

Edition 70 - September 2021

Tokyo 2020 Paralympic Games Tasmanian Athlete Results

Like the Olympics the Paralympic games were conducted in front of empty stadiums with strict COVID measures at competition venues and in the village. In unprecedented conditions Tasmanian athletes competed with courage, putting up performances they can all be proud of.

The Australian Paralympic Team's probably most successful campaign yet considering the conditions, is one that Tasmanian athletes will forever remember for the challenging circumstances but perhaps more so for the dedication of the Japanese people to deliver a safe and successful games.

Congratulations to Deon, Todd and Alexandra - for the perseverance and work to firstly get to the Paralympics, and then - for your performances!

The Australian Paralympic Team's final medal tally - 21 Gold, 29 Silver and 30 Bronze.

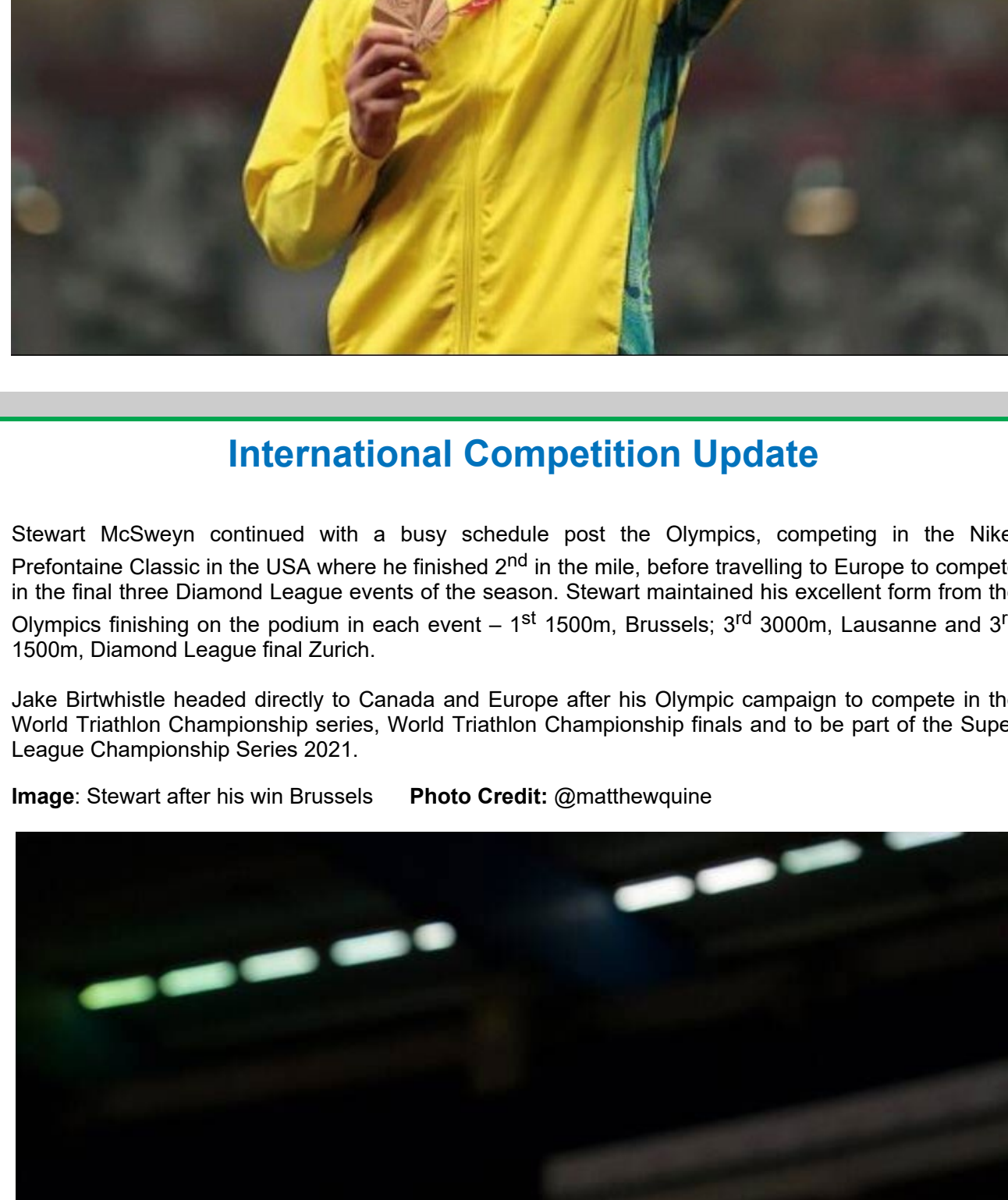
A special mention also to TIS Performance Nutrition Consultant Gaye Rutherford who supported our Paralympians as a member of the AUS Paralympic Nutrition Team.

