

# TASMANIAN INSTITUTE OF SPORT

## yearbook & annual report

2003-2004



### TASMANIAN INSTITUTE OF SPORT Bulletin

ISSUE 49 - DECEMBER 2003



an Olympic Training Centre  
Aussie Olympic  
Vitality



#### Hore and Faletic Athletes of Year

The Tasmanian Institute of Sport (TIS) has announced the winners of its 2003 Athlete of the Year and Staff of the Year awards. The winners were announced at a special ceremony held at the TIS on 11 December 2003.

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### TASMANIAN INSTITUTE OF SPORT Bulletin

ISSUE 50 - MARCH 2004



Swimmer David Hurrell won TIS scholarship to attend the 2004 Olympic Trials in Athens.

#### Early selector are oarsome!

It's a special time at the Tasmanian Institute of Sport (TIS) as the early selectors for the 2004 Olympic Trials in Athens are announced.



Swimmer David Hurrell won TIS scholarship to attend the 2004 Olympic Trials in Athens.

### TASMANIAN INSTITUTE OF SPORT Bulletin

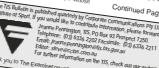
ISSUE 51 - JUNE 2004



New Acting Director Paul Austin with former Olympic Coach Jack.

#### Austen takes over the reins

The Tasmanian Institute of Sport (TIS) has announced the appointment of Paul Austin as its new Acting Director.



New Acting Director Paul Austin with former Olympic Coach Jack.

### TIS TASMANIAN INSTITUTE OF SPORT BULLETIN

ISSUE 52 - SEPTEMBER 2004



#### Athens Olympics - better than ever

Well, the Athens Olympics have come and gone and it has indeed been a better than ever experience for TIS athletes.



Director's Report

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# *minister's* *foreword*

TASMANIAN Institute of Sport (TIS) athletes continue to show their competitiveness at the highest level, a reflection of the excellent support services provided to the state's elite and developing athletes through the TIS.

A total of 64 Tasmanians have represented Australia in international competition over the past 12 months, with significant performances highlighting the calibre and outstanding abilities of our athletes.

The achievements of all TIS athletes are a direct result of the high-quality programs developed and administered by the Institute, which continues to enjoy the support of the State Government.

In its commitment to the development of Tasmania's elite athletes and coaches through the TIS, the State Government has maintained its level of funding to all TIS programs over the past year. This has allowed for the continued support of both our athletes and their coaches.

On behalf of the people of Tasmania, I commend the Tasmanian Institute of Sport Board of Management, under the chairmanship of Mr Denis W. Rogers AO, for the strategic direction and guidance it has provided to the TIS.

I also acknowledge the dedication and professionalism of all Institute staff in their provision of high-quality services to



Tasmania in the development of elite athletes and coaches.

Finally, I congratulate the TIS athletes and coaches on their wonderful achievements in 2003-2004 and wish them well as they strive to achieve at the highest levels, particularly in the Olympic year of 2004/5.

A handwritten signature in black ink, reading 'Jim Cox'. The signature is stylized with a large, looping 'J' and 'C'.

**Jim Cox, MHA**  
**Minister for Sport and Recreation**

# *chairman's* *report*

THE Tasmanian Institute of Sport Board of Management has continued to oversee the development of strategies and policies that enable the programs, coaches and athletes of the TIS to achieve their objectives – both now and into the future.

As a Board, we are encouraged by the development and quality of the overall services provided by the Institute and in the noteworthy international performances of our athletes.

Through support provided by the State Government, the Elite Coaching Assistance Scheme will be enhanced and become a significant program next year.

Without generous support from the corporate sector, the TIS could not offer the range of high-quality programs and support services that it currently does. On behalf of the Board of Management I extend my thanks to our many corporate partners. The TIS Board and staff appreciate this very positive association with all of our partners and we look forward to many years of involvement with them.

To my fellow Directors and the staff of the TIS I extend my personal thanks for their ongoing support and commitment. I continue to enjoy working with them and look forward to another year of TIS achievement.

I would also like to acknowledge the contribution made to the TIS over the past 14 years by former Director Elizabeth Jack. Elizabeth's passion and commitment to the Institute over this period is to be highly



commended and under her leadership the TIS has developed into a valuable member of the national elite sports network. On behalf of the Board of Management I wish her every success in her new role as Director, Sport and Recreation Tasmania.

In closing, I offer my congratulations to the athletes and coaches of the Tasmanian Institute of Sport. Their achievements on the world's sporting stage continue to be of the highest level and I wish them continued success on and off the sporting field well into the future.

A handwritten signature in black ink, appearing to read 'D. Rogers', written over a white background.

**Denis W. Rogers, AO**  
**Chairman**  
**Board of Management**

# *director's* *report*

THE 2003-2004 year has seen the TIS continue to provide athletes with opportunities and support enabling them to continue to develop towards their greatest potential.

The record results achieved in the number of TIS athletes selected to represent Australia provide a strong indication of the Institute's ability to administer elite level assistance that fosters this development.

The provision of high-level coaching has been evident in the results achieved by our programs, and with additional assistance being provided next year the TIS will have in place a strong coach development program for the future.

This will not only see more support provided to the National Training Centre coaches but will also establish a coach development pathway that provides opportunities for developing coaches and continuity for TIS programs.

The TIS Sports Performance Unit has continued to explore new ways of refining training and improving performance. This has seen the implementation of telemetry technology within the cycling program and the widespread utilisation of Global Positioning System technology across a range of sports.

The scholarship program has provided quality services through the various programs to 122 athletes during the year.

All athletes have enjoyed access to a standard of support that has given them the best possible home-based training environment and our representation at the Athens Olympics of nine athletes and five medals was one of our best efforts.

These activities and developments would



not be possible without the significant support provided by the Tasmanian Government, whose ongoing commitment continues to provide us with opportunities to assist Tasmanian athletes to achieve at the highest possible level.

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

The Board of Management, under the chairmanship of Denis W. Rogers, AO, continues to provide strong strategic leadership and guidance in helping the TIS achieve its goals.

The contribution of the Board in providing advice on strategic issues and in supporting key initiatives is an integral component of the Institute's ability to maintain and further improve our performance development programs.

I would like to acknowledge the outstanding commitment of the staff of the TIS. With the departure at short notice late in the year of Director Elizabeth Jack, to head up Sport and Recreation Tasmania, the staff of



the TIS ensured all programs and activities of the Institute continued to meet our established objectives and service provision obligations at a high standard. This is both an acknowledgment of the strong organisation developed under Elizabeth's leadership and the quality and dedication of all TIS staff.

Finally, I congratulate the athletes and coaches for the dedication and perseverance that has been demonstrated during the year as they endeavour to realise their sporting goals. The results that have been achieved this year bear testimony to the efforts of our athletes and coaches and it is an honour to be able to continue to assist these exceptional Tasmanians.



*Former TIS Director  
Elizabeth Jack*

A handwritten signature in black ink, appearing to read 'P. Austen'.

**Paul Austen  
Acting Director**

*The TIS continues its program of school expos to provide students from rural and regional centres with the opportunity to experience a variety of activities in which they normally would be unable to be involved.*



# *administration*

## **ACTIVITIES**

### **School Expos**

DURING 2003/2004 TIS staff conducted visits to schools in the Smithton, Channel and Sheffield areas.

Now in their fourth year, the TIS focus of the expos is to provide students from rural and regional centres with the opportunity to experience a variety of activities in which they normally would be unable to be involved. It also encourages them to lead a more healthy and active lifestyle.

Students have the opportunity to meet TIS elite athletes, to gain an insight into a variety of sports, experience activities and use specialised sporting equipment normally only available to elite athletes.

Primary and secondary students from the St Peter's Channel School, Stanley Primary, Edith Creek Primary, Circular Head Christian School and Smithton High School came together at the Smithton Indoor Recreation Centre in early November 2003.



*2003 TIS Annual Awards winners Dana Faletic, Matthew Wells, Scott Brennan and Kerry Hore.*



*Project Support Officer  
Jeanne Pennington*

They participated in a day of activities where they were put through their paces with TIS staff and coaches and TIS athletes Deon Birtwistle, who was a silver medallist in the men's quad scull at the 2003 World Rowing Championships, and nationally ranked 800m runner Aaron Jones.

The Channel District was subject to an extensive range of activities when TIS staff and athletes Luke Butterworth (cricket), Morgan Whiley (athletics), Zain Wright (hockey) and Krystal Chugg (taekwondo), Tasmanian Cricket Development coaches and Sport and Recreation Tasmania consultants travelled to Cygnet to conduct a school expo in the Cygnet Sports Centre in May 2004.

Sheffield was next on the agenda for the popular expos. Students from Sassafras Primary, Railton Primary, Moriarty Primary, Sheffield District High, Latrobe High and St Patrick's, Latrobe, participated in the schools' expo program at the Sheffield District High gymnasium in June.

