

NSWIS ANNUAL REPORT

2008/2009





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www.nswis.nsw.gov.au

**The Hon. Kevin Greene MP
Minister for Sport and Recreation
Minister for Gaming and Racing
Governor Macquarie Tower
Level 36, 1 Farrer Place
Sydney NSW 2000**

31 October 2009

Dear Minister

It gives us great pleasure to submit to you the 13th annual report for the NSW Institute of Sport – the state's elite sporting centre of excellence, for presentation to Parliament.

The report is for the 12 months to 30 June 2009 and has been prepared in accordance with section 8 of the Annual Report (Statutory Bodies) Act, 1984.

Our annual report provides an overview of the Institute's sporting achievements for the year.

Yours sincerely

Phil Coles AM
Chairman

Charles Turner
CEO

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"PROUDLY SUPPORTED BY THE NEW SOUTH WALES GOVERNMENT"



chairman's message



Only a short time into the 2008/09 reporting period, the 2008 Olympic and Paralympic Games took place in Beijing, China with NSWIS athletes bringing home three gold, four silver and five bronze medals.

In what was one of the greatest spectacles of sport ever seen on the Olympic stage, Matthew Mitcham claimed a gold medal in the Men's 10m Platform Diving by breaking the Olympic points record (112.10 points) on his final dive. Along with Michael Phelps' eight gold medals in the pool and Usain Bolt's dominance in the athletics, Mitcham's victory was one of the great stories of the Games.

Joining Matthew as NSWIS gold medallists were sailors Nathan Wilmot and Malcolm Page. The pair dominated proceedings in the Men's 470 Class, having wrapped up the gold medal before they started the final race, a truly remarkable performance.

The Paralympic Games followed and NSWIS athletes put on a spectacular display winning six gold, 13 silver and eight bronze medals. Swimmer Peter Leek took home eight medals from eight events, including three gold, and Kurt Fearnley won his second consecutive Paralympic Marathon after a tumultuous week on the track.

While the Olympic and Paralympic Games were the highlight for many of the Institute's athletes, a number were focusing on other high profile events against the world's top athletes.

Kaarle McCulloch became the Institute's first World Champion in 2009 after she claimed a gold medal

in the Women's Team Sprint at the Track Cycling World Championships in Poland. McCulloch teamed with Anna Meares and held off the strong British team in the final lap to be crowned the champion.

Earlier in the year NSWIS Snowboarder Holly Crawford created history when she won Australia's first snowboarding world championship medal by claiming silver in the Half-Pipe.

Not only was Holly's result a first of its kind, it will give her great confidence heading into the 2010 Winter Olympic Games in Vancouver, Canada. The Institute is well positioned to have a number of athletes selected to the Australian Winter Olympic and Paralympic teams and based on the results of the 2008/09 season they will be eyeing off medals and personal best performances in Canada.

Our junior athletes have also achieved fantastic results across the globe. NSWIS sailors Lisa Darmanin and Jason Waterhouse were crowned World Champions in the Hobie 16 Junior Class at the 2009 Volvo Youth Sailing ISAF World Championships. And, at the 2009 IAAF Athletics World Youth Championships, Amy Pejovich claimed a silver medal in the Women's High Jump.

These outstanding achievements by our junior athletes will only be strengthened by the introduction of the Emerging Talent Squad, which underpins several NSWIS sport programs.

Domestically the NSWIS enjoyed strong results at the Australian Youth

Olympic Festival as well as Diving, Swimming, Canoe Sprint and Rowing national championships.

The unwavering support of the Minister for Sport the Hon Kevin Greene MP, the NSW State Government, and ClubsNSW will continue to allow us to progress through the next Olympic cycle in the lead up to the London 2012 Olympic and Paralympic Games. During these turbulent economic times, this ongoing commitment is crucial in guaranteeing the state and country's sporting pedigree continues.

I must also thank my colleagues on the NSWIS Board, the Deputy Chairman Alan Jones AO, Chief Executive Charles Turner, and all of his dedicated staff in creating an excellent environment at the NSWIS that is conducive to achieving great success.

It has been a great year at the NSWIS and I have no doubts we will experience continued success in the future.

Phil Coles AM
Chairman

ceo's message



The NSW Institute of Sport (NSWIS) entered the 2009 – 2012 quadrennial following a successful 2008 which saw NSWIS athletes compete at the Beijing Olympic and Paralympic Games, new NSWIS sport program structures implemented, the launch of a new uniform and an outstanding Annual Awards Dinner.

World-class performances are a goal for all NSWIS athletes competing at the Olympic and Paralympic Games, and Beijing proved no exception. Eighty-six NSWIS athletes were selected to the Australian Olympic team, with 25 contributing to three gold, four silver and five bronze medals. Notable performances from the Games included Matthew Mitcham in the Men's 10m Platform Diving, who secured a gold medal thanks to his record-breaking 112.10 point final dive. Sailors Malcolm Page and Nathan Wilmot also claimed gold medals in the Men's 470 Class, becoming the first Australian sailors to win an Olympic medal in eight years.

The Paralympic Games were equally impressive as 36 NSWIS athletes contributed to six gold, 13 silver and eight bronze medals. Swimmer Peter Leek was the stand-out NSWIS performer, winning three gold, four silver and one bronze medal from his eight events.

Special congratulations must be extended to all of the world-class coaches at the NSWIS that helped to make these achievements a reality. Without the coaches' guidance and the flexible, innovative training environments provided to athletes at the Institute, the outstanding results from the Olympic and Paralympic Games would not have been possible.

The 2008 NSWIS Annual Awards Dinner was a fantastic evening that showcased the achievements of our athletes and coaches. Matthew Mitcham took the honour of ClubsNSW Male Athlete of the Year, while 2008 Olympic Canoe Slalom silver medallist Jacqueline Lawrence was awarded the Department of Arts, Sport and Recreation Female Athlete of the Year award.

The Institute's support and development of emerging athletes will continue through the Emerging Athlete Program. To couple this, the Institute has introduced an Emerging Talent Squad that will underpin several of the Institute's Sport Programs, providing a pathway for these athletes to gaining full NSWIS scholarships. This will ensure that emerging athletes across NSW with the potential for future representation on Australian teams are developed to achieve their highest potential.

In May 2009 the NSWIS introduced a new look uniform to couple the new Olympic cycle. Several high profile NSWIS scholarship holders, including Libby Trickett, Matthew Mitcham and Kurt Fearnley, helped launch the uniform that NSWIS athletes will wear in the lead up to the 2012 London Olympic and Paralympic Games.

The second half of 2009 will see various world championship events take place in Swimming, Diving, Water Polo, Athletics, Triathlon, Rowing and Canoe Sprint, with the Institute being well represented at these events. The biennial world championships often provide a solid building block from which our athletes can build their Olympic and Paralympic campaigns.

The 2010 Winter Olympic Games are

fast approaching, and the Institute is expected to gain strong representation on the Australian Winter Olympic and Paralympic teams. The current Australian and upcoming European snow seasons will undoubtedly provide our world-class athletes the best possible preparation for what is the most prestigious event on the snow sports schedule.

The 2010 Commonwealth Games will be held in New Delhi, India in October next year and the Institute is aiming for a large contingent of its athletes to be selected to the Australian team. The Commonwealth Games will be an important stepping stone for many NSWIS athletes in the lead up to the 2012 London Olympic Games.

As always I would like to thank our Principal Partner, ClubsNSW, who provide over \$1 million a year in sponsorship support, the NSW State Government, our sponsors, providers and supporters. Without this support the NSWIS would not be able to provide world class facilities and services to athletes across NSW.

Finally I wish to thank the NSWIS Board and my staff for their tireless efforts over the past 12 months.

Charles Turner
CEO

principal partner's report



Being an avid sports lover, the Olympic Games is my definition of must see television. Like most Australians I plan these two weeks every four years like a military operation, ensuring I see as much of the Olympics as is humanly possible. Having been Chairman of ClubsNSW for the past four years and President of my local leagues club for the past 15 years, I watch the Olympics with a combination of awe and pride. Awe at the athletes themselves, their athletic skill that defines them as the best in their sport. Pride in the NSW Club Industry, knowing that it has contributed in no small way to helping these athletes reach their sporting potential.

The contribution clubs make in helping our elite sports men and women realise their sporting dreams is a tangible reminder of what clubs contribute to the community. While it is during the Olympic Games that this supportive role is best showcased, it is most visible through the tens of thousands of children who take part in organised junior sport each and every weekend.

Sport has been a focus for clubs since the very first club opened in Sydney more than 100 years ago. Indeed Australia's first Prime Minister Sir Edmund Barton was a member of the Sydney Rowing Club, a club that today counts President of the Australian Olympic Committee John Coates as a member.

ClubsNSW as the peak body of the NSW Club Movement shares this commitment to sport and as such has been the Principal Partner of the NSWIS since its inception in 1995. Myself and my fellow ClubsNSW Board members have already given a written undertaking to continue this

\$1 million annual support until at least 2012 when the Olympic flame arrives in London for a third time.

As a sports fan, I can barely wait to see which NSWIS athletes use London as their moment to reveal to Australia and the world their remarkable sporting talents. Who will reveal themselves as our next Matthew Mitcham, a man who smashed Olympic records just 12 months after almost quitting diving and who was a virtual unknown until his gold medal winning performance? We should get some idea from the performances in New Delhi during the 19th Commonwealth Games in October 2010.

One thing for sure is that our next list of gold medal winning athletes will have benefited from the NSW Club Industry. Even more importantly, via the provision of thousands of sporting fields, tracks, pools, courts and gymnasiums, children watching these heroes will have a place where they can take their first sporting foot steps.

In addition to the more than \$70 million in direct sporting support each year, clubs provide \$2 billion in sporting facilities and infrastructure. This includes:

- ▣ 1547 Bowling Greens
- ▣ 81 Gyms
- ▣ 163 Sporting Fields
- ▣ 366 Golf Courses
- ▣ 66 Swimming Pools
- ▣ 528 Tennis Courts
- ▣ 182 Squash Courts
- ▣ 1134 Billiard Tables

- ▣ 985 Carpet Bowls
- ▣ 180 Boat/Ski Facilities
- ▣ 377 Dart Boards
- ▣ 632 Other
- ▣ 6240 Total

The NSWIS is home to Australia's sporting stars, this fact made even clearer by the decisions of Olympic swimming stars Libby Trickett and Eamon Sullivan to move their training bases to Sydney. Such high profile moves would not have occurred if the NSWIS did not provide both the best training facilities in Australia as well as the best coaching and support staff. To everyone who fits that description I say congratulations on a wonderful twelve months.

Lastly, my thanks to my fellow NSWIS directors. Being a director is hard work, with long hours for little recognition. On our board we have a group of people who are extremely well equipped to ensure the NSWIS not only retains its place at the top of the Australian sporting tree but that it continues to grow and develop.

Peter Newell OAM
ClubsNSW Chairman

board profiles

The NSWIS Board met on five occasions - Phil Coles AM, Alan Jones AO, Libby Darlison, Bill Gillooly AM, Peter Newell OAM, Donna Ritchie, Liz Ellis, Carol Mills and Bob Adby all continued to serve as Board Members throughout the year.



Chairman **Phil Coles AM**

- Three-time Olympian in canoeing (1960, 1964 and 1968)
- Member of the International Olympic Committee (IOC)
- Captained Australian Surf Lifesaving team on US tour (1965)
- Member, IOC Radio and Television Commission
- Member, IOC Program Commission
- President, Oceania Taekwondo Union
- Honorary Life Member, International Triathlon Union
- Chef de Mission, Moscow Olympic team (1980)
- Member, IOC Sport for All Commission
- Vice President World Taekwondo Federation

Attended three meetings



Deputy Chairman **Alan Jones AO BA AED SDES (Oxon)**

- Australia's most successful radio broadcaster
- Former Australian Rugby Union coach
- Former Deputy Chairman of the Australian Sports Commission
- Former speech writer/senior advisor to former Prime Minister Malcolm Fraser
- Confederation of Australian Sport, Coach of the Year 1985
- Rostrum Speakers Award 1985
- Inaugural winner of the Sir Roden Cutler Medal for services to charity 2003

Attended two meetings



Libby Darlison BA (Hons) DipEd

- Director, The Miller Group – Social Policy and Management Consultants
- Chair, Premier's Council for Active Living
- Member, Australian Institute of Social and Ethical Accounting
- Member, Board of the NSW Tow Truck Authority

Attended four meetings



Bill Gillooly AM Dip Law (BAB)

- Secretary General, Local Government Association and Shires Association of NSW
- Former Director-General, NSW Department of Sport & Recreation
- President, NSW Sports Council for the Disabled (2000-2002)
- Board Member, Central West Catchment Management Authority

Attended three meetings



Liz Ellis AM (BA LLB)

- Former Captain Australian Netball Team
- Former Captain Sydney Swifts
- Director Liz Ellis Netball Clinics
- Board member Sydney Olympic Park Authority
- Board member Australian Sports Commission

Attended three meetings



Peter Newell OAM

- Chairman ClubsNSW, President ClubsAustralia, Chairman ClubKeno Holdings
- Chairman and Life Member Illawarra Steelers
- Director St George Illawarra Dragons
- Member, Club Directors Institute
- Foundation Director and Life Member of The Illawarra Connection (a regional umbrella business organisation)

Attended four meetings



Robert (Bob) Adby BEc CPA

- Former Director-General of the NSW Department of the Arts, Sport and Recreation
- Former Director-General Olympic Coordination Authority

Attended five meetings



Carol Mills Masters of Public Policy UNE BA (Hons) & BEC GCM (AGSM)

- Director General of the NSW Department of the Arts, Sport and Recreation
- Former Deputy Director General of the Department of Ageing, Disability and Home Care
- Former Regional Director Northern Sydney and Head of Disability Programs Department of Education and Training
- Former Deputy Director General and Executive Director, The Department of Housing
- Former Executive Director, The Office of Community Housing

Attended four meetings



Donna Ritchie

- Group Manager, POW and Investment, Telstra
- Captain, Australian Women's Wheelchair Basketball Team, Barcelona 1992, Atlanta 1996 and Sydney 2000 Paralympic Games.

Attended three meetings



centre of sporting excellence

The NSW Institute of Sport (NSWIS) was established as a statutory body under the Institute of Sport Act, 1995, following a review recommending central coordination and monitoring of high performance sport programs in NSW. Operations officially commenced in 1996.

The specialist services provided by the NSWIS ensured athletes in both metropolitan and regional areas of NSW had access to world-class coaches, facilities and sports technology, while also receiving tailored support to help balance their elite sporting commitments with personal development and career goals.

Our Vision

The NSWIS will be a major player in the delivery of internationally recognised programs, coaching and services to achieve world-class performance as a part of an effective, nationally coordinated, high performance sport network.

Our Mission

The NSWIS will develop and assist identified high performance NSW athletes and coaches to achieve excellence and success at the international level.

OUR VALUES

Athlete Responsibility and Success

We are committed to supporting the development of the athlete as an individual, emphasising ethics, social responsibility, sporting performance and success in life.

Performance-Based

Our operations are orientated towards achieving national team representation and world-class performance, with resources targeted according to performance and potential.

Athlete and Coach Focused

We will focus our efforts, expertise and resources towards supporting

athletes and coaches to achieve their maximum potential both personally and competitively.

Commitment to Excellence

We are committed to the achievement of excellence across all areas of operations through continuous improvement, innovation and efficient management.

Prestigious Image

We will promote world-class performance, excellence, leadership, expertise and ethics to enhance our prestigious image internationally and nationally.

Teamwork

Our organisation adopts a team-based approach to deliver integrated and high quality services to our coaches and athletes within the international and national environment.

Fairness and Equity

We will incorporate fairness and equity in our operations and decision making.

Ethics

We will always promote the highest behavioural and ethical standards.

Responsibility and Accountability

We are committed to providing cost-effective and resource-efficient operations and will regularly monitor and review performance.

Communication

We will maintain and develop internal and external communication systems and processes in order to facilitate effective relationships with key stakeholders.

NSWIS PRINCIPLES FOR SUCCESS

Sporting Performance

Through an athlete-focused approach, NSWIS athletes and coaches will achieve world-class performance in international and national competition.

Leadership

Our internationally recognised programs and expertise will position the NSWIS as a major player and leader in the delivery and development of high performance sport in Australia, as part of the National Sports Network.

Excellence and Innovation

We will enhance the established high-performance culture and pursue excellence in all facets of the NSWIS operation, in an environment which encourages innovation.

Targeted Approach

We will target resources towards NSWIS athletes and coaches with the greatest potential for international success, by providing access to world-class services, equipment and facilities at Sydney Olympic Park and NSWIS centres around the state.

Strategic Partnerships

We will actively seek, develop and enrich partnerships with government, the sporting community, institutions and commercial groups to achieve our key goals.

Promotion

We will promote the success of the NSWIS to increase our public and industry profile and enhance our international and national standing as a premier sporting institute.





operational overview

SPORT PERFORMANCE

During the reporting period the NSWIS achieved world-class performance in international competition through an athlete-focused approach involving the following identified service priorities:

- sporting progression
- health management
- balanced attitude
- ethical behaviour

Athletes were selected to 26 sport programs across 20 sports as well as a number of individual scholarship holders (including AWD) in consultation with program partners, approved selection criteria and standards (see also the individual sport report, commencing page 30). The NSWIS offered a number of additional scholarship opportunities to NSW athletes, including Individual Scholarship, Athletes with a Disability (AWD) and Campaign 2008 / 2010 scholarships.

NSWIS athletes won medals at significant international events, including the Olympic / Paralympic Games, world championships and internationally recognised senior and junior events.

At the 2008 Beijing Olympic Games the NSWIS was represented by 85 athletes. NSWIS Olympians brought home three gold (four athletes contributing), four silver (five athletes contributing), and five bronze (16 athletes contributing) medals. As a nation the NSWIS would have finished 24th on the Olympic medal table.

Thirty-six NSWIS Paralympians won six gold (10 athletes contributing), 13 silver (13 athletes contributing), and eight bronze (11 athletes contributing) medals. As a nation the NSWIS would have finished 16th on the Paralympic medal table.

For further information on significant NSWIS sporting performances see Athlete Scorecard, page 25.

LEADERSHIP

Internationally recognised programs and expertise position the NSWIS as a leader in the delivery and development of high performance sport in Australia, as part of the National Sports Network. The NSWIS was involved in several national focus programs, projects and international links during the reporting period in the areas of sports programming, sport science and athlete services.

Sports Inclusion 2009 - 2012

The NSWIS Board confirmed sport programs for the 2009-2012 quadrennial including the level and term of support for respective sports based on approved Squad Sport Admission Criteria and Sports Priority Framework. Commencement of the revised program structure featuring 21 sport programs began on 1st January 2009.

See also: The Coaching, Athlete and Program Services section of this report, page 20.

Emerging Talent

The NSWIS Emerging Athlete Program helped identify and support talented junior athletes. To couple this, several Emerging Talent Squads were introduced to underpin a range of NSWIS sport programs. These squads provided a pathway for junior athletes across NSW to enter the NSWIS scholarship program.

See also: the Coaching, Athlete and Programs Services section of this report, page 22.

Coaching

Coaching was promoted and supported as a key service area within the NSWIS. The NSWIS worked closely with the Australian Sports

Commission to identify sport specific, as well as general development and support requirements, for quality coaching as part of the Coach Career Management Program.

See also the Coaching, Athlete and Program Services section of this report, page 18.

ACE/PD and National Athlete, Career, and Education

As part of the National Athlete, Career, and Education (NACE) Program, the NSWIS assisted athletes to achieve educational and vocational aspirations via regular contact and assessments. An effective system for capturing athlete career and education information was established and the NSWIS commenced work on a national project entitled *Effective Transition Process* designed to assist athletes with the transition from sport.

See also: the Coaching, Athlete and Program Services section of this report, page 20.

The University of Sydney and Elite Athlete Friendly Universities

With the establishment of the Elite Athlete Friendly University (EAFU) network in 2004-05, the Australian university network recognised the demands on elite athletes, and commitment was made to developing policies and practices to assist these athletes.

The NSWIS assisted the NACE program with ongoing education for NSW based universities, specifically in developing successful submissions and hosting professional development opportunities for key university staff.

The NSWIS also continued to work closely with strategic partner, the University of Sydney. Links included shared professional development opportunities, attendance and

presentations at workshops and involvement with various programs and projects.

Applied Research Program

The Applied Research Program (ARP), which oversees and coordinates the research at the NSWIS has continued to develop its links with corporate partners and has been successful in gaining research grants from a number of organisations. The ARP also completed a number of initiatives and had targeted input into the preparation of NSWIS athletes competing at the 2008 Beijing Olympic Games.

The ARP supports NSWIS sport programs and focused on the areas of technology for monitoring athletes and technology for athletic performance, the health of the athlete and refining training.

Funds gained by the ARP have been invested into staff, equipment, and supporting NSWIS athletes and programs. Through its links with universities and corporate partners the ARP was able to further enhance the support provided to NSWIS athletes.

See also: The Applied Research Program section of this report, page 27.

EXCELLENCE AND INNOVATION

The NSWIS is committed to enhancing the established high-performance culture and to pursuing excellence in all facets of the Institute's operation. During the reporting period, the NSWIS was involved in a number of initiatives and projects in an environment which encouraged innovation, including sport science & medical services, coaching, athlete services, information, communication & technology, and sport programming

Coach Excellence

Recruiting, developing and retaining



world class coaching expertise was a key focus for the NSWIS during the reporting period. In particular, champion coaches Chava Sobrino (diving) and Gary Sutton (cycling) were joined by Grant Stoelwinder (swimming).

See also: the Coaching, Athlete and Program Services section of this report, pages 18.

Research and Development

The NSWIS Applied Research Program and Sport Science Unit continued its research development initiatives and projects during the reporting period and was successful in gaining grants and other funds to allow it to continue its work.

See also: the Applied Research Program, page 27 and Sport Science & Medical Services section of this report, page 28.

Information Communication Technology

The Institute's state of the art VoIP (voice over IP) phone system and unified communications, enhances staff communication, especially from external locations. This was bolstered with the upgrade to Office Communicator 2007 and the installation of Microsoft Live Meeting 2007.

The NSWIS continued to improve the use of the audio visual equipment in the seminar rooms with the installation of new touch screen technology to run all audio visual devices in the main seminar rooms on level one.

Development on the NSWIS athlete client relationship system Athletic Logic has continued and the system went live in January 2009. Additional development of the system continues.

The use of our digital asset management system, Cumulus, improves the storage, recording and

tracking of the digital images (both still and motion) stored on the NSWIS data network. The benefit of the system is the ability to search for images based on keywords within the one application, improving work practices.

Remote access for NSWIS staff and coaches continues to play a major role in providing communication and data access both regionally and internationally especially with the attendance of NSWIS staff and athletes at events being held around the world. Access is required during training camps, competitions and off-site athlete servicing. The use of the Firepass VPN, Telstra Next G internet cards, Microsoft Office Communicator, Microsoft Live Meeting and Blackberry devices provide staff and coaches with fast, simple access to NSWIS information and technology services.

In house training was provided for internal staff in the ICT Training Lab for the latest Microsoft products including Microsoft Office 2007 suite.

TARGETED APPROACH

During the reporting period the NSWIS actively targeted its resources towards athletes and coaches with the greatest potential for international success.

Coaching

The NSWIS maintained a targeted approach to coaching, negotiating a variety of high performance coaching arrangements with program partners. As part of this approach the NSWIS increased coaching roles in targeted sports as a key strategy for achieving sustainable success. The targeted sports included diving, cycling and swimming, with the recruitment of assistant coaches to support the world class head coaches of these programs.

See also: the Coaching, Athlete and Program Services section of this report, page 18.

Beijing 2008 Initiatives

All NSWIS 2008 Olympians and Paralympians were invited to attend a series of educational events prior the Games focusing on topics such as dealing with the media, presentation skills, as well as a Parents Partners and Friends Information evening.

Following the Olympic and Paralympic Games, debriefing kits and support services were offered to athletes with a further follow up by the ACE/PD unit six months after the Games.

A number of initiatives were supported:

- ❑ Tailored debriefing services were available to athletes and coaches who were not selected to the Olympic / Paralympic team through NSWIS Sport Psychology
- ❑ Supported NSWIS coaches and service staff selected to Olympic and Paralympic teams during the lead up to Beijing through paid leave and 'backfill' arrangements as required

Sports benefiting from specific Beijing initiatives included:

- ❑ Water Polo Men – supported five athletes and one coach to attend the Beijing test event
- ❑ Canoe Sprint – provided financial support to assist David Rhodes and Daniel Collins with living expenses while training full time in the lead up to Beijing
- ❑ Diving – provided financial support to assist Matthew Mitcham and Alexandra Croak with living expenses while training full time in the lead up to Beijing
- ❑ Rowing – provided financial support to assist Brooke Pratley, Stephen Stewart and Peter Hardcastle with training expenses in the lead up to Beijing

- ❑ Softball – provided additional funding to athletes preparing for Beijing to access massage services to assist with recovery
- ❑ Athletes with a disability – provided additional funding to Lindy Hou (cyclist) to purchase a custom made ergo bike to assist with preparation for the Paralympics
- ❑ Track & Field – provided financial support to assist Josh Ross, Lachlan Renshaw, Joel Milburn, John Steffensen, Jana Rawlinson, Dani Samuels and Jane Saville with living expenses while training full time in the lead up to Beijing
- ❑ Track & Field – utilized indoor throwing circle and nets to assist Dani Samuels with Beijing preparation
- ❑ Sailing – provided funding to enable Nathan Wilmot and Malcolm Page to transport their boat to China via plane rather than ship, reducing travel time by six weeks to enable more training and competition time in the lead up to the Games
- ❑ Swimming – provided sport science servicing to Team and Target 2008 athletes residing in the Northern High Performance Centre
- ❑ Swimming – supported Olympic team athletes Lara Davenport and Sophie Edington and Olympic team coach Greg Salter to attend altitude training camp in Thredbo in preparation for the Beijing Games
- ❑ Triathlon – supported Brad Kahlefeldt and training partners to attend a series of high altitude camps in France in preparation for Olympic selection and the Olympic Games

See also: the Coaching, Athlete and Program Services section of this report, page 18.



Sport Psychology

Sport Psychology services were delivered via a targeted approach with individualised servicing provided to priority athletes. These athletes included potential 2010 Winter Olympic / Paralympic team members, giving targeted athletes the best chance of achieving selection and international success.

See also: the Coaching, Athlete and Program Services section of this report, page 18.

Sport Inclusion

One of the key principles of the NSWIS 2009 – 2012 Sport Inclusion process was ensuring the new structure allowed prioritisation of resources and services through the implementation of consistent scholarship categories across all sports.

See also: the Coaching, Athlete and Program Services section of this report, page 18.

Additional Funding Opportunities

A number of additional funding opportunities were provided by the NSWIS during the reporting period. The opportunities included venue access and capital equipment, as well as specialist programs for international tours, coach development and women in high performance sport.

Venue Access

During the reporting period \$499,000 was available for venue access. This funding provided NSWIS athletes with access to world class / Olympic venues in 20 sport programs.

Capital Equipment

A total of \$385,000 was available for additional capital equipment support. This funding assisted the NSWIS achieve sporting success through the provision of the latest technology in sport related equipment, benefiting 11 sport programs.

Talent on Tour

A total of \$50,000 was provided through 'Talent on Tour' funding to assist athletes who gained selection in national teams for junior world championships with expenses. Athletes from nine sports benefited from funding. *The Talent on Tour* Program is supported by the Carbine Club of NSW.

STRATEGIC PARTNERSHIPS

During the reporting period the NSWIS sought, developed and enriched its partnerships with the government, sporting community, institutions and commercial groups to successfully achieve desired outcomes.

Strategic partnerships continued with the NSW Government, NSW Department of Arts, Sport and Recreation, The University of Sydney and the Australian Sports Commission, as well as National and State sporting organisations and Regional Academies of Sport. The NSWIS gratefully acknowledges the financial support that the Australian Sports Commission provides to its programs and is pleased to assist with the delivery of National Training Centre programs and services.

The NSWIS strengthened its relationship with a series of sponsors, strategic partners, providers, and venue supporters throughout the reporting period. A variety of new sponsors and strategic partners were also secured.

ClubsNSW – Principal Partner

ClubsNSW has been the Principal Partner of the NSWIS since 1995, its annual contribution of over \$1 million helps to ensure that the NSWIS remains Australia's leading sporting institute.

In 2008, ClubsNSW continued its commitment to support sport

throughout NSW by renewing its position as the Principal Partner of the NSWIS. ClubsNSW have committed to supporting the NSWIS throughout the next Olympic cycle.

As part of the sponsorship, ClubsNSW presented the 2008 ClubsNSW Male Athlete of the Year Award at the 2008 Annual NSWIS Awards Dinner. NSWIS Diver Matthew Mitcham won the prestigious award as a result of his outstanding performances at the 2008 Beijing Olympic Games.

2008/09 also saw the continuation of the Employ an Athlete Program. This program sees ClubsNSW member clubs directly support NSWIS athletes by providing opportunities for flexible employment in NSW.

The University of Sydney

The NSWIS continued its relationship with The University of Sydney during the reporting period. Over 63 NSWIS scholarship holders studied at the university, with many receiving support through the Sydney University Elite Athlete Program. The university also presented exclusively at the NSWIS ACE/PD Education Seminar.

The NSWIS Applied Research Program continued its links with the University of Sydney through several research studies with a number of the university's faculties and schools.

The University of Sydney continued its sponsorship of The University of Sydney Academic Excellence award category at the 2008 NSWIS Awards Dinner. NSWIS athlete Sarah Stewart (wheelchair basketball) won the award.

Sponsors and Partners

Bankstown Sports

Bankstown District Sports Club (Bankstown Sports) continued its commitment to the NSWIS through their support of the NSWIS Cycling Program. Bankstown Sports' support

proved vital to the delivery of the program not only as a sponsor, but also as a venue supporter. The Dunc Gray Velodrome, managed by Bankstown Sports, is the home of our track cyclists, led by Head Coach Gary Sutton.

Macquarie Sports

In 2008 Macquarie Sports continued its commitment to support the NSWIS Emerging Athlete Program. The sponsorship enabled the NSWIS to continue its successful talent identification program.

Classic Sportswear

Classic Sportswear is the Institute's Official Uniform Supplier. Throughout the reporting period, Classic Sportswear worked with the NSWIS to develop the 2009-2012 NSWIS uniform and expanded their financial support of the NSWIS to include sponsorship of the Team Athlete of the Year award category at the NSWIS Awards Dinner.

Carbine Club of NSW

The Carbine Club of NSW renewed its sponsorship of the NSWIS *Talent on Tour* Program during the reporting period. The program is an NSWIS initiative that provides assistance to athletes in gaining selection in junior national teams for junior world championships.

The Natural Confectionery Company

The Natural Confectionery Company continued to provide NSWIS athletes with a 99% fat-free alternative energy source. The athletes look forward to each delivery.

Accor

Accor is the Preferred Accommodation Provider to the NSWIS. This partnership sees the NSWIS receive significant discounts on accommodation rates within Australia.



Matthew Mitcham, Malcolm Page and Libby Trickett. Photo by Getty Images



Karen Murphy | Photo by Getty Images

This relationship has also seen Accor join the NSWIS Employ an Athlete Program. Accor supports this program by providing opportunities for flexible employment to NSWIS athletes at hotels across Australia.

I-Med Network

I-Med is the Preferred Medical Imaging Provider of the NSWIS, offering NSWIS scholarship holders bulk billing on all Medicare rebatable medical imaging (radiology) items, as well as a discount on items not covered by Medicare.

Itsports

Itsports are the Official Provider of Compression Garments to the NSWIS. As a result of this partnership NSWIS athletes have access to all Itsports products at a discounted rate. The NSWIS also benefits financially by receiving a royalty from each product sold.

PE Sports Vision

PE Sports Vision, the creator of the Sports Vision Trainer units, continued its support of the NSWIS. The units assist athletes in developing and improving reflexes, peripheral vision and eye-hand coordination.

Powerade

Powerade is a Partner of the NSWIS Applied Research Program. During the reporting period, the NSWIS has worked closely with Powerade to provide the scientific testing needed in the product development process. Powerade also provided product for NSWIS athletes throughout the year.

KAPLAN

NSWIS Education Provider KAPLAN

continued to partner with the NSWIS by providing scholarships to NSWIS athletes interested in forging a career in the financial sector.

APM Training Institute

During the reporting period APM Training Institute continued to provide scholarships to NSWIS athletes in the area of marketing, public relations, advertising and sports management.

Dale Carnegie Training

The NSWIS continued its partnership with Dale Carnegie Training, with athletes benefiting from high-quality leadership and goal setting courses

Fitness Institute of Australia

During the reporting period the Fitness Institute of Australia continued its relationship with the NSWIS, providing NSWIS athletes with scholarships in their fitness courses.

Mizuno

Shoewear manufacturer Mizuno offer substantially reduced sponsorship prices on a range of shoes to all NSWIS athletes, staff and coaches. Mizuno also provides the NSWIS with royalties from each pair of shoes sold as a result of the partnership.

Athletes benefit from the 'Mizuno Athlete of the Month' prize which sees selected athletes receive a Mizuno prize pack in recognition of their achievements.

Laverty (formerly Symbion Pathology)

During the reporting period the NSWIS appointed Laverty as the Preferred Pathology Provider of the NSWIS. The partnership sees NSWIS athletes

and coaches receive bulk billing on pathology services. The NSWIS also receives financial support from Laverty that directly assists the NSWIS Medical Program.

Suunto

The NSWIS entered into a partnership with heart rate manufacturer Suunto in 2009. The partnership sees NSWIS athletes, staff and coaches receive discounted rates on all Suunto products. The NSWIS also receives a royalty from each product sold and quarterly athlete prizes.

