

# Tasmanian Institute of Sport Yearbook & Annual Report 2011-12





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# Minister's foreword



"I know all our 2012 Olympic and Paralympic athletes represented Tasmania and their country with the same passion, pride and commitment that has seen them progress to this level."

This year has been an exciting one for everyone at the Tasmanian Institute of Sport (TIS) as our elite athletes trained hard ahead of selections for the 2012 Olympic Games in London.

The State Government's commitment to the TIS continues to assist Tasmanian athletes to progress to the forefront of Australian sporting success.

This was demonstrated by the number of athletes from Tasmania who represented Australia at the 2012 Olympic Games in London, and I congratulate the TIS athletes and coaches on their wonderful accomplishments during the year.

I would also like to acknowledge TIS Director Paul Austen and the dedicated staff at the TIS and the professionalism, passion and commitment they contribute to supporting each athlete's development.

The provision of high-quality services to Tasmania's elite athletes and coaches is integral to the pursuit of their goals and aspirations, and as a Tasmanian, it is with great pride and satisfaction that I recall the quality of the international performances achieved by our athletes during this last year.

I know all our 2012 Olympic and Paralympic athletes represented Tasmania and their country with the same passion, pride and commitment that has seen them progress to this level.

A handwritten signature of Michelle O'Byrne MP in black ink.

**Michelle O'Byrne MP**  
Minister for Sport and Recreation

# Director's report



"TIS athletes continue to do what they do best and strive to achieve performances that make themselves, their state and country proud."

The year has been an exciting one, assisting a record number of athletes to achieve selection to the 2012 Olympic Games in London.

The increase in our representative numbers from the last Olympic Games has been a positive experience for the staff of the TIS. This result takes on more significance given the difficult economic environment we have operated in where resources are tight and the application of limited funds must be carefully considered and planned to be as efficient and effective as possible.

I congratulate and thank all staff for their commitment and application that has made this possible, and the important contribution each has made to help our talented Tasmanian athletes realise their sporting goals. During the year the TIS finalised its staffing structure with Carl Saunder and Brendan Long appointed to the Manager, Sports Programs and Sport Program Coordinator roles respectively. Geoff Masters, in his new role of Business and Relationship Manager, continues to play a vital role across all of the organisation's affairs.

The establishment of the TIS management group has provided valuable support and input into the functions and operations of the Institute and I would like to acknowledge Stewart Pither for undertaking the

responsibilities of acting as chair of these meetings.

The Sports Performance Unit, under John Gregory's leadership, continues to make a significant contribution to TIS athletes across the whole spectrum of sports science and sports medicine services, as well as providing support to visiting national teams and squads during the year.

Strength and conditioning has been an integral part of this through our northern and southern gym facilities.

The Sports Performance Unit's support of the national lightweight men's rowing squads has been a significant part of its work during the period.

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 allowed the TIS to establish and develop programs and services to progress athletes to the level we are now consistently seeing.

TIS athletes continue to do what they do best and strive to achieve performances that make themselves, their state and country proud. It is always pleasing to see these results come to fruition, but it can also be said that the level of support provided by the TIS

contributes significantly in helping each one achieve at the highest level.

The TIS has maintained strong partnerships with all members of the National Elite Sports Council, the National Institute Network, the Australian Sports Commission, the Australian Olympic Committee and the Australian Commonwealth Games Association.

Finally, I congratulate the athletes and coaches for another year where they have excelled on the sporting stage.

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

**Paul Austen**  
Director



# Who we are

## 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.

## BACKGROUND

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

## LOCATION

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

The TIS facility at the Silverdome provides office space for staff, a resource centre, multiple meeting

rooms, an auditorium, a nationally-accredited human performance laboratory, strength and conditioning facility and a daily training environment for basketball, cycling and netball athletes.

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

## SPORTS PROGRAMS

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

## SPORTS PERFORMANCE UNIT

The Sports Performance Unit of the TIS is composed of sports physiology, human performance laboratory, video analysis, physical preparation, sports medicine network and

talent identification and development.

## ATHLETE CAREER AND EDUCATION

The Athlete Career and Education program provides nationally consistent services that assist elite athletes to undertake career, educational and professional development services, while pursuing and achieving excellence in sport.

## COACH DEVELOPMENT

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

## FUNDING

The TIS operates with a mix of State and Federal Government funding and sponsorship from the business sector. The Institute's major corporate sponsors are Coca-Cola Amatil, providing PowerAde sports drink, and Motors, providing assistance with vehicles.

## ORGANISATIONAL STRUCTURE

The TIS is a strategic activity of Sport and Recreation Tasmania, which is a business unit of Culture, Recreation and Sport within the Department of Economic Development, Tourism and the Arts.

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

The TIS is a member of the National Elite Sports Council (NESC) and the National Institute Network (NIN).



# Business & administration



## STAFF

**Paul Austen**, *Director*  
**Geoff Masters**, *Business and Relationship Manager*  
**Jeanne Pennington**, *Executive Assistant*  
**Claire Deavin**, *Project Support Officer (to November 2011)*  
**Lyn Jackson**, *Project Support Officer (commenced January 2012)*  
**Sam Lockett**, *Administrative Assistant*  
**Mark Dixon**, *Senior Support Officer (IT)*

## EVENTS

The inaugural Southern Cross Television Tasmanian Athlete of the Year cocktail function was held at Wrest Point in Hobart in December 2011.

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 Marcos Ambrose (motor sport), Sam Beltz (rowing), Anthony Edwards (rowing), Daniel Geale (boxing), Matthew Goss (cycling) and Kerry Hore (rowing).

The winner was Matthew Goss. The function was attended by staff, athletes and key stakeholders from Tasmania's sporting community.

Scholarship holders for 2012 were announced at a breakfast function at Wrest Point in December 2011. 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

TIS Bulletins were produced quarterly and

distributed electronically. TIS staff continue to supply the content for the Bulletin, which provides information to a wide sector of the community on the activities of the Institute and achievements of its athletes.

