

Tasmanian Institute of Sport Annual Report/Yearbook 2012-13

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Minister's foreword



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

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

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

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

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

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

A handwritten signature in black ink, reading "Michelle O'Byrne".

Michelle O'Byrne MP
Minister for Sport and Recreation

Director's report



This past year has set another exciting benchmark for the TIS with a record number of athletes from Tasmania representing their country at the 2012 Olympic and Paralympic Games in London.

The challenge for us now will be to match or better this representation in Brazil in 2016. This will not be an easy task but I am confident that, with the dedicated and passionate staff at the TIS, we will be able to assist enough talented and motivated athletes over the coming period to see this objective achieved.

I thank all staff for their commitment and application during the last year and gratefully acknowledge the important contribution each has made to help our talented Tasmanian athletes realise their sporting goals.

The TIS Management Group has continued to develop its function to provide leadership across all the operations of the Institute and I would like to acknowledge Geoff Masters, Carl Saunder and Stewart Pither for their contribution to this important role. I would also thank the Executive Director of Sport and Recreation Tasmania, Craig Martin, for his input and support of the Management Group.

The Sports Performance Unit (SPU) underwent some changes during the year with John Gregory changing from the Manager of the SPU to a Senior Scientist role to have a more applied impact on delivering sports science services to TIS athletes and coaches. The SPU has again had a significant demand this year across the whole spectrum of sports science and sports medicine services, as well as support to visiting national teams and squads during the year. Strength and Conditioning, led by Peter Culhane and supported by Calvin Philp, has been an integral part of this through the operations of our gym facilities in the north and south.

We were able to consolidate programs for emerging talented athletes in two

sports of cycling and hockey and both these activities are making a positive contribution to the development of athletes to the standards for inclusion into National Training Centre programs.

This year has also seen the introduction of a new management information system "TISLink" and I would especially acknowledge Geoff Masters for his leadership of the integration project and Mark Dixon for outstanding IT support in implementing this new software.

The TIS receives considerable support from the Tasmanian Government, as well as from the Australian Sports Commission, national and state sporting organisations and our valuable corporate partners.

This support has provided the means by which the TIS has been able to establish and develop programs and services to progress athletes to the level we are now consistently seeing.

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

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

It is through their hard work, consistent application and dedication that allow us to celebrate another wonderful year of excellence on the world sporting stage by Tasmanian athletes.

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

Paul Austen
Director

Who we are



PURPOSE

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

BACKGROUND

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

LOCATION

The Institute has two bases; the Silverdome Complex in Prospect, Launceston, which was a purpose-built facility and is shared with the northern office of Sport and Recreation Tasmania; and Technopark in Dowsing Point, Hobart. In addition, the TIS hockey program is based at the Tasmanian Hockey Centre in New Town, Hobart.

The TIS facility at the Silverdome provides office space for staff, a resource centre, multiple meeting rooms, an auditorium, a nationally-accredited human performance laboratory, a strength and conditioning facility and a daily training environment for basketball, cycling and netball athletes.

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

SPORTS PROGRAMS

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

SPORTS PERFORMANCE UNIT

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

ATHLETE CAREER AND EDUCATION

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

COACH DEVELOPMENT

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

FUNDING

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

ORGANISATIONAL STRUCTURE

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

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

Business & administration

STAFF

Paul Austen,
Director

Geoff Masters,
Business and Relationship Manager

Jeanne Pennington,
Executive Assistant

Lyn Jackson,
Project Support Officer

Sam Lockett,
Administrative Assistant

Mark Dixon,
Senior Support Officer (IT)

EVENTS

The Southern Cross Television Tasmanian Athlete of the Year cocktail function was held at Wrest Point in Hobart in December 2012.

The function acknowledged six finalists who were recognised for their performance at international level, contribution to their sport and also their contribution to the Tasmanian sporting community. The finalists were Tim Deavin (hockey), Daniel Geale (boxing), Todd Hodgetts (track and field), Kate Hornsey (rowing), Eddie Ockenden (hockey) and Richie Porte (cycling).

The winner was Daniel Geale (boxing). The function was attended by staff, athletes and key stakeholders from Tasmania's sporting community.

Scholarship holders for 2013 were announced at a breakfast function at Wrest Point in December 2012. The breakfast was well-attended by athletes and their families as well as the wider sporting community and valued supporters. This function gave new athletes, and those continuing on, the opportunity to be recognised for receiving a scholarship for the coming year.



COMMUNICATIONS

PUBLICATIONS

The TIS Bulletins were produced quarterly and distributed electronically. TIS staff supply the content for the Bulletin, which provides information to a wide sector of the community on the activities of the institute and achievements of its athletes.

WEBSITE

The TIS website is a valuable resource for both athletes and the general public. It is kept updated by the Project Support Officer in the north, with overall content monitored by the TIS ACE Consultant. Valuable IT support for the institute is provided by Senior Support Officer (IT) Mark Dixon.

SOCIAL MEDIA

The 2012-13 reporting period has continued to see the growth of the TIS Facebook platform, which has

enabled the institute to provide instant updates on the progress of our athletes. The TIS also uses Twitter as a means of reaching a wider audience.

PUBLIC RELATIONS

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

DATABASE

This reporting period saw the implementation of a new database to take over from the DAIS system used by the institute for a number of years. The TISLink database manages athlete information, sports science data and athletes are able

Business & administration

to directly access the database online and via a mobile phone application. IT Senior Support Officer Mark Dixon and Business and Relationship Manager Geoff Masters have overseen the implementation of this project and continue to work on fine-tuning and development of new uses aimed at benefitting both staff and athletes.

UNIFORMS

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

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

FACILITY MANAGEMENT - SILVERDOME

The TIS provides management support of the Silverdome Complex, which houses northern-

based TIS staff. The 2012-13 financial year saw another busy time for the venue with usage at 90 per cent of capacity for the reporting period.

Netball and cycling continue to be the largest sporting users, with basketball and indoor hockey also using the facility. Indeed, the Silverdome was the venue for the indoor hockey U15 and U18 national championships in January 2013 and has hosted national training camps for cycling.

There were also a number of large events held at the Silverdome during 2012-13:

Concerts

Disney Live, The Wiggles, Robert Plant and Elton John

Exhibitions

Targa Tasmania expo, HIA HomeFest

Live Entertainment

Tasmanian Open DanceSport Championship

Community

Tasmanian Special Children's Christmas Party, Primary Schools Mass Dance

Other

St Patrick's College end of year mass, Watchtower assemblies.

