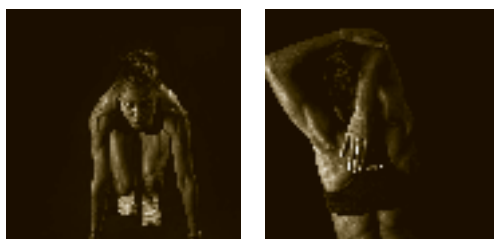


THE WESTERN AUSTRALIAN INSTITUTE OF SPORT

2009/2010 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 has been proud to be a strong supporter of the Western Australian Institute of Sport (WAIS) since its inception in 1984. In the past 25 years WAIS has shown to the world that amazing things can be achieved within Western Australia and this past year has been no different.

The past 12 months has seen WAIS again do the State proud on a number of fronts with seven athletes returning to Western Australia as World Champions, including Cameron Meyer winning three World Titles and Steve Hooker claiming two, historic achievements such as Australia's first individual gymnastics medals - won by Lauren Mitchell, potential new champions emerging and exceptional servants of sport retiring, amazing new knowledge created by WAIS scientists and new coaching methods and philosophies developed by WAIS coaches.

These impressive achievements have been possible because of the quality people behind the scenes, and leaders driven by WAIS's vision of "producing champions". I laud the efforts of the WAIS Board of Directors, Chairman, Grant Boyce, Executive Director, Steve Lawrence, and the Institute staff in paving the way for success.

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

WAIS was born out of a recognition of the importance and value in providing the opportunity for our most talented athletes to fulfill their potential with support from their home environment. This Government continues to recognise this and is proud to provide support for this purpose.

It is important to note, that before our champions of tomorrow reach the point of requiring support from WAIS they have benefitted from the support of numerous volunteers at the grass roots level. May I take this opportunity to acknowledge the volunteers at all levels from across the State who make it possible in the first instance for our sporting heroes to pursue their dreams, through a well resourced pathway.

Finally, I also acknowledge that the success of our WAIS programs is particularly attributable also to the dedication, talent and commitment from our elite athletes. Their achievements, along with the international acclaim that accrues to both our State and nation, would not occur without the enormous sacrifices that come from each individual.

Colin Barnett MLA
PREMIER

CHAIRMAN'S REPORT



GRANT BOYCE: CHAIRMAN

This year has again seen some outstanding achievements by West Australian athletes and we boast a number of world champions. The success of WAIS in producing these champions on a consistent basis is a credit to all the coaches and the staff at WAIS and reflects very well on the organisation. We are also very confident that our athletes are on track to push for selection for the London Olympics to be held in 2012. The next eighteen months will be a very busy and important time for those athletes as they prepare themselves for the selection process.

There have been some significant changes for high performance sport in Australia in the last year with the release of the Crawford Report recommending some structural changes to the Australian sport system. The Report and the Federal Government's response have been welcomed by WAIS and we see some very positive developments ahead. WAIS is intricately involved through our Executive Director in those changes that will be implemented in the coming months.

Last year the Board reviewed its strategic direction and prepared a Strategic Plan which covers the period to 2013. The Plan was developed with an understanding that the Crawford Report recommendations would need to be taken into account at the appropriate time. It is therefore pleasing to note that our strategic direction is very closely aligned to the direction the Federal Government has articulated in its response to the Report.

Our major issue remains that WAIS athletes are not able to access adequate strength and conditioning, recovery and rehabilitation facilities and our staff do not have appropriate work accommodation. We are of the view that for a relatively modest investment by the State Government, these facilities can be provided and in the process that investment will put the finishing touches on the Challenge Stadium Sports precinct. It will ensure that the precinct's range of sports and facilities is unique in Australia and probably unrivalled in the southern hemisphere. The challenge is for us to convince the Government.

In the past year there have again been many outstanding performances from our dedicated athletes and these have been detailed in the various sport reports. We acknowledge all of the athletes who make so many sacrifices on a daily basis in their endeavour to achieve personal best performances and to compete against the best athletes in their sporting discipline in the world.

There are many people who deserve acknowledgement for the success in the past year.

We are most grateful to the State Government and in particular the Minister for Sport and Recreation, the Hon Terry Waldron, whose energetic nature and enthusiasm provides inspiration to all of us. He has provided valuable guidance and support throughout the year. The State Government provides the majority of the funding to WAIS from funds raised by the great work of LotteryWest. We thank LotteryWest for not only their continued efforts in raising funds for our operations but also for their enthusiasm for our work and its outcomes.

The Board is very mindful that we are accountable for the way in which the funds are utilised and our view has always been that the athletes need to get maximum benefit from the funds that we receive. 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.

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

The results that have been achieved this year would not have been possible without the tireless work of the Board and staff. The current Board represents a wide range of talents and skill sets and I am personally very grateful for their continued commitment to WAIS. It is indeed a privilege for me to be the Chairman of the Board.

The successes of WAIS athletes are directly related to the efforts of Mr Steven Lawrence and his committed and talented team who strive for excellence in their daily work lives. Steve has had a hectic year with a lot of travel required in his new role as Chairman of NESCC. It is indeed a great honour for Steve and his leadership in the changing national sporting landscape is impressive.

Steve's management team comprises Martin FitzSimons, Ramon Falzon, Simon Jones, Alan Black, Liz Chetkovich 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.

Finally on a sad note we acknowledge the great contribution to WAIS over many years of the late Kaushik Bhowmick, who passed away in January 2010.

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

Grant Boyce
CHAIRMAN

EXECUTIVE DIRECTOR'S REPORT



STEVEN LAWRENCE: EXECUTIVE DIRECTOR

The WAIS vision “To Produce Champions” has been a beacon to focus our operations on since its acceptance by the Board and staff six years ago. During the past year Board and staff have been involved in numerous meetings, focus groups and committees to enhance the articulation of the behavioural expectations of a Champion. This work has resulted in an organizational KPI for athlete behaviour being added to the two athlete performance KPIs already in place. Supporting this KPI has been the development and implementation of enhanced processes to monitor, guide and reinforce expectations of WAIS athletes. I am confident that this clearer focus on athlete behaviour will provide us with the opportunity to better celebrate the way in which WAIS supported athletes achieve and reflect in their on-field performances.

WAIS supported athletes have achieved at the highest level of their sport in the past year, continuing our success in helping guide some of the best athletes in the world towards common goals. Over 12% of all Australian athletes representing Australia in WAIS supported sports received direct support from our Institute and over 12% of all Australian World Class athlete performances were from WAIS athletes. These two figures confirm that WAIS continues to be a significant contributor to our national high performance system. We recognise that our support value adds to what many other organizations and individuals do to assist these athletes and celebrate these successes as partner in the national sports system.

Partnerships

The Independent Expert Sport Panel Report on Australian Sport (Crawford Report), with some caveats, was broadly supported by WAIS as was the Australian Government’s response to this report – Australian Sport the pathway to success. The level of engagement throughout the development of the report and its response provided by the Panel and by the Australian Sports Commission was greatly appreciated by WAIS. The commitment of the Sport and Recreation Ministers Council to commence work on the creation of a National Sports Policy Framework and a national agreement to enhance the alignment of the Australian Institute of Sport and the State Institutes and Academies of Sport has provided a new level of leadership to our national system which is to be applauded. WAIS is very confident that its current strategic direction and operations will be complimented by the development and implementation of both the policy framework and a more formal arrangement between institutes based upon national agreed principles.

Wes Battams resigned as the longest serving Chairman of NESC in November 2009. Wes’ extended chairmanship was at the request of NESC to ensure stability of leadership during a period of significant uncertainty and change. Wes’ contribution to NESC ensured it was well placed to continue to be a key forum for institute engagement with our partners in the national high performance system. The closer and more collaborative approach of the ASC to NESC and its members is also acknowledged and welcomed.

People

Complimenting the enhanced focus on athlete behaviour during the past year has been the direction by staff to support one another through more formal feedback structures. This willingness by the staff to seek from and provide feedback to their colleagues is a clear sign that they are committed to improving organizational performance through their individual and collective contributions.

The tragic loss of Kaushik Bhowmick while on a summer family holiday was felt deeply by the staff. Kaushik was respected and admired for his willingness to support both his colleagues and athletes in any way he felt capable. There is no doubt he made WAIS a better place to work for us all and our support and sympathy for Kaushik’s family remain.

Internal Processes

Continual improvement in areas related to our core internal processes was the primary theme in this key result area over the past year. A review of our management structure resulted in broadening the scope of responsibility of the Public Relations Department to include internal communication. To ensure the title of the department reflected its new responsibilities this was changed to Corporate Communications.

Assessment of our project to develop an enhanced software tool for planning and monitoring of our core operations indicated that we were not achieving our objectives with the current approach and resource allocation. Scoping of a range of alternatives to ensure software tools for management of core business systems are available to staff is currently underway.

Finance

The announcement of additional funding for high performance sport in the May 2010 federal budget was welcomed by all. WAIS is confident that its value to numerous sport national high performance pathways will result in monies being made available to redress the trend of the past six years for decreasing sport contribution to our programs relative to state government support.

The results of our internal and external audits set new benchmarks for our small but highly dedicated and competent finance and management team. We can be very confident that our financial and administrative practices compare favourably to best practice standards.

Infrastructure

While we have not yet secured our key objective in this area – a new high performance service facility - we have been encouraged by the recognition within the Sport and Recreation portfolio of this facility’s ranking as the number one priority for WA sport. The Board remains committed to working with the Minister and our key strategic partners, Department of Sport and Recreation, Venueswest and sport organisations to ensure a facility, of industry standard, to support high performance sport is available to WAIS athletes and other WA high performance programs.

Significant progress has been made with VenuesWest in establishing a more transparent and accountable system for WAIS athletes to access facilities managed by them. The commitment of the VenuesWest Board and staff to improving both the quality and availability of facility access to WAIS athletes is greatly appreciated.

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
EXECUTIVE DIRECTOR

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



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 reflect an inclusiveness of Western Australia in the national system.

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.
3. Athlete behaviour

*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 therefore 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.

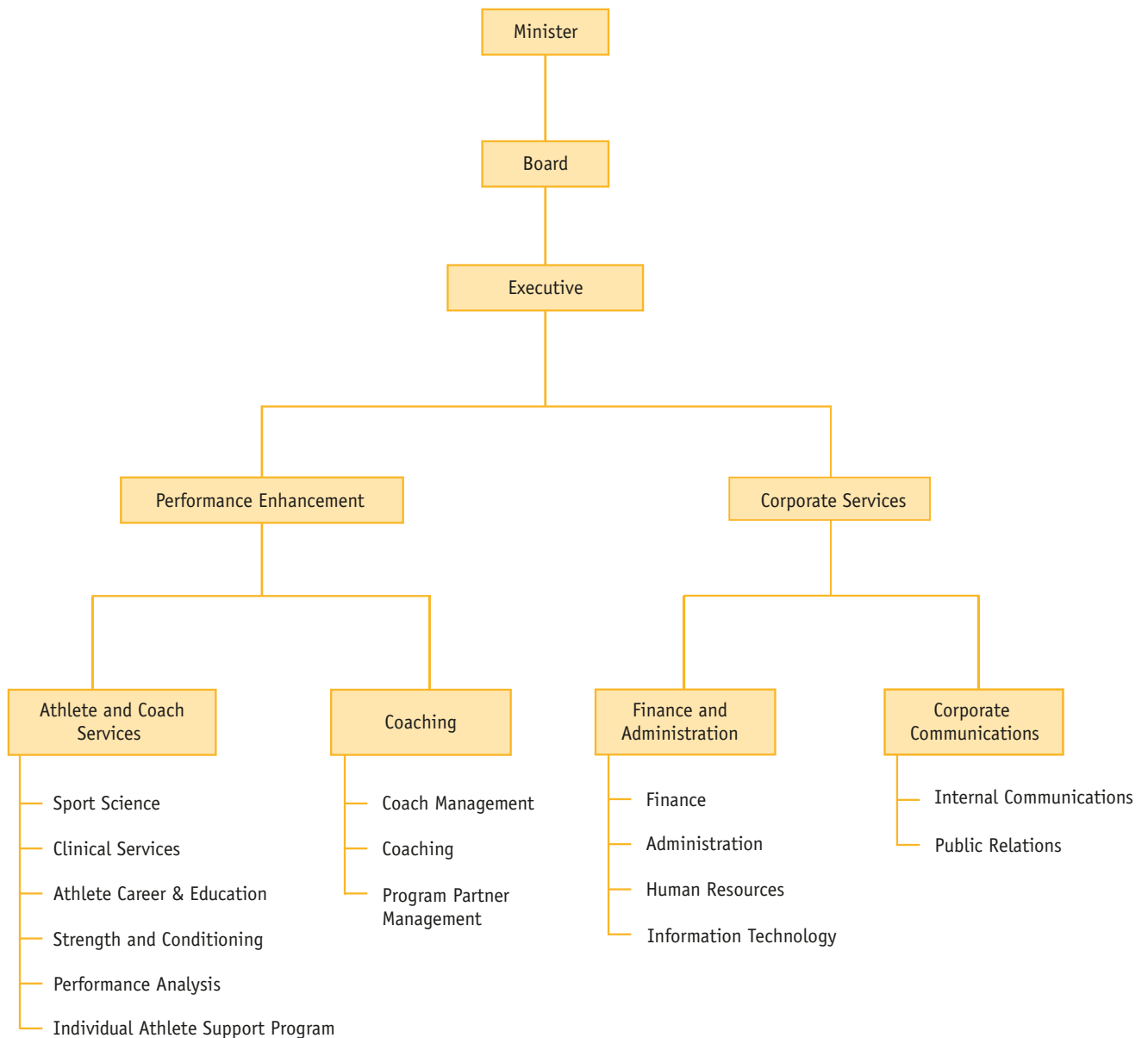
Finance

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

CORPORATE SERVICES

Finance and Administration

Finance and Administration Manager
Kaushik Bhowmick (passed away 7/1/10)

Finance Manager
Ramon Falzon (commenced 29/3/10)

Senior Finance and Administration Officer
Honnie Dobber (part-time)

Finance and Administration Officer
Kristin Chabrel (part-time)

Administration Assistant
Lorren Portolan

Information Technology

Software Developer
Adrian Broughton

Corporate Communications

Corporate Communications Manager
Simon Moore - Crouch

Public Relations Officer
Chris Abbott

COACHING

Coaching Group Manager-Racing Sports
Simon Jones

Coaching Group Manager-Invasion Sports
Alan Black

Coaching Group Manager-Acrobatic Sports
Elizabeth Chetkovich

Athletics Performance Manager
Brian Glencross (Part-time)

Rowing Performance Manager
Antonio Mauriogiovanni

Swimming Performance Manager
Greg Hodge

Athletics
Lyn Foreman, Head Coach – Track
Grant Ward, Head Coach – Field
Alex Parnov, Head Coach – Pole vault
Taryn Neville, Coach – Pole vault (part-time)

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

Cycling
Darryl Benson, Head Coach

Diving
Iris Deng, Senior Coach

Football Women
John Gibson, Head Coach

Gymnastics
Nikolai Lapchine, Senior Coach
Martine George, Senior Coach
Vladimir Joura, Coach (resigned 01/12/09)
Peter Abbott, Coach (commenced 30/11/09)
Michelle Yardley, Coach
Dimitri Kalinine, Coach (commenced 07/01/10)
Emma Di Carlo, Coach (commenced 31/08/09)
Carly Brockis, Coach (casual)
Tatiana Lapchina, Choreographer/Coach (part-time)
Heidi Rose, Coach (casual)
Salli Wills, Coach (casual)
Caroline Wright, Coach (casual)

Hockey (Men)
David Bell, Head Coach

Hockey (Women)
Neil Hawgood, Head Coach

Netball
Michelle Wilkins, Head Coach

Rowing
Lincoln Handley, Senior Coach (commenced 01/09/09)
David Milne, Coach (part-time)

Sailing
Belinda Stowell, Head Coach

Water Polo (Men)
Paul Oberman, Head Coach

Water Polo (Women)
Peter Szilagyi, Head Coach



Photo: RAW Image

ATHLETE AND COACH SERVICES

Athlete and Coach Services Manager
Martin FitzSimons

Senior Technical Systems Officer
John Collins (commenced 20/07/09)

Sport Science

Exercise Physiologists
Peter Peeling
Sacha Fulton

Sport Psychologists
Matthew Burgin
Kevin Hayter (commenced 19/10/09)
PhD Candidate
Emilie Thienot (commenced 07/09/09)

Biomechanists
Andrew Lyttle
Matthew Doyle
PhD Candidate
Matt Keys

Strength And Conditioning

Head of Strength and Conditioning
Gilman Barnitt

Strength and Conditioning Coaches
Greg Morgan
Naruhiro "Geish" Hori

Athlete Career And Education

Athlete and Career Education Co-ordinator
Heather McGregor-Bayne (maternity leave)

Athlete and Career Education Counsellor
Jennifer Marsh
Lizzie Moyle (part-time commenced 01/02/10)

Athlete and Career Education Training Officer
Tim Chambers (resigned 17/02/10)
Kate Bobridge (commenced 11/02/10)

Clinical Services

Medical Co-ordinator
Dr Carmel Goodman (part-time)

Nutritionist
Deborah Kerr (part-time) (resigned 31/05/10)
Julie Meek (part-time) (commenced 31/05/10)
Clare Wood (part-time) commenced 31/05/10)

HALL OF CHAMPIONS



Photos: RAW Image

SIMON CLARKE ACCEPTING THE AWARD ON BEHALF OF THE CLARKE FAMILY



DARRYN HILL ACCEPTING HIS AWARD



MAXINE BISHOP ACCEPTING HER AWARD

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.

Three new Champions were also inducted into the Hall. They were:

Sammy Clarke (Australian Football)

Darryn Hill (Cycling)

Maxine Bishop (Golf)

Sammy Clarke, born in Perth, WA in 1914 holds a special place in WA football history as the first man to win the prestigious Sandover Medal twice. He was only 19 and in his first season of league football with Claremont-Cottesloe when he won the award in 1933.

The tall, lean centre-half-back then won the medal the following year. He represented WA eight times in interstate matches and was captain at 20 in only his second State match.

He died at the age of 30 on his first operational flight as the RAAF pilot of a Beaufort bomber in New Guinea in 1942

Darryn Hill, born in Perth, WA in 1974 was the 1995 world sprint champion. An explosive track rider, he won a silver medal the previous year.

He claimed bronze medals in the same event at the 1996 and 1997 world championships.

A member of the team sprint combination that won the world title in 1996, he won a bronze medal in the same event at the Sydney Olympic Games.

Maxine Bishop, born in South Perth, WA in 1928 is acknowledged as Western Australia's finest women's amateur golfer.

She was the first WA golfer (male or female) to win an Australian amateur championship (in 1951) and was the first Australian woman to win an overseas tournament, the New Zealand Open in 1951.

She represented Australia in tournaments in Great Britain and South Africa, was the State women's champion 11 times and won the Victorian title at her only three attempts.

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 appreciation for their assistance.

ATHLETE OF THE YEAR

2008/2009 STEVE HOOKER (POLE VAULT)

World Champion pole vaulter Steve Hooker was named as the Western Australian Institute of Sport's Athlete of the Year for 2008/09, repeating his award win from the previous year at the Institute's 25th anniversary dinner at Challenge Stadium in early November.

Hooker won the award from two fellow World Championship winners, with cyclists Cameron Meyer (points race champion) and Josephine Tomic (omnium champion) named as finalists for the award that has honoured the highest achieving athlete at WAIS each year since the Institute's inception 25 years ago. The 27-year old is only the third athlete in WAIS history to win the award in consecutive years.

The Olympic Champion continued his rise into world sport's stratosphere when he added a World Title at the IAAF World Championships to his Olympic Gold. He secured the title in Berlin in dramatic circumstances, jumping just three times in the whole competition as he battled an adductor injury suffered in the final lead up to competition. The adopted West Australian's emotional reaction following his clearance at 5.90m to clinch first place was one of 2009's defining sports moments.

Further to World Championship Gold the pole vault star won a string of meets around the world, falling just days short of going a whole year undefeated. During the run of victories he also became the second highest vaulter of all-time when he cleared 6.06m at a meet in Boston in February.



Photo: Getty Images
STEVE HOOKER



Photo: Getty Images

CHAMPIONS BREAKFAST



Photo: RAW Image

CHAMPIONS BREAKFAST AWARD WINNERS PICTURED WITH WAIS CHAIRMAN GRANT BOYCE AND MINISTER FOR SPORT AND RECREATION, HON TERRY WALDRON MLA

The Western Australian Institute of Sport once again took time out from the training field and gym to acknowledge those athletes and staff that embodied the Institute's values of people and excellence during the preceding 12 months.

In front of an audience of athletes, coaches, staff, partner organisations and the media WAIS Executive Director Steve Lawrence kicked off the morning by highlighting some of the impressive achievements racked up by WAIS people during 2009/10.

