



30  
Years



2020/2021  
ANNUAL  
REVIEW





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VIS MOTTO  
"Success in  
Sport and  
Life"



## BOARD OF DIRECTORS

BOARD MEMBER	PROFILE	START DATE ON VIS BOARD
 <b>Nataly Matijevic</b> (Chair)	Nataly is the Director of Government Relations, Victoria at 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>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 and Research Leader (Sport) and Professorial Research Fellow at Institute of Sport, Exercise and Active Living (ISEAL) 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 a proud Yankanjatjara and Wirangu woman from Adelaide, South Australia, 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 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 Alexander is a Consulting Specialist to Leading Teams. 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 2002-3), 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>Mark Coughlin</b> (Independent Member – Finance Committee)	Mark Coughlin 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.	2015
 <b>Tim Matthews</b> (Independent Member – Performance Committee)	Tim Mathews 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) <i>Retired December 2020</i>	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, is the Founder of The Wolf Collaborative, Managing Partner at Mango Communications and a guest lecturer at the University of Melbourne.	2019



# MINISTER'S MESSAGE



**THE HON MARTIN PAKULA MP**

Minister for Tourism, Sport and Major Events

National and international competition was largely suspended in 2020–21 due to the COVID–19 pandemic, with the goals of many of our elite athletes put on hold.

The VIS was created to give athletes the support they need to develop and perform to an elite standard, and the organisation should feel proud of what was achieved in a very challenging 12 months.

It is a credit to all of our VIS athletes that they continued to find the drive to train, refine their skills and maintain conditioning in preparation for the return of competition.

The work of the coaches, specialists and support staff at the VIS should also be acknowledged. There were countless innovative ways that these teams used to reduce the disruption to athletes' preparation and to deliver expert advice. The VIS provided equipment to athletes in lockdown so that they could keep training; sports specialists conducted conditioning sessions online; and sports medicine and physiotherapy consultations were undertaken via Telehealth.

However, not all competition was put on hold. The Super Netball competition eventually went ahead in August, with the Melbourne Vixens relocating to Brisbane for three months to compete.

The Vixens dominated the competition, won the minor premiership and followed up with an imposing run to the final, where they beat Perth in a two-goal thriller. Congratulations to the Vixens and VIS athlete Mwai (MJ) Kumwenda, who earned the final's Most Valuable Player award.

Dylan Alcott continued his incredible run of success, winning the 2020 Quad Singles titles at the Australian and French Opens, taking the Quad Doubles at the US Open and pairing with VIS teammate Heath Davidson to win the Quad Doubles at the Australian Open.

Aerial skier Laura Peel won her second world title, dominating the competition in the 2021 FIS Freestyle World Ski Championships, and Scotty James was second in the Halfpipe at the 2021 World Snowboard Championships.

Such success under adverse circumstances vindicates the investment by the Victorian Government in sport through the Institute.

In May I was very pleased to announce a funding boost of \$24.5 million over three years for the VIS. The additional funding will help more athletes from across Victoria rise to meet their challenges and achieve their potential.

Thanks to all the athletes, coaches and support staff for their strength and resilience in a difficult year and all the best for the year ahead.





# CHAIR & CEO REPORT

2020-21 may well be remembered for the disruption and uncertainty caused by a pandemic that reached every corner of the globe, however, sport and our athletes continued to be a constant source of inspiration.



**NATALY  
MATIJEVIC**  
Chair



**ANNE MARIE  
HARRISON**  
Chief Executive  
Officer



**CATHRYN  
PRUSCINO**  
Strategic Projects  
& Partnerships

Over the past 12 months, and with varying levels of facility and daily training environment access, the VIS continued to deliver vital support and services to our athletes as they prepared for a postponed Tokyo Olympic and Paralympic Games, a displaced Super Netball League and an international winter sport competition schedule. The VIS COVID Taskforce has successfully navigated the changing government regulations on a weekly and sometime daily basis to keep the VIS staff, athletes and Victorian community safe, and the Victorian high-performance sport wheels in motion.

With these safeguards in place and despite all the setbacks, lockdowns, border restrictions, hub life and travel anxiety, VIS athletes once again shone through and produced some miraculous results to make their support staff, along with the whole of the VIS, proud.

On a Sunday afternoon in October 2020, our gutsy Melbourne Vixens team who had been locked out of Melbourne for months on end, secured Super Netball grand final victory by two points over the West Coast Fever. It was a nail-biting final that ended in a well-deserved Championship win for VIS Coach Simone McKinnis and her team. The magic continued on the tennis court, with long-term scholarship holder Dylan Alcott taking out a raft of Quad Singles Championships (2020 US Open, 2020 French Open, 2021 Australian Open) along with the Quad Doubles Championships at the 2020 US Open, and with fellow scholarship holder Heath Davidson at the 2021 Australian Open. Whilst far away on the slopes of Europe, our winter athletes braved the global landscape with extraordinary focus, with Laura Peel taking out the 2021 FIS Freestyle World Ski Championships in aerial skiing.

These successes are a testament to the grit and determination of VIS athletes, the amazing skill and competence of their VIS support staff and all those at the VIS behind the scenes who work tirelessly to keep the organisation thriving when the global chips are well and truly down.

During this year, VIS staff either worked exclusively from home or incorporated a hybrid work approach. Like most workplaces, we maintained connections remotely and found new ways of engaging with our colleagues online. A staff survey was conducted during this period, with the findings highlighting the

resilience and adaptability of VIS staff to the new normal. 98% of VIS staff surveyed were proud of the support and service the VIS was providing to athletes during this time and 94% felt supported by management and felt their teams were functioning well. The majority of respondents found working from home successful.

Despite the altered working conditions, the Board and management team achieved some significant milestones during the 2020-21 year. A one-year extension to our Enterprise Agreement was agreed with staff representatives for 2020-21, with work on the new Agreement 2021-25 also underway. A new Anti-Doping policy was approved and implemented, and multiple budget reforecasts were carried out due to the ever-changing financial circumstances relating to the pandemic. An 18-month process to review our Tier 1 sport programs concluded in early 2021. The final review saw the cessation of two of our longest standing programs in golf and rowing.

The golf program ceased in March 2021 as golf enters a new phase of operation under the One Golf model. Over its history, the golf program delivered a Junior World Champion, Ryan Ruffles, in 2014 and provided an exceptional pathway into the professional ranks, developing the likes of Geoff Ogilvy, Aaron Baddeley and Marc Leishman to name a few.

The VIS rowing program will cease in October 2021 as the NTCs in Penrith and Canberra have established themselves as the prime programs and training locations for senior elite rowing in Australia, whilst the Victorian clubs continue their ongoing support for pathway athletes. The VIS rowing program has enjoyed a proud history of success, with the Oarsome Foursome winning our first World Championship in 1990. It has supported Peter Antonie, Andrew Cooper, Nick Greene, Mike McKay, James Tomkins, Drew Ginn and David Crawshaw delivering 6 Olympic gold medals between them over the history of the VIS, with many more esteemed rowers delivering podium success at Olympics, Senior and Junior World Championships along the way. We are proud of the support that VIS has offered the golf and rowing programs over our 30-year history and wish these sports ongoing success into the future.



A number of important reviews have taken place over the year including the Gymnastics Australia Human Rights Committee Review investigating the historical treatment of gymnasts in high-performance programs, a Racism and Cultural safety review and a VIS Integrity Risk Review. All of these reviews have enabled us to pause and reflect on our processes, governance and organisational practices to ensure we continue to operate a safe environment for our athletes and staff and provide the best opportunities, culture and environment for an inclusive and diverse community.

Some tangible outcomes of these reviews include the establishment of a VIS working group (made up of VIS staff and athletes) to embark on a Reconciliation Action Plan for the VIS, an Aboriginal Cultural Awareness staff workshop led by Board member, Shelley Ware, and a joint statement released for National Reconciliation Week in conjunction with the National Institute Network.

In an effort to reach out to our previous staff and athletes, and following 12 months of planning and engagement with former scholarship holders, the Performance Lifestyle team successfully launched the VIS Alumni program. The program aims to support past and present athletes and staff, draw on the wealth of knowledge and experience that has been and continues to be a part of the VIS family, and provide a forum for friends, teammates, rivals and supporters to come together.

The Board and Management teams came together early in 2021 to harness this history and continue to set the tone of the VIS by developing a new strategic plan for our future. This involved consulting widely with our staff, athletes, stakeholders and strategic partners. The plan includes three overarching goals; to drive performance outcomes with sports, stay ahead of the game and tell our story. It will be implemented from July 2021.

One of the most significant achievements for the year, however, has been the successful budget outcome in the 2021 State Budget, providing the first increase in funding to the VIS since 2008. The funding includes an additional \$24.525M over three years (an extra \$8.175M per annum) bringing the total funding to \$44.625M over the next three years (\$14.875M per annum). The increased funding will support the VIS to deliver against the National High Performance Sport Strategy, enable us to offer support to all Victorian based athletes categorised by their NSO, and increase support to current sports programs and athletes making our investment competitive with the other State Institutes and Academies. It will also enable us to increase our performance services to provide further support to athletes and enable us to explore other/new sports program opportunities in the lead up to the 2032 Games in Brisbane. We are delighted that the Victorian Government recognises the value of the VIS to the Victorian community and wish to particularly thank the Minister for Sport, the Hon. Martin Pakula

MP for his commitment and support, Mr John Wylie for his personal advocacy, and Sport and Recreation Victoria for their ongoing support for the VIS and our athletes.

We also thank and acknowledge our supporters for their ongoing contributions: Paralympics Australia, School Sport Victoria, the Carbine Club, Department of Education, 2XU, Open Universities Australia, Maribyrnong Sports Academy, FIA Fitnation, The School Locker, Titleist and Premax. 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.

As we are in the final phase of the lead up to the Olympic and Paralympic Games, we acknowledge all athletes for their dedication to training and in seeking selection, supported by their coaches and staff/ consultants. Whatever the outcome, we are enormously proud of each of them and their endeavours and hope they will be rewarded.

In closing, this last year has once again tested our capacity and resilience and demonstrated how fortunate we are to be leading such a wonderful organisation. With all of our achievements over the past year, we look forward to a bright future and sharing our successes with our partners. To the Board, staff and athletes we say thank you.

PHOTO: ALEXANDRA VINEY (FRONT), ALEX VUILLERMIN  
CREDIT: ROWING AUSTRALIA





## 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 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. Tier 1 sports during 2020-21: aerial skiing, athletics, cycling, diving, golf (ceased March 2021), hockey, netball, rowing, sailing, shooting and swimming. Tier 1 sports programs have tripartisan 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 and the program is supported by the Carbine Club.

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.

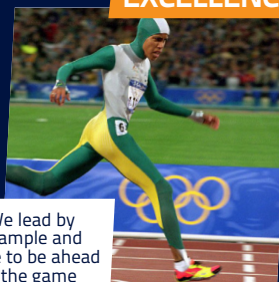
## MISSION

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

### 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

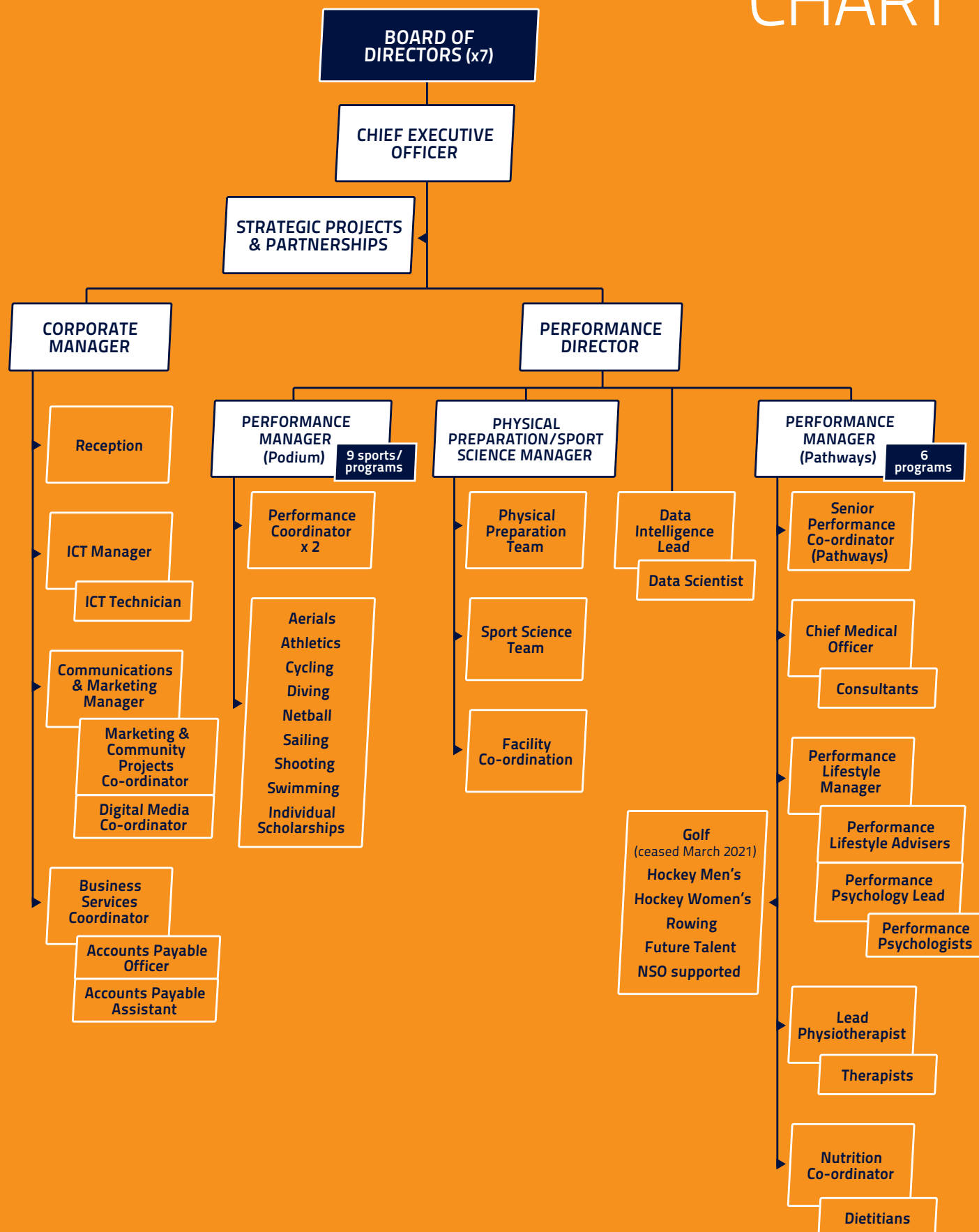
### SUCCESS



We strive for greatness and celebrate success



# ORGANISATIONAL CHART



2020/2021

# ATHLETE RESULTS WORLD CHAMPIONSHIPS SUMMARY

10

## PODIUM LEVEL RESULTS

Achieved by VIS  
athletes at World  
Championships

6

## WORLD CHAMPIONSHIP TITLES

Won by 3 VIS  
athletes

4

## VIS ATHLETES

Finished in  
Podium positions

PHOTO: SCOTTY JAMES  
CREDIT: CHRIS HOCKING OWIA



## PODIUM LEVEL RESULTS AT WORLD CHAMPIONSHIPS

	Athlete	Sport	Event/ Discipline	Event
1	LAURA PEEL	Aerial Skiing	Aerial Skiing	2021 FIS Freestyle World Ski Championships
1	DYLAN ALCOTT/HEATH DAVIDSON	Wheelchair Tennis	Quad Doubles	2021 Australian Open
1	DYLAN ALCOTT	Wheelchair Tennis	Quad Singles	2021 Australian Open
1	DYLAN ALCOTT	Wheelchair Tennis	Quad Singles	2020 French Open
1	DYLAN ALCOTT	Wheelchair Tennis	Quad Doubles	2020 US Open
2	HEATH DAVIDSON	Wheelchair Tennis	Quad Singles	2021 Australian Open
2	SCOTTY JAMES	Snowboarding	Halfpipe	2021 World Snowboard Championships
2	DYLAN ALCOTT	Wheelchair Tennis	Quad Doubles	2021 French Open
2	DYLAN ALCOTT	Wheelchair Tennis	Quad Doubles	2020 French Open
2	DYLAN ALCOTT	Wheelchair Tennis	Quad Singles	2020 US Open

2020/2021

# VICTORIAN INSTITUTE OF SPORT AWARDS 2020

The 2020 Victorian Institute of Sport Awards was celebrated online via a three-day digital campaign held in November celebrating the outstanding athletes at the VIS.