SILVERDOME STAFF

Rebecca Hardman,
Executive Officer

Abby Ponting,
Administration Officer (to July 2012)

Tracie Clyne,
Administration Officer (to February 2013)

Carlos Furlan,
Administration Officer
(commenced March 2013)

Greg Banks,
Facility Operations Manager

Gary Dearing,
Operations Officer

Anthony Sulzberger,
Operations Assistant

Heath Keleher,
Operations Assistant



Financial management

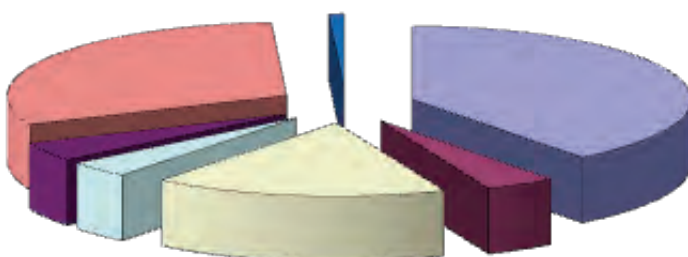
FUNDING 2012-13



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

Scholarship Funds	\$445,000.00
Athlete & Coach Services	\$332,000.00
Consolidated Funds	\$1,382,162.00
Corporate/Trust Funds	\$179,852.00
Commonwealth Funds-Sports Programs	\$424,250.00
State Sporting Organisation Funds	\$57,000.00
National Representatives Fund	\$26,702.00
Total Funds	\$2,846,966.00

TIS ALLOCATIONS 2012-13



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

Sports Programs & Scholarships	\$1,131,894.00
Athlete Services	\$114,320.00
Sports Performance Unit	\$485,427.00
Athlete Career & Education	\$105,000.00
Emerging Talent Programs	\$80,064.00
Operations	\$903,559.00
National Representatives Fund	\$26,702.00
Total Allocations	\$2,846,966.00

Corporate partnerships

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



STRATEGIC PARTNERS



MAJOR CORPORATE PARTNERS



CORPORATE PARTNERS



PROGRAM PARTNERS



Sports performance

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

STAFF

John Gregory,
Senior Scientist

Ben Scarlett,
Sports Performance Officer

Alanna Martin,
Sports Performance Officer – Talent ID

Pete Culhane,
Senior Strength and Conditioning Coach

Calvin Philp,
Sports Performance Officer – Strength and Conditioning

MAJOR ACTIVITIES

- Extensive use of online database TISLink.
- Transfer of all previous sports science records to TISLink.
- Complete reliance on TISLink as our data management system.
- Completion of quadrennial quality control system.
- Comprehensive travel with squads to competition.
- Ongoing attendance at national conferences, workshops and other SIS/SAS.
- Fee for service testing.
- Live monitoring of GPS and heart rate during basketball games.
- Force, angle and GPS testing of rowing.
- Monitoring of lab-based cycling and rowing sessions.
- Evaluation and implementation of emerging technology.

PROJECTS AND RESEARCH

- Effect of modified warm up on cycling track performances.
- Aerodynamics and start technique testing with cycling.
- Extensive daily monitoring of wellness with TIS sports.
- Comparison of TIS hockey GPS data from nationals with other SIS/SAS data.
- Hydration monitoring at netball and basketball tournament.
- Injury incidence and load monitoring of basketball.
- Use of GPS data for course profiling in cycling.
- The effect of heat acclimation on performance in cycling.
- Investigation into rowing racing physiology.

SPORTS MEDICINE NETWORK

We remain appreciative of the assistance of the medical network, including sports medicine, sports psychology, sports nutrition and physiotherapy over the past year. We would particularly like to acknowledge the ongoing contribution of our Sports Medicine Coordinator Dr Ian Beltz. Recently we started the process of giving providers access to TISLink.

TALENT IDENTIFICATION AND DEVELOPMENT

This year the TIS and Rowing Australia joined forces to offer a combined rowing/cycling Talent ID (TID) test session. Twenty two tests were completed across the state. From this, five female non-cyclists (one from the north west and four from the north) were offered a three-month trial in the TIS ETS cycling program. No rowing TID offers were made from this session. One member of the ETS cycling squad progressed to full scholarship this year.



Sports performance

STRENGTH AND CONDITIONING

Major Activities:

- Commenced two new TIS/UTas Strength and Conditioning (S&C) scholarship coaches (Kirsty Smith and Scott Lampasona). Both scholarship coaches are based out of the Launceston facility and have integrated well into the training environment. Both have been handed responsibility for programming a sport that has seen them further develop their skills. The scholarships will conclude after the start of 2014.
- Set up reporting systems in the TISLink database system that allows for better and faster integration of monitoring athletes' health and wellbeing, performance and attendance.
- Commenced working with the School of Human Life Sciences to establish a PhD Scholarship position that will reside within the S&C area to investigate athlete monitoring to assess fatigue and readiness to perform and recovery strategies for optimising multi-event competitions (i.e. national championships, world championships, Olympic Games etc) with an expected start date of September 2013.
- Attended three major conferences: Australian Strength and Conditioning Conference, National Institute Network S&C Conference, National Elite Sports Council National Conference.
- Delivered one Australian Strength and Conditioning Association Level One and one Level Two coaching course in the state that provides Tasmanian-based people interested in S&C an opportunity to learn and develop as coaches.



Sports performance



PROJECTS AND RESEARCH

- Assessing the validity of the TIS S&C Movement Screen so that we ensure it is providing the department with relevant information to inform our S&C coaches to program safer and better.
- Assessing the way physiotherapy services are sourced by TIS athletes through the trial of an integrated model that sees the physiotherapist regularly attend TIS trainings (be it sports training or S&C) rather than the athlete having to work through the physiotherapy practice system.
- Research into how short-term exposure to heat may be beneficial at increasing an athlete's VO2max for both hot and cold environments.

KEY STATISTICS

3340 athlete visits to TIS S&C facilities (Launceston, Hobart and Devonport) or external S&C coaching environments (playing fields, turf, courts, etc).

OTHER ACKNOWLEDGEMENTS

The TIS S&C area acknowledges the support and hard work of the following:

- Our S&C consultants - Tom Doering, Kyle Bawden, Kate Mollison and Matt Wilkie who assisted in the development and coaching of TIS athletes.
- The physiotherapists and sports medicine professionals who worked closely with the TIS S&C staff to assist with the screening, rehabilitation and enhancement of athletes physical limitation and abilities.
- The University of Tasmania School of Human Life Sciences, especially Dr James Fell and Dr Cecilia Shing, for assistance in a number of areas based around providing an avenue to develop Tasmanian S&C coaches through strong links with the TIS S&C area.

