lions AFL Club, Penrith Panthers Rugby League Club and Rowing Australia's National Training Centre in Penrith.
- Actively involved in developing the state's S&C coaches by continuing to present at the Australian Strength and Conditioning Association Level 1 courses and mentoring a number of local and visiting S&C coaches;
- Thomas Coates undertook UTAS / TIS strength and conditioning placement along with Jacqueline Liffiton undertaking mentorship.

PROJECTS AND RESEARCH

- Continued development of the PhD project of Jake Cowin who is researching the area of force plate diagnostics in the assessment of asymmetries in athletes.
- Pete Culhane continues to develop research ideas into the force production profiles of athletes within different sports via either dynamic or static force production methods.
- Mitch Bootes has been focusing on the relationship between dynamic gym assessments and fatigue / reactive training periodization, and utilising HR intensity to program netball cross training;
- Annabelle Anderson is continuing an interest in researching the athletic hip and ways we can identify, manage and rehabilitate athletes with hip injuries.

OTHER ACKNOWLEDGEMENTS

The TIS S&C area services athletes all across the state and uses the services of S&C consultants to assist with coaching outside of our Launceston and Hobart facilities, most notably Chris Bellette at Move Strong Gym in Devonport who continues to provide a great training environment for our northwest based athletes.

The TIS also works closely with the University of Tasmania's School of Health Sciences where both organisations support the development of Sports and Exercise Science students, with particular emphasis on the area of developing strength and conditioning coaches and practical sports and exercise scientists. We acknowledge Dr James Fell, Dr Cecilia Kitic and Nathan Pitchford for their ongoing assistance.

PERSONAL EXCELLENCE

The Personal Excellence program offered by the TIS focuses on equipping athletes with the awareness to make decisions impacting their performance in sport and in life.

STAFF

The National Personal Excellence Network consists of providers across Australia, based in SIS/SAS organisations and NSO environments.

Through a multifaceted approach, athletes were provided with guidance, resources and educational opportunities to achieve personal and professional empowerment.

This is in alignment with the personal excellence principles of responsibility, accountability, professionalism, integrity and resilience.

MAJOR PROGRAM INITIATIVES

- Individualised service designed to assist each athlete create a unique environment necessary for creating success with the major trends being education assistance, study requests and achieving balance with time management.
- More than 430 athlete contacts occurred during this reporting period focussing on dual career, athlete progression, and sport life balance along with group presentations.
- The Elite Athlete Day was held in July 2017, with more than 90 athletes in attendance. The day included presentations on money management, optimising physical performance, nutritional recovery and positive relationships. The guest speakers for the 2017 event were Shaun White and Scott Brennan.
- TIS coaches, athletes and parents undertook a session with the Australian Institute of Sport National Personal Excellence Program in relation to developing a national Athlete Playbook.
- Athlete performance psychology workshops, nutritional workshops and elite athlete counselling support was provided throughout the year.
- Ongoing support from the Elite Athlete Friendly University program and continued liaison with the University of Tasmania for athletes to combine their academic and sporting commitments.
- Continued TIS/UTAS HECS scholarship agreement.
- Athlete attendance within schools and presentations at sport development camps.
- Continued liaison with TIS athlete education providers.
- 'Welcome' packs for athletes.
- Staff attendance at AIS Performance Psychology conference and Athlete Wellbeing and Engagement Summit – Beyond the Podium.



OTHER

The TIS maintains strong partnerships with National AIS Personal Excellence and the University of Tasmania through the Elite Athlete Friendly University program. The National Personal Excellence program is a member of the Career Industry Council of Australia (CICA).

We would also like to acknowledge the support of the following individuals throughout the year for delivering and providing advice to our athletes - Alicia Leis, Rebecca Davis, Kellie Wilkie, Juliana Lisboa, Shaun White, Scott Brennan, Peter Tatham and Relationships Australia.

THE FUTURE

From 2 July 2018, the AIS commenced operating under a new structure and strategic direction to lead and enable a united, collaborative high performance system. Athlete Wellbeing and Engagement (AW&E) has replaced what was Personal Excellence.

AW&E's purpose is to lead and support Australia's sporting industry to understand that a successful high performance culture includes athletes finding the right balance between wellbeing, engagement activities outside of training and competition and the requirements of elite sport. This will be driven through five work streams:

- Mental Health
- Conduct and Professionalism
- Personal Development
- Career and Education
- Engagement

We look forward to working with this new strategy in the forthcoming year.



COACH DEVELOPMENT

MAJOR PROGRAM INITIATIVES

TIS COACHING SCHOLARSHIP

Laura Coombe (volleyball) and James Fitzpatrick (athletics) were recipients of the TIS Coaching Scholarship's. Laura concluded her program activities in December 2017 with James concluding in April 2018.

During her scholarship time Laura completed Level 2 strength and conditioning course, visited the QAS, undertook sessions with TIS sport psychologist and completed career coaching sessions.

