

Edition 75 - March 2022

National Cycling Results

Earlier this month, Cycling athletes enjoyed success at the Australian Madison Championships and Austral Wheelrace. Josh Duffy won the Men's Madison title, whilst Dalton Stretton won the 124th Men's Austral Wheel. Dalton also had a victory in the Men's B Progressive Points Race.

Cycling Academy athletes also had victories in the following races:

- Alex Eaves - U17 Men Points Score,
- Meika Derrico - U17 Women Austral Wheel Race
- Sam McKee - Men's B Motor Pace

The Cycling team then turned their attention to a big 3 weeks of competition in Brisbane as athletes competed at the AusCycling Track Nationals and the Oceania Mountain Bike Cross Country (XCO) Championships.

Oceania XCO Mountain Bike Championships

Isabella Flint finished first in the U23 Women's event with a time of 1:28:47.05 with a lead of 12 minutes on the second placed competitor.

In the Elite Men's Mountain Bike XCO, Sam Fox finished fourth with Cam Ivory fifth.

AusCycling Track Nationals

U17's

Academy Alex Eaves and Lachie Oliver had a great start to the Track Nationals achieving gold in the U17 Men's Teams Pursuit. Alex then went onto win silver in the U17 Men's Omnium.

Elite & U19's

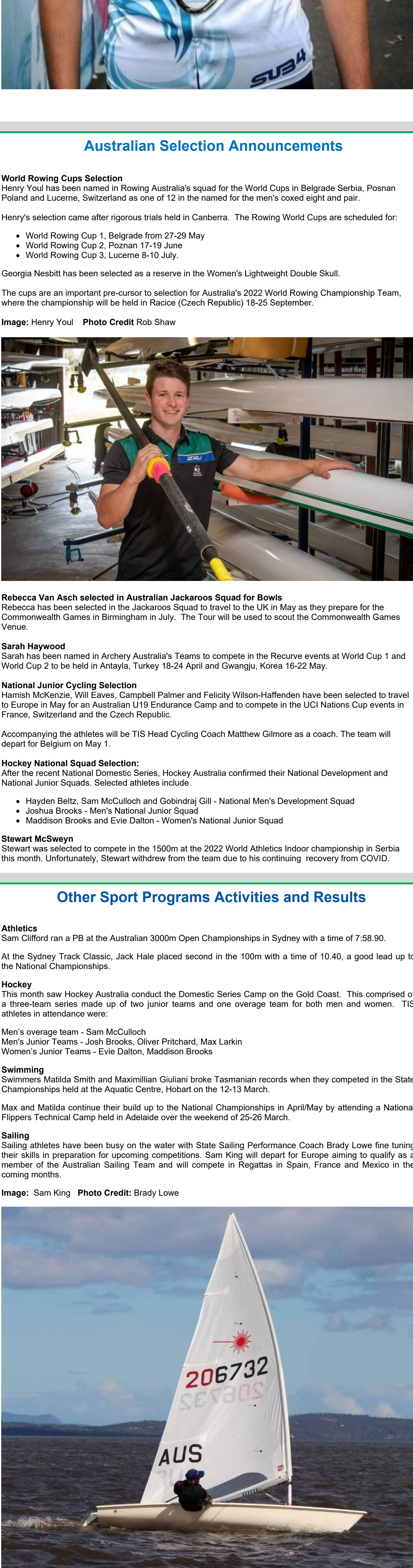
Josh Duffy became the National Champion in the Elite Men's Scratch race with a great support ride from Dalton Stretton. Josh then went on to win gold in the Elite Men's 1km Time Trial.

Will Eaves won silver in the U19 men's Individual Pursuit and then backed it up with bronze in the U19 Men's 1km time Trial, narrowly edging out Hayden Van der Ploeg who finished fourth.

