

2020-21
YEARBOOK
TASMANIAN INSTITUTE OF SPORT





CONTENTS

Minister's foreword	2
Director's report	3
What we do	4
Business and Administration	5
Financial Management	7
Corporate Partnerships	8
Sports Performance Unit	9
Athlete Wellbeing and Engagement	12
Coach Development	14
Sports Programs	15
Athletics	16
Cycling	18
Hockey	20
Rowing	22
Canoe Slalom	24
Netball EDS	25
Sailing	26
Swimming	27
Individual Athletes	28
Key Performance Indicators	29
Strategic Plan	30
Olympic and Paralympic Athlete Honour Roll	31
Commonwealth Athlete Honour Roll	33
Athlete of the Year	35
Champions Club	36

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

Technopark 30/38 Innovation Drive
Dowsing Point TAS 7010
PO Box 149 GLENORCHY TAS 7010
Ph: 6165 6630

T: +61 3 6777 2828

F: +61 3 6777 5158

www.tis.tas.gov.au

institute.sport@tis.tas.gov.au



MINISTER'S FOREWORD



HON JANE HOWLETT MP

In what has been another interesting and challenging year of sport not just in Tasmania, but across the world, I would like to congratulate Tasmania's athletes and the staff of the Tasmanian Institute of Sport for their resilience and commitment during what continued to be uncertain times.

To continue to train every day and to keep such focus on preparing to perform at your best whilst all the time not knowing exactly when that will be requires great discipline and strong commitment.

I am acutely aware that as we navigate our way through the ongoing impacts of COVID-19 how important it is to have sport as part of our lifestyle and how it helps us stay healthy and maintain our wellbeing during these times of uncertainty.

With the ongoing gradual return of national and in many instances, international events, it has been wonderful to see Tasmania's athletes start their return to competition, particularly as they prepare for the postponed Tokyo Olympic and Paralympic Games to be held later this year.

TIS athletes are excellent role models and ambassadors for the State and they continue to inspire and set a great example of health, leadership and perseverance that is required for all Tasmanians.

I would like to take this opportunity to wish all our athletes the very best as they represent our State and country to the best of their ability, and I look forward to watching and cheering as Tasmania's top athletes represent the Australian Team competing one year later at the 2020 Olympic and Paralympic Games in Tokyo in the coming months.

A stylized black ink signature of Jane Howlett.

Hon Jane Howlett MP

Minister for Sport and Recreation



DIRECTOR'S REPORT

PAUL AUSTEN



The 2020-2021 year continued to bring many challenges as the ongoing impact of the COVID-19 pandemic was felt across all aspects of the sporting landscape.

Another year where the unthinkable continued for athletes, where most events that our athletes were striving to perform, either postponed or cancelled for the second year running.

Amongst this we were incredibly blessed to witness the exploits of our Tasmanian cycling star Richie Porte, who delivered a long awaited place on the podium in the pinnacle cycling event the Tour de France.

That performance, amongst all the other disappointments around so many athletes not being able to compete, was a great cause for celebration. It was also a great tribute to Richie's ability, not only as the talented cyclist but as a person, who having experienced all the highs and lows of sport during his career, stuck at it and realised his dream to stand on the podium at the Champs-Élysées in Paris.

The postponement of the 2020 Olympic and Paralympic Games in Tokyo until 2021, and the delayed preparation and uncertainty was a big part of this year, and we are looking forward to seeing the State's best athletes compete in Tokyo in the coming months.

Congratulations to Nathaniel Atkinson, Georgia Baker, Dan Watkins, Eddie Ockenden, Sarah Hawe, Jake Birtwhistle, Richie Porte, Arianne Titmus and Stewart McSweyn who have been selected for the Australian Olympic Team. Ciona Wilson has also been selected to travel as a reserve with the Rowing Team.

The impact of the COVID-19 virus on sporting events meant that the Tasmanian Institute of Sport Key Performance Indicators of top eight performances at International competition were not able to be assessed for this period.

We also had to make the difficult decision to postpone the Seven Tasmania 2020 Tasmanian Athlete of the Year event due to the lack of events held during the 2020 year. Hopefully next year we will be able to host the event which will now cover the two year period 2020-2021 to consider all performances that occur within this timeframe.

I would especially like to acknowledge and thank all TIS staff for their ongoing commitment and outstanding work, particularly as we continue to navigate our way through the virus impacted sporting environment and the constant cancellations of events that we are preparing athletes to compete at. Our staff have been fantastic in the way they have stayed positive overcoming setback after setback helping the athletes to reset and refocus each time their event disappears.

I would like to acknowledge the retirement of Project Support Officer Lyn Jackson after 16 and a half years' service to the TIS Community. We thank Lyn for her significant contribution to all areas of team TIS and wish her all the best in her retirement.

Thank you also to all the specialist consultants within the TIS sports medicine network who have so ably helped us again this year with their expertise in delivering high quality services to the TIS athletes. The support and engagement of our network in helping us manage the impacts of COVID-19 has been wonderful and greatly appreciated.

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

A further special mention and sincere appreciation to our outstanding and highly valued partner, Motors Tasmania who continue to provide two vehicles for TIS use, which allows us to provide further support to our programs.

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

In the coming year, we wish every success to our Olympic and Paralympic Games athletes, and importantly also wish that these events proceed as planned and deliver a safe and spectacular Games in Tokyo in 2021.

A handwritten signature in dark ink, appearing to read 'Paul Austen'.

Paul Austen
Director

WHAT WE DO

PURPOSE

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

BACKGROUND

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

SPORTS PROGRAMS

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

COACH DEVELOPMENT

The TIS provides opportunities to coaches both within and outside of the organisation to assist with their personal and professional development. The TIS runs an internal coaching group to offer professional development, offers a Women in Sport Coaching Scholarship to external coaches and continues to offer coaching services through the Centre for Coaching to provide opportunities for all Tasmanian coaches.

FUNDING

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

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

SPORTS PERFORMANCE UNIT

The Sports Performance Unit of the TIS comprises of human performance laboratories and strength and conditioning facilities, providing services in sports physiology, video analysis, talent identification and development.

ORGANISATIONAL STRUCTURE

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

ATHLETE WELLBEING & ENGAGEMENT

The Athlete Wellbeing & Engagement program works with scholarship holders to help manage and guide their sporting commitments and work/schooling demands to sustain a healthy wellbeing and training outlook. The program focuses on engagement, mental health, career & education, personal development and conduct & professionalism to ensure athletes show commitment and dedication beyond their sporting achievements, engage in the community, and ensure professionalism in doing so.

BUSINESS AND ADMINISTRATION

STAFF

Paul Austen	Director
Geoff Masters	Business and Relationship Manager
Sam Lockett	Executive Assistant
Shelly Wesley	Administrative Assistant
Lyn Jackson	Project Support Officer
Mark Dixon	ICT Technical Advisor

EVENTS

Our annual major award, the Tasmanian Athlete of the Year was unable to be presented in 2020 due to the lack of international performances. With the function usually held alongside the Tasmanian Sporting Hall of Fame induction, we hope to be back in late 2021 to award a joint 2020-2021 Tasmanian Athlete of the Year and welcome further athletes into the Sporting Hall of Fame.

