



*UB WestVic
Academy
of Sport*

*Annual Report
2005 - 2006*

www.westvicsport.org.au

Certificate of Incorporation Number: A0044529G

Table of Contents

UB WestVic Academy Sponsors.....	1
Naming Rights Sponsor	1
Affiliate Sponsors	1
Contributing Sponsors.....	2
Program Sponsors	2
UB WestVic Academy Board of Directors	3
Resignations.....	3
UB WestVic Academy Mission.....	4
UB WestVic Academy Objectives	4
Chairman’s Report	5
Executive Officer’s Report	6
Manager of Sports Program’s Report	7
Academy Ambassador	9
Mr. Steve Moneghetti	9
Academy Consultants	10
Nutrition	10
Sports Psychology.....	10
Athlete Career Education (ACE).....	10
Musculo-Skeletal Assessment.....	10
Strength and Conditioning.....	10
Badminton Program Report	11
Cycling Program Report.....	13
Hockey Program Report	14
Swimming Program Report.....	16
Track and Field Program Report.....	18
Volleyball Program Report	20
Individual Scholarship Holder	21
Cianne Howden: Tea-kwon-do report.....	21



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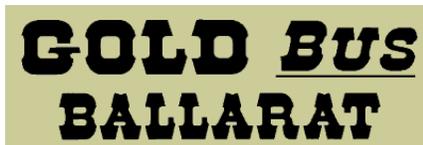
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of who they are.



Program Sponsors



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Resignations

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UB WestVic Academy Mission

The UB WestVic Academy of Sport will provide talented Western Victorian regional athletes with access to coaching and education programs of excellence, assisting them to reach their full sporting and personal potential and enhance their access to pathways to state and national representation.

UB WestVic Academy Objectives

- Provide opportunities for sports people within the region to develop their talent through the provision of specialist services and developmental programs to enhance the performance of athletes in team and individual sports.
- Promote and provide athletes with specialised coaching.
- Provide pathway opportunities for developing athletes and coaches to state and national levels through links with State Sporting Associations, the Victorian Institute of Sport and the Australian Institute of Sport.
- Provide sport science and medicine services to athletes and coaches.
- Improve the education of athletes and coaches through the delivery of specialist services.
- Provide personal development opportunities for athletes and coaches.
- Support research designed to benefit athlete performance.
- Promote the western region of Victoria as a region for sports excellence.



Kaitlyn Ashmore
- Track and Field -



Emma Beaumont
- Volleyball -



Chairman's Report

It is with a great deal of pleasure and with a real sense of achievement, that I am able to report that we are achieving one of our first and most important objectives. We are providing a pathway for elite athletes to State and National selection.

Some of our athletes have taken the opportunity we provide, and have headed down that pathway. A few have made it. However, indications are that there are many more who will potentially achieve their goals.

The UB WestVic Academy of Sport is providing most of the components that go together to provide each athlete with the opportunity to further develop their skills. With the help of coaches, coordinators, sports scientists, parents, and lots of motivation and hard work, many athletes can see their way towards State and National selection. Indications are that some may be heading to the Victorian Institute of Sport or the Australian Institute of Sport. All of the above components are to be congratulated for their efforts and achievements.

Michael Hynes has been an important part of our structure, but now that he has moved on we wish him well for the future. We welcome Kris Payne, as our new Executive Officer, and together with Ian Anderson they will take our programs to our region.

Thank you for the constant contributions by our Board Members, and the vital, but different contributions by all of our sponsors. I need to express special appreciation to our naming rights sponsor, the University of Ballarat, because they are an active sponsor who contribute in so many different ways.

Mr. John Abraham
Chairman
UB WestVic Academy of Sport



Executive Officer's Report

The 2005-2006 financial year has seen the UB WestVic Academy of Sport continue to develop. As in previous years, the Academy's association with the University of Ballarat has been integral to our development. Our relationship with the University of Ballarat is envied by other Regional Academies of Sport, as it allows the UB WestVic Academy of Sport to service its athletes in a familiar, friendly, professional environment.

