

NSWIS Annual Report

2007/2008





Fiona Johnson [Photo by Getty Images](#)



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"PROUDLY SUPPORTED BY THE NEW SOUTH WALES GOVERNMENT"

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**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 2008

Dear Minister

It gives us great pleasure to submit to you the 12th annual report for the NSW Institute of Sport – the state's elite sporting centre of excellence, for presentation to Parliament.

This report is for the 12 months to 30 June 2008 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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chairman's message



The NSW Institute of Sport (NSWIS) and the rest of the world watched in awe as the 2008 Olympic and Paralympic Games took place in Beijing. Our athletes and coaches have put countless hours of preparation into what I am sure was a fantastic experience for everyone involved.

Whilst the Olympic and Paralympic Games occurred outside of the reporting period I am pleased to report that the NSWIS had a very successful Games campaign with our Olympians bringing home three gold, four silver, and five bronze medals. Our Paralympians also performed exceptionally winning six gold, thirteen silver, and eight bronze medals.

While the focus throughout the reporting period was the preparation for Beijing, it is necessary to acknowledge the performances of many of the young and upcoming athletes at the NSWIS that are dominating competition both domestically and internationally.

Internationally, we have seen nine NSWIS athletes compete as part of the Women's Australian Junior Water Polo team and win the World Championship, as well as Ellyse Perry create history by becoming a dual international in both cricket and soccer in the space of one week.

On the domestic front a number of our athletes were selected for national duties, including six athletes in the Men's Junior National Hockey team and two gymnasts, including Prashanth Sellathurai, selected to compete at the Gymnastics World Championships.

Paralympic Games athlete Jayme Paris was recognised for her outstanding

achievements on and off the bike, which included setting a new World Record in 2007 and by making the finals of the Sue Fear Award for Courage and Achievement in Sport.

The Annual Awards Dinner, held at the Australian Jockey Club in November of 2007 was a huge success. Many thanks to all involved in making the night a wonderful event and a special congratulations to Thomas Slingsby and Kurt Fearnley, winners of the Male Athlete of the Year Award and Katherine Bates, winner of the Female Athlete of the Year Award.

As always, the NSWIS is dedicated to supporting our athletes and coaches. Throughout the latter half of 2007 and early 2008, steps have been introduced to make certain the NSWIS is continually providing the best possible opportunities for its athletes, coaches and staff.

One recent initiative that has been instrumental in helping NSWIS athletes achieve peak performance is through a partnership with Powerade. Conducted through the Applied Research Program (ARP), the NSWIS has been working closely with Powerade to develop a drink that will give athletes an extra edge on the field.

This, and other, initiatives are fundamental to the continued improvement of our athletes in their training and performances at major domestic and international events.

Since 1996 the NSW State Government has been a driving force in the operation of the NSWIS and we wish to thank them for their support as we build towards the next Olympic cycle.

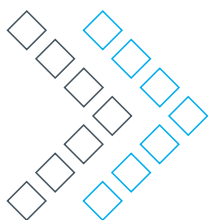
I wish to express my sincere thanks on behalf of the NSWIS to our Principal Partner, ClubsNSW who recently renewed their support for the NSWIS by continuing their \$1 million plus per year funding through to the end of 2012, ensuring continued support for our athletes as they prepare for the future.

Many thanks to our sponsors and supporters, the athletes, coaches and the Board as well as CEO Charles Turner and his enthusiastic staff in creating a positive atmosphere at the NSWIS that is vital in order to achieve success.

I have had the pleasure of working with a group of outstanding people on the NSWIS Board and special thanks must go to Deputy Chairman, Alan Jones AO, for his contributions and support.

I look forward to the continued success of the NSWIS as we enter the next stage of development.

Phil Coles AM
CHAIRMAN



ceo's message



The 2007-08 reporting period began with the Olympic and Paralympic Games just over one year away. As the start of the Games draws closer with each day, the NSWIS is doing all it can to ensure our athletes and coaches achieve their goals on the world's biggest sporting stage.

The hype of the upcoming Olympics and Paralympics, coupled with the memories that we all took from the outstanding achievements of NSWIS athletes and coaches in Athens will undoubtedly make Beijing a fantastic experience for all. The training and preparation for an event such as the Games is immeasurable, but the opportunity to compete at the Olympics and Paralympics is an opportunity afforded to a select few. The NSWIS has worked very hard to ensure those athletes selected have had the best preparation possible.

In addition to helping the preparation of NSWIS Olympic and Paralympic athletes the NSWIS has been finalising the High Performances Services Project, a major review of our elite services and development of our sport programs. The outcomes from the project will help us frame operations to best support our sport programs and athletes.

The Emerging Athlete Program (EAP) continued to boast excellent results with seven NSWIS athletes from the program being chosen to represent Australia at the Youth Commonwealth Games in late 2008 in India, not to mention the outstanding performances from a number of former EAP athletes at the Australian Swimming Championships in April vying for berths on the 2008 Olympic team.

The 2007 Annual Awards Dinner was held at the Australian Jockey Club (AJC) for the first time and acknowledged the outstanding achievements of NSWIS athletes. Wheelchair Track and Road star Kurt Fearnley and Sailing World Champion Thomas Slingsby jointly took the honours of Male Athlete of the Year, while 2007 Cycling World Champion Katherine Bates took home the top Female Honour.

The inaugural NSWIS Most Outstanding Award was announced at the event, with former NSWIS scholarship holders Alyson Annan, Michael Milton, Louise Sauvage and Ian Thorpe being recognised for their outstanding sporting achievements and their contribution to sport.

The Annual Awards Dinner brought with it more excellent news that our Principal Partner ClubsNSW announced their continuing support of the NSWIS until 2012 with \$1 million plus per year funding to ensure a successful future for the NSWIS.

I would like to thank the NSW State Government, our Principal Partner ClubsNSW and our many sponsors, providers and supporters, without whom the NSWIS would not be able to extend these opportunities to our athletes.

Thanks must also be extended to my hard working staff and to the NSWIS Board for their ongoing support.

Charles Turner
CEO

principal partner's report



Registered clubs are synonymous with sport. In fact, a report earlier this year by the Independent Pricing and Regulatory Tribunal (IPART) concluded that clubs' support of sporting groups is one of the key expectations members have of their local club. ClubsNSW shares this view and believes that its decade plus support of NSWIS has played a pivotal role in encouraging clubs to maintain their sporting links despite its well known financially challenging times.

Our \$1 million annual sponsorship of NSWIS and role as Principal Partner is one ClubsNSW takes enormous pride in. The fact that we have provided this support since the inception of NSWIS in 1995 is surely one of the longest, if not the longest, sponsorship in Australian sporting history.

With the Beijing Olympics fast approaching, the Board of ClubsNSW felt it important to provide certainty to our future Olympians and recently committed itself to a further five year sponsorship of NSWIS. This extends our position as Principal Partner until at least 2012 when the Olympic flame returns to London for a third time.

It must be acknowledged that the extension of our support for NSWIS was only possible due to the State Government's decision to renew the joint license ClubsNSW holds in the game of Keno for a further 15 years. While clearly a sensible decision, the Club Industry has learnt never to take political sensibility for granted.

In my role as NSWIS board member, I have during the past year been afforded the rare opportunity to witness first hand many of our state's elite athletes in their final preparations for the Beijing Olympics. The fruits of their hard work have already been demonstrated with many setting personal bests and even Australian and world records while qualifying for Beijing.

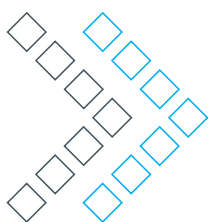
With indoor smoking bans being introduced in venues across the state, many clubs have recommitted themselves to providing leadership to their local community in the field of health and fitness. For Castle Hill RSL, the year included public recognition of their wonderful C2K gymnasium as the best gym in NSW. This was the fourth year in a row a club has won this important award. C2K is also an NSWIS 'Recognised Training Facility'.

In addition to the more than \$70million in annual direct sporting support, clubs continue to provide \$2 billion in sporting facilities and infrastructure. This includes: Bowling Greens 1547, Gyms 81, Sporting Fields 163, Golf Courses 366, Swimming Pools 66, Tennis Courts 528, Squash Courts 182, Billiard Tables 1134, Carpet Bowls 985, Boat/Ski Facilities 180, Dart Boards 377 and Other 632

It would be remiss of me not to thank my fellow NSWIS board members for their tireless work the past year as well as the fantastic administrative and training staff employed at NSWIS who ensure that our state's most talented athletes are given every opportunity possible to shine.

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 and Bob Adby all continued to serve as Board Members throughout the year.

During the period Carol Mills, the new Director General of the NSW Department of the Arts, Sport and Recreation joined the Board in April 2008.



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 Sport Programs Commission
- Member, IOC Sport for All Commission
- President, Oceania Tae Kwon-do Union
- Vice President, World Tae Kwon-do Federation
- Honorary Life Member, International Triathlon Union
- Chef de Mission, Moscow Olympic team (1980)

Attended three meetings



Deputy Chairman

ALAN JONES AO BA AED SDES (OXON)

- Australia's most successful radio broadcaster now heard on Sydney's radio 2GB 873
- Former Deputy Chairman of the Australian Sports Commission
- Former Australian Rugby Union coach
- 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 three meetings



LIBBY DARLISON BA (HONS) DIPED

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

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 four 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 one meeting

Appointed April 2008



LIZ ELLIS (BA LLB)

- Former Captain Australian Netball Team
- Former Captain Sydney TAB Swifts
- Director Liz Ellis Netball Clinics
- Board member State Sports Centre Trust
- Board member Sydney Olympic Park Authority
- Board member of Australian Sports Commission

Attended three meetings



PETER NEWELL OAM

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

Attended two meetings



ROBERT (BOB) ADBEY BEC FAIM CPA

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

Attended five meetings

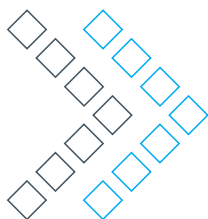


BILL GILLOOLY AM DIP LAW (BAB)

- 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 five 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.

In 2007-08 the NSWIS had almost 700 athletes on squad or individual scholarships across 31 sport programs.

Our specialist services ensured that NSWIS athletes in both metropolitan and regional areas of NSW had access to leading edge coaches 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 for 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

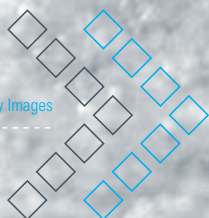
We will actively seek, develop and enrich partnerships with government, the sporting community, institutions and commercial groups to achieve our key goals.

Promotion

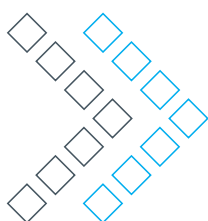
We will promote the success of the NSWIS to increase our public and industry profile and enhance our international and national standing as a premier sporting institute.



Craig Stevens Photo by Getty Images



operational overview



SPORT PERFORMANCE

During the reporting period the NSWIS strived to achieve world-class performance in international competition through an athlete-focused approach. Athletes were selected to the 31 NSWIS sport programs (24 sports) in consultation with program partners according to 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, Athletes with a disability and Campaign 2008 Scholarships. NSWIS athletes won medals at several significant international events, including World Championships and internationally recognised senior and junior events.

World Champions

- Number of World Senior and Junior Champions in 2007-08: ten (fifteen previous reporting period)

Medals at significant International Events

- Number of medals 2007-08: 113 (171 previous reporting period)
- Number of medals won by regional athletes:
46 international (60 previous reporting period)

See also: *Athlete Scorecard*, page 25

LEADERSHIP

Our internationally recognised programs and expertise 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. 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.

Coaching

The NSWIS played a key role in developing a National Plan for High Performance Coaching through the national institutes and academies network. NSWIS continued to host ASC scholarship coaches in Equestrian, Cycling and Wheelchair Basketball through National Sporting Organisations (NSO's).

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

NSWIS Connect – Beijing

An extension of the 'NSWIS Connect' athlete mentoring program, Beijing Connect specifically focused on linking 'inexperienced athletes' aiming for Olympic selection for the first time with an experienced Olympian.

Dual Olympic Softball medalist Fiona Crawford became the mentor to Olympic hopefuls Prashanth Sellathurai (Men's Artistic Gymnastics), Rebecca Sanders (Hockey), Phil Thuaux (Cycling) and Preya Carey (Track & Field).

Beijing Connect (Group 2) was lead by mentor Debbie Watson (Olympic Water Polo Gold medalist). Athletes involved included Matthew Mitcham (Diving), Kenrick Monk (Swimming), Tatiana Holodnow (Softball) and Kris Neofytou (Track & Field).

Beijing Connect (Group 3) had four Paralympic hopefuls, Ben Demery, Jayme Paris, Peter Leek and Katie Hill with multi Paralympic medal winner, Louise Sauvage as mentor.

See also: the Coaching, Athlete and Programs Services section of this report, page 19.

Elite Athlete Friendly Universities

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

The NSWIS assisted the National ACE 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 (ACPE), Charles Sturt University, Southern Cross University, the University of New England, University of Newcastle, Macquarie University, University of Western Sydney, University of Technology, University of Wollongong, University of NSW and the Australian Catholic University.

Emerging Talent – Emerging Athlete Program

The NSWIS Emerging Athlete Program (EAP) continued to identify, motivate and recognise talented junior athletes who have produced outstanding results or have shown potential to achieve NSWIS standards and world-class results in the future.

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

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.

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

National ACE & FFA Partnership

The National ACE program was contracted by the FFA to provide career and education services to A-League teams through their player welfare program – My Football Career. As part of this national initiative, ACE/PD consultants provided Player Education support for the Sydney FC, Central Coast Mariners and Newcastle United Jets clubs.

Sports Inclusion 2009 – 2012

The NSWIS commenced planning for 2009 – 2012 mid way through 2007. The NSWIS Board approved a revised Squad Sport Admission Criteria and Sports Priority Framework for the period 1st January 2009 to 31st December 2012 which was used as the basis for determining:

- Inclusion of Squad Sports Programs (Squad Sport Admission Criteria)
- the level and term of support Squad Sports will be eligible for (Sports Priority Framework)

Current sport program partners met with the NSWIS CEO and management to identify the most 'suitable' sport proposal for the future.

The NSWIS Board considered sports for inclusion in April and June 2008. Sports will be formally advised of inclusion status in July 2008.



Luke Madill Photo by Getty Images

Applied Research Program

The Applied Research Program (ARP) continued its work on numerous initiatives and the NSWIS developed a number of programs and initiatives in the lead-up to the 2008 Olympic Games. The ARP supported NSWIS sporting programs and focused on the areas of technology for monitoring athletes, technology for athletic performance, the health of the athlete and refining training.

The ARP purchased equipment that has been used both as part of its research programs and to undertake high-level athlete monitoring. The ARP used its links with universities and corporate partners to further enhance the support to NSWIS athletes.

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

EXCELLENCE AND INNOVATION

The NSWIS is committed to actively enhancing the established high-performance culture and to pursue excellence in all facets of the NSWIS' 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, coaching, athlete services, IT and sport programming.

Research and Development

The NSWIS Applied Research Program and Sport Science Unit continued its research and development initiatives and projects during the reporting period.

See also: the Applied Research Program, page 27 and Sport Science / Sport Medicine section of this report, page 28 for details on these projects.

Coach Excellence

The Coach Excellence Program developed by the NSWIS provided our coaches with sport specific and general coach development opportunities through access to information, development of technology, educational opportunities and seminars. The program's key strategy is to recruit, develop and retain high quality NSWIS coaches by providing opportunities for professional development and supportive management.

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

Information Communication Technology

The second year into our new home and all systems continue to work without any problems. Our state of the art VoIP (voice over IP) phone system and unified communications have improved the way staff communicates, especially from external locations.

The NSWIS continued to work through the teething issues of the audio visual equipment in the seminar rooms and Ian Thorpe theatre and how best to service the audio visual requirements for conferences, seminars and product launches.

Development on the NSWIS athlete client relationship system Athletic Logic has continued and the system will go live in January 2009. It was decided to delay the launch of the new system to coincide with the start of the 2008-2012 cycle.

A Digital Asset Management system called Cumulus was purchased. This is used to store, record and keep track of the numerous digital images (both still and motion) stored on the NSWIS data network. The main benefit of the system is that users will be able to search for images based on a wide range of keywords.

A new winter sports office was setup in Jindabyne with network connections, wireless network and audio visual lounge with a 50" plasma screen for replays of videos taken during training and competition.

The NSWIS also began the development of a new Internet site which included selecting the hosting solution for the new website. Other work included the recommendation of the Adobe Slideshow Pro and Flipbook technologies for use on the new website.

Remote access for the NSWIS staff and coaches plays a major role in providing communication and data access not only in Australia, but around the world, especially with the 2008 Beijing Olympics. 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 and Blackberry devices provide staff and coaches with fast, easy to use access to all NSWIS computer services.

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



Katherine Bates Photo by Getty Images

TARGETED APPROACH

During the reporting period the NSWIS actively targeted its resources towards the NSWIS' athletes and coaches with the greatest potential for international success. Those athletes, coaches and staff with potential for participation at Beijing were targeted by a number of initiatives.

Initiatives (including Beijing 2008 Initiatives)

During the reporting period additional support was available for NSWIS initiatives, enabling sports programs to access opportunities to enhance and improve performance. 17 programs specifically benefited from the funding:

- **Canoe Slalom** – Supported a specialist coach position as part of a partnered approach (National Centre of Excellence – Penrith)
- **Cycling** – Allowed the NSWIS Cycling program to continue a strategic partnership with FRF Couriers. The partnership was developed to support a UCI Continental Road team (FRF Couriers/NSWIS) of up to 15 athletes who compete nationally and internationally on the road cycling circuit
- **Diving** – Provided financial support to assist Matthew Mitcham and Alexandra Croak with living expenses while training full time in the lead up to Beijing
- **Winter Sports** – Maintained snowboarding as an NSWIS Winter Sports discipline in partnership with Ski and Snowboard Australia and the Olympic Winter Institute
- **Men's Artistic Gymnastics** – Provided continued targeted support for Prashanth Sellathurai and his Coach Songliang Xiong
- **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
- **Sailing** – Supported the sail development program for Tornado sailor, Darren Bundock. The sail development program enabled Darren Bundock (and his partner Glenn Ashby) to develop and test sails appropriate for the light winds expected in Beijing
- **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 an 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
- **Water Polo Men** – supported five athletes and one coach to attend the Beijing Test Event
- **Soccer Men** – provided additional physiotherapy and medical support to assist three athletes with recovery from injury
- **Tennis** – Provided additional assistance for NSWIS athletes to participate in a European training camp
- **Swimming** – In conjunction with Swimming Australia, the NSWIS participated in a relay project focusing on turns
- **Track and 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
- **Canoe Sprint** – Provided financial support to assist David Rhodes and Daniel Collins who returned after Athens 2004 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
- **Cycling** – Support Phillip Thuaux and Ben Kersten to attend an Olympic trial in Melbourne
- **Athletes with a disability** – Provided additional funding to Lindy Hou (cycling) to purchase a custom made ergo bike to assist with preparation for the Paralympics
- **Track and Field** – Purchased indoor throwing circle and nets that assisted Dani Samuels with Beijing preparation
- The Massage and Recovery Program for 'Team and Target 2008' athletes continued and was made available at NSWIS three times a week in blocks for athlete access. Protein bars and IT tights were provided to athletes to assist with recovery
- "Breaky" at the NSWIS was available for athletes to assist with recovery between training sessions. A nutritious breakfast was available Mondays, Wednesdays and Fridays while healthy snacks were available all day in the Athlete's Lounge
- The NSWIS provided up to date information to coaches regarding Beijing that may be of interest or assistance in planning through forums such as Coaches Meetings and CEO Updates
- Tailored debriefing services were available to athletes/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

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 18 sport programs – baseball, basketball (including wheelchair basketball), canoe – slalom, canoe – sprint, cycling, equestrian, hockey – men's, hockey – women's, netball, rowing, soccer – men's, soccer – women's, softball, swimming, track & field, triathlon, 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 10 sports programs – baseball, canoe – slalom, canoe – sprint, cycling, men's artistic gymnastics, rowing, sailing, swimming, track & field and triathlon.

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 12 sports benefited from funding including canoe – sprint, cycling, hockey – men, men's artistic gymnastics, rowing, sailing, track and field, triathlon, water polo – men, water polo – women, weightlifting and winter sports

The funding contributed to the cost of tours which were not fully funded by the NSOs or SSOs.



Sarah Andrews Photo by Getty Images

Women in High Performance Sport

\$50,000 of additional funding was available through NSWIS to support the development of women in service and coaching roles. Four NSWIS coaches specifically benefited from the program: Rebecca Manuel (Diving), Kathy Horton and Sharon O'Mara (Softball) and Tracey Menzies (Swimming).

STRATEGIC PARTNERSHIPS

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

Strategic partnerships were continued with the NSW Government, NSW Department of Arts, Sport and Recreation, The University of Sydney and the Australian Sports Commission, as well as SSOs and Regional Academies of Sport. The NSWIS recognises the Australian Sports Commission as a strategic sport program partner who provides funding and services to National Sporting Organisations (NSOs) to support the conduct of 'national high performance' programs.

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.

Nine award category sponsors and seven event providers were secured for the 2007 NSWIS Annual Awards Dinner.

ClubsNSW – Principal Partner

ClubsNSW has been the Principal Partner of the NSWIS since 1995, with its annual contribution of \$1 million plus helping to ensure that the NSWIS remains one of Australia's leading sporting institutes.

In 2008, ClubsNSW continued its commitment to support sport within NSW by renewing its position as the Principal Partner of the NSWIS. ClubsNSW have committed to supporting the NSWIS throughout the next Olympic cycle and have agreed to increase funding throughout this cycle.

As part of its commitment to ClubsNSW, NSWIS athletes attended all ClubsNSW Eastern Metropolitan regional meetings and a series of others as requested during the reporting period. NSWIS athletes attended ClubsNSW events as requested by ClubsNSW.

As part of their sponsorship, ClubsNSW presented the 2007 ClubsNSW Male Athlete of the Year Award at the 2007 Annual NSWIS Awards Dinner. NSWIS Sailor Tom Slingsby and Wheelchair Track and Road star Kurt Fearnley shared the prestigious award as a result of their outstanding performances throughout the nomination period.

2007–08 also saw the continuation of the 'Employ an Athlete Program'. This program sees ClubsNSW member clubs and the Accor Hotel chain directly support NSWIS athletes by providing opportunities for flexible employment throughout NSW.

Regional NSW Partners

Athletes located within the three NSWIS regional High Performance Centres benefit from support of local regional organisations and regional Universities.

Northern High Performance Centre

Key partners include Southern Cross University – Lismore, Sprint Canoe partners Australian Canoeing, Australian Institute of Sport and Queensland Academy of Sport. Supporters include Ballina RSL, Bonville International Golf Resort and Banora Point RSL (Twin Towns).

Official Training Venues include: Alstonville Pool, Banora Point Pool, AIS Robina (Gym and Sprint Canoe), 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 Centre

Key partners include the University of Newcastle and Mingara Recreation Club/Mingara Leisure Centre. Official Training Venues include 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 Centre

Key partners include University of Wollongong and Jindabyne Sport and Recreation Centre. Official Training Venues include 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.

See also: Coach Athlete Program Services section of this report page 24.

The University of Sydney

The NSWIS continues its long-standing relationship with The University of Sydney during the reporting period. Over 40 NSWIS scholarship holders studied at the University and received 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 strong links with the University of Sydney through several research studies with the a number of the Universities' faculties and schools



Simone Morrow Photo by Getty Images

The University of Sydney continued its sponsorship of The University of Sydney Academic Excellence award category at the 2007 NSWIS Awards Dinner. NSWIS athlete Katrina Lawrence (Canoe Slalom) won the award.

Bankstown District Sports Club – Official Sponsor, NSWIS Cycling Program

The Bankstown District Sports Club (BDSC) continued its unwavering commitment to the NSWIS through their support of the NSWIS Cycling Program. The BDSC 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 the BDSC, is the home of our track cyclists and Head Coach Gary Sutton.

Macquarie Sports – Program Sponsor, NSWIS Emerging Athlete Program

In 2007–08 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

In addition to supplying the NSWIS generic and sport-specific uniform during the reporting period, Classic Sportswear continued its sponsorship of the Coach Excellence Program in 2007–08.

Carbine Club of NSW – Supporter of the Talent on Tour Program

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 funding provided by the Carbine Club of NSW allowed several additional junior athletes to gain valuable international experience.

The Natural Confectionery Company – Official Provider of Confectionery Products

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

Headzone

The NSWIS continued its cooperative agreement with Headzone to further develop and utilise the Headzone waterproof Coach Communication System.

See also: the Coaching, Athlete and Programs Services section of this report, page 19.

Accor

In 2007–08 Accor and the NSWIS entered into a strategic partnership in which Accor became the Preferred

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

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 and Internationally.

I-Med – Preferred Medical Imaging Provider

I-Med continued its valuable support 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 e.g. MRI scans referred by non-specialists. The sponsorship has also allowed the NSWIS to purchase four bone-stimulators which speed the healing process of bone fractures up to 30%, allowing athletes to return to training and competition quicker.

Itsports

In 2007–08 the NSWIS and Itsports formed a strategic partnership. Itsports are in the business of producing compression garments developed to assist elite athletes in their sporting performance.

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 fee from each pair of tights 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 hand-eye coordination.

Powerade – Official Sports Drink

Powerade is the 'Official Sports Drink of the NSW Institute of Sport', providing athletes with product throughout the year. During the reporting period, the NSWIS has worked closely with Powerade to provide the scientific testing needed in the product development process. Powerade were also the award sponsor for the 2007 Powerade Academic Excellence award category.

KAPLAN

KAPLAN continued to partner with the NSWIS by providing scholarships to NSWIS athletes interested in forging a career in the financial sector. During the reporting period, two athletes continued to benefit from KAPLAN scholarships: Jonathan Newton (Swimming) and Adrian Comminotto (Triathlon).

APM Training Institute

Two NSWIS athletes were offered scholarships with the APM Training Institute in 2007–08; Sally Cowman (Cycling) and James Young (Water Polo).

Dale Carnegie Training

The NSWIS continued its partnership with Dale Carnegie Training, with more athletes (and NSWIS staff) benefiting from high-quality public speaking courses. During the reporting period one athlete attended training courses: Angie Ballard (Wheelchair Track & Road)

Fitness Institute of Australia

During the reporting period the Fitness Institute of Australia continued its relationship with the NSWIS, providing NSWIS athletes with scholarships to their fitness courses. Athletes to benefit from this agreement were; Certificate III in Fitness – Natalie Carthew (Netball), Simmone Morrow (Softball), Lisa Hartley (Soccer – Women), Lara Davenport (Swimming), Kenrick Monk (Swimming), Monique Lynch (Tennis).

Mizuno

In February 2008 the NSWIS formed a partnership with shoe manufacturer Mizuno. Mizuno offer substantially reduced sponsorship prices on their range of shoes to all NSWIS athletes, staff and coaches. Athletes also benefit from the introduction of the 'Mizuno Athlete of the Month' prize which sees select athletes receive a Mizuno prize pack in recognition of their achievements.

The NSWIS also benefits financially in the form of royalties from each pair of shoes sold as a result of our partnership.

Providers

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

- De Bortoli Wines
- Coca Cola
- Southern Design & Print Group
- Tooheys

Venue Supporters

The following venues were identified as supporter venues in the reporting period:

- AIS Sprint Canoe Facility – Prizzey Park
- Auburn Basketball Centre
- Bexley Golf Club
- Bonville International Golf Resort
- Dunc Gray Velodrome
- Jindabyne Sport & Recreation Centre



Andrew Hoy Photo by Getty Images



- Lake Ainsworth Sport & Recreation Centre
- Mingara Recreation Club / Mingara Leisure Centre
- Perisher Blue
- Penrith Whitewater Stadium
- Sydney Academy of Sport
- Sydney Cricket Ground Trust
- Sydney International Equestrian Centre
- Sydney International Regatta Centre
- Sydney Olympic Park Aquatic Centre
- Sydney Olympic Park Athletic Centre
- Sydney Olympic Park Sports Centre
- The Forum Sports & Aquatic Centre University of Newcastle
- Kosciusko Thredbo
- University Recreation & Aquatic Centre
- University of Wollongong

2007 NSWIS ANNUAL AWARDS DINNER

The 2007 NSWIS Annual Awards Dinner was held on Thursday 29th November in the Randwick Pavillion at the Australian Jockey Club. The evening celebrated the achievements of NSWIS athletes, coaches and programs both in and out of the sporting arena throughout 2007.

The event was hosted by NSWIS Deputy Chairman Alan Jones AO and was a sparkling success with over 700 guests being entertained by the fabulous Opera by Disguise as well as performances by String Diva. Special guests on the evening included Premier Morris Iemma, The Hon Graham West MP and ClubsNSW Chairman Peter Newell OAM. These guests were joined by an array of NSWIS Olympians and Paralympians.

