



BOARD OF DIRECTORS	/ 2
MINISTER'S MESSAGE	/ 3
CHAIR & CEO REPORT	/ 4
WHO WE ARE	/ 6
VIS STRATEGIC PLAN	/ 6
ORGANISATIONAL CHART	/ 7
AUSTRALIA'S HIGH PERFORMANCE SPORT STRATEGY 2032+	/ 8
VIS AT BIRMINGHAM COMMONWEALTH GAMES	/ 9
ATHLETE RESULTS SUMMARY	/ 10
TIER 1 SPORT PROGRAMS	
AERIAL SKIING	/ 12
ARCHERY	/ 14
ATHLETICS	/ 16
COMBAT SPORTS	/ 18
CYCLING	/ 20
DIVING	/ 22
MEN'S HOCKEY	/ 24
WOMEN'S HOCKEY	/ 26
NETBALL	/ 28
SAILING	/ 30
SHOOTING	/ 32
SWIMMING	/ 34
TRIATHLON	/ 36
WHEELCHAIR BASKETBALL	/ 38
INDIVIDUAL ATHLETE SCHOLARSHIP PROGRAM	/ 41
FUTURE TALENT PROGRAM	/ 46
PERFORMANCE	/ 47
PERFORMANCE HEALTH SERVICES	/ 51
CORPORATE SERVICES	/ 56
FACILITY UPGRADE	/ 58
PEOPLE AND COMMUNITY	/ 59
VIS IN THE COMMUNITY	/ 61
AWARD OF EXCELLENCE 2022	/ 62
ATHLETE SUMMARY	/ 64



ACKNOWLEDGEMENT OF COUNTRY

The Victorian Institute of Sport acknowledges the Traditional Custodians of the land we live and work on, the people of the Kulin Nation and recognise their continuing connection to this land and waterways.

We pay our respects to their Elders, past and present and extend this to all Aboriginal and Torres Strait Islander People.

COVER PHOTO: JEMIMA MONTAG






VIS MOTTO
"Success in
Sport and
Life"

PHOTO: COL PEARSE
CREDIT: GETTY IMAGES IAN MACNICOL

ABOUT VIS

BOARD OF DIRECTORS

BOARD MEMBER	PROFILE	START DATE ON VIS BOARD
 Nataly Matijevic (Chair)	Nataly has extensive expertise in government, politics, communications and stakeholder engagement across a range of sectors including sport, large scale infrastructure and major events. She was previously the senior adviser in the Office of the Minister for the Melbourne 2006 Commonwealth Games and Chief of Staff to the Minister for Planning. She is a Board Member of the Royal Melbourne Showgrounds Redevelopment Joint Venture and is currently working in infrastructure delivery.	2016
 Tina De Young	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. Tina is also the Chair of the VIS Finance Committee.	2016
 Prof David Bishop	David is a Professor of Exercise Physiology and Research Leader (Sport) and Professorial Research Fellow at Institute of Health & Sport, Victoria University, with research focus on exercise as mitochondrial medicine, and human performance. He is also Adjunct Professor, School of Medical and Health Sciences, Edith Cowan University.	2019
 Shelley Ware	Shelley is a proud Yankanjatjara and Wirangu woman from Adelaide, South Australia, an Australian Aboriginal media and TV personality, corporate speaker and educator. Shelley has 25 years experience as a teacher and is an Educational Consultant highlighting First Nation People's history and culture. She is passionate about espousing her personal journey, perspectives on females in sports, Aboriginal issues and childhood education.	2019
 Greg Lee	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, and Headstart Capital.	2020
 Nicole Pratt	Nicole is a former professional tennis player, who was Australia's No. 1 ranked female player in January 2001. Nicole made the Australian Olympic team in 2000 and 2004 and was a professional player on the WTA tour for 19 years. Nicole is currently the Head of Women's Tennis Australia/Fed Cup Coach. She was a Player Council representative from 2000-2008 and WTA Board Director Player Representative from 2008-2012.	2021
 Julie Ryan	Julie holds a Bachelor of Applied Science (Coaching and Sport Administration) and a Diploma in Business (Governance) and has been involved in soccer as an administrator, club board member, Football Victoria Standing Committee member, referee, coach and coach educator. Julie was previously the goal keeper coach for the VIS tier 2 women's soccer program, a founding director for women's football advocacy group Women Onside and president of LGBTIQ+ group Proud 2 Play.	2022
 Azmeena Hussain, OAM	Azmeena Hussain OAM is a Principal at Maurice Blackburn Lawyers, Chairperson of the Islamic Museum of Australia, Non-Executive Director at Football Victoria and member of the SBS Statutory Community Advisory Committee. Most recently, she was appointed as a Football Australia FIFA Women's World Cup Ambassador. She has extensive experience in workplace law and is a member of the Victoria Statutory WorkCover Advisory Committee. She has a particular interest in the power of sport and social impact. In addition, Azmeena is an SBS advisory Committee member, Chairperson of the Islamic Museum of Australia and non-Executive Director Football Victoria.	2022
 Mark Coughlin (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
 Tim Matthews (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
 Dr Machar Reid (Independent Member – Performance Committee)	Dr Machar Reid is currently the Head of Innovation at Tennis Australia and previously served as the inaugural High-Performance Manager (2011-14) and the Sport Science & Medicine Manager (2008-2010) of Tennis Australia. Prior to this, Machar worked as a tennis coach and strength & conditioning coach with a string of top 100 professional and junior players and federations. His interests lie in sports technology, science, health, media and innovation that challenges the status quo.	2023

2022/2023

MINISTER'S MESSAGE



STEVE DIMOPOULOS MP
Minister for Tourism, Sport and Major Events

We are proud of our Victorian athletes as they continue to excel, both on home soil and around the world.

There were outstanding performances from VIS athletes in 2022. 67 VIS athletes represented Australia at the Birmingham 2022 Commonwealth Games, bringing home 41 medals including 13 gold.

Key highlights included para-cyclist Jessica Gallagher winning two gold medals on the cycling track, as well as Liz Watson captaining the Australian Diamonds netball team alongside three other Victorian netballers; Kate Moloney, Kiera Austin and Jo Weston who won gold over Jamaica in an exciting final.

Two Victorians also took out Commonwealth Games gold medals in synchronised diving. Veteran Anabelle Smith and her partner finished on top in the three metres dive, and Australia's youngest athlete at the Games, 14 year old Charli Petrov won gold in the 10 metre dive in her duo.

Petrov continued her strong form from Birmingham, claiming Junior World Champion status in Montreal by winning gold in the Girls B Platform Final at the FINA World Junior Diving Championships in November 2022.

Days later, she went on to win another Junior World Championship in the Girls Platform Synchro final with a fellow Australian.

Another standout performance in 2022 was from VIS athlete para-cyclist Emily Petricola who took home three gold medals at the 2022 UCI Para-cycling World Championships in France.

VIS snowboarder Scotty James continued his excellence in snowboarding, winning a fifth X Games gold medal in Aspen, Colorado in January this year – he has now medalled in the SuperPipe event at every X Games since 2016.

Closer to home, the VIS officially unveiled upgrades in February at Lakeside Stadium in Albert Park. This world-class facility currently supports more than 414 athletes across 48 sports in its high-performance centre.

The VIS also took home the inaugural Win Well Award at the Australian Institute of Sport - Sport Performance Awards in recognition of the balanced and holistic support provided to its athletes and staff to win in all areas of life.

We want more Victorians to have their chance to shine on the world stage, and have provided more than \$47 million over three and a half years (2021-24) to the VIS. Additionally, support to our Regional Academies of Sport increased by 50 per cent on 1 January 2022.

We're backing our athletes to reach their potential. Thank you to all the VIS athletes and support staff for your continued commitment to success, improvement and professionalism. I look forward to the year ahead.

\$47.5
MILLION
VIS FUNDING
2021-24

PHOTO: ANABELLE SMITH
CREDIT: GETTY IMAGES



ABOUT VIS CHAIR & CEO REPORT



**NATALY
MATIJEVIC**
Chair



**ANNE MARIE
HARRISON**
Chief Executive
Officer



**CATHRYN
PRUSCINO**
Manager Strategic
Projects &
Partnerships

2022-23 saw domestic and international sport roar back to life with a feast of competitions and exceptional performances by VIS athletes. At the 2022 Commonwealth Games in Birmingham, 67 VIS athletes represented Australia, which is our highest number since our home Games in Melbourne in 2006. The VIS medal haul in Birmingham was 41 medals strong, representing 23% of Australia's overall medal count with medals in Athletics, Combat, Cycling/Para-cycling, Diving, Gymnastics, Hockey, Netball, Swimming/Para-swimming and Table Tennis/Para-table tennis. In addition to the medal count, VIS athletes achieved 36 top 8 performances across the Games.

In World Championship competition, VIS athletes reached the podium on 39 occasions with 10 World Championship titles achieved across the following sports: Canoe Slalom, Diving, Para-table tennis, Para-cycling, Para-triathlon and Wheelchair Rugby.

Other notable achievements include a gold medal at the X Games in the Snowboard Halfpipe (Scotty James) and a Crystal Globe title in Aerial Skiing (Danielle Scott) awarded to the number one ranked aerial skier in the world, Australia's second ever Judo gold in the women's -70kg class at the Portugal Grand Prix Aoife Coughlan, and Jemima Montag becoming the first race walker to win the prestigious VIS Award of Excellence.

Whilst we celebrate all of our athlete achievements across the year, we also celebrate the way in which our athletes have achieved these accolades. With 97% of VIS scholarship holders currently pursuing a dual

career, it is noteworthy that almost all VIS athletes are striving for greatness both on and off the sporting field. Since the inception of the VIS in 1990, our motto of Success in Sport & Life has been a guiding light for our athlete support, as we promote study and employment opportunities alongside sporting goals. The VIS has maintained a balanced, holistic approach of supporting athletes and staff to win in all areas of life, and in 2022 our collective efforts were recognized when the VIS won the inaugural Win Well Award at the AIS Sport Performance Awards (ASPAs). The Win Well award recognised the VIS for embodying the vision of Australia's 2032+ High Performance Sport Strategy: Inspiring Australians through our united pursuit to win well.

It was with relief and satisfaction that in March 2023 we retired our COVID Taskforce which had been in operation since 2020.

Whilst the challenge of keeping athletes and staff well and being able to train and work has not gone away, the need for such close monitoring of policies and operations has reduced. Our grateful thanks are expressed to Dave Crosbee (Chair), Dr Susan White, Steve Hawkins, Simon Gardam, Dr Harry Brennan, Bill Tait and more recently Dan Simons for what has been 3 years of dedication which enabled the safe operations of our activities for both staff and athletes.

The VIS New Beginnings project has now been realised following our State Government funding increase in 2021-22. As a result of these changes in funding, the VIS have moved from previously supporting 232 athletes to now supporting 414 categorised athletes, hosting 14 Tier 1 sport programs in partnership with National and State Sporting Organisations. We have also increased our staff to 117, including 17 past athletes who have returned in a professional role and implemented a new organisational structure. We have initiated 35 innovation and research projects and have been recognized as an IOC Research Centre of Excellence (one of only 11 worldwide) in partnership with the AIS and La Trobe University.

In 2022-23, 72% of VIS athletes made national squads in their respective sports and the VIS supported athletes across 48 different sports, making us the most diverse high-performance sporting hub in Victoria. To support this growth and diversity, in 2023 the VIS completed our facility upgrade to

ensure VIS athletes had the most up to date training facilities with two gyms, science and medical facilities, specifically designed kitchens for nutrition support, coupled with purpose designed office and meeting room spaces for staff, to promote collaboration and innovation.

A strategic VIS focus on coach development, has led the charge in the development of the next generation of Victorian coaches. Four VIS coaches embarked on a two-year learning journey as part of the National Generation 2032 Coach Program, which aims to develop contemporary ways of delivering coaching to future generations of athletes through enhanced use of innovation and technology, advanced interpersonal and leadership skills, and an increased understanding of athlete development.

Achieving this growth and development over the last 12 months has taken commitment and collaboration with our partner organisations. Appreciation is expressed to our National and State Sporting Organisation partners, together with the AOC, CGA, PA, AIS and State and Territory Institute colleagues. We thank and acknowledge the Department of Education and Training, School Sport Victoria, the Carbine Club, 2XU, Open Universities Australia, Maribyrnong Sports Academy, and Australian Institute of Fitness, along with the Victorian Regional Academies of Sport. Our thanks to all these organisations and their staff for their interest and commitment to our athletes and programs.

We welcomed to the Board two new Board Members in Nicole Pratt, following her short term as an Alternate, and Azmeena Hussain. Ms. Hussain brings great diversity and experience to our deliberations through her professional career in workplace law as well as Non-Executive Director of Football Victoria, Chair of the Islamic Museum of Australia and member of the SBS Community Advisory Committee. We farewelled Amelia Lynch from the Board. Amelia served 6 years as a Director, where she made a very significant contribution not only to the deliberations and decisions of the Board and Sub Committees, but also in her ongoing role as our legal advisor. Amelia brought her broad understanding of the Australian sporting system from a number of perspectives which was always valuable in providing insights and a guiding hand. We greatly appreciated her counsel, wisdom and willingness to respond and contribute at any time and express our thanks.

Finally, we thank the Minister for Tourism, Sport and Major Events, Steve Dimopoulos MP, who is an engaged and enthusiastic supporter of the VIS, and the ongoing guidance of Sport and Recreation Victoria in the Department of Jobs, Skills, Industry and Regions. With their assistance, the Board and staff look forward to our exciting future of helping more Victorian athletes on their path to success.



PHOTO: (from left to right) Rachael Lynch and Anne Marie Harrison (VIS CEO) with Win Well award, Sam Williamson, Nina Taylor MP, Minister for Sport Steve Dimopoulos



PHOTO: (from left to right) Anne Marie Harrison (VIS CEO), Nataly Matijevic (VIS Chair), Minister for Sport Steve Dimopoulos, Sam Williamson, Amy Lawton, Jemima Montag, Nina Taylor MP, Tina De Young (VIS Board member), Julie Ryan (VIS Board member)

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. Funding is also received from the Federal Government through the Australian Institute of Sport, National Sporting Organisations and Paralympics Australia, and from commercial partnerships within the corporate sector.

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, pool and recovery facilities, sport science laboratories, environmental chamber, 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 scholarships 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 the 2022-23 period include: aerial skiing, archery, athletics, cycling, combat, diving, hockey, netball, sailing, shooting, swimming, triathlon and wheelchair basketball. Tier 1 sports programs have tri-partisan agreements with the National and State sporting organisations and are coordinated by a Head Coach or Program Manager.

Individual Athlete 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 covering Emerging through to Podium.

Future Talent Scholarship Program

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

VIS MOTTO
Success in Sport and Life.

VISION
Victorians are proud and inspired by our national and international sporting success.

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

STRATEGIC PRIORITIES
Drive high performance outcomes with sports
Stay ahead of the game
Tell our story

VALUES

EXCELLENCE

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

SIMPLICITY

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

COMMUNITY

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

PASSION

We bring energy and excitement to everything we do

COURAGE

We are relentless in facing challenges head on

SUCCESS

We strive for greatness and celebrate success

DEFINITION OF SUCCESS
The aspirations of the VIS are consistent with the National High Performance Sports Strategy (NHPSS).

Podium Success
All our athletes and staff strive to be world's best in sport and are supported in their journey
Victorian athletes representation and performance progressively increases at each major Games
Victorian athletes are well positioned to contribute to Australia's 2032 Olympic and Paralympic ambitions

World Leading Systems
We lead, influence and collaborate to drive high performance sport
We are the experts in talent development
Sport daily training environments optimise athlete talent

Pride and Inspiration
Our community engagement contributes to "Get Active Victoria"
Our athletes are a positive influence on the Victorian community

ABOUT VIS
ORGANISATIONAL CHART



PHOTO CREDITS: GETTY IMAGES AND MARK DADSWELL PHOTOGRAPHY

2032+

AUSTRALIA'S HIGH PERFORMANCE SPORT STRATEGY

AUSTRALIA'S HIGH PERFORMANCE 2032+ SPORT STRATEGY WAS CO-DESIGNED BY AUSTRALIA'S HIGH PERFORMANCE SPORT SYSTEM AND LAUNCHED IN DECEMBER 2022.

The Victorian Institute of Sport (VIS) joined forces with the country's peak Olympic, Paralympic and Commonwealth Games sporting organisations, the AIS and other State/Territory Institutes and Academies of Sport to launch the national strategy aimed at building success towards Brisbane 2032 and beyond.

Australia's High Performance 2032+ Sport Strategy represents the first time all peak bodies from across Australia's Olympic, Paralympic and Commonwealth Games sports have united for a national high performance sport strategy.

A foundation of the strategy is the 'Win Well' initiative, with sporting leaders making a renewed commitment to balancing success and wellbeing in high performance sport.

VIS CEO, Anne Marie Harrison was part of the Executive Sponsor Group who oversaw the development of the strategy and endorsed it.

The VIS was also represented by Rowie Webster (water polo) in the Executive Sponsor Group, a former long-time scholarship holder and now part of the National Generation 2032 Coaching Program.

OUR VISION

We win well to inspire Australians

Our Mission

We are united in our pursuit to build an inclusive and sustainable sporting system that is:

- **Performance driven**
We win when it matters and we win well, because we know that performance and wellbeing go hand in hand
- **Athlete focused**
We deliver holistic athlete development and have clear pathways and transition periods
- **Exceptionally led**
We lead with vision, integrity and accountability to create environments where people thrive
- **Purposefully collaborative**
We work together towards shared outcomes and recognise and strengthen collaboration

Success needs to continue to climb post 2032, and **our time starts now.**

Our Core Values

Excellence + Belonging + Courage + Connection

Our united pursuit will be delivered through four priority areas:

- Performance delivery**
Enabling our top athletes to perform when it matters.
- Athlete performance pathways**
Identifying, developing and supporting High Performance athletes of the future to progress towards the podium and beyond.
- World-leading knowledge + practice**
Using world-leading knowledge, innovation and practice to ensure our athletes, coaches and performance support work as high functioning performance teams.
- Outstanding people + organisations**
Building highly capable organisations that attract, develop and retain diverse talent and maximise human potential across the High Performance workforce.

Enabled by...



