



*WestVic Academy  
of Sport Inc.  
Annual Report  
2007 - 2008*

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

Certificate of Incorporation Number: A0044529G



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**WestVic Academy of Sport Inc. Sponsors**

**Naming Rights Sponsor**



## Gold Sponsors



## Contributing Sponsors



**Program Sponsors**

 		 		  
Badminton Program	AFL Program	Golf Program	Basketball Program	Soccer Program

**2008 Friends of the Academy**

Friend of the Academy	Athlete	Academy Program
May and Ivan Lett	Jordan Lett	Integra Golf Program
Gavin and Stacy Lett	Jordan Lett	Integra Golf Program
McCain Foods Australia	Jordan Lett	Integra Golf Program
Mt Xavier Golf Club	Michelle Smith	Integra Golf Program
David D'Astoli	All athletes	Integra Golf Program



Introductory gym session at the University of Ballarat: UniSports Gym



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

- Mr. John Abraham (Chairman)
- Prof. Warren Payne (Deputy Chairman / Director: Sports Science & Medicine)
- Mr. Ted Turkenburg (Director: Treasurer)
- Mr. Dan McGlade (Director: Legal)
- Mrs. Dianne Trotter
- Mr. Ian Rossiter
- Mr. Ross Sullivan

## **Resignations**

- Mrs. Faith Maple
- Mr. Guy Larkin
- Mrs. Joanna Stevens
- Mr. Rob Irvine
- Mr. Luke Mullane
- Mr. Richard Hancock
- Mr. Geoff Witnitz
- Dr. Matthew Gibney



## WestVic Academy of Sport Inc. Mission

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

## WestVic Academy of Sport Inc. Objectives

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





## Chairman's Report

Our year started with the disruption of a change of Manger of Sports Programs, and from that point on our year became better and better.

Tim Lai became our Manager of Sports Programs and with the expert help of our Executive Officer (Kris Payne) and a modified position description did a great job of broadening and defining just which skills the UB WestVic Academy of Sport could bring to bear fruitfully on each sport. This was done by drawing on the knowledge and needs of each sports coordinator, and I do wish to thank them for their help and assistance.

I believe that the model that we now have is working for the betterment of each sport, and consequently is of more help to each member of the Academy.

The change to our procedures and processes has enabled the Academy to bring more sports into the UB WestVic Academy of Sport, and I wish to welcome Golf, Tennis, Soccer and Basketball as members of the Academy. As a result we are also seeing several of our existing sports reviewing their process.

My thanks go to our Executive Officer, Kris Payne who has shown a maturity beyond his years to work through some difficult situations and produce some excellent results. His guidance to Tim Lai helped create that success.

I would also like to thank several of our Board members who have retired during the year, and particularly thank all members of the Board over the last year who have served the organisation with great enthusiasm and ability.

An annual report is a time of review, but I want to finish by looking ahead to enjoying the progress of every athlete, and to join their families and friends in applauding their triumphs.

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



## Executive Officer's Report

The 2007 – 2008 financial year has seen the UB WestVic Academy of Sport continue to strengthen its connection with the western region of Victoria. As in previous years, the Academy's association with the University of Ballarat has been integral to its development. Without the support provided by the University of Ballarat and the School of Human Movement and Sport Sciences, the Academy would not be able to deliver the quality of programs currently enjoyed by all Academy athletes and coaches.

Like any successful organisation, the Academy has continued to restructure the way in which it operates over the last twelve months. As a part of this restructuring process, the Academy Board has continued to evolve and currently consists of seven members. The current Academy Board must be congratulated on the way in which they have overseen the development of the Academy, as they have helped shape the direction the Academy will take into the foreseeable future.

Timothy Lai was appointed to the position of Manager of Sports Programs in mid 2007, and since this time, his commitment to fostering the development of Academy athletes must be admired.

