



Tasmanian Institute of Sport

Yearbook 2013-14



CONTENTS

Minister's foreword	2
Director's report	3
Who we are	5
Business and administration	7
Financial management	9
Corporate partnerships	10
Sports performance	11
Athlete Career & Education	14
Coach development	16
Scholarship programs	18
Athletics	19
Cycling	21
Cycling ETS	24
Hockey	25
Hockey ETS	27
Rowing	28
Rowing ETS	30
Netball	31
Sailing	32
Swimming	33
Individual scholarships	34
Strategic plan 2012-2016	36
Key performance indicators	38
Olympic athlete honour roll	39
Commonwealth Games athlete honour roll	41
Champions club	42
TIS Athlete of the Year	43



MINISTER'S FOREWORD

It is with great pride that I follow the performances of our Tasmanian athletes as they continue to compete at a high level on the international stage. This is all possible due to the critical role played by the Tasmanian Institute of Sport (TIS).

The TIS is strongly committed to nurturing the potential of our elite athletes and coaches. Through leadership and the delivery of high-quality programs and services, the TIS helps each athlete achieve their goals and aspirations.

For some, this will take them to the very pinnacle of sporting success. For others, it will allow them to compete with honour and excellence, knowing they

have been able to maximise their potential through the opportunities provided by the TIS.

I look forward to watching our wonderful athletes showcase to the world the excellence of Tasmania's sporting prowess. And I thank the dedicated staff at the TIS for their passion, commitment and professionalism in helping our athletes achieve their sporting dreams.

Hon Will Hodgman MP
Premier
Minister for Sport and Recreation



DIRECTOR'S REPORT

The highlight of the last year has been the number of athletes from Tasmania exceeding our expectations for top eight or better performances at the targeted benchmark international events.

World class performances from our top athletes, with success for Amy Cure in winning the world track cycling championship 25 kilometre points race and world cup gold for hockey players Eddie Ockenden and Tim Deavin, were the standout results for the year. In all, we had 22 athletes finish in top eight positions at international benchmark events as identified under "Australia's Winning Edge" high performance strategy.

Consistent performances from athletes targeting selection for the 2014 Commonwealth Games in Scotland saw seven athletes achieve their personal goal of selection in the Australian team for this important event. Congratulations to Amy Cure (cycling), Eddie Ockenden (hockey), Hamish Peacock (javelin), Huw Peacock (hammer throw), Jackson Woods and Nick Cooney (boxing) and Jenna Myers (weightlifting) on their selection in the 2014 Commonwealth Games Team.

In the coming year the focus for us will be to build on these results by doing as much as possible

within our resources to assist our athletes targeting Olympic representation in Rio in 2016.

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 continues to provide leadership across all the operations of the Institute and I would like to acknowledge all of the managers for their contribution to this important role. I would also like to thank the Executive Director of Sport and Recreation Tasmania Craig Martin for his input and support of the management group.

The TIS is moving into a new department - Department of Premier and Cabinet - in the coming year and I would like to take this opportunity to thank all our colleagues from the Department of Economic Development, Tourism and the Arts for the support provided to the Institute during the time we have been part of that agency. Particular thanks go to Craig Watson and the corporate support division for their excellent support of our operations over the past six years.



The Sports Performance Unit has again experienced significant demand this year across the whole spectrum of sports science and sports medicine services, and at the same time provided support to visiting national teams and squads. Strength and Conditioning, led by Peter Culhane and supported by Calvin Philp, has been an integral part of this through our northern and southern gym facilities.

We were able to continue to deliver programs for emerging talented athletes in cycling and hockey, and to commence a rowing Emerging Talent Squad program this year as well. These activities are making a positive contribution to the development of athletes in helping them understand the requirements of high performance training as well as assisting them meet the standards for inclusion into National Training Centre programs.

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 have 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.

It has been another enjoyable year for the whole organisation as we have again had the privilege to work alongside and with talented, motivated and dedicated Tasmanian athletes whose exploits on the world's sporting stage deliver performances that make themselves, their state and country proud.

Paul Austen
Director



WHO WE ARE

PURPOSE

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

BACKGROUND

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

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 cycling and netball athletes.

The TIS facility at Technopark provides office space for staff, multiple meeting rooms, a 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), Emerging Talent Squads (ETS) and the individual scholarship program.

SPORTS PERFORMANCE UNIT

The Sports Performance Unit of the TIS comprises 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 whilst 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 AND 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 2013.

The function acknowledged five 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 George Bailey (cricket), Amy Cure (cycling), Eddie Ockenden (hockey), Richie Porte (cycling) and Rebecca Van Asch (lawn bowls).

Richie Porte was named Tasmanian Athlete of the Year after another fantastic season in Europe, which included winning the prestigious Paris to Nice in France. Richie continued this form to contribute to teammate Chris Froome's win in the Tour de France and then finally, at the end of the year, win a bronze medal in the world team's road time trial championship in Toscana, Italy.

The function was attended by staff, athletes and key stakeholders from Tasmania's sporting community.

Scholarship holders for 2014 were announced at a breakfast function at Wrest Point in December 2013. 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 of the state. Valuable IT support for the institute is provided by Senior Support Officer (IT) Mark Dixon.

SOCIAL MEDIA

The 2013-14 reporting period has seen noticeable 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 consultancy Corporate Communications (Tas) Pty Ltd to maximise the reach of TIS messages 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

The TISLink database continues to manage athlete information and sports science data. Athletes are able 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 continue to work on the 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 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 to the Silverdome Complex which houses northern-based TIS staff.