GENERAL ADMINISTRATION

The administration staff led by Geoff Masters, Business and Relationships Manager, delivered high level support services to the TIS programs during the year as the impact of COVID-19 continued. Despite the uncertainties and challenges throughout the year, all key administration functions were able to be maintained to the credit of all staff particularly as they managed the implementation and monitoring of all the Workplace, Health and Safety requirements needed to keep the TIS facilities open and operating.

During the year, we said goodbye to Project Support Officer Lyn Jackson who retired after 16 and a half years' service. Lyn's contribution has been significant. Her expertise and welcoming and supportive nature will be greatly missed by staff and athletes.

COMMUNICATIONS

PUBLICATIONS

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

WEBSITE

The TIS website is a valuable resource for both athletes and the general public. It is kept updated by TIS staff. Valuable IT support for the Institute is provided by ICT Technical Advisor, Mark Dixon.

SOCIAL MEDIA

The TIS continues to use Facebook, Twitter and Instagram accounts to connect with a wider audience and provide instant update on the progress of our athletes. During the year we continued to utilise our "TeamTIS" Facebook group to regularly communicate and share information with all our athletes. Thanks go to Samantha Lockett and Mark Dixon who lead the work involved in managing these platforms.

PUBLIC RELATIONS

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

ATHLETE MANAGEMENT SYSTEM

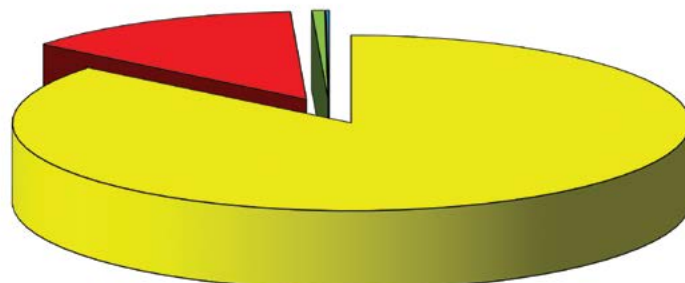
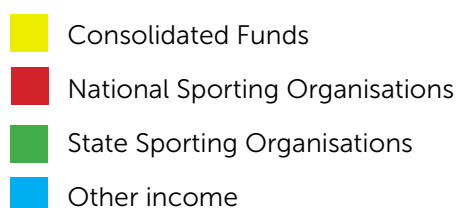
Through the tireless efforts of Mark Dixon, the TIS ICT Technical advisor, we continue to develop and maintain TISLink. TISLink is the TIS version of the national Athlete Management System (AMS) which is linked through to a national database system allowing sharing of athlete data which contributes immensely to supporting all of the Institutes key functions.

The AMS informs performance decisions through:

- Establishment of data tracking, analysing and reporting against sport-defined performance metrics for every high performance athlete, squad and team.
- Increase athlete availability for training and competition through the reduction of injury and illness while also understanding the adaptation to training and travel.
- Providing a nationally shared framework that captures performance-related data for all of Australia's categorised athletes in a single source.
- Providing the TIS with an efficient athlete administration workflow.

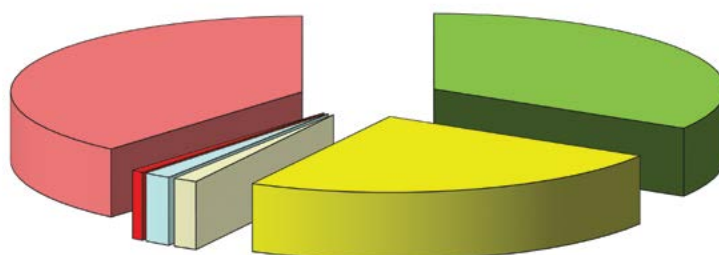
FINANCIAL MANAGEMENT

TIS FUNDING ALL SOURCES 2020-21



Consolidated Funds	\$2,827,378.00
National Sporting Organisations	\$441,464.00
State Sporting Organisations	\$20,000.00
Other Income	\$5,000.00
Total Funds	\$3,293,842.00

TIS ALLOCATIONS 2020-21



Sports Programs & Scholarships	\$1,108,570.00
Sports Performance Unit	\$795,125.00
Sports Medicine Consultancies	\$45,000.00
Coaching Development	\$50,000.00
Athlete Wellbeing & Engagement	\$22,000.00
Operations	\$1,273,147.00
Total Allocations	\$3,293,842.00

CORPORATE PARTNERSHIPS

The Tasmanian Institute of Sport would like to thank the following partners:

PRINCIPAL PARTNER



STRATEGIC PARTNERS



CORPORATE PARTNERS



PROGRAM PARTNERS



SPORTS PERFORMANCE UNIT

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

STAFF

Lindsay Harris

Manager, Performance Services
(to March 2021)

AW&E & Sports Medicine Network
Coordinator (from March 2021)

Stewart Pither

Manager, Performance Services
(from March 2021)

John Gregory

Senior Scientist

Pete Culhane

Senior Strength and Conditioning Coach

Ben Scarlett

Sports Performance Officer

Jake Cowin

Sports Performance Officer

Annabelle Anderson

Strength and Conditioning Coach

Mitch Bootes

Strength and Conditioning Coach (to
September 2020)

Michael King

Strength and Conditioning Coach (from
February 2021)

SPORTS SCIENCE

MAJOR ACTIVITIES

- Organised and hosted the online National Applied Physiology Conference with the Australian Institute of Sport.
- Revamped the injury report to include extensive treatments, notes and consults from the TIS Medical Network.
- Continued development and usage of our Athlete Management System – TISLink.
- Conducted a successful rowing selection camp based on a wide range of testing and competition measures.
- Undertook cycling Talent Identification testing days that resulted in athletes progressing to the Cycling Academy program.
- Worked with Athletics Tasmania Target Talent Program to provide extensive testing services to athletes.
- Assistance at key sport selection events.
- Representation at the Movement Science Conference.
- Transitioned to the new online AIS quality control system.
- Completed full staff accreditation with Exercise Sports Science Australia (ESSA).
- Comprehensively tracked rowing training and performances at three winter camps at Lake Barrington.
- Wide use of online video playout systems with TIS sports.
- Provided extensive testing to AFL, Tasmanian Jockeys, Northern Hawks Netball Club, and individual athletes under fee for service.
- Ongoing day-to-day monitoring of athletes within daily training environment.
- Provision of weekly and fortnightly daily monitoring reports to TIS programs.
- Performed 943 performance assessment tests.

PROJECTS AND RESEARCH

- Successful use of weather data to track and normalise on water rowing performance.
- Ongoing integration of force plate data collection and analytical analysis.
- The use of analytical software packages to provide insights into athlete movement science.
- Integration of data analytics for optimum athlete profiling.
- Heat acclimation for Olympic athletes.

- Utilised Inertial Measurement Unit to provide and assist coach feedback on performance.
- Conducted biomechanical assessments with rowing to implement and track performance changes.
- Configured data analytics coding languages to assist with multiple projects and develop resources.

SPORTS MEDICINE NETWORK

Thank you to our Chief Medical Officer Dr Steve Reid, Performance Psychology Coordinator Lydia Black and Lead Physiotherapy Coordinator Kellie Wilkie, for all their ongoing and highly valued work and guidance.

During this period the TIS Sports Medicine Network prepared to run its inaugural Education Day in Campbell Town and to bring all our network providers together for an exciting upskilling and networking day.

