Illawarra Academy of Sport

2003 YEARBOOK

providing opportunities and services for sport, talented athletes and coaches within the Illawarra Region of Councils area to achieve excellence
This Annual Review covers the activities of the Illawarra Academy of Sport

Illawarra Academy of Sport
Incorporated 1st January 2003 to 31st December 2003

This report highlights the establishment, operation and achievements of the Academy, and presents a detailed source of information for the promotion of the Academy and its athletes.

Enquiries regarding scholarships or sponsorship and donations, to further enhance the Illawarra Academy of Sport as one of the prominent sporting organisations in NSW and Australia can be directed to:

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Partners
N.S.W. Department of Tourism, Sport & Recreation
Wollongong City Council  Shoalhaven City Council
Shellharbour City Council  Wingecarribee Shire Council
Kiama Municipal Council  University of Wollongong

Sponsors
Aceit Sportswear  Pubstay - South Coast Branch AHA
BlueScope Steel  Warilla Bowls and Recreation Club
City Coast Credit Union  Sydney Water

Friends
Graphic Connection
Fairy Meadow Demonstration School

Academy Patrons
Professor Stephen Martin
Professor Gerard Sutton Vice - Chancellor, University of Wollongong

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The NSW Department of Sport and Recreation
is proud to be a major sponsor of the
Illawarra Academy of Sport
Australia’s first Regional Academy continues to
set exceptional standards and achieve success
We congratulate the Academy on its outstanding
achievements for the Illawarra community
www.dsr.nsw.gov.au

Champions of the future are being nurtured
at the Illawarra Academy of Sport
Congratulations on another
year of outstanding
achievements

Corporate Vision for the Illawarra Academy of Sport
To be recognised locally and nationally as the most effective and professional Regional Academy of Sport.

Mission
To provide opportunities and services for sport, talented athletes and coaches within the Southern Councils Group area to achieve excellence.

Aims and Objectives
- To provide the opportunity and encouragement for talented athletes within the Southern Councils Group (SCG) area to achieve excellence in sport and activities related to sport, including outstanding sporting citizenship.
- To facilitate the development and support of talented athletes with the potential to represent at any level.
- To provide sports science support and evaluation and specialist services and resources to assist in the pursuit of excellence in sport or in activities related to sport.
- To develop and assist talented coaches and foster an environment conducive to the enhancement of coaching and related activities.
- To maintain an operational structure which contributes to the sports development network within NSW and Australia.
- To act as a catalyst in the development of innovative programs for the improvement of sport within the Southern Councils Group area, including effective talent identification programs.
- To encourage and assist athletes in their pursuit of improvement and excellence in sports skills to travel both within Australia and overseas for the purpose of seeking competition, training and experience.
- To conduct, commission or join in research or activities in the pursuit of excellence in sport or in activities related to sport.
- To establish, administer and seek financial assistance to promote excellence among young athletes or particular sports.
- To act as trustee of any bond or to administer any foundation established to promote excellence or achievement in sport or in activities related to sport.

Corporate Values
At all times;
- The interests, well being and development of our athletes are our prime responsibility
- Exercise the highest ethical standards in all our dealings and activities
- Be committed to an environment of continual improvement in all that we do
- Be responsive and supportive of our sponsors and supporting partners

History of the Illawarra Academy of Sport
The concept of the Illawarra Academy of Sport emanated from a community based committee who were investigating possibilities for sport and lifestyle enhancement opportunities in the Illawarra. The committee comprised of interested individuals from government, education, business and community sport.
With the University of Wollongong facilitating their progress the committees vision became a reality when the Illawarra Institute of Sport was launched in December 1985, becoming Australia’s first Regional Academy of Sport. For funding reasons the term “Institute” was replaced with “Academy” prior to incorporation in 1988.
As the Academy evolved, the range of sports expanded and since 1986 programs have been conducted in 17 different sports. The sports of gymnastics, touch, lawn bowls, basketball, soccer and surfing no longer operate. Currently there are programs offered in golf, netball, hockey, cricket, rugby league, rugby union, cycling, sailing, swimming and athletes with a disability. There have been over 3000 scholarships provided between 1986 and 2003.
Executive Director’s Report

Mark Brogan, Executive Director

“The start in the early days was modest... but look how it has grown!” - a comment made to me at the 3,000th Athlete Announcement in 2004. It really brought home to me the immensity and significance of contributions made by locals over the 19 years of the Academy. I am pleased to say that level of commitment continues today. Increased financial assistance from our government partners has allowed increased expenditure on Academy programs and provided greater opportunities for the athletes.

Again our sports programs, which receive specific support from Sponsors, have developed thanks to those contributions and the support of local and state sporting organisations. The sports reports which follow highlight some of these developments. Our thanks to Sponsors: BlueScope Steel, City Coast Credit Union, Pubstay, Sydney Water, Warilla Bowls & Recreation Club and Ace Sportswear.

There have been a number of initiatives undertaken this year which are detailed in other sections of this report. I wish to now to focus on just two.

Operationally, in 2003, we have looked to maintain existing service levels and seek to make better use of our resources.

Firstly, benefits have been achieved by combining common program resources across sports programs, such as our Athlete Inductions, and also integrating sports education sessions with practical training sessions within each sports program.

The net effect provides:
1. stronger links between program theory and practical components;
2. greater interaction of parents to core program education components;
3. improved level of presentation and involvement from groups such as the Australian Olympic Committee and NSW Institute of Sport;
4. greater media exposure and opportunities for program promotion;
5. more efficient distribution of athlete information, uniforms, and photographs;
6. reduction in total number of sessions with decrease in travel times and costs for families.

Secondly, we have expanded our sport program coaching structure to include “Mentor Coaches”. These coaches assist with program design and advise on program management matters.

The excellence of athletic achievements of Academy scholarship holders continues: in 2003, 8 athletes competed at international level, 2 World Records; 1 World Title and 2 Oceania Titles, 8 selected in Australian teams; 6 national age champions 36 selected in NSW teams; 19 state age champions with many more competing at state level - an impressive record.

Our sports staff of coaches, managers, trainers and officials deserve acknowledgement here for their many hours of voluntary service to the Academy and its athletes. In most instances, although they are working with athletes and addressing performance now they do so with 2004 and beyond in mind.

I am pleased to report that too is the focus of the Board and staff of Illawarra Academy of Sport “to be committed to developing an environment of continual improvement in all we do”.

Mark Brogan
Executive Director

Chairperson’s Report

Brian Weir, Chairperson

Our 19th year witnessed a number of milestones. One of the most pleasing and rewarding was the offer to talented local swimmer, Kaelin Baz-Buttel, of our 3,000th athlete scholarship. This event highlighted the opportunities provided to local athletes of the Illawarra and the contributions of our supporters over the years in assisting young and talented athletes to pursue their dreams.

I was personally pleased that so many friends and supporters both past and present, could join us in celebrating that occasion.

In 2003, our athletes again took centre stage as a result of their excellent performances.

Of particular note was the win by Rebecca Borgo, 3rd year scholarship holder and 2002 Tobin Family Award recipient, in the World Junior Track (Cycling) Championships in Moscow. Her achievement is significant in its own right but more so because she was able to use her scholarship funding of $5,000 provided by Tobin Family Award sponsor, City Coast Credit Union, towards cost of competing at that event.

Congratulations to Rebecca and best of luck for her future in cycling.

At a program level, the Academy instigated a number of changes to its core sport program to better support the needs of its athletes and coaches of the Illawarra.

It is clear that the Academy’s holistic approach to sports development with emphasis on personal performance and personal development is well acknowledged across the country. The oldest of nine NSW regional academies, and nineteen in Australia, the Illawarra Academy of Sport model continues to be adopted and its operations viewed as a leader in regional sports development.

None of this could be achieved without the vital support of our partners: the NSW Department of Tourism, Sport and Recreation; the Southern Councils’ northern group of Wollongong, Shellharbour, Kiama, Shoalhaven and Wingecarribee; and the University of Wollongong.

The state government and local government increased their financial support in 2003 which resulted in an improved level of service to our athletes. Equality, our sport program sponsors and supporters continued their long standing support of the Academy and its programs.

The heart and soul of our sports programs is delivered by the more than 60 volunteers and sports consultants. I applaud their commitment and desire to improving athlete as well as their own personal performance and knowledge.

In conclusion I wish to acknowledge and thank the professionalism of office staff and the significant contribution of the Board.

A number of our Board started when less than 250 athlete scholarships had been offered, several Board members saw the 1,000th, even more the 2,000th. The expertise, cohesion and commitment of the Board has always held it in good stead keeping at the forefront the Academy’s mission of providing opportunities and services in sport for talented athletes and coaches of the Illawarra.

Brian Weir
Chairperson

Mark Brogan, Executive Director

“...the Academy’s holistic approach to sports development with emphasis on personal performance and personal development is well acknowledged across the country. The oldest of nine NSW regional academies, and nineteen in Australia, the Illawarra Academy of Sport model continues to be adopted and its operations viewed as a leader in regional sports development. None of this could be achieved without the vital support of our partners: the NSW Department of Tourism, Sport and Recreation; the Southern Councils’ northern group of Wollongong, Shellharbour, Kiama, Shoalhaven and Wingecarribee; and the University of Wollongong. The state government and local government increased their financial support in 2003 which resulted in an improved level of service to our athletes. Equality, our sport program sponsors and supporters continued their long standing support of the Academy and its programs.”
Board of Directors

The Academy is an independent, incorporated sporting organisation governed by a nineteen member Board of Directors. The Board is comprised of 11 permanent representatives and 8 elected community representatives. Board of Directors meetings are held bi-monthly and each council hosts the meetings on rotation.

