

2023/2024
ANNUAL
REVIEW



ANNUAL REVIEW 2023/2024

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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: (left to right) JO WESTON, LIZ WATSON & MERA AUSTIN











PHOTO: STEPH CATLEY

VIS MOTTO

"Success in Sport and Life"

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.	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 and Special Visiting Professor Universidade Federal de Pernambuco.	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, Youth Activating Youth and Entire HR.	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 Women's Coach Lead/National Teams Coach Tennis Australia. 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). She holds roles in Football (Soccer), including governance, coaching and coach educator. Julie was previously the goalkeeper coach for the VIS tier 2 women's soccer program, a founding director for women's football advocacy group Women Onside and currently Secretary of LGBTIQ+ group Proud 2 Play. Julie works in the Fintech and Payments sector, specialising in Project Management and Service Delivery.	2022
 Azmeena Hussain, OAM	Azmeena Hussain OAM is a Principal at Maurice Blackburn Lawyers, Chairperson of the Islamic Museum of Australia, and member of the SBS Statutory Community Advisory Committee. 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 previously a non-Executive Director of Football Victoria.	2022
 Nick Green, OAM (Alternate Director 13.09.23 – 29.02.24)	Nick Green OAM was appointed as Alternate Director whilst VIS Board Member, Azmeena Hussain, took parental leave. Nick is an experienced and passionate senior executive with more than 30 years of exposure to large global corporations, national and not-for-profit organisations. He is a Director of VicHealth and has been part of the Australian sporting scene for more than 30 years. Nick is a dual Olympic Champion and four-time World Champion. He was inducted into the Sport Australia Hall of Fame in 2001 for his contributions to the sport of rowing.	2023
 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, OAM (Independent Member – Performance Committee)	Tim Mathews OAM is a past VIS scholarship holder and an Australian 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. He is also a General Partner @ Wildcard Ventures Mentor @Techstars	2023
 Veronica Clark (Board Observership Program)	Veronica is an effective, outcomes focussed in-house lawyer and business operator, with experience in professional services, health and energy sectors. She is currently Legal Counsel at Energy Australia and has broad experience advising on corporate, commercial and dispute matters. Veronica is an affiliated member of the Governance Institution of Australia, with a keen interest in governance. Veronica is the VIS 2024 Board Observer, through the Observership Program.	2024

2023/2024

MINISTER'S MESSAGE



STEVE DIMOPOULOS MP
Minister for Tourism, Sport and Major Events

It has been another exciting 12 months for the Victorian Institute of Sport with our state's best athletes representing Victoria with pride on the world stage.

Ten VIS athletes joined the Australian team for the 2023 Para Athletics World Championships in Paris. The team took home six medals, making up nearly half of the country's 14-medal haul.

Essendon-based Maria Strong was a standout as they became the first 100-metre T72 World Champion before backing that up with a silver medal in the Shot Put F33.

Continuing the athletics success, Jemima Montag earned Australia's first medal at the 2023 World Athletics Championships in Hungary, securing silver in the women's 20-kilometre walk – her best finish at a major championship.

The inaugural 2023 UCI Cycling World Championships in Glasgow featured 14 VIS athletes who combined for seven medals across the 11 days of competition. Paralympic Champion and World Record holder, Emily Petricola OAM, continued her amazing form, winning her fourth consecutive gold medal in the Women's C4 Individual Pursuit, her ninth world cycling title.

VIS scholarship holder, Scotty James, won his sixth X Games Snowboard Superpipe gold, joining US legend Shaun White as the only two people to ever three-peat in the discipline. VIS aerial skier Danielle Scott won her second straight World Cup season Crystal Globe across a season which featured four second place finishes to lock up the title with most points throughout the year.

In swimming, Sam Williamson broke his own Australian record in the 50-metre breaststroke to claim gold at the 2024 World Aquatic Championships in Doha.

Back home over 1,000 people poured through the doors of the VIS at Lakeside Stadium, marking a successful return for the institute's first Open Day in over four years, and at the VIS Award of Excellence gala netball World Cup gold medallists, Liz Watson, Jo Weston and Kiera Austin etched their names into VIS history as winners of the prestigious Award of Excellence for 2023.

To ensure these amazing achievements continue and more Victorians have their chance to shine on the world stage, the

Victorian Government has provided an additional \$32.7 million in operational funding to the VIS over the next four years to bring our total funding to more than \$58 million across this period. This is vital funding to support the recent expansion of VIS programs and services.

I would also like to thank Anne Marie Harrison for her incredible contribution to the Victorian Institute of Sport across her illustrious tenure over 18 years. Anne Marie has helped transform the institute into what it is today, and we wish her the very best of luck for the future.

Thank you to all the VIS athletes and support staff for your continued commitment to success, improvement and professionalism. I look forward to the next 12 months ahead including the exciting 2024 Paris Olympic and Paralympic Games.

MORE THAN
\$58
MILLION
VIS FUNDING
2024-28

PHOTO: MARIA STRONG



ABOUT VIS CHAIR & CEO REPORT



**NATALY
MATIJEVIC**
Chair



**ANNE MARIE
HARRISON**
Chief Executive
Officer



**CATHRYN
PRUSCINO**
Manager Strategic
Projects &
Partnerships

PHOTO (FROM LEFT TO RIGHT): KYLE VANDER-KUYP, LEON SEJIRANOVIC, BAILEY LEWIS, ANNE MARIE HARRISON, STACEY HYMER AND ANNA MEARES OAM.

As we approach the end of another cycle with the Paris Olympic and Paralympics milestone, the VIS has many achievements to acknowledge and some important milestones to celebrate over 2023-24.

The VIS proudly supported 507 Victorian athletes over the course of the year, which equates to 99% of Victoria's categorised athletes across 45 sport disciplines. Our staff cohort has increased to 118 (from 65 in 2021) and 28 of those staff members have been actively involved in supporting national teams at benchmark events over the last twelve months. In addition, 49 VIS staff members have held national lead roles within their discipline or contributed to the activities and projects within the HP 2032+ Strategy, highlighting the calibre of our staff and their influence on the national system. This trend will continue into the Olympic and Paralympic Games, where 25+ VIS staff will attend and perform coaching and performance support roles across the two events, assisting Australian athletes at the pinnacle of their sporting journeys.

VIS athletes have made great progress on their quest for selection onto Australian teams for the Olympic and Paralympic Games with 54 selected across 18 sports at the end of June 2024, and many more to be announced prior to the commencement of the Games.

During the year, 12 VIS athletes won 13 World Championship titles, whilst 39 finished in podium positions. This continues the positive trend in performance and is a tribute to the

talent, hard work and dedication of those athletes and the many personal and VIS coaches and staff who support them. A further 55 athletes finished in 4th-8th position at World Championships, placing themselves within touching distance of podium opportunities at upcoming Games.

We are proud of all our athlete and staff achievements and wish them all the best for their Olympic and Paralympic campaigns in Paris.

Our dedicated Board have diligently supported the organisation over the reporting period. We welcomed for a short period Nick Green as an Alternate Director, covering Azmeena Hussein's parental leave, and Veronica Clark on a 12-month tenure as part of the Board Observership program. Our Chair, Board and CEO led the charge toward a successful 2024 State Budget bid which resulted in the VIS funding being extended for another four years. Our Minister Steve Dimopoulos, his office and the team at SRV and DJSIR were instrumental in securing this funding and on behalf of the athletes of Victoria, current and next generation, we extend our grateful thanks. This has set the Institute up for a smooth transition into the next Olympic cycle and beyond and assisted in our Los Angeles cycle investment decisions.



PHOTO (FROM LEFT TO RIGHT): COL PEARSE, ANNE MARIE HARRISON, TIM ADA AND MELISSA TAPPER

The Board has been integral in developing and reviewing our Risk Framework and Policy settings, including updating our Code of Conduct, Sexual Harassment, Travel Expenses, Gifts & Entertainment, Recruitment & Selection and Parental Leave policies. The introduction of the VIS Concussion Position Statement has been well received and supported by the Board, along with the implementation of the VIS First Nations Strategy which has seen much activity commence on our path to supporting reconciliation.

Over the past twelve months, the VIS has engaged in significant system-wide collaborations with the National Institute Network, participating in the 2032+ Strategy with involvement from key VIS staff and athletes to develop the national strategy and ongoing national activities. Other initiatives undertaken throughout the year include the Clinical Governance Project - to address the growing demand, resource and compliance requirements of the sports medicine and performance health support offered to VIS athletes; the establishment of the Sustainability Squad of 18 staff and 5 athlete representatives - to monitor our carbon footprint, lower our emissions and reduce our impact on the environment through a commitment to foster a greener, healthier future for all by actively contributing to a climate-resilient Victoria. We have undertaken Critical Incident Management Training - to ensure we are equipped for any potential incident that may impact staff or athletes; and staff Cultural Awareness Training and Bystander Training to maintain our high standards and expectations around staff culture.

In line with this approach, we once again signed up to the Win Well Pledge, demonstrating our commitment to the vision

"we win well to inspire Australians". Win Well acknowledges the importance of success and rewarding high performance, and it highlights wellbeing as the foundation of sustainable success. By prioritising and focusing on the physical, mental, emotional, and cultural wellbeing of our athletes, coaches, staff, and sport as a whole, we will unlock our full potential and Win Well, which complements our motto of "success in sport and life".

We aim to espouse these values in all that we do, including our engagement with the Victorian community through our community programs. We reached a record number of participants in 2023-24 of over 20,000 students via our VIS Tours, Be Fit Be Well, Athlete Speaker Program and the Advancement Series. In addition, we held an Open Day for the Victorian public, allowing them to try a range of sports and get a behind the scenes look at our sporting Institute.

This year, we celebrated former VIS athlete and current staff member, Rachael Lynch OAM, being awarded an Order of Australia for her service to hockey and being named on the COVID-19 honour roll for her work as a Regional Screening Nurse Manager overseeing the COVID-19 testing program at a mining company. We also bid farewell to three long term and dedicated staff members in Bill Tait, Mat Gay and Salesi Uhi. Bill commenced at the VIS as an athlete, returned as a rowing coach and worked his way to General Manager High Performance before taking on an exciting new role at AIS/ Paralympics Australia. Mat Gay worked as our long-term and ever reliable and loved receptionist, and Sal was our fearless Facility Manager who successfully managed the VIS facility through COVID, navigated the facility upgrade/refurbishment and addressed the day to day needs of all with a calm head and a big smile. We thank them all for their years of

hard work, dedication and most importantly, their contribution to the VIS family.

And our final acknowledgement is reserved for the leader of our great organisation, Anne Marie Harrison. Anne Marie has led the organisation for 18 years and has seen much change, and experienced many highs and lows with staff, athletes and the State and National Sporting Organisations that make up our sporting landscape. She will remain with the VIS until the end of October; however, her decision to retire is significant and her impending departure will be felt across the system.

We look forward with confidence and eagerness to the Paris Games, knowing the effort that all involved have put into their preparation. 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, and Maribyrnong Sports Academy along with the Victorian Regional Academies of Sport (VRAS). Our thanks to all these organisations and their staff for their interest and commitment to our athletes and programs. To the Board and independent members of our sub committees we express our gratitude for their counsel and guidance to ensure we are an organisation that puts our athletes at the heart of our decisions and our staff who support them, along with performing with diligence their important governance role. 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.

PHOTO: NATALY MATIJEVIC



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 a small number of 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 two training gyms, 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 2023-24 period included: 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 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

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

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

PHOTO CREDITS: GETTY IMAGES AND MARK DADSWELL PHOTOGRAPHY

ABOUT VIS
ORGANISATIONAL CHART



VIS FIRST NATIONS STRATEGIC PLAN



The significance of First Nations people's customs, values and traditions provide opportunities to learn and grow.

For our staff and athletes this has been achieved through interactive learning experiences and cultural competency actions captured in our First Nations Strategic Plan.

The plan's purpose is at the forefront of all activities, reflected in the way we recruit, onboard and induct through to visual representation within the workplace and cultural training and policy - ensuring the VIS remains a cultural safe space for all.

Our actions, experiential learning and engagement with our athletes and community continue to reflect our commitment to celebrate First Nations people and their ongoing contribution to the lands on which we work and play sport.

From an athlete perspective there are currently 5 athletes on scholarship who identify as Aboriginal or Torres Strait Islander.

The VIS acknowledges the Traditional Custodians of the land we live and work on, the Bunurong people of the Kulin Nation and recognize 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.

First Nations artwork has been created for the Victorian Institute of Sport by Katie Budgen Art, Kamilaroi woman. The artwork represents the central meeting place on which the Victorian Institute of Sport is located on Boon Wurrong land. The people inside the circle represent the connection the VIS has to their athletes past and present.

A key feature of the artwork is the meeting place in the centre which represents the VIS

in its iconic place beside Albert Park Lake. White 'song lines' leading from this meeting place represent the paths the VIS will be taking to create a culturally safe and respectful environment.

The small orange dotted paths represent the flow of information and education that the VIS will embrace on this journey whilst the brown and light blue represents the water and soil of the Kulin nation.

CREDIT: CREATED BY KATIE BUDGEN ART, KAMILAROI WOMAN, @KATIEBUDGEN_ART

2023/2024

ATHLETE RESULTS SUMMARY

PODIUM LEVEL RESULTS AT WORLD CHAMPIONSHIPS



WORLD CHAMPIONSHIPS

44 PODIUM LEVEL RESULTS ACHIEVED BY VIS ATHLETES

12 VIS ATHLETES WON 13 WORLD CHAMPIONSHIP TITLES

39 VIS ATHLETES FINISHED IN PODIUM POSITIONS

PHOTO: JEMIMA MONTAG

AUSTRALIAN MEDALS WON BY VIS ATHLETES

1	ATHLETE	SPORT	EVENT/DISCIPLINE	EVENT
	Maria Strong	Para-Athletics	100m T72 - Women	World Championships
	Ahmed Kelly	Para-Swimming	150m Individual Medley SM3 - Men	Para Swimming World Championships
	Emily Petricola	Para-Cycling	C4 - 3km Pursuit - Women	2023 Cycling World Championships
	Elizabeth Watson/Joanna Weston/Kiera Austin	Netball	Netball	World Cup
	Isabella Boyd	Swimming	4 x 100m Medley Relay - Women	World Junior Championships
	Brock Batty	Gymnastics - Trampoline	Age Group 3: 15-16 Individual Tramp	World Age Group Championships
	Brock Batty	Gymnastics - Trampoline	Age Group 3: 15-16 Synchronised Tramp	World Age Group Championships
	Domonic Bedggood	Diving	3m Springboard Synchro - Mixed	2024 World Championships
	Sam Williamson	Swimming	50m Breaststroke - Men	2024 World Aquatics Championships
	Emily Petricola	Para-Cycling	C4 - Omnium - Women	2024 UCI Para-Cycling Track World Championships
	Emily Petricola	Para-Cycling	C4 - 3km Pursuit - Women	2024 UCI Para-Cycling Track World Championships
	Samantha Atkinson	Bowls	Mixed Pairs	World Indoor Championships
	Joshua Jolly	Cycling - BMX	Individual - Men	UCI BMX Racing World Championships - Junior

2	Jaryd Clifford	Para-Athletics	5000m T13 - Men	World Championships
	Michal Burian	Para-Athletics	Javelin Throw F64 - Men	World Championships
	Maria Strong	Para-Athletics	Shot Put F33 - Women	World Championships
	Guy Henly	Para-Athletics	Discus Throw F37 - Men	World Championships
	Reece Langdon	Para-Athletics	1500m T38 - Men	World Championships
	Nick Smith/Fraser Miscamble	Rowing	Four - Men	World Championships Under 23
	Domonic Bedggood	Diving	3m Springboard Synchro - Mixed	2023 World Championships
	Col Pearce	Para-Swimming	200m Individual Medley SM10 - Men	Para Swimming World Championships
	Jessica Gallagher	Para-Cycling	1km Time Trial Tandem Women Elite	2023 Cycling World Championships
	Jessica Gallagher	Para-Cycling	Sprint Tandem Women Elite	2023 Cycling World Championships
	Grace Brown	Cycling - Road	Individual time trial - Women	2023 Cycling World Championships
	Emily Petricola	Para-Cycling	C4 - Time Trial - Women	Road World Championships
	Emily Petricola	Para-Cycling	C4 - Road Race - Women	Road World Championships
	Jemima Montag	Athletics	20km Walk - Women	World Championships
	Laetisha Scanlan/Catherine Skinner/Penny Smith	Shooting	Trap - Team - Women	World Championships
	Jessica Morrison	Rowing	Pair - Women	World Championships
	Isabella Boyd	Swimming	4 x 100m Medley Relay - Mixed	World Junior Championships
	Anabelle Smith	Diving	3m Springboard Synchro - Women	2024 World Championships
	Sam Williamson	Swimming	4 x 100m Medley Relay - Mixed	2024 World Aquatics Championships
	Sam Williamson	Swimming	Mixed 4x100m Medley Relay	2023 World Championships
	Emily Petricola	Para-Cycling	C4 - Scratch Race - Women	2024 UCI Para-Cycling Track World Championships

3	Sarah Marriott	Rowing	Four - Women	World Championships Under 23
	Harrison Fox	Rowing	Quadruple Sculls - Men	World Championships Under 23
	Col Pearce	Para-Swimming	100m Butterfly S10 - Men	Para Swimming World Championships
	Erin Rowell	Para-Cycling	C4 - 500m Time Trial - Women	Track World Championships
	Benjamin Canham/Jack Robertson/Angus Widdicombe/Timothy Masters	Rowing	Eight - Men	World Championships
	Georgie Gleeson/Paige Barr/Hayley Verbunt	Rowing	Eight - Women	World Championships
	Aditya Sareen	Table Tennis	U15 Boys' Doubles	World Youth Championships
	Jessica Gallagher	Para-Cycling	Tandem B - 1000m Time Trial - Women	2024 UCI Para-Cycling Track World Championships
	Alistair Donohoe	Para-Cycling	C5 - Scratch Race - Men	2024 UCI Para-Cycling Track World Championships
	Jessica Gallagher	Para-Cycling	Tandem B - Sprint - Women	2024 UCI Para-Cycling Track World Championships
	Bella May	Cycling - BMX	Individual - Women	UCI BMX Racing World Championships - U23
	Sam Williamson	Swimming	Men's 4x100m Medley Relay	2023 World Championships

VIS SPORTS

AERIAL SKIING

In partnership with the Olympic Winter Institute of Australia (OWIA) and Snow Australia, the aerial skiing program aims to identify, recruit and develop athletes with an acrobatic background, into World Cup and Olympic level aerial skiers. Whilst it is a winter sport, VIS athletes can train all year round due to training facilities at Mount Buller, the Geoff Henke Olympic Winter Training Centre (Brisbane) and the Wandin Water Ramp Training Facility. The next Winter Olympics will be in 2026 in Milan and Cortina, Italy.

KEY ACHIEVEMENTS

Water Jump Grand Prix #1 - Mettmenstetten, Switzerland

- Laura Peel - 2nd Women's Aerials

Water Jump Grand Prix #2 - Utah, USA

- Laura Peel - 2nd Women's Aerials

Water Jump Grand Prix #3 - Brisbane, Australia

- Airleigh Frigo - 1st Women's Aerials
- Abbey Willcox - 2nd Women's Aerials

World Cup - Ruka, Finland

- Danielle Scott - 2nd Women's Aerials

World Cup - Changchun, China

- Laura Peel - 3rd Women's Aerials

FIS Freestyle Aerial Open - Utah, USA

- Danielle Scott - 3rd Women's Aerials

US Freestyle Championships 2024 - Utah, USA

- Danielle Scott - 1st Women's Aerials

World Cup - Almaty, Kazakhstan

- Danielle Scott - 2nd Women's Aerials

World Cup - Deer Valley, USA

- Danielle Scott - 2nd Women's Aerials
- Abbey Willcox - 3rd Women's Aerials

Aerials Crystal Globe

- Danielle Scott - Overall winner Women's Aerials

PROGRAM STAFF

Hannah Kennedy

Sport Performance Manager
(OWIA/VIS) (from December 2023)

Dr Harry Brennan

General Manager High Performance

Liz Gardiner

Development Program Manager
OWIA (until September 2023)

Nicole Tumblety

Performance Coordinator

COACHES

Dmitri Daschinski

Aerial Skiing Head Coach - OWIA

Tim Gale

Development Ski Coach

Danny Geiger

Aerial Skiing Program Ski Lead - OWIA

Renee McElduff

Aerial Skiing Technical Jump Coach
& Camp Coordinator - OWIA

SERVICE PROVIDERS

Farhan Juahri

Physical Preparation Coach

Tamara Lidums

Sports Physiotherapist (from December 2023)

Kate Macdermid

Sports Physiotherapist (from May 2024)

Regan Molyneaux

Aerial Skiing Talent Transfer
Coordinator - OWIA

Barbara Meyer

Sport Psychology Consultant - OWIA

Will Morgan

Physical Preparation Manager

Dr Anik Shawdon

Sports Physician (from December 2023)

Rachel Steniford

Sports Dietitian

Sarah Thompson

Performance Lifestyle Adviser

ATHLETES

Elise Coleiro
Amber Downes
Brigitta Evans
Reilly Flanagan
Sian Francis
Airleigh Frigo
Danielle Latter
Laura Peel
Miriana Perkins
Danielle Scott
Sidney Stephens
Annalise Tighe
Sophie Treloar
Akayla Quinton
Abbey Willcox
Savanah Wilshire

TRAINING VENUES

VIS Gymnasium
Ski Training and Aerial Skiing, Mt Buller, Victoria
Water Ramp Training Facility, Wandin, Victoria
Geoff Henke Olympic Winter Training
Centre - Brisbane, Queensland

SPONSORS

Karbon
Mt Buller Resort
XTM

PARTNERS

Olympic Winter Institute of
Australia (OWIA)
Snow Australia

INTERESTING FACT

In 2023, FIS introduced the Water Grand Prix series, allowing athletes to compete in summer through water ramping. In September 2023, Brisbane hosted the third Grand Prix of the series and its first ever Aerial skiing event at the Geoff Henke Olympic Winter Training Centre. Laura Peel, Airleigh Frigo, Abbey Willcox, Sidney Stephens, Elise Coleiro and Reilly Flanagan all competed.