Award Category Sponsors and Winners:

- ClubsNSW Male Athlete of the Year – Tom Slingsby (Sailing) and Kurt Fearnley (Wheelchair Track & Road)
- NSW Department of the Arts, Sport & Recreation Female Athlete of the Year – Katherine Bates (Cycling)
- Sydney Olympic Park Authority Coach of the Year – Ryan Moar (Women's Water Polo)
- NSW Department of the Arts, Sport & Recreation Team Athlete of the Year (Large Teams) – Cheryl Salisbury (Women's Soccer)
- NSW Department of the Arts, Sport & Recreation Team Athlete of the Year (Small Teams) – Nathan Wilmot and Malcolm Page (Sailing)
- Sydney Olympic Park Authority Program of the Year – Women's Water Polo
- Regional Excellence – Triathlon
- Webster Signage Group Junior Athlete of the Year – Elysse Perry
- Ian Thorpe/Grand Slam International Outstanding Achievement – Male – Prashanth Sellathurai
- Ian Thorpe/Grand Slam International Outstanding Achievement – Female – Katie Brown
- NSW Institute of Sport Career Development – Lachlan Milne (Canoe Slalom)
- Powerade Academic Excellence – Johnathon Cotterill (Men's Water Polo)
- The University of Sydney Academic Excellence – Katrina Lawrence (Canoe-slalom)

Award Dinner Event Providers:

- Southern Design and Print Group
- Tooheys
- De Bortoli Wines
- Coca-Cola
- Relativity
- AJC Convention centre
- Creative Stars
- Getty Images

Friends of NSWIS

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

PROMOTION

The success of the NSWIS was actively promoted during the reporting period, increasing NSWIS' public and industry profile and enhancing its international and national standing as a premier sporting institute.

Media

The NSWIS Media unit continued to produce news stories, press releases and other media opportunities for NSWIS athletes, coaches, staff, programs and services.

Website and Intranet

The NSWIS website continued to show strong growth in web visitations and content development during the reporting period. A new website was developed in the early months of 2008, with the look to launching before the Beijing Olympic Games in August.

The NSWIS continued to provide an intranet service for internal staff, enabling staff to access important internal documents securely and easily. The Intranet complemented the information provided on the NSWIS website.

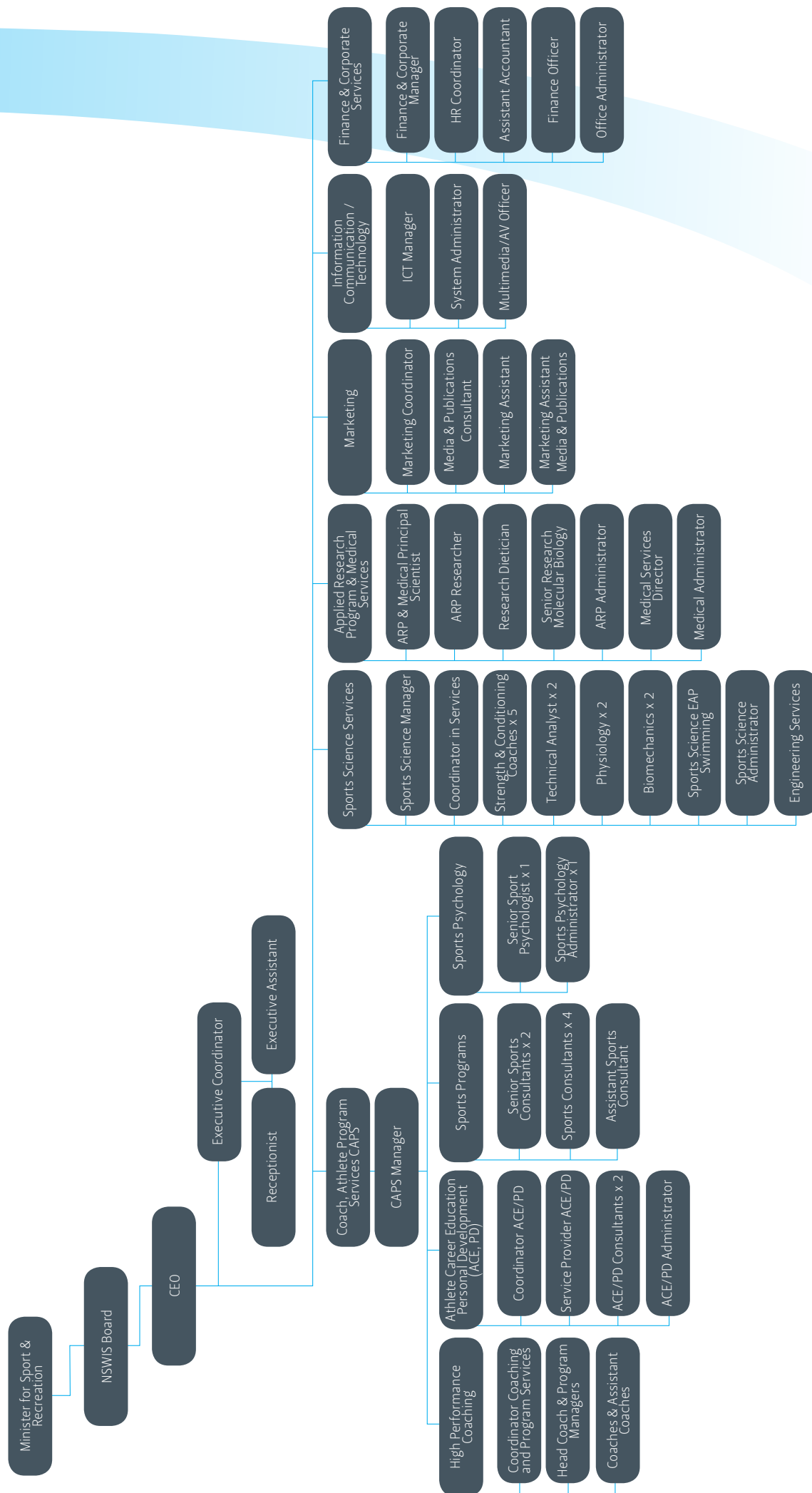
Publications

The NSWIS produced two editions of The Edge magazine, an Annual Report, and numerous latest NSWIS News (electronic newsletter). The unit also assisted with the production of various unit publications such as Coach Excellence, EAP newsletters, The Balance newsletter and the Snapshot newsletter.

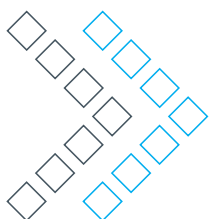


Stacey Porter Photo by Getty Images

nswis organisational chart june 2008



coaching, athlete & program services



The Coaching, Athlete and Program Services (CAPS) unit delivers 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 Athlete Program Services

1. QUALITY COACHING

Coaching is promoted and supported as a key service area within the NSWIS. The Coach Excellence program was sponsored by Classic Sportswear and focused on recruitment, development and retention of 'international standard' coaching.

Coaching Recruitment and Opportunities

The NSWIS has recruited quality staff and supported coaching opportunities for sports, targeting current and former athletes where appropriate, including:

- Coaches were successfully recruited in the sports of Netball, Cycling, Basketball and Softball during the reporting period
- Canoe-Sprint – Chantal Meek continued to work with emerging athletes (Women in High Performance Sport Program)
- Wheelchair Track and Road – Louise Sauvage continued to work with high-performance and emerging athletes (Women in High Performance Sport Program)
- Diving – Rebecca Manuel continued to work with high-performance and emerging athletes (Women in High Performance Sport Program)
- Tennis, Hockey, Track and Field, Cycling, Netball – the NSWIS continued to support Regional / Emerging Athlete Program coaching positions in partnership with State Sporting Organisations (SSO's)
- Swimming – one scholarship coach was supported through the Emerging Athlete Program in partnership with NSW Swimming
- Rowing – Glenn Bates and Gary Robertson were supported as U19 NEDP/EAP coaches
- Winter Sports – Manuela Berchtold (former NSWIS athlete) was supported to provide on-ground strength & conditioning services in Jindabyne

Coach Excellence – Sport Specific Development Opportunities

In addition to the resources available in each sport budget, the Coach Excellence program, with the assistance of Classic Sportswear, provided opportunities for coach professional development.

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

- Golf – Glenn Whittle supported to VIS Coaching Conference and club fitting workshop
- Rowing – Stani Slavova attended the World Junior Championships in Beijing, China. Andrew Randell attended a tour to the Beijing Olympic Course with other Olympic Coaches
- Triathlon – Justin Drew attended international competitions in the USA in support of NSWIS athletes and explored future training opportunities through US universities
- Swimming – Jim Fowlie attended the American Swim Coaches Association Conference in September and Olympic Training Camp in Thailand with NSWIS athletes in June. Tony Shaw was supported to travel with NSWIS athlete, Kenrick Monk to the US Nationals to compete against Michael Phelps. Three Network Coaches were supported to the VIS Coaching Conference which included a visit with Rohan Taylor, coach of Liesel Jones
- Soccer – Gary Phillips (Northern) was supported to attend the U17 Men's World Cup qualification in Singapore
- Tennis – Ben Pyne (Regional) was supported to attend the ITF World Wide Coaches Conference (Paraguay)
- Track & Field – Mac Wilkins (USA) – former Olympic Champion and World Record Holder in discus was supported to visit Australia to assist Dani Samuels to prepare for Beijing and conduct a general seminar for coaches. Rudolf Sopko was supported to attend the International Throws Conference in Canada
- Water Polo – Ryan Moar (Women's Head Coach) participated in a coach development tour with National

Coaches to observe the European Olympic qualification tournament

Coach Excellence – High Performance Sport and General Coach Development Opportunities

Throughout the reporting period, opportunities were provided for coaches across sports to access information, seminars and educational opportunities:

Women in High Performance Sport

Over 40 female coaches attended a one day workshop to learn from successful women in many walks of life. Presenters included:-

- Sarina Bratton – member Businesswomen's Hall of Fame, winner Avon Businesswomen of the Year, awarded Commonwealth Governments Centenary Medal for Business Leadership contributions to Australian Society and managing director of Orion Expedition Cruises
- Tracey Menzies – coach of Ian Thorpe and several other Olympic Swimmers
- Dr Helen O'Connor – highly published and successful dietician
- Lynn Fowlie – three time member of Australian Olympic Swimming Team management group
- Dr Donna O'Connor – Associate Dean in Faculty of Education at Sydney University and highly involved in many Australian and professional sporting teams
- High Performance Team Effectiveness – Dr Istvan Gorgenyi (Gold Medal Coach Women's Water Polo 2000 Olympics) presenting on strategies for team development and group dynamics
- NSWIS entered an agreement with the Australian Sports Commission National Coach and Athlete Career and Education unit to jointly implement a Coach Career Management Program (CCMP) to targeted NSW coaches. This program was implemented during the year to conduct coach individual assessments and develop individual development plans
- The NSWIS "Coach Excellence Planner" was modified to guide coaches through the development process (including sport specific, high performance sport and general development areas)
- Sport Science / Strength & Conditioning – focus was placed

on the development of training and competition planning skills and practices with coaches

- Hockey – John Bessell continued a Graduate Diploma in Coach Education at the University of Sydney
- Diving – Rebecca Manuel continued a Graduate Certificate in Education at the University of Sydney
- John Buchanan presented to over 80 NSWIS and network coaches sharing some of his experiences dealing with high level athletes through the Australian Cricket Team
- Wayne Goldsmith – Consultant to the ASC and numerous professional sporting organisations conducted an open forum regarding the future directions of coaching
- Developed a national resource for Coaches and service staff travelling to the Beijing Olympics in 'non-official' roles, in conjunction with National CACE

Coach Networking Lunches

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

- "Taxation issues for the Sport Industry" – Lawler Partners presented relevant issues to coaches and staff
- "Performance Planning" – a detailed look at optimising the weekly training cycle by Kenneth Graham – NSWIS Principal Scientist
- "Setting the Scene for Performance" – Sport Psychologist Richard Bennett provided practical strategies for the pressures of the upcoming selection processes
- "Heat Acclimation for Beijing" – detailed strategies for managing the heat acclimation process required to be successful in Beijing
- "The Future of Technology" – Keith Lyons presented and conducted an open workshop regarding the evolution and future of technology and how sport needs to adapt
- "The Work / Life Balance for Coaches" – Troy Baverstock and Judy Laing (Coach Career Management consultants) discussed strategies for managing the appropriate work / life balance

Technology to assist Coaching

The Coordinator – Coaching Services worked directly with coaches and service staff to improve the use of technology by coaches including:

- Headzone – continued use of this coach communication system in the cricket – women's, sailing and winter sports programs

- Neptune File Sharing Service – several NSWIS sports used Neptune to share short video clips across the internet. This offers a secure, simple way for coaches to distribute video to athletes and coaches anywhere in the world
- Streaming – an in-house video streaming system that allowed athletes and coaches in several NSWIS sports to view entire games or games packages in the Athlete Lounge at their own convenience
- Athletic Logic – coaches were consulted in the planning phase of the Athletic Logic Database which will be used as a planning tool
- A Core Stability DVD was completed and released to network coaches in conjunction with the NSW Department of Sport & Recreation

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

"A balanced approach to sporting excellence"

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

649 (188 more than 2006–07 reporting period) detailed face-to-face assessments were completed during the reporting period, with recommendations for action made for coaches and key service staff.

On 1,679 occasions NSWIS, AIS and National senior team athletes visited or had direct contact with ACE/PD staff for career counselling, resume building and/or education guidance.

1063 visits were recorded by athletes in the ACE/PD Professional Development program, and 60 seminars and workshops were delivered on various topics, including public speaking, time management and cooking skills.

The NSWIS facility

Staff, athletes and coaches made excellent use of:

- The Athlete Lounge which provided computers with internet access, printer, and scanner facilities
- Athlete breakfasts were available three mornings per week (Monday/Wednesday/Friday)
- Demonstration kitchen – 'shopping tours' followed by healthy and effective meal preparation classes were conducted on a regular basis

Olympic & Paralympic Games Campaigns Beijing and Beyond – The Complete Athlete series.

Identified athletes, coaches and staff were invited to a series of workshops including:

→ Beijing and Beyond – Media Skills (25 February)

The Hanson Media Group, led by Ian Hanson along with Channel 7 Sports Reporter Jim Wilson and AOC Media Officer David Lyall ran a session for our targeted Olympic and Paralympic athletes.

A total of 31 participants were in attendance, including 16 athletes, five coaches and 10 staff. The session included hands on practical training with each athlete having a personal interview with Jim Wilson and receiving feedback upon playback.

→ Beijing and Beyond – Etiquette (17 March)

'Good Manners' guru Anna McPherson hosted a workshop on Presentation Skills and Social Etiquette. There were 21 participants including 12 potential Olympians/Paralympians, three coaches and six staff. The session included lessons in introductions, deportment, social functions, social courtesies and grooming tips.

→ Beijing and Beyond – Customs and Culture (15 April)

Sallie Beaumont of Beasley Intercultural Specialists, delivered the workshop to 20 athletes, coaches and support staff. The evening began with dinner featuring Chinese cuisine, followed by a presentation featuring the key elements of Chinese culture in the Olympic/Paralympic context. Also included were ways to avoid common pitfalls for westerners and an insight into life in China.

→ Beijing and Beyond – Parents, Partners and Friends Evening (20 May)

The NSWIS hosted an information evening for the parents, partners and friends of Beijing bound Olympians and Paralympians. The aim of the evening was to give information on ways to provide an effective support structure to assist athletes to perform at their best. Fiona Crawford (dual Olympic medalist) was the emcee for the evening. Craig Phillips (Secretary General of the Australian Olympic Committee) was the keynote speaker on the night. He gave an insight into the preparations of the Olympic Team, and inside information on the athlete village.

Lynn Fowlie presented information on the 'Day in the Life of an Athlete in Beijing', highlighting the busy schedule and commitments that an athlete faces while in competition.

Following the formal presentations, a panel discussion was held, made up of Fiona Crawford, Craig Phillips, Jim Fowlie (Olympic Coach), Richard Bennett (Paralympic Team psychologist) and three parents of Olympic athletes (Frances Stewart, Nola Hanes and Jackie Pittman). The collective wisdom of the panel provided the 50 participants assembled with a wealth of information.

Workshops and events

ACE/PD held 60 workshops/events during the reporting period, attended by 1063 athletes, parents, coaches or staff. In 2006-07 there were 60 courses delivered to 864 people.

WORKSHOP / EVENT NO. HELD TOTAL ATTENDEES

TOPIC	ATHLETES	COACHES	STAFF	PARENTS	TOTAL
Introduction to ACE/PD	26	2	2		30
BEIJING INITIATIVES					
Beijing and Beyond					
Culture and Customs	10	3	7	3	23
Beijing and Beyond					
Presentation and Etiquette	12	3	5		20
Beijing and Beyond Media Event	16	5	10		31
Beijing Connect	12	1	5		18
Olympic/Paralympic Parents, Partners and Friends Information Evening	1	1	9	39	50
CAREER					
Career Planning -					
'Life Outside/After Sport'	7	2	1		10
Employment in the					
Sports Industry	1		13	1	15
EDUCATION					
Board of Studies -					
Information Session	24		3	28	55
Studying in the USA	13	3	3	17	36
Education Seminar	48		5	24	79
PROFESSIONAL DEVELOPMENT					
Cooking Classes	96	4	3	28	131
Culture/Goal-setting	16	4			20
Drugs & Alcohol	50	7	11		68
Financial Planning - Investing	19	2	2		23
Media Skills	34	3	4		41
Nutrition - General	130	11	11	61	213
Nutrition - Analysis of Food Diaries	6	2			8
Nutrition - Barriers to nutrition	6	1		1	8
Nutrition - Bulking Up	2				2
Nutrition - Eating for competing	34	3			37
Peak Performance	5		1		6
Public Speaking	1				1
Smart Supermarket Shopping	23		2		25
Sponsorship	15	2	2		19
Time Management	85	4	4	1	94
TOTAL	692	63	103	203	1063

CAREER

Individual and specialised services were offered to 1,679 athletes during the reporting period, including career and education guidance, resume development and assistance with interview technique, helping them to be 'job ready'. Eighty athletes were employed full time, three undertaking apprenticeships/traineeships and 50 were working as well as undertaking studies. Employment opportunities were circulated directly to athletes and coaches via e-mail and the Balance e-newsletter. ACE/PD staff assisted athletes to negotiate with existing employers for flexible work arrangements as required.

87 NSWIS athletes registered their employer with the NSWIS Athlete Employer Register (an increase from 74 in the previous year). Employers received a letter of thanks from the CEO, a certificate of appreciation, regular updates on NSWIS athlete results and invitations to any relevant NSWIS functions.

ClubsNSW continued to provide employment opportunities to NSWIS Athletes in the 'Employ an Athlete Scheme' when suitable.

Accor Hotels assisted athletes to find flexible employment options at their hotels across the state. Accor made a presentation to athletes on employment opportunities across their hotels while they enjoyed a hot breakfast in celebration of 'Careers Week' (June 2 - 6). During the week a guest speaker from recruitment agency 'Sportspeople' attended a lunch at the NSWIS and provided an insight into the job market within the sports industry.

EDUCATION

269 (38%) NSWIS athletes were involved in studies during the reporting period, with 174 (65%) in secondary and 95 (35%) 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 assisted 68 athletes with post HSC decisions. Of these athletes, 39 received offers at university.

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

Annual Education Seminar

The sixth Annual Education Seminar was hosted by the NSWIS in July 2007 to assist athletes with post-school choices. 48 athletes and 24 parents attended the event. Presenters included representatives from The University of Sydney, APM Training Institute, the Australian Training Company, TAFE NSW, Finsia (formerly the Securities Institute), Teach NSW, Fitness Institute Australia, and the Universities Admissions Centre. The seminar provided information on a range of post-school options with flexibility and consideration of the commitments of elite athletes.

Board of Studies Seminar

In April the NSWIS invited athletes from Year 7 - 12 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. 24 athletes and 28 parents attended the session.

Education Week (26 – 30 May)

During National 'Education Week' NSWIS hosted a hot breakfast for athletes to celebrate "A Love of Learning". Athletes were provided with information on education of the mind, body and soul. Former NSWIS athlete and Olympian Justin Norris was on hand to talk about the benefits of pursuing a hobby outside of sport and provided light entertainment with his guitar. Cartoonist Rakesh spent the morning drawing 'characteratures' of athletes, highlighting just one form of art that athletes can engage in. A display with a range of resources on study skills and time management was made available to athletes.

Technical and Further Education (TAFE)

During the reporting period, ACE/PD strengthened 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 (OTEN) was utilised to provide distance education options.

PROFESSIONAL DEVELOPMENT AND TRAINING

ACE/PD delivered a number of professional development and training opportunities to NSWIS athletes during the reporting period, including links with educational institutions, the NSWIS Sport Speakers program and a range of athlete resources and workshops.

Several organisations continued to support the NSWIS by providing educational services to NSWIS athletes, including the APM Training Institute, KAPLAN Professional, Dale Carnegie Training and the Fitness Institute of Australia (FIA).

NSWIS Sport Speakers

During the reporting period 28 functions were attended by 29 NSWIS athletes. ACE/PD staff developed athlete profiles for those in the program and assessed competency levels for athletes via questionnaire.

3. SPORT PSYCHOLOGY

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

Key areas that sport psychology assisted athletes to master for better results in competitions included:

- Performance planning
- Performance in the moment
- Performance debriefing

Review and Restructure

During the reporting period, NSWIS Sport Psychology was restructured to include a broader range of service providers allowing sports greater flexibility and access to services.

The restructure included a combination of positions and roles that allowed technical and management processes to be refined and improved as follows:

- Manager Coaching, Athlete and Program Services – management of operations and organisational processes
- Coordinator – technical direction; network provider registration, development and communication; technical advice as required
- Senior Service Provider – priority service provision to sports and individuals and technical expertise as required
- Network of Service Providers – service provision to sports and individuals as required
- Emerging Athlete Program Scholarship 'Students' – group based service provision to emerging athletes
- Administrator – operations, communication and administration

Network – Sport Psychologists

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

- John Crampton
- Tim Hannan
- Gerard Fraue-Brac
- Sam Albassit
- Karen Haddad
- Fiona McCarthy
- Ferry Lee
- Lauren Adams – transition EAP
- Zoe McPherson – transition EAP

Emerging Athlete Program – Sport Psychology Scholarship 'Students'

A pilot project was established to explore a possible way of providing emerging athletes with an introductory mental skills program through 'scholarship students'.

A system for criteria based evaluation of potential participants was established and two suitable candidates were identified; Clare Rowe and Kell Tremayne.

'Students' worked with the sports of hockey, swimming, water polo,

triathlon and rowing 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
- 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 monthly professional/technical supervision 'externally'.

A future opportunity exists with emerging athletes and their coaches to explore the assessment and development of high performance 'attitude', required for international success at the senior level of competition.

Priority Servicing – Olympics and Paralympics

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

In addition, various network providers were available to work with athletes from 'Campaign Beijing 2008' who were not aligned to an NSWIS sport program.

Performance Debriefing

A 'user friendly' Beijing 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 were introduced to promote communication and development amongst registered Sport Psychology Network Service Providers, NSWIS and NSWIS Coaches.

Four Sport Psychology Network Breakfasts were held during the reporting period as follows:

- 7th February 2008, "Integrating Biofeedback into Practice" Presenter: Professor Len Zaichkowsky
- 20th March 2008, "Debriefing, Athletes at Risk" Presenter: Richard Bennett and "Performance Debriefing, Technology" Presenter: John Crampton
- 1st May 2008, "What's Working" Presenter: Richard Bennett
- 12th June 2008, "What's Working for EAP" Presenters: Clare Rowe and Kell Tremayne

4. PROGRAMS SERVICES

The Programs Services area 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 assisted with the sport inclusion process for the period 2009 – 2012.

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

- develop systems and resources that assisted with the delivery of more effective and repeatable high performance programs
- identify and implement initiatives with Head Coaches, NSWIS staff and program partners that enhanced athlete opportunities for improvement

Athlete Scholarships

Athletes were selected to the 28 NSWIS sport programs in consultation with program partners according to approved selection criteria and standards. See also the individual sport report, commencing page 30.

The NSWIS also offered a number of additional scholarship opportunities to NSW athletes, including Individual Scholarships, Athletes with Disabilities and Campaign Beijing 2008.

Individual Scholarships

The NSWIS Individual Scholarship Program supported NSW athletes who were not already supported by NSWIS squad programs, providing financial assistance, sport psychology, ACE/

PD and sport science services to scholarship holders.

The selection criteria required each athlete 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 five athletes: Suzy Balogh (trap shooting), Michale Briant (water skiing), Richard Hozjan (power lifting), Karina Nowlan (water skiing) and Jeremy Rolleston (bobsleigh).

Athletes with Disabilities

The NSWIS Athlete with Disabilities (AWD) Program was a joint program between the NSWIS, Australian Paralympic Committee (APC) and NSW Sport and Recreation (DSR) for high performing athletes with a disability, considered to be within the top 25 athletes in NSW eligible for the Paralympic Games. The program provided athletes with access to competition and training support, as well as a broad range of NSWIS support services including sport science, sport medicine, strength and conditioning, sport psychology, nutritional advice and ACE/PD.

During the reporting period the program supported 27 NSW high-performance AWD athletes: Ben Austin OAM (swimming), Ryley Batt (wheelchair rugby), Damien Bowen (track & field), Shannon Dallas (winter sports), Ben Demery (cycling), Patrick Donichie (swimming), Richard Engles (wheelchair tennis), Jacqui Freney (swimming), Toireasa Gallagher (cycling), Shaun Hopkins (cycling), Lindy Hou OAM (cycling), Toby Kane (winter sports), Nicole Kullen (equestrian), Peter Leek (swimming), Matthew Levy (swimming), Jerry Markoja (wheelchair tennis), Marty Mayberry (winter sports), Jayme Paris (cycling), Rick Pendleton (swimming), Jan Pike (equestrian), Katherine Proudfoot (track & field), Sarah Rose (swimming), Kathryn Ross (rowing), Nicholas Watts (winter sports), Prudence Watts (swimming), Ben Weekes (wheelchair tennis) and Louise Williams (winter sports).

Campaign 2008

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

During the reporting period, the program supported 16 athletes with their campaigns: Suzy 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), Sian Lucas (AWD swimming),

John Maclean (adaptive rowing), Luke Madill (BMX), Michael Naray (archery), Andrew Pasterfield (AWD swimming), Semir Pepic (judo), Justin Toohey (pistol shooting), Tiegian Van Roosmalen (AWD swimming) and Khaleen Young (BMX).

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 the services available to athletes. Athletes and coaches were provided with information regarding Anti-Doping guidelines and safe sporting environments, including harassment free sport requirements.

Coach Excellence

During the reporting period, with support from Classic Sportswear, \$50,000 was available for NSWIS Coach Excellence initiatives, enabling sports to access additional funding to enhance and improve coaching expertise. See Quality Coaching section of this report, page 18.

5. EMERGING ATHLETE PROGRAM

The Emerging Athlete Program contributed to the development and success of several outstanding athletes in Hockey, Swimming, Track & Field and Water Polo. The following emerging athletes who have progressed to NSWIS scholarship were selected for the 2008 Beijing Olympics:

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

Macquarie Sport's sponsorship combined with the continued support of the Department of Sport and Recreation for the EAP, enabled the NSWIS to provide EAP athletes with the opportunity to receive specialist high performance coaching services as well as access to training opportunities with NSWIS elite athletes.

Programs were delivered in partnerships that included 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 the future development of athletes.

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

- Cycling – state contribution of \$15 000, coaching access for up to 90 emerging athletes (dedicated camps)

- Diving – state contribution of \$5 000, coaching access for up to five emerging athletes targeting 'talent transfer' opportunities (eg: Gymnastics to Diving)
- Hockey – enhanced state contribution of \$64 000, coaching access for up to 60 emerging athletes (dedicated camps)
- Rowing – state contribution of \$20 000, coaching access for up to 40 emerging athletes (dedicated camps)
- Sailing – coaching access for up to five emerging athletes
- Slalom 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)
- Tennis – state coordinated, coaching access for up to five emerging athletes with a regional focus
- Track & Field – state contribution of \$25 000, coaching access for up to 180 – 210 emerging athletes (dedicated camps)
- Triathlon – National contribution through National Talent Identification of \$40 000, coaching access for up to 15 emerging athletes
- Water Polo – national contribution of \$20 000, coaching access for up to 60 emerging athletes

Cycling – NSWIS/Cycling NSW

The NSWIS Cycling and Cycling NSW continued to work together to provide support to talented emerging athletes to assist them to achieve the NSWIS selection standards in the future. The program supported up to 90 athletes over two tiers 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. In targeted areas, the EAP was delivered in partnership with Regional Academies of Sport. During the reporting period, six EAP athletes were selected to the U19 National Team to represent Australia at the Junior World Championships in July 2008.

Hockey – NSWIS/Hockey NSW

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

A shift towards centralised camps-based at Sydney Olympic Park with a targeted approach to regional visits reduced coach travel time and

increased the effectiveness of camps. A coach development focus was adopted through the inclusion of Regional and State coaches at NSWIS EAP camps.

In July 2007 Judy Laing, a former NSWIS Head Coach, was appointed EAP Coach. Judy implemented a number of changes to the program including:

- the introduction of the Player Management System to monitor athlete involvement in Hockey – identifying target events and preventing athlete overload
- targeting younger athletes (15 years) for the Youth Olympics
- the implementation of a Fundamental Skills Development focus which included a hockey specific consistent series of tests and report to be used as a tool for development of fundamental skills. This can be conducted by an athlete's home coach and / or at camps

Swimming – NSWIS/Swimming NSW

The major focus for the program is athlete and coach development and has included the establishment of EAP coaching scholarships to work with emerging athletes under the direction of the NSWIS/Swimming NSW Head Coach. In recognition of the importance of sport science support for EAP athletes, a sport science position was established to service the EAP 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 appointment of the NSWIS/Swimming NSW Head Coach to oversee the delivery of the both the NSWIS and EAP programs rather than be responsible for the daily training of elite athletes

EAP athletes have been provided increased competition opportunities through inter-squad dual meets, inter-state competitions, and overseas Age Group tours.

