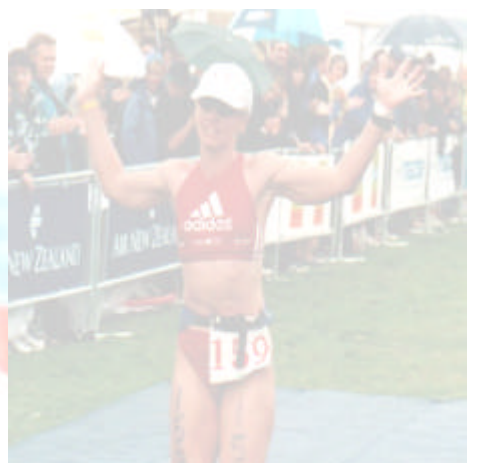


TASMANIAN INSTITUTE OF SPORT



ANNUAL REPORT

1998 - 1999





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MINISTER'S FOREWORD

As the Tasmanian Institute of Sport has continued to grow over the past year, the results of its athletes have continued to bear testimony to the significant contribution the Institute is making to Tasmania's and, indeed, Australia's results at the highest levels of international sport.

The State Government has committed itself to supporting the TIS in maintaining and developing the outstanding achievements of its athletes.



The achievements of athletes such as Simon Burgess, Darren Balmforth, Bianca Langham, Daniel Sproule, Kylie Risk and Susan Andrews have been assisted in no small way by the support provided by the Institute including funding, sports science and medicine services, coaching and the Athlete Career and Development Program.

In the lead up to the Olympic Games it is imperative that the strategic direction of the TIS is concentrated on providing opportunities for the State's athletes to have maximum exposure to competition at the highest level. I see the role of the Institute Board of Management as integral to this direction.

I commend the role the Board has played, under the chairmanship of the Hon John Bennett, in guiding the strategic direction of the TIS and enabling its continued success. I thank John for his commitment to excellence and his contribution to the development of elite sport over the past six years.

I take this opportunity to express my appreciation for the ongoing support given to the TIS by its sponsors and the Commonwealth Government. Lastly I commend the staff of the TIS for their ongoing commitment and, of course, the athletes for their outstanding achievements this year. I wish them all continued success in their final preparations for the Sydney 2000 Olympic Games.



Jim Bacon
Jim Bacon
Premier
Minister for State Development

CHAIRMAN'S REPORT


The Board of Management continues to examine the strategic direction and policies of the TIS in order to provide the best opportunities for ongoing success for Tasmania's elite athletes.

The Board is confident that the TIS provides quality programs and services for Tasmanian elite athletes. We believe the scholarship holders are given the best opportunities to achieve national representation at the Sydney 2000 Olympics. However, there are still many challenges to be met. With the support of the Tasmanian government and the corporate sector we will continue to meet these challenges and find progressive solutions for the future.

Our major sponsors Lactos and Coca-Cola Amatil as well as Motors Ptd Ltd, North Forest Products, J. Boag & Son, WIN Television, Ansett Australia and the Hotel Grand Chancellor have all played an important role in supporting the programs of the Institute. On behalf of the Board I sincerely thank these companies for their continued involvement with the TIS.

I take this opportunity to personally thank the members of my Board and all the staff of the TIS, for their commitment and efforts during the past year.

As Chairman of the Board it is with great pride that I congratulate the TIS athletes on their achievements during the past year and I encourage them to continue to strive to reach their potential as they face the challenges ahead. I wish every one of them the success they deserve.



The Hon John Bennett
Chairman Board of Management



DIRECTOR'S REPORT

The strategic direction of the Institute has been reviewed and as a result our guiding principle is to provide quality athlete and coaching services, which places Tasmania at the forefront of elite sport. Underpinning this principle our core business centres around providing leadership to Tasmania's talented athletes as they strive for excellence in sport.

Tasmanian Institute of Sport athletes continued to achieve outstanding results in 1998 - 1999. Gold medal performances included Bianca Langham – women's hockey and Craig Walton – Triathlon.

The following represented Australia at the Commonwealth Games – Bianca Langham (women's hockey), Daniel Sproule (men's hockey), Kylie Risk, Mandy Giblin and Susan Andrews (track & field).

Additional funds provided to the Tasmanian Institute of Sport by the Tasmanian Government allowed us to introduce the Junior Associate Scholarship category and to employ additional specialist staff. The main aim of the Junior Scholarship is to educate the athletes about being involved in elite sport and the ingredients required to develop a high performance culture.

The corporate sector has continued to provide great assistance to the Institute. This contribution enables us to add value to our existing programs and services ensuring the best opportunities are provided to the scholarship holders to compete at the highest international level.

Both the State and Federal Governments provide financial support and we get financial and in kind support from our corporate partners. Lactos, Coca Cola Amatil and Motors are the key corporate partners working with the Tasmanian Institute of Sport.

Some changes have occurred with the Intensive Training Centre programs. The TIS farewelled John Quinn, ITC Coach for Track and Field in November. We sincerely thank him for his contribution to athletes in Tasmania. Congratulations to all ITC coaches for your dedication and outstanding results – well done!

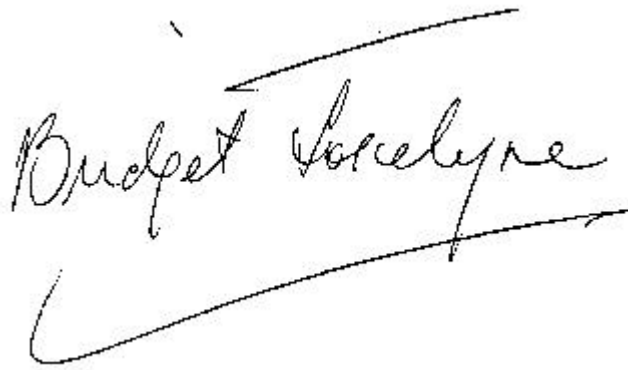
The Tasmanian Institute of Sport Board of Management and Chairman, the Hon. John Bennett have continued to provide leadership and guidance on the Strategic direction of the Institute. I sincerely thank you for your support and leadership.

To the staff thank you for your commitment and dedication in ensuring the TIS athletes needs and expectations are always met.

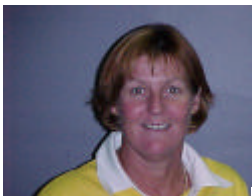


*TIS Director
Bridget Joscelyne*

Finally, I acknowledge every Tasmanian Institute of Sport scholarship holder and your coach for the contribution you have made to elite sport in Tasmania. Your achievements help to raise the spirits of all Tasmanians and make us proud to live in our State.