The 2007 – 2008 financial year has also seen four new sports granted Academy membership. The Academy Integra Golf program started in early 2008, and has been a major success. The sports of Soccer, Basketball and Tennis have also been granted Academy membership, and will begin on July 1<sup>st</sup> 2008. The Academy is extremely excited at being given the opportunity to work with such well respected sports, and looks forward to helping athletes from these sports access the necessary pathways in order to gain state or national representation.

The Academy has also implemented a very successful fieldwork program during 2007 – 2008. The fieldwork program allows students for the University of Ballarat to undertake professional placements with the Academy. Currently, the Academy has a number of fieldwork students, and they are working in the areas of Physical Preparation, Biomechanics, Sports Management and Sports Marketing. The input these students have provided has been invaluable, and has allowed the Academy to create a very successful relationship with the student body at the University of Ballarat.



The third annual UB WestVic Academy of Sport: Awards Dinner was held in October 2007. The event was held at the Ballarat Lodge, and catered for over 100 Academy athletes. Tara Pilven and Daniel Bailey were awarded the Academy's Female and Male Sports Star of the Year for 2006 - 2007.

On a personal note, I feel it necessary to thank the Board of Management and Timothy Lai (Manager of Sports Programs) for their assistance during the 2007 – 2008 financial year. Without their guidance and support, the day-to-day running of the Academy would be a very difficult task. I look forward to further developing the Academy in the upcoming year, so that the UB WestVic Academy of Sport can continue to efficiently and effectively service western Victoria's elite junior athletes.

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



## Manager of Sports Program's Report

Firstly, I would like to thank all of our Sport coordinators, coaches, parents of our athletes, relevant academic staff and students from the School of Human Movement and Sport Sciences, University of Ballarat and the guest speakers who have shared their invaluable knowledge with the Academy. These people have enhanced our delivery of quality programs and services to over 100 talented young athletes from western Victoria. Most of these people, if not all have volunteered their time out of their busy life schedules to assist athletes in our Academy to reach their full sporting and personal potential as well as to reach State and National representation. To say they have done an excellent job for our athletes is an understatement.

Since I was appointed as the Manager of Sports Programs, the following highlights were achieved:

- Tara Pilven and Daniel Bailey were awarded the Academy's Female and Male Sports Star of the Year for 2006 - 2007. The inspiring guest speaker was Eliza Stankovic, an able-bodied Australian national athlete turned Paralympian.
- A monthly e-newsletter was introduced as part of the Academy's communication and marketing strategy.
- In conjunction with the Australia Olympic Committee, Jacqui Cooper – multiple World and Winter Olympic Aerial Ski Champion delivered the “Live Clean, Play Clean” Drug Education Program to the Academy.
- Basketball, Soccer and Golf were added to our Academy sport programs.
- Lindsay Burgoyne, the Academy's track & field coordinator as well as specialist coach in throwing and jumping events was named “Australian Junior Coach of the Year 2007” by Athletics Australia.
- Performance analysis sessions have been conducted by Simon Feros, a final-year student from the School of Human Movement and Sports Sciences, for the Academy's athletes.
- Lactate / VO<sub>2</sub> tests were undertaken by Ash McNicol, a post-graduate from the School of Human Movement and Sport Sciences.
- A number of students from the School of Human Movement and Sport Sciences are currently undertaking their fieldwork commitment or work experience with the Academy in delivering support services in sports



management (organising monthly sports medicine seminars and assist with sponsorship) and sports science such as physical preparation, performance analysis and physiological testing.

- Duer Yoa, a protégé of Rod Griffin – our Academy's highly regarded distance coach, represented the Australian team at the 36<sup>th</sup> IAAF World Cross Country Championship 2008 in Edinburgh, Scotland.
- The Athlete Career Education (ACE) Program, which aims to contribute to the personal and professional development of athletes and achieve a balance between sports and life resumes with a seminar on "Positive thinking in sports and life."

