

# ILLAWARRA ACADEMY OF SPORT ANNUAL REPORT 2006

This Annual Review covers the activities of the Illawarra Academy of Sport.  
Incorporated for the period 1st January 2006 to 31st December 2006

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 2006

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 2006

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 2006

Graphic Connection Zeffa Consulting  
Fairy Meadow Demonstration School

## Academy Patrons 2006

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

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## CHAIRMAN'S REPORT

Since its inception 21 years ago, the Illawarra Academy of Sport has gone from strength to strength and become an integral step in the development path of the young athletes of the Illawarra.

Our fundamental mission has been to provide the best possible preparation for our talented young sports people as they move towards - and through - the elite levels of sport at State, National and International level.

In the last 12 months we had a total of 196 athletes spread across 10 sports receiving the very best education we could give them - not only in the finer points of their particular sport - but also in the superb education programs that sets this Academy apart.

Importantly all this was achieved within the framework of our close relationship and sponsorship with the NSW Department of Sport and Recreation; the five Councils of the Illawarra Region; the University of Wollongong; our Major Sponsors including BlueScope Steel and City Coast Credit Union; numerous honorary sports staff and education consultants; our very dedicated Directors and staff at the Academy and the valuable support of the sporting associations of the region.

The Academy's Board celebrated a number of unique achievements during the past year. We celebrated our 21st year with mini sports expos in each Council area. These expos aimed to showcase our collective sport talent to each region.

Once again in 2006 we observed with great pride the achievements of graduates currently competing at senior national and international level in a wide variety of sports. Melbourne 2006 (Commonwealth Games), more than any other event last year, demonstrated the sporting strength of the Illawarra. Four athletes won medals - Kerry McCann, Rochelle Gilmore, Karen Murphy and Ben Kersten - the last three being graduates of this Academy.

A rare honour was bestowed on Karen as she was awarded the first ever key to Shellharbour City for her contribution to sport. All athletes were honoured at a reception hosted by Wollongong City Council.

The Academy is certainly a unique organisation having a Board of Directors representing the Local Government areas

of Wollongong, Shellharbour, Kiama, Shoalhaven and the Wingecarribee - all united in a very strong team.

The region's five Councils all make their facilities available to us unhesitatingly, and we have coaches and sponsors from throughout the region who willingly lend their support.

And of course the region's sporting associations are a vital part of the Academy team too. After all, the athletes themselves only obtain entry into the Academy because of the commitment of the sporting associations within the region who work together to put their promising young stars up for selection.

All these people lend a hand knowing full well that the hard work on their part may lead to these young athletes moving elsewhere to greener pastures...but still they make their commitment to us, and I hope their faith in us has been rewarded.

As always recognition is due to the parents of athletes for their commitment to the academy and for the sacrifices made on a daily basis to support their children - the very talented young athletes of the Illawarra.

It has been an honour and a privilege for me to sit at the Academy for another year as its Chairman. My job as Chairman has indeed been an easier one due to the efforts of the Board. The Academy is very fortunate to have very experienced and dedicated Directors who work very well as a team.

Finally I wish to pay particular tribute to our Executive Director Mark Brogan and the staff for their absolute dedication to the Academy. During the year we had several personnel changes but the transitions went smoothly and the Academy's performance was unaffected.

The Board and staff are passionate about what we stand for and the work we are doing.

2006 can be summed up as another year of solid performance by the Academy. The indications for continued success in 2007 are bright and I look forward to being part of yet another exciting and successful year at the Illawarra Academy of Sport.

**Brian Weir** | Chairperson

## EXECUTIVE DIRECTOR'S REPORT

I recently met with a group from Western Australia who were establishing a regional academy network in WA.

The meeting itself was not unique as the IAS model had, over the past 21 years, been used by the majority of regional academies to scope their operations, policy and procedures.

A key question asked by this group was "how do you measure your success"?

My answer was threefold: (1) the Academy seeks to prepare an athlete for the next level of competition through both technical instruction and educational awareness of issues facing their sport; (2) reinforce the benefits of learning more about themselves as an athlete and about their sport; and (3) to instil the values of being a good role model and corporate citizen.

The measurement of success in these areas, in all instances, is in the long-term. The Illawarra Academy of sport, whilst sharing the athletic success of scholarship athletes, equally values the leadership roles taken on by graduate athletes.

The Academy, firmly believes that sport, and particularly its education programs, will assist in supporting the development of community leaders of the future.

To this end, in 2007, the Academy will commence an Alumni Program which will seek to inform and engage graduates from the Academy. In the past 21 years, aspiring athletes have received the benefit of being coached by past athletes. In 2007, the Academy will seek to broaden the involvement of Alumni in its operations and the wider sporting community.

Notwithstanding, the merits of these longer-term plans, I am pleased to report that in 2006, athletic performance of scholarship holders has, once again, been of the highest standard.

The present report reflects the depth and excellence of young talented athletes of the region. Whilst these achievements are a fitting acknowledgement for athletes and their families, it also provides sustaining encouragement for our sports staff of coaches, managers, trainers and officials who volunteer hundreds of hours to support these athletes.

The Academy, and its collective of specialist volunteers, work closely with a range of other sporting groups. One such relationship is

with the regional academy network in NSW. A positive outcome of this relationship is the development of the Academy Games - a multi sport event held between academies with a focus on promoting values of competition, sport and personal development. In 2006, the second year of the Games, we sent more than 70 athletes from hockey, golf, netball, and rugby union to join the 700 plus athletes at the Games.

What a tremendous indicator of achievement an event such as the Academy Games is for the Illawarra Academy of Sport - a true indicator of long-term success!

The development of the regional academy network in the early 1990's was guided by its influence and now 10 independent regional academies, with common values of youth, excellence and sport, join to compete at an annual festival to celebrate these values. The Illawarra Academy remains a key reference for those seeking to develop the regional academy format.

These longer term successes are achieved by our strong community partnerships - these partnerships, are integral in providing support for the Academy to develop opportunities, such as the Academy Games, for young talented athletes.

As always, my thanks go to our existing partners, sponsors and supporters. Clearly, without their financial and in-kind support the Academy could not continue to provide for local athletes.

Specifically, I gratefully acknowledge the support of the five council areas of Wollongong, Shellharbour, Kiama, Shoalhaven and Wingecarribee, the University of Wollongong. Sports program sponsors, BlueScope Steel, City Coast Credit Union, Pubstay, AHA Illawarra, Sydney Water, Warilla Bowls & Recreation Club and Aceit Sportswear. And, thanks also to the tens of sporting organisations, both local and at state level, that support our programs.

Equally, my thanks, as always is extended to the Board which continues to provide good governance and guidance; the Academy's office staff Pasco, Grant and Jane who deliver a professional and dedicated service and to the fifty sports program staff who each year volunteer their expertise for countless hours all in name of assisting you talented athletes of the Illawarra.

**Mark Brogan** | Executive Director



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as sponsors of the Rugby Union Program

OUR MISSION

Keeping talented youth, our future leaders, in the region

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



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# **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 3600 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 to May 2006



William Dowson  
Treasurer from May 2006



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



Jeff McCarthy



John O'Dwyer



John Wells



Peter Tomlinson

## **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. Hamish East

### **Mayor of Shoalhaven**

Cr. Greg Watson. Represented by John Morris

### **Executive Director**

Mark Brogan

## **Community Board Representatives**

Jeff McCarthy	John Wells
Richard Wright	John O'Dwyer
Brian Baird	William Dowson
Paul Prendergast (resigned 28 Sept 2006)	
Peter Wheeler (to May 2006)	
Peter Tomlinson (from May 2006)	

## **Executive elected 25 May 2006**

Chairperson	Brian Weir
Senior Vice President	Keith Wallace
Vice President	Position Vacant
Public Officer	Brian Baird
Treasurer	William Dowson
Business Plan Chair	Peter Bowman
Executive Director	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 2006. 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 21 years, the Academy and the University of Wollongong have enjoyed a close operational partnership. In 2006, the Academy for the second year offered a workplace experience for a journalism student from the University. Anika Maclaren wrote the weekly Academy Corner column published in The Mercury and South Coast Register.