### Website

The TIS website continues to evolve in to a valuable resource for both athletes and the general public. It is kept updated by the project support officers in the north and south of the state, with overall content monitored by the TIS ACE Consultant. Valuable IT support for the Institute is provided by Senior Support Officer (IT), Mark Dixon.

## SOCIAL MEDIA

The 2011-12 reporting period has seen the growth of the TIS Facebook platform, which has enabled the Institute to provide instant updates on the progress of our athletes. The TIS also uses Twitter as a means of reaching a wider audience.

## PUBLIC RELATIONS

The TIS uses the services of public relations consultancy 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

During 2011-12, the TIS began the process of sourcing a new database to take over from the DAIS system that has been in use for a number of years. IT Senior Support Officer Mark Dixon and Business and Relationship Manager Geoff Masters began the task of identifying suitable service providers and entering in to a tender process with those identified as being able to provide a product which would best meet the needs of the Institute. It is envisaged that the new database will have the capacity to manage athlete information, complex sports science data and provide a platform for athletes to directly access valuable services online. Work continues on the process, with an estimated implementation date of mid-2013.



# Business & administration

## UNIFORMS

TIS athletes continue to be provided with competition and training uniforms by the Institute. The majority of the clothing supplied is manufactured in conjunction with Track n Field, and distributed locally via Tuthill Agencies.

TIS staff have been provided with a different uniform to the athletes. The range provides a variety of corporate wear as well as items appropriate for coaching and sports science staff working directly with athletes. This range is supplied locally by ID Clothing.

## FACILITY MANAGEMENT SILVERDOME

The TIS continues to provide management support of the Silverdome Complex, which houses northern-based TIS staff. The 2011-12 financial year has seen another busy time for the venue with usage at 91 per cent of capacity for the reporting period.

Netball and cycling continue to be the largest sporting users, with basketball and indoor hockey also using the facility. There have also been a number of significant events held at the Silverdome – Disney Live, El Caballo Blanco, Targa Tasmania, Silvers Circus,

St Patrick's College end of year mass, Tasmanian Craft and Quilt Fair and the Watchtower assembly.

## SILVERDOME STAFF

**Rebecca Hardman**,  
*Executive Officer*  
**Janine Keesing**,  
*Administration Officer (to August 2011)*

**Abby Ponting**,  
*Administration Officer (commenced September 2011)*

**Greg Banks**, *Facility Operations Manager*  
**Gary Dearing**, *Operations Officer*

**Anthony Sulzberger**,  
*Operations Assistant*  
**Heath Keleher**, *Operations Assistant*



# Financial management

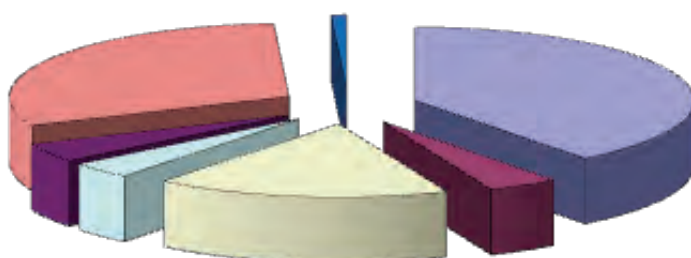
## FUNDING 2011-12



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

Scholarship Funds	\$458,730.00
Athlete & Coach Services	\$332,000.00
Consolidated Funds	\$1,317,230.00
Corporate/Trust Funds	\$140,514.00
Commonwealth Funds-Sports Programs	\$522,050.00
State Sporting Organisation Funds	\$47,500.00
National Representatives Fund	\$25,000.00
<b>Total Funds</b>	<b>\$2,843,024.00</b>

## TIS ALLOCATIONS 2011-12



- Sports Programs & Scholarships
- Athlete Services
- Sports Performance Unit
- Athlete Career & Education
- Talent Identification
- Operations
- National Representatives Fund

Sports Programs & Scholarships	\$1,126,370.00
Athlete Services	\$116,589.00
Sports Performance Unit	\$482,830.00
Athlete Career & Education	\$103,100.00
Talent Identification	\$118,300.00
Operations	\$870,835.00
National Representatives Fund	\$25,000.00
<b>Total Allocations</b>	<b>\$2,843,024.00</b>

# Corporate partnerships

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



## STRATEGIC PARTNERS

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## MAJOR CORPORATE PARTNERS

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## CORPORATE PARTNERS

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## PROGRAM PARTNERS

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# Sports performance

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

## SPORTS PERFORMANCE STAFF

**John Gregory**, *Manager Sports Programs*

**Ben Scarlett**, *Sports Performance Officer*

**Alanna Martin**, *Sports Performance Officer – Talent ID*

**Pete Culhane**, *Physical Preparation Officer*

**Calvin Philp**, *Sports Performance Officer – Strength and Conditioning*

## MAJOR ACTIVITIES

- Extensive support to Tasmanian-based athletes and coaches.
- Sports performance officer Ben Scarlett permanently based at Technopark, Hobart.
- Support to Tasmanian-based Olympic rowing crews.
- Monitoring of team sports with the team heart rate and GPS systems.
- Ongoing use of ice baths for recovery with athletes.
- Upkeep of our quality control system.
- Attendance at conferences, workshops, national selection events and professional clubs.
- Force and angle testing of canoe, cycling and rowing athletes with biomechanical systems.
- Preparations to migrate to a new sports database system.
- Evaluation and implementation of emerging technology.

## PROJECTS AND RESEARCH

- Hockey recovery and load quantification during a tournament.
- Aerodynamics testing with cycling.
- Monitoring of wellness with netball and basketball.
- Recovery and monitoring of our cyclists at the Tour of Tasmania.
- Heart rate monitoring in hockey, netball and basketball.
- GPS and load monitoring

with team sports.

