



*WestVic Academy of
Sport Inc.*

*Annual Report
2008 - 2009*

www.westvicsport.org.au

Certificate of Incorporation Number: A0044529G

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WestVic Academy of Sport Inc. Sponsors

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Gold Sponsors



Contributing Sponsors



Program Sponsors / Funding Agencies



Naming Rights Sponsor



Funding Body



Naming Rights Sponsor



Host Venue

Badminton Program



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Tennis Program



Funding Body



Host Venue

Golf Program



Host Venue

Basketball Program



Soccer Program



WestVic Academy of Sport Inc. Board of Directors

- Mr. John Abraham (Chairman)
- Prof. Warren Payne (Deputy Chairman)
- Mr. Dan McGlade (Director: Legal)
- Mr. Ewen Fletcher (Director: Finance)
- Mr. Ian Rossiter
- Mr. Garry Gullock
- Mr Tavis Baker
- Mr Ray Woods

Resignations

- Mr. Ted Turkenburg
- Mrs. Dianne Trotter



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.



- Golf Program -



- Badminton Program -



Chairman's Report

At the UB WestVic Academy of Sport progress means that nothing ever stays the same. In particular that applies to the sports that are members of the Academy.

Regrettably we have farewelled Cycling and Track and Field, both of which have been long standing members of the Academy. The records show that athletes in each of these sports have made some great achievements and that our programs have made substantial contributions to the progress and development of all the athletes in these programs.

As in life, the loss of one sport to the Academy has been an opportunity for another. Tennis, Basketball, Soccer and Golf, are all more recent members of the Academy and each of their programs are moving well, resulting in progress and development of each athlete in those programs. I urge everyone of our newer athletes to take full advantage of the opportunities that the Academy offers, and I look forward to enjoying those results.

Badminton, as one of our foundation members, remains a benchmark in striving for excellence, and continues to achieve results that well justify the efforts of the coordinator, coaches, parents, and athletes, and of course our very professional staff.

Kris and Melinda are showing great teamwork in achieving their objectives, which are all focused on the best possible outcomes for each of our athletes.

My thanks to the Board for their continued and skilled counsel that focuses in all their deliberations on the best possible outcomes for each athlete.

Mr. John Abraham
Chairman
UB WestVic Academy of Sport



Executive Officer's Report

The 2008 – 2009 financial year has seen the UB WestVic Academy of Sport continue to strengthen its connection with the western region of Victoria. As in previous years, the Academy's association with the University of Ballarat has been integral to our development. Without the support provided by the University of Ballarat and the School of Human Movement and Sport Sciences, the Academy would not be able to deliver the quality of programs currently enjoyed by all Academy athletes and coaches.

The past financial year has seen the UB WestVic Academy of Sport continue to act as the key vehicle for athlete development in the sports of badminton, soccer, tennis, golf, track and field, soccer and cycling throughout western Victoria. We have also seen the introduction of three new sports, and as such the Academy has welcomed 32 new athletes, four new coaches and three new program managers. Many of these coaches, athletes and co-ordinators have come from the Central Highlands region; however the Academy is proud of the fact that it has been able to appoint satellite coaches, which are based in Horsham, to better service athletes situated in the western section of the Academy's catchment area.

The UB WestVic Academy became a member of the Victorian Regional Academy of Sport (VRAS) Network during mid 2008. VRAS is an organisation which has been developed to bring together the six Victorian regional academies of sport on a regular basis in order to further develop opportunities for athletes based in regional Victoria. A prime example of such an event is the VRAS: Golf Supercamp which was held at Sandhurst Golf Club in Melbourne. This event is seen as the showcase event for junior golf for country Victoria as it brings together the best junior golfers country Victoria has to offer. The event combines intensive coaching and tournament play. VRAS members hope to now implement such events for other sports which operate within its network.

The Academy has also been able to expand on the number of sports science testing procedures that are offered to its athletes over the past year. The introduction of both VO_2 and VO_2 / Blood Lactate testing protocols has provided invaluable data to many athletes. Additionally, the addition of Sports Psychologist (Dr Christopher Mesagno) to our sports medicine team has provided many athletes with more regular access to such services.