The Academy's decision to include the Female Hockey Program and the Swimming program has proven to be a wise decision. As with the Academy's other sports, the Hockey and Swimming programs continue to deliver excellent results; a tribute to those involved in the respective programs. The Academy's individual athletes have also successfully represented the Academy. Not only have their athletic results been outstanding, both Shane Nankervis and Cianne Howden have conducted themselves in a professional manner in both domestic and international competition.

August saw the resignation of the UB WestVic Academy of Sport Executive Officer, Mr Michael Hynes. Michael's tenure has seen the Academy develop into what is now a successful and easily recognisable business throughout Western Victoria. On behalf of myself, Ian Anderson and the Academy Board, I would like to thank Michael for his efforts and wish him the best in his future endeavours.

I was appointed as the Executive Officer of the UB WestVic Academy of Sport in October 2006. I am honoured to be given this position and look forward to working with Ian Anderson, the Academy Board, and those involved in the Academy's various sports programs.

October 2005 saw the second Telstra Country Wide Sport Star of the Year Awards Night. The Awards Night saw the crowning of the male and female UB WestVic Academy of Sport: Sports Stars of the Year. Special thanks must be given to the many University of Ballarat Performance Marketing fieldwork students who assisted in the organisation of the night.

On a personal note, I feel it necessary to thank the board and Ian Anderson for their assistance during my induction period. Taking over from such a well respected and knowledgeable figure as Michael Hynes has been a daunting task. However the assistance I have received has allowed me to quickly settle into the position. I look forward to further developing the programs Michael has implemented so the UB WestVic Academy of Sport can continue to effectively service Western Victoria's elite junior athletes.

Mr. Kris Payne
Executive Officer
UB WestVic Academy of Sport



Manager of Sports Program's Report

The past 12 months has seen consolidation for most of the sport programs within the Academy, but also the presentation of a number of challenges that lie before it.

Individual sport reports will attest to the successful improvement and performance of a large group of athletes covered in all of the Academy's programs of badminton, track and field, cycling, swimming, hockey, volleyball and tae-kwon-do. Each sport has reviewed its athlete membership at the end of the 12-month period with some additions and some deletions. A female squad was added to the hockey program.

Our regional Academy is in a unique position in that we are aligned so closely with a tertiary institution offering sport science services, and with a strong and broad community-based sports medicine cohort. As for the previous 12-month period the areas of sport science most utilized by the sports have included: nutrition, sport psychology, physical preparation and, more recently, the required area of musculo-skeletal assessment. Massage is another service often requested/required by the athletes.

The bi-monthly Academy workshops have been a success with presentations covering a broad range of topics from sport science and sports medicine focusing on improving performance. Opening up the sessions, via video-conference, to Horsham has been a positive innovation.

Academy administrative and managerial processes are constantly being refined and improved as programs are becoming stabilized. Gradually the Academy is developing a community presence and recognition. However, there are some challenges that need to be borne in mind and addressed as we progress forward. These include:

- The understanding that much of the Academy's programs is dependent upon the coordinators, coaches and sport science/sports medicine personnel. These people are busy, full-time professionals in their own field and their time devoted to Academy concerns is over and above that. Sometimes the needs and requirements of the Academy are greater than can be delivered.
- A need to constantly review that the Academy mission is to provide pathways for the "regional elite" to State and national competition, and as such each athlete needs to meet that criteria both in performance and attitude.
- The ACE program (athlete career education) has enormous merit and acceptance and has potential to be further developed and delivered to the athletes.



- There are three key target areas for the workshops: Academy coaches and athletes, Academy sports science/sports medicine personnel – and community based sessions. By addressing each of these target groups separately we can cater for “in-house” education as well as further developing a community awareness of the Academy.
- The past 12 months has had the Academy providing a weekly column for the Ballarat Courier and Wimmera Mail-Times, and a regular interview session on local ABC radio. These warrant being continued.

