

TASMANIAN INSTITUTE OF SPORT

yearbook & annual report

2004-2005



ISSUE 53 - DECEMBER 2004
TASMANIAN INSTITUTE OF SPORT
TIS BULLETIN

Matthew Wells Athlete of the Year

Matthew Wells is a talented swimmer who has achieved many milestones in his career. He was named Athlete of the Year for 2004 at the Tasmanian Sports Awards. Wells is a member of the Australian national team and has competed at several international level. He is currently training with the Tasmanian Institute of Sport.

ISSUE 54 - MARCH 2005
TASMANIAN INSTITUTE OF SPORT
TIS BULLETIN

B&E to fund Sports Performance

The Tasmanian Institute of Sport (TIS) has announced a major funding initiative to support elite athletes. The funding will be used to cover the costs of training, travel, and other expenses. This is a significant step towards improving the performance of Tasmanian athletes at the international level.

ISSUE 55 - JUNE 2005
TASMANIAN INSTITUTE OF SPORT
TIS BULLETIN

TIS crew set for Henley Regatta

The Tasmanian Institute of Sport (TIS) has announced that it will be sending a crew to compete in the Henley Regatta. The crew consists of several of the state's top rowers. This is a great opportunity for them to gain experience and compete against some of the world's best rowing teams.

ISSUE 56 - SEPTEMBER 2005
TASMANIAN INSTITUTE OF SPORT
TIS BULLETIN

Rowers return as world champions

The Tasmanian Institute of Sport (TIS) has announced that its rowing team has won a world championship. This is a historic achievement for the state and a testament to the hard work and dedication of the athletes. The team will be representing Australia at the upcoming world championships.

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minister's *foreword*

At the 2004 Athens Olympic Games, Tasmanian Institute of Sport (TIS) athletes demonstrated that they can compete on the world stage. This is a reflection of the excellent support services provided to the State's elite and developing elite athletes by the TIS.

A total of nine Tasmanians represented Australia in Athens, with five of them winning medals, resulting in Tasmania's best ever performance at an Olympic Games. The achievements of all TIS athletes are a direct result of the high-quality programs developed and administered by the institute and a reflection of the professionalism and dedication of its staff.

The State Government remains committed to the development of Tasmania's elite athletes and coaches and continues to support the TIS to achieve its goals. This year we were pleased to be able to provide additional funding to the TIS for much-needed technologically advanced competition and training equipment, which is already delivering excellent results.

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

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



Tasmania in the development of elite athletes and coaches.

Finally, I congratulate the TIS athletes and coaches on their wonderful achievements at the 2004 Olympic Games, as well as their many other outstanding individual performances during the year.

I look forward to witnessing the achievements of Tasmanian athletes at the upcoming 2006 Commonwealth Games in Melbourne and wish all athletes every success as they strive to achieve at the highest levels in 2005-2006.

A handwritten signature in black ink that reads "Jim Cox". The signature is stylized and cursive, with a large loop at the end.

Jim Cox, MHA
Minister for Sport and Recreation

chairman's *report*

It's been a very successful year, but one tinged with sadness.

The outstanding performances of the TIS athletes at the 2004 Athens Olympic Games reflected their extraordinary ability and dedication.

Their success also reflected the outstanding programs in place at the TIS that allow each athlete the opportunity to maximise their talent.

As Chairman and on behalf of my fellow directors, I was deeply saddened by the loss of the TIS' Head Rowing Coach Sam Le Compte to cancer during the year. Sam was a wonderful person who made an outstanding contribution to the development of the TIS and rowing in Tasmania. We miss him greatly and he will be very hard to replace.

I would like to acknowledge and thank the State Government for its ongoing support. This support ensures that the TIS can provide the best possible services to athletes and coaches.

This year, through additional funding from the State Government, the TIS was able to obtain much needed high-performance training and competition equipment.

I would also like to extend my sincere thanks to our many corporate partners.

Without generous support from the corporate sector, the TIS could not offer the range of high-quality programs and support services that it currently does.

The TIS Board and staff greatly appreciate the very positive association with all our



partners and we look forward to many years of involvement with them.

We have seen the TIS undergo several changes, particularly in key staff, during the year and we are encouraged by the Institute's ability to continue to provide high-quality services and support during these periods of change.

To my fellow Directors and the staff of the TIS I extend my personal thanks for their ongoing support and commitment.

I would like to congratulate and pay tribute to all the athletes and coaches of the Tasmanian Institute of Sport. Their magnificent achievements put themselves, the Institute and the state on the world's sporting stage and I wish them every success in the future.

A handwritten signature in black ink, appearing to read 'D. Rogers', written over a set of horizontal lines.

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

director's *report*

The 2004-2005 year has seen the TIS continue to provide opportunities and support through our programs to our athletes that allow them to develop to their greatest potential. The outstanding results achieved by TIS athletes at the 2004 Athens Olympic Games demonstrates the Institute's ability to provide elite level assistance that fosters this level of performance excellence.



Our coaches have also continued to achieve at the highest level, with TIS coaches consistently being recognised for the contribution and expertise they provide to the development of their respective sports. This is well demonstrated by the TIS Head Cycling Coach, Kevin Tabotta, who was appointed to the position of High Performance Manager for Cycling Australia, and the back-to-back Olympic silver medal winning performance of crews coached by the late TIS Head Rowing Coach Sam Le Compte.

The additional coaching development programs established in the early part of the year have seen more resources and opportunities being provided to aspiring Tasmanian coaches that will assist in developing them to the high-performance standard.

The TIS Sports Performance Unit has continued to explore new ways of refining training and improving performance. This has seen the commencement of a high-speed video repository and access to updated sports performance equipment that will allow the Unit to continue to maintain the high standard of services provided to the athletes and coaches.

The scholarship program has provided quality services through the various programs to 102 athletes during the year.

All athletes have enjoyed access to a standard of support that has given them the best possible home-based training environment.

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

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

The Board of Management, under the chairmanship of Denis W Rogers AO continues to provide strong strategic leadership and guidance in assisting the TIS achieve its goals. The contribution of the Board in providing advice on strategic issues and in supporting key initiatives is an integral component of the Institute's ability to maintain and further improve our performance development programs.

This year has been a difficult one for the TIS staff. To our deep regret and sadness, our highly respected colleague and outstanding rowing coach Sam Le Compte passed away in June 2005 after losing his battle with cancer. Sam's contribution to the rowing athletes of Tasmania can never be overstated and his overall impact on the high-performance culture of the TIS has been one of huge significance.

In all, the year has seen the majority of staff endure some degree of instability whilst positions have changed or undergone the necessary recruitment processes. To everyone's credit this has all occurred with minimal disruption, which is the result of all staff being committed to maintaining a high level of support and services to our athletes and coaches.

Finally, I congratulate the athletes and coaches for the dedication and

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

I wish those chosen to compete in the upcoming 2006 Melbourne Commonwealth Games every success.



Paul Austen
Director



Sam Le Compte who lost his battle with cancer in June. Sam's contribution to the rowing athletes of Tasmania can never be overstated and his overall impact on the high-performance culture of the TIS has been one of huge significance.

administration

ACTIVITIES

TIS Annual Awards Dinner

The TIS Annual Awards Dinner was held at the Hotel Grand Chancellor in Hobart on 29 October 2004. The evening was attended by 270 guests and proved to be a thoroughly fitting tribute to the hard work of Tasmania's elite athletes in 2004.

The Athlete Awards Dinner also presented a perfect opportunity to thank former Tasmanian Institute of Sport Director, Elizabeth Jack, for her outstanding contribution to the Institute and its athletes.

Guests were entertained by sports broadcaster Tim Lane, who made good use of his vast knowledge of elite sport. Comedian Dave Hughes capped off the evening with his dry brand of humour and laconic wit which proved to have something for everyone.

Hockey Olympic Gold Medallist Matthew Wells was named Male Athlete of the Year and overall Athlete of the Year. This marks



*Project Support Officer
Jeanne Pennington*

his fourth consecutive year as Male Athlete of the Year.

With 2004 being such a successful year for the Tasmanian Institute of Sport, the competition for the awards was tough. The Female Athlete of the Year honour went to Olympic silver medallist, softball player Simone Morrow, and cyclist Matthew Goss was named the Junior Athlete of the Year.

Jeanne Pennington
Project Support Officer



Denis W. Rogers AO, David Bartlett MHA, Junior Athlete of the Year Matt Goss, Female Athlete of the Year Simone Morrow, Male Athlete of the Year Matthew Wells and StLukes Managing Director Colleen McGann.

