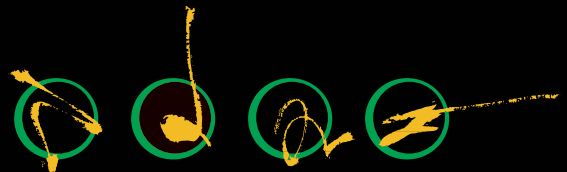


2010/2011
YEARBOOK AND ANNUAL REPORT

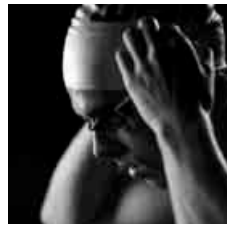
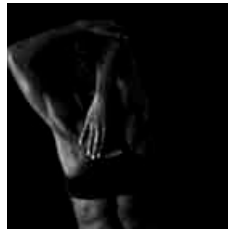
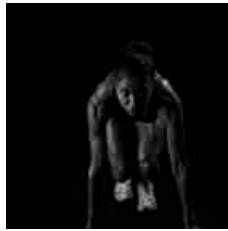


WIS



WIS

THE WESTERN AUSTRALIAN INSTITUTE OF SPORT 2010/2011 YEARBOOK AND ANNUAL REPORT



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PREMIER'S FOREWORD



COLIN BARNETT MLA: PREMIER

FROM THE PREMIER OF WESTERN AUSTRALIA and WAIS PATRON,
The Hon Colin Barnett MLA

The State Government is proud that our strong support of the Western Australian Institute of Sport has continued into a 26th year. This support has enabled West Australians to pursue their sporting dreams with the backing of their home environment and in the past year numerous athletes have achieved their dreams of winning a world championship, a Commonwealth Games medal or donning the green and gold in international competition.

During the past 12 months I have been able to see firsthand the behind the scenes work that goes into WAIS athletes achieving these dreams, having spent a morning at the Institute. I have also taken part in celebrating the final results of this hard work at the WAIS Annual Dinner.

It is clear from these experiences that the continuing impressive results of WAIS athletes on the world stage come about from the quality of the people involved at the Institute. From the leadership provided by the WAIS Board, led by Chairman Grant Boyce, Executive Director Steve Lawrence and his management team, to the hours of dedicated hands on effort provided by the coaches, sports scientists, strength and conditioning staff, athlete career and education advisors and other specialists, WAIS's success is built on it's people.

May I take this opportunity to acknowledge all those involved with the Institute and record my appreciation for their efforts in assisting our athletes to achieve their potential.

The significant contribution of WAIS's people is evidenced further having examined the facilities currently occupied by WAIS. The current WAIS facility is not of the standard required to support the level of athletes West Australia has been producing and I am proud to say that the Cabinet has recognised this and allocated \$2 million for the Institute and the Department of Sport and Recreation to commence planning for a new WAIS High Performance Service Centre.

It is also important to again acknowledge WAIS' strategic partners, the Department of Sport and Recreation, LotteryWest, the Australian Sports Commission and Venues West for their significant contribution to both the Institute and broader State sports agenda.

Finally I would like to salute the athletes themselves, whom without we would have no sporting heroes to support, follow and celebrate. They dedicate their lives to their sporting pursuits and provide inspiration to the community at large via their endeavours.

Colin Barnett MLA
PREMIER

CHAIRMAN'S REPORT



GRANT BOYCE: CHAIRMAN

The WAIS vision is to produce champions and based on that vision WAIS has had an outstanding year in 2010 - 2011. We provide opportunities for talented West Australian athletes to achieve excellence with the support coming from their home environment and this year four of our athletes achieved World Champion status.

The athletes that achieved that status are Lauren Mitchell from gymnastics and Cameron Myer, Luke Durbridge and Michael Freiberg from cycling. In addition there were many other athletes who achieved personal best performances and in so doing made significant sacrifices to compete at the highest level. And behind all of the athletes are the incredibly dedicated WAIS staff who face many challenges providing them with the environment to give them the best possible chance of success.

INFRASTRUCTURE

The Board is delighted that the State Government has allocated two million dollars in the 2011 State Budget to carry out the preliminary stage of the proposed new WAIS facility at Challenge Stadium. We look forward to the Project Definition Planning phase being completed and for work on the new facility to commence with our aim to have the facility up and running by 2014. Apart from new administrative offices the new facility will have vastly improved strength and conditioning and recovery facilities. We will also have improved research capability, in conjunction with the University of Western Australia, and better space for our staff, coaches and athletes.

PARTNERSHIPS

I have already mentioned the fact that WAIS athletes have again had considerable success and there are a number of parties that require thanks for their continued support and assistance.

We are most grateful to the State Government and in particular the Minister for Sport and Recreation, Hon. Terry Waldron, who has provided valuable guidance and support to us. The State Government provides the majority of the funding to WAIS through LotteryWest and The Department of Sport and Recreation. The Board is very conscious that these funds need to be used efficiently and with an athlete focus to maximise the return on the funds invested.

I would also like to thank Mr Ron Alexander, Director of the Department of Sport and Recreation, and his staff who are always willing to assist us in any way that they can do so.

WAIS is accommodated at Challenge Stadium and we are extremely grateful to Mr Graham Partridge, Chairman of the VenuesWest, and Mr David Etherton, Chief Executive Officer, for their continued support.

PEOPLE

The results that I referred to earlier would not have been possible without the tremendous work done by the Board and staff. This year we welcomed Richard Pengelly back on to the Board. The Board represents a wide range of talents and skills and I am personally very grateful for their continued commitment to WAIS. It is indeed a privilege for me to be the Chairman.

The substantial successes of WAIS athletes are directly related to the efforts of our Executive Director Mr Steven Lawrence and his committed and talented team. Steve has shown great leadership at WAIS and in his role as Chairman of NESC. This role at NESC has been taken on at a pivotal time in the development of the high performance sport in Australia and Steve's leadership in the position reflects well on the capability at WAIS.

Steve's management team comprises Mr Martin FitzSimons, Ramon Falzon, Simon Jones, Alan Black, and Simon Moore-Crouch. These managers together with all of the staff have made a significant contribution to the operation of WAIS and the success of the athletes. I would also like to make special mention of the coaches who have the most direct impact on the athletes. They make enormous sacrifices that are often not recognised to the extent that they should be.

So another year is over and now we look forward to London and continued success for our athletes. This time next year the Olympics and Paralympics will be over and we will be celebrating more great athletic performances.

A handwritten signature in black ink that reads "G Boyce". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Grant Boyce
CHAIRMAN

EXECUTIVE DIRECTOR'S REPORT



STEVEN LAWRENCE: EXECUTIVE DIRECTOR

Since the inception of WAIS the Institute has assisted Western Australian and Australian athletes to achieve many "firsts" for their country on the international sporting stage. Lauren Mitchell's gold medal on the floor at the 2010 World Gymnastics Championship was a very significant addition to this long and impressive list. Lauren's performance was not only a great reward for Lauren but also the many people who have supported her during her career. Amazingly Lauren's win came in a year when more WAIS athletes than at any time in our history hold the title of World Champion. In WAIS supported sports WA has had one or more World Champions in each of the past ten years. This type of sustained result is the output of solid systems and processes (from grass roots to national teams) operated by highly committed and skilled people. WAIS is proud to be a part of this system.

PARTNERSHIPS

The National Institute Network and the Australian Sports Commission have worked diligently over the past year with the Standing Committee on Recreation and Sport to formalise policy and process to enhance the alignment and collaboration between the Institutes and with sport. The signing of the National Institute System Intergovernmental Agreement by all but one State/Territory Sport Minister and the Federal Sports Minister is another significant milestone towards achieving this goal.

WAIS is committed to ensuring that it remains a valued partner in this evolving system as it has great confidence in what it can achieve. This commitment has required WAIS to make some hard decisions about the structure of its Rowing Program during the year to ensure alignment with changes in national athlete pathways. It is likely that other structural or role changes may be before us as the national system focuses its collective sights to remaining competitive beyond the London Olympics.

PEOPLE

While working at WAIS is an opportunity cherished by those of us fortunate enough to be part of the staff this does not mean it is easy work. In fact for most staff the challenges faced in our roles while interesting can also be stressful. Ensuring that the staff have an appropriate balance and focus to their work within their lives is a key element of our approach.

We continue to take a personal values based approach to developing and maintaining the WAIS high performance culture. The support of the staff, as assessed by the various measures used for this purpose, in our philosophy

INTERNAL PROCESSES

WAIS management, supported by the Board, made the decision to cease internal development of its proprietary Performance Management System – DAIS, after 23 years of operation. This decision was made in recognition of the fact that software development had reached a level of complexity that could not be achieved by a single stand alone developer. To achieve its Performance Management System goal WAIS has chosen to work with an international management and software development company, Braxton Consulting. This new partnership has seen the development of a very ambitious project plan to implement a true enterprise Performance Management System for WAIS. The plan is focused on delivery the WAIS Performax – Sport system to all our operations by the end of the 2012 financial year. If this goal is achieved WAIS will have implemented a tool to further enhance the efficiency and effectiveness of our internal operational systems.

FINANCE

Following the release of additional funding to National Sport Organisations from the Australian Sports Commission WAIS was able to successfully negotiate additional funding to its current programs. These additional funds were essential to sustain the current level of operations for the remainder of the Olympiad. However, the additional funds were not sufficient to reverse or even stabilize the trend for a decline in National Sporting Organisation investment (CPI adjusted) in the athlete daily training environment since the 2000 Olympics. This trend is broadly evident across the entire National Institute Network. What is also clear is the National Sport Organisations do value the work of the National Institute Network, however, they are prioritizing other cost centres more highly at this current point in time.

An interesting conundrum is arising where there are significantly increased monies to support athlete engagement in the daily training environment but the quality and size of the daily training environment provided by the national system is on the cusp of decline. This issue is being dealt with through the development of a new project by NESC – the National Athlete Support Scheme. WAIS is actively working with its various partners to attempt to ensure that this scheme ensures appropriate training environments continue to exist for high performance athletes in WA.

During the year WAIS has been required to absorb some unforeseen significant cost increases. These additional costs have been managed as effectively as possible and will be sustained through to the end of our current funding agreement with the State Government.

INFRASTRUCTURE

It was with great relief that WAIS received the news the state budget included monies to allow for the Project Definition Planning phase of the proposed new WAIS facility to be undertaken. The Board is extremely grateful for the support and commitment of the Minister and his staff to this project and also to the Department of Sport and Recreation.

The Department of Sport and Recreation also provided a small grant to allow a refurbishment of the current WAIS office. This allowed for desk space to be created for all staff and for the replacement of various items such as carpets and chairs that have reached the end of their useful life after 15 years of service. We are very hopeful that this refurbishment will be the last required during our tenure in the current facility.

On a personal note I record my sincere appreciation to the Board, staff, athletes and our partners for their continuing commitment and support of the WAIS strategic direction and actions to achieving high performance sport outcomes.

Steven Lawrence

WAIS BOARD



MR GRANT BOYCE
(CHAIRMAN)



MR RON ALEXANDER



MS RACHEL HARRIS



MR STEVEN LAWRENCE
(EXECUTIVE DIRECTOR)



MS DEBORAH LEAVITT



MS JENNY MORRIS



MR MICHAEL O'NEILL
(DEPUTY CHAIRMAN)



REV. ANDREW SYME
(RETIRED DECEMBER 2010)



REV. CANON RICHARD
PENGELEY (APPOINTED
JUNE 2011)



MRS FIONA TORY

PURPOSE

To provide opportunities for talented Western Australian athletes to achieve excellence in elite sport with support from their home environment.

VISION

To Produce Champions

GUIDING PRINCIPLES

The philosophies guiding WAIS operations are defined by the following principles.

Principle 1 International Focus

WAIS will allocate resources to support the ultimate attainment of elite athlete performance at the open international level.

Principle 2 Western Australian Significance

WAIS will focus its efforts on assisting athletes competing in sports that are culturally significant to the Western Australian community. WAIS will also be cognizant of local infrastructure and environmental factors potentially influencing elite and potential elite athlete training and competition performance.

Principle 3 Partnerships

WAIS recognizes that it is a specialist provider to sport and must act in partnership with sport. WAIS will allocate resources to enhance the support provided by sports to their athletes. Partnerships should

Principle 4 Community Values

WAIS will uphold community values in all aspects of its operation. WAIS athletes are role models for the community and therefore must reflect its values in their actions and interactions on and off the field. WAIS recognises the right and responsibility of athletes to train and compete in a fair, ethical, healthy and safe environment.

ORGANISATIONAL VALUES

Organisational culture is core to WAIS achieving long term sustainable success. Our culture is defined by valuing people and excellence in all aspects of our operations.

GOALS

1. To maximise Western Australian representation on Australian Teams.
2. To enhance the performance of Australian Teams.

KEY PERFORMANCE INDICATORS

1. WAIS athlete representation on Australian Teams.
2. WAIS athlete World-Class* performance.

*Top eight individual or top four multiple athlete performance in selected major event

KEY RESULT AREAS

WAIS has identified five key result areas that are critical to fulfilling our purpose. These KRA's provide focus for our strategic direction.

Partnerships

WAIS will create partnerships with the sporting community, government and other stakeholders in order to access resources and or knowledge to enhance the benefit and opportunities for our elite athletes.

People

As an organisation focused on delivering quality services to athletes, WAIS requires staff capable of enabling the organisation to achieve its objectives.

Internal Processes

WAIS requires effective and efficient internal processes to ensure organisational resources are implemented to deliver maximum output towards its purpose.

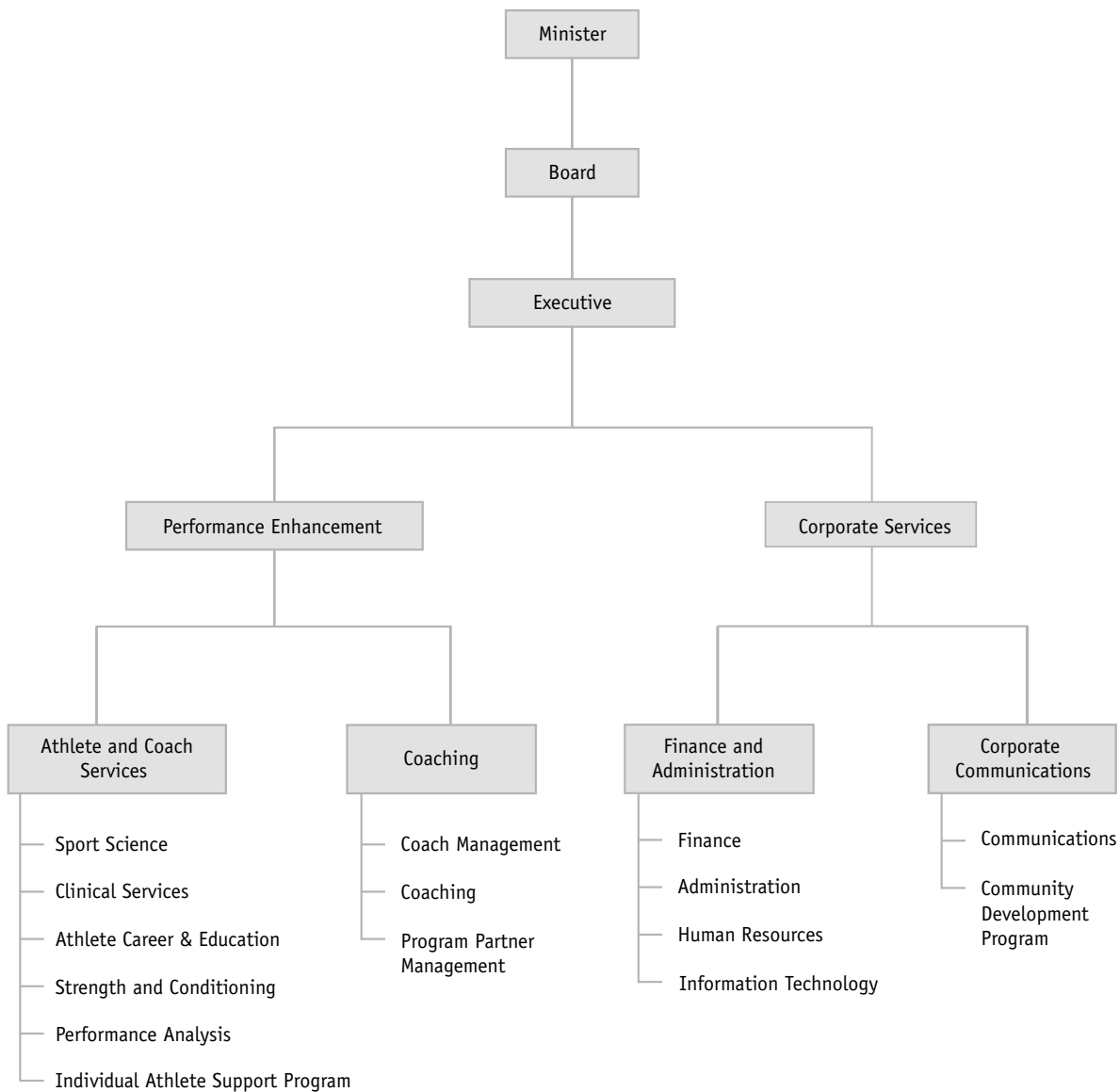
Finance

WAIS is dependent upon financial capacity, systems and processes to deliver the vast majority of required resources, both human and physical, to achieve its purpose.

Infrastructure

To enable and deliver services to athletes, WAIS requires access to suitable infrastructure.

WAIS STRUCTURE



WAIS STAFF

EXECUTIVE

Executive Director
Steven Lawrence

Executive Assistant / Events Coordinator
Natalie Graham

Administration Assistant
Lorren Portolan

Receptionist
Jessica Roberts (resigned 11/03/11)
Kara Samuels (commenced 08/03/11)

CORPORATE SERVICES

Finance and Administration

Finance Manager
Ramon Falzon

Senior Finance and Administration Officer
Honnie Dobber (part time)

Finance and Administration Officer
Kristin Chabrel (resigned 25/11/10)
Esther Mortimer (commenced 20/12/10) (resigned 10/6/11)
Michelle Wilson (commenced 09/06/11)

Information Technology

Software Developer
Adrian Broughton (til 01/10/10)

Corporate Communications

Corporate Communications Manager
Simon Moore - Crouch

Public Relations Officer
Chris Abbott

COACHING

Coaching Group Manager - Racing Sports
Simon Jones

Coaching Group Manager - Acrobatic and Invasion Sports
Alan Black

Coaching Group Manager - Acrobatic Sports
Elizabeth Chetkovich (leave of absence commenced 18/02/11)

Athletics Performance Manager
Brian Glencross (Part-time)

Swimming Performance Manager
Greg Hodge

COACHING STAFF

Athletics
Lyn Foreman, Head Coach – Track
Grant Ward, Head Coach – Field
Alex Parnov, Head Coach – Pole Vault
Taryn Neville, Coach – Pole Vault (maternity leave)
Sergey Polnov, Assistant Coach – Pole Vault (commenced 19/04/11)

Canoeing
Ramon Andersson, Head Coach (part-time)
Michael Pond, Coach (part-time)

Cycling
Darryl Benson, Head Coach
Clay Worthington, Senior Coach (commenced 30/12/10)

Diving
Iris Deng, Senior Coach

Football Women
John Gibson, Head Coach

Gymnastics
Nikolai Lapchine, Senior Coach
Martine George, Head Coach
Vladimir Joura, Coach (resigned 01/12/09)
Peter Abbott, Coach
Michelle Yardley, Coach (changed to Gymnastics Administrator 01/03/11)

Dimitri Kalinine, Coach
Emma Di Carlo, Coach
Regan Molyneaux, Coach (commenced 14/04/11)

Tatiana Lapchina, Choreographer/Coach (part-time)

Caroline Wright, Coach (casual)
Stephanie Bonasera, Coach (casual) (commenced 11/04/11)
Paige Trainor, Coach (commenced 11/05/11)

Hockey (Men)
David Bell, Head Coach

Hockey (Women)
Neil Hawgood, Head Coach

Netball
Michelle Wilkins, Head Coach

Rowing
Lincoln Handley, Head Coach
David Milne, Coach (part-time) (resigned 31/08/10)
Rebecca Sattin, Coach (part-time) (commenced 26/10/10)

Sailing
Belinda Stowell, Head Coach (leave of absence commenced 09/05/11)
Arthur Brett, Head Coach (contractor) (commenced 12/05/11)

Water Polo (Men)
Paul Oberman, Head Coach

Water Polo (Women)
Peter Szilagyi, Head Coach
Georgina Kovacs, Assistant Coach (part-time)



Photo: RAW Image

ATHLETE AND COACH SERVICES

Athlete and Coach Services Manager
Martin FitzSimons

Senior Technical Systems Officer
John Collins (resigned 11/2/11)

Maintenance Support Technician
Darren Key (commenced 12/05/11)

Sport Science

Exercise Physiologists
Peter Peeling
Sacha Fulton

Sport Psychologists
Matthew Burgin
Kevin Hayter

Biomechanists
Andrew Lyttle
Matthew Doyle

PhD Candidates
Emilie Thienot
Martyn Binnie (commenced 1/08/10)
Trenton Warburton (commenced 28/03/11)
Koji Honda (commenced 1/6/11)

Strength And Conditioning

Head of Strength and Conditioning
Gilman Barnitt

Strength and Conditioning Coaches
Greg Morgan
Naruhiro "Geish" Hori

Athlete Career And Education

Athlete Career and Education Co-ordinator
Heather McGregor-Bayne (resigned 10/10/10)
Jennifer Marsh

Athlete Career and Education Counsellor
Lizzie Moyle, (part -time)

Athlete Career and Education Training Officer
Kate Bobridge

Clinical Services

Chief Medical Officer
Dr Carmel Goodman (part-time)

Nutritionist
Julie Meek (part-time)
Clare Wood (part-time)

HALL OF CHAMPIONS

The Western Australia Hall of Champions perpetuates the achievements of Western Australia's best athletes. Entrance to the Hall signifies that the athlete has achieved at the highest level of their sport in a manner befitting a champion.

At the 2010 WAIS Annual Dinner, two existing Hall of Champion members received elevation to "Legend" status in Western Australian sport. They were:

Graham "Polly" Farmer (AFL)
Dennis Lillee (Cricket)

Graham "Polly" Farmer, born in Fremantle, WA in 1935 broke the shackles of his Aboriginal background to emerge as the dominant man in the game, nationwide, for nearly two decades. A superb, high-leaping ruckman, Farmer revolutionized the game with his use of handball in Western Australia and then Victoria.

Farmer won three Sandover medals (1956, 1957 and 1960) and was a runner up on two more occasions. Farmer won a Tassie medal for the best player in an Australian Championship in 1956 and a Simpson Medal for best player in the grand final in 1959.

Fairest and best wins for his clubs came frequently – at East Perth in 1954-55-56-57-59-60-61; at Geelong in the Victorian Football League in 1963-64 and then as captain-coach West Perth in 1969. Farmer played a total of 356 club matches (East Perth 176, Geelong 101, West Perth 79) and 36 State games, five with Victoria.

Dennis Lillee, born in Subiaco, WA in 1949 was one of the most fearsome and complete fast bowlers of all time, Dennis Lillee finished a glittering career as the world record wicket-taker with 355 Test victims.

He first played for Western Australia in 1969 and began his illustrious Test career in the same series (1970-71 against England in Australia) as another great WA Test representative, wicketkeeper Rod Marsh.

Marsh stood behind the stumps in all of Lillee's 70 Test matches and the pair enjoyed success unparalleled in the history of Test cricket. When both retired after the 1983-84 season, they had combined in 95 Test dismissals – more than double the number of any other bowler-wicketkeeper combination.

The Western Australian Hall of Champions inducted two new members to its exclusive club with wheelchair racing great Louise Sauvage and dual AFL premiership champion Peter Matera inducted into the elite of Western Australian sport.



Photo: RAW Image



Photo: RAW Image

LOUISE SAUVAGE

Louise Sauvage, born in Perth, WA in 1973 became Australia's best known Paralympic athlete. During an international career that spanned 14 years, she amassed a glittering array of results, headlined by nine gold and four silver medals across four Paralympic Games. She also won the 800m demonstration events at the 1996 and 2000 Olympics as well as silver in the 800m at the 2002 Manchester Commonwealth Games. During her career she set world records in various events from 100m to 5000m.

At the 1992 Barcelona Paralympics she claimed gold medals in the 100m, 200m and 400m along with silver in the 800m. By the time of the Atlanta Paralympics four years later she had bypassed the sprint events in favour of longer distances. The move proved highly successful with a further four gold medals (400m, 800m, 1500m & 5000m). At the 2000 Sydney Paralympics, where she lit the cauldron at the opening ceremony, she finished second in the 800m, her first loss over the distance in eight years. She bounced back to claim gold in the 1500m and 5000m. Her international career ended following the 2004 Athens Paralympics where she won silver medals in the 400m and 800m.

Aside from her successes on the track, Sauvage was also a dominant performer on the international marathon stage. Included in her results were victories in the Boston (four times), Honolulu (three times), Berlin (twice) and Los Angeles marathons. Sauvage was named in International Female Wheelchair Athlete of the Year in 1999 and 2000 and was the ABC Sports Star of the Year in 1993. In 1998, she was named Young Australian of the Year.

Peter Matera, born in Wagin, WA in 1969 enjoyed a celebrated 253-game career at West Coast but there was one match that stands alone. In the 1992 grand final coach Mick Malthouse played Matera on the same wing for the entire game because it was the dry side of the MCG after rain the previous few days had made some sections of the turf slippery and heavy underfoot. While Chris Mainwaring was given the task of churning through the bog on the other side, Matera starred in the match against Geelong, kicking five goals and earning the Norm Smith Medal for best afield in West Coast's first premiership.

While Ross Glendinning is a member of the Hall of Champions after playing 190 games with North Melbourne and 40 with West Coast, Matera is the first Eagle to have played his entire career at the Eagles to be inducted.

Matera won selection in five all-Australian teams - three as a wingman and two as an attacking half-back. And, despite winning only one best and fairest for West Coast (1997), such was the competition within the Eagles ranks, Matera featured prominently on Brownlow Medal night. In 1994, his total of 28 votes - two shy of winner Greg Williams - was the highest number of votes never to win the medal, aside from the 1976-77 seasons when two umpires voted.

The selection committee for the Hall of Champions comprises **Ken Casellas, Liz Chetkovich, Alan East, David Hatt** (Chairman), **Glenn Mitchell, Pam O'Connell, Wendy Pritchard** and **Ray Wilson**. The members of the committee provide their time and expertise freely and without recompense and the Board extends its sincere

ATHLETE OF THE YEAR

2009/2010 CAMERON MEYER (CYCLING)

Triple World Champion cyclist Cameron Meyer was bestowed with the Western Australian Institute of Sport Athlete of the Year Award for the 2009-2010 year following a stellar year on track and road.