The Academy has now had “establishment time”. The challenge is to continue to develop and refine.

Mr. Ian Anderson
Manager of Sports Programs
UB WestVic Academy of Sport



Academy Ambassador

Mr. Steve Moneghetti



Steve Moneghetti is one of Australia's greatest ever athletes. His status in the marathon is legendary, so too his ability to communicate and find common ground with everyday people. Steve is down to earth and entertaining, with a great sense of humour.

Career Highlights

- 1986 Commonwealth Games Marathon - Bronze medal.
- 1990 Commonwealth Games Marathon - Silver medal.
- 1994 Commonwealth Games Marathon - Gold medal.
- 1998 Commonwealth Games 10 km track - Bronze medal.
- Attended 1987, '91, '93, '95, '97, '99 World Athletic Championships winning the Bronze Medal in the Marathon in Athens in 1997.
- Attended 1988, '92 '96 and 2000 Olympic Games finishing in the top ten on 3 occasions.
- Winner of 1990 Berlin Marathon and 1994 Tokyo International Marathon.
- Previous holder of 3 World Bests for the Half Marathon (1990, 92, 93).
- Winner of 4 City to Surf races (1988 - 1991) and race record holder.
- Winner of 4 Zatopek 10km Track races (1989 - 1992) only person ever to win 4 in a row.

(<http://www.entertainoz.com.au>)



Academy Consultants

The UB WestVic Academy of Sport wishes to thank the following consultants for their work during 2005 / 2006.

Nutrition

- Kerri Gordon

Sports Psychology

- Emma Hall (Victorian University) / (Vashti Performance)

Athlete Career Education (ACE)

- Leading Teams

Musculo-Skeletal Assessment

- Deborah Pascoe (University of Ballarat)

Strength and Conditioning

- Dr. Warren Young (University of Ballarat)
- Ashley McNicol (University of Ballarat)
- Julian Harvey (University of Ballarat)



Badminton Program Report



Overview

The UB WestVic Academy Carlton Badminton Program has again proved to be a leader in junior development in Australia. The program provides a direct pathway to state and national junior selection, as has been evident this year with so many athletes representing Victoria, and more recently, three athletes being selected to represent Australia at a junior level. Furthermore, in 2006 we had our first UB WestVic Academy graduate, Erin Carroll, selected for Australia's Commonwealth Games Team.

Outcomes/Achievements

The main highlights and results of the Carlton Badminton Program for the year were:

- The Coaching Staff has increased to include Olympian Stuart Brehaut. Stuart joins Commonwealth Games representative Andrew Perks and Olympian Rhonda Cator as UB WestVic Academy coaches, making this Academy the strongest in Australia.
- The UB WestVic Academy Carlton Badminton Program entered a team in the Badminton Victoria 'A' Grade State Pennant, giving our athletes competition against other Associations in a senior competition.
- 13 athletes were selected for Victoria to compete in the Australian Championships at Under 15, Under 17 and Under 19 Levels.
- Our athletes won titles at all State Selection Tournaments.
- The Badminton Program entered a team in the Australian Under 15 Badminton Championships, giving our younger athletes vital elite experience in both the Team and Individual events.
- Matthew Wilson, Nicole David and Tara Pilven have been selected in the Australian Under 15 Team to compete at the Australian Youth Olympic Festival in Sydney during January 2007.
- Four athletes from Horsham continue to receive quality training, and tournament experience, lifting the profile throughout the entire Western Region.
- Sport Science initiatives continue to ensure athletes are preparing for elite competition.



Challenges

The major challenge we face as an Academy is the amount of time athletes can commit to the program. Realistically athletes at this formative age should be training upwards of ten hours per week, if they are to realise their dreams of becoming elite athletes. Unfortunately it is difficult to motivate both the athletes and their parents to develop their technical, tactical, physical and mental skills outside the two sessions a week that the Academy provides. This is where the ACE program is such a vital element within our program, however until the athletes and parents fully understand the commitment required to become an elite athlete, we will struggle to produce large numbers of athletes who progress to the next level.