Lawrence was followed on stage by a new initiative, a panel discussion focussed on producing world class performances led by MC Russell Woolf and featuring world class athletes Sarah Kent (cycling), Fergus Kavanagh (hockey) and Lauren Mitchell (gymnastics) as well as world class coach Alex Parnov (pole vault).

Six awards were presented by WAIS Chairman Grant Boyce and the Minister for Sport and Recreation, the Hon. Terry Waldron, at the annual function.

The award winners were:-

Coach of the Year – **Alex Parnov** (pole vault)

Triumph Award - **Susan Fuhrmann** (netball)

Chairman's Award - **Cameron Meyer** (cycling)

Athlete Career and Education Excellence Award - **Tristan Clemons** (hockey)

Best New Initiative - **Simon Jones** (High Performance Workshop)

Program of the Year - **WAIS Netball Program**



Photos: RAW Image

COACH OF THE YEAR ALEX PARNOV



BEST NEW INITIATIVE SIMON JONES



ACE AWARD TRISTAN CLEMONS



*PROGRAM OF THE YEAR NETBALL
REPRESENTED BY MICHELLE WILKINS*



*CHAIRMAN'S AWARD CAMERON MEYER
REPRESENTED BY DARRYL BENSON*



TRIUMPH AWARD SUSAN FUHRMANN

OBITUARY

MERV MCINTOSH ... A CHAMPION OF A MAN



Photo: WAIS

WHEN you describe someone as being larger-than-life, you could well be talking about Merv McIntosh.

The football giant from the 1950s won three Sandover Medals for the fairest and best player in West Australian football in the days when the WA Football League ranked highly on the national stage.

Always humble; always wanting to talk about the feats of others, McIntosh passed away in 2010 at the age of 87 and the huge roll-up of mourners would have done justice to a popular Saturday afternoon football match.

While the McIntosh trophy cabinet is swollen with the addition of a Tassie Medal (for the best player in an Australian Carnival); three Simpson Medals (two in the interstate arena and one in a grand final) plus seven fairest and best honours with the club of his 217 games, it is one stand-out game for Perth that he likes to talk about.

It was 1955 and McIntosh had already informed those close to him that he was in the last year of his long career. Under the astute coaching of Ern Henfry, Perth had reached the grand final and was chasing its first premiership for 48 years. A half-time, the more-fancied East Fremantle led by six goals and though the Demons closed to inside a goal at the last change, Perth was against a strong breeze to see the match out and many of McIntosh's fans had left the ground.

But the big man stepped up another notch and played the quarter of his life with Perth holding on to win the premiership by two points and that remained his favourite sporting memory. That herculean effort has rubbed off to several of his six children, especially Jill, who rose to captain Australia at netball and the big, ambling frame of her father often accompanied the team as an unofficial cheer squad leader – which caused problems for customs people at airports around the world with his artificial hips setting off the security alarms.

Inducted into the Western Australian Hall of Champions in 1987, McIntosh was inducted into the Australian Football Hall of Fame in 1996 and was an inaugural Legend when the WA Football Hall of Fame was introduced in 2004.



ATHLETE SCORECARD 2009

OLYMPIC SPORTS	WAIS STATUS	KPI – NATIONAL TEAM (AT BENCHMARK EVENT) 2009			KPI – WORLD CLASS PERFORMANCE 2009		
		WAIS TARGET	WAIS ACTUAL	WAIS% AUST NO	WAIS ACTUAL	AUST NO	WAIS% AUST NO
Athletics	Program	4	4	8.7%	2	11	18.2%
Canoe/Kayak - Flatwater	Program	3	3	16.7%	1	7	14.3%
Cycling (Track)	Program	3	5	19.2%	3	13	23.1%
Diving	Program	0	0	0.0%	0	9	0.0%
Football - Women	Program	3	4	19.0%	0	0	0.0%
Gymnastics (Artistic) - Women	Program	1	1	25.0%	3	4	75.0%
Hockey - Men	Program	3	3	16.7%	3	18	16.7%
Hockey - Women	Program	3	3	16.7%	3	18	16.7%
Rowing	Program	2	3	10.0%	0	10	0.0%
Sailing	Program	2	2	25.0%	0	3	0.0%
Swimming	Program	1	2	4.8%	0	40	0.0%
Water Polo - Men	Program	3	4	30.8%	0	0	0.0%
Water Polo - Women	Program	3	1	7.7%	0	0	0.0%
Archery	IASP	1	1	16.7%	0	0	0.0%
Badminton	IASP	1	1	8.3%	0	0	0.0%
Canoe/Kayak - Slalom	IASP	1	2	18.2%	0	3	0.0%
Cycling (MB & BMX)	IASP	1	1	33.3%	1	3	33.3%
Gymnastics (Rhythmic)	IASP	1	2	50.0%	0	0	0.0%
Shooting (Pistol)	IASP	1	1	33.3%	0	0	0.0%
Shooting (Rifle)	IASP	1	1	20.0%	0	2	0.0%
Tae Kwon Do	IASP	1	1	6.3%	0	0	0.0%
Tennis	IASP	1	1	25.0%	0	0	0.0%
Volleyball (Indoor)	IASP	1	1	8.3%	0	0	0.0%
TOTAL		41	47	13.9%	16	141	11.3%

NON OLYMPIC SPORTS	WAIS STATUS	WAIS TARGET	WAIS ACTUAL	% TEAM	WAIS ACTUAL	AUST NO	% TEAM
Netball	Program	2	4	23.5%	0	0	0.0%
TOTAL		2	4	23.5%	0	0	0.0%

PARALYMPIC SPORTS	WAIS STATUS	WAIS TARGET	WAIS ACTUAL	% TEAM	WAIS ACTUAL	AUST NO	% TEAM
Cycling	IASP	1	1	33.3%	1	5	20.0%
Sailing	IASP	3	3	75.0%	3	4	75.0%
Swimming	IASP	1	1	6.3%	2	54	3.7%
Wheelchair Basketball	IASP	4	4	16.7%	4	24	16.7%
TOTAL		9	9	19.1%	10	87	11.5%

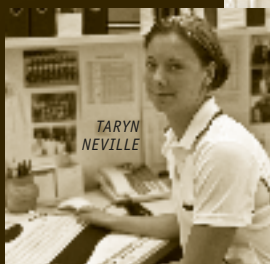
GRAND TOTAL		52	60	14.9%	26	228	11.4%
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COACHING

WAIS COACHES

LEADING OUR SPORT PROGRAMS WITH
PASSION AND COMMITMENT TO EXCELLENCE.



TARYN NEVILLE



CARLY BROCKIS



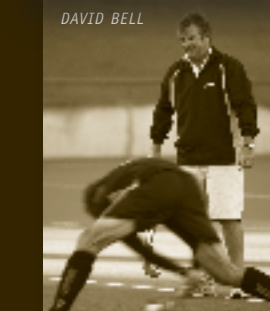
PETER SZILAGYI



BELINDA STOWELL



PETER ABBOTT



DAVID BELL



ALEX PARNOV



MICHELLE YARDLEY



MICHELLE WILKINS



RAMON ANDERSSON



NEIL HAWGOOD



NIKOLAI LAPCHINE



DAVID MILNE



GRANT WARD



MARTINE GEORGE



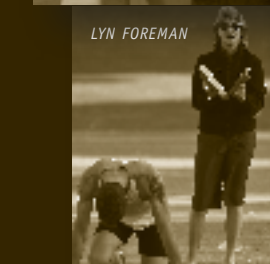
JOHN GIBSON



PAUL OBERMAN



DARRYL BENSON



LYN FOREMAN



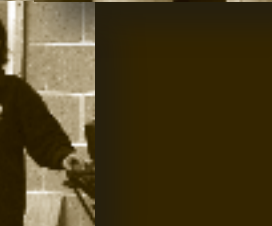
SALLI WILLS



IRIS DENG



LINCOLN HANDLEY



TATIANA LAPCHINA

COACHING DEPARTMENT



Photo: Kaushik Bhowmick

L-R: GREG HODGE, SIMON JONES, LIZ CHETKOVICH, ALAN BLACK, BRIAN GLENCROSS, ANTONIO MAUROGIOVANNI

The Coaching Department continued to be home to a set of three senior managers, with each manager having responsibility for a cohort of coaches that lead a series of sports grouped by either a tactical or technical concept (Racing Sports: cycling, sailing, swimming, athletics rowing, Invasion Sports: hockey, water polo, netball, women’s football and Acrobatic Sports: diving and gymnastics).

Each Coaching Group Manager has been charged with the responsibility of leading their group of coaches, helping them to develop their coaching and leadership abilities.

The cohort of Coaching Group Managers consists of three individuals with impressive coaching resumes from around the world, with experience coaching athletes at the very highest levels within sports of a similar nature to those they are responsible for at WAIS.

Coaching Group Manager Acrobatic Sports: **Liz Chetkovich**

Coaching Group Manager Invasion Sports: **Alan Black**

Coaching Group Manager Racing Sports: **Simon Jones**

INDIVIDUAL ATHLETE SUPPORT PROGRAM

The Individual Athlete Support Program (IASP) completed a successful year of operation in a revised format. The program was again managed by the Athlete and Coach Services (ACS) Manager Martin FitzSimons. The program was true in the aim to support WA athletes not with a WAIS sport program to achieve success. A satisfying improvement was the increased level of contact maintained with the athletes enabling their real needs to be identified. The support of the WAIS ACS department staff in catering to the many and varied requirements from across the broad array of athletes was excellent. The IASP does not discriminate between able bodied and disabled athletes and athletes are assessed against the WAIS criteria for three categories of athlete being World Class, International and Emerging International.

The IASP scholarship year runs from 1 November to 31 October each year and in 2009-10 there were 44 athletes from 21 different sports provided with assistance. Many of the athletes were not domiciled in WA and the use of various forms of electronic communication was invaluable in maintaining contact with the athletes. The wide variety of sports included Archery, Wheelchair Athletics, Badminton, Boxing, Canoe Slalom, Cycling BMX, Cycling AWD, Equestrian, Equestrian AWD, Fencing, Figure Skating, Gymnastics – Rhythmic and Men's Artistic, Powerlifting, Sailing – AWD, Shooting, Swimming – AWD, Taekwondo, Tennis, Triathlon, Volleyball, Wheelchair Basketball.

The Western Australian Institute of Sport's stable of Individual Athlete Support Program scholarship holders have enjoyed another year of cups, trophies and championships as the State's best athletes in sports outside the WAIS programs continued to shine.



JUSTIN EVESON

JUSTIN EVESON (WHEELCHAIR BASKETBALL)

WAIS wheelchair basketball star, Justin Eveson continued his imperious form in 2009-10, helping the Australian Rollers to the 2009 World Championship, the Perth Wheelcats to another national title and earning a nomination in the world famous Laureus World Sports Awards.

After helping Australia to Paralympic gold in Beijing in 2008, Eveson had earned a reputation as one of the world's finest wheelchair basketballers. In August, Eveson and his Australian teammates competed at the Wheelchair Basketball World Championships in Sydney. Australia cruised into the gold medal game before outclassing Canada 77-48 in the final, with Eveson hitting 13 points and a game high nine rebounds for the hosts. Eveson, along with WAIS teammate Michael Hartnett earned selection into the World Championship All-Star Five following excellent campaigns in Australia's success.

Eveson showed his wares in front of a home crowd in Perth as the Perth Wheelcats hosted the Great Britain team in a two match series. The Wheelcats won the first encounter 74-51 with Eveson nailing 22 points, nine rebounds and three steals, before starring with 29 points and five assists in game two, despite the Wheelcats losing by six points.

The Perth Wheelcats claimed a fourth consecutive national title in September with Eveson being named finals series MVP. His extraordinary 47 points, 23 rebounds and eight assists ensured the Wheelcats were too strong for the Wentley Leagues Wheelkings in the grand final.

Eveson's incredible campaign continued in October as he top scored with 25 points supported by 13 rebounds and five assists in Australia's Asia/Oceania Wheelchair Basketball Championships final success over Japan. Eveson helped the Rollers to a seven match unbeaten streak in Dandenong, culminating in a 68-51 grand final win over Japan.



ROBYN VAN NUS

ROBYN VAN NUS (SHOOTING)

Robyn Van Nus enjoyed a successful year in 2009-10 with strong domestic and international results reinforcing her standing as one of Australia's leading shooting talents.

The NSW based athlete competed in the Australia Cup event in Adelaide in September returning some fantastic results. Van Nus claimed victories in the Three Position and Air Rifle competitions, equalling the Australian record in the later, with a new personal best score of 396.

In April, Van Nus dominated the Target Rifle Association National Championships, with five gold medals in a strong showing against a quality field. Van Nus captured the Open 3x40 Three Position, Open (and Women's) 3x20 Three Position, Open (and Women's) Air Rifle. Van Nus is now ranked the Australian Position Champion in both Open and Women's categories.

In June, Van Nus earned nomination for the New Delhi Commonwealth Games by winning the Women's Three Position and Air Rifle selection events.

TARA WEST (VOLLEYBALL)

Tara West enjoyed a strong year on both the court and sand in 2009-10, helping the WA Pearls to the national championship whilst establishing herself as one of the most promising beach volleyball athletes in the country.

In January, West finished fifth out of 37 teams in the South Australian Open Beach Volleyball tournament.

In June West again produced some dominant form to help the WA Pearls into the finals of the Australian National Volleyball League. Captaining the side, West and her teammates remained undefeated heading into the finals series, with the WA team top seeds to retain their national title.

Australian representatives

ARCHERY

Deonne Bridger 2009 World Cup 3, Antalya, Turkey
2009 World Cup 4 Shanghai, China
2009 World Championships, Ulsan, South Korea
2009 Asian Cup Final, Bali, Indonesia
2010 World Cup 1, Porec, Croatia
2010 World Cup 2, Antalya, Turkey

CANOE/KAYAK

Robin Jeffery 2009 International Canoe Federation World Championships, La Seu d'Urgell, Spain
2010 International Canoe Federation World Cup, Prague, Czech Republic
2010 International Canoe Federation World Cup, La Seu d'Urgell, Spain

Kynan Maley 2010 International Canoe Federation World Cup, Prague, Czech Republic
2010 International Canoe Federation World Cup, La Seu d'Urgell, Spain

CYCLING - BMX

Nicole Callisto 2010 UCI BMX Supercross World Cup, Madrid, Spain
2010 UCI BMX Supercross World Cup, Copenhagen, Denmark

Lauren Reynolds 2009 UCI BMX Supercross World Cup, Pietermaritzburg, South Africa
2009 UCI BMX Supercross World Cup, Chula Vista, USA
2009 UCI BMX Supercross World Cup, Frejus/Roc d'Azur, France
2010 UCI BMX Supercross World Cup, Copenhagen, Denmark
2010 UCI BMX World Championships, Pietermaritzburg, South Africa

CYCLING - PARALYMPIC

Claire McLean 2009 UCI Paracycling World Championships, Bogogno, Italy
2010 UCI Paracycling World Cup, Segovia, Spain

EQUESTRIAN

Sonja Johnson 2009 Trans Tasman Championships, Adelaide, Australia

Fleur Litster 2009 Para-Equestrian Dessage CPEDI Championships, Melbourne, Australia

Sharon Jarvis 2009 Para-Equestrian Dessage CPEDI Championships, Melbourne, Australia

FENCING

James Lewis 2009 Challenge Australia World Cup, Sydney, Australia
2010 Asian Championships, Seoul, South Korea

Sutherland Scudds 2009 Asian Championships, Doha, Qatar
2010 Asian Championships, Seoul, South Korea

RHYTHMIC GYMNASTICS

Chloe Hayes 2009 Rhythmic Gymnastics World Championships, Mie, Japan

Janine Murray 2009 Rhythmic Gymnastics World Championships, Mie, Japan
2010 Rhythmic Gymnastics Pacific Rim Championships, Melbourne, Australia

MEN'S ARTISTIC GYMNASTICS

Elliott Cook 2009 World Cup, Doha, Qatar
2010 World Cup, Moscow, Russia

SAILING EAD

Russell Boaden 2009 Sail for Gold, Weymouth United Kingdom

Rachel Cox 2009 Sail for Gold, Weymouth United Kingdom

Colin Harrison 2009 Sail for Gold, Weymouth United Kingdom

SHOOTING

Pam McKenzie 2009 Oceania Continental Championships, Sydney, Australia
2010 International Sport Shooters Federation World Cup, Beijing, China

Kadiejayne Tirkot 2009 Oceania Championships, Sydney, Australia
2010 Commonwealth Shooting Federation Championships, New Delhi, India
2010 International Sport Shooters Federation World Cup, Sydney, Australia
2010 International Sport Shooters Federation World Cup, Beijing, China

Robyn Van Nus 2009 Oceania Championships, Sydney, Australia
2010 Commonwealth Shooting Federation Championships, New Delhi, India
2010 International Sport Shooters Federation World Cup, Sydney, Australia
2010 International Sport Shooters Federation World Cup, Fort Benning, USA
2010 International Sport Shooters Federation World Cup, Belgrade, Serbia

Tyren Vitler 2009 Oceania Championships, Sydney, Australia
2010 International Sport Shooters Federation World Cup, Sydney, Australia

SWIMMING EAD

Katrina Porter 2009 International Paralympic Committee World Short Course Championships, Rio de Janeiro, Brazil

TAEKWONDO

Amy Ash 2009 World Triathlon Federation World Championships, Copenhagen, Denmark

Jessica Jordan 2009 World Triathlon Federation World Championships, Copenhagen, Denmark

VOLLEYBALL

Tara West 2009 15th Asian Senior Volleyball Championships, Hanoi, Vietnam

WHEELCHAIR BASKETBALL

Clare Burzynski 2009 Four Nations Tournament, Ottawa, Canada
2010 Osaka Cup, Osaka, Japan
2010 BT Paralympic Cup, Manchester, United Kingdom
2010 Four Nations Tournament, Berlin, Germany

Justin Eveson 2009 Rollers World Challenge, Sydney, Australia
2009 Asia - Oceania World Championship qualifier, Melbourne, Australia
2010 Paralympic World Cup, Manchester, United Kingdom

Michael Hartnett 2009 Rollers World Challenge, Sydney, Australia
2009 Asia - Oceania World Championship qualifier, Melbourne, Australia
2010 Paralympic World Cup, Manchester, United Kingdom

Amber Merritt 2010 BT Paralympic Cup, Manchester, United Kingdom
2010 Four Nations Tournament, Berlin, Germany

Brad Ness 2009 Rollers World Challenge, Sydney, Australia
2010 Paralympic World Cup, Manchester, United Kingdom

Shaun Norris 2009 Rollers World Challenge, Sydney, Australia
2009 Asia - Oceania World Championship qualifier, Melbourne, Australia
2010 Paralympic World Cup, Manchester, United Kingdom

ATHLETICS



PROGRAM PARTNERS



Photo: Getty Images

STEVE HOOKER

A World Championship title for pole vault star **Steve Hooker** highlighted what was another very successful year for the WAIS Athletics Program.

July saw the start of a very busy winter campaign for WAIS track and field athletes, with Steve Hooker and **Kim Mickle** both competing in the Athletissima meet in Lausanne, Switzerland. Hooker proved too strong in winning the men's pole vault (5.75m) whilst Mickle finished fifth in the women's javelin with a best throw of 60.27m. Mickle competed in Lucerne finishing first with a best throw of 62.09m, her best throw of the season.

A strong contingent of young WAIS athletes competed in the World University Games in Belgrade, Serbia during July with no fewer than four scholarship holder in action. Sprinter **Jody Henry** finished fifth in the women's 100m in a time of 11.83secs, pole vaulter **Amanda Bisk** cleared 4.20m in finishing ninth whilst high jumpers **Zoe Timmers** and **Ellen Pettitt** finished sixth and 12th respectively with clearances of 185cm and 180cm.

Steve Hooker continued his preparations for the World Championships with a third place finish at the Reims International Regatta in France. Hooker cleared 5.77m before taking victory at the Aviva London Grand Prix with a best jump of 5.70m. Kim Mickle also competed in London, finishing third with a best throw of 59.67m. Mickle then travelled to Monaco to compete in the Herculis meet where she threw 58.77m and finished seventh.

The 12th IAAF World Championships were held in Berlin in August with four WAIS athletes named in the inaugural Australian Flame squad – which was captained by Olympic and Commonwealth Champion Steve Hooker. Hooker was joined by sprinters Jody Henry and **Ben Offereins** and javelin thrower Kim Mickle.

Steve Hooker would add another glorious chapter to his and the WAIS Athletics Program's history, after overcoming an adductor strain to win the men's pole vault World Championship, after soaring over at 5.90m. Ben Offereins was selected in the men's 4x400m relay squad and ran a tremendous leg in the semi-final to earn selection for the final. In a pulsating race, Australia earned bronze behind the USA and Great

Britain. In the women's 4x400m relay, Jody Henry was rested in the semi-final, with the Australian team unable to qualify for the medal race. Kim Mickle narrowly missed qualifying for the women's javelin final after her best effort of 57.46m left her sixth in her heat.

