

Edition 69 - August 2021

Tokyo 2020 Olympic Games Tasmanian Athlete Results

An Olympic Games like no other! Delayed by a year, performances in front of empty stadiums and strict COVID measures at competition venues and in the village. Tasmanian athletes competed in the strangest of circumstances, putting up performances they can all be proud of.

When it came down to the business of competing, our athletes showed what healthy competition, elite human performance and graciousness (in victory and defeat) look like. One of the hashtags used at the Olympics was #StrongerTogether. Tasmanian athletes – as did the whole Australian Team - epitomised stronger together and formed part of one of the most successful Australian Olympic teams ever.

17 Gold, 7 Silver and 22 Bronze.

Congratulations to all Tasmanian athletes - for the perseverance and work to firstly get to the Olympics, and then - for their performances!

Eddie Ockenden and Josh Beltz - Hockey

Silver

Dan Watkins - Canoe C1

C1 Final placing 9th

Jacob Birtwhistle – Triathlon

Men's Triathlon final placing 16th
Mixed Team Relay placing 9th

Sarah Hawe – Rowing

Women's Eight Final placing 5th in the A final

Georgie Baker – Cycling

Team Pursuit final placing 5th
Madison placing 7th

Stewart McSweyn – Athletics

Final placing 5th

Ariarne Titmus - Swimming

Gold – 200m and 400m Freestyle
Silver – 800m Freestyle
Bronze – 200m Freestyle relay

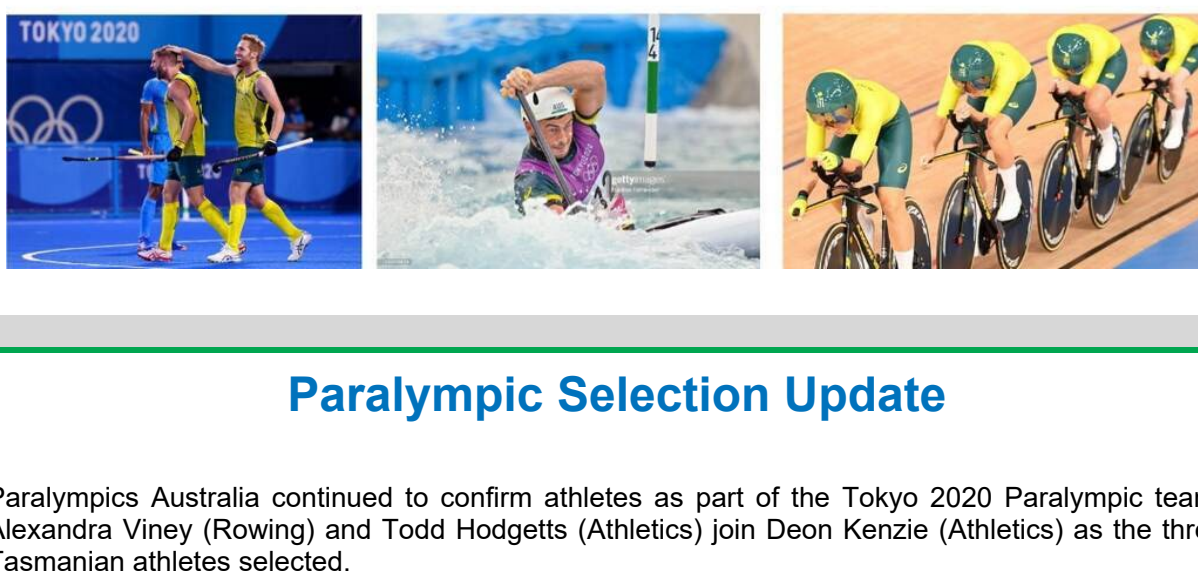
Nathaniel Atkinson – Men's Football

Final placing 12th

Richie Porte – Cycling

Road Race - Final placing 48th
Individual Time Trial – Final placing 27th

Photo credit: Getty Images, Petr David Josek, Adam Head, Tommy Zaferes, Alamy, Silvia Izquierdo



Paralympic Selection Update

Paralympics Australia continued to confirm athletes as part of the Tokyo 2020 Paralympic team. Alexandra Viney (Rowing) and Todd Hodgetts (Athletics) join Deon Kenzie (Athletics) as the three Tasmanian athletes selected.