### History Project

As part of the 21st year celebrations, a written history of the Academy commenced. Sixty students from the University of Wollongong wrote 40 individual profiles featuring athletes and coaches from 1985 to the present. This body of work represents the first stage of the development of an on-going historical record of the Illawarra Academy of Sport.

### Media and Public Relations

Academy Corner remains the flagship of the Academy's public communications. It is pleasing to note that this publication, as well as the

regional athlete profiles, gained wider distribution through the Southern Highland News, Lake Times, Kiama Independent and Northern Leader

Once again, eNEWS (the electronic version of Academy Corner) was well received - 2006 was its second full year of this publication.

Special events also gained good media coverage particularly the Academy Golf Day, mini sports expos and presentation night.





## Champions of the future are being nurtured at the Illawarra Academy of Sport

Congratulations on  
another year of  
outstanding  
achievements



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## 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 \$130,000. 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

### Golf Day 2006



This year the event was sponsored by Tory Toyota and again hosted, for the fourth 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 close on 100 competed.



Golf day participants played in a three-person Ambrose event followed by a presentation dinner, raffle and auction. Participants on the course had 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 had the chance to build and reinforce networks within the Illawarra business community.

The event again this year included "a hole-in-one contest" with the winner assigning the prize (a Toyota Corolla 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 2006 - an autumn induction in May and a spring induction in October 2006.

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.



## 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.

<b>Sport</b>	<b>Year in academy</b>	<b>Achievement year</b>	<b>Achievement</b>	<b>Highest level</b>
<b>Athletes with a disability</b>				
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
<b>Cricket</b>				
Brett Lee	1990	1999 - 2006	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 - 2006	Australian representative	Australia
<b>Cycling</b>				
Rochelle Gilmore	1996	2002 - 2006	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	
		2006	Commonwealth Games Medallist - Silver	
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 - 2006	Australian representative	Olympian
		2002	Commonwealth Games	
		2002 - 2006	World Track Championships	
		2004	Olympic Games	
		2005	World Cup medallist - Gold 1k time trial	
		2006	Commonwealth Games - Gold 1k time trial	
		2006	World Championships - Silver 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 - 2006	Australian representative	Olympian
		2004	Olympic Games	
		2006	FIFA World Cup Finals	

### 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 - 2006	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	
		2006	Commonwealth Games Medallist - Gold mixed 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 - 2006	Australian representative	Australia

## GRADUATE HIGHEST ACHIEVERS *CONTINUED*

### Rugby Union

Alex Kanaar	1999	2005	Australian representative	Australia
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### Surfing

Michael Lowe	1990, 1991	1996 - 2006	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	



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## TOTAL SCHOLARSHIPS OFFERED 1986 - 2006

### Athletes with a Disability

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

### Basketball

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

### Cricket

Male .....	400
Female .....	95

### Cycling

Male .....	81
Female .....	34

### Gymnastics

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

### Golf

Male .....	107
Female .....	21

### Hockey

Male .....	309
Female .....	316

### Individual Athletes

Male .....	32
Female .....	30

### Lawn Bowls

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

### Netball

Female .....	443
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### Rugby League

Male .....	626
------------	-----

### Rugby Union

Male .....	300
------------	-----

### Sailing

Male .....	81
Female .....	25

### Soccer

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

### Surfing

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

### Swimming

Male .....	82
Female .....	66

### Touch

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

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**TOTAL**

**3676**

## 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.

## 2006 BOYS CRICKET



## 2006 GIRLS 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 2006

## Program Outcomes

To assist athletes reach the next level of competition in their sport. Assist with progression to Bradman Cup Teams thence 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. Six 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 - 16 years during scholarship
- Squad:** 14 males and 6 females
- Program Year:** May - September (4 Months)
- Key People:** Michael Knight (Head Coach - Illawarra)  
Matt Faint (Mentor Coach)  
Mark Simpson (Boys Coach - South Coast)  
Alan Hayter (Boys Coach - Shoalhaven)  
Dave Richards (Girls Coach)  
Pete Yeo (Program Manager)

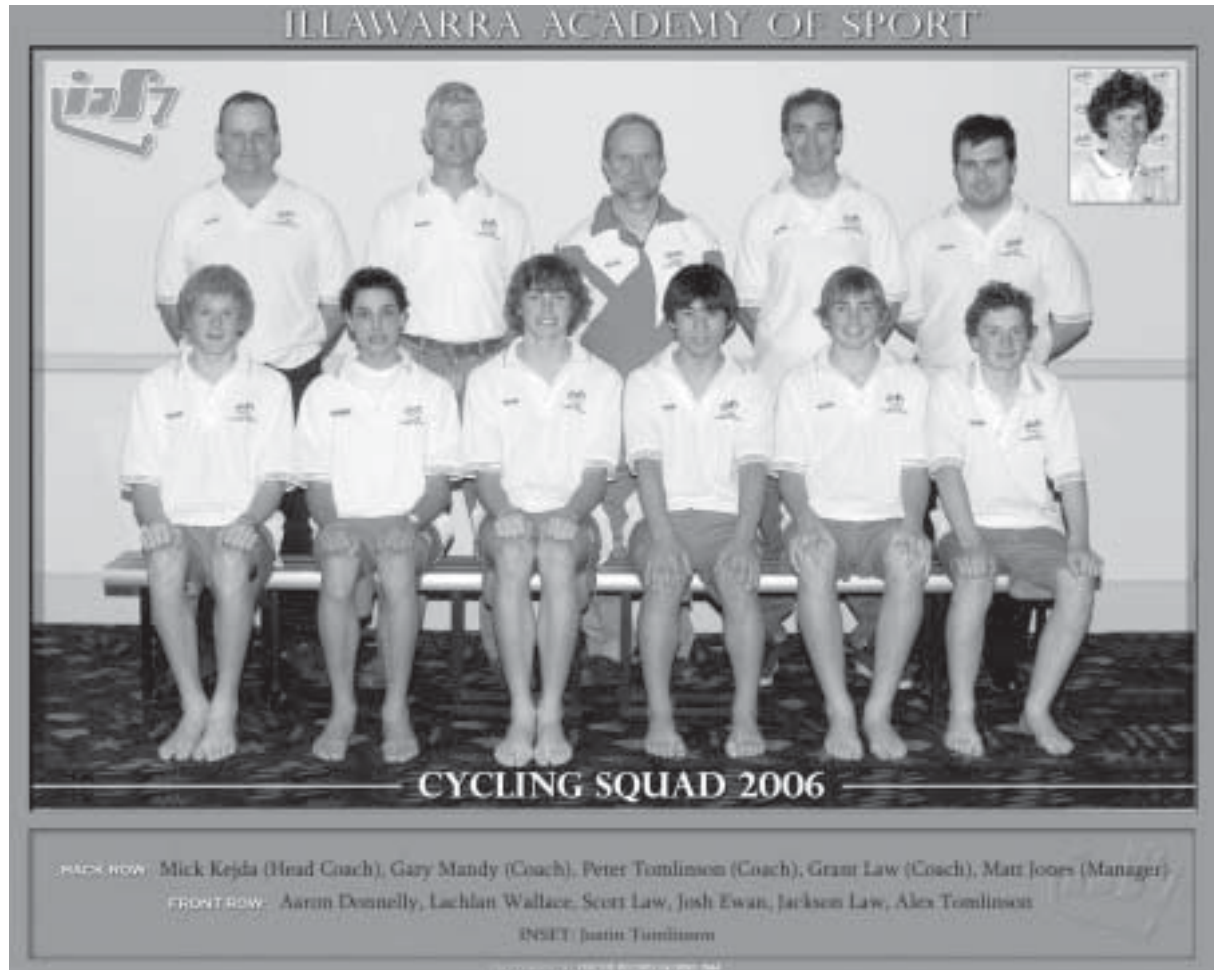
## Highlights

- Tours:** SCG nets practice, June 2005  
Gloucester Tour vs Hunter Academy of Sport  
Match vs ACT Academy squad

