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WHO WE ARE

OUR MISSION

To provide opportunities for WVAS athletes to be their best in sport and life.

OUR VISION

To be a regional academy of sport that supports aspiring elite athletes from Western Victoria to achieve success in sport and life.

OUR MOTTO

Leading the way for sporting success.

STRATEGIC PRIORITIES

- Programs, Performance & Pathways
- Governance & Operations
- Community

BOARD MEMBERS

Chair - Alan Campbell

Deputy Chair - Tavis Baker

Karla Treweek

David Broadbent

Deb Pascoe

Gavin McGrath

Bree Sharp

STAFF

Tahlee Van Roosmalen -

Athletes Services & Program Coordinator

Shenae Keleher -

Executive Officer

INTERNS

Beau Locandro - Federation University lanet Hawli - Federation University

ACKNOWLEDGING OUR REGION

Our 12 LGA's include Ballarat, Golden Plains, Hepburn, Central Goldfields, Pyrenees, Ararat, North Grampians, Horsham, Yarriambiack, Hindmarsh, West Wimmera & Moorabool.

Across our region we acknowledge the Traditional Owners and their continuing connection to the lands and waterways. We appreciate the opportunity to be able to participate in our sports across this region and pay our respect to their Elders who always have, and always will care for Country. We acknowledge the peoples of the Wotjobaluk, Jadawa, Jadawadjali, Wergaia, Jupagulk, Djab Wurrung, Dja Dja Wurrung, Wadawurung, Eastern Maar and Wurundjeri Woi Wurrung lands.





I am proud to be associated with the Fed Uni WestVic Academy of Sport, because we're giving junior athletes opportunities to develop their talents close to their homes in familiar communities, without having the need to pursue opportunities away from the strengths provided by family, friends, and schools.

Being able to do so enables these young athletes to be the best they can be in their chosen sport. However, our aim is not only to produce high performing athletes but also, through our education programs to enable them to become quality people off the field.

Our programs are designed to ensure aspiring sports men and women are set up for long and rewarding careers in both sport and life in general. It's about creating champions on and off the field, for today and tomorrow. Consequently, we saw WestVic athletes through the course of this year excelling on State, National and International stages as well growing into fine young people.

This year has seen us as an organisation navigate our way out of the constraints brought on by the Covid pandemic. As well as re-establishing our sport programs and facilitating the engagement of young athletes back into our programs.

A major task was to establish a Strategic Plan aimed at providing guidance for how we as an organisation operate for the next five years. The Strategic Plan has set the scene for how we strengthen our relationships and programs with athletes, their coaches and associated state and national sporting organisations.



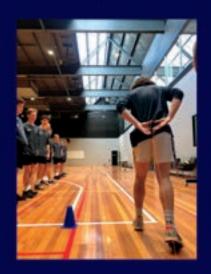
Instrumental in this task was our dedicated group of volunteer Board members and of course our Staff, Executive Officer Shenae Keleher and Athlete Services and Program Coordinator Tahlee Van Roosmalen. We are very fortunate indeed to have a Board and Admin team consisting of people of the highest calibre looking after WestVic operations.

I would like to make special mention of a Board member, Tavis Baker, who is retiring from his position after serving the Board of WestVic for the past 15 years. On behalf of all associated with the WestVic Academy of Sport, I offer our sincere and grateful thanks for his valued contribution.

WestVic remains in a strong position both in terms of athlete numbers, community interest, our administration, and our financial position. Our forecast is for us to remain a strong and viable organisation continually focused on improvement in all that we do. Our sponsors who support us so well financially are deserving of recognition and we look forward to continuing and strengthening our relationships.

Finally, can I thank all our athletes, their families, our wonderful coaches, and support agencies who have reengaged with us in a post pandemic world. Your support has ensured that our organisation remains healthy and strong and is well placed to build further into the future.

Alan Campbell WestVic Chairperson























EXECUTIVE OFFICER'S REPORT

2021 bought us its challenges, however 2022 provided us with the reset that the WestVic Academy of Sport well and truly needed. This year WestVic has been able to get back and do what we aim to do best – support our Athletes.

Highlights of the year include being back in the gym for strength and conditioning, High Performance days for many of our sport and school programs, interactive education sessions, introducing fitness testing as a part of our physical preparation, re-introducing our Athlete of the Year dinner, having new interns and board members join our team, starting a WestVic Podcast and most of all, having our athletes back out achieving in their sports.

It takes a small village to keep WestVic ticking over so we have a few thankyous in order. To our WestVic Athletes and families, thank you and congratulations on the achievements of the year.

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 WestVic.

Anne Marie Harrison and her VIS Staff, provide WestVic and all Academies within the Victorian Regional Academies of Sport (VRAS) network with great support, and we always look to further foster this relationship through the years to come.

Jack Swift from Sport and Recreation Victoria has been a great support in navigating all grant applications and queries at a State Government level. It is positive to see all agencies remain strong in their support of WestVic.

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 Institute of Health and Wellbeing and Federation Health, Sports, and Aquatic Centre, who continue to foster a positive relationship between the respective organisations, in particular:

> Dr Scott Talpey Dr Deb Pascoe Dr Ryan Worn Dr Warrick Chilton

Eammon Gill Dr Wa Sam Carr Isaac Quick Maddy Ogilvie All FedUni Placement Students HSA Staff members

Sports & School Programs

Our Academy wouldn't operate if it wasn't for our legendary program coaches. They continue to go above and beyond for our athletes, most of these coaches have been on with WestVic for over five years and we would like to acknowledge and thank each of them for their commitment and loyalty to the Academy.

