



*WestVic  
Academy of  
Sport Inc.  
Annual Report  
2006 - 2007*

[www.westvicsport.org.au](http://www.westvicsport.org.au)

Certificate of Incorporation Number: A0044529G



## Table of Contents

WestVic Academy of Sport Inc. Sponsors .....	1
Naming Rights Sponsor .....	1
Affiliate Sponsors .....	1
Contributing Sponsors.....	2
Program Sponsors .....	2
WestVic Academy of Sport Inc. Board of Directors.....	3
Resignations.....	3
WestVic Academy of Sport Inc. Mission .....	4
WestVic Academy of Sport Inc. Objectives .....	4
Chairman’s Report .....	5
Executive Officer’s Report .....	6
Manager of Sports Program’s Report .....	8
Academy Ambassador .....	10
Mr. Steve Moneghetti .....	10
Academy Consultants .....	11
Nutrition .....	11
Sports Psychology.....	11
Athlete Career Education (ACE).....	11
Musculo-Skeletal Assessment.....	11
Strength and Conditioning.....	11
Biomechanics .....	11
Massage.....	11
Badminton Program Report .....	12
Cycling Program Report.....	14
Hockey Program Report .....	16
Swimming Program Report.....	19
Track and Field Program Report.....	21



## WestVic Academy of Sport Inc. Sponsors

### Naming Rights Sponsor



### Affiliate Sponsors



---

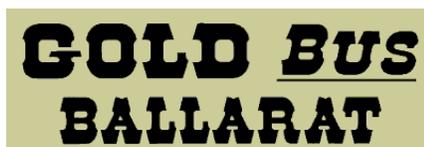
**Contributing Sponsors**



we make people proud  
of who they are.



**Program Sponsors**



## **WestVic Academy of Sport Inc. Board of Directors**

- Mr. John Abraham (Chairman)
- Prof. Warren Payne (Deputy Chairman / Director: Sports Science & Medicine)
- Mr. Guy Larkin (Director: Treasurer)
- Mr. Dan McGlade (Director: Legal)
- Mrs. Joanna Stevens (Director: Marketing and Promotions)
- Mr. Rob Irvine (Director: Athlete Career Education)
- Mrs. Dianne Trotter
- Dr. Matthew Gibney
- Mr. Luke Mullane
- Mrs. Faith Maple
- Mr. Richard Hancock
- Mr. Geoff Witmitz
- Mr. Ross Sullivan

## **Resignations**

- Mr. Michael Poulton (Director: Athlete Programs)



## WestVic Academy of Sport Inc. 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.

## WestVic Academy of Sport Inc. 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 progress to state and national representative 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 of sports excellence.



UB WestVic Cycling Squad



Matt Griffen  
- Track and Field -



## Chairman's Report

My hope is that Academy athletes will capitalise on the development pathway the UB WestVic Academy of Sports provides, and progress to become VIS or AIS athletes. We know that with intense training, and with the help and expertise of co-ordinators and coaches, our athletes will have every chance of accessing such developmental pathways.

The Board and I take immense pleasure in seeing the achievements of our athletes. Often that is seeing development of abilities to their absolute maximum, and sometimes even further. We believe that we have contributed to that development, but just as important is the drive and belief of the athlete, and the huge support from parents, family and friends.

In order to provide the level of service and expertise that we aim for, we rely heavily on our sponsors. Thank you to those special sponsors who are sport specific, and thankyou to our major sponsors including the City of Ballarat, the Horsham Rural City Council, and our naming rights sponsor, the University of Ballarat. A major part of that is the School of Human Movement and Sport Sciences who provide expertise, facilities, and student and staff involvement that is absolutely essential to the progress and maintenance of standards within the UB WestVic Academy of Sport.

Thank you also to the Board of the UB WestVic Academy of Sport for their time, their advice, and their skills. Each member is now connecting with a sport in order to know more about the day to day operations of the Academy, so as to bring more knowledge to the Board table.

I look forward to continuing progress for all those associated with the UB WestVic Academy of Sport

**Mr. John Abraham**  
**Chairman**  
**UB WestVic Academy of Sport**



## Executive Officer's Report

The 2006 – 2007 financial year has seen the UB WestVic Academy of Sport continue to strengthen its connection with the western region of Victoria. As in previous years, the Academy's association with the University of Ballarat has been integral to our development. Without the support provided by the University of Ballarat and the School of Human Movement and Sport Sciences, the Academy would not be able to deliver the quality of programs currently enjoyed by all Academy athletes.