James completed his Level 2 advanced coaching course, attended the athletics training centre in Perth with Alex Parnov and Paul Burgess, attended the U17 Athletics Australia Development camp and Australian championships, worked with SPU staff on video and biomechanical analysis, and also utilised the services of Mark Spargo and Peter Tatham.

WOMEN IN SPORT COACHING SCHOLARSHIP

The inaugural Women in Sport Coaching Scholarship was launched in March 2018. The scholarship is a partnership between Womensport and Recreation Tasmania Inc. and the TIS.

The scholarships will provide mentoring support, through quality coaching development opportunities for women in Tasmania, with the aim to increase the number and expertise of female coaches in the state.

The women will also receive support to develop their individual coaching capabilities and leadership, allowing them to gain valuable national experience whilst expanding their own knowledge and skills. The successful applicants for the scholarships were Janelle Smith (cycling) and Wenonah Sharman (athletics).

TIS COACHING GROUP

Throughout the year, TIS coaches met as a group to share information and attend workshops conducted by a number of guest speakers. This year's speakers included, Mark Spargo, Scott Brennan, Carl Saunder, Tim Decker and Peter Tatham.

The coaches were also provided with individual career counselling sessions.

CONFERENCES AND EVENTS

Throughout the year a number of TIS coaches attended their respective National Training Centres engaging with the National program staff, athletes and coaches.

Athletics coach Susan Andrews attended the AIS World Class to World Best conference and the World Para-Athletics Junior Championships and along with Ilene Carr attended the Changing the Game – Women in Sport forum.

GRATITUDE

TIS staff have undertaken Gratitude workshops and individual sessions based on the scientific findings to build resilience and reduce stress program. Coaches have reported an improved perspective, greater awareness and improved mind set, greater confidence in expressing gratitude, improved relationships, and enhanced performance since completing the sessions.



SCHOLARSHIP AND SPORTS PROGRAMS

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

STAFF

Alisa Denne	Manager, Sports Programs
Kate McLaughlin	(commenced August 2017) Sport Program Coordinator

SCHOLARSHIPS

HIGH PERFORMANCE SCHOLARSHIPS

Athletes on a High Performance Scholarship receive access to:

- Expert coaching.
- International standard equipment.
- Sport science and sports medicine services.
- Strength and conditioning services.
- Access to the TIS gym.
- Personal Excellence services.
- A TIS uniform.

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

TALENT DEVELOPMENT SCHOLARSHIPS

Athletes on a Talent Development Scholarship receive access to expert coaching and a performance psychology and nutrition consultation.

SPORTS PROGRAMS

NATIONAL TRAINING CENTRE PROGRAMS

In 2017-18 the TIS operated three National Training Centre programs in athletics, cycling, and hockey, and a State Pathway Program in rowing. High performance scholarships were provided to athletes selected to participate in these programs.

The National Training Centre programs and State Pathway Program are conducted in partnership with the national and state sporting organisations for the sports. The programs are coordinated by a TIS coach, together with the TIS Manager, Sports Programs and Sport Program Coordinator.

ELITE DEVELOPMENT PROGRAMS

In the 2017-18 reporting period, the TIS supported the operation of Elite Development programs in the sports of canoe slalom, netball and sailing, and provided high performance scholarships to athletes selected to participate in these programs.

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

From January 2018, the netball program transitioned to an Elite Development Squad structure directed by Netball Tasmania and supported by the TIS and Netball Australia.

EMERGING TALENT SQUAD PROGRAMS

In 2017-18, the TIS operated Emerging Talent Squad programs for cycling and hockey, and supported the operation of Athletics Tasmania's equivalent in the Target Talent Program (TTP).

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

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

The Rowing Pathway Program incorporates an equivalent Talent Squad, with selected athletes provided an Emerging Talent Scholarship.

INDIVIDUAL ATHLETE PROGRAM

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

The TIS supported five individual athletes across the sports of shooting, sprint canoe, swimming, triathlon, and weightlifting through this program in 2017-18. High Performance Scholarships were provided to those athletes.

ASSOCIATE ATHLETES

Athletes with TIS Associate Athlete status fall into two categories:

1. Those competing professionally in a TIS supported sport who are based interstate or overseas.
2. Those who previously held a TIS High Performance Scholarship, moved interstate to further their sporting opportunities and are subsequently supported by the interstate State Institute of Sport/ State Academy of Sport.

There were five athletes across the sports of swimming, hockey, netball and cycling with Associate Athlete status in 2017-18. The TIS supports these athletes by offering access to negotiated performance services when in Tasmania and or assistance to compete in Tasmania.

ATHLETICS

The Athletics Program's main objectives align closely with Athletics Australia's National High Performance Program. They are targeted towards supporting Tasmania's most talented athletes and coaches to impact on international selection and medals in both senior and junior International Association of Athletics Federations (IAAF) sanctioned events. The program also supports Tasmania's Target Talent Program aimed at developing the future elite.