Cam McFarlane - Cycling

Kate McMahon - Netball

David Laird & Jeremy Quast - Tennis

Mark Stahl - Swimming

Andrew Cartledge - Golf

Delwyn Oliver - Rowing Victoria

Ashley Anderson - Ballarat Regional Athletics Center

Rodney Kirkwood

Horsham College

Sally & Jesse Kuchel

Holy Trinity Lutheran College

Andrew Perks and Bryce Durham

Bacchus Marsh Grammar

Strategic Partnerships

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

Ballarat Jeep - (Ric, Emma, and Carl)

Eureka Concrete - (Troy Beaston)

Rix Cars & Avis Group - (Darren Rix)

RSM Ballarat

CountPro - (Jason Hargreaves)

RADCenter - (Chris Radford)

Lake Health Group - (Michael, Nicole & Kate)

North Ballarat Sports Club

Ballarat Sportsmen's Club

Ballarat Connected Communities

Impact Teamwear

Mulcahy and Co Marketing

Ballarat Regional Tennis Centre

Ballarat Indoor Tennis Centre

Ballarat Golf Club





Child Safe Standards

Across the year, the WestVic board group created a subcommittee to facilitate a review of our current procedures around Child Safe Standards, in line with the new eleven standards that were bought into action as of July 1st, 2022. From this process, WestVic is now establishing a working action plan to ensure we provide the best environment for our athletes. WestVic Academy of Sport is committed to ensuring that children and young people who participate in its activities have a safe and happy experience. WestVic Academy of Sport supports and respects children, young people, staff, volunteers, and participants.

Board, Staff & Patron

Thank you to the WestVic Board Members, Patron Steve Moneghetti and Chairperson Alan Campbell. Your ongoing assistance and support to myself and the academy staff is appreciated beyond measure. As a group this year we finalised and approve our new strategic plan and in doing so have been able to begin with implementing it across the year. We must acknowledge Board member Tavis Baker, who will be stepping down from his role as Deputy Chairperson after 15 years of commitment. We thank Tav for his support over this time and wish him well on his future endeavours.

To our WestVic Staff – Athlete Services and Program Coordinator Tahlee Van Roosmalen, Interns Beau Locandro and Janet Hawli, thank you for your work and dedication to WestVic across 2022, an extremely vital cog in the daily operations of our Academy.

Looking forward to 2023, I'm hoping it will be our Michael Jordan year. I hope we can continue to build on our Academy offerings and support our Athletes in the most accessible and complimentary ways possible. Next year will see us a year away from the Paris 2024 Olympics and only three years from the 2026 Victorian Commonwealth Games, and I cannot wait to see our WestVic Athletes well on their pathways towards greatness.

Shenae Keleher WestVic Executive Officer

























On the 3rd of August, the 2022 WestVic Athlete of the Year dinner was held in collaboration with the Ballarat Sportsmen's Club, where we were able to recognise the outstanding performances from our high performing WestVic Academy athletes. The evening also saw us host Tokyo 2020 Olympic Games coach Wayne Lawes, who held all attendees on the edge of their seats with his insight into the preparations and travels with his swimmers to the games.

We would like to congratulate the following athletes for their amazing efforts, and becoming finalists for the WestVic Athlete of the Year award:

- Lucy Richardson Rowing
- Fraser Saunder Racewalking
- Edward Meddings Swimming
- Jai Copland BMX
- Rory Carroll Table Tennis

Fraser Saunder was named the 2022 WestVic Athlete of the Year, after his fantastic performances at the World Athletics Walking Championships in Muscat, Oman. Despite the extremely harsh conditions, Fraser was able to push through and achieve 15th place, with this result leading the Australian team to finish 5th overall.

Back home, Fraser achieved Gold at the Victorian State Track & Field Championships and Gold at the Australian Junior Track & Field Championships, placing him as number one in the country.

Fraser also secured Silver at the Oceania & Australian Walk Championships with a World Championship Qualifying time.

We would like to extend our thanks to the Ballarat Sportsmen's Club, guest speaker Wayne Lawes, Ballarat Jeep and all of our athletes, families, supporters and partners who were apart of such a great evening!



This year, we held several High-Performance Days in collaboration with the State Sporting Organisations to further develop the athletes' skills and knowledge in their chosen sport. The High-Performance sessions consisted of aspects of strength and conditioning, athlete education seminars, peer mentoring, and athlete specific training and development opportunities.

Golf High Performance sessions with Travis Harrison

Our first High Performance Golf Day took place in Melbourne at the Golf Australia training facility in Sandringham where the athletes were able to train and play at the new state of the art facilities. Travis Harrison from the Spring Valley Golf Club took the session, utilising the latest technology to help athletes understand the improvements that can be made to their game. WestVic was lucky enough to have Travis return for a second session at the Ballarat Golf Club, where he worked with athletes to continue to improve their technique. We appreciate the continued support from Golf Australia, Travis Harrison and our own WestVic Head coach for supporting the regions upcoming young talent!





Rowing High Performance Day with Noel Donaldson

Through September, WestVic ran a high-performance session in collaboration with Rowing Victoria and the RADCentre. We were lucky to have Rowing Victoria Head Coach Noel Donaldson onboard for the day, where he shared his best training and racing tips with our athletes. Following the session with Noel, the RADCentre team took the rowers through a Strength and Conditioning session, before completing the day with some nutrition tips from Sports Dietitian Michelle Ryan. Michelle shared information on pre-race and post-race fueling, and then the athletes were able to put their learning into action with a build your own healthy burrito bowl lunch workshop. The day would not have been possible without the support from the RADCentre and Rowing Victoria, and we thank them for their continued support of the WestVic Academy of Sport!



Swimming High Performance sessions

As a part of the WestVic Swimming Program, athletes were invited to two High performance Days run by Swimming Victoria. The first session was hosted by the Barwon Academy of Sport and was coached by Swimming Victoria Coach Gary Barclay. The athletes spent the day talking all things elite racing & training, before putting their learnings to work in the pool.

In May, WestVic hosted the second High Performance Day, with athletes from the Barwon Sports Academy and Southwest Academy of Sport making the trip to Ballarat for the session. Swimming Victoria Head coach and Tokyo 2021 Coach Wayne Lawes took the athletes through a skills and drills session, before finishing off with sharing his experiences as a coach at the highest level. Our High-Performance Days couldn't go ahead without the continued support from Swimming Victoria, as well as the other Victorian Regional Academies of Sport and our venue providers.





