

## Women in Sport Coaching Scholarship

The TIS in partnership with Womensport and Recreation Tasmania support two Women in Sport Coaching Scholarships. Current recipients are Amanda Punch (swimming) and Dannie Carstens (Netball). The scholarship's purpose is to provide women with quality coach development and learning opportunities to support their progression.

Recently Amanda, received the Swimming Tasmania Margaret Neal Award for 2020/21 Coach of the Year. The Margaret Neal Trophy is awarded not only on the basis of the coach's overall program, but takes into account:

- participation in; Swimming Tasmania's development program
- respect for the rules and the officials who enforce the rules
- commitment to improving and achieving; and
- promotion of the sport of swimming in Tasmania

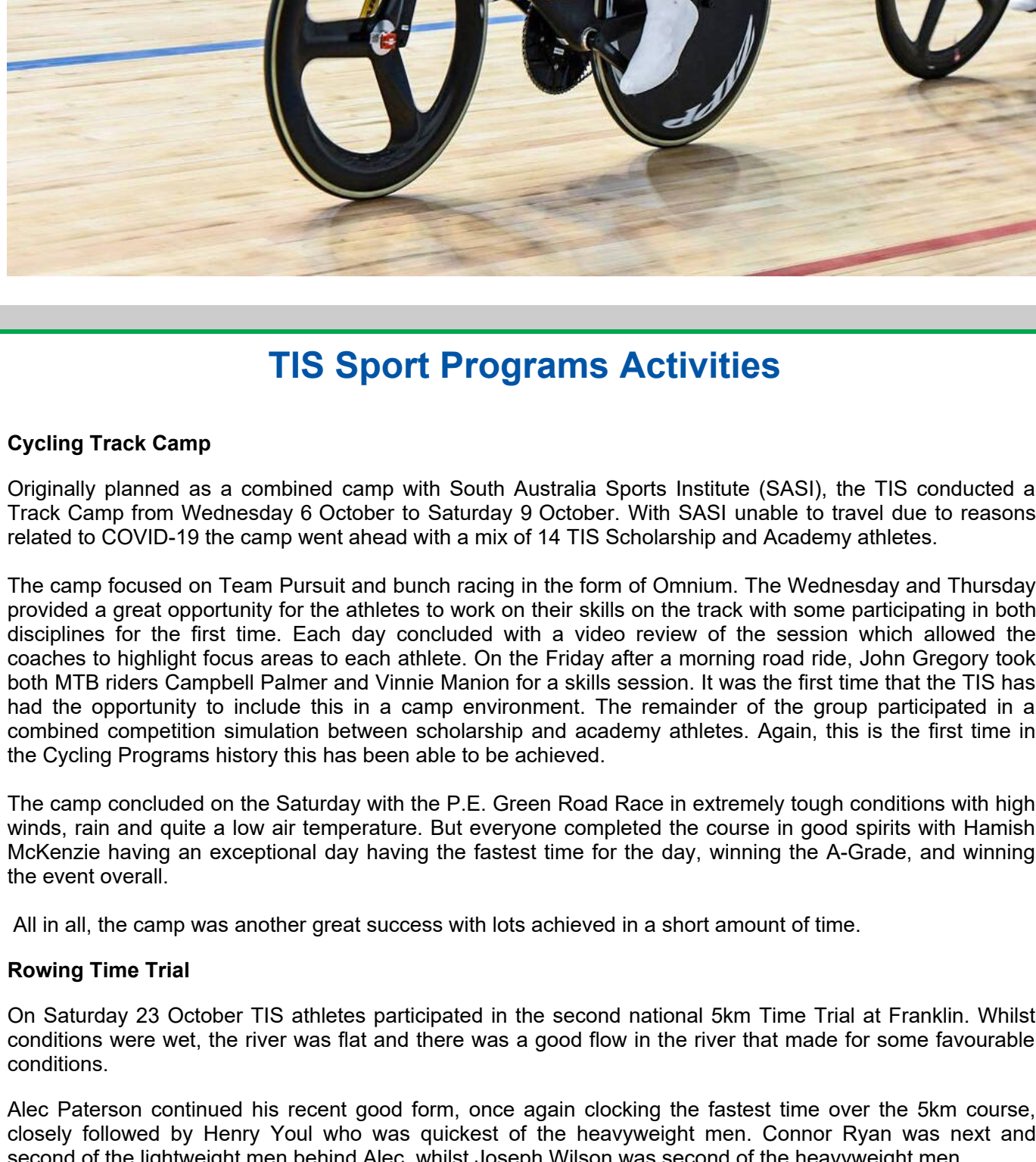
Congratulations Amanda.

The 2021-2022 Women in Sport Coaching scholarship application process is now open and closing 21 November. Application forms can be found at [www.tis.tas.gov.au/news\\_items/WCS-applicationsopen/](http://www.tis.tas.gov.au/news_items/WCS-applicationsopen/)

## International Competition Update

The 2021 UCI Track World Championships were held during October in Roubaix, France. AusCycling's team comprised of five athletes, including Georgia Baker. Georgia partnered with Alex Manly to ride in the Women's Madison finishing 6th. Congratulations Georgia.