- Use of slow motion camera in video feedback.
- Strategies to enhance recovery.
- Attendance and presentation of research at conferences.
- Video analysis support at Hammerfest (national hammer throw camp).
- Support to national relay camps (4x100 and 4x400).
- Production of hockey drag flick DVD.

The SPU has continued to undertake testing at the Aurora Netball Stadium

in Hobart, and we thank centre coordinator Phillip Stoneman for the centre's ongoing assistance during the year.

## SPORTS MEDICINE NETWORK

We remain appreciative of the assistance of the medical network, including sports medicine, sports psychology, sports nutrition and physiotherapy over the past year. Recently we undertook a review of sports medicine providers, updating practice details. Dr Ian Beltz continues to provide valuable assistance in the consultant role of sports medicine coordinator.



# Sports performance

## TALENT IDENTIFICATION AND DEVELOPMENT

Talent Identification and Development (TID) testing is conducted in line with nationally established testing protocols with the TIS conducting programs in cycling and rowing.

## CYCLING

This year 29 cycling tests were performed across the state. From this 12 athletes (aged 12-16) were placed in the TID program including six from the north, three from the north west and three from the south. Of these, five had tested previously. Two members of

the TID squad progressed onto TIS scholarships.

## ROWING

A total of 903 rowing tests were performed across the state made up of 646 males and 257 females. Of these, nine males were found to be in the top benchmark and 39 males and 18 females in the next tier down.

## STRENGTH AND CONDITIONING

### Major Activities

- Finished the first round of initial TIS-UTAS strength and conditioning (S&C) scholarship coaches positions with Tom

Doering now transitioned into a consultant supporting TIS S&C activities.

- Provided direct S&C servicing to two Olympic rowing crews prior to their departure to the European Training Centre where they were based ahead of the 2012 Olympic Games in London.
- Designed and implemented a physical competency screening for new TIS scholarship holders entering into the TIS S&C servicing for the first time.
- Delivered two Australian Strength and Conditioning

association level one coaching courses in Tasmania so that more people can learn the fundamental skills and knowledge required to begin to train people safely and effectively.

- Design and implementation of TIS hockey pre-season conditioning program.
- Introduction of load monitoring and player hydration during training with TIS hockey athletes.
- Attended three major conferences - Australian Strength and Conditioning Conference, National Institute Network S&C





# Sports performance

Conference and National Elite Sports Council National Conference.

- Produced a number of hockey-related educational resources: Hockey Australia Drag Flick home strength program and the S&C component of Hockey Australia drag flick coaching DVD.
- Produced dry land strength program for swimming.
- Established a rehabilitation professional development mentoring program.

## KEY STATISTICS

3200 athlete visits to TIS S&C facilities (Launceston, Hobart and Devonport).

## OTHER ACKNOWLEDGEMENTS

- S&C consultants, Tom Doering and Kyle Bawden, who assisted in the development and coaching of TIS athletes.
- University of Tasmania School of Human Life Sciences and the Bachelor of Exercise Science Course Coordinator James Fell for assistance in providing an avenue to develop Tasmanian S&C coaches through strong links with the TIS S&C area.
- To the physiotherapists and sports medicine professionals who worked so closely with the TIS S&C staff to assist with the screening, rehabilitation and enhancement of athletes physical limitation and abilities.





# Athlete Career and Education

The Athlete Career and Education (ACE) program assists elite athletes to achieve sport and life goals through integrating learning, work and sports performance.

## STAFF

Stewart Pither

## PROGRAM

The ACE program assists athletes as advocates and supports them in managing any life issues that may occur, assists them with problem-solving as well as removing barriers that may affect their athletic performance. The ACE program provides athletes

with the skills to achieve sport and life goals through integrating learning, work and sports performance. Some of the areas the ACE program can assist athletes include:

- Career counselling and planning including the provision of advice on career options, goals and pathways.
- Employment preparation support including career referral networks, resume preparation, job searches, position applications and interview skills.
- Educational guidance and information including school, vocational training and university study options, goals, pathways

and institutional liaison.

- Transitional support including for non-selection, retirement, injury and relocation.
- Personal development training and advice including public speaking, media communications, time management, financial planning and balanced lifestyle management.
- Professional referrals including psychological counselling and relationship counselling.

## MAJOR PROGRAM INITIATIVES

- Social Media workshops – how to manage social

media as an elite athlete.

- Being an elite athlete and how to balance your commitments with your education and employment commitments.
- Implementation of the Direct Athlete Support (DAS) program for London-bound athletes.
- Sport psychology sessions covering a number of topics for sport programs.
- Implementation of financial workshops.
- Cybersafety workshop delivered by the Australian Communications and Media Authority.
- Media workshops.



# Athlete Career and Education

- Ubalancer training and implementation for athletes.
- Respect and responsibility workshop.
- Cooking workshops.
- Mock job interviews.
- Maintenance of the TIS website and Facebook page providing information to athletes, coaches and the Tasmanian community.
- Attendance at Elite Athlete Friendly University conference.
- Personal development workshop for Football Federation Tasmania.

## OTHER

During the course of this reporting year more than 600 athlete contacts occurred, covering a variety of issues and topics including assistance with education commitments and preparation in seeking employment.

The Athlete Friendly University program continues to provide great support to TIS athletes studying at the University of Tasmania. There is regular contact with representatives supporting our athletes. Thanks to Jane Emery and Christian Ellston for their ongoing support of this program.

TIS ACE maintains strong partnerships with Relationships Australia, David O'Sign, Jacqui Triffitt, Peter Tatham, Wise Lord and Ferguson, Corporate Communications, Robert Atkins, Tasmanian Polytechnic, Cricket Tasmania, Football Federation Tasmania and AFL Tasmania.





# Coach development

Since September 2011 the TIS has provided TIS coaches and network coaches with a number of information sessions to assist their development in a range of areas including latest trends, innovations in elite sport, career counseling and sport psychology sessions.