I was appointed in October 2006 as the Executive Officer of the UB WestVic Academy of Sport. Since then, I have been heavily involved in the restructuring of the Academy's services, the development of both a management and sports science fieldwork programs and the selection of numerous sporting programs. This new organisational structure has allowed the Academy to better utilize the support provided by the University of Ballarat, and promote our association to the western region of Victoria.

October 2006 saw the third Telstra Country Wide Sports Star of the Year Awards Night. The Awards Night saw the crowning of the male and female UB WestVic Academy of Sport Sports Star of the Year. Special thanks must be given to the many University of Ballarat Performance Marketing students who assisted in organising the evening's proceedings.

The Academy serviced five sports during the 2006 - 2007 financial year. The Academy's Badminton, Cycling, Track and Field, Swimming and Hockey teams have continued to build on the successes experienced in previous years, and have again delivered excellent results; a tribute to those involved in the respective programs.

June 2007 saw existing and new sports apply for Academy membership. Track and Field, Cycling and Badminton were successful in their reapplication and Australian Rules Football was granted Academy membership for the first time. This is an exciting time for the Academy, as these sports allow the Academy to reach many regions of western Victoria previously untouched by the Academy.



## Executive Officer's Report

---

Special thanks must also be made to the UB WestVic Academy of Sport's numerous sponsors. Without the financial and in-kind support offered by these sponsors, the Academy would not be able to function efficiently and effectively.

On a personal note, I feel it necessary to thank the Board and Ian Anderson (Manager of Sports Programs) for their assistance during the 2006 – 2007 financial year. Without their guidance and support, the day-to-day running of the Academy would be a very difficult task. I look forward to further developing the Academy in the upcoming year, so the UB WestVic Academy of Sport can continue to efficiently and effectively service western Victoria's elite junior athletes.

**Mr. Kris Payne**  
**Executive Officer**  
**UB WestVic Academy of Sport**



## Manager of Sports Program's Report

From the outset I would particularly like to thank Kris Payne (Executive Officer) and all of the Sport Coordinators, coaches and managers. They have collectively done excellent jobs in the very time-consuming tasks involved in delivering quality Academy services and programs to well over 100 athletes scattered throughout Western Victoria. Many of these people are virtually volunteering their time in an already busy life schedule in assisting athletes in our Academy sports to reach State and National level.

Over the past 12 months the following developments have occurred:

- Badminton, Cycling and Track & Field were re-selected for a further 3-year period. Hockey and Swimming will be up for re-selection at the end of this calendar year.
- Australian Rules Football was selected as a new sport into the Academy. This program will target a small group of identified footballers with the North Ballarat Rebels squad that is very representative of the Western Victorian region.
- We are not proceeding with Individual Athlete positions.
- Volleyball ceased as one of our Academy sports.

In the operations of the Academy programs the following changes have been implemented.

- Extensive use is now made of students within the School of Human Movement & Sport Sciences to deliver the sport science needs of the Academy athletes. These students undertake this as a part of their Fieldwork commitments within the Human Movement program. Particular use, in this sense, has been in the areas of physical preparation/testing and biomechanics.
- Access has been made to regular massage services for athletes via practicum requirements for students within the Diploma of Remedial Massage course operating through S.M.B/Y.M.C.A.
- Sports are now selecting athletes into a 2-tier system: Tier 1 athletes are those selected for their current regional elite status and who are well on the way to State/National selection, and Tier 2 athletes are seen more as part of a developmental program. Tier 1 athletes are invited to make full use of the



## Manager of Sports Program's Report

---

Academy sport science services, while the emphasis for Tier 2 athletes is more on the development and refinement of skills provided by the Academy coaches.

- Mandatory musculo-skeletal assessment for each athlete on an annual basis, and mandatory Training Diary recording are now a part of Academy processes.

