



**TASMANIAN
INSTITUTE
OF SPORT**



2021-22

YEARBOOK



Tasmanian
Government



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MINISTER'S FOREWORD



It has been a big year for our athletes, and as Minister for Sport and Recreation, it is rewarding to witness the development and ongoing achievements of Tasmania's talented sportspeople.

It was great to see the return of elite level sport competition starting with the 2020 Tokyo Olympic and Paralympic Games finally going ahead in July/August 2021.

Thirteen Tasmanian athletes were selected to represent Australia at the games, coming away with two gold, three silver and two bronze medals. It was fantastic to watch all the Tasmanian athletes in the green and gold after such an extended period without being able to enjoy their successes.

Amongst the many outstanding performances that occurred, the results achieved by Ariarne Titmus in becoming Tasmania's most successful Olympic athlete were a highlight.

I want to acknowledge the ongoing commitment from the Tasmanian Institute of Sport staff and, most importantly, the athletes, a testament to our ability to consistently produce world class athletes that become the best of the best. I congratulate them all.

I wish all Tasmanian athletes the very best as they continue to train and compete to represent our State & country.

We want more Tasmanians to get active and dream big, no matter where they live, what their age or their circumstances, and we are investing significantly into the State's Sport and Recreation sector to make this possible.

A stylized, handwritten signature in black ink, appearing to read 'N. Street'.

Hon Nic Street MP

Minister for Sport and Recreation



2021 Tasmanian Sporting Hall of Fame Inductees

DIRECTOR'S REPORT



This year saw the postponed 2020 Tokyo Olympic and Paralympic Games take place against the backdrop of the COVID-19 Pandemic and it was wonderful to see our States best athletes finally perform on the world stage after such time of uncertainty and disruption to sport.

The staging of the Games, amidst all the COVID-19 complications, was a great testament to the capability of athletes, coaches and support staff, but also to the Tokyo Organising Committee. There were many arduous and complex issues involved in delivering a safe Games and huge congratulations is deserved for the way this was achieved. I am sure the worlds sporting population are forever grateful for the incredible effort that went in to making it happen.

Congratulations go to all our Olympic and Paralympic athletes on their performances and in the manner they represented their State and Country. Special acknowledgment goes to Ariarne Titmus, who in winning four medals (2 gold, a silver and a bronze), became Tasmania's first ever individual Olympic gold medallist and most successful Olympic athlete ever. Other outstanding performances were produced by Eddie Ockenden and Josh Beltz earning a silver medal in the Men's Hockey and Para-athlete Deon Kenzie taking bronze in the T38 1500m. This year we were able to recommence the Seven Tasmania Tasmanian Athlete of the Year event which covered the two-year period across 2020 & 2021, due to not holding the event last year. Ariarne Titmus with her outstanding performances at the Tokyo Olympic Games was announced as the Tasmanian Athlete of the Year for 2020–2021.

At the event we were also privileged to acknowledge former TIS Champions in Tim Deavin, Matt Goss, Kerry Hore and Sid Taberlay, who were inducted into the Tasmanian Sporting Hall of Fame.

I would especially like to acknowledge and thank all TIS staff for their ongoing commitment and outstanding work without which, I know the Institute would not be able to properly meet the development needs of athletes that we are privileged to support. Thank you also to all the specialist consultants within the TIS Sports Medicine Network, who have so ably helped us again this year with their expertise in delivering high quality services to the TIS athletes. The contribution of Kellie Wilkie and Dr. Steve Reid who have led our sports medicine services, is greatly valued and appreciated in helping us provide quality support to athletes.

Our sincere ongoing appreciation goes to our outstanding and highly valued partner, Motors Tasmania/ Webster Trucks who continue to provide two vehicles for TIS use, which allows us to provide further support to our programs.

The TIS will move to another department from 1 July 2022, Department of State Growth, with the disbanding of Communities Tasmania (CT). I would like to acknowledge and thank our corporate colleagues from CT for the support and assistance provided to us over the last five years.

The TIS enjoys strong partnerships with all members of the National Institute Network, Sport Australia, the Australian Olympic Committee, Paralympics Australia, and the Australian Commonwealth Games Australia, as part of the national high-performance sports network.

The TIS wouldn't be able to provide assistance to athletes and coaches without the Tasmanian Government's commitment to a high performance Institute and I thank the Minister for Sport & Recreation, the Hon. Nic Street, and the Government, for their ongoing support.

In the coming year, we wish every success to our Commonwealth Games athletes, and importantly also wish that this event proceeds safely as planned and proves another great spectacle of sport for us to enjoy.

A handwritten signature in black ink, appearing to read 'Paul Austen'.

Paul Austen
Director



WHAT WE DO

PURPOSE

Developing World Class athletes.

VISION

To be a world class centre for excellence that delivers Tasmania's largest, most successful cohort of Olympic and Paralympic athletes in 2032.

OUR VALUES

Teamwork – Integrity – Excellence – Resilience

BACKGROUND

The Tasmanian Institute of Sport was established in 1985 by the Tasmanian Government to assist Tasmania's talented athletes achieve excellence in sport.

We currently operate from two bases – the Northern office located at the Silverdome Complex in Prospect and the Southern office located at the Tasmanian Technopark in Dowsing Point.

SPORTS PROGRAMS

The TIS offers scholarships to talented Tasmanian athletes in a range of sports which fit into the following sports programs – National Athlete Pathway (NAP) programs, the State Pathway Program, Talent Development Programs (TD), Elite Development Programs (EDP) and individual support programs.

SPORTS PERFORMANCE UNIT

The Sports Performance Unit of the TIS comprises of human performance laboratories and strength and conditioning facilities, providing services in sports physiology, video analysis, talent identification and development.

ATHLETE WELLBEING & ENGAGEMENT

The Athlete Wellbeing & Engagement program works with scholarship holders to help manage and guide their sporting commitments and work/schooling demands to sustain a healthy wellbeing and training outlook.

The program focuses on engagement, mental health, career & education, personal development and conduct & professionalism to ensure athletes show commitment and dedication beyond their sporting achievements, engage in the community and ensure professionalism in doing so.

COACH DEVELOPMENT

The TIS provides opportunities to coaches both within and outside of the organisation to assist with their personal and professional development.

The TIS runs an internal coaching group to offer professional development, offers a Women in Sport Coaching Scholarship to external coaches and additional Coaching Scholarships and development opportunities for Tasmanian coaches through the Coaching Centre.

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 Tasmania through the provision of vehicles. Seven Tasmania provide 'in-kind' support for the Tasmanian Athlete of the Year Award.

ORGANISATIONAL STRUCTURE

The TIS is a Business Unit of Communities, Sport and Recreation within the Department of Communities Tasmania.

As of 1 July 2022, the TIS will move to the Department of State Growth and sit within the Culture, Arts & Sport business unit.



BUSINESS AND ADMINISTRATION

STAFF

Paul Austen	Director
Geoff Masters	Business and Relationship Manager
Sam Lockett	Executive Assistant
Shelly Wesley	Administrative Assistant
Angela Mills	Administrative Assistant (from December 2021)
Mark Dixon	ICT Technical Advisor

EVENTS

TASMANIAN ATHLETE OF THE YEAR

After a year off due to the lack of international competition in 2019–2020, the Seven Tasmania Tasmanian Athlete of the Year Award was back in December 2021 and to be awarded based on athlete performance over the two-year period November 2020–October 2021.

Overlooking Hobart waterfront, the function was held at Princes Wharf No. 1, recognising athletes for their performances at an international level, contribution to their sport and their contribution to the Tasmanian Sporting Community.

The finalists for the 2020–2021 Tasmanian Athlete of the Year Award were:

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

After winning the Award in 2019, Ariarne Titmus went back-to-back and was named the 2020–2021 Tasmanian Athlete of the Year. Ariarne's performances in the period included her two gold medals at the 2020 Tokyo Olympic Games, where she became the first individual Tasmanian athlete to win gold at an Olympic Games, cementing her place as Tasmania's most successful individual Olympic athlete.

Unable to be there on the night due to training, Ariarne's parents Robyn & Steve attended the evening to accept the Award on her behalf.

TASMANIAN SPORTING HALL OF FAME

The Tasmanian Sporting Hall of Fame Induction was again held alongside the Tasmanian Athlete of the Year Award. Established in 1989, the Sporting Hall of Fame recognises outstanding Tasmanian sportspeople who have represented their State and nation with distinction and ensure their achievement receive the recognition they deserve.

In 2021, the four Tasmanian athletes inducted were, Tim Deavin (Hockey), Matthew Goss (Cycling), Kerry Hore (Rowing) and Sid Taberlay (Mountain Bike).

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

Matthew enjoyed a 12-year international cycling career including winning gold at the Track World Cup in Denmark in the Team Pursuit. Matt had 17 major wins throughout his career and raced for Australia at the 2012 London Olympics in the Men's Road Race.

Kerry is an Olympic bronze medallist and was the first Australian female rower to represent Australia at four Olympics, competing at Athens (2004), Beijing (2008), London (2012) and Rio (2016).

Sid is a five-time National Champion, World Championship medallist, and Oceania medallist.