Looking Forward

In 2006 the Badminton Program changed from two levels and condensed to offer one sub elite level training program, which has raised the overall standard of our athletes. The development of younger athletes has passed onto the individual Local Associations, which not only provides greater opportunities for a larger number of young players, but also provides a development pathway for coaches. This will ensure Badminton will continue to grow from strength to strength within the Western Region. Many of our Academy athletes have undertaken coaching courses and are now working with the youth at a community level. As ambassadors the Academy athletes not only promote the sport and themselves, but are great role models for the UB WestVic Academy.

My personal thanks must go to Andrew Perks and Stuart Brehaut for their endless efforts within the program. Thanks also to the University of Ballarat and UB Staff for their fantastic support of the Academy and the services they offer.

Finally a big thank you to Michael Hynes and Ian Anderson for their efforts and guidance over the last 12 months. Michael leaves us having cemented the foundations of the Academy within the region. I welcome Kris Payne on board and I look forward to working with him into the future.

Rhonda Cator
Carlton Badminton Program Coordinator



Cycling Program Report

This year saw many firsts in the Cycling program. The introduction of an athlete with a disability, Jannik Blair, and the trial of offering Tri Athletes the opportunity of enhancing their cycling skills through the cycling program.

Jannik's inclusion into the squad had provided many positive messages to the squad and to the Academy in the areas of setting and achieving goals. This was demonstrated by Jannik's performances at the Horsham Cycling Club's Track carnival event where he achieved one of his set goals, firstly competing in an able bodied field of cyclists and secondly not finishing last. The event is now featured in a promotional DVD produced and distributed by Sport and Recreation Victoria. Jannik has a long term goal of competing in the Paralympics and is continuing to strive towards that goal.

Other achievements by members of the cycling squad were highlighted by the selection of Luke Jones and Georgina Freeland to participate in the UCI (International Cycling Union) Oceania Under 17 Track and Road Camp at Dunc Gray Velodrome and Bathurst. Athletes were selected from the Pacific Region for the World Cycling Body sponsored event.

Cycling performances continued to role into the track season covering all age categories with squad members taking honors in the Country and State Titles.

- Hamish Kelly Under 13 Men
- Aohdan Kelly Under 15 Men
- Monica Kelly Under 15 Women
- Georgina Freeland Under 17 Women
- Luke Jones Under 17 Men
- Jannik Blair State Hand Cycling Championships

Georgina Freeland, Luke Jones, Monica Kelly and Aohdan Kelly were rewarded with state selection for the Victorian Junior Track team after their performances at the State Titles. The athletes represented themselves the State and the Academy well at the National Titles registering creditable performances.

The development and pathway that the Academy offers elite athletes was demonstrated last year with Will Ford and Mark O'Brien moving onto the VIS after selection into the National Junior Road team; and it is worth noting that Will Ford continues to strive towards excellence in the sport of Cycling with his selection for the second time into the National Road Team this year.

The sports science workshops on nutrition, physical conditioning, sports psychology along with the ACE program are important in developing the complete athlete. Parents and athletes alike are continuing to grow with the participation of cycling in the UB WestVic Academy program.

Geoff Witmitz
Cycling Program Coordinator



Hockey Program Report



The 2006 UB WestVic Academy of Sport Hockey program has been enormously successful.

The program welcomed the girls squad into the 2006 program bringing the total number of athletes to 26: 13 girls and 13 boys; two female and two male coaches; one male and one female manager. The program attracted athletes from across the region, specifically Ararat, Maryborough, Bacchus Marsh and Ballarat.