School Expos

During 2004/2005 TIS athletes, coaches and staff conducted visits to schools in the Dodges Ferry, New Norfolk and George Town areas.

Now in the fifth year, the TIS focus of the expos is to provide students from rural and regional centres with the opportunity to experience a variety of activities they would not normally be able to experience. It also encourages them to lead a more healthy and active lifestyle.

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

In August 2004, primary and secondary students from Dodges Ferry Primary, Richmond Primary, St Johns School, Sorell District High and Tasman District High came together at the Dodges Ferry Recreation Centre where they were inspired by TIS athletes Krystal Chugg (taekwondo), Lis Paget and Zain Wright (hockey), Luke Vaessen (long jump) and Mathew Wade (cricket).

The next school expo was held at New Norfolk Sports Centre in November where 188 students from New Norfolk Primary, Fairview Primary, Westerway Primary and St Brigid's School were inspired by TIS athletes Sid Taberlay (Athens Olympian – mountain bike), Lis Paget and Sofie McLeod (hockey), Grant Page (athletics) and George Bailey and Matthew Wade (cricket).

The schools expo targeted young people from grades five and six and exposed them to a variety of activities including fitness balls, timing gates and standing long jump, cycling and rowing ergometer, hurdles and speed ladder and vertical jump and ball throw, all expertly manned by TIS staff.

Sport and Recreation Tasmania staff assisted at the scooter boards activity while staff from TASRAD – (Tasmanian Sport & Recreation Association for People with a

Disability) and Julie Van Keulen, 1984 Paralympian in javelin, proved too strong for students in the popular wheelchair sports activities.

The cricket skills and drills workstation again proved to be very challenging for students, with coaches and athletes from Tasmanian cricket providing the groups with expert tuition.

The first visit for 2005 was the George Town area in April. Students from Port Dalrymple School, South George Town Primary School and Star of the Sea College were inspired by TIS athletes Alex Doolan (cricket), Mark Strochnetter and Rebecca Quail (lawn bowls), Kasper Hebblewhite (rowing), Will Robinson (TIS Development Squad for cycling) and Camilla Whishaw (athletics).

Students were guided through a range of physical activities by TIS athletes, staff and coaches and Sport and Recreation Tasmania consultants. Some sports such as rowing, rarely seen in George Town, were a huge success with the students and gave the athletes a chance to put something back into their sport.

Denise Hansson School Expo Coordinator



The TIS focus of the expos is to provide students from rural and regional centres with the opportunity to experience a variety of activities they would not normally be able to experience.

Staff

The Institute experienced personnel growth and several changes during the year. Director Paul Austen and Executive Officer Geoff Masters were permanently appointed to the positions they have acted in for extended periods.

Darren Balmforth, Ron Bryan and Stewart Pither were welcomed to new coaching positions in the Rowing, Cycling and Hockey programs respectively. Head Cycling Coach Kevin Tabotta resigned to take up a senior position with Cycling Australia and was replaced by Paul Brosnan.

Late in the period, Athletics Program Manager Nicole Boegman returned to her home state of New South Wales. Manager Athlete Services John Kincade moved a few metres in the building to take on a senior role with Sport and Recreation Tasmania.

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



*Geoff Masters
Executive Officer*

The *TIS Bulletin* was published regularly as part of the Institute's ongoing promotional activities, acknowledging corporate sector support and providing information to the community on Institute activities and the achievements of its athletes.

As a final note, we would like to acknowledge the support of staff in the Corporate Services division of the Department of Economic Development for the many services they provided to the Institute during the year.

Strategic Plan

Early in the year all staff isolated themselves from their day-to-day activities and participated in a staff retreat, where the primary activity was to develop the framework for a TIS Strategic Plan covering 2005-2009.

Following subsequent reviews and enhancement by staff, the final document was presented to and endorsed by the TIS Board of Management.



The schools expo targeted young people from grades five and six and exposed them to a variety of activities.



corporate partnerships

The TIS receives valuable support from partnerships with leading corporations. These partnerships allow important components to be 'value added' to the Institute's athlete and coach development activities.

As one of the TIS' major sponsors, Coca-Cola Amatil provided valuable support which allowed the Institute to continue with the PowerAde Schools Program providing valuable exposure and training to our athletes. The sponsorship also contributes to the running of the Talent Search program.

The Lodge at Tarraleah continued its support of the TIS and in particular the development of rowing coaching. In addition to its annual assistance, The Lodge at Tarraleah sponsored a Tasmanian Institute of Sport men's eight in the Ladies Challenge Plate event at the prestigious 2005 Henley Royal Regatta in the United Kingdom.

St.LukesHealth assists with the hosting of the TIS Annual Dinner and Awards evening and its significant contribution enabled this event to be successfully held, with an Olympic theme, at the Hotel Grand Chancellor in Hobart.



Tasmania

Sport and Recreation Tasmania
Department of Economic Development



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



B&E Ltd provided valuable assistance that supported the operation of the TIS mobile testing van. Long-term partner of the TIS and Chief Executive of B&E Ltd Russell Paterson will be missed, following his recent resignation.



Other companies that assisted the TIS this year were: J Boag & Son, Southern Cross Television, Craigow Wines, Hotel Grand Chancellor, Tasmanian Radio Network and The Denture Centre



Avanti, Cyclingnews and Prince Albert Inn continued their valuable assistance to the TIS NTC Cycling program.



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



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



We also acknowledge the support of our public relations consultants, Corporate Communications, for their assistance with the Institute's media and corporate activities throughout the year. Steve Titmus resigned his role with Corporate Communications in December with Mark Wells quickly picking up the reins in the New Year.



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

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



sports performance

The Sports Performance Unit (SPU) has maintained its support to Tasmanian Institute of Sport (TIS) athletes and coaches throughout the past year. The SPU provides services that include sports science, sports medicine, physical preparation and talent search services.

Assistance has included physiological testing and monitoring, performance analysis, sports science support at nationals and pre-world title camps, procurement of new technology, training and program advice, access to the sports medicine network and facilitation of camps.

The past 12 months has seen extensive assistance to national squad and scholarship holders. The unit's key support activities have included:

- Extensive field-based testing of team sports.
- Continued monitoring of physical responses in the field.
- Widespread use of video clip storing technology.
- Testing of athletes in the SPU laboratory.
- Support to cricket and swimming at national level championships.
- Assistance to the national mountain bike team before world titles.
- Utilisation of power output and global positioning technology in cycling and kayaking.



*John Gregory
Manager,
Sports Performance Unit*



*Christine Hamlyn
Sports Performance Officer*

There has been ongoing servicing of our National Training Centre (NTC) programs of cycling, rowing and hockey. Furthermore, Elite Development Squads (EDS) including basketball, cricket, football, kayaking, swimming, tennis and triathlon have benefited from regular sports science and

physical preparation services delivered by Peter Culhane.

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

Regular education sessions were conducted during the year which included psychology lectures and practical-based nutrition workshops for new recruits. A successful coach's forum was conducted at the Bellerive Cricket Centre earlier in the year. The forum included information sessions on athlete management by guest speakers. The highlight of the day was a presentation from Ian Thorpe's coach, Tracey Menzies.

The SPU has been busy with field and laboratory-based research in the past 12 months. Early in the year we conducted field testing and video capture on the TIS whitewater kayakers during the week of the Australian titles. It was possible to measure kayakers' performances on land and during competition.

Furthermore, the SPU was involved with the planning and delivery of a major swimming study in conjunction with the Victorian Institute of Sport. This research showed the optimal recovery 'swim down', the effect of active swimming on recovery and subsequent performance, and the time course of blood lactate release after maximal 200m swims. Results from the study will apply to other TIS sports.

Finally the SPU has conducted a cycling research project that has looked at the effect of 'power cranks' on cycling efficiency.

Early in May the SPU underwent exhaustive testing by members from the Australian Institute of Sport's Laboratory Standards Accreditation Scheme (LSAS). Considerable effort is spent ensuring our laboratory and staff comply with the high standards required in Australian sports sciences. The LSAS comes once every four years to observe testing, run an independent assessment of the SPU oxygen analyser and audit the laboratory's calibration procedures. This is an important process for the SPU, which shows we are comparable to other laboratories in Australia.



Mathew French undergoing lab testing.

The Unit's performance analysis capacity increased markedly in the past few months. The SPU recently invested in the Dartfish capture, editing and archiving system, which is one of the leading computer-based performance analysis programs available. In addition, we have extended the capacity of our computer servers to allow for improved video storage.

Physical Preparation Officer Peter Culhane has continued to provide strength, recovery and planning services to TIS athletes. Physical preparation milestones for 2004 – 2005 included:

- Extensive work with hockey, rowing and cycling programs.
- Implementation of strength training measurement technology into programs.
- Development of a level one accredited TIS gym.
- Ongoing servicing of NTC, EDS and individual scholarship holders.