Image: Dalton Stretton at the Austral Wheel **Photo credit** @chronis71



Image: Izzy Flint - Oceania XCO Mountain Bike Championships **Photo credit** AusCycling



Australian Selection Announcements

World Rowing Cups Selection

Henry Youl has been named in Rowing Australia's squad for the World Cups in Belgrade Serbia, Poznan Poland and Lucerne, Switzerland as one of 12 in the named for the men's coxed eight and pair.

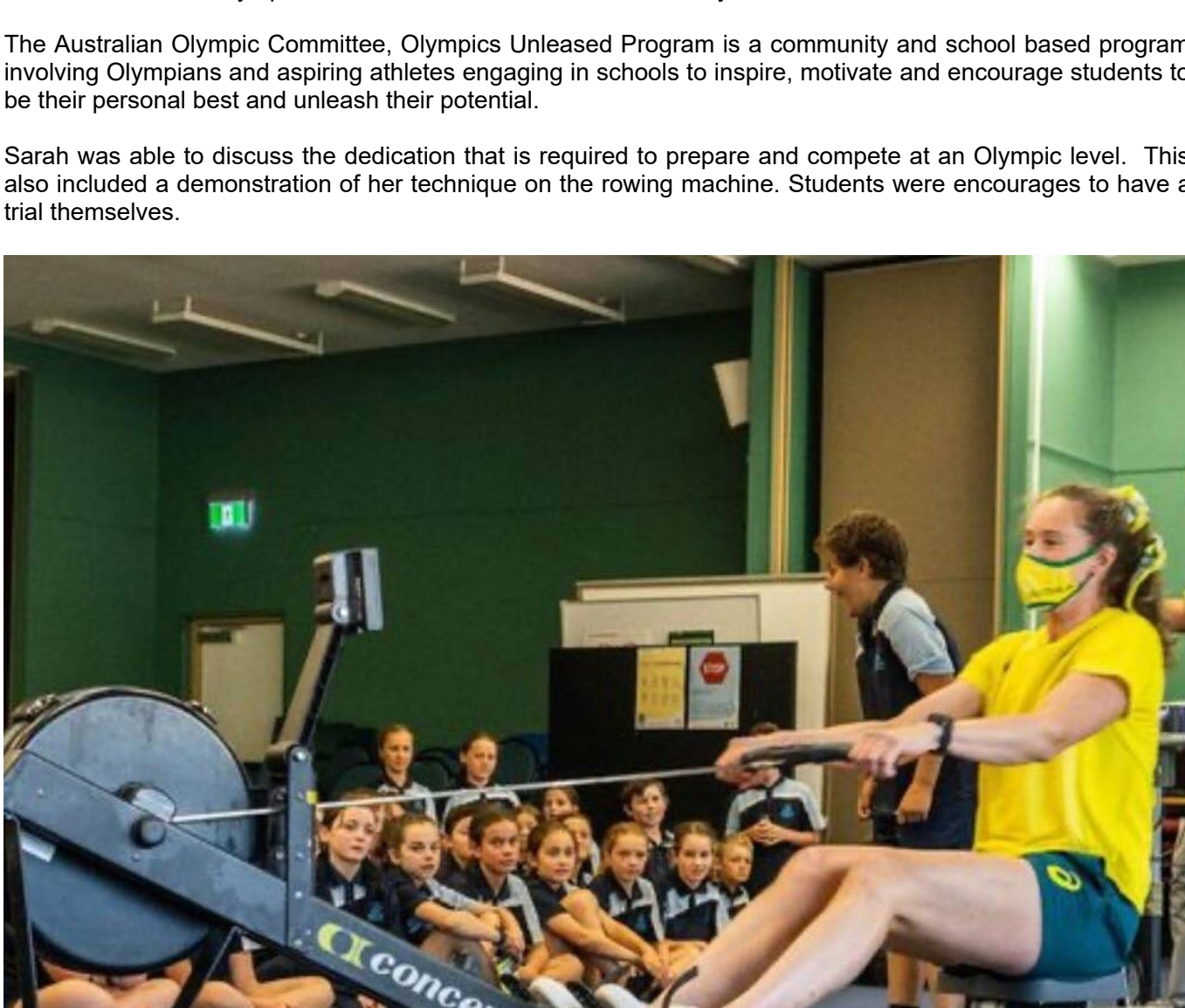
Henry's selection came after rigorous trials held in Canberra. The Rowing World Cups are scheduled for:

- World Rowing Cup 1, Belgrade from 27-29 May
- World Rowing Cup 2, Poznan 17-19 June
- World Rowing Cup 3, Lucerne 8-10 July.