PHOTO: DANIELLE SCOTT



KEY
PLAYERS
IN
ARCHERY

“The athletes have had a really busy 12 months with nearly all our athletes having exposure to international competition, whether it be at World Championships, World Cups, Asia Cups or the Spring Arrows Tournament. I am looking forward to seeing what the athletes can achieve over the next Olympic cycle with the support of Alice and the support team.”
—Adam Hosking, VIS Archery Program Manager

PHOTO: IMOGEN GRZEMSKI (LEFT)

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

2023 World Archery Youth Championships - Limerick, Ireland

- Australian team representation:
- Jai Crawley - U21 Individual Recurve, U21 Men's Team Recurve and U21 Mixed Team Recurve

2023 World Archery Championships - Berlin, Germany

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

2023 Archery World Cup 4 - Paris, France

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

2023 Pacific Games - Honiara, Solomon Islands

- Laura Paeglis - 1st Women's Team Recurve

2023 Australian National Championships - Brisbane, Australia

- Laura Paeglis - 1st Mixed Team Recurve
- Jai Crawley - 1st Men's Team Recurve

2024 Australian Team Selection Trials - Canberra, Australia

- Laura Paeglis - 1st Overall (Women's)

2024 Africa/Oceania Paralympic Qualification Tournament - Dubai, United Arab Emirates

- Patrick French - 1st Men's Compound

2024 Archery World Cup 1 - Shanghai, China

- Australian team representation:
- Laura Paeglis - Individual Recurve and Women's Team Recurve
 - Jai Crawley - Individual Recurve and Men's Team Recurve

2024 Archery World Cup 2 - Yecheon, South Korea

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

2024 Final World Olympic Qualification Tournament - Antalya, Turkey

- Australian team representation:
- Laura Paeglis - Women's Team Recurve
 - Jai Crawley - Men's Team Recurve

2024 Archery World Cup 3 - Antalya, Turkey

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

PROGRAM STAFF

Rebekah Webster
General Manager High Performance

Adam Hosking
Archery Program Manager

Matthew Thompson
Performance Coordinator

COACHES

Alice Ingley
VIS Archery Coach

SERVICE PROVIDERS

Dean Cooper
Performance Psychologist

Jacqui Gurr
Sports & Exercise Physiotherapist
(parental leave July 2023 - May 2024)

Sarina Lococo
Sports Dietitian

Dr Alice McNamara
Sports Physician

Kane Spagnolo
Sports Physiotherapist (parental leave cover July 2023 - May 2024)

Pippa Temperley
Performance Lifestyle Adviser

Jarrold Vos
Physical Preparation Coach

ATHLETES

Madeline Boyle
Jai Crawley
Astin Darcy
Patrick French
Imogen Grzemski
Markus Kuhrau
Amelie Lu
Laura Paeglis
Zachary Tonizzo
Melissa Toyne

TRAINING VENUES

Cricket Victoria
Lakeside Stadium
VIS Gymnasium

PARTNERS

Archery Australia

VIS SPORTS

ATHLETICS

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

The Athletics State Performance Advisor and Athletics Performance Pathway Coordinator work collaboratively with the coaches and athletes to provide access to top-tier training facilities and performance support team members with an aim to provide a world class daily training environment for the athletes in their pursuit of international success.

KEY ACHIEVEMENTS

2023 Diamond League Series

- Catriona Bisset – 2nd Women's 800m – Zurich, Germany
- Brooke Buschkuehl – 2nd Women's Long Jump – London, United Kingdom
- Linden Hall – 3rd Women's 1500m – Xiamen, China

2023 World Para Athletics Championships – Paris, France

- Maria Strong – 1st Women's 100m T72, 2nd Women's Shotput F33
- Michal Burian – 2nd Men's Javelin Throw F64
- Jarryd Clifford – 2nd Men's 5000m T13
- Guy Henly – 2nd Men's Discus Throw F37
- Reece Langdon – 2nd Men's 1500m T38
- Dayna Crees – 4th Women's Javelin Throw F34, 6th Women's Shotput F34

Australian team representation:

- Daniel Milone
- Samuel Rizzo

2023 World University Games – Chengdu, China

- Will Thompson – 3rd Men's 20km Walk Team

2023 World Athletics Championships – Budapest, Hungary

- Jemima Montag – 2nd Women's 20km Race Walk
- Declan Tingay – 8th Men's 20km Race Walk

Australian team representation:

- Joel Baden
- Catriona Bisset
- Brooke Buschkuehl
- Abbey Caldwell
- Rhydian Cowley
- Linden Hall
- Rebecca Henderson
- Kathryn Mitchell
- Christopher Mitrevski
- Celeste Mucci
- Stephanie Ratcliffe
- Adam Spencer
- Kyle Swan
- Lisa Weightman

2023 Australian Cross Country Championships – Canberra, Australia

- Jack Rayner – 1st Men's 10km

2023 Pacific Games – Honiara, Solomon Islands

- Jack Lunn – 1st Men's 800m
- Mia Scerri – 1st Women's Heptathlon

2024 Australian 20km Race Walking Championships – Adelaide, Australia

- Jemima Montag – 1st Women's 20km Walk
- Kyle Swan – 1st Men's 20km Walk

2024 Australian Athletics National Championships – Adelaide, Australia

- Brooke Buschkuehl – 1st Women's Long Jump
- Claudia Hollingsworth – 1st Women's 800m
- Nicholas Hum – 1st Men's Long Jump Ambulant
- Jessica Milat – 1st Women's 200m
- Chris Mitrevski – 1st Men's Long Jump
- Jemima Montag – 1st Women's 10km Walk
- Adam Spencer – 1st Men's 1500m
- Declan Tingay – 1st Men's 10km Walk

2024 Diamond League Series

- Georgia Griffith – 1st Women's 3000m – Oslo, Norway
- Catriona Bisset – 3rd Women's 800m – Oslo, Norway
- Georgia Griffith – 3rd Women's 1500m – Stockholm, Sweden

2024 World Athletics Race Walking Team Championships – Antalya, Turkey

- Rhydian Cowley – 6th Team Walk
- Jemima Montag – 6th Team Walk

2024 World Athletics Relay Championships – Nassau, Bahamas

- Jessica Milat – 5th Women's 4 x 100m

2024 World Para Athletics Championships – Kobe, Japan

- Nicholas Hum – 4th Men's Long Jump T20
- Jaryd Clifford – 6th Men's 1500m T13, 6th Men's 5000m T13
- Samuel Rizzo – 6th Men's 1500m T54, 7th Men's 800m T54

2024 Oceania Athletics Area Championships – Suva, Fiji

- Aiden Hinson – 1st Men's Triple Jump
- Elyssia Kenshole – 1st Women's Pole Vault

Australian Records

- Catriona Bisset – 1:57.78 in the 800m at the London Athletics Meet (23.07.23)
- Rhydian Cowley – 2:26.25 in the 35km Race Walk at the Lake Burley Griffin Walking Carnival (09.06.24)
- Dayna Crees – 16.84 in the F34 Javelin at the World Para Athletics Championships (11.07.23)
- Dayna Crees – 6.26m in the F34 Shotput at the World Para Athletics Championships (12.07.23)
- Claudia Hollingsworth – 4:04.45 in the U20 1500m at the Adelaide Invitational (10.02.24)
- Claudia Hollingsworth – 1:58.40 in the U20 800m at the Australian National Championships (14.04.24)
- Ebony Lane – 42.83 in the 4 x 100m Relay at the World Relay Championships (04.05.24)
- Jemima Montag – 1:27.09 in the 20km Race Walk at the Australian Race Walking Championships (11.02.24)
- Maria Strong – 6.82, in the F33 Shotput at the World Para Athletics Championships (16.07.23)
- Sam Rizzo – 2:50.84 in the T54 1500m at the Dubai Grand Prix (14.02.24)

PROGRAM STAFF

Hannah Every-Hall
General Manager High Performance (from September 2023)

Nicky Frey
VIS/AA State Performance Advisor

Ben King
VIS/AA State Performance Pathways Coordinator

Alice Neill
Performance Coordinator

Bill Tait
General Manager High Performance (until August 2023)

COACHES

Collis Birmingham
VIS/AA National Generation 2032 Coach (Pathways) (until June 2024)

SERVICE PROVIDERS

Bryce Anderson
Sports Dietitian (parental leave cover from January 2024)

Aaron Balloch
Performance Science Assistant Manager – Biomechanics

Lachlan Bromley
Sports Physiotherapist (from December 2023)

Laura Cosgrove
Performance Psychologist

Kevin Craigie
Sports & Exercise Physiotherapist

Tarryn Elvish
Biomechanist (until June 2024)

Cory Innes
Assistant Manager Physical Preparation

Alison Low
Specialist Sports & Exercise Physiotherapist (until November 2023)

Stephanie Mundy
Physical Preparation Coach

Jessica Rothwell
Sports Dietitian (parental leave from December 2023)

Avish Sharma
Performance Scientist – Physiology

Dr Patrick Sunderland
Sports Physician

Sam Waters
Performance Lifestyle Adviser

ATHLETES

Joel Baden
Hana Basic
Catriona Bisset
Peter Bol
Tiana Boras
Michal Burian
Brooke Buschkuehl
Abbey Caldwell
Declan Carman
Jaryd Clifford
Rhydian Cowley
Dayna Crees
Sinead Diver
Georgia Griffith
Mia Gross
Linden Hall
Rebecca Henderson
Guy Henly
Aiden Hinson
Claudia Hollingsworth
Nicholas Hum
Anthony Jordan
Elyssia Kenshole
Ebony Lane
Reece Langdon
Tim Logan
Jack Lunn

Sam McIntosh
Mackenzie Mielczarek
Jessica Milat
Daniel Milone
Kathryn Mitchell
Chris Mitrevski
Jemima Montag
Celeste Mucci
Bendere Oboya
Ellie Pashley
Alanna Peart
Jake Penny
Stephanie Ratcliffe
Jack Rayner
Sam Rizzo
Dhruv Rodrigues-Chico
Mia Scerri
Keely Small
Adam Spencer
Maria Strong
Kyle Swan
Will Thompson
Declan Tingay
Lisa Weightman

TRAINING VENUES

Lakeside Stadium
Various VIC Athletics Clubs
VIS Gymnasium

PARTNERS

Athletics Australia
Athletics Victoria

Off the back of a busy and successful 2023, the athletics program proudly welcomed and supported athletes and their coaches in their preparations for the 10 Athletics Australia Teams and Tours available across the international season. A major highlight was a silver medal from Jemima Montag in the 20km Race Walk at the 2023 World Championships.

With Paris well and truly on the radar, the program celebrated the initial selection of 11 VIS athletes for the Games and continues to support the athletes ahead of the final selections.

The program farewells and thanks Collis Birmingham at the conclusion of his Gen32+ scholarship who brought his high-level coaching expertise and perspective to the performance team staff.

—Ben King, VIS/AA State Performance Pathways Coordinator

PHOTO: MICHAL BURIAN

VIS SPORTS

COMBAT SPORTS

The VIS supports athletes on their high performance journey in conjunction with CombatAUS, Judo Australia, Boxing Australia and Taekwondo Australia. Since 2022, the VIS has supported full-time athletes from CombatAUS' National Performance Centre as well as categorised athletes within their National Sporting Organisations pathways program. Performance support staff from the VIS work closely with coaches and athletes to help them prepare for national and international success.

KEY ACHIEVEMENTS

BOXING

2023 Australian Championships - Perth, Australia

- Harry Garside - 1st Men's 57-61kg
- Tyla McDonald - 1st Women's -60kg
- Caitlin Parker - 1st Women's 69-75kg
- Marissa Williamson Pohlman - 1st Women's 66kg

Eindhoven Box Cup - Eindhoven, Netherlands

- Caitlin Parker - 1st Elite Women's 75kg
- Marissa Williamson Pohlman - 2nd Elite Women's 66kg

2023 Pacific Games - Honiara, Solomon Islands

- Harry Garside - 1st Men's 63.5kg
- Tyla McDonald - 1st Women's 60kg
- Caitlin Parker - 1st Women's 75kg
- Marissa Williamson Pohlman - 1st Women's 66kg

JUDO

2024 Judo World Championships - Abu Dhabi, United Arab Emirates

- Katharina Haecker - 7th Women's -63kg

Australian team representation:

- Aoife Coughlan
- Maeve Coughlan
- Tinka Easton

Qazaqstan Barysy Grand Slam 2023 - Astana, Kazakhstan

- Katharina Haecker - 2nd Women's -63kg
- Aoife Coughlan - 3rd Women's -70kg

Heydar Aliyev Baku Grand Slam 2023 - Baku, Azerbaijan

- Katharina Haecker - 3rd Women's -63kg

Pan-American- Oceania Senior Championships Individuals 2023 - Alberta, Canada

- Katharina Haecker - 1st Women's -63kg

Abu Dhabi Grand Slam 2023 - Abu Dhabi, United Arab Emirates

- Aoife Coughlan - 3rd Women's -70kg

Odivelas World Championships Juniors Individuals 2023 - Odivelas, Portugal

- Anneliese Fielder - 7th Women's -48kg

Australian team representation:

- Saya Middleton
- Ryley Rametta
- Danny Vojnikovich

2023 Pacific Games - Honiara, Solomon Islands

- Anneliese Fielder - 1st Women's -52kg
- Saya Middleton - 1st Women's -70kg
- Danny Vojnikovich - 1st Men's -90kg

Perth Junior Oceania Cup 2023 - Perth, Australia

- Saya Middleton - 1st Women's -70kg

2024 Judo National Championships - Gold Coast, Australia

- Maeve Coughlan - 1st Women's -63kg
- Saya Middleton - 1st Women's -70kg
- Maria Swan - 1st Women's -78kg
- Danny Vojnikovich - 1st Men's -90kg

TAEKWONDO

2023 World Taekwondo Championships - Baku, Azerbaijan

- Leon Sejanovic - 3rd Men's -80kg

Australian team representation:

- Tom Afonczenko
- Jake Bensted
- Reba Stewart
- Liam Sweeney
- Matthew Summerfield
- Saffron Tambyrajah

Australian National Championships 2023 - Perth, Australia

- Stacey Hymer - 1st Women's -57kg
- Rebecca Murray - 1st Women's -67kg
- Tyrone Staben - 1st Men's +80kg
- Reba Stewart - 1st Women's +67kg
- Matthew Summerfield - 1st Men's -68kg
- Liam Sweeney - 1st Men's -80kg

2023 Pacific Games - Honiara, Solomon Islands

- Stacey Hymer - 1st Women's -57kg
- Rebecca Murray - 1st Women's -67kg
- Tyrone Staben - 1st Men's -87kg
- Reba Stewart - 1st Women's +73kg
- Matthew Summerfield - 1st Men's -68kg
- Liam Sweeney - 1st Men's -80kg

Oceania Championships - Honiara, Solomon Islands

- Rebecca Murray - 1st Women's -67kg
- Tyrone Staben - 1st Men's +80kg
- Reba Stewart - 1st Women's +67kg
- Matthew Summerfield - 1st Men's -68kg
- Liam Sweeney - 1st Men's -80kg

PROGRAM STAFF

Dr Harry Brennan
General Manager
High Performance

Nick Sanders
Performance Program Manager (CombatAUS)

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 Bennett
Sports Physiotherapist

Elaine Bo
Sports Dietitian

Sarah Conlon
Athlete Wellbeing and Engagement Manager (CombatAUS)

Siobhan Crawshay
Sports Dietitian

Jacqueline Gurr
Sports Physiotherapist (parental leave July 2023 - May 2024)

Emma Hall
Performance Psychologist

Yosup Kim
Physical Preparation Coach

Dr Alice McNamara
Sports Physician

Luke Neville
Physical Preparation Coach (from December 2023)

Dean Ritchie
Physical Preparation Coach (until November 2023)

Kane Spagnolo
Sports Physiotherapist (parental leave cover from July 2023 - May 2024)

Pippa Temperley
Performance Lifestyle Adviser

ATHLETES

Tom Afonczenko
Will Afonczenko
Jessica Bagley
Jake Bensted
Carsten Beyers
Jake Buhagiar
Harry Cassar
Jacob Cassar
Jamie Cefai
Aoife Coughlan
Maeve Coughlan
Tinka Easton
Anneliese Fielder
Katharina Haecker
Kristy Harris
Seth Healy
Stacey Hymer
Rihari Iki
Josh Katz
Nathan Katz
Bailey Lewis
Tyla McDonald
Saya Middleton
Damon Motta
Bianca Motta
Rebecca Murray
Noah Nightingale
Xavier Nikolovski
Abigail Paduch
Liam Park
Caitlin Parker
Ryley Rametta
Leon Sejanovic
Tyrone Staben
Reba Stewart
Matthew Summerfield
Maria Swan
Liam Sweeney
Saffron Tambyrajah
Timeo Tournier
Anastasia Typou
Danny Vojnikovich
Marissa Williamson-Pohlman

TRAINING VENUES

CombatAUS National Performance Centre (NPC)
VIS Gymnasium

PARTNERS

CombatAUS
Judo Australia
Boxing Australia
Australian Taekwondo

COMBAT SPORTS

PHOTO: KATHARINA HAECKER

VIS SPORTS
CYCLING

The VIS cycling program supports track (endurance & sprint), BMX (racing and freestyle), mountain bike (MTB XCO) and road athletes as categorised by AusCycling. The program aims to develop athletes to excel on the world stage whilst also preparing them for success in life beyond sport.

In support of AusCycling’s national performance pathway, the program works closely with AusCycling and AusCycling Victoria. The program takes great pride in working with and supporting athletes with their sporting goals. In the last 12 months, over 20 VIS cyclists have competed at or been selected for World Championship competitions.