Elissa Morley continued to expand the range of sports and athletes serviced by the Talent Identification (TID) program. In

recent times the Talent Search program has:

- Successfully included wildwater kayaking into the program.
- Expanded the number of schools and athletes tested statewide.
- Placed record numbers of athletes with sports around the state.
- Maintained high performances of TID athletes at national titles.

Sports Medicine Network

We remain thankful for the assistance of the sports medicine network for their continued work with the SPU and TIS athletes in the past 12 months. We are grateful to Dr Ian Beltz and the Hobart Pathology Group for sports medicine coordination and blood analyses, respectively. In conjunction with doctors and physiotherapists the medical and musculoskeletal screening of TIS athletes has continued in the past 12 months.

John Gregory
Sport Performance Manager



EDS swimmer Karl Wurzer undergoing testing.

talent search

Again this year we have enjoyed witnessing the hard work and dedication of former Talent Search athletes pay off as they competed in national and international competition in various sports. Cyclist, Louise Yaxley was awarded an AIS scholarship in road cycling following outstanding performances in the Open Road National Championships in 2005.

Natasha Mapley was selected in the Australia Road Team to compete in the Junior World Championships in Italy in September and October 2004. Natasha went into the Junior World Championships in good form and recorded an impressive eighth place finish in the Under 19 time trial. Former Talent Search rower Kate Hornsey is now based at the AIS with the women's eight and has spent time in Europe gaining further international racing experience.

An exciting development this year has been the success of the first TIS Talent Search project focusing on the identification of athletes over the age of 18. A grant from the National Talent Search Program and the Australian Sports Commission's Innovation and Best Practice Unit enabled the TIS to hunt for potential cycling stars in the open age category.

Targeted athletes included those who were physically fit with powerful legs and good endurance but cycling experience was not a necessity. 22-year-old Laura McCaughey was identified through the program and after approximately 10 months training under the guidance of TIS coaches Kevin Tabotta and Ron Bryan, Laura contested her



*Elissa Morley
Talent Search Coordinator*

first Track National Championships. Laura raced remarkably well to finish fourth in the keirin and scratch race and fifth in the sprint and time trial, being defeated almost solely by cyclists with Olympic and international experience.

Talent Search junior age programs have grown again this year to include an additional sport and more medal-winning performances at State and National level. Following three phases of testing, the 2004/05 TIS Talent Search Squad was launched at Induction Ceremonies in Hobart and Launceston.

Forty-five talented young Tasmanians were identified as potential stars in the sports of rowing, basketball, orienteering and the new Talent Search sport of wildwater kayaking.

In rowing, new and former Talent Search athletes performed well at National Championships in New South Wales collecting 13 top 10 finishes between eight

athletes. The National Championships highlighted Natalie Shelton, Brianna McShane and Blaize Holland as some of the promising, new athletes in junior age categories.

For the second year running, two Talent Search basketball athletes, Dwayne Radcliffe and Catherine Guest, received impressive reviews as they represented Tasmania at the National Basketball Championships.

Five Talent Search orienteers with only one year's experience in their sport qualified for National Championships and achieved eight top 10 finishes. Following the National Championships, orienteers Kylee Gluskie and Matthew Barratt were selected to represent Australia at the Oceania Championships in New Zealand during January and came away with impressive results including three stage wins by Kylee.

The introduction of the sport of wildwater kayaking to the Talent Search Program has already proven to be a valuable addition. With no previous wildwater kayaking experience and only three months in the Talent Search Program, Talent Search paddlers won every available event in the Under 15 men's and Under 14 women's events at the National Championships in January.

In keeping abreast with cutting-edge knowledge and techniques in the rapidly evolving field of talent identification, the Australian Talent Search Program has developed links with the Japan Institute of Sports Sciences.

A visit to the Japan Institute of Sports Sciences enabled the exchange of information on talent identification and development techniques with our international counterparts. Japan is a world leader in a talent development technique combining general coordination training with sport specific training and they were enthusiastic in sharing their knowledge on this, and a range of other talent identification issues. Communication with Japan is ongoing to enable the information sharing process to continue.

Thanks must go to Coca-Cola Amatil PowerAde for their great, ongoing sponsorship of the Talent Search Program. Recognition and appreciation must also be extended to the PE teachers, schools and colleges who support the Talent Search Program, the dedicated and enthusiastic coaches who work tirelessly with Talent Search athletes and the volunteers who make the Talent Search program possible.

Elissa Morley
Talent Search Coordinator



*Where it all begins:
a Talent Search
induction
ceremony.*



schools program

The PowerAde Schools Program is an initiative of the Tasmanian Institute of Sport (TIS) and is supported by Coca-Cola Amatil.

The program aims to promote the value of an active and healthy lifestyle by utilising elite level athletes as role models. The program is available to Tasmanian schools and is specifically targeted towards grades five and six. Involvement in the program provides benefits, not only for the TIS athletes personally, but it is a great way of promoting the sport to a captive audience.

Tasmanian Institute of Sport athletes involved in the PowerAde Schools Program visit their designated primary and secondary schools during term 1 and 2 of the school year – sometimes their former school – and give an introductory presentation to one or more class groups.

Athletes are able to introduce the specifics of their chosen sport and answer a myriad of questions about life as an elite athlete. The return visits, occurring late term 2 and term 3, allow many of the athletes to present a more practical side of their sports with students becoming involved and participating in activities.

The response by athletes, in particular by our junior TIS athletes, to be involved in the 2004/2005 PowerAde Schools Program was particularly encouraging based on general willingness to share part of their story with others. 28 athletes from 15 sports expressed an interest in visiting schools throughout Tasmania during 2005.

To assist athletes prepare for their school



*Project Support Officer
Denise Hansson*

visits, public speaking workshops were held in February at Launceston and Hobart with assistance from former TIS rower Matt Russell, who facilitated the Launceston session, and Keryn Nylander who facilitated the Hobart session.

Denise Hansson
PowerAde Schools Program
Coordinator



As one of the TIS' major sponsors, Coca-Cola Amatil provided valuable support which allowed the Institute to continue with the PowerAde Schools Program.

athlete career & education

The Athlete Career and Education (ACE) program continued in 2004/5 with an emphasis on service being provided to athletes on an individual basis.

I was on maternity leave from April until November 2004 and during this time David O'Sign provided ACE services. David is one of the TIS' consultant sports psychologists and utilisation of his services led to better integration of ACE with sports psychology at TIS. During this time he provided individual ACE assistance to all referred and self-referring athletes, and offered support to a number of athletes in transition.

In the first half of 2005, servicing goals for the six-month period increased from 25 to 30 initial individual assessments, including five targeted athletes in the Australian Football Elite Development Squad, and this increased target was achieved. Follow-up assistance was also provided to individual athletes with regard to career planning, education guidance, personal development and the management of transitions.

Public speaking workshops were held in



*ACE Coordinator
Leonie Coskun*

both Launceston and Hobart in February. Time management workshops were held for the Australian football squad in January and the basketball squad in April. In conjunction with the targeting of Australian football athletes, an 'Introduction to Career Planning' group session was run with this squad in January.

Strategies were initiated to build a stronger network among employers and educational institutions supporting TIS athletes. The TIS ACE Program enjoys an extremely



*Matt Russell
providing advice
to athletes at a
public speaking
workshop*

cooperative relationship with staff at the University of Tasmania who have demonstrated a great deal of flexibility in providing alternative arrangements, particularly with regard to exams, for students relocating or absent due to training and competition commitments. This has made it possible for studying athletes to successfully combine participation in both sport and academic study.

Distribution of the TIS ACE 'Balance' newsletter has continued, providing athletes with regular updates of information about career and education opportunities and issues.

My professional development included participation in the ACE managers' meeting held in Sydney in March, and completion of the subject 'Developmental and Biological Psychology' as part of a Graduate Diploma in Psychology studies by distance education

through Monash University.

Arrangements continued with Relationships Australia for confidential counselling made available to athletes, families and coaches. In June the TIS and Tasmanian rowing communities were saddened by the death of TIS Rowing Coach Sam Le Compte and counselling was specifically offered to affected athletes at this time.

The ACE program would like to thank all employers, education providers, sponsors, staff, coaches, parents and other stakeholders who have assisted TIS athletes in 2004/5 to pursue their sporting ambitions while developing and implementing career plans for life beyond sport.