A handwritten signature in cursive script that reads "Bridget Joscelyne". The signature is written in black ink and is flanked by two long, sweeping horizontal strokes, one above and one below the name.

Bridget Joscelyne
Director



*Administration Assistant
Denise Hansson*

*TIS Executive Officer
Paul Austen*



ADMINISTRATION

The TIS has again been host to many major functions during the 1998/99 year.

The Athlete Forum in October was a huge success. The Annual Awards Luncheon in November also proved to be very successful. These events acknowledged the achievements of TIS athletes and the valuable support given to the Institute from the corporate sector and the State Government.

The unveiling of two specially designed honour boards donated to the TIS by Gunns Ltd to recognise the TIS Athlete of the Year and TIS Olympic and Paralympic representatives was another step towards recognising the efforts of our athletes. The honour boards have been produced using Tasmanian timbers and incorporate a unique design by master wood craftsman Robert Blacklow.

March saw a forum aimed specifically at providing important information to new scholarship holders. The theme of the day was "Achieving excellence - what you should know". Wild water canoeist, Matt Dalziel spoke on his experiences travelling overseas. Fiona Rowell, TIS nutritionist provided a very informative session on "travelling nutrition". TIS Sports Performance Officer, Tammie Ebert took everyone through the TIS Human Performance Lab to demonstrate what athletes need to know and how to prepare for a test in the Lab, and the types of tests conducted. Keith Price from ASDA presented a very enlightening and humorous talk and demonstration on what to expect when an athlete is selected to undertake a drug test. This forum was of great benefit to those who attended and will become a regular event on the TIS calendar each year for all new scholarship holders.

The TIS announced the 1999/2000-scholarship intake for the sports of cricket and cycling in May. Coinciding with this announcement was a visit to the TIS by the Premier, Hon. Jim Bacon, MHA. Mr Glenn Gunstone, State Commercial Manager of Coca-Cola Amatil in Tasmania presented a cheque from POWERaDE for the continued sponsorship of the Sports Person in Schools Program. David Thomas, Direct Sales Manager of Coca-Cola Amatil - Northern Tasmania was also present. The presentation was followed by afternoon tea. The Director, Bridget Joscelyne and TIS Board members then gave the Premier a tour of the TIS facilities.

Staff changes saw the TIS Track and Field Head Coach, John Quinn leave in November to take up employment with the Essendon Football Club. Natalie Sankey, the Administrative Assistant went on maternity leave. Denise Hansson joined the staff in early March to fill Natalie's position. Caroline Davison tendered her resignation from the Board of Management. Caroline moved to Sydney in January to take up a position with the ABC. Liz Coglean replaced Kerry Forrest as our Library Consultant. Liz works one morning a week in order to keep our Resource Centre updated. Our Office Administration Trainee, Johanna Cornish began work in late February. Ted Polglaze

started work at the TIS in April as Strength and Conditioning Consultant. Ted comes to us from Western Australia. He spent 8 years at the WA Institute of Sport as a sports physiologist. Ted was a member of the Australian Bobsleigh team for 7 years and competed in the 1998 Winter Olympics in Nagano, Japan. Valuable support has also been received from the Launceston College Vocational, Education and Training (VET) office trainees who work one day per week for most of the year. We would like to thank these students for all their assistance and wish them well for the future.

We would like to acknowledge the support of staff at the Department of State Development for all the services provided to the Institute during the change over from the Department of Education. This change occurred late 1998 after the State election.

The TIS Bulletin is 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.



*Library Consultant
Liz Coglán*

*Administrative Trainee
Jo Cornish*



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CORPORATE PARTNERSHIPS

The TIS is extremely grateful for the wonderful support given to the Institute by a number of corporate partners. In particular special mention must be made about the ongoing support given by our major sponsor the gold medal winning cheesemaker, Lactos Pty Ltd. The TIS and Lactos produce high quality, award winning Tasmanian products. The partnership between the two organisations is significant in assisting the development of Tasmania's elite athletes as they prepare for Sydney 2000.

Coca Cola Amatil announced in March it would provide major sponsorship support for the TIS 'Sportpersons in Schools' program. This provides personal development opportunities for athletes, in particular, to develop their public speaking skills at the same time as promoting the benefits of a healthy and active lifestyle through participation in sport.

The Powerade brand has been linked to the cycling programs. The support from Coca-Cola Amatil enables the TIS to equip the athletes with life skills, which will give the athletes an edge once their sporting ambitions have been achieved.

The partnership between Motors Pty Ltd and WIN Television is long term and demonstrates the ongoing commitment by these companies to the long term development of Tasmanian elite athletes.

North Forest Products and J.Boag and Son have been long term sponsors of the TIS. They continue to provide valuable support and enable the TIS to provide quality services to the athletes as they strive to achieve their goals.

Official Olympic airline, Ansett Australia, is a long term corporate partner. In addition to providing reduced travel rates for TIS scholarship holders, Ansett has also provided the winner of the TIS Athlete of the Year award with complimentary airline tickets.

TIS athletes have also been provided with access to gymnasiums around the State. Dockside and Oceana in Hobart, Health & Fitness Launceston and Glenorchy, Theogenes, Launceston Templars, Devonport, Healthglo, Burnie and Port Huon Sports Centre. The TIS acknowledges the support the gyms provide the athletes as they prepare for national and international competition.

The Hobart Grand Chancellor Hotel has also provided assistance to the Institute during the year.

The Tasmanian Institute of Sport is proud to acknowledge the support provided by its corporate partners.



TASMANIAN INSTITUTE OF SPORT ANNUAL AWARDS LUNCHEON

The Tasmanian Institute of Sport announced its 1998 Annual awards at a luncheon held at the Institute of Sport's headquarters at the Silverdome complex in Launceston.

In attendance at the function were the Chairman of the TIS Board of Management, Hon John Bennett, the current TIS Board of Management members, athletes, coaches and corporate partners.

Jim Cox MHA, representing the Premier, Minister for State Development, Hon. Jim Bacon MHA, presented to the TIS Sports Medicine Co-ordinator Dr Ian Beltz the TIS Minister's Award, in recognition of his significant contribution to the Tasmanian Institute of Sport through his work in establishing the sports medicine network to service TIS athletes.

Each year the Institute, with the help of corporate partners, honours athletes whose performances have been outstanding during the year.