Track & Field – NSWIS/Athletics NSW

The focus of the Track & Field EAP is skill development and athletes are generally involved in the EAP for three – four years. The camps based program provides group based educational services to athletes and their coaches that assist with developing a better standard of athlete that encourages progression to the NSWIS. Key topics

include time management, nutrition and strength and conditioning.

As the program has developed over the four year period, there has been a shift from general camps to event / discipline specific camps to focus on skill development. This resulted in an increase in the number of camps conducted each year from two camps in 2005 to seven camps in 2008.

Triathlon – NSWIS/TA/NTID EAP

The NSWIS Triathlon Program in conjunction with TNSW, TA and National Talent Identification and Development continued to support the NSWIS EAP/NTID program. 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. Three EAP coaches assisted NSWIS Head Coach Justin Drew to deliver the decentralised program in three regional 'hot spots' in Wollongong, North Coast and Newcastle.

Rowing – NSWIS/NSWRA EAP "Blues Squad"

The NSWIS Rowing Program and the NSW Rowing Association (NSWRA) continued to support the NSWIS/NSWRA EAP "Blues Squad". The program included up to 40 athletes in both U21 and U19 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 during the reporting period.

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

The NSWIS Water Polo sport specific EAP was established as a result of:

- The identification of a "gap" in skill development between state based ITC program athletes and NSWIS athletes
- The closure of the AIS Men's Water Polo program (U18) in December 2005 and a large number of junior male athletes relocating back to Sydney
- Program partner support for a sport specific EAP

The Water Polo sport specific EAP included three tiers:

- The Elite EAP – provided the opportunity for five male and five female athletes to continue accessing coaching provided by the NSWIS Men's and Women's Head Coaches and train with the NSWIS squad at targeted sessions

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

Sport	Sport Specific EAP Approved Maximum	Sport Specific EAP Actuals 2007/08	General EAP
Basketball			3
Basketball – Wheelchair			3
Canoe – Slalom	15	15	
Cycling	Tier 1 – 10 Tier 2 – 80	Tier 1 – 10 Tier 2 – 80	
Diving	6	6	
Equestrian			5
Hockey	60	55	
Rowing (Blues Squad)	30	30	
Soccer – women	22	22	8
Softball			12
Swimming	Tier 1 – up to 15 Tier 2 – up to 35 Tier 3 – 45	Tier 1 – 3 Tier 2 – 13 Tier 3 – 45	
Track and Field	205	205	
Tennis			5
Triathlon			
(NSWIS/TA/NTID)	20		
Water Polo – Men	Elite – 5 Youth Development – 20 Junior – 10	Elite – 5 Youth Development – 20 Junior – 10	
Water Polo – Women	Elite – 5 Junior – 10	Elite – 5 Junior – 10	
Weightlifting			1
Winter Sports			5
TOTAL ATHLETES	593	554	42

→ Youth Development Group – provided skill development opportunities to athletes returning from the AIS (targeting youth national team and squad athletes). Nathan Thomas, a retired Australian representative was identified to coach the squad. A Women's camp based Youth Development Group was piloted in late 2007 to provide additional opportunities for upcoming female athletes

→ Junior EAP – implemented to provide the link in skill development for ITC athletes to progress to Youth Development Group & Elite EAP. 10 male (14 – 16 yrs) and 10 female (16 – 18 yrs) athletes were identified and attend centralised sessions at Sutherland and SOPAC. Les Kay, NSWIS Training Coach was identified to work with these athletes

6. REGIONAL AND MOBILE SERVICES

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

The State Government contributed \$848 000 during the reporting period for the delivery of the Regional/Mobile Program, which benefited around 206 athletes from 28 NSWIS sport programs.

Since its launch in 2000, the Regional/Mobile Program has supported an increasing number of regional athletes. In 2000, the program supported approximately 120 athletes, while in 2007 – 08 the program supported approximately 206 athletes.

Regional Highlights

The following regional athletes and coaches were selected to the Australian Olympic and Paralympic teams to compete in 2008.

Olympic

→ Sailing – Darren Bundock, Nathan Outteridge, Ben Austin and Tom Slingsby

→ Triathlon – Brad Kahledfelt

→ Sprint Canoe – David Smith and coach Ben Hutchings

→ Swimming – Sophie Edington, Lara Davenport and coach Greg Salter

→ Shooting – Michael Diamond and George Barton

Paralympic

→ Wheelchair Rugby – Ryley Batt

→ Track and Field – Katherine Proudfoot and Damien Bowen.

→ Equestrian – Nicole Kullen and Jan Pike

High Performance Centres

The NSWIS continued a hub-based service delivery and support model for the Regional/Mobile Program. A key change to service delivery in 2007/08 included delivery through '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, including web based opportunities to assist NSWIS coaches and regional coaches / athletes to share information easily and securely.

Northern High Performance Centre

The Northern High Performance Centre (NHPC) 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 sports science servicing support for the Olympic preparation of three elite NSWIS swimming athletes at Kingscliff. Strength and conditioning services were provided by contracted service provider, Glen Workman for triathlon and sprint canoe.

Central High Performance Centre

The Central High Performance Centre (CHPC) supported five sports during the reporting period (equestrian, triathlon, basketball, soccer and track and field) as well as providing support to additional 15–20 individual athletes from other NSWIS sport programs, including cycling, swimming, hockey and netball and emerging athlete programs for hockey and netball.

The key focus for the central area was the implementation of on ground service delivery for Athlete Career and Education and Professional Development (ACE/PD) and strength and conditioning. This increased the regular contact between athletes, coaches and service providers.

Southern High Performance Centre

The Southern High Performance Centre (SHPC) supported five sports during the reporting period (winter sports, triathlon, track and field, wheelchair basketball and basketball) as well as supporting an additional 10 – 20 individual athletes from other NSWIS sport programs, including two emerging athlete programs for hockey and netball.

The key focus for the southern area was the establishment of 'on ground' service delivery in particular strength and conditioning based in Wollongong and Jindabyne. Manuela Berchtold, retired NSWIS Freestyle Moguls skier delivered strength and conditioning services to the Winter Sports program under the direction of NSWIS strength and conditioning staff.

Regional Athlete Assistance

Athletes residing outside of the three high performance centres were able to access NSWIS support through Regional Athletes Assistance. Assistance included 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.

Staffing Appointments

- Lynn Fowle – Coordinator ACE/PD
- Belinda Wilson – Sport Consultant
- Kristen Barnes – Administrator
- Justine Whipper – ACE/PD Consultant
- Troy Baverstock – ACE/PD Consultant & Coach Excellence

Departures

- Rosemary Towner – Coordinator ACE/PD & Sport Psychology
- Gabby Rippoll – ACE/PD Consultant
- Louise Burns – ACE/PD Consultant
- Annalise Davidson – ACE/PD Consultant
- Peta Chapman – Sport Consultant & ACE/PD Consultant
- Claire Mitchell Taverner – ACE/PD Consultant
- Mark Gribble – Sport Psychology
- Paul Penna – Sport Psychology

athlete scorecard

SPORT

SPORT	NATIONAL TEAMS/SQUADS SELECTION		NO. OF INTERNATIONAL EVENTS ATTENDED		NSWIS ATHLETES WINNING MEDALS AT SIGNIFICANT INTERNATIONAL EVENTS		WORLD CHAMPIONS SENIOR AND JUNIOR	
	06/07	07/08	06/07	07/08	06/07	07/08	06/07	07/08
NSWIS Sports								
Squad Programs	06/07	07/08	06/07	07/08	06/07	07/08	06/07	07/08
Baseball	7	6	2	1	0	0	0	0
Basketball (including Wheelchair)	6	4	1	1	6	0	0	0
Bowls	4	4	3	1	3	5	0	1
Canoe-Sprint	13	4	3	2	9	0	0	0
Canoe-Slalom	9	6	2	2	0	3	0	0
Cricket – Men	0	0	0	0	0	0	0	0
Cricket – Women	0	0	0	0	0	0	0	0
Cycling	19	8	9	7	5	4	1	0
Diving	3	10	5	4	0	4	0	0
Equestrian	6	7	1	7	0	4	0	0
Golf	6	1	2	0	0	0	0	0
Gymnastics – MAG	6	4	2	2	1	1	0	0
Hockey – Men	12	13	3	5	3	3	0	0
Hockey – Women	11	12	6	2	8	0	0	0
Netball	0	0	0	0	0	0	0	0
Rowing	13	14	3	3	9	5	3	2
Sailing	24	23	9	16	16	17	3	6
Soccer – Men	0	0	0	0	0	0	0	0
Soccer – Women	24	25	3	3	13	0	0	0
Softball	7	7	3	1	13	0	0	0
Swimming	8	17	6	7	14	36	0	0
Tennis	3	2	2	1	2	1	0	0
Track and Field (incl. Wheelchair)	20	14	10	6	22	15	4	0
Triathlon	15	7	17	5	11	4	1	0
Water Polo – Men	9	12	2	2	0	2	0	0
Water Polo – Women	12	14	3	4	12	4	0	1
Weightlifting	2	3	2	3	2	1	0	0
Winter Sports	1	9	1	9	0	4	0	0
SUB TOTAL	240	226	100	94	149	113	12	10

OTHER PROGRAMS

AWD	0	1	0	1	0	0	0	0
Individual Scholarships	22	1	0	0	22	0	3	0
TOTAL	262	228	100	95	171	113	15	10

*Wheelchair Track and Road results included in Track and Field

*Wheelchair Basketball results included in Basketball

Congratulations

The NSWIS would like to congratulate our 2008 Olympians and Paralympians.



OLYMPIANS

Alexandra Croak
Alicia McCormack
Amy Ives
Andrew Palfrey
Angela Farrell
Anthony Nossiter
Belinda Wright
Ben Austin
Brad Kahlefeldt
Bradley McGee OAM
Brooke Pratley
Casey Eastham
Chantal Meek
Craig Stevens
Dani Samuels
Daniel Noonan
Darren Bundock
David Smith
Edwina Alexander
Eli Matheson
Fiona Johnson
Francis Hegerty
Gavin Woods
George Barton
Graeme Brown OAM
Grant Brits
Heath Ryan
Iain Murray
Jacqueline Lawrence

James Chapman
Jamie Dwyer OAM
Jane Saville
Jenna Santoromito
Jessica Crisp
Joel Milburn
John Steffensen
Karyn Gojnich
Kate Hollywood
Katherine Bates
Kenrick Monk
Kerry Wyborn
Kristy Oatley
Ky Hurst
Kyla Bremner
Lachlan Milne
Lachlan Renshaw
Lara Davenport
Lexie Feeney
Liz Kell
Luke Madill
Malcolm Page
Marty Rabjohns
Matt Ryan
Matthew Mitcham
Megan Rivers
Melanie Roche
Mia Santoromito
Michael Diamond

Michael Naray
Myriam Glez
Natalie Ward
Nathan Outteridge
Nathan Wilmot
Nikita Cuffe
Peter Hardcastle
Rebecca Rippon
Richard Campbell
Rod Chisholm
Sam Loch
Samuel McGregor
Semir Pepic
Shane Rose
Simmone Morrow
Sophie Edington
Stacey Porter
Stephen Stewart
Stuart Gomez
Taniele Gofers
Thomas Whalan
Tom Laurich
Tom Slingsby
Tony Schumacher
Torsten Lachmann
Trent Franklin
Youssef Abdi
Zoe Uphill

PARALYMPIANS

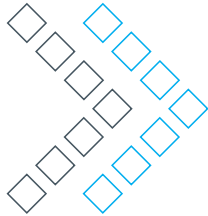
Toireasa Gallagher
Lindy Hou
Shaun Hopkins
Ben Demery
Jayme Paris
Nicole Kullen
Jan Pike
John McClean
Kathryn Ross
Ben Austin
Jacqueline Freney
Peter Leek

Matthey Levy
Rick Pendleton
Sarah Rose
Teigan Van Roosmalen
Andrew Pasterfield
Sian Lucas
Damien Bowen
Katherine Proudfoot
Ryley Batt
Angela Ballard
Christie Dawes
Kurt Fearnely

Richard Nicholson
Brendan Dowler
Tristan Knowles
Grant Mizens
Troy Sachs
Brett Stibners
Kylie Gauci
Katie Hill
Tina McKenzie
Sarah Stewart
Liesl Tesch
Benjamin Weekes

All Australian team athletes and information is correct at the time of printing, but is subject to change.

applied research program



The NSWIS Applied Research Program (ARP) was established by the NSWIS Board in April of 2006.

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

TARGETED AREAS

The Applied Research Program supports NSWIS sporting programs and underpin the areas of:

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

STRATEGIC PARTNERSHIPS AND RELATIONSHIPS

The ARP has established a number of key partnerships and relationships 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

PROJECTS

- Effect of a caffeinated sports beverage on selected elements of team sport performance – David Bourke, Kenneth Graham and Janelle Barnard
- Hormonal responses to a period of training and recovery in trained male rowers – Kenneth Graham, David Bourke, Andrew Buddee, Nathan Townsend, Nancy Rehrer FACSM
- The effect of prior resistance training on sleep patterns – Robert Cooper, Kenneth Graham, Chin Moi Chow
- Napping and Exercise Training in Athletes – Daniel Davies, Kenneth Graham, Chin Moi Chow
- The effect of prior endurance training on nap sleep patterns – Daniel Davies, Kenneth Graham, Chin Moi Chow
- The effect of a heat extraction device on recovery and performance in hot and humid conditions – Kylie Hunter, Aron Murphy, Aaron Coutts, Kenneth Graham

- Quantifying Game Demands of Open Age and Under 21 Male State Hockey Players – Briana Harvey, Geraldine Naughton, Kenneth Graham

- Does Growth Hormone and Testosterone Supplementation Improve Physical Performance? A Double-blind Placebo-controlled Study in Recreational Athletes. – U. Meinhardt, J. L. Hansen, I. H. Walker, V. Birzniece, K. Graham, A. E. Nelson, K. K. Ho

- Instrumentation of a Kayak and Kayak Paddle to Measure the Force Characteristics Developed Whilst Paddling: Technical Note – Richard Smith, Jacob Michael

- Seat Design and Fatigue Effect on Kayak Performance – Jacob Michael, Kieron Rooney and Richard Smith

- The Influence of Fatigue and Recovery on Heart Rate Variability, Electrocardiograph, Cardiac Troponin I and B-Type Natriuretic Peptide in Athletes – Andrew Buddee, Kenneth Graham, Nathan Townsend, David Bourke, Donald Kuah

- Development of a Validated Nutrition Screening Questionnaire for Elite Athletes – Helen O'Connor, Kenneth Graham, Geraldine Naughton, Susan Heaney

GRANTS

- K. Graham, K. Rooney. The use of a novel technique for identifying the impact of different exercise types on the immune response in athletes. Recipient of NESC Grant for 2007–08.

- H. O'Connor, K. Graham, G. Naughton, S. Heaney, J. Barnard, K. Leech, K. Inge, O. Warnes. Validation of an Electronic Nutrition Screening Questionnaire to determine nutritional risk for Elite Athletes. Recipient of NESC Grant for 2007–08.

- J. Barnard, H. O'Connor, N. Johnson, K. Graham. Effect of beverage temperature on thermoregulatory response and exercise performance during prolonged cycling in the heat. Recipient of NESC Grant for 2007–08.

- G. Naughton, M. Romiti, K. Graham. The Relationship between Musculoskeletal Screening and Injuries in Athletes at the NSW Institute of Sport. Recipient of NSW Sporting Injuries Grant 2007–08

- K. Graham, D. O'Connor, B. Harvey. A comparison of the style of play and incidence of injury under the five versus 10 metre rule in junior rugby league. Recipient of NSW Sporting Injuries Grant 2007–08

- Conference presentations D. Bourke, K. Graham, J. Barnard (2008), Effect of a caffeinated sports beverage on selected elements of team sport performance. AAESS National Conference Incorporating the 5th SDA Update, 'Science and Nutrition in Exercise and Sport 2008 – From Research To Practice', Melbourne, March 2008.

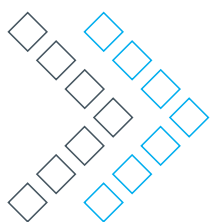
- K. Graham, D. Bourke, A. Buddee, N. Townsend, N. Rehrer FACSM (2008), Hormonal responses to a period of training and recovery in trained male rowers. American College of Sports Medicine, Indianapolis, May 2008

- S. Heaney, H. O'Connor, G. Naughton (2008), Nutrient intake of elite athletes. AAESS National Conference Incorporating the 5th SDA Update, 'Science and Nutrition in Exercise and Sport 2008 – From Research To Practice', Melbourne, March 2008.

- H. O'Connor, B. Lundy, J. Barnard, F. Pelly. (2008), Physique and playing position in Australian National Rugby League players. American College of Sports Medicine, Indianapolis, May 2008.

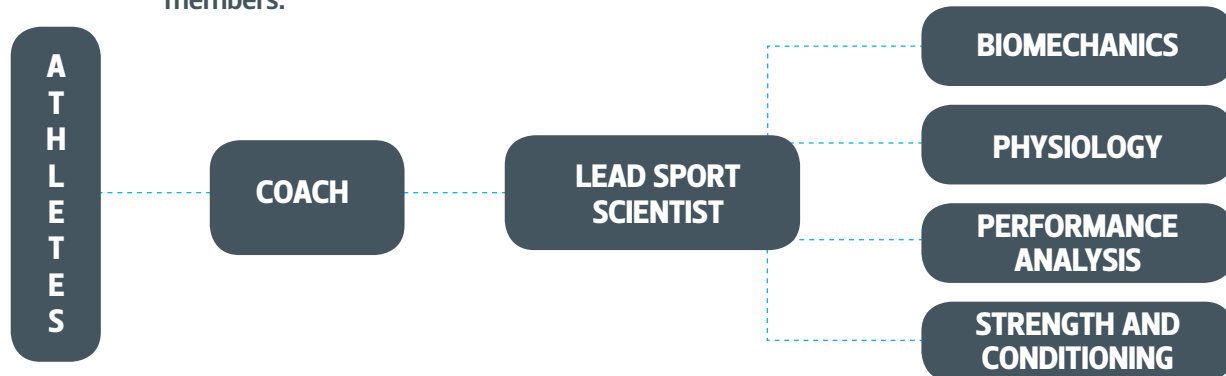
- J. Barnard, B. Desbrow, M. Leveritt (2008), Preparing for a hot Olympics. DAA 26th National Conference, 'Improving Nutrition: A Social Responsibility', Gold Coast, May 2008.

sports science services



The NSWIS Sport Science Services team includes the high performance disciplines of physiology, strength and conditioning, biomechanics and performance analysis. Service is provided in an integrated and cooperative manner to provide athletes and coaches with the best information for optimising training and maximising performance. The Sport Science program is developed to support the athletes' competition and training program. This is achieved by working with the coach to analyse and optimise their annual program to develop an integrated service plan.

Athletes are serviced through the sport's lead sport scientist who is responsible for working with the coach to plan the best use of sport science for that sport. Each lead sport scientist is then supported by the discipline expertise of the other Sport Science staff members.



PERFORMANCE ANALYSIS

The NSWIS Performance Analysis team has an extensive range of equipment and expertise to assist the coach in analysing competition and training performance. Real time and delayed video and statistical data collected during competition and training are used to provide the athlete and coach with feedback regarding skill and game tactics. The NSWIS also has a dedicated facility where coaches can be educated and then use the equipment and software.

PHYSIOLOGY

The NSWIS Physiology team uses their equipment and expertise to monitor the influence of training, competition and environment on the physiologic function of the athlete. The facilities at the NSWIS provide the physiology staff with a comprehensive range of analysis equipment as well as an environmental chamber that can be used to prepare

the athletes for competition in hot and/or humid environments.

BIOMECHANICS

NSWIS Biomechanists measure and assess movement in sports using a variety of techniques and equipment, including high speed multi-camera Vicon / Kistler force plate / Noraxon EMG System built around a 55m synthetic indoor running track, in order to provide feedback on the modifications needed to improve the technical component of performance. They are also able to assist in providing information to coaches, doctors and physiotherapists aimed at minimising injury risks for athletes.

STRENGTH & CONDITIONING

NSWIS athletes have the opportunity to train in a facility specifically designed to accommodate an athlete's physical development. Sport science 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 to set up training sessions that replicate game situations and maximise fitness gains. NSWIS strength and conditioning specialists are active in developing resources that will enhance training practices used by NSWIS athletes.

SPORT SCIENCE SERVICES

Sport Science servicing for athletes and their programs are categorised as either core or elective services, delivered as either part of their sport servicing or NSWIS requirements. The timeliness of the servicing is planned by the coach and the lead sport scientist for the sport.

Core Services:

These represent services that are more generic in nature and are available to most athletes. They may take the format of an education program about

the relevance and benefit of the sub-disciplines to sport, athlete profiling to conduct a basic athlete assessment to help determine the athletes strengths and weaknesses, and also strength and conditioning to work with the coach to put in place training programs that optimise athlete development.

Elective Services:

Elective services are those provided to sports that are sub-discipline based and designed to address specific issues that may arise with a sport. Some examples of these projects could include a heat acclimation program, using GPS during games / training in order to optimise training variables or running a hydration education program.

One of the main areas of Elective Servicing involves Sport Science staff providing extra services during training camps and competition. In the past year NSWIS Sport Science staff have been involved with the Australian Swimming Team preparation for the Olympic Games, some squads of the Australian Olympic Rowing Team, the NSW men's and women's AHL competition, the NSWIS rowing camp at Jindabyne, the NSWIS Hockey Program competition in Malaysia, and national and international events with the NSWIS track and field, cycling, diving, equestrian, wheelchair basketball, softball, rowing and canoe slalom.

PROJECTS

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

Progressive Shoulder Prehabilitation – Rehabilitation Program.

The NSWIS Sport Science staff have worked in conjunction with NSWIS Physiotherapists in developing a progressive model to assist athletes to rehabilitate from shoulder injuries. This program enables an easy transfer of training progression from the Physiotherapists to the strength and conditioning staff ensuring the optimal return to full training and competition. The project included the development of a resource manual and one-day training workshop on how to use the program.

Long Term Athlete Development: Assessment and Training Modules

Many NSWIS athletes are at the beginning of their journey to become an elite athlete. The Sport Science unit is supporting this by developing a model for Long Term Athlete Development. The resources developed include a program to assess physical competency – the foundations of fitness development, intervention modules based on the results of the assessment and a staff guidelines manual to ensure consistency of implementation across staff.

The use of GPS in Training and Competition:

The use of GPS technology with sport is rapidly expanding. The NSWIS is staying at the forefront of this technology using it extensively with our hockey, soccer, equestrian, rowing, softball and sprint and slalom canoe programs. It is used by the sport science staff to monitor performance variables during competition and training and to develop fitness training modules that mimic game-like situations.

Monitoring Training Stress and Strain

The 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 looking at heart rate variability. Level of fatigue is also being monitored by measuring power and hydration. This work provides information on over or under training in athletes, which enables improved tracking of athlete training load and competition stress in order to optimise performance.

Biomechanics and Sport

The new biomechanics facilities at the NSWIS has been used to investigate starting and running technique in sprinters, landing technique in netball and pitching, throwing and batting technique in softball and baseball.

Performance Analysis and Sport

There have been significant advances over the past 12 months in the Performance Analysis area. The netball and water polo programs are using mobile coding devices (CODA) that allow for real time coding of multiple individuals during games. Performance Analysis staff are also using real time statistical analysis of sports to determine game efficiency and look at game and player strategies. This can help coaches get the ideal mix of players for that game on to the field.

Emerging Athlete Program Resource

To support the expanding NSWIS Emerging Athlete Program the Sport Science unit has been preparing a resource to provide guidance to athletes, coaches and parents who are involved in the training of athletes in the Emerging Athlete Program. This resource will include both general education material and specific guidelines for training models. Due to the nature of this project, there will be continued monitoring to ensure that current leading sport science knowledge is sustained.

Muscle Coordination and Symmetry

The NSWIS Strength & Conditioning and Biomechanics departments are developing assessment of whole body

coordination and symmetry of key sport specific exercise techniques. A pilot study using force plate, EMG, video, and Vicon motion analysis is developing real-time feedback techniques for squatting. The outcome of this project is to provide an integrated approach to athlete exercise technique progression providing NSWIS with the ability to have a detailed quantified individual exercise prescription.

Powertap Power Meters

To support the Cycling and Triathlon Programs, the NSWIS Physiology department has been using 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.

Step Test Database

The results of athlete's step tests dating back to 2000 have been collated to create a Step Test Database. The database has been designed to synthesis collective results and allows tracking of athlete progression in terms of individual performance, and in comparison to other athletes. The database also provides valuable benchmarking information.

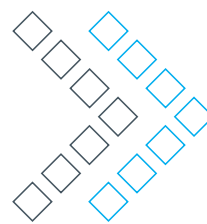
The Female Athlete Resource Kit

The NSWIS Sport Science staff have initiated a project to develop a resource kit on "Being an Elite Female Athlete". Staff have worked with ACE-PD and medical and nutrition staff to put together an education module to help female athletes understand the unique factors that impact on both performance and general health.

Monitoring Muscle Function

The NSWIS Sport Science staff developed a resource to monitor muscle function during activity. It consists of a portable telemetered electromyography system where electrodes are attached to the skin surface over a muscle to monitor change in electrical activity of the muscle during exercise. It can be used to provide information of which muscles are being used, to what extent they are being used and how their 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. Strength and Conditioning staff are looking at using this across sports to look at lifting technique and track and field with sprint start technique.

swimming



INTRODUCTION

The NSWIS Swimming Program aims to increase the number of NSW athletes and coaches on the National Open Team and to assist them in achieving international success (medals and finals).

The NSWIS Swimming Program targets both elite and emerging athletes. It is a decentralised program that supports athletes in their home clubs and through centralised training camps. In partnership with Swimming NSW (SNSW) an integrated Emerging Athlete Program (EAP), supporting emerging talent, directly underpins the NSWIS Swimming Program.

EVENT HIGHLIGHTS

International:

- 2008 World Short Course Championships, Manchester – three athletes, one coach (two gold)
- 2007 FINA World Cup, Durban – five athletes, one coach (two silver, four bronze)
- 2007 FINA World Cup, Singapore – seven athletes, two coaches (five gold, seven silver, six bronze)
- 2007 FINA World Cup, Sydney – 12 athletes (one gold, three silver)
- 2007 FINA World Cup, Belo Horizonte – one athlete (one bronze)

National:

- 2007 National Short Course Championships, Melbourne – 12 athletes (two gold, two silver)
- 2008 National Championships, Sydney – 15 athletes (one gold, five silver, two bronze)

ATHLETE HIGHLIGHTS AND OLYMPIC SELECTIONS

- Sophie Edington, Kenrick Monk, Grant Brits, Ky Hurst, Craig Stevens, Lara Davenport and coach Greg Salter were selected in the Australian Team for the 2008 Olympic Games
- Sophie Edington set a new World Record (LC) in the Women's 50m Backstroke
- Kenrick Monk won the 200m Freestyle at the World Short Course Championships
- Kenrick Monk and Grant Brits were part of the Australian Team that won the 4 x 200m Freestyle Relay at the World Short Course Championships
- Kenrick Monk and Grant Brits set a new World Record (SC) in the Men's 4 x 200m Freestyle Relay

2007/08 EAP PROGRESSION TO NSWIS SCHOLARSHIP

Tom Miller
Samantha Marshall
Jessica Legge
Theo Pasialis
Mitchell Patterson
Kristy Morrison
Adam Kable

VENUES

Sydney Olympic Park Aquatic Centre
Home Clubs/Centres

PROGRAM PARTNERS

Swimming NSW
Swimming Australia Ltd

Sophie Edington Photo by Getty Images

2007-08 SQUAD

Gold: Grant Brits, Lara Davenport, Ky Hurst, Kenrick Monk, Craig Stevens, Sophie Edington, Tay Zimmer, Hayden Stoeckel

Silver: Daniel Arnamnart, Andrew Beato, Shelley Clark, Olivia Halicek, Jonathon Newton, Sam Marshall, Matt Abood, Matt Jaukovic, Mitchell Patterson, Tom Miller, Kristy Morrison, James Stacey, Adam Kable, Ethan Rolff, Tim Laforest

Associate: Reece Turner, Jessica Legge, Theo Pasialis

2007-08 EAP SQUAD

EAP Level 1

Phoebe Cater, Fiona Connell, Kacey Pilgrim

EAP Level 2

Shaun Abbott, Phillip Butcher, Kieran Casey, Shane Cross, Kailah Elliott, Alex Gohari, Jared Goldthorpe, Thomas Harris, Brad Lewis, Erin Malone, Nick Milnes, Sarah O'Neill, Meagan Ramsay, Luane Rowe, Keatyn Simpson, Lachlan Staples, Calum Timms, David Trouville, Andrew Davis, Monique Van Balen, Sara Marson, Kathleen Brennan, Michael Hardy

EAP Level 3

William Aitken, Christopher Ashwood, Jessica Ashwood, Sarah Baker, Jordan Chyra, Alex Clarke, Tim Cottam, Zoe Diamond, Wally Eggleton, Zoe Elkerton, Natalie Fegan, Thomas Fraser-Holmes, Loui Friess, Joshua Hollard, Matthew Jepson, Zoe Johnson, Alex Kelshaw, Erin Killey, James Magnussen, Taniela Mailangi, Te Haumi Maxwell, Emma McKeon, Nicole Mee, Kirstie Meertens, Micaela Middleton, Corey Polkinghorne, Harrison Pullinger, Nathaniel Romeo, Maddison Schmid, Kaitlyn Schnyder, Brandon Sibir, Caitlin Sinclair, Callum Smith, Eliza Smith, Jaimie Stack, Christian Swallow, Kenneth To, Suay Toprak, Daniel Tranter, Jordan White, Dylan Wyatt, Michael Young, Ian Sarno, Nathan Broadbent, Micaela Abbott, Michael Fell, Erin Priestly, Jessie Bullen, Brendan Micallef, Kylie Crofts, Charlotte Mitlehner, Matthew Crisafi, Joshua Beard, Michael Evans

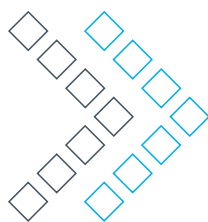
COACHES

NSWIS/SNSW Head Coach: Jim Fowlie

Home Coaches: Greg Salter, Tony Shaw, Tracey Menzies, Steve Alderman, Craig Burns, Chris Myers, Steve Garner, Greg Morrison, Rod Furlong, Angelo Basalo, Graeme Carroll, Paul Sharman, Peter Sanders

Craig Stevens Photo by Getty Images

cycling



INTRODUCTION:

The NSWIS Cycling Program is a decentralised National Training Centre (NTC) program which supports a large number of athletes residing regionally or competing overseas with professional road teams.