Sydney Olympic Park Aquatic Centre

In 2009 Sydney Olympic Park Aquatic Centre (SOPAC) expanded their support of the NSWIS by becoming a Program Partner of the NSWIS Diving Program. The financial support provided by SOPAC funds an assistant coaching position to support Head Coach Chava Sobrino.

Providers

The NSWIS was fortunate to benefit from the support of a number of providers during the reporting period:

- De Bortoli Wines
- Coca Cola
- Southern Design
- Lion Nathan
- Bakers Delight – Rhodes Shopping Centre
- Creative Stars Events & Experiences

Venue Supporters

The following venues were identified

as venue supporters in the reporting period:

- Bexley Golf Club
- Bonville International Golf Resort
- Dunc Gray Velodrome
- Jindabyne Sport & Recreation Centre
- Lake Ainsworth Sport & Recreation Centre
- Mingara Recreation Club / Mingara Leisure Centre
- Perisher Blue
- Penrith Whitewater Stadium
- Sydney Academy of Sport
- Sydney International Equestrian Centre
- Sydney Olympic Park Aquatic Centre
- Sydney Olympic Park Athletic Centre
- The Forum Sports & Aquatic Centre University of Newcastle
- Kosciusko Thredbo
- University of Wollongong

2008 NSWIS ANNUAL AWARDS DINNER

The 2008 NSWIS Annual Awards Dinner was held on Thursday 27th November in the Randwick Pavilion at the Australian Jockey Club. The evening celebrated the achievements of NSWIS athletes, coaches and



programs both in and out of the sporting arena.

The event was hosted by NSWIS Deputy Chairman Alan Jones AO and was a sparkling success with over 730 guests being entertained by the fabulous James Morrison. Special guests included The Hon Kevin Greene MP and ClubsNSW Chairman Peter Newell OAM. Guests were also joined by an array of NSWIS Olympians and Paralympians.

Award Category Sponsors and Winners:

- ❑ ClubsNSW Male Athlete of the Year – Matthew Mitcham (Diving)
- ❑ NSW Department of the Arts, Sport & Recreation Female Athlete of the Year – Jacqueline Lawrence (Canoe Slalom)
- ❑ Telstra Coach of the Year – Chava Sobrino (Diving)
- ❑ Classic Sportswear Team Athlete of the Year – Nathan Wilmot & Malcolm Page (Sailing)
- ❑ Sydney Olympic Park Authority Program of the Year - Diving
- ❑ NSW Department of Arts, Sport and Recreation Regional Excellence - Equestrian
- ❑ Out & About Marketing and Media Junior Athlete of the Year – Casey Eastham (Hockey)
- ❑ Ian Thorpe/Grand Slam International Outstanding Achievement – Male – Kurt Fearnley (Wheelchair Track & Road)

- ❑ Ian Thorpe/Grand Slam International Outstanding Achievement – Female – Nicole Kullen (Equestrian)

- ❑ Lawler Partners Career Development – Trent Franklin (Water Polo)

- ❑ Australian College of Physical Education Academic Excellence – Grant Brits (Swimming)

- ❑ The University of Sydney Academic Excellence – Sarah Stewart (Wheelchair Basketball)

Award Dinner Event Providers:

- ❑ Southern Design
- ❑ Lion Nathan
- ❑ De Bortoli Wines
- ❑ Coca-Cola
- ❑ Hutchings Pianos
- ❑ AJC Convention Centre
- ❑ Creative Stars Events & Experiences
- ❑ Getty Images
- ❑ Musikwerks

Friends of NSWIS

Friends of NSWIS provides support to the NSWIS via donations made through the Australian Sports Foundation. This funding supports NSWIS scholarship athletes with training costs, sports related coaching, camps and clinics, coaching development and the purchase of sporting equipment.

PROMOTION

The success of NSWIS athletes, coaches and sport programs was actively promoted during the reporting period, increasing awareness of the NSWIS brand and enhancing its international and national standing as a premier sporting institute.

Media

The NSWIS Marketing Department continued to produce news stories, press releases and promote all media opportunities for NSWIS athletes, coaches, staff, and sport programs in conjunction with Hanson Sports Media.

The introduction of the International Training Program (swimming) created substantial media interest throughout the reporting period. The NSWIS Uniform Launch held at the NSWIS Training Facility in May 2009 also generated a significant amount of media attention with several high profile NSWIS athletes attending the launch.

Website

The NSWIS website continued to show strong growth in web visitations and content development during the reporting period. Following a redevelopment project in 2008, the NSWIS website provided up to date information in an interactive manner, including the development of a topical site for the 2008 Beijing Olympic and Paralympic Games which featured live news updates and images from the Games.

Publications

The NSWIS produced two editions

of *The Edge* magazine, an Annual Report, and weekly electronic newsletters providing the latest news and information in relation to the NSWIS. In April 2009 the NSWIS released a new look 're-launch' edition of *The Edge* magazine with the aim of improving the 'look' of the magazine as well as modernising the content.

The Marketing Department also assisted with the production of various unit publications such as EAP newsletters, Balance newsletter, Snapshot newsletter, as well as the NSWIS Corporate Plan.

Events

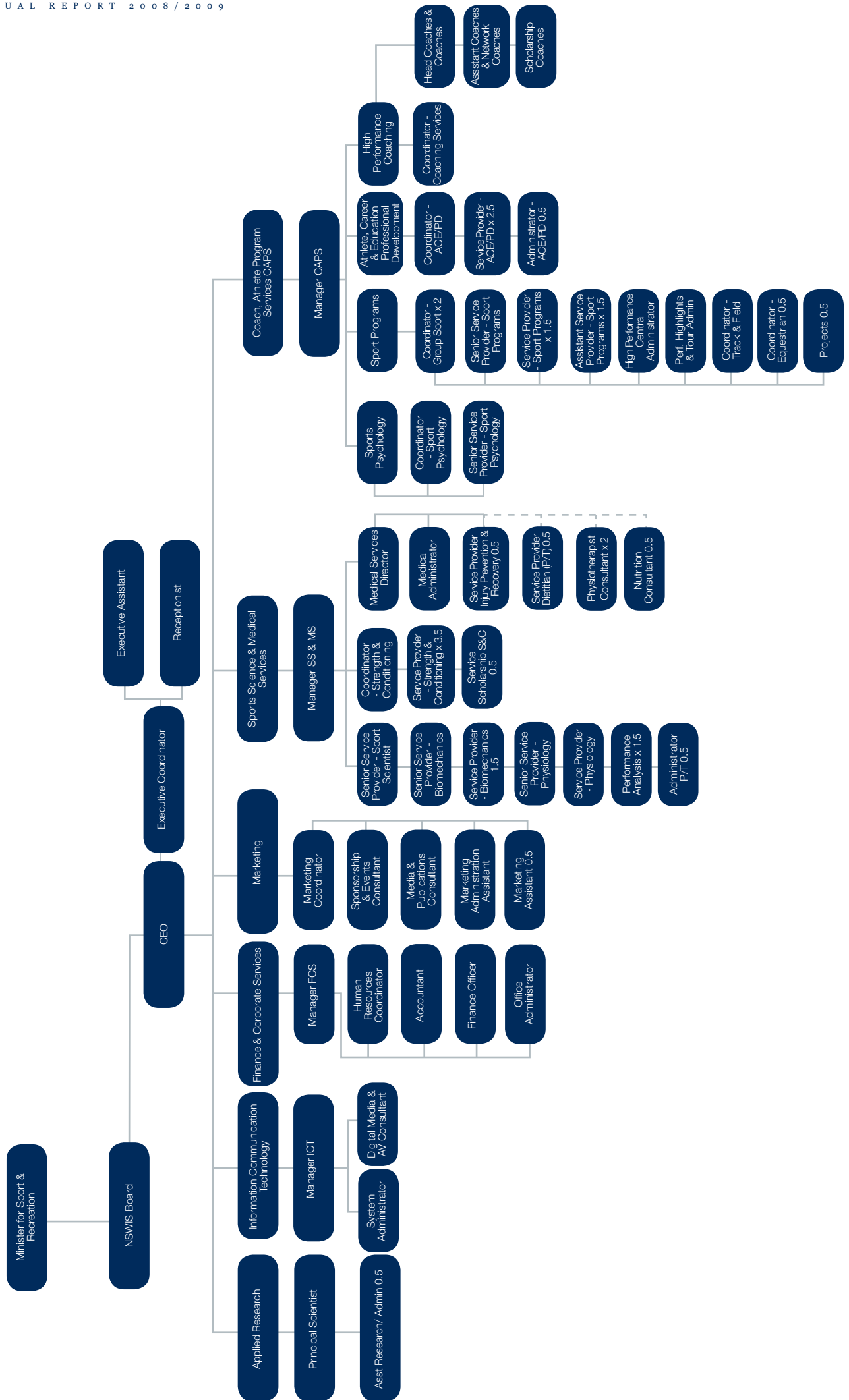
The NSWIS delivered several events throughout 2008/09 including the 2008 NSWIS Annual Awards Dinner held at the Australian Jockey Club in Randwick on Thursday 27th November 2008.

Two other significant events were held to promote the NSWIS brand and provided an opportunity for NSWIS sponsors and partners to network. These events included the 2008 NSWIS Beijing Olympic Cocktail Party and the 2009 NSWIS Uniform Launch.

NSWIS Sport Speakers

The NSWIS Sport Speakers program continued to provide NSWIS athletes with a range of public-speaking and presentation opportunities. Sport Speakers aims to provide role models that successfully promote an image and message of respect and responsibility in the community. Increased promotion of the program occurred throughout the reporting period.

organisational chart



coaching, athlete and program services



Photo by Getty Images

The Coaching, Athlete and Program Services (CAPS) Department delivered the following high-performance sport services:

- Coaching Services
- Athlete Career, Education and Professional Development (ACE/PD) Services
- Sport Psychology Services
- Sport Programs Services
- Regional / Mobile Services
- Emerging Talent, including Emerging Athlete Program Services

1. QUALITY COACHING

Coaching was promoted and supported as a key service area. The *Coach Excellence* program focused on recruitment, development and retention of 'international standard' coaching as programs moved from one Olympic / Paralympic cycle to the next.

The NSWIS worked closely with the Australian Sports Commission (ASC) *Coach Career Management Program*, through the National Coach and Athlete Career arm. This relationship enhanced the Institute's capacity to work with coaches to identify sport specific, as well as general development and support, requirements.

Coaching Recruitment and Retention

As a part of the transition from one Olympic / Paralympic cycle to the next, the NSWIS negotiated a variety of high performance coaching arrangements with program partners to achieve a 'best fit' approach across respective sports. The quality of coaches retained and recruited during the reporting period was excellent.

The NSWIS successfully increased

coaching roles in targeted sports as a key strategy for achieving sustainable international success in:

- Diving – established an additional full time Assistant Coach position, through a sponsorship arrangement with Sydney Olympic Park Aquatic Centre (SOPAC), to deliver an enhanced Emerging Talent Program which includes talent identification, development and transfer and will operate from SOPAC and NSWIS facilities
- Cycling – established an additional full time Assistant Coach position through an integrated pathway partnership with Cycling Australia, Cycling NSW and National Talent Identification & Development
- Swimming – established a full time International Training Program (ITP) coach. The position allowed targeted NSWIS ITP athletes to train centrally from SOPAC and the Ian Thorpe Aquatic Centre under the guidance of a world class coach

ITP components were supported in targeted sports with world class coaches being recruited or retained as a priority:

- Swimming – Grant Stoelwinder
- Cycling – Gary Sutton (combined NSWIS / Cycling Australia national role)
- Diving – Chava Sobrino

A number of coaches commenced roles with NSWIS sport programs:

- Wheelchair Basketball – Ben Osborne (previously an ASC scholarship coach)
- Cycling – Michael Kedja, Sean Eadie
- Diving – Vyninka Arow

- Hockey – Anthony Thornton
- Netball – Julie Fitzgerald, Rob Wright, Tracey Robinson
- Soccer – Wayne O'Sullivan

The NSWIS supported a number of program partners to employ NSWIS coaches directly through the national sporting organisation or National High Performance Program, encouraging closer links between the NSWIS and national programs:

- Canoe Slalom – Vacant
- Canoe Sprint – Guy Wilding, Jimmy Walker
- Triathlon – Jamie Turner

NSWIS athletes accessed quality coaching through a number of initiatives that targeted former athletes:

- Canoe Sprint – Shelley Oates-Wilding worked with emerging athletes (NSWIS Women in High Performance Sport Program) and included role model input from Chantal Meek, Yanda Nossiter, Debbie Watson and Kerri Pottharst
- Diving – Rebecca Manuel continued to work with high-performance and emerging athletes (NSWIS Women in High Performance Sport Program)
- Hockey – Alyson Annan worked with emerging athletes and assisted with resource development for regional athletes and coaches through the NSWIS media file share project. Jen Morris and Trish Heberle provided support to NSWIS athletes relocating to the AIS Hockey Unit (WA) in mentoring roles as part of the NSWIS Women in High Performance Sport Program.
- Wheelchair Track & Road - Louise Sauvage continued to work with

high-performance and emerging athletes (NSWIS Women in High Performance Sport Program)

- ASC scholarship coaches – the NSWIS continued to host ASC scholarship coaches in equestrian and wheelchair basketball through national sporting organisations

Coach Excellence – Sport Specific Development Opportunities

In addition to the resources available in each sport budget, the *Coach Excellence* program provided opportunities for professional development from a sport specific perspective.

The program catered for a diverse range of coaches based on their current level, role and future aspirations. It supported a variety of quality coach development opportunities, including:

- Beijing Olympics – High Performance Sport Development Tour for targeted coaches; Larry McIntosh (hockey), Troy Baverstock (softball), Jim Fowlie (swimming)
- Equestrian, Prue Barrett – assistance with university studies and coach development
- Rowing, Andrew Randell – mentoring connection with Tim McLaren, Head Coach Men's Rowing USA
- Netball, Rob Wright – networking with former NZ Coach Yvonne Willering and other targeted coaches with technical expertise
- Sailing, Erik Stibbe – experience gained through World Cup campaign involvement
- Soccer (Men), Jean Paul De Marigny – commenced the AFC / FFA Pro Diploma

Coach Excellence - High Performance Sport and General Coach Development Opportunities

During the reporting period opportunities were provided for coaches across sports to access information, seminars, educational and general development opportunities, based on action plans developed through the Coach Career Management (CCM) process (individual coaches met with a Coach Consultant to identify needs):

- Beijing debrief for NSWIS Coach Development Tour participants and coaches involved with Beijing Olympics in conjunction with the Australian Sports Commission (ASC)
- Family, Work, Life Balance (with ASC)
- Coach Career Development - the NSWIS 'Coach Career Management' approach was modified to better facilitate and coordinate identified areas for development with program partners and employer priorities (including sport specific, high performance sport and general development areas) – targets improved coaching performance

Coach Networking Workshops

In order to facilitate development and encourage the sharing of information across sports, a series of informal workshops and opportunities for targeted coaches were held, including:

- *NSWIS Connect (Coach)* - assisted new coaches to survive and thrive at the NSWIS and discuss coach and program development opportunities with experienced coaches / leaders at the NSWIS
- *What's Working?* – prior to CEO monthly updates, small group discussions across sports were held focusing on what's working in sport

Technology

Quality coaching opportunities have been enhanced through the use of the following technology:

- Media File Share:
 - Targeted sports including swimming, hockey, netball, golf, and basketball used 'Neptune' to share coaching knowledge via short video clips across the internet. This offered a secure, simple way for coaches to share coaching tips as well as training skills and drills with athletes and coaches anywhere in the world. Regional and talented athletes and coaches were connected with up-to-date coaching techniques and tips for progression accessible from their 'home environment' via the internet
 - 'Core stability' – tips from world class NSWIS Diving Coach, Chava Sobrino were captured and shared with swimming and hockey coaches and athletes via a series of short video clips through 'Neptune'
- Athletic Logic – The NSWIS continued development of an athlete management system which will allow coaches and service staff

to better plan, monitor and deliver training, competition and service opportunities across sports

2. ATHLETE CAREER, EDUCATION / PROFESSIONAL DEVELOPMENT (ACE/PD)

As a part of the National Athlete Career and Education (NACE) Program, ACE/PD staff assisted athletes to achieve their educational and vocational aspirations effectively, without compromising their sporting objectives.

An effective system for capturing initial athlete career and education information during the scholarship application process was established. *My Life 1:1 annual assessments* and follow-ups with all NSWIS gold and silver scholarship holders were provided. Follow-up servicing for EAP scholarship holders was provided via ACEonline.

There were 175 *My Life 1:1 Annual Assessments* completed during the reporting period, with recommendations made to coaches and key service staff.

On 1529 occasions NSWIS, AIS and national senior team athletes visited or had direct contact with ACE/PD staff for assistance in areas such as career counselling, resume building and / or education guidance.

There were 657 visits recorded by athletes in the ACE/PD Professional Development Program, and 45 seminars and workshops were delivered on various topics, including life after sport, public speaking, time management, media skills and cooking classes.

The NSWIS commenced working with NACE on a national project entitled *Effective Transition Process*. The project will better assist athletes with transition from sport by gaining their feedback to determine the services and resources they require for effective transition. The project is due for completion in December 2009.

The NSWIS facility

Staff, athletes and coaches made excellent use of:

- Athlete Lounge – computers with internet access, printer and scanner facilities, resource library, large screen TV with DVD player, kitchen area with fridge, microwave and dishwasher
- Athlete breakfasts – were available three mornings per week (Monday / Wednesday / Friday) in the Athlete Lounge and included bread provided by Baker's Delight Rhodes Shopping Centre
 - Provided refuelling post training
 - Provided platform for ACE/PD consultants to engage with athletes in an informal setting on a regular basis
 - Provided platform for the NSWIS nutritionist to consult with athletes once per week during the breakfast period
 - On a monthly basis, a hot

breakfast on a "themed topic" was provided and included guest speakers

- Seminar rooms were used on a regular basis for workshops. In addition, ACE/PD hosted the annual NACE Conference
- Demonstration kitchen was used for monthly hot breakfasts as well as regular cooking classes

Workshops and events

ACE/PD held 45 workshops and events during the reporting period, attended by 958 athletes, parents, coaches and staff. Effective 1 January 2009, Sport Science and Medical Services took over delivering nutrition workshops to NSWIS athletes, with ACE/PD continuing to host life skill related topics, such as cooking classes.

An initiative this year was in-house delivery of RSA (Responsible Service of Alcohol) and RCG (Responsible Conduct of Gambling) courses for athletes at a reduced rate. Courses assisted athletes to be job ready for casual work, tapping into possible employment opportunities through ClubsNSW and Accor Hotels.

ACE/PD resource booklets were updated and made available in the Athlete Lounge, on topics such as relocating, selecting a manager, time management and sponsorship success.

NSWIS Athlete Education and Debrief for Beijing 2008 Pre Olympic / Paralympic Education

All athletes on the NSWIS targeted list for the 2008 Olympics / Paralympics were invited to the following educational events prior to Beijing:

- *Beijing and Beyond – The Complete Athlete Series*
- *Media Training with Hanson Sports Media*
- *Etiquette and Presentation Skills with Anna McPherson*
- *China: Customs and Culture with the Beasley Institute*

In addition, parents, partners and friends of all athletes on the 'target list' were invited to a presentation:

- *Olympic and Paralympic Parents Partners and Friends Information Night*

WORKSHOP / EVENT NO.	HELD	TOTAL	ATHLETES	COACHES	STAFF	PARENTS	TOTAL
TOPIC							
Introduction to ACE/PD+ ACEonline			127	13	14	27	181
CAREER and EDUCATION							
Annual Career and Education Seminar and Expo			52	1	0	24	77
Studying in the USA			11	1	2	8	22
Board of Studies Seminar			11	1	4	25	41
Life After Sport with Alan Jones AO			36	9	30	2	77
Surviving and Thriving in the Global Economic Climate			8	3	1	0	12
Annual Career and Education Seminar and Expo			30	1	35	42	108
PROFESSIONAL DEVELOPMENT							
Time Management - Beginner			76	4	2	2	84
Integrated Time Management			7	0	0	0	7
House Rules - Strengths			25	2	1	0	28
Supermarket Shopping - Label Reading			4	1	0	0	5
Nutrition - Eating for Competition			17	1	0	0	18
Nutrition: Intermediate			23	2	0	0	25
Nutrition: Real Cooking by Real People			11	1	2	0	14
Cooking Class - Australian Classics			2	0	2	0	4
Easter Athlete Breakfast			33	7	4	1	45
Anzac Day - The Ultimate Sacrifice			30	2	4	0	36
Sponsorship Etiquette			17	0	0	0	17
Respectful Behaviour			10	1	0	0	11
Media Skills Part 1			10	1	0	0	11
Media Skills Part 2			13	1	1	0	15
Public Speaking Beginner			17	1	3	0	21
Public Speaking Intermediate			18	1	2	0	21
Public Speaking Advanced			11	0	2	0	13
Responsible Service of Alcohol Course			15	0	1	0	16
Responsible Conduct of Gambling Course			15	0	1	0	16
Emerging Sports Leadership Course			15	2	2	0	19
Communication and Professionalism			13	0	1	0	14
TOTAL			657	56	114	131	958

Athletes selected for the Olympic / Paralympic Games were provided with support and information including:

Pre Olympic / Paralympic contact

- Congratulations postcard from CEO
- Congratulations letter from CEO and NSWIS Board

- Beijing Selection Pack – with information and tips to prepare for Beijing, including Beijing Debriefing Kit

- Good luck email from ACE/PD consultant

Post Olympic / Paralympic contact

- Welcome home SMS
- Letter of congratulations for Olympic / Paralympic results and offer of services
- Email / video message - ACE/PD touching base and offering services
- Promotion of Public Speaking courses – Level 1-2-3 (beginner to advanced)
- Further follow-up at six months

Athletes missing Olympic / Paralympic selection were offered support including:

- Email / video message - ACE/PD touching base and offering services
- Distribution of Beijing Debriefing Kit Promotion of Public Speaking courses - Level 1-2-3 (beginner to advanced)
- Further follow-up at six months

Career

Individual and specialised services were offered during the reporting period, including career and education guidance, resume development and assistance with interview technique. Eighty - six athletes were employed full time, eight were undertaking apprenticeships / traineeships and 190 were combining part time / casual positions with study and / or training.

Employ an Athlete Program

As part of the Employ an Athlete Program, employment opportunities were circulated directly to athletes and coaches via e-mail and the monthly Balance e-newsletter. A jobs board was set up in the Athlete Lounge and updated regularly.

ClubsNSW member clubs continued to provide employment opportunities to NSWIS athletes through the 'Employ an Athlete Program.' In addition Accor Hotels provided flexible employment opportunities for suitably qualified athletes. The program has continued to grow with athletes taking up casual employment opportunities with the Active After Schools Communities Program.

Forty - seven NSWIS athletes have registered their employer with the NSWIS Athlete Employer Register. Employers received a letter of thanks from the CEO, a certificate of appreciation, the monthly Balance e-newsletter and invitations to any relevant NSWIS functions.

National Careers Development Week (18-22 May)

A targeted career focused display was setup in the Athlete Lounge and two key events were held during National Careers Development Week (NCDW). The events were chosen as lead events by the NCDW organisers from a group of over 600 national events.

A breakfast was hosted featuring swimmer Jonathon Newton (Thomson / Reuters) with a lesson on 'Surviving and Thriving in the Global Financial Climate.' As an NCDW lead event, Jonathon and ACE/PD staff member Sam Wloszczowski were given the opportunity to be interviewed as a career development case study.

The marquee event was 'Life after Sport'. Guests were treated to an inspiring series of talks by Alan Jones AO, Chris Fydlar OAM, and an athlete panel discussion featuring Chris Fydlar, Alexandra Croak, Shelley Oates-Wilding and Jacqueline Lawrence. NSWIS sponsors and special guests were on hand to provide a networking opportunity for athletes to conclude the evening.

Education

441 (61%) NSWIS athletes were involved in studies during the reporting period, with 186 (42%) of those in secondary and 255 (58%) of those in tertiary institutions. NSWIS staff assisted athletes attending school, TAFE and university with subject / course selection, negotiation of flexible study arrangements and liaison with staff, teachers, lecturers and principals as required.

The NSWIS continued to work closely with strategic partner, The University of Sydney. Links included shared professional development opportunities, attendance and presentation at workshops and involvement with various programs and projects.

In addition, coaches and athletes were provided with eligibility information and educational requirements for participation in the 2009 World University Summer Games. Assistance was provided to athletes through the application process.

Annual Education and Career Seminar and Expo

The 8th Annual Education and Career Seminar was hosted by the NSWIS. NSWIS athletes in year 10 - 12 and their parents were invited, with 30 athletes and 42 parents in attendance. Athletes were provided with relevant post-school options to assist with making career or study choices while considering the flexibility and commitments required of elite athletes. During the expo, athletes and their parents were provided with an opportunity to meet with and discuss study options directly with providers.

Over 15 providers attended the seminar and set up booths for the expo including: universities, TAFE NSW / OTEN, the University Admissions Centre, Australian Training Company and NSWIS education providers (Fitness Institute Australia, APM Training Institute, Kaplan Professional and Dale Carnegie).

Board of Studies Seminar

The NSWIS invited athletes from years 7 - 12, and parents to listen to a presentation given by the Board of Studies. The session provided important information regarding distance education, Pathways and athlete flexibility whilst at school. Eleven athletes and 25 parents attended the session.

National Education Week (25 - 29 May)

The NSWIS promoted activities around National Education Week:

- *Return to School Program* – NSWIS athletes connected with their former primary schools and returned to meet with, talk to, and inspire young children to achieve their dreams.

- A targeted display was setup in the Athlete Lounge

Elite Athlete Friendly Universities

With the establishment of the Elite Athlete Friendly University (EAFU) network in 2004 / 2005, the Australian university network members recognised the demands on elite athletes, and made a commitment to developing policies and practices to assist athletes.

The NSWIS assisted the NACE program with ongoing education for NSW based universities, specifically in developing successful submissions and hosting professional development opportunities for key university staff. NSW institutions currently recognised as part of the EAFU include: Australian College of Physical Education, Charles Sturt University, Southern Cross University, University of New England, University of Newcastle, Macquarie University, University of Western Sydney, University of Technology Sydney, University of Wollongong and University of NSW. National universities within the EAFU include the Australian Catholic University and Open Learning Australia.

NSWIS ACE/PD Consultant, Justine Whipper was the State Institute of Sport representative on the EAFU committee. The NSWIS continued to develop relationships with the NSW based EAFU contacts by hosting meetings, professional development opportunities and invitations to applicable NSWIS functions. In addition, ACE/PD staff attended various functions at the universities in support of NSWIS athletes.

Technical and Further Education (TAFE)

During the reporting period, ACE/PD continued to strengthen its links with TAFE NSW. These links provided NSWIS athletes with options for flexible study using distance education, classroom teaching or both to complete their field of study. The Open Training and Education Network was utilised to provide distance education options.

Educational scholarships and assistance

Several organisations continued agreements with the NSWIS to provide educational scholarships and services to NSWIS athletes, including the APM Training Institute, Kaplan Professional, Dale Carnegie Training and the Fitness Institute of Australia.

The NSWIS provided assistance to athletes through educational grants:

- Three, \$500 Special Education Assistance Grants to athletes experiencing hardship to assist with educational expenses
- Ten, \$200 Education Assistance Grants to athletes in first year of further study to assist with textbooks and course equipment

NSWIS Connect: Community

NSWIS Connect: Community promoted the importance of 'respect and responsibility' in the community to athletes. During the reporting period, staff assisted athletes and coaches to promote social responsibility through volunteerism and community activities.

ACE/PD hosted special events for athletes and staff in support of causes within the community, including;

- Pink Ribbon Breakfast for athletes and local businesses in support of the National Breast Cancer Foundation.
- The SMITH Family Toy and Book Appeal to athletes and staff
- Valentine's Day Breakfast and Bush Fire Appeal
- Donating blood through the Red Cross when on site at Sydney Olympic Park. ACE/PD donated 600 stress balls to the blood bank to assist patrons when donating blood.
- ANZAC Day celebrations which included breakfast and a presentation from *Legacy on Representing Your Country, the Ultimate Sacrifice*. All proceeds from the day were donated to Legacy
- Opportunities with ARMTour (touring program that connects athletes with children in remote aboriginal communities). Matt Levy (AWD swimmer) took part in the program in October 2008

NSWIS Sport Speakers

The NSWIS Sport Speakers program aimed to provide role models that successfully promoted a message of 'respect and responsibility' in the community. During the reporting period, the NSWIS Marketing Department took over the promotion and administration of the Sport Speakers Program with ACE/PD continuing to provide a training program for the athletes.

On two occasions during the reporting period, three levels of public speaking classes were conducted:

- Public Speaking Level 1 - Beginner (17 athletes)
- Public Speaking Level 2 - Intermediate (18 athletes)
- Public Speaking Level 3 - Advanced (11 athletes)

At the conclusion of each series of classes, athletes were provided with an opportunity to join the NSWIS Sport Speakers Program based on their training and competency levels.

NSWIS Connect: Mentoring and Buddy Program

The program aimed to promote positive leadership examples by encouraging 'retired athletes' to share their experiences with NSWIS athletes at various stages of their careers. The NSWIS athletes targeted for this program ranged from first time scholarship holders to first time Olympians / Paralympians.

The focus of the program is to:

- Build strong supportive relationships
- Assist athletes to settle into a 'new' environment
- Provide mentors who share similar experiences
- Provide athletes with a balanced approach to sporting excellence and equip them with information / knowledge that can ultimately enhance their sporting performance

Specific projects in the reporting period included:

- NSWIS Connect – Hockey:
 - Opportunity for NSWIS athletes relocating to a 'decentralised' AIS location (Perth) to be formally 'buddied' up with a successful retired athlete who assisted them with the challenges of relocation via a monthly get together in a non-sport environment – mentors were Jen Morris and Trish Heberle.
- NSWIS Connect – Cross Sport:
 - Two NSWIS athletes - one currently studying medicine and one about to commence a medical degree
 - One current NSWIS athlete interested in a given career path, buddied with an NSWIS alumni who is currently working in same field

The NSWIS and Technology

A key emphasis for the NSWIS in 2009 is to implement various modes of technology to engage athletes and coaches. ACE/PD is exploring alternate methods of communication. @nswis is being developed for future use and will include; a virtual lounge that includes resources, blogs, video clips, a calendar and notice board.

3. SPORT PSYCHOLOGY

Sport Psychology continued to assist athletes to develop the mental skills required to manage high intensity situations and deliver personal best performance on demand.

Sport Psychology assisted athletes with preparation, performance and recovery around selection events and finals at major competitions and included:

- Performance planning
- Performance in the moment
- Performance debriefing

The combined resources of the Coordinator, Senior Service Provider, the 'external' network of service providers and Emerging Athlete Program scholarship 'students' allowed for:

- Targeted individualised servicing of priority athletes

- Delivery of sport psychology services to scholarship athletes as required in a flexible way to meet the need of various sports

- Delivery of group services to emerging talent

Network - Sport Psychologists

A system for criteria based evaluation of potential network providers continued to ensure that NSWIS coaches and athletes were able to access a variety of quality service providers in metropolitan and regional locations, and included:

- Patsy Tremayne (Co-ordinator)
- John Crampton
- Tim Hannan
- Gerard Faure-Brac
- Sam Albassit
- Karen Haddad
- Fiona McCarthy
- Ferry Lee
- Michael Lloyd

- Lauren Adams - transition EAP

- Zoe McPherson - transition EAP

Emerging Athlete Program (EAP) – Sport Psychology Scholarship 'Students'

The EAP Sport Psychology Scholarship Program continued to provide emerging athletes with an introductory mental skills program through 'scholarship students.'

Clare Rowe commenced a research project exploring resilience and emerging talent during the reporting period.

'Students' worked with the sports of hockey, swimming, water polo, triathlon and cycling during the reporting period and benefited from:

- 'Hands on experience' working with EAP athletes to deliver group based sport psychology services
- Negotiating and communicating directly with high performance coaches
- Development of sport psychology service plans in consultation with coaches and allocated service providers
- Development of resources for future use within the NSWIS EAP Sport Psychology Scholarship Program
- Attendance at monthly NSWIS sport psychology network development breakfasts
- Presentation of 'What's Working' from a service provision perspective to NSWIS Sport Psychology Network
- Mentoring through senior sport psychology staff
- Opportunity to observe and learn from network service providers
- Monthly 'organisational' supervision with the Manager – Coaching, Athlete and Program Services

NB: 'students' were required to

arrange and complete regular professional / technical supervision 'externally'

Priority Serving – Olympics and Paralympics (summer and winter)

NSWIS Sport Psychology – Senior Service Provider, Richard Bennett, worked with athletes and coaches involved in Olympic and Paralympic sports during the reporting period. Services emphasised performance planning and performance on demand, giving athletes the best chance of achieving Olympic and Paralympic selection and international success.

Richard was the Australian team psychologist for the 2008 Paralympic Games and has been nominated for a role with the Australian Winter Olympic team.

Performance Debriefing

A 'user friendly' Winter Olympic / Paralympic debriefing information kit was developed for athletes and coaches and included:

- NSWIS Sport Psychology debriefing model
- NSWIS Sport Psychology debriefing process
- Key early warning signs of potential mental health concerns
- NSWIS Sport Psychology contact information

NSWIS Sport Psychology Network Breakfasts

Monthly Sport Psychology network breakfasts continued to promote communication and development amongst registered Sport Psychology Network Service Providers, and NSWIS Coaches.