The 2XU Coach Awards, Sarah Tait Spirit Award and Open Universities Australia Performance Lifestyle Award were all presented virtually to athletes in pre-recorded videos.

The event kicked off on Monday 23 November with 14 athletes from the VIS' sports programs being awarded the 2XU Coach Awards presented to the athlete who is most deserving within the last calendar year.

On Tuesday, the VIS Awards continued with world number one ranked Aerial Skier Laura Peel taking home the Open Universities Australia Performance Lifestyle Award. The award goes to the athlete who has achieved excellence in their studies, career ambitions, and/or work setting whilst pursuing their dual sporting career. A selection panel from award sponsor, Open Universities Australia, chose Peel as this year's winner from a shortlist of VIS athletes, based on her impressive results both on but especially off the slopes.

The 2020 VIS Awards culminated on Wednesday evening when the very special Sarah Tait Spirit Award was presented to joint winners; Jenna O'Hea and Caitlin Thwaites.

Like the Award's namesake, O'Hea and Thwaites were recognised for being inspirations in life as well as in their sports and are both fantastic role models to past and present athletes. The judging panel was impressed by the athletes' exceptional work to raise awareness for athlete wellbeing.

The Sarah Tait Spirit Award, named after the late rower Sarah Tait, was presented by 2019 Award winner former netball star Renae Ingles and Dr Larissa Trease, Sport & Exercise Physician and Medical Advisor to ASADA. Dr Trease was formerly the Chief Medical Officer to Rowing Australia and worked closely with Tait.

Due to the global pandemic and the limited number of international competitions, there were no performance-based awards awarded in 2020 and the performance of athletes from the 2019-2020 awards year will be included in the nomination pool for 2020-2021.

This was the first time that the VIS allowed a public audience to experience our awards ceremony and provided us with another opportunity to raise the profile of the VIS and its athletes & staff.

The objective of the campaign was to celebrate our athletes' outstanding achievements online, allowing the VIS to recognise our athletes while we were not able to hold a physical event. In a year where most sporting events had been cancelled or postponed we wanted to showcase and acknowledge how our athletes had overcome challenges and still achieved success in sport and life.

The three-day digital campaign reached an impressive number of 91,897 people across all platforms. The conversation around the 2020 VIS Awards trickled into the following weeks with media mentions of the VIS in articles with some of the award winners.

Across the whole campaign 6,469 people engaged with our content, the highest engagement for a campaign produced solely at the VIS.

## VICTORIAN INSTITUTE OF SPORT AWARD WINNERS 2020

### Sarah Tait Spirit Award

Jenna O'Hea & Caitlin Thwaites

### Open Universities Australia Performance Lifestyle Award

Laura Peel

## 2XU COACHES AWARDS 2020

**AERIAL SKIING** / Laura Peel

**ATHLETICS** / Jemima Montag

**CYCLING** / Ruby Roseman-Gannon

**DIVING** / Laura Hingston

**FUTURE TALENT** / Laura Paeglis (Archery)

**GOLF** / Blake Collyer

**INDIVIDUAL SCHOLARSHIPS** / Rowie Webster (Water Polo)

**MEN'S HOCKEY** / Jayshaan Randhawa

**WOMEN'S HOCKEY** / Krissy Bates

**NETBALL** / Gabby Coffey

**ROWING** / Rohan Lavery

**SAILING** / Casey Imeneo

**SHOOTING** / Elena Galiabovitch

**SWIMMING** / Matthew Temple

## 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 / SCOTTY JAMES / Snowboarding





**OPEN  
UNIVERSITIES  
AUSTRALIA  
PERFORMANCE  
LIFESTYLE  
AWARD**

Laura Peel

**SARAH TAIT  
SPIRIT AWARD**

Caitlin Thwaites (top)  
& Jenna O'Hea



SUCCESS IN SPORT AND LIFE

# VICTORIAN INSTITUTE OF

## INNOVATING TO HELP VICTORIAN ATHLETES THRIVE

### PERFORMANCE SERVICES



**644** TELEHEALTH  
CONSULTATIONS

**97  
HRS** VIRTUAL GROUP  
PRESENTATIONS  
DELIVERED TO ATHLETES,  
STAFF AND SCHOOLS

### PHYSICAL PREPARATION

**131** PIECES OF TRAINING  
EQUIPMENT DISTRIBUTED  
TO ATHLETES

**500  
KMS** COVERED BY VIS STAFF  
DELIVERING TRAINING  
EQUIPMENT

**2<sup>ND</sup>  
GYM** CREATED TO ALLOW FOR  
SOCIAL DISTANCING

### SPORTS



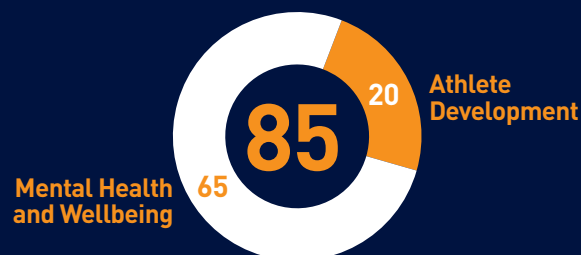
**926**

**297**

**183**

### SUPPORTING ATHLETES TO SUCCEED IN SPORT AND

VIRTUAL WORKSHOPS DELIVERED BY  
PERFORMANCE LIFESTYLE TEAM



**925**

ENGAGEMENTS  
BY ATHLETES  
IN INDIVIDUAL  
CONSULTATIONS



# SPORT DURING COVID-19

## ENGAGING AND INSPIRING THE VICTORIAN COMMUNITY

### PROGRAMS



ONLINE TRAINING  
SESSIONS

ONLINE ATHLETE  
DEVELOPMENT SESSIONS

ATHLETE PB'S ACHIEVED  
IN EVENTS AND  
PHYSICAL TESTING

### LIFE

# 75

VIS PARENTS  
ENGAGED IN  
PERFORMANCE  
LIFESTYLE  
SESSIONS



### ADVANCEMENT SERIES SESSIONS WITH VIS EXPERTS

#### VICTORIAN SECONDARY STUDENT PARTICIPATION

SPORT SCIENCE  
ADVANCEMENT

# 651

STUDENTS

NUTRITION  
ADVANCEMENT

# 511

STUDENTS

### VIRTUAL ATHLETE SPEAKER PROGRAM

# 3278

STUDENTS  
PARTICIPATED

# 38

SCHOOLS  
ENGAGED

# 12

ATHLETES  
FROM 8 SPORTS

# AERIAL SKIING

Continuing its strong tradition as being one of Australia's leading talent transfer programs, the VIS aerial skiing program continued to produce strong and consistent results on the world stage in 2020-21.

Laura Peel had a career best season becoming the FIS World Cup Champion for a second successive year and also being crowned World Champion, while Danielle Scott returned to competition finishing 4th at the World Championships.

The program is run in partnership with the Olympic Winter Institute of Australia (OWIA) and Ski & Snowboard 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 opening of the Geoff Henke Olympic Winter Training Centre in Brisbane and the performance of the athletes in 2020-21, the program is in a great position as we head towards the 2022 Winter Olympics in Beijing.

## KEY ACHIEVEMENTS

Laura Peel

- 7th European Cup, Ruka, Finland
- 1st European Cup, Ruka, Finland
- 1st FIS World Cup, Ruka, Finland
- 1st FIS World Cup, Yaroslavl, Russia
- 2nd FIS World Cup, Moscow, Russia
- 2nd FIS World Cup, Raubichi, Belarus
- 6th FIS World Cup, Deer Valley, USA
- 6th FIS World Cup, Almaty, Kazakhstan
- 1st FIS World Ski Championships, Almaty, Kazakhstan
- 2020/2021 FIS Aerial Skiing World Cup Crystal Globe Champion

Danielle Scott

- 1st FIS World Cup, Deer Valley, USA
- 1st European Cup, Airolo, Switzerland
- 1st European Cup, Airolo, Switzerland
- 5th FIS World Cup, Almaty, Kazakhstan
- 4th World Ski Championships, Almaty, Kazakhstan

Abbey Willcox

- 12th FIS World Cup, Yaroslavl, Russia

Gabi Ash

- 5th European Cup, Airolo, Switzerland
- 4th European Cup, Airolo, Switzerland
- 7th FIS World Cup, Deer Valley, USA
- 9th FIS World Cup, Almaty, Kazakhstan
- 15th World Ski Championships, Almaty, Kazakhstan

## PROGRAM STAFF

**Rachel Johnson**

Program Manager

## COACHES & SERVICE PROVIDERS

**Leigh Delahoy**

Development Ski Coach

**Liz Gardiner**

Aerial Skiing Development Transition & Assistant Coach (OWIA)

**Ryan Hatfield**

Talent Transfer Coordinator & Acrobatics Coach (OWIA)

**Dave Morris**

Aerial Skiing Apprentice Coach (OWIA)

**Kylie Andrew**

Sports Dietitian

**Amber Bennett**

Physiotherapist and Rehabilitation (OWIA)

**Dr Peter Braun**

Chief Medical Officer (OWIA)

**Peter Cain**

Medical Services & Rehabilitation Manager (OWIA)

**Siobhan Crawshaw**

Sports Dietitian (OWIA)

**Leesa Gallard**

Performance Lifestyle Manager

**Eliza Graham**

Physiotherapist and Rehabilitation (OWIA)

**Rebecca Hall**

Sports Dietitian (OWIA)

**Farhan Juahri**

Physical Preparation Coach

**Barbara Meyer**

Sport Psychology Consultant (OWIA)

**Will Morgan**

National Physical Preparation Lead

**Sylvie Withers**

Lead Sport Scientist

## ATHLETES

Gabi Ash

Elise Coleiro

Amanda Cordeiro

Mia Davis

Amber Downes

Brigitta Evans

Airleigh Frigo

Eleanor Higginbotham

Laura Peel

Miriana Perkins

Danielle Scott

Sidney Stephens

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, Utah, USA

Switzerland Water Ramping Base - Mettmensstetten, Switzerland

Airolo Ski Resort, Switzerland

Ruka Ski Resort, Finland

Saas-Fee Ski Resort, Switzerland

Ski Training and Aerial Skiing, Mt Buller, Victoria

Water Ramp Training Facility, Wandin, Victoria

Geoff Henke Olympic Winter Training Centre - Brisbane, Queensland

## SPONSORS

Karbon

Mt Buller Resort

XTM

## PARTNERS

Olympic Winter Institute of Australia

Ski and Snowboard Australia

PHOTO: LAURA PEEL  
CREDIT: CHRIS HOCKING (OWIA)



The program has had a strong focus on recruitment over the last twelve months and during this period over 20 athletes were involved in various testing with six of those athletes offered a Training Agreement with the program. Having access to a world class water ramping facility right here in Australia following the opening of the facility in Brisbane is a game changer for the program and the development of our athletes.

— Rachel Johnson / Program Manager



In partnership with Athletics Australia (AA) and Athletics Victoria (AV), the VIS athletics 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, World Athletics and Para Athletics World Championships.

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

## KEY ACHIEVEMENTS

### 2020 Diamond League Event - Monaco

Joseph Deng  
• 10th Men's 800m

### 2020 London Marathon - London, England

Sinead Diver  
• 8th  
Ellie Pashley  
• 12th

### 2021 Zatopek - Melbourne, Australia

Brett Robinson  
• 1st Men's 10,000m National Championships  
Jack Rayner  
• 2nd Men's 10,000m National Championships

### 2021 Oceania and Australian Race Walking Championships - Melbourne, Australia

Jemima Montag  
• 1st Women's 20km Race Walk  
Rebecca Henderson  
• 3rd Women's 20km Race Walk  
Rhydian Cowley  
• 1st Men's 20km Race Walk  
Kyle Swan  
• 3rd Men's 20km Race Walk



The VIS athletics support team have been amazing in supporting the athletes over the last 12 months in what has been a very tricky period. They continually go above and beyond to provide high quality services and support to the athletes and coaches and I am sure we will see some great results at Tokyo.

— Ben King / VIS Athletics Program Coordinator

### 2021 Australian Track & Field Championships - Sydney, Australia

Nicholas Hum  
• 1st Men's Long Jump Ambulant  
Rebecca Henderson  
• 2nd Women's 10,000m Race Walk  
Maria Strong  
• 2nd Women's Shot Put Secured  
Rhydian Cowley  
• 1st Men's 10,000m Race Walk  
Kyle Swan  
• 3rd Men's 10,000m Race Walk  
Sam Rizzo  
• 2nd, Men's 200m Wheelchair,  
3rd Men's 800m Wheelchair

Isis Holt  
• 1st Women's 100m Ambulant

Kathryn Mitchell  
• 1st Women's Javelin

Linden Hall  
• 1st Women's 1500m

Jack Lunn  
• 3rd Men's 800m

Aiden Harvey  
• 3rd Men's Shot Put

Brooke Stratton  
• 1st Women's Long Jump

Catriona Bisset  
• 1st Women's 800m

### 2021 Australian U20 Athletics Team Selections\*

Abbey Caldwell  
Corey Dickson  
Elyssia Kenshole  
Mackenzie Mielczarek  
Will Thompson

\*Australia did not send the team to the World Athletics U20 World Championships due to COVID-19

### 2021 Diamond League Event - Oslo, Norway

Hana Basic  
• 5th Women's 100m  
Catriona Bisset  
• 4th Women's 800m

### World Records

Jaryd Clifford  
• 3:41.34 in the T12 1500m at Canberra Track Classic (11.3.21)

Jaryd Clifford  
• 2:19.08 T12 Marathon at Tokyo Qualifying Race (25.4.21)

### Australian Records

Linden Hall  
• 2:35.90 in the 1000m at Box Hill Burn (2.3.21)

Linden Hall  
• 3:59.67 in the 1500m at Box Hill Classic (1.4.21)

Catriona Bisset  
• 1:58.09 in the 800m at Janusz Kusocinski Memorial (20.6.21)

## PROGRAM STAFF

**Adam Basil**  
Athletics Performance Adviser

**Ben King**  
Athletics Performance Coordinator

## COACHES & SERVICE PROVIDERS

**Kylie Andrew**  
Sports Dietitian

**Kevin Craigie**  
Physiotherapist

**Anita Durlik**  
Assistant Physical Preparation Coach

**Cory Innes**  
Physical Preparation Coach

**Alison Low**  
Physiotherapist

**David Madigan**  
Performance Lifestyle Adviser

**Victoria Moore**  
Physiotherapist

**Nick Owen**  
Sport Science - Physiologist

**Jessica Rothwell**  
Sports Dietitian

**Mark Spargo**  
Sport Psychologist

**Dr Patrick Sunderland**  
Sports Medicine Registrar

**Danielle Trowell**  
Sport Science - Biomechanist

## ATHLETES

Joel Baden  
Hanna Basic  
Damien Birkinhead  
Catriona Bisset  
Michal Burian  
Abbey Caldwell  
Decaln Carman  
Jaryd Clifford  
Rhydian Cowley  
Joseph Deng  
Corey Dickson  
Sinead Diver  
Georgia Griffith  
Linden Hall  
Georgia Hansen  
Aiden Harvey  
Rebecca Henderson  
Madeline Hills  
Todd Hodgetts  
Isis Holt  
Nicholas Hum  
Claire Keefer (retired March 2021)  
Elyssia Kenshole  
Tim Logan  
Jack Lunn  
Sam McIntosh  
Mackenzie Mielczarek  
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  
Will Thompson  
Jessee Wyatt

## TRAINING VENUES

Lakeside Stadium  
VIS Gymnasium

## PARTNERS

Athletics Australia  
Athletics Victoria

# VIS SPORTS CYCLING

The VIS cycling program supports the progression of categorised track endurance and sprint cyclists through the AusCycling National Performance Pathway. The VIS cycling program focuses on the Olympic Track and Paralympic disciplines, operating in partnership with AusCycling and AusCycling 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. Two Olympic selections, four Paralympic selections and three athletes progressing to the Podium Potential Academy during 2020-21 is reflective of the strength of this program and this pathway.