## STAFF

Stewart Pither

## MAJOR PROGRAM INITIATIVES

- Implementation of career counselling sessions through Peter Tatham.
- Implementation of sport psychology session through David O'Sign.
- New Zealand women's hockey presentation through head coach Mark Hager and assistant coach Greg Nichol.
- Assistance for Ilene Carr to attend sport code training.
- Assistance for Justin Schueller to attend Boomers national camps.
- Assistance for Ron Bryan to attend sprint track development camps.

- Assistance for Peter Fortune and Justin Schueller to attend a National Elite Sports Council conference.
- Assistance for two Sport Science staff to attend Weightlifting Federation Sports Power Coach 1 License course.

In December 2011 TIS coaches, sports science staff and network coaches spent two days at a coaching forum at the C3 Convention Centre. The topics covered were resilience, optimism and performance under pressure. Guest speakers included Michael Flynn, who presented on the various issues affecting athletes and coaches, Matt Lancaster on his experiences treating athletes in the UK and Australia, David Newett on preparing a VFL team and Steven Ball on effective thinking for effective coaching. The forum was attended by more than 40 people.

In June 2012 a coaching forum specifically looking at performance management for TIS coaches and sport science staff occurred with Will Luders presenting on

the McDonalds principles of business along with former senator Guy Barnett discussing the importance of lobbying.

TIS coaches have coached at the highest level this year - Brett Crow won gold at the rowing championships in New Zealand, Gene Bates had success in his role as the national junior women's

track cycling coach, Peter Fortune to attend the junior world championships in Spain and Andrew McDonald was the assistant coach of the Australian women's junior hockey program.





# Scholarship programs

## STAFF

**Carl Saunder**, *Manager Sports Programs*

**Brendan Long**, *Sport Program Coordinator*

**Ellie Poynton**, *Project Support Officer*

Through support from the Tasmanian Government the TIS provide scholarships to selected athletes via various programs.

In 2011-12 the TIS scholarship program area operated five National Training Centre (NTC) programs in the sports of rowing, hockey, cycling, athletics and basketball.

The men's and women's football programs previously operated by the TIS were transferred to Football Federation Tasmania, following direction from Football Federation Australia, to align the Football National Training Centre in Tasmania to suit the demands of the sport.

Michael Edwards and Dean May continue to oversee these two programs and the TIS remain a program partner and provide servicing to both of these squads.

The TIS also runs Elite Development Squads (EDP) with netball, sailing and swimming. These partnership programs provide targeted athletes with a range of support to assist them to develop along their chosen sport's development pathway.

Each of our EDP programs are overseen by a squad coordinator and supported by the state and national sporting organisations.

The TIS Individual scholarship program provides assistance to eligible Tasmanian athletes who are representing Australia at international level competition. These athletes compete in sports where the TIS does not operate an NTC or EDP program.

Sports include boxing, golf and weightlifting. All of these athletes are individually case managed by the TIS and provided with the necessary support to meet the demands to compete at the highest level of their sport.

The TIS would also like to acknowledge its partnerships with AFL Tasmania and Triathlon Australia. The TIS provide a number of services to identified athletes in both AFL and triathlon.

# Athletics

The Track and Field Program objectives align with the direction of the national program, and are targeted towards supporting talented athletes and coaches to impact on international selection both in senior and junior IAAF sanctioned events.

## PROGRAM HIGHLIGHTS

- 2012 Paralympics – London – Todd Hodgetts selected.
- Todd Hodgetts – World Record F20 Shot Put.
- 2011 World Youth Championships – Lille, – two athletes selected – Danni McConnell and Kaitlin Morgan

- 2012 World Junior Championships – Barcelona – four athletes selected – Kaitlin Morgan, Danni McConnell, Max Waldron and Mikayla Genge. Target athlete Abbey de la Motte was also selected.
- World indoor championships – Istanbul – Ryan Foster selected.

In 2011-12 the TIS program directly supported 10 athletes including one athlete with a disability. Athletes with a disability are fully integrated with Institute and national programs. Of the 10 athletes, six were selected in international teams during the period. The TIS also participated

and hosted national event camps in relays and the annual Hammerfest event.

## ATHLETES

Jacob Birtwhistle  
Ryan Foster  
Mikayla Genge  
Todd Hodgetts  
Danni McConnell  
Kaitlin Morgan  
Hamish Peacock  
Huw Peacock  
Tristan Thomas  
Max Waldron

## TRACK AND FIELD STATE PERFORMANCE COORDINATOR

Peter Fortune

## NETWORK COACHES

Evan Peacock  
Damian Lawler

Craig Hilliard (AIS)  
Sandro Bisetto  
Kim Gillard  
Rex Morriss  
John Minns

## ATHLETE SERVICE PROVIDERS

Stewart Pither (ACE Services)  
Ben Scarlett (Sports Science)  
Calvin Philp (Physical Preparation)  
Peter Culhane (Physical Preparation)  
David O'Sign (Sports Psychology)  
Matt Lancaster (Physiotherapy)  
Dr Steve Reid (Sports Physician)  
Dr David Humphries (Sports Physician)  
Dr Glen Richardson (Sports Physician)  
Gaye Buchanan (Nutrition)

## TRAINING VENUES

Domain Athletics Track, Hobart  
St Leonards Complex, Launceston  
North West Track, Penguin  
TIS Strength and Conditioning Facility, Technopark  
TIS Strength and Conditioning Facility, Silverdome

## PARTNERS

Athletics Tasmania  
Athletics Australia

Financial support for the National Training Centre program is provided by the Australian Sports Commission through Athletics Australia.





# Basketball

The program objective is to provide talented Tasmanian basketball athletes services and opportunities to improve their national profile for selection into national programs.

Athletes selected to the TIS scholarship tiers are former or current members of the TIS Emerging Talent Squad (ETS). The program identifies basketball athletes aged 13-17 and develops mental, individual and team skills enabling them to compete successfully at national and international level. ETS athletes will also be members of Basketball Tasmania's State Development Program (SDP).

