



TASMANIAN INSTITUTE OF SPORT

yearbook & annual report

2002-2003



TASMANIAN INSTITUTE OF SPORT
Bulletin
ISSUE 45 - DECEMBER 2002

What a year it's been for Hollie

Rowing star Hollie Gosnell has had a year to remember. She won gold at the World Rowing Championships in Milan, Italy, in the women's quadruple scull. She also won silver in the women's double scull at the same event. Gosnell is a member of the Tasmanian Institute of Sport's rowing team. She has been training at the OTC since 1998. She is a member of the Australian national team. She is also a member of the Tasmanian Institute of Sport's rowing team. She has been training at the OTC since 1998. She is a member of the Australian national team. She is also a member of the Tasmanian Institute of Sport's rowing team.

Continued Page 2

TASMANIAN INSTITUTE OF SPORT
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Jamieson take out top award

The past 12 months have been packed with excitement for Tasmanian athletes. At the Australian Olympic Games in Athens, Tasmania's top athlete, Junior Olympic Champion, took home the top award at the World Rowing Championships in Milan, Italy. She won gold in the women's quadruple scull. She also won silver in the women's double scull at the same event. She is a member of the Tasmanian Institute of Sport's rowing team. She has been training at the OTC since 1998. She is a member of the Australian national team. She is also a member of the Tasmanian Institute of Sport's rowing team.

Continued Page 2

TASMANIAN INSTITUTE OF SPORT
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Five in a row for coxless four!

The Tasmanian Institute of Sport's rowing team has achieved a historic feat. They have won five consecutive World Rowing Championships in Milan, Italy, in the women's coxless four. This is a record for any rowing team. The team consists of four athletes who have been training at the OTC since 1998. They are a member of the Australian national team. They are also a member of the Tasmanian Institute of Sport's rowing team.

Continued Page 2

TASMANIAN INSTITUTE OF SPORT
Bulletin
ISSUE 48 - SEPTEMBER 2003

TIS rowers find gold in Milan

The Tasmanian Institute of Sport's rowing team has achieved a historic feat. They have won gold at the World Rowing Championships in Milan, Italy, in the women's quadruple scull. This is a record for any rowing team. The team consists of four athletes who have been training at the OTC since 1998. They are a member of the Australian national team. They are also a member of the Tasmanian Institute of Sport's rowing team.

Continued Page 2

contents



	Page
Minister's Foreword	3
Chairman's Report	4
Director's Report	5
Administration	6
Corporate Partnerships	8
Sports Performance	11
Talent Search	13
Schools Program	15
Athlete Career & Education	16
Physical Preparation	17
Scholarship Programs	18
NTC Programs	19
Elite Development Squads	32
Individual Scholarships	35
Coaching Scholarships	36
2001-2002 Scholarship Holders	37
2001-2002 Corporate Plan	39
Board of Management	40
Staff	41
Financial Report	42

minister's *foreword*

TASMANIAN Institute of Sport (TIS) athletes have once again enjoyed a most successful year of sporting performances, which is a reflection of the excellent support services that are provided to the state's elite and developing elite athletes through the TIS.

A total of 50 Tasmanians represented Australia in international competition over the 12-month period, many of them winning medals against top-quality opposition. The achievements of all TIS athletes are a direct reflection of the high-quality programs developed and administered by the Institute, which continues to enjoy the support of the State Government.

In its commitment to the development of Tasmania's elite athletes and coaches through the TIS, the State Government has maintained its level of funding to all TIS programs over the past year. This has allowed for the continued support of both athletes and, importantly, their coaches.

The Institute's work within the community has also been supported, allowing TIS athletes to act as role models for the young people of this State. On behalf of the people of Tasmania, I commend the Tasmanian Institute of Sport Board of Management, under the chairmanship of Denis W. Rogers, AO, for the strategic direction and guidance that it has provided to the TIS.



I also acknowledge the dedication and professionalism of all Institute staff in their provision of high-quality services to Tasmania's elite and developing elite athletes and coaches.

Finally, and importantly, I congratulate the TIS athletes and coaches on their continued achievements this year and wish them well as they strive to achieve at the highest levels in sport.

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

Paul Lennon, MHA
Deputy Premier
Minister for Racing, Sport
and Recreation

chairman's *report*

THE Tasmanian Institute of Sport Board of Management has this year continued to develop strategies and policies to support the programs, coaches and athletes of the TIS – both now and into the future.

We are confident in the fact that these strategies and policies are reflected in the quality of the overall services provided by the Institute and in the noteworthy international performances of our athletes.

Without the generous support we receive from the corporate sector, the TIS could not offer the range of high-quality programs and support services it does. I extend my thanks to our many corporate partners on behalf of the Board of Management.

Major sponsor Coca-Cola Amatil has continued to support the very important Powerade Schools Program, while Echo Tasmania has provided critical assistance to our rowing coaching program. Long-standing corporate partners Motors Pty Ltd, J. Boag & Son and the Hotel Grand Chancellor have continued their involvement in a variety of our programs.

Southern Cross Television and financial institution B&E have also maintained their support of our athletes and programs this year, as have Craigow Wines and Prince Albert Inn in Launceston.

We are pleased to welcome a new TIS partner in St.LukesHealth, which has enabled us to host an annual awards dinner honouring our athletes.

The TIS Board and staff appreciate our very



positive association with all of these organisations. We look forward to many years of involvement with them.

To my fellow Directors and the staff of the TIS, I extend my personal thanks for their ongoing support and commitment. I continue to enjoy working with them and look forward to another year of TIS achievement.

In closing, I offer my congratulations on another year of significant sporting achievement to the athletes and coaches of the Tasmanian Institute of Sport. I wish them continued success on and off the sporting field in the future.

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

Denis W. Rogers, AO
Chairman
Board of Management

director's report

THE TIS has completed another successful year, with our athletes' performances reflecting the positive developments made within many of our programs throughout the 12-month period.

In the area of coaching, the TIS has continued to advance the development of aspiring elite coaches, with the continuation of the coaching scholarship program. The success of this program – after only two years of operation – has seen coaches achieving national coaching appointments this year from a variety of sports.

TIS sports performance staff members have continued to explore various innovations in sports science support to athletes and coaches, aiding performance and overall results. This has included developments in movement analysis, technology and physiology.

The scholarship program has continued to develop, with National Training Centre programs contributing to Australia's international results, with support from national sporting organisations. Elite Development Squads and individual scholarship holders have continued to enjoy a wide range of high-level services from TIS staff and have, over the year, achieved outstanding results in a number of sports.

These and other TIS developments would not have been achieved without significant support from the Tasmanian Government, whose ongoing commitment has allowed us to continue to assist our elite athletes and coaches to achieve the best international results possible.

In addition, we have maintained a strong partnership with the Australian Institute of Sport, state and territory institutes and academies of sport, the Australian Olympic and Paralympic Committees and the



Australian Commonwealth Games Association as part of the national elite sports network – ensuring all athletes have the best possible home-based training environment.

I extend my sincere thanks to TIS Chairman Denis Rogers, AO, and the Board of Management for their ongoing support in achieving our goals. As always, their leadership has been of significant value to the Institute and assisted us to maintain our levels of achievement. I also acknowledge the commitment of all TIS staff, who have continued to provide outstanding services to our athletes as they strive to achieve their sporting goals.

In closing, I commend the very people we are working to support – the athletes and coaches – for their continued dedication to their respective sports and for their focus, drive and determination. They have all achieved great personal results this year and in the coming 12 months leading to the Athens Olympic Games I offer them our continued commitment and support.

A handwritten signature in black ink, appearing to read 'Elizabeth Jack'. The signature is fluid and cursive, written over a light blue rectangular background.

Elizabeth Jack
Director

administration

ACTIVITIES

School Expos

IN 2002/2003 TIS staff visited schools in the Port Huon, Queenstown, Flinders Island and Scottsdale areas.

The focus of the expos was to provide students from rural and regional centres with the opportunity to experience a variety of activities that they normally would be unable to be involved in and encourage students to lead a more healthy and active lifestyle.

Primary and secondary students from the Huon Valley came together at the Port Huon Sports and Aquatic Centre in late August 2002 for a day of activities where they were put through their paces by TIS staff and TIS athletes Catherine Davies (equestrian) and Cameron Bennett (hockey).

Mid-November last year saw Queenstown benefit from a visit by TIS staff and some of Tasmania's sporting heroes. St Joseph's School won a special statewide Coca-Cola Amatil and TIS competition, which gave them the opportunity of a visit from Commonwealth Games medallists boxer Daniel Geale and hockey's Bianca Langham-Pritchard, plus mountain biker Sid Taberlay and slalom canoeist Justin Boocock.