Meyer claimed the prestigious title ahead of World Cup winning Kookaburra Graeme Begbie, World Championship silver medal winning gymnast Lauren Mitchell and world indoor pole vault champion and twice WAIS athlete of the year Steve Hooker.

The 23 year-old earned the award after producing a dominant display at the March 2010 World Championships in Poland, retaining his points score title, before adding rainbow jerseys in the madison and teams pursuit.

Meyer also excelled on the road, winning a national title in the time trial and securing two top 10 finishes in the time trial stages of the Giro d' Italia for his professional road team Garmin-Cervelo.

Cameron Meyer became the first WAIS cyclist to win the award since Ryan Bayley in 2003-2004.



Photo: Getty Images



Photo: Getty Images

CHAMPIONS BREAKFAST



Photo: RAW Image

CHAMPIONS BREAKFAST AWARD WINNERS

The 2011 WAIS Champions Breakfast continued the tradition of recognising WAIS athletes and staff who had achieved excellence on the domestic and world stage in the past year.

The WAIS Cycling Program, Lauren Mitchell and her coaches Martine George and Nikolai Lapchine were amongst the award winners at the breakfast hosted by 720 ABC Perth Drive presenter Russell Woolf in front of over 150 guests.

In a year that had seen a further four WAIS World Champions, numerous athletes returning home from the New Delhi Commonwealth Games with medals and coaches and staff being recognised as leaders in their field, the nominations were again of high pedigree as WAIS honoured those achievements.

Five Awards were presented on the morning with WAIS Chairman Grant Boyce and the Minister for Sport and Recreation, the Hon. Terry Waldron on hand to assist with the Award presentations.

The 2011 WAIS Champions Breakfast Award winners were:

- Coach of the Year – **Martine George** and **Nikolai Lapchine** (Gymnastics)
- Triumph Award – **Lauren Mitchell** (Gymnastics)
- Athlete Career and Education Excellence Award – **Lachlan Cooke** (Canoeing)
- Best New Initiative – **Gilman Barnitt**, **Geish Hori** and **Greg Morgan** (Strength and Conditioning Intern Program)
- Program of the Year - **WAIS Cycling Program**



Photo: RAW Image

BEST NEW INITIATIVE GILMAN BARNITT & GEISH HORI (GREG MORGAN ABSENT)



Photo: RAW Image

COACH OF THE YEAR NIKOLAI LAPCHINE & MARTINE GEORGE



Photo: RAW Image

ACE AWARD LACHLAN COOKE



Photo: RAW Image

TRIUMPH AWARD LAUREN MITCHELL



Photo: RAW Image

PROGRAM OF THE YEAR CYCLING REPRESENTED BY DARRYL BENSON



WAIS 2010 COMMONWEALTH GAMES REPRESENTATIVES





ATHLETE SCORECARD 2010

SUMMER OLYMPIC SPORTS	WAIS STATUS	KPI – NATIONAL TEAM (AT BENCHMARK EVENT) 2010			KPI – WORLD CLASS PERFORMANCE 2010		
		WAIS TARGET	WAIS ACTUAL	WAIS% AUST NO	WAIS ACTUAL	AUST NO	WAIS% AUST NO
Athletics	Program	9	8	12.10%	0	0	0.00%
Canoe/Kayak - Flatwater	Program	2	3	15.00%	0	6	0.00%
Cycling (Track)	Program	4	7	36.80%	4	13	30.80%
Diving	Program	0	0	0.00%	0	9	0.00%
Football - Women	Program	3	0	0.00%	0	0	0.00%
Gymnastics (Artistic) - Women	Program	2	3	50.00%	3	3	100.00%
Hockey - Men	Program	3	2	11.10%	2	18	11.10%
Hockey - Women	Program	4	5	27.80%	5	18	27.80%
Rowing	Program	3	1	3.00%	1	24	4.20%
Sailing	Program	2	2	8.30%	0	14	0.00%
Swimming	Program	2	4	6.80%	0	0	0.00%
Water Polo - Men	Program	4	4	30.80%	0	0	0.00%
Water Polo - Women	Program	3	3	23.10%	3	13	23.10%
Archery	IASP	1	1	16.70%	0	0	0.00%
Badminton	IASP	1	1	10.00%	0	0	0.00%
Canoe/Kayak - Slalom	IASP	2	2	13.30%	0	3	0.00%
Cycling (MB & BMX)	IASP	2	1	10.00%	1	10	10.00%
Equestrian	IASP	3	1	16.70%	1	6	16.70%
Fencing	IASP	0	2	12.50%	0	0	0.00%
Gymnastics (Rhythmic)	IASP	1	1	25.00%	1	4	25.00%
Shooting (Pistol)	IASP	1	1	33.30%	1	3	33.30%
Shooting (Rifle)	IASP	1	2	33.30%	2	6	33.30%
Triathlon	IASP	1	1	16.70%	0	3	0.00%
Volleyball (Indoor)	IASP	1	2	16.70%	0	0	0.00%
TOTAL		55	57	14.7%	24	153	15.7%
NON OLYMPIC SPORTS	WAIS STATUS	WAIS TARGET	WAIS ACTUAL	% TEAM	WAIS ACTUAL	AUST NO	% TEAM
Netball	Program	2	1	8.30%	1	12	8.30%
TOTAL		2	1	8.30%	1	12	8.30%
SUMMER PARALYMPIC SPORTS	WAIS STATUS	WAIS TARGET	WAIS ACTUAL	% TEAM	WAIS ACTUAL	AUST NO	% TEAM
Athletics	IASP	0	2	4.20%	2	42	4.76%
Cycling	IASP	1	1	11.10%	1	9	11.10%
Equestrian	IASP	1	1	16.70%	1	2	50%
Powerlifting	IASP	1	1	16.70%	0	0	0.00%
Wheelchair Basketball	IASP	5	6	25%	6	24	25.00%
Yachting	IASP	3	3	37.50%	0	1	0%
TOTAL		11	14	13.9%	10	78	12.8%
GRAND TOTAL		68	72	14.34%	35	243	14.40%



COACHING

WAIS COACHES

LEADING OUR SPORT PROGRAMS WITH
PASSION AND COMMITMENT TO EXCELLENCE.



COACHING DEPARTMENT



Photo: Adrian Broughton

L-R: BRIAN GLENCROSS, ALAN BLACK, SIMON JONES, GREG HODGE

Over the past year WAIS has provided leadership professional development opportunities to its coaching staff. WAIS worked with a consultancy based in Melbourne, Development Dimensions International who specialise in leadership development. Investment in leadership is the cornerstone of performance improvement in the future as coaches need to be drivers of extracting expertise from multi disciplinary teams.

The Coaching Department had several key changes in 2010. Liz Chetkovich (Acrobatic Coaching Group Manager) took a twelve month sabbatical from WAIS. This resulted in Alan Black acquiring the Acrobatic sports making his portfolio Invasion and Acrobatic Sports.

As part of this change Martine George was elevated to Head Coach of the Gymnastics program, tasked with leading this program.

In Racing Sports, Antonio Mauriogiovanni (Rowing Performance Manager) returned to International coaching, while Lincoln Handley was promoted to Rowing Head Coach and now leads the program, assisted by Rebecca Sattin.

On the performance side, WAIS sports programs have provided significant contributions to National senior teams in 2010. The racing sports contributed twenty two athletes while the Invasion and Acrobatic programs contributed nineteen athletes giving a total of 42 National senior team representatives.

*Coaching Group Manager Invasion and Acrobatic Sports: Alan Black
Coaching Group Manager Racing Sports: Simon Jones*

INDIVIDUAL ATHLETE SUPPORT PROGRAM



Photo: Wheelchair Sports WA

SHAUN NORRIS

The WAIS Individual Athlete Support Program continued to assist talented Western Australian athletes from sports outside of the WAIS Program structure to world class performances in 2010-2011. Highlights for the period included a world championship bronze medal to SKUD 18 sailor Rachel Cox, a Commonwealth Games gold medal for rhythmic gymnast Janine Murray, a stellar equestrian campaign from Clayton Fredericks and an all conquering year from the IASP wheelchair basketball athletes.

The Australian Rollers men's wheelchair basketball team won the FIBA World Championships in England after a 79-69 win over France in the final. Justin Eveson, Shaun Norris, Brad Ness and Michael Hartnett all represented WAIS, with Eveson top scoring with 23 points.

Domestically, The Perth Wheelcats won a record fifth straight National Wheelchair Basketball title in 2010, with a 101-81 win over the Wollongong Roller Hawks in Wollongong. WAIS had eight scholarship holders in the Wheelcats squad, with Shaun Norris, Justin Eveson, Brad Ness, Kim Robins, Amber Merritt, Michael Hartnett, Adam Deans and Clare Burzynski all featuring in the championship. Norris hit 43 points, 15 assists and 12 rebounds in a dominant display in the final that collected him the Finals MVP to go with the overall league MVP.

WAIS scholarship holder Rachel Cox won a bronze medal at the 2010 IFDS Sailing World Championships in the Netherlands where she partnered Daniel Fitzgibbon in the SKUD 18 class. The duo finished behind the UK crews of Alexandra Rickham and Niki Birrell for gold and Scott Whitman and Julia Dorsett for silver.

Cox and Fitzgibbon combined to win a bronze medal at the Sail Melbourne World Cup event in December 2010, before Cox, sailing with a new partner and fellow WAIS IASP athlete Jamie Dunross, won bronze at the ISAF World Cup event in Weymouth, England last June to complete a consistent and successful campaign.

Beijing Olympian and WAIS equestrian athlete Clayton Fredericks enjoyed another strong year as he qualified a series of his stable horses for Olympic selection for next year's London Games. Highlighting the year was a win on mount "Bendigo" at the Samur CCI*** in France during May. Fredericks also qualified "Be My Guest" with a fifth place finish at the Lexington CCI**** event and "Dunges Laurent Rose" at the Luhmühlen 2011 CCI**** event, giving him three Olympic qualified horses for the campaign.

IASP scholarship holder Sharon Jarvis also excelled during 2010-2011 in equestrian ranks, winning two bronze medals at the Para World Equestrian Games in the USA on her mount "Applewood Olorado". Jarvis' achievements in the IIS coupled with dressage titles at the WA State

and National Championships saw her named the Domestic Athlete of the Year at the Equestrian Australia Sport Achievement Awards.

WAIS rhythmic gymnast Janine Murray won a gold medal at the 2010 Commonwealth Games in India as a member of the triumphant Australian team in the teams competition. The Australian team of Murray, Naazmi Johnston and Danielle Prince finished the team competition with a combined score from 10 routines of (235.775), a clear ten points ahead of their nearest competitors Canada (224.325), with England taking the bronze (220.475).

Murray also qualified for three individual apparatus finals in New Delhi, taking fifth in the ribbon (23.550), sixth in the ball (23.250) and sixth again in the rope (22.900). Murray was a silver medallist in the all-around at the Australian Rhythmic Gymnastics Championships in Perth, capping a rewarding season.

WAIS BMX athlete Lauren Reynolds enjoyed another consistent year on the World Cup circuit, picking up the first podium finish of career at the UCI BMX Supercross World Cup in Frejus, France. Reynolds won silver behind New Zealander Sarah Walker and ahead of bronze medallist Mariana Pajon of Columbia. Reynolds' performances throughout the year have qualified her for the 2011 World Championships, which will be held in Copenhagen, Denmark.

WAIS slalom canoeing athlete Robin Jeffery won two titles at the Australian Canoe Slalom National Championships in Nymboida in early 2011. Jeffery won the C1 slalom championship before teaming with Will Forsythe to win the C2 class, after his usual teammate and fellow WAIS scholarship holder Kynan Maley was unable to compete.

Maley was back on board in March for the Australian Selection Trials that were held in Tasmania. Jeffery and Maley convincingly won the C2 class, which qualified the pair for September's World Championships in Slovakia, whilst Jeffery also qualified in the C1 class capping a successful domestic campaign for the 23 year-old.

Wheelchair racing athlete Madison de Rozario had a successful campaign picking up six gold medals at the Junior World Championship in the Czech Republic in August, winning the T53 100m, 200m, 400m, 800m, 1500m, and 5000m events. This was followed by four national titles at the Australian Athletics Championships in April. de Rozario won the 100m, 200m, 400m and 800m events and picked up a silver in the 1500m. At the IPC Athletics World Championships in Christchurch, de Rozario finished fifth in the 100m, 200m and 400m T53 events.

S7 Swimmer Katrina Porter set a new personal best in winning the 50m backstroke at April's National Swimming Championships in Sydney. Porter also claimed bronze in the 100m backstroke with her strong results earning her Swimming WA's Multi Class Swimmer of the Year.



Photo: Getty Images

Australian Representatives

Athletics – Elite Athletes with a Disability

Madison De Rozario IPC Athletics World Championships
 Sam Harding IPC Athletics World Championships

Archery

Deonne Bridger Commonwealth Games

Badminton

Nicholas Kidd Commonwealth Games

Canoe/Kayak – Slalom

Robin Jeffery Canoe Slalom World Championships
 Kynan Maley Canoe Slalom World Championships

Cycling – BMX

Lauren Reynolds BMX World Championships

Cycling - Elite Athletes with a Disability

Claire McLean World Cup - various

Equestrian

Sonja Johnson World Equestrian Games

Equestrian - Elite Athletes with a Disability

Sharon Jarvis World Equestrian Games

Fencing

Sutherland Scudds Asian Fencing Championships
 James Lewis Asian Fencing Championships

Gymnastics – Rhythmic

Janine Murray Commonwealth Games

Powerlifting - Elite Athletes with a Disability

Darren Gardiner Oceania Championships

Sailing - Elite Athletes with a Disability

Rachel Cox IFDS World Championships
 Colin Harrison IFDS World Championships

Shooting

Pam McKenzie Commonwealth Games
 Robyn Van Nus Commonwealth Games, World Championships
 Tyrone Vitler Commonwealth Games

Triathlon

Felicity Sheedy-Ryan World Duathlon Championships

Wheelchair Basketball - Elite Athletes with a Disability

Justin Eveson World Cup
 Michael Hartnett World Cup
 Brad Ness World Cup
 Shaun Norris World Cup
 Clare Buryzinski World Cup
 Amber Merritt World Cup



JANINE MURRAY



Photo: Wheelchair Sports WA

ATHLETICS



PROGRAM PARTNERS



Photo: Getty Images

KIM MICKLE

WAIS track and field athletes returned strong medal results from the Commonwealth Games in October 2010, which in the absence of a World Championships was the benchmark event for the 2010-2011 period. Steve Hooker, Alana Boyd, Kim Mickle and Ben Offereins all claimed medals in New Delhi as the WAIS Track and Field Program continued to meet high standards.

At the start of the reporting period, pole vaulter Steve Hooker was in the midst of his European campaign, and in July he finished second in the IAAF Diamond League meet in Lausanne, Switzerland. Hooker cleared 5.80m.

Liz Parnov competed at the inaugural Youth Olympic Games in Singapore in August, winning a silver medal in the women's pole vault after clearing 4.25m.

The Diamond League season continued through August, with Ben Offereins competing in the men's 400m in Stockholm. Offereins clocked 46.21secs to take fourth place. The national champion travelled on to London where he again ran fourth, on this occasion clocking a time of 46.59secs. Offereins was joined in London by fellow WAIS athlete Alana Boyd who competed in the women's pole vault, finishing ninth with a best jump of 4.11m.

Brussels, Belgium was the location for the next Diamond League showpiece, with both Ben Offereins and Steve Hooker in action. Offereins finished ninth in the 400m in a time of 46.74secs, whilst on the pole vault runway, Hooker cleared a best of 5.65m for fifth position.

In September, a strong contingent of WAIS track and field athletes competed at the IAAF Continental Cup in Split, Croatia. The Australian team, competing under the banner of "Oceania" against the other continental powers, was highlighted by a gold medal to Olympic and World Champion Steve Hooker, who won the men's pole vault after clearing 5.95m. Kim Mickle won bronze in the women's javelin after

Jody Henry ran in the women's 400m, claiming seventh in a time of 52.52secs before backing up for the women's 200m where she finished sixth in 24.02secs. Ben Offereins ran sixth in the men's 400m stopping the clock at 45.94secs.

In October, New Delhi hosted the Commonwealth Games with eight WAIS athletes competing. Steve Hooker defended his Commonwealth title, winning the men's pole vault with a jump of 5.60m. Alana Boyd joined Hooker on top of the medal dais after she won the women's pole vault by clearing 4.40m. Also competing in the women's pole vault was Amanda Bisk who finished sixth with a best jump of 4.25m and Liz Parnov, who cleared 3.95m for 11th. Kim Mickle won a silver medal in the women's javelin after she recorded a best throw of 60.90m.

Ben Offereins ran in the men's 400m final, taking seventh place with a time of 46.00, and was a member of Australian men's 4x400m relay squad that won gold, after Offereins ran in the heats for Australia. Jody Henry ran in the Australian women's 4x400 relay team, with the girls finishing seventh in the final. Ellen Pettitt was the other WAIS athlete in action in New Delhi, finishing 11th in the women's high jump, after clearing 1.78m.

The Melbourne Track classic was held in earlier March as part of the newly created Australian Athletics Tour. Ben Offereins competed in the men's 400m in Melbourne finishing fourth in a time of 46.46secs. Jody Henry ran in the women's 200m, finishing seventh in a time of 24.31secs. In the men's shot put, Matthew Cowie threw a distance of 15.29m for sixth place.

In March, Alana Boyd produced a world class jump in Perth at a local domestic Grand Prix meet. Boyd cleared 4.60m in a jump that moved her into third on the All-time Australian list of highest female jumpers. The personal best clearance was also an A-Qualifier for August's World Championships in Daegu, South Korea.

The Sydney Track Classic in March was highlighted by a personal best for javelin thrower Kim Mickle, who won the event with a best throw of 63.82m, which doubled as an A-Qualifier for the World Championships. Alana Boyd won the women's pole vault in Sydney, clearing 4.10m, whilst Amanda Bisk finished fourth with a best jump of 3.80m. Ben Offereins finished second in the men's 400m in a time of 46.16secs.

The Australian Junior Nationals were also hosted in March, with Ellen Pearce winning the women's U20 pole vault with a jump of 4.05m, whilst 14 year-old pole vaulter Nina Kennedy impressed winning the U17 competition, with a jump of 3.45m and the U15 with a big clearance of 3.75m.

Perth hosted the Athletics Tour Final in April, with Kim Mickle winning the women's javelin, which also crowned her the throws division champion, ahead of World Champion discus thrower Dani Samuels. Mickle won the javelin event in Perth, with a best throw of 59.46m. Ben Offereins ran a season best in Perth, clocking 45.85secs to win the men's 400m.

Melbourne hosted the Australian Athletics Championships in April, with two WAIS athletes claiming national championships. Kim Mickle won a sixth women's javelin crown, after throwing 59.39m. Ellen Pettitt won the women's high jump national title after clearing 1.83m. Pettitt claimed gold ahead of fellow WAIS high jumper Zoe Timmers, who had a best jump of 1.80m.

Ben Offereins was second in the men's 400m in Melbourne, stopping the clock at 45.88secs. WAIS hurdles runner Shannon McCann was second in the women's 100m hurdles running a time of 13.55secs, whilst Ellen Pearce finished third in the women's pole vault, clearing 3.70m. Young WAIS shot putter Matt Cowie, finished tenth in the shot put, heaving 13.95m.

WAIS had four scholarship holders named on the Australian Flame team for August's World Championships following the national championships. Pole vaulters Steve Hooker and Alana Boyd were selected via injury exemption despite not competing at nationals, whilst Ben Offereins was selected for the men's 4x400m relay and Kim Mickle will compete

Coaches

Lyn Foreman	Head Coach (Track)
Alex Parnov	Head Coach (Pole Vault)
Grant Ward	Head Coach (Field)

Service Providers

Gilman Barnitt	Strength & Conditioning
JP Caneiro	Physiotherapist
Brian Glencross	Performance Manager
Carmel Goodman	Doctor
Kevin Hayter	Psychologist
Andrew Lyttle	Biomechanist
Greg Morgan	Strength & Conditioning
Lizzie Moyle	Ace Counsellor
Peter Peeling	Physiologist
Simon Jones	Coaching Group Manager
Chris Perkin	Physiotherapist

WAIS Program Athletes

Matthew Cowie	Jody Henry
Shannon McCann	Kim Mickle
Ben Offereins	Rhiannon Ormsby
Morgan Ward	Alana Boyd
Amanda Bisk	Steve Hooker
Vicky Parnov	Liz Parnov
Ellen Pearce	Nina Kennedy
Darren Howard	Shenae Peterson
Jonathan Coestee	Jace Collingridge

Major Title Winners

Steve Hooker	2010, Commonwealth Games, Pole Vault, India
Alana Boyd	2010, Commonwealth Games, Pole Vault, India
Ben Offereins	2010, Commonwealth Games, 4x400m Relay, India
Steve Hooker	2010, Continental Cup, Pole Vault, Croatia
Ellen Pettitt	2011, National Championships, High Jump, Aust
Kim Mickle	2011, National Championships, Javelin, Aust
Ellen Pearce	2011, U20 National Championships, Pole Vault, Aust
Nina Kennedy	2011, U17 National Championships, Pole Vault, Aust
Nina Kennedy	2011, U15 National Championships, Pole Vault, Aust

Australian Representatives

Steve Hooker	2010, Commonwealth Games, Pole Vault
Alana Boyd	2010, Commonwealth Games, Pole Vault
Ben Offereins	2010, Commonwealth Games, 400m, 4x400m Relay
Kim Mickle	2010, Commonwealth Games, Javelin
Ellen Pettitt	2010, Commonwealth Games, High Jump
Amanda Bisk	2010, Commonwealth Games, Pole Vault
Liz Parnov	2010, Commonwealth Games, Pole Vault
Jody Henry	2010, Commonwealth Games, 4x400m Relay
Liz Parnov	2010, Youth Olympics, Pole Vault
Steve Hooker	2010, Continental Cup, Pole Vault
Alana Boyd	2010, Continental Cup, Pole Vault
Ben Offereins	2010, Continental Cup, 400m, 4x400m Relay
Kim Mickle	2010, Continental Cup, Javelin
Jody Henry	2010, Continental Cup, 200m, 400m

Coaching Achievements

Alex Parnov	National Coach Pole Vault, 2010, Commonwealth Games, India
Lyn Foreman	National Coach Relays, 2010, Commonwealth Games, India
Grant Ward	National Coach Throws, 2010, Commonwealth Games, India



Photo: Getty Images

CANOEING



PROGRAM PARTNERS



ALANA NICHOLLS

The 2010-2011 period was another successful year for the WAIS sprint Canoe/Kayak Program with an historic world cup series from Alana Nicholls highlighting what was a consistent season from a young, talented and developing group.

WAIS K2 200m paddlers Jesse Phillips and Stephen Bird in July, captured a precious position on the Australian sprint kayak team for August's World Championships after defeating Chris Alagich (QAS) and Matt Goble (SASI) in a selection race.

Poznan, Poland played host to the World Championships, with Phillips and Bird finishing fourth in the B Final of the K2 200m for a 13th rank overall. WAIS canoeing athlete Ferenc Szekszardi paired with NSWIS athlete Seb Marczak to compete in the C2 200m final, recording Australia's best ever finish in the boat class with a fifth place finish in the B Final for a 14th rank overall.

Following World Championships, Jesse Phillips and Stephen Bird competed at the World University Games, which were also held in Poznan, claiming bronze medals in both the K2 200m and K2 500m events.

During September Phillips and Bird competed in the Liffey Descent marathon race in Ireland, claiming the race victory. In October the pair competed in the Fish River marathon in South Africa for a sixth position finish.

In November, Reece Baker won the National team boat selection race at Coomera on the Gold Coast from team mate Brendon Sarson, who finished in second. Baker was subsequently added to the National K4 squad.

WAIS paddlers kicked off the National Grand Prix regatta series in fine style in Adelaide, with the WAIS crew of Brodie Holmes, Reece Baker, Brendon Sarson and Daniel Bowker paddling a strong race to beat a crew consisting of Olympic gold medallist Ken Wallace and world championship silver medallist David Smith in the K4 1000m. In the K1 1000m, Baker finished second behind Wallace, with Sarson third and Bowker ninth. In the K2 1000m Holmes and Bowker paddled a strong race to finish fourth, with Baker and Sarson in sixth. Libby LeCoultre finished fourth in the women's K1 1000m and had a race win in the K2 1000m.

Alana Nicholls in February competed in her first national grand prix meet in Sydney since coming off a break of almost 12 months from the sport and performed well, winning the women's K1 200m and taking third in the K1 500m. She also partnered former WAIS athlete Rachel Simper in the K2 500m for a second place finish. Jesse Phillips and Stephen Bird claimed victory in the men's K2 200m and were also third in the K2 500m. Ferenc Szekszardi recorded victories in the C1 1000m, C2 500m and C2 200m.

March saw the National Sprint Canoe/Kayak Championships hosted in Adelaide, with WAIS athletes recording their strongest ever result as a group. Four paddlers qualified for the Australian team for the World Cup tour by winning their respective events. Alana Nicholls became the first WAIS paddler to win the K1 200m and K1 500m double, whilst Jesse Phillips and Stephen Bird won the K2 200m event for the second year in a row by the same winning margin of 0.01 sec. Phillips and Bird also won the K2 500m, which is now a non Olympic event, after narrowly defeating their fellow WAIS scholarship holders Brodie Holmes and Daniel Bowker.

Bowker and Holmes also combined for bronze in the K2 1000m final, whilst Holmes also had some excellent results in K1 events, finishing third in the K1 500m. Brendon Sarson claimed silver ahead of Holmes. Lockie Cooke made the B Final of the K1 1000m finishing ninth. This placing along with qualifying for the final of the K2 1000m earned Cooke a call up into his first Australian team by being named in the National U23 team. The WAIS K4 1000m crew of Sarson, Holmes, Bowker and SASI's Chad Alston paddled a strong race to come third in the K4 1000m, with Reece Baker part of a composite team in second place. Ferenc Szekszardi also recorded some positive results winning the C2 200m and finishing second in the C1 1000m and C2 1000m.

Following the National Championships, March also entertained the Selection Trials in Sydney at the International Regatta Centre. Alana Nicholls confirmed her dominance in the shorter events, comfortably winning the K1 200m and K1 500m whilst also recording a comfortable win in the K2 500m with SASI's Hannah Davis. Jesse Phillips and Stephen Bird were third in the K2 200m and the WAIS men's K4 1000m crew of Reece Baker, Brendon Sarson, Brodie Holmes and Daniel Bowker finished in second position. Ferenc Szekszardi with partner Seb Marczak won the C2 1000m.