Athlete career and education

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

STAFF

Stewart Pither

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

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

- Career counselling and planning, including the provision of advice on career options, goals and pathways.
- Employment preparation support, including career referral networks, resume preparation, job searches, position applications and interview skills.
- Educational guidance and information, including school, vocational training and university study options, goals, pathways and institutional liaison.
- Transitional support, including for non-selection, retirement, injury and relocation.
- Personal development training and advice, including public speaking, media relations, time management, financial planning and balanced lifestyle management.
- Professional referrals, including psychological counselling and relationship counselling.



Athlete career and education



MAJOR PROGRAM INITIATIVES

- Elite Athlete Performance Day – nine presenters covering topics such as personal brand, safe driving, finance and budgeting, the warning signs of hidden injury and alcohol responsibility.
- Strapping course organised through Sports Medicine Australia provided information to athletes on the correct strapping techniques required for ankles, fingers, knees and wrists.
- Cooking workshops.
- Sport psychology sessions covering a number of topics for programs including basketball, hockey and track and field.
- Personal development workshop for Football Federation Tasmania on balancing sport and school

commitments.

- Induction programs for hockey, basketball and netball
- Social media training for Cycling Australia sprint camp and TIS athletes.
- Gambling workshop.

OTHER

This year has seen an increase in the ACE services with more than 800 athlete contacts occurring during the reporting period. The most common issues affecting TIS athletes are time management, education assistance and understanding finance.

The Athlete Friendly University program continues to provide great support to TIS athletes studying at the University of Tasmania. There is

regular contact with representatives supporting our athletes. Thanks to Jane Emery, Sharon Miller and Christian Ellston for their ongoing support of this program.

TIS ACE maintains strong partnerships with Relationships Australia, Emma Harris, Jacqui Triffitt, Peter Tatham, Wise Lord and Ferguson, Corporate Communications, Robert Atkins, Tasmanian Polytechnic, Cricket Tasmania, Football Federation Tasmania, the national ACE program and the Australian Drug Foundation.

Coach development

The TIS provides TIS coaches and network coaches with a number of information sessions to assist their development in a range of areas, including latest trends, innovations in elite sport, career counselling and sport psychology sessions.

STAFF

Stewart Pither

MAJOR PROGRAM INITIATIVES

- Implementation of career counselling sessions.
- Implementation of sport psychology sessions.
- Coaches Forum held December 2012.

The Coaches Forum was held at C3 Convention Centre in December 2012. More than 80 participants from 14 sporting organisations attended this event to listen to a number of keynote speakers including:

- Bill Sweetenham on planning for the next four-year Olympic cycle and performance on the day.
- Geoff Ahearn on providing tools and techniques for coaches to assist with today's sporting pressures.
- John Quinn (Greater Western Sydney AFL team) on the difference between professional and institute coaching systems and what coaches need to deliver in working with high performance athletes.
- Damien Hill (Melbourne Rebels rugby union team) on developing and representing the culture of a rugby union team and how to grow this and who owns the culture.
- Matthew Driller and Ben Scarlett – the importance of sleep in an athlete's world.



TIS coaches participated in a coach education visit to Melbourne where they attended a variety of sessions and presentations from the Australian Ballet School, Carlton Football Club, Geoff Harris (founder of the Flight Centre) and the Olympic Winter Institute of Australia.

During this year eight Tasmanian coaches have been involved with national squads and teams, coaching at the highest level:

- Brett Crow coaching the men's lightweight four to fourth place at the 2012 Olympic Games.
- Justin Schueller coached the Tasmanian U18 basketball men's side to a bronze medal in their national championships and was named as one of the assistant coaches for the forthcoming Oceania U17 championships.
- Peter Fortune attended the national development camp and has undertaken a number of mentoring roles this year with a

highlight being his mentoring of the visiting Japanese sprinters at the Briggs Athletic Classic in Hobart.

- Andrew McDonald continued to play a prominent part in both the men's and women's national hockey program, being a part of the Jillaroos' preparation along with the men's program in Johor.
- Ilene Carr further developed her skills with technology and was an assistant coach at the Australian Youth Olympic Festival.
- Gene Bates was appointed head coach for the national U19 track cycling team.

A number of coaches attended the World Class to World Best Conference that focused on delivering world best approaches to learning and development, formalising pathways for professional development for coaches and performance leaders, driving research and encouraging innovation.

Scholarship programs



STAFF

Carl Saunder,
Manager Sports Programs

Brendan Long,
Sport Program Coordinator

Ellie Poynton,
Project Support Officer (commenced
maternity leave November 2012)

Robyn Rowe,
Project Support Officer (commenced
November 2012)

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

In 2012-13 the TIS scholarship
program area operated five National
Training Centre (NTC) programs in
athletics, basketball cycling, hockey
and rowing.

Commencing in January 2013 the
TIS, with the support of Hockey
Tasmania and Cycling Tasmania,
developed specific Emerging Talent
Squad programs in hockey and
cycling. These programs underpin
the TIS scholarship programs and
are overseen by Ilene Carr (hockey)
and Ron Bryan (cycling).

The TIS also runs Elite
Development Programs (EDP) with
netball, sailing and swimming.

These partnership programs
provide targeted athletes with a
range of support to assist them to
develop along their chosen sport's
development pathway.

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

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

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

The TIS would also like to
acknowledge its partnerships with
Football Federation Tasmania, AFL
Tasmania and Triathlon Australia.

The TIS provide a number of
services to identified athletes in
football, AFL and triathlon.

Athletics

The athletics program's main objectives align closely with Athletics Australia's National High Performance Program and are targeted towards supporting Tasmania's talented athletes and coaches to impact on International selection and medals, both in senior and junior IAAF sanctioned events. The program also provides support to state-based programs aimed at developing the future elite.

PROGRAM HIGHLIGHTS

- 2012 Paralympics – Todd Hodgetts, gold medal and world record F20.
- 2012 Olympics – Tristan Thomas, semi-finalist.
- 2012 world juniors – five athletes represented Australia - Abbey de la Motte, Danni McConnell, Mikayla Genge, Max Waldron, Kaitlin Morgan.
- 2013 IPC world championships – Todd Hodgetts, Deon Kenzie selected.
- 2013 IAAF world championships – Tristan Thomas selected.
- 2013 Australian Youth Olympics – Hugh Nicklason, two gold medals.
- 2013 world junior cross country championships – Jacob Birtwhistle.

