

## Edition 72 - December 2021

### Tasmanian Athlete of The Year 2020-2021

Thursday 9 December, saw the Tasmanian Institute of Sport along with Seven Tasmania, host the annual Tasmanian Athlete of the Year award along with the Tasmanian Sporting Hall of Fame inductions at a joint cocktail function. This award recognises outstanding performances at the international level of Tasmanian Athletes.

Athletes were judged on their performances during the two year period November 2019 – October 2021 as the award was not held in 2020 as there was a lack of international competition due to COVID-19.

The finalists included:

- Josh Beltz (Hockey)
- Deon Kenzie (Athletics)
- Stewart McSweyn (Athletics)
- Eddie Ockenden (Hockey)
- Richie Porte (Cycling)
- Ariarne Titmus (Swimming)

Tasmanian Premier Peter Gutwein MP, announced Ariarne Titmus as the 2020-2021 Tasmanian Athlete of the Year.

Ariarne, had an outstanding year, becoming the first Tasmanian to win an individual gold medal at the 2020 Tokyo Olympics. Ariarne's achievements for the judging period included:

- Gold 400 metre freestyle – Australian Commonwealth Record
- Gold 200 metre freestyle – Olympic Record performance
- Silver 800 metre freestyle – Australian Commonwealth record
- Bronze 4 x 200 metre freestyle relay

Ariarne said, "I am a proud Tasmanian and I still believe Launceston is my home town. I felt the support of the state immensely when I was at the Olympics. It hit me hard how much you guys backed me at the Games and I'll be forever grateful for that". Ariarne's parents received the award on her behalf.



### Tasmanian Sporting Hall of Fame

The Hon. Jane Howlett, Minister for Sport and Recreation, inducted four Tasmanian's into the Tasmanian Sporting Hall of Fame at our joint cocktail function also celebrating the Tasmanian Athlete of the Year.

Tim Deavin had a seven-year international career with the Kookaburras and attended two Olympic Games, London in 2012 and Rio in 2016, earning a bronze medal in London.

Matthew Goss, a former World Champion cyclist, enjoyed a 12 year international cycling career including gold at the Track World Cup in Denmark in the Team Pursuit. Matthew has 17 major wins throughout his career and raced for Australia at the 2012 London Olympics in the men's road race.

Kerry Hore is an Olympic bronze medalist and was the first Australian female rower to represent Australia at four Olympics: Athens, Beijing, London and Rio.

Sid Taberlay is a five-time National Champion, World Championship medallist, and Oceania medallist. Sid is the first mountain biker inducted into the Tasmanian Sporting Hall of Fame.

With the induction of the four new athletes, this brings the number of members of the Tasmanian Sporting Hall of Fame to 139.



### TIS Sport Programs Activities

#### Cycling

The TIS Cycling Program is currently preparing for the upcoming season of competition. Last month 16 athletes completed a 103km road race simulation in Launceston to prepare for the National Road Series.

Upcoming Cycling events:

- Road National Championships Ballarat 12 to 16 January
- Athletes to watch - Georgia Baker, Lauren Perry, Anya Louw, Nicole Frain, Izzy Flint, Josh Duffy, Zack Gilmore, Hamish McKenzie, Dalton Stretton, Jack Menzies, Will Eaves and Cam Ivory
- National Mountain Bike Champs – February 14 - 20, 2022
- Athletes to watch - Sam Fox, Cam Ivory and Izzy Flint

#### Rowing

The rowing season is well and truly under way with three state regatta's having already been held. During November, Franklin was the venue of the second State Regatta, with Alec Paterson performing well in the Senior Men's and Sarah Hawe returning to competition performing well in the Senior Women's. The third state regatta was held at Lake Barrington where Alec Paterson continued his good form by taking out the Senior Men's from Henry Youl. Sarah Hawe once again proved too strong in the Senior Women's.

The fourth regatta will be conducted at Lake Barrington in mid-December with the final state regatta to occur at Lake Barrington in mid-January.

Athletes are all building towards major competitions to be held in the new year with the New South Wales Championships (February) and Australian National Championships (March/April) the key events for TIS athletes.