Students were inspired by elite hockey athlete Lis Paget, taekwondo athlete Krystal Chugg and triple jumper Patrick Coleman .

## TIS Annual Awards Dinner

A UNIQUE approach was taken to the TIS Annual Awards Dinner this year. The dinner was held on the pool deck at the Tattersalls Hobart Aquatic Centre on Saturday 18 October, with the focus being the stage area on the three-metre diving platform.

The dinner was generously supported by St.LukesHealth and was enjoyed by 220 guests. Entertainment was provided by balladeer Robert Raftery and corporate imposter Homer Papantonio with Steve Titmus, from Corporate Communications, performing the duties as master of ceremonies.

Rowers Dana Faletic and Kerry Hore were jointly named Female Athletes of the Year. They were also named joint winners of the overall Athlete of the Year Award. The Male Athlete of the Year was Matthew Wells for the third consecutive year, with rower Scott Brennan named the Junior Athlete of the Year.

## Staff

There was only one change to TIS personnel during the course of the year, albeit a significant one. Long-serving Director

Elizabeth Jack moved in April to head up Sport and Recreation Tasmania for an initial period of 12 months.

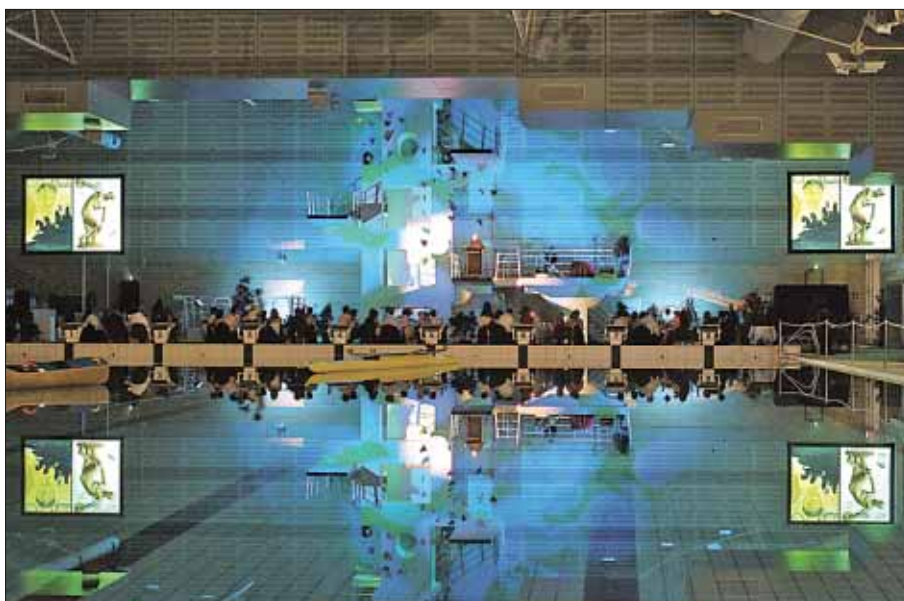
TIS Executive Officer Paul Austen was appointed Acting Director in the interim and Manager Athlete Services Geoff Masters took over the role as acting Executive Officer.

Liz Coglan moved on from maintaining the TIS resource centre and Karen Waldon-Manning took over the role of librarian.

The TIS website continued to be managed by TIS Program Support Officer Denise Hansson.

The TIS Bulletin was published regularly as part of the Institute's ongoing promotional activities, acknowledging corporate sector support and providing information to the community on Institute activities and the achievements of its athletes. As a final note, we would like to acknowledge the support of staff in the Corporate Services division of the Department of Economic Development for the many services they provided to the Institute during the year.

**Jeanne Pennington**  
**Project Support Officer**



*A unique approach was taken to the TIS Annual Awards Dinner this year with the event held on the pool deck at the Tattersalls Hobart Aquatic Centre.*



# *corporate partnerships*

THE TIS receives outstanding support from partnerships with leading corporations.

These partnerships allow important components to be value-added to the Institute's athlete and coach development activities.

Major sponsors Coca-Cola Amatil provided valuable support which allowed the Institute to continue with the Powerade Schools Program providing important exposure and training to our athletes. The sponsorship also contributes to the running of the Talent Search Program.

Echo Remediation also continued its support of the TIS and, in particular, the development of rowing coaching.

St.LukesHealth assisted with the hosting of the TIS Annual Dinner and Awards evening and its significant contribution enabled this event to be successfully held in a spectacular setting within the Hobart Aquatic Centre in 2003.

Motors Pty Ltd continued to be an important supporter of the TIS and the NTC Rowing Program through the provision of two motor vehicles.



Tasmania

**Sport and Recreation Tasmania**  
Department of Economic Development



Other companies which assisted the TIS this year were: B&E Ltd, J Boag & Son, Southern Cross Television, Craigow Wines, Hotel Grand Chancellor and The Denture Centre. Avanti, Cyclingnews and Prince Albert Inn continued their valuable assistance to the TIS NTC Cycling Program.

The importance of all these organisations to the TIS cannot be overstated as they provide many extra benefits to our athletes. These benefits in turn provide that extra edge in performance to each athlete that not only gives them confidence but plays an important role in their development.

We sincerely thank all these companies for their important investment in Tasmania's athletes and their future.



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

We extend our sincere thanks to the fitness centres around the state that have – over many years – continued to provide access to our athletes to assist their preparation for national and international competition.

These include Tattersall's Hobart Aquatic Centre and Oceana Health and Fitness in Hobart, Healthglo Fitness and Leisure in Burnie, Health and Fitness World in Launceston and Glenorchy and Theogenes Health and Squash Centre in Launceston.



# sports performance

THE Sports Performance Unit (SPU) has continued its support of Tasmanian Institute of Sport athletes and coaches through sports science, sports medicine, physical preparation and talent search services. The SPU operates from its well-equipped laboratory in Launceston but travels extensively servicing its athletes.

Assistance has included physiological testing, sports science support at national championships, implementation of new technology, training and programming advice, access to the sports medicine network and facilitation of camps.

The past 12 months has seen the unit focused on assisting Olympic and national squad athletes while working closely with Tasmanian-based performers. The unit's key support activities have included:

- Extensive use of the cycle telemetry technology.
- Continued use of global positioning systems with team and individual sports.
- Support for hockey, swimming and cycling at national championships,
- Hosting Valerie Kleshnev (AIS) to provide rowing biomechanics services.
- Utilising power output in cycling to guide training.

Specifically, the SPU worked with Sam Le Compte's Olympic lightweight four crew who were based in Geeveston for two



*John Gregory  
Manager,  
Sports Performance Unit*



*Christine Hamlyn  
Sports Performance Officer*

months. The crew, which included Simon Burgess, benefited from the testing and physical preparation services and strength, recovery and plyometrics programs delivered by Peter Culhane.

The SPU enjoyed supporting Sid Taberlay in



his build-up to Olympic selection. Sid underwent testing that showed he was on track before European selection races.

There has been ongoing servicing of our National Training Centre Programs of athletics, cycling, hockey and rowing. Furthermore, Elite Development Squads including basketball, cricket, football, kayaking, swimming, tennis and triathlon



*Cyclist Jai Crawford*

have benefited from regular sports science and physical preparation services.

Christine Hamlyn has worked closely with team-based squads to enhance performance through testing, recovery sessions and video capture. In addition, individual scholarship holders have sought and received varied assistance throughout the year.

Our services continue to comply with the National Laboratory Standards Assistance Scheme (LSAS). Considerable effort is spent certifying that our laboratory and staff comply with the high standards required in Australian sports sciences.

The unit's movement analysis programs have seen good use from athletics, cycling, hockey and swimming. The capture, editing and archiving of video footage has become commonplace for the unit and is made easier with dedicated software and equipment.

On the technology front, work has continued with GPS and Power Tap telemetry systems within the sports of football, hockey and cycling.

Recently the SPU has been working with the University of Tasmania Engineering Department to develop a kayak paddle that can measure power output during training. Students have been developing the system and it's hoped to have it operational by next summer. Further lab-based research is planned in the future, as well as access to technology from national and state sources.

The SPU continues to use established methods of assessment, while implementing and pursuing new streams simultaneously. We hope to further develop and expand our services over the next four years to help

greater numbers of Tasmanians to compete at the Beijing Olympic Games.

Physical preparation officer Peter Culhane has been kept busy providing strength, recovery and fitness services to TIS athletes. Physical preparation highlights in 2003/4 included:

- Extensive work with rowing and Olympic lightweight four.
- Development of strength and conditioning sports agreement with hockey.
- Commencement of the LSAS accreditation process for TIS gyms.
- Ongoing servicing of ITC, EDS and individual scholarship holders.