ATHLETES

Jacob Birtwhistle (middle distance)
 Mikayla Genge (hammer throw)
 Todd Hodgetts (shot put)
 Deon Kenzie (1500m)
 Danni McConnell (hammer throw)
 Kaitlin Morgan (high jump)
 Abbey de la Motte (400m)
 Claudia Nicklason (400/800m)
 Hugh Nicklason (1500m)
 Hamish Peacock (javelin)
 Huw Peacock (hammer throw)
 Tristan Thomas (hurdles)
 Max Waldron (sprints)



Athletics



TRACK AND FIELD STATE PERFORMANCE COORDINATOR

Peter Fortune

ATHLETE SERVICE PROVIDERS

Stewart Pither (ACE Services)
Ben Scarlett (Sports Science)
Calvin Philp (Physical Preparation)
Pete Culhane (Physical Preparation)
Matt Lancaster (Physiotherapy)
Emma Harris (Sports Psychology)
Dr Steve Reid (Sports Physician)
Dr David Humphries (Sports Physician)
Dr Glen Richardson (Sports Physician)
Gaye Rutherford (Nutrition)

TRAINING VENUES

Domain Athletics Track, Hobart
St Leonards Complex, Launceston
North West Track, Penguin

PARTNERS

Athletics Australia
Athletics Tasmania

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

Basketball

The TIS basketball program is a high performance development program that provides a daily training environment for Basketball Australia's National Performance Program (NPP).

It works with talented Tasmanian basketball athletes who have been identified on Basketball Australia's national depth charts and assists with individual athlete's progression into national junior and eventual senior teams.

TIS athletes train daily with the program and also receive competition exposure through national and international tour opportunities.

Athletes selected to TIS scholarship tiers are former or current members of the TIS Emerging Talent Squad (ETS). The program identifies basketball athletes aged 13 to 18-years and develops individual and team skills, physical preparation as well as holistic development in nutrition, sports psychology and wellbeing. This enables athletes to compete successfully at a national and international level.



Basketball



PROGRAM HIGHLIGHTS

- TIS Tour of Victoria – November 2012.
- TIS Tour of USA – December 2012.
- TIS tour of SA – March 2013.
- Kyle Clark, Courtney Middap, Georgia Buchwald and Sarah Jaeger selected for Australian development camps in September 2012 and January 2013.
- Kyle Clark selected to represent Australia at the FIBA Oceania championships (gold medallists). Justin Schueller was head coach of the team.
- Tanner Krebs representing at the FIBA 3v3 world championships in Spain - November 2012.
- Mariah Payne, Tanner Krebs and Callum Barker representing Australia at the Olympic Youth Festival for 3v3 in January 2013 with Mariah and Tanner winning gold medals and Callum silver.
- Tasmanian U18 men winning first bronze medal with five TIS

athletes part of the team (Kai Woodfall, Tanner Krebs, Callum Barker, Kyle Clark and Dave Finau with Justin Schueller head coach).

- Justin Schueller appointed assistant coach to the Australian U17 men for the 2014 FIBA world championships.
- Kyle Clark and Tanner Krebs represented Australia at NBA Asia and Nike Asia camps in June 2013.

ATHLETES

Callum Barker
Georgia Buchwald
Kyle Clark
Dave Finau
Adam Gibson*
Hugh Greenwood*
Gabe Hadley
Elizabeth Howe
Sarah Jaeger
Tanner Krebs
Courtney Middap
Mariah Payne
Kai Woodfall

*Associate scholarship holders

NPP BASKETBALL COACH

Justin Schueller

ATHLETE SERVICE PROVIDERS

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

TRAINING VENUES

Silverdome Complex, Prospect
Elphin Sports Centre, Launceston
Penguin Sports Complex, Penguin

PARTNERS

Basketball Australia
Basketball Tasmania

Financial support for the National Performance Program (NPP) is provided by the Australian Sports Commission through Basketball Australia.

Cycling

The TIS cycling program has had another great year in 2012-13, with both junior and senior athletes competing locally, nationally and internationally with great success.

One of the memorable highlights was Richie Porte's exceptional efforts in the 2012 Tour De France, where he rode in critical support of eventual overall winner Bradley Wiggins.

TIS cyclists train in various locations around the state and the program provides athletes with expert coaching support, sports science, strength and conditioning, and other specialised services such as ACE support.

TIS's support of Tasmania's developmental cycling team, Team Polygon Australia, has continued to enhance its scholarship program athletes, with the majority of both the women's and men's having participated in national road series events during 2012-13. This partnership has continued into the 2013 road season, providing key athletes with much needed national and international exposure to elite road races.

The TIS program continues to build, aiming to be a significant contributor to national junior and senior teams over the next three years, including the 2014 Commonwealth Games and 2016 Olympic Games, with athletes competing in a number of cycling categories.

PROGRAM HIGHLIGHTS

- 2012 Georgia Baker 1st world junior U19 scratch race title, 1st world junior U19 team pursuit title (world record time).
- 2012 Cameron Wurf 2nd overall classification at the Tour of Qinghai Lake, China.



Cycling



- 2012 Amy Cure 2nd senior world track cup round 2, Glasgow, team pursuit.
- 2013 Grace Sulzberger 2nd national senior women's road time trial.
- 2013 Lauren Perry 1st Youth Olympics, junior U19 team pursuit.
- 2013 Macey Stewart 1st national junior U19 track championships, point score.
- 2013 Peter Loft, 2nd, national senior track championships, point score.
- 2013 Amy Cure 2nd senior world track championships, individual pursuit, 2nd senior world track championships, team pursuit.
- 2013 Richie Porte, 1st overall classification, Paris, Nice, (world tour event).
- 2013 Richie Porte, 2nd overall classification, criterium international, (world tour event).
- 2012-13 national team representation at senior world championships and world cups: Peter Loft, Georgia Baker, Amy

Cure, Richie Porte, Matthew Goss.

- 2013 World Tour Academy (U23 AIS team) team selection for Campbell Flakemore and Alex Clements
- 2013 national U19 track team selection for Lauren Perry and Macey Stewart.

ATHLETES

Georgia Baker
Will Clarke*
Alex Clements
Amy Cure
Gerald Evans
Campbell Flakemore
Matthew Goss*
Ben Grenda
Peter Loft
Oliver Martin
Lauren Perry
Richie Porte*
Macey Stewart
Grace Sulzberger
Wesley Sulzberger*
Cameron Wurf*
*Associate scholarship holders

NTC HEAD CYCLING COACH

Gene Bates

ATHLETE SERVICE PROVIDERS

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

TRAINING VENUES

Silverdome Complex track, Prospect

SPONSORS

Polygon bikes
Santini competition clothing

PARTNERS

Cycling Australia
Cycling Tasmania
Team Polygon Australia

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

Cycling ETS

The TIS Emerging Talent Squad (ETS) cycling program commenced operation on 1 January 2013, superseding the former Talent Identification Squad.