Permanent Board Representatives

NSW Dept of Sport & Recreation
Hon Sandra Nori. Represented by Lyndee Matthews/Keith Wallace

University of Wollongong
Vice Chancellor Prof. Gerard Sutton. Represented by Gregg Rowland

Australian Institute of Sport
Director Michael Scott. Represented by Peter Bowman

Sports Medicine Federation
South Coast Branch. Represented by Dr Simon Leslie

Department of School Education
Regional Director Illawarra & South Coast Graeham Kennedy
Represented by Ross Fuller

Lord Mayor of Wollongong
Cr. Alex Darling. Represented by Cr. Ian Hunt

Mayor of Shellharbour City
Cr. Joan Vinton. Represented by Brian Weir

Mayor of Kiama
Cr. Sandra McCarthy. Represented by Cr. Luke Twyford

Mayor of Shoalhaven
Cr. Greg Watson. Represented by John Morris

Mayor of Wingecarribee
Cr. Philip Vee. Represented by Cr. Gordon Lewis

Executive Director
Mark Brogan

Community Board Representatives

Peter Wheeler
John Wells
John O’Dwyer
Brian Baird
Louise Samuel (resigned 4 September 2003)

Executive elected 27th March, 2003

Chairperson
Brian Weir
Senior Vice President
Louise Samuel (resigned 4 September 2003)
Vice President
Lyndee Matthews
Public Officer
Brian Baird
Treasurer
Peter Wheeler
Business Plan
Peter Bowman
Executive Director
Mark Brogan

Committees

To assist in fulfilling its roles & responsibilities, the Board has six subcommittees and various working parties as required:

- Policy
- Medical Committee
- Sport Committee
- Business Plan
- Funding and Finance
- Promotions and Marketing

Attendance at Board of Directors Meetings 2003

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2003 Athletes With Disabilities Report

The Athlete with Disabilities program has completed its fifth year at the Illawarra Academy of Sport. It has seen the program, presenter's, coaches and administrative staff develop and improve for the benefit of the squad.

These improvements have seen the athletes exposed to numerous theory session as well as sports specific sporting sessions with guest coaches. All of which have lead the squad to meet the mission of the Illawarra Academy of Sport - to provide opportunities and services for sport, talented athletes and coaches within the Illawarra Region of Councils area to achieve excellence.

Program

The Athletes with Disabilities program offers a diverse range of learning experiences from both the practical and theoretical aspects of many sports represented in the 2003 scholarship holders. These sports include swimming, sailing, lawn bowls, golf and athletics.

The 2003 Academy program was structured to encourage our squad members to have a wholistic approach to their sporting development. Each session the squad had an offer to review of the previous session and input by all members was encouraged.

Theoretical sessions included - nutrition, public speaking, drugs in sport, sport psychology and injury prevention. Practical session included - Day swim camps, golf sessions, fitness testing and sailing tuition.

Program Highlights

The quality of athletes that have emerged from this year’s program was exceptionally high and this has been evident in the representative honours and personal bests many have achieved.

Some of these achievements include:

Emma Fitzgerald - selected in the Australia team to compete at the 2003 IBSA World Championships held in Canada. Emma was a finalist in six events and won a bronze medal in 100m breaststroke.

Sam Hardaker - selected in the Australia team to compete at the 2003 Para Pan PM Games held in Argentina. Sam results included - 3rd 50m breaststroke, 4th 100m IM, 7th 50m freestyle, 5th 200m freestyle, 7th 50m backstroke and 8th 100m freestyle.

Megan Newell - selected to compete for Australia in 2004.

One of the highlights for the swimming squad was to have Peter Freney from the ACT run a day camp at the Wollongong University Recreation Centre. The day included instruction on - stroke correction, start and finishes, tumble turns and many other aspects of competition.

The Academy appreciates the support and financial assistance from: Warilla Bowls and Recreation Club.
2003 Cricket Report

Coaches
Michael Farrelly (Level 2 Coach) and Michael Knight (Level 2 Coach) jointly assumed the role of coaching co-ordinator in 2003, with Wayne Livermore (Level 1 Coach) joining Michaela Chaffey (Level 1 Coach) in our coaching team.

Our coaching philosophy was to provide a comprehensive and professional coaching program to talented and motivated cricketers within the Illawarra. All coaches are to be commended for their unselfish and dedicated commitment to the athletes, program and Academy. John Dawson again proved how imperative it is to have an efficient, dedicated and professional manager. John’s skill and enthusiasm was invaluable and greatly appreciated.

Program
The squad was provided with tuition in many facets of the game through a variety of coaching techniques. These included group coaching, individual coaching, drill based coaching, technique specific coaching and fitness training combined with mental, personal and team development exercises. In addition the athletes participated in sport specific education sessions including sports psychology, nutrition, drugs in sport, public speaking and umpiring.

Berry Camp
As has become the traditional start to the program the entire squad attended the sport and recreation complex at Berry for a three day camp. The emphasis of the weekend was a combination of team and squad development combined with various cricket specific sessions. The activities undertaken included archery, raft building and cable gliding.

Video Analysis
This year, for the first time, the Academy obtained the services and technical support of the Sydney Academy of Sport for video analysis. Their equipment enabled the coaches to access split screen video images of the athletes and proved to be an invaluable coaching tool in detecting biomechanical errors, which once identified can be corrected to improve performance and prevent injury. Each athlete received individual coaching and review of their video footage. Ordinarily athletes would need to wait until higher representative selection to receive such detailed and specific video analysis and the Academy is proud to have been able to provide this service to our athletes.

SCG Training
The squad experienced a training session at the state of the art SCG indoor facility. Following the session the squad, parents and friends enjoyed a tour of the SCG and museum together with the Sydney Football stadium.

Guest Coaches
The quality of the program was enhanced by specialist coaching from Heath Muller, Geoff Lawson, Lisa Sthalekar, Bruce Jones and Duncan McPherson, in areas including fast bowling, spin bowling, batting and captaincy. Thank you to each of the guest coaches for graciously giving their time, knowledge and experience.

Matches
The boys squad enjoyed pre-season games against Warilla, University and the Campbelltown Ghosts. These matches provided the squad members with an opportunity to find some early season form and implement the skills developed throughout the program. The girls triumphed over the NSW under 15 side in the lead-up to their New Zealand tour.

New Zealand Tour
This year the Academy girl’s squad toured New Zealand. Wayne Livermore, Michaela Chaffey and John Dawson accompanied the girls and the tour proved to be an exciting, enjoyable and competitive tour. The side played four matches against various women’s sides winning two of their matches. The girls are to be congratulated for being great ambassadors for the Academy and representing with distinction in all facets of the tour.

Outstanding Achievements
The proud history of the Academy program providing state representatives continued this year with both Phillip Wells, Erin Burns and Carly Ryan gaining selection in under 17 state sides. Others to gain country representative honours included Sam Cahill, Tyler Gannon, Ashley Dislan and Paul Murphy.

On behalf of the athletes, managers and coaches thank you to the Academy staff. The vision and leadership of Mark Brogan will surely ensure the continued viability and success of the institution. A special mention must be made of the efforts and hands on involvement of Patrick Boyd in the administration of the cricket program. Your efforts have not gone unnoticed and are greatly appreciated.

The success of the 2003 program was the result of a combination of many factors not least of which was the willingness of the athlete’s parents to devote time, energy and expense towards their child’s development.

Yours in Cricket
Michael Farrelly & Michael Knight
Joint Co-Ordinators

The Academy appreciates the support and financial assistance from Cricket Associations across the region: South Coast, Illawarra, Shoalhaven, Southern Highlands and NSW Cricket.
2003 Cycling Report

The Illawarra Academy of Sport (IAS) selection trials were held in October 2002 at the Huntley Mine, West Dapto. The selection trials comprised of several bike-handling skills, followed by 10 and 30 second peak power tests on a bicycle ergometer (ERGO). Finally, a 6.84km time trial (TT) to gauge aerobic potential of the athletes. We have used the same ERGO and TT course for the past 8 years, and therefore can compare results between past and present elite, and non-elite cyclists. The coachability of the athletes, together with the expected parental support, was also taken into account prior to athlete selection. Following the testing process thirteen athletes gained selection: Jackie Kejda (Albion Park), Josh Wall (Corrimal), Amiel Cavallier (Figtree), Rebecca Borgo (Keiraville), Bret Townsend (Mollymook), Luke Dale (Kings Point), Bronan Cato (Mangerton), Josh Boyd (Woonona), Anna Habeck (Kiama), Thomas Cianston (Dapto), Tyne Layt (Bawley Point) and Tom Cowley (Moss Vale).

The major highlights of the 2001 - 2002 season were:

- Rebecca Borgo was selected to represent Australia at the World Junior Track Cycling Championships in Moscow. Rebecca won the keirin, placed 7th in the 500m TT, and 7th in the sprint. After winning 2 gold, 1 silver and 1 bronze medal at the National Track Cycling Championships, Rebecca was successful in retaining a NSWIS scholarship for 2003.

- Amiel Cavallier being selected to represent Australia at the World Junior Mountain bike (MTB) Championships in Switzerland. He rode very strongly in US finishing 12th in a class field of U/19 riders. Amiel won the U/17 Men’s National MTB Series (Downhill). Amazingly he still has another 2 years in the U/19 men’s division.

- Bret Townsend being selected to represent Australia at the World Junior MTB Championships in Switzerland. Bret finished 2nd in the U/19 Men’s National MTB Series (X-country) and was further selected to attend an elite junior MTB camp in Victoria. Bret also won the U/19 State MTB series, and State XC MTB gold medal.

- Shaun Lewis being selected in the U/23 men’s Australian team to contest the World MTB Championships in Switzerland. Shaun was selected after winning the Oceania X-country event and placing 4th in the 2003 National MTB rankings (X-country).

- Brendan Cato being selected in the AIS U/23 road cycling squad based in Italy. Brendan also retained his NSWIS scholarship along with joining European trade team Française des jeux (FDJ).

- Tom Cowley winning gold in the 2003 (U/17) NSW State MTB X-country Championships.

- Jackie Kejda placing 2nd in the NSW Pursuit Championships (U/17) and bronze in the VIC road tripel trial Championships. Jackie was also selected to attend a U/17’s women’s Oceania Camp.

I would like to acknowledge the help of everyone who contributed to our most successful year with 4 athletes representing Australia at World Championships.

Michel Vermande for his dedication to MTB and continuing to encourage all athletes to reach their true potential. Mark Brogan for his awareness of the multifactorial nature of the cycling program. Jenny Kennedy for solving all the problems that arise each year.

Hannah Michaels (Sport Science) for providing very practical advice in the areas of nutrition, hydration, stretching and heart rate analysis. Mick Kejda for implementing the “JTU program” along with technical and mechanical advice.

Terry Wall for motor pacing and ensuring that all the athletes remained ‘balanced’ in terms of their experiences. Grant Lee for skill development. Alan Dale, Leslie Borgo, Alan Townsend and Matt Jones for driving, organisation facility bookings and team management.

I firmly believe that the success of the program hinges on the fantastic parental support that both Michel and I receive each year, with further support from Cycling NSW and the IAS being paramount to our overall achievements.