Flinders Island District High School and Cape Barren Island students experienced an extensive range of activities when TIS staff, the Tasmanian Cricket Development Regional Manager and Sport and Recreation Tasmania consultants flew to Flinders Island to conduct a school expo in the school gymnasium in March.

Students used specialised sporting equipment normally only available to elite



*TIS Executive Officer
Paul Austen*

athletes, which was shipped over to the island.

Scottsdale was next on the agenda for the popular expos. North-east primary and secondary students from six schools participated in the schools' expo program at the Scottsdale stadium. Elite hockey athlete Nicole Geeves demonstrated skills and drills, canoeist Damon Bonney tested students' ability on the kayak ergometer, while cyclist Stephanie Williams assisted with the cycling ergometer.

TIS Annual Awards Dinner

THIS year saw the TIS return to hosting a formal dinner to celebrate the achievements of our athletes. The gala black tie dinner was made possible through generous support from St.LukesHealth and was held at the Hobart Hotel Grand Chancellor on Friday 13 December.

About 200 guests, including Premier Jim Bacon and our valued corporate supporters, joined with athletes, their families and members of the public in a memorable night.

Celebrated Collingwood coach Mick Malthouse entertained everyone with his insights into life as an AFL coach and Corporate Communications' Northern Manager Steve Titmus was master of ceremonies.

Talented junior cyclist Mark Jamieson made history on the night by becoming the first junior athlete to win both the Junior Athlete of the Year award and the prestigious overall Athlete of the Year award.

Basketball star, Hollie Grima was named Female Athlete of the Year and Matthew Wells was named Male Athlete of the Year for the second year in a row.



*Project Support Officer
Jeanne Pennington*

STAFF

AS a result of restructuring of some activities undertaken through the Athlete Career and Education program, Jeanne Pennington was appointed to a new Project Support Officer position to assist with all areas of TIS administration, particularly as part of the front-office team. This allowed Project Support Officer Denise Hansson to take over the co-ordination of the Powerade Schools Program and community expo projects while assisting with scholarship and general administration.

The removal of these activities from the Athlete Career and Education program allowed the ACE Consultant to focus more on the specific areas of the ACE program.

Leonie Coskun was appointed as the ACE Consultant in a restructured position working on a half-time basis based in Launceston at the TIS. The Sports Performance Unit underwent another change in personnel when Dr Tim Gabbett, Manager, Sports Performance left to return to Queensland.

Joining the Unit in the role of Manager, Sports Performance was John Gregory, a former TIS cycling scholarship holder and recipient of a TIS Sports Science Scholarship. John had been working in England at the University of Bath where he held the position of applied sports scientist working with a wide range of elite athletes including the

British 2000 Olympic triathlon team.

National Training Centre Athletics Coach Di Huxley (Barnes) resigned from the TIS to join the NSW Institute of Sport in September. The TIS was successful in recruiting triple Olympian Nicole Boegman to take over the athletics program. Nicole joined the TIS in April in a revamped role as Athletics Program Manager. In a change of location for the program, Nicole is based at the TIS in Launceston.

Liz Coglan continued her excellent work in maintaining the TIS resource centre. The TIS website underwent a redesign and overhaul late in the year and continued to be managed by TIS Executive Officer Paul Austen. The *TIS Bulletin* was published regularly as part of the Institute's ongoing promotional activities, acknowledging corporate sector support and providing information to the community on Institute activities and the achievements of its athletes.

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

Paul Austen
Executive Officer

corporate partnerships

THE TIS continues to receive valuable support from partnerships with leading corporations. These partnerships allow important components to be 'value added' to the Institute's athlete development activities.

This year saw Coca-Cola Amatil continue its supportive partnership, the major sponsor signing on to a new three-year term. This allows the Institute to continue with the Powerade Schools Program, providing valuable exposure and training to our athletes. The sponsorship also contributes to the running of the Talent Search Program. Echo Tasmania also continued its support, in particular to the development of our rowing coaches.

Joining this year to assist with the hosting of the TIS Annual Dinner and Awards evening was Tasmania's locally owned and leading private health insurer, St.LukesHealth, whose significant contribution enabled this event to be extremely successful (see page 6). St.LukesHealth has agreed to support this function for the next three years as part of a long-term arrangement with the TIS.

Motors Pty Ltd continued to be an



Tasmania



important supporter of the TIS and the NTC Rowing Program with the supply of two motor vehicles. Other companies that assisted the TIS this year were: B&E Ltd, J Boag & Son, Southern Cross Television, Craigow Wines, Hotel Grand Chancellor Hobart, Denture Centre and Dell Computers. Avanti, Cycling News and the Prince Albert Inn continued their valuable assistance to the TIS NTC Cycling Program.

We also acknowledge the support of public relations consultants Corporate Communications and, in particular, Steve Titmus, for assistance with the Institute's media and corporate activities throughout the year.

We extend our sincere thanks to the fitness centres around the State that have, over



many years, continued to provide access to our athletes to assist their preparation for national and international competition.

These include Tattersall's Hobart Aquatic Centre and Oceana Health and Fitness in Hobart, Healthglo Fitness and Leisure in Burnie, Health and Fitness World in Launceston and Glenorchy and Theogenes Health and Squash Centre in Launceston.

The importance of all these organisations to the TIS cannot be overstated as they provide many extra benefits to our athletes. These benefits, in turn, provide that extra edge in performance to each athlete that not only gives them confidence but plays an important role in their sporting and personal development.

We sincerely thank all these companies for their important investment in Tasmania's athletes and their future.



TIS equestrian scholarship holder Catherine Davies.



sports performance

THE Sports Performance Unit (SPU) continued its support of Tasmanian Institute of Sport athletes and coaches through the provision of sports science, sports medicine and physical preparation services.

This assistance has included physiological testing, movement analysis, training and programming advice, sports psychology, nutrition and access to the TIS sports medicine network.

In March, former scholarship holder John Gregory took up the role of manager of the unit. Although recently returned from England, John is familiar with TIS operations, having completed his post-graduate degrees at the Institute.

Ongoing servicing of our National Training Centre Programs of cycling, rowing and hockey has continued, while athletics has seen a welcome return to testing. Furthermore, Elite Development Squads from kayaking, swimming, basketball, tennis, football and cricket have benefited from regular sports science and physical preparation services. In addition, a number of individual scholarship holders have sought varied assistance from the Sports Performance Unit.

Thanks must be extended to all members of our medical network for their contribution to this program, in particular to medical coordinator Dr Ian Beltz and Hobart Pathology Group, who continue to provide the TIS with highly valued blood testing.



*John Gregory
Manager,
Sports Performance Unit*

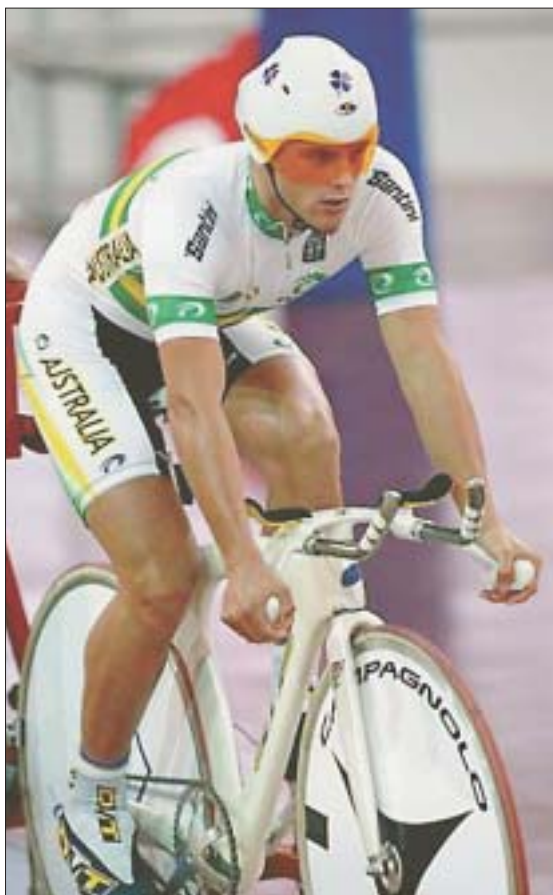


*Christine Hamlyn
Sports Performance Officer*

To enhance the performance of our athletes, medical and musculo-skeletal screening of all TIS athletes has continued in the past year. Physical preparation officer Peter Culhane is closely involved in the screening process which ensures the best delivery of strength programs.

Our services continue to comply with the national Laboratory Standards Assistance Scheme. Considerable time is spent ensuring that our laboratory and staff deliver an accurate and appropriate service.