Other High-Performance Experiences

- Netball Victoria Inter Academy Day Parkville
- Tennis Inter Academy Weekend Bendigo
- Golf Inter Academy Weekend Barwon Heads
- · Bacchus Marsh Grammar High Performance visit Ballarat
- Holy Trinity Lutheran College High Performance visit Ballarat
- Cycling Program Road Nationals Recon Session Buninyong
- Horsham College High Performance visit Ballarat





ATHLETE EDUCATION SERIES

This year as part of our Athlete Education series we were able to conduct a mix of virtual online sessions and faceto-face sessions. This combination of sessions made it more accessible for our athletes, as well creating opportunities to learn in a hands-on environment among their peers. Some of our favourite Athlete Educations this year were:

Physical Preparation & Fitness Testing Night

The first Athlete Education session of the year kicked off with our Physical Preparation presentation from Dr Scott Tapley who is a Discipline Lead & Senior Lecturer at Federation University. The presentation educated our athletes and parents on the importance of strength and conditioning, and how it could improve their overall performance within their specific sports. It also provided a scope on the fitness tests that were conducted throughout the year. Following the presentation, athletes were given the opportunity to undergo a fitness testing battery, with the results being used to develop their strength and conditioning programs. The battery involved a Yo-Yo test for aerobic capacity, the 505-Agility test, 20m Sprint, Med Ball throw and a Vertical Jump test to record speed, power and agility levels. At the end of Term 3, all athletes were offered the same fitness testing battery again so they could compare their results from the start of the year and see the changes within their results.







Nutrition for Athletes with Michelle Ryan

We had a fantastic turnout for our Nutrition Athlete Education session which was run by Sports Dietitian Michelle Ryan from the RADCentre. The focus of the evening was to educate athletes and parents on the importance of fuelling the young athlete for performance, through a workshop where Michelle showcased which foods are the best for pre and post competition nutrition, as well as food to eat during performance. Everybody at the session was given the opportunity to try the snacks and put together some meal's options, as well as receiving a take home guide filled with recipe and snack ideas to use in the future.



Injury Prevention Strategies with Lake Health Group

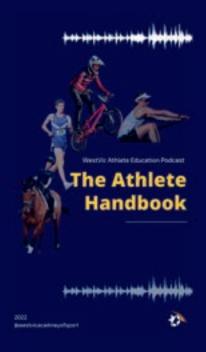
Our Physiotherapy partners at Lake Health Group, jumped on board to present to our athletes on Injury Prevention Strategies, run by the Physiotherapist Kate Ryan. Injury prevention strategies and techniques is an essential session within our series, as it promotes longevity and wellness among our athletes and their sports. Kate was able to share some great techniques with our athletes around injury prevention included warm up and cool down techniques, among other recovery methods. Through the session, our athletes were able to head into the gym and put some of the knowledge they had just learnt into practice. Big thanks to Lake Health Group for their ongoing support!

The Female Athlete with Emily Shears

Emily Shears, the founder of the Female Athlete Network, ran an online seminar to speak to our athletes, parents, and coaches about assisting our female athletes on their path to peak performance. Emily covered a variety of topics relating to the female athlete such as hormones, training loads & menstrual cycles, as well as navigating injury risk and nutrition, which proved extremely valuable for all. Information around female athlete health is not often readily available or easy to find, so it was great to have Emily on board for this session!

Other Athlete Education sessions held across the year:

- Sports Integrity Session
- Dual Careers with FedUni & OLY Conrad Francis
- Horsham Athlete Visit with OLY Tess Lloyd
- · The Athlete Handbook Podcast
 - Unshakeable Athletes with Sue Anderson & Kelly Ffrost
 - Sport Psych Q&A with Steve Rendall





BACCHUS MARSH GRAMMAR

The Bacchus Marsh Grammar High Performance Elite Sports Program has grown to include 60 athletes from year 9 through to year 12 in 2022. Athletes come from a variety of sports and are selected based on stringent selection criteria. In 2022, the WestVic Academy of Sport continued to facilitate musculoskeletal screenings for our Elite Sport athletes as well as our scholarship holders. This initial testing and screening of athletes is fundamental in making sure that all athletes enter the program prepared and informed about their athletic abilities and potential. In consultation with the WestVic Academy of Sport, Bacchus Marsh Grammar selected 11 athletes that undertook scholarships to the WestVic Academy of Sport. All athletes have been provided an individualised musculoskeletal screening, an online webinar series that covered a range of topics to help our athletes grow and develop, strength and conditioning and all were hosted by various specialists within different professional and sporting fields. Scholarship holders also have access to the athlete support fund, where funding is made available to each athlete to spend on a range of costs associated with their sporting pursuits.

As an added extra this year, scholarship holders were treated to a high-performance day where they visited the Health & Sports Precinct at Federation University to have a tour of the facilities and undertake some laboratory fitness testing. This consisted of a VO2 max test, 20m sprint test and the isometric mid-thigh pull test providing our athletes with accurate data and an understanding of their force velocity profiling, strength and aerobic power measures. The athletes were also fortunate to participate in an S&C session at the RADCentre under the guidance of director Chris Radford.

Bacchus Marsh Grammar looks forward to the continued partnership with the FedUni WestVic Academy of Sport. Many thanks must go to Shenae Keleher, Executive Officer and Tahlee Van Roosmalen, Athlete Services & Program Coordinator for their continual drive to find ways of supporting our athletes and continuing to grow elite sporting opportunities in Regional Victoria. Special thanks must also go to Mr. Andrew Neal, Principal at Bacchus Marsh Grammar, who without his vision, support and encouragement this program would not be able to continue.

Mr Bryce Durham Head of PE and Health / Director of Sport

2022 BMG Athletes:

Ella Birk

·Jai Copland

Joanne Joseph

Joannie Joseph

·Devin Leahy

Amy O'Hara

·Olivia Ogston

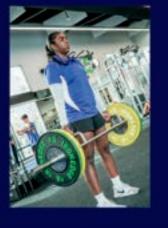
·Rye Penny

·Aseka Ratnayake

Zak Spiteri

Kaylee Wray

·Summer Wray







Holy Trinity Lutheran College (HTLC) selected 11 students to be a part of the WestVic program in 2022, with students eager to continue their individual athlete journey after the previous two interrupted years.