Sid became the first mountain biker inducted into the Tasmanian Sporting Hall of Fame.

There are now 139 athletes that have been inducted into the Tasmanian Sporting Hall of Fame, from a broad range of sports.



GENERAL ADMINISTRATION

The administration staff led by Geoff Masters, Business and Relationships Manager, delivered high level support services to the TIS programs during the year.

Despite the uncertainties and challenges throughout the year, all key administration functions were able to be maintained to the credit of all staff particularly as they managed the implementation and monitoring of all the Workplace, Health and Safety requirements needed to keep the TIS facilities open and operating.

At the end of June, following 27 years with the TIS, we farewelled Geoff into retirement. We thank Geoff for his incredible contribution over his years with the TIS. His expertise and passion for seeing our athletes succeed will be greatly missed.

Through the year, we welcomed new staff to the team, including Tim Strapp, Head Hockey Coach, Angela Mills, Administration Assistant and Kurt Tropiano, Strength & Conditioning Coach.

As part of Communities Tasmania Aboriginal School Based Traineeship, Cooper Marshall also joined our southern office where he will be competing his Certificate III in Sport & Recreation over the next 36 months.

LAUNCESTON BUILDING WORKS

In November 2021, renovations to the TIS Launceston facility commenced and were completed in May 2022.

The renovations provided the facility with an environmental training room, updated athlete facilities including bathrooms, showers, ice bath room and massage area along with refreshed laboratory area, strength & conditioning space and workstations for staff.

COMMUNICATIONS

PUBLICATIONS

The TIS Bulletin is produced monthly and 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 ICT Technical Advisor, Mark Dixon.

SOCIAL MEDIA

The TIS uses Facebook, Twitter (@tassiesport) and Instagram (@tasinstsport) accounts to connect with a wider audience and provide instant update on the progress of our athletes.

During the year we continued to utilise our "TeamTIS" Facebook group to regularly communicate and share information with all our athletes.

PUBLIC RELATIONS

The TIS uses the services of public relations consultants CorComms (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 Executive Chairman, Nicolas Turner in providing excellent services and advice in this area.

ATHLETE MANAGEMENT SYSTEM

Through the efforts of Mark Dixon, the TIS ICT Technical Advisor, we continue to develop and maintain TISLink.

TISLink is the TIS version of the national Athlete Management System (AMS) which is linked through to a national database system allowing sharing of athlete data which contributes immensely to supporting all of the Institutes key functions.

The AMS informs performance decisions through:

- Establishment of data tracking, analysing and reporting against sport-defined performance metrics for every high performance athlete, squad and team.
- Increase athlete availability for training and competition through the reduction of injury and illness while also understanding the adaptation to training and travel.
- Providing a nationally shared framework that captures performance-related data for all of Australia's categorised athletes in a single source.
- Providing the TIS with an efficient athlete administration workflow.

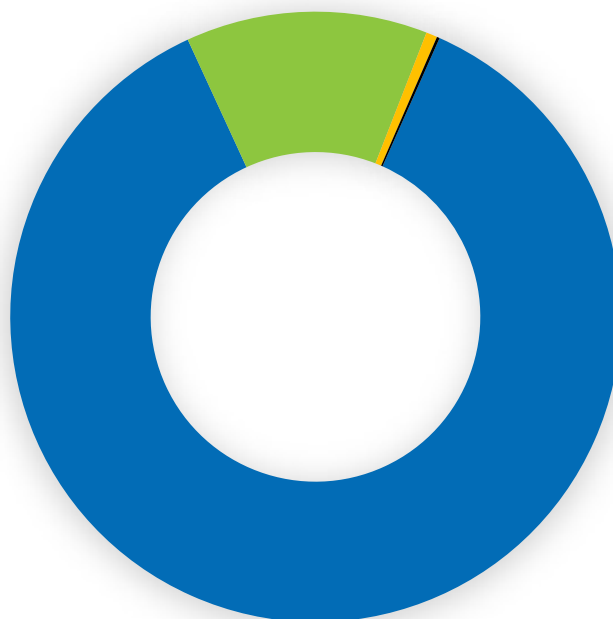


FINANCIAL MANAGEMENT

TIS FUNDING ALL SOURCES 2021–22

- Consolidated funds
- National sporting organisations
- State sporting organisations
- Other income

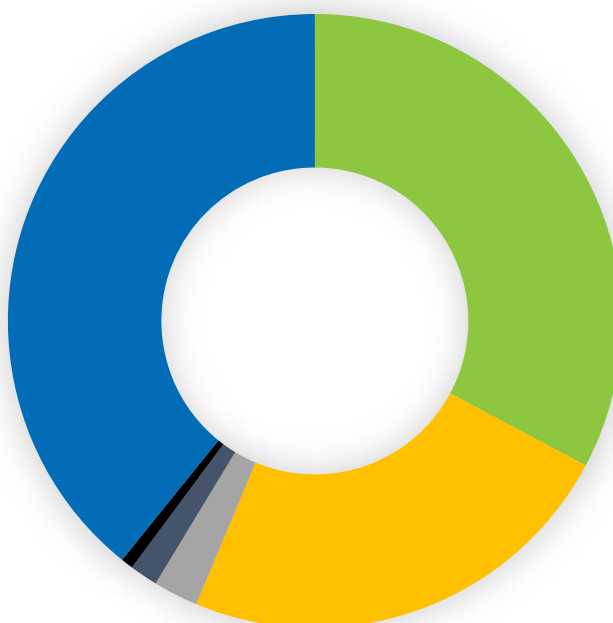
Consolidated funds	\$2,925,486.00
National sporting organisations	\$433,112.00
State sporting organisations	\$20,000.00
Other income	\$5,000.00
Total funds	\$3,383,598.00



TIS ALLOCATIONS 2021–22

- Sports Programs and Scholarships
- Sports Performance Unit
- Sport Medicine Consultancies
- Coaching Development
- Athlete Wellbeing and Engagement
- Operations

Sports Programs and Scholarships	\$1,109,750.00
Sports Performance Unit	\$795,882.00
Sport Medicine Consultancies	\$80,000.00
Coaching Development	\$50,000.00
Athlete Wellbeing and Engagement	\$22,000.00
Operations	\$1,325,966.00
Total allocations	\$3,383,598.00



CORPORATE PARTNERSHIPS

The Tasmanian Institute of Sport would like to thank the following partners:

PRINCIPAL PARTNER

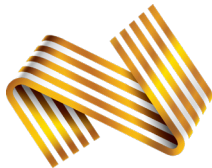


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STRATEGIC PARTNERS



AUSTRALIAN
OLYMPIC
COMMITTEE



AIS



COMMONWEALTH GAMES



Paralympics
Australia



SPORT INTEGRITY
AUSTRALIA

CORPORATE PARTNERS



TASMANIA

PROGRAM PARTNERS



Athletics
Australia



AUSCYCLING



Hockey
Australia



Hockey
Tasmania



Athletics
Tasmania



ROWING
Australia



ROWING
Tasmania



netball
AUSTRALIA



netball
TASMANIA



swimming
australia



swimming
tasmania



Australian
Sailing



Paddle
Australia



SPORTS PERFORMANCE UNIT

The Sports Performance Unit (SPU) conducts a wide range of tests on scholarship holders and provides information to coaches and athletes regarding training, recovery and performance.

STAFF

John Gregory
Senior Scientist

Pete Culhane
Senior Strength and Conditioning Coach

Ben Scarlett
Sports Performance Officer

Jake Cowin
Sports Performance Officer

Michael King
Strength and Conditioning Coach

Annabelle Stratton
Strength and Conditioning Coach

Kurt Tropiano
Strength and Conditioning Coach (from April 2022)

SPORTS SCIENCE

MAJOR ACTIVITIES

- Facilitated athlete medical and physiotherapy screenings.
- Assisted at track cycling camps and road nationals.
- Conducted a successful rowing selection camp.
- Undertook Talent Identification (TID) testing sessions that resulted in athletes progressing into the Cycling Academy and Rowing program.
- Worked with Athletics Tasmania's Target Talent Program to provide extensive testing services to athletes.
- Implemented a wearable biomechanics system.
- Representation at the Applied Physiology, Sports Technology and Applied Research Symposium and Movement Science conferences.
- Completed full staff accreditation with Exercise Sports Science Australia (ESSA).
- Tracked rowing training and performances at winter camps and NSW State Titles.

- Provided extensive testing to AFL, AFLW, Tasmanian Jockeys, Netball Tasmania state athletes, Northern Hawks Netball Club, and individual athletes under fee for service.
- Ongoing day-to-day monitoring of athletes within daily training environment.
- Assisted in the commissioning of the Launceston based lab, strength and heat and altitude chamber facilities.
- Represented TIS on the National Institute Network Physiology and Research groups.
- Implementation of the heat and altitude chamber with athletes.
- Performed 924 performance assessment tests.

PROJECTS AND RESEARCH

- Ongoing integration of force plate data collection and analytical analysis.
- Comprehensive hockey monitoring with GPS Team system.
- The use of biomechanics software system to provide insights into athlete movement patterns and assist coach feedback on performance.
- Integration of data analytics for optimum cycling profiling.
- Heat acclimation and altitude training for athletes.
- Conducted aerodynamic assessments with cycling to optimise performance.
- Configured data analytics coding languages to assist with multiple projects and develop resources.