PROGRAM HIGHLIGHTS

- Hamish Peacock, bronze medal – javelin, 2018 Commonwealth Games.
- Stewart McSweyn, 5th – 5000m, 2018 Commonwealth Games.
- Jack Hale, 4th – 4 x 100m, 2018 Commonwealth Games.
- Deon Kenzie, 2nd – T38 800m, 2017 World Para Championships London.
- Deon Kenzie, 1st – T38 1500, 2017 World Para Championships London.
- Stewart McSweyn, 1500 & 10 000m, Tasmanian Open records, 2018.
- Stewart McSweyn, 2nd – 10 000, 2018 Oslo Diamond League.
- Hamish Peacock, 14th – 2017 World Championships, London.
- Sam Walker, 2nd Long jump, 3rd 100m, 5th 200m – 2017 World Para Junior Championships Nottwil.
- Sam Walker, 6th – T38 100m, 2018 Commonwealth Games.

ATHLETES

Harvey Chilcott (steeple)
Jack Hale (100m, 4 x 100m)
Josh Harris (marathon)
Deon Kenzie (800m, 1500m)
Stewart McSweyn (5k, 10k)
Hamish Peacock (javelin)
Ebony Webb (steeple)

ATHLETICS COACH

Susan Andrews



ATHLETE SERVICE PROVIDERS

Stewart Pither (Personal Excellence)
Ben Scarlett (Sports Science)
John Gregory (Sports Science)
Annabelle Anderson (Physical Preparation)
Jacqueline Liffiton (Physical Preparation)
Pete Culhane (Physical Preparation)
Matt Lancaster (Physiotherapy)
Kellie Wilkie (Physiotherapy)
Ryan Caroll (Physiotherapy)
Dr Steve Reid (Sports Physician)
Dr David Humphries (Sports Physician)
Dr Jerome Muir Wilson (Sports Physician)
Gaye Rutherford (Nutrition)
Juliana Lisboa (Nutrition)
Mark Spargo (Sport Psychology)
Lydia Black (Sport Psychology)

TRAINING VENUES

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

PARTNERS

Athletics Australia
Athletics Tasmania



CYCLING

The Commonwealth Games on the Gold Coast were a pinnacle event for TIS scholarship holders Amy Cure and Georgia Baker within the 2017/2018 reporting period. Amy Cure continued to accumulate international podium performances and the Gold Coast was no exception, bringing home a Gold medal in the Women's Teams Pursuit and the Women's Scratch Race.

Anya Louw had a breakthrough year to win the U19 Oceania Time Trial Championship and race third in the U19 Australian Road Race Championship, subsequently Anya was selected to represent Australia at the Junior World Road Race Championships in 2018. Macey Stewart has had a stella year returning to career best form by winning the u23 National road series overall, Macey has also demonstrated terrific track condition by winning the Australian and Oceania Madison championships.

The cycling program continues to work closely with sports science and strength and conditioning coaches to refine and explore the most contemporary training methodologies, these enable our athletes to have the best possible preparation towards their major objectives. This year we have undertaken projects looking into four minute testing protocols, aerodynamic testing, and monitoring of athlete training performance and load via TrainingPeaks and TISLink.

The TIS cycling program welcomes James Watson to our coaching staff in this reporting period. James was formerly a TIS scholarship coach in 2017 and steps into a full time coaching position. James' main responsibilities will be to help Identify the next generation of Tasmanian road, track, BMX and MTB athletes while working closing with the Talent Identification Program.

Program partner, the TIS Racing Team, has gone from strength to strength in 2017. The team reintroduced a women's team to compete at the National Road Series (NRS) and TIS scholarship athletes Macey Stewart, Anya Louw, Madeleine Fasnacht and Lauren Perry finished the 2017 season as the third best team of the NRS. This allowed the team to compete in the prestigious Tour Down Under in January 2018.

PROGRAM HIGHLIGHTS

- National team representatives (road and track, senior and junior) - Amy Cure, Georgia Baker, Madeleine Fasnacht, Macey Stewart, Lauren Perry.
- Amy Cure, Gold – Commonwealth Games teams pursuit 2018 and scratch race.
- Amy Cure, first- Australian scratch race and points race 2018.
- Amy Cure, second - Australian individual pursuit championship 2018.
- Macey Stewart, first - Australian Madison Championship 2017
- Macey Stewart, first – Oceania Madison Championship 2017
- Lauren Perry, Macey Stewart, second Oceania Teams Pursuit championship 2017
- Macey Stewart, first u23 National Road Series overall ranking 2017
- Anya Louw, third - Australian U19 road race championship 2018.
- Anya Louw, first – Oceania U19 time trial championship 2017.