In April WAIS paddler Lockie Cooke received an accolade for his charity organisation (ICEA Foundation) where he was named as a Youth Ambassador for the Commonwealth Youth Forum which forms part of the CHOGM in October this year.

The European World Cup season started in May, with Alana Nicholls converting her brilliant domestic form onto the international stage. Nicholls won silver in the K1 500m and bronze in the K1 200m in World Cup 1 in Poznan, Poland, whilst Jesse Phillips and Stephen Bird finished eighth in the K2 200m and ninth in K2 500m.

World Cup 2 was hosted in the Czech Republic city of Racice and Alana Nicholls created history, becoming the first WAIS athlete and Australian female to win a K1 world cup gold medal. Nicholls earned the medal with a comfortable win in the K1 500m. Jesse Phillips and Stephen Bird were ninth in the A Final of the K2 500m.

World Cup 3 in Duisburg, Germany saw Alana Nicholls record a win in the K1 500m B Final and a sixth place finish in the K1 200m whilst Phillips and Bird comfortably won the C Final of the K2 200m.

In June, Lockie Cooke and Jaymee Lee Martin competed in the Australian U23 team at the International Ruhr Regatta in Bochum Germany. Jaymee Lee Martin had an excellent regatta in her first Australian team recording a comfortable win in the K1 500m and finishing second to fellow Australian athlete Jacqui Beaver in the K1 200m. Lochie Cooke also had a strong regatta teaming with fellow West Australian Brendan Rice to win the K2 1000m.

WAIS athlete Shannon Reynolds attended the National Junior (U18) team camp in Sydney with the focus on bringing the junior team together to enhance their preparation for the Junior World Championships in Brandenburg Germany in August. During the course of the camp a mini regatta was held with Shannon Reynolds winning both the K1 200m and K1 500m.

Another successful year for the WAIS Sprint Canoe/Kayak program was completed when Jesse Phillips and Stephen Bird were selected to compete in the final selection race for the K2 200m boat in early August for a spot on the Australian team for the World Championships.

Coaches

Ramon Andersson	Head Coach
Michael Pond	Assistant Coach

Service Providers

Gilman Barnitt	Strength & Conditioning
Peter Peeling	Physiologist
Matthew Doyle	Biomechanist
Carmel Goodman	Doctor
Peter Steele	Doctor
Brett Slocombe	Physiotherapist
Simon Jones	Coaching Group Manager
Clare Wood	Dietician
Kevin Hayter	Psychologist

WAIS Program Athletes

Reece Baker	Stephen Bird
Daniel Bowker	Lachlan Cooke
Brodie Holmes	Libby Le Coultre
Alana Nicholls	Jesse Phillips
Brendon Sarson	Ferenc Szekszardi
Shannon Reynolds	Jaymee Lee Martin

Major Title Winners

Alana Nicholls	2011, National Championships, 200m, 500m, Australia
Stephen Bird	2011, National Championships, K2 200m, 500m
Jesse Philips	2011, National Championships, K2 200m, 500m
Ferenc Szekszardi	2011, National Championships, C2 200m

Australian Representatives

Stephen Bird	2010, World Championships, Poznan, Poland
Jesse Philips	2010, World Championships, Poznan, Poland
Ferenc Szekszardi	2010, World Championships, Poznan, Poland

Coaching Achievements

Ramon Andersson	National 200m Coach, 2010, World Cup Tour
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CYCLING



PROGRAM PARTNERS



Photo: Getty Images

CAMERON MEYER

The WAIS Cycling Program crowned three world champions in 2010-2011 and was awarded the WAIS Program of the Year as its athletes continued to thrive on track and road domestically and abroad.

Five WAIS cyclists were in August selected for the Australian Cyclones team to compete at the 2010 Commonwealth Games in New Delhi, India. Brothers Cameron and Travis Meyer, Scott Sunderland, Michael Freiberg and Josie Tomic were all named for the travelling team.

Isabella King and Michaela Anderson won junior world titles at the Junior Track World Championships in Montichiari, Italy during August. King and Anderson combined with Tasmanian athlete Amy Cure to break the junior world record in winning the women's team pursuit. King also claimed a silver medal in the omnium whilst Anderson narrowly missed a second medal in the individual pursuit, finishing fourth. Holly Williams performed well in the sprint events claiming three medals. Williams won silver in the keirin event, along with bronze in the sprint and team sprint.

Luke Durbridge produced a sensational ride for silver in the men's U23 time trial at the U23 Road World Championships in Geelong. Durbridge became the youngest ever competitor to win a medal at U23 level, breaking the existing record of Fabian Cancellara by 33 days. Durbridge missed out on gold by 1.9secs over the 31.6km course behind American Taylor Phinney.

In September WAIS cyclist Travis Meyer decided to pull out of the Australian team for the Commonwealth Games due to health concerns.

In October, WAIS cyclists secured a significant medal haul from the Commonwealth Games in India. Cameron Meyer won three gold medals, with victories in the points score, scratch race and team pursuit, where

Meyer in the scratch race. Scott Sunderland won gold in the men's 1km time-trial breaking the Commonwealth Record, before adding a second gold in the team sprint. Sunderland also earned silver in the men's sprint behind compatriot Shane Perkins. Luke Durbridge won a bronze medal in the men's road time-trial, whilst Josie Tomic was 10th in the women's points race.

In November, Cameron Meyer, Josie Tomic, Sarah Kent, Scott Sunderland and Mel Hoskins were selected for the Australian team to compete at the Melbourne UCI Track World Cup.

Cameron Meyer was named the WAIS Athlete of the Year in November at the WAIS Annual Dinner. Meyer won the award ahead of an esteemed group including pole vaulter Steve Hooker, Kookaburra Graeme Begbie and gymnast Lauren Mitchell.

Josie Tomic and Sarah Kent rode with Kate Bates to win the women's team pursuit for Australia at the UCI Track World Cup in Melbourne. The trio defeated a German team to claim the world cup win. Cameron Meyer eased to victory alongside Leigh Howard in the men's madison event. The pair took two laps on their rivals for a comfortable win over New Zealand. Meyer also won gold as a member of the Australian teams pursuit team.

Cameron Meyer was awarded the prestigious Sir Hubert "Oppy" Opperman medal for the Australian Cyclist of the Year in Melbourne in December, recognising his efforts across a highly successful 2010 campaign.

Cameron Meyer and Luke Durbridge started 2011 in style in January with wins in the men's senior and U23 road time-trials respectively at the Road National Championships in Ballarat. Meyer covered the 38.2kilometre course in 47mins 10.72seconds to finish thirteen seconds ahead of Australian team mate Jack Bobridge, whilst in the U23 competition, Durbridge took out the 27.1 kilometre circuit by almost a minute over his rivals.

Cameron Meyer's road form continued as he won the Tour Down Under in South Australia, Australia's most prestigious road race that includes athletes from around the world, with the 2011 edition also remembered as seven time Tour de France winner Lance Armstrong's last professional tour race. Meyer, competing for his professional road team Garmin Cervelo, claimed the Ochre jersey by two seconds ahead of HTC-Highroad cyclist Matt Goss. Travis Meyer and Luke Durbridge also competed in the tour.

The UCI Track World Cup series continued in late January moving to Beijing, with Sarah Kent and Mel Hoskins winning bronze in the women's team pursuit. Michael Freiberg competed in the men's omnium finishing just outside the medals, whilst Scott Sunderland was fifth in the team sprint and ninth in the individual sprint.

In February the Track National Championships were hosted in Sydney. Josie Tomic starred winning three national titles, with gold medals in the individual pursuit and points race before joining with WAIS teammates Mel Hoskins and Isabella King for a win in the women's team pursuit. Hoskins and King also claimed silver and bronze respectively in the omnium competition. Luke Durbridge won his first senior national championship, taking gold in the men's points race. Scott Sunderland claimed silver in the men's sprint and Holly Williams claimed bronze in the keirin and 500m time-trial. In the U19 ranks, Jessica Allen won gold in the points race, Allee Proud won silver in the women's sprint and Luke Zacaria took silver in the men's keirin.

Following the national championships, Allee Proud was named in the Australian team for the 2011 UCI Junior Track World Championships in Russia to be held in August.

Manchester hosted the final UCI Track World Cup of the series in February, with Michael Freiberg taking fifth in the men's omnium and Mel Hoskins finishing eighth in the women's omnium. Hoskins then competed with Isabella King to take sixth position in the women's team pursuit. Scott Sunderland claimed ninth position in the men's sprint.

WAIS had a record seven scholarship holders named in the Australian

Apeldoorn, Netherlands. Cameron Meyer, Josie Tomic, Sarah Kent, Luke Durbridge, Michael Freiberg, Scott Sunderland and Mel Hoskins all travelled with the Australian team.

Luke Durbridge won a first track world championship title after he competed in the men's team pursuit for a gold medal alongside Jack Bobridge, Rohan Dennis and Michael Hepburn. The Australians rode a time of 3:57.832mins to defeat their Russian counterparts by over four seconds. Michael Freiberg also claimed a debut world championship after he won the men's omnium title in Holland. Freiberg was a model of consistency in accruing the lowest total of 34 points for the win ahead of Shane Archibald of New Zealand and Belgian Gijs Van Hoecke. Cameron Meyer won a fifth career world title after partnering Leigh Howard to retain their madison title. Meyer also claimed a silver medal in the points race after being heavily marked by the field. Josie Tomic and her women's team pursuit teammates missed out on third place after being defeated by the New Zealand team in the bronze medal race. In the men's team sprint Scott Sunderland partnered Dan Ellis and Jason Niblett for fourth place, losing to Great Britain in the bronze medal race. In the men's sprint, Sunderland was defeated by eventual champion Gregory Bauge in the quarter finals.

The WAIS Cycling Program was named the WAIS Sports Program of the Year at the 2011 Champions Breakfast following an impressive campaign that saw three athletes win world championships. The Program's success at both junior and senior level on track and road set it apart over the 12 month period, with the award recognising the talent and consistency of both the athletes and coaching group.

Three events made up the National Junior U19 selection series to select the Australian Junior 19 road team for world championships The Oceania Road Championships in Victoria in March, the Tour of Mersey in Tasmania in April and the National Junior 19 Road Championships in NSW during June formed the key dates where Jessica Allen gained Australian Team selection following two strong wins and two further placings. Bradley Linfield earned a win and a second place finish to make his Australian Team debut for World Road Championships held later in the year.

Cameron Meyer completed the Giro de Italia during May with a seventh place finish in the Time Trial stage and a strong Team support role for the Garmin Cervelo Pro team highlighting his efforts.

In the coaching department Clay Worthington commenced in the newly created role of WAIS Senior Coach in January, whilst WAIS Head Cycling Coach Darryl Benson served national duties at the Cali, Columbia World Track Cup in December as well as a stint in Europe with the National Women's Track Endurance Team.

Coaches

Darryl Benson	Head Coach
Clay Worthington	Senior Coach

Service Providers

Kevin Hayter	Psychologist
Peter Peeling	Physiologist
Matthew Doyle	Biomechanist
Carmel Goodman	Doctor
Clare Wood	Dietician
Jenny Marsh	ACE Coordinator
Geish Hori	Strength & Conditioning
Simon Jones	Coaching Group Manager
Linda Spagnolo	Physiotherapist

WAIS Program Athletes

Jessica Allen	Michaela Anderson
Jonathan Bathe	Mitchell Benson
Luke Durbridge	Michael Freiberg
Melissa Hoskins	Sarah Kent
Isabella King	Bradley Linfield
Cameron Meyer	Travis Meyer
Allee Proud	Matthew Storer
Scott Sunderland	Josephine Tomic
Alex Trumble	Reece Tucknott
Jack Ward	Holly Williams
Elissa Wundersitz	Theo Yates
Luke Zaccaria	

Major Title Winners

Cameron Meyer	2010, Commonwealth Games, Points Race, Scratch Race, Team Pursuit, India
Scott Sunderland	2010, Commonwealth Games, Kilometer, Team Sprint, India
Michael Frieburg	2010, Commonwealth Games, Team Pursuit, India
Luke Durbridge	2011, World Championships, Team Pursuit, Netherlands
Michael Frieburg	2011, World Championships, Omnium, Netherlands
Cameron Meyer	2011, World Championships, Madison, Netherlands
Josie Tomic	2011, National Track Championships, Team Pursuit, Points, IP, Australia
Melanie Hoskins	2011, National Track Championships, Team Pursuit, Australia
Bella King	2011, National Track Championships, Team Pursuit, Australia
Jessica Allen	2011, National Junior Track Championships, Points Race, Australia
Luke Durbridge	2011, National Track Championships, Points Race, Australia
Scott Sunderland	2011, National Track Championships, Kilometer, Australia
Cameron Meyer	2011, National Road Championships, Time Trial, Australia
Luke Durbridge	2011, National Road Championships, U 23 Time Trial, Australia

Australian Representatives

Cameron Meyer	2010, Commonwealth Games, Team Pursuit, Points Race, Scratch Race, India
Luke Durbridge	2010, Commonwealth Games, Points Race, Road Race, Time Trial, India
Michael Frieburg	2010, Commonwealth Games, Scratch Race, Team Pursuit, India
Scott Sunderland	2010, Commonwealth Games, Sprint, Kilometer, Team Sprint, India
Josie Tomic	2010, Commonwealth Games, Points Race, Scratch, IP, India
Cameron Meyer	2011, World Championships, Points Race, Madison, Netherlands
Luke Durbridge	2011, World Championships, Team Pursuit, Netherlands
Josie Tomic	2011, World Championships, Team Pursuit, Netherlands
Sarah Kent	2011, World Championships, Team Pursuit, Points Race, Netherlands
Michael Frieburg	2011, World Championships, Omnium, Netherlands
Scott Sunderland	2011, World Championships, Team Sprint, Netherlands
Cameron Meyer	2011, Melbourne World Cup, Team Pursuit, Australia
Josie Tomic	2011, Melbourne World Cup, Team Pursuit, Australia
Sarah Kent	2011, Melbourne World Cup, Team Pursuit, Australia
Scott Sunderland	2011, Melbourne World Cup, Team Sprint, Australia
Michael Frieburg	2011, Beijing World Cup, Omnium, China
Sarah Kent	2011, Beijing World Cup, Team Pursuit, China
Melanie Hoskins	2011, Beijing World Cup, Team Pursuit, China
Scott Sunderland	2011, Beijing World Cup, Team Sprint, China
Michael Frieburg	2011, Manchester World Cup, Omnium, UK
Bella King	2011, Manchester World Cup, Team Pursuit, UK
Melanie Hoskins	2011, Manchester World Cup, Team Pursuit, UK
Bella King	2010, Junior World Championships, Team Pursuit, Omnium, Italy
Holly Williams	2010, Junior World Championships, Sprint, Kirin, Team Sprint, Italy
Jessica Allen	2010, Junior World Championships, Road Race, Italy
Luke Durbridge	2010, World U23 Road Championships, Road Race, TT, Australia



Photo: Getty Images

DIVING



PROGRAM PARTNERS



The WAIS Diving Program continued into its third year of operation as a WAIS program in 2010-2011 with athlete Maddison Keeney becoming the first scholarship holder through the program to represent Australia at Junior World Championship level.

In July, Perth hosted the 2010 Australian Elite Junior Diving Championships at Challenge Stadium. On day one of competition, Sophie Henderson finished third in the Junior C 1m event, with a score of 297.90. Lucie Williams was 12th (206.10). In the Junior B Girls Platform, Maddison Keeney finished fourth with a score of 315.45, whilst Zachary Farrall was sixth in the Junior C Boys 3m, with a score of 223.35.

Maddison Keeney returned to action on day two of competition, with a second place finish in the Junior B Girls 3m with a score of 464.90. In the Junior C Girls Platform, Courtney Press finished fourth (284.30) and Sophie Henderson fifth (278.45), while Lucie Williams was eighth on 255.65. In the Girls 3m synchronized, Courtney Press and Sophie Henderson combined for fifth, returning a score of 232.32.

On day three of competition, Zachary Farrall was fourth (217.65) in the Junior C Boys 1m, and Maddison Keeney claimed fifth in the Junior B Girls 1m with a score of 426.25. In the Junior C Girls 3m, Sophie Henderson claimed fifth place on 292.45, with Courtney Press seventh (283.45) and Lucie Williams ninth (263.30).

Following the competition, Maddison Keeney was selected for the Australian team for the Junior World Championships in Arizona, USA in September. Keeney was joined in the Junior Australian team camp by WAIS head diving coach Iris Deng, who has been overseeing the athlete's development for the past 18 months in Perth.

Keeney competed in the 3m springboard final in Arizona, capturing 12th position with a score of 321.80. Gold was won by American diver Cassidy Cook (437.30), ahead of China's Lou Ying (422.30) and Japan's Yuka Mabuchi (401.00).

The competition marked something of a milestone for the WAIS Diving Program, as Keeney was the first athlete from the program to earn selection for a national team and subsequently the first athlete to compete in international competition.

Coach

Iris Deng Senior Coach

Service Providers

Natasha Brock	Masseur
Alan Black	Coaching Group Manager
Liz Chetkovich	Performance Manager
Sacha Fulton	Physiologist
Julie Meek	Dietician
Duncan Sullivan	Doctor
Jenny Marsh	ACE Coordinator
Greg Morgan	Strength & Conditioning
Joanne Norcott	Physiotherapist
Emilie Thienot	Psychologist
Michael Williams	Strength & Conditioning

WAIS Program Athletes

Madison Keeney	Tyra Simons
Joshua Ong	Sean Cottrill
Sally Hackett	

Major Title Winners

Maddison Keeney 2011, National Junior Elite level B, 1m, Australia



FOOTBALL WOMEN



PROGRAM PARTNERS



The WAIS Women's Football Program continued to enjoy strong representation at senior international level in 2010-2011 as the Matildas built towards the FIFA Women's World Cup. Domestically the Glory narrowly missed out on the finals in the W-League, with a young squad featuring a good number of WAIS scholarship holders.

The 2010-2011 period kicked off in July with Matildas regulars Collette McCallum, Katie Gill and Sam Kerr given AIS camp based scholarships for the remainder of 2010. Coffs Harbour hosted the U17 National Youth Championships, with Sadie Lawrence and Jaymee Gibbons selected for Western Australia. Whilst WA didn't feature in the final, Jaymee Gibbons impressed, named in the all stars team for the tournament.

McCallum, Gill and Kerr were back in action for the Matildas in October, travelling to Korea for the Peace Cup. Australia defeated Mexico 3-1 in its opening round-robin match with Katie Gill and Collette McCallum both on the score sheet. Gill scored the decisive goal in a 1-0 win over Chinese Taipei as Australia qualified for a final spot against hosts Korea Republic.

Australia suffered a 2-1 defeat in the final as Korea Republic edged a close match in front of a big and parochial home crowd. The prolific Katie Gill found the net for her third goal of the tournament, which earned her the golden shoe award as well as the tournament MVP.

Australia had a quick turn-around to finish the month with an International fixture against Germany in Hamburg. Germany won the match 2-1, with Sam Kerr scoring for the Matildas, whilst Collette McCallum and Katie Gill also featured.

Katie Gill was awarded the 2010 Asian Football Confederation's Women's Footballer of the Year in November, becoming the first Australian female to win the honour. The Matildas also scooped the AFC Women's Team of the Year, following their success in May's AFC Asian Cup.

Sam Kerr was announced as the WA Department of Sport and Recreation's Young Athlete of the Year, whilst Katie Gill returned to club football in Sweden winning a domestic league crown with LdB FC Malmo.

The Perth Glory women's team began its 2010-2011 W-League campaign in November with WAIS scholarship holders Collette McCallum, Sam Kerr, Katie Gill, Marianna Tabain, Jaymee Gibbons, Sadie Lawrence and Shannon May all members of the Glory squad. The Glory suffered defeats to Canberra and Brisbane but enjoyed a win over Adelaide during the first month of the season.

The W-League continued into December with the Glory having wins over Newcastle and Melbourne but were beaten by Sydney.

In January Football Federation Australia named Sam Kerr, Marianna Tabain and Jaymee Gibbons in the preliminary Young Matildas (U19) squad for the AFC U19 Championships in Vietnam. Collette McCallum, Sam Kerr and Katie Gill are offered extensions of their AIS scholarships for 2011. The Perth Glory finished its W-League season with a win over Adelaide, a draw with Melbourne and defeats at the hands of Sydney and Canberra to finish fifth, one place outside of finals.

In March, Katie Gill became the first female Australian footballer to play in the European Champions League as her Swedish club side Malmo was knocked out in the quarter finals by Arsenal on the away goals rule.

The Matildas stepped up their World Cup preparations in May with two international matches against New Zealand winning both. Collette McCallum and Sam Kerr featured in both matches, with McCallum scoring in a 2-1 win in the second clash.

The Matildas' World Cup squad was announced in May with Collette McCallum and Sam Kerr both included in the squad. McCallum was appointed vice-captain of the team drawn in Group D against Brazil, Equatorial Guinea and Norway.

Coaches

John Gibson	Head Coach
Shaun Murphy	Specialist Coach

Service Providers

Michael Wood	Physiotherapist
Carmel Goodman	Doctor
Jenny Marsh	ACE Coordinator
Gillman Barnitt	Strength & Conditioning
Michael Williams	Strength & Conditioning
Peter Peeling	Physiologist
Alan Black	Coaching Group Manager
Mathew Burgin	Psychologist

WAIS Program Athletes

Jaymee Gibbons	Katie Gill
Samantha Kerr	Shannon May
Collette McCallum	Nadine Rechichi
Marianna Tabain	

Australian Representatives

Samantha Kerr	2011, FIFA Women's World Cup, Germany
Collette McCallum	2011, FIFA Women's World Cup, Germany
Samantha Kerr	2011, AFC Asian Olympic Qualifiers, China
Collette McCallum	2011, AFC Asian Olympic Qualifiers, China



SAMANTHA KERR
Photo: Getty Images

GYMNASTICS WOMENS



PROGRAM PARTNERS



The WAIS Gymnastics Program enjoyed arguably its most successful ever period in 2010-2011 with significant highlights including a World Championship gold medal to Lauren Mitchell in the Netherlands, along with Commonwealth Games gold medals to Mitchell and Emily Little in New Delhi. There were also international medals for Nikki Chung and Georgia Simpson and coaching accolades for Nikolai Lapchine and Martine George as the program went from strength to strength.

The Australian Gymnastics Championships were held in Perth during July, with Nikki Chung finishing third on Vault to go alongside a fifth placed ranking in the all-around standings in the Junior International category. In International Level eight, Franceska Fusha won the Bars competition and finished second on Floor. Fusha was also fourth all-around. International Level six athlete Darcy Norman was third on Bars.

The National Championships were followed by Junior Development Clinics which saw Franceska Fusha, Nikita Hains and Darcy Norman named into the Team Future High Achievers Squad, recognising their top three ranking for their age group.

October's Commonwealth Games in New Delhi, India was a highly successful one for the WAIS Gymnastics Program. Lauren Mitchell brought home four gold medals and one silver, with Emily Little gaining team gold and a silver medal behind teammate Mitchell in the All-Around competition.

Mitchell was also part of the Australian team that won team gold at the Commonwealth Games, before earning more gold on Beam and Uneven Bars, finishing her campaign with silver on the Floor.

Following their triumphant Commonwealth Games campaign Lauren Mitchell and Emily Little headed straight for Rotterdam, Holland for the 2010 Gymnastic World Championships. Georgia Simpson was also selected for Rotterdam as a travelling reserve in the Australian World Championship squad. The Australian team performed well for a sixth position finish in the team event, before Lauren Mitchell finished sixth in the individual All-Around and narrowly missed a medal in the Beam final.

Mitchell's campaign would end on an historic high however, after she claimed gold in the Floor final and became the first Australian female gymnast to win a World Championship.

Lauren Mitchell was nominated for the Australian Sports Performer of the Year Award after her Commonwealth Games and World Championship heroics. Mitchell then backed up that reputation with three gold medals at the DTB World Cup event in Stuttgart, Germany. Mitchell took first place in the Beam, Bars and Floor finals.

Nikki Chung had a tournament to remember at the Combes la Ville event in France. Chung was part of the Australian squad that took team gold, before adding a personal gold on Beam and a bronze on Vault. Chung's strong international form continued at the Massilia Cup in Marseille, France, winning gold on Bars and bronze on Vault.

Lauren Mitchell's phenomenal end to 2010 continued unabated at the Glasgow Grand Prix World Cup Event in Scotland, with Mitchell taking gold medals on both Beam and Floor, along with bronze on Bars.

Nikki Chung returned to domestic competition in November for the National Club Championships in Canberra. Chung, competing in Junior International, finished first in the All-Around, first on Bars and second on Floor. In International Level 10, Franceska Fusha finished fifth All-Around and third on Bars. Briana Ciupac and Li-Anne Ng took third and fourth respectively on Bars in the International Level 8 competition, whilst Nikita Hains claimed third on Bars and Paige Meckenstock fourth on Vault in International Level 6.

Lauren Mitchell's international winning streak stretched into December with the World Champion winning gold on Beam at the Toyota International in Tokyo, Japan. This brought Mitchell's total 2010 international medal haul to a huge 13 medals, including 11 gold.

WAIS athletes Lauren Mitchell, Emily Little, Nikki Chung & Georgia Simpson were named onto the Gymnastics Australia/ATS Olympic



Photo: Getty Images

LAUREN MITCHELL

Franceska Fusha listed in the Junior National Squad for the January-July 2011 period.

Lauren Mitchell continued her success, winning the West Australian Senior Sports Star of the Year award. This was the first time a gymnast had won in the Senior category. Emily Little was a finalist for the Junior Sports Star of the Year Award. Mitchell was only the second Junior aged winner to take the Senior award. She was the first person to win the Junior and Senior awards in consecutive years and was the first female to win this prestigious award in 11 years. Lauren Mitchell's WAIS coaches Nikolai Lapchine and Martine George jointly won the Coach of the Year Award, along with legendary hockey coach Ric Charlesworth in a huge honour for the WAIS Gymnastics Program.

Lauren Mitchell competed in the American Cup World Cup Event in Jacksonville, USA in March, finishing sixth in the All-Around. Nikki Chung travelled to Manchester as part of the Australian team that competed against Great Britain in a two nation competition. Chung finished sixth in the All-Around competition (her Senior debut) and claimed fourth position on the Bars. Chung moved onto the Gymnix Invitational in Montreal, Canada, winning bronze on the Beam, which was her first Senior International medal.

At the French International World Cup Event in Paris, Lauren Mitchell finished fourth on Beam, whilst rounding out a busy month was Emily Little who finished second on Beam and seventh on Floor at the Wild Rose International in Edmonton, Canada.

In May, Lauren Mitchell travelled to the AIS where she was present for the unveiling of an honour board recognising her achievements at the 2010 World Championships. Lauren Mitchell also competed at the Moscow World Cup in Russia during May, finishing sixth on Bars.