The Ansett Athlete of the Year award went to Australian Women's Hockey representative Bianca Langham, who won a Gold medal as a member of the Australian team at the Hockey World Cup in Holland. This award is presented to an athlete based on their sporting achievements, contribution to the TIS and their sport during 1998. Bianca was also successful in winning the Commonwealth Bank Female Athlete of the Year award for her performances as a member of the very successful Hockeyroos who won gold medals in both the World Cup and Commonwealth Games during this year.

The Lactos Male Athlete of the Year was awarded to champion triathlete Craig Walton who recorded several outstanding performances during the year including a silver medal at the World Goodwill Games.

The Examiner award for the Outstanding Junior Athlete went to cyclist, Caleb Manion for his consistent performances during the year. Caleb recorded some impressive results while racing in Italy as part of the national team including winning the Coppa Setti 110km road race.



**Proud sponsors
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SPORTS SCIENCE

The focus of the Sports Science Unit's work in 1998/1999 continued to be in assisting in the servicing of Tasmanian Institute of Sport athlete and coaches.

There has been regular servicing of our ITC Programs of Cycling, Rowing, Hockey and Basketball. Elite Development Squads from Triathlon, Football and Cricket as well as a number of individual scholarship holders have also sought assistance in various forms from the Sports Science Unit.

This assistance includes physiological testing, training and programming advice, sports psychology, nutrition and access to a statewide medical and physiotherapy network.

In April of this year we added Ted Polglaze as Strength & Conditioning Consultant to the Sports Science Unit. It had been a long term goal to appoint a full time Strength & Conditioning Consultant and Ted's arrival has added significantly to the Unit's ability to service and assist athletes.

Our team of consultants continue to do an outstanding job, and contribute in assisting TIS athletes. They include: Sports Psychologist Dr Jacqui Triffitt, Dietitians Maree Taylor and Fiona Rowell, Strength Coach, Sports Medicine Co-ordinator Ian Beltz, Drs Glenn Richardson and John Fisher, and Physiotherapists Debbie Crawford, Sally McLaine and Lisel Pearson.

To enhance the performance of our athletes, medical and musculo-skeletal screening of all TIS athletes has been continued in the past twelve months, along with developments of Nutrition screening, and basic blood profiling of athletes in several of our sports. This process allows athletes and coaches to enhance their understanding of their strengths and weaknesses in these areas and ascertain specific information to assist in rectifying these problems. Thanks must be extended to all members of our Medical network for their contribution to this program, and to Dr Damian Hope from the Hobart Pathology Group who provided the TIS with support in providing athletes with access to blood testing.

LABORATORY ACCREDITATION

After achieving Laboratory Standards Assistance Scheme Accreditation in June 1996, the Sports Science Unit is gearing up for re-accreditation in the latter half of 2000. This period has been extended by the Laboratory Standards Assistance Committee to fall in line with the Olympic quadrennial. Achievement of this process will require some significant hours in collecting reliability data on all testing procedures, equipment and staff.

LACTOS SPORTS SCIENCE SCHOLARSHIP

With the support of Tasmanian company Lactos, the Institute's Sports Science Program was given a major boost in 1996 with the appointment of Sports Science Scholarships to University of Tasmania Applied Science students. This process was continued in 1998.

The 1998/1999 Sports Science Scholarship was awarded to former International Mountain Biker, John Gregory.

John completed his Postgraduate Degree in Science (Hons) under the guidance of Dr Justin Walls at the end of 1998 and is now undertaking a Masters Degree with the Department of Physiology at the University of Tasmania-Hobart. John has been assisting in the servicing of TIS athletes and his perspective as an ex-international athlete has been of added value to the Sports Science Unit.

1998 APPLIED PHYSIOLOGY CONFERENCE

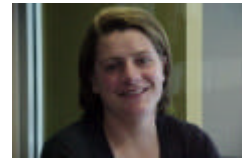
The Tasmanian Institute of Sport hosted the 5th National Applied Physiology Conference in late November 1998. Some forty applied physiologists representing all the Institutes & Academies, Coaches & Sports Science Co-ordinators from a number of Olympic Athlete Program Sports attended the 3 day conference. The conference is an opportunity for this community to present & discuss the latest applied research and issues related to training methodology. Special thanks must go to Rob Osgood who contributed significant hours to the organisation of the conference. Without his work, the conference would not have been as big a success as it was. Thanks Rob!

TALENT SEARCH PROGRAM

A separate report will provide greater details on the Talent Search Program being managed by Tammie Ebert. Tammie continues to do an outstanding job in managing the Talent Search Program. With decreasing federal support for this program, Tammie has maintained the excellence that has marked the Tasmanian Program of past years. Again athletes have been identified in Cycling and Track & Field, I would like to congratulate her on an outstanding job and thank her for her support throughout the year.

Bill Davoren
Sports Science Co-Ordinator





TALENT SEARCH

The Tasmanian Talent Search Program has had its most successful year yet with 4939 students from 37 schools across Tasmania being involved in the program for 1999.

The support from the schools and their students continues to grow and the status of the program in the community is highlighted the increasing numbers participating each year.

The 1998/1999 Talent Search Squad Members for the sports of Cycling, and Athletics have been very successful during their 12 month involvement with the Talent Search Program. For many of these individuals the sport they found themselves in was an unknown quantity and they have successfully taken up the challenge to learn about an unfamiliar sport. James Atkinson (Mountain Bike), Chris Allchin, Alisdair McPhee and David Klyne have competed exceptionally well in a number of races around Tasmania and at the State Titles. Meg Sulzberger (1997/1998 intake) and Louise Yaxley (1996/1997) have both excelled in the sport of cycling and have been rewarded for their efforts by gaining full scholarships with the TIS Cycling Program. A number of the other cyclists from past years now form the nucleus of the TIS Target Squad for Cycling and we look forward to seeing their progression.

Chris Clark, who was chosen for Weightlifting in 1997 has again excelled this year and recently at the Cliff Joyce Memorial Weightlifting Competition held in Launceston set three National U16 records for his weight division. He lifted 87.5kg Snatch and 110kg Clean and Jerk for a total of 197.5 kg. This is a great improvement from his performance in July 1998 where he performed a clean and jerk of 98 kg.

Athletes in the Talent Development Squad for Athletics have performed exceptionally well. Michael Poke, Morgan Whiley, Natasha Glumac and Rachel Delphin all represented Tasmania at the Australian Track and Field Championships in Perth in March this year. Rachel recently was a member of the Australian Youth Team who went to Poland in July to compete in the inaugural World Youth (U18) Championships.