## PROGRAM HIGHLIGHTS

- Tayla Roberts and Hugh Greenwood were members of their respective U19 teams at the world championships, with Hugh Greenwood making the 'All Star 5' team for the best players at the tournament.
- Grace Lennox selected in the Australian women's U17 side for FIBA Oceania qualifiers.
- Nic Laycock selected to attend the first NBA development camp held in Australia.
- Ben Richmond awarded an AIS scholarship.
- Courtney Middap and Kyle Clark selected to their respective national teams for the FIBA

Oceania 3 v3 tournament.

- TIS coach Justin Schueller appointed head coach for the U17 Australian team for the FIBA Oceania tournament (gold medallists).

## ATHLETES

Callum Barker  
Matthew Brazendale  
Georgia Buchwald  
Joe Chilcott  
Kyle Clarke  
Riccardo Howard  
Elizabeth Howe  
Sarah Jaeger  
Tanner Krebs  
Nic Laycock  
Grace Lennox  
Courtney Middap  
Amy Onaca  
Mariah Payne  
Ben Richmond  
Kai Woodfall  
Adam Gibson\*  
Hugh Greenwood\*  
Tayla Roberts\*  
*\*Associate scholarship holders*





# Basketball

## NITP BASKETBALL COACH

Justin Schueller

## ATHLETE SERVICE PROVIDERS

Alanna Martin  
(Sports Science)  
Pete Culhane  
(Physical Preparation)  
Calvin Philp  
(Physical Preparation)  
Stewart Pither  
(ACE Services)

## TRAINING VENUES

Elphin Sports Centre,  
Launceston  
Silverdome, Prospect  
Lauderdale Primary School,  
Lauderdale

## PARTNERS

Basketball Australia  
Basketball Tasmania

Financial support for the  
National Training Centre  
program is provided by  
the Australian Sports  
Commission through  
Basketball Australia.





# Cycling

The TIS cycling program has had another big year in terms of competition results and exposure for its athletes, from junior developing athletes through to senior Olympic and professional athletes.

During the period covered by this report former senior head coach Matthew Gilmore relocated to Adelaide to take up a senior role with Cycling Australia. Gene Bates replaced Matthew as head coach at the TIS.

TIS cyclists train in various locations around the state, including the Institute's Launceston base at the Silverdome, and its southern base at the Technopark in Hobart. The program provides athletes with expert coaching support, sports science, strength and conditioning, and other specialised services such as ACE support.

TIS's support of Tasmania's developing cycling team, Team Polygon Australia has continued to enhance both its scholarship program athletes, as well as those in the developmental program, with athletes participating in the majority of both the women's and men's national road series events in 2011-12. This partnership will continue in 2013, providing key athletes with much needed national and international exposure to elite road races.

The TIS program will continue to rebuild in the next four year cycle, aiming to be a major contributor to the 2016 Olympic cycling team in Rio, with athletes competing in a number of cycling categories.

## PROGRAM HIGHLIGHTS

### Georgia Baker:

- 1st junior world championships teams pursuit 2011.
- 2nd junior world championships scratch race 2011.
- 1st U19 national criterium championships 2012.
- 2nd U19 national time trial championships 2012.
- 3rd U19 Oceania road time trial championships 2012.
- 3rd U19 national omnium championships 2011.

### Matthew Goss:

- 2nd elite world road championships, Copenhagen 2012.
- 3rd Stage 2 Tour de France 2012.
- 1st Stage 3 Giro D'Italia, 2012.
- 2nd Stage 2 Giro D'Italia 2012.

### Will Clarke:

- 1st Stage 5 Tour Down Under 2012.

### Grace Sulzberger:

- Women's national road series overall winner 2011.

### Ben Grenda:

- 3rd U23 national criterium championships 2012.

### Cameron Wurf:

- 2nd overall classification at the Tour of Qinghai Lake in China (UCI 2. Hors Cat) 2012.

### Macey Stewart:

- 1st U17 national individual pursuit 2012.

### Amy Cure:

- 4th individual pursuit, elite world track Championships, Melbourne 2012.
- 2nd point score Oceania track championships 2011.
- 2nd team pursuit Oceania track championships 2011.



# Cycling

## Rowena Fry:

- 2nd XC national mountain bike championships 2012.

## Richie Porte:

- 1st Stage 1, 1st Overall Volta Ao Algarve 5 day Tour of Portugal.

## Luke Ockerby:

- 1st Launceston criterium 2011.

## ATHLETES

Georgia Baker  
Alex Clements  
Amy Cure  
Campbell Flakemore  
Rowena Fry (MTB)  
Belinda Goss  
Ben Grenda  
Ryan Hughes  
Emma Lawson  
Peter Loft  
Luke Ockerby  
Grace Sulzberger

## Will Clarke\*

Matthew Goss\*  
Richie Porte\*  
Wesley Sulzberger\*  
Cameron Wurf\*

*\*Associate scholarship holders*

## NTC HEAD CYCLING COACH

Gene Bates (commenced September 2011)

## NTC CYCLING COACH

Ron Bryan

## ATHLETE SERVICE PROVIDERS

Stewart Pither (ACE Services)  
John Gregory (Sports Science)  
Peter Culhane (Physical Preparation)

## TRAINING VENUES

Silverdome, Prospect  
TIS Strength and Conditioning Facility, Silverdome  
TIS Strength and Conditioning Facility, Technopark

## SPONSORS

Polygon Bikes  
Santini competition clothing

## PARTNERS

Cycling Australia  
Cycling Tasmania  
Team Polygon Australia

Financial support for the National Training Centre program is provided by the Australian Sports Commission through Cycling Australia.





# Hockey

The TIS hockey program continues to assist and develop players to enable international selection. The TIS coaches and network of consultants work closely to build a specific individual development plan to assist each scholarship holder.

2011-12 introduced new initiatives with the commencement of the Hockey Australia National Talent Identification Drag Flicking program and its comprehensive GPS and load management practices.