With sport returning to normal post COVID, students began with Musculoskeletal screening conducted by an Exercise Physiologist. The screening provided students with an in-depth overview of their physical profile and potential injury risk factors. When the individual data was collected, students were then provided with Strength and Conditioning programs to complete two nights a week at the HTLC High Performance facility.

There were a handful of HTLC athletes who were able to attend the WestVic Sport Specific sessions, with Tennis and Swimming athletes making the most of the access to elite level coaches and competition. The additional training was evident with swimmers Jacob Matuschka and Tom Urquhart both reaching State and Country Championships this season.

HTLC are looking forward to continuing our partnership with WestVic to continue to allow our athletes to flourish into 2023.

Jesse Kuchel Head of Sport & Coaching

2022 HTLC WestVic Athletes:

- Cameron Brito-Mutunayagam, Soccer
- Ellita Scollary, Swimming
- Emma Streeter, Tennis
- Harrison Daniell, Tennis
- Jacob Matuschka, Swimming
- James Pfitzner, Basketball
- Ryan Brito-Mutunayagam, Soccer
- Ryan Fischer, Football/Athletics
- Ryan Pfitzner, Basketball
- Sabian Panozzo, Soccer
- Tom Urguhart, Swimming







Ten athletes were selected at Horsham College (HC) to be a part of the 2022 WestVic Academy program. The College is now in its fifth year of supporting emerging athletes through its partnership with WestVic Through a constant process of monitoring, and critical evaluation, the program continues to get better every year. Many thanks to Shenae and Tahlee for their ongoing support of our student athletes.

Athlete education and support programs offered in 2022 included:

- MSK screenings
- Fitness Testing Combine @HC (RAD Centre outreach program)
- VIS Athlete Talks @HC
- RAD Centre programs developed each of the athletes (Teambuilder app)
- · High Performance Day @ RAD Centre and Federation University
- Online Athlete Education program
- Olympic Guest Speaker Tess Lloyd @HC
- Horsham Aquatic Centre Passes
- Athlete support funds (\$200 per athlete)
- Olympian Dinner
- RAD Physiotherapy (Horsham)

Rod Kirkwood

High Performance Manager of WestVic & Peak Performance

2022 Horsham College Athletes:

- Eli and Remi Bailey Gymnastics and Tennis
- Pippa and Minda Denham Cycling
- Kate Ellis Athletics
- Asha Fiedler Equestrian
- Seanna Foster Athletics
- Adele Joesph Tennis
- Kynan Stasinowsky Athletics







The WestVic Individual athletes span from a range of sports including basketball, athletics, para-equestrian, lawn bowls and many more. The Individual Athlete program supported athletes by providing them the support that compliments the training they already do with their clubs and coaches. The Individual Athlete cohort had a great year of competition, with multiple international representatives across the group, along with many national and state titles won among the athletes.

As a part of our Individual program in 2022, we were excited to expand on our partnership program with Paralympics Australia from two athletes to five across the year. Supporting these athletes across Para Table Tennis, Lawn Bowls, Equestrian, Swimming, Snowboarding & Cycling, has provided us with a fantastic insight into Para sport. We have seen two of these athletes progress on to scholarship with the VIS and the other three receive categorisation or scholarship within their National Sporting bodies. We cannot wait to see what the 2023 program will have in store.

BRAC Athletics Program

This year saw a trial of a potential new sporting program and partnership with the Ballarat Regional Athletics Centre (BRAC). The trial took shape across the second six months of the year and saw five High Performing Athletics Athletes jump on board.

As a part of the program, athletes had access to high performance testing opportunities facilitated by Federation University. The athletes were also serviced with strength & conditioning sessions at the RADCentre and access to all other WestVic servicing including musculoskeletal screens, athlete education and holistic support.

The pilot program was a success, and we are looking hopeful to expand the program in 2023. We would like to extend our thanks to Ashley Anderson from Athletics Victoria who helped bring this program to life.

We would like to congratulate these athletes for a stellar 2022 and wish everyone the best for their future competitions and endeavours.

2022 Individual Athletes:

- ·Wil Barbary
- Jack Hexter
- ·Lavinia Male
- ·Eva Manserra
- ·Georgina Mees
- ·Scott Peart
- Eugene Read-Spinks
- -Fraser Saunder

ParaAus Pathway Athletes:

- Josh Barry
- Rory Carroll
- -Kelly Ffrost
- -Ethan Rae
- -Sharon Boyd

2022 BRAC Athletes:

- Charles Chandler
- Jacob Cheesman
- ·Zac Grainger
- -Fraser Saunder
- -Daisy Sudholz



Our cycling program was small in numbers but big in many other ways. This year, we had cycling athletes come from all corners of the Western region to join WestVic Cycling Coach Cam McFarlane for his sessions.

Throughout the year WestVic Cycling sessions alternated between group rides over the rolling hills in Dunkeld, to skills-based sessions around the bushland of the Federation University Mt Helen campus, incorporating some work in the gym and recovery.

Our cycling athletes had some great performances throughout the group, with international representation, National Titles and State podiums. Although the group varied in the disciplines, it was great to see everyone come together, with an open mind to get the most out of Cam's sessions. We look forward to making next year's program bigger and better and wish our athletes all the best for their upcoming competitions and training ventures.

2022 Cycling Athletes:

- -Sharon Boyd
- -David Frazer
- -Henry Kinsman
- -Samuel Krajinik
- -Luke Taylor





Cam McFarlane

WestVic Cycling Coach





Over the twelve months of 2022, the WestVic Golf squad as a whole, gained a great deal of skills and represented both themselves and the Ballarat region well.

Liam Howlett, Sydney Victorie Bayerle, Mo Haintz, Xavier Gleeson, Manish Puvanendran and Harry Cowan all represented Ballarat District Golf at the recent Victorian Country Junior Championships in Bendigo, with a great Individual result of a 3rd place finish for Liam Howlett.