The Sports Medicine Network continues to take a proactive approach to TIS athlete performance health, with Kellie Wilkie commencing a comprehensive review of our existing physiotherapy network and levels of engagement and future directions to meet the growing needs and importance of our physiotherapy consultants and processes to assist overall athlete management including TISLink.

Dr Steve Reid has continued to lead our approach through COVID-19 and review and implement several key policies. Dr Reid and our Sports Medicine Network delivered a number of topical presentations to our staff to assist our performance health knowledge base.

We wish to thank our many Sports Medicine Network practitioners, who continue to support the TIS. Our network delivers quality sports medicine, sports psychology, sports nutrition, sports podiatry and physiotherapy services to TIS athletes throughout the year and included 39 medical and 48 physio screenings and hundreds of consults.

OTHER ACKNOWLEDGEMENTS

We thank the University of Tasmania for our continued relationship across the sports sciences, including student placements and a strength and conditioning scholarship.

We thank and acknowledge the Southern Netball Association for their support in allowing us to utilise their indoor testing facility.

STRENGTH AND CONDITIONING

MAJOR ACTIVITIES

- Athletes complete over 3,700 strength and conditioning (S&C) training sessions across four main venues in Launceston, Hobart, Devonport and Burnie as well as other outdoor and indoor training venues in many parts of the world.
- TIS S&C training mostly returned to pre COVID-19 activities, with some key learnings from the COVID-19 restriction period carried on as they were seen to be a beneficial by-product of the necessary changes. These included remote coaching capabilities, the increased reliance and utilisation of the TeamBuildr Programming Software and App and more flexibility around S&C equipment utilisation outside of the TIS facilities.
- S&C coaches conducted more than 550 dual force plate tests on athletes, as well as 97 movement screen tests involving both Functional Movement Screening and Y-Balance Testing.
- S&C coaches attended a vast array of sports training environments to see how the athletes and coaches train in their sporting environment, which enables a greater understanding of the demands and challenges an athlete and coach faces within their sports context.



- A new S&C coach based in Hobart commenced in February 2021. Michael King started following the departure of Mitch Bootes. Michael came to the TIS from a number of roles, most recently in South Australia including time at the South Australian Institute of Sport, Cycling South Australia.
- The TIS has begun to utilise the use of Blood Flow Restriction (BFR) training after the release of the AIS's best practice guidelines for its use in high performance sport. This will provide a nice adjunct to heavy resistance training as lighter weights can be utilised for similar strength and hypertrophy outcomes, especially in load compromised athletes such as those recovering from spinal or lower limb injuries where traditional exercises may not be suitable.
- The Women's NBL1 basketball team in Launceston, the Tornados, have been utilising the TIS S&C services in developing the athletic capacities of their playing roster for the 2020 season. It has been encouraging to see the development of both younger and senior players with the implementation of a structured S&C program and a large degree of buy-in from the playing group.
- The S&C coaches attended two major S&C Conferences virtually:
 - 2020 National Strength and Conditioning Network Workshop; and
 - 2020 Australian Strength and Conditioning International Conference on Applied Strength and Conditioning.
- In-house professional development sessions remained a focus, including a continuing focus on the assessment and interpretation of data derived from dual force plate assessment, a review of the two major S&C conferences attended and a number of other sessions on programming and performance tracking and reporting. These sessions were in conjunction with the S&C coaches from AFL Tasmania and Cricket Tasmania which is seen as a valuable way to share information and gather more insights across the state.
- TIS S&C staff continue to be actively involved in developing the states S&C coaches, presenting at two Level One coach education courses for the Australian Strength and Conditioning Association.



- Senior S&C Coach Pete Culhane continued in his part-time role of National Sports Science and Sports Medicine Network Lead for the discipline of S&C with the AIS. This role has provided an opportunity to bring much of the learnings from the AIS and national perspective of his role back into the TIS environment.

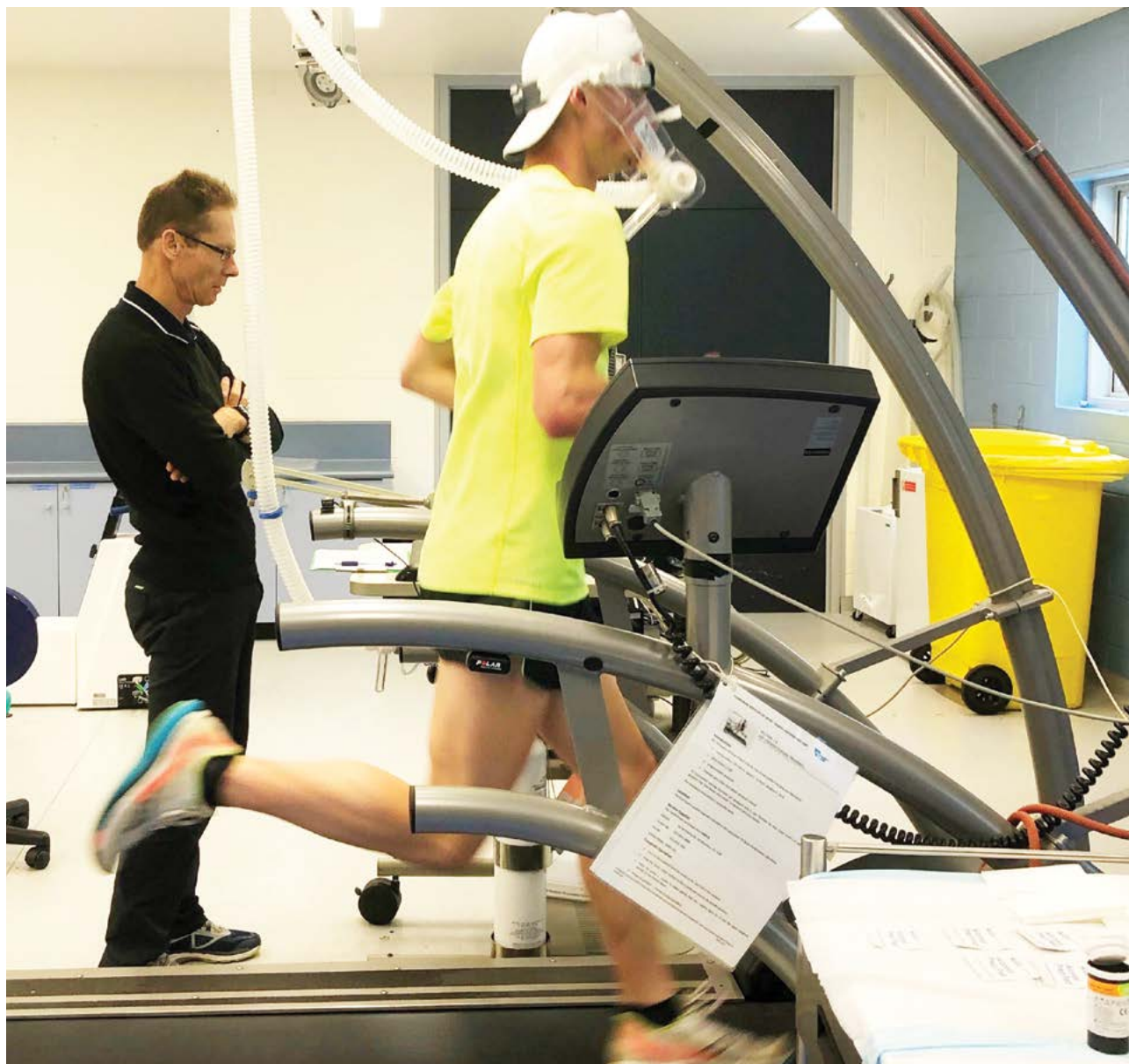
PROJECTS AND RESEARCH

- Pete Culhane has focused heavily on the development of the TIS's Blood Flow Restriction guidelines and implementation.
- Joint TIS/UTas PhD scholar Jake Cowin continues his work researching the area of dual force plate diagnostics in the assessment of asymmetries in athletes.
- Annabelle Anderson is continuing to develop her passion in the space of working with Para-athletes and developing systems of para-athlete progression and development.