#### Athletics - Target Talent Program Camp 2 (TTP)

On the first weekend of December, 22 Athletes and six coaches attended the TTP camp based in the North West of the state, participating in a variety of activities.

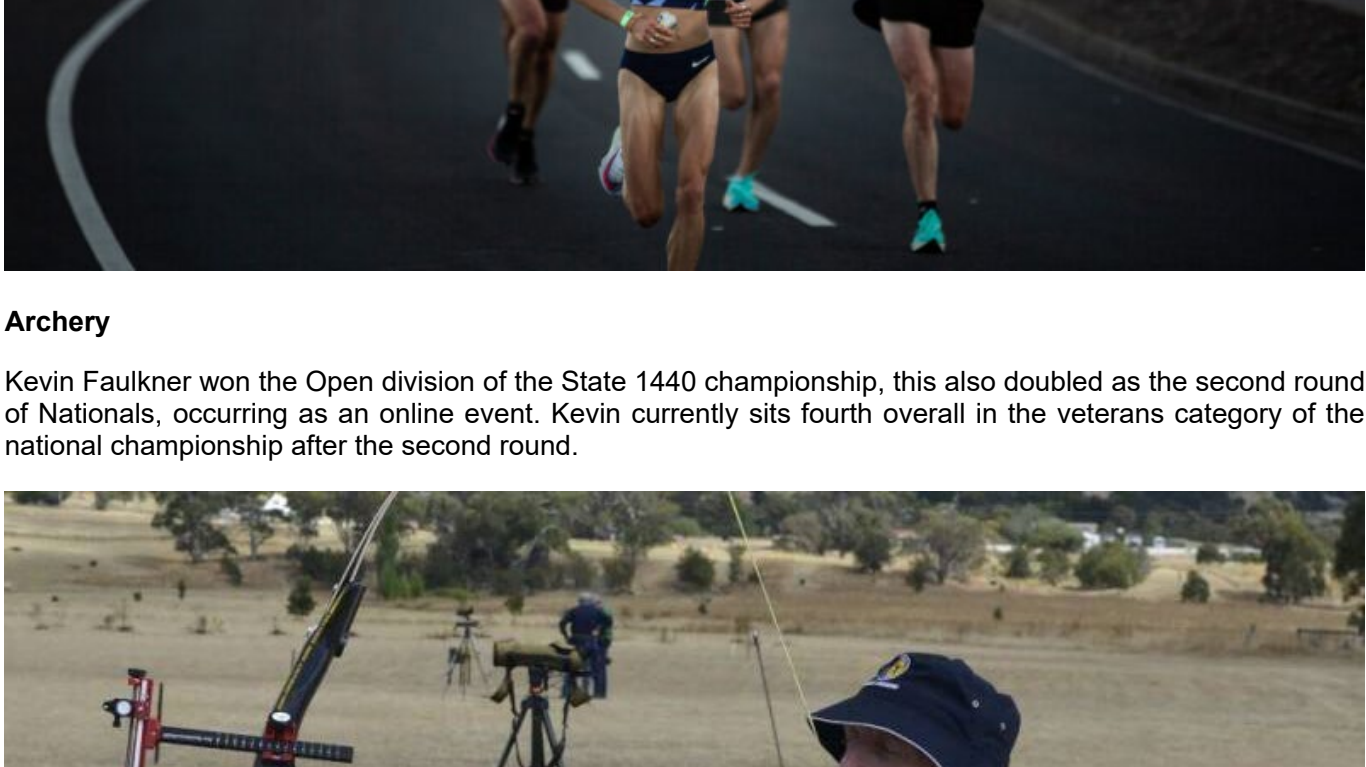
An interactive nutritional cooking experience was overseen by TIS nutrition consultant, Gaye Rutherford, with athletes creating a healthy and nutritious meal for dinner, followed by some challenging and fun team building activities.

Athletics State Performance Advisor Rob Ballard and Sports Science expert in Athletics, Nik Hagicosas, presented a seminar based around Progression Education and how to interpret the data.

Practical activities involved pre-event preparation which included a variety of warm up exercises other than your typical jog.