Sport Psychology Network Breakfasts held during the reporting period included;

- *A Coach's Perspective* Presenters: Troy Baverstock, Glenn Whittle and Lynn Fowle
- *Interactive Workshop & Coach's Perspective* Presenters: Patsy Tremayne and Anthony Richardson
- *Similarities between Miners and Elite Athletes* Presenter: Sharon Burden
- *AIS Research Projects* Presenter: Michael Martin
- *Beijing Debrief* Presenter: Richard Bennett
- *Intro and Welcome to 2009* Presenter: Clare Prideaux and Patsy Tremayne
- *Case Study & Peer Review* Presenter: Gerard Faure-Brac and Sam Albassit
- *Making Ourselves Redundant* Presenter: Kenneth Graham
- *NSWIS Organisational Update* Presenter: Clare Prideaux
- *Case Study & Peer Review* Presenter: Patsy Tremayne and Lauren Adams

4. PROGRAM SERVICES

The Program Services Department delivered quality sports administration services while continuing to maintain and develop its strategic partnerships,

specifically with National Sporting Organisations (NSOs), State Sporting Organisations (SSOs) and the Australian, state and regional network of Institutes and Academies of Sport.

Staff developed four year sport agreements for approved sport programs for the period 2009 – 2012, based on negotiations between program partners.

In addition Programs staff worked with coaches and program partners to:

- Coordinate and manage modifications to existing sport program structures and delivery based on changing needs of the sport and request / advice from NSOs and SSOs
- Assist programs with applications for sports inclusion in the 2009 - 2012 period
- Develop and monitor sport programs budgets, application for grants and sourcing external financial opportunities
- Develop sport Key Performance Targets and delivery details in line with changes to High Performance Service Guidelines for the 2009 - 2012 period
- Review athlete selection criteria in line with scholarship categories

Sport Inclusion 2009 - 2012

The NSWIS Board confirmed squad sport programs for the period 2009 – 2012, as well as the level and term of support for respective sports based on approved *Squad Sport Admission Criteria and Sports Priority Framework*.

Three key principles were emphasised throughout the sport inclusion process:

- Maximising the use of resources between partners, driven by the challenging economic climate
- Investing in sports where the NSWIS can make a difference
- Allowing prioritisation of resources and services through implementation of consistent scholarship categories across sport programs.

The NSWIS Board approved sport inclusions were formally announced from July 2008 onwards, with commencement of the four year agreement beginning 1st January 2009. Twenty-one sports were confirmed as programs for 2009-2012 period.

Sport Programs and disciplines successful in their bids for inclusion from 2009 were:

- Athletes with Disabilities, Basketball, Wheelchair Basketball, Bowls, Canoe Slalom, Canoe Sprint, Cycling, Diving, Equestrian, Golf, Hockey, Individual Scholarships, Men's Artistic Gymnastics, Netball, Rowing, Sailing, Football (Soccer), Swimming, Tennis, Track & Field, Wheelchair Track & Road Triathlon, Water Polo, Winter Sports and Weightlifting

The NSWIS acknowledged and thanked Cricket, Baseball and



Softball for the professionalism and achievements of NSWIS scholarship athletes, coaches and administrators during the many years of association with partner organisations.

Athlete Scholarships

In 2009 athlete scholarship categories became consistent across sports to allow for prioritisation of resources to achieve improved performance across a variety of sports. Generally, the following servicing principles across scholarship categories applied:

- ❑ Gold scholarship – elective or targeted individualised servicing of national senior squad athletes to achieve international success
- ❑ Silver scholarship – core servicing with targeted individualised servicing opportunities for athletes with potential to achieve international success at the senior level
- ❑ Emerging Athlete Program (EAP) scholarship – EAP group based servicing focused on educating junior athletes or athletes making the transition from junior to senior ranks.
- ❑ Emerging Talent Squad (non NSWIS scholarship holders) - selective access to coaching services when appropriate with a group based educational focus

Athletes were selected to the 26 NSWIS sport programs in consultation with program partners according to approved selection criteria and standards.

The NSWIS offered a number of additional scholarship opportunities to NSW athletes, including Individual Scholarships, Athletes with Disabilities (AWD) and Campaign 2008 and 2010.

Individual Scholarships

The NSWIS Individual Scholarship Program provided support to high performing NSW athletes not already supported by NSWIS squad programs.

The Individual Scholarship Program recognised that non NSWIS squad sport athletes are often required to operate in isolation and aimed to provide support to scholarship holders through financial assistance, sport psychology, ACE/PD and sport science services.

The criteria for selection was competitive. Each athlete was to be placed in the top 10 in the world (open) or ranked number one in the world (junior). During the reporting period the program supported four athletes: Michale Briant (water skiing), Richard Hozjan (power lifting), Karina Nowlan (water skiing), Jeremy Rolleston (bobsleigh).

Athletes with Disabilities

The focus of the NSWIS Athletes with a Disability (AWD) Program was to prepare athletes for selection to the Paralympic Games and to increase the number of NSW athletes achieving international medal-winning and finalist performances at significant events.

The program aimed to develop and assist athletes with access to competition and training support, as well as a broad range of NSWIS support services including sport science, sport medicine, strength & conditioning, sport psychology, nutritional advice and ACE/PD.

During the reporting period the program supported 30 of NSW's high-performance AWD athletes: Ben Austin (swimming), Ryley Batt (wheelchair rugby), Damien Bowen (track & field), Shannon Dallas (winter sports), Ben Demery (cycling), Patrick

Donichie (swimming), Jacqui Freney (swimming), Toireasa Gallagher (cycling), Shaun Hopkins (cycling), Lindy Hou (cycling), Toby Kane (Winter Sports), Nicole Kullen (equestrian), Peter Leek (swimming), Matthew Levy (swimming), Jayme Paris (cycling), Rick Pendleton (swimming), Jan Pike (equestrian), Katherine Proudfoot (track & field), Sarah Rose (swimming), Kathryn Ross (rowing), Nicholas Watts (winter sports), Ben Weekes (tennis), Louise Williams (winter sports), Bart Bunting (winter sports), Nathan Chivers (winter sports), Stephen McCormack (shooting), Andrew Pasterfield (swimming), Teigan Van Roosmalen (swimming), Sian Lucas (swimming) and Marty Mayberry (winter sports).

Campaign 2008 / 2010

Campaign 2008 commenced in January 2007 to support athletes who were not already supported through NSWIS squad programs or individual scholarships, to assist with preparation for the 2008 Beijing Games.

During the reporting period, the program supported 17 athletes with their Beijing campaigns: Suzie Balogh (trap shooting), George Barton (trap shooting), Clive Barton (trap shooting), Kyla Bremner (wrestling), Isis Dalton (modern pentathlon), Michael Diamond (trap shooting), Chloe Esposito (modern pentathlon), Alexandra Feeney (archery), John Maclean (adaptive rowing), Luke Madill (BMX), Michael Naray (archery), Semir Pepic (judo), Justin Toohey (pistol shooting), Kimberly Mason (rhythmic gymnastics), Stuart Gomez (badminton), Myriam Glez (synchronized swimming) and Khaleen Young (BMX).

Campaign 2010 commenced in February 2009 to support athletes who were potential 2010 Winter Olympic or Commonwealth Games athletes.

During the reporting period, the program supported eight athletes: Jeremy Rolleston (bobsleigh), Duncan Harvey (bobsleigh), Hannah Campbell Pegg (luge), Anthony Deane (skeleton), Bree McSweeney (short track speed skating), Naazmi Johnston (rhythmic gymnastics), Li Ching Yew (synchronized swimming) and Emma Lincoln Smith (skeleton).

Athlete Welcomes

NSWIS scholarship holders were welcomed to the Institute by coaches, service staff and program partners. This provided an opportunity for athletes to experience all that the NSWIS offers including services available to athletes. Athletes and coaches were provided with information regarding anti-doping guidelines and safe sporting environments, including harassment free sport requirements.

Additional Funding Opportunities

A number of additional funding opportunities were provided by the NSWIS during the reporting period, including venue access and capital equipment, as well as specialist programs for international tours, coach development and women in high performance sport.

Venue Access

During the reporting period \$499,000 was available for venue access. This funding provided NSWIS athletes with access to world class / Olympic venues in 20 sport programs – Baseball, Basketball, Canoe Slalom, Cycling, Equestrian, Golf, Hockey (men's), Hockey (women's), Netball, Rowing, Soccer (men's), Soccer (regional), Soccer (women's), Softball, Swimming, Track & Field, Triathlon, Water Polo (men), Weightlifting and Winter Sports.

Capital Equipment

A total of \$385,000 was available for additional capital equipment support. This funding assisted the NSWIS to achieve sporting success through the provision of the latest technology in sport related equipment, benefiting 11 sport programs – Canoe Slalom, Canoe Sprint, Cycling, Diving, Netball, Rowing, Sailing, Swimming, Track & Field, Triathlon and Winter Sports.

Talent on Tour

A total of \$50,000 was available through 'Talent on Tour' funding to assist athletes who gained selection in national teams for junior world championships with the cost of tours not fully funded by the NSOs or SSOs. Athletes from nine sport programs benefited from funding including Canoe Sprint, Canoe Slalom, Cycling, Diving, Rowing, Sailing, Track & Field, Water Polo (men) and Weightlifting. The *Talent on Tour* Program is supported by the Carbine Club of NSW.

Women in High Performance Sport

\$50,000 of additional funding was available through the NSWIS to support the development of women in service and coaching roles. Five NSWIS coaches specifically benefited from the program: Shelly Oates-Wilding (canoe-sprint), Rebecca Manuel (diving), Corrina Aitken & Alyson Annan (hockey) and Tracey Menzies (swimming).

Initiatives

During the reporting period additional support was available for NSWIS initiatives, enabling sport programs to access opportunities to enhance and improve performance. Six programs specifically benefited from the funding:

- Aerial sports – Supported a combined aerial sport camp including winter sports, diving and gymnastics.
- Cycling – Supported NSWIS Sport Scientist, Katie Slattery, visit Dutch training camps and competition (including 17 road races) providing sport science services in preparation for UCI Track Cycling World Cup Classics and 2010 Commonwealth Games.
- Winter Sports – Maintained snowboarding as an NSWIS Winter Sports discipline in partnership with Ski and Snowboard Australia and the Olympic Winter Institute.
- Swimming – Supported extended overseas competition and training program across the European summer, providing two consecutive summers for ITP athletes. Supported two NSWIS staff, Jim Fowlie (Swimming Coaching Coordinator) and Jess Coronos (Sport Scientist) to accompany athletes to provide support and ongoing servicing.
- Diving – Supported NSWIS Strength & Conditioning Coordinator, Michael Hetherington to accompany diving athletes to Florida and Mexico Grand Prix events and Mexico altitude training camp to provide sport science services.
- Tennis – Continued to support

European training activities in conjunction with Tennis Australia

Coach Excellence

During the reporting period, with support from Classic Sportswear, \$50,000 was available for the NSWIS *Coach Excellence* initiatives, enabling sports to access additional funding to enhance and improve coaching expertise. See *Quality Coaching* section of this report – page 17.

5. EMERGING TALENT

During the reporting period emerging athletes were supported through a revised approach which included an Emerging Talent Squad (ETS). The program continued to identify, motivate and recognise talented junior athletes who had produced outstanding results or had shown potential to achieve NSWIS selection standards and world-class results in the future.

The Emerging Athlete Program (EAP) and Emerging Talent Squad (ETS) contributed to the development and success of several outstanding athletes in hockey, swimming, track & field and water polo. The following emerging athletes who progressed to an NSWIS scholarship represented Australia at the 2008 Beijing Olympics with one athlete winning a bronze medal:

- Hockey – Casey Eastham
- Track & Field – Lachlan Renshaw
- Water Polo – Jenna Santoromito (bronze medal)
- Water Polo – Richard Campbell

Macquarie Bank Sports sponsorship combined with the support of the Department of Sport and Recreation for the EAP / ETS program to December 31st 2008, enabled the NSWIS to provide EAP / ETS athletes with the opportunity to receive specialist high performance coaching services as well as access to training opportunities with NSWIS elite athletes when suitable.

Some programs were delivered in partnerships with state and national sporting organisations, National Talent Identification and Development, targeted regional academies of sport, clubs and schools. These partnerships were important as they assisted with establishing sustainable programs for further development of athletes while capitalising on all available resources.

The importance of state and national partnerships is reflected through the following summary (further detail provided in report):

- Cycling – state contribution of \$20,500, coaching access for up to 90 emerging athletes (dedicated camps)
- Diving - state contribution of \$5,000, coaching access for up to eight emerging athletes targeting 'talent transfer' opportunities (eg: gymnastics to diving)
- Equestrian - coaching access for up to 20 emerging athletes (dedicated camps)
- Hockey – state contribution of \$69,000, coaching access for up

to 60 emerging athletes (dedicated camps)

- Rowing – state contribution of \$10,000, coaching access for up to 40 emerging athletes (dedicated camps) up until end of 2008
- Sailing - coaching access for up to five emerging athletes
- Canoe - national contribution to Western Sydney Academy of Sport, coaching access for up to 15 emerging athletes
- Swimming - state contribution of \$180,000, coaching access for up to 90 emerging athletes (dedicated camps and ongoing training opportunities)
- Tennis – supported a state coordinated program, coaching access for up to five emerging athletes with a regional focus
- Track & Field - state contribution of \$25,000, coaching access for up to 160 emerging athletes (dedicated camps)
- Triathlon - National contribution through National Talent Identification of \$20,000, coaching access for up to 15 emerging athletes until end of 2008
- Water Polo - state contribution of \$25,000, coaching access for up to 70 emerging athletes
- Wheelchair Track & Road – supported a national program, coaching access for up to 10 emerging athletes (dedicated camps)

Cycling EAP / ETS – NSWIS / Cycling NSW

NSWIS Cycling and Cycling NSW (CNSW) continued to work together to provide support to talented emerging athletes to assist them achieve NSWIS selection standards in the future. The program supported 55 athletes targeting athletes generally 13 – 18 years of age.

Athletes were invited to attend up to three centrally based camps coordinated by the NSWIS / CNSW Regional and Coaching Development Coordinator, Graham Seers. The EAP / ETS camps concentrated on technical aspects of cycling, as well preparation for upcoming national events.

In May, ETS athletes were introduced to the facilities and services available to NSWIS scholarship holders. The camp also included education about nutrition and sports psychology, as well as role recovery techniques & physiology play in an athlete's performance.

In targeted locations, the EAP / ETS was delivered in partnership with regional academies of sport.

During the reporting period, three EAP / ETS athletes were selected to the under - 19 National Team to represent Australia at junior world championships.

The ETS program has been confirmed by the NSWIS and CNSW for an additional four years from January 1st 2009 and will link with combined NTID

activities in the targeted discipline of track sprint where appropriate.

Hockey EAP / ETS – NSWIS / Hockey NSW

A full-time dedicated coach coupled with a strong partnership between Hockey NSW, Regional Academies of Sport and the Institute have been central to the continued success of the program.

Judith Laing, a former NSWIS Head Coach, implemented a number of changes including targeting fundamental 'core' skills development and introducing an additional training squad for metropolitan athletes aged 14-16 years who will be eligible for the junior world cup in 2013.

Retired NSWIS and internationally acclaimed Hockeyroo, Alyson Annan, delivered a two day training camp in December 2008 for NSWIS EAP / ETS athletes. Fifteen coaches attended the training camp from metropolitan and regional areas as a part of coach development opportunities.

The introduction of 'media file share' allowed regionally based athletes and coaches to 'view' training and skills video resources via the internet, which included tips from Alyson Annan. This resource will continue to provide a much needed link between NSWIS coaches, national themes and talented athletes and their coaches across NSW.

The ETS Program has been confirmed by the NSWIS and Hockey NSW for an additional four years from January 1st 2009.

Swimming EAP / ETS – NSWIS / Swimming NSW

The program focused on athlete and coach development with the continuation of EAP / ETS coaching scholarships linked to delivery of emerging athlete camps and training under the direction of the NSWIS / Swimming NSW Head Coach. In recognition of the importance of sport science support for EAP / ETS athletes, a sport science position was established to service the EAP / ETS while allowing NSWIS sport science staff to continue to focus on the NSWIS elite program. Additional group based education opportunities have been delivered at camps.

The success of the program can be attributed to:

- The relationship between the NSWIS and Swimming NSW
- Significant financial contribution from Swimming NSW
- Clearly defined athlete pathway and program structures
- The position of NSWIS / Swimming NSW Head Coach to oversee the delivery of the both the NSWIS and EAP / ETS programs rather than be responsible for the daily training of elite athletes alone

EAP / ETS athletes have been provided increased competition opportunities through inter-squad dual meets, inter-state competitions, and overseas age group tours. The ETS program has been confirmed by



NSWIS and Swimming NSW for an additional four years from January 1st 2009.

Track & Field EAP / ETS – NSWIS / Athletics NSW

The Track & Field ETS focused on skill development with athletes involved for three to four years. The camp based program provided group based educational services to athletes and their coaches that assisted with developing a better standard of athlete while encouraging progression to the NSWIS. Key topics included time management, nutrition and strength & conditioning.

Event / discipline specific group camps were conducted and included the expertise of guests Peter Fortune (Cathy Freeman's coach) and Clinton Hill (Olympic silver medallist 4x400m).

An additional targeted component was added in 2009, the '400 fast track' component which allowed talented athletes with speed and interest to trial and train for various '400' related events including 400m, 400m Hurdles and 400m relay.

Coaching expertise involved with the '400 fast track' included:

- Mike Hurst (coach of Olympic finalist Darren Clark)
- Penny Gillies (coach of Olympic semi-finalist Joel Milburn)
- Paul Laurendet (coach of Olympic relay medallist Clinton Hill)
- Paul Hallam (coach of Commonwealth Games relay team – gold medallists)

The '400 fast track' component will be piloted for an additional two year period and has potential to expand to support development for relays nationally.

Triathlon EAP / ETS / NTID – NSWIS / Triathlon Australia / NTID

NSWIS Triathlon in conjunction with Triathlon NSW, Triathlon Australia and National Talent Identification and Development continued to support the NSWIS EAP / NTID program to December 31st 2008. The program focused on establishing quality coaching, training, competition access and facility use in three nationally identified regional 'hot spots.' Talented athletes in the sport of triathlon and talent transfer athletes from complimentary sports were eligible. The program was delivered in three regional 'hot spots' in Wollongong, North Coast and Newcastle. In 2009, Triathlon Australia commenced management of the program as a part of a revised partnership model with the NSWIS.

Rowing EAP – NSWIS / NSWRA EAP "Blues Squad"

NSWIS Rowing and the NSW Rowing Association (NSWRA) continued to support the NSWIS / NSWRA EAP 'Blues Squad' in 2008. The program included up to 40 athletes in both under - 19 and under - 21 age groups and provided camps based opportunities for training and development.

Sydney Rowing Club played an integral role in the delivery of training opportunities to 'Blues Squad' athletes.

In 2009 the NSWIS EAP Rowing Program was reviewed and will be linked closely to Rowing Australia's National Elite Development Program and National Talent Identification and Development objectives in the future.

Water Polo EAP/ ETS – NSWIS / Australian Water Polo Inc & NSW Water Polo Inc

In January 2009, the Water Polo EAP / ETS was reviewed and restructured in line with organisational direction to the following:

The Water Polo Emerging Talent Squad (ETS) included two tiers:

1. Emerging Talent Squad – Tier 1

Men (Youth Development Group)

- Consisted of 25 athletes aged 16-18 years which focused on skill development. Athletes accessed centralised training sessions at SOPAC up to three times per week under the direction of NSWIS Assistant Coach, Andrew Yanitsas
- Consisted of 10 athletes aged 15-17 years which focused on skill development. Athletes accessed centralised training sessions at SOPAC up to three times per week under the direction of NSWIS Training Coach, Les Kay

2. Emerging Talent Squad – Tier 2

Men

- Consisted of 10 athletes aged 14-17 years which focused on skill development. Athletes accessed centralised training sessions at SOPAC up to three times per week under the direction of NSWIS Training Coach, Les Kay

Women (Youth Development Group)

- Consisted of 25 athletes aged 16-18 years which focused on skill development. A camps based program coordinated under the direction of NSWIS Assistant Coach, Andrew Yanitsas

The table below summarises the NSWIS sports that established and / or delivered EAP / ETS programs.

The table below summarises the NSWIS sports that established and / or delivered EAP / ETS programs.

Sport	Sport Specific EAP/ETS Approved Maximum	Sport Specific EAP/ETS Actual 2008/09	General EAP/ ETS
Canoe	15	6	
Cycling	90	55	
Diving	8	5	
Equestrian	20	17	
Hockey	60	55	
Rowing (Blues Squad)	40	40	
Sailing			5
Swimming	Tier 1 – up to 15 Tier 2 – up to 35 Tier 3 – 45	Tier 1 – 3 Tier 2 – 25 Tier 3 – 45	
Track & Field	160	160	
Tennis			5
Triathlon (NSWIS/TA/NTID)	15	15	
Water Polo – Men	Tier 1–25 Tier 2–10	Tier 1–25 Tier 2–10	
Water Polo – Women	Tier 1–10 Tier 2–25	Tier 1–10 Tier 2–25	
Wheelchair Track & Road	10	8	
TOTAL ATHLETES	578	504	10

7. REGIONAL / MOBILE SERVICES

NSWIS Regional / Mobile services provided regional athletes with the opportunity to access coaching, services and support in their home environments.

The State Government contributed \$885,000 during the reporting period for the delivery of the Regional / Mobile Program, which benefited around 207 athletes from 29 NSWIS sport programs.

Regional Highlights

The following regional athletes and coaches represented Australia at the Olympic and Paralympic Games in 2008 bringing home one gold and three silver medals.

Olympic

- Sailing – Darren Bundock (silver medal), Nathan Outteridge, Ben Austin and Tom Slingsby
- Triathlon – Brad Kahlefeldt
- Canoe Sprint – David Smith and coach Ben Hutchings
- Swimming – Sophie Edington, Lara Davenport (gold medal)
- Shooting – Michael Diamond and George Barton

Paralympic

- Wheelchair Rugby – Ryley Batt (silver medal)
- Track & Field – Katherine Proudfoot (silver medal) and Damien Bowen
- Equestrian – Nicole Kullen and Jan Pike

High Performance Areas

The NSWIS continued a hub-based service delivery and support model for the Regional / Mobile Program. Service delivery in 2008 / 09 included the use of 'on ground' local service providers. This allowed athletes greater access to services and continuity of service delivery throughout the year. During the reporting period opportunities for visual delivery and interaction using technology were explored and utilised, including web based opportunities to assist NSWIS coaches and regional coaches / athletes to share information easily and securely – 'access to video resources over the net'.

Northern High Performance Area

The Northern High Performance Area supported five sports during the reporting period (canoe sprint, triathlon, swimming, soccer and baseball) and an additional 10 individual athletes from other NSWIS sport programs.

The key focus in the northern area was the enhancement of sport science support through the Beijing Initiatives including the establishment and implementation of weekly sport science servicing support for the Olympic preparation of two elite NSWIS swimming athletes at Kingscliff. Strength & conditioning services were provided by contracted service provider, Glen Workman, for triathlon and canoe sprint and other NSWIS athletes as required.

Key partners included: Southern Cross University – Lismore and Canoe Sprint partners Australian Canoeing, Australian Institute of Sport and Queensland Academy of Sport.

Supporters included: Ballina RSL, Bonville International Golf Resort and Banora Point RSL (Twin Towns)

Official training venues included: Alstonville Pool, Banora Point Pool, AIS Robina (Gym and Canoe Sprint), Lake Ainsworth Sport and Recreation Centre, Harbour Health (Coffs Harbour), Southern Cross University Gym (Lismore Union Campus), Queensland Academy of Sport (Tullebudgera) and Five Star Fitness (Port Macquarie).

Central High Performance Area

The Central High Performance Area supported five sports during the reporting period (equestrian, triathlon, basketball, soccer and track & field) as well as providing support to additional 15-20 individual athletes from other NSWIS sport programs.

The key focus for the central area was the delivery of on ground services for strength & conditioning. Strength & conditioning services were provided by contracted service provider, Anthony Webb, for soccer and other NSWIS athletes as required.

Key partners included: The University of Newcastle and Mingara Recreation Club / Mingara Leisure Centre

Official training venues included: The Forum (NuSport - University of Newcastle Sports Association), Glendale Athletics Centre, Gatorade Regional Athletics Track (Mingara), Mingara One (pool and gym), NSW Equestrian Centre (Lochinvar), and selected high schools (basketball training).

Southern High Performance Area

The Southern High Performance Area supported five sports during the reporting period (winter sports, triathlon, track & field, wheelchair basketball and basketball) as well as supporting an additional 10 - 20

individual athletes from other NSWIS sport programs.

The key focus for the southern area was delivery of targeted service support for Campaign – Winter Olympics athletes through Sport Science, Sport Psychology and Strength & Conditioning.

Key partners included: University of Wollongong and Jindabyne Sport and Recreation Centre.

Official training venues included: University Recreation and Aquatic Centre (University of Wollongong), Beaton Park Leisure Centre, Jindabyne Sport and Recreation Centre, Perisher Blue Ski Resort, Kosciuszko Thredbo Alpine Resort

Regional Athlete Assistance

Athletes residing in regional areas were able to access NSWIS support through Regional Athletes Assistance. Assistance included support for travel to competition and official NSWIS training camps, subsidised local gym memberships and mobile service delivery, including coaching, physiology, biomechanics, strength and conditioning, sports psychology, sports medicine, nutrition, ACE/PD, technical analysis and program management.

8. APPOINTMENTS & DEPARTURES

NSWIS athletes, management and Board acknowledge the work of all staff, and in particular the many coaches who delivered high performance programs over the years with NSWIS.

Appointments

- Sam Wloszczowski – ACE/PD Consultant
- Laura Cornford – ACE/PD Administrator (casual)
- Georgina Gunner- Coordinator Group Sport (internal transfer – shared role with Executive Unit)
- Tom Hill – Coordinator Group Sport
- Daniel Blattman – Sport Consultant
- Nikki Chapman – Coordinator Equestrian
- Ben Osborne – Coach Wheelchair Basketball
- Michael Kedja – Coach Cycling
- Sean Eadie – Coach Cycling (NTID)
- Vyninka Arlow – Coach Diving
- Anthony Thornton – Coach Hockey
- Rob Wright – Coach Netball (NSWIS)

- Julie Fitzgerald – Coach Netball (Swifts)
- Tracey Robertson – Coach Netball (Swifts / EAP)
- Wayne O'Sullivan – Coach Soccer (Football)
- Grant Stoelwinder – Coach Swimming
- Jamie Turner – Coach Triathlon

Departures

- Steven McNie – ACE/PD Consultant
- Emily Figueroa – ACE/PD Consultant
- Cathryn Lynton – internal transfer to NSWIS Marketing
- Kate Tallentire – Coordinator Group Sport
- Kate Perrin – Sport Consultant
- Belinda Wilson – Sport Consultant
- Bronwen Watson – Sport Consultant
- Gerry Hewson – Coach Wheelchair Basketball
- Andre Desjardins – Coach Baseball (externally employed)
- Ben Hutchings – Coach Canoe Sprint
- Zlatan Ibrahimbegovic – Coach Canoe Slalom
- Kerry Marshall – Coach Cricket (externally employed)
- Timothy Decker - Coach Cycling
- Judy Fascher – Coordinator Equestrian
- John Bessell – Coach Hockey
- Lisa Beehag – Coach Netball
- Jon Fletcher – Coach Netball
- Stani Slavova – Coach Rowing
- Andrew Randell – Coach Rowing
- Gary Phillips - Coach Soccer
- Greg Salter – Coach Swimming (Northern Centre)
- Paul Hallam – Coach Track & Field
- Justin Drew – Coach Triathlon



athlete scorecard

Youssef Abdel Photo by Getty Images

SPORT

NATIONAL
TEAMS/SQUADS
SELECTIONNO. OF
INTERNATIONAL
EVENTS ATTENDEDNSWIS ATHLETES
WINNING MEDALS
AT SIGNIFICANT
INTERNATIONAL EVENTSWORLD CHAMPIONS
SENIOR AND JUNIOR

NSWIS Sports

Squad Programs	07/08	08/09	07/08	08/09	07/08	08/09	07/08	08/09
Baseball	6	4	1	0	0	0	0	0
Basketball (including Wheelchair)	4	6	1	2	0	0	0	0
Bowls	4	10	1	0	5	0	1	0
Canoeing-Sprint	4	14	2	2	0	1	0	0
Canoeing-Slalom	6	12	2	3	3	1	0	0
Cricket – Men	0	0	0	0	0	0	0	0
Cricket – Women	0	0	0	0	0	0	0	0
Cycling	8	18	7	7	4	22	0	4
Diving	10	4	4	4	4	2	0	0
Equestrian	7	26	7	3	4	1	0	0
Golf	1	4	0	0	0	0	0	0
Gymnastics – MAG	4	5	2	1	1	0	0	0
Hockey – Men	13	10	5	5	3	4	0	0
Hockey – Women	12	13	2	4	0	1	0	0
Netball	0	0	0	0	0	0	0	0
Rowing	14	19	3	3	5	8	2	2
Sailing	23	6	16	3	17	4	6	1
Soccer – Men	0	0	0	2	0	0	0	0
Soccer – Women	25	11	3	3	0	0	0	0
Softball	7	10	1	0	0	0	0	0
Swimming	17	28	7	11	36	35	0	1
Tennis	2	1	1	2	1	0	0	0
Track & Field (incl. Wheelchair)	14	11	6	9	15	12	0	0
Triathlon	7	14	5	2	4	5	0	0
Water Polo - Men	12	12	2	2	2	2	0	0
Water Polo - Women	14	12	4	1	4	4	1	0
Weightlifting	3	3	3	0	1	0	0	0
Winter Sports	9	11	9	40	4	9	0	0
SUB TOTAL	226	264	94	109	113	111	10	8

OTHER PROGRAMS

AWD	1	17	1	6	0	6	0	1
Individual Scholarships	1	12	0	3	0	1	0	1
TOTAL	228	293	95	118	113	118	10	10

*Wheelchair Track & Road results included in Track & Field

*Wheelchair Basketball results included in Basketball



Matthew Mitcham | Photo by Getty Images

congratulations

The NSWIS would like to congratulate all the 2008 Olympic and Paralympic medallists.

Olympic

Gold

Matthew Mitcham
Malcolm Page
Nathan Wilmot
Lara Davenport

Silver

Jacqueline Lawrence
Shane Rose
Matthew Ryan
Francis Hegerty
Darren Bundock

Bronze

Chantal Meek
Eli Matheson
Jamie Dwyer
Simonne Morrow
Natalie Ward
Stacey Porter
Belinda Wright
Kerry Wyborn
Melanie Roche
Grant Brits
Nikita Cuffe
Alicia McCormack
Taniele Gofers
Rebecca Rippon
Jenna Santoromito
Mia Santoromito

Paralympic

Gold

Peter Leek
Ben Austin
Rick Pendleton
Matthew Levy
Kurt Fearnley
Troy Sachs
Grant Mizens
Brendan Dowler
Tristan Knowles
Brett Stibners

Silver

Peter Leek
Ben Austin
Lindy Hou
Toireasa Gallagher
Ben Demery
Shaun Hopkins
Katherine Proudfoot
Kurt Fearnley
Christie Dawes
Angie Ballard
John McLean
Kathryn Ross
Ryley Batt

Bronze

Lindy Hou
Toireasa Gallagher
Jayme Paris
Kurt Fearnley
Peter Leek
Jacqui Freney
Kylie Gauci
Sarah Stewart
Liesl Tesch
Katie Hill
Tina McKenzie

applied research program

The NSWIS Applied Research Program was established by the NSWIS board in April of 2006.

The Applied Research Program's role is to undertake both independent and cooperative research that is designed to add value to NSWIS athletes, coaches and sport programs. It does this by undertaking and applying the outcomes of research to develop improved training methodology in conjunction with industry partners and coaches.

During the reporting period the Applied Research Program (ARP) provided equipment for the NSWIS sport science laboratory and for use in athlete monitoring. It assisted in the development of links to universities and corporate partners.

Targeted Areas

The ARP supports NSWIS sporting programs through focusing research on the areas of:

- Technology for monitoring athletes
- Technology for athletic performance
- The health of the athlete
- Refining training

STRATEGIC PARTNERSHIPS

1. The ARP has established a number of key partnerships including:

- Powerade – new product development and research program.
- University of Sydney – multiple projects in conjunction with the following faculties and schools: Exercise Science, Engineering, Mathematics and Statistics, and Education.
- Itsports – research and development on design and effectiveness of compressive clothing.

Registered Research Agency

The ARP has been awarded Registered Research Agency status by the Australian Department of Trade and Industry. This allows the ARP to be contracted to undertake commercial research and development projects on behalf of companies while still allowing them to retain their R&D tax benefits.

Bodies in Space Collaborative Project

This project combines the expertise and knowledge of research and sport science staff of the NSWIS with that of staff from mathematics and statistics, exercise science and engineering from the University of Sydney. It seeks to examine how athletes in the aerial sports of diving, gymnastics and skiing manipulate their body shape to achieve their competition objectives. An improved understanding of how changes in body position facilitate spins and somersaults may lead to advising athletes how to safely perform increasingly difficult manoeuvres.

Consultancies

ARP staff members provided expert advice through on-going consultancies and seminar presentations to the Institute of Physical Education of Thailand and the National Sports Institute of Malaysia.