Photo Credit: AusCycling



## TIS Sport Programs Activities

### Cycling Track Camp

Originally planned as a combined camp with South Australia Sports Institute (SASI), the TIS conducted a Track Camp from Wednesday 6 October to Saturday 9 October. With SASI unable to travel due to reasons related to COVID-19 the camp went ahead with a mix of 14 TIS Scholarship and Academy athletes.

The camp focused on Team Pursuit and bunch racing in the form of Omnium. The Wednesday and Thursday provided a great opportunity for the athletes to work on their skills on the track with some participating in both disciplines for the first time. Each day concluded with a video review of the session which allowed the coaches to highlight focus areas to each athlete. On the Friday after a morning road ride, John Gregory took both MTB riders Campbell Palmer and Vinnie Manion for a skills session. It was the first time that the TIS has had the opportunity to include this in a camp environment. The remainder of the group participated in a combined competition simulation between scholarship and academy athletes. Again, this is the first time in the Cycling Programs history this has been able to be achieved.

The camp concluded on the Saturday with the P.E. Green Road Race in extremely tough conditions with high winds, rain and quite a low air temperature. But everyone completed the course in good spirits with Hamish McKenzie having an exceptional day having the fastest time for the day, winning the A-Grade, and winning the event overall.

All in all, the camp was another great success with lots achieved in a short amount of time.

### Rowing Time Trial

On Saturday 23 October TIS athletes participated in the second national 5km Time Trial at Franklin. Whilst conditions were wet, the river was flat and there was a good flow in the river that made for some favourable conditions. Alec Paterson continued his recent good form, once again clocking the fastest time over the 5km course, closely followed by Henry Youl who was quickest of the heavyweight men. Connor Ryan was next and second of the lightweight men behind Alec, whilst Joseph Wilson was second of the heavyweight men.

In the lightweight women's it was Eve Mure who posted the quickest time just pipping Georgia Nesbitt. In the heavyweight women Sarah Ashlin finished just in front of Molly McCausland. In the pairs it was Sophie Robinson and Kate Oliver that performed well to clock the quickest time.

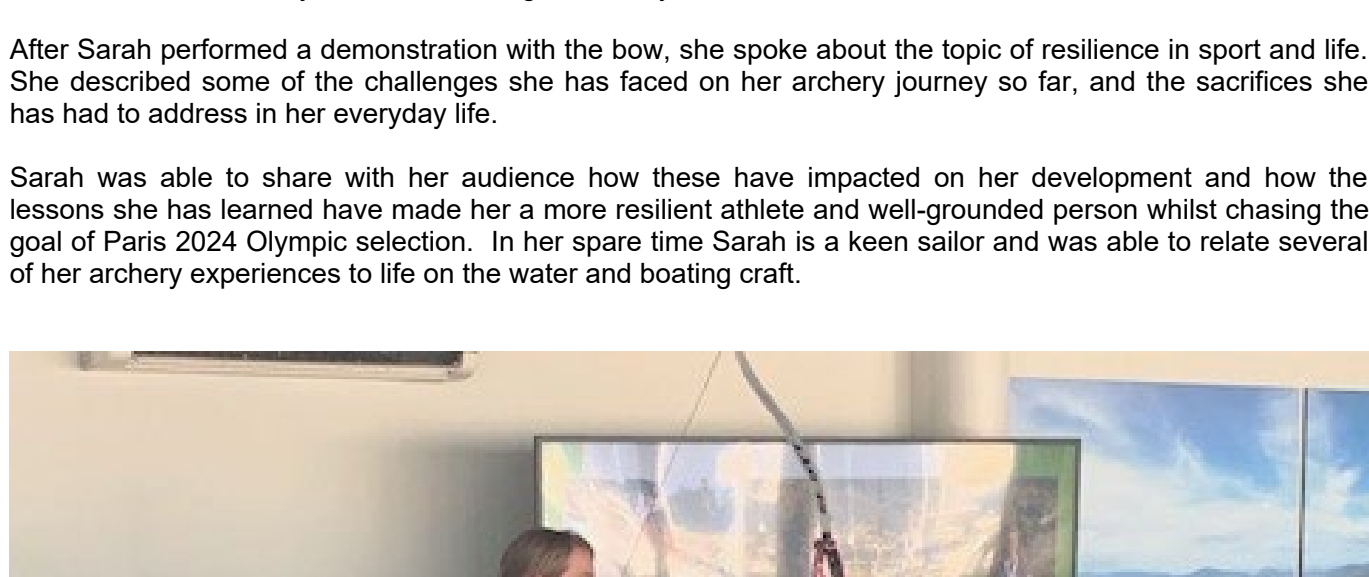
The 5km Time Trial coincided with the first State Regatta for the season which unfortunately had to be cancelled on Sunday due to the wild weather that crossed the state. The next national 5km time trial is due later in November.