Netball and cycling continue to be the major sporting users of the Silverdome, with basketball and indoor hockey also regular users.

The Silverdome was the venue for the Schoolsport Australia U15 netball nationals in July, the Tassie Hawks Netball Shield and Country Gold schools carnival in September, and local and state rosters.

A round of the national junior track series and the Launceston City Cycling Club's Christmas Carnival were held in December. National cycling camps were once again a regular feature during the year, with individual cycling training also seeing an increase in the winter with a number of groups taking advantage of utilising the track during school holidays.

The Silverdome also hosted a number of large commercial and community events:

EXHIBITIONS

Targa Tasmania expo, inaugural Tasmanian Outdoor, Boat and Caravan Show.

LIVE ENTERTAINMENT

Tasmanian Open Dancesport Championship.

OTHER

St Patrick's College end of year Mass, Watchtower assemblies and a national vehicle launch.

SILVERDOME STAFF

Rebecca Hardman,
Executive Officer

Carlos Furlan,
Administration Officer (to February 2014)

Narelle Mitchell,
Administration Officer (commenced February 2014)

Greg Banks,
Facility Operations Manager

Gary Dearing,
Operations Officer

Anthony Sulzberger,
Operations Assistant

Heath Keleher,
Operations Assistant



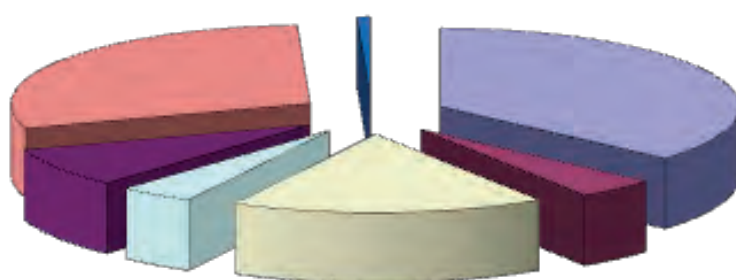
FINANCIAL MANAGEMENT

FUNDING 2013-14



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

TIS ALLOCATIONS 2013-14



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

Sports Programs & Scholarships	\$1,011,620.50
Athlete Services	\$119,800.00
Sports Performance Unit	\$468,238.56
Athlete Career & Education	\$112,840.00
Emerging Talent Programs	\$224,384.00
Operations	\$814,961.96
National Representatives Fund	\$19,702.00
Total Allocations	\$2,771,547.02



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 regarding sports performance.

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

- Further development of forms and use of TISLink online database.
- Development of individual athlete performance plan in TISLink.

- Completion of annual quality control measures.
- Hosting of SIS/SAS national conference.
- Review, prescription and monitoring of rowing, hockey and cycling training.
- Running and reporting of national sports testing for rowing and cycling.
- Assistance and hosting of national junior cycling camp.
- Travel and assistance with recovery and performance analysis at junior world track cycling titles.
- Performance analysis and recovery at netball and hockey titles.
- Fee for service testing of netball and AFL.
- Research and implementation of emerging sports technology.

PROJECTS AND RESEARCH

- Effect of shortened warm up on four-minute performance in cycling.
- Aerodynamics and refinement of track riding positions.
- Extensive and ongoing analysis of daily monitoring of TIS athletes.
- Cycling gluteal muscle activation study.



- Establishing world-class benchmarks for rowing performance.
- Weekly training summary and analysis of cycling training.
- Injury and illness tracking over a year with hockey.

SPORTS MEDICINE NETWORK

We thank Dr Ian Beltz – our long-standing Sports Medicine Coordinator – and the TIS Sports Medicine practitioners who make up our network. Our network delivers quality sports medicine, sports psychology, sports nutrition and physiotherapy services to TIS athletes. Sports physiotherapy has successfully integrated the TISLink database into effective and timely reporting.

The S&C area continues to have a very close and productive relationship with our physiotherapy and sports medicine network consultants. This is especially evident when athletes become injured and rehabilitation plans need to be co-ordinated, when national teams are present in the state that require a more integrated approach to high level support and when through collaboration new systems and procedures can be implemented to address certain musculoskeletal issues (i.e. gluteal strength and pelvic stability in developmental cyclists).

TALENT IDENTIFICATION AND DEVELOPMENT

Seventeen cycling talent ID (TID) tests on non-

cyclists were also completed across the state. From this, four males and one female non-cyclist were offered a three-month trial in the ETS cycling squad. Three males and two females already competing in the sport were also invited to be tested and were offered places in the ETS squad. Two cycling ETS athletes transitioned onto scholarship.

This year athletics throws testing was conducted in southern Tasmania on six non-throwers. From these tests, one athlete was identified.

KEY STATISTICS

The Sports Performance Unit has undertaken 1,558 testing and monitoring events over the past year.

STRENGTH AND CONDITIONING MAJOR ACTIVITIES

- Implemented the Functional Movement Screen (FMS) as a screening system that allows the S&C coach to assess the underlying fundamental movement patterns of an athlete. It sits between the clinical assessment of the joints and muscles we receive from our physiotherapy network of providers and the more sports specific performance tests (VO2max, vertical jump, speed and agility) from our sports scientists.
- Continued development of TISLink as a major source of data collection and data analysis. TISLink is allowing us to assess trends and patterns in athletes' performance, injuries, fitness levels and adaptations to training.



