



# Tasmanian Institute of Sport

## Yearbook 2014-15





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## MINISTER'S FOREWORD

I congratulate our outstanding Tasmanian athletes for producing another memorable year of world class performances. I take immense pride seeing our athletes take on the world's best and emerge successful and acclaimed as world champions.

The Tasmanian Institute of Sport (TIS) plays an important role in supporting each athlete's development and I thank the dedicated staff at the TIS for their passion, commitment and professionalism in helping our 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.

In this coming year I will follow with great interest our athletes as they continue to showcase Tasmania's sporting pedigree around the world. I would also like to wish all athletes striving for selection for the 2016 Olympic Games in Rio de Janeiro every success and the best of luck.

**Hon Will Hodgman MP**  
Premier  
Minister for Sport and Recreation



## DIRECTOR'S REPORT

This year has been another exciting and consistent one where our athletes have maintained strong international performances.

Tasmanian Institute of Sport athletes achieved 25 top eight or better results at benchmark international sporting events in 2014-15. These 25 results were produced by 18 athletes.

The 2014-15 results include seven gold medals, two silver medals, six bronze medals and 10 fourth to eighth placings across a number of sports including rowing, hockey, cycling, athletics, sailing, canoe slalom and triathlon. Our Target for the year was 15.

The level of performances could not be better demonstrated than by the world class performances by Amy Cure in winning gold, silver and bronze medals in the world track cycling championships, as well as a bronze medal at the 2014 Commonwealth Games.

Eddie Ockenden continued his fine form by adding a Commonwealth Games gold to his ever growing medal collection. Eddie was also crowned the Southern Cross Television Tasmanian Athlete of the Year in recognition of the consistent high level performances he has produced as part of the Australian men's hockey team. This year also saw javelin thrower Hamish Peacock perform well with a bronze medal at the Commonwealth Games - a standout performance.



There was also some excellent performances from our junior and age group athletes with Macey Stewart, Lauren Perry, Campbell Flakemore and Jake Birtwhistle all standing on the podium in their respective world championship events.

During the course of the year there were 69 national team selections achieved by TIS athletes. Eight TIS coaches and specialist staff contributed to the performance of national teams through attendance at international events.

In the coming year the focus for us will be to build on these results by doing as much as possible within our resources to assist our athletes targeting Olympic representation in Rio in 2016.

I 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 has also seen the TIS move to a new department - the Department of Premier and Cabinet (DPAC) and I gratefully acknowledge the excellent support provided by DPAC staff in helping to establish the TIS in this new environment.

The Sports Performance Unit has again experienced significant demand this year across the whole spectrum of sports science and sports medicine services, as well as providing support to visiting national teams and squads during the year. Strength and conditioning services continue to challenge our capacity to meet the ever increasing demand for managing athletes' physical development.

We continue to build on delivering programs for emerging talented athletes in the sports of cycling, hockey and rowing as well as supporting the athletics' target talent program.

This year we were able to establish an Emerging Talent Scholarship category to provide additional assistance to those athletes close to making the standard for inclusion into the respective National Training Centre programs. These activities are making a positive contribution to the development of athletes in helping them understand the requirements of high performance training.

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

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.

The TIS enjoys strong partnerships with the 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 another fantastic year for the whole organisation as we work alongside and with talented, motivated and dedicated Tasmanian athletes whose exploits on the world's sporting stage deliver stunning performances that make themselves, their state and country proud.

**Paul Austen**  
Director



## WHO WE ARE

### 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 was a purpose-built facility and the Technopark at Dowsing Point, Hobart. In addition, the TIS hockey program is based at the Tasmanian Hockey Centre in New Town, 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 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, 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, while 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 through the provision of vehicles and Coca-Cola Amatil that provides PowerAde and Mt Franklin beverages. 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, an athlete and coach development staff member and full-time accredited coaches. In addition, consultants in the areas of nutrition, physiotherapy, sports 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 Lockett**

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 New Town Bay Rowing Centre in Hobart in November 2014.

The function acknowledged six 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 George Bailey (cricket), Grant Birchall (AFL), Amy Cure (cycling), Tim Deavin, (hockey), Eddie Ockenden (hockey) and Hamish Peacock (athletics).

The winner was Eddie Ockenden. The function was attended by staff, athletes and key stakeholders from Tasmania's sporting community.

Scholarship holders for 2015 were announced at a breakfast function at Wrest Point in December 2014. 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 2014-15 reporting period saw the TIS Bulletin move to a monthly format, 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 2014-15 reporting period continued the trend of noticeable growth of TIS social media platforms. The TIS Facebook and Twitter 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 consultancy 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 service and advice in this area.

### DATABASE

The TISLink database continues to manage athlete information, sports science data and athletes are 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 majority of the clothing supplied is manufactured in conjunction with Track n Field, and distributed locally via Tuthill Agencies.

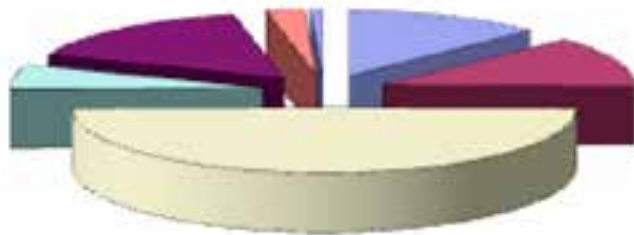
TIS staff have been provided with a separate uniform to the athletes. The range provides a variety of corporate wear as well as items appropriate for coaching and sports science staff working directly with athletes. This range is supplied locally by ID Clothing.