SPORTS MEDICINE NETWORK

Thank you to our Chief Medical Officer Dr Steve Reid, Performance Psychology Coordinator Lydia Black and Lead Physiotherapy Coordinator Kellie Wilkie, for their ongoing and highly valued work and guidance.

The Sports Medicine Network continues to take a progressive approach to TIS Athlete injury status and management, with Kellie Wilkie and the Physio network facilitating a comprehensive approach to reporting on injury.

Dr Steve Reid has continued to lead our Sports Medicine Network. We thank Dr Reid for his close involvement over the past 12 months, as he prepares to move interstate whilst continuing to provide an overarching view as the TIS Chief Medical Officer.

Our staff also continue to benefit from the expertise in our Sports Medicine Network with Sports psychologist, Lydia Black and sports dietitian, Jaymeila Webb having made presentations on the important topic of body composition.

We wish to thank our many Sports Medicine Network practitioners, who continue to support the TIS. Our network delivers quality sports medicine, performance psychology, performance nutrition and physiotherapy services to TIS athletes.

STRENGTH AND CONDITIONING

MAJOR ACTIVITIES

- Athletes completed over 3,500 strength and conditioning (S&C) training sessions across four main strength training venues in Launceston, Hobart, Devonport and Burnie, as well as many indoor and outdoor conditioning training venues. A significant number of training sessions were undertaken by TIS athletes in many parts of the world in the twelve-month period that led up to the last phase of the postponed 2020 Olympic and Paralympic Games and through to the final lead up to the 2022 Commonwealth Games.
- S&C coaches conducted more than 420 dual force plate tests on athletes, as well as just over 80 movement screening assessments involving both the Functional Movement Screen and Y-Balance Test.
- S&C coaches took an active role in bridging the gap between the gym and lab to the sporting performance by spending more time in the athlete and coaches daily training environment. This approach is key to developing relationships with both the athletes and coaches which is key to getting the most out of the training involved.
- With Annabelle Stratton commencing 12 months leave we welcomed a new S&C coach to the TIS to cover this period. Kurt Tropiano joins us after working within several national and international S&C environments and settled in well to keep the momentum going that Annabelle established.
- The Women's NBL1 basketball team in Launceston, the Tornados, continued to utilise the TIS S&C services in developing the athletic capacities of their playing roster for the 2022 season. This year, a small group of development athletes were added to the main playing squad who trained at the TIS with some great athletic development and low injury rates observed in both groups.
- Over a period of approximately four months, the Launceston gym and lab space was renovated. The updated gym space was then reorganised and a batch of new equipment purchased to better house the growing numbers and bigger groups of athletes. The result is a much more efficient use of space and key lifting stations, dedicated ice bath recovery room, separate cardio training zone and an altitude and heat chamber.
- The S&C coaches attended two major S&C conferences virtually:
 - 2021 National Strength and Conditioning Network Workshop; and
 - 2021 Australian Strength and Conditioning International Conference on Applied Strength and Conditioning.
- All TIS S&C coaches were active in assisting the Australian Olympic Committee and Paralympics Australia in providing virtual S&C sessions to athletes and support staff who were in quarantine post the Olympic and Paralympic Games.
- In-house professional development sessions remained a focus, including a continuing focus on the assessment and interpretation of data derived from dual force plate assessment, a review of the two major S&C conferences attended and sessions on programming and performance tracking and reporting. These sessions were in conjunction with S&C coaches from AFL Tasmania and Cricket Tasmania as well as several current and past casual and placement S&C coaches.
- TIS S&C staff continue to be actively involved in developing the states S&C coaches, presenting at two Level One coach education courses for the Australian Strength and Conditioning Association, one of which involved the Health and Physical Education team at Scotch Oakburn College.



- Senior S&C Coach Pete Culhane continued in his part-time role of National Strength and Conditioning Network Lead with the AIS. This role has provided an opportunity to bring much of the learnings from the AIS and national perspective of his role back into the TIS environment.

PROJECTS AND RESEARCH

- Pete Culhane has focused heavily on the revision of the “National Protocols for the Assessment of Strength and Power”, which is an update on the 2007 document and creates a more contemporary compilation of research backed best-practice protocols for S&C coaches.
- Jake Cowin published his first paper from his PhD study entitled “A Proposed Framework to Describe Movement Variability within Sporting Tasks: A Scoping Review” which outlines a new framework to aid athletes, coaches, and support staff to gain a better understanding of how the different types of movement variability within sporting tasks contribute to performance. Jake also led an AIS project scoping out the use of force plates across the National Institute Network and develop a verification process to ensure quality assurance of the data and undertook formal and informal S&C mentoring and education sessions.



- Michael King undertook an in-depth online course on training athletes, both within the rehabilitation and performance settings, utilising isometric training stimulus.
- Annabelle Anderson, and later Kurt Tropiano, continued to develop the area of supporting para-athletes with a greater understanding of best practice for athlete development.

OTHER ACKNOWLEDGEMENTS

S&C services are provided to athletes across the state, both within the two TIS facilities, and within designated partner facilities. A new relationship began with Portside (Devonport) and Strength Den (Burnie) gyms enabling our TIS athletes who are based in the northwest to access high quality training facilities and coaches.

The TIS continues to work closely with the University of Tasmania’s School of Health Sciences, where both organisations support the development of Sports and Exercise Science students, with emphasis on developing strength and conditioning coaches and practical sports scientists.

We acknowledge Dr. Nathan Pitchford PhD and the rest of the University of Tasmania team for the ongoing assistance to our staff, athletes, and coaches.



ATHLETE WELLBEING & ENGAGEMENT

STAFF

Stewart Pither

Manager, Performance Services

The national Athlete Wellbeing and Engagement Program (AW&E) network consists of providers based in State Institute of Sports (SIS/SAS) organisations and National Sporting Organisations.

This multifaceted approach provides athletes with guidance, resources, and educational opportunities to achieve personal and professional empowerment.

AW&E's purpose is to lead and support Australia's sporting industry to understand that a successful high-performance culture means athletes finding the right balance between wellbeing, engagement activities outside of training and competition and requirements of elite sport.

A holistic training and life balance approach is achieved by individual services designed to assist athletes to achieve their highest potential by creating a unique environment required for individual success.

This is driven through five work streams:

- Mental Health
- Conduct and professionalism
- Personal Development
- Career and Education
- Community engagement

MAJOR PROGRAM INITIATIVES

FOODBANK

As a community engagement opportunity, the TIS hockey squad visited Foodbank Tasmania once a quarter, replacing one of their early morning pitch sessions packing over 100 hampers per session, which are then distributed to Tasmanians in need.

Foodbank is Australia's largest food relief organisation, operating on a scale that makes it crucial to the work of the front-line charities who are feeding vulnerable Australians.

CYBER SAFETY SESSIONS

The Cyber Safety Project hosted two webinar sessions, with one focusing on athletes and parents and the second session targeting coaches and administrations. 'My Place in the Digital World' was the focus of these sessions covering how online actions shape our identity and how we may be perceived by others.

Participants gained knowledge of how technology can play a healthy and unhealthy role in their lives and the proactive ways to take control of their digital footprints.

Participants explored strategies for managing their physical, social and emotional wellbeing and were reminded of their responsibilities as online citizens and members of the sporting community. Other topics covered included creating a health balance online, managing screen time, how to be resilient and dealing with online bullying.

AIS MENTAL HEALTH IN SPORT WORKSHOP

Over 50 participants took part in the AIS Mental Health in Sport workshop staged in Hobart.

Presented by AIS Mental Health referral Network (MHRN) Psychologist Lydia Black, attendees were able to discuss, workshop and upskill their education on Mental Health in Sport.

The workshop participants included state sporting organisation high performance staff, sporting clubs, coaches and sports administrators.

The workshop provided a unique opportunity to discuss and learn what resources are available to assist in the area of mental health affecting athletes from the grass root level through to high performance.

Attendees were upskilled to recognise and utilise the key points in mental health awareness:

- Reach out
- Refer
- Remain Supportive

Conversations and interactions of attendees highlighted it is not easy to discuss and bring up with athletes, the topic of mental health. It was encouraging to see what pathways could be developed to improve safe environments for all within the Tasmanian sporting community. Further workshops on this important topic are scheduled for the future.



AIS EDUCATION SCHOLARSHIPS

The AIS Education Scholarship Program is an initiative designed to ease the financial burden on athletes who are undergoing education to prepare for life beyond sport.

Alec Patterson (rowing), Joseph Wilson (rowing) and Hayden Beltz (hockey) were successful in gaining a scholarship which assists athletes to:

- Commit themselves to pursuits that benefit their life following their athletic career.
- Advance their knowledge in their chosen field of interest.
- Share and inspire others in a similar situation combining dual careers.

HOCKEY PROGRAM WORKSHOPS

Throughout the year, Stewart Pither, conducted two workshops with the TIS Hockey Program athletes: Success & Setbacks and Open-Ended Questions.