- Nathan Lee (PhD candidate) has begun working within the S&C environment in Launceston as both a coach and researcher.
- Attendance at two major conferences:
 - 2013 Australian Strength and Conditioning Associations International Conference on Applied Strength and Conditioning.
 - 2013 National Institute Network Conference on Applied Strength and Conditioning, where Calvin presented on a potential new way to assess the power development of rowers.
- Attendance at the Functional Movements Systems FMS Course - Levels One and Two.
- Continued to deliver the Australian Strength and Conditioning Associations accredited coach education courses in the state for those interested in providing S&C to athletes, or those wanting to gain employment as an S&C coach.

PROJECTS AND RESEARCH

- Nathan Lee has commenced his PhD research looking at the validation of using counter-movement jumps as a measure of fatigue. He will then examine how nutritional interventions may be able to be manipulated to minimise the effects of fatigue in athletes competing in multiple games over multiple days in situations such as national championships.
- Calvin Philp continues his research into how short-term heat exposure may be beneficial at increasing an athlete's VO₂max in both hot and cold

environments, along with an interest in developing a novel test to track power development in rowers.

OTHER ACKNOWLEDGEMENTS

We thank the University of Tasmania for our continued relationship across the sports sciences, and we acknowledge Aurora Sports Stadium in Hobart for support of indoor testing.

OTHER ACKNOWLEDGEMENTS

- Our S&C coaching consultants around the state who provide a broader opportunity for TIS athletes to access high level S&C coaching and environments. These include Tom Doering, Matt Wilkie, Chris Bellette and Kyle Bawden.
- Our UTAS-TIS S&C coaching scholarship holders, Scott Lampasona and Kirsty Smith. As well as continuing to coach, Scott is now enrolled in an education degree while Kirsty has commenced a Masters degree in physiotherapy.
- The University of Tasmania's School of Human Life Sciences which continues to provide a range of assistance to the TIS S&C area primarily through the direction of Dr James Fell. This includes the commencement of a shared PhD scholarship position, the continued development opportunities for aspiring S&C coaches through practical and student placements, and the use of both facilities and sharing of knowledge and equipment.



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 impact on their athletic performance.

The program provides athletes with the skills to achieve sport and life goals through integrated 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 search, 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.

MAJOR PROGRAM INITIATIVES

- An individualised service designed to assist each athlete create the unique environment necessary for creating success, the major trends being education assistance, study requests



and balancing their time. More than 500 athlete contacts occurred during this period of reporting.

- Elite Athlete Induction Day – more than 80 athletes from across the state attended an induction day at Newstead College. The athletes heard from six keynote presenters covering the topics of gambling in sport, nutrition and supplements, media training, ASADA workshop, the importance of sleep for athletes and Rowena Webster, sharing her insights on her sporting and education pathway.
- Sport psychology sessions covering a number of topics including resilience, goal setting and competition strategies for our various sport programs.
- Ongoing support from the Elite Athlete Friendly University program and continued liaison with the University of Tasmania in regards to athletes combining their academic and sporting commitments.
- Financial and budgeting workshops.
- Three social media / cyber safety workshops attracting more than 250 athletes, coaches and parents statewide.
- Provided assistance to the Department of Education in relation to its Careers Fair targeting Year 10 students.
- Time management workshops.

OTHER

The National Athlete Career and Education Program has undertaken a substantial review and will be renamed Personal Excellence to implement a multifaceted strategy to:

- Increase awareness about making decisions and what impact this has on an athlete's performance in sport and life.
- Empower athletes to develop responsibility, accountability professionalism and resilience.
- Effectively progress through the high performance pathway.
- Provide career and education support and a road map of educational issues that they face in high performance sport.

The adoption and change to the program will look to develop good health, wellbeing, a balanced approach to key elements in an athlete's life and progress effectively along the high performance pathway.

The TIS maintains strong partnerships with Relationships Australia, Emma Harris, Jacqui Triffitt, Gaye Rutherford, Maree Taylor, Peter Tatham and Associates, Christian Ellston, University of Tasmania, Wise Lord and Ferguson, Corporate Communications, Cricket Tasmania and Football Federation Tasmania.



COACH DEVELOPMENT

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

MANAGER, PERFORMANCE SERVICES

Stewart Pither

MAJOR PROGRAM INITIATIVES

- Career counselling sessions.
- Implementation of strengths finder.
- Implementation of mental health workshops.
- Implementation of Alcohol Culture and Leadership workshop.
- Attendance to Australia's Winning Edge World Class to World Best Conference.

The TIS coaches forum was held at the Tasmanian Hockey Centre in December 2013 with a number of

keynote speakers presenting including:

- Colin Jones, from the University of Tasmania.
- Athlete panel consisting of Eddie Ockenden, Belinda Goss, Mark Divin and Aiden Blizzard, and hosted by Michelle Cooling from Cricket Tasmania.
- David Martin, from the Australian Institute of Sport.
- Landell Archer, from Sports Tec.
- David Rath, from the Hawthorn Football Club.
- Mel Bush, from Womensport and Recreation Tasmania.
- A presentation from the Special Forces.

In conjunction with Relationships Tasmania, a workshop was introduced to assist TIS coaches to provide initial support to athletes who may be feeling stressed or experiencing a crisis with mental health issues by providing them with useful tools and strategies to assist them while they are in their daily training environment.



