

# TASMANIAN INSTITUTE OF SPORT

# yearbook

# and annual report 1999-2000



## TASMANIAN INSTITUTE OF SPORT Bulletin

ISSUE 35 - MARCH 2000

### Wising up to drugs in sport

**CHAMPION** athletes Olympic sports are being "wised up" to the dangers of drugs. The Tasmanian Institute of Sport (TIS) has been selected as the national headquarters for the education of athletes in the use of drugs. The TIS will be the only national centre to provide this education to athletes. The TIS will also be the only national centre to provide this education to athletes. The TIS will also be the only national centre to provide this education to athletes.

### Twice the honour for Lactos

A number of Tasmanian athletes have been selected to participate in the Olympic Games. The Tasmanian Institute of Sport (TIS) has been selected as the national headquarters for the education of athletes in the use of drugs. The TIS will be the only national centre to provide this education to athletes. The TIS will also be the only national centre to provide this education to athletes.

### STOP PRESS

TIS Champion athlete of 1999, Simon Burnett, has been selected for the Olympic Games. The Tasmanian Institute of Sport (TIS) has been selected as the national headquarters for the education of athletes in the use of drugs. The TIS will be the only national centre to provide this education to athletes. The TIS will also be the only national centre to provide this education to athletes.

## TASMANIAN INSTITUTE OF SPORT Bulletin

ISSUE 36 - JUNE 2000



Dr Rick Jones, left, tests TIS volleyball player's 800m runner's bloodwork by means of a portable laboratory machine. Dr Jones and TIS doctor, Dr Peter...

### Special treatment for TIS athletes

Tasmanian athletes are benefiting from a special treatment. The Tasmanian Institute of Sport (TIS) has been selected as the national headquarters for the education of athletes in the use of drugs. The TIS will be the only national centre to provide this education to athletes. The TIS will also be the only national centre to provide this education to athletes.

### IN THIS ISSUE

- Interview with TIS doctor, Dr Peter Jones
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## TASMANIAN INSTITUTE OF SPORT Bulletin

ISSUE 37 - SEPTEMBER 2000



### Olympics honour for squad of 14

Fourteen Tasmanian athletes, representing the Tasmanian Institute of Sport (TIS), have been selected to participate in the Olympic Games. The Tasmanian Institute of Sport (TIS) has been selected as the national headquarters for the education of athletes in the use of drugs. The TIS will be the only national centre to provide this education to athletes. The TIS will also be the only national centre to provide this education to athletes.

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## TASMANIAN INSTITUTE OF SPORT Bulletin

ISSUE 38 - DECEMBER 2000



### Olympic rowers win top award

Two Tasmanian rowers, representing the Tasmanian Institute of Sport (TIS), have won the top award at the Olympic Games. The Tasmanian Institute of Sport (TIS) has been selected as the national headquarters for the education of athletes in the use of drugs. The TIS will be the only national centre to provide this education to athletes. The TIS will also be the only national centre to provide this education to athletes.

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# *contents*

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	Page
Minister's Foreword	3
Chairman's Report	4
Director's Report	5
Administration	6
Corporate Partnerships	8
Sports Performance	10
Talent Search	12
Athlete Career & Education	13
Physical Preparation	14
ITC Programs	16
Elite Development Squads	23
1999-2000 Scholarship Holders	24
1999-2000 Corporate Plan	26
Board of Management	27
Staff	28
Financial Report	29



# *minister's*

## *foreword*

The results of the Tasmanian Institute of Sport athletes have continued to bear testimony to the significant contribution the Institute is making to Australia's results at the highest levels of international sport.

The State Government has committed itself to supporting the TIS in maintaining and developing the outstanding achievements of its athletes.

The achievements of athletes such as Simon Burgess, Darren Balmforth, Bianca Langham and Daniel Sproule have been assisted in no small way by the support provided by the Institute including funding, sports science and medicine services, coaching, and the Athlete Career and Development Program.

In the lead-up to the Olympic Games, it is imperative that the focus of the TIS is to provide opportunities for elite athletes to have maximum exposure to competition at the highest level. I see the role of the Institute Board of Management as integral to this direction.

I commend the role the Board has played, under the chairmanship of Denis Rogers, in guiding the strategic direction of the TIS.

I take this opportunity to express my appreciation for the continuing support given to the TIS by its sponsors and the Commonwealth Government.



Finally, I commend the staff of the TIS for their ongoing commitment and congratulate the athletes on their outstanding achievements this year. I wish them success in their final preparations for the Sydney 2000 Olympic Games.

A handwritten signature in black ink that reads "Jim Bacon". The signature is written in a cursive, flowing style.

**Jim Bacon MHA**  
**Premier**  
**Minister for State Development**

# *chairman's*

## *report*

It is with pleasure that I provide my first report as Chairman of the TIS Board.

The Board of Management provides strategic direction and sets and reviews policies to ensure the Tasmanian Institute of Sport provides strong leadership for Tasmania's elite athletes as they strive to achieve their goals at an international level.

The Board is very confident that the TIS provides quality programs and services for Tasmanian elite athletes. We believe the scholarship holders are given the best opportunities to achieve international representation and for many sports culminating in the Sydney 2000 Olympics.

However, there are still many challenges to be met. With the support of the Tasmanian Government and the corporate sector we will continue to meet these challenges and find progressive solutions for the future.

I congratulate the TIS athletes on their achievements during the past year and I encourage them to continue to strive to reach their potential as they face the challenges ahead. I wish every one of them the success they deserve.

Our major sponsors, Lactos and Coca-Cola Amatil, as well as Motors Ptd Ltd, WIN Television, Ansett Australia, Hotel Grand Chancellor, Hobart Radiology and J.Boag & Son have all played an important role in supporting the programs of the Institute.

On behalf of the Board I sincerely thank



these companies for their continued involvement with the TIS.

I take this opportunity to personally thank the members of my Board and the staff of the TIS, for their commitment and efforts during the past year.

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

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

# *director's*

## *report*

The Tasmanian Institute of Sport guiding principle is to provide leadership and quality athlete and coaching services to assist TIS athletes in realising their potential to become successful international athletes.

Tasmanian Institute of Sport athletes continued to achieve outstanding results in 1999-2000. Gold medal performances included Bianca Langham (women's hockey), Craig Walton (triathlon), and Daniel Sproule and Matthew Wells (men's hockey).