ATHLETES

Georgia Baker
Scott Bowden
Will Clarke*
Amy Cure
Josh Duffy
Madeleine Fasnacht
Anya Louw
Zack Gilmore
Ryan Lawson
Lauren Perry
Macey Stewart
*Associate athlete

NTC HEAD CYCLING COACH

Matthew Gilmore

CYCLING COACH

James Watson

ATHLETE SERVICE PROVIDERS

Stewart Pither (Personal Excellence)
Alanna Martin and Gemma Whelan (Sports Science)
Pete Culhane (Physical Preparation)
Emma Harris (Sport Psychology)
Jaymeila Webb (Sport Nutrition)

TRAINING VENUES

Silverdome Complex track, Prospect

SPONSORS

Ronde, socks and gloves
Dulux, Giant Bikes and St.LukesHealth are Associate Sponsors of the TIS Racing Team

PARTNERS

Cycling Australia
Cycling Tasmania



HOCKEY

The Hockey program contributed Gold to the big success of the TIS at the Commonwealth Games in April 2018. Eddie Ockenden and Jeremy Edwards maintained a strong presence in the Kookaburras retaining the World number one ranking.

Throughout this reporting period, the hockey program has strengthened its capacity to manage athlete loads, including athlete education of the importance of recovery practices. Importantly, this year the program has improved access to physical therapies as well as ongoing access to nutritionists, sport psychologists and physiotherapy support.

The individual performance plans, developed for each athlete, have become an important resource to prioritise athlete progression throughout the year.

Athletes maintain a high standard of compliance to the AMS/TISLink reporting system that now emphasises sessional monitoring adopted from Hockey Australia's (HA) protocol.

In December 2017, Jeremy Edwards and Eddie Ockenden were members of the National team that won the World League final, beating Argentina in Bhubaneswar, India.

The program continues to support athletes who gain National Futures Squad selection, as well as identified athletes competing at National Championships.

PROGRAM HIGHLIGHTS

- Eddie Ockenden and Jeremy Edwards won Gold at the 2018 Commonwealth Games in the Gold Coast, Queensland, April 2018.
- Henry Chambers, Julia Gunn, Josh Brooks and Phillida Bridley were selected as part of HA's Recognised Futures group, April 2018.
- Eddie Ockenden and Jeremy Edwards competed in a 5-test series versus the Netherlands, WA, February 2018.
- Eddie Ockenden and Jeremy Edwards won Gold at the 2018 Aslan Shah Cup in Perak, Malaysia, March 2018.
- Eddie Ockenden and Jeremy Edwards won Gold in the World League Final, Bhubaneswar, India, Dec 2017.
- Eddie Ockenden and Jeremy Edwards won Gold in the International Festival of Hockey, Victoria, November 2017.
- Eddie Ockenden, Jeremy Edwards and Josh Beltz won Gold in the Oceania Cup, Sydney, October 2017.
- Kurt Mackey and Jack Welch toured Holland as members of the Australian Development squad tour in matches against Germany, Netherlands juniors and matches against the Ireland senior team.
- Eight TIS athletes played in the Tassie Tigers Men's AHL team in 2017.
- One TIS athlete played in the Van Demons Women's AHL team in 2017.



INTERNATIONAL STATISTICS

Eddie Ockenden – Caps 320, Goals 68

Jeremy Edwards – Caps 54, Goals 2

Josh Beltz – Caps 28, Goals 3

Tim Deavin – Caps 138, Goals 6 – Announced his retirement from International Hockey

NTC HEAD HOCKEY COACH

Andrew McDonald

ATHLETES

Eddie Ockenden

Tim Deavin

Jeremy Edwards

Kurt Mackey

Josh Beltz

Benji Austin

Hayden Beltz

Jack Welch

Ruby Rose Gibson Hayward

Ryan Jones

Linden McCarthy

Sam McCulloch

Annie Scutt

Gobin Gill

Henry Chambers

Julia Gunn

Josh Brooks

ATHLETE SERVICE PROVIDERS

Annabelle Anderson (Physical Preparation)

Ben Scarlett (Sports Science)

Stewart Pither (Personal Excellence)

Juliana Lisboa (Nutrition)

Emma Harris / Lydia Black (Sports Psychology)

TRAINING VENUES

Tasmanian Hockey Centre, New Town

Launceston Hockey centre, St Leonards

PARTNERS

Hockey Tasmania

Hockey Australia



HOCKEY ETS

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

The 2017-18 reporting period was another constructive phase of training and competition for ETS hockey athletes. Notable individual performances from Julia Gunn and Joshua Brooks at the 2018 U18 nationals saw them selected in their respective Hockey Australia's Recognised Futures squads and transition to TIS high performance scholarships.

At the commencement of 2018, five athletes were provided with Talent Development scholarships - Aiden Van Staden, Ewan Vickery, Joshua Brooks, Julia Gunn and Laura Spandler. Harvey Bessell was added in May on the back of a strong individual performance at U18 nationals.

During the reporting period, 33 athletes were involved with the program.