Following the Sports Dieticians Australia forum earlier in 2014, Gaye Rutherford presented to TIS coaches and Sports Performance staff on sport supplements, the regulation of food versus drugs, the use of sports supplements, current research and the benefits of food over supplements.

During the year a number of TIS coaches were involved with national squads and teams coaching at the highest level including:

- Brett Crow (rowing) - national men's lightweight four head coach.
- Andrew McDonald (hockey) - Hockey Australia NTC coach for the study group attending the world cup. Head coach at Hockey Australia super camp in Perth.
- Ilene Carr (hockey) - Hockey Australia coach at Futures Camp.
- Matthew Gilmore (cycling) - national track endurance coach.

- Peter Fortune (track and field) - national junior camp.
- Gene Bates (cycling) - head coach Cycling Australia junior track team.
- Justin Schueller (basketball) - Basketball Australia Oceania U17 champions assistant coach.

Andrew McDonald also attended the Australian Institute of Sport World Class to World Best conference focusing on delivering the world's best approaches to coaching.

The TIS also welcomed five-time Olympian Anthony Edwards to the TIS in 2013 as our ETS rowing coach, while Gene Bates and Justin Schueller were farewelled during the period covered by this yearbook.



SCHOLARSHIP PROGRAMS

STAFF

Carl Saunder,
Manager Sports Programs

Brendan Long,
Sport Program Coordinator

Ellie Poynton,
Project Support Officer (returned from maternity leave September 2013)

Robyn Rowe,
Project Support Officer (to September 2013)

Lyn Jackson,
Project Support Officer

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

In 2013-14, the TIS scholarship program area operated five National Training Centre (NTC) programs in athletics, basketball, cycling, hockey and rowing.

The TIS basketball program concluded in September 2013 is now being operated by Basketball Tasmania.

In addition, the TIS supported Emerging Talent Squad programs in cycling, hockey and rowing.

In October 2013 the TIS welcomed five-time Olympian Anthony Edwards to the TIS coaching staff as ETS rowing coach.

The TIS also ran 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.

The TIS swimming program transitioned from a scholarship-based program to a talent identification camp-based program from January 2014.

Each of the TIS 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.

Sports include boxing, canoeing, gymnastics (trampoline), lawn bowls and weightlifting.

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 provides 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 Australia's Winning Edge strategy. They are targeted towards supporting Tasmania's most talented athletes and coaches to impact on international selection and medals in both senior and junior IAAF sanctioned events. The program also supports state-based programs aimed at developing the future elite.

PROGRAM HIGHLIGHTS

- 2013 IPC world championships – Deon Kenzie, bronze medal.
- 2013 IAAF world championships – Tristan Thomas, finalist 4 x 400m relay.
- 2014 Commonwealth Games – Hamish Peacock, Huw Peacock, Tristan Thomas selected (Tristan withdrew due to injury).
- 2014 world junior championships – Samantha

Lind, Jesse Usoalii and Jacob Despard, selected.

- 2013 De Castella Australian U20 3000m – Jacob Birtwhistle, first.

ATHLETES:

Jacob Birtwhistle (middle distance)
 Mikayla Genge (hammer throw)
 Deon Kenzie (1500m)
 Danni McConnell (hammer throw)
 Abbey de la Motte (400m)
 Claudia Nicklason (400m, 800m)
 Hugh Nicklason (middle distance)
 Hamish Peacock (javelin)
 Tristan Thomas (400m hurdles, 4 x 400m relay)

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
 Penguin Sports Complex

PARTNERS

Athletics Australia
 Athletics Tasmania

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



CYCLING

The cycling program continues to work closely with sports science and strength and conditioning coaches to refine and explore the most contemporary training methodologies enabling our athletes to have the best possible preparation towards their major objectives. This year projects undertaken have examined heat acclimation, aerodynamic testing, glute stabilisation and refining warm up protocols for athletes.

Former TIS Head Cycling Coach Gene Bates transitioned into a new position in cycling as sports director of the Orica/AIS women's professional cycling team. Gene's contribution to the TIS cycling program was significant and the TIS thanks him for his dedicated efforts during his tenure.

In February, Amy Cure was crowned world points race champion in Cali, Columbia. Amy's world championship campaign finished with a bronze medal in the individual pursuit and silver in the team's pursuit.

Richie Porte was named Tasmanian Athlete of the Year after another fantastic season in Europe, which

included winning the prestigious Paris to Nice in France. Richie continued this form to contribute to teammate Chris Froome's win in the Tour de France and then finally, at the end of the year, win a bronze medal in the world team's road time trial championship in Toscana, Italy.

The Australian track championships are always a major objective for the TIS cycling program. This year Amy Cure, Georgia Baker, Macey Stewart and Lauren Perry rode together in the women's team pursuit to win in a nail-biting finish, beating reigning Australian champions Western Australia by .06 of second. This is a significant achievement for the cycling program and has served as great stimulus to the daily training environment for developing team members who now aspire to replicate this victory.

A partnership with Team Polygon Australia, now in its third year, continues to develop opportunities for U19 athletes to compete in national road series events all over Australia. These competition experiences are critical for their development as athletes.



PROGRAM HIGHLIGHTS

- National team representatives 2013-14 (road and track, senior and junior) Richie Porte, Amy Cure, Georgia Baker, Lauren Perry, Alex Clements, Campbell Flakemore, Grace Sulzberger.
- Richie Porte named Tasmanian Athlete of the Year.
- Amy Cure, first world points race championship 2014.
- Amy Cure, third world individual pursuit championship 2014.
- Amy Cure, third world team pursuit championship 2014.
- Richie Porte, third world team time trial championship 2013.
- Richie Porte, third Australian road race championship 2014.
- Lauren Perry, first world junior individual pursuit championship 2013.