Deon Kenzie - Athletics
Bronze

Todd Hodgetts - Athletics
DNS - did not start

Alexandra Viney - Rowing
Fourth

Image: Deon on the podium in Tokyo

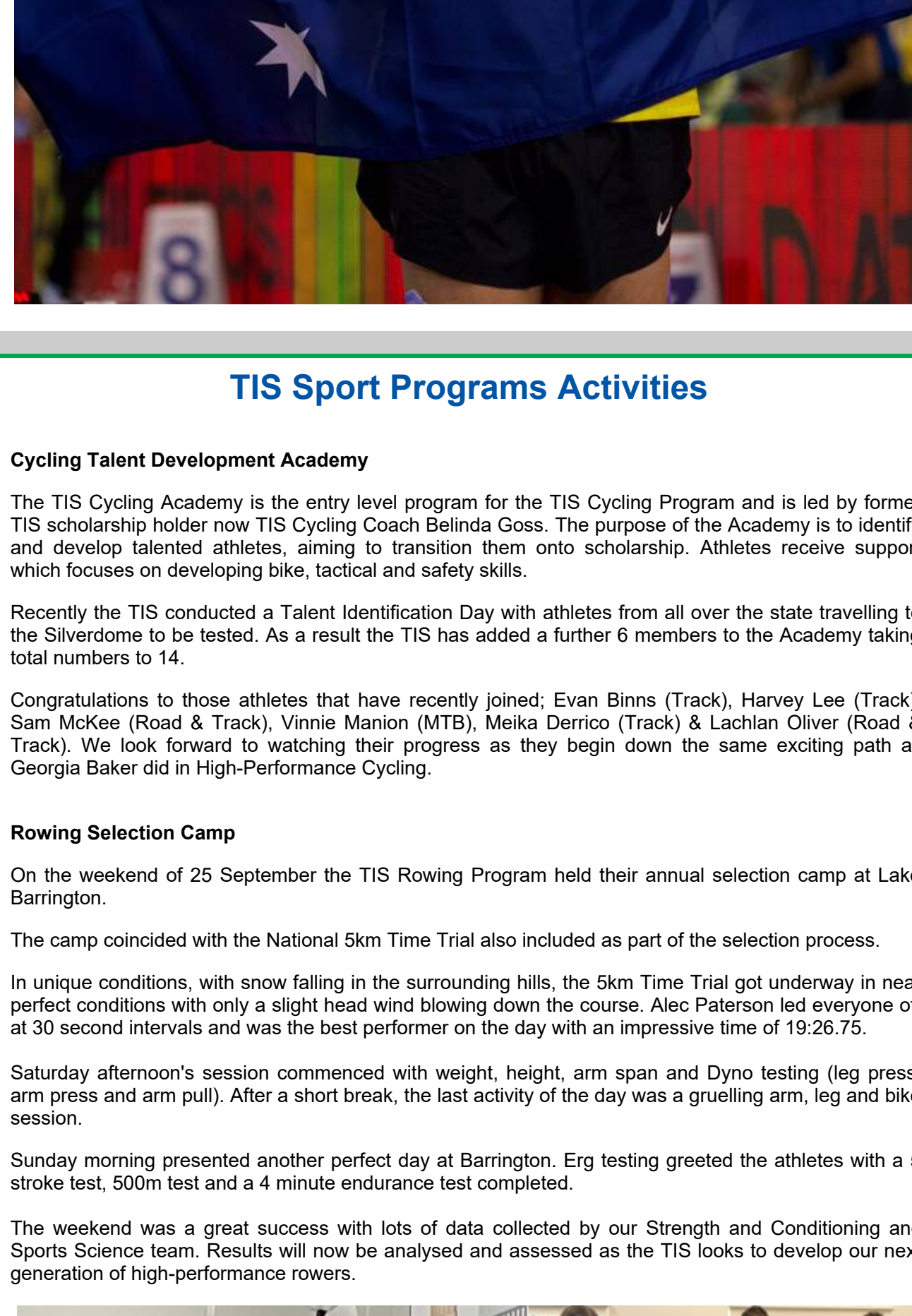


International Competition Update

Stewart McSweyn continued with a busy schedule post the Olympics, competing in the Nike, Prefontaine Classic in the USA where he finished 2nd in the mile, before travelling to Europe to compete in the final three Diamond League events of the season. Stewart maintained his excellent form from the Olympics finishing on the podium in each event - 1st 1500m, Brussels; 3rd 3000m, Lausanne and 3rd 1500m, Diamond League final Zurich.