Leonie Coskun
TIS Athlete Career & Education
(ACE) Consultant

physical preparation

The Physical Preparation area has been working increasingly hard over the past 12 months to meet the service requirements of the Tasmanian Institute of Sport's athletes and coaches. This has been due to several reasons, most notably the increase in athletes using the services.

The Athens Olympics provided me with the opportunity to work closely with many athletes who were competing at the games, most notably in the areas of rowing and cycling. The Australian lightweight four crew were based in Huonville for several months prior to their departure for the games and spent many hours in the Port Huon gym under close supervision. I also spent many hours with mountain biker Sid Taberley in the gym at the Hobart Aquatic Centre fine-tuning his strength before he left for Athens.

Several other TIS athletes also trained in Tasmania before heading off to other states and countries in the final weeks of their pre-Olympic training. All these athletes



*Physical Preparation Officer
Peter Culhane*

competed extremely well and I feel proud that the TIS Physical Preparation area had the opportunity to assist these athletes in their quest for sporting excellence.

As in previous years the hockey program has been a heavy user of services, ranging from strength sessions in the gym to fitness and speed and agility training on the pitches. The tennis players and football players have also been joining the hockey groups when their playing and training



*Fitness testing
for a group of
athletes.*

schedules allow it. This has been beneficial for all groups involved and something that we will try to develop further.

Continued servicing of our larger sports such as rowing, hockey, cycling, swimming along with the individual athletes will always keep me busy but there is still a percentage of athletes who do not seek servicing from the area. We are constantly looking into ways to increase the level of service provided to TIS athletes and hope in the near future that more athletes will choose to utilise the services available.

Finally, a major task that has been completed over the past 12 months has been the Institute's Physical Preparation area undertaking the task of gaining national accreditation for both facilities and staff with the National Sports Science Quality Assurance Program. This has been undertaken to develop a standardised national approach to the provision of strength and conditioning services, the tests undertaken and the reports and data exchanged between the nation's institutes and academies.

Peter Culhane
Physical Preparation Coordinator



Above: Sofie Mcleod during fitness testing.

Below: TIS 'boot camp'.



TIS scholarship programs

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

NATIONAL TRAINING CENTRE (NTC) PROGRAMS

These are the main programs offered by the TIS in conjunction with national and state sporting organisations and the Australian Sports Commission. In 2004/2005 the Institute operated four NTC programs in the sports of athletics, cycling, hockey and rowing. All sports have a full-time coach or program manager employed specifically to conduct the NTC program. Athletes are admitted into these programs using nationally accepted standards and are provided with coaching, access to national and international competition, equipment and all TIS services including Sports



Sid Taberlay is a member of the NTC cycling program.

Science and Athlete Career and Education.

ELITE DEVELOPMENT SQUAD (EDS) PROGRAMS

These programs operate in a similar manner to NTC programs. Squads enlist the services of a coach employed by the state sporting organisation to 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 2004/2005 were basketball, cricket, football, swimming, tennis, triathlon and wild water canoe.

INDIVIDUAL SCHOLARSHIP PROGRAM

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

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

National Training Centre programs

athletics

In 2004/2005 the TIS athletics program continued to assist the elite developing athletes and their coaches within the State to reach the High Performance TIS scholarship standards. While the scholarship period commenced with eight athletes on board, two youth athletes joined the program in early 2005. Out of the 10 squad member, two attained World Youth qualifying standards, five athletes competed internationally (two overseas) and two relocated interstate.

Seven of the TIS scholarship holders competed nationally at the Telstra A-Series meets and National Championships and all set personal best performances throughout the season. Athletics Tasmania also recognised these outstanding performances with TIS athletes being named as Athlete of the Year in the Open, Under 20 and Under 18 age groups and a TIS network coach was named as Coach of the Year.

Athlete Highlights 2004/2005

Graham Hicks started the season well, just prior to Christmas, placing second at the Zatopek Classic with a distance of 58.46 metres. He continued to remain in second position throughout the season; however he took the number one title at the Victorian state championships with a season's best throw of 56.9m. Currently ranked third in Australia and 12th on the Commonwealth list, Graham was selected for a development tour of the USA in May. The four competitions throughout the West Coast proved to be a great experience for Graham and success followed where at two competitions he threw over 60m and set a



*NTC Athletics Program Manager
Nicole Boegman*

new personal best and Tasmanian State record of 61.77m. This will hold him in good stead for the coming season with the Commonwealth Games qualifying standard set at 60m. Graham was also named Male Athlete of the Year by Athletics Tasmania.

Tristan Thomas also had an excellent start to his season being selected to represent Australia at the Commonwealth Youth Games in Bendigo. Tristan won two gold medals for the 400m and medley relay, and his time for the 400m (47.06) was a new personal best and Under 19 Tasmanian State record. Success continued for Tristan a week later at the Australian All Schools Championships where he was named Male Athlete of the Meet. Tristan won the Under 20 400m hurdles in a new meet record of 51.91; he also came away with wins in the 200m (21.60, a personal best), 800m (1:53.15) 400m (47.63) and a bronze in the 4 x 100m relay. Tristan's performances earned him a scholarship at the AIS in Canberra and he relocated there in the New Year. He went on to compete at several

Telstra A-Series meets and finished off a long season with third place in the 400m hurdles at the Open National Championships and winning the same event in the Under 20 age group. Tristan was named Athletics Tasmania's Male Under 20 Athlete of the Year and will have his sights set on qualifying for next year's Commonwealth Games.

Madelin Poke had a breakthrough this season with top three placings at the 2004 Australian All Schools Championships. Madelin won silver in the Under 17 100m (12.19) and bronze in the Under 17 200m. Her time of 24.32 was a personal best and a first World Youth qualifying performance. These performances gained Madelin selection into the Australian Youth Olympic



Graham Hicks.

Festival where success continued with a win and personal best in the 100m (11.99) and second place in the 200m with another World Youth qualifying time.

Madelin then went on to compete at her first Telstra A-Series meet in Canberra running a credible 12.26 in the 100m. A slight achilles problem forced Madelin to miss the Tasmanian State Championships and the final selection meet for the World Youth Championships. Although she missed selection for the World Youth team this season she went on to finish on a high, winning the Under 18 100m (12.29) and gaining second place in the 200m at the Interstate Youth match in Brisbane.

If Madelin can continue to show the same progression in the coming season she would be a chance for selection in the 2006 World Junior team. Madelin was also named Female Under 18 Athlete of the Year by Athletics Tasmania.

Another new comer, Ryan Foster, had an impressive season running over 10 personal best times for various middle distance events. After excellent performances at the Australian All Schools, Ryan was also selected to compete at the Australian Youth Olympic Festival. Ryan competed as an additional competitor in the 800m which he won in a personal best time of 1:54.77. He also finished second in the 2000m steeplechase (5:58.06) just .06 outside the World Youth standard.

Ryan then went on to win the Victorian State Under 20 800m (1:53.09) and 1500m (3:55.58) setting personal best times in both events. At the Tasmanian State Championships, Ryan set another personal best, an Under 18 State record and a World Youth qualifying performance for the 2000m steeplechase (5:57.31). This performance gained him selection into the Australian Team for the World Youth Championships in Morocco. Ryan, who was named Athletics Tasmania's Under 18 Male Athlete of the

Year, finished in ninth place in his heat at the World Youth Championships (6:05.50). Ryan's coach, Max Cherry, was also awarded Coach of the Year by Athletics Tasmania.

Notable mentions:

- Ben Rickards was also selected to compete in the high jump at the Australian Youth Olympic Festival; and at the Australian Under 18 Multi-Event Championships finished in third place.
- Luke Vaessen jumped a personal best in the long jump with 7.51m bettering the previous World Junior standard of 7.50m. He also placed second in both the Under 18 (7.03m) and Under 20 (7.22m) long jumps at the Australian All Schools Championships
- Grant Page ran a personal best in the 800m at the Telstra A-Series in Melbourne with 1:50.73.

Other Program Highlights:

A TIS Coaching Development Grant enabled a young up-and-coming Tasmanian coach, Adrian Finch, to experience and understand the High Performance program

as well as the development side of athletics. Adrian assisted the TIS athletics program manager in the implementation of youth developments squads for Athletics Tasmania and also attended the Under 18 Interstate match as a team coach for Tasmania. Having the opportunity to attend the Australian Track and Field Coaches Annual Congress on the Gold Coast, Adrian was able to implement new ideas and draw on his network to successfully run two athletic development clinics in the north and south of the state. The clinics were supported by local and interstate coaches as well as TIS consultants and staff.