Special thanks must be extended to Dr Natalie Saunders and Associate Professor Warren Young for their assistance in redeveloping the physical preparation component of the Academy's sports science program. I would also like to thank Simon Feros for his dedicated approach in implementing the newly developed physical preparation program and for the guidance he has provided the professional placement students working under him.

The past twelve months has also seen the Academy change its focus from periodic training camps to at least fortnightly coaching sessions. In many cases, coaching has been provided on a weekly basis, and the impact of the change can be seen in the ongoing development of all Academy athletes. All coaches and coordinators have played a major role in coordinating this increase in coaching and I would like to thank them all for the efforts.



The assistance provided to the Academy by its many sponsors and funding bodies is essential to its ongoing success. The Academy has been lucky enough to have had a number of agencies provide both financial and in-kind support to many of its programs over the past twelve months. It is because of this support that the Academy has been able to increase the frequency in which it provides coaching to all athletes and increase the number of sports science / sports medicine services it makes available to all sports programs. The Academy looks forward to further developing the relationship we have with our sponsors into the future.

On a personal note, I feel it necessary to thank the Board of Management and Melinda Beasant-Commerford (Manager of Sports Programs) for their assistance during the 2008 – 2009 financial year. Without their guidance and support, the day-to-day running of the Academy would be a very difficult task. Additionally, I would like to acknowledge the contribution of out-going Board Member: Di Trotter. Di has been an invaluable member of the Academy Board since its inception in mid 2003 and has provided me with endless amounts of guidance and support. Finally, I look forward to further developing the Academy in the upcoming year, so the UB WestVic Academy of Sport can continue to efficiently and effectively service western Victoria's elite junior athletes.

Mr. Kris Payne
Executive Officer
UB WestVic Academy of Sport



Manager of Sports Program's Report

It is with pride that I report that the Academy sports are successfully meeting the WestVic Academy of Sport Inc. objectives. Our team of talented, experienced, enthusiastic and qualified coordinators, coaches, students and support staff working within the programs have ensured this outcome. It has been a pleasure to join this team in the role of Manager of Sports Programs. I would like to acknowledge and thank the Board of Directors and the Executive Officer, Kris Payne for my appointment and support in this position.

Detailed below are the key achievements by the Academy sports in relation to the WestVic Academy of Sport Inc. objectives over the past year.

In the past year we have appointed four new high performance coaches. Firstly, Tim Decker was appointed as the new cycling head coach. Tim came to us from the New South Wales Institute of Sport. Secondly, we appointed Richard Alsop as our new Wimmera based golf coach. Richard is the Horsham Golf Club professional. Thirdly, BJ Carter was appointed as the new basketball program head coach. A retired Sydney King's competitor and member of three NBL championship teams, BJ has over ten years of coaching experience. Finally, due to family commitments BJ returned to Sydney and we appointed Peter Cunningham in his stead. Peter has a wealth of experience coaching state basketball teams and has worked over the past eight years as the head coach for the ITC and central Academy basketball programs.

In addition to these new appointments the following coaching staffs have continued to service the Academy programs: Stewart Brehaut (badminton); Rhonda Cator (badminton); Craig Haase (golf); Rick Janssen (soccer); Peter Joyce (tennis); and Andrew Perks (badminton).

There has been much work and communication this past year with the state soccer body, Football Federation Victoria and state basketball feeder program, National Intensive Training Centre Program (NITCP) to ensure that both programs provided pathway opportunities to state representative levels for our athletes. As a result of this work, a new six month soccer program will be launched in March 2010 that will be linked to the Football Federation Victoria Champions League, a feeder program for state selection. Additionally, a new basketball program was launched in May this year tailored to athletes progressing to state selection.