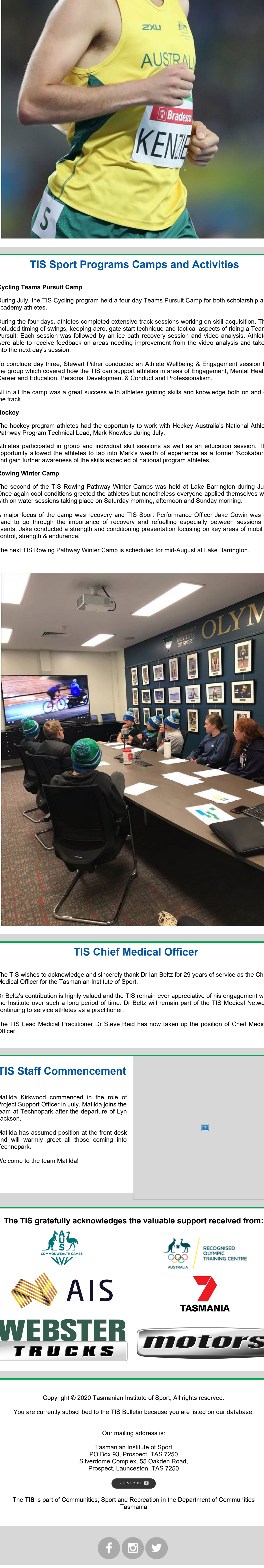
Alexandra will make her debut in the mixed coxed four event.

Todd will participate in his third Paralympics competing in the shotput. He will be looking to add to the gold he won in London and the bronze he won at Rio.

Deon will compete at his second Paralympic games and will be looking to improve on the silver medal that he won in the 1500m at Rio.

The TIS wishes all three athletes the best of luck, the Paralympic Games commence August 24 2021

Image: Deon competing at the 2016 Rio Paralympics



TIS Sport Programs Camps and Activities

Cycling Teams Pursuit Camp

During July, the TIS Cycling program held a four day Teams Pursuit Camp for both scholarship and academy athletes.

During the four days, athletes completed extensive track sessions working on skill acquisition. This included timing of swings, keeping aero, gate start technique and tactical aspects of riding a Teams Pursuit. Each session was followed by an ice bath recovery session and video analysis. Athletes were able to receive feedback on areas needing improvement from the video analysis and take it into the next day's session.

To conclude day three, Stewart Pither conducted an Athlete Wellbeing & Engagement session for the group which covered how the TIS can support athletes in areas of Engagement, Mental Health, Career and Education, Personal Development & Conduct and Professionalism.

All in all the camp was a great success with athletes gaining skills and knowledge both on and off the track.

Hockey

The hockey program athletes had the opportunity to work with Hockey Australia's National Athlete Pathway Program Technical Lead, Mark Knowles during July.

Athletes participated in group and individual skill sessions as well as an education session. The opportunity allowed the athletes to tap into Mark's wealth of experience as a former 'Kookaburra' and gain further awareness of the skills expected of national program athletes.

Rowing Winter Camp

The second of the TIS Rowing Pathway Winter Camps was held at Lake Barrington during July. Once again cool conditions greeted the athletes but nonetheless everyone applied themselves well with on water sessions taking place on Saturday morning, afternoon and Sunday morning.

A major focus of the camp was recovery and TIS Sport Performance Officer Jake Cowin was on hand to go through the importance of recovery and refuelling especially between sessions or events. Jake conducted a strength and conditioning presentation focusing on key areas of mobility, control, strength & endurance.

The next TIS Rowing Pathway Winter Camp is scheduled for mid-August at Lake Barrington.



TIS Chief Medical Officer

The TIS wishes to acknowledge and sincerely thank Dr Ian Beltz for 29 years of service as the Chief Medical Officer for the Tasmanian Institute of Sport.

Dr Beltz's contribution is highly valued and the TIS remain ever appreciative of his engagement with the Institute over such a long period of time. Dr Beltz will remain part of the TIS Medical Network continuing to service athletes as a practitioner.

The TIS Lead Medical Practitioner Dr Steve Reid has now taken up the position of Chief Medical Officer.

TIS Staff Commencement

Matilda Kirkwood commenced in the role of Project Support Officer in July. Matilda joins the team at Technopark after the departure of Lyn Jackson.

Matilda has assumed position at the front desk and will warmly greet all those coming into Technopark.

Welcome to the team Matilda!

The TIS gratefully acknowledges the valuable support received from:

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