The following changes will take place as from 1<sup>st</sup> of July 2008:

- Tennis, Soccer and Basketball will be admitted as a new sport into the Academy.
- In collaboration with Badminton Australia, eligible female players from the Ballarat Jump Smash Program will be integrated into the Academy's badminton program.
- The coaching aspects of the soccer program will be delivered by FFV's V>Elite program coaches.
- Unisports (University of Ballarat) will officially become the Academy's fitness facility provider giving our athletes, coordinators, coaches and administrators full access to their gym and pool facilities.

As excitement, tension and anticipation builds up in the air – this being the Olympic year – our congratulations and full support goes out to Collis Birmingham, a previous winner of the Academy's Male Sports Star of the Year who will be competing in the 5000m track event in Beijing. Of course our horizons stretch beyond Beijing Olympics as our athletes continue their relentless strive for success both on and off the sporting arena. I encourage eligible athletes in the Academy to aim for the 1<sup>st</sup> Summer Youth Olympic Games 2010 to be held in Singapore. Whatever their performance objectives and goals, we are committed to supporting our athletes in their endeavours and on behalf of the Academy, I confirm our belief in them and offer our best wishes for their dreams to come true.

**Mr. Timothy Lai**  
**Manager of Sports Programs**  
**UB WestVic Academy of Sport**



## Academy Consultants

The UB WestVic Academy of Sport wishes to thank the following consultants for their work during 2007 / 2008.

### Nutrition

- Ms. Kerri Gordon (Ballarat Community Health Centre)

### Sports Psychology

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

### Musculo-Skeletal Assessment

- Dr. Natalie Saunders (University of Ballarat)
- Ms. Deborah Pascoe (University of Ballarat)
- Susan Hardy (University of Ballarat - Post Graduate Student)
- Jessica Seater (University of Ballarat - Post Graduate Student)
- Carrie Evans (University of Ballarat - Post Graduate Student)
- Warrick Chilton (University of Ballarat - Post Graduate Student)
- Madeline Linton (University of Ballarat - Post Graduate Student)
- Kristina Jessop (University of Ballarat - Post Graduate Student)
- Nathan Mc Keown (University of Ballarat - Post Graduate Student)
- Helen Tawton (University of Ballarat - Post Graduate Student)

### Strength and Conditioning

- Assoc Prof. Warren Young (University of Ballarat)
- Mr. Ashley McNicol (University of Ballarat - Post Graduate Student)

### Biomechanics

- Dr. Natalie Saunders (University of Ballarat)
- Ms. Nikki Smart (University of Ballarat - Undergraduate Student)
- Mr. Simon Feros (University of Ballarat - Undergraduate Student)

### Physiology

- Dr. Brendon O'Brien (University of Ballarat)
- Mr. Ashley McNicol (University of Ballarat - Post Graduate Student)

### Fieldwork Students (University of Ballarat)

- Alice Slade Sports Management / Marketing
- Robert Ward Sports Management / Marketing
- Daniel Hayward Physical Preparation (Badminton)
- Will McGregor Physical Preparation (Badminton)
- Chris Ball Physical Preparation (Cycling)
- Tom Mangan Physical Preparation (Cycling)
- Jane McKinnon Physical Preparation (Golf)
- Roberta Stacey Physical Preparation (Swimming)
- Ben Oman Physical Preparation (AFL)
- Stuart Robinson Physical Preparation (Basketball)
- Matthew Pitt Physical Preparation (Soccer)



## Badminton Program Report



This year has been another progressive year for the Badminton Program.

In October, Tara Pilven was honoured with the UB WestVic Academy Female Athlete of the Year Award. Tara became our first winner of this award, and was great recognition for her rapid improvement and consistent results within the sport. Ten of our athletes represented Victoria in National Competitions during the year, at Under 15, Under 17, Under 19 and Open Level.

The UB WestVic Academy was well represented at the 2008 Australasian Under 17 Championships, held in Ballarat over Easter. Matthew Wilson, Nicole David and Tara Pilven all received National Rankings from the event, and the Ballarat Badminton Association (BBA) must be congratulated for successfully hosting the largest badminton tournament in Australasia with such enthusiasm. Major events such as these are vital competition for our athletes, and to compete at home is an added bonus for all concerned. The BBA has been awarded the event again in 2009, which is a great goal for our Academy athletes to aspire to.

