



Tasmanian Institute of Sport Yearbook 2016-17



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MINISTER'S FOREWORD

As Premier and Minister for Sport and Recreation, I take immense pride in seeing our athletes take on and compete with the world's best - doing their very best to represent Tasmania.

It was fantastic to witness the efforts of our outstanding sporting representatives at the Olympic and Paralympic Games in Rio during the year. There were many great performances, but of special significance was the inspirational success of our Paralympians, Matt Bugg and Deon Kenzie, in winning Silver medals at the Games.

The Tasmanian Institute of Sport (TIS) plays a critical role in supporting our athletes' development and I would like to acknowledge and thank the dedicated staff of the TIS for their passion, ongoing commitment and professionalism as they help Tasmanian athletes achieve their sporting dreams.

The TIS is strongly committed to nurturing the potential of our elite athletes and coaches, and through effective leadership and high-quality programs and services our talented athletes have a wonderful opportunity to reach the very pinnacle of sporting success.

I wish all our athletes every success and the very best of luck as they pursue their sporting dreams in the coming year.

Hon Will Hodgman MP
Premier
Minister for Sport and Recreation





DIRECTOR'S REPORT

This year has seen an interesting, and certainly challenging, Rio Olympic and Paralympic Games as the highlight event.

The 2016 Olympic and Paralympic Games had many twists and turns for our Tasmanian athletes with success proving elusive in the Olympics Games, however our Paralympians enjoyed some great results. This saw Tasmania's best ever Paralympic representation and two TIS athletes coming home with silver medals.

Regardless of the outcome, competing at the Games is the culmination of many years of practice, commitment, discipline and hard work. I congratulate each athlete who represented their state and country with great distinction. The TIS is immensely proud of each one and the way they present themselves.

The year has also been a consistent one for the Tasmanian Institute of Sport with 22 athletes achieving top eight or better results at benchmark international sporting events in 2016-17. In total there were 42 results achieved by these athletes and included eight gold medals, six silver medals, five bronze medals and 23 fourth to eighth placings across a number of sports including hockey, cycling, athletics, sailing and triathlon.

Paralympic silver medallist sailor Matt Bugg was awarded the Southern Cross Tasmanian Athlete of the Year in recognition of his superb Paralympic campaign.

During the course of the year there were 58 national team selections achieved by TIS athletes and four TIS specialist staff contributed to the performance of national teams through attendance at international events.

I would like to thank all staff for their commitment and application during the past year and gratefully acknowledge the important contribution each has made to help our talented Tasmanian athletes realise their sporting goals.

The TIS management group continue to provide leadership across all the operations of the Institute and I would like to acknowledge all of the managers for their contribution to this important role. This year, the Executive Director of Communities, Sport and Recreation, Kate Kent, chaired the management group meetings and this has been very valuable in assisting group function as required.

I gratefully acknowledge the excellent support provided by Department of Premier and Cabinet (DPaC) corporate staff in helping us manage the operations of the TIS across the state.

The Sports Performance Unit has delivered again this year, providing high quality services across the whole spectrum of sports science and sports medicine, as well as support to visiting national teams and squads during the year. We have been able to provide improved access to specialist consultants for nutrition, performance psychology and physical therapies. The services provided by our external specialists within sports medicine has been outstanding and I thank them for their willingness to contribute to the TIS.

The TIS receives considerable support from the Tasmanian Government, as well as from the Australian Sports Commission, through national sporting organisations, and from our state sporting organisation partners.

Director's Report continues next page.



Director's Report from previous page.

This support has provided the means by which the TIS has been able to establish and develop programs and services to progress athletes to the level we are now consistently seeing.

A special mention and sincere thanks goes to our outstanding and highly valued partner - Motors Group Tasmania, who continue to provide two vehicles for TIS use which allow us to provide more support to our programs.

The TIS enjoys strong partnerships with all members of the National Institute Network, the Australian Sports Commission, the Australian Olympic Committee and the Australian Commonwealth Games Association, as part of the national high performance sports network.

It has been an important year for the whole organisation as we worked alongside and with talented, motivated and dedicated Tasmanian athletes and continued to challenge ourselves to provide the best level of support possible.

In the coming year, our focus now shifts to assist the athletes aiming for selection to compete in the Commonwealth Games in Brisbane in 2018. Beyond that, we continue to support our athletes with a focus on the 2020 Olympic Games in Tokyo.

Paul Austen
Director





WHAT WE DO

PURPOSE

To provide leadership and quality high performance services to Tasmania's talented athletes and coaches.

BACKGROUND

The Tasmanian Institute of Sport was established in 1985 by the Tasmanian Government to assist Tasmania's talented athletes achieve excellence in sport.

LOCATION

The Institute has two bases – the Silverdome Complex in Prospect, Launceston, which is a purpose-built facility and the Technopark at Dowsing Point, Hobart.

The TIS facility at the Silverdome provides office space for staff, a resource centre, multiple meeting rooms, an auditorium, a nationally-accredited human performance laboratory, a strength and conditioning facility and a daily training environment for cycling and netball athletes.

The TIS facility at Technopark provides office space for staff, multiple meeting rooms, a strength and conditioning facility, athlete recovery area and a testing laboratory.

SPORTS PROGRAMS

The TIS offers scholarships to talented Tasmanian athletes in a range of sports which fit into the following sports programs – National Training Centre (NTC) programs, State Pathways Program, Elite Development Programs (EDP), Emerging Talent (ET) and individual scholarship programs.

SPORTS PERFORMANCE UNIT

The Sports Performance Unit of the TIS is comprised of sports physiology, human performance laboratory, video analysis, physical preparation, sports medicine network and talent identification and development.

PERSONAL EXCELLENCE

The Personal Excellence program provides nationally consistent services that assist elite athletes to undertake career, educational and professional development services, whilst pursuing and achieving excellence in sport.

COACH DEVELOPMENT

The TIS provides a number of opportunities to coaches to assist with their personal development.

FUNDING

Funding for the TIS predominately comes from the Tasmanian Government. Additional funding is received from national sporting organisations that partner our sports programs through the funding they receive from the Federal Government.

The institute received valuable support from Motors Group Tasmania through the provision of vehicles. Southern Cross Television provide 'in-kind' support for the Tasmanian Athlete of the Year Award.

ORGANISATIONAL STRUCTURE

The TIS is a strategic activity of Communities, Sport and Recreation within the Department of Premier and Cabinet.

TIS personnel include administrative and sports performance staff and full-time accredited coaches. In addition to this, consultants in the areas of nutrition, physiotherapy, sport psychology and sports medicine are affiliated with the TIS and are employed on a fee-for-service basis.



BUSINESS AND ADMINISTRATION

STAFF

Paul Austen

Director

Geoff Masters

Business and Relationship Manager

Jeanne Pennington

Executive Assistant

Lyn Jackson

Project Support Officer

Ellie Poynton

Project Support Officer

Sam Rumbel

Administrative Assistant

Mark Dixon

Senior Support Officer (IT)

EVENTS

The Southern Cross Television Tasmanian Athlete of the Year Award cocktail function was held at the Derwent Entertainment Centre in Hobart in November 2016.

The function acknowledged five finalists who were recognised for their performance at international level, contribution to their sport and also their contribution to the Tasmanian sporting community. The finalists were Matt Bugg (sailing), Amy Cure (cycling), Deon Kenzie (athletics), Matthew Phillips (enduro motocross) and Richie Porte (cycling).

The winner was Matt Bugg (sailing). The function was attended by staff, athletes, and key stakeholders from Tasmania's sporting community.

