

WESTVIC ACADEMY OF SPORT

2020/2021

# Annual Report



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# WHO WE ARE

## OUR MISSION

To provide talented Western Victorian athletes with high performance services in order to enhance their chances of State & National representation.

## OUR VISION

To be an Academy people can be proud of because of how we compete, live our values, conduct business and engage with the community.

## OUR VALUES

Respect, Honesty, Hard Working, United, Integrity, Humility

## STRATEGIC AIMS

1. Athlete Services & Supports
2. Sport Programs & Partnerships
3. Leadership, Management & Administration
4. Financial
5. Improved Profile & Awareness

## BOARD MEMBERS

**Patron** - Steve Moneghetti

**Chair** - Alan Campbell

**Deputy Chair** - Tavis Baker

Karla Treweek

David Broadbent

Deb Pascoe

Gavin McGrath

Rebecca McIntyre

## OUR REGION

Ballarat, Golden Plains, Hepburn, Central Goldfields, Pyrenees, Ararat, Northern Grampians, Horsham, Yarriambiack, Hindmarsh & West Wimmera



## STAFF

Corey Saitta - Executive Officer (2020)

Nick Wealands - Executive Officer (2020 - 21)

Tahlee Van Roosmalen - Admin & Operations Officer

Shenae Keleher - Executive Officer





# CHAIRMAN'S REPORT

At the outset may I congratulate all our stakeholders, but in particular our young athletes and their supportive families who have continued, despite continued Covid related disruptions, to maintain their levels of involvement in the Fed Uni WestVic Academy of Sport Program.

WVAS remains in a strong position both in terms of athlete numbers, community interest, our administration, and our financial position.

This year we were able to welcome Shenae Keleher to the position of Executive Officer. Shenae came to us having completed degrees in Exercise Sport Science and Business with a major in Sports Management and experience in sports administration. We first got to know Shenae when she was herself a WVAS athlete in the sport of Taekwondo, a few years ago. We also welcomed Tahlee Van Roosmalen as our Administrative Officer. We are very fortunate indeed to have such capable people as Shenae and Tahlee looking after WVAS operations.

As well as establishing a program appropriate to developing elite young athletes, WVAS has entered the task of reviewing the way we do things through the creation of a new Strategic Plan. This process is nearing completion and will set the scene for how we strengthen our relationships and programs with athletes, their coaches and associated state and national sporting organisations. It is anticipated that our new Strategic Plan will become operational in early 2022. Thank you to Dr Warren Payne for his work in guiding the Board through this important process.

I would also like to extend my appreciation to our volunteer Board members whose oversight of all that we do, helps us to ensure that WVAS is able to meet its obligations and expectations. Ranging from those of an individual athlete to those government bodies such as the Victorian Regional Academies of Sport (VRAS) and the Victorian Institute of Sport (VIS). The wide-ranging backgrounds and skill set of our Board members is indeed a strength.

Our sponsors who support us so well financially are highly valued and we look forward to continuing and strengthening our relationships.

Finally, can I thank all associated with WVAS for your resilience throughout 2021. Your efforts have ensured that our organisation remains healthy and strong and is well placed to build further into the future.

## Alan Campbell

*WVAS Chairman*



*WVAS Race Walker Scott Peart*





# EXECUTIVE OFFICER'S REPORT

*Well 2021, what a whirlwind! Early December marked six months into the Executive Officer position and what a time it has been. Plenty of challenges faced WWAS across the last twelve months and we are hopeful in saying it is upward and onward from here on out.*

## **State Government and Victorian Institute of Sport**

The State Government, via Sport and Recreation Victoria (SRV), and the Victorian Institute of Sport (VIS), continue to be the largest funding provider of WWAS.

WWAS and I, have particularly appreciate of the outstanding support provided from VIS Chief Executive Officer Anne Marie Harrison and her staff, as I have navigated the last few months. I am looking forward to further fostering the relationship through my time at WWAS.

Jack Swift has recently taken over from Erin and Belinda at Sport and Recreation Victoria and remain a stronger support of WWAS, always aiding as we called on them.

Both organisations have supported WWAS unconditionally since the onset of the COVID-19 situation. WWAS is extremely grateful to all personnel for the support provided to our sport program during the challenging and difficult circumstances we have been forced to navigate.



*WWAS Swimmers in the gym with Dr. Scott Talpey*

## **Federation University**

The support that Federation University continues to provide the Academy is critical to our existence and capacity to support and service our athlete members.