Elissa Morley continues to expand the range of sports and number of athletes serviced by the Talent Identification (TID) Program. Recently, the Talent Search program has:

- Implemented an ambitious women's cycling program in the north.
- Expanded the number of schools and athletes tested statewide.

- Seen numerous TID athletes perform strongly at national titles.
- Maintained high retentions rates of TID athletes placed in sports for specialist coaching.

### Sports Medicine Network

We remain grateful for the assistance of the medical network for its continued work with the program, in particular to medical co-ordinator Dr Ian Beltz and Hobart Pathology Group.

In conjunction with doctors and physiotherapists medical and musculoskeletal screening of TIS athletes has continued in the past 12 months. This important process serves to improve performance and prevent injury.

Physical Preparation Officer Peter Culhane has been involved in the screening process, which has allowed him to tailor strength programs to individual needs.

Consulting physiotherapist Kellie Wilkie contributed to the lightweight four campaign with regular preventive work during their stay.

*Justin Boocock in action at the World Championships in Athens. The SPU has been working with the University of Tasmania Engineering Department to develop a kayak paddle that can measure power output during training.*



# *talent search*

UNDOUBTEDLY the highlight of the 2003/04 year for the Talent Search program has been the outstanding performances of Talent Search alumni.

After graduating from the Talent Search program, a number of athletes have gone on to achieve recognition at state, national and international level. Three former Talent Search cyclists were selected to compete in Australian teams at international events.

David Klyne was selected in his first Australian team and competed well at the World Junior Road Championships in Canada in 2003. Louise Yaxley qualified to race as part of the Australian women's road team and competed in Europe in a number of one day international events and a World Cup event in Montreal. Natasha Mapley was selected in the Australian road team to compete at the 2004 World Junior Road Championships in Italy.

Seven former Talent Search track and field athletes collected top 10 finishes at the 2004 National Championships. Long jumper Luke Vaessen became the newest Talent Search TIS scholarship holder following his gold medal performance in the Under 18 men's long jump at the national championships.

Rowers also performed strongly at national championships with five former Talent Search athletes recording top 10 finishes, including George Roberts' two first places in the open lightweight double scull and coxed eight. Young Talent Search rowers are developing well with coaches expecting them to make their mark at national competition in 2005.



*Elissa Morley*  
*Talent Search Coordinator*

Support for the Tasmanian Talent Search program from Tasmanian schools and the media has remained strong this year. Forty-five schools and more than 8,000 students have been involved in the Talent Search program with more than 400 athletes invited to continue to the second round of testing to determine the particular sports they are suited to.

Forty-six athletes were inducted into Talent Search development programs in the sports of cycling and rowing and in a national first basketball and orienteering were made new Talent Search sports.

Athletes in the cycling and rowing squads are developing strongly and impressing coaches with their early performances. The basketball squad has made a notable start with two of the three Talent Search basketball athletes being selected in state Under 16 teams to compete at the 2004 national championships.



The first Talent Search orienteering squad is also producing promising results. Talent Search orienteers proved a force to be reckoned with at state championships with seven of the 10 Talent Search orienteers selected in the state team to compete at National All Schools Championships after only 10 months with compasses in their hands.

Funding was received this year from the National Talent Search Program and the Australian Sports Commission to develop a TIS Talent Search Senior Women's Cycling Squad with a view to developing competitive, high-level female cyclists. An extensive public appeal for potential cyclists attracted a strong response from the community and the quality of athletes far exceeded initial expectations.

Twenty-eight women were selected to join the senior squad coached by TIS head

coach Kevin Tabotta and Talent Search coaches Ron Bryan and Scott Callow. The squad began training in April with athletes showing rapid improvements and now working towards 2005 national competition.

The year ahead holds the potential for the list of achievements of Talent Search alumni to continue to grow in a variety of sports. 2004/5 will also see the introduction of wildwater kayaking as a new Talent Search sport and the inclusion of more schools and students into the Talent Search pProgram.

Thanks must be extended to Coca-Cola Amatil and their Powerade product as program sponsors, the coaches, schools, PE teachers, sports clubs, parents, volunteers, athletes and parents who make the Talent Search program a success.

**Elissa Morley**  
**TALENT SEARCH COORDINATOR**

*The Talent Search induction. The year ahead holds the potential for the list of achievements of Talent Search alumni to continue to grow in a variety of sports.*







# *schools program*

TASMANIAN schools have had the opportunity to host visits from Tasmanian Institute of Sport athletes, thanks again to the continued support of Coca Cola Amatil, specifically its Powerade product.

The Powerade Schools Program visits enable TIS athletes to share their sporting and general life experiences while giving students the opportunity to interact with an elite athlete on a more personal level.

The program has been in operation since late 1998 when several Tasmanian Institute of Sport athletes completed a one-off visit to a number of schools throughout Tasmania. The program has since grown considerably and become an integral component of personal development for those athletes involved in the program.

Initiated by the Tasmanian Institute of Sport and sponsored by Coca Cola Amatil, athletes participating in the program are required to attend a public speaking workshop early in the year to assist with their presentation skills before attending their designated school and speaking in front of a group of eager students.



*Project Support Officer  
Denise Hansson*

In 2003, 16 schools took part in the program, each school receiving two visits from a Tasmanian Institute of Sport athlete. Sports participating in the program included athletics, canoeing, cycling, hockey, lawn bowls, mountain biking, rowing, swimming and tennis.

In the first half of 2004 23 athletes representing athletics, cycling, hockey, judo, lawn bowls, rowing, swimming, Taekwondo, tennis, triathlon and volleyball completed their first visits for the year to 22 schools across the state.

Thank you to all athletes for taking part and to the schools for their support.



*Penny Sproal  
talks to Glen  
Dhu Primary  
School  
students about  
her sport of  
swimming.*

# *athlete career & education*

THE Athlete Career and Education program was further developed in 2003/4 with a number of new initiatives.

In the second half of 2003 media skills workshops were conducted for athletes at Southern Cross studios by Kim Millar in Launceston and Simon Pilkington in Hobart. Athletes gained practice in giving an impromptu media interview and received valuable feedback.

In February, a time management workshop for hockey players was well attended in Hobart. In March, 'Talk about yourself' public speaking workshops were conducted for TIS and Talent Search athletes by Garry Dodd from Rostrum in Hobart and Steve Titmus in Launceston.

The partnership with Relationships Australia continued with a number of athletes accessing confidential counselling services.

The role of supporting athletes in their career and education development continued with an increased emphasis on providing information to employers and education providers regarding athletes' participation in elite sport. Assistance was provided to individual athletes with regard to career planning, education guidance, negotiating with employers and education providers, personal development and the management of transitions.

Career and education-related information was sent to athletes in a new regular newsletter Balance, designed to advise athletes of employment and personal development opportunities and ACE events.

The ACE Consultant has also continued to focus on professional development by



*ACE Coordinator  
Leonie Coskun*

attendance at the annual NESC Athlete Services conference in Melbourne and the annual ACE conference in Sydney. I was also able to complete the Graduate Certificate in Careers Counselling for Elite Performers.

In April, I went on maternity leave and athletes were able to access ACE support from David O'Sign, a psychologist who has relocated to Tasmania from the Western Australian Institute of Sport.

The ACE program would like to thank all employers, education providers, sponsors, staff, coaches, parents and other stakeholders who have helped TIS athletes to pursue their sporting ambitions while developing and implementing career plans for life beyond sport.

**Leonie Coskun**  
**Athlete Career and Education**  
**Consultant**

# *physical preparation*

THERE has been further growth in the area of physical preparation at the Tasmanian Institute of Sport. More athletes than ever have been accessing the services available to them and more coaches are seeking assistance in developing athlete and sport-specific training systems.

This educational exchange can only help in the future long-term development of athletes and coaches in the state as ongoing education is the tool needed for longer-lasting development.

The sports of hockey, rowing, cycling, swimming and tennis have been the heaviest users of the physical preparation services in the past 12 months, and the mix of Hobart- and Launceston-based athletes remains an even spread. The north of the state is still an area that needs attention as athletes and coaches strive for success away from the main population bases.

In the months leading up to the 2004 Athens Olympics the physical preparation area was pleased to service the training demands of the Olympic lightweight four rowing squad who were based in the Huon region south of Hobart. Also based in the Huon and utilising the physical preparation expertise was the Australian lightweight eight rowing crew who were preparing for the World Rowing Championships in Spain.

Hockey has worked closely with the physical preparation officer to develop a year-long structured physical preparation program for its athletes. Strength and conditioning sessions, agility and speed training, testing sessions and service delivery demands have all been mapped out for the next 12 months. This should serve as a model for other sports groups, and will aid in the long-term athlete development of senior and junior athletes.



*Physical Preparation Officer  
Peter Culhane*

Swimming has also worked hard in putting in place a similarly structured approach and both squads will no doubt begin to reap the rewards of forward planning in the following few seasons.