Georgia Nesbitt has been selected as a reserve in the Women's Lightweight Double Skull.

The cups are an important pre-cursor to selection for Australia's 2022 World Rowing Championship Team, where the championship will be held in Racice (Czech Republic) 18-25 September.

Image: Henry Youl **Photo Credit** Rob Shaw



Rebecca Van Asch selected in Australian Jackaroos Squad for Bowls

Rebecca has been selected in the Jackaroos Squad to travel to the UK in May as they prepare for the Commonwealth Games in Birmingham in July. The Tour will be used to scout the Commonwealth Games Venue.

Sarah Haywood

Sarah has been named in Archery Australia's Teams to compete in the Recurve events at World Cup 1 and World Cup 2 to be held in Antalya, Turkey 18-24 April and Gwangju, Korea 16-22 May.

National Junior Cycling Selection

Hamish McKenzie, Will Eaves, Campbell Palmer and Felicity Wilson-Haffenden have been selected to travel to Europe in May for an Australian U19 Endurance Camp and to compete in the UCI Nations Cup events in France, Switzerland and the Czech Republic.

Accompanying the athletes will be TIS Head Cycling Coach Matthew Gilmore as a coach. The team will depart for Belgium on May 1.

Hockey National Squad Selection:

After the recent National Domestic Series, Hockey Australia confirmed their National Development and National Junior Squads. Selected athletes include

- Hayden Beltz - Sam McCulloch and Gobindraj Gill - National Men's Development Squad
- Joshua Brooks - Men's National Junior Squad
- Maddison Brooks and Evie Dalton - Women's National Junior Squad

Stewart McSweyn

Stewart was selected to compete in the 1500m at the 2022 World Athletics Indoor championship in Serbia this month. Unfortunately, Stewart withdrew from the team due to his continuing recovery from COVID.

Other Sport Programs Activities and Results

Athletics

Sam Clifford ran a PB at the Australian 3000m Open Championships in Sydney with a time of 7:58.90.

At the Sydney Track Classic, Jack Hale placed second in the 100m with a time of 10.40, a good lead up to the National Championships.

Hockey

This month saw Hockey Australia conduct the Domestic Series Camp on the Gold Coast. This comprised of a three-team series made up of two junior teams and one overage team for both men and women. TIS athletes in attendance were:

Men's overage team - Sam McCulloch
Men's Junior Teams - Josh Brooks, Oliver Pritchard, Max Larkin
Women's Junior Teams - Evie Dalton, Maddison Brooks