- Lauren Perry and Macey Stewart, second world junior team pursuit championship 2013.
- Amy Cure, Lauren Perry, Macey Stewart, Georgia Baker, first Australian team pursuit championship 2014.
- Amy Cure, first Australian individual pursuit championship 2014.
- Macey Stewart, first Australian junior points race championship 2014.

ATHLETES

Georgia Baker
Amy Cure
Campbell Flakemore
Oliver Martin
Richie Porte*
James Robinson
Grace Sulzberger
*Associate scholarship

Alex Clements
Gerald Evans
Matthew Goss*
Lauren Perry
Isaac Probert
Macey Stewart
Cameron Wurf*



NTC HEAD CYCLING COACH

Gene Bates (to November 2013)
Matthew Gilmore (commenced November 2013)

ATHLETE SERVICE PROVIDERS

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

TRAINING VENUES

Silverdome Complex track, Prospect

SPONSORS

Jayco
Polygon, bikes
Santini, competition clothing
Ronde, socks and gloves

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 Emerging Talent Squad (ETS) cycling program continues to provide talented athletes with opportunities to gain experience at a national level.

Over the past 12 months a number of athletes have left the program for a variety of reasons - their places have been filled through testing of athletes from within the sport and also from the annual school testing.

Three athletes - Harry Baker, Hayden DiCocco-Grant and Zack Gilmore - were tested following the national track championships and all three achieved the required results and have accepted to be part of the program.

Following the school testing, four athletes have accepted to trial the program for three months prior to making a full commitment.

All athletes in the program continue to show improvement and have benefited greatly from the experiences and opportunities they have been given over the past 12 months.

PROGRAM HIGHLIGHTS

- The progression of James Robinson and Isaac Probert to TIS scholarship holders.
- Sam Maney - bronze medal Australian criterium championship.
- Morgan Lea Gillon - silver medal Australian scratch race championship.
- State track championship wins by Morgan Lea Gillon, Victoria Dean, Sam Maney and Hayden DiCocco-Grant.
- State road championship wins by Morgan Lea Gillon, Victoria Dean, Hayden DiCocco-Grant and Zack Gilmore.

ATHLETES

Thomas Attrill
Harry Baker
Victoria Dean
Emily Down
Josh Duggan
Morgan Lea Gillan
Mitchell Hoare
Sam Maney
Travis Nichols
Georgia O'Rourke
Hamish Youl

Rowena Badcock
Courtney Dean
Hayden DiCocco-Grant
Josh Duffy
Rebecca Fraser
Zack Gilmore
Taylor Lewincamp
Harrison Musgrave
Jake Oliver
Cuan Van Staden
Nic Youl

ETS CYCLING COACH

Ron Bryan

SQUAD COACHES

David Walker (north west)
Mark Matthews (north)
Jamie Perry (north)
Janelle Smith (north – south)
Steve Aitken (south)
James Watson (south)
Michael Long (south)

ATHLETE SERVICE PROVIDERS

Alanna Martin (Sports Science and Testing)
Pete Culhane (Strength and Conditioning)

TRAINING VENUES

Silverdome Complex track, Prospect

PARTNERS

Cycling Australia
Cycling Tasmania
Subaru Australia

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



HOCKEY

The TIS hockey program continues to assist, develop and prepare athletes to enable them to achieve international selection.

The TIS coaches and network of consultants work closely with athletes to maximise their progression.

The highlight of 2013-14 was success at the World Cup, with Eddie Ockenden and Tim Deavin part of the Kookaburras team that won the ultimate prize. Having two world champions in the TIS program will be a great stimulus for ongoing progression.

The program continues to support athletes who relocate to the Hockey Australia centralised training program in Perth, WA.

A high number of athletes and program coaches have been engaged in national camps and competitions throughout 2013-14.

International statistics:

Nick Budgeon - Caps 21, Goals 11, Debut 9/3/13.

Tim Deavin - Caps 91, Goals 4, Debut 7/5/2010.

Eddie Ockenden - Caps 215, Goals 54, Debut 19/6/2006.

PROGRAM HIGHLIGHTS

- Eddie Ockenden and Tim Deavin became world champions.
- Nick Budgeon elevated to national squad selection.
- Amelia Spence competed at the junior world cup.
- Benji Austin and Maddie Murphy toured South Africa with the School Sport Association.
- Australia A China tour (Nick Budgeon and Jeremy Edwards).
- SIS/SAS team vs USA Men (Kieron Arthur and Kurt Mackey).
- Australia A matches (Nick Budgeon, Jeremy Edwards, Andrew McDonald-coach).



- First Oceania Cup, NZ (Eddie Ockenden).
- HA futures camps (Lily Kirkland, Patrick Todd, Maddie Murphy, Joshua Beltz, Jai Walker Kidd and Jayden Pearson).
- Fourth, World League Final, New Delhi, Kookaburras (Tim Deavin, Eddie Ockenden and Nick Budgeon).
- Gold medal, Sultan Azlan Shah Cup (Eddie Ockenden and Nick Budgeon, both scoring in the final).
- Gold medal, World Cup, Holland, June 2014, Kookaburras (Eddie Ockenden, Tim Deavin).
- Sixty-one per cent of athletes in the program have been nationally identified across all age groups.