PROGRAM HIGHLIGHTS

- Gobindraj Gill, Henry Chambers, Joshua Brooks, Phillida Bridley and Julia Gunn transitioned to the 2018 TIS High Performance Scholarship program.
- National Recognised Futures squad selection:
 - April 2018 – Julia Gunn and Joshua Brooks
- Joshua Brooks was selected in School Sport Australia's 17 and under team to tour South Africa in May 2018 and Harvey Bessell was named as a shadow for the boys' team.

ATHLETES

Ruby Bayley	Harvey Bessell
Ashby Bingham	William Boyce
Phillida Bridley	Joshua Brooks
Lauren Canning	Henry Chambers
Josh Commins	Chloe Cooper
Evie Dalton	Ben East
Gobindraj Gill	Julia Gunn
Braden Johnson	Romani Kenworthy
Sam McCulloch	Joe Murphy
Raeleigh Phillips	Sam Porteus-Smith
Laura Spandler	Livinia Sproule
Aiden Van Staden	Ewan Vickery
Georgia Williams	Emily Withington
Tyler Wolfe	James Shepherd
Meah Leary	Keenan Johnson
Sophie Rockefeller	Maddison Brooks
Lucy Eade	

EMERGING TALENT SCHOLARSHIP HOLDERS

Josh Brooks	Julia Gunn
Laura Spandler	Harvey Bessell
Aiden Van Staden	Ewan Vickery

ETS HOCKEY COACH

Ilene Carr

REGIONAL COACHES

Craig McCarthy (north west)

Brett Withington (north)

TRAINING VENUES

Tasmanian Hockey Centre, New Town

McKenna Park Regional Hockey Centre, Burnie

St Leonards Hockey Complex, Launceston

PARTNER

Hockey Tasmania



ROWING

The TIS Rowing program operates in conjunction with Rowing Australia and Rowing Tasmania to deliver the Tasmanian State Pathway Program.

The Program is in its second year of operation and continues to strengthen. The partnership between the TIS and Rowing Tasmania is helping to ensure sufficient coaching and development opportunities for all athletes within the Tasmanian rowing pathway.

The Tasmanian State Pathway Program model enables the TIS Rowing Program to provide identified Tasmanian athletes with access to services appropriate to their performance level, as well as access to high-level coaching, equipment and competition support.

The TIS Rowing Program supports Tasmanian athletes at three levels. The entry level of support within the program is the Talent Squad. The top ranked athletes in the squad are offered a higher level of support through talent development scholarships. The TIS Rowing Program also offers high performance scholarships with these athletes receiving the highest level of support.

The program operates out of four primary locations utilising the TIS' New Town Bay Rowing Centre facility and the Huon Rowing Club in the south of Tasmania and both the North Esk and Tamar rowing clubs in the north of the state. Athletes in the north west are serviced out of Mersey and Ulverstone Rowing Clubs.

PROGRAM HIGHLIGHTS

- Sarah Hawe won a gold medal in the Woman's Coxless Four at the 2017 Rowing World Championships.
- Georgia Nesbitt finished second place in the Woman's Lightweight Quadruple Scull at the 2017 Rowing World Championships.

- Henry Youl finished fifth in the Men's coxed four at the 2017 world U23 championships.

HIGH PERFORMANCE ATHLETES

Matthew Byrne	Sarah Hawe
Wilson Mure	Georgia Nesbitt
Alec Paterson	Blair Tunevitsch
Meaghan Volker	Sam Volker
Ciona Wilson	Henry Youl
Oliver Marsden	

TALENT DEVELOPMENT ATHLETES

Jack Barrett	Nick Cash
Angus McGlashan	Conner Ryan
Joseph Wilson	Jared Weisse
Lars Gillingham	Chris McGuinness-Terry

TALENT SQUAD ATHLETES

Amy Bain	Rebecca Bye
Amelia Chilcott	Nathaniel Graham
Kate Hall	Katie King
Lucy Southcott	Lucas Wigston
Danny Barrett	Luke Haas
Hannah Tippet	Portia Cook
Annaliese Mackie	Ashleigh Brookes
Meg Messer	Molly McCausland



ROWING (CONT.)

HEAD ROWING COACH

Brett Crow

ROWING PERFORMANCE COORDINATOR

Brendan Long

SUPPORT COACHES

John Driessen

Paul Newbon

Neil Stump

Trevor Barrett

Mark Stott

Grant Pryor (Rowing Australia, State Talent Pathways Coordinator)

ATHLETE SERVICE PROVIDERS

Stewart Pither (Personal Excellence)

John Gregory (Sports Science / Biomechanics)

Pete Culhane (Physical Preparation)

Mitchell Bootes (Physical Preparation)

Kellie Wilkie (Physiotherapy)

Lia Giovanovits (Physiotherapy)

TRAINING CENTRES

Derwent River (from New Town Bay facility)

Huon River (Huon Rowing Club)

Tamar River (North Esk Rowing Club and Tamar Rowing Club)

Lake Barrington International Regatta Centre

SPONSORS

Motors

Wintech Racing

PARTNERS

Rowing Australia

Rowing Tasmania



CANOE SLALOM

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

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

The program is overseen by coordinator Peter Eckhardt.