The season also saw the end of my term as the NTC Athletics Program Manager. With many changes taking place in athletics as a result of the Athletics Australia review I was offered an opportunity to relocate back to my home town in Sydney to take up a position at the New South Wales Institute of Sport. I take this opportunity to thank all the athletes, coaches, administrators and wonderful staff at the TIS who supported me through my stay.

**Nicole Boegman
NTC Athletics Program Manager
(2003-2005)**

cycling

One of the major highlights for the cycling program in 2004/05 was Sid Taberlay's Australian MTB selection and representation at the 2004 Athens Olympic Games following some outstanding World Cup performances. Sid went on to sign a professional contract for the 2005 season.

Matthew Goss capped off 2004 by winning two Junior World titles at the Track Championships in LA, also representing Australia at the Junior World Road Championships in Italy in both the time trial and road race. Matthew went on to be named TIS and Cycling Australia Junior Athlete of the Year.

A pre-Christmas TIS endurance training camp was held at Silver Ridge Retreat outside Sheffield which was attended by all scholarship holders. This proved to be very successful, in particular for Matthew Goss who won the Launceston International Criterium immediately after.

Outstanding performances continued in 2005 with Mark Jamieson winning the Under 23 Australian Road Time Trial Championship. A month later Mark went onto win the Individual Pursuit at the Australian Track Championships. Mark then teamed up with Matthew Goss and two former TIS scholarship holders to win the Teams Pursuit, making history for Tasmania.

Mark Jamieson and Matthew Goss were subsequently selected to represent Australia at the 2005 Senior Track World Championships in LA where they won bronze in the Teams Pursuit.



*TIS Head Cycling Coach
Paul Brosnan*



*TIS Cycling Coach
Ron Bryan*

Mark, Matthew and Sid Taberlay were named in the 2006 Commonwealth Games Cycling squad. AIS Track Endurance scholarships were later awarded to both Mark and Matthew with Louise Yaxley also gaining selection into the AIS Women's Road Team.

In January a new position was created and Ronald Bryan was appointed as TIS Cycling Coach to underpin the development of

Tasmanian junior cyclists.

After eight years as TIS Head Cycling Coach, the man behind all the success, Kevin Tabotta, resigned to take up the position of Cycling Australia High Performance Manager.

I commenced on 2 May as Kevin's replacement. I am very excited and motivated to build on the foundations already in place and hope 2005/06 brings even more success to report.

2004/5 CYCLING SCHOLARSHIP HOLDERS

Jai Crawford, Mathew Goss, Mark Jamieson, Caleb Manion, Karl Menzies, Ryan Sullivan, Sean Sullivan, Bernard Sulzberger, Wesley Sulzberger, Sid Taberlay, Joshua Wilson, Louise Yaxley, Darren Young, Natasha Mapley, Naomi Williams (until May 2005).

GENERAL

2004/5 Cycling Team Sponsors:

Major Sponsors: Cyclingnews.com, Avanti Bicycles.

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

2004/5 Satellite Coaches: Scott Callow, Garry House, Paul Manion, David Robinson, Darrel Young.

2004/5 Target Squad: Laura McCaughey, Tom Robinson, Grace Sulzberger.

2004/5 TIS/TAS Development Squad: Katherine Field, Jarrod Harmon, Aaron Jones, Mathew McDonough, Will Robinson, Kate Warren.

Paul Brosnan
TIS Head Cycling Coach



hockey

The 2004/2005 reporting period has returned the ultimate Olympic reward – GOLD.

Matthew Wells OAM represented Australia and the TIS at the 2004 Athens Olympics where the team secured the first ever Olympic gold medal for men's hockey. Matthew was part of the leadership group of the Kookaburras and fittingly his parents were in the crowd to view the magnificent team performance in the final against the Netherlands.

The Olympic gold is now added to his bronze from the Sydney Games. It reflects the long-term determination to reach the pinnacle underpinned by hard work, skill, sacrifice and commitment.

Matthew has enjoyed the celebrations and official recognition of the team's success and was extremely pleased to win the 2004 TIS Athlete of the Year Award.

In October and November of 2004 Sofie McLeod and Ben Creese were both selected to take part in Junior Australian teams to prepare for the 2005 Junior World Cups. Sofie travelled to Europe and Ben played matches against India in Perth.

Stewart Pither joined the TIS hockey unit as the fulltime TIS Hockey Coach in December 2004. The TIS hockey unit now has two full-time coaches to assist the growing hockey program needs. With the addition of resources the athletes now have greater access to structured individual training and match reviews.

In late 2004 Hockey Tasmania implemented many of the recommendations to come from



*TIS Head Hockey Coach
Andrew McDonald*



*TIS Hockey Coach
Stewart Pither*

a review of its coaching network and state teams program.

To underpin the TIS hockey program Hockey Tasmania approved the employment of two full-time development officers (Ilene Carr and Jeremy Stebbings) and a restructuring of the way that state teams are prepared.

There are now four full-time hockey coaches within the state compared with one in 2004.

In January 2005, Zain Wright retired from playing hockey due to a worsening osteo-arthritis injury. Zain was an outstanding member of the TIS hockey program who clearly had his sights set on Beijing 2008.

The Australian Hockey League and Junior National competitions were held during March and April 2005 with all TIS athletes competing. At the conclusion of the competitions new national, national development and Junior World Cup teams/squads were announced.

Six athletes were selected in 2005 Senior or Junior Under 21 National squads/teams.

Men's National Squad

Matthew Wells – was again included in the new 2005 national squad. He was also selected for the Aslan Shah tournament but had to withdraw due to a hamstring injury. Matthew was also selected to tour Europe in August 2005.

David Guest – David made his debut for Australia playing in the Sultan Aslan Shah tournament in Kuala Lumpur. The Kookaburras won the event and David returned to Perth at the AIS Hockey Unit in Perth.

Men's National Development Squad

Marcus Richardson – had an outstanding AHL and was the second-highest goal scorer. He has been selected to tour China and Japan in late 2005.

Men's National Under 21 Junior World Cup Team – Rotterdam (Holland) 30 June – July 10 2005

Ben Creese – as a goalkeeper in the AHL competition Ben made good progress and has now relocated to Perth to access the AIS training facilities.

Eddie Ockenden – was a bolter from the 2005 AHL and showed tremendous flair and skill going forward, although the youngest in the team at 17 years of age. Eddie is highly regarded and shows strong potential for the future.

Women's National U21 Squad – JWC – Chile – Sept 2005

Sofie McLeod – was selected in the shortlist from which the Junior World Cup team will be selected in July 2005.

The TIS Sports Science staff, namely Christine Hamlyn and TIS Physical

David Guest in action.



Preparation Coordinator Peter Culhane have been integral to the delivery of well-managed training programs to assist TIS athletes in meeting the growing demands of international elite sport. I thank both Peter and Christine for their efforts with the hockey program.

In 2005 it was particularly pleasing to see a big jump in the number of coaches now assisting both the TIS and Hockey Tasmania athletes. I would like to thank all the coaches who have assisted in various state team capacities involving TIS players. Coaches like Mark Geeves, Jeremy Stebbings, Zain Wright, Lisa Griffiths, Oliver Close, Ken Read, Ilene Carr and Larry Mills underpin and do so much to assist with the TIS Hockey program. I sincerely appreciate the work they do with athletes and the program.

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

I express my sincere thanks to all the staff at the TIS for their continuing support, guidance and encouragement, the State Government for its support, and all our sponsors. Collectively their assistance has produced golden results.

I eagerly look forward to the future; reinforcing programs now in place will provide the framework needed for continued growth in domestic success and national representation of TIS athletes.

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

2005 Squad Members: Matthew Wells OAM, David Guest, Marcus Richardson, Eddie Ockenden, Ben Creese, Lucy Ockenden, Emily Wilson, Adam Clifford, Sofie McLeod, Geoff Cock and Lis Paget.

Andrew McDonald
TIS Head Hockey Coach



Left: Matthew Wells; below: Geoff Cock.



rowing

The 2004 Olympics saw a record six TIS athletes compete in the sport of rowing, the highlight being the silver medal to the lightweight four stroked by Simon Burgess and coached by Sam Le Compte, and bronze medals to Kerry Hore and Dana Faletic in the women's quad scull.

Scott Brennan, Cameron Wurf and Brendan Long gained invaluable experience from their first Olympics and are sure to continue as the next generation towards 2008 Beijing.

The 2005 Australian Championships were held at Penrith Regatta centre in March. TIS athletes returned with a total of 27 gold, 11 silver and six bronze medals. The highlights of the regatta were Sam Beltz winning a record five from five national championships, and Tasmania continuing its winning reign in the Penrith Cup for lightweight fours to a record seven in a row.

