

ILLAWARRA ACADEMY OF SPORT ANNUAL REPORT 2005

This Annual Review covers the activities of the Illawarra Academy of Sport.
Incorporated for the period 1st January 2005 to 31st December 2005

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 2005

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

Sponsors 2005

Aceit Sportswear Tory Toyota
BlueScope Steel Sydney Water
City Coast Credit Union AHA Illawarra Sub-branch
Warilla Bowls and Recreation Club
Pubstay - AHA South Coast Sub-branch

Friends 2005

Graphic Connection Zeffa Consulting
Fairy Meadow Demonstration School

Academy Patrons 2005

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

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CHAIRPERSON'S REPORT



Brian Weir, Chairperson

Just over 20 years ago, three Wollongong men embarked on a daring and exciting project which had never before been attempted in Australia. Over several months they devised a model of athlete development to assist talented youth to pursue their dreams of excellence in sport. In their persuasive style, they gained a commitment from civic, business, education and sporting leaders throughout the Illawarra region to support this ground breaking project.

They combined support of the heads of the Australian Institute of Sport and the Australian Sports Commission, the University of Wollongong and the five Mayors of the local government areas, individually, and as a group, known as the Illawarra Region of Councils. IROC became the constitutional head of this fledgling organization which was formally established in December 1985, as the Illawarra Institute of Sport. We now know it as the Illawarra Academy of Sport. The first intake of young athletes occurred around this time, February 1986.

Last December, we held a celebratory dinner at the University of Wollongong to commemorate our 20 year anniversary. At the dinner were all past Chairmen and past Executive Directors along other long time supporters.

The dinner acknowledged achievements, both on and off the field.

Special recognition was made of those three wise men, Tom Penrose, the inaugural Chairman, Ian Richardson, the then Regional Manager of the Department of Sport and Recreation, and Ted Tobin, the Academy's first Administrative Director and later Chairman.

For his contribution and guidance above and beyond, Ted Tobin was made the first life member of the Illawarra Academy of Sport.

We work with aspiring talented teenagers and through sports coaching and exposure to the latest in sports science, sports education and other educational opportunities seek to provide a meaningful advancement in their life both as an athlete and a sports citizen.

From aspiring teenagers, many have progressed to the highest level in sport, some are household names. We are justly proud of the Academy's role in their development.

Most recently, it was very pleasing to see two Academy graduates - Brett Lee and Phil Jaques play for Australia against South Africa - both vying for the Player of the Match Award.

In early 2006, graduates, Karen Murphy, Ben Kersten and Rochelle Gilmore won medals at Melbourne 2006 Games - Karen and Ben won gold and Rochelle a silver medal.

In 2006, Academy activities are being undertaken very much in the spirit of celebration of our 20th birthday and our 21st year. We look forward to many more successful years, in working with local sports associations and sports specialists in developing the region's pre-elite young athletes.

None of this could be achieved without the vital support of long standing partners who sponsor and support the Academy. I speak in the first instance of our Major Partners: the NSW Department of Tourism, Sport and Recreation; the Southern Council's group of Wollongong, Shellharbour, Kiama, Shoalhaven and Wingecarribee; and the University of Wollongong and the many program sponsors whose funding directly assists athletes.

I thank Board and staff and everybody associated with the Academy for the assistance and support given in 2005.

We have done our very best in response to this support and look forward with confidence to the Illawarra Academy of Sport continuing to be regarded as the leading regional academy of sport in Australia for many years to come.

Brian Weir | Chairperson

EXECUTIVE DIRECTOR'S REPORT



Mark Brogan, Executive Director

In 2005, as part of our planned organisational review, we asked the question: "Does the Academy, after 20 years, still have a role to play in assisting athlete development?" The re-sounding response was yes.

It is clear that whilst in some sports there has been quite dramatic development in their level of athlete assistance and support, the role of the Academy has adapted to this level and "raised the bar even

higher". As part of the review process, in order to better assess where we may assist in the future, an assessment tool and selection criteria was developed by the Board to guide our program design and selection in the future.

20 years supporting talented local athletes is a remarkable milestone. The challenge before us is to continue, with the same vein of innovation and dedication of our predecessors, in providing sport opportunities for local athletes.

2005 has witnessed such innovation in a number of areas. On the sport program front, Illawarra, as part of the regional academy network, competed at the inaugural Academy Games. This multi-sport event was such a success that it now has a fixed place on the sport calendar of all regional academies in NSW.

Our administrative and promotional activities have also welcomed innovation as evidenced in the re-designing of our website and expansion of our electronic communications; introduction of eNEWS; and, conduct of a "hole-in-one" contest as part of our Academy Golf Day.

I am pleased to report that our programs have seen increased financial support from community and business. The sport reports which follow, highlight some of these developments and particularly I welcome the support of AHA Illawarra and Tory Toyota who join program sponsors BlueScope Steel, City Coast Credit Union, Pubstay, Sydney Water, Warilla Bowls & Recreation Club and Aceit Sportswear.

Most pleasing of all, is the maintenance of the exceptional level of athletic performance displayed by our athletes both past and present.

This yearbook lists in some detail these achievements. Once again, a current academy athlete has won a world junior title and past athletes have excelled at senior level on the international stage.

It is testimony to the wealth of young sport talent in the region and fitting reward for the efforts of our sports staff of coaches, managers, trainers and officials who volunteer hundreds of hours to support these athletes. I wish to thank these volunteers for their expertise and unflagging dedication.

Thank you also to the office staff, Pasco, Jane, Marji and Grant and the special event staff who add great value to all that we do. Particular thanks to the Board led by Brian Weir for its continued commitment to pursuing excellence and opportunities for talented young athletes of the Illawarra.

I am confident that at the end of 2005, the Illawarra Academy of Sport is well placed to expand on, and further develop, the significant achievements of the past.

Mark Brogan | Executive Director

Bring out the best in your team

Comfort and adventure – Berry Sport and Recreation Centre is the perfect venue for your next corporate training program.

We can tailor a complete program to meet your needs, including a range of challenging team building activities:

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- Sailing

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NSW Sport and Recreation is proud to be a major sponsor of the Illawarra Academy of Sport

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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 Group of Councils area to achieve excellence.

AIMS AND OBJECTIVES

- To provide the opportunity and encouragement for talented athletes within the Southern Group of Councils (SGC) area to achieve excellence in sport and outstanding sporting citizenship.
- To facilitate the development & support of talented athletes with the potential.
- 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.
- 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 & 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.
- To establish, administer and seek financial assistance to promote excellence among young athletes.
- 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.

HISTORY

The concept of the Illawarra Academy of Sport emanated from a community based investigation into sport and lifestyle opportunities in the Illawarra. A committee which comprised of representatives from government, education, business and community sport recommended the establishment of an Academy to expand sporting opportunities for talented athletes in the region.

With the University of Wollongong facilitating its progress, the committee's 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.

Sports Programs

As the Academy evolved, the range of sports expanded and since 1986 programs have been conducted in 17 different sports. Although, gymnastics, touch, lawn bowls, basketball, soccer and surfing are no longer in the Academy, eleven sports programs remain.

Currently there are programs offered for golf, netball, hockey, cricket, rugby league, rugby union, cycling, sailing, swimming, athletes with a disability and individual athletes. Since 1985, there have been over 3400 scholarships offered to local athletes.

A Growing Example

The regional academy format pioneered in the Illawarra has now been replicated across Australia and overseas. Ten independent regional academies are in operation across NSW with the national network of regional academies now totally nineteen.

The strength of the Illawarra Academy of Sport has always been its strategic alliances and partnerships with Illawarra business, local government, sporting associations at regional and state level and support of the University of Wollongong and the team of volunteers who guide our talented youth.

BOARD OF MANAGEMENT



Brian Weir
Chairperson



Keith Wallace
Snr Vice President



Peter Wheeler
Treasurer



Brian Baird
Public Officer



Peter Bowman
Business Plan Chair



Mark Brogan
Executive Director



Gregg Rowland



Ross Fuller



Alex Darling



John Morris



Gordon Lewis



Paul Prendergast



William Dowson



Jeff McCarthy



John O'Dwyer



John Wells



Richard Wright

BOARD OF DIRECTORS

The Academy is an independent, incorporated sporting organisation that is governed by a nineteen member Board of Directors - eleven (11) permanent representatives and eight (8) elected community representatives. Board of Directors meet bi-monthly and each Council plus the University of Wollongong hosts a meeting annually.

PERMANENT BOARD REPRESENTATIVES

NSW Dept of Sport & Recreation

Hon Sandra Nori. Represented by Keith Wallace

University of Wollongong

Vice Chancellor Prof. Gerard Sutton

Represented by Gregg Rowland

Australian Institute of Sport

Director Dr Peter Fricker. Represented by Peter Bowman

Sports Medicine Federation

South Coast Branch. Position not represented

Department of School Education

Regional Director Illawarra & South Coast Graeham Kennedy

Represented by Ross Fuller

Lord Mayor of Wollongong

Cr. Alex Darling

Mayor of Wingecarribee

Cr. Gordon Lewis

Mayor of Shellharbour City

Cr. David Hamilton. Represented by Brian Weir

Mayor of Kiama

Cr. Sandra McCarthy. Represented by Cr. Brendon Comber

Mayor of Shoalhaven

Cr. Greg Watson. Represented by John Morris

Executive Director

Mark Brogan

Community Board Representatives

Peter Wheeler

John Wells

John O'Dwyer

Brian Baird

Jeff McCarthy

Richard Wright

Paul Prendergast

William Dowson

Executive elected 31 March 2005

Chairperson

Senior Vice President

Vice President

Public Officer

Treasurer

Business Plan Chair

Executive Director

Brian Weir

Keith Wallace

Position Vacant

Brian Baird

Peter Wheeler

Peter Bowman

Mark Brogan

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 complement the activities the athletes receive through their club and representative structure.

LINKS TO SPORTING GROUPS

The Academy operates within the sports system at several levels. It maintains links with a range of organisations to ensure that the local talented athletes receive the best possible support in their path to excellence. Links are maintained with:

Local & State Sports Associations

Administrative and coaching links are maintained with local and State sporting associations in the scholarship sports that have programs in the Academy.

NSW Dept of Sport & Recreation

As the largest single partner of the Academy, there are close operational links with the Department with regular interaction with the South Coast Region and Senior officers of the Department.

Sydney Academy of Sport

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

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 through its Sports Program Services Division.

NSW Regional Academy Network

The ten independent Regional Academies in NSW and one Department of Tourism, Sport & Recreation Academy 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.

Australian Olympic Committee

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

ACADEMY CATCHMENT AREA

The Academy operates through the Illawarra's geographic region comprising the five 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, Ulladulla in the south and across to the Southern Highlands in the west. Sydney is approximately 80 kilometres north of Wollongong.

ADMINISTRATIVE OPERATIONS

The Academy Administration Centre is located within the Fairy Meadow Demonstration School in Wollongong and features administrative offices and meeting rooms. Office facilities have been provided by the Department of Education since the early 1990's.

The Academy employed three (3) full-time staff and one (1) part-time officer in 2005. Academy coaching and sport program support staff, numbering more than 50, worked as volunteers.

A team of 12 consultants who provide expertise in sports science and personal development were engaged on a contract basis to deliver to athletes the current knowledge and thinking in their area of expertise.

University of Wollongong Workplace Placement

Over the past 20 years, the Academy and the University of Wollongong have enjoyed a close operational partnership. In 2005, these links were expanded with the introduction of a workplace experience opportunity at the Academy for final year students in journalism and media studies.

Two students were engaged for a period of six months to write the weekly Academy Corner column. This column was published under the students bi-line.

Media and Public Relations

During 2005, the Academy continued to receive a substantial share of media coverage. The Academy activities were reported in newspapers, radio, and television coverage throughout the year, and despite competing with traditional "score line sport reporting", the unique nature of Academy activities were well documented.

The flagship of Academy public communications is "Academy Corner". This newspaper column

produced weekly from February to December was published on that basis in the Illawarra Mercury and South Coast Register.