World-class coaching



Clear roles + responsibilities



Inclusive design



Resources to achieve quality outcomes



Values + behaviours



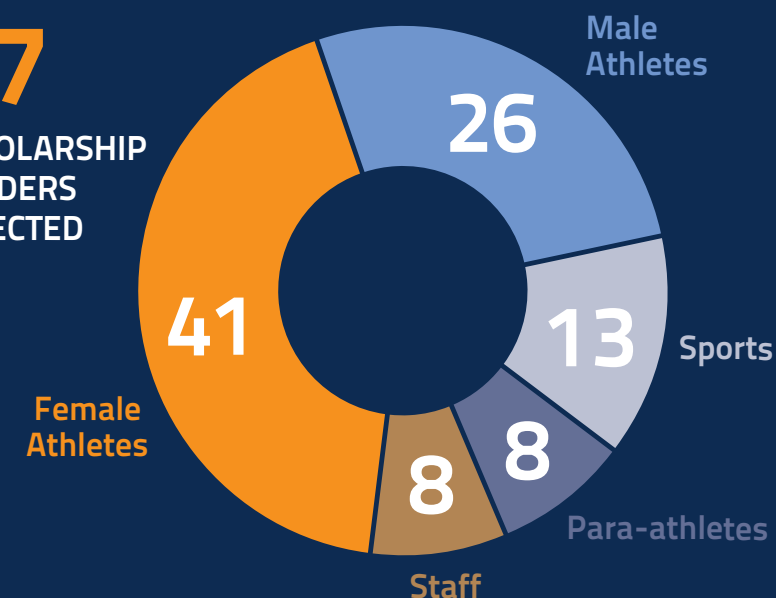
Strategy monitoring + evaluation

VICTORIAN INSTITUTE OF SPORT AT THE 2022 BIRMINGHAM COMMONWEALTH GAMES

VIS REPRESENTATION

67

SCHOLARSHIP HOLDERS SELECTED



MEDAL TALLY



PODIUM RESULTS

41 PODIUM LEVEL RESULTS ACHIEVED BY VIS ATHLETES

42 VIS ATHLETES FINISHED IN A PODIUM POSITION

SPORT REPRESENTATION



AGE SPAN



PHOTO: TYSON BULL
CREDIT: GETTY IMAGES AL BELLO

2022/2023

ATHLETE RESULTS SUMMARY

PODIUM LEVEL RESULTS AT COMMONWEALTH GAMES & WORLD CHAMPIONSHIPS

Australian Medals Won by VIS Athletes

1

ATHLETE	SPORT	EVENT/DISCIPLINE	EVENT
Anabelle Smith	Diving	3m Springboard Synchro - Women	Commonwealth Games
Aoife Coughlan	Judo	70kg - Women	Commonwealth Games
Charli Petrov	Diving	10m Platform - Girls (14-15 Years Old)	World Junior Championships
Charli Petrov	Diving	10m Platform Synchro - Girls (14-18 Years Old)	World Junior Championships
Charli Petrov	Diving	10m Platform Synchro - Women	Commonwealth Games
Col Pearse	Para-Swimming	100m Butterfly S10 - Men	Commonwealth Games
Emily Petricola	Para-Cycling	C4 - 3km Pursuit - Women	Track World Championships
Emily Petricola	Para-Cycling	C4 - Omnium - Women	Track World Championships
Emily Petricola	Para-Cycling	C4 - Scratch Race - Women	Track World Championships
Jemima Montag	Athletics	10km Walk - Women	Commonwealth Games
Jeremy Peacock	Para-Triathlon	Team Relay - Open	World Championships
Jessica Gallagher	Para-Cycling	Tandem B - 1000m Time Trial - Women	Commonwealth Games
Jessica Gallagher	Para-Cycling	Tandem B - Sprint - Women	Commonwealth Games
Johan Durst/Nathan Ephraums	Hockey	Team - Men	Commonwealth Games
Kate McDonald	Gymnastics - Artistic	Beam - Women	Commonwealth Games
Kiera Austin/Liz Watson/ Kate Moloney/Jo Weston	Netball	Team - Women	Commonwealth Games
Lina Lei/Qian Yang	Para Table Tennis	Doubles Class 20 - Women	World Championships
Mark Crosbee	Canoe - Slalom	C1 - Men	World Junior & U23 Championships
Qian Yang	Para Table Tennis	Singles Class 10 - Women	World Championships
Qian Yang	Para Table Tennis	Singles Class 6-10 - Women	Commonwealth Games
Sam Williamson	Swimming	4 x 100m Medley Relay - Mixed	Commonwealth Games
Shae Graham	Wheelchair Rugby	Team - Mixed	World Championships
Tinka Easton	Judo	52kg - Women	Commonwealth Games

2

Alex Vuillermin/Alexandra Viney	Para-Rowing	PR3 Pair - Women	World Championships
Amy Lawton	Hockey	Team - Women	Commonwealth Games
Ashari Gill	Gymnastics - Rhythmic	Team All-Around - Women	Commonwealth Games
Brooke Buschkuehl	Athletics	Long Jump - Women	Commonwealth Games
Caitlin Parker	Boxing	75kg - Women	World Championships
Carol Cooke	Para-Cycling	T2 - Time Trial - Women	Road World Championships
Danielle Scott	Freestyle Skiing	Aerials - Women	World Championships
Declan Tingay	Athletics	10km Walk - Men	Commonwealth Games
Emily Petricola	Para-Cycling	C4 - Time Trial - Women	Road World Championships
Emily Whitehead/Romi Brown/ Kate McDonald	Gymnastics - Artistic	Team - Women	Commonwealth Games
Jessica Gallagher	Para-Cycling	Tandem B - 1000m Time Trial - Women	Track World Championships
Jessica Gallagher	Para-Cycling	Tandem B - Sprint - Women	Track World Championships
Jian Lay	Table Tennis	Doubles - Women	Commonwealth Games
Lin Ma	Para Table Tennis	Singles Class 8-10 - Men	Commonwealth Games
Lin Ma/Qian Yang	Para Table Tennis	Doubles Class 20 - Mixed	World Championships
Lina Lei	Para Table Tennis	Singles Class 6-10 - Women	Commonwealth Games
Lina Lei	Para Table Tennis	Singles Class 9 - Women	World Championships
Lucy Davison	Diving	3m Platform Synchro - Girls (14-15 Years Old)	World Junior Championships
Peter Bol	Athletics	800m - Men	Commonwealth Games
Sam Williamson	Swimming	4 x 100m Medley Relay - Men	Commonwealth Games
Sam Williamson	Swimming	50m Breaststroke - Men	Commonwealth Games
Sophie Marr	Cycling - Track	Team Sprint (3 Persons) - Women	World Championships Juniors
Tyson Bull	Gymnastics - Artistic	Horizontal Bar - Men	Commonwealth Games

3

Abbey Caldwell	Athletics	1500m - Women	Commonwealth Games
Abbey Caldwell	Athletics	Team Cross Country Relay - Mixed	World Cross Country Championships
Abigail Paduch	Judo	+78kg - Women	Commonwealth Games
Amy Lawton	Hockey	Team - Women	FIH World Cup
Anabelle Smith	Diving	3m Springboard Synchro - Women	World Championships
Caitlin Parker	Boxing	75kg - Women	Commonwealth Games
Domonic Bedgood	Diving	10m Platform Synchro - Men	Commonwealth Games
Eliza Gaffney/Paige Barr	Rowing	Four - Women	World Championships Under 23
Emily Whitehead	Gymnastics - Artistic	Floor Exercise - Women	Commonwealth Games
Graeme Frislie/Lucas Plapp	Cycling - Track	Team Pursuit (4km) - Men	Commonwealth Games
Harrison Cassar	Judo	90kg - Men	Commonwealth Games
Heath Davidson	Wheelchair Tennis	Quad Doubles - Open	Wimbledon
Heath Davidson	Wheelchair Tennis	Quad Singles - Open	Wimbledon
Jake Bensted	Judo	73kg - Men	Commonwealth Games
Jeremy Peacock	Para-Triathlon	PTS4 - Men	World Championships
Jian Lay/Yangzi Liu	Table Tennis	Team - Women	Commonwealth Games
Joshua Katz	Judo	60kg - Men	Commonwealth Games
Katharina Haecker	Judo	63kg - Women	Commonwealth Games
Laetisha Scanlan/ Catherine Skinner/Penny Smith	Shooting	Trap - Team - Women	World Championships
Laetisha Scanlan/James Willett	Shooting	Trap - Team (Mixed) - Mixed	World Championships
Leon Sejanovic	Taekwondo	Lightweight 68-74kg - Men	World Championships
Liam Park	Judo	+100kg - Men	Commonwealth Games
Lin Ma	Para Table Tennis	Singles Class 9 - Men	World Championships
Lucas Plapp	Cycling - Road	Team time trial - Mixed	World Championships
Lucy Davison/Olivia Roche	Diving	3m Springboard Synchro - Girls (14-18 Years Old)	World Junior Championships
Lucy Stephan/Katrina Werry	Rowing	Four - Women	World Championships
Nathan Katz	Judo	66kg - Men	Commonwealth Games
Nathan Pellissier/Lina Lei	Para Table Tennis	Doubles Class 17 - Mixed	World Championships
Paige Gillam	Diving	3m Springboard - Girls (14-15 Years Old)	World Junior Championships
Rohan Lavery/Nick Lavery/ Benjamin Canham/ Angus Widdicombe	Rowing	Eight - Men	World Championships
Sam Williamson	Swimming	100m Breaststroke - Men	Commonwealth Games
Tiana Boras	Athletics	Triple Jump - Women	World Junior Championships
Uros Nikolic	Judo	81kg - Men	Commonwealth Games
Yangzi Liu	Table Tennis	Singles - Women	Commonwealth Games

WORLD CHAMPIONSHIPS

39 PODIUM LEVEL RESULTS ACHIEVED BY A VIS ATHLETE

10 CHAMPIONSHIP TITLES WON BY 7 VIS ATHLETES

38 VIS ATHLETES FINISHED IN A PODIUM POSITION

VIS SPORTS

AERIAL SKIING

The aerial skiing program is run in partnership with the Olympic Winter Institute of Australia and Snow Australia. The program's long-term aim is to identify, recruit and develop athletes with an acrobatic background, into World Cup and Olympic level aerial skiers. Continuing its strong tradition as being one of Australia's leading talent transfer programs, the VIS aerial skiing program is proud of the strong and consistent results athletes produced on the world stage in 2022-23.

KEY ACHIEVEMENTS

FIS World Cup Opening - Ruka, Finland

- Danielle Scott – 1st Women's Aerials

FIS World Cup Le Relais #2 - Le Relais, Canada

- Laura Peel – 1st Women's Aerials

FIS World Cup - Deer Valley, USA

- Danielle Scott – 1st Women's Aerials

FIS Aerials Junior Ski World Championships- Obertauern, Austria

- Miriana Perkins - 4th Women's Aerials

Miriana Perkins, Reilly Flanagan & Sidney Stephens - 6th Team

- Sidney Stephens – 7th Women's Aerials

19th Freestyle World Ski Championships- Bakurani, Georgia

- Danielle Scott - 2nd Women's Aerials
- Laura Peel – 7th Women's Aerials

FIS Ski World Cup - Engadin, Switzerland

- Danielle Scott – 1st Women's Aerials
- Laura Peel- 2nd Women's Aerials

FIS Ski World Cup- Almaty, Kazakhstan

- Laura Peel – 1st Women's Aerials
- Danielle Scott - 2nd Women's Aerials

Aerials Crystal Globe

- Danielle Scott – Overall Winner Women's Aerials

Australian Team Representation

Airleigh Frigo
Laura Peel
Danielle Scott

Snow Australia Awards

Danielle Scott - Athlete of the Year - Female (Olympic Disciplines)

PROGRAM STAFF

Dr Harry Brennan

General Manager High Performance

Nicole Tumblety

Performance Coordinator

COACHES

Evgheniiv Brailovsky

Aerial Skiing Assistant Coach (OWIA) (from November 2022)

Dmitri Daschinski

Aerial Skiing Head Coach (OWIA) (from August 2022)

Leigh Delahoy

Development Ski Coach

Tim Gale

Development Ski Coach

Liz Gardner

Aerial Skiing Development Program Manager (OWIA)

Ryan Hatfield

Talent Transfer Coordinator (until February 2023) & Acrobatics Coach (OWIA)

Dave Morris

World Cup Team Lead Technical Coach (OWIA) (until May 2023)

Renee McElduff

Aerial Skiing Technical Jump Coach & Camp Coordinator (OWIA)

SERVICE PROVIDERS

Dr Peter Braun

Chief Medical Officer (OWIA)

Peter Cain

Medical Services & Rehabilitation Manager (OWIA)

Eliza Graham

Physiotherapist and Rehabilitation (OWIA)

Rebecca Hall

Sports Dietitian (OWIA) (until June 2023)

Steve Hawkins

Sports & Exercise Physiotherapist Manager, Physiotherapy and STT

Farhan Juhari

Physical Preparation Coach

Barbara Meyer

Sport Psychology Consultant (OWIA)

Regan Molyneaux

Aerial Skiing Talent Transfer Coordinator (OWIA) (from January 2023)

Will Morgan

National Physical Preparation Lead

Rachel Stentiford

Sports Dietitian

Sarah Thompson

Performance Lifestyle Adviser

Dr Susan White

CMO/Director Performance Health Services

ATHLETES

Gabi Ash

Elise Coleiro

Amber Downes

Brigitta Evans

Reilly Flanagan

Sian Francis

Airleigh Frigo

Danielle Latter

Wesley Naylor

Laura Peel

Miriana Perkins

Danielle Scott

Sidney Stephens

Annalise Tighe

Sophie Treloar

Akayla Quinton

Abbey Willcox

TRAINING VENUES

VIS Gymnasium

Ski Training and Aerial Skiing, Mt Buller, Victoria

Geoff Henke Olympic Winter Training Centre - Brisbane, Queensland

Various overseas winter resorts

SPONSORS

Karbon

Mt Buller Resort

XTM

PARTNERS

Olympic Winter Institute of Australia
Snow Australia

“ This year has seen our program continue to build in both quality and breadth as we embrace post COVID-19 opportunities. It has been another huge year of transition within our core team, this has enabled us to explore new opportunities and grow as a program. Our team had some huge milestones in the past 12 months with three development athletes progressing through to snow jumping and accelerating straight into international competitions, with a highlight of competing at Junior Worlds and Miriana Perkins narrowly missing the podium. Our focus as always has remained on building strong foundations with our athletes and giving them opportunities to grow into high performing people and athletes. We are really excited for the year to come to continue to strengthen the depth of our team and build a happy, healthy and high-performing team.”

—Liz Gardner, Aerial Skiing Development Program Lead (OWIA)

PHOTO: DANIELLE SCOTT
CREDIT: DAVID MORRIS

RECURVE



PHOTO: LAURA PAEGLIS

VIS SPORTS ARCHERY

The VIS archery program aims to create an optimal 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 Archery Australia, VIS archers are provided with elite coaching and support services to achieve this.

KEY ACHIEVEMENTS

2022 Australian National Championships - Brisbane, Australia

- Laura Paeglis, Jai Crawley, Markus Kuhrau – 1st Teams Event

2023 Australian Selections Trials – Canberra, Australia

- Jai Crawley – 1st Overall (Men's)
- Laura Paeglis – 1st Overall (Women's)

2023 Archery World Cup 1 – Antalya, Turkey

- Australian team representation:
- Jai Crawley – Individual Recurve and Men's Team Recurve

2023 Archery World Cup 2 – Shanghai, China

- Australian team representation:
- Madeline Boyle – Women's Team Recurve
 - Jai Crawley – Individual Recurve and Men's Team Recurve
 - Laura Paeglis – Individual Recurve, Women's Team Recurve and Mixed Team Recurve

Archery Australia National Recurve Program Athletes

- Madeline Boyle
- Jai Crawley
- Astin Darcy
- Imogen Grzowski
- Markus Kuhrau
- Laura Paeglis

PROGRAM STAFF

Rebekah Webster
General Manager High Performance

Adam Hosking
Archery Program Manager

Matthew Thompson
Performance Coordinator

COACHES

Alice Ingley
VIS Archery Coach (from February 2023)

SERVICE PROVIDERS

Dean Cooper
Performance Psychologist

Jacqueline Gurr
Sports & Exercise Physiotherapist

Sarina Lococo
Sports Dietitian

Dr Alice McNamara
Sports Physician Registrar

Pippa Temperley
Performance Lifestyle Adviser

Jarrod Vos
Physical Preparation Coach

ATHLETES

Madeline Boyle
Jai Crawley
Astin Darcy
Imogen Grzowski
Markus Kuhrau
Laura Paeglis
Zachary Tonizzo
Melissa Toyne

TRAINING VENUES

Albert Park Tennis & Hockey Centre
Cricket Victoria
Lakeside Stadium
VIS Gymnasium

PARTNERS

Archery Australia

It has been really exciting to be part of the establishment of the VIS archery program. We have an amazing and dedicated group of support staff working with the athletes and I am really excited to see the development and progression of the athletes over the next few years.

—Adam Hosking, VIS Archery Program Manager

VIS SPORTS ATHLETICS

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

The Athletics Performance Adviser and Athletics Performance Pathway Coordinator work 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

2022 Athletics World Championships - Eugene, USA

- Peter Bol – 7th Men's 800m
- Jemima Montag – 4th Women's 20km Race Walk

Australian team representation:

- Rhydian Cowley
- Linden Hall
- Rebecca Henderson
- Chris Mitrevski
- Jack Rayner
- Kyle Swan
- Declan Tingay

2022 Commonwealth Games - Birmingham, England

- Catriona Bisset – 5th Women's 800m
- Peter Bol – 2nd Men's 800m
- Brooke Buschkuehl – 2nd Women's Long Jump
- Abbey Caldwell – 3rd Women's 1500m
- Rhydian Cowley – 8th Men's 10km Race Walk
- Sinead Diver – 5th Women's Marathon
- Linden Hall – 4th Women's 1500m
- Rebecca Henderson – 4th Women's 10km Race Walk
- Christopher Mitrevski – 9th Men's Long Jump
- Jemima Montag – 1st 10km Women's Race Walk
- Celeste Mucci – 4th Women's 4x100m Relay, 7th Women's 100m Hurdles
- Jack Rayner – 8th Men's 5000m
- Kyle Swan – 6th 10km Men's Race Walk
- Declan Tingay – 2nd 10km Men's Race Walk

2022-23 Diamond League Meet Results

- Catriona Bisset – 3rd Women's 800m Stockholm, Sweden
- Catriona Bisset – 2nd Women's 800m Rabat, Morocco
- Peter Bol – 2nd Men's 800m Paris, France
- Linden Hall – 1st Women's 1500m Stockholm, Sweden

2022 Australian 35km Race Walk Championships - Melbourne, Australia

- Rhydian Cowley – 1st Men's 35km Race Walk
- Rebecca Henderson – 1st Women's 35km Race Walk

2022 Australian 10km Championships – Melbourne, Australia

- Jack Rayner – 1st Men's 10,000m

2023 Australian 20km Race Walk Championship - Melbourne, Australia

- Jemima Montag – 1st Women's 20km Open Race Walk

2023 World Athletics Cross Country Championships - Bathurst, Australia

- Abbey Caldwell – 3rd Mixed Relay

2023 Australian Track & Field Championships – Brisbane, Australia

- Joel Baden – 1st Men's High Jump
- Catriona Bisset – 1st Women's 800m
- Brooke Buschkuehl – 1st Women's Long Jump
- Claudia Hollingsworth – 1st Women's 800m Under 20, 1st Women's 1500m Under 20
- Reece Langdon – 1st Men's 1500m PA Ambulant, 4th Men's 5000m Final B
- Declan Tingay – 1st Men's 10,000m Race Walk

World Record

- Reece Langdon – 14:47.56 in the 5000m T38 (1.4.23)

2022 Athletics Australia Awards

- Tiana Boras – Female Junior Athlete of the Year

PROGRAM STAFF

Bill Tait

General Manager High Performance

Natalie Cross

Performance Coordinator (until November 2022)

Nicky Frey

Athletics Performance Adviser

Ben King

Athletics Performance Pathway Coordinator

Alice Neill

Performance Coordinator (from January 2023)

SERVICE PROVIDERS

Aaron Balloch

Performance Scientist – Biomechanics (from January 2023)

Collis Birmingham

VIS/AA National Generation 2032 Coach (Pathways)

Dean Cooper

Performance Psychologist (from January 2023)

Laura Cosgrove

Performance Psychologist (Parental Leave from December 2023)

Kevin Craigie

Sports & Exercise Physiotherapist

Cory Innes

Lead Physical Preparation Coach

Alison Low

Specialist Sports & Exercise Physiotherapist

Stephanie Mundy

Physical Preparation Coach

Jessica Rothwell

Sports Dietitian

Avish Sharma

Performance Scientist – Physiology

Dr Patrick Sunderland

Sports Physician

Danielle Trowell

Performance Scientist – Biomechanics (until December 2022)

Sam Waters

Performance Lifestyle Adviser

ATHLETES

Joel Baden

Hana Basic

Catriona Bisset

Peter Bol

Tiana Boras

Michal Burian

Brooke Buschkul

Abbey Caldwell

Declan Carman

Jaryd Clifford

Rhydian Cowley

Sinead Diver

Georgia Griffith

Mia Gross

Linden Hall

Rebecca Henderson

Guy Henly

Claudia Hollingsworth

Nicholas Hum

Anthony Jordan

Elyssia Kenshole

Reece Langdon

Tim Logan

Jack Lunn

Sam McIntosh

Mackenzie Mielczarek

Kathryn Mitchell

Chris Mitrevski

Jemima Montag

Celeste Mucci

Bendere Oboya

Ellie Pashley

Alanna Peart

Jake Penny

Jack Rayner

Sam Rizzo

Keely Small

Adam Spencer

Maria Strong

Kyle Swan

Will Thompson

Declan Tingay

Lisa Weightman

TRAINING VENUES

Lakeside Stadium

VIS Gymnasium

PARTNERS

Athletics Australia

Athletics Victoria

PHOTO: BROOKE BUSCHKUEHL
CREDIT: GETTY IMAGES

US THE ATHLETICS

The 22/23 athletics program was a busy one. On the international scene, many of our VIS athletes had back-to-back Championships with World Championships and Commonwealth Games within just a few weeks of each other. Closer to home, the summer domestic season saw Melbourne hold the inaugural Maurie Plant Meet hosting several international athletes alongside our VIS athletes and interstate colleagues. VIS opened its doors to provide competing athletes with pre competition gym access and athlete lounge, nutritional support and physio servicing throughout the event. The season culminated in the National Track and Field Championships and the final opportunity to gain valuable world ranking points on Australian soil.