A total of 10 TIS athletes gained national selection for the 2005 teams, seven in the senior team to compete at the beginning of September in Japan, one in the Under 23 world championships in Amsterdam, and one in the world junior championships in Germany. Also competing in Japan will be adaptive rowing scholarship holder Dominic Monypenny.

Scott Brennan, Brendan Long and Dana Faletic have used the post-Olympic year to stay at home and concentrate on university and work commitments before returning to vie for 2006 selection. Simon Burgess announced his retirement from international competition after a career spanning 14 years and three Olympics.

The other major event on the TIS rowing



*NTC Rowing Coach
Darren Balmforth*

program this year saw the first Tasmanian eight compete at the Royal Henley Regatta in England. The three-week campaign saw nine rowers, coach Darren Balmforth, manager Geoff Masters and physiotherapist Gavin Johnston share many experiences that will assist them in their sporting futures. The crew struck some tough opposition in the first round and after a strong showing early, the Brown University crew made up of former and current USA Olympians was too good, eliminating the TIS crew.

The Henley campaign included training camps at Lake Barrington, equipment purchasing and the three-week tour, all made possible by the generous support of the The Lodge Tarraleah. We thank them and look forward to a continued relationship in helping TIS rowing.

The TIS rowing program, this year for the first time, employed a second coach based in Hobart allowing Sam to spend less time on the road and more in the speed boat in the north of the state. Also involved in the rowing program this year were coaches

John Driessen, coach of the lightweight four, double and pair for the 2005 world championships in Japan; Paul Newbon, coach of Charlotte Walters at the Junior World Championships in Germany; and scholarship coach Rob Williams, based out of the Mersey rowing club.

Vicky Spencer commenced in March this year as Tasmanian rowing development officer for the Tasmanian Rowing Council and will work from the TIS offices assisting with the development squad.

The TIS rowing program this year suffered its biggest possible loss, with the passing of Head Coach Sam Le Compte. Sam first started with the Institute at the end of 1996 and within a short while had turned Tasmanian rowing into a national force like never before.

Sam used his knowledge, experience and determination to impact on all facets of the Tasmanian rowing scene. He turned national rowers into medal winners and the next generation into national representatives and medallists. His proudest moments were coaching two Tasmanian-based lightweight fours to silver medals in the 2000 and 2004 Olympics. Sam has set many programs and initiatives in place so Tasmanian and TIS rowing can only continue to get stronger. He will be missed by all and remembered forever.



The TIS rowing program would like to thank the continued support of Echo Remediation in assisting with the growth of Tasmanian rowing towards the 2008 Beijing Olympics.

Darren Balmforth
NTC Rowing Coach

RESULTS 2004/2005

Scott Brennan

Olympics: Seventh men's quad scull.
National Championships: Silver, single scull; gold, double scull; gold, interstate men's single scull.

Dana Faletic

Olympics: Bronze, women's quad scull.
National Championships: Fourth, single scull; silver, double scull; silver, quad scull; silver, interstate women's single scull.

Kerry Hore

Olympics: Bronze, women's quad scull.
National Championships: Silver, double scull; silver quad scull.
National Team: 2005 World Championships, Japan – women's single scull.

Cameron Wurf

Olympics: 16th men's lightweight double scull.
National Championships: Silver, lightweight single scull; gold, lightweight double scull; gold, lightweight quad scull; gold, lightweight eight; gold, interstate men's lightweight four.
National Team: 2005 World Championships, Japan – men's lightweight double scull.

Brendan Long

Olympics: 11th men's double scull.
National Championships: Seventh, single scull; gold, double scull.

Dana Faletic undergoing sports performance testing.

Simon Burgess

Olympics: Silver, men's lightweight four.
National Championships: Bronze, lightweight four; gold, lightweight eight; gold, interstate men's lightweight four.

Kate Hornsey

National Championships: Ninth, single scull; sixth, double scull; silver, quad scull.
National Team: 2005 World Championships Japan – women's four and eight.
2005 World Cup: Gold, women's eight, Munich

Anthony Males

National Championships: Silver, Under 23 single scull; fourth, Under 23 double scull.
National Team: 2005 Under 23 World Championships, Amsterdam, ninth, men's quad scull.

Sam Beltz

National Championships: Gold, lightweight single scull; gold, lightweight double; gold, lightweight quad; gold, lightweight eight; gold, interstate men's lightweight four.
National Team: 2005 World Championships Japan – men's lightweight double scull.

Deon Birtwistle

National Championships: Bronze, lightweight single scull; bronze, lightweight four; gold, lightweight eight.

Kirsty Fleming

National Championships: Bronze, lightweight single scull; gold, lightweight double scull; gold, lightweight quad scull; silver, interstate women's lightweight quad scull.
National Team: 2005 World Championships Japan – women's lightweight double scull.

Tom Gibson

National Championships: Gold, lightweight pair; bronze, lightweight four; gold, lightweight eight; gold, interstate men's lightweight four.
National Team: 2005 World Championships Japan – men's lightweight four.

George Roberts

National Championships: Fifth, lightweight single scull; bronze, lightweight four; gold, lightweight eight.
National Team: 2005 World Championships Japan – men's lightweight pair.

Sam Waley

National Championships: 11th, lightweight single scull; gold, lightweight eight.

Wesley Young

National Championships: 13th, lightweight single scull; gold, lightweight eight.

Shaun Finlayson

National Championships: Seventh, lightweight pair; gold, lightweight quad.

Charlotte Walters

National Championships: Gold, junior single scull; silver, junior double scull; gold, schoolgirl single scull.
National Team: Ninth, 2005 Junior World Championships Germany, women's single scull

Dominic Moneypenny

National Championships: Gold, adaptive men's fixed seat single scull.
National Team: 2005 World Championships Japan – adaptive men's fixed seat single scull.

*2004 Athens
Silver
Medallists –
lightweight four
stroked by
Simon
Burgess.*



elite development squads

BASKETBALL

The EDS basketball program has continued to move forwards, under the guidance of squad coordinator and State Intensive Training Centre (ITC) head coach David Munns.

Tasmania was again represented in basketball at the AIS, with Adam Gibson remaining on scholarship throughout the year. Adam was selected into the Crocs (Australian Under 23 men's team) for their European tour, and furthermore for the Oceania qualification tournament. After defeating New Zealand, the Crocs will now represent the Oceania region at the 2005 World Championships. Adam topped off his year by signing with the Queensland Bullets for the 2005-06 NBL season.

This year has seen two former TIS and AIS athletes – Lucas Walker and Sam Harris – relocate to the US to take up college scholarships with leading universities to enhance their basketball and academic careers.

2005 saw Opals Australian women's head coach Jan Stirling visit the state to conduct various clinics with athletes and coaches. TIS scholarship holders were also provided the opportunity to attend the AIS for a camp, allowing them to experience life as an elite athlete.

CANOE WILDWATER

The National Wildwater Canoe Championships were held in Tasmania in January 2005. Dan Hall won both the rapid sprint and the classic distance races, with Matthew French finishing third in the classic race. Carol Hurst won the rapid sprint and the classic distance races in the women's category.

Dan Hall and Carol Hurst were members of the Australian Wildwater Racing Team that contested the 2005 World Cup in the UK in May/June 2005. Dan achieved two top 10 results, and Carol raced consistently, placing 13th in all of her races. Congratulations to both athletes.

Dan Hall won both the rapid sprint and the classic distance races at the National Wildwater Canoe Championships in Tasmania in January 2005.



CRICKET

The centrepiece of the EDS cricket program has again been the State Institute Challenge (SIC), which was held in Darwin in August 2004. The TIS Tigers finished a creditable third, with a three-two win-loss record and, in a very even series, had they won their last match they would have ended up SIC champions.

Dane Anderson and Jason Shelton have demonstrated some outstanding form throughout the year representing Tasmania in four Cricket Australia Cup (2XI) matches, with Dane scoring his maiden century. They were both promoted to the Tasmanian Tigers senior squad in January 2005. Travis Birt represented Tasmania at first-class and domestic one-day levels, scoring his maiden domestic one-day century against SA in November 2004. He was also a member of the victorious ING Cup team.

2004 Commonwealth Bank cricket scholarships were awarded to Dane Anderson and Jason Shelton.

FOOTBALL

The 2004 AFL draft saw two TIS athletes drafted – Andrew Lee to Essendon and Jarrod Garth to Geelong. Both were involved in the six-week draft camp preparation process, along with other nominated Tasmanian athletes.

All 2005 TIS squad members played for the Tassie Mariners in the modified TAC Cup competition throughout the year. Sam Lonergan was captain of the side, and went on to make his senior debut with the Tassie Devils midway through the season.