The Program targets elite and emerging cyclists in NSW. The program supports some of Australia's top senior and junior cyclists from the track and road disciplines. The Emerging Athlete Program caters for up to 90 athletes from regional and metropolitan areas across two tiers. The program is camp-based with the daily training environment provided by network coaches or Regional Academies of Sport.

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

EVENT HIGHLIGHTS

International:

2007 Track World Championships
→ Katherine Bates – World Champion Points Race, 13th Individual Pursuit

- 2008 Track World Championships
→ Ben Kersten – fifth Team Sprint
→ Phillip Thuaux – 17th Individual Pursuit
→ Katherine Bates – 12th Points Race
→ Kaarle McCulloch – 12th Time Trial and 18th Sprint
→ Bradley McGee – fifth Individual Pursuit
→ Graeme Brown & Bradley McGee – third Teams Pursuit

2007 Junior Track & Road World Championships
→ Lauren Kitchen – seventh Road Race
→ Tim Guy – 36th Road Race

2008 Junior Track & Road Championships
→ Ashlee Ankudinoff – World Champion Individual Pursuit and Team Pursuit
→ Lauren Kitchen – 39th Road Race

- Luke Davison – World Champion Individual Pursuit, Team Pursuit, Omnium
→ Megan Dunn – World Champion Scratch Race, Team Pursuit, Points Race
→ Paul Fellows – third Keirin, eighth Sprint
→ Peter Lewis – fifth Sprint, second Team Sprint
→ Scott Law – second Team Sprint, third Time Trial, seventh Scratch Race

ATHLETE HIGHLIGHTS AND OLYMPIC SELECTIONS

- 2007 World Champion, Katherine Bates, Points Race
→ 2008 Olympic Team: Katherine Bates, Bradley McGee, Graeme Brown

2007–08 EAP PROGRESSION TO NSWIS SCHOLARSHIP

Luke Davison, Megan Dunn, Scott Law, Peter Lewis, Lachlan Morton, Andrew Taylor, Alex Carver, Paul Fellows, Jessica Griffiths, Tim Guy, Katie Jones, Lauren Kitchen, Richard Lang, Jackson Law, Joseph Lewis, Dale Scarfe, Sam Spokes

Kaarle McCulloch Photo by Getty Images

Phillip Thuaux Photo by Getty Images

AWARDS

Katherine Bates, Winner, Department of Arts, Sport and Recreation Female Athlete of the Year, 2007 NSWIS Annual Awards

Katie Brown, Winner, Ian Thorpe/Grand Slam International Outstanding Achievement, 2007 NSWIS Annual Awards

VENUES

Dunc Gray Velodrome
Canterbury Velodrome

PROGRAM PARTNERS

NSW Cycling Federation
Cycling Australia



2007-08 CYCLING SQUAD

Gold: Katherine Bates, Natalie Bates, Graham Brown, Ben Kersten, Bradley McGee, Stephen Wooldridge, Matthew White

Silver: Rochelle Gilmore, Olivia Gollan, Karlee McCulloch, Mark Renshaw, Phillip Thuaux

Associate – Trade Team: Ashley Humbert, Angus Morton, Chris Sutton, David Tanner, Dean Windsor

Bronze Tier 1: Skye Lee Armstrong, Katie Brown, Elizabeth Georgous, Robert Lyte, Kate Nichols, Mitchell Pearson, Matthew Pettitt, Jackson Leigh Rathbone, Amanda Spratt, Andrew Taylor

Bronze Tier 2: Keiran Cameron, Mitchell Chapman, Lauren Kitchen, Chris Pascoe, Josh Wall

Development: Ashlee Ankudinoff, Alex Carver, Sally Cowman, Luke Cridland, Luke Davison, Aaron Donnelly, Megan Dunn, Paul Fellows, Jessica Griffiths, Katie Jones, Richard Lang, Jackson Law, Scott Law, Peter Lewis, Lachlan Morton, Sam Spokes

FRF Couriers/NSWIS UCI Continental

Road Team: Anthony Bennett, Brendan Brooks, Robert Cater, John Ebeling, Troy Glennan, Tim Guy, Jason Hegert, Peter Herzig, Sean Higgerson, Brendan Jones, Chris Jory, Joseph Lewis, Peter McDonald, Joe McDonnell, Tyler McLachlan, Dale Scarfe, David Treacy

2007-08 EAP SQUAD

EAP Tier 1: Andrea Beer, Jack Bennett, Sinead Cosgrove, Jack Hickey, Tim McMillan, Laurence Van Schie

EAP Tier 2: Jacinta Aitken, Matthew Anderson, Phillip Arias, Shaun Baxter, Caitlin Brooks, Scott Carver, Anthea Clarke, Brendan Cole, Matthew Connolly, Callum Docker, Caleb Ewan, Joshua Ewan, Jordan Fawkes, Olsen Garland, Chloe Geyer, Jamie Green, Scott Harding, Ethan Kimmince, Stephen Lewis, Ellen Marks, Tirian McManus, Justin Meindertsmas, Liam Melville, Kirsty Mills, Josie Moit, Briannon Moloney, Elizebeth Nicholls, Joseph Northey, Keisha Northey, Netasha Pearse, Brodie Pearse, Belinda Potente, Jackson Pratt, Thomas Pritchard, Thomas Regan, Lucy Regan, Dirk Roshier, Kayla Salopek, Anthony Scott, Claire Sheridan, Emma Sonerson, Nicholas Spratt, Emma Sprouster, Geoff Straub, Brodie Talbot, Angus Tobin, Justin Tomlinson, Alexander Tomlinson, Jarrod Trigg, Blair Windsor, Nicholas Woods, Ben Young

COACHES

Head Coach: Gary Sutton

Assistant Coach: Timothy Decker (from Dec 07)

Regional and Coaching Development Coordinator: Graham Seers

Home Coaches: Tom Dawson, Gus Dawson, Mick Kedja, Tom Skulander, Barrie McLean, Mark Windsor, Dion Wilkes, John Hickey, John Beattie, Jim Beer, Ron Bonham, Mick Chapman



Ben Kersten Photo by Getty Images

track & field



INTRODUCTION:

The NSWIS Track & Field Program provides support to both able bodied, wheelchair track & road athletes and an Emerging Athlete Program (EAP).

The Program aims to provide world class coaching, training, competition, facilities and support services to improve athlete development.

The Program targets NSW athletes with potential to achieve international medal and finalist level performances.

The NSWIS is the only SIS/SAS to support a Wheelchair Track and Road Program.

The NSWIS Track & Field EAP is a joint initiative between Athletics NSW and the NSWIS. The NSWIS Track & Field EAP aims to assist talented emerging athletes aged 13-19 years and their personal coaches to achieve NSWIS scholarship standards in the future and progress to achieve world class results.

EVENT HIGHLIGHTS

International: Track and Field

World Championships, Osaka Japan, August 2007:

- Dani Samuels – Discus, 60.44m (13th)
- Joshua Ross – 100m, 10.42 (second round), 10.34 (heat) (30th)
- Youcef Abdi – 3000m steeplechase (36th)

World University Games, Bangkok Thailand, August 2007:

- Dani Samuels – Discus, 60.47m (silver)
- Joel Milburn – 4 x 400m relay (silver)
- Justin Merlino – 110m hurdles, 13.91 (eighth)

- Lachlan Renshaw – 800m, 1:48.92 (fifth in heat)

World Youth Championships, Ostrava Czech, July 2007

- Olivia Tauro – 100m, 11.95 (sixth in semi-final); 200m, 24.13 (third in semi-final)
- Chloe Tighe – 1500m, 4:51.66 (11th)
- Selma Kajan – 800m, 2:12.78 (fourth in heat)

World Walking Cup, Russia May 2008

- Jane Saville – 20km walk, 1:29.27 (seventh)

Beijing Test Event, China May 2008

- Dani Samuels – Discus, 62.65m (bronze)
- Joshua Ross – 100m, 10.32 (10.29 in round 2) (fourth)

Wheelchair Track and Field

- Kurt Fearnley, 2007 IAAF World Athletics Championships, 1500m (gold)

Athletes who achieved Paralympic A Standards during the 2007/2008 International season:

- Kurt Fearnley 400m, 800m, 1500m, 5000m, marathon;
- Richard Nicholson 100m, 200m, 400m;
- Christie Dawes 800m, 1500m, 5000m, marathon;
- Angie Ballard 100m, 200m, 400m, 800m

National:

Open National Championships and Olympic Games Selection Trials Brisbane, 28 Feb – 1 Mar 2008

- Justin Merlino – 110m hurdles, 13.72 (gold)
- Joel Milburn – 400m, 45.90 (gold)
- Lachlan Renshaw – 800m, 1:47.57 (gold)
- Dani Samuels – Discus, 62.95m (personal best) (gold)
- Olivia Tauro – 200m, 23.86 (bronze)
- Chloe Tighe – 3000m, 9:27.63 (gold)
- Brad Woods – 1500m, 3:40.91 (silver)
- Jaimee-Lee Starr – 400m, 53.52 (fourth)
- Nick Bromley – 800m, 1:48.48 (silver)
- Lisa Morrison – Triple Jump, 12.96m (bronze)
- Jeremy Roff – 1500m, 3:42.66 (bronze)
- Natalie Saville – 20km walk, 1:35:10 (bronze)
- Laura Verlinden – 100m, 11.85 (= personal best in heat 11.70) (bronze)
- Youcef Abdi – 3km Steeplechase, 8:37:69 (bronze)

- Nick Bromley – 800m, 1:48.48 (silver)
- Lisa Morrison – Triple Jump, 12.96m (bronze)
- Jeremy Roff – 1500m, 3:42.66 (bronze)
- Natalie Saville – 20km walk, 1:35:10 (bronze)

- Laura Verlinden – 100m, 11.85 (= personal best in heat 11.70) (bronze)
- Youcef Abdi – 3km Steeplechase, 8:37:69 (bronze)

Under-23 and Under-20 National Championships and World Junior Selection Trials Gold Coast 14-16 Mar 2008:

- Laura Cornford – Javelin, Under-23 46.08m (gold)
- Olivia Tauro – 200m, Under-20 23.14 (gold)
- Ryan Gregson – 1500m, Under-20 3:53.88 (gold) / 5000m, Under-20 14:38.95 (gold)
- Chloe Tighe – 1500m, Under-20 4:22.44 (silver)

- Selma Kajan – 800m, Under-20 2:07.27 (personal best) (bronze)

ATHLETE HIGHLIGHTS AND OLYMPIC SELECTIONS

Track and Field

Athletes selected to Olympic Team:

- Jana Rawlinson – 400m hurdles (withdrawn)
- John Steffensen – 400m, 4 x 400m relay
- Joel Milburn – 400m, 4 x 400m relay
- Lachlan Renshaw – 800m
- Dani Samuels – Discus
- Jane Saville – 20km walk (fourth Olympic Games)
- Youcef Abdi – 3km steeplechase

2008 World Junior Championships, Bydgoszcz Poland: 11 athletes selected (four NSWIS and seven EAP)

Wheelchair Track and Field

- Kurt Fearnley winning 2007 New York Marathon
- Christie Dawes breaking 5000m Open Women National Record at Champions Meet in Atlanta (March 08)

The following athletes have been selected to represent Australia in the 2008 Paralympic Games:

- Kurt Fearnley (800m, 1500m, 5000m, 4x100m, 4x400m, marathon)
- Richard Nicholson (100m, 200m, 400m, 4x100m, 4x400m)
- Christie Dawes (800m, 1500m, 5000m, marathon, 4x100m)
- Angie Ballard (100m, 200m, 400m, 800m, 4x100m)

The following coaches have been selected to represent Australia at the 2008 Paralympic Games:

- Andrew Dawes – Event Group Coordinator
- Louise Sauvage – Assistant coach

2007/08 EAP PROGRESSION TO NSWIS SCHOLARSHIP

Chloe Tighe
Selma Kajan
Ryan Gregson
Annabel Davies
Melissa Hayes

AWARDS

- Joel Milburn, Athlete of the Year Award, Outstanding Male Athlete of the Year and Senior Sprinter of the Year, 2007 Athletics NSW Annual Awards

- Penny Gillies, Coach of the Year (Joel Milburn), 2007 Athletics NSW Annual Awards

- Jana Rawlinson, Outstanding Female Athlete of the Year, 2007 Athletics NSW Annual Awards

- Olivia Tauro, Junior Sprinter of the Year, 2007 Athletics NSW Annual Awards

- Ryan Gregson, Junior Distance Athlete of the Year, 2007 Athletics NSW Annual Awards

- Youcef Abdi, Senior Distance Athlete of the Year, 2007 Athletics NSW Annual Awards

- Dani Samuels, Senior Thrower of the Year, 2007 Athletics NSW Annual Awards; Finalist, Junior Athlete of the Year, 2007 NSWIS Annual Awards

- Justin Merlino, Finalist, Academic Excellence USYD, 2007 NSWIS Annual Awards

- Kurt Mulcahy, Finalist, Junior Athlete of the Year, 2007 NSWIS Annual Awards

- Joshua Ross, Finalist, Male Athlete of the Year, 2007 NSWIS Annual Awards

- Kurt Fearnley, Outstanding Elite Male Athlete with a Disability at the 27th Commonwealth Sports Awards; Joint Winner, Male Athlete of the Year, 2007 NSWIS Annual Awards; Winner, Most Memorable Moment, 2007 NSWIS Annual Awards

- Andrew Dawes, Finalist, Coach of the Year, 2007 NSWIS Annual Awards

VENUES

Sydney Olympic Park Athletic Centre
Sydney Academy of Sport and Recreation
Campbelltown Sports Ground
Wollongong City Track
Bankstown Athletic Centre
Greystanes Throwing Centre
Blacktown Olympic Park
ES Marks Field
Hunter Sports Centre (Glendale)
Sylvania Athletics Track
Mingara Recreation Club and Leisure Centre
Parramatta Park
Sydney Olympic Park State Sports Centre
Centennial Park
Newcastle City Track
University of Wollongong

PROGRAM PARTNERS

Athletics NSW
Athletics Australia
Wheelchair Sports NSW

2007-08 TRACK & FIELD SQUAD

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

Silver Relay: Matthew Shirvington

Silver U26: Justin Merlino, Nick Bromley, Jeremy Roff, Brad Woods

Silver U26 Relay: Preya Carey

Silver U23: Laura Cornford, Jaimee- Lee Starr, Lara Tamsett, Laura Verlinden, Henry Mitchell (discretionary selection), Kurt Mulcahy, Sophia Begg, Matthew Outzen, Brooke Simpson, Lucy Starrat, Annabel Thomson, Zoe Pelbart, Madeline Heine

Bronze Junior: Chloe Tighe, Olivia Tauro, Trychelle Kingdom, Melissa Hayes, Annabel Davies, Ryan Gregson, Selma Kajan

Associate: Ambroze Ezenwa, Eloise Wellings, Scott Westcott, Jacob Groth, Isaac Ntiamoah, William Hamlyn-Harris, Kris Neofytou, Naomi Bligh, Lisa Grant, Claire Mallett, Lisa Morrison, Rosemary Hayward, Annabelle Smith, Scott Westcott

COACHES TRACK AND FIELD

Program Coordinator: Nicole Boegman-Stewart

Jumps Coach: Victor Saneev

Strength & Conditioning Coach: Rudolf Sopko

Emerging Athlete Coordinator: David Tarbotton

National Events Coordinator – Sprints, Relays: Paul Hallam

Home Coaches: Tony Anderson, John Atterton, Simon Baker, Nic Bennett, Nic Bideau, Esfir Dvoskina, Tony Fairweather, Ian Garrett, Penny Gillies, Ken Green, Roger Green, Stuart Hayward, Bill Jacobs, Alija Kajan, Denis Knowles, Ian Leitch, Tony Lester, Robert Medlicott, Andrew Murphy, Chris Neofytou, Emil Rizk, Peter Simpson, Lindsay Watson, Matt White, Sean Williams, James Fitzgerald, Denis Goodwin, Ian Hatfield, Paul Nancarrow, Marilyn Pearson, Chris Rawlinson

2007-08 WHEELCHAIR TRACK & ROAD SQUAD

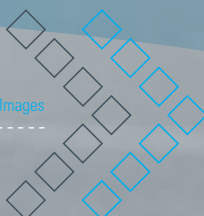
Full: Angela Ballard, Christie Dawes, Kurt Fearnley OAM

Associate: Richard Nicholson

COACHES: WHEELCHAIR TRACK & ROAD

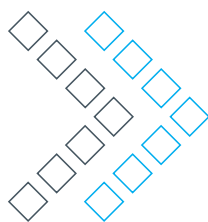
Head Coach: Andrew Dawes

Elite Development Coach: Louise Sauvage



Joel Milburn Photo by Getty Images

rowing



INTRODUCTION

The NSWIS Rowing Program supports identified senior elite, under 23, senior B and junior emerging athletes. The aim is to assist them to achieve national and international success.

Through a partnership with NSW Rowing Association and Rowing Australia, the NSWIS implemented a revised structure in 2008. Rowing Australia's National Elite Development Program, targeting U23 and U19 age groups was incorporated within existing NSWIS scholarship and emerging athlete programs. Sydney Rowing Club formally linked with NSWIS to assist with delivery of centralised training opportunities for U19 and U21 emerging athletes, while Sydney University assisted with some centralised training opportunities for the U23 age group. UTS Haberfeld provided an opportunity for NSWIS Elite Coach – Andrew Randell to deliver centralised training sessions to targeted elite NSWIS athletes in the lead up to the 2008 Olympic Games.

Athletes accessed coaching expertise, equipment and support services through a combination of centralised opportunities and the club based network.

EVENT HIGHLIGHTS

International:

2007 World Rowing Championships – Munich, GER

- World Champions – Bronwen Watson and Miranda Bennett, Women's Lightweight Quad (gold)
- Katelyn Gray, Women's Four (bronze)

→ Peter Hardcastle, Men's Single Scull B Final (11th), qualifying the boat for the 2008 Olympic Games

→ Rod Chisholm, Men's Lightweight Four, B Final (first), qualifying the boat for the Olympic Games

2007 under-23 World Rowing Championships – Scotland, UK

→ Renee Kirby (Women's Four) (silver)

→ Danjels Reedman (Men's Quad scull) (bronze)

→ Terrence Alfred, Richard Allsop, Edward Boyce, Andrew Conolly, Mitch Estens, James Goswell, Toby Lister (Men's Eight) (bronze)

→ Hugh McLeod (Men's Lightweight Quad Scull) (fourth)

National:

→ NSW athletes won 57 medals at the Australian National Championships (20 golds, 16 silvers and 21 bronze)

→ NSW won gold in the Men's Eight and Men's Single Scull in the 2008 Interstate Regatta. NSW were also awarded the Zurich Cup for the most successful state in the competition

20 Blues Squad athletes competed in the 2007 NSW Youth Cup Team and achieved the following results:

→ Three gold: Lightweight Women's Double Scull, Women's Quad Scull, Men's Pair

→ Two silver: Women's Scull, Women's Four

→ Bronze: Women's Eight

ATHLETE HIGHLIGHTS AND OLYMPIC SELECTIONS

15 NSW athletes and two NSW coaches were selected onto the 2008 Australian Olympic Rowing Team

→ Dan Noonan (NSWIS)

→ Rod Chisholm (NSWIS)

→ Peter Hardcastle (NSWIS)

→ Amy Ives (NSWIS)

→ Zoe Uphill (NSWIS)

→ Stephen Stewart (NSWIS/AIS)

→ Tom Laurich (NSWIS/AIS)

→ Sam Loch (NSWIS/AIS)

→ James Chapman (NSWIS/AIS)

→ Elizabeth Kell (NSWIS/AIS)

→ Brooke Pratley (NSWIS/AIS)

→ Marty Rabjohns (NSWIS/AIS)

→ Matthew Ryan (NSWIS/AIS)

→ Francis Hegerty (NSWIS/AIS)

→ Terrence Alfred (NSWIS/AIS)

→ Andrew Randell (Coach, NSWIS)

→ Nicholas Garratt (Coach, NSWIS)

Five NSWIS athletes and one coach were selected to the 2008 Australian Team to compete at the 2008 World Rowing Championships (Non Olympic) in Linz, Austria in July 2008.

→ Eight NSWIS athletes and one coach were selected to the 2008 Australian under-23 team to compete in Brandenburg, Germany in July 2008

→ Six NSWIS athletes and two coaches were selected to the Australian Junior rowing team to compete in Linz, Austria in July 2008

2007-08 EAP PROGRESSION TO NSWIS SCHOLARSHIP

Kurt Spencer, James Goswell, Aleksander Berzins, Jacky Peile, Beatrix Sheldrick, Rachael See, Olivia Heath, Ashleigh Peppernell, Matthew Dignan, Ryan Edwards, Edward Clarke, Cameron Girdlestone

AWARDS

→ NSW Rowing Oarswoman of the Year – Bronwen Watson

→ NSW Rowing Oarsman of the Year – Dan Noonan

VENUES

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

PROGRAM PARTNERS

NSW Rowing Association
Rowing Australia



Nick Baxter, Karsten Fosterling and Terrence Alfred Photo by Getty Images

2007-08 ROWING SQUAD

Bronwen Watson, Miranda Bennett, Rod Chisholm, Dan Noonan, Amy Ives, Peter Hardcastle, Zoe Uphill, Renee Kirby, Richard Allsop, James Goswell, Toby Lister, Matthew Dignan, Nicholas Hudson, Elizabeth Kell, Stephen Stewart, Edward Boyce, Edward Clarke, Kurt Spencer, Andrew Conolly, Danjels Reedman, Hugh McLeod, Tom Quilty, Jacky Peile, Ryan Edwards, Rachael See, Beatrix Sheldrick, Ashleigh Peppernell, Olivia Heath, Ian Allsop, Katelyn Gray, Mitchell Estens, Cameron Girdlestone, Justin Quigley, Aleksandar Berzins

2007-08 EAP SQUAD

Thomas Ing, Bede Clarke, David Neuhaus, James Anderson, Matthew Edstein, Alexander Batterby, Kurt Spencer, Toby Ledgerwood, Matthew May, James Kerr, Thomas Warren, Tim Harley, Jason Waddell, Michael Dwyer, Scott Woodward, Karl Schmidt, Tristan O'Hara, Alex Trelor, Chloe O'Regan, Brynne Allen, Kate Darke, Lucy Marshall, Alex Handley, Lauren Sedgman, Alicia Boehm, Emma Costello, Ashleigh Adams, Sophie Coolican, Katherine McKeever, Rachell Norton, Alison Williams, Georgia Separovich, Victoria Orsag, Grace Mitchell, Tessabelle Bartels, Ashleigh Gardoll, Sorelle Bowman, Emma Bechara, Jillian Slee, Renata Dare, Adam De Konning, Georgia Lowe, Andrew Gower, Sarah Handley, Alison Smith

COACHES

Elite Head Coach: Dr Andrew Randell

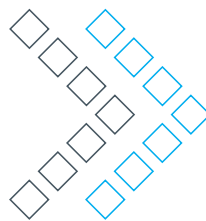
Elite Development Coordinator: Stani Slavova



Fergus Pranell and Nick Baxter
 Photo by Catty Images



winter sports



INTRODUCTION:

The NSWIS Winter Sports Program supports athletes in the disciplines of Alpine, Freestyle Moguls, Cross Country and Snowboard Halfpipe. Through the provision of elite coaching and high performance services, athletes are supported to achieve national and international success.

The program is delivered in partnership with the Olympic Winter Institute of Australia (OWIA), Jindabyne Sport and Recreation Centre (JSRC), NSW Snow Sports and Ski and Snowboard Australia (SSA) and is supported by the ski resorts of Kosciusko Thredbo and Perisher Blue.

The NSWIS Winter Sport Program targets athletes in squad programs for the disciplines of Freestyle Moguls and Snowboard Halfpipe.

Individual scholarships are offered to targeted athletes in the disciplines of Cross Country (with NSW Snow Sports) and Alpine (with OWIA/SSA).

EVENT & ATHLETE HIGHLIGHTS

International:

Freestyle Moguls

- Ramone Cooper: Lake Placid World Cup Freestyle Moguls (eighth);
- Emma Chapman Davies: Europa Cup Engelberg, Sweden (bronze); Europa Cup Chatel, France (fourth); Europa Cup Bad Weissee, Germany (seventh); Europa Cup Shliersee, Germany (seventh); 2008 Europa Cup ranking: eighth
- Sam Hall: Europa Cup, Chatel France (ninth); Swiss – Italian Cup Airolo, Switzerland (bronze)
- Nicole Parks: Swiss – Italian Cup Airolo, Switzerland (gold); Europa Cup, Shliersee Germany (10th)

Cross Country

- Aimee Watson, World Junior Under-23 Championships, Italy U23 Classic: (39th); U23 15km (24th)
- Ben Sim – World Junior Under-23 Championships, Italy U23 Classic: (19th) (first time an Australian has been in top 20 in World Champs) U23 30km (25th); Swiss Championships, Marbach: (fourth)
- Alex Almoukov – Swiss Championships, Marbach (13th)
- Chris Darlington – Continental Cup: (45th)

Alpine

- Jono Brauer: World Cup, Super Combi, Beaver Creek Downhill (equal 18th); Super Slalom (28th); Overall (27th)
- Craig Branch: World Cup, Chamonix (40th and 29th); European Cup, Austria (17th); National Championships (Europe) – top 10 position in all disciplines; National Junior Championships (GBR) (fifth)

Snowboard

- Nathan Johnstone: World Cup Calgary (bronze & 11th); Grand Prix, Killington (sixth); Revolution Tour Minnesota (fifth); Copper Mountain (seventh); Park City (fourth)
- Charlie Steinbacher: Copper Mountain (25th); Park City (28th)
- Sam Murphy: Copper Mountain (28th); Park City (26th)
- Jason Maxfield: Copper Mountain (18th); Park City (37th)

Associate Athletes:

Snowboard

- Torah Bright: US Open, Halfpipe, (gold); National Championships, Canada (gold); Chicken Jam, Halfpipe (silver); World Superpipe Championships, Superpipe (gold);

Nippon Open, Superpipe (gold); X Games, Superpipe (silver); Burton European Open, Superpipe (silver); X Games 13, Superpipe (gold); X Games 13, Slopestyle (ninth); US Open, Slopestyle (silver); US Open, Superpipe (bronze); Roxy Chicken Jam, Superpipe (silver); Roxy Chicken Jam, Slopestyle (bronze); New Zealand Open, Superpipe (gold); TTR World Snowboard (gold); Burton Global Open Series (gold)

Ski Cross

- Jenny Owens: Jeep King of the Mountain overall (bronze); Jeep King of the Mountain – Sun Valley, USW – 2008 (fourth); World Cup – Meringen, SUI – 2008 (fifth); World Cup – Sierra Nevada, SPA – 2008 (eighth); Jeep King of the Mountain – Squaw Valley, USA – 2008 (sixth); World Cup – Deep Valley, USA – 2008 (13th); Winter X Games – Aspen, USA – 2008 (sixth); World Cup – Kreischberg, AUT – 2008 (bronze); World Cup – Flain, FRA – 2008 (silver); World Cup – Les Contamines, FRA – 2008 (12th); Airwaves – Tignes, FRA – 2008 (seventh); Jeep King of the Mountain – Telluride, USA – 2007 (fifth); Ranking (07/08) fifth in world; seventh in World Cup overall; first in Australia

National:

Freestyle Moguls

- Abom Mogul Challenge, Mt Buller: Ramone Cooper, (first Australian) (silver); Rob Lovick, (second Australian) (bronze); Rohan Chapman Davies (fifth); Matthew Graham (junior – gold); Nicole Parks (fifth) (second Australian)
- Australian Freestyle Mogul Championships: Ramone Cooper (silver) (first Australian); David Graham (eighth) (second Australian); Rohan Chapman Davies (11th) (third Australian); Nicole Parks (fifth) (first Australian); Matthew Graham, Youth Men's Champion

Cross Country

- Australian/New Zealand Championships, Australia: Aimee

Watson (fourth), Ben Sim (silver), Chris Darlington (fifth), Alex Almoukov (12th)

- Australian Sprint and Junior Championships, Perisher Open: Aimee Watson (silver), Ben Sim (silver), Chris Darlington (bronze), Alex Almoukov (fifth); Junior: Aimee Watson (gold), Alex Almoukov (silver)
- Kangaroo Hoppet, Falls Creek: Ben Sim (silver), Chris Darlington (fifth)

Snowboard

- Nathan Johnstone, gold, overall Junior Snowboard Series of Events; highest placed Australian Athlete in the Burton Australian Open.

