



2019/2020  
ANNUAL REVIEW

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VIS MOTTO

"Success in  
Sport and  
Life"

PHOTO: FELIST MURPHY



# BOARD OF DIRECTORS

BOARD MEMBER		PROFILE	START DATE ON VIS BOARD
	<b>Nataly Matijevic</b> (Chair)	Nataly is the Interface Manager at Evolution Rail – Plenary Group. With a wealth of experience in government, politics, public relations and strategic communications across a range of sectors, she was previously the senior adviser for the M2006 Commonwealth Games in the Office of the Minister for Sport & Commonwealth Games.	2016
	<b>Prof Mark Hargreaves</b> (retired Dec 2019)	Mark is Professor of Physiology and Pro Vice-Chancellor (Research, Collaborations & Partnerships) at the University of Melbourne, with research interests in exercise physiology and metabolism. He serves on editorial boards of numerous academic journals and is a Fellow of Exercise and Sport Science Australia and the American College of Sports Medicine.	2004
	<b>Tina De Young</b>	Tina brings considerable corporate advisory experience within a range of sectors including health, resources, infrastructure & agriculture. Her previous role was Associate Director at Grant Samuel and she is currently a Director at the Richmond Football Club, a member of the Finance Audit & Risk Committee and a Consultant to the Bendigo and Adelaide Bank.	2016
	<b>Amelia Lynch</b>	Amelia is a specialist sports lawyer, Partner, Special Counsel and head of the Sport & Leisure Team at Lander & Rogers Lawyers. She provides commercial advice to organisations in the sports and events industry with expertise in the application of the law for not-for-profit organisations, for-profit companies and government agencies. Amelia has also been appointed to the Victorian Racing Integrity Board.	2016
	<b>Prof David Bishop</b>	David is a Professor of Exercise Physiology at Victoria University, with research focus on exercise as mitochondrial medicine, and human performance. With more than 250 peer-reviewed publications to his name, he has attracted over \$4.5million in grant funding for his research throughout his career. He serves on the editorial board of Medicine and Science in Sport and Exercise, has twice been on the Excellence in Research Australia panel and has previously served as the President of Exercise and Sport Science Australia.	2019
	<b>Shelley Ware</b>	Shelley is an Australian Aboriginal media and TV personality, corporate speaker and educator. She is well known as past host of the NITV-SBS football program, Mangrook, and current host of "The colour of your jumper" on AFL.com.au. Shelley is also a primary school teacher specialising in art and literacy programs and the Indigenous Education Officer at Parade College. She is a committee member of the Reconciliation Action Plan at the Carlton Football Club, and also a Deakin University lecturer on racism in sport. She is the proud ambassador of Jean Hailes for Women's Health, and the Indigenous Literacy Foundation, and is passionate about espousing her personal journey, perspectives on females in sports, Aboriginal issues and childhood education.	2019
	<b>Lisa Alexander</b>	Lisa is a former Victorian State representative netball player and member of the Australian squad. Following her playing career, Lisa held coaching roles with the VIS Melbourne Phoenix (with National title wins in 2002-03), U21 Australian team and Adelaide Thunderbirds. Lisa was the Head Coach of the Australian Netball Diamonds Team from 2011-2020. She coached the Diamonds for 102 test matches, becoming the most capped Australian coach of all time. She coached the team to gold medal successes at the 2014 Commonwealth Games and 2015 Netball World Cup, and silver medals at the 2018 Commonwealth Games and 2019 Netball World Cup.	2019
	<b>Greg Lee</b>	Greg brings to the Board the skills and experience gained from being involved in a large range of businesses and organisations at senior management and board level. His experience encompasses tertiary education, professional recruitment & labour hire, advertising & marketing, elite sport, disadvantaged youth programs, and disruptive technology. Greg is a Fellow of the Australian Institute of Company Directors and currently holds board positions with the Judicial College of Victoria, Youth Activating Youth and Entire HR.	2020
	<b>Michael Sayers</b> (deceased)	Michael held a Bachelor of Business (Accounting) and was a Fellow of the Institute of Chartered Accountants Australia and New Zealand, a registered company auditor and a registered tax agent. He had a very broad based business experience principally as managing partner of Sayers Partners, Chartered Accountants established in 1984. He had business interests within Australia and overseas and previously acted as chair of the finance committees and boards of several private and public schools.	2014
	<b>Mark Coughlin</b> (Independent Member – Finance Committee)	Mark sits on the VIS Finance Committee as an independent member. He has over 30 years experience in working in and advising utility and infrastructure business in Australia and internationally. His experience includes commercial management, CFO, general management and CEO-like roles in large Australian utility corporations, encompassing strategy, deals, restructuring, regulatory, operational and financial management elements of utilities businesses. He currently leads PwC's Australian Energy, Utilities and Resources practice.	2015
	<b>Tim Matthews</b> (Independent Member – Performance Committee)	Tim is a past VIS scholarship holder and an Australian Paralympic athlete who competed at three Paralympic Games between 1996-2004. He won three Paralympic gold medals in the 4x100m T42-46 and 4x400m T46 relays, and two bronze medals in the Men's 100m and 200m T46 athletics events. He received an Order of Australia medal for his achievements following the 1996 Atlanta Olympics. He currently holds the role of Senior Manager Para Sport at Paralympics Australia and sits on the VIS Performance Committee as an independent member.	2020
	<b>Alex Lefley</b> (Board Observership Program)	Alex joined the VIS Board in 2019 on a 12 month placement as part of the Board Observership program. This was extended by a further year in 2020. Alex has expertise in brand and reputation management. He previously was the Director of Brand at Edelman and is the Founder of The Wolf Collaborative and a guest lecturer at the University of Melbourne	2019



# MINISTER'S MESSAGE



**MARTIN PAKULA**  
Minister for  
Tourism, Sport and  
Major Events

**A year that started with high hopes for Victorian athletes, some with their sights set on Tokyo and Olympic competition, turned out to be unforgettable for a very different set of reasons.**

The VIS has not known a year like it in its three decades, just as the nation has not endured times like these in 100 years.

Sport has been confronted with enormous challenges and has rightly taken a back seat as we have fought to keep the community safe from coronavirus.

For some athletes their time competing on the world stage will come again; for others, that won't be the case. To all, please know that we understand the impact that the pandemic has had on your lives and your plans.

Because 2019/20 ended in a holding pattern for many does not mean that we cannot celebrate some of the tremendous performances produced by VIS athletes around the world.

In November, Jaryd Clifford took out the gold medal in the 5000m T13 and 1500m T13 events at the 2019 Para Athletics World Championships, setting race records in both events.

Carol Cooke claimed her eighth and ninth world titles with victories in the T2 time trial and road race at the 2019 UCI Para Road World Championships in the Netherlands.

The event also saw fellow VIS athlete Alistair Donohoe claim gold in the C5 time trial and bronze in the C5 road race, while Emily Petricola claimed gold in the C4 time trial. The VIS athletes' total of four gold medals helped the Australian para-cycling team finish top of the table with nine gold medals and 15 medals overall.

Alistair Donohoe and Emily Petricola went on to claim titles at the 2020 UCI Para Cycling Track World Championships, one of the few World Championships completed in 2020. Alistair won gold in the C5 scratch race whilst Emily secured gold in both the C4 individual pursuit and C4 scratch race.

Lucy Stephan and Katrina Werry were part of the women's four that claimed gold at the 2019 World Rowing Championships. The Victorian duo were joined by Olympia Aldersey and Sarah Hawe and led the final from start to finish.

Harrison Fox claimed gold at the 2019 Junior World Rowing Championships in the double sculls with Hamish Henriques, the pair remaining undefeated throughout the regatta in Tokyo.

Mitchell Hooper and Ben Canham were part of the coxed four which claimed gold at the 2019 Under 23 World Rowing Championships. The team just got there, crossing the line only 0.09 seconds ahead of Great Britain.

Shooters Laetisha Scanlan and James Willett took the gold medal in the mixed team trap event at the 2019 ISSF Shotgun World Championships while Penny Smith was part of the pair that took the bronze medal.

At the 2019 FINA Swimming World Championships, Mack Horton won gold as part of the team that took out the 4x200m freestyle relay. He also claimed the silver medal in the 400m freestyle.

Also at the swimming world titles held in South Korea, Matthew Temple returned with a gold medal from the mixed 4x100m medley relay after a strong heat swim helped the team to reach the final. Jessica Hansen claimed silver as part of the women's 4x100m medley relay team.

Tennis star Dylan Alcott continued his amazing run of grand slam form, taking the quad singles title at Wimbledon, finishing runner-up at the US Open and then claiming a sixth Australian Open title.

Elizabeth Watson, Caitlin Thwaites and Joanna Weston were part of the Australian Diamonds team that lost to New Zealand by a goal in the final of netball's 2019 World Cup.

Wheelchair Rugby players Benjamin Fawcett, Shae Graham, Andrew Harrison, Jason Lees and Jayden Warn were part of the Australian Steelers team that took the silver medal at the IWRF World Challenge in Japan after a narrow loss in the gold medal match to the United States.

To all the athletes and coaches and other support staff at the Institute, we commend you for your application, efforts and achievements.

We look forward to following your performances over the next 12 months.



PHOTO: DYLAN ALCOTT  
CREDIT: TENNIS AUSTRALIA

# CHAIR & CEO REPORT

2020 marks the 30th Anniversary of the VIS and it was in 1990, when we first opened our doors, that the ultimate goal of supporting athletes to achieve success in sport and life became our driving force. "Success in sport and life" is now a part of the VIS Charter and our motto that drives every decision, our culture, our focus on performance, performance lifestyle and wellbeing and our connection to the Victorian community.



**NATALY  
MATIJEVIC**  
Chair



**ANNE MARIE  
HARRISON**  
Chief Executive  
Officer



**CATHRYN  
PRUSCINO**  
Executive  
Administrator

In reflecting on our journey, we saw VIS supported athletes competing for the first time at the Olympic and Paralympic Games in Barcelona, Spain in 1992 winning 8 medals at the Olympics and 17 medals at the Paralympics – a great achievement considering our brief history. Since then, VIS athletes have continued to represent Australia at the following seven Games including Rio in 2016 and continue to focus on preparing for the postponed 2020 (2021) Olympics and Paralympics in Tokyo, Japan.

With the COVID-19 pandemic unexpectedly changing how we all live and work, the activities that had been planned to recognise and celebrate our journey over the past 30 years have been deferred to next year. We have much to be proud of and we look forward to celebrating our achievements, our past and present athletes and our VIS family across our social media platforms during the year and hope to celebrate together in 2021. However, as part of our planning we implemented a project to consider the establishment of an "Alumni". Forty past and current athletes participated in our consultation and provided great insights with a good level of interest generated, leading us to support the development of a program through our Performance Lifestyle team. Further news on this will be forthcoming throughout 2020/21.

Similarly, the 2020 VIS Open Day following the success of our inaugural one held in 2019 has been deferred to next year, however not to be deterred we are exploring a virtual option in the meantime. We look forward to again welcoming Victorians into our facility to experience the daily training environment of our athletes.

We should also remember that the start of 2020 saw Victoria impacted by bushfires and a small number of VIS athletes affected along with the need to cancel or move camps we had planned in those areas. Whilst the recovery program has also been affected by COVID-19, we have indicated to the Victorian Government our willingness to support activities as part of the bushfire recovery program and rebuild phase.

Like most organisations and communities across the globe, we have all been impacted by the pandemic in some way and have responded in different ways and at different times but for the VIS there has been two consistent themes: our role in keeping the community safe and supporting athletes. In this regard we have been able to inform and led by our internal COVID-19 Taskforce and express our deep appreciation and thanks to them; Dr Susan White, Steve Hawkins, Dave Crosbee (Chairman), Harry Brennan, Simon Gardam, Bill Tait and Anne Marie Harrison, along with support from Rob Leeds. Our staff and athletes have been outstanding in their

response, being respectful of the protocols and processes in place and continuing to tackle training and their work with professionalism while managing their own personal circumstances.

As we know, COVID-19 has led to the cancellation or postponement of a range of domestic and international competitions, with the Super Netball League moved to August and the Olympic and Paralympic Games postponed by one year. This presents its own challenges in terms of maintaining motivation and a purpose during training and also modifying training loads and programs when there remains much uncertainty.

However, VIS athletes who were able to attend major competitions again achieved wonderful results, which will be highlighted further in this Review. We take this opportunity to congratulate World Champions; Jarryd Clifford, Emily Petricola, Carol Cooke, Alistair Donohoe, Lucy Stephan, Katrina Werry, Harrison Fox, Mitchell Hooper, Ben Canham, Laetisha Scanlan, James Willett, Mack Horton and Mathew Temple, along with Dylan Alcott (Wimbledon) and with Heath Davidson on their Australian Open victories, and Scotty James and Laura Peel being named Crystal Globe Champions in their respective winter sport disciplines.

In terms of our day-to-day business, we were pleased to see the National High Performance Sport Strategy finalised and endorsed by the Meeting of Sport and Recreation Ministers' and the continued work by the National Institute Network as a system, in preparing for Tokyo and planning for the future. We have completed most of our reviews and planning for the Beijing-Birmingham-Paris cycle, including the development of a 360° process to identify gaps and opportunities and will revisit this over coming months.

We hosted a visit by our Minister for Sport, the Hon. Martin Pakula MP during the Regional Academies Experience Day, which provided us with an opportunity to recognise the strong contribution regional areas make to Victoria's sporting success and our partnership with the Academies, whilst showcasing our facilities and performance services to the next generation. We also hosted a meeting of the Sport Australia (SA) Board including a tour of our facility led by athletes Rowie Webster (Water Polo) and Mitch Gourley (Para Skiing). SA Board Member and former VIS Chair and sporting champion, Steve Moneghetti launched our updated testing treadmill followed by an early glimpse of the environmental chamber under construction, which has now been completed. Ms Emma Kealy, MP the Victorian Shadow Minister for Women, Mental Health & Prevention of Family Violence also paid us a visit.



Following the sad passing of Wendy Braybon in 2018, we are delighted to announce the establishment of "Wendy's Gift" through a kind donation by her family. The fund will support young athletes aged under 23, who are on a VIS scholarship and face financial barriers in their careers. During the year, four athletes were provided with additional support. It was also appropriate to see Wendy's career be recognised through a display at the refurbished National Sports Museum.

In further philanthropic news, the Carbine Club have continued their wonderful support of our Future Talent program with an outstanding donation of \$50,000. The program is currently supporting 14 athletes in the important early stages of their careers.

We welcomed new Board Members: Shelley Ware, Lisa Alexander, Greg Lee and Prof David Bishop, along with the reappointment of Tina De Young, Amelia Lynch and Nataly Matijevic as Chair. Together they bring a broad range of skills and experiences to the benefit of the Institute and we appreciate their willingness to serve and their valuable contribution to our deliberations.

Following 15 years as a Director, 12 as Chairman of our Performance Committee and 12 as a member of the Finance Committee Mark Hargreaves retired. Over this time, Mark brought not only intellectual rigour, knowledge and experience to our deliberations, but also a genuine belief in the VIS, our athletes and our motto of "success in sport and life". We thank him for an enduring and most valuable contribution.

We were all shocked and deeply saddened by the sudden passing in March of Director, Michael Sayers. Michael was a Board Member for a little over five years and Chairman of the Finance Committee for five of those years. Michael was kind, supportive and deeply loyal to the principles and objectives of the VIS and unwavering in his conviction of how we could utilise our resources for the benefit of athletes. He will be missed.

Whilst the State Budget has been postponed, we were pleased to receive confirmation from the Victorian Government that our current base funding has been extended to December 2020. We extend our thanks to Minister Pakula, Sport and Recreation Victoria and the Victorian Government for their ongoing support of the VIS, through this funding and in so many other ways.

We thank and acknowledge our supporters: School Sport Victoria, the AIS, Paralympics Australia, the Carbine Club, 2XU, Titleist, Open Universities Australia, William Angliss Institute, the School Locker, Maribyrnong Sports Academy, the Victorian Golf Foundation, Premax, FIA Fitnation, Barrett and Dexa Melbourne. Further appreciation is expressed to our National and State Sporting Organisation partners, together with the AOC, CGA, AIS and State and Territory Institute colleagues. Our thanks to all these organisations and their staff for their interest and commitment to our athletes and programs.

In closing, much of this last year has tested our capacity and resilience and demonstrated how fortunate we are to be leading such a wonderful organisation with a proud history and optimistic future. To the Board, staff and athletes we say thank you.



## ABOUT VIS

# WHO WE ARE

The Victorian Institute of Sport (VIS) was established in 1990 by the State Government to assist Victoria's best athletes achieve national and international success. The VIS is a private trustee company with a Board of Directors appointed directly by the Victorian Minister for Sport.

The VIS receives most of its funding from the State Government through Sport and Recreation Victoria, and additional funding from the Commonwealth Government through the Australian Institute of Sport and National Sporting Organisations, together with Paralympics Australia.

The VIS is based in its own facility at Lakeside Stadium in Albert Park which provides a state of the art training environment for athletes, including a training gym, sprung floor, pool and recovery facilities, sport science laboratories, treatment rooms and offices.

The VIS offers three scholarship programs to athletes to enable them to achieve their sporting potential: Tier 1 scholarships, Individual scholarships and Future Talent scholarships.

## SCHOLARSHIP PROGRAMS

### Tier 1 Scholarship Program

Athletes with a Tier 1 scholarship compete in sports which have a Tier 1 sports program with the VIS. AIS sport categorisation guides the VIS Tier 1 sports selection, based on the identified role of the VIS within the NSO plan. The current Tier 1 sports are aerial skiing, athletics, cycling, diving, golf, hockey, netball, rowing, sailing, shooting and swimming. Tier 1 sports programs have tri-partisan agreements with the National and State sporting organisations and are coordinated by a Head Coach or Program Manager.

### Individual Scholarship Program

Individual scholarships are offered annually to athletes from sports which do not have a Tier 1 sports program. AIS athlete categorisation identifies athletes who are eligible for Individual VIS Scholarships according to the following criteria: Foundation Sports – Podium/Podium Ready/ Podium Potential, Other Sports – Podium only.

### Future Talent Scholarship Program

Future Talent scholarships are for talented athletes who show outstanding potential for future success but are not yet eligible for a full VIS scholarship due to their age or selection criteria restrictions; once identified they are provided with VIS support services to "fast track" their development. There are athletes from Tier 1 and non-Tier 1 sports, as well as Para athletes.

The VIS acknowledges the Australian Olympic and Paralympic Committees for their endorsement of the VIS as an Olympic and Paralympic Training Centre.

# VIS STRATEGIC PLAN

## VISION

Inspiring Victorians through international sporting success.

## MISSION

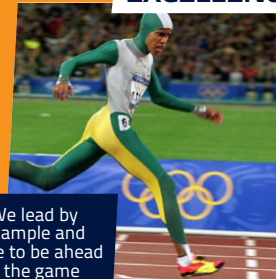
To provide leadership that enables talented Victorian athletes to excel in sport and life.