Three scholarship holders were involved in the Kookaburras Olympic preparation. Eddie Ockenden and Tim Deavin were selected in the London 2012 Olympic Team.

## PROGRAM HIGHLIGHTS

- Alex Shaw and Ben Read were invited to participate in the Canberra-based Futures camp in December 2011.

- Luke Doerner, Eddie Ockenden and Tim Deavin were announced in the 2012 Olympic Squad.
- The training program embarked on strong use of GPS data and player load management practices.
- Drag flicking program commenced with Luke Doerner acting as the lead coach.
- Eddie Ockenden won the 2011 Australian Hockey League player of the tournament award.
- Eddie Ockenden played in the first Oceania Olympic qualifiers held in Hobart.
- Amelia Spence played in the Indian 4 Nation Tournament, New Delhi with Andrew McDonald the assistant coach for the tournament.
- Eddie Ockenden, Tim Deavin and Luke Doerner were part of the Kookaburras team which won the Champions Trophy.
- Jeremy Edwards, Billy

Shaw and Kieron Arthur competed as part of the silver medal-winning Australian U21 team at the Sultan of Johor Cup.

- Sixty three per cent of athletes in the program have been nationally identified across all age groups.

## ATHLETES

Eddie Ockenden  
Tim Deavin  
Luke Doerner  
Jeremy Edwards  
Amelia Spence  
Billy Shaw  
Kieron Arthur  
Ben Read  
Alex Shaw  
Grant Woodcock  
Kurt Mackey

## NTC HEAD HOCKEY COACH

Andrew McDonald

## NTC HOCKEY COACH

Ilene Carr

## SPECIALIST COACH

Luke Doerner (Drag Flicking)

## ATHLETE SERVICE PROVIDERS

David O'Sign  
(Sports Psychology)  
Calvin Philp  
(Physical Preparation)  
Ben Scarlett  
(Sports Science)  
Stewart Pither  
(ACE Services)

## TRAINING VENUES

Tasmanian Hockey Centre,  
New Town  
Launceston Hockey Centre,  
St Leonards Hockey  
Complex  
TIS Strength and  
Conditioning Facility,  
Silverdome  
TIS Strength and  
Conditioning Facility,  
Technopark

## PARTNERS

Hockey Tasmania  
Hockey Australia

Financial support for the National Training Centre program is provided by the Australian Sports Commission through Hockey Australia.



# Hockey





# Rowing

The TIS rowing program operates in conjunction with the Rowing Australia National Rowing Centre of Excellence and Rowing Tasmania to deliver international class coaching, training, competition and facilities for TIS athletes. The TIS rowing program provides the best possible opportunities for Tasmanian rowing athletes to progress to and perform at international benchmark events.

2011-12 saw a continuation in the upward trend of international results from TIS-prepared rowing crews, this was highlighted when both TIS prepared crews (men's lightweight four and men's quad scull) won world championship gold medals in 2011. The 2011 rowing world championships also produced a record amount of senior world champions for the TIS rowing program with eight athletes earning the title.

Following the final Olympic selection regatta in April 2012 nine TIS athletes were selected to represent Australia at the London Olympics, with two TIS rowers selected as travelling reserves.

## PROGRAM HIGHLIGHTS

- Anthony Edwards, Sam Beltz, Ben Cureton and Todd Skipworth - coached by Brett Crow – won gold in the men's lightweight four at the 2011 world championships.
- TIS-supported coach John Driessen coached the Australian men's quad scull to gold at the 2011 world championships.
- Ali Foot, Blair Tunevitsch, Nicholas Baker and Tom Gibson were part of the lightweight eight crew that won gold at the 2011 world championships.
- Kerry Hore won silver in the women's double scull at the 2011 world championships.
- Eleven TIS rowing athletes selected in

London 2012 team, which included two reserves: Scott Brennan, Sam Beltz Kate Hornsey, Kerry Hore, Dana Faletic, Ben Cureton, Todd Skipworth, Anthony Edwards and Tom Gibson (Blair Tunevitsch and Ali Foot - reserves).

## ATHLETES

Nicholas Baker  
Sam Beltz  
Scott Brennan  
Ben Cureton  
Anthony Edwards  
Dana Faletic  
Ella Flecker  
Ali Foot  
Tom Gibson  
Kerry Hore  
Kate Hornsey  
Todd Skipworth  
Blair Tunevitsch  
Sam Volker





# Rowing

## NTC HEAD ROWING COACH

Brett Crow

## ROWING COACH

Ron Batt (to May 2012)

## COACHING ASSISTANCE

Darren Balmforth, Simon Burgess and John Driessen

## ATHLETE SERVICE PROVIDERS

Stewart Pither  
(ACE Services)  
John Gregory  
(Sports Science)  
Pete Culhane  
(Physical Preparation)  
Calvin Philp (  
Physical Preparation)  
Kellie Wilkie  
(Physiotherapy)

## TRAINING VENUES

Lake Barrington  
International Regatta Centre  
Huon River (Huon Rowing Club)  
Derwent River (Lindisfarne Rowing Club)  
TIS Strength and Conditioning Facility, Technopark  
TIS Strength and Conditioning Facility, Silverdome

## SPONSORS

Motors

## PARTNERS

Rowing Australia  
Rowing Tasmania

Financial support for the National Training Centre program is provided by the Australian Sports Commission through Rowing Australia.



# Netball

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

The program is overseen by satellite coach Jon Fletcher with the support of three regional coaches covering Tasmania.

Athletes have the opportunity to develop with the aim of progressing along Netball Australia's high performance pathway. Athletes are provided with a range of services including physiological testing, expert coaching, access to strength and conditioning services, nutrition, sport psychology and ACE services.

## PROGRAM HIGHLIGHTS

- April 2012 saw both the U17 and U19 national championships held in Launceston. This provided a great opportunity for Tasmanian players to represent their state on home soil, and impress national selectors.
- Danni Pickett and emerging talent squad member Kelsie Rainbow were the standout performers and were invited to attend Australian development camps at the AIS in May.
- The Tasmanian U17 team finished fifth and the U19 team finished sixth.
- The majority of the squad also represented Tasmania in the Australian National League for Tassie Spirit.