Scholarship holders for 2017 were announced at a breakfast function at Wrest Point in November 2016. The breakfast was well attended by athletes and their families as well as the wider sporting community and valued supporters. This function gave new athletes, and those continuing on, the opportunity to be recognised for receiving a scholarship for the coming year.

COMMUNICATIONS

PUBLICATIONS

The TIS Bulletin is produced monthly and distributed electronically. The Bulletin provides information to a wide sector of the community on the activities of the institute and achievements of its athletes.

WEBSITE

The TIS website is a valuable resource for both athletes and the general public. It is kept updated by TIS staff. Valuable IT support for the institute is provided by Senior Support Officer (IT), Mark Dixon.

SOCIAL MEDIA

The reporting period continued the trend of noticeable growth of TIS social media platforms. The TIS Facebook, Twitter (@tassiesport) and Instagram (tasmanian_institute_of_sport) accounts have enabled the institute to provide instant updates on the progress of our athletes.

PUBLIC RELATIONS

The TIS uses the services of public relations consultants Corporate Communications (Tas) Pty Ltd to maximise the reach of the TIS and communicate effectively on a large scale with all forms of media. We would particularly like to acknowledge the role of Managing Director Nicolas Turner in providing excellent services and advice in this area.

DATABASE

The TISLink database continues to manage athlete information and sports science data with athletes able to directly access the database online and via a mobile phone application. IT Senior Support Officer Mark Dixon and Business and Relationship Manager Geoff Masters continue to work on the development of new uses aimed at benefitting both staff and athletes.

UNIFORMS

TIS athletes are provided with competition and training uniforms by the institute. The TIS enjoys ongoing support from 2XU for the provision of athlete clothing. 2XU will provide TIS athletes with a range of training and competition clothing.



FINANCIAL MANAGEMENT

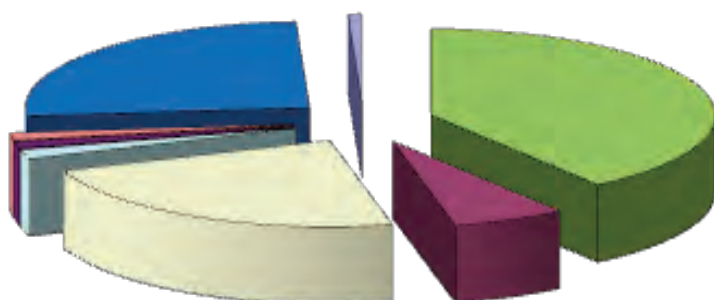
TIS FUNDING ALL SOURCES 2016-17



- Scholarship Funds
- Consolidated Funds
- Trust Funds
- National Sporting Organisations
- State Sporting Organisations
- National Representatives

Scholarship Funds	\$688,800.00
Consolidated Funds	\$1,828,650.00
Trust Funds	\$28,848.00
National Sporting Organisations	\$400,401.00
State Sporting Organisations	\$42,120.00
National Representatives	\$23,500.00
Total Funds	\$3,012,319.00

TIS ALLOCATIONS 2016-17



- Sports Programs & Scholarships
- Athlete Services
- Sports Performance Unit
- Sport Science / Sports Medicine
- Coaching Development
- Personal Excellence
- Operations
- National Representatives Fund

Sports Programs & Scholarships	\$1,206,329.00
Athlete Services	\$193,461.00
Sports Performance Unit	\$685,066.00
Sport Science / Sports Medicine	\$50,500.00
Coaching Development	\$35,000.00
Personal Excellence	\$41,907.00
Operations	\$776,556.00
National Representatives Fund	\$23,500.00
Total Allocations	\$3,012,319.00



CORPORATE PARTNERSHIPS

THE TASMANIAN INSTITUTE OF SPORT WOULD LIKE TO THANK THE FOLLOWING PARTNERS:

PRINCIPAL PARTNER



STRATEGIC PARTNERS



**NATIONAL
INSTITUTE
NETWORK
(NIN)**

MAJOR CORPORATE PARTNERS



CORPORATE PARTNERS



PROGRAM PARTNERS





SPORTS PERFORMANCE

The Sports Performance Unit (SPU) conducts a wide range of tests on scholarship holders and provides information to coaches and athletes regarding training, recovery and performance.

STAFF

Stewart Pither

Manager, Performance Services

John Gregory

Senior Scientist

Ben Scarlett

Sports Performance Officer

Alanna Martin

Sports Performance Officer – Talent ID

Pete Culhane

Senior Strength and Conditioning Coach

Todd Andrews (to November 2016)

Strength and Conditioning Coach

Mitch Bootes

Strength and Conditioning Coach

Annabelle Anderson (commenced January 2017)

Strength and Conditioning Coach

MAJOR ACTIVITIES

- 875 testing session completed (anthropometry, field and lab testing).
- Provided over 500 athlete support services for nutrition, sport psychology and Personal Excellence.
- Ongoing integration with the AIS Athlete Management System (AMS) with TISLink.
- Continued wellness and load monitoring via TISLink.
- Comprehensive strength and fitness training prescription to sports.
- Development of automated injury report forms in TISLink.
- Further integration of physiotherapy and medical reporting to TISLink.
- Assistance at key sport selection events.
- Sports science support to Cycling at world titles.
- Sport science support to U23 Rowing non-Olympic world championships.
- Presentation of TIS research at national physiology conference.
- Representation of the TIS at movement science, winning pathways and Rowing Australia workshops and strength and conditioning meetings at a national level.
- Conducted applied research projects.
- Completed quadrennial external quality control of equipment, labs and protocols.
- Effective evaluation of the biomechanics of lifting with force plates.
- Further assessment of rowing performance with GPS and on water biomechanics systems.
- Presented at the Elite Athlete day.
- Effective course reconnaissance and power monitoring with cycling.
- Ongoing lab and field based testing of athletes.
- Lab and field based testing of running athletes in Hobart.
- Team sport competition support for netball and hockey at nationals.
- Video coding of matches and competition.
- Active management of massage, recovery, sports nutrition and sport psychology services.
- Assistance at Swimming Tasmania talent identification camps.



- Ongoing day-to-day monitoring of athletes within their daily training environment.
- Fee for service testing with Netball and AFL Tasmania.

PROJECTS AND RESEARCH

- Testing and acquisition of new sport GPS devices and software.
- Consolidation of recovery centres in Hobart and Launceston.
- Using heart rate to accurately predict core temperature.
- Altitude training and testing successfully undertaken.
- Integration of SPU with sports via sport meetings and usage of TISLink.
- Systematic improvement of injury management.
- Completion of international student placement for Alex Powis from January to April 2017, looking into GPS, recovery and daily monitoring.
- Completion of Deakin University student placement for Elsie Austin from December 2016 to February 2017.
- Development of a track cycling specific app to improve feedback to athletes.

SPORTS MEDICINE NETWORK

We thank Dr Ian Beltz – our Sports Medicine Coordinator – and the Sports Medicine practitioners who comprise our network. Our network delivers quality sports medicine, sport psychology, sports nutrition, sports podiatry and physiotherapy services to TIS athletes. We continue to achieve good up take and usage of our TISLink database with network members.

OTHER ACKNOWLEDGEMENTS

We thank the University of Tasmania for our continued relationship across the sports sciences.

STRENGTH AND CONDITIONING

MAJOR ACTIVITIES

- There were 3,422 athlete visits across the three strength and conditioning training venues in Launceston, Hobart and Devonport during this reporting period.
- One hundred and fifty seven S&C testing sessions involving FMS, Y Balance and strength testing.
- Continued integration of the use of the Force Decks dual force platforms into the testing and training environment of TIS athletes. The force plates have assisted in assessing performance



changes as well as rehabilitation/injury prevention monitoring in all our scholarship athletes.