The unit's movement analysis programs have had good use from athletics and swimming. Recently it was possible to mount the underwater swimming camera on



Cyclist Mark Jamieson: the recent purchase of instrumented cycle cranks has added further tools to the Sports Performance Unit's mobile service.

the bow of a rowing shell. The video images were radio-transmitted to the coach's boat and recorded for later analysis.

Through a partnership with TIS hockey, sports performance officer Christine Hamlyn has used the Game Breaker software program to great effect in the past six months. This program captures key moments of play, such as an overhead mark in football, and catalogues clips for later viewing.

With the recent purchase of portable analysers, instrumented cycle cranks and global positioning technology, it has been possible to add further tools to our mobile service.

The GPS technology has been tested on Tassie Mariners footballers with tremendous results and we are receiving interest in our findings from AFL clubs and even a leading horse trainer, who has asked if the system can be used on thoroughbreds on the track.

We are currently working on an innovative telemetry system that will radio-transmit power output generated by a cyclist to the coach's motorbike which should guide training intensity more precisely.

We continue to utilise tried and tested means of evaluating performance, while the Sports Performance Unit is in a good position to embrace new methods also. These developments and our strong tradition in the sports science field bode well in the support needed in the run into the 2004 Olympic Games.

John Gregory
Manager Sports Performance

talent search

THE hunt for our future sporting superstars has been greater than ever this year with the National Talent Search Program expanding and developing in a number of key areas within Tasmania.

More than a 50 per cent increase in the number of participating schools has seen 50 Tasmanian high schools join the Powerade Talent Search Program this year. Physical education teachers tested more than 8,500 students in phase one testing around the State.

There were 504 stand-out students selected to progress to the second phase of testing with the top 250 continuing through to the final round of testing. Talented athletes are being tested for their natural ability in cycling, rowing and two pilot programs, basketball and orienteering, which is a first for Australian Talent Search.

An additional method of talent identification was incorporated this year in the form of a sibling search to identify athletically gifted relatives of current TIS scholarship holders. The brothers, sisters, nieces and nephews of scholarship holders are currently undergoing physical and physiological testing to determine which sports they are most suited to.

The annual Talent Search workshop was held at the TIS in February in conjunction with the Australian Olympic Committee's (AOC) drug education program. Athletes and coaches were provided with access to a sports dietitian, a strength and conditioning specialist, a representative from the Australian Sports Drug Agency and information on sports psychology.



*Elissa Morley
Talent Search Coordinator*

The workshop concluded with a motivational presentation from an AOC representative – Winter Olympian and three times World Cup aerial skiing champion Jacqui Cooper.

Talent Search athletes have again performed exceptionally well this year collecting a string of medals at state and national level. Five Talent Search athletes competed at the National Track Championships in Adelaide during April and between them came home with 14 top-10 finishes including six medals.

CYCLING

Louise Yaxley continued to have success in senior competition picking up silver in the points race and bronze in the 300m pursuit. Newcomer Samantha Hellyer, coached by Ron Bryan, competed at her first National Track Championships and returned home a national junior champion after winning the Under 15 sprint. Samantha proved strong

across the field coming away with a second, third and two fifth placings after only seven months in the sport.

ROWING

The National Rowing Championships were held in our home state this year at Lake Barrington with 11 Talent Search athletes competing and recording 26 top 10 finishes including 13 podium finishes.

Kate Hornsey, a 1996 Talent Search athlete, competed in the Under 23 age category and claimed gold in the coxless pair, silver in the double scull, bronze in the quad scull and was selected in the Australian Under 23 team to compete in Belgrade at the Nations Cup.

Matthew Wyton placed second in the Under 19 coxed four, second in the schoolboys coxed four and third in the Under 19 coxed eight. Gregory Lockhart collected bronze medals in the Under 17 single scull and Under 17 double scull.

Emma Van Dyken placed third in the Under 19 double scull and Under 19 quad scull. Training partners Emma Whyte, Ginny Hewitt and Alice Williams secured third place in the Under 17 coxed quad scull.

TRACK AND FIELD

Six track and field Talent Search athletes performed strongly at the 2003 Athletics National Championships achieving 11 top 10 finishes including five medals.

Morgan Whiley won gold in the Under 20 400m and Patrick Coleman claimed silver in the Under 20 triple jump.

Newly appointed TIS Scholarship holders Camilla Wishaw and Tiah Simmons recorded outstanding performances. Camilla won gold in the Under 18 3000m and bronze in the Under 18 1500m, and Tiah placed third in the 3000m steeplechase.

Thanks and appreciation must be extended to all of those people who dedicate their resources, time and enthusiasm to the ongoing success of the Talent Search program.

Thank you to our sponsor, Coca-Cola Amatil, coaches, PE teachers, university students, athletes, parents and state sporting organisations.

Thanks again for your wonderful support!

Elissa Morley
Talent Search Coordinator

Talent Search athletes, from left, Lennon Duncombe, Kailee Goodwin and Samantha Hellyer displaying their medals from the 2003 State Track Titles after qualifying for the State team to compete at the 2003 National Track Championships.





schools program

THANKS to the continued support of Coca-Cola Amatil, Tasmanian schools have again had the opportunity to host visits from Tasmanian Institute of Sport athletes throughout 2002 and 2003.

The TIS initiated the Powerade Schools Program back in late 1998 when several TIS athletes completed a one-off visit to a number of schools throughout Tasmania.

With sponsorship from Coca-Cola Amatil, under the banner of its Powerade product, the program has since grown considerably and become an integral component of the personal development program of our athletes.

As part of the program, participants are required to attend a speaking workshop to assist with their presentation skills before attending their designated school and speaking in front of a group of eager students.

In 2002, 18 schools and 15 athletes from a range of sports took part, with each school receiving two visits from a TIS athlete. Sports represented included athletics,



*Project Support Officer
Denise Hansson*

canoeing, cycling, hockey, lawn bowls, mountain biking, rowing, swimming and tennis.

Each school visit enabled athletes to share their sporting and general life experiences while giving students the opportunity to interact with an elite athlete on a more personal level.

Denise Hansson
Project Support Officer



*Will Hughes
talks to
Mowbray
Primary School
students about
his sport of
canoeing.*

athlete career & education

THE TIS welcomed Leonie Coskun to the position of Athlete Career and Education (ACE) Consultant in September 2002.

In the first half of 2003 a range of personal development workshops were offered to TIS athletes beginning with 'Manage your Time', offered in both Launceston and Hobart. Athletes participating in the Powerade Schools Program attended public speaking workshops in March run by Garry Dodd and Helen Geard from Rostrum in Hobart, and Susan Grant and Graeme Tilley from Rostrum in Launceston.

Athletes were fortunate to benefit from the expertise of former Miss Australia 1996, Suzan Haward, at a workshop in Hobart where they learnt how to 'make an impression' in terms of personal presentation and etiquette. Sue Rees presented a similar workshop in Launceston.

Individual assistance was provided by Steve Titmus of Corporate Communications, to athletes interested in developing their own sponsorship links. The ACE program values the expertise and assistance provided by all our workshop presenters and thanks them for their contribution to athlete development.

In 2002/03 the partnership with Relationships Australia has been further consolidated with a number of athletes accessing confidential counselling services. A new partnership has been formed with the University of Tasmania's Careers and Employment Service. TIS athletes are now able to access careers services and events run by the university and students are now able to attend ACE workshops.

In addition to these new initiatives, the role of supporting athletes in their career and education development continues, with an emphasis on career planning, education



*ACE Coordinator
Leonie Coskun*

guidance, personal development and the management of transitions.

The ACE Consultant has also been focusing on professional development. She has attended the annual NESC Athlete Services Conference in Canberra and the annual Australian Association of Career Counsellors conference in Adelaide. The ACE Consultant is currently studying in the Graduate Certificate in Careers Counselling for Elite Performers, with support provided by the National ACE program.

At a national level, a number of TIS athletes have participated in a review of support provided to elite athletes in higher education, and a longitudinal study to track the progress of athletes who have participated in the ACE program.

The ACE program would like to thank all stakeholders who have assisted TIS athletes to pursue their sporting ambitions while developing and implementing career plans for life beyond sport.

Leonie Coskun
Athlete Career and Education
Consultant

physical preparation

THIS year has seen some interesting developments in the area of strength and conditioning. There have been some new regular sessions and activities scheduled, and there has been a continued growth in sports utilising the strength component of physical preparation.

Speed and agility training has been held in both Hobart and Launceston for the past four months with a good mix of athletes taking part. In Hobart we have a large contingent of hockey players attending, with the addition of some of the state's best junior Australian rules and tennis players keeping them on their toes. Launceston has a smaller number of athletes but from a similar mix of sports.