ATHLETES

Kieren Black

Kate Eckhardt

Daniel Watkins

David Knox

Demelza Wall

KEY PARTNERS

Paddle Tasmania

Paddle Australia

PROGRAM HIGHLIGHTS

- Kate Eckhardt won bronze in the Team Kayak at the 2017 U23 World Canoe Slalom Championships.
- Daniel Watkins won gold in both the K1 and C1 at the 2018 U23 Canoe Slalom Oceania Championships.
- Daniel Watkins and Kate Eckhardt were selected to compete in the 2018 U23 and Senior Canoe Slalom World Championships.
- Demelza Wall was selected to compete in the 2018 U23 Canoe Slalom World Championships.



NETBALL

Until 31 December 2017 the TIS Netball Program was a three way partnership between the TIS, Netball Tasmania and Netball Australia. The program was overseen by Netball Tasmania coach Joanne Macdermid.

From January 2018, the program transitioned to an Elite Development Squad (EDS) structure. As a result of the transition, there are no longer TIS netball scholarships provided and instead, athletes will be offered a position in the Netball Tasmania EDS.

The EDS offers Tasmania's elite netball athletes the opportunity to progress along Netball Australia's high performance pathway. Athletes who are in Tiers 1 and 2 are offered a range of expert services from the TIS including physiological testing, strength and conditioning, sports nutrition, sports psychology and personal excellence services.

PROGRAM HIGHLIGHTS

- Ashleigh Probert-Hill - Selected into the U19 National Centre of Excellence Squad.
- Alanna Cooper and Hayley McDougall - Selected into the U17 National Centre of Excellence Squad.
- All Tier 1 athletes, along with Tier 2 athlete Gemma Polley and Kelsie Rainbow were named in the 2018 Tasmanian Magpies Squad.

ATHLETES

ASSOCIATE ATHLETE

Kelsie Rainbow

TIER 1 ATHLETES

Emma Johns

Hannah Lee

Kaitlin Petrie

Shelby Miller

Jamie Symons

Zanna Jodlowska

Alexandra Vinen

Hayley McDougall

Dannielle Pickett

TIER 2 ATHLETES

Alanna Cooper

Gemma Polley

Grace Pullen

Montana Viney

Bianca Brohier

Ashleigh Probert-Hill

Charlotte Wheller

Hannah Lenthall

Piper Sanders

Courtney Treloar

UMPIRES

Eloise Fox

Leah Turnbull

James Adams

Rachael Stebbings

KEY PARTNERS

Netball Tasmania

Netball Australia



SAILING

The TIS sailing program is a three way partnership between the TIS, Australian Sailing (incorporating Yachting Tasmania) and the Royal Yacht Club of Tasmania.

The program was overseen by program coach Richard Scarr until the end of April 2018. To date, the program is overseen by interim coaches Rohan Langford and Lizzi Rountree.

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

PROGRAM HIGHLIGHT

- Chloe Fisher and Jasmin Galbraith, bronze medal (29er)
- 2017 Youth Sailing World Championships.

ATHLETES

Adele Auchterlonie	Alice Buchanan
Jock Calvert	Amelia Catt
Dervla Duggan	Chloe Fisher
Jasmin Galbraith	Hugo Hamilton
Rupert Hamilton	Hugh Hickling
Sam King	Fynn Sprott

COACHES

Richard Scarr (to April 2018)

Rohan Langford (commenced May 2018)

Lizzi Rountree (commenced May 2018)

KEY PARTNERS

Australian Sailing (incorporating Yachting Tasmania)

Royal Yacht Club of Tasmania



INDIVIDUAL ATHLETES

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

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

PROGRAM HIGHLIGHTS

- Jacob Birtwhistle won a gold and a silver at the 2018 Commonwealth Games.
- Ariarne Titmus won three gold and a silver at the 2018 Commonwealth Games.
- Kaitlyn Fassina won silver at the 2018 Commonwealth Games.

SCHOLARSHIP ATHLETES

Jacob Birtwhistle (triathlon)
Kaitlyn Fassina (weightlifting)
Bailey Groves (shooting)
Tom Norton (sprint canoe)
Jacob Templeton (para swimming)
Ariarne Titmus (swimming)* Associate Athlete
Jacob Vincent (swimming)* Associate Athlete

Individual athlete assistance is another mechanism to support Tasmanian athletes once selected to compete for Australia at an international benchmark event.

The individual athlete assistance program can also be a stepping-stone to a high performance (HP) scholarship in the individual athlete program.

ASSISTED ATHLETES

Riley Thurstans (sport climbing)



KEY PERFORMANCE INDICATORS

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

RESULTS AT BENCHMARK INTERNATIONAL EVENTS

This is measured by the number of TIS athletes who achieve top eight results at benchmark international sporting events. In 2017-18 the target was 17 athletes.