I would like to extend my thanks and appreciation to Federation University staff from the school of Health & Life Sciences and UniSport's staff who continue to foster a positive relationship between the respective organisations, in particular:

**Professor Dara Twomey – Dean**  
**Dr. Deb Pascoe – Discipline Leader**  
**Dr. Scott Talpey**  
**Eammon Gill**  
**Sam Carr**  
**FedUni Placement Students**

## Athletes

I would like to take this opportunity to commend all the athletes across WVAS for your continued grit and determination across this year and the entire pandemic. Thank you to our athletes and families for bearing with us as we navigated lock-downs and restrictions, your patience is always extremely appreciated. We are excited for 2022 and the reset it will hopefully bring!

## Sports & School Programs

Our Academy wouldn't operate if it wasn't for our legendary sport program coaches. They continue to go above and beyond for our athletes, I am extremely grateful to each of them for holding my hand as I navigated the last almost 6 months!

**Cam McFarlane** – Cycling

**Kate McMahon & Tracy Howard** – Netball

**David Laird & James O'Sullivan** – Tennis

**Mark Stahl** – Swimming

**Andrew Cartledge** – Golf

**Jen Szuster** - Rowing Victoria

**Rodney Kirkwood**

Horsham College

**Sally & Jesse Kuchel**

Holy Trinity Lutheran College

**Andrew Perks and Bryce Durham**

Bacchus Marsh Grammar

## Strategic Partnerships

WVAS is extremely appreciative for the ongoing support from our partners and sponsors. It is fantastic to have support business and organisations within our local community and we are very much looking forward to further fostering these relationships in the years ahead.

**Ballarat Jeep** – (Ric, Emma and Carl)

**Eureka Concrete** – (Troy Benson)

**Rix Cars & Avis Group** – (Darren Rix)

**RSM Ballarat**

**CountPro** – (Jason Hargreaves)

**RADCenter** - (Chris Radford)

**Lake Health Group** – (Michael & Nicole)

**North Ballarat Sports Club**

**Ballarat Sportsmen's Club**

**Ballarat Connected Communities**

**Impact Teamwear**

**Mulcahy and Co Marketing**

**Ballarat OSM**

## Board, Staff & Patron

Thank you to the WVAS Board and Chair Alan Campbell, for their effort and assistance to the organisation. With a few changes in staff across the last 12 months it has been a challenge at times however, the group is continuously supportive of myself and the Academy staff. In the past few months, we have called on both our Board members and Patron Steve Moneghetti for their input to our new strategic plan and I thank each of you for your time in this and are very much looking forward to presenting the final plan in the coming time.

I can't thank our Administration and Operations Officer Tahlee Van Roosmalen, enough for her support as I have joined WVAS. She has been my right hand and I am very much looking forward to what we can achieve for our athletes in the year ahead.



WVAS Athlete Rory Carroll and FedUni Placement student Sandra Pegg

**Shenae Keleher**

WVAS Executive Officer

# **HIGHLIGHTS OF 2021**







# OLYMPIAN'S ADDRESS

The Olympian's Address, as a part of our Athlete Education Series was originally scheduled for late August, however lockdowns and restrictions meant it had to be rescheduled to late November. We were still able to run a fun and engaging evening between athlete, families & Olympian, Steve Moneghetti. As the WVAS Patron, Steve spoke on the night about the year that has been and provided an insight, with his tips and tricks to use around training and stay motivated during through these adverse times.

As a part of the evening, our 2021 Elite Performance recipients were also acknowledged, as the dinner in August was cancelled due to restrictions. It was great to have athletes, families, staff, sponsors, partners, and board members gather for the first time this year, with everyone enjoying Chicken Parma's from the North Ballarat Sports Club.

We would like to give a special thanks to our Patron Steve Moneghetti for being our guest speaker for the night, as well as acknowledging the team at the North Ballarat Sports Club for hosting us!



*WVAS Athletes with Patron Steve Moneghetti*



# 2021 AWARDS DINNER

Although the last 18 months has been full of ups and downs for our athletes due to frequent lockdowns hindering everyone's training and competition schedules, WVAS still felt it fitting to recognise the levels of Elite Performance across our cohort.

Originally planned for August this year, the 2021 Awards Dinner in collaboration with The Ballarat Sportsman's Club was postponed numerous times before being cancelled, due to frequent lockdowns and capacity limits impacting the feasibility of the event. Lisa Alexander AM was set to be our guest speaker for the night, and we were looking forward to recognising the elite performance results of our top WVAS Athletes.