## KEY ACHIEVEMENTS

### 2020 AusCycling Track National Championships - Brisbane, Australia

- Alistair Donohoe
- 1st Para Men C5 Individual Pursuit
  - 2nd Para Men C5 1000m Time Trial
- Graeme Frislie
- 2nd Elite Men's Scratch Race
  - 3rd Elite Men 1000m Time Trial
- Alex Jones
- 3rd U19 Men's Omnium
  - Alessia McCaig
  - 1st U19 Women 500m Time Trial (National Record)
  - 1st U19 Women Keirin
  - 1st U19 Women Sprint

- Emily Petricola
- 1st Para Women C4 Individual Pursuit
  - 1st Para Women C4 Scratch Race
  - Jensen Plowright
  - 1st Elite Men Points Race
  - 3rd Elite Men Scratch Race

- Lucinda Stewart
- 1st U19 Women Omnium
  - 3rd U19 Women's Scratch Race
  - 3rd U19 Women Individual Pursuit

### 2021 Federation University Road National Championships - Ballarat, Australia

- Carol Cooke
- 1st Para Women T2 Individual Time Trial
  - 1st Para Women T2 Road Race
- Alistair Donohoe
- 1st Para Men C5 Individual Time Trial
- Alex Jones
- 5th Junior Men Criterium
- Kelland O'Brien
- 2nd Elite Men Road Race
  - 3rd Elite Men Individual Time Trial
  - 4th Elite Men Criterium

- Emily Petricola
- 1st Para Women C4 Individual Time Trial

- Lucas Plapp
- 1st Elite Men Individual Time Trial

- Jensen Plowright
- 4th U23 Men Criterium
  - 4th U23 Men Road Race

- Ruby Roseman- Gannon
- 2nd Place Elite & U23 Women's Criterium

- Lucinda Stewart
- 1st Junior Women Criterium
  - 2nd Junior Women Road Race
  - 4th Junior Women Individual Time Trial

In March 2021, Victoria secured the Champion State award at the National Track Championships after a long 10-year drought, which was a reflection of the group's success.

- Stuart Tripp
- 1st Para Men H5 Individual Time Trial
  - 1st Para Men H5 Road Race

- Alex Welsh
- 1st Para Men H3 Individual Time Trial
  - 1st Para Men H3 Road Race

### 2021 Santos Tour Down Under - Adelaide, Australia

- Lucas Plapp
- 2nd Final Standing

- Jensen Plowright
- 3rd Stage 4

- Ruby Roseman- Gannon
- 3rd Place Final Standing

### 2021 AusCycling Track National Championships - Brisbane, Australia

- Graeme Frislie
- 1st Elite Men Team Pursuit
  - 1st Elite Men Scratch Race

- Alex Jones
- 2nd U19 Men Omnium Points Race
  - 3rd U19 Men Madison
- Alessia McCaig
- 1st U19 Women 500m Time Trial (National Record)
  - 1st U19 Women Keirin
  - 1st U19 Women Sprint (National Record)
  - 1st Elite Women Team Sprint

- Jensen Plowright
- 1st Elite Men Team Pursuit
  - 1st Elite Men Omnium Points Race

- Bill Simpson
- 1st Elite Men Team Pursuit

- Lucinda Stewart
- 1st U19 Women Team Pursuit (National Record)
  - 1st U19 Scratch Race
  - 1st U19 Women Madison Final
  - 1st U19 Women Omnium
  - 3rd U19 Women Points Race

### 2021 AusCycling Junior World Championship Squad

- Alessia McCaig
- Alyssa Polites
- Lucinda Stewart

### Para Cyclist of the Year (Track) 2020

- Emily Petricola

## COACHES

Vanessa Bof  
Track Endurance Coach

Shane Kelly  
Track Sprint Coach

## SERVICE PROVIDERS

Kylie Andrew  
Sports Dietitian (Para cyclists)

Rebecca Hall  
Sports Dietitian

Sara Heasley  
Performance Lifestyle Adviser (until January 2021)

Alison Low  
Physiotherapist (from October 2020)

David Madigan  
Performance Lifestyle Adviser (from January 2021)

Nick Owen  
Sport Scientist

Ben Willey  
Physical Preparation Coach

## ATHLETES

Blake Agnoletto  
Carol Cooke  
Henry Dietze  
Alistair Donohoe  
Patrick Eddy  
Alana Field  
Graeme Frislie  
Sam Gallagher  
Alex Jones  
Ashlee Jones  
Alessia McCaig  
Hannah Macdougall  
Sophie Marr  
Kelland O'Brien  
Emily Petricola  
Luke Plapp  
Jensen Plowright  
Alyssa Polites  
Ned Pollard  
Ruby Roseman-Gannon  
Conor Rowley  
Godfrey Slattery  
Bill Simpson  
Lucinda Stewart  
Stuart Tripp  
Jordan Villani  
Alex Welsh

## TRAINING VENUES

Darebin International Sports Centre (DISC)

VIS Gymnasium

Various metropolitan and country road training courses

## PARTNERS

AusCycling  
AusCycling Victoria



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 including four athletes in DA's Dream 2428 Squad, and five senior athletes in DA's National Squad.

## KEY ACHIEVEMENTS

### 2021 FINA World Cup Selection Trials - Brisbane, Australia\*

- Emily Chinnock
  - 1st Women's 10m Platform
- James Connor
  - 3rd Men's 3m Springboard
- Shixin Li
  - 1st Men's 3m Springboard, 1st Men's 3m Synchro
- Nina Phan
  - 1st Women's 3m Synchro
- Laura Hingston
  - 1st Women's 10m Synchro

\*Event was not completed due to COVID19

### 2021 FINA World Cup Selections - Tokyo, Japan\*

- James Connor
  - Laura Hingston
  - Shixin Li
  - Anabelle Smith
  - Mat Helm (Coach)
- \*Australia did not compete in the event due to COVID19

### 2021 Australian Open Championships/Olympic Trials - Sydney, Australia

- Shixin Li
  - 1st Men's 3m Springboard
- James Connor
  - 2nd Men's 3m Springboard
- Natalie Phan
  - 2nd Women's 1m Springboard
- Anabelle Smith
  - 2nd Women's 3m Springboard

## PROGRAM STAFF

Belinda Kennedy  
Program Manager

## COACHES

Mathew Helm  
National Diving Coach - Melbourne (employed by DA)  
Ming Gong  
Head Coach (until March 2021)

## SERVICE PROVIDERS

**Caroline Anderson**  
Sports Psychologist  
**Kylie Andrew**  
Sports Dietitian  
**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  
Allie Klein  
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



When DA and the VIS offered me the opportunity to return to the VIS as the National Coach – Melbourne, I jumped at the opportunity knowing the senior and junior talent that was in Victoria. It has been great working with such a talented group of athletes over the last twelve months and a number of the younger athletes have a very bright future in the sport.

— Mathew Helm / DA National Coach Melbourne

# VIS SPORTS GOLF

The VIS golf program, with the support of program partners, Golf Australia (GA) and the PGA of Australia, played 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.

The VIS golf program concluded on 1 March 2021, following a review by the VIS of all programs. The program transitioned the newly developed Australian Golf Centre, "the Home of Golf", to be managed and operated by Golf Australia. This move enables Golf Australia greater capacity to align with their One Golf strategy and use their national training facility at Sandringham, and aligns with the VIS objectives to support sports where there is evidence of potential medal winning performances at major benchmark events over the next two Olympic and Paralympic cycles.

## KEY ACHIEVEMENTS

Brett Coletta

- Tied 17th TPC Colorado Championship - Heron Lakes, Colorado, USA
- Tied 23rd TPC San Antonio Challenge - The Canyons, San Antonio, USA
- Tied 3rd Savannah Golf Championship - Georgia, USA
- Tied 15th Orange County National Championship - Florida, USA

Blake Collyer

- Tied 55th Moonah Classic - Moonah Links, Fingal, Victoria, Australia

Aiden Didone

- Tied 18th Australian Master of the Amateurs - Victoria Golf Club, Cheltenham, Victoria, Australia
- Tied 11th Port Phillip Open Amateur & Victorian Amateur - Kingston Health Golf Club, Victoria, Australia

Andre Lautee

- Tied 4th Australian Master of the Amateurs - Victoria Golf Club, Cheltenham, Victoria, Australia
- 69th Port Phillip Open Amateur & Victorian Amateur - Kingston Health Golf Club, Victoria, Australia
- Tied 26th Australian Amateur - Royal Queensland, Brisbane, Queensland, Australia
- Tied 49th The Players Series - Rosebud Country Club, Victoria, Australia

Kyle Michel

- Tied 25th Moonah Classic - Moonah Links, Fingal, Victoria, Australia
- Tied 8th Victorian PGA Championship - Moonah Links, Fingal, Victoria, Australia

David Micheluzzi

- Tied 19th The Players Series - Rosebud Country Club, Victoria, Australia
- Tied 37th Moonah Classic - Moonah Links, Fingal, Victoria, Australia
- Tied 18th Victorian PGA Championship - Moonah Links, Fingal, Victoria, Australia

Zach Murray

- 67th Scottish Championship - St Andrews, Fife, Scotland
- Tied 71st Portugal Masters - Vilamoura, Portugal
- Tied 48th The Players Series - Rosebud Country Club, Victoria, Australia
- Tied 7th Moonah Classic - Moonah Links, Fingal, Victoria, Australia
- Tied 12th Victorian PGA Championship - Moonah Links, Fingal, Victoria, Australia

Matias Sanchez

- Tied 30th The Players Series - Rosebud Country Club, Victoria, Australia
- Tied 17th Moonah Classic - Moonah Links, Fingal, Victoria, Australia

## COACHES & SERVICE PROVIDERS

**Dean Kinney**  
Head Coach

**Elaine Bo**  
Sports Dietitian

**Daniel Dymond**  
Sports Psychologist

**Andrea Farrow**  
Performance Lifestyle Adviser

**Ben King**  
Physical Preparation Coach

**Darren Lay**  
Physiotherapist

**Ryan Lumsden**  
Biomechanist

## ATHLETES

Brett Coletta  
Blake Collyer  
Aiden Didone  
Andre Lautee  
Kyle Michel  
David Micheluzzi  
Zach Murray  
Matias Sanchez

## TRAINING VENUES

VIS Gymnasium

Australian Golf Centre,  
Sandringham

Various private courses as  
organised by Golf Australia

## SPONSORS

Acushnet Company (Titleist) (Until  
December 2020)

Australian Golf Centre,  
Sandringham

## PARTNERS

Golf Australia

Professional Golfers Association  
(PGA) of 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 Australian senior and junior development squads.

Two VIS athletes represented Australia during the reporting period with Joshua Simmonds earning selection in the Kookaburras squad for the Tokyo 2020 Olympic Games, while Nathan Ephraums scored his first international goal against New Zealand in Palmerston North. A further 15 athletes were selected in national squads over the last twelve months.

## KEY ACHIEVEMENTS

### 2020/21 FIH Men's Pro League

Kookaburras finished 2nd

- Nathan Ephraums
- Joshua Simmonds

### Australia vs New Zealand - Palmerston North, New Zealand

Kookaburras won the 4 match series 4 - 0

- Nathan Ephraums
- Joshua Simmonds

### Hockey Australia National Senior Squad

- Johan Durst
- Nathan Ephraums
- Joshua Simmonds

### Hockey Australia National Development Squad

- Kiran Arunasalam
- Max Hendry
- Jayshaan Randhawa
- Jake Sherren
- Damon Steffens

### Hockey Australia National Junior Squad

- Jonathan Bretherton
- Patrick Coates
- Connor Holland
- Brad Marais
- Craig Marais
- Daniel McBride
- Connor Otterbach
- Jed Snowden
- Ben White

## COACHES & SERVICE PROVIDERS

**Jay Stacy**  
Head Coach

**Jamie Bahnisch**  
Performance Analyst (until December 2020)

**Peter Browne**  
Performance Analyst (from February 2021)

**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  
Daniel McBride  
Connor Otterbach  
Jayshaan Randhawa  
Jake Sherren  
Joshua Simmonds  
Jed Snowden  
Damon Steffens  
Ben White

## TRAINING VENUES

State Netball and Hockey Centre  
VIS Gymnasium

## PARTNERS

Hockey Australia  
Hockey Victoria



The athletes have had some great opportunities over the last year with four athletes being invited to spend an extended period of time training with the national senior squad in Perth during October and November and a further five athletes were part of the Kookaburra's pre departure camp in Darwin providing competition before they departed for Tokyo.

— Jay Stacy / Head Coach



PHOTO: JOSHUA SIMMONDS  
CREDIT: HOCKEY AUSTRALIA

# 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 five VIS athletes selected for senior national duties in 2020/21, and a further ten athletes were selected in national squads with many of them pushing towards national senior squad selection.

## KEY ACHIEVEMENTS

### 2020/21 FIH Women's Pro League

Hockeyroos finished 5th

- Amy Lawton
- Rachael Lynch

### Australia vs New Zealand - Palmerston North, New Zealand

Australia won the 4 match series 1 - 0 (3 draws)

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

### Hockey Australia National Senior Squad

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

### Hockey Australia National Development Squad

- Kristina Bates
- Nicola Hammond
- Carly James
- Hayley Padgett
- Aisling Utri

### Hockey Australia National Junior Squad

- Isabella Colasurdo
- Emily Hamilton-Smith
- Bridget Laurance
- Ciara Utri

## COACHES

**Stacia Strain**  
Head Coach

**Tim Strapp**  
Assistant Coach

## SERVICE PROVIDERS

**Jamie Bahnisch**  
Performance Analyst (until December 2020)

**Peter Browne**  
Performance Analyst (from February 2021)

**Greg Drake**  
Performance Analyst (until October 2020)

**Leesa Gallard**  
Performance Lifestyle Manager

**Bailey Lewis**  
Assistant Physical Preparation Coach (until December 2020)

**Jacqui Louder**  
Sports Psychologist

**Daniel Mirecki**  
Physiotherapy Coordinator

**Jessica Rothwell**  
Sports Dietitian

**John Tascone**  
Physical Preparation Coach

## ATHLETES

Laura Barden  
Kristina Bates  
Lily Brazel  
Isabella Colasurdo  
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: RACHAEL LYNCH  
CREDIT: HOCKEY AUSTRALIA



I am extremely proud of the way the group have handled what has been a challenging twelve months with the impact of COVID. The way they have applied themselves and got on with the job has been amazing and the progression they have still been able to make individually has been really impressive.

— Tim Strapp / Assistant Coach



# VIS SPORTS 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 Competition (ANC), 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 two programs; an underpinning development 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, and, the Melbourne Vixens program providing coaching and performance support to the Melbourne Vixens in the Suncorp Super Netball competition. 2020 saw the Melbourne Vixens triumph and take home the Suncorp Super Netball title.