A total of 24 athletes achieved top eight results at benchmark international sporting events in 2017-18, producing 40 top eight results between them.

The results include 14 gold medals, eight silver medals, five bronze medals and 13 fourth to eighth placings across a number of sports including athletics, canoe (slalom and sprint), cycling, hockey, rowing, sailing, swimming, triathlon, and weightlifting.

NATIONAL TEAM REPRESENTATION

In addition, success is measured by the number of TIS athletes selected in national teams each year. In 2017-18 the target of 60 was reached, with a total of 62 athletes selected into national teams.

TIS VALUES

TEAMWORK

- Honest and effective communication
- Empathy
- Collaborative
- Accountable

INTEGRITY

- Honest
- Ethical
- Respectful
- Transparent

EXCELLENCE

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

OPERATIONAL PRINCIPLES

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

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

STRATEGIC PLAN 2012-2018

OUR VISION

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

OUR PURPOSE

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

OUR APPROACH

The TIS is guided by the following principles:

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

OUR GOALS

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

PERFORMANCE DRIVERS

The TIS operations are focussed through the following performance drivers:

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

KEY RESULT AREAS

- People
- Process
- Resources

GOLD COAST COMMONWEALTH GAMES

Tasmania's contribution to Australia's medal tally at the 2018 Gold Coast Commonwealth Games was 14 (10 gold and four silver) – more than doubling Tasmania's previous record contribution of six. The 10 gold medals also well exceeds the previous record of three achieved at the 2016 Melbourne Commonwealth Games.

All Tasmanian athletes were a credit to themselves, their families, sports, State and Country.

ATHLETICS

There were six Tasmanians from the sport of athletics representing Australia.

Hamish Peacock went one better than his Glasgow Commonwealth Games result, by claiming a silver in the men's Javelin with a throw of 82.59 metres.

Jack Hale ran a fantastic third leg in the men's 4 x 100m relay, where the team finished fourth.

In a superb effort Stewart McSweyn finished fifth in the 5000m. Later in the program he also competed in the 10,000m where he finished 11th.

Fifteen year old Sam Walker, who was the youngest member of the Australian athletics team, finished sixth in the T38 100m in a personal best time.

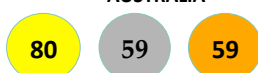
Ex-training partners Huw Peacock and Danni McConnell competed in the hammer events. Huw finished 11th and Danni finished eighth with a season best performance.

Tasmania at the 2018 Gold Coast Commonwealth Games

Tasmania Medal Tally

Sport	10 Gold	4 Silver
Athletics		1
Basketball	1	
Cycling	2	
Hockey	1	
Lawn Bowls	2	
Swimming	3	1
Triathlon	1	1
Weightlifting		1

OVERALL MEDAL TALLY AUSTRALIA



M & F REPRESENTATION



AVERAGE AGE

24
Years Old

AGE SPAN

33 Lucas Walker
Men's Basketball
15 Samuel Walker
100m Para Athletics

AMOUNT OF DEBUTS

11

MOST AMOUNT OF GAMES REPRESENTATION

Eddie Ockenden
Men's HOCKEY
3rd Commonwealth Games

SPORTS

Weightlifting
First medal by a Tasmanian Female.
Triathlon & Lawn Bowls
First time Tasmania was represented – four medals won between the two sports.

HIGHLIGHTS

Jake Birtwhistle
1 gold and 1 silver medal

STAND OUT MALE ATHLETE

Ariarne Titmus
3 gold and 1 silver medal

TASMANIA GRAND TOTAL 14

AUSTRALIA GRAND TOTAL 198

MEDAL STATS

Tasmanian athletes either individually or as part of a team, secured 7.1% of Australia's total medal tally.

Of the 15 Tasmanian athletes competing for Australia, 9 achieved a Commonwealth Games Medal (60%)

SOCIAL MEDIA TOTAL REACH

117,513 **113 posts**

BASKETBALL

Past TIS Scholarship holder Lucas Walker and Tasmanian born Chris Goulding defeated Canada 87-47 in the final to take gold.

CYCLING

Amy Cure added two gold medals to the tally, these came in the 10km Scratch Race and the women's Team Pursuit. She also competed in the 25km Points Race where she finished 7th. Georgia Baker joined Amy in the 25km Scratch Race.

HOCKEY

Eddie Ockenden and Jeremy Edwards, as part of the Kookaburras, won gold. The team won all their games and it was their sixth straight Commonwealth Games triumph.

LAWN BOWLS

Rebecca Van Asch made it two from two winning gold medals in the Women's Triples and Fours. Rebecca and her team mates did not drop a game in their Commonwealth Games campaign.

SWIMMING

Arianne Titmus took the pool by storm winning three gold and one silver medal. Her gold medals were for the 800m freestyle, 400m freestyle and 4 x 200m freestyle relay and silver in the 200m freestyle.

