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**2022-2023 Annual Review**

# 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 by guiding athletes on and off the field.

## GUIDING VALUES

*Excellence, Passion, Resilience & Connectivity*

## STRATEGIC PRIORITIES

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

## BOARD MEMBERS

**Chair** - Bree Sharp

**Deputy Chair** - David Broadbent

Karla Treweek

Deb Pascoe

Gavin McGrath

Narasimhan Ravi

Tom Madden

Tahlee Van Roosmalen

## STAFF

Janet Hawli -

**Admin Support**

Scott Watson -

**Athletes Services & Program Coordinator**

Shenae Keleher -

**Chief Executive Officer**

## INTERNS

Zachary Bacon - 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.





## CHAIR'S MESSAGE

It's been a terrific 2023 at WestVic, with much excitement surrounding the announcement of the 2026 Commonwealth Games. As a board we were very excited about supporting the team to action activity in our strategy that focus of the three pillars of Programs, Performance & Pathways, Governance & Operations and Community.

For our athletes there was an air of enthusiasm and excitement around the Commonwealth Games announcement. Unfortunately, with the news of the cancelled games - that hit us all pretty hard. But with disappointment comes opportunity – and as a board we developed our guiding values of excellence, resilience, passion and connectivity. We look forward to seeing these values at the forefront of all we do at West Vic in the future, not only from our athletes, but partners alike.

This year we welcomed two new directors to our team – Tom Madden and Ravi Narasimhan. Whilst bidding farewell to long serving board directors and former chair, Alan Campbell along with Gavin McGrath and also Tahlee Van Roosmalen.

I'd like to personally thank the management team of WestVic, led by Shenae Keleher and ably supported by Scott Watson.

We look forward to hearing about our athletes achievement and successes over the year ahead and continuing to provide a nurturing environment for athletes within our region to strive for their goals both on and off the field.

**Bree Sharp**

*WestVic Chair*







# CEO'S MESSAGE

Our theme for WestVic in 2023 was our Michael Jordan year and it is fair to say we gave it our best shot.

We round out 2023, having gained new board members, a fresh new look to our logo and uniform. We have expanded our programs to four schools, seven sports and our individual and Paralympic Australia programs. We bought on new Academy partnerships and even through a podcast into the mix!

Our theme for our Athlete's Address dinner was Milestone Moments and upon reflection, my milestone moment with WestVic this year would be our success in bringing on a Wellbeing partner in Outside the Locker Room. With this we hosted a Mental Health education session. I hope you each take a moment to reflect on your 2023 year and find your milestone moment.

Thank you to all involved with our Academy, we couldn't do it with our our awesome community. To our WestVic Athletes and families, thank you and congratulations on the achievements of the year.

## Sports & School Programs

Our Academy wouldn't operate if it wasn't for our legendary program coaches and program directors. 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

**Ben Murphy**

Horsham College

**Sally Kuchel**

Holy Trinity Lutheran College

**Andrew Perks & Bryce Durham**

Bacchus Marsh Grammar

**Robert Simmonds**

Ballarat High School

## Child Safe Standards

Across the year, the Academy has continued to facilitate work on the Child Safe Standards for our Athletes. We have been staying across updates through the great support of VicSport and have now updated our policy to reflect the approach of Safety and Wellbeing for Children within our organisation. 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 Bree Sharp. Your ongoing assistance and support to myself and the academy staff is appreciated beyond measure. This year, we welcomed new board members Tom Madden and Narasimhan Ravi, who both hit the group running. The WestVic board did a lot of ground work in identifying the key action areas of our strategic plan, to push our Academy to a great level of operation. We have also finalised new guiding values to underpin WestVic operations going forward. We must acknowledge Board members Gavin McGrath and Tahlee Van Roosmalen, who will each be stepping down from their roles on the board. We thank Gavin for his support over the last decade and Tahlee for her various role at the Academy - all the best to both on their future endeavours.

To our WestVic Staff – Athlete Services and Program Coordinator Scott Watson, Admin Assistant Janet Hawli and Intern Zachary Bacon, thank you for your work and dedication to WestVic across 2023.

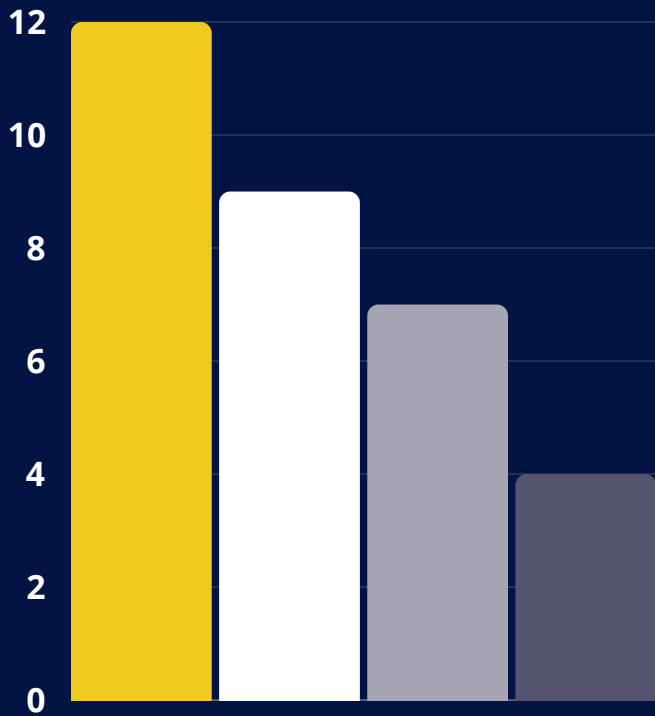
Plenty of exciting things in the works for WestVic 2024, as well as an Olympic and Paralympic Year ahead, we can't wait!