Our program continues to be a leader in the sport of badminton. The services offered by the University of Ballarat once again assisted our athletes to achieve State and National level. Fieldwork students worked with our athletes in the areas of massage, strength and conditioning, and biomechanics. These services combined with the nutrition services provided by Kerri Gordon and Sports Psychology offered by Emma Hall, ensure our athletes are becoming better people as well as athletes. Our coaching staff of Stuart Brehaut, Andrew Perks, John O'Dwyer and myself as Head Coach, has ensured they are also the best prepared Badminton players in Australia.



Our greatest result for the year was for our program to be included into the Australian Sport Commissions National Talent Identification Program. The Badminton 'Jump Smash' initiative was established in 2006, with the Ballarat program starting in December 2007, and is specifically targeting girls between the ages of 9 – 15. Eighty athletically talented girls from the western Victorian region were fitness tested by AIS staff, with the most promising joining a training squad. Seven girls have recently been selected for the program. Two of these girls were already UB WestVic scholarship holders, with the remaining five joining the Academy in our new scholarship year.

As Head Coach/Coordinator I would like to thank the University of Ballarat, our naming rights sponsor Cason Sports, the Ballarat Badminton Association, and the UB WestVic staff of Kris, Ian and Tim for their support of our program. Finally a huge thankyou to our coaches for their commitment to the improvement of our athletes, for what is in essence a volunteer role.

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





## Cycling Program Report

Athletes in the 2007-08 UB WestVic Academy of Sport Cycling Program have registered many outstanding performances at Local, State and National competitions during the 2007-2008 season.

### **Performances highlights:**

The growth in performance of new inductees to the UB WestVic Cycling program Harry Crothers Bade and Angela McClure, from the Ballarat/Sebastapol Cycling Club, registering creditable performances at state level competition attracting the eye of State selectors.

Chloe McIntosh's successes highlighted by her win in the Ladies Diamond Stakes Wheel race at the Ararat Velodrome amongst notable competition.

Monica Kelly's performances in the State Track Cycling Championships, leading to her selection in the State Junior Track Cycling Team, and her subsequent performances at the National Championship held in Sydney

### **Sports Science:**

The year started with the athletes under going musculo-skeletal screenings. Results of the screenings giving the squad some baseline data to enable the physical preparation field work student assigned to the program to develop a program for the individual athletes. The athletes were guided through the initial program set with follow up programs developed. The Lactate / VO<sub>2</sub> test conducted at the University of Ballarat: Mt Helen campus and subsequent athlete reports from the tests.

### **Athlete development:**

The reintroduction of the Live Clean Play Clean seminars; the delivery by Jaquie Cooper inspiring those present. The return of the monthly Sports Medicine sessions have also delivered much to the athletes attending.

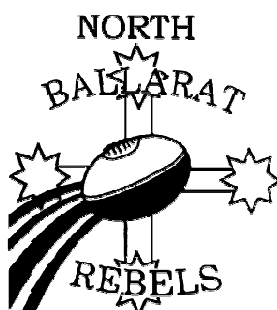


Overall, the development of athletes from the region and their performance in competition has been pleasing to see. In particular, the growth in cycling from Ballarat based athletes. As this is my final report as the Coordinator of the Cycling program I wish those who are continuing the work in assisting these athletes along the pathway to achieving their individual goals well. I would also take this opportunity to thank the many who have been involved in the development of the program over the past four years.

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



## Australian Rules Football Program Report



The North Ballarat Rebels UB WestVic Academy of Sport athletes have worked extremely hard over the year to improve their bodies to enhance their opportunities for a career in AFL Football.