These sessions were implemented to allow any TIS athlete to access speed and agility training in an environment that is competitive and challenging. In a similar vein, Hobart athletes have had the opportunity to access the physical preparation officer at the Hobart Aquatic Centre gym once a week without the need to organise an appointment.

For five hours every Wednesday afternoon, athletes have the opportunity to get their strength and plyometric training programs established, updated or tested, their rehabilitation work monitored and progressed, lifting techniques fine tuned or any other strength and conditioning issues addressed. A similar program will run in Launceston if the needs of the athletes dictate it.

Again our National Training Centre sports were the heaviest users of the physical preparation area. Most notable for their use were the rowers, culminating in the period of the Australian lightweight rowing camp in



*Physical Preparation Officer
Peter Culhane*

the Huon region in June. This camp involved the setting and supervision of the athletes' strength and recovery programs before their departure for the World Rowing Championships in Milan.

Over the past 12 months, many presentations and workshops have been attended and presented at. Some of these include lecturing at Level 1 coaching courses for various sports, attending and presenting at national sports science conferences and workshops, and attending and presenting at a Level 3 strength and conditioning course.

Finally, a big thank you to all the athletes and coaches for their hard work in the gym and on the training fields, the physiotherapist, the rest of the sports medicine team and, of course, the gymnasiums themselves for their excellent continued support. It is this team approach and support network that allows many athletes to continue to strive for their own personal sporting dreams year after year.

Peter Culhane
Physical Preparation Officer

TIS scholarship programs

THROUGH support from the State and Federal Governments and the various corporate sponsors of the TIS, the Institute provides scholarships to selected athletes in different TIS programs.

The programs vary, depending upon the resources available and quality and number of athletes participating.

NATIONAL TRAINING CENTRE (NTC) PROGRAMS

These are the main programs offered by the TIS in conjunction with national and state sporting organisations and the Australian Sports Commission.

In 2002/2003 the Institute operated four NTC programs for cycling, athletics, hockey and rowing.

All sports have a full-time coach or program manager employed specifically to conduct the NTC program. Athletes are admitted into these programs using nationally accepted standards and are provided with coaching, access to national and international competition, equipment and all TIS services including sports science and athlete career and education.

ELITE DEVELOPMENT SQUAD (EDS) PROGRAMS

These programs operate in a similar manner to NTC programs.

Squads enlist the services of a coach employed by the state sporting organisation

to coordinate the program for selected athletes in that sport.

Athletes receive funding support to attend international and national level training and competition opportunities, they have access to training facilities and coaching support within Tasmania and access to the services provided by the TIS in Sports Science and Athlete Career and Education.

TIS Elite Development Squads in 2002/2003 were football, cricket, tennis, basketball, swimming and wild-water canoeing.

INDIVIDUAL SCHOLARSHIP PROGRAM

These scholarships are provided to athletes from sports in which a small number of athletes are performing at the required level in the sport or where the sport does not have the infrastructure to provide a coach/coordinator and other support services necessary for an NTC or EDS program to operate.

Athletes are provided with funding support to enable access to international and national standard training and competition opportunities, sports science and Athlete Career and Education services. The Institute's staff work directly with the athletes to help coordinate their programs and in the utilisation of funds. Scholarships are offered at different levels based on performance criteria, which cater for junior through to senior athletes.

cycling

RIDER SUMMARIES:

Mark Jamieson: In 2002, second in the World Junior Time Trial Championships and a series of international junior wins in Europe on the road. In 2003, turned senior, Sydney World Cup winner in the individual pursuit, seventh individual pursuit at the Senior World Championships, 2003 National Senior Pursuit Champion, AIS/Cycling Australia scholarship holder based in Italy for the 2003 season.

Darren Young: Second in the World Cup Madison, Sydney 2003; gold in 2003 National Points Race; bronze in the scratch race. Australian representative in Italian six-day race series.

Emily Williams: Visiting scholarship with AIS in Italy during 2003, obtaining third and sixth placings in international road events in Italy.

Bernard Sulzberger: Best Under 23 domestically in Tattersall Series for 2002. For 2003, an AIS Under 23 road scholarship holder. Fourth place in international Under 23 event in Italy.

Caleb Manion: Team member with Italian elite road team during 2003. Sixth place in stage in Giro d'Italia Under 26. Two fifth placings in Giro Regioni with national team. A series of top 10 results.

Sid Taberlay: Second Oceania MTB Championships. Based with Mapei MTB Trade Team in Italy for 2003 season. A series of top 10 results. Will represent Australia in 2003 World Championship.



*TIS Cycling Coach
Kevin Tabotta*

Naomi Williams: AIS scholarship holder in Italy for road cycling. Injured all season and still recuperating from the hip and back surgery she had earlier in the year.

Belinda Goss: Sixth in 2003 World Junior Road Race Championship. Second in senior scratch race at the Australian Championships. Represented Australia in the Sydney round of the World Track Cup.

Sean Sullivan: Competing with division three trade team Barloworld in Europe where he has had a number of top 40 results in category three and four events in professional cycling series.

Jai Crawford: Racing in Italy with team Mapei MTB during 2003. A number of top three results in Under 23 European events. Will represent Australia at 2003 World Championships.

Ryan Sullivan: 2002 National Junior Road Team representative in Belgium. Under 21

National Team member for 2003. A number of top 20 results in international events in Europe.

Louise Yaxley: Requalified for TIS with silver in the national points title in 2003, bronze in pursuit and silver in the National Club Road Time Trial Championship in 2002.

Stephanie Williams: 2003 National Junior Road Time Trial Series champion. 2003 National Junior Road Team representative in Canada. Winner Women's Tour of Canberra.

Kirby Piscioneri: Fourth in the junior sprint at the 2003 National Titles.

Stephen Rossendell: Fourth in the 2002 National Club Time Trial Championships.

Nathan Clarke: Competed with Team Bloks Nidjam in Europe during 2002. Retired from elite road competition from October 2002.

GENERAL

2002/2003 Cycling Team Sponsors: Cyclingnews.com, Avanti Bicycles, Prince Albert Inn – Launceston.

2002/2003 Satellite Coaches: Ron Bryan, Darrel Young, Garry House, Paul Manion, Scott Callow.

2002/2003 TCF/TIS Target Squad: Wes Sulzberger, Natasha Mapley, Stuart French

Kevin Tabotta
Head Cycling Coach



Mark Jamieson turned senior in 2003 with a number of impressive results.

hockey

THE past 12 months began with gold at the 2002 Commonwealth Games in Manchester, England.

Matthew Wells, who has been a senior member of the Tasmanian Institute of Sport hockey program for many years, was rewarded with the Australian team vice-captaincy.

Bianca Langham-Pritchard, who was a member of the Commonwealth Games bronze medal team in Manchester, retired after the Commonwealth Games, leaving a void in the national and state teams due to her outstanding skill and contribution as a team player.

Bianca was an important member of the successful Hockeyroos, winning many major events, including gold at both the 1998 Commonwealth Games in Kuala Lumpur and the 1998 World Cup in Utrecht, Holland. She will be remembered as a high-calibre TIS athlete, having earned the prestigious TIS Athlete of the Year Award in 1998.

Daniel Sproule, although signalling his intention to stand for Australian selection in 2003, eventually advised the national coach and the TIS that he would be unable to fulfil his initial intention of attending a third Olympics.

Many factors prevented him from reaching 200 internationals for Australia, but Daniel is widely acknowledged as being one of the best halfbacks in the world at the height of his career. He participated in the Atlanta and Sydney Olympic Games, winning bronze medals at both.

Daniel's list of achievements also include



*TIS Head Hockey Coach
Andrew McDonald*

World Cups, Champions Trophies and numerous individual awards.

With the Athens Olympics now only 12 months away it is appropriate that we acknowledge our commitment to Matthew Wells and Zain Wright, who are both vying for positions in the Kookaburras.

The TIS provides much-needed support for both athletes as they spend considerable time away from home in competition, denying them the chance to pursue full-time careers in the workforce. Zain lives and does much of his training in Hobart and, accordingly, there is a high number of support staff provided through the TIS that play a large role in his development.

Christine Hamlyn from the TIS Sports Science Unit and TIS Physical Preparation Officer Peter Culhane have played a significant part in assisting Zain to meet all physiological demands required of an international athlete.

Based on performances with the Kookaburras, Matthew was recognised as Hockey Australia's International Player of the Year for 2002/03. He was also recognised as the best and fairest player in the Australian Hockey League for 2003. It was the second time Matthew had won the award, reflecting his ability and standing within Australian hockey.

It must also be noted that Matthew won the 2003 Tassie Tigers Australian Hockey League team best and fairest award; an award that he has already won a number of times. He is based in Perth as a full Australian Institute of Sport scholarship holder and he spends much of his time training in WA, but returns to Tasmania as often as possible.