As mentioned, the education of athletes and coaches has been a priority for the physical preparation area over the past few years. Many workshops and seminars have been developed and run with a variety of different sports taking advantage of the services available. In the coming year we are developing a range of ongoing sessions that will aim to service a perceived need and lead the athlete down an educational pathway of athletic development.

A final note must be made with regard to the training facilities that continue to support the TIS and its athletes and coaches. TIS-affiliated gymnasiums support athletes or sports programs in ways that are not often seen by the greater community but have a direct effect on the athlete's success, be it at a state or international level. This often unseen support is much needed and much appreciated by all the athletes, coaches and staff of the TIS.

**Peter Culhane**  
**Physical Preparation Officer**



# *TIS scholarship programs*

THROUGH support from the State and Federal Governments and the various corporate sponsors of the TIS, the Institute provides scholarships to selected athletes in various TIS programs.

## **NATIONAL TRAINING CENTRE (NTC) PROGRAMS**

These are the main programs offered by the TIS in conjunction with national and state sporting organisations and the Australian Sports Commission. In 2003/4 the Institute operated four NTC programs in the sports of cycling, athletics, hockey and rowing. All sports have a full-time coach or program manager employed specifically to conduct the NTC program. Athletes are admitted into these programs using nationally accepted standards and are provided with coaching, access to national and international competition, equipment and all TIS services including sports science and Athlete Career and Education.



*Dana Faletic, second from left, and Kerry Hore, second from right, with team mates Jane Robinson and Amber Bradley and their gold medals.*

## **ELITE DEVELOPMENT SQUAD (EDS) PROGRAMS**

These programs operate in a similar manner to NTC programs. Squads enlist the services of a coach employed by the state sporting organisation to co-ordinate the program for selected athletes in that sport. Athletes receive funding support to attend international/national level training and competition opportunities, access to training facilities and coaching support within Tasmania and access to the services provided by the TIS in sports science and Athlete Career and Education. TIS Elite Development Squads in 2003/2004 were football, cricket, tennis, basketball, swimming, triathlon and wildwater canoeing.

## **INDIVIDUAL SCHOLARSHIP PROGRAM**

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

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



# *cycling*

## **2003/4 RIDER RESULTS/SUMMARIES**

**Sid Taberlay:** National Team Worlds 2003, 2004. 9th World Cup Madrid 2004, 11th World Cup Belgium 2004, 10th World Cup Scotland 2004, 2nd Europa Cup Belgium 2004, 1st National 2004 Championship cross country, 1st Oceania MTB Championships 2004, 1st Wildside Tour 2004, 4th National Championships 2003.

**Matthew Goss:** National rep 2003 Road Junior Worlds, 3rd International One-Day Race Italy 2003, 3rd points race track nationals 2004, 3rd 1000m TT Track Nationals 2004, 1st Canberra Tour Juniors, 1st National Road Series 2004, 1st National Time Trial Series 2004. Australia based with two months in Europe/USA for Worlds.

**Mark Jamieson:** 5th World Championships Scratch Race 2004, 11th World Championships Individual Pursuit 2004, AIS Endurance Program scholarship holder 2003 and 2004, 1st U23 National Time Trial Championship 2004, 1st Oceania Pursuit Champion 2004. Based in Italy for seven months of year.

**Sean Sullivan:** Competing with division III trade team Barloworld in Europe. 1st, Stage 4 Tour of Langkawi UCI 2.3, 2004. Based in Como, Italy, and South Africa for nine months of year.

**Caleb Manion:** Based with Team Jellybelly division III team in the USA for 2004. 1st Tour of Ohio (USA), 1st Tour of



*TIS Cycling Coach  
Kevin Tabotta*

White Rock (Canada), 2nd Nature Valley Grand Prix (USA), 6th Canberra Three-Day Tour.

**Louise Yaxley:** 3rd Women's Geelong Tour prologue and 4th overall 2004, 7th International Time Trial event Switzerland 2004. A successful three months in Europe on visiting scholarship with AIS in Italy and also in Belgium club visit. National Team World Cup race in Canada 2004. Australia based.

**Darren Young:** Australian team in Italian six-day races. Best place 3rd in six days of Pordenone, Italy. A series of top 10 results in Belgium road racing. Australia based with five months in Europe in 2004.

**Jai Crawford:** Made switch from mountain bike to road cycling at start of 2004. 1st Wildside U23 2004, 11th Tour of Canberra 2004, front group prior to abandon in National Road Opens 2004, top 10 Tour of Perth 2004, team rider Tour of

Korea 2004, top 20 in stages in top category USA road tour stages. Australia based.

**Bernard Sulzberger:** U23 AIS scholarship holder for 2003/4. 8th, stage 7 Giro d'Italia U26. Based in Italy for seven months a year in 2003 and 2004.

**Ryan Sullivan:** AIS scholarship holder 2004. Returned to Australia in July through health issues.

**Belinda Goss:** Based temporarily in Melbourne for study. Victorian Points Race Champion 2004.

**Naomi Williams:** Yet to return to former results levels due to injuries.

**Stephanie Williams:** 8th Road Race, 5th Time Trial World Junior Road Championships 2003. Retired from cycling and TIS in October 2003.

**David Klyne:** Relocated to Queensland. Now with QAS.

## GENERAL

### 2003/4 Cycling Team Sponsors:

Major Sponsors: Cyclingnews.com, Avanti Bicycles,

Minor Sponsors: Prince Albert Inn, Ellegi Cycling Clothing, Specialized Tyres.



*Sid Taberlay.*

### 2003/4 Satellite Coaches:

Ron Bryan, Darrel Young, Garry House, Paul Manion, Scott Callow.

### 2003/4 Target Squad:

Wes Sulzberger, Natasha Mapley, Kharne Hammersley, Josh Wilson, Grace Sulzberger.



*Matt Goss at the 2004 Burnie Carnival.*

# *hockey*

THE 2003/4 reporting period clearly had the Athens Olympics as the focus. In August 2003 both Zain Wright and Matthew Wells competed in the Champions Trophy held in Holland winning a silver medal.

Next was Olympic qualifications in a series against New Zealand, but Zain was not selected to join Matthew. Although not included in the Olympic Squad in 2004, Zain was selected in the Australian Development Squad and was joined by fellow TIS Scholarship holder David Guest. David now lives in Perth and much of his training in 2004 included intra-Olympic squad matches where possible.

Matthew Wells won the 2004 Tassie Tigers Australian Hockey League team best and fairest award, an award that he has now won on five occasions, which is an outstanding achievement. Matthew is a full Australian Institute of Sport scholarship holder.

In May/June 2004 Matthew was part of the national team that toured Europe playing matches against several of the best teams including Germany and Pakistan. The tour was long and arduous but it gave the national team solid preparation for the Athens 2004 Olympics.

In 2003/4 Elisabeth Paget was selected in a number of national development teams. Lis gained selection and competed in a series played in Japan in August 2003, which was followed by competition against USA in Melbourne in February 2004. At the completion of the Australian Hockey League Lis maintained her position in the Australian development team.



*TIS Head Hockey Coach  
Andrew McDonald*

In January-March 2004 a new initiative, the TIS Associate Scholarship Hockey Program, commenced. Fundamentally, this was done to offer those athletes who do not qualify for full TIS scholarships an opportunity to further enhance their development by having closer links with the TIS Head Coach. Targeted athletes worked hard in an environment designed to enhance the development of specific individual aspects of their game while extending their exposure to understanding of new and important skills.

Ben Creese has been kept busy with numerous national commitments at various age levels. Ben was in the Australian Under 18 team that played in a three-test series against the NZ Under18 national team in Brisbane in August 2003. Nick Tremayne joined him in a National Junior Camp (Under 21) held in Adelaide in December 2003. Both Nick and Ben will be vying for spots in the 2004 Junior World Cup Oceania qualifying team.



Ilene Carr has continued her development gaining specific roles with the National Women's Team (the Hockeyroos) and travelling to Barcelona and Holland for competition against the top European teams. Ilene has continued with her Graduate Diploma of Sports Coaching course while fulfilling major roles with Tasmanian teams that incorporate TIS athletes.

The NTC Development Program involves earlier and more comprehensive talent identification and incorporates regular individual meetings, including player feedback, regular regional training sessions, specific fitness testing and statewide camps, and its membership is systematically reviewed in detail. Currently there are 43 players in this statewide development program.

Of the eight TIS scholarship holders in 2004 all but one athlete was incorporated into National Squad events appropriate to their

age classification. All were exposed at the Senior Australian Hockey League level, and given the average age of the group we are well placed to extend this exposure into strong performances that will enhance each athlete's potential to gain future national selection.