Over the year players have had the opportunity to learn more about their body's deficiencies through the provided musculo-skeletal assessments which has been beneficial to all the players. Through these assessments the Rebels strength and conditioning team have been able to work closely with players to ensure improvements. Our players have also undergone speed work and running technique's with Dr. Warren Young which had enormous benefits to the overall running speed and agility of the players.

Our Athlete's achievements have been outstanding during the 2008 season and we know from our involvement in the UB WestVic Academy of Sport program has contributed to each athlete's success.

### Athlete's Achievements

**Nick Suban** - Selected in AFL NAB All Australian Under 18 team after successful National Carnival with Victorian Country team. Nick was successful in gaining invitation to 2008 AFL National Draft Camp to be held at AIS in Canberra in October 2008.

**Jordan Roughead** - Selected in Victoria Country Under 18 Representative team that competed in AFL NAB National U18 Championships. Jordan was successful in gaining invitation to AFL National Draft Camp to be held in Canberra in October 2008.



**Jason Linke**- Selected in initial Victoria Country U18 Representative Squad. Jason was successful in gaining invitation to AFL State Screening process in Melbourne in October.

**Ben Peters** - Selected in initial Victoria Country U18 Representative Squad.

**Chris Curran** - Selected in initial Victoria Country U18 Representative Squad.

**Phil Partington**  
**Australian Rules Football Program Coordinator**  
**UB WestVic Academy of Sport**



## Golf Program Report



With the help of the UB WestVic Academy of Sport, a new chapter in Junior Golf development for the western region of Victoria has been established. The inception of the UB WestVic Academy of Sport: Integra Golf Program has provided a valuable link between regional golfers and our metropolitan counterparts. The UB WestVic Academy of Sport Golf Program has identified numerous talented golfers within the western region of Victoria and has given them access to high quality coaching and sports science / sports medicine services.

The UB WestVic Integra Golf Program is endeavoring to successfully move our regional golfers towards to the Victorian Institute of Sport (VIS) or higher by providing a range of services that are currently lacking in this region. With six Ballarat, and four Wimmera based athletes, our program delivers one-on-one, as well as group coaching sessions. The program aims to improve on course strategies as well developing athletes overall skill base. Additionally, by identifying problem areas we can adjust an athletes coaching to meet their specific needs.

The sports seminars provided by the Academy have also engaged all the athletes' attention. By discussing several areas that were previously believed to have little impact on their performance, athletes now realise that things such as nutrition and stretching can have a significant impact on performance. I am looking forward to attending more of these seminars, as they provide an insight into different aspects of becoming an elite athlete.

A major influence on our program is the assistance offered by the University of Ballarat. The University has provided an invaluable service by allowing the Golf Program access to facilities and staff. Each athlete had a musculo-skeletal screening to identify any problem areas in their body. They then received their own individual strength and conditioning program that was then explained in the UniSports gym. We would like to thank Ash McNicol and Jane McKinnon, who



designed each individual program and also explained and show our athletes how to do the exercises.

We are very happy to have Craig Haase as our Head Coach. Craig has provided excellent one-on-one time we each athlete, as well as conducting our Golf Camps each quarter. His influence on the program has been extraordinary and we are delighted with his commitment for the program. Thanks must also go to the fieldwork students from the University of Ballarat: School of Human Movement and Sport Sciences. They have been a blessing with their endeavors in helping our athlete's progress.

We would like to thank our naming rights sponsor, Integra, who have provided invaluable support that has greatly assisted our program. Their support has given the program an essential platform to work from for future years to come.

Hopefully our program stands out because of the support of TaylorMade – Adidas Golf Australia. TaylorMade – Adidas Golf Australia have provided all our athletes with a uniform. They've stepped on board and helped make the athletes feel and look like a team.

Finally, we would also like to thank the Ballarat Golf Club for allowing all training and coaching sessions to be undertaken at their golf club.