KEY ACHIEVEMENTS

2023 UCI Cycling World Championships - Glasgow, Scotland

- Emily Petricola - 1st Women's Elite C4 Individual Pursuit (Track)
- Grace Brown - 2nd Women's Elite Individual Time Trial (Road)
- Jessica Gallagher - 2nd Women's Elite 1km Time Trial Tandem (Track), 2nd Women's Elite Sprint Tandem (Track)
- Emily Petricola - 2nd Women's Elite C4 Individual Time Trial (Road), 2nd Women's Elite C4 Individual Road Race (Road)
- Erin Rowell - 3rd Women's Elite 500m C4 Time Trial (Track)
- Kelland O'Brien - 4th Men's Elite Team Pursuit (Track)
- Carol Cooke - 5th Women's Elite T2 Individual Time Trial (Road), 5th Women's Elite T2 Individual Road Race (Road)
- Erin Rowell - 5th Women's Elite C4 Omnium (Track), 5th Mixed Elite C4 Team Sprint (Track)
- Lucas Plapp - 6th Mixed Relay Team Time Trial (Track)

Australian team representation:

- Talia Appleton
- Patrick Eddy
- Georgie Howe
- Cohen Jessen
- Josh Jolly
- Domenic Paolilli
- Jack Ward

UCI BMX Racing World Cup Rd 8 - Santiago del Estero, Argentina

- Bella May - 2nd U23

2023 AusCycling BMX Racing National Championships - Shepparton, Australia

- Josh Jolly - 1st Junior Elite
- Bella May - 1st Women's Superclass

2023 AusCycling BMX Freestyle UCI C1 International - Gold Coast, Australia

- Cooper Wilson - 3rd Men's Elite

2024 Para-Cycling Track National Championships - Melbourne, Australia

- Alistair Donohoe - 1st Men's Elite C5 Para Individual Pursuit

- Jessica Gallagher - 1st Para Tandem Sprint, 1st Para Tandem Team Sprint, 1st Para Individual Pursuit Women WB Final
- Emily Petricola - 1st Women's C4 Para Individual Pursuit

2024 Federation University Road Nationals - Ballarat, Australia

- Blake Agnoletto - 1st Men's U23 Road Race Criterium
- Neve Bradbury - 1st Women's U23 Road Race
- Grace Brown - 1st Women's Road Individual Time Trial
- Alistair Donohoe - 1st Men's C5 Time Trial
- Alana Forster - 1st Women's C5 Time Trial
- Oscar Gallagher - 1st Men's U19 Road Race Criterium
- Emma Mickle - 1st Women's C3 Road Race
- Emily Petricola - 1st Women's C4 Time Trial
- Lucas Plapp - 1st Men's Road Race, 1st Men's Time Trial
- Ruby Roseman-Gannon - 1st Women's Road Race, 1st Women's Road Race Criterium

2024 Para Road World Cup #1 - Adelaide, Australia

- Alistair Donohoe - 1st Men's C5 Road Race, 2nd Men's C5 Time Trial
- Alana Forster - 1st Women's C5 Time Trial
- Emily Petricola - 1st Women's C4 Time Trial, 1st Women's C4 Road Race
- Emma Mickle - 2nd Women's C3 Time Trial, 3rd Women's C3 Road Race

2024 UCI Tissot Track Nations Cup - Adelaide, Australia

- Blake Agnoletto - 2nd Men's Elimination
- Kelland O'Brien - 2nd Men's 4km Team Pursuit

UCI BMX Racing World Cup Rd 2 - Rotorua, New Zealand

- Bella May - 1st Women's Superclass

Oceania Track Championships - Cambridge, New Zealand

- Oscar Gallagher - 1st Men's 3km Individual Pursuit, 1st Men's Scratch

- Lilyth Jones - 1st Women's Elimination, 1st Women's Madison, 1st Women's 2km Individual Pursuit
- Alessia McCaig - 1st Women's Team Sprint

UCI BMX Racing World Cup Rd 3 & 4 - Brisbane, Australia

- Bella May - 2nd Rd 3 Women's U23 BMX Racing, 2nd Rd 4 Women's U23 BMX Racing

BMX Racing - Oceania Continental Championship - Brisbane, Australia

- Bella May - 1st Women's U23 BMX Racing

AusCycling 2024 Elite & J19 National Track Championships - Brisbane, Australia

- Oscar Gallagher - 1st Men's Elimination
- Lilyth Jones - 1st Women's Madison
- Alessia McCaig - 1st Women's Keirin, 1st Women's Sprint, 1st Women's 500m Time Trial

2024 GWM Mountain Bike National Championships - Lake Macquarie, Australia

- Harry Doye - 1st Mountain Bike Cross Country Team Relay - Mixed, 1st Junior Men's Mountain Bike XCO

2024 UCI Para Cycling Track World Championships - Rio de Janeiro, Brazil

- Emily Petricola - 1st Women's C4 Individual Pursuit, 1st Women's C4 Omnium, 2nd Women's C4 Scratch Race, 4th Women's C4 200m Flying Start, 6th Women's C4 500m Time Trial
- Alistair Donohoe - 3rd Men's C5 Scratch Race, 4th Men's C5 Elimination Race, 6th Men's C5 Individual Pursuit, 6th Men's C5 Omnium
- Jessica Gallagher - 3rd Women's Tandem B 1000m Time Trial, 3rd Women's Tandem B Sprint
- Erin Normoyle - 4th Women's C4 500m Time Trial, 6th Women's C4 200m Flying Start, 7th Women's C4 Omnium

- Alana Forster - 5th Women's C5 Omnium, 5th Women's C5 Scratch Race, 8th Women's C5 200m Flying Start

Oceania Road Championships - Brisbane, Australia

- Lilyth Jones - 1st Women's U19 Road Race Time Trial

2024 Para Road World Cup #2 - Ostend, Belgium

- Alana Forster - 1st Women's C5 Time Trial
- Alistair Donohoe - 2nd Men's C5 Time Trial, 3rd Men's C5 Road Race
- Alana Forster - 5th Women's C5 Road Race

BMX Racing World Championships - Rock Hill, USA

- Joshua Jolly - 1st Men's Junior BMX Racing
- Bella May - 3rd Women's U23 BMX Racing

2024 Para Road World Cup #3 - Maniago, Italy

- Alistair Donohoe - 2nd Men's C5 Time Trial (1st overall), 3rd Men's C5 Road Race
- Alana Forster - 2nd Women's C5 Time Trial (1st overall)
- Emily Petricola - 3rd Women's C4 Time Trial

2024 UCI Junior Track World Championships - National Team Selection

- Oscar Gallagher
- Lilyth Jones

2024 UCI Para-Cycling Road World Championships - National Team Selection

- Alana Forster (C5)
 - Emma Mickle (C3)
 - Emily Petricola (C4)
- *Further announcements to be made*

2024 UCI Mountain Bike World Championships - National Team Selection

- Harry Doye

2024 UCI Road World Championships - National Team Selection

- Max Goold (Junior Men)

PHOTO: LUCAS PLAPP



PROGRAM STAFF

Dr Harry Brennan
General Manager High Performance

Nicole Tumblety
Performance Coordinator

COACHES

Vanessa Bof
Endurance Coach

Shane Kelly OAM
Sprint Coach

Nick Owen
Para Cycling Talent Transfer and Pathway Coach (AusCycling)

SERVICE PROVIDERS

Caroline Anderson
Performance Psychologist (until March 2024)

Kylie Andrew
Sports Dietitian

Dean Cooper
Performance Psychologist (from March 2024)

Alison Low
Sports Physiotherapist

Rachael Lynch OAM
Performance Lifestyle Adviser

Dr Alice McNamara
Sports Physician

Emily Meehan
Sports Dietitian

Thomas Topham
Lead Physiologist

Ben Willey
Physical Preparation Coach

ATHLETES

Blake Agnoletto
Talia Appleton
Belinda Bailey
Sharon Boyd
Neve Bradbury
Grace Brown
Fergus Browning

Tarun Cook
Carol Cooke
Ruby Dobson
Alistair Donohoe
Harry Doye
Patrick Eddy
Alana Forster
Graeme Frislie
Jessica Gallagher
Oscar Gallagher
Sam Gallagher
Sarah Gigante
Max Goold
Jack Haig
Lucas Hamilton
Georgie Howe
Cohen Jessen
Joshua Jolly
Lilyth Jones
Sophie Marr
Bella May
Alessia McCaig
Emma Mickle
Erin Normoyle
Kelland O'Brien
Samuel O'Grady

Emily Petricola OAM
Lucas Plapp
Jensen Plowright
Alyssa Polites
Brodie Quick
Ruby Roseman-Gannon
Lucinda Stewart
Ruby Taylor
Bodi Turner
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



It is a great reward for Belle and Dom to gain selection on the Olympic team, they have both worked so hard just like all our athletes have. I can't wait to see how they perform in Paris, and I know they will do the VIS and Australia proud."

—Mathew Helm - National Diving Coach – Melbourne

PHOTO: DOMONIC BEDGGOOD

VIS SPORTS DIVING

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

The current VIS squad is a mix of youth and experience with several young exciting junior divers including six athletes in DA's Dream Squad and eight senior athletes in DA's National Squad.

KEY ACHIEVEMENTS

2023 Australian Elite Junior Championships - Adelaide, Australia

- Paige Gillam - 1st Girls B 1m Springboard
- Jonah Mercieca - 1st Boys A/B 10m Platform Synchro
- Ben Wilson - 1st Boys A/B 3m Springboard Synchro

2023 World Aquatics Championships - Fukuoka, Japan

- Domonic Bedggood - 2nd Mixed 3m Springboard Synchro, 5th Men's 10m Platform Synchro
- Georgia Sheehan - 6th Women's 3m Springboard Synchro, 9th Women's 1m Springboard

Australian team representation:

- Emily Chinnock (High Diving)

2023 World Aquatics Diving World Cup Super Final - Berlin, Germany

- Domonic Bedggood - 2nd Men's 10m Platform Synchro

Australian team representation:

- Georgia Sheehan (3m Women's Springboard)

2023 Oceania Championships - Brisbane, Australia

- Georgia Sheehan - 1st Women's 1m Springboard

2024 World Aquatic Championships - Doha, Qatar

- Domonic Bedggood - 1st Mixed 3m Springboard Synchro, 6th Men's 10m Platform Synchro
- Anabelle Smith - 2nd Women's 3m Springboard Synchro

Australian team representation:

- Emily Chinnock (High Diving)

2024 World Aquatics Diving World Cup 1 - Montreal, Canada

- Anabelle Smith - 3rd Women's 3m Springboard Synchro
- Australian team representation:
- Domonic Bedggood (Men's 10m Platform Synchro)
 - Georgia Sheehan (Women's 3m Springboard)

2024 World Aquatics Diving World Cup 2 - Berlin, Germany

- Anabelle Smith - 2nd Women's 3m Springboard Synchro
- Domonic Bedggood - 3rd Men's 10m Platform Synchro

2024 World Aquatics Diving World Cup Super Final - Xi'an, China

- Anabelle Smith - 1st Women's 3m Springboard Synchro
- Australian team representation:
- Domonic Bedggood (Men's 10m Platform Synchro)

2024 Australian Open Championships - Adelaide, Australia

- Natalie Phan - 1st Women's 1m Springboard
- Hudson Skinner - 1st Men's 1m Springboard
- Keira Wang - 1st Women's 3m Springboard Synchro
- Ben Wilson - 1st Men's 3m Springboard Synchro

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 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
Frank Burton
Emily Chinnock
Lucy Dovison
Paige Gillam
Laura Hingston
Jonah Mercieca
Charli Petrov
Natalie Phan
Olivia Roche
Georgia Sheehan
Hudson Skinner
Anabelle Smith
Keira Wang
Ben Wilson

TRAINING VENUES

Melbourne Sports and Aquatic Centre
Aquanation
VIS Gymnasium

PARTNERS

Diving Australia
Diving Victoria

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 Australian senior and junior development squads.

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

KEY ACHIEVEMENTS

2023 Oceania Cup - Whangarei, New Zealand

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

2023 Sultan of Johor Cup - Johor, Malaysia

- Cooper Burns, Liam Henderson, Craig Marais, Nye Roberts - 2nd (Silver) Australia U21's

2023 FIH Junior World Cup - Johor, Malaysia

- Cooper Burns, Liam Henderson, Craig Marais, Nye Roberts - 6th Australia

Australia v India 5 Test Match Series - Perth, Western Australia

- Johan Durst, Nathan Ephraums, Craig Marais - Australia def. India 5 - 0

2024 FIH Pro League - Various

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

Hockey Australia National Senior Squad

- Johan Durst
- Nathan Ephraums
- Craig Marais

Hockey Australia National Development Squad

- Cooper Burns
- Liam Henderson
- Connar Otterbach
- Jed Snowden
- Damon Steffens
- Trent Symss
- Ben White

Hockey Australia National Junior Squad

- Duncan Jakson
- Sam Lowndes
- Kade Leigh
- Nye Roberts
- Ollie Will

Hockey Australia Futures Squad

- Ben Graven
- Lachlan Paice
- Oliver Thompson

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 (parental leave until October 2023)

Ben King
Physical Preparation Coach

Sarina Lococo
Sports Dietitian

Dr Samantha May
Sports & Exercise Medicine Registrar
(parental leave cover until October 2023)

Katherine Taylor
Sports Physiotherapist

ATHLETES

Cooper Burns
Johan Durst
Nathan Ephraums
Benjamin Graven
Liam Henderson
Duncan Jackson
Kade Leigh
Sam Lowndes
Craig Marais
Connar Otterbach
Nye Roberts
Lachlan Paice
Jed Snowden
Damon Steffens
Trent Symss
Oliver Thompson
Ben White
Ollie Will

TRAINING VENUES

State Netball and Hockey Centre
VIS Gymnasium

PARTNERS

Hockey Australia
Hockey Victoria

“The talent of the junior athletes within the program is really exciting, four of those athletes were rewarded with selection in the Australian team for the FIH Junior World Cup in Malaysia. As the athletes continue to develop, I am sure we will see a number of them transition to the National Squad DTE in Perth over the next few years.”
—Jay Stacy - VIS Head Coach

PHOTO: LIAM HENDERSON

MEN'S HOCKEY

WOMEN'S HOCKEY

“Amy Lawton has once again had an amazing year, being a consistent and key part of the Hockeyroos team and earned her second Olympic Games team selection. It is amazing what she has achieved so far in her career given she is just 22 years of age. Within the VIS DTE the athletes have had some amazing opportunities this year with four girls playing in the FIH Junior World Cup and a number of athletes representing Australia A and being selected in the Australian U23's team.”
—Stacia Strain, VIS Women's Hockey Head Coach

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, sport science, performance lifestyle, psychology and medical services along with exposure to high level competition opportunities.

Amy Lawton was the sole VIS athlete selected for senior national duties in 2023/24 with a further eight athletes representing Australia A or an underage team. Sixteen athletes were selected in national squads below the senior squad with many of them expected to push towards national senior squad selection in the coming years.

KEY ACHIEVEMENTS

2023 Oceania Cup - Whangarei, New Zealand

- Amy Lawton - 1st (Gold) Australia

2023 FIH Junior World Cup - Santiago, Chile

- Emily Hamilton-Smith, Bridget Laurance, Amy Lawton, Josie Lawton - 5th Australia

Quad Series (Australia, Australia A, China, Japan) - Perth, Australia

Australia team representation:

- Amy Lawton

Australia A team representation:

- Olivia Downes, Rene Hunter, Josie Lawton, Aisling Utri

2024 FIH Pro League - Various

- Amy Lawton - 6th Australia

2024 Australia U23 European Tour - Various

- Charlotte Hodgson, Josie Lawton, Samantha Love

Hockey Australia National Senior Squad

- Amy Lawton

Hockey Australia National Development Squad

- Olivia Downes
- Rene Hunter
- Carly James
- Bridget Laurance
- Josie Lawton
- Aisling Utri
- Ciara Utri

Hockey Australia National Junior Squad

- Emily Hamilton-Smith
- Charlotte Hodgson
- Samatha Love
- Evie Stansby
- Zali Ward

Hockey Australia National Futures Squad

- Daisy Caink
- Zara Geddis
- Trinity Woodward
- Bianca Zurrer

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 until October 2023)

Ben King

Physical Preparation Coach

Sarina Lococo

Sports Dietitian

Dr Samantha May

Sports & Exercise Medicine Registrar (parental leave cover until October 2023)

Katherine Taylor

Sports Physiotherapist

ATHLETES

Daisy Caink

Olivia Downes

Gracie Geddis

Zara Geddis

Emily Hamilton-Smith

Charlotte Hodgson

Rene Hunter

Carly James

Bridget Laurance

Amy Lawton

Josie Lawton

Samantha Love

Evie Stansby

Aisling Utri

Ciara Utri

Zali Ward

Trinity Woodward

Bianca Zurrer

TRAINING VENUES

State Netball and Hockey Centre

VIS Gymnasium

PARTNERS

Hockey Australia

Hockey Victoria



PHOTO: JO WESTON
CREDIT: GETTY IMAGES

In recent years, we have witnessed several athletes transition from the development program to the SSN League. It has been exciting to see their success and progression, facilitated by the dedicated support of our performance service team staff.
—Hannah Every-Hall, General Manager High Performance

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 and the Super Netball Reserves competition and to prepare athletes for selection into senior national teams and underage squads.

The VIS Vixens program works in partnership with Netball Victoria (NV) to provide coaching and performance service support to the Melbourne Vixens. The Vixens were formidable competitors during the 2023 Suncorp Super Netball season, experiencing a mix of thrilling victories and tough defeats. They completed the home-and-away season in fourth place, securing eight wins and six losses. They made it to the finals, finishing two matches ahead of the fifth-placed Sunshine Coast Lightning. Their season ended with a loss to the West Coast Fever in the minor semi-final.

The VIS development program works in partnership with Netball Australia (NA) and Netball Victoria (NV), to offer a foundational program that delivers world class coaching, training, and performance services team. This program targets nationally identified underage squad athletes, assisting them to enhance their competitive performance and achieve their full potential on and off the court.

KEY ACHIEVEMENTS

2023 Suncorp Super Netball Season

- Melbourne Vixens – 4th overall

2023 Netball World Cup – Cape Town, South Africa

- Netball World Cup Champions
- Australian Diamonds team: Kiera Austin, Liz Watson (C), Jo Weston, Kate Moloney (Reserve)

2023 Australian Netball Championships – Brisbane, Australia

- Collingwood Magpies – 1st overall
- Team representation: Olivia Wilkinson
- Victorian Fury – 5th overall
- Team representation: Emily Andrew, Maggie Caris, Gabrielle Coffey, Lily Graham, Sharni Lambden, Sussu Liai, Zara Walters
- Victorian Fury coach: Di Honey

2023 Constellation Cup – Australia & New Zealand

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

2023 South Africa Series – Australia

- South Africa Series Champions
- Australian Diamonds team: Liz Watson (C)

2023 Fast5 Series – Christchurch, New Zealand

- Fast5 Series Champions
- Australian team: Hannah Mundy

2024 Netball Nations Cup – London, England

- Netball Nations Cup Champions
- Australian Diamonds team: Kiera Austin, Sophie Garbin, Kate Moloney, Jo Weston

2024 National Netball Championships – Melbourne, Australia

- Victorian 19/U State Team – 4th overall
- Team representation: Harriet Gall, Charli Hoey, Mia Lavis, Eliza Molino, Mia van Wyk, Tara Watson
- Northern Territory 19/Under State Team: 7th overall
- Team representation: Tully Bethune

2024 Super Netball Reserves Competition – Victorian Fury Team Selections

- Emily Andrew
- Ruby Barkmeyer
- Maggie Caris
- Gabrielle Coffey
- Lily Graham
- Sharni Lambden
- Charli Nicol
- Charlotte Sexton
- Ruby Shannon
- Mia van Wyk
- Tara Watson

2024 Pacific Netball Series – First Nations Team Selection

- Tully Bethune

2024/25 Australian Diamonds Squad

- Kiera Austin
- Sophie Garbin
- Kate Moloney
- Hannah Mundy
- Jo Weston
- Emily Mannix (Invitee)

PROGRAM STAFF

Hannah Every-Hall
General Manager High Performance (from September 2023)

Alice Neill
Performance Coordinator

Bill Tait
General Manager High Performance (until August 2023)

COACHES

Simone McKinnis OAM
Head Coach – VIS/Vixens Netball

Di Honey
Assistant Coach – VIS/Vixens Netball

Elissa Kent
Netball Development Coach

SERVICE PROVIDERS

Kylie Andrew
Nutrition Manager, Advanced Sports Dietitian

Emily Athanasiou
Soft Tissue Therapist (Vixens)

Milli Bilson
Performance Analysis (Development Program)

Peter Browne
Performance Scientist – Performance Analysis & Skill Acquisition (Vixens)

Lyndsay Clarke
Physical Preparation Coach (Development Program)

Kim Gray
Performance Lifestyle Adviser

Steve Hawkins
Physiotherapist / SST Manager

Emma Iacovou
Sports Physiotherapist (Vixens)

Michael Inglis
Performance Psychologist (Vixens) (until October 2023)

Dr Samantha May
Sports Physician (Vixens)

Amber Ross
Performance Psychologist (Development Program)

Dr Susan White
VIS Chief Medical Officer

Dave Veli
Physical Preparation Coach (Vixens)

ATHLETES

Vixens Athletes & Training Partners

Emily Andrew
Kiera Austin
Ruby Barkmeyer
Maggie Caris
Gabrielle Coffey
Kate Eddy
Rudi Ellis
Sophie Garbin
Lily Graham
Mwai Kumwenda
Sharni Lambden
Olivia Lewis
Emily Mannix
Kate Moloney
Hannah Mundy
Rahni Samason
Zara Walters
Liz Watson
Jo Weston

Development Program Athletes

Tully Bethune
Harriet Gall
Tepaea Hobson
Charli Hoey
Mia Lavis
Sussu Liai
Mikaela Minns
Eliza Molino
Charlotte Morey
Charli Nicol
Charlotte Sexton
Ruby Shannon
Mia van Wyk
Tara Watson
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 through various stages of the performance pathway, including AS Futures, the Australian Sailing Squad and Australian Sailing Team. The program works closely with program partners, state network coaches, national program coaches and performance services team members to deliver 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. As the program evolves, it continues to adapt and expand with the introduction of new Olympic sailing classes, enhancing participation and building numbers in these classes.

