

TASMANIAN INSTITUTE OF SPORT

yearbook & annual report

2005-2006



ISSUE 57 - DECEMBER 2005
TASMANIAN INSTITUTE OF SPORT
BULLETIN



Kate rows her way to top TIS honour

Tasmanian Institute of Sport rower and Olympic medalist Kate Hornibrook has been named the 2005 Australian Rowing Champion. She won gold in the women's single scull at the World Rowing Championships in Eton, Great Britain.



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TIS rowers enjoy a medal bonanza

TIS rowers enjoyed a successful start to the 2006 World Rowing Championships in Eton, Great Britain. The Australian women's eight won gold, while the Australian men's eight won silver.



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MIA Tassie Tigers win silver AHL medal

The Tasmanian Ice Hockey Association (TIAHA) has announced that the MIA Tassie Tigers have won the silver medal at the Australian Hockey League (AHL) championships.



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Hanny's success is an inspiration

Hanny's success in the 2006 Commonwealth Games has been a major inspiration for young athletes in Tasmania. Her gold medal performance in the women's 48kg weightlifting category has shown that hard work and dedication can lead to success.



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minister's *foreword*

At the Melbourne 2006 Commonwealth Games this year, Tasmanian Institute of Sport (TIS) athletes confirmed that their competitiveness and consistency at peak international sporting events is of the highest standard; a reflection of the excellent support services provided to the State's elite and developing elite athletes through the TIS.

A total of nine Tasmanians represented Australia at the Commonwealth Games in Melbourne. With seven of the athletes winning medals, the result was Tasmania's best ever performance. The achievements of all TIS athletes are a direct result of the high-quality programs developed and administered by the State's premier sports Institute.

In its commitment to the development of Tasmania's elite athletes and coaches, the State Government has continued to support the TIS and ensured it can maintain its place as a quality contributor to elite athlete development within the national elite sport network.

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

I also 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 2006 Commonwealth Games, as well as the many other outstanding individual performances during the year. I look forward to witnessing the achievements of Tasmanian athletes in the coming year and wish all athletes every success as they strive to achieve at the highest levels in 2006-07.

A handwritten signature in blue ink that reads "Michelle O'Byrne". The signature is fluid and cursive, with a long horizontal flourish at the end.

Michelle O'Byrne, MHA
Minister for Sport and Recreation

chairman's *report*

This year we have once again seen Tasmanian athletes perform with distinction on the world stage.

The highlight was the outstanding performances of our TIS athletes at the Melbourne 2006 Commonwealth Games where Tasmanian athletes won seven medals.

Their success was not only a tribute to their talent and dedication but also the quality of the programs in place at the TIS.

These programs for our elite athletes are world class and the results speak for themselves.

I would like to congratulate and pay tribute to all the athletes and coaches of the Tasmanian Institute of Sport.

Your magnificent achievements have put the Institute and the state on the world's sporting stage and I wish you every success as we look to the future and the upcoming Beijing Olympics in 2008.

I would also 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 which have allowed them to produce such consistent world-class performances.



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

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.

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

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 2005-06 year has seen TIS athletes making their mark on the world stage by continuing to produce significant performances in a variety of sports, which also saw three TIS athletes produce the ultimate result by becoming World Champions.

The Melbourne 2006 Commonwealth Games provided another example of this with six out of the nine Tasmanian athletes competing, returning home with three gold, one silver and two bronze medals, which is a significant performance increase based on previous Commonwealth Games results.

This is clear evidence of the high-quality advice and support provided by the TIS to help our athletes to produce outstanding international performances.

The scholarship program has provided quality services through the various programs to 131 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.



The TIS Sports Performance Unit has had a very demanding year in providing services to TIS athletes. This also included providing sports science services and support to Cycling Australia's National Mountain Bike Program. Athletes have continued to have access to a comprehensive range of services that provide each of them the opportunity to maximise their performance efforts.

These activities and developments would not be possible without the significant support provided by the Tasmanian Government, whose ongoing commitment continues to provide us with opportunities



Winners are grinners: Mark Jamieson and Matthew Goss with their Commonwealth Games medals.

to assist Tasmanian athletes to achieve at the highest possible level.

During the year we also experienced sadness and a terrible reminder of how easily things can change in an athlete's life, with the horrific accident involving the AIS Women's Cycling team in Germany. This tragic event resulted in the loss of life of Amy Gillett and terrible injuries suffered by the other team members, including TIS athlete Louise Yaxley.

It is inspiring to observe Louise as she has dealt with this tragedy and how she displays such courage and a positive approach to working her way back to full recovery.

The TIS has maintained strong partnerships with all 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.

Finally, I congratulate the athletes and coaches for the results achieved this year and commend them all on their commitment to realise their sporting goals.

The results 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.

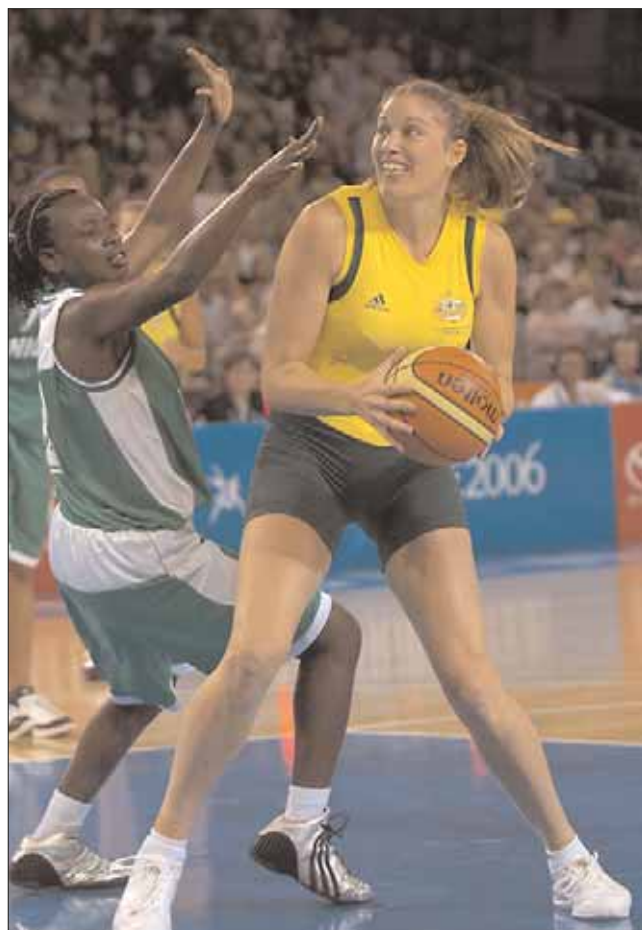


Paul Austen
Director



Picture courtesy The Mercury

More Commonwealth Games successes: Luke Jackson, above, and Hollie Grima.



administration

Athlete Annual Awards & Dinner

Tasmanian Institute of Sport rower and dual World Champion, Kate Hornsey, was named Athlete of the Year at the 2005 Tasmanian Institute of Sport Athlete Awards Dinner.

Kate was also named Female Athlete of the Year at the black tie dinner held at Wrest Point in Hobart on 11 November 2005.

Kate's impressive achievements for 2005 include winning gold medals in both the women's four and women's eight as part of the Australian Senior Team at the World Championships in Japan. Kate also won gold at the World Cup in Munich earlier in the year.

A total of 378 guests was on hand in the Tasman Room at Wrest Point to pay tribute to the outstanding achievements of our athletes. Tim Lane, in his role as Master of



*Project Support Officer
Jeanne Pennington*

Ceremonies, conducted insightful interviews with the winning athletes.

The evening also provided the perfect opportunity to acknowledge the valued contribution of our sponsors, who were presented with TIS polo tops.



2005 Award winners Mark Jamieson, Matthew Goss, Kate Hornsey, Ben Creese and Eddie Ockenden with Minister for Sport and Recreation Jim Cox.

The honour of Junior Athlete of the Year was shared by hockey players Eddie Ockenden and Ben Creese. Cyclists Matthew Goss and Mark Jamieson shared the award for Male Athlete of the Year.

Minister for Sport and Recreation, the Hon Jim Cox, MHA, was on hand to present the awards and congratulate the athletes on their achievements.

The continuing success of TIS athletes on the national and international stage has once again set an incredibly high standard of nominations for the Athlete Awards. In contention for the awards were Hanny Allston (orienteeing), Adam Gibson (basketball), Natasha Hardy (karate), Nick Behrens (sailing) and rowers Kerry Hore, Tom Gibson and Dominic Monypenny.

The guest speaker, Dr Karl Kruszelnicki, and his unorthodox brand of science, had guests pondering matters as far-reaching as the science behind the Mexican wave and the tricks of the mind.

**Jeanne Pennington
Project Support Officer**



Hockey athlete Matthew Wells lends a hand at a school expo.

School Expos

During 2005-2006 TIS athletes, coaches and staff conducted visits to schools in the Queenstown, Bridgewater, Oatlands and Smithton areas.

The TIS focus of the expos, now in their sixth year, is to provide students from rural and regional centres with the opportunity to experience a variety of activities they would normally not 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, gain an insight into a variety of sports, experience activities and use specialised sporting equipment only available to elite athletes.