## KEY ACHIEVEMENTS

### 2020 Suncorp Super Netball

- Melbourne Vixens - Premiers (d West Coast Fever, 66-64)
- Mwai Kumwenda named Most Valuable Player (MVP)
- Joyce Brown Coach of the Year – Simone McKinnis OAM (Melbourne Vixens)
- Liz Watson (C) and Kate Moloney (WA) named in 2020 Suncorp Super Netball Team of the Year

**94%**  
SHOOTING  
(47/50)

by Mwai Kumwenda  
in Grand Final

**43**  
PICK-UPS

for the season by  
Kate Moloney & Jo Weston  
(tied 1st in league)

**587**  
CIRCLE FEEDS

for the season by  
Liz Watson  
(1st in league)

### 2020 Netball Australia Centre of Excellence Squads

21/U

- Ruby Barkmeyer
- Gabby Coffey
- Sacha McDonald
- Hannah Mundy
- Allie Smith

19/U

- Ashlee Barnett
- Taylah Brown
- Maggie Caris
- Uneeq Palavi
- Maddie Ridley
- Ruby Turner
- Emma Walters
- Brooke Wilson

17/U

- Emily Andrew
- Poppy Douglass
- Sussu Liai
- Charli Nicol
- Melissa Oloamanu
- Zara Walters

### 2021 Australia 21 and Under Squad

- Ruby Barkmeyer
- Hannah Mundy
- Maddie Ridley
- Allie Smith
- Emma Walters

## COACHES

**Simone McKinnis OAM**  
VIS/Vixens Head Coach

**Sharelle McMahon**  
Vixens Assistant Coach

**Di Honey**  
Vixens Assistant Coach

**Catherine Fellows**  
VIS Development Netball Coach  
(until March 2021)

**Elissa Kent**  
VIS Development Netball Coach  
(from March 2021)

## SERVICE PROVIDERS

**Kylie Andrew**  
Sports Dietitian

**Emily Athanasiou**  
Soft Tissue Therapist (Vixens)

**Jamie Bahnisch**  
Vixens Performance Services  
Co-Ordinator / Lead Performance  
Analyst (until December 2020)

**Peter Browne**  
Lead Sports Scientist  
(Performance Analysis) (from  
January 2021)

**Andrea Farrow**  
Performance Lifestyle Adviser

**Tony Glynn**  
Performance Psychologist

**Steve Hawkins**  
Sports Physiotherapist

**Emma Iacovou**  
Sports Physiotherapist (Vixens-  
Hub)

**Sharna Lamb**  
Soft Tissue Therapist (Vixens)

**Felicity Lebbon**  
Sports Physiotherapist (Vixens)

**Dr. Samantha May**  
Doctor (Vixens)

**Mark Spargo**  
Performance Psychologist

**John Tascone**  
Vixens Physical Preparation  
Coach

**Katherine Taylor**  
Sports Physiotherapist (Vixens)

**Matthew Vassie**  
Development Physical  
Preparation Coach

**Dr. Susan White**  
VIS Chief Medical Officer

## ATHLETES

### Melbourne Vixens Squad 2020/2021

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

### National Development Squad

Emily Andrew  
Taylah Brown  
Ashlee Barnett  
Maggie Caris  
Poppy Douglass  
Awylen (Sussu) Liai  
Charli Nicol  
Melissa Oloamanu  
Uneeq Palavi  
Maddison Ridley  
Ruby Turner  
Emma Walters  
Zara Walters  
Brooke Wilson

## TRAINING VENUES

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

## PARTNERS

Netball Australia  
Netball Victoria

**367**

GOAL ASSISTS  
for the season by  
Liz Watson  
(1st in league by 46)



The Victorian Pathway Program (VPP) involves collaboration between VIS, Rowing Australis (RA), Rowing Victoria (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.

The VIS' involvement in rowing as a formal program will end on 31 October 2021, following a comprehensive review by the VIS of all programs. The decision was reached jointly between the partners and it will see the pathway managed by RV with the support of RA and the clubs moving forward. Categorised athletes will be eligible for VIS support via the Individual Athlete Scholarship Program.

## KEY ACHIEVEMENTS

### 2021 Australian Rowing Championships - Lake Barrington, Australia

Amanda Bateman

- 1st Women's Single Scull
- 1st Women's Double Scull
- 2nd Women's Quad Scull

Joshua Booth

- 3rd Men's Pair
- 2nd Men's Four

Ben Canham

- 3rd Men's Four

Harrison Fox

- 1st U23 Men's Eight
- 1st U21 Men's Pair
- 1st U21 Men's Coxed Four
- 1st Interstate Men's Youth Eight

Skyla Froebel

- 2nd U23 Women's Single Scull
- 2nd U23 Women's Double Scull
- 1st U23 Women's Quad Scull
- 2nd U23 Women's Eight

Jessica Gallagher

- 1st PR3 Women's Single Scull
- 1st PR3 Mixed Double Scull
- 2nd PR3 Women's Interstate Single Scull

Andrew Judge

- 2nd Men's Eight

Simon Keenan

- 3rd Men's Pair

Rohan Lavery

- 1st U23 Men's Eight

Red Matthews

- 3rd Men's Quad Scull

Jessica Morrison

- 1st Women's Pair
- 1st Women's Four
- 2nd Women's Eight

Rosie Popa

- 2nd Women's Pair
- 1st Women's Four
- 2nd Women's Eight

James Rook (coxswain)

- 1st Women's Eight

Lucy Stephan

- 2nd Women's Pair
- 1st Women's Four
- 2nd Women's Eight

Alexandra Viney

- 1st PR3 Women's Double Scull
- 1st PR3 Mixed Coxed Four

Alex Vuillermin

- 1st PR3 Women's Double Scull

Katrina Werry

- 2nd Women's Four
- 1st Women's Eight

### 1st Interstate Women's Eight (Queen's Cup)

- Amanda Bateman
- Georgie Gleeson
- Jessica Morrison
- Rosie Popa
- James Rook (coxswain)
- Lucy Stephan
- Katrina Werry

### 1st Men's Interstate Eight (King's Cup)

- Joshua Booth
- Ben Canham
- Ben Coombs
- Simon Keenan
- Rohan Lavery
- Jack Robertson
- Angus Widdicombe

### 2021 Australian Rowing Team Underage Selections\*

- Phoebe Georgakas - U23 Women's Coxed Four
- Skyla Froebel - U23 Women's Quad Scull
- Harrison Fox - U21 Men's Eight

\*Australia decided to not compete in any underage World Championships due to COVID-19

### Concept2 Indoor Rowing Para World Records

Jessica Gallagher

- 19:35.2 in the 5000m PR3 (VI) and PR3 (Overall) 30-39 Years

Alexandra Viney

- 1:38.4 in the 500m PR3 (PD) and PR3 (Overall) 19-29 years

Alexandra Viney

- 41:57.7 in the 10000m PR3 (PD) and PR3 (Overall) 19-29 years

## COACHES & SERVICE PROVIDERS

Noel Donaldson

VIS/VPP Head Rowing Coach

Elaine Bo

Sports Dietitian

Andrea Farrow

Performance Lifestyle Adviser

Andrew Fooks

Sports Physiotherapist

Ana Holt

Sport Scientist (until December 2020)

Farhan Juhari

Physical Preparation Coach

Tess Rolley

Sport Scientist (from January 2021)

Mark Spargo

Sports Psychologist

## ATHLETES

Amanda Bateman

Katrina Bateman

Joshua Booth

Benjamin Canham

Benjamin Coombs

Liam Donald

Harrison Fox

Skyla Froebel

Jessica Gallagher

Phoebe Georgakas

Georgie Gleeson

Fergus Hamilton

Mitchell Hooper

Andrew Judge

Simon Keenan

Rohan Lavery

John Linke

Timothy Masters

Redmond Matthews

Jessica Morrison

Rosemary Popa

Jack Robertson

James Rook

Lucy Stephan

Alexandra Viney

Alex Vuillermin

Katrina Werry

Angus Widdicombe

Alex Wolf

## 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



The depth of talent in Victoria at the moment is outstanding with a record number of Victorians selected to senior and underage teams in the last twelve months, which includes 37% representation in the Olympic team.

— Noel Donaldson / VIS/VPP Head Rowing Coach





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 program works closely with program partners, state network coaches, national program coaches and staff, along with performance services staff to provide high quality support to nationally categorised athletes and training partners 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 continues to adapt and expand with the introduction of new Olympic Sailing Classes and has been successful in increasing representation on national squads, with three athletes selected for the Tokyo Olympic Games to be held in 2021, and Laura Harding and Casey Imeneo joining the Australian Sailing Squad.

## KEY ACHIEVEMENTS

- Casey Imeneo
- 6th, Sail Sydney (Laser Radial)- Sydney, Australia
- James Jackson
- 1st (with Harrison Chapman) 2021 International 420 Australian Championships- New South Wales, Australia
- Tess Lloyd
- 1st (with Jaime Ryan) Sail Sydney (49er FX Class)- Sydney, Australia
- Will Phillips
- 1st, Sail Sydney (49er Class)- Sydney, Australia
- Sam Phillips
- 1st, Sail Sydney (49er Class)- Sydney, Australia

## PROGRAM STAFF

**Malcolm Page OAM**  
Sailing Program Director

**Carrie Smith**  
Sailing Program Manager

## SERVICE PROVIDERS

**Kylie Andrew**  
Sports Dietitian

**Andrea Farrow**  
Performance Lifestyle Adviser

**Tony Glynn**  
Performance Psychologist

**Alison Low**  
Physiotherapist (from October 2020)

**Warrick Pearson**  
Physiotherapist (until October 2020)

**Sylvie Withers**  
Sport Scientist

**Ben Willey**  
Physical Preparation Coach

## ATHLETES

Lachlan Caldwell  
Anna Cripsey  
James Grogan  
Lachlan Grogan  
Laura Harding  
Casey Imeneo  
James Jackson  
Tess Lloyd  
Sam Phillips  
Will Phillips  
Linus Talacko  
Oliver Tweddell

## 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



This year has presented another year of challenges for the VIS and VPP Sailing groups, however their resilience has shone through yet again. Despite cancellation and postponement of regattas and camps, the Sailors have shown their commitment to their learning and development through these times.

— Carrie Smith / Sailing Program Manager

## 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

Nathan Argiro

- 3rd Men's Trap, QCTA State ISSF Titles - Brisbane, Australia

Sergei Evglevski

- 1st 25m Rapid Fire Pistol, BISC Pistol Cup 1 - Brisbane, Australia
- 3rd 10 m Air Pistol, BISC Pistol Cup 1 - Brisbane, Australia
- 3rd 10m Air Pistol, BISC Pistol Cup 2 - Brisbane, Australia
- 1st 10m Air Pistol, Brisbane Cup Rifle and Pistol Championships - Brisbane, Australia
- 1st 25m Rapid Fire Pistol, Brisbane Cup Rifle and Pistol Championships - Brisbane, Australia
- 1st 25m Rapid Fire Pistol, Brisbane Cup 2 - Brisbane, Australia

Elena Galiabovitch

- 1st 10m Women's Air Pistol, BISC Cup 1 - Brisbane, Australia
- 1st 25m Women's Air Pistol, BISC Cup 1 - Brisbane, Australia
- 2nd 10m Women's Air Pistol, BISC Cup 2 - Brisbane, Australia
- 2nd 10m Women's Air Pistol, Brisbane Cup Rifle and Pistol Championships - Brisbane, Australia
- 3rd 25m Women's Air Pistol, Brisbane Cup Rifle and Pistol Championships - Brisbane, Australia
- 1st 25m Women's Pistol, Brisbane Cup 2 - Brisbane, Australia
- 1st 10m Women's Air Pistol, Brisbane Cup 2 - Brisbane, Australia

Mitchell Iles

- 1st Men's Trap, Yarra Valley Grand Prix - Melbourne, Australia
- 1st Men's Trap, NSWCTA State Championships Finals - Newcastle, Australia
- 1st Mixed Team Trap (with Laetisha Scanlan), NSWCTA State Championships Finals - Newcastle, Australia
- 3rd Mixed Team Trap (with Kiara Dean), VCTA Victorian ISSF Championships 2021 - Echuca, Australia

Laetisha Scanlan

- 2nd Women's Trap, Yarra Valley Grand Prix - Melbourne, Australia
- 1st Mixed Team Trap (with Mitch Iles), NSWCTA State Championships Finals - Newcastle, Australia
- 2nd Women's Trap, NSWCTA State Championships Finals - Newcastle, Australia

- 2nd Mixed Team Trap (with James Willett), VCTA Victorian ISSF Championships 2021 - Echuca, Australia

Catherine Skinner

- 1st Women's Trap, VCTA Victorian ISSF Championships 2021 - Echuca, Australia

Penny Smith

- 1st Women's Trap, Yarra Valley Grand Prix - Melbourne, Australia
- 2nd Mixed Team Trap (with Tom Grice), NSWCTA State Championships Finals - Newcastle, Australia
- 3rd Women's Trap, NSWCTA State Championships Finals - Newcastle, Australia
- 3rd Women's Trap, VCTA Victorian ISSF Championships 2021 - Echuca, Australia
- 1st Mixed Team Trap (with Tom Grice), VCTA Victorian ISSF Championships 2021 - Echuca, Australia
- 1st Mixed Team Trap (with Tom Grice), QCTA State ISSF Titles - Brisbane, Australia
- 1st Women's Trap, QCTA State ISSF Titles - Brisbane, Australia

James Willett

- 3rd Men's Trap, Yarra Valley Grand Prix - Melbourne, Australia
- 1st Men's Trap, VCTA Victorian ISSF Championships 2021 - Echuca, Australia
- 2nd Mixed Team Trap (with Laetisha Scanlan) - VCTA Victorian ISSF Championships 2021 - Echuca, Australia
- 1st Men's Trap, QCTA State ISSF Titles - Brisbane, Australia

## PROGRAM STAFF

Nicky Frey

Program Manager

## COACHES &amp; SERVICE PROVIDERS

Vladimir Galiabovitch

National Pistol Coach (employed by Shooting Australia)

Richard Sammon

National Shotgun Coach (employed by Shooting Australia)

Elaine Bo

Sports Dietitian

Daniel Dymond

Performance Psychologist (from September 2020)

Josh Ferguson

Physiotherapist

Sara Heasley

Performance Lifestyle Adviser (until January 2021)

Ben King

Physical Preparation Coach

David Madigan

Performance Lifestyle Adviser (from January 2021)

Mark Spargo

Performance Psychologist (until July 2020)

Lewis Quinn

Performance Analyst

## ATHLETES

Luke Argiro

Nathan Argiro

Sergei Evglevski

Elena Galiabovitch

Mitchell Iles

Aislin Jones

Laetisha Scanlan

Catherine Skinner

Penny Smith

Jack Wallace

James Willett

## TRAINING VENUES

VIS Gymnasium

Various Shooting Ranges throughout Victoria

## PARTNERS

Shooting Australia

Five VIS athletes were selected to the Olympic Team. Some were able to continue training uninterrupted on their home ranges while others relied heavily on the State Government rulings for elite athletes to continue training and their local clubs to continue to provide access. Athletes utilised the additional year of Olympic preparation by working on technical changes and introducing physical challenges and nutritional support that would better prepare them for the heat of Tokyo.

— Nicky Frey / Program Manager





# VIS SPORTS SWIMMING

The VIS swimming program, incorporating both able bodied and Para athletes, provides daily training environment support to athletes and their coaches to assist in 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 with the potential to perform on the world stage.