## Athletes:

- NSW & NSW CHS teams
- David Murphy (u19 NSW Country)
- Melissa Harrison (NSW CHS XI)
- Melissa Harrison (u15 NSW)
- Zoe Richards (u15 NSW)

## 2006 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 2006

## 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.

## 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:** 14 - 18 during scholarship

**Squad:** 7 male athletes

**Program year:** May - April (12 months)

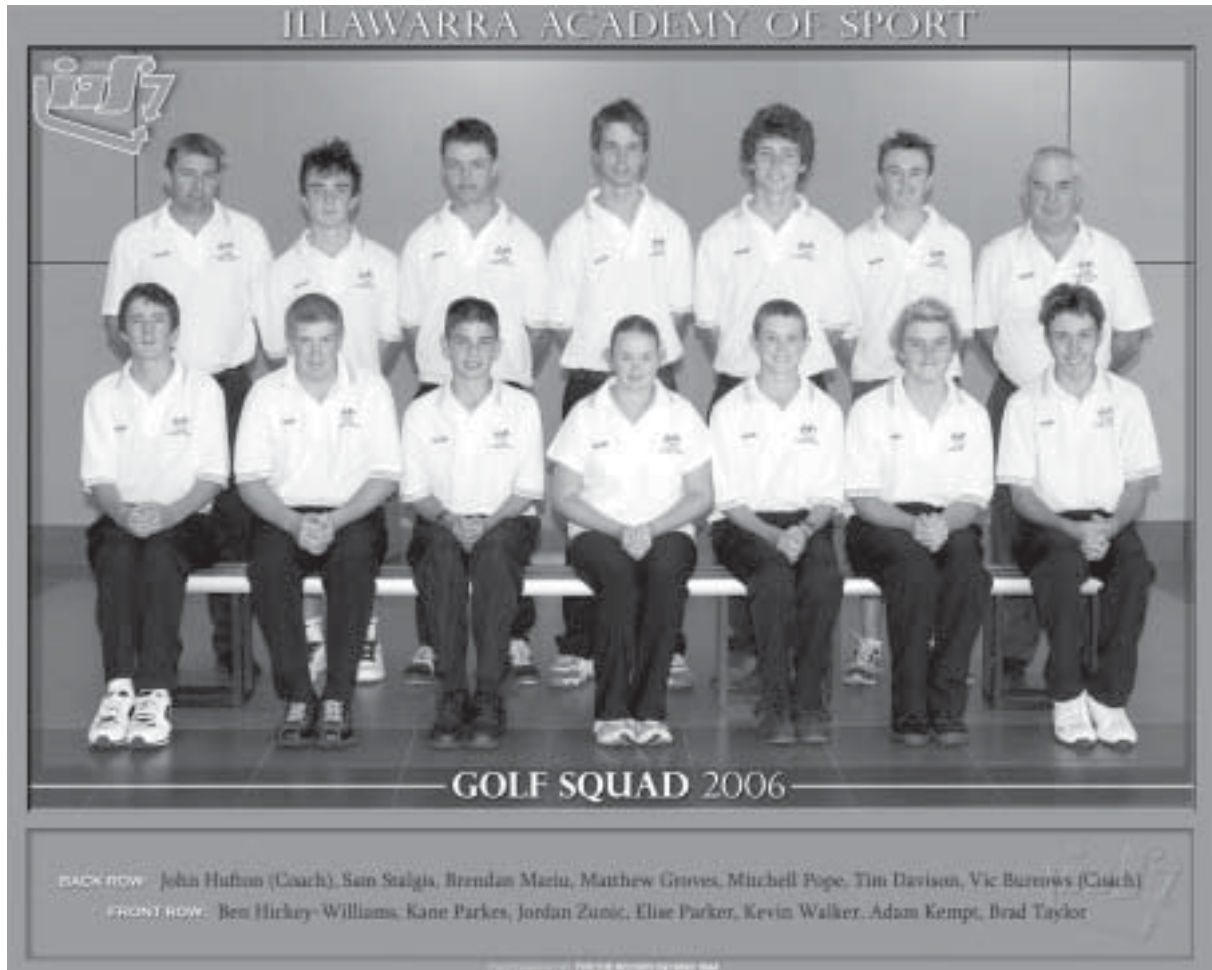
**Key people:** Mick Kedja (Head Coach)  
Garry Mandy (Coach)  
Peter Tomlinson (Coach)  
Grant Law (Coach)  
Matthew Jones (Program Manager)

## Highlights

### Athletes:

Justin Tomlinson (1st u19 NSW 10k Scratch Race)  
Scott Law (NSW Cycling u15 2006 Cyclist of Year)  
Scott Law (2nd NSW u17 Sprint Championships)  
Scott Law (3rd NSW u17 2000m Pursuit)  
Scott Law (3rd NSW u17 500m Time Trial)  
Scott Law (2nd NSW u17 Madison Championships)  
Scott Law (1st NSW Country Road Championships)  
Jackson Law (NSW u13 2006 Cyclist of the Year)  
Josh Ewan (1st NSW u15 Junior Criterium)  
Josh Ewan (NSW Junior State Track Team)  
Aaron Donnelly (1st NSW u17 Pursuit Championships)  
Aaron Donnelly (2nd NSW u17 Madison Championships)

## 2006 GOLF



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

# GOLF PROGRAM 2006

## 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:** 14 athletes - 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 (Manager)

## Highlights

**Tours:** Morrisett Junior, May 2006  
Academy Games, October 2006  
Brett Ogle Junior, October 2006  
**Events:** Academy Golf Day, November 2006

## Athletes:

Elle Sandak (Australia Development Squad)  
Lewis Westhoff (Master of Masters Award - Jack Newton Junior Golf Foundation)  
Aaron Keevers (1st 13y Boys NSW State Age Championships)  
Elle Sandak (1st 16y Girls NSW State Age Championships)  
Adam Kempt (Runner Up 15y Boys cup NSW State Age Championships)  
David McLaren (Nett Winner 15y Boys cup NSW State Age Championships)  
Tim Powell (Nett winner 16y Boys cup NSW State Age Championships)  
Mitchell Pope (3rd nett 14y boys NSW State Age Championships)  
Roland Krelle (Runner Up 14y boys Plate NSW State Age Championships)  
Jennifer David (Winner Plate 16y Girls NSW State Age Championships)  
Elle Sandak (1st NSW Junior Open Amateur Championships)  
Lewis Westhoff (1st 17y Boys NSW Matchplay Championships)  
Aaron Keevers (2nd 13y Boys NSW Matchplay Championships)



# HOCKEY PROGRAM 2006

## 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 - 31 athletes:  
16 males and 15 females  
Wingecarribee TAP - 12 athletes:  
5 males and 7 females

**Program year:** October - October (12 months)

**Key people:** Rob Davis (Head Coach)  
John Bessell (Mentor Coach)  
Craig Nealon (Squad Coach)  
Samantha Gillard (Squad Coach)  
Kurt Ogilvie (Squad Coach)  
Ernie Betts (Manager)  
Mark Stafford, Paul Bunt,  
Glen Isedale (WTAP Coaches)

## Highlights

**Tours:** Michael York Challenge, Canberra, February 2006  
Inter-Academy Games, Armidale, March 2006  
Academy Games, October 2006

## Athletes:

Allison Mina, Rhys Gray, Alanna Smith,  
Jemma Delamont (NSW u18 Selection)  
Danielle Gregson (NSW u21 Team)  
Josh Anderson, Tristan White (NSW u16 All Schools Team)  
Katie Lewis, Alanna Smith, Jemma Delamont  
(NSW CHS All School Team)

## 2006 INDIVIDUAL ATHLETE PROGRAM



The Academy appreciates the support and financial assistance from sponsor BlueScope Steel.