OTHER ACKNOWLEDGEMENTS:

S&C services are provided to athletes across the state, both within the two TIS facilities, and within designated partner facilities. A new relationship began with the Portside (Devonport) and Strength Den (Burnie) gyms enabling our TIS athletes who are based in those regions to access high quality training spaces.

The TIS continues to work closely with the University of Tasmania's School of Health Sciences, where both organisations support the development of Sports and Exercise Science students, with emphasis on developing strength and conditioning coaches and practical sports scientists. We acknowledge Dr. Nathan Pitchford PhD and the rest of the UTas team for the ongoing assistance to the staff, athletes and coaches of the TIS.



ATHLETE WELLBEING & ENGAGEMENT

PROGRAM

The national Athlete Wellbeing & Engagement (AW&E) Network consists of providers based in State Institute of Sports (SIS/SAS) organisations and National Sporting Organisation environments.

This multifaceted approach provides athletes with guidance, resources, and educational opportunities to achieve personal and professional empowerment.

AW&E's purpose is to lead and support Australia's sporting industry to understand that a successful high-performance culture means athletes finding the right balance between wellbeing, engagement activities outside of training and competition and the requirements of elite sport.

A holistic training and life balance approach is achieved by individualised services, designed to assist athletes to achieve their highest potential by creating a unique environment necessary for individual success. This is driven through five work streams:

- Mental health
- Conduct & professionalism
- Personal development
- Career and education
- Community engagement

MAJOR PROGRAM INITIATIVES

- Development of Wellness Wednesday information and resources for TIS athletes.
- Delivery of athlete mindful performance training both group and individual.
- Over 190 athlete contacts during this reporting period focused on career pathways, athlete progression, sport life balance and public speaking.
- Ongoing support from the Elite Athlete Education Network and University of Tasmania Elite Athlete Program for athletes combining their academic and sporting commitments.
- Continued TIS/UTAS HECS scholarship agreements.
- Continued liaison with TIS athlete education providers.
- Assisting with a mental awareness workshop at a joint rowing and cycling camp.

OTHER

The TIS maintains a strong partnership with the national AIS AW&E program and UTAS, through the Elite Athlete Education Network and the TIS Sports Science Sports Medicine Network.



COACH DEVELOPMENT

MAJOR PROGRAM INITIATIVES

COACHING CENTRE

During the year, the TIS continued to progress the Centre for Coaching Program. The Program objective is to develop, implement and embed a sustainable Coaching Centre in TIS operations. A centre which all sports in Tasmania could look to as an opportunity to develop and enhance coach progression.

Engagement with State Sporting Organisations to establish research, consultation and subsequent gap analysis and development of 'pilots' has continued assisting in defining the path forward.

The TIS Coaching Centre is now working closely with Sport and Recreation Tasmania around support and engagement with the Community Coaching Forums ran throughout Tasmania. The TIS will assist with topics, presenters and supporting ongoing coach development.

WOMEN IN SPORT COACHING SCHOLARSHIP

The Women in Sport Coaching Scholarship is a partnership between Womensport and Recreation Tasmania Inc. and the TIS. The initiative was launched in 2018 and continued to support women with coaching development opportunities in 2020-21.

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

The women receive support to develop their individual coaching capabilities and leadership, allowing them to gain valuable national experience whilst expanding their own knowledge and skills. The successful applicants for the 2020-2021 scholarships were Amanda Punch (swimming) and Dannie Carstens (netball).

Amanda and Dannie, despite disruptions, continued to develop their coaching skills through online education sessions, coaching accreditations and zoom interactions with coaching mentors. Both scholarships have been extended to provide opportunities for both women to complete their coaching activities within the current sporting environment.



STAFF EDUCATION ONLINE COURSE

Throughout the year, all TIS staff completed the AIS Female Performance & Health Initiative Education course. The eight course modules completed was a positive demonstration of our commitment to providing the best daily training environment and how we seriously take our various roles, striving to make sure that we do so, with knowledge and understanding about how best to support each athlete we support.

Overall, we gained a better understanding of what coaches, and others need to be aware of in striving to get the best outcomes for female athletes.



SPORTS PROGRAMS

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

STAFF

Alisa Denne

Manager, Sports Programs

Ilene Carr

Sports Program Coordinator

Brett Gillow

Sports Program Coordinator (from January 2021)

The impact of COVID-19 continued to present challenges on a global scale for the 2020-21 period. Sport at all levels had a sustained period of disruption and the TIS, across all programs, continued to be innovative in delivering platforms to enable continuation of athlete support and engagement.

NATIONAL TRAINING CENTRE PROGRAMS

In 2020-21 the TIS operated three National Training Centre (NTC) programs - athletics, cycling and hockey and a State Pathway Program operated in rowing. High Performance Scholarships were provided to athletes selected to participate in these programs.

Identified athletes in the sports of athletics, hockey and rowing were provided a TIS Training Agreement - targeting specific development areas - to assist them fast-track their progression to a TIS High Performance Scholarship.

The NTC programs and State Pathway Program are conducted in partnership with the national and state sporting organisations for the respective sports. The programs are delivered and coordinated by a TIS coach, with the TIS Manager, Sports Programs and Sports Program Coordinators.

TALENT DEVELOPMENT PROGRAMS

In 2020-21, the TIS supported a Talent Development Academy for cycling and Athletics Tasmania's equivalent the Target Talent Program (TTP). These programs provided coaching expertise and targeted performance services to athletes aimed to assist them to progress along their sport's high performance pathway.

ELITE DEVELOPMENT PROGRAMS

The TIS supported the operation of Elite Development Programs in the sports of canoe slalom, netball, sailing and swimming during 2020-21. Scholarships were provided to athletes selected to participate in canoe slalom, sailing and swimming.

Elite Development Programs are conducted in partnership with the sports' national and state sporting organisations and are coordinated by a coach or nominated staff member employed by the sport.

The netball program has an Elite Development Squad (EDS) structure - directed by Netball Tasmania and supported by the TIS and Netball Australia. The swimming program has a tiered development program structure - with the National & State Flippers Squads directed by Swimming Australia and supported by TIS and Swimming Tasmania.

INDIVIDUAL SUPPORT PROGRAM

The TIS provided support to selected Tasmanian athletes competing in sports for which the TIS does not operate a program. The TIS supported six individual athletes across the sports of archery, bowls, skateboarding, triathlon, and weightlifting in this program during 2020-21. High Performance Scholarships were provided to those athletes.

ASSOCIATE ATHLETES

Athletes with TIS Associate Athlete status fall into two categories:

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

There were five athletes across the sports of swimming, netball and sailing with TIS Associate Athlete status in 2020-21. The TIS supported these athletes by offering access to negotiated performance services when in Tasmania and or assistance to compete in Tasmania.