The WAIS Champions Breakfast was held in May at the Perth Exhibition Centre. Nikolai Lapchine and Martine George were crowned as WAIS coaches of the Year after guiding Lauren Mitchell to a World Championship crown. Mitchell was also celebrated on the day winning the WAIS Triumph Award for her significant success after overcoming a variety of serious injuries.

Georgia Simpson earned two bronze medals at the Gym Festival in Trnava, Slovakia in June. Simpson finished third on both Bars and Beam, with Nikki Chung taking sixth on Bars, seventh on Beam and

Coaches

Peter Abbott	Senior Coach
Dhana Antulov	Programme Administrator - GWA
Stephanie Bonasera	Development Coach
Emma DiCarlo	Development Coach
Martine George	Senior Coach
Dmitri Kalinine	Coach
Tatiana Lapchina	Specialist Coach
Nikolai Lapchine	Senior Coach
Heidi Rose	Development Coach
Paige Trainor	Development Coach
Salli Wills	Development Coach
Caroline Wright	Development Coach
Michelle Yardley	Coach / Programme Administrator - WAIS

Service Providers

Natasha Brock	Masseur & Massage Coordinator
Matthew Burgin	Psychologist
Mandy Burness	Masseur
Sacha Fulton	Physiologist
Kristie Harris	Masseur
Julie Meek	Dietician
Jenny Marsh	ACE Coordinator
Greg Morgan	Strength & Conditioning
Joanne Norcott	Physiotherapist
Duncan Sullivan	Doctor
Emilie Thienot	Psychologist
Alan Black	Coaching Group Manager
Liz Chetkovich	Head of Gymnastics

WAIS Program Athletes

Lauren Mitchell	Emily Little
Nikola (Nikki) Chung	Georgia Simpson
Franceska Fusha	Briana Ciupac
Darcy Norman	Brooke Callcott
Gillian Chan	Sophie Ward
Molly McKenzie	Li-Anne Ng
Keeley Austin	Madeleine (Maddy) Clark-Carlile
Aya Meggs	Paige James
Paige Meckenstock	Yasmin Collier

Major Title Winners

Lauren Mitchell	2010, World Championships, Floor, Rotterdam, The Netherlands 2010, Commonwealth Games, Team, All-Around, Bars, Beam; Silver Medal - Floor, Dehli, India 2010, DTB World Cup, Bars, Beam, Floor, Stuttgart, Germany 2010, Glasgow Grad Prix (World Cup), Beam, Floor, Glasgow, Scotland
Emily Little	2010, Commonwealth Games, Gold Medal - Team; Silver Medal - All-Around, Dehli, India
Nikola Chung	2010, Combes La Ville, Team, Combes La Ville, France 2010, Masillia Cup, Team, Marseilles, France 2010, National Clubs Championships, All-Around, Canberra, Australia
Franceska Fusha	2010, Australian Championships, Bars, Perth, Australia

Australian Representatives

Lauren Mitchell	2010, World Championships, Rotterdam, The Netherlands 2010, Commonwealth Games, Dehli, India 2010, DTB Cup, World Cup, Stuttgart, Germany 2010, Glasgow Grad Prix, World Cup, Glasgow, Scotland 2011, American Cup, World Cup, Jacksonville, USA 2011, French International, World Cup, Paris, France
Emily Little	2010, Commonwealth Games, Dehli, India 2010, World Championships, Rotterdam, The Netherlands
Nikola Chung	2010, Combes La Ville, Combes La Ville, France 2010, Masillia Cup, Marseilles, France 2011, Gymnix Invitational, Montreal, Canada

Coaching Achievements

Nikolai Lapchine	Coach, 2010, Commonwealth Games Coach, 2010, World Championships Coach, 2011, American Cup (World Cup) Coach, 2011, Moscow World Cup
Martine George	Coach, 2010, World Championships Coach, 2010, DTB World Cup Coach, 2010, Glasgow Grand Prix (World Cup) Coach, 2011, French International (World Cup)
Peter Abbott	Coach, 2010, Combe La Ville Coach, 2010, Masillia Cup

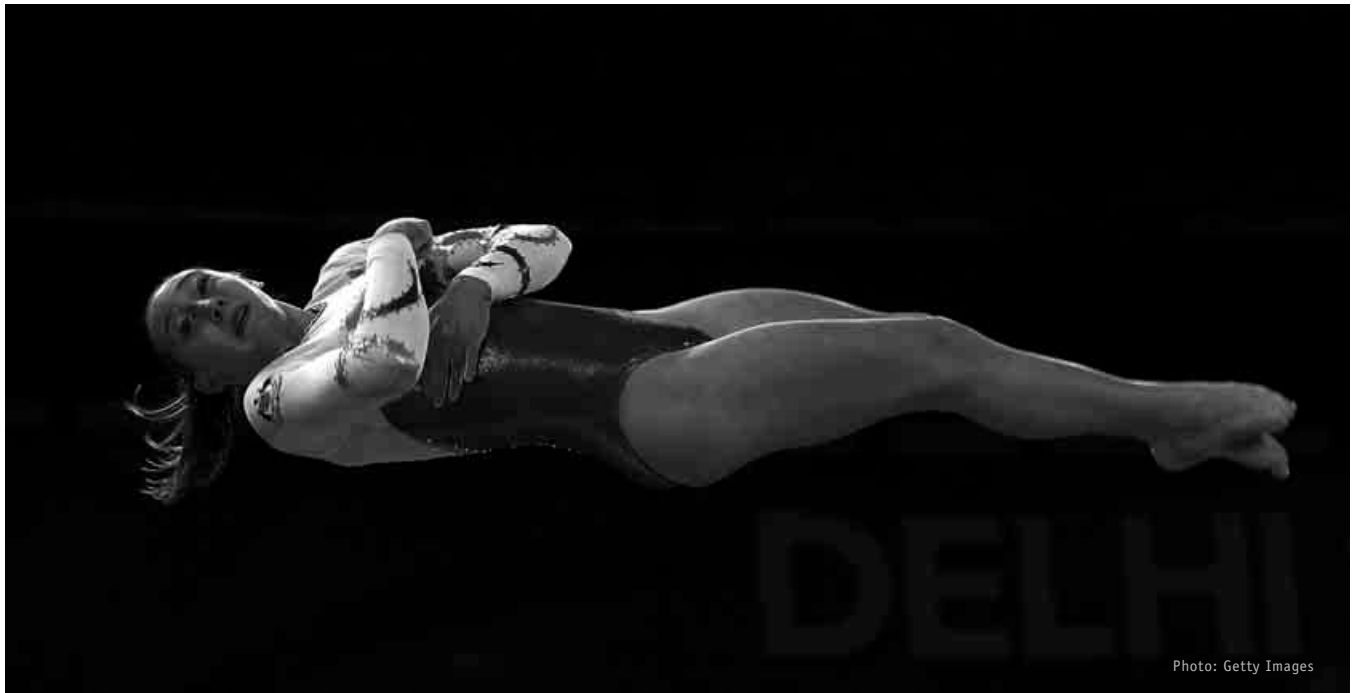


Photo: Getty Images

HOCKEY MENS



PROGRAM PARTNERS



The WAIS Men's Hockey Program enjoyed another consistent and successful 12 months in 2010-2011, with WAIS scholarship holders helping the Kookaburras to international silverware at the Champions Trophy and Commonwealth Games.

The Kookaburras were in action in July in a two match series against Belgium as a warm up for the 2010 Champions Trophy. WAIS athletes Trent Mitton, Graeme Begbie and Fergus Kavanagh all represented the Kookaburras in 7-2 and 10-3 defeats of the Belgians.

In late July and into August, the Kookaburras successfully defended their Champions Trophy title in Germany. Fergus Kavanagh and Graeme Begbie both earned selection for the Australian squad, whilst Trent Mitton was in Germany as a reserve.

Australia remained undefeated through the tournament recording victories over New Zealand (9-1), Netherlands (6-3), England (3-2), Germany (3-1) and Spain (3-1) to qualify for the final. The Kookaburras thrashed England 4-0 in the gold medal match to secure a perfect start to the 2010-2011 campaign.

In September, the Australian team for the 2010 Commonwealth Games in New Delhi was announced with Fergus Kavanagh and Trent Mitton included in the Kookaburras squad. Graeme Begbie was unable to compete after seriously injuring his knee.

Australia tuned up its preparations for the Commonwealth Games with a four test series against Argentina, with two matches in Perth and two in Sydney. Argentina shocked the world champions in the first test in Perth, recording a 2-2 draw, before Australia regrouped to win the next three matches for a 3-0 series win.

Australia convincingly claimed the Commonwealth title in India during October, winning the gold medal without losing a match. Drawn in Pool A, Australia secured top spot and access to the semi-finals with wins over Scotland (9-0), India (5-2), Pakistan (1-0) and Malaysia (7-0) scoring 22 goals and conceding only twice.

Australia dismantled New Zealand 6-2 in its semi-final clash to set up a final with hosts India who had defeated England. Australia proved far too good in the gold medal match, claiming victory and the Commonwealth crown with an 8-0 hammering.

The Kookaburras named a youthful squad for the 2011 Azlan Shah in April, with WAIS scholarship holders Kiel Brown, Jonathon Charlesworth, Brent Dancer and Fergus Kavanagh earning call ups.

In May, Australia won the Azlan Shah tournament in Malaysia, after defeating Pakistan 3-2 in extra-time. Australia had qualified for the final after progressing through the group stage with wins over Malaysia (2-1), Pakistan (5-1), Korea (4-2), Great Britain (2-1) and New Zealand (4-2) with one draw against India (1-1). Australia won its sixth Azlan Shah title with its final win over Pakistan, whilst Fergus Kavanagh was named in the tournament all-star team.

In June, the WA Thundersticks commenced its 2011 Australian Hockey League campaign with rounds in Darwin and Perth.

The Thundersticks suffered a 3-1 defeat against Queensland in its first match in Darwin, before bouncing back with wins over South Australia (3-0) and the Northern Territory (5-1). Later in June, the Thundersticks defeated Canberra (2-1) and Victoria (3-1) in Perth to sit second in the AHL standings ahead of finals week, with the WA outfit well placed for a shot at another title.

In late June, Hockey Australia announced two squads for separate Four Nations and Five Nations tour matches in Europe. WAIS athletes Fergus Kavanagh and Jonathon Charlesworth were selected for both tours, whilst Brent Dancer was selected for the Four Nations tour, and Kiel Brown and Trent Mitton were selected for the Five Nations tour.

Coach

David Bell	Head Coach
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Service Providers

Alan Black	Coaching Group Manager
Geish Hori	Strength & Conditioning
Julie Meek	Dietician
Jenny Marsh	ACE Coordinator
Peter Peeling	Physiologist
Peter Steele	Doctor
Michael Wood	Physiotherapist

WAIS Program Athletes

Chris Bausor	Graeme Begbie
Matthew Boyce	Craig Boyne
Kiel Brown	Ian Burcher
Jonathon Charlesworth	Tristan Clemons
Brent Dancer	Jordan Hunt
Fergus Kavanagh	Justin Knapp
Nathan McGuire	Trent Mitton
Daniel Sampey	Travis Taylor
Aran Zalewski	

Major Title Winners

Fergus Kavanagh	Champions Trophy, Germany
Graeme Begbie	Champions Trophy, Germany
Fergus Kavanagh	Commonwealth Games, India
Trent Mitton	Commonwealth Games, India

Australian Representatives

Fergus Kavanagh	Champions Trophy, Germany
Graeme Begbie	Champions Trophy, Germany
Fergus Kavanagh	Commonwealth Games, India
Trent Mitton	Commonwealth Games, India



FERGUS KAVANAGH
Photo: Getty Images

HOCKEY WOMENS



PROGRAM PARTNERS



The WAIS Women's Hockey Program in 2010-2011 was highlighted by a dramatic penalty stroke victory over New Zealand in the gold medal match of the 2010 Commonwealth Games. WAIS had four scholarship holders in the Hockeyroos side that won gold, whilst domestically, the WA Diamonds finished third in the 2011 AHL tournament.

The start of the 2010-2011 campaign commenced in July with five WAIS scholarship holders selected for the Australian World Cup squad. Kobie McGurk, Ashleigh Nelson, Kim Walker, Shelley Liddelov and Jayde Taylor were all named for the tournament in Argentina.

In August, the five Hockeyroos members featured in Australia's World Cup warm up loss to hosts Argentina 3-2. Shelley Liddelov and Ashleigh Nelson both scored for the Hockeyroos.

The Hockeyroos finished third in Pool B during the World Cup in September, after defeats against the Netherlands and Germany. Despite wins over Japan, India and New Zealand, the Hockeyroos missed out on the medal rounds, reserved for the top two teams in both Pools. The Australians secured fifth place in the tournament after defeating Korea 2-1 in the crossover.

Ashleigh Nelson, Fiona Boyce, Jayde Taylor and Shelley Liddelov were all selected to represent Australia at the 2010 Commonwealth Games in New Delhi during October as the Hockeyroos secured a gold medal after defeating New Zealand in the final on penalty strokes.

The Hockeyroos progressed through Group A after defeating Trinidad and Tobago (11-0), India (2-1) and Scotland (5-2), whilst drawing 1-1 with South Africa. Australia moved into the gold medal match after defeating England 1-0 in the semi final, before a 2-2 draw with New Zealand couldn't be settled in extra time. Australia held its nerve to win 4-2 on penalties.

Katy Symons and Kate Hubble were part of an Australia A team that travelled to Japan for a tour during October and November.

New Hockeyroos coach Adam Commens in January announced the 2011 Hockeyroos squad, with WAIS scholarship holders Kobie McGurk, Jayde Taylor, Fiona Boyce and Ashleigh Nelson all earning positions in the 24 member squad.

In February, the Hockeyroos secured their first silverware for the year after winning a Four Nations Tournament in Argentina, after defeating the hosts in extra-time in the final. Kobie McGurk, Ashleigh Nelson, Jayde Taylor and Fiona Boyce all represented Australia.

Kobie McGurk, Ashleigh Nelson, Jayde Taylor and Fiona Boyce were all retained for a home test series with Argentina in Canberra and Sydney. The Hockeyroos lost the first match 3-2 in Canberra, before recording a 0-0 draw in Sydney.

WAIS athletes Katy Symons, Ashlyn Ahrens, Jayde Taylor, Fiona Boyce, Kobie McGurk, Ashleigh Nelson, Hope Munro, Courtney Robinson, Alessia Robinson, Kate Hubble, Karla Barrett, Kate Denning, Caitlin Pascov, Shelly Liddelov and Kate Meade represented the WA Diamonds during the 2011 Australian Hockey League.

The Diamonds overcame a slow start to the season to find form during finals week in Darwin, taking third place after defeating the Queensland Scorchers in the play-off match.

Three members of the WAIS squad were included in the Hockeyroos' Champions Trophy squad for the tournament in the Netherlands that started in June. Kobie McGurk, Jayde Taylor and Ashleigh Nelson all received call ups into the Australian team.

Australia was grouped in Pool B, alongside hosts Netherlands, New Zealand and Germany. The Hockeyroos suffered a first up defeat against the Netherlands, losing 3-0, before being defeated 3-2 by New Zealand. Australia bounced back to defeat Germany 1-0, but it was not enough to progress through to the medal rounds.

Coach

Neil Hawgood Head Coach

Service Providers

Fiona Chromiak	Physiotherapist
Kevin Hayter	Psychologist
Pete Peeling	Physiologist
Carmel Goodman	Doctor
Geish Hori	Strength & Conditioning
Jenny Marsh	ACE Coordinator
Alan Black	Coaching Group Manager

WAIS Program Athletes

Ashlyn Ahrens	Karla Barrett
Fiona Boyce	Hope Brown
Ellie Buckley	Kate Denning
Kyra Flynn	Kate Hubble
Shelly Liddelov	Kobie McGurk
Kate Mead	Ashleigh Nelson
Caitlin Pascov	Alessia Robinson
Courtney Robinson	Katy Symons
Jayde Taylor	

Major Title Winners

Jayde Taylor	Commonwealth Games, India
Ashleigh Nelson	Commonwealth Games, India
Fiona Boyce	Commonwealth Games, India
Shelly Liddelov	Commonwealth Games, India

Australian Representatives

Kobie McGurk	World Cup, Argentina
Ashleigh Nelson	World Cup, Argentina
Shelly Liddelov	World Cup, Argentina
Kim Walker	World Cup, Argentina
Jayde Taylor	World Cup, Argentina
Jayde Taylor	Commonwealth Games, India
Ashleigh Nelson	Commonwealth Games, India
Fiona Boyce	Commonwealth Games, India
Shelly Liddelov	Commonwealth Games, India



SHELLY LIDDELOW
Photo: Getty Images

NETBALL



PROGRAM PARTNERS



Photo: Getty Images

CAITLIN BASSETT

The WAIS Netball Program was again underlined by strong national representation in junior and senior ranks over the past 12 month period, with a Commonwealth Games silver medal to Australian Diamonds representative Susan Fuhrmann providing a particular highlight in the 2010-2011 campaign.

The year started in busy fashion in July with age camps held at Canberra's AIS. Scholarship holders Courtney Bruce and Numi Tupeau were invited to attend the 17&under camp, whilst Ellie Smart and Denise Shepley attended the 19&under camp, gaining selection for the Australian 19&under team which played Tests against New Zealand's 21&under and England's 19&under.

Netball Australia announced a national squad in July that included WAIS scholarship holders Kate Beveridge, Susan Fuhrmann, Madison Browne and Caitlin Bassett. From this initial squad, Beveridge, Fuhrmann and Browne were selected for test matches against Jamaica and New Zealand. WA began its 2010 ANL season with wins over Singapore and the Territory Storm, suffering a loss to the AIS.

Capping a hectic month was the announcement that Susan Fuhrmann was selected for the Australian Diamonds team for the 2010 Commonwealth Games.

Into August, WA continued its ANL campaign with wins against NSW Blues and the Canberra Darters but suffered defeats against Tasmania, South Australia and NSW Warratahs. The West Coast Fever offered contracts to Susan Fuhrman, Caitlin Bassett, Andrea Gilmore, Josie Janz, Shae Bolton and Courtney Bruce.

WA finished its ANL season in September with defeats against Queensland and Victoria. WAIS scholarship holders Shae Bolton, Kate Beveridge and Caitlin Bassett were called up for Netball Australia's Fast Net team to play England, a shortened faster paced version of traditional netball to rival cricket's Twenty20.

October saw the hosting of the 2010 Commonwealth Games in New Delhi. Susan Fuhrmann was part of the Diamonds team that claimed silver after a double extra-time loss to New Zealand in the gold medal match.

Following the 21&under national championships, Sarah East and Alicia Janz were named in the Australian 21&under squad for the first time.

WAIS athlete Kate Beveridge captained the Australian Fast Net team to a fourth placed finish in Liverpool England in November following a narrow lose to Jamaica in the bronze medal match. Madison Browne and Caitlin Bassett also represented Australia.

In January Alicia Janz, Sarah East and Lyndall Crichton attended a 21&under camp in Canberra, whilst Susan Fuhrmann and Kate Beveridge were part of an Australian Diamonds tour of Jamaica for a three Test series. Australia won the first test, before drawing the second and losing the third for a 1-1 series draw.

The West Coast Fever started its 2011 ANZ Championship campaign in

to successive defeats against the Adelaide Thunderbirds and Queensland Firebirds.

The Fever's season was terminally dented in March following two defeats at the hands of the NSW Swifts, and reverses against the Melbourne Vixens and the Waikato/BOP Magic, with their solitary win for the month coming against the Southern Steel.

April fared no better for the Fever with a winless month recorded after losses against the Central Pulse, the Northern Mystics, the Melbourne Vixens and the Queensland Firebirds. The 17&under and 19&under national championships were held in Brisbane, with Courtney Bruce, Denise Shepley and Ellie Smart gaining selection into the Australian 19&under squad, whilst WAIS scholarship holder Numi Tupea was named in the national 17&under squad.

WAIS athletes Lindal Rohde, Denise Shepley, Ellie Smart and Courtney Bruce were selected for a SIS/SAS composite team on a seven day tour of New Zealand. WAIS netball coach Michelle Wilkins was also selected to travel with the squad.

The West Coast Fever ended a disappointing campaign in May with a spirited win over the Adelaide Thunderbirds with Susan Fuhrmann, Caitlin Bassett and Kate Beveridge all named in an extended squad for the Australian Diamonds for July's Netball World Championships. Following a selection camp, Fuhrmann and Bassett gained selection in the final squad.

WAIS athletes Sarah East, Sarah Tatam, Ellie Smart, Denise Shepley, Lindal Rohde, Lyndall Crichton, Alicia Janz, Courtney Bruce and Alice Coakley selected in WA State 21&under team.

The WAIS Netball Program enjoyed a strong end to the year in June, with Sarah East part of a triumphant Australian 21&under team that claimed a 2-1 series win over New Zealand in New Zealand. Susan Fuhrmann and Caitlin Bassett both represented the Australian Diamonds in a drawn two test series with New Zealand in New Zealand in a warm up to the World Championships in Singapore.

WA stepped up its preparations for the 2011 ANL season, with Sarah East, Sarah Tatam, Ellie Smart, Denise Shepley, Lindal Rohde, Lyndall Crichton, Alicia Janz, Josie Janz, Courtney Bruce, Briony Carlyon and Alice Coakley all gaining selection.

Coaches

Michelle Wilkins	Head Coach
Stacey Rosman	Specialist Coach
Sue Kenny	Specialist Coach

Service Providers

Alison Low	Physiotherapist
Pippa Flanagan	Physiotherapist
Carmel Goodman	Doctor
Andrew Lyttle	Biomechanist
Jenny Marsh	ACE Coordinator
Greg Morgan	Strength & Conditioning
Peter Peeling	Physiologist
Alan Black	Coaching Group Manager
Lizzie Moyle	ACE Counsellor

WAIS Program Athletes

Caitlin Bassett	Kate Beveridge
Shae Bolton	Courtney Bruce
Briony Carlyon	Alice Coakley
Lyndall Crichton	Johannah Curran
Sarah East	Susan Fuhrmann
Andrea Gilmore	Josie Janz
Alicia Janz	Lindal Rohde
Denise Shepley	Ellie Smart
Sarah Tatam	Numi Tupea
Mia Washbourne	

Australian Representatives

Susan Fuhrmann	2011, Commonwealth Games, India
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SUSAN FUHRMANN
Photo: Getty Images

ROWING



PROGRAM PARTNERS



Photo: Getty Images

TODD SKIPWORTH (FAR LEFT)

The WAIS Rowing Program returned encouraging results in both junior and senior ranks in the past year, with the World Championship silver medal to lightweight rower Todd Skipworth highlighting another productive campaign.

July saw several WAIS athletes in action at the U23 Rowing World Championships in Brest, Belarus. Hannah Jansen finished in fourth place in the women's lightweight Quad scull, Alex Hagan was fifth as part of the women's heavyweight Quad scull and Tom Gatti and Brendan Murray were ninth in the men's eight.

As the international representative season continued into August, WAIS athletes were involved in the Junior World Championships in Racice, Czech Republic. Natasha Gay and Hannah Vermeersch earned a bronze medal as part of the women's four, whilst Mathew Cochran and David Watts also claimed bronze in the men's four.

Cochran and Watts matched their medal success in September's Youth Olympic Games in Singapore, winning bronze in the men's pair.

The Senior Rowing World Championships were hosted in New Zealand during November, with Olympian Todd Skipworth winning silver as part of the Australian men's lightweight four. Ross Brown, Perry Ward and Ben Cureton also claimed world championship silver as members of the men's lightweight eight, a non Olympic event.

The 2011 Australian National Rowing Championships were hosted in Adelaide during March, with WAIS athletes competing in senior, U23 and junior ranks. Todd Skipworth and Ben Cureton combined to take silver in the final of the men's lightweight pair. Perry Ward and Ross Brown claimed victory in the B Final of the lightweight men's pair.

In U23 racing, Alex Hagan teamed with Queensland athlete Jessica Hall to take victory in the women's double scull. Hagan also claimed silver in the final of the women's single scull. Hannah Jansen won the final of the U23 women's lightweight single scull.

At the Interstate regatta, WA won silver in the men's lightweight four Penrith Cup behind Tasmania. Todd Skipworth, Ben Cureton, Ross Brown and Perry Ward competed for WA.

Following the National Championship, Rowing Australia hosted selection trials in Penrith to determine positions for the Junior, U23 and Senior World Championship teams for 2011. Todd Skipworth and Ben Cureton were selected for the men's lightweight four, whilst Ross Brown and Perry Ward earned nomination for the men's lightweight eight.

In the U23 World Championships team, WAIS athletes Tom Gatti, Matthew Cochran and Brendan Murray were selected to compete in the men's eight. Ashleigh Miles and Hannah Vermeersch were selected for the women's coxless four, whilst Hannah Jansen was named as the women's lightweight sculler and Alex Hagan for the women's Quad scull.

Natasha Gay was the sole WAIS representative in the Australian Junior team for the World Championships, and was selected in the women's coxless four.

Coaches

Lincoln Handley	Senior Coach
David Milne	Part time Coach
Rebecca Sattin	Coach

Service Providers

Gilman Barnitt	Strength & Conditioning
Matthew Burgin	Psychologist
Matthew Doyle	Biomechanist
Carmel Goodman	Doctor
Alison Low	Physiotherapist
Lizzy Moyle	ACE Counsellor
Sacha Fulton	Physiologist
Simon Jones	Coaching Group Manager
JP Caneiro	Physiotherapist

WAIS Program Athletes

Ben Cureton	Todd Skipworth
Perry Ward	Natalie Bale
Alex Hagan	Ross Brown
Hannah Jansen	David Watts
Matthew Cochran	Tom Gatti
Hannah Vermeersch	Ashleigh Miles
Brendan Murray	Natasha Gay

Major Title Winners

Hannah Jansen	2011, National Championships, U23WL1x,OW4x, Australia
Alex Hagan	2011, National Championships, U23W2x, U23W4x, U23W8+, Australia
Natalie Bale	2011, National Championships, OW4-, Australia
Ashleigh Miles	2011, National Championships, U23W4-, Australia
Hannah Vermeersch	2011, National Championships, U23W4-, Australia

Australian Representatives

Todd Skipworth	2010, Senior World Championships, L M4, NZ
Ross Brown	2010, Senior World Championships, L M8, NZ
Perry Ward	2010, Senior World Championships, L M8, NZ
Tom Gatti	2010, U23 World Championships, M8+, Belarus
Brendan Murray	2010, U23 World Championships, M8+, Belarus
Hannah Jansen	2010, U23 World Championships, LW4x, Belarus
Alex Hagan	2010, U23 World Championships, W4x, Belarus
David Watts	2010, Youth Olympics, Pair, Singapore
Matthew Cochran	2010, Youth Olympics, Pair, Singapore
David Watts	2010, Junior World Championships, JM4+, Czech Republic
Matthew Cochran	2010, Junior World Championships, JM4+, Czech Republic
Hannah Vermeersch	2010, Junior World Championships, JW4+, Czech Republic
Natasha Gay	2010, Junior World Championships, JW4+, Czech Republic

Coaching Achievements

David Milne	Coach, 2010, Junior World Champs, JM4+
Lincoln Handley	Coach, 2010, Senior World Champs (assistant), LM8+
Lincoln Handley	Coach, 2010, U23 World Champs, LM4-

SAILING



PROGRAM PARTNERS



The 2010-2011 year was a successful one for the WAIS Sailing Program with a series of national titles for its athletes in domestic competition highlighting a productive campaign. The period was also marked by the competitive returns of Olympic gold medallists Tessa Parkinson and Belinda Stowell to international sailing.