Finally, I would like to thank Tom Skulander from Cycling NSW and especially the Board of Directors of the IAS for their continued support of IAS Cycling Squad.

Glenn Doney
Head Coach / Co-ordinator

The Academy appreciates the support and financial assistance from the NSW Cycling Federation and Cycling Clubs of the Illawarra, Shoalhaven and Southern Highlands.
In 2003 the Golf Program completed its fourth year as part of the Academy. Late in 2002 a meeting took place to review the program. Outcomes from the meeting included:

a) Having education sessions and coaching together on a Saturday afternoon each month utilising the courses where the Professional staff were situated. This proved to be very beneficial for scholarship holders from the southern part of the Academy area, limiting their travel.

b) Reintroduction of the Corporate Golf Day. The purpose of the Golf Day was to raise money and allow the Academy and other sponsors the opportunity to converse with and see our athletes in action in a relaxing and enjoyable environment.

Program

Induction of the 2003 squad took place on the first weekend in April, with athletes also receiving fitness testing at the University Recreation and Aquatic Centre.

Coaching of the squad was performed by three fully qualified Professionals at the venue designated for that session. The 21 member squad was divided equally to allow the coaches to continue with their own club athletes and other athletes whose Professional was not included on the coaching staff. Sessions were aligned to the theory session where possible and covered topics including grip, stance, alignment, swing, putting and short game, etiquette, rules, course management and attitude.

Theory sessions included public speaking; goal setting; visualization and pre-shot routines; staying positive under pressure; pre and post exercise routines; nutrition and hydration; home training programs. These sessions were presented by professional personnel well versed in their field of knowledge.

Program Highlights

For the first time the Golf squad was able to have two weekend trips outside the Academy area at very little cost to the athletes. In May the squad travelled by bus to Queanbeyan to play in the Queanbeyan Junior Championships. The majority of the squad performed well and won a number of the prizes on offer.

In early November the squad travelled by bus to Morriset Golf Club to play in the Morriset Junior Challenge. The squad was amazed at the standard of accommodation and facilities available at the Myuna Bay Sport and Recreation Centre, some 10 minutes drive from the Golf Course. Again our golfers performed well against better opposition but still managed to collect a number of prizes. I must convey my sincere appreciation to John and Leanne Oliver, parents of a squad member, who fulfilled the roles of bus driver and female chaperone on the two trips.

In May the squad received high-speed video recording of their swing. Each athlete was provided with a video tape which was shown to their coach and enabled the coach to point out any deficiencies and suggest correctional methods to overcome these.

A major highlight was the success of the Corporate Golf Day held at Kiama Golf Club in October. The event was a three person ambrose requiring three tee shots to be taken from each player with a squad member hitting an extra short for each team on seven holes. The demeanour of the athletes was put to the test as each athlete was required to introduce themselves to each team member for whom they were hitting. The success of the day was gauged by the number of people who took time to favourably comment to the Academy Staff, the Professionals and myself on the attitude and the ability of the juniors.

The Golf Day raised valuable funds towards the program, allowing the tour to Morriset to be very well subsidised. Sincere thanks are extended to John Hutton, Greg Drummond, Shaun O’Toole and the Academy Staff for putting in a big effort to ensure the success of the day.

Other achievements throughout the year are highlighted elsewhere in the Yearbook. For the fourth year running a squad member has been included in the 2004 State Junior Squad, namely Michael David. Lincoln Tighe won the JNUGF State Age Championship for the second year running with a score which would have won the next older age group.

The Academy sends its appreciation to both the NSWGA and the IDGA for providing the funding necessary for the program to run.

To Mark and the Academy Staff, thank you for your assistance throughout the past years. To Patrick, a belated welcome and I look forward to working with you in 2004.

Vic Burrows
Golf Co-Ordinator
2003 Hockey Report

The 2002/03 City Coast Credit Union Hockey Program built on successful elements from previous years. Overall the program had a number of successes to the credit of athletes and coaching and support staff.

Strength & Speed Sessions

The boys and girls squads received instruction from Noreen Parish, Beaton Park sprint coach, and to improve efficiency in running and sprinting technique. Exercise specialists Kim Bobbin and Claire Fraser took the squad through an introductory weight training program, outlining the importance of correct and safe technique. Both sessions taught the squad of the importance of building core strength to improve posture, balance, and technique.

Education Sessions

Education sessions were combined with skill sessions this year and proved successful in reducing the number of trips for athletes living outside of Wollongong. Sessions were held in Injury Prevention, Time Management, Public Speaking, Nutrition, Drugs in Sport, and Sports Psychology (mental imagery).

Competition & Tours

The squads attended two tournaments during the program - the Michael York Challenge in Canberra and the Inter-Academy Challenge in Bathurst. Both squads acquitted themselves well and benefited from playing against the best players in their age group the state.

Skills Sessions

The strategy adopted in 2002 carried through to the 2003 program - that being a more structured approach concentrating on a range of skills early in the program which lead into more concept skills and game strategies and concepts. Guest coaches ensured that the program remained fresh and interesting, and athletes were presented with new ideas and different angles.

Fitness

The athletes were instructed in strength, speed and fitness early in the program with regular testing conducted throughout the year. Results were forwarded to John Bessell, NSWIS pre-elite regional coach, who maintains a record of fitness assessment from all Academy Hockey programs and is thus able to identify norms over time.

An outcome of testing identified that leaving fitness up to the individual athlete did not work as test results showed little improvement. We will therefore carry this forward by integrating more extensive fitness work and programs in the future.

Sponsor Awareness

A City Coast Credit Union sponsor awareness seminar was held at the City Coast offices in Wollongong. Australian player Adam Commens was a special guest and spoke to the athletes on touring and the effort required to make it to the top and stay there.

City Coast Credit Union were once again our major sponsor and we thank them for their continued support.

Athlete Achievements

Ten athletes attained representation in major NSW teams, compared to seven in 2002/03. A further four athletes were selected in secondary NSW teams.

Program Staff

Samantha Gillard joined the team for 2003 as manager/apprentice coach as part of her university field placement. Sam’s involvement is an example of the how the Academy supports the development and learning of young coaches and sports administrators.

My sincerest thanks to squad coaches Julie Cherry, Scott Smith and Melissa Simpson for their continued dedication to the Academy program. It is your hard work and professionalism that ensures the program plays a leading role in the regional player development pathway.

Rob Davis
Head Coach

The Academy appreciates the support and financial assistance from City Coast Credit Union and Hockey Associations across the region: Illawarra, Shoalhaven, Southern Highlands and South Coast.
The inaugural Individual Athlete Program was run in 2003, with eight athletes from seven different sports inducted into the Academy. Sports included Athletics, Freestyle White Water Kayaking, Futsal, Judo, Surf Life Saving, Tae Kwon Do and Tennis.

The program provided financial assistance and education sessions, which were tailored to suit each individual and the demands of their sport.

The advantage of the small squad was noticeable during the education sessions, where athletes were able to get personal advice for their own needs relating to their particular sport. This was evident in the nutrition session, where Kelly Lambert was able to query each athlete on the travel requirements as well as the typical meal they would eat prior to competition.

Highlights of the sporting year included Jay Digger competing at both the National Schools Futsal Championships and the National Championships, where he was awarded the All Star Award for Goalkeeper in both competitions.

Cara Langendam placed second in the U'19 flags at the Australian Championships, Jared Poppett placing 5th in the U'20 5000 at the Australian Athletics Championships and Matthew James placing 4th at the National Tae Kwon Do Championships.

The stand out achievement from the squad, however, is Anita Cowley, who finished 7th at the World Junior Whitewater Freestyle kayaking Championships in Graz Austria. Anita was selected to represent Australia after winning the Female Junior Championship and placed 4th in the Open Division at the Australian Championships.

Anita was also presented with the Tobin Family Award at the 2003 Illawarra Academy of Sport Graduation night, where she will make good use of the $5000 provided by City Coast Credit Union.

Successful were

- Ben Allen Surf Life Saving (iron man)
- Anita Cowley Freestyle White water kayaking
- Jay Digger Futsal
- Matthew James Tae Kwon Do
- Cara Langendam Surf Life Saving (flags)
- Mark Manchur Tennis
- Jamie Manley Judo
- Jared Poppett Athletics (distance)

Jenny Kennedy
Program Manager

The Academy appreciates the support and financial assistance from BlueScope Steel.
2003 Netball Report

The program comprised of 26 athletes - 20 on an elite scholarship and six on a talent scholarship.

Training

A range of topics were undertaken including: Sprint techniques and core body strength sessions; Fitness Testing; and several skills and game practice sessions with Academy coaching staff.

Educations sessions were conducted on practical session days and included Nutrition, Public Speaking and Drugs in Sport.

Competitions

The squad competed in several competitions throughout the year to complement their training and education sessions. Included were: the Riverina Challenge (April); NIB Games (July); IROC Challenge (August) and Horsell Challenge (September).

Highlights

NIB Games - Team 1 played extremely well against some strong opposition, especially against the Sydney Metropolitan Squads. The team was unlucky not to take out the competition and finished second. NSW 17/Under player Leah Shoard displayed great flair, courage and accurate goal shooting, whilst Elise Edney was outstanding in the defensive end of the court. Abby Khayat, one of the youngest players in the squad, performed admirably in the mid court and learnt a great deal from this level of competition.

Team 2 won seven out of twelve games. All players performed well and contributed to the team’s successes. The team only lost to one other “country” team, that is, Hunter Academy. All players played at least 50% of games, as was the rule for the competition.

IROC Challenge - this year for the first time, IAS provided three “mixed” teams. This allowed the talent scholarship holders to compete and made for a more “even” competition with the Associations. It was also advantageous in allowing the less experienced, younger players to learn from the more experienced players.

All teams performed well, defeating most of the Association teams. The competition between IAS teams was very strong and produced some excellent netball.

Horsell Challenge - all players performed well and contributed to the team’s success, finishing 5th out of 13 teams. The team defeated all other regional academies, in its only losses were to Metropolitan Squads or Academies. The team’s success was even more pleasing, considering that two players were unavailable. The standard of play at the competition was extremely high, with only ten players being nominated in each team. The accurate goal shooting and strong all court defence was crucial to the team’s success.

Selections - several players were selected in state and talented training squad (refer to Athlete Achievements section of this Annual Report for details).