One of the highlights of the past year has certainly been the calibre of service providers engaged by the Academy. Academy athletes and personnel have enjoyed the inspiration, insight and accreditations of: Dr Christopher Mesagno for sports psychology; Vashti Performance Services sports psychologist, Emma Hall; Ryan Bradshaw (Masters of Exercise Physiology) as a consultant in the field of agility, strength and power; Scott Beaumont from ZENOLINK for biomechanical analysis; Gerard Fitzgerald of the Roosters, North Ballarat Football Club on goal setting; Dr Robyn Tait; Rohan Robinson (400m hurdles, dual Olympian); Sarah Jamieson (1500m, triple Olympian); University of Ballarat masseur, Jenny Parker; Good2gr8 leaders, Chris Cartledge and Sue Anderson; Tennis Victoria's player programs coordinator, Matthew Gregory; local dietician, Kerri Gordan; University of Ballarat Exercise Rehabilitation Centre Coordinator, Dr Natalie Saunders; and Win TV front man, Bruce Roberts.



Manager of Sports Program's Report

A number of new program initiatives were launched throughout the year to improve athlete education and the delivery of specialist services. One such initiative included the development of policies and procedures for strength and conditioning programs, fitness testing and VO₂ / lactate blood testing. This initiative was developed in conjunction with the University of Ballarat and led to the inclusion of three supervised strength and conditioning sessions per week in the UniSports gym for all Academy athletes and the development of new testing records and reporting.

Numerous local TV reports, Ballarat Courier and Wimmera news articles and radio announcements promoted key Academy athlete and staff achievements, promoting the western region of Victoria as a region of sports excellence. A number of the Academy achievements have included:

- Rhonda Cator (badminton coordinator) attending to local athletes at the Beijing Olympics;
- Brayden Allan and Natasha David (badminton) winning the U17 state mixed doubles;
- Nathan David (badminton) being selected onto the Australian Commonwealth Youth Games Team, and the Australian U19 team for the Pan Pacific Championships;
- Nicole David (badminton) winning the U17 girls state doubles;
- Tara Pilven's (badminton) winning the U17 state singles, U19 state singles, U17 state doubles, being selected onto the Australian U19 badminton team for the Pan Pacific Championships and being named on the youth commonwealth games squad from which the squad for the Australian World Juniors will be selected;
- U13 UB WestVic team (badminton) placing 3rd at the Interstate Badminton Series in Altona;
- Angela McClure (cycling) being offered a place at SASI;
- Jordan Lett winning the U15 section of the Aaron Baddeley Junior Golf Championship;
- Nathan Cook, Daniel Tinker and William Georgiou (soccer) being selected for the Australian U15 soccer national titles;
- Mitchell Burman winning the boys' 14 Singles at the Hudson Bond 13th Annual Manningham Tennis Championships and the U16 finals at the Optus Junior Tour Big 4 Junior Grass court championships;
- Zoe Hives (tennis) winning the U12 doubles at the Optus Junior Tour Big 4 Junior Grass court championships, the girls 12 and under singles at the Glen Iris Underage Championships 2009 and the 2009 Victorian Junior Clay Court Championships;
- Lachlan King (tennis) winning the Tennis World OJT no 2 2009 Boys' 14 doubles;
- Duer Yoa being awarded UB WestVic Academy of Sports Telstra Country Wide Sport Star of the Year award; *and*
- Jake Wainwright (track) winning bronze in the 16-17 AWD shot and discuss at the Pacific School Games.

Well done to all Academy coordinators, coaches, students, staff, athletes and their families on these wonderful achievements.

Mrs Melinda Beasant-Commerford
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 2008 / 2009.

Nutrition

- Ms. Kerri Gordon (Ballarat Community Health)

Sports Psychology

- Dr. Christopher Mesagno (University of Ballarat)
- Ms. Emma Hall (Vashti Performance)

Musculo-Skeletal Assessment

- Dr. Natalie Saunders (University of Ballarat)
- Roberta Stacey (University of Ballarat - Post Graduate Student)
- Ryan Bradshaw (University of Ballarat - Post Graduate Student)
- Brenton Darmenia (University of Ballarat - Post Graduate Student)

Physical Preparation

- Assoc Prof. Warren Young (University of Ballarat)
- Simon Feros (University of Ballarat - Post Graduate Student)