## ATHLETES

Maddie Carter  
Adriana Gough  
Estelle Margetts  
Lauren Miller  
Dannielle Pickett  
Hayley Sansom

## COACHES

Jon Fletcher (Head Coach)  
Andrew Jackson  
Kellie Woolnough  
Ebony Allen

## KEY PARTNERS

Netball Australia  
Netball Tasmania

Financial support for the Elite Development Program is provided by the Australian Sports Commission through Netball Australia.





# Sailing

The TIS sailing program is a three way partnership program between the TIS, Yachting Tasmania and Yachting Australia. The program is overseen by program coordinator Garry Langford and coach Richard Scarr.

With the support of the Royal Tasmania Yacht Club, athletes are provided with a training environment on the Derwent River in Hobart. Athletes have the opportunity to develop with the aim of progressing into the Australian Sailing Development Squad and Australian Sailing Team.

## PROGRAM HIGHLIGHTS

- Matt Bugg had an outstanding 2011-12 finishing 15th at the 2011 world championships on the Olympic course in Weymouth, UK. This result qualified Matt for the 2.4 multi class discipline at the 2012 London Paralympic Games.
- Elliott Noye and George Jones competed at the ISAF world championships.
- Elliott Noye, George Jones, Rohan Langford and Lucy Shephard represented Australia at the ISAF open teams racing in Ireland in August 2011.

## ATHLETES

Alec Bailey  
Angus Barton  
Nelson Brown  
Matthew Bugg  
Amelia Catt  
Sophie Chesterman  
Kailas Johnson  
George Jones  
Rohan Langford  
Elliott Noye  
Zac Pullen  
Lucy Shephard  
Anna Vaughan

## PROGRAM COORDINATORS

Richard Scarr  
Garry Langford

## KEY PARTNERS

Yachting Australia  
Yachting Tasmania  
Royal Yacht Club of Tasmania

Financial support for the Elite Development Program is provided by the Australian Sports Commission through Yachting Australia.





# Swimming

The TIS swimming program is a three way partnership program between the TIS, Swimming Tasmania and Swimming Australia.

The program is administered by the TIS and supported by individual coaches throughout the state.

Athletes have the opportunity to develop with the aim of progressing into the Swimming Australia Development Squad and various Australian Teams. Athletes are provided with a range of services including physiological testing, expert coaching, access to strength & conditioning, nutrition, sport psychology and ACE services.

## PROGRAM HIGHLIGHTS

- Shani Burleigh represented Australia at the 2011 world university games in August 2011.
- Shani Burleigh, Alec Guerzoni and Trent McLaughlin where all members of Swimming Australia's development squad.
- Will Harmsen, Emma Newell and Alec Guerzoni all made finals at the 2012 age nationals in Brisbane in April.

## ATHLETES

Shani Burleigh  
Paul Crosswell  
Tom Curran  
Alec Guerzoni  
Jess Hardstaff  
Will Harmsen  
Trent McLaughlin  
Emma Morton  
Emma Newell  
Joanna Smart  
Karl Wurzer