During the school year, PowerAde and the TIS invited Tasmanian schools, both primary and secondary, to participate in a competition to collect as many labels as possible from PowerAde, Fruitopia Juice, Mount Franklin and Pump water products. The school collecting the most labels won a visit from the TIS, plus sports equipment of that school's choice to the value of \$1000.

St Joseph's School, Queenstown, was easily the winner, collecting almost three labels per student. A downpour of rain and a heavy fall of snow on the West Coast did little to prevent TIS athletes, coaches and staff from visiting St Joseph's for a School Expo in August.

Olympic rowing athlete Scott Brennan and World Junior Cycling Dual Track Champion Matthew Goss joined elite athletes Ali Denne (softball), Carol Hurst (wildwater canoe), Rebecca Quail and Mark Strochnetter (lawn bowls), Sofie McLeod and Adam Clifford (hockey) and Bernard Sulzberger (cycling) in giving the students the chance to experience a variety of new and challenging activities.

Students from the Gagebrook Primary, Herdsman Cove, Green Point Primary, Bridgewater Primary, Bridgewater High School and St Paul's School were also

inspired by TIS athletes David Dawson and Kristen Beams (cricket), Kerry Hore (Olympic bronze medallist, rowing), Jai Crawford (cycling), Sid Taberlay (Olympic mountain biker), and TIS Target Squad athlete Nick Tremayne (hockey) when the TIS visited the Bridgewater PCYC in September for the last school expo for 2005.

The Tasmanian Institute of Sport's popular School Expo series continued in 2006 with the first visit to Oatlands in April. This expo was a huge success with more than 180 students from six schools within the Southern Midlands Cluster participating in a range of fun sporting activities on the day.

Students from Campania District High School, Levendale Primary School, Bothwell District High School, Kempton Primary School, Bagdad Primary School and Oatlands District High School were inspired by TIS athletes Cameron Wurf and Kate Hornsey (rowing), Tom Robinson (TIS Development Squad for cycling) and Daniel Coleman and Ryan Foster (track and field).

It was then on the road again for TIS athletes and staff when they visited Smithton in late May to conduct community clinics and another School Expo. TIS hockey athlete and Olympic and Commonwealth

Games gold medallist Matthew Wells, along with Boomers basketballers Matthew Knight and Commonwealth Games gold medallist Jacob Holmes, Smithton's very own track and field athlete Madelin Poke and TIS staff conducted four sports clinics in rather crisp weather conditions on the evening of Thursday 25 May.

The colder conditions did not deter community members from turning out in large numbers to participate in the basketball, hockey, mountain bike and track and field activities.

The two Matthews followed up the next day with a visit to Edith Creek Primary School where they spoke with students and teachers. Students from Edith Creek, Forest, Redpa, Stanley, Smithton and St Peter Chanel primary schools along with Smithton High and the Circular Head Christian School then joined the athletes and staff at the Smithton Sports Centre for the schools expo where they were guided through a range of physical activities.

Some sports such as rowing, rarely seen in Smithton, were a huge success with the students.

Denise Hansson
School Expo Coordinator



TIS Cycling Coaches Ron Bryan and Paul Brosnan put students through their paces at Smithton.

Staff

The Institute experienced a number of staff changes in 2005-2006.

Christine Hamlyn moved from the Sports Performance Unit into the Athlete Services Manager position. Christine has since moved back to South Australia and Elissa Morley, the Talent Search Coordinator, moved to Queensland into a National Talent Search position.

In October 2005, we welcomed Angela Hayes into the position of Talent Search Coordinator and Diana Dickenson as Sports Performance Officer. Angela worked for the Talent Search program as an assistant in 2004 and previously worked in Victoria as a field officer with hockey. Angela was a TID cyclist in 2003 and holds a Bachelor of Human Movement degree from the University of Tasmania.

Diana is a former TIS scholarship holder (1999-2002) in slalom canoe, representing Australia at Junior World Championships. Diana holds a Bachelor of Exercise Science and Rehabilitation degree from the University of Wollongong.

Rhett Ayliffe was appointed to the position of NTC Head Rowing Coach in January. Rhett joined the TIS having extensive experience both as an elite athlete and in coaching athletes from the elite development level through to national senior rowing ranks.

Rhett, previously the Director of Rowing at Sydney University, was the senior rowing coach at the Western Australian Institute of Sport and has developed his coaching skills under internationally respected rowing coaches Antonio Maurogiovanni and former Tasmanian coach Tim McLaren.

As an elite athlete, Rhett represented Australian in the 1995 World Rowing Championships in Finland. In the lead-up to Rhett's appointment, NTC Rowing Coach Darren Balmforth had overseen the program and is congratulated on his valuable

contribution to the rowing program's successes.

Peter Fortune joined the TIS team as Track and Field State Performance Coordinator in February. Peter, who began coaching at club level in the 1970s, was Team Coach to the Australian Olympic team in 1996 and 2000, Head Coach of the World University Games in 2001, Coach to the Oceania World Cup team in 1998 and 2002, World Junior Championships Coach in 1994 and 2004 and also coached at the Victorian Institute of Sport from 1996 to 2005.

Some of the athletes coached by Peter include Cathy Freeman, Susan Andrews, Tamsyn Lewis, Lauren Hewitt, Kris McCarthy and Gary Minihan.

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

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

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

Strategic Plan

In May 2006 all TIS staff isolated themselves from their day-to-day activities and participated in a strategic planning day at Smithton. Facilitated by Greg Johannes, Deputy Secretary, Tasmanian Department of Economic Development, the primary focus was to develop the framework for a TIS Strategic Plan covering 2006-2009.

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

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 exposure and training to our athletes. The sponsorship also contributes to the running of the Talent Search program.

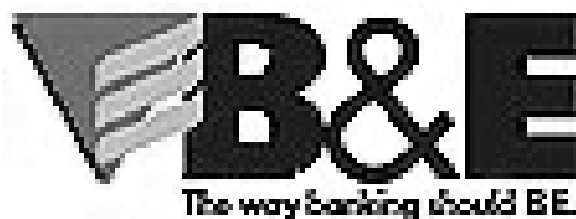
Motors Pty Ltd continues to be an important supporter of the TIS and the NTC Rowing program through the provision of two motor vehicles.

B&E Ltd continues to provide valuable assistance supporting the operation of the TIS mobile testing van.



Tasmania

Sport and Recreation Tasmania
Department of Economic Development



Other companies that assisted the TIS this year were J Boag & Son, Southern Cross Television, Echo Tasmania, Wrest Point, Tasmanian Radio Network and The Denture Centre. Avanti, Cyclingnews.com, Santini Cycling Clothing and Specialized Helmets and Shoes continue 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, in particular Mark Wells and Nick Turner for their assistance with the Institute's media and corporate activities throughout the year.

We extend our sincere thanks to the fitness centres around the State that have, over many years, continued to provide access to our athletes to assist their preparation for national and international competition. These include Tattersall's Hobart Aquatic Centre and Oceana Health and Fitness in Hobart, Healthglo Fitness and Leisure in Burnie, Health and Fitness World in Launceston and Glenorchy, and Theogenes Health and Squash Centre in Launceston.

The development of a further partnership with the Tasmanian Cricket Association has led to the Institute being able to gain access for TIS athletes to the fantastic new strength-training facility at Bellerive Oval in Hobart.



Wrest Point



sports performance

The Sports Performance Unit (SPU) has successfully delivered wide-ranging services to Tasmanian Institute of Sport (TIS) athletes and coaches in the past 12 months. Activities have included sports science testing, performance analysis, sports medicine services, physical preparation and talent identification.

The SPU focused on assisting athletes selected to the Commonwealth Games and working hard with Tasmanian-based performers. The SPU's key support activities have included:

- Extensive support to the TIS hockey squad leading into and during the Australian Hockey League (AHL) finals.
- Support at rowing, swimming and mountain bike nationals.
- Attendance at the rowing national selection regatta.
- Establishment of the TIS video repository.
- Ongoing testing and support to Elite Development (EDS) and National Training Centre (NTC) squads.
- Continued research collaboration with the University of Tasmania.
- Screening of 8000 students by Talent Search.

In the past year the SPU farewelled Elissa Morley, our former Talent Search Coordinator, who has taken up a National Talent Search position and Christine Hamlyn, former Sports Performance Officer, who recently moved back to South



*John Gregory
Manager,
Sports Performance Unit*



*Diana Dickenson
Sports Performance Officer*

Australia. We thank them both for their contribution to the TIS.

The SPU has enjoyed supporting elite mountain bike cyclist Sid Taberlay in his build-up to the Commonwealth Games. Sid was assisted at nationals and benefited from tyre testing and course profiling by Sports Performance manager John Gregory.

There has been ongoing work with our NTC programs of cycling, hockey and rowing. Furthermore, EDS sports including basketball, cricket, football, kayaking, swimming and tennis have profited from regular sports science and physical preparation services.

For example, tennis has run numerous workshops in the past six months which have included field testing, psychology lectures and practical physical preparation activities such as boxercise.

The unit's performance analysis suite has seen good use from kayaking, rowing and swimming. The capture, editing and archiving of video footage has become commonplace, made easier with the Dartfish program and video repository. Recently we have saved a large number of clips on our video repository, which allows storage of large uncompressed digital videos.