## KEY ACHIEVEMENTS

### 2020 Virtual Australian Short Course Championships - Various, Australia

Bowen Gough  
• 2nd Men's 200m Butterfly

Tara Kinder  
• 2nd Women's 200m Breaststroke

Matthew Temple  
• 1st Men's 200m Butterfly  
• 1st Men's 50m Butterfly  
• 1st Men's 100m Butterfly  
• 2nd Men's 50m Freestyle

### 2021 Australian Swimming Championships - Gold Coast, Australia

Daniel Cave  
• 3rd Men's 200m Breaststroke

Bowen Gough  
• 1st Men's 200m Butterfly  
• 3rd Men's 100m Butterfly

Brendon Smith  
• 1st Men's 400 IM  
• 3rd Men's 100m Butterfly  
• 3rd Men's 400m Freestyle

Matthew Temple  
• 1st Men's 100m Butterfly  
• 2nd Men's 200m Butterfly

### 2021 Australian Olympic Trials - Adelaide, Australia

Daniel Cave  
• 2nd Men's 100m Breaststroke  
• 3rd Men's 200m Breaststroke

Bowen Gough  
• 3rd Men's 200m Butterfly

Mack Horton  
• 3rd Men's 400m Freestyle

Brendon Smith  
• 1st Men's 400m IM  
• 2nd Men's 200m IM

Matthew Temple  
• 1st Men's 200m Butterfly  
• 2nd 100m Freestyle  
• 1st 100m Butterfly

### Australian Records

Matthew Temple  
• 50.45 in the 100m Butterfly at the Australian Olympic Trials (17-6-21)

Brendon Smith  
• 4:10.04 in the 400 Individual Medley at the Australian Olympic Trials (12-6-21)

Col Pearce  
• 58.08 in the S10 100m Butterfly at the 2021 Australia Age Championships (5-4-21)

Col Pearce  
• 57.05 in the S10 100m Butterfly (Short Course) at the 2020 Virtual Australian Short Course Championships (26-11-21)

## SERVICE PROVIDERS

**Kylie Andrew**  
Sports Dietitian

**Kristal Hammond**  
Sport Science - Physiologist

**Sara Heasly**  
Performance Lifestyle Adviser (until January 2021)

**David Madigan**  
Performance Lifestyle Adviser (from February 2021)

**Dr Elaine Tor**  
Sport Science - Biomechanist

**Jono Wallace-Smith**  
Physical Preparation Coach

## ATHLETES

Emily Beecroft  
Theo Benehoutsos  
Daniel Cave  
Jaime-Lee Getson  
Bowen Gough  
Jessica Hansen  
Mack Horton  
Cameron Jordan  
Tara Kinder  
Ashleigh McConnell  
Noah Millard  
Oliver Nash  
Col Pearce  
Gabriella Peiniger  
Brendon Smith  
Ruby Storm  
Matthew Temple

## TRAINING VENUES

VIS Gymnasium  
Melbourne Vicentre Swimming Club  
Nunawading Swimming Club  
Traralgon Swimming Club  
Melbourne H2O Swimming Club  
Melbourne Torpedoes Swimming Club  
DVE Aquatic Club  
Bendigo East Swimming Club  
MLC Aquatic

## PARTNERS

Swimming Australia  
Swimming Victoria



The support team have done a fantastic job in preparing the athletes for the upcoming Tokyo Olympic and Paralympic Games. Three athletes have set new PB's and Australian records in the last three months which shows they are in fantastic form, and I am sure we will see some great results from them at the Games.

— Dr Harry Brennan / Sport Science / Physical Preparation Manager

PHOTO: BRENDON SMITH  
CREDIT: QUINN ROONEY (GETTY IMAGES)



# INDIVIDUAL SCHOLARSHIPS

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, can 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.

Due to the COVID-19 pandemic, many scheduled events were cancelled this year, meaning there were minimal opportunities and events for the individual group to compete at during the year. The year was spent working through this scenario and providing athletes with support as they reset for the Tokyo Games in 2021.

## KEY ACHIEVEMENTS

### ARCHERY

#### Laura Paeglis

- 1st Qualifying Ranking Event, 2021 Australian Open - Sydney, New South Wales, Australia
- 1st Mixed Team Recurve Matchplay, 2021 Australian Open - Sydney, New South Wales, Australia
- 2nd Women's Team Recurve Matchplay, 2021 Australian Open - Sydney, New South Wales, Australia
- 2nd Women's Individual Recurve, 2021 Australian Open - Sydney, New South Wales, Australia
- 79th Women's Recurve, 2021 Hyundai Archery World Cup, Paris, France

#### Alec Potts

- 2nd Male Recurve Team, 2021 Australian Open - Sydney, New South Wales, Australia

### BASKETBALL

#### Elizabeth Cabbage

- 1st Southside Flyers, 2020 Women's National Basketball League (WNBL)
- 2000 Career Points WNBA
- Named WNBA All star

#### Rebecca Cole

- 1st Southside Flyers, 2020 Women's National Basketball League (WNBL) Premiership
- 6th FIBA 3X3 Olympic Qualifying Tournament - Graz, Austria

#### Jenna O'Hea

- 1st Southside Flyers, 2020 Women's National Basketball League (WNBL) Premiership

### BMX FREESTYLE

#### Jake Wallwork

- 12th 2021 Freestyle BMX National Championships - Melbourne, Victoria, Australia

### CANOE SPRINT (PARA)

#### Amanda Jennings

- 1st Paddle Australia Paralympic Selection Trials - Penrith, New South Wales, Australia
- 1st Women's K1 200m Open Multi-Class, Paddle Australia Para Canoe National Championships - West Lakes, South Australia, Australia
- 1st Women's K1 500m Open Multi-Class, Paddle Australia Para Canoe National Championships - West Lakes, South Australia, Australia

### CANOE (SLALOM)

#### Tristan Carter

- 6th Overall - Penrith Open series - Penrith - New South Wales, Australia

### CURLING

#### Dean Hewitt

- 13th World Mixed Doubles Championships 2021 - Aberdeen, Scotland

### EQUESTRIAN

#### Amanda Ross

- 10th FEI World Cup - Werribee, Victoria, Australia
- 3rd Victorian Show jumping State Titles - Victorian Senior Championship - Werribee, Victoria, Australia

### EQUESTRIAN (PARA)

#### Emma Booth

- 1st Overall Grade III Championship, Sydney International Para Equestrian - Horsley Park, New South Wales

### FOOTBALL

#### Stephanie Catley

- Quarter finals UEFA Women's Championship League (Arsenal FC) - Anoeta Stadium, San Sebastián, Spain
- Quarter finals Vitality Women's FA Cup (Arsenal FC) - Meadow Park, Hertfordshire, England

### GYMNASTICS

#### Tyson Bull

- 3rd Team, 2021 Australian Gymnastics Championships - Gold Coast, Queensland, Australia
- 1st High Bar, 2021 Australian Gymnastics Championships - Gold Coast, Queensland, Australia

### JUDO

#### Aoife Coughlan

- 5th -70kg, Doha Masters 2021 - Qatar, Doha
- 7th -7k0g, Tbilisi Grand Slam - Tbilisi, Georgia
- 3rd -70kg, Asia-Oceania Senior Championships - Bishkek, Kyrgyzstan

### LAWN BOWLS

#### Carla Krizanich

- 1st Women's Pairs & Mixed Pairs, Victorian State Championships, Warrnambool, Victoria, Australia
- 2nd 2020 Australian Champions of Champions, Dandenong, Victoria, Australia

### SKATEBOARDING

#### Shanae Collins

- 5th Park, Australian Skateboarding Championships, Melbourne, Victoria, Australia
- 27th Park Open Qualifying, Dew Tour, Des Moines, Iowa, USA
- 28th Park, Olympic World Skateboarding Ranking

#### Shane O'Neill

- 8th Street, Dew Tour, Des Moines, Iowa, USA
- 12th Street Semi-final, Street World Championships, Rome, Italy
- 15th Street, Olympic World Skateboarding Ranking

#### Hayley Wilson

- 2nd Street, Australian Skateboarding Championships, Melbourne, Australia
- 9th Street, Olympic World Skateboarding Ranking



PHOTO: JENNA O'HEA  
CREDIT: SOUTHSIDE FLYERS





# INDIVIDUAL SCHOLARSHIPS

## SNOWBOARDING

### Scotty James

- 2nd Superpipe, X Games – Aspen, Colorado, USA
- 2nd Halfpipe, FIS Snowboard World Cup 2021 – LAAX, Switzerland
- 2nd Halfpipe, World Snowboard Championships – Aspen, Colorado, USA

## SPORT CLIMBING

### Oceana Mackenzie

- 1st IFSC Oceania Championships, Sydney

## SQUASH

### Rex Hedrick

- 1st Geelong Open (PSA Event) – Geelong, Victoria, Australia
- 1st Mulgrave PSA Open – Mulgrave, Victoria, Australia

## SURFING

### India Robinson

- 9th Great Lakes Pro, Boomerang Beach, New South Wales, Australia
- =3 Port Stephens Pro, Birubi Beach, Port Stephens, New South Wales, Australia
- 1st Mad Mex Maroubra Pro, Maroubra, Sydney, New South Wales, Australia
- 5th Sisstrevolution Central Coast Pro, Avoca Beach, New South Wales, Australia
- 1st Victorian Open Championships, Urbn Surf, Tullamarine, Victoria, Australia
- 5th Oakberry Tweed Coast Pro, Kingscliff, New South Wales, Australia
- 9th Women's Championship Tour, Maui Pro – Honolulu Bay, Maui, Hawaii, USA
- 3rd Australian Grand Slam of Surfing Series, Tweed Coast Pro, – Cabarita Beach, Tweed Heads, New South Wales, Australia
- 3rd Australian Grand Slam of Surfing Series, Boost Mobile Pro Gold Coast – South Stradbroke, Gold Coast, Queensland, Australia
- 9th Women's Championship Tour, Rip Curl Newcastle Cup – Newcastle, New South Wales, Australia
- 9th Women's Championship Tour, Rip Curl Narrabeen Classic – Narrabeen, New South Wales, Australia
- 9th Women's Championship Tour, Boost Mobile Margaret River Pro – Margaret River, Western Australia, Australia
- 5th Women's Championship Tour, Rip Curl Rottnest Search – Rottnest Island, Western Australia, Australia
- 9th Women's Championship Tour, Jeep Surf Ranch Pro – Lemoore, California, USA

## TRIATHLON

### Marcel Walkington

- 20th Elite Men, 2020 Barcelona ETU Sprint Triathlon European Cup – Barcelona, Spain
- 22nd Elite Men, 2020 Valencia ITU Triathlon World Cup – Valencia, Spain
- 46th Elite Men, 2021 World Triathlon Cup – Lisbon, Portugal

## WATER POLO

### Madeleine Steere

- 3rd KAP7 Cup (Cronulla Sharks) – Sydney, New South Wales, Australia
- 2nd KAP7 Cup (Balmain Tigers) – Sydney, New South Wales, Australia

## WHEELCHAIR RUGBY

### Ben Fawcett, Shae Graham, Andrew Harrison, Jason Lees, Jayden Warn

- 3rd Division 1 (Victoria Protect Thunder), 2021 Wheelchair Rugby National Championships, Gold Coast, Queensland, Australia



PHOTO: SCOTTY JAMES



# INDIVIDUAL SCHOLARSHIPS

## WHEELCHAIR TENNIS

### Dylan Alcott

- 1st US Open, Quad Wheelchair Doubles – New York, USA
- 2nd US Open, Quad Wheelchair Singles – New York, USA
- 1st French Riviera Open, Quad Wheelchair Singles, French Riviera, France
- 1st French Riviera Open, Quad Wheelchair Doubles, French Riviera, France
- 1st Roland Garros, French Open, Quad Wheelchair Singles, Paris, France
- 2nd Roland Garros, French Open, Quad Wheelchair Doubles, Paris, France
- 1st Victorian Wheelchair Open, Quad wheelchair Singles – Melbourne, Victoria, Australia
- 1st Victorian Wheelchair Open, Quad wheelchair Doubles – Melbourne, Victoria, Australia
- 1st Australian Open 2021 – Quad Wheelchair Singles – Melbourne, Victoria, Australia
- 1st Australian Open 2021 – Quad Wheelchair Doubles – Melbourne, Victoria, Australia
- 1st Roland Garros, French Open, Quad Wheelchair Singles – Paris, France
- 2nd Roland Garros French Open, October, Paris, Quad Wheelchair, Doubles
- 2nd French Riviera Open, Quad Doubles – Biot, France
- 1st Toyota Open International De Lile de Re, Quad Wheelchair Singles – La Couarde Sur Mer, France

### Heath Davidson

- 2nd Victorian Wheelchair Open, Quad Singles – Melbourne, Victoria, Australia
- 1st Victorian Wheelchair Open, Quad Doubles – Melbourne, Victoria, Australia
- 1st Australian Open 2021, Quad Wheelchair Doubles – Melbourne, Victoria, Australia
- 2nd French Riviera Open, Quad Doubles – Biot, France
- 2nd Toyota Open International De Lile de Re, Quad Wheelchair Singles – La Couarde Sur Mer, France
- 2nd Sardina Open International, Quad Singles – Alghero, Italy
- 1st Sardina Open International, Quad Doubles – Alghero, Italy

## PROGRAM STAFF

### Dr Harry Brennan

Physical Preparation/Sport Science Manager (Acting Performance Manager – Pathways)

### Bill Tait

Performance Manager (Podium)

### Nerissa Byrne

Senior Performance Coordinator (Pathways)

### David Madigan

Performance Lifestyle Adviser / IASP Programs and Projects

## SERVICE PROVIDERS

### Kylie Andrew

Sports Nutrition Coordinator

### Emily Athanasiou

Soft Tissue Therapist

### Elaine Bo

Sports Dietitian

### Annie Davies

Soft Tissue Therapist

### Daniel Dymond

Performance Psychology Lead

### Josh Ferguson

Sports Physiotherapist

### Steve Hawkins

Lead Physiotherapist

### Sara Heasley

Performance Lifestyle Adviser (until January 2021)

### Dr Greg Hickey

Sport & Exercise Medicine Physician (until December 2020)

### Dr Philippa Inge

Sport & Exercise Medicine Physician

### Farhan Juhari

Physical Preparation Coach

### Ben King

Physical Preparation Coach

### David Madigan

Performance Lifestyle Adviser (from January 2021)

### Will Morgan

Physical Preparation Coach

### Gillian Niven

Soft Tissue Therapist

### Lewis Quinn

Sport Scientist (Performance Analysis) Wheelchair Rugby

### Ebonie Rio

Sports Physiotherapist

### Ben Sortino

Physical Preparation Coach

### Mark Spargo

Sports Psychologist

### Dr Patrick Sunderland

Sport & Exercise Medicine Registrar

### John Tascone

Physical Preparation Coach

### Elaine Tor

Sport Scientist (Biomechanics)

### Jono Wallace-Smith

Physical Preparation Coach

### Matthew Vassie

Physical Preparation Coach

### Samuel Wells

Sport Scientist (Performance Analyst) – Para Table Tennis & Paralympic Projects

### Dr Susan White

VIS Chief Medical Officer

## ATHLETES

Dylan Alcott / Wheelchair Tennis

Emma Booth / Para Equestrian

Jontee Brown / Wheelchair Basketball

Tyson Bull / Gymnastics

Elizabeth Cabbage / Basketball

Tristan Carter / Canoe Slalom

Stephanie Catley / Football

Rebecca Cole / Basketball

Shanae Collins / Skateboarding

Aoife Coughlan / Judo

Heath Davidson / Wheelchair Tennis

Benjamin Fawcett / Wheelchair Rugby

Mitchell Gourley / Para Alpine Skiing

Shae Graham / Wheelchair Rugby

Kristy Harris / Boxing

Andrew Harrison / Wheelchair Rugby

Rex Hedrick / Squash

Dean Hewitt / Curling

Josh Hose / Wheelchair Rugby

Scotty James / Snowboarding

Amanda Jennings / Para Canoe Sprint

Tristan Knowles / Wheelchair Basketball

Carla Krizanac / Lawn Bowls

Jason Lees / Wheelchair Rugby

Lina Lei / Para Table Tennis

Barrie Lester / Lawn Bowls

Bailey Lewis / Taekwondo

Lin Ma / Para Table Tennis

Oceana Mackenzie / Sport Climbing

Isabel Martin / Wheelchair Basketball

Jack Marton / Taekwondo

Bree Mellberg / Wheelchair Basketball

Kate Naess / Para Triathlon

Jenna O'Hea / Basketball

Shane O'Neill / Skateboarding

Laura Paeglis / Archery

Alec Potts / Archery

India Robinson / Surfing

Amanda Ross / Equestrian

Madeleine Steere / Water polo

Melissa Tapper / Table Tennis

Jeremy Tyndall / Wheelchair Basketball

Nicola van Dijk / Surfing

Bree Walker / Bobsleigh

Marcel Walkington / Triathlon

Jake Wallwork / BMX Freestyle

Jayden Warn / Wheelchair Rugby

Rowena Webster / Water Polo

Hayley Wilson / Skateboarding

Qian Yang / Para Table Tennis

2020/2021

# FUTURE TALENT



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.