—Nicky Frey, VIS Athletics Performance Adviser

In 2022-23 the VIS and CombatAUS joined a partnership to support boxing, judo and taekwondo athletes under one program. In addition to supporting full-time athletes from CombatAUS' National Performance Centre, the VIS also supports categorised athletes within their National Sporting Organisations pathways program. The VIS is proud to support athletes on their high-performance journey in conjunction with CombatAUS, Judo Australia, Boxing Australia and Australian Taekwondo.

KEY ACHIEVEMENTS

BOXING

Commonwealth Games 2022 - Birmingham, England

- Caitlin Parker
– 3rd Women's 75kg

Australian team representation:
• Kristy Harris

Elite Australian National Championships 2022 - Adelaide, Australia

- Caitlin Parker
– 1st Women's 75kg

IBA Womens World Boxing Championships 2023 - New Delhi, India

- Caitlin Parker
– 2nd Elite Women 70-75kg

Australian team representation:
• Jessica Bagley
• Marissa Williamson

JUDO

Commonwealth Games 2022 - Birmingham, England

- Jake Bensted
– 3rd Men's -73 kg
- Aoife Coughlan
– 1st Women's -70 kg
- Tinka Easton
– 1st Women's -52 kg
- Harrison Cassar
– 3rd Men's -90kg
- Katharina Haecker
– 3rd Women's -63 kg
- Joshua Katz
– 3rd Men's -60 kg
- Nathan Katz
– 3rd Men's -66 kg
- Uros Nikolic
– 3rd Men's -81 kg
- Abigail Paduch
– 3rd Women's +78kg
- Liam Park
– 3rd Men's +100kg

2022 Senior World Championships - Tashkent, Uzbekistan

Australian team representation:
• Harrison Cassar
• Aoife Coughlan
• Katharina Haecker

2022 Oceania Open - Perth, Australia

Australian team representation:

- Jake Bensted
- Harrison Cassar
- Aoife Coughlan
- Maeve Coughlan
- Anneliese Fiedler
- Katharina Haecker
- Rihari Iki
- Nathan Katz
- Abigail Paduch
- Liam Park
- Uros Nikolic

World Judo Championships 2023 Individuals - Doha, Qatar

Australian team representation:

- Aoife Coughlan
- Tinka Easton
- Katharina Haecker
- Nathan Katz

TAEKWONDO

2022 Oceania Taekwondo Championships (-G4) - Tahiti, French Polynesia

Australian team representation:

- Tom Afonczenko
- Bailey Lewis
- Stacey Hymer
- Rebecca Murray
- Reba Stewart
- Leon Sejanovic
- Saffron Tambyrajah
- Tyrone Staben
- Liam Sweeney

2022 World Taekwondo Championships - Cancun, Mexico

Australian team representation:

- Tom Afonczenko
- Tamsin Christoffel
- Stacey Hymer
- Bailey Lewis
- Leon Sejanovic
- Reba Stewart
- Saffron Tambyrajah

2023 World Taekwondo Championships- Baku, Azerbaijan

Australian team representation:

- Leon Sejanovic- 3rd, -80kg
- Tom Afonczenko
- Jake Buhagiar
- Bailey Lewis
- Stacey Hymer
- Rebecca Murray
- Reba Stewart
- Liam Sweeney
- Matthew Summerfield
- Saffron Tambyrajah

2023 Australian National Championships - Gold Coast, Australia

- Jake Bensted - 1st -73kg Seniors
- Aoife Coughlan - 1st -70kg Seniors
- Maeve Coughlan - 1st -63kg Seniors
- Anneliese Fielder - 1st -52kg Juniors; 1st -52kg Seniors
- Rihari Iki - 1st -81kg Seniors
- Saya Middleton - 1st -70kg Juniors
- Liam Park - 1st +100kg Seniors
- Ryley Rametta - 1st -63kg Juniors
- Maria Swan - 1st -78kg Seniors

PROGRAM STAFF

Dr Harry Brennan
General Manager High Performance

Nicole Tumblety
Performance Coordinator

COACHES

Ryan Carneli
National Taekwondo Program Coach (CombatAUS)

Seokhun Lee
National Taekwondo Technical Lead (CombatAUS)

Alex Haecker
National Judo Program Coach (CombatAUS)

Daniel Kelly
National Judo Head Coach (CombatAUS)

Maria Pekli
National Judo Technical Lead (CombatAUS)

SERVICE PROVIDERS

Amber Bennet
Physiotherapist

Elaine Bo
Sports Dietitian

Siobhan Crawshaw
Sports Dietitian

Jacqueline Gurr
Sports & Exercise Physiotherapist

Emma Hall
Performance Psychologist

Yosup Kim
Physical Preparation Coach

Dr Alice McNamara
Sports Physician

Dean Ritchie
Physical Preparation Coach

Pippa Temperley
Performance Lifestyle Adviser

ATHLETES

Tom Afonczenko
Will Afonczenko
Jessica Bagley
Jake Bensted
Jake Buhagiar
Harry Cassar
Damon Cavey
Tamsin Christoffel
Aoife Coughlan
Maeve Coughlan
Tinka Easton
Anneliese Fielder
Katharina Haecker
Kristy Harris
Seth Healy
Stacey Hymer
Rihari Iki
Josh Katz
Nathan Katz
Antonia Konstantopoulou
Bailey Lewis
Tyla McDonald
Saya Middleton
Damon Motta
Bianca Motta
Rebecca Murray
Noah Nightingale
Uros Nikolic
Xavier Nikolovski
Abigail Paduch
Liam Park
Caitlin Parker
Katinka Penketh
Ryley Rametta
Leon Sejanovic
Tyrone Staben
Reba Stewart
Matthew Summerfield
Maria Swan
Liam Sweeney
Saffron Tambyrajah
Anastasia Typou
Olena Usenko
Danny Vojnikov
Marissa Williamson-Pohlman

TRAINING VENUES

CombatAUS National Performance Centre (NPC)
VIS Gymnasium

PARTNERS

CombatAUS
Judo Australia
Boxing Australia
Australian Taekwondo

COMBAT SPORTS

It has been an outstanding year for our combat athletes across judo, taekwondo and boxing. To have athletes standing on the podium at World Championships, Commonwealth Games and Grand Prix events is testament to the talent we have and the progress which has happened off the back of establishing a partnership program —Dr Harry Brennan, VIS General Manager High Performance

VIS SPORTS CYCLING

Through the AusCycling National Performance Pathway, the VIS cycling program supports the progression of categorised athletes across multiple disciplines including track (endurance and sprint), BMX (racing and freestyle), Mountain Bike (XCO) racing and road. All programs operate in partnership with AusCycling and AusCycling Victoria to support and assist identified high performance Victorian athletes and coaches to achieve excellence and success at an international level. This year the program welcomed the return of the Podium Potential Academy to the SIS/SAS network.

KEY ACHIEVEMENTS

UCI BMX Racing World Championships- Nantes, France

Australian team representation:

- Bella May

2022 Commonwealth Games - Birmingham, England

- Graeme Frislie – 3rd Men's 4000m Team Pursuit
- Jessica Gallagher – 1st Women's 1000m Time Trial Para-Sport B Tandem, 1st Women's Sprint Para-Sport B Tandem
- Alessia McCaig – 4th Women's Team Sprint
- Lucas Plapp – 3rd Men's 4000m Team Pursuit, 5th Men's Individual Time Trial, 6th Men's Road Race, 6th Men's Points Race, 8th Men's Qualifying 4000m Individual Pursuit
- Alyssa Polites – 1st 4000m Team Pursuit – Women, 18th Women's Scratch Race

Australian team representation:

- Ruby Roseman-Gannon

2022 UCI Para-Cycling Road World Championships - Baie-Comeau, Canada

- Carol Cooke – 2nd T2 Time Trial
- Emily Petricola – 2nd Women's C4 Time Trial

Australian team representation:

- Stuart Tripp

2022 Junior Track World Championships - Tel Aviv, Israel

- Tarun Cook – 6th Men's Junior Team Pursuit
- Sophie Marr – 2nd Women's Junior Team Sprint Final Classification, 4th Women's Junior Omnium, 7th Women's Junior Individual Pursuit

- Dylan Proctor-Parker – 6th Men's Junior Team Pursuit

2022 UCI MTB World Championships / XCC/XCC/XCR/E-MTB/DHI)- Les Gets, France

Australian team representation:

- Riley Corke
- Ruby Dobson
- Cohen Jessen
- Domenic Paolilli
- Jack Ward

2022 UCI Road World Championships - Wollongong, Australia

- Lucas Plapp – 3rd Mixed Team Time Trial

Australian team representation:

- Belinda Bailey
- Jensen Plowright
- Lucinda Stewart

2022 UCI Track World Championships - Saint-Quentin-en-Yvelines, France

- Kelland O'Brien – 4th Team Pursuit

Australian team representation:

- Ruby Roseman-Gannon

2022 UCI Para Track World Championships - Saint-Quentin-en-Yvelines, France

- Jessica Gallager – 2nd Tandem 1000m Time Trial
- Emily Petricola – 1st Omnium C4, 1st Individual Pursuit C4, 1st C4 Scratch Race, 4th 500m Time Trial C4

2022 AusCycling BMX Racing National Championships - Launceston, Australia

- Joshua Jolly – 1st Junior Superclass Men's National Cup, 1st Cruiser 15-16 Boys National Round 6, 1st 16 Boys National Championship, 1st Junior Superclass Men National Championship

- Bella May – 1st Junior Elite Women's, 3rd Superclass Women

2023 AusCycling Elite Madison National Championships

- Graeme Frislie – 1st Elite Men Madison
- Kelland O'Brien – 1st Austral Men Final, 1st Elite Men Madison

2023 Road National Championships – Ballarat, Australia

- Grace Brown – 1st Elite Women Individual Time Trial, 2nd Elite Women Road Race
- Carol Cooke – 1st WT2 Time Trial
- Graeme Frislie – 1st U23 Men Criterium
- Kelland O'Brien – 1st Elite Men Criterium
- Lucas Plapp – 1st Elite Men Road Race
- Erin Rowell – 1st Individual Time Trial
- Lucinda Stewart – 1st U23 Women Criterium

2023 AusCycling Mountain Bike National Championships – Thredbo, Australia

- Ruby Dobson – 1st Junior Women XC Short Course
- Jack Ward – 1st Junior Men XC Short Course
- Track Nations Cup – Jakarta, Indonesia

Australian team representation:

- Blake Agnoletto
- Graeme Frislie

2023 AusCycling Elite, U19 and Para Track National Championships – Brisbane, Australia

- Belinda Bailey – 1st JW19 Team Pursuit Gold Final, 1st JW19 Keirin Final
- Alistair Donohoe – 1st Para Scratch Race Final/7.5km Omnium Final
- Lilyth Jones – 1st JW19 Team Pursuit Gold Final

- Alessia McCaig – 1st Elite Women Keirin classification, 1st Elite Women Time Trial Final (500m)
- Erin Rowell – 1st Para TT Final (500m), 1st Para Pursuit WC5 Gold Final

2023 Oceania Track Championships – Brisbane, Australia

Australian team representation:

- Blake Agnoletto
- Belinda Bailey
- Sharon Boyd
- Tarun Cook
- Graeme Frislie
- Jessica Gallagher
- Sam Gallagher
- Lilyth Jones
- Sophie Marr
- Alessia McCaig
- Erin Rowell
- Ned Pollard
- Lucinda Stewart

2023 Oceania Continental Championships – XCO – Mount Cotton, Australia

Australian team representation:

- Riley Corke
- Ruby Dobson
- Cohen Jessen
- Domenic Paolilli
- Jack Ward

2023 Oceania Road Race Championships – Mount Crosby, Australia

Australian Team representation:

- Blake Agnoletto
- Belinda Bailey
- Graeme Frislie
- Cohen Jessen
- Sophie Marr
- Dylan Proctor-Parker
- Jordan Villani
- Jack Ward

2023 Oceania BMX Racing Championships – Rotorua, New Zealand

Australian team representation:

- Josh Jolly
- Bella May

2023 UCI Para-Cycling Road World Cup #1 – Maniago, Italy

- Alistair Donohoe – 3rd Men's C5 Time Trial
- Emily Petricola – 2nd Women's C4 Time Trial

Australian team representation:

- Carol Cooke

2023 UCI Track Nations Cup Milton – Milton, Canada

Australian team representation:

- Blake Agnoletto
- Sophie Marr
- Kelland O'Brien
- Alyssa Polites

Para-Cycling Road World Cup #2 – Ostend, Belgium

- Emily Petricola – 1st Women's C4 Time Trial, 1st Women's C4 Road Race

Australian team representation:

- Carol Cooke
- Alistair Donohoe

2023 UCI Para-Cycling Road World Cup #3 - Huntsville, Alabama, USA

Australian team representation:

- Carol Cooke

National Team Selection (2023 UCI Cycling World Championships)

- Ruby Dobson – MTB XCO Junior Women's
- Cohen Jessen – MTB XCO Junior Men's
- Joshua Jolly – BMX Racing Junior Men's
- Jack Ward – MTB XCO Junior Men's

Awards

- Carol Cooke – 2022 Female Para-Athlete of The Year (Road – AusCycling)
- Joshua Jolly – 2022 Male BMX Junior Cyclist of The Year (AusCycling)
- Emily Petricola – 2022 Female Para-Athlete of The Year (AIS), 2022 Female Para-Athlete of The Year (Track – AusCycling)

PROGRAM STAFF

Dr Harry Brennan

General Manager High Performance

Nicole Tumblety

Performance Coordinator

COACHES

Vanessa Bof

Endurance Coach

Shane Kelly

Sprint Coach

Nick Owen

Para Coach (AusCycling)

SERVICE PROVIDERS

Caroline Anderson

Performance Psychology

Kylie Andrew

Nutrition Manager, Advanced Sports Dietitian (Para)

Alison Low

Specialist Sports & Exercise Physiotherapist

Rachael Lynch

Performance Lifestyle Adviser (from April 2023)

Mitch Gourley

Performance Lifestyle Adviser (until April 2023)

Ana Holt

Lead Performance Scientist - Physiology (Parental leave from June 2023)

Dr Alice McNamara

Sports Physician

Dr Emily Meehan

Sports Dietitian

Thomas Topham

Lead Performance Scientist - Physiology (Parental leave cover from June 2023)

Ben Willey

Physical Preparation Coach

ATHLETES

Blake Agnoletto
Talia Appleton
Belinda Bailey

Sharon Boyd
Neve Bradbury
Grace Brown
Tarun Cook
Carol Cooke
Riley Corke
Henry Dietze
Alistair Donohoe
Ruby Dobson
Harry Doye
Patrick Eddy
Graeme Frislie
Jessica Gallagher
Sam Gallagher
Oscar Gallagher
Sarah Gigante
Jack Haig
Lucas Hamilton
Georgie Howe
Cohen Jessen
Joshua Jolly
Lilyth Jones
Hannah MacDougall
Sophie Marr
Bella May
Alessia McCaig
Kelland O'Brien

Domenic Paolilli
Emily Petricola
Lucas Plapp
Jensen Plowright
Alyssa Polites
Ned Pollard
Dylan Proctor-Parker
Ruby Roseman-Gannon
Erin Rowell
Lucinda Stewart
Stuart Tripp
Jordan Villani
Jack Ward
Cooper Wilson

TRAINING VENUES

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

PARTNERS

AusCycling
AusCycling Victoria



2022-23 has been very exciting with our athletes participating in a number of pathway projects and camps. In April our Para cyclists headed to Europe to compete in two Road World Cups, our endurance athletes headed to Europe with their road teams to compete in a number of tours and one-day races, our mountain bike athletes spent a month in Europe racing junior MTB World Cups and in May our sprinters headed to the USA for sprint racing. All disciplines raced extremely well with many wins, podium placings and PB's!
—Vanessa Bof & Shane Kelly (VIS Program Coaches)

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 five athletes in DA's Dream Squad and six senior athletes in DA's National Squad.

KEY ACHIEVEMENTS

2022 FINA Diving World Championships - Budapest, Hungary

- Domonic Bedggood – 7th Men's 10m Platform Synchro
- Charli Petrov – 7th Women's 10m Platform Synchro
- Georgia Sheehan – 5th Women's 1m Springboard
- Anabelle Smith – 3rd Women's 3m Synchro

2022 Australian Elite Junior Championships - Sydney, Australia

- Jonah Mercieca – 1st Boys B 10m Platform, 1st Boys A/B 10m Platform Synchro
- Olivia Roche – 1st Girls A 3m Springboard, 1st Girls A/B 3m Synchro

2022 Commonwealth Games - Birmingham, England

- Domonic Bedggood – 3rd Men's 10m Platform Synchro, 5th Mixed 3m Synchro, 6th Mixed 10m Platform Synchro
- Charli Petrov – 1st Women's 10m Platform Synchro
- Georgia Sheehan – 5th Women's 1m Springboard, 7th Women's 3m Springboard
- Anabelle Smith – 1st Women's 3m Synchro, 5th Mixed 3m Synchro

2022 FINA World Junior Diving Championships - Montreal, Canada

- Charli Petrov – 1st Women's Platform (14-15 years), 1st Women's Platform Synchro (14-18 years), 5th Mixed Team Event (14-18 years)
- Lucy Dovison – 2nd Women's 3m Springboard (14-15 years), 3rd Women's 3m Synchro (14-18 years), 4th Women's 1m Springboard (14-15 years)

- Paige Gillam – 3rd 3m Women's Springboard (14-15 years), 6th Women's 1m Springboard (14-15 years)
- Olivia Roche – 3rd Women's 3m Synchro (14-18 years)
- Jonah Mercieca – 5th Mixed Team Event (14-18 years), 6th Men's Platform Synchro (14-18 years), 10th Men's Platform (14-15 years)
- Ben Wilson – 10th Men's 3m Synchro (14-18 years)

2023 Australian Open Championships - Perth, Australia

- Domonic Bedggood – 1st Men's 10m Platform Synchro
- Georgia Sheehan – 1st Women's 1m Springboard, 1st Women's 3m Springboard Synchro

2023 World Aquatics High Diving World Cup - Fort Lauderdale, USA

Australian team representation:

- Emily Chinnock

Diving Australia National Squad

- Domonic Bedggood
- Emily Chinnock
- Laura Hingston
- Charli Petrov
- Georgia Sheehan
- Anabelle Smith

Diving Australia 2032 Dream Squad

- Lucy Dovison
- Paige Gillam
- Jonah Mercieca
- Olivia Roche
- Ben Wilson

PROGRAM STAFF

Rebekah Webster
General Manager High Performance

Matthew Thompson
Performance Coordinator

COACHES

Mathew Helm
National Diving Coach - Melbourne (employed by DA)

Harriet Jones
Head Coach

SERVICE PROVIDERS

Caroline Anderson
Performance Psychologist

Andrew Cameron
Sports & Exercise Physiotherapist

Louise Cato
Sports Dietitian

Sarah Thompson
Performance Lifestyle Adviser

Matthew Vassie
Physical Preparation Coach

Dr Susan White
Chief Medical Officer / Director Performance Health Services

ATHLETES

Domonic Bedggood
Lizzie Browne
Emily Chinnock
Lucy Dovison
Paige Gillam
Laura Hingston
Allie Klein
Jonah Mercieca
Charli Petrov
Natalie Phan
Olivia Roche
Georgia Sheehan
Anabelle Smith
Ben Wilson

TRAINING VENUES

Melbourne Sports and Aquatic Centre
Aquanation
VIS Gymnasium

PARTNERS

Diving Australia
Diving Victoria

The athlete performances over the last twelve months have been outstanding. The group had a very successful Commonwealth Games, but I am particularly excited about the future based on the amazing results of the junior athletes at the recent Junior World Championships.
—Harriet Jones, VIS Diving Head Coach

PHOTO: CHARLI PETROV
CREDIT: GETTY IMAGES

MEN'S HOCKEY

|| The support team have been amazing in supporting the athletes over the last period and they continually go above and beyond to provide high quality services and support, which has no doubt contributed to the success the athletes have had over the last 12 months.
—Jay Stacy, VIS Men's Hockey Head Coach



PHOTO: NATHAN EPHRAUMS
CREDIT: GETTY IMAGES

VIS SPORTS MEN'S HOCKEY

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

Four VIS athletes represented Australia during the reporting period, and a further thirteen athletes were members of national squads over the last twelve months.