The TIS Hockey Program for 2003/4 has been successful but there is work to be done to ensure its continued growth.

The TIS Sports Science staff, namely Christine Hamlyn and TIS Physical Preparation Co-ordinator Peter Culhane assisted in the planning and testing of TIS athletes. Both Peter and Christine actively seek new methods to promote continued development, both physically and mentally of our athletes, aiming for more to be awarded national recognition. I appreciate the passion and commitment they bring to their respective roles.

I would like to thank all the coaches who

*From left,  
Nick Tremayne,  
Ben Creese,  
Matthew Wells,  
Zain Wright and  
Sean Carey*





have assisted in various state team capacities involving TIS players. Coaches like Mark Geeves, Jeremy Stebbings, Zain Wright, Kathy Costelloe, Ilene Carr and Larry Mills underpin and do so much to assist with the TIS hockey program. I sincerely appreciate the work they do with athletes and myself. This assistance makes for a very productive and successful program.

I would also like to acknowledge the support of Hockey Australia and Hockey Tasmania, especially Gai Cross, Grant Douglas, Mark Geeves and the Hockey Tasmania President, Alison Monk.

I express my sincere thanks to all the staff at the TIS for their continuing support, guidance and encouragement, the State Government for its support, and all our sponsors. Collectively their assistance has produced positive results, but we need to assess and evaluate our directions for the future to ensure we keep pace with what is needed to produce better team and individual results.

I look forward to next year, confident that

with continued co-operation the TIS, Hockey Tasmania and its regional bodies can work together to develop and deliver a quality program that helps young hockey players move towards attaining their potential both on the hockey field and as developing individuals.

**2003 Squad Members:** Daniel Sproule, Matthew Wells, Zain Wright, Cam Bennett, David Guest, Phil Marshall, Nick Tremayne, Tim Deavin, Ben Creese, Julia Reid, Sofie McLeod, Nicole Geeves and Lis Paget.

**2004 Squad Members:** Matthew Wells, Zain Wright, David Guest, Nick Tremayne, Ben Creese, Julia Reid, Sofie McLeod and Lis Paget.

**2004 TIS Associate Hockey program from Jan-March 2004 squad**

**members:** Eddie Ockenden, Patrick Ward, Aaron Jacobson, Adam Clifford, Jonathan Sault, Toby West, Brodie West, Oliver Close, Torin Bester, Luke Austen, Abby Douglas, Rebekkah Waley, Amy Gumley, Eloise Duay, Lucy Ockenden, Holly Dillon,

**Andrew McDonald  
TIS Head Hockey Coach**

# *rowing*

THESE past 12 months have seen Tasmanian Institute of Sport rowers achieve on the international scene like never before. It has truly been a remarkable period for our rowing program.

Dana Faletic and Kerry Hore combined with fellow AIS scullers Amber Bradley and Jane Robinson to win the Women's Quadruple Sculls at the World Rowing Championships in Milan, Italy, in early September. The win by the girls ended one of the longest winning runs in world rowing in beating the previously dominant German crew. The win capped a phenomenal success at the championships of Tasmanian rowers, who won five of Australia's six medals – two gold and three silver.

Earlier in July, Tasmanian Institute of Sport rowers collected three gold and two silver medals at the World Under 23 Championships in Belgrade.

Following the return of our rowers from Europe our focus turned towards Olympic selection. The first series of state-based time trials saw 19 Institute rowers invited to the first Olympic selection trial held at Penrith in December. TIS network coaches



*TIS Rowing Coach  
Sam Le Compte*

– John Driessen, John Kincade and Roger Drummond – attended the trial, along with TIS Rowing Scholarship coach Paul Newbon as part of his professional development.

Attention then turned to the Australian Rowing Championships at Nagambie in Victoria in March. Tasmania returned with 44 medals including 18 national titles in our best-ever performance.

Who wasn't caught up in the excitement

*Brendan Long achieved Olympic selection in the men's double scull.*



and state pride as our Penrith Cup crew drew way from Western Australia and Victoria at the 1,250-metre mark to go on and record its sixth straight win in this prestigious event?

Simon Burgess has been in all these crews, but it augers well for our future that Sam Beltz, Cameron Wurf and Tom Gibson made up the crew with the latter two first-time victors.

As a result of further extensive and exhausting trials six Institute athletes gained Olympic selection. They were: Simon Burgess – men's lightweight four; Kerry Hore and Dana Faletic – women's quadruple scull; Brendan Long – men's double scull; Scott Brennan – men's quadruple scull; and

Cameron Wurf – men's lightweight double scull.

Former TIS rower and Coach Darren Balmforth was appointed coach of the women's double scull and I was pleased to have been returned as coach of the men's lightweight four.

This is a tremendous return for the enormous effort put into their sport by our athletes and a just return for the entire program in Tasmania. I would like to personally thank all the network coaches who assisted in the preparation of our rowers.

**Sam Le Compte**  
**NTC Rowing Head Coach**

*Simon Burgess, front, achieved Olympic selection in the men's lightweight four.*



# *National Training Centre programs*

# ***athletics***

IN 2003, the TIS Athletics Program was successfully re-established with a program that now provides a clear pathway for athletes and assists athletes and their coaches in their development to obtain elite standards.

While the focus of the program has been largely developmental, Tasmanian athletes must still aim to achieve the same standards as all other state institutes and state academies across the country. The program offers the same support and services as its counterparts in other states but due to the size of the program and the state, athletes and coaches are able to receive a more personalised program.

In the 2003/4 season 11 athletes held TIS scholarships, 10 of the 11 competed nationally at the Telstra A-Series meets and National Championships, seven athletes set personal best performances and seven state records were broken.

## **Results of the National Championships are as follows:**

**Morgan Whiley:** Open women 100m heats – 4th, 12.04. Open women 200m heats – 4th, 24.19; final – 5th, 24.08 (personal best).

**Camilla Whishaw:** Under 20 women 3,000m final – 2nd, 9.50.17 (season's best). Under 20 women 1,500m final – 8th, 4.38.70.

**Tiah Simmons:** Open women 3,000m steeplechase – 5th, 11.29.22 (season's best). Open women's 1500m heat – 11th, 4.37.95.



*NTC Athletics Program Manager  
Nicole Boegman*

**Graham Hicks:** Open men discus qualifying – 3rd, 55.56m; final – 2nd, 58.68m. Open men shot put qualifying – 9th, 15.69m; final – 9th, 15.50m.

**Aaron Jones:** Open men 800m heat – 6th, 1.50.49. Open men 4 x 400m relay final – 3rd.

**Grant Page:** Open men 1,500m heat – 8th, 3.47.45; final – 10th, 3.44.77.

**Nic Davidson:** Open men 400m hurdles heat – 6th, 54.51. Open men 4 x 400m relay final – 3rd.

**Matt Rickards:** Open men 400m hurdles heat – 3rd, 53.11 (season's best); final – 8th, 53.53. Open men 110m hurdles heat – 6th, 15.33 (personal best). Open men 4 x 400m relay final – 3rd.

**Patrick Coleman:** Under 20 men triple jump final – 2nd, 15.01m (personal best)

**Ben Rickards:** U18 High Jump – 2nd, 2.08m (personal best).



The current scholarship number for 2004/5 is nine, five of whom have attained progression standards and/or elite squad standards, which is an improvement on the previous year.

### **Continuing Scholarship Holders:**

**Morgan Whiley** was impressive over the sprints this season in her first year competing out of junior competition. Morgan set personal best times at nearly every competition this season which included several under 20 state records. Competitive performances at the Telstra A-Series meets held her in good stead for the national championships and although finishing just outside the medals in the 200m, she ran another personal best. Morgan finished the season on an excellent note at the Tasmanian State Championships winning the 200m (23.85s) and finishing second in the 100m (11.88s) both in personal best times. She was ranked sixth

*Grant Page*



nationally in the 200m and was also named under 20 female Athlete of the Year by Athletics Tasmania.

**Camilla Whishaw** started the season well with a fourth place in the under 20 3,000m at the prestigious Zatopek meeting in Melbourne in December. She then followed up a week later with second place in the under 18 3,000m at the Australian All Schools in Brisbane. Camilla went on to compete at the Telstra A-Series meet in Canberra, won the 3,000m at the Victorian State Championships and finished second at the National Championships in the under 20 event where she set a season best (9.50.17). Camilla finished the season winning the under 20 1,500m (in a personal best time) and 3,000m at the Tasmanian State Championships and was named under 18 female Athlete of the Year by Athletics Tasmania.