Biomechanics

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

Physiology

- Dr. Brendon O'Brien (University of Ballarat)
- Mr. Jayden Hunter (University of Ballarat - Post Graduate Student)
- Mr. Mitchell Mooney (University of Ballarat - Post Graduate Student)

Professional Placement Students (University of Ballarat)

- Robert Ward Sports Management / Marketing
- Paul Owen Sports Management / Marketing
- Daniel Hayward Physical Preparation (Badminton only)
- Cameron Burnside Physical Preparation
- Daniel Doolan Physical Preparation
- Rhiannon Fisher Physical Preparation
- Gerard Searle Physical Preparation
- Jessica Stephens Physical Preparation
- Zoe Wathen Physical Preparation & Physiology
- Emma Bruns Physiology
- Alicia Roden Physiology
- Aleisha Barns Physiology
- Ben Oman Physiology
- Alistair Gaunt Physiology



Badminton Program Report



2009 has been a great year for the Cason Sports Badminton Program.

There were some significant results for the squad. Tara Pilven and Nathan David were both selected in the Australian Youth Commonwealth Games Team which competed in Pune, India. Tara Pilven then went on to become our first squad member to win an Australian Singles title, when she won the Australasian Under 17 Girls Singles Title, which was held in Ballarat over Easter.

As an Academy we entered teams in both the Under 13 and Under 15 National Carnivals, with some great performances. We also had 12 athletes selected to compete for Victoria in National Carnivals.

The JumpSmash Squad has continued to develop athletically gifted females into badminton players. The girls are all competing at State Level tournaments, with an aim for them to reach State selection level within the next two years.

Sports Science has always been an integral part of our program. This year saw the program take a bigger step forward with Tier 1 athletes undertaking VO₂ max testing at the University of Ballarat: School of Human Movement and Sport Sciences. This combined with musculo-skeletal screenings, nutrition, sports psychology and ACE sessions ensures the program is focused on all aspects of an athlete's life. The physical preparation program is working very well under the guidance of Simon Feros and Daniel Hayward, as well as many dedicated University of Ballarat professional placement students.

With the standard of players increasing every year, our on court sessions are producing a greater standard of play. The athletes continue to train on court two to three times a week, providing a perfect pathway towards State and National selection. Stuart Brehaut and Andrew Perks continue to impart their vast knowledge onto the entire group. The program is very fortunate to have Australia's highest quality coaches involved.

In closing, thanks to the sports science personnel working directly with our program. The University of Ballarat continues to support us with great staff and enthusiastic field work students.



UB WestVic Academy of Sport Badminton Program

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

Ms. Rhonda Cator
Cason Badminton Program Co-ordinator and Head Coach
UB WestVic Academy of Sport



Basketball Program Report



The sport of basketball is just beginning to find its feet within the UB WestVic Academy of Sport.

The initial group who commenced in 2008 was under the auspices of the Basketball Victoria Intensive Training Program, and it became very obvious that the athletes were over-committed across their sport, and found it difficult to meet the demands of the Academy program.

Early in 2009, the Ballarat Basketball Association met with the Academy's Executive Officer and requested that the program be redeveloped to provide those that are not quite at state representation level the chance to be part of a highly structured, sub-elite program. The Academy agreed to the change of program structure and the Ballarat Basketball Association developed a new program structure that met Academy requirements. This structure was accepted by the Academy's Sport Subcommittee and the first session was held in May 2009. The new program ran for six months and was made available for athletes who met very specific selection criteria.

All on court coaching sessions have been under the direction of three-time NBL Championship winner, BJ Carter, and the input from the sport testing programs conducted at the University of Ballarat has had a marked impact on the squad, and the way they approach their off court training programs.

Although the Basketball program may be on a small-scale compared with some other sports in the Academy, Ballarat Basketball is confident that it can continue to support notable athletes, and that in coming years it will be able to report that this partnership has been instrumental in lifting players into State level teams.