Mickle's European summer form did earn her a spot at the IAAF/UTB World Athletics Final at Thessalonika, Greece in September, where she finished sixth with a best throw of 57.57m. Ben Offereins competed at the Super Track and Field meet in Kawasaki, Japan taking sixth position in the men's 400m sprint in a time of 46.01secs.

In October the new Western Australian Athletics Stadium began hosting local club competitions, with the World Class venue to host the 2010 Australian Athletics Championships in April.

Ben Offereins kicked off his 2010 domestic season in style, winning the 400m sprint at the Australia Cup in Canberra in a Commonwealth Games A-Qualifying time of 45.32secs. Also competing in Canberra, Jody Henry finished second in the women's 400m whilst Ellen Pettitt finished second in the high jump with a clearance of 185cm.

Jody Henry won the 400m sprint at the Brisbane Grand Prix in February in a time of 52.76secs. The women's pole vault competition was dominated by WAIS athletes with **Liz Parnov** (4.10m) winning ahead of training partners **Amanda Bisk** (4.10m countback), **Vicky Parnov** (3.75m) and **Alana Boyd** (3.60m).

Ellen Pettitt and Zoe Timmers competed at the Briggs Athletics Classic in Hobart, with Pettitt claiming second place with a best clearance of 186cm whilst Timmers took third with a best leap of 182cm.

Pettitt continued her strong early season form with an A-Qualifier at a Perth club meet following a clearance of 1.90m. A week later pole vaulter Liz Parnov also secured a Commonwealth Games A-Qualifier after clearing a personal best 4.30m in a club meet.

Zoe Timmers and **Jarred Bezuidenhout** travelled to New Zealand for the 2010 Trans Tasman Test Match in Auckland. Timmers won the high jump with a best clearance of 1.85m, whilst Bezuidenhout won the men's 110m hurdles in a time of 15.15secs.

Steve Hooker made his first competition appearance in Australia for 2010 at the Sydney Track Classic, winning the men's pole vault with a vault of 5.91m. Amanda Bisk set a new personal best and recorded an A-Qualifier winning the women's pole vault with clearance of 4.30m ahead of Liz Parnov on countback – who set a second A-Qualifier in the process. Alana Boyd was third with a clearance of 4.00m, whilst Vicky Parnov claimed fourth (3.90m). In a strong meet for WAIS, Ben Offereins won the men's 400m sprint in a personal best time of 44.86secs, which also secured him a Commonwealth Games A-Qualifying time. Zoe Timmers cleared 1.86m in the women's high jump to take second ahead of Ellen Pettitt on countback.

Into March, and the Australian domestic season moved to Melbourne for the Melbourne Track Classic. Steve Hooker won the pole vault with a clearance at 5.65m, Jody Henry won the women's 400m sprint in a time of 52.41secs, Ben Offereins won the men's in 45.73secs and Kim Mickle set a Commonwealth Games A-Qualifying mark of 58.22m in winning the women's javelin.

Pole vaulter Amanda Bisk set a second A-Qualifier and equalled her personal best (4.30m) at a Perth club meet whilst WAIS shot put scholarship holder **Matthew Cowie** earned a World Junior Championships spot after throwing a personal best 18.18m.

At the 2010 Australian Junior Championships in Sydney, Matt Cowie backed up his strong form with a second place finish in the shot put, throwing 17.24m. Fellow WAIS youngster **Raheen Williams** won the 400m hurdles in a time of 52.74secs and finished fourth in the 110m hurdles in a time of 14.96secs. Liz Parnov claimed the U18 pole vault title with a clearance at 3.95m.

WAIS athletes featured prominently at the 2010 WA State Championships with Ben Offereins (men's 400m), Lyndsay Pekin (400m sprint – 400m hurdles), **Larissa Perry** (long jump), Zoe Timmers (high jump) and Matt Cowie (shot put) winning state titles. Brianna Beahan claimed second

in the 100m hurdles, **Felipe De Castro Cruz** was second in the 400m hurdles whilst Raheen Williams finished third in the 400m hurdles and won the U20 400m.

The women's pole vault competition was again dominated by WAIS athletes with Amanda Bisk extending her personal best to 4.40 in winning the state title, with Liz Parnov (4.30m) and Vicky Parnov (4.20m) rounding out the top three.

In April the newly completed WA Athletics Stadium hosted the Australian Open Athletics Championships with WAIS athletes posting strong results. Jody Henry crossed the line second in the women's 400m behind an Irish competitor, winning the Australian national title as first Australian in a personal best time of 52.20secs. Henry won a second title, claiming the 200m crown in 23.29secs. Henry became the second athlete behind Cathy Freeman to win the 200m, 400m double. Ben Offereins set another A-Qualifying time in winning the men's 400m title in a time of 45.17secs. Kim Mickle won a fifth national javelin title after a best throw of 60.66- which doubled as a Commonwealth Games A-Qualifier. Steve Hooker won the men's pole vault national championship with a best clearance of 5.80m.

Liz Parnov stole headlines by becoming Australia's youngest ever women's pole vault champion, clearing 4.40m to win the national crown on countback from WAIS training partner Alana Boyd. Amanda Bisk claimed third with a clearance of 4.20m, whilst Vicky Parnov took fourth with a best clearance of 4.10m. Emerging WAIS pole vaulter Ellen Pearce set a new personal best of 4.00m to take fifth.

Following the Perth National Championships, WAIS had eight athletes nominated for the 2010 Commonwealth Games to be held in New Delhi, India in October. Pole Vaulters Steve Hooker, Liz Parnov, Alana Boyd and Amanda Bisk earned selection, whilst 400m sprinters Ben Offereins and Jody Henry were also picked. 2006 Commonwealth Games competitor Kim Mickle was included, as was injured high jumper, Ellen Pettitt - who missed nationals, but had secured an A-Qualifier in Perth last October.

WAIS sprinter Ben Offereins continued his fine form in May taking victory in a time of 45.75secs in the 400m at the Shizuoka International Track and Field Meet in Japan. **Alana Boyd** and Amanda Bisk competed at the IAAF World Challenge in Osaka, Japan, finishing third and fourth respectively, with Boyd clearing 4.40m and Bisk 4.30m.

At the Daegu Pre Championship Meet in South Korea, Jody Henry ran 23.99secs in finishing fifth in the 200m sprint, whilst Alana Boyd finished sixth (4.40m) and Amanda Bisk seventh (4.20m) in the women's pole vault.

Steve Hooker suffered a rare defeat in his debut in the IAAF Golden League Meet in Shanghai, China, taking fifth with a best clearance of 5.50m. Ben Offereins also finished fifth in the men's 400m sprint in a time of 46.08secs.

Hooker continued his Diamond League campaign into Oslo, Norway in June suffering an even rarer no-height in competition, before bouncing back into form in New York with a second place finish after clearing 5.80m.

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	Athletics Performance Manager
Carmel Goodman	Doctor
Kevin Hayter	Psychologist
Simon Jones	Coaching Group Manager
Andrew Lyttle	Biomechanist

Greg Morgan
Lizzie Moyle
Peter Peeling
Chris Perkin
Heather McGregor-Bayne

Strength & Conditioning
Ace Counsellor
Physiologist
Physiotherapist
Psychologist/ACE Counsellor

Athletes

Brianna Beahan	Jared Bezuidenhout
Amanda Bisk	Alana Boyd
Paul Burgess	Matthew Cowie
Michael Craggs	Felipe De Castro Cruz
Oliver Dziubak	Sean FitzSimons
Jody Henry	Steve Hooker
Nina Kennedy	Sam McEntee
Kimberley Mickle	Benjamin Offereins
Rhiannon Ormsby	Liz Parnov
Vicky Parnov	Lyndsay Pekin
Larissa Perry	Ellen Pettitt
Kyle Rasti	Zoe Timmers
Matei Tzvetanov	Raheen Williams
Ray Williams	

Major Title Winners

Jody Henry	2010 88th Australian Athletic Championships 400m Perth, Australia
	2010 88th Australian Athletic Championships 200m Perth, Australia
Kimberley Mickle	2010 88th Australian Athletic Championships Javelin Perth, Australia
Benjamin Offereins	2010 88th Australian Athletic Championships 400m Perth, Australia
Raheen Williams	2010 Australian Junior Championships (U14 to U20) 400m Hurdles Sydney, Australia
Steve Hooker	2009 12th IAAF World Championships Pole Vault Berlin, Germany
	2010 IAAF World Indoor Championship Pole Vault Doha, Qatar
	2010 88th Australian Athletics Championships Pole Vault Perth, Australia
Liz Parnov	2010 Australian Junior Championships (U14 to U20) Pole Vault Sydney, Australia
	2010 88th Australian Athletics Championships Pole Vault Perth, Australia

Australian Representatives

Amanda Bisk	2009 World University Games Belgrade, Serbia
Jody Henry	2009 World University Games Belgrade, Serbia
	2009 12th IAAF World Championships Berlin, Germany
Steve Hooker	2009 12th IAAF World Championships Berlin, Germany
	2010 IAAF World Indoor Championship Doha, Qatar
Kimberley Mickle	2009 Athletissima 2009 Lausanne, 2009 12th IAAF World Championships Berlin, Germany
Benjamin Offereins	2009 12th IAAF World Championships Berlin, Germany
Ellen Pettitt	2009 World University Games Belgrade, Serbia
Zoe Timmers	2009 World University Games Belgrade, Serbia

CANOEING



PROGRAM PARTNERS



Photo: Simon Moore-Crouch

STEVE BIRD AND JESSE PHILLIPS

The WAIS sprint canoe/kayak program had another successful year in 2009-10 typified by a K2 200m national title for **Jesse Phillips** and Stephen Bird. As the WAIS squad expanded with talented new athletes, Olympic medallist **Lisa Russ** retired from the sport following a decorated and successful career.

In August, **Alana Nicholls** finished sixth in the K1 200m – a new Olympic event – at the world championships in Canada. Nicholls combined with fellow WAIS paddler and Olympic Medallist Lisa Russ (nee Oldenhof), **Hannah Davis** (SASI) and **Jo Brigden – Jones** (NSWIS) to take sixth position in the K4 200m and 4 x 200m relay. **Reece Baker** was part of the men's K4 1000m crew that came sixth in the B Final.

September was a trying month for the program following the news that Reece Baker had dislocated his shoulder and would require reconstructive surgery putting him out for the season. Alana Nicholls announced her intention to sit out the season.

Jesse Phillips and Lisa Russ kicked off the marathon competition season in October with wins in the popular Island to Island race over 11.7 km from Ascot Kayak Club to the Sandringham Hotel and back.

Into November, **Brendon Sarson** won the State's biggest race outside of the Avon Descent, the Classic Paddle from Perth to Fremantle beating home 600 paddlers from WA and interstate. The victory showed that he had well and truly recovered from a fractured vertebrae sustained whilst training for the Avon Descent.

In a big racing weekend for Phillips, he also took out the fastest paddle category with **Steve Bird** just behind in the annual Blackwood Marathon in Bridgetown.

Brendon Sarson had a comfortable win in the Bay2Beach race over

17km in December. The event was a perfect warm up for Sarson who raced shortly afterwards in the World's richest Ocean race, the Dubai Shamaal over 20km.

With 120 paddlers from all over the world converging on the exotic emirate Sarson competed against expert exponents of flat water and ocean racing including Olympic Champions Eirik Veraas Larsen from Norway, Tim Brabants from Great Britain and multiple World Marathon Champion Manuel Busto from Spain. Sarson finished ninth in a superb paddle.

Following this event Sarson travelled south to South Africa where he took part in the Southern Shamaal, a three person team event over four days and 240km from Port Elizabeth and East London. Sarson was part of the Australian team with fellow West Australian Ash Nesbit and former West Australian Dean Gardiner finishing second behind the powerful South Africans.

At home the remaining WAIS paddlers contested the third local Sprint Regatta of the season at Champion Lakes. Steve Bird and Jesse Phillips dominated the regatta with Bird winning the K1 200m, Phillips the K1 1000m and combining to comfortably win the K2 1000m.

The regatta was also a swan song for Olympic Bronze Medallist Lisa Russ who won all four women's events, being the K1 and K2 200m and 500m. Russ will be remembered for her role in winning an Olympic bronze medal in the women's K4 500m in Beijing.

The fourth regatta of the summer sprint kayaking season was held at Champion Lakes in early January with the 200m K1 won in emphatic fashion by Steve Bird who exploded out of the blocks to open up a race winning lead with in the first 25m. The K2 200m saw Bird partnered with Jesse Phillips recording a comfortable win.

The 1000m races proved to be the closest of the regatta with Sarson, Phillips, Bird and Bowker all competing for line honours. Sarson eventually won the race holding off a fast finishing Bowker by 0.6 sec in second with Phillips taking out third place.

The K2 race was split by Phillips and Bird with Sarson and Bowker, after Phillips and Bird surged home in the last 100m to dead heat in a gripping finale.

The Second Grand Prix of the season was held at the Sydney International Regatta Centre in February with WAIS competitors scoring mixed results.

Jesse Phillips and Steve Bird paddled an excellent race to finish second in the K2 500m event behind World Championship finalists **Murray Stewart** and **Jacob Clear**.

Michael Baker also paddled an excellent K2 1000m to be the second placed Australian crew with ailing partner **Chad Alston** (SASI) after World Championship silver medal winning crew **Smith and Morrison**.

The 2009/2010 State Canoe Sprint Championships provided an ideal warm up for all WAIS paddlers competing at the March Nationals.

The 200m events saw Jesse Phillips and Steve Bird dominate. The K2 200m saw Phillips and Bird record a personal best time of 32.4secs and then the K1 200m was a two horse race with Phillips initially jumping out well only for Bird to claw his way back in the second half and hold off a late surge by Phillips in 36.4secs and 36.7secs respectively.

Brendon Sarson had a brilliant paddle in the K1 1000m getting a fast start and continuing to pull away through the race to win in a PB of 3.34mins. **Mitch Thompson** (NSWIS) and Jesse Phillips were second and third. Sarson also repeated his effort in the K1 500m with a comfortable win.

The K2 1000m had surprise winners in Daniel Bowker and surf paddle convert Brodie Holmes, who recorded a comfortable win in 3:22mins. Holmes had only sat in a K2 for the first time the day before competition.

The final race on the program was the new World Championship event the K1 5000m with Steve Bird scoring an upset win over Brendon Sarson by the narrowest of margins.

Jesse Phillips and Stephen Bird combined to win the K2 200m national title in March at the Canoeing Sprint Championships in Penrith. The dynamic duo produced a powerful paddle in the final to marginally edge out the South Australian pairing of Chris Alagich and Mat Goble in a time of 33:87secs.

It capped a successful campaign for the WAIS kayaking contingent, with Bird also scoring a fourth place finish in the individual K1 200m and Brendan Sarson earning fifth place in the K1 1000m, with all three athletes being selected on Australia's World Cup team.

Ferenc Szekszardi became WAIS's first Canadian Canoeist when he was selected in the National team for the World Championships to compete in the C2 200m, C2 1000m and 4 x 200m C1 relay.

Up and coming paddler **Daniel Bowker**, along with Michael Baker and **Libby LeCoultre** were all selected in the National Emerging Team.

In May, Jesse Phillips begin and Steve Bird opened their European tour with three wins at the Italian National Selection Regatta in Milan, Italy. Paddling with **Chris Alagich** (QAS) and **Matt Goble** (SASI) in the K4 500m and K4 1000m, they were able to beat the best of the Italian club crews. Most impressive though, was their win in the K2 200m, triumphing over the Alagich-Goble pairing for a second regatta in a row following their 0.01 sec win at the Australian Championships.

Jesse Phillips and Steve Bird came a very creditable seventh (and 1st Australian) in the K2 200m at World Cup 2 in Szeged, Hungary after strong second place finishes in their heat and semi final. With 50 countries competing and two entries per country per event allowed (compared to only one entry per country at World Championships) the competition was very tough.

WAIS athletes Jesse Phillips and Steve Bird returned very respectable results from World Cup 3 in Duisburg, Germany. Paddling with different partners in the K2 200m as part of the National coaching strategy to find the fastest combination for World Championships, Phillips - paddling with SASI's Matt Goble made the A Final coming eighth and Bird paddling with QAS athlete **Chris Alagich** was second in the B final.

In another sign of their improving stature in international competition they also paddled the K2 500m event where they recorded a scintillating time of 1:29mins in the semi final to storm into the final. Unfortunately in the final they were not able to produce their heat and semi form, finishing ninth.

Coaches

Ramon Andersson	Head Coach
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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
Deborah Kerr	Dietician
Kevin Hayter	Psychologist
Jenny Marsh	ACE Counsellor
Lizzie Moyle	ACE Counsellor

Athletes

Michael Baker	Reece Baker**
Stephen Bird**	Daniel Bowker
Lachlan Cooke	Brodie Holmes
Elizabeth "Libby" LeCoultre	Alana Nicholls**
Jesse Phillips**	Lisa Russ (nee Oldenhof)
Brendon Sarson	Ferenc "Frank" Szekszardi

Major Title Winners

Stephen Bird	2010 National Championships K2 200 Penrith, Australia
Jesse Phillips	2010 National Championships K2 200 Penrith, Australia

Australian Representatives

Stephen Bird	2010 World Cup Szeged , Poland
Alana Nicholls	2009 World Championships Halifax, Canada
Jesse Phillips	2010 World Cup Szeged, Poland

Coaching Achievements

Ramon Anderson	Women's coach 2009 World Championships
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** WAIS / AIS Athlete

*AIS / WAIS Athlete

CYCLING



PROGRAM PARTNERS



Photo: Getty Images

CAMERON MEYER

The WAIS Cycling Program produced another year of highlights with three senior and three junior athletes claiming world championships on foreign soil. On track and road, the past year has been one of great progress.

In August at the World Junior U19 Track and Road Championships in Moscow, **Luke Durbridge** created history by being the first Western Australian male to win a World Road Championship with a gold medal ride in the Men's Time Trial. Durbridge backed up his form on the Track to pair with **Alex Carver** (NSW) to win the Men's Madison and was also a member of the silver medal winning Men's Teams Pursuit team. **Michaela Anderson** produced an outstanding ride to win the women's 2km Individual Pursuit in an all Australian final and then teamed with WAIS training partner **Melissa Hoskins** and **Megan Dunne** (NSW) to break the world record in their victorious 3km Teams Pursuit win.

Luke Durbridge confirmed his status as one of Australia's brightest young road talents in October, by taking victory in the Tour of Tasmania – a National Road Series event including a high quality field of senior athletes.

The tail end of 2009 saw the track action intensify as WAIS athletes began preparations for the World Championships. In November, **Josie Tomic** competed in the Manchester leg of the UCI Track World Cup, winning silver in the final of the individual pursuit to Great Britain cyclist **Wendy Houvenhagel**. WAIS sprint cyclist **Scott Sunderland** was also in action in England, finishing in fifth position in the men's sprint.

November also hosted the Perth International Grand Prix at the Midvale SpeedDome. WAIS athletes featured prominently, with **Cameron Meyer** taking victory in the men's points race ahead of WAIS athletes **Michael Freiberg** and Luke Durbridge. Travis Meyer claimed victory in the men's scratch race, with Luke Durbridge again second. Josie Tomic secured victory in the women's scratch race, with WAIS athletes Melissa Hoskins, Jessica Allen and Sarah Kent all claiming top ten finishes. Scott Sunderland won silver in the men's sprint and bronze in the keirin.

In a busy month, November also saw WAIS athletes compete in the UCI Track World Cup event in Melbourne. Scott Sunderland had a solid meet, winning gold in both the team sprint and the 1000m time trial. As

reigning world champion, Cameron Meyer stamped his authority on the points race, winning gold before teaming with World Cup debutant Luke Durbridge to win the men's team pursuit. Michael Freiberg finished fourth in the points race whilst Josie Tomic and Sarah Kent were both part of the women's team pursuit that claimed bronze. Tomic also competed in the individual pursuit, placing fourth.

Cameron Meyer competed in the Australian Madison Championships in Melbourne in December, teaming with VIS athlete **Leigh Howard** for the win. **Isabella King** enjoyed victory at the Latrobe women's wheelrace in Tasmania. King later placed in the UCI Women's Points race at the same famous Christmas carnival.

January was kicked off in style after Cameron Meyer and Travis Meyer both won senior Australian Road Championship titles in Ballarat, Victoria. Cameron Meyer won gold in the men's road time trial finishing 29 seconds clear of Queensland's John Anderson. **Travis Meyer** emulated his older brother's feats by winning the men's road race, in his first year as a senior. After forming part of a break away group, Meyer launched a solo attack with ten kilometres remaining to take the win.

Josie Tomic continued the fantastic WAIS form, winning the women's Under 23 time trial, with **Sarah Kent** fourth, whilst Luke Durbridge finished second in the men's Under 23 time trial.