As a part of the educational component of the Academy the following have continued:

- The Athlete Career Education (A.C.E.) program is delivered twice/year to all athletes either in Ballarat or Horsham. The Leading Teams organisation has offered, by way of sponsorship, to deliver this program. Athletes, coaches and parents continue to speak highly of the value of the content of these sessions.
- The once/month workshops conducted via video-conference continue to be successful whereby invited presenters deliver relevant information to athletes, coaches, parents and professional colleagues.
- Regular Academy articles are being written for, and appear in, the Ballarat Courier.

In a relatively short period of time the Academy has developed into an organisation involving many people from many different backgrounds and from many parts of Western Victoria. There are challenges as we seek to deliver quality programs to the regional elite. The individual Sport Coordinator reports will attest that the Academy is making a very positive impact for many of our athletes.

**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 2006 / 2007.

### **Nutrition**

- Ms. Kerri Gordon

### **Sports Psychology**

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

### **Athlete Career Education (ACE)**

- Leading Teams

### **Musculo-Skeletal Assessment**

- Ms. Deborah Pascoe (University of Ballarat)
- Dr. Natalie Saunders (University of Ballarat)

### **Strength and Conditioning**

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

### **Biomechanics**

- Dr. Natalie Saunders (University of Ballarat)
- Ms. Nikki Smart (University of Ballarat)

### **Massage**

- Mr. Grant McKechnie (EP Rehab)



## Badminton Program Report



The past year has seen the Badminton Program continue its development; with that development, comes greater success.

For the first time, UB WestVic Academy Badminton athletes were selected to represent Australia, in the Australia Youth Olympic Festival, held at Olympic Park in Sydney, during January. This achievement is not only significant for the selected players (Tara Pilven, Nicole David and Matthew Wilson) but also the entire squad – success amongst the squad lifts the standard and profile of all those involved. More recently Tara Pilven and Nicole David, as well as Victor Brooker and Joel Findlay, have been crowned State Doubles champions in their respective age groups. Further proof that since the inception of the UB WestVic Academy of Sport three years ago, our athletes have continued to improve and achieve greater results.

The UB WestVic Academy Carlton Badminton Program has been successful in providing a pathway for regional athletes towards the elite level, without the necessity of travelling to Melbourne for daily training sessions. With 24 athletes training in Ballarat and four in Horsham, the Academy program provides on court training sessions with the focus on technical skills, footwork, tactical skills and physical fitness. What sets this program well ahead of similar programs in Australia, is the added bonus the University of Ballarat provides. Every athlete is put through a musculo skeletal screening, to determine any abnormalities or imbalances that may lead to injury or future problems. The athletes are also fitness tested, so the strength and conditioning staff can then work with the athletes to make them fitter, stronger, to prevent injury, and to better prepare them the physical demands of on court training and competition. Biomechanics staff are currently video taping athletes while they are playing, so the coaches can analyse slow motion replays and provide on the spot feedback.

An athlete also needs to focus on more than just the physical aspects of the game. A table that has only one leg will not stand up – it requires four strong legs to be a solid table – so does an athlete. Each of our athletes has been taught the importance of



healthy eating and nutrition. Sport Psychology is another important aspect, and we are working on skills such as self belief and team work. The ACE (athlete career and education) program helps athletes balance school, work and training commitments, and educates the athletes and families on the demands and sacrifices required to become an elite athlete.

The program is very fortunate to have Australia's highest quality coaches involved. Thanks must go to former Australian players Stuart Brehaut and Andrew Perks for their dedication and enthusiasm this year. Thanks also to the sports science personnel working directly with our program. The University of Ballarat continues to support us with great staff and enthusiastic field work students.

Our naming rights sponsor, Carlton (Cason Sports Pty Ltd) has been with us for three years, and continues to provide not only financial support, but quality equipment. Finally a big thank you to Ian Anderson and Kris Payne for their tireless efforts – I congratulate you on making the UB WestVic Academy the success it is today.

**Rhonda Cator**  
**Carlton Badminton Program Co-ordinator**  
**UB WestVic Academy of Sport**



## Cycling Program Report

Most annual reports reflect on the previous year's activities, this year I would like to reflect on the growth of Academy athletes over the first three year period of the program.

Cycling in the Academy has seen the athlete pathway fulfilled by Will Ford and Mark O'Brien. Ongoing personal and sporting growth have developed through the Sports Science delivery from Nutritionist: Kerri Gordon, Musculo Skeletal Screenings: Mrs Debroah Pascoe and Dr Natalie Saunders, Physical Preparation: Dr Warren Young and Mr Ash McNicol, Sports Psychology: Ms Emma Hall, the ACE program delivered by Leading Teams and numerous other presenters on topics such as performance and over training.