The 1999/2000 intake for the Talent Search Program is currently being finalised with another group of highly talented Tasmanian school students being placed into development programs. This year we have been able to include a significantly greater number of athletes into the Athletics squad due to the fact that 6 accredited coaches in the North, 3 in the North-West and 6 in the South have expressed an interest in being involved in the Program. Michael Smith (Launceston), Sarah Robson (Launceston), Time Herbert (Burnie) and Kerrick Lehmann (Devonport) have all accepted positions into the Development Squad for Cycling and we look forward to seeing how they go in their new sport.

The success of the program hinges on the continued support from Tasmanian schools and their students, sporting organisations and their coaches and University of Tasmania students who assist with the testing and therefore I extend a huge thank you to all those involved.

I wish all of the Talent Search Development Squad athletes and their coaches the best for the coming year, as many of the young athletes tackle the challenge of their new found sport or continue to grow in one they are already involved in.

Tammie Ebert
Sports Performance Officer

ATHLETE CAREER & EDUCATION PROGRAM (ACE)

Since taking up the role of Athlete Career and Education (ACE) Co-ordinator in late July 1998, my main priority has been to re-establish the ACE program as a valuable contributor to the overall services provided to all Tasmanian Institute of Sport (TIS) athletes. The relocation of the ACE Program from Hobart to Launceston has played a major role in increasing the integration and visibility of the ACE program and has provided improved access for all athletes throughout the state.

The main focus of the ACE program each year is case management of individual athletes. This process involves a structured assessment to determine athletes educational, vocational, financial and personal development needs. With approximately 75 percent of TIS athletes located more than an hour from Launceston, getting out to the athletes is a challenge in itself. A new initiative of the TIS in December 1998 saw the introduction of the Junior Associate Scholarship. This scholarship is specifically aimed at education and awareness to provide assistance for Tasmanian junior athletes as they make the transition into senior level competition. Currently there are 25 TIS junior athletes, representing 14 sports.

In September 1998, the 'Sports Persons in Schools Program' was introduced to a number of primary and secondary schools throughout Tasmania. The program, made possible through ongoing sponsorship by Coca-cola Amatil, aims to promote the value of a healthy lifestyle and encourage participation in sport and recreational activity by utilising elite level TIS athletes as role models. Approximately 40 presentations have been made to over 1200 Tasmanian primary and secondary students. The program has not only taken our elite TIS athletes out into the community but has provided them with a valuable opportunity to improve their own personal development.

In addition to the opportunities provided through the Sports Persons in Schools Program, several courses have been conducted through the ACE program designed to assist TIS athletes in their ongoing personal development. As links with appropriate course presenters are re-established a larger number and variety of courses will be provided to scholarship athletes.

Overall, the past year has been a very active one for the ACE program and this will no doubt continue as new challenges and new issues arise in the lead up to the excitement of an Olympic year.

**Maree Fish OAM
ACE Co-ordinator**



*Ace Co-ordinator
Maree Fish*

STRENGTH AND CONDITIONING

The new full-time position of Strength & Conditioning Consultant was created as a result of extra funding from the State Government in late 1998. The new position commenced in April 1999 with my arrival from Perth, where I had worked at the WA Institute of Sport and competed internationally in the sport of Bobsleigh for 7 years, including the 1998 Nagano Winter Olympics.

Many TIS athletes and coaches have been quick to make use of this new service, which aims to provide quality physical preparation programs supplementary to on-going technical, tactical and mental training. The major focus has been not only to develop strength, but also the ability to maintain appropriate posture through the many hours of training and competition. In this way maximal gains should occur whilst reducing the risk of over-use injuries.



*Strength &
Conditioning
Co-ordinator
Ted Polglaze*

The major focus initially was the Australian Men's Lightweight Rowing Four, including TIS athletes Darren Balmforth and Simon Burgess and coach Sam Le Compte, as they completed their preparation in Franklin for the World Championships. Other Rowing squads, under the guidance of John Driessen and Paul Newbon, have also received assistance.

The TIS Hockey scholarship holders also have weekly supervised weight training sessions in Hobart. This program will be expanded next season to include speed, agility and endurance work.

Most of the TIS Cyclists have commenced some form of strength program, which in the case of Belinda Goss and Mark Jamieson has meant a home circuit aimed at preparing their bodies for the rigours of a career as an elite athlete.

Several scholarship holders from a variety of sports in the Individual and Junior Associate categories have incorporated resistance training into their overall programs.

The support and co-operation of our network gymnasiums – Health & Fitness, Theogenes, Oceana, Dockside, Templars and Health Glo is acknowledged in providing the facilities for our athletes to train at reduced rates.

The lack of a training facility designed specifically for athletes has presented something of a challenge in designing state-of-the-art training programs for our elite athletes. However, it has the effect of making our athletes more imaginative and creative in their approach to training – which is obviously beneficial to their overall development.

Ted Polglaze
Strength & Conditioning Consultant



TIS 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 different TIS programs. Varying programs operate within the Institute, depending upon the resources available and quality and number of athletes participating.

Intensive Training Centre (ITC) Programs

These are the main programs offered by the TIS in conjunction with national and state sporting organisations and the Australian Sports Commission. In 1998/99 the Institute continued to support four ITC programs in the sports of Cycling, Athletics, Hockey and Rowing. All sports have a full time coach employed specifically to conduct the ITC 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. Changes during the year resulted in the ITC Athletics program being restructured with athletes within that sport supported through the Individual Scholarship program. The Institute also provides sports science support and ACE services to athletes in the Tasmanian Basketball ITC program.

Elite Development Squad (EDS) Programs

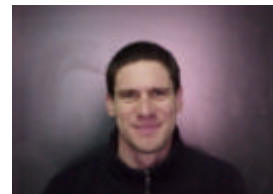
These programs operate in a similar manner to ITC programs. Squads enlist the services of a coach employed by the state sporting organisation to coordinate the program for selected athletes in that sport. Athletes receive funding support to attend international/national level training and competition opportunities, access to training facilities and coaching support within Tasmania and access to the services provided by the TIS in sports science and athlete career and education. TIS Elite Development Squads in 1998/1999 were Football, Cricket and Triathlon.

Individual Scholarship Program

These scholarships are provided to athletes from sports in which a small number of athletes are performing at the required level in the sport or where the sport does not have the infrastructure to provide a coach/coordinator and other support services necessary for an ITC 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 coordinate their programs and the utilisation of their funds.