The primary aim of the squad is to underpin the TIS Scholarship program by providing opportunities for talented athletes to develop to scholarship selection standard.

Selected athletes are provided with qualified coaches to oversee their daily training environment plus opportunities to compete at higher levels of competition interstate.

Avenues such as schools, clubs, competitions, recruitment drives and talent transfer are used to locate potential athletes.

Thirteen athletes transferred from the former program with six athletes added in June following recruitment testing.

PROGRAM HIGHLIGHT

The progression of Gerald Evans to a TIS scholarship holder.

ATHLETES

Rowena Badcock
Courtney Dean
Emily Down
Josh Duggan
Rebecca Fraser
Elouise Galpin
Morgan Lea Gillan
Mitchel Hoare
Sam Maney
Harrison Musgrave
Jake Oliver
Isaac Probert
James Robinson
Alexandria Spillane
Cuan Van Staden
Deanna Wadley
Hamish Youl
Nic Youl

ETS CYCLING COACH

Ron Bryan

SQUAD COACHES

David Walker (North West)
Mark Matthews (North)
Jamie Perry (North)
Janelle Smith (North – South)
Michael Thorne (South)
Steve Aitken (South)
James Watson (South)

ATHLETE SERVICE PROVIDERS

Alanna Martin (Sports Science and testing)
Pete Culhane (Physical Preparation)

TRAINING VENUES

Silverdome Complex track, Prospect

PARTNERS

Cycling Australia (funding and motor vehicle support)
Cycling Tasmania

ETS programs are operated in partnership with Cycling Australia and Cycling Tasmania.

Hockey

The TIS hockey program continues to assist and develop players to enable them to achieve international selection.

The TIS coaches and network of consultants have worked closely to provide the necessary guidance to our aspiring athletes.

2012-13 saw the hockey program adopt a scholarship focus on potential international athletes, thus lowering the age focus.

Olympic bronze medals for Tim Deavin and Eddie Ockenden were a program highlight, as well as having two more scholarship holders – Nick Budgeon and Jeremy Edwards – receive their first international caps.

Amelia Spence has gained junior world cup selection, along with former TIS scholarship holder Nina Khoury.

Both program coaches had national engagement with junior international events.

The program has also invested in new hardware, enabling the program to stay in touch with new technology.

PROGRAM HIGHLIGHTS

- Bronze – London Olympic Games (Eddie Ockenden, Tim Deavin).
- Two athletes selected in Olympic Team both retaining their national squad status post the Olympics.
- Two new people gained national representation and included in the national development squad.
- Amelia Spence selected for the 2013 junior world cup.
- 1st, gold medal, Champions Trophy, Kookaburras (Eddie Ockenden).
- Super 9 series (Eddie Ockenden, Tim Deavin and Amelia Spence).



- AYOF – Gold (Amelia Spence and Kieron Arthur).
- 1st, gold medal, Aslan Shah Cup, Australia (Tim Deavin and Nick Budgeon).
- Korean series vs. Kookaburras (Tim Deavin, Nick Budgeon and Jeremy Edwards).
- 2nd, silver medal, World League 3 (Tim Deavin and Eddie Ockenden). Kookaburras have now qualified for the 2014 World Cup.
- Fifty five per cent of athletes in the program have been nationally identified across all age groups.

Hockey

ATHLETES

Kieron Arthur
Joshua Beltz
Nick Budgeon
Tim Deavin
Luke Doerner
Jeremy Edwards
Henry Harvey
Maddy Hinton
Lily Kirkland
Kurt Mackey
Eddie Ockenden
Ben Read
Alex Shaw
Billy Shaw
Amelia Spence
Alistair White
Grant Woodcock



NTC HEAD HOCKEY COACH

Andrew McDonald

SPECIALIST COACH

Luke Doerner

ATHLETE SERVICE PROVIDERS

Emma Harris (Sports Psychology)
Calvin Philp (Physical Preparation)
Ben Scarlett (Sports Science)
Stewart Pither (ACE Services)

TRAINING VENUES

Tasmanian Hockey Centre, New Town
Launceston Hockey Centre, St Leonards

PARTNERS

Hockey Tasmania
Hockey Australia

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



Hockey ETS

The Emerging Talent Squad Hockey Program, a joint partnership between the Tasmanian Institute of Sport (TIS) and Hockey Tasmania, provides a development program pathway that directly underpins the TIS hockey program. The ETS program aims to challenge the athletes to reach TIS selection standards and beyond through technical, tactical and holistic development.

Ilene Carr is the ETS coach and has the responsibility for the development, design, coordination and delivery of this program. The 2013 ETS squad consists of 43 athletes aged between 14 to 18-years.

PROGRAM HIGHLIGHTS

- Four regional camps completed.
- Two full squad camps completed.
- Participation in the TIS Elite Athlete Seminar.
- 15 athletes selected in Hockey Tasmania State U18 Teams.
- 25 athletes selected in Hockey Tasmania U16 School Sports Teams.
- 19 athletes selected in Hockey Tasmania State U15 Teams.

ATHLETES

Ashleigh Arthur
Benji Austin
Thomas Bax
Keelean Beattie
Hayden Beltz
Isaac Bridley
Ruby Brothers
Brad Buchanan
Kurt Budgeon
Rhys Burgess
Dayna Challis
Robbie Chapman
Maddison Curtis
Jesse Duncan
Roscoe Gearman
Gobindjiah Gill
Isabel Goldsmith
Molly Haas



Ruby Haywood
Ryan Jones
Jemma Kenworthy
Jai Walker Kidd
Linden McCarthy
Sam McCulloch
Madeleine Murphy
Camille O'Conner
Nellie Paynter
Alissia Pearson
Jayden Pearson
Sam Phillips
Maddison Poke
Eddie Popowski
Keegan Popowski
Madeleine Rojahn
Annabelle Scutt
Oliver Smith
Patrick Todd
Jack Welch
Eliza Westland
Lucy Wootten
Stephanie Wylie
Thomas Wylie
Angus Yeates

ETS HOCKEY COACH

Ilene Carr

SQUAD COACHES

Craig McCarthy (North West)
David Budgeon (North)

REGIONAL DEVELOPMENT OFFICERS

Leanne Bissett (North West)
Matthew McGregor (North)

ATHLETE SERVICE PROVIDERS

Matthew Wilkie (Physical Preparation)

TRAINING VENUES

Tasmanian Hockey Centre, New Town
McKenna Park Regional Hockey Centre, Burnie
Launceston Hockey Centre, St Leonards
Hutchins School, Sandy Bay

PARTNERS

Hockey Australia
Hockey Tasmania

ETS programs are operated in partnership with Hockey Australia and Hockey Tasmania.