General Comments

The IAS Netball Squad Coaches, Manager and Scholarship holders were sad to farewell coaching Co-ordinator, Kate Gardner, who decided it was finally time to “retire” to Queensland. Her enthusiasm, expertise and knowledge is certainly a loss to both the coaches and netballers in this area. Manager extraordinare Vicki Wolter also decided to manage only one team, rather than several. Her organisational, catering and “mothering” skills will be greatly missed.

The addition of an Umpire Samantha Williams to our staff, has been a great initiative by IAS. She has proved a wonderful asset at practical training sessions and has also provided the athletes with rule interpretations. Our Apprentice Coach Charlene Jones has been a crucial link between coaches and athletes and has become the expert on warming up!

The Netball Squad was also most grateful for the support given by Mark Brogan, Brian Weir and the IAS Board, IAS Netball Co-ordinator Jenny Kennedy, Margaret Corbett who replaced Kate Gardner and Netball NSW. The parents also have most helpful and supportive of all athletes, coaches, manager and umpire. This has been particularly evident when the squad has travelled away to compete in tournaments.

Liz Dark and Karon Dawson

Squad Coaches

The Academy appreciates the support and financial assistance from Netball NSW and Netball Associations across the region: Illawarra, Shoalhaven, Kiama, Ulladulla and Southern Highlands.
Selection

As part of the ongoing partnership between the St George Illawarra Dragons, Illawarra Steelers, South Coast Group 7 and the Academy, the Illawarra and Group 7 Under 15 representative squads formed the Academy Rugby League program. The respective leagues selected their players using a combination of open trials, skills assessment and match trials.

Program

As part of the ever-evolving Rugby League program, the Under 14 age group was deleted and the number of athletes halved in 2003, concentrating on developing the Under 15 age group by increasing skills at individual and team level.

The Academy recognized the need to appoint more experienced representative staff from each area, with Head Coach and Co-Ordinator supplied by the Academy. Throughout the program, Head Coach John Cross was in constant contact with team coaches who identified areas of concern and allowed us to target specific skills at practical sessions.

As we use representative teams for the Academy, the majority of sessions were in season. To integrate Academy session with normal representative training, the Academy runs parallel programs in the Illawarra and Group 7 areas.

Education

As many 2003 players were returning athletes, the education component expanded on the previous year. The squad covered Core Strength, Drugs in Sport, Goal Setting, Prevention and Treatment of Injuries, Talking to Referees, Public Speaking, Handling the Media, and Weight theory and technique. Players and coaches also enjoyed a gruelling aquarobics session to highlight the benefits of cross training.

The Group 7 squad held their practical sessions at Nowra and rotated their practical sessions at Reed Park, Dapto and used the clubhouse ensuring sessions were held in all local council areas. Illawarra held their education sessions through Shellharbour, Kiama and Gerringong, as part of the ongoing partnership between the St George Illawarra Dragons, Country Rugby League, the Illawarra Steelers, South Coast Group 7 and the Academy, the Illawarra and Group 7 Under 15 representative squads formed the Academy Rugby League program. The respective leagues selected their players using a combination of open trials, skills assessment and match trials.

Program Highlights

A major highlight of the 2003 program was the appointment of Dragons player John Cross to the position of Head Coach. John captained the initial Academy Rugby League squad in 1990 and brought a player’s perspective to the program. John’s appointment strengthened the links to the Dragons and ensured the most up to date skills were being taught.

The best-attended session for the season was the specialist kicking session held at Albion Park. Guest coaches included representatives from soccer (goal kicking), AFL (Field kicking) and injured Dragon Trent Barrett. Although unable to kick on the evening, Trent gave a guided tour around the field discussing type of kicks and target areas used in each section of the field. This was a novel approach and was greatly appreciated by the players and coaching staff.

Both squads participated in the Country Championships in May-June and the NSWRL Harold Matthews Cup competition at the end of the season. The Illawarra squad was successful in winning the Country Championship and went down to St George in the Semi Final of the Matthews Cup competition.

On the individual representative scene Phys Cochrane (Combined High Schools) and Bilal Choubassi (Combined Catholic Colleges) represented NSW at the Under 15 Australian Schools Championships. A further 8 players represented Southern NSW CHS.

No academy program can exist without the support of their sport at all levels. I would like to thank the Western Suburbs, Dapto, Albion Park, Gerringong and Nowra clubs and the Dragons, which allowed us to use the grounds and facilities throughout the year. Thank you to Craig Wilson from St George Illawarra Dragons and the Steelers’ Kevin Felgate for their continued support and funding.

Thank you to John O’Dwyer, who this year retired after 40 years as Secretary Manager of South Coast Group 7. John is a strong supporter of the Academy’s Rugby League Program and is a community representative on the Academy board. Thank you to Head Coach John Cross who devoted his time to the Academy commitments along with his own training and playing commitments. Unfortunately for us, John will not have the time to continue as Academy Coach in 2004.

By taking a different age group each year and having the league appoint coaches we have a high turnover of staff in the Rugby League. I’d like to thank all the staff for their work and dedication to the academy program and trust you enjoyed your time with us and we’ve assisted in your professional development.

Thank you to Mark, Patrick, Jenny and Pasco for their professional approach at the Academy and their continued support of the Rugby League program.

Allan Barry
Rugby League Co-Ordinator
2003 Rugby Union

Selections
The 2003 Illawarra Academy of Sport Pubstay Rugby Program started out at Kiama with 60 players trialling to be selected for the squad. This was cut to 30 players attending a second trial at University of Wollongong, from which a final squad of 18 was chosen.

The selection process mirrored the Sydney Academy of Sport Rugby Union trials and the players were chosen under the guidance of NSW Development Officer Shannon Fraser.

Program
The program commenced in October 2002 at the University of Wollongong with an induction session. The main game areas covered in the program were ball skills, foot speed, agility, speed of mind, and tackling, with education sessions covering Injuries, Drugs in Sport, Public Speaking and Nutrition.

Competition & Tours
The squad played their annual game against the Central West Academy as a curtain-raiser to Auckland Blues versus ACT Brumbies at WIN Stadium on in February 2003, coming away victorious. Unfortunately the game was moved to Optus Park after initially being scheduled for WIN Stadium.

In 2003 the program included the Inter-Academy 10’s rugby tournament at Tamworth for the first time. A squad of 13 was taken, winning three from six games - a good result considering we were playing against older teams. The boys got a taste of boarding school life as we stayed at Farrar Agriculture College.

In April the squad attended a training camp in Narrabeen and stayed at Clovelly Beach for a skills session conducted by NSW Development Officer Shannon Fraser and Hugh Carpenter. A highlight of the camp was the involvement of NSW Waratahs players and coaches.

The program concluded at Kiama in July with a skills, games, a public speaking session, and fitness testing carried out by Peter Parkinson from the Kiama Leisure Centre. Mr Colin Walter, representative from sponsor Pubstay, delivered a memorable address to the players about the significance of Pubstay’s involvement in junior rugby development in the region and reiterated the importance of making the most of their opportunity in the sport.

It has been a very successful year with all squad members being selected in the Illawarra U15s and U16s representative teams. Ben Blakely and Paul Rojas gained selection in the NSW U16s team, and Andrew Barrett and Caleb Ready were picked in the NSW Country team to tour the Cook Islands and New Zealand. This is the highest number of players selected from an Academy rugby squad to reach this high level of representation. Six squad members also selected as ball boys for the two World Cup games at WIN stadium. Congratulations to all the boys.

A big thank you to Squad Manager Ron Wessel, who leaves the Rugby Union Program after 7 years of service. Ron has provided outstanding assistance to the coaching staff who have moved through the program. His professional approach and outstanding knowledge of the game has contributed to the development and learning of both players and coaches alike. Ron has played a vital role in delivering local, interstate and overseas camps and tours, competitions, training sessions, selection trials, and management of the squad and the program. We wish him all the best.

And a special thank-you to NSW Rugby Union and Shannon Fraser. The program would not have run so smoothly without the commitment and time Shannon has put into the program. Also to Ross Dummett, apprentice coach, and the Academy for giving me their support throughout the year.

Tony Rogers
Head Coach

The Academy appreciates the support and financial assistance from:
Pubstay, Illawarra District Rugby Union and NSW Rugby.
2003 Sailing Report

With four coaches and a small squad of twelve sailors the ratio of coach to athlete allowed us to concentrate more on the individual development of the sailors. Long term ‘Goal Setting’ for the senior members of the squad proved very productive with three of the athletes committing themselves to a campaign that will ultimately lead them to representing Australia at the World Youth Titles. Another squad member has purchased an Olympic Class Finn.

Three of the squad received invitations to join the NSWIS Sailing Development Program where they have been coached by Australian Olympic Coaches and sailors, enabling them to receive a higher standard of individual class coaching than we could provide.

Two of our younger members also gained selection to the NSW Flying Ant Team, and they will represent the State at the National Championships in Brisbane. This year as the squad developed we were able to move into the area of ‘Rigging Adjustment’ and ‘Sail Setting’ for the various wind conditions encountered. We also covered boat maintenance and preparation. All of which will lead us into next year’s theme “Regattas are lost on the Beach.”

On behalf of the squad I would like to thank the many guest speakers we had for the education sessions, and the support we received from the Academy directors and staff, the Yachting Association of NSW, and the Illawarra Zone Sailing Committee.

One of the achievements of the sailing program has been the development of our Assistant Coaches. The three Assistant coaches are all past squad athletes who are now pursuing careers in sport. Charles Baker has an apprenticeship to a sail maker. Jesse Dobie, who unfortunately will not be with us next year, is now a fulltime sailor and coach in Newcastle, and Tneal Kawalla has undertaken a Sports Degree at Wollongong University.

All of the 2003 sailing squad members are eligible to apply for Academy Scholarships in 2004, which will allow us to continue the long term development and sailing careers of the athletes.

Michael Sturges
Sailing Co-ordinator

The Academy appreciates the support and financial assistance from the Yachting Association of NSW and the Illawarra Zone Committee of the YANSW.
The Sydney Water Swimming Program aims to provide Illawarra swimmers with a pathway towards NSW Speedo Sharks Squads and towards the Elite NSWIS Swimming Program. This is achieved through providing training environments that challenge the individual swimmer in all aspects of an elite swimming program.

Program

The 2003/04 program took a new format with scholarship holders expected to attend a camp format of training over weekends. In all, 8 camps were scheduled over the year and these encompassed elite training, testing of swimmers and also racing at selected carnivals throughout the program. Our sessions were held at the University Recreation and Aquatic Centre with education sessions taking place in nearby rooms on campus. 2003’s intensive training camp was based at Runaway Bay Super Sports Centre on the Gold Coast and enabled our swimmers to utilise the outstanding facilities at one of Australia’s leading sport centres.