Jake Birtwhistle headed directly to Canada and Europe after his Olympic campaign to compete in the World Triathlon Championship series, World Triathlon Championship finals and to be part of the Super League Championship Series 2021.

Image: Stewart after his win Brussels Photo Credit: @matthewquine



TIS Sport Programs Activities

Cycling Talent Development Academy

The TIS Cycling Academy is the entry level program for the TIS Cycling Program and is led by former TIS scholarship holder now TIS Cycling Coach Belinda Goss. The purpose of the Academy is to identify and develop talented athletes, aiming to transition them onto scholarship. Athletes receive support which focuses on developing bike, tactical and safety skills.

Recently the TIS conducted a Talent Identification Day with athletes from all over the state travelling to the Silverdome to be tested. As a result the TIS has added a further 6 members to the Academy taking total numbers to 14.

Congratulations to those athletes that have recently joined; Evan Binns (Track), Harvey Lee (Track), Sam McKee (Road & Track), Vinnie Manion (MTB), Meika Derrico (Track) & Lachlan Oliver (Road & Track). We look forward to watching their progress as they begin down the same exciting path as Georgia Baker did in High-Performance Cycling.

Rowing Selection Camp

On the weekend of 25 September the TIS Rowing Program held their annual selection camp at Lake Barrington.

The camp coincided with the National 5km Time Trial also included as part of the selection process.

In unique conditions, with snow falling in the surrounding hills, the 5km Time Trial got underway in near perfect conditions with only a slight head wind blowing down the course. Alec Paterson led everyone off at 30 second intervals and was the best performer on the day with an impressive time of 19:26.75.

Saturday afternoon's session commenced with weight, height, arm span and Dyno testing (leg press, arm press and arm pull). After a short break, the last activity of the day was a gruelling arm, leg and bike session.

Sunday morning presented another perfect day at Barrington. Erg testing greeted the athletes with a 5 stroke test, 500m test and a 4 minute endurance test completed.

The weekend was a great success with lots of data collected by our Strength and Conditioning and Sports Science team. Results will now be analysed and assessed as the TIS looks to develop our next generation of high-performance rowers.



TIS Sport Medicine Network

The TIS Sports Medicine Network held its inaugural education day, in Campbelltown on Friday 27 August. The day covered a number of topics relevant to athlete treatment, Sports Integrity Australia, nutrition, psychology, our overall athlete referral network and TISLink.

The day was coordinated by Dr Steve Reid (TIS Chief Medical Officer), Kellie Wilkie (Lead Physiotherapy Coordinator) and Lydia Black (Psychology Lead). It was a fantastic opportunity for networking and continuing the proactive approach to TIS Athlete Performance Health by our many service providers in varied fields. Thank you to all presenters and attendees.



TIS Staff Update

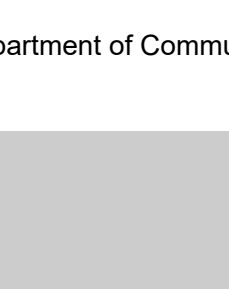
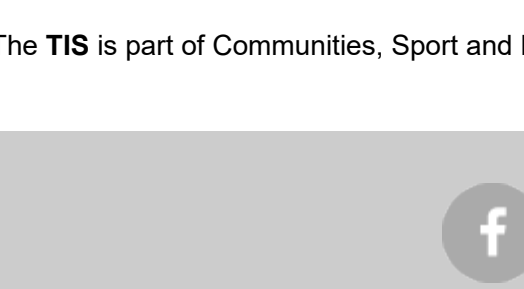
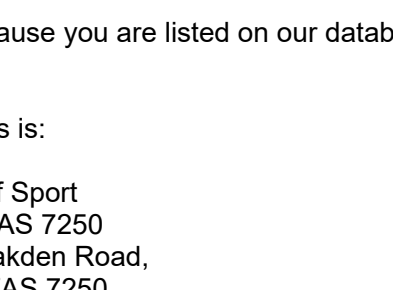
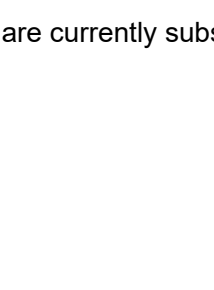
We extend a warm welcome to Tim Strapp who has started in the role of Head Hockey Coach for the National Athlete Pathway Program, Tasmania.

Tim comes to the TIS from Victoria where he has spent the last eight years working in the Victorian hockey pathway having had coaching roles at Hockey Victoria and the Victorian Institute of Sport.

Welcome to #TeamTIS Tim!



The TIS gratefully acknowledges the valuable support received from:



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The TIS is part of Communities, Sport and Recreation in the Department of Communities Tasmania