### Hockey Program Mini Series

During October, the TIS hockey program welcomed male and female athletes from the South Australian Sports Institute (SASI), Western Australian Institute of Sport (WAIS) and Queensland Academy of Sport (QAS) to Hobart to compete in a mini-series. The mini-series provided an opportunity for these athletes to compete at a level they have been denied for the past two years due to COVID-19.

The aim of the mini-series was for athletes to participate in match play and test themselves against nationally identified athletes. The last two years athletes have spent a significant period just training, this occasion presented a fantastic opportunity for these athletes to put their skills to action at a higher level and under increased pressure. The opportunity also provided the chance for coaches to assess each athlete on their rate of development.

Match play occurred through a tri-team series; QAS, Tasmanian Tigers, and a SASI/WAIS/TIS composite team. The level of competition across the series was evenly matched with close results. The mini-series proved to be a valuable experience and therefore similar opportunities will be considered as part of future planning.



## WBBL Team Support

In support of the opening phase of the Women's Big Bash League 07 season being based in Tasmania the TIS opened its Strength and Conditioning facilities in Hobart and Launceston to visiting interstate and local teams. Athletes utilised the facilities to maintain their fitness, continue rehabilitation and implement recovery strategies in between games. Teams utilising the facilities included the Hobart Hurricanes, Perth Scorchers, Sydney Sixers and the Melbourne Stars and Renegades for fourteen sessions over 10 days.

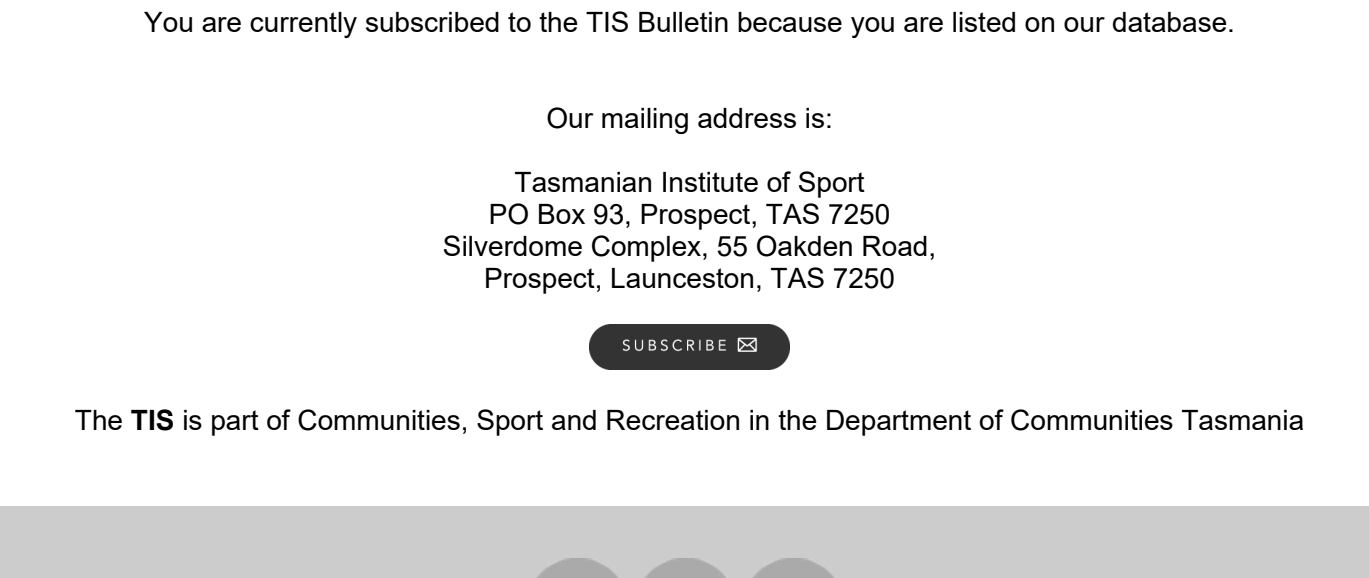


## Athletes in the Community

Recently TIS archery athlete and 2021 Australian Open Archery Champion, Sarah Haywood gave a presentation to an enthusiastic group of young sailors who were participating in the Youth Sail Tas camp conducted in October by Australian Sailing at the Royal Yacht Club of Tasmania.

After Sarah performed a demonstration with the bow, she spoke about the topic of resilience in sport and life. She described some of the challenges she has faced on her archery journey so far, and the sacrifices she has had to address in her everyday life.

Sarah was able to share with her audience how these have impacted on her development and how the lessons she has learned have made her a more resilient athlete and well-grounded person whilst chasing the goal of Paris 2024 Olympic selection. In her spare time Sarah is a keen sailor and was able to relate several of her archery experiences to life on the water and boating craft.



## Upcoming Events

The Tasmanian Athlete of the Year and Tasmanian Sporting Hall of Fame event will be occur on Thursday 9 December. This year's award will cover performances recorded during the two year period between November 2019 and October 2021, due to the impact of COVID 19 on international sporting competitions.

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