# INDIVIDUAL ATHLETE PROGRAM 2006

## 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:** 16 athletes - 7 males and 9 females  
**Program year:** October - October (12 months)  
**Key people:** Jenny Kennedy (Co-ordinator)

## Highlights

### Athletes:

Sally Fitzgibbons Australian U18 Surfing Team for World Champs  
Sally Fitzgibbons National Gromsearch Championships 1st U16 Girls  
Sally Fitzgibbons Australian U17 Youth Development Squad - Athletics  
Sally Fitzgibbons Australian U18 Soccer Squad Shadow player  
David Rodgers Australian Level 9 Open Gymnastics Team  
David Rodgers Australian National Gymnastics Championships 1st Level 9 Open parallel bars  
David Rodgers Australian National Gymnastics Championships 2nd Level 9 Open pommel horse  
David Rodgers Australian National Gymnastics Championships 2nd Level 9 Open Teams competition  
Shelby Lacey & Natasha Remfry Australian National Gymnastics Championships 1st Level 7 womens  
Jane Ware Australian Surf Life Savings Championships 2nd U15 Ironwoman Race  
Shane Barrie Australian Surf Life Savings Championships 2nd U19 Ironman Race  
Rhett Russell Australian Surf Life Savings Championships 2nd U19 Surf Board Race  
Ryan Gregson Australian Mountain Running Championships 1st U18

## 2006 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 2006

### 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 at events including the NIB Games and the 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 and drugs in sport.



### Program Snapshot

- Ages:** 15 - 18 years during scholarship  
**Squad:** 20 females  
**Program year:** October - September (12 months)  
**Key people:** Kerrie Walker (Head Coach)  
Liz Dark (Squad Coach)  
Kerrie Smith (Manager)  
Margaret Corbett (Mentor Coach)  
Samantha Williams (Umpire)

### Highlights

- Camps & Tours:** Camp, Berry, March 2006  
NIB Games, Newcastle, July 2006  
Academy Games, October 2006  
**Athletes:** Jessica Holz - NSW CHS & NSWIS  
Jessica Howard (CIS Netball)

**2006 RUGBY LEAGUE SQUAD (ILLAWARRA)**



**2006 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 2006

### 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 resistance training for Rugby League, drugs in sport, goal setting, prevention and treatment of injuries, league safe, and handling the media.

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:** 40 males

**Program year:** May - September (5 months)

**Key people:** Alan Barry (Co-ordinator)  
Scott Stewart (Head Coach)

#### Illawarra Zone

Adam Sargent-Wilson (Coach)

Darrell Taylor (Manager)

Bryce Peard (Trainer)

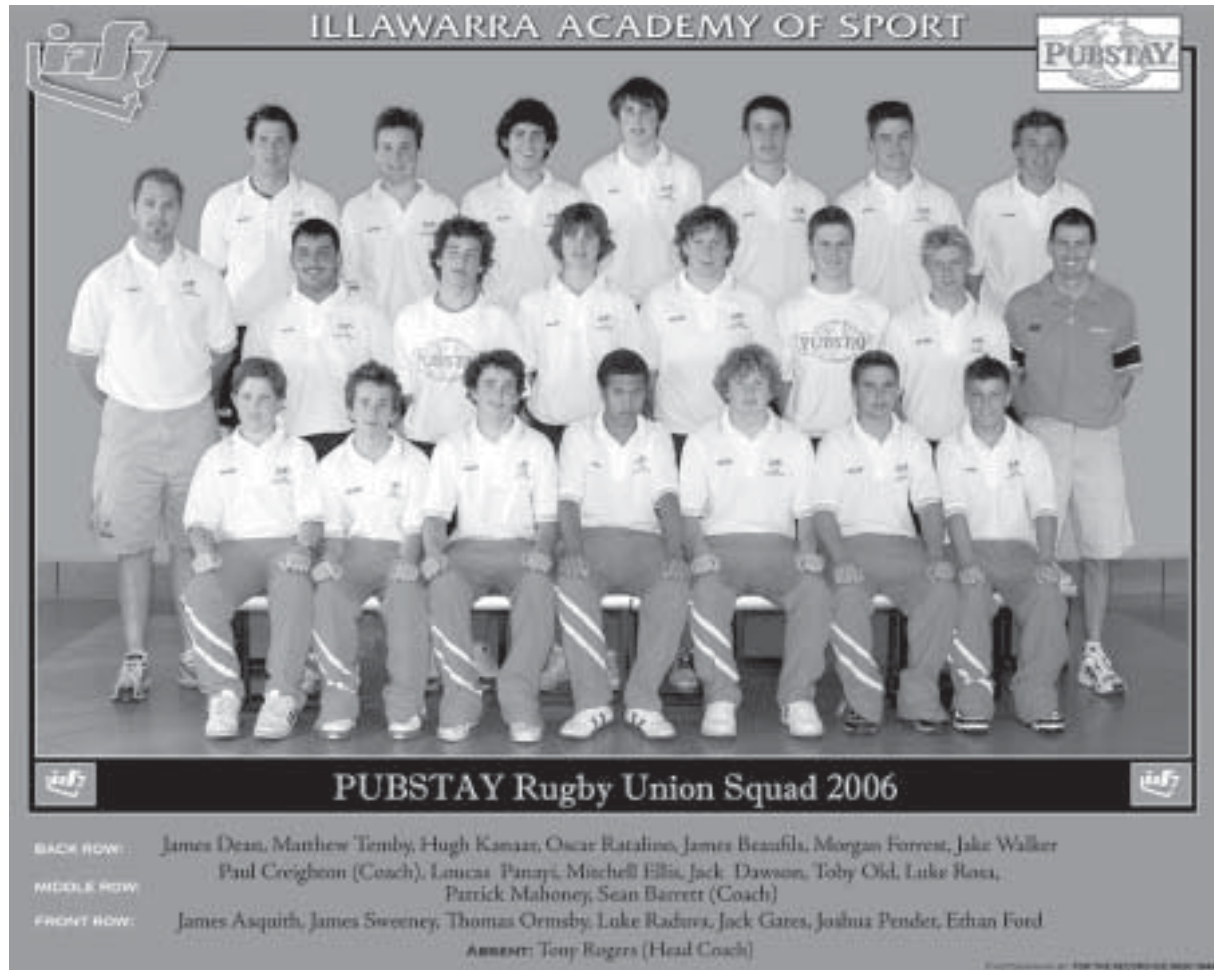
#### Group 7 Zone

Josh Elliot (Coach)

Jayson Smith (Coach)

Steve Timms (Manager)

## 2006 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 2006

### 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. An athlete assessment was conducted at the final trial to assess physiological capabilities.



### 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. The squad also travelled to the Academy Games.

This program will graduate in 2007 due to the inclusion of the Academy Games in the program.

### Program Snapshot

**Ages:** 15 - 16 during scholarship  
**Squad:** 20 athletes (male)  
**Program year:** October to October (12 months)  
**Key people:** Paul Creighton (Squad Coach)  
Tony Leeder-Smith (Squad Coach)  
Sean Barrett (Mentor Coach)  
John Whitting (Manager)

### Highlights

**Tours:** Waratah Regional Camp, Central Coast (2006)  
Academy Games, Central Coast (2006)

### Athletes:

James Beaufls (National U16 Indigenous Team,  
Australian U16 Merit Team & U16 National Training Squad)  
Luke Raduva (NSW U15 Country Team)  
Morgan Forrest (NSW U16 Country Team)

## 2006 SAILING



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

# SAILING PROGRAM 2006

## 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, media training and international sailing.

## Program Snapshot

**Ages:** 14 - 17 years during scholarship  
**Squad:** 10 athletes - 5 male and 5 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 (ISAF Youth World Championships: 10th Individual Overall, RSX Oceania Continental Championships: 1st in Youth Division.