- Continued development of TISLink related annual plan system that integrates both historical data entered by athletes and coaches and predicted data on where we want the athletes to be heading.
- Following the departure of Todd Andrews in November 2016, we welcomed Annabelle Anderson in January 2017.
- The TIS's S&C coaches continued to work with the Tasmanian-based Olympians and Paralympians in the lead up to the 2016 Olympic and Paralympic Games.
- A number of national and international sporting teams have used the TIS S&C facilities over the past 12 months, including the Magpies Netball team and the New Zealand Netball squad.
- Attended and provided a range of services to Athletics Tasmania TTP training camps.
- Undertook physical capacity testing at swimming camps based in Tasmania for Swimming Australia.
- Attendance at two major S&C Conferences:
 - » 2016 National Institute Network Conference on Applied Strength and Conditioning.
 - » 2016 Australian Strength and Conditioning International Conference on Applied Strength and Conditioning.
- Continued to engage in regular in-house professional development opportunities that involved presentations from Mick Hughes (Melbourne based physiotherapist) on ACL injuries in developing athletes and Daniel Cohen (co-founder of Force Decks) on assessing asymmetries in respect to screening, rehabilitation and return to play.
- In addition to the in-house professional development, TIS S&C coaches have been engaging with other state institutes and professional clubs in efforts to stay at the forefront of physical preparation. Some of the organisations visited have included the Victorian Institute of Sport, New South Wales Institute of Sport, Penrith Panthers Rugby League Club and Rowing Australia's National Training Centre in Penrith.
- Actively involved in developing the State's S&C coaches by continuing to present at the Australian Strength and Conditioning Association Level 1 courses and mentoring a number of local Tasmanian S&C coaches, most notably former University of Tasmania Practical placement students Thomas Coates (in Hobart) and Kahlia Perry (in Launceston).
- Hosted the National 2017 Heads of Strength and Conditioning Sections Meeting. It brought

together the heads of S&C sections from each state and territory institute or academy of sport for three days of discussions around the direction that S&C should be taking nationally within the National Institute Network. The main emphasis was on capacity building towards the 2020 Tokyo Olympics, the AIS Athlete Management System and developing an S&C Success Profile that outlines key areas that drive success.

PROJECTS AND RESEARCH

- Previous PhD scholar Nathan Lee conducted research on the use of linear cable transducers in the monitoring of fatigue in athletes. Nathan successfully transitioned into a full time S&C coaching role with Cricket Tasmania in August 2016 and we thank him for all his work over the last three-and-a-half-years and wish him well for the next phase of his career.
- Our new PhD student is Jake Cowin. Jake had previously been in Melbourne where he coached a number of athletes in a variety of sports, and will be researching the area of force plate diagnostics in the assessment of asymmetries in athletes.
- Pete Culhane continues to develop research ideas into the force production profiles of athletes within different sports via either dynamic or static force production methods.
- Mitch Bootes has commenced a research project looking at the correlations between a standard rowing ergometer test (seven-stroke test) and a number of force plate and strength related parameters to assist the programming of the athlete from the testing results.
- Annabelle Anderson is continuing an interest in researching the athletic hip and ways we can identify, manage and rehabilitate athletes with hip injuries.

OTHER ACKNOWLEDGEMENTS

The TIS S&C area services athletes across the state and uses the services of S&C consultants to assist with coaching outside of our Launceston and Hobart facilities, most notably Chris Bellette at Move Strong Gym in Devonport who provides a great training environment for our north west-based athletes.

The TIS also works closely with the University of Tasmania's School of Human Life Sciences where both organisations support the development of Sports Science students, with particular emphasis on the area of developing strength and conditioning coaches and practical sports and exercise scientists. We acknowledge Dr James Fell, Dr Cecilia Kitic and Dr Sam Wu for their continued assistance.



PERSONAL EXCELLENCE

The TIS operates the Personal Excellence program, which focuses on equipping athletes with the awareness to make decisions that impact on their performance in sport and life.

STAFF

Stewart Pither

The Personal Excellence Network consists of providers located across Australia, mainly based in SIS/SAS organisations, with some providers directly engaged within the NSO environment.

There is now greater scrutiny and pressure on all areas of an athlete's life and Personal Excellence assists athletes with a variety of wellbeing support.

Through a multifaceted approach, athletes are provided with guidance, resources and educational opportunities to achieve personal and professional empowerment. This is in alignment with the personal excellence principles of responsibility, accountability, professionalism, integrity and resilience.

MAJOR PROGRAM INITIATIVES

- An individualised service designed to assist each athlete create the unique environment necessary for creating success with the major trends being education assistance, study requests and achieving balance with time management.
- Parent Induction and education evening.
- Elite Athlete Induction Day – more than 90 participants attended. Topics covered were nutrition in the high performance environment, planning for your career, performance recovery

and essential kitchen knowledge as well as guest speakers Alison Patterson from the Melbourne Rebels and rower Karsten Fosterling.

- Athlete performance psychology workshops, nutritional workshops and elite athlete counselling support.
- Ongoing support from the Elite Athlete Friendly University program and continued liaison with the University of Tasmania in relation to athletes combining their academic and sporting commitments.
- Assistance with Swimming Tasmania Talent Identification camp.
- Continued TIS/UTAS HECS scholarship agreement.
- Continued support from Relationships Tasmania.
- Continued liaison with TIS athlete education providers.
- 'Welcome' packs for athletes.
- Attendance at AIS Performance Psychology conference and Personal Excellence conference.

OTHER

This year the TIS Personal Excellence Program had more than 400 athlete contacts with education assistance as one of the major priorities for athletes. National Personal Excellence is a member of the Career Industry Council of Australia (CICA).

The TIS maintains strong partnerships with National AIS Personal Excellence, the University of Tasmania and Relationships Tasmania.



COACH DEVELOPMENT

The TIS delivers a number of information sessions to TIS coaches and network coaches to assist with their development in a range of areas.

MAJOR PROGRAM INITIATIVES

- A gratitude workshop was conducted to provide coaches with an insight on the subject. This workshop demonstrated the scientific findings on the potential of gratitude to build resilience and reduce stress. The presentation drew on the findings of a recent pilot study of 10 athletes post-Rio, conducted by Dr Kerry Howells in partnership with the Australian Institute of Sport Personal Excellence program. Athletes in the study reported an improved perspective, greater awareness and improved mind set, greater confidence in expressing gratitude, improved relationships and enhanced performance. More than 20 of Tasmania's leading coaches attended this workshop.
- Individual career counselling session for TIS coaches, as well as group counselling sessions.
- Continuation of the incentive program for track and field coaches. This program has now had eight participants.
- A number of TIS coaches participated in Sydney University research regarding the coach management assessment profile (CMAP) by Kim Cardile.
- Continuation of the TIS coaching scholarship program with two successful coaches gaining scholarships - James Fitzpatrick (track and field) and Laura Coombe (volleyball).

During the year under the leadership of Susan Andrews, TIS coaches met as a collective group to share information, discuss a variety of topics and listen to a number of guest speakers.





SCHOLARSHIP AND SPORTS PROGRAMS

Through support from the Tasmanian Government, the TIS provides scholarships to athletes selected to participate in TIS sports programs.

STAFF

Bec Thomas (to December 2016)
Manager, Sports Programs

Alisa Denne (commenced January 2017)
Manager, Sports Programs

Brendan Long (to July 2017)
Sport Program Coordinator

SCHOLARSHIPS

HIGH PERFORMANCE SCHOLARSHIPS

Athletes on a High Performance Scholarship receive access to:

- Expert coaching.
- International standard equipment.
- Sport science and sports medicine services.
- Strength and conditioning services.
- Access to the TIS gym.
- Personal Excellence services.
- A TIS uniform.