SUCCESS & SETBACKS

Developing an understanding that not all athlete goals can or will be achieved each year is the aim of the Success and Setbacks Workshop. Interruptions interfere with goals and this workshop opened discussions on finding balance and direction when success and setbacks occur.

Through interactive questions and game play, athletes shared in their experiences and problem solved obstacles into opportunities.

OPEN-ENDED QUESTIONS

Athletes gained valuable skills in understanding and asking open-ended questions generating effective communication and information exchange.

Athletes gained a greater understanding of why open-ended questions positively impact communication and information exchange assisting them to drive their individual development as an athlete, effectively communicating with their team mates and support staff.

The session focused on using open-ended questions as opposed to closed 'yes', 'no' questions through a variety of activity games in a team environment.

OTHER ACTIVITIES

- Continuation of Wellness Wednesday information and resources for TIS athletes.
- Development of 'Getting Better Every Day' resource for individual athlete planning.
- Continued liaison with TIS education providers.
- The TIS maintains strong partnerships with the National AIS AW&E Program and UTAS through the Elite Athlete education Network and the TIS Sports Science Medicine Network.



COACH DEVELOPMENT

CENTRE FOR COACHING

The Tasmanian Institute of Sport Coaching Centre (TCC), is an initiative with the specific goal of increasing and developing coaches in Tasmania.

The purpose of the TCC is the delivery of high-quality coach development, learning and leadership opportunities supporting Tasmanian coaches.

To achieve this, TIS is investing in the identification and support of the next generation of coaches in Tasmania.

Engagement with State Sporting Organisations to conduct research, consultation and subsequent gap analysis has assisted in defining the path forward.

The TCC continues to collaborate with Sport and Recreation providing support and engagement with Community Coaching Forums.

The TCC will offer two scholarship programs supporting coaches:

1. Through an ongoing partnership with Women Sport Recreation Tasmania.
2. Through the TCC itself.

The TCC Scholarships are set to commence in July 2022.

WOMEN IN SPORT COACHING SCHOLARSHIP

The Women in Sport Coaching Scholarship is an ongoing partnership between Womensport and Recreation Tasmania Inc. and the TIS.

The initiative was launched in 2018 and continues to support women with coaching development opportunities.

The scholarships provide mentoring support, through quality coaching development opportunities for women in Tasmania, with the aim to increase the number and expertise of female coaches in the state.

Recipients receive support to develop their individual coaching capabilities and leadership, allowing them to gain valuable national experience whilst expanding their own knowledge and skills. Recipients of the 2021–2022 scholarships were Sarah McCambridge (hockey), Elizabeth Gray (athletics) and Phillipa Martin (tennis).

TIS COACHING GROUP

Throughout the year, TIS coaches met as a collective group to share information and attend workshops conducted by several guest speakers with topics including podiatry and performance optimisation, iron deficiency and its impact on performance and spirometry and benefits to athletes.

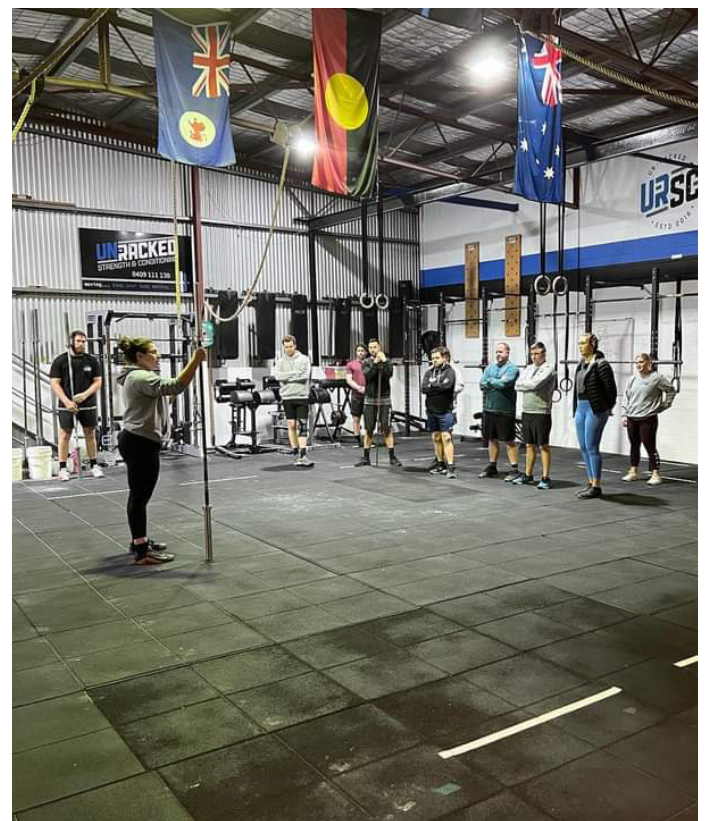
National program opportunities have also presented for several of our sport program coaches.

Matthew Gilmore led the National Road Junior team to Europe, Brendon Long attended Rowing Australia's National Under 23 Camp and Belinda Goss has been a participant in the Australian Institute of Sport Female High Performance Coach Talent Program.

CONFERENCES AND EVENTS

Several TIS coaches throughout the year worked with their respective National High Performance programs to engage with National program staff, athletes and coaches and in the process, remain at the cutting edge of their sport in Australia.

These activities were predominantly online during this period.



SPORTS PROGRAMS

STAFF

Ilene Carr

Manager, High Performance

Brett Gillow

Sports Program Coordinator

NATIONAL ATHLETE PATHWAY & NATIONAL TRAINING CENTRE PROGRAMS

In 2021–22 the TIS operated a National Athlete Pathway (NAPP) program in the sport of hockey and National Training Centre (NTC) Programs in the sports of athletics and cycling and a State Pathway Program for rowing. High Performance Scholarships were provided to athletes selected to participate in these programs. Identified athletes in rowing were provided a TIS Training Agreement targeting specific development areas to assist them fast-track their progression to a TIS High Performance Scholarship.

The NAPP, NTC and State Pathway Programs are conducted in partnership with the national and state sporting organisations for the respective sports. The programs are delivered and coordinated by a TIS Coach, with the TIS Manager, High Performance and Sports Program Coordinators.

TALENT DEVELOPMENT PROGRAMS

In 2021–22, the TIS supported a Talent Development Academy for cycling and Athletics Tasmania's equivalent, the Target Talent Program (TTP). These programs provided coaching expertise and targeted performance services to athletes aimed to assist them to progress along their sport's high performance pathway.

ELITE DEVELOPMENT PROGRAMS

The TIS supported the operation of Elite Development Programs in the sports of canoe slalom, netball, sailing and swimming during 2021–22. Scholarships were provided to athletes selected to participate in these sports.

Elite development programs are conducted in partnership with the sports' national and state sporting organisations and are coordinated by a coach or nominated staff member employed by the sport.

The netball program has an Elite Development Squad (EDS) structure – directed by Netball Tasmania and supported by the TIS and Netball Australia. The swimming program has a tiered development program structure with the National & State Flippers Squads directed by Swimming Australia and supported by TIS and Swimming Tasmania.

INDIVIDUAL SUPPORT PROGRAM

The TIS provided support to selected Tasmanian athletes competing in sports for which the TIS does not operate a program.

Six individual athletes across the sports of archery, lawn bowls, para-triathlon, triathlon, and wheelchair rugby were provided high performance scholarships during 2021–22.

ASSISTED ATHLETES

Athletes with TIS Assisted Athlete status are provided negotiated short-term support to assist them achieve a specific performance outcome.

There were two athletes in the sports of golf and mountain bike (enduro) who held Assisted Athlete status in 2021–22.

ASSOCIATE ATHLETES

Athletes with TIS Associate Athlete status fall into two categories:

1. Those competing professionally in a TIS supported sport who are based interstate or overseas and/or
2. Those who previously held a TIS high performance scholarship, moved interstate to further their sporting opportunities and are subsequently supported by the interstate State Institute of Sport/State Academy of Sport.

There were five athletes across the sports of netball, sailing and swimming with TIS Associate Athlete status in 2021–22.

The TIS supported these athletes by offering access to negotiated performance services when in Tasmania and or assistance to compete in Tasmania.

ATHLETICS

The TIS Athletics Pathway Program is extensively aligned to Athletics Australia's (AA) National Athlete Support Scheme (NASS) categorisation structure.

NASS athletes (Para and Able Bodied) are directly selected by AA and supported through an agreement between AA and the TIS. NASS athletes are provided with access to TIS and other National Institute Networks for sport performance services. Services include:

- Individual performance plans
- Personalised and supervised strength & conditioning programming
- Professional coaching/coach mentoring and monitoring services to assist excellence in performance preparation
- Performance testing
- Performance nutrition consultations*
- Performance psychology consultations*
- Athlete wellness and wellbeing consultations
- Sports medicine – physiotherapy, massage and other accredited modality consultations*
- Training and competition support*

**Limited to categorisation support level*

Additionally, the TIS has a Tasmanian athletics scholarship pathway for high achieving athletes who fall outside the AA NASS, however, may represent Australia in the near future.