**Patrick Coleman** also started the season off well setting a new personal best and state under 19 and under 20 records in his first triple jump competition, with 14.93m. Patrick also competed at the Brisbane Telstra A-Series meet, won the under 20 long jump and was second in the under 20 triple jump at the NSW State Championships. He finished an creditable fourth in the Open triple jump at the Victorian State Championships and went on to gain silver in the under 20 triple jump at the National Championship in Sydney jumping for the first time over 15 metres. He continued this good form at the Tasmanian State Championships, again breaking his under 20 state record with a personal best of 15.17m. He finished the season with another jump over 15 metres at the Adelaide classic meet and was named by Athletics Tasmania as the male under 20 Athlete of the Year.

**Graham Hicks** returned to the TIS program in early December after throwing an impressive personal best and open state record of 60.31 metres in the discus event.

He continued in good form at the Zatopek meet and Telstra A-Series in Perth finishing second in both. An unfortunate groin injury at the Canberra A-Series was a small set back for the season, but he made an excellent recovery and got back to form for the National Championships to gain silver in the open men's discus. Although living in Victoria, Graham returned to Tasmania for the State Championships winning both the shot put and discus events. He finished off the season throwing another personal best and state record with 60.56 metres. He is ranked second nationally and was named Athletics Tasmania's senior male Athlete of the Year.

**Aaron Jones** also had a consolidating season with a good series of 800m races over the Telstra A-Series. He was second in Canberra in the under 23 800m, he ran a personal best at the A-Series in Melbourne with 1.49.33 and backed up two days later at the Victorian State Championships to run 1.49.85, finishing third in the event. Aaron went on to regain his 800m title at the Tasmanian State Championship and is ranked 10th nationally in this event. He is based on the North-West Coast and is now being coached by Mike Gunson.

**Grant Page** has been one of the most improved athletes in the program this season. Over the Telstra A-Series meets, Grant improved his personal best time for the 1,500m by almost four seconds. His personal best before this season was 3.47.09. At the Zatopek meet he ran 3.47.95, Brisbane 3.45.96, Canberra 3.43.79 and Melbourne 3.44.09. His coach Mike Pace could not be happier with his progress and did not expect him to be at this level until next season. In a high-quality event this year, Grant made the final of the 1,500 metres and finished in 10th place with a time of 3.44.77. He went on to finish the season with a second place behind Aaron Jones in the 800 metres and winning the 1,500 metres at the Tasmanian State

Championship and was also nominated for senior male Athlete of the Year by Athletics Tasmania.

**Ben Rickards**, our youngest scholarship holder, also had an improved season finishing with a personal best and second place at the Australian Youth Championship in the under 18 high jump with 2.08 metres. Ben started off the season at the Australian All Schools finishing third in the under 16 high jump with 2.03 metres and first in the under 20 with 2.04 metres. He consistently jumped around the two-metre mark and above this season, set several state records along the way and competed at his first Telstra A-Series meet in Melbourne jumping a creditable 1.99m. Named under 16 male Athlete of the Year by Athletics Tasmanian, Ben will be looking towards qualifying for the World Youth Championships to be held in Marrakesh in 2005.

### **New Scholarship Holders:**

**Luke Vaessen** also competed at the Australian Youth Championships and showed impressive form winning the under 18 long jump with a leap of 7.37m. This distance was a personal best for Luke and assisted in securing him a scholarship in the TIS athletics program. This was Luke's second performance over the Youth Bronze squad standard of 7.2m. Luke, who is from Launceston, is coached by TIS scholarship coach Wayne Holt.



*Tristan Thomas and Ben Rickards*



**Tristan Thomas**, who trains under the guidance of Rita Whitehouse in Hobart, achieved TIS Youth Bronze squad standards earlier in the season at the Australian All Schools Championships. Due to an injury Tristan missed most of the domestic season and national championships but an excellent performance at the Tasmanian State Championships showed he was back to good form over the 400m hurdles. Tristan was extended an opportunity by Athletics Australia to continue to trial in order to attain the qualifying standard for the World Junior Championships for this event. He competed in the final qualifying meets at the Gold Coast in May but was unsuccessful. However, his potential has been noted by the national event coach for 400m hurdles and Tristan has been asked to attend testing at the AIS in Canberra.

#### **Other Program highlights:**

Another success of the program has been the ongoing opportunities provided to Tasmanian coaches. Links with coaches from other states and institutions have provided increased networking opportunities and several high-performance coaches have visited the state and conducted invaluable

coaching clinics.

The TIS also held a coaching forum which allowed Tasmanian coaches to exchange ideas and discuss current issues and the state of athletics within Tasmania. The TIS athletics program again benefited from the appointment of Scholarship Coach Wayne Holt.

The Scholarship Program has enabled Wayne to experience and understand the High Performance Program and coaching at an elite level. Numerous networking and education opportunities provided have allowed Wayne to share his knowledge and new expertise with other coaches in Tasmania.

Although the program is smaller than its counterparts, it is aiming to increase the number of athletes performing at national and international levels. Overall, the TIS athletic program has now been able to provide a better environment and increased opportunities to athletes and coaches to assist in maximising their potential.

**Nicole Boegman**  
**NTC Athletics Program Manager**





# *elite development squads*

## **BASKETBALL**

TASMANIA followed its strong tradition again this year with four athletes on AIS scholarships. Sam Harris and Matthew Knight were joined by Adam Gibson and Lucas Walker.

Matthew and Sam both competed at the Under 19 World Junior Championships in Greece, Australia winning the gold medal defeating Lithuania.

In late 2003 Adam was offered an AIS scholarship beginning in January 2004. Adam then went on to be selected to represent Australia at the week-long Under 19 Albert Schweitzer Tournament in Mannheim, Germany.

Hollie Grima was named in the Sapphires team to compete in the World Junior Championships in Croatia in July 2003. She also made an outstanding transition to the Opals women's senior team, just missing out on selection for the Athens Olympic Games. Hollie completed her three-year term at the AIS in December 2003.

Congratulations must go to the squad co-ordinator and state Intensive Training Centre (ITC) head coach David Munns who has continued to develop regional networks to assist with individual athlete development.

## **CANOE WILDWATER**

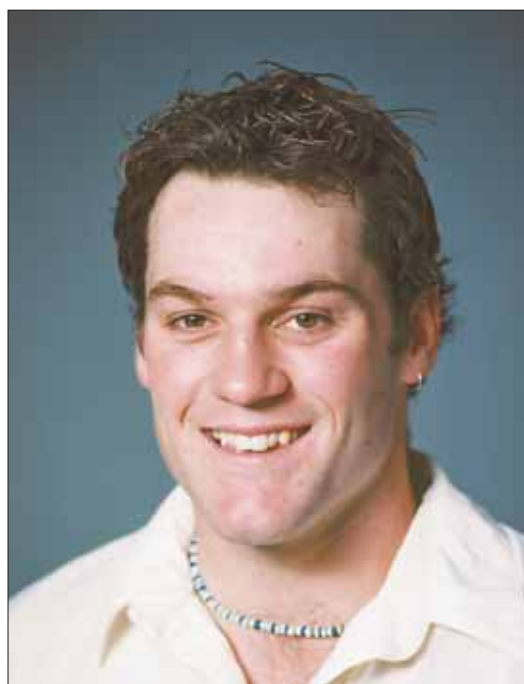
Members of the Canoe Wildwater EDS made up three-quarters of the Australian team for the 2004 World Championships. Matthew French, Dan Hall and Ben Maynard travelled to Europe with TIS EDS and Australian coach Andrea McQuitty to

compete in the six World Cup events and the World Championships.

Dan was the most committed individual paddler recording 10th in the Swiss World Cup and 21st in the World Championships. Australia finished eighth in the World team event.

## **CRICKET**

The cornerstone activity for the Cricket Elite Development Squad remains the off-season Institute Challenge one-day series. This competition, in only its sixth year, has been firmly embraced by Cricket Australia as a valuable vehicle to assist with the development of athletes who have the potential to play one-day cricket for their



*2004 Commonwealth Bank cricket scholarship holder Travis Birt.*

home states.

The competition has the flexibility to allow the trialling of innovations in technology and sports science research. Timing of this competition has changed to August, which makes for ideal pre-season, centre wicket match practice at the end of a Tasmanian winter. To facilitate the calendar move, the Challenge is now played in Northern Queensland or the Northern Territory.

2003 Commonwealth Bank cricket scholarships have been made available to Tim Paine, Shane Watson and Luke Butterworth.

## **FOOTBALL**

2003 squad member Rowan Andrew was selected by Adelaide to commence pre-season training in late 2003 and further to that was offered a rookie spot for the 2004 AFL season.

Other Tasmanian athletes who we assisted during the draft camp preparations were

selected in the November draft – Billy Morrison (Collingwood), Cameron Thurley (Geelong) and Alex Gilmour (Richmond).

All 2004 TIS squad members played for the Tassie Mariners in the modified TAC Cup competition and were strong contenders in the Under 18 National Championships. The teams were led by TIS coach Hamish Ogilvie.