ATHLETICS

The TIS Athletics Pathway Program is extensively aligned to Athletics Australia's (AA) National Athlete Support Scheme (NASS). Tasmanian NASS athletes (Para and Able Bodied) are directly selected by AA and through an agreement between AA and the TIS, the selected athletes are provided access to National Institute Network for sports science sports medicine services including access to a personal strength & conditioning performance coach and other monitoring services to assist them in preparation for performance excellence in their chosen event/s.

Additionally, the TIS has an athletics scholarship pathway for high achieving potential athletes to represent Australia in the future and fall outside the AA NASS.

AA has a national Target Talent Program (TTP) for National medallist in the U16-U20 age groups. Each state athletics organisation is supported with training camp funding for the state selected

athletes (plus additional state selected well performed athletes). The Tasmanian TTP is driven by Athletics Tasmania and overseen by the TIS State Performance Advisor.

NASS ATHLETES

Sam Clifford (5K)

Jack Hale (100m, 4 x 100m)

Deon Kenzie (T38 1500m, 800m)

Alexander McKillop (T36 100m)

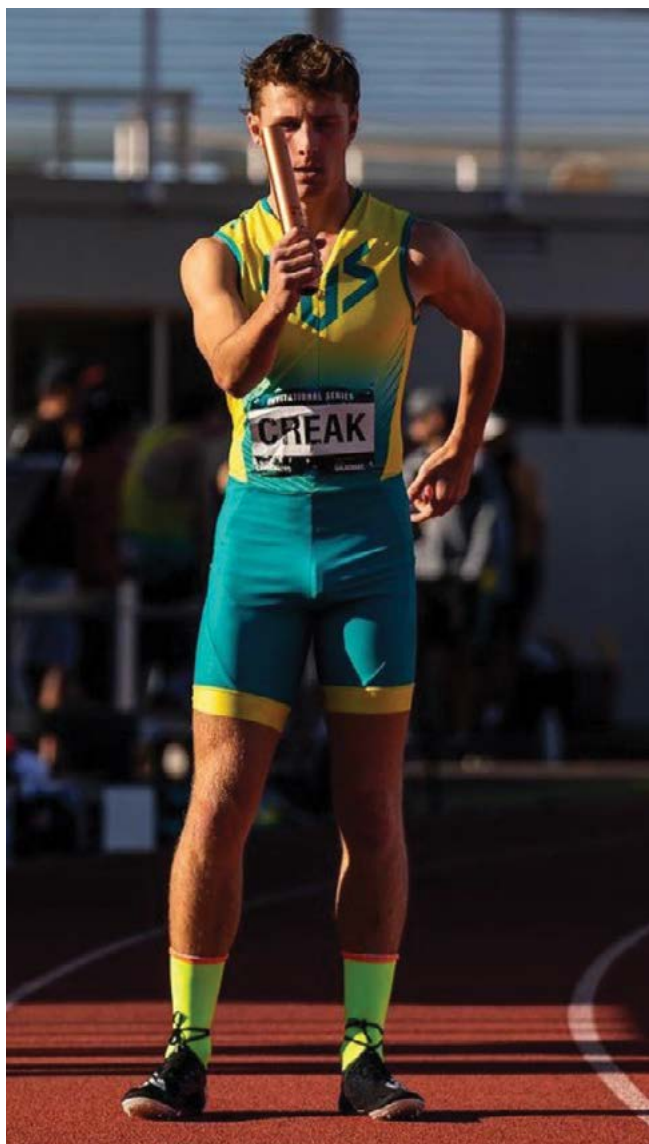
Stewart McSweyn (5K, 1500m)

HIGH PERFORMANCE SCHOLARSHIP ATHLETES

Milly Clark (Marathon)

Alexander Creak (400m)

Hamish Peacock (Javelin)



PROGRAM HIGHLIGHTS

- **Stewart McSweyn**
2020 Tokyo Olympic selection for 1500m
National records 1 mile 3:48.37, 1500m 3:30.51
- **Deon Kenzie**
2020 Tokyo Olympic selection for 1500m T38
National record 1500m 3:55.09
- **Jack Hale**
National record 100 yards 9.43 (+2.0) (PB)
100m 10.21 (+1.0)
- **Alexander McKillop**
100m T36 12.63 (+0.93), 200m T36 26.73 (+0.4)
- **Sam Clifford**
10K Road Race 29:33 (PB), 3000m 8:17.10
- **Milly Clark**
10k Road Race 33:02 (PB)
- **Hamish Peacock**
Tasmanian State Champion Javelin
- **Alexander Creak**
Australian U20 4 x 400m relay 2021 representative
400m 47.98 (PB), 200m 21.93 (PB), 100m 11.07 (PB)

TARGET TALENT PROGRAM

The first weekend camp was held in Hobart with 31 Athletes and their coaches attending. They underwent a battery of assessment tests for various disciplines and engaged in educational workshops and designated event group training sessions.

STATE PERFORMANCE COORDINATOR

Robert Ballard

ATHLETE SERVICE PROVIDERS

Stewart Pither (Athlete Wellbeing & Engagement)
Ben Scarlett (Sports Science)
John Gregory (Sports Science)
Annabelle Anderson (Strength & Conditioning)
Pete Culhane (Senior Strength & Conditioning)
Matt Lancaster (Physiotherapy)
Kellie Wilkie (Physiotherapy)
Dr Steve Reid (Sports Physician)
Dr David Humphries (Sports Physician)
Dr Jerome Muir Wilson (Sports Physician)
Gaye Rutherford (Nutrition)
Lydia Black (Sport Psychology)

TRAINING VENUES

- Southern Athletics - Domain Athletics Track, Hobart
- Northern Athletics - St Leonards Complex, Launceston
- North West Athletics - Penguin Sports Complex, Penguin

PARTNERS

Athletics Tasmania
Athletics Australia



CYCLING

The TIS Cycling Program has had some interruptions to national and international competitions with postponement of events during this reporting period due to COVID-19 restrictions.

In December 2020, the Australian Track Championships were held in Brisbane. Josh Duffy had a breakout National Championship winning the Scratch Race, silver in the One-Kilometre Time Trial and strong performance together with Jack Menzies, Will Eaves and Dalton Stretton to claim a silver medal in the Teams Pursuit. Lauren Perry won the Elite Women's Scratch Race Championship and bronze in the Individual Pursuit.

In January, attention shifted to road racing where Scott Bowden claimed a bronze medal in the National Road Championship held in Ballarat. Nicole Frain (senior) and Anya Louw (U23) both won a bronze medal in the Individual Time Trial.

The Mountain Bike National Championships were held in Tasmania in the town of Maydena in March. Sam Fox executed a well timed and skilful ride to win the XCO U23 National Championship.

The Australian Track Championships held in its normal time slot in March 2021 in Brisbane saw some breakout performances from the U19 men's

team. Hamish McKenzie won the Individual Pursuit Championship in a stunning time of 3min16sec. Hamish joined Jack Menzies, Will Eaves and Dalton Stretton in the Teams Pursuit to finish with a silver medal narrowly beaten by South Australia. Dalton and Hamish also won a silver medal in the U19 Madison. Senior athletes Lauren Perry and Josh Duffy showed some great improvements from December 2020 Track Nationals, Lauren improved 8 seconds in the Individual Pursuit to finish with a silver medal. Josh Duffy, silver in the One-Kilometre Time Trial improved his time by one second to ride a world class time of 1min00sec.