Swimming

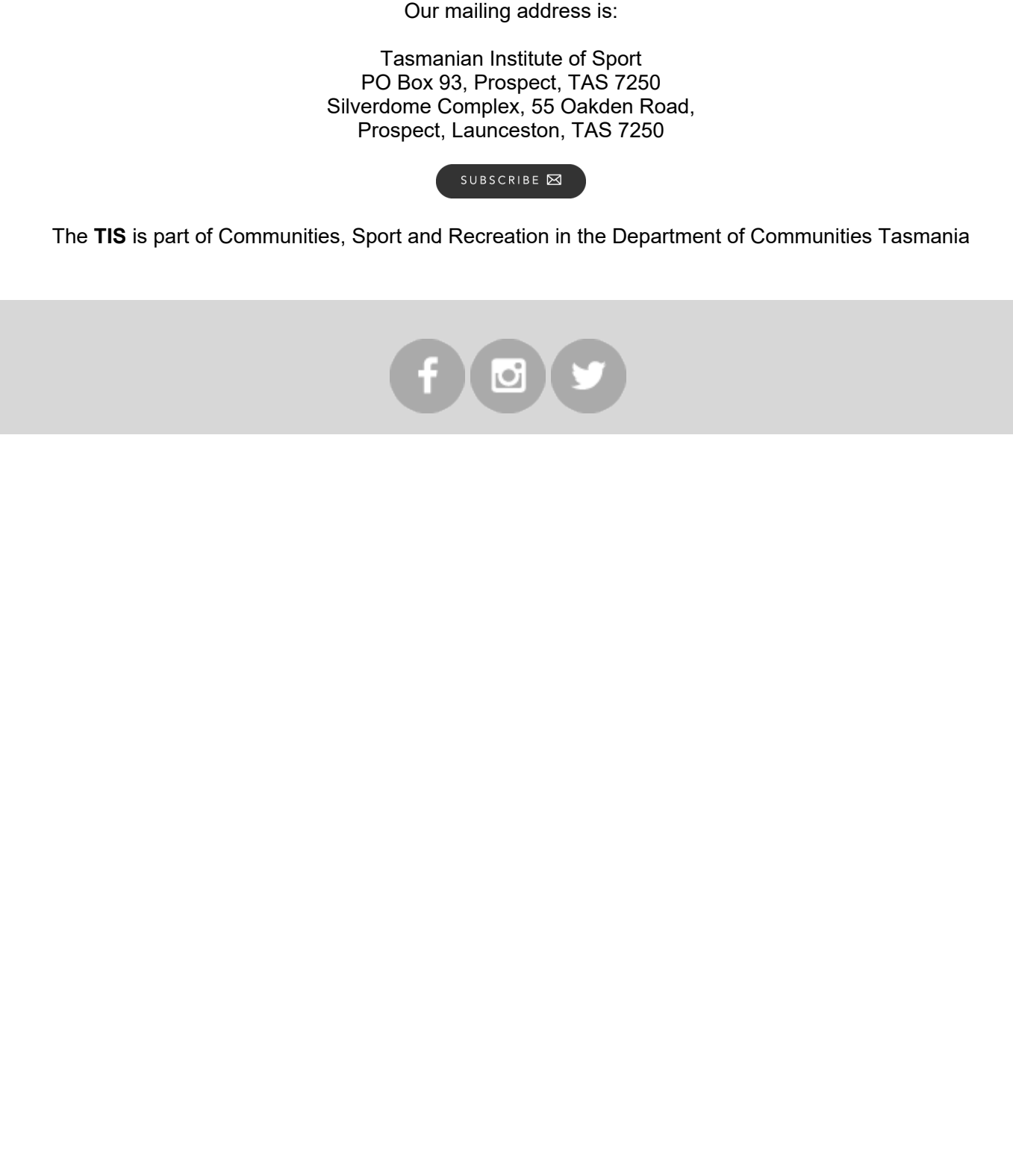
Swimmers Matilda Smith and Maximilian Giuliani broke Tasmanian records when they competed in the State Championships held at the Aquatic Centre, Hobart on the 12-13 March.

Max and Matilda continue their build up to the National Championships in April/May by attending a National Flippers Technical Camp held in Adelaide over the weekend of 25-26 March.

Sailing

Sailing athletes have been busy on the water with State Sailing Performance Coach Brady Lowe fine tuning their skills in preparation for upcoming competitions. Sam King will depart for Europe aiming to qualify as a member of the Australian Sailing Team and will compete in Regattas in Spain, France and Mexico in the coming months.

Image: Sam King **Photo Credit:** Brady Lowe



TIS in Focus

2022 AIS Female High Performance Coach Talent Program

TIS Cycling Coach Belinda Goss has been selected as one of 32 women (16 coaches and 16 executives) from 20 sports selected for the Australian Institute of Sport (AIS) Talent Program, an intensive Women Leaders in Sport (WLIS) professional development program funded by the Australian Government's Office for Women and Sport Australia.