KEY ACHIEVEMENTS

2022 Commonwealth Games - Birmingham, England

- Johan Durst, Nathan Ephraums, Josh Simmonds - 1st (Gold) Australia

2023 FIH World Cup - Bhubaneswar, India

- Johan Durst, Nathan Ephraums - 4th Australia

2023 FIH Pro League

- Australian team:
- Johan Durst
- Nathan Ephraums
- Craig Marais

Hockey Australia National Senior Squad

- Johan Durst
- Nathan Ephraums
- Craig Marais
- Josh Simmonds

Hockey Australia National Development Squad

- Jonathan Bretherton
- Connor Otterbach
- Jed Snowden
- Damon Steffens
- Trent Symss
- Ben White

Hockey Australia National Junior Squad

- Cooper Burns
- Liam Henderson
- Sam Lowndes
- Nye Roberts

Hockey Australia Futures Squad

- Lachlan Paice
- Oliver Thompson
- Oliver Will

PROGRAM STAFF

Rebekah Webster
General Manager High Performance

Matthew Thompson
Performance Coordinator

COACHES

Jay Stacy
Head Coach

SERVICE PROVIDERS

Leesa Gallard
Performance Lifestyle Manager

Emma Hall
Performance Psychologist

Mathew Harris
Performance Science Assistant Manager - Performance Analysis

Dr Philippa Inge
Sports Physician (maternity leave from April 2023)

Ben King
Physical Preparation Coach

Sarina Lococo
Sports Dietitian

Dr Samantha May
Sports & Exercise Medicine Registrar (maternity leave cover from April 2023)

Katherine Taylor
Physiotherapist

ATHLETES

Jonathan Bretherton
Cooper Burns
Johan Durst
Nathan Ephraums
Liam Henderson
Connor Holland
Sam Lowndes
Craig Marais
Connor Otterbach
Nye Roberts
Lachlan Paice
Joshua Simmonds
Jed Snowden
Damon Steffens
Trent Symss
Oliver Thompson
Ben White
Oliver Will

TRAINING VENUES

State Netball and Hockey Centre
VIS Gymnasium

PARTNERS

Hockey Australia
Hockey Victoria

VIS SPORTS

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 class hockey coaching, strength and conditioning, performance science, performance lifestyle, psychology and medical services along with exposure to high level competition opportunities.

There were three VIS athletes selected for senior national duties in 2022/23 with Olivia Downes and Aisling Utri making their international debuts against India in Adelaide. A further twelve athletes were selected in national squads with many of them expected to push towards national senior squad selection in the coming years.

KEY ACHIEVEMENTS

**2022 FIH World Cup - Spain/
Netherlands**

- Amy Lawton - 3rd (Bronze) Australia

**2022 Commonwealth Games -
Birmingham, England**

- Amy Lawton – 2nd (Silver) Australia

2023 FIH Pro League - Various

- Amy Lawton - 3rd Australia

**Hockey Australia National
Senior Squad**

- Amy Lawton

**Hockey Australia National
Development Squad**

- Laura Barden
- Olivia Downes
- Nicola Hammond
- Carly James
- Josie Lawton
- Sophie Taylor
- Aisling Utri
- Ciara Utri
- Zali Ward

**Hockey Australia National
Junior Squad**

- Gracie Geddis
- Emily Hamilton-Smith
- Charlotte Hodgson
- Bridget Laurance
- Evie Stansby

**Hockey Australia National
Futures Squad**

- Samantha Love
- Aurelienne Pywell

PROGRAM STAFF

Rebekah Webster
General Manager High Performance

Matthew Thompson
Performance Coordinator

COACHES

Stacia Strain
Head Coach

Daniel Mitchell
Assistant Coach

SERVICE PROVIDERS

Leesa Gallard
Performance Lifestyle Manager

Emma Hall
Performance Psychologist

Mathew Harris
Performance Science Assistant
Manager - Performance Analysis

Dr Philippa Inge
Sports Physician (parental leave from
April 2023)

Ben King
Physical Preparation Coach

Sarina Lococo
Sports Dietitian

Dr Samantha May
Sports & Exercise Medicine Registrar
(maternity leave cover from April
2023)

Katherine Taylor
Physiotherapist

ATHLETES

Laura Barden
Olivia Downes
Gracie Geddis
Emily Hamilton-Smith
Nicola Hammond
Charlotte Hodgson
Carly James
Bridget Laurance
Amy Lawton
Josie Lawton
Samantha Love
Aurelienne Pywell
Evie Stansby
Sophie Taylor
Aisling Utri
Ciara Utri
Zali Ward

TRAINING VENUES

State Netball and Hockey Centre
VIS Gymnasium

PARTNERS

Hockey Australia
Hockey Victoria

PHOTO: AMY LAWTON
CREDIT: GETTY IMAGES



It was exciting to see Olivia and Aisling make their Hockeyroos debut against India this year with Aisling scoring on debut. There is a really talented group of junior players in the program currently that will hopefully be pushing for Hockeyroo selection as well over the next 12-24 months.

—Stacia Strain, VIS Women's Hockey Head Coach.

WOMEN'S HOCKEY

NETBALL



PHOTO: KIERA AUSTIN
CREDIT: GETTY IMAGES

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 program works in partnership with Netball Victoria to provide coaching and performance support to the Melbourne Vixens for their Suncorp Super Netball campaign. After a disappointing 2021 season, the Vixens returned to stellar form in 2022, securing the Minor Premiership. The team farewelled Sharelle McMahon as assistant coach and celebrated Di Honey stepping into the full-time role.

The VIS development program works in partnership with Netball Australia and Netball Victoria, to deliver an underpinning program that provides world class coaching, training, and support services to targeted nationally identified underage squad athletes to assist them to improve their competitive performance and reach their full potential on and off the court.

The development squad travelled to New Zealand in January 2023, to play against teams from the top tier New Zealand divisions and exposed the group to other styles of match play whilst providing them the opportunity to develop touring skills and foster independence.

KEY ACHIEVEMENTS

2022 Suncorp Super Netball (SSN) Season

- Melbourne Vixens – 2nd Overall

Commonwealth Games 2022 - Birmingham, England

- Kiera Austin, Kate Moloney, Liz Watson (Captain), Jo Weston – 1st (Gold) Australia
- Mwai Kumwenda – 7th Malawi

2022 Victorian Netball League (VNL)

- Championship League MVP (North East Blaze) – Nyah Allen
- 2022 Championship Team of the Year – Nyah Allen, Emily Andrew, Gabby Coffey, Jordan Cransberg, Sharni Lambden
- 2022 19U Team of the Year – Keeley Burgmann, Charli Nicol, Tara Watson

2022 Victorian Fury Team Selection

- Emily Andrew
- Ruby Barkmeyer
- Maggie Caris
- Gabby Coffey
- Jordan Cransberg
- Sharni Lambden
- Olivia Lewis
- Hannah Mundy
- Rahni Samason
- Di Honey (Coach)

2022 ANC Collingwood Magpies Team Selection

- Nyah Allen
- Ruby Turner (Training Partner)
- Olivia Wilkinson

2022 Australian Netball Championships - Traralgon, Victoria

- Victorian Fury – 2nd Overall
- Collingwood Magpies – 4th Overall
- Hannah Mundy – ANC Tournament MVP

2022 Pacific Aus Sports Netball Series - Brisbane, Australia

- Australian Pathway Team Selection: Lily Graham, Sussu Liai
- Australian Pathway Team – 3rd Overall

2022 Constellation Cup Series - Australia vs New Zealand

- Constellation Cup Series Champions
- Australian Diamonds Team: Kiera Austin, Kate Moloney, Jo Weston, Liz Watson (C)

2022 Australia v England Series - Australia

- Series Champions
- Australian Diamonds Team – Kiera Austin, Kate Moloney, Jo Weston

2022 Fast5 Series – Christchurch, New Zealand

- Fast5 Netball World Series Champions
- Australian Fast5 Team – Hannah Mundy

2023 Quad Series - Cape Town, South Africa

- Quad Series Champions
- Australian Diamonds Team: Kiera Austin, Kate Moloney, Liz Watson (Captain)

2023 Victorian 19/U State Team Selection

- Lily Graham
- Mikaela Minns
- Charli Nicol (Co-Captain)
- Mia van Wyk
- Tara Watson
- Olivia Wilkinson

2023 Australian Pathway Squad Selection

- Lily Graham
- Charli Nicol
- Tara Watson
- Olivia Wilkinson

2023 / 2024 Origin Australian Diamonds Squad

- Kiera Austin
- Kate Moloney
- Liz Watson
- Jo Weston

PROGRAM STAFF

Bill Tait
General Manager High Performance

Natalie Cross
Performance Coordinator (until November 2022)

Alice Neill
Performance Coordinator (from January 2023)

COACHES

Simone McKinnis
Head Coach – VIS/Vixens Netball

Di Honey
Assistant Coach –VIS/Vixens Netball

Elissa Kent
Netball Development Coach

Caitlin Thwaites
Netball Development Coach (until April 2023)

SERVICE PROVIDERS

Kylie Andrew
Nutrition Manager, Advanced Sports Dietitian

Emily Athanasiou
Soft Tissue Therapist (Vixens)

Peter Browne
Performance Scientist – Performance Analysis & Skill Acquisition

Lyndsay Clarke
Lead Physical Preparation Coach (Development Program)

Kim Gray
Performance Lifestyle Adviser

Steve Hawkins
Physiotherapy / SST Manager

Emma Iacovou
Physiotherapist (Vixens)

Michael Inglis
Performance Psychologist (Vixens)

Sharna Lamb
Soft Tissue Therapist (Vixens)

Amber Ross
Performance Psychologist (Development Program)

Dr. Samantha May
Sports Physician (Vixens)

Dr. Susan White
VIS Chief Medical Officer

Dave Veli
Lead Physical Preparation Coach (Vixens)

ATHLETES

Nyah Allen
Emily Andrew
Kiera Austin
Ruby Barkmeyer
Keeley Burgmann
Kim Borger
Maggie Caris
Gabrielle Coffey
Jordan Cransberg
Kate Eddy
Mwai Kumwenda
Sharni Lambden
Olivia Lewis
Sussu Liai
Emily Mannix
Mikaela Minns
Kate Moloney
Charlotte Morey
Hannah Mundy
Charli Nicol
Rahni Samason
Mia van Wyk
Ruby Turner
Zara Walters
Liz Watson
Tara Watson
Jo Weston
Olivia Wilkinson

TRAINING VENUES

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

PARTNERS

Netball Australia
Netball Victoria

VIS SPORTS

SAILING

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

VIS athletes compete across most 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 VIS program continues to adapt and expand with the introduction of new Olympic Sailing classes, building numbers and participation rates in these classes.

KEY ACHIEVEMENTS

2022 Sailing Youth World Championships - The Hague, Netherlands

Australian team representation:

- Jack Eickmeyer

2022 49erFX World Championships - Nova Scotia, Canada

Australian team representation:

- Laura Harding
- Tess Lloyd

49erFX, Junior World Championships - Lake Como, Italy

Australian team representation:

- Jack Marquardt
- Lily Richardson
- Matilda Richardson

PROGRAM STAFF

Bill Tait
General Manager High Performance

Natalie Cross
Performance Coordinator (until November 2022)

Alice Neill
Performance Coordinator (from January 2023)

COACHES & SERVICE PROVIDERS

Carrie Smith
Head Coach

Josh Ferguson
Sports & Exercise Physiotherapist

Kim Gray
Performance Lifestyle Adviser

Dr Phillipa Inge
Sports Physician

Michael Inglis
Performance Psychologist

Sarina Lococo
Sports Dietitian

Ben Willey
Physical Preparation Coach

ATHLETES

Harrison Chapman
Anna Cripsey
Philip Cripsey
Tana Deyell
Jack Eickmeyer
Chloe Fisher
Lachlan Grogan
Laura Harding
Casey Imeneo
James Jackson
Sophie Jackson
Tess Lloyd
Jack Marquardt
Zac Pullen
Lily Richardson
Matilda Richardson
Laura Thomson
Lachlan Weber
Charlotte Wormald

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

PHOTO: SOPHIE JACKSON



VIS SPORTS

SHOOTING

The VIS plays a crucial role in the development and delivery of Shooting Australia's high performance program and their National Centre of Excellence program across both the shotgun and pistol disciplines.

Through the partnership between VIS and Shooting Australia (SA), the engagement of the performance support team has provided a significant contribution to the development and preparation of athletes for benchmark ISSF World Championships events. The program supports SA's national coaches to develop, implement and evaluate their individual performance plans for targeted categorised athletes across shotgun and pistol disciplines.

The active involvement of the VIS performance staff in the Olympic preparation is already well advanced and a number of staff will play key roles up to and at the Games to enhance the opportunity for success.

KEY ACHIEVEMENTS

2022 ISSF World Shooting Championships Rifle/Pistol – Cairo, Egypt

Australian team representation:

- Elise Collier
- Michael Davis
- Sergei Evglevski
- Elena Galiabovitch

2022 ISSF World Championships Shotgun - Osijek, Croatia

- Laetisha Scanlan, Catherine Skinner, Penny Smith – 3rd Trap Team Women
- Laetisha Scanlan, James Willett – 3rd Trap Mixed Team
- Catherine Skinner – 4th Trap Women

Australian team representation:

- Nathan Argiro
- Aislin Jones

2022 ISSF World Cup – Changwon, Korea

- Michael Davis – 3rd 50m Rifle 3 Positions Team Men
- Catherine Skinner – 2nd Trap Mixed Teams
- Penny Smith – 2nd Trap Women
- Penny Smith, James Willett – 1st Trap Mixed Teams

2023 ISSF World Cup – Baku, Azerbaijan

- Michael Davis – 2nd 10m Air Rifle Team Men
- Laetisha Scanlan – 3rd Trap Women
- Laetisha Scanlan, Catherine Skinner – 2nd Trap Team Women
- Laetisha Scanlan and James Willett – 1st Trap Mixed Teams

2023 ISSF World Cup – Jakarta, Indonesia

- Sergei Evglevski – 2nd Men's 25m Rapid Fire Pistol

2023 ISSF World Cup – Almaty, Kazakstan

- Catherine Skinner – 3rd Trap Women
- James Willett – 2nd Trap Men

2023 ISSF World Cup – Doha, Qatar

- Penny Smith – 1st Trap Women

2023 ISSF World Cup – Cairo, Egypt

- James Willett – 3rd Trap Men

2023 ISSF World Cup – Larnaca, Cyprus

- Penny Smith – 3rd Trap Women

2023 World Rankings

- Penny Smith – 1st Trap Women

2023 ISSF Trap Championships, National ISSF Trap Carnival – Perth, Australia

- Laetisha Scanlan – 1st Trap Women
- James Willett – 1st Trap Men

PROGRAM STAFF

Bill Tait
General Manager High Performance

Natalie Cross
Performance Coordinator (until November 2022)

Alice Neill
Performance Coordinator (from January 2023)

Kathryn Periac
Shooting Australia Performance Manager (employed by Shooting Australia)

COACHES

Vladimir Galiabovitch
National Pistol Coach (Shooting Australia)

Richard Sammon
National Shotgun Coach (Shooting Australia)

SERVICE PROVIDERS

Elaine Bo
Sports Dietitian

Lyndsay Clarke
Physical Preparation Coach

Daniel Dymond
Performance Psychology Manager

Josh Ferguson
Sports & Exercise Physiotherapist

Mitch Gourley
Performance Lifestyle Adviser (until May 2023)

Rachael Lynch
Performance Lifestyle Adviser (from May 2023)

Dr Patrick Sunderland
Sports Physician

ATHLETES

Nathan Argiro
Breanna Collins
Kiara Dean
Sergei Evglevski
Elena Galiabovitch
Mitchell Iles
Aislin Jones
Laetisha Scanlan
Catherine Skinner
Penny Smith
James Willett

TRAINING VENUES

VIS Gymnasium
Various shooting ranges throughout Victoria

PARTNERS

Shooting Australia

SWIMMING

VIS SPORTS SWIMMING

With the support of Swimming Australia and Swimming Victoria, the VIS swimming program supports both able bodied and Para athletes. The VIS works collaboratively with coaches to provide a supportive and high-performance environment to prepare athletes for national and international success. The VIS is proud to have a motivated and invested performance support team supporting these athletes on their high performance journey.

KEY ACHIEVEMENTS

2022 Commonwealth Games - Birmingham, England

- Col Pearce - 1st Men's 100m Butterfly S10
- Ashleigh McConnell - 4th Women's 100m Freestyle S9
- Sam Williamson - 1st Mixed 4 x 100m Medley Relay, 3rd Men's 100m Breaststroke, 2nd Men's 4 x 100m Medley Relay, 2nd Men's 50m Breaststroke

2022 World Para Swimming Championships - Madeira, Portugal

- Col Pearce - 2nd Men's 200m Individual Medley SM10, 2nd 100m Butterfly S10 (Oceania Record), 5th Men's 100m Backstroke S10

Australian Short Course Championships - Sydney, Australia

- Elliot Rogerson - 1st Men's 100m SC Breaststroke
- Sam Williamson - 1st Men's 50m SC Breaststroke, 1st Men's 200m SC Breaststroke

2023 World Para-Series (Australia) - Melbourne, Australia

- Ahmed Kelly - 6th 50m Breaststroke MC WPS
- Col Pearce - 3rd 400m Freestyle MC WPS, 6th 50m Butterfly MC WPS

2023 Australian Age & MC Age Championships - Gold Coast, Australia

- Isabella Boyd - 1st Girls 13-17 4x50m LC Freestyle Relay State Relay, 1st Girls 17 Years 200m LC IM, 1st Girls 17 Years 50m LC Butterfly, 1st Girls 17 Year Olds 100m LC Butterfly
- Evan Chee - 1st Boys 18 Year Olds 200m LC Individual Medley

2023 Australian Swimming Championships - Gold Coast, Australia

- Ahmed Kelly - 1st Mixed 12 & Over 150m LC Individual Medley Multi-Class
- Evan Chee - 1st 4x200m Men's Freestyle Relay
- Elliot Rogerson - 1st 4x200m Men's Freestyle Relay
- William Petric - 1st 4x200m Men's Freestyle Relay
- Sam Williamson - 1st Men's Open 50m LC Breaststroke

2023 Australian Trials - Melbourne, Australia

- Ahmed Kelly - 1st 150m Individual Medley Multi-class
- Samuel Williamson - 1st 50m Breaststroke

2023 National Team Selection - Para World Championships

- Ahmed Kelly
- Col Pearce

2023 National Junior Team Selection

- Isabella Boyd

2023 National Team Selection

- Samuel Williamson

PROGRAM STAFF

Dr Harry Brennan
General Manager High Performance

Nicole Tumblety
Performance Coordinator

SERVICE PROVIDERS

Dr Victoria Brackley
Performance Scientist - Biomechanics

Andrew Cameron
Sports & Exercise Physiotherapist

Louise Cato
Sports Dietitian (from September 2023)

Chris Fonda
Sports Dietitian (until September 2023)

Samantha McLeod
Performance Psychologist
(from January 2023)

Dr Alice McNamara
Sports Physician

Lachlan Mitchell
Performance Scientist - Physiology

Jono Wallace-Smith
Physical Preparation Coach

Sam Waters
Performance Lifestyle Adviser

ATHLETES

Isabella Boyd
Evan Chee
Tamsin Cook
Zoe Deacon
Jaime-Lee Getson
Ruby Halliday
Ahmed Kelly
Tara Kinder
Ashleigh McConnell
Col Pearce
Will Petric
Elliot Rogerson
Sam Williamson
Kayla Wilson

TRAINING VENUES

VIS Gymnasium
Melbourne Vicentre Swimming Club
Nunawading Swimming Club
Traralgon Swimming Club
Yarra Plenty Waves Club

PARTNERS

Swimming Australia
Swimming Victoria

It was great to see Sam Williamson break through and medal at the Commonwealth Games and for Col Pearce to back up at the Games after medalling at the Para World Championships was sensational."
—Dr Harry Brennan, General Manager High Performance

PHOTO: SAM WILLIAMSON
CREDIT: GETTY IMAGES

VIS SPORTS

TRIATHLON

The National Talent Transfer Program (NTTP) is a new program within the Triathlon Australia High Performance framework, facilitated by the VIS. The VIS Triathlon Transfer program was launched in 2022 and the concept identifies, recruits and develops talented single sport and multi discipline athletes into elite level triathletes. Athletes are provided with up to two years scholarship support through the VIS with full access to coaches and service providers to fast track their journey into the sport. After the conclusion of the two-year period athletes are transitioned into one of the Triathlon Australia Performance Programs currently located in NSW and QLD.

The NTT program works closely with our program partners, state network coaches, national program coaches and performance services staff to provide high quality support to these athletes within the high-performance pathway.