In late 1998 a new category within the Individual Program was established as a result of additional funding from the state government. This category, "Junior Associate" provided development opportunities for young Tasmanian athletes that had been selected in Australian Junior teams or were current Junior Australian champions in their event/sport. These scholarships primarily provided access to the Institute's specialist consultants.

INTENSIVE TRAINING CENTRE PROGRAMS



*ITC Head Cycling Coach
Kevin Tabotta*

CYCLING PROGRAM

The TIS Cycling Program has had its most successful year to date. A record three TIS cyclists represented Australia at the 1998 World Road Cycling Championships. Sean Sullivan, Naomi Williams and Caleb Manion all competed in a series of international events in the weeks leading into the Worlds held in Holland, recording excellent results. Our best result at the World Championships was by Naomi Williams, with a 17th placing in the U/19 Women's road race event. Caleb Manion had an excellent lead up with a victory and a 3rd place in international level junior road races in Italy. A series of falls in the World titles forced him to withdraw from the road race. These results along with his national road titles performances earned Caleb the TIS junior athlete of the year award for 1998.

Building on the success of our road cyclists, the TIS entered a team once again in the international category 1999 Tour of Tasmania event. Representing the TIS were, Nathan Clarke, Sean Sullivan and Matt Rice, Andrew Stalder (VIS) and Derek Crumpler (QAS). The event couldn't have started better for the TIS with a win in the prologue time trial by Nathan Clarke. In addition, Sullivan and Rice placed inside the top 7. Clarke's ride was exceptional, considering the presence of current National time trial champion Nathan O'Niell (QLD) and of Cadel Evans (VIC), the 1998 World Cup MTB Champion – the eventual tour winner. The TIS held onto the prized yellow tour leader's jersey for all but the last day through Nathan Clarke in the flat stages and then by Sean Sullivan in the tough stage from Launceston to St. Helens. The final 20km climb into Mt Wellington prevented an overall win for Sullivan, however, he did claim an excellent 5th place overall. A great result for a young team. Special mention goes to Andrew Stalder (VIS) and Matt Rice (TIS) for the excellent team support provided in the races in the defence of the yellow jersey.

The start of 1999 represented the start of a new look cycling program. The 5 new cyclists are; Belinda Goss (National U/17 Ind. Pursuit Champion), Simon French (National U/17 Downhill Champion), Mark Jamieson (3rd U/17 Ind. Pursuit), Louise Yaxley (3rd U/19 Ind. Pursuit) and Meg Sulzberger (5th in U/19 Points and 5th Ind. Pursuit). All riders were promoted from the TCF-TIS Target Squad (development group). In addition, road rider Caleb Manion showed his versatility by taking a 4th place in the National U/19 men's point score event.

Following her success with the National Junior Road Team, Naomi Williams gained a spot in the AIS senior training squad that operated from Canberra from February through to April. Naomi competed creditably in a series of UCI and World Cup events as a guest in the AIS/VIS women's team under the guidance of VIS coach Donna Rae-Szalinski. The TIS thanks Donna and the VIS for their support in assisting the development Naomi and other TIS cyclists.

Currently, the TIS has three cyclists competing under the guidance of National Road Coach Shayne Bannan in Italy. Sean Sullivan (AIS), Matthew Rice (visiting scholarship) and Caleb Manion (visiting scholarship) have spent the majority of the 99 road season competing in international cycling races throughout Italy. The best

result thus far has been a 3rd by Caleb Manion in junior racing and a 7th in a stage by Sean Sullivan in the professional Tour of Malaysia.

Locally, Nathan Clarke appears to have made the transition successfully from track to road cycling by claiming the state champion's medal in the road race, time trial and criterium. He is targeting end of season results in the Victorian Tattersalls series, the National Championships in QLD and the Commonwealth Bank Cycle Race in October.

The end of the junior road season was capped off by an excellent series of performances by our junior road cyclists at the Nationals in Bowral during July. Belinda Goss won another National championship in the U/17 road race. She also won silver and bronze in the time trial and criterium events. She is only in her first year of the U/17 division and is already by far the most successful U/17 female road and track cyclist in Australia for 1999. Mark Jamieson scorched the road to grab silver in the U/17 men's time trial, losing by just 5 sec to Victorian star David Salton. Mark also took out silver in the road race, missing gold by just inches. Louise Yaxley demonstrated her improving road form with an excellent 3rd place in the U/19 women's criterium.

Goodbye and good luck to female mountain biker, Eleanor Patterson. Following a 4-year stint with the TIS cycling program Eleanor Patterson has taken time out from elite level competition to pursue other goals. Well done to Eleanor for her excellent series of top 5 performances in National series women's cross country events over the years.

98-99 TIS Elite Squad; Nathan Clarke, Simon French, Belinda Goss, Mark Jamieson, Caleb Manion, Tim O'Shannessey, Matthew Rice, Eleanor Patterson, Michael Skeggs, Meg Sulzberger, Naomi Williams and Louise Yaxley.

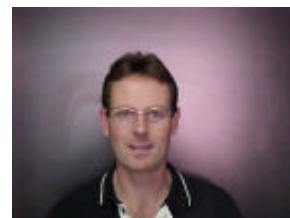
98-99 TCF-TIS Target Squad: Todd Parnell, Olivia Pisconieri, Jarrod Burr, Damon Griggs and Bernard Sulzberger.

98-99 Talent Search Squad: David Klyne, Chris Allchin, Alisdair McPhee and James Atkinson

Special thanks and congratulations must once again go out to TIS satellite coaches, Ron Bryan, Darrel Young, Paul Manion and Garry House for their input and coaching efforts with Tasmanian cyclists over the past 12 months. The re-emergence of Tasmania as a force at the national level is largely due to the contributions made by these people from grass roots through to elite levels.

Kevin Tabotta

ITC Head CyclingCoach



HOCKEY PROGRAM

The 1998/99 period has been a golden year for TIS Hockey athletes. Throughout the entire reporting period there have been fourteen athletes on scholarship with all but two involved or selected in various National Squads. The Hockey athletes have achieved two Commonwealth Games Gold medals and three Champions Trophy Gold medals. We have had three AIS Full time scholarship holders, numerous overseas trips and many games representing both the National and Tasmanian teams.

Daniel Sproule, Matthew Wells and Bianca Langham have each had a tremendous year. Bianca has continued on from her 1998 TIS Athlete of the year award by cementing her spot in the most successful sporting team in Australia's history, The Telstra Hockeyroos.