It was particularly pleasing to see Lauren and Josh graduate to the podium potential program - based in Adelaide on the back of their strong performances during the 2020 and 2021 National Track Championships. Dalton Stretton and Hamish McKenzie were selected in the National team for the Junior World Track Championships, unfortunately due to COVID-19 restrictions the team was unable to compete. Sam Fox was also selected in the national team to compete at the XCO MTB World Championships held in Val di Sole, Italy in August 2021.



CYCLING ACADEMY

The TIS Cycling Academy continues to flourish under the guidance of TIS Cycling Coach Belinda Goss. The focus in this reporting period has been on road and track based training camps considering several National Championships cancellations for our U17 athletes. The focus during the camps was to maintain team culture, while maintaining fitness and improving skills. With COVID-19 restrictions easing we look forward to the Academy athletes competing again at a national level in the near future. Hamish McKenzie, Jack Menzies, Will Eaves and Sam Fox have all graduated to TIS scholarships in 2020-2021.

PROGRAM HIGHLIGHTS

- National Team Selections
Hamish McKenzie, Dalton Stretton (U19 track team)
Sam Fox (U23 MTB team)
Lauren Perry, Josh Duffy (senior podium potential categorisation).
- Hamish McKenzie – Gold, U19 National Individual Pursuit Championship
- Sam Fox – Gold, U23 National XCO, MTB Championship
- Lauren Perry – Gold, Senior National Scratch Race Championship
- Josh Duffy – Gold, Senior National Scratch Race Championship

HIGH PERFORMANCE ATHLETES

Georgia Baker
Scott Bowden
Josh Duffy
Will Eaves
Sam Fox
Nicole Frain
Zack Gilmore
Any Louw
Hamish McKenzie
Jack Menzies
Lauren Perry
Dalton Stretton
Catelyn Turner

STAFF

Matthew Gilmore, NTC Head Cycling Coach
Belinda Goss, TIS Cycling Coach
David Walker, TIS Satellite coach

ATHLETE SERVICE PROVIDERS

Stewart Pither (Athlete Wellbeing & Engagement)
John Gregory (Sports Science)
Pete Culhane (Strength & Conditioning)
Lydia Black (Sport Psychology)
Jaymeila Webb (Sport Nutrition)
Gaye Rutherford (Sport Nutrition)

TRAINING VENUES

Silverdome Complex track, Prospect

PARTNERS

AusCycling Tasmania
AusCycling



HOCKEY

The 2020-21 period has been a challenging time for the hockey program with limited competition opportunities available for athletes. Although Tasmania was able to run a local domestic season, athletes have been starved of opportunities to compete against their peers from interstate due to the cancellation of several 2020 national championships and the dynamic nature of border controls.

National program activities fared better with camp and competition opportunities planned and conducted from November onwards. The national men's and women's programs were able to hold several camps and competitions for athletes to participate in.

Hayden Beltz joined National Senior Squad members Josh Beltz, Eddie Ockenden and Jack Welch for the Super Camp Series in November, which also acted as the National Senior Squad selection camp. Hayden, along with Sam McCulloch, were then given further opportunity participating in an Olympic preparation camp with the Kookaburras, held in Busselton in April.

In March and May, the National Junior women and men's programs held camps in Canberra and at the Gold Coast respectively. TIS athletes attending these camps included Phillida Bridley, Evie Dalton, Josh Brooks and Henry Chambers.

As final preparations commenced for the 2020 Tokyo Olympic Games Josh Beltz and Eddie were part of the Kookaburras team who played in the Trans-Tasman series against New Zealand in Palmerston and Eddie and Jack played in the Pro League matches against New Zealand held in Perth in June.

The Under 18 National Championship held in April 2021 were the only national championship event to go ahead. After excellent individual performances the program welcomed four new scholarship holders, Taylor Brooks, Max Larkin, Oliver Pritchard and Camilla Vaughn.

Athletes based in the local daily training environment, continued to access TIS services in preparation for scheduled 2021 national championships including Hockey One and the Under 21 Nationals.

PROGRAM HIGHLIGHTS

- National Futures Squad selection – Maddison Brooks, Taylor Brooks, Camilla Vaughn, Max Larkin, Oliver Pritchard

NTC HEAD HOCKEY COACH

Andrew McDonald



HIGH PERFORMANCE SCHOLARSHIP ATHLETES

Josh Beltz
Hayden Beltz
Phillida Bridley
Josh Brooks
Maddison Brooks
Taylor Brooks
Henry Chambers
Evelyn Dalton
Gobin Gill
Julia Gunn
Max Larkin
Sam McCulloch
Eddie Ockenden
Oliver Pritchard
Camilla Vaughn
Ewan Vickery
Jack Welch

TRAINING AGREEMENT ATHLETES

Ashby Bingham
Tyler McDonald

ATHLETE SERVICE PROVIDERS

Annabelle Anderson (Strength & Conditioning)
Michael King (Strength & Conditioning)
Ben Scarlett (Sports Science)
Lindsay Harris (Athlete Wellbeing & Engagement)
Stewart Pither (Athlete Wellbeing & Engagement)
Gaye Rutherford (Sport Nutrition)
Lydia Black (Performance Psychology)
Steven Welch (Goal Keeping Coach)

TRAINING VENUES

Tasmanian Hockey Centre, New Town

PARTNERS

Hockey Tasmania
Hockey Australia



ROWING

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

The TIS continues to have a strong working relationship with Rowing Australia and Rowing Tasmania to ensure effective coaching and development opportunities for all athletes within the Tasmanian rowing pathway.

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

The TIS Rowing Program continued to operate a two-tiered program during 2020-21, consisting of Training Agreements and High Performance scholarships. Training Agreements enable the TIS Rowing Program to offer tailored support to identified developmental athletes. High Performance Scholarships assist Tasmania's best rowing athletes, with these athletes receiving the uppermost level of support.

The program operates out of five primary locations utilising the TIS' New Town Bay Rowing Centre facility and the Huon Rowing Club in the south of Tasmania and the North Esk and Tamar rowing clubs in the north of the state.

Athletes in the North West are serviced out of Mersey Rowing Club.

PROGRAM HIGHLIGHTS

- Sarah Hawe, selected in the Australian Woman's Eight for the 2020 Tokyo Olympics
- Ciona Wilson, selected as travelling reserve for the Australian Woman's Sweep Squad for the 2020 Tokyo Olympics
- Georgia Nesbitt finished sixth in the Olympic Qualification Regatta
- Kate Hall, Finnian Colley, Connor Ryan and Joseph Wilson selected in the 2021 Australia U23 Team
- Brendan Long selected to coach the 2021 Australian U23 Men's Quad Scull

The COVID-19 pandemic saw only one international competition for Australian Rowing Teams during the 2020-21 year, this being the Olympic Qualification regatta in Lucerne, Switzerland during May. TIS athlete Georgia Nesbitt attended this event however she was unsuccessful in her quest to qualify for the Australia Lightweight Double Scull for the 2020 Tokyo Olympic Games.