KEY ACHIEVEMENTS

2023 Sailing World Championships – The Hague, Netherlands

Australian team representation:

- Laura Harding – 49er FX
- Casey Imeneo – ILCA 6
- Sophie Jackson – Mixed 470
- Jack Marquardt – iQ Foil

2023 ILCA U21 World Championships – Tanger, Morocco

Australian team representation:

- Jack Eickmeyer
- Lachlan Weber

2024 Australian ILCA Championships – Adelaide, Australia

- Lachlan Weber – 1st U21 ILCA 7

2024 ICLA 6 Women's World Championships – Buenos Aires, Argentina

Australian team representation:

- Casey Imeneo

2024 ILCA 7 Men's World Championships – Adelaide, Australia

Australian team representation:

- Jack Eickmeyer
- Lachlan Weber

2024 49er World Championships – Abu Dhabi, United Arab Emirates

- Laura Harding – 5th 49er FX

Australian Sailing Squad

- Laura Harding – 49er FX
- Casey Imeneo – ILCA 6

PROGRAM STAFF

Hannah Every-Hall
General Manager High Performance (from September 2023)

Alice Neill
Performance Coordinator

Bill Tait
General Manager High Performance (until August 2023)

COACHES

Carrie Smith
Head Coach

SERVICE PROVIDERS

Josh Ferguson
Sports Physiotherapist

Kim Gray
Performance Lifestyle Adviser

Dr Philippa Inge
Sports Physician (returned from parental leave October 2023)

Michael Inglis
Performance Psychologist

Sarina Lococo
Sports Dietitian

Ben Willey
Physical Preparation Coach

ATHLETES

Harrison Chapman
Anna Cripsey
Philip Cripsey
Tana Deyell
Jack Eickmeyer
Laura Harding
Thomas Holmes
Casey Imeneo
James Jackson
Sophie Jackson
Tess Lloyd
Jack Marquardt
Lily 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



Over the past year, staff collaboration and athlete connection has continued to develop within the sailing program. Most recently, this was demonstrated and experienced during the 6-week cross-training block, where off-water activities focused on decision making, overcoming fears, skill acquisition and pushing boundaries. These activities fostered new bonds between athletes and staff alike.”
—Kim Gray, Performance Lifestyle Adviser



PHOTO: CASEY IMENEO (RIGHT)
CREDIT: GETTY IMAGES

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 significant impact to the development and preparation of athletes for benchmark international events. The program supports SA’s national coaches to develop, implement and evaluate their athlete individual performance plans for targeted categorised athletes across the shotgun and pistol disciplines.

We have seen strong performances across the VIS shooting program with many podium performances throughout 2023/24. The success of the program has been reflected in seven VIS athletes (5x shotgun, 2x pistol) being selected for the 2024 Paris Olympic team.

KEY ACHIEVEMENTS

2023 ISSF World Cup
– Lonato, Italy

- Laetisha Scanlan – 1st Women’s Trap

2023 ISSF Junior World Championships – Changwon, South Korea

- Kiara Dean – 5th Women’s Trap Team
- Australian team representation
- Breanna Collins

2023 ISSF World Championships – Baku, Azerbaijan

- Penny Smith – 2nd Women’s Trap Team, 7th Women’s Trap
- Laetisha Scanlan – 2nd Women’s Trap Team
- Catherine Skinner – 2nd Women’s Trap Team

Australian team representation:

- Nathan Argiro
- Sergei Evglevski
- Elena Galiabovitch
- Mitchell Iles
- Aislin Jones
- James Willett

2023 Oceania Championships – Brisbane, AUS

- Aislin Jones – 1st Women’s Skeet
- Penny Smith – 1st Women’s Trap

2024 ACTA National Championships (Commonwealth Title) – Brisbane, Australia

- Mitchell Iles – 1st Men’s Trap
- Penny Smith – 1st Women’s Trap

2024 ACTA National Championships (National Title) – Brisbane, Australia

- Mitchell Iles – 1st Men’s Trap
- Aislin Jones – 1st Women’s Skeet
- Penny Smith – 1st Women’s Trap

2024 ISSF World Cup – Rabat, Morocco

- James Willett – 3rd Men’s Trap

2024 ISSF Final Olympic Qualification Championship – Doha, Qatar

- Laetisha Scanlan – 2nd Women’s Trap
- Penny Smith – 3rd Women’s Trap

2024 ISSF World Cup – Baku, Azerbaijan

- James Willett – 1st Men’s Trap
- Penny Smith – 2nd Women’s Trap
- Aislin Jones – 3rd Mixed Team Skeet

2024 ISSF World Cup – Lonato, Italy

- Catherine Skinner – 3rd Women’s Trap

2024 National Squad

- Nathan Argiro – Shotgun
- Sergei Evglevski – Pistol
- Elena Galiabovitch – Pistol
- Mitchell Iles – Shotgun
- Aislin Jones – Shotgun
- Laetisha Scanlan – Shotgun
- Catherine Skinner – Shotgun
- Penny Smith – Shotgun
- James Willett – Shotgun

2024 National Pathways Squad

- Molly Bretag – Shotgun
- Breanna Collins – Shotgun
- Marco Corbo – Shotgun
- Kiara Dean – Shotgun
- Gabriel Sensi – Shotgun

PROGRAM STAFF

Hannah Every-Hall
General Manager High Performance (from September 2023)

Alice Neill
Performance Coordinator

Kathryn Periac
High Performance Manager (Shooting Australia)

Bill Tait
General Manager High Performance (until August 2023)

COACHES

Renae Birgan
Olympic Athlete Coach – Shotgun (Shooting Australia)

Vladimir Galiabovitch
National Pistol Coach (Shooting Australia)

SERVICE PROVIDERS

Elaine Bo
Sports Dietitian

Lyndsay Clarke
Physical Preparation Coach

Daniel Dymond
Performance Psychologist

Josh Ferguson
Sports Physiotherapist

Rachael Lynch OAM
Performance Lifestyle Adviser

Dr Patrick Sunderland
Sports Physician

ATHLETES

Nathan Argiro
Molly Bretag
Breanna Collins
Marco Corbo
Kiara Dean
Sergei Evglevski
Elena Galiabovitch
Mitchell Iles
Aislin Jones
Laetisha Scanlan
Gabriel Sensi
Catherine Skinner OAM
Penny Smith
James Willett

TRAINING VENUES

VIS Gymnasium
Melbourne Gun Club
Various shooting ranges throughout Victoria

PARTNERS

Shooting Australia

PHOTO: LAETISHA SCANLAN

Shooting Australia recognises and is very grateful for the major contribution of the VIS staff to the shared success of our shotgun and pistol programs and individual outcomes for the athletes. We also value the integration of our pistol and shotgun coaches into the life of the VIS which supports the coaches’ professional development and wellbeing. With the guidance and support of the VIS Performance team working closely with our coaches, the performances of the athletes have been steadily improving. Four of the shotgun athletes (Penny Smith, James Willett, Laetisha Scanlan, Catherine Skinner OAM) are now consistently achieving podiums at World Cups, and Sergei Evglevski, a pistol athlete, recently won his first World Cup medal. The 10 strong 2024 Olympic team comprises 7 VIS scholarship athletes.

—Kathryn Periac, High Performance Manager (Shooting Australia)

SWIMMING

PHOTO: AHMED KELLY



INTERESTING FACT

Sam Williamson broke an Australian and Oceania record in his semi-final of the 50m Breaststroke at the 2024 World Aquatics Championships. He then went on to win the final, breaking his own record whilst recording the fourth fastest 50m Breaststroke in history.

VIS SPORTS SWIMMING

The VIS swimming program supports both able bodied and para athletes. With the support of Swimming Australia and Swimming Victoria, the program works collaboratively with coaches and staff to provide a high performance environment aimed to prepare athletes for national and international success.

KEY ACHIEVEMENTS

2023 Swimming World Championships - Fukuoka, Japan

- Sam Williamson - 4th Men's 50m Breaststroke, 2nd Mixed 4x100m Medley Relay, 3rd Men's 4x100m Medley Relay

2023 TYR Pro Championships (Australia A team representation) - California, USA

- William Petric - 1st Men's 800m Freestyle Relay, 3rd Men's 200m Individual Medley, 3rd Men's 400m Individual Medley

2023 Para Swimming World Championships - Manchester, England

- Ahmed Kelly - 1st Men's 150m Individual Medley SM3, 7th Men's 50m Backstroke S3, 7th Men's 50m Freestyle S3, 7th Men's 100m Freestyle S3
- Col Pearce - 2nd Men's 200m Individual Medley SM10, 3rd Men's 100m Butterfly S10, 6th Men's 100m Backstroke S10

World Aquatics Junior Swimming Championships 2023 - Netanya, Israel

- Isabella Boyd - 1st Women's 4x100m Medley Relay, 2nd Mixed 4x100m Medley Relay, 5th Women's 50m Butterfly, 7th Women's 100m Butterfly

2024 Australian Open Water Championships - Busselton, Australia

- Tommy Lane - 1st Boys' 18-19 Years 10km Open Water

World Aquatics Championships - Doha, Qatar

- Sam Williamson - 1st Men's 50m Breaststroke, 2nd Mixed 4x100m Medley Relay, 4th Men's 100m Breaststroke

Australian and Oceania Record:

- Sam Williamson - Men's 50m Breaststroke (26.32)

2024 CITI Para Swimming World Series - Melbourne, Australia

- Ahmed Kelly - 2nd Men's 50m Breaststroke SB3
- Col Pearce - 2nd Men's 100m Butterfly S10, 5th Men's 200m Individual Medley SM10

Australian Open Championships - Gold Coast, Australia

- William Petric - 1st Men's 200m Individual Medley
- Sam Williamson - 1st Men's 50m Breaststroke

Australian Swimming Trials - Brisbane, Australia

- Ahmed Kelly - 1st Men's 150m Individual Medley S3
- Col Pearce - 4th Men's 200m Individual Medley S10
- William Petric - 1st Men's 200m Individual Medley, 2nd Men's 400m Individual Medley
- Sam Williamson - 1st Men's 100m Breaststroke

PROGRAM STAFF

Dr Harry Brennan
General Manager High Performance

Nicole Tumblety
Performance Coordinator

COACHES

Jol Finck
Nunawading Swimming Club Head Coach

Craig Jackson
Melbourne Vic Centre Head Coach

Alex Hirschauer
Yarra Plenty Waves Head Coach

Brian Ford
Traralgon Swimming Club Head Coach

Kelly Stubbins
Cheltenham Swimming Club Head Coach

SERVICE PROVIDERS

Dr Victoria Brackley
Sport Science - Biomechanist

Andrew Cameron
Sports Physiotherapist

Louise Cato
Sports Dietitian

Samantha McLeod
Performance Psychologist

Dr Alice McNamara
Sports Physician

Lachlan Mitchell
Sport Science - Physiologist

Jono Wallace-Smith
Physical Preparation Coach

Sam Waters
Performance Lifestyle Adviser

ATHLETES

Isabella Boyd
Evan Chee
Tamsin Cook
Ahmed Kelly
Tommy Lane
Ashleigh McConnell
Col Pearce
Will Petric
Elliot Rogerson
Sam Williamson
Kayla Wilson

TRAINING VENUES

VIS Gymnasium
Melbourne Sports and Aquatic Centre

PARTNERS

Swimming Australia
Swimming Victoria

VIS SPORTS

TRIATHLON

The National Talent Transfer (NTT) program is a priority performance program within Aus Triathlon's high performance framework, facilitated by the VIS. The NTT program identifies, recruits and develops talented single sport and multi discipline athletes into elite level triathlon. Athletes (para and able-bodied) are supported through the VIS with full access to high quality support from coaches and performance service team members to fast track their journey within the sport. After the conclusion of a block with the VIS, and upon confirmation of talent within the sport, athletes are transitioned into one of the Aus Triathlon's performance programs.

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.

Our inaugural athletes, Chris Deegan, Zoe Clarke, Isla Watson and Claire Spicknall, recruited from a variety of backgrounds, inducted in January 2023, have all experienced a range of podium success in the sport both domestically and internationally.

The Para-Tri Hub is a collaboration between Aus Triathlon, Paralympics Australia, and the VIS, providing camps and performance support for international-level para athletes along with regular development/ pathways camps for emerging athletes. The Para-Tri Hub is seen as a successful alternative methodology for supporting para athletes, with strong medal prospects for Paris, Los Angeles, and Brisbane. The activities are primarily conducted at the Paralympics Australia Hub at 'The Hanger' in Essendon and have significantly improved the international rankings of Victorian and Australian para athletes.

KEY ACHIEVEMENTS

2023 World Triathlon Para Series – Montreal, Canada

- Justin Godfrey – 3rd place Men's PTS3

2023 World Triathlon Para Cup – Malaga, Spain

- Liam Twomey – 2nd Men's PTS4

2023 World Triathlon Para Championships - Pontevedra, Spain

- Justin Godfrey – 5th Men's PTS3
- Jack Howell – 6th Men's PTS5
- Liam Twomey – 6th Men's PTS4
- Jeremy Peacock – 7th Men's PTS4

2023 Asia Triathlon Cup – Kota Kinabalu, Malaysia

- Zoe Clarke – 1st Elite Women

2024 Oceania Triathlon Para Championships – Stockton, Australia

- Jeremy Peacock – 1st Men's PTS4

2024 World Triathlon Cup – Napier, New Zealand

- Callum McClusky – 1st Elite Men

2024 Oceania Triathlon Junior Championships – Napier, New Zealand

- Isla Watson – 2nd Elite Women

2024 Asia Triathlon Cup – Putrajaya, Malaysia

- Christopher Deegan – 1st Elite Men

2024 World Triathlon Para Series – Devonport, Australia

- Jeremy Peacock – 2nd Men's PTS4

2024 World Triathlon Para Series – Yokohama, Japan

- Justin Godfrey – 2nd Men's PTS3

2024 World Triathlon Para Series – Swansea, United Kingdom

- Hannah MacDougall – 3rd Women's PTS4

PROGRAM STAFF

Hannah Every-Hall

General Manager High Performance (from September 2023)

Alice Neill

Performance Coordinator

Bill Tait

General Manager High Performance (until August 2023)

COACHES

Jarrold Evans

Triathlon Talent Transfer Head Coach

SERVICE PROVIDERS

Amber Bennett

Sports Physiotherapist

Ana Holt

Performance Scientist - Physiology (returned from parental leave June 2024)

Stephanie Moorhouse

Performance Lifestyle Adviser

Amber Ross

Performance Psychologist

Dr Anik Shawdon

Sports Physician (from December 2023)

Rachel Stentiford

Sports Dietitian

Tom Topham

Performance Scientist – Physiology (parental leave cover until June 2024)

Matthew Vassie

Physical Preparation Coach

Dr Susan White

CMO / Director Performance Health Services (until January 2024)

ATHLETES

Zoe Clarke

Christopher Deegan

Justin Godfrey

Jack Howell

Harvey Lanigan

Hannah MacDougall

Callum McClusky

Kiara Mooney

Jeremy Peacock

Claire Spicknall

Liam Twomey

Isla Watson

TRAINING VENUES

VIS Gymnasium

PARTNERS

Aus Triathlon

Triathlon Victoria

Paralympics Australia



The National Talent Transfer Program has been pivotal in developing elite athletes by identifying and nurturing specific skill sets from diverse backgrounds. Its success is evident in the increasing number of athletes achieving national and international recognition so soon after beginning in the sport. The support from the performance team staff has been vital to the high performance behaviours and culture of the group.”
—Jarrod Evans, Triathlon Talent Transfer Head Coach

PHOTO: CALLUM MCCLUSKY

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 success.

KEY ACHIEVEMENTS

2023 National Wheelchair League Tournament - Brisbane, Australia

- Jaylen Brown and Tomas Klein - 1st (Gold) Darwin Salties

2023 IWBF Women’s U25 World Championships - Bangkok, Thailand

- Laura Davoli and Isabel Martin - Australia 9th

2024 Asia Oceania Championships - Bangkok, Thailand

- Shelley Matheson and Isabel Martin – 3rd (Bronze) Australia

2024 Kevin Coombs Cup - Brisbane, Australia

- Victoria - 2nd (Silver)
- Ethan Anderson
- Mitchell Bond
- Will Firth
- Rhys Higgins
- Jack Thomas

PROGRAM STAFF

Rebekah Webster
General Manager High Performance

Matthew Thompson
Performance Coordinator

COACHES

Craig Campbell
Wheelchair Basketball Head Coach

SERVICE PROVIDERS

Elaine Bo
Sports Dietitian

Kristal Hammond
Performance Scientist - Physiology
(from February 2024)

Nathan Lee
Physical Preparation Coach

Rachael Lynch OAM
Performance Lifestyle Adviser

Tess Rolley
Performance Scientist - Physiology
(until February 2024)

Amber Ross
Performance Psychologist

Dr Patrick Sunderland
Sports Physician

Katherine Taylor
Sports Physiotherapist

ATHLETES

Ethan Anderson
Mitchell Bond
Jaylen Brown
Jontee Brown
Laura Davoli
Will Firth
Rhys Higgins
Tomas Klein
Chithic Machar
Isabel Martin
Shelley Matheson
Jack Thomas

TRAINING VENUES

Melbourne Sports and Aquatic Centre
The Hangar
VIS Gymnasium

PARTNERS

Basketball Australia
Basketball Victoria



It has been great to see the continual development of the athletes over the past 12 months and the future of the program looks really exciting. The support team should really be congratulated on how they have supported the athletes over this period and they continually go above and beyond expectations."

—Craig Campbell - Wheelchair Basketball Head Coach

PHOTO: ISABEL MARTIN

WHEELCHAIR BASKETBALL

INDIVIDUAL ATHLETE SCHOLARSHIP PROGRAM

14-66
AGE RANGE OF
CURRENT VIS IASP
ATHLETES



PHOTO: SCOTTY JAMES

KEY ACHIEVEMENTS

ARTISTIC SWIMMING

- 2023 World Aquatics Championships – Fukuoka, Japan**
- Margo Joseph-Kuo – 8th Team Free
 - Anastasia Kusmawan – 8th Team Free
- 2024 World Aquatics Championships – Doha, Qatar**
- Margo Joseph-Kuo – 8th Team Technical
 - Anastasia Kusmawan – 8th Team Technical
- 2024 World Aquatics Artistic Swimming World Cup – Beijing, China**
- Margo Joseph-Kuo – 2nd Team Technical, 2nd Team Free, 3rd Team Acrobatic
 - Anastasia Kusmawan – 2nd Team Technical, 2nd Team Free, 3rd Team Acrobatic
- 2024 Australian National Championships – Brisbane, Australia**
- Charlotte Smith – 1st Senior Women Solo Technical, 1st Senior Team Free
- Team Australia Squad**
- Margo Joseph-Kuo
 - Anastasia Kusmawan

BADMINTON

- 2023 U19 Australian National Team & Individual Championships – Adelaide, Australia**
- Frederick Zhao – 1st Men’s Doubles
- BWF Total Energies World Championships 2023 – Copenhagen, Denmark**
- Australian team representation:
- Kenneth Choo
 - Kaitlyn Ea
 - Gronya Somerville
- 2023 U17 Australian National Team and Individual Championships – Ballarat, Australia**
- Jayden Lim – 1st U17 Mixed Doubles, 1st U17 Boys’ Doubles
- BWF World Junior & Mixed Team Championships 2023 – Spokane, USA**
- Australian team representation:
- Shrey Dhand
 - Jazmine Lam
 - Frederick Zhao

- 2024 BWF Para Badminton World Championships – Pattaya, Thailand**
- Celine Vinot – 5th SL3 Women’s Singles
- 2024 Australian National Para Badminton Championships – Altona North, Australia**
- Mischa Ginns – 1st WH1-WH2 Women’s Singles, 1st WH1-WH2 Mixed Doubles
 - Celine Vinot – 1st Combined Standing Women’s Doubles
- 2024 YONEX Australian National Championships – Bendigo, Australia**
- Angela Yu – 1st Women’s Doubles
 - Jack Yu – 1st Men’s Singles
- 2024 Victor Oceania Championships – Geelong, Australia**
- Kenneth Choo – 1st Mixed Doubles
 - Gronya Somerville – 1st Mixed Doubles
 - Angela Yu – 1st Women’s Doubles
- Australian Badminton Falcons National Squad**
- Shrey Dhand
 - Kaitlyn Ea
 - Kayson Goh
 - Jacob Schueler
 - Gronya Somerville
 - Rayne Wang
 - Angela Yu
 - Jack Yu
 - Frederick Zhao
 - Yuelin Zhang

- Australian Para Badminton Falcons National Squad**
- Mischa Ginns
 - Celine Vinot
- Australian Badminton Junior Falcons Development Squad**
- Jazmine Lam
 - Bethany Li
 - Jayden Lim
 - Yee-Yuan Lim
 - Om Neelam
 - Chauncey Yu

BASKETBALL

- 2023 FIBA Women’s Asia Cup – Sydney, Australia**
- Tess Madgen – 3rd (Bronze) Australia

- 2023-2024 WNBL Grand Final – Australia**
- Dallas Loughridge – 1st Southside Flyers

- Opals National Squad**
- Tess Madgen
 - Maddison Rocci
 - Kristy Wallace

BOWLS

- 2023 Australian Sides Championships – Perth, Australia**
- Sophie Kurzman – 1st Women’s Teams
 - Cassandra Millerick – 1st Women’s Teams
 - Kylie Whitehead – 1st Women’s Teams
- 2024 World Bowls Indoor Championships – Guernsey, United Kingdom**
- Samantha Atkinson – 1st Mixed Pairs
- Australian Jackaroos Squad**
- Cassandra Millerick
 - Kylie Whitehead
- Australian Para Jackaroos Squad**
- Joshua Barry
 - Alison East
- Australian Emerging Jackaroos Squad**
- Samantha Atkinson
 - Sophie Kurzman
- Australian Emerging Para Jackaroos Squad**
- Lucas Protopapas