AWARDS

2007-08 SSA/ OWIA AWARDS NIGHT

- Nathan Johnstone, Snowboarder of the Year and overall Junior Athlete of the Year
- Ben Alexander, Development Coach of the Year
- Torah Bright, Snowboard Athlete of the Year
- Ramone Cooper, Junior Freestyle Athlete of the Year
- Ben Sim, Cross Country Athlete of the Year
- Alex Almoukov, Junior Cross Country Athlete of the Year
- Craig Branch, Alpine Athlete of the Year
- Jenny Owens, Outstanding Achievement Award in the discipline of Alpine/ Skier Cross
- Aimee Watson, Outstanding Achievement Award in the discipline of Cross Country
- Nick Almoukov, Cross Country Coach of the Year

VENUES

Perisher Blue Resort
Kosciusko Thredbo
Jindabyne Sport and Recreation Centre

PROGRAM PARTNERS

Olympic Winter Institute of Australia (OWIA)
Ski and Snowboard Australia (SSA)
NSW Snow Sports Association
Jindabyne Sport and Recreation Centre
Perisher Blue Pty Ltd
Kosciusko Thredbo Pty Ltd



Jenny Owens Photo by Getty Images

2007-08 SQUADS**FREESTYLE MOGULS**

Ramone Cooper, Sam Hall, David Graham, Hugh Norton, Rohan Chapman-Davies, Emma Chapman-Davies, Nicole Parks, Katie Blamey, Robert Lovick, Matthew Graham

SNOWBOARD

Nathan Johnstone, Sam Murphy, Charlie Steinbacher, Jason Maxfield, Matthew Hunter, Jarryd Williams, Holly Crawford, Torah Bright, Hanna Trigger, Damon Hayler

CROSS COUNTRY

Ben Sim, Alex Almoukov, Aimee Watson, Chris Darlington

ALPINE

Jono Brauer, Craig Branch

SKIER CROSS

Jenny Owens

2007-08 EAP SQUAD

Freestyle Moguls
Matthew Graham, Hamish Cox,
Brittney Cox
Taylah Paige O'Neill

COACHES

Head Coach (Freestyle Moguls): Peter Topalovic

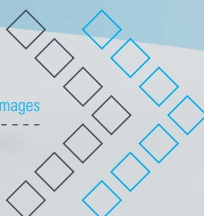
Head Coach (Snowboard): Ben Alexander

Head Coach (Cross Country): Nick Almoukov

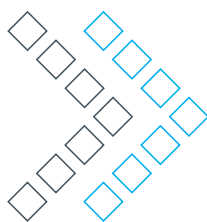
Coach Coordinator: Peter Topalovic



Torah Bright Photo by Getty Images



sailing



INTRODUCTION:

The NSWIS Sailing Program targets athletes who are identified elite athletes in Olympic and Paralympic classes who are eligible for Australian Sailing Team or Australian Sailing Development Squad selection; and identified elite development athletes (including ISAF World Youth Championship athletes).

Through the provision of world class coaching, competition opportunities and elite services, athletes are assisted in their quest for success at major national and international championships.

EVENT HIGHLIGHTS

International:

- 2007 ISAF World Sailing Championships, 15 athletes (two gold, two bronze)
- Qingdao International Regatta, 14 athletes (one gold, one silver, one bronze)
- 2008 49er World Championships, two athletes (gold)
- 2007 Volvo Youth Sailing ISAF World Championships, seven athletes (one gold, two bronze)
- 2008 470 Men's World Championships, two athletes (fifth)
- 2008 Laser World Championships, four athletes (gold)
- 2008 Yngling World Championships, two athletes (silver)
- 2008 Tornado World Championships, one athlete (gold)

National

- 2008 29er Australian Championships, six athletes – Nick Peate and Rhys Mara (fourth)
- Australian Laser Championships, seven athletes, Tom Slingsby (gold)
- Australian Youth Championships, four athletes (two golds, one silver)

Tom Slingsby Photo by Getty Images

ATHLETE HIGHLIGHTS AND OLYMPIC SELECTIONS

- Tom Slingsby was crowned World Champion at the 2007 World Sailing Championships
- Malcolm Page and Nathan Wilmot were crowned World Champions at the 2007 World Sailing Championships
- Nathan Outteridge and Ben Austin were crowned World Champions at the 2008 49er World Championships
- Tom Slingsby was crowned World Champion when he won the 2008 Laser World Championships
- Darren Bundock and his partner Glenn Ashby (VIC) were crowned World Champions when they won the 2008 Tornado World Championships
- Karyn Gojnick and Angela Farrell won a silver medal at the 2008 Yngling World Championships
- Gabrielle King won the Youth Women category at the 2008 Laser Radial World Championships
- Gabrielle King was Junior World Champion in the Laser Radial class at the 2007 Volvo Youth Sailing ISAF World Championships. Bronze medals from Hannah Nattrass and Michelle Muller (29er) and Michael McCormick and Jason Waterhouse (Hobie) contributed to Australia winning the Volvo Trophy as the best performing Nation.
- Seven athletes were selected to the Australian Youth Sailing Team to compete at the 2008 Youth Sailing ISAF World Championships, Larry Cargill was named coach and Kristen Kosmala named Team Manager.
- 12 athletes selected to the 2008 Olympic Team: Ben Austin & Nathan Outteridge (49er), Nathan Wilmot & Malcolm Page (470), Darren Bundock (Tornado), Karyn Gojnick and Angela Farrell (Yngling), Tom Slingsby (Laser), Jessica Crisp (RS:X), Iain

Murray and Andrew Palfrey (Star),
Anthony Nossiter (Finn)

2007-08 EAP PROGRESSION TO NSWIS SCHOLARSHIP

Rhys Mara
Nick Peate
Tom Burton

AWARDS

- Tom Slingsby, Winner, Male Athlete of the Year, NSWIS 2007 Annual Awards
- Nathan Wilmot and Malcolm Page, Winner, Small Team of the Year, NSWIS 2007 Annual Awards

VENUES

Middle Harbour Yacht Club

PROGRAM PARTNERS

Yachting NSW
Yachting Australia



2007-08 SAILING SQUAD

Ben Austin, Scott Babbage, Nicky Bethwaite, Michael Blackburn, Tom Brewer, Ashley Brunning, Darren Bundock, James Burman, Tom Burton, Joshua Chant, Jessica Crisp, Lisa Darmanin, Angela Farrell, Karyn Gojnich, Alisha Kawalla, Gabrielle King, Michael Lancey, Kyle Langford, Sam Mackay, Rhys Mara, Michael McCormick, Michelle Muller, Iain Murray, Jye Murray, Hannah Natrass, Anthony Nossiter, David O'Connor, Nathan Outteridge, Nick Peate, Malcolm Page, Andrew Palfrey, Will Ryan, Alison Shreeve, Tom Slingsby, Evan Walker, Jason Waterhouse, Byron White, Nathan Wilmot

2007-08 EAP SQUAD

Haley Outteridge, Elizabeth Dallen

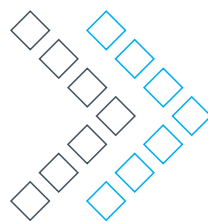
COACHES

Erik Stibbe, Larry Cargill, Traks Gordon, Jenny Armstrong, Lars Kleppich, Kristen Kosmala



Angella Farrell, Karyn Gojnich and Nicky Bethwaite
Photo by Gary Briggs

baseball



INTRODUCTION

The Baseball Program caters for junior athletes seeking US Major League or US College contracts.

The Program also supports national junior teams and operates from Blacktown Olympic Park.

For representative teams the Program targets athletes who show the potential to gain representative honours at AA (under-16) or AAA (under-18) levels of competition.

A maximum of 35 athletes between 16 to 20 years of age are selected to the Baseball Program annually.

EVENT HIGHLIGHTS

International:

- Four former NSWIS athletes played in the major leagues: Richard Thompson (Anaheim Angels), Chris Snelling (Philadelphia Phillies), Grant Balfour (Tampa Bay Rays), Ryan Rowland-Smith (Seattle Mariners)
- Seven athletes signed professional contracts with Major League teams in the USA and Canada: Jason Rees (New York Yankees), Adam Spencer (Chicago Cubs), David Kandilas (Colorado Rockies), Alessio Angelucci (San Diego Padres), Tim Stanford (Texas Rangers), Todd Van Steensel (Philadelphia Phillies), Boss Moanaroa (Boston Red Sox)
- Australian Team: 2007 AA Oceania Championships: Nine athletes: Mason Curtis, Josh Goldsmith, Scott Harrison, Alex Howe, Travis McDonald, Mathew Smith, Ryan Tansley, Todd Van Steensel, Michael Vine

National:

- 15 athletes were part of the NSW team at the 2008 under-19 National Championships (silver)
- Seven athletes were part of the NSW team at the 2008 under-17 National Championships (bronze)
- 17 athletes were selected to attend the MLBAAP

VENUES

Blacktown Olympic Park
Blacktown Indoor Centre
Wauchope Baseball Field

PROGRAM PARTNERS

Baseball NSW
Australian Baseball Federation

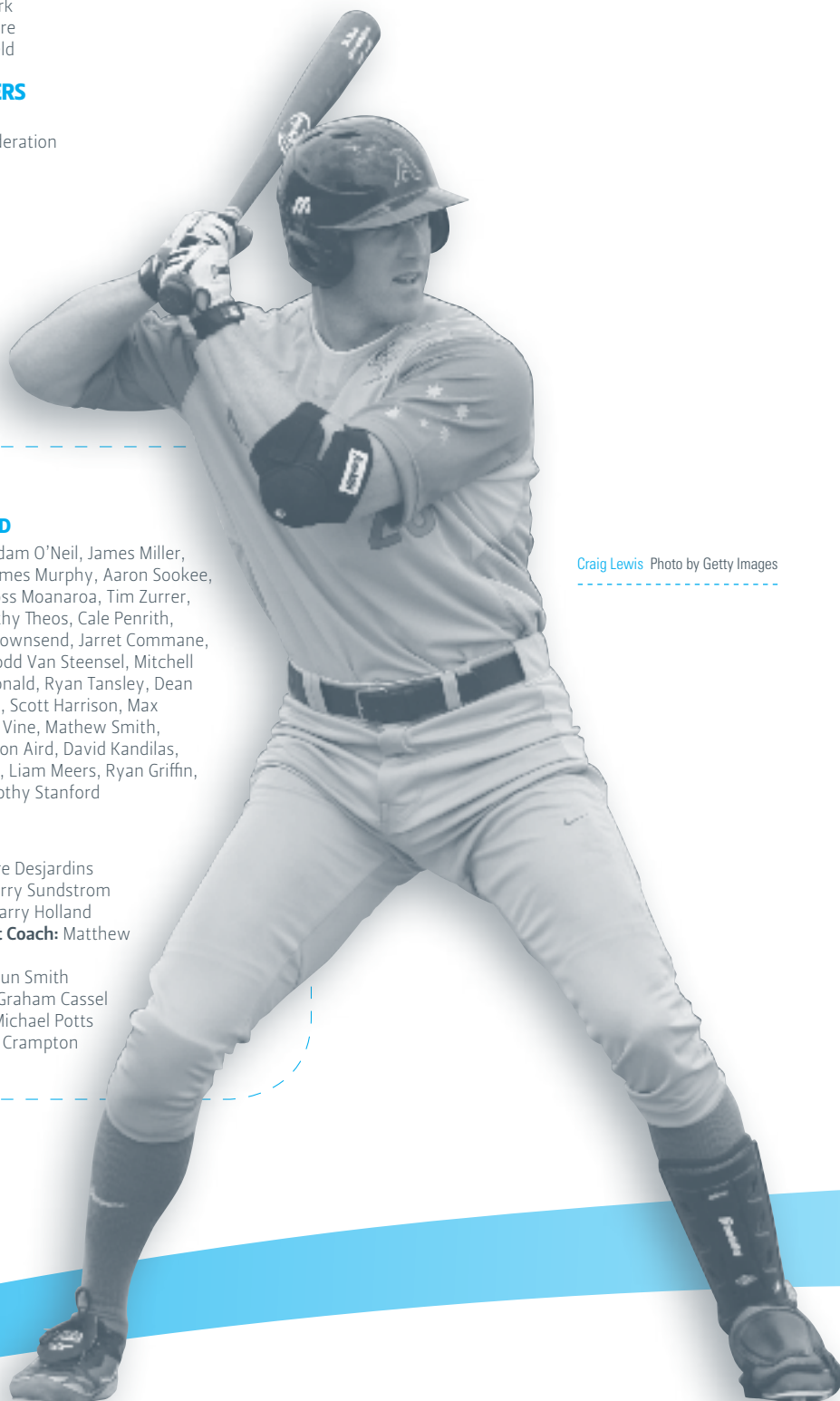
2007-08 SQUAD

Adam Spencer, Adam O'Neil, James Miller, Ryan Falconer, James Murphy, Aaron Sookee, Stephen Hook, Boss Moanaroa, Tim Zurrer, Scott Cone, Timothy Theos, Cale Penrith, Jarrod Saul, Joel Townsend, Jarret Commene, Jarryd Sullivan, Todd Van Steensel, Mitchell Bray, Travis McDonald, Ryan Tansley, Dean Hazell, Alex Howe, Scott Harrison, Max Brennen, Michael Vine, Mathew Smith, Mason Curtis, Byron Aird, David Kandilas, Joshua Goldsmith, Liam Meers, Ryan Griffin, Adam Howe, Timothy Stanford

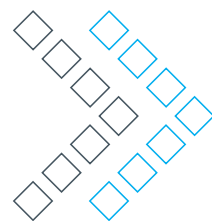
COACHES

Head Coach: Andre Desjardins
Batting Coach: Barry Sundstrom
Pitching Coach: Barry Holland
Pitching Assistant Coach: Matthew Sandstrum
Infield Coach: Shaun Smith
Assistant Coach: Graham Cassel
Regional Coach: Michael Potts
Psychology: John Crampton

Craig Lewis Photo by Getty Images



basketball



2007-08 BASKETBALL SQUAD

Gold: Anatoly Bose, Kristen Barnes, Josh Black, Angus Brant, Paul Brotherson, Teagan Burke, Greg Chaplin, Daniel Cinelli, Joshua Clifford, Dominique Cooks, Joshua Duinker, Talor Goodall, Ben Hollis, Michelle Joy, Sophie Kleeman, Molly Lewis, Jessica Mansell, Blake McGrath, Razz Muir, Sean Mullan, Reece Murphy, Maddy Plunkett, Brad Simpson, Steven White, Tom Wright

Silver: Jackson Aldridge, Jason Cadee, Lauren Davidson, Matt Dick, Nicole How, Ashleigh Karatiana, Cassandra Mangos, Kate Oliver, Ashley Thomas, Amelia Todhunter

Associate: Kelly Gentle, Sarah Bradley, Alison Bourne, Kaia Parnaby, Monique Miller, Kyira Cox, Rachael Zucchetti, Ashlee Pobjie, Stacey McManus, Renee Gloss, Ashleigh Deen

Associate: Kevin White

2007-08 WHEELCHAIR BASKETBALL SQUAD

Full Scholarships: Brendan Dowler, Kylie Gauci, Katie Hill, Tristan Knowles, Bill Latham, Tina McKenzie, Grant Mizens, Troy Sachs, Darren Skuse, Sarah Stewart, Brett Stibners, Liesl Tesch

COACHES

Head Coach: Damian Cotter (from Sept 07)

Assistant Coach: Gerry Hewson

Network Coaches: Ben Osborne, Tim Mallon, Paul Masters, Peter Lonergan

INTRODUCTION

The NSWIS Basketball Program is an integrated program that caters for elite development able-bodied athletes and elite wheelchair athletes.

The basketball component aims to develop the skills of able-bodied athletes to enhance their opportunities for state and national team/squad selection. It targets athletes aged 15 to 20 who are targeted for under-17 and under -19 national team representation or those identified as WNBL or NBL development squad athletes.

The wheelchair component aims to increase the success and improve the individual performances of athletes at open national and international competitions and events. It targets athletes who are identified in senior national squads. The NSWIS is the only SIS/SAS to support a wheelchair basketball program.

EVENT HIGHLIGHTS

International:

Wheelchair Men:

→ Good Luck Games Beijing, January (silver) (five athletes)

→ Four Nations, May (silver) (six athletes)

→ North American Cup, June (bronze) (six athletes)

Wheelchair Women:

→ Osaka Cup, February (silver) (five athletes)

→ Joseph F Little Cup, June (bronze) (five athletes)

→ North American Cup, June (fourth) (five athletes)

National:

→ Basketball Under-20 Women's NSW (fourth) (five athletes)

ATHLETE HIGHLIGHTS AND OLYMPIC SELECTIONS

→ Brett Stibners, Troy Sachs, Brendan Dowler, Tristan Knowles, Grant Mizens, Kylie Gauci, Katie Hill, Tina McKenzie, Sarah Stewart and Liesl Tesch selected to Paralympic Team

→ Three athletes offered scholarships to US colleges (Reece Murphy, Angus Brandt and Paul Brotherson)

→ Brad Simpson selected to under-19 National Team to play in the William Jones Cup in Taiwan (July 08)

→ Three NSWIS athletes selected to attend 2011 focused junior national camp (Jackson Aldridge, Cassandra Mangos, Ashleigh Karatiana)

→ Kristen Barnes selected to 2008 WNBL Flames squad

→ Two athletes progressed to AIS scholarships (Kate Oliver and Michelle Joy)

2007-08 EAP PROGRESSION TO NSWIS SCHOLARSHIP

Daniel Cinelli
Michelle Joy
Sophie Kleeman

VENUES

Auburn Basketball Centre
Maitland Basketball Stadium
University of Wollongong
St Josephs College
King George V Recreation Centre
Sydney University Sports

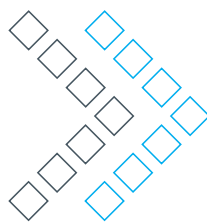
PROGRAM PARTNERS

Basketball NSW
Basketball Australia
Wheelchair Sports NSW



Troy Sachs Photo by Getty Images

bowls



INTRODUCTION

The NSWIS Bowls Program prepares nationally identified senior athletes for international success and develops identified under-25 athletes for open and under-25 international, national and state competitions. It provides centrally-based training opportunities for regional and metropolitan athletes through camps.

The Program caters for both metropolitan and regional athletes and is delivered through centralised camps operating primarily from the Roselands Bowling Club. Up to 26 scholarships are offered on an annual basis, starting February 1 each year.

EVENT HIGHLIGHTS

International:

- World Championships (New Zealand): Women's Fours, Karen Murphy (gold); Women's Pairs, Karen Murphy (bronze); Men's Singles, Aron Sherriff (silver); Men's Pairs, Aron Sherriff (bronze); Men's Fours, Wayne Turley (silver); Men's Fours, Bill Cornehl (silver)
- World Junior Cup: Men's Singles Under-25 World Cup, Aron Sherriff (gold); Women's Singles Under-25 World Cup, Melanie Macaulay (gold)

National:

- Queensland Open Grand Prix 2007: Men's Open Fours, David Ferguson, Chris Green, Zeljko Trbara and Jessie McKenzie (gold); Women's Fours, Melanie Macaulay and Karen Murphy (gold); Women's Triples, Sharyn Renshaw and Claire Duke (gold)
- Australian Indoor Singles Championship: Women's Singles, Karen Murphy (gold)
- Traveler NSW Open 2007 Grand Prix: NSW Open Women's Triples, Katrina Wright (gold); NSW Open Women's Pairs, Sharyn Renshaw and Claire Duke (gold)
- New Zealand Open Grand Prix 2007: NZ Open Women's GP Singles, Sharyn Renshaw (gold); NZ Open Women's GP Fours, Sharyn Renshaw (gold); NZ Open Men's GP Pairs, Wayne Turley (gold)
- Australian Open Championship 2008: Men's Singles, Leif Selby (gold); Women's Triples, Katrina Wright (gold)

AWARDS

Wayne Turley – Finalist – Team Athlete of the Year (Small) – 2007 NSWIS Annual Awards
Bowls – Finalist – Program of the Year – 2007 NSWIS Annual Awards

VENUES

Roselands Bowling Club

PROGRAM PARTNERS

Bowls Australia
Royal NSW Bowling Association
NSW Women's Bowling Association

Sharyn Renshaw Photo by Getty Images



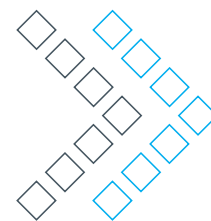
2007-08 SQUAD

Mark Berghofer, Scott Caundle, Bill Cornehl, Claire Duke, David Ferguson, Chris Green, Larissa Guthrie, Carl Healey, Chris Herden, Blake Hopper, Alyssa Hyland, Arleen Jeffery, Melanie Macaulay, Jesse McKenzie, Alan McMaster, Matthew Miles, Lisa Mitchell, Karen Murphy, Sharyn Renshaw, Maria Rigby, Sarah Rumble, Leif Selby, Aron Sherriff, Matthew Smith, Morgan Solman, Zeljko Trbara, Wayne Turley, Anne Johns (nee Watson), Katrina Wright, Ben Walsh

COACHES

Head Coach: Cameron Curtis
Assistant Coach: Geoff Campbell

canoe slalom



2007-08 CANOE SLALOM SQUAD

NSWIS Gold/AIS: Anthony Brown, Matthew Gabb, Katrina Lawrence, Sam Lyons, Lachlan Milne, William Forsythe, Louise Natoli, Robert Parker, Jacqui Lawrence, Ian Burrows
NSWIS Bronze: Rosalyn Lawrence, Joashua Williams, Ben Jones, Natasha Jones, Ethan Hodson, Ben Horlyck, Joey Croft, Ashleigh Logan
NSWIS Associate: Katie Etheridge, Karl Hageman, Amanda Pain

2007-08 EAP SQUAD

Gage Harrison, Ben Horlyck, Alison Borrows, Emmie Barratt, Ashleigh Logan, Maddy Toms, Ben Miller, Jonathan Davis, Phil Kennedy, Jessica Fox, Alison Borrows, Lydia Toms, Reilly Edwards, Callum Leahy, Jarrad Clemenson

COACHES

Head Coach: Zlatan Ibrahimbegovic

INTRODUCTION

The NSWIS Canoe Slalom Program is a joint venture between the AIS, NSWIS and Australian Canoeing Inc. that allows NSWIS athletes to train from the Slalom Canoe/Kayak National Centre of Excellence (NCE) at Penrith Whitewater Stadium.

The Program targets athletes at an international, national and development level.

NSWIS offers athletes access to quality coaching services and facility as part of their scholarship.

A maximum of 20 athletes can be accommodated within the program, with athletes inducted in April annually.

EVENT HIGHLIGHTS

International:

- 2007 China Open, Men's K1, Sam Lyons (silver)
- 2007 World Championships, Foz do Iguaçu, Brazil, Women's K1, qualified boat for Olympics, Kate Lawrence
- 2008 World Cup 1, Prague, Czech Republic, Men's C2, Lachlan Milne (seventh)
- 2008 World Cup 2, Tacen, Slovenia, Women's K1, Kate Lawrence (10th)

National:

- 2008 Oceania Championships, Penrith Australia:
- Men's C2, qualified boat for Olympics, Lachlan Milne (bronze)
- Men's K1, William Forsyth (fourth)

- Men's K1, Anthony Brown (sixth)
- Women's K1, Jacqui Lawrence (fourth)
- Women's K1, Kate Lawrence (fifth)
- Women's K1, Louise Natoli (seventh)

ATHLETE HIGHLIGHTS AND OLYMPIC SELECTIONS

- 2008 Australian Olympic Team: Lachlan Milne (Men's C2), Jacqui Lawrence (Women's K1)

2007/08 EAP PROGRESSION TO NSWIS SCHOLARSHIP

Ben Horlyck
Ashleigh Logan

AWARDS

- Lachlan Milne, Winner, Lawler Partners Career Development Award, 2007 NSWIS Awards
- Katrina Lawrence, Winner, University of Sydney Academic Excellence, 2007 NSWIS Awards
- Lachlan Milne, Winner, Vocational Achievement Award, 2007 AIS Athlete & Coach Awards

VENUES

Penrith Whitewater Stadium

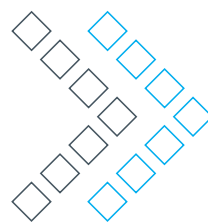
PROGRAM PARTNERS

Australian Canoeing
Australian Institute of Sport

Lachlan Milne (left) Photo by Getty Images



canoe sprint



INTRODUCTION

The NSWIS Canoe Sprint Program has both an elite and emerging athlete component. It is a decentralised program delivered through NSW home-based locations and the National Centre of Excellence (NCE) – Australian Institute of Sport (AIS) facility at Robina, Gold Coast. The NCE is a unique partnership between Australian Canoeing Inc, the Australian Institute of Sport and Queensland Academy of Sport.

Athletes competing at international, national and emerging development level are provided with opportunities through the Program.

EVENT HIGHLIGHTS

- 2007 World Championships, Duisburg, Germany: Women's K4 500m, qualified for the Olympics, Chantal Meek (sixth); Men's K4 1000m, qualified for the Olympics, Luke Michael, David Smith and Tony Schumacher (11th); Women's K2 500m, Paula Harvey (15th)
- 2007 Junior World Championships, Rasice, Czech Republic: Women's K4 500m, Lauren Smith (11th)
- 2007 Under-23 – Bochum and Bydgoszcz Regattas: Men's K1 1000m, Murray Stewart (silver); Women's K2 500m, Joanne Brigden Jones (silver); Women's K1 500m, Joanne Brigden Jones (fourth)
- 2008 World Cup 3, Poznan, Poland: Men's K4 1000m, David Smith & Tony Schumacher (silver); Women's K4 1000m, Jo Brigden-Jones (bronze)
- 2008 World Cup 2, Duisburg, Germany: Women's K4 500m, Chantal Meek (fourth); Men's K4 1000m, David Smith, Tony Schumacher (bronze)
- 2008 World Cup 1: Women's K4 500m, Chantal Meek (fifth)
- 2008 Bochum (Germany) under-23 regatta: Joanne Brigden-Jones: K1 500m (gold), K2 500m (silver); Murray Stewart: K1 500m (gold), 1000m (silver), K4 1000m (bronze).

ATHLETE HIGHLIGHTS AND OLYMPIC SELECTIONS

- Australian Olympic Team: Torsten Lachmann, Chantal Meek, David Smith and Tony Schumacher

→ Chantal Meek: (third on point score) National Results: K1 500m (gold), K2 500m (silver), K4 500m (gold), Trials # 2: K1 500m (gold), Trials # 3: K1 500m (eighth)

→ David Smith: (third on point score), National Results: B final K1 1000m, K2 1000m (gold), K4 1000m (gold), Trials #2: K1 1000m (eighth), K1 500m (fourth)

→ Tony Schumacher: (fifth on point score), National Results: semi-final K2 1000m, K4 1000m (gold), Trials #2: K1 1000m (eighth), K1 500m (fourth)

→ Luke Michael – (sixth on point score), National Results: K4 1000m (gold), Trials # 2: K1 1000m (ninth), K1 500m (sixth)

→ David Rhodes – (eighth on point score), National Results: K1 1000m (sixth), K1 500m (seventh), K2 1000m (sixth), K4 1000m (bronze), Trials #2: K1 1000m (fifth), K1 500m (ninth)

→ Paula Harvey – (eighth on point score), National Results: K4 500m (silver), Trials #2: K1 500m (ninth), Trials #3: K1 500m (seventh)

→ Shelley Oates-Wilding: (equal 5th on point score), National Results: K1 500m (fifth), K2 500m (fourth), K4 500m (silver), Trials # 2: K1 500m (fifth), Trials #3: K1 500m (silver)

→ Yanda Nossiter: National Results: K2 500m (fourth), K4 500m (silver)

→ Jake Michael: National Results: K4 1000m (silver)

→ Amanda Rankin: National Results: K4 500m (bronze)

→ Joanne Brigden-Jones – (equal fifth on point score), National Results: K1 500m (bronze), K4 500m (bronze), Trials #2: K1 500m (fourth), Trials #3: K1 500m (gold)

→ Haydn Boon (Junior): Selected to his fourth National Junior team, National Results: K1 200m (gold), K1 500m (silver), K1 1000m (silver).