With the above services also available within a pre-determined allocated support level.

As part of an AA pathway initiative, there is a national Target Talent Program (TTP) for National medallist at the preceding Australian championships in the U16-U20 age groups.

Each state athletics organisation is supported with programming and training camp funding for each state (additionally each state can include other well performed athletes).

The Tasmanian TTP is driven by Athletics Tasmania and overseen by the TIS State Performance Advisor.

NASS ATHLETES (1 MAY 2021 – 30 APRIL 2022)

Milly Clark (Marathon) (from Dec 2021)

Sam Clifford (5K)

Jack Hale (100m, 4 x 100m)

Deon Kenzie (T38 1500m, 800m)

Alexander McKillop (T36 100m)

Stewart McSweyn (1500m, 5000m)

HIGH PERFORMANCE SCHOLARSHIP ATHLETES

Alexander Creak (400m)

Hamish Peacock (Javelin)

Jacob Despard (100m, 4x100m)

PROGRAM HIGHLIGHTS

STEWART MCSWEYN

- 2020 Tokyo Olympic Games 1500m finalist, Seventh place in 3:31.91
- Multiple wins throughout the WANDA DIAMOND LEAGUE Series over 1500m
- Ran the Great North Run half marathon (GBR) in 1:02:52

DEON KENZIE

- 2020 Tokyo Paralympic Games 1500m T38 Bronze Medallist, 4:03

JACK HALE

- 100m National Bronze medallist 100m 10.20 (+3.7)
- Australian selection for Oceania Track & Field Championships 100m – fifth 10.41 (+1.2)
- Season Best 100m 10.26 (+0.9)

ALEXANDER MCKILLOP

- Australian selection for Oceania Track & Field Championships 100mT36 – Bronze Medallist 12.70
- National Ambulant 100m Bronze Medallist 12.76

SAM CLIFFORD

- 1500m Personal Best 3:45.78
- 3000m Personal Best 7:58.90



MILLY CLARK

- First Melbourne Marathon – Personal Best 2:26:59.00

HAMISH PEACOCK

- Australian selection for Oceania Track & Field Championships Javelin – Bronze Medallist
- Tasmanian State Champion Javelin
- Season Best 77.15m

ALEXANDER CREAK

- National finalist U20
- Season Best 48.35s

TARGET TALENT PROGRAM

This season saw a very successful TTP program implemented, with two camps held in Hobart & Ulverstone, co-ordinated by Yvette Edwards, Athletics Tasmania TTP Coordinator. Special thanks to all the state & personal coaches, athletes, TIS staff, parents and expert guest Nic Hagicostas for making this a success.

Comparative event specific testing and data analysis was completed for all participating athletes. This was an important function for the athletes and their coaches to measure current progressions and identify important and potential areas for development.

There were several educational and professional development sessions conducted including experiencing firsthand cooking of nutritional meals from preparation to consumption.

STATE PERFORMANCE ADVISOR

Rob Ballard



ATHLETE SERVICE PROVIDERS

Stewart Pither (Athlete Wellbeing & Engagement)

Ben Scarlett (Sports Science)

John Gregory (Sports Science)

Annabelle Stratton (Strength & Conditioning)

Kurt Tropiano (Strength & Conditioning)

Pete Culhane (Strength & Conditioning)

Matt Lancaster (Physiotherapy)

Kellie Wilkie (Physiotherapy)

Dr Steve Reid (Sports Physician)

Dr David Humphries (Sports Physician)

Dr Jerome Muir Wilson (Sports Physician)

Gaye Rutherford (Nutrition)

Lydia Black (Sport Psychology)

TRAINING VENUES

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

PARTNERS

Athletics Tasmania

Athletics Australia



CYCLING

The TIS Cycling Program has had a very satisfying year with athletes performing to their potential at international and national competitions. Georgia Baker represented Australia at the 2020 Olympic Games and finished fifth in the Teams Pursuit and seventh in the Madison.

In January, TIS athletes competed at the National Road Championships and returned with six gold medals: Nicole Frain (Senior Women's Road Race) Cameron Ivory (Senior Criterium), Anya Louw (U23 Criterium and Time Trial), and Hamish McKenzie (U19 Criterium and Time Trial).

This was one of the most successful National Championships in recent years for TIS athletes. Four athletes (Hamish McKenzie, Will Eaves, Campbell Palmer and Felicity Wilson-Haffenden) gained National selection in the Junior Road Team which competed in Europe in May, where they gained invaluable experience competing against the best junior athletes in the world.

The Australian Track Championships, held in Brisbane returned to its traditional time slot in March.

The event saw some brilliant performances from Josh Duffy who won gold medals in the Madison, Scratch Race and 1km Time Trial and Will Eaves who rode a personal best time to finish second in the U19 Junior Pursuit Championship.

A week later the Oceania Mountain Bike (MTB), Track and Road championships were held in Brisbane with some fantastic results. Isabella Flint won gold in the Cross Country MTB Championship, Josh Duffy won golds in both the Teams Pursuit and Madison, with Will Eaves taking gold in the U19 Time Trial and a gold for Anya Louw in the U23 Women's Time Trial.

It was particularly pleasing to see Josh Duffy graduate to the podium ready program based at the National Training Centre in Adelaide on the back of his strong performances during the 2022 National Track Championships.

CYCLING ACADEMY

The TIS Cycling Academy successfully graduated three athletes to the TIS Scholarship program for the 2021–2022 period: Felicity Wilson-Haffenden, Hayden van der Ploeg and Campbell Palmer.

The underpinning Academy group remain on an upward progression with members performing well at their respective National Championships. The focus of the group continues to centre around athletes who are working towards developing high performance training attributes and qualities and we look forward to seeing what they can achieve in the coming period.

PROGRAM HIGHLIGHTS

- Olympic Selection – Georgia Baker
- National Team Selections:
 - Georgia Baker (World Track Championships)
 - Hamish McKenzie, Will Eaves, Campbell Palmer and Felicity Wilson-Haffenden (U19 Road Team)
- Josh Duffy (senior podium ready categorisation).
- Hamish McKenzie – Gold, U19 National Road Time Trial Championship
- Cameron Ivory – Gold, Senior National Criterium Championship
- Lauren Perry – Gold, Senior National Scratch Race Championship
- Josh Duffy – Gold, Senior National 1km Time Trial Championship
- Anya Louw – Gold, Oceania U23 Time Trial Championship
- Will Eaves – Gold, Oceania U19 Time Trial Championship



HIGH PERFORMANCE SCHOLARSHIP ATHLETES

Georgia Baker
Scott Bowden
Josh Duffy
Will Eaves
Sam Fox
Isabella Flint
Nicole Frain
Zack Gilmore
Cameron Ivory
Anya Louw
Hamish McKenzie
Jack Menzies
Lauren Perry
Campbell Palmer
Dalton Stretton
Catelyn Turner
Felicity Wilson-Haffenden
Hayden van der Ploeg



STAFF

Matthew Gilmore, NTC Head Cycling Coach
Belinda Goss, TIS Cycling Coach

SUPPORT COACHES

David Walker
Janelle Smith

ATHLETE SERVICE PROVIDERS

Stewart Pither (Athlete Wellbeing & Engagement)
John Gregory (Sports Science)
Pete Culhane (Strength and Conditioning)
Jake Cowin (Strength and Conditioning)
Michael King (Strength and Conditioning)
Lydia Black (Performance Psychology)
Jaymeila Webb (Sport Nutrition)
Gaye Rutherford (Sport Nutrition)

TRAINING VENUES

Silverdome Complex track, Prospect

PARTNERS

AusCycling Tasmania
AusCycling



HOCKEY

The 2021–22 period saw changes to the TIS Hockey Program, with Tim Strapp commencing in the role of National Athlete Pathway Program Head Coach, replacing long serving Head Hockey Coach Andrew McDonald.

Andrew made a significant contribution over a sustained period, leading a highly successful program and positively impacting many athlete careers and personal lives.

The benchmark performance for this period occurred at the Tokyo Olympic Games, where Eddie Ockenden and Josh Beltz claimed a silver medal with the Kookaburras. Eddie continues to set milestones holding the record for the most capped Kookaburra.

National program activities and competitions returned to normal operation. In March, a Domestic Series Camp was held on the Gold Coast which several athletes attended.

They had the opportunity to participate in targeted technical skill development camps. Athletes in attendance included: Joshua Brooks, Maddison Brooks, Henry Chambers, Evie Dalton, Max Larkin, Camila Vaughan.

The U18 Nationals were held in Cairns during April 2022. Taylor and Maddison Brooks were members of the women's team which claimed bronze.

Overall, it was a successful tournament for Tasmania with eight athletes named in the National Futures Squad.

As a result, the program welcomed seven new athletes: Madison Clark, Isabelle Kruimink, Emily Rockefeller, Ruben Hoey, Max Johnstone, Magnus McCausland and Lachie Rogers.

Athletes based in the local daily training environment, have continued to access TIS services in preparation for scheduled 2022 National Championships including the Under 21 Nationals and Hockey One.