In addition, High Performance Scholarship athletes receive TIS support to compete in national and international events.

EMERGING TALENT SCHOLARSHIPS

Athletes on an Emerging Talent Scholarship receive access to expert coaching and a performance psychology and nutrition consultation.

SPORTS PROGRAMS

NATIONAL TRAINING CENTRE PROGRAMS

In 2016-17 the TIS operated four National Training Centre programs in athletics, cycling, hockey and rowing and provided High Performance Scholarships to athletes selected to participate in these programs. On 1 January 2017, the rowing program transitioned to the State Pathways Program.

National Training Centre programs (and the State Pathways Program) are conducted in partnership with the national and state sporting organisations for the sports. The programs are coordinated by a TIS coach, together with the TIS Manager, Sports Programs.

ELITE DEVELOPMENT PROGRAMS

In 2016-17, the TIS supported the operation of Elite Development programs in the sports of canoe slalom, netball and sailing and provided High Performance Scholarships to athletes selected to participate in these programs.

Elite Development programs are conducted in partnership with the national and state sporting organisations for the sports and are coordinated by a coach employed by the sport.

INDIVIDUAL ATHLETE PROGRAM

The TIS also provided support to selected Tasmanian athletes competing in sports for which the TIS does not operate a program.

The TIS supported athletes across a variety of sports through this program in 2016-17, with eight receiving High Performance Scholarships.

Sports included equestrian, shooting, sprint canoe, swimming, triathlon, mountain bike and weightlifting.

EMERGING TALENT SQUAD PROGRAMS

In 2016-17, the TIS operated Emerging Talent Squad programs for cycling, hockey and rowing and supported the operation of Athletics Tasmania's equivalent in the Target Talent Program. On 1 January 2017, the rowing program transitioned to the State Pathways Program.

Emerging Talent Squad programs provide selected developing athletes with expert coaching to assist them to develop along their sport's high performance pathway.

Selected Emerging Talent Squad athletes are offered Emerging Talent Scholarships to assist them to fast-track their progression to a TIS High Performance Scholarship.



ATHLETICS

The Athletics Program's main objectives align closely with Athletics Australia's National High Performance Program and Athletics Australia's Winning Edge strategy. They are targeted towards supporting Tasmania's most talented athletes and coaches to impact on international selection and medals in both senior and junior IAAF sanctioned events. The program also supports Tasmania's Target Talent Program aimed at developing the future elite.

PROGRAM HIGHLIGHTS

- Jack Hale, fifth, 4 x 100m world junior championships 2016.
- Jack Hale, fourth, 100m semi-final world junior championship 2016.
- Jack Hale, 100m, U18 Australian Record, Junior Gala Mannheim & Tasmanian Open Record 2016.
- Hamish Peacock, 25th, javelin, 2016 Olympic Games.
- Hamish Peacock and Jack Hale selected to compete in Nitro 2017.
- Deon Kenzie, silver medal T38 1500, 2016 Paralympic Games.
- Deon Kenzie, World Record T38 1500, national championships, 2017.
- Deon Kenzie, selected to compete in the 2017 World Para Championships.
- Stewart McSweyn, 52nd, world cross-country championships, 2017.
- Stewart McSweyn, 5000m & 3k steeple Tasmanian open records, 2017.
- Hamish Peacock, Josh Harris and Stewart McSweyn qualified for the 2017 world championships.
- Matt Hosie, pole vault, Tasmanian open state record, Tasmanian Championships 2016.

ATHLETES

Harvey Chilcott (steeple)
 Jack Hale (100m, long jump)
 Josh Harris (marathon)
 Deon Kenzie (1500m)
 Samantha Lind (400m)
 Stewart McSweyn (5k, 3k steeple)
 Hamish Peacock (javelin)
 Ebony Webb (steeple)





ATHLETICS COACH

Susan Andrews

ATHLETE SERVICE PROVIDERS

- Stewart Pither (Personal Excellence)
- Ben Scarlett (Sports Science)
- Todd Andrews (Physical Preparation)
- Annabelle Anderson (Physical Preparation)
- Pete Culhane (Physical Preparation)
- Matt Lancaster (Physiotherapy)
- Kellie Wilkie (Physiotherapy)
- Dr Steve Reid (Sports Physician)
- Dr David Humphries (Sports Physician)
- Gaye Rutherford (Nutrition)
- Mark Spargo (Sport Psychology)

TRAINING VENUES

- Domain Athletics Track, Hobart
- St Leonards Complex, Launceston
- Penguin Sports Complex, Penguin

PARTNERS

- Athletics Australia
- Athletics Tasmania



CYCLING

The TIS cycling program has enjoyed a satisfying year with athletes performing to their potential at international and national competitions.

Four athletes represented Australia at the 2016 Olympic Games - Amy Cure, Georgia Baker, Richie Porte and Scott Bowden. Unfortunately, bad luck hindered our Tasmanian athletes' performances. Georgia Baker and Amy Cure crashed two days before the start of competition. This impacted on their overall performance in the team's pursuit with Georgia and Amy eventually finishing fifth after two days of competition.

Richie Porte crashed heavily in the closing stages of the Olympic road race championship and had to withdraw due to the injuries he sustained. Scott Bowden played an integral role in supporting Richie during the road race. Three days later Scott competed in the Olympic Mountain bike championship where he finished in 36th place.

The most encouraging performance in the past 12 months was delivered by Madeleine Fasnacht. Madeleine won both the Oceania and Australian U19 road championships. Madeleine has only recently transitioned from athletics to cycling which makes her performances at these championships even more impressive.

The TIS cycling program would like to acknowledge the significant contribution of Ron Bryan who has retired from his position as the ETS cycling coach. For the past 12 years Ron has been integral in the development of TIS cyclists in Tasmania. Ron assisted in the setup of the Cycling Australia NTID program, now known as the TIS ETS program. This redeveloped program is now the core for high performance athlete identification and athlete/coach development in the state.

PROGRAM HIGHLIGHTS

- National team representatives (road and track, senior and junior) - Amy Cure, Georgia Baker, Madeleine Fasnacht, Richie Porte and Scott Bowden.
- Amy Cure and Georgia Baker, fifth - Olympic teams pursuit championship 2016.
- Amy Cure, second - world teams pursuit championship 2017.
- Amy Cure, third - world omnium championship 2017.
- Amy Cure, third - world madison championship 2017.
- Amy Cure, first - world cup points race 2017.
- Amy Cure, first - Australian scratch race, points race and omnium 2017.
- Amy Cure, second - Australian individual pursuit championship 2017.
- Morgan Gillon, first - Australian U19 scratch race championship 2017.
- Madeleine Fasnacht, first - Australian U19 road race championship 2016.
- Madeleine Fasnacht, first - Oceania U19 road race championship 2017.