In 2005, Academy Corner was supported by eNEWS, an electronic version of the column, which was delivered via email to athletes, parents, supporters and sponsors.

The introduction of this electronic publication coincided with the re-launch of the Academy's website with a new and improved look and function.



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



*Proud sponsors of the
Illawarra Academy of Sport
Hockey Program*

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AHA | ILLAWARRA SUB BRANCH
NSW | (PUBS ILLAWARRA)

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

FUNDING SOURCES

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 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 Sport and Recreation is the largest single sponsor of the Academy providing an annual grant of \$100,000. The five councils of the Southern Councils Group grants total more than \$60,000.

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 as does the University Recreation and Aquatic Centre.

Program Sponsors

Program sponsors provide 'value in money' by way of funding and/or substantial 'value in kind' to specific Academy programs or projects.

Our team of Program Sponsors include BlueScope Steel, City Coast Credit Union, Sydney Water, Pubstay, AHA Illawarra Sub-branch, Tory Toyota, and Warilla Bowls and Recreation Club.

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 approximating 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

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; ACEIT Sportswear who are official suppliers of sportswear; and Zeffa Consulting for information technology support.

The Academy acknowledges the support of the five councils in the Southern Councils Group



SPECIAL EVENTS

20th Year Anniversary Dinner



L-R Mark Brogan, Tom Penrose, Gareth McKeen, Brian Weir, Cheryl Battaerd, Graham Hamilton, Rae Wilsmore, George Anderson, (seated) Ted Tobin

On 3 December 2005, the Academy celebrated the 20th anniversary of its inception. A dinner for 120 was held at the University of Wollongong to commemorate this major milestone.

The event gathered many of those who contributed to the development of the Academy in the early and mid 1980's and well as coaches, administrators, and board members both past and present. Guests also included representatives from government, business and sport.

The occasion was one to reflect on achievements of the past and to recognise the major supporters and contributors to the Academy over the past 20 years. Special acknowledgement was made to three key contributors; former chairmen Tom Penrose and Ted Tobin, and board member Ian Richardson, who guided the then 'institute' through its foundation and formative years to its 1,000th athlete in the mid 1990's.

The dinner also acknowledged some of the higher athlete achievers over the past 20 years.

It was an occasion where those present shared stories both factual and anecdotal of their Academy experiences prompted by a familiar face or the wall of newspaper clippings, video presentations, or speeches on the night.

Inaugural Life Member - Mr Edward (Ted) Tobin

In November 2005, the board of the Illawarra Academy of Sport amended its constitution to include a membership category of Life Member.

On the occasion of the 20th year anniversary dinner, the inaugural life membership of the Academy was bestowed on Mr Ted Tobin, past chairman, board member and the Academy's first administrative director.

In a speech introducing the life membership, current chairman, Brian Weir, described Ted's contribution as "both exceptional and distinguished spanning more than twenty years."

"Ted's involvement reflects a personal passion and professional commitment to fostering excellence in sport. His contribution in time and energy, creative input, effective operational guidance, and positive support and encouragement has been invaluable to the development of the Illawarra Academy of Sport. Ted's commitment over more than two decades has been truly outstanding."

The announcement was warmly greeted by all present including Ted's wife Bev, son Ian and daughter Narelle Tutton.

Golf Day 2005

This year the event was sponsored by Tory Toyota and again hosted, for the third year, by Kiama Golf Club.

The day continues to be an occasion for local business people and the golf community to enjoy a round of golf and in doing so contribute to the Academy's golf scholarship program - a field of more than 100 competed.

Golf day participants played in a three-person Ambrose event followed by a presentation dinner, raffle and auction. Participants on the course have the opportunity to mingle with and test their play against scholarship holders in the academy golf squad. At day's end, at the clubhouse, one has the chance to build and reinforce networks within the Illawarra business community.

The event this year had an added feature, "a hole-in-one contest" with the winner assigning the prize (a Toyota Corolla

SPECIAL EVENTS *CONTINUED*

Ascent) to a local charity. This unique event gained widespread local news coverage. Unfortunately no one achieved a hole in one - nearest the pin on the day was Academy board member Paul Prendergast.

Proceeds from the golf day support the academy golf program, which provides high level coaching and education to the Illawarra's talented junior golfers.

Athlete Inductions

Inductions have been part of each Academy sport program since day one. Two major Athlete Inductions, each involving half of the Academy's ten sport programs, were held in 2005 - an autumn induction in May and a spring induction in October 2005.

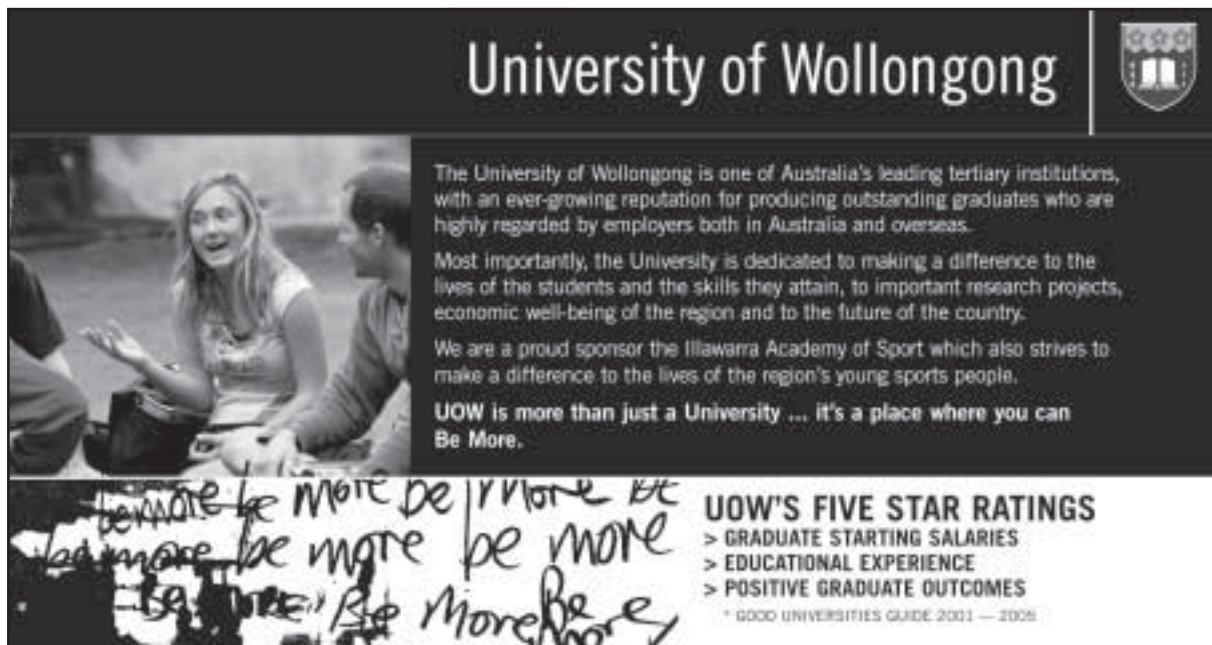
The multi-sport induction, is a major event in its own right in which athletes, parents and sports program staff, which may total over 300 on each occasion, participate in education seminars, receive

uniforms, have photographs taken and generally introduced to the Academy and its sport program staff.

This format allows more professional presentations and parental involvement in specialist presentations including Drugs in Sport, Female Athlete, and Nutrition.

Mayoral Receptions

A reception, hosted by the Mayor of the each of the five councils of the Illawarra, provide an annual opportunity for the athletes and coaches to be officially recognised by their own community. These functions also serve to develop social and personal aspects of the scholarship holders and an understanding of the range of community and government groups who support their development.



University of Wollongong

The University of Wollongong is one of Australia's leading tertiary institutions, with an ever-growing reputation for producing outstanding graduates who are highly regarded by employers both in Australia and overseas.

Most importantly, the University is dedicated to making a difference to the lives of the students and the skills they attain, to important research projects, economic well-being of the region and to the future of the country.

We are a proud sponsor the Illawarra Academy of Sport which also strives to make a difference to the lives of the region's young sports people.

UOW is more than just a University ... it's a place where you can Be More.

UOW'S FIVE STAR RATINGS

- > GRADUATE STARTING SALARIES
- > EDUCATIONAL EXPERIENCE
- > POSITIVE GRADUATE OUTCOMES

* GOOD UNIVERSITIES GUIDE 2001 — 2009

GRADUATE HIGHEST ACHIEVERS

The graduates listed below have achieved, as a minimum, senior/open national team selection or won a medal at a world junior event. The group represents the highest achievements gained by academy graduates. The Academy is justly proud of its role in supporting their development.

Sport	Year in academy	Achievement year	Achievement	Highest level
Athletes with a disability				
Siobhan Paton	1998	1998 - 2005	Australian representative	Paralympian
		1998	International Paralympics Championships medallist - Gold x 5	
			International Paralympics Championships - "Outstanding Female Swimmer of the Meet"	
		1998	Australian Swimming Paralympian of the Year	
		2000	Paralympic Games medallist - Gold x 6	
		2000	Paralympic Games - World records x 3 (50m backstroke, 50m butterfly & 200m IM)	
Jessica Smith	2004	2004 - 2005	Australian representative	Paralympian
Cricket				
Brett Lee	1990	1999 - 2005	Australian representative	Australia
		2003	World Cup - hatrick & leading Australian wicket-taker	
Shane Lee	1989	1995 - 2001	Australian representative	Australia
		1996	World Cup	
Phil Jacques	1993 - 1995	2005	Australian representative	Australia
Cycling				
Rochelle Gilmore	1996	2002 - 2005	Australian representative	Commonwealth Games
		2000	World Junior Championship medallist - Silver	
		2002	Commonwealth Games medallist - Silver	
		2003	World Cup medallist - Gold team sprint	
		2005	World Cup medallist - Gold points race	
		2005	Oceania Games medallist - Gold 20k road race	
Joshua Kersten	1994	1997 - 2000	Australian representative	Commonwealth Games
		1998	Commonwealth Games medallist - Bronze 1km sprint	

GRADUATE HIGHEST ACHIEVERS *CONTINUED*

Ben Kersten	1994, 1995 & 1997	2002 - 2005	Australian representative	Olympian
		2002	Commonwealth Games	
		2002 - 2005	World Track Championships	
		2004	Olympic Games	
		2005	World Cup medallist - Gold 1k time trial	
Rebecca Borgo	2002, 2003	2003	World Junior Championship medallist - Gold keiren	World Junior Champion
Amiel Cavalier	2004/05	2005	World Mountain Bike Championships medallist - Gold junior mens downhill	World Junior Champion

Football (soccer)

Luke Wilkshire	1995 - 1997	2004 - 2005	Australian representative	Olympian
		2004	Olympic Games	

Lawn Bowls

Brett Duprez	1989, 1990	1998 - 2004	Australian representative	Commonwealth Games
		1998	Commonwealth Games medallist - Gold mens pairs	
		2004	World Bowls Championship medallist - Gold fours	
Karen Murphy	1989, 1990	1998 - 2005	Australian representative	Commonwealth Games
		1998	Commonwealth Games medallist - Silver mixed pairs	
		2002	Commonwealth Games medallist - Silver mixed pairs	
		2004	World Bowls Championship medallist - Bronze (singles) & Bronze pairs	

Netball

Sarah Barrett	1996	2005	Australian representative	Australia
Marni Hansell		1996	Australian representative	Australia

Rugby League

Shaun Timmins	1992 & 1993	1999 - 2004	Australian representative	Australia
Craig Fitzgibbon	1993 & 1994	2002 - 2005	Australian representative	Australia
Luke Bailey	1995	2002 - 2005	Australian representative	Australia
Luke O'Donnell	1996	2005	Australian representative	Australia

Rugby Union

Alex Kanaar	1999	2005	Australian representative	Australia
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GRADUATE HIGHEST ACHIEVERS *CONTINUED*