Bianca was a key player in the winning of the Kuala Lumpur Commonwealth Games Gold medal win against England in the final. Hockey has taken her to Argentina and South Africa post the Commonwealth Games with her ability to convert penalty corners, now becoming a real strength not only for the National team but for her NWHL Team the Tasmanian Van Demons. In the 1999 NWHL Bianca was the Highest Goal scorer. Her leadership assisted greatly in the team finishing fifth for the second year in the domestic competition, with the gap from being in the finals forever closing. Bianca played a large role in her second international gold medal by again scoring many goals, when she competed in the prestigious 1999 Champions Trophy hockey tournament in Brisbane. Her performances and that of the Hockeyroos has cemented their deserved favouritism as likely Olympic Champions in Sydney 2000. All up this reporting period for Bianca has been hectic and covered in Gold.

Daniel Sproule has continued to further his reputation as the best left half in world Hockey today. Daniel's contribution at the Commonwealth Games in 1998 and that of the National men's team were rewarded when they won the Gold medal in front of a huge crowd against Malaysia. After the Commonwealth Games Daniel toured South Africa and in June of 1999 he was part of the National team that won gold at the Champions Trophy held in Brisbane, defeating Korea 3-1 in the final. In the lead up to the Sydney Olympics Daniel, Matthew Wells and Bianca will all relocate to Perth for intensive full time preparation based in Perth at the AIS. Daniel has also lead by example in the domestic competition where he has lead the Tassie Tigers to a fifth position on the ladder in 1999.

Since the last annual report for hockey it is very pleasing to note the transition for Matthew Wells from an international, Junior World cup gold medallist, to now, a member of the National Men's Hockey team. Matthew has toured South Africa, competed in the Olympic Qualifying event and in the 1999 Champions Trophy where he and the team were awarded with Gold. Matthew still finds time in between his AIS commitments to represent Tasmania where he assisted the Tas U21 men to finish fifth, whilst also receiving the player of the tournament award at the un21's for the second time in his career. Matthew will continue to work hard and we all hope he can gain that Sydney 2000 berth alongside Daniel and Bianca.

Kim Walker and Jane Poke both gained selection into the 1998/1999 Australian Senior Youth Women's Hockey squads, with both displaying solid performances in the Women's NHL for 1998. Kim has continued with solid performances in the 1999 NWHL. Unfortunately, Jane Poke incurred a knee injury. Kim Walker has played a number of games for the WHA Senior Youth squad (April to June of 1999). Whilst the Champions Trophy was on in Brisbane she played in eight games against six different international countries and also toured Argentina in late 1998. Kim has moved to Perth on her own volition to allow easier access to the National Women's programme.

Ilene Carr has just completed the 1999 NWHL season where she made a large impact with her performances continuing to develop and greatly assist the Van Demons Team. Ilene also was invited to be part of the Senior Youth camp in an intensive camp held on the Gold Coast.

Zain Wright began his AIS career by gaining selection in the team to tour Kuala Lumpur. The AIS team played five matches against the National Malaysian team, coming away with a good series win. Zain continues to develop and has worked hard at both the U21 Nationals and the 1999 NHL season.

Cam Bennett, Tim Gillon, Marcus Richardson and David Guest were all members of the Tasmanian Under 21 team, with Tim Gillon and David Guest also playing key roles in the Tasmanian Under 18 team. Cam Bennett has also made a move to Perth to gain access to the National Goalkeeping programme in Perth whilst also developing more experience before moving back to Hobart. Cam Bennett and Tim Gillon also attended a National Junior Youth camp in the early part of this year.

In early 1999 we also introduced the TIS ITC Development squad which is a collection of younger talented players who are showing potential to permeate the TIS in the future.

In considering the golden period for the TIS Hockey group, I must take this opportunity to thank all the coaches who have assisted in various State Team capacities involving TIS players. It would also be remiss of me to not acknowledge the support of AHA, WHA, THA (Gai Cross), TWHA and its programmes. I would also like to thank all the staff at the TIS, support offered by Government and all sponsors for assisting the programme to produce results, which hopefully all Tasmanians can look back on and be proud.

Andrew McDonald
ITC Head Hockey Coach



ROWING PROGRAM

It has been another successful season for the Tasmanian Institute with its three internationals performing with distinction. Dearne Grant sculling in the women's lightweight quad at the world championships at Cologne Germany placed 5th in the final. Darren Balmforth and Simon Burgess also had a great row in the men's lightweight four to take the bronze in a hard fought race. The performance by these three at the world championships was to set the trend for this season.

A new approach to the selection of our rowing scholarships began in July. A senior TIS winter training squad and a new target squad of young rowers was named. Both squads had to undergo bi monthly sub max testing along with competing in three 10km time trials followed by the 5km ITC time trials. Selection of full scholarships was finalised at the final ITC time trial in November.

In mid September, Andrew Pierce and John Driesen, with a small team of rowers mounted an attack on the Trans Tasman senior B regatta held in Queensland. Brendan Long won the men's single scull then teamed up with Randell Baker to win the double in fine form. Six of our newly formed Target squad members attended the regatta with mixed results but the experience was to have a major influence on their performance later in the season. Sam Beltz was a stand out with his time trial results seeing him gain a full TIS scholarship after being in the Target Squad.

The national 5km-time trial on the Nepean River at Penrith was just rewards for our athletes who trained through the winter months. Brendan Long's time in the trial gave him 2nd place over all in the men's sculling. His efforts were rewarded with a berth in the national training camp that was held in Canberra in early January.

Other performances that must be noted are that of Sam Beltz proving to be the fastest senior B lightweight sculler, Darren Balmforth and Simon Burgess with their teammates from Ballarat, Anthony Edwards and Bob Richards, rowing in the straight four recording the fastest time by 30sec and taking top prognostic time of the trial. Shane Broad, Andrew Butler, Matt Russell, Tom Edwards, Randell Baker and Brett Maloney also attended the trial with good results. These results proved that training in the winter months gives you the edge.

1999 came around and two more rowers were added to our program as per directives from Australian Head Rowing coach, Brian Richardson. Anthony Edwards and Bob Richards relocated to Tasmania to row with Darren and Simon both rowing out of the Geeveston Rowing Club. In my opinion this move has brought a breath of fresh air back to Tassie rowing, as we started to again see world record times being rowed on Barrington. The last time record times were rowed at Barrington was in 1990 at the World Championships.