Dean Souter (National Flying Ant Championships: 3rd place. NSW Flying Ant State Championships: 1st place

Ryan Lyndsay (National Flying Ant Championships: 3rd place. NSW Flying Ant State Championships: 1st place)

Teagan Lyndsay: (NSW Flying Ant State Championships: 3rd place)

Phoebe Thomas: (NSW Flying Ant State Championships: 3rd place)

Kurt Griffiths: (NSW Youth Regatta: 3rd in Division 2 Senior Double Handed 29er Class)

## 2006 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 2006

## 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 2006.

## 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 nutrition and hydration, drugs in sport and a musculoskeletal screening.

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 January 2006 at Wollongong in preparation for the summer season.

Modest Athlete subsidies were also provided to athletes competing at the Australian National Short Course Championships in Hobart.

## Program Snapshot

**Ages:** 14 - 18 years

**Squad:** 11 athletes - 8 male and 3 female

**Program year:** June- February (9 Months)

**Key people:** Ron McKeon (Head Coach)

Jason Batson (Coach)

Phil McIlwraith (Coach)

Jodi Moore (Manager)

Jamie Turner (Sports Science)

## Highlights

### Athletes:

Josh Minogue - Australian Long Course Team.

Australian Age Championships: 2nd 17-18yr 200m Butterfly, 2nd 17-18yr 200m Freestyle, 3rd 17-18yr 400m Freestyle

Robert Hurley - Australian Junior Pan Pac Team, NSW State Age Championships: 2nd 17-18yr 100m Backstroke, 1st 17-18yr 200m Freestyle

Nick Milnes - Australian Junior Pan Pac Team

Matthew Crisafi - Australian Age Championships: 1st 14yr 100m Breaststroke, 1st 14yr 200m Breaststroke

Nicola Sleight - Australian Age Championships: 1st 15yr 100m Breaststroke, 2nd 15yr 200m Breaststroke

David Mitchell - NSW State Age Championships: 2nd 17-18yr 100m Breaststroke, 2nd 17-18yr 200m Breaststroke

Cameron Reynolds - NSW State Age Championships: 3rd 17-18yr 200m Backstroke

Simon Partridge - NSW State Age Championships: 3rd 14yr 100m Freestyle

Ryan Hanson - NSW State Age Championships: 3rd 15yr 400m Freestyle

## ILLAWARRA ACADEMY OF SPORT ATHLETE AWARDS 2006

### 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.

2006 is the fifth 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) and Amiel Cavalier (2005, Mountain Bike).

### Sally Fitzgibbons - Winner of Tobin Family Award 2006



Sally, a second year athlete in the BlueScope Steel Individual Athlete Program had a phenomenal year in 2006 in three separate sports.

The 16 year old from Gerringong, was selected in Australia teams in three separate sports - athletics, surfing and football (soccer).

Her scholarship sport is surfing.

In 2006, at the age of 15, Sally was runner-up at the World Junior Under 18 Surfing Championship. She recently won the national titles as a defending champion at U18 level and achieved numerous event wins at U16 and U18 level in Australia.

In athletics, she is national champion at All Schools in events over 800m and 1500m in the 17 years age group - recently winning two gold medals for these events at the Australian Youth Olympic Festival in Sydney.

## ILLAWARRA ACADEMY OF SPORT ATHLETE AWARDS 2005 *CONTINUED*

### Sport Athlete of the Year Awards 2006

Awards were presented to 9 athletes in 2006 (the rugby union program extended its core activities into 2007 and athletes will graduate following that program's completion).

### Swimming Athlete of the Year - Robert Hurley



2006 proved to be another successful scholarship year for Robert as he continued his high standard of performance at Open level.

Robert as well as being passionate about the sport of swimming is a fierce competitor with high expectations. He has however maintained a modest and unpretentious attitude to his peers and fellow competitors.

Robert was an Australian representative at the Junior Pan Pac's picking up two gold medals in relay teams and a silver in the 200m freestyle. He qualified and competed at the 2006 World Cup meet, and made open finals at the Swimming Australia World Championship trials.

Recently Robert received a residential scholarship to the Australian Institute of Sport. His career goal is to make the Australian Swimming team.

### Netball Athlete of the Year - Emma Johnson



Emma is a senior member of the squad and has been with the squad for 4 years. As a player she is reliable and always gives 100 percent.

She started off very quite player on and off the court and has developed over the years into a player who is supportive of the other players and a leader within the squad.

### Sailing Athlete of the Year - Alisha Kawalla



Alisha has been a consistent high achiever within our Sailing Program for six years.

Alisha was the only female selected to represent Australia at the Youth World Championships to be held later this year. This will be Alisha's 4th year representing Australia.

At the ISAF Youth World Sailing Championships Alisha placed 10th overall with the Australian team finishing 3rd. She was selected in the Australian Youth Sailing Team winning the female category at the Australian Youth Championships and also competed at the Australian Secondary Schools Championships winning best female overall.

Alisha travels regularly to Sydney to be trained by Olympic coaches and those from NSWIS. She is school captain and also on the school sports committee.

### 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.

## ILLAWARRA ACADEMY OF SPORT ATHLETE AWARDS 2006 *CONTINUED*

### **Cricket Athlete of the Year - Zoe Richards**



Zoe was still the first girl to be selected for a "boys" South Coast representative side.

In 2006, she was also selected in the South Coast U19 side which won at nationals - she was also selected in the NSW Country U15 team and the NSW U15 team.

Zoe is a polite person who also cares about the well-being of others and has a happy and confident attitude. She gets on well with fellow team cricketers and is well respected within the Southern Zone Rep teams by coaches and fellow teammates.

Zoe also puts back into the community not only through umpiring but also going to primary schools and helping with development days to teach children about cricket.

Zoe's future sporting goals are to become a better cricketer and play for Australia.

### **Individual Athlete of the Year - Ryan Gregson**



Ryan is a gifted athlete across multiple sports, with numerous achievements to his name.

He was an Australian junior representative at the world junior mountain running championships placing 22nd overall after being tripped at the start. He placed 1st in the U18 Australian mountain running and 2nd at Australian all

schools cross-country championships.

More recently he won two gold medals at the youth Olympics held in Sydney last month.

Ryan is a quiet competitor, giving 100% all of the time and is known to be someone who is courteous and encourages others.

Ryan's goals are to emulate the success of Craig Mottram and to make a career out of running. He started his running career at the age of 5yrs in little athletics - this is his second year in the Academy.

### **Hockey Athlete of the Year - Tristan White**



Tristan, at only the age of 15yrs, has a thirst for knowledge and is always seeking to improve his knowledge of the game.

He is one of the first to take advantage of additional training sessions and when sessions are not scheduled he can be seen training by himself. It is this dedication that earned Tristan a position in the NSW

All Schools team which were Australian champions, the NSWIS Pre Elite Squad, the NSW Under 18 squad and the Australian All Schools team.

Tristan's focus is always on the team's performance.

He respects his opponents and never sees himself as better than other players. He takes the lead in team preparation and always encourages and inspires others with his attitude.

Tristan's goals are to play in the Australian Hockey League and to play Hockey for Australia.

## ILLAWARRA ACADEMY OF SPORT ATHLETE AWARDS 2006 *CONTINUED*

### Rugby League Athlete of the Year - Michael Dengate



Michael currently plays with the Thirroul Butchers after having played the majority of his representative football in Newcastle.

Michael always performs well regardless of the opposition. He is a disciplined player and a dedicated trainer always seeking to apply the advice of coaches to improve his game.

Being part of the Academy, Michael aimed to improve his skills and learn new skills. Ultimately Michael is striving to become a 1st grade NRL player.

### Golf Athlete of the Year - Elle Sandak



Elle not only is the NSW U16 State Age champion and NSW U16 Junior open amateur champion she is an Australian Development squad member.

In 2006 Elle won numerous events including the Gerringong Open Junior Tournament, Morriset Junior Masters and the Muswellbrook Junior Masters.

As an athlete Elle is keen, motivated and driven to succeed, showing a high level of coachability and determination to improve her game.

Elle's career goals are to ultimately play in the US and win a major.