Surfing

Michael Lowe	1990, 1991	1996 - 2005	World Championship surfing tour	WCT Surfer
Jake Spooner	1989	1994	World Championship surfing tour	WCT Surfer
Chad Ryan	1989, 1990	1994	World Championship surfing tour	WCT Surfer
Todd Prestage	1989	1992 - 1998	World Championship surfing tour	WCT Surfer

Swimming

Lori Munz	1997, 1998	1997 - 2002	Australian representative	Commonwealth Games
		1998	Commonwealth Games medallist - Gold x 2 (4 x 100m freestyle and 4 x 200m freestyle)	
Jason Cram	1998	2000 - 2003	Australian representative	Commonwealth Games
		2002	Pan Pacific Championships medallist - Gold 4x200m freestyle relay	
		2002	Commonwealth Games medallist - Gold 4x200m freestyle relay	
		2003	World Championships medallist - Gold 4x200m freestyle relay	



TORY TOYOTA are pleased to be associated with the Illawarra Academy of Sport and are proud sponsors of the Academy Golf Day

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TOTAL SCHOLARSHIPS OFFERED 1986 - 2005

Athletes with a Disability

Male.....	32
Female.....	29

Basketball

Male.....	130
Female.....	128

Cricket

Male.....	384
Female.....	89

Cycling

Male.....	74
Female.....	32

Gymnastics

Female.....	26
-------------	----

Golf

Male.....	90
Female.....	18

Hockey

Male.....	293
Female.....	294

Individual Athletes

Male.....	26
Female.....	20

Lawn Bowls

Male.....	27
Female.....	3

Netball

Female.....	423
-------------	-----

Rugby League

Male.....	586
-----------	-----

Rugby Union

Male.....	282
-----------	-----

Sailing

Male.....	75
Female.....	19

Soccer

Male.....	144
Female.....	1

Surfing

Male.....	45
Female.....	5

Swimming

Male.....	74
Female.....	62

Touch

Male.....	35
Female.....	23

TOTAL

3474

SCHOLARSHIP PROGRAMS

The major focus of Academy activity is the delivery of sport coaching and education programs for its scholarship athletes.

Common Athlete Eligibility Criteria

The athlete must:

1. Reside in the Southern Councils Group area (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.

Selection Criteria and Program Design

In addition to the eligibility criteria outlined above, sport programs have additional selection criteria which varies from program to program. At time of nomination this criteria is outlined.

BENEFITS & SERVICES

A generic Academy scholarship provides the following benefits and services:

- coaching by accredited and experienced coaches (except IAP program) including high level guest coaches
- subsidized Academy uniforms and specialised equipment
- sport science support and evaluation
- 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 and personal development opportunities
- exposure to high level competition
- travel assistance for competition and Academy activities
- Academy tours in NSW & interstate
- drug education seminars
- log books for educational information and monitoring of training and competition
- tours/camps at some of Australia's premier elite coaching facilities.



Fairy Meadow Demonstration School

*Providing quality comprehensive
public education for 142 years.*



CORE PROGRAM COMPONENTS

The primary objective of the Academy is to improve an individual athlete's sporting ability and to equip them with skills to enhance their prospects of future success. Whilst each sport program differs, based on athlete needs and sport culture, several elements are consistent across all programs.

Training & Technical Development

Coaching and training sessions form the major component of the scholarship program (except individual athlete program) and the provision of quality coaching is the top priority in each sport. Coaching staff design programs that emphasise individual development concentrating on the strengths and weaknesses of the athlete together with activities to improve an athlete's knowledge and ability in the tactical aspects of their sport.

Sports Science

To supplement the coaching and training component of the program, the athlete receives advice in specialist areas of athlete development. The sport science program elements aim to provide regular and relevant feedback to the coaches and athletes on the physical fitness and training levels of the athletes.

Athletes annually complete sessions in nutrition, sport psychology and sports injury prevention and management. The aim of these sessions is to provide information to make athletes aware of the role these areas play in enhancing individual performance.

Competition Opportunities

Academy squads participate in selected competitive fixtures during their scholarship program. Competition is primarily 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 may also be conducted to provide competitive opportunities in the unique touring environment.

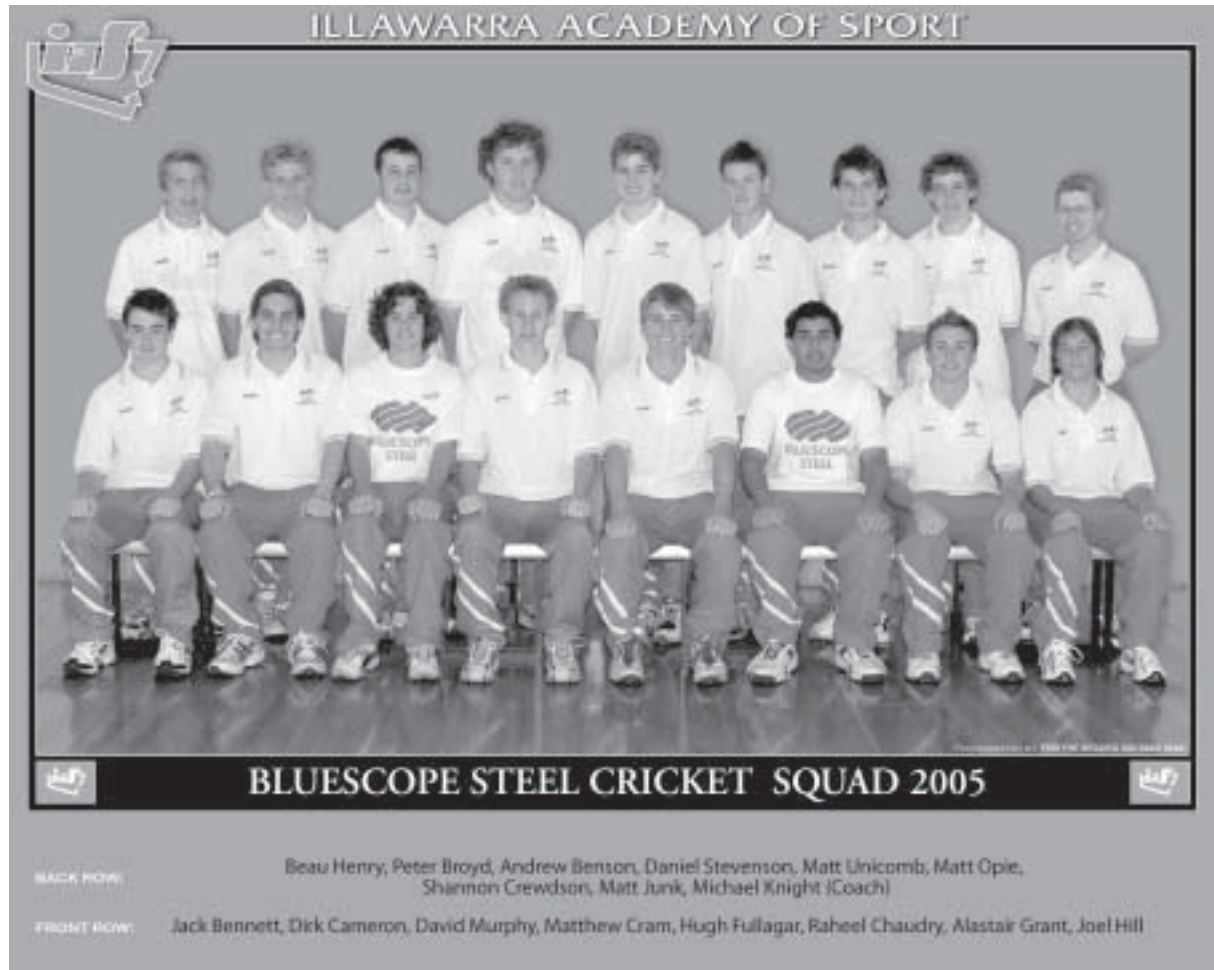
Personal Development

A key objective of the Academy is to develop outstanding sports citizens. Education and awareness sessions based on public speaking, drugs in sport, media and sponsor servicing are incorporated into the program. In addition, athletes are exposed to social and promotional situations to develop their personal understanding of the breath of sports development and community awareness.

Sports Training

The sports training component of the Academy programs is co-ordinated 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.

2005 CRICKET



The Academy appreciates the support and financial assistance from Cricket Associations across the region: South Coast, Illawarra, Shoalhaven, Southern Highlands, NSW Cricket and sponsor BlueScope Steel.

CRICKET PROGRAM 2005

Program Outcomes

To assist athletes reach the next level of competition in their sport. Assist with progression to NSW & NSW Country Under 17 boys & Under 15 & 17 girl's squads.

Athlete Selection

Male athletes were selected following trials conducted throughout the Academy region. Two trials were held prior to final selection. A selection panel, comprising representatives of the Academy coaching staff and Cricket NSW coaches, made athlete selection recommendations to the Academy.

The female program was designed to complement athletes identified within the Cricket NSW regional program. Three athletes, who were performing at state or sub-state level, were selected on the basis of their involvement within that program.

Program Components

The squad was provided with tuition in several facets of the game through a variety of coaching techniques. These include group coaching, individual coaching, drill based coaching, technique specific coaching and fitness training combined with mental, personal and team development exercises.

In addition, athletes participated in sport specific education sessions including sports psychology, nutrition, drugs in sport, public speaking and umpiring. These sessions were integrated along with practical session days.

Program Snapshot

Ages: 14 - 17 years during scholarship

Squad: 16 males and three females

Program Year: May - September (4 Months)

Key People: Michael Knight (Head Coach)

Bruce Jones (Mentor Coach)

Mark Simpson (Boys Coach)

Nicole Woods (Girls Coach)

Highlights

Tours: SCG nets practice, June 2005

Athletes: NSW & NSW CHS teams

David Murphy (NSW U17)

Jill Lihou (NSW Country U17)

Melissa Harrison (NSW U15)



Jill Lihou



Melissa Harrison



Lucy Beattie

2005 CYCLING



The Academy appreciates the support and financial assistance from the NSW Cycling Federation and Cycling Clubs of the Illawarra, Shoalhaven and Southern Highlands.

CYCLING PROGRAM 2005

Program Outcomes

To assist athletes reach the next level of competition in their sport. Assist progression to Under 17 & 19 state, national or international competition levels.

The program commenced in October 2004 and continued into 2006.

Selection Process

Selection was based on trials comprised of several bike-handling skills, followed by 10 and 30 second peak power tests on a bicycle ergo meter (ERGO). Finally, a 6.84km time trial (TT) was used to gauge aerobic potential of the athletes.

The same ERGO and TT course have been used for several years so norms and standards have been established with ready comparison with 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. A selection panel including Academy coaching staff and a representative from Cycling NSW recommended to the Academy athletes for scholarship.

Program Components

The program was designed to complement each cyclist's existing training and race program with periodic testing throughout the scholarship term.

Theory topics include static and dynamic stretching routines, hydration during racing and training, diet analysis, goal setting, drugs in sport and bike setup.

A Talented Athlete Program, which consisted of 8 Nowra based riders, was delivered under the guidance of head coach, Kevin Poulton. This program exclusively focused on building individual bike skills and riding technique. The program sought to prepare athletes for progression to the Academy's pre-elite squad.

Program Snapshot

- Ages:** 15 - 18 during scholarship
- Squad:** 6 male and three female athletes (inc TAP)
- Program year:** October - December (14 months)
- Key people:** Kevin Poulton (Head Coach)
Glen Doney (Mentor Coach)
Mick Kedja (Coach)
Matthew Jones (Manager)

Highlights

- Athletes:** Scott Law - National Champion (U15)
Record holder - 200m sprint
- Scott Law - National Champion (U15)
500m TT, 10km TT



2005 GOLF



The Academy appreciates the support and financial assistance from the Illawarra District Golf Association and the NSW Golf Association.

GOLF PROGRAM 2005

Program Outcomes

To assist athletes reach the next level of competition in their sport. Assist progression to NSW junior state squads & teams.