ATHLETES

Kieron Arthur
Joshua Beltz
Tim Deavin
Henry Harvey
Lily Kirkland
Maddie Murphy
Jayden Pearson
Amelia Spence
Jai Walker Kidd

Benji Austin
Nick Budgeon
Jeremy Edwards
Maddy Hinton
Kurt Mackey
Eddie Ockenden
Ben Read
Patrick Todd
Alistair White

NTC HEAD HOCKEY COACH

Andrew McDonald

ATHLETE SERVICE PROVIDERS

Calvin Philp (Strength and Conditioning)
Ben Scarlett (Sports Science)

TRAINING VENUE

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 TIS and Hockey Tasmania, provides a development program pathway that directly underpins the TIS hockey program.

Selected athletes are afforded weekly group and individual training, as well as tactical and holistic development to challenge athletes to reach TIS selection standards.

During the 2013-14 reporting period the program undertook an annual review, which saw squad numbers decrease from 43 to 32.

PROGRAM HIGHLIGHTS

- Madeleine Murphy, Benji Austin, Jayden Pearson, Jai Walker Kidd and Patrick Todd transitioned to the 2014 TIS scholarship program.
- Madeleine Murphy, Jayden Pearson, Jai Walker Kidd and Patrick Todd were selected in Hockey Australia's 2013-14 national future squads.
- Benji Austin, Ryan Jones, Linden McCarthy and Madeleine Murphy were selected in School Sport Australia's 17 and under teams in 2013.

ATHLETES

Ashleigh Arthur
Thomas Bax
Hayden Beltz
Ruby Brothers
Kurt Budgeon
Dayna Challis
Maddison Curtis
Roscoe Gearman
Isabel Goldsmith
Ruby Haywood

Benji Austin
Keelan Beattie
Isaac Bridley
Brad Buchanan
Rhys Burgess
Robbie Chapman
Jesse Duncan
Gobindjah Gill
Molly Haas
Ryan Jones

Jemma Kenworthy
Sam McCulloch
Camille O'Conner
Alissia Pearson
Sam Phillips
Eddie Popowski
Madeleine Rojahn
Oliver Smith
Patrick Todd
Jack Welch
Georgia Williams
Stephanie Wylie
Angus Yeates

Linden McCarthy
Madeleine Murphy
Nellie Paynter
Jayden Pearson
Maddison Poke
Keegan Popowski
Annabelle Scutt
Aiden Van Staden
Jai Walker Kidd
Eliza Westland
Lucy Wootten
Thomas Wylie

ETS HOCKEY COACH

Ilene Carr

REGIONAL COACH

Craig McCarthy (north west)

ATHLETE SERVICE PROVIDERS

Matthew Wilkie (Physical Preparation)

TRAINING VENUES

Tasmanian Hockey Centre, New Town
McKenna Park Regional Hockey Centre, Burnie
St Leonards Hockey Complex, Launceston

PARTNERS

Hockey Tasmania
Hockey Australia

The ETS program is 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 program provides Tasmanian rowers with the best possible opportunity to progress to the highest level in the sport.

2013-14 saw the return of three Olympians into the TIS rowing program. All three athletes (Sam Beltz, Kerry Hore and Tom Gibson) were selected in the 2014 Australian team.

The Huon rowing facility hosted 17 national rowers and three Tasmanian national coaches as a training centre for crews preparing for the 2014 world championships. Crews preparing on the Huon were the men's lightweight four/pair squad, men's eight squad and the women's U23 double scull.

In March 2014, the new TIS rowing facility at New Town Bay was opened. This facility now provides an enormous benefit for the future of the TIS program as a 'home' base for TIS athletes.

PROGRAM HIGHLIGHTS

- Eight rowers selected in senior, U23 and junior Australian teams to compete at the 2013 world championships (Ella Flecker, Ali Foot, Eleni Kalimnios, Georgia Nesbitt, Max McQueeney, Darryn Purcell, Nicholas Silcox and Blair Tunevitsch).
- Silver medal in the women's double scull at the 2013 world junior championships (Eleni Kalimnios).
- Silver medal to the women's lightweight eight at the world championships (Ali Foot, Darryn Purcell, Nicholas Silcox and Blair Tunevitsch).
- Georgia Nesbitt finished fifth at the U23 world championships (lightweight double scull) and then followed this up with fifth at the senior world championships (lightweight quad scull).
- Eleven rowers selected in senior, U23 and U21 teams to represent Australia in 2014 (Sam Beltz, Oliver Cook, Ella Flecker, Ali Foot, Tom Gibson, Kerry Hore, Max McQueeney, Georgia Nesbitt, Darryn Purcell, Nicholas Silcox and Blair Tunevitsch).



ATHLETES

Sam Beltz	Michael Egan
Ella Flecker	Ali Foot
Tom Gibson	Sam Hall
Sam Heron	Kerry Hore
Eleni Kalimnios	Max McQueeney
Georgia Nesbitt	Darryn Purcell
Nicholas Silcox	Blair Tunevitsch
Sam Volker	

NTC HEAD ROWING COACH

Brett Crow

SUPPORT COACHES

John Driessen
Paul Newbon
Grant Pryor (Rowing Australia, State Talent Pathways Coach)

ATHLETE SERVICE PROVIDERS

John Gregory (Sports Science / Biomechanics)
Peter Culhane (Strength and Conditioning)
Calvin Philp (Strength and Conditioning)
Kellie Wilkie (Physiotherapy)

TRAINING VENUES

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

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.