WAIS was again well represented at the UCI Track World Cup, with the fourth leg held in Beijing, China. Travis Meyer and Luke Durbridge were part of the men's team pursuit gold medal ride, whilst Josie Tomic and Sarah Kent were both part of the women's team pursuit that won gold for Australia. Sprint cyclist Scott Sunderland competed in the men's team sprint, earning a silver medal.

Cameron Meyer for a second year in a row competed for his professional road team Garmin Transitions in the Tour Down Under in South Australia.

The Australian National Under 19 and Senior Track Championships were held in Adelaide in February, with a new generation of WAIS talent emerging as stars of the future. Isabella King, **Holly Williams** and **Michaela Anderson** all secured selection for the 2010 World Junior Championships, after showing strong form at nationals. Williams was a triple gold medallist after winning the U19 women's sprint, keirin and 500m time trial in an incredible performance. King won the U19 Omnium and scratch race, and collected silver in points race and a bronze in the 2km individual pursuit. Anderson claimed second position in the individual pursuit and third in the scratch race.

Sarah Kent won her first individual senior national championship after taking gold in the individual pursuit, with Josie Tomic finishing third. Kent teamed with Tomic and Melissa Hoskins to win the team pursuit for WA in convincing fashion. Tomic wearing the rainbow jersey of World Champion, competed in the omnium, finishing second, with Sarah Kent taking bronze. Tomic also claimed silver in the women's points race and fourth position in the scratch race. In the men's scratch race, Michael Freiberg claimed silver, whilst Luke Durbridge also won silver in the men's points race. Travis Meyer added bronze in the individual pursuit to the silver he won along with WAIS teammates Cameron Meyer, Luke Durbridge and Michael Freiberg in the men's team pursuit. Scott Sunderland won gold in the men's keirin and added a bronze medal to his collection in the men's sprint.

The crowning glory of the WAIS Cycling Program in 2009-10 occurred in March, with three WAIS scholarship holders winning world championships at the 2010 UCI Track World Championships in Copenhagen, Denmark. Cameron Meyer was the star of the Australian team winning three rainbow jerseys in a phenomenal display. Meyer dominated the points race to retain his world crown, after twice lapping the field to collect 70 points, which more than doubled the silver medallist **Peter Schep** of the Netherlands who collected 33 points.

Meyer then collected a second world championship – this time in the men's team pursuit - after he teamed with **Rohan Dennis** (VIS), **Jack Bobridge** (SASI) and **Michael Hepburn** (QAS) to set a new Australian record in defeating Great Britain for gold. Meyer then competed in the madison with Victorian Leigh Howard to win a third gold medal and world championship. The duo proved too strong for the field, after

collecting regular sprint points and then lapping the field to confirm victory.

WAIS athletes Sarah Kent and Josie Tomic then rode with NSWIS athlete Ashley Ankudinoff to win gold in the women's team pursuit, giving Australia the double in men's and women's teams pursuit. The Australian team defeated Great Britain by half a second in the gold medal ride-off in an excellent performance from a young Australian trio. Kent also rode in the women's individual pursuit, missing out on the medals in 13th position. Scott Sunderland finished seventh in the men's team sprint, whilst Travis Meyer competed in the men's scratch race, taking 19th position.

In April, Jessica Allen competed in the tour of Mersey in Tasmania and in May the Under 19 National Road Championships in northern NSW, earning herself selection for the National Women's Road Team for World Championships in Italy next August.

Cameron Meyer produced two top ten individual time trial results in the Giro de Italia for his professional road team Garmin Transitions. Having competed in the Grand Tour in 2009, Meyer this year rode the entire tour, impressing in the time trials against some of the finest riders in the world.



Photo: Cycling Australia

MEL HOSKINS, JOSIE TOMIC AND SARAH KENT

Coach

Darryl Benson Head Coach

Service Providers

Kevin Hayter	Psychologist
Peter Peeling	Physiologist
Matthew Doyle	Biomechanist
Carmel Goodman	Doctor
Deborah Kerr	Dietician
Jenny Marsh	ACE Counsellor
Geish Hori	Strength & Conditioning
Simon Jones	Coaching Group Manager

Athletes

Jessica Allen	Michaela Anderson
Jonathan Bathe	Luke Durbridge**
Michael Freiberg	Sarah Kent**
Isabella King	Cameron Meyer**
Travis Meyer**	Adam Semple
Josephine Tomic**	Holly Williams
Luke Zaccaria	Scott Sunderland*

Major Title Winners

Jessica Allen	2010 Junior National Track Team Pursuit Adelaide, Australia
Michaela Anderson	2009 Junior World Championships Team Pursuit Moscow, Russia 2009 Junior World Championships Individual Pursuit 2000m Moscow, Russia 2010 Junior National Track Team Pursuit Adelaide, Australia

Luke Durbridge	2009 Junior World Championships 23.5km Time Trial Moscow, Russia 2009 Junior World Championships Madison Moscow, Russia 2009 Melbourne WC Team Pursuit Melbourne, Australia 2010 Beijing WC Team Pursuit Beijing, Australia
Melissa Hoskins	2009 Junior World Championships Team Pursuit Moscow, Russia 2010 Beijing WC Team Pursuit Beijing, Australia
Sarah Kent	2010 National Track Championships Individual Pursuit 3000m Adelaide, Australia 2010 World Track Championships Team Pursuit Copenhagen, Denmark 2010 Junior National Track Team Pursuit Adelaide, Australia
Isabella King	2010 Junior National Track Scratch Race Adelaide, Australia 2009 Melbourne WC Points Race Melbourne, Australia 2009 Melbourne WC Team Pursuit Melbourne, Australia 2010 World Track Championships Points Race Copenhagen, Denmark 2010 World Track Championships Madison Copenhagen, Denmark 2010 World Track Championships Team Pursuit Copenhagen, Denmark 2010 National Championships 2010 Beijing WC Team Pursuit Beijing, Australia
Cameron Meyer	2010 National Championships Road Race - Ballarat, Australia 2009 Melbourne WC 1000m TT Melbourne, Australia
Travis Meyer	2010 Beijing WC Team Pursuit Beijing, Australia
Scott Sunderland	2010 National Championships Road Race - Ballarat, Australia
Josephine Tomic	2010 Beijing WC Team Pursuit Beijing, Australia 2010 World Track Championships Team Pursuit Copenhagen, Denmark 2010 National U23 Individual Time Trial - Ballarat, Australia
Holly Williams	2010 Junior National Track 500m TT Adelaide, Australia 2010 Junior National Track Women's Sprint Adelaide, Australia 2010 Junior National Track Women's Team Sprint Adelaide, Australia 2010 Junior National Track Women's Keirin Adelaide, Australia

Australian Representatives

Michaela Anderson	2009 Junior World Championships Moscow, Russia
Luke Durbridge	2009 Junior World Championships Moscow, Russia 2009 Melbourne WC Melbourne, Australia 2010 Beijing WC Beijing, Australia
Melissa Hoskins	2009 Junior World Championships Moscow, Russia
Sarah Kent	2009 Melbourne WC Melbourne, Australia 2010 Beijing WC Beijing, Australia 2010 World Track Championships Copenhagen, Denmark
Cameron Meyer	2009 Melbourne WC Melbourne, Australia 2010 World Track Championships Copenhagen, Denmark
Travis Meyer	2010 Beijing WC Beijing, Australia 2010 World Track Championships Copenhagen, Denmark
Scott Sunderland	2010 Beijing WC Beijing, Australia 2010 World Track Championships Copenhagen, Denmark
Josephine Tomic	2009 Melbourne WC Melbourne, Australia 2010 Beijing WC Beijing, Australia 2010 World Track Championships Copenhagen, Denmark

** WAIS / AIS Athlete
*AIS / WAIS Athlete

DIVING

As the Western Australian Institute of Sport's most recent program addition, the WAIS Diving Program continued to develop talented young athletes with an eye on producing future Australian representative divers for the 2016 Olympic Games.

With the program run in conjunction with the Western Australian Diving Association and Diving Australia, WAIS Head Coach **Iris Deng** has spent the 2009-10 period alongside National Talent Identification Coach **Jack Taylor** in progressing WA's best young divers for National Junior Championships.

WAIS athlete **Maddison Keeney** gained selection into the Australian Junior team that will compete at the 18th FINA World Junior Diving Championships in Tucson, Arizona in the USA next September. Keeney's selection made her the first athlete from the WAIS program to be named on an Australian junior competition team.

The WAIS Diving squad competed at the 2009 Australian Elite Junior Diving Championships in Sydney in July. **Sarah Watson** competed in the Junior A girls' 1m and 3m with a best place finish of sixth. In the Junior B girls 1m, WAIS athletes **Bronte Brown** and **Georgina Reed** competed. In the Junior B girls 3m, Brown and Reed were joined by **Ekaterina Bespalova**, whilst Reed also featured in the Platform B girls taking 15th position.

In the Junior C girls, Maddison Keeney claimed bronze in the 3m, and claimed top ten finishes in the 1m and Platform competitions. **Courtney Press** also competed in the 1m, 3m and Platform. In the 3m synchronised Georgina Reed and Maddison Keeney combined for tenth place, whilst Ekaterina Bespalova and Bronte Brown finished 13th.



PROGRAM PARTNERS



Coach

Iris Deng

Senior Coach

Service Providers

Natasha Brock
 Liz Chetkovich
 Sacha Fulton
 Deborah Kerr
 Duncan Sullivan
 Jenny Marsh
 Greg Morgan
 Joanne Norcott
 Emilie Thienot

Masseur
 Coaching Group Manager
 Physiologist
 Dietician
 Doctor
 ACE Counsellor
 Strength & Conditioning
 Physiotherapist
 Psychologist

Athletes

Zachary Farrall
 Sally Hackett
 Maddison Keeney
 Georgina Reed
 Tyra Simons
 Lucille (Lucie) Williams

Allex Ferraz
 Sophie Henderson
 Courtney Press
 Kate Rowney
 Sarah Watson



FOOTBALL WOMEN



PROGRAM PARTNERS



Entering into its first full year of operation, the WAIS Women's Football Program enjoyed a thoroughly successful 12 months capped by the Matildas Asian Cup win, which featured four WAIS scholarship holders.

July saw three WAIS scholarship holders selected in the Young Matildas squad for the Under 19 AFC Championships. **Sam Kerr**, **Marianna Tabain** and **Ella Mastrantonio** all received call ups into the 23 player squad.

The Young Matildas opened their campaign with a 1-1 draw with Japan, before suffering a 2-1 defeat at the hands of hosts China. The Australian team closed their campaign with a comprehensive 4-0 win over Chinese Taipei, but it wasn't enough to progress through to the semi-final stage. Sam Kerr and Marianna Tabain both featured for the Young Matildas, whilst Ella Mastrantonio was an unused substitute.

In October, WAIS Head Coach **John Gibson** finalized preparations for Perth Glory's W-League campaign by resigning WAIS scholarship holders **Collette McCallum** and **Lisa De Vanna** for another season.

The W-League season kicked off in October, with the Glory suffering a 2-0 defeat in its first match away to the Melbourne Victory. WAIS scholarship holder Collette McCallum fired Glory to its first win a week later, defeating Newcastle Jets 1-0 in Perth. Glory let a 2-0 lead slip in its encounter with Canberra after goals to McCallum and Tabain had the home team in the driving seat. The visitors hit back to record a 2-2 draw. October continued with a 1-0 win away at Adelaide United, when American import **Alex Singer** got on the end of a Sam Kerr cross to convert the winning goal. The Glory closed the month with a 6-0 loss to reigning premiers Brisbane Roar.

November got off to a shaky start, with the Glory beaten 4-0 by Canberra, before being edged 2-1 by the Central Coast Mariners in Perth. Marianna Tabain was on the scoresheet for Glory. Sam Kerr struck a wonder goal and was joined on the sheet by Lisa De Vanna as the Glory was beaten 5-2 by Sydney FC. Glory became only the second team in W-League history to defeat Brisbane Roar, after reversing their heavy defeat with a 2-1 win at home. New scholarship holder **Katie Gill** marked her debut with a stunning double as the hosts secured the upset of the season.

The Glory then finished the season in style in December with a 2-0 win over Melbourne Victory in Perth, with scholarship holders Lisa De Vanna and Katie Gill finding the back of the net for the hosts. The win ensured Perth Glory set three new club records with a new high point's tally of 13, most wins in a season and its highest finishing position of sixth place.

16 year-old Sam Kerr was recognised for an outstanding campaign at the 2009 W-League Awards in Sydney in December, taking out the Goal of the Year Award for her long range strike in round eight of the competition, and was also recognized by her peers with the prestigious Players' Player of the Year Award. WAIS scholarship holder **Shannon May** won the Most Glorious Player Award at the club's awards night, with Katie Gill winning golden boot, with three goals in as many matches for Perth.

Four WAIS scholarship holders were selected for a Matildas team camp in January, with Collette McCallum, Sam Kerr, Katie Gill and Lisa De Vanna all invited to the AIS in Canberra.

In February, Sam Kerr, Katie Gill, Collette McCallum and Lisa De Vanna were named in the Matildas squad to face New Zealand in a two match series in Auckland. Lisa De Vanna scored in a 3-0 win in the first match between the two sides, with McCallum, Gill and Kerr all featuring. De Vanna again found the back of the net in the second clash, with Australia once more running out 3-0 winners.

The Matildas squad went into camp on the Gold Coast for a week following the New Zealand series, with Sam Kerr, Collette McCallum, Lisa De Vanna and Katie Gill all attending.

Sam Kerr, Collette McCallum, Lisa De Vanna and Katie Gill were all selected for the Matildas squad ahead of its two match series with DPR Korea in Australia. Katie Gill and Lisa De Vanna netted for Australia in a 2-2 draw with DPR Korea in the first match in Brisbane. The Matildas

went one better, recording a 3-2 win in the second clash to claim the series. Katie Gill grabbed the second goal for the Matildas.

In April, four scholarship holders were selected in the Matildas 23 player squad for the 2010 Asian Cup in China. Collette McCallum, Lisa De Vanna, Katie Gill and Sam Kerr all earned a call-up for the tournament that would also double as World Cup qualification for 2011.

Australia started its campaign with a 2-0 win over Vietnam, before ensuring they would progress with a 3-1 win over Korea Republic, both De Vanna and Kerr scoring for Australia. The Matildas suffered a 1-0 defeat by China in the final group game but went through and faced Japan in the semi-final. A Katie Gill goal was enough to earn a dramatic 1-0 win, which qualified Australia for the final and ensured it would be present at the 2011 World Cup in Germany.

WAIS scholarship holders Sam Kerr, Collette McCallum and Katie Gill helped Australia to its first Asian Cup crown after defeating DPR Korea on penalties after a 1-1 draw. Sam Kerr opened the scoring to give Australia a 1-0 lead, but after DPR Korea replied and extra time couldn't find a winner, Katie Gill scored one of the decisive penalties as Australia held on to win the shoot-out and claim the number one ranking in Asian football.

Coaches

John Gibson	Head Coach
Shaun Murphy	Assistant Coach

Service Providers

Simon Murphy	Physiotherapist
Carmel Goodman	Doctor
Jenny Marsh	ACE Counsellor
Gilman Barnitt	Strength & Conditioning
Michael Williams	Strength & Conditioning
Peter Peeling	Physiologist
Alan Black	Coaching Group Manager
Mathew Burgin	Psychologist

Athletes

Lisa de Vanna**	Jaymee Gibbons
Kathryn "Katie" Gill**	Samantha Kerr**
Sadie Lawrence	Ella Mastrantonio
Shannon May	Collette McCallum**
Nadine Rechichi	Marianna Tabain

Major Title Winners

Lisa De Vanna	2010 AFC Cup China
Kathryn Gill	2010 AFC Cup China
Samantha Kerr	2010 AFC Cup China
Collette McCallum	2010 AFC Cup China

Australian Representatives

Lisa De Vanna	2010 AFC Cup China
	2010 World Cup Qual China
	2010 Test vs. NZ New Zealand
	2010 Test vs. DPR Korea Australia
Kathryn Gill	2010 AFC Cup China
	2010 World Cup Qual China
	2010 Test vs. NZ New Zealand
	2010 Test vs. DPR Korea Australia
Samantha Kerr	2010 AFC Cup China
	2010 World Cup Qual China
	2010 Test vs. NZ New Zealand
	2010 Test vs. DPR Korea Australia
Collette McCallum	2010 AFC Cup China
	2010 World Cup Qual China
	2010 Test vs. NZ New Zealand
	2010 Test vs. DPR Korea Australia

** WAIS / AIS Athlete
 *AIS / WAIS Athlete



KATHRYN GILL
Photo: Getty Images

GYMNASTICS WOMENS



PROGRAM PARTNERS

The WAIS Gymnastics Program yielded an unprecedented year of success in 2009-10 after Lauren Mitchell won dual silver medals at the 2009 World Championships in England. The emergence of national team member **Emily Little** was another highlight in a glowing 12 month period.

Lauren Mitchell and the WAIS program got off to the best possible start in July, with Mitchell claiming the 2009 senior international All-Around title at the Australian Gymnastics Championships in Perth. Mitchell's success was part of a thoroughly successful campaign for WAIS with the program picking up two All-Around National titles as well as six apparatus titles and five minor medals.

Emily Little placed third All-Around in the junior international division, as well as taking gold on floor and silver on beam. **Ashley Cooney** won gold in the junior international bars final. In International Level 10, **Nikki Chung** was dominant, snatching the All-Around title, as well as gold on vault and bars. Chung added bronze in the floor apparatus. The eight WAIS athletes competing in International Level 6 (**Megan Aspinall, Olivia Brown, Briana Ciupac, Francesca Fusha, Darcy Norman, Natasha Papadimitriou, Danielle Tyack and Sophie Ward**) performed well, winning team bronze. Individual medallists were Fusha, who claimed third All-Around and Aspinall who claimed bronze on bars.

WAIS was very well represented in Gymnastics Australia's annual awards (for performances in 2008), which were presented at the conclusion of the national championships. Lauren Mitchell and **Dasha Joura** were named co-winners of the 2008 Senior International Gymnast of the Year, polling the same number of points from various national and international competitions. Emily Little won the 2008 Junior International Gymnast of the Year, and WAIS coaches won the 2008 Coaching Team of the Year (an award which acknowledges the best team of coaches from a programme). August was another successful month with Lauren Mitchell topping selection trials for the World Championships, gaining selection to compete in London in October. WAIS coach **Nikolai Lapchine** was selected onto the team as a national team coach.

Lauren Mitchell made Australian Women's Gymnastics history in October by winning silver medals on both beam and floor at the 2009 World Championships in London. Mitchell became the highest ranked Australian female gymnast ever, as well as the first gymnast (male or female) to win two medals at the one Championship. In the qualification round, Mitchell performed exceptionally well on all four apparatus and qualified for finals in the All-Around, beam and floor. Mitchell performed a personal best in the All-Around final, but was edged for bronze by the tiny margin of 0.025 points. Mitchell's fourth place finish was the highest ever All-Around ranking by a WAIS gymnast. Mitchell competed in both the beam and floor finals winning silver in each to rewrite Australian gymnastics history.

In November, Emily Little had a successful campaign in France at the Combs La Ville tournament. Little contributed strongly to Australia's first place in the team event before placing fourth All-Around, and winning silver on vault and bronze on beam. Lauren Mitchell and Emily Little competed in a friendly international competition between Australia and Japan in December, returning medal winning results. Mitchell won gold medals on beam and floor in fine style, whilst Little took out a silver medal on vault with a dynamic performance.

Mitchell suffered a setback in training in late December, injuring her hand which forced her to withdraw from the Japan Cup competition. December also saw some significant coaching changes at WAIS, with **Vladimir Joura** accepting a position with the Queensland Gymnastics, a move that also saw Joura's daughter and WAIS athlete **Natalie Joura** depart. **Peter Abbott** accepted the position of WAIS Senior Gymnastics Coach, and was followed shortly after by **Dmitri Kalinine**, who took up a position with the group 5 and 6 athletes.

Early 2010 was dominated by training preparation for the 2010 season, which swung into gear in April, with Emily Little competing at the Paris World Cup. In her first World Cup event and against an extremely high quality field, Little qualified fourth on vault and progressed through to the finals. Little once again performed well, earning a final ranking of fifth place. Little also placed 13th on bars and 11th on beam.

Little finished the year in grand style, winning a silver medal at the prestigious Pacific Rim Championships, held in Melbourne. Australia fielded a young and inexperienced team, but Little produced a strong performance to claim silver in her favoured vault competition with a score of 13.737points.