## DEFINITION OF SUCCESS

- All our athletes aspire to be world's best
- Passionate and committed staff who continually strive for excellence, work at the VIS
- We understand and act on what makes athletes perform at their best
- We are the "go to" place for high performance sport in Victoria
- We lead, influence and collaborate on high performance sport in Victoria
- The VIS is well recognised locally and globally
- The VIS and the athletes it supports inspire Victorians

## VALUES

### EXCELLENCE



We lead by example and strive to be ahead of the game

### COURAGE



We are relentless in facing challenges head on

### SIMPLICITY



We work on small things each day which allow us to reach our goals

### PASSION



We bring energy and excitement to everything we do

### COMMUNITY



We see the potential in everyone and support each other to collectively do amazing things

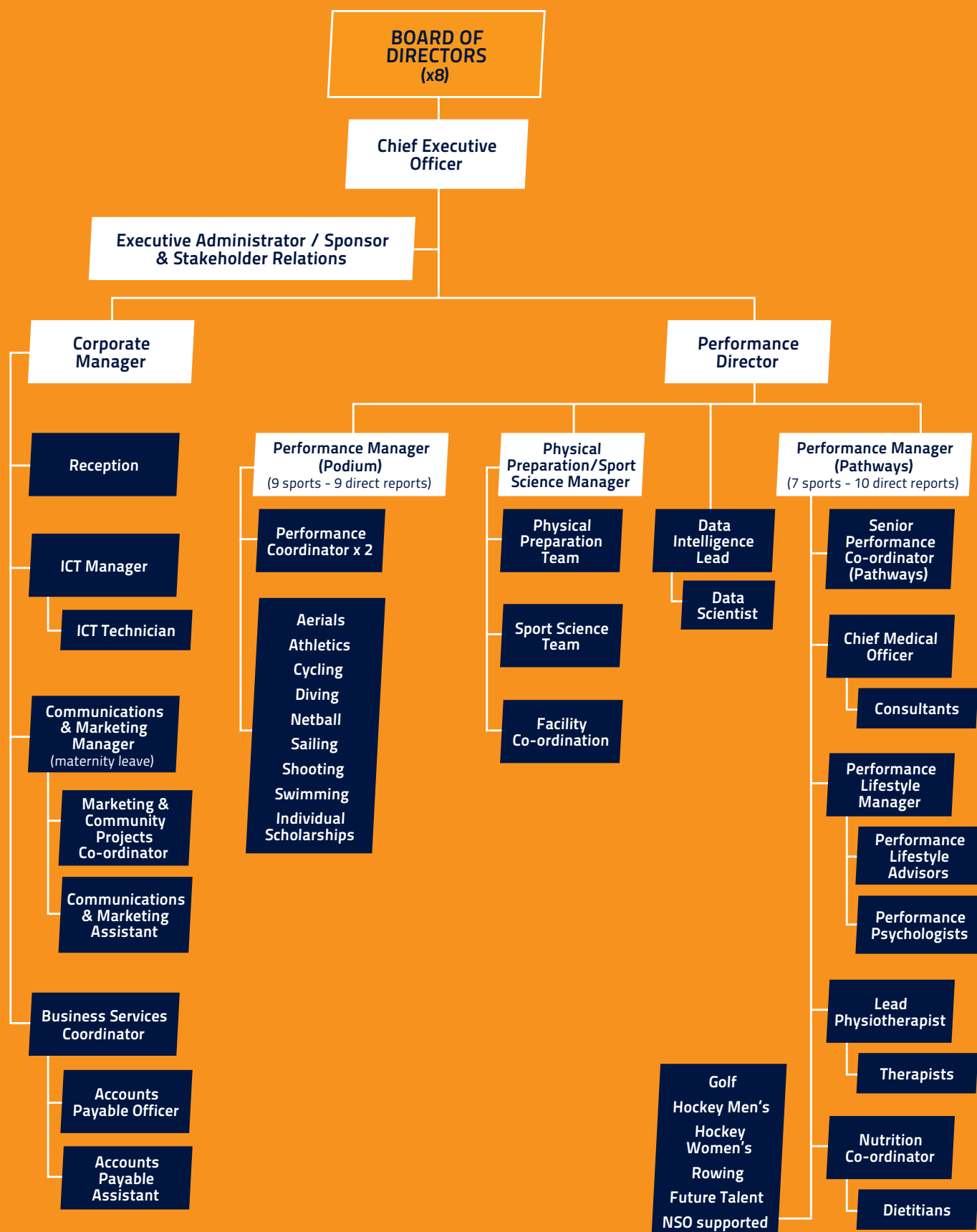
### SUCCESS



We strive for greatness and celebrate success



# ORGANISATIONAL CHART



2019/2020

# ATHLETE RESULTS WORLD CHAMPIONSHIPS SUMMARY



PHOTO: JARYD CLIFFORD  
CREDIT: ATHLETICS AUSTRALIA



## PODIUM LEVEL RESULTS AT WORLD CHAMPIONSHIPS AND BENCHMARK EVENTS

### AUSTRALIAN MEDALS WON BY VIS ATHLETES

	Athlete	Sport	Event/Discipline	Event
GOLD	Jaryd Clifford	Para Athletics	T13 1500m	2019 Para Athletics World Championships
	Jaryd Clifford	Para Athletics	T13 5000m	2019 Para Athletics World Championships
	Carol Cooke	Para Cycling	Women's T2 Road Race	2019 UCI Para Road World Championships
	Carol Cooke	Para Cycling	Women's T2 Time Trial	2019 UCI Para Road World Championships
	Alistair Donohoe	Para Cycling	Men's C5 Time Trial	2019 UCI Para Road World Championships
	Emily Petricola	Para Cycling	Women's C4 Time Trial	2019 UCI Para Road World Championships
	Lucy Stephan, Katrina Werry	Rowing	Women's Four	2019 World Rowing Championships
	Harrison Fox	Rowing	Men's Double	2019 Jnr World Rowing Championships
	Mitchell Hooper, Ben Canham	Rowing	Men's Coxed Four	2019 U23 World Rowing Championships
	Laetisha Scanlan, James Willett	Shooting	Mixed Team Trap	2019 ISSF Shotgun World Championships
	Mack Horton	Swimming	4x200m Freestyle Relay	2019 FINA Swimming World Championships
	Matthew Temple	Swimming	Mixed 4x100m Medley Relay (Heat Swim)	2019 FINA Swimming World Championships
	Dylan Alcott	Wheelchair Tennis	Quad Singles	Wimbledon
	Dylan Alcott	Wheelchair Tennis	Quad Singles	Australian Open
	Dylan Alcott & Heath Davidson	Wheelchair Tennis	Quad Doubles	Australian Open
	Emily Petricola	Para Cycling	C4 Individual Pursuit	2020 UCI Para Track World Championships
	Emily Petricola	Para Cycling	C4 Scratch Race	2020 UCI Para Track World Championships
	Alistair Donohoe	Para Cycling	C5 Scratch Race	2020 UCI Para Track World Championships
	Laura Peel	Freestyle Skiing	Women's Aerials	Crystal Globe Champion
	Scotty James	Snowboard	Men's Halfpipe	Crystal Globe Champion
SILVER	Sam Gallagher	Cycling	U19 Men's Keirin	2019 UCI Jnr Track World Championships
	Sam Gallagher	Cycling	U19 Men's Keirin	2019 UCI Jnr Track World Championships
	Graeme Frislie	Cycling	U19 Men's Omnium	2019 UCI Jnr Track World Championships
	Caitlin Thwaites, Elizabeth Watson, Joanna Weston	Netball	Australian Netball Team	2019 INF Netball World Cup
	Jessica Morrison	Rowing	Women's Pair	2019 World Rowing Championships
	Jessica Morrison, Rosie Popa, James Rook (cox)	Rowing	Women's Eight	2019 World Rowing Championships
	Mack Horton	Swimming	400m Freestyle	2019 FINA Swimming World Championships
	Jessica Hansen	Swimming	4x100m Medley Relay	2019 FINA Swimming World Championships
	Dylan Alcott	Wheelchair Tennis	Quad Singles	US Open
	Benjamin Fawcett, Andrew Harrison, Jayden Warn, Shae Graham, Jason Lees	Wheelchair Rugby	Team	IWRF World Challenge
BRONZE	Penny Smith	Shooting	Mixed Team Trap	2019 ISSF Shotgun World Championships
	Claire Keefer	Para Athletics	F41 Shot Put	2019 Para Athletics World Championships
	Maria Strong	Para Athletics	F33 Shot Put	2019 Para Athletics World Championships
	Alistair Donohoe	Para Cycling	Men's C5 Road Race	2019 UCI Para Road World Championships
	Phoebe Georgakas	Rowing	Women's Coxed Four	2019 U23 World Rowing Championships
	Ruby Storm	Para Swimming	Mixed 4x100m Freestyle Relay S10	2019 World Para Swimming Championships
	Col Pearse	Para Swimming	100m Butterfly S10	2019 World Para Swimming Championships
	Madeleine Steere, Rowie Webster	Water Polo	Australian Team	2019 FINA World Championships

\*Due to the COVID-19 Pandemic, several World Championships that were scheduled to take place between February-June of 2020 were subsequently postponed or cancelled.

# AWARD OF EXCELLENCE

The annual VIS Award of Excellence function is the occasion to recognise the achievements of VIS athletes throughout the year. Six main awards are presented and in addition, a Coach Award is presented to one athlete from every Tier 1 sport.

The 2019 Award of Excellence was held on 20 November 2019 at Carousel on Albert Park Lake and was well attended by over 275 VIS staff, athletes, sponsors and stakeholders. The function celebrated the outstanding achievements of VIS athletes from a year which brought us World Champions, world records and a plethora of world bests.

With an unbeaten season, triple Olympian Scotty James was awarded the 2019 Award of Excellence for a second consecutive year. James won gold at six out of six events throughout 2018/19 including wins at The Dew Tour, X Games, US Grand Prix, Laax Open and the US Burton Open, as well as a third consecutive FIS World Championship title, an unprecedented feat as the first-ever snowboarder to do so.

Scotty is an active role model and mentor within his sport as well as a great ambassador for winter sports and the sporting community. He has played an active leadership role within the newly structured National Park & Pipe Program which targets young athletes with potential to be medal contenders at the Beijing 2022 Winter Olympic Games.

Five other awards were presented during the ceremony, including the Frank Pyke Achievement Award, the 2XU Rising Star Award, the Sarah Tait Spirit Award, William Angliss Performance Lifestyle Award and the Para Athlete Award.

Named in honour of the late, great Dr Frank Pyke, the inaugural Executive Director of the VIS, the Frank Pyke Achievement award reflects the values that Frank held dear and reflects the VIS motto, "Success in Sport and Life". The 2018 Frank Pyke Award winner, Don Elgin, presented the 2019 award to Australian Paralympian and notable academic and researcher in workforce diversity and human rights and advocacy, Dr Kevin Murfitt AM. This award recognises Kevin for not only his long and successful sporting career, but for his ongoing academic and career accomplishments outside of the sporting arena.

2XU Custom Business Development Manager, Will Fitzgerald, presented the 2019 Rising Star Award to joint winners Amy Lawton (Hockey) and Jemima Montag (Athletics). This award recognises the young athlete who has achieved outstanding sporting results during the year, complemented by success in other areas of their life.

The Sarah Tait Spirit Award, named after the late rower Sarah Tait, was presented by former VIS athlete and four-time Olympic medallist Daniel Kowalski to the 2019 award recipient and resilient netballer, Renae Ingles. Like the Award's namesake, Renae is an inspiration in life and in her sport and is a fantastic role model to athletes, both past and present.

Para-Alpine Skier Mitchell Gourley was presented the William Angliss Performance Lifestyle Award for his academic achievements while competing at the highest level of his sport, whilst wheelchair tennis ace Dylan Alcott was awarded the Para Athlete Award.

The Coaches Awards, given to the athlete in each Tier 1 sport who is most deserving within the calendar year, were also acknowledged at the event.

Each year the award recipients are selected by a judging panel consisting of VIS Board Members and again in 2019, Media Commentator Sam Lane joined the panel as an independent media contributor. We'd like to acknowledge and thank Sam and the Board for their thorough deliberations to select the winners.

## VICTORIAN INSTITUTE OF SPORT AWARD WINNERS 2019

### Award of Excellence

Scotty James

### 2XU Rising Star Award

Amy Lawton and Jemima Montag

### Sarah Tait Spirit Award

Renae Ingles

### Para Athlete Award

Dylan Alcott OAM

### William Angliss Performance Lifestyle Award

Mitchell Gourley

### Frank Pyke Achievement Award

Dr Kevin Murfitt AM

## COACHES AWARDS 2019

**AERIAL SKIING** / Laura Peel

**ATHLETICS** / Linden Hall

**CYCLING** / Carol Cooke

**CYCLING** / Graeme Frislie

**DIVING** / Emily Chinnock

**GOLF** / Andre Lautee

**MEN'S HOCKEY** / Josh Simmonds

**WOMEN'S HOCKEY** / Carly James

**NETBALL** / Sacha McDonald

**ROWING** / Ben Coombs

**SAILING** / Tess Lloyd

**SHOOTING** / Penny Smith

**SWIMMING** / Mack Horton

## PREVIOUS AWARD OF EXCELLENCE WINNERS

1991 / ROBERT ALLENBY / Golf

1992 / PETER ANTONIE / Rowing

1993 / DANIELLE WOODWARD / Canoeing

1994 / STEVE MONEGHETTI / Athletics

1995 / DANIEL KOWALSKI / Swimming

1996 / OARSOME FOURSOME / Rowing

1997 / CATHERINE FREEMAN / Track & Field

1998 / SARAH FITZ-GERALD / Squash

1999 / CATHERINE FREEMAN / Track & Field

2000 / CATHERINE FREEMAN / Track & Field

AARON BADDELEY / Golf

TOM KING & MARK TURNBULL / Sailing

2001 / MATT WELSH / Swimming

2002 / SARAH FITZ-GERALD / Squash

2003 / ALISA CAMPLIN / Aerial Skiing

2004 / JAMES TOMKINS & DREW GINN / Rowing

2005 / KATIE MACTIER / Cycling

2006 / GLENN ASHBY / Sailing

2007 / CADEL EVANS / Cycling

2008 / LEISEL JONES / Swimming

2009 / LEIGH HOWARD / Cycling

2010 / LYDIA LASSILA / Aerial Skiing

2011 / CADEL EVANS / Cycling

2012 / KIM CROW / Rowing

KELLY CARTWRIGHT / Track & Field

2013 / KIM CROW / Rowing

2014 / DAVID MORRIS / Aerial Skiing

2015 / DYLAN ALCOTT / Wheelchair Tennis

2016 / MACK HORTON / Swimming

2017 / CAROL COOKE / Para-Cycling

2018 / SCOTTY JAMES / Snowboarding







2019/2020

# VIS IN THE COMMUNITY

## COMMUNITY PROGRAMS BY THE NUMBERS

**9687**

VICTORIAN STUDENTS ENGAGED

**881**

STUDENTS ENGAGED  
IN THE BE FIT BE  
WELL VIRTUAL  
SPEAKER PROGRAM

**237**

VICTORIAN SCHOOLS  
ENGAGED

**180**

SCHOOL PROGRAMS  
DELIVERED

**40+**

VIS ATHLETES  
PARTICIPATING IN  
THE PROGRAMS

**5**

HIGH PERFORMANCE EVENTS HELD  
FOR REGIONAL VICTORIAN ATHLETES

**2**

Events held in  
regional Victoria  
(Ballarat &  
Traralgon)

**1**

Event held  
at the  
VIS facility

**2**

Active School  
clinics in regional  
Victoria (Geelong  
& Wodonga)





## VIS SCHOOL PROGRAMS TESTIMONIALS

**Alec Potts (Olympic medallist, archery) – visit to Patterson River Secondary College in Seaford**

*"Alec Potts was simply superb this year. His presentation was highly polished and seamless as he spoke for 45 minutes about his career as a world class athlete. His messaging was perfect for this student cohort about setting goals and then working purposefully to achieve them and about the power of mindfulness and positive thinking."*

**Melissa Tapper (Olympic & Paralympic table tennis player) – virtual program live chat with Silverton Primary School in Noble Park North**

*"The group were so excited and even more so afterwards. 'Oh my god! What a once in a lifetime experience' was some of the feedback afterwards from one student. I couldn't believe we went for nearly 1 hour! That is a long time for this group of energetic 'athletes' to sit and listen, but such was their engagement they didn't even realise how long the session went for."*

**Jacqui Newton (Melbourne Vixens netballer) – visit to St. Augustine's Primary School in Wodonga**

*"It was great to have Jacqui at St. Augustine's. As a past student of the school it was great to hear her story and what she is up to now. During her time with us she conducted sports classes for our Y3-6 students. She also had a Q&A session with a group of 5/6 girls that focused around her journey from St. Augustine's to now, highlighting the importance of women in sport. Thanks for giving us the opportunity to have Jacqui visit."*

## REGIONAL HIGH PERFORMANCE EXPERIENCE AT VIS

*"The feedback I received as we exited was really positive from our athletes – it works as a reminder of the value of creating these types of opportunities, especially for country based athletes,"*

— Corey Saitta, Executive Officer FedUni WestVic Academy of Sport.

*"The athletes who spoke were extremely informative and very 'real'. Please thank them for giving up their time to speak to the athletes from the Academies. The athletes from the Bacchus Marsh High Schools spoke glowingly of the day all the way home in the cars and I have received a number of emails containing glowing accounts and lots of positive feedback from their parents after they returned home. They had a wonderful and educational day,"*

— Jan Loftus, Barwon Sports Academy.

## BUSHFIRE RELIEF SUPPORT BY VIS ATHLETES AND STAFF

**Snowboarder Scotty James** set up a Go Fund Me campaign, with all proceeds going towards the World Wide Fund (WWF) for Nature Australia, raising almost \$40,000. James also decided to donate a portion of his contest winnings to help people who were trying to rescue and look after surviving animals.

*"This is heartbreaking. Thinking of everyone back home affected by these horrific bushfires. Stay safe and look after each other. A big shout out to all of our emergency services men, women and volunteers who are working around the clock to keep us and our wildlife safe,"*

— Scotty James

Following **Dylan Alcott's** sixth Australian Open Quad title he and his team committed to donate \$40,000 to those with a disability affected by the Australia's bushfire disaster as part of the *Aces4BushfireRelief* fund. Alcott was also part of the team hosting the Australian Open's *Rally for Relief*, the event brought together some of the biggest names in tennis and raised almost \$5 million.

**Liz Cambage**, Australian Opal set up a Go Fund Me page that raised over \$20,000. The donations were divided and distributed equally between the Australian Red Cross Disaster Recovery and Relief, CFA Country Fire Authority, WWF Australia and also First Nation communities.

*"My thoughts and prayers goes out to everyone effected by the fires and who have lost everything. And we are forever thankful to the volunteers risking it all to save our country."*

— Liz Cambage

Five **Melbourne Vixens netballers** participated in the Netball Bushfire Relief Match held in March 2020. Liz Watson (Vice-captain), Tegan Phillip, Caitlin Thwaites and Jo Weston were all selected to represent the Australian Diamonds facing Emily Mannix and Kate Moloney representing the Suncorp Super Netball All Stars. The Diamonds were coached by VIS Board member Lisa Alexander and VIS CMO Dr Sue White volunteered as the Doctor for the match.

Squash athlete **Rex Hedrick** organised a Squash tournament to raise funds for the bushfire appeal. The charity tournament raised \$5,514 and all the funds was sent to WWF Australia.

**VIS running athletes** participated in the *#kms4bushfires* initiative where they pledged a dollar for every km they ran in a week in January to support firefighters and relief efforts. The aim of this fundraiser was to offer culturally sensitive, specific and direct support to some of those communities with critical costs to cover expenses.

Golfer **Zach Murray** donated 25 per cent of his prizemoney earnings from the Blitz Golf Pro Series to the Australian Red Cross Appeal set up to help the thousands of Australians who have been directly impacted by the catastrophic fires.

**VIS Nutrition Coordinator Kylie Andrew** worked at and attended the AFL Bushfire Relief State of Origin game, representing Richmond Football Club.



2019/2020

# BUSHFIRES AND COVID-19

There is no hiding from the fact  
2019-20 has been unprecedented !

December 2019 through to February 2020 presented a significant challenge for the VIS and its programs in dealing with the impact of the east coast bushfires, with events, training camps and DTEs being cancelled or closed. In order to deal with this a number of new operational policies were enacted, including regular air quality monitoring, and associated limits on what activities athletes and staff could take part in when air quality reached identified limits.

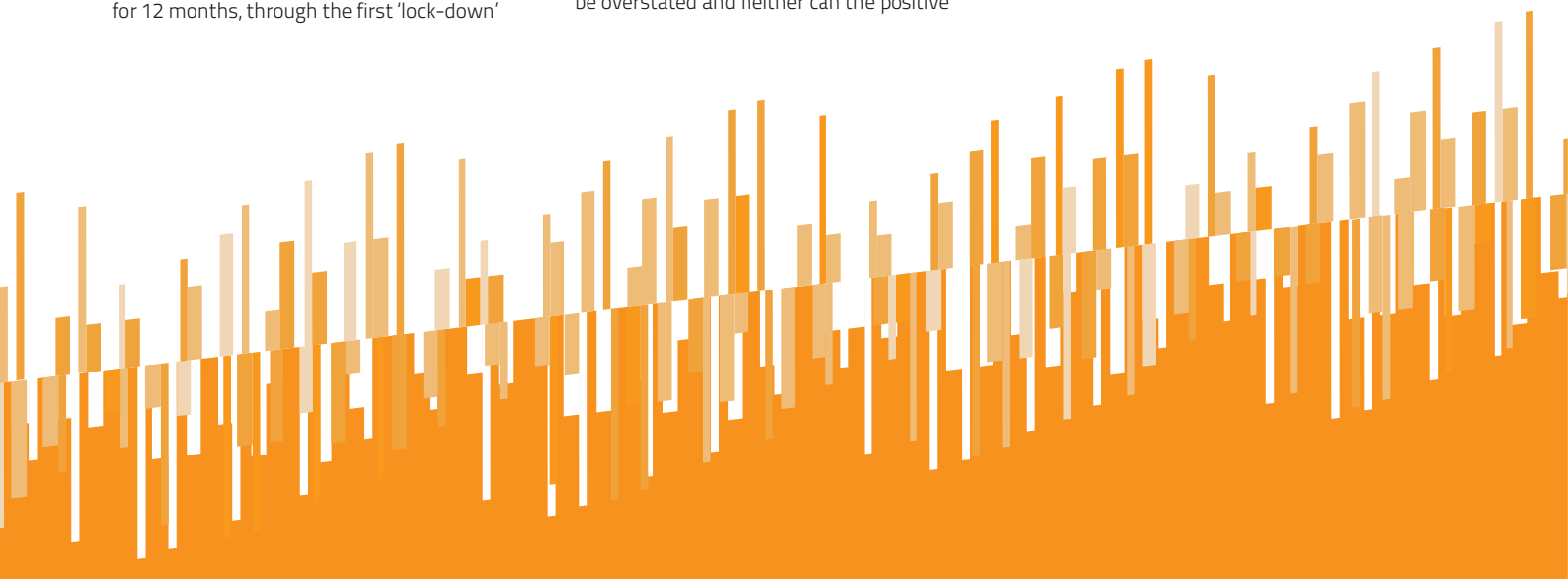
The VIS also responded to requests from NSOs in supporting athletes who needed to relocate from camps/DTEs due to the bushfires.