In rowing, the lightweight four which included Simon Burgess and Darren Balmforth won bronze at the World Championships.

The Junior Associate Scholarship category was maintained for the second year. The main aim of the Junior Scholarship is to educate the athletes about being involved in elite sport and the components needed to be part of a high-performance culture.

The Institute is very grateful for the assistance provided by the corporate

sector. This contribution enables us to add value to our existing programs and services ensuring the best opportunities are provided to the scholarship holders to compete at the highest international level.

We acknowledge the State and Federal Governments for the support they provide us. Lactos, Coca-Cola Amatil and Motors are the key corporate partners working with the Tasmanian Institute of Sport.

The Tasmanian Institute of Sport Board of Management and Chairman Denis Rogers have continued to provide leadership and



guidance on the strategic direction of the Institute. I sincerely thank them for their support and leadership.

To the staff, thank you for your commitment and dedication in ensuring the TIS athletes' needs and expectations are always met.

Finally, I acknowledge every Tasmanian Institute of Sport scholarship holder and your coach for the contribution you have made to elite sport in Tasmania. Your achievements help to raise the spirits of all Tasmanians and make us proud to live in our state.

A handwritten signature in black ink that reads "Bridget Joscelyne". The signature is written in a cursive style and is positioned above a horizontal line.

**Bridget Joscelyne**  
**Director**

# *administration*

The TIS has again been host to many major functions during the 1999/2000 year.

The Annual Awards Luncheon was again held in Launceston in November and proved to be very successful. These events acknowledged the achievements of TIS athletes and the valuable support given to the Institute from the corporate sector and the State Government.

Champion rowers Darren Balmforth and Simon Burgess took out the Ansett Australia TIS Athlete of the Year Award.

The 2000 scholarships were announced at a special presentation at the Hotel Grand Chancellor. In all, more than 120 athletes received scholarships during the year.

During February a forum was held with champion Olympic representative Nicole Stevenson providing a timely and informative presentation on the impact of drugs in sport. In March the TIS hosted the "TASTE" forum – Tasmanian Athletes Striving To Excel – which incorporated many useful information sessions from TIS consultants as well as guest speaker Olympic Bronze medallist softball player Jenny Halliday.

Staffing changes during the year saw administration assistant Natalie Sankey return from maternity leave on a part-time basis three days a week. Denise Hansson, who



*TIS Executive Officer  
Paul Austen*



acted as Natalie's stand-in, left to work with Masonic Homes. Trainee Jo Cornish moved on to the Westpac call centre and Madeleine Hooper joined as a temp for two days a week.

Sports Scientist Bill Davoren left to pursue his interests in coaching triathlon. Bill had been with the TIS for more than six years and we wish him and his wife Louise every success as they establish themselves on the Gold Coast.

Other changes saw Tammie Ebert appointed as Manager, Sports Performance Unit, and Geoff Masters appointed as Manager, Athlete Services.

Liz Coglan continued to maintain the TIS resource centre during the year.

The TIS web site was upgraded which now provides up-to-date results of TIS athletes as well as information on all the TIS activities. This revamp was overseen by TIS Executive Officer Paul Austen in association with TIS media/public relations consultant Keryn Nylander. The website is regularly updated: [www.tis.tas.gov.au](http://www.tis.tas.gov.au)

The TIS Bulletin, published quarterly, was also given a fresh look and it continues to play an important part in promoting the activities of the TIS, its athletes, and acknowledging the support of our sponsors in the corporate sector.

We would like to acknowledge the support of staff at the Department of State Development for all the services provided to the Institute during the year.



*Administration Assistant  
Natalie Sankey*



*Madeleine Hooper*

# *corporate partnerships*

The Tasmanian Government is the major supporter of the TIS, providing a significant proportion of funding for athletes and programs, but it is the corporate sector that we are turning to increasingly in our efforts to expand the services on offer, as well as the amount of assistance to help athletes achieve their goals.

For the past seven years, concluding this year, Tasmanian cheesemaker Lactos has been the major sponsor of the TIS. It has pumped in more than \$140,000 over the sponsorship period leading up to the Sydney 2000 Olympics. It was a significant partnership and all involved with the TIS are most appreciative of the role that this quality Tasmanian company played in seeing the TIS grow to the level it is today.

As well, the TIS was well supported once again by Coca-Cola Amatil, in particular its product Powerade sponsoring the 'Sportsperson in Schools' program. This provides athletes with personal development opportunities, as well as school students being exposed to an elite athlete role model.

Other key sponsors included Motors Pty Ltd, WIN Television, Ansett Australia, J. Boag and Son and Hotel Grand Chancellor. Avanti provided excellent support to the TIS cycling





program, and other sponsors will be sought for the remaining two ITC programs of rowing and hockey.

We also welcomed a new sponsor on board with the signing of a deal with Hobart Radiology to provide x-rays and other related services to assist athletes recovering from injury.

TIS athletes and coaches have also been provided with access to gymnasiums around the state and this is very much appreciated. Our thanks to Dockside and Oceana in Hobart; Health and Fitness, Launceston and Glenorchy; Theogenes, Launceston; Templars, Devonport; Healthglo, Burnie; and Port Huon Sports Centre.

The TIS Bulletin is 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.



# sports performance

**PURPOSE:** Assist and educate athletes and coaches

**VALUES:** Efficiency – Best Practice  
Effectiveness – Quality

**VISION:** To integrate scientific principles into athlete preparation and performance

**MISSION:** To assist athletes and coaches by providing the most effective and efficient services to ensure the best possible outcomes for their efforts.

The Sports Performance Unit continues to assist Tasmania's talented athletes and coaches through the provision of sports science, sports medicine and physical preparation services.

The Sports Performance Unit has had the pleasure of working with the lightweight men's crew (rowing) of Darren Balmforth, Simon Burgess, Anthony Edwards, Robert Richards and coach Sam Le Compte, who won a silver medal at the World Championships in October 1999.

Regular testing of the Intensive Training Centre Programs of Cycling, Hockey and Rowing was conducted throughout the year with a number of target squad athletes also being involved. The Unit was involved in testing of the Elite Development Squads of Basketball, Cricket and Football.