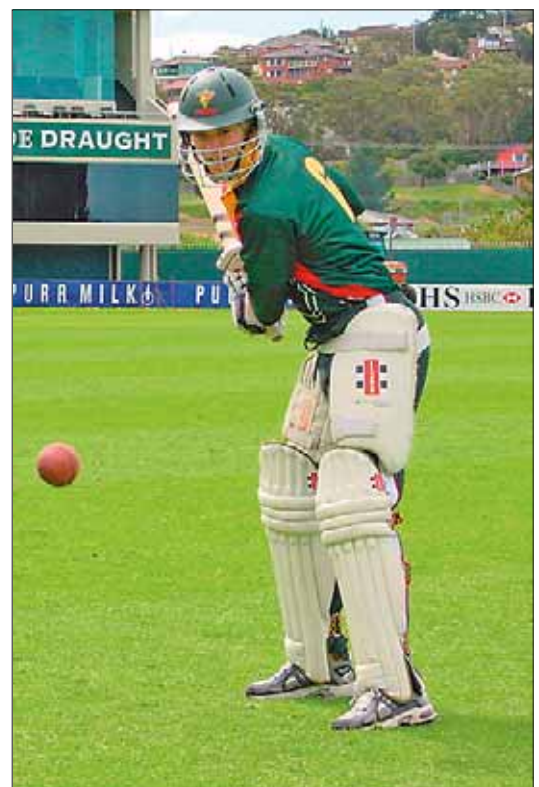
Squad members were involved in regular physiological testing in the lead-up to the

2005 AFL draft camp. They also participated in a workshop that included sessions on time management and diary skills and sports psychology. Their nutritional needs were also discussed in a workshop that involved label reading and shopping for and cooking their own evening meal.

SWIMMING

EDS squad coach Justin Helmich has again provided a busy competition and developmental year for TIS swimmers and coaches. Athlete Career and Education (ACE) was a focus, assisting the athletes to manage their levels of training, work, school and social activities, as well as finding appropriate employment relative to their sporting requirements.

Penny Sproal accepted a residential AIS scholarship during the program year. Pierre Roper was appointed as team captain to assist with the administration of team issues and to liaise between athletes and management.



EDS cricket scholarship holder Tim Paine.

Six Tasmanian athletes qualified for the World Cup, with this being the largest representation ever by Tasmanian swimmers. Excellent results were produced at the Australian Open Championships in Sydney, with Zoe Osterloh and Penny Sproal both making finals and Pierre Roper a semi-final.

John Gregory, Manager Sports Performance, travelled with the team to the National Championships. Through competition data collected and the more individualised testing procedures throughout the year, this is providing extremely vital information for home coaches.

TENNIS

This year has seen the TIS tennis athletes competing in many tournaments throughout Australia and around the world. Andrew Roberts has broken into the top 1000 ATP tour rankings in the world. Edward Bouchier is now in the top 200 ITF 18 and under rankings in the world. He won the New Caledonia ITF 18's singles and doubles titles in 2005. Ella Bouchier reached the semi-finals at the national 14's grasscourt championships and was a quarter-finalist at the 14's winter nationals in 2005. Anna Wishink has worked hard to overcome several injuries that have kept her off court

for a period of the year.

Physiological testing was conducted at regular intervals throughout the year, and Pete Culhane, Physical Preparation Officer, has continued to address the athletes' needs in regards to speed and agility.

TRIATHLON

The small TIS triathlon squad has continued to work hard throughout the year. Several physiological testing sessions have been conducted, looking at all disciplines, swim, cycle and run. These results helped to determine the athletes' current fitness level, and analyse areas of weakness for further specified training.

Amelia Cox finished third in the Gold Coast Half Iron Man Triathlon, and she backed this up by winning the state duathlon, claiming the series title. She finished in seventh position in the Elite women's category at the Noosa International Triathlon, recording the third-fastest result in the cycle leg.

Amelia spent a lot of time working with former TIS head cycling coach Kevin Tabotta to improve her technical and physical performance on the bike. Amelia has relocated to Europe for a series of races, and this move provides her with the opportunity to race with a team in France.



Triathlete Amelia Cox has relocated to Europe for a series of races, and this move provides her with the opportunity to race with a team in France.

individual scholarships

The individual scholarship program has continued to support athletes from 12 sports.

The Athens Olympic Games were very successful for softball player Simone Morrow, bringing home a silver medal. After defeating the world number two ranked team Japan in their semi-final 3-0, the Australian team went down to the USA in the gold medal game. Congratulations Simone!

Hanny Allston has had a busy year, with several overseas competitions, while combining this with her first year of medical studies. Hanny competed in the Trans-Tasman series in New Zealand finishing first, fourth and fourth in her three events, placing her third overall, and being the first



*John Kincade
Manager, Athlete Services*



an Olympic Training Centre

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Australian Olympic
Committee



Australian finisher. She then went on to compete at the 2004 Junior World Championships in Sweden.

She was the standout Australian competitor finishing 24th in the long-distance final and 29th in the sprint final. She then lifted Australia from ninth to fourth in her second leg of the relay final. Hanny also picked up a gold medal at the National Championships in NSW. Hanny has been selected to compete at the Junior and Senior World Championships later in 2005.

Natasha Hardy, karate, achieved outstanding results at the Oceania Karate

*Olympic silver medallist, softball player
Simone Morrow.*

Championships in Fiji, winning seven gold medals in the senior and junior divisions across the disciplines of kumite and kata. From this she was selected to represent Australia at the World Karate Championships in Mexico, fighting in the senior women's kata division. Natasha fought her way through to the bronze medal fight, however lost that bout and finished with a world ranking of fourth. This was an excellent result for Natasha who is still eligible to compete in the junior division.

Young Kingston golfer Laura Richards, has put in some outstanding performances during the year. Laura won the Schweppes Junior Masters, the Kingston Junior Masters and the Seabrook Pro-am, either equalling or breaking the course record in all three events. She then went on to score

victory in the Tasmanian Amateur Golf Championships. Since 2004 Laura has reduced her handicap from two to one and her national average from 77 to 75.

In trampolining, Jack Penny competed at the NSW State Age and Elite Championships where he took out three gold, two silver and one bronze medal. He followed up with five gold medals at the Victorian State and Elite Championships. These competitions were selection events for a place in the 2005 World Championship team, for which Jack is awaiting confirmation of his selection.

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



Hanny Alson competing in the World Cup sprint event.

coaching scholarships

Throughout the 2004/5 financial year, four TIS coaching scholarship recipients continued to enhance their skills in preparation for national and international coaching roles.

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

Aaron Pidgeon – Netball

During the first 12 months of the coaching scholarship, Aaron has had the opportunity to work with and gain experience with other netball squads. He attended the AIS to work alongside the coaches and athletes within the netball program. Here he assisted with video analysis and observed many training sessions.

He then had the opportunity to go to Newcastle, working with the Hunter Jaegers team, who are part of the National Netball League. This time was more hands-on for Aaron, and he was involved in one-on-one coaching and video analysis. Aaron was also given the opportunity to be a selector for a sports scholarship school, during their netball try-outs. The Jaegers have also asked Aaron to complete match analysis for them and provide reports for various National League netball matches throughout the season. Aaron intends to visit Newcastle again later in the year, to work with the team at a different stage in their season.

Craig Redman – Triathlon

Craig has been the squad co-ordinator for

the TIS Elite Development Squad. During the first year of his coaching scholarship he attended the National High Performance Coaches workshop, held at the AIS. The program included coaching, technique and skills and sports science/sports medicine presentations by some of Australia's high-performance coaches within the sport of triathlon.

Rachel Rickards – Swimming

Unfortunately due to illness, Rachel was unable to attend to her scheduled activities during the first period of her coaching scholarship.

Robert Williams – Rowing

Robert has been a long-time coach involved in the sport of rowing, based in the north-west of the state. During his first scholarship period Robert attended the National Coaches Conference and workshops, held in Melbourne. This is not only a very informative conference, but also provides the opportunity to network among other coaches throughout Australia.

He also attended the national women's development camp held at the AIS, working alongside national coaches and providing an excellent opportunity to work with the next group of Australia's emerging rowers. Robert was also invited to be a part of the training camps held at Lake Barrington for the Tasmanian crew competing at the Royal Henley Regatta in the UK. This camp gave Robert the opportunity to work with a men's eight crew, and one of Robert's athletes also attended the Henley trip as a reserve.