A significant development for the 2006 program was the confirmation of GOLD Bus as the program sponsor. GOLD Bus, Ross Huntington and staff, have been tremendous program sponsors, with contributions in cash and in-kind. Without their support the Hockey programs capacity to deliver to its athletes would have been significantly compromised. On behalf of all those involved with the Hockey program, I would like to sincerely thank GOLD Bus for their commitment in 2006. The program sponsorship was a result of the work done by the previous Executive Officer, Mr Michael Hynes. His expertise in negotiating the sponsorship and his capacity to develop the relationship with GOLD Bus, was instrumental in securing this significant partnership.

In 2006, the boys and girls programs competed in the Hockey Victoria Under 17 Pennant North and 'A' divisions respectively.

In their first year in the competition, the girls won the Under 17 'A' Premiership, defeating Geelong 1 – nil. The team's goal difference was the best in the entire Hockey Victoria competition (senior/junior, men/women), scoring 90 goals for and only 5 against. As a result of their impressive debut in the Under 17 competition, the team should be invited to compete in the Under 17 'Shield' competition in 2007, the highest level of state competition for junior girls. This is a significant achievement and will result in UB WestVic athletes playing against the best junior girls in the state, enhancing their capacity for state team selection.

Special acknowledgement must go to the two coaches of the girls program, Ms Sharon Ruyg and Ms Tammy Hansford. Together they have built a team of athletes who have made significant gains in all areas. Consequently, the team's performance has come about because of the parallel development of both individual and team priorities.



The boys program was also an enormous success in 2006, with significant development of individual players being the real highlight. The team finished on top of the ladder at the end of the regular season and were unlucky to be beaten in the 'cut-throat' semi-final for the second year in a row. Players in the program for the second year progressed significantly in 2006, and the new players into the squad were able to match that progress, ensuring a well balanced and harmonious group.

Under the direction of the two coaches, Mr Jason Hargreaves and Mr Chris Vaughan, this team has continued to demonstrate remarkable improvements in all areas of game play, as well as in the areas of self discipline, professionalism and their terrific attitude towards training and preparation. All players have continued to benefit from the intensive training environment and the constant exposure to appropriate 'age group competition'.

The GOLD Bus Hockey program utilised the services of the Academy throughout the season with additional sessions in team building, 'high performance thinking', strength and conditioning (both as part of the training program and in addition to), sport psychology and nutrition. The coaches were involved in a workshop on Training Variability and Decision Making, and both the Men's and Women's VIS Coaches conducted very successful, 'one-off' training sessions with the Academy squads.

Thanks goes to Hockey Ballarat for their continued in-kind support, by providing the training venue and signage space of our program sponsor. This support has become vital to the on-going success and financial viability of the program and we look forward to continuing our very positive relationship. The continued support from the Grampians and Wimmera associations has also been important in ensuring the programs success is shared throughout the western Victoria region.

Finally, my sincere thanks goes to the UB WestVic Academy of Sport, especially Ian Anderson and Michael Hynes and in recent weeks Kris Payne.

The GOLD Bus Hockey program has again been a success in 2006, and the athletes, coaches, managers and parents are to be congratulated on their performances and commitment to their development.

Mick Poulton
GOLD Bus Hockey Program Coordinator



Swimming Program Report

This report is the first swimming report to cover a full 12 month period. Jolyon Finke has continued on as head coach of the program, undertaking swim sessions on a regular basis, with each session focusing on a different part of swimming. These sessions focussed on: starts, turns and finishes, two on one sessions, one on one filming of swimmers with instant replay to work on technique, dry land exercises, race pacing, as well as providing a variety of different, but challenging, exercises to help to break up the sessions.

A Regional Development Program was also undertaken at the Ararat Indoor Pool on the 9th October, 2005, with Jolyon taking the UB WestVic swimmers and a number of swimmers from the Wimmera District in a common session.

Emma Hall continued her association with the swim squad, and conducted further session on visualization, as well as one on one sessions to help prepare the swimmers for the national titles. Two swimmers also attended private sessions with Emma at her Melbourne base to assist them in overcoming swimming related issues that were affecting their performance. The results of these sessions were very successful, and this type of private session is probably an under-used resource available to UB WestVic athletes.