ATHLETES

Georgia Baker	Scott Bowden
Will Clarke*	Amy Cure
Josh Duffy	Madeleine Fasnacht
Morgan Gillon	Zack Gilmore
Ryan Lawson	Lauren Perry
Richie Porte*	Macey Stewart
*Associate scholarship	

NTC HEAD CYCLING COACH

Matthew Gilmore

ATHLETE SERVICE PROVIDERS

Stewart Pither (Personal Excellence)
Alanna Martin (Sports Science)
Pete Culhane (Physical Preparation)

TRAINING VENUES

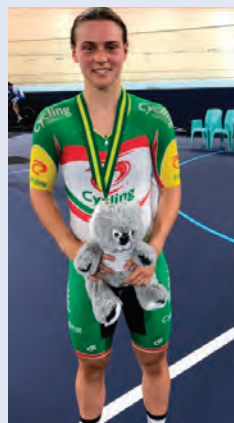
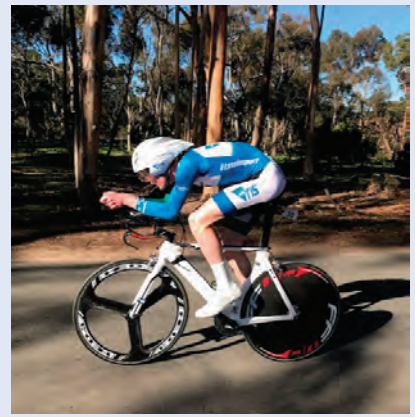
Silverdome Complex track, Prospect

SPONSORS

Ronde, socks and gloves
Dulux, Giant Bikes and Petuna Seafood are Associate Sponsors of the TIS Racing Team

PARTNERS

Cycling Australia
Cycling Tasmania





CYCLING ETS

The reporting period has seen a number of changes within the ETS cycling program with a number of athletes withdrawing for various reasons, plus a number of new recruits joining the program following statewide testing.

Emerging Talent scholarships were awarded to Renee Dykstra, Ryan Lawson, Sam Fox, Zachary Johnson and Anya Louw following excellent results at national events during this period. Josh Duffy and Ryan Lawson also progressed through to a full TIS scholarship.

ETS athletes who competed at national and Oceania track and road championship events throughout the year gained valuable experience, which will assist with their long-term development. A number of ETS athletes were invited to be part of the TIS Dulux Racing Team which gave them the opportunity to compete in the King Valley Tour, Tour of Tasmania, Tour of South West and Oceania Road Championships which has been invaluable to their development.

PROGRAM HIGHLIGHTS

- Progression of Josh Duffy and Ryan Lawson to a full TIS scholarship following their performances at the National Track Cycling Championships.
- Progression of Anya Louw to an Emerging Talent Scholarship following her performance at the National U19 Road Championships, Tour of South West and Tour of Tasmania.

- Progression of Zachary Johnson to an Emerging Talent Scholarship following his performance at the National U19 Road Championships

ATHLETES

Chloe Abel	Rebecca Bye
Angus Calvert	Max Cooper
Mitch Gittus	Ainsleigh Gray
Henley James-Smith	Will Sargent

ETS CYCLING COACH

Ron Bryan (to November 2016)

ETS PROGRAM COACHES

David Walker (north west)
James Watson (south)
Michael Long (south)

ATHLETE SERVICE PROVIDERS

Alanna Martin (Sports Science)
Pete Culhane (Strength and Conditioning)

TRAINING VENUES

Silverdome Complex track, Prospect

PARTNERS

Cycling Australia
Cycling Tasmania
Subaru Australia



HOCKEY

The Hockey program added to the number of TIS athletes representing Australia at the Olympic level with Tim Deavin and Eddie Ockenden selected for the 2016 Olympic Games in Rio.

Through this reporting period, we have strengthened our capacity to manage athlete loads including athlete education of the importance of recovery practices. Importantly, this year we have been able to improve access to physical therapies as well as ongoing access to nutritionists and sport psychologists.

The individual performance plans have become an important resource to prioritise athlete progression throughout the year.

Athletes maintain a high standard of compliance to the AMS/TISLink reporting system that now emphasises sessional monitoring adopted from Hockey Australia's (HA) protocol.

In December 2016, two athletes, Josh Beltz and Jack Welch, attended the Junior World Cup in India, which continues to demonstrate our potential to produce future national senior representatives.

We have had a number of athletes transition into national squads. We continue to support athletes who gain National Futures Squad selection, as well as identified athletes competing at National Championships.

PROGRAM HIGHLIGHTS

- Eddie Ockenden and Tim Deavin attended the 2016 Olympic Games in Rio.
- Linden McCarthy, Sam McCulloch, Annie Scutt, Gobindraj Gill, Henry Chambers and Phillida Bridley were selected as part of HA's Recognised Futures group.
- Jack Welch was part of the National U21 men's team who won gold at the Sultan Johor Cup.
- Jeremy Edwards was selected into the national senior squad.
- Jack Welch transitioned from national junior squad to development squad.
- Jeremy Edwards and Kurt Mackey were selected for the Trans-Tasman and IFOH but had to withdraw due to injuries sustained in the AHL.
- Josh Beltz and Jack Welch were part of the JWC team that finished fourth.



- Seven TIS athletes played in the Tassie Tigers Men's AHL team.
- Four TIS athletes played in the Van Demons Women's AHL team.
- Jeremy Edwards and Josh Beltz played in a four test series in Darwin with the National team in early 2017.
- Sam McCulloch finished as the leading goal scorer at the U18 Nationals with 11 goals, 9 from penalty corners, with the team finishing fourth.

INTERNATIONAL STATISTICS

Eddie Ockenden – Caps 290, Goals 67
 Tim Deavin – Caps 138, Goals 6
 Josh Beltz – Caps 19, Goals 2
 Jeremy Edwards – Caps 18, Goals 1

NTC HEAD COACH

Andrew McDonald

ATHLETES

Benji Austin	Hayden Beltz
Josh Beltz	Tim Deavin
Jeremy Edwards	Maddy Hinton
Ryan Jones	Jemma Kenworthy
Kurt Mackey	Linden McCarthy
Sam McCulloch	Maddie Murphy
Eddie Ockenden	Jayden Pearson
Ruby-Rose Haywood	Annie Scutt
Amelia Spence	Jack Welch
Eliza Westland	

ATHLETE SERVICE PROVIDERS

Annabelle Anderson (Physical Preparation)
 Ben Scarlett (Sports Science)
 Stewart Pither (Personal Excellence)
 Juliana Lisboa (Nutrition)
 Emma Harris / Lydia Black (Sport Psychology)

TRAINING VENUE

Tasmanian Hockey Centre, New Town
 Launceston Hockey Centre, St Leonards

PARTNERS

Hockey Tasmania
 Hockey Australia



HOCKEY ETS

The Emerging Talent Squad (ETS) hockey program is a joint partnership between the TIS and Hockey Tasmania. Athletes participate in weekly squad and individual trainings, testing sessions, as well as tactical and holistic development sessions.

The 2016-17 reporting period was another productive period of training and competition for ETS hockey athletes. All members of the squad gained selection in Hockey Tasmania state teams.

Notable individual performances came from Linden McCarthy, Sam McCulloch and Annie Scutt at the 2016 U18 nationals and Gobindraj Gill, Henry Chambers and Phillida Bridley at the 2017 U18 nationals, which saw them selected in Hockey Australia's Recognised Futures squads.

Four athletes also had strong individual performances at the School Sport Australia (SSA) Championships, and were rewarded with selection to the SSA 2016 national teams.

At the commencement of 2017, four athletes were afforded Emerging Talent scholarships - Gobindraj Gill, Aiden Van Staden, Josh Brooks and Phillida Bridley.

During the reporting period, 39 athletes were involved with the program.

PROGRAM HIGHLIGHTS

- Sam McCulloch, Linden McCarthy and Annie Scutt transitioned to the 2017 TIS Scholarship program.
- National Recognised Futures squad selection:
 - » August 2016 – Linden McCarthy, Sam McCulloch and Annie Scutt.
 - » April 2017 – Gobindraj Gill, Henry Chambers and Phillida Bridley.

- Aiden Van Staden, Joe Murphy and Phillida Bridley were selected in School Sport Australia's 17 and under teams to tour to Europe in May 2017 and Henry Chambers was named as a shadow for the boys team.