Coaches

Peter Abbott	Senior Coach
Liz Chetkovich	Head of Gymnastics
Emma DiCarlo	Development Coach
Martine George	Senior Coach
Vladimir Joura	Senior Coach (Jul-Nov)
Dmitri Kalinine	Coach (Jan-June)
Tatiana Lapchina	Specialist Coach
Nikolai Lapchine	Senior Coach
Jade Martin	Development Coach
Heidi Rose	Development Coach
Salli Wills	Development Coach
Caroline Wright	Development Coach
Michelle Yardley	Coach

Service Providers

Natasha Brock	Masseur
Matthew Burgin	Psychologist
Sacha Fulton	Physiologist
Deborah Kerr	Dietician
Jenny Marsh	ACE Counsellor
Greg Morgan	Strength & Conditioning
Joanne Norcott	Physiotherapist
Duncan Sullivan	Doctor
Emilie Thienot	Psychologist

Athletes

Megan Aspinall	Keeley Austin
Olivia Brown	Brooke Callcott
Ashley Cooney**	Nikola Chung**
Crina (Briana) Ciupac	Madeleine (Maddy) Clark-Carlile
Yasmin Collier	Ashley Cooney
Artemis Dimopoulos	Abigail (Abby) D'Sylva
Franceska Fusha	Nikita Hains
Paige James	Daria (Dasha) Joura
Natalia (Natasha) Joura	Emily Little**
Molly McKenzie	Paige Meckenstock
Aya Meggs	Chelsea Mitchell
Lauren Mitchell**	Li-Anne Ng
Darcy Norman	Natasha Papadimitriou
Rebecca Reid	Jamison Ruscoe
Georgia Simpson	Georgia Thomas
Danielle Tyack	Sophie Ward

Major Title Winners

Ashley Cooney	2009, Australian Championships - Jnr Int Uneven Bars, Perth, Australia
	2009 Australian Championships - Jnr Int Uneven Bars, Perth, Australia
Emily Little	2009 Australian Championships - Jnr Int Vault, Perth, Australia
	2009 Australian Championships - Jnr Int Beam, Perth, Australia
	2009 Australian Championships - Jnr Int Floor, Perth, Australia
	2009 Combs La Ville, Vault, France
	2009 Combs La Ville, Team, France
	2009 Australia v Japan Team Canberra, Australia
Lauren Mitchell	2009 Australian Championships - Snr Int Uneven Bars, Perth, Australia
	2009 Australian Championships - Snr Int Beam, Perth, Australia
	2009 Australian Championships - Snr Int Floor, Perth, Australia
	2009 Australian Championships - Snr Int Vault, Perth, Australia
	2009 Australian Championships - Snr Int All Around Perth, Australia
	2009 Japan Cup Floor, Japan, Australia

Australian Representatives

Emily Little	2009 All Japan Junior, Yokohama, Japan
	2009 Combs La Ville, Combs La Ville, France
	2009 Australia v Japan, Canberra, Australia
	2010 French International Paris, France
	2010 Pacific Rim - Sr Melbourne, Australia
Lauren Mitchell	2009 Japan Cup, Japan, Australia
	2009 World Championships London, Australia
	2009 Australia v Japan Canberra, Australia



LAUREN MITCHELL

Photo: Getty Images

HOCKEY MENS



PROGRAM PARTNERS



WAIS athletes featured prominently for the Kookaburras in 2009-10, in a year where the national team would capture Champions Trophy and World Cup glory. Domestically, the WA Thundersticks set up a shot for back to back titles in the AHL.

World Cup qualification was the aim in August, as the Australian team featuring **Fergus Kavanagh**, **Kiel Brown** and **Graeme Begbie** competed in the Oceania Cup in Invercargill, New Zealand. Despite going a goal down to New Zealand, the Kookaburras bounced back well to claim the match 3-1 and earn automatic qualification for the 2010 World Cup in India.

Seven WAIS scholarship holders were selected in October for Australia's five match series in Malaysia. Fergus Kavanagh, Kiel Brown, Graeme Begbie, **Ross Meadows**, **Ian Burcher**, **Brent Dancer** and **Jonathon Charlesworth** all travelled with the squad, which claimed the series 3-0, with two draws.

In November through December, Australia produced a terrific effort to claim the Champions Trophy in Australia, with WAIS athletes Fergus Kavanagh, Graeme Begbie and Brent Dancer all making the squad.

The Kookaburras kicked off the tournament with a 4-0 win over Korea, before signaling their strength with a 6-2 win over the Netherlands. England threatened an upset after taking the lead against Australia, but the home side rallied to steal the game 2-1. Germany ended Australia's unbeaten run with a 3-1 win, before Australia set a new Champions Trophy record for most goals in a match sharing 13 goals with Spain in an emphatic 10-3 win. Fergus Kavanagh scored twice in the win. The Kookaburras exacted revenge on Germany in the final of the Champions Trophy, winning the match and the tournament with a clinical 5-3 display. Fergus Kavanagh was again on the scoresheet for Australia.

Australia continued its World Cup preparations in January with five WAIS athletes earning selection for the Kookaburras three Test series with Korea in Tasmania. Fergus Kavanagh, Kiel Brown, Graeme Begbie, Brent Dancer and Ross Meadows all featured as the Kookaburras claimed the series 2-1.

In early February Kookaburras coach Ric Charlesworth named Fergus Kavanagh, Kiel Brown and Graeme Begbie in his 18 man squad for the 2010 Hockey World Cup.

Australia suffered a shock 3-2 defeat at the hands of England in its opening world cup fixture in India. This put significant pressure on the Kookaburras in its second Pool B clash with hosts India, which it handled, recording a 5-2 win. Australia then opened the scoring floodgates against South Africa, posting a 12-0 win, setting a new record win in world cup matches, Fergus Kavanagh converted from a penalty corner in the 35th minute in the one sided match.

Australia continued its march through Pool B with a tight 2-0 win over Spain, before earning top qualifying spot in the group with a hard fought 2-1 win over Pakistan. Australia faced the Netherlands in the semi-final, edging a tight contest 2-1, through goals to Luke Doerner and Glenn Turner.

Australia won its first world cup in 24 years with an enthralling 2-1 win over arch rivals Germany. Fergus Kavanagh, Graeme Begbie and Kiel Brown all helped the Kookaburras to an historic win. The match was the third consecutive World Cup final to be competed by Australia and Germany, with Germany winning the two previous encounters. The victory was Australia's second ever World Cup title, and earned the Kookaburras back the world number one ranking.

Six athletes were included in Australia's Azlan Shah squad, with the tournament held in Malaysia in May. Kiel Brown, Ross Meadows, Brent Dancer, Ian Burcher, Jonathon Charlesworth and **Trent Mitton** were all included in coach **Ric Charlesworth's** youthful squad.

Australia entered the competition with wins over Egypt (4-0) and Malaysia (2-1) before suffering defeat to India (4-3). Australia blew a 4-1 lead over Pakistan to draw 5-5 and miss out on the gold medal round, instead settling for bronze with a 5-3 win over Malaysia.

WAIS hockey athlete **Tristan Clemons** won the Athlete Career and Education award at the 2010 WAIS Champions Breakfast in May. Clemons won the Award for his ability to combine a busy schedule of sport, study and work. Clemons is undertaking a PHD scholarship at UWA, whilst also tutoring other students and finding time to train with the WA Thundersticks squad.

Due to the busy international fixture list, the men's 2010 Australian Hockey League didn't start until June, with the WA Thundersticks making a strong start to their title defence with a 4-1 win over Northern Territory backed up with a 1-1 draw against Queensland and 6-0 drubbing of South Australia. All WAIS scholarship holders are included in the Western Australian Thundersticks squad.

Coach

David Bell	Head Coach
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Service Providers

Alan Black	Coaching Group Manager
Geish Hori	Strength & Conditioning
Deborah Kerr	Dietician
Jenny Marsh	ACE Counsellor
Kevin Hayter	Psychologist
Peter Peeling	Physiologist
Peter Steele	Doctor
Michael Wood	Physiotherapist
Heather McGregor-Bayne	Psychologist

Athletes

Chris Bausor	Graeme Begbie*
Matt Boyce	Kiel Brown*
Ian Burcher*	Jonathon Charlesworth
Tristan Clemons	Brent Dancer*
Greg Hearn	Fergus Kavanagh*
Justin Knapp	Nathan McGuire
Ross Meadows*	Trent Mitton*
Travis Taylor	Aran Zalewski

Major Title Winners

Graeme Begbie	2010 World Cup, Hockey Match New Delhi, India
	2009 Champions Trophy, Melbourne, Australia
Kiel Brown	2010 World Cup Hockey Match New Delhi, India
	2009 Champions Trophy, Melbourne, Australia
Fergus Kavanagh	2010 World Cup Hockey Match New Delhi, India
	2009 Champions Trophy, Melbourne, Australia
Brent Dancer	2009 Champions Trophy, Melbourne, Australia

Australian Representatives

Graeme Begbie	2010 World Cup, New Delhi, India
	2009 Champions Trophy, Melbourne, Australia
Kiel Brown	2010 World Cup, New Delhi, India
	2009 Champions Trophy, Melbourne, Australia
Fergus Kavanagh	2010 World Cup, New Delhi, India
	2009 Champions Trophy, Melbourne, Australia
Brent Dancer	2009 Champions Trophy, Melbourne, Australia

** WAIS / AIS Athlete
 *AIS / WAIS Athlete



GRAEME BEGBIE
Photo: Getty Images

HOCKEY WOMENS



PROGRAM PARTNERS



The WAIS Women's Hockey Program enjoyed another strong year both on the international and domestic front. A strong core of WAIS athletes featured for the Hockeyroos throughout 2009-10, whilst the WA Diamonds lifted the 2010 Australian Hockey League trophy.

The 2009 Champions Trophy was held in Sydney in July, with four WAIS scholarship holders competing for Australia. **Kobie McGurk, Hope Munro, Kim Walker** and **Ashleigh Nelson** all featured for the Hockeyroos as they finished runners up, following a penalty shoot-out defeat to Argentina.

The Hockeyroos started the tournament strongly with a 2-0 defeat over Germany, before suffering a 1-0 reverse to Argentina. Australia was held 2-2 by China in its third match, with Ashleigh Nelson scoring a field goal, before bouncing back to winning ways in a 4-0 win over England, with Hope Munro converting a goal. Australia earned a spot in the final with a 2-1 win over the Netherlands and played out a goalless draw with Argentina. The South Americans claimed the trophy 4-3 on penalty strokes.

In August, WAIS athletes Hope Munro, Kim Walker and Ashleigh Nelson were part of the Hockeyroos team that missed out on direct qualification to the 2010 World Cup, after losing on penalties to New Zealand following a 2-2 draw in the Oceania Cup.

Through September and October, the Hockeyroos travelled for tours against Spain and Argentina, with Kim Walker, Ashleigh Nelson, **Shelly Liddelow** and **Fiona Boyce** selected in the team. Australia edged Spain in a three test series, winning two matches and drawing the third. Australia also defeated Argentina after winning the first three matches of its five test series with the Champions Trophy holders. Nelson scored match winning goals in the first and third matches.

A host of WAIS athletes were named in the 2010 senior and development squads in November. Fiona Boyce, Shelly Liddelow, Kobie McGurk, Hope Munro, Ashleigh Nelson and Kim Walker were all named in the Hockeyroos senior squad for 2010, whilst **Chantelle Ciallella, Kate Denning** and **Jayde Taylor** were listed in the development squad.

In February, Hope Munro, Ashleigh Nelson and Kim Walker helped Australia to a 3-0 series sweep against New Zealand in Perth.

Kobie McGurk made her comeback to international hockey in March, following a nine month layoff following an ACL injury. McGurk played in the Hockeyroos four test series against Argentina in Townsville, which Australia lost 2-1.

Five WAIS athletes were named in Australia's squad for the World Cup Qualifying Series in Santiago, Chile in April-May. Kobie McGurk, Hope Munro, Shelly Liddelow, Ashleigh Nelson and Kim Walker all made the Hockeyroos team. Australia was successful in qualifying for the tournament winning all four games, which included results over Chile (5-0), Malaysia (9-0), Scotland (2-1) and Ireland (4-1).

The first round of the 2010 Australian Hockey League was held in Queensland in May, with the WA Diamonds starting their campaign with two wins and a draw. Chantelle Ciallella and Fiona Boyce both scored in WA's 3-0 win over the Northern Territory, before coasting to a 5-0 win over South Australia. The Diamonds shared a 2-2 draw with Queensland, with Ashleigh Nelson on the scoresheet.

The second round of AHL matches were hosted in Perth, with the WA Diamonds thrashing Tasmania 5-1, with Ashleigh Nelson scoring twice and Shelly Liddelow once. The Diamonds were held to a 1-1 draw with Victoria to round out the second round.

Heading into finals week, the Diamonds defeated the ACT 4-1 with a brace to Shelly Liddelow and singles to Fiona Boyce and Chantelle Ciallella, before securing top spot with a 3-1 win over NSW. Ashleigh Nelson scored twice with Fiona Boyce again on the scoresheet.

WA won its fourth AHL crown in six years with a 3-1 win over Queensland in the final despite going one-nil down early in the match. Goals to WAIS athletes **Lisa Eglington**, Kobie McGurk and Ashleigh Nelson earned the team the 2010 title. The WA Diamonds were led to victory by WAIS

coach Neil Hawgood, whilst Ashleigh Nelson was named 2010 AHL Player of the Finals, and earned competition top scorer honours with nine strikes.

Kobie McGurk, Shelly Liddelow, Ashleigh Nelson, Kim Walker and **Jayde Taylor** helped the Hockeyroos to a four nations tournament win in Germany in June. Following wins over Ireland and India, Australia needed only a draw to top the standings, but required a last gasp goal to earn a 1-1 result with hosts Germany, after Ashleigh Nelson struck with ten seconds remaining.

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 Counsellor
Heather McGregor-Bayne	Psychologist
Alan Black	Coaching Group Manager

Athletes

Stephanie Andrews	Karla Barrett
Fiona Boyce*	Hope Munro*
Elle Buckley	Jemma Buckley
Chantelle Ciallella	Paige Collins
Kate Denning	Lisa Eglington(nee Pamentor)
Kyra Flynn	Emily Halliday*
Shelly Liddelow*	Kobie McGurk*
Ashleigh Nelson*	Alessia Robinson
Courtney Robinson(nee Gray)	Sian Smithson
Katy Symons	Jayde Taylor
Kim Walker*	Holly White

Major Title Winners

Karla Barrett	2010 AHL Adelaide, Australia
Fiona Boyce	2010 AHL Adelaide, Australia
Hope Munro	2010 AHL Adelaide, Australia
Elle Buckley	2010 AHL Adelaide, Australia
Chantelle Ciallella	2010 AHL Adelaide, Australia
Kate Denning	2010 AHL Adelaide, Australia
Lisa Eglington(nee Pamentor)	2010 AHL Adelaide, Australia
Kyra Flynn	2010 AHL Adelaide, Australia
Shelly Liddelow	2010 AHL Adelaide, Australia
Kobie McGurk	2010 AHL Adelaide, Australia
Ashleigh Nelson	2010 AHL Adelaide, Australia
Alessia Robinson	2010 AHL Adelaide, Australia
Courtney Robinson(nee Gray)	2010 AHL Adelaide, Australia
Katy Symons	2010 AHL Adelaide, Australia
Jayde Taylor	2010 AHL Adelaide, Australia
Kim Walker	2010 AHL Adelaide, Australia
Holly White	2010 AHL Adelaide, Australia

Australian Representatives

Fiona Boyce	2009 Champions Trophy Sydney, Australia
Hope Munro	2009 Champions Trophy Sydney, Australia
Kate Denning	2009 JWC Boston, USA
Ashleigh Nelson	2009 Champions Trophy Sydney, Australia

** WAIS / AIS Athlete

*AIS / WAIS Athlete



HOPE MUNRO

Photo: Getty Images

NETBALL



PROGRAM PARTNERS



The WAIS Netball Program went from strength to strength in 2009-10 and was awarded the Program of the Year at the 2010 WAIS Champions Breakfast. WAIS scholarship holders continued to feature prominently for the West Coast Fever in the ANZ Championship as a new generation of talent began announcing themselves on the big stage.

The year began with national under age camps in Canberra, with a host of WAIS scholarship holders selected through different age groups. In the 17 and Under group, **Ellie Smart** was joined by **Courtney Bruce**, whilst **Mia Washbourne**, **Sarah East**, **Sarah Tatam** and **Sally Jones** were invited to train with the 19 and Under group. Still in July, the 21 and Under National Team competed in the World Youth Cup. WAIS athletes representing Australia were **Andrea Gilmore**, **Caitlin Bassett**, **Shae Bolton** and **Madison Browne** (Captain). Australia won the World Youth Cup, defeating New Zealand by 14 goals.

In August WAIS athletes were involved in the first round of the Australian Netball League, with WA edged out 54-47 by South Australia in their first clash. WA bounced back to defeat Tasmania 65-36 in the second match. In a first for the ANL competition, matches were then held in Singapore with WA facing Singapore, Northern Territory and Victoria Fury.

WA defeated Singapore 78-29 with WAIS athletes **Lindal Rohde** and **Alice Coakley** making their ANL debuts. Mia Washbourne was a standout as WA defeated Northern Territory 51-49. WA suffered defeat at the hands of Victoria in their final match in Singapore, going down 61-48. Into September, WA completed their last three ANL games needing three wins to push for a finals place. WA faced NSW Waratahs on a Friday night and produced a strong team effort to win the match 57-53. WA struck back to back ANL wins after defeating a determined ACT outfit 57-47, with Mia Washbourne, **Ash Neal**, **Jasmine Keene** and **Stacey Northey** all playing vital roles. Queensland stopped WA's finals push with a 54-48 win in a tense contest. Mia Washbourne was again a standout. **Susan Fuhrmann** and Kate Beveridge were involved in a Test Series for Australia against New Zealand, with three matches played in Australia and two in New Zealand. Australia won the five Test series 3-2.

Washbourne's outstanding season was rewarded at the 2009 WA Netball Awards in September, with the goal keeper winning the prestigious Jill McIntosh Award. WAIS shooter Sarah East took out the Smarter than Smoking Player of the Year award. East, also finished runner up in the Players' Player of the Year Award, whilst Mia Washbourne, **Alicia Janz** and Ash Neal were all named in the Team of the Year. To cap off a busy month, WAIS competed in the SIS-SAS challenge finishing third, with Mia Washbourne and Sarah Tatam invited to attend the AIS selection camp.

In October WAIS athletes Sarah East, **Briony Carlyon** and **Ellie Smart** were offered AIS scholarships for 2010. Kate Beveridge, Susan Fuhrman and **Jo Curran** were selected in the Australian National Team for the International Tour to England. Ashleigh Neal and **Sarah Ebbott** were awarded West Coast Fever contracts in November for the 2010 season.

WAIS netball scholarship holder and West Coast Fever representative Andrea Gilmore capped off a sensational year by being crowned the 2009 Netball Australia 21 and Under Player of the Year in December. In January, Andrea Gilmore was invited to attend a national camp in Canberra. In February, WAIS scholarship holders Kate Beveridge, Caitlin Bassett and Madison Browne were selected for the Australian Diamonds National team tour to the UK.

Australia kick started their tour with a resounding 78-22 win over Scotland, before defeating England 2-1 in a three Test Series. Browne and Beveridge were particular standouts. In March the ANZ Championship commenced, with the West Coast Fever recording a record breaking 62-44 win over the Mercury Energy Tactix. Caitlin Bassett, Jo Curran, Susan Fuhrmann, Sarah Ebbott, Ash Neal, **Josie Janz**, Andrea Gilmore, Shae Bolton and Madison Browne all represented WAIS.

April saw the National Under Age Championships hosted in Adelaide, with WA's Under 17's finishing fourth and the Under 19's seventh. **Courtney Bruce** and **Numi Tupeau** were selected in the Under 17 National Squad, whilst **Maddie Shultz** and **Kim Burton** were invited to Canberra for camp. Ellie Smart and **Denise Shepley** were selected for the Under 19 national squad.

April was a difficult month for the West Coast Fever with the club losing to the Vixens, Magic, Swifts and Thunderbirds, with the match against the Swifts marred by injury when Josie Janz suffered a knee injury that would require surgery, ending her season. In May, the WAIS Netball Program was lauded with the WAIS Program of the Year at the 2010 Champions Breakfast, with Head

Coach **Michelle Wilkins** accepting the award. Diamonds representative Susan Fuhrmann was awarded the Triumph Award for her efforts in fighting back into the national set-up following a string of injuries.

May sparked a resurgence in West Coast Fever fortunes, with the WA team causing a major shock when it defeated reigning champion the Melbourne Vixens on its own court, before defeating the Central Pulse in New Zealand.

In June, WAIS young gun Courtney Bruce was selected in her first tour squad, in the West Coast Fever team that travelled to New Zealand to tackle the Northern Mystics. The Fever suffered defeat to both the Mystics and then Adelaide, before bouncing back to defeat the Queensland Firebirds in their final match for the 2010 season with Courtney Bruce making her Fever debut. The Fever finished the season in eighth.