Athlete Selection

Athletes were short-listed based on handicap. Previous scholarship holders were also required to demonstrate improved performance over their scholarship year to be eligible for a further scholarship term. New nominees were required to attend an interview. The selection panel included Academy coaching staff and an independent selector who made athlete selection recommendations to the Academy.

Program Components

Practical sessions were aligned to theory session where possible. Practical topics include 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; and applying home training programs.

Athletes received high-speed video recording of their swing; technical assessment & instruction from the program coach professionals. Other program components included tours.

Program Snapshot

Ages: 14 - 17 years during scholarship
Squad: 11 males and three females
Program year: March - November (9 Months)
Key people: John Hufton (Head Coach/Professional)
Greg Drummond (Coach/Professional)
Shaun O'Toole (Coach/Professional)
Neil Spiers (Coach/Professional)
Vic Burrows (Co-ordinator)

Highlights

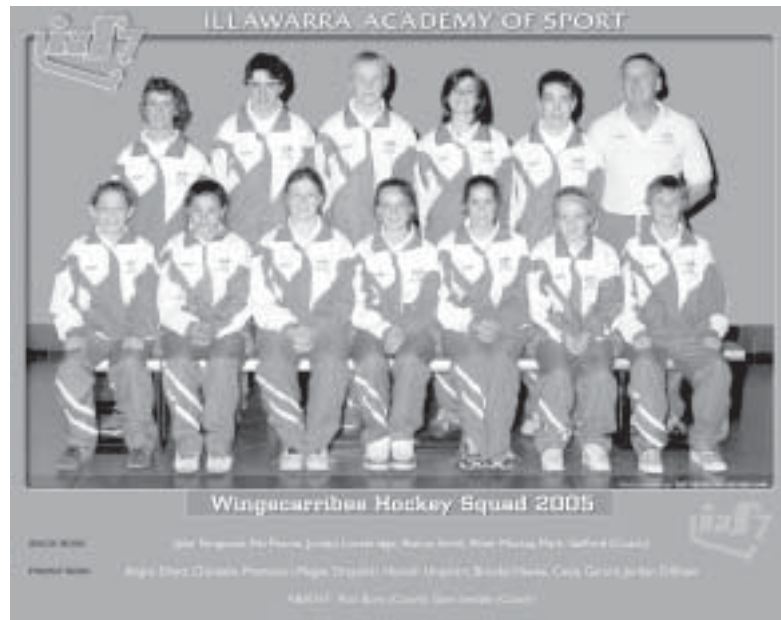
Tours: Morrisett Junior, May 2005
Brett Ogle Junior, October 2005
Events: Academy Golf Day, September 2005
Athletes: Elle Sandak - NSW State Junior team
Aaron Keevers - JNJGF Rookie of Year

2005 HOCKEY



2005 HOCKEY WINGECARRIBEE TAP

The Academy appreciates the support and financial assistance from sponsor City Coast Credit Union and Hockey Associations across the region: Illawarra, Shoalhaven, Southern Highlands and South Coast.



HOCKEY PROGRAM 2005

Program Outcomes

Pre-elite program seeks to assist athletes reach the next level of competition in their sport. Assist progression to NSW & NSW Country Under 17 boy's & Under 17 girl's squads.

A development program was also conducted under the Wingecarribee TAP which sought to assist athletes reach Academy pre-elite standard.

Athlete Selection

Athletes were selected following trials conducted throughout the Academy region in the Illawarra basin, Shoalhaven and Highlands. Two trials were held prior to final selection. Selectors included Academy coaching staff and Hockey NSW coaches/selectors who made athlete selection recommendations to the Academy.

Wingecarribee Talented Athlete Program - athletes were selected following initial assessment by Academy and Hockey NSW coaching staff and recommendation by the Highlands Hockey Association.

Program Components

The program consisted of skills, fitness and sport education session as well as competition opportunities.

The skills program followed a structured approach concentrating on a range of individual skills early in the program. These elements were built on and led into team skills involving concept techniques and game strategies. Guest coaches ensured that the program remained fresh and interesting and athletes were presented with new ideas and different perspectives to encourage their learning.

Fitness sessions focused on the importance of building core strength to improve posture, balance and technique - both speed and an introduction to weights sessions were conducted. Throughout the program athletes were tested and compared with norms maintained by Hockey NSW.

Education sessions were combined with skill sessions and included injury prevention, time management, public speaking, nutrition, drugs in sport, and sports psychology (mental imagery).

Wingecarribee TAP - program exclusively focused on building individual technique. The program sought to prepare athletes for progression to the Academy's pre-elite squad.

Program Snapshot

Ages: Pre-elite program - 15 - 17 during scholarship
Wingecarribee TAP - 14 - 15 during scholarship

Squad: Pre-elite program - 29 athletes:
15 males and 14 females
Wingecarribee TAP - 12 athletes:
6 males and 6 females

Program year: October - October (12 months)

Key people: Rob Davis (Head Coach)
John Bessell (Mentor Coach)
Scott Smith (Squad Coach)
Melissa Davis (Squad Coach)
Ernie Betts (Manager)
Mark Stafford, Paul Bunt,
Glen Isedale (WTAP Coaches)

Highlights

Tours: Michael York Challenge, Canberra, February 2005
Inter-Academy Games, Bathurst, March 2005
Academy Games, October 2005

Athletes: Keiran Govers - NSW U18 & NSWIS scholarship
Danielle Gregson - NSW U18
Rhys Gray, Katie Lewis, Karen McGrath,
Haidee Makin - NSW Schools teams
Tristan White - NSW U15

INDIVIDUAL ATHLETE PROGRAM 2005

Program Outcomes

To assist athletes reach the next level of competition in their sport. Assist progression to NSW junior state teams and/or national or international competition levels.

Athlete Selection

Athletes nominated for scholarships and provided a detailed list of their existing achievements. An endorsement and ranking from their state sporting organisation was sought in order to adequately assess the merits of their nomination. Only athletes from sports recognised under the Department of Tourism, Sport & Recreation's Sports Development Program were eligible for consideration.

A selection panel, including representatives from a range of sporting backgrounds, assess each nomination and made final recommendation to the Academy for scholarship offers.

Program Components

The individual athletes program offered a diverse range of learning experiences across several sports, including athletics, gymnastics, mountain bike, surf lifesaving, and surfing. The program was tailored to suit the sporting experiences of scholarship holders.

Theory sessions include nutrition, public speaking, drugs in sport, sport psychology and injury prevention. Practical sessions were limited to fitness testing and video analysis sessions as the coaching component is not part of the program. The program therefore sought to supplement an athlete's existing coaching and training program.

A modest level of financial support was available to assist athletes attend high standard competition or camps or purchase specialist equipment.



Program Snapshot

- Ages:** 15 - 18 years during scholarship
Squad: 10 athletes - 8 males and two females
Program year: October - October (12 months)
Key people: Jenny Kennedy (Co-ordinator)

Highlights

- Athletes:** Ameil Cavalier -
World Junior DH Mountain Bike Champion
Ameil Cavalier -
Oceania Junior DH Mountain Bike Champion
Sally Fitzgibbons -
Australian Surfing (U16) Champion
Rhett Russell -
Australian Sprint K2 Champion
Rhett Russell -
Australian Marathon K2 Champion

2005 NETBALL



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

NETBALL PROGRAM 2005

Program Outcomes

To assist athletes reach the next level of competition in their sport. Assist progress to NSW Under 17 & 19 squads & NSWIS.

Athlete Selection

Athletes were selected following trials conducted throughout the Academy region. Two trials were held prior to final selection. A selection panel, comprising representatives of the Academy coaching staff and Netball NSW coaches, made athlete selection recommendations to the Academy.

Program Components

The program consisted of skills, fitness and sport education session as well as competition opportunities to events such as the NIB Games and the inaugural Academy Games..

The skills program followed a structured approach concentrated on a range of individual skills early in the program, which lead into team skills involving concept skills and game strategies. Guest coaches ensured that the program remains fresh and interesting and athletes are presented with new ideas and different perspectives to encourage their learning.

Fitness sessions focused on the importance of building core strength to improve posture, balance and technique - both speed and an introduction to weights sessions were conducted. Throughout the program athletes are tested and compared with norms maintained by Netball NSW.

Education sessions were combined with skill sessions and include injury prevention, time management, public speaking, nutrition, drugs in sport, and sports psychology (mental imagery).



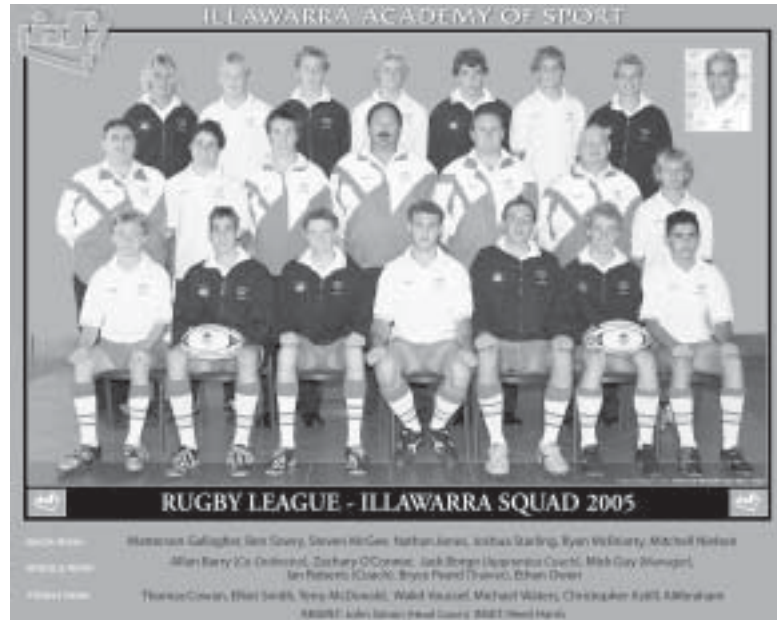
Program Snapshot

- Ages:** 15 - 18 years during scholarship
- Squad:** 17 females
- Program year:** October - September (12 months)
- Key people:** Kerrie Walker (Head Coach)
Liz Dark (Squad Coach)
Karon Dawson (Squad Coach)
Margaret Corbett (Mentor Coach)
Samantha Williams (Umpire)

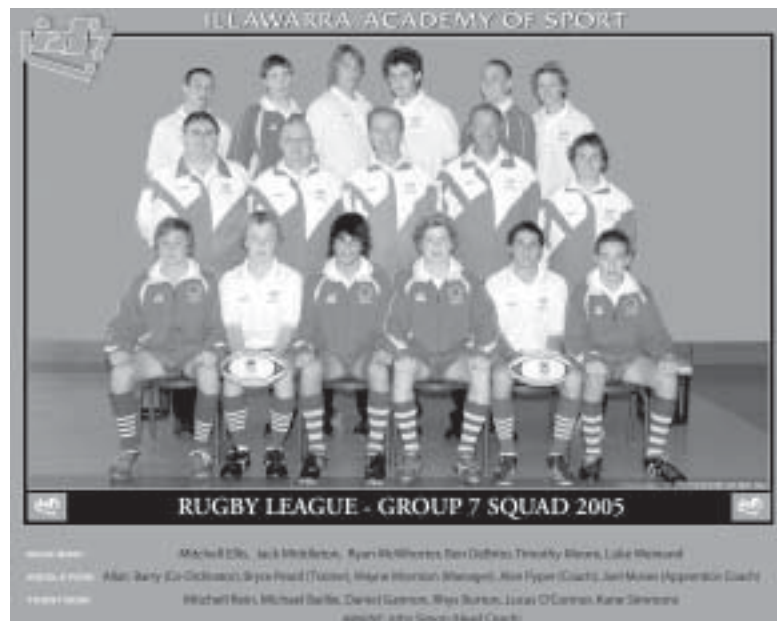
Highlights

- Camps & Tours:** Camp, Bowral, March 2005
NIB Games, Newcastle, July 2005
Academy Games, October 2005
- Athletes:** Jessica Holz - NSW CHS & NSWIS
Ashleigh Larsen -
NSW CHS (U16) & NSW Dynamos

2005 RUGBY LEAGUE SQUAD (ILLAWARRA)



2005 RUGBY LEAGUE SQUAD (GROUP 7)



The Academy appreciates the support and financial assistance from:
**Country Rugby League,
 St George Illawarra
 Dragons and Group 7
 Rugby League.**

RUGBY LEAGUE PROGRAM 2005

Program Outcomes

To assist athletes reach the next level of competition in their sport. Assist athlete progression to Harold Matthew squads.