Highlights

The December 2003 camp at Runaway Bay on the Gold Coast enabled our swimmers to focus solely on training for the five days of the camp. Each swimmer produced some solid workouts both in the pool and in the gym and will take many memories from a wonderful camp. The camp proved an excellent preparation for the swimmers for the January State Titles.

The Sydney Water Swimming Program athletes, coaches and staff acknowledge the support of major sponsor Sydney Water and other major supporters South Coast and Tablelands Swimming Association, NSW Swimming and the New South Wales Institute of Sport. Without your collective support the goals and aims of our program would be difficult to meet.

The 2003/04 coaching staff consisted Head Coach Ron McKeon and Squad Coaches Jason Batson, Bryan Walker and Shane Dufty, and Sports Science Coordinator and Strength and Conditioning coach Jamie Turner. This dedicated group continue to deliver a professional and high-level coaching and development program to the region’s most promising young swimmers.

Many thanks also to Patrick Boyd and the Academy office staff for their time and effort, and also the University Recreation and Aquatic Centre for the use of their outstanding facilities.

Grant Hughes

Swimming Manager

The Academy appreciates the support and financial assistance from Sydney Water, the South Coast and Tablelands Swimming Association, NSW Swimming and the NSW Institute of Sport.
Your local hotels are part of the community and our heritage.

We are proud to be supporting
The Illawarra Academy of Sport
as sponsors of the Rugby Union Program

OUR MISSION
Keeping talented youth, our future leaders, in the region

Proud sponsors of the Illawarra Academy of Sport Hockey Program
All Enquiries Phone: 132404

City Coast, committed to the development of the youth of our region

City Coast Credit Union

Academy Position In Sports Structure
As a provider of talent development services the Academy aims to position itself within the sports system at a level which will be of most benefit to the athletes. As an independent autonomous organisation the Academy is in effect working on behalf of the local and state sporting associations to develop talented athletes for the benefit of both the athletes and the sport.

The Academy programs are designed to supplement the activities the athletes receive through their club and representative teams and the tremendous support shown by the sports clubs and associations is a vital factor in the success of the Academy.

Role Of The Illawarra Academy Of Sport
The major role of the Academy is to provide the opportunity and encouragement for talented Illawarra junior sports people to achieve excellence in sport. This is achieved through the sport scholarship program, which is the main focus of Academy operations. As an independent organisation, development programs are designed to supplement the training and competition the athletes receive at their clubs, and district level and to provide a platform for athletes to progress to higher levels within their sport. It has been recognised that regional sportsperson are disadvantaged compared to their “big city” counterparts and the Academy’s role is to counteract this imbalance.

Another role of the Academy is the development of the athletes as outstanding sports citizens and this is achieved through personal development activities and exposure to situations that require the athletes to display appropriate citizenship qualities. Other roles of the Academy include talented coach development, the promotion of the Illawarra as a region of sporting excellence, and an active involvement in the sports development system within NSW and Australia.

Academy Programs
The Academy programs are designed to achieve the objectives of the Academy. The programs are designed to provide a platform for athletes who want to progress to higher levels within their sport.

Links To Sporting Groups
Sports Associations
Administrative and coaching links are maintained with local and State sporting associations in the sports that are involved in the Academy.

Sydney Academy of Sport
Strong links exist between both Academies, in the areas of performance assessment, coach development.

Australian Olympic Committee
The AOC is linked through the conduct of Drugs in Sport Education for athletes and their families.

NSW Institute of Sport
The Illawarra Academy sports programs are structured to ensure the athletes have the greatest opportunity to feed into the NSW Institute of Sport programs (where appropriate) and a close relationship exists with the NSW Institute.

NSW Department of Tourism, Sport and Recreation
As the largest single partner of the Academy, there are close operational links with the Department. Regular interaction with the South Coast Region and Senior officers of the Department ensures that an effective relationship is maintained.

Regional Academies
The six autonomous Regional Academies in NSW and the 3 new Department of Sport & Recreation Academies maintain close links for competition and training throughout the year.

Australian Institute of Sport
The links with the AIS were established when the Academy was formed in 1985. Academy athletes have the opportunity of gaining entry to the AIS and a number of Academy athletes have graduated into AIS programs.
Scholarship Programs

The major focus of Activity activity is development programs for youth athletes who have been awarded scholarships. In 2003 there were 228 scholarships awarded in eleven sport programs. To be eligible for a scholarship an athlete must meet the following criteria:

1. The athlete must reside in the Southern Council Group (Wollongong, Shellharbour, Kiama, Shoalhaven & Wingecarribee);
2. Display an ability to apply coaching and technical instruction;
3. Demonstrate dedication to improving performance;
4. Demonstrate, through past performance and/or potential capacity, the potential to improve performance to a high level.
5. Be a registered participant of an association within the SCG area.

Scholarships are generally offered for a 12-month period and athletes are selected following selection trials held at various locations throughout the Illawarra or on the basis of International Ranking as in the case of swimming. Applications for scholarships are promoted through sporting associations as well as public and private schools, newspaper columns such as Academy Corner and on the Academy’s website. The majority of scholarships offered encompass athletes between 14 and 17 years, however each sport may vary slightly.

Be a registered participant of an association within the SCG area.

Demonstration School

Providing quality comprehensive public education for 142 years.

An Academy scholarship provides the following benefits and services:

- coaching by accredited and experienced coaches
- guest coaches attending training sessions
- use of Academy uniforms and specialised equipment
- sport science support and evaluation conducted by Biomedical Science at the University of Wollongong and Sydney Academy of Sport
- specialist training including sprint training and fitness advice
- sport psychology, nutrition and sports medicine advice from leading experts
- video analysis of technique and tactical appreciation
- public speaking courses and personal development opportunities
- exposure to high level competition
- travel assistance for competition and Academy activities
- video analysis of technique and tactical appreciation
- drug education seminars
- log books for educational information and monitoring of training and competition
- visits to the Australian Institute of Sport and NSW Academy of Sport and other sports specific facilities

Core Program Components

Training & Skill Development

The primary objective of the Academy is to improve the individual athletes sporting ability and to equip them with skills which will enhance their prospects of future success. Coaching and training sessions form the major component of the scholarship program and the provision of quality coaching is the top priority in each sport. The coaching staff design programs that emphasise individual development concentrating on the strengths and weaknesses of the athletes together with activities to improve the athletes knowledge and ability in the tactical aspects of sport.

Specialist

To supplement the coaching and training component of the program, the athletes receive advice in specialist areas of athlete development. The sport science program aims to provide regular and relevant feedback to the coaches and athletes on the physical fitness and training levels of the athletes. By working directly with the coaching staff the sport science support personnel from the University of Wollongong can educate, monitor and advise on the implementation of sport science testing and performance measurements.

The sport science program aims to provide regular and relevant feedback to the coaches and athletes on the physical fitness and training levels of the athletes. By working directly with the coaching staff the sport science support personnel from the University of Wollongong can educate, monitor and advise on the implementation of sport science testing and performance measurements.

Sports Injury Prevention and Management. The aim of these sessions is to provide information to make the athletes aware of the role these areas play in enhancing individual performance.

Competition

Academy squads participate in selected competitive fixtures during their scholarship program however the primary purpose of the competition is orientated towards development rather than results. Academy competition is usually against selected opponents including other Regional Academies, State Academies, representative sides, or strong club teams and is valuable to the coaches in providing feedback on the progress of the athlete and the effectiveness of the coaching program.

Sporting tours overseas, interstate and within NSW are an important component of the scholarship program. The tours provide competitive opportunities in the unique environment of touring and are valuable in the all round development of the athlete.

Personal Development

An objective of the Academy is to develop outstanding sports citizens and education and awareness based sessions on public speaking, drugs in sport, media and sponsor servicing are incorporated into the program. In addition the athletes are exposed to social and promotional situations which contribute to the personal development of the athletes.

Sports Training

The Sports Training component of the Academy programs is coordinated by Phil Driscoll. Phil is in charge of recruitment and supervision of the qualified Academy Sports Trainers. He oversees the first aid resources and evaluation of the sports training needs for each sport as well as co-ordinate education and interaction sessions with Academy sports trainers, coaches and athletes.

Coaching

The Academy is indebted to the dedicated and hardworking coaches involved in the sports programs as it is this coaching expertise and commitment that is the major factor behind the success of the Academy programs. Their dedication and enthusiasm has been responsible for the quality of opportunities provided to the athletes, and this has contributed to the overall credibility and profile of the Academy.

The Academy operated a tiered staffing structure in 2003:

Tier 1 - Co-ordinator/Head Coach
Tier 2 - Squad Coach
Tier 3 - Assistant Coach
Tier 4 - Apprentice Coach
Tier 5 - Guest coaches
Tier 6 - Manager
Tier 7 - Sport Trainer, Medical Support

The Program Manager works with the Co-ordinator/Head coach in designing the overall sport program. The Co-ordinator/Head Coach, who reports to the Program Manager, is responsible for implementing all aspects of the sports program. The Squad Coach works directly with the athletes in conjunction with the Co-ordinator. The Assistant coach is an intermediate step for less experienced coaches and the entry level Apprentice coach positions are filled by up and coming coaches, often they are offered to former Academy athletes. Guest coaches are involved at various stages and they provide an extra dimension to the program. Selected sports also utilise Managers and Sports Trainers as part of their program staff.
Athlete Achievements 2003
Achievements shown are for the calendar year until 31 December 2003. Athletes may be from our 2003 or 2004 sport programs.