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



## 2006 ILLAWARRA ACADEMY OF SPORT SCHOLARSHIP HOLDERS

### Cricket

Aaron Basile	Daniel Beretov	Alex Butler
Hayden Daley	Justin Ganderton	Tyson Harding
Blake Hutchison	Nic Maddinson	Steven Midson
William Norrie	Brynley Richards	Taun Stanham
Adam Zampa	Jack Bennett	Natasha Bogovic
Trudi Burke	Ashleigh Dowd	Daisy Morrissey
Zoe Richards	Victoria Sayer	

### Cycling

Aaron Donnelly	Joshua Ewan	Jackson Law
Scott Law	Alex Tomlinson	Justin Tomlinson
Lachlan Wallace		

### Golf

Jennifer David	Tim Davison	Matthew Groves
Benjamin Hickey-Williams		Aaron Keevers
Adam Kempt	Roland Krelle	Brendon Mariu
David McLaren	Elise Parker	Kane Parkes
Jake Parkinson	Mitchell Pope	Elle Sandak
Sam Staglis	Sam Taunton	Bradley Taylor
Kevin Walker	Lewis Westhoff	Jordan Zunic

### Hockey

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

### 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
Cassandra Tate	Alice Vannini	

### Rugby League

Joel Anderson	Mark Asquith	Thomas Baskerville
Dale Berry	Joshua Bishop	Lynden Booth
Peter Calaitzopoulos	Beau Castledine	Kyle Chappelow
Jereme Collins	Damien Cook	Michael Dengate
Adam Docker	Andrew George	James Gilmore
Stephen Gimbert	Adrian Goncalves	Todd Gripton
Matt Jones	Mitchell Lennon	Ethan Ford
James Little	Simon Maslanka	Blake McAuley
Dillon Meharg	Braiden Moffat	Cody Morrow
Alex Murada	Kieran Poole	Anthony Profilio
Brent Rabbitte	Rixon Russell	Joel Skeates
Wade Stanford	Matthew Stone	Tamati Ulukita
Cody Thomas	Craig Waters	David Williams
Glen Lloyd		

## 2006 ILLAWARRA ACADEMY OF SPORT SCHOLARSHIP HOLDERS *CONTINUED*

### Sailing

Ben Beazley	Ryan Dryden	Kurt Griffiths
Kate Hayler	Alisha Kawalla	Dean Souter
Phoebe Thomas	Jarith Young	Ebony Young
Coby Zweers		

### Swimming

Matthew Crisafi	Amelia Hallagan	Ryan Hanson
Robert Hurley	Nick Milnes	Josh Minogue
David Mitchell	Tegan Ogle	Simon Partridge
Cameron Reynolds	Rachel Reynolds	Nicola Sleight

## CURRENT SCHOLARSHIP HOLDERS

The scholarship year for many athletes commenced in October 2006. The athletes listed below are part of the 2007 program year.

### Hockey

Nathan Nicolich	Tristian White	Josh Anderson
Janardana Commerford		Jacinta Carruthers
Rebecca Cross	Tess Ellis	Tamara Evans
Sheree Fanning	Bede Gillard	Cherrie Gooden
Esther Griffiths	Brooke Hawke	Bridie Hopkins
Jeremy Huk	Jake Jones	Kate McKinley
Kate Nealon	Heath Ogilvie	Sarah Patterson
Pat Pearse	Mark Rodgers	Tessa Royle
Brodie Billett	Alanna Smith	Rebecca Thompson
Oliver Walker	Joshua Walters	Kate Wheeler
Jess Windle	Hannah Urquhart	Jordan Obrien
Cameron Springett		

### Netball

Christina Allen	Maunga Butler	Talia Cecchele
Morgan Davies	Kim DeVries	Nadine Dryburgh
Stella Goodman	Tessa Harris	Alyse Holmes
Jessica Howard	Kelly Ingram	Emily Jansen
Asheigh Larsen	Nicole Moore	Amanda Oswald
Madolyn Ryan	Nicole Stocken	Melissa Tallent
Kia Westlake	Latisha Beringer	

### Rugby Union

Cameron Bond	David Brodie	Hagan Butler
Angus Chapman-Politis		Tom Connor
Ethan Ford	Matthew Gladman	Tyson Frizell
Jarryd King	James Mather	Heath Mercer
Thomas Ormsby	Nicholas Quinn	Luke Radura
Benjamin Selby	Stephen van Heerden	Harley Winters

### Individual Athletes

Ryan Hennessy	Blake Brookman	Sally Fitzgibbons
Emma Ford	Ryan Gregson	Shelby Lacey
Sophie McLeod	Jennifer Nguyen	Adam Reich
Natasha Remfry	Ashley Thomas	Jane Ware
Benjamin Wilson	Alana Yardley	Paige Fenech

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Information for Members and their guests

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## SCHOLARSHIP HOLDERS BY SPORT AND REGION 2006

SPORT	WOLLONGONG	SHELLHARBOUR	KIAMA	SHOALHAVEN	WINGECARRIBEE	TOTAL
<b>Athletes with a Disability</b>						
Male						0
Female						0
<b>Cricket</b>						
Male	3	5	1	5	1	14
Female	1	2	1	1	1	6
<b>Cycling</b>						
Male			4		3	7
Female						0
<b>Golf</b>						
Male	5	3	3	5	1	17
Female	2	1				3
<b>Hockey</b>						
Male	9		1	2	4	16
Female	4	3	3	2	5	17
<b>Individual Athletes</b>						
Male	5			2		7
Female	4	1	2	2		9
<b>Netball</b>	10	1	4	3	2	20
<b>Rugby League</b>	16	6	6	12		40
<b>Rugby Union</b>	7	1	5	3	2	18
<b>Sailing</b>						
Male	4		1			5
Female	4	1				5
<b>Swimming</b>						
Male	6			2		8
Female			3	1		4
<b>SCG Totals</b>	82	25	33	37	19	196

## ATHLETE ACHIEVEMENTS 2006

Academy athletes achieved at all levels in 2006. The following lists athletic achievement in the 2006 calendar year for athletes on scholarship in that period.

### INTERNATIONAL ACHIEVEMENTS

<b>Athlete</b>	<b>Program</b>	<b>Event Name</b>	<b>Achievement</b>
Alisha Kawalla	Sailing	ISAF Youth World Sailing Championships	10th Overall
David Rodgers	IAP	NZ National Gymnastics Championship	1st Level 9 Parallel Bars
David Rodgers	IAP	NZ National Gymnastics Championship	1st Level 9 Vault
David Rodgers	IAP	NZ National Gymnastics Championship	2nd Level 9 Pommel Horse
Sally Fitzgibbons	IAP	World Junior Surfing Championships	2nd U18
Shelby Lacey & Natasha Remfry	IAP	Winterhur International Sports Acrobatics Cup	5th in the 11-16yr
Shane Barrie	IAP	World Surf Life Saving Championships	16th Open Surf Race
Ryan Gregson	IAP	World Junior Mountain Running Championships	22nd Overall