Athlete Selection

As part of the ongoing partnership between St George Illawarra Dragons, South Coast Group 7 and the Academy, the Illawarra and Group 7, Under 15 representative squads formed the Academy Rugby League program. The respective group associations select players used a combination of open trials, skills assessment and match play. Players were subsequently recommended to the Academy.



Program Components

The program complemented the representative programs and covered core strength, drugs in sport, goal setting, prevention and treatment of injuries, talking to referees, public speaking, handling the media, and weights theory and technique.

Specialist practical sessions such as kicking were included in addition to ball handling techniques, tackling, support play in attack and defence and general positional play.

Program Snapshot

Ages: 15 years or younger during scholarship year

Squad: 28 males

Program year: May - September (5 months)

Key people: Alan Barry (Co-ordinator)

John Simon (Head Coach)

Bryce Pearce (Trainer)

Illawarra Zone

Ian Roberts (Coach)

Jack Borgo (App Coach)

Mick Guy (Manager)

Group 7 Zone

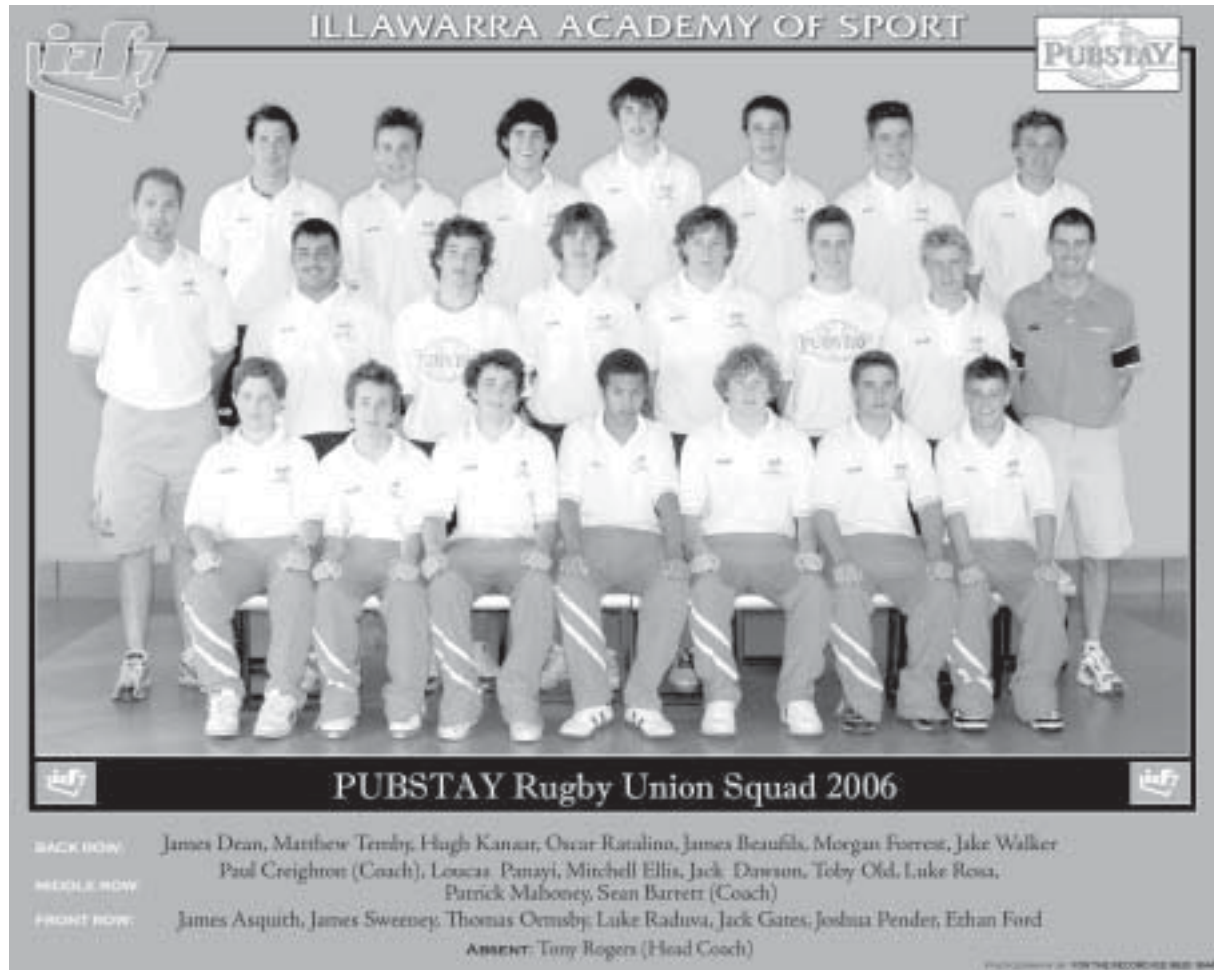
Alan Pyper (Coach)

Wayne Morrison (Manager)

Highlights

Athletes: Chris Astill - Captain,
NSW Combined Catholic Colleges

2005 RUGBY UNION



The Academy appreciates the support and financial assistance from sponsors Pubstay, AHA Illawarra, Illawarra District Rugby Union and NSW Rugby.

RUGBY UNION PROGRAM 2005

Program Outcomes

Pre-elite program - To assist athletes reach the next level of competition in their sport. Assist progression to NSW & NSW Country Under 15 & Under 16 squads.

Athlete Selection

Athletes were selected following trials conducted throughout the Academy region. Two trials were held prior to final selection. A selection panel, comprising representatives of the Academy coaching staff and NSW Rugby coaches, made athlete selection recommendations to the Academy.



Program Components

The program was developed in close consultation with NSW Rugby. The main game areas covered in the program were ball skills, scrummaging, foot speed, agility, speed of mind, and tackling, with education sessions covering injury prevention and recovery, Drugs in Sport, public speaking and nutrition. This program was conducted bi-weekly and aimed at preparing players for the new season and representative programs.

The squad competed in Academy 10's tournaments and attended a Waratah Camp on the Central Coast involving other regional academies and featuring guest sessions from NSW Rugby and Waratah coaches and technical staff.

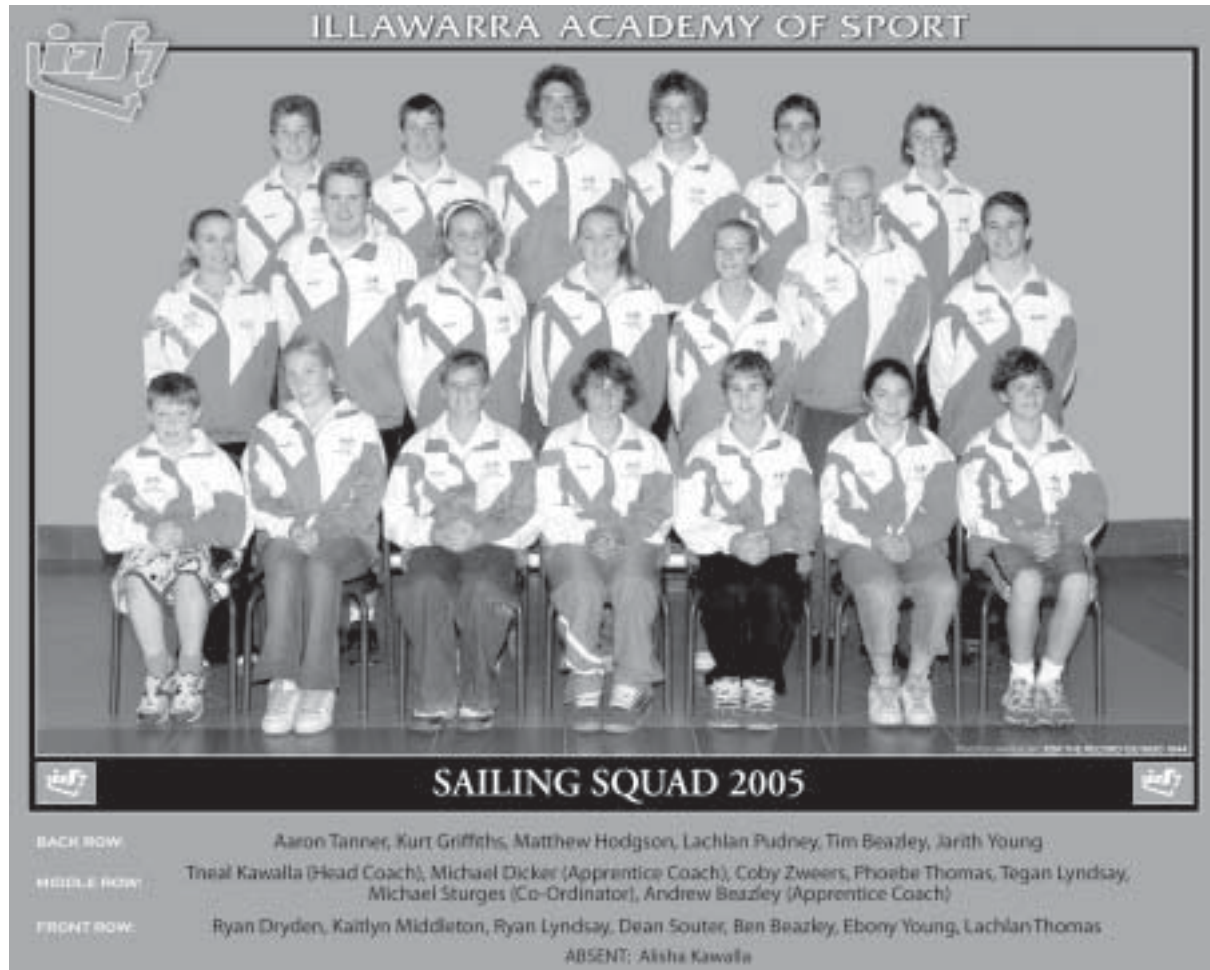
Program Snapshot

- Ages:** 15 - 16 during scholarship
- Squad:** 20 athletes (male)
- Program year:** October to March (6 months)
- Key people:** Tony Rogers (Head Coach)
Paul Creighton (Squad Coach)
Sean Barrett (Mentor Coach)

Highlights

- Tours:** Waratah Regional Camp, Central Coast (2006)
- Athletes:** Luke Raduva - NSW Country 14's
Joshua Pender - NSW Country 14's

2005 SAILING



The Academy appreciates the support and financial assistance from the Yachting Association of NSW and the Illawarra Zone Committee.

SAILING PROGRAM 2005

Program Outcomes

To assist athletes reach the next level of competition in their sport. Assist progression to state and national youth representative levels and NSWIS.

Athlete Selection

Athletes nominated, attended an on-water trial and competed at the Illawarra Youth Regatta. Performance at that regatta along with performances in the past twelve months formed part of the sports specific assessment criteria.

A selection panel, which includes Academy coaches and an independent selector, forwarded selection recommendations to the Academy.



Program Components

The on-water program was tailored to the performance level of athletes but also includes exposure to elements such as rigging adjustment and sail setting in addition to boat handling skills and teamwork on the boat.

Individual fitness assessments were undertaken particularly core stability and a home exercise program prescribed to each athlete. The education sessions included public speaking, drugs in sport, nutrition and hydration.