HIGH PERFORMANCE ATHLETES

Sarah Ashlin
Jack Barrett
Sarah Hawe
Kate Hall
Eleni Kalimnios
Eve Mure
Wilson Mure
Georgia Nesbitt
Kate Oliver
Alec Paterson
Sophie Robinson
Conner Ryan
Lucas Wigston
Ciona Wilson
Joseph Wilson
Alexandra Wrigley
Henry Youl

HEAD ROWING COACH

Brett Crow

ROWING PERFORMANCE COORDINATOR

Brendan Long

SUPPORT COACHES

Trevor Barrett
John Driessen
Paul Newbon
Grant Pryor (Rowing Australia, State Talent Pathways Coordinator)

ATHLETE SERVICE PROVIDERS

John Gregory (Sports Science)
Pete Culhane (Strength & Conditioning)
Annabelle Anderson (Strength & Conditioning)
Mitchell Bootes (Strength & Conditioning)
Jake Cowin (Sports Science Officer)
Kellie Wilkie (Lead Physiotherapist)
Lia Giovanovits (Physiotherapy)

TRAINING CENTRES

Derwent River (from New Town Bay facility)
Huon River (Huon Rowing Club)
Tamar River (North Esk Rowing Club and Tamar Rowing Club)
Lake Barrington International Regatta Centre

SPONSORS

Motors Tasmania

PARTNERS

Rowing Tasmania
Rowing Australia



CANOE SLALOM

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

In the absence of competition, athletes have spent much of the past year at home accessing Tasmania's pristine waterways. Local based athletes have spent time at Brady's Lake and on the River Derwent at New Norfolk honing their skills.

This has been supported with several opportunities for athletes to access the National Training Centre facilities at Sydney Olympic Park. Hamish Dalziel and Hugh Clements spent the March long weekend at the Penrith course training and competing in local organised competition. Valuable time was also spent with Olympic kayak representative Lucien Dalfour.

Kate Eckhardt and Demelza Wall also spent time training at the National Training Centre under the watchful eye of Head Coach Myriam Fox.

Daniel Watkins preparing for his first Olympic Games returned to the National Training Centre in the new year.

Dan and the Australian Canoe Team were fortunate to travel to New Zealand in April before heading to Europe to finalise preparations for Tokyo 2020.

The canoe slalom program is overseen by coordinator Peter Eckhardt.

ATHLETES

Hugh Clements
Hamish Dalziel
Kate Eckhardt
Claire Hodgman
George Lazenby
Demelza Wall
Dan Watkins

KEY PARTNERS

Paddle Tasmania
Paddle Australia



NETBALL EDS

The Netball Elite Development Squad (EDS) Program functions in a three-way partnership between the TIS, Netball Tasmania and Netball Australia. The program is overseen by Netball Tasmania with support from the TIS.

The EDS program offers Tasmania's elite netball athletes the opportunity to progress along Netball Australia's high performance pathway. The TIS provides performance services to athletes including physiological testing, strength and conditioning, performance nutrition, performance psychology and athlete wellbeing and engagement services.

With a continued impact from COVID-19 to national competition opportunities for netball athletes, all national championship events were cancelled for the reporting period.

ASSOCIATE ATHLETE

Kelsie Rainbow

KEY PARTNERS

Netball Tasmania

Netball Australia

ATHLETES

Matilda Allen
Candice Archer
Mackenzie Banks
Chanelle Byers
Hannah Carr
Zoe Claridge
Grace Close
Gemma Collyer
Hannah Crawford
Mady Dove
Monique Dufty
Jess Earney
Renee Eiszele
Anna Gatehouse
Macy Goninon
Brielle Gordon
Maddi Hay
Rubi Healey
Rebecca Hyland
Zanna Jodlowska
Kendall Jones
Esther Kidmas
Danielle Laughher
Hannah Lenthall
Ella Marsh

Ellie Marshall
Hayley McDougall
Amelia McMahon
Shelby Miller
Olive Morris
Hannah Navickas
Hayley Older
Bell Parker
Sophie Pidgeon
Eloise Piper
Ashleigh Probert-Hill
Grace Pullen
Georgia Pyke
Ebony Rainbow
Olivia Read
Annabelle Sanders
Jessica Scott
Alexia Smith
Lauren Spencer
Megan Steele
Ashlea Turner
Makenzie Tyrrell
Alex Vinen
Hannah Vinen
Charlie Wheller



SAILING

The TIS State Sailing Performance Program is a partnership between the TIS and Australian Sailing (AS), to support the development of Tasmanian athletes and coaches as they progress through AS Performance Pathways.

The TIS support the delivery of the program and camp-based activities through access to performance services; strength and conditioning (programming and gym access), physiological testing, performance nutrition, performance psychology and athlete wellbeing & engagement. The on-water coaching and management of the program is overseen by AS.

The 2020-2021 year was severely impacted by COVID-19 with limited competition held nationally or internationally. Athletes spent this time training and refining their skills both at home and interstate as state border rules permitted.

HIGH PERFORMANCE SCHOLARSHIP ATHLETES

Adele Auchterlonie

Will Cooley

Dervla Duggan

Sam King

Will Sargent

Charles Zeeman

TALENT DEVELOPMENT SCHOLARSHIP ATHLETES

Ethan Galbraith

Charlie Goodfellow

Jacob McConaghy

Thomas Nikitaras

ASSOCIATE ATHLETES

Amelia Catt

Chloe Fisher

COACHES

Brady Lowe

Lizzi Rountree

KEY PARTNERS

Sandy Bay Sailing Club

Australian Sailing



SWIMMING

In partnership with Swimming Tasmania and Swimming Australia (SAL), the TIS supports the Swimming Tasmania Development Program.

The Swimming Tasmania Development Program forms part of Swimming Australia's Athlete Development Pathway. The program is overseen for Tasmania by the State Technical Director on behalf of Swimming Australia. The program aims to provide high performance opportunities to identified Tasmanian swimming athletes demonstrating potential for selection in National Teams.

TIS support has three components:

- State Flippers Squad programmed activities.
- Targeted support to identified athletes considered 12 months off meeting the selection standard for National Flippers Squad or SAL Para-Swimming Development Program.
- Individualised Scholarship to athletes attaining National Flippers or SAL Para-Swimming Development Program and above.