The SPU has been very fortunate in obtaining significant equipment upgrades in the past year. We have a new treadmill, cycle ergometer and a state-of-the-art rowing biomechanics system. The new equipment has greater functions, is more reliable and includes significant safety features.

TIS hockey had an outstanding AHL competition, finishing second to Queensland this year. A strong result was contributed to by Physical Preparation Officer Peter Culhane's efforts. Peter worked closely with the TIS and Tigers players over the summer, including travelling to New Zealand where he used heart-rate monitoring to great effect. Furthermore, Peter provided recovery support to athletes during AHL week.

Peter's highlights in 2005-2006 included:

- Extensive work with hockey and success at AHL.
- Established Bellerive, in cooperation with the Tasmanian Cricket Association, as the TIS's Hobart-based gym centre.

- Successful NSSQA accreditation process for TIS gyms.
- Ongoing servicing of NTC, EDS and individual scholarship holders.

In October 2005 we welcomed Angela Hayes into the position of Talent Search (TID) Coordinator and Diana Dickenson as Sports Performance Officer.

Angela worked for the Talent Search program as an assistant in 2004 and previously worked in Victoria as a field officer with hockey. Angela was a TID cyclist in 2003 and holds a Bachelor of Human Movement degree from the University of Tasmania.

Diana is a former TIS scholarship holder (1999-2002) in slalom canoe, representing



Picture courtesy *The Mercury*

TIS hockey had an outstanding AHL competition contributed to by Physical Preparation Officer Peter Culhane's efforts.

Australia at Junior World Titles, which brings a unique perspective to her job. Diana holds a Bachelor of Exercise Science and Rehabilitation degree from the University of Wollongong.

Talent Search Coordinator Angela Hayes has been busy making detailed submissions to the National TID program for sports-specific funding as well conducting mass screening of school children.

In recent times the TID program has:

- Been active in submitting an application for national sports funding.
- Substantially expanded the number of schools and athletes tested statewide.
- Placed 66 athletes for 'sports specialist' coaching.

Sports Performance Officer Diana Dickenson has been active working with University of Tasmania students and TIS athletes over the past nine months. In addition, Diana has travelled with rowing

and provided extensive field testing to NTC and EDS squads.

Diana's activities have included:

- Obtaining her level 2 anthropometry accreditation.
- Supervising the university and TIS power cranks testing research project.
- Travelling with rowing and kayaking to selection events, providing video and recovery services to athletes.

Sports Medicine Network

We remain appreciative of the assistance of the medical network for its continued work with regard to medical and physiotherapy services. In conjunction with doctors and physiotherapists, valuable medical and musculoskeletal screening of TIS athletes has continued in the past 12 months. Furthermore, the sports medicine network addresses many injury and illness requests year round, with timely advice to staff and athletes. We thank Dr Ian Beltz for his stewardship of the TIS sports medicine program.

John Gregory
Manager, Sports Performance



talent search

The highlight of the past year has been the success of former Talent Search athlete Kate Hornsey. Kate became a double World Champion in 2005 in the women's eight and four. These achievements saw Kate win the TIS Athlete of the Year award. More recently she won two bronze medals at the World Cup in the pairs and eights women's events.

In athletics, former Talent Search athletes performed well at the National Championships collecting five top eight finishes between three athletes. The Nationals highlighted the medal successes of Luke Vaessen, Morgan Whiley and Karinna Fyfe in short and long-distance events.

Also to come through the Talent Search ranks, cyclists John Rayner and Jarrod Hayman performed extremely well achieving medal performances in national road cycling events. Furthermore, Laura McCaughey, also a past Talent Search Women's Project athlete, achieved two top eight results at the 2006 National Track Championships.

In rowing, Blaize Holland obtained an impressive bronze for the U19 doubles at the Nationals in March. Blaize also obtained a first and fourth at the State Championships. Other past Talent Search athletes, Natalie Shelton, Brianna McShane, Meaghan Volker, Charlotte Lyle, Matthew Harback and Sam Kirkland also took home medals in their chosen categories.

Despite only six months in the Talent Search basketball squad, Lauren Miller was selected to represent Tasmania at the U16



Angela Hayes
Talent Search Coordinator

Nationals in July. Following this impressive trend, ex-Talent Search athletes Dwayne Radcliffe and Catherine Guest received positive reviews at the National U18 Basketball Championships. Dwayne represented Australia in the U16 squad, an outstanding result given the strong depth of talent in Australia currently.

The National Orienteering Easter three-day competition at Castlemaine saw numerous top eight Tasmanian performances from ex-Talent Search athletes, including Rebecca Snare, Catherine Hewitt and Brea Pearce. Personal best times were recorded by Matthew Barratt, Alastair Mitchelson, Chantelle Tobler and Isobel Cusick in the same competition. With the National Championship scheduled for September, Talent Search coach Paul Pacque is confident that many former and current Talent Search athletes will be selected.

The addition of the sport of wildwater kayaking to the Talent Search Program has

proved to be successful. With no previous wildwater kayaking experience and only 12 months in the program, Talent Search paddlers placed in nearly every event in the U15 men's and U14 women's National Championships.

Talent Search has grown this year from placing 45 athletes in 2004-05 to 66 athletes being identified in the sports of rowing, basketball, orienteering, wildwater kayaking, cycling and the new Talent Search sport of hockey in 2005-06.

These athletes are progressing well in their chosen sports having participated in testing and attended psychology and nutrition workshops.

Phase 1 Sport Science testing has been completed by 52 high schools and colleges around the state in 2006. A record number of 8000 students participated, eclipsing the previous mark by more than 2000. Approximately 10 per cent of those students have been invited to continue and participate in phase 2A regional testing

days held by the TIS coordinator and university students.

The selected students will have the opportunity to trial for positions in Talent Search squads around the state for rowing, basketball, orienteering and cycling. Athletics makes a welcome return as a Talent Search sport in the north, while BMX makes its debut on the North-West Coast.

I would like to thank and acknowledge coaches, teachers and athletes involved in this year's Talent Search Program. The contribution of the PE teachers in high schools and colleges around the state, who support the Talent Search Program and the dedicated and enthusiastic coaches who worked tirelessly with Talent Search athletes, is invaluable.

I also wish to thank Coca-Cola Amatil for its ongoing sponsorship of the Talent Search Program.

Angela Hayes
Talent Search Coordinator





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 – sometimes their former school – during terms one and two of the school year 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 in term two and in term three, allow many of the athletes to present a more practical side of their sport with students becoming involved and participating in activities.

The response by athletes, in particular by our junior TIS athletes, to being involved in the 2005-2006 PowerAde Schools Program was particularly encouraging based on general willingness to share part of their story with others. Twenty-eight athletes from 15 sports visited schools throughout Tasmania during 2005 with 19 athletes from



*PowerAde Schools Program
Coordinator
Denise Hansson*

11 sports expressing an interest in 2006.

To help athletes prepare for their school visits, public speaking workshops were held in February at Launceston and Hobart with assistance from TIS Athlete Career and Education (ACE) Consultant Jamie Cox, who facilitated both sessions.

Denise Hansson
PowerAde Schools Program
Coordinator



Judo athlete Pricus Fogagnolo visited Launceston College as part of the PowerAde Schools Program.

athlete career & education

The year just completed saw the National Athlete Career & Education (ACE) program celebrate 10 years of assisting athletes with the variety of daily issues that they confront when trying to successfully combine multiple aspirations.

Personally, the past year also represents a tremendously enjoyable first 12 months in the TIS ACE role. I have been inspired by the sacrifices that our elite athletes make to compete with excellence on the national and international stage, while maintaining a strong focus on the development of a career outside their chosen sports.

The ACE role is heavily dependent on developing relationships and during this busy settling-in period the immediate focus was on establishing these with staff, coaches and athletes. My dominant key performance indicator, designed to best measure the success of this relationship building and the strength of the ACE program, has been the number of athlete-initiated contacts and it is pleasing to report that these are increasing.

Athlete individual career assessments were conducted with more than half of the athlete base and transition support was provided to all of those who exited the program. All up, meaningful contact, predominantly in the areas of personal development, educational guidance, career planning and transitional support, was experienced with more than 80 per cent of the athlete base.

Personal development courses were limited to nutritional cooking and presentation skills, with plans for a more comprehensive list including these, plus media training, sports-specific first aid, introduction to



*ACE Coordinator
Jamie Cox*

sports psychology, career awareness and networking, to be offered in coming months.

National ACE also formed a service relationship with Ausdance during the past 12 months, which expands my base by two Tasmanian-based elite dancers.

The success of the ACE program relies on a supportive network of service providers and I thank TIS staff, athlete employers, coaches, parents and all others who are involved in the day-to-day implementation of Athlete Career and Education plans.

Thanks must also go to the University of Tasmania staff, and particularly the Elite Athlete Friendly University contact, Amanda Turner, for their outstanding flexibility in coordinating the special educational requirements that frequently occur due to the unique demands on athletes. Without the assistance of these supportive stakeholders, any effectiveness would be greatly reduced.