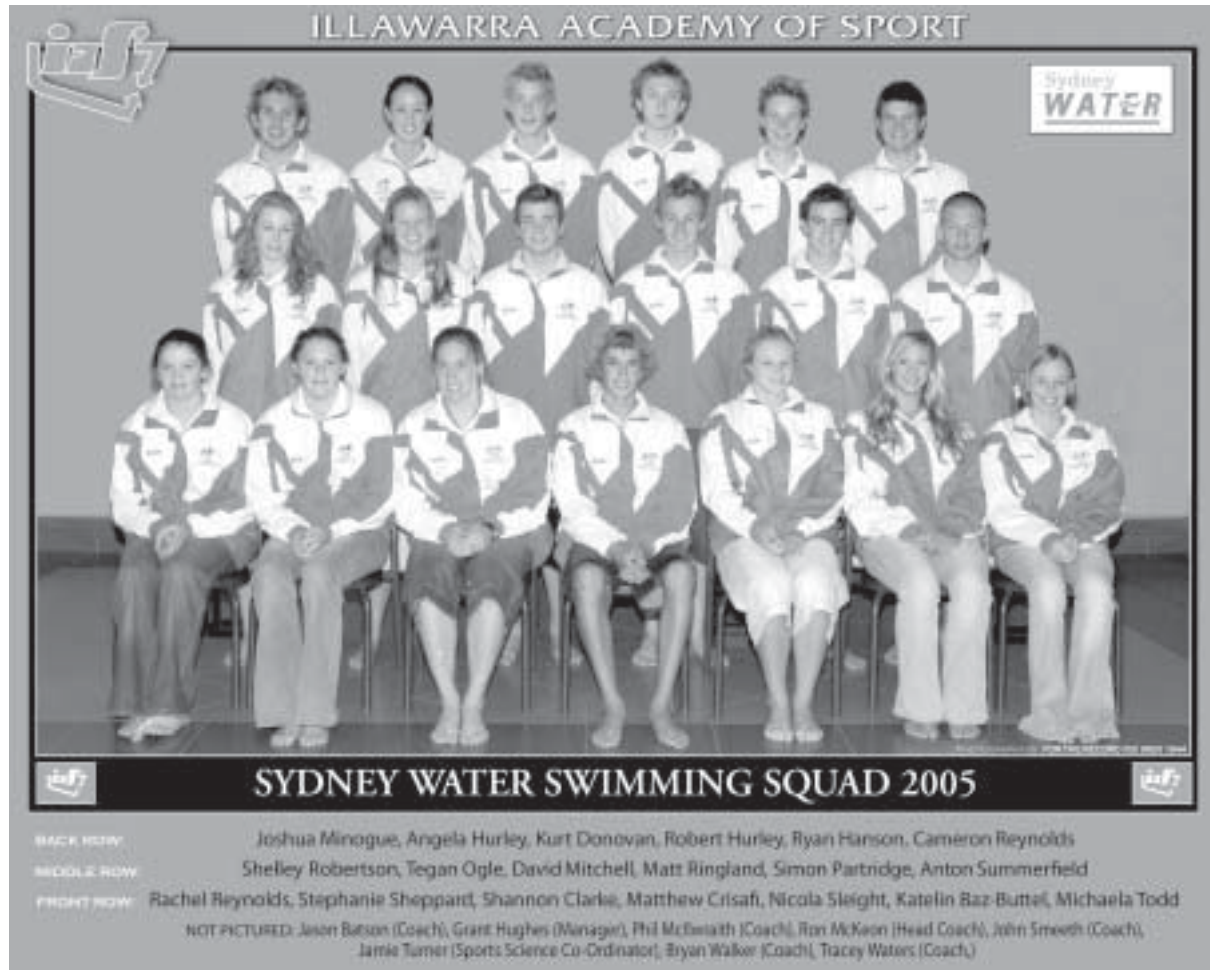
Program Snapshot

- Ages:** 14 - 17 years during scholarship
- Squad:** 13 athletes - 12 male and one female
- Program year:** May - December (8 months)
- Key people:** Michael Sturges (Co-ordinator)
Tneal Kawalla (Coach)
Michael Dicker (App Coach)
Andrew Beazley (App Coach)

Highlights

- Athletes:** Alisha Kawalla - Australian youth representative, ISAF World Youth Championships
- Alisha Kawalla - Australian Youth Championships - 1st Sailboard
- Alisha Kawalla - NSW CHS - 1st Sailboard
- Kurt Griffiths - NSW Youth Championships - 1st, Catamaran
- Lachlan Pudney - NSW CHS Championships - 1st Catamaran, Maricat, Miscellaneous Catamaran
- Dean Souter - NSW CHS Championships - 1st Flying Ant
- Dean Souter/Ryan Lyndsay - NSW Youth Championships - 1st Flying Ant

2005 SWIMMING



The Academy appreciates the support and financial assistance from sponsor Sydney Water, the South Coast and Tablelands Swimming Association, NSW Swimming and the NSW Institute of Sport.

SWIMMING PROGRAM 2005

Program Outcomes

To assist athletes reach the next level of competition in their sport. Assist progression to NSW Speedo Sharks, NSWIS, and Australian youth teams.

Athlete Selection

Athletes nominated for a scholarship and then ranked on the basis of their national qualifying times. Selection followed the National Age Championships which were held in April 2005.

Program Components

The program was based at the University of Wollongong with sessions conducted on a day or two-day camp basis. Theory sessions were integrated with practical sessions with athletes receiving instruction in sports psychology, nutrition, drugs in sport and fitness assessment.

The program aimed to complement an athlete's existing club training throughout the year. To that end, athletes are required to maintain weekly swim loads during their scholarship of seven (7) sessions in winter and 9 in summer. Attendance at major competitions was also required including: NSW Winter Country Championships, SCAT Championships, NSW Age & NSW Open Championships.

An intensive residential training camp was conducted in October 2005 at Mingara in preparation for the summer season.

The program farewelled Bryan Walker after nine programs - we wish him well.

Program Snapshot

- Ages:** 14 - 18 years
- Squad:** 19 athletes - 12 male and seven female
- Program year:** June- February (9 Months)
- Key people:** Ron McKeon (Head Coach)
Bryan Walker (Coach)
Jason Batson (Coach)
Phil McIlwraith (Coach)
John Smeeth (Coach)
Tracey Klaters (Coach)
Grant Hughes (Manager)
Jamie Turner (Sports Science)

Highlights

- Camps:** Intensive training camp,
Central Coast, October 2005
- Athletes:** Josh Minogue, Robert Hurley, Angela Hurley
- FINA World Cup
- Josh Minogue - Australian Junior team -
Pan Pacific Games
- Nicola Sleight - Australian Youth Olympics
- Nicola Sleight - Australian Age Champion
- Matthew Crisafi - Australian Age Champion

ILLAWARRA ACADEMY OF SPORT ATHLETE AWARDS 2005

Athlete of the Year Awards

The Academy annual recognises a sport athlete in each of its sport programs. Over and above these awards is Tobin Family Award for the Academy's Athlete of the Year.

The Tobin Family Award

The Tobin Family Award recognises the Illawarra Academy of Sport's, Athlete of the Year.

2005 is the fourth year the award has been presented.

The Award acknowledges excellence in athlete performance in the scholarship year. It is selected from athletes across all Academy sport programs.

The Award has been named in recognition of the contribution, over many years, made by the Tobin Family to sport in the Illawarra and specifically the Illawarra Academy of Sport.

The recipient of the Award will receive a trophy and a \$5,000.00 scholarship - courtesy of City Coast Credit Union - to assist their further development in sport.

Past recipients have been Rebecca Borgo (2002, Cycling), Anita Cowley (2003, Freestyle Canoe), Keiran Govers (2004, Hockey).

Amiel Cavalier - Winner of Tobin Family Award 2005



Amiel, a second year athlete in the BlueScope Steel Individual Athlete Program had a phenomenal year in 2005 in his sport of downhill mountain bike.

The 18 year old from Figtree had wins at Australian National Series; the U19 Oceania Titles, the Australian Mountain Bike Titles and the U19 Downhill National Series.

Whilst racing in Europe and North America for several months last year he won the Junior Downhill Mountain Bike Championship in Italy and with it the World Junior Downhill crown.

To top off 2005, Amiel was voted the 2005 Australian Junior Male MTB Cyclist of the Year.

Amiel Cavalier was unable to attend the presentation ceremony as he is competing interstate. Receiving the award on his behalf was his mother, Mrs Christine Hansen.

ILLAWARRA ACADEMY OF SPORT ATHLETE AWARDS 2005 *CONTINUED*

Sport Athlete of the Year Awards 2005

Awards were presented to 10 athletes in 2005 representing each of the 10 Academy programs.

Cricket Athlete of the Year - David Murphy



This is the second year in the Academy for David. In 2005, he developed into a leader of the squad. A prodigious talent David plays the game with an attacking flair and positive outlook regardless of the situation.

An aggressive batsman, David has shown great commitment to his sport, culminating in his selection for the NSW

U17 side, the Holy Grail for young cricketers in our State.

Cycling Athlete of the Year - Scott Law



Scott is regarded as one of the most promising young riders in Australia.

He produced a number of outstanding results over the course of the year, finishing first in the flying 200m, 500m time trial at the National Championships. Scott broke Academy graduate Ben Kersten's National age record in the Flying 200m.

Scott is currently the only NSW rider to be undefeated in every distance from 200m track to 25km Road Events at U15 level.

Golf Athlete of the Year - Elle Sandak



Elle has shown rapid & continual improvement over the past twelve months. She performed consistently in 2005, with six podium placings in junior events across NSW.

These results saw Elle selected in the 4 member NSW Junior Women's State Team for 2006.

Elle's aim in Golf is to play on the Professional Tour.

Hockey Athlete of the Year - Keiran Govers



Keiran enjoyed an immensely successful year in 2005, being selected for the NSW 2005 U18 squad as well as receiving NSW Institute of Sport scholarship.

Keiran is a dedicated athlete who is committed to improving his game. Not only is he a good role model with a good sense of fair play and sportsmanship, but

he leads by example on the pitch and constantly sustains high levels of performance.

Keiran was 2004 recipient of the Tobin Family Award.

ILLAWARRA ACADEMY OF SPORT ATHLETE AWARDS 2005 *CONTINUED*

Individual Athlete of the Year - Sally Fitzgibbons



Sally has had a busy 2005 winning the National and State titles as well as other high profile Billabong and Roxy Sponsored surfing events.

2006 will see Sally head to Brazil as an Australian representative for the World All Schools Surfing Titles.

Sally has also excelled at numerous other sports and gained NSW selection in touch football, soccer and athletics where she finished 3rd at the National All Schools Cross Country event.

Netball Athlete of the Year - Jessica Holz



2005 proved to be a great one for Jessica as she excelled on the netball court. Jessica was selected for the 3rd phase of selection trials for the NSW U17 squad and capped off the year with selection in the NSW Institute of Sports Netball Program.

A Wollongong resident, Jessica has an immense work ethic which will assist her to continue her development in the sport.

Rugby League Athlete of the Year - Chris Astill



Chris is a quiet individual who is well respected by his peers. His dedication to the sport of Rugby League is second to none and this has gained him the respect of his peers, coaches and officials.

Chris gained selection of the NSW Combined Catholic Colleges Team to contest the National Championships. Chris was also rewarded by

being named team captain.

Chris, who is also a talented surf saver, aims to pursue a professional career in Rugby League.

Rugby Union Athlete of the Year - Morgan Forrest



Morgan was rewarded for an outstanding season with selection in the NSW Country U15's team. This is a high achievement considering Morgan spent most of the season on the sidelines nursing a broken leg.

A highly competitive player, Morgan leads by example and is well respected by his peers. He enjoys the contact element of the game, but leads by example with good behaviour both on and off field.

His desire to improve his game shows in his willingness to extend himself and his reception to instruction and new information.

ILLAWARRA ACADEMY OF SPORT ATHLETE AWARDS 2005 *CONTINUED*

Sailing Athlete of the Year - Alisha Kawalla



Alisha has been a consistent high achiever within our Sailing Program for five years yet she is still only 16.

She had her second taste of International competition when she represented Australian at the World Youth Sailing Championships, placing 14th in sailboard.