We were left to acknowledge our top 9 performing athletes across our social media platforms, which allowed us to further share the stories of our athletes. Most recently we were able to present the athletes with their certificates at the Olympian's Address dinner.

The athletes recognised for their Elite Performances include:

- Archie Caldwell (Athletics)
- Lachlan O'Keefe (Athletics)
- Alanna Peart (Race Walking)
- Scott Peart (Race Walking)
- Fraser Saunder (Race Walking)
- Jai Copland (BMX)
- Anna Leighton (Swimming)
- Logan Casey (Tennis)
- Amy O'Hara (Basketball)

We would like to extend our thanks to the Ballarat Sportsmen's Club for allowing us to collaborate for this event, and we look forward to hopefully having the 2022 WVAS Awards Dinner as normal!



WVAS Athlete Anna Leighton



WVAS Athlete Lachlan O'Keefe



WVAS Athlete Alanna Peart





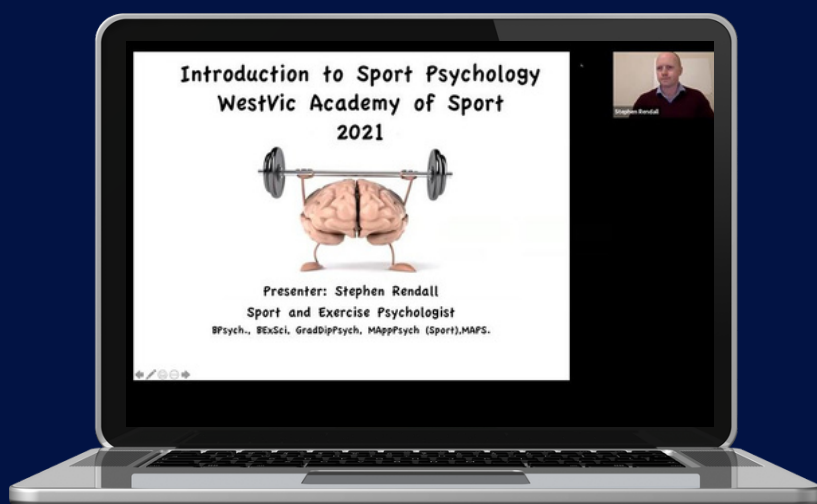
# ATHLETE EDUCATION SERIES

This year our Athlete Education Series was ran completely online, making it more convenient and accessible during the lock downs.

The series allowed athletes to connect with industry professionals and gain insightful information and opportunities that they can apply to their individual athlete pathways.

Our topics were all relevant to young & upcoming athletes, with 10 sessions taking place throughout the year. A big thanks to the following presenters for sharing their knowledge and experiences with our athletes this year:

- Dr Scott Talpey, Federation University – Strength & Conditioning/Physical Preparation
- Tharindu Ranabahu, Physiotherapist at Lake Health Group Ballarat – Injury Prevention & Management
- Oscar Owens, Senior Lecturer, Federation University – Balancing School, Life & Sport
- Michelle Ryan, Dietitian – Diet & Nutrition
- Sue Anderson, Founder & Director Sue Anderson Consulting – Unshakeable Athletes Part 1,2 & 3
- Stephan Rendell, Sport Psychologist – Sport Psychology
- Steve Moneghetti, WVAS Patron – Olympian's Address
- Dylan Roos, Health & Performance Coaching – Mental Health & Resilience





# **SCHOOL PROGRAMS**





# BACCHUS MARSH GRAMMAR

WestVic athletes train within the Bacchus Marsh Grammar (BMG) Elite sport program as a subject in year 9 & 10. In years 11 & 12 they have access to the strength and conditioning / weight rooms during lunchtime and after school. The BMG Elite Sport program utilises information across all disciplines of sports strength and conditioning and science to aid athletes in developing and consolidating conditioning and recovery programs.

The athletes have sole access to the strength and conditioning / weight rooms on a Friday to work with FedUni S&C coaches. Due to the extensive lock down this year, the Elite sport program had a focus on being active at home. Through body weight workouts we have continually focused on developing a strong core and posterior chain, as well as maintain and improve aerobic power and strength. This has been achieved through the different functional movements in the circuits or fitness challenges.