### AUSTRALIAN ACHIEVEMENTS

#### *Australian All Schools Cross Country Championships*

Ryan Gregson ..... 2nd U18

#### *Athletics Australia High Performance Distance Squad*

Ryan Gregson ..... Selected

#### *Australian U17 Youth Development Squad*

Ryan Gregson ..... Selected in Athletics

Sally Fitzgibbons ..... Selected in Athletics

#### *Olympic Youth Festival*

Sally Fitzgibbons ..... Selected 1500, 800 & 400 relay

Ryan Gregson ..... Selected 1500, 3k

#### *Australian All Schools*

Sally Fitzgibbons ..... 1st 800m & 1500m U17

Ryan Gregson ..... 1st 1500 & 3000m U17

#### *Australian Mountain Running Championships*

Ryan Gregson ..... 1st U18

#### **Cycling**

##### *Cycling Australia Junior Track Championships*

Scott Law Won the Junior men's team sprint representing NSW

#### **Football**

##### *Australian U18 Football Squad*

Sally Fitzgibbons ..... Selected as a Shadow player

#### **Golf**

##### *Australian Golf Development Squad*

Elle Sandak ..... Selected

#### **Gymnastics**

##### *Australian Level 9 Open Gymnastics Team*

David Rodgers ..... Selected

##### *Australian National Gymnastics Championships*

David Rodgers ..... Gold medal L9 Open parallel bars

David Rodgers ..... Silver medal L9 Open pommel horse

David Rodgers ..... Silver medal L9 Open Teams competition

Shelby Lacey & Natasha Remfry ..... Gold medal Level 7 womens

##### *National Junior Squad*

Shelby Lacey & Natasha Remfry ..... Selected in the 11-16yr Trio

## ATHLETES ACHIEVEMENTS 2006 *CONTINUED*

### AUSTRALIAN ACHIEVEMENTS *CONTINUED*

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#### Hockey

##### *Australian All Schools Team (Hockey)*

Haidee Makin ..... Selected  
Tristan White ..... Selected

#### Rugby Union

##### *Australian Rugby Union U16 Indigenous team*

James Beaufile ..... Selected

##### *Australian Rugby Union U16 Merit team and Australian U16 Training Squad*

James Beaufile ..... Selected

#### Sailing

##### *Australian Youth Championships - Sailboard Division*

Alisha Kawalla ..... Won female category

##### *Australian Youth Sailing Team*

Alisha Kawalla ..... Selected

##### *National Flying Ant Championships (Sailing)*

Dean Souter/Ryan Lyndsay ..... 3rd

##### *Australian Secondary Schools Sailing Championships*

Alisha Kawalla ..... 1st Sailboard division & Best Female Overall

##### *RSX Oceania Continental Championships*

Alisha Kawalla ..... 1st Youth

#### Surfing

##### *Australian Under 18 Surfing Team*

Sally Fitzgibbons ..... Selected for World Champs

##### *National Gromsearch Championships (Surfing)*

Sally Fitzgibbons ..... 1st U16 Girls

##### *Australian All Schools (Surfing) & Australian Surfing Championships*

Sally Fitzgibbons ..... 1st U18

##### *Surf Life Saving Australian Championships*

Jane Ware ..... 2nd U15 Ironwoman Race, 1st Board Relay, 2nd  
Cameron Relay

Shane Barrie ..... 2nd U19 Ironman Race

Rhett Russell ..... 2nd U19 Surf Board Race

#### Swimming

##### *Swimming Australia Long Course Team*

Josh Minogue ..... Selected

##### *Swimming Australia Junior Pan Pac Team*

Robert Hurley ..... Selected

Nick Milnes ..... Selected

##### *Swimming Australia World Championship Trials*

Robert Hurley ..... Finalist 400m Free & 50m Back

##### *Olympic Youth Festival (Swimming)*

Matthew Crisafi ..... Selected

##### *Swimming Australia Trans Tasman Team*

Matthew Crisafi ..... Selected

##### *Swimming Australia Age Championships*

Matthew Crisafi ..... 1st 14y 100m Breaststroke

Matthew Crisafi ..... 1st 14y 200m Breaststroke

Josh Minogue ..... 2nd 17-18y 200m Butterfly

Josh Minogue ..... 2nd 17-18y 200m Freestyle

Josh Minogue ..... 3rd 17-18y 400m Freestyle

Nicola Sleight ..... 1st 15y 100m Breaststroke

Nicola Sleight ..... 2nd 15y 200m Breaststroke

### NSW ACHIEVEMENTS

---

#### Athletics

##### *NSW Secondary All Schools Track & Field*

Erin Binks ..... 1st 400m Womens 19y

Erin Binks ..... 1st 800m Womens 19y

Erin Binks ..... 2nd 200m Womens 19y

Ryan Gregson ..... 2nd 800m Mens 16y

Ryan Gregson ..... 2nd 1500m Mens 16y

Ryan Gregson ..... 1st 3000m Mens 16y

Sally Fitzgibbons ..... 1st 16y Girls 800m

Alana Yardley ..... 2nd Girls 1500m 15y

Alana Yardley ..... 2nd Girls 3000m 15y

##### *NSW CCC Cross Country*

Alana Yardley ..... 1st 4k Girls 15y

## ATHLETES ACHIEVEMENTS 2006 *CONTINUED*

### NSW ACHIEVEMENTS *CONTINUED*

#### *NSW U18 Road, Cross Country & Short Course Championships*

Ryan Gregson ..... 1st  
Ryan Gregson ..... 1st  
Ryan Gregson ..... 1st

#### *NSW All Schools Cross Country*

Sally Fitzgibbons ..... 1st 4k Girls 16y

#### *NSW State Titles Cross Country*

Sally Fitzgibbons ..... 1st 4k Girls U18

#### *NSW State Titles Short Course*

Sally Fitzgibbons ..... 2nd 3k Girls U18

#### **Basketball**

##### *NSW U16 Country Basketball Team*

Ashley Thomas ..... Selected

#### **Canoeing**

##### *NSW CHS Canoeing Championships*

Jane Ware ..... 1st K1 5000m  
Jane Ware ..... 1st K2 5000m  
Jane Ware ..... 1st K1 500m  
Jane Ware ..... 1st K2 500m

##### *NSW Canoeing 10000m & 5000m State Championships*

Jane Ware ..... 1st K1 and K2 5000m U16

##### *NSW State Endurance Championships*

Jane Ware ..... 1st Ironwomen, 1st Swim, 2nd Board

##### *NSW Pool Rescue Championships*

Jane Ware ..... Won 4 Gold

#### **Cricket**

##### *NSW U19 Team*

David Murphy ..... Selected

##### *NSW CHS XI and NSW U15*

Melissa Harrison ..... Selected  
Melissa Harrison ..... Selected

##### *NSW U15 Team*

Zoe Richards ..... Selected

#### **Cycling**

##### *NSW U19 10k Scratch Race*

Justin Tomlinson ..... 1st

##### *NSW Cyclist of the Year 2005/06*

Scott Law ..... U15 Winner  
Jackson Law ..... U13 Winner

#### *NSW U17 Sprint Championships*

Scott Law ..... 2nd

#### *NSW U17 2000m Pursuit Championship*

Scott Law ..... 3rd

#### *NSW U17 500m Time Trial*

Scott Law ..... 3rd

#### *NSW U17 Madison Championship*

Scott Law ..... 2nd

Aaron Donnelly ..... 2nd

#### *NSW Country Road Championships*

Scott Law ..... 1st U17M

#### *NSW U15 Junior Criterium*

Josh Ewen ..... 1st

#### *NSW Junior State Track Team*

Josh Ewen ..... Selected

#### *NSW U17 Teams Pursuit Championship*

Aaron Donnelly ..... 1st

#### **Football**

##### *NSW Open State School 2 Football Team*

Sally Fitzgibbons ..... Selected

#### **Golf**

##### *Jack Newton Junior Golf Foundation Awards*

Lewis Westhoff ..... Won the "Master of Masters" award

##### *NSW State Age Championships*

Aaron Keevers ..... Won 13y boys title  
Elle Sandak ..... Won 16y girls title  
Adam Kempt ..... Runner up 15y boys cup  
David McLaren ..... Winner nett title 15y boys cup  
Tim Powell ..... Winner nett title 16y boys cup  
Mitchell Pope ..... 3rd nett title 14y boys cup  
Roland Krelle ..... Runner up plate division 14y boys gross  
Jennifer David ..... Winner in plate division 16y girls nett

##### *2006 NSW Junior Open Amateur Championships*

Elle Sandak ..... Won 16y girls title

##### *NSW Matchplay Championship*

Lewis Westhoff ..... Winner 17 years boys  
Aaron Keevers ..... Runner up boys 13 years

##### *Gerringong Open Junior Tournament*

Adam Kempt ..... Boys overall winner  
Elle Sandak ..... Girls overall winner  
Kevin Walker ..... Nett Winner