PROGRAM HIGHLIGHTS

- 2020 Olympic Games, silver medal – Josh Beltz and Eddie Ockenden
- National Development Squad selection – Hayden Beltz, Gobin Gill, Sam McCulloch
- National Junior Squad selection – Maddison Brooks, Evie Dalton and Josh Brooks
- National Futures Squad selection – Taylor Brooks, Madison Clark, Isabelle Kruimink, Emily Rockefeller, Ruben Hoey, Max Johnstone, Magnus McCausland, Lachie Rogers

NAPP HEAD COACH

Tim Strapp

HIGH PERFORMANCE SCHOLARSHIP ATHLETES

Josh Beltz
Hayden Beltz
Phillida Bridley
Josh Brooks
Maddison Brooks
Taylor Brooks
Henry Chambers
Madison Clark
Evelyn Dalton
Gobin Gill
Ruben Hoey
Max Johnstone
Isabelle Kruimink
Max Larkin
Magnus McCausland
Sam McCulloch
Eddie Ockenden
Oliver Pritchard
Emily Rockefeller
Lachie Rogers
Camilla Vaughan
Jack Welch



ATHLETE SERVICE PROVIDERS

Michael King (Strength & Conditioning)

Ben Scarlett (Sports Science)

Stewart Pither (Athlete Wellbeing & Engagement)

Gaye Rutherford (Sport Nutrition)

Lydia Black (Performance Psychology)

Steven Welch (Goal Keeping Coach)

Rachael Lynch (Goal Keeping Coach)

TRAINING VENUE

Tasmanian Hockey Centre, New Town

PARTNERS

Hockey Tasmania

Hockey Australia



ROWING

The TIS Rowing Program in partnership with Rowing Australia and Rowing Tasmania deliver the Tasmanian State Pathway Program.

The TIS works closely with Rowing Australia and Rowing Tasmania providing development and competition opportunities for athletes and coaches within the Tasmanian Rowing pathway.

The Rowing Program aims to provide identified Tasmanian athletes access to services appropriate to their performance level, as well as access to high-level coaching, equipment, and competition support.

The Program offers two-tiers of support; High Performance Scholarships and Training Agreements. High Performance Scholarships are offered to Tasmania's elite rowing athletes, with these athletes receiving the uppermost level of support.

Training Agreements allow the TIS Rowing Program to offer tailored support to targeted developmental athletes to assist in fast-tracking their progression.

The Rowing Program operates out of five primary locations utilising the TIS' New Town Bay Rowing Centre facility, the Huon Rowing Club and New Norfolk Rowing Club in the south and the North Esk and Tamar Rowing Clubs in the north of the state.

PROGRAM HIGHLIGHTS

Sarah Hawe and Ciona Wilson were both part of the Australian Olympic Team with Sarah in the Woman's Eight, finishing fifth and Ciona as the reserve for the Woman's Sweep Squad.

Henry Youl and Georgia Nesbitt were both selected into the Australian Rowing Team for World Rowing Cups 2 and 3.

Henry and Georgia both earned silver medals racing at World Cup 2 in June 2022 and will race again at World Cup 3 in July 2022.

Kate Oliver and Sophie Robinson were selected as members of the 2022 U23 Australian Rowing Team, to compete in July 2022.

- Sarah Hawe competed at the 2020 Tokyo Olympic Games in the Australian Women's Eight finishing fifth in the final.
- Ciona Wilson was the travelling reserve for the Australian Woman's Sweep Squad for the 2020 Tokyo Olympic Games.

- Kate Hall, Finnian Colley, Connor Ryan and Joseph Wilson competed as part of the Australian U23 Team at the Rowing Australia World Cup simulation regatta at West Lakes, South Australia.
- Brendan Long Coached the U23 Australian Men's Quad Scull at the Rowing Australia World Cup simulation regatta at West Lakes, South Australia.
- Henry Youl received a silver medal as part of the Men's Eight at World Rowing Cup 2 in Poznań, Poland.
- Georgia Nesbitt earned a silver medal in the Women's Lightweight Single at World Rowing Cup 2 in Poznań, Poland.
- Kate Oliver and Sophie Robinson were selected in the 2022 Australian U23 Rowing Team to race in the Lightweight Coxless Pair to be conducted in Varese, Italy July 2022. Coach Shaun Finlayson was selected to coach the pair.

HIGH PERFORMANCE ATHLETES

Sarah Ashlin

Finnian Colley

Kate Hall

Sarah Hawe

Eve Mure

Wilson Mure

Georgia Nesbitt

Kate Oliver

Alec Paterson

Sophie Robinson

Conner Ryan

Lucas Wigston

Ciona Wilson

Joseph Wilson

Henry Youl



TRAINING AGREEMENT ATHLETES

Amy Bain
Will Birchmore
Lindsay Calvert
Alexander Colley
Molly McCausland

HEAD ROWING COACH

Brett Crow

ROWING PERFORMANCE COORDINATOR

Brendan Long

SUPPORT COACHES

Trevor Barrett
Abbie Crow
John Driessen
Shaun Finlayson
Paul Newbon
Verayna Zilm (Rowing Australia, State Talent Pathways Coordinator)

ATHLETE SERVICE PROVIDERS

John Gregory, (Sports Science / Biomechanics)
Ben Scarlett, (Sports Science)
Pete Culhane, (Strength & Conditioning)
Kurt Tropiano, (Strength & Conditioning)
Jake Cowin, (Strength & Conditioning)
Annabelle Stratton, (Strength & Conditioning)
Kellie Wilkie, (Physiotherapy)
Lia Giovanovits, (Physiotherapy)
Steve Reid, (Sports Medicine)
Gaye Rutherford, (Sport Nutrition)
Jaymeila Webb, (Sport Nutrition)
Lydia Black, (Performance Psychology)

TRAINING CENTRES

Derwent River, (from New Town Bay facility)
Huon River, (Huon Rowing Club)
Tamar River, (North Esk Rowing Club and Tamar Rowing Club)
New Norfolk, (New Norfolk Rowing Club)
Lake Barrington International Regatta Centre

SPONSORS

Motors Tasmania and Websters Trucks

PARTNERS

Rowing Australia
Rowing Tasmania



CANOE SLALOM

The TIS Canoe Slalom Elite Development Program is a three-way partnership between the TIS, Paddle Australia and Paddle Tasmania.

Athletes welcomed the return to 'usual' training and competition opportunities during this reporting period. Most notably, athletes enjoyed the opportunity to participate in the Canoe Slalom Nationals held at Tasmania's excellent natural waterway venue Bradys Lake. The opportunity to compete and demonstrate skills in their own backyard was greatly valued by TIS athletes.

The 2020 Tokyo Olympic Games provided the program's performance highlight, with Dan Watkins making his Olympic Games debut, competing in the Men's C1 final finishing ninth overall.

During the busy January and February competition period, several qualifying selection events were held at the Penrith course which saw senior athletes Kate Eckhardt, Demelza Wall and junior athlete Hamish Dalziel selected for the 2022 World Canoe Slalom Championships scheduled for July 2022.

These events also saw strong performances by siblings Hugh and Claire Clements who were selected to Paddle Australia's National Emerging and National Development squads respectively.

The canoe slalom program is overseen by coordinator Peter Eckhardt.

ATHLETES

Claire Clements

Hugh Clements

Hamish Dalziel

Kate Eckhardt

Demelza Wall

Daniel Watkins

KEY PARTNERS

Paddle Tasmania

Paddle Australia



NETBALL EDS

The Netball Elite Development Squad (EDS) Program functions in a three-way partnership between the TIS, Netball Tasmania and Netball Australia. The program is overseen by Netball Tasmania with support from the TIS.

The EDS program offers Tasmania's elite netball athletes the opportunity to progress along Netball Australia's high-performance pathway.

The TIS provides performance services to athletes including physiological testing, strength and conditioning, performance nutrition, performance psychology and athlete wellbeing and engagement services.

PROGRAM HIGHLIGHTS

- 2022 National Squad selection – Ash Turner (19/U), Ellie Marshall and Paige O'Neill (17/U).
- National Camp attendance (December 2021) – Hannah Lenthall (19/U), Ash Turner and Esther Kidmas (17/U)

KEY PARTNERS

Netball Tasmania

Netball Australia





ATHLETES

Matilda Allen
 Candice Archer
 Tyrah Bacon
 Mackenzie Banks
 Sophie Blackberry
 Hannah Brereton
 Keely Brereton
 Chanelle Byers
 Hannah Carr
 Lily Case
 Zoe Claridge
 Grace Close
 Gemma Collyer
 Hannah Crawford
 Mady Dove
 Monique Dufty
 Jess Earney
 Renee Eiszele
 Anna Gatehouse
 Abbey Geappen
 Macy Goninon

Brielle Gordon
 Olivia Harman
 Maddi Hay
 Rubi Healey
 Lily Humphreys
 Rebecca Hyland
 Zanna Jodlowska
 Kendall Jones
 Esther Kidmas
 Eunice Kidmas
 Danielle Laughner
 Hannah Lenthall
 Ava Lockwood
 Ella Marsh
 Ellie Marshall
 Hayley McDougall
 Amelia McMahan
 Shelby Miller
 Olive Morris
 Hannah Navickas
 Hayley Older
 Paige O'Neill

Jess Owen
 Bell Parker
 Sophie Pidgeon
 Eloise Piper
 Ashleigh Probert-Hill
 Grace Pullen
 Georgia Pyke
 Ebony Rainbow
 Olivia Read
 Annabelle Sanders
 Jessica Scott
 Alexia Smith
 Lauren Spencer
 Megan Steele
 Eden Taylor
 Ashlea Turner
 Makenzie Tyrrell
 Alex Vinen
 Hannah Vinen
 Charlotte Walker
 Charlie Wheller



SAILING

The TIS State Sailing Performance Program is a partnership between the TIS and Australian Sailing (AS), to support the development of Tasmanian athletes and coaches as they progress through AS Performance Pathways.