# FINANCIAL MANAGEMENT

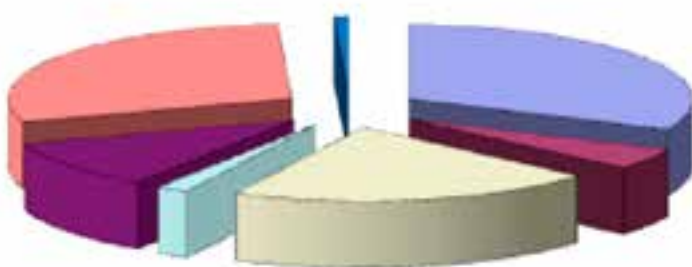
## TIS FUNDING ALL SOURCES 2014-15



- Scholarship Funds
- Athlete & Coach Services
- Consolidated Funds
- Corporate/Trust Funds
- Commonwealth Funds-Sports Programs
- State Sporting Organisations
- National Representatives Fund

Scholarship Funds	\$340,000.00
Athlete & Coach Services	\$332,000.00
Consolidated Funds	\$1,317,559.00
Corporate/Trust Funds	\$163,614.00
Commonwealth Funds-Sports Programs	\$424,262.00
State Sporting Organisations	\$63,763.00
National Representatives Fund	\$21,157.00
<b>Total Funds</b>	<b>\$2,662,355.00</b>

## TIS ALLOCATIONS 2014-15



- Sports Programs & Scholarships
- Athlete Services
- Sports Performance Unit
- Personal Excellence
- Emerging Talent Programs
- Operations
- National Representatives Fund

Sports Programs & Scholarships	\$845,499.00
Athlete Services	\$124,967.00
Sports Performance Unit	\$558,561.00
Personal Excellence	\$48,540.00
Emerging Talent Programs	\$283,496.00
Operations	\$780,135.00
National Representatives Fund	\$21,157.00
<b>Total Allocations</b>	<b>\$2,662,355.00</b>



# CORPORATE PARTNERSHIPS

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

## PRINCIPAL PARTNER

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## STRATEGIC PARTNERS

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**NATIONAL  
INSTITUTE  
NETWORK  
(NIN)**

## MAJOR CORPORATE PARTNERS

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## CORPORATE PARTNERS

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## PROGRAM PARTNERS

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## SPORTS PERFORMANCE

The Sports Performance Unit (SPU) conducts a wide range of tests on scholarship holders and provides information to coaches and athletes regarding performance. In conjunction with this information, there is assistance with training and competition and the provision of up to date information regarding sports performance.

### STAFF

**John Gregory**  
Senior Scientist

**Ben Scarlett**  
Sports Performance Officer

**Alanna Martin**  
Sports Performance Officer – Talent ID

**Pete Culhane**  
Senior Strength and Conditioning Coach

**Calvin Philp**  
Strength and Conditioning Coach

### MAJOR ACTIVITIES

- Amalgamation of the online data base TISLink with the AIS Athlete Management System.
- Ongoing development of sports science forms in TISLink.
- Completion of annual quality control measures.
- Interstate travel with squads to competition for sports science support.

- Support of international competition with Hockey Australia and Cycling Australia.
- Ongoing attendance and support at national conferences and training camps.
- Presentation of sports science research at national applied physiology conference.
- Fee for service testing.
- Live monitoring of GPS and heart rate during netball games.
- Force, angle and GPS testing of TIS and national rowing squads based in Tasmania.
- Monitoring of lab-based cycling and rowing sessions.
- Evaluation and implementation of emerging technology.

### PROJECTS AND RESEARCH

- Effect of heat training on physiology and performance of rowers.
- Muscle activation patterns of cyclists with surface EMG.
- Development of daily monitoring and injury reports from TISLink.
- Analysis of TIS hockey GPS data from nationals and training.
- Investigation into high intensity efforts in Hockey with GPS and video.



- The effect of 11-minute warm up on cycling four-minute performance.
- Measuring anaerobic capacity with a 45s test.
- Use of GPS data for course profiling in cycling.
- Assistance with AIS Sports Draft talent identification in Tasmania.
- Assistance with Cycling and Swimming Australia talent identification.
- Coding of major cycling and hockey competitions.

## SPORTS MEDICINE NETWORK

We thank Dr Ian Beltz – our longstanding Sports Medicine Coordinator – and the TIS Sports Medicine practitioners who make up our network. Our network delivers quality sports medicine, sports psychology, sports nutrition and physiotherapy services to TIS athletes. Sports physiotherapy has successfully integrated the TISLink database into effective and timely reporting.

## OTHER ACKNOWLEDGEMENTS

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

## STRENGTH AND CONDITIONING

### MAJOR ACTIVITIES

- Attendance at Hockey Australia Futures Camp to gain better understanding of S&C integration with the national training environment.
- Rowing Australia again based the national men's heavyweight quad rowing crew in Tasmania leading to a continuation of S&C servicing for senior national rowing crews prior to their departure to the 2015 world championships and Olympic qualifying regatta.
- The integration of physiotherapy servicing within the S&C environment, and specifically the gym, continued to develop with more physiotherapists spending time on the gym floor with the S&C coaches, sports coaches and athletes gaining better coordination of rehabilitation and performance enhancement work.
- Continued to develop and implement our Movement Competency component of the Athlete Readiness Continuum that starts at the FMS screen and continues with the Y-Balance Test

and concludes with the landing performance assessment.

- Nathan Lee (PhD candidate) continued his research into the use of monitoring on fatigue management and strength and conditioning periodisation.
- Attendance at two major S&C conferences:
  - » 2014 Australian Strength and Conditioning Association International Conference on Applied Strength and Conditioning with Pete Culhane presenting on the assessment and the management of thoracic spine rotational limitations and its impact on injury prevention and performance.
  - » 2014 National Institute Network Conference on Applied Strength and Conditioning.
- Attendance at the Functional Movements Systems Selective Functional Movement Assessment (SFMA) Course which is a comprehensive assessment used to clarify movement patterns and direct exercise interventions.
- Continued to deliver the Australian Strength and Conditioning Association's accredited coach education courses in the state for those interested in providing S&C to athletes, or those wanting to gain employment as an S&C coach.