The Australian Rowing Championships produced a bag of medals for the TIS athletes and target squad members.

The Penrith Cup was an outstanding victory for Tasmania. They won for the first time in 17 years.

This year 5 athletes were selected in Australian teams.

Simon Burgess and Darren Balmforth both made the Senior A Lightweight four to compete in St Catherine's, Canada. Tom Edwards and Brendan Long in the Senior B Four with Sam Beltz making the Senior B Lightweight Men's Four. Both crews will compete in the Nation's Cup in Hamburg, Germany.

Tameka Painting, one of our Target squad members got to the final four in the women's lightweight double. Andrew Butler and Matt Russell after missing out on selection to the Australian team this year, have taken a big step in a self-funded tour of the European rowing scene. John Driessen made the decision to go with the pair.

I thank the TRC for their support, also the Tasmania Rowing Community and Andrew Pierce.

Sam Le Compte
ITC Head Rowing Coach



TRACK & FIELD

The Institute's Track and Field Coach, John Quinn, resigned his position in mid November to accept the role of Head Fitness Coach with the Essendon Football Club. Following seven years as Head Coach in Tasmania, John's influence and assistance will be sadly missed and we wish John, Natalie and Callum every success on their move to Melbourne.

Athletes assisted by the TIS Track and Field Program during the 1998/99 period were:

Athlete

Susan Andrews
Mandy Giblin
Brendan Hanigan
Graham Hicks
Ashley Howlett
Carmen Miller
Kylie Risk
Lyn Saint-John
David Thom

Coach

Darren Wright
Albert Johnson
Kevin Prendergast
Craig Hicks
Rita Whitehouse / Tony Zito
John Quinn
Dick Telford
John McGuire
John Quinn

The competition year was off to an early start with the Commonwealth Games Selection trials held in August. Susan Andrews, Mandy Giblin and Kylie Risk achieved Australian representation at Kuala Lumpur. Brendan Hanigan was selected but injury prevented him from competing. Congratulations to Susan on winning a Gold medal in the 4 x 400m relay and to Kylie on her Silver medal in the 10,000m.

Further international competition was gained by Kylie Risk at the 1999 World Cross Country Championships and Eukioca International Cross Country (Japan), Mandy Giblin at the World Cup in South Africa and the 1999 World Cross Country Championships, Brendan Hanigan has been selected for the World Championships in Seville later this year.

*ITC Track & Field Coach
John Quinn*



ELITE DEVELOPMENT SQUADS

BASKETBALL

Under the guidance of Head Coach Peter Robertson, 30 athletes received support from the Basketball EDS Program. Peter and his regional coaches facilitated weekly sessions covering all facets of the game including strength and skill development.

Patrick Hunt, National Head Coach ITCP continues to take an active interest in the athletes and conducted three statewide coaching weekends.

Nic Campbell has continued to progress and has again been rewarded with selection in the Under 16 National squad and an invitation to the All Australian Junior Camp.

CRICKET

This year has seen positive outcomes from activities conducted by the Cricket EDS. Squad members Sean Clingleffer, Scott French and Nathan Webb were offered AIS Cricket Academy scholarships for 1999 and are currently in Adelaide.

Tasmanian based athletes Brad Green, Heath Griggs, Luke O'Shea, David Tueon and Xavier Doherty received specialist assistance from squad coach Tim Coyle and all received one weeks coaching at the AIS Cricket Academy.

FOOTBALL

Congratulations to 1998 scholarship holders Brady Rawlings, Kurt Heazlewood, Peter Street and Luke Speers who were selected by AFL Clubs in the November 1998 Draft.

In addition to 98 squad members Michael Praciak and Patrick Wiggins, Brad Green, Tim Hazell, Vaughan Dell and Sam Burnett were included in the 1999 squad under the guidance of coach, Glenn Frame.

Squad members experienced a taste of AFL competition cycle when they were fostered for a week by three AFL clubs. All athletes participated in the club's training program and were exposed to the weekly preparation cycle expected of a player at this level.

1998/1999 SCHOLARSHIP HOLDERS

Archery	Individual Clint Freeman
Archery - Compound	Junior Associate Marcus Stephens
Athletics	Individual Mandy Giblin, Brendan Hanigan, Graham Hicks, Ashley Howlett, Carmen Miller, Kylie Risk, Lyn Saint-John, David Thom, Paul Wiggins
Badminton	Junior Associate Adele Peck
Basketball	Individual Nic Campbell, Bianca Knott ITC Haani Beswick, Candice Broomhall, Joe Butler, Tim Byrne, Jo Edmunds, Phillipa Edwards, Lisa Gibson Hollie Grima, Jessica Hardy, Boyd Heather, Sarah Hinds Megan How, Robert Inches, Kate Jackson, Kristen Johnson Matthew Knight, Elena Mace, Malinda Masters, Clint Matthews, Michael Nutt, Renee Ogden, Andrew Parker, Lisa Patterson, Jonathan Reed, Patrick Sullivan, Simon Tamlyn, Jodi Templar, James Thompson, Jonathan Woodforde
Boxing	Individual Nathan Polley, Junior Associate Trent Mc Kenzie, Brian Sylvester
Canoe Slalom	Individual Justin Boocock Junior Associate Diana Dickenson
Canoe Sprint	Individual Daniel Collins, Julian Norton-Smith
Canoe - Wildwater	Individual Matt Dalziel Junior Associate Mathew French, Ben Maynard, James Thorp

Cricket EDS	Sean Clingleffer, Xavier Doherty, Scott French, Brad Green, Heath Griggs, Luke O'Shea, David Tueon, Nathan Webb
Cycling ITC	Nathan Clarke, Belinda Goss, Mark Jamieson, Caleb Manion, Tim O'Shannessey, Matthew Rice, Michael Skeggs, Sean Sullivan, Meg Sulzberger, Naomi Williams, Louise Yaxley
Cycling - MTB	Simon French
Equestrian	Junior Associate Catherine Davies, Meredith Edwards
Football EDS	Sam Burnett, Vaughn Dell, Brad Green, Tim Hazell Michael Praciak, Patrick Wiggins
Golf	Individual Tammy Hall
Hockey ITC	Cam Bennet, Ilene Carr, Tim Gillon, David Guest Bianca Langham, Jane Poke, Marcus Richardson Daniel Sproule, Kim Walker, Matthew Wells Zain Wright
Judo	Junior Associate Chantal Castledine, Heather Mannering, Beavan O' Connor Angela Tolson
Karate	Junior Associate Natasha Hardy
Netball	Individual Natasha Chokljat
Orienteering	Junior Associate David Brickhill – Jones, Danielle Winslow
Rowing ITC	Randall Baker, Darren Balmforth, Sam Beltz Shane Broad, Simon Burgess, Andrew Butler Tom Edwards, Dana Faletic, Dearne Grant Brendan Long, Matt Russell
Sailing	Individual Nick Rogers Junior Associate James Chung Gon, Mark Jeffrey
Shooting - Clay Target	Junior Associate Richard Triffitt