## **All athletes have been provided with the following services in 2021**

- An individualised musculoskeletal screening to assist in developing a prehab program to prevent injuries
- Access to an online webinar series that covered a range of topics to help our athletes grow and develop. These sessions included injury prevention and management, sleep management, sports psychology, nutrition, strength and conditioning, careers and were hosted by various specialists within different professional and sporting fields.
- Access to the FedMoves app, which gave athletes access to home workout sessions, nutritional advice, and educational articles.
- The FedUni S&C coaches supported our athletes through developing personalised at home workouts, to undertake during the recent lockdowns.
- Access to the athlete support fund, of which \$200 was made available to each athlete to spent on a range of costs associated with their sporting pursuits.
- The students within the BMG Elite Sports program were also involved in Musculoskeletal screenings, which included a class at year 9 and year 10 of approximately 35 athletes.



## **Key Highlights**

### **Zali Ward - Year 12 (Hockey)**

Selected by Hockey Australia to attend an Australian Squad training camp at the AIS during the Easter break.

- Received a confirmation of being accepted into the VIS program for 2022.
- Another accolade is Zali finished 3rd in the Inter schools golf competition.

### **Harvey Young - Year 12 (Golf)**

- Won the senior boys division at the Independent Secondary Schools Qualifying Event at Churchill Park Golf Club
- 2nd in the Victoria Independent Secondary Schools State Golf Final in the Senior Boys Division, held at the National Golf Course.

### **Jai Copland - Year 9 (BMX)**

National Series in Sydney

- Round 1 - 7th in 15 boys & 9th in Junior superclass
- Round 2 - 2nd in 15 boys & 11th Junior superclass

Victorian State Series in Shepparton

- Round 2 - 4th in 15 boys & 4th Junior superclass
- Round 3 - 4th in 15 boys & 3rd in Junior superclass

### **Amy O'Hara Year 11 (Basketball)**

- Competed in her first season of the Big V Women's Championship for Hawthorn Magic and has made the starting 5 for the team.
- Competed in the Under 18s National Junior Championships representing Werribee and her team won the Silver medal.

### **Summer Wray Year 9 (Downhill Skiing)**

Trained at Mt Buller in an intensive elite ski program during Term 3.