Mo Haintz is the reigning Ballarat District Junior Under 18 Champion and had a win in the Ballarat Junior Classic, one of our region's premier events. Harry Cowan is the reigning U15 Ballarat District Junior Champion and Sydney Viktorie Bayerle holds the U15 and U18 titles for the district.

Jacob Hanrahan was a member of the winning Buninyong Junior Pennant team, who were victorious over all the other clubs, to become Ballarat District Junior Pennant Champions.

Jack Cowan our youngest member of the squad, has qualified for the upcoming Victorian Primary School Championship final in great fashion. He achieved this by winning the Semi Final at Medway GC and is in the form to contend for the title.

It's been a valuable year of growth and skill development for the squad with input from Golf Australia High Performance coach Travis Harrison and support from the Victorian Golf Foundation.

2022 Golf Athletes:

- Sydney Viktorie Bayerle
- ·Harry Cowan
- ·Jack Cowan
- ·Xavier Gleeson
- ·Mo Haintz
- Jacob Hanrahan
- -Liam Howlett
- ·Aaliya Puvanendran
- ·Manish Puvanendran







Andrew Cartledge

WestVic Golf Coach







This year our Netball program was a small but strong group. The program started with a netball specific education series ran by Netball Victoria, which educated the athletes on pre- and post-game nutrition, as well as also including a questions and answer session with a player from the professional league Melbourne Vixens Netball team.

The intensive training blocks commenced in Term 2, with WestVic Netball Coach Kate McMahon leading the sessions and preparing the athletes for the 2022 Talent Academy Trials at the end of the year. The squad was very resilient in their training, and the results showed at the Netball Victoria Inter Academy Day at the State Netball Center in October.

At the Inter Academy Day, the athletes played well to win five of their nine matches and draw in two, over the other Victorian Regional Academy teams. It was great to see the squad come together to pull off the great results and learn from the day.

In 2023, we would like to wish all of our athletes the best with their netball journeys and can't wait to hear how they progress.

2022 Netball Athletes:

- ·Kate Aikman
- Keeley Clarke
- ·Scarlett Clayton
- ·Caleb Jeffrey Mountford
- ·Mackenzie Kopke Veldhuis
- ·Ebony Porter
- ·Maya Driscoll







Kate McMahon

WestVic Netball Coach





The Rowing Program was our strongest yet, with athletes showing their dedication to the sport through the opportunities provided with WestVic. The WestVic Rowing Program aimed to support our rowers through providing training opportunities and holistic support that they aren't already receiving from their clubs.

The program began with the whole Academy fitness testing session and Musculoskeletal screens. The reports from the screens and fitness battery were used in developing the rower's strength & conditioning programs. The strength and conditioning program ran during the off season, and saw rowers spread across the RADCentre and Federation University for their weekly strength and conditioning sessions, based on their preference. At the RADCentre, we received great feedback that our rowing athletes had been consistent week in and week out with their training. Those who also trained at Federation University proved that their consistent training paid off with personal bests being recorded among the group, which built a good base for the upcoming season.

The program finished with a Rowing High Performance Day supported by Rowing Victoria at the RADCentre. It was great to have Rowing Victoria Head coach Noel Donaldson onboard, to share his years of training, racing knowledge and best practice tips with our athletes. To finish the day, athletes had a strength & conditioning session with the RADCentre team, before finishing up with an on-hands nutrition workshop with Sports Dietitian Michelle Ryan.

2022 Rowing Athletes:

- -Alex Cheesman
- ·Charley Gartlan
- Joachim Henderson
- ·Teja Kirsanovs
- -Meg Lynch
- -Joshua Matheson
- -Allira May
- -Annabel Pituch
- ·Lucy Richardson
- Daisy Simpson-Kerr
- ·lovie Skewes-Clinton
- -Alex Western
- -Mia Woodburn











This year 2021-2022 has been a very positive year for the Swimming Program, with the opening up after Covid allowing us to have many planned face to face sessions both locally and out of town.

There have still been plenty of 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 of the 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. It was great to have other coaches from different programs such as Wayne Lawes to share his wisdom in the pool, and his Olympic experiences which gave the swimmers and parents a real insight into the challenges and commitment needed to get the job done.

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 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 2022-2023 is an even more fruitful and productive time for all concerned.

2022 Swimming Athletes:

- ·William Hinde
- ·Jack Lanyon
- ·Skye Laube
- ·Celeste Lean
- ·Oliver McCormack
- -Edward Meddings
-
- James Meddings
- ·Cooper Sutherland
- ·Marley Sutherland
- Charley Ward







Mark Stahl WestVic Swim Coach





As this was my first year as WestVic Academy coach, I was honoured to be involved with the 2022 Tennis program.

This year, the academy had nine athletes who developed their skills on and off the court. I would love to congratulate all the tennis athletes for their commitment in the 2022 program. I would like to thank David Laird for taking the athletes for match play throughout the year – an awesome job.

Our athletes were lucky to train at Ballarat Regional Tennis Centre and Ballarat Indoor Centre, and we would like to extend our thanks to these venues for their hospitality this year.

As tournaments were allowed in 2022, some of our athletes travelled around Melbourne, Geelong and regional Victoria with great results. Unfortunately, most of our athletes were unable to get to Bendigo for the Inter Academy challenge due to the floods. Well done to the two athletes who were able to get through to Bendigo and represent our squad.

I would like to thank Shenae and Tahlee for their support throughout the year.

2022 Tennis Athletes:

Harry Allan Eli Bailey Harry Bryant Tano-Li Quach Jessica Santurini Mason Trewin Emma Streeter Adele Josephs Harrison Daniel







Jeremy Quast & David Laird

WestVic Tennis Coaches

WESTVIC ACADEMY OF SPORT STRATEGIC PLAN SUMMARY

2022 / 2025

OUR MISSION

To provide opportunities for WestVic athletes to be their best in sport and life.

OUR VISION

To be a regional academy of sport that supports aspiring elite athletes from western Victoria to achieve success in sport and life.

OUR MOTTO

Leading the way for sporting success.

STRATEGIC PRIORITIES

1. PROGRAMS, PERFORMANCE & PATHWAYS

WestVic athletes are provided with a collaborative environment, access to high quality support and well being services and clear pathways to foster success in sport and life.