The TIS support the delivery of the program and camp-based activities through access to performance services, strength and conditioning (programming and gym access), physiological testing, performance nutrition, performance psychology and athlete wellbeing & engagement.

Technical coaching and management of the program is overseen by Australian Sailing.

The 2021–2022 year saw competition and training opportunities regain momentum after the enforced COVID-19 break.

Athletes returned to national competitions and accessed training interstate and overseas.



STATE SAILING PERFORMANCE SCHOLARSHIP ATHLETES

Will Cooley

Sam King

Will Sargent

Charles Zeeman

ASSOCIATE ATHLETES

Amelia Catt

Dervla Duggan

Chloe Fisher

COACHES

Brady Lowe

KEY PARTNERS

Australian Sailing



SWIMMING

In partnership with Swimming Tasmania and Swimming Australia, the TIS supports the Swimming Tasmania Development Program.

The Swimming Tasmania Development Program forms part of Swimming Australia's Athlete Development Pathway. The program is overseen for Tasmania by the State Technical Director on behalf of Swimming Australia.

The program aims to provide high performance opportunities to identified Tasmanian swimming athletes demonstrating potential for selection in National Teams.

TIS support has three components:

- State Flippers Squad programmed activities.
- Targeted support to identified athletes considered 12 months off meeting the selection standard for National Flippers Squad or SAL Para-Swimming Development Program.
- Individualised Scholarship to athletes attaining National Flippers or SAL Para-Swimming Development Program and above.

PROGRAM HIGHLIGHTS

- Matilda Smith selected to the AUS A team to compete at the 2022 US National Championships
- Noah Kamprad selected to 2022 Junior Dolphins team to compete at 2022 Junior Pan Pacific Championship



ATHLETES

Max Giuliani
Sophie Hills (Para-pathway)
Noah Kamprad
Matilda Smith
Jacob Templeton

ASSOCIATE ATHLETE

Ariarne Titmus

KEY PARTNERS

Swimming Tasmania
Swimming Australia



INDIVIDUAL ATHLETES

The individual athlete program aims to provide Tasmanian elite athletes with the best possible opportunity to progress to the highest level in their chosen sport.

It assists Tasmanian athletes competing in sports that are not receiving support through any other TIS programs.

The TIS individual athlete program enjoyed success both nationally and internationally.

PROGRAM HIGHLIGHTS

- Jake Birtwhistle competed at the 2020 Tokyo Olympic Games in the men's and mixed team's triathlon events.
- Sarah Haywood finished eighth at the 2022 Archery World Cup 1 in the women's team recurve event, Australia's best result.

SCHOLARSHIP ATHLETES

Jake Birtwhistle (Triathlon)

Erica Burleigh (Para-triathlon)

Kevin Faulkner (Archery)

Rubie Gallagher (Wheelchair rugby)

Sarah Haywood (Archery)

Rebecca Van Asch (Bowls)

Individual athlete assistance is another method of support that can be offered to Tasmanian athletes once selected to compete for Australia at an international benchmark event. The individual athlete assistance program can also be a stepping-stone to a high performance scholarship in the individual athlete program.

ASSISTED ATHLETES

Hunter Gillard (Golf)

Dan Booker (Mountain bike – enduro)



PARA-SPORT PROJECT

The Tasmanian Institute of Sport (TIS) has partnered with Paralympics Australia (PA) to develop Para-sport pathways within the state, with the aim to provide more targeted support for developing and emerging Tasmanian Para-athletes and coaches.

The project being conducted comprises of three pilot programs.

TIS PARA-SPORT TALENT ACADEMY PROGRAM

The Academy Program provides opportunities for talented Tasmanian Para-athletes (junior and senior) to engage with the TIS and elite athlete pathways. Identified athletes have been supported with a Para Talent Scholarship to assist them in achieving sport categorisation level.

Five athletes are receiving support through the program and have access to support including:

- Developed Individual Athlete Development Plans
- Access to strength and conditioning support (twice monthly)
- Access to a range of athlete education programs
- Access to physio and medical screenings
- Connection to high performance coaches within their sport
- Mentoring by current and former Paralympians
- Training gear and uniform through the TIS and Paralympics Australia

TIS PARA-SPORT JUNIOR TALENT PROGRAM

Athletes involved in this program range in age from 10–18 years and are identified through their participation in school sport multiclass events in athletics and swimming, as well as Paralympics Australia facilitated multi-sport events.

This program is conducted through the school holidays and underpins the Academy Program, supporting the identification of the next group of Para-athletes who may progress.

The program exposes participants to elite level training facilities and sessions to develop their knowledge of basic strength & conditioning, performance habits and connects them with former Paralympic and scholarship athletes, in the hopes of inspiring a continued focus on Para-sport.

Paralympians Sam McIntosh (athletics), Alexandra Viney (rowing) have supported the program as guest speakers, while TIS Scholarship athletes Rubie Gallagher (wheelchair rugby) and Kevin Faulkner (para-archery) have actively participated in sessions.

TIS PARA-SPORT COACH DEVELOPMENT PROGRAM

The program aims to build the capacity of the sector and its coaches to develop Para-sport athletes in the future.

The program aligns with the TIS Centre for Coaching activities delivering workshops and education sessions with a targeted focus on Para-sport.

Along with supporting the general Para-sport community, the program offers targeted support to the coaches of TIS Talent Academy athletes.

It ensures coaches have the appropriate connections within their sports, with contemporaries amongst other states or at a national level.

PARA-ACADEMY ATHLETES

Joe Chivers – Badminton

Sophie Hills – Swimming

Nick Milner – Boccia

Chris Morehead – Table Tennis

Amanda Parsons – Equestrian

Sophie Hills – Swimming



KEY PERFORMANCE INDICATORS

The Tasmanian Institute of Sport's purpose is to develop World Class athletes by developing and assisting athletes to achieve success on the national and ultimately the international stage.

The TIS KPI results were impacted by the limited access to benchmark international sporting events during 2021–22.

KPI 2020–21	Target	Result
TIS athletes that achieved finals and/or top 8 results at benchmark international sporting events	19	7
Number of National Team selections achieved by TIS athletes	60	30
Number of TIS coaches and specialist staff involved in national squads or teams	–	1



STRATEGIC PLAN

STRATEGIC PRIORITIES 2022–26

INFRASTRUCTURE

Develop quality Southern High Performance Centre
Maintain Quality Northern High Performance Centre
Access to suitable sport specific facilities state wide

TALENT

INCREASE MULTI-SPORT TALENT POOL

Find It
Nurture & educate
Verify
Progress

DEVELOP HIGH PERFORMANCE

Active Individual Performance Plan
Elite skill development
Physical development
Performance health
Competition
Performance lifestyle
Live, Learn, Perform, Succeed

RELATIONSHIPS

PRODUCTIVE

National Institute Network
Government
University
Schools
Community

INDISPENSABLE

State Sporting Organisations
National Sporting Organisations
Sports Medicine Network
Athletes
Parents
External Coaches

RESOURCES

RIGHT PEOPLE

Fit for purpose organisational structure
Recruitment
Operating Values

RIGHT SKILLS

Education
Development
Expertise

RIGHT SERVICES

Planned
Focused
Accountable

INNOVATION

Seek
Test
Invest

FUNDING

SUSTAINABLE GOVERNMENT INVESTMENT TO DELIVER VISION

"TeamTIS 2032"

ATTRACT NSO & SSO INVESTMENT

National High Performance Strategy strategic alignment

FEE FOR SERVICE INCOME

Provider of choice

INNOVATIVE FUNDRAISING

Corporate Sponsorship
Philanthropic
Partnership
Facility sharing



OLYMPIC AND PARALYMPIC ATHLETE HONOUR ROLL

The Tasmanian Institute of Sport is proud to have supported many athletes in pursuing their Olympic and Paralympic dreams.

The following athletes have been supported on their journey to the Olympic and Paralympic Games.