## COACHES

Aaron Lightfoot  
Justin Helmich  
Wade Hadley  
Rachel Rickards  
Derek Taylor

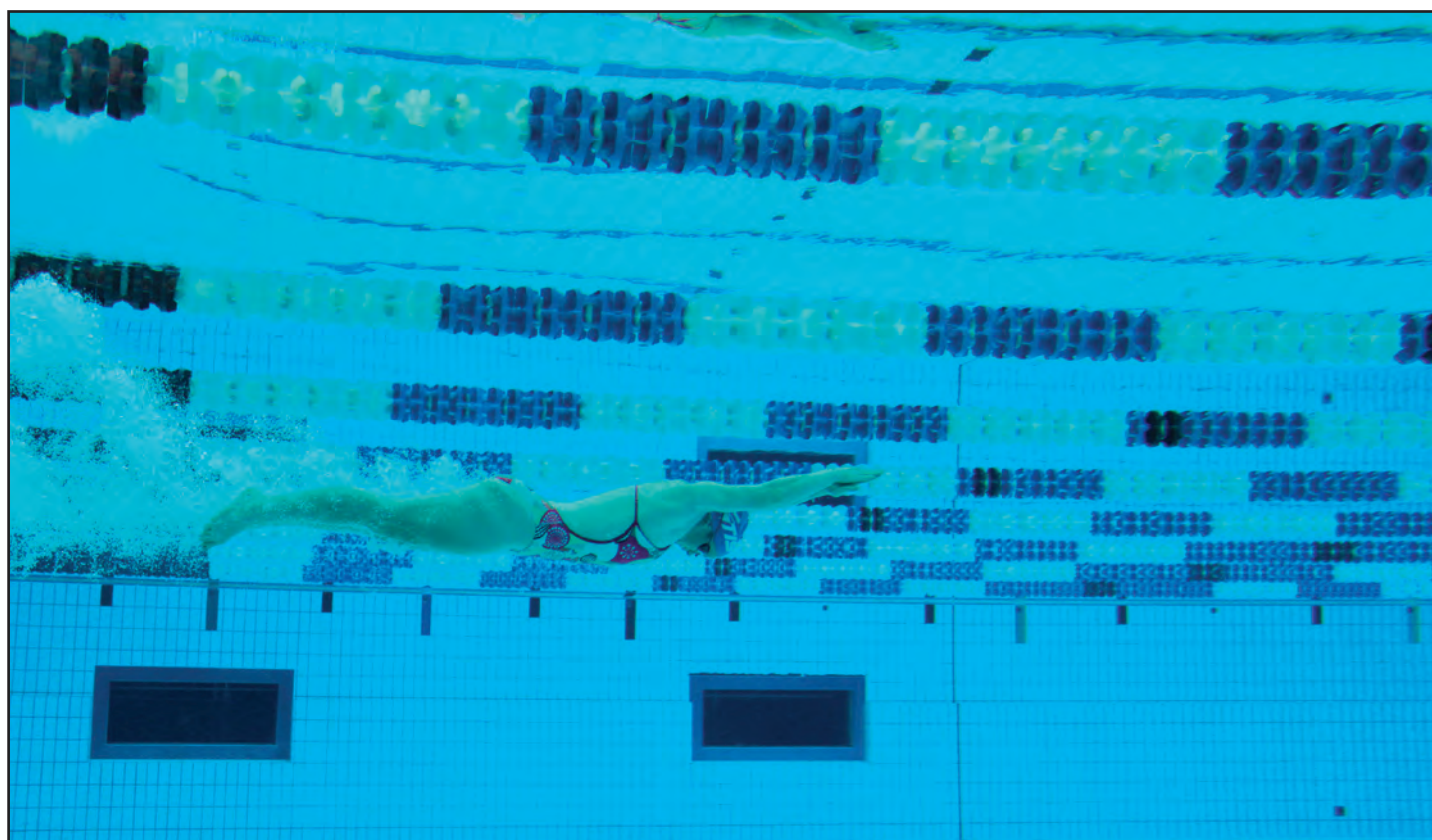
## VISITING COACHES

Frank Hoemann  
Vince Raleigh  
Rohan Taylor

## KEY PARTNERS

Swimming Australia  
Swimming Tasmania

Financial support for the Elite Development Program is provided by the Australian Sports Commission through Swimming Australia.



# Individual scholarships

The TIS individual scholarship program covers a large variety of sports ranging from boxing through to lawn bowls and aims to provide an equally varied range of services to insure all athletes' needs are met.

The program operates in partnership with numerous state and national sporting organisations to provide the best possible daily training environment for Tasmanian elite athletes competing in sports that are not covered by TIS National Training Centre or Elite Development Programs.

During 2011-12 the program has again enjoyed success both nationally and internationally with a significant representation at international bench mark events.

## PROGRAM HIGHLIGHTS

- Two athletes selected for 2012 London Olympic Games (Luke Jackson and Jackson Woods – boxing).
- One athlete selected as an Olympic reserve (Jenna Myers – weightlifting).
- Three athletes represented Australia at world championships (Luke Jackson – boxing, Stewart Bennett – canoe wildwater and Jenna Myers – weightlifting).
- Two athletes represented Australia at junior world championships (Alice Coppleman – judo and Zac Grgurevic – weightlifting).

## TRAINING VENUES

TIS Strength and Conditioning Facility, Silverdome  
TIS Strength and Conditioning Facility, Technopark

## ATHLETES

Luke Jackson (boxing)  
Jackson Woods (boxing)  
Luke Woods (boxing)  
Stewart Bennett (canoe wildwater)  
Andrew Eckhardt (canoe slalom)  
Daniel Watkins (canoe slalom)  
Ashlee Dewhurst (golf)  
Ryan McCarthy (golf)\*  
Kalem Richardson (golf)  
Alice Coppleman (judo)  
Rebecca Quail (lawn bowls)  
Aaron Frankcomb (squash)  
Jack Penny (trampoline)  
Zac Grgurevic (weightlifting)  
Jenna Myers (weightlifting)

*\*Associate scholarship holder*

## Key performance indicators

The Tasmanian Institute of Sport's objective is to assist athletes 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. The set target is 65.

In total, over the 2011-12 period TIS athletes achieved 103 national selections, with the breakdown in each sports as follows:

Athletics	6
Basketball	3
Boxing	4
Canoe	1
Cycling	12
Golf	4
Hockey	29
Judo	2
Lawn Bowls	3
Rowing	31
Sailing	3
Squash	1
Swimming	1
Trampoline	1
Weightlifting	2

# Strategic Plan 2012-2016

## 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 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 VALUES

**Our People Matter - We Make a Real Difference - We act with Integrity**

- Excellence through passion.

- Commitment to make a difference.
- Team work 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.

## OUR GOALS

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

## OPERATIONAL PRINCIPLES

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

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

## PERFORMANCE DRIVERS

The TIS operations are focussed through the following performance drivers

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

## KEY PERFORMANCE INDICATORS

- TIS athletes' finals/ top eight results in international benchmark events (10).
- Number of National team selections achieved by TIS athletes.
- Number of national coaching appointments for TIS coaches.
- Number and proportion of athletes in each NESC scholarship category.
- Number and proportion of athletes progressing through the categories.
- Number of athletes identified and being developed through pre elite programs.

## KEY RESULT AREAS

- People
- Process
- Resources



# Olympic athlete honour roll

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

## 1988 OLYMPIC GAMES – SEOUL

David Connor	Sailing
Gary Smith	Sailing
Ron Laycock	Weightlifting

## 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)

## 1996 OLYMPIC GAMES – ATLANTA

Simon Hollingsworth	Athletics
Kylie Risk	Athletics
Justin Boocock	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)

## 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)

## 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)

## 2008 OLYMPIC GAMES – BEIJING

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

## 2008 PARALYMPIC GAMES – BEIJING

Dominic Monypenny	Rowing
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## 2012 OLYMPIC GAMES – LONDON

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

## 2012 PARALYMPIC GAMES – LONDON

Todd Hodgetts	Athletics
Matt Bugg	Sailing

# Commonwealth Games athlete honour roll

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

## 1990 COMMONWEALTH GAMES – AUCKLAND

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

## 1994 COMMONWEALTH GAMES – CANADA

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

## 1998 COMMONWEALTH GAMES – KUALA LUMPUR

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

## 2002 COMMONWEALTH GAMES – MANCHESTER

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

## 2006 COMMONWEALTH GAMES – MELBOURNE

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

## 2010 COMMONWEALTH GAMES – DELHI

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