Given the departure of Bianca from international hockey, we now look to Elisabeth Paget who in 2002/03 was selected in a number of national development teams. Elisabeth is a full AIS scholarship holder based in Perth. She made her Australian debut in Japan in 2002 and is a regular member of the Australian development team.

Unfortunately, she broke her collarbone early in the 2003 AHL season, followed by a badly broken wrist that required surgery. She recovered to be selected in the Australian development team to tour Japan in August.

As at the start of September 2002 the Tasmanian Institute of Sport Hockey Program had 12 athletes on scholarships.

With two athletes retiring, and Phil Marshall pursuing his hockey in England for an unknown period of time, the scholarship group has seen the departure of some old faces.

But it has been revitalised with the inclusion of Ben Creese and Sofie McLeod, both of whom were selected in their respective national Under 18 teams to play against New Zealand. Ben was also selected in the

National Under 21 Junior Talent Squad as was Nick Tremayne.

Nicole Geeves was rewarded in 2002 with inclusion in the National Under 18 team that competed against New Zealand and won the Rose Quaid Trophy.

Nicole followed this with selection in the Junior World Cup squad and followed that with being an integral part of the Tasmanian team which finished sixth in the Under 21 nationals.

Her goal is to do all she can to improve her chances of selection in the 2005 Junior World Cup team.

In October 2002 David Guest was a member of the AIS overseas tour team, a just reward for a player who won the Hockey Australia 2002 Best and Fairest Award at the Australian Under 21 Championship.

David was not selected in the national senior squad in 2003 but did play a significant role in the national development team that played matches against Australia, India and Pakistan. He will continue to train hard in the hope of achieving his ambition of representing Australia at the senior level.

Development for our support coaching staff is something that the TIS and hockey



programs aim to encourage and promote. Ilene Carr has been mentored throughout her involvement as a coach within the TIS hockey unit and we now have Cam Bennett embarking on his coaching career. He coached Tasmania to fifth position at the 2003 Australian Under 21 Men's Australian Championship in Brisbane.

Ilene has assisted with the program tasks associated in running the TIS and Tasmanian National Training Centre Program for our development athletes. She coached the Tasmanian Van Demons in 2003, travelled to Japan with the national women's development team and was included as the video technician for the Hockeyroos European tour. To top it all off, she has commenced studies in a Graduate Diploma of Sports Coaching.

Throughout this reporting period, the TIS has placed greater importance on ensuring it has the proper structures and programs in place to best help developing athletes to maximise their potential. The Tasmanian National Training Centre development squad, aimed at players just below TIS standard, has been expanded and has a



flexible policy whereby players can be added during the year.

This widens the opportunities to produce a higher number of quality athletes to press for future national selection. There is very close liaison with other major stakeholders, especially Hockey Tasmania.

The NTC Development Program now incorporates regular individual meetings, including player feedback, earlier and more comprehensive talent identification, regular regional training sessions, specific fitness testing, statewide camps and its membership is systematically reviewed in detail. Currently there are 33 players in this statewide development program.

The program has only been going for 13 months, but the performance of the Tasmanian Under 18 girls team that finished fourth at the 2003 Australian Championship is evidence of its success.

Of the 13 TIS scholarship holders in 2003 all but one athlete competed in the senior Australian Hockey League. With the average age of the group, we are well placed to extend this exposure into strong performances that will aid each player's potential to gain national selection.

The TIS hockey program for 2002/2003 has been successful. It has had positive results in terms of selections for national teams while much work is being done to improve the development streams.

It has been very rewarding to see the selection of many juniors in national teams and Tasmanian senior teams. Representation has been strong at the senior and junior international level, and it is pleasing to see many young and new faces in the TIS hockey program demonstrating the potential to extend the number of Tasmanians representing Australia.

The TIS has seen two key retirements, but has had three players represent Australia at the Under 18 level.

Strong preparation with further hard work

that is backed up by quality programs has enhanced the opportunity for TIS hockey players to represent Australia. The proof is that we have had players selected in the national Under 21 and Senior development squads and inclusions in the Under 18 national teams.

The TIS Hockey Unit progressively assesses all its operations and strategies to ensure it meets and delivers the needs demanded by quality programs for senior athletes as well as expanding opportunities for our youth through the development program.

2002 Squad Members: Daniel Sproule, Matthew Wells, Zain Wright, Cam Bennett, Tim Gillon, David Guest, Phil Marshall, Warren Lucas, Nick Tremayne, David Woolford, Jarrod Page, Marcus Richardson, Tim Deavin, Bianca Pritchard, Emily Pickup, Lottie White, Julia Reid, Sofie McLeod, Jackie Jones, Nicole Geeves, Abby Douglas, Bernadette Colrain, Rebekah Waley, Jessica Tremayne and Lis Paget.

2003 Squad Members: Daniel Sproule, Matthew Wells, Zain Wright, Cam Bennett, David Guest, Phil Marshall, Nick Tremayne, Tim Deavin, Ben Creese, Julia Reid, Sofie McLeod, Nicole Geeves and Lis Paget.

I would like to thank all of those who have assisted in various state team capacities involving TIS players such as coaches like Rod Clifford, Ken Read, Tony Jago, Cam Bennett, Jeremy Stebbings, Michael Park, Kathy Costelloe, Ilene Carr and Larry Mills who underpin and do so much to assist with the TIS hockey program.

I sincerely appreciate the work they undertake with the athletes and myself. It is with their assistance that we have such a productive and successful program.

I would also like to acknowledge the support of Hockey Australia and Hockey Tasmania, especially Gai Cross, Grant Douglas, Mark Geeves and Alison Monk.

I express sincere thanks to all the staff at

the TIS for their continuing support and encouragement, the State Government for its support, and all our sponsors. Collectively their assistance has produced positive results and augurs well for the future.

I am confident that Tasmanian hockey teams will continue to perform well at national championships and that individuals will continue to be selected in national teams and squads. I look forward to next year, confident that with continued support we can help young hockey players move towards attaining their potential both on the field and as developing individuals.

Andrew McDonald
Head Hockey Coach



TIS scholarship holder Zain Wright.

rowing

THE Tasmanian Institute of Sport rowing athletes have performed brilliantly overseas, interstate and locally over the past 12 months.

Simon Burgess, captain of the Australian men's rowing team, led the way with a great heat win in the Munich World Cup in the lightweight men's fours in July then again rowed well in the final, just going down to the defending champions from Denmark.

Our Nations Cup team representatives contributed to our best result with Deon Birtwistle returning from Genoa, Italy, with gold after taking out the Under 23 lightweight men's quad from Italy and Germany. Tom Gibson, in his first Australian team, won bronze in the lightweight four.

Kerry Hore, up against tough competition and in poor conditions, finished second in the B final of the women's single scull.

Our Tasmanian Youth Cup team finished second in the overall standings in Sydney. The men took out their category, with the women placing fourth.

Results from the last months put TIS rowers in a better position than ever before to begin their assault on selection for the Athens Olympic Games in 2004. Up to eight rowers may come under consideration for Olympic selection.

Dana Faletic continued to impress, gaining an Australian Institute of Sport scholarship in 2003 and Kerry Hore again had a great start to the season, dominating women's sculling.

A highly successful Australian Lightweight Men's Rowing Camp was held at Lake



*TIS Rowing Coach
Sam Le Compte*

Barrington for two weeks in early January under the guidance of TIS Head Rowing Coach Sam Le Compte.

In the March trials Claire Shield and Kate Hornsey trialled well coming out on top of their class in the coxless pair. On these performances both were selected in the Australian team to travel to the World Championships in Milan in Italy later in the year.

The Australian Championships were held at Lake Barrington in April and provided a great opportunity to observe world-class athletes in action.

TIS athletes and target squad members contributed to Tasmania's highest medal haul of 47 medals. To top it off, a great race in the interstate lightweight men's four saw Simon Burgess, Shane Broad, Sam Beltz and Deon Birtwistle winning the Penrith Cup for the fifth year in a row.

Rowing in the state hit an all-time high with

17 Tasmanians included in the Australian teams for the World Championships.

Senior A Team: Eight TIS athletes were selected to travel to the FISA World Cup in Lucerne and then on to the World Championships in Milan Italy in August.

Senior B (Under 23) Team: Seven TIS athletes were selected to travel to Belgrade in July for the Under 23 Nations Cup.

Junior Team: Two Target Squad athletes were selected to travel to Schinias, Greece, for the World Junior Championships to be held on the new Olympic Course in August.