Ian Anderson presented a session on the functions and use of the Academy Diary, enabling swimmers to get maximum benefit of the various features.

Kerri Gordon has continued to provide valuable insight into nutrition issues. Kerri spoke at a lunch at our final session for the year, which had been designed to show swimmers and their parents a typical healthy lunch during a swim carnival.

Notable swim performances during the 2005-2006 12 month period include:

- Victorian Country Short Course titles held at Shepparton on the 27-28th August, 2005:
 - Matthew Lyons, with five gold medals and an event record.
 - Lauren Hollioake also with five gold medals.
 - Robert Lyons with one gold, one silver and three bronze, including an event record.
 - Regan Hollioake with one gold, one silver and three bronze.
 - Natalie Walter with one gold, and one bronze.
 - Minor medals to Holly Burton, Teegan McConchie, Alicia Barnes and Tom Liubinas.

- State Open Water Titles at Hazelwood Pondage on the 22nd October:
 - Holly Burton won the Open Women's 10 km title.
 - Regan Hollioake won the Open Women's 5km title.
 - Laurelee Phillips was second in the Open Women's 10 km title.



- State Age Championships, January 2006:
 - Matt Lyons won Gold at the in the 400 individual medley in a 12 second personal best.
- Country Championships, January 2006:
 - Matt Lyons won gold in the 200 Individual medley,
 - Minor medals to Natalie Walter, Holly Burton, Aleisha Barnes, Regan Hollioake, Jason Greenwood and Robert Lyons.
- Jason Greenwood qualified for, and swam at the Commonwealth Games selection trials.

During the course of the year, some parts of the program did not run effectively. The delay in receiving the results of the muscular skeletal assessments, which took over six months to be received, and consequently delayed the introduction of a strength and conditioning program.

The two sessions of the ACE program were well received by the swimmers, with Ray McLean being an excellent choice as presenter.

Several swimmers took the opportunity to attend some of the sports medicine workshops undertaken throughout the year.

Bruce Hollioake
Swimming Program Co-ordinator



Track and Field Program Report

The 2005-2006 year has been a very successful for the Track and Field group. Many of the athletes have achieved personal best performances or have made state or national teams.

Collis Birmingham was the program's top performer breaking a number of Ballarat records and having run 3.40.55 for the 1500m. His competitive record over the summer season leading up to the Commonwealth Games trials was excellent and he was unlucky to miss out on selection. As a result of his performances, Collis was invited to run in the USA where he ran a sub four minute mile and a 13.30 5k. Collis now has a VIS scholarship.

Brett Castle was also invited to tour China on an Under 23 development trip and threw a personal best distance of 71.98m finishing second in the major competition for the tour. Brett also won the Victorian Open Javelin title and finished sixth in the National Titles.

Another athlete to travel overseas was Lauren Ford. Lauren competed in the World Youth Championships in Morocco finishing in the top 15.

Kaitlyn Ashmore won both the Victorian Under 15 championship and the Australian Under 15 title in the Javelin. Kaitlyn finished with a season's best of 39.08m at the Victorian Open Championships where she finished eighth.

Josh Platt represented Victoria at the Pacific Schools Games in Melbourne and recently won the Victorian All Schools javelin title.

Many other academy athletes performed very well during the Track and the Cross Country seasons. Keegan Fitzgerald, Under 18 1500m champion Ashley Watson, 2nd in Under 18 3000m, Anna Worland, "Noosa Bolt" winner, Matt Griffin, 2nd in Charles Suffren, Lisa Biffin, 3rd in Eaglehawk to Bendigo, Josie Gellert 2nd in Victorian Steeplechase title & Josh Lloyd 3rd in the State Shot Put championship. In addition a number of our new inductees have performed well this season. Daniel Bailey appears to be well on the way to qualifying for the World Youth Championships next year with personal best performances in key events comprising the Octathalon. Janelle O'Sullivan also won the High Jump at the All Schools Championships and Tim Atkinson won the 400m.