PROJECTS

- *The effect of prior endurance training on nap sleep patterns.*
Daniel Davies, Kenneth Graham and Chin Moi Chow
- *Effect of drink temperature on core temperature and endurance performance in the heat.*
Catriona Burdon, Helen O'Connor, Janelle Gifford, Susan Shirreffs, Phil Chapman and Nathan Johnson
- *Effectiveness of a carbohydrate-free electrolyte sports beverage in maintaining hydration status during cycling in the heat.*
Kenneth Graham, David Bourke, Janelle Gifford, Briana Harvey
- *The magnitude and maintenance of pressure induced by compression tights during sitting and standing.*
Kylie Hunter and Kenneth Graham
- *The use of a novel technique for identifying the impact of different exercise types on the immune response in athletes.*
Kenneth Graham and Kieron Rooney
- *A comparison of the style of play and incidence of injury under the five versus ten metre rule in junior rugby league.*
Briana Harvey, Donna O'Connor and Kenneth Graham
- *The role of musculoskeletal screening in injury prevention among athletes: a review.*
Maria Romiti, Kenneth Graham and Geraldine Naughton
- *Altitude training mechanisms in cyclists.*
Jennifer Henderson
- *The effect of orthotics on cycling biomechanics.*
Brendan O'Neill, Mark Moresi, Kenneth Graham and Donald Kuah
- *Monitoring of fatigue, recovery and performance in trained male rowers (PhD Thesis).*
Kenneth Graham
- *The use of biomechanics in developing a model to predict performance and injury risk in adolescent female athletes during a longitudinal study (PhD Thesis).*
Mark Moresi
- *Subjective notational analysis and its use in team sports (PhD Thesis).*
Sera Dogramaci

NESC Grant for 2007/8.

Kenneth Graham and Kieron Rooney

- *Validation of an Electronic Nutrition Screening Questionnaire to determine nutritional risk for Elite Athletes. Recipient of NESC Grant for 2007/8.*
Helen O'Connor, Kenneth Graham, Geraldine Naughton, Susan Heaney, Janelle Barnard,
- *Altitude training mechanisms in cyclists.*
Jennifer Henderson

CONFERENCE PRESENTATIONS

- *The effect of a heat extraction device on recovery and performance in hot and humid conditions.* European College of Sports Science 2008.
Kylie Hunter, Aron Murphy, Aaron Coutts and Kenneth Graham
- *Quantifying Game Demands of Open Age and Under 21 Male State Hockey Players.*
Briana Harvey, Geraldine Naughton and Kenneth Graham
- *High Performance Sport Planning Applied to Business.* Department of State and Regional Development, Small Business Month 2008.
Kenneth Graham

GRANTS

- *The use of a novel technique for identifying the impact of different exercise types on the immune response in athletes. Recipient of*

sport science & medical services

NSWIS Sport Science and Medical Service units work together to provide athletes with a high level of service and support across a range of areas. The sport science unit includes the high performance disciplines of physiology, strength and conditioning, biomechanics and performance analysis. The sport medicine unit includes medical services, physiotherapy, massage, nutrition, and injury prevention & recovery.

The sport science unit includes the high performance disciplines of physiology, strength and conditioning, biomechanics and performance analysis. The sport medicine unit includes medical services, physiotherapy, massage, nutrition, and injury prevention & recovery.

Services are provided in an integrated and cooperative manner to provide athletes and coaches with information for optimising training and maximising performance. NSWIS sport science and medical services support athletes' competition and training programs. This is achieved by working with coaches to analyse and optimise annual programs, to develop an integrated service plan.

Every sport program is assigned a Senior Sport Scientist contact to assist the coach with the planning of services. The appropriate expertise is then allocated to ensure athletes are serviced in accordance to the plan.

Athletes have access to a state of the art Training and Recovery Centre located in the NSWIS building. The training centre and physiology laboratory are both fully accredited by the National Sport Science Quality Assurance Program and contain resources and equipment to assist athletes achieve world class performance. The department works closely with the NSWIS Principal Scientist and the Applied Research Program.

SPORT SCIENCE Performance Analysis

The NSWIS performance analysis team has an extensive range of equipment and expertise to assist coaches in analysing competition and training performance. Real time & delayed video, as well as statistical

data collected during competition and training are used to provide athletes and coaches with feedback regarding skills and game tactics. The NSWIS has a dedicated facility where coaches are educated in utilising the equipment and software.

Physiology

The NSWIS physiology team use equipment and expertise to monitor the influence of training, competition and environment on the physiologic function of athletes. The facilities at the NSWIS provide physiology staff with a comprehensive range of analysis equipment as well as an environmental chamber that can be used to prepare athletes for competition in hot and / or humid environments. Physiology staff also assist athletes through a process of altitude training, real or artificial, to improve certain desired physical qualities required for performance.

Biomechanics

NSWIS biomechanists measure and assess movement in sports using a variety of techniques and equipment. High speed multi-camera Vicon / Kistler force plate / Laveg Laser Gun built around a 55m synthetic indoor running track, are used to provide feedback on modifications needed to improve technical components of performance. NSWIS biomechanists are also able to assist in providing information to coaches, doctors and physiotherapists, aimed at minimising injury risks for athletes.

Strength & Conditioning

NSWIS strength & conditioning staff use video feedback and power monitoring systems to optimise the athlete's technique and training methods. There is also a range of equipment that sport science staff can use on the training field to assist with speed and agility development.

GPS systems are available for use at training sessions to replicate game situations and maximise fitness gains. NSWIS strength & conditioning specialists work actively to develop resources that will enhance training practices used by NSWIS athletes.

MEDICAL SERVICES

Medical services available to athletes include; a medical screening, priority access to a network of physicians and medical staff, discounted medical imaging and pathology services, assistance in case management and referrals. When required, athletes may also gain access to bone stimulators to aid in the recovery from bone injuries.

The medical services unit is able to advise on anti-doping issues, community medical issues such as the Swine Flu, targeted emergency medical funding, and ongoing contact with coaches to manage issues.

These services are supported by the Medical Program providers – I-Med Network, Lavery Pathology and MBF.

Physiotherapy

The NSWIS physiotherapy network is statewide, consisting of around 100 service providers. The network is involved in the annual musculoskeletal screening of each athlete, ongoing treatment of injuries, and is represented and coordinated by two part-time physiotherapy coordinators.

Massage

The NSWIS coordinates a network of massage therapists who are available to treat athletes in private practices throughout NSW.

Nutrition

The NSWIS nutrition program aims to ensure athletes receive adequate exposure to nutrition services, and the

support and education they require to apply sound nutrition concepts to training and lifestyle, resulting in optimal nutrition strategies for high performance sport. The team provides services that aim to decrease the risk of injury, illness, diet & hydration status and incorrect supplement use. Coaches and athletes are provided with opportunities to attend education workshops, discuss nutrition issues at regular weekly meetings and obtain detailed information sheets. The program is implemented by a part-time nutrition coordinator who is a qualified dietitian and supported by a senior dietitian consultant.

Injury Prevention and Recovery

The NSWIS employs a physiotherapist on a part-time basis to develop resources and educate staff on best practices for the training of athletes to avoid injuries and improve the recovery effectiveness post injury. The NSWIS aims to be at forefront when prescribing training which minimises the risk of injury, while focussing on performance.

SERVICES

The planning of Sport Science and Medical Services provided to athletes and sport programs is based on the established NSWIS priority framework and the level of the scholarship holder. The sport science contact and head coach plan servicing to optimise the benefit to the athlete and program. Focus is placed on assessing athlete parameters with respect to targeted qualities, and services necessary to bridge any identified gap.

As part of servicing, NSWIS sport science and medical staff are involved with athletes at camps and competitions. During the year servicing included:-

- ❑ Swimming – Olympic pre-departure (Sydney), ‘Target 2012’ camp (Canberra) and EAP camp (Canberra), Victorian championships (Melbourne), NSW championships (Sydney), altitude training camp (Thredbo), national short course championships (Melbourne), world cup competition (Sydney) national championships / selection trials, skins competition (Sydney) support for world championship preparations (Malaysia, Spain, Italy, France) - performance analysis, physiology, strength & conditioning, recovery, nutrition
- ❑ Rowing – heat acclimation, national physiology testing, strength & conditioning and heat acclimation for selected crews, gait analysis – biomechanics, physiology, strength & conditioning
- ❑ Track & Field - pre Olympic departure strength & conditioning support, heat acclimation (Sydney) performance analysis – Sydney Track Classic (Sydney), Melbourne Grand Prix (Melbourne), NSW State Championships, Australian Championships and selection trials (Brisbane), *Fast Track 400 Program* – strength & conditioning, performance analysis, biomechanics, physiology
- ❑ Basketball – Australian women’s wheelchair basketball training camp at the AIS (Canberra) – strength & conditioning
- ❑ Winter Sports – Aerials camp (Sydney), competition support (Vancouver), training and competition (Jindabyne) - strength & conditioning, biomechanics, performance analysis, physiology
- ❑ Triathlon – Training camp (Wollongong), altitude training camp (New Zealand) – performance analysis, physiology
- ❑ Equestrian - Four day event (Adelaide), national squad school (Sydney), international three day events (Sydney, Melbourne) – performance analysis, GPS modelling
- ❑ Cycling – National Championships and National Camp (Adelaide), Womens Endurance competition tour (Holland) – physiology, performance analysis, strength & conditioning
- ❑ Hockey – NSW Australian Hockey League Teams (men and women) – strength & conditioning
- ❑ Tennis – national championships (Melbourne) and ITF Summer Circuit (Melbourne) – strength & conditioning
- ❑ Netball – Trans Tasman Cup – performance analysis, nutrition
- ❑ Diving – support for athletes preparing and competing at the World Series (Mexico) - strength & conditioning, performance analysis
- ❑ Soccer – support Australian Junior Women’s Soccer team – Young Matildas for warm-up competitions (Italy, Thailand) – performance analysis, strength & conditioning, recovery
- ❑ Heat Acclimation – specific use was made of the NSWIS Environment Room to prepare athletes for the hot and humid competition climate in Beijing. Athletes from the following sports benefited – rowing, swimming, track & field, basketball, AWD rowing and AWD cycling.

The NSWIS Training Centre has been utilised during the reporting period by the national men’s water polo team, national women’s water polo team, national BMX team, NSW cricket team, Athletics Australia ‘Towards London’ squad and relay squads, national men’s hockey team, tennis players from the Medibank International, Sydney FC, visiting International Swimmers, and many other athletes from across the SIS / SAS / AIS network while visiting Sydney.

PROJECTS

A number of projects were undertaken by the NSWIS during the reporting period, including:

Progressive Shoulder Rehabilitation - Rehabilitation Program

The NSWIS Sport Science unit worked in conjunction with the Institutes network of physiotherapists in developing a progressive model to assist athletes rehabilitate shoulder injuries. This program enables a transfer of training progression from the physiotherapists to the strength and conditioning staff. The project included the development of a resource manual, training workshops, and ongoing supervision of staff implementing the program.

Progressive Hamstring / Pelvis Rehabilitation - Rehabilitation Program

Recognising hamstring injuries are common in running sports the NSWIS commenced a comprehensive review of research and practice aimed at the prevention and recovery of hamstring injuries. This knowledge will be used

to develop a progressive model for the training of athletes to reduce the likelihood of hamstring injuries and guide recovery from hamstring injuries. The project will include the development of a resource manual, staff training workshops, and ongoing supervision of staff implementing the program.

The use of GPS in training and competition

The NSWIS aims to stay at the forefront of GPS developments using it extensively with NSWIS Hockey, Soccer, Equestrian, Rowing, Softball and Canoe Slalom & Sprint programs. Sport science staff monitor performance variables during competition and training and develop fitness training modules that mimic game-like situations. By expanding our usage of the accelerometer and gyroscope much more detailed analysis is available.

Monitoring training stress and strain

NSWIS sport science staff are implementing methods to monitor athlete stress and strain during training and competition. This includes quantifying training loads via GPS / heart rate / training logs and cross referencing with changes in heart function by focussing on heart rate variability. Levels of fatigue are monitored by measuring power and hydration and this work provided information on over or under training in athletes. Sports including diving and soccer are being utilised to pilot new technology and processes in this area.

Biomechanics and Sport

The biomechanic facilities at the NSWIS are used to investigate starting technique in sprinters; running technique across a number of sports; landing technique in netball; acrobatic technique in diving and gymnastics; and discus technique in track & field. The unit produced a comprehensive system for objectively evaluating running gait through video analysis. This made a running gait screening an effective and repeatable screening process. This information is used by strength & conditioning staff to correct technical flaws that may reduce performance and lead to injury.

Performance Analysis and Sport

A site license for the SportsCode software program was obtained and we provide training and support to ensure that all applicable coaches are utilising this game analysis software. It allows for real time analysis of games to determine efficiency and look at player strategies. This assists coaches in gaining the ideal mix of players for

a specific game situation. The netball and water polo programs frequently utilise mobile coding devices that allow for real time coding of multiple individuals during games.

Emerging Athlete Program Resource “The Right Start”

To support the expanding NSWIS Emerging Athlete and Talent Programs, the Sport Science unit has prepared a resource to provide guidance to athletes, coaches and parents involved in the training of athletes. This substantial resource includes general education material and specific guidelines for training models and is now available on the NSWIS website.

Powertap Power Meters

To support the Cycling and Triathlon Programs, the NSWIS physiology unit uses Powertap Power Meters to accurately measure training load and prescribe training intensities for each cycling session. Further analysis of this data is interpreted through use of Training Peaks software to assist in monitoring fatigue and recovery, and predict performance peaks.

Monitoring Muscle Function

The NSWIS Sport Science unit has developed a resource to monitor muscle function during activity. It consists of a portable telemetered electromyography system which involves electrodes attached to the skin surface over a muscle to monitor change in electrical activity during exercise. It can be used to provide information of which muscles are used, to what extent, and how function changes with fatigue. Visual output is real time via the integrated video system and core in-depth analysis can be provided within the hour. The strength & conditioning unit is considering using this across sports to look at lifting techniques and sprint start techniques, for track & field athletes.

Database and Planning

The Sport Science and Medical units have continued to develop the Athletic Logic program. The program aims to assist the preparation of annual plans, detailed training plans, and ensuring that the service plans are well synchronised with this information. A detailed exercise and skills database is being developed within this program, which will enable consistent servicing of athletes and a greater capacity to deliver to off-site and regional athletes and coaches. The system is being developed to assist with the collection of data for the training Stress / Strain Project and the collection and maintenance of all sport science field testing data.



swimming

INTRODUCTION

The NSWIS Swimming Program targeted both elite and emerging athletes through the provision of world class support services and training opportunities.

With 20 scholarships offered annually, the program aimed to maximise coach and athlete representation on the Australian Swimming Team, produce athletes capable of achieving medal winning performances at international competitions and develop coaches with the expertise to produce athletes with the potential to perform on the world stage.

In 2008, the NSWIS International Training Program component commenced, with world class coach, Grant Stoelwinder. This program was established to better support the needs of international level swimmers by providing a daily training environment, support services, and opportunities to compete and train overseas. Sydney Olympic Park Aquatic Centre and Ian Thorpe Aquatic Centre provided access to outstanding daily training facilities.

In partnership with Swimming NSW (SNSW) an Emerging Talent Squad underpinned the NSWIS Swimming Program providing emerging athletes with a pathway into the NSWIS program while developing the next generation of elite swimmers.

SIGNIFICANT EVENTS

- 2008 Beijing Olympic Games
- 2008 FINA World Cup (series)

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

2008 Beijing Olympic Games

- Lara Davenport – Gold medal in the Women's 4x200m Freestyle Relay (heats)

- Grant Brits – Bronze medal in the Men's 4x200m Freestyle Relay

2008 FINA World Cup series

- Matthew Jaukovic – Gold medal in the Men's 50m Butterfly, Men's 100m Butterfly; silver medal in the Men's 100m Butterfly
- Matthew Abood – Silver medal in the Men's 50m Freestyle
- Mitchell Patterson – Silver medal in the Men's 100m Freestyle; bronze medal in the Men's 50m Butterfly, Men's 50m Freestyle, Men's 100m Freestyle
- Samantha Marshall – Bronze medal in the Women's 100m Breaststroke
- Kristy Morrison – Bronze medal in the Women's 50m Breaststroke
- Tom Miller – Bronze medal in the Men's 50m Freestyle

NATIONAL TEAM SELECTIONS

2008 Beijing Olympic Games

- Grant Brits, Lara Davenport, Sophie Edington, Ky Hurst, Kenrick Monk, Craig Stevens

2008 FINA World Cup

- Matthew Abood, Daniel Arnarnart, Grant Brits, Matthew Jaukovic, Adam Kable, Tom Miller, Kristy Morrison, Mitchell Patterson, James Stacey

2009 FINA World Championships

- Libby Trickett, Eamon Sullivan, Andrew Lauterstein, Adam Pine, Matthew Abood, Lachlan Staples, Andrew Beato

2009 USA West Coast Tour

- Zoe Johnson, Samantha Marshall, Chris Ashwood

2009 World University Games

- Matthew Jaukovic, Tom Miller, Theo Pasialis, Jonathan Newton

AWARDS AND RECORDS

2008 NSWIS Annual Awards Dinner

- Grant Brits – Winner: Australian College of Physical Education Academic Excellence – General
- Sophie Edington – Finalist: Lawler Partners Career Development
- Swimming (Far North Coast) – Finalist: Department of Arts, Sport and Recreation Regional Excellence
- Lara Davenport – Finalist: Sydney City Toyota Team Athlete of the Year, Department of Arts, Sport and Recreation Female Athlete of the Year
- Swimming Program – Finalist: Sydney Olympic Park Authority Program of the Year

2008 FINA World Cup, Sydney

- Matthew Jaukovic – Men's 50m Butterfly, 22.50 seconds (short course, has since been broken)

VENUES

- Sydney Olympic Park Aquatic Centre
- Home Clubs/Centres

PROGRAM PARTNERS

- Swimming NSW
- Swimming Australia Ltd

2008/09 SWIMMING SQUAD GOLD:

Craig Stevens, Kenrick Monk, Grant Brits, Sophie Edington, Lara Davenport, Ky Hurst, Libby Trickett, Eamon Sullivan, Andrew Lauterstein, Matt Abood, Adam Pine, Lachlan Staples

SILVER:

Samantha Marshall, Matt Jaukovic, Jonathan Newton, Daniel Arnamnart, Garth Kates, Theo Pasiialis, Chris Ashwood, Andrew Beato, Zoe Johnson, Kenneth To, Tayliah Zimmer, Mitchell Patterson, Stephen Parkes, James Stacey, Olivia Halicek, Adam Kable

ASSOCIATE:

Reece Turner, Jessica Legge, Jess Ashwood, Kristy Morrison, Geoff Huegill, Tom Miller

OPEN WATER (silver):

Stacey Hansford, Jarrod Killey

COACHES

NSWIS / SNSW Head Coach:

Jim Fowlie

NSWIS International Training

Program Coach: Grant Stoelwinder

Home Coaches:

Steve Alderman, Shane Arnold, Rod Furlong, Bobby Folan, Pancha Thambo, Matt Brown, Brett Winkworth, Steve Garner, Zane King, Greg Morrison, Chris Myers, Tony Shaw, Paul Sharman, Angelo Basalo, Peter Sanders, Tracey Menzies, Greg Salter



cycling

INTRODUCTION

The NSWIS Cycling Program supported the daily training needs of Olympic discipline track and road cyclists competing, or showing the potential to compete at an international level in open, transition, and junior categories. Associate scholarships were also offered to senior athletes that were based overseas for the majority of the year.

The program also provided a pathway into the NSWIS Scholarship Program for up and coming cyclists through an Emerging Talent Squad (ETS). The ETS offered support to up to 55 athletes representing NSW, or who had the potential to represent NSW, at a senior or junior level.

Through a partnership with Cycling Australia, the NSWIS Cycling Program has increased its coaching staff and built strong links with the national program through NSWIS Head Coach Gary Sutton being appointed the National Women's Track Endurance Coach. As a result of this partnership the appointments of full time assistant coach Michael Kejda and former scholarship holder Sean Eadie as the sprint coach allowed the NSWIS to also support the National Talent Identification and Development Squad which aimed to identify cyclists with the ability to compete at the London 2012 Olympic Games.

The Cycling Program has been supported by the Bankstown District Sports Club (BDSC) since 1999.

SIGNIFICANT EVENTS

- ❑ 2008 Beijing Olympic Games
- ❑ 2008 UCI Junior Track Cycling World Championships
- ❑ 2009 UCI Track Cycling World Cup
- ❑ 2009 UCI Track Cycling World Championships

SIGNIFICANT INTERNATIONAL RESULTS

2009 UCI Track Cycling World Championships

- ❑ Kaarle McCulloch – Gold medal in the Women's Team Sprint
- ❑ Ashlee Ankudinoff – Bronze medal in the Women's Team Pursuit

2009 UCI Track Cycling World Cup

- ❑ Kaarle McCulloch - Bronze medal in the Women's 500m Time Trial
- ❑ Ashlee Ankudinoff - Silver medal in the Women's Team Pursuit

2008 UCI Junior Track Cycling World Championships

- ❑ Ashlee Ankudinoff – Gold medals in the Women's Individual Pursuit and Women's Team Pursuit

- ❑ Luke Davison – Gold medals in the Men's Team Pursuit, Men's Madison and Men's Omnium

- ❑ Megan Dunn – Gold medals in the Women's Team Pursuit, Women's Scratch Race and Women's Points Race

- ❑ Scott Law – Silver medal in the Men's Team Sprint, bronze medal in the Men's Time Trial

- ❑ Peter Lewis – Silver medal in the Men's Team Sprint

- ❑ Paul Fellows – Bronze medal in the Men's Keirin

NATIONAL TEAM SELECTION

2009 UCI Track Cycling World Championships

- ❑ Ashlee Ankudinoff, Kaarle McCulloch

2009 UCI Track Cycling World Cup

- ❑ Ashlee Ankudinoff, Rochelle Gilmore, Kaarle McCulloch, Christopher Sutton

2008 Beijing Olympic Games

- ❑ Katherine Bates, Graeme Brown, Bradley McGee

2008 Junior Track Cycling World Championships

- ❑ Ashlee Ankudinoff, Alex Carver, Luke Davison, Megan Dunn, Paul Fellows, Lauren Kitchen, Scott Law, Peter Lewis

AWARDS AND RECORDS

2008 NSWIS Annual Awards Dinner

- ❑ Bradley McGee – Inducted into the NSWIS Most Outstanding
- ❑ Katherine Bates – Finalist: Australian College of Physical Education Academic Excellence – General
- ❑ Kaarle McCulloch – Finalist: The University of Sydney Academic Excellence
- ❑ Ashlee Ankudinoff, Luke Davison, Megan Dunn – Finalists: Out and About Marketing and Media Junior Athlete of the Year
- ❑ Gary Sutton – Finalist: Telstra Coach of the Year

VENUES

- ❑ Dunc Gray Velodrome

PROGRAM PARTNERS

- ❑ Cycling Australia
- ❑ Cycling NSW
- ❑ Bankstown District Sports Club

2008/09 CYCLING SQUAD**GOLD:**

Ashlee Ankudinoff, Skye-Lee Armstrong, Kaarle McCulloch, Natalie Bates, Bradley McGee, Stephen Wooldridge

SILVER:

Luke Davison, Lauren Kitchen, Amanda Spratt, Phillip Thuaux

EAP:

Alex Carver, Aaron Donnelly, Megan Dunn, Paul Fellows, Elizabeth Georgouras, Richard Lang, Jackson Law, Scott Law, Peter Lewis, Lachlan Morton, Sam Spokes, Andrew Taylor

ASSOCIATE: Katherine Bates, Graeme Brown, Rochelle Gilmore, Ben Kersten, Mark Renshaw, Christopher Sutton, Angus Morton, David Tanner, Dean Windsor

BRONZE (pre 2009): Katie Brown, Robert Lyte, Kate Nichols, Mitchell Pearson, Matthew Pettit

DEVELOPMENT: Jackson-Leigh Rathbone, Sally Cowman, Luke Cridland, Jessica Griffiths, Katie Jones

FRF COURIERS: Anthony Bennett, Brendan Brooks, Robert Cater, John Ebeling, Tim Guy, Jason Hegert, Peter Higgerson, Chris Jory, Joseph Lewis, Dale Scarfe

COACHES

Head Coach: Gary Sutton

Assistant Coach/Men's Endurance: Michael Kejda

NTID/Sprint Coach: Sean Eadie

CNSW/NSWIS Regional and Coaching Development Coordinator: Graham Seers



Kaarle McCulloch | Photo by Getty Images



rowing

INTRODUCTION

The focus of the NSWIS Rowing Program was to prepare identified senior, under-23 and junior athletes for national and international success and to establish and develop effective elite development programs.

The program, led by Andrew Randell, was supported by Program Partners Rowing Australia and Rowing NSW and was part of the National High Performance Program which supported athletes as they progressed through the National Pathway.

In early 2009, The NSWIS worked with program partners Rowing Australia and Rowing NSW to finalise 2009 - 2012 NSWIS Rowing Program details.

The NSWIS Rowing Program will continue to be an integral part of the National High Performance Program and NSWIS coaches will be engaged to support athletes to progress through the National Pathway.

The NSWIS will be supporting athletes in one of the following scholarship categories: Gold Scholarship - Targeted athletes who have the potential to medal at the 2012 Olympic Games; Silver Scholarship - National U23 and senior team athletes and targeted athletes identified as having the potential to represent Australia at the senior level; and Emerging Athlete Program Scholarships - Targeted elite development athletes identified as having the potential to represent Australia and junior, U23 and senior levels.

SIGNIFICANT EVENTS

- ❑ 2008 Beijing Olympic Games
- ❑ 2008 World Rowing Championships
- ❑ 2008 World U23 Rowing Championships
- ❑ 2008 World Junior Rowing Championships

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

- 2008 Beijing Olympic Games
- ❑ Francis Hegerty Matthew Ryan – Silver medal in the Men's Coxless Four

2008 World Rowing Championships

- ❑ Miranda Bennett, Bronwen Watson – Gold medal in the Women's Lightweight Quad
- ❑ Nick Baxter, Fergus Pragnell – Bronze in the Men's Coxed Pair

2008 World Junior Rowing Championships

- ❑ Matthew Dignan, Ryan Edwards – Bronze in the Men's Pair

NATIONAL TEAM SELECTIONS

- 2008 Beijing Olympic Games
- ❑ James Chapman, Rod Chisholm, Peter Hardcastle, Francis Hegerty, Amy Ives, Liz Kell, Tom Laurich, Sam Loch, Matthew Ryan, Daniel Noonan, Brooke Pratley, Marty Rabjohns, Stephen Stewart, Zoe Uphill

2008 World Rowing Championships

- ❑ Nick Baxter, Miranda Bennett, Fergus Pragnell, Bronwen Watson

2008 World U23 Rowing Championships

- ❑ Richard Allsop, James Goswell, Renee Kirby, Toby Lister, Jacky Peile, Justin Quigley, Kurt Spencer

2008 World Junior Rowing Championships

- ❑ Matthew Dignan, Ryan Edwards, Olivia Heath, Ashleigh Peppernell, Rachael See, Beatrix Sheldrick

AWARDS AND RECORDS

2008 NSWIS Annual Awards Dinner

- ❑ Rod Chisholm – Finalist: Lawler Partners Career Development
- ❑ Francis Hegerty, Matthew Ryan – Finalists: Sydney City Toyota Team Athlete of the Year

VENUES

- ❑ Sydney International Regatta Centre
- ❑ Mosman Rowing Club
- ❑ UTS Rowing Club
- ❑ Sydney University's Women's Boat Club
- ❑ Sydney University Boat Club
- ❑ University of NSW Rowing Club
- ❑ St George Rowing Club
- ❑ Nepean Rowing Club
- ❑ Sydney Rowing Club

PROGRAM PARTNERS

- ❑ NSW Rowing Association
- ❑ Rowing Australia

ROWING

2008/09 ROWING SQUAD**GOLD:**

Terrance Alfred, Rod Chisholm, Sarah Cook, Mitchell Estens, Peter Hardcastle, Francis Hegarty, Nicholas Hudson, Amy Ives, Sally Keogh, Toby Lister, Sam Loch, Dan Noonan, Matt Ryan, Zoe Uphill, Bronwen Watson

SILVER:

Richard Allsop, Alexander Belonogoff, Miranda Bennett, Edward De Cavalho, Charles Budd, James Goswell, Renee Kirby, Kieran Kolbeke, Alistair Matthews, Jacky Peile, Nicholas Purnell, Alison Smith, Kurt Spencer, Justin Quigley, Tom Quilty, Edward White, Oli Zuk

EAP:

Matthew Dignan, Ryan Edwards, Olivia Heath, Anna Kaszycki, Ashleigh Peppernell, Rachel See, Beatrix Sheldrick, Louis Snelson

COACHES

Head Coach: Andrew Randell

Elite Development Coordinator:

Stani Slavova



winter sports

INTRODUCTION

The NSWIS Winter Sports Program was delivered in partnership with the Olympic Winter Institute of Australia, Ski and Snowboard Australia, Jindabyne Sport and Recreation Centre, NSW Snow Sports and was supported by the ski resorts of Kosciusko Thredbo and Perisher Blue.

The program targeted athletes in squad programs for the disciplines of Freestyle Moguls and Snowboard Halfpipe. These programs provided selected athletes with world class training facilities and coaching with a focus on supporting athletes competing at an open international level.

The NSWIS also offered two individual Alpine scholarships that provided athletes with the opportunity to access world class coaching and facilities through Snowsports Great Britain.

A further ten scholarships were offered for Individual Scholarships. These scholarships were generally offered to athletes showing the potential to represent Australia at an open international level in the disciplines of Ski Cross, Figure Skating and Cross Country.

SIGNIFICANT EVENTS

- ❑ 2008 Australia/New Zealand Cup
- ❑ 2008 Australian Freestyle Mogul Championships
- ❑ 2008 Perisher Blue FIS Race
- ❑ 2008 South American Cup
- ❑ 2009 World Snowboard Championships
- ❑ 2009 Europa Cup Series
- ❑ 2009 World Cup Series
- ❑ 2009 FIS Race Series
- ❑ 2009 Toyota Championship
- ❑ 2009 Winter X Games

- ❑ 2009 US Open
- ❑ 2009 Four Continents

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

2008 Australia/New Zealand Cup

- ❑ Ben Sim – First in Cross Country overall standings
- ❑ Aimee Watson – Silver medals in the Women's Cross Country Freestyle and Women's Cross Country Classic
- ❑ Sam Hall – Gold medal in the Men's Freestyle Moguls
- ❑ Craig Branch – Gold medal in the Men's Super G
- ❑ Jono Brauer – Silver medal in the Men's Super G, bronze medal in the Men's Super Combined

2008 Australian Freestyle Mogul Championships

- ❑ Emma Chapman-Davies – Gold medal in the Women's Freestyle Moguls
- ❑ Matt Graham – Gold medal in the Junior Men's Freestyle Moguls

2008 Perisher Blue FIS Race

- ❑ Hannah Trigger – Gold medal in the Women's Snowboard Halfpipe
- ❑ Holly Crawford – Silver medal in the Women's Snowboard Halfpipe
- ❑ Nathan Johnstone – Silver medal in the Women's Snowboard Halfpipe

2008 South American Cup

- ❑ Damon Hayler – Gold medal in the Men's Snowboard Cross

2009 World Snowboarding Championships

- ❑ Holly Crawford – Silver medal in Women's Snowboard

2009 Europa Cup Series

- ❑ Roanna Humphries – Gold medal in the Women's Moguls (France)

- ❑ Roanna Humphries- Bronze Medal in the Women's Moguls (Slovenia)

2009 World Cup Series

- ❑ Damon Hayler – Gold medal in the Men's Snowboard Cross (Austria)
- ❑ Nathan Johnstone – Silver medal in the Men's Snowboard (Italy)
- ❑ Jenny Owens – Silver medal in the Women's Ski Cross (USA)
- ❑ Holly Crawford – Silver medal in the Women's Snowboard Halfpipe (Italy)

2009 FIS Race Series

- ❑ Jono Brauer – Gold medal in the Men's Giant Slalom (Switzerland), silver medal in the Men's Giant Slalom (Switzerland), bronze medal in the Men's Giant Slalom (Austria)

2009 Toyota Championship

- ❑ Torah Bright – Gold medal in the Womens Snowboard Halfpipe

2009 Winter X Games

- ❑ Torah Bright – Gold medal in the Women's Snowboard Halfpipe

2009 US Open

- ❑ Torah Bright – Gold medal in the Women's Snowboard Superpipe

NATIONAL TEAM SELECTIONS

2008 Australia/New Zealand Cup

- ❑ Ben Sim, Aimee Watson, Sam Hall, Craig Branch, Jono Brauer, Chris Darlington, Rohan Chapman-Davies, David Graham, Matt Graham, Hugh Norton, Nicole Parks, Roanna Humphries

2008 Australian Freestyle Mogul Championships

- ❑ Emma Chapman-Davies, Rohan Chapman-Davies, David Graham, Matt Graham, Sam Hall, Roanna Humphries, Hugh Norton

2009 World Snowboard Championships

- ❑ Holly Crawford, Damon Hayler, Nathan Johnstone, Hannah Trigger

2009 Europa Cup Series

- ❑ Rohan Chapman-Davies, Britteny Cox, David Graham, Matt Graham, Sam Hall, Roanna Humphries, Hugh Norton, Taylah-Paige O'Neill, Nicole Parks

2009 World Cup Series

- ❑ Damon Hayler, Nathan Johnstone, Jenny Owens, Holly Crawford, Craig Branch, Jono Brauer, Torah Bright, Ramone Cooper, Ben Sim, Hannah Trigger, Aimee Watson

2009 FIS Race Series

- ❑ Jono Brauer, Chris Darlington, Patrick Davis-Meehan, Jason Maxfield, Sam Murphy, Ben Sim, Charlie Steinbacher, Craig Branch

AWARDS AND RECORDS

2008 NSWIS Annual Awards Dinner

- ❑ Aimee Watson – Finalist: The University of Sydney Academic Excellence
- ❑ Nicole Parks – Finalist: Ian Thorpe/Grand Slam International Outstanding Achievement – Female
- ❑ Winter Sports Program – Finalist: Department of Arts, Sport and Recreation Regional Excellence

VENUES

- ❑ Perisher Blue Resort
- ❑ Kosciusko Thredbo
- ❑ Jindabyne Sport and Recreation Centre

PROGRAM PARTNERS

- ❑ Olympic Winter Institute of Australia
- ❑ Ski and Snowboard Australia
- ❑ NSW Snow Sports
- ❑ Perisher Blue Pty Ltd
- ❑ Kosciusko Thredbo Pty Ltd
- ❑ Jindabyne Sport and Recreation Centre
- ❑ Sydney Academy of Sport and Recreation

2008/09 WINTER SPORTS**SQUAD****GOLD:**

Ramone Cooper, Holly Crawford,
Torah Bright, Nathan Johnstone,
Hannah Trigger, Damon Hayler, Jono
Brauer, Craig Branch, Jenny Owens,
Sean Carlow, Cheltzie Lee, Danielle
O'Brien, Greg Merriman

SILVER:

Sam Hall, Emma Chapman-Davies,
Rohan Chapman-Davies, David
Graham, Matthew Graham, Nicole
Parks, Roanna Humphries, Hugh
Norton, Jason Maxfield, Jarryd
Williams, Charlie Steinbacher, Sam
Murphy, Patrick Davis-Meehan, Ben
Sim, Alex Almoukov, Aimee Watson,
Chris Darlington

EAP:

Brittney Cox, Taylah Paige O'Neill

2008/09 COACHES

**NSWIS Winter Sports Coach
Coordinator, NSWIS Head Coach,
Freestyle Moguls:**

Peter Topalovic

**NSWIS Head Coach, Snowboard
Halfpipe:**

Ben Alexander

**NSWIS Head Coach, Cross
Country:**

Nick Almoukov

NSWIS Coach, Cross Country:

Cameron Morton



track & field

INTRODUCTION

The NSWIS Track & Field Program supported the daily training needs of a range of Olympic discipline athletes competing or showing the potential to compete at an international level. Forty-five scholarships were on offer for athletes focused on competing at the Olympics, world championships and Commonwealth Games.