## PROJECTS AND RESEARCH

- Nathan Lee continued his PhD research looking at the validation of using counter-movement jumps as a measure of fatigue and has begun to look at how nutritional interventions may be able to be manipulated to minimise the effects of fatigue in athletes competing in multiple games over multiple days in situations such as National Championships.
- Calvin Philp continued his research into how short-term heat exposure may be beneficial at increasing an athlete's VO<sub>2</sub>max in both hot and cold environments, along with an interest in developing a novel test to track power development in rowers.
- Pete Culhane began an integrated research project within the cycling program to look into pedalling technique variations and if EMG assessment and power output analysis can be used to manage any performance inefficiencies such as asymmetrical muscle activation and / or power output.



## OTHER ACKNOWLEDGEMENTS

- After four years, Hobart-based S&C Coach Calvin Philp accepted an S&C position at the AIS in June 2015. Calvin made a significant impact on the way the S&C department works over several areas and was a significant driver of a number of positive developments.
- Our S&C coaching consultants around the state who continued to provide a broader opportunity for TIS athletes to access high level S&C coaching and environments. They include Chris Bellette (Move Strong Gym, Devonport), Matt Wilkie and James Rice.
- The University of Tasmania's School of Human Life Sciences, especially Dr James Fell, who continues to provide a range of assistance to the TIS S&C area in a number of areas. This includes the continuation of a shared PhD scholarship position, the continued development opportunities for aspiring S&C coaches through practical and student placements and the use of facilities, specialised equipment and knowledge, especially in the realm of research development and novel approaches to assessing, monitoring and training athletes.



## PERSONAL EXCELLENCE

Personal Excellence is an AIS initiative supported and delivered through Australia's Winning Edge (AWE) strategy. It focuses on equipping athletes with the awareness to make decisions which impact performance in sport and life and successfully progress through their athletic journey.

### STAFF

#### Stewart Pither

Personal Excellence is a key element in the holistic development of performance. The program centers around the three PE key learning areas - dual career, sport / life and progression. The program provides athletes with guidance, access to resources, learning opportunities and sport-specific programs that will enable athletes to grow personally and professionally in the three areas and to understand and develop the PE 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.
- Elite Athlete Induction Day – more than 90 participants from across the state in attendance. Topics covered were ASADA education, performance recovery with a 50-minute hands-on cooking experience, performance leadership, performance psychology, the importance of networking as an athlete and a “Speak Up Stay Chatty” mental health session.
- Nutritional workshops and presentations for groups and individuals.
- Performance psychology athlete workshops and presentations.

- 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.
- Presentations at Swimming Tasmania Talent Identification camps.
- Ongoing TIS / UTAS scholarship.
- Continued support from Relationships Tasmania.
- Continued liaison with TIS athlete's education providers.
- Individual athlete finance and budgeting workshops.
- Time management workshops.
- USB 'welcome' information pack provided for all scholarship holders.
- Cyber-Safety Workshops.

### OTHER

The Personal Excellence Network consists of providers that are located across Australia, with some directly engaged within an NSO while others are based in SIS/SAS organisations. Personal Excellence takes wellbeing support for athletes to a new level, understanding that there is a great deal of scrutiny and pressure on all areas of an athlete's life.

More than 3000 elite athletes are eligible to access Personal Excellence each year, taking advantage of the national network and highly qualified staff located in each state and territory. National Personal Excellence is a member of the Career Industry Council of Australia (CICA).

The TIS maintains strong partnerships with National AIS Personal Excellence, Emma Harris, Gaye Rutherford, Maree Taylor, Dana Lis, Peter Tatham and Associates, the Good Sports Program, University of Tasmania, Relationships Tasmania and Wise Lord and Ferguson.



## 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.

### MANAGER, PERFORMANCE SERVICES

**Stewart Pither**

### MAJOR PROGRAM INITIATIVES

- Career counselling sessions for TIS coaches.
- More than 20 individual coach consultation meetings.

In supporting the development of Tasmania's elite coaches, a scholarship was offered to an aspiring coach to assist with their development within the high performance coaching arena.

The scholarship provides the access to mentoring support, professional development within the areas of sports science, strength and conditioning. Also offered is career counselling and high performance coaching support opportunities which allows the opportunity to gain valuable national and international experience whilst augmenting their knowledge and skills through hands-on coaching and education opportunities.

During the year a number of TIS coaches were involved with national squads and teams coaching at the highest level including:

- Brett Crow (rowing)
- Andrew McDonald (hockey)
- Ilene Carr (hockey)
- Matthew Gilmore (cycling)
- Susan Andrews (track and field)



## SCHOLARSHIP PROGRAMS

Through support from the Tasmanian Government, the TIS provide scholarships to selected athletes via various programs.

### STAFF

**Carl Saunder**  
Manager Sports Programs

**Brendan Long**  
Sport Program Coordinator

In 2014-15 the TIS scholarship program area operated four National Training Centre (NTC) programs in the sports of athletics, cycling, hockey and rowing.

In addition, the TIS supported Emerging Talent Squad programs in athletics, cycling, hockey and rowing. In November 2015 the TIS added another level to the ETS programs by introducing the Emerging Talent Scholarship program. The Emerging Talent Scholarship program was introduced to provide targeted support to selected ETS athletes in order to provide a fast track into TIS NTC scholarship programs.