*Tammie Ebert  
Manager,  
Sports Performance Unit*

A very successful two-day seminar was held for the EDS Footballers who had been invited to the AFL Draft Camp. During the seminar the footballers undertook testing they were to experience at the draft camp and were addressed by Brad Green (former EDS squad member and current Melbourne Player) and Mark Thompson (Geelong Senior Coach).

The Sports Performance Unit has also become increasingly involved with a number of the Junior Associate Scholarship holders in the sports of Swimming and Wildwater canoe and we look forward to continuing our work with these up and coming athletes. The Young Mariners, Mariners and Tennis Tasmania sought assistance from the TIS

Sports Performance Unit through testing and education sessions.

With the departure of Bill Davoren to sunny Queensland the TIS appointed Dan Billing to the position of Sports Performance Officer in late June. A huge thankyou must be extended to Bill for his involvement in the TIS Sports Performance Unit over the past 8 years. He has established a unit, which provides excellent services from a number of fields (sports science, sports medicine and physical preparation), to athletes and coaches and we hope that the foundations he has laid will continue to be improved upon.

### **LABORATORY ACCREDITATION**

The Unit has collected reliability data as a requirement for re-accreditation of the Human Performance Laboratory through the Laboratory Standards Assistance Scheme. This accreditation is important to highlight the quality and accurate services provided to athletes and coaches.

### **SPORTS MEDICINE NETWORK**

We would like to thank the TIS Consultant Network who continue to provide quality services to our athletes and coaches. We would like to welcome Andrew Hogan to the

team from Optomeyes Optometrists. Andrew has provided vision screening services for our athletes in the sports of Cricket and Football and will work with other sports in the near future.

Thanks are extended to Hobart Pathology for their continued provision of blood screening and to Hobart Radiology who have recently extended their services to athletes and coaches. Thank you to Dr Ian Beltz who is the Sports Medicine Co-Ordinator for his assistance in the efficient and effective provision of sports medicine services.

### **SPORTS SCIENCE SCHOLARSHIP HOLDER**

The TIS Sports Science Scholarship Holder for 2000/2001 is Simone Haigh, who initially started with the TIS on work experience three years ago and has helped immensely over that time. Simone is currently completing her Bachelor of Human Movement (Sports Science) at the University of Tasmania.

The Sports Performance Unit looks forward to exciting times post-Olympics with a number of new developments being established to further enhance the services provided to athletes and coaches.

**Tammie Ebert**  
**Manager, Sports Performance Unit**



# *talent search*

Talent Search was established in 1995 after Sydney was announced as the host city for the 2000 Olympics. Since that time the national program has expanded considerably thanks to support from the Australian Sports Commission.

During the 1999/2000 year, the Talent Search Program in Tasmania broke new records with more than 4,900 students from 39 schools across Tasmania involved. Since its inception, more than 15,000 Tasmanian students have been tested.

The increasing number each year highlights the support that the program has in identifying talented young Tasmanians and providing them with opportunities to explore their talents. Their development is only made possible by the invaluable support of Tasmanian coaches who provide their time to assist these athletes. The Talent Search Unit extends a sincere thankyou to those coaches.

Fifty students were named in the development squad for athletics and four for cycling.

This year's intake targeted athletics and cycling because both sports have formed a development pathway to nurture young talent.

Talent Search success stories to date include Meg Sulzberger and Louise Yaxley (both now TIS scholarship holders in cycling), Chris Clark (national record holder, weightlifting), and Raelene Nauman and Camilla Whishaw (Tasmanian team to Australian All Schools Cross Country).

Michael Smith, after only seven months in the cycling program, made his first



*Dan Billing with Melissa Carlton and some of the Talent Search athletes*

Tasmanian Team. A number of 1999/2000 Athletics Squad members competed very well at the recent Pan Pacific Games held at the Sydney Olympic venue.

As the new State Talent Search Co-ordinator I look forward to continuing to develop the program and monitoring the progress of past and present Talent Search Development Squad athletes.

**Tammie Ebert**  
**assisted by**  
**Dan Billing**  
**(new)Talent Search Co-ordinator**

# *athlete career & education*

The Athlete Career and Education Program has had a busy but successful year with 112 of the 144 eligible athletes completing an individual assessment. Following this assessment athletes were case managed depending on their specific requirements.

Over the past year the benefits of having a national ACE Program have been instrumental in assisting a number of athletes in their Olympic preparation. Thank you to all ACE personnel throughout Australia who have assisted Tasmanian athletes in their quest to excel at the highest level.

Throughout the year the ACE Program has conducted several training courses and workshops. These have included Time Management, Making the Transition from Tasmanian Football to the AFL, Media Skills, Cooking Skills, and Public Speaking. A special thanks to Graham Wright and Jonathon Creek from WIN Television, and Helen Hutchinson and Clarry Pryor from Australian Rostrum, Tasmanian Dais Inc, for their assistance.

With about 60 per cent of TIS athletes studying at a secondary, TAFE or tertiary level, strong links have been established with a number of Tasmanian educational institutions. In addition, through the Powerade Schools Program, TIS athletes have made presentations to 38 primary and secondary schools scattered throughout the state.

Thanks to the continued support from Coca-Cola Amatil (Powerade) Tasmanian students have been introduced to some of Tasmania's



*ACE Co-ordinator  
Maree Fish*

elite athletes and the athletes themselves have had a great opportunity to share their experiences with a captive audience.

The success of the Powerade Schools Program is evidenced in the increasing number of participating schools during 2000.

Overall it has been a demanding year with numerous requests for athletes and TIS staff to attend or make presentations at Olympic-related functions. Thanks to all athletes who assisted when called upon and congratulations to all TIS athletes for their success throughout the year.

**Maree Fish**  
**Athlete Career & Education**  
**Co-ordinator**

# *physical preparation*

The past year has seen a consolidation and progression of the programs set up in my initial year in 1999. The major focus has obviously been the ITC Programs and those athletes preparing for the Sydney 2000 Olympics and Paralympics.

## **ROWING**

The Australian Men's Lightweight Rowing Four, including TIS athletes Darren Balmforth and Simon Burgess and coach Sam Le Compte, utilised several aspects of physical preparation as they prepared for firstly Olympic selection and then the Games themselves. The aim was not only to make them technically proficient but also dynamic. Amongst the methods to achieve this was a rowing 'swing' set up in the gym in Port Huon.

