This month we are delighted to announce that Collegians Rugby League Football Club has become the IAS Platinum Sponsor for the next two years. We welcome Collegians and look forward to working with them to promote and develop talented young athletes.

You will also notice that Nominations for 2014 IAS Scholarships open on 16th July 2013. (Information Below)

The Illawarra Academy of Sport is excited to announce the platinum partnership of Collegians Rugby League Football Club and the IAS.

The IAS is passionate about developing young talented athletes to achieve their sporting potential. In do this; the IAS is determined to continually push the boundaries in pre-elite athlete development while maintaining industry leading standards.

The IAS General Manager, Ms Carolyn Dews is pleased to be able to welcome Collegians as a major sponsor of the Academy.

“This announcement is an exciting one for both the IAS and for Collegians” Dews Said

“The partnership with Collegians further reinforces the IAS’s commitment to excellence and with the support of Collegians we can continue to provide world best practices across the sporting programs deliver”

In the same way the IAS is devoted to the development of local talented athletes they are also committed to continuing to grow and foster relationships with local businesses who have a strong interest in sport.

Collegians are one of the leading Clubs in the Illawarra area and is delighted to be associated with NSW pioneer regional academy, the Illawarra Academy of Sport.

CEO Mr. Michael Wilkins, believes the partnership was one that would be mutually beneficial with the alignment of two highly respected organisations.

“Collegians takes great pride in supporting the Illawarra’s elite athletes” Mr. Wilkins Said
IAS Individual Athlete Joshua Kentwell recently returned from Tahiti after representing Australia at the Oceania Junior Championships. Kentwell in his first time representing Australia claimed double gold winning the u18’s 1500m and the 2000m steeple. In tough weather conditions Kentwell dominated his rivals with personal best performances to take the gold in both events by a margin of more than 4secs.

Kentwell puts is newly found success down to the physical development programs he has been undertaking with the IAS in recent months saying “I definitely felt stronger going into the meet having recently started resistance training with the IAS”.

“The IAS athletic performance program has helped me development my functional movement competency and core stability, thus allowing me to get more out of my body during training and competition” said Kentwell

The IAS has in recent months developed and implemented an athletic performance program comprising of an athlete musculoskeletal screening, movement competency screenings and high performance resistance training programs. This is a new initiative from the IAS to further support scholarship holders in perusing excellence within sport.

Participating athletes are provided individualised resistance training programs specifically targeting athlete deficiencies and sporting requirements. IAS Program and Athlete Development Manager, Shannon Fraser coordinates the athletic performance program and has already seen significant improvement in those athletes who attend, saying “athletes are experiencing significant improvements to their functional movement, ROM, balance and core strength” adding “the improvements gained through the athletic performance program will transfer into sporting results with a good example of this being Josh Kentwell’s recent double Gold at the Oceania Junior Championships in Tahiti”

Nominations for Illawarra Academy of Sport Scholarships will open in July, providing an opportunity for young pre-elite athletes to join the region’s leading body for sports training and education.

Nominations open on 16 July across all sports. Look out for advertising in the media, check the Academy website at www.ias.org.au or pick up information through, local sporting associations and schools

Athletes will have a month to apply, with sport trials and athlete interviews being held throughout August and September.
Bradman Inspires IAS Cricket Squad

The IAS BlueScope WIN Cricket Squad recently held a training day in the Southern Highlands at the prestigious Bradman Oval. The day consisted of a second performance psychology workshop, cricket specific skill development training followed by an educational tour of the Bradman Museum.

IAS BlueScope WIN Cricket Coach Darren Zampa said the visit to the Bradman museum was a great initiative and highly beneficial for the IAS Cricket Squad.

“Bradman is a legend of the game and a great example the athletes that with hard work and dedication, anything is possible” said Zampa.

IAS Cycling off to University

The IAS Cycling squad will be at the University of Wollongong over the weekend for the annual cycling development camp. Athletes will be put through various athletic performance screenings, including an athlete posture analysis workshop facilitated by pulse fitness director Blake Thomas as well as a number of elite sport education modules and cycling specific training.

Newly appointed NSWIS Cycling Head Coach and former Olympic and Commonwealth gold medallist and Brad McGee is also expected to be in attendance to observe the athletes as well as present the Cycling NSW and NSWIS athlete pathway.

Jamie Jumps to More Success

Very exciting news for IAS Athlete Jamie Priestley, who has been selected to compete in Germany at the German Friendship Games between the 23rd July 2013 – 29th July 2013. Jamie is one of 25 riders that has been chosen from around the world to compete in the 12 to 15 year age group. Jamie will train with four of the best riders in the world.

IAS High Performance Resistance Training

The IAS continues to deliver weekly high performance resistance training sessions for IAS sports scholarship holders. Currently over 30 athletes are benefiting from these sessions and improving their functional movement competency. Resistance training sessions are held on Monday and Tuesday afternoons from 4pm at the High Performance Training Area located in the Sports HUB building at the UOW.
Name: Gaye Tarrant

Sport: IAS Hockey Head Coach - Female

How many years have you been Coaching?
I have been coaching for over 20 years, I started captain coaching the Open Illawarra team 20 years ago and have kept my hand in the ring ever since. I have coached, all levels from Junior - through to Senior in both Club and representative sides. I have been to the AIS on a coaching scholarship.

What is the highest level you have competed at in this sport?
I played in the 1993 Junior World Cup team in field hockey, we played in Barcelona, and we won a silver medal. In Indoor I played for Australia from 1992-2007 Captaining from 1996. In that time I captained Australia to the first two Indoor Hockey world Cups in 2003 Leipzig, Germany and 2007 Vienna, Australia.

Qualifications:
National Level 2 coach

Why did you apply to become an Illawarra Academy of Sport Coach?
I coached the Illawarra Academy of sport many years ago, and when I heard they were having trouble finding a coach I couldn’t let such a wonderful program suffer so I applied for the coaching role.

What is your Coaching philosophy?
Any team is better when they play together and support each other. Individuals can make a difference but a team that works together will win over in the end. I try to develop the players into more rounded people, both on and off the field so they gain more than just hockey skills and most importantly I want players to enjoy the sport of hockey and want to keep playing and improving and hopefully helping others to do the same.

What makes you a good Coach?
I love to see each player play to the best of their ability, whether that be to play for Australia or to make their Clubs first division team. I try to develop players into a team that have a greater understanding of the game and the decision making on the field, so they can think for themselves and learn to be self learners. I really enjoy seeing players improve and achieve their goals, and I will help them on their way what ever their level. I love the sport of hockey and am always continuing to learn myself to make sure that I can bring something new to the trainings and can understand what the top level of the sport are doing.

What is your dream coaching position?
I would love to coach a National team at the Indoor Hockey World Cup.