Due to the COVID-19 pandemic, many scheduled events during 2020-21 were cancelled meaning there were minimal opportunities and events for the Future Talent group to compete. The Future Talent program is proudly supported by The Carbine Club.

## KEY ACHIEVEMENTS

### Doug Crawford / Ski Cross

- 25th (PB) World Cup 1 - Arosa, Switzerland
- 49th World Cup 2 - Arosa, Switzerland
- 33rd Race 1, World Cup #3 - Val Thorens, France
- 43rd Race 2, World Cup #3 - Val Thorens, France
- 34th 2021 FIS Ski & Snowboard Cross World Championships - Idre Fjäll, Sweden
- 13th (PB) World Cup #4 - Reiteralm, Austria
- 4th European Cup - Reiteralm, Austria
- 10th European Cup - Reiteralm, Austria
- 17th European Cup - Passo San Pelligrino, Italy
- 6th European Cup - Passo San Pelligrino, Italy

### Mark Crosbee / Canoe Slalom

- 1st C1, North Island Champs 2021 - Kawerau, New Zealand
- 7th K1, North Island Champs 2021 - Kawerau, New Zealand

### Alec Danelutti / BMX Freestyle

- 5th Australian National Championships - Logan City, Queensland, Australia
- 9th 2021 Freestyle BMX National Championships - Melbourne, Victoria, Australia

### Charlotte Heath / Skateboarding

- 1st King of Concrete - Brunswick, Victoria, Australia

### Renae Jones / Shooting

- 2nd Victorian ISSF Shotgun championships - Echuca, Victoria, Australia

### Nicholas Lum / Table Tennis

- 2nd Open Men's Singles Championships, Victorian Open - Albert Park, Victoria, Australia
- 1st Under 21 Singles Championships, Victorian Open - Albert Park, Victoria, Australia
- 1st Under 19 Singles Championships, Victorian Open - Albert Park, Victoria, Australia

- 1st Under 17 Singles Championships, Victorian Open - Albert Park, Victoria, Australia
- 1st Open Men's Doubles Championships, Victorian Open - Albert Park, Victoria, Australia
- 1st Under 19 Doubles Championships, Victorian Open - Albert Park, Victoria, Australia

### Finn Luu / Table Tennis

- 1st Open Men's Doubles Championships, Victorian Open - Albert Park, Victoria, Australia
- 1st Under 19 Doubles Championships, Victorian Open - Albert Park, Victoria, Australia

### Sebastian Montalto / Canoe Slalom

- 12th Overall K1M, Penrith Open series 2 2021 - Penrith, New South Wales, Australia

### India Robinson / Surfing

- 9th Tweed Coast Pro - Tweed Heads, New South Wales, Australia
- 5th Boost Mobile Pro - Gold Coast, Queensland, Australia

### Kiplin Smith / Gymnastics

- 5th (PB) Continental Trials - Canberra, ACT, Australia
- 3rd Team, 2021 Australian Gymnastics Championships - Gold Coast, Queensland, Australia
- 2nd Pommel, 2021 Australian Gymnastics Championships - Gold Coast, Queensland, Australia
- 2nd Rings, 2021 Australian Gymnastics Championships - Gold Coast, Queensland, Australia
- 3rd Parallel Bars, 2021 Australian Gymnastics Championships - Gold Coast, Queensland, Australia
- 9th All around, 2021 Australian Gymnastics Championships - Gold Coast, Queensland, Australia

## PROGRAM STAFF

### Dr Harry Brennan

Physical Preparation/Sport Science Manager (Acting Performance Manager - Pathways)

### Nerissa Byrne

Senior Performance Coordinator (Pathways)

### Rob Leeds

Performance Manager (Pathways) (until November 2020)

## SERVICE PROVIDERS

### Emily Athanasiou

Soft Tissue Therapist

### Elaine Bo

Sports Dietitian

### Annie Davies

Soft Tissue Therapist

### Daniel Dymond

Performance Psychology Lead

### Josh Ferguson

Sports Physiotherapist

### Steve Hawkins

Lead Physiotherapist

### Sara Heasley

Performance Lifestyle Adviser (until January 2021)

### Dr Greg Hickey

Sport & Exercise Medicine Physician (until December 2020)

### Dr Philippa Inge

Sport & Exercise Medicine Physician

### Farhan Juhari

Physical Preparation Coach

### Ben King

Physical Preparation Coach

### David Madigan

Performance Lifestyle Adviser (from January 2021)

### Gillian Niven

Soft Tissue Therapist

### Dr Ebonie Rio

Sports Physiotherapist

### Mark Spargo

Sports Psychologist

### Dr Patrick Sunderland

Sport & Exercise Medicine Registrar

### Jono Wallace-Smith

Physical Preparation Coach

### Dr Susan White

VIS Chief Medical Officer

## ATHLETES

Aoife Coughlan / Judo \*

Doug Crawford / Ski Cross

Mark Crosbee / Canoe Slalom

Tristan Carter / Canoe Slalom \*

Alec Danelutti / BMX Freestyle

Charlotte Heath / Skateboarding

Xavier Huxtable / Surfing

Renae Jones / Shooting

Nicholas Lum / Table Tennis

Finn Luu / Table Tennis

Oceana Mackenzie / Sport Climbing \*

Sebastian Montalto / Canoe Slalom

Max Noble / Karate

Laura Paeglis / Archery \*

India Robinson / Surfing \*

Bradley Saunders / Skateboarding

Leon Sejanovic / Taekwondo

Kiplin Smith / Gymnastics

Celine Vinot / Para Badminton

Jake Wallwork / BMX Freestyle \*

Hayley Wilson / Skateboarding \*

\* Transitioned into the Individual Scholarship Program 1 January 2021

## PARTNERS

The Carbine Club

supported by



The VIS performance team provides high level integrated support to VIS sport programs, individual athletes and Future Talent athletes through an inter-disciplinary service delivery model. The staff work closely with our National and State sport 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) (until November 2020)

### Dr Harry Brennan

Physical Preparation/Sport  
Science Manager / Acting  
Performance Manager  
(Pathways) from March 2021

### Natalie Cross

Performance Coordinator  
(Podium)

### Nerissa Turner

Senior Performance Coordinator  
(Pathways)

### Matthew Thompson

Performance Coordinator

### David Madigan

Performance Coordinator (P/T in  
conjunction with Performance  
Lifestyle role)

### Peter Kyffin

Data Intelligence Lead

### Richard Little

Data Scientist

## LEADERSHIP

In order to achieve alignment with the national sporting strategic direction and support the Australian Sports Commission'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:

- Performance progression of emerging and developing categorised Australian athletes
- Success of Australian athletes at benchmark senior elite international events, particularly World Championships.
- Success of Australia as a top 15 nation at the Winter Olympic and Paralympic Games
- Success of Australia as a top 5 nation at the Olympic Games
- Success of Australia as a top 2 nation at the Commonwealth Games.

## 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, soft tissue therapy, 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.

PHOTO: LINDEN HALL





## COVID-19 & PROGRAM REVIEW PROCESS

COVID-19 has continued to present a challenge for the athletes, coaches and support staff throughout 2020-21. The extended Melbourne lockdown in July to November challenged everyone on many levels, but all rose to that challenge and the VIS was able to continue to support athletes training and competing where possible. Even with the major restrictions in place we still saw athletes continue to show strong progress and development in many areas which is a testament to the resilience shown by them and the staff supporting them.

Once the lockdown eased, challenges still were presented by outbreaks in other states and in Victoria causing shorter lockdowns and interstate travel restrictions – which have made planning for activities such as camps and competitions very challenging for the programs, athletes and the NSO/SSAs.

## DATA INTELLIGENCE

The Data Intelligence team have continued to develop and refine support processes that have allowed the VIS to continue to support athletes through the restrictions in place due to COVID-19.

The overall aim of the Data Intelligence team is to help develop processes that allow sports to better collect, utilise and understand data collected in training and competition to enhance future training and athlete development.

At an organisational level they are also developing processes to collate broader data, such as that utilised in the program review process to help inform the strategic decisions taken by the VIS.

For the athletes in contention for the Tokyo Games an added stress was the uncertainty surrounding whether the Games will go ahead as planned, if selection events and processes will proceed and to the nature and location of any staging camps before heading to Tokyo.

The final part of the Olympic and Paralympic journey will be the return to Australia and quarantine and VIS staff have been working with their colleagues at the AIS to support the athletes and staff through that process.

During late 2019, the Performance team started a review process of all the existing VIS programs, with the advent of the COVID-19 pandemic and the postponement of the Tokyo Olympic and Paralympic Games, the process was paused until the second half of 2020.

The process included looking at the past performance of the programs, future potential and opportunities and if there is a clearly defined role for the VIS in the sports pathway.

The process was not an entirely internal review, as the VIS included two ex-NSO

Performance Directors to review the information that had been gathered and challenge our thinking and to bring an NSO perspective to the process.

The outcome was that several programs were identified that would continue as VIS programs, a number that would continue with some changes to how the programs are structured and finally it was identified that two programs, Golf and Rowing, would not continue as programs within the VIS.

In the May 2021 Victorian State Government budget, a significant increase in funding for the VIS for the next three years to Paris 2024 was announced. This is the biggest single increase in investment in the VIS since the start of the VIS in 1990 and offers a significant opportunity to reassess the approach taken to athlete support. Work has started on that process and will continue through 2021 to allow the VIS to support more Victorian high performance athletes and increase the support available to allow them to achieve their goals.

2020/2021

# 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, soft tissue therapy, sport science, physical preparation, nutrition, Performance Lifestyle and performance psychology.

With the goal posts changing for the Tokyo Olympics and Paralympics and the world continuing to face the ever-challenging COVID-19 pandemic, the VIS maintained the closure of our high performance facility until restrictions were relaxed, following the direction of the Victorian Government to influence behaviours and reduce the risk of individuals contributing to community transmission of COVID-19.

The team continued to coach and program athletes virtually until the VIS facilities reopened following the stage four lockdown at the start of October. The team did an excellent job coordinating the return and re-set of equipment. This involved initially starting with reduced group sizes of the Tokyo/Beijing/Professional sport scholarship athletes and those injured athletes in rehabilitation. Nine sports were covered in this group with approximately 30 athletes accessing the facility each day. We continued with the roll back with further groups and squads returning to the facility mid-October and at the start of November, so that all sports and programs were now back to being operational. The additions to our COVID safe plans included physical preparation staff wearing surgical grade disposal masks for coaching and establishing workplace/sport bubbles. Further

to this, we continued with our significantly modified sports medicine and physiotherapy delivery to athletes and ceased delivery of face-to-face athlete services by implementing remote service delivery and telehealth support until the time came to resume those face-to-face services.

As part of our COVID safe practices, we implemented an automated facial recognition system to take temperatures on entry and track people's movements within the building. The units scan people entering and exiting the building, entering the athlete lounge and gym area and those accessing the upper levels of the building.

The Performance Lifestyle team have again 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 team continued to support athletes, coaches, and sport programs with the lead into to the Tokyo Olympics and Paralympics, working with the AIS AW&E team (in conjunction with the AOC and PA) and NSO AW&E managers around the plans for wellbeing support. Performance psychology lead, Daniel Dymond, is also connected into the AIS Performance Psychology network.

An eating disorder working group was established with the nutrition, medical and Performance Lifestyle leads together with representatives from management, coaching and other support staff, to develop VIS specific policies and resources in this space and to plan staff education. Confidential athlete lists will be reviewed quarterly by the Nutrition Lead & Chief Medical Officer, to create awareness, determine trends and to provide support to relevant practitioners. Kylie Andrew and Dr Susan White also continue to create procedural documents for the doctors and dietitians. With their work on 'Managing Iron Deficiency' now complete, their attention turns to vitamin D and bone health.

The Sports Science and Nutrition Advancement Programs delivered education session to Victorian secondary schools and was successful in securing additional funding based on the initial uptake, and far exceeded the initial enrolment targets set.

We had several appointments and departures in 2020/2021. In September, Daniel Dymond was appointed to the dual role of Performance Psychology Lead and Performance Psychology Shooting Program. In December, after 25 years of service to the VIS, we farewellled Dr Greg Hickey to focus on the commitment required for his role as Club Doctor at Richmond Football Club. Jamie Bahnisch also departed the VIS in December after being instrumental in the development of performance analysis with both the Vixens and hockey programs. We also farewellled Sara Heasly from the Performance Lifestyle team in January after taking up a role with the Australian Institute of Sport (AIS) in the People, Development and Wellbeing team as the Career Development Adviser.

Several VIS clinicians will be heading to Tokyo for the Olympics and Paralympics. Gillian Niven will be working in the Paralympics headquarters soft tissue therapy team, Josh Ferguson will be attending as the physiotherapist with the Australian Olympic shooting team while Kevin Craigie and Anne Davies will be carrying out their respective roles as sports physiotherapist and soft tissue therapist with the Australian Olympic athletics team at their staging camp in Cairns and in Tokyo as well. We wish them well in this unique experience.

We would like to sincerely thank all the members of the team, who once again have gone above and beyond over the past year and who have adapted to the numerous 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

### Dave Crosbee

Performance Director

### Rob Leeds

Performance Manager (Pathways) (until November 2020)

### Nerissa Byrne

Senior Performance Coordinator (Pathways)

## SPORTS MEDICINE

The sports medicine team includes leading experts and consultants with extensive experience in the high-performance sport environment. They deliver an innovative and proactive program of support aimed at the prevention, early detection and management of injuries and illness. The sports medicine program plays a role in illness and injury prevention, treatment, and rehabilitation of all VIS athletes, focusing on the clinical aspects of an athletes' physical and mental wellbeing.

During the challenges of the last 12 months, the VIS sports medicine team have continued to offer medical consultations either by phone, video link or in person, depending on the clinical need of the athlete, whilst taking into consideration the ever-changing State Government COVID restrictions on community activities and workplaces.

Some of the team relocated to interstate hubs with various sporting codes for a period. Dr Greg Hickey moved into the AFL interstate hub in July with Richmond Football Club, Dr Philippa (Pip) Inge moved into a Cricket Australia hub in Brisbane in November, both remaining available via telehealth for consultations, whilst Dr Susan White and Dr Patrick Sunderland remained in Melbourne. When restrictions eased, there was an increase in face-to-face consultations particularly

for medical screenings of new athletes on scholarship.

Dr Susan White, as the Chief Medical Officer, is an integral part of the VIS COVID Taskforce considering and advising on the medical aspects of the impact of COVID on the VIS and its athletes and staff. She is also part of the weekly major sports Chief Medical Officers' group who have coordinated the medical response to COVID for all the major sports and the NIN across the country. She attends the monthly all sport CMO meetings, which address major issues across the sports and NIN such as new tools to assess recovery from concussion and the restarting of onsite AIS camps and the COVID policies that will apply.