The success of the TIS Rowing Program in placing athletes on national teams led to a heavy workload for me in this sport. The Australian Men's Lightweight Eight, with TIS athletes Shane Broad, Andrew Butler and Matt Russell, along with coach John Driessen, and the Men's Junior Quad followed similar programs in the lead-up to their World Championships.

## **CYCLING**

All ITC Squad members have incorporated some form of resistance training into their programs with the objective of being able to maintain a better position on the bike and not lose their form at the end of long rides or when climbing.



*Physical Preparation Coach  
Ted Polglaze*

Several cycling-specific exercises have been developed in consultation with the athletes and coach Kevin Tabotta. This has been well received, as the benefit to performance is more tangible and training is more enjoyable. The challenge with cycling is to balance the demands of gym work with the heavy workload on the bike, but hopefully we have come closer to the optimum.

## **HOCKEY**

Support to this program has progressed well from 1999. In addition to weight training, regular supervised sessions were conducted for speed/agility and game-specific condi-

tioning drills. This applied not only to the ITC Squad, but also to the National League teams, the Van Demons and Tigers.

To further my understanding of Hockey, and the TIS athletes in particular, I attended the Under-18 Women's and Under-21 Men's National Tournaments. This allowed more detailed and specific programs tailored to the needs of each athlete to be developed.

The extensive and thorough planning process led by Andrew McDonald is one of the strong points of the Hockey program, ensuring a co-ordinated and effective training program for the athletes.

### **INDIVIDUAL ATHLETES**

Over the year I have had some involvement with scholarship holders from a variety of sports in the Individual and Junior Associate categories, most notably the White Water Kayakers and Clayton Johnson as he prepared for the Paralympics. It is notable that the most effective training programs have been those where the coach has taken an active interest in the process.

### **THANK YOU**

The ongoing support and assistance of our network gymnasiums – Health & Fitness, Theogenes, Oceana, Dockside, Templars and HealthGlo is very much appreciated. The co-operation of the University of Tasmania gyms in Hobart and Launceston, and the Port Huon Sports Centre, is also acknowledged.

The lack of a training facility designed specifically for athletes remains the greatest challenge in this area, and something the TIS needs to address in the future.

**Ted Polglaze**  
**Physical Preparation Coach**



# *cycling*

The past 12 months have been eventful for the TIS cycling squad with some excellent results by its members.

Caleb Manion kicked off the year with a win in the Oceania Cycling Championships Under-19 men's road race, held in Sydney during December 1999.

Long-standing TIS and AIS program member Sean Sullivan moved onto a small professional team for 2000, racing in Italy. Sean finished the year with a number of top 10 results in international category races.

Tasmania had its most successful junior track championships ever during March 2000 on the new Sydney Velodrome, largely due to the efforts of TIS cyclists Belinda Goss and Mark Jamieson. They won five gold medals between them.

Additionally, good performances came from Meg Sulzberger in the pursuit and Bernard Sulzberger and Nathan Clarke in the points race.

TIS mountain biker Sid Taberlay gained selection for the Australian MTB team and went on to take part in the World Mountain Bike Championships in Spain during June. He placed a creditable 24th in the Under-23 men's cross-country event, a great result for his first bout at the international level.

He then went on to claim second in the Under-National Championships of Austria a week later. Taberlay leads the 2000 National Mountain Bike X-Country series for Under-23 riders. He has won three races from three



*TIS Cycling Coach  
Kevin Tabotta*

starts, currently ranking him number one in the Under-23s in Australia

During July 2000, Tasmania hosted the National Junior Road Championships and TIS cyclists featured strongly in the medal count. Belinda Goss, Mark Jamieson, Meg Sulzberger and Bernard Sulzberger led the way with three gold medals, one silver and two bronze between them

Bernard Sulzberger rode impressively throughout the 2000 season on road and track. In the Under-19 men's National Road Race Championship he won silver. This helped earn him a spot on the National



Junior Team where he went on to compete in Europe for Australia.

Among other excellent international performances, he was Australia's best-placed junior in the World Under-19 Road Race Championship finishing in 30th spot.

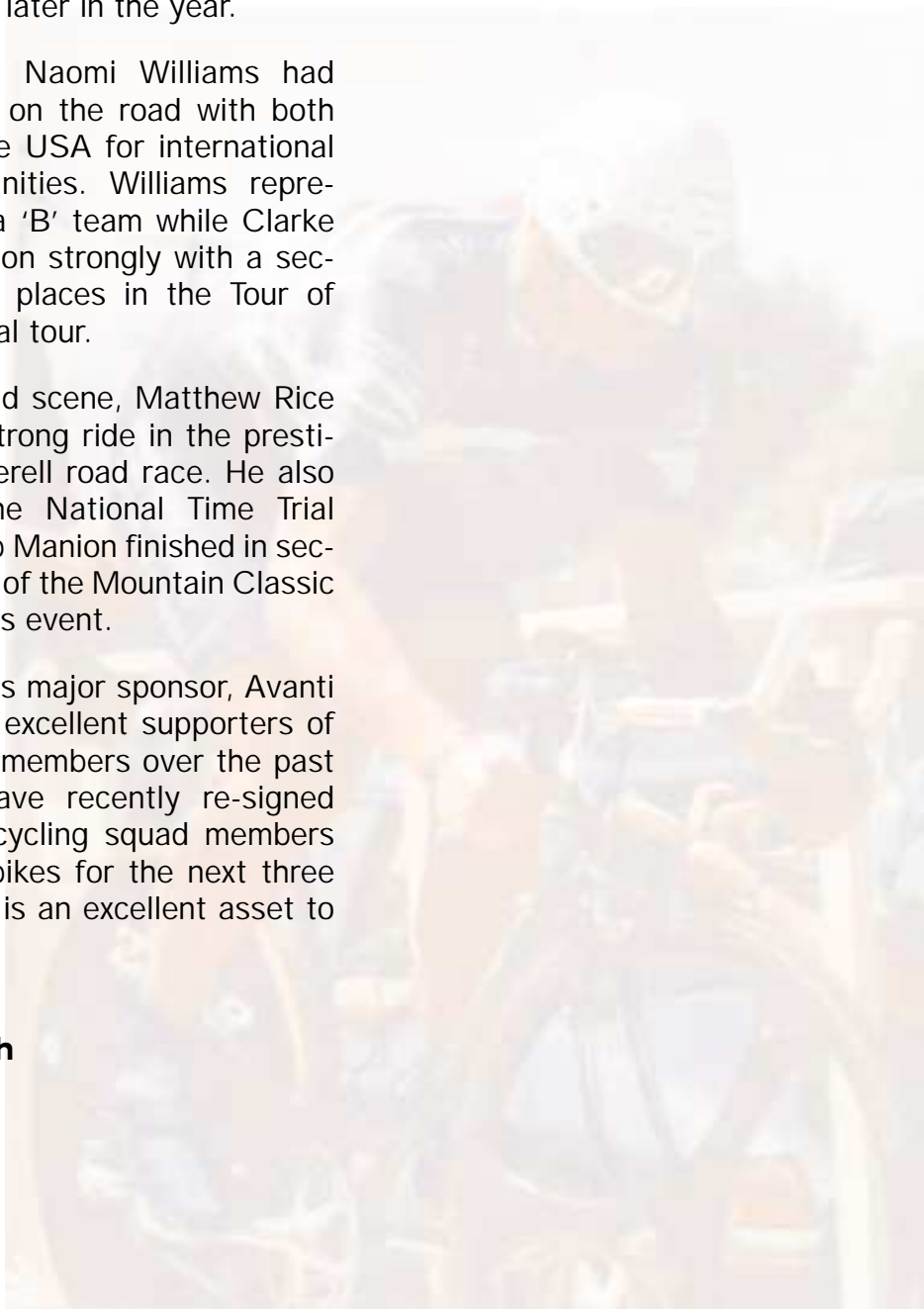
Former National Under-17 downhill champion Simon French is enjoying some good form in the 2000 series in the Under-19 division. He is currently ranking in the top four in Australia and is a strong chance for a place on the national team later in the year.