Rowing

The TIS Rowing program operates in conjunction with the Rowing Australia National Rowing Centre of Excellence (NRCE) and Rowing Tasmania to deliver world class coaching, competition and training facilities for TIS athletes. The TIS rowing program provides Tasmanian rowing athletes with the best possible opportunity to progress to the highest level in the sport.

2012-13 saw nine TIS rowing athletes represent Australia at the 2012 Olympic Games in London, with a further two TIS rowers attending the games as travelling reserves. The highlight of the Olympics was long-term TIS rowing scholarship holder Kate Hornsey winning an Olympic silver medal in the women's pair.

After successful Olympic campaigns from both the Tasmanian/TIS-prepared rowing crews (Australian men's quadruple scull and men's lightweight four) the NRCE has again put its faith in the TIS rowing program, choosing to base the Australian men's lightweight four, men's eight and women's lightweight single in Tasmania to prepare for the 2013 world rowing championships. This highlights the high level of coaching and facilities the TIS rowing program is continuing to provide for Tasmanian and interstate athletes.

PROGRAM HIGHLIGHTS

- Australian woman's pair won a silver medal at the 2012 Olympic Games (Kate Hornsey).
- Australian lightweight four finished in fourth place at the 2012 Olympic Games (four TIS athletes Anthony Edwards, Sam Beltz, Ben Cureton and Todd Skipworth. Coached by TIS head coach Brett Crow. Crew prepared in Hobart).



Rowing



- Australian women's quad scull finished fourth at the 2012 Olympic Games (two TIS athletes Dana Faletic and Kerry Hore).
- Australian Men's quad scull won a bronze medal at the 2012 Olympic Games (crew prepared in Hobart, coached by TIS-supported coach John Driessen).
- Australian lightweight pair won multiple 2012 rowing world cup medals (TIS athletes Ali Foot and Blair Tunevitsch).
- Nine TIS rowing athletes competed at the 2012 Olympic Games in London, two non-competing reserves also attended the games (Scott Brennan, Sam Beltz, Kate Hornsey, Kerry Hore, Dana Faletic, Ben Cureton Todd Skipworth, Anthony Edwards and Tom Gibson. Reserves were Blair Tunevitsch and Ali Foot).
- Gold medal in the women's single scull at the Australian Youth Olympic Festival (Eleni Kalimnios).
- Six TIS rowing athletes selected in Australian teams for 2013 season (Ali Foot and Blair Tunevitsch men's lightweight four, Ella Flecker lightweight women's single, Georgia Nesbitt woman's

lightweight quadruple scull/ women's U23 lightweight double scull, Sam Volker World University Games men's single scull and Eleni Kalimnios junior women's double scull).

ATHLETES

Sam Beltz
Scott Brennan
Anthony Edwards
Michael Egan
Dana Faletic
Ella Flecker
Ali Foot
Tom Gibson
Sam Hall
Sam Heron
Kerry Hore
Kate Hornsey
Eleni Kalimnios
Georgia Nesbitt
Blair Tunevitsch
Sam Volker

NTC HEAD ROWING COACH

Brett Crow

COACHING ASSISTANCE

Anthony Edwards
Simon Burgess
John Driessen

ATHLETE SERVICE PROVIDERS

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

TRAINING VENUES

Lake Barrington International Regatta Centre
Huon River (Huon Rowing Club)
Derwent River (Lindisfarne Rowing Club)

SPONSORS

Motors
Wintech Racing

PARTNERS

Rowing Australia
Rowing Tasmania

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

Netball

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

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

The TIS netball program offers Tasmanian elite netball athletes the opportunity to further develop their skills as they progress along Netball Australia's high performance pathway. TIS netball scholarship holders are provided with a range of expert services including coaching, physiological testing, strength and conditioning, sports nutrition, sports psychology and ACE services.



PROGRAM HIGHLIGHTS

- The 17 and under and 19 and under netball nationals were held in Darwin in April 2013 with outstanding performances from Kelsie Rainbow and Georgie Briggs. Both earned an invitation to the Australian 17 and under national training camp.
- The 17 and under Tasmanian team was captained by TIS athlete Georgie Briggs and finished a credible sixth in the tournament. The 19 and under Tasmanian team included TIS athletes Kelsie Rainbow, Ebony Roberts, Lisa Loubser and Estelle Margetts and finished fifth.
- Kelsie Rainbow and Georgie Briggs, with regional coaches Danni Carstens and Ebony Charlesworth, joined the AIS netball program for on a three-day camp in late April.



Kelsie Rainbow
Ebony Roberts

COACHES

Jon Fletcher
Andrew Jackson
Ebony Charlesworth
Dannie Carstens

KEY PARTNERS

Netball Tasmania
Netball Australia

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

ATHLETES

Georgie Briggs
Lisa Loubser
Estelle Margetts

Sailing

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

With the support of the Royal Yacht Club of Tasmania, TIS sailing athletes are provided with a training environment on the Derwent River in Hobart along with a range of expert TIS services including coaching, physiological testing, strength and conditioning, sports nutrition, sports psychology and ACE services. The aim of the TIS sailing program is to assist Tasmanian sailing athletes to progress into the Australian Sailing Development Squad and Australian Sailing Team.

PROGRAM HIGHLIGHTS

- Matt Bugg finished 6th at the 2012 London Paralympic Games in the 2.4 multi class discipline.
- Matt Bugg selected to compete for Australia at the 2013 IFDS worlds in Kinsale Ireland and the 2013 Open 2.4 world championships in Poole in the UK.
- Jock Calvert selected in the Australian Youth Team for the 2013 ISAF world youth championships in Cyprus.
- Lucy Shephard and Amelia Catt selected to compete in the 2013 470 world championships in La Roche France.
- Emma Barton selected to compete in the 2013 laser radial world championships in Hungary.