Designed to address the under-representation of women in coaching and executive roles in high performance sport and to further progress their career potential in sport.

Athlete Wellbeing & Engagement (AW&E)

The Athlete Wellbeing & Engagement program is a national initiative focused on assisting athletes to help manage and guide their sporting commitments along with work/school demands, while maintaining a healthy wellbeing and training outlook. Stewart Pitther Manager, Performance Services, oversees this area of the TIS and is available for athletes to utilise as a support mentor as they navigate the demands placed on their daily lives.

Hayden Beltz was recently assisted by Stewart in securing an internship.

"I am currently 1.5 years through an Environmental Science Degree at Curtin and was lucky enough to secure an AIS Education Scholarship in the last semester. This year I was looking to gain experience in my field of study and wanted to gain employment at a suitable workplace. Stewart in his role of AW&E was a valuable resource throughout the entire process of gaining employment within my desired field. He was able to provide really useful advice when creating a resume and prepared some documentation that I found really beneficial and prepared me for the interview process. I ended up securing an internship and I truly believe that Stewart was a vital part of the success I have achieved".

This service is provided to all athletes and is a valuable resource opportunity for the athletes in pursuing life outside sport.

Lauren Perry

Lauren is an Ambassador for the New Horizons Western Tiers Cycle Challenge. Lauren was not only able to raise money for the group who provide sport, recreational and social opportunities for Tasmanians with a Disability, but participated in the Challenge which hosts six different rides of varying distances. Whilst supporting the local community and helping to make a positive change, Lauren also revealed the Challenge benefited her too. "I just had a couple of months off, because I caught COVID back in January, so it's taken me a while to recover properly and this was kind of the perfect base ride for me to start building my endurance to get back to a competitive level before I go over to Europe in May to compete in several road and track races."

Sarah Howe

Athlete Sarah Howe was out and about the North West this month visiting the Penguin District School where she conducted an "Olympics Unleashed" session with students in years 5 and 6.

The Australian Olympic Committee, Olympics Unleashed Program is a community and school based program involving Olympians and aspiring athletes engaging in schools to inspire, motivate and encourage students to be their personal best and unleash their potential.

Sarah was able to discuss the dedication that is required to prepare and compete at an Olympic level. This also included a demonstration of her technique on the rowing machine. Students were encouraged to have a trial themselves.

Upcoming Events

Athletics:

26 March-3 April - 2022 Australian Athletics Championships (Junior & Open) Sydney, NSW
3 April - Milly Clark, competing in the Paris Marathon, France

Canoe/Slalom:

21-24 April - 2022 Paddle Australia Canoe Slalom Championships, Brady's Lake, Tasmania

Cycling:

2-5 April - 2022 Oceania Cycling Championships, Brisbane, QLD

Hockey:

6-14 April - 2022 Hockey Australia U18 Championships, Cairns, QLD

Rowing:

28 March-3 April - 2022 Australian Rowing Championships, Penrith, NSW

TIS Staff Update

Annabelle Stratton (nee Anderson) Strength & Conditioning Coach, will be taking 12 months maternity leave from April. We wish Belle and her husband Matt all the best.

Cooper Marshall has commenced a School Based Traineeship Certificate III in Sport & Recreation. Welcome to #TeamTIS Cooper!

The TIS gratefully acknowledges the valuable support received from:



The TIS acknowledges our Strategic and National Program Partners:

Strategic Partners



National Partners

Copyright © 2022 Tasmanian Institute of Sport, All rights reserved.

You are currently subscribed to the TIS Bulletin because you are listed on our database.

Our mailing address is:

Tasmanian Institute of Sport
PO Box 93, Prospect, TAS 7250
Silverdome Complex, 55 Oakden Road,
Prospect, Launceston, TAS 7250

[SUBSCRIBE](#)

The TIS is part of Communities, Sport and Recreation in the Department of Communities Tasmania