In August 2014 the TIS welcomed Olympian Susan Andrews to our coaching staff in the Athletics Coach position.

The TIS also ran Elite Development Programs (EDP) with netball and sailing. In addition the TIS launched an EDP canoe slalom program on 1 April 2015.

These partnership programs provide targeted athletes with support to assist them to develop along their chosen sport's development pathway.

Each of our EDP programs are overseen by a squad coordinator and supported by the state and national sporting organisations.

The TIS Individual Support program provides assistance to eligible Tasmanian athletes who are representing Australia at international level competition. These athletes compete in sports where the TIS does not operate an NTC or EDP program.

Sports include boxing, canoeing, gymnastics (trampoline), lawn bowls, shooting, swimming, triathlon and weightlifting.

All of these athletes are individually case managed by the TIS and provided with the necessary support to meet the demands to compete at the highest level of their sport.





## 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 state based programs aimed at developing the future elite.

### PROGRAM HIGHLIGHTS

- 2014 Commonwealth Games – Hamish and Huw Peacock represented Australia.
- 2014 Commonwealth Games – Hamish Peacock, bronze medal.
- 2014 world junior championships – Samantha Lind, Jacob Despard and Jesse Usoalii competed in relay events.
- Jack Hale broke multiple under age state records in the 100m, 200m and long jump and the national U18 record in the 100m and was selected in the world youth championships.
- Deon Kenzie broke the T38 1500m World Record twice and qualified for the IPC world championship.
- Hamish Peacock was selected in the world championships for 2015.
- Stephanie Stigwood qualified for the 2015 world championships and was selected in the world university team.
- 2015 world relay championships – Samantha Lind, fourth, medley relay.

### ATHLETES

Jacob Despard (100m, 200m)  
 Jack Hale (100m, 200m long jump)  
 Deon Kenzie (1500m)  
 Samantha Lind (400m)  
 Hugh Nicklason (middle distance)  
 Hamish Peacock (javelin)  
 Huw Peacock (discus)  
 Stephanie Stigwood (race walking)  
 Jesse Usoalii (100m)

### EMERGING TALENT ATHLETES

Mathew Hosie (decathlon)  
 Emma Keleher (hammer throw)  
 Russel Taib (100m, 200m 400m)

### ATHLETICS COACH

Susan Andrews



### **ATHLETE SERVICE PROVIDERS**

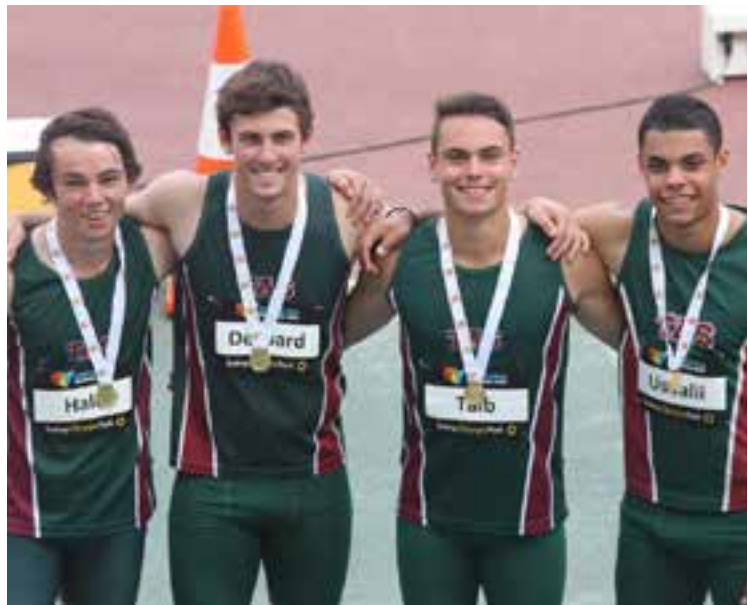
- Stewart Pither (Personal Excellence)
- Ben Scarlett (Sports Science)
- Calvin Philp (Physical Preparation)
- Pete Culhane (Physical Preparation)
- Matt Lancaster (Physiotherapy)
- Brian Miller (Sport Psychology)
- Dr Steve Reid (Sports Physician)
- Dr David Humphries (Sports Physician)
- Gaye Rutherford (Nutrition)

### **TRAINING VENUES**

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

### **PARTNERS**

- Athletics Australia
- Athletics Tasmania



*Financial support for the National Training Centre program is provided by the Australian Sports Commission through Athletics Australia.*



## CYCLING

The cycling program had a very satisfying year with athletes performing to their potential at international and national competitions. The cycling program had eight athletes (Richie Porte, Amy Cure, Georgia Baker, Macey Stewart, Lauren Perry, Alex Clements, Campbell Flakemore and James Robinson) represent Australia in senior and junior national teams, participating in events all over the world.

The cycling program continues to work closely with sports science and strength and conditioning coaches to refine and explore the most contemporary training methodologies enabling our athletes to have the best possible preparation towards their major objectives. Each of the scholarship athletes are now working with the online training software TrainingPeaks. This software is a powerful tool to help analyse training and competition data uploaded from power meters and heart rate monitors. This enables the coach, sports science and strength and conditioning coaches to more accurately prescribe individualised training programs and monitor fatigue on a daily basis.

The cycling program has entered into a new partnership for 2015 with Dulux and Giant for National Road Series (NRS) events all over Australia. Through the partnership, which sponsors the TIS Racing Team, scholarship athletes compete in five NRS competitions during the reporting period. All scholarship athletes have gained valuable competition experience which is critical for their continued development.