Mr. Glen White
Basketball Program Co-ordinator
UB WestVic Academy of Sport



Cycling Program Report

The 2008-09 Cycling program underwent some major changes in regards to program structure. With the Ballarat Sebastopol Cycling Club taking over from the Horsham Cycling Association as the support body of the cycling program, relationships with key stakeholders within the association were developed. Additionally, at the request of athletes, parents and the club, the Academy appointed Tim Decker (New South Wales Institute of Sport: Cycling Program Assistant Coach) as the Academy Head Cycling coach. Additionally, the delivery of nutrition, physiology, sport psychology, ACE and physical preparation sessions were increased to cater for the needs of the Academy's membership base.

With the programming completed, the program started in July 2008 and all athletes were scheduled to undertake physiological testing at the University of Ballarat: Mt Helen Campus. Soon after, a number of sport psychology, ACE and nutrition sessions were held which met the specific needs of the cyclists within the program. Soon after, Tim Decker developed individually tailored programs for all members of the Academy program and sessions with the Bendigo Academy of Sport: Cycling Program were scheduled so that our athletes could mingle with the best regional cycling program in Victoria. However, with the direction of the Ballarat Sebastopol Cycling Club changing after an internal review in early 2009, it was decided that the cycling program would cease at the end of the 2008-09 financial year after meetings were held with all key stakeholders.

The Academy would like to thank both the Horsham Cycling Association and the Ballarat Sebastopol Cycling club for their input into the program over its four year tenure with the Academy. With the program being one of the founding programs of the Academy, and with many athletes progressing through its developmental pathway and achieving state and national representation, all involved in the program over the past four years can be proud of their achievements. Special thanks must be given to Mr. Geoff Witmitz (initial program coordinator) who devoted an enormous amount of time developing the program to the point that it was seen the preeminent cycling program in western Victoria. His passion for youth development has left a mark on all those who have worked with him, and has set the direction of the Academy's ACE program for the future.

Major accomplishments of the program and its past members:

- Will Ford: Represented Australia at the 2005 Junior World Junior Championships
- Mark O'Brien: Represented Australia at the 2005 Junior World Junior Championships
- Georgina Freeland: Represented Australia at the Junior Oceania Championships
- Angela McClure: Awarded a SASI scholarship

Mr Kris Payne

**Executive Officer: On behalf of the Cycling Program Co-ordinator
UB WestVic Academy of Sport**



Golf Program Report



The second year of the UB WestVic Academy of Sport: Integra Golf Program has seen some significant changes and improvements to the program's structure and some exciting new members joining our squad.

The program structure has changed in three ways:

- coaching time;
- coaching personnel; *and*
- squad structure.

We have been fortunate to have Richard Alsop (Horsham Golf Club) come on board as our Wimmera based coach. Richard has been an excellent acquisition for the squad and we are excited by his enthusiasm for the progression of junior golfers in regional areas. Richard's appointment has also allowed the frequency of coaching to be increased to twice a month. We have also developed a two tiered system for the program. This system will help identify those athletes that would benefit from the extra services that are provided for our tier 1 athletes.

The University of Ballarat has provided fabulous support and assistance to our program. The staff and facilities that have been utilized by the Integra Golf Squad have been of the highest quality and we appreciate all their support. We would especially like to thank the following staff and students from the University of Ballarat, Natalie Saunders (MS Screening), Christopher Mesagno (Sports Psychologist) and Simon Feros (Gym Programs and Biomechanical Analysis). We'd also like to thank Kerri Gordon, Ballarat Community Health Center for providing nutritional advice for all of our athletes.

Last year we had several of our squad try out for the Victorian Juniors Squads, at various age groups, and although unsuccessful, it was a great eye opener as several of our athletes went through several of the cut off points. This was a great result for the Academy, as it showed that the Golf program was having an affect in our region.

Two outstanding athletes for the year have been;

- Anthony Wilken; U/14 Victorian Junior Scratch Runner up.
 - Anthony also shot a round of 6 under, 66 at his home course Warracknabeal.
 - Runner Up at the Victorian Under 14 Junior Championships
- Jordan Lett; Ballarat Golf Club Champion 2008.
 - Ballarat District Golf Association U/21 and U/18 scratch champion.
 - Member of the Provisional Under 16 State Squad.