The successful Emerging Athlete Program was enhanced in 2009, with the introduction of a '400 Fast Track' component established to develop speed and power for individual, hurdles and relay athletes with the potential to achieve future international success.

SIGNIFICANT EVENTS

- ❑ 2008 Beijing Olympic Games
- ❑ 2008 IAAF World Junior Championships
- ❑ 2009 World Cross Country Championships

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

2008 Beijing Olympic Games

- ❑ Youcef Abdi - sixth 3000m Steeplechase
- ❑ Joel Milburn - semi-final 400, sixth 4x400m relay
- ❑ John Steffensen - sixth 4x400m relay
- ❑ Dani Samuels - ninth discus

2008 IAAF World Junior Championships

- ❑ Trychelle Kingdom, Olivia Tauro – Bronze medal in the Women's 4x400m Relay

NATIONAL TEAM SELECTIONS

2008 Beijing Olympic Games

- ❑ Joel Milburn, Lachlan Renshaw, Dani Samuels, Jane Saville, John Steffensen, Youcef Abdi

2008 IAAF World Junior Championships

- ❑ Trychelle Kingdom, Olivia Tauro, Chloe Tighe, Melissa Hayes, Ryan Gregson, Bridey Delaney

2009 IAAF World Cross Country Championships

- ❑ Lara Tamsett, Chloe Tighe

AWARDS AND RECORDS

2008 NSWIS Annual Awards Dinner

- ❑ Joel Milburn – Finalist: Australian College of Physical Education Academic Excellence – General
- ❑ Youcef Abdi – Finalist: Ian Thorpe/Grand Slam International Outstanding Achievement – Male

VENUES

- ❑ Sydney Olympic Park Athletic Centre
- ❑ Sydney Academy of Sport and Recreation
- ❑ Campbelltown Sports Ground
- ❑ Wollongong City Track
- ❑ Bankstown Athletic Centre
- ❑ Greystanes Sporting Complex
- ❑ Blacktown Olympic Park
- ❑ ES Marks Field
- ❑ Hunter Sports Centre (Glendale)
- ❑ Sylvania Athletics Track
- ❑ Mingara Recreation Club and Leisure Centre
- ❑ Parramatta Park
- ❑ Sydney Olympic Park Athletic Centre
- ❑ Centennial Park
- ❑ University of Wollongong
- ❑ Rotary Field, Chatswood
- ❑ The Ridge Athletics Track, Illawong

PROGRAM PARTNERS

- ❑ Athletics NSW
- ❑ Athletics Australia

2008/09 TRACK & FIELD SQUAD

GOLD:

Youcef Abdi, Jana Rawlinson, Joshua Ross, Dani Samuels, Jane Saville, John Steffensen, Joel Milburn, Lachlan Renshaw, Natalie Saville, Fabrice Lapierre, Cheryl Webb

SILVER:

Nick Bromley, Justin Merlino, Jeremy Roff, Laura Cornford, Henry Mitchell, Jaimee-Lee Starr, Laura Verlinden, Brad Woods, Lara Tamsett

BRONZE:

Bridey Delaney, Chloe Tighe, Olivia Tauro, Trychelle Kingdom, Melissa Hayes, Selma Kajan, Vika Lolo, James Nipperess, Matt Otzen, Ian Rayson, Trudy Thompson

ASSOCIATE:

Matthew Shirvington, Ambrose Ezenwa, Issac Ntiamoah, Eloise Wellings, Scott Westcott, Jacob Groth, Clinton Hill

COACHES

Adam Larcom, Chris Rawlinson, Denis Goodwin, Denis Knowles, Esfir Dvoskina, Garry Kaan, Gavin Beahan, Ian Hatfield, Ian Leitch, John Atterton, Ken Green, Larry Wade, Lindsay Watson, Marilyn Pearson, Matt White, Nic Bideau, James Fitzgerald, Paul Hallam, Penny Gillies, Robert Medlicott, Rudolf Sopko, Sean Williams, Clayton Kearney, Tony Lester, Paul Laurendet, Mike Hurst.



wheelchair track & road

Kurt Fearnley | Photo by Getty Images

INTRODUCTION

The NSWIS Wheelchair Track & Road Program supported the needs of athletes competing at an international level with a major competitive focus on the Paralympic Games, world championships, and major road races such as the London and New York Marathons.

The NSWIS coordinated the National Emerging Talent Squad that underpinned the NSWIS scholarship program. With a focus on developing the next generation of Australian representatives, this program provided camp based support for up to four athletes.

The NSWIS supported the national Wheelchair Track & Road program by providing camps to support national athletes and is the only SIS / SAS to support a Wheelchair Track & Road program.

SIGNIFICANT EVENTS

- 2008 Beijing Paralympic Games
- 2008 Chicago Marathon
- 2008 New York Marathon
- 2009 Paris Marathon
- 2009 London Marathon
- 2009 Seoul Marathon

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

2008 Beijing Paralympic Games

- Kurt Fearnley – Gold medal in the Men's T54 Marathon, silver medals in the Men's T54 800m and T54 5000m, bronze medal in the Men's T54 1500m

- Christie Dawes, Angie Ballard – Silver medal in the Women's T53/54 4x100m Relay

2008 Chicago Marathon

- Kurt Fearnley – Gold in the Men's Wheelchair

2008 New York Marathon

- Kurt Fearnley – Gold in the Men's Wheelchair

- Christie Dawes – Bronze in the Women's Wheelchair

2009 Paris Marathon

- Kurt Fearnley – Gold in the Men's Wheelchair

2009 London Marathon

- Kurt Fearnley – Gold in the Men's Wheelchair

2009 Seoul Marathon

- Kurt Fearnley – Gold in the Men's Wheelchair

NATIONAL TEAM SELECTIONS

2008 Beijing Paralympic Games

- Kurt Fearnley, Christie Dawes, Angie Ballard, Richard Nicholson

AWARDS AND RECORDS

2008 NSWIS Annual Awards Dinner

- Kurt Fearnley – Winner: Ian Thorpe/Grand Slam International Outstanding Achievement – Male, Finalist; Classic Sportswear Most Memorable Moment, ClubsNSW Male Athlete of the Year

- Wheelchair Track & Road Program – Finalist: Sydney Olympic Park Authority Program of the Year

- Andrew Dawes – Finalist: Telstra Coach of the Year

VENUES

- Hunter Sports Centre (Glendale)
- Sydney Olympic Park Athletic Centre

PROGRAM PARTNERS

- Athletics Australia
- Wheelchair Sports NSW

2008/09 WHEELCHAIR TRACK & ROAD SQUAD

Angela Ballard, Christie Dawes, Kurt Fearnley and Richard Nicholson

COACHES

Wheelchair Track & Road Head Coach:

Andrew Dawes

Wheelchair Track & Road Elite Development Coach:

Louise Sauvage



sailing

INTRODUCTION

The NSWIS Sailing Program supported the daily training needs of senior and junior athletes that form part of the Australian Sailing Development Squad, National Youth Squad athletes, as well as members of National Senior Squads that were based in NSW.

With up to 53 scholarships on offer annually, the program's competition focused on the Olympic Games, world championships, and youth world championships.

The program was underpinned by an Emerging Talent Squad that provided a pathway for up to five athletes annually for progression into the NSWIS scholarship program.

SIGNIFICANT EVENTS

- ❑ 2008 Beijing Olympic Games
- ❑ 2008 Laser European Championships
- ❑ 2008 Kiel Week
- ❑ 2008 470 European Championships
- ❑ 2008 Volvo Youth Sailing ISAF World Championships

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

2008 Beijing Olympic Games

- ❑ Malcolm Page, Nathan Wilmot – Gold medal in the Men's 470 Class
- ❑ Darren Bundock – Silver medal in the Men's Tornado Class

2008 Laser European Championships

- ❑ Tom Slingsby – Gold medal in the Men's Laser Class

2008 Kiel Week

- ❑ Tom Slingsby – Gold medal in the Men's Laser Class

2008 470 European Championships

- ❑ Malcolm Page, Nathan Wilmot – Gold medal in the Men's 470 Class

2008 Volvo Youth Sailing ISAF World Championships

- ❑ Gabrielle King – Gold medal in the Laser Radial Class
- ❑ Michelle Muller, Hannah Nattrass – Bronze medal in the Women's 29er Class

NATIONAL TEAM SELECTIONS

2008 Beijing Olympic Games

- ❑ Malcolm Page, Nathan Wilmot, Darren Bundock, Jessica Crisp, Angela Farrell, Karyn Gojnych, Iain Murray, Anthony Nossiter, Nathan Outteridge, Andrew Palfrey, Tom Slingsby

2008 Laser European Championships

- ❑ Tom Slingsby, James Burman, Joshua Chant

2008 Kiel Week

- ❑ Tom Slingsby, James Burman, Joshua Chant, Ben Austin, Nathan Outteridge

2008 470 European Championships

- ❑ Malcolm Page, Nathan Wilmot

2008 Volvo Youth Sailing ISAF World Championships

- ❑ Gabrielle King, Michelle Muller, Hannah Nattrass, Jason Waterhouse, Byron White, Rhys Mara, Tom Burton, Lisa Darmanin

AWARDS AND RECORDS

2008 NSWIS Annual Awards Dinner

- ❑ Malcolm Page, Nathan Wilmot – Winners: Sydney City Toyota Team Athlete of the Year

- ❑ Sailing Program – Winner: Sydney Olympic Park Authority Program of the Year

- ❑ Gabrielle King – Finalist: Australian College of Physical Education Academic Excellence – General, Out and About Marketing and Media Junior Athlete of the Year

- ❑ Evan Walker – Finalist: The University of Sydney Academic Excellence

- ❑ Darren Bundock – Finalist: Sydney City Toyota Team Athlete of the Year

- ❑ Erik Stibbe – Finalist: Telstra Coach of the Year

- ❑ Malcolm Page, Nathan Wilmot – Finalists: ClubsNSW Male Athlete of the Year

VENUES

- ❑ Middle Harbour Yacht Club

PROGRAM PARTNERS

- ❑ Yachting NSW
- ❑ Yachting Australia

2008/09 SAILING SQUAD GOLD ASSOCIATE:

Ben Austin, Darren Bundock, Jessica Crisp, Angela Farrell, Karyn Gojnych, Iain Murray, Anthony Nossiter, Nathan Outteridge, Malcolm Page, Andrew Palfrey, Tom Slingsby, Nathan Wilmot

SILVER TIER 1:

Scott Babbage, Tom Brewer, Ashley Brunning, James Burman, Josh Chant, Alisha Kawalla, Gabrielle King, Jye Murray, David O'Connor, Will Ryan

SILVER TIER 2:

Iain Jensen, Lisa Darmanin, Rhys Mara, Michelle Muller, Hannah Nattrass, Will Ryan, Jason Waterhouse, Bryon White, Jacqui Bonnitche

SILVER TIER 3:

Rob Bell, Andrew Landenberger, Peter Merrington, Simon Reffold, Patrick Conway, Alexander Conway

EAP:

Sam Boyd, Nina Curtis, Nicole Douglas, Stacey Jackson, Olivia Price, Amanda Scrivenor, Nicky Souter, Katie Pellew, Lucinda Whitty, Matt Taylor, Ben Taylor, Alex South, Jess Eastwell, Euan McNicol, Sam Newton, Claudine Olgilvie, Kat Stroinovskiy

COACHES

Head Coach/Coordinator:

Erik Stibbe

Network Coaches:

Larry Cargill, Jenny Armstrong, Arline Van Haren, Traks Gordon



baseball

Ryan Rowland-Smith | Photo by Getty Images

INTRODUCTION

The NSWIS Baseball Program assisted athletes to achieve state and national representation. The centralised program operated from Blacktown Olympic Park.

The NSWIS Baseball Program targeted athletes that showed potential to gain national representation at AA (under-16) or AAA (under-18) levels of competition, as well as the potential to gain professional and college signings based on standardised Professional and College Criteria.

Since the inception of the NSWIS Baseball Program in July 1996, over 140 players have been offered professional contracts in the US and Canada. Head Coach Andre Desjardins was instrumental in the establishment of the Australian Baseball Federation's Major League Academy Program in both Victoria and NSW.

The NSWIS Baseball Program finished on December 31 2008. Congratulations were extended to Andre for his years of dedicated service, achievements and expertise.

VENUES

- ▣ Blacktown Olympic Park
- ▣ Blacktown Indoor Centre
- ▣ Wauchope Baseball Field

PROGRAM PARTNERS

- ▣ Baseball NSW
- ▣ Australian Baseball Federation

2008/09 BASEBALL SQUAD

Byron Aird, Mitchell Bray, Max Brennen, Jarrod Commene, Scott Cone, Mason Curtis, Ryan Falconer, Joshua Goldsmith, Scott Harrison, Dean Hazell, Stephen Hook, Alex Howe, David Kandilas, Travis McDonald, James Murphy, Adam O'Neill, Cale Penrith, Jarrod Saul, Mathew Smith, Aaron Sookee, Adam Spencer, Timothy Stanford, Jarrod Sullivan, Ryan Tansley, Timothy Theos, Joel Townsend, Todd Van Steensel, Michael Vine, Time Zurrer, David Harriot.

COACHES

Head Coach:
Andre Desjardins



Troy Sachs | Photo by Getty Images

basketball

INTRODUCTION

The NSWIS Basketball Program catered for able-bodied and wheelchair athletes.

The program provided world class coaching, training, facilities, and support services in order to create the optimal training environment for athletes across NSW. By supporting the daily training needs of athletes the program aimed to improve athlete development.

With a competition focus on the world championships and the Paralympic Games, the wheelchair basketball component of the program supported athletes competing at an international level, including 'transition' athletes competing at an under-23 level internationally.

The basketball component provided support on a seasonal basis to athletes competing at an international level (including under-23 athletes) as well as supporting athletes competing at a junior international level. The program aimed to develop junior athletes and provide a pathway for 'graduation' into the AIS program.

The NSW Institute of Sport was the only SIS / SAS to support a dedicated Wheelchair Basketball program.

SIGNIFICANT EVENTS

- 2008 Beijing Paralympic Games
- 2009 BT Paralympic World Cup

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

2008 Beijing Paralympic Games

- Troy Sachs, Brendan Dowler, Grant Mizens, Tristan Knowles, Brett Stibners – Gold medal in Men's Wheelchair Basketball

- Kylie Gauci, Sarah Stewart, Liesl Tesch, Katie Hill, Tina McKenzie – Bronze medal in Women's Wheelchair Basketball

2009 BT Paralympic World Cup

- Grant Mizens, Tristan Knowles, Brett Stibners – Gold medal in the Men's Wheelchair Basketball

NATIONAL TEAM SELECTIONS

2008 Beijing Paralympic Games

- Troy Sachs, Brendan Dowler, Grant Mizens, Tristan Knowles, Brett Stibners, Kylie Gauci, Sarah Stewart, Liesl Tesch, Katie Hill, Tina McKenzie

2009 BT Paralympic World Cup

- Grant Mizens, Tristan Knowles, Brett Stibners

AWARDS AND RECORDS

NSWIS Awards Dinner

- Sarah Stewart – Winner: The University of Sydney Academic Excellence
- Wheelchair Basketball (Men) – Finalist: Classic Sportswear Most Memorable Moment

PROGRAM PARTNERS

- Basketball NSW
- Basketball Australia
- NSW Wheelchair Sports Association

VENUES

- Auburn Basketball Centre
- Maitland Basketball Stadium
- University of Wollongong
- St Josephs College (Hunters Hill)
- King George V Recreation Centre (Sydney City)
- Illawarra Sports High School

2008/09 BASKETBALL SQUAD

Kristen Barnes, Ally Brown, Teagan Burke, Jason Cadee, Ellie Gleeson, Nicole How, Ashleigh Karaitiana, Victoria Jones, Cassandra Mangos, Rachel Murray, Lauren Nicholson, Bree Parsons, Ashley Thomas, Jackson Aldridge, Josh Black, Daniel Cinelli, Zac Compton, Matthew Dick, Sean Mullan, Daniel Sepokas, Bradley Simpson, Mike Suffield.

EAP:

Maddison Allen, Phil Chircu, Dan Trist, Matthew Andronicos, Andrija Dumovic

2008/09 WHEELCHAIR BASKETBALL SQUAD GOLD:

Kylie Gauci, Katie Hill, Sarah Stewart, Tina McKenzie, Colin Smith, John McPhail, Luke Pople, Shawn Russell, Jeremy Doyle

GOLD ASSOCIATE:

Tristan Knowles, Bill Latham

SILVER:

Grant Mizens, Brett Stibners

FULL (pre 2009):

Liesel Tesch, Brendan Dowler, Troy Sachs, Darren Skuse.

COACHES

Head Coach:
Damian Cotter

Assistant Coach:
Ben Osborne



bowls

Sharyn Renshaw | Photo by Getty Images

INTRODUCTION

The NSWIS Bowls Program supported nationally identified senior athletes and provided a pathway for talented under-25 athletes in their pursuit of success. The program provided camp based support to scholarship holders, as well as assisting athletes with their daily training needs.

Up to 26 scholarships were offered to athletes competing at an international level with a major focus placed upon the Commonwealth Games, world championships, Asia Pacific championships and world cups.

The NSWIS Bowls Program also featured an Emerging Talent Squad for up to ten under-18 athletes that, in conjunction with regional academies, provided up and coming athletes with an opportunity to attend NSWIS Bowls camps.

SIGNIFICANT EVENTS

- 2009 Australian Open
- 2008 New Zealand Open
- 2008 World Champion of Champions

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

2009 Australian Open

- Karen Murphy – Gold medal in the Women's Pairs and Women's Triples
- Mark Berghofer – Gold medal in the Men's Triples

2008 New Zealand Open

- Karen Murphy – Gold medal in the Women's Pairs

2008 World Champion of Champions

- Leif Selby – Gold medal in the Men's Singles

NATIONAL TEAM SELECTION

2008 New Zealand Open

- Karen Murphy, Mark Berghofer, Claire Duke, Carl Healey

2008 World Champion of Champions

- Leif Selby, Katrina Wright

PROGRAM PARTNERS

- NSW Women's Bowls Association
- Bowls Australia
- Bowls NSW

VENUES

- Roselands Bowling Club

2008/09 SQUAD

GOLD:

Mark Berghofer, Claire Duke, Karen Murphy, Sharyn Renshaw, Leif Selby, Anne Johns, Katrina Wright, Kelli Wray, Gerard Beath, Michael Cronin, Wayne Turley, Aron Sherriff

SILVER:

David Ferguson, Chris Green, Larissa Guthrie, Carl Healey, Chris Herden, Alyssa Hyland, Jesse McKenzie, Alan McMaster, Matthew Miles, Lisa Mitchell, Matthew Smith, Morgan Solman – Stewart, Ben Walsh

EAP:

Jesse Noronha, Natasha Van Eldik, Naomi Elliot, Louren Katague, Matt Pietersen

COACHES

Head Coach: Cameron Curtis
Coordinating Coach: Geoff Campbell



canoe slalom

INTRODUCTION

The NSWIS Canoe Slalom Program was a joint National Centre of Excellence Program with both elite and emerging athlete components. The program maximised the collective expertise and resources of the Australian Institute of Sport, Australian Canoeing and the NSWIS in a unique partnership to achieve excellence and success at the international level.

The program's focus was assisting identified elite and potential elite NSW athletes by providing world class coaching, facilities, infrastructure and support services in an intensive daily centralised training and camp based environment at the Penrith Whitewater Stadium. The highlight of the reporting period was Jacqueline Lawrence's silver medal winning performance at the Beijing Olympic Games. Jacqui progressed from a regional area of NSW through the NSWIS and national athlete pathway to achieve an outstanding result.

SIGNIFICANT EVENTS

- 2008 Beijing Olympic Games
- 2009 ICF World Cups
- 2009 Euro ICF event
- 2009 ICF Pre World Cup Events

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

2008 Beijing Olympic Games

- Jacqueline Lawrence – Silver medal in the Women's K1 Kayak

2009 ICF Pre World Cup Event

- Jessica Fox – Bronze medal in world ranking event in Merano, Italy

NATIONAL TEAM SELECTION

2008 Beijing Olympic Games

- Jacqueline Lawrence, Lachlan Milne

2008 Australian Senior Canoe Slalom team

- Anthony Brown, Matt Gabb, Kate Lawrence, Jacqueline Lawrence, Louise Natoli, Lachlan Milne

2008 Australian Under-23 Canoe Slalom team

- Will Forsythe, Sam Lyons, Ian Burrows, Ethan Hodson, Natasha Jones, Rosalyn Lawrence, Amanda Pain

2008 Australian Junior Canoe Slalom team

- Joey Croft, Ashleigh Logan

2009 Australian Senior Canoe Slalom team

- Kate Lawrence, William Forsythe, Rosalyn Lawrence, Ian Burrows, Anthony Brown, Jessica Fox, Ethan Hodson, Sam Lyons

2009 Australian Junior Canoe Slalom team

- Joey Croft, Jessica Fox, Alison Burrows, Ashleigh Logan

AWARDS AND RECORDS

2008 NSWIS Annual Awards Dinner

- Jacqueline Lawrence – Winner; Department of Arts, Sport and Recreation Female Athlete of the Year, Finalist; Classic Sportswear Most Memorable Moment

- Lachlan Milne – Finalist: Lawler Partners Career Development

- Katrina Lawrence – Finalist: Ian Thorpe/Grand Slam International Outstanding Achievement – Female

VENUES

Penrith Whitewater Stadium

PROGRAM PARTNERS

- Australian Canoeing
- Australian Institute of Sport

2008/09 CANOE SLALOM SQUAD

GOLD:

Ian Borrows, Anthony Brown, William Forsythe, Natasha Jones, Jacqueline Lawrence, Kate Lawrence, Sam Lyons, Lachlan Milne

ASSOCIATE:

Matthew Gabb, Louise Natoli, Amanda Pain

SILVER:

Rosalyn Lawrence

BRONZE (pre 2009):

Joey Croft, Ben Horlyck, Ashleigh Logan

EAP (pre 2009):

Alison Borrows, Jarrad Clemenson, Reilly Edwards, Jessica Fox, Ethan Hodson, Phil Kennedy, Callum Leahy, Lydia Toms

COACHES

Head Coach:

Zlatan Ibrahimbegovic (to Dec 08)



canoe sprint

Torsten Lachmann | Photo by Getty Images

INTRODUCTION

The NSWIS Canoe Sprint Program was an integral part of the National High Performance Program which operated in partnership with the Australian Institute of Sport and Australian Canoeing.

The program had both an elite and emerging athlete component, delivered through a decentralised 'local' squad based approach with training at club facilities on both the south side of Sydney (St George) and the north side of Sydney (Narrabeen).

The programs focused on the development of elite NSW athletes to achieve national and international success in line with the National Program direction and targets. In 2009, NSWIS coaches were engaged by Canoe Australia to support athlete progress through the National Pathway and to identify and develop emerging talent through links with Surf Life Saving Australia and other sports.

Athletes training outside of north side and south side 'local squads' will have access to central services and training opportunities to compliment their home programs.

SIGNIFICANT EVENTS

- 2008 Beijing Olympic Games
- 2008 ICF World Cups
- 2009 ICF World Cups

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

- 2008 Beijing Olympic Games**
 - Chantal Meek – Bronze medal in the Women's K4 500m
- 2009 ICF World Cup**
 - David Smith – Gold medal in the Men's K2 1000m in Szeged, Hungary (World Cup #3)

NATIONAL TEAM SELECTION

- 2008 Beijing Olympic Games**
 - Torsten Lachmann, Chantal Meek, David Smith, Tony Schumacher
- 2008 Australian Senior Canoe Sprint team**
 - David Smith, Tony Schumacher, Luke Michael, Jacob Michael, Murray Stewart, Torsten Lachmann, Chantal Meek, Jo Brigden Jones
- 2008 Australian Under-23 Canoe Sprint team**
 - Murray Stewart, Dean Blanche
- 2008 Australian Junior Canoe Sprint team**
 - Haydn Boon, Amy Peters, Lauren Smith

2009 Australian Senior Canoe Sprint team

- David Smith, Murray Stewart, Luke Michael, Jacob Michael, Jo Brigden Jones, Torsten Lachmann

2009 Australian Under-23 Canoe Sprint team

- Nick Dawe, Lauren Smith, Julia Tyrrell

2009 Australian Junior Canoe Sprint team

- Madison Prior, Danielle Polson, Wayne Dunbar

VENUES

- St George Kayak Club
- Manly Warringah Kayak Club
- Sydney International Regatta Centre

PROGRAM PARTNERS

- Australian Canoeing
- Australian Institute of Sport

2008/09 CANOE SPRINT SQUAD

GOLD:
Chantal Meek, Torsten Lachmann, Anthony Schumacher, David Smith

SILVER:
Luke Michael, Jake Michael, Shelly Oates – Wilding, Murray Stewart

BRONZE (pre 2009):
Dean Blanche, Haydn Boon, Nigel Hoschke, Lauren Smith

EAP:
Nicholas Dawe, Wayne Dunbar, Mark Farrugia, Amy Peters, Danielle Polson, Maddison Prior, Julia Tyrrell, Sasa Vujanovic

COACHES

Canoe Sprint Squad Coach:
Guy Wilding, Jimmy Walker

NSWIS Regional/AIS NCE Coach (pre 2009):
Ben Hutchings

Network Coaches:
Terry Prosser, Christine Duff, Brett Worth



cricket

INTRODUCTION

The NSWIS Cricket Program supported both men's and women's scholarship holders.

The men's component supported the Speed Blitz Blues Squad as selected by Cricket NSW via sport science servicing. The women's scholarship element aimed to develop the skill level of scholarship athletes enhancing opportunities for selection into the NSW 'A' team, NSW Breakers team as well as national teams and squads.

The NSWIS Cricket Program concluded on 31 December 2008.

Cricket NSW will continue to provide high performance athletes with quality training and competition opportunities.

VENUES

- ▣ Sydney Cricket Ground

PROGRAM PARTNERS

- ▣ Cricket NSW
- ▣ Cricket Australia

2008/09 CRICKET SQUAD Women

Jessica Cox, Sarah Coyte, Rhiannon Dick, Emma Doutreband, Ashleigh Endacott, Hannah Grady, Melissa Harrison, Rachel Kent, Claire Koski, Brodie Neems, Alicia Newton, Melissa Penman, Hannah Perry, Angela Reakes, Emma Thompson, Jessica Toomey, Gizelle Van Der Merwe, Kate Waetford, Amy Wallace, Morgan Wilczynski

Men – Speed Blitz Blues Squad

Aaron Bird, Doug Bollinger, Nathan Bracken, Mark Cameron, Beau Casson, Stuart Clark, Michael Clarke, Burt Cockley, Ed Cowan, Scott Coyte, Peter Forrest, Brad Haddin, Nathan Hauritz, Josh Hazlewood, Moises Henriques, Philip Hughes, Phil Jaques, Simon Katich, Usman, Khawaja, Grant Lambert, Brett Lee, Greg Mail, Peter Neville, Stephen O'Keefe, Ben Rohrer, Daniel Smith, Steven Smith, Dominic Thorneley, David Warner

COACHES

NSWIS/CNSW Cricket – U19

Women's Head Coach:

Kerry Marshall



diving

Alex Croak | Photo by Getty Images

INTRODUCTION

The NSWIS Diving Program aimed to create the optimum training environment for athletes competing at an international level as well as supporting emerging athletes with the potential to achieve success on the world stage.

Success of this outstanding high performance program was more than evident with an Olympic gold medal winning performance from NSWIS athlete Matt Mitcham. NSWIS Head Coach, Chava Sobrino, achieved his third successive contribution to medal winning performances at Olympic competition.

The NSWIS Diving Program was proudly supported by the Sydney Olympic Park Aquatic Centre (SOPAC), a partnership which has allowed the successful NSWIS Emerging Talent program to identify and develop 'talent transfer' athletes such as dual Olympian Alexander Croak (Gymnastics and Diving). The NSWIS looks forward to delivering an enhanced Emerging Talent program in 2009 which will include improved talent identification, development and transfer components, in partnership with SOPAC.

The NSWIS will continue to partner Diving Australia and Diving NSW to support nationally identified under-19 athletes as part of the DA National High Performance Plan in 2009.

SIGNIFICANT EVENTS

- 2008 Beijing Olympic Games
- 2009 FINA Diving Grand Prix

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

2008 Beijing Olympic Games

- Matthew Mitcham – Gold medal in the Men's 10m Platform

2009 FINA Diving Grand Prix

- Matthew Mitcham – Silver medal in the Men's 10m Platform at the Doha and Madrid Grand Prix

- Alexandra Croak – Bronze medal in the Women's 10m Platform at the Madrid Grand Prix

NATIONAL TEAM SELECTION

2008 Beijing Olympic Games

- Alexandra Croak, Matthew Mitcham

2009 FINA Aquatic World Championships

- Alexandra Croak, Matthew Mitcham

AWARDS AND RECORDS

2008 NSWIS Annual Awards Dinner

- Matthew Mitcham – Winner; 2008 ClubsNSW Male Athlete of the Year, Ian Thorpe/Grand Slam International Outstanding Achievement – Male, Classic Sportswear Most Memorable Moment
- Chava Sobrino – Winner: Telstra Coach of the Year
- Alexandra Croak – Finalist: The University of Sydney Academic Excellence
- Diving Program – Finalist: Sydney Olympic Park Authority Program of the Year

- Matthew Mitcham and Chava Sobrino were recognised for their exceptional team work throughout the 2008 season with a special presentation at the 2008 NSWIS Annual Awards Dinner

2008 Beijing Olympic Games

- Matthew Mitcham – Olympic Record for a single dive in the Men's 10m Platform (112.10 points)

VENUES

- Sydney Olympic Park Aquatic Centre

PROGRAM PARTNERS

- Diving NSW
- Diving Australia
- Sydney Olympic Park Aquatic Centre

2008/09 DIVING SQUAD

GOLD:

Matthew Mitcham, Alexandra Croak

SILVER:

Rhiannan Iffland, Beth Alexander, Gemma Alinson, Josiah Purss, Catriona Luxford

INVITATIONAL:

Bianca Bratton, Angus Colloff, Grace Rowe

COACHES

Head Coach:

Chava Sobrino

Assistant Coach:

Rebecca Manuel

Assistant Coach:

Vyninka Arlow



equestrian

INTRODUCTION

The NSWIS Equestrian Program supported the training needs of athletes via a camps based approach. Support was provided to a range of athletes including those competing at an open international level as well as junior athletes that form part of the Emerging Talent Squad.

The Program targeted athletes competing in eventing, dressage and show jumping disciplines with up to 38 scholarships offered annually and up to 20 additional athletes receiving access to service based support via the Emerging Talent Squad.

The Equestrian Program used the Sydney International Equestrian Centre to conduct specialised skills clinics, which provided NSWIS athletes with a world-class Olympic venue for training and competition.