Coach

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

Service Providers

Jacinta Downey	Physiotherapist
Carmel Goodman	Doctor
Andrew Lyttle	Biomechanist
Jenny Marsh	ACE Counsellor
Greg Morgan	Strength & Conditioning
Peter Peeling	Physiologist
Alan Black	Coaching Group Manager
Lizzie Moyle	ACE Counsellor

Athletes

Caitlin Bassett	Kate Beveridge
Shae Bolton	Madison Browne
Courtney Bruce	Briony Carlyon*
Alice Coakley	Tess Cransberg
Johannah "Jo" Curran	Sarah East
Sarah Ebbott	Susan Fuhrmann
Andrea Gilmore	Alicia Janz
Josephine Janz	Jasmine Keene
Kaitlyn Lilly	Natalie Moeahu-pehi
Ashleigh Neal	Stacey Northey
Lindal Rohde	Denise Shepley
Ellie Smart	Sarah Tatam
Mia Washbourne	

Australian Representatives

Caitlin Bassett	2009 World Youth Cup Cook Islands, Cook Islands
Kate Beveridge	2009 World Invitational Adelaide, Australia 2009 Holden Test Series Sydney, Melbourne, Brisbane, Australia 2009 New World International Netball Series New Zealand, Australia
Shae Bolton	2009 World Netball Series England, UK 2009 World Youth Cup Cook Islands, Cook Islands
Madison Browne	2009 Holden Test Series Sydney, Melbourne, Brisbane, Australia 2009 World Youth Cup Cook Islands, Cook Islands
Johannah "Jo" Curran	2009 World Invitational Adelaide, Australia 2009 Holden Test Series Sydney, Melbourne, Brisbane, Australia 2009 New World International Netball Series New Zealand, Australia
Susan Fuhrmann	2009 World Netball Series England, UK 2009 World Invitational Adelaide, Australia 2009 Holden Test Series Sydney, Melbourne, Brisbane, Australia 2009 New World International Netball Series New Zealand, Australia
Andrea Gilmore	2009 World Netball Series England, UK 2009 World Youth Cup Cook Islands, Cook Islands

** WAIS / AIS Athlete - *AIS / WAIS Athlete



SUSAN FUHRMANN
Photo: Getty Images

ROWING



PROGRAM PARTNERS



Photo: Simon Moore-Crouch

PERRY WARD AND ROSS BROWN

The WAIS Rowing Program welcomed a new coaching team in the 2009-10 year as its talented stable of juniors continued to impress in competition.

The Under 23 World Championships were held in Racice, Czech Republic in July with WAIS athletes **Rhys Grant** and **Cameron Brewer** competing in the men's eight, narrowly missing out on a medal with a fourth place finish. **Georgia Baker** competed as a member of the women's quad, finishing eighth whilst **Perry Ward** competed in the men's light weight four, finishing ninth.

WAIS head coach **Jason Lane** accepted a position as head coach at the South Australian Institute of Sport following many years of service in Perth. **Lincoln Handley** was appointed as his replacement whilst **David Milne** accepted the role of overseeing the WAIS Under 23 rowers.

Into August, it was the turn of the juniors to compete against the world's best with Brive, France the setting. **Josh Hicks** and **Sam Collins** won silver as members of the coxed four, whilst **Tom Gatti** earned bronze in the men's coxless four. **Alex Hagan** continued the strong WAIS performance with silver in the women's four, whilst new WAIS scholarship holder **Hannah Vermeersch** had a meet to remember winning gold in the women's quad.

WAIS senior athletes **Emily Rose**, **Libby Alderman** and **Ross Brown** all competed in Posnan, Poland at the Rowing World Championships. Rose and Alderman combined as part of the Australian women's four and took fourth position in the A-final, edged out for a medal by the Netherlands, USA and Canada. Ross Brown and his light weight men's four crew suffered a disappointing campaign, missing the B-Final after an injury to a starting seat rower forced a late replacement for the crew.

In September, WAIS athletes **Jeremy Stevenson** and **Natalie Bale** travelled to Brazil for a test event in Rio de Janeiro. Stevenson competed in the men's single scull winning silver, whilst in the women's single scull Bale was able to take bronze.

Through October, November and December WAIS athletes were involved in time trial tests as part of the national category training camp in Canberra. Rounding out the year, WAIS rowers **David Watts** and **Ashleigh Miles** were invited to the National Rowing Centre of Excellence in Canberra to take part in the National Talent Identification and Development camp.

In March the Australian Rowing National Championships were held at Lake Nagambie, Victoria which formed part of the selection process for the 2010 Australian world cup teams. Beijing Olympian **Todd Skipworth** enjoyed a successful regatta, dominating the men's light weight single. Skipworth led from start to finish and again provided evidence of his standing as one of Australia's premier lightweight rowers. Skipworth added a second gold medal to his collection, as a member of the victorious men's quad and claimed silver along with WAIS training partners Ross Brown and Perry Ward in the men's lightweight four. Brown and Ward also combined to take bronze in the men's lightweight pair, behind two Tasmanian pairs. **Amber Bradley** grafted hard to finish seventh in the women's single, but picked up medals in the double

(bronze), quad (silver) and eight (bronze). Natalie Bale snared medals in the women's four (silver) and in the eight (bronze). WAIS scholarship holder **David Kelly** won gold in the men's quad scull and also featured in finals of the single and double.

The Junior members of the WAIS rowing squad returned a deluge of medals from Lake Nagambie in an impressive competition. David Watts and **Matt Cochran** combined to win gold in the under 19 men's double and as part of the men's four, whilst also claiming silver in the men's pair. WAIS young gun Hannah Vermeersch claimed two gold medals in the under 19 women's pair and four as well as silver in the eight.

In the under 23 events, **Tom Gatti**, **Alex Hagan**, **Hannah Jansen**, Ashleigh Miles and **Brendan Murray** all returned medals. Jansen excelled winning gold in the lightweight single, double and quad. AIS-WAIS rower Hagan claimed gold in the double, quad four and eight in another quality performance from the Bunbury born athlete. Ashleigh Miles picked up medals in the women's pair (silver), double (silver) and four (bronze). Tom Gatti and Brendan Murray won bronze in the final of the under 23 men's pair and also finished fourth in the four.

In the Interstate regatta Western Australia relinquished its three year reign in the lightweight men's Penrith Cup, with old foe Tasmania proving too strong on Lake Nagambie. WAIS athletes Todd Skipworth, Perry Ward and Ross Brown couldn't match the speed of Tasmania's boat and will have to wait for 2011 to wrestle back the prestigious cup.

Nat Bale, **Amber Bradley**, Ashleigh Miles and Alex Hagan fought for third in the women's eight Queen's Cup, with Victoria winning the race. David Kelly, **Tom Gatti**, David Watts, Perry Ward and Todd Skipworth all competed in the men's eight Kings Cup for fourth place, with NSW victorious. Amber Bradley finished sixth in the single scull, Alex Hagan, Ashleigh Miles, Hannah Jansen and Hannah Vermeersch claimed silver as part of the youth women's eight, whilst David Watts, Brendan Murray and Matt Cochran took silver in the youth men's eight.

April through May hosted National selection trials in Penrith, with Todd Skipworth, Ross Brown and Perry Ward all selected in the National Light Weight squad to race at the World Cup meets in Munich (GER) and Lucerne (SUI).

Ben Cureton and Amber Bradley earned invitations for the final selection regatta in August 2010 for the World Championships which will be held in New Zealand next November.

The Rowing World Cup in Munich rounded out the year with Todd Skipworth taking fifth place in the men's lightweight four. Fellow WAIS athletes Ross Brown and Perry Ward competed in the Australian second boat in the lightweight men's four, finishing 11th.



Photo: Simon Moore-Crouch

HANNAH VERMEERSCH

Coaches

Lincoln Handley	Senior Coach
David Milne	Part time coach

Service Providers

Gilman Barnitt	Strength & Conditioning
Matthew Burgin	Psychologist
Matthew Doyle	Biomechanist
Carmel Goodman	Doctor
Alison Low	Physiotherapist
Jenny Marsh	ACE Counsellor
Antonio Maurogiovanni	Performance Manager
Lizzie Moyle	ACE Counsellor
Sacha Fulton	Physiologist
Simon Jones	Coaching Group Manager

Athletes

Libby (Elizabeth) Alderman	Megan Bagworth
Georgia Baker	Natalie Bale
Amber Bradley	Cameron Brewer
Ross Brown	Rosie Burton
Matthew Cochran	Sam Collins
Ben Cureton	Daisy De La Hunty
David Dennis	Christian Eyres
Steven Fletcher	James Gatti
Tom Gatti	Rhys Grant
Alex Hagan	Jamie Hewlett
Joshua Hicks	Hannah Jansen
David Kelly	Brittany Mann
Conor McCombe	Ashleigh Miles
Brendan Murray	Thomas Nicholls
Emily Rose	Todd Skipworth
Jeremy Stevenson	Hannah Vermeersch
Perry Ward	David Watts

Major Title Winners

Alex Hagan	2010 National Championships U23 Women's scull. Nagambie, VIC
	2010 National Championships U23 Women's double scull. Nagambie, VIC
	2010 National Championships U23 Women's Quad. Nagambie, VIC
	2010 National Championships U23 Women's Eight. Nagambie, VIC
David Kelly	2010 National Championships Open Men's quad. Nagambie, VIC
Hannah Jansen	2010 National Championships U23 Women's Lightweight single scull. Nagambie, VIC
	2010 National Championships U23 Women's Lightweight quad scull. Nagambie, VIC
	2010 National Championships U23 Women's Lightweight double scull. Nagambie, VIC
Todd Skipworth	2010 National Championships Open Men's Lightweight single scull. Nagambie, VIC
	2010 National Championships Open Men's lightweight quad. Nagambie, VIC
Ross Brown	2010 National Championships Open Men's lightweight quad. Nagambie, VIC
Perry Ward	Open men's Lightweight four. Nagambie, VIC
Hannah Veermersch	2010 National Championships U19 Women's coxless pair. Nagambie, VIC
	2011 National Championships U19 women's coxless four. Nagambie, VIC
Mathew Cochran	2010 National Championships U19 men's quad. Nagambie, VIC
Mathew Cochran	2010 National Championships U19 Men's double. Nagambie, VIC
David Watts	2010 National Championships U19 men's quad. Nagambie, VIC
	2010 National Championships U19 Men's double. Nagambie, VIC

Australian Representatives

Georgia Baker	2009 World U23 Championships Roudnice , Australia
Cameron Brewer	2009 World U23 Championships Roudnice , Australia
Sam Collins	2009 World Junior Championships Brive la Gaillarde, Australia
Tom Gatti	2009 World Junior Championships Brive la Gaillarde, Australia
Rhys Grant	2009 World U23 Championships Roudnice , Australia
Alex Hagan	2009 World Junior Championships Brive la Gaillarde, Australia
Joshua Hicks	2009 World Junior Championships Brive la Gaillarde, Australia
Perry Ward	2009 World U23 Championships Roudnice , Australia

SAILING



PROGRAM PARTNERS



The WAIS Sailing Program continues to develop young talented athletes, with the 2009-10 year seeing several emerging athletes making European Tour debuts, whilst Olympic gold medallists **Elise Rechichi** and **Tessa Parkinson** announced their decision to take a sabbatical until after the London Olympic Games.

In July, the first of the Perth 2011 ISAF Sailing World Championship programs was launched with the Emerging Nations Programme held at Fremantle Sailing Club. WAIS sailors competed and trained with the first of the international sailors to come to our back yard to train on the 2011 World Championships courses.

Olympic champions Elise Rechichi and Tessa Parkinson returned to competitive racing for the first time, taking out the WA state 470 Championships ahead of WAIS athletes **Stacey Omay** and **Chelsea Hall**.

Tim Castles competed in his first Finn World Championship in Europe and made marked improvements throughout the regatta, following a tough first day to finish 50th. **Steven Thomas** won the 29er class World Championship in Lake Garda, Italy, his second win in the class in succession.

The 470 World Championships were held in Rungsted, Denmark in August, with Elise Rechichi and Tessa Parkinson taking fifth position. Stacey Omay and Chelsea Hall also competed, finishing 30th in a promising performance from the young pair.

In December, Stacey Omay and Chelsea Hall finished second in the 470 class overall and first in the women's division at the Sydney International Regatta, defeating the New Zealand crew, who then took the win in Sail Melbourne with the WAIS girls relegated to second. In the laser radial men's fleet, **Tristan Brown** and **Mark Whittington** finished well, with Brown's second place in the last race not quite enough to get him on the podium, finishing fourth overall. Mark Whittington struggled in the middle of the regatta, but gained back some points on the last two days, finishing ninth overall. **Tim Castles** competed in the Finn category, taking third position overall.

WAIS athletes returned some impressive results at January's National Championships in Melbourne. Stacey Omay and Chelsea Hall won the women's 470 class national championship, whilst Tim Castles had a slow start to the regatta, finishing sixth overall, behind Olympian **Anthony Nossiter**.

National titles were followed closely by the Australian Youth Nationals in Adelaide. **Matthew Jerwood** and **Patrick Vos** won the 420 national title, with **Carrie Smith** and **Ella Clark** winning the women's 420 class championship. **Eamon Robertshaw** competing on a windsurfer, won a Youth National Championship and secured his place on the National Youth Team that will travel to the Youth World Championships in Turkey in July. He will now step up to the RSX class and compete on the Olympic equipment for the Championships.

Still in January, Steven Thomas and **Luke Parkinson** competed in the 49er World championships in the Bahamas finishing a credible 21st, making gold fleet and establishing themselves in the Olympic class racing arena.

Into February, the RSX windsurfer National titles were held in Perth, at Fremantle Sailing Club on the Perth 2011 World Championship courses. Jessica Crisp, a three time Olympian came over to race and took time to share her knowledge with the young WAIS sailing squad, which was a valuable experience for the athletes. Eamon Robertshaw impressed, winning the Youth title.

WAIS athletes and Olympic champions, Elise Rechichi and Tessa Parkinson decided to take an extended layoff from training and competition, to focus on other areas of their lives. The pair intends to get back in the boat following the 2012 Olympics to compete in Rio de Janeiro in 2016.

In April, the Mandurah Easter Regatta recorded record numbers, highlighted by a strong contingent of WAIS crews. Stacey Omay and Chelsea Hall claimed victory in the 470 class, Laser sailor Mark Whittington finishing a tight second to Irish sailor Russell Mcgovern and Tristan Brown and Matthew Wearn fought for the win in the Laser Radial with Brown coming out on top.

Mark Whittington launched himself onto the World Cup circuit in the Laser class in May, qualifying in gold fleet, which is a rare achievement for any athlete in his first international Olympic class regatta. Whittington finished 43rd overall.

Despite taking time out from training and competition, Olympic champions Elise Rechichi and Tessa Parkinson lent their support as official ambassadors for the Perth 2011 ISAF World Championships.

Stacey Omay and Chelsea Hall were named Female Sailors of the Year at the 2010 WA Yachting Awards, following their win in the national championships in the 470 class. The 2010 Youth Sailors of the Year went to WAIS scholarship holders Patrick Vos and Matthew Jerwood for their win at the 420 National Championships and for continuing help to other sailors in the class and promoting the sport to their fellow youth sailors. Other WAIS sailors nominated for the category were Matthew Wearn and Mark Spearman.

Kiel Week ended the 12 month period in June and was the first World cup event for Patrick Vos on the RSX windsurfer finishing eighth in the Youth category. Tim Castles raced in the Finn, and Steven Thomas with his new crew Nick Brownie, competed in the 49er class in preparation for the European Championships. Carrie Smith and Ella Clark compete in the 420 class in preparation for the 470 Worlds in Holland in July.

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

Athletes

Tristan Brown	Timothy Castles
Ella Clark	David Gilmour
Chelsea Hall	Ryan Hannan
Mathieu Higgins	Matthew Jerwood
Tim Lynch	James Omay
Stacey Omay	Luke Parkinson
Tessa Parkinson**	Elise Rechichi**
Tim Rechichi	Eamon Robertshaw
Carrie Smith	Mark Spearman
Steven Thomas	Patrick Vos
Matthew Wearn	Mark Whittington

Major Title Winners

Ella Clark	2009 Nationals 420 Adelaide, Australia
Chelsea Hall	2010 Nationals 470, Melbourne, Australia
Matthew Jerwood	2009 420 Youth Nationals, Adelaide, Australia
Stacey Omay	2010 Nationals, 470 Melbourne, Australia
Eamon Robertshaw	2010 RSX Youth Nationals Boards Adelaide, Australia
Carrie Smith	2009 Youth Nationals 420 Adelaide, Australia
Mark Spearman	2010 Youth Nationals - All classes 420 Adelaide, Australia
Patrick Vos	2009 Nationals 420 Adelaide, Australia

Australian Representatives

Tessa Parkinson	2009 470 World Championships, Rungsted, Copenhagen
Elise Rechichi	2009 470 World Championships, Rungsted, Copenhagen

** WAIS / AIS Athlete - *AIS / WAIS Athlete



TRISTAN BROWN
Photo: Perth 2011

SWIMMING



PROGRAM PARTNERS



Photo:RAW Images

BLAIR EVANS

The WAIS Swimming Program continues to gain momentum, with athletes such as Blair Evans and Rhys Mainstone making significant strides in the past 12 months as members of the Australian swimming team.

WAIS athletes began the year in style smashing numerous records at the WA short course championship at Challenge Stadium. **Blair Evans** had a meet to remember, smashing six WA All Comers, six WA All Time and 10 WA Residential Records on her way to claiming five gold medals at the meet. She took out titles in the 200m backstroke, 200m butterfly, 400m freestyle, 800m freestyle and 400m individual medley.

Ayrton Dickey also had a red hot meet, breaking four records whilst putting together a seven gold medal winning meet. Dickey claimed titles in the 50m breaststroke, 50m butterfly, 50m backstroke, 100m breaststroke, 100m butterfly, 100m individual medley, 100m backstroke as well as a silver medal in the 100m freestyle.

Young gun **Brianna Throssell** showed that she is a swimmer to watch after breaking 13 records across the meet including three WA All Comers, five WA All Time and five WA Residential records. Throssell won the 50m freestyle whilst also taking third in the 50m butterfly.

Blair Evans and **Rhys Mainstone** competed in their world championship debuts in July in Rome, Italy. Evans – who burst onto the national stage with a stunning performance in the 800m freestyle at the 2009 national championships – was unable to qualify for the final after clocking a time of 8:38.10mins. Evans in her first senior international meet finished 18th fastest qualifier.

Rhys Mainstone competed in the 10km open water swim in Rome, finishing a very credible 21st. Mainstone picked up valuable experience racing against the best open water swimmers in the world.

Evans and Mainstone – who are both coached by WAIS swimming coach **Matt Magee** – picked up awards at the 2009 WA Swimmer of the Year

Awards, with Evans bestowed the Swimmers Swimmer Award, and Mainstone receiving the Open Water Swimmer of the Year.

Ayrton Dickey and Blair Evans both won three medals at the Australian National Short-Course Championships in August.

In September, Brianna Throssell is selected to represent WA at the inaugural National Age State Teams Event in Canberra.

In October, Rhys Mainstone competed in the two leg FINA Open Water World Cup in Dubai and Sharjah placing sixth and fourth respectively, in a strong effort from the young swimmer. Upon his return to Australia, Mainstone joined Blair Evans and **Brooke Wilson** in a Swimming Australia training camp on the Gold Coast.

Into November, Blair Evans won two gold medals at the FINA Swimming World Cup in Singapore. Evans took first place in the 800m in a time of 8:17.21min before backing up to win the 400m freestyle in a time of 4:02.77min giving herself the distance double. WAIS athlete Ayrton Dickey also competed in Singapore competing in the 100m individual medley and the 50m backstroke. Dickey finished seventh in both events.

In December, **Melissa Benson** and Rhys Mainstone started the marathon season with local wins. All athletes compete at the Queensland State Swimming Championships in Brisbane, setting a series of personal best times and medal-winning performances.

2010 got off to a good start in January with Melissa Benson and Rhys Mainstone successfully defending their State Titles with wins in the 10km marathon at the State Open Water Championships at Sorrento Beach. Brooke Wilson placed second in her first ever 10km marathon event.

Blair Evans stamped her authority on the WA swimming scene with a host of quality swims at the 2010 State Championships. Evans – who was competing for City of Perth swimming club – set a new WA All-Comers record when she touched home in 1:58.51mins in the 200m

freestyle, and backed up that result with a personal best in the 400m individual medley. Fellow WAIS scholarship holders **Adelaide Hart** (2:07.42) and **Jessica Mitchell** (2:07.69) rounded out the places.

Brianna Throssell showed more than a glimpse of her future potential after the City of Perth product powered home for a strong win in the 50m butterfly in a time of 28:18secs. WAIS swimmer **Gianna Leone** finished second in 29:19. **Craig Tucker**, also claimed gold with a tidy win in the 100m breaststroke. Evans showed her versatility by taking out the blue-riband 100m event ahead of fellow WAIS scholarship holders Adelaide Hart, Brianna Throssell and **Amy Lucas** in a time of 55.61secs. Evans also stopped the clock first in her pet event, the 800m freestyle in a time of 8:31.14mins ahead of fellow City of Perth training partner Brooke Wilson (9:02.88mins).