Three coaches from Tasmania were also appointed by Rowing Australia to travel with the teams: Lightweight Men's Four and Pair, Sam Le Compte; Lightweight Men's Senior Quad, John Driessen; and Men's Junior Pair, Robert Williams.

Also over the past 12 months we have seen the return of John Kincade from the United Kingdom where he spent three months at the University of Bristol under the inaugural Echo Tasmania Scholarship and the departure of Roger Drummond in May for the UK where he spent 10 weeks at the University of Bristol also under the Echo Tasmania Scholarship.

I would like to take this opportunity to thank all the coaches who have assisted in various teams involving TIS rowers. Coaches such as John Driessen, Roger Drummond, John Kincade and Paul Newbon underpin much of the TIS rowing program and I appreciate the work they do with athletes and myself to produce a productive and successful program.

Sam Le Compte
NTC Rowing Head Coach



TIS network coach John Driessen with Australia's lightweight men's quad scull, including TIS rowers Shane Broad (second from right) and Sam Beltz (far right).

athletics

DURING 2002, under the direction of the previous TIS Head Coach, Di Barnes, three TIS athletes represented Australia at the World Junior Championships in Jamaica.

Kate Pedley was a semi-finalist in the individual 400-metre event and was joined by Morgan Whiley in the women's 4x 400-metre relay team which placed seventh in the final. Aaron Jones also competed in the men's 800m.

Later that year, Di Barnes resigned from the TIS and relocated to Sydney to take up a position as Distance Coach at the NSW Institute of Sport.

After Di's departure, the program was maintained by then-Athletics Australia (AA) scholarship coach Sonia Ladzuko and assisted by the TIS Athlete Services Manager, Geoff Masters.

Performances of several TIS athletes throughout the 2002-2003 domestic season allowed them to compete in the Telstra A-Series meets, with two of our promising juniors – Morgan Whiley and Patrick Coleman – being a part of Athletic Australia's Talent on Tour squad.

Early good form in December 2002 allowed these athletes to come away with medals at the Australian All Schools Championships in Hobart. Morgan had a clean sweep, winning the women's Under 20 100, 200 and 400 metres while Patrick won the Under 18 long jump and triple jump.

Another emerging young talent, Nic Davidson, who showed great improvement throughout the season, was later added to



*TIS Athletics Program Manager
Nicole Boegman*

the TIS program.

Nic also competed at the Australian All Schools Championships and was second in the Under 20 400-metre hurdles.

TIS athletes who competed at the Telstra A-Series meets were: Morgan Whiley (400m), Nic Davidson (400m hurdles), Patrick Coleman (triple jump), Aaron Jones (800m) and Graham Hicks (discus). These athletes also competed at the Telstra National Championships held in Brisbane and attained the following results:

- Morgan Whiley – first, Under 20 400m
- Aaron Jones – fourth, Open 800m
- Nic Davidson – fourth, Under 20 400m hurdles, 8th Open 400m hurdles
- Patrick Coleman – second, Under 20 triple jump, 6th, Under 20 long jump
- Graham Hicks – seventh, Open discus

As the new Program Manager, I have re-established the program and set criteria to help develop the elite, junior elite and emerging talent here in Tasmania, while aligning to the standards of the other State institutes and academies of sport.

With the new selection criteria in place, we have been able to offer 11 scholarships for the 2003/2004 athletic season. Six of these athletes are first-time scholarship holders.

Scholarship Holders for 2003/2004

Nic Davidson was a new addition to the TIS program towards the end of the 2002/2003 athletic season.

He has shown great improvement throughout the season, attaining the World Junior qualifying standard on several occasions and finishing the season with a personal best time of 52.6 seconds.

Nic lives in Devonport where he trains under the guidance of his coach Mike Gunson. He is studying at university in Launceston and travels down once a week for specific hurdle sessions with Nicole Boegman.

Nic is currently ranked number one in the Under 20 400-metre hurdles and eighth overall nationally. He was also presented with the encouragement award at the Athletics Tasmania Athlete of the Year Dinner.

Matthew Rickards is a new scholarship holder for this season and has shown great improvement in this event over the past season.

Matt has also achieved the world junior qualifying standard with a personal best of 52.82 seconds and was second at the Telstra National Championships in this event. He is currently ranked third in the Under 20's, eleventh overall nationally and was recently named Under 20 male athlete

of the year by Athletics Tasmania.

Matt lives at Seven Mile Beach and trains in Hobart under the guidance of Rita Whitehouse who has several other athletes in the TIS squad. Like Nic, Matt is in his first transition year from junior to senior.

Aaron Jones was a scholarship holder in 2002 and came off a successful season culminating in a berth at the World Junior Championships in Jamaica for the 800 metres. In 2003 Aaron had his first season in senior ranks, competing at the Sydney and Melbourne Telstra A-Series meets.

He finished second at the State Championships and fourth at the National Championships in Brisbane. Aaron hails



Grant Page has come to prominence this season in the middle distance events and won the 800 and 1500-metre double at the Tasmanian State Championships. He is also an excellent cross-country runner

from the North-West and trains with coach John McGuire. He is ranked sixth nationally for the 800 metres.

Morgan Whiley also hails from the North-West and is coached by her father Grant. Morgan finished a successful 2002 season competing as a member of the Australian 4x400-metre relay team at the World Junior Championships in Jamaica.

At the Australian All Schools in Hobart, Morgan made a clean sweep, winning the Under 20 100, 200 and 400-metre events. A promising junior, Morgan was identified as part of Athletics Australia's Talent on Tour squad and competed at several Telstra A-Series meets, reaching the finals in two out of three.

She finished the season with silver medals in all three Open sprint events at the Tasmanian titles and won gold in the Under 20 400 metres at the National Championships in Brisbane. Athletics Tasmania also named Morgan Under 20 female athlete of the year.

Patrick Coleman has been a scholarship holder since 2001 and continued to improve his form again this season in both the long jump and triple jump. After success at the Australian All Schools in Hobart, Patrick went on to win a bronze and a silver medal in the long jump and triple jump respectively at the Olympic Youth Games in Sydney.

He was also selected as part of Athletics Australia's Talent on Tour squad, attending the national jumps camp and competing at the Telstra A-Series meets in the Open events.

This season Patrick won the State Open long jump and triple jump, setting personal bests for both events and State Under 18 and Under 20 records in the triple jump.

At the National Championships he finished second in the Under 20 triple jump and was

a finalist in the long jump.

He was also named Under 18 male athlete of the year by Athletics Tasmania. Patrick has recently relocated from Hobart to Launceston for training and hopes to qualify for the World Junior Championships in 2004.

Grant Page is a new scholarship holder for this season and trains in Hobart under the guidance of coach Mike Pace. Grant has come to prominence this season in the middle distance events and won the 800 and 1500-metre double at the Tasmanian State Championships. His 1500-metre time was one of the fastest in Tasmania for around 20 years and close to the State record set in 1976.

Grant's times allowed him to compete at the Telstra A-Series in Sydney and at the National Championships in Brisbane.

Grant is also an excellent cross-country runner and won this year's Hotel Grand Chancellor 10km road race in Hobart. He was also named Athletics Tasmania's male athlete of the year.

Tiah Simmons is a new scholarship holder for this season who originally hails from Scottsdale. Tiah attends university in Launceston and trains under the guidance of well-known Launceston coach Fay Denholm.

Tiah, who was identified through the TIS Talent Search Program, won the Under 20 800 metres, 1500 metres and 2000-metre steeplechase at the Tasmanian State Championships.

She has also been selected as part of Said Aouita's AIS Distance Development Squad after following Said's program and attending national distance camps.

Tiah moved to the 2000 and 3000-metre steeplechase this year with promising results, finishing third in the Open 3000-

metre steeple event at the National Championship in Brisbane, and is currently ranked ninth for the 2000-metre steeplechase and third for the 3000-metre steeplechase in open company.

Robert Cracknell, a new scholarship holder from the stable of Rita Whitehouse in Hobart, had a major breakthrough this year in the high jump.

Robert won both the Open and Under 20 high jump events at the Tasmanian State Championships and set a personal best of 2.08 metres which is not far off the qualifying standard for the 2004 World Junior Championships.

Athletics Australia has identified Robert as a world junior prospect and he recently

attended a world junior preparation camp in Brisbane where he worked with leading event coaches.

Brian Pook has been a scholarship holder since 2001. He has been one of Tasmania's leading javelin throwers and holds the Tasmanian record for this event.

Brian has had a few setbacks with injuries over the past year but is now returning to training in preparation for the coming domestic season.

He is coaching himself but working closely with one of our leading national throwers, Will Hamlyn-Harris, and his coach Rudolph Sopko.