ATHLETES

- | | |
|-------------------|-------------------|
| Ruby Bayley | Rachel Bently |
| Harvey Bessell | Ashby Bingham |
| William Boyce | Phillida Bridley |
| Joshua Brooks | Lauren Canning |
| Henry Chambers | Robbie Chapman |
| Josh Commins | Chloe Cooper |
| Evie Dalton | Ben East |
| Gobindraj Gill | Isabel Goldsmith |
| Julia Gunn | Braden Johnson |
| Romani Kenworthy | Linden McCarthy |
| Sam McCulloch | Joe Murphy |
| Camille O'Connor | Nellie Paynter |
| Raeleigh Phillips | Sam Porteus-Smith |
| Annabelle Scutt | Isabelle Sharman |
| Oliver Smith | Laura Spandler |
| Livinia Sproule | Aiden Van Staden |
| Ewan Vickery | Georgia Williams |
| Emily Withington | Tyler Wolfe |
| Lucy Wootton | Stephanie Wylie |
| Thomas Wylie | |

EMERGING TALENT SCHOLARSHIP HOLDERS

- | | |
|----------------|------------------|
| Josh Brooks | Phillida Bridley |
| Gobindraj Gill | Aiden Van Staden |

ETS HOCKEY COACH

Ilene Carr

REGIONAL COACH

- Craig McCarthy (north west)
Brett Withington (north)

TRAINING VENUES

Tasmanian Hockey Centre, New Town
McKenna Park Regional Hockey Centre, Burnie
St Leonards Hockey Complex, Launceston

PARTNER

Hockey Tasmania



ROWING

The TIS Rowing program operates in conjunction with Rowing Australia and Rowing Tasmania to deliver world class coaching, competition and training facilities for Tasmanian athletes.

A major review of Rowing Australia's high performance and pathway program was conducted following the 2016 Olympic Games.

As a result of this review, Rowing Australia's long-term high performance plan "Campaign Number One" was developed and introduced transformational changes to the high performance model to provide Australian rowers with the best opportunity for success.

To align with Rowing Australia's high performance plan, the TIS rowing program went through a number of changes during 2016-17. From 1 January 2017, the TIS NTC Rowing Program and ETS Rowing Program were amalgamated under the banner of the Tasmanian Rowing Pathway Program.

The Tasmanian Rowing Pathway Program model allows the TIS to support Tasmanian rowing athletes at three levels. The entry level of support within the program is the Talent Squad with the top ranked athletes within this squad being offered a higher level of support through the Emerging Talent Scholarship program. The TIS rowing program high performance scholarship athletes receive the top level of support through the program.

PROGRAM HIGHLIGHTS

- Kerry Hore and Meaghan Volker represented Australia at the 2016 Olympic Games.
- Henry Youl won a bronze medal in the men's coxed four at the 2016 world U23 championships.
- Georgia Nesbitt finished in ninth place in the women's lightweight single scull at the 2016 world rowing championships.



ATHLETES

- | | |
|-------------------|-----------------|
| Matthew Byrne | Alistair Chong |
| Ella Flecker | Alister Foot |
| Sarah Hawe | Kerry Hore |
| Eleni Kalimnios | Max McQueeney |
| Wilson Mure | Georgia Nesbitt |
| Alec Paterson | Nicholas Silcox |
| Blair Tunevitsch | Meaghan Volker |
| Sam Volker | Sara Waitzer |
| Taylor Wilczynski | Ciona Wilson |
| Henry Youl | |

EMERGING TALENT SCHOLARSHIP HOLDERS

- | | |
|-----------------|--------------------|
| Jack Barrett | Caitlin Bloomfield |
| Nick Cash | Oliver Marsden |
| Angus McGlashan | Conner Ryan |
| Joseph Wilson | Jared Weisse |



TALENT SQUAD

- | | |
|------------------|------------------------|
| Amy Bain | Rebecca Bye |
| Amelia Chilcott | Lars Gillingham |
| Nathaniel Graham | Kate Hall |
| Katie King | Chris McGuinness-Terry |
| Lucy Southcott | Lucas Wigston |

HEAD ROWING COACH

Brett Crow

TIS ETS COACH

Anthony Edwards (to August 2016)

ROWING PERFORMANCE COORDINATOR

Brendan Long





SUPPORT COACHES

John Driessen
 Paul Newbon
 Neil Stump
 Ron Woods (ETS regional support coach)
 Grant Pryor (Rowing Australia, State Talent Pathways Coordinator)

ATHLETE SERVICE PROVIDERS

Stewart Pither (Personal Excellence)
 John Gregory (Sports Science / Biomechanics)
 Pete Culhane (Physical Preparation)
 Mitch Bootes (Physical Preparation)
 Kellie Wilkie (Physiotherapy)

TRAINING CENTRES

Derwent River (from New Town Bay facility)
 Huon River (Huron Rowing Club)
 Tamar River (North Esk Rowing Club and Tamar Rowing Club)
 Lake Barrington International Regatta Centre

SPONSORS

Motors
 Wintech Racing

PARTNERS

Rowing Australia
 Rowing Tasmania



CANOE SLALOM

The TIS Canoe Slalom Elite Development Program is a three-way partnership between the TIS, Australian Canoeing and Canoe Tasmania.

TIS canoe slalom athletes are provided with world class training environments throughout Tasmania, along with a range of expert TIS services including coaching, physiological testing, strength and conditioning, sports nutrition, sport psychology and personal excellence services. The aim of the TIS canoe slalom program is to assist Tasmanian canoe athletes to progress along the Australian canoe high performance pathway.

The program is overseen by coordinator Peter Eckhardt.

PROGRAM HIGHLIGHTS

- Daniel Watkins finished fifth in the K1 at the 2016 U23 Canoe Slalom Championships.
- Daniel Watkins and Kate Eckhardt selected to compete in the 2017 U23 and senior canoe slalom world championships.

ATHLETES

Kieren Black
 Jake Hodkinson
 David Knox

Kate Eckhardt
 Daniel Watkins

KEY PARTNERS

Canoe Tasmania
 Australian Canoeing



NETBALL

The TIS netball program is a three way partnership between the TIS, Netball Tasmania and Netball Australia.

The program is overseen by satellite coaches Julie Hoornweg (until 31 December 2016) and Joanne Macdermid (from 1 January 2017) with assistance from regional coaches covering Tasmania.

The TIS netball program offers Tasmanian elite netball athletes the opportunity to further develop their skills as they progress along Netball Australia's high performance pathway. The TIS netball scholarship holders are provided with a range of expert services including coaching, physiological testing, strength and conditioning, sports nutrition, sport psychology and personal excellence services.

PROGRAM HIGHLIGHTS

- The 19 and under netball nationals were held in Canberra, ACT during April. An outstanding performance from Lauren Mills was rewarded by her selection into the Australian 19 and under training squad.
- The 19 and under Tasmanian team for the national championships included TIS athletes Shelby Miller, Lauren Mills, Emma Johns, Hannah Lee, Alexandra Vinen, Jamie Symonds and Kaitlin Petrie, finishing seventh in the competition.

ATHLETES

Emma Johns
Shelby Miller
Kaitlin Petrie
Alexandra Vinen

Hannah Lee
Lauren Mills
Jamie Symons

COACHES

Julie Hoornweg (to December 2016)
Joanne Macdermid (commenced January 2017)
Lou Carter
Dannie Carstens
Ebony Charlesworth
Jon Fletcher

KEY PARTNERS

Netball Tasmania
Netball Australia



SAILING

The TIS sailing program is a three way partnership between the TIS, Australian Sailing (incorporating Yachting Tasmania) and the Royal Yacht Club of Tasmania.

The program is overseen by program coach Richard Scarr.

TIS sailing athletes are provided with a training environment on the Derwent River in Hobart along with a range of expert TIS services including

coaching, physiological testing, strength and conditioning, sports nutrition, sport psychology and personal excellence services. The aim of the TIS sailing program is to assist Tasmanian sailing athletes to progress into the Australian Sailing Team.