CANOEING

- 2023 ICF Junior and U23 Canoe Slalom World Championships – Krakow, Poland**
- Mark Crosbee – 5th Men’s U23 C1 Team
 - Benjamin Ross – 5th Men’s U23 C1 Team
- Australian team representation:
- Joshua Montalto
 - Sebastian Montalto
 - Georgia O’Callaghan
 - Archie Nelson
 - James Stamp
- 2023 ICF Canoe Slalom World Championships – Lee Valley, United Kingdom**
- Australian team representation:
- Tristan Carter

INDIVIDUAL ATHLETE SCHOLARSHIP PROGRAM

2024 Oceania Canoe Slalom Championships – Penrith, Australia

- Mark Crosbee – 1st Men’s U23 K1
- James Stamp – 1st Boys’ U18 K1

2024 Paddle Australia Canoe Slalom Championships – Bradys Lake, Australia

- Tristan Carter – 1st Men’s C1

CURLING

2023 Australian Curling Nationals – Naseby, New Zealand

- Dean Hewitt – 1st Mixed Doubles, 1st Men’s

World Mixed Doubles Curling Championship 2024 – Oestersund, Sweden

- Australian team representation:
- Dean Hewitt

EQUESTRIAN

2023 Australian Dressage Championships – Boneo Park, Australia

- Dianne Barnes – 1st Para Grand Prix A IV
- Stella Barton – 1st Para Grand Prix A I, 1st Para Grand Prix B I, 1st Para Grand Prix Freestyle I
- Maddison Cooke – 1st Para Grand Prix A II, 1st Para Grand Prix B II, 1st Para Grand Prix Freestyle II
- Kelly Ffrost – 1st Para Grand Prix A III
- Claire Graham – 1st Para Grand Prix Freestyle IV

FOOTBALL

2023 FIFA Women’s World Cup – Australia & New Zealand

- Stephanie Catley – 4th Australia

Matildas National Squad

- Stephanie Catley

GYMNASTICS

2nd FIG Rhythmic Gymnastics Junior World Championships – Cluj-Napoca, Romania

- Australian team representation:
- Miyabi Akiya

40th FIG Rhythmic Gymnastics World Championships – Valencia, Spain

- Australian team representation:
- Alexandra Kiroi-Bogatyreva

52nd FIG Artistic Gymnastics World Championships – Antwerp, Belgium

- Australian team representation:
- Tyson Bull
 - Kate McDonald
 - Breanna Scott
 - Emily Whitehead

- Australian squad members:
- Georgia-Rose Brown

- Miella Brown
- Macy Pegoli
- Harriet Wingrove

30th FIG Trampoline Gymnastics World Age Group Competitions – Birmingham, Great Britain

- Brock Batty – 1st Men’s Individual (Age Group 3: 15-16), 1st Men’s Synchronised (Age Group 3: 15-16)

- Australian team representation:
- Sunday Hollingsworth

2024 Australian Championships – Gold Coast, Australia

- Brock Batty – 1st Men’s Senior Individual Trampoline
- Asher Bayles – 1st Women’s Artistic Gymnastics Team
- Romi Brown – 1st Women’s Artistic Gymnastics Team
- Emerson Leffler – 1st Men’s U17 Double Mini Trampoline
- James Mann-Segal – 1st Men’s U17 Individual Trampoline
- Kate McDonald – 1st Women’s Artistic Gymnastics Team
- Zac Perillo – 1st Rings
- Breanna Scott – 1st Beam, 1st Women’s Artistic Gymnastics Team
- Emily Whitehead – 1st Women’s Artistic Gymnastics Team

2024 Senior Oceania Rhythmic Championships – Budapest, Hungary

- Alexandra Kiroi-Bogatyreva – 1st All Around

ROWING

2023 World Cup III – Lucerne, Switzerland

- Benjamin Canham – 1st Men’s 8+
- Timothy Masters – 1st Men’s 8+
- Jack Robertson – 1st Men’s 8+
- Angus Widdicombe – 1st Men’s 8+
- Jessica Morrison – 2nd Women’s 2-
- Lucy Stephan – 2nd Women’s 4-
- Katrina Werry – 2nd Women’s 4-
- Paige Barr – 3rd Women’s 8+
- Hayley Verbunt – 3rd Women’s 8+

2023 World Rowing Championships – Belgrade, Serbia

- Jessica Morrison – 2nd Women’s 2-
- Paige Barr – 3rd Women’s 8+
- Benjamin Canham – 3rd Men’s 8+
- Timothy Masters – 3rd Men’s 8
- Jack Robertson – 3rd Men’s 8+
- Hayley Verbunt – 3rd Women’s 8+
- Angus Widdicombe – 3rd Men’s 8+
- Jessica Gallagher – 4th PR3 Mixed 4+
- Teesaan Koo – 4th PR3 Mixed 4+

- Lucy Stephan – 5th Women’s 4-
- Katrina Werry – 5th Women’s 4-

2023 U23 Rowing World Championships – Plovdiv, Bulgaria

- Fraser Miscamble – 2nd Men’s 4-
- Nick Smith – 2nd Men’s 4-
- Harrison Fox – 3rd Men’s 4X

2024 Australian Rowing Championships – Penrith, Australia

- Paige Barr – 1st Women’s 4-, 1st Women’s 8+
- Amanda Bateman – 1st Women’s 2X
- Benjamin Canham – 1st Men’s 8+
- Romy Cantwell – 1st Women’s 1X
- Eliza Gaffney – 1st Women’s 8+
- Winston Hooper – 1st Men’s Pair
- Jessica Morrison – 1st Women’s 2-, 1st Women’s 4-, 1st Women’s 8+
- Felix Oliver – 1st Men’s 4X
- Lucy Stephan – 1st Women’s 4-, 1st Women’s 8+
- Hayley Verbunt – 1st Women’s 8+
- Katrina Werry – 1st Women’s 8+
- Angus Widdicombe – 1st Men’s 8+

2024 World Cup II– Luzern, Switzerland

- Amanda Bateman – 2nd Women’s 2X
- Jessica Morrison – 2nd Women’s 2-

2024 World Cup III – Poznan, Poland

- Paige Barr – 1st Women’s 8+
- Amanda Bateman – 1st Women’s 1X
- Benjamin Canham – 1st Men’s 8+
- Jessica Morrison – 1st Women’s 2-, 2nd Women’s 8+
- Lucy Stephan – 1st Women’s 8+
- Hayley Verbunt – 1st Women’s 8+
- Katrina Werry – 1st Women’s 8+
- Angus Widdicombe – 1st Men’s 8+
- Eliza Gaffney – 2nd Women’s 8+
- Fergus Hamilton – 2nd Men’s 4+
- Timothy Masters – 2nd Men’s 4+
- Jean Mitchell – 2nd Women’s 8+, 2nd Women’s 4-
- Jack Robertson – 2nd Men’s 4+

SKATEBOARDING

World Skateboarding Tour: Park World Championships – Rome, Italy

- Keefer Wilson – 8th Men’s Park

- Australian team representation:

- Charlotte Heath
- Aaliyah Wilson

World Skateboarding Tour: Street World Championships – Tokyo, Japan

- Australian team representation:
- Shane O’Neill

SNOWBOARDING

2024 Snowboard World Cup – Secret Garden, China

- Scotty James – 1st Men’s Halfpipe

2024 Snowboard World Cup – Laax, Switzerland

- Scotty James – 1st Men’s Halfpipe

2024 Snowboard European Cup – Pamporovo, Bulgaria

- Camilla Bongiorno – 3rd Women’s Parallel Slalom

SOFTBALL

2023 Elite Player Development Squad

- Caitlin Laird

2024 Under-19 Women’s Squad

- Hannah Scott

SPORT CLIMBING

2023 IFSC Sport Climbing World Championships – Bern, Switzerland

- Australian team representation:
- Oceana Mackenzie

SQUASH

2023 WSF World Junior Individual Championships – Melbourne, Australia

- Australian team representation:
- Amelie Guziak
 - Connor Hayes
 - Courtney Scholtz

2023 WSF Women’s World Junior Team Championship – Melbourne, Australia

- Amelie Guziak – 7th Women’s Team

2023 Australian Junior Championships – Daisy Hill, Australia

- Darcy Hayes – 1st Team (Victoria)
- Joanne Joseph – 1st Team (Victoria)
- Andre Lynn – 1st Team (Victoria)
- Haider Naqvi – 1st U17 Boys’ Singles, 1st Team (Victoria)
- Courtney Scholtz – 1st Team (Victoria)

2023 Oceania Junior Championships – Tauranga, New Zealand

- Joanne Joseph – 1st U17 Girls’ Singles

2023 WSF Men’s World Team Championship – Tauranga, New Zealand

- Australian team representation:
- Dylan Molinaro

2023 National Junior Talent Squad

- Amelie Guziak
- Courtney Scholtz

2024 National Junior Talent Squad

- Darcy Hayes
- Haider Naqvi

SURFING

ISA World Junior Surfing Championship – Rio de Janeiro, Brazil

- Australian team representation:
- Willis Droomer

Sambazon World Junior Championships – California, USA

- Australian team representation:

- Ellie Harrison

TABLE TENNIS

2023 National Championships – Para, Senior, Youth and Junior – Sydney, Australia

- Christopher Addis – 1st Open Class 1-5 Men’s Wheelchair Singles, 1st Open Class 1-5 Wheelchair Doubles, 1st Open Class 1-5 Mixed Wheelchair Doubles, 1st Open Class 1-5 Teams
- Jake Ballestrino – 1st Class 7 Men’s Singles, 1st Class 8-10 Teams
- Hasali (Sanaya) Buddhadasa – 1st U19 Girls’ Doubles, 1st U19 Mixed Doubles, 1st U19 Girls’ Teams
- Rory Carroll – 1st Open Class 6-11 Men’s Standing Singles, 1st Open Class 11 Doubles, 1st Open Class 11 Teams
- Daniela Di Toro – 1st Open Class 1-5 Women’s Wheelchair Singles, 1st Class 4-5 Singles, 1st Open Class 1-5 Wheelchair Doubles, 1st Open Class 1-5 Mixed Wheelchair Doubles, 1st Open Class 1-5 Teams
- Trevor Hirth – 1st Class 6 Men’s Singles, 1st Open Class 6-10 Men’s Standing Doubles, 1st Class 6-7 Teams
- Yi-Jen Hsu – 1st U21 Women’s Doubles, 1st U15 Girls’ Doubles, 1st U17 Girls’ Teams
- Lina Lei – 1st Open Class 6-10 Women’s Standing Doubles, 1st Mixed Doubles, 1st Open Class 6-10 Mixed Standing Doubles, 1st Women’s Teams
- Yangzi Liu – 1st Senior Women’s Singles, 1st Senior Women’s Doubles
- Nicholas Lum – 1st U21 Men’s Singles, 1st U19 Boys’ Singles, 1st Senior Men’s Doubles, 1st U19 Boys’ Doubles, 1st U19 Mixed Doubles, 1st Senior Men’s Teams
- Finn Luu – 1st Senior Men’s Doubles, 1st U19 Boys’ Doubles, 1st Senior Men’s Teams
- Lin Ma – 1st Class 9-10 Men’s Singles, 1st Open Class 6-10 Mixed Standing Doubles
- Nathan Pellissier – 1st Class 8 Men’s Singles, 1st Open Class 6-10 Men’s Standing Doubles, 1st Class 8-10 Teams
- Connie Psihogios – 1st U21 Mixed Doubles, 1st U17 Mixed Doubles
- Aditya Sareen – 1st U17 Boys’ Singles, 1st U15 Boys’ Singles, 1st U21 Men’s Doubles, 1st U15 Boys’ Doubles, 1st U21 Mixed Doubles, 1st U17 Mixed Doubles
- Melissa Tapper – 1st Class 9-10 Women’s Singles, 1st Women’s Teams
- Qian Yang – 1st Open Class 6-10 Women’s Standing Doubles, 1st Women’s Teams
- Victoria Zhang – 1st U17 Girls’ Teams

2023 ITTF Oceania Championships – Townsville, Australia

- Hasali (Sanaya) Buddhadasa – 1st U19 Girls’ Doubles, 1st U19 Mixed Doubles, 1st U21 Women’s Teams, 1st U19 Girls’ Teams
- Xavier Dixon – 1st Men’s Teams
- Yi-Jen Hsu – 1st U15 Girls’ Doubles
- Jian Lay – 1st Women’s Doubles, 1st Women’s Teams
- Yangzi Liu – 1st Women’s Singles, 1st Mixed Doubles, 1st Women’s Teams

- Nicholas Lum – 1st Men’s Doubles, 1st U19 Boys’ Doubles, 1st U19 Mixed Doubles, 1st Men’s Teams, 1st U19 Boys’ Teams
- Finn Luu – 1st Men’s Doubles, 1st U19 Boys’ Doubles, 1st Men’s Teams, 1st U19 Boys’ Teams
- Connie Psihogios – 1st U15 Girls’ Singles, 1st U21 Women’s Doubles, 1st U21 Mixed Doubles, 1st U15 Mixed Doubles, 1st Women’s Teams, 1st U19 Girls’ Teams
- Aditya Sareen – 1st Men’s Singles, 1st U19 Boys’ Singles, 1st Mixed Doubles, 1st Men’s Teams, 1st U15 Boys’ Teams
- Melissa Tapper – 1st Women’s Teams
- Victoria Zhang – 1st U21 Women’s Doubles, 1st U15 Girls’ Doubles

2023 ITTF Oceania Para Championships – Honiara, Solomon Islands

- Christopher Addis – 1st Men’s Singles Class 4
- Daniela Di Toro – 1st Women’s Singles Classes 2-5, 1st Mixed Doubles Classes XD7-10
- Lina Lei – 1st Mixed Doubles Classes XD17-20
- Lin Ma – 1st Men’s Singles Classes 9-10, 1st Men’s Doubles Classes MD14-18
- Nathan Pellissier – 1st Men’s Singles Class 8, 1st Men’s Doubles Classes MD14-18, 1st Mixed Doubles Classes XD17-20
- Qian Yang – 1st Women’s Singles Classes 7-10

2023 ITTF World Youth Championships – Nova Gorica, Slovenia

- Aditya Sareen – 3rd U15 Boys’ Doubles
- Nicholas Lum – 5th U19 Boys’ Doubles, 5th U19 Boys’ Teams
- Finn Luu – 5th U19 Boys’ Doubles, 5th U19 Boys’ Teams

- Australian team representation:

- Hasali (Sanaya) Buddhadasa
- Connie Psihogios
- Victoria Zhang (1st Reserve)

ITTF World Team Championships – Busan, South Korea

- Australian team representation:

- Jian Lay
- Nicholas Lum
- Finn Luu
- Aditya Sareen
- Melissa Tapper

2024 National Senior Squad

- Xavier Dixon
- Jian Lay
- Yangzi Liu
- Nicholas Lum
- Finn Luu
- Aditya Sareen
- Melissa Tapper

2024 National Junior Squad

- Hasali (Sanaya) Buddhadasa
- Yi-Jen Hsu
- Connie Psihogios
- Victoria Zhang

INDIVIDUAL ATHLETE SCHOLARSHIP PROGRAM

WATER POLO

2023 World Aquatics Championships – Fukuoka, Japan

- Australian team representation:
- Blake Edwards
 - Lachlan Edwards

World Aquatics Women’s U20 Water Polo Championships 2023 – Coimbra, Portugal

- Australian team representation
- Tara Logan

2024 World Aquatics Championships – Doha, Qatar

- Australian team representation
- Blake Edwards

2024 Australian Water Polo League – Australia

- Blake Edwards – 1st Drummoyne Devils
- Lachlan Edwards – 1st Drummoyne Devils

Aussie Sharks National Squad

- Blake Edwards
- Lachlan Edwards

WEIGHTLIFTING

2023 AWF Senior Championships – Hawthorn, Australia

- Breanna Kean – 1st Female 64kg

2023 Pacific Games – Honiara, Solomon Islands

- Breanna Kean – 1st Clean & Jerk Female 64kg

2023 IWF World Championships – Riyadh, Saudi Arabia

- Australian team representation:
- Brenna Kean

WHEELCHAIR RUGBY

2024 WWR International Wheelchair Rugby Cup – Paris, France

- Ben Fawcett – 1st Australia
- Shae Graham – 1st Australia
- Jayden Warn – 1st Australia

2024 Canada Cup – Vancouver, Canada

- Shae Graham – 2nd Australia
- James McQuillan – 2nd Australia
- Jayden Warn – 2nd Australia

PROGRAM STAFF

David Madigan
General Manager High Performance – IASP – FTP

Dr Harry Brennan
General Manager High Performance (Rowing)

Olivia Jarvis
Performance Coordinator

Tess Lloyd
Performance Coordinator (from May 2024)

Nicole Tumblety
Performance Coordinator (Rowing)

Sian Whittaker
Performance and Project Coordinator (until April 2024)

SERVICE PROVIDERS

Sports Physicians

Dr Philippa Inge (returned from parental leave October 2023)

Dr Alice McNamara

Dr Anik Shawdon

Dr Patrick Sunderland

Dr Susan White

Performance Psychologists

Caroline Anderson

Dean Cooper

Daniel Dymond

Emma Hall

Michael Inglis

Amber Ross

Sports Physiotherapists

Kevin Craigie

Josh Ferguson

Andrew Fooks

Jacqueline Gurr (parental leave from July 2023 – May 2024)

Steve Hawkins

Dr Ebonie Rio

Kane Spagnolo (Parental leave cover from July 2023 to May 2024)

Katherine Taylor

Soft Tissue Therapists

Emily Athanasiou

Anne Davies

Gillian Niven

Physical Preparation Coaches

Lyndsay Clarke

Cate Gifford (from April 2024)

Farhan Juhari

Yosup Kim (until November 2024)

Ben King

Nathan Lee

Will Morgan

Stephanie Mundy

Luke Neville

Jarrood Vos

Jono Wallace-Smith

Performance Scientists-Analysts

Milli Bilson

Kristal Hammond (returned from parental leave August 2023)

Mathew Harris

Tess Rolley (until February 2024)