### PROGRAM HIGHLIGHTS

- National team representatives (road and track, senior and junior) - Richie Porte, Amy Cure, Georgia Baker, Lauren Perry, Macey Stewart, Alex Clements, Campbell Flakemore and James Robinson.
- Amy Cure, first – world teams pursuit championship 2015 (world record).
- Amy Cure, second – scratch race Commonwealth Games 2014.
- Amy Cure, third – individual pursuit Commonwealth Games 2014.
- Amy Cure, third – world individual pursuit championship 2015.
- Amy Cure, first – Australian individual pursuit championship.
- Amy Cure, Lauren Perry, Macey Stewart, Georgia Baker, first – Australian team's pursuit championship 2015.
- Macey Stewart, first – world junior road time trial championship 2015.
- Macey Stewart, first – world junior teams pursuit championship 2014.
- Macey Stewart, first – world junior omnium championship 2014.
- Lauren Perry, first – world junior team's pursuit championship 2014.
- Lauren Perry, first – Australian scratch race championship 2015.



- Campbell Flakemore, first – world U23 road time trial championship 2015.
- Richie Porte, first – Australian time trial championship 2015.
- Richie Porte, second – Tour Down Under 2015.
- Richie Porte, first – Paris-Nice, Volta Ciclista a Catalunya and the Giro del Trentino. 2015.
- James Robinson, second – individual pursuit and bronze – points race Australian track championships 2015.
- James Robinson, named in the U19 national track team.

## ATHLETES

Georgia Baker	Alex Clements
Amy Cure	Gerald Evans
Campbell Flakemore	Matthew Goss*
Oliver Martin	Lauren Perry
Richie Porte*	Isaac Probert
James Robinson	Macey Stewart
Cameron Wurf*	Zack Gilmore
Morgan Gillon	Hayden Di Cocco-Grant
	*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

- Jayco
- Ronde, socks and gloves
- Dulux and Giant are Associate Sponsors of the TIS Racing Team

## PARTNERS

Cycling Australia  
 Cycling Tasmania

*Financial support for the National Training Centre program is provided by the Australian Sports Commission through Cycling Australia.*



## CYCLING ETS

ETS athletes were given extra incentive during 2014 with the introduction of Emerging Talent (ET) Scholarships.

Four Scholarships were awarded initially to Zack Gilmore, Morgan Gillon, Hayden Di Cocco-Grant and Harrison Baker. Harrison Musgrave also progressed on to an ET Scholarship following performances at major competitions.

ETS athletes competed at national and Oceania championship events throughout the year gaining valuable experience. Events attended include Oceania U19 track and road championships, Australian omnium championships, Australian hill climb championships, Australian U23 road championships, Australian U17-19 track and road championships, the Tour of Adelaide and the Tour of Toowoomba.

Following exceptional performances at national events, Zack Gilmore, Morgan Gillon and Hayden Di Cocco-Grant were all awarded a full TIS high performance scholarship. This could not be achieved without the great work of their coaches Graeme Gilmore, David Walker and Jamie Perry.

Inclusion of ETS athletes in the TIS Racing Team has also opened up opportunities for athletes to compete at the national road series which will be invaluable to their development.

## PROGRAM HIGHLIGHTS

- Progression of Zack Gilmore, Morgan Gillon and Hayden Di Cocco-Grant to a full TIS Scholarship



from the ETS Scholarship group.

- James Watson awarded a TIS coaching scholarship.
- Zack Gilmore bronze medal Australian point score championship.
- Morgan Gillon silver medal Australian pursuit championship.
- State track championship wins by Morgan Gillon and Zack Gilmore.
- State road championship wins by Morgan Gillon and Zack Gilmore.

## ATHLETES

Thomas Attrill  
 Harry Baker  
 Rebecca Bye  
 Angus Calvert  
 Nicholas Cash  
 Meg Cazaly  
 Max Cooper  
 Erin Dean  
 Victoria Dean  
 Hayden Di Cocco-Grant  
 Jack Direen  
 Emily Down  
 Josh Duffy  
 Renee Dykstra  
 Rebecca Fraser  
 Lucas Galvin Ridge  
 Morgan Gillon  
 Zack Gilmore  
 Mitch Gittus  
 Ainsleigh Gray  
 Mitchel Hoare

Zack Johnson  
 Ella Lamplugh  
 Sam Maney  
 Sophie Moore  
 Harrison Musgrave  
 Cuan Van Staden  
 Hamish Youl  
 Lily Zeeman

## ETS CYCLING COACH

Ron Bryan

## SQUAD COACHES

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

## ATHLETE SERVICE PROVIDERS

Alanna Martin (Sports Science and Testing)  
 Peter Culhane (Strength and Conditioning)

## TRAINING VENUES

Silverdome Complex track, Prospect

## PARTNERS

Cycling Australia  
 Cycling Tasmania  
 Subaru Australia

*ETS programs are operated in partnership with Cycling Australia and Cycling Tasmania.*



## HOCKEY

The TIS hockey program continues to focus on the right support for the right athlete at the right time to enable international selection.

The highlight of 2014-15 includes Commonwealth Games gold and national success. The Tassie Tigers made history by winning the AHL in October 2014, providing the program with seven national champions.

Amelia Spence made her international debut for the Hockeyroos during 2014-15, winning silver at the Champions Trophy.

International involvement by TIS athletes and staff has increased considerably, allowing the program to strengthen its national and international impact in the lead up to the 2016 Olympic Games in Rio.