Ben Rickards is the younger brother of Matt and has also excelled at local, state

This season Patrick Coleman won the State Open long jump and triple jump, setting personal bests for both events and State Under 18 and Under 20 records in the triple jump.



and national level.

At only 15, Ben is our youngest scholarship holder and set a personal best and State age record of two metres for the high jump.

At the State Championships Ben won the high jump, 100-metre hurdles and 200-metre hurdles in the Under 15 age group and was second to Robert Cracknell in the open event.

Nationally he is ranked number one in the Under 16 high jump and was named male Under 16 athlete of the year by Athletics Tasmania.

Ben is also coached by Rita Whitehouse and is a talented prospect for future World Youth and World Junior Championships.

Camilla Whishaw is also new to the scholarship program and is coached by Fay Denholm.

Camilla started the season well, finishing third at the Australian All Schools in the

Under 18 3000 metres. She then went on to compete at the Australian Youth Olympic Festival where she finished second in that event and finally won gold at the Australian Youth Championships.

During the season she improved almost 34 seconds over the 3000 metres, with a personal best of 9 min 47.56 sec.

Camilla also attended the world junior preparation camp mid-year and has been identified as a prospect for next year's World Junior Championships.

She is currently ranked number one nationally for the Under 18 3000 metres and was named Under 18 female athlete of the year by Athletics Tasmania.

Congratulations to all our athletes and I take this opportunity to sincerely thank all the individual coaches for their efforts and support.

Nicole Boegman
NTC Athletics Program Manager

elite development squads

BASKETBALL

SQUAD Co-ordinator and State Intensive Training Centre (ITC) head coach David Munns has continued to develop regional networks to assist with individual athlete skill development. National ITC Head Coach Patrick Hunt regularly conducts statewide coaching weekends to assist with and monitor individual progression.

Tasmania has continued its strong tradition by having three athletes on fulltime AIS scholarships. Long-term AIS residents Hollie Grima and Sam Harris were joined by Matthew Knight in late 2002. Hollie has continued her development in the Sapphires (Under 23) team and enjoyed competition opportunities with the Opals women's team.

Sam and Matthew are both members of the

Australian Under 20 (Emus) team and are anticipating a top four placing in July 2003 at the World Championships in Greece.

Adam Gibson has continued to impress at the Under 18 National Championships. Sixteen-year old Adam kept the statisticians busy at the championships by leading in points, steals and assists.

CANOE WILDWATER

FOLLOWING several years of providing individual scholarships for athletes from this paddling discipline, canoe wildwater began its first year as a TIS Elite Development Squad during the scholarship year, with former international paddler and respected coach Andrea McQuitty coordinating the program's activities.

Justin Boocock had a pleasing start to 2003 international slalom competition by winning the Sydney round of the World Cup.



The initial intake of five athletes comprised all former individual scholarship athletes, all of whom have represented Australia. Brothers Andrew and Ben Maynard, Damon Bonney, Matthew French and Stewart Bennett all developed their skills on the rivers in north-west Tasmania over the course of the year. Squad activities have been based around sports science testing days and camp-based sessions, at which physiology testing or movement analysis is undertaken in order to replicate competition situations.

CRICKET

THE cornerstone activity for the Cricket Elite Development Squad remains the off-season Institute Challenge one-day series. This competition, in only its fifth year, has been firmly embraced by the Australian Cricket Board as a valuable vehicle to assist with the development of athletes who have the potential to play one-day cricket for their home states.

The competition has the flexibility to allow the trialling of innovations in technology and sports science research. Timing of this competition has changed to August, which makes for ideal pre-season, centre wicket match practice at the end of a Tasmanian winter. To facilitate the calendar move, the Challenge is now played in Northern Queensland or the Northern Territory.

2003 Commonwealth Bank cricket scholarships have been made available to Luke Butterworth, Ben Hilfenhaus, Tim Paine and Shane Watson.

FOOTBALL

2002 squad members Luke Shackleton (Collingwood) and Jason Laycock (Essendon) were both selected in November's AFL draft and quickly relocated to Melbourne to commence pre-season training.

Squad coordinator Hamish Ogilvie was



faced with a different set of opportunities for 2003 as the Tassie Mariners Under 18 team was not a full member of the TAC Cup competition. This gave the five TIS athletes the opportunity to gain access to a full range of services for the entire season as travelling demands were reduced.

Brennan Savage secured a backline position in the VFL Tasmanian Devils until injury intervened. Midfielder Brett Robinson also played several Devils games in the later part of the roster.

Athletes undertook musculoskeletal, medical and vision screening as well as completing the testing protocols used at the draft camps. The players experienced a week in the life of an AFL player when they were fostered for a week by two AFL clubs. Melbourne hosted Brett Robinson and Adam Viney, with Collingwood looking after Rowan Andrews and Andrew Kelley.

SWIMMING

During its second year of operation, the Swimming Elite Development Squad has experienced several personnel changes. Coach Peter Churchill accepted a position in Singapore and was replaced by TIS coaching scholarship recipient and former swimmer Justin Helmich.

Physiotherapist Kellie Wilkie joined the Swimming Tasmania team, coordinating off-water activities for all squad athletes.

The athlete mix has recently changed, with Nicole Hunter moving interstate and Natasha Waitzer announcing she will also be relocating.

TIS Manager, Sports Performance John Gregory and coach Justin Helmich have developed a revised testing program that caters for the travel demands of out-of-region athletes and coaches. Camps and athlete educational workshops are being incorporated with each squad day and the opportunity for coaches to participate is being encouraged.

The squad also caters for individual athlete needs from video analysis of strokes to nutrition and sports science support.

TENNIS

Under the guidance of full-time State coach Simon Youl, five athletes from Tennis Tasmania's Junior Development Program formed this year's Tennis Elite Development Squad. The major focus area was improving physical preparation, with a regular physiology testing regime implemented to monitor the athletes' development.

Regional workshop days were facilitated to address needs on a group and individual basis. Workshop activities were expanded to meet athletes' areas of interest, including eating for recovery, sports psychology, pilates, agility drills and early morning speed sessions.

TIS Physical Preparation Officer Peter Culhane works with the athletes to develop specific off-court conditioning programs.



Ben Maynard is one of five wildwater canoeists in the discipline's first Elite Development Squad.

individual scholarships

DURING the period under review the TIS individual scholarship program has continued to support athletes from archery, boxing, canoe slalom, canoe sprint, equestrian, golf, judo, karate, lawn bowls, orienteering, sailing, taekwondo, waterpolo and weightlifting.

Boxer Daniel Geale capped off a competitive 2002 by returning from the Commonwealth Games in Manchester with a gold medal in the welterweight division.

Paddlers have enjoyed an interesting year. Downriver wildwater paddlers formed an Elite Development Squad under the coordination of Andrea McQuitty and have, therefore, moved from the individual scholarship program.

Justin Boocock had a pleasing start to 2003 international slalom competition by winning the Sydney round of the World Cup, while sprint paddler Julian Norton Smith has forced his way back into the Australian team and is looking forward to the World Championship later in 2003.

Equestrian three-day event participant Catherine Davies recorded her best result with a second place at the 2003 Sydney



*Geoff Masters
Manager, Athlete Services*

International three-star event on Queens Ransom. The rider/horse combination was very impressive on a saturated and treacherous cross-country course.

Several athletes have continued to develop by gaining their first senior national selection: Robin Hodgetts (golf), Mark Strochnetter (lawn bowls), Grace Elson (orienteering), Nick Behrens (sailing) and Krystal Chugg (taekwondo).

Geoff Masters
Manager, Athlete Services



an Olympic Training Centre

Endorsed by the
Australian Olympic
Committee

coaching scholarships

FOLLOWING the tangible success of last year's coaching scholarships, the Institute made available five scholarships to assist recipients to gain the skills needed to prepare them for national and international coaching roles.

The scholarships provide financial and mentoring support to the coaches, enabling them to add to their knowledge and skills through hands-on coaching and education opportunities. The activities for each of the coaches are tailored to their individual needs and supported by their sport's State and national sporting organisations.

This year's recipients are:

Scott Callow, Cycling

A former cyclist who is now furthering his involvement with his sport as coach, Scott is a well-known identity within cycling. He is keen to develop his skills across the three main discipline areas of road, track and mountain biking.

Justin Helmich, Swimming

A former distance swimmer who has transferred his interest from competing to coaching, Justin is coaching one of

Tasmania's most promising juniors – Penny Sproal. He was recently appointed as Swimming Tasmania's Coaching Director for the TIS Elite Development Squad.

Wayne Holt, Athletics

Wayne is a long-standing coach within the athletics community. He is keen to develop his knowledge and experience in coaching multi-events and is using the scholarship to spend time with discipline coaches around Australia.