The 470 World Championships were held in Holland during July, with young WAIS athletes Ella Clark and Carrie Smith stepping up from their normal class of 420. Fellow scholarship holder Chelsea Hall also competed with a new skipper Paris Stowell, and whilst neither crew managed to qualify for the gold fleet, both crews achieved their goal of qualifying for December's World Championships which will be hosted in Perth.

Nick Brownie and Steven Thomas competed in the 49er class at the European Championships in Poland, finishing tenth, the young pair's best result in the classification to date.

Matthew Wearn competed in both the open and junior regattas of the Laser Radial World Championships in Scotland in July. Wearn showed impressive composure in the open category to finish in 34th place, but suffered a difficult qualifying process in the juniors and ended the junior regatta in 87th position.

The ISAF Youth World Sailing Championships were held in Turkey in July with WAIS athlete Eamon Robertshaw competing on the RSX 8.5 rig. Robertshaw finished a credible 15th.

In August, Laser Radial sailor, Mark Spearman competed in the Youth Olympic Games in Singapore sailing a boat class (Byte) that is uncommon in Australia. Spearman finished 14th position which was a strong result given he trained mostly on his own in preparation for the event, due to the numerous competitions occurring concurrently in Europe.

December is a big month for regattas on the east coast of Australia, with Sail Sydney and Sail Melbourne leading into the class National Championships and the Youth Nationals.

Sail Sydney for the Laser Radials was dominated by Western Australia with Tristan Brown winning, Luke Elliott second overall and first in youth, Mark Spearman third and 15 year-old Matthew Wearn finished fifth. Patrick Vos won his first title on the RSX, whilst Eamon Robertshaw was back on the junior sail board, the Bic Techno, in preparation for the trials for the Youth Worlds, finishing first.

Sail Melbourne saw Tristan Brown again win in the Laser Radial. The New Year was brought in with the National Championships, which were mostly held in Sydney. WAIS sailors were very successful in bringing home national titles.

Matthew Wearn won the Laser Radial Open, Laser Radial Youth and the U16 titles in his class and followed this up with a win at the Youth National Championships, securing his place on the Australian Youth Sailing Team. Mark Spearman finished second U16 and third Youth.

Mark Whittington won the U21 National title in the Laser Standard and gained a place on the Australian Sailing Squad as the fourth Australian overall. Tim Castles finished second Australian in the Finn Class with three of the World's Top 10 also competing.

Eamon Robertshaw won the Sailboard National title and secured his place on the Australian Youth Sailing Team. Carrie Smith and Ella Clark performed well, to win the 420 Open Female, Youth Female and the Australian Youth National titles for the class.

Matthew Jerwood sailed with Tim Hannah from Victoria in the men's 420, winning the Open title with two races to spare.

March saw the return of Olympic gold medallist, Tessa Parkinson to 470 sailing, but not in her crewing role. Parkinson has taken on the role of helm in her quest to compete in London 2012. Parkinson's first regatta was at the Australian Nationals where she managed to win a race and finish first female.

In April, Tessa Parkinson finished 30th in Hyeres, France, in her first World Cup event back in international competition.

WAIS athletes competed in Holland during May in a world cup event in cold and windy conditions. Patrick Vos in the RSX fleet and Mark Whittington in the Laser both gained valuable points towards qualification for the World Championships in Perth next December.

June saw a significant change in the WAIS Sailing Program with head coach Belinda Stowell making a competitive comeback to partner fellow Olympic gold medallist Tessa Parkinson in the 470 class. The pair were truly tested in their first regatta as a team in Weymouth, England at the London Olympic venue, and suffered from a lack of preparation to finish well out of contention. Their second regatta was in Kiel Week, Germany, where they finished 11th and narrowly missed out on the medal race, reserved for top 10. WAIS head coaching duties were picked up by Arthur Brett.

Kiel Week was huge for the WAIS sailors competing, with Matthew Wearn finishing 26th in his first Laser Standard World Cup event. This was great preparation for the Youth World Championships in July 2011. WAIS Laser sailors Mark Whittington finished 40th, and Tristan Brown in 59th. Caitlin Elks was 38th in the Radial. On the RSX course, Patrick Vos finished 30th, Tim Gourlay in 16th, and Tim Castles in 14th. In the 49ers class, Nick Brownie and Steve Thomas finished 14th with Tom Johnson in 18th.

In the International Kiel Week regatta in June, the WAIS 420 girls of Ella Clark and Carrie Smith finished 34th in the open 420 class, and sixth women in preparation for the Youth World Championships in July in Croatia.

Coaches

Belinda Stowell	Head Coach
Arthur Brett	Part time Coach
David Mann	Part time Coach

Service Providers

Simon Jones	Coaching Group Manager
Carmel Goodman	Doctor
Alison Low	Physiotherapist
Matthew Doyle	Biomechanist
Jenny Marsh	Ace Counsellor
Kevin Hayter	Psychologist
Greg Morgan	Strength & Conditioning
Sacha Fulton	Physiologist
Lizzy Moyle	Ace Counsellor
JP Caneiro	Physiotherapist

WAIS Program Athletes

Tristan Brown	Tim Castles
Ella Clark	Chelsea Hall
Matthew Jerwood	Eamon Robertshaw
Carrie Smith	Mark Spearman
Steven Thomas	Patrick Vos
Matthew Wearn	Mark Whittington
Nick Brownie	Caitlin Elks
Tessa Parkinson	Tom Johnson

Major Title Winners

Mark Whittington	2011, National Championships 1st U2, Laser, Australia
Matthew Wearn	2011, 1st Overall, 1st U17, 1st Youth, Laser Radial, Australia
Carrie Smith	2011, 1st Female Overall, 1st Female Youth, 420 Class, Australia
Ella Clark	2011, 1st Female Overall, 1st Female Youth, 420 Class, Australia
Matthew Jerwood	2011, 1st Overall, 420 Class, Australia
Tessa Parkinson	2011, 1st Female, 470, Australia

Australian Representatives

Tessa Parkinson	2011, World Cup, Various
Mark Spearman	2010, Youth Olympic Games, Laser Radial, Singapore
Steve Thomas	2011, World Cup, 49 er, Various
Nick Brownie	2011, World Cup, 49 er, Various



SWIMMING



PROGRAM PARTNERS



Photo: Getty Images

BLAIR EVANS

The WAIS Swimming Program had athletes competing for Australia in both the World Championships and Commonwealth Games in 2010-2011. Highlights included a Commonwealth title to Blair Evans, Rhys Mainstone competing at the Open Water World Championships and Brianna Throssell earning selection for the Junior World Championships.

Rhys Mainstone competed at the World Open Water Swimming Championships in Roberval, Canada in July. In the men's 10km event, Mainstone was forced to retire after succumbing to hypothermia mid-way through the race. Mainstone was able to overcome the setback and compete in the men's 5km event later in the meet, swimming well for a sixth place finish.

Blair Evans had a successful campaign at the Pan Pacific Championships in Irvine, California during August. Evans won her first individual medal in a major international competition when she claimed bronze in the women's 200m freestyle final after touching the wall in 1:57.27mins. Evans also competed in the 800m freestyle final, taking seventh position. Open water swimmer Rhys Mainstone also competed in the men's 10km open water event, finishing outside the top ten.

Following the Pan Pacific Championships, Swimming Australia officially named Blair Evans in the Australian Dolphins team for the 2010 Commonwealth Games in New Delhi.

The Commonwealth Games were hosted in October, with Blair Evans winning a gold medal as a member of the Australian 4x200m freestyle relay team. Evans swam the second leg, opening a two body length lead that Australia would maintain for the Commonwealth title in a time of 7:53.71mins. Evans was joined in the 4x200m freestyle relay squad by Kylie Palmer, Bronte Barrett and Megan Nay.

Evans narrowly missed an individual medal in New Delhi, after finishing fourth in the 400m IM. In a busy schedule, Evans also

Travis Nederpelt claimed two silver medals at a World Cup Swimming meet in Singapore during October. Nederpelt set a new personal best in the men's 200m butterfly, stopping the clock on 1:55.00mins, before adding a second silver medal in the men's 1500m freestyle (15.06mins).

Rhys Mainstone competed in an open water World Cup event in Dubai in October, finishing fifth in the men's 10km event. The event was overshadowed by the death of US competitor Fran Crippen, who drowned during the race.

Blair Evans was honoured in November at the Australian Swimming Awards in Melbourne. Evans received the Australian Unity Club Leadership Award for her work with the WAIS Go for 2&5 Community Development Program, which saw her speaking to local swimming clubs and offering advice to emerging WA swimmers.

Blair Evans rounded out a busy year with a silver medal in the Australian 4x200m freestyle event at the Short Course Swimming Championships in Dubai. Evans set a new personal best time of 1:54.87mins after swimming the first leg for the Australians, as they finished second to China who set a new short course world record.

Rhys Mainstone enjoyed a strong start to competition in 2011 with a second place finish in the men's 10km open water event at the Australian Open Water Championship in Penrith. Mainstone finished second to Ky Hurst by one second in an incredible finish. Mainstone's silver medal earned him selection onto the Australian team for the World Championships in July.

In March, Kris Taylor was selected for the Australia A team to travel to the World University Games in Shanghai.

The Australian Swimming Championships were held in Sydney during April, with Blair Evans and Travis Nederpelt earning selection onto the Australian Swimming Team for the World Championships in



Photo: Getty Images

KRISTOPHER TAYLOR

freestyle relay squad, after finishing fifth in the women's final of the 200m freestyle. Evans also claimed bronze medals in the women's 800m freestyle and 400m IM, as well as a fourth place finish in the 400m freestyle. Nederpelt claimed silver in the men's 200m butterfly, and took fourth place in the men's 200m IM event. WAIS youngster Adelaide Hart claimed fifth position in the final of the women's 50m backstroke.

Brianna Throssell claimed seven medals from the Australian National Age Swimming Championships in Adelaide. The 15 year-old won three gold, two silver and two bronze in an excellent performance that earned her selection for the Australian team for the Junior World Championships in Lima, Peru in August. Adelaide Hart and Tommy Sucipto were selected for the Junior Commonwealth Games in the Isle of Man in September.

Blair Evans was named Swimming WA's Swimmer of the Year in June at the organisation's Awards Breakfast in Perth. Adelaide Hart was crowned WA Age Swimmer of the Year, whilst Rhys Mainstone won the WA Open Water Swimmer of the Year.

Coaches

Matt Magee	City of Perth HC
Ian Mills	City of Perth Assistant coach
Paul Bruce	Arena HC
Kareena Preston	Applecross HC
Nick Watkins	Southside Wesley HC

Service Providers

Bernd Adolph	Masseur
Matthew Burgin	Psychologist
Sacha Fulton	Physiologist
Carmel Goodman	Doctor
Geish Hori	Strength & Conditioning
Clare Wood	Dietitian
Andrew Lyttle	Biomechanist
Jaye Thomas	Masseur
Brett Slocombe	Physiotherapist
Peter Steele	Doctor
Lizzie Moyle	ACE Coordinator
Greg Hodge	Performance Manager
Simon Jones	Coaching Group Manager

WAIS Program Athletes

Rhiannon Dielesen	Blair Evans
Christian Halliley	Adelaide Hart
Emily Kayser	Rhys Mainstone
Travis Nederpelt	Kacey O'Connell
Hamish Rose	Kristopher Taylor
Brianna Throssell	Craig Tucker
Brooke Wilson	

Major Title Winners

Blair Evans	2010, Commonwealth Games, 4 x 200 Free Relay Gold, India
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Australian Representatives

Blair Evans	2010, Commonwealth Games, India
Rhys Mainstone	2010, World Championships Pan Pacs, Canada
Blair Evans	2010, Pan Pacific Championships, USA

WATER POLO MENS



PROGRAM PARTNERS



Photo: Getty Images

TIM CLELAND

The WAIS Men's Water Polo Program enjoyed a fruitful 2010-11 campaign that included a win in the NTC Challenge whilst a strong WAIS contingent helped the Fremantle Mariners to a National Water Polo League victory. The Australian Sharks again competed well internationally, with a strong representation of WAIS athletes wearing the green and gold during the year.

The year began with James Stanton, Nick O'Halloran, Joel Swift and Aaron Younger gaining selection for the national team for the 2010 World League Finals in Nis, Serbia. The Australian team finished fourth with wins over Croatia, South Africa and Spain.

Stanton, O'Halloran, Swift and Younger were then selected for Australia's squad for the World Cup in Oradea, Romania, with the Sharks finishing sixth.

WAIS scholarship holders Edward Slade, James Fannon, Perry Short and Nick Redbond were all selected to tour with the National Junior Team to Europe where they trained with the Croatian men's team and junior team before finishing third in a tournament in Macedonia after losses to the hosts and Serbia's B national team.

The Australian National Junior Team's tour of Europe continued into August, with Edward Slade, James Fannon, Perry Short and Nick Redbond all playing in a junior tournament in Kazan, Russia. The Australian team finished third behind Serbia and Italy, with Edward Slade named goal keeper of the tournament.

In September, new WAIS scholarships were offered to athletes Sam Quinn, George Ford, Dimitri Stamatis, Luca Altieri and Bill Christensen.

Aaron Younger accepted a professional contract to play for Hungarian Club side Szeged. Szeged participates in the First division in Hungary and the Euro League.

WAIS was crowned NTC Challenge champions in November for the first time since 1987. WAIS coach Paul Oberman led athletes Luke Quinlivan, Sam Quinn, Tim Cleland, Nick O'Halloran, Nick Redbond,

Fannon, Luca Altieri, Daniel Lawrence and Edward Slade to a 9-8 extra time win over NSWIS in the final, after four wins and one loss in qualification.

In December, Joel Swift was voted WAIS Player's Player for the year by his peers, winning the accolade by a single vote from teammates Aaron Younger and Edward Slade.

December also hosted the Annual Tom Hoad Cup, with the Fremantle Mariners competing against national teams from China and Japan, club side Szeged, and a Barbarians Team composite of the National Junior squad. The Mariners line up included WAIS athletes; Jamie Beadsworth, Tim Cleland, James Fannon, Daniel Lawrence, Nick O'Halloran, Sam Quinn, Nick Redbond, Eddie Slade and Joel Swift, whilst Aaron Younger represented his professional club side Szeged and WAIS juniors Perry Short, George Ford, Luca Altieri and Dimitri Stamatis represented the Barbarians.

The Tom Hoad Cup was won by Szeged, who triumphed 11-7 over the Mariners in the final, whilst the Barbarians finished fifth.

January kick started 2011 with the Australian Under 20 Championship in Perth. WA Gold claimed bronze with a win over NSW Waratahs in the play-off, with WAIS athletes Edward Slade, James Fannon, Nick Redbond, Sam Quinn, Dimitri Stamatis, George Ford, Luca Altieri and Jayden Smith all featuring.

Following the Championships, Edward Slade, James Fannon, Nick Redbond, Sam Quinn, George Ford, Aaron Younger and Perry Short were all named in the Australian U20 squad for the World Junior Championships later in the year.

The National Water Polo League commenced in February with all WAIS scholarship holders represented in either the Fremantle Mariners or UWA Torpedoes squads.

Joel Swift and Aaron Younger were selected for the Australian team that claimed silver in the Volvo Cup in Hungary following wins over

Fremantle Mariners were crowned Southern Cross Trophy winners in April after finishing the regular season on top of the ladder. The Mariners were represented by; Edward Slade, Jaime Beadsworth, Tim Cleland, Joel Swift, Nick O'Halloran, James Fannon, Nick Redbond, Daniel Lawrence, Sam Quinn, Luca Altieri and Jayden Smith. The UWA Torpedoes finished tenth and missed out on finals. WAIS athletes; Luke Quinlivan, George Ford and Dimitri Stamatis featured for the club.

Tim Cleland, Joel Swift, Nick O'Halloran, Edward Slade and Daniel Lawrence were all selected for the Southern Team in the inaugural National League All Star Team. Jamie Beadsworth was selected to play but withdrew due to injury. WAIS coach Paul Oberman was named co-coach of the South team that went on to defeat North in a penalty shootout.

WA Gold finished second at the National U18 Championships in Brisbane behind NSW Blues. Paul Oberman coached the group, with WAIS athletes Luca Altieri, Jayden Smith, George Ford and Dimitri Stamatis all part of the team. Altieri and Ford were named in the All Star Tournament seven.

The Fremantle Mariners in May, won the National League Finals series in Sydney, after defeating the Victoria Tigers in the final 9-8.

Tim Cleland, Joel Swift, Daniel Lawrence, Nick O'Halloran and Luke Quinlivan were selected to compete in the World League Asia/Oceania Preliminary Round in Auckland, NZ. Australia defeats New Zealand, Kazakhstan, Japan and China to comfortably win the first leg, before finalising qualification in China.

In June, Tim Cleland, Luke Quinlivan, Aaron Younger and Joel Swift were selected to tour Europe with the Australian team. Australia competed in the Pescara Tournament in Italy, finishing fourth, before joining with Hungary for a training camp and friendly, which Hungary won.

The World League Finals were hosted in Florence, Italy in June, with Luke Quinlivan, Tim Cleland, Joel Swift and Aaron Younger all featuring for Australia as they finished sixth, after losing the fifth placed play-off against Montenegro.



Photo: Getty Images

Coaches

Paul Oberman Head Coach

Service Providers

Alan Black	Coaching Group Manager
Matthew Burgin	Psychologist
Matthew Doyle	Biomechanist
Sacha Fulton	Physiologist
Carmel Goodman	Doctor
Andrew Lyttle	Biomechanist
Jenny Marsh	Ace Counsellor
Greg Morgan	Strength & Conditioning
Brett Slocombe	Physiotherapist
Andrew Stanford	Physiotherapist
Danielle Woodhouse	Physiotherapist

WAIS Program Athletes

Daniel Lawrence	Joel Swift
Jamie Beadsworth	Tim Cleland
Nicholas O'Halloran	Luke Quinlivan
James Stanton	Aaron Younger
Luca Altieri	Billy Christensen
James Fannon	George Ford
Sam Quinn	Nick Redbond
Perry Short	Edward Slade
Jayden Smith	Dimitri Stamatis

Major Title Winners

Tim Cleland	2011, National League, Sydney
Joel Swift	2011, National League, Sydney
Daniel Lawrence	2011, National League, Sydney
Nick O'Halloran	2011, National League, Sydney
James Fannon	2011, National League, Sydney
Nick Redbond	2011, National League, Sydney
Jamie Beadsworth	2011, National League, Sydney
Edward Slade	2011, National League, Sydney
Sam Quinn	2011, National League, Sydney

Australian Representatives

James Stanton	2010, World League, Serbia
Nick O'Halloran	2010, World League, Serbia
Joel Swift	2010, World League, Serbia
Aaron Younger	2010, World League, Serbia
James Stanton	2011, World Cup, Romania
Nick O'Halloran	2011, World Cup, Romania
Joel Swift	2011, World Cup, Romania
Aaron Younger	2011, World Cup, Romania
Tim Cleland	2011, World League, Various
Joel Swift	2011, World League, Various
Luke Quinlivan	2011, World League, Various
Aaron Younger	2011, World League, Various

Coaching Achievements

Paul Oberman National Assistant Coach, 2010/2011

WATER POLO WOMENS



PROGRAM PARTNERS



Photo: Getty Images

GEMMA BEADSWORTH

The WAIS Women's Water Polo Program had a successful 12 month campaign which included three members earning silver medals at the FINA Women's World Cup in Christchurch, New Zealand in August, as well as strong performances in national age championships.

In early July, WAIS athletes Cathryn Earl (captain), Matil Connor and Eloise Pierce gained selection for the National Under 17 Team that travelled to Europe for competition. The young Australian Team finished second behind Hungary in the Pythia Cup in Itea, Greece and finished fifth in a tournament in Emmen, Netherlands.

WAIS national team members Gemma Beadsworth, Glencora Ralph and Zoe Arancini were included in the Australian Stingers Squad to travel to California, USA for the FINA World League Super Final. The Stingers collected a silver medal after losing in a penalty shot out in the gold medal match against world number one and hosts, USA.

Also in July, Eliesha Browne, Rachel Flint and Claire Pierce were all included in the Australian National Under 20 Team to travel to Auckland, New Zealand and Los Angeles, California. The team had successful test series with the New Zealand Senior Women's and collected a silver medal in a tournament in Los Alamitos.

The WAIS Women's Squad participated in the Institute Challenge at the AIS, Canberra in November. Gemma Beadsworth, Zoe Arancini and Glencora Ralph received Australian Institute of Sport scholarships after outstanding performances in the competition. All three players were selected to travel to North America in December with the Australian Stingers national squad.

WAIS youngster Jessica Zimmermann was selected to play for the Australian schoolgirls team, in Great Britain and New Zealand during December.

The 20 and Under National Championships were held in Perth at Challenge Stadium towards the end of January. WAIS Athletes Zoe Arancini (captain), Rachel Flint, Cathryn Earl, Matil Connor, Eloise Pierce, Jessica Zimmermann and Millie Martino were all selected for the WA Team that finished third. The WA Gold Team was coached by WAIS Assistant Coach Georgina Kovacs.

In February, Gemma Beadsworth, Glencora Ralph and Zoe Arancini

Stingers won the series, with matches played at Bicton, UWA and Claremont pools.

In early April the Australian National Under 18 Team travelled to Hawaii for test matches at Duke Kahanamoku Aquatic Complex in Honolulu. Three WAIS athletes were included in the squad with Cathryn Earl, Eloise Pierce and Matil Connor all selected for the tour.

Still in April, WAIS Head Coach Peter Szilagyi took the WA Under 18 Team to Brisbane for the National Championships. The WA Gold Team were undefeated after the round robin preliminary stage, but lost the final against the powerful home team Queensland Maroon. WAIS athletes Eloise Pierce, Matil Connor, Cathryn Earl, Jessica Zimmermann, Dorottya Szilagyi and new scholarship holder Mercedes Ralph all represented the WA State Team.

The Australian National Water Polo League season wrapped up in May, with the Fremantle Marlins finishing fourth, and the UWA Torpedoes finishing ninth.

Following the National League Finals series, the Stingers travelled to New Zealand for the World League Preliminary Round, with the squad including WAIS athletes Gemma Beadsworth and Glencora Ralph. The second round was held in Sydney, with the Australian Senior Team winning all six games to finish top of the Oceania - Asia Group.

The Australian Under 20 National Team played in the second round of the World League preliminaries in Sydney, winning two games against Japan and New Zealand and losing to both the Australian senior team and China. WAIS athletes Zoe Arancini and Eliesha Browne were selected for the U20 National Team.

WAIS scholarship holder Ebony Neesham was named for the Australian University Team to travel to China for the World University Games later on in 2011.

Rounding out the year in June, the Stingers travelled to Europe and Asia. Gemma Beadsworth, Glencora Ralph and Zoe Arancini made the tour squad. The Australian Team collected a silver medal in the Kirishi Cup in Russia and followed that result with a bronze medal in

Coaches

Peter Szilagyi Head Coach
 Georgina Kovacs Assistant Coach

Service Providers

Alan Black Coaching Group Manager
 Sacha Fulton Physiologist
 Kevin Hayter Psychologist
 Geish Hori Strength & Conditioning
 Andrew Lyttle Biomechanist
 Jenny Marsh ACE Coordinator
 Matthew Doyle Biomechanist
 Carmel Goodman Doctor
 Danielle Woodhouse Physiotherapist
 Andrew Stanford Physiotherapist
 Julie Meek Dietician

WAIS Program Athletes

Eliesha Browne Matilda Connor
 Rachel Flint Ebony Neesham
 Cathryn Earl Millie Martino
 Claire Pierce Eloise Pierce
 Dorothy Szilagyi Zoe Arancini
 Gemma Beadsworth Glencora Ralph
 Jessica Zimmerman

Australian Representatives

Gemma Beadsworth 2010, FINA World Cup, New Zealand
 Glencora Ralph 2010, FINA World Cup, New Zealand
 Zoe Arancini 2010, FINA World Cup, New Zealand
 Gemma Beadsworth 2011, FINA Super League Final, China
 Glencora Ralph 2011, FINA Super League Final, China
 Zoe Arancini 2011, FINA Super League Final, China

Coaching Achievements

Peter Szilagyi Assistant Coach, 2010, FINA World Cup, New Zealand



Photo: Getty Images



ATHLETE
& COACH
SERVICES

ATHLETE & COACH SERVICES



Photo: Adrian Broughton

L-R: JENNY MARSH, DARREN KEY, LIZZIE MOYLE, MATT BURGIN, GREG MORGAN, MARTIN FITZSIMONS, PETE PEELING, MARTYN BINNIE, MATT DOYLE, KATE BOBRIDGE, GILMAN BARNITT, KOJI HONDA, TRENTON WARBURTON, GEISH HORI. ABSENT: ANDREW LYTTLE, SACHA FULTON, KEVIN HAYTER, EMILIE THEINOT, JULIE MEEK, CLARE WOOD

The passage from one Olympiad to the next is a relatively brief four years. An advantage for the ACS department in the last year was having a number of staff who had been through this experience before and were able to add the wisdom gained from the last Olympiad to the current athletes.

It is an uplifting, but challenging experience to share that journey with the athletes and coaches and try to make the most significant impact for the benefit of the athlete. Understanding built up over several years of working together was important in developing appropriate athlete specific strategies designed to elicit the maximum performance possible from the individual.

That experience was evidenced by the staff in working collaboratively across disciplines as they were aware of the benefits to be gained for the athlete from a multi-disciplinary approach to servicing. The coach was central to the regular updates and communication on the progress of athletes that assisted with the process of ensuring that all services were aware of how their expertise could be best applied to the athletes.

The expertise and experience in the department was externally recognised with several staff working internationally at the highest level, including with athletes in competition internationally.