INTERNATIONAL ACHIEVEMENTS

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Sailing

| Sailingworld Nationals                                            |                   |
| 1st U18 Women’s Sailingworld                                      | Alisha Kawalla    |
| 3rd U18 Boys Sails                                                 | Andrew Beasy/Conathon English |
| Swimming                                                           |                   |
| Australian Surf Life Saving Championships                         |                   |
| 1st Under 16 Surf Race                                            | Josh Minogue      |
| Australian Age Championships                                      |                   |
| 1st U15 200m Butterfly                                            | Josh Minogue      |
| 3rd U15 400m Freestyle                                            | Josh Minogue      |
| 1st U15 100m Breastroke                                           | David Mitchell    |
| NSW Country Championships                                         |                   |
| 3rd 50m Butterfly                                                 | Megan Newall      |
| 3rd 50m Breaststroke                                              | Megan Newall      |
| Cricket                                                            |                   |
| Selected NSW U15                                                  | Mitchell Gowland  |
| Selected NSW U17                                                  | Carly Ryan        |
| Selected NSW U17 Southen Country                                  | Sam Cahill        |
| Selected GUIU Southen Country                                     | Reigan Marmon     |
| Selected U17 Southen Country                                      | Tyler Garnon      |
| International ACHIEVEMENTS                                       |                   |
| Cycling                                                           |                   |
| World Junior Track Championships                                  |                   |
| 1st U19 Women’s 500m Time Trial                                   | Rebecca Borgo     |
| 1st U19 Women’s Flying 200m                                       | Rebecca Borgo     |
| Oceania MTB Championships                                         |                   |
| 1st Under 19 Mens Downhill MTB                                    | Amelia Cavaler    |
| 6th in the Under 19 X-Country MTB                                 | Bret Townsend     |
| Individual Athletes                                              |                   |
| World Kayak Championships                                         |                   |
| 7th Overall (Junior)                                             | Anita Cowley      |
| INTERNATIONAL ACHIEVEMENTS                                       |                   |
| NSW State Championships                                          |                   |
| 1st U19 Women’s Spirit                                            | Rebecca Borgo     |
| 1st U19 Women’s 500m Time Trial                                   | Rebecca Borgo     |
| State Pursuit Championships                                      |                   |
| 2nd U17                                                           | Jackie Kejda      |
| 3rd U18                                                           | Josh Wall         |
| 2nd U18 Madrid                                                    | Josh Wall         |
| NSW Country Championships                                         |                   |
| 3rd U17 Spirit                                                    | Jackie Kejda      |
| 3rd U17 Pursuit                                                   | Jackie Kejda      |
| 3rd U17 Scratch                                                   | Jackie Kejda      |
| NSW State Cycling & Youth Olympics                                |                   |
| 1st Spirit                                                        | Rebecca Borgo     |
| 2nd 500m Time Trial                                               | Rebecca Borgo     |
| Golf                                                               |                   |
| Selected in State Junior Squad                                    | Michael David     |
| Selected in NSW Amateur Development Squad                        | Lincoln Tighe     |
| NSW State Age Championships                                       |                   |
| 3rd U14                                                           | Cassie Oliver     |
| NSW Junior Amateurs                                              |                   |
| 2nd U14                                                           | Cassie Oliver     |
| Jack Newton State Age Championships                               |                   |
| 1st 14 Years                                                      | Lincoln Tighe     |
| 1st 14 Years (net)                                                | Samantha Whittle  |
| NSW State Schoolboys Team Championships                           |                   |
| 1st                                Grant Cox, Glenn Davis & Brendan Roll  |
Athlete Achievements 2003 continued

Hockey
Selected NSW U17 ............................. Joel Gooch
Selected NSW U17 ................................ Bradlie Martin
Selected NSW U15 .................. Karen Govers
Selected NSW U16 .......................... Aishlea Williams
Selected NSW U15 ......................... Jessica Ford
Selected NSW U15 ............................ Kate Thompson
Selected NSW U16 All Schools .............. Amy Smith
Selected NSW U16 All Schools ................ Ashley Sadler
Selected NSW U16 All Schools .............. Jessica Ford
Selected NSW U16 All Schools .................... Airlie Ogilvie
Selected NSW U16 All Schools .................. Jessica Cramp
Selected NSW U16 All Schools ................ Michael Zantis
Selected NSW U16 All Schools .................. Tom Gillard
Selected NSW U15 Country ................... Ben Heemskerk
Selected NSW U15 Country ................... Karen Govers
Selected NSW U16 Country ................. Tom Gillard
Selected NSW U16 Country ..................... Michael Zantis
Selected NSW CHS ........................ Airlie Ogilvie
Selected NSW CHS ............................ Jessica Cramp
Selected NSW CHS .............................. Alysha Gray
Selected NSW CHS ............................ Amy Smith
Selected NSW U16 Indoor Team ............... Airlie Ogilvie
Selected NSW U18 Indoor Team ............... Airlie Ogilvie
Selected NSW U18 Indoor Team ............... Jessica Cramp
Selected NSW U18 Half State Championships .... Jessica Cramp
Selected NSW U18 Field Team ............... Jessica Cramp
Selected NSW U17 Championships TAP U16 .... Michael Zantis
Selected NSW U16 Touring Team .......... Yong Sam Olney
Selected NSW Combined Independent Schools .... Michael Kent
Selected NSW Combined Independent Schools .... Nataleastro
Selected NSW Combined Catholic Colleges .... Karen Govers
Selected NSW Development Squad .......... Jessica Ford
Selected NSW Talented Athlete Program ........ Tom Gillard

Individual Athletes
National Championships (Futsal)
Selected NSW U16 ............................. Jay Digger
Selected NSW U19 ............................. Jay Digger
NSW State Championships (Athletics)
2nd U12 800m ..................................... Jared Poppeit

Netball
Selected NSWIS (2004) .................. Nicole Hahn
Selected NSWIS (2004) ................. Elise Edney
Selected NSW Under 17 .......................... Leash Shoard
Selected NSW U17 .............................. Nicole Hahn
Selected NSW U19 ................................ Elise Edney
Selected NSW Dynamos Squad .............. Larissa Rembisz
Selected NSW Tallies Squad ................. Jessica Holz

Rugby League
Country Championships
Won U15 ........................................... Ilawarra Representative Team
Selected NSW CHS U15 ..................... Rhy Cochrane
Selected Southern NSW U15 ................... Rhy Cochrane
Selected Southern Country .................... Thomas Hall
Selected NSW Combined Catholic Colleges ........ Thomas Hall

Rugby Union
Selected NSW Country U16 ................ Ben Blakey
Selected NSW Country U16 .................... Raul Rojas
Country Championships
Southern Province Team ...................... Andrew Barrett
Southern Province Team ...................... Colby Reedy
Southern Province Team ...................... Peter Klenas
Southern Province Team ...................... John Green
National Championships
Country U15 Team ................................ Andrew Barrett
Country U15 Team (Captain) ................. Colby Reedy

Sailing
Selected NSW Youth .......................... Beazley Andrew/English Jonathan
Selected NSW Youth Development Squad ........ Alisha Kawalla
Selected NSW Flying Ant Team .................. Sam Fetherston/Mitchell Jones
Maricat State Titles
3rd Open Men's Age .......................... Andrew Beazley/Jonathan English
NSW Youth Regatta
1st Hobie 16 ..................................... Lachlan Pudney/Andrew Beazley
3rd Open Catamaran ......................... Andrew Beazley/Jonathan English
1st Spiral ........................................... Michael Ocker
1st Woman's Sailboard ....................... Alisha Kawalla

Swimming
NSW State Championships
2nd 115 200m Butterfly ......................... Josh Minogue
3rd open 100m Backstroke ................... Matthew Davies
2nd Open 200m Freestyle ..................... Ben Denner
1st Open 100m Freestyle ..................... Ben Denner
1st 17/18 50m Freestyle Age ................. Angela Hurley
2nd 17/18 100m Freestyle ..................... Angela Hurley
2nd 17/18 50m Butterfly ....................... Angela Hurley
2nd Open 200m Backstroke ................... Anneke Ray
1st 17/18 100m Freestyle ...................... Brittany Shankey
2nd 17/18 100m Backstroke ................... Brittany Shankey
3rd 17/18 100m Freestyle ...................... Brittany Shankey
3rd 17/18 50m Backstroke ..................... Brittany Shankey
2nd 114 100m Breastroke ..................... David Mitchell
2nd 114 200m Breastroke ...................... David Mitchell
2nd 114 200m Individual Medley .......... David Mitchell
2nd 115 1500m Freestyle ...................... Matt Ringland
3rd 115 400m Freestyle ....................... Matt Ringland
NSW Surf Life Saving Championships
1st 116 Surf Race .............................. Josh Minogue

NSW State Championships (Marathon Kayak)
2nd U11 ........................................... Ben Allen
NSW State Championships (Taekwondo)
2nd ...................................................... Matt James
NSW Country Championships (Athletics)
1st U20 400m ................................. Jared Poppeit
1st U20 1500m ................................. Jared Poppeit
1st U20 5000m ................................. Jared Poppeit
NSW State Championships (Athletics)
Selected NSW U16 All Schools .............. Airlie Ogilvie
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Selected NSW Development Squad .......... Jessica Ford
Selected NSW Talented Athlete Program ........ Tom Gillard

NSW State Championships (Surf Lifesaving)
2nd U11 ........................................... Ben Allen
NSW State Championships (Taekwondo)
2nd ...................................................... Matt James
NSW Country Championships (Athletics)
1st U20 400m ................................. Jared Poppeit
1st U20 1500m ................................. Jared Poppeit
1st U20 5000m ................................. Jared Poppeit
NSW State Championships (Athletics)
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Individual Athletes
National Championships (Futsal)
Selected NSW U16 ............................. Jay Digger
Selected NSW U19 ............................. Jay Digger
NSW State Championships (Athletics)
2nd U12 800m ..................................... Jared Poppeit

NSW State Championships (Surf Lifesaving)
2nd U11 ........................................... Ben Allen

Hockey
Selected NSW U17 ............................. Joel Gooch
Selecte
### Scholarship Holders by Sport and Region 2003

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<td>50</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>43</td>
</tr>
<tr>
<td><strong>Touch</strong></td>
<td>Male</td>
<td>35</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>23</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td>3022</td>
</tr>
</tbody>
</table>
2003 Illawarra Academy of Sport Scholarship Holders

Athletes With A Disability
Melinda Brady Nicola Brose<br>Emma Fitzgerald Sam Hardaker<br>Melissa Perrine Shanon Robson<br>

Cricket
Female Squad
Jessica Bitt Amy Boyd<br>Carina Davies Sarah Lendrum<br>Sheree Robinson Carly Ryan<br>

Associate Members
Kimberly Abbott Rachel Martin<br>

Male Squad
Luke Bartan Sam Cahill<br>Jamie Fleming Josh Hamby<br>Hayden Home Michael Kelly<br>Mathew Lickis Rogan Marmont<br>Paul Murphy William Sheridan<br>Phillip Walls<br>

Development Squad
Tyler Garron Nash Hutchinson<br>Josh Lehane Jordan Magro<br>

Cycling
Rebecca Borg Josh Boyd<br>Tom Cowley Tom Cranston<br>Anna Habeck Jackie Kidja