The greatest challenge though, has been reacting to and dealing with COVID-19 from the first activity limitations in mid-March, the formal postponement of Tokyo 2020 for 12 months, through the first 'lock-down'

phase and then the gradual start of easing of restrictions, the VIS Performance staff, including coaches and performance support have put in place measures to allow the athletes to continue to train as effectively as the restrictions will allow. This has included staff going 'above and beyond' in their approaches to supplying athletes with equipment at home, instigating new approaches to deliver support and sessions to athletes on a remote basis, working until the early hours overnight to ensure technological fixes to AMS monitoring, implementing new working practices in the DTEs to ensure safe delivery of training sessions whilst minimising the risks of COVID-19 infection to athletes and staff. All of these have been achieved while the staff, as per the rest of the Australian population, are concerned about their own health and the impact of COVID-19 on their families and friends.

The challenges this has presented cannot be overstated and neither can the positive

spirit in which VIS staff have met them. This still remains our biggest challenge as we look towards 2021 to support those athletes who have been selected, or have a realistic chance of selection for Tokyo 2020, along with athletes looking towards Beijing 2022 and Birmingham 2022. Whilst these important benchmark events are front of mind for everyone in the Australian sporting system, the VIS is extremely conscious of the role the VIS plays in the development of the next generation of athletes looking towards Paris 2024 Summer Games, Milan 2026 Winter Games, 2026 Commonwealth Games and LA 2028 Summer Games. Therefore we are extremely conscious that we must ensure their development processes are also maintained in this challenging environment, as if they are stalled at this point in time it will be difficult for them and Australia to be successful at those future events.



"Like everyone, COVID-19 has provided many challenges to our VIS shooting program. Limited access to training venues, restricted travel and complete shutdown of all competition have seen athletes and their coaches become creative and patient. We are all very grateful for the assistance of the VIS in setting up athletes who needed fitness equipment and the work of the performance team who have provided regular communication, home training programs, telehealth sessions, nutritional advice, numerous webinars and online opportunities and most importantly, support. We have plenty to look forward to in 2021."

— NICKY FREY, SHOOTING PERFORMANCE SUPPORT COORDINATOR



## AERIAL SKIING

The VIS Aerial Skiing program has long been considered one of Australia's leading talent transfer programs. 2019-20 was no exception with VIS Aerial Skiers producing strong and consistent results on the world stage.

Laura Peel had a career best season becoming the FIS World Cup Champion while Abbey Willcox finished 7th and Gabi Ash made her debut on the World Cup stage.

The program is run in partnership with the Olympic Winter Institute and Snow Australia, with the program identifying and recruiting athletes who have an acrobatic background, with the long term aim of developing them into World Cup and Olympic level aerial skiers. With the announcement of local training infrastructure projects with our federal government partners, the program is in a great position as we head towards the 2022 Winter Olympics in Beijing.

## KEY ACHIEVEMENTS

Laura Peel

- 1st European Cup, Ruka, Finland
- 3rd FIS World Cup, Shimao Lotus Mountain, China
- 4th FIS World Cup, Shimao Lotus Mountain, China
- 9th FIS World Cup, Deer Valley, USA
- 2nd FIS World Cup, Moscow, Russia
- 1st FIS World Cup, Raubichi, Belarus
- 4th FIS World Cup, Oi Qaragai, Kazakhstan
- 1st FIS World Cup, Krasnoyarsk, Russia
- FIS 2019/20 World Cup Champion

Abbey Willcox

- 3rd FIS World Cup, Deer Valley, USA
- 14th FIS World Cup, Moscow, Russia
- 14th FIS World Cup, Oi Qaragai, Kazakhstan
- 5th FIS World Cup, Krasnoyarsk, Russia
- 7th 2019/20 FIS World Cup Standings

Gabi Ash

- 20th FIS World Cup, Deer Valley, USA
- 4th Nor-Am Cup, Park City, USA
- 3rd Nor-Am Cup, Park City, USA
- 3rd Nor-Am Cup, Le Relais, Canada

Airleigh Frigo

- 8th Nor-Am Cup, Park City, USA
- 7th Nor-Am Cup, Park City, USA
- 6th Nor-Am Cup, Le Relais, Canada

## PROGRAM STAFF

Rachel Johnson

Program Manager

## COACHES &amp; SERVICE PROVIDERS

Leigh Delahoy

Development Ski Coach

Liz Gardiner

Aerial Skiing Development Transition & Assistant Coach

Dave Morris

Aerial Skiing Development Coach

Kylie Andrew

Sports Dietitian

Siobhan Crawshaw

Sports Dietitian

Amber Bennett

Physiotherapist and Rehabilitation (OWIA)

Eliza Graham

Physiotherapist and Rehabilitation (OWIA)

Dr Peter Braun

Chief Medical Officer (OWIA)

Leesa Gallard

Performance Lifestyle Manager

Barbara Meyer

Sport Psychology Consultant (OWIA)

Will Morgan

National Physical Preparation Lead

Sylvie Withers

Lead Sport Scientist

## ATHLETES

Gabi Ash

Isabelle Cameron

Amanda Cordeiro

Mia Davis

Airleigh Frigo

Brittany George

Eleanor Higginbotham

Laura Peel

Danielle Scott

Abbey Willcox

## TRAINING VENUES

VIS Gymnasium

North American Ski Training Base - Snowbasin Ski Resort, Utah, USA

North American Water Ramp & Aerial Jump Site Facility - Utah Olympic Park, USA

Ski Training and Aerial Skiing, Mt Buller, Victoria

Water Ramp Training Facility, Wandin, Victoria

## SPONSORS

Bolle

Karbon

Mt Buller Resort

## PARTNERS

Olympic Winter Institute of Australia

Snow Australia (formerly Ski and Snowboard Australia)

PHOTO: LAURA PEEL

**13**  
CAREER WORLD  
CUP PODIUMS  
FOR LAURA PEEL

(4 Gold, 4 Silver,  
5 Bronze)

**60**  
km/hr  
SPEED AERIAL  
SKIERS HIT  
THE JUMP



In partnership with Athletics Australia (AA) and Athletics Victoria (AV), the program supports Victorian-based athletes to become world's best and to compete on the international stage at major events including the Olympics, Paralympics and Commonwealth Games, IAAF and IPC World Championships.

The Athletics Performance Advisor and Performance Coordinator work closely with the coaches and athletes to provide access to training facilities and support services, with an aim to providing a world class daily training environment for the athletes in their pursuit of international success.

### KEY ACHIEVEMENTS

#### 2019 IAAF Diamond League Event - Lausanne, Switzerland

Darcy Roper  
• 6th Men's Long Jump

#### 2019 IAAF Diamond League Event - London, England

Catriona Bisset  
• 2nd Women's 800m (Australian Record 1:58.78)  
Linden Hall  
• 13th Women's 1500m  
Morgan Mitchell  
• 5th Women's 800m (PB)  
Henry Smith  
• 8th Men's Long Jump  
Brooke Stratton  
• 4th Women's Long Jump

#### 2019 IAAF Diamond League Event - Birmingham, England

Joseph Deng  
• 11th Men's 800m  
Linden Hall  
• 4th Women's 1 Mile  
Morgan Mitchell  
• 10th Women's 800m  
Jordan Williamsz  
• 15th Men's 1500m

#### 2019 IAAF Diamond League Event - Paris, France

Morgan Mitchell  
• 9th Women's 800m

#### 2019 IAA Diamond League Event - Zurich, Switzerland

Linden Hall  
• 10th Women's 1500m

#### 2019 IAAF World Championships - Doha, Qatar

##### Athletes Selected

Catriona Bisset, Sinead Diver, Georgia Griffith, Linden Hall, Morgan Mitchell, Kathryn Mitchell (withdrew due to injury), Jemima Montag, Celeste Mucci, Brooke Stratton, Joel Baden, Peter Bol, Rhydian Cowley, Luke Mathews, Darcy Roper, Henry Smith

##### Results

Jemima Montag  
• 10th Women's 20km Race Walk  
Brooke Stratton  
• 10th Women's Long Jump

#### 2019 World Para Athletics Championships - Dubai, UAE

##### Athletes Selected

Jaryd Clifford, Todd Hodgetts, Claire Keefer, Sam McIntosh, Tim Logan, Maria Strong

##### Results

Jaryd Clifford & Tim Logan (guide for 5000m)  
• 1st T13 5000m, 1st T13 1500m (world record)  
Claire Keefer  
• 3rd F41 Shot Put  
Maria Strong  
• 5th F33 Shot Put  
Sam McIntosh  
• 6th T52 100m  
Todd Hodgetts  
• 9th F20 Shot Put

#### 2019 Australia Half Marathon Championships - Sunshine Coast, Australia

Lisa Weightman - 1st  
Sinead Diver - 2nd

#### 2019 Australian 50km Race Walking Championships - Melbourne, Australia

Rhydian Cowley  
• 1st Place

#### 2020 Oceania and Australian 20km Race Walking Championships - Adelaide, Australia

Jemima Montag - 1st  
Rhydian Cowley - 2nd  
Kyle Swan - 3rd

##### Australian Records

Catriona Bisset  
• 1:58.78 Women's 800m (July 2019)  
Brett Robinson  
• 59:57 Men's Half Marathon (February 2020)

##### World Records

Jaryd Clifford  
• 3:47.78 Men's T13 1500m (November 2019)

### PROGRAM STAFF

**Adam Basil**  
Athletics Performance Advisor

**Ben King**  
Athletics Performance Coordinator

### COACHES & SERVICE PROVIDERS

**Kylie Andrew**  
Sports Dietitian

**Jessica Rothwell**  
Sports Dietitian

**Kevin Craigie**  
Physiotherapist

**Alison Low**  
Physiotherapist

**Victoria Moore**  
Physiotherapist

**Andrea Farrow**  
Performance Lifestyle Advisor (until February 2020)

**David Madigan**  
Performance Lifestyle Advisor (from March 2020)

**Mark Spargo**  
Sport Psychologist

**Cory Innes**  
Physical Preparation Coach

**Nick Owen**  
Sport Science - Physiologist

**Danielle Trowell**  
Sport Science - Biomechanist

**Dr Patrick Sunderland**  
Sports Medicine Registrar

### ATHLETES

Joel Baden  
Joseph Baldwin  
Damien Birkinhead  
Catriona Bisset  
Peter Bol  
Jaryd Clifford  
Rhydian Cowley  
Christian Davis  
Joseph Deng  
Sinead Diver  
Georgia Griffith  
Linden Hall  
Georgia Hansen  
Aiden Harvey  
Madeline Hills  
Isaac Hockey  
Todd Hodgetts  
Isis Holt  
Nicholas Hum  
Claire Keefer  
Tim Logan  
Luke Mathews  
Sam McIntosh  
Louise Mendes  
Kathryn Mitchell  
Morgan Mitchell  
Chris Mitrevski  
Jemima Montag  
Celeste Mucci  
Ellie Pashley  
Jack Rayner  
Sam Rizzo  
Brett Robinson  
Darcy Roper  
Henry Smith  
Brooke Stratton  
Maria Strong  
Kyle Swan  
Lisa Weightman  
Jordan Williamsz  
Jessee Wyatt

### TRAINING VENUES

Lakeside Stadium  
VIS Gymnasium

### PARTNERS

Athletics Australia  
Athletics Victoria

### OLYMPIC NOMINATION

Jemima Montag - Race Walking

# 21

**ATHLETES  
SELECTED FOR  
THE 2019 WORLD  
CHAMPIONSHIP**

(Able-bodied & Para athletes)



PHOTO: JEMIMA MONTAG  
CREDIT: ATHLETICS AUSTRALIA



The VIS cycling program supports the progression of categorised track endurance and sprint cyclists through the Cycling Australia National Performance Pathway. The VIS cycling program focusses on the Olympic Track and Paralympic disciplines, operating in partnership with Cycling Australia and Cycling Victoria to deliver support that will develop and assist identified high performance Victorian athletes and coaches to achieve excellence and success at an international level. The VIS cycling program provides high quality coaching and performance support services to achieve world class performances as part of an effective, nationally coordinated, high performance sport network.

## KEY ACHIEVEMENTS

Kelland O'Brien

- 1st Elite Men's Madison & 2nd Men's Scratch Race, 2020 Oceania Track Championships - New Zealand
- 1st U23 National Criterium & 2nd Time Trial, 2020 Cycling Australia National Road Championships - Ballarat, Australia

Lucas Plapp

- 1st Elite Men's Team Pursuit, 2020 Oceania Track Championships - New Zealand
- 1st U23 National Time Trial & 5th U23 Men's Individual Road Race, 2020 Cycling Australia National

Road Championships - Ballarat, Australia

- 4th Men's Team Pursuit, PB in Men's Individual Pursuit, 2020 UCI Track World Championships - Berlin, Germany
- Godfrey Slattery
- 1st Elite Men's Team Pursuit, 2020 Oceania Track Championships - New Zealand
- Graeme Frislie
- 1st General Classification, Men's Support Series, 2020 Lexus Cycling Classic - Victoria, Australia
  - 2nd Men's Omnium, 2019 UCI Junior Track World Championships - Frankfurt, Germany

Sam Gallagher

- 2nd Men's Keirin & Team Sprint; 5th Men's Sprint UCI Junior Track World Championships - Frankfurt, Germany.

Ashlee Jones

- 1st Stage 1 Tour of King Valley, Cycling Australia Women's National Road Series - Victoria, Australia

Ruby Roseman-Gannon

- 3rd Elite Women Team Pursuit, 2020 Oceania Track Championships - New Zealand
- 1st U23 National Criterium & 2nd Elite Criterium & 3rd National U23 Road Race, 2020 Cycling Australia National Road Championships - Ballarat, Australia
- 1st Bendigo International Madison - Bendigo, Australia
- General Classification, Elite Women 2020 Lexus Cycling Classic. 6th Place, Elite Women 2020 Race Torquay. 12th Place, Elite Women, Cadel Evan's Road Race (UCI World Tour Event) - Victoria, Australia

Jensen Plowright

- 3rd Stage 1 Tour of King Valley, Cycling Australia Men's National Road Series - Victoria, Australia

Samantha De Riter

- 2nd Elite Women Team Pursuit, 2020 Oceania Track Championships - New Zealand

Alana Field

- 3rd Elite Women Team Sprint, 2020 Oceania Track Championships - New Zealand

Alessia McCaig

- 1st U19 Women's Team Sprint, 500TT & 2nd U19 Women's Keirin & Women's Sprint 2020 Oceania Track Championships - New Zealand

## PARA CYCLING

Alistair Donohoe

- 1st C5 Time Trial, 2019 UCI Para Road World Championships - Emmen, Netherlands
- 1st C5 Scratch Race, UCI Para Track World Championships - Milton, Canada
- 1st C5 Time-Trial, 2020 Cycling Australia National Road Championships - Ballarat, Australia
- 1st C5 4000m Individual Pursuit, 2020 Para Track Nationals - Brisbane, Australia
- Named 2019 Elite Track Para-Cycling Male Award Winner.
- Selected: 2020 UCI Para-Cycling Road World Championships - Ostend, Belgium

Carol Cooke

- 1st T2 Road Race & Time Trial, World Cup 3, 2019 UCI Para- Cycling World Cup Series - Baie-Comeau, Canada
- 1st T2 National Time-Trial & UCI C1 Time-Trial, 2020 Cycling Australia National Road Championships - Ballarat, Australia
- Named 2019 Elite Road Para-Cycling Female Award Winner.
- Selected: 2020 UCI Para-Cycling Road World Championships - Ostend, Belgium

Hannah MacDougall

- 1st C5 UCI Time-Trial & 2nd National C5 Time Trial & Road-Race, 2020 Cycling Australia National Road Championships - Ballarat, Australia

Stuart Tripp

- 1st H5 National Time-Trial & UCI C1 Time-Trial, 2020 Cycling Australia National Road Championships - Ballarat, Australia
- 4th H5 Road Race, World Cup 3, 2019 UCI Para-Cycling World Cup Series - Baie-Comeau, Canada
- Selected: 2020 UCI Para-Cycling Road World Championships - Ostend, Belgium

Emily Petricola

- 1st C4 Time Trial, 2019 UCI Para Road World Championships - Emmen, Netherlands
- 1st C4 Individual Pursuit & Scratch Race & 4th 500m TT, UCI Para Track World Championships - Milton, Canada
- 1st C4 500m Time Trial & 1st Individual Pursuit & 2nd 500m Time Trial, 2020 Para Track Nationals - Brisbane, Australia
- Selected: 2020 UCI Para-Cycling Road World Championships - Ostend, Belgium

## COACHES

Shane Kelly

Track Sprint Coach

Glenn O'Shea

Track Endurance Coach (seconded to the Australian Cycling Team to lead the women's track endurance program from April 2020)

Vanessa Bof

Track Endurance Coach (from January 2020)

## SERVICE PROVIDERS

Loren Chambers

Sports Dietitian (until March 2020)

Rebecca Hall

Sports Dietician (From June 2020)

Kylie Andrew

Para-Cycling Sports Dietician

Nick Owen

Sport Scientist

Sara Heasley

Performance Lifestyle Advisor

Ben Willey

Physical Preparation Coach

## ATHLETES

Blake Agnoletto  
Carol Cooke  
Alice Culling  
Samantha De Riter  
Henry Dietze  
Alistair Donohoe

Alana Field  
Graeme Frislie  
Sam Gallagher  
Madison Janssen  
Alex Jones  
Ashlee Jones  
Alessia McCaig  
Hannah Macdougall  
Tylah Meunier  
Kelland O'Brien  
Emily Petricola  
Luke Plapp  
Jensen Plowright  
Ned Pollard  
Ruby Roseman-Gannon  
Conor Rowley  
Godfrey Slattery  
Bill Simpson  
Lucinda Stewart  
Stuart Tripp  
Alex Welsh

## TRAINING VENUES

VIS Gymnasium  
Darebin International Sports Centre (DISC)  
Various metropolitan and country road training courses

## PARTNERS

Cycling Australia  
Cycling Victoria

## OLYMPIC SELECTIONS

Kelland O'Brien  
Lucas Plapp

The cycling program continues to build on its strong relationship with the Australian Cycling Team and Podium Potential Academy. Two VIS Scholarship holders secured their spot for Tokyo (Kelland O'Brien & Lucas Plapp). During the uncertain period of COVID-19, athletes have shown resilience and persistence as they continue to adapt to the ever changing situation. Our emerging and developing athletes had the opportunity to engage in virtual High performance network camps, enabling us to continue to develop and progress our athletes on the development pathway. Our endurance athletes were fortunate enough to compete virtually on Zwift at a National level.

— SHANE KELLY & VANESSA BOF (CYCLING COACHES)

# VIS SPORTS DIVING

The VIS diving program aims to create the optimum training environment for athletes competing at an international level, along with supporting emerging junior athletes with the potential to achieve success on the world stage. Working in partnership with Diving Australia (DA) and Diving Victoria (DV), the VIS divers are provided with elite coaching and support services to achieve this.

The current VIS squad is a mix of youth and experience with a number of young exciting junior divers coming on scholarship in 2019-20 and four senior athletes who represented Australia at the 2019 FINA Diving World Championships.