16 year-old WAIS athlete Wilson had a meet to remember taking out the 1500m and 400m double, adding her name to a growing list of Matt Magee coached athletes, heralding a strong future for Western Australian swimming. Adelaide Hart and Brianna Throssell both produced fine campaigns in the Challenge Stadium pool, with Hart scoring wins in the 50m freestyle and backstroke and silver in the 200m individual medley. Throssell captured the 200m individual medley gold and second place swims in the 100m backstroke and 50m freestyle.

Olympian **Travis Nederpelt** won the state championship in the 200m butterfly, Ayrton Dickey claimed the 100m backstroke and earned silver in the 50m event. **Kris Taylor** won the men's 100m freestyle, while come-back kid Amy Lucas showed her power in the backstroke events, taking wins in the 100m and 200m disciplines. WAIS scholarship holder Gianna Leone touched home first in the 100m and 200m butterflies and Craig Tucker won the 50m and 200m breaststroke.

February was another successful month for the WAIS Swimming Program with Rhys Mainstone claiming a maiden Australian Title in the men's 10km marathon whilst Melissa Benson placed fifth and Brooke Wilson eighth in the women's 10km marathon. Mainstone was selected to represent Australia at the World Open Water Swimming Championships in Canada in July, whilst also gaining selection to represent Australia at the Pan Pacific Championships in USA in August. Brooke Wilson earned selection onto the Australian Junior Team to compete at the Oceania Swimming Championships in Samoa in June. Melissa Benson was selected on the Australian Dolphins Team for 2010.

In March, Ayrton Dickey, Travis Nederpelt, Craig Tucker and Blair Evans competed at the Australian Swimming Championships in Sydney. Blair Evans captured a surprise win on day one, beating home three World record holders to win the women's 200m Freestyle National Title. In the process Evans re-wrote the history books with a new Australian Age-Group Record for 18yrs. Evans went on to capture three more medals from her National campaign, with silver in the 800m freestyle and bronze in the 400m freestyle and 400m individual medley. Evans was selected to represent Australia at both the Pan Pacific Swimming Championships (USA) in August and the Commonwealth Games in New Delhi, India in October as a result of her nationals achievements.

Craig Tucker narrowly missed selection for the Commonwealth Games with an awe-inspiring fourth place finish on return in the men's 200m breaststroke after injury had sidelined him for the best part of 2009. Dual Olympian Travis Nederpelt returned to the competitive arena with a personal best and fourth place finish in the men's 200m individual medley. Both Nederpelt and Tucker were selected to represent Australia at the Nations Cup in Canada in July.

After a successful summer campaign for national champions Blair Evans and Rhys Mainstone, their City of Perth and WAIS coach Matt Magee was named on the Australian coaching team for the Pan Pacific Championships in California.

Following nationals all athletes retained their WAIS Scholarships while **Hamish Rose** joined the WAIS squad after a top eight finish at the National Championships in his first season as a senior-level swimmer.

In April, Brooke Wilson and Rhys Mainstone attended a National Event Camp on the Gold Coast, whilst later, Mainstone and Blair Evans attended a Pan Pacific Swimming Championship Orientation Camp in Canberra. Both athletes along with Travis Nederpelt, Ayrton Dickey and

WAIS rookie Hamish Rose competed at the Australian Grand Prix Event in Sydney with medal-winning results.

In May, Ayrton Dickey made the decision to retire from competitive swimming after a colourful and decorated career. Dickey retired as a multiple national medallist, Australian Junior representative and West Australian State Record Holder.

Blair Evans' development continued strong in May-June with the three leg Mare Nostrum Series in Europe. Competing in Monaco, Barcelona and Canet, Evans finished with two gold and three silver medals. Evans won silver in the 200m in Monaco before going one better for gold in the 400m freestyle. Evans then won silver in Barcelona and two more silver medals in France to complete a brilliant European campaign.

The year rounded out in June with WAIS rookie Hamish Rose and training partner Brooke Wilson departing with the Australian Team for the Oceania Swimming Championships in Samoa. Rose won gold in the Men's 4x100m Freestyle Relay and silver in his pet-event the men's 50m freestyle. Wilson won two silver medals in the women's 5km and 10km marathons. Both athletes returned as medallists from their first international competition. All members of the WAIS team prepared ahead of the National Short-Course Championships while Rhys Mainstone (World Championships) and Brianna Throssell with Coach Ian Mills (Trans Tasman Tour) prepare for international competition, the first for Throssell and Mills.

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
Mel Tantrum	West Coast HC
Dion Mephram	Trinity HC

Service Providers

Bernd Adolph	Masseur
Matthew Burgin	Psychologist
Sacha Fulton	Physiologist
Carmel Goodman	Doctor
Greg Hodge	Performance Manager
Geish Hori	Strength & Conditioning
Simon Jones	Coaching Group Manager
Deborah Kerr	Dietician
Andrew Lyttle	Biomechanist & Performance Analyst
Heather McGregor-Bayne	ACE Counsellor
Brett Slocombe	Physiotherapist
Peter Steele	Doctor
Lizzie Moyle	ACE Counsellor

Athletes

Melissa Benson	Ayrton Dickey
Rhiannon Dielesen	Blair Evans
Christian Halliley	Adelaide Hart
Emily Kayser	Gianna Leone
Amy Lucas	Rhys Mainstone
Jessica "Jessie" Mitchell	Travis Nederpelt
Steve Neuwert	Kacey O'Connell
Hamish Rose	Kristopher Taylor
Brianna Throssell	Craig Tucker
Brooke Wilson	

Major Title Winners

Blair Evans	200m Freestyle, National Championships, Sydney, Australia
Rhys Mainstone	10km Open water, National Championships, Sydney Australia

Australian Representatives

Blair Evans	2009 World Championships, Rome, Italy
Rhys Mainstone	2009 World Championships, Rome, Italy

WATER POLO MENS



PROGRAM PARTNERS



Photo:RAW Images

JAMES STANTON

The WAIS Men's Water Polo Program strengthened its reputation for feeding talented young athletes into the national setup in 2009-10. The last 12 months also saw four scholarship holders make history as part of the first team to win gold in a men's international water polo competition at the World University Games in Serbia.

July proved to be the highlight of the year, with WAIS coach **Paul Oberman** and scholarship holders **Nick O'Halloran**, **Luke Quinlivan**, **Joel Swift** and **Aaron Younger** combining to achieve Australian Men's Water Polo's first ever gold medal at a World Men's Tournament. Oberman's Australian team claimed victory at the World University Games in Belgrade, Serbia, with the team overcoming world powers Montenegro, Greece, USA and Serbia to set up a thrilling 6-4 final win over Croatia.

Also during July, WAIS athletes **Tim Cleland** and **James Stanton** toured with the National Men's team through Europe, competing in friendly internationals against Germany and Hungary before participating in the prestigious Unicum Cup in Hungary.

Still in July, Tim Cleland, Nick O'Halloran, Luke Quinlivan and James Stanton were all selected in the Australian Men's Water Polo Team for the World Swimming Championships in Rome, Italy. The team drew with eventual winners Serbia (8-8), and had narrow losses to Spain, Romania and Montenegro to finish the tournament in tenth place. **Jamie Beadsworth** was unavailable for National Duties all year as he was devoting his time to completing his double degree (Law/Commerce) at the University of Western Australia.

The month of August was the beginning of the European Tour for the Australian Junior Squad which concluded its tour with the World Junior Championships in Croatia. WAIS athletes **James Fannon**, **Nick Redbond**, **Perry Short**, **Edward Slade** and Aaron Younger (non travelling reserve Jack Collier) participated in the High Tatras Cup, finishing third, and also held training camps with the Croatian and Serbian teams. WAIS was again represented by Fannon, Redbond, Slade and Younger in the final team to play at the World Championships. Mixed results plagued the tournament and the team finished seventh, losing by a single goal to Croatia, the eventual winners, and Serbia in extra time during the quarter finals.

During September, Joel Swift, represented WAIS in the Australian 20 and Under team that toured Europe. Australia played Test Matches against traditional world Water Polo powers Croatia, recording two wins and three losses, Serbia, posting a win and two defeats, Hungary for a win and a draw and Germany whom they defeated twice, to cap off a very respectable collection of results.

September also provided opportunities for Nick O'Halloran (CN Mataro) and Luke Quinlivan (CN Navarra), who both accepted contracts with Spanish clubs to compete for nine months in the Spanish National League. O'Halloran embarked on his third year in the league, whilst Quinlivan debuted in the division.

After a well earned break the WAIS squad began preparations for the SIS/SAS NTC Challenge in November. The squad went through the rounds undefeated, only to lose a close final to QAS in Brisbane.

The Fremantle Mariners competed against the national teams from China and Japan, the reigning Hungarian Club Champions Vasas, and a Barbarians composite team containing four members of the Croatian National Team in the annual Tom Hoad Cup. WAIS was well represented in the Fremantle Mariners line up with Jamie Beadsworth, Tim Cleland, **Jack Collier**, James Fannon, Daniel Lawrence, Nick O'Halloran, Nick Redbond, Perry Short, James Stanton, Joel Swift and Aaron Younger all making it to the final, where they met fellow WAIS scholarship holder Edward Slade and his Barbarian team containing many International stars. Unfortunately the local team lost in a tense battle 10-12.

Jamie Beadsworth, Tim Cleland, Luke Quinlivan and James Stanton were all called up again for National duties to compete in the SOPAC International in Sydney. Joel Swift and Aaron Younger were both selected in the Australian A team to compete at the same tournament. The Men's team won the final over the visiting Vasas team (Hungarian Club Champion), with the Australia A team easily accounting for the Canadian National Team in the Bronze medal game. The National Team with Tim Cleland, James Stanton, Joel Swift and Aaron Younger all included then whitewashed the Canadian National team in a three match Test Series in Sydney.

January hosted the National Under 18 Championships in Perth, with the State Team finishing an agonising second to NSW in a sudden death penalty shoot-out. WAIS Scholarship holders in the team included Nick Redbond and Jack Collier. WAIS Coach, Paul Oberman led the team.

WAIS athletes Joel Swift and Luke Quinlivan, in February played for the Australian National Men's Team at the Volvo Cup in Hungary. The team was inexperienced and the fourth placing showed that the young Australian team weren't too far away from International standard losing narrowly to Olympic Silver medallists, the USA, by two goals and by a single goal to Canada.

The 2010 Australian National League kicked off in February with the WAIS squad again fielding a strong presence in the Fremantle Mariners line up. Jamie Beadsworth, Tim Cleland, Jack Collier, James Fannon, Daniel Lawrence, Nick Redbond, Perry Short, James Stanton, Joel Swift and Aaron Younger all performed well during the season to win the coveted Southern Cross Trophy as minor premiers. Scholarship holder Edward Slade, playing for the Victoria Tigers, also had some excellent performances throughout the season guiding them to second place after the rounds. The Mariners were not able to carry their strong season form into finals week, suffering defeat at the hands of Wests in the bronze medal match, as Edward Slade's Victoria Tigers claimed the 2010 NWPL championship.

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
Heather McGregor-Bayne	Psychologist
Greg Morgan	Strength & Conditioning
Brett Slocombe	Physiotherapist
Andrew Stanford	Physiotherapist
Danielle Woodhouse	Physiotherapist

Athletes

Jamie Beadsworth	Tim Cleland
Jack Collier	James Fannon
Daniel Lawrence	Nicholas O'Halloran
Luke Quinlivan	Nicholas Redbond
Perry Short	Edward Slade
James Stanton	Joel Swift
Aaron Younger	

Major Title Winners

Nicholas O'Halloran	2009 World University Games Water Polo Championship Belgrade, Serbia
Luke Quinlivan	2009 World University Games Water Polo Championship Belgrade, Serbia
Joel Swift	2009 World University Games Water Polo Championship Belgrade, Serbia
Aaron Younger	2009 World University Games Water Polo Championship Belgrade, Serbia

Australian Representatives

Tim Cleland	2009 FINA World Swimming Championships Rome, Italy 2010 World League Asia/Oceania Prelims Osaka, Japan
James Fannon	2010 World League Asia/Oceania Prelims Tianjin, China 2009 World 18 & Under Championships Sibenik, Croatia 2009 Tom Hoad Cup Perth, Australia
Daniel Lawrence	2010 World League Asia/Oceania Prelims Osaka, Japan 2010 World League Asia/Oceania Prelims Tianjin, China
Nicholas O'Halloran	2009 World University Games Belgrade, Serbia 2009 FINA World Swimming Championships Rome, Italy
Luke Quinlivan	2009 World University Games Belgrade, Serbia 2009 FINA World Swimming Championships Rome, Italy 2010 World League Asia/Oceania Prelims Osaka, Japan 2010 World League Asia/Oceania Prelims Tianjin, China
Nicholas Redbond	2009 World 18 & Under Championships Sibenik, Croatia
Edward Slade	2009 World 18 & Under Championships Sibenik, Croatia 2009 Tom Hoad Cup Perth, Australia
James Stanton	2009 FINA World Swimming Championships Rome, Italy 2009 World University Games Belgrade, Serbia
Joel Swift	2010 World League Asia/Oceania Prelims Osaka, Japan 2010 World League Asia/Oceania Prelims Tianjin, China
Aaron Younger	2009 World University Games Belgrade, Serbia 2009 World 18 & Under Championships Sibenik, Croatia 2010 World League Asia/Oceania Prelims Osaka, Japan 2010 World League Asia/Oceania Prelims Tianjin, China

Coaching Achievements

Paul Oberman 2009 World University Games Head Coach
2010 Assistant National Mens Coach

WATER POLO WOMENS



PROGRAM PARTNERS



The National and International success of the WAIS Women's Water Polo Program continued at both senior and junior levels in 2009-10.

In July, WAIS athlete **Glencora Ralph** found herself as the sole WA representative in the Australian Stingers squad for the 2009 FINA Swimming World Championships in Rome, Italy, following the retirement of Olympian **Emma Knox** and the decision of **Gemma Beadsworth** to take the 2009 campaign off to focus on study. Ralph and the Australian team finished sixth after being defeated by Greece at the quarter final stage.

In August, four WAIS scholarship holders were selected for the Junior (U18) World Championships in Russia. **Zoe Arancini, Rachel Flint, Elisha Browne** and **Claire Pierce** all competed for Australia, as the team coached by WAIS women's water polo mentor Peter Szilagyi finished seventh.

At the end of August and into early September, the Australian Under 20 Squad toured Great Britain, Spain and Italy with WAIS scholarship holders **Ebony Neesham** and **Elizabeth Alcock** chosen to tour. September also provided an opportunity for Rachel Flint to compete in the Hungarian National League for water polo club, ZF-Eger.

At the end of September and into early October, the Claremont Dolphins Under 16 Girls Team won a bronze medal at the National Championships in Brisbane. WAIS athletes **Matil Connor, Cathryn Earl, Viktoria Szilagyi, Milli Martino, Dorottya Szilagyi** and **Eloise Pierce** all featured in the success. All six girls earned selection into the Australian national under age squad.

The WAIS squad began preparations for the SIS/SAS NTC Challenge in November. The squad went through the rounds with good results, eventually finishing second behind the outstanding QAS team.

In December, three WAIS athletes received AIS scholarship for the 2009-2010 year, with Gemma Beadsworth, Zoe Arancini and Glencora Ralph each receiving scholarships. All three players travelled to North America for two international tournaments.

WAIS athlete Gemma Beadsworth and youngster Zoe Arancini helped the Australian Stingers to a silver medal at the Canada Cup in December. For Beadsworth it was her first match in Australian colours after a post Olympic sabbatical. The Stingers reached the gold medal play-off undefeated but were haunted by their old adversaries the USA – the same nation that knocked Australia from the Olympics in 2008 – in the final. Australia started the contest brightly and led for much of the first half, but lost out to a late goal 8-7. Australia was unbeaten to the final and had humbled the USA 8-4 in their opening encounter.

January hosted the National 18 and Under Championships in Perth, with the WA State Team finishing second behind New South Wales. WAIS Scholarship holders Matil Connor, Cathryn Earl, Viktoria Szilagyi and Dorottya Szilagyi all represented WA in the tournament. Still in January, WAIS athlete Claire Pierce was invited to California to play and study in the USA.

The 2010 Australian National League kicked off in February, with WAIS athletes Gemma Beadsworth, Zoe Arancini, Ebony Neesham and Glencora Ralph all forming part of the Fremantle Marlins line up. The UWA Torpedos Women's Team had six young WAIS scholarship holders in its squad, with Elisha Browne, Eloise Pierce, Dorottya Szilagyi, Cathryn Earl, Elizabeth Alcock and Matil Connor all training with the NWPL club.

Also in February, Gemma Beadsworth, Zoe Arancini, Glencora Ralph and Elisha Browne were selected for a national team training camp on the Gold Coast as part of the Stingers preparations for 2010 competition. Following National League, WAIS athletes Elisha Browne and Gemma Beadsworth were selected in the NWPL All-Stars team.

In May and June, Gemma Beadsworth, Zoe Arancini and Glencora Ralph rounded out the year by helping Australia into the World League Super Finals after topping the Asia-Oceania group. The WAIS trio was instrumental in helping Australia top the zone group. Australia went

through the six-match round stage with just a penalty-shootout loss to China, but won the return match to finish with 16 points to China's 14, while Kazakhstan and Japan bowed out.

Coaches

Peter Szilagyi Head Coach

Service Providers

Alan Black	Coaching Group Manager
Matthew Doyle	Biomechanist
Sacha Fulton	Physiologist
Carmel Goodman	Doctor
Peter Gregory	Physiotherapist
Kevin Hayter	Psychologist
Geish Hori	Strength & Conditioning
Jenny Marsh	ACE Counsellor
Heather McGregor-Bayne	Psychologist
Alison Morris	Physiotherapist
Jane Purdie	Doctor
Danielle Woodhouse	Physiotherapist

Athletes

Catherine Ainsworth	Elizabeth Alcock
Zoe Arancini**	Gemma Beadsworth**
Elisha Browne	Matil Connor
Jemma - Bonnie Dessauvagie	Cathryn Earl
Maggie Earl	Skye Fagen
Rachel Flint	Emma Knox
Millie Martino	Ebony Neesham
Neesha Nicholls	Claire Pierce
Eloise Pierce	Glencora Ralph**
Tessa Randles	Erin Redbond
Dorothy Szilagyi	Viktoria Szilagyi

Australian Representatives

Zoe Arancini	2009 World League Finals Kirishi, Russia 2009 Samartzidis Cup Athens, Rome 2009 Junior World Championship Kharty-Mansiysk, Russia
Elisha Browne	2009 Junior World Championship Kharty-Mansiysk, Russia
Glencora Ralph	2009 World League Finals Kirishi, Russia 2009 Samartzidis Cup Athens, Rome 2009 World Championships Rome, Italy

Coaching Achievements

Peter Szilagyi	Head Coach 2009 Junior World Championship Russia Assistant Coach 2009 World League New Zealand Assistant Coach 2009 World League Final Russia Assistant Coach 2010 World League Japan Assistant Coach 2010 World League China
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** WAIS / AIS Athlete

*AIS / WAIS Athlete





ATHLETE
& COACH
SERVICES

ATHLETE & COACH SERVICES



L-R: MARTIN FITZSIMONS, PETER PEELING, KATE BOBRIDGE, GEISH HORI, MARTYN BINNIE, GILMAN BARNITT, JENNY MARSH, MATTHEW BURGIN, MATTHEW DOYLE. ABSENT: KEVIN HAYTER, LIZZIE MOYLE, SASCHA FULTON, JOHN COLLINS, ANDREW LYTTLE, GREG MORGAN.

The second year of the London Olympiad saw the changes made during the previous year enhanced and a lot of hard work invested in striving to meet the goals of WAIS. The change to the model for service delivery to athletes made in 2009 proved successful due to the commitment and drive of the staff. The constant challenge to make the most of the resources available required a high degree of professionalism in making key decisions on prioritisation of services to where the greatest benefits could be realised.

Central to optimal operations were the relationships developed between the science staff and the coaches that enabled hard decisions to be made. The prioritisation of resources also necessitated some innovative approaches to service delivery that would enable the greatest number of athletes to be positively influenced in a manner appropriate to the athlete's level of development. The development of positive relationships was assisted by having significant continuity in staffing across both the ACS and coaching areas.

The department bid a sad farewell to long time sports dietitian Dr Deborah Kerr during the year. Deb served WAIS with excellence in a consultancy role over a 19 year period and left as her academic career was requiring increasing time overseas. In a slight change to the area two new sport dietitians were recruited to replace Deb. Julie Meek and Clare Wood built on the excellent foundation Deb had provided.