Jamie Cox
Athlete Career & Education
Coordinator

physical preparation

The past 12 months have seen some fantastic developments in the area of physical preparation within the Tasmanian Institute of Sport.

The development of a working relationship with the Tasmanian Cricket Association has led to the Institute being able to gain access for TIS athletes to the new strength-training facility at Bellerive Oval in Hobart.

Many athletes have used the facility this year and all have been extremely happy with the opportunity they now have in the south to use this high-quality training environment.

Several community-based strength-training facilities around the state are still providing TIS athletes with servicing needs if they desire, and again the athletes and TIS are grateful for their assistance.

Many TIS programs have moved to a team-based service delivery model in the past 12



*Physical Preparation Coordinator
Peter Culhane*

months which has seen some great developments in both service delivery and results achieved.

Of special note would be the work with the state hockey teams in the preparation for the 2006 Australian Hockey League.

This saw the women's team continue to develop its young team and have some



*TCA facilities
at Bellerive.*

great wins and the men's team play in the final for the first time in 33 years.

The men's team can trace its improved performance to a pre-season training tournament in New Zealand where the TIS Physical Preparation Officer was present and able to collect training and game data and help analyse and implement physiological training programs both while away and in the months leading up to the season.

Several TIS programs, such as tennis, basketball, hockey, cycling, swimming and rowing, have enjoyed the group atmosphere of squad physical preparation sessions as it gives the athletes an opportunity to be mentored by older athletes or pushed by better athletes.

Many of the TIS athletes within the squads are still competing as individuals within their

sports so working within a motivating team atmosphere can bring many rewards.

The Institute has been working very hard over the past 12 months to provide strength and conditioning infrastructure to the TIS athletes that is equal to any in the country.

This is being achieved with the development of national quality assurance programs within the national institute and academy strength and conditioning area and a continued push to develop elite training environments for athletes.

It is hoped that in the near future the TIS will have greater access to the type of environments that will lead to greater national and international success.

Peter Culhane
Physical Preparation Coordinator



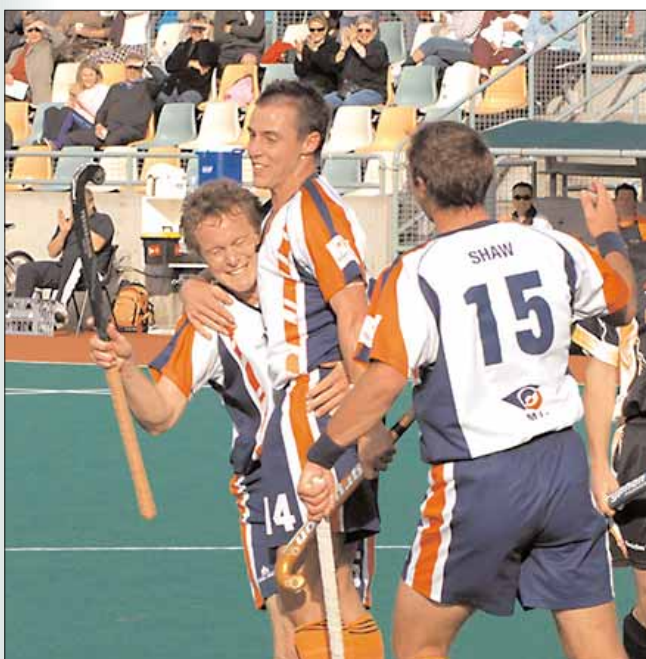
TIS scholarship programs

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 2005-2006 the Institute operated five NTC programs in the sports of basketball, cycling, hockey, rowing and track and field. 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



Hockey is one of the sports covered by National Training Centre Programs.

and all TIS services including Sports 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 2005-2006 were cricket, football, swimming, tennis and wildwater 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/coordinator 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.

track and field

With the departure of the previous program manager, Nicole Boegman, to NSW, the track and field program at the Institute was placed in a holding pattern pending a new appointment.

Several individual athletes were supported during this time by the Institute and a number of initiatives that were being planned are now able to move towards further development. Chief among these is a development program in partnership with Athletics Tasmania, which aims to promote a squad of Tasmanians to reach their potential as they commit themselves to excellence in their careers in track and field.

Junior development is seen as most relevant to the sport in Tasmania and in line with Athletics Australia's increasing focus in this area. While junior development is important, the Institute will still most strongly support our top senior athletes at the National and International level.

Donna MacFarlane continued her meteoric rise to top international level with a string of exceptional performances over 1500m, 3000m and her speciality, the 3000m



*Track and Field State Performance Coordinator
Peter Fortune*

steeplechase. Donna gained selection for the Commonwealth Games in Melbourne where she won a bronze medal in the steeple and is currently ranked third in the world.

In the lead-up to this performance, she won the 1500m at the Briggs Memorial meet in Hobart in January this year and also triumphed in a very high-class field at the Melbourne Telstra A Series over 3000m with a world-class time of 8.50.65. She has set personal bests from 800m to 3000m steeplechase and has continued her excellent form internationally by placing second at the GP meet in Doha during May.

Tristan Thomas has confirmed the great talent he showed during 2004-2005 by gaining selection for the Commonwealth Games in the 400m hurdles where he narrowly missed making the final.

He improved his personal best several times through the summer and joined the elite of Australia's intermediate hurdlers by breaking the 50 seconds barrier with his new personal best of 49.88 at the Commonwealth Games.



Tristan Thomas has confirmed the great talent he showed during 2004-2005.

He also showed excellent versatility by winning the national U23 title over 800m. Tristan continues to be based at the Australian Institute of Sport in Canberra where he receives specialist coaching as part of the national program.

Graham Hicks has continued his steady form into this year but narrowly missed out on making the Commonwealth Games team. He remains in the upper echelon of discus throwers with his 60m-plus efforts during 2005 and is ranked number five in Australia. Currently training under Gus Puopulo in Victoria, he won the shot put and discus at the state titles in March.

Ryan Foster performed very well during the last domestic season and is the second-ranked junior nationally at 800m. In winning the senior state title this year over 800m he set a personal best of 1.50.35 which qualifies Ryan for the World Juniors later in



Donna MacFarlane continued her meteoric rise to top international level with a string of exceptional performances.

2006. Ryan trains with respected Hobart coach Max Cherry, who also supervises the training of Donna MacFarlane.

A number of other Tasmanian athletes performed with distinction during the past domestic season. Seventeen-year-old Daniel Coleman joined the elite of Australia's race walkers when he gained selection in the Junior World Walking Cup team that competed in Spain during May this year. He was the first Australian to finish while being one of the youngest walkers in the race.

Former scholarship holder Kate Pedley, after a year out of the sport, has burst back on the national scene, this time at 800m where she made the national final and slashed her personal best to 2.06. She had a great tussle with Donna MacFarlane in the State title over 800m before winning in a time close to her personal best.

Luke Vaessen confirmed his place as one of Australia's elite young long jumpers despite an injury-plagued season. He placed second in the National U20 Championships and had several jumps over 7m.

All the above athletes benefited from the support of the TIS over the past 12 months while the program has been on hold and confirms our support for the development of track and field in Tasmania.

I was most pleased to be appointed to the new position of State Performance Coordinator with the TIS from March this year after nine years with our Victorian counterpart. I was especially attracted to the position because of the desire of the TIS, Athletics Australia and Athletics Tasmania to concentrate on a development program for the younger athletes in Tasmania.

I see the role as working closely with and supporting Tasmania's coaches in their encouragement of our athletes to make their mark on the national and international scene.

Peter Fortune
Track and Field
State Performance Coordinator

cycling

The major highlight of the cycling program in 2005-2006 was Mark Jamieson and Matthew Goss' gold in the 4000m Teams Pursuit at the World Track Championships in Bordeaux, France, during April. Mark placed fifth in the 4000m Individual Pursuit.

On a much more sobering note, Louise Yaxley was seriously injured in a horrific road accident in Germany in July while training with her AIS/National Road Team mates. The accident claimed the life of Amy Gillett and severely injured five of the girls. Since then Louise has made a remarkable recovery and continues to remain positive and her rehabilitation continues to progress, albeit slowly.

However the 2005 road season did close on a high note with Mark Jamieson placing sixth in the U23 Individual Time Trial at the World Road Cycling Championships in Madrid, Spain, in September.

In my role as National Junior Road Coach I took the U19 Team to Italy for international competitions and the Junior World Road Championships in Austria in August. Ron Bryan was appointed coach of the National U19 B-Team to compete in New Zealand in October. Grace Sulzberger was selected in the B-Team and competed in New Zealand under Ron's guidance.

Our annual TIS endurance training camp was held in Sheffield in December and was attended by all scholarship holders. This proved to be a very successful foundation leading in to the 2006 Australian Open Road Championships in Adelaide in January with Wesley Sulzberger placing second in



*TIS Head Cycling Coach
Paul Brosnan*



*TIS Cycling Coach
Ron Bryan*

the Elite Road Race while Sid Taberlay was winning the National MTB XC Titles in Mt Beauty, Victoria. Mark Jamieson placed second in the U23 Road Time Trial.