## KEY ACHIEVEMENTS

### 2019 FINA World Championships - Gwangju, South Korea

#### Selected Athletes

Anabelle Smith, Laura Hingston, Emily Chinnock, Shixin Li

#### Results

Anabelle Smith  
• 6th Women's 3m Synchro  
Emily Chinnock  
• 8th Women's 10m Synchro

### 2019 Oceania Diving Championships - Auckland, New Zealand

Shixin Li  
• 1st Men's 3m Springboard

### 2019 FINA Diving Grand Prix - Gold Coast, Australia

Shixin Li  
• 3rd 3m Springboard, 3rd 3m Synchro

Anabelle Smith  
• 2nd 3m Springboard

### 2019 FINA Diving Grand Prix - Kuala Lumpur, Malaysia

Laura Hingston  
• 3rd 10m Synchro, 4th 10m Platform

### 2019 FINA Diving Grand Prix - Singapore

Shixin Li  
• 4th 3m Springboard

### 2020 FINA Diving Grand Prix - Madrid, Spain

Shixin Li  
• 1st 3m Synchro, 5th 3m Springboard

Laura Hingston  
• 2nd 10m Synchro

### 2020 FINA Diving World Series - Montreal, Canada

Anabelle Smith  
• 3rd Women's 3m Synchro, 5th 3m Springboard

## PROGRAM STAFF

Belinda Kennedy  
Program Manager

## COACHES

**Andy Banks**  
National Diving Coach - Melbourne (employed by DA)

**Ming Gong**  
Head Coach

## SERVICE PROVIDERS

**Caroline Anderson**  
Sports Psychologist

**Kylie Andrew**  
Sports Dietitian

**Loren Chambers**  
Sports Dietitian (until January 2020)

**Leesa Gallard**  
Performance Lifestyle Manager

**Steve Hawkins**  
Lead Physiotherapist

**Matthew Vassie**  
Physical Preparation Coach

**Sylvie Withers**  
Lead Sport Scientist

## ATHLETES

Lizzie Browne  
Emily Chinnock  
James Connor  
Laura Hingston  
AnnaRose Keating  
Allie Klein  
Ethan Newnham  
Shixin Li  
Jonah Mercieca  
Charli Petrov  
Natalie Phan  
Olivia Roche  
Anabelle Smith

## TRAINING VENUES

Melbourne Sports and Aquatic Centre  
Aquanation  
VIS Gymnasium

## PARTNERS

Diving Australia  
Diving Victoria

**4**  
**ATHLETES  
SELECTED TO THE  
2019 WORLD  
CHAMPIONSHIP  
TEAM**



The VIS golf program together with the support of program partners, Golf Australia and the PGA of Australia, provides Victoria's leading amateur players and emerging talent with the best possible coaching and support to assist them in achieving their full potential on and off the course.

The program plays a key role in the pathway from elite amateur to professional golf, delivering world's best practice in golf coaching, sport science, strength & conditioning, nutrition, psychology and medical services, as well as equipment benefits, world class training facilities and tournament participation support.

## KEY ACHIEVEMENTS

Stephanie Bunque

- Tied 17th North & South Women's Amateur Championships - Pinehurst, North Carolina, USA
- 24th Canadian Women's Amateur Championships - Red Deer, Alberta, Canada
- 3rd Port Phillip Open Amateur - Melbourne, Australia

Brett Coletta

- 2nd TPC Colorado Championships - Heron Lakes, Colorado, USA
- Tied 4th Pinnacle Bank Championships - Omaha, Nebraska, USA
- Tied 14th The King and Bear at World Golf Village - St. Augustine, Florida, USA
- Tied 33rd Korn Ferry Tour Championship - Indiana, USA

Blake Collyer

- 4th Victorian PGA Championships - Cape Schanck, Australia
- 31st Victorian Open - Victoria, AUS
- Australian Order of Merit gained Australian Tour status

Aiden Didone

- 1st in the Porter Cup - New York, USA
- 4th Tasmanian Open Championship - Ulverstone, Australia
- 24th Riversdale Cup - Mount Waverley, Victoria, AUS

Ben Eccles

- Tied 55th Open De Bretagne - Brittany, France
- Tied 22nd Victorian Open - Victoria, Australia

Andre Lautee

- Tied 7th 113th Southern Amateur Championships - Arkansas, US
- 1st Australian Stroke Play Championships - Queensland, AUS
- 1st Victorian Amateur Championships - Victoria, Australia
- 2nd NSW Amateur Stroke Play Championship - New South Wales, Australia

Konomi Matsumoto

- 1st South Australian Amateur Championships, - Reynella, AUS
- Tied 5th Victorian Amateur Championships, Kingston Heath - Victoria, Australia
- Tied 5th The Dunes Medal - Rye, Victoria, AUS

Kyle Michel

- Tied 54th Asia Pacific Amateur Championships - Shanghai, China
- Australian Order of Merit gained Australian Tour status
- Tied 38th Coca-Cola Queensland PGA Championship - Toowoomba, Australia
- Tied 54th Isuzu Queensland Open - Pelican Waters, Australia

David Micheluzzi

- Tied 17th Victorian PGA Championships - Cape Schanck, Australia
- Tied 15th Asia Pacific Amateur Championships - Shanghai, China
- Tied 11th TX Civil & Logistics WA PGA Championships - Kalgoorlie, Western Australia
- Tied 69th South African Open - Johannesburg, South Africa

Zach Murray

- Tied 12th Shinhan Donghae Open - South Korea
- Tied 15th Victorian Open - Victoria, Australia
- Tied 21st Abu Dhabi HSBC Championship
- Australian Order of Merit - gained European Tour Card status

Ryan Ruffels

- Tied 3rd 1932 by Bateman Open - Edmonton, Canada
- Tied 12th Banco Del Pacifico Open - Ecuador
- Tied 21st Korn Ferry Tour, USA (Q-school final stage) graduated from the PGA Tour Latinoamérica for the first time
- 7th Shell Championship - USA

Matias Sanchez

- Tied 14th Victorian PGA Championships - Cape Schanck, Australia
- Tied 23rd Coca-Cola Queensland PGA Championship - Toowoomba, Australia
- Tied 10th Isuzu Queensland Open - Pelican Waters, Australia

Brett Coletta, David Micheluzzi, Zach Murray

- All selected in the GA Rookie Professional Program 2020

## COACHES

Dean Kinney

Head Coach

## SERVICE PROVIDERS

Loren Chambers

Sports Dietitian  
(until February 2020)

Elaine Bo

Sports Dietitian  
(from March 2020)

Daniel Dymond

Sports Psychologist

Andrea Farrow

Performance Lifestyle Adviser

Simon Davey

Club Fitting, Equipment Specialist

Ben King

Physical Preparation Coach

Darren Lay

Physiotherapist

Ryan Lumsden

Biomechanist

## ATHLETES

Stephanie Bunque

Brett Coletta

Blake Collyer

Aiden Didone

Ben Eccles

Andre Lautee

Konomi Matsumoto

Kyle Michel

David Micheluzzi

Zach Murray

Ryan Ruffels

Matias Sanchez

Todd Sinnott

## TRAINING VENUES

VIS Gymnasium

Australian Golf Centre,  
Sandringham

Spring Valley Golf Club (Until June 2020)

Various private courses as  
organised by Golf Victoria

## SPONSORS

Acushnet Company (Titleist)

Spring Valley Golf Club  
(Until June 2020)

Australian Golf Centre,  
Sandringham

## PARTNERS

Golf Australia

Professional Golfers Association  
(PGA) of Australia

PHOTO: ANDRE LAUTEE  
CREDIT: GOLF AUSTRALIA

# MEN'S HOCKEY

The VIS men's hockey program, which underpins the national men's program based in Perth, is an elite program which aims to provide a world class daily training environment that enables athletes to continually improve and gain selection in Australia senior and junior development squads.

Two VIS athletes represented Australia during the reporting period with Nathan Ephraums making his international debut during the 2020 FIH Pro League, and a further 13 athletes were selected in national squads over the last twelve months.

## KEY ACHIEVEMENTS

### 2019 Sultan of Johor Cup - Johor, Malaysia

Australian Kookaburras finished 5th

- Patrick Coates, Daniel McBride

### 2020 FIH Men's Pro League (Competition suspended due to COVID-19)

Australian Kookaburras 2nd at time of competition suspension

- Nathan Ephraums, Josh Simmonds

### Australia A vs Belgium A - Sydney, Australia

Australia A won the 4 match series 3 -0

- Kiran Arunasalam, Max Hendry, Jayshaan Randhawa, Jake Sherren, Johan Durst, Nathan Ephraums

### 2019 Hockey One - Australia

Hockey Club Melbourne - 4th Place (Defeated in the semi-finals)

### Hockey Australia National Senior Squad

Johan Durst, Nathan Ephraums, Aaron Kleinschmidt, Josh Simmonds

### Hockey Australia National Development Squad

Kiran Arunasalam, Max Hendry, Jayshaan Randhawa, Jake Sherren

### Hockey Australia National Junior Squad

Jonathan Bretherton, Patrick Coates, Craig Marais, Daniel McBride, Damon Steffens, Ben White

### Hockey Australia National Futures Squad

Connor Holland, Connor Otterbach, Jed Snowden

## COACHES & SERVICE PROVIDERS

**Jay Stacy**  
Head Coach

**Jamie Bahnisch**  
Performance Analyst

**Andrew Fooks**  
Sports Physiotherapist

**Leesa Gallard**  
Performance Lifestyle Manager

**Mark Spargo**  
Sports Psychologist

**Matthew Vassie**  
Physical Preparation Coach

## ATHLETES

Kiran Arunasalam  
Jonathan Bretherton  
Patrick Coates  
Johan Durst  
Nathan Ephraums  
Max Hendry  
Connor Holland  
Brad Marais  
Craig Marais  
Aaron Kleinschmidt  
Daniel McBride  
Connor Otterbach  
Jayshaan Randhawa  
Jake Sherren  
Josh Simmonds  
Jed Snowden  
Damon Steffens  
Ben White

## TRAINING VENUES

State Netball and Hockey Centre  
VIS Gymnasium

## PARTNERS

Hockey Australia  
Hockey Victoria

**7.2km**  
**THE MOST**  
**DISTANCE COVERED**  
by a player in a Hockey Club Melbourne match



# WOMEN'S HOCKEY

Underpinning the national women's program in Perth, the VIS women's hockey program is responsible for preparing and developing Victorian-based athletes for national and junior squad selection. The VIS is the daily training environment for the Victorian-based athletes and provides world's best hockey coaching, strength and conditioning, sport science, performance lifestyle, psychology and medical services along with exposure to high level competition opportunities.

There were six VIS athletes selected for senior national duties in 2019/20, with Laura Barden returning to the Hockeyroos squad. A further nine athletes were selected in national squads with many of them pushing towards national senior squad selection.

## KEY ACHIEVEMENTS

### 2019 Oceania Cup (Olympic Qualifiers) - Rockhampton, Australia

New Zealand won the Oceania Cup on aggregate (6-5)

- Lily Brazel, Amy Lawton, Rachael Lynch, Sophie Taylor, Ashlee Wells

### 2019 Olympic Qualifiers v Russia - Perth, Australia

Australia won 9-2 on aggregate and qualified for the Olympics

- Lily Brazel, Amy Lawton, Rachael Lynch, Sophie Taylor, Ashlee Wells

### 2019 Jillaroos Tri Series Selections - Canberra, Australia

Jillaroos - 2nd

- Carly James, Aisling Utri

### 2020 Jillaroos V Japan Junior Women Series - Canberra, Australia

Jillaroos won the 4 match series 4 - 0

- Isabella Colasurdo, Carly James, Aisling Utri, Ciara Utri

### 2020 FIH Women's Pro League (Competition suspended due to COVID-19)

Australian Hockeyroos - 4th at time of competition suspension

- Laura Barden, Amy Lawton, Rachael Lynch, Sophie Taylor, Ashlee Wells

### 2019 Hockey One - Australia

Hockey Club Melbourne

- 2nd Place (Runners Up)

### 2019 AIS Awards

Amy Lawton won the Emerging Athlete of the Year Award at the AIS Sport Performance Awards

### 2019 FIH Hockey Awards

Rachael Lynch was awarded the 2019 FIH Goalkeeper of the Year

### National Squad Representation

Laura Barden, Lily Brazel, Amy Lawton, Rachael Lynch, Sophie Taylor, Ashlee Wells

### Hockey Australia National Senior Squad

Kristina Bates, Laura Barden, Lily Brazel, Amy Lawton, Rachael Lynch, Hayley Padgett, Sophie Taylor, Ashlee Wells

### Hockey Australia National Development Squad

Nicola Hammond

### Hockey Australia National Junior Squad

Isabella Colasurdo, Olivia Colasurdo, Rachael Guy, Carly James, Aisling Utri, Ciara Utri

### Hockey Australia National Futures Squad

Emily Hamilton Smith, Bridget Laurance

## COACHES & SERVICE PROVIDERS

### Stacia Strain

Head Coach (maternity leave from February 2020)

### Tim Strapp

Assistant Coach (Head Coach - maternity leave position - from February 2020)

### Jamie Bahnisch

Performance Analyst

### Greg Drake

Performance Analyst

### Michelle Flouch (deceased)

Goalkeeping Coach

### Leesa Gallard

Performance Lifestyle Manager

### Stuart Mitchell

Physical Preparation Coach (until August 2019)

### John Tascone

Physical Preparation Coach (from September 2019)

### Bailey Lewis

Assistant Physical Preparation Coach (from September 2019)

### Jacqui Louder

Sports Psychologist

### Daniel Mirecki

Physiotherapy Coordinator

### Jessica Rothwell

Sports Dietitian

## ATHLETES

Laura Barden

Kristina Bates

Lily Brazel

Isabella Colasurdo

Olivia Colasurdo

Rachael Guy

Emily Hamilton-Smith

Nicola Hammond

Carly James

Bridget Laurance

Amy Lawton

Rachael Lynch

Hayley Padgett

Sophie Taylor

Aisling Utri

Ciara Utri

Ashlee Wells

## TRAINING VENUES

State Netball and Hockey Centre

VIS Gymnasium

## PARTNERS

Hockey Australia

Hockey Victoria



PHOTO: AMY LAWTON  
CREDIT: HOCKEY AUSTRALIA

# 6

**VIS ATHLETES  
WHO REPRESENTED  
THE HOCKEYROOS**

during 2019-20

# 17

**AGE OF AMY  
LAWTON**

when she was elevated  
to a permanent spot in  
Australia's Women's  
hockey squad

# NETBALL

The primary aim of the VIS netball program is to prepare Victorian athletes for competition at elite domestic level, both within the Suncorp Super Netball competition and the Australian National League (ANL), and to prepare athletes for selection into senior national teams and underage squads.

The VIS program works in partnership with Netball Australia (NA) and Netball Victoria (NV), to deliver an underpinning program that provides world class coaching, training and support services to targeted nationally identified underage squad athletes to assist them to improve their competitive performance and reach their full potential on and off the court. The program also works in partnership with NV to provide coaching and performance support to the Melbourne Vixens for their Suncorp Super Netball campaign.

## KEY ACHIEVEMENTS

Three players were named in the 2019 Suncorp Super Netball team of the year: Liz Watson at Wing Attack, Renae Ingles at Wing Defence and Emily Mannix at Goal Keeper.

Three players won Silver at the 2019 Netball World Cup. They included, Caitlin Thwaites, Liz Watson and Jo Weston.

Four players in the 2019 Australian Diamonds Constellation Cup winning team: Tegan Philip, Caitlin Thwaites, Liz Watson and Jo Weston, with the 2019-20 Diamonds squad completed with Emily Mannix and Kate Moloney.

Five athletes named in the Australian Netball World Youth Cup 2019/2020 Squad: Maggie Caris, Sacha McDonald, Hannah Mundy, Maddison Ridley, Allie Smith.

## COACHES

**Simone McKinnis**

VIS Head Coach

**Sharelle McMahon**

Vixens Assistant Coach

**Catherine Fellows**

Netball Development Coach  
(from January 2020)

## SERVICE PROVIDERS

**Loren Chambers**

Development Program Sports Dietician (until March 2020)

**Kylie Andrew**

Sports Dietitian

**Jamie Bahnisch**

Vixens Performance Services Coordinator

**Andrea Farrow**

Development Program Performance Lifestyle Advisor

**Tony Glynn**

Sports Psychologist

**Mark Spargo**

Sports Psychologist

**Steve Hawkins**

Sports Physiotherapist

**Katherine Taylor**

Sports Physiotherapist

**Emily Athanasiou**

Soft Tissue Therapist

**John Tascone**

Vixens Physical Preparation Coach

**Matthew Vassie**

Development Program Physical Preparation Coach

## ATHLETES

### Vixens Squad

Ruby Barkmeyer  
Jordan Cransberg  
Kadie-Ann Dehaney  
Kate Eddy  
Tayla Honey  
Mwai Kumwenda  
Emily Mannix  
Elle McDonald  
Sacha McDonald  
Emily Mannix  
Kate Moloney  
Jacqui Newton  
Tegan Philip  
Allie Smith  
Caitlin Thwaites  
Elizabeth Watson  
Joanna Weston

### Nationally Identified Underage Athletes

Maggie Caris  
Gabrielle Coffey  
Zoe Cransberg  
Poppy Douglass  
Awyen Liai  
Hannah Mundy  
Uneeq Palavi  
Maddison Ridley  
Emma Walters

## TRAINING VENUES

VIS Gymnasium  
State Netball and Hockey Centre  
Melbourne Sports and Aquatic Centre

## PARTNERS

Netball Australia  
Netball Victoria

# 430

## GOAL ASSISTS

Liz Watson dominated the circle edge in 2019 for the Vixens





The Victorian Pathway Program (VPP) involves collaboration between VIS, RA, RV and the two Melbourne-based Performance Clubs, Mercantile Rowing Club and Melbourne University Boat Club, with the aim to develop categorised athletes within the national pathway and progress them towards the Rowing Australian National Training Centres. The VIS provides program leadership, world class coach mentoring, training facilities and athlete services to categorised athletes within the VPP.

Victoria has been a dominant force in the Australian rowing landscape for many years and the second half of the 2019 international senior and underage campaigns saw continued success with our athletes contributing to Australia's impressive results at FISA World Cup and World Championships events.

### KEY ACHIEVEMENTS

#### 2019 World Rowing Cup III - Rotterdam, Netherlands

Tim Masters

- 1st Men's Four

Joshua Booth, Liam Donald, Simon Keenan, Angus Widdicombe

- 6th Men's Eight

Jessica Morrison

- 1st Women's Pair

Amanda Bateman

- 2nd Women's Double Scull

Katrina Werry, Lucy Stephan

- 1st Women's Four

Katrina Bateman

- 3rd Women's Quad Sculls

Rosie Popa, Jessica Morrison, James Rook (Coxswain)

- 2nd Women's Eight

#### 2019 FISA U23 World Rowing Championships - Sarasota-Bradenton, USA

Ben Canham, Mitchell Hooper

- 1st Men's Coxed Four

Phoebe Georgakas

- 6th Women's Coxed Four

Mitchell Hooper, Alex Wolf

- 6th Men's Eight

#### 2019 FISA Junior World Rowing Championships - Tokyo, Japan

Harrison Fox

- 1st Men's Double Scull

#### 2019 FISA World Rowing Championships - Linz-Ottensheim, Austria

Lucy Stephan, Katrina Werry

- 1st Women's Four

Jessica Morrison

- 2nd Women's Pair

Jessica Morrison, Rosie Popa, James Rook (coxswain)

- 2nd Women's Eight

Joshua Booth, Karsten Forsterling,

Tim Masters, Angus Widdicombe

- 4th Men's Eight

Alex Vuillermin, Alex Viney

- 4th PR3 Mixed 4+

### COACH

Noel Donaldson

VIS/VPP Head Rowing Coach

### SERVICE PROVIDERS

**Elaine Bo**

Sports Dietitian

**Andrea Farrow**

Performance Lifestyle Advisor

**Andrew Fooks**

Sports Physiotherapist

**Ana Holt**

Sport Scientist

**Mark Spargo**

Sports Psychologist

**John Tascone**

Physical Preparation Coach (until August 2019)

**Farhan Juhari**

Physical Preparation Coach (from September 2019)

### ATHLETES

Alice Arch

Sophie Balson

Amanda Bateman

Katrina Bateman

Joshua Booth

Maddison Brown

Benjamin Canham

Alexander Clarke

Benjamin Coombs

Liam Donald

Karsten Forsterling (retired

January 2020)

Elise Franetic

Skyla Froebel

Kirstie Green

Fergus Hamilton

Georgie Howe

Jessica Gallagher

Phoebe Georgakas

Mitchell Hooper

Simon Keenan

Rohan Lavery

Timothy Masters

Redmond Matthews

Katherine Michelmore

Jessica Morrison

Lucy Pearce

Rosemary Popa

James Rook

Lucy Stephan

Jack Thornton

Alexandra Viney

Alex Vuillermin

Katrina Werry

Angus Widdicombe

Charlotte Wirtz

Alex Wolf

Hamish Wynn-Pope

### Training Agreements

Harrison Fox

Brigid McKeagney-Douglas

Eleanor Price

### TRAINING VENUES

VIS Gymnasium

Yarra River (Mercantile and Melbourne University Boat Clubs)

National Water Sports Centre, Carrum

Nagambie Lakes Regatta Centre

Barwon River, Geelong

Tambo River, Johnsonville

### PARTNERS

Rowing Australia

Rowing Victoria

Mercantile Rowing Club

Melbourne University

Rowing Club

12  
VIS ATHLETES

contributing to the Australian Rowing Team winning the overall 2019 World Rowing Cup

33  
JUNIOR AND SENIOR WORLD CHAMPIONSHIP TITLES WON

by VIS rowers since 1990





# VIS SPORTS SAILING



PHOTO: SAM AND WILL PHILLIPS  
CREDIT: WORLD SAILING SAILING ENERGY

The VIS sailing program operates in partnership with Australian Sailing's high performance program to provide key support in the performance pathway program through to the Australian Sailing Squad and Australian Sailing Team. The VIS sailing program work closely with our program partners, state network coaches, national program coaches and staff, along with performance services staff to provide high quality support to nationally categorised athletes within the high performance pathway.