Shooting - Pistol	Individual Symon Tanton
Swimming	Individual Beau Mannix Junior Associate Nicole Hunter,
Swimming - Disabled	Individual Melissa Carlton
Tennis	Junior Associate Robert Haybittel
Triathlon	Individual Michael Anderson, Louise Davoren, Craig Redman, Craig Walton Associate Mark Guy
Water Polo	Junior Associate Matthew Atkinson, Kim Mc Kibben, Nathaniel Symmons
Weightlifting	Individual Scott Lohrey, Ben Mulder Junior Associate Kristy Moore





***TASMANIAN INSTITUTE OF SPORT CORPORATE PLAN
1999 - 2000***

VISION

To provide quality athlete and coaching services which places 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
Foster innovation and excellence
Provide quality services
Leadership**

STRATEGY

To develop Tasmania's talented athletes.

OUTPUT

Percentage change in Tasmanians representing Australia in sport.

TIS SUB PROJECTS

- 1. Scholarship program -Individual, Junior, Intensive Training Centre, Elite Development Squads**
- 2. Sports Science and Medicine**
- 3. Athlete Career and Education**
- 4. Administration**
- 5. Corporate Partnership**

TIS BOARD OF MANAGEMENT



Hon. John Bennett
Chairman



Mr Ken Read
Deputy Chairman



Mr Paul Sproule
Director, OSR



Mrs Carolyn Davison



Mr Bill Woolcock



Mr Michael Mazengarb



Mrs Pip Leedham

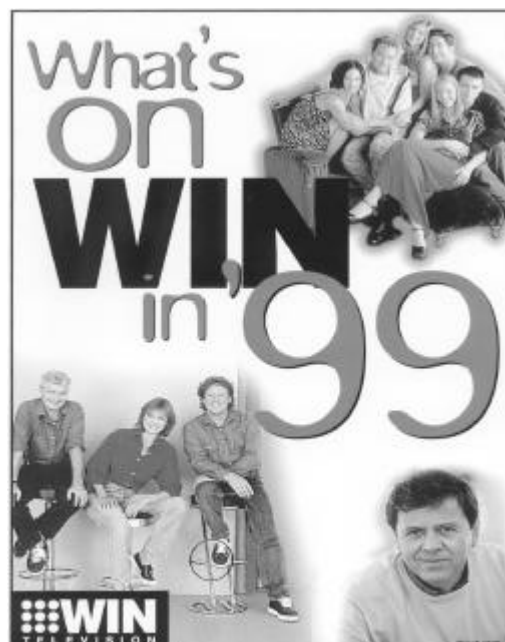


Mr Ron Nylander

STAFF

DIRECTOR
EXECUTIVE OFFICER
ADMINISTRATIVE ASSISTANT
ADMINISTRATIVE TRAINEE
ACE COORDINATOR
SPORTS SCIENCE COORDINATOR
SPORTS PERFORMANCE OFFICER
PROGRAM SUPPORT OFFICER
STRENGTH & CONDITIONING CONSULTANT
HEAD CYCLING COACH
HEAD HOCKEY COACH
HEAD ROWING COACH
LIBRARY CO-ORDINATOR

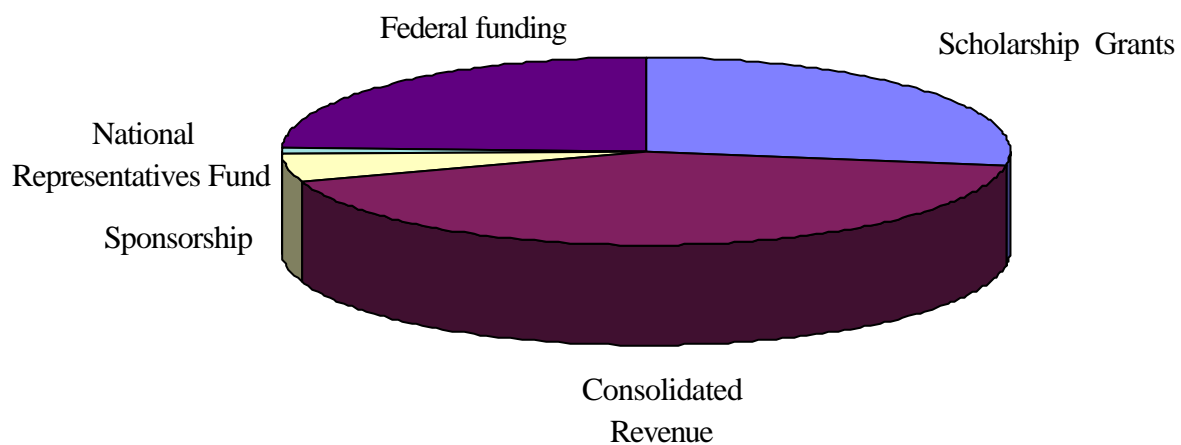
Bridget Joscelyne
Paul Austen
Denise Hansson
Johanna Cornish
Maree Fish
Bill Davoren
Tammie Ebert
Geoff Masters
Ted Polglaze
Kevin Tabotta
Andrew McDonald
Sam Le Compte
Liz Cogan



Tasmanian Institute of Sport Funding 1998/1999

Scholarship Grants	\$292,000
Consolidated Revenue	\$450,000
Sponsorship	\$52,500
National Representatives Fund	\$10,000
Federal funding	<u>\$258,951</u>
Total funding	<u>\$1,063,451</u>

TIS Funding 1998-1999 All Sources



Tasmanian Institute of Sport Allocations 1998-1999

Sports Programs and Scholarships	\$482,000
Talent Search	\$23,000
Athlete Career & Education	\$48,000
Sports Science/ Medicine	\$153,500
Special Projects	\$13,500
National Representatives Fund	\$10,000
Operations	\$340,863

Total Allocations **\$1,070,863**

1998/1999 Allocations