## **Shenae Keleher**

*WestVic CEO*



# 2023 IN NUMBERS



**12 Programs**

**9 Individuals**

**7 Sports**

**4 Schools**

***119 Athletes across our region***



**57% Male**

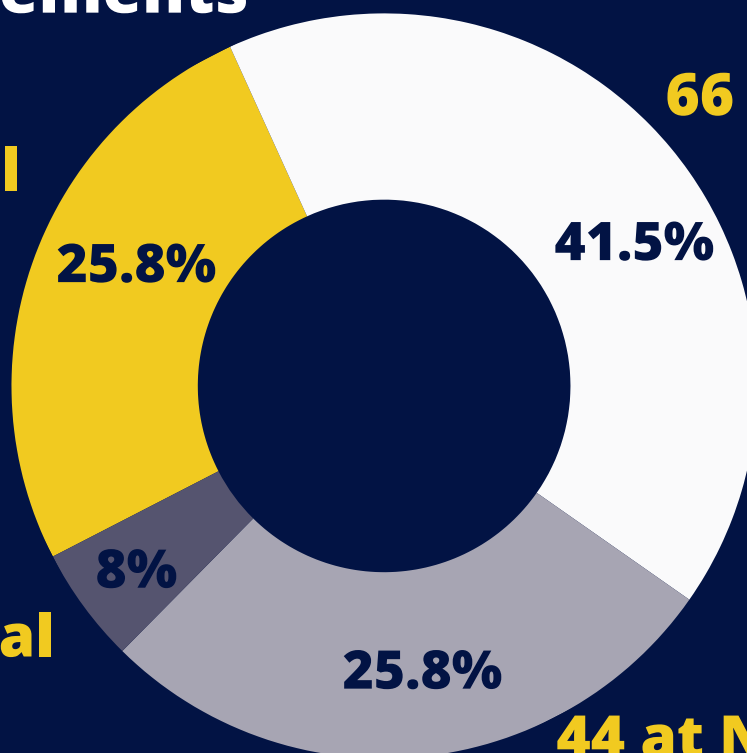
**42% Female**

## Athlete Achievements

**41 at Regional**

**66 at State**

**8 at International**



**44 at National**



# 2023 HIGHLIGHTS



## Paralympics Australia Induction Day

February 2023

A fantastic day spent in at the Essendon Football Club - also home to Paralympics Australia. A day to kick off our 2023 Program support to regional para-athletes, in collaboration with the Victorian Institute of Sport and the Victorian Regional Academies of Sport. The day included sessions for both coaches and athletes across mindset, performance lifestyle and physical preparation.

## Outside the Locker Room - Mental Health Education

April 2023

Our Mental Health Education session was held by our awesome Wellbeing partner, Outside the Locker Room. We had Tim and Kirsty from Stand By Support join us to facilitate our in-person session. It was our biggest and most attended education session, topping out with around seventy people in the room. We can not wait to keep the Mental Health convo rolling with OTLR in 2024.





# 2023 HIGHLIGHTS

## Athlete Interviews - The Athlete Handbook Podcast

Across 2023, we rolled out our WestVic Podcast in full force! It provided a great opportunity to host conversations with a range of professionals within our WestVic community, in an accessible format for our Athletes. The highlight in starting our Athlete Interview episodes was fantastic and allowed for a great space to share our amazing athlete stories!

## Athlete’s Address Dinner & Athlete Panel

We were very grateful to round our our 2023 WestVic year with our new look Athlete’s Address dinner. Big thanks for the North Ballarat Sports Club for hosting the night and our Board’s AGM. The evening saw an awesome athlete line up on our ‘Milestone Moments’ with Paralympian Milly Tapper, Para-cyclist Luke Taylor & Para-equestrian rider Kelly Ffrost.

## 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
- VIS Open Day
- VIS - VRAS High Performance Day
- Rowing Victoria High Performance Sessions
- Horsham Nutrition Education Session
- Voice of the Athlete Education Session
- Fuel for Performance Nutrition Session





# PARTNERS

## 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.

## State Government and Victorian Institute of Sport

Jack Swift  
Anne Marie Harrison  
Cathryn Pruscino

## Federation University

Dr Scott Talpey  
Dr Deb Pascoe  
Dr Ryan Worn  
Dr Warrick Chilton  
Eammon Gill  
Isaac Quick  
Maddy Ogilvie  
Joandre "Barto" Greeff  
Micah Drake



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

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

**CountPro** - (Jason Hargreaves)

**Lake Health Group** - (Michael, Nicole & Kate)

**City of Ballarat** - (Mark Patterson & Team)

**Eureka Concrete** - (Troy Beaston)

**RSM Ballarat** - (Jack Hutchinson)

**RADCenter** - (Chris Radford)