TRIATHLON

Jake Birtwhistle claimed the first medal of the Games for Tasmania (and Team Australia) finishing second in the men's Triathlon. He then went one better winning gold in the Mixed Team Triathlon Relay.

WEIGHTLIFTING

After taking time off from Weightlifting to have a baby, Kaitlyn Fassina returned to the sport. Demonstrating fantastic technique Kaitlyn took silver with a total lift of 232kg in the women's 90kg competition.



COMMONWEALTH ATHLETE HONOUR ROLL

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

2018 COMMONWEALTH GAMES – GOLD COAST

Lucas Walker	Basketball (Gold)
Amy Cure	Cycling (Gold x 2)
Jeremy Edwards	Hockey (Gold)
Eddie Ockenden	Hockey (Gold)
Rebecca Van Asch	Lawn Bowls (Gold x 2)
Arianne Titmus	Swimming (Gold x 3, Silver)
Jake Birtwhistle	Triathlon (Gold, Silver)
Hamish Peacock	Athletics (Silver)
Kaity Fassina	Weightlifting (Silver)
Jack Hale	Athletics
Danni McConnell	Athletics
Stewart McSweyn	Athletics
Huw Peacock	Athletics
Sam Walker	Athletics
Georgia Baker	Cycling

2014 COMMONWEALTH GAMES – GLASGOW

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

2010 COMMONWEALTH GAMES – DELHI

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



2006 COMMONWEALTH GAMES – MELBOURNE

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

2002 COMMONWEALTH GAMES – MANCHESTER

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

1998 COMMONWEALTH GAMES – KUALA LUMPUR

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

1994 COMMONWEALTH GAMES – CANADA

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

1990 COMMONWEALTH GAMES – AUCKLAND

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



CHAMPIONS CLUB

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

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

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

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

TIS CHAMPIONS CLUB MEMBERS

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

ATHLETE OF THE YEAR

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

2017	Rebecca Van Asch	Lawn Bowls
	Sarah Hawe	Rowing
2016	Matthew Bugg	Sailing (para)
2015	Amy Cure	Cycling
2014	Eddie Ockenden	Hockey
2013	Richie Porte	Cycling
2012	Daniel Geale	Boxing
2011	Matthew Goss	Cycling
2010	Eddie Ockenden	Hockey
2009	Amy Cure	Cycling
2008	Scott Brennan	Rowing
2007	Ricky Ponting	Cricket
2006	Hanny Allston	Orienteering

2005	Kate Hornsey	Rowing
2004	Matthew Wells	Hockey
2003	Dana Faletic	Rowing
	Kerry Hore	Rowing
2002	Mark Jamieson	Cycling
2001	Matthew Wells	Hockey
2000	Simon Burgess	Rowing
	Darren Balmforth	Rowing
1999	Simon Burgess	Rowing
	Darren Balmforth	Rowing
1998	Bianca Langham	Hockey
1997	Simon Burgess	Rowing
1996	Daniel Sproule	Hockey
1995	Nick Rogers	Sailing
1994	Daniel Collins	Canoe – Sprint



OLYMPIC AND PARALYMPIC ATHLETE HONOUR ROLL

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

2016 OLYMPIC GAMES – RIO

Hamish Peacock	Athletics
Georgia Baker	Cycling
Amy Cure	Cycling
Richie Porte	Hockey
Tim Deavin	Hockey
Eddie Ockenden	Hockey
Scott Bowden	Mountain Bike
Kerry Hore	Rowing
Meaghan Volker	Rowing

2016 PARALYMPIC GAMES – RIO

Deon Kenzie	Athletics (Silver)
Matt Bugg	Sailing (Silver)
Jacob Templeton	Swimming

2012 OLYMPIC GAMES – LONDON

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

2012 PARALYMPIC GAMES – LONDON

Todd Hodgetts	Athletics (Gold)
Matt Bugg	Sailing

2008 OLYMPIC GAMES – BEIJING

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

2008 PARALYMPIC GAMES – BEIJING

Dominic Monypenny	Rowing
-------------------	--------

2004 OLYMPIC GAMES – ATHENS

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

2000 OLYMPIC GAMES – SYDNEY

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

2000 PARALYMPIC GAMES – SYDNEY

Clayton Johnson	Athletics
Melissa Carlton	Swimming (Silver, Bronze)

1996 OLYMPIC GAMES – ATLANTA

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

1996 PARALYMPIC GAMES – ATLANTA

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

1992 OLYMPIC GAMES – BARCELONA

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

1988 OLYMPIC GAMES – SEOUL

David Connor	Sailing
Gary Smith	Sailing
Ron Laycock	Weightlifting



TASMANIAN INSTITUTE OF SPORT - PO Box 93 - (55 Oakden Road) - PROSPECT TAS 7250 - AUSTRALIA

T: +61 3 6777 2828

F: +61 3 6777 5158

www.tis.tas.gov.au

institute.sport@tis.tas.gov.au