Coming from a family of sailors, Alisha has started at a young age and her experience of involvement in the Academy program proved invaluable this year as she once again took out the Australian Youth Sailboard Championships.

Swimming Athlete of the Year - Josh Minogue



2005 proved to be another successful scholarship year for Josh as he continued his high standard of performance at Open level.

Josh started the year with silver at the National Age Championships in his pet event the 200m Butterfly. He continued to show good results throughout the year and recently finished 5th at the Commonwealth Games Trials held in Melbourne last month.

Josh completed his HSC in 2005 and will be heading to the University of Wollongong where he has picked up a Sporting Scholarship.

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2005 ILLAWARRA ACADEMY OF SPORT SCHOLARSHIP HOLDERS

Cricket

Lucy Beattie	Jack Bennett	Andrew Benson
Peter Broyd	Dirk Cameron	Raheel Chaudhry
Matthew Cram	Shannon Crewdson	Hugh Fullagar
Alisdair Grant	Melissa Harrison	Beau Henry
Joel Hill	Matt Junk	Jill Lihou
David Murphy	Matt Opie	Daniel Stevenson
Matt Unicomb	Cycling	Amber Arazny
Shaun Campbell	Aaron Donnelly	Barron Hanson
Brad Hopkins	Scott Law	Jarden Pittman
Adam Tagg	Justin Tomlinson	Sheridan Wicks

Golf

Sam Burgin	Lauren Carter	Jennifer David
Aaron Keevers	David McLaren	Jake Parkinson
Timothy Powell	Chris Reeves	Elle Sandak
Ben Shapcott	Sam Stalgis	Sam Taunton
Lewis Westhoff	Jordan Zunic	

Hockey

Nathan Ackroyd	Joshua Anderson	Bala Commerford
Sally Cooke	Jemma Delamont	Keiran Govers
Rhys Gray	Danni Gregson	Esther Griffiths
Jodie Handley	Madeline Holestein	Jeremy Huk
Megan Jeffery	Lawrence Knight	Katie Lewis
Haidee Makin	Karen McGrath	James McKechnie
Allison Mina	Dean Nealon	Bob Pearse
Chris Rees	Jade Rex	Jean Richardson
Alex Schofield	Jed Schofield	Hayden Surridge
Natalie Thompson	Todd Unicomb	Tristan White

Hockey (WTAP)

Megan Drapalski	Angus Elliott	Cindy Garard
Brooke Hawke	Jordan Lovebridge	Peter Mackay
Chantelle Montenari	Jordan O'Brien	Pat Pearse
Alana Smith	Jake Temporal	Hannah Urquhart

Individual Athletes

Brendan Armstrong	Ameil Cavalier	Mitchell Howe
Jordan Kopetko	James Quinn	Sally Fitzgibbons
Ryan Gregson	David Rodgers	Rhett Russell

Netball

Latisha Beringer	Codi Burke	Morgan Davies
Nadine Dryburgh	Brylie Greenwood	Samantha Hearne
Jessica Holz	Emma Johnson	Ashleigh Larsen
Rian Lobb	Jaimie McLean	Melissa Robbins
Hayley Ryan	Elle Smith	Emma Suttle
Cassandra Tate	Alice Vannini	

Rugby League (Zone 7)

Michael Baillie	Rhys Burton	Ben Debrito
Mitchell Ellis	Daniel Gannon	Ryan Mcwhorter
Jack Middleton	Timothy Moore	Mitchell Rein
Kane Simmons	Luke Weinand	

Rugby League (Illawarra)

Christopher Astill	Thomas Cowan	Matterson Gallagher
Reed Harris	Ali Ibrahim	Nathan Jones
Ryan McBriarty	Terry McDonald	Steven Mcgee
Mitchell Nielsen	Zachary O'connor	Ethan Owen
Elliot Smith	Ben Sowry	Joshua Starling
Michael Waters	Walid Youssef	

Rugby Union

James Asquith	James Beauflis	Jack Dawson
James Dean	Mitchell Ellis	Ethan Ford
Morgan Forrest	Jack Gates	Hugh Kanaar
Patrick Mahoney	Toby Old	Thomas Ormsby
Loucas Panayi	Joshua Pender	Luke Raduva
Oscar Ratalino	Luke Rosa	James Sweeney
Matthew Temby	Jake Walker	

2005 ILLAWARRA ACADEMY OF SPORT SCHOLARSHIP HOLDERS *CONTINUED*

Sailing

Tim Beazley	Ben Beazley	Kurt Griffiths
Matthew Hodgson	Alisha Kawalla	Ryan Lyndsay
Lachlan Pudney	Dean Souter	Aaron Tanner
Lachlan Thomas	Ebony Young	Jarith Young

Swimming

Shannon Clarke	Matthew Crisafi	Kurt Donovan
Ryan Hanson	Aaron Holdsworth	Robert Hurley
Angela Hurley	Joshua Minogue	David Mitchell
Tegan Ogle	Simon Partridge	Cameron Reynolds
Rachel Reynolds	Matt Ringland	Shelley Robertson
Stephanie Sheppard	Nicola Sleight	Leisha Southwell
Michaela Todd		

CURRENT SCHOLARSHIP HOLDERS

The scholarship year for several athletes started in October 2005. The athletes listed below are part of the 2006 squad program.

Hockey

Nathan Ackroyd	Joshua Anderson	Bala Commerford
Janardana Commerford	Jemma Delamont	Cherrie Gooden
Rhys Gray	Esther Griffiths	Bridie Hopkins
Jeremy Huk	Megan Jeffery	Jake Jones
Lawrence Knight	Katie Lewis	Rebecca Mauger
Karen McGrath	James McKeahnie	Allison Mina
Kate Nealon	Dean Nealon	Pat Pearse
Jean Richardson	Claire Rieck	Ben Robinson
Jed Schofield	Alanna Smith	Cameron Springett
Olivia Toldi	Todd Unicom	Hannah Urquhart
Tristan White		

Hockey WTAP

Owen Bunt	Angus Elliott	Cindy Garard
Brooke Hawke	Tahnja Isedale	Jordan Loveridge
Chantelle Montanari	Jordan O'Brian	Pippin Saunders
Kirli Saunders	Jake Temporal	Karla Temporal

Individual Athletes

Shane Barrie	Erin Binks	Sally Fitzgibbons
Ryan Gregson	Dannielle Gregson	Shelby Lacey
Sophie McCleod	Natasha Remfry	David Rodgers
Rhett Russell	Ashley Thomas	Jane Ware
Alana Yardley		

Netball

Latisha Beringer	Codi Burke	Maunga Butler
Morgan Davies	Nadine Dryburgh	Angela Forrest
Stella Goodman	Brylie Greenwood	Tessa Harris
Jessica Howard	Emma Johnson	Ashleigh Larsen
Jaimie McLean	Amanda Oswald	Melissa Tallent
Cassie Tate	Alice Vannini	



Sydney **WATER**

Managing our environment for future generations

**Proud to be associated with
the Illawarra Academy of Sport and take this opportunity to
wish all members of the Academy success in 2006**



Warilla Bowls & Recreation Club



RELAX while dining in one of our various restaurants. Live entertainment is available from Thursday to Sunday. Also on offer are Bingo, Keno, TAB, Foxsports and Sky Channel

PLAY for the social atmosphere or for the competition on our fabulous indoor and outdoor bowling greens. For the health conscious we have a fully equipped gymnasium and health centre as well as tennis courts

STAY in our deluxe, two bedroom cabins. Fully air conditioned, BBQs, laundry, children's playground, breakfast available and DD telephones



Information for Members and their guests
www.warillabowls.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

SCHOLARSHIP HOLDERS BY SPORT AND REGION 2005

SPORT	WOLLONGONG	SHELLHARBOUR	KIAMA	SHOALHAVEN	WINGECARRIBEE	TOTAL
Athletes with a Disability						
Male						0
Female						0
Cricket						
Male	7	6	1	1	1	16
Female		1	2			3
Cycling						
Male						0
Female						0
Golf						
Male	4		2	6		12
Female	2	1				3
Hockey						
Male	5	3	1	4	8	21
Female	4	3	1	1	14	23
Individual Athletes						
Male	4			2		6
Female	5	1	2	2		10
Netball	7	2	6	3	2	20
Rugby League	16	5	4	5		30
Rugby Union	4		7	7	2	20
Swimming						
Male	9			2		11
Female	6	1	2	1		10
Sailing						
Male	4		3	1	2	10
Female	1	1				2
SCG Totals	84	25	34	45	20	197

ATHLETE ACHIEVEMENTS 2005

Academy athletes achieved at all levels in 2005. The following lists athletic achievement in the 2005 calendar year for athletes on scholarship in that period.

INTERNATIONAL ACHIEVEMENTS

Athlete	Program	Event Name	Achievement
Ameil Cavalier	IAP	World Mountain Bike Championships	1st Junior Mens Downhill
Ameil Cavalier	IAP	World Mountain Bike Down Hill Series - French/Swiss Cup	1st U19 Mens
Ameil Cavalier	IAP	Oceania MTB Championships	1st Junior Mens Downhill
Ashley Thomas	IAP	Pacific School Games	1st 13-14y 200m Hurdles
Ashley Thomas	IAP	Pacific School Games	1st 4 x 100m 13-14y Relay
Alisha Kawalla	Sailing	ISAF World Youth Championships	Competed
Matthew Crisafi	Swim	Pacific School Games	1st 14years 100m Breaststroke
Matthew Crisafi	Swim	Pacific School Games	3rd 14years 50m Breaststroke
Angela Hurley	Swim	FINA World Cup Event	Competed
Robert Hurley	Swim	FINA World Cup Event	Competed
Robert Hurley	Swim	Pacific School Games	1st 17-19y 50m Backstroke
Robert Hurley	Swim	Pacific School Games	1st 17-19y 100m Backstroke
Robert Hurley	Swim	Pacific School Games	2nd 17-19y 50m Butterfly
Josh Minouge	Swim	FINA World Cup Event	Competed

AUSTRALIAN ACHIEVEMENTS

Cycling

National Track Championships

Scott Law	M15 200m Sprint - National Record
Scott Law	1st M15 500m Time Trial
Scott Law	1st U15 10k Time Trial
Scott Law	2nd U15 Road Race
Scott Law	2nd M15 2000m Individual Pursuit
Scott Law	2nd M15 5K Scratch Race
Scott Law	2nd M15 200m Sprint Final

Hockey

Haidee Makin	Australian All Schools Touring Team
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Individual Athletes

Australian National Surfing Championships

Sally Fitzgibbons	1st U16
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Australian All Schools Championships

Erin Binks	1st 4 x 400m U18 Relays
Ameil Cavalier	1st U19 4X Australia MTB Titles
Ameil Cavalier	1st U19 DH National Series Final
Ameil Cavalier	Australian Team for 2005 World MTB Championships

Australian Cycling Awards

Ameil Cavalier	Won Australian Junior Mountain Biker of the year
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Australian Cross Country Championships

Ryan Gregson	2nd 14/15Y
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Australian Surf Life Saving Championships

Rhett Russell	2nd U19 Board Rescue
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ATHLETES ACHIEVEMENTS 2005 *CONTINUED*

AUSTRALIAN ACHIEVEMENTS *CONTINUED*

Australian Kayaking Sprint Championships

Rhett Russell 1st K2 1000m
Rhett Russell 2nd 500m K2

Australian Kayaking Marathon Championships

Rhett Russell 1st 21k K2 Paddle
Rhett Russell 2nd 21k K1 Paddle
Rhett Russell 3rd 5k K1 Paddle
Rhett Russell Australian Kayaking Marathon Team

Australian All Schools Championships

Ashley Thomas 2nd U15 200m Hurdles
Ashley Thomas 2nd U15 90m Hurdles

Sailing

Alisha Kawalla National Olympic Squad
Alisha Kawalla Australian Youth Team for
2005 World Champs

Australian Youth Championships

Alisha Kawalla 1st 7.5m Sailboard

Australian Sailboard Championships

Alisha Kawalla 1st Junior 7.5m Sailboard
Alisha Kawalla 2nd Open Female 7.5m Sailboard