- 2nd place in the Parallel Slalom race
- 1st place in the Giant Slalom race

**Bacchus Marsh Grammar looks forward to continuing our partnership with WestVic for 2022!**

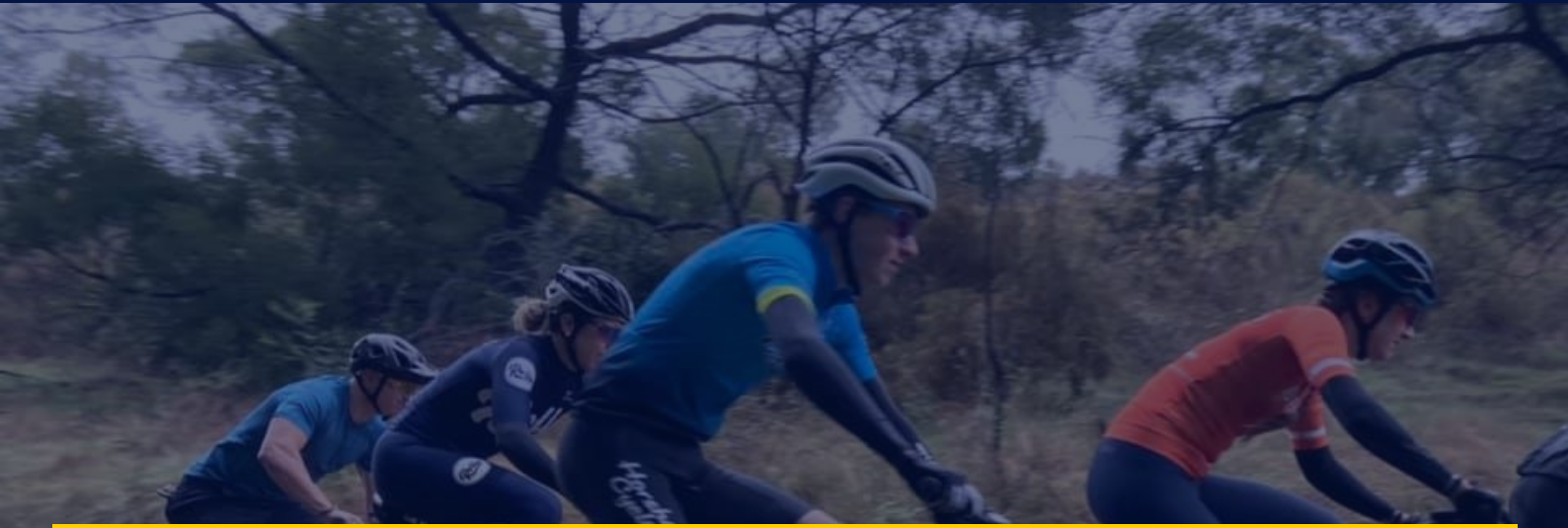
## **2021 BMG WestVic Athletes**

- Devin Leahy
- Summer Wray
- Jai Copland
- Zali Ward
- Harvey Young
- Olivia Ogston
- Amy O'Hara
- Rye Penny
- Jacob Attard
- Aseka Ratnayake



WVAS Athlete Amy O'Hara





# HOLY TRINITY LUTHERAN COLLEGE

Holy Trinity Lutheran College (HTLC) selected 13 students to be a part of the WestVic program in 2021, with these students being eager to develop their individual athlete journeys and increase their opportunities. The reoccurring lockdowns and restrictions made it difficult for many excursions to take place, therefore alternative servicing was provided to the athletes. A 'Wellbeing Network' was set up for HTLC athletes, which gave them the opportunity to book an appointment with a selection of industry professionals in the areas of nutrition, physiotherapy, and female athlete health.

Musculoskeletal screens were able to go ahead at the beginning of the year, conducted by an Exercise Physiologist who assessed the athletes for pre-existing injuries and potential injury risk factors. The findings from these screenings were then passed onto Chris at the RADCentre, who used the reports to form a specific strength & conditioning program for each athlete to undertake in the school gym.

There were a handful of HTLC athletes who were able to attend the WestVic Sport Specific sessions, in addition to their program at school. This included involvement in the Tennis, Cycling & Rowing program which was enjoyed by all.

Although the program wasn't able to run to its full capacity due to COVID19 interruptions, we look forward to 2022 where we hope that our athletes can experience all that the WestVic program has to offer.

## **2021 HTLC/WestVic Athletes**

- Madelyn Toet – Rowing
- Nathan Rokebrand – Cycling
- Codi Kenny – Distance Running
- Dana Haughton – Rowing
- Jordan Friberg – Tennis
- Henry Kinsman – Cycling
- Ryan Pfitzner – Basketball
- Alexandra Salter – Rowing
- Jacob Matuschka - Swimming
- Sebastian Le Roux – Athletics
- Cameron Brito-Mutunayagam - Soccer
- Ryan Brito-Mutunayagam – Soccer
- Sabian Panozzo – Soccer



**HOLY TRINITY**  
**LUTHERAN COLLEGE**



# HORSHAM COLLEGE

Ten athletes were selected at Horsham College (HC) to be a part of the 2021 WestVic Academy program. At the beginning of the year an Exercise Physiologist visited the HC athletes to assess them for any pre-existing injuries and injury risks, to form the basis for a strength & conditioning program. Chris Radford from the RADCentre developed each of the athletes an individualised strength & conditioning program, where the athletes could then use this program in the school gym before/after school and during lunchtimes to improve their strength and prevent injuries.

Throughout the year, HC students had access to the WestVic Athlete Education program, which allowed them to log on and learn through a series of sessions ran by industry professionals, presenting on sport and personal development related topics. These sessions allowed the athletes to learn about a range of training and recovery techniques that they can apply to their sport, as well as life and school tips for their own individual development.

Although our Horsham College High Performance Day had to be cancelled due to reoccurring lockdowns, the athletes were still able to take advantage of the services that WestVic offers. HC athletes were set up with multiple visits passes to the Horsham Aquatic Centre, where they were able to go and use the gym facilities to undertake their strength programs during the summer school holidays. A handful of HC athletes also attended the WestVic sport specific sessions across the sports of tennis, cycling and golf.

In 2022 we cannot wait to continue our partnership with the WestVic Academy of Sport and continue supporting our up-and-coming athletes.

## **2021 HC /WestVic**

- Logan Casey - Tennis
- Morgan Lane – Equestrian
- Jacob Casey – Mountain Biking
- Kate Ellis – Athletics
- Ella Walsgott – Triathlon
- Sienna Walsgott – Triathlon
- Izabella McIntyre – Golf
- Pippa Denham – Cycling
- Minda Denham – Cycling
- Kynan Stasinowsky – Athletics



# **SPORT PROGRAMS**







# INDIVIDUAL ATHLETES

Our WestVic individual athletes come together from a range of sports varying from basketball, athletics, triathlon, para-equestrian, and cycling. The year started with our individual athletes undergoing Musculoskeletal Screens here at FedUni, to predetermine and underlying injuries and risks, with the report from the screening then being used to develop a strength and conditioning program.