VIS athletes compete across the majority of Olympic boat classes with a focus on providing a strong domestic training base, while exposing athletes to high quality national and international training and competition opportunities. The program has been successful in increasing representation on national squads, with three athletes already selected for the Tokyo Olympic Games to be held in 2021.

## KEY ACHIEVEMENTS

Tess Lloyd

- 6th 49er FX 2020 Oceania Championships 2020 – Geelong, Australia
- 6th 49er FX ISAF 2020 Test Event – Enoshima, Japan
- 10th 49er FX World Championships 2020 – Geelong, Australia

Sam & Will Phillips

- 5th 49er World Championships 2020 – Geelong, Australia
- 7th 49er Oceania Championships 2020 – Geelong, Australia
- 15th 49er World Championships 2019 – Auckland, New Zealand

Charlie Dixon & James Grogan

- 9th 49er Junior World Championships 2019 – Risor, Norway

## COACHES & SERVICE PROVIDERS

**Johnny Rodgers**

Head Coach (until September 2019)

**Malcolm Page**

Head Coach (November 2019 – July 2020)

**Carrie Smith**

Victorian Pathway Program Coach

**Kylie Andrew**

Sports Dietitian

**Andrea Farrow**

Performance Lifestyle Advisor

**Tony Glynn**

Sport Psychology Consultant

**Warrick Pearson**

Sports Physiotherapist

**Ben Willey**

Physical Preparation Coach

**Sylvie Withers**

Sport Scientist

## ATHLETES

Lachlan Caldwell

Anna Cripsey

Charlie Dixon

Chloe Fisher

Eleanor Grimshaw

James Grogan

Lachlan Grogan

Laura Harding

Casey Imeneo

James Jackson

Sophie Jackson

Tess Lloyd

Sam Phillips

Will Phillips

Lily Richardson

Matilda Richardson

Tayla Rietman

Linus Talacko

Laura Thomson

Oliver Tweddell

Lachlan White

## TRAINING VENUES

VIS Gymnasium

Royal Brighton Yacht Club

Sorrento Sailing and Couta Boat Club

## PARTNERS

Australian Sailing

Royal Brighton Yacht Club

Sorrento Sailing and Couta Boat Club

## OLYMPIC SELECTIONS

Tess Lloyd (49er FX)

Will & Sam Phillips (49er)

# VIS SPORTS SHOOTING

The VIS plays a crucial role in the development and delivery of Shooting Australia's High Performance Program and their National Centre of Excellence program across both the Shotgun and Pistol disciplines. Through the partnership between VIS and Shooting Australia (SA), the development and engagement of the performance support team has provided a significant contribution to the development and preparation of athletes for benchmark ISSF World Championships events for Shotgun and Pistol. The program plays a key role in supporting SA's national coaches to develop, implement and evaluate their individual performance plans for targeted categorised athletes across both Shotgun and Pistol disciplines.

## KEY ACHIEVEMENTS

Mitchell Illes

- 1st Men's Trap, Oceania Championships – Sydney, Australia
- 2nd Men's Trap & Team Trap, Junior World Cup – Suhl, Germany
- Olympic Games Nomination Event results: 2nd Men's Trap, Yarra Valley Open; 3rd Men's Trap, ACTA Commonwealth Title & ACTA National Title Newcastle.

Laetisha Scanlan

- 1st Trap Mixed Team (with James Willett), ISSF World Championships – Lonato, Italy
- Olympic Games Nomination Event results: 1st Women's Trap ACTA Commonwealth Title; 2nd Women's Trap ACTA National Title, Newcastle; 3rd Women's Trap, Yarra Valley GP, 4th Women's Trap, Shooting Australia Open.
- 2nd Women's Trap, ISSF World Cup – Al Ain UAE
- 3rd Women's Trap, ISSF World Cup – Lahti, Finland
- 5th Women's Trap, ISSF World Championships – Lonato, Italy

James Willett

- 1st Trap Mixed Team (with Laetisha Scanlan), ISSF World Championships – Lonato, Italy.
- Olympic Games Nomination Event results: 1st Men's Trap, ACTA Commonwealth Title, Newcastle; 1st Men's Trap, Yarra Valley Open; 2nd Men's

Trap, ACTA National Title, Newcastle, Australia

- 5th Men's Trap, ISSF World Cup – Al Ain UAE.

Penny Smith

- 1st Women's Trap, ISSF World Cup – Lahti, Finland
- Olympic Games Nomination Event results: 1st Women's Trap ACTA Commonwealth Title & ACTA National Title, Newcastle; 1st Women's Trap, Yarra Valley Open, 1st Women's Trap Shooting Australia Open.
- 3rd Trap Mixed Team (with Tom Grice), ISSF World Championships – Lonato, Italy.

Aislin Jones

- Olympic Games Nomination Event Scores- 1st Women's Trap, ACTA National Championships; 2nd ACTA Commonwealth Championship, Newcastle; 2nd Women's Skeet, Yarra Valley GP; 2nd Shooting Australia Open.
- 3rd Women's Skeet, Oceania Championships – Sydney, Australia

Catherine Skinner

- Olympic Games Nomination Event results: 2nd Women's Trap Yarra Valley GP; 2nd Women's Trap Shooting Australia Open; 3rd Women's Trap, ACTA National & Commonwealth Championship, Newcastle, Australia
- 7th Women's Trap, ISSF World Cup – Al Ain, UAE

Luke Argiro

- Olympic Games Nomination Event results: 3rd Men's Skeet ACTA National & Commonwealth Championship, Newcastle; 4th Yarra Valley Open
- 4th Men's Skeet, Oceania Championships – Sydney, Australia

Elena Galiabovitch

- Overall 1st Place 2020 Nomination Events Scoreboard – Women's Sport Pistol
- Overall 2nd Place 2020 Nomination Events Scoreboard – Women's Air Pistol
- 2nd Women's Pistol, Oceania Championships – Sydney, Australia
- 9th Women's Pistol, World Cup Final – Putian, China

Sergei Evglevski

- 1st Men's 25m Rapid Fire Pistol, Oceania Championships – Sydney, Australia
- Overall 1st Place 2020 Nomination Events Scoreboard – Men's Rapid Fire Pistol

## PROGRAM STAFF & COACHES

Nicky Frey

Shooting Performance Support Coordinator

Richard Sammon

National Shotgun Head Coach (employed by Shooting Australia)

Vladimir Galiabovitch

National Pistol Coach (employed by Shooting Australia)

## SERVICE PROVIDERS

Elaine Bo

Sports Dietitian

Sara Heasley

Performance Lifestyle Advisor

Lewis Quinn

Performance Analyst

Mark Spargo

Sports Psychologist

Ben King

Physical Preparation Coach

## ATHLETES

Luke Argiro

Nathan Argiro

Sergei Evglevski

Elena Galiabovitch

Mitchell Illes

Aislin Jones

Laetisha Scanlan

Catherine Skinner

Penny Smith

Jack Wallace

James Willett

## TRAINING VENUES

VIS Gymnasium

Various shooting ranges throughout Victoria

## PARTNERS

Shooting Australia

## OLYMPIC SELECTIONS

Sergei Evglevski

- Men's 25m Rapid Fire Pistol

Elena Galiabovitch

- Women's 25m Sports Pistol

Laetisha Scanlan

- Women's Trap

Penny Smith

- Women's Trap

James Willett

- Men's Trap

Early in 2020, Shooting Australia was able to complete its Olympic nomination series navigating a bushfire threat at one competition and a rapidly evolving pandemic. It was a credit to the athletes and officials who adapted quickly to the tight competition restrictions in March, to get this series completed. Completion of the nomination trials allowed Shooting Australia to nominate their Olympic Team to the AOC who selected and announced the Shooting Team for the Tokyo Olympics.

There were a number of world class performances during the reporting period spearheaded by James Willett and Laetisha Scanlan in the Mixed Teams Trap event at the 2019 World Shotgun Championships. Penny Smith took the bronze with partner Thomas Grice (NSWIS) in the same event. Our athletes are looking very strong in the teams event heading into Tokyo with Smith also pairing with Illes for a world record qualification during the season. Our Pistol duo also posted some very strong results across the season with Sergei Evglevski and Elena Galiabovitch both performing well at the World Cup events.

# SWIMMING

The VIS swimming program, incorporating both able bodied and Para athletes, provides daily training environment support to athletes and their coaches. This supports the program's aims of producing athletes capable of achieving medal winning performances at international competitions, and developing coaches with the expertise to produce athletes to perform on the world stage.

The VIS athletes had a busy start to the 2019-20 reporting period with Senior, Para and Junior World Championships held along with Australian Short Course Championships.

## KEY ACHIEVEMENTS

### 2019 FINA World Championships - Gwangju, South Korea

Mack Horton

- 1st Men's 4x200m Freestyle Relay, 2nd Men's 400m Freestyle

Matthew Temple

- 1st Mixed 4x100m Mixed Medley Relay (Heat Swim), 5th Men's 4x100m Medley Relay 6th 100m Butterfly

Jessica Hansen

- 2nd Women's 4x100m Medley Relay, 6th Women's 50m Breaststroke

### 2019 FINA Junior World Championships - Budapest, Hungary

Selected Athletes - Cameron Jordan, Tara Kinder, Noah Millard, Oliver Nash, Gabriella Peiniger

### 2019 Para World Championships - London, England

Col Pearce

- 3rd 100m Butterfly S10, 4th 4x100m Medley Relay 34 Points, 6th 100m Backstroke S10, 6th 200 IM SM10

Ruby Storm

- 3rd Mixed 4x100m Medley Relay S10, 5th 100m Butterfly S10

Jamie-Lee Getson

- 6th 100m Backstroke S14

### 2019 Australian Short Course Championships - Melbourne, Australia

Ruby Storm

- 2nd 200m IM Multi-Class, 1st 50m Breaststroke Multi-Class, 2nd 50m Butterfly Multi-Class, 1st 100m Breaststroke Multi-Class, 2nd 100m Butterfly Multi-Class

Brendon Smith

- 2nd 400m Freestyle

Matthew Temple

- 3rd 200m Butterfly, 2nd 100m Butterfly

Gabrielle Peiniger

- 3rd 100m Freestyle, 1st 100m Butterfly, 1st 200m IM, 2nd 200m Freestyle

Ashleigh McConnell

- 1st 50m Freestyle Mutli-Class (World Record), 1st 100m Freestyle Mutli-Class

Daniel Cave

- 3rd 50m Breaststroke, 3rd 200m Breaststroke

Tara Kinder

- 2nd 200m Breaststroke

Jaime-Lee Getson

- 2nd 100m Backstroke Multi-Class, 2nd 100m Breaststroke Multi-Class, 2nd 50m Backstroke Multi-Class

Col Pearce

- 3rd 100m Butterfly Multi-Class

Emily Beecroft

- 3rd 100m Butterfly Multi-Class

## PROGRAM STAFF

### Rohan Taylor

Victorian State Head Coach (employed by Swimming Australia)

## COACHES & SERVICE PROVIDERS

### Kylie Andrew

Sports Dietitian

### Kristal Hammond

Sport Science - Physiologist

### Sara Heasley

Performance Lifestyle Advisor

### Dr Elaine Tor

Sport Science - Biomechanist

### Stuart Mitchell

Physical Preparation Coach (until August 2019)

### Jono Wallace-Smith

Physical Preparation Coach

## ATHLETES

Emily Beecroft  
Theo Beneshoutsos  
Daniel Cave  
Kayla Costa  
Jaime-Lee Getson  
Bowen Gough  
Matthew Haanappel  
Jessica Hansen  
Silas Harris  
Mack Horton  
Cameron Jordan  
Tara Kinder  
Ashleigh McConnell  
Koti Ngawati  
Noah Millard  
Oliver Nash  
Col Pearce  
Thomas Pearson  
Gabriella Peiniger  
Madeleine Scott  
Brendon Smith  
Ruby Storm  
Matthew Temple  
Matthew Ward  
Sian Whittaker

## TRAINING VENUES

VIS Gymnasium  
Melbourne Vicentre Swimming Club  
Nunawading Swimming Club  
Traralgon Swimming Club  
Northcote Swimming Club  
Melbourne H2O Swimming Club  
Camberwell Grammar Aquatic  
Melbourne Torpedoes Swimming Club  
DVE Aquatic Club  
Melbourne Uni Propulsion  
Bendigo East Swimming Club  
MLC Aquatic

## PARTNERS

Swimming Australia  
Swimming Victoria

# 32%

PERCENTAGE OF  
PARA ATHLETES  
IN THE  
PROGRAM

# 6

MEDALS WON BY  
VIS SWIMMERS

at the 2019 World  
Championships  
(Able and Para)



# INDIVIDUAL SCHOLARSHIPS

The VIS Individual Athlete Scholarships are offered annually to athletes from sports which do not have a VIS Tier 1 program. The program features a range of Australia's leading high performance athletes across numerous Olympic, Paralympic and Commonwealth sports.

The athletes, who are all achieving excellent results in senior national and international competition, are able to access the full range of comprehensive performance services as well as utilising the outstanding training and recovery facilities at the VIS headquarters at Lakeside Stadium.

## KEY ACHIEVEMENTS

### ARCHERY

#### Alec Potts

- 1st National Indoor Championships (new national record and one of only a handful of people to ever shoot a perfect 300 indoors)
- 2nd 2019 Pacific Games Apia, Samoa
- 4th Olympic Trials

### BASKETBALL

#### Elizabeth Cabbage

- Olympic Games Squad selection

#### Jenna O'Hea

- Olympic Games Squad selection

### BOBSLEIGH

#### Bree Walker

- 1st 2019 IBSF Monobob - La Plagne, France

### BOXING

#### Kristy Harris

- 1st Olympic Pre-Selection Tournament 2019 - Burwood, Victoria

### CANOE (Para Canoe)

#### Amanda Reynolds

- 7th Women's KL3 200m, 2019 ICF Para Canoe Sprint World Championships - Hungary

### CURLING

#### Dean Hewitt

- 1st Place Mixed Doubles, 2019 National Championships - Naseby, New Zealand
- 1st Place Mixed Doubles, 2019 Pacific Ocean Cup - Vladivostok, Russia
- 2nd Place Mixed Doubles, 2019 Winter Games NZ - Naseby, New Zealand
- 2nd Place Mixed Doubles, 2020 Sutherland Mixed Doubles - Saskatoon, Canada
- 1st Place Men's, 2019 National Championships - Naseby, New Zealand

### EQUESTRIAN

#### Emma Booth

- Overall Grade Champion, Tokyo Paralympic Test Event - Sydney, Australia

#### Amanda Ross

- 3rd 2019 Australian Jumping Championships - Melbourne, Australia

### GYMNASTICS

#### Tyson Bull

- 7th High Bar, 2020 FIG World Cup - Melbourne, Australia



ATHLETE HIGHLIGHT  
SCOTTY JAMES

### LAWN BOWLS

#### Barrie Lester

- 2020 World Bowls Championships selection - Gold Coast, QLD (event postponed due to COVID-19)

### SKATEBOARDING

#### Shane O'Neill

- 2nd Tampa Pro Men's Street Finals - USA
- 1st Oceania Continental Street Championships - Melbourne, Australia

#### Shanae Collins

- 5th Skate Australia National Park Championships, Open Female - Gympie, Australia

### SNOWBOARDING

#### Scotty James

- 2nd place Halfpipe FIS World Cup - Calgary, Canada
- 1st place Halfpipe FIS World Cup - Copper Mountain, USA
- 1st place Halfpipe FIS World Cup - Secret Garden, China
- 1st Place Halfpipe FIS World Cup - Laax, Switzerland
- Overall Champion Halfpipe FIS World Cup
- Overall Champion Freestyle FIS World Cup

### SURFING

#### Nikki Van Dijk

- 17th Sydney Pro Surf - World Surf League

### TABLE TENNIS (Para Table Tennis)

#### Qian Yang

- 1st place Class 10 Womens Singles 2020 Spain Para Open - Platja D'Aro, Spain
- 1st place Class 10 Womens Singles 2019 Japan Para Open, -Tokyo, Japan

#### Melissa Tapper

- 2nd place Class 10 Womens Singles 2020 Spain Para Open - Platja D'Aro, Spain
- 2nd place Class 10 Womens Singles 2019 Japan Para Open - Tokyo, Japan

#### Lina Lei

- 1st place Class 9 Womens Singles 2019 Japan Para Open - Tokyo, Japan

#### Lin Ma

- 1st place Class 9 Mens Singles 2019 Japan Para Open - Tokyo, Japan
- 1st place Class 9 Mens Singles 2020 Spain Para Open - Platja D'Aro, Spain

#### Team

- 1st place Class 9-10 Womens Teams 2020 Spain Para Open - Platja D'Aro, Spain (Qian Yang / Melissa Tapper / Lina Lei)

10  
FIS WORLD CUP  
MEDALS

(6 gold, 3 silver,  
1 bronze)

11  
CONSECUTIVE WINS  
AT MAJOR EVENTS  
from 2018 - Feb 2020

3  
FIS WORLD CUP  
CRYSTAL GLOBE  
CHAMPION



41

INDIVIDUAL  
ATHLETES

23

SPORTS  
REPRESENTED

PHOTO: JAYDEN WARM  
CREDIT: MEGUMI MASUDA





# INDIVIDUAL SCHOLARSHIPS

## TAEKWONDO

### Bailey Lewis

- 1st place – 58 Senior, 2019 Croatian Open – Zagreb, Croatia

### Jack Marton

- 3rd place – 80 Senior, 2019 Pacific Games – Apia, Samoa
- 2nd place – 80 Senior, 2019 Oceania Championships – Gold Coast, Australia
- 1st place – 80 Senior, 2020 Olympic Games Qualifiers – Queensland, Australia
- 2nd place – 80 Senior, 2020 Dutch Open – Eindhoven, Netherlands

## TRIATHLON

### Kate Naess

- 1st place PT55 Women, 2020 Devonport ITU World Paratriathlon series – Australia

### Marcel Walkington

- 1st place Elite Men, 2020 Devonport OTU Sprint Triathlon Oceania Cup and Oceania Championships – Australia

## WATER POLO

### Madeleine Steere

- 3rd 2019 FINA Women's Water Polo World Cup – Gwangju, South Korea

### Rowie Webster

- 3rd 2019 FINA Women's Water Polo World Cup – Gwangju, South Korea

## WHEELCHAIR BASKETBALL ROLLERS

### Tristan Knowles

- 1st place Asia Oceania Wheelchair Championships – Pattaya, Thailand
- Secured team qualification for Tokyo Paralympics

## WHEELCHAIR BASKETBALL GLIDERS

### Bree Mellberg

- 2nd place Asia Oceania Wheelchair Championships – Pattaya, Thailand
- Secured team qualification for Tokyo Paralympics

### Teisha Shadwell

- 2nd place Asia Oceania Wheelchair Championships – Pattaya, Thailand
- Secured team qualification for Tokyo Paralympics

## WHEELCHAIR RUGBY STEELERS

### Ben Fawcett

- 1st place IWRF 2019 Asia-Oceania Championships – Gangneung, South Korea
- 2nd place 2019 World Wheelchair Rugby Challenge – Tokyo, Japan
- 3rd place 2020 IWRF Quad Nations – Leicester, UK

### Shae Graham

- 1st place IWRF 2019 Asia-Oceania Championships – Gangneung, South Korea
- 2nd place 2019 World Wheelchair Rugby Challenge – Tokyo, Japan
- 3rd place 2020 IWRF Quad Nations – Leicester, UK

### Andrew Harrison

- 1st place IWRF 2019 Asia-Oceania Championships – Gangneung, South Korea
- 2nd place 2019 World Wheelchair Rugby Challenge – Tokyo, Japan
- 3rd place 2020 IWRF Quad Nations – Leicester, UK

### Jason Lees

- 1st place IWRF 2019 Asia-Oceania Championships – Gangneung, South Korea
- 2nd place 2019 World Wheelchair Rugby Challenge – Tokyo, Japan
- 3rd place 2020 IWRF Quad Nations – Leicester, UK

### Jayden Warn

- 1st place IWRF 2019 Asia-Oceania Championships – Gangneung, South Korea
- 2nd place 2019 World Wheelchair Rugby Challenge – Tokyo, Japan
- 3rd place 2020 IWRF Quad Nations – Leicester, UK

## WHEELCHAIR TENNIS

### Dylan Alcott

- 1st Quad Singles 2020 Australian Open – Melbourne, Australia
- 1st Quad Doubles 2020 Australian Open – Melbourne, Australia
- 1st Quad Singles 2019, French Open – Roland Garros, France
- 1st Quad Doubles 2019, French Open – Roland Garros, France
- 1st Quad Singles 2019 – Wimbledon, UK
- 1st Quad Doubles 2019 – Wimbledon, UK