In January 2023 we welcomed our first athlete intake with five athletes announced from a range of sporting backgrounds. The athletes compete across junior, U23 and elite competition with a focus on providing a strong domestic training base, while exposing athletes to high quality national and international training and competition opportunities.

KEY ACHIEVEMENTS

2022 World Junior Triathlon Sprint & Relay Championships – Montreal, Canada

- Chloe Bateup – 3rd Junior Women

2022 World Triathlon Para Cup – A Coruna, Spain

- Jack Howell – 3rd PTS5 Men

2022 World Triathlon Cup – Bergen, Norway

- Australian team representation:
- Emma Jeffcoat
 - Callum McClusky

2022 World Triathlon Cup – Pontevedra, Spain

- Australian team representation:
- Callum McClusky

2022 World Triathlon Para Series – Montreal, Canada

- Jeremy Peacock – 1st PTS3 Men

2023 World Triathlon Cup – New Plymouth, New Zealand

- Australian team representation:
- Emma Jeffcoat

2023 World Triathlon Para Series – Devonport, Australia

- Justin Godfrey – 1st Men's PTS3
- Jack Howell – 2nd Men's PTS5
- Jeremy Peacock – 1st Men's PTS4

2023 World Triathlon Championship Series - Yokohama, Japan

- Jack Howell – 2nd Men's PTS4,

Australian team representation:

- Justin Godfrey

PROGRAM STAFF

Bill Tait
General Manager High Performance

Natalie Cross
Performance Coordinator (until November 2022)

Jarrold Evans
Triathlon Talent Transfer Head Coach

Alice Neill
Performance Coordinator (from January 2023)

SERVICE PROVIDERS

Amber Bennett
Physiotherapist

Ana Holt
Performance Scientist – Physiology

Stephanie Moorhouse
Performance Lifestyle Adviser

Amber Ross
Performance Psychologist

Rachel Stentiford
Sports Dietitian

Matthew Vassie
Physical Preparation Coach

Dr. Susan White
Director Performance Health Services/
Chief Medical Officer

ATHLETES

Chloe Bateup
Zoe Clarke
Chris Deegan
Justin Godfrey
Jack Howell
Emma Jeffcoat
Harvey Lanigan
Callum McClusky
Jeremy Peacock
Liam Twomey
Isla Watson

TRAINING VENUES

VIS Gymnasium

PARTNERS

Triathlon Australia
Triathlon Victoria
Paralympics Australia



The National Talent Transfer Program initiative commenced on June 1st 2022. The second half of 2022 was used to frame out the infrastructure and direction of the program and align the program's key support staff with the goals and targets from both a Victorian Institute of Sport perspective but also the national directive through Triathlon Australia. January 2023 saw the first intake of athletes for the new program."

—Jarrod Evans, Triathlon Talent Transfer Head Coach.

PHOTO: JACK HOWELL
CREDIT: WORLD TRIATHLON

VIS SPORTS

WHEELCHAIR BASKETBALL

The VIS wheelchair basketball program operates in partnership with Basketball Australia (BA) and Basketball Victoria (BV) to deliver the high-performance program for wheelchair basketball in Victoria.

The program's aim is to maximise the development of elite Victorian wheelchair basketball athletes to achieve national and international success in line with the national program direction and targets. Athletes are provided a world class daily training environment through facility access and support services as they pursue their goals.

KEY ACHIEVEMENTS

2022 Asia Oceania Championships - Phuket, Thailand

Australian Women's Gliders - 1st (Gold)
• Laura Davoli
• Isabel Martin

2022 Women's National Wheelchair Basketball League - Australia

• Laura Davoli - 1st Perth Wheelcats

2022 U23 Men's IWBF World Championships - Phuket, Thailand

Australia Men's Spinners - 5th Overall
• Mitchell Bond
• Jaylen Brown

2023 Kevin Coombs Cup - Brisbane, Australia

Victoria - 1st (Gold)
• Mitchell Bond
• Jaylen Brown
• Laura Davoli
• Will Firth
• Chithic Machar
• Isabel Martin
• Jack Thomas

2022 IWBF World Championships - Dubai, United Arab Emirates*

Australian Women's Gliders - 6th Overall
• Laura Davoli
• Isabel Martin

*Postponed from December 2022 to June 2023

PROGRAM STAFF

Rebekah Webster
General Manager High Performance

Matthew Thompson
Performance Coordinator

COACHES & SERVICE PROVIDERS

Craig Campbell
Wheelchair Basketball Head Coach

Elaine Bo
Sports Dietitian

Mitchell Gourley
Performance Lifestyle Adviser (until March 2023)

Nathan Lee
Physical Preparation Coach

Rachael Lynch
Performance Lifestyle Adviser (from April 2023)

Lisa Meehan
Performance Psychologist

Tess Rolley
Performance Scientist – Physiology

Dr Patrick Sunderland
Sports Physician

Katherine Taylor
Physiotherapist

ATHLETES

Mitchell Bond
Jaylen Brown
Jontee Brown
Laura Davoli
Will Firth
Tomas Klein
Chithic Machar
Isabel Martin
Jack Thomas
Jeremy Tyndal

TRAINING VENUES

Melbourne Sports and Aquatic Centre
The Hangar
VIS Gymnasium

PARTNERS

Basketball Australia
Basketball Victoria



It has been a really solid first year for the wheelchair basketball program. We have seen a number of athletes make significant progress in a number of key areas over the last 12 months and it is really exciting to see four athletes selected to represent Australia.”
—Craig Campbell, Wheelchair Basketball Head Coach



PHOTO: MITCHELL BOND (LEFT) AND CHITHIC MACHAR

INDIVIDUAL ATHLETE SCHOLARSHIP PROGRAM

VIS Individual Athlete Scholarships are offered 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. From podium level athletes, who are all achieving excellent results in senior national and international competition, to emerging athletes taking their initial steps into high-performance sport. The athletes can access the full range of comprehensive performance services as well as utilising the outstanding training and recovery facilities at the newly upgraded VIS headquarters at Lakeside Stadium.

In the past year, the program has continued to grow. This has been particularly evident in the emerging and developing athlete space, with many athletes focusing on the Paris 2024 Olympic Games.

KEY ACHIEVEMENTS

ARTISTIC SWIMMING

2023 Australian National Championships – Perth, Australia

- Margo Joseph-Kuo – 1st Team Technical, 1st Team Acrobatic
- Anastasia Kusmawan – 1st Team Technical, 1st Team Acrobatic

Australian team representation:

- Charlotte Smith (Reserve)

BADMINTON

2022 U17 Australian National Individual Championships – Ballarat, Australia

- Shrey Dhand – 1st Boys Singles, 1st Boys Doubles 2022
- Jazmine Lam – 1st Girls Singles

2022 Commonwealth Games – Birmingham, England

- Jacob Schueler – Men's Doubles (Quarterfinals)
- Gronya Somerville – Women's Doubles (Semifinals)

Australian team representation:

- Kaitlyn Ea
- Angela Yu

BASKETBALL

2022 FIBA World Cup – Sydney, Australia

- Tess Madgen (Captain), Kristy Wallace – 3rd (Bronze)

BOWLS

2022 World Champion of Champions – Naenae, New Zealand

- Carla Krizanic – 2nd

2023 Australian Open – Gold Coast, Australia

- Cassandra Millerick – 1st Women's Singles
- Lucas Protopapas – 1st Multi Disability Open Pairs

CANOEING

2022 ICF Junior & U23 Canoe Slalom World Championships – Ivrea, Italy

Australian team representation:

- Joshua Montalto – Men's U23 Extreme Kayak Slalom, Men's U23 K1

- Sebastian Montalto – Men's Junior K1, Men's Junior Extreme Kayak Slalom
- Benjamin Ross – Men's U23 C1, Men's U23 Extreme Kayak Slalom
- Daniel Shamieh – Men's U23 C1, Men's U23 Extreme Kayak Slalom

2022 ICF Canoe Slalom World Championships – Augsburg, Germany

Australian team representation:

- Tristan Carter – Men's C1

2023 Australian Canoe Slalom Championships – Penrith, Australia

- Tristan Carter – 1st Men's C1 Final

CURLING

2023 World Mixed Doubles Curling Championship

- Dean Hewitt – 8th Mixed Doubles

2022 Australian National Championships, Naseby, New Zealand

- Dean Hewitt – 1st 2022 Mixed Doubles

GYMNASTICS

2022 FIG Trampoline Gymnastics World Championships / World Age Group Competitions – Sofia, Bulgaria

- Brock Batty – 2nd Men's Double Mini Trampoline Age Group 3
- Alex Luyckx – 6th Team Men's Double Mini Trampoline

Australian team representation:

- Sunday Hollingsworth (Non-Travelling Reserve)

2023 Australian Gymnastics Championships – Gold Coast, Australia

- Miyabi Akiya – 1st All Around (Junior), 1st Ball (Junior), 1st Clubs (Junior), 1st Ribbon (Junior)
- Nicholas Howard – 1st All Around (Junior International), 1st Floor (Junior International), 1st Rings (Junior International), 1st Vault (Junior International), 1st High Bar (Junior International)

2023 FIG Artistic Gymnastics Junior World Championships – Antalya, Turkey

Australian team representation:

- Nicholas Howard

2023 FIG World Challenge Cup – Varna, Bulgaria

- Emma Ross – 3rd Floor

2022 FIG Artistic Gymnastics World Championships – Liverpool, England

- Tyson Bull – 8th Horizontal Bar

Australian team representation:

- Georgia-Rose Brown – Vault, Bars, Floor, Women's Team
- Romi Brown – Vault, Bars, Beam, Floor, All Around, Women's Team
- Kate McDonald – Bars, Beam, Women's Team
- Emily Whitehead – (Withdrew due to illness)

2022 Commonwealth Games – Birmingham, England

- Romi Brown – 2nd Women's Team, 8th Floor
- Tyson Bull – 2nd Horizontal Bar, 4th Men's Team, 8th Parallel Bars
- Ashari Gill – 2nd Women's Team
- Alexandra Kiroi-Bogatyreva – 1st Clubs, 2nd Women's Team, 3rd All Around, 5th Ball, 5th Ribbon
- Kate McDonald – 1st Beam, 2nd Women's Team, 7th Bars
- Emily Whitehead – 2nd Women's Team, 3rd Floor, 8th Vault

ROWING

2022 World Rowing Championships – Racice, Czech Republic

- Paige Barr – 5th Women's Eight
- Amanda Bateman – 6th Women's Quad Sculls
- Benjamin Canham – 3rd Men's Eight
- Jessica Gallagher – 4th PR3 Mixed Coxed Four
- Teesaan Koo – 4th PR3 Mixed Coxed Four
- Nick Lavery – 3rd Men's Eight
- Rohan Lavery – 3rd Men's Eight
- Redmond Matthews – 4th Men's Lightweight Double Sculls
- Jean Mitchell – 5th Women's Eight
- Lucy Stephan – 3rd Women's Coxless Four
- Alexandra Viney – 2nd PR3 Women's Pair, 4th PR3 Mixed Coxed Four
- Alex Vuillermin – 2nd PR3 Women's Pair
- Katrina Werry – 3rd Women's Coxless Four
- Angus Widdicombe – 3rd Men's Eight



PHOTO: KEEFER WILSON

INDIVIDUAL ATHLETE SCHOLARSHIP PROGRAM

2022 World U19 & U23 Championships – Varese, Italy

- Will Achermann – 6th U23 Men’s Four
- Paige Barr – 3rd U23 Women’s Coxless Four
- Eliza Gaffney – 3rd U23 Women’s Four
- Nick Smith – 6th U23 Men’s Four

2022 World Rowing Cup I - Belgrade, Serbia

- Jessica Gallagher – 2nd PR3 Mixed Coxed Four
- Alexandra Viney – 2nd PR3 Mixed Coxed Four

2022 World Rowing World Cup II - Poznan, Poland

- Paige Barr – 3rd Women’s Eight
- Benjamin Canham – 2nd Men’s Eight
- Simon Keenan – 2nd Men’s Eight
- Rohan Lavery – 2nd Men’s Eight
- Jean Mitchell – 3rd Women’s Eight
- Lucy Stephan – 1st Women’s Four
- Katrina Werry – 1st Women’s Four
- Angus Widdicombe – 2nd Men’s Eight

2022 World Rowing World Cup III - Lucerne, Switzerland

- Paige Barr – 1st Women’s Eight
- Benjamin Canham – 2nd Men’s Eight
- Rohan Lavery – 2nd Men’s Eight

2023 World Rowing World Cup II – Varese, Italy

- Paige Barr – 1st Women’s Eight
- Benjamin Canham – 2nd Men’s Eight
- Simon Keenan – 2nd Men’s Eight
- Timothy Masters – 2nd Men’s Eight
- Jessica Morrison – 1st Women’s Pair
- Jack Robertson – 2nd Men’s Eight
- Lucy Stephan – 3rd Women’s Four
- Hayley Verbunt – 1st Women’s Eight
- Katrina Werry – 3rd Women’s Four
- Angus Widdicombe – 2nd Men’s Eight

2023 Australian Rowing Championships – Perth, Australia

- Will Achermann – 1st Open Men’s Coxed Eight
- Paige Barr – 1st U23 Women’s Quadruple Scull, 1st Interstate Women’s Eight
- Amanda Bateman – 1st Open Women’s Quadruple Scull, 1st Interstate Women’s Eight
- Charlie Batrouney – 1st Open Men’s Coxed Eight, 1st Open Lightweight Men’s Quadruple Scull
- Louisa Bongrain – 1st U23 Women’s Quadruple Scull
- Benjamin Canham – 1st Open Men’s Coxed Eight
- Laura Foley – 1st Open Women’s Coxless Four

- Eliza Gaffney – 1st Open Women’s Coxless Four
- Simon Keenan – 1st Open Men’s Coxed Eight
- Rohan Lavery – 1st Open Men’s Coxed Eight
- Fraser Miscamble – 1st Open Men’s Coxed Eight
- Jean Mitchell – 1st Open Women’s Coxless Four
- Jessica Morrison – 1st Interstate Women’s Eight
- Damien Schroder – 1st U23 Lightweight Men’s Single Scull, 1st U23 Lightweight Men’s Coxless Four
- Nick Smith – 1st Open Men’s Coxed Eight
- Lucy Stephan – 1st Open Women’s Coxless Pair, 1st Open Women’s Coxless Four, 1st Interstate Women’s Eight
- Katrina Werry – 1st Open Women’s Coxless Pair, 1st Interstate Women’s Eight
- Hamish Wynn-Pope – 1st Open Men’s Coxed Eight

SKATEBOARDING

2023 World Skate Tour – San Juan, Argentina

- Australian team representation:
- Charlotte Heath – Women’s Park Semi Final
 - Aaliyah Wilson – Women’s Park Quarter Final
 - Keefer Wilson – Men’s Park Semi Final

2023 World Skate Tour: World Street Skateboarding – Rome, Italy

- Australian team representation:
- Shane O'Neill – Men’s Street Semi Final

2022 World Skate Tour: World Street Skateboarding – Rome, Italy

- Australian team representation:
- Shane O'Neill – Men’s Street Semi Final

SKI CROSS

2023 Freestyle and Snowboarding World Ski Championships – Bakuriani, Georgia

- Australian team representation:
- Doug Crawford

SNOWBOARDING

2023 Freestyle and Snowboarding World Ski Championships – Bakuriani, Georgia

- Scotty James – 5th Snowboard Half Pipe

- Australian team representation:

- Millie Bongiorno – Snowboard Slalom, Snowboard Giant Slalom

2022 Copper Mountain World Cup – Colorado, United States

- Scotty James – 1st Snowboard Half Pipe
- 2023 X Games – Aspen, United States of America
- Scotty James – 1st Snowboard Half Pipe

SPORT CLIMBING

2023 IFSC Climbing World Cup – Salt Lake City, Utah, United States

- Australian team representation:
- Oceana Mackenzie – Women’s Boulder

2023 IFSC Climbing World Cup – Innsbruck, Austria

- Australian team representation:
- Oceana Mackenzie – Women’s Boulder

2023 IFSC Climbing World Cup – Seoul, Korea

- Australian team representation:
- Oceana Mackenzie – Women’s Boulder

SURFING

2023 ISA World Surfing Games – Surf City, El Salvador

- Australian team representation:
- Ellie Harrison – Women’s Team

TABLE TENNIS

2022 Commonwealth Games – Birmingham, England

- Jian Fang Lay – 2nd Women’s Doubles, 3rd Women’s Team Event, 5th Women’s Singles
- Yangzi Liu – 3rd Women’s Singles, 3rd Women’s Team Event
- Nicholas Lum – 4th Men’s Doubles, 4th Mixed Doubles
- Finn Luu – 4th Men’s Doubles, 5th Mixed Doubles
- Daniela Di Toro – 5th Women’s Singles Class 3-5
- Lina Lei – 2nd Women’s Singles Class 6-10
- Lin Ma – 2nd Men’s Singles Class 8-10
- Qian Yang – 1st Women’s Singles Class 6-10

2022 National Championships – Sunshine Coast, Australia

- Christopher Addis – 1st Class 2-5 Men’s Singles
- Jake Ballestrino – 1st Open Class 6-10 Men’s Standing Doubles, 1st Class 7 Men’s Singles, 1st Open Class 6-10 Mixed Standing Doubles
- Rory Carroll – 1st Class 11 Singles, 1st Open Class 6-11 Men’s Standing Singles, 1st Open Class 11 Men’s Doubles, 1st Open Class 11 Team
- Trevor Hirth – 1st Open Class 6-10 Men’s Standing Doubles
- Rebecca Julian – 1st Class 6-8 Women’s Singles
- Lin Ma – 1st Class 9-10 Men’s Singles, 1st Men’s Team (Able)
- Melissa Tapper – 1st Class 9-10 Women’s Singles, 1st Open Class 6-10 Women’s Standing Doubles



PHOTO: NICHOLAS LUM (LEFT) AND FINN LUU
CREDIT: GETTY IMAGES JUSTIN SETTERFIELD

INDIVIDUAL ATHLETE SCHOLARSHIP PROGRAM

2022 World Para Table Tennis Championships – Granada, Spain

- Jake Ballestrino – 5th Men’s Doubles Class MD14
- Rory Carroll – 4th Men’s Doubles Class MD22
- Daniela Di Toro – 5th Mixed Doubles Class XD7
- Trevor Hirth – 5th Men’s Doubles Class MD14
- Lina Lei – 1st Women’s Doubles Class WD20, 2nd Women’s Singles Class 9, 3rd Mixed Doubles Class XD17
- Lin Ma – 2nd Mixed Doubles Class XD20, 3rd Men’s Singles Class 9
- Nathan Pellisier – 3rd Mixed Doubles Class XD17, 5th Men’s Singles Class 8
- Melissa Tapper – 5th Women’s Singles Class 10
- Qian Yang – 1st Women’s Singles Class 10, 1st Women’s Doubles Class WD20, 2nd Mixed Doubles Class XD20

Australian team representation:

- Rebecca Julian

2023 ITTF World Table Tennis Championships (Able-Bodied) – Durban, South Africa

Australian team representation:

- Melissa Tapper

WATER POLO

2022 FINA World Championships – Budapest, Hungary

- Australian team representation:
- Blake Edwards

WEIGHTLIFTING

2022 Commonwealth Games – Birmingham, England

- Brenna Kean - 5th 59kg Women

WHEELCHAIR RUGBY

2022 Wheelchair Rugby World Championships – Vejle, Denmark

- Australia, 1st (Gold) - Ben Fawcett, Shae Graham

WHEELCHAIR TENNIS

2023 Australian Open – Melbourne, Australia

- Heath Davidson - Semi Finalist Men’s Quad Doubles, Quarterfinalist Men’s Quad Singles

PROGRAM STAFF

David Madigan
General Manager High Performance – IASP/FTP

Emily Andrews
Performance Coordinator (until September 2022)

Sian Whittaker
Performance and Project Coordinator (from September 2022)

Olivia Jarvis
Performance Coordinator (from January 2023)

SERVICE PROVIDERS

Performance Psychologists

Caroline Anderson
Dean Cooper
Daniel Dymond
Emma Hall
Michael Inglis
Amber Ross

Performance Scientists

Milli Bilson
Mathew Harris
Tess Rolley
Rodney Siegel
Samuel Wells

Physiotherapists

Amber Bennett
Kevin Craigie
Josh Ferguson
Jacqueline Gurr
Steve Hawkins
Alison Low
Ebonie Rio
Katherine Taylor