In Term 2, the athletes commenced their strength and conditioning programs at the RADCentre and FedUni. The athletes enjoyed up to two sessions a week, training up until the end of Term 3. Throughout the lockdowns, our individual members showed resilience making the most of at home workouts and Zoom S&C.

Although competitions were constantly interrupted, there were still many great results achieved by our individual member cohort, with several athletes achieving well at state and national levels.

We would like to congratulate all these athletes on persevering through the year, and we look forward to what competition and training can bring for you all in 2022.

## **2021 Individual Members**

- Wil Barbary
- Archie Caldow
- Mia Lepair
- Georgina Mees
- Jesse Norton
- Matthew O'Brien
- Lachlan O'Keefe
- Alanna Peart
- Eugene Read-Spinks
- Fraser Saunder
- Chloe Warmington
- Darcy Williams
- Luke Barlow
- Oscar Wootton
- Joel Frejiah
- Lavinia Male
- Scott Peart
- Keelan Perry
- Kelly Ffrost
- Rory Carroll



WVAS Athlete, Kelly Ffrost



# CYCLING

2021 proved to be a year of "adaptation".

The cycling program could not have achieved half of what it has without the tireless effort and support from our fearless leaders, Shenae and Tahlee and the UniSport's staff.

For the most part we were able to maintain the fortnightly rotation of Ballarat and Dunkeld sessions. Big credit going to the athletes and their supporters for maintaining their motivation and commitment in accepting the changes of location, sometimes at very short notice!

The sessions at Federation University (Ballarat) involved a gym session, followed by a bike skill session and always ending with a pool recovery session. Our Dunkeld riding sessions focused on building endurance amongst the athletes as we rode over the rolling hills of Dunkeld. Within every session, we focused on racing and training strategies, handling skills, media skills, professional behaviours, and life skills, providing athletes with many learning opportunities.

Although there were many interruptions during the year due to the pandemic, a handful of cycling events across a range of disciplines were able to go ahead with Henry Kinsman, Jacob Casey, and Nathan Rokebrand making the most of these opportunities.

We are looking towards a bigger and better 2022, where there is hope for stability regarding access to facilities and events. The programs mission is to educate athletes in what lies ahead of them in elite cycling world and we look forward to continuing to have guest presenter visits from Australia's emerging talent like Laretta Hanson (Trek Segafredo) Luke Plapp (Ineos Grenadiers) Kate Perry (Knights of Suburbia Racing) and Tom McFarlane (Inform Make).

## 2021 Cycling Athletes

## **Cam McFarlane**

*WVAS Cycling Coach*

- Shannon Cragill
- Pippa Denham (Horsham College)
- Minda Denham (Horsham College)
- Jacob Casey (Horsham College)
- Henry Kinsman (Holy Trinity Lutheran College)
- Nathan Rokebrand (Holy Trinity Lutheran College)







# GOLF

The 2021 WestVic Academy of Sport golf program comprised of 14 high quality golf athletes from the region. The athletes were able to enjoy regular sessions with Head Coach Andrew Cartledge (PGA member), who supported and guided the athletes through skills and game play training to become the best athletes they can be.

The golf athletes also had access to the WestVic Academy Athlete Education series, which provided athletes with a range of educational seminars by professionals in their respective fields, allowing the athletes to learn all about different aspects of their sport including: nutrition, recovery, strength and conditioning, injury prevention, balancing school and sport and mental health.

In April, it was great to join the Barwon Sports Academy, Bendigo Academy of Sport and South West Academy of Sport at the Golf Australia High Performance Day at 13th Beach Golf Links in Barwon Heads. The day saw athletes rotate through a range of skill workshops, followed by an interview with Ben Eccles & Mitchell Crabbe. We'd like to thank everyone who helped run the High-Performance day. It was thoroughly enjoyed by all.

Even though there were numerous lockdowns and plenty of restrictions throughout the year, the golf program was still able to run almost to its full potential which was great for the athletes. One of the highlights for the year was the session with Travis Harrison – (Professional & Owner - Harrison Golf Academy at Spring Valley Golf Club, Melbourne), who travelled to Ballarat in early November to take the athletes for a long-awaited session focusing on skills and technique. We are looking forward to what 2022 can bring for our athletes.