The growth of the cycling program can be seen by the achievements of Academy athletes during the past year. The 2006 – 2007 year held high expectations for the majority of cycling program athletes. Many athletes, in the previous years, had attained high levels of achievement in their respective age categories.

Athlete performances during track season indicated that many athletes were on track to be considered for State selection, as many athletes had achieved personal best times in lead up competitions and podium success in the Country Titles. Athletes entered the State competition with confidence, even though all had stepped up to the next age group.

Although athlete performances were commendable, disappointment was experienced by some athletes, with some missing State selection by the narrowest of margins. The positive to come out of this for the Academy athletes was their ability to reflect and self assess their performances, evaluating, refocusing and resetting goals. This was highlighted in a post event session with Emma Hall where athletes discussed their performance, evaluated their expectations and reflected on the outcomes of the event. As coordinator of the program, it was rewarding to see the holistic approach adopted by the program. It was evident in Academy sessions that athletes were showing signs of maturity beyond their years.



We often speak of winning as a measure, but through the ACE program athletes are encouraged to balance sporting endeavours with activities outside of the sporting arena. Two Academy Cycling program athletes put their sport on hold to experience life in a different culture. Georgina Freeland and Matt Faravoni did that by taking time to participate in a ten week student exchange program in Germany. In junior sport taking time out often reflects missed opportunity, but the vision of these two athletes reflects that they seized an opportunity in life.

One of the greatest successes in the program this year was the link established with the High Performance Track Squad. The Academy squad visited, observed and trained with the High Performance Track Squad at the Adelaide Superdome. The squad was addressed by Australian Head Coach Martin Barras. He spoke about quality of training not quantity, ensuring a level of fun in training and maintaining a balance in life. Athletes were then given opportunity to ask questions of him in which he then passed on many valuable experiences on his journey through the sport.

Anna Meares then addressed the athletes and reflected on her journey through the sport, the barriers that she experienced and the burdens that distance placed on athletes and their families. Anna then shared her experiences in achieving success at the elite level and the rewards she experienced and the process that she put in place to achieve her sporting goals. These sessions reflected the value of the ACE program by reinforcing many of the issues presented by Leading Teams to parents and athletes alike. The ACE sessions focus on making life decisions and seizing opportunities in personal development outside sport.

Overall, the skills developed through the programs offered by the UB WestVic Academy of Sport has ultimately allowed athletes to adopt a holistic approach to their sporting careers.

**Geoff Witmitz**  
**Cycling Program Co-ordinator**  
**UB WestVic Academy of Sport**



## Hockey Program Report



The UB WestVic Academy of Sport Hockey program, now in its third year, continues to be an enormous success. The Academy team is now well established as part of the Hockey Victoria Under 17 Boys and Girls Competition. The success of this program is not possible without the continued support of GOLD Bus Ballarat, and Hockey continues to be very grateful to GOLD Bus for their on-going commitment to the program.

The highlights of the program are as follows:

- The 2006 Girls Squad were Premiers of the Under 17 Pennant A competition, defeating Geelong in the final, 1 goal to nil.
- The Boys team were promoted from the Under 17 Pennant North to the Under 17 Pennant A Division for the 2007 season. There is only one higher division in Victorian Junior Hockey.
- The 2007 Boys Squad features all of the eligible athletes from the 2006 program, with the exception of one. This highlights the great continuity of this program.
- Both the Boys and Girls Squads in 2007 are again performing well in their respective divisions.

Both programs continue to run on a calendar year, and as such, a new squad of athletes was selected to begin the 2007 program in January. New squad members that were inducted into the program largely reflected the strategy of recruiting younger players with two to three years eligibility. This will avoid the short-term turn over of the squads that was evident with the girls program at the end of 2006. In 2007, eight of the 13 boys will 'graduate' from the program, again providing a significant challenge with the loss of personnel, experience and leadership.

The current boys program has 14 athletes from Ballarat, Ararat, Horsham and Maryborough, with two male coaches and a male manager. The girls program has



## UB WestVic Academy of Sport Hockey Program

---

13 athletes from Ballarat, Maryborough, Ararat and Hamilton, with one male coach and a female manager.