David Munns, Basketball

David is the head coach of Basketball Tasmania's Intensive Training Centre (ITC) program and development programs. He has coached teams at all levels of the sport and has made a significant contribution to the development of Tasmania's potential elite basketballers.

Paul Newbon, Rowing

Paul has extensive coaching experience with club and school crews within his sport of rowing. The coaching scholarship is providing Paul with the opportunity to assist athletes to reach the elite level.

2003 coaching scholarship recipients, from left: Justin Helmich (swimming), Wayne Holt (athletics), Paul Newbon (rowing) and David Munns (basketball).



scholarship holders

Archery

Clint Freeman

Athletics

Patrick Coleman

Robert Cracknell

Nic Davidson

Aaron Jones

Grant Page

Brian Pook

Ben Rickards

Matthew Rickards

Tiah Simmons

Morgan Whiley

Camilla Whishaw

Basketball

Kara Berry

Adam Gibson

Hollie Grima

Sam Harris

Matthew Knight

Lee McGaffin

Annamieka Mitchell

Boxing

Daniel Geale

Nathan Polley

Canoe

Stewart Bennett

Damon Bonney

Justin Boocock

Mathew French

Will Hughes

Adam Marmion

Andrew Maynard

Ben Maynard

Julian Norton-Smith

Cricket

Dane Anderson

Brent Burgess

Luke Butterworth

Ben Hilfenhaus

Gordon Kerr

Tim Paine

Mathew Wade

Shane Watson

Cycling

Jai Crawford

Belinda Goss

Matthew Goss

Mark Jamieson

David Klyne

Caleb Manion

Ryan Sullivan

Sean Sullivan

Bernard Sulzberger

Sid Taberlay

Emily Williams

Naomi Williams

Stephanie Williams

Louise Yaxley

Darren Young

Equestrian

Catherine Davies

Football

Rowan Andrews

Andrew Kelley

Brett Robinson

Brennan Savage

Adam Viney

Golf

Robin Hodgetts

Hockey

Cameron Bennett

Ben Creese

Nicole Geeves

David Guest

Richard Headlam

Sofie McLeod

Elisabeth Paget

Nick Tremayne

Matthew Wells

Zain Wright

Judo

Chantal Castledine

Priscus Fogagnolo

Karate

Natasha Hardy

Lawn Bowls

Mark Strochnetter

Orienteering

Grace Elson

Rowing

Randall Baker
Sam Beltz
Deon Birtwistle
Scott Brennan
Shane Broad
Simon Burgess
Tom Edwards
Dana Faletic
Shaun Finlayson
Kirsty Fleming
Tom Gibson
Kasper Hebblewhite
Kerry Hore
Kate Hornsey
Aaron Long
Brendan Long
Sam Lovibond
Anthony Males
Robert Mitchell
George Roberts
Claire Shield
Emma Van Dyken
Sam Waley
Cameron Wurf
Wesley Young

Sailing

Nick Behrens
Mark Padgett

Swimming

Sarah Milton
Ryan Minty
Henrietta Morris
Joe Pemberton
Penelope Sproal
Natasha Waitzer
Kate Young

Taekwondo

Krystal Chugg
Purdy Rainbird

Tennis

Edward Bouchier
Lauren Hepburn
Andrew Roberts

Waterpolo

Allison Van Ommen

Weightlifting

Tara Crosswell
Matthew Williams

TIS Hockey scholarship holder Nick Tremayne in the gym.



corporate plan



2002-2003

VISION

To provide quality athlete and coaching services which place 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
Innovation and excellence
Quality services
Leadership

STRATEGY

To develop Tasmania's talented athletes

OUTPUT

Number of TIS athletes selected to represent Australia in international competition

TIS SUB-PROJECTS

1. Scholarship Program
2. Sports Science and Medicine
3. Athlete Career and Education
4. Athlete Services
4. Administration
5. Corporate Partnerships

board of management



*Mr Denis Rogers, AO
Chairman*



*Mr Ken Read
Deputy Chairman*



Mr Danny Keep



Mrs Anne Shield



Mr Bill Woolcock



Mr Greg Kay



Mrs Julie Smith



Mrs Pip Leedham

staff

DIRECTOR

Elizabeth Jack

EXECUTIVE OFFICER

Paul Austen

PROJECT SUPPORT OFFICER

Denise Hansson

PROJECT SUPPORT OFFICER

Jeanne Pennington

MANAGER, SPORTS PERFORMANCE UNIT

John Gregory

SPORTS PERFORMANCE OFFICER

Christine Hamlyn

PHYSICAL PREPARATION OFFICER

Peter Culhane

MANAGER, ATHLETE SERVICES

Geoff Masters

HEAD CYCLING COACH

Kevin Tabotta

HEAD HOCKEY COACH

Andrew McDonald

HEAD ROWING COACH

Sam Le Compte

ATHLETICS PROGRAM MANAGER

Nicole Boegman

ACE COORDINATOR

Leonie Coskun

TALENT SEARCH COORDINATOR

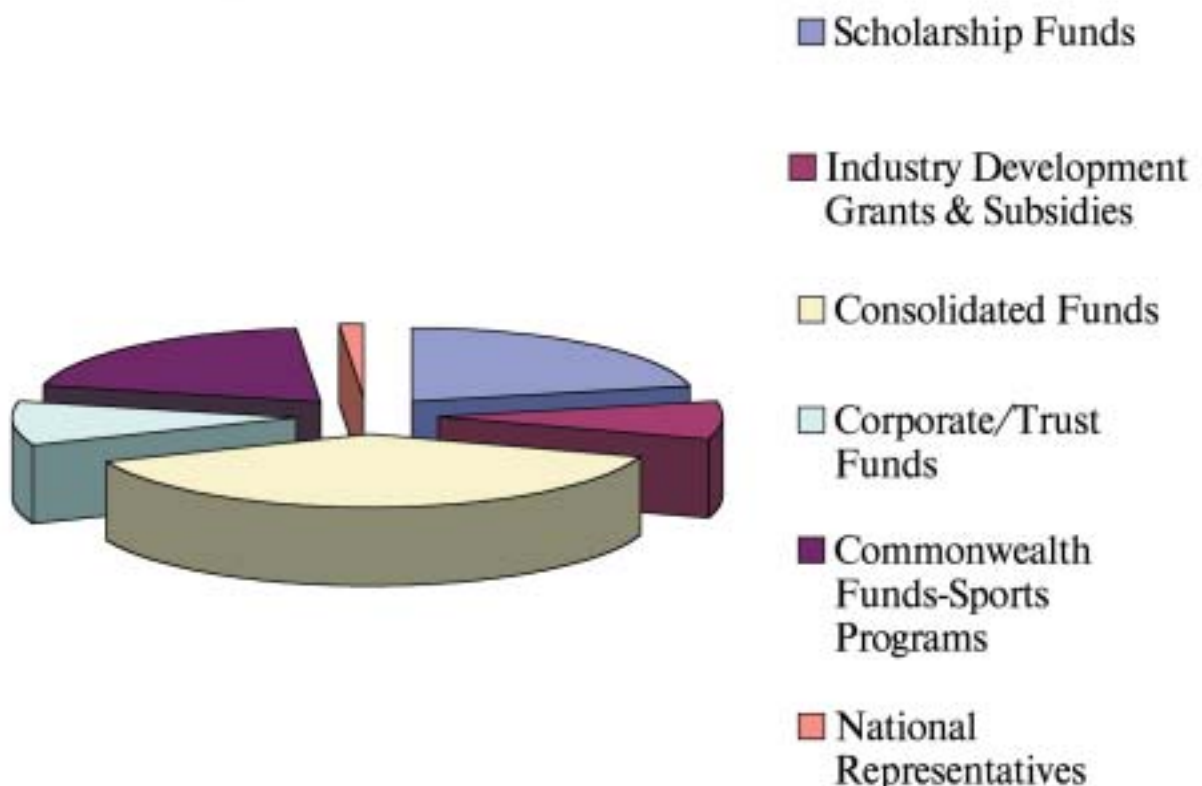
Elissa Morley

financial *report*

2002-2003

income

Scholarship Funds	\$292,000
Industry Development Grants & Subsidies	\$110,000
Consolidated Funds	\$ 522,419
Corporate/Trust Funds	\$129,500
Commonwealth Funds-Sports Programs	\$266,000
National Representatives	\$20,000
Total Income	\$1,339,919



allocations

Sports Programs & Scholarships	\$547,000
Athlete Services	\$115,000
Sports Performance Unit	\$209,000
Athlete Career & Education	\$32,000
Talent Search	\$50,000
Operations	\$338,419
National Representatives Fund	\$18,500
Special Projects	\$30,000
Total Allocations	1,339,919



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