Dr White is also working closely with VIS nutrition and Performance Lifestyle to coordinate implementation of the recent AIS disordered eating management and education protocols. The group is looking at how we can proactively address this scenario with coaches and athletes to ensure that there are things in place to limit the likelihood of athletes heading down the disordered eating path.

In October, Dr Susan White and Dr Pip Inge presented, alongside sport scientist, Sylvie Withers and Dr Alice McNamara, a VIS education session on normal menstrual cycles and cycle monitoring in sport. A further session was run for coaches with a bigger focus on the relationship between the menstrual cycle and programming and injury prevention.

The year brought with it some change. We would like to acknowledge Dr Greg Hickey and his 25 years of service to the VIS sports medicine program. With the COVID-19 pandemic and the increase of commitment required to his role at Richmond Football Club as Club Doctor, Dr Hickey stepped out of his VIS role in December. In his time at the VIS, 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 received the highest level of care,

expertise, and support but for also introducing outstanding sports medicine staff to further bolster the capacity and capability of the VIS sports medicine service.

The sports medicine team are continuing ongoing medical reviews of athletes bound for Tokyo, ensuring all medical conditions are optimally managed, medications are checked, Therapeutic Use Exemptions (TUEs) are updated, and vaccinations are up to date. As part of this, we thank Nerissa Byrne who plays a significant role in the administration of the sports medicine program, maintaining the relevant athlete medical records on the Athlete Management System (AMS) and handling the logistics of a large team across multiple sports programs. Nerissa is instrumental in compiling the medical information of all VIS athletes, specifically those going to the Olympics and Paralympics, including medical screens, ECGs, and blood test results.

The Victorian COVID vaccination hub for Olympic and Paralympic athletes and staff was coordinated and delivered by the AOC with assistance from the VIS. VIS medical staff have answered athletes and staff queries around the risks and side effects.

We congratulate Dr Philippa (Pip) Inge for being selected in the AIS Talent program for advancing the professional development of women in sport across science, technology, engineering, and medicine. Pip will also be heading to Tokyo as one of the Chief Medical Officers for the Paralympic Games.

Congratulations also goes to Dr Patrick Sunderland for completing his final specialist exams in June, all whilst juggling his commitments with his young family, the VIS and Essendon Football Club, a great achievement.

## SPORTS PHYSIOTHERAPY

The sports physiotherapy team delivers elite health care to all VIS athletes. The team is comprised of experienced clinicians whose focus is squarely on keeping athletes training and competing without injury but are also experts in managing and guiding athlete rehabilitation when necessary.

The sports physios adapted to a remote care model early in the COVID period and continued to provide face-to-face care for urgent or acute injury management, supported by extensive utilisation of telehealth. The evolution back to having physios present within the daily training environment (DTE) progressed as the Government guidelines adapted during the various stages of lockdown, as did the return of more regular face-to-face consulting.

We have welcomed Alison Low into the newly created part time physio role within the cycling and sailing programs. Ali comes to this role with a wealth of elite sports physiotherapy experience, including being one of the two contracted physios currently engaged by the athletics program at the VIS. Her role expands her commitment to the VIS, adding another two full days, which she spreads between the VIS and DTE environments of the cycling and sailing programs, as COVID restrictions allowed. Ali's role is to provide an embedded, pro-active care model of servicing to shift the focus firmly onto injury prevention and performance maximisation, striving to keep athletes training and available, and in turn minimising the need for reactive injury care. This is a further evolution of the VIS physiotherapy service model, and the cycling and sailing head coaches have already been working with the VIS lead physio to develop systems that will maximally leverage the expertise of Ali.

Steve Hawkins (lead physiotherapist) commenced the Master of Applied Clinical Epidemiology (MACE) course being run through the AIS and the University of Canberra. Steve was awarded an AIS scholarship to assist with the costs associated with completing

the first two units of the course and has been challenged by the course to utilise a more epidemiological approach to medical service delivery and the systems around injury surveillance, management, and prevention. The scholarship has been extended to provide further support for the remaining two units of the course.

Steve also continues to serve on the VIS COVID-19 taskforce and contribute to the policies and processes that guide the various stages of VIS operations under different levels of State Government restrictions. In conjunction with Sal Uhi, VIS Facility Coordinator and Nerissa Byrne, VIS Senior Performance Coordinator (Pathways), Steve worked closely with Aspen Medical and the Australian Olympic Committee (AOC) to co-ordinate the COVID vaccination hub for Olympic and Paralympic athletes and staff.

## SOFT TISSUE THERAPY

The soft tissue therapy (STT) team are highly skilled at utilising massage, and some manual therapy, in an individualised approach to help each athlete recover quickly from intense training or competition.

We took the opportunity during the lockdowns to expand on our remote STT service offerings. Multiple sports programs accessed the STT's in targeted remote therapy sessions focusing on various elements of STT and recovery. These sessions were also expanded to include a series of self-care sessions for VIS staff, focusing on stretching, Pilates/yoga and self-massage for the 'desk bound athlete', with over twenty-five staff attending each of the three sessions conducted, and providing very positive feedback. Further sessions were made available to athletes to encourage cross program interaction which was something identified by the athletes as being an important and valued component of normal life at the VIS. Resumption of face-to-face STT servicing was eventually phased back, with specific booking and hygiene protocols being followed.

## SERVICE PROVIDERS

### SPORTS MEDICINE

**Dr Greg Hickey**  
Sports & Exercise Physician  
(until December 2020)

**Dr Philippa Inge**  
Sports & Exercise Physician

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

**Dr Susan White**  
VIS Chief Medical Officer  
Sports and Exercise Physician

### SPORTS PHYSIOTHERAPY

**Steve Hawkins**  
Lead Sports and Exercise Physiotherapist

**Alison Low**  
Specialist Sports and Exercise Physiotherapist

**Dr Ebonie Rio**  
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  
(until October 2020)

**Katherine Taylor**  
Physiotherapist

**Daniel Mirecki**  
Physiotherapist

**Darren Lay**  
Physiotherapist (until March 2021)

### SOFT TISSUE THERAPY

**Gillian Niven**  
Soft Tissue Therapist

**Emily Athanasiou**  
Soft Tissue Therapist

**Anne Davies**  
Soft Tissue Therapist

### PARTNERS

Club Warehouse  
Baker IDI  
Premax



## SPORTS NUTRITION

**VIS sports nutrition includes four experienced sports dietitians, who provide 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 & sweat testing, physique assessment, supplement advice and protocols, as well as practical education such as cooking sessions and supermarket tours.

During the last year, the VIS nutrition team have continued to offer nutrition consultations either face to face or via telehealth, when COVID restrictions dictated. During the period where training was limited for many athletes due to lockdowns in Melbourne, the nutrition team worked with sports to provide more group education sessions online. Where restrictions have allowed, the nutrition team have enjoyed getting back into the DTE's to provide face to face servicing and allow for enhanced communication with athletes, coaches & other service providers.

Kylie Andrew has continued to lead the team as Nutrition Coordinator, working closely with the head coaches and program managers to ensure nutrition servicing continues to meet the needs of each program and aligns to their overall goals and direction.

The team have also maintained their consultancy work outside of VIS, with Kylie supporting Richmond Football Club, Beccy continuing her work with OWIA and ACU, Jess at Athletics Australia and both Jess and Elaine in private practice.

Nerissa Byrne has continued to provide valuable support to the nutrition team, providing administration assistance.

Led by Kylie Andrew and Dr Susan White, an eating disorder/disordered eating working group has been established with five members of staff, to consider how we address this sensitive area at VIS, as follow up to the AIS Position Statement and Prevention and Early Identification Policy.

The nutrition and medical teams have also worked together to create a procedural plan regarding monitoring and managing of iron deficiency in athletes. A number of athlete facing resources have also been developed on this topic.

As part of the Victorian Challenge and Enrichment Series funding obtained by the VIS, the nutrition team developed a series of nutrition education sessions for secondary school students as part of the VIS Advancement Series. These sessions which included a mix of theory and practical information, together with real athlete case studies and activities, were delivered virtually to over 1000 students from almost 40 different schools across Victoria.

The nutrition team have continued to closely monitor and advise regarding supplement use amongst our VIS athletes. Supplement education has been provided to new scholarship holders, and all athletes have been encouraged to log any supplements they take on AMS, which has allowed for reporting on supplement use for each sport and VIS athletes as a whole.

As part of the preparations for Tokyo, the nutrition team have been working closely with Olympic and Paralympic athletes. This has included helping to prepare them

for the heat and humidity expected in Tokyo, trialing new methods of hydration and cooling and developing individualised hydration plans. In addition, advice and support has been provided regarding staging camps, travel to Tokyo and what to expect regarding food provision once in the Village.

We congratulate Jessica Rothwell, who will be heading to Tokyo for the Olympic Games in her role with Athletics Australia, as part of the walks and marathon team based in Sapporo.

Congratulations also goes to Kylie Andrew for her role with Richmond Football Club, who took out the AFL Premiership in 2020.

## SERVICE PROVIDERS

### Kylie Andrew

Nutrition Co-ordinator  
Advanced Sports Dietitian

### Elaine Bo

Accredited Sports Dietitian

### Rebecca Hall

Advanced Sports Dietitian

### Jessica Rothwell

Accredited Sports Dietitian

CREDIT: ROB CIANFLORE (GETTY IMAGES)



## PERFORMANCE LIFESTYLE & PSYCHOLOGY

The Performance Lifestyle program supports athletes to pursue the VIS motto of "success in sport and life". Connection and care have been central to the role of the VIS Performance Lifestyle (PL) team over the last 12 months.

With the COVID pandemic requiring agile thinking and the capacity to adjust quickly to changing situations, the PL team have continued to provide a performance and wellbeing service to VIS athletes and staff. With increased levels of change and uncertainty for all across the VIS, the need to provide support and a listening ear has been crucial as we navigate our way forward. Working remotely for considerable chunks of time across the year, the PL team were creative and adapted the PL service delivery to meet the needs and requirements of athletes, staff and sport programs. Several key events and programs were delivered:

### Alumni Program

Soft launch kicked off via social media streams and networks in June 2021. A working group of former VIS athletes facilitated by PL adviser David Madigan have been meeting to discuss vision, outcomes and plans for the alumni program.

### Careers Week (May 2021)

Linking in with the AIS Athlete Wellbeing & Engagement (AW&E) Career Development, sessions were hosted online. The sessions featured athlete career development stories and VIS athlete Georgia Hansen (VIS athletics & Deloitte taxation adviser) was featured. In Careers Week there was a strong VIS social media presence showcasing VIS athletes & Alumni athletes with dynamic dual career stories. On 21 May 2021, the PL team hosted our Elite Athlete Education Network partners from all Victorian Universities at the VIS to foster our strong relationship with these key partners for supporting VIS athletes striving for success in sport and life.

With a focus on providing career development services for VIS athletes PL advisers have worked closely with athletes to adjust and map out their educational and career plans in a changing landscape. A silver lining of the last year is that many athletes have been able

to prioritise their studies and have completed courses earlier or are on track to do so. The PL team are grateful for the partnerships with Open Universities Australia and FIA Fitnation to provide educational scholarship opportunities for VIS athletes.

The Open Universities Australia VIS Performance Lifestyle Award was presented to aerial skier Laura Peel in November 2020, Laura epitomises the VIS motto of "Success in Sport and Life", having completed her Bachelor's Degree in Health Sciences and winning the FIS Crystal Globe in aerial skiing in 2020. Laura has since gone on to win the 2021 World Championship and 2021 Crystal Globe.

### Personal Development courses

VIS athletes and staff were able to access online development programs that were provided in collaboration with AIS AW&E in areas such as storytelling and communication, financial literacy, personal brand and building your business. VIS athletes have also had the opportunity to undertake William Angliss Institute short courses and sport specific workshops to build athlete capacity to thrive as a person and an elite performer.

### R U OK? Day

Although a different R U OK? Day due to lockdown 2.0 the PL team provided a strong message to VIS athletes and staff on the importance of mental health and checking-in with your family and friends and yourself. This was done directly in sports programs and via a social media campaign that included walk n talk stores with VIS athletes Anabelle Smith, Alex Viney and Rhydan Cowley. Caroline Anderson (Performance & Clinical Psychologist) presented online to VIS staff with tips on how to have a wellbeing conversation.

### Year 12 Transition series

Focussing on supporting Year 12 VIS athletes in this important year and the transition from school to further education via a series of online session for athletes and their parents. A series of 3 sessions were held - Ready, Steady, Study (Feb), VTAC & EAEN (Aug) and Exam Prep (Oct). These sessions were open to Year 12 (and Year 11) VIS athletes and their parents.

Sara Heasley took up a role with AIS AW&E as the Career Development Adviser in January 2021, Sara was part of the refreshed Performance Lifestyle team from March 2019 and was innovative in her program design demonstrated by the delivery of the Cycling Transition series in 2020.

VIS Performance Lifestyle continue to provide consultancy services to:

- Paralympics Australia – Wheelchair Rugby AW&E
- Racing Victoria – Apprentice Jockey Program
- Maribyrnong Sports Academy

## PERFORMANCE PSYCHOLOGY

An Olympic and Paralympic year always throws up challenges for athletes, and with the added factor of COVID-19, VIS athletes have had to dig deep into their psychological resources.

In October 2020, Daniel Dymond took up the newly created Performance Psychology Lead role and has worked to review and develop the service model for performance psychology at the VIS. Mark Spargo has continued as a sports psychologist with VIS sports programs and we thank Mark for his contribution as Sports Psychology Coordinator.

Uncertainty, volatility, complexity, and ambiguity are always factors athletes need to embrace to thrive and perform, add COVID-19 to the mix and athletes have dealt with interruptions and restrictions on training, a lack of international competition (and reduced competition in general), health concerns, and isolation. Much of the psychological work here in Victoria and indeed across Australia has targeted enabling athletes to simplify what actually matters, and to focus on what they can do to thrive on the world stage, regardless of the circumstance.

At a higher level, we are approaching an exciting moment in performance psychology. A paradigm shift is occurring that will see performance psychology services become more embedded in sport programs, enabling a shift in a proactive model of psychology. This will see a move away from a pure reactive approach to psychology and give athletes better access to forms of psychological support.

As ever, the VIS has been refining its mental health and wellbeing support model. As we learn more and more about how best to support athletes in the mental health space, we are excited to provide better access to support by providing not just education, but better mechanisms to access early psychological support when needed.

## SERVICE PROVIDERS

### Leesa Gallard

Performance Lifestyle Manager

### Caroline Anderson

Performance Psychology Consultant / Diving

### Eloise Boyle

Athlete Wellbeing & Engagement / PA  
Wheelchair Rugby

### Nerissa Byrne

Performance Lifestyle / Administrative  
Support

### Daniel Dymond

Performance Psychology Lead  
Performance Psychology / Shooting, Future  
Talent & Golf

### Andy Farrow

Performance Lifestyle Adviser

### Tony Glynn

Performance Psychology Consultant / Netball  
& Sailing

### Sara Heasley

Performance Lifestyle Adviser  
(until January 2021)

93%

VIS ATHLETES  
PURSUE DUAL  
CAREERS



**Jacqui Louder**  
Performance Psychology Consultant /  
Women's Hockey

**David Madigan**  
Performance Lifestyle Adviser

**Mark Spargo**  
Performance Psychology / Athletics, Individual  
Scholarships & Rowing

## PARTNERS

Open Universities Australia  
Maribyrnong Sports Academy  
Racing Victoria  
Paralympics Australia  
FIA Fitnation  
Barrett Consulting

## 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. With the challenges of COVID the team were outstanding in supporting our athletes and sports to continue their preparations over the last year.

Just prior to the announcement of the first lockdown, the physical preparation team along with VIS Facility Administrator, Sal Uhi, distributed training equipment to athletes to enable them to continue to train at home. Along with remote coaching, the team also successfully carried out telehealth joint screenings with the physio team. When the facility was once again operational, the sprung floor space was used to operate two gym spaces to enable sport bubbles to be maintained. From a facility perspective we installed a facial recognition system to track access to different areas of the building and moved the main reception to the ground floor.