PROGRAM HIGHLIGHTS

- Matt Bugg won a silver medal at the 2016 Paralympic Games.
- Matt Bugg won a silver medal in the 2.4mR multi class discipline at the 2017 world championships.



ATHLETES

Matthew Bugg
 Jock Calvert
 Amelia Catt
 Chloe Fisher
 Jasmin Galbraith
 Hugo Hamilton
 Hugh Hickling
 Silas Hamilton
 Sam King
 Neil Patterson

COACH

Richard Scarr

KEY PARTNERS

Australian Sailing (incorporating Yachting Tasmania)
 Royal Yacht Club of Tasmania



INDIVIDUAL SCHOLARSHIPS

The TIS individual athlete program assists athletes from a wide variety of sports aiming to provide Tasmanian elite athletes with the best possible opportunity to progress to the highest level in their chosen sport.

The TIS individual athlete program operates in partnership with a number of state and national sporting organisations to provide a world class daily training environment for Tasmanian elite athletes competing in sports that don't fall under the TIS NTC or EDP programs.

The TIS individual athlete program enjoyed significant success both nationally and internationally.

PROGRAM HIGHLIGHTS

- Scott Bowden (mountain bike) competed at the 2016 Olympic Games in both road and mountain bike competition.
- Jacob Templeton (para swimming) competed at the 2016 Paralympic Games.
- Two athletes competed at the senior world championships during 2016 – Jacob Birtwhistle (triathlon) and Ariarne Titmus (swimming short course).
- Ariarne Titmus won a silver and a bronze at the 2016 Junior Pan Pacific Championships.

SPORT PROGRAM COORDINATOR

Brendan Long

ATHLETES

- Jacob Birtwhistle (triathlon)
- Scott Bowden (mountain bike)
- Bailey Groves (shooting)
- Jenna Myers (weightlifting)
- Tom Norton (sprint canoe)
- Caitlin Radford (para equestrian)
- Jacob Templeton (para swimming)
- Ariarne Titmus (swimming)

Individual athlete assistance is another mechanism to support Tasmanian athletes once selected to compete for Australia at an international benchmark event. The individual athlete assistance program can also be a stepping-stone to a high performance (HP) scholarship in the individual athlete program.



TIS VALUES

TEAMWORK

- Honest and effective communication
- Empathy
- Collaborative
- Accountable

INTEGRITY

- Honest
- Ethical
- Respectful
- Transparent

EXCELLENCE

- Providing the right services – for the right athletes – at the right time
- Best practice in everything we do
- World class Daily Training Environment
- World class athletes
- Consistent and sustainable success

STRATEGIC PLAN 2012-2018

OUR VISION

THE TIS IS HIGHLY VALUED FOR ITS CONTRIBUTION TO TASMANIA'S SPORTING SUCCESS.

OUR PURPOSE

TO PROVIDE LEADERSHIP AND QUALITY HIGH PERFORMANCE SERVICES TO TASMANIA'S TALENTED ATHLETES TO ASSIST THEM TO COMPETE SUCCESSFULLY ON THE INTERNATIONAL STAGE.

OUR APPROACH

The TIS is guided by the following principles:

- Our focus is the achievement of elite performance at the highest level of international competition.
- Our support is centred around identified priority Australian sports that are successful or culturally significant to Tasmania.
- Our role is to operate in partnership with sports to assist them in the development of their athletes.
- We will uphold the community's values and standards expected of athletes as role models.

OUR GOALS

1. Provide athletes with holistic development opportunities that maximise their potential to represent Australia.
2. Provide opportunities to support the development of high performance coaching and expertise.
3. Contribute effectively to the national outcomes of the Australian high performance sports system.
4. Highly satisfied clients and stakeholders who value their relationship with the TIS.
5. Recognised for commitment to fair and ethical participation in sport.



OPERATIONAL PRINCIPLES

TIS adheres to the following principles in how we go about our business:

- Athlete focussed
- Coach led
- Performance driven
- Sport engaged

PERFORMANCE DRIVERS

The TIS operations are focussed through the following performance drivers:

- **High Quality Athletes** - identification and development.
- **High Quality Coaches** - recruitment, retention and succession.
- **High Quality Leadership** - Effective and efficient decision making and accountabilities.
- **High Quality Service Support** - providing a daily training environment that maximises identified athletes potential to achieve their performance goals.
- **Research and Innovation** - evidence based approach and apply scientific method to support strategic decision making.
- **Competition Opportunities** - providing identified athletes with competition opportunities that assist in the development of their competitive skills.

KEY RESULT AREAS

- People
- Process
- Resources

KEY PERFORMANCE INDICATORS

The Tasmanian Institute of Sport's (TIS) primary objective is to assist athletes to achieve success on the national and ultimately international stage.

RESULTS AT BENCHMARK INTERNATIONAL EVENTS

This is measured by the number of TIS athletes who achieve top eight results at benchmark international sporting events. In 2016-17 the target was 17 athletes.

A total of 22 athletes achieved top eight results at benchmark international sporting events in 2016-17, producing 42 top eight results between them.

The results include eight gold medals, six silver medals, five bronze medals and twenty-three fourth to eighth placings across a number of sports including athletics, canoe (slalom and sprint), cycling, hockey, rowing, sailing, swimming and triathlon.

NATIONAL TEAM REPRESENTATION

In addition, success is measured by the number of TIS athletes selected in national teams each year. In 2016-17, the target of 60 was narrowly missed, with 58 athletes selected in national teams.

AUSTRALIAN OLYMPIC AND PARALYMPIC TEAM REPRESENTATION

Nine TIS athletes competed for Australia at the 2016 Olympic Games - in athletics, cycling, mountain bike, hockey and rowing.

Three TIS athletes competed for Australia at the 2016 Paralympic Games - in athletics, sailing and swimming.



OLYMPIC AND PARALYMPIC ATHLETE HONOUR ROLL

The Tasmanian Institute of Sport is proud to have supported many athletes in pursuing their Olympic and Paralympic dreams. The following athletes have been supported on their journey to the Olympic and Paralympic Games.

1988 OLYMPIC GAMES – SEOUL

David Connor	Sailing
Gary Smith	Sailing
Ron Laycock	Weightlifting

1992 OLYMPIC GAMES – BARCELONA

Susan Andrews	Athletics
Simon Hollingsworth	Athletics
Gail Luke (Millar)	Athletics
Justann Crawford	Boxing
Daniel Collins	Canoe Sprint
Peter Eckhardt	Canoe Slalom
Chris Bacon	Judo
Stephen Hawkins	Rowing (Gold)

1996 OLYMPIC GAMES – ATLANTA

Simon Hollingsworth	Athletics
Kylie Risk	Athletics
Justin Boocock	Canoe Slalom
Daniel Collins	Canoe (Bronze)
Tim O'Shannasse	Cycling (Bronze)
Daniel Sproule	Hockey (Bronze)
Simon Burgess	Rowing
Scott Goodman	Swimming (Bronze)

1996 PARALYMPIC GAMES – ATLANTA

Leroi Court	Athletics (Bronze)
Paul Wiggins	Athletics
Melissa Carlton	Swimming (Gold, Silver, Bronze)

2000 OLYMPIC GAMES – SYDNEY

Daniel Geale	Boxing
Daniel Sproule	Hockey (Bronze)
Matthew Wells	Hockey (Bronze)



Darren Balmforth	Rowing (Silver)
Simon Burgess	Rowing (Silver)
Craig Walton	Triathlon

2000 PARALYMPIC GAMES – SYDNEY

Clayton Johnson	Athletics
Melissa Carlton	Swimming (Silver, Bronze)