**Stephen Segrave**  
**Integra Golf Program Co-ordinator**  
**UB WestVic Academy of Sport**



## Track and Field Program Report

The 2007 - 2008 season has been a successful one for UB WestVic Academy of Sport: Track and Field athletes. A number of athletes have been selected in the AVIS Squad and have attended a number of squad training days in Melbourne. Locally the squad has continued to develop and strive achieve personal goals set by themselves in consultation with their coaches. Below is a summary of the achievements of both athletes and coaches in the squad.

### Academy Coaches

Rod Griffin:

- Coach of Collis Birmingham (ex UB WestVic athlete) – Australian Representative Beijing Olympics and World Cross Country Rep 2008.
- Coach of Duer Yoa (UB West Vic) Australian Rep World Cross Country Championships 2008.
- Coach of Ashley Watson (ex WestVic) Australian Rep World Cross Country Championships 2008.
- Manager of Australian World University Cross Country Team 2008 – Forges Les Eaux, France. Both teams medalled for first time ever.
- Completed Level 2 Coaching in 2007.
- Also coached Tyson Popplestone, Anna Worland, Miranda Findlay and Zac Findlay.

Lindsay Burgoyne

- Selected as Javelin/Throws coach for the 2008 World Junior Team travelling to Poland in July.
- Has continued in the position of National Junior Coach – Javelin during 2007/8 working with the National U17 and U19 squads.



## **Athletes.**

### Zack Finlay

- SSSA Western Zone Cross Country Championships AWD 3km Champion
- VSSSA State Cross Country Championships AWD 3km Champion
- VSSSA All Schools Cross Country National Championships AWD 3km Champion
- Victorian All Schools Track & Field Victorian Championship
  - U18 Males 1500m 4:46:85 to claim U18/20 AWD T20 Record
- Australian Underage Track & Field AWD Championship (Canberra)
  - U18 800m, 1500m Gold
- Sports-Biz 3km Road Race (Ballarat) U18 3km Champion
- Ballarat Regional Centre Shield Competition
  - Open 800m 2:20.00 AWD T20 Record
- BSSSA Ballarat Secondary College Athletics Carnival
  - U21 800m 4:45:25 AWD U20 T20 Broken His Record)

### Miranda Finlay

- VSSSA Western Zone Cross Country Championship
  - U21 3km 11:25:00 - 2<sup>nd</sup> Female
- VSSSA State Track & Field Championship (Melbourne)
  - U17 1500m 4:57: 00 - 3<sup>rd</sup> Female
- Victoria All Schools Track & Field Championship (Melbourne)
  - U 18 1500m 4:55:00 - 4<sup>th</sup> Female
- Victoria U20 & U23 Track & Field Championship (Melbourne)
  - U20 1500m 4:54:53 3<sup>rd</sup> Female
- BSSSA Secondary College Athletics Carnival (Ballarat)
  - U21 800m, 1500m 2:24:33 Claimed Records

### Duer Yoa

- Notable performances. 51<sup>st</sup> World Cross Country Championships Edingburg 2008. First Sudanese athlete to represent Australia.
- 1<sup>st</sup> Victorian U20 5km track title.
- 1<sup>st</sup> Victorian U20 All Schools Track Title.
- 4<sup>th</sup> Australian Cross Country trial for World Cross Country Championships.





Tyson Popplestone

- 1<sup>st</sup> Victorian U23 5km
- 1<sup>st</sup> Eaglehawk to Bendigo Road Race.
- PB's at 800m, 1500m, 3km, 5km this season.
- Top 10 placing at Victorian 8km Cross Country and top 20 placing at Australian Road 10km title in PB of 30min 58sec.

Anna Worland

- Unbeaten in all Ballarat races.
- Ranked top 10 in Australia at 800m, 1500m and 3km.
- Represented Australia in Mayoral mile in New Zealand.

Kaitlyn Ashmore

- 3<sup>rd</sup> in National All Schools Javelin in 2007,
- 2<sup>nd</sup> in Victorian U18 Heptathlon Championship
- 1<sup>st</sup> in Victorian U18 Javelin Championship

Josh Platt

- Victorian All Schools U17 Javelin Champion
- Victorian representative National Walk Championships

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





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