### INTERNATIONAL STATISTICS:

Eddie Ockenden - Caps 249, Goals 62

Tim Deavin - Caps 110, Goals 5  
 Nick Budgeon - Caps 38, Goals 12  
 Amelia Spence - Caps 7, Goals 1  
 Jeremy Edwards - Caps 6, Goals 1

### PROGRAM HIGHLIGHTS

- Eddie Ockenden, gold – 2014 Commonwealth Games.
- Amelia Spence, silver – Champions Trophy.
- Benji Austin, bronze – U21 Australian Men's Sultan Johor Cup.
- HA Futures camps (Benji Austin, Jayden Pearson, Hayden Beltz, Kieron Arthur, Maddie Murphy and Maddy Hinton).
- Tassie Tigers, AHL champions 2014 (Eddie Ockenden, Kieron Arthur, Josh Beltz, Jayden Pearson, Tim Deavin, Jeremy Edwards and Kurt Mackey).
- Bronze medal, Champions Trophy (Eddie Ockenden, Tim Deavin and Nick Budgeon).



- Silver medal, Sultan Azlan Shah Cup (Eddie Ockenden, Tim Deavin and Nick Budgeon).
- Josh Beltz awarded a Perth-based HA HPP scholarship.

### ATHLETES

Kieron Arthur  
Hayden Beltz  
Nick Budgeon  
Jeremy Edwards  
Jemma Kenworthy  
Kurt Mackey  
Eddie Ockenden  
Amelia Spence

Benji Austin  
Josh Beltz  
Tim Deavin  
Maddy Hinton  
Lily Kirkland  
Maddie Murphy  
Jayden Pearson  
Jai Walker-Kidd

### NTC HEAD HOCKEY COACH

Andrew McDonald

### ATHLETE SERVICE PROVIDERS

Calvin Philp (Physical Preparation)  
Ben Scarlett (Sports Science)  
Stewart Pither (Personal Excellence)  
Gaye Rutherford (Nutrition)  
Emma Harris (Sports Psychology)

### TRAINING VENUE

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

### PARTNERS

Hockey Tasmania  
Hockey Australia

*Financial support for the National Training Centre program is provided by the Australian Sports Commission through Hockey Australia and Hockey Tasmania.*



## HOCKEY ETS

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

During the 2014-15 reporting period the ETS hockey program introduced an Emerging Talent (ET) scholarship opportunity for athletes and incurred a number of changes to the athlete cohort. The ET scholarship provides identified athletes with extra support and opportunities to improve their prospect of transitioning to a TIS hockey scholarship holder.

The ET scholarship holders for 2014-15 were Ryan Jones, Linden McCarthy, Annie Scutt and Lucy Wootton.

### PROGRAM HIGHLIGHTS

- Hayden Beltz and Jemma Kenworthy transitioned to the 2015 TIS scholarship program.
- Ruby Haywood, Eliza Westland, Jack Welch and Ryan Jones were selected in Hockey Australia's 2015 national future squads.
- Linden McCarthy, Annie Scutt and Lucy Wootton were selected in School Sport Australia's 17 and under 2014 teams.
- Nellie Paynter, Molly Haas, Camille O'Connor and Isabel Goldsmith were provided an opportunity to participate in Hockey Australia's Future Roos initiative.
- Brad Buchanan, Oliver Smith, Ryan Jones, Jack Welch, Sam McCulloch, Rhys Burgess, Linden McCarthy and Robbie Chapman were members of the silver medal winning team at the 2015 national U18 men's championships.

### ATHLETES

Thomas Bax	Hayden Beltz
Isaac Bridley	Phillida Bridley
Brad Buchanan	Rhys Burgess
Dayna Challis	Henry Chambers
Robbie Chapman	Madison Curtis
Jesse Duncan	Gobindjah Gill
Isabel Goldsmith	Molly Haas
Ruby Haywood	Ryan Jones
Jemma Kenworthy	Romani Kenworthy
Linden McCarthy	Sam McCulloch
Camille O'Connor	Nellie Paynter
Alissia Pearson	Sam Phillips
Maddison Poke	Annabelle Scutt
Isabelle Sharman	Oliver Smith
Aiden Van Staden	Jack Welch
Eliza Westland	Georgia Williams
Lucy Wootton	Stephanie Wylie
Thomas Wylie	Angus Yeates

### ETS HOCKEY COACH

Ilene Carr

### REGIONAL COACH

Craig McCarthy (north west)

### TRAINING VENUES

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

### PARTNERS

Hockey Tasmania      Hockey Australia

*The ETS program is operated in partnership with Hockey Australia and Hockey Tasmania.*





## ROWING

The TIS Rowing program operates in conjunction with the Rowing Australia National Rowing Centre of Excellence (NRCE) and Rowing Tasmania to deliver world class coaching, competition and training facilities for TIS athletes.

The program provides Tasmanian rowers with the best possible opportunity to progress to the highest level in the sport.

2014-15 was another outstanding year for the TIS rowing program with ten athletes and three coaches selected to represent Australia at world championship level. The TIS hosted four Rowing Australia national crews, totalling 19 athletes, in preparation for 2014 world championships events (men's lightweight four/pair, men's eight squad, women's lightweight U23 double scull).

The Australian crews made the most of the world class training facilities available to the TIS, including the TIS Technopark training facility, New Town Bay rowing centre, the Franklin rowing centre and Lake Barrington international rowing course.

The TIS rowing facility at New Town Bay, opened in March 2014, has proven to be an enormous asset for the program. The facility has allowed TIS rowers to train together throughout the domestic season which has benefited the whole scholarship group.