Performance Lifestyle Advisers

Eloise Boyle
Mitchell Gourley (until May 2023)
Rachael Lynch (from May 2023)
Steph Moorhouse
Pippa Temperley
Sarah Thompson
Sam Waters

Physical Preparation Coaches

Lyndsay Clarke
Adrian Filling
Farhan Juhari
Yosup Kim
Ben King
Nathan Lee
Will Morgan
Stephanie Mundy
Luke Neville (from April 2023)
Jarrod Vos
Jono Wallace-Smith

Soft Tissue Therapists

Emily Athanasiou
Anne Davies
Gillian Niven

Sports Dietitians

Kylie Andrew
Elaine Bo
Louise Cato (from September 2022)
Chris Fonda
Sarina Lococo
Emily Meehan
Rachel Stentiford

Sports Physicians

Dr Philippa Inge (parental leave from April 2023)
Dr Alice McNamara
Dr Patrick Sunderland
Dr Susan White

ATHLETES

Will Achermann / Rowing
Christopher Addis / Para-table tennis
Miyabi Akiya / Gymnastics
Harvey Allan / Squash
Anneke Bak / Artistic Swimming
Jake Ballestrino / Para-table tennis
Paige Barr / Rowing
Joshua Barry / Para Lawn Bowls
Amanda Bateman / Rowing
Charlie Batrouney / Rowing
Brock Batty / Gymnastics
Asher Bayles / Gymnastics
Millie Bongiorno / Alpine Snowboard
Louisa Bongrain / Rowing
Emma Booth / Para Equestrian
Georgia-Rose Brown / Gymnastics
Miella Brown / Gymnastics
Romi Brown / Gymnastics
Tyson Bull / Gymnastics
Joel Cain / Rowing
Benjamin Canham / Rowing
Sarah Cardwell / Squash
Rory Carroll / Para-table tennis
Tristan Carter / Canoe Slalom
Marcus Casamento / Gymnastics
Stephanie Catley / Football
Kenneth Choo / Badminton
Rebecca Cole / Basketball
Douglas Crawford / Ski Cross
Tyson Cromie / Lawn Bowls
Mark Crosbee / Canoe Slalom
Heath Davidson / Wheelchair Tennis
Jarryd Davies / Lawn Bowls
Shrey Dhand / Badminton
Daniela Di Toro / Para-table tennis
Willis Droomer / Surfing
Kaitlyn Ea / Badminton
Alison East / Lawn Bowls
Blake Edwards / Water Polo
Lachlan Edwards / Water Polo
Ben Fawcett / Wheelchair Rugby
Laura Foley / Rowing
Harrison Fox / Rowing
Eliza Gaffney / Rowing
Brendan Gallagher / Lawn Bowls
Jessica Gallagher / Rowing
Phoebe Georgakas / Rowing
Ashari Gill / Gymnastics
Sydney Go / Badminton
Justin Goh / Wheelchair Rugby
Kayson Goh / Badminton
Shae Graham / Wheelchair Rugby
Kane Grant / Rowing
Flynn Gregor / Gymnastics
Amelie Guziak / Squash
Xavier Hall-Sullivan / Rowing
Andrew Harrison / Wheelchair Rugby
Ellie Harrison / Surfing
Connor Hayes / Squash

Darcy Hayes / Squash
Charlotte Heath / Skateboarding
Rex Hedrick / Squash
Dean Hewitt / Curling
Trevor Hirth / Para-table tennis
Sunday Hollingsworth / Gymnastics
Nicholas Howard / Gymnastics
Ryan Hughes / Canoe Slalom
Xavier Huxtable / Surfing
Scotty James / Snowboarding
Amanda Jennings / Para Canoe
Margo Joseph-Kuo / Artistic Swimming
Andrew Judge / Rowing
Rebecca Julian / Para-table tennis
Brenna Kean / Weightlifting
Cameron Keenan / Lawn Bowls
Simon Keenan / Rowing
Anna Kirkwood / Rowing
Alexandra Kiroi-Bogatyreva / Gymnastics
Sophie Kurzman / Lawn Bowls
Teesaan Koo / Rowing
Carla Krizanic / Lawn Bowls
Alice Kunek / Basketball
Anastasia Kusmawan / Artistic Swimming
Caitlin Laird / Softball
Jazmine Lam / Badminton
Nick Lavery / Rowing
Rohan Lavery / Rowing
Jian Lay / Table Tennis
Lina Lei / Para-table tennis
Bethany Li / Badminton
Jayden Lim / Badminton
Yee-Yuan Lim / Badminton
John Linke / Rowing
Yangzi Liu / Table Tennis
Tara Logan / Water Polo
Dallas Loughridge / Basketball
Nicholas Lum / Table Tennis
Finn Luu / Table Tennis
Alex Luyckx / Gymnastics
Andre Lynn / Squash
Lin Ma / Para Table Tennis
Pavle Macic / Water Polo
Oceana Mackenzie / Sport Climbing
Tess Madgen / Basketball
Daniel Magasanik / Water Polo
James Mann-Segal / Gymnastics
Milla Marston / Rowing
Timothy Masters / Rowing
Lukas Matic / Rowing
Redmond Matthews / Rowing
Kate McDonald / Gymnastics
James McQuillan / Wheelchair Rugby
Cassandra Millerick / Lawn Bowls
Fraser Miscamble / Rowing
Jean Mitchell / Rowing
Dylan Molinaro / Squash
Joshua Montalto / Canoe Slalom
Sebastian Montalto / Canoe Slalom
Jessica Morrison / Rowing

Tyson Mutsch / Water Polo
Haider Naqvi / Squash
Thomas Ng / Badminton
Georgia O’Callaghan / Canoe Slalom
Jenna O’Hea / Basketball
Felix Oliver / Rowing
Dean O’Neill / Lawn Bowls
Shane O’Neill / Skateboarding
Macy Pegoli / Gymnastics
Nathan Pellisier / Para-table tennis
Rosemary Popa / Rowing
Lucas Protopapas / Lawn Bowls
Oliver Purcell / Water Polo
Sophie Reinehr / Rowing
Jack Robertson / Rowing
India Robinson / Surfing
Livia Rosaia / Rowing
Benjamin Ross / Canoe Slalom
Emma Ross / Gymnastics
Chloe Saliaris / Gymnastics
Courtney Scholtz / Squash
Damien Schroder / Rowing
Jacob Schueler / Badminton
Breanna Scott / Gymnastics
Daniel Shamieh / Canoe Slalom
Charlotte Shin / Gymnastics
Charlotte Smith / Artistic Swimming
Kiplin Smith / Gymnastics
Nick Smith / Rowing
Gronya Somerville / Badminton
Madeleine Steere / Water Polo
Lucy Stephan / Rowing
Melissa Tapper / Para-table tennis
Joshua Thornton / Para Lawn Bowls
Mimi Tuddenham / Rowing
Nikki Van Dijk / Surfing
Hayley Verbunt / Rowing
Alexandra Viney / Rowing
Celine Vinot / Para Badminton
Zoe Vorenas / Para Equestrian
Alex Vuillermin / Rowing
Kristy Wallace / Basketball
Jayden Warn / Wheelchair Rugby
Katrina Werry / Rowing
Emily Whitehead / Gymnastics
Kylie Whitehead / Lawn Bowls
Angus Widdicombe / Rowing
Aaliyah Wilson / Skateboarding
Hayley Wilson / Skateboarding
Keefer Wilson / Skateboarding
Harriet Wingrove / Gymnastics
Alex Wolf / Rowing
Hamish Wynn-Pope / Rowing
Qian Yang / Para-table tennis
Angela Yu / Badminton
Chauncey Yu / Badminton
Yuelin Zhang / Badminton
Frederick Zhao / Badminton
Otto Zhao / Badminton

2022 FUTURE TALENT
PROGRAM

6

GRADUATES HAVE REACHED
PODIUM POTENTIAL
CATEGORISATION

The Future Talent Program (FTP) has undergone significant changes over the last 12 months. The FTP had previously identified and supported a limited number of athletes that were not eligible for VIS support. With the significant expansion of opportunities for emerging and developing athletes, a new vision of the program has been developed.

In collaboration with the long-term supporters of the program, The Carbine Club, the new vision retains the philosophy of 'fast tracking' the next generation talent and supporting athletes with the greatest potential for success at the highest level. The delivery of the program sees a handful of very promising VIS athletes receive grants for specifically designed and very exciting performance enhancing projects.

KEY ACHIEVEMENTS

CANOE SLALOM

2022 ICF Junior & U23 Canoe Slalom World Championships – Ivrea, Italy

- Mark Crosbee – 1st Men's Junior C1

Australian team representation:

- Sebastian Montalto – Men's Junior K1, Men's Junior Extreme Kayak Slalom

GYMNASTICS

2022 FIG World Challenge Cup – Szombathely, Hungary

Australian team representation:

- Kipp Smith – High Bar

2023 Australian Gymnastics Championships – Gold Coast, Australia

- Alexandra Kiroi-Bogatyreva – 1st All Around (Senior), 1st Hoop (Senior)

SURFING

2023 ISA World Surfing Games – Surf City, El Salvador

Australian team representation:

- Ellie Harrison – Women's Team

TABLE TENNIS

2022 World Youth Championships – Tunis, Tunisia

- Nicholas Lum and Finn Luu – Quarterfinals U19 Boys Doubles

PROGRAM STAFF

David Madigan
General Manager High Performance

Emily Andrews
Performance Coordinator
(until September 2022)

Olivia Jarvis
Performance Coordinator (from January 2023)

Sian Whittaker
Performance and Project Coordinator (from September 2022)

SERVICE PROVIDERS

Nutrition

Emily Meehan
Rachael Stentiford
Louise Cato (from September 2022)
Elaine Bo
Kylie Andrew

Performance Lifestyle

Sam Waters
Pippa Temperley
Sarah Thompson
Mitchell Gourley (until May 2023)
Stephanie Moorhouse

Performance Psychology

Daniel Dymond
Emma Hall
Dean Cooper
Caroline Anderson

Physical Preparation

Farhan Juhari
Jarrod Vos
Yosup Kim
Lyndsay Clarke
Nathan Lee
Jono Wallace-Smith

Physiotherapy

Ebonie Rio
Josh Ferguson
Jacqueline Gurr

Sports Medicine

Dr Alice McNamara
Dr Susan White

ATHLETES

Doug Crawford / Ski Cross
Mark Crosbee / Canoe Slalom
Alex Danelutti / BMX Freestyle
Willis Droomer / Surfing
Amelie Guziak / Squash
Ellie Harrison / Surfing
Charlotte Heath / Skateboarding
Nicholas Lum / Table Tennis
Finn Luu / Table Tennis
Renae Jones / Shooting
Alexandra Kiroi-Bogatyreva / Gymnastics
Oceana Mackenzie / Sport Climbing
Kate McDonald / Gymnastics
Sebastian Montalto / Canoe Slalom
India Robinson / Surfing
Leon Serjranovic / Taekwondo
Kipp Smith / Gymnastics
Celine Vinot / Para Badminton

THE FUTURE
TALENT PROGRAM IS
PROUDLY SUPPORTED BY
THE CARBINE CLUB



PHOTO: MARK CROSBEE
CREDIT: DAMIANO BENEDETTO & PLANET CANOE



PHOTO: TOMAS KLEIN

2022/2023

PERFORMANCE

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

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

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.

EXPANSION OF STAFF AND ATHLETES SUPPORTED

The increase in funding for the VIS to Paris 2024 has resulted in a significant increase in support levels and staffing, which has seen the VIS staff grow by approximately 30%. The number of athletes and sports has also grown significantly, and the VIS currently supports 414 athletes across 48 sports.

The Individual Athlete Scholarship program has seen a significant increase in numbers of athletes offered scholarships and now supports over 130 athletes across more than 20 sports. The program has had a particular focus on growing the support of developing and emerging level athletes.

ATHLETE ENVIRONMENT

The VIS aims to meet the needs of its scholarship holders 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.

The increased Government funding from 2021 allowed the VIS to upgrade its facility, which was completed in February 2023. The upgrade includes a new gym, state-of-the-art medical facilities, including a dedicated recovery room, an expanded kitchen space to host our nutrition programs, as well as a new athlete lounge. A full report on the facility upgrade can be found on page 58.

In conjunction with the performance health 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.

PERFORMANCE SCIENCE STAFF MEMBERS

7 WERE PREVIOUS TRAINEES OR EMBEDDED PHD STUDENTS AT THE VIS.



PHOTO: SUSSU LIAI

COACHING

In July 2022 the VIS played host to the launch of the Australian Institute of Sport's (AIS) inaugural National Generation 2032 Coach Program. The program is a joint initiative between the AIS, National Institute Network (NIN) partners, and National Sporting Organisations (NSOs).

31 developing coaches from 22 sports were announced and will benefit from paid two-year coaching apprenticeships. The aim is that coaches involved in this apprenticeship program will transition to become Australia's coaching leaders of the future.

Collis Birmingham (Athletics), Elissa Kent (Netball), Rebecca Stafford (Diving) and Rowie Webster (Water Polo) were announced as the recipients based at the VIS.

The AIS co-funds coach salaries, in collaboration with NIN partners and NSOs, and also funds the professional development of the coaches, including six 'Learning Labs' across the two years.

The AIS has embedded Coach Development staff within the NIN to oversee the program and facilitate the learning journeys of individual coaches and the group as a collective.

Claire Lambe is the AIS Coach Development Lead at the VIS and her focus has been on the connecting and creating learning opportunities for the coaches of our VIS athletes.

One of the key projects in this space has been the establishment of the first formal VIS Coach Mentor position, with renowned coach Ernie Merrick. This has been a pilot project to establish the impact of having such a position in place can have for the coaches. A number of the VIS coaches have participated in the program with positive initial feedback.

DATA INTELLIGENCE

Over the past 12 months, our Data Intelligence team has undergone significant changes, including a transition in leadership and the addition of a new data scientist. With the rebuilding of the team, a renewed focus on innovation and collaboration has occurred in the second half of the year.

Our Data Intelligence team has been actively engaged in developing new dashboarding platforms to enhance accessibility to data and insights. These new dashboarding platforms have the potential to empower decision-makers at all levels and promote a data-informed culture within the VIS by enabling stakeholders to easily access and understand key metrics and trends.

Collaborating and aligning with the national data network remains a major focus as does the implementation of a data strategy that aims to establish clear guidelines for responsible data management, while ensuring the data collected is of high quality and accuracy.

INNOVATION AND RESEARCH

The VIS is committed to providing funding and resources directed towards Innovation and Research, offering an unprecedented opportunity to drive high performance outcomes and keep Victorian athletes ahead of the game.

As part of our research mission we prioritise, facilitate, undertake, implement and disseminate research that aims to drive high performance outcomes, keep Victorian athletes ahead of the game, and tells the VIS story.

With our innovation projects we want to trial new ideas aimed at improving efficiency, support and/or processes across the VIS.

In 2022/23 we have received 18 research proposals, of which 15 were approved and are currently active. VIS have awarded \$400k in grant funding, which equates to 20% of the total ~\$2million combined funding for these projects.

We have received 27 innovation proposals, of which 20 have been approved. Four were classified as research or performance projects.

The projects in both research and the innovation category have been spread across a wide variety of scientific fields; biomechanics, nutrition, physiology, physical preparation, performance analysis, performance health, physiology, physiotherapy, skill acquisition, coaching, data science, female athlete and sports medicine.

Over ten sports have been involved, we have collaborated with seven different universities and the Commonwealth Scientific and Industrial Research Organisation (CSIRO).

PERFORMANCE SCIENCE

The Performance Science department strives to support our athletes and coaches to improve their performance. Translating the latest scientific research and applying scientific principles they seek to enhance the athlete's capabilities, measure and monitor their progress and look for new and innovative ways to enhance their performance.

Performance Scientists are now fully embedded directly within sport programs and we have implemented a new strategy by which many are also able to support sports in a project manner, where specific subject matter expertise is required

This group have been termed the Performance Projects Team and help put solutions in place to solve performance problems or



PHOTO: KARLA BULTE

explore opportunities using their unique expertise and skill sets. We have already seen several successful projects across disciplines and sports, with many more in development stages.

Performance Science staff are leading five innovation and five research projects. Of the research projects, four students are embedded within the sport programs providing support to coaches and athletes.

The traineeship program continues its success, with five trainees currently in place, as well as two student placements, providing opportunities for aspiring performance scientists to learn from world class scientists within a high-performance environment.

PHYSICAL PREPARATION

The Physical Preparation department works closely with program coaches as well as other performance services and performance health services to help prepare VIS athletes for their sport.

The Physical Preparation staff played an integral role in converting the multi-purpose court area in the VIS to a second gym. This has allowed us to cater to a growing number of VIS scholarship holders. We now have two state-of-the-art strength and conditioning gyms for our athletes to train in. We can cater simultaneously to large and small athlete groups.

The team is involved in a number of research and innovation projects including: Supramaximal Eccentric Exercise in Swimming, Understanding the Metabolic Demands of Rendoori in Judo Athletes, Quantifying Taekwondo Specific Training Demands, Ankle Plantar Flexion Strength in Running and a co-funded PhD with Latrobe University investigating strength diagnostics and its application with VIS athletes.

Our Physical Preparation staff have played significant roles in multiple sports this year on a national and international level while also undertaking important professional development:

- Dean Ritchie travelled with the Australian Taekwondo Team to the World Championships in Azerbaijan. While he also has played an important system role as a member of the National Quality Assurance Steering Group.
- Nathan Lee has been instrumental in the VIS providing specific rehabilitation programs to Basketball Australia athletes. Working with several athletes from the Boomers and Opals programs.
- Stephanie Mundy and Lyndsay Clarke have been selected for the AIS Practitioner Development Program. This is a great opportunity to build new skills to work effectively and collaboratively in high performance teams.
- Will Morgan completed the AIS Team Leadership (Performance Support) Program in late 2022.

- Cory Innes has taken up the role of Technical S&C Lead with Athletics Australia. This role will see Cory take on a system leadership role within the sport of athletics in conjunction with his important senior role as part of the VIS Physical Preparation team.

Ben King completed a review and re-designing of the VIS Physical Preparation student and trainee programs. This program is vital in how we prepare the next generation of talented physical preparation coaches in Victoria.

PERFORMANCE TEAM

Dave Crosbee
Director High Performance

Dr Harry Brennan
General Manager High Performance

David Madigan
General Manager High Performance

Bill Tait
General Manager High Performance

Rebekah Webster
General Manager High Performance

Claire Lambe
AIS Coach Development Lead – VIS

Richard Little
Data Intelligence Manager

Demis Maslow
Data Scientist

Olivia Jarvis
Performance Coordinator

Alice Neill
Performance Coordinator

Matthew Thompson
Performance Coordinator

Nicole Tumblety
Performance Coordinator

Sian Whittaker
Performance Coordinator

Sylvie Withers
Project Manager – Innovation & Research

PERFORMANCE SCIENCE STAFF

Dr Rodney Siegel
Performance Science Manager & National Physiology Network Lead

Aaron Balloch
Performance Science Assistant Manager – Biomechanics (from February 2023)

Milli Bilson
Performance Scientist – Performance Analysis

Dr Victoria Brackley
Performance Scientist – Biomechanics

Dr Peter Browne
Performance Scientist – Performance Analysis / Skill Acquisition

Mathew Harris
Performance Science Assistant Manager – Performance Analysis

Ryan Hatfield
Performance Scientist – Skill Acquisition (from January 2023)

Ana Holt
Performance Scientist – Physiology (parental leave from May 2023)

Lachlan Mitchell
Performance Scientist – Physiology

Tess Rolley
Performance Scientist – Physiology

Avish Sharma
Performance Scientist – Physiology

Thomas Topham
Performance Scientist – Physiology (parental leave cover from June 2023)

Sam Wells
Performance Scientist – Performance Analysis

PHYSICAL PREPARATION STAFF

Will Morgan
Physical Preparation Manager

Lyndsay Clarke
Physical Preparation Coach

Cory Innes
Assistant Manager – Physical Preparation

Farhan Juhari
Physical Preparation Coach

Adrian Filling
Physical Preparation Coach (until February 2023)

Yosup Kim
Physical Preparation Coach

Benjamin King
Physical Preparation Coach

Nathan Lee
Physical Preparation Coach

Stephanie Mundy
Physical Preparation Coach

Luke Neville
Physical Preparation Coach (from April 2023)

Dean Ritchie
Physical Preparation Coach

Yosup Kim
Physical Preparation Coach

Jono Wallace-Smith
Assistant Manager – Physical Preparation

Matthew Vassie
Physical Preparation Coach

David Veli
Physical Preparation Coach

Jarrold Vos
Physical Preparation Coach

Ben Willey
Physical Preparation Coach

STUDENT PLACEMENT PROGRAM

PERFORMANCE SCIENCE TRAINEES

Emily Bagnato
Damien Bovalino
Annabelle Brown (student placement)
Matthew Johnson
Julia McInnes
Olivia Milkeraitis (student placement)
Alicia Walker

PHYSICAL PREPARATION TRAINEES

Walid Abdo
Brandan Barlow
Brinley Ling
Corey Martino
Alisha Ryan
Kyle Wood

The performance health services team is led by the Director Performance Health Services/Chief Medical Officer, Dr Susan White. The team incorporates exceptional knowledge and expertise, which is used to support VIS athletes at our world-class daily training environment at Lakeside Stadium. The team provides a wide range of services to VIS athletes in the areas of sports medicine, physiotherapy, soft tissue therapy, nutrition, performance lifestyle and performance psychology. Performance health services take a proactive approach to athlete support and work collaboratively across disciplines within each sport program.