2. GOVERNANCE & OPERATIONS

WestVic demonstrates sound governance and provides inspiring leadership.

3. COMMUNITY

WestVic is connected with the communities of Western Victoria through high levels of awareness, strong partnerships and positive relationships.



PROGRAMS, PERFORMANCE & PATHWAYS

KEY AREA 1: Fostering an environment for success in Sport and Life.

- Build positive collaborative relationships with our athletes and their coaches and families
- Deliver performance and wellbeing focused educational services that are relevant and timely to meet the needs of our athletes and their coaches.
- Provide sport specific training programs.

KEY AREA 2: Enhancing pathways for progression to elite competition and success.

- Establish and implement a WVAS performance development pathway program
- Align all WVAS program elements with VRAS/VIS core program elements (as appropriate)

GOVERNANCE & OPERATIONS

KEY AREA 1: Governance & Leadership

- Strengthen existing governance process to ensure compliance with regulatory requirements and ensure good practice is evident
- Provide professional development opportunities for WVAS board and key staff to ensure continuous learning

KEY AREA 2: Resources: Financial, Human & Physical

 Work with existing and potential new partners to secure targeted financial, human and physical resources as per the needs of specific programs.

KEY AREA 3: Efficient & Effective Systems

• Strengthen management systems and administration processes

KEY AREA 4: Ensuring Best Use of Data

• Establish best practice program management and delivery systems through the effective capture and use of data.

COMMUNITY

KEY AREA 1: Build Awareness of WestVic throughout the Communities of Western Victoria

- Define the WVAS Brand
- Increase awareness of WVAS brand in all markets

KEY AREA 2: Develop partnerships and sponsorship's with the communities of Western Victoria

- Strengthen current community partnership and sponsorship relationships
- Establish new partnership and sponsor relationships
- Develop an athlete community service program



SPONSORS









































































Financial Report - 30 June 2022

WestVic Academy of Sport Inc. ABN 94 279 288 161

Prepared by RSM Australia- Ballarat

WestVic Academy of Sport Inc. 30 June 2022

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WestVic Academy of Sport Inc. Committee's Report 30 June 2022

Committee Members

The following persons were committee members of the incorporated association during the whole of the financial year and up to the date of this report, unless otherwise stated:

Alan Campbell (Chair)
Tavis Baker (Deputy Chair)
David Broadbent
Gavin McGrath
Karla Treweek
Deborah Pascoe
Rebecca McIntyre (Resigned November 2021)
Bree Sharp (Appointed 17th February 2022)

Principal activities

The principal activities of the association during the financial year were: Providing talented player programs for local sporting bodies, in partnership with state sporting bodies.

Significant Changes

No significant change in nature of these activities occurred during the year.

Operating Result

The profit of the association after providing for income tax amounted to \$16,792.

Signed in accordance with a resolution of the Members of the Committee on:

Alan Campbell (Chair)

Tavis Baker (Deputy Chair)

Date 21 / // / 22

WestVic Academy of Sport Inc. Committee's Report 30 June 2022

General information

The financial statements cover WestVic Academy of Sport Inc. as an individual entity. The financial statements are presented in Australian dollars, which is WestVic Academy of Sport Inc.'s functional and presentation currency.

WestVic Academy of Sport Inc. is a not-for-profit incorporated association, incorporated and domiciled in Australia. Its registered office is:

Registered office

Room P824 HM&SS Building University Drive, Mount Helen

WestVic Academy of Sport Inc. Statement of Profit or Loss and Other Comprehensive Income For the year ended 30 June 2022

	Note	2022 \$	2021 \$
Revenue	3	185,787	322,456
Expenses Administration Costs Athlete Travel Grant Audit Fees Bad Debts Written Off Bank Fees Consultants Fees Depreciation Insurance Marketing Meeting Costs Printing & Stationery Sport Program Expenses Sporting Champions Luncheon/Dinner Sports and Conditioning Sports Awards Subscriptions Superannuation Telephone Uniforms Wages and Salaries Workcover		(166) (5,517) (1,700) - (52) (12,543) (25) (2,186) (350) (780) (292) (19,820) (895) (15,835) - (3,430) (8,695) (1,068) (3,691) (90,888) (1,062)	(1,288) - (546) (1,130) (57) - (34) (2,056) (696) - (97) (31,103) (182) (16,744) (131) (1,306) (7,400) (1,050) (9,083) (87,635) (566)
Surplus before income tax expense Income tax expense	13	16,792	161,352
Surplus after income tax expense for the year attributable to the WestVic Academy of Sport Inc.		16,792	161,352
Other comprehensive income for the year, net of tax			
Total comprehensive income for the year attributable to the WestVic Academy of Sport Inc.		16,792	161,352

The above statement of profit or loss and other comprehensive income should be read in conjunction with the accompanying notes

	Note	2022 \$	2021 \$
Assets			
Current assets			
Cash and cash equivalents Financial Assets Trade and other receivables Total current assets	4 5 6	147,486 243,414 3,217 394,117	131,320 242,487 8,023 381,830
Non-current assets			
Property, plant and equipment Total non-current assets	7	91 91	115 115
Total assets		394,208	381,945
Liabilities			
Current liabilities Account and other payables Borrowings Income in advance Provisions Total current liabilities	8 9 10 11	16,096 141 12,280 4,189 32,706	20,010 149 16,150 927 37,236
Total liabilities		32,706	37,236
Net assets		361,501	344,709
Equity Retained Surplus		361,501	344,709
Total equity		361,501	344,709

	Retained Surplus \$	Total Equity \$
Balance at 1 July 2020	183,357	183,357
Surplus after income tax expense for the year Other comprehensive income for the year, net of tax	161,352 -	161,352
Total comprehensive income for the year	161,352	161,352
Balance at 30 June 2021	344,709	344,709
	Retained Surplus \$	Total Equity \$
Balance at 1 July 2021	344,709	344,709
Surplus after income tax expense for the year Other comprehensive income for the year, net of tax	16,792	16,792
Total comprehensive income for the year	16,792_	16,792
Balance at 30 June 2022	361,501	361,501