2004 OLYMPIC GAMES – ATHENS

Matthew Wells	Hockey (Gold)
Sid Taberlay	Mountain Bike
Simon Burgess	Rowing (Silver)
Scott Brennan	Rowing
Dana Faletic	Rowing (Bronze)
Kerry Hore	Rowing (Bronze)
Brendan Long	Rowing
Cameron Wurf	Rowing
Simmone Morrow	Softball (Silver)

2008 OLYMPIC GAMES – BEIJING

Donna MacFarlane	Athletics
Hollie Grima	Basketball (Silver)
Mark Jamieson	Cycling
David Guest	Hockey (Bronze)
Edward Ockenden	Hockey (Bronze)
Matthew Wells	Hockey (Bronze)
Stephanie Grant	Judo
Sam Beltz	Rowing
Scott Brennan	Rowing (Gold)
Anthony Edwards	Rowing
Tom Gibson	Rowing
Kerry Hore	Rowing
Kate Hornsey	Rowing
Brendan Long	Rowing

2008 PARALYMPIC GAMES – BEIJING

Dominic Monypenny	Rowing
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2012 OLYMPIC GAMES – LONDON

Tristan Thomas	Athletics
Adam Gibson	Basketball
Luke Jackson	Boxing
Jackson Woods	Boxing
Amy Cure	Cycling
Matthew Goss	Cycling
Tim Deavin	Hockey (Bronze)
Eddie Ockenden	Hockey (Bronze)
Sam Beltz	Rowing
Scott Brennan	Rowing
Anthony Edwards	Rowing
Dana Faletic	Rowing
Tom Gibson	Rowing
Kerry Hore	Rowing
Kate Hornsey	Rowing (Silver)



2012 PARALYMPIC GAMES – LONDON

Todd Hodgetts	Athletics (Gold)
Matt Bugg	Sailing

2016 OLYMPIC GAMES – RIO

Hamish Peacock	Athletics
Georgia Baker	Cycling
Amy Cure	Cycling
Richie Porte	Hockey
Tim Deavin	Hockey
Eddie Ockenden	Hockey
Scott Bowden	Mountain Bike/Cycling
Kerry Hore	Rowing
Meaghan Volker	Rowing

2016 PARALYMPIC GAMES – RIO

Deon Kenzie	Athletics (Silver)
Matt Bugg	Sailing (Silver)
Jacob Templeton	Swimming



COMMONWEALTH ATHLETE HONOUR ROLL

The Tasmanian Institute of Sport is also proud to have supported many athletes in pursuing their Commonwealth dreams. The following athletes have been supported on their journey to the Commonwealth Games.

1990 COMMONWEALTH GAMES – AUCKLAND

Ron Laycock	Weightlifting (Gold x 2, Bronze)
Susan Andrews	Athletics (Silver)
Chris Bacon	Judo (Bronze)
Gail Luke (Millar)	Athletics

1994 COMMONWEALTH GAMES – CANADA

Tim O'Shannessey	Cycling (Gold, Bronze)
Melissa Carlton	Swimming (Gold)
Paul Wiggins	Athletics (Bronze)
Andrea Hughes	Athletics
Brendan Hanigan	Athletics
Simon Hollingsworth	Athletics
Aaron Everett	Boxing
Justann Crawford	Boxing

1998 COMMONWEALTH GAMES – KUALA LUMPUR

Susan Andrews	Athletics (Gold)
Bianca Langham	Hockey (Gold)
Daniel Sproule	Hockey (Gold)
Kylie Risk	Athletics (Silver)
Mandy Giblin	Athletics

2002 COMMONWEALTH GAMES – MANCHESTER

Daniel Geale	Boxing (Gold)
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Matthew Wells	Hockey (Gold)
Bianca Langham	Hockey (Bronze)
Natasha Hardy	Karate (Bronze)
Chantal Castledine	Judo

2006 COMMONWEALTH GAMES – MELBOURNE

Matthew Wells	Hockey (Gold)
Kim Walker	Hockey (Gold)
Hollie Grima	Basketball (Gold)
Matthew Goss	Cycling (Silver)
Mark Jamieson	Cycling (Silver)
Donna MacFarlane	Athletics (Bronze)
Luke Jackson	Boxing (Bronze)
Tristan Thomas	Athletics
Sid Taberlay	Cycling – Mountain Bike

2010 COMMONWEALTH GAMES – DELHI

Eddie Ockenden	Hockey (Gold)
Clint Freeman	Archery
Luke Jackson	Boxing
Luke Woods	Boxing
Belinda Goss	Cycling
Aaron Frankcomb	Squash
Jenna Myers	Weightlifting

2014 COMMONWEALTH GAMES – GLASGOW

Eddie Ockenden	Hockey (Gold)
Amy Cure	Cycling (Silver, Bronze)
Hamish Peacock	Athletics (Bronze)
Huw Peacock	Athletics
Nick Cooney	Boxing
Jackson Woods	Boxing
Jenna Myers	Weightlifting



TIS CHAMPIONS CLUB MEMBERS

Darren Balmforth	Rowing
Sam Beltz	Rowing
Justin Boocock	Canoe Slalom
Scott Brennan OAM	Rowing
Simon Burgess	Rowing
Melissa Carlton	Swimming
Daniel Collins	Kayak
Anthony Edwards	Rowing
Dana Faletic	Rowing
Hollie Grima	Basketball
Belinda Goss	Cycling
David Guest	Hockey
Stephen Hawkins	Rowing
Kate Hornsey	Rowing
Bianca Langham	Hockey
Nick Rogers	Yachting
Daniel Sproule	Hockey
Matthew Wells	Hockey
Paul Wiggins	Athletics

CHAMPIONS CLUB

TIS athletes make a significant contribution to the development of elite sport in Tasmania through their performances and interaction with various levels of the sporting and general community.

The TIS consider it appropriate that exceptional athletes that have made an outstanding contribution to the TIS and consistently achieved at the highest level of their sport, be publicly recognised by the TIS at the completion of their international sporting career.

The TIS Champions Club was established to recognise these exceptional athletes, with the first Champions Club inductions taking place in 2006. To qualify for membership, athletes are assessed against a criteria based on their involvement with the TIS, their conduct and their performance.

Once inducted, athletes are invited to all TIS functions and their attendance at these events is acknowledged. These athletes hold the honour of life-long recognition of their contribution to the TIS and serve as role models for current athletes.



ATHLETE OF THE YEAR

The Southern Cross Television Tasmanian Athlete of the Year recognises outstanding performance based on the athlete's performance at international level, their contribution to their sport and to the Tasmanian sporting community.

1994	Daniel Collins	Canoe – Sprint	2002	Mark Jamieson	Cycling
1995	Nick Rogers	Sailing	2003	Dana Faletic	Rowing
1996	Daniel Sproule	Hockey		Kerry Hore	Rowing
1997	Simon Burgess	Rowing	2004	Matthew Wells	Hockey
1998	Bianca Langham	Hockey	2005	Kate Hornsey	Rowing
1999	Simon Burgess	Rowing	2006	Hanny Allston	Orienteering
	Darren Balmforth	Rowing	2007	Ricky Ponting	Cricket
2000	Simon Burgess	Rowing	2008	Scott Brennan	Rowing
	Darren Balmforth	Rowing	2009	Amy Cure	Cycling
2001	Matthew Wells	Hockey	2010	Eddie Ockenden	Hockey
			2011	Matthew Goss	Cycling
			2012	Daniel Geale	Boxing
			2013	Richie Porte	Cycling
			2014	Eddie Ockenden	Hockey
			2015	Amy Cure	Cycling
			2016	Matthew Bugg	Sailing (para)