SIGNIFICANT EVENTS

- ▣ 2008 Beijing Olympic Games
- ▣ 2009 World Cup Final (Dressage and Jumping)

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

2008 Beijing Olympic Games

- ▣ Shane Rose – Silver medal in the Team Eventing

2009 World Cup Final

- ▣ Heath Ryan – 10th Grand Prix Freestyle

NATIONAL TEAM SELECTIONS

2008 Beijing Olympic Games

- ▣ Shane Rose, Kristy Oatley, Edwina Alexander, Heath Ryan

2009 Trans Tasman Young Rider Team

- ▣ Lauren Balcomb, George Sheridan

AWARDS AND RECORDS

2008 NSWIS Annual Awards Dinner

- ▣ Equestrian Program – Winner: Department of Arts, Sport and Recreation Regional Excellence, Finalist: Sydney Olympic Park Authority Program of the Year
- ▣ Shane Rose – Finalist: Ian Thorpe/Grand Slam International Outstanding Achievement – Male

VENUES

- ▣ Sydney International Equestrian Centre
- ▣ Charles Sturt University – Wagga Wagga
- ▣ Roycroft Stables - Mt White
- ▣ Wallaby Hill Farm - Robertson

PROGRAM PARTNERS

- ▣ Equestrian Australia – NSW Branch
- ▣ Equestrian Australia

2008/09 EQUESTRIAN SQUAD

GOLD:

Judy Dierks, Brett Parbery, Rozzie Ryan, Rachel Sanna, Lauren Balcomb, Natalie Blundell, Christopher Burton, Sam Lyle, Shane Rose, Heath Ryan, Emma Scott, George Sheridan, Stuart Tinney, Paul Athanasoff, Chris Chugg, Emily Blinkworth, Julia Hargreaves, George Sanna, Jamie Winning

SILVER:

Emma Armstrong, Stephanie Bender, Hamish Cargill, Ali Foye, Robert Palm, Marcia Williamson

EAP:

Nicholas Fyffe, Ann Serrao, Kate Taylor- Wheat, Emma Mason, Jessica Mitchell, Hilary Scott

ASSOCIATE:

Kristy Oatley, Bill Levett, Andrew Hoy, Paul Tapner, Ryan Wood, Edwina Alexander

COACHES

Program Coordinator:
Nikki Chapman

Dressage Consultant:
Jenny Carroll

Eventing Head Coach:
Wayne Roycroft

Eventing Coaches:
Prue Barrett, Craig Barrett, Stuart Tinney

Jumping Consultant:
Jenny Sheppard

ASC Scholarship Coach:
Prue Barrett, Sam Lyle



golf

Scott Arnold | Photo by Getty Images

INTRODUCTION

The NSWIS Golf Program provided up to 17 scholarship holders with world class coaching, training, facilities and support services. The program aimed to improve athlete development with a view to enhance opportunities for athletes to be selected onto national teams.

In addition to ongoing training sessions, another successful camp was conducted at Bonville Golf Course during the reporting period.

The program prepared athletes for progression to compete internationally or to pursue professional international golfing careers.

SIGNIFICANT EVENTS

- ❑ 2009 Australian Men's Amateur Championship
- ❑ 2009 Women's Australian Stroke Play Championship
- ❑ 2009 Trans Tasman Cup
- ❑ 2009 Lake Macquarie Amateur Championship

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

- 2009 Australian Men's Amateur Championship**
- ❑ Scott Arnold – Winner

- 2009 Women's Australian Stroke Play Championship**
- ❑ Julia Boland – Winner

2009 Trans Tasman Cup

- ❑ Rebecca Flood – Winner (Australian team)

2009 Lake Macquarie Amateur Championship

- ❑ Scott Arnold – Men's Winner
- ❑ Julia Boland – Women's Winner

NATIONAL TEAM SELECTIONS

2009 Australian Women's National Squad

- ❑ Julia Boland, Rebecca Flood

2009 Trans Tasman Cup

- ❑ Rebecca Flood

VENUES

- ❑ The Ridge Golf Club
- ❑ Moore Park Golf Club
- ❑ Concord Golf Club
- ❑ NSW Golf Club
- ❑ Bexley Golf Club
- ❑ State Sports Centre Golf
- ❑ Barton Park Driving Range
- ❑ Macquarie Uni Driving Range
- ❑ Strathfield Golf Club
- ❑ Camden Lakeside
- ❑ Bonville Golf Club

PROGRAM PARTNERS

- ❑ NSW Golf Association
- ❑ Women's Golf NSW
- ❑ Golf Australia
- ❑ Srixon

2008/09 GOLF SQUAD

SILVER ASSOCIATE

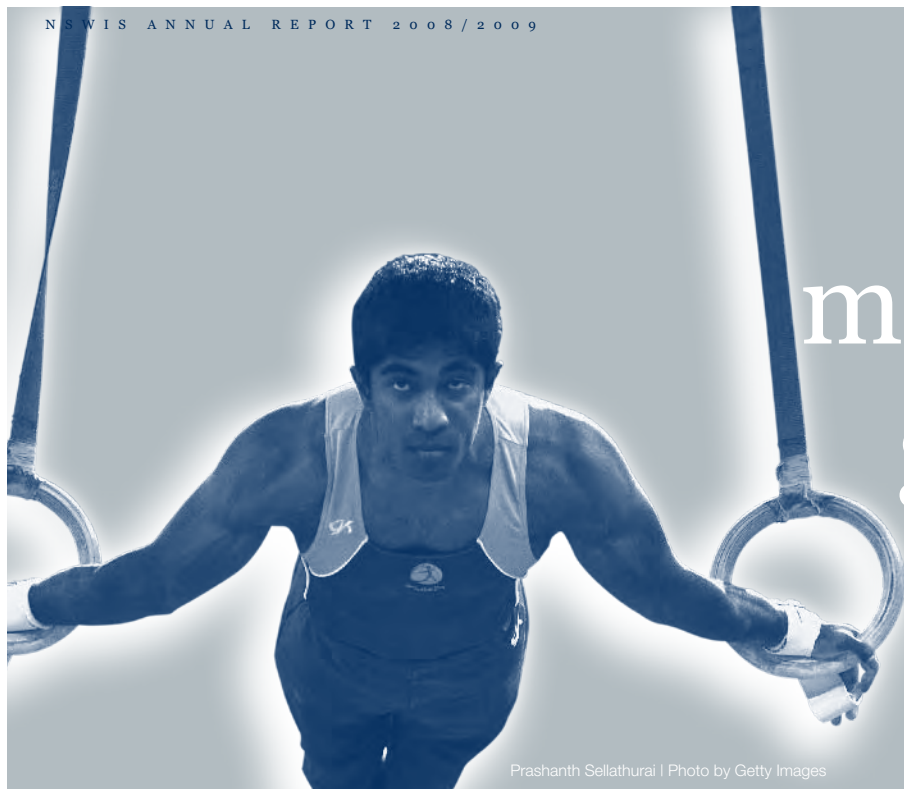
Julia Boland, Scott Arnold

GREEN EAP:

Matthew Gleeson, Alex Hawley, Michael Smith, Lincoln Tighe, Brent Watson, Daki Falcon, Alizah Kendlar, Rebecca Flood, Allyce Watkinson, Jess Armstrong, Rebecca Blain, Elle Sandak, Michael Rasetta, Adriana Brent

COACHES

Head Coach:
Glenn Whittle



Prashanth Sellathurai | Photo by Getty Images

men's artistic gymnastics

INTRODUCTION

The NSWIS Men's Artistic Gymnastics Program aimed to support the daily training needs of elite gymnasts across NSW competing at an international level in both open and junior categories.

With 10 scholarships offered annually, the program focused on preparing identified athletes for selection on Olympic, Commonwealth Games, and international senior and junior teams.

SIGNIFICANT EVENTS

- 2008 German World Cup
- 2008 World Cup Finals
- 2009 Moscow World Cup
- 2009 Australian Youth Olympic Festival

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

2008 German World Cup

- Prashanth Sellathurai – Silver medal in the Men's Pommel Horse

2008 World Cup Finals

- Prashanth Sellathurai – Bronze medal in the Men's Pommel Horse

2009 Moscow World Cup

- Prashanth Sellathurai – Silver medal in the Men's Pommel Horse

2009 Australian Youth Olympic Festival

- Michael Mercieca – Silver medal in the Men's Horizontal Bar

NATIONAL TEAM SELECTIONS

2008/09 Australian World Cup team

- Prashanth Sellathurai, Luke Wiwatowski

2008/09 Australian Youth Olympic Festival team

- Michael Mercieca, Jack Rickards, Ben Astley

VENUES

- Sydney Olympic Park Sports Centre

PROGRAM PARTNERS

- Gymnastics NSW
- Gymnastics Australia

2008/09 MEN'S ARTISTIC GYMNASTICS SQUAD

GOLD:

Prashanth Sellathurai

SILVER:

Chris Martin, Michael Mercieca, Benjamin Astley, Jack Rickards, Luke Wiwatowski

EAP:

Mitchell Morgans, Declan Stacey, Alex Hunt, Liam Lind

COACHES

Head Coach:

Songliang Xiong

Network Coaches:

Max Holmes, Robert Hong



hockey

Eli Matheson | Photo by Getty Images

INTRODUCTION

The NSWIS Hockey Program provided centralised daily training support to male and female athletes competing at a national and international level in both open and junior categories. The program was underpinned by a dedicated NSWIS/HNSW Emerging Talent Squad that provided a pathway for up and coming athletes to the NSWIS scholarship program.

Offering over 40 scholarships annually, the program's major aim was to contribute to international success. The major competition focus was on the Olympic Games, Commonwealth Games, World Cup, Champions Trophy, Junior World Cup and the Australian Youth Olympic Festival.

In 2009, a number of talented athletes gained selection to national squads.

SIGNIFICANT EVENTS

- ❑ 2008 Beijing Olympic Games
- ❑ 2009 Men's Junior World Cup

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

- 2008 Beijing Olympic Games
- ❑ Jamie Dwyer, Eli Matheson – Bronze medal in Men's Hockey

NATIONAL TEAM SELECTIONS

2008 Beijing Olympic Games

- ❑ Jamie Dwyer, Eli Matheson, Casey Eastham, Kate Hollywood, Megan Rivers

2009 Australian Kookaburras team

- ❑ Brent Livermore, Eli Matheson, Simon Orchard, Mark Paterson, Matthew Butturini

2009 Australian Hockeyroos team

- ❑ Casey Eastham, Megan Rivers, Emily Hurtz, Alison Bruce, Toni Cronk, Kate Hollywood, Fiona Johnson, Airlie Ogilvie

2009 Australian Burras team (Junior Men's)

- ❑ Kieran Govers, Josh White, Scott Garner, Tristan White, David Collins

AWARDS AND RECORDS

2008 NSWIS Annual Awards Dinner

- ❑ Casey Eastham – Winner: Out and About Marketing and Media Junior Athlete of the Year

VENUES

- ❑ Sydney Olympic Park Hockey Centre
- ❑ Regional hockey centres

PROGRAM PARTNERS

- ❑ Hockey NSW
- ❑ Hockey Australia

2008/09 MEN'S HOCKEY SQUAD

ASSOCIATE:

Nathan Burgers, Jamie Dwyer, Brent Livermore, Eli Matheson, Matthew Naylor, Simon Orchard, Mark Paterson

GOLD:

Matthew Butturini, Daniel McPherson

SILVER:

Sam Clifton, David Collins, Scott Garner, Kieran Govers, Joshua Miller, Ian Paterson, Nicholas Russ, Matthew Wark, Joshua White, Tristan White

FULL (pre 2009):

Alister Cullen, Rhys Gray, James Piper, Ben Poulton

EAP:

Adam Imer, Duncan Pearce, Matthew Willis, Casey Younie

2008/09 WOMEN'S HOCKEY SQUAD

ASSOCIATE:

Alison Bruce, Toni Cronk, Casey Eastham, Samantha Gale, Kate Hollywood, Emily Hurtz, Fiona Johnson, Airlie Ogilvie, Megan Rivers, Rebecca Sanders

SILVER:

Jade Close, Kate Jenner, Jackie McRae, Rachel Miller, Harriet Moore, Jade Warrender

FULL (pre 2009):

Ebony Barber, Lyndal Ogilvie, Yasmine Phillips

EAP:

Emma Cobbin, Tamsin Lee, Kirsten Pearce, Emily Smith, Hollie Webster, Kellie White

COACHES

Men's Head Coach:

Larry McIntosh

Women's Head Coach:

Anthony Thornton

NSWIS / HNSW ETS Hockey

Coach:

Judith Laing



Susan Pratley | Photo by Getty Images

netball

INTRODUCTION

The NSWIS Netball Program was restructured during the reporting period to include support for nationally identified senior and junior athletes as well as the NSW Swifts as a part of their Trans Tasman campaign. The restructure aimed to establish an integrated national and state athlete pathway in NSW while capitalising on the expertise and leadership of NSW Swifts Coach, Julie Fitzgerald.

Select NSWIS elite development athletes were supported to compete as a team in the Australian Netball League competition. The NSWIS Netball Program also supported emerging athletes through a camps based program.

Netball NSW delivered a state wide underpinning program for over 300 athletes, in conjunction with identified regional academies of sport, metropolitan squads, universities and regional and local netball associations. This program provided up and coming athletes with a pathway to NSWIS scholarship.

SIGNIFICANT EVENTS

- ▣ 2008 Netball NSW State League Waratah Cup
- ▣ 2009 National Netball Championships
- ▣ 2008 Australian National League

SIGNIFICANT

ACHIEVEMENTS

2008 Netball NSW State League Waratah Cup

- ▣ Division 1 Premiers

2009 National Netball Championships

- ▣ NSW 21's – 1st
- ▣ NSW 19's – 1st
- ▣ NSW 17's – 3rd

NATIONAL TEAM SELECTIONS

Australian Diamonds 08/09 Squad

- ▣ Catherine Cox, Kimberlee Green, Susan Pratley, Kimberlie Smith

VENUES

- ▣ Anne Clark Centre
- ▣ Sydney Olympic Park venues
- ▣ Regional netball venues

PROGRAM PARTNERS

- ▣ Netball NSW
- ▣ Netball Australia

2008/09 NETBALL SQUAD

GOLD:

Erin Bell, Rebecca Bulley, Catherine Cox, Kimberlee Green, Emma Koster, Ashlee Mann, Jessica Mansell, Samantha May, Susan Pratley, Kimberlie Smith, Vanessa Ware, Amy Wild

SILVER:

Anita Blanco, Ashleigh Brazill, Joanne Day, Nicole Deegenaaars, Kristy Durheim, Nicola Gray, Kelly-Ann Grayson, Paige Hadley, Alex Harding, Amy Sommerville, April Letton, Alison Lovat, Abbey McCulloch, Alix McDermott, Sophie Metcalfe, Brooke Miller, Samantha Poolman, Kelly Pepper, Breeana Powell, Lauren Russell, Verity Simmons, Gabrielle Simpson, Megan Styles, Nicole Styles

BRONZE (pre 2009):

Briony Bobeth, Jessica Hills, Nikki Robson

EAP:

Bridget Abbott, Sally Cain, Samantha Davis, Jessica Dorn, Nicole Franks, Devon Halligan, Maryanne Hamilton, Alix Kennedy, Kasey Ledbrook, Hannah Lee, Natarlia Manning, Katie Maguire, Madeleine Smith, Melissa Tallent, Kathryn Thew, Nicole Thorogood, Jillian Townsend, Victoria Trist

COACHES

Head Coach:

Julie Fitzgerald

Assistant Coach:

Tracey Robinson

Development Coach:

Robert Wright

Head Coach (pre 2009):

Jon Fletcher

Assistant Coach (pre 2009):

Marion Van Munster

Technical Assistant (pre 2009):

Robert Wright



softball

Melanie Roche | Photo by Getty Images

INTRODUCTION

The NSWIS Softball Program provided a daily training environment for nationally identified athletes in NSW. The program aimed to increase the level of success of athletes at national and international competition.

A maximum of 24 full scholarship athletes (excluding Associate Scholarships) and 15 Emerging Athlete Program athletes were selected to the NSWIS Softball squad.

NSWIS / SNSW emerging athletes benefited from accessing quality coaching. Emerging athletes were targeted for inclusion in the Youth Friendship Series & national under-23 program.

The NSWIS Softball Program concluded in December 2008. The NSWIS acknowledged the success of the NSWIS Softball Program from 1996.

SIGNIFICANT EVENTS

- 2008 Beijing Olympic Games

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

2008 Beijing Olympic Games

- Natalie Ward, Melanie Roche, Simone Morrow, Belinda Wright, Kerry Wyborn, Stacey Porter – Bronze medal

NATIONAL TEAM SELECTIONS

2008 Beijing Olympic Games

- Natalie Ward, Melanie Roche, Simone Morrow, Belinda Wright, Kerry Wyborn, Stacey Porter

AWARDS AND RECORDS

2008 NSWIS Annual Awards Dinner

- Simone Morrow – Finalist: Ian Thorpe/Grand Slam International Outstanding Achievement – Female
- Softball Program – Finalist: Classic Sportswear Most Memorable Moment
- Kerry Wyborn – Finalist: Department of Arts, Sport and Recreation Female Athlete of the Year

VENUES

- Blacktown Olympic Park

PROGRAM PARTNERS

- Softball NSW
- Softball Australia

2008-09 SOFTBALL SQUAD

GOLD:

Stacey Porter, Natalie Ward, Kerry Wyborn, Belinda Wright, Simone Morrow

SILVER:

Zara Mee, Felicity Witt, Danica Howlett

BRONZE:

Kelly Gentle, Sarah Bradley, Alison Bourne, Kaia Parnaby, Monique Miller, Kyra Cox, Rachel Zucchetti, Ashlee Pobjie, Stacey McManus, Renee Gloss, Ashleigh Deen

ASSOCIATE:

Kym Turnell, Nicole Deegenars, Annabel Davies, Melanie Roche

COACHES

Head Coach:

Kathy Horton

Network Coach:

Troy Baverstock



soccer

INTRODUCTION

The NSWIS Soccer Program included male and female components supporting athletes via a centralised soccer program, as well as a Northern program based in Newcastle.

The women's program supported the daily training needs of female soccer players competing at an international level in open, transition, and junior categories with a focus on World Cup and Olympic qualification. In addition, the NSWIS supported the inaugural year of the Women's National League Soccer campaign in conjunction with FFA, NNSWF, FNSW and League Clubs.

The men's program supported junior athletes with the potential to compete at an international level, with a major focus on assisting athletes in 'graduating' to the AIS program and selection to compete in the National Youth League Competition.

SIGNIFICANT EVENTS

- 2008 Men's U16 Youth Championship
- 2008 ASEAN Football Federation Women's Championship

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

2008 Men's Under - 16 Youth Championship

- Kerman Bulut, Brendan Hamill, Robert Kolak, Jared Lum, Nikola Stanojevic, Lawrence Thomas, Marc Warren - Winners

2008 ASEAN Football Federation Women's Championship

- Leena Khamis, Servet Unzular, Lyndsay Glohe, Renee Rollason - Winners

NATIONAL TEAM SELECTIONS

2008 Men's Under - 16 Youth Championship team

- Kerman Bulut, Brendan Hamill, Robert Kolak, Jared Lum, Nikola Stanojevic, Lawrence Thomas, Marc Warren

2008 Australian Women's Soccer team

- Leena Khamis, Servet Unzular, Lyndsay Glohe, Renee Rollason

2009 Under - 17 Australian Joes team

- Lachlan Tibbles, Connor Chapman, Milos Degeneck, Yianni Perkatis, Joshua Da Silva, Samuel Chapple, Hayden Morton, Alex Cerruto, Luke Remington, Giancarlo Gallifuoco, Abe Wheelhouse, James Eccles, Jacob Bandur

VENUES

- Hunter Sports Centre
- Valentine Sports Park
- Sydney Olympic Park Athletic Centre

PROGRAM PARTNERS

- Football NSW
- Northern NSW Football
- Football Federation of Australia

2008/09 SQUADS

MEN'S

EAP:

Cameron Parish, Kearyn Baccus, Kermin Bulut, Nicholas Fitzgerald, Sam Gallagher, Rhyan Grant, Laurence Thomas, Brendan Hamill, Robert Henretty, George Khoury, George Klappas, Robert Kolak, Jared Lum, Mitchell Mallia, Nikodan Matic, Anthony Musumeci, Anthony Perri, Dimitrios Petratos, Mitchell Speer, David Talevski, Marc Warren, Matthew Comerford, Cody Higgs, Kevin Davidson, Harrison Maguire, Joshua Small, Patrick Wheeler, Samuel Galloway, Ben Kantarovski, James Virgili, Diego Cerda, Jacob Pepper, Jon Griffiths, Jordan Griffiths, Terry Antonis, Mustafa Amini, Terry Atonis, Jacob Bandor, Alex Cerruto, Joshua Dasilva, Milos Degeneck, Giancarlo Galiufuoco, Corey Gameiro, Stevan Illic, Aaron Lennox, John Martinovski, Hayden Morton, Yanni Perkatis, Daniel Petkovski, Michael Stuart, Lachlan Tibbles, William Tsovolos, Simon Valastro, David Vrankovic, George Yousif, Jeremy Saad, Andreas Vais, Dominic Bizzarri, Patrick Brown, Ryan Cole, Reece Coleman, Damian Cox, James Eccles, Michael Finlayson, James Fogarty, Harry Maguire, Luke Merchant, Brodhi Moore, Jarrod Oliveri, Jacob Pepper, Luke Remington, James Virgili, Abe Wheelhouse, Dylan Murphy

WOMEN'S

GOLD:

Emily Van Egmond, Amber Neilson, Diane Alagich, Rhiann Davies, Heather Garriock, Thea Slatyer, Danielle Small, Sarah Walsh, Lyndsay Glohe, Leena Khamis, Ellyse Perry, Renee Rollason, Kyah Simon, Servet Unzular

GOLD ASSOCIATE:

Katie Gill

ASSOCIATE (pre 2009):

Joanne Peters, Karla Rueter, Cheryl Salisbury, Lauren Colthorpe, Leah Blayney

SILVER:

Gema Simon, Libby Sharpe, Alison Logue, Taleah Doyle, Kirstyn Pearce, Nicki Jones, Stacey Day, Leia Smith, Caitlin Cooper, Lisa Gilbert, Lisa Hartley, Teresa Polias, Danielle Brogan

EAP:

Mikaela Howell, Madeline Searle, Hannah Brewer, Tara Andrews, Adriana Jones, Niki Deiter, Caitlin Foord, Alanna Kennedy, Heidi Makrillos, Carla Montforte, Emma Stewart

BRONZE (pre 2009):

Teigan Allen, Nicola Bolger, Alesha Clifford, Carly Ikonou, Jenna Kingsley, Jordan Marsh, Loren Mahoney, Linda O'Neill, Elizabeth O'Reilly, Karina Roweth, Jessica Seaman, Brittney Simmons, Kyah Simon, Samantha Spackman

COACHES

Men's Head Coach:

Jean-Paul de Marigny

Women's Head Coach:

Alen Stajcic

Northern Head Coach:

Gary Phillips (July 2008 – March 2009)
Wayne O'Sullivan (May – June 2009)



tennis

Joey Swaysland | Photo by Getty Images

INTRODUCTION

In partnership with Tennis NSW and Tennis Australia, the NSWIS Tennis Program aimed to improve athlete development with a view to prepare nationally identified junior athletes for national and international success.

With 24 scholarships offered annually, the program provided world class coaching, sport science, and support services to athletes with the potential to one day compete on the ATP and WTA pro circuits.

Tennis Australia coach Wally Masur led a strong team of coaches to deliver outstanding training opportunities.

SIGNIFICANT EVENTS

- 2008 Junior Davis Cup
- 2008 World Team Championships
- 2009 Junior Davis Cup

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

- Tyra Calderwood qualified for all four junior grand slams.
- James Duckworth selected onto the 2008 Junior Davis Cup that made the final.

NATIONAL TEAM SELECTIONS

2008 Junior Davis Cup team

- James Duckworth

2008 World Team Championship team

- Jordan Thompson, Abbie Myers

2009 Junior Davis Cup team

- Joey Swaysland

VENUES

- Sydney International Tennis Centre

PROGRAM PARTNERS

- Tennis NSW
- Tennis Australia

2008/09 SQUAD

SILVER:

Jay Andrijic, James Duckworth, Joey Swaysland, Nat Maraga, Greg Jones

FULL (pre 2009):

Ben Wagland, William Kwok, Matthew Still, Nathan Doney, Harris Poric, Nicholas Horton, Jenny Nguyen, Brittany Thomas, Katherine Westbury, Abbie Myers, Nicole Hoynaski, Rachel Pisarev, Priscilla Soenar, Celine Lenertz, Naomi Tran

ASSOCIATE:

Jonathon Cooper, Brendan McKenzie, Matthew Reid, Tyra Calderwood, Kyle Stoker, Nat Maraga, Jake Eames, Simon Samardzic

COACHES

Head Coach:
Sandon Stolle

Tennis Australia National Coach:
Wally Masur

National Academy Manager & Coach:
Michael Tebbut

Coach and Admin Manager:
Jaslyn Hewitt

Men's Coach:
Ben Pyne

Women's Coach:
Nicole Arendt



triathlon

INTRODUCTION

The NSWIS Triathlon Program is a joint venture between the NSWIS, Triathlon Australia and NSW Triathlon.

The program's targeted elite and potential elite athletes aiming to fast track development by providing world class coaching, facilities, infrastructure and support services in an intensive daily training environment.

In January 2009 the NSWIS worked with program partners, Triathlon Australia and NSW Triathlon to finalise the 2009 - 2012 NSWIS Triathlon Program details. During the period, January 2009 - June 2009, the NSWIS offered individual scholarships to athletes who had achieved success internationally, as well as international under-23 and junior events.

SIGNIFICANT EVENTS

- ❑ 2008 Beijing Olympic Games
- ❑ 2008 Triathlon World Cup
- ❑ 2009 World Championship Series

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

2008 Triathlon World Cup

- ❑ Brad Kahlefeldt – Silver medal in the Men's Olympic Distance

2009 World Championship Series (South Korea)

- ❑ Brad Kahlefeldt – Silver medal in the Men's Olympic Distance

NATIONAL TEAM SELECTIONS

2008 Beijing Olympic Games

- ❑ Brad Kahlefeldt

AWARDS AND RECORDS

2008 NSWIS Annual Awards Dinner

- ❑ Brad Kahlefeldt – Finalist: Ian Thorpe/Grand Slam International Outstanding Achievement – Female
- ❑ Triathlon Program – Finalist: Department of Arts, Sport and Recreation Regional Excellence

VENUES

- ❑ Lake Ainsworth Sport and Recreation Centre
- ❑ Mingara Leisure Centre
- ❑ Jindabyne Sport and Recreation Centre
- ❑ University of Wollongong
- ❑ Alstonville Pool
- ❑ The Forum – University of Newcastle

PROGRAM PARTNERS

- ❑ Triathlon Australia
- ❑ Triathlon NSW

2008/09 TRIATHLON SQUAD GOLD:

Brad Kahlefeldt

Full U23 (pre 2009):

Adrian Cominotto, Clayton Fettell, David Matthew, Melanie Sexton

ASSOCIATE (pre 2009):

Craig Alexander, Melissa Ashton, Brad Kahlefeldt, Brendan Sexton, Erin Densham

SILVER:

Josh McHugh, Aaron Royle, Sam Appleton

EAP:

Cameron Good, David Mainwaring, Shane Barrie

COACHES

NSWIS Head Coaches:

Justin Drew, Jamie Turner

NSWIS EAP Scholarship Coach:

Aaron Lean



water polo

Thomas Whalan | Photo by Getty Images

INTRODUCTION

The NSWIS Water Polo Program included men's and women's components, supporting up to 50 scholarship athletes.

The program provided a daily training environment for athletes competing at an international level in open, junior and youth categories, with a competition focus on the Olympic Games and World Championships.

Eleven NSWIS athletes gained selection to the Olympic team.

The program was underpinned by a two tiered Emerging Talent Squad that aimed to assist with the skill development of up and coming water polo players.

SIGNIFICANT EVENTS

- 2008 Beijing Olympic Games
- 2008 Singapore Open

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

2008 Beijing Olympic Games

- Nikita Cuffe, Taniele Gofers, Alicia McCormack, Rebecca Rippon, Mia Santoromito, Jenna Santoromito – Bronze medal

2008 Singapore Open

- Richie Campbell, Johnno Cotterill, Trent Franklin, Sam McGregor, Thomas Whalan, Gavin Woods – Silver medal

NATIONAL TEAM SELECTIONS

2008 Beijing Olympic Games

- Gavin Woods, Trent Franklin, Thomas Whalan, Richard Campbell, Samuel McGregor, Nikita Cuffe, Taniele Gofers, Alicia McCormack, Rebecca Rippon, Mia Santoromito, Jenna Santoromito

2008 Singapore Open

- Richie Campbell, Johnno Cotterill, Trent Franklin, Sam McGregor, Thomas Whalan, Gavin Woods

AWARDS AND RECORDS

2008 Annual Awards Dinner

- Trent Franklin – Winner: Lawler Partners Career Development
- Women's Water Polo – Finalist: Classic Sportswear Most Memorable Moment
- Ryan Moar – Finalist: Telstra Coach of the Year
- Rebecca Rippon – Finalist: Department of Arts, Sport and Recreation Female Athlete of the Year

VENUES

- Sydney Olympic Park Aquatic Centre
- Ashfield Aquatic Centre
- Ryde Aquatic Centre
- Sutherland Leisure Centre
- Sydney University
- Newington College

PROGRAM PARTNERS

- NSW Water Polo Inc
- Australian Water Polo Inc

2008/09 WATER POLO SQUAD WOMEN

GOLD:

Alicia McCormack, Rebecca Rippon, Patrice O'Neill, Nikita Cuffe, Erin Douglass, Taniele Gofers, Fiona Hammond, Jenna Santoromito, Mia Santoromito

SILVER:

Holly Lincoln-Smith, Breanna Appel, Jemma Desauvagie, Nicola Zagame, Lea Barta, Keesja Gofers, Danielle Bower, Melissa Hammond, Alicia Brightwell, Jo Whitehorn, Elysha O'Neill

BRONZE (pre 2009):

Samara Davie, Hannah Ingle, Caitlin Kerr, Jana Liessmann

GREEN EAP:

Ellen Pittorino, Kayle Leathem, Serena Reid, Hannah Buckling, Shannon Jones, Emily Scott, Sarah Grunberger

MEN

GOLD:

Trent Franklin, Gavin Woods

SILVER:

Nathan Cargill, Steve Cody, Joel Davis, Chris Dyson, Corrie Eames, Mitch Emery, Lachlan Hollis, Tyler Martin, Scott Nicholson, Ross O'Brien, Mace Rapsey, Aiden Roach, Ben Turner, James Young

EAP:

Wade Eames, Jake Burton, James Clark, Jeremy Davie, Adam Polivka, Paul Sindone

ASSOCIATE:

Richie Campbell, Johnno Cotterill, Joel Dennerley, John Hahn, Sam McGregor, Grant Richardson, Thomas Whalan

COACHES

Women Head Coach:

Ryan Moar

Men Head Coach:

Mark Hubbard

Assistant Coach:

Andrew Yanitsas

Assistant Coach:

Les Kay



weightlifting

Nadeene Latif | Photo by Getty Images

INTRODUCTION

The NSWIS Weightlifting Program is a centralised program, delivered from the State Sports Centre at Sydney Olympic Park. Ten scholarships were offered to athletes competing at a senior or junior level.

The program supported the daily training needs of scholarship holders with an international focus on achieving success at the Commonwealth Games in 2010.

SIGNIFICANT EVENTS

- ❑ 2008 Beijing Olympic Games
- ❑ 2008 Oceania Championships
- ❑ 2008 Commonwealth Junior Championships
- ❑ 2009 Oceania Championships
- ❑ 2009 Junior World Championships

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

2008 Oceania Championships

- ❑ Nadine Latif – Gold medal (53 kg division)
- ❑ Malek Chamoun – Bronze medal (85kg division)

2009 Junior World Championships

- ❑ Malek Chamoun - Top ranked Australian athlete (16th in world)

NATIONAL TEAM SELECTIONS

2008 Oceania Senior Championships

- ❑ Nadine Latif, Malek Chamoun, Emmanuel Citton

2008 Junior World Championships

- ❑ Malek Chamoun

2009 Oceania Senior Championships

- ❑ Malek Chamoun

2009 Junior World Championships

- ❑ Malek Chamoun

VENUES

- ❑ Sydney Olympic Park Sports Centre

PROGRAM PARTNERS

- ❑ NSW Weightlifting Association
- ❑ Australian Weightlifting Federation

2008/09 WEIGHTLIFTING SQUAD

GOLD:

Emmanuel Citton, Malek Chamoun, Nadeene Latif, Elena Palamara

FULL (pre 2009):

Damien Ussia

SILVER:

Patrick Chow, Emilio McFarland, Jason Hyunh, Pete Hardiman

EAP:

Kathryn Davis, Charlie Gray, Aaron Vlachos

COACHES

Head Coach:

Luke Borreggine

Assistant Coach:

Steve Tikkanen



athletes with a disability

Peter Leek | Photo by Getty Images

INTRODUCTION

The NSWIS delivered an Individual Scholarship Program that assisted identified high performance NSW athletes with a disability (AWD) to achieve excellence and success at both the national and international level.

The focus of the AWD program was to prepare athletes for selection to the Paralympic Games and to increase the number of NSW athletes achieving international medal-winning and finalist performances at significant events. The NSWIS AWD Program targeted athletes who were members of the Australian Paralympic Committee's Paralympic Preparation Program.

The NSWIS provided AWD scholarship athletes with access to competition and training support, as well as a broad range of support services.