## ATHLETES ACHIEVEMENTS 2006 *CONTINUED*

### NSW ACHIEVEMENTS *CONTINUED*

#### *Bathurst Junior Masters*

Elle Sandak ..... Won overall girls title  
Aaron Keevers ..... Won 13y boys scratch title  
Lewis Westhoff ..... Won 16y boys scratch title  
Tim Powell ..... Won 16y boys nett title

#### *JNJGF Invitational*

Kevin Walker ..... Runner Up U15 Nett

#### *Jamberoo Jnr Championships*

Kevin Walker ..... Overall winner

#### *Russell Vale Youth Masters*

Adam Kempt ..... Overall winner  
Mitchell Pope ..... Nett winner  
Lauren Carter ..... Girls Gross winner

#### *Muswellbrook Junior Masters*

Aaron Keevers ..... Won 13y boys scratch title  
Jordan Zunic ..... Runner up 14y boys scratch title  
Elle Sandak ..... Girls 16y & over - Joint scratch champion

#### *South West Rocks Junior Masters*

Aaron Keevers ..... Runner up boys 13y scratch title  
Elle Sandak ..... Runner up girls 16y scratch title  
Jennifer David ..... Runner up girls 16y nett title

#### *Brett Ogle Junior Masters*

Elle Sandak ..... Runner up girls 16y scratch title  
Lewis Westhoff ..... Runner up boys 17y nett title  
Elise Parker ..... Runner up Girls 15yr Nett

#### *Morrisett Junior Masters*

Sam Taunton ..... Won 17y boys gross  
Elle Sandak ..... Won girls gross title  
Aaron Keevers ..... Runner up boys 13-14y gross  
Brendan Mariu ..... Won boys 15-16y nett title

#### *St Georges Basin Jnr Open*

Elise Parker ..... Won Girls Nett Title  
Kevin Walker ..... Scratch Winner

### **Gymnastics**

#### *NSW Gymnastics State Level 7 Trio*

Shelby & Natasha ..... Overall State Champsions: L7 Trio Dynamic Routine, 2nd L7 Trio Balance Routine

#### *NSW State Gymnastics Championships*

David Rodgers .1st Level 9 Vault; 2nd L9 Parallel bars; 3rd Floor, Pommel horse, Rings & High bars

#### *NSW Gymnastics Level 9 State Team*

David Rodgers ..... Selected

### **Hockey**

#### *NSW U18 Squad & NSW U21 Squad*

Allison Mina ..... Selected - Represented N.T U18

#### *NSW U18 Team*

Rhys Gray ..... Selected  
Alanna Smith ..... Selected  
Jemma Delamont ..... Selected

#### *NSW U16 All Schools Team*

Josh Anderson ..... Selected  
Tristan White ..... Selected

#### *NSW U16 & U18 Indoor Teams*

Tristan White ..... Selected

#### *NSWIS Regional Pre Elite Squad*

Katie Lewis ..... Selected

#### *NSW All Schools Team*

Katie Lewis ..... Selected  
Alanna Smith ..... Selected  
Jemma Delamont ..... Selected

#### *NSW U15 Team*

Kate Nealon ..... Selected

#### *NSW U15 Squad*

Cherrie Gooden ..... Selected

#### *NSW U17 State Champs*

Rhys Gray ..... Player of the Tournament

#### *NSWIS*

Rhys Gray ..... Scholarship

#### *NSW CHS Boys Team*

Dean Nealon ..... Selected  
Rhys Gray ..... Selected

#### *NSW U16 TAP Squad*

Katie Lewis ..... Selected  
Jean Richardson ..... Selected  
Claire Reick ..... Selected  
Hannah Urquhart ..... Selected  
Josh Anderson ..... Selected  
Jake Jones ..... Selected  
Tristan White ..... Selected  
Ryan Gregson ..... Selected

#### *NSW U21 Team*

Dannielle Gregson ..... Selected

## ATHLETES ACHIEVEMENTS 2006 *CONTINUED*

### NSW ACHIEVEMENTS *CONTINUED*

#### *NSW U15 Team*

Oliver Walker ..... Selected

#### *ACT U18 Indoor Team*

Claire Reick ..... Selected

#### **Netball**

##### *NSW Talent ID Tallies Squad*

Melissa Tallent ..... Selected

##### *NSW State Trials*

Melissa Tallent ..... Selected in squad. Final 18

##### *CIS Netball Team*

Jessica Howard ..... Selected

##### *NSWIS Sprites Squad*

Jamie McLean ..... Selected

##### *NSW CHS Team*

Jamie McLean ..... Possible and Probables

Jessica Holz ..... Selected

##### *NSWIS Scholarship*

Jessica Holz ..... Selected

#### **Rugby Union**

##### *NSW Country Teams*

Luke Raduva ..... Selected in U15

Cameron Bond ..... Selected in U14

Tom Connor ..... Selected in U14

Morgan Forrest ..... Selected in U16

#### **Sailing**

##### *NSW Flying Ant State Championships*

Dean Souter/Ryan Lyndsay ..... 1st

Teagan Lyndsay/Phoebe Thomas ..... 3rd

##### *NSWS Windsurfing Series*

Alisha Kawalla ..... 3rd RSX

##### *Sydney International Regatta*

Alisha Kawalla ..... 2nd Female Sailboard division

##### *NSW All Schools Sailing Championships*

Alisha Kawalla ..... 1st Sailboard division

##### *NSW CHS Sailing Championships*

Alisha Kawalla ..... 1st Sailboard division

Dean Souter ..... 4th 29er Class

##### *NSW Youth Regatta*

Alisha Kawalla ..... 1st Overall in Division 8

Alisha Kawalla ..... 1st RSX Class

Kurt Griffiths ..... 3rd Division 2 Senior Double handed 29er Class

Dean Souter ..... 1st Overall in Div. 4 Intermediate  
Double handed division

Dean Souter ..... 1st in Flying Ant Class

#### **Surfing**

##### *NSW State Junior Surfing Titles*

Sally Fitzgibbons ..... 1st U18 Girls

##### *Billabong Easter Festival WQS Event*

Sally Fitzgibbons ..... 2nd U16 Girls

##### *All Girls Showdown*

Sally Fitzgibbons ..... 1st Open Pro women's

##### *Billabong Occy Grom Comp*

Sally Fitzgibbons ..... 1st U16 Girls

##### *Billabong Proteen Pro Junior - Wollongong & Newcastle*

Sally Fitzgibbons ..... 1st U21 Girls

#### **Surf Life Saving**

##### *NSW Surf Life Saving Championships*

Shane Barrie ..... 3rd Under 19 Surf Race

Rhett Russell ..... 2nd Under 19 Iron Man

#### **Swimming**

##### *NSW Open State Championships*

Robert Hurley ..... 3rd 15yr 400m Freestyle

##### *NSW State 13-18 Years Age Championships*

Robert Hurley ..... 2nd 17-18Y 100m Backstroke

Robert Hurley ..... 1st 17-18Y 200m Freestyle

Matthew Crisafi ..... 1st 14Y 100m Breaststroke

Matthew Crisafi ..... 1st 14Y 200m Breaststroke

Nicola Sleight ..... 1st 15Y 100m Breaststroke

Nicola Sleight ..... 1st 15Y 200m Breaststroke

David Mitchell ..... 2nd 17-18Y 100m Breaststroke

David Mitchell ..... 2nd 17-18Y 200m Breaststroke

Cameron Reynolds ..... 3rd 17-18Y 200m Backstroke

Simon Partridge ..... 3rd 14Y 100m Freestyle

Ryan Hanson ..... 3rd 15Y 400m Freestyle

Joshua Minogue ..... 1st 17-18 100m Butterfly

#### **Touch**

##### *NSW U19 State Touch Football Team*

Sally Fitzgibbons ..... Selected

#### **Triathlon**

##### *NSW All Schools (Triathlon)*

Sophie McLeod ..... 2nd Senior Division