ATHLETES

Alec Bailey
Emma Barton
Nelson Brown
Matthew Bugg
Jock Calvert
Amelia Catt
Sophie Chesterman
Kailas Johnson
Zac Pullen
Lucy Shephard

Anna Vaughan

COACH

Richard Scarr

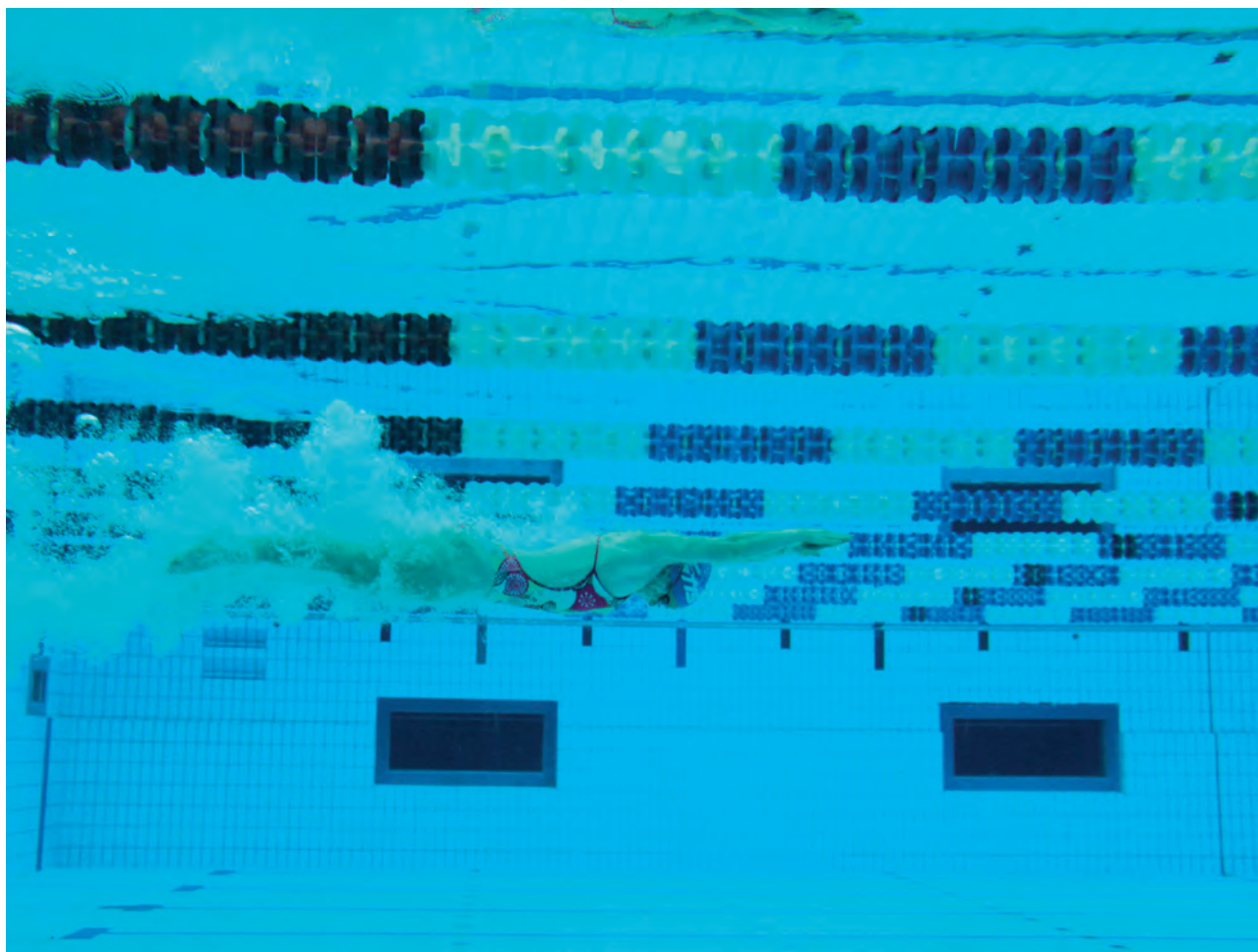
KEY PARTNERS

Yachting Australia
Yachting Tasmania
Royal Yacht Club of Tasmania

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



Swimming



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

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

The TIS swimming program offers Tasmanian elite swimming athletes the opportunity to further develop their skills as they progress along Swimming Australia's high performance pathway. The TIS swimming scholarship holders are provided with a range of expert services including coaching, physiological testing, strength and conditioning, sports nutrition, sports psychology and ACE services.

PROGRAM HIGHLIGHTS

- Shani Burleigh made the final in the 100m backstroke at the 2013 senior nationals in April 2013 in Adelaide.
- Trent McLaughlin was named in the Australia youth squad for 2012-13.
- Will Harmsen (200m butterfly) and Emma Newell (200m breast stroke) both made finals at the 2013 age nationals in Adelaide during April.
- Will Harmsen was a member of Swimming Australia's national potential talent program and attended several SAL camps throughout the year.

ATHLETES

Shani Burleigh
Alec Guerzoni
Will Harmsen
Trent McLaughlin
Emma Newell

COACHES

Justin Helmich
Rachel Rickards
Derek Taylor

KEY PARTNERS

Swimming Australia
Swimming Tasmania

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

Individual scholarships

The TIS individual scholarship program assists athletes from a wide variety of sports aiming to provide Tasmanian elite athletes with the best possible opportunity to progress to the highest level in their chosen sport.

The TIS Individual Scholarship program operates in partnership with a number of state and national sporting organisations to provide a world class daily training environment for Tasmanian elite athletes competing in sports that are not covered by the TIS National Training Centre or Elite Development Programs.

During 2012-13 the program enjoyed significant success, both nationally and internationally. Standout achievements included two Australian Olympic representatives and a world championship gold medal.

PROGRAM HIGHLIGHTS

- Two athletes competed in the London Olympic Games (Luke Jackson and Jackson Woods - boxing).
- One athlete selected as Olympic reserve (Jenna Myers - weightlifting).
- One athlete won a world championship (Bec Quail – lawn bowls).
- Two athletes represented Australia at junior world championships (Andrew Eckhardt and Daniel Watkins – canoe slalom).
- Two gold medals in the Australian Youth Olympic Festival (Daniel Watkins - canoe slalom).
- One athlete selected to compete in the 2013 U23 world championships (Andrew Eckhardt – canoe slalom).
- Three athletes selected to compete in the 2013 junior world championships (Ben Bradley – mountain bike, Daniel Watkins and Kate Eckhardt – canoe slalom).