ATHLETES

HIGH PERFORMANCE INDIVIDUAL

Max Giuliani

Jet Jankiewicz

STATE FLIPPERS SQUAD

Morgen Hawkins

Noah Kamprad

Emily Mitchell

Jardene Ralph

Matilda Smith

Karl Wurzer

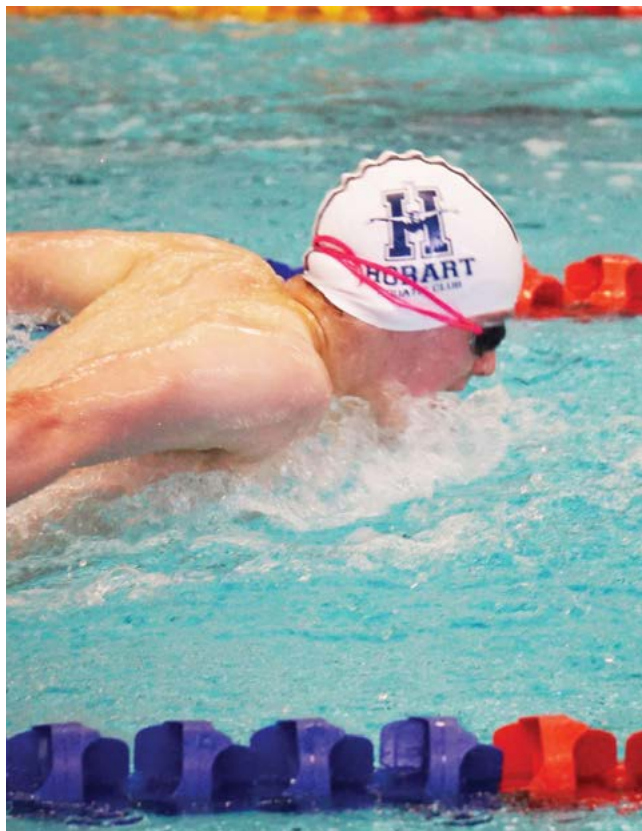
ASSOCIATE ATHLETE

Ariane Titmus

KEY PARTNERS

Swimming Tasmania

Swimming Australia



INDIVIDUAL ATHLETES

The TIS Individual Support Program aims to provide opportunities for performance progression to Tasmanian elite athletes in sports where the TIS does not deliver or partner in a program.

The Individual Support Program typically caters to elite senior athletes and targeted junior high-performance athletes competing in Olympic, Paralympic or Commonwealth Games sports.

In keeping with the Australian Institute of Sport's sport categorisation strategy, athletes who have a current 'categorisation' with their National Sporting Organisation are prioritised in terms of allocation of available resources.

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

PROGRAM HIGHLIGHTS

- Sarah Haywood, 1st place Australian Open Ladies, Individual Recurve Event, Sydney Olympic Park. Sarah also placed first in the team event.

SCHOLARSHIP ATHLETES

Kevin Faulkner (Archery)

Sarah Haywood (Archery)

Rebecca Van Asch (Lawn Bowls)

Grace Cochrane (Skateboarding)

Jacob Birtwhistle (Triathlon)

Kaitlyn Fassina (Weightlifting)

An athlete assessed at TIS 'Assisted Athlete' level is an identified athlete (by their sport) - considered on current progression trajectory - capable of qualifying for Individual Scholarship level support within a period of one year. Assisted athlete support provides short-term assistance, targeted toward a specified performance outcome at a specific event/competition.

ASSISTED ATHLETE

Jacob Templeton (Swimming)



KEY PERFORMANCE INDICATORS

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

Due to the impact of COVID-19, there were insufficient viable competitions for a performance benchmark for the 2020-21 period.



STRATEGIC PLAN

OUR VALUES

- TEAMWORK
- INTEGRITY
- EXCELLENCE

OUR PURPOSE

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

OUR PRINCIPLES

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

OUR VISION: THE TIS IS HIGHLY VALUED FOR ITS CONTRIBUTION TO TASMANIA'S SPORTING SUCCESS

STRATEGIC PRIORITIES 2020-21

1 PERFORMANCE

Deliver

High Quality Coaching

Provide innovative and responsive

Sports Science

Strength and Conditioning

Sports medicine

Physical therapies

Initiate

Athlete Wellbeing and Engagement Program

Talent Identification Development Project

Prioritise

Competition opportunities that progress performance

2 PARTNERSHIPS

Strengthen relationships

National sporting organisations/state sporting organisations/professional sporting clubs

University of Tasmania

Education establishments

Sports medicine practitioners

Engage with

Department of Communities Tasmania

State Government

Local government

Corporate clients

Contribute to

National Institute Network

3 RESOURCES

Support

Athlete Wellbeing "whole person"

Capable administrators

Expert coaches

Knowledgeable scientists

Pursue

Contemporary facilities, training environments and equipment

Explore

Technology and performance innovation opportunities

Seek

Investment in new opportunities

4 PROCESS

Review

Organisational structure and operations

Continuously Improve

Efficiency of ICT systems, framework and infrastructure

Effectiveness of TIS communication process

Meet

WH&S requirements

Quality Assurance standards

OLYMPIC AND PARALYMPIC ATHLETE HONOUR ROLL

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

2016 OLYMPIC GAMES – RIO

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

2016 PARALYMPIC GAMES – RIO

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

2012 OLYMPIC GAMES – LONDON

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

2012 PARALYMPIC GAMES – LONDON

Todd Hodgetts	Athletics (Gold)
Matt Bugg	Sailing

2008 OLYMPIC GAMES – BEIJING

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

2008 PARALYMPIC GAMES – BEIJING

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

2004 OLYMPIC GAMES – ATHENS

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

2000 OLYMPIC GAMES – SYDNEY

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

2000 PARALYMPIC GAMES – SYDNEY

Clayton Johnson	Athletics
Melissa Carlton	Swimming (Silver, Bronze)

1996 OLYMPIC GAMES – ATLANTA

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

1996 PARALYMPIC GAMES – ATLANTA

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

1992 OLYMPIC GAMES – BARCELONA

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

1988 OLYMPIC GAMES – SEOUL

David Connor	Sailing
Gary Smith	Sailing
Ron Laycock	Weightlifting

COMMONWEALTH ATHLETE HONOUR ROLL

ATHLETE HONOUR ROLL

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

2018 COMMONWEALTH GAMES – GOLD COAST

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

2014 COMMONWEALTH GAMES – GLASGOW

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

2010 COMMONWEALTH GAMES – DELHI

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

2006 COMMONWEALTH GAMES – MELBOURNE

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

2002 COMMONWEALTH GAMES – MANCHESTER

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

1998 COMMONWEALTH GAMES – KUALA LUMPUR

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

1994 COMMONWEALTH GAMES – CANADA

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

1990 COMMONWEALTH GAMES – AUCKLAND

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



ATHLETE OF THE YEAR

The Seven Tasmania Tasmanian Athlete of the Year recognises outstanding performance based on the athlete's performance at international level, their contribution to their sport and to the Tasmanian sporting community. The Award was not presented in 2020, due to the lack of international performances. A joint award for 2020 and 2021 will be presented in late 2021.

2020	Not awarded	-
2019	Arianne Titmus	Swimming
2018	Jake Birtwhistle	Triathlon
2017	Rebecca Van Asch	Lawn Bowls
	Sarah Hawe	Rowing
2016	Matthew Bugg	Sailing (para)
2015	Amy Cure	Cycling
2014	Eddie Ockenden	Hockey
2013	Richie Porte	Cycling
2012	Daniel Geale	Boxing
2011	Matthew Goss	Cycling
2010	Eddie Ockenden	Hockey
2009	Amy Cure	Cycling

2008	Scott Brennan	Rowing
2007	Ricky Ponting	Cricket
2006	Hanny Allston	Orienteering
2005	Kate Hornsey	Rowing
2004	Matthew Wells	Hockey
2003	Dana Faletic	Rowing
	Kerry Hore	Rowing
2002	Mark Jamieson	Cycling
2001	Matthew Wells	Hockey
2000	Simon Burgess	Rowing
	Darren Balmforth	Rowing
1999	Simon Burgess	Rowing
	Darren Balmforth	Rowing
1998	Bianca Langham	Hockey
1997	Simon Burgess	Rowing
1996	Daniel Sproule	Hockey
1995	Nick Rogers	Sailing
1994	Daniel Collins	Canoe – Sprint

CHAMPIONS CLUB

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

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

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

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

TIS CHAMPIONS CLUB MEMBERS

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