Athletes undertook musculoskeletal, medical and vision screenings, as well as completing the testing protocols used at the draft camp throughout the year. Specific match data was also compiled on several athletes through the use of the GPS tracking system.

Andrew Lee made his VFL debut for the Tasmanian Devils late in the season and has created a lot of interest from AFL clubs leading into the 2004 draft.

## **SWIMMING**

In just its second year under coach Justin



Helmich, the Swimming Elite Development Squad showed continued improvements. All swimmers have performed personal bests consistently throughout the year.

Physiotherapist Kellie Wilkie maintained her work with the group both in Tasmania and during trips interstate. Recently physical preparation officer Peter Culhane has made significant contributions to the group's weight-training programs.

Educational camps were conducted during winter, which included swim testing, underwater video work, yoga and lectures. The group has implemented these skills to assist in their training and competition programs.

During the year the squad performed at the Olympic trials, short-course titles and Melbourne World Cup. A top eight performance by Karl Wurzer at the long-course titles earned him a TIS scholarship. At the Olympic and short-course trials sports scientists John Gregory and Christine Hamlyn travelled with the swimmers respectively. With video camera and portable blood analysers it was possible to document swimmers' peak performances.

## TENNIS

Under the guidance of full-time state coach Simon Youl, five athletes from Tennis Tasmania's Junior Development Program formed this year's Tennis Elite Development Squad. The major focus area was improving physical preparation, with a regular physiology testing regime implemented to monitor the athletes' development.

Regional workshop days were facilitated to address needs on a group and individual basis. Workshop activities were expanded to meet athletes' areas of interest, including eating for recovery, sports psychology, pilates, agility drills and early morning speed sessions.

TIS Physical Preparation Officer Peter Culhane works with the athletes to develop specific off-court conditioning programs.

## TRIATHLON

This year a Triathlon Elite Development Squad was formed under the coordination of former world champion triathlete, now coach, Craig Redman.

The initial intake of triathletes included Under 23 and Under 19 development athletes with a focus on the Olympic distance event. Squad activities have been based around sports science testing, education days, workshops with coaches from their discipline and support to nominated competition.



*Ben Maynard was one of three members of the Canoe Wildwater EDS who travelled to Europe with TIS EDS and Australian coach Andrea McQuitty to compete in the six World Cup events and the World Championships.*



# *individual scholarships*

THE individual scholarship program has continued to support athletes from 25 sports.

In the lead-up to the Olympics, paddler Justin Boocock spent time away from Tasmania competing in World Cup events and World Championships in Europe. Following these events he was ranked fifth in the World Cup ranking and ninth in world rankings. Justin left in April 2004 to compete in two World Cup selection events. The first event was held in Athens and the second event in Sue, Spain. Justin finished in 34th position in the World Cup event in Athens and as a result failed to secure the sole Australian Olympic spot.

Boxer Daniel Geale, also vying for Olympic selection, travelled to England to compete in two international bouts. Daniel successfully defended his national title in Adelaide. He then competed in the Oceania Championships in Tonga with the hope of securing the Australian Olympic spot. Unfortunately, Daniel was defeated at the quarter-finals which put him out of the running for Athens.

Robin Hodgetts was selected to represent Australia in the Argentina Amateur Golf Championships in December 2003. Natasha Hardy (karate) continued to improve, winning a bronze medal in the women's 53-60kg Kumite event at the Commonwealth Championships in Manchester. She has continued to improve her ranking in open and junior classifications for World Championship selection later this year.

Priscus Fogagnolo finished third in the 81kg class at the Oceania Championships in Noumea with Stephanie Grant winning gold at the same competition. Stephanie accrued



*Geoff Masters*  
*Manager, Athlete Services*



an Olympic Training Centre

Endorsed by the  
Australian Olympic  
Committee



valuable points for selection to the Junior World Championships in her weight category.

Hanny Allston qualified for the Junior Worlds team and also made the Australian Senior World Cup team for orienteering. In addition to this, Hanny was also selected in the Senior Women's team for the World Championships.

Softballers Ali Denne and Simmone Morrow were selected for the Australian Olympic softball team. Disappointment struck Ali when she was forced to withdraw due to injury. John Campbell was selected for the Australian Under 20 men's waterpolo team.

Congratulations to all those athletes who have achieved their goals and we look forward to working with our individual athletes as they continue to pursue success at the international level.

# *coaching scholarships*

THROUGHOUT the 2003/4 financial year, five TIS coaching scholarship recipients continued to enhance their skills in preparation for national and international coaching roles.

The scholarship program, now in its third year, has provided financial and mentoring support to the coaches, enabling them to add to their knowledge and skills through hands-on coaching and educational opportunities. The activities for each of the coaches are tailored to their individual needs and supported by their sport's state and national sporting organisations.

## **Scott Callow – Cycling**

Over the period of his coaching scholarship, Scott was appointed as an assistant coach to the National Under 21 road team travelling to Germany and Italy attending the World Cup and national level events. He was appointed as coach to the Tasmanian Junior Cycling Team attending the National Junior Team Selection Trials and National Track Championships.

Scott completed his Level 2 NCAS coaching accreditation, attended the 2003 National Cycling Coaches conference in Canberra, worked with TIS sports science staff, gaining valuable knowledge on the use and application of power meters and heart rate monitors, and worked with the NTC Cycling Coach in developing elite training programs for the cyclists.

## **Justin Helmich – Swimming**

Justin is currently Swimming Tasmania's Coaching Director for the TIS Elite Development Squad and has spent the period of his coaching scholarship gaining

valuable knowledge working alongside sports science staff at the TIS. Justin has also had the opportunity to gain valuable mentoring with a variety of swimming discipline coaches following national competition and camps.

## **Wayne Holt – Athletics**

Wayne, a long-standing coach within the athletics community, has spent much of his time developing his knowledge by working alongside mentor coaches at meets and training sessions during his scholarship period.

He completed Level 2 accreditation in combined events and jumps and attended the Australian All Schools meet in Queensland, where he had the opportunity to be mentored by National Coach Craig Hilliard. He worked with athletics coaches at the VIS at training sessions and coaching clinics and attended the AIS working with his own athletes and national coaches.

During his scholarship period Wayne coached an athlete to a gold medal at the Australian Youth Championships and assisted the TIS Athletics Program Manager at national senior and junior championships.

## **David Munns – Basketball**

David is the head coach of Basketball Tasmania's Intensive Training Centre (ITC) program and development programs. He has coached teams at all levels of the sport and has made a significant contribution to the development of Tasmania's potential elite basketballers.

Over his scholarship period David has attended an AIS Australian Junior Camp as

an invited coach/observer, attended the Australian 2003 Under 20 Men's National Team camp as an invited coach working with players and national coaches, attended the ITCP Head Coach study tour to the United States and Serbia Montenegro, gaining valuable professional development through exposure to international programs.

David's achievements over this period include:

- 2003 Australian Male Basketball Coach of the Year
- 2003 Tasmanian Male Basketball Coach of the Year
- Head Coach of the Australian Under 20 Women's Team – Oceania Games

## **Paul Newbon – Rowing**

Over the period of his scholarship Paul was awarded a six-week coaching scholarship to the United Kingdom where he was based at Bristol University. He was appointed coach of the Tasmanian Lightweight Women's Quad Scull and appointed coach of the Women's Youth Olympic Rowing Team.

Paul had the opportunity over his scholarship period to attend the National Rowing Coaches Conference in Melbourne, attend the AIS and work with Australian coaches Bob Bleakely and Lyall McCarthy at the Institute's Sports Science division.

He undertook a range of computer training courses and completed a Level 1 strength and conditioning course.