→ Lauren Smith (Junior): Selected to National Junior team, National Results: K1 500m (silver), K1 1000m (silver), K2 500m (gold), K2 1000m (gold)

→ Guy Wilding: Selected as 2007 and 2008 Under-23 National Head Coach

- Ben Hutchings: Selected as 2007 and 2008 Senior National Men's Coach (including World Cups and Olympic Games)

VENUES

Sydney International Regatta Centre
Australian Institute of Sport Sprint
Canoe Facility, Robina Queensland

PROGRAM PARTNERS

NSW Canoeing
Australian Canoeing
Australian Institute of Sport
Queensland Academy of Sport

2007-08 CANOE-SPRINT SQUAD

NSWIS Gold/AIS: Chantal Meek, Tony Schumacher, David Smith, Torsten Lachmann, Paula Harvey, David Rhodes, Luke Michael, Jake Michael, Joanne Brigden-Jones, Murray Stewart, Tate Smith

NSWIS Silver/AIS: Shelley Oates-Wilding, Yanda Nossiter

NSWIS Silver: Steve Burns, Tim Jacobs

NSWIS Bronze: Lauren Smith, Dean Blanche, Nigel Hoscke, Amanda Rankin, Chris Sirote, Haydn Boon, Nick Holt

EAP: Oliver Dunstan, Alex Buckton, Elyse Yardley, Mark Farrugia

COACHES

Elite & EAP Coordinating Coach: Guy Wilding

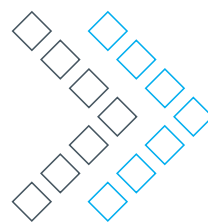
NCE & Network Coach: Ben Hutchings

Network Coach: Jim Walker

Paula Harvey and Shelley Oates-Wilding
Photo by NSWIS



cricket



2007-08 SQUAD – WOMEN'S FULL SCHOLARSHIPS

Jessica Cox, Ashleigh Corby, Sarah Coyte, Rhiannon Dick, Emma Doutreband, Ashleigh Endacott, Hannah Grady, Melissa Harrison, Alyssa Healy, Samantha Hinton, Alex Julien, Rachel Kent, Claire Koski, Corinne Loader, Brodie Neems, Alicia Newton, Erin Osborne, Melissa Penman, Hannah Perry, Angela Reakes, Emma Thompson, Jessica Toomey, Gizelle Van Der Merwe, Kate Waetford, Amy Wallace, Morgan Wilczynski, Rebecca Wyborn

COACHES

Head Coach – Women: Kerry Marshall

2007-08 SQUAD – MEN'S ASSOCIATE SCHOLARSHIPS

Aaron Bird, Doug Bollinger, Nathan Bracken, Mark Cameron, Beau Casson, Stuart Clark, Michael Clarke, Tom Cooper, Edward Cowan, Scott Coyte, Peter Forrest, Brad Haddin, Nathan Hauritz, Moises Henriques, Phillip Hughes, Philip Jacques, Simon Katich, Usman Khawaja, Grant Lambert, Timothy Lang, Stuart McGill, Greg Mail, Matthew Nicholson, Aaron O'Brien, Stephen O'Keefe, Martin Paskal, Ben Rohrer, Craig Simmons, Daniel Smith, Steven Smith, Dominic Thornley, David Warner

INTRODUCTION

There are both men's and women's cricket programs at the NSWIS.

The NSWIS Women's Cricket Program aims to develop the skill level of scholarship athletes enhancing opportunities for selection into the NSW 'A' team, the NSW Breakers team as well as national teams/squads. It is designed to increase the level of success of those athletes at open or under age national and international competition and events.

The NSWIS Women's Cricket Program targets under-19 athletes from metropolitan and regional areas who have been identified as under-19 NSW squad members by Cricket NSW are the target athlete group for this program.

The NSWIS provides preseason support to the SpeedBlitz Blues Men's squad. A maximum of 35 SpeedBlitz Blues squad athletes, as selected by Cricket NSW, are supported by NSWIS as Associate Scholarship holders.

EVENT HIGHLIGHTS

National:

Women's 2007/08 Australian U19 Championships – (gold – five athletes)

ATHLETE HIGHLIGHTS

- Winner – 2007 NSWIS Awards – Junior Athlete of the Year – Ellyse Perry (2007 graduate)
- Finalist – 2007 NSWIS Awards – Team Athlete of the Year – Large – Ellyse Perry (2007 graduate)
- Finalist – 2007 NSWIS Awards – Most Memorable Moment – Ellyse Perry (2007 graduate)
- 2007-08 Australian U19 Championships Top batter 1st – 219 @ 73.00 HS 132 Alyssa Healy
- 2007-08 Australian U19 Championships Top bowlers 1st – 12 @ 8.25 BB 6/9 Ashleigh Endacott
- 2007-08 Australian U19 Championships Top fielders 2nd – 6 (4ct/2st) Alyssa Healy

Michael Clarke Photo by Getty Images

- 2007-08 Australian U19 Championships 4 athletes names in Team of the Championship:
 - Ashleigh Endacott (NSW)
 - Alyssa Healy (NSW)
 - Samantha Hinton (NSW)
 - Erin Osborne (NSW)

VENUES

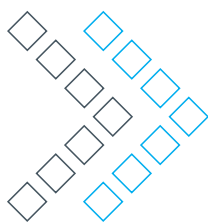
Sydney Cricket Ground

PROGRAM PARTNERS

Cricket NSW



diving



Alex Croak Photo by Getty images



INTRODUCTION

The NSWIS Diving Program is one of the most exciting and innovative sports programs in Australia.

The Program targets athletes who are members of Diving Australia National teams or squads, identified emerging athletes and Talent Transfer athletes. The highly successful Head Coach Chava Sobrino is world renowned for his highly developed technical programs.

EVENT HIGHLIGHTS

International:

FINA Diving World Cup – Beijing, CHN (19th–25th February, 2008)

→ Matthew Mitcham, Men's 10m (fifth)

FINA Diving Grand Prix – Shenzhen, CHN (29th February – 2nd March, 2008)

→ Matthew Mitcham, Men's 3m, 10m (two bronze)

→ Alexandra Croak, Women's Platform (fourth)

FINA Diving Grand Prix – Montreal, CAN (1st – 4th May, 2008)

→ Matthew Mitcham, Men's 3m, 10m (fourth/fifth)

→ Alexandra Croak, Women's Platform (sixth)

→ FINA Diving Grand Prix – Fort Lauderdale, USA (8th – 11th May, 2008)

→ Matthew Mitcham, Men's 10m (gold)

FINA Diving Grand Prix – Rostock, GER (13th – 15th June, 2008)

→ Matthew Mitcham, Men's 10m (silver)

→ Alexandra Croak, Women's Platform (sixth)

National:

2008 Australian Open Championships, Hobart (11th – 13th January, 2008)

→ Matthew Mitcham won three National Titles (1m, 3m and 10m Platform). This is the first time that all three events have been won by the same diver in 14 years. He is only the fourth diver to achieve this.

→ Alexandra Croak won the Women's 1m springboard and placed fourth in the Platform event.

2007 Junior Elite National Championships (10th – 12th July, 2007)

→ Olivia Wright, Junior A (1m, 3m, Platform) (gold/silver/bronze)

2008 Olympic Diving Trials (11th – 13th April, 2008)

→ Matthew Mitcham secured gold in both the Men's Platform event and 3m springboard.

→ Alexandra Croak secured silver in the Women's Platform event.

ATHLETE HIGHLIGHTS AND OLYMPIC SELECTIONS

→ Alexandra Croak selected to 2008 Australian Olympic Team for Women's Platform. She will be only the 13th Australian athlete to represent Australia in two different sports at the Olympic Games (Gymnastics 2000, Diving 2008)

→ Matthew Mitcham selected to 2008 Australian Olympic Team for Men's 3 metre springboard and Men's Platform events.

2007–08 EAP PROGRESSION TO NSWIS SCHOLARSHIP

Rhiannon Iffland, Beth Alexander, Josiah Purss

AWARDS

→ Alexandra Croak, Sydney University Vice Chancellors Scholarship

→ Alexandra Croak, 2007 NSW Diver of the Year

Matthew Mitcham was presented with three separate awards at the FINA Grand Prix – North America in May 2008:

→ Dive of the Meet

→ Performance of the Meet

→ "Ikarus" Award from the Swimming Hall of Fame

VENUES

Sydney Olympic Park Aquatic Centre

PROGRAM PARTNERS

Diving NSW
Diving Australia

2007–08 DIVING SQUAD

Matthew Mitcham, Alexandra Croak, Rhiannon Iffland, Beth Alexander, Josiah Purss, Catriona Luxford, Gemma Allinson, Thomas Rickards, Peter Hill, Olivia Wright, Kathryn Blackshaw, Jasmine Considine

2007–08 EAP SQUAD

Bianca Bratton, Grace Rowe, Angus Colloff, Nicole Foo

COACHES

Head Coach: Chava Sobrino

Assistant Coach: Rebecca Manuel

Junior Coach: Thomas Rickards

equestrian



2007-08 EQUESTRIAN SQUAD

Eventing

Emma Armstrong, Craig Barrett, Olivia Bunn, Christopher Burton, Hamish Cargill, Ali Foye, Claudia Graham, Andrew Hoy, Jessica Mitchell, Robert Palm, Rebel Morrow, Boyd Martin, Shane Rose, Heath Ryan, Matt Ryan, Peter Gillis, Paul Tapner, Stuart Tinney, Ryan Wood

Dressage

Matthew Dowsley, Sue Hearn, Kristy Oatley, Rozzie Ryan, Rachael Sanna

Showjumping

Edwina Alexander, Paul Athanasoff, Rod Brown, Chris Chugg, David Robertson, Vicki Roycroft, George Sanna

2007-08 EQUESTRIAN EAP SQUAD

Lauren Balcombe, Emma Hoath, Clinton van der Sanden

COACHES

Wayne Roycroft, Sam Lyle, Prue Barrett (ASC Scholarship Coach) Craig Barrett, Rod Brown, Gilbert Bockmann

INTRODUCTION

The NSWIS Equestrian Program is the only state institute/academy equestrian program to provide year round servicing to athletes.

The Program supports athletes in the disciplines of eventing, dressage and show jumping. Any NSW based horse and rider combination on the National Elite Squad is eligible for NSWIS scholarship selection. Remaining scholarships may be filled by NSW based riders on the National A squad.

The Equestrian Program uses the Sydney International Equestrian Centre (SIEC) to conduct specialised skills clinics, providing NSWIS athletes with a world-class Olympic venue for training and competition.

The NSWIS is the only State Institute/ Academy of Sport to have an Equestrian Program and therefore a strong relationship has been developed with the national body.

The outbreak of Equine Influenza in August 2007 had a major impact on Equestrian sport in Australia. With horse transport prohibited, all domestic competitions were cancelled, including the Australian International, a 4 star event held in Adelaide, which was also a major selection event for the 2008 Olympic Games. All training and competition came to a standstill, seriously jeopardising the ability

of Australian based riders to make Olympic qualification. Not to mention the financial strain this placed on coaches, riders and their associated businesses.

When restricted horse transport resumed in January 2008, many Australian based riders went overseas to compete in events to achieve Olympic selection.

EVENT HIGHLIGHTS

International:

→ Melbourne International Three Day Event, eight riders, Shane Rose (silver) and Christopher Burton (bronze) (both riders achieved Olympic Qualification Standard)

→ Rolex Kentucky 3 Day Event, Boyd Martin (ninth)

→ Wiesbaden CDI, Kristy Oatley (sixth)

National:

→ Australian Showjumping Championships, Chris Chugg (gold)

→ Sydney CDI 3 Star, Heath Ryan (gold)

ATHLETE HIGHLIGHTS AND OLYMPIC SELECTIONS

2008 Australian Olympic Team

→ Kristy Oatley (Dressage),

→ Edwina Alexander (Showjumping),

→ Heath Ryan (Dressage)

→ Shane Rose (Eventing)

VENUES

Sydney International Equestrian Centre
Charles Sturt University – Wagga
Wagga
NSW Equestrian Centre – Lochinvar
Roycroft Stables

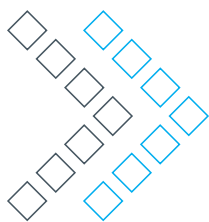
PROGRAM PARTNERS

Equestrian Federation of Australia – NSW Branch
Equestrian Federation of Australia



Chris Chugg Photo by Getty Images

golf



INTRODUCTION

The NSWIS Golf Program is designed to prepare athletes for progression to national team programs and professional golfing careers.

The decentralised Program supports individual athlete development through squad days and camps. Women's Golf NSW and the NSW Golf Association conduct an effective camps-based underpinning program for under 18 year olds that primarily aims to develop winning teams for the interstate series. It ensures that a minimum of 90 per cent of NSWIS squad members have been part of the state junior squad.

Amateur athletes, 17 years and over, who are state squad level athletes with handicap limits of three (men) and six (women) can apply for a scholarship.

EVENT HIGHLIGHTS

National:

- Scott Arnold won the 2008 Riversdale Cup (Men)
- Rebecca Flood finished as the second-placed amateur and in 10th position overall at the 2008 Women's Australian Open
- Lincoln Tighe won the 2007 Jack Newton International Classic
- Allyce Watkinson finished as the third-placed amateur and in 12th position overall at the 2008 NSW Open. Allyce also finished 10th at the 2008 Riversdale Cup (Women)
- Rebecca Blain was placed seventh at the WA 72 hole tournament in Perth.
- Matthew Gleeson won the 2007 Jack Newton Junior Golf Foundation Championship. He also achieved a second-place at the 2008 Lakes Medal

ATHLETE HIGHLIGHTS

- 2006-07 Scholarship holder Julia Boland took out the 2008 Riversdale Cup (Women). She also won the 2008 Lake Macquarie Amateur and the NSW Strokeplay Championship
- Rebecca Flood, Julia Boland and Scott Arnold were named on the National Team and have been offered an AIS Golf Scholarship

VENUES

Terrey Hills Golf Club
The Lakes Golf Club
Cronulla Golf Club
Strathfield Golf Club
Bonville International Golf Resort
Concord Golf Club
Bexley Golf Club
The Ridge Golf Driving Range

PROGRAM PARTNERS

NSW Golf Association
Women's Golf NSW

2007-08 SQUAD

Alizah Kendler, Allyce Watkinson, Rebecca Flood, Rebecca Blain, Laura Holdsworth, Samantha Whittle, Matthew Gleeson, Lincoln Tighe, Adam Stephens, Patrick Brimmer, David Choi, Scott Arnold

COACH

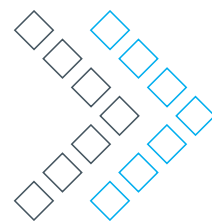
Head Coach: Glenn Whittle

Patrick Brimmer Photo by NSWIS

Rebecca Blain Photo by NSWIS



men's artistic gymnastics



2007-08 SQUAD

Gold: Prashanth Sellathurai, Luke Wiwatowski

Silver: Chris Martin, Michael Mercieca, Jack Rickard

Bronze: Mitchell Morgans, Alexander Hunt, Benjamin Astley, Declan Stacey, Liam Lind

COACHES

Head Coach: Songliang Xiong

Development Coach: Robert Hong

Network Coaches: Peter Abbott, Max Holmes

INTRODUCTION

The NSWIS Men's Artistic Gymnastics Program fast tracks identified junior athletes with the potential to gain selection in the national team.

Head Coach Songliang Xiong is internationally recognised and has developed some outstanding athletes in this reporting period.

EVENT HIGHLIGHTS

International:

- Prashanth Sellathurai, Doha World Cup, March 2008 (gold medal – pommel horse)
- International Junior Team Cup in Germany, March 2008 (three athletes)
- 2008 Pacific Alliance meet in the USA, March 2008 (one athlete)
- International Apparatus Challenge versus Japan in Brisbane August 2007 (one gold) (three athletes)

National:

- 2008 Australian Gymnastics Championships, May 2008 (four bronze) (four athletes)
- Australian Age Championships, August 2007 (15 gold, seven silver and nine bronze – individual apparatuses, one gold – teams event) (five athletes)

AWARDS

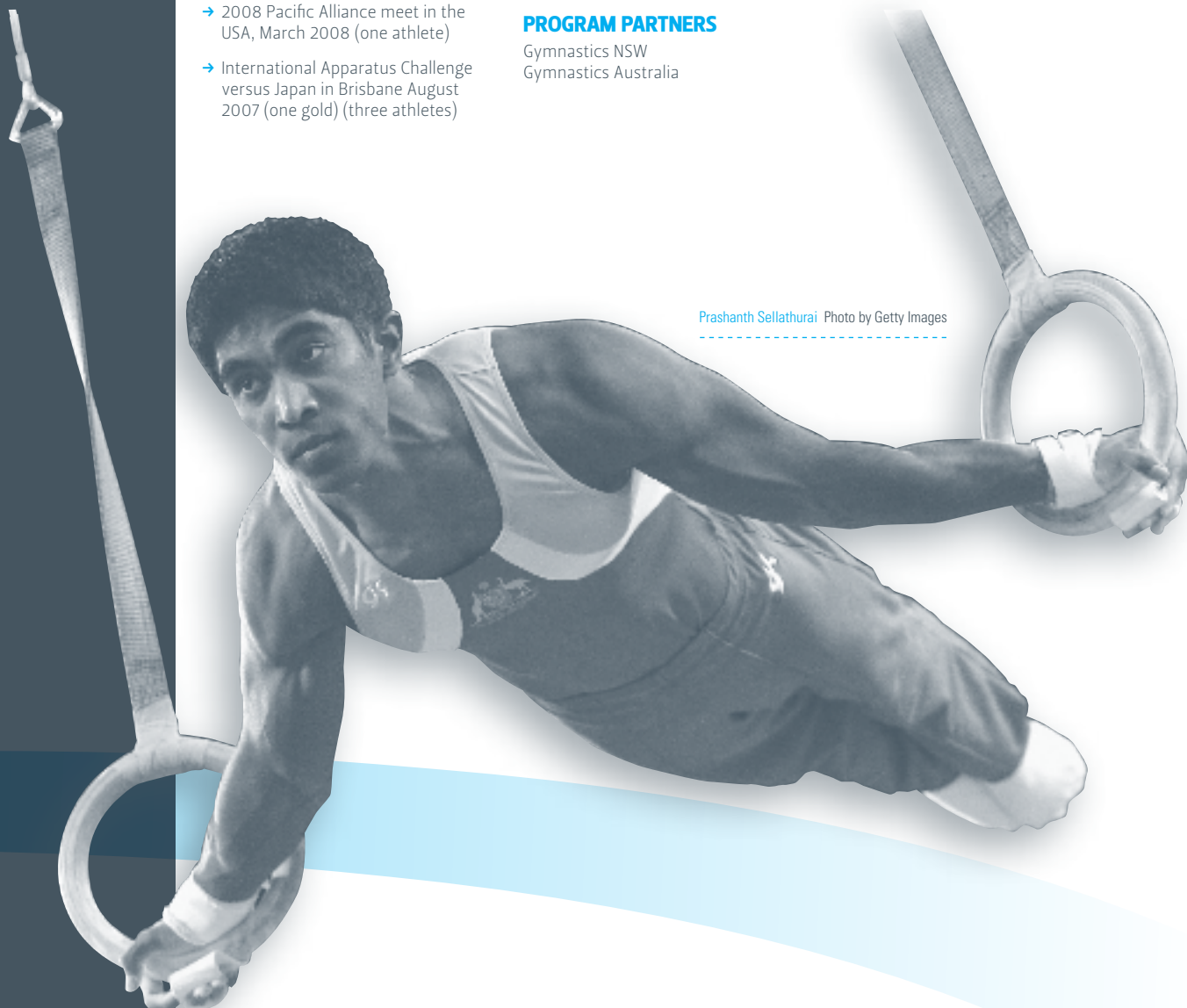
Prashanth Sellathurai, Winner, Ian Thorpe/Grand Slam International Outstanding Achievement award, 2007 NSWIS Annual Awards

VENUES

Sydney Olympic Park Gymnastics Centre, and NSWIS

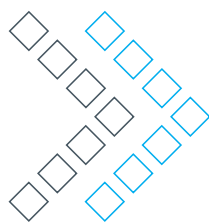
PROGRAM PARTNERS

Gymnastics NSW
Gymnastics Australia



Prashanth Sellathurai Photo by Getty Images

hockey



INTRODUCTION:

The NSWIS Hockey Program targets elite hockey players across NSW. It is supported by a decentralised Emerging Athlete Program (EAP) which develops up to 60 targeted athletes. Head Coaches Larry McIntosh and John Bessell coordinate the Men's and Women's Programs respectively. NSWIS EAP Hockey Coach Judith Laing assists the Program by providing coaching support to emerging athletes.

The coaches provide a program that focuses on the development of mental, physical, technical and tactical abilities in order to support the National Programs.

EVENT HIGHLIGHTS – MEN

International:

- AIS Men's Team Tour, Scotland, England and Belgium, won series (six athletes)
- Men's European Tour – Brussels, Germany, Spain, won series (four athletes)
- Good Luck Beijing Test Event (men), won series (three athletes)
- Men's Olympic Qualification Event (gold) (four athletes) – qualified Australia for the Olympics
- 2007 Men's Champions Trophy (silver) (four athletes)
- Junior Men's 8 Nation Tournament (gold) (four athletes)
- Men's five Nation Tournament, (gold) (four athletes)
- Men's four Nation Tournament, (gold) (five athletes)
- Test Series v Belgium, won series (three athletes)
- 2008 Champions Trophy (gold) (three athletes)
- Women's Test Series v Japan, won series (six athletes)
- Women's Good Luck Beijing Test Event (gold) (four athletes)
- Women's Olympic Qualification Event (silver) (five athletes) – qualified Australia for the Olympics

- Women's Tour – South Africa, Ireland & England, won series (six athletes)
- Women's Test Series vs Great Britain won series (six athletes)
- 2008 Women's Champions Trophy (fifth) (five athletes)

National

- 2007 Under-21 Men's National Championships (silver) (12 athletes)
- Men's Australian Hockey League (fifth) (14 athletes)
- Under-18 Men's National Championships (silver) (10 EAP athletes)
- 2008 under-21 Men's National Championships (silver) (15 athletes – two EAP)
- Women's Australian Hockey League (fourth) (16 athletes)
- Under-21 Women's National Championships (bronze) (12 athletes – two EAP)
- Under-18 Women's National Championships (gold) (12 athletes – 11 EAP)

ATHLETE HIGHLIGHTS AND OLYMPIC SELECTIONS

- Brent Livermore OAM, Matthew Naylor, Nathan Burgers and Jamie Dwyer were all members of the squad who qualified Australia for the Olympic Games
- Toni Cronk, Casey Eastham, Rebecca Sanders, Megan Rivers and Kate Hollywood were all members of the squad who qualified Australia for the Olympic Games
- Olympic Team selections: Eli Matheson, Jamie Dwyer, Kate Hollywood, Casey Eastham, Megan Rivers and Fiona Johnson

2007–08 EAP PROGRESSION TO NSWIS SCHOLARSHIP

David Collins
Adam Imer
Duncan Pearce
Kellie White

AWARDS

- Simon Orchard was offered an AIS scholarship
- Joshua Miller was named player of the tournament at the under-21 Men's National Championships
- Nathan Burgers was named 'Man of the Match' in the final of the Five Nation Tournament.

VENUES

Sydney Olympic Park Hockey Centre
Regional Hockey Centres

PROGRAM PARTNERS

Hockey NSW
Hockey Australia



Brent Livermore Photo by Getty Images

2007-08 MEN'S HOCKEY SQUAD

Nathan Burgers, Matthew Butturini, Sam Clifton, David Collins, Alister Cullen, Jamie Dwyer, Scott Garner, Kieran Govers, Rhys Gray, Alex Hardman, William Humphrys, Adam Imer, Brent Livermore, Eli Matheson, Michael McCann, Daniel McPherson, Joshua Miller, Matthew Naylor, Simon Orchard, Ian Paterson, Mark Paterson, Duncan Pearce, James Piper, Ben Poulton, Josh Poulton, Nicholas Russ, Matthew Wark, Joshua White

2007-08 WOMEN'S HOCKEY SQUAD

Ebony Barber, Alison Bruce, Jade Close, Toni Cronk, Casey Eastham, Samantha Gale, Susannah Harris, Kate Hollywood, Emily Hurtz, Kellie-Lee James, Fiona Johnson, Jacklyn McRae, Harriet Moore, Jillian Morrison, Airlie Ogilvie, Lyndal Ogilvie, Yasmine Phillips, Megan Rivers, Rebecca Sanders, Kellie White, Nicole Youman

2007-08 EAP SQUAD

Tier A: Molly Bright, Ashleigh Carr, Emma Clifton, Ashley Cocking, Jemma Delamont, Heath Edwards, Teagen Gale, Kate Jenner, Matthew Johnson, Rebecca Landers, Chris Massey, Will McLean, Andrew Palmer, Parambir Sandhu, Brett Seton, Shelley Stevenson, Catherine Wark, Jade Warrender, Shelley Watson, Hollie Webster, Tristan White, Matthew Willis, Casey Younie

Tier B: Nathan Ackroyd, Liam Alexander, Mitchell Allen Waters, Josh Anderson, Gillian Bennett, Ryan Betts, Ros Bougoukas, Eliza Brazel, Cameron Busenel, Ben Chew, Lauren Chew, Natasha Christian, Scott Cleary, Jonathon Cole, Jamaya Ferguson, Will Grant, Renata Hercok, Jarron Holmes, Claire Jones, Andrew Kelly, Aaron Kershaw, Rebecca Lee, Katie Lewis, Aleks Manou, Claire McGarrity, Karen McGrath, Ben Merrick, Georgina Morgan, Ronin Myrtilainen, Zeke Newman, Kayla Orrock, Kirsten Pearce, Mitchell Pearce, Ashlea Pointer, Laura Radburn, James Riddell, Kirli Saunders, Pippin Saunders, Emily Smith, Oliver Walker, Josh Willot, Luke Witchard

COACHES

Women's Head Coach: Tracey Belbin (to July 07), John Bessell (from July 07)

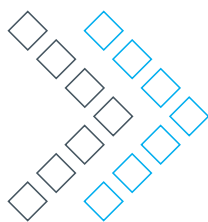
Men's Head Coach: Larry McIntosh

EAP Coach: John Bessell (to July 07), Judy Laing (from July 07)



Megan Rivers Photo by Getty Images

netball



INTRODUCTION

The NSWIS Netball Program targets its support services to national senior and 21 and under athletes. Coordinated by Head Coach Jon Fletcher, the NSWIS Netball Program provides world class coaching, training, competition, facilities and support services to developing athletes aged 16 and above. Athletes based in regional areas of the state receive specialist coaching in their local areas and travel to Sydney for regular competition.

The Program provides enhanced opportunities for selection into NSW teams, Australian Netball League teams, ANZ Championship teams and national squads and teams.

EVENT HIGHLIGHTS

National:

- 2007 21 & Under National Championships
three athletes (silver)
- 2008 21 & Under National Championships
three athletes (gold)
- 2008 19 & Under National Championships
nine athletes (gold)
- 2008 17 & Under National Championships
four athletes (silver)

ATHLETE HIGHLIGHTS

- Three athletes selected to the 2008 17 & Under Junior Talent Squad
- Five athletes selected to the 2008 19 & Under Junior Talent Squad

2007/08 EAP PROGRESSION TO NSWIS SCHOLARSHIP

Briony Bobeth
Kellyann Grayson
Samantha Poolman
Verity Simmons

VENUES

Anne Clark Centre
Sydney Olympic Park venues – State Sports Centre, Sports Halls
Regional netball venues

PROGRAM PARTNERS

Netball NSW
Netball Australia

Alex Harding Photo by Getty Images

2007-08 SQUAD

Briony Bobeth, Ashleigh Brazill, Natalie Carthew, Nikki Deegenars, Kristy Durheim, Clara Gordon, Nicola Gray, Kellyann Grayson, Alex Harding, Jessica Hills, Jessica Holz, Kasey Ledbrook, April Letton, Alison Lovat, Ashlee Mann, Jessica Mansell, Angela McIlwain, Vanessa Mullampy, Kelly Pepper, Samantha Poolman, Breeana Powell, Nikki Robson, Lauren Russell, Verity Simmons, Heather Smith, Madeleine Smith, Megan Styles, Nicole Styles, Kathryn Thew, Nicole Thorogood, Amy Wild

2007-08 EAP SQUAD

Zenetra Asfill, Jordan Bedingfield, Kate Bell, Talisha Brown, Kelly Byrne, Ameer Cameron, Hannah Clark, Karina Cullen, Morgan Davies, Rhiannon Delchunty, Ellie Free, Stella Goodman, Emily Goodsir, Tammara Hamshaw, Alice Hazelton, Kate Imrie, Barbie-Lee Kirby, Kate MacInnes, Jessica Morgan, Emily Murray, Katlin Newcombe, Erin Patterson, Chloe Robinson, Talia Smith, Victoria Trist, Renee Warren, Haley Wild, Kate Woods

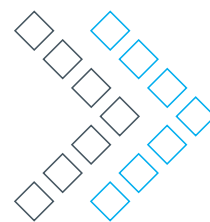
COACHES

Head Coach: Lisa Beehag (to Jan 08), Jon Fletcher (from Jan 08)

Network Coaches: Nardia Macdonald (to Nov 07), Marion Van Munster, Robert Wright (from Jan 08)



softball



2007-08 SQUAD

Gold: Stacey Porter, Natalie Ward, Kerry Wyborn, Belinda Wright, Simmone Morrow, Zara Mee

Silver: Felicity Witt, Danica Howlett, Kelly Gentle, Kim Turnell

Bronze: Sarah Bradley, Alison Bourne, Kaia Parnaby, Monique Miller, Kyra Cox, Rachael Zucchetti, Ashlee Pobjie, Stacey McManus, Renee Gloss, Ashleigh Deen

Associate: Nicole Deegenars, Annabel Davies, Melanie Roche, Belinda Summerville, Tatiana Holodnow

2007 EAP SQUAD

Melissa Dwight, Monique Faul, Kirsty McKirdy, Katherine McVeity, Kara Murphy, Sophie Pickering, Mika Van Gogh, Lauren Williams

NB: No EAP Squad in 2008.