### Heath Davidson

- 1st Quad Doubles 2020 Australian Open – Melbourne, Australia

## PROGRAM STAFF

### Bill Tait

Performance Manager – Podium

### David Madigan

Performance Coordinator – Individual Scholarships Program (from March 2020)

## COACHES & SERVICE PROVIDERS

### Kylie Andrew

Sports Nutrition Coordinator

### Elaine Bo

Sports Dietitian

### Steve Hawkins

Sports Physiotherapist

### Kate McGillivray

Sports Physiotherapist

### Ebonie Rio

Sports Physiotherapist

### Dr Greg Hickey

Sports Medicine Physician

### Dr Philippa Inge

Medicine Physician (from March 2020)

### Dr Patrick Sunderland

Sports Medicine Registrar

### David Madigan

Performance Lifestyle Manager (from March 2020)

### Gillian Niven

Soft Tissue Therapist

### Mark Spargo

Sports Psychologist

### Jono Wallace Smith

Physical Preparation Coach

## ATHLETES

Alec Potts / Archery

Amanda Reynolds / Para Canoe

Amanda Ross / Equestrian

Andrew Harrison / Wheelchair Rugby

Bailey Lewis / Taekwondo

Barrie Lester / Lawn Bowls

Benjamin Fawcett / Wheelchair Rugby

Breanna Walker / Bobsleigh

Bree Mellberg / Wheelchair Basketball

Carla Krizanich / Lawn Bowls

Damon Fent / Wheelchair Basketball

Dean Hewitt / Curling

Dylan Alcott / Wheelchair Tennis

Elizabeth Cambage / Basketball

Emma Booth / Equestrian

Heath Davidson / Wheelchair Tennis

Jack Marton / Taekwondo

Jason Lees / Wheelchair Rugby

Jayden Warn / Wheelchair Rugby

Jenna O'Hea / Basketball

Jeremy Tyndall / Wheelchair Basketball

Kate Naess / Para Triathlon

Kristy Harris / Boxing

Lin Ma / Para Table Tennis

Lina Lei / Para Table Tennis

Madeleine Steere / Water Polo

Marcel Walkington / Triathlon

Melissa Tapper / Para Table Tennis

Mitchell Gourley / Para Alpine Skiing

Nikki Van Dijk / Surfing

Qian Yang / Para Table Tennis

Rex Hedrick / Squash

Rowie Webster / Water Polo

Scotty James / Snowboarding

Shae Graham / Wheelchair Rugby

Shanae Collins / Skateboarding

Shane O'Neill / Skateboarding

Stephanie Catley / Football

Teisha Shadwell / Wheelchair Basketball

Tristan Knowles / Wheelchair Basketball

Tyson Bull / Gymnastics



2019/2020

# FUTURE TALENT

## FUTURE TALENT STATS

12

YEARS OF  
THE PROGRAM

36

SPORTS FROM  
2008 - 2020

77

ATHLETES FROM  
2008 - 2020

12

SPORTS IN  
2019/20

14

ATHLETES IN  
2019/20

## SUCCESS BY GRADUATES 2008-2020

18

WORLD  
CHAMPIONS

1

OLYMPIC  
CHAMPIONS

1

PARALYMPIC  
CHAMPIONS

3

COMMONWEALTH  
CHAMPIONS

3

JUNIOR WORLD  
CHAMPIONS

2

WORLD CHAMPION  
GRADUATES  
IN 2019/20



PHOTO: OCEANA MACKENZIE CREDIT: YVETTE HARRISON



The role of the Future Talent Program is to identify and support the “next generation” of athletes who will represent Australia at marquee events such as the Olympic, Paralympic and Commonwealth Games. The future talent group achieved some excellent results in 2019/2020 prior to the cancellation of events due to the COVID-19 pandemic.

## KEY ACHIEVEMENTS

### Aoife Coughlan (Judo)

- 5th Tashkent Grand Prix 2019 – Tashkent, Uzbekistan
- 5th Oceania Open – Perth, Australia

### Tristan Carter (Canoe Slalom)

- 28th 2019 ICF Junior and U23 Canoe Slalom World Championships – Krakow, Poland
- 13th 2019 ICF Canoe Slalom World Cup 4, Men's C1 – Markkleeberg, Germany
- 27th 2019 ICF Canoe Slalom World Championships, Men's C1 – La Seu D Urgell, Spain
- 11th 2019 ICF Canoe Slalom World Championships, Men's C1 – La Seu D Urgell, Spain

### Doug Crawford (Ski Cross)

- 6th European Cup – Villars, Switzerland
- 54th World Cup – Arosa, Switzerland
- 58th World Cup – Montafon, Austria
- 57th World Cup – Val Thorens, France

### Xavier Huxtable (Surfing)

- 3rd Hydralyte Sports Vic Pro Junior – Bells Beach, Australia
- 2nd Sydney Surf Pro Junior – Manly Beach, Australia
- 9th World Surf League Junior Championships – Jinzun Harbor, Taitung County, Taiwan
- 9th Carve Pro – Maroubra, AUS

### Finn Luu (Table Tennis)

- 1st 2019 ITTF Oceania Junior and Cadet Championships – Kuku'alofa, Tonga (Junior boys teams, junior boys doubles, junior mixed doubles, cadet boys doubles, cadet boys singles)
- Quarterfinal 2019 ITTF World Cadet Challenge – Władysławowo, Poland
- Quarterfinal TTF World Junior Circuit Swedish Junior & Cadet Open – Sweden

### Oceana Mackenzie (Sport Climbing)

- 28th IFSC World Cup Speed Qualifications – Chamonix, France
- 37th IFSC Climbing World Cup – Xiamen, China
- 32nd IFSC Climbing World Cup – Inzai, Japan

### Max Noble (Karate)

- 1st U21 –84kg Australian National Karate Championships
- 1st Senior –84kg Australian National Karate Championships
- 1st Men's Team Australian National Karate Championships

### Laura Paeglis (Archery)

- 8th 2019 World Archery Youth Championships – Madrid, Spain
- 1st 2020 Olympic Games second Selection Trials – Brisbane, Australia (Broke the Australian Record 659)
- 1st Easton Australian Open – Victor Harbour, Australia
- 2nd Olympic Games Nomination Event 3

### India Robinson (Surfing)

- 37th VANS US Open of Surfing – California, USA
- 25th ABANCA Galicia Classic Surf Pro – Galicia, Spain
- 17th Corona Open – China
- 3rd Phillip Island Pro – Victoria, Australia

### Bradley Saunders (Skateboarding)

- 64th World Skate Street League Pro Tour – Los Angeles, USA
- 32nd International Skateboarding Open Street qualifiers – Henan, China
- 4th Australian Skateboarding League National Championships – Melbourne, Australia
- 4th Oceania Continental Street Skateboarding Championships – Melbourne, Australia

### Kiplin Smith (Gymnastics)

- Selected for the 2019/20 Men's Artistic Gymnastics National Squad
- Qualified for the Australian Championships (Senior International Division)
- Qualified for Pacific Rim Championships in New Zealand as a senior
- 1st Victorian State Trials

### Jake Wallwork (BMX Freestyle)

- 8th World Urban Games – Budapest, Hungary
- 3rd Oceania Continental Championships – Melbourne, Australia
- 19th UCI Urban World Championships/UCI BMX Freestyle World Championships – Chengdu, China
- 17th UCI BMX Freestyle Park World Cup – Chengdu, China

### Alex Welsh (Para cycling)

- 1st QLD Individual Time Trial Series – Round 2 – Sunshine Coast, Australia
- 18th 2019 UCI Para-cycling Road World Championships, H3 Time Trial – Netherlands
- 20th 2019 UCI Para-cycling Road World Championships, H3 Time Trial – Netherlands
- 1st 2020 Federation University Road National Championships H3 Time Trial & Road Race – Ballarat, Australia

### Hayley Wilson (Skateboarding)

- 12th World Skate Street League Pro Tour – Los Angeles, USA
- 18th Street League World Championships – Sao Paulo, Brazil
- 1st Australian Skateboarding League National Championships – Melbourne, Australia
- 1st Oceania Continental Street Skateboarding Championships – Melbourne, Australia

## STAFF

### Rob Leeds

Performance Manager (Pathways)

### Nerissa Turner

Senior Performance Coordinator (Pathways)

## SERVICE PROVIDERS

### Elaine Bo

Sports Dietitian

### Harry Brennan

Physical Preparation/Sport Science Manager

### Arnaud Domange

Soft Tissue Therapist (until December 2019)

### Gillian Niven

Soft Tissue Therapist

### Josh Ferguson

Sports Physiotherapist

### Steve Hawkins

Lead Physiotherapist

### Kate McGillivray

Sports Physiotherapist

### Sara Heasley

Performance Lifestyle Adviser

### Dr Greg Hickey

Sport & Exercise Medicine Physician

### Dr Philippa Inge

Sport & Exercise Medicine Physician

### Farhan Juhari

Physical Preparation Coach

### Ben King

Physical Preparation Coach

### Jono Wallace-Smith

Physical Preparation Coach

### Ebonie Rio

Sports Physiotherapist

### Mark Spargo

Sports Psychologist

### Dr Patrick Sunderland

Sport & Exercise Medicine Registrar

### Dr Susan White

VIS Chief Medical Officer

## ATHLETES

Aoife Coughlan / Judo  
Tristan Carter / Canoe Slalom  
Doug Crawford / Ski Cross  
Xavier Huxtable / Surfing  
Finn Luu / Table Tennis  
Oceana Mackenzie / Sport Climbing  
Max Noble / Karate  
Laura Paeglis / Archery  
India Robinson / Surfing  
Bradley Saunders / Skateboarding  
Kiplin Smith / Gymnastics  
Jake Wallwork / BMX Freestyle  
Alex Welsh / Para cycling  
Hayley Wilson / Skateboarding

## PARTNERS

The Carbine Club

supported by



# PERFORMANCE

The VIS performance team provides high level integrated support to VIS sport programs and individual athletes through an inter-disciplinary service delivery model.

The staff work closely with our National and State program partners, to deliver world class programs and ensure that key performance objectives are achieved at a National and International level.

## PERFORMANCE TEAM

**Dave Crosbee**

Performance Director

**Bill Tait**

Performance Manager (Podium)

**Rob Leeds**

Performance Manager (Pathways)

**Dr Harry Brennan**

Physical Preparation/Sport Science Manager

**Andrew Nolen**

Senior Performance Coordinator (Podium) (until March 2020)

**Natalie Cross**

Performance Coordinator (Podium) (from March 2020)

**Nerissa Turner**

Senior Performance Coordinator (Pathways)

**Matthew Thompson**

Performance Coordinator

**David Madigan**

Performance Coordinator (Individual Scholarships) (from March 2020)

**Peter Kyffin**

Data Intelligence Lead

**Richard Little**

Data Scientist (from October 2019)

## LEADERSHIP

In order to achieve alignment with the National High Performance Sport Strategy (NHPSS) and support Australia's key performance sport outcome of '*Creating national pride and inspiration through international sporting success*' the VIS continues to apply resources to targeted programs in order to achieve athlete performance impact and development. This is achieved through leading the development of strategic relationships between high performance sport partners, which positions the VIS to make a significant contribution to the following national high performance sport outcomes:

### SUCCESS FACTORS

#### Podium Success

Australians consistently winning medals at major international events.

#### Pride and Inspiration

Our sporting champions are a positive influence on the community.

#### World-leading System

Our high performance sports system is recognised as world leading.

### PERFORMANCE CRITERIA

#### Podium Success

Number of medals and medallists at Olympics, Paralympics and Commonwealth Games and at International Championships.

#### Pride and Inspiration

The level of positive sentiment from sporting results, athlete conduct and engagement within the community.

#### World-leading System

Sports' progress against a performance monitoring framework.  
  
NIN achieving strategic priorities.

## ATHLETE ENVIRONMENT

The VIS aims to meet the needs of its scholarship holders to deliver 'success in sport and life' by providing a world class athlete training environment, to help them improve their sporting performances while promoting continuous personal development and supporting athlete welfare and engagement with the wider community.

In conjunction with the performance services provided at the VIS facility in Albert Park, the VIS continues to facilitate opportunities in a variety of home-based, central, regional, interstate and international training and competition environments.

## COACHING

The VIS continues to prioritise world class coaching, developing relationships with National and State Sporting Organisations to identify, recruit, develop and performance manage coaches within the VIS sporting programs. Coach progression and development is supported via the provision of professional development opportunities and funded initiatives.

A strong working relationship between the VIS and the AIS Centre for Performance Coaching and Leadership continues to enhance these opportunities, with the VIS fully supportive of their aim to deliver world best approaches to learning and development, formalising pathways for professional development and driving knowledge growth.

As well as developing the employed VIS coaches, various educational and development opportunities are developed and offered to coaches in the wider Victorian sporting community.

## PERFORMANCE SERVICES

Performance support aimed at assisting athletes to develop their performance capabilities, at the same time as supporting athlete personal development, welfare and community engagement is delivered through the internal VIS performance services covering physical preparation; sport science; performance analysis; biomechanical analysis; physiotherapy; sports medicine; sport massage; sports nutrition; sport psychology and Performance Lifestyle.

In addition, the VIS closely partners with the AIS, NSOs, various universities and external deliverers on knowledge growth projects and to deliver performance services.

## DATA INTELLIGENCE

Following the appointment of the position of Data Intelligence Lead, a process of assessing current capabilities and instigating priority data projects has taken place.

This has delivered a number of impactful areas of use of the Athlete Management System (AMS) across performance support services, sport programs and performance administration which has improved the efficiency of workflows and the ability to capture, process and understand the performance data utilised to develop athletes and sport programs.

This approach has also allowed the VIS to partner on projects with other SIS/SAS and the AIS.

To continue to develop this area and support the work of the Data Intelligence Lead, a new position of Data Scientist was created and Richard Little appointed in October 2019. Richard comes to the VIS after previously working with Essendon Football Club and brings a significant amount of experience in the performance analysis area and was an integral member of their football analysis team.





PHOTO: BROOKE STRATTON  
CREDIT: MICHAEL DODGE AND AAP

2019/2020

# PERFORMANCE SERVICES

## PERFORMANCE SERVICES

The performance services team incorporates exceptional knowledge and expertise, which is used to support VIS athletes at our world-class daily training environment at Lakeside Stadium.

The full time staff and specialist consultants provide a wide range of services to VIS athletes in the areas of sports medicine, physiotherapy, sport science, physical preparation, nutrition, Performance Lifestyle and psychology.

As we embarked on the one-year countdown to the Tokyo Olympics and Paralympics, and what was set to be an exciting year, the nutrition team started the year with their contribution to the launch of the VIS' Together for Tokyo campaign. The team together with Tokyo hopeful athletes filmed the "Tastes for Tokyo" series, which involved videos on Japanese etiquette and cooking demonstrations.

As part of Women's Health Week in September, Sport Scientist Sylvie Withers facilitated a

number of women's health workshops. The informative and interactive workshops were delivered by qualified experts with the aim to start discussions, break down barriers and provide education to our female athletes and their support staff/network on female athlete specific health considerations.

Also in September, the Performance Lifestyle Team supported 'R U OK? Day' with the help of Hockeyroos goalkeeper, Rachael Lynch. The team embraced the day by hosting a couple of different gatherings to raise awareness and get staff and athletes talking. Little did we know how important the question "R U OK?" would be in the following year?

No one could predict that by 2020 we would face a worldwide pandemic and the VIS would be forced to close our high performance facility in March, in order to safeguard athletes and staff health. Following the direction of the Victorian Government to influence behaviours to reduce the risk of individuals contributing to community transmission of COVID-19. VIS Physical Preparation and Sport Science Manager, Harry Brennan, had planned for this scenario and with

over 300 athletes on scholarship at the VIS, ensured that everyone was looked after. This meant that whilst some of our strength and conditioning coaches were sorting out take-home packs for athletes, the others were phoning local suppliers to find out what they had in stock and how soon we could get the equipment ready for an athlete. The team continued to coach and program athletes remotely until the time we could return to the daily training environment (following the easing of the first stage 3 restrictions). Further to this, we significantly modified all sports medicine and physiotherapy delivery to athletes and ceased delivery of face-to-face athlete services by implementing remote service delivery and support.

The Performance Lifestyle team has played a pivotal role this year with the immediate focus on athlete and staff health and wellbeing, by ensuring both athletes and staff have the right support to assist their transition into the best possible mindset and physical state to manage the broader societal impacts of COVID-19. The VIS Performance Lifestyle team reached out to staff and athletes and provided information, support and access to professional networks to assist during this time.

We saw a number of appointments and departures in 2019/2020. In August 2019, Dr Susan White joined the sports medicine team. In March 2020, we saw the departure of Sports Dietitian Loren Chambers, who relocated interstate. We welcomed Dr Philippa Inge to the sports medicine team, Rebecca Hall to the nutrition team and soft tissue therapists Emily Athanasiou and Anne Davies. We also welcomed Performance Lifestyle Adviser, David Madigan to the Performance Lifestyle team.

We would like to sincerely thank all the members of the team, who have gone above and beyond over the past year and who have adapted to the current changes to ensure that the VIS operations continued to run smoothly and effectively, enabling our athletes to continue with their training whilst also supporting their wellbeing.

## PERFORMANCE SERVICES TEAM

**Rob Leeds**  
Performance Manager  
(Pathways)

**Nerissa Turner**  
Senior Performance Coordinator  
(Pathways)



## SPORTS MEDICINE

The sports medicine team includes leading experts and consultants with extensive experience in the high performance sport environment. During the 2019/20 reporting period the team continued to deliver innovative and proactive programs of support aimed at the early detection and management of injuries and illness.

2019/20 proved to be a challenging time for our sports medicine team but one that also led to some great rewards.

We welcomed Dr Susan White to the team at the end of 2019. Susan is a specialist sports and exercise physician who has been to multiple Paralympic, Olympic, Commonwealth Games and World Championships in roles ranging from Team Physician to Medical Director as well as organizing committee and anti-doping coordination. She has been a member of the Australian Olympic and Paralympic Medical Committees, was CMO for Swimming Australia, and is currently the CMO for Netball Australia. Susan has been a member of the Australian Sports Drug Medical Advisory Committee since 1999, becoming the chair in 2013 and is on WADA's Therapeutic Use Expert Group. Susan is on the editorial board of the Clinical Journal of Sports Medicine and is an Adjunct Senior Lecturer at Monash University in Melbourne. She was awarded an honorary Fellowship of Monash University in 2016 and became a Member of the Order of Australia in the 2019 for her contribution to sports medicine.

In 2020, Dr Greg Hickey reduced his commitment to the VIS due to an increase in workload at Richmond Football Club. In order to cover this space, Dr Philippa (Pip) Inge was engaged. Pip has a wealth of experience in the field, is currently the team doctor for the Australian Women's Cricket team, and is a medical consultant at AFL headquarters where she has been providing professional assistance to the

AFL Chief Medical Officer (CMO). Pip consults out of Olympic Park Sports Medicine Centre as well as carrying out sports medicine support at the Richmond Football Club and Rowing Australia.

Dr Patrick Sunderland continues his weekly sessions and has been kept busy in his role at Essendon Football Club, continuing to balance his work at Epworth Sports and Exercise Medicine Group and LifeCare Prahlan with his session at VIS.

With these changes, also came the opportunity for a newly formed role of VIS Chief Medical Officer (CMO) to which Dr White was appointed. Dr Hickey occupied the role of VIS Sports Medicine Coordinator for five years and we would like to sincerely thank him for the great work he has done in not only ensuring that our athletes receive the highest level of care, expertise and support but he also introduced outstanding sports medicine staff to further bolster the capacity and capability of the VIS sports medicine service. We are incredibly fortunate in that Dr Hickey will continue to have an impact on VIS athletes and staff by remaining a part of the sports medicine delivery team.

The year brought with it the challenge of COVID-19. A VIS COVID-19 Taskforce was developed to drive the decisions of the VIS in maintaining the health and wellbeing of athletes and staff. The team is made up of Anne Marie Harrison (VIS CEO), Dr Susan White (VIS CMO), Steve Hawkins (VIS Lead Physiotherapist), Dave Crosbee (VIS Performance Director), Simon Gardam (VIS Corporate Manager), Bill Tait (VIS Performance Manager – Podium) and Harry Brennan (VIS Physical Preparation/Sport Science Manager). Dr White was appointed to lead this medical response and provide leadership around COVID-19, thus enabling our medical staff to focus on sports medicine matters and their other non-VIS responsibilities. As part of this, a screening process was put in place to ensure all athletes and staff returning to the VIS are at low risk from COVID-19. These processes were based on advice from the AIS CMO, Department of Health and other medical specialists.

In the sports medicine space, this also meant that VIS sports medicine along with physiotherapy services moved to a telehealth model whereby athletes were still able to consult with their VIS sports medicine doctor or physiotherapist via video conference.