*2004 coaching scholarship recipients, from left: Justin Helmich (swimming), Wayne Holt (athletics), Paul Newbon (rowing) and David Munns (basketball).*



# ***scholarship holders***

## **Archery**

Clint Freeman

## **Boxing**

Nathan Polley  
Daniel Geale

## **Canoe**

Justin Boocock  
Will Hughes

## **Equestrian**

Catherine Davies

## **Golf**

Robin Hodgetts

## **Judo**

Chantal Castledine  
Priscus Fogagnolo  
Stephanie Grant

## **Karate**

Natasha Hardy

## **Lawn Bowls**

Mark Strochnetter

## **Orienteering**

Johanna Allston  
Grace Elson

## **Sailing**

Nick Behrens  
Mark Padgett

## **Softball**

Ali Denne

## **Taekwondo**

Krystal Chugg  
Purdy Rainbird

## **Volleyball**

Josh Thorpe

## **Waterpolo**

Erin Arnol  
John Campbell  
Allison Van Ommen

## **Weightlifting**

Tara Crosswell  
Matthew Williams

## **EDS Basketball**

Hollie Grima  
Kara Berry  
Thomas Etchell  
Adam Gibson  
Sam Harris  
Matthew Knight  
Lee McGaffin  
Annamieka Mitchell  
Jenique Veneable  
Lucas Walker

## **EDS Canoe**

Andrew Maynard  
Stewart Bennett  
Damon Bonney  
Mathew French  
Dan Hall  
Carol Hurst  
Adam Marmion  
Ben Maynard  
Julian Norton-Smith

## **EDS Cricket**

Ben Hilfenhaus  
Tim Paine  
Luke Butterworth  
Dane Anderson  
Brent Burgess  
Gordon Kerr  
Mathew Wade  
Shane Watson

## **EDS Football**

Brennan Savage  
Rowan Andrews  
Sam Carins  
Jarrod Garth  
Todd Grima  
Andrew Kelley  
Andrew Lee  
Billy Morrison  
Nathan O'Donoghue  
Brett Robinson  
Adam Viney

## **EDS Swimming**

Kate Young  
Sarah Milton  
Ryan Minty  
Henrietta Morris  
Zoe Osterloh  
Joe Pemberton  
Pierre Roper  
Penelope Sproal  
Natasha Waitzer

## **EDS Tennis**

Lauren Hepburn  
Edward Bouchier  
Ella Bouchier  
Mitchell Hills  
Andrew Roberts  
Anna Wishink

### **EDS Triathlon**

Amelia Cox  
John Rockliff  
Joe Gambles  
Ben van der Velde  
Gemma van der Velde

### **NTC Athletics**

Brian Pook  
Patrick Coleman  
Robert Cracknell  
Nic Davidson  
Graham Hicks  
Aaron Jones  
Grant Page  
Matthew Rickards  
Ben Rickards  
Tiah Simmons  
Tristan Thomas  
Luke Vaessen  
Morgan Whiley  
Camilla Whishaw

### **NTC Cycling**

Caleb Manion  
Jai Crawford  
Belinda Goss  
Matthew Goss  
Mark Jamieson  
David Klyne  
Sean Sullivan  
Ryan Sullivan  
Bernard Sulzberger  
Sid Taberlay  
Naomi Williams  
Stephanie Williams  
Emily Williams  
Louise Yaxley  
Darren Young

### **NTC Hockey**

Nicole Geeves  
Cameron Bennett  
Ben Creese  
David Guest  
Richard Headlam  
Sofie McLeod  
Elisabeth Paget  
Julia Reid  
Nick Tremayne  
Matthew Wells  
Zain Wright

### **NTC Rowing**

Randall Baker  
Sam Beltz  
Deon Birtwistle  
Scott Brennan  
Shane Broad  
Simon Burgess  
Tom Edwards  
Dana Faletic  
Shaun Finlayson  
Kirsty Fleming  
Tom Gibson  
Kasper Hebblewhite  
Mollie Hill  
Kerry Hore  
Kate Hornsey  
Brendan Long  
Aaron Long  
Sam Lovibond  
Anthony Males  
Robert Mitchell  
George Roberts  
Claire Shield  
Emma Van Dyken  
Sam Waley  
Cameron Wurf  
Wesley Young



*Orienteer Hanny Allston qualified for the Junior Worlds team and also made the Australian Senior World Cup team.*

# *corporate plan*



2003-2004

## **VISION**

To provide quality athlete and coaching services which place Tasmania at the forefront of elite sport

## **MISSION**

To provide leadership to Tasmania's talented athletes as they strive for excellence in sport

## **VALUES (organisational)**

Professionalism  
Innovation and excellence  
Provision of quality services  
Leadership

## **STRATEGY**

To develop Tasmania's talented athletes

## **OUTPUT**

Number of TIS athletes selected to represent Australia in international competition

## **TIS SUB-PROJECTS**

1. Scholarship Program
2. Sports Science and Medicine
3. Athlete Career and Education
4. Athlete Services
5. Administration
6. Corporate Partnerships

# *board of management*



*Mr Denis Rogers, AO  
Chairman*



*Mr Ken Read  
Deputy Chairman*



*Mr Danny Keep*



*Mrs Anne Shield*



*Mr Bill Woolcock*



*Mr Greg Johannes*



*Mrs Julie Smith*



*Mrs Pip Leedham*



# *staff*

**ACTING DIRECTOR**

Paul Austen

**EXECUTIVE OFFICER**

Geoff Masters

**PROJECT SUPPORT OFFICER**

Denise Hansson

**PROJECT SUPPORT OFFICER**

Jeanne Pennington

**MANAGER, SPORTS PERFORMANCE UNIT**

John Gregory

**SPORTS PERFORMANCE OFFICER**

Christine Hamlyn

**PHYSICAL PREPARATION OFFICER**

Peter Culhane

**MANAGER, ATHLETE SERVICES**

John Kincade

**HEAD CYCLING COACH**

Kevin Tabotta

**HEAD HOCKEY COACH**

Andrew McDonald

**HEAD ROWING COACH**

Sam Le Compte

**ATHLETICS PROGRAM MANAGER**

Nicole Boegman

**ACE COORDINATOR**

Leonie Coskun

**TALENT SEARCH COORDINATOR**

Elissa Morley

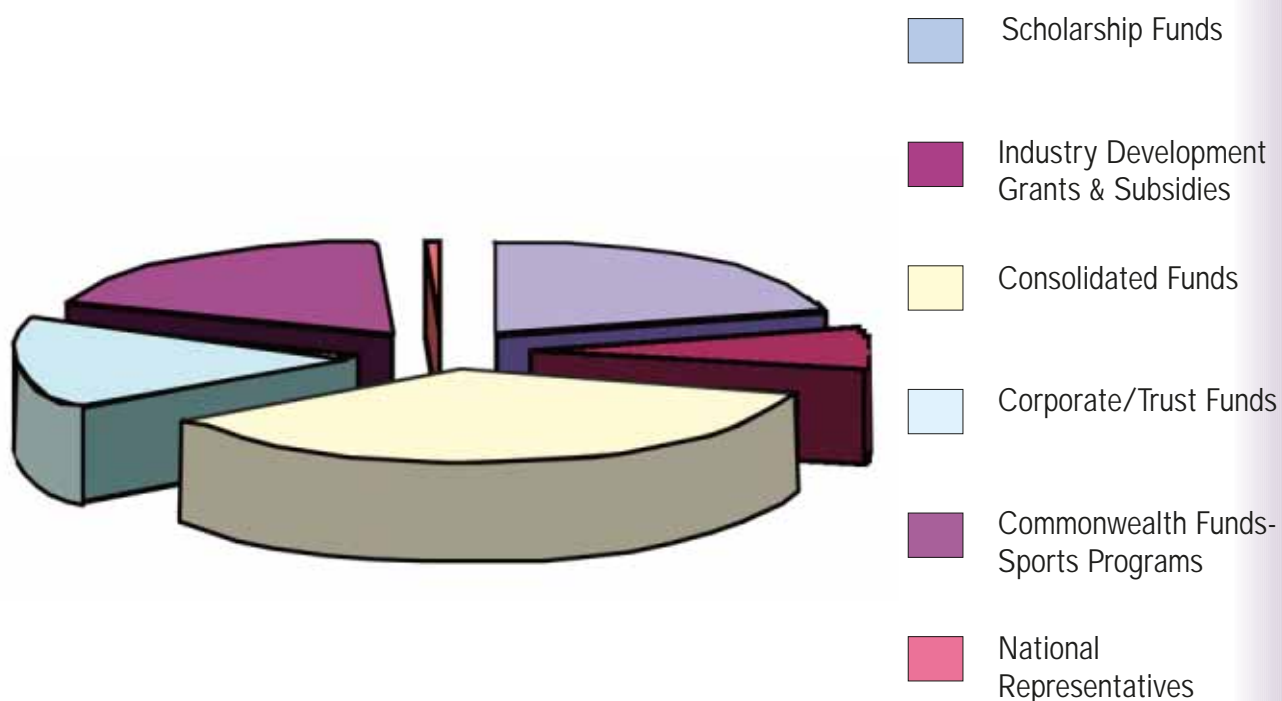
# *financial*

## *report*

2003-2004

### *income*

Scholarship Funds	\$292,000
Industry Development Grants & Subsidies	\$110,000
Consolidated Funds	\$522,419
Corporate/Trust Funds	\$219,165
Commonwealth Funds-Sports Programs	\$266,000
National Representatives	\$10,000
<b>Total Income</b>	<b>\$1,419,584</b>



# *allocations*

Sports Programs & Scholarships	\$517,000.00
Athlete Services	\$115,000
Sports Performance Unit	\$209,000
Athlete Career & Education	\$32,000
Talent Search	\$50,000
Olympic Assistance	\$50,000
Operations	\$338,419
National Representatives Fund	\$10,000
Trust Funded Projects	\$40,000
<b>Total Allocations</b>	<b>\$1,361,419</b>