Nathan Clarke and Naomi Williams had another strong year on the road with both riders heading to the USA for international competition opportunities. Williams represented Australia in a 'B' team while Clarke finished off the season strongly with a second and two fourth places in the Tour of Tasmania international tour.

On the domestic road scene, Matthew Rice placed fifth with a strong ride in the prestigious Grafton-to-Inverell road race. He also placed eighth in the National Time Trial Championship. Caleb Manion finished in second place in the King of the Mountain Classic race, a national series event.

The cycling program's major sponsor, Avanti Bicycles, have been excellent supporters of the program and its members over the past two years. They have recently re-signed agreeing to fit out cycling squad members with top-level race bikes for the next three years. Their support is an excellent asset to the program.

**Kevin Tabotta**  
**TIS Cycling Coach**



# *hockey*

The 1999/2000 period has been very successful for the TIS Hockey program. Throughout the reporting period we have been able to maintain eight players in respective national teams and squads.

We have had 12 athletes on full scholarship for the majority of the year. The focus of this reporting period has been the Olympics but with a strong emphasis on elevating our younger scholarship holders into the national scene at both national junior and Under-21 age groups.

We had four athletes of the 12 on full AIS scholarships and three were members of the Olympic squads, while three athletes were selected for the 2000 Champions Trophy Team (CTT) held in Amsterdam.

We also initiated a developmental theme for players who were under consideration for potential TIS Scholarship recognition. This program has assisted us in developing and elevating one player into the 2000 TIS Scholarship intake. The work done by the athletes, TIS administrative and scientific support personnel have all contributed to a highly successful 12 months.

At the senior international level we had three athletes continue their representative experience, with Bianca Langham, Matthew Wells and Daniel Sproule all selected for the 2000 CTT, however Daniel Sproule suffered a broken hand and was forced to miss this tournament.

Daniel Sproule has had to contend with many niggling injuries throughout this past 12 months, most notably the broken hand and



*TIS Head Hockey Coach  
Andrew McDonald*

back problems in the early stages of 2000. Daniel was a key member of the 1999 and 2000 NHL Tassie Tigers team that finished fifth and seventh. In January 2000 Daniel was named in the 2000 Olympic men's squad and was also awarded an AIS Scholarship in preparation for the Sydney 2000 Olympics.

Matthew Wells has been the big 'mover and shaker' in 1999/2000. He was selected in the 2000 Olympic squad, won the best and fairest award and leading goalscorer award for the Tassie Tigers in both 1999 and in 2000. He now moves very close to 50 caps for Australia and remains an AIS Scholarship holder.

Matthew's loyalty to the TIS program and Tasmania as a whole is a direct reason why so many wanted him to make the Olympic team for Sydney 2000. He plays the sport because he loves it and is very eager to put back into the sport. Matthew will have a big future in hockey if he continues to improve as much as he has in the past 12 months.

Bianca began this reporting period by producing a marvellous performance at the 1999 NWHL as a key member of the Tasmanian Van Demons team. She was accordingly awarded the Van Demons best and fairest award for 1999. In 2000 this award was to be reclaimed after a performance in the 2000 NWHL held over two weeks in Sydney during March that left many applauding her form.

Additionally Bianca won the Van Demons leading goalscorer award in both 1999 and 2000. The Van Demons finished fifth in both the 1999 and 2000 season with one point being the difference from a finals berth.

Bianca was selected as an Olympic Squad member in January 2000 and accordingly took part in a number of Four Nations Test events. Bianca has now played more than 100 Tests for Australia.

Kim Walker was a key member of the Van Demons 1999 and 2000 team but it was unfortunate that Jane Poke's knee injury continued to prevent her representing the Van Demons. Lottie White was a new addition to the TIS in 2000. Lottie demonstrated much potential at the NWHL 2000 on debut at the young Under-18 age. Her performances at both the Under-18s in 1999 and form at the 2000 NWHL resulted in her inclusion in the Junior Youth National Women's Under-18 Hockey squad.

Ilene Carr continues to be a key member in the Tasmanian Van Demons NWHL team. Her work at all trainings and NWHL performances relate to Ilene being a highly valued member of the TIS Hockey program. Ilene

performed well in both the 1999 and 2000 NWHL seasons. Ilene has also begun to put some of her time back into the sport by assisting with the coaching of varied state teams.