Jenny Marsh moved into the Athlete Career and Education Coordinator role full time, following the resignation of Heather McGregor-Bayne who had been on maternity leave. Although saddened to lose a long time staff member the department wishes Heather the very best as she takes up the challenging role of raising a family. Only one other staff change took place with John Collins leaving and Darren Key

The commitment to seeking and applying new knowledge remained high. A number of staff were among the authors of publications in international journals. The department is reliant on our partners in the universities to assist with the resources necessary to carry out investigative projects. In recognition of the need to stay close to the evolving body of knowledge in sport science, the department provided support to engage three new PhD scholars during the year. Martyn Binnie will investigate the science behind the benefits of running in sand as a training modality for athletes, primarily from the team sports. With a proven record in quality research output the biomechanics area added Trenton Warburton and Koji Honda as scholars. Trenton will work primarily with the WAIS pole vault program and Koji's research is closely aligned with the sport of swimming.

SPORT SCIENCE

Obtaining funding to support research projects in sports science is always a challenge. A significant amount of effort goes into creating applications to the few funding sources available and this is achieved on top of the core role of the scientists in providing services to athletes. That on-going challenge made the positive outcomes in this area during the year very satisfying.

The department was successful with one out of two applications for Australian Research Council (ARC) Linkage grants. The successful application involved a partnership between the School of Sport Science, Exercise and Health at UWA, the School of Computing Science at UWA, Swimming Australia and the Australian Swimming Coaches and Teachers Association. The project involves deriving kinematics in swimming using marker-less image reconstruction technologies that will develop a more accurate and useful method for quantifying patterns of movement. In addition to the partner contributions the ARC Linkage grant will inject \$245,000 into the project over three years.

Further grant funding to the biomechanics area of \$90,000 was realised with a successful application for an Australian Institute of Sport Major Research Grant. With a requirement for making an impact on potential medal chances at the London Olympics, the project involved developing an automatic athlete tracking system and three dimensional pole forces for the high performance pole vault athletes in the world class program at WAIS. The methodologies developed will transfer well to other disciplines and will make a significant step forward in the servicing of high performance athletes.

The tireless efforts of Andrew Lyttle in preparing the successful grant applications should be acknowledged. A milestone was reached during the year with Andrew taking well earned long service leave having achieved ten years of excellent service to WAIS.

The benefit of a long history of psychologist, coach and athlete working together provided a background to the success of World Champion gymnast Lauren Mitchel, with factors such as attention to detail and close collaborative working relationships helping to overcome the adversity Lauren faced in reaching her goal.

Psychology PhD scholar Emilie Thienot successfully presented her topic of mindfulness across a range of sport settings including Australian Cricket, an AFL team and the European Conference of Sport Psychology. Emilie's research has developed a measurement of mindfulness in sport with the next stage being to apply the mindfulness to the enhancement of sport performance.

Travelling to scientific conferences promoted the work completed in the department while also allowing WAIS to consolidate international networks and to remain aware of developments in sport science.

Matthew Doyle presented a paper at the International Society of Biomechanics conference in Northern Michigan USA. Peter Peeling presented some of his research conducted in combination with the School of Sport Science, Exercise and Health at UWA to the European Congress of Sport Sciences in Liverpool.

The multi-disciplinary approach to servicing the needs of individual athletes extended into the competition arena for several disciplines where the support and information gained was central to progress in performance. In addition to providing support at several national championships, a number of staff provided support to Australian team athletes internationally.

Sacha Fulton provided physiology services to the Australian team at the International Paralympic Committee World Swimming Championships in the Netherlands. Matthew Burgin was the psychologist for the Australian team at the World Rowing Championships in New Zealand. Andrew Lyttle accompanied WAIS pole vault squad to competitions in Europe including the Diamond League meets in New York and Stockholm. The information gained from the European competitions had a direct impact on the 2011 World Athletics Championships preparation of the pole vault athletes confirming the value in making this level of investment in specialist services.

The department followed an ethos that there was much to be gained by being actively involved in the national system. One example of this was the highly successful conference on Sport Psychology hosted by WAIS. The hard work by the WAIS psychology team Matthew Burgin, Kevin Hayter and Emilie Thienot ensured the conference had several positive outcomes for WAIS and the national institute network in psychology. The conference was well attended by psychologists from across the network and attracted two international speakers, Dr Jean Fournier from INSEP in France and Pierre-Nicholas Lemyre from the Norwegian School of Sport Sciences. The connections made paid immediate dividends with Dr Fournier providing assistance to a WAIS athlete competing in France during 2011.

An agreement was reached with the high performance hockey unit in Perth of Hockey Australia and the AIS for Matthew Burgin to provide services to the national women's program up to and including the London Olympic Games.

The National Sports Science Quality Assurance program made the four yearly accreditation assessment visits to WAIS. The granting of a further four years accreditation is a credit to the hard work put in by Peter Peeling, Sacha Fulton and John Collins with assistance from other staff along the way. WAIS gained accreditation in all possible five streams and this will allow WAIS to continue to provide testing and other services to national team athletes.



Photo: Simon Moore-Crouch

STRENGTH TRAINING



Photo: Adrian Broughton

GILMAN BARNITT WITH KAYAKER ALANA NICHOLLS

The strength training team provided another year of excellent service to athletes amid growing pressure on the facilities available. That WAIS was able to continue to provide optimal services to world class athletes was testament to the innovation of the strength coaches.

This extended to being able to provide brief periods of training for a number of international athletes. Athletes from the Italian open water swimming team and water polo teams, the UK track cycling team and Australian national squads from water polo all spent time training in the WAIS facility. Among the positives from this interaction was the opportunity for young WAIS athletes to witness the training methods and drive of the highest level athletes.

The strength coaches realised the benefits from the functional movement screening project commenced the year before. The outcomes from the original project were built on and the screening became a central tool in ensuring athletes were training safely and with the most appropriate training for the desired outcome in their particular sport.

The system of recruiting intern strength coaches to assist with the human resource demand for strength coaching flourished during the year. The quality of the service provided by the intern coaches was high and proved critical in allowing many younger athletes to experience the appropriate level of knowledge and direction in their training. The opportunity to work in a high performance environment and to share the professional development opportunities with the full time strength coaches was valued by the interns.

CLINICAL SERVICES



Photo: Adrian Broughton

CHIEF MEDICAL OFFICER DR CARMEL GOODMAN

WAIS is very grateful to the excellent service provided by the many doctors, physiotherapists and soft-tissue therapists on the preferred providers list. A greater scrutiny of the internal processes during the year led to greater conformity with the WAIS policy and a more efficient system overall.

Chief Medical Officer Dr Carmel Goodman was part of a project team of sports physicians from across the national network that worked on developing national athlete medical screening protocols and procedures. WAIS was happy to integrate the recommended protocols into the screening of athletes. WAIS acknowledges the considerable time Carmel committed to this project in addition to her overall dedication to her role as the WAIS Chief Medical Officer.

In a similar vein, several of the physiotherapy providers to WAIS liaised with their national team counterparts to review the musculoskeletal screening procedures. The outcome from their efforts was sport specific protocols for every WAIS sport program. The protocols provide for the extra attention to detail that can be so important when assessing athletes from across such varied sports.

A simple monitoring tool involving the use of SMS text messaging was implemented to assist with the tracking of athlete injury. Although a relatively simple tool, this system proved effective in facilitating the passage of essential information on athlete injury status.

Changes to legislation on the recognition of Sports Physicians as a specialisation created a potential challenge for athlete access to the Sports Physicians working with WAIS athletes. WAIS negotiated an outcome that allowed WAIS athletes to continue to have direct access to the high quality services of the sports physicians. WAIS absorbed the cost implications for doing this to ensure continuity of access to the excellent services provided.

ATHLETE CAREER & EDUCATION



GYMNAST EMILY LITTLE HONOURED AT A CHURCHLANDS SENIOR HIGH SCHOOL ASSEMBLY FOR HER COMMONWEALTH GAMES ACHIEVEMENTS

The ACE area focused on addressing the challenges for athletes who have the potential to gain selection on the 2012 Olympic team. The ACE program continued to prioritise athletes according to their level of scholarship this year by providing an individualised service to those athletes, whilst providing key education and career information and support to athletes at the emerging and development levels.

In 2010-11 the proportion of WAIS targeted athletes (those athletes on WAIS scholarship and AIS or NSO scholarship) equated to 9.5% of the total national distribution. There were 55 targeted athletes for ACE servicing and 131 contacts were made with these target athletes. The main service areas were managing education, employment support, financial issues and career planning.

The National ACE program conference attended by Jenny Marsh and Lizzie Moyle confirmed the strong national network in place. WAIS worked collaboratively with SIS/SAS partners to strengthen engagement with National Sporting Organisations (NSO) by proactively building positive relationships. As a result, key contact people within the NSOs have been identified to promote the ACE message with their athletes and sport specific needs are being identified. The collaboration extended to the development of resources for athletes, such as fact sheets and booklets as well as a revamped web based resource ACE-online.

The life skills program, Developing Champions, (formerly known as the Gifted Athlete Program) in partnership with the Department of Sport and Recreation, completed the first year pilot operation. Program coordinator, Kate Bobridge worked tirelessly to develop new content and the changed delivery model focusing on behavior change in young athletes. Current and past WAIS athletes played a crucial role in presenting the program to young athletes aged 13 – 17. The program will move into the next phase of development in 2011/12 to include elective modules and mentoring.

WAIS Canoeing athlete Lockie Cooke was presented with the ACE Excellence award at the WAIS Champions Breakfast. Lockie is a U/23 Australian Kayak Squad member and the founder of his own charity, ICEA. Lockie has a passion to address the imbalance in education in remote areas of Australia and his charity is set up to bridge this gap. Another notable achievement for Lockie was being selected to represent Australia at CHOGM in Perth in October 2011 as a Youth Ambassador.

The ACE program has benefited from the commitment and passion of Lizzie Moyle and Kate Bobridge to their roles of ACE Counsellor and Developing Champions Coordinator respectively.



CORPORATE
SERVICES

FINANCE & ADMINISTRATION



L-R: RAMON FALZON, MICHELLE WILSON, NATALIE GRAHAM, SIMON MOORE-CROUCH, KARA SAMUELS, CHRIS ABBOTT, LORREN PORTOLAN.
 ABSENT: HONNIE DOBBER

Staff

There were some changes to department staff during the year. These changes required careful planning to ensure they did not impact negatively on the department's operations. **Ms Kristin Chabrel** resigned as the Finance and Administration Officer to pursue career prospects in commerce and industry, and was replaced by **Ms Esther Mortimer**. Ms Mortimer resigned after a short time and WAIS was fortunate to engage **Ms Michelle Wilson**, a former WAIS gymnast, to contribute her financial management skills to our operations.

Ms Jessica Roberts resigned as Receptionist to further her career in the resources industry. **Ms Kara Samuels** replaced Ms Roberts in fulfilling reception duties. Ms Samuels has provided an enthusiastic and professional face to our reception area.

There were no other staff changes during the year and all staff members have kept the positions held in the previous year.

At 30 June 2011, WAIS employed a total of forty-six permanent full-time and six permanent part-time staff.

Accommodation and Costs

Accommodation costs during the year were managed within the budgetary framework for WAIS' premises although the improving general economic condition started pushing up prices. Due to the age of the building it is anticipated that the level of ongoing maintenance required will continue to increase.

The current WAIS facilities do not meet the standards for scope or size for preparing international athletes. WAIS submitted requests to the State Government on the requirement for a new state of the art facility

athletes. At the end of the financial year, the State Government allocated funds to initiate the new facility planning process, which process will be executed and managed by the Department of Sport and Recreation in conjunction with WAIS.

Financial Systems

The budgeting model was updated during the year in order to improve the financial management processes and reporting. Financial control was exercised throughout the year as the organisation continuously seeks to improve its internal processes, particularly in regard to effectiveness and efficiency. The payroll system was also successfully updated.

Human Resources

The organisational human resource policies are currently managed by the Finance Manager and administered by the Executive Co-ordinator, **Ms Natalie Graham**.

During the year, the WAIS Human Resources Manual and the Staff Performance Management System were successfully updated.

Information Technology

Server infrastructure upgrades were performed to improve performance and stability for files and documents, emails and network services. This also included a partial upgrade of the IT hardware held by the WAIS staff members. The infrastructure changes enabled WAIS to advance its operating system platform and basic software packages to the latest versions available in the market. The objective of the infrastructure and system enhancements is to streamline workflow and information processing so as to continuously improve efficiency while making

CORPORATE COMMUNICATIONS



Photo: Simon Moore-Crouch

WOMEN'S FOOTBALLERS COLLETTE MCCALLUM AND SAMANTHA KERR SPEAK TO THE MEDIA

The past 12 months has seen a number of successes for the Corporate Communications area of the Institute with Healthway renewing their sponsorship of the Go for 2&5 WAIS Community Development Program for a further two years as well as the launch of a historic record of the first 25 years of WAIS – “Going for Gold: Champions from the West”.

People

2010/11 again saw the people within the Corporate Communications team remain as per the previous 12 months.

Corporate Communications Manager **Mr Simon Moore-Crouch** continued to be responsible for the communications, media and community relations aspects of the Institute. The re-structure of responsibilities in the Corporate Services area, which took place in the preceding 12 months and saw Mr Moore-Crouch also take accountability for internal communications, resulted in the change in name for the department to Corporate Communications and the resultant amendment in the Manager's position title.

Mr Chris Abbott continued to served the Institute in the role of Public Relations Officer, undertaking responsibilities including writing and producing a number of the WAIS publications, the Weekly News Bulletin and the new website, as well as co-ordinating the Go for 2&5 WAIS Community Development Program. He also undertook more of the responsibilities related to liaison with key media contacts on a day to day basis.

Partnerships

In the 2010/11 period WAIS extended a significant partnership, with **Healthway** confirming their support for the **Go for 2&5 WAIS Community Development Program** for a further two years. This extension will see the program complete five years of operation as a sponsored program at the end of the new agreement.

Over the past 12 months WAIS unfortunately bid farewell to a long time Institute partner, with Powerade deciding at the beginning of 2011 to move to a more national focus. Powerade/Coca-Cola had been a strong supporter of WAIS for more than 25 years and the Institute would like to put on the record it's appreciation for such significant support over that period.

Partners, sponsors and suppliers for the 2010/2011 period are detailed below.

Principal Partner

The **Government of Western Australia** provides unwavering support to WAIS and allows the Institute to achieve its purpose of assisting Western Australian athletes achieve excellence in their sporting pursuits. We thank the WA Government for its continued support of the elite sporting system in WA.

Strategic Partners

Department of Sport and Recreation for its strategic alliance supporting athlete sporting pathways in Western Australia.

Australian Sports Commission for its financial commitment to the

Athlete Career and Education program and sport science quality assurance programs that directly benefit WAIS operations.

VenuesWest for the provision of venues and facilities for our athletes and sport programs.

Corporate Sponsors

Healthway promoting the Go for 2&5 message continued their support of WAIS through the exciting Go for 2&5 WAIS Community Development Program, enabling the Institute to promote healthy and active lifestyles to young people around Western Australia.

Program Sponsors

The Carbine Club extended their support of our aspiring athletes through the Carbine Club International Scholarship Fund. This important initiative allocates funding to WAIS athletes to assist with travel to international competitions.

The Cancer Council, through the **Go for 2&5** message, supporting WAIS as naming rights partners to the expanded Go for 2&5 WAIS Community Development Program. This exciting initiative provides schools and sporting clubs the opportunity to have a WAIS athlete visit them and promotes healthy eating and active lifestyles.

Perth Market Authority joined the Institute's list of partners at the start of 2010 as a supporting partner of the Go for 2&5 WAIS Community Development Program. This new relationships provides a tangible benefit to young West Australians visited by the program in the form of fresh fruit and vegetables.

Suppliers

Bekkers IT, official supplier of IT services, has continued its long-term relationship with WAIS.

Coca-Cola, has continued its long-term support of WAIS as official supplier of sports drinks and beverages, reaching the 25 years as a partner milestone in 2009. In particular, the provision of Powerade products to the athletes has assisted with their training and recovery regimes.

Kea Designer Sportswear, as highlighted above, has continued its long-standing relationship as apparel supplier. Kea continues to work with WAIS to deliver apparel suitable to the demanding requirements of athletes and staff.

WAIS is grateful to all its retiring, existing and new partners for their valuable contribution. The support of our partners plays a vital role in the journey the athletes follow to international success.

Public Relations

Despite taking on additional activities during the 12 month period the WAIS Corporate Communications Department continues to direct its focus to actively promoting the achievements of the Institute's athletes, coaches and staff to the wider community.

The 2010 Commonwealth Games ensured that WAIS athletes and coaches were active in the mainstream media, with feature stories prevalent in print and online as well as on radio and television. Selection events for significant World Championships in the early part of 2011 provided opportunities for this level of coverage to continue into the new year.

The Go for 2&5 WAIS Community Development Program remains a great positive for the Institute, with the program in its current form to continue for a further two years thanks to Healthway's partnership renewal.

Website and Corporate Communications

The **WAIS Website** continues to be the ever-changing public face of the Institute, with site visitors spiking during the Commonwealth Games and trending upwards for the rest of the year. A major change to the site occurred in early 2011 with the addition of significant social media functionality via the Disqus tool. This has enabled discussion on news stories on the site as well as the ability for visitors to share content on Facebook and Twitter. The Institute was also able to introduce a wider array of multimedia content thanks to the casual work of WAAPA students **Rory Campbell** and **Beau Pearson** who utilized their considerable talents

The **Weekly News Bulletin (WNB)**, a fully featured HTML e-newsletter, remains the Institute's major internal and external communication tool, with the document consisting of up-to-date news and results from WAIS athletes. An extensive subscriber list of sporting organizations, government, sponsors and media ensures WAIS stakeholders are kept up to date with all the latest on the achievements of our athletes.

Media

The advent of the Commonwealth Games in 2010 ensured that the Department's work with the West Australian media was a emphasis in early part of the 2010/11 period. A significant number of athlete selections combined with outstanding performances in Delhi to ensure a number of athletes and sports were regulars in the media. Of note were the sports of cycling, swimming, athletics and gymnastics. The biggest media event of the year however was Lauren Mitchell's efforts in becoming the first female Australian gymnast to win a world championship. A front page of The West Australian, as well as two days worth of feature stories within the paper, television coverage on every station as well as numerous radio interviews gave Mitchell, her coaches and the WAIS program a noticeable publicity boost.

Publications

With the final edition of the **Without Compromise Magazine** published in the last financial year the **WAIS Annual Report** was the major in house publication produced by the Institute.

A significant project however was undertaken in partnership with **LotteryWest**, with a 25 year history of WAIS being written by **Dr Frank Pyke** and published by **Fremantle Press**. This project took more than 12 months to bring to fruition, with the final product launched in October 2010 and copies provided free of charge to all public libraries and schools around Western Australia.

The WAIS Corporate Communications department also assisted with the production of various department and program publications for presentations, seminars and events.

Go for 2&5 WAIS Community Development Program

The 2010/11 period was a crucial one for the WAIS Community Development Program, with the partnership with **Healthway** which enables the expanded program to operate up for renewal. In a great sign of the success of the Program this relationship has been extended for a further two years, taking the Program through until the end of 2012.

The three aspects of the expanded program are:

- **Primary school visits**
- **Sporting club visits**
- **WAIS Tours**

Each part of the program sees athletes sharing aspects of their journey from budding young athletes to world class performers, hopefully inspiring the next generation to strive to follow a similar path whilst importantly focusing on the importance of eating healthy and being active in everyday life.

Schools across the metropolitan area have been benefactors of the program, with tours of the WAIS facility as well as incursion visits by athletes. Two regional visits were again undertaken which saw the benefits of the program spread across the State. The areas visited in the past 12 months were the Kimberley and the mid-West.

Within the metropolitan area work with the state sporting organizations for canoeing, gymnastics, hockey, athletics and swimming saw a targeted approach undertaken for sporting clubs visits, with developing clubs nominated by the respective sports organization for visits.

A number of athletes have been involved in the program in the past 12 months as either tour guides, club speakers or school presenters. Sports that have been represented include swimming, hockey, water polo, canoeing, sailing and gymnastics.

Outside the Go for 2&5 WAIS Community Development Program WAIS athletes have once again been involved in appearances for a number of charities including the HBF Run for a Reason, Telethon and the Wally Foreman Foundation, as well as other community organizations such as the City of Fremantle, the Challenge Stadium Kids Sports Club and the Australia Day Council.



Photo: Chris Abbott

WAIS WOULD LIKE TO THANK:

PRINCIPAL PARTNER



STRATEGIC PARTNERS



Australian Government
Australian Sports Commission



Department of
Sport and Recreation

CORPORATE SPONSORS



PROGRAM SPONSORS



Community Development
Program



International Scholarship
Fund



Sailing

SUPPLIER/PROVIDER



Sports Drinks & Beverages



IT Services



Sportswear

TRAINING CENTRE STATUS



An Olympic Training Centre
recognised by the
Australian Olympic Committee



Auditor General

INDEPENDENT AUDITOR'S REPORT

To the Parliament of Western Australia

WESTERN AUSTRALIAN INSTITUTE OF SPORT

Report on the Financial Statements

I have audited the accounts and financial statements of the Western Australian Institute of Sport.

The financial statements comprise the Statement of Financial Position as at 30 June 2011, the Statement of Comprehensive Income, Statement of Changes in Equity and Statement of Cash Flows for the year then ended, and Notes comprising a summary of significant accounting policies and other explanatory information.

Board's Responsibility for the Financial Statements

The Board is responsible for keeping proper accounts, and the preparation and fair presentation of the financial statements in accordance with Australian Accounting Standards and the Treasurer's Instructions, and for such internal control as the Board determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

Auditor's Responsibility

As required by the Auditor General Act 2006, my responsibility is to express an opinion on the financial statements based on my audit. The audit was conducted in accordance with Australian Auditing Standards. Those Standards require compliance with relevant ethical requirements relating to audit engagements and that the audit be planned and performed to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgement, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the Institute's preparation and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances. An audit also includes evaluating the appropriateness of the accounting policies used and the reasonableness of accounting estimates made by the Board, as well as evaluating the overall presentation of the financial statements.

I believe that the audit evidence obtained is sufficient and appropriate to provide a basis for my audit opinion.

Opinion

In my opinion, the financial statements are based on proper accounts and present fairly, in all material respects, the financial position of the Western Australian Institute of Sport at 30 June 2011 and its financial performance and cash flows for the year then ended. They are in accordance with Australian Accounting Standards and the Treasurer's Instructions.

Western Australian Institute of Sport

Report on Controls

I have audited the controls exercised by the Western Australian Institute of Sport. The Board is responsible for ensuring that adequate control is maintained over the receipt, expenditure and investment of money, the acquisition and disposal of public and other property, and the incurring of liabilities in accordance with the Financial Management Act 2006 and the Treasurer's Instructions, and other relevant written law.

As required by the Auditor General Act 2006, my responsibility is to express an opinion on the controls exercised by the Board based on my audit conducted in accordance with Australian Auditing Standards.

Opinion

In my opinion, the controls exercised by the Western Australian Institute of Sport are sufficiently adequate to provide reasonable assurance that the receipt, expenditure and investment of money, the acquisition and disposal of property, and the incurring of liabilities have been in accordance with legislative provisions.

Report on the Key Performance Indicators

I have audited the key performance indicators of the Western Australian Institute of Sport. The Board is responsible for the preparation and fair presentation of the key performance indicators in accordance with the Financial Management Act 2006 and the Treasurer's Instructions.

As required by the Auditor General Act 2006, my responsibility is to express an opinion on the key performance indicators based on my audit conducted in accordance with Australian Auditing Standards.

Opinion

In my opinion, the key performance indicators of the Western Australian Institute of Sport are relevant and appropriate to assist users to assess the Institute's performance and fairly represent indicated performance for the year ended 30 June 2011.

Independence

In conducting this audit, I have complied with the independence requirements of the Auditor General Act 2006 and the Australian Auditing Standards, and other relevant ethical requirements.



COLIN MURPHY
AUDITOR GENERAL
16 September 2011



WESTERN AUSTRALIAN INSTITUTE OF SPORT (INC)

ANNUAL FINANCIAL STATEMENTS

YEAR ENDED 30 JUNE 2011

FINANCIAL INDEX

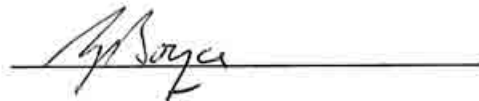
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Certification of Financial Statements

The accompanying financial statements of the Western Australian Institute of Sport (Inc.) have been prepared in compliance with the provisions of the *Financial Management Act 2006* from proper accounts and records to present fairly the financial transactions for the financial year ended 30 June 2011 and the financial position as at 30 June 2011.

At the date of signing we are not aware of any circumstances which would render the particulars included in the financial statements misleading or inaccurate.

Dated this 13th of September 2011



Mr Grant Boyce
Chairman
Board Member
Western Australian Institute of Sport (Inc.)



Mr Steven Lawrence
Executive Director
Board Member
Western Australian Institute of Sport (Inc.)



Mr Ramon Falzon
Finance and Administration Manager
Chief Financial Officer
Western Australian Institute of Sport (Inc.)



Western Australian Institute of Sport (Inc.)			
Statement of Comprehensive Income for the year ended 30 June 2011			
	Note	2011 \$	2010 \$
COST OF SERVICES			
Expenses			
Employee benefits expense	6	4,227,384	3,970,225
Supplies and services	7	1,955,879	1,729,692
Depreciation and amortisation expense	8	154,620	147,605
Finance costs	9	-	3,023
Accommodation expenses	10	46,825	24,000
Other expenses	11	1,055,667	841,216
Total cost of services		7,440,375	6,715,761
Income			
Revenue			
User charges and fees	12	-	182,132
Commonwealth grants and contributions	13	110,750	63,318
Interest revenue	14	169,128	110,851
Other revenue	15	1,904,015	1,322,377
Total Revenue		2,183,893	1,678,678
Gains			
Gain on disposal of non-current assets	17	40,500	28,182
Total Gains		40,500	28,182
Total income other than income from State Government		2,224,393	1,706,860
NET COST OF SERVICES		5,215,982	5,008,901
INCOME FROM STATE GOVERNMENT			
State grants	18	4,063,000	5,400,600
Total income from State Government		4,063,000	5,400,600
(DEFICIT) / SURPLUS FOR THE PERIOD		(1,152,982)	391,699
OTHER COMPREHENSIVE INCOME			
		-	-
TOTAL COMPREHENSIVE (LOSS) / INCOME FOR THE PERIOD		(1,152,982)	391,699

The Statement of Comprehensive Income should be read in conjunction with the accompanying notes.