ROWING ETS

The Rowing Emerging Talent Squad program was introduced in November 2014. This program is aimed at boosting the development of emerging rowers to break into national teams.

Five-time Olympian Anthony Edwards is the ETS coach and has responsibility for the delivery of this program.

The squad consists of 17 rowers.

PROGRAM HIGHLIGHT

Oliver Cook's selection in the Australian U21 rowing team for the Trans-Tasman Regatta.

ATHLETES

Dan Bloomfield
Oliver Cook
Mitchell Digney
Michael Fletcher
Sarah Hawe
Wilson Mure
Toby Pitt
William Sander
Henry Youl

James Cocker
Jacob Cooper
Richard Giblin
Jack Harrison
John McKenzie
Alec Paterson
Ashley Reardon
Ciona Wilson

ETS ROWING COACH

Anthony Edwards

SUPPORT COACH

Ron Woods (ETS Regional Support Coach)

PARTNERS

Rowing Australia
Rowing Tasmania

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



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 with 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 Melbourne during April with outstanding performances from Dana Lester and Shelby Miller earning both athletes an invitation to the Australian 17 and under national training camp in May.
- The 17 and under Tasmanian team was captained by Shelby Miller with Dana Lester as vice-captain. The 17 and under team, which finished seventh in the national tournament, also included Nikki Miller and Kate Percy. The 19 and under Tasmanian team was captained by Georgie Briggs and finished sixth in the national tournament.
- All TIS netball scholarship holders, together with TIS netball coach Jon Fletcher and northern

regional coach Danni Carstens, attended a training camp in Melbourne during late April. Highlights included participating in Carlton Football Club training and recovery sessions, training with the Melbourne Vixens assistant coach and working with the Monash University Storm team. This was a positive experience for the athletes, providing them with an opportunity to be involved with different sports and programs.

ATHLETES

Georgie Briggs
Dana Lester
Nikki Miller
Shelby Miller
Kate Percy
Kelsie Rainbow

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.



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 Team.

PROGRAM HIGHLIGHTS

- Matt Bugg finished fourth at the 2013 IFDS world championships in the 2.4 multi class discipline.
- Matt Bugg selected to compete for Australia at the 2014 IFDS worlds in Halifax, Canada.
- Jock Calvert selected into the Australian youth team for the 2014 ISAF world youth

championships in Tavira, Portugal.

- Lucy Shephard, Amelia Catt and Emma Barton selected to compete in the 2014 470 world championships in Santander, Spain.

ATHLETES

Emma Barton
Matthew Bugg
Jock Calvert
Amelia Catt
Lucy Shephard
Anna Vaughan

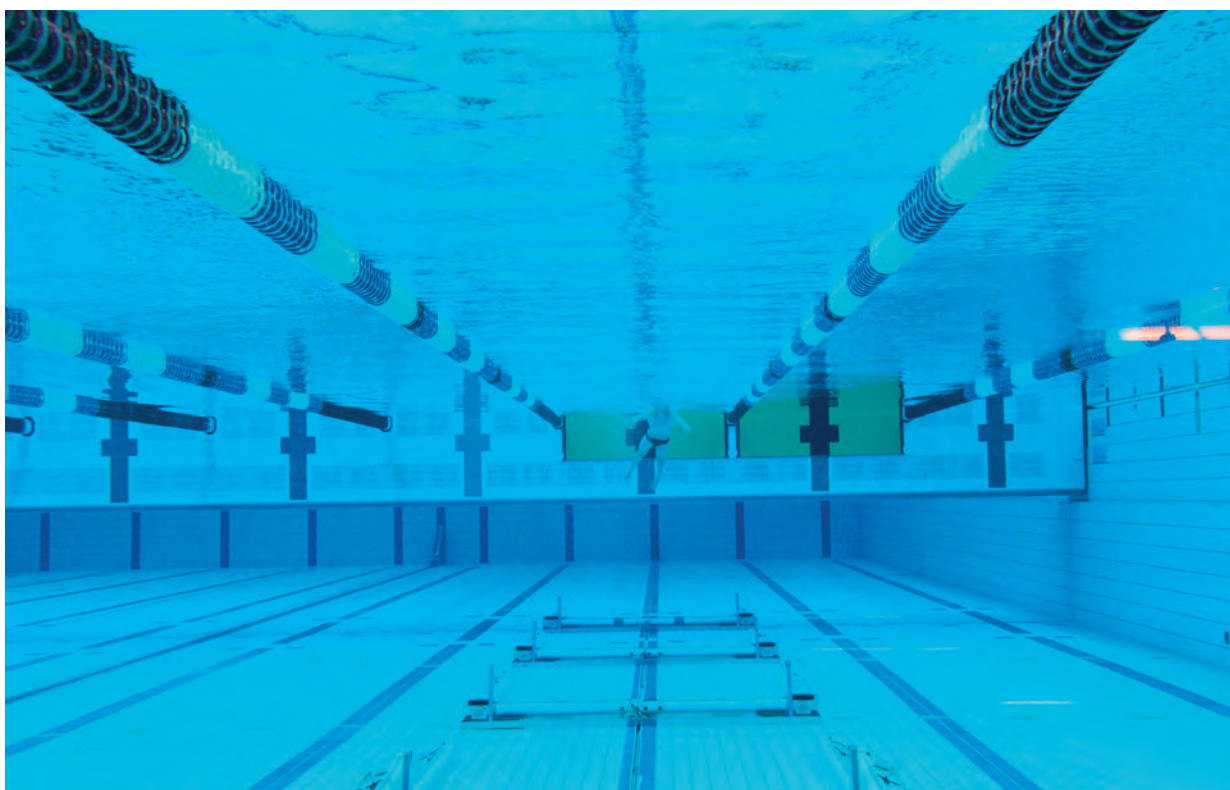
COACHES

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 concluded on 31 December 2013. The TIS is now providing sports science support for Swimming Tasmania state development camps.