COACHES

Head Coach: Troy Baverstock

Network Coaches: Lloyd Howlett (Associate Coach), Kathy Horton (Regional Coach) and Sharon O'Mara (Specialist Coach).

INTRODUCTION

The success of NSWIS athletes in national and international competition is the central focus of the NSWIS Softball Program. It also provides the daily training environment for nationally identified athletes in NSW.

With 24 athlete scholarships (excluding associate scholarships) and 15 Emerging Athlete Program (EAP) scholarships annually, the program trains out of Blacktown Olympic Park.

The Program also supports NSWIS/ SNSW emerging athletes who benefit from accessing quality coaching and are targeted for inclusion in the Youth Friendship Series and National under-23 Program.

EVENT HIGHLIGHTS

International:

- Australian team: 2007 Canada Cup, Vancouver, Canada, seven athletes
- Australian team: 2007 Japan Cup, Japan, five athletes (bronze)
- Australian team: 2007 China Cup, Beijing, China, six athletes (bronze)
- Under-19 National team: Junior World Championships, six athletes (bronze) (five EAP athletes)

National:

- NSWIS team: 2007/08 Softball Australia National League Series (silver)
- NSW team: 2008 Australian Championships, Sydney, 16 athletes (gold)
- NSW under -19 team: 2008 Australian Championships, two athletes (gold)

ATHLETE HIGHLIGHTS AND OLYMPIC SELECTIONS

- Australian Olympic Games selections: Natalie Ward (Captain), Stacey Porter, Kerry Wyborn, Melanie Roach, Simmone Morrow and Belinda Wright. Reserves: Felicity Witt and Danica Howlett
- Natalie Ward was named the captain of the Australian team for the 2008 Beijing Olympic Games
- Zara Mee, Felicity Witt, Danica Howlett, Natalie Ward, Stacey Porter, Belinda Wright and Kerry Wyborn represented Australia in the 2007 Canada Cup (Vancouver, Canada)
- Danica Howlett, Natalie Ward, Stacey Porter, Belinda Wright and Kerry Wyborn represented Australia in the 2007 Japan Cup.

- Zara Mee, Felicity Witt, Danica Howlett, Stacey Porter, Belinda Wright and Kerry Wyborn represented Australia in the 2007 China Cup (Beijing, China)

2007-08 EAP PROGRESSION TO NSWIS SCHOLARSHIP

Monique Miller
Ashlee Pobjie
Stacey McManus
Annabel Davies

AWARDS

Simmone Morrow and Kym Turnell, Finalists, Career Development, 2007 NSWIS Annual Awards

VENUES

Blacktown Olympic Park

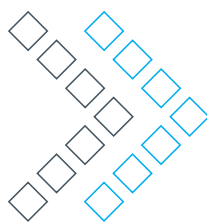
PROGRAM PARTNERS

Softball NSW
Softball Australia



Danica Howlett Photo by Getty Images

soccer



INTRODUCTION

The NSWIS Soccer Program has three components, Central Men, Central Women and Northern Men and Women.

The Program prepares male athletes for selection to the National under-17 squad and the AIS program, and female athletes for NSW representation on senior and under-20 national teams.

For the Men's component of the program, Men's Head Coach Jean-Paul de Marigny and Northern Head Coach Gary Phillips are charged with identifying and nurturing talented 15 and 16 year old male athletes in NSW with the ultimate aim being a berth in the Australian under-17 team for the World Cup.

For the Women's component of the program, Women's Head Coach Alen Stajcic and Northern Head Coach Gary Phillips are charged with providing a high intensity elite program for female athletes across NSW. The ultimate aim for the athletes is a berth in the Matildas or Young Matildas.

The NSWIS Men's and Women's squad train centrally in metropolitan Sydney whilst the Northern squad train centrally in Newcastle.

EVENT HIGHLIGHTS

International:

Men:

- Under-17 Australian team: under-17 World Cup Qualifier Singapore 2007 (10 athletes)
- Under-17 Australian team: International under-17 Football tournament, Japan 2007 (six athletes)
- Under-17 Australia team: Asian under-17 Tournament Singapore 2008 (eight athletes)
- Under-17 Australia team: Asian under-17 Tournament Jakarta 2008 (seven athletes)
- NSWIS team: 2007 Malaysian tour (30 athletes)

Women:

- Australian team: 2007 World Cup (11 athletes in Australian squad)
- Australia Under-20 team: FIFA under-20 World Cup (12 athletes)

- Australian team: Peace Queen Cup 2008, South Korea (eight athletes)
- Australian team: Asian Cup 2008, Vietnam (eight athletes), (fourth place)

National:

- 2007 NSW under -14 and under-15 State team (gold)

ATHLETE HIGHLIGHTS

Men:

- Two NSWIS athletes graduated to the AIS program: Rhyann Grant and Sam Galloway
- Benjamin Kantarovski signed professional contract with Newcastle Jets – National A League team
- Jon Griffiths signed contract with Newcastle Jets – National Youth League team

Women:

- Leena Khamis, Servet Uzunlar, Elyse Perry, Renee Rollason, Lyndsay Glohe Kyah Simon and Amber Neilson made their debut for Matilda's – Australian Women's soccer team
- Kyah Simon scored winning goal in injury time against Brazil in Peace Queen Cup, South Korea, 2008
- Heather Garriock played 100 caps for Matildas – making her the youngest player male or female to reach 100 caps for any National soccer team
- Cheryl Salisbury captained Australian Women's soccer team

AWARDS

- Cheryl Salisbury, Winner, Team Athlete of the Year – Large, 2007 NSWIS Annual Awards
- Ellyse Perry, Winner, Junior Athlete of the Year, 2007 NSWIS Annual Awards
- Cheryl Salisbury, Finalist, Female Athlete of the Year, 2007 NSWIS Annual Awards
- Soccer Women and Ellyse Perry, Finalists, Most Memorable Moment, 2007 NSWIS Annual Awards
- Ellyse Perry, Finalist, Team Athlete of the Year – Large Teams, 2007 NSWIS Annual Awards
- Kathryn Gill, Finalist, Academic Excellence, 2007 NSWIS Annual Awards

Dean Bouzanis Photo by Getty Images



VENUES

Hunter Sports Centre
Valentine Sports Park
Sydney Olympic Park Athletic Centre
The Forum, University of Newcastle

PROGRAM PARTNERS

Football NSW
Northern NSW Football Federation
Football Federation of Australia

2007-08 MEN'S SQUAD

Kearyn Baccus, Kermin Bulut, Sam Gallagher, Rhyann Grant, Brendan Hamill, Robert Henretty, George Khoury, George Klappas, Robert Kolak, Jared Lum, Mitchell Mallia, Anthony Musemeci, Cameron Parish, Anthony Perri, Dimitrios Petratos, Mitchell Speer, Nikola Stanojevic, David Talevski, Lawrence Thomas, Marc Warren

Graduating Squad (Oct 07)

Thomas Andrew, Mark Bishop, Joshua Birch, Samuel DiRienzo, Nicholas Fitzgerald, Brendan Griffith, Brendan Hall, Stefan Heleta, Zac Handley, Adam Jenner, Alex Mansueto, Chanthakhron Sayabath, Thomas Taylor, Nikolas Tsattalios

2007-08 MEN'S EAP SQUAD

Terry Antonis, Callum McGrouther

2007-08 WOMEN'S SQUAD

Gold: Di Alagich, Jo Burgess, Rhiann Davies, Heather Garriock, Thea Slatyer, Danielle Small, Sarah Walsh,
Silver: Caitlin Cooper, Lisa Gilbert, Lyndsay Glohe, Lisa Hartley, Leena Khamis, Elyse Perry, Teresa Polias, Renee Rollason, Jenna Tristram, Servet Uzunlar

Bronze: Teigan Allen, Nicola Bolger, Danielle Brogan, Alesha Clifford, Ashley Connor, Rhali Dobson, Rachael Doyle, Carly Ikonomou, Olivia Kennedy, Jenna Kingsley, Jordan Marsh, Loren Mahoney, Linda O'Neill, Elizabeth O'Reilly, Karina Roweth, Jessica Seaman, Brittney Simmons, Kyah Simon, Samantha Spackman, Emma Stevenson, Sam Wood

Associate: Leah Blayney

2007-08 WOMEN'S EAP SQUAD

Hayley Abbot, Trudy Camilleri, Adriana Cirjak, Kristy Collingridge, Rachael Cooper, Stephanie Hunt, Karrinda Moodley, Louise Neville, Kirstyn Pearce, Melissa Redmond, Amber-Lea Ryan, Libby Sharpe, Leia Smith, Ellie Stott

2007-08 NORTHERN SQUAD

Men: 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, Alex Palozzi, Alex Kantarovski

Women: Amber Neilson, Rachel Wynne, Emily Van Egmond, Tara Andrews, Stacey Day

Associate: Katie Gill, Joanne Peters, Cheryl Salisbury, Karla Rueter, Lauren Colthorpe

2007-08 NORTHERN EAP SQUAD

Dasheil Carty, Taleah Doyle, Gema Simon, Rory Dollard, Niki Deiter, James Fogharty

COACHES

Men's Head Coach: Jean Paul De Marigny

Women's Head Coach: Alen Stajcic

Northern Head Coach: Gary Phillips

Men's Assistant Coaches: Brad Maloney, Brian Dene

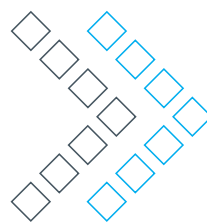
Women's Assistant Coaches: Robert Bird

Northern Assistant Coaches: Robert Virgilli



Joanne Burgess Photo by Getty Images

tennis



INTRODUCTION

The NSWIS Tennis Program aims to improve athlete development with a view to prepare nationally identified athletes for national and international success. The program forms part of the National High Performance Academy program.

The NSWIS Tennis Program targets NSW junior (under-18) athletes that meet objective national performance benchmarks through the NHPA selection criteria (although other athletes may be selected at the discretion of the NSWIS Head Coach/National Coach). The NSWIS Tennis Program is supported by NSW regional underpinning programs coordinated by Tennis NSW.

EVENT HIGHLIGHTS

International:

- 2007 US Open – two athletes (Greg Jones reached the quarter-finals of the US Open Juniors Boys' Singles)
- 2008 Australian Open Juniors – six athletes (Nat Maraga and Brendan McKenzie reached the semi-finals of the Boys' Doubles)
- 2008 French Open Juniors – one athlete
- 2008 Wimbledon Juniors – two athletes (Matthew Reid reached the finals of the Boys' Doubles)

National:

- Jarryd Chaplin won the 2007 Optus 16s Spring Nationals Boys' Singles
- Mia Vriens won the 2007 Optus 16s Spring Nationals Girls' Singles

ATHLETE HIGHLIGHTS

- Joey Swaysland and Ben Wagland were part of the Australian Team that won the 2007 World Junior Tennis Competition (14 and under). The team was the first Australian team to win the competition since it first started in 1991.
- Greg Jones reached the semi-final of the 2007 Wimbledon Junior Boys Singles
- Greg Jones reached a career high ranking of fourth in the world's ITF Junior Boys Rankings
- Greg Jones was selected as a reserve for the 2007 Davis Cup tie against Serbia (September)
- Greg Jones reached the quarter-finals of the 2007 US Open Juniors Boys' Singles and semi-finals of the Boys' Doubles
- Tyra Calderwood reached the quarter-finals of the 2007 US Open Junior Girls' Doubles

Tyra Calderwood Photo by Getty Images

VENUE

Sydney International Tennis Centre

PROGRAM PARTNERS

Tennis NSW
Tennis Australia

2007-08 SQUAD

Men's Scholarships: James Duckworth, Joey Swaysland, Ben Wagland, William Kwok, Matthew Still, Harris Poric, Nicholas Horton, Jay Andrijic

Women's Scholarships: Jenny Nguyen, Brittany Thomas, Katherine Westbury, Abbie Myers, Nicole Hoynaski, Rachel Pisarev, Priscilla Soenario, Celine Lenertz, Naomi Tran

Associate Scholarships: Brendan McKenzie, Matthew Reid, Tyra Calderwood, Kyle Stoker, Nat Maraga, Jake Eames, Simon Samardzic, Johnathon Cooper

2007-08 EAP SQUAD

Nathan Doney, Elizabeth Searl, Alex Silcock, Josh Bray

COACHES

National Coach & NSWIS

Head Coach Wally Masur

Athlete Development Manager

Anthony Richardson

Senior Development Coach Ben Pyne

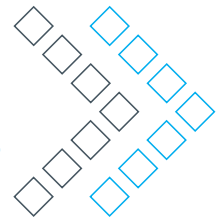
Talent Search Coach Jarrad Bunt

Scholarship Coach (Women) Bree Calderwood

NSWIS Regional Coach Nick Burns

Network Coaches: Nicole Arendt, Michael Tebbutt

triathlon



2007-08 TRIATHLON SQUAD

Full Scholarship – Under 23

Adrian Cominotto, Clayton Fettell, David Matthew, Joshua McHugh, Melanie Sexton

Associate Scholarship – Long Course

Craig Alexander, Melissa Ashton – Garard

Associate Scholarship – AIS

Brad Kahlefeldt, Brendan Sexton, Erin Densham

2007-08 EAP SQUAD

Aaron Royle, David Mainwaring, Renee Mainwaring, Joseph Lampe, Michael Murphy, Sophie McLeod, Ryan Hennessey, Sam Appleton, Meg Helson, Aaron Terechovs, Ben Allen, Paige Single, Stephanie Austin, Alana Yardley, Shane Barrie, Jake Stollery

COACHES

Head Coach: Justin Drew

EAP/NTID Regional Coach,

Wollongong: Jamie Turner

EAP/NTID Regional Coach, Newcastle:

Aaron Lean

EAP/NTID Regional Coach, North

Coast: Grant Giles

INTRODUCTION

The focus of the NSWIS Triathlon Program is to achieve international success at events including World Championships and to provide support services for senior Australian professional athletes.

The Program also provides support for athletes at the under-23 and junior levels. It also has an Emerging Athlete Program (EAP).

The Program is decentralised with scholarship athletes located across the state receiving support.

EVENT HIGHLIGHTS

International:

- Brendan Sexton and Clayton Fettell selected to Australian Under-23 World Championship Team, Hamburg Germany
- David Mainwaring reserve for Australian Junior Sprint World Championship Team, Vancouver Germany
- NSWIS EAP Team (NSW Team) Trans Tasman Championships (Junior Sprint), (gold)
- Clayton Fettell – ITU Continental Cup Gallipoli (bronze)
- David Matthews – ITU Amakusa Asian Cup (fourth), selected to Australian Under-23 World Championship Team Vancouver Canada
- Adrian Cominotto – ITU Shichigahama Asian Cup (fifth)
- Josh McHugh – ITU Yicheng Asian Cup (seventh)

National:

- Clayton Fettell – Australian Under-23 Championships (gold)
- David Matthews – Australian Under-23 Championships (bronze), Australian Under-23 Sprint Championships (bronze)

ATHLETE HIGHLIGHTS AND OLYMPIC SELECTIONS

- Brad Kahlefeldt selected to 2008 Olympic Team, Elite Men World Championships Hamburg Germany (bronze), Mooloolaba World Cup (silver), New Plymouth World Cup (silver), Salford World Cup (silver)
- Brendan Sexton – Under-23 World Championships Hamburg Germany (silver), Mooloolaba World Cup (seventh), New Plymouth World Cup NZ (eighth)
- Craig Alexander – Ironman World Championships Hawaii (silver)

2007-08 EAP PROGRESSION TO NSWIS SCHOLARSHIP

David Mainwaring

AWARDS

- Triathlon Program – Winner – Regional Excellence, 2007 NSWIS Annual Awards
- Erin Densham – Finalist – Junior Athlete of the Year, 2007 NSWIS Annual Awards
- Brad Kahlefeldt – Finalist – Male Athlete of the Year, 2007 NSWIS Annual Awards
- Triathlon Program – Finalist – Program of the Year, 2007 NSWIS Annual Awards
- Melissa Ashton-Garard – Finalist – Academic Excellence (General), 2007 NSWIS Annual Awards

VENUES

Lake Ainsworth Sport and Recreation Centre
University of Wollongong
Alstonville Pool
Balance Health Club – Newcastle
The Forum – University of Newcastle

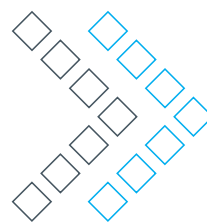
PROGRAM PARTNERS

Triathlon Australia
Triathlon NSW



Brad Kahlefeldt Photo by Getty Images

water polo



INTRODUCTION

Both the Men's and Women's Water Polo Programs aim to provide support to athletes preparing for national and international competitions.

The NSWIS Water Polo Program targets athletes who are national senior team/squad members; are national under-20 team members; or are seen to have the potential for selection to the national senior squad. The NSWIS in conjunction with Australian Water Polo Incorporated (AWPI) and NSW Water Polo Incorporated (NSWWPI) also supports an Emerging Athlete Program (EAP).

EVENT HIGHLIGHTS

International:

- The Women's National Team, Fina World League (bronze – second time in three years).
- The National Women's Junior Team (nine athletes), World Junior Championships (gold). Ryan Moar – co-coach of the team.
- 2007 Men's World League (bronze)
- 2007 Under-20 Junior World Championships (fifth)

National:

- The NSWIS women's team won the annual Institute Challenge in November 2007
- The NSW women's under-20 team won the National Championship in Adelaide in January 2008
- The NSWIS men's team won silver at the annual Institute Challenge in 2007
- The NSW men's team won silver at the 2007 Junior National Championships

ATHLETE HIGHLIGHTS AND OLYMPIC SELECTIONS

Six NSWIS women's athletes were selected to the Olympic Team (Alicia McCormack, Nikita Cuffe, Rebecca Rippon, Mia Santoromito, Jenna Santoromito, Taniele Gofers)

Five NSWIS men's athletes were selected to the Olympic Team (Thomas Whalan, Samuel McGregor, Gavin Woods, Richard Campbell, Trent Franklin)

2007-08 EAP PROGRESSION TO NSWIS SCHOLARSHIP

Women: Nicole Saville, Annabelle Carter, Alicia Brightwell, Lea Barta, Nicola Zagame, Bree Appel, Kaaty Armstrong

Men: Joel Davis, Scott Nicholson

AWARDS

- Women's Water Polo, Winner, Program of Year, 2007 NSWIS Annual Awards Dinner
- Ryan Moar (Women's Water Polo), Winner, Coach of Year, 2007 NSWIS Annual Awards Dinner
- Johnno Cotterill (Men's Water Polo), Winner, Academic Excellence Award, 2007 NSWIS Awards Dinner

VENUES

Sydney Olympic Park Aquatic Centre
Ashfield Aquatic Centre
MLC Burwood
Sutherland Leisure Centre
Victoria Park Swimming Pool
Ryde Aquatic Centre
Sydney University

PROGRAM PARTNERS

NSW Water Polo Inc.
Australian Water Polo Inc.



Taniele Gofers Photo by Getty Images

2007-08 WOMEN'S SQUAD

Erin Douglass, Patrice O'Neill, Elysha O'Neill, Fiona Hammond, Melissa Hammond, Taniele Gofers, Keesja Gofers, Mia Sanoromito, Jenna Santoromito, Danielle Bower, Alicia McCormack, Nikita Cuffe, Jo Whitehorne, Hannah Ingle, Jana Liessmann, Samara Davie, Holly Lincoln-Smith, Rebecca Rippon, Bree Appel, Lea Barta, Nicole Zagame

2007-08 EAP WOMEN'S SQUAD

Elite EAP: Nicole Saville, Alicia Brightwell, Annabelle Carter, Nicola Zagame, Kaaty Armstrong
Junior EAP: Ellen Pittorino, Kayle Leathem, Brigitte Moore, Rebecca Lissa, Beth Loder, Emma Hamilton-Foster, Devon Boyle, Kara Mirabito, Serena Reid

WOMEN'S COACHES

Head Coach: Ryan Moar

Training Coach: Les Kay

2007-08 MEN'S SQUAD

Nathan Cargill, Steve Cody, Joel Dennerley, Chris Dyson, Corrie Eames, Trent Franklin, John Hahn, Lachlan Hollis, Tyler Martin, Peter Janzen, Daniel Lees, Mace Rapsey, Grant Richardson, Aidan Roach, Ben Turner, Gavin Woods, James Young, Richard Campbell (associate scholarship), Johnno Cotterill (associate scholarship), Samuel McGregor (associate scholarship), Thomas Whalan (associate scholarship)

2007-08 EAP MEN'S SQUAD

Jake Burton, James Clark, Jeremy Davie, Mitch Emery, Adam Polivka, Joel Davis, Scott Nicholson, Ross O'Brien, Scott Mackenzie

MEN'S COACHES

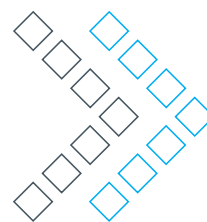
Head Coach: Mark Hubbard

Assistant Coaches: Nathan Thomas

Training Coach: Les Kay

Thomas Whalan Photo by Getty Images

weightlifting



Natasha Barker Photo by Getty Images

INTRODUCTION

The NSWIS Weightlifting Program is a centralised program, delivered from the State Sports Centre at Sydney Olympic Park, and is underpinned by an Emerging Athlete Program.

The Program targets athletes who show the potential for international success at both senior and junior levels. The selection of athletes for the program covers events for males and females in the IWF World Championships and Olympic Games.

EVENT HIGHLIGHTS

International:

- Arafura Games, two athletes, three medals
- 2008 Junior World Weightlifting Championships, (1 athlete – 16th)

National:

National Championships, five athletes, five medals

ATHLETE HIGHLIGHTS AND OLYMPIC SELECTIONS

- Luke Borreggine named as Head Coach of the Australian Olympic Weightlifting Team

AWARDS

Malek Chamoun named overall best lifter at the 18 & Under National Championships

VENUES

State Sports Centre

PROGRAM PARTNERS

NSW Weightlifting Association
Australian Weightlifting Federation

2007-08 SQUAD

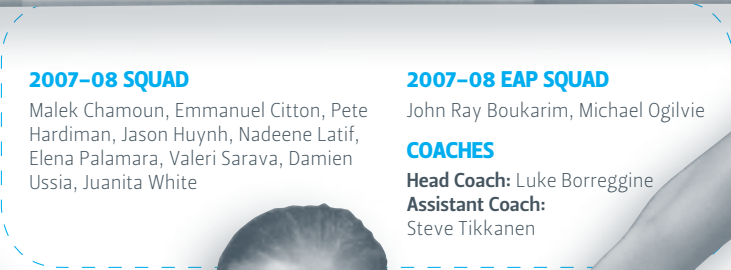
Malek Chamoun, Emmanuel Citton, Pete Hardiman, Jason Huynh, Nadeene Latif, Elena Palamara, Valeri Sarava, Damien Ussia, Juanita White

2007-08 EAP SQUAD

John Ray Boukarim, Michael Ogilvie

COACHES

Head Coach: Luke Borreggine
Assistant Coach: Steve Tikkanen



Nadeene Latif 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 2007 TO 30 JUNE 2008

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 2008 and transactions for the period 1 July 2007 to 30 June 2008 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 13th day of October 2008

Phil Coles
Chairman

Bill Gillooly
Member

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,
- 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 Oyetunji
Director, Financial Audit Services
17 October 2008
SYDNEY



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 the NSW Institute of Sport (the Institute), which comprises the balance sheet as at 30 June 2008, 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 Institute as at 30 June 2008, and its financial performance and cash flows 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.

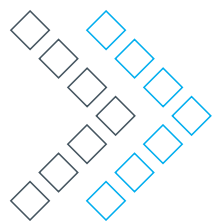
The Board's Responsibility for the Financial Report

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, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal controls relevant to the Institute'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 Institute's internal controls. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the members of the Board, as well as evaluating the overall presentation of the financial report.

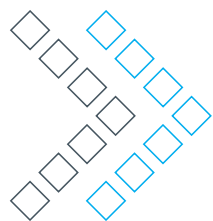


NSW Institute of Sport income statement

For the Year Ended 30 June 2008

		Economic Entity		Parent Entity	
		2008	2007	2008	2007
	Note	\$'000	\$'000	\$'000	\$'000
Revenue from Continuing Operations					
Grants	2a	12,429	12,396	12,429	12,396
Sponsorships	2b	1,724	1,665	1,724	1,665
Other	2c	794	1,040	794	1,040
Total Revenue from Continuing Operations		14,947	15,101	14,947	15,101
Expenditure from Continuing Operations					
Employee Related Expenses	3a	6,551	6,043	6,551	6,043
Grants to Sporting Associations	3c	621	594	621	594
Depreciation and Amortisation	6	1,250	1,190	1,250	1,190
Fees for Services Rendered	3b	643	628	643	628
Travel Costs		1,141	1,014	1,141	1,014
Athlete Services		1,293	920	1,293	920
Occupancy		2,156	2,010	2,156	2,010
Other Expenses	3d	2,652	2,652	2,652	2,652
Total Expenditure from Continuing Operations		16,307	15,051	16,307	15,051
Surplus/(Deficit) for the Year		(1,360)	50	(1,360)	50

The accompanying notes form part of these statements.

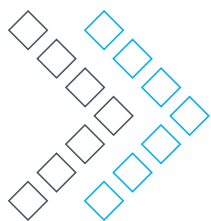


NSW Institute of Sport balance sheet

As at 30 June 2008

		Economic Entity		Parent Entity	
		2008	2007	2008	2007
	Note	\$'000	\$'000	\$'000	\$'000
Current Assets					
Cash and Cash Equivalents	16a	2,040	2,425	2,040	2,425
Trade and Other Receivables	4	418	369	418	367
Inventory	1j	171	232	171	232
Other	5	215	188	215	188
Total Current Assets		2,844	3,214	2,844	3,212
Non-Current Assets					
Plant and Equipment	6	5,721	6,612	5,721	6,612
Total Non-Current Assets		5,721	6,612	5,721	6,612
Total Assets		8,565	9,826	8,565	9,824
Current Liabilities					
Trade and Other Payables	7	719	614	1,592	1,407
Provisions	9	782	618	-	-
Other	8	27	120	27	120
Total Current Liabilities		1,528	1,352	1,619	1,527
Non-Current Liabilities					
Provisions	9	306	383	215	206
Total Non-Current Liabilities		306	383	215	206
Total Liabilities		1,834	1,735	1,834	1,733
Net Assets		6,731	8,091	6,731	8,091
Equity					
Retained Surplus		6,731	8,091	6,731	8,091
Total Equity		6,731	8,091	6,731	8,091

The accompanying notes form part of these statements.

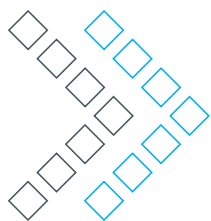


NSW Institute of Sport cashflow statement

For the Period Ending 30 June 2008

		Economic Entity		Parent Entity	
		2008	2007	2008	2007
		Inflows/ (Outflows)	Inflows/ (Outflows)	Inflows/ (Outflows)	Inflows/ (Outflows)
	Note	\$'000	\$'000	\$'000	\$'000
Cash Flows from Operating Activities					
Payments					
Payments to Suppliers and Employees		(13,858)	(13,400)	(13,856)	(13,402)
Payments of Grants and Scholarships		(619)	(592)	(619)	(592)
Receipts					
Receipts from Grants and Sponsorships		3,947	4,759	3,945	4,761
Receipts from Interest		110	110	110	110
Receipts from Other		681	884	681	884
Cashflow from Government					
Grants from NSW Government Agencies		9,509	9,581	9,509	9,581
Grants from Australian Sports Commission		151	92	151	92
Grants from Australian Sports Foundation		50	49	50	49
Net Cash inflows/(outflows) from Operating Activities	16b	(29)	1,483	(29)	1,483
Cash Flows from Investing Activities					
Proceeds from the Sale of Equipment		9	55	9	55
Payments for Plant and Equipment	6	(365)	(2,205)	(365)	(2,205)
Net Cash inflows/(outflows) from Investing Activities		(356)	(2,150)	(356)	(2,150)
Net Increase/(Decrease) in Cash held		(385)	(667)	(385)	(667)
Cash at the Beginning of the Financial Year		2,425	3,092	2,425	3,092
Cash at the End of the Financial Year	16a	2,040	2,425	2,040	2,425

The accompanying notes form part of these statements



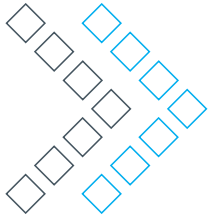
NSW Institute of Sport

statement of changes in equity

For the Period Ending 30 June 2008

	Economic Entity		Parent Entity	
	2008	2007	2008	2007
	\$'000	\$'000	\$'000	\$'000
Retained Surplus				
Balance at Beginning of the Reporting Period	8,091	8,041	8,091	8,041
Operating Result for the Period	(1,360)	50	(1,360)	50
Balance at the End of the Reporting Period	6,731	8,091	6,731	8,091

The accompanying notes form part of these statements



NSW Institute of Sport notes to the financial statements

For the Year Ended 30 June 2008

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 2008 has been authorised for issue by the Board on the 24 September 2008. 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.