We grew the team further in 2020 with Steve Hawkins, VIS Lead Physiotherapist welcoming Emily Athanasiou and Anne Davies to our team of highly experienced and regarded physiotherapists and soft tissue therapists. Both come to us with vast range of experience, Emily being the Head Soft Tissue Therapist with the Melbourne Vixens and Anne having worked at Olympic Park Sports Medicine Centre for over thirty years. Emily and Anne join Gillian Niven in the soft tissue therapy team.

The soft tissue therapy team work alongside our talented team of physiotherapists. Dr Ebonie Rio is a pre-eminent international tendon expert, who during the COVID-19 pandemic has leveraged her presentation skills to expertly chair a number of online education meetings and professional development sessions for sports medicine professionals. Alison Low and Kevin Craigie are forging ahead with some innovative work in the athlete monitoring space in the athletics program (in collaboration with Athletics Australia). Josh Ferguson continues to develop injury prevention and resilience programs for the shooters. Felicity Lebbon and Kate McGillivray have both welcomed new babies this year while continuing to contribute to netball and diving programs, and Andrew Fooks, Warrick Pearson, Katherine Taylor, Dan Mirecki and Darren Lay balance their private practice commitments with providing expert clinical care in the areas of rowing, sailing, netball, hockey and golf.

The sports medicine team are supported by Nerissa Turner who maintains the relevant athlete medical records on the Athlete Management System (AMS) and handles the logistics of a large team across multiple sports programs.

## SERVICE PROVIDERS

### SPORTS MEDICINE

**Dr Susan White**  
VIS Chief Medical Officer

**Dr Greg Hickey**  
Sports & Exercise Medicine Physician

**Dr Philippa Inge**  
Sports & Exercise Medicine Physician

**Dr Patrick Sunderland**  
Sports & Exercise Medicine Registrar

### SPORTS PHYSIOTHERAPY

**Steve Hawkins**  
Lead Sports and Exercise Physiotherapist

**Alison Low**  
Specialist Sports and Exercise Physiotherapist

**Dr Ebonie Rio**  
Sports and Exercise Physiotherapist

**Kate McGillivray**  
Sports and Exercise Physiotherapist

**Josh Ferguson**  
Sports and Exercise Physiotherapist

**Andrew Fooks**  
Sports and Exercise Physiotherapist

**Felicity Lebbon**  
Sports and Exercise Physiotherapist

**Kevin Craigie**  
Sports and Exercise Physiotherapist

**Warrick Pearson**  
Musculoskeletal Physiotherapist

**Katherine Taylor**  
Physiotherapist

**Daniel Mirecki**  
Physiotherapist

**Darren Lay**  
Physiotherapist

### SOFT TISSUE THERAPY

**Gillian Niven**  
Soft Tissue Therapist

**Emily Athanasiou**  
Soft Tissue Therapist

**Anne Davies**  
Soft Tissue Therapist

**Arnaud Domange**  
Soft Tissue Therapist (until December 2019)

### PARTNERS

Baker IDI  
Premax

## NUTRITION

The VIS nutrition team provides a comprehensive service to all VIS scholarship holders, sports and programs.

The sports dietitians work closely with coaches and other service providers to ensure that the nutrition programs delivered for each sport are in line with their goals and areas of focus across the year. Various methods are used to educate and support athletes from screenings to one-on-one dietary consultations, periodised training and competition diet planning, hydration and sweat testing, physique assessment, supplement advice and protocols, as well as practical education such as cooking sessions and supermarket tours.

Members of the nutrition team continue to provide nutrition services, workshops and lectures to a variety of external sports and clubs, including the Regional Academies, visiting school groups and other sporting groups.

This year brought about some changes to the team. After five years at the VIS, we farewelled Loren Chambers. Loren had worked with the cycling, diving, golf and netball programs sharing her passion for sports nutrition, love for food and many tried and tested recipes.

Late in the year we welcomed Rebecca Hall to the team to join Kylie Andrew, Elaine Bo and Jessica Rothwell, working with our cycling athletes in both the track and endurance programs. Rebecca was a familiar face to many, having worked with the OWIA for the past year, based out of the VIS. We also regularly welcome Siobhan Crawshaw in her OWIA and Paralympics Australia role and Alison Miles in her OWIA role, who frequent the VIS to support their athletes in the relevant programs.

Nerissa Turner has continued to provide valuable support to the Nutrition team, providing administration assistance.

As part of the VIS Supplement Advisory Committee, Kylie took the lead to revise and update the VIS Supplement Policy in 2019. This was endorsed by the Board, before being rolled out to the staff, service providers and athletes, together with education

regarding the changes and safe supplement use. Monitoring of athletes to ensure effective and safe supplement use is ongoing.

As part of the preparations for Tokyo, the nutrition team started preparing athletes for the heat and humidity expected in Tokyo, trialing new methods of hydration and cooling and developing individualised hydration plans.

With the changes brought on by COVID-19 and the need to work from home, the team took up the challenge to maintain their support, albeit slightly differently to usual. Resources were prepared to help athletes manage the changes to their training load and simply being at home and the implications this had on their diet. Telehealth allowed for individual consults to occur and many workshops were conducted via Microsoft Teams and Zoom, including some practical cooking workshops conducted from the dietitians own kitchens.

The VIS nutrition team continues to have an active presence on social media, with Facebook, Instagram and Twitter pages to provide relevant and accurate nutrition tips, messages and education to VIS athletes and the wider community. This has been another great avenue for education and communication during this time of isolation.

We look forward to getting back to the office and the various DTEs.

## STAFF

**Kylie Andrew**  
Nutrition Coordinator & Advanced Sports Dietitian

**Elaine Bo**  
Accredited Sports Dietitian

**Loren Chambers**  
Accredited Sports Dietitian (until March 2020)

**Jessica Rothwell**  
Accredited Sports Dietitian

**Rebecca Hall**  
Advanced Sports Dietitian (from June 2020)

## PERFORMANCE LIFESTYLE & SPORT PSYCHOLOGY

The Performance Lifestyle program supports athletes to pursue the VIS motto of "success in sport and life".

Spending time in the daily training environment (DTE) was a key focus in 2019 and early 2020 for the Performance Lifestyle team to develop a strong relationship base.

Focussing on the athletes within their sport and life domains, the Performance Lifestyle advisers have worked in an integrated and collaborative manner with athletes and coaches, families and the performance service staff to become further embedded within the sport program interdisciplinary teams. Central to this has been the development of Performance Lifestyle and sport psychology plans that complement the overall strategic plans of each of the programs.

The Performance Lifestyle advisers engage with athletes both individually to tailor and define their needs and via group VIS sport program sessions to provide an opportunity for sport program growth. The Performance Lifestyle program has also provided opportunities for athletes (and staff) to participate in cross-sport activities such as "R U OK?" Day, Christmas BBQ, athlete development workshops and the VIS Leadership Program.

Within a holistic framework, the Performance Lifestyle advisers support the wellbeing of the athlete and facilitate their personal and professional (career and education) growth for both now and through the transition points of their sporting career and beyond. A key tenant of the Performance Lifestyle ethos is to support athletes to pursue a dual career whilst striving for performance success in their sporting field.

The COVID-19 pandemic has required the PL team to pivot and adapt their service delivery to be able to support athletes and VIS staff via remote means. With the changes to competition and training schedules due to COVID-19 restrictions and protocols the team have worked in creative and caring ways to

support the wellbeing of athletes and staff during challenging and uncertain times.

Wellbeing and social connection sessions were facilitated in many VIS sports programs to provide athletes with a way of connecting socially with their teammates and to provide a forum to discuss and provide strategies for wellbeing and personal development.

The Performance Lifestyle team have also been active with sessions for parents and families of VIS athletes to assist them in supporting their child as an elite athlete during COVID-19. Advice has been provided to the VIS COVID-19 taskforce, and information and resources to VIS staff to support staff and to prioritise athlete and staff wellbeing during this time.

The Performance Lifestyle team have also continued to be a point of call for athletes, staff and families to provide a listening ear and to discuss situations and provide support. During this time, the Performance Lifestyle advisers have also assisted athletes to consider their 2020 plans and to adjust their educational or career pathway to adapt to the changing landscape.

Opportunities for athletes to engage in a range of VIS athlete development programs and workshops have been provided. These opportunities have brought athletes from different VIS sports together and as well as building important skills have developed cross-sport connection and grown the VIS community spirit. In the 2019/2020 period there was 167 involvements by athletes in these programs such as:

- Leadership
- Communication and Presentation skills
- Financial Wellness
- Personal Brand and Sponsorship
- Athlete Wellbeing Toolkit
- LinkedIn
- Career Weeks

Career Weeks was a great success in May 2020 hosted online by David Madigan, who joined the Performance Lifestyle team as a PL adviser in March 2020. With VIS athletes and staff having the opportunity to participate in a series of eight sessions covering both career development skills with AIS Athlete Wellbeing and Engagement (AW&E) career practitioners and career chats.



With former VIS staff and athletes Rohan Taylor, Ash Brennan, Christian Williams and Sarah Wall sharing their experiences and lessons learnt along their journey.

VIS athletes said that they found career skills development “thought provoking” and “informative.” Whilst the conversations with former VIS athletes and staff members were “inspiring” and “stimulating.” Athletes agreed that every workshop had shared a common theme, which was the importance of “networking, building relationships and leveraging support”.

A number of these workshops were in partnership with AIS AW&E and this has enabled the provision of experts in the field to facilitate the sessions. The strong partnership between VIS Performance Lifestyle and AIS AW&E has continued with the VIS PL advisers linked into the national network and working closely with NSO AW&E leads and the key AIS AW&E staff.

The AIS Athlete Wellbeing Summit held in February 2020 was a great opportunity for the VIS Performance Lifestyle advisers to learn from national and international speakers on how to further develop and grow the strong foundation of athlete wellbeing at the VIS. Andy Farrow was part of the AIS AW&E Best Practice Guidelines Working Group and contributed to the formulation of important guidelines for AW&E nationally. Sara Heasley was involved with the AIS AW&E Induction focus group and the AIS AW&E Mental Health Audit. Leesa Gallard contributed an article on athlete wellbeing for the Australian Physiotherapy Association Sport and Exercise Physiotherapy Magazine and was involved in the AIS AW&E National Elite Athlete Education Network.

VIS athletes are also able to access learning opportunities via our connections with Open Universities Australia, FIA Fitnation Australia and William Angliss Institute. The partnership with Open Universities Australia enables VIS athletes to access scholarships for OUA study and it provides resourcing to assist with the provision of the Performance Lifestyle program.

The VIS PL program continues to provide consultancy services to:

- Paralympics Australia – Wheelchair Rugby AW&E
- Racing Victoria – Apprentice Jockey Program
- Maribyrnong Sports Academy
- Other sport and education settings – V Squad AFL Junior Academy and Girton Grammar School

Performance Lifestyle are excited to be intrinsically involved in the next stage of the establishment of the VIS Alumni program. Building on the strong development work undertaken in 2019 the Performance Lifestyle team will bring this project further to life in the next year and continue the VIS motto of “success in sport and life” for athletes beyond their scholarship time at the VIS.

### SPORT PSYCHOLOGY

Sport psychology is recognised as a vital component to assist athletes as they strive to succeed in the high performance sport environment. VIS psychological services are integrated into the suite of medical services available to VIS scholarship holders and programs and significantly contribute to the performance enhancement and well-being of our athletes.

VIS sport psychology consists of a team of in-house psychologists and external consultants who provide individual assessments, one-on-one consultations and practical workshops that focus on mental skill training and development of positive motivational cultures.

The initial benefits of sport psychology being a part of the broader Performance Lifestyle team was evident when a collaborative approach was utilised in the development of sports plans for each of the VIS sports. The Performance Lifestyle adviser and sport psychologist worked together to identify, assess, and plan for how to address the specific needs of the sport, ensuring a more holistic and integrated approach to service provision.

The strong and significant relationship with the AIS continued to develop through an initiative that addressed both performance and mental health areas. From a performance perspective, both Mark Spargo and Caroline Anderson continued their ongoing work in the Gold Medal Ready (GMR) program through attending workshops

that focused on curriculum development as well as a GMR experiential camp facilitated by Special Operations Forces that saw athletes and coaches learn to function effectively in a high stress environment. A GMR workshop was also conducted with the VIS athletics program.

Another performance focused project saw the AIS facilitating a consultation process with the National Institute Network (NIN) to guide the approach to measuring, educating and training athletes to be “Mentally Ready for Competition”. Mark Spargo was nominated to be the VIS representative.

Mental health education plays a significant role in helping coaches and staff to increase their awareness of mental health and how to mitigate any potential risks as early as possible. To relaunch and increase the awareness of the VIS Wellbeing and Mental Health Strategy (previously called the VIS Athlete at Risk Framework) a number of presentations were run, ensuring all VIS staff were able to be upskilled. In conjunction with these presentations, the opportunity to attend an AIS Mental Health Literacy half-day workshop was provided.

For many athletes there was a singular focus on either qualifying for, or having been selected, preparing for the Tokyo 2020 Olympic Games. However, with the sudden onset of the COVID-19 pandemic athletes were placed in a state of high uncertainty around what the future looked like from a training and competition perspective. Sport psychology servicing was required to change both from how the service was delivered (from the usual face-to-face interactions to the use of telehealth) and the nature of the service (from a performance focus to dealing with uncertainty and isolation). To assist in educating coaches and staff on how athletes were likely to react and what coping strategies could be implemented the “VIS COVID-19: A Guide for Coping with Isolation” document was distributed across the organisation. In addition, the communications and marketing services team shared content of the document through their social media platform using VIS athletes to share their positive experiences.

### STAFF

**Leesa Gallard**  
Performance Lifestyle Manager

**Andrea Farrow**  
Performance Lifestyle Adviser

**Sara Heasley**  
Performance Lifestyle Adviser

**David Madigan**  
Performance Lifestyle Adviser (from March 2020)

**Eloise Boyle**  
Athlete Wellbeing & Engagement – PA Wheelchair Rugby

**Mark Spargo**  
Sport Psychology Co-ordinator

**Mathew Gay**  
Performance Lifestyle Administrative support

**Nerissa Turner**  
Performance Lifestyle Administrative support

### SERVICE PROVIDERS

**Caroline Anderson**  
Sport Psychology Consultant / Diving

**Tony Glynn**  
Sport Psychology Consultant / Netball & Sailing

**Daniel Dymond**  
Sport Psychology Consultant / Golf

**Jacqui Louder**  
Sport Psychology Consultant / Hockey (Women's)

### PARTNERS

Open Universities Australia  
William Angliss Institute  
FIA Fitnation  
Barrett Consulting  
Maribyrnong Sports Academy

## PHYSICAL PREPARATION & SPORT SCIENCE

The VIS physical preparation & sport science staff are constantly striving to help athletes and coaches achieve their goals. Seeking to enhance the athlete's physical and physiological capabilities, measure and monitor their progress and look for new and innovative ways to enhance their performance. 2019-2020 provided a year of changes and challenges, but also innovative solutions.

With Stuart Mitchell leaving the department to move to Adelaide, we took the opportunity to restructure our sport allocation:

- John Tascone moved out of rowing and swimming and took over the physical preparation for the Melbourne Vixens and women's hockey, with Bailey Attard assisting with women's hockey.
- Jono Wallace Smith moved to the swimming program

and continued servicing the AIS Combat Centre taekwondo program, individual scholarships and Future Talent program.

- Farhan Juhari moved from a casual position to full time taking over the rowing program servicing, assisting Winter Sports Strength & Conditioning Lead, Will Morgan, with SSA program athletes and also the individual scholarships and Future Talent athletes.
- Ben King also moved into a full time role continuing to lead the golf program but also taking on shooting and some individual scholarship and Future Talent athletes.

There was stability with the rest of the department, with Ben Willey, Matt Vassie, Cory Innes and Will Morgan continuing with their sports.

In sports science, outside of supporting the sports in their daily training environments, a number of the staff travelled with national teams:

- Kristal Hammond provided physiology support to the Australian Junior Swimming Team at the World Championships in Budapest in August.
- Elaine Tor travelled to the World University Games

in Naples to provide race analysis for the Australian Swimming Team.

- Lewis Quinn travelled to Tokyo for the shooting test event and the wheelchair rugby test event. He also provided performance analysis support at the IWRW Wheelchair Rugby Asia Oceania's competition in Korea.
- Nick Owen provided physiology support to the Australian Para Cycling Team in Canada at the Para World Cup.
- Sylvie Withers travelled to Sydney for the FINA Diving World Cup selection trials and was with the sailing program in Geelong in February for the 49er/FX World Championships.
- Jamie Bahnisch provided performance analysis support to the Australia A Hockey team for their series against Belgium in Sydney in January, as well as supporting the Melbourne Vixens and our hockey programs.

The new year also saw the commencement of an exciting new partnership with Deakin University with the appointment of Danielle Trowell into the position of Lead Biomechanist for Athletics in a combined teaching/ research and servicing role.

September saw the new H/P/

Cosmos high speed and oversized testing treadmill installed in Lab 1. The installation of the environmental chamber in Lab 3 was also completed with athletes trialing their heat acclimation plans for Tokyo before test events. We also upgraded our anti-gravity treadmill in the gym to the new Woodway Boost and also installed a new belt squat, reverse hyper, calf machine and slide board.

With the bushfire smoke in January we were able to use the environmental chamber (due to its filtering system) to provide an exercise area for the endurance athletes to continue to train. With the outbreak of COVID-19 we put together athlete home equipment packs to allow athletes to continue to train at home, as well as delivering the majority of our gym equipment including ergos, bikes and treadmills to our priority Olympic, Paralympic and netball athletes. During this time staff used remote coaching methods with the athletes and there was increased collaboration and connection across all staff members. With the roll back and return to sport, we converted the sprung floor area to a second gym to enable us to maximise use of our facilities under our COVID-19 safe protocols.