Now in its second year, the GOLD Bus sponsorship continues to be a significant support to the Hockey program. GOLD Bus provides at no cost, a bus for both the boys and girls to travel to Melbourne for their games on at least ten occasions throughout the year. In addition, GOLD Bus provides financial support, assisting in the provision of uniforms and with other costs. Without their support the Hockey programs capacity to deliver to its athletes would be significantly compromised. Kris Payne is to be congratulated for the work he did in early 2007 to again secure the support from GOLD Bus.

The coaching component continues to be an important part of the Academy's program. Jason Hargreaves and Chris Vaughan have been involved with the program now for three years, and their skills and knowledge have also grown with the program. Chris has recently been recognised by Hockey Victoria, being appointed as the Under 15 Country State team coach.

Hockey Australia has recently reviewed all its accreditation courses and the level 2 coaching course that Jason started in 2006 has been suspended by Hockey Australia until they have confirmation of their new structure through Coaching Australia. Chris completed his level 1 accreditation at the end of 2006.

Mark O'Callaghan was appointed as the girl's coach at the end of 2006. Mark had previously coached schoolgirls hockey, and whilst he did not hold a level 1 accreditation, as a Physical Education teacher he was well prepared to coach the squad. I continue to provide mentor support for Mark as he develops his coaching skills and he will undertake the new Hockey Australia level 1 course towards the end of 2007.

From November 2006 to March 2007, the program utilised the on-going assistance of Ash McNicol in the area of strength and conditioning. Ash has worked with both individuals and groups throughout the year to teach effective movement mechanics and provide the basis for the development of hockey specific strength and agility programs. Further early morning group sessions are planned for the Ballarat based



athletes and Ash will oversee this program that will be lead by a fieldwork student from the University of Ballarat.

The hockey program has made use of sport psychology and sport nutrition with further sessions planned in the second half of 2007. Performance Analysis using video analysis has recently been utilised with the assistance of sports science students from the University of Ballarat. This provision will also be continued for home games in the second part of the season.

The hockey program's success is due to the commitment of the coaches and managers and their commitment to the role is greatly appreciated. Parents continue to praise the program and the opportunities it provides for the athletes to be involved in on-going quality age specific competition.

Significant appreciation also goes to Hockey Ballarat for their on-going support by providing free of charge: the training venue and signage space of our Program Sponsor, GOLD Bus. This support continues to be vital to the 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 Western Victoria.

Finally, my thanks goes to the UB WestVic Academy of Sport, especially Ian Anderson and Kris Payne who continue to support the program in so many ways.

The GOLD Bus Hockey program is enormously successful, developing talented athletes from the western Victorian region. I congratulate and thank all the athletes, coaches, managers and parents who are involved.

**Mick Poulton**  
**GOLD Bus Hockey Program Co-ordinator**  
**UB WestVic Academy of Sport**



## Swimming Program Report

Jolyon Finke continued as head coach of the swimming program, undertaking sessions both in Ballarat and in Melbourne. The sessions focused on the various aspects of swimming, including: starts, turns and finishes, technique and various drills. The sessions were not 'training' sessions as such, but focused more on improving swim times rather than individual fitness. The squad attended the local GCO Gold swim meet in November 2006 as a squad, rather than with their individual clubs.

A weekend camp was held over the 9-10<sup>th</sup> June, 2007. At the camp four individual swim sessions were held, along with an intensive dry land exercise routine run by the Melbourne VicCentre Swim Club conditioning coach. This proved challenging as it subjected swimmers to exercises they have not been used to, such as boxing and intensive core strength work. This is a major area where country swimmers fall way behind their metropolitan counterparts. A sports psychology session was also held.

We welcomed the input of Ash McNicol, Dr. Warren Young and Roberta Stacey who commenced a local strength and conditioning program. This program should reach full flight this forthcoming six months.

Emma Hall continued her association with the swim squad, and conducted a further two sports psychology sessions based on goal setting. The first session in November focused on the Country Titles in late January, with a follow up session in February to re-focus on Nationals.

New members into the squad included Courtney Fitzpatrick, Victoria Walter, Jake Ballis and Nikkita Anderson.