### PROGRAM HIGHLIGHTS

- Ten rowers selected in senior and U23 Australian teams to compete at 2014 world championships (Sam Beltz, Ella Flecker, Ali Foot, Tom Gibson, Kerry Hore, Georgia Nesbitt-U23, Darryn Purcell, Nick Silcox, Blair Tunevitsch and Max McQueeney-U23).
- Bronze medal in the women's lightweight double scull at the 2014 world U23 championships (Georgia Nesbitt - coached by TIS support coach Paul Newbon).
- Silver medal in the women's lightweight double scull at the 2014 World Rowing Cup 3 (Ella Flecker).
- Fourth place in the women's quad scull at the 2014 world rowing championships (Kerry Hore).
- Fifth Place in the women's lightweight double scull at the 2014 world rowing championships (Ella Flecker).
- Fifth place men's lightweight four at the 2014 world rowing championships (Sam Beltz, Tom Gibson, Nick Silcox and Blair Tunevitsch - coached by Brett Crow).
- Sixth place men's lightweight pair at the 2014 world rowing championships (Ali Foot and Darryn Purcell - Brett Crow).



## ATHLETES

Sam Beltz	Ella Flecker
Alister Foot	Tom Gibson
Sarah Hawe	Kerry Hore
Eleni Kalimnios	Brendan Longman
Max McQueeney	Georgia Nesbitt
Darryn Purcell	Nicholas Silcox
Blair Tunevitsch	Meaghan Volker
Sam Volker	Taylor Wilczynski
Ciona Wilson	

## NTC HEAD ROWING COACH

Brett Crow

## SUPPORT COACHES

John Driessen  
 Paul Newbon  
 Grant Pryor (Rowing Australia, State Talent Pathways Coordinator)

## ATHLETE SERVICE PROVIDERS

Stewart Pither (Personal Excellence)  
 John Gregory (Sports Science / Biomechanics)

Peter Culhane (Strength & Conditioning)  
 Calvin Philp (Strength & Conditioning)  
 Kellie Wilkie (Physiotherapy)

## TRAINING CENTRES

Derwent River (from New Town Bay facility)  
 Huon River (Huon 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

*Financial support for the National Training Centre program is provided by the Australian Sports Commission through Rowing Australia.*



## ROWING ETS

The Rowing Emerging Talent Squad (ETS) targets athletes across the U21 and U23 age categories who are aspiring to national team representation. The ETS program educates rowers about elite level training and competition.

Five-time Olympian Anthony Edwards is the ETS coach and has the responsibility for the delivery of the program.

The 2014-15 ETS squad was selected in November 2014 with 13 athletes entering the program.

Four athletes, Oli Cook, Mitch Digney, Wilson Mure and Toby Pitt were awarded an Emerging Talent (ET) scholarship which provides extra support and opportunities to assist them with their progression to a high performance scholarship.

### PROGRAM HIGHLIGHTS

- U23 Australian team selection for Wilson Mure (U23 world championships).
- U21 Australian Team selection for Henry Youl, Oliver Cook and Caitlin Bloomfield (Trans-Tasman series against New Zealand).
- Seven athletes received invitations to trial for National Team following strong National Championship results.

### ATHLETES

Caitlin Bloomfield	Matt Byrne
James Cocker	Oli Cook
Mitchell Digney	Richard Giblin
Rebecca Matson	John McKenzie
Wilson Mure	Alec Paterson
Toby Pitt	Louisa Stewart
Henry Youl	

### ETS ROWING COACH

Anthony Edwards

### SUPPORT COACH

Ron Woods (ETS regional support coach)

### TRAINING VENUES

Derwent River  
Huon River  
New Norfolk  
Tamar River

### PARTNERS:

Rowing Australia  
Rowing Tasmania

*ETS programs are operated in partnership with Rowing Australia and Rowing Tasmania.*



## CANOE SLALOM

With the support of Australian Canoeing and Canoe Tasmania, the TIS launched the Canoe Slalom Elite Development Program on 1 April 2015. This program is designed to enhance the opportunities of developing athletes in the state, while also allowing athletes previously supported with individual scholarships to become part of a recognised canoe slalom sports program.

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, sports 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

- Two athletes selected in the Australian team for the junior world championship (Kate Eckhardt and Jake Hodkinson).
- One athlete selected in the Australian team for the U23 and senior world championships (Daniel Watkins).
- Bronze medal at the junior world championships (Kate Eckhardt).

### ATHLETES

Kate Eckhardt  
Daniel Watkins  
Jake Hodkinson

### KEY PARTNERS

Canoe Tasmania  
Australian Canoeing

*Financial support for the Elite Development Program is provided by the Australian Sports Commission through 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 coach Julie Hoorweg with the assistance of three 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, sports psychology and personal excellence services.

### PROGRAM HIGHLIGHTS

- The 17 and under and 19 and under netball nationals were held in Sydney during April with outstanding performances from Dana Lester, Shelby Miller and Hannah Lee. Hannah's performances were rewarded by selectors, earning an invitation to the Australian 17 and under national training camp.
- The 17 and under team, which finished sixth in the national tournament, also included TIS athletes Emma Johns, Alexandra Vinen and Frances Di Carlo. The 19 and under Tasmanian team was co-

captained by TIS athletes Shelby Miller and Dana Lester and finished fifth in the national tournament.

- The 21 and under nationals were held in Brisbane during March. The Tasmanian team that finished eighth in the tournament included TIS athletes Shelby Miller, Dana Lester and Nikki Miller.

### ATHLETES

Georgie Briggs  
Emma Johns  
Dana Lester  
Shelby Miller  
Alexandra Vinen

Frances Di Carlo (ET)  
Hannah Lee  
Nikki Miller  
Kelsie Rainbow

### COACHES

Julie Hoorweg  
Jon Fletcher  
Ebony Charlesworth  
Dannie Carstens

### KEY PARTNERS

Netball Tasmania  
Netball Australia

*Financial support for the Elite Development Program is provided through the Australian Sports Commission through Netball Australia.*



## SAILING

The TIS Sailing program is a three-way partnership between the TIS, Yachting Tasmania and Yachting Australia.