Western Australian Institute of Sport (Inc.) Statement of Financial Position as at 30 June 2011			
	Note	2011 \$	2010 \$
ASSETS			
Current Assets			
Cash and cash equivalents	19	659,528	2,500,655
Receivables	21	273,352	143,219
Other current assets	22	155,476	150,283
Inventories	20	14,836	32,686
Total Current Assets		1,103,192	2,826,843
Non-Current Assets			
Property, plant and equipment	23	810,057	398,857
Total Non-Current Assets		810,057	398,857
Total Assets		1,913,249	3,225,700
LIABILITIES			
Current Liabilities			
Payables	25	357,534	359,054
Provisions	26	604,482	598,972
Other current liabilities	27	330,149	522,844
Total Current Liabilities		1,292,165	1,480,870
Non-Current Liabilities			
Provisions	26	87,493	58,257
Total Non-Current Liabilities		87,493	58,257
Total Liabilities		1,379,658	1,539,127
NET ASSETS		533,591	1,686,573
Equity			
Accumulated surplus	28	533,591	1,686,573
TOTAL EQUITY		533,591	1,686,573

The Statement of Financial Position should be read in conjunction with the accompanying notes.



Western Australian Institute of Sport (Inc.) Statement of Changes in Equity for the year ended 30 June 2011		
	Accumulated surplus \$	Total equity \$
Balance at 1 July 2009	1,294,874	1,294,874
Total comprehensive income for the year	391,699	391,699
Balance at 30 June 2010	1,686,573	1,686,573
Balance at 1 July 2010	1,686,573	1,686,573
Total comprehensive (loss) / income for the year	(1,152,982)	(1,152,982)
Balance at 30 June 2011	533,591	533,591

The Statement of Changes in Equity should be read in conjunction with the accompanying notes.



Western Australian Institute of Sport (Inc.) Statement of Cash Flows for the year ended 30 June 2011			
	Note	2011 \$	2010 \$
CASH FLOWS FROM STATE GOVERNMENT			
State grants		4,063,000	5,400,600
Net cash provided by State Government		4,063,000	5,400,600
Utilised as follows:			
CASH FLOWS FROM OPERATING ACTIVITIES			
Payments			
Employee benefits		(4,192,638)	(3,902,522)
Supplies and services		(1,957,399)	(1,743,504)
Accommodation		(46,825)	(24,000)
GST payments on purchases		(186,376)	(170,867)
Other payments		(1,791,105)	(1,153,297)
		<u>(8,174,343)</u>	<u>(6,994,190)</u>
Receipts			
User charges and fees		-	182,132
Commonwealth grants and contributions		110,750	63,318
Interest received		169,128	110,851
GST receipts on sales		729,118	637,359
Other receipts		1,786,540	1,213,796
		<u>2,795,536</u>	<u>2,207,456</u>
Net cash used in operating activities	29	<u>(5,378,807)</u>	<u>(4,786,733)</u>
CASH FLOWS FROM INVESTING ACTIVITIES			
Purchase of non-current physical assets		(565,820)	(132,825)
Proceeds from the sale of non-current physical assets		40,500	36,213
Net cash used in investing activities		<u>(525,320)</u>	<u>(96,612)</u>
Net (decrease)/increase in cash and cash equivalents		(1,841,127)	517,254
Cash and cash equivalents at the beginning of the financial year		2,500,655	1,983,401
CASH AND CASH EQUIVALENTS AT THE END OF THE FINANCIAL YEAR	19	659,528	2,500,655

The Statement of Cash Flows should be read in conjunction with the accompanying notes.



1 Australian Accounting Standards

General

The Western Australian Institute of Sport (Inc.)'s ('the Institute') financial statements for the year ended 30 June 2011 have been prepared in accordance with Australian Accounting Standards. The term 'Australian Accounting Standards' includes Standards and Interpretations issued by the Australian Accounting Standard Board (AASB).

The Institute has adopted any applicable, new and revised Australian Accounting Standards from their operative dates.

Early adoption of standards

The Institute cannot early adopt an Australian Accounting Standard unless specifically permitted by TI 1101 *Application of Australian Accounting Standards and Other Pronouncements*. No Australian Accounting Standards that have been issued or amended but not operative have been early adopted by the Institute for the annual reporting period ended 30 June 2011.

2 Summary of Significant Accounting Policies

a. General Statement

The financial statements constitute general purpose financial statements that have been prepared in accordance with Australian Accounting Standards, the Framework, Statements of Accounting Concepts and other authoritative pronouncements of the AASB as applied by the Treasurer's instructions. Several of these are modified by the Treasurer's instructions to vary application, disclosure, format and wording.

The *Financial Management Act* and the Treasurer's instructions are legislative provisions governing the preparation of financial statements and take precedence over Australian Accounting Standards, the Framework, Statements of Accounting Concepts and other authoritative pronouncements of the AASB.

Where modification is required and has had a material or significant financial effect upon the reported results, details of that modification and the resulting financial effect are disclosed in the notes to the financial statements.

b. Basis of Preparation

The financial statements have been prepared on the accrual basis of accounting using the historical cost convention.

The accounting policies adopted in the preparation of the financial statements have been consistently applied throughout all periods presented unless otherwise stated.

The financial statements are presented in Australian dollars and all values are rounded to the nearest dollar (\$).

Note 3 'Judgements made by management in applying accounting policies' discloses judgements that have been made in the process of applying the Institute's accounting policies resulting in the most significant effect on amounts recognised in the financial statements.

Note 4 'Key sources of estimation uncertainty' discloses key assumptions made concerning the future, and other key sources of estimation uncertainty at the end of the reporting period, that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

Going Concern

As at 30 June 2011, the Institute recorded a working capital deficit of \$83,269 (2010: surplus of \$1,345,973).



The Institute has the financial support of the Department of Treasury and Finance and the Department of Sports and Recreation, who shall continue to ensure the Institute has access to sufficient funds should they be required to pay debts as and when they fall due.

It is the opinion of the Board of Directors that there are reasonable grounds to believe the Institute is a going concern. Therefore, the financial statements do not include any adjustments relating to the recoverability and classification of the recorded asset amounts or to the amounts and classification of liabilities that might be necessary should the Institute not continue as a going concern.

c. Reporting Entity

The reporting entity comprises the Western Australian Institute of Sport Inc. ('the Institute').

d. Income

Revenue recognition

Revenue is recognised and measured at the fair value of consideration received or receivable. The following specific recognition criteria must also be met before revenue is recognised for the major business activities as follows:

Sale of goods

Revenue is recognised from the sale of goods and disposal of other assets when the significant risks and rewards of ownership transfer to the purchaser and can be measured reliably.

Provision of services

Revenue is recognised on delivery of the service to the client or by reference to the stage of completion of the transaction.

Interest

Revenue is recognised as the interest accrues.

Grants, donations, gifts and other non-reciprocal contributions

Revenue is recognised at fair value when the Institute obtains control over the assets comprising the contributions, usually when cash is received.

Other non-reciprocal contributions that are not contributions by owners are recognised at their fair value. Contributions of services are only recognised when a fair value can be reliably determined and the services would be purchased if not donated.

Where contributions recognised as revenues during the reporting period were obtained on the condition that they be expended in a particular manner or used over a particular period, and those conditions were yet to be discharged as at the reporting date, the nature of, and amounts pertaining to, those undischarged conditions are disclosed in the notes.

Gains

Realised or unrealised gains are usually recognised on a net basis. These include gains arising on the disposal of non-current assets.

e. Property, Plant and Equipment

Capitalisation/expensing of assets

Items of property, plant and equipment costing \$5,000 or more are recognised as assets and the cost of utilising assets is expensed (depreciated) over their useful lives. Items of property, plant and equipment costing less than \$5,000 are immediately expensed direct to the Statement of Comprehensive Income (other than where they form part of a group of similar items which are significant in total).

Initial recognition and measurement

All items of property, plant and equipment are initially recognised at cost. For items of property, plant and equipment acquired at no cost or for nominal cost, the cost is their fair value at the date of acquisition.



Depreciation

All non-current assets having a limited useful life are systematically depreciated over their estimated useful lives in a manner that reflects the consumption of their future economic benefits.

Leased improvements are depreciated over the shorter of the asset's useful life and the lease term.

Depreciation on assets is calculated using the straight line method, using rates which are reviewed annually. Estimated useful lives for each class of depreciable asset are:

Plant, equipment and vehicles	3-10 years
Office equipment	3-10 years
Leased improvements	20-40 years

f. Impairment of Assets

Property, plant and equipment are tested for any indication of impairment at the end of each reporting period. Where there is an indication of impairment, the recoverable amount is estimated. Where the recoverable amount is less than the carrying amount, the asset is considered impaired and is written down to the recoverable amount and an impairment loss is recognised. As the Institute is a not-for-profit entity, unless an asset has been identified as a surplus asset, the recoverable amount is the higher of an asset's fair value less costs to sell and depreciated replacement cost.

The risk of impairment is generally limited to circumstances where an asset's depreciation is materially understated, where the replacement cost is falling or where there is a significant change in useful life. Each relevant class of assets is reviewed annually to verify that the accumulated depreciation/amortisation reflects the level of consumption or expiration of asset's future economic benefits and to evaluate any impairment risk from falling replacement costs.

The recoverable amount of assets identified as surplus assets is the higher of fair value less costs to sell and the present value of future cash flows expected to be derived from the asset. Surplus assets carried at fair value have no risk of material impairment where fair value is determined by reference to market-based evidence. Where fair value is determined by reference to depreciated replacement cost, surplus assets are at risk of impairment and the recoverable amount is measured. Surplus assets at cost are tested for indications of impairment at the end of each reporting period.

There were no indicators of impairment at 30 June 2011.

g. Leases

The Institute holds operating leases for the office building and for two multifunctional office printers. Lease payments are expensed on a straight line basis over the lease term as this represents the pattern of benefits derived from the leased property and equipment.

h. Financial Instruments

In addition to cash, the Institute has two categories of financial instrument:

- Loans and receivables; and
- Financial liabilities measured at amortised cost.

Financial instruments have been disaggregated into the following classes:

Financial Assets

- Cash and cash equivalents
- Receivables

Financial Liabilities

- Payables

Initial recognition and measurement of financial instruments is at fair value which normally equates to the

transaction cost or the face value. Subsequent measurement is at amortised cost using the effective interest method.

The fair value of short-term receivables and payables is the transaction cost or the face value because there is no interest rate applicable and subsequent measurement is not required as the effect of discounting is not material.

i. Cash and Cash Equivalents

For the purpose of the Statement of Cash Flows, cash and cash equivalent (and restricted cash and cash equivalent) assets comprise cash on hand and short-term deposits with original maturities of three months or less that are readily convertible to a known amount of cash and which are subject to insignificant risk of changes in value.

j. Accrued salaries

Accrued salaries (see note 25 'Payables') represent the amount due to staff but unpaid at the end of the financial year. Accrued salaries are settled within a fortnight of the financial year end. The Institute considers the carrying amount of accrued salaries to be equivalent to its net fair value.

k. Inventories

Inventories are measured at the lower of cost and net realisable value. Costs are assigned by the method most appropriate to each particular class of inventory, with the majority being valued on a first in first out basis.

Inventories not held for resale are valued at cost unless they are no longer required, in which case they are valued at net realisable value.

l. Receivables

Receivables are recognised and carried at original invoice amount less an allowance for any uncollectible amounts (i.e. impairment). The collectability of receivables is reviewed on an ongoing basis and any receivables identified as uncollectible are written-off against the allowance account. The allowance for uncollectible amounts (doubtful debts) is raised when there is objective evidence that the Institute will not be able to collect the debts. The carrying amount is equivalent to fair value as it is due for settlement within 30 days. Refer to note 34 'Financial Instruments' and note 21 'Receivables'.

m. Payables

Payables are recognised at the amounts payable when the Institute becomes obliged to make future payments as a result of a purchase of assets or services. The carrying amount is equivalent to fair value, as settlement is generally within 30 days. Refer to note 34 'Financial Instruments' and note 25 'Payables'.

n. Provisions

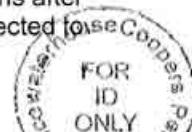
Provisions are liabilities of uncertain timing or amount and are recognised where there is a present legal or constructive obligation as a result of a past event and when the outflow of resources embodying economic benefits is probable and a reliable estimate can be made of the amount of the obligation. Provisions are reviewed at the end of each reporting period. Refer to note 26 'Provisions'.

i. Provisions - Employee Benefits

All annual leave and long service leave provisions are in respect of employees' services up to the end of the reporting period.

Annual Leave and Long Service Leave

The liability for annual and long service leave expected to be settled within 12 months after the reporting period is recognised and measured at the undiscounted amounts expected to be paid when the liabilities are settled.



Annual and long service leave expected to be settled more than 12 months after the reporting period is measured at the present value of amounts expected to be paid when the liabilities are settled. Leave liabilities are in respect of services provided by employees up to the end of the reporting period.

When assessing expected future payments consideration is given to expected future wage and salary levels including non-salary components such as employer superannuation contributions. In addition, the long service leave liability also considers the experience of employee departures and periods of service.

The expected future payments are discounted using market yields at the end of the reporting period on national government bonds with terms to maturity that match, as closely as possible, the estimated future cash outflows.

All annual leave and unconditional long service leave provisions are classified as current liabilities as the Institute does not have an unconditional right to defer settlement of the liability for at least 12 months after the reporting period.

Superannuation

An external Superannuation institution administers the superannuation schemes.

Employees may contribute to the Pension Scheme. The Institute has no liabilities under the Pension Schemes.

Refer also to note 5(b) 'Superannuation expense'.

ii. Provisions – Other

Employment on-costs

Employment on-costs, including workers' compensation insurance, are not employee benefits and are recognised separately as liabilities and expenses when the employment to which they relate has occurred. Employment on-costs are included as part of 'Other expenses' and are not included as part of the Institute's 'Employee benefits expense'. The related liability is included in 'Employment on-costs provision'. Refer to note 10 'Other expenses' and note 25 'Provisions'.

o. Resources Received Free of Charge or for Nominal Cost

Resources received free of charge or for nominal cost that can be reliably measured are recognised as income and as assets or expenses as appropriate, at fair value. Where the resource received represents a service that the Institute would otherwise pay for, a corresponding expense is recognised. Receipts of assets are recognised in the Statement of Financial Position.

Where assets or services are received from a State Government agency, these are separately disclosed under Income from State Government in the Statement of Comprehensive Income. Refer to note 15 'Resources Received for nominal cost'

p. Comparative Figures

Comparative figures are, where appropriate, reclassified to be comparable with the figures presented in the current financial year.

3 Judgements made by management in applying accounting policies

The preparation of financial statements requires management to make judgements about the application of accounting policies that have a significant effect on the amounts recognised in the financial statements. The Institute evaluates these judgements regularly.



4 Key sources of estimation uncertainty

The Institute makes key estimations and assumptions concerning the future. These estimates and assumptions are based on historical experience and various other factors that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next financial year.

Long Service Leave

In calculating the Institute's long service leave provision, several estimates and assumptions have been made. These include expected future salary rates, salary inflation, discount rates, employee retention rates and expected future payments. Any changes in these estimations and assumptions may impact on the carrying amount of the long service leave provision.

5 Disclosure of changes in accounting policy and estimates

Initial application of an Australian Accounting Standard

There were no Australian Accounting Standards effective for annual reporting periods beginning on or after 1 July 2010 that impacted on the Institute.

Future impact of Australian Accounting Standards not yet operative

The Institute cannot early adopt an Australian Accounting Standard unless specifically permitted by TI 1101 *Application of Australian Accounting Standards and Other Pronouncements*. Consequently, the Institute has not applied early any following Australian Accounting Standards that have been issued that may impact the Institute. Where applicable, the Institute plans to apply these Australian Accounting Standards from their application date.

AASB 2009-11 *Amendments to Australian Accounting Standards arising from AASB 9 [AASB 1, 3, 4, 5, 7, 101, 102, 108, 112, 118, 121, 127, 128, 131, 132, 136, 139, 1023 & 1038 and Interpretations 10 & 12].*

The amendment to AASB 7 *Financial Instruments: Disclosures* requires modification to the disclosure of categories of financial assets. The Institute does not expect any financial impact when the Standard is first applied. The disclosure of categories of financial assets in the notes will change.

AASB 2009-12 *Amendments to Australian Accounting Standards [AASBs 5, 8, 108 110, 112, 119, 133, 137, 139, 1023 & 1031 and Interpretations 2, 4, 16, 1039 & 1052].*

The Standard introduces a number of terminology changes. There is no financial impact resulting from the application of this revised Standard.

AASB 1053 *Application of Tiers of Australian Accounting Standards*

This Standard establishes a differential financial reporting framework consisting of two tiers of reporting requirements for preparing general purpose financial statements.

The Standard does not have any financial impact on the Institute. However it may affect disclosures in the financial statements of the Institute if the reduced disclosure requirements apply. DTF has not yet determined the application or the potential impact of the new Standard for agencies.

AASB 2010-2 *Amendments to Australian Accounting Standards arising from Reduced Disclosure Requirements*

This Standard makes amendments to many Australian Accounting Standards, including Interpretations, to introduce reduced disclosure requirements into these pronouncements for application by certain types of entities.



The Standard is not expected to have any financial impact on the Institute. However this Standard may reduce some note disclosures in the financial statements of the Institute. DTF has not yet determined the application or the potential impact of the amendments to these Standards for agencies.

- AASB 2011-2 *Amendments to Australian Accounting Standards arising from the Trans-Tasman Convergence Project – Reduced Disclosure Requirements [AASB 101 & 1054]*

This amending Standard removes disclosures requirements from other Standards and incorporates them in a single Standard to achieve convergence between Australian and New Zealand Accounting Standards for reduced disclosure reporting. DTF has not yet determined the application or the potential impact of the amendments to these Standards for agencies.

- AASB 2010-5 *Amendments to Australian Accounting Standards [AASB 1, 3, 4, 5, 101, 107, 112, 118, 119, 121, 132, 133, 134, 137, 139, 140, 1023 & 1038 and Interpretations 112, 115, 127, 132 & 1042] (October 2010)*

This Standard reduces a number of terminology changes as well as minor presentation changes to the Notes to the Financial Statements. There is no financial impact resulting from the application of this revised Standard.

- AASB 2010-6 *Amendments to Australian Accounting Standards – Disclosures on Transfers of Financial Assets [AASB 1 & AASB 7]*

This Standard makes amendments to Australian Accounting Standards, introducing additional presentation and disclosure requirements for Financial Assets.

The Standard is not expected to have any financial impact on the Institute. DTF has not yet determined the application or the potential impact of the amendments to these Standards for agencies.

- AASB 9 *Financial Instruments*

This Standard supersedes AASB 139 *Financial Instruments: Recognition and Measurement*, introducing a number of changes to accounting treatments.

The Standard was reissued on 6 Dec 2010 and the Department is currently determining the impact of the Standard. DTF has not yet determined the application or the potential impact of the Standard for agencies.

- AASB 2010-7 *Amendments to Australian Accounting Standards arising from AASB 9 (December 2010) [AASB 1, 3, 4, 5, 7, 101, 102, 108, 112, 118, 120, 121, 127, 128, 131, 132, 136, 137, 139, 1023 & 1038 and Interpretations 2, 5, 10, 12, 19 & 127].*

This Amending Standard makes consequential adjustments to other Standards as a result of issuing AASB 9 *Financial Instruments* in December 2010. DTF has not yet determined the application or the potential impact of the Standard for agencies.

- AASB 1054 *Australian Additional Disclosures*

This Standard, in conjunction with AASB 2011-1 *Amendments to Australian Accounting Standards arising from the Trans-Tasman Convergence Project*, removes disclosure requirements from other Standards and incorporates them in a single Standard to achieve convergence between Australian and New Zealand Accounting Standards.

- AASB 2011-1 *Amendments to Australian Accounting Standards arising from the Trans-Tasman Convergence Project [AASB 1, 5, 101, 107, 108, 121, 128, 132, & 134 and Interpretations 2, 112 & 113]*



This Amending Standard, in conjunction with AASB 1054 Australian Additional Disclosures, removes disclosure requirements from other Standards and incorporates them in a single Standard to achieve convergence between Australian and New Zealand Accounting Standards.

	2011 \$	2010 \$
6 Employee benefits expense		
Wages and salaries ^(a)	3,557,324	3,327,505
Annual leave	291,886	279,029
Long service leave	42,369	40,252
Superannuation ^(b)	335,805	323,439
	<u>4,227,384</u>	<u>3,970,225</u>
7 Supplies and services		
Travel	599,397	496,946
Consultants and contractors	469,986	190,704
Communication	51,820	54,996
Repairs and maintenance	470,538	655,882
Events	118,791	76,412
Training and development	70,555	116,187
Other	174,792	138,565
	<u>1,955,879</u>	<u>1,729,692</u>
8 Depreciation expense		
Leasehold improvements	11,897	9,711
Plant, equipment and vehicles	139,503	135,032
Office equipment	3,220	2,862
	<u>154,620</u>	<u>147,605</u>
9 Finance costs		
Interest paid	-	3,023
	<u>-</u>	<u>3,023</u>
10 Accommodation expense		
Lease rentals	46,825	24,000
	<u>46,825</u>	<u>24,000</u>
11 Other expenses		
Equipment repairs & maintenance	40,318	42,047
General administration expenses	47,046	55,521
Sport programs	321,566	298,342
Scholarships	26,563	14,227
Sport science	253,010	71,855
Marketing & promotion	43,643	72,088
Employment on-costs ^(a)	323,521	287,136
	<u>1,055,667</u>	<u>841,216</u>

- (a) Includes the value of the fringe benefit to the employee plus the fringe benefits tax component.
 (b) External Superannuation institutions administer the superannuation schemes.

Employment on-costs expenses, such as workers' compensation insurance, are included at note 11 'Other expenses'.

Employment on-costs liability is included at note 26 'Provisions'.

Includes workers' compensation insurance and other employment on-costs. The on-costs



liability associated with the recognition of annual and long service leave liability is included at note 25 'Provisions'. Superannuation contributions accrued as part of the provision for leave are employee benefits and are not included in employment on-costs.

	2011 \$	2010 \$
12 User charges and fees		
Coaching fees	-	182,132
	<u>-</u>	<u>182,132</u>
13 Commonwealth grants and contributions		
Australian Sports Commission / AIS funding	110,750	63,318
	<u>110,750</u>	<u>63,318</u>
14 Interest revenue		
Interest received from deposits	169,128	110,851
	<u>169,128</u>	<u>110,851</u>
15 Other revenue		
Sponsorship	159,398	133,879
Contributions from sporting bodies	1,503,501	1,070,510
Other	241,116	117,988
	<u>1,904,015</u>	<u>1,322,377</u>
16 Resources received for nominal cost		
During the year the following resources were received		
Venues West	573,244	671,647
	<u>573,244</u>	<u>671,647</u>
17 Net gain on disposal of non-current assets		
<u>Costs of Disposal of Non-Current Assets</u>		
Plant, equipment and vehicles	-	8,031
	<u>-</u>	<u>8,031</u>
<u>Proceeds from Disposal of Non-Current Assets</u>		
Plant, equipment and vehicles	40,500	36,213
	<u>40,500</u>	<u>36,213</u>
Net gain	<u>40,500</u>	<u>28,182</u>
18 Income from State Government		
Sports Lotteries Funding grant	3,983,000	3,875,000
Consolidated Funding grant	80,000	1,305,600
Special grant	-	220,000
	<u>4,063,000</u>	<u>5,400,600</u>
19 Cash and cash equivalents		
Deposits	300,000	600,000
Cash at Bank	358,828	1,899,955
Cash on hand	700	700
	<u>659,528</u>	<u>2,500,655</u>



	2011	2010
	\$	\$
20 Inventories		
Current		
Inventories held for resale:		
- Finished goods		
At cost or net realisable value	14,836	32,686
Total Current	<u>14,836</u>	<u>32,686</u>
21 Receivables		
Current		
Receivables	291,401	143,219
Provision for bad debts ⁽¹⁾	(18,049)	-
Total Current	<u>273,352</u>	<u>143,219</u>
(1) Receivables aged over 3 months are impaired. Hence an adequate provision has been made.		
22 Other assets		
Current		
Prepayments	155,476	150,283
Total Current	<u>155,476</u>	<u>150,283</u>
23 Property, plant and equipment		
Leasehold Improvements		
At cost	387,605	178,526
Accumulated Depreciation	(55,157)	(43,260)
	<u>332,448</u>	<u>135,266</u>
Plant, equipment and vehicles		
At cost	1,523,368	1,234,623
Accumulated Depreciation	(1,054,091)	(976,828)
	<u>469,277</u>	<u>257,795</u>
Office Equipment		
At cost	24,601	18,845
Accumulated Depreciation	(16,269)	(13,049)
	<u>8,332</u>	<u>5,796</u>
	<u>810,057</u>	<u>398,857</u>



Reconciliations of the carrying amounts of property, plant, equipment and vehicles at the beginning and end of the reporting period are set out in the table below.

	Leasehold Improvements	Plant, equipment and vehicles	Office equipment	Total
	\$	\$	\$	\$
2011				
Carrying amount at start of year	135,266	257,795	5,796	398,857
Additions	209,074	350,990	5,756	565,820
Disposals	-	-	-	-
Depreciation	(11,897)	(139,503)	(3,220)	(154,620)
Carrying amount at end of year	<u>332,443</u>	<u>469,282</u>	<u>8,332</u>	<u>810,057</u>
2010				
Carrying amount at start of year	127,304	285,706	8,658	421,668
Additions	17,673	115,152	-	132,825
Disposals	-	(8,031)	-	(8,031)
Depreciation	(9,711)	(135,032)	(2,862)	(147,605)
Carrying amount at end of year	<u>135,266</u>	<u>257,795</u>	<u>5,796</u>	<u>398,857</u>

24 Impairment of assets

There were no indications of impairment to property, plant and equipment at 30 June 2011.

The Institute held no goodwill or intangible assets with an indefinite useful life during the reporting period. At the end of the reporting period there were no intangible assets not yet available for use.

All surplus assets at 30 June 2011 have either been classified as assets held for sale or written-off.



	2011 \$	2010 \$
25 Payables		
Current		
Trade Payables	357,534	359,054
	<u>357,534</u>	<u>359,054</u>
26 Provisions		
Current		
Employee benefits provision		
Annual leave ^(a)	254,799	242,408
Long service leave ^(b)	273,133	283,327
	<u>527,932</u>	<u>525,735</u>
Other provisions		
Employment on-costs ^(c)	76,550	73,237
	<u>76,550</u>	<u>73,237</u>
	<u>604,482</u>	<u>598,972</u>
Non-current		
Employee benefits provision		
Long service leave ^(b)	76,413	50,655
Other provisions		
Employment on-costs ^(c)	11,080	7,602
	<u>11,080</u>	<u>7,602</u>
	<u>87,493</u>	<u>58,257</u>
	<u>691,975</u>	<u>657,229</u>

(a) Annual leave liabilities have been classified as current as there is no unconditional right to defer settlement for at least 12 months after the reporting period. Assessments indicate that actual settlement of the liabilities will occur as follows:

Within 12 months of reporting date	254,799	242,408
	<u>254,799</u>	<u>242,408</u>

(b) Long service leave liabilities have been classified as current where there is no unconditional right to defer settlement for at least 12 months after the reporting period. Assessments indicate that actual settlement of the liabilities will occur as follows:

Within 12 months of reporting date	273,133	283,327
More than 12 months after reporting date	76,413	50,655
	<u>349,546</u>	<u>333,982</u>

(c) The settlement of annual and long service leave liabilities gives rise to the payment of employment on-costs including workers' compensation insurance. The provision is the present value of expected future payments. The associated expense, apart from the unwinding of the discount (finance cost), is disclosed in note 10 'Other expenses'.