## 2021 Golf Athletes

- Millie Cassidy
- Mo Haintz
- Liam Howlett
- Thomas Yorke
- Manish Puvanendran
- Harry Cowan
- Sydney Bayerle
- Jackson Connor
- Luke Inglis
- Sam Rumpff
- Xavier Gleeson
- Isabella McIntyre

## **Andrew Cartledge**

*WVAS Golf Coach*





# NETBALL

The 2021 Netball Program continued our partnership with Netball Victoria to deliver this year's Netball Talent Academy Preparation Program. The program identifies talented 13 to 15-year-old athletes in the Greater Western Region and prepares them for the Netball Victoria Talent Academy trials process. Through eight training sessions held here at Federation University, the athletes were able to develop their netball skills, through the specialised training delivered by Head Coach Kate McMahon and Assistant Coach Tracy Howard.

Due to restrictions, unfortunately we were not able to hold all of our sessions this year, however many of the netballers were still able to attend the trials in November and apply what they had learnt in training on the court.

In April, the Netball squad were lucky to be able to go with Kate and WestVic staff member Tahlee, to watch the Vixens play off in a pre-season match with the Adelaide Thunderbirds at the Ballarat Sports & Events Centre. The game was exciting to watch, with the Vixens taking home the win. A session with a Vixens player was organised for August, with the squad being very excited to be trained and mentored by one of Australia's elites. However, another lock down in August meant that this event had to be cancelled.

It was great to see the squad show up and put the work in for each session that was able to run, with a massive thank-you to all the squad for their efforts to keep consistent in a trying year. In 2022 we look forward to having a full program, with hopefully no interruptions.

We would like to extend our thanks to Netball Victoria for supporting this program, as well as Federation University for allowing us to use the Q Building gym for the sessions.

## **2021 Netball Athletes**

- Laura Bylsma
- Rose Murnane
- Daisy Darebin
- Arna Horward
- Ava Richardson
- Alexandria Gladman
- Bella Allgood
- Maggie Harris
- Tully Clarke
- Meg Cahir
- Jessica Hanmar
- Cassidy Miller

## **Kate McMahon & Tracy Howard**

*WVAS Netball Coaches*







# ROWING

The 2021 Rowing program onboarded 16 athletes, with many returning from the previous year's program, as well as welcoming some new faces into the Academy. In addition to the assistance received from Rowing Victoria and the Victorian Institute of Sport, the program received outstanding support from local schools, in particular: Ballarat Grammar, Ballarat Clarendon College, St. Patrick's College and Damascus College.

Unfortunately, the program was impacted by the reoccurring lockdowns and restrictions, however it was great to still offer the athletes a range of services including the Athlete Education Series, Strength & Conditioning sessions at the RADCentre and FedUni and Rowing specific nutrition session with Michelle Ryan.

The rowers have showed resilience all throughout the year as competitions and training sessions were constantly postponed and cancelled. It has been great to see that all of our rowers attended the RADCentre every week to their get their strength & conditioning in.

So far this season, we have already seen some fantastic results from our Rowers at the following events; Rowing Victoria Schools Regatta, 2021 Vic Eight's Challenge and 2021 Rowing Victoria School Boys and Girls Regatta's.

We would like to wish our rowers all the best for the remainder of the competition season.

## **2021 Rowing Athletes**

- James Forsyth
- Micah Hickingbotham
- Georgina Kemp
- Katie Jackson
- Lucy Richardson
- Lachlan Clarke
- Jock Quartermain
- Teja Kirsavnovs
- Delaney Troon
- Milla Quinlan
- Daisy Simpson-Kerr
- Alex Western
- Flynn Rivett
- William Hexter
- Charlie McClure
- Lexie Young





# SWIMMING

This year 2020-2021 has been a challenging and very quiet year for the Swimming Program, with Covid and the ensuing lockdowns putting the brakes on many planned face to face sessions.

There have still been some pool sessions where the swimmers were challenged in various ways through the intensity of sets and the technical aspects around their strokes. These sessions showed all swimmers what they are doing well and what they need to continually challenge when they go back to their home base. These pool clinics were well received by the swimmers and something that I found very rewarding due to the diligence and energy exhibited by all the swimmers.

There were many online workshops on developing the whole athlete in areas of nutrition, goal setting and positive mindsets that have given the swimmers plenty of food for thought and action. The discussions I have had with the swimmers at different times shows that these topic areas are well received and that those subjects are areas that all the swimmers need constant input on, so they can best apply those skills to make them a more complete swimmer and ultimately, person.