Immediately following the Road Nationals, a record four Tasmanians (Matthew Goss, Wesley Sulzberger, Sean Sullivan and Joshua Wilson) were selected to compete in Australia's biggest professional cycling event, the Tour Down Under. Shortly after

this Matthew and Wesley were offered AIS U23 Scholarships to compete on the road in Europe, Asia and America in 2006 as members of the newly-formed Continental Team, SouthAustralia.com-AIS.

Outstanding performances continued at the National Track Championships in Adelaide in February with Mark Jamieson again winning the 4000m Individual Pursuit. Mark then teamed up with Matthew Goss and two former TIS scholarship holders to defend their 4000m Teams Pursuit title in a new Championship Record. Trent Deacon (AWD) also won both the 1km Time Trial and 3000m Individual Pursuit at the Track Championships, securing his selection in the Australian Paralympic Team to compete at the 2006 World Championships in Switzerland in September.

Belinda Goss finished seventh in the Women's Point race at the Sydney Track

World Cup and placed sixth in the Scratch race.

Sid Taberlay, Mark Jamieson and Matthew Goss were subsequently selected to represent Australia at the Melbourne 2006 Commonwealth Games with Mark and Matthew winning silver in the Teams Pursuit and Sid placing sixth in the MTB XC.

As newly-crowned World Champion, Matthew Goss' confidence grew, claiming five International road wins between Italy, Germany and Spain along with numerous placings. The highlight was GP Liberazione in Rome, Italy, where he outsprinted a field of 199 to claim the most prestigious U23 event outside the World Championships.

Since the close of the track season, Tasmanian cycling has been well represented across the globe on the road with Caleb Manion, Karl Menzies and Sean



The 2006 TIS Cycling Squad.

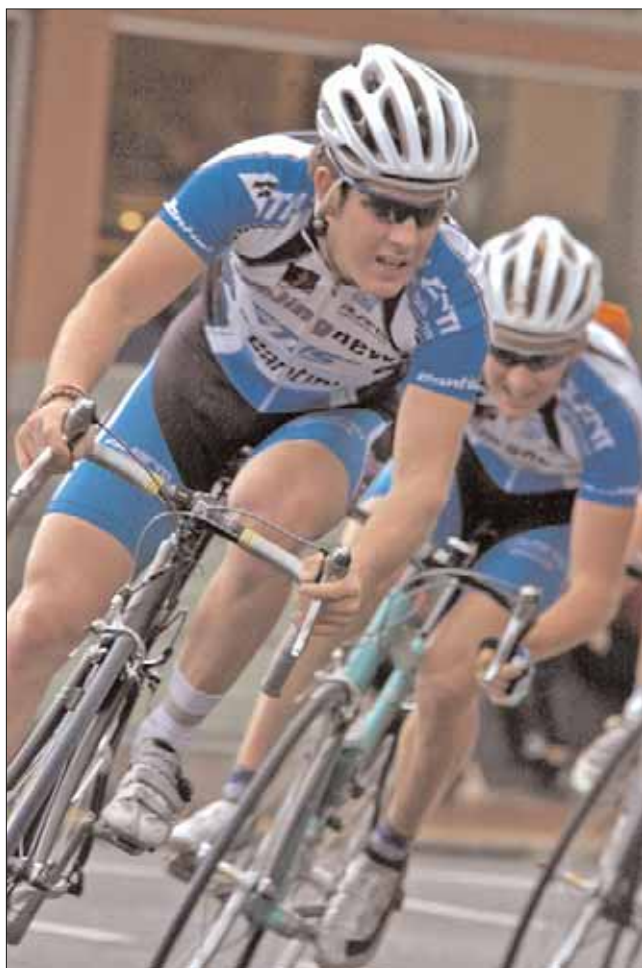
Sullivan all featuring on the podium in prominent professional events in the United States.

Karl won stage two of the Tour of Redlands in the USA and placed second in stage seven of the prestigious Peace Race in the Czech Republic. Caleb Manion placed third in stage one of America's biggest event, the Tour of Georgia. Bernard Sulzberger finished fourth overall in a Tour in China. Sean was second in the Burlington Road Race and won the Burlington Criterium in the USA.

Ryan Sullivan and Josh Wilson are settling into their new club teams in Italy along with Mark Jamieson in France.

Grace Sulzberger was selected to represent Australia at the Junior World Road Championships in Belgium in August after finishing equal first on points in the National U19 Road Series.

Four Tasmanian coaches attended the Cycling Australia NCAS level two course in Sydney in May, including Louise Yaxley.



2005-2006 CYCLING SCHOLARSHIP HOLDERS

Trent Deacon (AWD), Jai Crawford, Belinda Goss, Mathew Goss, Mark Jamieson, Caleb Manion, Karl Menzies, Ryan Sullivan, Sean Sullivan, Bernard Sulzberger, Grace Sulzberger, Wesley Sulzberger, Sid Taberlay, Joshua Wilson, Louise Yaxley and Darren Young.

2005-2006 Cycling Team Sponsors:

Major Sponsors: Cyclingnews.com, Avanti Bicycles and Santini Cycling Clothing.

Minor Sponsors: Specialized Helmets and Shoes.

2005-2006 Satellite Coaches:

Scott Callow, Garry House, Paul Manion, David Robinson and Darrel Young.

2005-2006 Target Squad:

Laura McCaughey, John Rayner and Tom Robinson

2005-2006 TIS/TAS Development Squad:

Jarrold Harmon, Aaron Jones, Mathew McDonough, Will Robinson and Ron Bryan.

**TIS Cycling Coach
Ron Bryan**

**Paul Brosnan
TIS Head Cycling Coach**

Matt Goss in action.

hockey

The 2005-2006 reporting period has again produced gold – this time it has been a Commonwealth Games gold and Champions Trophy gold as well as a growing representation of TIS athletes in the National senior squads.

Matthew Wells and David Guest were both selected for the prestigious annual world hockey event, the Champions Trophy in Chennai in December 2005 involving the top six ranked nations of the world. Winning gold in Chennai and qualifying for the 2006 World Cup was a tremendous outcome for both these athletes.

Matthew was also part of the leadership group of the Kookaburras at the Commonwealth Games where the team retained the title of Commonwealth Games Champions.

Eddie Ockenden is the newest scholarship holder to make the National Senior squad after some very exciting performances in the 2006 AHL season for the MIA Tassie Tigers. Eddie has now made his debut with the senior national squad.

To strengthen our development pathways and regional training environments, TIS Hockey Coach Stewart Pither conducts a regional training program. This program continues to grow in participant numbers while delivering high-quality training sessions in the North-West and North on a regular basis.

Throughout this reporting period our number of athletes in junior National squads has increased to five. Eddie Ockenden, Ben Creese (2005 Junior World Cup silver medallists), Patrick Ward, Geoff Cock and



*TIS Head Hockey Coach
Andrew McDonald*



*TIS Hockey Coach
Stewart Pither*

Lucy Ockenden all provide a solid framework for further expansion in our representation into future National senior squads while strengthening our form at National titles.

Also a new member to the TIS Hockey Scholarship group, Hamish McGregor was named the 2006 Player of the Tournament at the National U18 titles.

Ilene Carr coached the Tasmanian 2006 U18 girls team to a third placing at the National

titles. Strong performances at the National Championships were further highlighted by the silver medal won by the MIA Tassie Tigers in the 2006 Australian Hockey League before a crowd of 4500 locals. The performance of the Tigers equals the best-ever Tasmanian result for a senior men's team.

New competition opportunities were a focus for the program as greater exposure prior to major National championships had been an area for improvement. With strong Government and TIS support the MIA Tigers played five games against the New Zealand National team in Auckland. All games were close with the Tigers beating the ninth-ranked team in the world in game three of the series.

The Wrest Point Van Demons travelled to Cairns and played three games against the Queensland senior women's groups. Exposure for the team at this competition will assist in the athletes' future development. The team's participation at competitions such as this will assist athletes' further development.

At the conclusion of the 2005-2006 competitions, new National, National Development and National Junior squads were announced. Eight athletes were selected in 2006 Senior or 2005 Junior National squads.

2006 Men's National Squad

Matthew Wells – preparing for the 2006 World Cup to be held in Germany.

David Guest – was selected in the Aslan Shah tournament winning a silver medal and he now prepares for the 2006 World Cup. David has a 2006 AIS Scholarship and is based in Perth at the AIS Hockey Unit.

Eddie Ockenden – the youngest member of the new National squad and has now relocated to Perth as an AIS scholarship holder. Eddie made his debut at the Aslan Shah cup in KL, Malaysia. Also underlined his potential by being in the Senior and Junior squads concurrently.

2006 Men's National Development Squad

Ben Creese – goalkeeper in the AHL competition, Ben played extremely well in both the semi-final and final of the AHL. His form no doubt earned him a spot in the Development squad. Ben has again relocated to Perth to access the AIS training facilities.

2005 National Junior squads

Patrick Ward – good form at the U18 and U21 Nationals enabled his selection as a talented fullback.



Matthew Wells and Premier Paul Lennon at the Australia v Spain test match in Hobart.

Geoff Cock – a forward showing potential and is capable of converting many of his opportunities.

Lucy Ockenden – made her AHL debut in 2006 and showed good form at the 2006 U18 Nationals.

The TIS Sports Science staff, through Diana Dickenson and TIS Physical Preparation Officer 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 Diana for their efforts with the hockey program.