ATHLETES

Dylan Hardy (boxing)
Luke Jackson (boxing)
Jackson Woods (boxing)
Andrew Eckhardt (canoe slalom)
Kate Eckhardt (canoe slalom)
Stewart Bennett (canoe wildwater)
Daniel Watkins (canoe slalom)
Ryan McCarthy (golf)*
Kalem Richardson (golf)*
Alice Coppleman (judo)
Rebecca Quail (lawn bowls)
Ben Bradley (mountain bike)
Rowena Fry (mountain bike)
Jack Penny (trampoline)
Jenna Myers (weightlifting)

*Associate scholarship holder



Strategic plan 2012-2016

OUR VISION

Tasmanian athletes acclaimed for their contribution to Australia's sporting success.

OUR PURPOSE

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

OUR APPROACH

The TIS are guided by the following principles:

- Our focus is the achievement of elite performance at the highest level of international competition.
- Our support is centred around identified priority Australian sports that are successful or culturally significant to Tasmania.
- Our role is to operate in partnership with sports to assist them in the development of their athletes.
- We will uphold the community's values and standards expected of athletes as role models.

OUR VALUES

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

- Excellence through passion.
- Commitment to make a difference.
- Team work based on respect, flexibility, support and a sense of humour.
- Open, effective communication that provides honest, accurate and reliable information.

- Creativity and innovation that supports our professionalism.

OUR GOALS

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

OPERATIONAL PRINCIPLES

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

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

PERFORMANCE DRIVERS

The TIS operations are focussed through the following performance drivers:

- High Quality Athletes – identification and development.
- High Quality Coaches - recruitment, retention and succession.
- High Quality Leadership – Effective and efficient decision making and accountabilities.

- High Quality Service Support - providing a daily training environment that maximises identified athletes potential to achieve their performance goals.
- Research and Innovation-evidence based approach and apply scientific method to support strategic decision making.
- Competition Opportunities - providing identified athletes with competition opportunities that assist in the development of their competitive skills.

KEY PERFORMANCE INDICATORS

- TIS athletes' finals/top eight results in international benchmark events (15).
- Number of National team selections achieved by TIS athletes.
- Number of National coaching appointments for TIS coaches.
- Number and proportion of athletes in each NESC scholarship category.
- Number and proportion of athletes progressing through the categories.
- Number of athletes identified and being developed through pre elite programs.

KEY RESULT AREAS

- People
- Process
- Resources

Key performance indicators



The Tasmanian Institute of Sport's objective is to assist athletes achieve national success and ultimately to achieve on the international stage. This is monitored by calculating the number of TIS athletes achieving a top eight performance at Benchmark competitions. The set target is 15.

In total, over the 2012-13 period TIS athletes achieved 15 top eight performances at benchmark events, with the breakdown in each sports as follows:

Athletics	1
Cycling	4
Hockey	2
Lawn Bowls	1
Rowing	7

In addition, success is measured by athlete selection in national teams. The set target is 65 selections per year.

In total, over the 2012-13 period TIS athletes achieved 68 national selections, with the breakdown in each sports as follows:

Athletics	8
Basketball	6
Boxing	2
Canoe	2
Cycling	12
Hockey	18
Lawn Bowls	1
Mountain Bike	2
Rowing	15
Sailing	1
Swimming	1

Olympic athlete honour roll

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

1988 OLYMPIC GAMES – SEOUL

David Connor	Sailing
Gary Smith	Sailing
Ron Laycock	Weightlifting

1992 OLYMPIC GAMES – BARCELONA

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

1996 OLYMPIC GAMES – ATLANTA

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

1996 PARALYMPIC GAMES – ATLANTA

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

2000 OLYMPIC GAMES – SYDNEY

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

2000 PARALYMPIC GAMES – SYDNEY

Clayton Johnson	Athletics
Melissa Carlton	Swimming (Silver, Bronze)

2004 OLYMPIC GAMES – ATHENS

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

2008 OLYMPIC GAMES – BEIJING

Donna MacFarlane	Athletics
Hollie Grima	Basketball (Silver)
Mark Jamieson	Cycling
David Guest	Hockey (Bronze)
Edward Ockenden	Hockey (Bronze)
Matthew Wells	Hockey (Bronze)
Stephanie Grant	Judo
Sam Beltz	Rowing
Scott Brennan	Rowing (Gold)

Olympic athlete honour roll

Anthony Edwards	Rowing
Tom Gibson	Rowing
Kerry Hore	Rowing
Kate Hornsey	Rowing
Brendan Long	Rowing

2008 PARALYMPIC GAMES – BEIJING

Dominic Monypenny	Rowing
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2012 OLYMPIC GAMES – LONDON

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

2012 PARALYMPIC GAMES – LONDON

Todd Hodgetts	Athletics
Matt Bugg	Sailing



Commonwealth Games athlete honour roll



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

1990 COMMONWEALTH GAMES – AUCKLAND

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

1994 COMMONWEALTH GAMES – CANADA

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

1998 COMMONWEALTH GAMES – KUALA LUMPUR

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

Mandy Giblin Athletics

2002 COMMONWEALTH GAMES – MANCHESTER

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

2006 COMMONWEALTH GAMES – MELBOURNE

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

2010 COMMONWEALTH GAMES – DELHI

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

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 considers it appropriate that exceptional athletes who 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.

The following 11 people have been inducted in to the TIS Champions Club:

TIS CHAMPIONS CLUB MEMBERS

Darren Balmforth	Rowing
Justin Boocock	Canoe Slalom
Simon Burgess	Rowing
Melissa Carlton	Swimming
Daniel Collins	Kayak
Stephen Hawkins	Rowing
Bianca Langham	Hockey
Nick Rogers	Yachting
Daniel Sproule	Hockey
Paul Wiggins	Athletics
Matthew Wells	Hockey

Athlete of the year



1994	Daniel Collins	Canoe – Sprint
1995	Nick Rogers	Sailing
1996	Daniel Sproule	Hockey
1997	Simon Burgess	Rowing
1998	Bianca Langham	Hockey
1999	Simon Burgess	Rowing
	Darren Balmforth	Rowing
2000	Simon Burgess	Rowing
	Darren Balmforth	Rowing
2001	Matthew Wells	Hockey
2002	Mark Jamieson	Cycling

2003	Dana Faletic	Rowing
	Kerry Hore	Rowing
2004	Matthew Wells	Hockey
2005	Kate Hornsey	Rowing
2006	Hanny Allston	Orienteering
2007	Ricky Ponting	Cricket
2008	Scott Brennan	Rowing
2009	Amy Cure	Cycling
2010	Eddie Ockenden	Hockey
2011	Matthew Goss	Cycling
2012	Daniel Geale	Boxing

Notes