Thank you to Nick and more recently Shenae and Tahlee for their efforts and professionalism in this program. Your efforts are greatly appreciated not only by the athletes and families, but myself.

Let's hope season 2021-2022 is a more fruitful and productive time for all concerned.

## 2021 Swimming Athletes

- Amy Bregazzi
- Deacon Briggs
- Ben Grima
- Lucas Kent
- Anna Leighton
- Madeline Pierce
- Taylor Mason
- James Meddings
- Edward Meddings
- Giles Peters
- Ava Richardson
- Cooper Sutherland
- Tyler Sutherland
- Eloise Wills
- Zoe Schnyder
- Angus O'Keefe

**Mark Stahl**

*WVAS Swim Coach*







# TENNIS

It was an absolute privilege to be involved with the 2021 Fed-Uni WestVic Tennis program once again. This year, we had an incredible 17 athletes who all managed to reach new levels on and off the court. I'd love to congratulate all our Tennis athletes for their involvement and commitment to the 2021 program.

A special thank you to our assistant coach, James O'Sullivan. James is an absolute asset to the squad with how he not only helps with on court tips, but how he helps all the athletes understand what it takes for a regional kid to progress with their tennis journey.

Unfortunately, 2021 again hasn't quite been the year we had envisioned at the start of the year. Covid again disrupted the competition and tournament landscape significantly which of course made the year very difficult. We have been very lucky compared to some other sports though. Competition may have been hard to come by throughout the year, but access to the courts to train has been available for most of the time. This has given our athletes a great chance to work diligently on their games.

The highlight for the West Vic squad this year was our Tournament Support event up at the 2021 Bendigo Strategem Winter Silver JT & AMT. We had an amazing week away in Bendigo as a group where we grew as a team. The athletes represented the WestVic Academy well and should all be proud. Unfortunately, we had rain disrupt the final days afternoon which happened to be our finals day.

We had 6 players still involved in various singles and doubles finals throughout all age groups which was an amazing accomplishment. A huge congratulations to Xavier Holt who managed to grab the 14 & under boy's singles title before the rain began. We also had Will Reid win the 14 & under boy's consolation singles title, Ren Asai win the 12 & under boy's consolation singles and Tano-Li Quach come Runner up in the 14 & under boys consolation singles.

Throughout 2021 we have had numerous players move on and progress to compete in some of the state's biggest and strongest competitions. Logan Casey, Darcy Frigo and Xavier Holt have all moved onto the state's largest and most competitive competition in Victoria Senior Pennant. This is a huge accomplishment to reach as some of the nation's best players compete in this competition. We have also had the following players in George Wills, Roman Filipovic and Aerone Tabotabo have the honour to represent their association in AJL (Association Junior League). Fantastic effort to all!!

I'd love to thank the Fed Uni WestVic Academy staff for everything they have provided for the tennis squad members throughout the year. Nick Wealands was nothing but fantastic at the start of the year. We wish you all the best Nick with your future endeavors.

Shenae Keleher has come on board and has been incredible with her seamless transition into the role of EO. Thank you for helping the squad with all your leadership and communication. We all look forward to what 2022 brings with you at the helm. Thank you as well to Tahlee Van Roosmalen for providing thorough communication throughout the year with reminders of everything WestVic had to offer both on and off the court.

As always, the parents need as much love as possible for forever sacrificing for their kids. The Sundays they are giving up taking the kids to WestVic squad sessions, the hours upon hours of driving to and from tennis training/competitions/tournaments. They simply make it all possible. Thank you particularly for the flexibility you have displayed this year. Covid once again influenced and changed many of our scheduled sessions this year and you were all consistently understanding and accommodating.

Finally, to the athletes themselves, thank you! It has been a difficult year of course, but it has also been a lot of fun along the way! I look forward to what the future brings us as a WestVic group. Thank you all!

## **David Laird**

*WVAS Tennis Coach*

### **2021 Tennis Athletes**

- Logan Casey
- Xavier Holt
- Darcy Frigo
- Aerone Tabotabo
- Roman Filipovic
- George Wills
- Ren Asai
- Tano-Li Quach
- Mason Trewin
- Harry Bentley
- Hugh Miller
- Lucy Alcock
- Leah MacDonald
- Will Reid
- Charles Reid
- Harry Bryant
- Hugh Myer



*WVAS Tennis Athletes*





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