I would like to thank all the coaches who have assisted in various State Team capacities involving TIS players. Coaches Mark Geeves, Jeremy Stebbings, Greg Peart, Lisa Griffiths, Ken Read, Ilene Carr and Larry Mills underpin and do so much to assist with the TIS Hockey program. I sincerely appreciate the assistance they



Eddie Ockenden in action for the MIA Tassie Tigers in the 2006 Australian Hockey League final against Queensland.

give the athletes. This assistance creates a very productive and successful 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. The progress of the TIS hockey program combined with Hockey Tasmania's underpinning programs continues to provide a solid platform for further growth.

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 a continuation of golden results post-Athens and I eagerly look forward to the future.

Stronger programs now in place will provide the framework needed for continued growth in domestic success and National representation of TIS athletes.

Andrew McDonald
TIS Head Hockey Coach



Emily Wilson in action.

rowing

The 2005 World Rowing Championships saw seven TIS athletes competing, the highlights being Kate Hornsey winning two gold medals in the women's eight and four and Dominic Monypenny winning gold in the adaptive men's single.

Tom Gibson also finished a creditable fourth in the men's lightweight four coached by TIS satellite coach John Driessen, who also coached the lightweight double and pair.

The 2006 Australian Championships were held at the picturesque Lake Barrington in March. TIS athletes returned with a total of 29 gold, 10 silver and eight bronze medals. The highlights of the regatta were Tom Gibson winning four from four national championships, Dana Faletic and Scott Brennan winning both the national single scull and interstate single sculls, and Tasmania continuing its winning run in the Penrith Cup for lightweight fours to a record eight in a row, without three-time Olympian Simon Burgess for the first time.

Thirteen TIS athletes gained national selection for the 2006 teams – seven in the senior team to compete at the beginning of September in Eton, UK, three in the U23 World Championships in Hazelwinkel, and two in the World Junior Championships in Amsterdam. Also competing in Eton, defending his world championship will be adaptive rowing scholarship holder Dominic Monypenny.

Dana Faletic is returning to International competition in the women's quad scull hoping to improve on her bronze medal at the 2004 Olympics. Scott Brennan and Kerry Hore have had to withdraw from this year's international season due to university commitments.



*NTC Head Rowing Coach
Rhett Ayliffe*



*TIS Rowing Coach
Darren Balmforth*

TIS Rowing Coach Darren Balmforth ensured the TIS rowing program continued to function well until the position of TIS NTC Head Rowing Coach was filled, and due to his contribution the TIS rowing program continued to be very successful throughout 2005.

Also involved in the rowing program this year were coaches John Driessen, coach of the successful Penrith Cup lightweight four at the National Championships, Paul Newbon, coach of Charlotte Walters at the 2005 Junior World Championships in

Germany, Russell Hookway, coach of Jono Hookway and Adam Wertheimer in preparation for the 2006 Junior World Championships to be held in Amsterdam, and scholarship coach Claire Playsted based out of the Tamar Rowing Club.

Vicky Spencer has been selected as the junior team manager for the 2006 world championships to be held in Amsterdam. Vicky is also the non-travelling assistant coach of the U23 lightweight quad and pair.

It is with regret that the TIS and Tasmania were not given the opportunity to continue to prepare the senior A lightweight crews. We are preparing the U23 lightweight squad comprising a quad scull and pair. This squad will be based in Launceston accessing the TIS facilities and sports science services. This is a first for the Launceston community.

My tenure as the NTC Head Rowing coach at the TIS started in January. I was previously employed as the Director of Rowing at Sydney University and before that as senior rowing coach at the Western Australian Institute of Sport. My goal is to maintain the representation of six Olympians or to improve on this for 2008.

Rhett Ayliffe
NTC Head Rowing Coach

RESULTS 2005-2006

Sam Beltz:

2005 World Champs – 12th, Men's Lightweight Double Scull.

National Championships – silver, Men's Lightweight Single Scull; gold, Men's Lightweight Eight; gold, Interstate Men's Lightweight Four.

2006 World Cup – fourth, Lightweight Men's Double, Munich & Poznan.

National Team – Lightweight Men's Squad, Eton, 2006 World Championships.

Deon Birtwistle:

National Championships – fourth, Men's Lightweight Single Scull; gold, Men's Lightweight Double; gold, Men's Lightweight Eight; gold, Interstate Men's Lightweight Four.

Scott Brennan:

National Championships – gold, Men's Single Scull; gold, Men's Double Scull; gold Interstate Men's Single Scull.

Dana Faletic:

National Championships – gold, Women's Single Scull; bronze, Women's Double Scull; silver, Women's Quad Scull; gold, Interstate Women's Single Scull; bronze, Interstate Women's Eight.

National Team – Women's Quad, Eton, 2006 World Championships.



Scott Brennan won three gold medals at the National Championships.

Ingrid Fenger:

National Championships – gold, Women’s U23 Lightweight Single; gold, Women’s U23 Lightweight Double; gold, Women’s U23 Lightweight Quad; bronze, Women’s Interstate Lightweight Quad.

Shaun Finlayson:

National Championships – fifth, Men’s Lightweight Single; silver, Men’s Lightweight Double; bronze, Men’s Lightweight Quad; gold, Men’s Lightweight Eight.

Kirsty Fleming:

2005 World Champs – fourth, Women’s Lightweight Double Scull.
National Championships – bronze, Lightweight Single Scull; bronze, Interstate Women’s Lightweight Quad Scull; bronze, Interstate Women’s Eight.

Tom Gibson:

2005 World Champs – fourth, Men’s Lightweight Four.
National Championships – gold, Men’s Lightweight Single; gold, Men’s Lightweight Double; gold, Men’s Lightweight Eight; gold, Interstate Men’s Lightweight Four.
2006 World Cup – fourth, Lightweight Men’s Four, Munich; fourth, Lightweight Men’s Double, Poznan.
National Team – Lightweight Men’s Squad, Eton, 2006 World Championships.

Megan Hibbs:

National Championships – silver, Women’s U23 Lightweight Single; gold, Women’s U23 Lightweight Double; gold, Women’s U23 Lightweight Quad; bronze, Women’s Interstate Lightweight Quad.

Kate Hornsey:

2005 World Champs – gold, Women’s Eight and Women’s Four.
National Championships – bronze, Women’s Pair; silver, Women’s Four; bronze, Women’s Quad; bronze, Interstate Women’s Eight.
2006 World Cup – bronze, Women’s Pair; bronze, Women’s Eight at Munich.
National Team – Women’s Eight, Eton, 2006 World Championships.

Brendan Long:

National Championships – 14th, Men’s Single Scull; gold, Men’s Double Scull.

Anthony Males:

2005 U23 World Champs – ninth, Men’s Quad Scull.
National Championships – silver, U23 Men’s Single Scull.
National Team – U23 Men’s Double, 2006 Hazelwinkel.



Dana Faletic won five medals at the National Championships.

Dominic Monypenny:

2005 World Champs – gold, Adaptive Men’s Fixed Seat Single Scull.

National Championships – gold, Adaptive Men’s Fixed Seat Single Scull.

National Team – Adaptive Men’s Fixed Seat Single Scull, 2006 Eton.

George Roberts:

2005 World Champs – ninth, Men’s Lightweight Pair .

Claire Shield:

National Championships – bronze, Women’s Pair; silver, Women’s Four; bronze, Women’s Quad; bronze, Interstate Women’s Eight.

National Team – Women’s Eight Squad, Eton, 2006 World Championships.

Blair Tunevitch:

National Championships – gold, Men’s U23 Lightweight Single; gold, Men’s U23 Lightweight Double; silver, Men’s U23 Lightweight Four; gold, Men’s Lightweight Eight.

National Team – U23 Men’s Lightweight Quad, 2006 Hazelwinkel.

Sam Waley:

National Championships – silver, Men’s Lightweight Pair; gold, Men’s Lightweight Four; gold, Men’s Lightweight Eight.

Charlotte Walters:

2005 Junior World Champs – ninth, Women’s Junior Single.

National Championships – fourth, Women’s U23 Single Scull; bronze, Interstate Women’s Eight.

National Team – U23 Women’s Eight & Four, 2006 Hazelwinkel.

Cameron Wurf:

2005 World Champs – 12th, Men’s Lightweight Double Scull.

National Championships – gold, Interstate Men’s Lightweight Four.

National Team – Lightweight Men’s Squad, Eton, 2006 World Championships.

Tasmania continued its winning run in the Penrith Cup for lightweight fours with a record eight in a row,



elite development squads

BASKETBALL

The EDS Basketball Program has continued to move forward in 2005-2006 under the guidance of squad coordinator and State Intensive Training Centre (ITC) Head Coach David Munns.

The TIS EDS Basketball Program has a simple mission: to provide the best Tasmanian basketballers access to services and opportunities to supplement activities provided by Basketball Australia's National Intensive Training Centre Program. All athletes currently have a National profile in the sport, so the extra support provided by the TIS EDS program gives them the chance to further develop their skills and towards AIS or National Junior team selection.