We look forward to following the progress of these coaches throughout 2005/2006, and welcoming the new coaching scholarship recipients later in the year.

scholarship holders

Archery

Clint Freeman

Canoe

Kate Mollison

Equestrian

Catherine Davies

Golf

Robin Hodgetts

Laura Richards

Judo

Priscus Fogagnolo

Stephanie Grant

Karate

Natasha Hardy

Lawn Bowls

Mark Strochnetter

Rebecca Quail

Orienteering

Johanna Allston

Grace Elson

Conrad Elson

Sailing

Nick Behrens

Simon Morgan

Softball

Ali Denne

Simmone Morrow

Taekwondo

Krystal Chugg

Trampoline

Jack Penny

Volleyball

Josh Thorpe

Waterpolo

Erin Arnol

John Campbell

EDS Basketball

Thomas Etchell

Adam Gibson

Hollie Grima

Sam Harris

Lee McGaffin

Jenique Veneable

Lucas Walker

Loren Dolting

Brooke Howells

Tiri Masunda

Sarah Walker

Cameron Witt

EDS Canoe

Justin Boocock

Mathew French

Dan Hall

Carol Hurst

Ben Maynard

EDS Cricket

George Bailey

Kristen Beams

Travis Birt

Alex Doolan

Gordon Kerr

Tim Paine

Matthew Wade

EDS Football

Sam Carins

Jarrod Garth

Todd Grima

Andrew Lee

Nathan O'Donoghue

Darren Crawford

Sam Iles

Sam Lonergan

Heath Neville

Leon Noel

EDS Swimming

Sarah Milton

Henrietta Morris

Zoe Osterloh

Pierre Roper

Penelope Sproal

Karl Wurzer

EDS Tennis

Edward Bouchier

Ella Bouchier

Mitchell Hills

Andrew Roberts

James Tunbridge

Anna Wishink

EDS Triathlon

Amelia Cox

Richard Porte

NTC Athletics

Patrick Coleman
Ryan Foster
Graham Hicks
Aaron Jones
Grant Page
Madelin Poke
Ben Rickards
Tristan Thomas
Luke Vaessen
Morgan Whiley
Camilla Whishaw

NTC Cycling

Jai Crawford
Belinda Goss
Matthew Goss
Mark Jamieson
Caleb Manion
Natasha Mapley
Karl Menzies
Ryan Sullivan
Sean Sullivan
Bernard Sulzberger
Wes Sulzberger
Sid Taberlay
Naomi Williams
Josh Wilson
Louise Yaxley
Darren Young

NTC Hockey

Adam Clifford
Geoff Cock
Ben Creese
David Guest
Sofie McLeod
Lucy Ockenden
Eddie Ockenden
Elisabeth Paget
Julia Reid
Marcus Richardson
Nick Tremayne
Matthew Wells
Emily Wilson
Zain Wright

NTC Rowing

Sam Beltz
Deon Birtwistle
Scott Brennan
Simon Burgess
Dana Faletic
Shaun Finlayson
Kirsty Fleming
Tom Gibson
Kasper Hebblewhite
Mollie Hill
Kerry Hore
Kate Hornsey
Brendan Long
Anthony Males
Robert Mitchell
Dominic Monypenny
George Roberts
Claire Shield
Sam Waley
Cameron Wurf
Wesley Young



Clockwise from above: Priscus Fogagnolo, Krystal Chugg and Henrietta Morris.



corporate plan



OUR VISION

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

OUR MISSION

To provide leadership and quality athlete end coaching services to Tasmania's talented athletes to assist them to compete successfully on the international stage.

Strategic Plan 2005-2009

Goal
No. 1

We will develop a culture of commitment and expectation for success at the highest level.

Goal
No. 2

We will participate in open and active relationships that clearly articulate the various roles and responsibilities of all partners and that build effective pathways to excellence in sport.

Goal
No. 3

We will develop and maintain links within education and employment networks that encourage a flexible environment to support the balance between an athlete's career and education development and elite performance.

Goal
No. 4

We will provide TIS athletes, coaches and staff with access to technology that supports their performance at the highest level.

Goal
No. 5

We will generate increased investment in elite Tasmanian sport through the TIS to maximise TIS athlete performance at the international level.

Goal
No. 6

We will promote awareness and ensure that TIS athletes and coaches adopt responsibility for a zero tolerance drugs-in-sport environment.

Goal
No. 7

We will work closely with the TIS Board to facilitate best practice in all aspects of our operations.

Goal
No. 8

We will help identified potential elite athletes overcome any economic or geographic impediments to their performance.

Goal
No. 9

We will work collaboratively with all partners to provide access to, and development of, those world-class coaches who are central to the development of elite sport in Tasmania and to the fulfilment of TIS athlete potential.

board of management



*Mr Denis W Rogers, AO,
Chairman*



*Mr Ken Read
Deputy Chairman*



Mr Danny Keep



Mrs Anne Shield



Mr Bill Woolcock



Mr Greg Johannes



Mrs Julie Smith



Mrs Pip Leedham

staff

DIRECTOR	Paul Austen
EXECUTIVE OFFICER	Geoff Masters
PROJECT SUPPORT OFFICER	Denise Hansson
PROJECT SUPPORT OFFICER	Jeanne Pennington
MANAGER, SPORTS PERFORMANCE UNIT	John Gregory
SPORTS PERFORMANCE OFFICER	Christine Hamlyn
PHYSICAL PREPARATION OFFICER	Peter Culhane
MANAGER, ATHLETE SERVICES	John Kincade (until April 2005)
HEAD CYCLING COACH	Kevin Tabotta (until February 2005)
	Paul Brosnan (commenced May 2005)
CYCLING COACH	Ron Bryan (commenced January 2005)
HEAD HOCKEY COACH	Andrew McDonald
HOCKEY COACH	Stewart Pither (commenced December 2004)
HEAD ROWING COACH	Sam Le Compte (deceased June 2005)
ROWING COACH	Darren Balmforth (commenced December 2004)
ATHLETICS PROGRAM MANAGER	Nicole Boegman (until April 2005)
ACE COORDINATOR	Leonie Coskun
TALENT SEARCH COORDINATOR	Elissa Morley

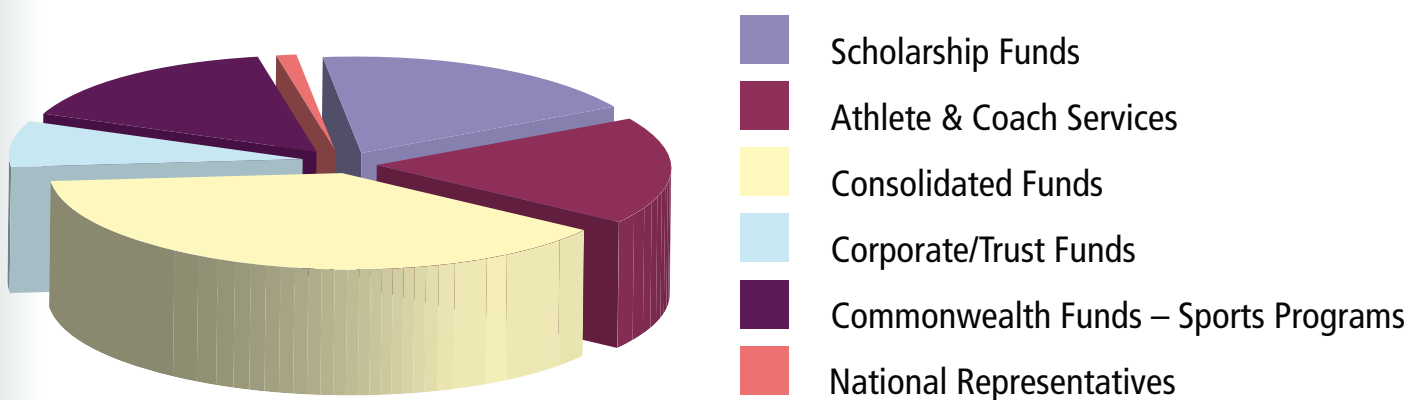
financial *report*

2004-2005

funding

Scholarship Funds	\$292,000
Athlete & Coach Services	\$281,000
Consolidated Funds	\$599,417
Corporate/Trust Funds	\$122,850
Commonwealth Funds-Sports Programs	\$246,000
National Representatives	\$16,000
Total Funds 2004-2005	\$1,557,267

TIS Funding All Sources



allocations

Sports Programs & Scholarships	\$650,170
Athlete Services	\$136,000
Sports Performance Unit	\$240,500
Athlete Career & Education	\$32,000
Talent Search	\$50,000
Operations	\$382,500
National Representatives Fund	\$16,000
Trust Funded Projects	\$33,000
Total Allocations 2004-2005	\$1,540,170

TIS Allocations 2004-2005