WestVic Academy of Sport Inc. Statement of Cash Flows For the year ended 30 June 2022

	2022 \$	2021 \$
	•	Ψ
Cash flows from operating activities		
Receipts from members (inclusive of GST)	29,949	30,417
Payments to suppliers and employees (inclusive of GST)	(186,435)	(165,528)
	(156,486)	(135,111)
Grant and School Income	165,020	264,043
Sponsorship	6,700	6,648
Government Stimulus		37,000
Net cash from operating activities	15,234	172,580
Cash flow from investing activities		
Interest Income	940	41
Transfer to Term Deposit 3978	-	(140,000)
Transfer to Term Deposit 0147	-	(30,000)
Net cash inflow from investing activities	940	(169,959)
		(100,000)
Net increase in cash and cash equivalents	16,174	2,621
Cash and cash equivalents at the beginning of the financial year	131,171	128,550
Cash and cash equivalents at the end of the financial year	147,345	131,171

WestVic Academy of Sport Inc. Notes to the financial statements 30 June 2022

Note 1. Significant accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

New or amended Accounting Standards and Interpretations adopted

The incorporated association has adopted all the new or amended Accounting Standards and Interpretations issued by the Australian Accounting Standards Board ('AASB') that are mandatory for the current reporting period.

Any new or amended Accounting Standards or Interpretations that are not yet mandatory have not been early adopted.

Basis of Preparation

In the opinion of the Committee of Management, the Association is not a reporting entity since there are unlikely to exist users of the financial report who are not able to command the preparation of reports tailored to satisfy specifically all of their information needs. These special purpose financial statements have been prepared to meet the reporting requirements of the Act.

The financial statements have been prepared in accordance with the recognition and measurement requirements of the Australian Accounting Standards and Accounting Interpretations, and the disclosure requirements of AASB 101 Presentation of Financial Statements, AASB 107 Statement of Cash Flows, AASB 108 Accounting Policies, Changes in Accounting Estimates and Errors and AASB 1054 Accounting Additional Disclosures.

The financial statements have been prepared on an accruals basis and are based on historical costs modified, where applicable, by the measurement at fair value of selected non current assets, financial assets and financial liabilities.

The following significant accounting policies, which are consistent with the previous period unless stated otherwise, have been adopted in the preparation of this financial report.

Summary of Significant Accounting Policies

Revenue and Other Income

Revenue is recognised when the amount of the revenue can be measured reliably, it is probable that economic benefits associated with the transaction will flow to the Association and specific criteria relating to the type of revenue as noted below, has been satisfied. Revenue is measured at the fair value of the consideration received or receivable and is presented net of returns, discounts and rebates.

Interest revenue

Interest revenue is recognised using the effective interest rate method.

Rendering of Services

Revenue in relation to rendering of services is recognised depending on whether the outcome of the services can be estimated reliably. If the outcome can be estimated reliably then the stage of completion of the services is used to determine the appropriate level of revenue to be recognised in the period. If the outcome cannot be reliably estimated then revenue is recognised to the extent of expenses recognised that are recoverable. Revenue from training services is generally recognised once the training has been delivered.

WestVic Academy of Sport Inc. Notes to the Financial Statements 30 June 2022

Note 1. Significant accounting policies (continued)

Goods and Services Tax (GST)

Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Tax Office. In these circumstances the GST is recognised as part of the cost of acquisition of the asset or as part of the expense. Receivables and payables in the balance sheet are shown inclusive of GST.

Cash and Cash Equivalents

Cash and cash equivalents comprises cash at bank and which is readily convertible to known amounts of cash and is subject to an insignificant risk of change in value.

Plant and Equipment

Each class of property, plant and equipment is carried at cost or fair value less, where applicable, any accumulated depreciation and impairment.

Depreciation

Property, plant and equipment, is depreciated on a diminishing-value basis over the assets useful life to the Academy, commencing when the asset is ready for use.

Employee Benefits

Provision is made for the Academy's liability for employee benefits arising from services rendered by employees to the end of the reporting period. Employee benefits that are expected to be wholly settled within one year have been measured at the amounts expected to be paid when the liability is settled.

Employee benefits expected to be settled more than one year after the end of the reporting period have been measured at the present value of the estimated future cash outflows to be made for those benefits. In determining the liability, consideration is given to employee wage increases and the probability that the employee may satisfy vesting requirements. Cash flows are discounted using market yields on high quality corporate bond rates incorporating bonds rated AAA or AA by credit agencies, with terms to maturity that match the expected timing of cash flows. Changes in the measurement of the liability are recognised in profit or loss.

Impairment of Non-Financial Assets

At the end of each reporting period, the Association determines whether there is an evidence of an impairment indicator for non-financial assets.

Where this indicator exists and regardless for goodwill, indefinite life intangible assets and intangible assets not yet available for use, the recoverable amount of the asset is estimated. Where the recoverable amount is less than the carrying amount, an impairment loss is recognised in profit or loss.

Reversal indicators are considered in subsequent periods for all assets which have suffered an impairment loss, except for goodwill.

WestVic Academy of Sport Inc.
Notes to the Financial Statements
30 June 2022
Note 1. Significant accounting policies (continued)

Provisions

Provisions are recognised when the Academy has a legal or constructive obligation resulting from past events, for which it is probable that an outflow of economic benefits will result and that outflow can be reliably measured.

Other

There are no mortgages, charges or securities of any description affecting any property of the WestVic Academy of Sport Inc. at 30th June 2022. In addition there is no trust, held on behalf of the WestVic Academy of Sport Inc in which any of its funds or assets are placed.

WestVic Academy of Sport Inc. Notes to the Financial Statements 30 June 2022

Note 2. Critical accounting judgements, estimates and assumptions

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the reported amounts in the financial statements. Management continually evaluates its judgements and estimates in relation to assets, liabilities, contingent liabilities, revenue and expenses. Management bases its judgements, estimates and assumptions on historical experience and on other various factors, including expectations of future events, management believes to be reasonable under the circumstances. The resulting accounting judgements and estimates will seldom equal the related actual results. The judgements, estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities (refer to the respective notes) within the next financial year are discussed below.