Athletes also underwent comprehensive testing by the TIS performance specialists who, after testing, collated each athlete's data and their results.

The highlight of the event was Tokyo 2020 Olympic and Paralympic athletes Stewart McSweyn, Deon Kenzie and Dan Bird-Smith presenting a motivational forum. Topics covered the mental and physical attitudes needed for success and future goals post Tokyo 2020 Olympics/Paralympics.



### Athlete Results

Congratulations to Milly Clark who recently won the Melbourne Marathon. Milly tackled the 42.195km course running a personal best time of 2:26.59, qualifying Milly for the 2022 World Championships.

"It was weird to get back into a big race again and great that it actually happened," Clark said. "I was so nervous. I'd had some really strange dreams about the race the past few nights. Sometimes I won it, sometimes I came last, sometimes I didn't finish. It was nice how reality turned out."



#### Archery

Kevin Faulkner won the Open division of the State 1440 championship, this also doubled as the second round of Nationals, occurring as an online event. Kevin currently sits fourth overall in the veterans category of the national championship after the second round.



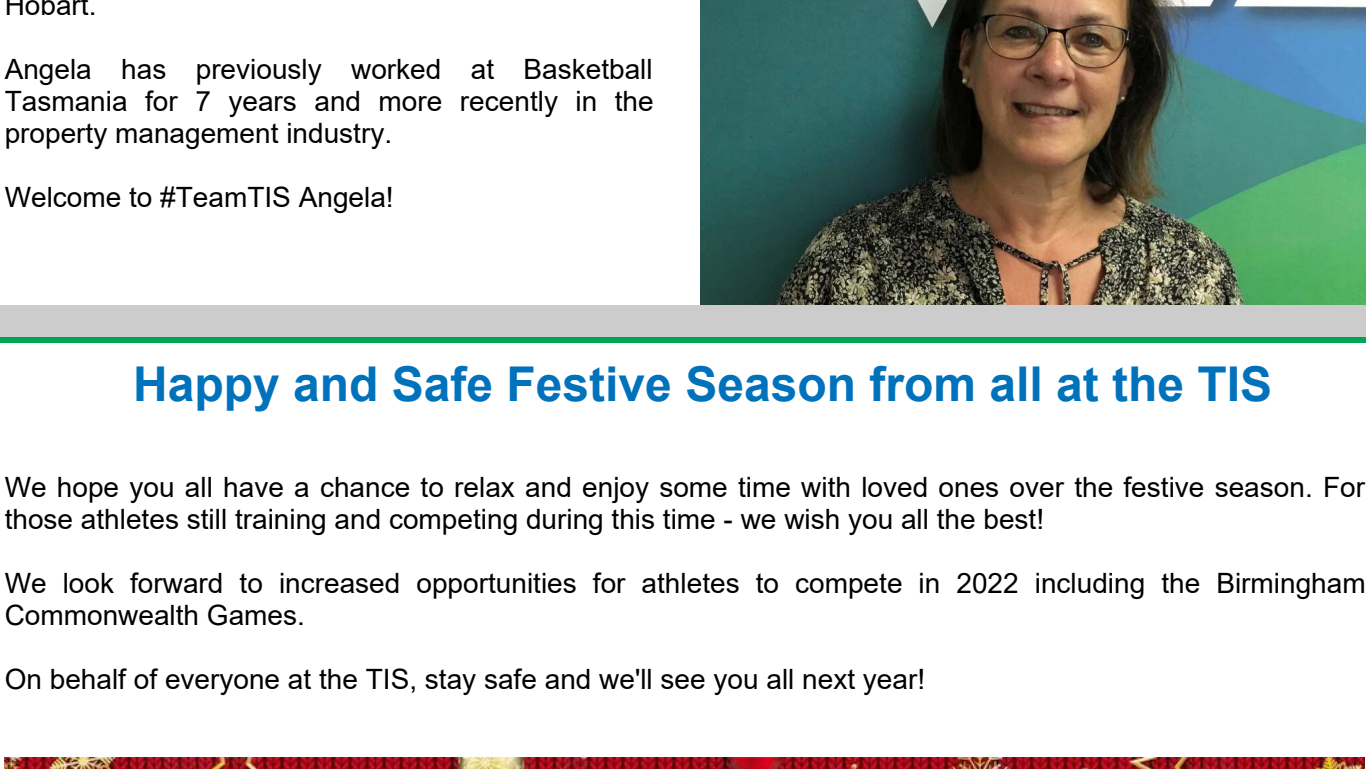
### Athletes in the Community

The TIS continues to provide opportunities for athletes to engage with and contribute positively to the local community. As a community engagement initiative, the TIS Hockey program along with several TIS staff attended Foodbank Tasmania in early December.