Samuel Wells

Sports Dietitians

Kylie Andrew

Elaine Bo

Louise Cato

Sarina Lococo

Emily Meehan

Rachel Stentiford

Performance Lifestyle Advisers

Eloise Boyle

Rachael Lynch OAM

Steph Moorhouse

Pippa Temperley

Sarah Thompson

Sam Waters

ATHLETES

Will Achermann / Rowing

Christopher Addis / Para Table Tennis

Miyabi Akiya / Gymnastics

Samantha Atkinson / Lawn Bowls

Anneke Bak / Artistic Swimming

Jake Ballestrino / Para Table Tennis

Dianne Barnes / Para Equestrian

Paige Barr / Rowing

Joshua Barry / Para Lawn Bowls

Stella Barton / Para Equestrian

Amanda Bateman / Rowing

Charlie Batrouney / Rowing

Brock Batty / Gymnastics

Asher Bayles / Gymnastics

Alicia Berryman / Canoe Slalom

Layla Bloom / Weightlifting

Sara Blicavs / Basketball

Camilla Bongiorno / Snowboarding

Louisa Bongrain / Rowing

Emma Booth / Para Equestrian

Georgia-Rose Brown / Gymnastics

Miella Brown / Gymnastics

Romi Brown / Gymnastics

Hasali (Sanaya) Buddhadasa / Table Tennis

Tyson Bull / Gymnastics

Joel Cain / Rowing

Benjamin Canham / Rowing

Romy Cantwell / Rowing

Sarah Cardwell / Squash

Rory Carroll / Para Table Tennis

Tristan Carter / Canoe Slalom

Marcus Casamento / Gymnastics

Stephanie Catley / Football

Kenneth Choo / Badminton

Maddison Cooke / Para Equestrian

Tyson Cromie / Lawn Bowls

Mark Crosbee / Canoe Slalom

Sarah Crosbee / Canoe Slalom

Sara de Uray / Rowing

Shrey Dhand / Badminton

Daniela Di Toro / Para Table Tennis

Xavier Dixon / Table Tennis

Willis Droomer / Surfing

Kaitlyn Ea / Badminton

Alison East / Para Lawn Bowls

Keith Edison / Badminton

Blake Edwards / Water Polo

Lachlan Edwards / Water Polo

Ben Fawcett / Wheelchair Rugby

Kelly Ffrost / Para Equestrian

Laura Foley / Rowing

Joann Formosa / Para Equestrian

Harrison Fox / Rowing

Dominic Frederico / Rowing

Eliza Gaffney / Rowing

Riley Galea / Canoe Slalom

Brendan Gallagher / Lawn Bowls

Jessica Gallagher / Para Rowing

Ashari Gill / Gymnastics

Mischa Ginns / Para Badminton

Sydney Go / Badminton

Justin Goh / Wheelchair Rugby

Kayson Goh / Badminton

Claire Graham / Para Equestrian

Shae Graham / Wheelchair Rugby

Amelie Guziak / Squash

Xavier Hall-Sullivan / Rowing

Fergus Hamilton / Rowing

Campbell Harrison / Sport Climbing

Ellie Harrison / Surfing

Connor Hayes / Squash

Darcy Hayes / Squash

Charlotte Heath / Skateboarding

Dean Hewitt / Curling

Melanie Hilton / Para Equestrian

Trevor Hirth / Para Table Tennis

Sunday Hollingsworth / Gymnastics

Winston Hooper / Rowing

Nicholas Howard / Gymnastics

Yi-Jen Hsu / Table Tennis

Ryan Hughes / Canoe Slalom

Xavier Huxtable / Surfing

Scotty James / Snowboarding

Joanne Joseph / Squash

Margo Joseph-Kuo / Artistic Swimming

Brenna Kean / Weightlifting

Cameron Keenan / Lawn Bowls

Simon Keenan / Rowing

Anna Kirkwood / Rowing

Alexandra Kiroi-Bogatyreva / Gymnastics

Sophie Kurzman / Lawn Bowls

Teesaan Koo / Para Rowing

Anastasia Kusmawan / Artistic Swimming

Caitlin Laird / Softball

Jazmine Lam / Badminton

Nick Lavery / Rowing

Rohan Lavery / Rowing

Zara Lavery / Rowing

Jian Lay / Table Tennis

Emerson Leffler / Gymnastics

Lina Lei / Para Table Tennis

Bethany Li / Badminton

Jayden Lim / Badminton

Yee Yuan Lim / Badminton

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

James Mann-Segal / Gymnastics

Sarah Marriott / Rowing

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 OAM / Rowing

Bridget Murphy / Para Equestrian

Tyson Mutsch / Water Polo

Haider Naqvi / Squash

Om Neelam / Badminton

Archie Nelson / Canoe Slalom

Thomas Ng / Badminton

Georgia O’Callaghan / Canoe Slalom

Felix Oliver / Rowing

Dean O’Neill / Lawn Bowls

Shane O’Neill / Skateboarding

Macy Pegoli / Gymnastics

Nathan Pellisier / Para Table Tennis

Zac Perillo / Gymnastics

Lucas Protopapas / Para Lawn Bowls

Connie Psihogios / Table Tennis

Oliver Purcell / Water Polo

Sophie Reinehr / Rowing

Austin Reinehr / Rowing

Jack Robertson / Rowing

India Robinson / Surfing

Maddison Rocci / Basketball

Livia Rosaia / Rowing

Benjamin Ross / Canoe Slalom

Emma Ross / Gymnastics

Chloe Saliaris / Gymnastics

Aditya Sareen / Table Tennis

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

James Stamp / Canoe Slalom

Maya Stasiuk / Sport Climbing

Lucy Stephan OAM / Rowing

Melissa Tapper / Table Tennis & Para Table Tennis

Mimi Tuddenham / Rowing

Nikki Van Dijk / Surfing

Hayley Verbunt / Rowing

Alexandra Viney / Para Rowing

Celine Vinot / Para Badminton

Zoe Vorenas / Para Equestrian

Alex Vuillermin / Para Rowing

Kristy Wallace / Basketball

Rayne Wang / Badminton

Jayden Warn / Wheelchair Rugby

Katrina Werry / Rowing

Emily Whitehead / Gymnastics

Kylie Whitehead / Lawn Bowls

Angus Widdicombe / Rowing

Aaliyah Wilson / Skateboarding

Keefer Wilson / Skateboarding

Harriet Wingrove / Gymnastics

Hamish Wynn-Pope / Rowing

Qian Yang / Para Table Tennis

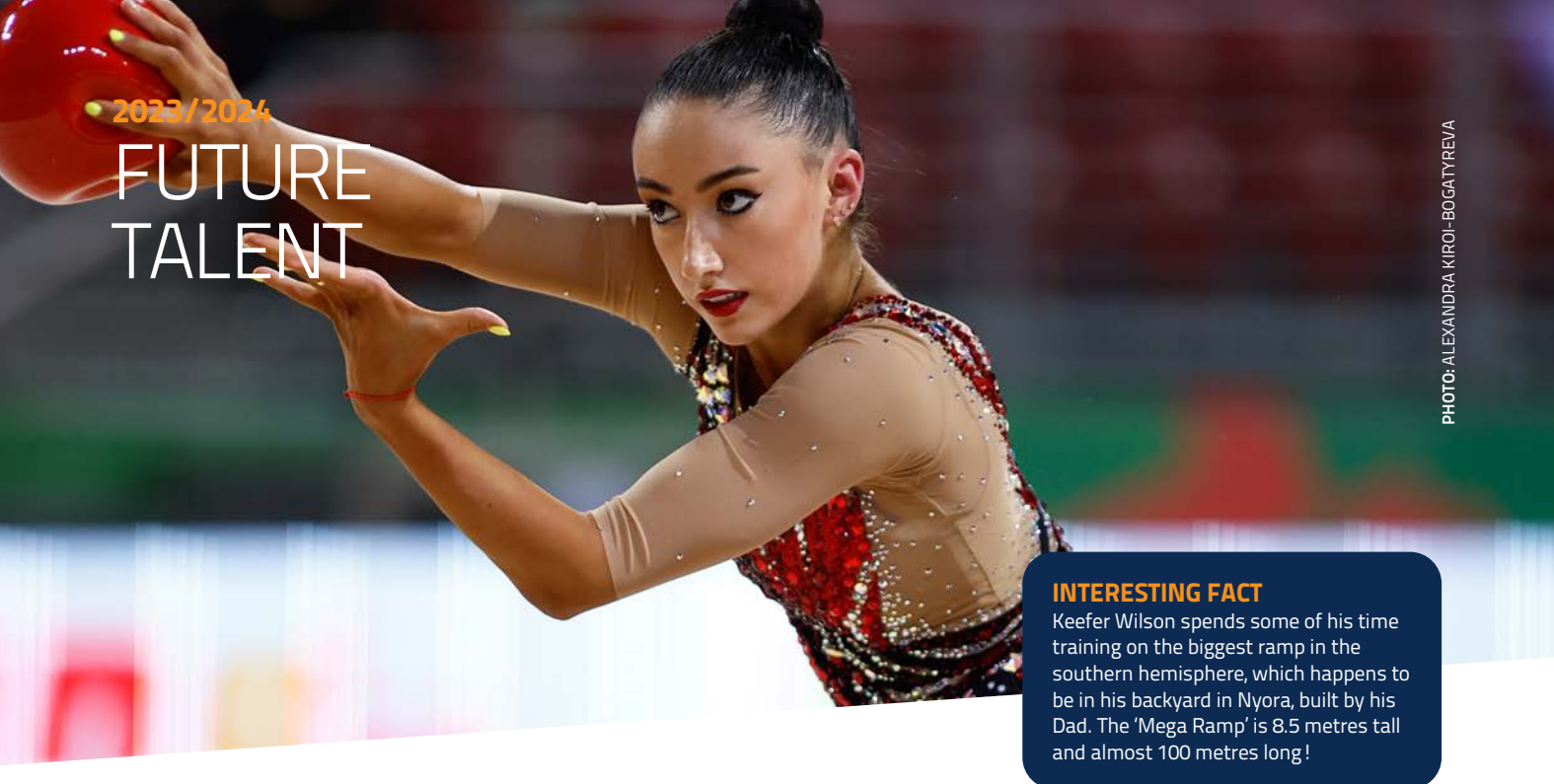


PHOTO: ALEXANDRA KIROI-BOGATYREVA

2023/2024 FUTURE TALENT

The Future Talent Program (FTP) is proudly supported by The Carbine Club. The program's vision is to 'fast track' next generation talent by supporting athletes with the greatest potential for success at the highest level. The delivery of the FTP in 2023/24 has seen a handful of very promising VIS athletes receive grants for specifically designed performance enhancing projects.

KEY ACHIEVEMENTS

GYMNASTICS

40th FIG Rhythmic Gymnastics World Championships – Valencia, Spain
Australian team representation:

- Alexandra Kiroi-Bogatyreva

52nd FIG Artistic Gymnastics World Championships – Antwerp, Belgium
Australian team representation:

- Kate McDonald

2024 Australian Championships – Gold Coast, Australia

- Kate McDonald – 1st Women's Artistic Gymnastics Team

SKATEBOARDING

World Skateboarding Tour: Park World Championships – Rome, Italy

- Keefer Wilson – 8th Men's Park

SURFING

ISA World Junior Surfing Championship – Rio de Janeiro, Brazil
Australian team representation:

- Willis Droomer

Sambazon World Junior Championships – California, USA
Australian team representation:

- Ellie Harrison

TABLE TENNIS

2023 National Championships – Para, Senior, Youth and Junior – Sydney, Australia

- Aditya Sareen – 1st U17 Boys' Singles, 1st U15 Boys' Singles, 1st U21 Men's Doubles, 1st U15 Boys' Doubles, 1st U21 Mixed Doubles, 1st U17 Mixed Doubles

2023 ITTF World Youth Championships – Nova Gorica, Slovenia

- Aditya Sareen – 3rd U15 Boys' Doubles

ITTF World Team Championships – Busan, South Korea
Australian team representation:

- Aditya Sareen

PROGRAM STAFF

David Madigan
General Manager High Performance – IASP / FTP

Olivia Jarvis
Performance Coordinator

Tess Lloyd
Performance Coordinator (from May 2024)

Sian Whittaker
Performance and Project Coordinator (until April 2024)

SERVICE PROVIDERS

Sports Physicians

Dr Alice McNamara
Dr Susan White

Performance Psychologists

Caroline Anderson
Emma Hall

Sports Physiotherapists

Josh Ferguson
Steve Hawkins
Dr Ebonie Rio

Soft Tissue Therapists

Emily Athanasiou

INTERESTING FACT

Keefer Wilson spends some of his time training on the biggest ramp in the southern hemisphere, which happens to be in his backyard in Nyora, built by his Dad. The 'Mega Ramp' is 8.5 metres tall and almost 100 metres long!

Physical Preparation Coaches

Lyndsay Clarke
Jarrod Vos

Sports Dietitians

Kylie Andrew
Elaine Bo
Louise Cato
Rachel Stentiford

Performance Lifestyle Advisers

Rachael Lynch OAM
Sarah Thompson
Pippa Temperley
Sam Waters

ATHLETES

Willis Droomer / Surfing
Ellie Harrison / Surfing
Alexandra Kiroi-Bogatyreva / Gymnastics
Kate McDonald / Gymnastics
Aditya Sareen / Table Tennis
Keefer Wilson / Skateboarding

TRAINING VENUES

VIS Gymnasium
Cheltenham Youth Club Gymsports
LOOPS Table Tennis
Melbourne Sports and Aquatic Centre
The Shed Skatepark

THE FUTURE
TALENT PROGRAM IS
PROUDLY SUPPORTED BY
THE CARBINE CLUB



2023/2024 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.

To achieve alignment with the national sporting strategic direction, the VIS has signed up to the Australian Sport Commission's 2032+ High Performance Strategy. The aim of the strategy is for Australia's performance in Brisbane 2032 to be Australia's best ever at the Olympic and Paralympic Games.

The overarching measures in the HP2032+ Sport Strategy reflect the success story we want to tell and continuously improve upon. The vision "We Win Well to inspire Australians" will be measured by:

Performance at summer and winter pinnacle events measured by:

- total number of medals
- total number of medallists
- breadth of sports and disciplines winning medals

Achieving the best ever results in Brisbane 2032 and continual improvement across summer and winter Olympic and Paralympic Games, and Commonwealth Games.

- Wellbeing measures across all HP Sport System environments (organisations and teams)
- Diversity and inclusion measures (teams, workforce)
- The perceptions of the Australian community
- System partner alignment with the roles and responsibilities in the HP2032+ Sport Strategy

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.

Following the completion of the facility upgrade in 2023, the focus on the performance teams is continuing to develop practices, processes and routines to maximise the resources available to the athletes, coaches and performance support staff, including the 'Ways of Working' initiative led by the Coach Development Lead and supported by the General Managers High Performance (GMHPs).

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

DATA INTELLIGENCE

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

The team continues to develop and refine support processes, including:

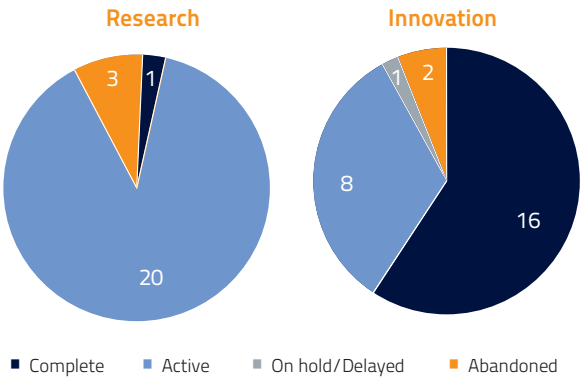
- DPE survey - analysis and presentation of results & dashboard creation to enable longitudinal analysis
- New results database and reporting dashboard – streamlining the process for Performance Coordinators and embedded into Performance Committee updates
- Embedding of Research & Innovation dashboards into Performance Committee updates
- Enablement of data pipelines and reporting processes for projects across archery, athletics, cycling, diving, hockey, netball, rowing, sailing, swimming and wheelchair basketball programs. Also, with curling in the IASP program.
- Enablement of data pipelines and reporting processes across performance science disciplines – biomechanics, performance analysis, physiology, skill acquisition and strength & conditioning – and performance health disciplines – medical and physiotherapy.
- Enablement of data pipelines and reporting processes for Performance Lifestyle, and the Executive team in reporting streams to the VIS Board, Performance Committee and Government.
- Set-up of platform for post-Paris decision-making information gathering and analysis.

2023/2024

PERFORMANCE

INNOVATION AND RESEARCH

The VIS is committed to providing funding and resources directed towards Innovation and Research (I&R), offering an unprecedented opportunity to drive high performance outcomes and keep Victorian athletes ahead of the game. In 2023/24, we approved 10 new research proposals, bringing our total to 24 since the inception of VIS I&R in 2022. There were also 6 new innovation projects approved, bringing the total to 26.



The projects in both innovation and research have been spread across almost all VIS sports and a wide variety of disciplines; biomechanics, medical, nutrition, performance analysis, performance lifestyle, physiology, physical preparation, physiotherapy, psychology and skills acquisition.

It was also a big year for expanding collaborations. Amongst the 20 different universities and organisational collaborations are the Australian Sports Tech Analytics & AI Research Hub (AusiSTAR), La Trobe Sport and Exercise Medicine (LASEM) IOC Research Centre, and Australian Sports Technology Network (ASTN).

In addition, we reviewed and updated our VIS Research Policy, held our inaugural VIS Research Week, and launched the in-house innovation and research hub on Teams as well as the public-facing research page on the VIS website.

PERFORMANCE SCIENCE

The Performance Science team strives to support VIS athletes and coaches by applying scientific principles and the latest research to optimise preparation and performance at competition. They seek to understand, measure and monitor the critical performance factors at an individual level, recommend interventions and track these over time to enhance the athletes' capacities and capabilities to execute on the world stage, with a mixture of first principles science, research and innovation.

The Performance Projects unit has delivered support and provided solutions to many programs and sports which have not always had performance science support. Over 40 projects have been delivered since the unit's inception, with this level of engagement generating discussion about potentially embedding performance science into the performance support model of these sports going forward. Many performance science staff members have played a significant role in the preparation of athletes towards Paris, including formal roles with NSOs (Ana Holt – Aus Triathlon, Avish Sharma – Athletics Australia, Lachlan Mitchell – Swimming Australia, Sam Wells – Para table tennis), touring with national teams for major competitions (Aaron Balloch and Avish Sharma – athletics, Mathew Harris and Peter Browne – hockey, Milli Bilson – archery, Sam Wells – Para table tennis, Victoria Brackley – swimming, Tom Topham – cycling), and contributing to national initiatives.

PERFORMANCE SCIENCE PROJECTS

40

HAVE BEEN DELIVERED SINCE THE PERFORMANCE PROJECTS UNIT'S INCEPTION ACROSS 11 SPORTS PLUS COACH DEVELOPMENT.

PHOTO (FROM LEFT TO RIGHT): MA LIN AND LINA LEI

Our performance science traineeship program continues its success, providing opportunities for aspiring performance scientists to learn from our world class staff within a high performance environment, whilst contributing meaningfully to the programs themselves. Many of these trainees have gone on to secure roles within the VIS or elsewhere in high performance sport, as well as go on to embedded higher degree research projects within our programs.

PHYSICAL PREPARATION

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

The team worked with the AIS Leadership and Culture team to review and articulate the way we work as a group to optimise the physical and social environment available to the athletes within the VIS gym.

In May 2024 the VIS hosted the NIN / NSO physical preparation leads for a two-day networking and system development workshop. The focus of the meeting was to develop strategies to increase network collaboration and efficiency to improve servicing to athletes and coaches across Australia.

PERFORMANCE TEAM

- Dave Crosbee**
Director High Performance
- Dr Harry Brennan**
General Manager High Performance
- David Madigan**
General Manager High Performance
- Rebekah Webster**
General Manager High Performance
- Bill Tait**
General Manager High Performance (until July 2023)
- Hannah Every-Hall**
General Manager High Performance (from September 2024)
- Olivia Jarvis**
Performance Coordinator
- Richard Little**
Data Intelligence Manager
- Tess Lloyd**
Performance Coordinator (from May 2024)
- Demis Maslow**
Data Scientist
- Alice Neill**
Performance Coordinator
- Matthew Thompson**
Performance Coordinator
- Nicole Tumblety**
Performance Coordinator

- Sian Whittaker**
Performance Coordinator (until April 2024)
- Sylvie Withers**
Project Manager – Innovation & Research
- Claire Lambe**
AIS Coach Development Lead – VIS

PERFORMANCE SCIENCE STAFF

- Dr Rodney Siegel**
Performance Science Manager & National Physiology Network Lead
- Dr Aaron Balloch**
Performance Science Assistant Manager – Biomechanics
- Mathew Harris**
Performance Science Assistant Manager – Performance Analysis
- Milli Bilson**
Performance Scientist – Performance Analysis
- Dr Victoria Brackley**
Performance Scientist – Biomechanics
- Dr Peter Browne**
Performance Scientist – Performance Analysis / Skill Acquisition
- Kristal Hammond**
Performance Scientist – Physiology (return from parental leave August 2023)
- Ryan Hatfield**
Performance Scientist – Skill Acquisition
- Ana Holt**
Performance Scientist – Physiology (return from parental leave May 2023)
- Lachlan Mitchell**
Performance Scientist – Physiology
- Tess Rolley**
Performance Scientist – Physiology (until February 2024)
- 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
- Cory Innes**
Physical Preparation Assistant Manager
- Jono Wallace-Smith**
Physical Preparation Assistant Manager
- Lyndsay Clarke**
Physical Preparation Coach
- Cate Gifford**
Physical Preparation Coach (from April 2024)
- Farhan Juhari**
Physical Preparation Coach
- Yosup Kim**
Physical Preparation Coach
- Ben King**
Physical Preparation Coach

- Nathan Lee**
Physical Preparation Coach
- Steph Mundy**
Physical Preparation Coach
- Luke Neville**
Physical Preparation Coach
- Dean Ritchie**
Physical Preparation Coach (until October 2023)
- Luke Stevens**
Physical Preparation PhD Scholar
- James Trevenen**
Physical Preparation Coach
- Matt Vassie**
Physical Preparation Coach
- Dave Veli**
Physical Preparation Coach
- Jarrold Vos**
Physical Preparation Coach
- Ben Willey**
Physical Preparation Coach

STUDENT PLACEMENT PROGRAM

PERFORMANCE SCIENCE TRAINEES

- Annabelle Brown
- Keelin Cran
- Gabrielle Keighley
- Walter Isaacson
- Alyce Wade
- Ella Smith

PHYSICAL PREPARATION TRAINEES

2023 Trainees

- Walid Abdo
- Brandan Barlow
- Brinley Ling
- Corey Martino
- Alicia Ryan
- Kyle Wood

2024 Trainees

- Tom Afonczenko
- Adele Boylen
- Shaun Campbell
- Alice Punaro
- Madison Tankey
- Will Tobin
- James Waldon

PHOTO: SAFFRON TAMBIRAJAH

The Performance Health Services (PHS) team is led by the Director Performance Health Services/ Chief Medical Officer, Dr Susan White. The team of leading experts and consultants with extensive experience in the high performance sport environment, provides a range of services to VIS athletes in the areas of sports medicine, physiotherapy, soft tissue therapy, nutrition, performance lifestyle and performance psychology.

The PHS team takes a proactive approach to athlete support and works collaboratively with all members of the Performance team including coaches, performance science and physical preparation professionals within each sport program.

The team delivers an innovative and proactive program of support aimed at the prevention, early detection and management of injuries and illness. The embedded model of servicing is tailored to the requirements of athletes and sports aiming to maintain healthy athletes that can produce optimal performance. Services are delivered onsite at the VIS, as well as via telehealth and other remote communication strategies.

Sports dietitians provide individualised sport specific nutrition advice, and performance psychology targets athletes’ capacity to thrive in sporting environments.

Performance Lifestyle advisors assist athletes to live out the VIS motto: Success in Sport & Life, with an innovative and proactive program that empowers them to strive for success

in the high performance sport environment within a holistic framework of work and study.