Movements in Other Provisions

Movements in each class of provisions during the financial year, other than employee benefits, are set out below.

<u>Employment on-cost provision</u>	2011	2010
	\$	\$
Carrying amount at start of year	80,839	71,566
Additional provisions recognised	41,856	40,013
Payments	(35,065)	(30,740)
Carrying amount at end of year	87,630	80,839
27 Other current liabilities		
Other payables	31,804	197,232
Accrued expenses	206,352	187,866
Other- Unearned income	91,993	137,746
Total	330,149	522,844
28 Equity		
Accumulated Surplus		
Balance at start of year	1,686,573	1,294,874
Result for the period	(1,152,982)	391,699
Balance at end of year ^(a)	533,591	1,686,573

(a) Refer to Statement of Changes in Equity on page 68

29 Notes to the Statement of Cash Flows

Reconciliation of Cash

Cash at the end of the financial year as shown in the Statement of Cash Flows is reconciled to the related items in the Statement of Financial Position as follows:

Cash and cash equivalents	659,528	2,500,655
	659,528	2,500,655

Reconciliation of net cost of services to net cash flows used in operating activities:

Net cost of services	(5,215,982)	(5,008,901)
Non-cash items:		
Depreciation and amortisation expense	154,620	147,605
Net gain on sale of property, plant and equipment	(40,500)	(28,182)
(Increase)/decrease in assets:		
Current receivables	(130,134)	(59,768)
Current inventories	17,850	(2,253)
Other current assets	(5,191)	(46,560)
Increase/(decrease) in liabilities:		
Current payables	(1,520)	(13,812)
Current provisions	5,510	101,765
Other current liabilities	(735,438)	(309,056)
Non-current provisions	29,236	(34,062)
Net GST payments	542,742	466,491
Net cash (used in) operating activities	(5,378,807)	(4,786,733)

	2011	2010
	\$	\$
30 Commitments		
Lease Commitment		
Commitments in relation to leases contracted for at the end of the reporting period but not recognised in the financial statements is payable as follows:		
Within 1 year	24,000	24,000
Later than 1 year and not later than 5 years	96,000	96,000
Later than 5 years	444,000	468,000
	564,000	588,000
 Financial Commitment		
Commitment in relation to acquisition of coaching boat contracted for at the reporting date but not recognised in the financial statements is payable as follows:		
Within 1 year	41,822	-
Later than 1 year and not later than 5 years	-	-
	41,822	-

31 Events occurring after the end of the reporting period

There are no significant events after the end of the reporting period.

32 Contingent liabilities and contingent assets

Contingent liabilities

In addition to the liabilities included in the financial statements, there are no more contingent liabilities.

Contingent assets

In addition to the assets included in the financial statements, there are no more contingent assets.

33 Explanatory statement

Significant variations between estimates and actual results for income and expense are shown below. Significant variations are considered to be those greater than 10% or \$20,000.

Significant variances between estimated and actual result for 2011

	2011	2011	
	Estimate	Actual	Variation
	\$	\$	\$
Income			
Interest revenue	118,661	169,128	50,467
Other revenue	1,707,158	1,904,015	196,857
Expenses			
Employee benefits expense	4,241,712	4,126,757	114,955
Supplies and services	2,076,243	1,955,879	120,364
Other expenses	902,398	1,050,590	(148,192)

Interest revenue

Increase mainly due to increased tenure for which the deposits were kept and higher rates.



Other revenue

The variance is mainly due to increase in Sporting Organisations funding and efforts by individual sport programs to generate one-off additional funding, which includes additional Research Grant Income.

Employee benefits expense

The variance is mainly due to savings arising from a Sport Program restructure.

Supplies and services, Other expenses

The variances in Supplies and services and Other expenses offset each other. These differences are mainly due to cost saving in travel, venue hire and events which were cancelled out by additional PhD scholarship costs.

Significant variations between actual results for income and expense during 2011 and 2010 are shown below. Significant variations are considered to be those greater than 10% or \$20,000.

Significant variances between actual results for 2010 and 2011

	2011	2010	Variance
	\$	\$	\$
Income			
User charges and fees	-	182,132	(182,132)
Commonwealth grants and contributions	110,750	63,318	47,432
Interest revenue	169,128	110,851	58,277
Other revenue	1,904,015	1,322,377	581,638
Income from State Government	4,063,000	5,400,600	(1,337,600)
Expenses			
Employee benefits expense	4,126,757	3,970,225	(156,532)
Supplies and services	1,955,879	1,729,692	(226,187)
Accommodation expense	46,825	24,000	(22,825)
Other expenses	1,050,590	841,216	(209,374)

User charges and fees

The variance is arising from the removal of income from coaching fees.

Commonwealth grants and contributions

The variance is mainly due to an increase in Australian Sports Commission funding relating to service delivery.

Interest revenue

Increase in revenue due to higher rates and the increased tenure of term deposits.

Other revenue

The variance is mainly due to increase in Sporting Organisations funding and efforts by individual sport programs to generate one-off additional funding, which includes additional Research Grant Income.

Income from State Government

The variance is due to an advance funding per service level agreement in 2010.

Employee benefits expense

The variance is mainly due to increase in wages and salaries during the year due to CPI increases, bonus payments and the introduction of new roles in the organisation.

Supplies and services

The variance is mainly due to higher travel expenses for athletes on training and competitions and an increase in service contracts.

Accommodation expense

The variance is mainly due to an adjustment to the existing accommodation contract.



Other expenses

The variance is mainly due to increases in Sport Program expenses.

34 Financial instruments

(a) Financial risk management objectives and policies

Financial instruments held by the Institute are cash and cash equivalents, Treasurer's advances and receivables and payables. The Institute has limited exposure to financial risks. The Institute's overall risk management program focuses on managing the risks identified below.

Credit risk

Credit risk arises when there is the possibility of the Institute's receivables defaulting on their contractual obligations resulting in financial loss to the Institute.

The Institute trades only with recognised, creditworthy third parties. The Institute has policies in place to ensure that sales of products and services are made to customers with an appropriate credit history. In addition, receivable balances are monitored on an ongoing basis with the result that the Institute's exposure to bad debts is minimal. At the end of the reporting period there were no significant concentrations of credit risk.

The maximum exposure to credit risk at end of the reporting period in relation to each class of recognised financial assets is the gross carrying amount of those assets inclusive of any provisions for impairment, as shown in the table below.

Liquidity risk

Liquidity risk arises when the Institute is unable to meet its financial obligations as they fall due.

The Institute is exposed to liquidity risk through its trading in the normal course of business.

The Institute has appropriate procedures to manage cash flows including drawdowns of appropriations by monitoring forecast cash flows to ensure that sufficient funds are available to meet its commitments.

Market risk

Market risk is the risk that changes in market prices such as foreign exchange rates and interest rates will affect the Institute's income or the value of its holdings of financial instruments. The Institute does not trade in foreign currency and is not materially exposed to other price risks (for example, equity securities or commodity prices changes). The Institute does not hold any long-term debt obligations, thus the Institute does not have exposure to market risk for changes in interest rates.

(b) Categories of Financial Instruments

In addition to cash, the carrying amounts of each of the following categories of financial assets and financial liabilities at the end of each reporting period are as follows:

	2011	2010
	\$	\$
Financial Assets		
Cash and cash equivalents	659,528	2,500,655
Restricted cash and cash equivalents	-	-
Loans and receivables(a)	273,353	143,219
Financial Liabilities		
Bank overdraft	-	-
Financial liabilities measured at amortised cost	458,181	546,920

(a) The amount of loans and receivables excludes GST recoverable from the ATO (statutory receivable).



(c) Financial Instrument Disclosures

Credit risk and interest rate exposures

The following table disclose the Institute's maximum exposure to credit risk, interest rate exposures and the ageing analysis of financial assets. The Institute's maximum exposure to credit risk at the end of the reporting period is the carrying amount of financial assets as shown below. The table discloses the ageing of financial assets that are past due but not impaired and impaired financial assets. The table is based on information provided to senior management of the Institute.

The Institute does not hold any collateral as security or other credit enhancement relating to the financial assets it holds.

The Institute does not hold any financial assets that had to have their terms renegotiated that would have otherwise resulted in them being past due or impaired.

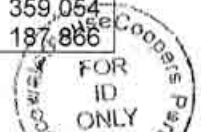
	Interest rate exposure and ageing analysis of financial assets				Past due but not impaired
	Weighted average effective interest rate	Carrying Amount	Variable interest rate	Non-interest bearing	Up to 3 months
Financial Assets					
2011					
Cash and cash equivalents	2.56%	659,528	658,828	700	-
Receivables(a)	-	291,401	-	291,401	106,464
2010					
Cash and cash equivalents	2.36%	2,500,655	2,499,955	700	-
Receivables(a)	-	143,219	-	143,219	29,251

(a) The amount of receivables excludes the GST recoverable from the ATO (statutory receivable)

Liquidity Risk

The following table details the contractual maturity analysis for financial liabilities. The contractual maturity amounts are representative of the undiscounted amounts at the end of the reporting period. The table includes interest and principal cash flows. An adjustment has been made where material.

	Interest rate exposure				Maturity dates
	Weighted average effective interest rate	Carrying Amount	Variable interest rate	Non-interest bearing	Up to 3 months
Financial Liabilities					
2011					
Payables	-	357,534	-	357,534	357,534
Accrued expenses	-	100,647	-	100,647	100,647
2010					
Payables	-	359,054	-	359,054	359,054
Accrued expenses	-	187,866	-	187,866	187,866



Interest rate sensitivity analysis

The following table represents a summary of the interest rate sensitivity of the Institute's financial assets at the end of the reporting period on the surplus for the period and equity for a 100 basis point change in interest rates. It is assumed that the change in interest rates is held constant throughout the reporting period. The Institute does not hold interest bearing financial liabilities at the end of the reporting period.

2011	Carrying amount \$	-100 basis points		+100 basis points	
		Surplus \$	Equity \$	Surplus \$	Equity \$
Financial Assets					
Cash and cash equivalents	658,828	(6,588)	(6,588)	6,588	6,588
	<u>658,828</u>	<u>(6,588)</u>	<u>(6,588)</u>	<u>6,588</u>	<u>6,588</u>

2010	Carrying amount \$	-100 basis points		+100 basis points	
		Surplus \$	Equity \$	Surplus \$	Equity \$
Financial Assets					
Cash and cash equivalents	2,499,955	(25,000)	(25,000)	25,000	25,000
	<u>2,499,955</u>	<u>(25,000)</u>	<u>(25,000)</u>	<u>25,000</u>	<u>25,000</u>

Fair values

All financial assets and liabilities recognised in the statement of financial position, whether they are carried at cost or fair value, are recognised at amounts that represent a reasonable approximation of fair value unless otherwise stated in the applicable notes.

35 Remuneration of members of the accountable authority and senior officers

Remuneration of Members of the Institute

The number of members of the Institute, whose total of fees, salaries, superannuation, non-monetary benefits and other benefits for the financial year, fall within the following bands are:

\$	2011	2010
\$1 - \$10,000	1	1
\$180,001 - \$200,000	1	1
The total remuneration of members of the accountable authority is:	<u>201,927</u>	<u>196,885</u>



Remuneration of senior officers

The number of senior officers, other than senior officers reported as members of the Institute, whose total fees, salaries, superannuation, non-monetary benefits and other benefits for the financial year, fall within the following bands are:

\$	2011	2010
\$20,001 - \$30,000	-	1
\$50,001 - \$60,000	-	1
\$60,001 - \$70,000	-	-
\$70,001 - \$80,000	1	-
\$80,001 - \$90,000	-	1
\$90,001 - \$100,000	1	3
\$100,000 - \$110,000	2	1
\$110,001 - \$120,000	2	-

The total remuneration of senior officers is: 607,176 566,478

The total remuneration includes the superannuation expense incurred by the Institute in respect of senior officers.

36 Remuneration of Auditor

	2011	2010
	\$	\$
Remuneration payable to the Auditor General in respect of the audit for the current financial year is as follows:		
Auditing the accounts, financial statements and performance indicators	<u>38,000</u>	<u>37,600</u>

37 Schedule of income and expenses by service

The Institute only has one service therefore a separate statement of service is not required.

38 Supplementary financial information

(a) Write-offs

During the financial year, nil (2010: \$7,564) was written off the Institute's receivables under the authority of:

The accountable authority	<u>-</u>	<u>7,564</u>
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(b) Losses through theft, defaults and other causes

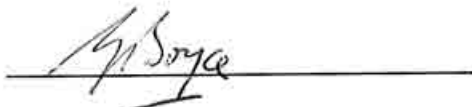
Losses of other property through theft or default	<u>-</u>	<u>10,823</u>
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Certification of Key Performance Indicators

We hereby certify that the accompanying key performance indicators are based on proper records, are relevant and appropriate for assisting users to assess the performance of the Western Australian Institute of Sport (Inc.), and fairly represent the performance of the Western Australian Institute of Sport (Inc.) for the financial year ended 30 June 2011.

Dated this 13th of September 2011



Mr Grant Boyce
Chairman
Board Member
Western Australian Institute of Sport (Inc)



Mr Steven Lawrence
Executive Director
Board Member
Western Australian Institute of Sport (Inc)



The following Performance Indicators demonstrate the extent to which the Western Australian Institute of Sport's outcome has been achieved.

Service: To provide opportunities for talented Western Australian sports persons to achieve excellence in high performance sport with support from their home environment.

WAIS has produced performance indicators that provide a benchmark for a satisfactory level of achievement for WAIS athletes and the Institute.

WAIS has based its performance on the following indicators that measure the achievement of Western Australian sports persons at the national/international level.

1. **Effectiveness Indicators**

WAIS provides opportunities for talented (elite) Western Australian sports people to achieve excellence in high performance sport with support from their home environment.

A talented athlete is defined by the national institute network as being an athlete who is of Australian Open team standard in his or her sport. Australia aims to be an internationally competitive nation. WAIS is considered by the Australian elite sports system to be a significant contributor to Australian success and is recognised by membership to the Australian National Elite Sports Council. WAIS will therefore assess its contribution to Australia's international success.

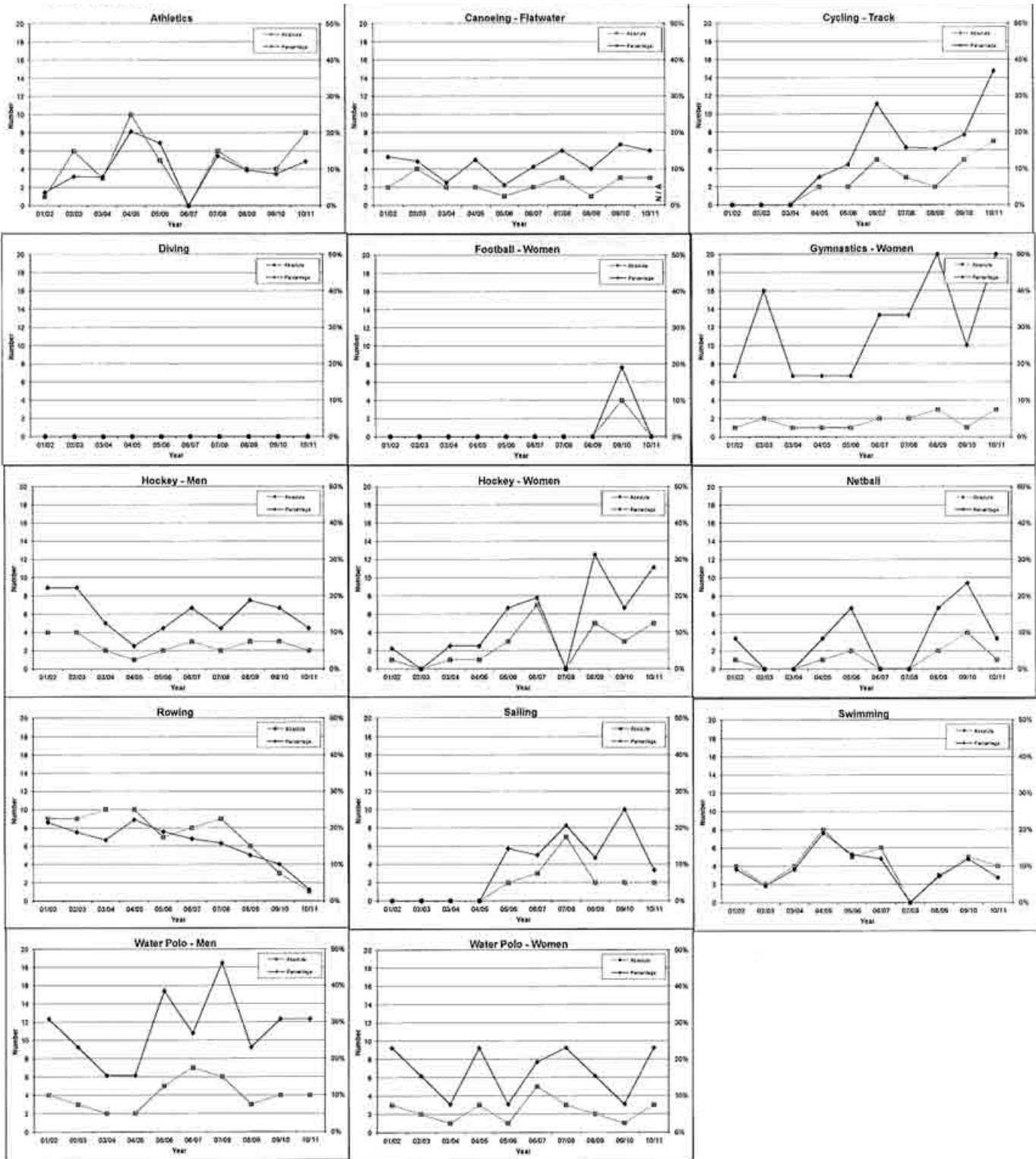
Two indicators are used to measure the extent to which WAIS is meeting its purpose.

1.1 WA's Representative Numbers in Australian Open Teams

The aim is to achieve an average of ten per cent representation in major Australian Open teams across sports supported by WAIS. This figure is based on WA having approximately ten percent of the national population. The graphs on the following page show the current and historical representation by WA on the major national team for each year for each sport in which WAIS operates a sport program.

Each program has a specific athlete target number to reach in each year. In the current year nine of fourteen assessable programs were considered to have reached or exceeded their target. The sport programs to miss the target were Athletics, Women's Football, Men's Hockey, Netball and Rowing. The overall combined result exceeded the WAIS target for national team representation.

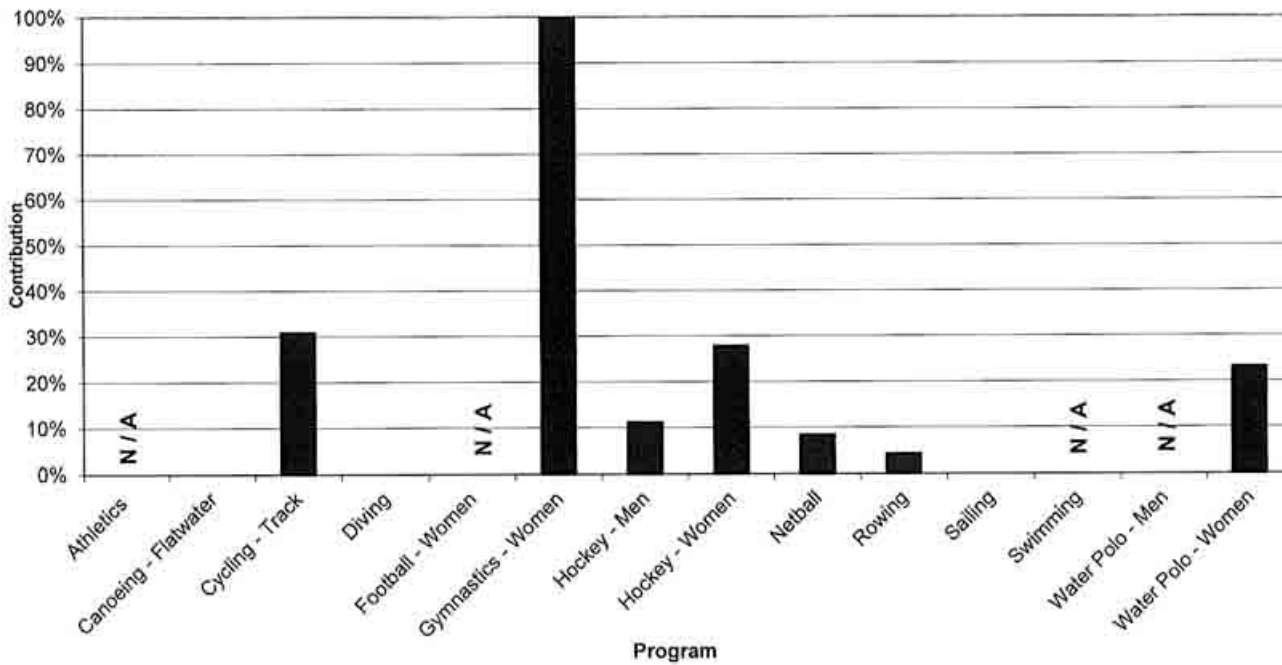




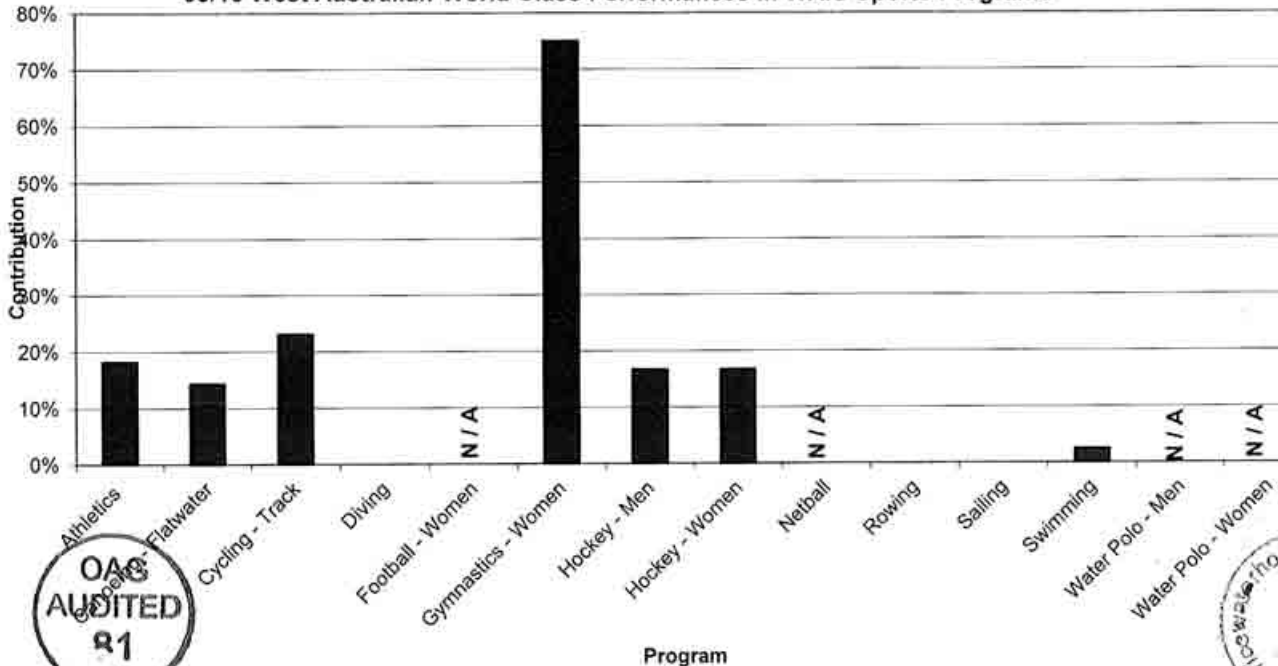
1.2 WA Representative Contribution to Australian World Class Performance

WAIS assesses its contribution to Australia's international competitiveness by measuring the number of World Class performances (top eight individual or top four team or multiple athlete event performance at a World Championship or Olympic Games) recorded by Western Australians. The Institutes aim is for athletes in sports supported by WAIS to achieve ten percent of Australian World Class performances. In 2010-11 10 WAIS sport programs had an event (2010 or 2011 World Championships) at which this indicator could be assessed at, Athletics, Women's Football, Swimming and Men's Waterpolo being the exception. Australia recorded at least one World Class performance in ten WAIS sport program sports. In these sport program sports six WAIS programs met their target. This combined result met the Western Australian ten percent target.

10/11 West Australian World Class Performances in WAIS Sports Programs



09/10 West Australian World Class Performances in WAIS Sports Programs



2. Efficiency Indicators

The indicator used is the average cost of providing services to athletes. It assesses the extent to which WAIS is responding to its responsibility to provide opportunities for talented Western Australian athletes through cost efficient management of support systems to meet the high performance requirements of our talented athletes.

The number of athletes at the Western Australian Institute of Sport comprises athletes in sport programs and those supported through the Individual Athlete Support Program. Athlete Scholarships are awarded in one of four categories based upon current and prognostic competition performance. The number of athletes within sport programs remains relatively consistent, however the athletes making up those particular squads may change during the year. The cost per athlete increased by 56.0% from the previous year and by 166.8% when compared to the year ending 30 June 2009. The cost increases are mainly attributable to less athlete turnover in sport programs. The sport programs adopted the approach of focusing efforts and resources towards athletes with potential of representing Australia in the upcoming Olympic Games. Thus, the reduced number of athlete changes in the normal operative level resulted in increased utilisation of resources per athlete required by the sport program's training and competition environments in the pre-Olympic year. Employment benefits, travelling expenses and direct sport programs costs have increased steadily in absolute terms when compared to the previous year. Whilst the decrease in the total number of athletes of 30.0% from the financial year 2009/10 has resulted in a steeper hike in the cost per athlete, since the most of the main base overheads are of a fixed nature.

The cost per athlete is determined on the total operating expenditure of the Western Australian Institute of Sport.

WAIS Efficiency as Indicated by Financial Cost per Athlete Supported