- John Tascone travelled to the Queensland hub with the Melbourne Vixens during their successful Suncorp Super Netball campaign, while Jamie Bahnisch provided performance analysis support remotely from Melbourne.
- Will Morgan spent time in Queensland providing strength & conditioning support to the aerial skiing program at the new water jump facility in Brisbane.
- Kristal Hammond and Elaine Tor provided support to our swimmers across their camps and competitions as they prepared for Nationals and Olympic Trials.
- In athletics Dani Trowell was busy providing biomechanical analysis at training sessions at Lakeside Stadium and at various competitions during the year leading into Olympic trials.

- Tess Rolley travelled to Tasmania with our rowing squad for Nationals.
- The physiology team played an important role in preparing athletes for the heat and humidity of Tokyo using the climate chamber. Athletics, Para-cycling, Para-rowing, sailing, sport climbing, triathlon and shooting all used the chamber supported by Nick Owen, Sylvie Withers, and Tess Rolley.
- Dani Trowell, Victoria Brackley and Ana Holt all successfully finished their PhD studies.
- Staffing changes saw Jamie Bahnisch finish up after six years at the VIS, with Peter Browne taking over the performance analyst position supporting the Vixens and hockey.
- Sam Wells also started in a new partnership position with Para table-tennis and Paralympics Australia providing performance analysis support.
- Ana Holt moved to the AIS to take up a position of Pathway Sport Scientist, with previous sport science trainee Tess Rolley returning to take up the position of Lead Sport Scientist for the rowing program.
- Anita Durlick finished her traineeship and started working with the athletics representative stream athletes.
- At the end of the Olympic cycle in June, Elaine Tor finished up as the Lead Biomechanist for swimming, and Nick Owen finished up after twelve years with the organisation.

## SPECIALIST STAFF

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

## PHYSICAL PREPARATION STAFF

**Bailey Attard**  
Assistant Physical Preparation Coach /  
Women's Hockey (until December 2020)

**Anita Durlick**  
Physical Preparation Coach / Athletics –  
Representative Stream (from January 2021)

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

**Farhan Jurhari**  
Lead Physical Preparation Coach / Rowing,  
Individual Scholarships, Future Talent, Winter  
Sport

**Ben King**  
Lead Physical Preparation Coach / Golf,  
Shooting, Individual Scholarships, Future Talent

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

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

**Matt Vassie**  
Lead Physical Preparation Coach /  
Development Netball, Diving, Men'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**  
Lead Performance Analyst / Netball &  
Hockey (until January 2021)

**Peter Browne**  
Lead Performance Analyst / Netball & Hockey  
(from February 2021)

**Kristal Hammond**  
Lead Physiologist / Swimming

**Ana Holt**  
Lead Sport Scientist / Rowing (from February  
2019)

**Nick Owen**  
Lead Sport Scientist / Cycling & Athletics

**Lewis Quinn**  
Sport Scientist (Performance Analysis) /  
Paralympics Australia & Shooting

**Tess Rolley**  
Lead Sport Scientist / Rowing (from January  
2021)

**Rodney Siegel**  
Lead Sport Scientist / AIS National Physiology  
Lead & National Sailing Program Physiology  
Lead

**Dr Elaine Tor**  
Lead Biomechanist / Swimming

**Dani Trowell**  
Lead Biomechanist / Athletics

**Sam Wells**  
Performance Analyst / Para Table Tennis &  
Paralympic Projects (from February 2021)

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

## FACILITY MANAGEMENT

**Salesi Uhi**  
Facility Administrator

## STUDENT PLACEMENT PROGRAM

### PHYSICAL PREPARATION TRAINEES

**Lyndsay Clarke** / Development Netball, Men's  
Hockey, Diving

**Adrian Filling** / Vixens, Women's Hockey

**Riley Goodman** / Future Talent, Individual  
Scholarships

**Yosep Kim** / Swimming, Taekwondo, Individual  
Scholarships

**Michael Phypers** / Cycling, Sailing

**Scott Young** / Rowing, Winter Sports

### SPORT SCIENCE TRAINEES

**Namira Adani** / Swimming – Biomechanics

**Karla Bulte** / Swimming – Physiology

**Georgia Burt** / Wheelchair Rugby / Para Table  
Tennis – Performance Analysis

**Tayla Duncan** / Cycling – Physiology

**Laura Johnson** / Multisport – Physiology

**Bridget Lin** / Swimming Biomechanics

**Cameron Morris** / Hockey (from May 2021)

**Sam Wells** / Netball, Hockey – Performance  
Analysis (until January 2021)



# CORPORATE SERVICES

The VIS corporate services team is responsible for the provision of a wide range of corporate services, including; finance and accounting, human resource administration, information and communication technology services, sponsors and partnerships, communications and marketing, community programs, reception, 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 (until November 2020)

**Mohsen Salehi**

ICT Technician (from November 2020)

**Alana Thomas**

Business Services Coordinator

**Elsa Kwan**

Accounts Payable Officer

**Katie Nguyen**

Accounts Payable Assistant (Maternity leave from January 2021)

**Miriam Keene**

Accounts Payable Assistant (from February 2021)

**Cathryn Pruscino**

Strategic Projects & Partnerships

**Ashley Gillespie**

Communications & Marketing Manager (returned from Maternity leave February 2021)

**Camilla Blands**

Communications, Media and Community Coordinator

**Chris Tetaz**

Digital Media Coordinator

**Sam Harvey**

Marketing & Media Intern (until January 2021)

**Salesi Uhi**

Facility Tours Coordinator

**Mathew Gay**

Receptionist

**Sian Whittaker**

Receptionist

**Gabriella Peiniger**

Receptionist

**Georgia Griffith**

Receptionist



## INFORMATION & COMMUNICATION TECHNOLOGY & SERVICES

During 2020/21, the Victorian Institute of Sport (VIS) successfully navigated the challenges of operating during COVID restrictions, with most staff working and accessing vital operating systems remotely. Progressing to the cloud gave staff opportunities to find new and innovative ways of working whilst offering a means to continue to connect virtually.

Meeting rooms and network infrastructure was updated to help meet the increasing demand of video conferencing, online collaboration, and data analysis. The use of a facial recognition system was implemented to support the VIS in providing a safe working environment for staff and athletes.

With the presence of VIS applications and data moving online, projects were undertaken to ensure staff and organisation data was protected. Multifactor authentication, online security policies and changes to the way we work, are examples of some of the new processes that were implemented.

Moving forward with the alignment of the Data Management team strategy, we plan to support current organisation goals and offer new and improved ways of working.

## 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. 2020-21 saw the successful integration of the new finance system. This system has provided significant gains in budget planning, monthly reporting along with greater efficiencies due to many paper-based manual processes now being carried out online.

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

## 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 communications and marketing functions of the VIS.

The CAMS team coordinates communication with athletes and staff, the public, media and stakeholders (including Government agencies and sponsors) via digital and print media. Its activities also include the coordination of community programs, managing the VIS brand, preparing publications and promotional material.

The planning and delivery of all VIS' large-scale events, including the VIS Open Day and the Award of Excellence is coordinated by CAMS.

The 2020-2021 reporting period was a year of optimisation, testing and renewal for almost all areas of the team's responsibilities. There is no doubt that this approach was naturally enhanced by the changing landscape forced by COVID but it was also a strategic approach to ask the question 'why' we do what we do. This approach led to some key results:

### Digital Communications

- We reached 10,000 followers on our Instagram and LinkedIn accounts. On average only around 11% of Instagram accounts reach this milestone, and it now allows us the opportunity to link directly to our website, a feature that will lead to greater website traffic.

### Community Programs

- Successful transformation and delivery of digital programs
- The programs engaged with 10,198 people in total

### Victorian Institute of Sport Awards 2020

- The campaign reached an impressive number of 91,897 people across all platforms and 6,469 people engaged with our content – a record for a campaign produced completely in-house.

The Award of Excellence 2020 was renamed to the Victorian Institute of Sport Awards 2020 and held as a digital campaign over three days in November. The 2XU Coach Awards, Sarah Tait Spirit Award and Open Universities Australia Performance Lifestyle Award were all presented virtually to athletes. Performance based awards, such as the Award of Excellence and Rising Star award were deferred to the event in 2021 with the performance period extended. A full outline of the event can be found on page 10.

The VIS engaged communications company Fenton to support and add further impetus to the communications and marketing activities by creating an overall VIS communications strategy and framework. The particular focus of this work was to further raise the profile of the VIS and demonstrate the value delivered to the Victorian community.

The work with Fenton allowed the CAMS team to focus on leveraging and building on our relationships with media contacts to support VIS stories both in the lead-up to major Games and in the quieter periods in between major events.

Fenton will continue to consult with the CAMS team with a focus on how to keep engaging media during the non-Games period where it traditionally has been more difficult to pitch VIS angled stories to media.

COVID-19 presented many different challenges for the whole organisation and for the CAMS team it was no different. Digital communications became more important than ever, and we had to continually think strategically about how to keep our audience engaged.

Although much of what we were doing was different, some things remained the same. We continued to share the stories of the extraordinary people that make up the VIS family, with a strong focus on how we were able to adapt to COVID-19. This was reflected in our annual publication 'Pinnacle', which was distributed digitally in December 2020 and produced exclusively in-house for the first time.

A pause in sport around the globe gave us an opportunity to reflect on the past and there was no better time to do so than in our 30th year. Our #RememberingVISAtTheGames campaign was launched on the date of the originally scheduled opening ceremony. It was a fantastic opportunity to celebrate and remember some of the amazing moments from the 30 years of VIS history as well as reconnecting with our VIS alumni. Throughout the campaign we were able to reach over 80,000 people across all our social platforms and had over 3,000 website views across all the articles.

The "Powering the Vixens" project produced a 60 second television commercial to be played on the big screen at all Vixens home matches, 10 minutes before the first whistle. The video showcased the VIS experts who work behind-the-scenes to help ensure the Melbourne Vixens are at their peak when they take the court on game day. The video featured VIS physiotherapist Steve Hawkins, dietician Kylie

Andrew, performance analyst Peter Browne, physical preparation coach, John Tascone and Performance Lifestyle advisor, Andrea Farrow and explained how the VIS performance services 'power the Vixens'.

Whilst we did put a pause to our 'Together for Tokyo' digital campaign that was first launched in 2019, we relaunched it in 2021 with our own Tokyo Hub on the VIS website. We launched the Tokyo Hub two months before the Games, along with revised versions of the TRAIN and TASTES videos.

## COMMUNITY PROGRAMS

The VIS community programs offer a range of engagement opportunities with VIS athletes and staff for the Victorian community.

The Be Fit. Be Well program and the Victorian Institute of Sport Advancement Series ran during the full duration of the reporting period. A modified version of the Athlete & Expert Speaker Program (formerly the Athlete Speaker Program) also continued to be delivered to clients not eligible for these programs.

Through all our community programs the VIS engaged with 10,198 people virtually or in-person.

In 2020 we developed a virtual Be Fit. Be Well program, which allowed us to continue to financially support our athlete speakers whilst servicing the schools requesting athlete presentations. We also successfully developed key messages for all year levels to be included in the athletes' presentations and implemented a structured survey process.

The virtual program offered 12 pre-recorded athlete presentations with specific key messages for targeted year levels. Live chats were also on offer and the athletes completed a total of 30 live video chats. A handful of short video messages were also produced upon request from schools.

The general feedback from schools was that they were thrilled about the opportunity to expose their students to video presentations or live chats from VIS athlete speakers during the periods of remote learning.

When restrictions allowed, our athletes resumed school visits in person. A total of 59 visits were completed by our athletes in the first half of 2021.

The Athlete & Expert Speaker Program (AESP) also continued to be delivered both virtually and in-person during the reporting period. The program coordinated 12 speakers to non-





Government schools, sports clubs and regional academies. Eight of the presentations were delivered online.

The AESP program was renamed, and Expert added to the name, to make a clear distinction to the Be Fit. Be Well program. This also aligns with our general communications strategy to promote our expert staff. We have also noted an increase in requests for staff, especially from regional academies.

In the reporting period a total of 7,140 students participated in the Be Fit. Be Well and AESP programs from 110 Victorian schools.

The Victorian Institute of Sport Advancement Series was established in 2020 as part of the Department of Education and Training's Victorian Challenge & Enrichment Series Student Excellence Program. The program delivers nutrition and sport science education sessions to Victorian Government secondary schools until December 2022. The education sessions are delivered virtually by VIS sport dietitians and sport scientists.

1,448 students participated in the Sport Science Advancement sessions and 1,028 students participated in the Nutrition Advancement sessions during the reporting period.

The VIS facility tours were suspended for the full duration of the reporting period.

The CAMS team spent time strategising ways to promote all community programs during the reporting period to ultimately increase bookings and the community programs database of contacts. Eight mail-outs were sent via MailChimp, and several targeted adverts were posted on Facebook and Instagram. Our best performing community programs newsletter was in February and had an opening rate of 38% of our 233 recipients.

### SPONSORS, PARTNERS & STAKEHOLDERS

The Victorian Institute of Sport continues to enjoy valued partnerships across 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, Open Universities Australia, Maribyrnong Sports Academy, FIA Fitnation, The School Locker, Titleist and Premax. 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 10 years making the Future Talent program an integral part of the VIS.

The VIS continues to receive funding from the Department of Education and Training as part of the Victorian Challenge & Enrichment Series Student Excellence Program. This funding supports the Victorian Institute of Sport Advancement Series which delivers 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.



# ATHLETE SUMMARY

## SUMMARY OF VIS ATHLETES

	Male	Female	Total
TIER 1	107	118	225
INDIVIDUAL ATHLETES	24	27	51
FUTURE TALENT	11	3	14
<b>TOTAL</b>	<b>142</b>	<b>148</b>	<b>290</b>

## TIER 1 SPORTS

	Male	Female	Total
Aerial Skiing	0	9	9
Athletics	21	16	37
Cycling	17	10	27
Diving	3	8	11
Golf	8	0	8
Hockey – Men's	17	0	17
Hockey – Women's	0	15	15
Netball	0	30	30
Rowing	17	14	31
Sailing	8	4	12
Shooting	6	5	11
Swimming	10	7	17
<b>TOTAL</b>	<b>107</b>	<b>118</b>	<b>225</b>

## INDIVIDUAL SPORTS

	Male	Female	Total
Archery	1	1	2
Basketball	0	3	3
Bobsleigh	0	1	1
Boxing	0	1	1
Canoeing	1	0	1
Curling	1	0	1
Cycling	1	0	1
Equestrian	0	1	1
Football	0	1	1
Gymnastics	1	0	1
Judo	0	1	1
Lawn Bowls	0	1	1
Para Alpine Skiing	1	0	1
Para Canoeing	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	2	3
Sport Climbing	0	1	1
Squash	1	0	1
Surfing	0	2	2
Taekwondo	2	0	2
Triathlon	1	0	1
Water Polo	0	2	2
Wheelchair Basketball	4	3	7
Wheelchair Rugby	5	1	6
Wheelchair Tennis	2	0	2
<b>TOTAL</b>	<b>24</b>	<b>27</b>	<b>51</b>

## FUTURE TALENT SPORTS

	Male	Female	Total
Aerial Skiing	1	0	1
Canoeing	2	0	2
Cycling	1	0	1
Gymnastics	1	0	1
Karate	1	0	1
Para Badminton	0	1	1
Shooting	0	1	1
Skateboarding	1	1	2
Surfing	1	0	1
Table Tennis	2	0	2
Taekwondo	1	0	1
<b>TOTAL</b>	<b>11</b>	<b>3</b>	<b>14</b>

2020/2021

# PARTNERS

## / MAJOR PARTNERS



## / PARTNERS



## / SUPPORT PARTNERS







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