Foodbank is Australia's largest food relief organisation, operating on a scale that makes it 70% of the food of front-line charities who are feeding vulnerable Australians. Foodbank provides more than crucial to the food sourced for food relief organisations nation-wide.

After an initial overview of Foodbank's values and importance to the community, by General Manager Carole Chilcott, 100 emergency hampers were packed, to be distributed to those in need in Tasmania's north west.

This opportunity highlighted the importance that sport can make within the community, the essence of teamwork and the positive impact for those who receive the hampers. The hockey program athletes will return to Foodbank in the new year.



### Christmas Carnival Action

There will be plenty of opportunities to catch many of the local Christmas Carnivals throughout the state this month. The December Christmas Carnivals Dates include:

27 Hobart, 28 Launceston, 29 Devonport, 30 Launceston, 31 Burnie

#### TIS Athletes to watch

**Cycling** - Georgia Baker, Lauren Perry, Josh Duffy, Zack Gilmore, Hamish McKenzie, Dalton Stretton, Jack Menzies and Will Eaves

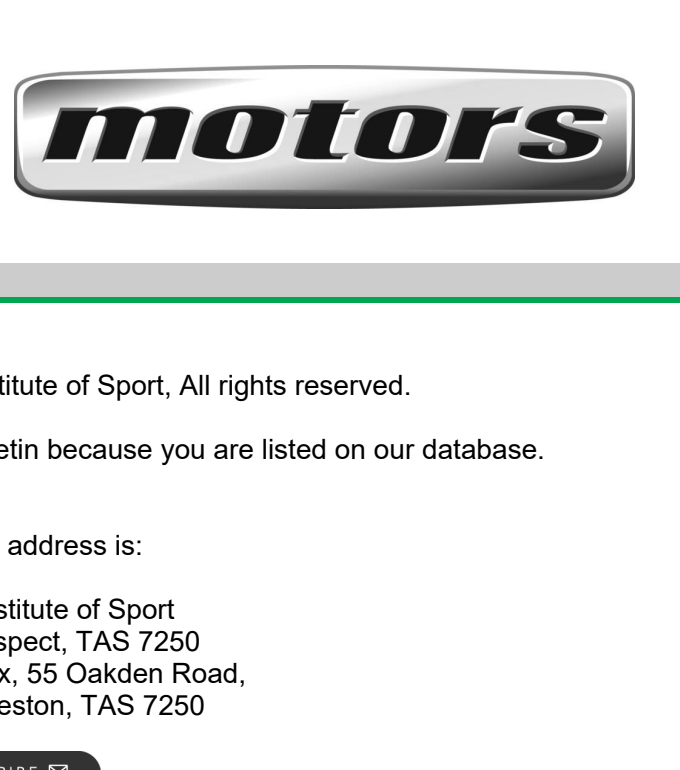
**Athletics** - Jack Hale (Hobart and Burnie), Stewart McSweyn (Burnie)

### TIS Staff Update

We extend a warm welcome to Angela Mills who has started in the role of Administrative Assistant in Hobart.

Angela has previously worked at Basketball Tasmania for 7 years and more recently in the property management industry.

Welcome to #TeamTIS Angela!



### Happy and Safe Festive Season from all at the TIS

We hope you all have a chance to relax and enjoy some time with loved ones over the festive season. For those athletes still training and competing during this time - we wish you all the best!

We look forward to increased opportunities for athletes to compete in 2022 including the Birmingham Commonwealth Games.

On behalf of everyone at the TIS, stay safe and we'll see you all next year!



The TIS gratefully acknowledges the valuable support received from:



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