Athletes on scholarship during 2005-2006 were Hollie Grima, Catherine Guest, Jessie Humphries, Dwayne Radcliffe, Ryan Williams, Tom Etchell, Adam Gibson, Cameron Witt, Brooke Howells, Tiri

Masunda, Sarah Walker and Loren Dolting.

Athletes benefit from regular visits by Basketball Australia ITCP Head Coach, Patrick Hunt including the knowledge he imparts on the latest national/international technical developments in the sport.

During the year a number of good results were recorded by current and former TIS EDS athletes and coaches:

- TIS EDS athletes Adam Gibson, Matthew Knight and Sam Harris joined forces to help Australia finish fourth at the World U20 Championships.
- TIS Basketball Coordinator David Munns was selected as the assistant coach of the Australian U18 women's side, gold medal winners at the Australian Youth Olympics.
- Cameron Witt attended the Australian Junior Camp in January 2005, toured Chinese Taipei with the AIS men's

*TIS Basketball
Elite
Development
Squad member
Hollie Grima,
left, takes time
out to assist
female TIS
Basketball EDS
members.*



basketball program in July and also was selected for the AIS men's basketball talent camp.

- Hollie Grima continues to shine. Internationally Hollie played her 44th senior international match with the Opals this year and was a member of the Australian side that qualified for the 2007 World Championships that will be held in New Zealand. Hollie also toured with the Opals on their Chinese and European tours this year.

In July Hollie travelled to the USA to trial with the Sacramento Monarchs who compete in the Women's National Basketball Association, the sister league to the men's National Basketball Association. Hollie completed pre-season practice with the Monarchs before returning to Australia to attend to her commitments in the WNBL and also with the Opals.

- Adam Gibson graduated from the AIS and moved straight into the big time, signing with the Brisbane Bullets in the NBL. Adam also represented Australia at the Nike Hoop Summit in the USA as a member of the World U20 All Star side in a match versus the USA U20 men's team.

Note – The basketball program moved to a National Intensive Training Centre program in April 2006

CANOE WILDWATER

2006 started well for the wildwater paddlers, with all four athletes being selected in the Australian Wildwater Team following the Australian Wildwater Championships. During the championships Dan Hall set course records for both the classic and rapid sprint courses in winning all of the men's K1 events.

Carol Hurst retained her Australian

Women's titles and Ben Maynard and Mathew French set personal best times on the courses as well, finishing in the top four in each event. The four athletes comprised the entire Australian Wildwater World Championship Team.

Competition highlights were:

- Fifth place in the World Championships Men's Teams event – highest ever Australian placing.
- Dan Hall placed fourth in World Cup race two, just one second out of third place and the highest ever placing by an Australian in a World Cup race, 13th place in the sprint event (Australia's equal best ever result in a World Championships), 15th in the classic race and ninth and 10th in World Cup races four and five.
- Two top 20 placings by both Ben Maynard and Mathew French in World Cup Races four and five – significant personal bests.
- 20th place by Carol Hurst in the World Championships Classic Race.



Ray Winstanley at the 2006 Tasmanian State Swimming Championships.

CRICKET

The main focus of the EDS Cricket Program has been the Cricket Australia Institute Challenge held in Darwin during late August 2005. The TIS Tigers finished third with two wins, one loss and a tie from its four matches. The series was an excellent kick-start to the domestic season for all players.

Dane Anderson (one-day) and David Dawson (one-day and four-day) represented the Tasmanian Tigers in the National Domestic Competitions. Dawson's highlight was an innings of 144no versus South Australia at Bellerive in December 2005, while Anderson made 45 on debut versus Western Australia as the Tigers successfully completed a thrilling run chase.

Matthew Wade demonstrated some outstanding form throughout the cricket season with the highlight being his selection in the Australian U18 team for the Youth World Cup in Sri Lanka during February 2006.

FOOTBALL

The major focus for the 2005 scholarship group during the later part of the season was preparing for the AFL Draft Camp. This resulted in the drafting of Sam Lonergan to Essendon and Sam Iles to Collingwood with both players making their senior debuts in 2006.

In 2006 our new intake of TIS scholarship holders have had a heavy workload, combining their football between Tassie Mariners and Tasmanian Devils duties. Thomas Hislop, Mitchell Thorp and Jack Riewoldt have all been significant contributors to the Devils team and Sam Fielding, who captained the Tassie Mariners, played Devils football before injuries hampered his season. The performances of Thorp and Hislop were recognised at the NAB National U18 Championships with selection in the U 18 All-Australian team.



SWIMMING

The 2005-2006 year has been another successful one for the Swimming EDS. The program continues to struggle to bridge the gap between current performances and those required to gain a position on the National Senior team. This is due to the continuing outstanding performances of the Australian Senior team, where a position on the team almost guarantees a podium position, particularly in women's events.

Two TIS athletes, Nicole Hunter and Zoe Osterloh, have had their performances rewarded with selection on the Telstra Dolphins (National Swim Squad). In addition, six Tasmanian athletes again qualified for the Australian leg of the FINA World Cup. Excellent results were produced at the Australian Open Championships in Melbourne with swimmers making numerous finals and semi-finals. It should be noted that the number of Tasmanian finalists and semi-finalists continues to improve each year.

John Gregory, Manager Sports Performance, has again travelled with the team to the National Championships. The feedback provided to athletes and coaches from sessions with John is vital in fine tuning athletes' performance.

Athlete Career and Education (ACE) continues to be a focus, assisting the athletes to manage their levels of training, work, school and social activities, as well as finding appropriate flexible employment arrangements. This has resulted in the best balanced group of athletes that the program has seen.

The Swimming EDS looks towards 2006-2007 to make further improvements, with the 2008 Olympics remaining the goal.

Zoe Osterloh at the 2006 Tasmanian State Swimming Championships.

TENNIS

In the past year the TIS tennis athletes has shown impressive results in many tournaments throughout Australia and around the world.

Andrew Roberts was successful in many matches in ITF Futures Events. Edward Bouchier reached the semi-finals in the Homebush Australian Tournament and improved his ITF junior ranking and Australian senior ranking considerably. Anna Wishink reached the finals of the Homebush Australian Tournament and has also shown considerable improvement in her ITF and Australian senior ranking.

Alyssa Hibberd claimed two National 14 and Under doubles titles with Vicky Stuckey from Victoria and reached the quarter-finals of two National 14 and Under singles events. Ella Bouchier has continued to work hard and is gaining valuable experience on the ITF Junior Circuit.

Nina Khoury played well to make the quarter-finals of the 14's Optus Winter Nationals in Brisbane in 2006. Georgie Carswell showed outstanding form winning the Under 12's Optus National Grass Court Championship singles and was doubles runner-up.

Physiological testing was conducted at regular intervals throughout the year, and Pete Culhane, Physical Preparation Officer, has continued to work with athletes on a regular basis at the Bellerive gym.



individual scholarships

The individual scholarship program has continued to support athletes from 11 sports.

TIS athletes are continuing to show their strength among the best in the country by gaining selection in national teams and competing internationally.

In the Senior World Orienteering Championships in Aichi, Japan, Hanny Allston finished sixth in the long-distance event. This was the best ever individual result by an Australian at a World Championships and a fantastic result considering Hanny is still eligible to compete as a junior.

Karate athlete Natasha Hardy finished second in the open fighting category at the World Games in Dusseldorf, Germany. Natasha carried her winning form into the Commonwealth Karate Championships in New Zealand where she won gold, silver and bronze medals.

Trampolinist Jack Penny was selected in the National team for the World Age Games in



*Christine Hamlyn
Manager, Athlete Services*



an Olympic Training Centre

Endorsed by the
Australian Olympic
Committee



the Netherlands following impressive results at National competition. Jack finished the National Championships with three gold and three silver medals, becoming the first Tasmanian to win an individual title at National level.



Sailor Nick Behrens and his racing partner Mathew Belcher, from Queensland, were ranked as the number one boat in Australia.

Sailor Nick Behrens and his racing partner Mathew Belcher, from Queensland, were ranked as the number one boat in Australia following a gruelling three-month training and competition tour through Europe and China. Nick finished fourth in the World Sailing Championships in San Francisco, USA.

In the lead-up to the Melbourne 2006 Commonwealth Games, boxer Luke Jackson spent time away from Tasmania competing at the World Championships in China. Judo athlete Priscus Fogagnolo won the 90kg division at the Oceania World Cup.

Eight TIS athletes were selected in the Australian team for the Melbourne 2006



Commonwealth Games during March.

The athletes returned home with two gold, two silver and two bronze medals, which is a significant performance increase based on previous Commonwealth Games results: Matthew Goss and Mark Jamieson (cycling) – silver medal in the 4000m Team Pursuit; Hollie Grima (basketball) and Matthew Wells (hockey) – gold medal, Luke Jackson (boxing) and Donna MacFarlane (3000m Steeplechase) – bronze medal.

Mark Jamieson placed seventh in the 4000m individual pursuit, Sid Taberlay sixth in mountain bike and Tristan Thomas was a semi-finalist in the 400m hurdles.

As the end of the 2005-2006 year draws to a close, a number of TIS athletes prepare for major international competitions after gaining selection in Australian teams.