The squad days held throughout the last 12 months have been informative and have generally had a positive response from the athletes. An issue from 2005 and early in 2006 was communication. We have attempted to address this by producing a yearly calendar containing all squad days and relevant competitions. Rod Griffin has done an excellent job putting the calendar together which includes all relevant Internet links giving athletes access to event information, entry forms and closing dates.



Neville Down and Mick Benoit have also made a positive contribution to the program and have conducted some very good sessions on sprint technique and Hurdles.

The program has also endeavoured to give assistance to our Horsham coach, Ricky Price, who is the coach of Janelle O'Sullivan and Bianca Tyler. A mentoring program has been arranged and he has been working closely with myself and Sandro Bissetto (a level five High Jump coach in Melbourne).

The program has been the recipient of a significant amount of throwing equipment from the Commonwealth Games. We have received seven Javelins, two Discus and two Shots and a Hammer. This will now enable our athletes to compete and practice with the quality of equipment they will encounter at major competitions. In addition we received a grant from Telstra Country Wide with which we purchased medicine balls and three Garmin satellite tracking watches. These are invaluable for the distance runners and store a wealth of information regarding the athletes' training performances.

In the next 12 months we aim to make use of the international athletes and coaches who now reside in Victoria. This should help not only our athletes, but our coaches, particularly in the areas of warm up and conditioning.

Finally, I would like to thank Ian Anderson, Mick Hynes and now Kris Payne. The work undertaken by these people has been crucial to the ongoing administration and progress of this program.

Lindsay Burgoyne
Track and Field Program Co-ordinator



Volleyball Program Report



The UB WestVic Academy of Sport Volleyball Program started with eleven female athletes and seven male athletes. Eight females and one male were located in Ballarat, while three females and six males were located in Horsham.

During the year, a series of tests were undertaken by University of Ballarat School of Human Movement and Sport Sciences personal on biomechanics and physical testing. These were undertaken on three separate occasions over a twelve month period.

At the end of the program, each athlete was provided with their test results, as well as video analysis of each individual skill. These videos showed which athletes had progressed during the year.

Sports services was used in the areas of biomechanics, sports nutrition and sports physiology during this period.

The girls were entered in the Bendigo, Horsham tournament and the Inter Academy Games while the boys were entered in the Horsham tournament and Inter Academy Games.

The Academy had a range of success during these tournaments.

Of the female squad, four girls were selected in the Victorian State Gold Team. These girls represented Victorian in Canberra this year.

A number of the boys were selected in the Victorian State Gold team, but the team withdrew due from the Canberra Tournament, as some of the boys decided not to participate.

Brian Holding
Volleyball Program Coordinator



Individual Scholarship Holder

Cianne Howden: Tea-kwon-do report



The 2005-2006 year has seen Cianne achieve many of her personal goals. They are as follows:

- April 2006: Gold at the Victorian Junior Chang Open.
- May 2006: Silver at the Junior World Selection Titles.
- August 2006: Gold at the Victorian Junior State Selections.
- August 2006: Gold at the Victorian Senior State Selections.
- September: Gold at the Australian National Taekwondo Championships.
- October: Gold at the Commonwealth Taekwondo Union Championships.
- Winner UB WestVic Academy of Sport Female Sports Start of the Year.

In order to achieve the above results, Cianne's training schedule has been re-shaped by UB WestVic Academy of Sport staff. Cianne's training schedule now consists of:

- Tournament training at Hoppers Crossing three times a week;
- Gym work which has been undertaken under the guidance of Dr. Warren Young;
- Massage from Steve Sedgwick which has helped with sore muscles and flexibility; *and*
- Nutrition advice from Kerri Gordan has been most helpful in designing an appropriate diet.

Cianne's future goals are to win a medal at the Youth Olympics which are to be held in Sydney during January 2007.

Maree Howden





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