SIGNIFICANT EVENTS

- ❑ 2008 Beijing Paralympic Games
- ❑ 2009 IPC Alpine Skiing World Championships

SIGNIFICANT INTERNATIONAL ACHIEVEMENTS

- 2009 IPC Alpine Skiing World Championships
- ❑ Shannon Dallas – Gold medal in the Men's Sitting Slalom

2008 Beijing Paralympic Games

- ❑ Peter Leek – Gold medals in the Men's S8 100m Butterfly, SM8 200m Individual Medley, 34 Points 4x100m Medley Relay; silver medals in the Men's S8 50m Freestyle, S8 100m Backstroke, S8 400m Freestyle, 34 Points 4x100m Freestyle Relay; bronze medal in the Men's S8 100m Freestyle
- ❑ Rick Pendleton – Gold medals in the Men's SM10 200m Individual Medley, 34 Points 4x100m Medley Relay
- ❑ Ben Austin – Gold medal in the Men's 34 Points 4x100m Medley Relay, silver medal in the Men's 34 Points 4x100m Freestyle Relay
- ❑ Matt Levy – Gold medal in the Men's 34 Points 4x100m Medley Relay
- ❑ Ryley Batt – Silver medal in Men's Wheelchair Rugby
- ❑ Lindy Hou, Toireasa Gallagher – Silver medal in the Women's BVI 1-3 Individual Pursuit, bronze medal in the Women's BVI 1-3 1km Time Trial
- ❑ Ben Demery, Shaun Hopkins – Silver medals in the Men's BVI 1-3 Sprint, BVI 1-3 1km Time Trial
- ❑ Katherine Proudfoot – Silver medal in the Women's F35/36 Discus
- ❑ Kathryn Ross – Silver medal in the Adaptive Rowing Mixed Double Sculls
- ❑ Jayme Paris – Bronze medal in the Women's LC3-4/CP3 500m Time Trial

- ❑ Jacqueline Freney – Bronze medals in the Women's S8 50m Freestyle, S8 100m Freestyle, S8 400m Freestyle

NATIONAL TEAM SELECTION

2008 Beijing Paralympic Games

- ❑ Toireasa Gallagher, Lindy Hou, Shaun Hopkins, Ben Demery, Jayme Paris, Nicole Kullen, Jan Pike, John Maclean, Kathryn Ross, Ben Austin, Jacqueline Freney, Peter Leek, Matthew Levy, Rick Pendleton, Sarah Rose, Damien Bowen, Katherine Proudfoot

AWARDS

2008 Annual Awards Dinner

- ❑ Nicole Kullen – Winner: Ian Thorpe/Grand Slam International Outstanding Achievement – Female
- ❑ Ryley Batt – Finalist: Sydney City Toyota Team Athlete of the Year
- ❑ Lindy Hou – Finalist: Department of Arts, Sport and Recreation Female Athlete of the Year
- ❑ Peter Leek – Finalist: ClubsNSW Male Athlete of the Year

PROGRAM PARTNERS

- ❑ Australian Paralympic Committee
- ❑ Department of Arts, Sport and Recreation

2008/09 SQUAD

GOLD:

Ben Austin (Swimming), Ryley Batt (Wheelchair Rugby), Shannon Dallas (Winter Sport), Ben Demery (Cycling), Toireasa Gallagher (Cycling), Shaun Hopkins (Cycling), Lindy Hou (Cycling), Toby Kane (Winter Sport), Peter Leek (Swimming), Matthew Levy (Swimming), Marty Mayberry (Winter Sport), Jayme Paris (Cycling), Rick Pendleton (Swimming), Jan Pike (Equestrian), Katherine Proudfoot (Track & field), Sarah Rose (Swimming), Nicholas Watts (Winter Sport), Ben Weekes (Tennis), Louise Williams (Winter Sport), Damien Bowen (Track & field), Nicole Kullen (Equestrian), Jacqui Freney (Swimming), Kathryn Ross (Rowing), Bart Bunting (Winter Sport), Nathan Chivers (Winter Sport), Stephen McCormack (Shooting), Andrew Pasterfield (Swimming), Teigan Van Roosmalen (Swimming), Sian Lucas (Swimming)

Associate

Patrick Donachie (Swimming)

COACHES

Steve Graham (Winter Sports), Tom Skulander (Cycling), Michael Freney (Swimming), Brad Dubberley (Wheelchair Rugby), Alan Makin (Track & Field), Kathy Fahim (Swimming), Graeme Carroll (Swimming), Jackie Barck (Swimming), Jon Shaw (Swimming)



James Virgili | Photo by Getty Images

financials

New South Wales Institute of Sport

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STATEMENT BY THE MEMBERS OF THE BOARD FOR THE PERIOD 1 JULY 2008 TO 30 JUNE 2009

Pursuant to Section 41C (1B) and (1C) of the Public Finance and Audit Act 1983 and in accordance with a resolution of the Directors of the NSW Institute of Sport, we declare on behalf of the Board that in our opinion:

1. The Financial Statements exhibit a true and fair view of the financial position at 30 June 2009 and transactions for the period 1 July 2008 to 30 June 2009 of the NSW Institute of Sport.
2. The Statements have been prepared in accordance with the provisions of the Public Finance and Audit Act 1983, the relevant provisions of the Public Finance and Audit Regulation 2005 and the Treasurer's Directions.

Further we are not aware of any circumstances which would render any particulars included in the Financial Statements to be misleading or inaccurate.

Signed in Sydney this 20th day of October 2009

Phil Coles AM
Chairman

Bill Gillooly AM
Member



GPO BOX 12
Sydney NSW 2001

INDEPENDENT AUDITOR'S REPORT New South Wales Institute of Sport

To Members of the New South Wales Parliament

I have audited the accompanying financial report of New South Wales Institute of Sport (the Institute), which comprises the balance sheet as at 30 June 2009, the income statement, statement of changes in equity and cash flow statement for the year then ended, a summary of significant accounting policies and other explanatory notes for both the Institute and the consolidated entity. The consolidated entity comprises the Institute and the entity it controlled at the year's end or from time to time during the financial year.

Auditor's Opinion

In my opinion, the financial report:

- presents fairly, in all material respects, the financial position of the Institute and the consolidated entity as at 30 June 2009, and of their financial performance for the year then ended in accordance with Australian Accounting Standards (including the Australian Accounting Interpretations)
- is in accordance with section 41B of the Public Finance and Audit Act 1983 (the PF&A Act) and the Public Finance and Audit Regulation 2005.

My opinion should be read in conjunction with the rest of this report.

Board's Responsibility for the Financial Report

The members of the Board are responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards (including the Australian Accounting Interpretations) and the PF&A Act. This responsibility includes establishing and maintaining internal controls relevant to the preparation and fair presentation of the financial report that is free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

Auditor's Responsibility

My responsibility is to express an opinion on the financial report based on my audit. I conducted my audit in accordance with Australian Auditing Standards. These Auditing Standards require that I comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgement, fraud or error. In making those risk assessments, the auditor considers internal controls relevant to the entity's preparation and fair presentation of the financial report in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal controls. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the directors, as well as evaluating the overall presentation of the financial report.

I believe that the audit evidence I have obtained is sufficient and appropriate to provide a basis for my audit opinion.

My opinion does not provide assurance:

- about the future viability of the Institute or consolidated entity,
- that they have carried out their activities effectively, efficiently and economically, or
- about the effectiveness of their internal controls.

Independence

In conducting this audit, the Audit Office of New South Wales has complied with the independence requirements of the Australian Auditing Standards and other relevant ethical requirements. The PF&A Act further promotes independence by:

- providing that only Parliament, and not the executive government, can remove an Auditor-General, and
- mandating the Auditor-General as auditor of public sector agencies but precluding the provision of non-audit services, thus ensuring the Auditor-General and the Audit Office of New South Wales are not compromised in their role by the possibility of losing clients or income.

A Oyeturji
Director, Financial Audit Services
20 October 2009
SYDNEY

income statement

For the Year Ended 30 June 2009

		Economic Entity		Parent Entity	
		2009	2008	2009	2008
	Note	\$'000	\$'000	\$'000	\$'000
Revenue from Continuing Operations					
Grants	2a	12,208	12,429	12,208	12,429
Sponsorships	2b	1,791	1,724	1,791	1,724
Other	2c	479	794	479	794
Total Revenue from Continuing Operations		14,478	14,947	14,478	14,947
Expenditure from Continuing Operations					
Employee Related Expenses	3a	6,533	6,551	6,533	6,551
Grants to Sporting Associations	3c	485	621	485	621
Depreciation and Amortisation	6	1,095	1,250	1,095	1,250
Fees for Services Rendered	3b	681	643	681	643
Travel Costs		835	1,141	835	1,141
Athlete Services		893	1,293	893	1,293
Occupancy		2,167	2,156	2,167	2,156
Other Expenses	3d	2,664	2,652	2,664	2,652
Total Expenditure from Continuing Operations		15,353	16,307	15,353	16,307
Surplus/(Deficit) for the Year		(875)	(1,360)	(875)	(1,360)

The accompanying notes form part of these statements.

NSW Institute of Sport

balance sheet

As at 30 June 2009

As at 30 June 2009

		Economic Entity		Parent Entity	
		2009	2008	2009	2008
	Note	\$'000	\$'000	\$'000	\$'000
Current Assets					
Cash and Cash Equivalents	16a	2,264	2,040	2,264	2,040
Trade and Other Receivables	4	427	418	422	418
Inventory	1j	420	171	420	171
Other	5	239	215	239	215
Total Current Assets		3,350	2,844	3,345	2,844
Non-Current Assets					
Plant and Equipment	6	4,815	5,721	4,815	5,721
Total Non-Current Assets		4,815	5,721	4,815	5,721
Total Assets		8,165	8,565	8,160	8,565
Current Liabilities					
Trade and Other Payables	7	1,164	719	2,085	1,592
Provisions	9	823	782	-	-
Other	8	-	27	-	27
Total Current Liabilities		1,987	1,528	2,085	1,619
Non-Current Liabilities					
Provisions	9	322	306	219	215
Total Non-Current Liabilities		322	306	219	215
Total Liabilities		2,309	1,834	2,304	1,834
Net Assets		5,856	6,731	5,856	6,731
Equity					
Accumulated Funds		5,856	6,731	5,856	6,731
Total Equity		5,856	6,731	5,856	6,731

The accompanying notes form part of these statements.

cashflow statement

For the Year Ended 30 June 2009

		Economic Entity		Parent Entity	
		2009	2008	2009	2008
		Inflows/ Outflows	Inflows/ (Outflows)	Inflows/ Outflows	Inflows/ (Outflows)
	Note	\$'000	\$'000	\$'000	\$'000
Cash Flows from Operating Activities					
Payments					
Payments to Suppliers and Employees		(13,049)	(13,858)	(13,054)	(13,856)
Payments of Grants and Scholarships		(486)	(619)	(486)	(619)
Receipts					
Receipts from Grants and Sponsorships		3,755	3,947	3,760	3,945
Receipts from Interest		55	110	55	110
Receipts from Other		436	681	436	681
Cashflow from Government					
Grants from NSW Government Agencies		9,595	9,509	9,595	9,509
Grants from Australian Sports Commission		119	151	119	151
Grants from Australian Sports Foundation		-	50	-	50
Net Cash inflows/(outflows) from Operating Activities	16b	425	(29)	425	(29)
Cash Flows from Investing Activities					
Proceeds from the Sale of Equipment		23	9	23	9
Payments for Plant and Equipment	6	(224)	(365)	(224)	(365)
Net Cash inflows/(outflows) from Investing Activities		(201)	(356)	(201)	(356)
Net Increase/(Decrease) in Cash held		224	(385)	224	(385)
Cash at the Beginning of the Financial Year		2,040	2,425	2,040	2,425
Cash at the End of the Financial Year	16a	2,264	2,040	2,264	2,040

The accompanying notes form part of these statements.

NSW Institute of Sport

statement of changes in equity

For the Year Ended 30 June 2009

		Economic Entity		Parent Entity	
		2009	2008	2009	2008
	Note	\$'000	\$'000	\$'000	\$'000
Accumulated Funds					
Balance at Beginning of the Reporting Period		6,731	8,091	6,731	8,091
Operating Result for the Period		(875)	(1,360)	(875)	(1,360)
Balance at the End of the Reporting Period		5,856	6,731	5,856	6,731

The accompanying notes form part of these statements.

notes to the financial statements

For the Year Ended 30 June 2009

1. Summary of Significant Accounting Policies

The following summary explains the significant accounting policies that have been adopted in preparation of these financial statements.

(a) Basis of the Preparation of the Financial Statements

The Financial Report for the year ended 30 June 2009 has been authorised for issue by the Board on the 20 October 2009. The Financial Statements represent a general purpose financial report which has been prepared in accordance with the Public Finance and Audit Act 1983, its Regulation and the NSW Treasurer's Directions and applicable Australian Accounting Standards and other professional reporting requirements. The financial statements comply with Australian equivalents to International Financial Reporting Standards (AIFRS). The NSW Institute of Sport is a not-for-profit entity and AIFRS have been applied as applicable to not-for-profit entities.

The financial statements have been prepared on an historical cost basis using the accrual method of accounting method and do not reflect changing money values of assets.

Judgements, key assumptions and estimations management made are disclosed in the relevant notes to the financial reports.

All amounts are expressed in Australian dollars.

(b) Principles of Consolidation

The consolidated financial report incorporates the assets and liabilities of the NSW Institute of Sport (NSWIS) the "parent entity" and its controlled entity as at 30 June 2009 and the results of the controlled entity for the period then ended. NSWIS and its controlled entity is referred to in this financial report as the "economic entity". The effects of all the transactions within the economic entity are eliminated in full. There are no outside equity interests.

The controlled entity (Institute of Sport Division) results are included in the consolidated Income Statement, Balance Sheet, Cash Flow Statement and Statement of Changes in Equity for the reporting period.

The accounting policies adopted in preparing the financial reports are consistently applied by the parent entity, the economic entity and the controlled entity.

The controlled entity also prepares a separate financial report. The financial report is audited by the Auditor-General of NSW.

(c) Employee Entitlements

Annual Leave:

Employee leave entitlements are measured as the amount unpaid at the reporting date at pay rates expected to be paid in respect of employees' service up to that date.

Sick leave:

Unused sick leave does not give rise to a liability as it is not considered probable that sick leave taken in the future will be greater than the benefits accrued in the future.

Long Service Leave:

Long Service leave is measured using the present value method in accordance with AASB 119 Employee Benefits and NSW Treasury Circular TC 09/04.

On costs:

The outstanding amounts of payroll tax, workers' compensation insurance premiums, superannuation and fringe benefits tax, which are consequential to employment, are recognised as liabilities and expenses where the employee entitlements to which they relate have been recognised.

Superannuation:

The employer's obligation for employee entitlements is recognised as an expense in the period it relates to.

(d) Plant and Equipment

Acquisitions:

All physical assets costing over \$1,000 with an expected useful life of more than one year have been capitalised and recorded in the assets register.

The initial cost of an asset includes an estimate of the cost of dismantling and removing the item. This is particularly relevant to the "make good" provisions in NSWIS property lease where there is an obligation to restore the property to its original condition. These costs are included in capital cost of NSWIS Leasehold Improvements with a corresponding provision for "Make Good" taken up.

Depreciation:

Depreciation is provided on a straight line basis for all depreciable assets so as to write off the depreciable amount of each asset as they are consumed over their useful lives to the entity. The following depreciation rates were used based on the assessment of the useful life of that equipment

- Computer Equipment range from 25% through 33.3% p.a.
- General Plant and Equipment range from 14.3% through 33.3% p.a.
- Electronic and Scientific Equipment was 14.3% p.a through 33.3%
- Sporting Equipment was 50% p.a.
- Leasehold Improvements was 10% based on the term of NSWIS property lease (ten years)

Due to the nature of the NSWIS's plant and equipment the Institute does not revalue its plant and equipment.

notes to the financial statements

(e) Trade and Other Receivables:

All debtors are recognised as amounts receivable at balance date. Collectability of debtors is reviewed on an ongoing basis. Debts which are known to be uncollectible are written off. A provision for impairment is raised when some doubt as to collection exists. The credit risk is the carrying amount (net of any provision for impairment). No interest is earned on debtors.

(f) Trade and Other Payables:

Liabilities are recognised for amounts due to be paid in the future for goods and services received. Amounts owing to suppliers are settled in accordance with the policy set out in the Treasurer's Direction 219.01. Where trade terms are not specified, payment is made no later than the end of the month following the month in which the invoice is received. No interest penalty was incurred on creditors during the year.

(g) In-Kind contribution of services:

The Institute receives 'in-kind contributions' of goods and services from sponsors. Where this value can be reliably measured it has been included in the Income Statement for the current period.

(h) Revenue Recognition

Revenue is recognised when the Institute has control of the good or right to receive, it is probable that the economic benefits will flow to the Institute and the amount of revenue can be measured reliably.

State Government funding, along with grants and sponsorships from other bodies (including Commonwealth agencies, national and state sporting associations and private sector organisations) are recognised as revenues when the Institute obtains control over those assets. Such control is normally obtained on a cash receipts basis.

Rendering of Services- control of the right to receive income from the provision of goods and services to external entities and individual athletes, such income is recognised when the fee in respect of those services provided is receivable.

Interest income is recognised as it accrues.

(i) Goods and Services Tax

Revenue, expenses and assets are recognised net of the amount of GST except where

- ☐ the amount of GST incurred that is not recoverable from the Australian Taxation Office is recognised as part of the cost of acquisition of an asset or as part of an expense
- ☐ receivables and payables are stated with the amount of the GST included.

(j) Inventory

Inventory consists of clothing for Institute staff and athletes and is not for resale. Inventory is valued at cost which is the lower of cost and net realisable value.

(k) Segment Reporting

The Institute operates in one industry, being the training and development of athletes. It predominantly operates in one geographical segment, being the state of New South Wales.

(l) Comparative Figures

Comparative Figures have been adjusted to conform to changes in presentation in these financial statements where required.

(m) Rounding

All values in the statements have been rounded to the nearest thousand dollars.

(n) Tax Status

The activities of the Institute are exempt from the provisions of the Income Tax Assessment Act and other Federal Government taxation legislation, with the exception of the requirement to pay fringe benefit tax and goods and services tax.

(o) New Australian Accounting Standards Issued but not Effective

At reporting date a number of Australian Accounting Standards have been issued by the Australian Accounting Standards but are not yet operative. These have not been adopted early.

The following is a list of those standards that may have an impact on the financial report of the entity in the period of initial application:

Revised AASB 101 Presentation of Financial Statements - Mandatory for the 2010 Financial Statements.

Revised AASB 123 Borrowing Costs - Mandatory for the 2010 Financial Statements.

notes to the financial statements

2. Income

		Economic Entity		Parent Entity	
		2009	2008	2009	2008
	Note	\$'000	\$'000	\$'000	\$'000
(a) Grants					
State Government:					
Operating:					
NSW Department of the Arts, Sport and Recreation		9,595	9,509	9,595	9,509
Commonwealth Government:					
Operating:					
Australian Sports Commission		119	151	119	151
Australian Sports Foundation		-	50	-	50
National and State Sporting Organisations		2,494	2,719	2,494	2,719
		12,208	12,429	12,208	12,429

(b) Sponsorship					
ClubsNSW		1,040	1,000	1,040	1,000
Other		229	277	229	277
In-kind contributions	1g	522	447	522	447
		1,791	1,724	1,791	1,724

In addition to the figure for 'in kind contributions' mentioned above the NSWIS received other goods and services which is not able to be reliably measured and has therefore not been included in these financial statements.

(c) Other Income					
Interest		55	110	55	110
Profit/(Loss) on Sale of Equipment		(12)	3	(12)	3
Sundry		436	681	436	681
		479	794	479	794

NSW Institute of Sport

notes to the financial statements

3. Expenditure

Note	Economic Entity		Parent Entity	
	2009 \$'000	2008 \$'000	2009 \$'000	2008 \$'000
(a) Employee Related Expenses				
Board Members Fees	107	101	107	101
Salaries and Wages	5,260	5,295	-	-
Payroll Tax and Fringe Benefit Tax	408	416	7	6
Employee Entitlements	166	163	-	-
Superannuation	482	483	8	7
Other	110	93	-	-
Personnel Services -Institute of Sport Division	-	-	6,411	6,437
	6,533	6,551	6,533	6,551
(b) Fees For Services Rendered				
Consultants	47	53	47	53
Contract Services	265	208	265	208
Fees for Service- Non Consultants	369	382	369	382
	681	643	681	643
(c) Grants				
State Sporting Associations	340	382	340	382
Athlete Scholarship Program	145	239	145	239
	485	621	485	621
(d) Other Expenses				
Minor Equipment	358	353	358	353
Other Costs	185	186	185	186
Motor Vehicle	365	374	365	374
Printing & Stationery	227	201	227	201
Communications	218	267	218	267
Advertising & Promotion	483	498	483	498
Maintenance	115	98	115	98
Insurance	56	55	56	55
Medical Services	135	173	135	173
In Kind Contributions	522	447	522	447
	2,664	2,652	2,664	2,652

Items expensed within 'Minor Equipment' includes equipment leasing costs and sports program equipment which do not satisfy the capitalisation criteria detailed under Note 1 (b).

notes to the financial statements

4. Trade and other receivables

	Note	Economic Entity		Parent Entity	
		2009	2008	2009	2008
		\$'000	\$'000	\$'000	\$'000
Current:					
Sundry Debtors		433	418	428	418
Less: Provision for Impairment		(6)	-	(6)	-
		427	418	422	418

5. Other

Current:					
Other Prepayments		239	215	239	215
		239	215	239	215

6. Plant And Equipment

Computer Equipment at Cost	399	434	399	434
Less: Accumulated Depreciation	(330)	(355)	(330)	(355)
Fair Value	69	79	69	79
Electronic & Scientific Equipment at Cost	1,468	1,440	1,468	1,440
Less Accumulated Depreciation	(1,263)	(1,053)	(1,263)	(1,053)
Fair Value	205	387	205	387
General Plant and Equipment at Cost	491	480	491	480
Less Accumulated Depreciation	(305)	(209)	(305)	(209)
Fair Value	186	271	186	271
Sporting Equipment at Cost	1,153	1,221	1,153	1,221
Less Accumulated Depreciation	(990)	(1,007)	(990)	(1,007)
Fair Value	163	214	163	214
Leasehold Improvements at Cost	5,978	5,949	5,978	5,949
Less: Accumulated Amortisation	(1,786)	(1,179)	(1,786)	(1,179)
Fair Value	4,192	4,770	4,192	4,770
Total Property Plant and Equipment	4,815	5,721	4,815	5,721

notes to the financial statements

6. Plant And Equipment (cont.)

	Economic Entity					
	Leasehold Improvements \$'000	Sporting Equipment \$'000	Computer Equipment \$'000	General Plant & Equipment \$'000	Electronic & Scientific \$'000	Total \$'000
Fair Value as at 1.7.2008	4,770	214	79	271	387	5,721
Plus: Additions	29	69	42	15	69	224
Less: Disposals	-	(12)	(2)	(1)	(20)	(35)
Less: Depreciation	(607)	(108)	(50)	(99)	(231)	(1,095)
Fair Value as at 30.6.2009	4,192	163	69	186	205	4,815

7. Trade and other payables

	Economic Entity		Parent Entity	
	2009 \$'000	2008 \$'000	2009 \$'000	2008 \$'000
Note				
Current:				
Creditors	964	516	809	341
Accruals	200	203	76	91
Amount Payable - Institute of Sport Division	-	-	1,200	1,160
	1,164	719	2,085	1,592

8. Other

Income Received in Advance	-	27	-	27
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9. Provisions

Current:

Employee Entitlements -Annual Leave	526	507	-	-
-Long Service Leave	297	275	-	-
	823	782	-	-

Non-Current:

Employee Entitlements -Long Service Leave	103	91	-	-
Provision for Restoration -NSWIS Premises				
Opening Balance	215	206	215	206
Increase in Provision	4	9	4	9
Closing Balance	219	215	219	215
Total Non- Current Assets	322	306	219	215

notes to the financial statements

(a) Provision for Annual Leave and Long Service Leave

The leave liabilities that are expected to be settled within twelve months and outside twelve months are shown below

	Annual Leave	Long Service Leave	Total
	\$'000	\$'000	\$'000
Expected to be settled within twelve months	349	10	359
Expected to be settled outside twelve months	177	287	464
Total	526	297	823

10. Superannuation

All NSWIS employees are members of an accumulation scheme resulting in no unfunded liability for the NSWIS.

11. Financial instruments

(a) Credit Risk Exposure

The carrying value of financial assets included in the balance sheet of the Economic Entity are reflected based on historical cost net of any provisions for impairment.

The Economic Entity's financial assets consists of cash and cash equivalents and short term receivables.

	2009	2008
	\$'000	\$'000
Cash and Cash Equivalents	2,264	2,040
Short Term Receivables	284	309
Total	2,548	2,349

Short Term Receivables excludes statutory receivables and prepayments in accordance with AASB 7. The age of those receivables are

	2009	2008
	\$'000	\$'000
Current	92	111
30 Days	24	33
60 Days	2	54
90 Days	166	111
Total	284	309

Collectability of short term receivables is reviewed on an ongoing basis. After analysing the financial assets of the Economic Entity in particular short term receivables the credit risk exposure a provision for impairment of \$5,528 was required based on the assessment of the collectability of the short term receivable.

notes to the financial statements

(b) Interest Rate Risk Exposure

The Economic Entity's exposure to interest rate risk and the effective weighted average interest rate for each class of financial assets and liabilities is set out below.

Exposures arise from cash and cash equivalents bearing variable interest rates. The Economic Entity does not hold fixed rate assets and liabilities. Sensitivity to a +1% movement in rates and -1% movement in rates and its impact is set out below

		-1%	Interest Rate Risk	+1%	
	Carrying Value \$'000	Profit \$'000	Equity \$'000	Profit \$'000	Equity \$'000
Cash and Cash Equivalents	2,264	(23)	(23)	23	23

(c) Liquidity Risk

The Economic Entity is not involved in any long-term financial borrowings and our payables are settled within 30 days of receiving the supplier's invoice.

Economic Entity						
Variable Interest Maturing in:						
	Weighted Ave Rate	1 year or less \$'000	Over 1 to 5 years \$'000	More than 5 years \$'000	Non-Interest Bearing \$'000	Total \$'000
2008/2009						
Financial Assets						
Cash at Bank	2.5%	2,264	-	-	-	2,264
Receivables		-	-	-	427	427
		2,264	-	-	427	2,691
Financial Liabilities						
Trade Creditors & Accruals		-	-	-	1,164	1,164
Net Financial Assets/(Liabilities)		2,264	-	-	(737)	1,527
2007/2008						
Financial Assets						
Cash at Bank	5.0%	2,040	-	-	-	2,040
Receivables		-	-	-	418	418
		2,040	-	-	418	2,458
Financial Liabilities						
Trade Creditors & Accruals		-	-	-	719	719
Net Financial Assets/(Liabilities)		2,040	-	-	(301)	1,739

(c) Net Fair Value of Financial Assets and Liabilities

The net fair value of cash deposits and non interest bearing monetary financial assets and liabilities reflect their approximate carrying value.

notes to the financial statements

12. Expenditure Commitments

Note	Economic Entity		Parent Entity	
	2009	2008	2009	2008
	\$'000	\$'000	\$'000	\$'000
Other Expenditure:				
Not later than One Year	-	-	-	-
	-	-	-	-

There were no significant expenditure commitments as at 30 June 2009.

13. Operating Leases

Note	Economic Entity		Parent Entity	
	2009	2008	2009	2008
	\$'000	\$'000	\$'000	\$'000
Operating Lease commitments at balance date were				
Not later than One Year	2,648	2,638	2,648	2,638
Later than One Year & not later than Five Years	9,983	9,398	9,983	9,398
Later than Five Years	4,997	7,427	4,997	7,427
Total (including GST)	17,628	19,463	17,628	19,463

The operating lease commitments includes the rental commitments on the new building and training facilities that the NSWIS will occupy for the next seven years. The term of the lease was for a ten year period starting in July 2006.

14. Remuneration Of Auditors

Note	Economic Entity		Parent Entity	
	2009	2008	2009	2008
	\$'000	\$'000	\$'000	\$'000
Audit Office of NSW	22	23	19	20

Audit Fees paid to the Audit Office of NSW were for the audit of the Financial Statements only.

No other benefits were paid to the Audit Office.

notes to the financial statements

15. Contingent Liabilities

There are no known contingent liabilities at balance date. (nil in 2007-2008)

16. Expenditure Commitments

(a) Reconciliation of Cash

For the purpose of the Cash Flow Statement, cash includes cash on hand and cash at bank.

Cash at 30 June 2009 as shown in the Cash Flow Statement is reconciled to the related items in the Balance Sheet as follows

Note	Economic Entity		Parent Entity	
	2009	2008	2009	2008
	\$'000	\$'000	\$'000	\$'000
Cash at Bank	2,264	2,040	2,264	2,040

(b) Reconciliation of Net Cash provided by Operating Activities to Surplus/(Deficit) from ordinary activities

Note	Economic Entity		Parent Entity	
	2009	2008	2009	2008
	\$'000	\$'000	\$'000	\$'000
Surplus/(Deficit)	(875)	(1,360)	(875)	(1,360)
Plus (Less) Non-Cash Items				
Depreciation	1,095	1,250	1,095	1,250
(Profit)/Loss on Disposal	12	(3)	12	(3)
Increase/(Decrease) in Provisions	57	87	4	9
Changes in Assets and Liabilities				
(Increase)/Decrease in Receivables	(9)	(49)	(4)	(51)
(Increase)/Decrease in Other Assets	(24)	(27)	(24)	(27)
(Increase)/Decrease in Inventories	(249)	61	(249)	61
Increase/(Decrease) in Payables	445	105	493	185
Increase/(Decrease) in Other Liabilities	(27)	(93)	(27)	(93)
Net Cash provided by Operating Activities	425	(29)	425	(29)

17. Events Occurring After Balance Date

There were no subsequent events occurring after balance date that have materially affected or may materially affect the results reported.

End of Audited Statements



STATEMENT BY THE CHIEF EXECUTIVE OFFICER FOR THE PERIOD 1 JULY 2008 TO 30 JUNE 2009

Pursuant to Section 41C (1B) and (1C) of the Public Finance and Audit Act 1983 I declare that in my opinion:

1. The Financial Statements exhibit a true and fair view of the financial position at 30 June 2009 and transactions for the period 1 July 2008 to 30 June 2009 of the Institute of Sport Division.
2. The Statements have been prepared in accordance with the provisions of the Public Finance and Audit Act 1983, the relevant provisions of the Public Finance and Audit Regulation 2005 and the Treasurer's Directions.

Further I am not aware of any circumstances which would render any particulars included in the Financial Statements to be misleading or inaccurate.

Signed in Sydney this 20th day of October 2009

Charles Turner
Chief Executive Officer

I believe that the audit evidence I have obtained is sufficient and appropriate to provide a basis for my audit opinion.

My opinion does not provide assurance:

- about the future viability of the Division,
- that it has carried out its activities effectively, efficiently and economically, or
- about the effectiveness of its internal controls.

Independence

In conducting this audit, the Audit Office of New South Wales has complied with the independence requirements of the Australian Auditing Standards and other relevant ethical requirements. The PF&A Act further promotes independence by:

- providing that only Parliament, and not the executive government, can remove an Auditor-General, and
- mandating the Auditor-General as auditor of public sector agencies but precluding the provision of non-audit services, thus ensuring the Auditor-General and the Audit Office of New South Wales are not compromised in their role by the possibility of losing clients or income.

A Dyetunji
Director, Financial Audit Services
20 October 2009
SYDNEY



GPO BOX 12
Sydney NSW 2001

INDEPENDENT AUDITOR'S REPORT

Institute of Sport Division

To Members of the New South Wales Parliament

I have audited the accompanying financial report of Institute of Sport Division (the Division), which comprises the balance sheet as at 30 June 2009, the income statement, statement of changes in equity and cash flow statement for the year then ended, a summary of significant accounting policies and other explanatory notes.

Auditor's Opinion

In my opinion, the financial report:

- presents fairly, in all material respects, the financial position of the Division as at 30 June 2009, and its financial performance for the year then ended in accordance with Australian Accounting Standards (including the Australian Accounting Interpretations)
- is in accordance with section 41B of the Public Finance and Audit Act 1983 (the PF&A Act) and the Public Finance and Audit Regulation 2005.

My opinion should be read in conjunction with the rest of this report.

Board's Responsibility for the Financial Report

The members of the Board are responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards (including the Australian Accounting Interpretations) and the PF&A Act. This responsibility includes establishing and maintaining internal controls relevant to the preparation and fair presentation of the financial report that is free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

Auditor's Responsibility

My responsibility is to express an opinion on the financial report based on my audit. I conducted my audit in accordance with Australian Auditing Standards. These Auditing Standards require that I comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgement, to fraud or error. In making those risk assessments, the auditor considers internal controls relevant to the Division's preparation and fair presentation of the financial report in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Division's internal controls. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the directors, as well as evaluating the overall presentation of the financial report.

Institute of Sport Division

income statement

For the Year Ended 30 June 2009

	2009 \$'000	2008 \$'000
Revenue from Continuing Operations		
Personnel Services	6,411	6,437
Total Revenue from Continuing Operations	6,411	6,437
Expenditure from Continuing Operations		
Salaries	5,260	5,295
Superannuation	474	476
Employee Entitlements	166	163
Payroll Tax	401	410
Other	110	93
Total Expenditure from Continuing Operations	6,411	6,437
Surplus for the Year	-	-

The accompanying notes form part of these statements.

Institute of Sport Division

balance sheet

As at 30 June 2009

		2009 \$'000	2008 \$'000
Current Assets			
Trade and Other Receivables	3	1,205	1,160
Total Current Assets		1,205	1,160
Total Assets			
		1,205	1,160
Current Liabilities			
Trade and Other Payables	4	279	287
Provisions	5	823	782
Total Current Liabilities		1,102	1,069
Non-Current Liabilities			
Provisions	5	103	91
Total Non-Current Liabilities		103	91
Total Liabilities			
		1,205	1,160
Net Assets			
		-	-
Equity			
Accumulated Funds		-	-
Total Equity		-	-

The accompanying notes form part of these statements.