## SPECIALIST STAFF

**Harry Brennan**  
Sport Science / Physical Preparation Manager

## PHYSICAL PREPARATION STAFF

**Bailey Attard**  
Strength & Conditioning Assistant Coach / Women's Hockey

**Cory Innes**  
Lead Physical Preparation Coach / Athletics

**Farhan Juhari**  
Lead Strength & Conditioning Coach - Rowing, Individual Scholarships, Future Talent, Winter Sports

**Ben King**  
Physical Preparation Coach - Golf, Shooting, Individual Scholarships and Future Talent

**Stuart Mitchell**  
Lead Physical Preparation Coach / Melbourne Vixens & Women's Hockey (until August 2019)

**Will Morgan**  
Lead Physical Preparation Coach / Winter Sports

**Matt Vassie**  
Lead Physical Preparation Coach / Development Netball, Diving, Men's Hockey

**John Tascone**  
Lead Physical Preparation Coach / Melbourne Vixens, Women's Hockey

**Jono Wallace Smith**  
Lead Physical Preparation Coach / Individual Scholarships, Future Talent, Taekwondo, Swimming

**Ben Willey**  
Lead Physical Preparation Coach / Cycling, Sailing

## SPORT SCIENCE STAFF

**Jamie Bahnisch**  
Performance Services Coordinator - Melbourne Vixens, Lead Performance Analyst / Netball & Hockey

**Kristal Hammond**  
Lead Physiologist / Swimming

**Ana Holt**  
Lead Sport Scientist / Rowing

**Nick Owen**  
Lead Sport Scientist / Cycling, Athletics & Individual Scholarships

**Lewis Quinn**  
Sports Scientist (Performance Analysis) / Paralympics Australia, Shooting

**Rodney Siegel**  
National Physiology Network Lead at Sport Australia, National Sailing Program Physiology Lead

**Dr Elaine Tor**  
Lead Biomechanist / Swimming

**Danielle Trowell**  
Lead Biomechanist / Athletics

**Sylvie Withers**  
Lead Sport Scientist / Sailing, Diving, Aerial Skiing

## FACILITY MANAGEMENT

**Salesi Uhi**  
Facility Administrator

## STUDENT PLACEMENT PROGRAM

### VICTORIA UNIVERSITY PHD PROGRAM

**Alex Bauer**  
Energetic profile and individualisation of training

**Victoria Brackley**  
Exploring the transfer between drills and competition performance in elite freestyle swimming

**Ana Holt**  
Applications of Power Meters in Rowing

**Ryan Hodder**  
Physical Performance & Tactical Analysis of Elite Netballers

### PHYSICAL PREPARATION TRAINEES

**Matthew Carlon** / Cycling

**Anita Durluck** / Athletics

**Louis Bongiovanni** / Diving

**Prue Harvey** / Cycling, Sailing, Rowing

### SPORTS SCIENCE TRAINEES

**Namira Adani** / Swimming

**Karla Bulte** / Swimming

**Georgia Burt** / Para Table Tennis, Wheelchair Rugby

**Tayla Duncan** / Cycling

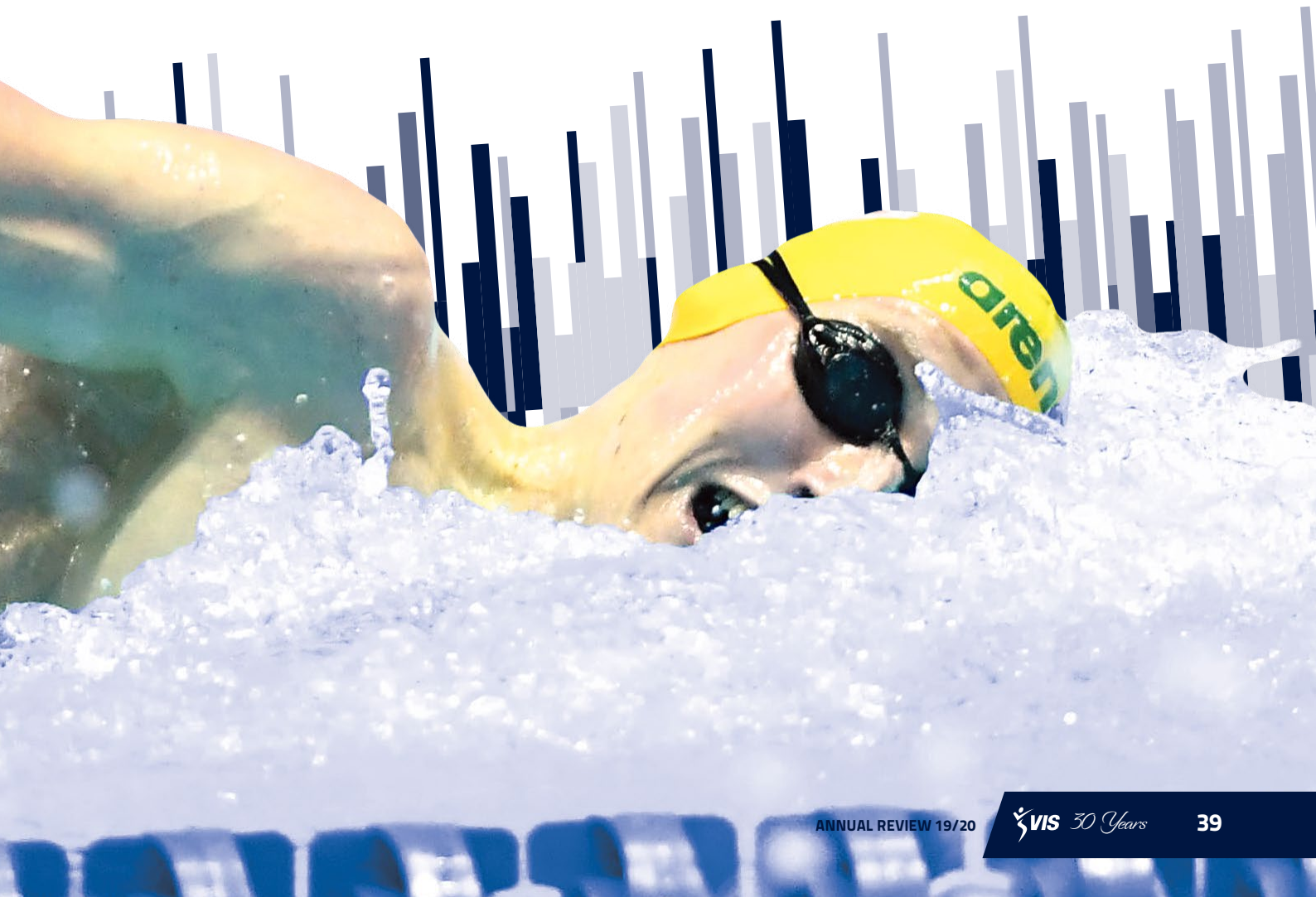
**Ed Fuller** / Rowing

**Laura Johnson** / Sailing

**Bridget Lin** / Swimming

**Tibin Thampy** / Swimming

**Sam Wells** / Netball, Hockey



# CORPORATE SERVICES

The corporate services team is responsible for the provision of the VIS corporate services, including; finance and accounting, human resource administration, information & communication technology services, communications & marketing, sponsor and stakeholder relations, travel co-ordination, asset management, pay-roll, purchasing, corporate clothing and general office administration.

## CORPORATE TEAM

### Simon Gardam

Corporate Manager

### Mark Brown

ICT Manager

### Scott Evanson

ICT Technician

### Alana Thomas

Business Services Coordinator

### Elsa Kwan

Accounts Payable Officer

### Katie Nguyen

Accounts Payable Assistant

### Ashley Gillespie

Communications & Marketing Manager  
(Maternity leave from January 2020)

### Camilla Blands

Marketing and Community Projects Coordinator

### Chris Tetaz

Digital Media Coordinator

### Cathryn Pruscino

Sponsor & Stakeholder Relations  
(from January 2020)

### Salesi Uhi

Facility Tours Coordinator  
(from January 2020)

### Lachlan Cho

Marketing & Media Intern  
(until December 2019)

### Shenae Keleher

Community Projects Intern  
(until January 2020)

### Sam Harvey

Marketing & Media Intern  
(from February 2020)

### Mathew Gay

Receptionist

### Natalie Cross

Receptionist  
(until March 2020)

### Sian Whittaker

Receptionist

### Melissa Tapper

Receptionist

### Kono Matsumoto

Receptionist

## INFORMATION & COMMUNICATION TECHNOLOGY & SERVICES

2020 has brought many challenges with the outbreak of COVID-19 and the closing of the VIS office, resulting in staff working from home. The VIS staff have adapted well to these changes taking on new ways of working.

In March, the VIS activated the business continuity plan to support these changes. The developments and projects supported by the staff and the management the team over the past three years have enabled the VIS to continue operating and supporting athletes during this troubling time. With the introduction of Microsoft Teams staff, athletes and coaches have been able to remain in constant communication.

It has always been the aim from the IT department to not be dependent on the infrastructure at the VIS and to support staff working remotely in the event access to the VIS office is not available.

Looking ahead we are now planning to use this situation as a means to improve how we operate and access data at the VIS. Focus will be made to build upon what worked well and what areas could be improved whilst ensuring access to data is protected. Looking forward a key focus for the IT department will be to work closely with the teams and sports to help develop how IT is used at the VIS.



## BUSINESS SERVICES

The finance and accounting team continues to service our staff and stakeholders with our financial management services and meeting our regulatory compliance requirements. Monthly budget reporting continues to be provided to management, program coordinators and head coaches and we continue to refine our process of fully allocating performance services, sports science, nutrition and sport medicine cost to the performance programs.

Regular government reporting and compliance is also undertaken with Sport & Recreation Victoria within the Department of Jobs, Precincts & Regions.

The Business Services team have also embarked on the replacement of the finance systems during this year. This project is due to conclude the first quarter of 2021 financial year.

## CONSULTANT SERVICES

Professional consultants are engaged as required. Our legal services are provided by Lander and Rogers Lawyers and insurance is arranged by the Victorian Managed Insurance Authority. Travel management services are provided via an on-line booking tool with Plan B Travel. Our external audit services are conducted by Crowe on behalf of the Victorian Auditor-General's Office.

## COMMUNICATIONS & MARKETING

The communications & marketing services (CAMS) team is responsible for the delivery of the overall marketing and communications functions of the VIS. Its activities include coordination of the communication with athletes and staff, the public, media and stakeholders (including Government agencies and sponsors) via digital and print media, coordination of community programs, managing the VIS brand, preparing publications and promotional material. CAMS also coordinates the VIS' large scale events, including the VIS Open Day and the Award of Excellence.

The CAMS team pride themselves on supplying the latest news and achievements of our athletes, coaches and programs in a quick and efficient manner, while also sharing the 'behind the scenes' stories of how champions are made. The stories of the VIS are shared with our stakeholders and the public via a range of digital platforms, such as the website, e-newsletter and social media channels. Through these platforms visitors and followers can discover the Institute and the wide variety of services that we provide.

The team launched the VIS' Together for Tokyo digital campaign on the "One Year to Go – Tokyo Olympics" milestone date in July 2019. The aim of the campaign is to capitalise on the increased interest afforded by the Tokyo Games and raise the profile of the VIS, VIS athletes and experts leading into the Olympics and Paralympics.

Together for Tokyo as the overall campaign name is underpinned by two pillars; Train for Tokyo and Tastes for Tokyo:

- Train for Tokyo focuses on athlete stories and all elements of what it takes to compete at the elite level
- Tastes for Tokyo focuses on our expert dietitians and unique nutrition content and advice

The campaign has so far featured six VIS experts and 13 athletes/Para athletes from 10 different sports, and will continue to roll out in the lead up to the Games now scheduled for 2021.

The Award of Excellence was held on 20 November 2019 at Carousel on Albert Park Lake. This marked the first AOE where all digital designs promoting the event were created in-house. A full outline of the event can be found on page 10.

The VIS social media presence continued to grow significantly throughout 2019/20 and our combined following is now over 32,000 followers.

The Sports Express e-newsletter is circulated on a regular basis providing subscribers with results, athlete stories and program/service provider news. With over 1,800 subscribers, this serves as a valuable reference tool for media and stakeholders. The content contains strategic links between the Sport Express, VIS website and social media channels, creating a loop between all VIS communication platforms. The team has shifted focus from results reporting to adding more 'behind the scenes' content and feature stories. We changed the design and layout of Sport Express to align with our branding guidelines and give the newsletter a new fresh feeling.

A key change to the way we communicate with our stakeholders in 2019/20 is by sending out our feature stories as separate news stories to our Sports Express database. This has proven to be a good platform to share our stories with increased readership and it has also generated media attention.

In 2019/20 the team trialled new digital content ideas with great success and also partnered with SSOs to create digital video series. One of the most engaging content series was the 'Athlete Takeovers' on Instagram, which was later transformed into YouTube videos for followers to watch on demand. This allowed athletes from different sports to take the audience through a day in the life of an elite athlete also showcasing how they used the range of VIS services.

In March 2020 we transitioned to a new website provider, which provided a timely upgrade of the website design to align with our updated branding guidelines.

## SPONSORS, PARTNERS & STAKEHOLDERS

The Victorian Institute of Sport continues to enjoy valued partnerships across the Government, sport and corporate sectors.

The VIS is primarily funded by the Victorian State Government. We are grateful for this

vital support, provided through Sport & Recreation Victoria in the Department of Jobs, Precincts and Regions. School Sport Victoria supports our Community Programs via the Department of Education and Training, whilst the Australian Institute of Sport, via National Sporting Organisations, provide support to our programs, along with our partnership with Paralympics Australia.

In addition to Government funding, the VIS has commercial partnerships with 2XU, Titleist, Open Universities Australia, Maribyrnong Sports Academy, The School Locker, Premax, William Angliss and DEXA Melbourne. Our support partners include FIA Fitnation and Barret Consulting. The VIS greatly values financial and in-kind contributions from these partners, supporting our athletes both on and off the sporting field.

Annual donations from the Carbine Club allows the VIS to offer up and coming Victorian athletes the opportunity to fast track their development with a VIS Future Talent scholarship. The Carbine Club's association with the VIS has spanned 9 years making the Future Talent Program an integral part of the VIS.

In May 2020, the VIS successfully acquired a grant from the Department of Education and Training as part of the Victorian Challenge & Enrichment Series Student Excellence Program. This grant has funded the establishment of the Victorian Institute of Sport Advancement Series which will deliver nutrition and sport science education sessions to Victorian Government secondary schools until December 2022.

We look forward to continuing our alliances with each of our sponsors, partners and stakeholders, and working together to support VIS athletes in achieving success in sport and life.

## COMMUNITY PROGRAMS

For the first time in the community program's history, we kept comprehensive records of the total number of people that we engaged with. Across all of our community programs we engaged with over 15,000 people in the 2019 calendar year.

### VIS Tours

The VIS was visited by 131 groups in 2019 through the VIS Tours program. We used 18 athletes from nine sports to host the Tours representing both able-bodied and Para sports. The majority of the visits were made by secondary Victorian schools (mainly Year 9-10), which has been the trend over the last couple of years. The VIS was also visited by students from a specialist school, an American university and a TAFE, along with athletes from sporting clubs. In the second half of 2019 over 2,000 people visited the VIS.

Prior to the developments of COVID-19, 13 Tours had been completed in 2020 with the last facility Tour taking place on 4 March. Over 30 bookings had already been confirmed for 2020 and will resume once we can start hosting external groups again.



### Be Fit. Be Well

Outside of the VIS facility, VIS athletes visited government schools as part of the "Be Fit. Be Well" program funded by School Sport Victoria (SSV). The program, which has been running successfully for over 20 years, emphasises the link between physical activity and mental wellbeing. Key themes that athletes present on include: resilience, goal setting and nutrition.

In the 2019 calendar year, 7,793 students across Victoria were inspired, motivated and encouraged to live a healthy lifestyle via the Be Fit. Be Well program. VIS athletes reached Government schools in almost every corner of the state, from Edenhope near the South Australian border to Lakes Entrance in East Gippsland and all the way north to Swan Hill on the Murray River.

VIS athletes visited target areas identified by SSV with schools with low participation numbers in school sport competitions.

The program hit all its goals for 2019, completing 215 visits of which 12 were at School Sport Victoria's State Championships. 41 VIS athletes were used for these activities and many of them Olympians, Paralympians or World Championship representatives.

In 2020, the last face-to-face Be Fit. Be Well visit was completed on 18 March. Up until that point VIS athletes had completed 39 visits and engaged with 1585 students in the school year.

A virtual format of the program was launched in May. The program consists of nine pre-recorded videos featuring athletes from a range of sports and involving both Olympians and Paralympians. The videos are targeted to different year levels and cover a variety of topics relevant to primary school students all the way up to Year 11-12 students preparing for exams.

The virtual program has allowed us to continue to financially support athletes involved in the Community Programs whilst servicing the schools requesting athlete presentations. In the first half of 2020 the virtual program had engaged with 881 students from 20 different schools representing both metro and regional Victoria.

### Athlete Speaker Program

The Athlete Speaker Program (ASP) captures all other clients who do not fall into the Be Fit. Be Well category. In 2019, the Athlete Speaker Program completed 39 guest speaking jobs. The demand for athlete and expert speakers has been steady over the last five years with an average of 39 speaker jobs per year from 2015-2019 (ranging between 36-44 jobs per year).

In total six face-to-face ASP bookings have been completed in 2020 with a variety of clients ranging from a local swimming club, a government sporting body to a regional sporting academy and a regional sports assembly.

Following the Government restrictions due to COVID-19, VIS athletes have been completing virtual presentations to regional sporting academies and non-Government schools.

### COMMUNITY OUTREACH PROGRAM

Following a Victorian Government grant in 2017, the VIS has implemented a Community Outreach initiative. This initiative was launched in three phases with the first two phases being the delivery of high performance experiences held at the VIS and at the Victorian Regional Academies of Sport (VRAS). Phase 3 saw the delivery of a VIS Open Day and the Active Schools program.

### Active Schools

The Active Schools program was launched in the second half of 2019. In this program we utilised VIS athletes to deliver sports clinics and educational workshops in schools that inspired and encouraged students to get active.

Using experienced and qualified athletes, the program covered primary and secondary schools, Government and non-Government as well as metro and regional schools. Across





the board the feedback was tremendous. The sessions were reported as active and engaging, and the athletes were commended for their ability in teaching skills and giving insight to their sport. At one of the schools the students wanted to make a netball team after being inspired by the clinic.

### High Performance Experiences

The VIS have been working to deliver unique "High Performance Sport Experiences" both within the world-class VIS facilities at Lakeside Stadium in Albert Park, and also at regional centres across Victoria.

Underpinned by high quality VIS coaching and expertise, the High Performance Sport Experiences provide talented regional athletes/students and coaches/support staff with a unique opportunity to observe and learn from the best of the best.

The VIS coordinated three High Performances Experiences in 2019/20; two in regional Victoria and one at the VIS facility.

In July 2019, 41 regional Victorian athletes identified through the Regional Academy of Sport network and identified as potential future VIS scholarship holders, visited the VIS to experience what it takes to be an elite athlete. All six regional academies were represented and the athletes came from 17 different sports.

The athletes undertook a strength and conditioning gym session with an expert

Physical Preparation Coach, a talent ID vertical jump and power test with a Sport Scientist, participated in a sport psychology session and a nutrition workshop with a Sports Dietitian. The visiting athletes were inspired by a panel of VIS Athletes; Mitch Gourley (Para-Alpine Skiing), Lara Dunkley (Netball) and David Micheluzzi (Golf). The panel spoke about their life as elite athletes and their journey to the top of Australian and International sport.

The Minister for Sport, Martin Pakula was in attendance and took the opportunity to explore the VIS, led by Performance Manager (Podium), Bill Tait and Board Member Tina de Young. The Minister also welcomed the regional athletes to the VIS and caught up with a couple of them.

Also in attendance was Sport & Recreation Victoria and the Director for the Office for Women in Sport, Dr Bridie O'Donnell and Chris Leach, Advisor to the Minister for Sport.

The two Regional High Performances Experience outside of the VIS were hosted by Gippsland Sports Academy (GSA) in September and West Vic Academy of Sport (WVAS) in November. On average over 55 students participating in the events representing both Government and non-Government schools.

At the GSA experience in Traralgon, former VIS and GSA scholarship holder Ashley Delaney delivered the keynote presentation. The Olympic medalist now turned Head Coach at Northcote Swim Club, talked about his athletic journey from regional Victoria into the VIS and

eventually onto the AIS with the Australian Swim Team.

The Regional High Performance experience hosted by WVAS was held at Federation University, Ballarat where Olympian and Paralympian Milly Tapper delivered an inspirational keynote. She spoke to the students about her pathway from a young aspiring athlete to the international table tennis stage.

As part of our Community Outreach program we have now completed four regional high performance experiences in Ballarat, Bendigo, Gippsland (Traralgon) and Geelong. In 2020 we were planning to deliver two regional high performance experiences at the regional academies in Mildura and Warrnambool, which were both postponed due to COVID-19.

### VIS Open Day 2020

Following the developments of COVID-19 the Open Day 2020 was officially postponed. The VIS COVID-19 Taskforce was very pro-active and chose to postpone the event before many other state and national events were cancelled.

Up until that point, the steering committee had made big strides and many exciting new initiatives were in the works. The work that has been done up until this point is not lost and the committee will be ready to resume work when the time permits.

# ATHLETE SUMMARY

## SUMMARY OF VIS ATHLETES

	Male	Female	Total
TIER 1 ATHLETES	121	142	263
INDIVIDUAL ATHLETES	10	11	21
INDIVIDUAL PARA ATHLETES	11	8	19
FUTURE TALENT ATHLETES	9	5	14
<b>TOTAL</b>	<b>151</b>	<b>166</b>	<b>317</b>

## TIER 1

SPORTS	Male	Female	Total
Aerial Skiing	0	9	9
Athletics	24	16	40
Cycling	15	12	27
Diving	4	9	13
Golf	11	2	13
Hockey – Men's	18	0	18
Hockey – Women's	0	17	17
Netball	0	28	28
Rowing	19	22	41
Sailing	10	11	21
Shooting	6	5	11
Swimming	14	11	25

**TOTAL ON SCHOLARSHIP**      **121**      **142**      **263**

## INDIVIDUAL SCHOLARSHIP HOLDERS

SPORTS	Male	Female	Total
Archery	1	0	1
Basketball	0	2	2
Bobsleigh	0	1	1
Boxing	0	1	1
Curling	1	0	1
Equestrian	0	1	1
Football	0	1	1
Gymnastics	1	0	1
Lawn Bowls	1	1	2
Para Alpine Skiing	1	0	1
Para Canoe	0	1	1
Para Equestrian	0	1	1
Para Table Tennis	1	3	4
Para Triathlon	0	1	1
Snowboarding	1	0	1
Skateboarding	1	1	2
Squash	1	0	1
Surfing	0	1	1
Taekwondo	2	0	2
Triathlon	1	0	1
Water Polo	0	2	2
Wheelchair Basketball	3	2	5
Wheelchair Rugby	4	0	4
Wheelchair Tennis	2	0	2

**TOTAL**      **21**      **19**      **40**

FUTURE TALENT ATHLETES	Male	Female	Total
Archery	0	1	1
BMX Freestyle	1	0	1
Canoe Slalom	1	0	1
Gymnastics	1	0	1
Judo	0	1	1
Karate	1	0	1
Para Cycling	1	0	1
Skateboarding	1	1	2
Ski Cross	1	0	1
Sport Climbing	0	1	1
Surfing	1	1	2
Table Tennis	1	0	1

**TOTAL ON SCHOLARSHIP**      **9**      **5**      **14**



2019/2020

# PARTNERS

## MAJOR PARTNERS



## PARTNERS



## SUPPORT PARTNERS





Victorian Institute of Sport  
Lakeside Stadium, 33 Aughtie Drive  
Albert Park, 3206, Victoria, Australia

T +61 3 9425 0000

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