Golf
Simon Bergner Matt Carter<br>Grant Cox Michael David<br>Glenn Davis Emma Gassman<br>Daniel Heath Cassia Oliver<br>Sarah Mader Chris McLean<br>Nick Mackovski Brendan Rolls<br>Lincoln Tighe Mitchell Tighe<br>

Hockey
Female Squad
Nirit Charker Jessica Cramp<br>Lauren Edgar Jessica Ford<br>Avie Ogilvie Natalee Pastro<br>Hayley Tushy Kate Thomson<br>Ashlee Williams<br>

Male Squad
Kesava Commerford Alex Cooke<br>Tom Gillard Joel Gooch<br>Benjamin Heamenskeck Cameron Hughes<br>Brad Martin Yong Sam Okney<br>Mitchell Zantis<br>

Individual Athlete Program
Ben Allen Anita Cowley<br>Mathew James Cara Langendam<br>Jamie Manley Jarod Poppett<br>

Netball
Melanie Elzeyro Elise Edney<br>Lauren Gregoraci Nicole Hahn<br>Nicole Hogan Nicole Honeysett<br>Donna Johnson Abby Khayat<br>Meghan Shanman Elle Smith<br>Leah Shoard Emma Suttle

Talent Squad
Christie Corson Jessica Holz<br>Lana Matthews Jamie McLean<br>

Rugby League - Illawarra
Blal Choubassi Josh Cochrane<br>Michael Dennis Adam Dronayris<br>Pasquale Gaudiosi Thomas Hall<br>Ronald Kissell Jordan Kupenga<br>Luke Luiz Ben Purcell<br>Mitchell Smith Jeffery Zedism

Rugby League - Group 7
Nathan Barry Adam Bliss<br>Chris Emary Ben Evans<br>Sam Gallagher Michael Haddon<br>Ryan Mamo Rob McPhun<br>Josh Moution Arthur Scott<br>Adam Tracey Shaye Wilson

Rugby Union
Michael Ashty<br>Andrew Barrett Daniel James<br>Michael Gaspert Sam Burns<br>Ben Blakey Daniel Gates<br>

Swimming
Katelin Baz-Buttel Broc Creer<br>Angela Hurley Robert Hurley<br>

Cycling
Rebecca Borg Josh Boyd<br>Tom Cowley Tom Cranston<br>Anna Habeck Jackie Kidja

Golf
Simon Bergner Matt Carter<br>Grant Cox Michael David<br>Glenn Davis Emma Gassman<br>Daniel Heath Cassia Oliver<br>Sarah Mader Chris McLean<br>Nick Mackovski Brendan Rolls<br>Lincoln Tighe Mitchell Tighe<br>

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Individual Athlete Program
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Several sports programs, as at 31 December 2003, have completed their program year and are in the process of selecting athletes for 2004 - those sports are not shown below. The sports programs listed below commenced in October 2003 and the athletes will graduate as 2004 athletes.

Rugby Union
Andrew Barrett Matthew Bond Samuel Burnham
Santino Cassisi Daniel Chittick Joel Diggins
William Drewitt-Smith John Green Barton Hill
Damien House Richard Ingall Nicholas Matts
Daniel Palmer Daniel Palmer Michael Russell
Keiran Wallace Duncan Shrimpton

Hockey
Matilda Brazil Emma Cobbin
Jonathan Evans Klaus Jepsen
Madelaine Holstein Kyle Jones
Allison Mina Bob Pearsal
Andrew Sterling Ashlee Williams

Cycling
Daniel Bonello Mitchell Burns
Luke Dale Belinda Scott

IAP
Benjamin Allen Mitchell Howe
Madeline Heiner Jared Poppett
Cara Langendam Madeline Tyler
Lauren Sparks

Netball
Elleni De Graaf Samantha Heare
Nadia Intihar Ashleigh Larsen
Mary Phillips Elle Smith
Ashley Unciorb

Wingecarribee Project
Rugby Union
Matthew Arnull Matthew Hatton
Josh Phelps

Hockey
Jemma Burke Jemma Delamont
Katie Lewis

Cycling
Belinda Scott

Information for Members and their guests
www.warilabowls.com.au Phone: 02 4295 1811
Jason Avenue, Barrack Heights

Is gambling a problem for you? G-Line (NSW) is a confidential, free counselling service. Free 1800 633 635

Managing our environment for future generations
Sydney Water

Proud to be associated with the Illawarra Academy of Sport and take this opportunity to wish all members of the Academy success in 2004-
The Academy operates as an independent and autonomous sporting organisation. Funding for the sports programs and the administrative operations is achieved through a variety of sources including government grants, University funding, sports funding, athlete contributions, corporate sponsorship and business support. The Academy has three primary sponsor categories: Partners, Program Sponsors, Supporters and Friends.

**Partners**
Partners provide substantial ‘value in money’ by way of donation or funding and ‘value in kind’ services to benefit a range of Academy activities. Our Partners include the NSW Department of Tourism, Sport & Recreation, the University of Wollongong and the Southern Councils Group of Councils: Wollongong, Shellharbour, Kiama, Shoalhaven and Wingecarribee.

The New South Wales Government through the Department of Tourism, Sport Recreation & Racing is the largest single sponsor of the Academy providing an annual grant of $100,000.

The five councils of the Southern Councils Group in 2003 increased their grants to the Academy to bring total contributions to $60,000 annually.

The University of Wollongong provides financial assistance as well as support services and access to facilities. The Department of Biomedical Science assist the Academy with access to staff members and sport science support services at subsidised rates. The University Recreation and Aquatic Centre Ltd. offers competitive rates and support, which allows the Academy to utilise their range of excellent facilities.

The Academy is also working with other Departments of the University, assisting with the practical placements and benefiting from university students working in areas such as sports management and marketing.

**Program Sponsors**
Program sponsors provide ‘value in money’ by way of funding and/or substantial ‘value in kind’ to specific Academy programs or projects including:

- Sports Programs
- Regional Programs

**Special Projects & Events**
Our team of Program Sponsors include TrueBlue Sports, City Coast Credit Union, Sydney Water, Pubstay, and Warilla Bowls.

**Supporter ‘Sports’**
A policy of the Academy is that any sport, which has an Academy program, is required to contribute financially to that program. This funding represents approximately 25 - 50% of base program costs. Sources include assistance from governing associations of that sport, local clubs, associations, state associations, or a combination of these.

Sporting funding includes ‘value in money’ and may also include ‘value in kind’ (goods or services), in support of a specific Academy sports program or project.

**Friends of the Academy**
Individuals and/or organisations who supply ‘value in money’ by way of donation or ‘value in kind’ through goods and services to assist either a specific Academy program or general Academy activities.

We gratefully acknowledge the support of Fairy Meadow Demonstration School for hosting our office and meeting facilities; Graphic Connection for their graphic design and publication expertise; and, WIN Television presenters Geoff Phillips, Matt Russell and Adam Raskall who supported our major functions and special seminars.
Administrative Operations
The Academy Administration Centre is located within the Fairy Meadow Demonstration School in Wollongong and features administrative offices and meeting rooms.

The Academy employed two (2) full-time staff and three (3) part-time staff in 2003. Academy coaching staff are all contracted on a part-time basis and as volunteers receive a small honorarium to cover their costs.

Staffing Levels During 2003

<table>
<thead>
<tr>
<th>Full Time</th>
<th>Part Time</th>
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</thead>
<tbody>
<tr>
<td>Executive Director 1</td>
<td>Program Manager 1</td>
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<tr>
<td>Program Manager 1</td>
<td>Administrative Assistant 1</td>
</tr>
<tr>
<td>Accountant 1</td>
<td></td>
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</tbody>
</table>

Academy Catchment Area
The Academy operates through the Illawarra geographical region which comprises the 5 local government areas of Wollongong, Shellharbour, Kiama, Shoalhaven, and Wingecarribee. Illawarra covers an area of 8,485 square kilometres and extends from Helensburgh in the north, to Ulladulla in the south and across to the Southern Highlands in the west. Sydney is approximately 80 kilometres north of the Illawarra.

Special Events
3,000th Athlete Announcement
Katelin Baz-Buttle's selection in the 2004 Sydney Water Swimming Squad marked a significant milestone for the Illawarra Academy of Sport - it's 3000th scholarship offered to an Illawarra athlete.

The occasion was marked with a function at the Novotel Northbeach on 22 August 2003 that recognised the Academy's proud tradition and history as Australia's first regional Academy of Sport.

Minister for the Illawarra David Campbell presented a plaque to Baz-Buttle signifying her place in history as the Academy's 3000th athlete. The honour role also included Wollongong Lord Mayor Alex Darling, Member for Wollongong Noreen Hay, Mayor of Shellharbour Joan Vinton, Mayor of Kiama Sandra McCarthy, Sydney Water's Tanyia Tuckey, and South Coast and Tablelands Swimming Association President Faye Rowles.

If Baz-Buttle symbolises the future of the region's sporting talent, it was fitting that one of the Academy's inaugural athletes, NRL veteran and Academy rugby league head coach John Cross, was also there to celebrate the milestone.

The event also paid homage to the contributions of coaches who have volunteered their time and expertise to the development of Academy athletes, in particular ten-year coaches Bruce Jones (cricket), Barry Reid (hockey) and Gary Wilsome (hockey), and manager Alan Barry (rugby league).

Katelin Baz-Buttle with Academy Chairman Brian Weir

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Special Events continued

Twenty-eight teams of three participated in the Ambrose event. In first place, with a nett score of 53 1/6, were the Illawarra Industrial Supplies team of Bill Higgins, John Humphries and Terry Frost.

Second place went to the Grange Golf Club’s Paul Primmer, Paul Prindergast and Mark Wilson, with 53 1/3. Gross winners were Glen Shepherd, Vic Burrows and Des Poole, with a 5-under par round of 61.

The day concluded with a presentation dinner, where players enjoyed a well-deserved meal and refreshments, and the trophy presentation and major raffle draw took place. Kiama’s Russell Worth walked away with the major raffle prize of a framed St George Illawarra Dragons jersey, signed by the 2003 team.

At the presentation dinner, former Academy Chairman Ted Tobin described the squad’s involvement as a ‘fantastic innovation’ that should be used to fill the scholarship program, introduced in 2000, is now well established. Tobin, whose team shot a respectable nett score of 58 2/3, was the driver behind the inaugural Academy Golf Day in 1989.