The program is overseen by program coach Richard Scarr.

With the support of the Royal Yacht Club of Tasmania, 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, sports 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 finished fifth at the 2014 IFDS World Championships in the 2.4 multi class discipline.
- Matt Bugg successfully defended his Australian 2.4mR title.
- Amelia Catt, with her crewmate, were the number one ranked Australian female 470 crew for the 2014/15 domestic and international season.
- Jock Calvert finished 26th in the RSX class at the 2014 ISAF World Youth Championships.
- Lucy Shephard, Amelia Catt and Emma Barton all competed in the 2014 ISAF 470 World Championships. Amelia Catt, with her crewmate, finished 32nd and Lucy Shephard, competing with Emma Barton, finished 49th.

### ATHLETES

Emma Barton  
Jock Calvert  
Neil Patterson  
Anna Vaughan

Matthew Bugg  
Amelia Catt  
Lucy Shephard

### COACH

Richard Scarr

### KEY PARTNERS

Yachting Australia  
Yachting Tasmania  
Royal Yacht Club of Tasmania

*Financial support for the Elite Development Program is provided by the Australian Sports Commission through Yachting Australia.*



## INDIVIDUAL SCHOLARSHIPS

The TIS individual scholarship program assists athletes from a 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 Scholarship 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 are not covered by the TIS NTC or EDP programs.

During 2014-15, the TIS individual program enjoyed significant success both nationally and internationally.

### PROGRAM HIGHLIGHTS

- Two individual scholarship athletes represented Australia at the Glasgow Commonwealth Games (Jackson Woods in boxing and Jenna Myers in weightlifting).
- Jack Penny (trampoline) competed at the senior world championships during 2014.
- Daniel Watkins (canoe slalom) represented Australia at the 2014 U23 world championships.

- Two athletes represented Australia at junior world championships (Kate Eckhardt in canoe slalom and Jacob Birtwhistle in triathlon).
- Jacob Birtwhistle (triathlon) won a silver medal at the junior world championships.
- Kate Eckhardt (canoe slalom) won a bronze medal at the junior world championships.

### SPORT PROGRAM COORDINATOR

Brendan Long

### ATHLETES:

- Dylan Hardy (boxing)
- Jackson Woods (boxing)
- Kate Eckhardt\* (canoe slalom)
- Daniel Watkins\* (canoe slalom)
- Scott Bowden (mountain bike)
- Ben Bradley (mountain bike)
- Michael Sims (lawn bowls)
- Jacob Templeton (swimming-para)
- Jack Penny (trampoline)
- Jacob Birtwhistle (triathlon)
- Jenna Myers (weightlifting)

\*Athletes transferred to the TIS canoe slalom program 1 April 2015



# STRATEGIC PLAN 2012-2016

## 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 VALUES

Our People Matter - We Make a Real Difference - We act with Integrity

- Excellence through passion.
- Commitment to make a difference.
- Team work based on respect, flexibility, support and a sense of humour.
- Open, effective communication that provides honest, accurate and reliable information.
- Creativity and innovation that supports our professionalism.

## 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 PERFORMANCE INDICATORS

- The number of TIS athletes who achieved finals and/or top eight results at international benchmark events.
- TIS athletes' medals at Olympic, Paralympic and Commonwealth Games.
- TIS athletes' results in other selected international benchmark events held over shorter cycles than quadrennial or biannually and/or world rankings.
- Number of national team selections achieved by TIS athletes.
- Number of national coaching appointments for TIS coaches.
- Number and proportion of athletes in each NESCS scholarship category.
- Number and proportion of athletes progressing through the categories.
- Number of athletes identified and being developed through pre elite programs.

## KEY RESULT AREAS

- People
- Process
- Resources





## KEY PERFORMANCE INDICATORS

The Tasmanian Institute of Sport's objective is to assist athletes to achieve national success and ultimately to achieve on the international stage. This is monitored by calculating the number of TIS athletes achieving a top eight performance at benchmark competitions. The set target is 15.

In total, over the 2014-15 period TIS athletes achieved 25 top eight performances at benchmark events, with the breakdown in each sport as follows:

Athletics	1
Cycling	11
Hockey	1
Canoe Slalom	1
Rowing	9
Sailing	1
Triathlon	1

In addition, success is measured by selection in national teams each year. The set target is 60.

In total, over the 2014-15 period TIS athletes achieved 69 national selections, with the breakdown in each sports as follows:

Athletics	4
Boxing	2
Cycling	15
Hockey	19
Rowing	15
Sailing	3
Triathlon	4
Canoe Slalom	5
Trampoline	1
Swimming	1



## OLYMPIC ATHLETE HONOUR ROLL

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

Daniel Collins	Canoe (Bronze)
Tim O'Shannassey	Cycling (Bronze)
Daniel Sproule	Hockey (Bronze)
Simon Burgess	Rowing
Scott Goodman	Swimming (Bronze)

### 1988 OLYMPIC GAMES – SEOUL

David Connor	Sailing
Gary Smith	Sailing
Ron Laycock	Weightlifting

### 1996 PARALYMPIC GAMES – ATLANTA

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

### 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)

### 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)

### 1996 OLYMPIC GAMES – ATLANTA

Simon Hollingsworth	Athletics
Kylie Risk	Athletics
Justin Boocock	Canoe Slalom



### 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



## 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



## 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 considers it appropriate that exceptional athletes who 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.

### TIS CHAMPIONS CLUB MEMBERS

Darren Balmforth	Rowing
Justin Boocock	Canoe Slalom
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
Bianca Langham	Hockey
Nick Rogers	Yachting
Daniel Sproule	Hockey
Matthew Wells	Hockey
Paul Wiggins	Athletics



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