Performance health services, has undergone a complete transformation growing into an expanded team of employed, embedded, fully integrated proactive healthcare providers. The move into the newly renovated downstairs office space, consisting of medical, physiotherapy and soft tissue therapy consulting rooms and a nurse's room, have enabled medical, physio and soft tissue therapy services to be delivered onsite in one location, allowing good interaction and discussion around management of athletes. The nutrition, performance lifestyle and performance psychology teams have offices located upstairs but continue to interact closely with the other services. These significant changes, embedding the performance health services teams

throughout the organisation has seen a change in the way services are utilised within the various programs.

The teams are building relationships, assuming management of existing issues and collecting data to inform and maintain healthy athletes that can perform optimally. Some practitioners travelled to major events with their sport programs and some research and innovation projects have commenced.

PERFORMANCE LIFESTYLE

The Performance Lifestyle (PL) team have achieved significant outcomes supporting the development of VIS athletes striving for success in sport and life. With a focus on empowering athletes to develop their identity in sport and life and building skills to navigate their high-performance journey.

The PL team are active and embedded in the sport programs that they work within, attending training on a regular basis, interdisciplinary team meetings and collaboration, involved in camps and competitions, and supporting travel both interstate and overseas for teams, often in a team chaperone role to support U18 athletes.

As strong contributors and leaders across the National Wellbeing network, the PL team are involved in AIS working groups, presenting at National Gatherings, and undertaking a range of PD opportunities to continue to be at the forefront of current practices and always striving to learn and grow.

With a newly formed team in 2022/2023 a focus was the development of the Performance Lifestyle Strategy in Nov/Dec 2022 with reflection and review occurring in June 2023.

A highlight for all connected to the VIS was winning the inaugural AIS Win Well Award in December 2022 as it celebrated the way the VIS approaches all aspects of performance with athlete wellbeing as the foundation of sustainable success. Australia's High-Performance Strategy 2032+ and the Win Well pledge will build on the VIS's strong foundation and continue our path in how we all approach our roles and responsibilities to support Victorian athletes to achieve and perform at all levels in high performance sport.

Career Development

National Careers Week in May 2023 was the leverage point to showcase the efforts of VIS athletes who are pursuing education and career paths alongside their sporting path.

Over 97% of VIS athletes are actively engaged in a dual career with a wide range of career and educational paths undertaken. The PL team works closely with athletes and coaches, performance staff to support and facilitate the dual career path for athletes. The partnership with the Elite Athlete Education Network across the education sector is a key aspect in making this successful, along with our VIS partners, Open Universities Australia and Australian Institute of Fitness, who offer study scholarships for VIS athletes.



PHOTO: CHITHIC MACHAR (LEFT) AND RACHAEL LYNCH

Wellbeing

RUOK? Day on Thursday 8 September 2022 was a great opportunity for VIS athletes and staff to come together and bring awareness to wellbeing and mental health and the value of having ongoing conversations to support each other. Wellbeing practices and considerations are key aspects across the VIS and are the responsibility of everyone in our community all year round.

Developing staff understanding and awareness of wellbeing has been a focus across 2022 and the AIS Mental Health in Sport workshops were run for VIS staff and Netball Victoria/Vixens staff with 54 staff participating in this important training.

The PL team are working with Deakin University on a research project in collaboration with AIS and QAS for a qualitative study of athlete wellbeing and engagement management in Australian high-performance sport.

Transition

The Year 12 Transition program was run again supporting athletes in Year 12 (and their parents) to set up their year well, prepare for examinations, connect in with university, TAFE and industry providers to consider their education and career pathway beyond Year 12 and provide support for decision making as they embark on their final year at school

and their path beyond school. The 2022 cohort of 32 Year 12 athletes have moved into 32 different courses across eight educational institutions.

The team has led the development of renewed VIS Transition Guidelines with input and considerations from Performance and Performance Health. These guidelines provide direction on how the VIS will support and empower VIS athletes to manage and thrive through transition phases in their sport and life journey.

Community

Consultancies and collaboration continued with Racing Victoria, Maribyrnong Sports Academy, Regional Academies of Sport and School Sport Victoria to provide insights and learning to emerging athletes in these organisations.

Personal & Professional Development Opportunities

These sessions enable athletes to upskill and grow their capacities in areas that support their pursuit of success in sport and life. Workshops on storytelling & communication, brand building, media skills, financial wellness, tax for athletes, wellbeing, scheduling & organisation have been offered. 236 involvements by athletes in development opportunities have occurred across the range of offerings.

SERVICE PROVIDERS

Leesa Gallard
Performance Lifestyle Manager

Eloise Boyle
Performance Lifestyle Adviser - Australian Wheelchair Rugby

Mitch Gourley
Performance Lifestyle Adviser (until February 2023)

Kim Gray
Performance Lifestyle Adviser

Rachael Lynch
Performance Lifestyle Adviser (from May 2023)

Stephanie Moorhouse
Performance Lifestyle Adviser (from July 2022)

Pippa Temperley
Performance Lifestyle Adviser & Table Tennis Para Program AW&E Lead

Sarah Thompson
Performance Lifestyle Adviser

Sam Waters
Performance Lifestyle Adviser (from July 2022)

SPONSORS / PARTNERS

Open Universities Australia
Maribyrnong Sports Academy
Australian Institute of Fitness
Racing Victoria
Paralympics Australia
Table Tennis Australia – Para Program
Barrett Consulting

PERFORMANCE PSYCHOLOGY

The VIS performance psychology department consists of a team of sports psychologists who provide a suite of psychological, evidence based performance support services that target expanding teams' and athletes' capacity to thrive in high stakes environments.

VIS performance psychology services are integrated into the services available to VIS scholarship holders and programs, and significantly contribute to the performance enhancement and wellbeing of our athletes. Performance psychology is recognised as a vital component in assisting athletes as they strive to succeed in the high-performance sport environment.

Over the past year, the performance psychology team has undergone considerable growth and change. Led by Daniel Dymond, the team has expanded to eight Performance Psychologists who work as part of an exceptional interdisciplinary team, providing professional psychological advice and delivering quality servicing to our high performing VIS athletes.

All programs are serviced by an embedded performance psychologist. The newly recruited practitioners spent their early weeks meeting key stakeholders and working to understand the landscape of the particular sport they are assigned to.

We restructured how the psychologists work across the Individual Scholarship Program (IASP). With seven psychologists working across the IASP, three separate groups of sports have been created, with two to three psychologists dedicated to each group.

Key achievements:

- Daniel Dymond worked closely with Dr Sue White, VIS Chief Medical Officer and Leesa Gallard, Performance Lifestyle Manager on the Athlete Well-Being and Mental Health Strategy.
- Daniel Dymond stepped into the role of co-ordinating the National Psychology Supervisory Network until the full time Network lead was established.
- Daniel Dymond supported the Shooting Australia shotgun team for their World Cup event in Cairo.

SERVICE PROVIDERS

Daniel Dymond
Performance Psychology Manager

Caroline Anderson
Performance Psychologist

Dean Cooper
Performance Psychologist

Laura Cosgrove
Performance Psychologist (parental leave until June 2023)

Emma Hall
Performance Psychologist

Michael Inglis
Performance Psychologist

Sam McLeod
Performance Psychologist

Dr Lisa Meehan
Performance Psychologist (until May 2023)

Amber Ross
Performance Psychologist

SPORTS MEDICINE

The VIS 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 in relation to performance. The team plays a role in the treatment and rehabilitation of all VIS athletes, focusing on athletes' physical and mental wellbeing, with the core principle of the "healthy human" as the basis on which to develop elite performance.

The team have continued to refine processes within sports for medical servicing. The sports medicine team provide consulting services at VIS and attend interdisciplinary team meetings as well as telehealth for athletes training or living remotely or when people are restricted at home due to illness. The team also provide support to VIS staff and athletes who are travelling internationally both on the phone and via Teams.

In 2022, the VIS sports medicine team, including doctors with assistance from Performance Health Services Coordinator Nerissa Byrne, performed pre-departure medical reviews for VIS and some non-VIS Victorian based Commonwealth Games athletes. This included medical assessments, gathering screening ECG results, vaccination certificates and uploading relevant blood test results onto AMS. Dr Samantha May (Vixens Doctor) provided Locum cover during the Games.

With an increase in funding this year, we have been fortunate to welcome registered nurse Manna McLeod to the team. She has spent time coordinating the updating and servicing of the emergency medical equipment which has included the sourcing of new defibrillator units. She also investigated and coordinated the purchase of a portable ECG machine that is now used onsite at the VIS to complete performance baseline biannual ECG screenings. It can also be used in the investigation of cardiac complaints including arrhythmias and potentially COVID related cardiac sequelae.

With the addition of the nurse role, the VIS has commenced in-house iron infusions. These are often required for the treatment of iron deficiency, which is common in athletes. Generally, this procedure requires referral to a private hospital and comes at a significant cost

to the athlete. There has been collaboration with the Australian Institute of Sport (AIS) in the development of the protocols and procedures around this.

Both services (ECG and iron infusion) are more convenient for athletes and provide a significant cost saving which also means the compliance of getting these important screening components done will significantly improve.

This year, the medical department has liaised and coordinated with other VIS service providers to produce a number of protocols/ guidelines:

- Wellbeing and Mental Health Strategy
- Protocol for monitoring weight and body composition at the VIS
- Athlete Medical Reimbursement for athletes
- Iron infusion protocols
- Hypoglycaemia management (as we have a number of insulin dependent diabetic athletes)
- Personal medical kit advice for VIS athletes and staff when travelling

The team has also commenced a project around concussion protocols. VIS has a concussion policy that defers to National Sporting Organisation (NSO) or AIS policies and uses the current accepted identification and initial treatment protocols. We envisage the need for concussion education across all sports over this coming year and the VIS, AIS, and other National Institute Networks (NINs) and NSOs are looking to develop protocols and expertise in managing the more difficult/ prolonged concussion cases.

Throughout the year, members of the team have spent time in the DTE, also attending training camps, competitions, and events with NSOs:

- Dr Philippa Inge worked at the 2022 Commonwealth Games for the Australian Cricket Team.
- Dr Alice McNamara went to the Commonwealth Games with the Australian Swimming Team and the Taekwondo Nationals in Sydney to observe and support weight making processes.
- Dr Susan White was the Chair of the Commonwealth Games Federation (CGF) Therapeutic Use Exemption (TUE) Appeals Panel at the Commonwealth Games (remained in Melbourne). She worked the Australian Open as part of the player medical services and attended the World Anti-Doping Agency (WADA) TUE symposium in Korea and chaired the WADA TUE Expert Advisory Group. Susan is also Chair of The Australian Sports Drug Medical Advisory Committee (ASDMAC). She conducted screenings and provided performance workshops for the Para Hub Triathlon training camp. Susan also represents VIS on the Latrobe Exercise and Sports Medicine (LAESM) IOC Centre of Medical Research Committee.
- Alice, Philippa and Susan all attended and presented at the La Trobe Sport and Exercise Medicine Research Centre (LASEM) & the AIS inaugural 'Women in

- Sport Congress". They all also attended the Sudden Cardiac Arrest and Sports Symposium in March.
- Manna McLeod worked at the Australian Open (Player Medical Services). Manna also visited the AIS to learn from the nurses based there. Manna assisted with screenings for the Para Hub Triathlon training camp.
 - Dr Patrick Sunderland continues in his role consulting at the VIS alongside being the team doctor for Essendon Football Club and has attended camps with the Australian Wheelchair Rugby Team.
 - Dr Samantha May has continued in her role as team doctor for the Melbourne Vixens.

SPORTS PHYSIOTHERAPY

The physiotherapy team is comprised of eleven expert clinicians who focus on proactively integrating into the performance support team to enable athletes and coaches to focus on the process of training to perform at their best.

The first full year of having the physiotherapy team embedded within the organisation has seen significant change in the way physiotherapy is utilised within the various programs. Novel programs have focused on setting up a structure for their interdisciplinary support teams that effectively converts expertise into athlete training and performance outcomes, while more mature programs have explored in more depth how to maintain athletes' health as well as exploring opportunities for fine tuning measurement, monitoring and programming for even better athlete outcomes.

- Steve Hawkins attended the Commonwealth Games as the Head of Physical Therapies for the Australian Team. He was seconded into the Acting Physical Therapies National Network Lead position for three months at the request of the Australian Institute of Sport (AIS). He continues to lead a project for the AIS Physiotherapy Network in the measurement of quality practice.
- Alison Low attended the Commonwealth Games with the athletics team. She temporarily took on some acting Lead Physiotherapist duties at the VIS while Steve Hawkins was seconded to a part time AIS role.
- Alison and Dr Ebonie Rio were awarded an AIS WLIS program grant. They both also contributed to the formation of physiotherapy team member individual performance plans through individual mentoring of team members.
- Ebonie also attended the Commonwealth Games in a headquarters physiotherapist role. She helped lead the VIS Research Council in its initial set up of systems and processes and on an ongoing basis with its regular operations.

- Emma Iacovou manages the day-to-day healthcare for Melbourne Vixens athletes, and was seconded to the Australian Netball Diamonds for one tour and one preparation camp (pre-Commonwealth Games). Emma developed a secondary injury prevention program – "Vixens Powerful Paws" – leading to further reductions in lower limb injury incidence within this athlete cohort as well as interest from other netball organisations and other VIS programs.
- Josh Ferguson was awarded two VIS innovation project grants for the sport of sailing, investigating novel training methods for foiling sailors leading to the first output of any training epidemiological data in sailing and the adoption of alternative training methods within the VIS sailing program; and investigating athlete falls prevention. Josh Continues in his role as Lead Physiotherapist for Shooting Australia – with multiple trips supporting shooters in preparation events for Paris 2024.
- Katherine Taylor supported the Australian Gliders (Women's Wheelchair Basketball) team at their World Championships, where they finished sixth, their highest ranking in over nine years. She supported Hockey Victoria's women's Hockey Club Melbourne, and men's underage Nationals across the year.
- Andrew Cameron supported Swimming Australia in multiple selection and preparation events for Paris 2024. He also supported Diving Australia teams to both Grand Prix and Junior Worlds events across the year, in which VIS athletes have had unprecedented success.
- Kevin Craigie was appointed to the role of Athletics Australia Lead Physiotherapist and attended the World Athletics Championships in Oregon. He was awarded an innovation grant to develop a novel testing device for measurement of calf muscle capacity – resulting in the VIS owning a unique, custom designed and built testing frame (with support from the AIS Engineering Department).
- Amber Bennett supported Australian Taekwondo at two World Championship events and Australia's first World Championships TKD medal (bronze) in over 15 years. At the request of Triathlon Australia, she was seconded to an acting part time position as Performance Health Manager, overseeing the Para-Triathlon healthcare rollout. She chaired the VIS Women's Health group working to expand the available resources and educational opportunities for VIS athletes and staff to further improve their understanding and skills in caring for female athletes.
- Andrew Fooks travelled with the Australian Rowing Team during their European competition season.

SOFT TISSUE THERAPY

The soft tissue therapy service operates as a contracted service to assist VIS athletes with recovery and some injury management (if referred by physios or doctors). Soft Tissue Therapists are available across four days per week for VIS athletes.

- Gillian Niven attended the Commonwealth Games in a headquarters Soft Tissue Therapist role.
- Anne Davies attended Athletics World Championships at the request of Athletics Australia.
- Emily Athanasiou is the Soft Tissue Therapist for the Melbourne Vixens.

SERVICE PROVIDERS

SPORTS MEDICINE

- Dr Susan White**
Director Performance Health Services / Chief Medical Officer
- Nerissa Byrne**
Performance Health Services Coordinator
- Dr Philippa Inge**
Sports & Exercise Medicine Physician (parental leave from April 2023)
- Dr Samantha May**
Sports & Exercise Medicine Registrar – Melbourne Vixens
- Manna McLeod**
Registered Nurse
- Dr Alice McNamara**
Sports & Exercise Medicine Registrar
- Dr Patrick Sunderland**
Sports & Exercise Medicine Physician

SPORTS PHYSIOTHERAPY

- Steve Hawkins**
Manager Physiotherapy and Soft Tissue Therapy
- Amber Bennett**
Physiotherapist
- Andrew Cameron**
Sports & Exercise Physiotherapist
- Kevin Craigie**
Sports & Exercise Physiotherapist
- Joshua Ferguson**
Sports & Exercise Physiotherapist
- Andrew Fooks**
Sports & Exercise Physiotherapist
- Jacqueline Gurr**
Sports & Exercise Physiotherapist
- Emma Iacovou**
Physiotherapist
- Alison Low**
Specialist Sports & Exercise Physiotherapist
- Dr. Ebonie Rio**
Sports & Exercise Physiotherapist
- Katherine Taylor**
Physiotherapist

SOFT TISSUE THERAPY

- Emily Athanasiou**
Soft Tissue Therapist

- Anne Davies**
Soft Tissue Therapist
- Gillian Niven**
Soft Tissue Therapist

PARTNERS

Club Warehouse

SPORTS NUTRITION

The VIS nutrition team of eight sports dietitians, provide a comprehensive service to all VIS scholarship holders, sports and programs.

The sports dietitians work closely with coaches and service providers to ensure that the nutrition programs delivered for each sport are in line with their health and performance 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 testing, physique assessment, supplement advice and protocols, as well as practical education such as cooking sessions and supermarket tours.

The dietitians have spent more time in the DTE and at training, camps and competitions, and major travel has included: Jess Rothwell travelled to the Athletics World Championships and Commonwealth Games; Rachel Stentiford supported the aerial skiers in the USA in December in the dual role of chaperone/ dietitian.

The nutrition team have contributed to national projects, including: Kylie Andrew - Athlete Management System (AMS), dietary analysis, and physique working groups; Emily Meehan - National Quality Assurance (QA) Technical Committee for Physique Assessment; Siobhan Crawshaw - Nutrition

and concussion working group; Rachel Stentiford - Nutrition Lead, Triathlon Australia; Jessica Rothwell – Nutrition Lead, Athletics Australia.

The dietitians delivered the Nutrition Advancement program to over 2000 secondary school students as part of the Victorian Challenge and Enrichment Series, funded by the Department of Education. The continued funding for a further three years has allowed us to revise and refresh the content to provide a more rewarding face to face experience, including the usual mix of theory and practical information, real athlete case studies and activities, as well as a tour of the VIS and presentation by one of our scholarship holders. In addition to our Nutrition Advancement program, targeting year 7-10 students, we also offer a VCE program including additional medical content delivered by one of our Sports Physicians, in addition to the nutrition content, in line with the VCE curriculum.

The nutrition team have worked closely on areas of overlap, including; monitoring and managing of iron and long-term tracking (medical) and the delivery of the AIS Eating Disorders in Sport Workshop to over 70 staff to increase awareness in this space (psychology).

As part of the Performance Health Parent Series, an education session on nutrition for young athletes was delivered to support them in their role in feeding and fuelling the athlete in their family.

The VIS Protocol for Monitoring Weight and Body Composition was released to staff to ensure safe and best practices are adhered to in this space. As part of this protocol, consent must be obtained from every athlete before any measures of weight and body composition can be done. We are delighted to continue to work closely with Deakin University, as our providers of DEXA scans which assist monitoring of bone and body composition.

The team continue to closely monitor and advise supplement use amongst athletes. Supplement education has been provided to new and returning scholarship holders, and all athletes are encouraged to log their supplements on AMS.