The accounting policies adopted in preparing the financial statements have been consistently applied during the year unless otherwise stated.

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 2008 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 07/04.

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:

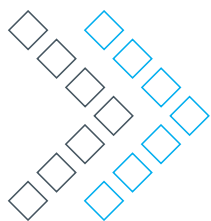
The employer's obligation for employee entitlements is recognised as an expense in the period it relates to.

(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.



NSW Institute of Sport notes to the financial statements

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

(e) 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. The carrying amount approximates net fair value.

(f) Payables and Accruals:

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 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

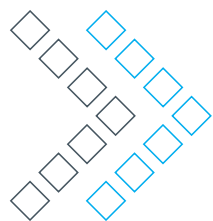
Comparative Figures have been adjusted to conform to changes in presentation in these financial statements where required.

(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.



NSW Institute of Sport

notes to the financial statements

2. Income

Note	Economic Entity		Parent Entity	
	2008 \$'000	2007 \$'000	2008 \$'000	2007 \$'000
(a) Grants				
State Government:				
Operating:				
NSW Department of the Arts, Sport and Recreation	9,509	9,181	9,509	9,181
Capital:				
NSW Department of the Arts, Sport and Recreation	–	400	–	400
Commonwealth Government:				
Operating:				
Australian Sports Commission	151	92	151	92
Australian Sports Foundation	50	49	50	49
Operating:				
National and State Sporting Organisations	2,719	2,674	2,719	2,674
	12,429	12,396	12,429	12,396

During the financial year the NSWIS received grants from the Australian Sport Foundations for the "Friends of NSWIS" project. These grants are to support the athletes training and competition programs.

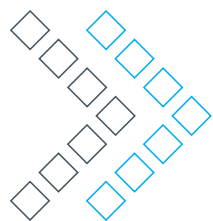
(b) Sponsorship

ClubsNSW	1,000	1,000	1,000	1,000
Other	277	222	277	222
In-kind contributions	447	443	447	443
	1,724	1,665	1,724	1,665

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

Interest	110	110	110	110
Profit/(Loss) on Sale of Equipment	3	46	3	46
Sundry	681	884	681	884
	794	1,040	794	1,040



NSW Institute of Sport

notes to the financial statements

3. Expenditure

	Economic Entity		Parent Entity	
	2008	2007	2008	2007
	\$'000	\$'000	\$'000	\$'000
(a) Employee Related Expenses				
Board Members Fees	101	95	101	95
Salaries and Wages	5,295	4,858	-	-
Payroll Tax and Fringe Benefit Tax	416	377	6	7
Employee Entitlements	163	208	-	-
Superannuation	483	441	7	7
Other	93	64	-	-
Personnel Services –Institute of Sport Division	-	-	6,437	5,934
	6,551	6,043	6,551	6,043

During the reporting period the parent entity received personnel services from the Institute of Sport Division due to changes in employment arrangements for State Government statutory corporations.

(b) Fees For Services Rendered

Consultants	53	66	53	66
Contract Services	208	150	208	150
Fees for Service– Non Consultants	382	412	382	412
	643	628	643	628

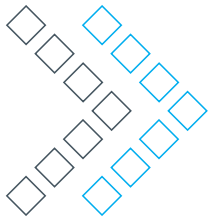
(c) Grants

State Sporting Associations	382	498	382	498
Athlete Scholarship Program	239	96	239	96
	621	594	621	594

(d) Other Expenses

Minor Equipment	353	392	353	392
Other Costs	186	226	186	226
Motor Vehicle	374	357	374	357
Printing & Stationery	201	265	201	265
Communications	267	231	267	231
Advertising & Promotion	498	458	498	458
Maintenance	98	80	98	80
Insurance	55	39	55	39
Medical Services	173	161	173	161
In Kind Contributions	447	443	447	443
	2,652	2,652	2,652	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).



NSW Institute of Sport

notes to the financial statements

4. Trade and Other Receivables

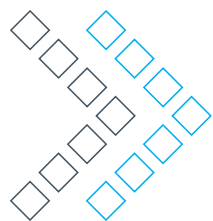
	Economic Entity		Parent Entity	
	2008 \$'000	2007 \$'000	2008 \$'000	2007 \$'000
Current:				
Sundry Debtors	418	438	418	436
Less: Provision for Impairment	–	(69)	–	(69)
	418	369	418	367

5. Other

Current:				
Other Prepayments	215	188	215	188
	215	188	215	188

6. Plant And Equipment

Computer Equipment at Cost	434	464	434	464
Less: Accumulated Depreciation	(355)	(351)	(355)	(351)
Fair Value	79	113	79	113
Electronic & Scientific Equipment at Cost	1,440	1,255	1,440	1,255
Less: Accumulated Depreciation	(1,053)	(836)	(1,053)	(836)
Fair Value	387	419	387	419
General Plant and Equipment at Cost	480	478	480	478
Less: Accumulated Depreciation	(209)	(115)	(209)	(115)
Fair Value	271	363	271	363
Sporting Equipment at Cost	1,221	1,228	1,221	1,228
Less: Accumulated Depreciation	(1,007)	(815)	(1,007)	(815)
Fair Value	214	413	214	413
Leasehold Improvements at Cost	5,949	5,893	5,949	5,893
Less: Accumulated Amortisation	(1,179)	(589)	(1,179)	(589)
Fair Value	4,770	5,304	4,770	5,304
Total Property Plant and Equipment	5,721	6,612	5,721	6,612



NSW Institute of Sport

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 1.7.2007	5,304	413	113	363	419	6,612
Plus: Additions	56	73	31	6	199	365
Less: Disposals	-	(3)	(3)	-	-	(6)
Less: Depreciation	(590)	(269)	(62)	(98)	(231)	(1,250)
Fair Value as at 30.6.2008	4,770	214	79	271	387	5,721

7. Trade and Other Payables

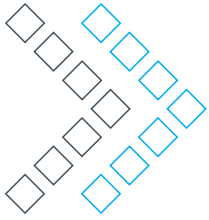
	Economic Entity		Parent Entity	
	2008 \$'000	2007 \$'000	2008 \$'000	2007 \$'000
Current:				
Creditors	516	470	341	369
Accruals	203	144	91	104
Amount Payable - Institute of Sport Division	-	-	1,160	934
	719	614	1,592	1,407

8. Other

Income Received in Advance	27	120	27	120
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9. Provisions

Current:				
Employee Entitlements - Annual Leave	507	455	-	-
- Long Service Leave	275	163	-	-
	782	618	-	-
Non-Current:				
Employee Entitlements - Long Service Leave	91	177	-	-
Provision for Restoration - NSWIS Premises				
Opening Balance	206	-	206	-
Plus: Current Year Provision	9	206	9	206
Closing Balance	215	206	215	206
Total Non Current Provisions	306	383	215	206



NSW Institute of Sport

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 \$'000	Long Service Leave \$'000	Total \$'000
Expected to be settled within twelve months	343	11	354
Expected to be settled outside twelve months	164	264	428
Total	507	275	782

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. Collectability of short term receivables is reviewed on an ongoing basis.

The Economic Entity's current assets include short term receivables. The age of those receivables are

	\$'000
Current	111
30 Days	33
60 Days	54
90 Days	111
Total	309

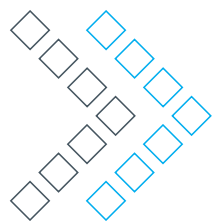
After analysing the financial assets of the Economic Entity in particular short term receivables the credit risk exposure has been determined to be minimal and immaterial to the accounts and therefore no provision for impairment required.

(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	\$2040	(20)	(20)	20	20



NSW Institute of Sport

notes to the financial statements

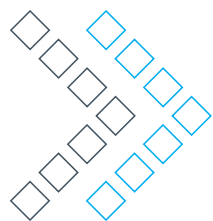
(c) Liquidity Risk

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
2007/2008							
Financial Assets							
Cash at Bank	5.00%	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
2006/2007							
Financial Assets							
Cash at Bank	4.25%	2,425	–	–	–		2,425
Receivables		–	–	–	369		369
		2,425	–	–	369		2,794
Financial Liabilities							
Trade Creditors & Accruals		–	–	–	614		614
Net Financial Assets/(Liabilities)		2,425	–	–	(245)		2,180

(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.



NSW Institute of Sport notes to the financial statements

12. Expenditure Commitments

	Economic Entity		Parent Entity	
	2008	2007	2008	2007
	\$'000	\$'000	\$'000	\$'000
Other Expenditure:				
Not later than One Year	-	106	-	106
	-	106	-	106

There were no significant expenditure commitments as at 30 June 2008.

13. Operating Leases

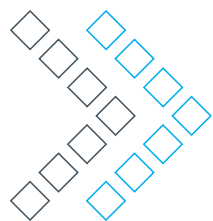
	Economic Entity		Parent Entity	
	2008	2007	2008	2007
	\$'000	\$'000	\$'000	\$'000
Operating Lease commitments at balance date were				
Not later than One Year	2,638	2,537	2,638	2,537
Later than One Year & not later than Five Years	9,398	9,338	9,398	9,338
Later than Five Years	7,427	9,773	7,427	9,773
Total (including GST)	19,463	21,648	19,463	21,648

The operating lease commitments includes the rental commitments on the new building and training facilities that the NSWIS will occupy for the next eight years. The term of the lease was for a ten year period starting in July 2006.

14. Remuneration Of Auditors

	Economic Entity		Parent Entity	
	2008	2007	2008	2007
	\$'000	\$'000	\$'000	\$'000
Audit Office of NSW	23	24	20	18

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.



NSW Institute of Sport notes to the financial statements

15. Contingent Liabilities

There are no known contingent liabilities at balance date. (nil in 2006–2007)

16. Cash Flow Statement

(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 2008 as shown in the Cash Flow Statement is reconciled to the related items in the Balance Sheet as follows

	Economic Entity		Parent Entity	
	2008	2007	2008	2007
	\$'000	\$'000	\$'000	\$'000
Cash at Bank	2,040	2,425	2,040	2,425

(b) Reconciliation of Net Cash provided by Operating Activities to Surplus/(Deficit) from ordinary activities

	Economic Entity		Parent Entity	
	2008	2007	2008	2007
	\$'000	\$'000	\$'000	\$'000
Surplus/(Deficit)	(1,360)	50	(1,360)	50
Plus (Less): Non-Cash Items				
Depreciation	1,250	1,190	1,250	1,190
(Profit)/Loss on Disposal	(3)	(46)	(3)	(46)
Increase/(Decrease) in Provisions	87	321	9	206
Changes in Assets and Liabilities				
(Increase)/Decrease in Receivables	(49)	863	(51)	865
(Increase)/Decrease in Inventories	61	(76)	61	(76)
(Increase)/Decrease in Prepayments	(27)	(13)	(27)	(13)
Increase/(Decrease) in Payables	105	(466)	185	(353)
Increase/(Decrease) in Other Liabilities	(93)	(340)	(93)	(340)
Net Cash provided by Operating Activities	(29)	1,483	(29)	1,483

End of Audited Statements



STATEMENT BY THE CHIEF EXECUTIVE OFFICER FOR THE PERIOD 1 JULY 2007 TO 30 JUNE 2008

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 2008 and transactions for the period 1 July 2007 to 30 June 2008 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 10 day of October 2008

Charles Turner
Chief Executive Officer

My opinion does not provide assurance:

- about the future viability of the Institute,
- 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
17 October 2008
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 the Institute of Sport (the Division), which comprises the balance sheet as at 30 June 2008, 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 2008, and its financial performance and cash flows 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.

The Board's Responsibility for the Financial Report

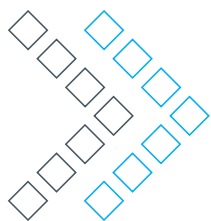
The members of the Board are responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards (including the Australian Accounting Interpretations) and the PF&A Act. This responsibility includes establishing and maintaining internal controls 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, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal controls relevant to the Institute'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 Institute's internal controls. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the members of the Board, 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.

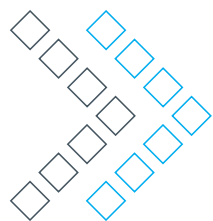


Institute of Sport Division income statement

For the Year Ended 30 June 2008

	2008 \$'000	2007 \$'000
Revenue from Continuing Operations		
Personnel Services	6,437	5,934
Total Revenue from Continuing Operations	6,437	5,934
Expenditure from Continuing Operations		
Salaries	5,295	4,858
Superannuation	476	434
Employee Entitlements	163	208
Payroll Tax	410	370
Other	93	64
Total Expenditure from Continuing Operations	6,437	5,934
Surplus for the Year	0	0

The accompanying notes form part of these statements.

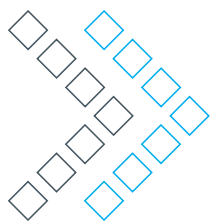


Institute of Sport Division balance sheet

As at 30 June 2008

	Note	2008 \$'000	2007 \$'000
Current Assets			
Trade and Other Receivables	3	1,160	936
Total Current Assets		1,160	936
Total Assets		1,160	936
Current Liabilities			
Trade and Other Payables	4	287	141
Provisions	5	782	618
Total Current Liabilities		1,069	759
Non-Current Liabilities			
Provisions	5	91	177
Total Non-Current Liabilities		91	177
Total Liabilities		1,160	936
Net Assets		0	0
Equity			
Retained Surplus		-	-
Total Equity		0	0

The accompanying notes form part of these statements.



Institute of Sport Division cashflow statement

For the Year Ended 30 June 2008

	2008 Inflows/ (Outflows) \$'000	2007 Inflows/ (Outflows) \$'000
Cash Flows from Operating Activities		
Payments to Suppliers and Employees	-	-
Receipts from Services	-	-
Net Cash inflows/(outflows) from Operating Activities	0	0
Net Increase/(Decrease) in Cash held	-	-
Cash at the Beginning of the Financial Year	-	-
Cash at the End of the Financial Year	0	0

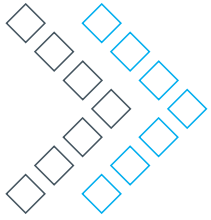
The accompanying notes form part of these statements

Institute of Sport Division statement of change in equity

For the Year Ended 30 June 2008

	2008 \$'000	2007 \$'000
Retained Surplus		
Balance at Beginning of the Reporting Period	-	-
Surplus for the Period	-	-
Balance at the End of the Reporting Period	0	0

The accompanying notes form part of these statements



Institute of Sport Division notes to the financial statements

For the Year Ended 30 June 2008

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 24 September 2008. 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) 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.

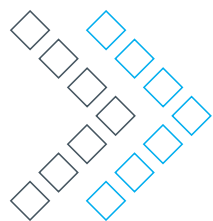
If there is objective evidence at year end that a receivable may not be collectable, its carrying amount is reduced by means of an allowance for impairment and the resulting loss is recognised in the income statement. Receivables are monitored during the year and bad debts are written off against the 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) 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.



Institute of Sport Division

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 07/04.

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.

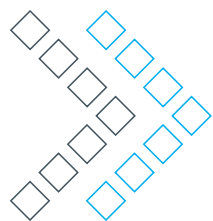
Superannuation:

The employer's obligation for employee entitlements is recognised as an expense in the period it relates to.

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.

	2008 \$'000	2007 \$'000
3. Trade and Other Receivables		
Current:		
Sundry Debtors	–	2
Receivable– NSW Institute of Sport	1,160	934
	1,160	936



Institute of Sport Division

notes to the financial statements

	2008 \$'000	2007 \$'000
4. Trade and Other Payables		
Payables	175	101
Accruals	112	40
	287	141

5. Provisions**Current:**

Employee Entitlements – Annual Leave	507	455
– Long Service Leave	275	163
	782	618

Non-Current:

Employee Entitlements – Long Service Leave	91	177
	91	177

(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	343	11	354
Expected to be settled outside twelve months	164	264	428
	507	275	782

6. Related Party Information

The following transactions were entered into with the NSW Institute of Sport to provide staff services at cost (\$6,437,202). 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 2008. All transactions are transacted through the bank account of the NSW Institute of Sport.

End of Audited Statements

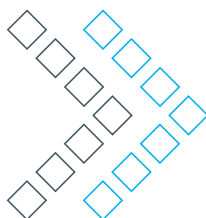


Eli Matheson Photo by Getty Images

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APPENDIX 1: HUMAN RESOURCES

Staffing

As at 30 June 2008 NSWIS employed 85 full-time, 10 part-time and 23 casual staff.

Table 1: NSWIS staffing

Reporting Period	2004/05	2005/06	2006/07	2007/08
Established Positions	76	79	87	95
Actual Staff				
Full-time	68	67	72	85
Part-time	8	12	15	10
Casual	20	18	13	23

85% of NSWIS full-time and part-time staff are engaged to provide direct support to the NSW athletes in the areas of quality coaching and high performance services covering sports science, program support, Athlete, Career and Education, Sports Psychology and Applied Research. During the year a restructure of the Sports Psychology area was undertaken to include a broader range of service providers allowing sports greater flexibility and access to services.

Conditions of Employment and Movement in Salaries and On-costs

All the NSWIS full-time and part-time staff are employed on a Term Employment (most for four years) through the Institute of Sport Division under the Government Service of NSW which was established through amendments to legislation such as the Public Sector Employment and Management Act 2002 to protect all staff employed by the Crown from the effects of the introduction of the Work Choices Legislation. As a result a separate set of 2007-08 annual accounts for the Institute of Sport Division have been prepared to reflect the employment arrangements and employment costs for the year ended 30 June 2008.

The salary and on-costs for 2007-08 reflect a 3% salary increment paid to all the NSWIS staff in January 2008, performance-based bonuses paid to staff linked to the NSWIS's performance management system, incremental

salary increases resulting from the re-evaluation of existing positions using the Cull Egan and Dell job evaluation system, additional coaching and research positions and positions temporarily vacant in 2006-07 fully staffed in 2007-08.

Staff turnover decreased from 18% in 2006-07 to 14% in 2007-08. The turnover rates for 2007-08 are reflective of ongoing resignations.

Staff Recruitment

In 2007-08 the following positions were advertised:

- Employment Relations Coordinator
- Coordinator Sports Psychology Services
- Senior Sports Scientist – Biomechanics
- Sports Consultant
- Winter Sports Administration
- Senior Research Molecular Biologist
- ACE/PD Consultant
- Human Resources Coordinator

Leave Administration

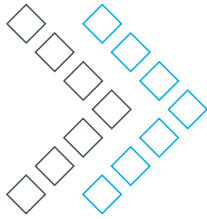
Under the NSWIS Leave Management Policy, staff leave entitlements are reviewed on an ongoing basis. All leave entitlements are printed on staff pay slips for staff management. Staff whose leave accruals are approaching or over 40 days are contacted to ensure that leave has been planned.

Training and Professional Development

The NSWIS encourages all staff to participate in a range of learning and development activities to expand their technical, operational and strategic skills. During 2007-08 the NSWIS staff attended a variety of courses, conducted by a number of different training providers with training in areas including management skills, communication and publications, finance, IT, human resource applications and specific technical courses for the NSWIS service staff (sports psychology, sports science, ACE/PD).

One key professional development program established by the NSWIS is the Coach Excellence Program which has been developed to develop and retain high quality coaching staff by providing opportunities for professional development and supportive management.

See also: the Coach Athlete and Program Services Report on page 18 for further details.



APPENDIX 2: CODE OF CONDUCT

The NSWIS Code of Conduct sets out the standards of professional behaviour expected of all staff, volunteers and anyone who represents the NSWIS. The Code is incorporated into the term employment agreement for staff and coaches. Staff who are not directly employed by the NSWIS, casuals and contractors 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: 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 NSWIS is currently developing new Occupational Health and Safety policy and procedures which are in line with NSW Government's Working Together: Public Sector OHS and Injury Management Strategy 2005-2008.

Unit managers and supervisors carry prime responsibility for ensuring the health, safety and welfare of all staff, athletes and visitors while all staff are aware of their own responsibilities in the maintenance of a safe working environment. The NSWIS in conjunction with other tenants of the building finalised new emergency evacuation procedures during the reporting period.

The NSWIS's sports science unit and sports science laboratory are fully accredited under the Laboratory Standards Assistance Scheme. This scheme ensures the accuracy and reliability of data received from the NSWIS sports science department and maintenance of Occupational Health and Safety standards. Accreditation also ensures that universal precautions are observed in the handling of biological and biohazard materials.

During the reporting period the NSWIS reported one work-related injury which is being managed in conjunction with Allianz. The staff member has returned to full duties.

APPENDIX 4: DISABILITY ACTION PLAN

The NSWIS continues to 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.

The NSWIS, through its Sports Policy Framework, continues to support disabled athletes through the Wheelchair Track and Road, Wheelchair Basketball, Individual Scholarship and Athletes with a Disability Programs. The NSWIS maintains a close relationship with the Australian Paralympic Committee and the Department of Sport and Recreation disabled sports unit to continue to encourage involvement and elite performance for disabled athletes.

The NSWIS Athlete with Disabilities (AWD) Program is a joint program between the NSWIS and the Department of Sport and Recreation (DASR) for high performing athletes with a disability. During 2007-08 the NSWIS program provided athletes with access to competition and training support, as well as a broad range of NSWIS support services including sports science, sports medicine, strength and conditioning, sport psychology, nutritional advice, and ACE/PD. During the reporting period the program supported 27 of NSW's high performance AWD athletes.

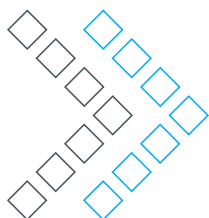
See also: Coach, Athlete and Program Services report, page 22 for further information.

APPENDIX 5: 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 30 June 2008 46% of staff employed 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 2007-08 NSWIS female coaches from the Diving, Softball 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 of this report, page 13.



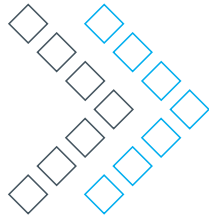
APPENDIX 6: 2007-08 BUDGET

2007-08 Budget for the economic entity.

INCOME	\$'000
Grants	
State Government-Operating	9,389
Commonwealth	201
National & State Sporting Organisations	2,706
Sub-Total	12,296
Sponsorship	
ClubsNSW	1,000
Other	304
In Kind Contributions	447
Sub-Total	1,751
Other	
Interest	110
Sundry	687
Sub-Total	797
Funds from Reserves	1,619
Total Funds	16,463

EXPENDITURE	
Salaries & Associated Costs	6,701
Fees for Services Rendered	679
Grants-Sports Programs, Initiatives & Athletes	1,488
Capital Equipment	700
Travel	1,135
Athlete Services	1,425
Other Costs	248
Motor Vehicle	351
Printing & Stationery	193
Communications	224
Advertising and Promotions	483
Occupancy	2068
Maintenance	91
Insurance	55
Medical Services	175
In-Kind Contributions	447
Total Expenditure	16,463
Surplus/(Deficit)	-

Michael Diamond Photo by Getty Images



APPENDIX 7: GUARANTEE OF SERVICES

The NSWIS 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 are committed to improving our performance through a commitment to excellence across all areas of our operations. Our organisation seeks to establish effective strategic alliances which will enhance the services we provide to our coaches and athletes.

Our main clients are elite NSW athletes and coaches. The NSWIS also interacts with government organisations including national and state sporting institutes; national and state sporting organisations; Australian and International Universities; suppliers; the media and the general public.

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 the NSWIS staff must abide by the NSWIS code of conduct. The NSWIS will consider all complaints carefully and welcomes suggestions to improve its efficiency and effectiveness. The NSWIS have established a Guarantee of Services Policy which also includes a Public Complaint/Suggestion Form.

APPENDIX 8: CONSUMER RESPONSE

The NSWIS did not receive any complaints regarding services in 2007-08 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 9: FREEDOM OF INFORMATION

The NSWIS did not receive any requests in 2007-08 for information under the Freedom of Information Act, 1989.

APPENDIX 10: LEGAL CHANGE

The NSWIS operates under the Institute of Sport Act 1995. There were no changes to Act in 2007-08.

APPENDIX 11: 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 programs performance and the fulfilment of responsibilities included in 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 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 managing the financial accounting requirements and statutory compliance 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 12: CONSULTANTS

The NSWIS engages three companies on a retainer for the provision of ongoing printing, legal and HR services and a number of providers on a fee for service basis to deliver specialist coaching, medical and nutrition advice. The external providers provide advice and specialist services to supplement the services provided by our internal staff and coaches.

In 2007-08 NSWIS also engage external consultants for the provision of finance and IT services. There were no consultants engaged in 2007-08 greater than \$30,000

APPENDIX 13: PROMOTIONS

Publications and website

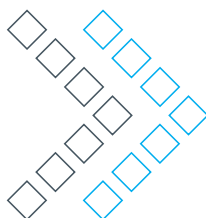
Publications produced over the year included:

NSWIS Annual Report 2006-07

The Edge Magazine – two issues produced during 2007-08

Annual Awards Program 2007

The NSWIS continues to update the appearance, functionality and content of its website. The latest information on the NSWIS and our athletes is available 24 hours daily on our website at www.nswis.com.au.



APPENDIX 14: OVERSEAS TRAVEL

During 2007-08 NSWIS staff, 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 either fully or partially recovered from the athlete:

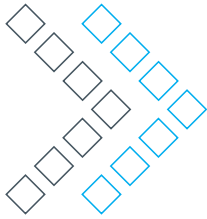
Sport	Amount	Sport	Amount
Cycling	6,438	Wheelchair T & Road	47,548
Netball	712	Sprint Canoe	10,633
Men's Artistic Gymnastics	1,864	Hockey - Men's	43,995
Winter Sports - Alpine Program	18,535	Winter Sports - Freestyle Program	5,601
Men's Soccer	2,620	Slalom Canoe	3,337
Winter Sports - Snowboarding	2,560	Sailing	614
Rowing	1,409	Swimming	31,278
Tennis	1,537	Track & Field	6,927
Triathlon	2,050	Waterpolo - Men's	19,644
Applied Research Program	11,830	Beijing Olympics - Test Events	39,099

APPENDIX 15: PAYMENTS OF ACCOUNTS

The NSWIS processes payment by cheque or electronic funds transfer on a weekly basis and aims to pay all accounts within 30 days. The NSWIS continues to reduce the number of cheque payments and increase the payments made by EFT each year.

Schedule of	Qtr Ended Sep-07	Qtr Ended Dec-07	Qtr Ended Mar-08	Qtr Ended Jun-08
Accounts Payable	\$'000	\$'000	\$'000	\$'000
Current	33	196	143	484
Between 30-60 Days				15
Between 60-90 Days				16
More than 90 Days				
Totals	33	195	143	515

Schedule of Accounts	Qtr Ended Sep-07	Qtr Ended Dec-07	Qtr Ended Mar-08	Qtr Ended Jun-08
Paid on Time	\$'000	\$'000	\$'000	\$'000
Accounts Paid on time	2,748	2,589	2,590	2,761
Total accounts paid	2,776	2,642	2,643	2,847
% accounts paid on time	99%	98%	98%	97%
Target % paid on time	100%	100%	100%	100%



APPENDIX 16: RISK MANAGEMENT AND INSURANCE

Internal Audit

In 2007–08 the NSWIS engaged Deloitte Touche Tohmatsu to undertake its annual internal audit. The 2007–08 audit undertaken involved Deloitte doing an audit of our Information Technology processes and 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 from the NSW Audit Office for the 2006–07 annual accounts.

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

The NSWIS is committed to having an effective risk management process in place to minimise the risk exposure of the business. The internal audit process along with a number of internal reviews ensures that NSWIS is monitoring and managing key areas of the business to ensure that it minimizes its level of risk exposure.

APPENDIX 17: 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 new premises to implement energy saving options and

continues to look at ways to improve and reduce energy consumption.

In relation to our electricity account the owner has elected to purchase 100% green power for the NSWIS building for its lighting and air-conditioning. Also, during the reporting period the NSWIS building connected to the SOPA grey water system which has seen our water usage from Sydney Water reduce by three quarters over the past two quarters.

APPENDIX 18: 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 2007–08 there were no changes made to the policy and no applications for review during the period.

APPENDIX 19: 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 20: ACCESS

Location

NSWIS Building
6 Figtree Drive
Sydney Olympic Park
Homebush Bay 2140

Postal Address

PO Box 476
Sydney Markets NSW 2129
Telephone: 02 9763–0222
Facsimilie: 02 9763–0250

Website: www.nswis.com.au

Hours of Business

9am to 5pm Monday to Friday

APPENDIX 21: ANNUAL REPORT PUBLICATIONS DETAILS

Published by: NSW Institute of Sport
Managing Editor: Peter Jackson
Editor: Lisa Herbertson
Copywriting: Lisa Herbertson
Photography: Getty Images
Design and Production: Southern Design and Print Group
Printing: Southern Design & Print Group
Print run: 500



Brad McGee Photo by Getty Images



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Joel Milburn and Jon Stefferson Photo by Getty Images

principal partner

ClubsNSW

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