Zain Wright was an AIS member for the first half of this reporting period and then moved back to Tasmania as the AIS focus was purely on the Olympic squad. Zain remains an Australian Development Squad member and toured Europe in October 1999. Zain was captain of the state Under-21 side that narrowly missed the four on goal difference of one.

He captained the Under-21 team and overall was a dominant player winning the best and fairest award. He has played a key role in the Tassie Tigers and I am sure that the Tigers coach Ken Read will want everything he can give in future NHL matches.



Cam Bennett, David Guest and Phil Marshall all made their NHL debut in the 2000 season. Phil was also still eligible to play in the Under-18s held in Melbourne, finishing the NHL and flying to compete in the 2000 Under-18 Nationals the next day.

Cam Bennett, Tim Gillon, David Guest and Phil Marshall were also members of the Tasmanian Under-21 team that just missed the four in 2000. At the conclusion of this event Cam, David and Phil were all selected in the National Junior World Cup squad.

We hope that they will eventually be selected for the Australian Under-21 team to firstly compete in Hobart for the Oceania qualifying series and then more importantly be selected in the Junior World Cup team to represent Australia in Hobart from 8-21 October 2001.

In July 1999 David Guest, Tim Gillon and Phil Marshall were still playing Under-18s so it would be fair to say they have been the rapid improvers.

This reporting period has seen many of our younger players step up while our senior scholarship holders continue to press hard for Olympic selection. I would like to take this opportunity to thank all the coaches who have assisted in varied state team capacities involving TIS players. Coaches like Stewart Pither, Rod Clifford, Ken Read, Ilene Carr and Larry Mills underpin much of the TIS Hockey program and I appreciate the work they do with athletes and myself. It is with their assistance that we have a productive and successful program.

I would also like to acknowledge the support of AHA, WHA, HTAS, Gai Cross and Alison Monk. I would also like to thank all the staff at the TIS, support offered by government and all sponsors for assisting the program to produce results, which hopefully all Tasmanians can look back on and be proud

## **1999 Squad Members**

Cam Bennett

Ilene Carr

Tim Gillon

David Guest

Bianca Langham

Jane Poke

Marcus Richardson

Daniel Sproule

Kim Walker

Matthew Wells

Zain Wright

## **2000 Squad Members**

Cam Bennett

Ilene Carr

Tim Gillon

David Guest

Bianca Langham

Phil Marshall

Jane Poke

Daniel Sproule

Kim Walker

Matthew Wells

Lottie White

Zain Wright

of. I look forward to the next year and hope we can continue to develop and build a better TIS program.

**Andrew McDonald**  
**TIS Head Hockey Coach**

# *rowing*

The 1999/2000 year started off with some excellent results for members of the Tasmanian Institute of Sport Rowing Program.

Brendan Long and Tom Edwards competed at the Nations (Senior B) in Hamburg in the heavyweight quadruple scull. Brendan and Tom teamed up with Tim Perkins from WA and Tom Laurich from NSW to finish seventh. The exposure to international competition provided an excellent learning experience for the two Tasmanians after such a short time together as a crew.

Sam Beltz had an excellent regatta receiving a bronze medal in the lightweight quadruple scull. Andrew Butler and Matt Russell performed exceptionally well during their trip to Europe. They finished second behind the Danish crew in the Men's Lightweight pair at the World Cup race in Vienna.

The Australian Senior A team left Australia in July and headed to Europe to compete in a number of regattas ending with the World Championships in St Catherine's, Canada. Simon Burgess, Darren Balmforth, Anthony Edwards (Vic) and Bob Richards (Vic) made up the Men's Lightweight four crew while Mike Wiseman and Rob Mitchell rowed the Men's Lightweight pair.

First up the crews competed in the Lucerne regatta and the four finished second in the B final. The Australian team then went on to compete at the Commonwealth Regatta held in London, Ontario. Both the four and the pair received gold medals at the regatta.

The lightweight pair led all the way to beat the English. The crews then went on to the World Championships held in late August in



*ITC Rowing Head Coach  
Sam Le Compte*

St Catherine's, Canada. The overall performance of the Australian team was exceptional, finishing with one gold, three silver and three bronze medals.

Among this was the silver medal performance of the Men's Lightweight Four who nearly defeated the Danish crew who have held the World Championship gold medal for the past three years. This is an excellent improvement for the four who finished third last year.

The Penrith five-kilometre time trial came and went just before Christmas with some good performances from our lightweights, but there were also some very average rows.

The trials were a wake-up call for a few who needed to see where they stood in the rankings. But we do have the fastest four over five kilometres in Australia, with our lightweight four covering the distance five sec-

onds faster than all other boats at the trial.

To kick off the new millennium, the TIS program ran a five-day training camp at Lake Barrington. This was a great opportunity for the senior members of the squad to mix with the new target squad intake.

Early on, the weather was unkind, with most regattas 'blown out'. There was good racing in the senior singles with Tom Edwards having a great run, pushed closely by Randell Baker and Brendan Long.

Kerry Hore had a minor setback after showing dominance in the senior women's single, breaking her wrist in a freak accident on the day of the state championships. She missed competing in Sydney at the Nationals, opening the door for North Esk's Tameka Painting and Sarah Bird, both fast-improving lightweight scullers.

The heat was on all squad members who had nominated for Olympic selections, with the Australian Championships the first round of selections in mid-March.

At the Australian rowing trials in Penrith, Andrew Butler, Matt Russell and Shane Broad were selected in the Australian lightweight eight to compete at the world rowing championships in Croatia in August.

John Driessen was named coach of the eight. The lightweight eight trained together at Franklin for six to eight weeks before the championships. The eight was made up of the three Tasmanians, three New South Wales representatives and two from Western Australia.

Further success for the ITC rowing program came when four young Tasmanians – Scott Brennan, Hugh Edwards, Robert Oakley and Sam Waley, all members of the ITC rowing development squad – competed in trials at Penrith and were selected as the Australian team for the world junior rowing championships in Croatia.

This team was coached by Hobart doctor Barry Edwards. Sam Beltz also was selected for the world Under-23 championships in Denmark as a member of the lightweight quad scull.

A national camp for the lightweight four and additional teams from the mainland was held early in June at Lake Barrington as a warm-up to travelling overseas for competition, under the guidance of head Olympic rowing coach Rheinhold Bartaschi.