Nerissa Byrne provides valuable support to the PHS team with her efficient administration assistance.

PERFORMANCE LIFESTYLE

This year has been defined by significant achievements in athlete development and performance in both sport and life. Our commitment to nurturing multiple identities and developing a dual career among athletes, highlighted by the implementation of Transition Guidelines, PL for Life and the Alumni program, underscores our dedication to lifelong success.

The Performance Lifestyle (PL) team continue to lead in national networks, influencing performance and wellbeing in Olympic and Paralympic sports, and advancing athlete wellbeing research.

With the excitement of the Paris 2024 Olympic and Paralympic Games, the PL team have continued to support athlete progression and performance with a key focus on wellbeing and health, for both athletes competing at these Games and for those with a focus on future events.

Transition & Alumni

At the core of what the PL team aims to achieve is the development of multiple identities both in sport and life, and for

each athlete to support performance and wellbeing, now and into the future.

This takes on many aspects with the value of a dual career and practical support for this occurring across the year and highlighted in National Careers Week in May. This year we shone the light on the transition and career development story of Sarah Thompson, a current VIS PL Adviser and former ballerina with the Australian Ballet Company.

With the development of the Transition Guidelines in 2023, it has been a key focus to implement these into each sport program with the collaboration of coaches and performance staff, to support athletes as they come onto scholarship, during and then specifically as they exit the VIS. Providing continued support for athletes once they transition off scholarship via the PL for Life program is leading practice in this area.

The VIS alumni program links closely with this and has taken considerable steps forward across the last 12 months. With alumni a key part of ‘Year to Go’ events, we featured an alumni panel during National Careers Week, and alumni had the opportunity to connect back with the VIS via sharing their profile on the VIS website. Current PL Adviser, Olympian and VIS alumni Stephanie Moorhouse has led this project.

Another transition and alumni story to celebrate is Rachael Lynch OAM – current VIS PL Adviser, Olympian and VIS alumni. Rachael was awarded an OAM for her services to hockey in January 2024. Rachael has been using her experiences and learnings to inspire and guide the next generation, with Rachael facilitating the VIS Leadership Program for athletes in 2023 and 2024.



PHOTO: MITCHELL BOND

Open Universities Performance Lifestyle Award

Kiera Austin (netball) was the proud winner for 2023 combining an Australian Diamonds World Championship win with the completion of a Bachelor of Medical Science. This required flexibility and determination to enable Kiera to graduate, in addition to volunteering and community engagement involvement to bring strong alignment to success in sport and life.

Leaders in the National Network

The PL team have engaged with the delivery of the Win Well HP 2032+ strategy via involvement in Horizon 1 projects. Pippa Temperley (Para Entry and Progression Barriers Working Group), Sam Waters (Wellbeing Measures Advisory Group), Sarah Thompson (Transition Advisory Group) and Leesa Gallard (Minimum Wellbeing Requirements Working Group).

Leesa Gallard is a member of the inaugural Wellbeing and Engagement Advisory Group of eight, which represents the national NSO and NIN network and provides ideas, insights and support to the AIS AW&E and the wider network.

Members of the PL team have also contributed as panel members at various forums and events across the year, in particular Sam Waters and Kim Gray who were involved at the National Network Gathering at the AIS in May 2024. The VIS have also connected with

and provided opportunities for members of the AW&E network to join in VIS professional development opportunities and to attend PL events that have also connected with the Elite Athlete Education Network. A counselling skills PD was held in June 2024 for both VIS PL and nutrition staff with several AW&E National Managers also joining this program facilitated by The Cairnmillar Institute.

VIS Performance Lifestyle Advisor Kim Gray was awarded the Melbourne Vixens Outstanding Service Award for 2023 for her caring and impactful work as the Wellbeing Lead for the Vixens.

In partnership with Paralympics Australia and Table Tennis Australia, VIS PL Advisers Eloise Boyle and Pippa Temperley are the National Wellbeing Leads for the wheelchair rugby and para table tennis programs respectively. This has seen them both travel to support performance and wellbeing for these groups. Sarah Thompson was appointed as a replacement until June 2025 to a role as the Diving Australia National AW&E lead. Sam Waters has travelled with Skate Australia to support VIS athletes at key events, Rachael Lynch OAM with Shooting Australia and Sarah Thompson with the VIS diving program.

Research & Innovation

The VIS PL team was a key contributor and partner with Deakin University for research that Deakin, via an AIS grant, conducted

into Athlete Wellbeing Management in Australian High-Performance Sport. Further research is now underway via Deakin with a focus on returning from injury from a wellbeing perspective for athletes.

The PL team have also been collaborating with Queensland University of Technology (QUT) to develop a VIS athlete app to streamline athlete communications and the PL team have set up an interim platform to assist in this area.

SERVICE PROVIDERS

Leesa Gallard
Performance Lifestyle Manager

Eloise Boyle
Performance Lifestyle Adviser – Australian Wheelchair Rugby

Nerissa Byrne
Performance Health Services Coordinator

Kim Gray
Performance Lifestyle Adviser

Rachael Lynch OAM
Performance Lifestyle Adviser

Stephanie Moorhouse
Performance Lifestyle Adviser

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

Sarah Thompson
Performance Lifestyle Adviser

Sam Waters
Performance Lifestyle Adviser

SPONSORS / PARTNERS

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

PERFORMANCE PSYCHOLOGY

The VIS Performance Psychology department has consolidated since its significant growth last year. With eight psychologists covering almost all programs including the Individual Athlete Scholarship Program (IASP), the VIS has a comprehensive level of support in the performance psychology space.

Over the past year, the Performance Psychology team has increased its integration into the programs. Amber Ross travelled to Hong Kong with the triathlon program and Daniel Dymond went to Baku twice and Doha to support the shooting program. Dean Cooper joined the cycling program to add to the archery program.

The team also increased its attendance at interdisciplinary meetings (IDM) and daily performance environments (DPE), further embedding in their respective sports. Michael Inglis has been working with the sailing program and Queensland University of Technology (QUT) to look at virtual reality and decision making, while many of our psychologists including Laura Cosgrove and Dean Cooper have been collaborating with skill acquisition to enhance learning efficiency in diving and archery.

SERVICE PROVIDERS

Daniel Dymond
Performance Psychology Manager

Caroline Anderson
Performance Psychologist

Nerissa Byrne
Performance Health Services Coordinator

Dean Cooper
Performance Psychologist

Laura Cosgrove
Performance Psychologist

Emma Hall
Performance Psychologist

Michael Inglis
Performance Psychologist

Amber Ross
Performance Psychologist

Samantha McLeod
Performance Psychologist

PARTNERS

Racing Victoria

SPORTS MEDICINE

The Sports Medicine program plays an important 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 includes leading experts and consultants with extensive experience in the high performance sport environment, who deliver an innovative and proactive program of support aimed at the prevention, early detection and management of injuries and illness in relation to performance.

We are continuing to refine processes within sports for medical servicing, providing consulting services at the VIS and attending interdisciplinary meetings. We also provide telehealth for athletes training or living remotely or when people are restricted at home due to illness. We also provide support to VIS staff and athletes who are travelling internationally both on the phone and via Teams.

The focus of 2023/2024 has been to prepare athletes for the upcoming Paris Olympic and Paralympic Games. The team, including doctors, our nurse, Manna McLeod, and with assistance from Performance Health Services Coordinator Nerissa Byrne, have performed our regular annual medical reviews for all VIS athletes and incorporated pre-departure medical reviews for VIS and some non-VIS Victorian based Olympic Games and Paralympic Games prospective athletes. This included medical assessments, ECG and blood tests, advice on medications and illness prevention, with all information being logged into the central AMS (Athlete Management System).

This year we welcomed back Dr Anik Shawdon, a previous long standing VIS consultant to the team and we saw the return of Dr Philippa Inge from parental leave. We would like to thank Dr Sam May for providing locum cover in her absence.

Throughout the year the members of the team have spent time in the training environment, also attending training camps, competitions, and National Sporting Organisation (NSO) events. We have also provided medical screening support to non-VIS Victorian based athletes for Youth Commonwealth Games and Junior Worlds.

VIS has also partnered with Latrobe Sport and Exercise Medicine (LASEM) Research Centre and the AIS in being named one of only 11 IOC Research Centres for the prevention of injury and illness from 2023-2026.

The following are our key achievements for the year:

Training camp and competition support

- Dr Alice McNamara worked at the World Championships swimming staging camp in Japan, the Para-Cycling Track World Championships in Brazil as well as the women's basketball Olympic qualifiers and Para Cycling World Cup, both also in Brazil. Dr McNamara was selected as the Chief Medical Officer for the Australian women's basketball team for the Paris Olympics, and the Australian Para Cycling team doctor for the Paris Paralympics.
- Dr Susan White and Manna McLeod both worked at the Australian Open Tennis (Player Medical Services). Manna was also selected as nurse for Olympic Headquarters in Paris.
- Dr Philippa Inge continued her role with the Australian Women's Cricket Team and was selected for Olympic Headquarters as Chief Medical Officer for the Australian Olympic Team in Paris.
- Dr Patrick Sunderland and Dr Samantha May continued their roles as club doctors for the Essendon Football Club and Melbourne Vixens respectively. While Dr Anik Shawdon continued her role as the AFL Medical Director of AFL Talent Pathways and Community Football.

Projects

- Travel packs were provided to all staff and athletes for self-management of minor illnesses while travelling. This is to reduce the likelihood of inadvertent doping and for early treatment prior to events (such as gastro).
- The team developed and facilitated a Sports Emergency Management Workshop, a 3-hour scenario based in-house workshop for sport and physical preparation coaches, and sport scientists. Topics covered included gym trauma, CPR, and defibrillation.
- New concussion management protocols based on the AIS Brain Health Statement were released in February 2024. A structured VIS Concussion Position Statement was prepared and approved by the VIS Board.
- Iron Management Protocols and Audit – iron deficiency is common in athletes and an athlete specific protocol of investigation and management has been devised that includes the delivery of iron infusions on site at VIS if required. During the year an audit of bloods was taken, iron levels, iron infusions and a follow up on the impact of health and performance was performed. An abstract has been submitted to the Sports Medicine Australia Conference (October 2024).

SERVICE PROVIDERS

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 until October 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

Dr Anik Shawdon
Sports & Exercise Medicine Physician

PARTNERS

Club Warehouse

Latrobe Sport and Exercise Medicine
(LASEM) Research Centre and the AIS

St Vincent’s Heart Centre

Victoria House Medical Imaging

INTERESTING FACT

In 2023/2024 the team completed approximately 340 medical screens and approximately 150 ECGs in the lead up to Paris.

SPORTS PHYSIOTHERAPY / SOFT TISSUE THERAPY

The Sports Physiotherapy team have spent the past year leveraging their expertise and presence in the daily performance environment (DPE) – working to have healthy athletes as both an intrinsic aim and an instrumental goal towards best performance outcomes.

The team have commenced reporting epidemiological data for each sport program, presenting epi reports to the VIS coaching and performance support teams and, in some cases, to the relevant NSO. This has resulted in various outcomes, ranging from adjusted training regimes, to the introduction of injury risk reduction interventions, through to joint initiatives with NSOs to formalise epidemiological reporting systems nationally.

A new position was created – post graduate scholar – and commenced in late 2023 with a specific focus on fast tracking the development of an early career physiotherapist. The position is supported by a targeted PD curriculum delivered by the entire team, as well as a work project and an integrated support and travel opportunity within the VIS aerial skiing program.

VIS physiotherapists have been involved in several research and innovation projects, both internally at the VIS as well as partnering with tertiary institutions. They have also contributed to national HP system processes through engagements with both NSOs, and in leading HP 2032+ Strategy horizon 1 projects.

Athletics Australia, Triathlon Australia, Netball Australia and Shooting Australia

also benefit from having VIS physiotherapy team members serving in a dual capacity as NSO lead physiotherapists.

Finally, the above NSOs, and the Australian Olympic Committee and Paralympics Australia will have direct support from half of the VIS Physiotherapy team for the 2024 Paris Olympic and Paralympic Games.

KEY ACHIEVEMENTS

- Dr Ebonie Rio is co-lead of the research and innovation projects in the HP2032+ Win Well strategy. She is the only non-AIS project leader as part of the strategy. Ebonie is also in hot demand on the lecturing and conference circuit, travelling to multiple domestic and international conferences as a keynote speaker.
- Amber Bennett is nearing the completion of her SPEX Physiotherapy titling. She has supported Triathlon Australia in a national lead physio role, with particular focus on developing process and system in support of para-triathletes.
- Alison Low was appointed to the role of Australian Netball Diamonds and Netball Australia national lead physiotherapist, helping the Diamonds to their current record of holding every international trophy on offer.
- Lachlan Bromley, Kate Macdermid and Tamara Lidums all joined the team and made an immediate impact in the athletics and aerial skiing programs, as well as Tamara taking on an efficiency project to aid regional and remote athletes in particular and covering many of the physio team members while they have travelled in support of various sports programs and NSOs.
- Kevin Craigie and Josh Ferguson are both involved in research and innovation projects within their respective programs, as well as both working to develop reporting and monitoring tools that have potential impact more broadly across all sports.
- Andrew Cameron provided direct support for VIS swimmers and divers at their respective National Championships and Olympic selection events. He was also accepted on to the 2024 AIS Practitioner Development Program, already having brought some initiatives from this opportunity back to the DPEs in which he is engaged.
- We welcomed Jacqui Gurr back from parental leave and thank Kane Spagnolo for his expert care and effort across much of the past year.
- Steve Hawkins attended the Women in Sport Congress in Sydney and sits on the organising committee for the 2024 AIS Performance Teams Forum physiotherapy section, as well as running a statistical analysis of VIS physiotherapy service allocations in preparation for the LA 2028 cycle planning.

SERVICE PROVIDERS

PHYSIOTHERAPY

Steve Hawkins
Manager, Physiotherapy and
Soft Tissue Therapy
Sports & Exercise Physiotherapist

Nerissa Byrne
Performance Health Services Coordinator

Alison Low
Deputy Manager, Physiotherapy and STT
Specialist Sports & Exercise Physiotherapist

Dr Ebonie Rio
Deputy Manager, Physiotherapy and STT
Sports & Exercise Physiotherapist

Amber Bennett
Physiotherapist

Lachlan Bromley
Sports & Exercise Physiotherapist

Andrew Cameron
Sports & Exercise Physiotherapist

Kevin Craigie
Sports & Exercise Physiotherapist

Joshua Ferguson
Sports & Exercise Physiotherapist

Andrew Fooks
Sports & Exercise Physiotherapist

Kane Spagnolo
Sports & Exercise Physiotherapist (from
August 2023 - May 2024, parental leave cover)

Jacqueline Gurr
Sports & Exercise Physiotherapist (parental
leave from August 2023 - May 2024)

Emma Iacovou
Physiotherapist

Tamara Lidums
Physiotherapist

Kate Macdermid
Sports & Exercise Physiotherapist

Katherine Taylor
Sports Physiotherapist

SOFT TISSUE THERAPY

Emily Athanasiou
Soft Tissue Therapist

Anne Davies
Soft Tissue Therapist

Gillian Niven
Soft Tissue Therapist

PARTNERS

Club Warehouse

INTERESTING FACT

VIS physiotherapists provided over 250,000 minutes of direct injury management over the past year.



SPORTS NUTRITION

The VIS Sports Nutrition team is comprised of eight sports dietitians, embedded in sport programs to provide a comprehensive service to VIS scholarship athletes.

The sports dietitians work closely with coaches and other service providers to ensure that the nutrition programs delivered for each sport are in line with their health and performance goals. 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.

Training Camp and Competition Support

The dietitians continue to spend more time in the DTE and getting out to various domestic training, camps, and competitions, to provide nutrition support. Kylie Andrew also travelled to Fiji as Team Manager for the Netball Development Tour.

A number of the team are attending the Paris Olympics & Paralympics, including; Elaine Bo (Olympics subsite with shooting), Siobhan Crawshaw (Paralympics Performance Services Lead /Paralympics Australia role), Kylie Andrew (Paralympics HQ Dietitian) and Rachel Stentiford (Paralympic Triathlon Staging Camp).

Professional Development

Professional Development is critical to keep up to date and ensure best practice, and we have been fortunate to be supported in this space with attendance at a number of conferences. Kylie Andrew also completed the AIS Women in STEMM Leadership Program, and Emily Meehan and Rachel Stentiford completed the AIS Women Leaders in Sport Program.

Emily Meehan and Rachel Stentiford received ELEVATE funding, to complete a micro credential on Behaviour Change at Monash University and attend ISENC conference in the UK, respectively.

NIN Groups and Working Committees

The nutrition team continue to contribute to National projects as part of several NIN Groups and Working Committees, including; NIN/NSO Nutrition Leads – Kylie Andrew, Siobhan Crawshaw (PA), Jessica Rothwell (AA), Rachel Stentiford (TA); AMS Nutrition Working Group, Nutrition Innovation Working Group, Physique Considerations in High Performance Sport Steering Committee – Kylie

Andrew; QA Technical Committee for Physique Assessment – Emily Meehan; Nutrition Screening Working Group – Rachel Stentiford; Nutrition Athlete Curriculum Working Group – Sarina Lococo; Nutrition and Concussion Working Group, Wound Management Working Group – contributing to the Clinical Practice Guidelines for Pressure Injuries & Skin Health in Para Sport – Siobhan Crawshaw.

Kylie also received the Advocacy in Sports Nutrition Award from Sports Dietitians Australia.

Projects

- The Nutrition Advancement program continued, with presentations to a large number of secondary school students as part of the Victorian Challenge and Enrichment Series, funded by the Department of Education. This includes the Nutrition Advancement program, targeting year 7-10 students; as well as a VCE program including medical content delivered by one of our Sports Physicians, in line with the VCE curriculum.
- The nutrition & psychology teams worked together to continue to deliver the AIS Eating Disorders in Sport Workshop to coaches and service providers, to increase awareness in this space, help everyone to understand their responsibility, and optimise skills, knowledge and confidence in prevention and early identification of disordered eating and eating disorders. Emily Meehan also delivered this workshop for Triathlon Australia.
- The revised Supplement policy was approved by the Board and shared with athletes, together with a process for approval of athlete supplement sponsorships. The nutrition team continue to closely monitor and advise regarding supplement use amongst VIS athletes. Supplement education has been provided to new and returning scholarship holders, and all athletes are encouraged to log their supplements on AMS.
- As part of Latrobe University’s Swimming Metabolomics Research, Louise Cato is providing dietary expertise around dietary standardisation. Louise also completed training to deliver Swimming Australia’s ‘What’s a coach to do’ workshop around REDs to VIS and Swimming Victoria coaches.

- Dietitians Week (April) provided an opportunity for the dietitians to celebrate being a dietitian and provide education, and of course food, around the theme of ‘Nourishing Mind, Brain & Body’.
- Health Bones Action Week (August) saw the nutrition team run a milk bar in the

athlete lounge at VIS, where smoothies and other calcium rich foods were supplied to athletes along with important messaging around bone health.

- Innovation funding was granted for a project on Exploring AI (ChatGPT) for dietary & menu planning.
- The Culinary Nutrition Program is progressing well, with several modules being developed and piloted with athletes to teach important cooking and kitchen skills. Led by Sarina Lococo, the program is now being developed into an app.
- Cultural awareness is an important piece for the nutrition team with the diverse cultural backgrounds of our athletes. This year has seen a focus on this space, with updated resources, recipe development, a dumpling making ‘Lunch & Learn’ for all staff, and a staff lunch to celebrate the Chinese Dragon Boat Festival.

SERVICE PROVIDERS

Kylie Andrew
Nutrition Manager, Advanced Sports Dietitian

Bryce Anderson
Accredited Sports Dietitian (from
December 2023, parental leave cover)

Elaine Bo
Accredited Sports Dietitian

Nerissa Byrne
Performance Health Services Coordinator

Louise Cato
Accredited Sports Dietitian

Siobhan Crawshaw
Advanced Sports Dietitian

Sarina Lococo
Accredited Sports Dietitian

Emily Meehan
Advanced Sports Dietitian

Jessica Rothwell
Advanced Sports Dietitian (parental
leave from December 2023)

Rachel Stentiford
Advanced Sports Dietitian

PARTNERS

Deakin University (DEXA scans)

INTERESTING FACT

As part of Healthy Bones Action Week, the nutrition team made over 400 smoothies and gave out almost 400 flavoured milks and yoghurts, in the pop-up milk bar in the VIS athlete lounge.

2023/2024

CORPORATE SERVICES

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

INFORMATION & COMMUNICATION TECHNOLOGY & SERVICES

The Information Technology team is responsible for not only ensuring day to day operations but to support strategic objectives offering new opportunities using technology.

This year focused on improving our current technology usage and cyber-security posture. Leading with developing a cyber security strategy, having a Monash University placement student support the delivery of security and awareness training for staff and athletes and in collaboration with the Victorian Government Cyber Security department help build our organisation maturity through compliance.

BUSINESS SERVICES

The Business Services team continue to 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. We've also recently implemented Elmo Payroll (Keypay), which integrates with Elmo HRCore, our people management software. This provides a fully integrated solution with our HR system and improved integration with Xero than the previous payroll system.