Institute of Sport Division

cash flow statement

For the Year Ended 30 June 2009

	2009 Inflows/ (Outflows) \$'000	2008 Inflows/ (Outflows) \$'000
Cash Flows from Operating Activities		
Payments to Suppliers and Employees	-	-
Receipts from Services	-	-
Net Cash inflows/(outflows) from Operating Activities	-	-
Net Increase/(Decrease) in Cash held	-	-
Cash at the Beginning of the Financial Year	-	-
Cash at the End of the Financial Year	-	-

The accompanying notes form part of these statements

Institute of Sport Division

statement of changes in equity

For the Year Ended 30 June 2009

	2009 \$'000	2008 \$'000
Accumulated Funds		
Balance at Beginning of the Reporting Period	-	-
Surplus for the Period	-	-
Balance at the End of the Reporting Period	-	-

The accompanying notes form part of these statements

notes to the financial statements

For the Year Ended 30 June 2009

1. Summary of Significant Accounting Policies

(a) Reporting entity

The Institute of Sport is a Division of the Government Service, established pursuant to Part 2 of Schedule 1 to the Public Sector Employment and Management Act 2002. It is a not-for-profit entity as profit is not its principal objective. It is consolidated as part of the NSW Total State Sector Accounts. It is domiciled in Australia and its principal office is at Building B, Level 1, 6 Figtree Drive, Sydney Olympic Park Homebush Bay.

The Institute of Sport Division's objective is to provide personnel services to the NSW Institute of Sport.

The Institute of Sport Division commenced operations on 17 March 2006 when it assumed responsibility for the employees and the employee-related liabilities of the NSW Institute of Sport.

The financial report was authorised for issue by the Chief Executive Officer of the NSW Institute of Sport on 20 October 2009. The report will not be amended and reissued as it has been audited.

(b) Basis of preparation

This is a general purpose financial report prepared in accordance with the requirements of Australian Accounting Standards, the Public Finance and Audit Act 1983, the Public Finance and Audit Regulation 2005, and specific directions issued by the Treasurer.

The financial report is prepared on the basis of Australian equivalents to International Financial Reporting Standards.

Generally, the historical cost basis of accounting has been adopted and the financial report does not take into account changing money values or current valuations.

The accrual basis of accounting has been adopted in the preparation of the financial report, except for cash flow information.

Management's judgements, key assumptions and estimates are disclosed in the relevant notes to the financial report.

All amounts are rounded to the nearest one thousand dollars and are expressed in Australian currency.

(c) Income

Income is measured at the fair value of the consideration received or receivable. Revenue from the rendering of personnel services is recognised when the service is provided and only to the extent that the associated recoverable expenses are recognised.

(d) Trade and Other Receivables

A receivable is recognised when it is probable that the future cash inflows associated with it will be realised and it has a value that can be measured reliably. It is derecognised when the contractual or other rights to future cash flows from it expire or are transferred.

A receivable is measured initially at fair value and subsequently at amortised cost using the effective interest rate method, less any allowance for impairment. A short-term receivable with no stated interest rate is measured at the original invoice amount where the effect of discounting is immaterial. An invoiced receivable is due for settlement within thirty days of invoicing.

If there is objective evidence at year end that a receivable may not be collectable, its carrying amount is reduced by means of an allowance for impairment and the resulting loss is recognised in the income statement. Receivables are monitored during the year and bad debts are written off against the allowance when they are determined to be irrecoverable. Any other loss or gain arising when a receivable is derecognised is also recognised in the income statement.

(e) Trade and Other Payables

Payables include accrued wages, salaries, and related on costs (such as payroll tax, fringe benefits tax and workers' compensation insurance) where there is certainty as to the amount and timing of settlement.

A payable is recognised when a present obligation arises under a contract or otherwise. It is derecognised when the obligation expires or is discharged, cancelled or substituted.

A short-term payable with no stated interest rate is measured at historical cost if the effect of discounting is immaterial.

notes to the financial statements

(f) Employee benefit provisions and expenses

Provisions are made for liabilities of uncertain amount or uncertain timing of settlement. Employee benefit provisions represent expected amounts payable in the future in respect of unused entitlements accumulated as at the reporting date. Liabilities associated with, but that are not, employee benefits (such as payroll tax) are recognised separately.

Annual Leave:

Employee leave entitlements are measured as the amount unpaid at the reporting date at pay rates expected to be paid in respect of employees' service up to that date.

Sick leave:

Unused sick leave does not give rise to a liability as it is not considered probable that sick leave taken in the future will be greater than the benefits accrued in the future.

Long Service Leave:

Long Service leave is measured using the present value method in accordance with AASB 119 Employee Benefits and NSW Treasury Circular TC 09/04.

On costs:

The outstanding amounts of payroll tax, workers' compensation insurance premiums, superannuation and fringe benefits tax, which are consequential to employment, are recognised as liabilities and expenses where the employee entitlements to which they relate have been recognised.

Superannuation:

The employer's obligation for employee entitlements is recognised as an expense in the period it relates to.

(g) New Australian Accounting Standards Issued but not Effective

At reporting date a number of Australian Accounting Standards have been issued by the Australian Accounting Standards but are not yet operative. These have not been adopted early.

The following is a list of those standards that may have an impact on the financial report of the entity in the period of initial application:

Revised AASB 101 Presentation of Financial Statements - Mandatory for the 2010 Financial Statements.

Revised AASB 123 Borrowing Costs - Mandatory for the 2010 Financial Statements.

2. Result

The Institute of Sport Division did not make any payments to consultants. The audit fee for the entity is met by the NSW Institute of Sport and is estimated at \$3,000. The auditors provided no other services other than the audit of this financial report.

	2009	2008
	\$'000	\$'000

3. Trade and Other Receivables

Current:

Sundry Debtors	5	-
Receivable- NSW Institute of Sport	1,200	1,160
Total	1,205	1,160

notes to the financial statements

	2009 \$'000	2008 \$'000
4. Trade and Other Payables		
Payables	155	175
Accruals	124	112
Total	279	287

5. Provisions

Current:

Employee Entitlements -Annual Leave	526	507
-Long Service Leave	297	275
Total	823	782

Non-Current:

Employee Entitlements -Long Service Leave	103	91
Total	103	91

(a) Provision for Annual Leave and Long Service Leave

The leave liabilities that are expected to be settled within twelve months and outside twelve months are shown below

	Annual Leave \$'000	Long Service Leave \$'000	Total \$'000
Expected to be settled within twelve months	349	10	359
Expected to be settled outside twelve months	177	287	464
Total	526	297	823

6. Related Party Information

The following transactions were entered into with the NSW Institute of Sport to provide staff services at cost (\$6,410,525).

The Institute of Sport Division received administration and accounting support and payment of external audit fees from the NSW Institute of Sport at no charge.

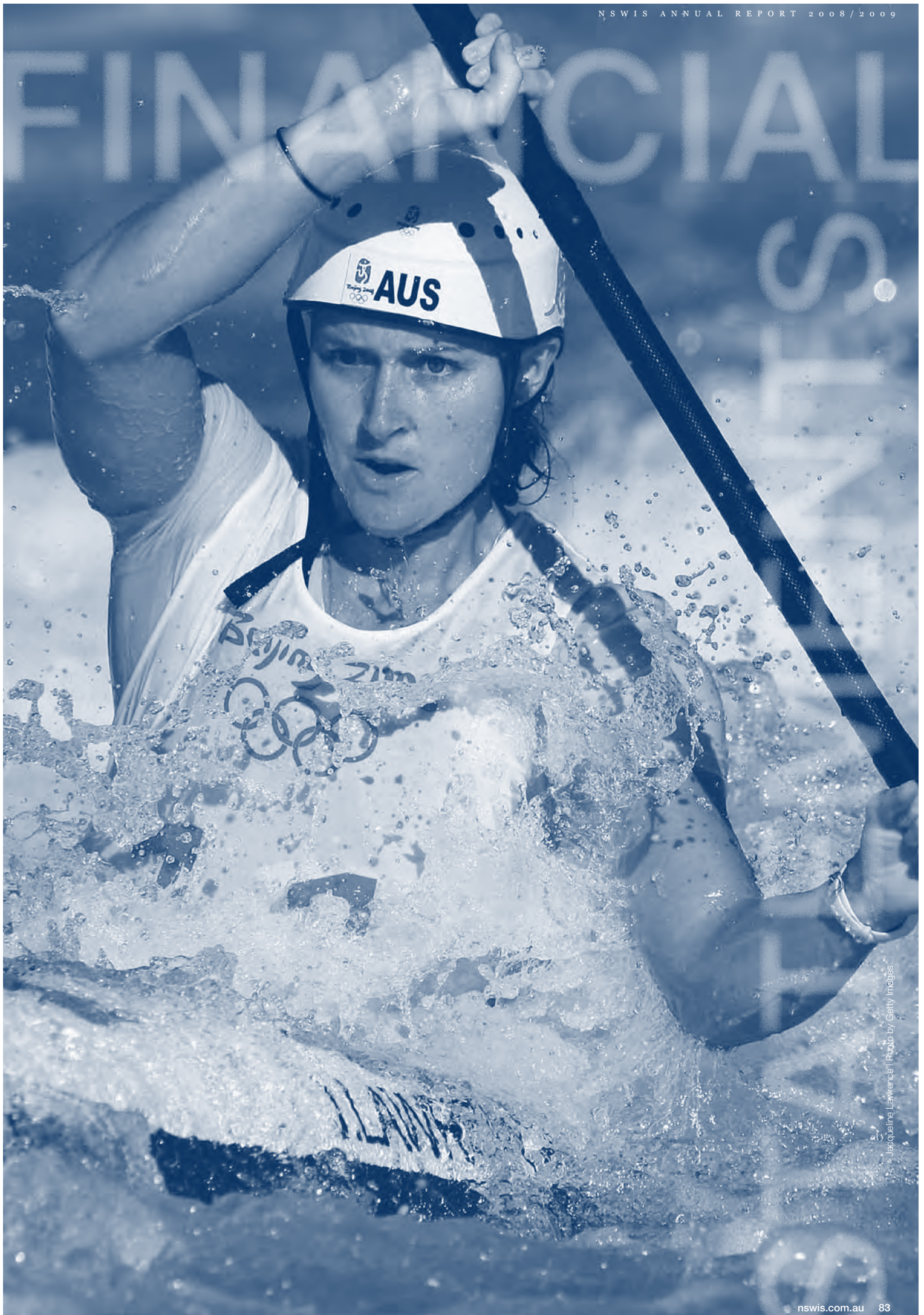
7. Cash Flow Information

The Institute of Sport Division did not have a bank account at 30 June 2009. All transactions are transacted through the bank account of the NSW Institute of Sport.

8. Events Occurring After Balance Date

There were no subsequent events occurring after balance date that have materially affected or may materially affect the results reported.

End of Audited Statements



Jacqueline Lawrence | Photo by Getty Images



Jenny Owens | Photo by Getty Images

appendices

APPENDIX 1: HUMAN RESOURCES

Staffing

As at 30th June 2009, the NSWIS employed 66 full-time, 10 part-time and 26 casual staff.

Table 1: NSWIS staffing

Reporting Period	2005/06	2006/07	2007/08	2008/09
Established Positions	79	87	95	81
Actual Staff				
Full-time	67	72	85	66
Part-time	12	15	10	15
Casual	18	13	23	26

The NSWIS workforce comprised 57% male and 43 % female staff with 79% of full-time and part-time employees engaged to provide direct support to NSW athletes in the areas of quality coaching and high performance services covering sport science & medical services, program support, athlete career and education, sport psychology and applied research.

During the reporting period

- a review of the High Performance Service areas was undertaken to determine the service requirements for our 2009-2012 sport programs.
- the medical services unit was aligned with sport science and is now functioning as the Sport Science and Medical Services Unit.

Conditions of Employment and Movement in Salaries and On-costs

All the NSWIS full-time and part-time employees are employed on a Fixed Term Employment Agreement. The agreement was reviewed and amended accordingly during the reporting period with a majority of staff being offered new four year agreements in line with our sport programs.

The salary and on-costs for 2008-09 reflect

- a 3% salary increment paid to all the NSWIS staff in January 2009,
- performance based bonuses paid to staff linked to the NSWIS' performance management system,
- incremental increases resulting from the re-evaluation of existing positions using Cull Egan and Dell job evaluation system.

Staff turnover increased from 14% to 27% in 2008-09. The turnover reflects the restructure of our sport programs and high performance services areas at the end of the four year cycle in December 2008 and ongoing resignations.

Staff Recruitment

In 2008-09 the following positions were advertised:

Internally appointed:

- Manager Sport Science & Medical Services
- Service Provider – Biomechanics
- Strength & Conditioning Coordinator
- Sport Science Administration Assistant
- High Performance Central Administrator

- Performance, Highlights and Tours Administrator

Externally appointed:

- Service Provider – Strength & Conditioning
- Service Provider – Strength & Conditioning (Injury Prevention and Recovery)
- Service Provider – Dietitian
- Accountant
- ACE/PD Consultant
- Senior Service Provider – Group Sport
- Equestrian Coordinator
- Assistant Coach – Endurance Cycling
- Assistant Basketball Coach
- Assistant Diving Coach
- Assistant Water Polo Coach
- Assistant Netball Coach
- Development Netball Coach
- Assistant Service Provider – Sport Programs

Leave Administration

All employees' leave entitlements are reviewed on an ongoing basis. On a fortnightly basis all leave entitlements are printed on employees' pay slips. Any employees whose leave entitlements are approaching or over 40 days are contacted to ensure that plans are in place to reduce their leave.

Training and Professional Development

All staff are encouraged to participate in a range of learning and development activities to expand their technical, operational and strategic skills. Through the NSWIS Performance Management System training and professional development opportunities are discussed and implemented.

During 2008-09, NSWIS employees attended a variety of courses conducted by a number of different

training providers. The training included management, occupational health & safety, finance, IT, human resources and specific technical courses for NSWIS service staff (Sport Psychology, Sport Science and ACEPD).

The Coach Excellence Program continued during the reporting period providing professional development opportunities for our Coaches. As well as professional development opportunities for our coaches the NSWIS through its Athlete Career and Education Program provide professional development and education opportunities for its athletes.

See also: the Coach Athlete and Program Services Report on page 17 and 18 for further details.)

Policies and Procedures

In line with the new four year Fixed Term Employment Agreement the following policies were reviewed, consulted with employees and management, updated and implemented.

- Abandonment of employment
- Anti Doping
- Anti Discrimination
- Child Protection
- Code of Conduct
- Staff Misconduct and Serious Offence
- Guarantee of Service Statement
- Leave
- Occupational Health and Safety
- Ownership of Intellectual Property
- Grievance Handling and dispute resolution
- Probation and Qualifying period
- Work Hours
- Overseas Travel
- Managing Poor Performance

Employees have access to these policies via the NSWIS intranet.



Photo by Getty Images

APPENDIX 2: CODE OF CONDUCT

The NSWIS Code of Conduct sets out the standards of professional behaviour expected of all employees, volunteers and anyone who represents the NSWIS. The Code is incorporated into the fixed term employment agreement for employees and coaches. Staff who are not directly employed by the NSWIS are also provided with a copy of the Code which is required to be read and signed prior to the commencement of duties.

APPENDIX 3 – EQUAL EMPLOYMENT OPPORTUNITY

The NSWIS is committed to workplaces that are free of unlawful discrimination and harassment. The NSWIS strives to ensure that practices and behaviour in the workplace do not disadvantage people because they belong to a particular group. These Equal Employment Opportunity (EEO) groups are women, Aboriginal and Torres Strait Islander people, people whose first language was not English and people with a disability.

The NSWIS aims to appoint members of a reported EEO group to a vacant position, where they are the most suitably qualified applicant and can fulfill the inherent requirements of the position. The NSWIS aims to explore opportunities for staffing vacant positions with members of the presently non-represented EEO groups and increasing the numbers in those categories where representatives are below the target or benchmark.

The EEO statistics for 2008-2009 reflect the following

- ☐ the number of female NSWIS employees did not reach the target of 50% of total employees
- ☐ the lack of reportable numbers of employees belonging to the Aboriginal & Torres Strait Islanders

Table 1: Trends in the Representation of EEO Groups

EEO Group	Benchmark or Target	% of Total Staff			
		2006	2007	2008	2009
Women	50%	39%	38%	38%	37%
Aboriginal people and Torres Strait Islanders	2%				
People whose first language was not English	20%	1%			
People with a disability	12%	3%	3%	3%	1%
People with a disability requiring work-related adjustment	7%				

Table 2: Staff Numbers by level

LEVEL	TOTAL STAFF	Respondents	Men	Women	Aboriginal People & Torres Strait Islanders	People from Racial, Ethnic, Ethno-Religious Minority Groups	People Whose Language First Spoken as a Child was not English	People with a Disability	People with a Disability Requiring Work-related Adjustment
<\$33,910	12	12	5	6				1	
\$33,910 - \$44,537	6	6	3	3					
\$44,538 - \$49,791	5	5	3	2					
\$49,792 - \$63,006	26	26	13	13					
\$63,007 - \$81,478	21	21	16	5					
\$81,479 - \$101,849	5	5	5						
>\$101,849 (non SES)	6	6	5	1					
>\$101,849 (SES)									
TOTAL	81	81	50	30				1	

& People with a Disability requiring work-related adjustments

- ☐ percentage of employees in the People with a Disability category decreased in 2008/09

**Table 3: Percent of Total Staff by Salary Level**

LEVEL	TOTAL STAFF (Number)	Subgroup as Percent of Total Staff at each Level			Subgroup as Estimated Percent of Total Staff at each Level				
		Respondents	Men	Women	Aboriginal People & Torres Strait Islanders	People from Racial, Ethnic, Ethno-Religious Minority Groups	People Whose Language First Spoken as a Child was not English	People with a Disability	People with a Disability Requiring Work-related Adjustment
< \$33,910	12	100%	42%	57%				1%	
\$33,910 - \$44,537	6	100%	50%	50%					
\$44,538 - \$49,791	5	100%	60%	40%					
\$49,792 - \$63,006	26	100%	50%	50%					
\$63,007 - \$81,478	21	100%	76%	24%					
\$81,479 - \$101,849	5	100%	100%						
>\$101,849 (non SES)	6	100%	83%	17%					
>\$101,849 (SES)									
TOTAL	81	100%	62%	37%				1%	

Table 4: Staff Numbers by Employment Basis

EMPLOYMENT BASIS	TOTAL STAFF	Respondents	Men	Women	Aboriginal People & Torres Strait Islanders	People from Racial, Ethnic, Ethno-Religious Minority Groups	People Whose Language First Spoken as a Child was not English	People with a Disability	People with a Disability Requiring Work-related Adjustment
Permanent Full-time									
Permanent Part-time									
Temporary Full-time									
Temporary Part-time									
Contract - SES									
Contract - Non SES	81	81	50	30				1	
Training Positions									
Retained Staff									
Casual	26		12	14					
TOTAL	107	107	62	44				1	



Casey Eastham | Photo by Getty Images

Table 5: Percent of Total Staff by Employment Basis

EMPLOYMENT BASIS	TOTAL STAFF (Number)	Subgroup as % of Total Staff in each Category			Subgroup as Estimated Percent of Total Staff in each Employment Category				
		Respondents	Men	Women	Aboriginal People & Torres Strait Islanders	People from Racial, Ethnic, Ethno-Religious Minority Groups	People Whose Language First Spoken as a Child was not English	People with a Disability	People with a Disability Requiring Work-related Adjustment
Permanent Full-time									
Permanent Part-time									
Temporary Full-time									
Temporary Part-time									
Contract - SES									
Contract - Non SES	81	100%	62%	37%				1%	
Training Positions									
Retained Staff									
Casual	26	100%	46%	54%					
TOTAL	107	100%	58%	41%				1%	
Estimate Range (95% confidence level)						1.2% to 1.2%	1.2% to 1.2%	2.4% to 2.4%	

APPENDIX 4: OCCUPATIONAL HEALTH AND SAFETY

The NSWIS is committed to providing a safe working and training environment for its staff, athletes, clients and visitors accessing its premises. The prime responsibility for ensuring the health, safety and welfare of all employees, athletes and visitors rests with the CEO and Managers, whilst all employees are aware of their own responsibilities in maintaining a safe working environment.

During the reporting period the NSWIS updated its Occupational Health and Safety Policy and Procedures in line

with the NSW Government's Working Together: Public Sector OHS and Injury Management Strategy. The NSWIS established an Occupational Health and Safety Committee and all members of the OHS committee attended a Workcover NSW accredited OHS consultation training course. The Committee meets once a quarter, with the minutes of the meeting and all other information relating to Occupational Health and Safety located on the NSWIS intranet.

The NSWIS reported two work related injuries which were managed in conjunction with Allianz. Both employees have returned to full duties.



APPENDIX 5: DISABILITY ACTION PLAN

The NSWIS continues to support disabled athletes and coaches through the Wheelchair Track & Road, Wheelchair Basketball, Individual Scholarships and Athletes with a Disability Programs. The NSWIS maintains a close relationship with the Australian Paralympic Committee and the Department of Arts, Sport and Recreation (DASR) disabled sports unit to continue to encourage involvement and elite performance for disabled athletes.

The NSWIS Athlete with Disabilities (AWD) Program is a joint funded program between the NSWIS and the Department of Sport and Recreation

(DASR) for high performing athletes with a disability. During 2008-09 the NSWIS program provided 30 NSW high performance AWD athletes with access to competition and training support, as well as a broad range of NSWIS support services, including sports science and medicine, strength and conditioning, sport psychology, nutritional advice and ACE/PD.

The NSWIS continues to ensure that we meet the needs of people with a disability through ensuring appropriate access to head office premises, access to information and improving employment opportunities for people with a disability. (See also: *Coach Athlete and Program Services Report* on page 21 for further details.)

APPENDIX 6: ACTION PLAN FOR WOMEN

The NSWIS provides equal employment opportunity for women to ensure the organisation is representative of the community it serves. As at 30th June 2009, 43% of employees were women. The Government's action plan for women includes objectives for the position of women in society and improving women's health and quality of life.

This year NSWIS again provided \$50,000 through the Women in High Performance Sport Initiative to support the development of women in service and coaching roles. In 2008-09 NSWIS female coaches from the Diving, Canoe Sprint, Hockey and Swimming

Programs benefited specifically. NSWIS acknowledges the need for more female coaches at the elite level and continue to investigate strategies to develop the skills and opportunities for female coaches. (See also: *Coach Athlete and Program Services Report* on page 22 for further details.)

APPENDIX 7: FREEDOM OF INFORMATION

The NSWIS did not receive any requests in 2008-09 for information under the Freedom of Information Act, 1989.

APPENDIX 8: 2008-2009 BUDGET

2008-09 Budget for the economic entity.

INCOME	\$'000
Grants	
State Government-Operating	9,596
Commonwealth	121
National & State Sporting Organisations	2,519
Sub-Total	12,236
Sponsorship	
ClubsNSW	1,040
Other	227
In Kind Contributions	522
Sub-Total	1,789
Other	
Interest	100
Sundry	419
Sub-Total	519
Funds from Reserves	375
Total Funds	14,919

EXPENDITURE	\$'000
Salaries & Associated Costs	6,524
Fees for Services Rendered	699
Grants-Sports Programs, Initiatives & Athletes	625
Capital Equipment	516
Travel	895
Athlete Services	1,082
Other Costs	236
Motor Vehicle	373
Printing & Stationery	222
Communications	246
Advertising and Promotions	492
Occupancy	2,189
Maintenance	111
Insurance	56
Medical Services	131
In-Kind Contributions	522
Total Expenditure	14,919
Surplus/(Deficit)	-



Michael Diamond | Photo by Getty Images

APPENDIX 9: GUARANTEE OF SERVICES

Our main clients are elite NSW athletes and coaches. The NSW Institute of Sport aims through its internationally acclaimed programs and services to be a leader in high performance sport in Australia. The NSWIS is committed to delivering high performance sports services throughout NSW to all NSWIS scholarship holders. We seek to improve our performance through a commitment to excellence across all areas of our operations. During the reporting period the NSWIS undertook a major review of its high performance services areas to ensure that moving forward that NSWIS was effectively meeting the service needs of our coaches and athletes.

It is our aim to provide our athletes with cost effective and priority access to daily training facilities together with expert coaches, state of the art equipment and specialist services (sport science, sports medicine, sports psychology and career and education) to enhance athlete and program performance. In dealing with service delivery all NSWIS staff must abide by the Institute's code of conduct. The NSWIS will consider all complaints carefully and welcomes suggestions to improve its efficiency and effectiveness. The NSWIS has established a Guarantee of Services Policy which includes a Public Complaint/Suggestion Form.

Our organisation also seeks to establish and maintain effective strategic alliances which will enhance the services we provide to our coaches and athletes. The NSWIS also interacts with government organisations; national and state sporting Institutes; national and state sporting organisations; Australian and International Universities; suppliers; the media and the general public.

APPENDIX 10: CONSUMER RESPONSE

The NSWIS did not receive any complaints regarding services in 2008-09 and met the standards set out in the Guarantee of Service. The NSWIS undertook mid-year and annual reviews of each sport program and services provided to athletes.

APPENDIX 11: LEGAL CHANGE

The NSWIS operates under the Institute of Sport Act 1995. There were no changes to Act in 2008-09.

APPENDIX 12: COMMITTEES

During the year the NSWIS continued to facilitate meeting for a number of internal committees.

Joint Management Committee (34 committees across sports) – includes sport specific Head Coaches, NSWIS Chief Executive Officer, NSWIS Manager- Coach, Athlete and Program Services, NSWIS Sport Consultant and representatives from the State and National Sporting Organisations. The committees meet every six months and are responsible for overseeing and reviewing sports program performance and the fulfilment of responsibilities included in the sport's Annual Plan.

At-Risk Management Committee – includes representatives from Sport Psychology and ACE/PD with additional expertise available when required. The Committee monitors and interacts with athletes who may be perceived as being at risk due to the pressures of qualifying and competing at the elite level.

Internal Audit Committee – the committee is chaired by the NSWIS's Deputy Chairman and meets annually to discuss findings from the annual internal audit conducted by Deloitte Touche Tohmatsu and the audit of the NSWIS annual accounts conducted by

the NSW Audit Office. The committee is responsible for ensuring that the NSWIS has adequate internal controls in place for manage the financial, operational and statutory compliance requirements of the organisation.

External Committees – NSWIS staff were members on the following external committees: National Elite Sports Council, National Elite Sports Council sub-committees for Sports Science Medicine, Athlete Career and Education and Program Management.

APPENDIX 13: CONSULTANTS

During the reporting period the NSWIS engaged three companies on a retainer for the provision of ongoing media, legal and HR services. A number of providers on a fee for service basis were engaged to deliver project specific IT and finance services as well as specialist coaching, medical and nutrition advice. These external

providers provide advice and specialist services that supplement the services provided by our internal staff and coaches. In 2008-09 NSWIS there was one consultant engaged greater than \$30,000 providing media services.

APPENDIX 14: PUBLICATIONS AND PROMOTIONS

During the reporting period the following publications were produced:

- 2007-08 NSWIS Annual Report
- 2 issues of the Edge Magazine
- Annual Awards Program 2008

During the reporting period the NSWIS continued to upgrade the appearance, functionality and content of its website to make it more user-friendly for people visiting the website. The latest information on the NSWIS, our athletes and sport programs is available 24 hours daily on our website at www.nswis.com.au.

APPENDIX 15: OVERSEAS TRAVEL

During 2008-09 NSWIS coaches and athletes travelled overseas for professional development opportunities, international competition and training opportunities. The following sports programs funded athletes to train and compete overseas, in some cases costs were partially recovered from the athlete:

Sport	Amount	Sport	Amount
Cycling	5,300	Bowls	823
Diving	11,651	Basketball	2,043
Winter Sports – Alpine Program	18,464	Swimming	11,601
Winter Sports – Snowboarding	13,643	Athlete with disability	1,000
Winter Sports – Freestyle Program	5,357	Women's Hockey	1,213
Track & Field	11,350	Netball	926
Sailing	3,126		

During the period the NSWIS Board approved overseas travel for the Chief Executive Officer to the Beijing Olympics \$2,276 and World Championships for Swimming, Diving and Waterpolo in Europe \$12,255.

APPENDIX 16: PAYMENTS OF ACCOUNTS

The NSWIS processes payment by electronic funds transfer or cheque on a weekly basis. It aims to pay all accounts within 30 days.

Schedule of Accounts Payable	Qtr Ended Sep-08 \$'000	Qtr Ended Dec-08 \$'000	Qtr Ended Mar-09 \$'000	Qtr Ended Jun-09 \$'000
Current	194	302	178	723
Between 30-60 Days	5	18	25	227
Between 60-90 Days				14
More than 90 Days				
Totals	199	320	203	964

Schedule of Accounts Payable	Qtr Ended Sep-08 \$'000	Qtr Ended Dec-08 \$'000	Qtr Ended Mar-09 \$'000	Qtr Ended Jun-09 \$'000
Accounts Paid on time	2530	2365	2242	2302
Total accounts paid	2608	2414	2336	2397
% accounts paid on time	97%	98%	96%	96%
Target % paid on time	100%	100%	100%	100%

APPENDIX 17: RISK MANAGEMENT AND INSURANCE

Internal Audit

In 2008/09 the NSWIS engaged Deloitte Touche Tohmatsu to undertake its annual internal audit. The 2008/09 audit involved an assessment of the organisation's Occupational Health and Safety Management Systems.

The Audit Committee chaired by the NSWIS's Deputy Chairman met during year to discuss the internal audit report from Deloitte Touche Tohmatsu and report on the 2007/08 Annual Accounts from the NSW Audit Office.

Insurance

The NSWIS participates in the Treasury Managed Fund which is the State Government Insurance Scheme. The scheme is administered on behalf of the Government by GIO Australia and Allianz. The scheme covers workers compensation, motor vehicles, property damage and public liability – the major insurance risks of the NSW Institute of Sport.

Risk Management

NSWIS is committed to having an effective risk management process in place to minimise the risk exposure of the business. During the period a risk assessment was undertaken into the organisation's occupational, health and

safety activities. The OHS committee performs quarterly inspections of the organisation's building to ensure that OHS risks & hazards are identified and rectified. Monthly reviews of NSWIS financial statements are undertaken to ensure that the organisation is working within its allocated financial resources.

APPENDIX 18: ENERGY MANAGEMENT

The NSWIS is committed to responsible energy management for both environmental and financial objectives. The NSWIS aims to achieve cost savings through reduced energy consumption and greater use of green house technologies. NSWIS has worked with the Owner of our premises to implement energy saving options and continues to look at ways to improve and reduce energy consumption.

In relation to our electricity the owner has elected to purchase 100% green power for the NSWIS building for its lighting and air conditioning. Also, the NSWIS building is connected to the SOPA grey water system which has seen our water usage from Sydney Water reduce significantly during the reporting period.

APPENDIX 19: PRIVACY AND PERSONNEL INFORMATION POLICY

In accordance with the Privacy and Personnel Information Protection Act 1988 the Institute developed a Privacy and Personnel Information Policy in 2000/01 to meet the requirements of the Act. In 2008/09 there were no changes made to the policy and no applications for review during the period.

APPENDIX 20: CREDIT CARD CERTIFICATION

The Chief Executive Officer certifies that credit card use in the NSWIS is in accordance with relevant Premier's Memoranda and Treasurer's Guidelines.

APPENDIX 21: ACCESS

Location

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Homebush Bay 2140

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Facsimilie: 02 9763-0250

Website: www.nswis.com.au

Hours of Business

9am to 5pm Monday to Friday

APPENDIX 22: ANNUAL REPORT PUBLICATIONS DETAILS

Published by

NSW Institute of Sport

Managing Editor

Kirsten Thomson

Editor

Chris Jones

Copywriting

Chris Jones

Photography

Getty Images

Design and Production

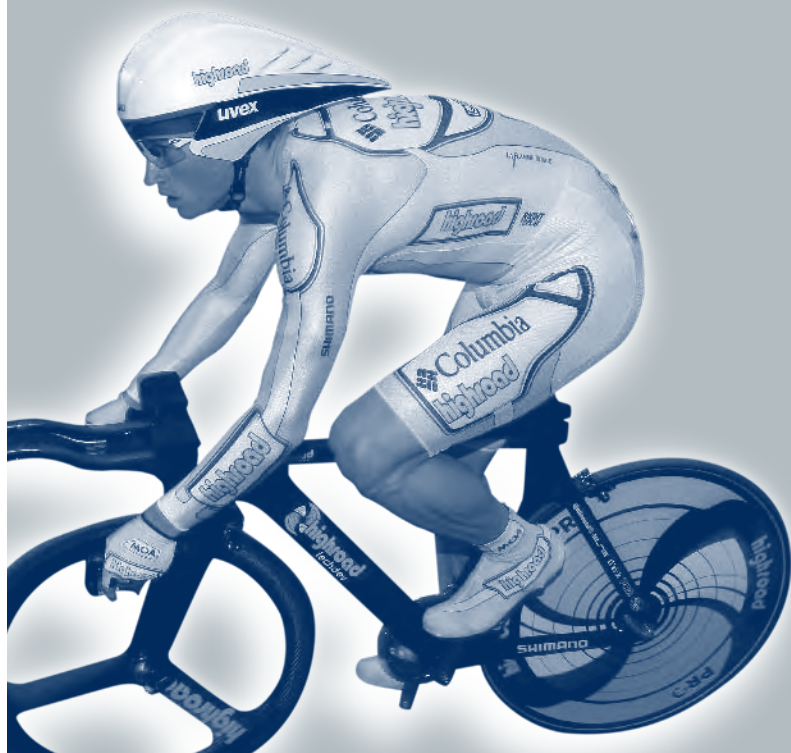
Southern Design

Printing

Southern Design

Print run

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Mark Renshaw | Photo by Getty Images

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principal partner



strategic partners



The University of Sydney



NSWIS gratefully acknowledges the financial support the Australian Sports Commission provides to its programs and is pleased to assist with the delivery of NTC programs and services.

sponsors & partners



NSWIS endorsed training centre status



venue supporters