Lightweight four Simon Burgess, Darren Balmforth, Rob Richards and Anthony Edwards, with coach Sam Le Compte, travelled to Switzerland in the middle of June for competition.

The Australian lightweight eight, with its three Tasmanian members – Andrew Butler, Shane Broad and Matt Russell – represented Australia at the non-Olympic world titles in Lucerne early in July.

A busy schedule for those competing in events leading up to the Sydney Olympics in September 2000.

**Sam Le Compte**  
**ITC Rowing Head Coach**



# *elite development squads*

## **BASKETBALL**

Under the guidance of Head Coach Peter Robertson, 32 athletes received support from the Basketball EDS Program. Peter and his regional coaches facilitated weekly sessions covering all facets of the game including strength and skill development.

Patrick Hunt, National Head Coach ITCP, continues to take an active interest in the athletes and conducted three statewide coaching weekends.

Several athletes have continued to develop their national profile, with Hollie Grima being rewarded with an AIS scholarship for 2000.

## **CRICKET**

Activities of the Cricket EDS were supplemented this year with the inaugural "Institutes One-day Series".

Tim Coyle, EDS Coach/Co-ordinator, organised the successful competition and all participants agreed that it fills the void between Under-19 and second XI national cricket. Launceston hosted teams from the Victorian Institute of Sport, New South Wales Institute of Sport and South Australian Institute of Sport, in a Mercantile Mutual Cup rules round robin competition.

The TIS Tigers were the youngest team and all players acquitted themselves well by winning two matches.

All athletes in April's intake spent five days at the AIS Cricket Academy participating in

specialised sessions with AIS resident coaching staff. Upon their return to Tasmania the lads had an opportunity to develop their skills further at a live-in TIS Intensive Training Camp in Launceston.

## **FOOTBALL**

All members of the Football EDS participated in a two-day workshop to assist in their preparation for the AFL Draft Camp. In addition to physical testing, specialist presenters Graham Wright, John Quinn, Mark McVeigh and Jonathon Creek supplemented TIS staff with the delivery of messages "for the next step".

Congratulations to 1999 scholarship holders Patrick Wiggins, Brad Green and Tim Hazell who were selected by AFL Clubs in the November 1999 Draft.

Ian Callinan, Luke Faulkner, Matthew Jones, Thomas Marshall, Matthew Westfield and Simon Wiggins were included in the 2000 squad under the guidance of coach Glenn Frame.

Squad members experienced a taste of AFL competition cycle when they were fostered for a week by three AFL clubs. All athletes participated in the club's training program and were exposed to the weekly preparation cycle expected of a player at this level.

**Geoff Masters**  
**Manager, Athlete Services**

# *scholarship holders*

## **Archery**

Ryan Farrington  
Clint Freeman  
Marcus Stephens

## **Athletics**

Rachel Delphin  
Brendan Hanigan  
Kelley Hill  
Lauren Jauncey  
Carmen Miller  
Mark Worley

## **Basketball**

Haani Beswick  
Stuart Campbell  
Nic Campbell  
Danielle Carstens  
Jo Edmunds  
Phillipa Edwards  
Adam Gibson  
Lisa Gibson  
Eliza Gleeson  
Hollie Grima  
Terry Hamilton  
Jessica Hardy  
Sam Harris  
Andrew Heathcote  
Megan How  
Madeline Howard  
Robert Jetson  
Sam Johnstone  
Matthew Knight  
Elena Mace  
Malinda Masters  
Scott McGaffin  
Lisa Patterson  
Jonathon Reed  
Penny Shaw

Renee Skirving  
Patrick Sullivan  
Simon Tamlyn  
James Thompson  
Emily Whish-Wilson  
Lauren White  
Nicole Winter

## **Boxing**

Daniel Geale  
Trent McKenzie

Canoeing  
Damon Bonney  
Justin Boocock  
Diana Dickenson  
Mathew French  
Adam Marmion  
Ben Maynard  
Andrew Maynard  
Julian Norton-Smith  
James Thorp

## **Cricket**

George Bailey  
Xavier Doherty  
Brett Geeves  
Jeremy Leatherbarrow  
Kade Munday  
David Tueon  
Nathan Webb

## **Cycling**

Nathan Clarke  
Belinda Goss  
Mark Jamieson  
Caleb Manion  
Kirby Piscioneri  
Matthew Rice  
Lisa Strange

Sean Sullivan  
Bernard Sulzberger  
Meg Sulzberger  
Naomi Williams  
Louise Yaxley

## **Cycling - Mountain Bike**

Simon French  
SidTaberlay

## **Disabled Athletics**

Clayton Johnson

## **Disabled Swimming**

Melissa Carlton

## **Disabled Table Tennis**

Daniel Page

## **Equestrian**

Catherine Davies  
Judy Peel

## **Football**

Ian Callinan  
Luke Faulkner  
Matthew Jones  
Thomas Marshall  
Matthew Westfield  
Simon Wiggins

## **Golf**

Bradley Bone



## **Hockey**

Cameron Bennett  
Ilene Carr  
Tim Gillon  
David Guest  
Bianca Langham  
Phil Marshall  
Jane Poke  
Daniel Sproule  
Kim Walker  
Matthew Wells  
Charlotte White  
Zain Wright

## **Judo**

Chantal Castledine  
Heather Mannering  
Blake O'Connor  
Christopher Palmer

## **Karate**

Natasha Hardy  
Rodney Smith  
Ben Smith

## **Netball**

Natasha Chokljat

## **Orienteering**

David Brickhill-Jones  
Danielle Winslow

## **Rowing**

Randall Baker  
Darren Balmforth  
Sam Beltz  
Shane Broad  
Simon Burgess  
Andrew Butler  
Tom Edwards  
Kerry Hore

Brendan Long  
Tameka Painting  
Matthew Russell

## **Sailing**

Finn Dorney  
John Fletcher  
James O'Reilly  
Mark Padgett

## **Shooting**

Richard Triffitt

## **Surfing**

Dara Penfold

## **Swimming**

Scott Goodman  
Nicole Hunter  
Beau Mannix  
Kate Young

## **Triathlon**

Craig Walton

## **Water Polo**

Kim McKibben

## **Water Skiing**

Clare Angilley

## **Weightlifting**

David Burdon  
Chris Clark  
Scott Lohrey  
Kristy Moore  
Ben Mulder  
Matthew Williams