Notable swim performances during this 12 month period have been quite disappointing, particularly when compared to last year. Only three athletes qualified and attended the National Age / Open Championships, being Courtney Fitzpatrick, Aleisha Barnes and Robert Lyons. The main highlight however was Courtney Fitzpatrick qualifying for the World Championship Trials.



## UB WestVic Academy of Sport Swimming Program

---

The program has not run to its full potential over the course of the year, with difficulties in finding suitable dates for swim session, however the two day camp was a resounding success. The dry land program also promises significant benefits to our swimmers, offering something that their local swim clubs cannot. The swimmers understand this and are looking forward to regular dry-land circuit programs.

**Bruce Hollioake**  
**Swimming Program Co-ordinator**  
**UB WestVic Academy of Sport**



## Track and Field Program Report

The past twelve months has seen a further refinement of the Track and Field program. The aim has been to determine the major needs of Academy athletes so that we can service them as best as possible. Their needs differ substantially. For some it is access to coaching, others need access to equipment or facilities and still others need assistance to travel to training.

The question we need to focus on is “what is going to enable athletes to progress to the next level”? While we haven’t yet catered for the needs of every athlete, our intention is to improve our services this year.

In 2006 – 2007 the squad met bi-monthly. These sessions usually had a physical training component and a theoretical component that was relevant to the particular phase of the year. We engaged the services of Sports Psychologist: Emma Hall prior to the major competitive phase of the year. Her focus was preparing for competition. Nutritionist Kerri Gordon spoke about strategies to be used before and after training and competition.

Former USSR Triple Jump record holder, Vasily Grishchenkov, was engaged on several occasions to work with the squad on Warm up and Conditioning. These were very worthwhile sessions and stimulated the interest of both athletes and coaches. Julian Harvey was used on a number of occasions to take the athletes through stretching routines as it was found that this area was one poorly executed. Physiology services were used on one occasion and some very useful data was collected and used by the distance athletes.

Many of our athletes performed well during the track and cross country season, either winning titles or achieving personal bests. Anna Worland won the Ron Clarke Classic 1500m event in December, she also won the Sussan 5k road run. In January Anna also won the Victorian mile title in a new country record, was 3<sup>rd</sup> in the Australia cup 1500m in Brisbane and was unbeaten in the 1500m at Premier League.

Daniel Bailey won the NSW and Victorian U18 combined events title and qualified for the World Youth Championships in Ostrava.



Shakira Winmar represented Australia at the Oceania Championships in Samoa in December winning the U18 Javelin.

A significant number of the squad competed in the Country Championships in January and performed well. Nine athletes won their event and several gained minor places.

The Victorian Open and U/20 championships saw some good results for some of our Academy athletes. Josie Gellert ran a personal best time for the 5k, Lauren Ford came second in the Open High Jump and Janelle Osullivan finished fourth in the same event. Tim Atkinson finished 3<sup>rd</sup> in the National U/20 Championships with a personal best time of 48.55s. Anna Worland ran 5<sup>th</sup> in the National 1500m championship with a time of 4.24 and Kaitlyn Ashmore was selected in the Victorian U/18 Challenge Match team to compete in Brisbane. She came second in this competition and posted a personal best distance of 40.24m in the Javelin. Anna Worland, Kaitlyn Ashmore and Tim Atkinson have been the outstanding athletes during the past 12 months having won or placed at major Victorian and Australian events.

A number of our coaches have completed higher coaching qualifications. Ricky Price has almost completed a level 3 certificate, while Rod Griffin has completed his level 2. Several female coaches Sandra Griffin & Anna Worland will do Level 1 Certificates this year.

Overall, the year has been very successful and with further streamlining of the program it is anticipated that further successes for our athletes will be forthcoming.

**Lindsay Burgoyne**  
**Track and Field Program Co-ordinator**  
**UB WestVic Academy of Sport**





WestVic  
Academy of  
Sport Inc.

A0044529G

University Drive Mt Helen  
PO Box 663  
Ballarat, Victoria, 3353  
Telephone: (03) 5327 9890      Facsimile: (03) 5327 9932  
E-mail: [k.payne@ballarat.edu.au](mailto:k.payne@ballarat.edu.au)  
[www.westvicsport.org.au](http://www.westvicsport.org.au)