In other staff movements, Athlete Career and Education Coordinator, Heather McGregor-Bayne commenced 12 months maternity leave. Lizzie Moyle brought a significant background in careers work and research to the part time role as ACE Counsellor. ACE Training Officer Tim Chambers left to work in Melbourne. Kate Bobridge took up the role from February. Kevin Hayter joined WAIS in a new full time role in psychology and

applied his experience from the military environment in assisting people to achieve to athletes aspiring for success. John Collins started with WAIS in the role of Senior Technical Systems Officer and using his engineering background helped resolve the challenges presented in that area.

The department benefitted from the multi-faceted interactions with our partners at the universities. Strong connections were shown through joint applications for funding, shared resources and opportunities for student practicum. The optimum application of sport science to athletes involves remaining aware of the current best knowledge in an area and seeking new knowledge. To this end research remained a key area of interaction with a sharing of expertise and resources. The successful completion of PHD studies with the School of Sport Science, Exercise and Health at UWA by Frankie Tan and Matthew Keys during the year are evidence of the beneficial links. Emilie Thienot commenced as a new PhD scholar in the area of psychology continuing this positive collaboration.

SPORT SCIENCE



PETER PEELING WITH CYCLIST JON BATHE

The provision of services to the daily training environment is a significant part of the value added to athletes by the sport scientists. In several sports this service was extended into the competitions arena as Peter Peeling, Sacha Fulton, Andrew Lyttle, Matthew Doyle, Matthew Burgin and Kevin Hayter all travelled with sports to national competitions to provide key information in their specialist areas. The understanding of athlete performance in competition is also critical to ensuring appropriate progression along the athlete pathway.

The development of the new athletics facility to replace Perry Lakes stadium enabled a high-tech testing pole vault pit to be included with the view to increasing our understanding of the pole vault mechanics and optimising the feedback given to the high performance pole vault squad.

Support to the world class daily training environment in Perth was extended when Biomechanist Dr Andrew Lyttle assisted athletes in Europe. Andrew gained on field access to the Stockholm International athletics grand prix to collect valuable information on competition performances. Andrew also provided support at the Australian Flame staging camp in Cologne as the athletes prepared for the World Athletics Championships.

In addition to enhancing the daily training environment of athletes there is an ethos of seeking new knowledge in the department. A significant challenge in this area is accessing sufficient funding to drive significant projects. To this end, the biomechanics department partnered outside organisations to bid for significant funding for research projects. Two applications were made for Australian Research Council (ARC) linkage grants. One involved partnering with Edith Cowan University and Sick Australia, a major instrumentation company in Australia. Another ARC Linkage grant application was submitted with partners the University of Western Australia (UWA), Swimming Australia (SAL) and the Australian Swim Coaches and Teachers Association

(ASCTA). This project aims to use the latest in image recognition techniques to quantifiably track swimmers in the water and is essential to progress the computational fluid dynamics (CFD) knowledge in existence at WAIS. SAL and ASCTA contributed significant funding toward the project in recognition of their acknowledgement of swimming research conducted at WAIS.

Maintaining links with a broad network of professionals has provided a good source of knowledge and benefits both in Australia and overseas. Attending overseas conferences provides a means of nourishing these links in addition to obtaining insights into the latest knowledge. Andrew Lyttle made two oral presentations at the XIth International Symposium on Biomechanics and Medicine in Swimming in Oslo. The quadrennial conference which showcases research from around the world demonstrated that WAIS is among the world leaders in state-of-the-art swimming research. Andrew was also invited by Swimming Australia to present to the national high performance coaches on the CFD work conducted at WAIS.

Peter Peeling made an oral presentation plus a poster presentation in the physiology area to the European College of Sport Science congress in Oslo. An agreement between WAIS and Rowing Australia saw Matthew Burgin become the Sport Psychology Coordinator for rowing. Leading up to the London Olympics Matthew will create a system for the optimal use of psychology across the national program and will provide services at key international competitions.

STRENGTH TRAINING



GIL BARNITT WITH IASP ATHLETE EDDIE HUNG

Strong professional relationships are necessary for the functioning of a strength training facility. Having a stable staff in the gym has allowed a rapport to develop that saw the services offered move to another level where coaches were able to challenge and question established methods seeking a better way to train.

Aligned with the rest of the ACS department the strength area saw a greater emphasis on understanding and meeting the needs of the individual athlete. In seeking increased attention to detail for the individual the strength coaches had greater involvement outside the gym attending sport training sessions and physiotherapy appointments where appropriate.

The greater effectiveness in servicing as a priority to the higher level athletes meant that the existing resources could not stretch across all WAIS athletes. In addition to a continuing limitation in space in the facility to service the required numbers there was also a need to seek additional human resources. This need was partially met by the creation of an internship program for aspiring strength coaches. Through a positive relationship with Edith Cowan University, two well qualified and experienced strength coaches commenced work as part of this program. Their skills and effort were well utilised by the WAIS athletes and in turn they were able to learn significantly from the interaction with the WAIS strength coaches.

An indication of the evolution of the strength training discipline was the introduction of a significant project trialing the use of a functional movement screen for athletes. The method aimed to determine mobility, stability and movement patterns of athletes to better understand the optimal methods of training to improve these qualities in a manner specific to each sport.

Other elements of professional development included regular interaction with Curtin University physiotherapy and ECU that allowed the staff to stay abreast of developments in the injury prevention area. Greg Morgan visited several strength training facilities in Melbourne including the Victorian Institute of Sport and professional teams to learn from alternative approaches to training. Greg also attended the Australian Gymnastics Sports Medicine Conference while in Melbourne. Naruhiro "Geish" Hori was invited to conduct a practical session at the Australian Strength Coaches Association national conference. Gilman Barnitt gave two presentations at the WA Fitness Industry Convention.

CLINICAL SERVICES



WAIS MEDICAL CO-ORDINATOR DR. CARMEL GOODMAN

The use of a strong network of medical, physiotherapy and massage providers continued to be the preferred method of delivery of services to athletes. It would be impractical and unaffordable for WAIS to employ medical providers who could provide the same level of coverage that exists. To this end WAIS remains grateful to the network providers for their excellence in service and willingness to collaborate in providing a high standard of service to the athletes. The athletes have benefited from the experience and knowledge that the providers collectively held particularly in specific sports.

Managing a broad network of providers again presented several challenges. The expert direction of Medical Coordinator Dr Carmel Goodman was once again appreciated. Various methods for improving the communication of information in tracking the management of injured athletes were trialed. Feedback from the network providers was welcomed. A system of regular monitoring involving the WAIS Coaching Group Managers with the ACS Manager ensured the process continued to deliver the best treatment for athletes.

A positive over the year was an increased contact across the provider network with other providers working with national teams. In some cases the WAIS providers have a role as the national coordinator of services for a sport in their discipline. This ensures that WAIS athletes are able to enjoy services and the application of knowledge at least equal to that provided to athletes in other states. This also assisted significantly with the transition of athletes into national team camps or relocation to other states for training.

The excellent consultancy provided by Dr Deborah Kerr in sports dietetics was continued by Julie Meek and Clare Wood after Deb left WAIS in response to an increased requirement for travel in her full time academic position.

ATHLETE CAREER & EDUCATION



GAP PRESENTER AMBER BRADLEY IN GERALDTON

The ACE program focused on providing core support services to athletes and consolidating relationships with coaches. The model used to provide a wide array of services to athletes was reviewed during the year to ensure the optimal delivery of those services. The tiered system of delivery continued to work well in targeting services to athletes particularly those athletes for whom Olympic selection is likely in 2012. A focus was how to better utilise online information services and to increase the promotion of services to athletes and coaches.

Opportunities for athletes to learn through workshops and seminars included collaboration with the WAIS Public Relations department on topics such as personal branding, working with the media and implications for athletes using social networking. Smaller learning groups on time management, study skills and eating for sport were also delivered to the athletes.

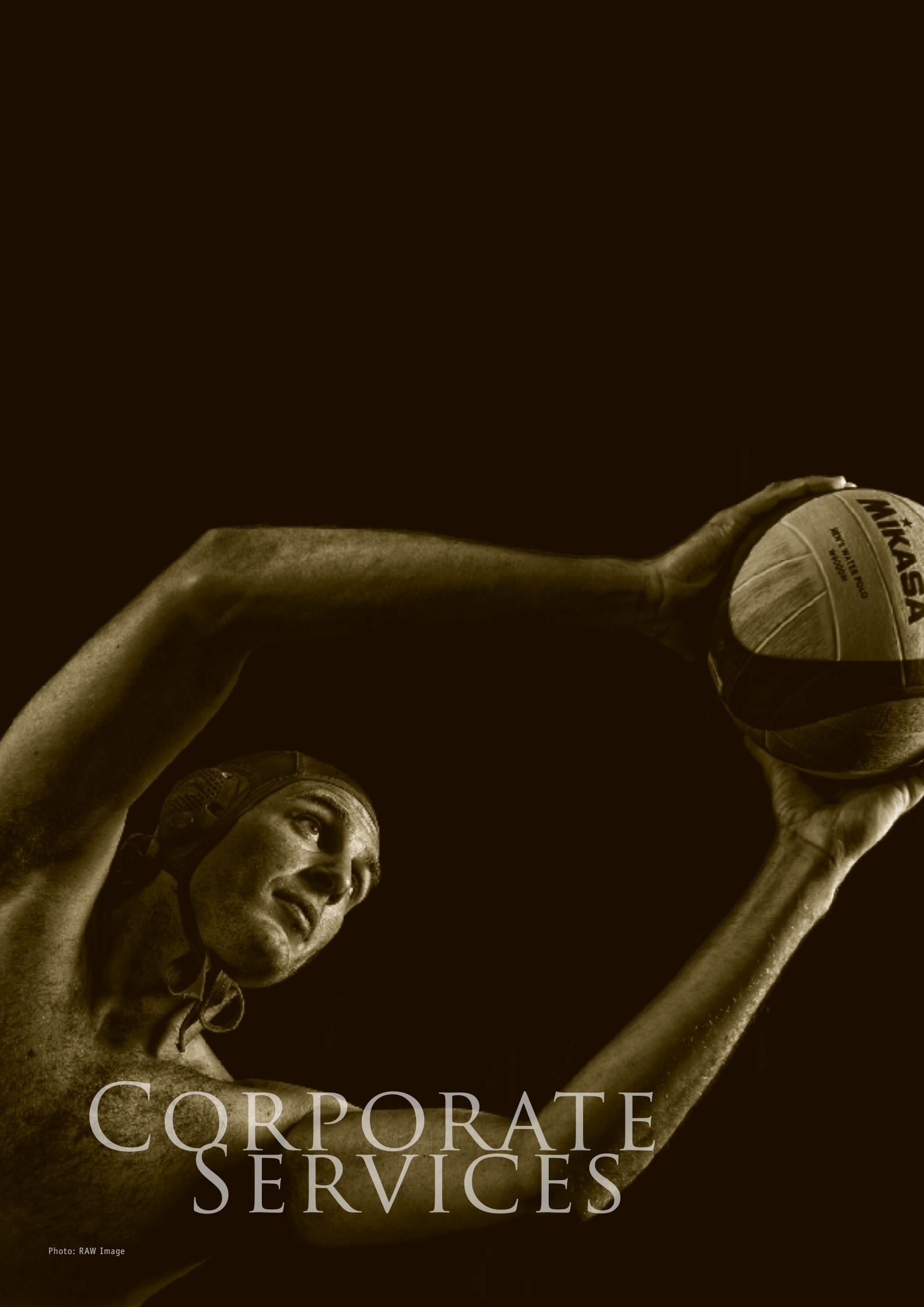
The Elite Athlete Friendly University (EAFU) network went through a review during the period. The overwhelmingly positive outcomes from the review were consistent with the benefits WAIS athletes have enjoyed from the program. Key results of interest included 91.7% of student athletes surveyed reporting that the EAFU program has been helpful to their academic studies and most (92.9%) indicated that the EAFU program had helped them continue in their studies. Furthermore, the EAFU was considered to meet the needs of universities, athletes and other key stakeholders in providing a supportive and encouraging environment to enable student athletes to combine their study and sporting commitments.

The ACE program played a key facilitative role to raise awareness of mental health issues among the WAIS staff during Mental Health Week in October 2009. Daily activities were implemented to promote the important mental health message including a workplace massage and regular posts on the WAIS Facebook page.

WAIS continued to coordinate the Gifted Athlete Program in partnership with the Department of Sport and Recreation. The program achieved the target of educating young athletes on maintaining life balance while pursuing sporting goals. One significant development was to increase the role WAIS athletes played in delivering the material to the young athletes. The WAIS athletes enjoyed the challenge of developing presentation skills and the delivery was enhanced through their ability to recount real life examples from their own athlete journeys. A further development was the introduction of metropolitan deliveries that broadened the contact of the program with young Western Australians.

WAIS Hockey Goalie **Tristan Clemons** was awarded the 2010 WAIS Athlete Career and Education Award. Tristan successfully balanced his academic pursuits with high performance hockey and also engaged with the ACE Program to set up an athlete tutoring program. Tristan completed a Diploma of Education in 2009 as well as being accepted to commence doctoral level studies. Water Polo player, Jamie Beadsworth and Jesse Phillips were finalists for this award.

The beginning of 2010 brought a significant movement of staff in the ACE program. **Heather McGregor-Bayne** led the program until February 2010 when she began maternity leave and Daniella Grace McGregor-Bayne was welcomed into the extended WAIS family. **Jenny Marsh** moved into the Acting ACE Coordinator role during Heather's absence. Jenny also completed a Graduate Certificate of Career Development at ECU. **Lizzie Moyle** joined the ACE team in the role of ACE Counsellor on a part time basis and brought considerable experience in career development practice, particularly in providing transition services from the corporate sector. In January 2010, **Tim Chambers** resigned as ACE Training Officer responsible for the GAP program to accept a position in Melbourne at the College of Applied Psychology. **Kate Bobridge**, already providing career and education services to the Perth Glory, accepted the position as GAP Coordinator to complete the delivery of the program until June 30, 2010.



CORPORATE SERVICES

FINANCE & ADMINISTRATION



L-R: RAMON FALZON, ADRIAN BROUGHTON, LORREN PORTOLAN, JESSICA ROBERTS, SIMON MOORE-CROUCH, KRISTIN CHABREL, NATALIE GRAHAM
 ABSENT: , HONNIE DOBBER.

Staff

The Finance and Administration Manager, **Kaushik Bhowmick**, tragically passed away in January 2010. **Mr. Bhowmick** had been a valued member of the WAIS management team for nearly seven years and he was highly regarded by all WAIS staff members. Moreover, he will be remembered for his outstanding contribution to WAIS on a professional level. **Honnie Dobber** undertook the role of the Finance Manager temporarily till **Ramon Falzon** was engaged in March. Otherwise, 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 2010, there were 45 full-time staff and eight 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.

At the end of the financial year, WAIS reached an agreement for additional financial assistance from the Department of Sport and Recreation for minor building works. This will enable WAIS to carry out a minor refurbishment project at the facilities currently occupied.

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 Assistant, **Natalie Graham**.

During the year, new employment contracts reflecting the latest changes in legislation were offered and duly accepted by all the WAIS staff members.

The Staff Performance Management System was updated during 2010.

Information Technology

The WAIS IT infrastructure was continuously upgraded so as to ensure that the systems in place meet the operational requirements.

The WAIS Performance Management Information System (PMIS) project was transferred to the management of the Public Relations Manager, **Simon Moore-Crouch** in early 2010. The project continues to be a high priority for the Institute and a business case was developed in May to decide on the best way to progress the project.

PUBLIC RELATIONS



ELISE RECHICHI AND DASHA JOURA AT BORDEN PRIMARY SCHOOL

The past 12 months has been one of consolidation for the Public Relations area of the Institute with the Go for 2&5 WAIS Community Development Program entering its second year and a number of media activities continuing on from the preceding year.

People

2009/10 saw the people within the Public Relations remain as per the previous 12 months.

Public Relations Manager **Mr Simon Moore-Crouch** continued to be responsible for the communications, media and community relations aspects of the Institute. In addition to this a re-structure of responsibilities in the Corporate Services area saw Mr Moore-Crouch also take accountability for internal communications, including the Performance Management Information System (PMIS) project.

Mr Chris Abbott again 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.

Partnerships

Once again WAIS was able to commence or extend partnerships with a number of organizations across the 2009/10 period.

KEA Designer Sportswear have been a long term supplier of the Institute, providing an array of generic and sport specific clothing to WAIS athletes. This relationship was extended for a further three years, taking it through until the end of the London Olympic cycle.

WAIS also welcomed on board the **Perth Market Authority** as a supporting partner of the Go for 2&5 WAIS Community Development Program. This exciting new relationship adds a new dimension to the program, with the Authority providing fresh fruit and vegetables to WAIS for distribution to schools and sporting clubs visited by athletes.

It would be remiss to not also again acknowledge the support of **Healthway**, through **The Cancer Council** and the **Go for 2 & 5 message**, who as corporate sponsors and partners in the Go for 2&5 WAIS Community Development Program have enabled this program to go from strength to strength over the previous two years.

Partners, sponsors and suppliers for the 2009/2010 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 twelve National Training Centres in Western Australia and its national 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.

The Fitness Institute Australia continued as supporters of the Athlete Career and Education Department up until the end of 2009, offering a number of scholarships to young athletes wishing to complete courses that will enable them to pursue careers in the fitness industry.

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

The WAIS Public Relations Department continues to direct its focus to actively promoting the achievements of the Institute's athletes, coaches and staff to the wider community.

The communication tools employed by the Institute continue to deliver strong outcomes, delivering WAIS's key messages to a wide range of stakeholders. Media coverage of the Institute across print, radio and television has remained at a pleasing level despite there being no major multi-sport event in the past 12 months.

The expansion of the Go for 2&5 WAIS Community Development Program continues to be a great success, with WAIS athletes engaging with the community at schools and sporting clubs across the State. A wide array

of sports have been featured in the program, which delivers a healthy eating and active lifestyle message in a fun and engaging manner.

Website and Corporate Communications

After undertaking a significant re-design of the entire **WAIS website** early in 2008 a minor update was implemented in late 2009 to the main page at www.wais.org.au. A new rotating home page banner ensures that the main page is dynamic and now features the four major stories coming out of WAIS at any given time. In addition to this increased resources have been put into the multimedia aspects of the site, with YouTube videos, podcasts and athlete blogs all providing behind the scenes insights into athletes and the operations at WAIS.

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

With no major multi-sport event during the 2009/10 period a greater level of work was required to ensure that media coverage of the Institute’s athletes and programs remained at the high level set in the previous year. A key plank in ensuring this was regular meetings with WA key media contacts across print, radio, television and new media as well as consistent contact with other media professionals working with state and national sporting organizations. The results of this approach have been evident, with stories in key outlets The West Australian, The Sunday Times and PerthNow, ABC Radio, WAToday and Channels 2, 7,9 and 10 on a consistent basis throughout the period. The development of a regular, weekly “WAIS Update” segment on new 24 hour sports radio station Sport FM was of particular note.

Publications

The Public Relations team continued to produce the **Without Compromise Magazine**, with two editions published, as well as the **WAIS Annual Report** over the past 12 months.

A review of the **Without Compromise Magazine** was undertaken following the publishing of the summer 09/10 edition. The review was sparked following the Australian Sports Commission’s Sports Communications Conference, where a discussion was had regarding the future of printed publications within the Australian sporting landscape. During the review a number of issues were considered with a decision reached that the continued development of the website and associated communication tools could be greatly enhanced by an additional budget in lieu of Without Compromise. The winter 10 edition is the final edition of the magazine. The **WAIS Annual Report** was another important promotional tool distributed to key stakeholders.

The WAIS Public Relations 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



WAIS ATHLETICS ATHLETES VISITING A LITTLE ATHLETICS CENTRE



LUKE QUINLIVAN AND TANYA BAILEY DURING FRUIT AND VEG WEEK

The WAIS Community Development Program has gone from strength to strength in its second and third years of operation as a fully sponsored program. Again we acknowledge that this has only been possible through our partnership with **Healthway**, through **The Cancer Council** and the **Go for 2&5 message**, which is into the final year of its initial three year agreement. In addition to the support from Healthway WAIS has been excited to also welcome the **Perth Market Authority** on board as a supporting partner of the program for 2010.

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, one to the Wheatbelt region and one to the Great Southern region, also saw the benefits of the program spread across the State with both regions receiving school and sporting club visits.

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 Heart Foundation, Telethon and the Wally Foreman Foundation, as well as other community organizations such as the City of Joondalup, the Challenge Stadium Kids Sports Club and the Australia Day Council.

WAIS WOULD LIKE TO THANK:

PRINCIPAL PARTNER



STRATEGIC PARTNERS



CORPORATE SPONSORS



PROGRAM SPONSORS



Community Development Program



International Scholarship Fund



Sailing

SUPPLIER/PROVIDER



Sports Drinks & Beverages



IT Services



Sportswear

TRAINING CENTRE STATUS