2020 OLYMPIC GAMES – TOKYO* HELD IN 2021

Stewart McSweyn	Athletics	Josh Beltz	Hockey (Silver)
Daniel Watkins	Canoe	Sarah Hawe	Rowing
Georgia Baker	Cycling	Ariarne Titmus	Swimming (2 Gold, Silver, Bronze)
Richie Porte	Cycling	Jake Birtwhistle	Triathlon
Eddie Ockenden	Hockey (Silver)		

2020 PARALYMPIC GAMES – TOKYO* HELD IN 2021

Deon Kenzie	Athletics (Bronze)	Todd Hodgetts	Athletics
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2016 OLYMPIC GAMES – RIO

Hamish Peacock	Athletics	Eddie Ockenden	Hockey
Georgia Baker	Cycling	Scott Bowden	Mountain Bike
Amy Cure	Cycling	Kerry Hore	Rowing
Richie Porte	Hockey	Meaghan Volker	Rowing
Tim Deavin	Hockey		

2016 PARALYMPIC GAMES – RIO

Deon Kenzie	Athletics (Silver)	Jacob Templeton	Swimming
Matt Bugg	Sailing (Silver)		

2012 OLYMPIC GAMES – LONDON

Tristan Thomas	Athletics	Sam Beltz	Rowing
Adam Gibson	Basketball	Scott Brennan	Rowing
Luke Jackson	Boxing	Anthony Edwards	Rowing
Jackson Woods	Boxing	Dana Faletic	Rowing
Amy Cure	Cycling	Tom Gibson	Rowing
Matthew Goss	Cycling	Kerry Hore	Rowing
Tim Deavin	Hockey (Bronze)	Kate Hornsey	Rowing (Silver)
Eddie Ockenden	Hockey (Bronze)		

2012 PARALYMPIC GAMES – LONDON

Todd Hodgetts	Athletics (Gold)	Matt Bugg	Sailing
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2008 OLYMPIC GAMES – BEIJING

Donna MacFarlane	Athletics	Sam Beltz	Rowing
Hollie Grima	Basketball (Silver)	Scott Brennan	Rowing (Gold)
Mark Jamieson	Cycling	Anthony Edwards	Rowing
David Guest	Hockey (Bronze)	Tom Gibson	Rowing
Edward Ockenden	Hockey (Bronze)	Kerry Hore	Rowing
Matthew Wells	Hockey (Bronze)	Kate Hornsey	Rowing
Stephanie Grant	Judo	Brendan Long	Rowing

2008 PARALYMPIC GAMES – BEIJING

Dominic Monypenny Rowing

2004 OLYMPIC GAMES – ATHENS

Matthew Wells	Hockey (Gold)	Kerry Hore	Rowing (Bronze)
Sid Taberlay	Mountain Bike	Brendan Long	Rowing
Simon Burgess	Rowing (Silver)	Cameron Wurf	Rowing
Scott Brennan	Rowing	Simone Morrow	Softball (Silver)
Dana Faletic	Rowing (Bronze)		

2000 OLYMPIC GAMES – SYDNEY

Daniel Geale	Boxing	Darren Balmforth	Rowing (Silver)
Daniel Sproule	Hockey (Bronze)	Simon Burgess	Rowing (Silver)
Matthew Wells	Hockey (Bronze)	Craig Walton	Triathlon

2000 PARALYMPIC GAMES – SYDNEY

Clayton Johnson Athletics Melissa Carlton Swimming (Silver, Bronze)

1996 OLYMPIC GAMES – ATLANTA

Simon Hollingsworth	Athletics	Tim O'Shannassey	Cycling (Bronze)
Kylie Risk	Athletics	Daniel Sproule	Hockey (Bronze)
Justin Boocock	Canoe – Slalom	Simon Burgess	Rowing
Daniel Collins	Canoe – Sprint (Bronze)	Scott Goodman	Swimming (Bronze)

1996 PARALYMPIC GAMES – ATLANTA

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



1992 OLYMPIC GAMES – BARCELONA

Susan Andrews Athletics
Simon Hollingsworth Athletics
Gail Luke (Millar) Athletics
Justann Crawford Boxing

Daniel Collins
Peter Eckhardt
Chris Bacon
Stephen Hawkins

Canoe – Sprint
Canoe – Slalom
Judo
Rowing (Gold)

1988 OLYMPIC GAMES – SEOUL

David Connor Sailing
Gary Smith Sailing

Ron Laycock

Weightlifting



COMMONWEALTH GAMES 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.

2018 COMMONWEALTH GAMES – GOLD COAST

Jack Hale	Athletics	Amy Cure	Cycling (Gold x 2)
Danni McConnell	Athletics	Jeremy Edwards	Hockey(Gold)
Stewart McSweyn	Athletics	Eddie Ockdenden	Hockey (Gold)
Hamish Peacock	Athletics (Silver)	Rebecca Van Asch	Lawn Bowls (Gold x 2)
Huw Peacock	Athletics	Ariarne Titmus	Swimming (Gold x 3, Silver)
Sam Walker	Athletics	Jake Birtwhistle	Triathlon (Gold, Silver)
Lucas Walker	Basketball (Gold)	Kaity Fassina	Weightlifting (Silver)
Georgia Baker	Cycling		

2014 COMMONWEALTH GAMES – GLASGOW

Clint Freeman	Archery	Eddie Ockenden	Hockey (Gold)
Luke Jackson	Boxing	Aaron Frankcomb	Squash
Luke Woods	Boxing	Jenna Myers	Weightlifting
Belinda Goss	Cycling		

2006 COMMONWEALTH GAMES – MELBOURNE

Donna MacFarlane	Athletics (Bronze)	Mark Jamieson	Cycling (Silver)
Tristan Thomas	Athletics	Sid Taberlay	Cycling – Mountain Bike
Hollie Grima	Basketball (Gold)	Kim Walker	Hockey (Gold)
Luke Jackson	Boxing (Bronze)	Matthew Wells	Hockey (Gold)
Matthew Goss	Cycling (Silver)		

2002 COMMONWEALTH GAMES – MANCHESTER

Daniel Geale	Boxing (Gold)	Chantal Castledine	Judo
Bianca Langham	Hockey (Bronze)	Natasha Hardy	Karate (Bronze)
Matthew Wells	Hockey (Gold)		

1998 COMMONWEALTH GAMES – KUALA LUMPUR

Susan Andrews	Athletics (Gold)	Bianca Langham	Hockey (Gold)
Mandy Giblin	Athletics	Daniel Sproule	Hockey (Gold)
Kylie Risk	Athletics (Silver)		



1994 COMMONWEALTH GAMES – CANADA

Brendan Hanigan	Athletics	Aaron Everett	Boxing
Simon Hollingsworth	Athletics	Justann Crawford	Boxing
Andrea Hughes	Athletics	Tim O'Shannessey	Cycling (Gold, Bronze)
Paul Wiggins	Athletics (Bronze)	Melissa Carlton	Swimming (Gold)

1990 COMMONWEALTH GAMES – AUCKLAND

Susan Andrews	Athletics (Silver)	Chris Bacon	Judo (Bronze)
Gail Luke (Millar)	Athletics	Ron Laycock	Weightlifting (Gold x 2, Bronze)



ATHLETE OF THE YEAR

The 7Tasmania 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.

Judging for the award in 2021 was based on athlete performances recorded during the two-year period of November 2020 – October 2021. The award was not held in 2020 due to a lack of international performances caused by the impact of COVID-19. Ariarne Titmus went back-to-back having also won the award in 2019.

2020	Ariarne Titmus	Swimming
2021	–	–
2019	Ariarne Titmus	Swimming
2018	Jake Birtwhistle	Triathlon
2017	Rebecca Van Asch	Lawn Bowls
	Sarah Hawe	Rowing
2016	Matthew Bugg	Sailing (para)
2015	Amy Cure	Cycling
2014	Eddie Ockenden	Hockey
2013	Richie Porte	Cycling
2012	Daniel Geale	Boxing
2011	Matthew Goss	Cycling
2010	Eddie Ockenden	Hockey
2009	Amy Cure	Cycling
2008	Scott Brennan	Rowing
2007	Ricky Ponting	Cricket
2006	Hanny Allston	Orienteering
2005	Kate Hornsey	Rowing
2004	Matthew Wells	Hockey
2003	Dana Faletic	Rowing
	Kerry Hore	Rowing
2002	Mark Jamieson	Cycling
2001	Matthew Wells	Hockey
2000	Simon Burgess	Rowing
	Darren Balmforth	Rowing
1999	Simon Burgess	Rowing
	Darren Balmforth	Rowing
1998	Bianca Langham	Hockey
1997	Simon Burgess	Rowing
1996	Daniel Sproule	Hockey
1995	Nick Rogers	Sailing
1994	Daniel Collins	Canoe – Sprint



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 consider it appropriate that exceptional athletes that 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	Belinda Goss	Cycling
Sam Beltz	Rowing	Matthew Goss	Cycling
Justin Boocock	Canoe Slalom	David Guest	Hockey
Scott Brennan OAM	Rowing	Stephen Hawkins	Rowing
Simon Burgess	Rowing	Kate Hornsey	Rowing
Melissa Carlton	Swimming	Bianca Langham	Hockey
Daniel Collins	Canoe – Sprint	Nick Rogers	Yachting
Tim Deavin	Hockey	Daniel Sproule	Hockey
Anthony Edwards	Rowing	Matthew Wells	Hockey
Dana Faletic	Rowing	Paul Wiggins	Athletics
Hollie Grima	Basketball		





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