Hanny Allston and Grace Elson have been selected in the Australian Senior team to compete in the Senior World Orienteering Championships in Denmark in late July. Hanny has also been selected in the Australian Junior Team and will compete in the Junior World Orienteering Championships in early July.

Sprint paddler Sam Norton was selected in the Australian sprint canoe team and trampolinist Jack Penny will compete in South Africa at the Indo-Pacific Championships in July following a series of outstanding results at selection events.

We wish these athletes well in their upcoming competitions.

Hanny Allston was selected in the Australian Senior team to compete in the Senior World Orienteering Championships and in the Australian Junior Team to compete in the Junior World Championships.

coaching scholarships

Throughout the 2005-2006 financial year, TIS coaching scholarship recipients continued to enhance their skills in preparation for national and international coaching roles.

The scholarship program, now in its fifth 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.

Following on from the success of previous years, five coaching scholarships have been awarded in 2005, within the sports of basketball, cycling, swimming, rowing and, for the first time, tennis. The scholarships will provide the successful coaches educational opportunities to develop elite coaching skills and further opportunities to progress within their sport. The coaches are:

REBECCA DICK - Basketball

Rebecca has been coaching basketball for several years following her retirement from the sport through injury. She is currently the satellite ITCP support coach in the North-West and has been involved with the U18 women's state team as an assistant coach for the past two years. Rebecca has also attended the Australian Junior Camp. She holds a level one NCAS accreditation.

JUSTIN HELMICH - Swimming

Justin is undertaking his second coaching scholarship and is the current TIS Elite Development Squad coach. He has coached several swimmers to compete at a national level and has been invited to attend National camps. He holds a level two NCAS (silver licence) accreditation and is one of 10 coaches nationally to be invited to undertake accreditation for a gold licence.

ELEANOR PATTERSON - Cycling

Eleanor is a former TIS mountain bike scholarship holder, who has now turned to coaching. She holds a current level one NCAS accreditation and is in the process of achieving her level two. Eleanor is currently a southern-based coach for the Talent Search cycling program.

CLAIRE PLAYSTED - Rowing

Claire is a former rower, is the current coach of the senior girls eight crew at Scotch Oakburn College and club coach at Tamar Rowing Club. During her three years she has coached several junior crews to state and national medals. She holds a level one NCAS accreditation.

SIMON YOUL - Tennis

Simon is a former international top 100 ATP tour singles and doubles player, who is now focused on coaching. He is the current TIS Elite Development Squad coach and State coach and has many developing junior athletes under his tutorage. He holds a TCA Advanced Coaching Accreditation (NCAS).

scholarship holders

Archery

Clint Freeman

Boxing

Luke Jackson

Canoe

Kate Mollison
Sam Norton

Golf

Laura Richards
Ashlee Dewhurst

Judo

Priscus Fogagnolo
Stephanie Grant

Karate

Natasha Hardy

Lawn Bowls

Mark Strochnetter
Rebecca Quail

Orienteering

Johanna Allston
Conrad Elson
Louis Elson

Sailing

Nick Behrens
Simon Morgan

Softball

Ali Denne
Simmone Morrow

Trampoline

Jack Penny

Volleyball

Josh Thorpe

Waterpolo

John Campbell

EDS Basketball

Loren Dolting
Thomas Etchell
Catherine Guest
Adam Gibson
Hollie Grima
Brooke Howells
Jessie Humphries
Tiri Masunda
Dwayne Radcliffe
Sarah Walker
Cameron Witt

EDS Cricket

Dane Anderson
Kristen Beams
David Dawson
Tom Friend
Brady Jones
Matthew Lister
Scott Nichols
Jason Shelton
Matthew Wade
Jonathon Wells

EDS Football

Darren Crawford
Sam Fielding
Sam Iles
Thomas Hislop
Sam Lonergan
Heath Neville
Leon Noel
Brad McDonald
Jack Riewoldt
Mitchell Thorp

EDS Swimming

Henrietta Morris
Zoe Osterloh
Pierre Roper
Penelope Sproal
Clare Fillmore
Nykita Moore
Madeline Swan
Ray Winstanley
Nicole Hunter
Karl Wurzer

EDS Tennis

Edward Bouchier
Ella Bouchier
Georgina Carswell
Alyssa Hibberd
Nina Khoury
Andrew Roberts
James Tunbridge
Anna Wishink

EDS Triathlon

Amelia Cox
Ritchie Porte

EDS Wildwater Canoe

Mathew French
Dan Hall
Carol Hurst
Ben Maynard

NTC Athletics

Donna MacFarlane
Tristan Thomas

NTC Cycling

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

NTC Hockey

Ben Creese
Adam Clifford
Geoff Cock
David Guest
Sofie McLeod
Lucy Ockenden
Eddie Ockenden
Elisabeth Paget
Marcus Richardson
Matthew Wells
Hamish McGregor
Patrick Ward
Emily Wilson

NTC Rowing

Sam Beltz
Deon Birtwistle
Scott Brennan
Dana Faletic
Ingrid Fenger
Shaun Finlayson
Kirsty Fleming
Tom Gibson
Megan Hibbs
Mollie Hill
Kerry Hore
Kate Hornsey
Brendan Long
Anthony Males
Dominic Monypenny
Claire Shield
Blair Tunevitsch
George Roberts
Sam Waley
Charlotte Walters
Cameron Wurf
Wes Young



Clockwise, from left: Tristan Thomas, Luke Jackson and Anna Wishink.



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

Diana Dickenson

PHYSICAL PREPARATION OFFICER

Peter Culhane

MANAGER, ATHLETE SERVICES

Christine Hamlyn

HEAD CYCLING COACH

Paul Brosnan

CYCLING COACH

Ron Bryan

HEAD HOCKEY COACH

Andrew McDonald

HOCKEY COACH

Stewart Pither

HEAD ROWING COACH

Rhett Ayliffe

ROWING COACH

Darren Balmforth

ATHLETICS PROGRAM MANAGER

Peter Fortune

ACE COORDINATOR

Jamie Cox

TALENT SEARCH COORDINATOR

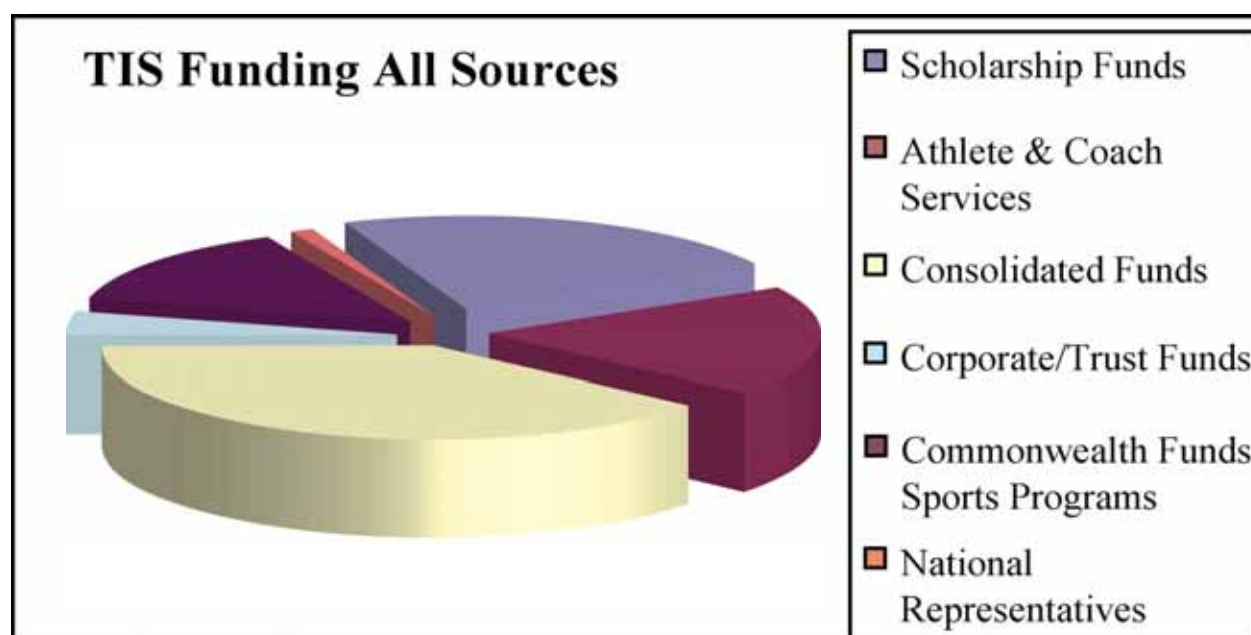
Angela Hayes

financial *report*

2005-2006

funding

Scholarship Funds	\$359,000
Athlete & Coach Services	\$300,000
Consolidated Funds	\$612,776
Corporate/Trust Funds	\$66,971
Commonwealth Funds-Sports Programs	\$229,000
National Representatives	\$20,000
Total Funds 2005-2006	\$1,587,747



allocations

Sports Programs & Scholarships	\$712,505
Athlete Services	\$105,000
Sports Performance Unit	\$232,000
Athlete Career & Education	\$42,000
Talent Search	\$25,000
Operations	\$386,776
National Representatives Fund	\$20,000
Trust Funded Projects	\$55,000
Total Allocations 2005-2006	\$1,578,281