Australian Secondary Schools Sailing Championships

Alisha Kawalla 1st Sailboard

Australian Mistral Championships

Alisha Kawalla 1st Juniors
Alisha Kawalla 2nd Open Female

Australian Combined High Schools Regatta

Alisha Kawalla 1st Sailboard
Dean Souter/Sam Featherston 1st Flying Ant Division
Lachlan Pudney 1st Catamaran Section

Australian Youth Championships

Jonathon English/Kurt Griffiths 3rd Hobie 16 Cat

Swimming

Australian Age Championships

Josh Minogue 2nd 17-18 Boys 200m Butterfly
David Mitchell 3rd 17-18 Boys 200m Breaststroke
Nicola Sleight 1st 14y Girls 100m Breaststroke
Josh Minogue Australian Junior Pan Pacific Team
Nicola Sleight 2005/06 Australian Age Squad
Nicola Sleight Australian Youth Olympic Festival Team

NSW ACHIEVEMENTS

Cricket

Melissa Harrison NSW Under 15 team
Melissa Harrison NSW Under 15 Country team
Jill Lihou NSW Under 17 Country team
David Murphy NSW Under 17 team
David Murphy NSW Under 17 Country team

Cycling

NSW Junior Track Championships

Scott Law 1st U15 500m Time Trial
Scott Law 1st U15 Sprint
Scott Law 1st U15 Individual Pursuit
Scott Law 1st U15 Scratch Race

NSW Junior Road Championships

Scott Law 1st JM15 Road Race
Scott Law 1st JM15 Time Trial

NSW Country Championships

Scott Law 1st U17 Time Trial

NSW Junior Country Road Championships

Scott Law 2nd U17 5000m Scratch Race
Scott Law 1st JM15 Road Race
Justin Tomlinson 2nd NSW U19 Points Race
Justin Tomlinson 3rd NSW U19 Madison Championship
Sheridan Wicks 2nd NSW Junior U19
Time Trial Championships

ATHLETES ACHIEVEMENTS 2005 *CONTINUED*

NSW ACHIEVEMENTS *CONTINUED*

Golf

Mussellbrook Junior Masters

Jennifer David 1st Nett
Aaron Keevers 1st 12 & under
Elle Sandak 1st Overall
Jordan Zunic 1st in under 13

Brett Ogle Junior Masters

Jennifer David 2nd 15y & under Nett
Lauren Carter 1st 16y & over Nett
Aaron Keevers 1st 13y Gross
Elle Sandak 1st 15y & under Nett
Ben Shapcott 2nd 15y Gross
Sam Taunton 1st 15y Gross

Morrisett Junior Golf Championships

Jennifer David 2nd Girls Gross
Aaron Keevers 1st 12 & under Gross
Elle Sandak 2nd Girls Gross

Wollongong Junior Masters

Simon Bergner 2nd Gross
Jake Parkinson 1st Nett
Chris Reeves 2nd Nett

NSW State Age Championships

Lauren Carter 1st Girls 15 Years Nett Champion
Aaron Keevers 1st 12 & under
Elle Sandak 2nd Girls 15 Years

Jack Newton International Classic

Aaron Keevers 1st 12 & under
Elle Sandak 1st 15y & under
Jordan Zunic 1st in under 13

JNIGF State Age Championships

Aaron Keevers 1st 12 & under Cup Division
Jake Parkinson 2nd 14y Plate Division
Elle Sandak 2nd Overall 15y girls

Jack Newton Golf Foundation Awards

Aaron Keevers Winner of "Rookie of the year" award

South West Rocks Junior Masters

Jordan Zunic 1st in under 13

St Georges Basin Junior Golf Classic

Lewis Westhoff 1st Overall
Elle Sandak NSW Junior Women's State Team
Elle Sandak Qualified - Aaron Baddeley World Junior Championships

Hockey

Kieran Govers NSW U18 Team
Kieran Govers NSWIS Hockey scholarship
Rhys Gray NSW All Schools U16 Team
Rhys Gray NSW Open CHS Team
Rhys Gray NSWIS Pre-Elite Squad
Danielle Gregson NSW U18 Squad
Danielle Gregson ACT U21 Team
Danielle Gregson NSW Womens Pre-Elite Squad
Katie Lewis NSWIS Pre-Elite Squad
Katie Lewis NSW U16 Combined Independent Schools
Karen McGrath NSW U16 All Schools Team
Haidee Makin NSW U16 All Schools Team
Dean Nealon NSW All Schools TAP Squad
Todd Unicomb NSW All Schools TAP Squad
Tristan White NSW U15 Team

Individual Athletes

NSW Endurance Championships

Shane Barrie 1st U17 2k Ocean swim
Jane Ware 1st U15 Iron Person
Jane Ware 1st U15 Board Race

NSW All Schools

Erin Binks 3rd 17y 800m
Ashley Thomas 1st 14y 90m Hurdles
Alana Yardley 2nd 14y 1500m
Alana Yardley 3rd 14y 3000m

ATHLETES ACHIEVEMENTS 2005 *CONTINUED*

NSW ACHIEVEMENTS *CONTINUED*

NSW Country Championships

Erin Binks 1st 18/19 years 800m
Erin Binks 3rd 18/19 years 400m

Rusty Gromfest Surfing Carnival

Sally Fitzgibbons 1st U16

NSW State Under Age Championships

Ryan Gregson 1st 3000m U15
Ryan Gregson 2nd 1500m U15

NSW CHS Gymnastics Championships

David Rodgers 2nd Overall Div.A

NSW State 10000m Kayaking Titles

Rhett Russell 1st K2 U18 Mens
Rhett Russell 2nd K1 U18 Mens
Rhett Russell 2nd K2 Opens mens

NSW State Marathon Kayaking Championships

Rhett Russell 2nd K1 U18 Mens 21k Marathon
Jane Ware 1st 14years K1 & K2
James Quinn NSW Country Basketball Team
David Rodgers NSW Level 8 Open Team
Jane Ware NSW Surf Life Saving Team

Rugby League

Chris Astill Captain of the team
NSW Combined Catholic Colleges

Rugby Union

Corey Brown NSW Country 16's
Riley Chapman-Politis NSW Country 16's
Brenton Dean NSW Country 16's
Morgan Forrest NSW Country 15's
Joshua Pender NSW Country 14's
Luke Raduva NSW Country 14's
Trent Vogel NSW Country 16's
Keiren Wallace NSW Country 16's

Netball

Ashleigh Larsen NSW Dynamos Squad
Ashleigh Larsen NSW U16 CHS Team
Samantha Hearne NSW Highly Commended Squad
Jessica Holz NSW CHS State Squad
Jessica Holz NSWIS Netball scholarship

Sailing

NSW Youth Championships

Kurt Griffiths 1st Catamaran Division
Alisha Kawalla 2nd Male/Female Sailboard division
Lachlan Pudney 3rd Catamaran Division
Dean Souter 3rd Flying Ant Division
Aaron Tanner 2nd Catamaran Division
Dean Souter/Ryan Lyndsay 1st Flying Ant Division
Jarith Young/Ebony Young 3rd Flying Ant Division

NSW Combined High Schools

Alisha Kawalla 1st Sailboard Division
Lachlan Pudney 1st Catamaran Division
Lachlan Pudney 1st Maricat Division
Lachlan Pudney 1st Miscellaneous Catamaran Division
Dean Souter 1st Flying Ant Division

NSW Raceboard Championships

Alisha Kawalla 1st IMCO Division (Open)
Alisha Kawalla 3rd Raceboard Division (Open)
Dean Souter NSW Flying Ant Team
Sam Featherston/Stuart Heyman NSW Flying Ant State Team

Swimming

ACT Short Course Championships

Matthew Crisafi 1st 13y 50m Freestyle
Matthew Crisafi 1st 13y 50m Backstroke
Matthew Crisafi 2nd 13y 50m Backstroke
Matthew Crisafi 3rd 13y 50m Freestyle
Kurt Donovan 3rd 15y 100m Breaststroke
Cameron Reynolds 1st 50m Backstroke

ATHLETES ACHIEVEMENTS 2005 *CONTINUED*

NSW ACHIEVEMENTS *CONTINUED*

Cameron Reynolds 2nd 100m Freestyle
Cameron Reynolds 2nd 100m Backstroke
Cameron Reynolds 3rd 200m IM
Rachel Reynolds 2nd 13y 50m Backstroke
Rachel Reynolds 2nd 13y 50m Freestyle
Michaela Todd 1st 15y 100m Butterfly
Michaela Todd 3rd 15y 200m Freestyle

NSW State 13-19/Open Championships

Matthew Crisafi 1st 13Y 200m Breaststroke
Ryan Hanson 3rd 14Y 400m Freestyle
Angela Hurley 2nd 17-18Y 50m Freestyle
Robert Hurley 3rd 16Y 50m Freestyle
Robert Hurley 3rd 16Y 100m Backstroke
Joshua Minogue 1st 17-18Y 200m Butterfly
Joshua Minogue 2nd 17-18Y 200m Freestyle
Joshua Minogue 3rd 17-18Y 100m Butterfly
Joshua Minogue 3rd 17-18Y 400m Freestyle
David Mitchell 2nd 16Y 200m Breaststroke
David Mitchell 3rd 16Y 100m Breaststroke
Cameron Reynolds 2nd 17 & over 200m Backstroke
Nicola Sleight 2nd 14Y 200m Breaststroke
Nicola Sleight 1st 15Y 100m Breaststroke
Brittany Sharkey 2nd 17-18Y 200m Backstroke

NSW Short Course Age Championships

Matthew Crisafi 1st 14y 50m Breaststroke
Angela Hurley 2nd 50m Open Freestyle
Angela Hurley 3rd 17 & over 100m Freestyle
Angela Hurley 3rd 100m Open Freestyle
Angela Hurley 3rd 200m Open Freestyle
Robert Hurley 1st 16y 50m Freestyle
Robert Hurley 1st 16y 100m Freestyle
Robert Hurley 1st 16y 50m Butterfly
Robert Hurley 1st 16y 100m Butterfly
Robert Hurley 1st 16y 200m Individual Medley
Robert Hurley 1st 16y 50m Backstroke

Robert Hurley 2nd 16y 100m Backstroke
Robert Hurley Age Record in 16y 100m Butterfly
Robert Hurley Age & Allcomers Record in 16y 50m Backstroke
David Mitchell 2nd 17-18y 50m Breaststroke
David Mitchell 2nd 17-18y 100m Breaststroke
Nicola Sleight 1st 15y 100m Breaststroke
Nicola Sleight 2nd 15y 50m Breaststroke

NSW State Age Championships

Matthew Crisafi 1st 13y 100m Breaststroke
Matthew Crisafi 1st 13y 200m Breaststroke

NSW versus New Zealand

Matthew Crisafi 1st 13y 200m Breaststroke
Matthew Crisafi 2nd 13y 100m Breaststroke

NSW State Open Championships

Matthew Crisafi 3rd 200m Breaststroke
Angela Hurley 3rd 50m Open Freestyle
Joshua Minogue 2nd 200m Butterfly
Joshua Minogue 3rd 400m Freestyle

State of Origin NSW v Queensland

Robert Hurley 1st 16y 100m Backstroke
Robert Hurley 1st 16y 100m Butterfly
Robert Hurley 1st 16y 300m Freestyle

NSW Open Short Course Championships

Robert Hurley 3rd Open 50m Backstroke
Robert Hurley 3rd Open 100m Backstroke

Australian Open Short Course Championships

Robert Hurley NSW Age Record in 16y 50m Butterfly
Robert Hurley NSW Age Record in 16y 50m Backstroke
Robert Hurley VIC Age Record in 16y 100m Backstroke
Robert Hurley VIC Age & Allcomers Record in 16y 200m Backstroke

NSW Long Course Distance Championships

Cameron Reynolds 3rd 17 & over 1500m Freestyle
Stephanie Sheppard 2nd 15y 400m I.M.
Matthew Crisafi NSW Touring team to New Zealand