PROGRAM HIGHLIGHTS

- Jacob Templeton finished first in the 50m and 100m freestyle multiclass, second in the 100m butterfly multi class and third in the 50m butterfly multi class at the 2014 Australian short course championships in Sydney.
- Jacob Vincent finished first in the 1500m freestyle and third in the 400m freestyle in the U14 section of the 2014 Australian short course age nationals.
- Shani Burleigh finished sixth in the final in the 50m backstroke at the 2014 Australian short course championships in Sydney.
- Trent McLaughlin finished ninth in the 400m freestyle multiclass at the 2014 Australian short course championships in Sydney.

ATHLETES

Shani Burleigh
Kit deJonge
Will Harmsen
Trent McLaughlin
Emma Newell
Jacob Templeton
Jacob Vincent

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 NTC or EDP programs.

During 2013-14 athletes from the TIS individual scholarship program enjoyed significant success both nationally and internationally.

PROGRAM HIGHLIGHTS

- Three athletes competed at senior world championships - Dylan Hardy and Jackson Woods (boxing) and Jack Penny (trampoline).
- One athlete won a bronze medal at the world championships - Jack Penny (trampoline team event).
- Two athletes selected for Commonwealth Games - Jenna Myers (weightlifting) and Jackson Woods (boxing).
- One athlete represented Australia at the 2013 U23 world championships (Daniel Watkins – canoe slalom).
- Two athletes represented Australia at junior world championships - Kate Eckhardt (canoe slalom)



- and Jacob Birtwhistle (triathlon and duathlon).
- One athlete won a junior world championship - Jacob Birtwhistle (duathlon).
- One athlete won a silver medal in the junior world championships - Kate Eckhardt (canoe slalom).

ATHLETES

Dylan Hardy (boxing)
 Jackson Woods (boxing)
 Andrew Eckhardt (canoe slalom)
 Kate Eckhardt (canoe slalom)
 Daniel Watkins (canoe slalom)
 Stewart Bennett (canoe wildwater)
 Kalem Richardson (golf)*
 Michael Sims (lawn bowls)
 Rebecca Van Asch (lawn bowls)

Ben Bradley (mountain bike)
 Rowena Fry (mountain bike)
 Jack Penny (trampoline)
 Jacob Birtwhistle (triathlon)
 Jenna Myers (weightlifting)

*Associate scholarship holder



STRATEGIC PLAN 2012-2016

OUR VISION

The TIS is highly valued for its contribution to Tasmania's sporting success.

OUR PURPOSE

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

OUR APPROACH

The TIS is 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.
- Teamwork 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

- The number of TIS athletes who achieved finals and/or top eight results at international benchmark events.
- TIS athlete medals at Olympic, Paralympic and Commonwealth Games.
- TIS athlete results in other selected international benchmark events held over shorter cycles than quadrennial or biannually and/or world rankings.
- 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 2013-14 period TIS athletes achieved 22 top eight performances at benchmark events, with the breakdown in each sports as follows:

Athletics	3
Cycling	8
Hockey	3
Canoe Slalom	1
Rowing	6
Sailing	1

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

In total, over the 2013-14 period TIS athletes achieved 50 national selections, with the breakdown in each sports as follows:

Athletics	4
Basketball	1
Boxing	2
Canoe	6
Cycling	7
Hockey	8
Lawn Bowls	2
Rowing	15
Sailing	2
Triathlon	3



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'Shannassey	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)
Anthony Edwards	Rowing
Tom Gibson	Rowing
Kerry Hore	Rowing
Kate Hornsey	Rowing
Brendan Long	Rowing

2008 PARALYMPIC GAMES – BEIJING

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

2012 OLYMPIC GAMES – LONDON

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

2012 PARALYMPIC GAMES – LONDON

Todd Hodgetts	Athletics (Gold)
Matt Bugg	Sailing



COMMONWEALTH 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
Aaron Frankcomb	Squash
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 consider 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 performance.

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

TIS CHAMPIONS CLUB MEMBERS

Darren Balmforth
Justin Boocock
Simon Burgess
Melissa Carlton
Daniel Collins
Anthony Edwards
Dana Faletic
Belinda Goss
David Guest
Stephen Hawkins
Bianca Langham
Nick Rogers
Daniel Sproule
Matthew Wells
Paul Wiggins

Rowing
Canoe Slalom
Rowing
Swimming
Kayak
Rowing
Rowing
Cycling
Hockey
Rowing
Hockey
Yachting
Hockey
Hockey
Athletics



ATHLETE OF THE YEAR

The Tasmanian Athlete of the Year recognises outstanding performance based on the athlete's performance at international level, their contribution to their sport and to the Tasmanian sporting community.

The TIS runs this award with support from, and in conjunction with, Southern Cross Television.

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
2013	Richie Porte	Cycling