The team attended several professional development sessions, including the NIN/NSO Performance Support Forum, sport specific conferences and Sports Dietitians Australia PD opportunities. Kylie and Sarina were accepted into the ASC Women Leaders in Sport Workshop and Kylie was one of fifteen women accepted into the AIS Women in STEMM Leadership Program.

SERVICE PROVIDERS

- Kylie Andrew**
Nutrition Manager, Advanced Sports Dietitian
- Elaine Bo**
Accredited Sports Dietitian
- Louise Cato**
Accredited Sports Dietitian (from September 2022)
- Siobhan Crawshaw**
Advanced Sports Dietitian
- Chris Fonda**
Accredited Sports Dietitian (parental leave cover until September 2022)
- Sarina Lococo**
Accredited Sports Dietitian
- Emily Meehan**
Advanced Sports Dietitian
- Jessica Rothwell**
Advanced Sports Dietitian
- Rachel Stentiford**
Advanced Sports Dietitian

PARTNERS

Deakin University (DEXA scans)



PHOTO: KYLIE ANDREW (LEFT) AND KATE EDDY

CORPORATE SERVICES

The Corporate Services team is responsible for the provision of VIS corporate services, including finance and accounting, information & communication technology, facilities management, strategic projects & partnerships, reception, travel co-ordination, asset management, pay-roll, purchasing, corporate clothing and general office administration.

INFORMATION & COMMUNICATION TECHNOLOGY SERVICES

This year the VIS underwent an office redesign which provided the opportunity to change onsite technology to better suit the needs of staff, improving how we work and collaborate. IT infrastructure was updated throughout, to support the increase of staff and athletes, improving AG access, connectivity, and security. Meeting spaces were updated featuring new booking and video conferencing equipment, allowing staff and guests to seamlessly book, connect and hold events and meetings to suit their needs.

BUSINESS SERVICES

The business services team provide financial management services to our staff and stakeholders while ensuring compliance with all regulatory requirements. We have continued updating our budget management and reporting processes to ensure timely and accurate financial insight for management and programs. To achieve this, we utilise Calxa software in addition to XERO. Regular government reporting and compliance is also undertaken with Sport & Recreation Victoria.

FACILITIES

The VIS facility upgrade was completed in February 2023. The project included upgrades and expansions to the gym, treatment suites, and office facility to accommodate the additional athletes, staff and services that have been the outcome of the increased funding. A full outline of the upgrades can be found on page 58.

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 RSD Audit on behalf of the Victorian Auditor-General's Office.

STRATEGIC PROJECTS & PARTNERSHIPS

The VIS 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, Skills, Industry and Regions. The Department of Education and Training supports our community programs via School Sport Victoria, whilst the Australian Institute of Sport, via National Sporting Organisations, provide support to our sport 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 and the Australian Institute of Fitness. 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 12 years making the Future Talent Program an integral part of the VIS.

During the reporting period, the VIS were successful in their grant application and received renewed funding from the Department of Education and Training as part of the Victorian Challenge & Enrichment Series. This funding extends the VIS Advancement Series, which delivers free nutrition and sport science education sessions to Victorian Government secondary school students, until December 2025.

In 2022, the VIS welcomed athletes from Life Saving Victoria's Sporting Excellence stream into the VIS for an 8-week Winter Program, incorporating training programming, fitness testing and targeted workshops delivered by the VIS strength & conditioning, performance science and performance psychology teams. Racing Victoria also expanded their servicing agreement with the VIS in 2022 (previously exclusively with Performance Lifestyle) to include strength & conditioning and performance science support for their Apprentice Jockey Program.

CORPORATE SERVICES TEAM

Simon Gardam
Director Corporate Services

Mark Brown
ICT Manager

Mohsen Salehi
ICT Technician

Alana Thomas
Business Services Manager (leave from September-November 2022)

Elsa Kwan
Accounts Officer

Danelle Mccoy
Business Services Manager (from September-November 2022)

Katie Nguyen
Accounts Payable Assistant (until May 2023)

Miriam Keane
Accounts Payable Assistant

Jessica Li
Accounts Payable Assistant (from June 23)

Cathryn Pruscino
Manager Strategic Projects & Partnerships

Salesi Uhi
Facilities Manager

Mathew Gay
Receptionist

Emily Hamilton-Smith
Receptionist

Abigail Paduch
Receptionist

Georgia Griffith
Receptionist

Saffron Tambyrajah
Receptionist (from August 2022)

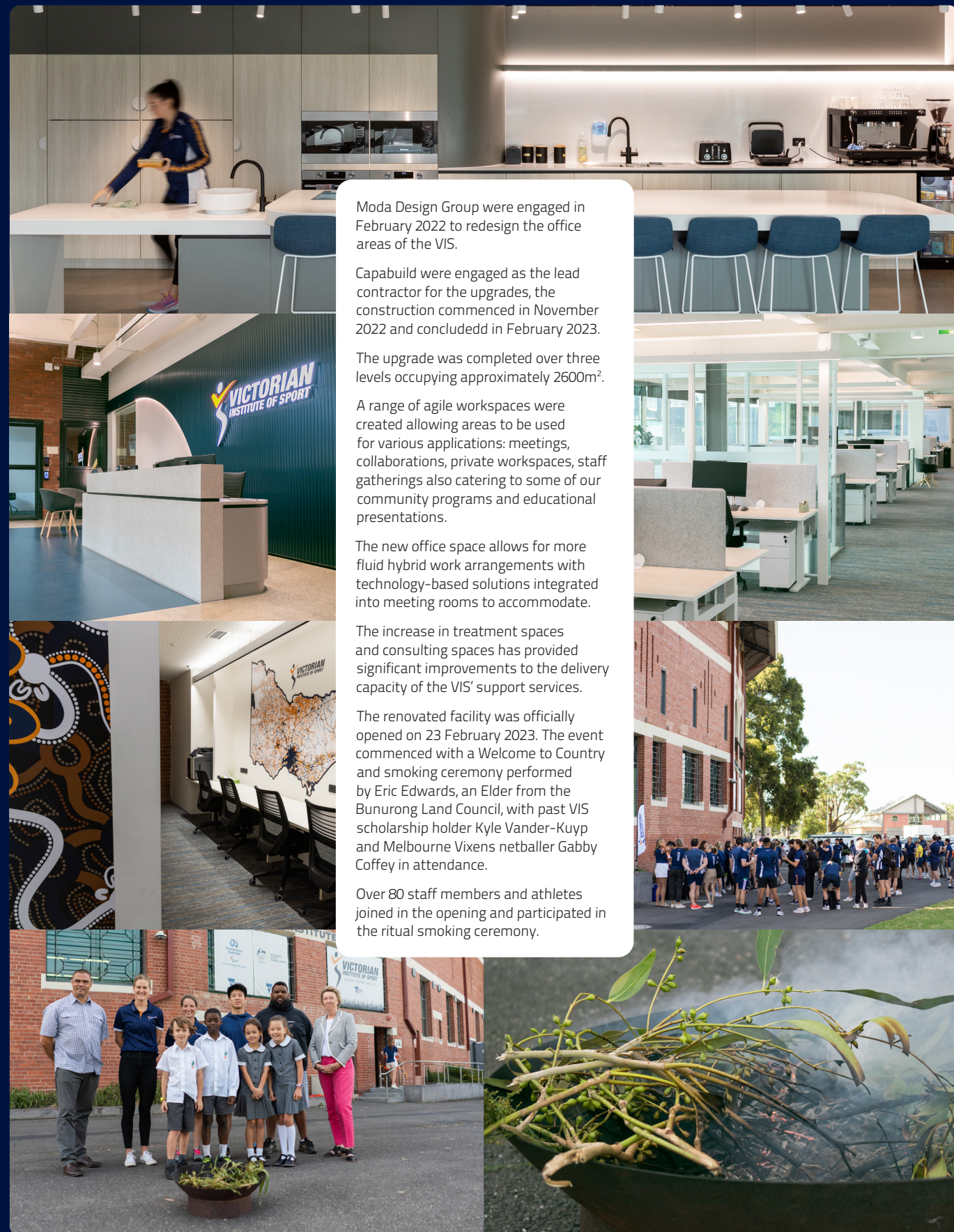
Rahni Samason
Receptionist (from August 2022)

Alexandra Viney
Receptionist

Calvin Reed
Receptionist (from June 2023)

Tara Kinder
Receptionist (from June 2023)





Moda Design Group were engaged in February 2022 to redesign the office areas of the VIS.

Capabuild were engaged as the lead contractor for the upgrades, the construction commenced in November 2022 and concluded in February 2023.

The upgrade was completed over three levels occupying approximately 2600m².

A range of agile workspaces were created allowing areas to be used for various applications: meetings, collaborations, private workspaces, staff gatherings also catering to some of our community programs and educational presentations.

The new office space allows for more fluid hybrid work arrangements with technology-based solutions integrated into meeting rooms to accommodate.

The increase in treatment spaces and consulting spaces has provided significant improvements to the delivery capacity of the VIS' support services.

The renovated facility was officially opened on 23 February 2023. The event commenced with a Welcome to Country and smoking ceremony performed by Eric Edwards, an Elder from the Bunurong Land Council, with past VIS scholarship holder Kyle Vander-Kuyp and Melbourne Vixens netballer Gabby Coffey in attendance.

Over 80 staff members and athletes joined in the opening and participated in the ritual smoking ceremony.



The newly formed People & Community team at the VIS completed its first full year of operation. The team is primarily responsible for 'telling the stories' of the VIS - from our athletes to our staff to the community engagement programs we run. Each story is unique and our purpose is to share with the Victorian public the successes of our athletes and staff thus instilling a sense of pride in Victorians and inspiring an active and participative community in all sport and recreation activities.

HUMAN RESOURCES

The People team is responsible for the delivery of amazing employee experiences; from candidate recruitment through to onboarding, employee professional development, wellbeing and exit transitions, the team focuses on ensuring the unique VIS culture can be experienced at every touchpoint.

To assist with the delivery of these experiences and to ensure the right infrastructure is in place to support the growth of the organisation the team has been focused on:

- Implementation and adoption of a new human resources information system (HRIS)
- Delivery of learning & development

- Reviewing all policies to ensure adoption of best practice, legislative compliance and inclusivity and that they are fit for purpose within the institute
- Creatively connecting employees and celebrating our diversity through cultural lunches, team sport and use of VIS facilities
- Exploring new methods of demonstrating our employee value proposition through the use of Universities, community groups such as Sportsgrad and social channels

Next up the team will begin focus on contributing to the National 2032+ High Performance – Performance Management Strategy, creatively sharing the in-house expertise within the VIS and building opportunities for professional development and positioning the VIS as a continued leader in high performance sports expertise.

Key achievements for the People team this year have been:

- the implementation and successful adoption of a new HRIS system supporting all HR processes. The integration of all employees into the newly renovated facility.
- leading participation and engagement rate across the Victorian Public Sector in the People Matters Survey.
- implementation and training of 12 Workplace Contact Officers to support a safe and inclusive workplace.
- completion of Unconscious Bias Training by all VIS Managers of people.

COMMUNICATIONS AND MARKETING SERVICES

The Communications and Marketing Services (CAMS) team's overarching goal is to lead the storytelling of the VIS through our external communications platforms.

The CAMS team works collaboratively with both the institute's internal resources and external partners and stakeholders, to effectively and professionally deliver communications and marketing activities to raise the profile of the VIS and create awareness of the organisation's value to the Victorian community.

The team is responsible for all VIS' communications platforms & strategy, delivery of large-scale events, VIS community programs, corporate publications, management & implementation of the VIS brand and media relations.

A focus for the team this year has been to implement a more efficient, proactive and structured process of working, which allows for a more creative approach to producing and delivering content.

Content planning is one of the team's priorities and to embed all the VIS departments and services in the stories that are told about the VIS. This has resulted in varied content that demonstrates the expertise of the VIS while showing the connection to Victoria's best athletes.

The VIS Award of Excellence returned in its traditional format in November 2022 and was held at the MCG. A full outline of the event can be found on page 62.

The community programs engaged with a total number of 15,744 participants and 251 Victorian schools during the reporting period.

In early 2023 we resumed delivering the VIS Advancement Series and the VIS Tours on-site in the VIS' newly renovated facility. Since then, 30 programs have been delivered to schools at the VIS with the use of VIS athletes for the Tours and VIS dietitians and performance scientists for the VIS Advancement Series.

The VIS Advancement Series delivers nutrition and sport science education sessions to Victorian Government secondary schools drawing on the extensive knowledge and experience of VIS experts. 1,071 students participated in the sessions during the reporting period from 32 Victorian schools.

The Be Fit. Be Well program is funded by School Sport Victoria and allows the VIS to send athlete speakers to Victorian Government schools free of charge. In 2022-23 our athlete speakers engaged with over 10,000 students and completed 191 visits to schools in the reporting period.

The return of face-to-face visits has been incredibly popular with schools. In Term 2 bookings were paused and a waiting list created in order to reserve budget for schools

who had not yet received a visit and ensure a more even spread of visits across the year.

The Athlete and Expert Speaker Program (AESP) coordinates speakers for all other clients outside of Victorian Government schools. 27 talks were completed in the reporting period.

The VIS Tours resumed in Term 2 of 2023 and eight schools have visited the VIS for a tour of the facility.

Key achievements for the CAMS team this year:

- Improved and streamlined visual look across all digital output
- VIS branded templates developed and distributed to staff improving the professional presentation of staff's work
- Successful coordination and delivery of the 2022 VIS Award of Excellence
- Successful launch event for the renovated VIS facility
- Redesign of the newsletter and change of strategy
- Successful implementation of new social media platform (TikTok)
- Focus on key awareness days and bringing VIS stories to life at times of relevance

PEOPLE AND COMMUNITY TEAM

Daniel Simons

Director People & Community

Camilla Blands

Communications & Marketing Manager

Ashley Gillespie

Project Manager, Communications & Marketing (returned from Parental Leave May 2023)

Dominic Hook

Digital Content Creator (from August 2022)

Amy McMahon

Community Engagement & Events Coordinator (from September 2022)

Kate Paul-Drevensek

Communications & Marketing Coordinator (from June 2023)

Chris Tetaz

Digital Media Specialist (until April 2023)

Keely Wallace-Kilbane

HR Coordinator (from March 2023)

58%
OF OUR STAFF
IDENTIFY
AS FEMALE

**OVER
30%**
OF OUR STAFF
COME FROM A
DIVERSE CULTURAL
BACKGROUND

BE FIT. BE WELL

BIRMINGHAM COMMONWEALTH GAMES

10 MEDALS WON BY VIS
ATHLETE SPEAKERS



VIS ADVANCEMENT SERIES



1,071

SECONDARY STUDENTS PARTICIPATED IN
NUTRITION OR SPORT SCIENCE SESSIONS

AWARD OF EXCELLENCE 2022

The 2022 Award of Excellence was held on 24 November 2022 at the Melbourne Cricket Ground and was well attended by 308 VIS staff, athletes, sponsors and stakeholders. The function celebrated the outstanding achievements of VIS athletes from a year which brought us the Beijing Winter Olympic & Paralympic Games and the Birmingham Commonwealth Games.

This was the first time since 2019 that the event was delivered in-person in its traditional event format.

Six main awards were presented including the coveted Award of Excellence, the Para Athlete Award, 2XU Rising Star Award, the Sarah Tait Spirit Award and the Open Universities Australia Performance Lifestyle Award and the Frank Pyke Achievement Award.

Jemima Montag etched her name into Victorian Institute of Sport history, becoming the first race walker to win the prestigious Award of Excellence. In 2022 her list of accolades on the track were long, she broke the 20km Australian and Oceania race walking record, and won a second consecutive Commonwealth Games gold medal, months after her top 4 performance at the World Athletics Championships.

Off the track, Montag is equally as impressive, which was highlighted when she was also awarded the Open Universities Australia Performance Lifestyle Award. An award presented to the athlete who has achieved personal excellence in their studies, career ambitions, and/or work setting whilst pursuing their dual sporting career.

The 2XU Rising Star Award, which recognises the young athlete who has achieved outstanding sporting results during the year, complemented by success in other areas of their life, was awarded to 14-year-old diver Charli Petrov.

Australian Diamonds and Melbourne Vixens superstar Liz Watson was awarded the special Sarah Tait Spirit Award that recognises the athlete who most encompasses the spirit of the VIS. Watson received the award due to her demonstrating courage, commitment, and persistence to achieve her sporting goals, whilst showing the ability to inspire and bring out the best in others, engage with and bring pride to the netball community.

Nominated as a finalist for three separate awards on the night, Col Pearce was the deserving winner of the Para Athlete Award, presented to the Para athlete who has had the best results within the calendar year.

Australian rowing legend James Tomkins was named the Frank Pyke Achievement Award winner. The award is named in honour of the inaugural Executive Director of the VIS and was awarded to Tomkins for his long and successful sporting career as well for his significant contributions to the VIS and his sport.

16 athletes were also named winners of the 2022 Coach Awards, which are presented to an athlete in each VIS sport program who is the most deserving.

AWARD WINNERS 2022

- Award of Excellence 2022 / Jemima Montag
- 2XU Rising Star Award 2022 / Charli Petrov
- Sarah Tait Spirit Award 2022 / Liz Watson
- Para Athlete Award 2022 / Col Pearce
- Open Universities Australia Performance Lifestyle Award 2022 / Jemima Montag
- Frank Pyke Achievement Award / James Tomkins

COACH AWARDS 2022

- Laura Peel / Aerial Skiing
- Jai Crawley / Archery
- Elyssia Kenshole / Athletics
- Katharina Haecker / Combat
- Emily Petricola / Cycling
- Charli Petrov / Diving
- Cooper Burns / Men's Hockey
- Olivia Downes / Women's Hockey
- Sussu Liai / Netball
- Anna Cripsey / Sailing
- Catherine Skinner / Shooting
- Sam Williamson / Swimming
- Tyson Bull / Individua Scholarship Program – Gymnastics
- Nicholas Lum / Future Talent Program – Table Tennis
- Isabel Martin / Wheelchair Basketball
- Sophie Linn / Triathlon

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
- 2020 / *Performance period was included in the 2021 AOE awards
- 2021 / DYLAN ALCOTT OAM / Wheelchair Tennis
- LUCY STEPHAN, JESS MORRISON & ROSIE POPA / Women's Four – Rowing



SUMMARY OF VIS ATHLETES			
	Male	Female	Total
Tier 1	122	166	288
Individual Athletes	83	79	162
Future Talent	10	8	18
TOTAL	215	253	468

NUMBER OF PARA ATHLETES			
	Male	Female	Total
Tier 1	25	14	39
Individual	16	12	28
Future Talent	0	1	1
TOTAL	41	27	68

TIER 1 SPORTS	Male	Female	Total
Aerial Skiing	2	13	15
Archery	4	4	8
Athletics	20	22	42
Combat	19	24	43
Cycling	21	19	40
Diving	3	9	12
Hockey – Men’s	18	0	18
Hockey – Women’s	0	17	17
Netball	0	29	29
Sailing	10	10	20
Shooting	6	8	14
Swimming	6	7	13
Triathlon	5	2	7
Wheelchiar Basketball	8	2	10
TOTAL	122	166	288

INDIVIDUAL SPORTS	Male	Female	Total
Artistic Swimming	0	4	4
Badminton	9	8	17
Basketball	0	5	5
Bowls	5	4	9
Canoeing	5	1	6
Curling	1	0	1
Football	0	1	1
Gymnastics	7	14	21
Para Bowls	3	1	4
Para Canoeing	0	1	1
Para Equestrian	0	2	2
Para Rowing	1	2	3
Para Table Tennis	6	5	11
Rowing	24	17	41
Skateboarding	2	2	4
Snowboarding	1	1	2
Softball	0	1	1
Squash	7	2	9
Surfing	0	2	2
Table Tennis	0	2	2
Water Polo	6	2	8
Weightlifting	0	1	1
Wheelchair Rugby	5	1	6
Wheelchair Tennis	1	0	1
TOTAL	83	79	162

FUTURE TALENT SPORTS	Male	Female	Total
Canoeing	2	0	2
Combat	1	0	1
Cycling	1	0	1
Freestyle Skiing	1	0	1
Gymnastics	1	2	3
Para Badminton	0	1	1
Shooting	0	1	1
Skateboarding	0	1	1
Sport Climbing	0	1	1
Squash	0	1	1
Surfing	2	1	3
Table Tennis	2	0	2
TOTAL	10	8	18











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

T +61 3 9425 0000

 @VicInstSport

 facebook.com/VicInstSport

 Vicinstsport

 Victorian Institute of Sport

 VIS TV

 @vicinstsport

www.vis.org.au