Regular Government reporting, compliance and training is also undertaken with Sport & Recreation Victoria within the Department of Jobs, Skills, Industry and Regions.

FACILITIES

Following on from the facility upgrade completed in February 2023, the VIS has continued to make minor facility adjustments to improve the ways in which it serves both athletes and staff. In collaboration with Innovations and Research, the VIS has also started to develop a plan to reduce our emissions and improve the sustainability of the organisation.

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 ATPi 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 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 (SSV), 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 is grateful for our commercial partnerships with 2XU, Open Universities Australia and Maribyrnong Sports Academy, whose financial and in-kind contributions support VIS athletes both on and off the sporting field.

The VIS receives annual donations from the Carbine Club, funding up-and-coming Victorian athletes' development with a VIS Future Talent scholarship, through an association that has spanned 13 years.

We continue to receive funding from the Department of Education and Training Student Excellence Unit to deliver the VIS Advancement Series (nutrition and sport science education sessions) to high ability Victorian Government secondary school students. These sessions offer students an insight into applying their knowledge of PE and Health & Human Development within the setting of high-performance sport, expertly guided by our sport science, sports nutrition and sports medicine staff.

In 2023-24, the VIS engaged with a number of external community sporting organisations to deliver tailored servicing on a consultancy basis. These included performance lifestyle education sessions to junior Victorian representative teams via the SSV Team Vic program, a webinar series to Life Saving Victoria athletes incorporating injury prevention, coach development and performance psychology webinars, and performance lifestyle servicing and expanded strength & conditioning provision and education sessions to the Racing Victoria Apprentice Jockey Program.

In collaboration with our partners, the

Melbourne Vixens, the VIS contributed to a Koori clinic in Frankston by delivering a Performance Lifestyle session to young First Nations netballers outlining the importance of pursuing education alongside their sporting endeavours. We subsequently linked our VRAS partners at the Sunraysia Academy of Sport with the Vixens to support their Koori clinic in Mildura.

CORPORATE SERVICES TEAM

Simon Gardam
Director Corporate Services

Mark Brown
ICT Manager

Mohsen Salehi
ICT Technician (until July 2023)

Nathan Crozier
ICT Technician (from October 2023)

Alana Thomas
Business Services Manager (until August 2023)

Danelle McCoy
Interim Business Services Manager (from August to December 2023)

Damien Herbert
Business Services Manager (from September 2023)

Elsa Kwan
Accounts Officer

Miriam Keene
Accounts Payable Assistant

Jessica Li
Accounts Payable Assistant

Cathryn Pruscino
Strategic Projects & Partnerships Manager

Salesi Uhi
Facilities Manager (until April 2024)

Sophia Di Domenico
Facilities Manager (from April 2024)

Mathew Gay
Receptionist (until January 2024)

Emily Hamilton-Smith
Receptionist

Abigail Paduch
Receptionist

Georgia Griffith
Receptionist

Saffron Tambyrajah
Receptionist

Rahni Samason
Receptionist (until January 2024)

Tess Lloyd
Receptionist (from October 2023)

Tara Kinder
Receptionist

Zara Walters
Receptionist (from December 2023)



PEOPLE & COMMUNITY

The People & Community team are responsible for all things, media, marketing, human resources, events and community programs. The team centres their work around delivering amazing experiences for staff, athletes and the Victorian community through innovative engagement activities, learning opportunities and creative storytelling. From the daily training environment to the world stage, there's a staff or athlete story to be told – and the team prides itself on sharing VIS expertise and achievements to positively impact and inspire the Victorian community.

HUMAN RESOURCES

Creating amazing people and candidate experiences throughout the entire employee lifecycle has been at the core of the team's projects. Enabling this has been:

- The delivery and full implementation of a Human Resource Information system, providing numerous efficiencies for staff and administration processes.
- Providing staff with compelling engagement activities at VIS HQ, such as celebrating our diverse workforce through monthly staff cultural lunches, utilisation of the gym and classes, and staff-led lunch and learns.
- Policy development through extensive and thorough consultation processes that include staff.
- Sexual harassment, unconscious bias, bystander and workplace safety training delivered to all levels of staff to proactively maintain a safe and inclusive workforce.
- Telling more stories and building a strong talent and brand awareness pipeline through the establishment of a university intern program. These internships ensure that we were able to harness the full potential of stories right across our staff and athlete cohort with available resource whilst providing an exceptional learning environment for the students to craft their journalism and marketing talents.

The focus over the coming year will be centred around delivering a new Enterprise Agreement, guiding staff through leadership (CEO), sports and program changes post Paris 2024, and continuing to build professional development opportunities that position the VIS as the home of high-performance expertise.

Key achievements for the People team this year were:

- The full integration of the HRIS into the employee lifecycle. All tasks from

- recruitment, through to onboarding, compliance tracking, professional development, performance reviews and payroll are now on the one system.
- Delivering over 15 Lunch & Learn sessions where staff shared their expertise across a variety of topics to their peers.
 - Creative engagement in First Nations training through basketweaving and canvas painting experiences for staff to better understand First Nations culture and raise their cultural awareness.
 - To help to tell our story better and more consistently, the team facilitated internships for 7 students across 5 different universities.
 - 78% of staff completed the People Matter Survey, providing their feedback on their working experience at the VIS. This led to actions such as, new policy development and updates, work/life balance guidelines, proactive manager/peer feedback and family day – allowing staff to showcase the facility to their immediate family.

COMMUNICATIONS & MARKETING

The overarching responsibility of the Communications and Marketing Services (CAMS) team is to document and promote the important contribution the VIS makes to the cause of sport as a source of social cohesion and inclusion, and as a vehicle to improve health outcomes through participation.

To do this, the CAMS team must tell the stories of VIS excellence, expertise, sporting endeavour and inspiration and connect internal and external audiences with these stories, encouraging Victorians to embrace and benefit from sport.

The CAMS team is responsible for all VIS strategic communications, the platforms through which audiences are connected to the VIS, the delivery of major VIS events, VIS community programs, corporate publications and media relations.

A priority for the CAMS team across 2023/24 was to maximise interest in the 2024 Paris Olympic and Paralympic Games. It was a strategic goal to create and increase interest in the VIS, as the home of high-performance sport in Victoria, as interest in the Games grew.

To realise this goal the CAMS team focussed on the production of Olympic/Paralympic content – short and long form – for community audiences (ie schools) and media.

Three long form Olympic/Paralympic documentaries were commissioned, a historical series of six episodes about significant Olympic/Paralympic moments involving VIS athletes was created, and Olympic/Paralympic themed education packages for distribution to schools was produced.

Further, significant time was put into attracting media interest in the role of the VIS and its many stories of achievement and expertise. With encouragement, all of the major television networks produced regular VIS-themed content and Melbourne radio station SEN created a weekly Olympic/Paralympic segment with VIS athletes for several months leading into the Games.

Two significant VIS events were held in the year.

The first, the VIS Open Day, was held in September 2023 and attracted over 1100 people to the Albert Park home of the VIS. This was an excellent result and follow-up research indicated that community interest in, and awareness of, Open Day will continue to grow. 2023 Open Day was the first Open Day in four years. We had representation from 12 sports as well as 9 partners and universities.

The second significant event was the 2023 Award of Excellence, held in November at the Glasshouse in Melbourne's Olympic Park precinct. A full account of the event can be found on page 62.

Community programs are the cornerstone of VIS grassroots engagement. Athlete visits to schools, with their stories of dedication, success and resilience, and school visits to the VIS are extremely popular and important to the CAMS team's overarching responsibility.

Across the 2023/24 reporting period a total number of 22,785 students and 224 Victorian schools were engaged with the VIS.

VIS community programs comprise of four distinct programs: Be Fit. Be Well, the VIS Advancement Series, the Athlete and Expert Speaker Program and VIS Tours.

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 2023/24 our athlete speakers engaged with over 16,000 students and completed 142 visits to schools.

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. In 2023/24, 1610 students from 49 schools participated in the sessions.

The Athlete and Expert Speaker Program (AESP) coordinates speakers for all clients outside of Victorian Government schools. In 2023/24 almost 4000 (3966) students were engaged through this program.

The VIS Tours resumed in 2022 after a COVID induced break. Since its restart, the new format has been updated in 2024 to incorporate the upcoming Olympic and Paralympic Games. The VIS Tours have become

very popular and provided unique access to our world class facilities to 1105 students from 21 Victorian schools. We also had schools visit from New South Wales, Tasmania and Western Australia. Seven schools have visited more than once.

Key achievements for the CAMS team this year:

- Almost 23,000 primary and secondary school students were visited or accessed the VIS community programs
- Successful coordination and delivery of the 2023 VIS Open Day
- Successful coordination and delivery of the 2023 VIS Award of Excellence
- VIS social media following broke through the 50,000 mark (53,000)
- Three broadcast quality documentaries commissioned (two VIS, one ABC)
- Mailchimp audience numbers increased 18% in our General Audience, 23% in Community Programs

PEOPLE AND COMMUNITY TEAM

Daniel Simons
Director People & Community

Camilla Blands
Communications & Marketing Manager
(parental leave from September 2023)

Stephen Rielly
Communications & Marketing Manager
(parental leave cover from September 2023)

Ashley Gillespie
Project Manager – Communications & Marketing

Dominic Hook
Digital Content Creator (until August 2023)

Amy McMahon
Community Engagement & Events Coordinator

Kate Paul-Drevensek
Communications & Marketing Coordinator

Jessie Rowe
Digital Content Creator (from June 2024)

Keely Wallace-Kilbane
Human Resources Coordinator

INTERESTING FACTS

- Gender balance: Of the 119 VIS employees, 72 are female (61%) and 47 are male (39%)
- The VIS embraces cultural diversity and inclusion: 62% of VIS staff identify as Australian and 22% are from a culturally diverse background
- 97% of staff would recommend the VIS as a good place to work
- Over 30+ hours of staff sharing their experiences through Lunch & Learns

TELL OUR STORY. SOCIAL MEDIA.

@VICINSTSPORT



TOTAL FOLLOWERS

49,632
JUNE 2023

52,962
JUNE 2024

GROWTH

6.7%
INCREASE





22,785
PRIMARY AND SECONDARY SCHOOL
STUDENTS ENGAGED



224
VICTORIAN SCHOOLS
ENGAGED



32
ATHLETE
SPEAKERS



16,000
STUDENTS ENGAGED



142
SCHOOL VISITS

BE FIT. BE WELL

30 YEARS OF BE FIT. BE WELL

The Be Fit. Be Well. Program was a recommendation of what is commonly known as the Moneghetti Report, commissioned by the then Directorate of School Education in 1993.

The program sees VIS athletes visit Victorian government schools to share their personal stories in sport including overcoming challenges, building resilience and, ultimately, personal triumph. The program emphasises the importance and holistic benefits of participating in sport and lifelong physical activity.

The opportunity for VIS athletes to connect and inspire students across Victoria has been wonderful and assisted our athletes with their own personal and professional development and fills them with a great sense of pride and aligns with the VIS' motto, 'Success in Sport and Life'.

Across the life of the program there's been Olympians, Paralympians and World Champions involved in the program, including Dylan Alcott, Lizzy Watson and Lydia Lassila.

The Be Fit. Be Well. program is funded by the Department of Education through School Sport Victoria.

ACROSS THE 30 YEARS
WE ESTIMATE THAT
APPROXIMATELY:



1,000
ATHLETE SPEAKERS



300,000
STUDENTS ENGAGED



3,000
SCHOOLS VISITS

ATHLETE AND EXPERT SPEAKER PROGRAM

3,966

Students were engaged
with through this
program.

ADVANCEMENT SERIES

1,610

Students from 49 schools
participated in the
sessions.

VIS TOURS

1,105

Students from 21 schools
toured the world class
facilities of the VIS.

VIS OPEN DAY

+1,000

Visitors attended the
VIS Open Day.

CONNECTION TO SPORT

TOP REASONS FOR CONNECTION

- 1 Improved physical and mental health
- 2 Social connection and for fun
- 3 For competition

**2/3 ARE INSPIRED
TO CONTINUE
PARTICIPATING
OR WILL PICK UP
A NEW SPORT
OR RECREATION
ACTIVITY**

GENERAL EVENT SATISFACTION

1000+

People attended

9/10

Event satisfaction

100%

Would recommend
the VIS Open Day

89%

Would come again

12+

Sporting organisations were present



87%

Participated in VIS
expert-lead activity

Social Media & word of mouth were our
biggest touchpoints for event awareness

81%

Were from
Melbourne suburbs

10%

Were University
students

5%

Have a disability

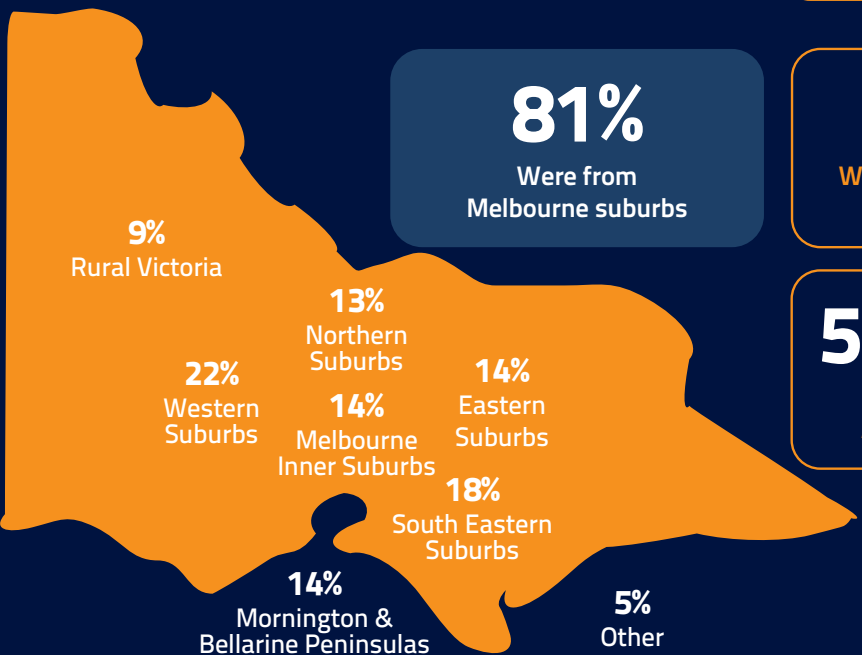
50/50

Attendance
Adults/kids

81%

Attended
with family

DEMOGRAPHICS



AWARD OF EXCELLENCE 2023

It was the year for the Diamonds to sparkle at the 2023 Award of Excellence, held on November 23 at The Glasshouse in Melbourne's Olympic Park precinct.

Australian netballers Liz Watson, Jo Weston and Kiera Austin joined the Victorian Institute of Sport honour roll as Award of Excellence recipients, joining previous winners such as Cathy Freeman, Dylan Alcott, Lydia Lassila, Mack Horton, Cadel Evans and 2022 recipient Jemima Montag.

The trio were recognised with the most prestigious of VIS awards for their multiple international triumphs in 2023 with the national netball team, the Diamonds.

Watson, Weston and Austin shared in a Quad Series victory in January, won the World Cup in August and followed that with success over New Zealand in the Constellation Cup in October. In all, the Diamonds won 16 of 19 Tests in the year and claimed all of netball's major trophies.

Watson captained the Diamonds throughout, and Austin was voted MVP of the World Cup final.

The trio were among five finalists for the 2023 Award of Excellence, with world champion Para-cyclist, Emily Petricola OAM, and world champion wheelchair rugby player, Shae Graham, the other nominees.

Graham, the first woman to represent Australia in wheelchair rugby where teams can be mixed, was a member of the 'Steelers' who defeated Canada in the final of the 2023 Wheelchair Rugby World Cup in October.

Petricola won gold at the 2023 UCI World Cycling Championships as part of her preparation for the 2024 Paralympic Games in Paris, a success which followed a three-gold medal effort at the 2022 Para Cycling World Championships.

The evening also saw the VIS honour a number of its other athletes, among them Petricola who won the VIS Para Athlete Award.

Austin won twice on the night, being the recipient of the Open Universities Australia Performance Lifestyle Award, which recognises excellence from an athlete in their studies, career ambitions, and/or work setting whilst pursuing their high-performance sporting career.

Austin completed a Bachelor of Medical Science degree in 2023 and is hoping to work in a medical field – possibly reproductive health – in the future.

Leon Sejrano, who won a breakthrough bronze medal at the 2023 Taekwondo World Championships, and Amy Lawton who is a star member of the Hockeyroos, shared the 2XU Rising Star Award. Former Hockeyroo goalkeeper and current VIS Performance Lifestyle Adviser, Rachael Lynch OAM, won the Sarah Tait Spirit Award.

The Frank Pyke Achievement Award, presented to an athlete who enjoyed a successful sporting career, made a significant contribution to the VIS and their sport and who has built a successful post-athletic career, was awarded to aerial skier Lydia Lassila.

Lassila, a five-time Winter Olympian, gold medallist in Vancouver in 2010 and Award of Excellence winner, was a VIS scholarship holder for 16 years and is the founder and director of BodyICE and sustainable yoga and wellness brand, ZONE.

A further 16 athletes were also recognised with Coach Awards, which are presented each year to an athlete in each VIS sport program.

AWARD WINNERS 2022

Award of Excellence 2023 / Liz Watson, Jo Weston and Kiera Austin
2XU Rising Star Award 2023 / Amy Lawton and Leon Sejrano
Sarah Tait Spirit Award 2023 / Rachael Lynch OAM
Para Athlete Award 2023 / Emily Petricola OAM
OVA Performance Lifestyle Award 2023 / Kiera Austin

COACH AWARDS 2023

Danielle Scott / Aerial Skiing
Imogen Grzemski / Archery
Rhydian Cowley / Athletics
Caitlin Parker / Combat
Cohen Jessen / Cycling
Georgia Sheehan / Diving
Kate McDonald / Future Talent Program (Gymnastics)
Liam Henderson / Men's Hockey
Olivia Downes / Women's Hockey
Shae Graham / Individual Scholarship Program (Wheelchair Rugby)
Zara Walters / Netball
Casey Imeneo / Sailing
Sergei Evglevski / Shooting
Col Pearce / Swimming
Liam Twomey / Triathlon
Tomas Klein / Wheelchair Basketball

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
 2022 / JEMIMA MONTAG / Athletics



PHOTOS:
 TOP GROUP SHOT – 2023 AWARD WINNERS
 LEFT MIDDLE – JEMIMA MONTAG
 LEFT MIDDLE GROUP – 2023 VIS COACH AWARD WINNERS
 LEFT BOTTOM – ANABELLE SMITH AND CHARLI PETROV
 RIGHT TOP MIDDLE – BEN KING
 RIGHT MIDDLE – (LEFT TO RIGHT) NICK SERAFINI OF 2XU, LEON SEJRANOVIC AND AOE MC SAMANTHA LANE
 RIGHT SECOND BOTTOM – CLAIRE LAMBE
 RIGHT BOTTOM – (LEFT TO RIGHT) 2023 AOE WINNERS KIERA AUSTIN, LIZ WATSON AND JO WESTON



SUMMARY OF VIS ATHLETES			
	Male	Female	Total
Tier 1	132	173	305
Individual Athletes	95	101	196
Future Talent	3	3	6
TOTAL	230	277	507

NUMBER OF PARA ATHLETES			
	Male	Female	Total
Tier 1	27	15	42
Individual	13	21	34
Future Talent	0	0	0
TOTAL	40	36	76

TIER 1 SPORTS	Male	Female	Total
Aerial Skiing	1	14	15
Archery	5	5	10
Athletics	23	27	50
Combat	24	20	44
Cycling	20	21	41
Diving	5	10	15
Hockey – Men’s	18	0	18
Hockey – Women’s	0	18	18
Netball	0	32	32
Sailing	8	8	16
Shooting	6	8	14
Swimming	7	4	11
Triathlon	6	3	9
Wheelchair Basketball	9	3	12
TOTAL	132	173	305

INDIVIDUAL SPORTS	Male	Female	Total
Artistic Swimming	0	4	4
Badminton	12	8	20
Basketball	0	4	4
Bowls	4	4	8
Canoeing	10	3	13
Curling	1	0	1
Football	0	1	1
Freestyle Skiing	1	0	1
Gymnastics	9	14	23
Para Badminton	0	2	2
Para Bowls	2	1	3
Para Equestrian	0	11	11
Para Rowing	1	2	3
Para Table Tennis	6	4	10
Rowing	24	19	43
Skateboarding	2	3	5
Snowboarding	1	1	2
Softball	0	1	1
Sport Climbing	1	2	3
Squash	7	4	11
Surfing	1	2	3
Table Tennis	3	6	9
Water Polo	6	2	8
Weightlifting	0	2	2
Wheelchair Rugby	4	1	5
TOTAL	95	101	196

FUTURE TALENT SPORTS	Male	Female	Total
Gymnastics	0	2	2
Skateboarding	1	0	1
Surfing	1	1	2
Table Tennis	1	0	1
TOTAL	3	3	6











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