No matter or circumstance has arisen since 30 June 2022 that has significantly affected, or may significantly affect the entity's operations, the results of those operations, or the entities state of affairs in future financial years.

Note 3. Revenue

	2022 \$	2021 \$
Trading Income Academy Membership Fees Grant Income Interest Income Olympic Dinner School Income Sponsorship Reimbursements Gross Profit from Trading	27,966 120,518 940 567 29,500 6,091 88 185,670	28,508 220,586 591 - 29,500 6,044 9 285,238
Other revenue Job Keeper Cashflow Boost Other Revenue Total Other Income	- - 117 117	27,000 10,000 218 37,218
Revenue	185,787	322,456
Note 4. Current assets - cash and cash equivalents		
Bendigo Bank	147,486	131,320

147,486

131,320

WestVic Academy of Sport Inc. Notes to the Financial Statements 30 June 2022

Note 5. Financial Assets	2022 \$	2021 \$
	Ψ	Ψ
Bendigo Bank Term Deposit 3978	162,646	162,080
Bendigo Bank Term Deposit 0147	80,768 243,414	80,407 242,487
Note 6. Current assets - Trade and Other Receivables		
Trade Receivables	3,217	5,837
Prepayments		2,186
	3,217	8,023
Note 7. Non-current assets - property, plant and equipment		
Plant and equipment - at cost	5,216	5,216
Less: Accumulated depreciation	(5,125)_	(5,101)
	91	115

Note 8. Current liabilities - Trade and Other Payables

	2022	2021
	\$	\$
Trade payables	2,692	2,405
GST	6,633	3,470
ATO	· -	9,259
Superannuation Payable	2,151	1,727
PAYG Withholdings payable	4,620	3,149
	16,096	20,010
Note 9. Current liabilities - Borrowings Bendigo Bank Credit Card Note 10. Current liabilities - Income in Advance	141_	149_
Pre-Paid Cycling Membership	592	_
Pre-Paid Golf Membership	1,913	2,975
Pre-Paid Tennis Membership	1,488	3,825
Pre-Paid Individual Membership	1,700	3,400
Pre-Paid Netball Memberships	1,488	2,550
Pre-Paid Swimming Memberships	2338	-
Pre-Paid Rowing Memberships	2,761	3,400
	12,280	16,150

WestVic Academy of Sport Inc. Notes to the Financial Statements 30 June 2022

Note 11. Current liabilities - Provisions

	2022 \$	2021 \$
Provision for Annual Leave	4,189	927

Note 12. Events after the reporting period

No matter or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the Association, the result of those operations or the state of affairs of the association in future financial years.

Note 13. Income tax

The association is a not-for-profit organisation and is exempt from income tax under section 50-45 of the Income Tax Assessment Act 1997.

WestVic Academy of Sport Inc. Statement By Members of the Committee 30 June 2022

The committee has determined that the Association is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlines in Note 1 to the financial statements.

In the opinion of the committee the financial report:

- 1. Presents a true and fair view of the financial position of WestVic Academy of Sport Inc as at 30 June 2022 and its performance for the year ended on that date.
- 2. At the date of this statement, there are reasonable grounds to believe that WestVic Academy of Sport will be able to pay its debts as and when they fall due.

The statement is made in accordance with a resolution of the Committee and is signed for and on behalf of the Committee by:

Alan Campbell (Chair)

Dated: 🚺

Tavis Baker (Deputy Chair)



INDEPENDENT ASSURANCE PRACTITIONER'S REVIEW REPORT TO THE MEMBERS OF WESTVIC ACADEMY OF SPORT INC.

We have reviewed the accompanying financial statements of WestVic Academy of Sport Inc., which comprise the statement of financial position as at 30 June 2022, and the statement of profit or loss and other comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, a summary of significant accounting policies and other explanatory information and the statement by the members of the committee.

The financial statements have been prepared in order to meet the financial reporting requirements of the *Associations Incorporation Reform Act (Vic) 2012*.

Committee's Responsibility for the Financial Statements

The Committee is responsible for the preparation of these financial statements in accordance with the financial reporting requirements of the *Associations Incorporation Reform Act (Vic) 2012*, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

Assurance practitioner's Responsibility

Our responsibility is to express a conclusion on the accompanying financial statements. We conducted our review in accordance with Standard on Review Engagements ASRE 2400, Review of a Financial Report Performed by an Assurance Practitioner Who is Not the Auditor of the Entity. ASRE 2400 requires us to conclude whether anything has come to our attention that causes us to believe that the financial statements, taken as a whole, are not prepared in all material respects in accordance with the applicable financial reporting framework. This Standard also requires us to comply with relevant ethical requirements.

A review of financial statements in accordance with ASRE 2400 is a limited assurance engagement. The assurance practitioner performs procedures, primarily consisting of making enquiries of management and others within the entity, as appropriate, and applying analytical procedures, and evaluates the evidence obtained.

The procedures performed in a review are substantially less than those performed in an audit conducted in accordance with Australian Auditing Standards. Accordingly, we do not express an audit opinion on these financial statements.

Conclusion

Based on our review, nothing has come to our attention that causes us to believe that these financial statements are not prepared, in all material respects, in accordance with the financial reporting requirements of the *Associations Incorporation Reform Act (Vic) 2012*.

Basis of Accounting and Restriction on Distribution and Use

Without modifying our conclusion, we draw attention to Note 1 to the financial statements, which describes the basis of accounting. The financial statements are prepared to assist WestVic Academy of Sport Inc. to comply with the financial reporting requirements of the *Associations Incorporation Reform Act (Vic) 2012*. As a result, the financial statements may not be suitable for another purpose. Our report is intended solely for WestVic Academy of Sport Inc. and Consumer Affairs Victoria and should not be distributed to or used by any other parties.

Count Pro Audit Phy Ltd
CountPro Audit Pty Ltd

Jason Hargreaves (Director)

180 Eleanor Drive Lucas, VIC 3350 21 November 2022