# *corporate plan*



## **VISION**

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

## **MISSION**

To provide leadership to Tasmania's talented athletes as they strive for excellence in sport

## **VALUES (organisational)**

Professionalism  
Foster innovation and excellence  
Provide quality services  
Leadership

## **STRATEGY**

To develop Tasmania's talented athletes

## **OUTPUT**

Percentage change in Tasmanians representing Australia in sport

## **TIS SUB-PROJECTS**

1. Scholarship program - Individual, Junior, Intensive Training Centre, Elite Development Squads
2. Sports Science and Medicine
3. Athlete Career and Education
4. Administration
5. Corporate Partnership

# *board of management*



*Denis Rogers  
Chairman*



*Mr Ken Read  
Deputy Chairman*



*Mr Paul Sproule  
Director, OSR*



*Mrs Anne Shield*



*Mr Bill Woolcock*



*Mrs Julie Smith*



*Mrs Pip Leedham*



*Mr Ron Nylander*

# *staff*

**DIRECTOR**

Bridget Joscelyne

**EXECUTIVE OFFICER**

Paul Austen

**ADMINISTRATIVE ASSISTANT**

Denise Hansson/Natalie Sankey

**ADMINISTRATIVE TRAINEE**

Johanna Cornish

**ACE CO-ORDINATOR**

Maree Fish

**HEAD, SPORTS SCIENCE UNIT**

Tammie Ebert

**SPORTS PERFORMANCE OFFICER**

Dan Billing

**MANAGER, ATHLETE SERVICES**

Geoff Masters

**PHYSICAL PREPARATION COACH**

Ted Polglaze

**HEAD CYCLING COACH**

Kevin Tabotta

**HEAD HOCKEY COACH**

Andrew McDonald

**HEAD ROWING COACH**

Sam Le Compte

**LIBRARY CO-ORDINATOR**

Liz Coglan

**MEDIA/PR CONSULTANT**

Keryn Nylander

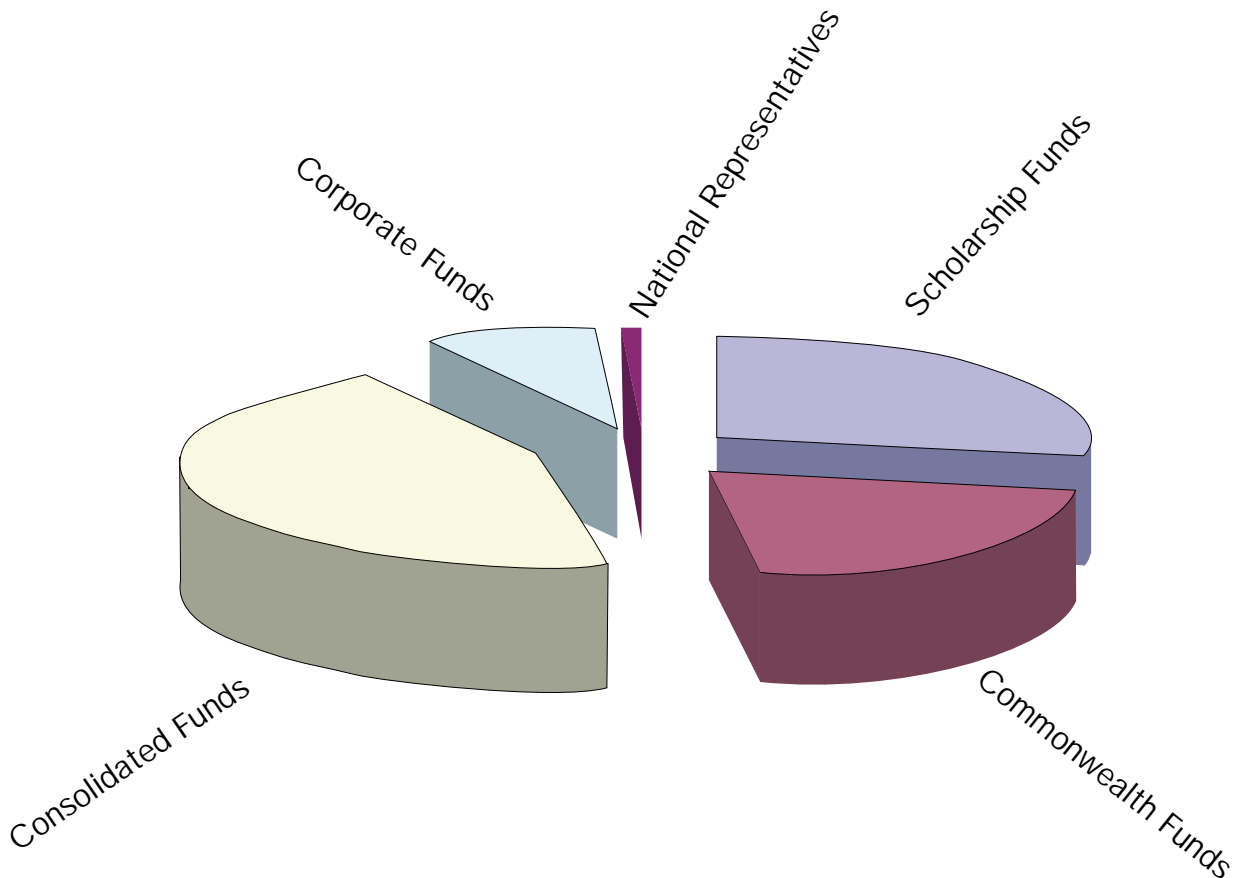
# *financial*

## *report*

1999-2000

### *income*

Scholarship Funds	\$ 292,000.00
Commonwealth Funds	\$ 203,200.00
Consolidated Funds	\$ 458,031.00
Corporate Funds	\$ 76,000.00
National Representatives	\$ 10,000.00
<b>Total Income</b>	<b>\$1,039,231.00</b>



# *allocations*

Athlete Career & Education	\$ 54,000.00
Special Projects	\$ 33,000.00
Sports Science	\$ 211,261.00
Talent Search	\$ 26,500.00
National Representatives	\$ 10,000.00
TIS Operations	\$ 309,900.00
Sports Programs and Scholarships	\$ 486,675.00
Total Allocations	\$1,131,336.00