Academy coaches and local professionals Greg Drummond (Kiama Golf Club) and John Hufton (Port Kembla Golf Club) were also instrumental in the success of the day.

The Academy is heartened by the support of those who attended on the day and the companies which sponsored the event including: Macquarie Links International Golf Club, St George Illawarra Dragons, Wave 96.5 FM, Aceit Sport and Promotional Clothing, Illawarra Industrial Supplies, Hansen and Cole Funeral Directors, Indent The Tile People, Permain Document Logistics, Bowral NRMA, Tory Toyota, Konica Wollongong, Illawarra Master Builders Club, Rapid Cool Air Conditioning and Refrigeration, Paperock and Haste’s Tip Top Meats.

The Golf Day now re-establish in its position within the Academy Calendar will again be held in 2004.

Athlete Inductions

Inductions have been part of the Academy program since day one. Towards the end of 2002 and throughout 2003, Athlete Inductions have seen several sports programs inducted at the one venue on the same day. This combined format has allowed more professional presentations and the inclusion of several specialist presentations to the whole group, sometimes upward of 250, which includes both athletes and parents.

This new format allows greater participation from parents in key areas of athlete education sessions notably Drugs in Sport, Female Athlete, and Nutrition. Parents are the most important care-givers to their children and as such also need the athlete sport information which athletes gain as part of the sport education and professional development aspects of their time in the Academy.

The Academy will continue to refine the combined Inductions and look to include other general topic areas based on the encouraging response from athletes, parents and coaching staff to the new format.

Incorporating “The Female Athlete” Presentations

In addition to the seminar series, the Academy integrated within its Induction Day, sessions specifically focussed on female athlete issues. The first of these sessions was conducted in October to an audience of more than 150 female athletes and their parents.

Many of the parents acknowledged their appreciation for this type of session commenting that they were pleased to have a better knowledge of dietary requirements for their daughters as emerging athletes.

The sessions also addressed common injuries affecting female athletes as well as other physiological factors affecting performance.

The success in presenting to both athletes and their parents of issues affecting the female athlete will mean future Athlete Inductions will include this element as part of core presentations.

All presenters at the University of Wollongong either on a full or part time basis, and have designed their talks to compliment and follow on from each other.

The topics were; Injuries specific to women and girls participating in sport, presented by Dr Julie Steale on the 11 February 2003, Menstrual cycles and how to use them to your advantage, presented by Deirdre McGhee on 11 March and Nutrition and diet for the female athlete. Presented by Eleanor Beck on 8 April 2003.

Over 70 people attended the seminar series which was open to the general public.

Women in Sport Seminars

This year, the Women in Sport Seminars were run in a different format. Each topic was given an evening, rather than just a 45 minute time slot, in order to better do justice to the information.

By having a whole session dedicated to the one topic, more information, and information specific to the audience was covered, without rushing to fit everything in. There was plenty of time for questions throughout the session as well as at the end, and the audience were able to ask for clarification, which allowed the presenters to not only clarify points, but also to aim their talk at the level most suited to the listeners.
Anita Cowley is a white-water kayaker with the BlueScope Steel Tobin Family Award Winner 2003 - Anita Cowley of Sport who ensure that opportunities exist for the region's talented junior sportspersons to progress to a high level within their sport.

The Illawarra Academy of Sport, in conjunction with sponsors City Coast Credit Union, in 2002 created a new annual perpetual award which recognises excellence in junior sport in the Illawarra. The Award, presented to the Illawarra Academy of Sports' Athlete of the Year, was named 'The Tobin Family Award' in recognition of that family's contribution to sport in the Illawarra for more than sixty-five years. The Tobin Family Award is given to the Academy athlete who, during the course of their scholarship, displays an exceptional level of sports contribution to the Academy. All Academy sports programs nominated for the award.

Tobin Family Award Winner 2003 - Anita Cowley

Anita says travelling to Europe for the World Championships has been the highlight of her sporting career so far. Anita's Academy scholarship has provided her with funding and support to assist in achieving her sporting goals. She regularly travels to Perth to train and compete, trains for swimming, cycling and running, and competes in triathlons. Anita is a member of the Deley College Canoe Club and is coached by Ian Roys.

Her goals in life are to be happy and successful, and she aims to pursue a career in physiotherapy or psychology.

Amiel David is regarded as one of the best young downhill mountain bike riders in Australia. He travelled to Switzerland in 2003 for the Junior Downhill World Championships where he achieved a fantastic result, placing 18th in a field of the world's 80 best junior riders. Amiel is the National Series Downhill U17 Champion, Australian Inter-schools Champion, NSW State Series U17 Champion, and came 2nd in the U19 division of the Australian Downhill Championships.

Michael's favourite sporting experience was the 2003 Week of Golf. He was rewarded for his outstanding attitude and his professional approach to the sport with the 2003 Jack Newton Junior Golf Foundation ‘Spirit of the Foundation Award’. Michael's goals in life are to be happy and to have a job he enjoys. 2003 was Michael's 2nd year in the Academy.
Hockey - Jessica Cramp

Jessica reached the highest level of representation in her age group in 2003, gaining selection in the Australian U/16 All Schools team. At state level, she made the NSW Under 18 and Under 16 All Schools teams, and at regional level Jessica was selected in the Illawarra Senior State League Team and Illawarra U/18s. Jessica’s dedication to her sport is not only evident through her commitment to training, club commitments with St George and Figtree 1st grade teams, and her representative duties, but also through her involvement with the Illawarra Women’s Hockey Junior Development Program, where she assists in coaching clinics. 2003 was Jessica’s 2nd Year in the Academy.

Individual Athlete Program - Cara Langendam

Cara’s sport is surf life saving. At the National Surf Life Saving Championships Cara placed 2nd in the U/19 Flags event and 5th in the open ladies Flags event. She came 2nd in the U/19 Flags at the State Championships.

Cara completed her HSC in 2003, and aims to pursue a career in physiotherapy. Her favourite sporting experience so far was competing at the 2002 World Titles at Daytona Beach, Florida when she was 16, where she competed in open age events and came 2nd in the flags and 3rd in the sprint. 2003 was Cara’s first scholarship year with the Academy.

Netball - Leah Shoard

Leah has held an Academy Netball Scholarship for the past 4 years. In 2003 Leah gained selection in the NSW U/17s team, which came 2nd at the National Championships. She has been an Illawarra Netball representative for the past 4 years and a member of the Illawarra State League Team.

Leah plays the game of netball with great enthusiasm and grace, and displays an outstanding attitude both on and off the court. She showed great commitment to her sport, attending 3-4 NSW training sessions per week in Sydney in addition to her club and Academy training. She is a multi-talented athlete, competing at a high level in running and swimming. Leah’s goals are to play to the best of her ability and enjoy life.

Rugby League - Rhys Cochrane

Rhys was rewarded for an outstanding season with selection in the NSW CHS U/15 Squad. He was also a member of the victorious Illawarra Country Championship squad, Harold Matthews Cup squad, South Coast CHS U/15 squad and the Southern NSW CHS U/15 squad.

Rhys is a fierce competitor and leader, and is highly respected by his team mates and peers. He has shown great commitment to his sport - juggling Academy, club, and representative duties in addition to achieving a high level in his schooling and holding a part-time job. Rhys also has a passion for basketball - he competed at the National Championships and referees and coaches juniors. 2003 was Rhys’ 2nd year in the Academy.

Rugby Union - Ben Blakely

Ben, previously from the Hunter region in NSW, had no trouble settling in to life in the Illawarra. Ben was a member of the NSW U/16 team that took out the Australian Championships, and was selected in the Shoalhaven U/17 team and the U/16 Country team. He was also a member of the South Coast region Secondary Schools team.

Ben’s goals are to become a professional Rugby player before hanging up the boots at around the age of 35. His favourite sporting achievement to date was the country carnival in Forbes.

Sailing - Alisha Kawalla

Alisha is a member of both the NSW Institute of Sport and Yachting Association of NSW training and development squads. In a highly successful year for Alisha, she grabbed 2nd place at the NSW Youth Championships, and won her Youth Sailboarding event at the National Championships in Melbourne, moving her closer to representing Australia at the World Championships.

Alisha is a multi-talented sportswoman, playing soccer and touch and completing in athletics where she runs in the 200m. Alisha dislikes tomatoes and her goals in sport are to make the Youth Worlds for sailboarding. This is Alisha’s 3rd year in the Academy Sailing Program.

Swimming - Josh Minogue

This is Josh’s 2nd Athlete of the Year Award after also taking out the award last year. At the 2003 Presentation Night Josh also received the Highly Commended Tobin Award. Josh’s 2003 achievements include:

• Winning the 15yrs 200m Butterfly at the Australian Age Swimming Championships for the 2nd year in a row.

• Winning the 16yrs 200m Butterfly at both the NSW and Queensland State Age Swimming Championships.

Josh’s goals are to represent Australia in swimming and Surf Life Saving, and complete a university degree to complement his sporting career. His other interests include surfing, reading, and the movies.

• Josh was subsequently named in the Australian Youth Swimming Squad and competed against New Zealand in July 2003.

• Josh was also named in the NSW Swimming “Target 2004” Squad - a squad that aims to prepare swimmers for selection for the Athens 2004 Olympics.

Winning the 16yrs Open 100m Backstroke - 2004 Carnival

Winning the 16yrs Open 100m Freestyle

Winning the 16yrs Open 100m Butterfly

Achievements include:

Tobin Award. Josh’s 2003 Year Award after also taking out the award last year. At the 2003 Presentation Night Josh also received the Highly Commended Tobin Award.
Special Volunteer Awards

The Academy in offering opportunities to talented young sportspeople relies greatly on the volunteer support provide by the more than 60 sports coaches and support staff and Board members who make up our workforce.

To reach years of service in any position is an outstanding commitment, and underlies the dedication and passion these people have in ensuring the ongoing success of the Illawarra Academy of Sport.

In 2003 a number of significant milestones were reached for several of these key volunteers. The Academy congratulates and thanks them for their considerable service.

15 Year Awards
- Brian Weir - Board Member & present Chairman
- Gordon Lewis - Board Member
- John O’Dwyer - Board Member
- Alan Barry - Sport Manager

5 Year Awards
- Jeff McCarthy - Board Member
- Luke Twyford - Board Member
- John Morris - Board Member
- Peter Wheeler - Board Member

Past Chairman, Ted Tobin with 15 year Award recipients Brian Weir, John O’Dwyer and Gordon Lewis

Notes