The highlight of each year is the Sandhurst Golf Supercamp, which brings all golf athletes from every Victorian Regional Academy of Sport squad in Victoria together for a two day camp. This camp provides tuition from the Victorian Institute of Sport coaches, all Academy coaches and allows all athletes a chance to participate with other golfers who are also accessing the development pathway offered by the Victorian Regional Academy of Sport network.

Our coaching staff, Craig Haase and Richard Alsop, have once again been fantastic mentors to the program's athletes. These two coaches have made themselves available for all athletes and have had a profound affect on the squad. They provide one-on-one coaching twice a month.

Thanks must also go to the professional placement 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 development.

Without the support from our sponsors, none of this would happen and we would like to thank Integra, our programs naming rights sponsor, for their continued support. They are committed to helping this program get off the ground and we appreciate their support. We would also like to thank the Buninyong Golf Club for allowing us to use their facilities. This is greatly appreciated and we would like to pass our thanks on to Roger Permezel and his Board of Directors. The Wimmera District Golf Association has once again been strong supporters of the program and we look forward to again working with them in the future.

Finally, I would also like to thank the staff from the UB WestVic Academy of Sport office. Kris and Melinda spend an enormous amount of time making sure that all our needs are catered for, and their commitment to athlete development must be admired.

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



Tennis Program Report



The inaugural year of the UB WestVic Academy of Sport Tennis Program has provided a comprehensive year of training, coaching and education for athletes, parents and regional coaches.

The UB WestVic Academy of Sport Tennis Program officially started on the first of July 2008. All athletes had been selected after a selection process that involved Tennis Victoria's Elizabeth Peers and the Academy's Head Coach Peter Joyce. Overall, 12 athletes were selected to partake in the program. Five athletes were selected in the tier 1 program and seven athletes were selected in the tier 2 program.

The structure of the program was designed to ensure that all athletes received a number of intensive on and off court sessions, and private coaches were invited to these sessions.

Additionally, the Academy ensured that all athletes participated in a number of sports medicine and sports science testing programs which were all to allow the Head Coach and other staff to set designed very specific individual training programs.

The program consisted of seven, one day training sessions and a four day training camp held over twelve months.

- Induction day;
- 1st Tennis session in Ballarat;
- 2nd Tennis session in Horsham;
- 3rd Tennis session. Fitness testing and filming for Dartfish Biomechanics Analysis in Ballarat;
- Fitness Programs distributed;
- 4th Tennis session and sports psychology in Ballarat;
- Dartfish Analysis CD distributed to athletes. Action plans and their implementation were discussed with athletes and private coaches;
- 5th Tennis Session. Four day camp in December in Ballarat was most successful. This provided the coaches a more specific time frame to reinforce game plans and tactical situations for each athlete. This became a springboard for the Nationals and The Schoolboys and Schoolgirls Events. The highlight was presentation by Gerald Fitzgerald on "Best practices and Involvement versus Commitment";
- 6th tennis session in Horsham;
- 7th tennis session in Ballarat with Kerrie Gordon presenting another nutrition session;
- Tier 1 athlete Mitchell Burman received additional support with ten individual training and coaching sessions with Head Coach, Peter Joyce during his preparation for the Nationals; *and*



- April 2009. The athletes were provided with coach support at the Big 4 Geelong tournament (Australian Ranking points). All athletes competed in this tournament and represented the UB WestVic Academy of Sports with sportsmanship and support for their fellow athletes. It would be beneficial if the coach support at tournaments was expanded.

The most successful sessions for the year were during the December Training Camp. A block of training combined with match play situations and challenges had the most impact on the athletes' development as the coaches were able to continuously reinforce their needs. All athletes and parents suggested the longer camp sessions were more beneficial in their assessment reports and generally stated the camp provided a fun environment. The one day sessions were not as successful as we were trying to deliver too much in four hours. There was insufficient time for a sport science session and tennis to combine as the focus for "Out of Ballarat" athletes was tennis, coaching and training with the other athletes,

Several changes have been made to the 2009/10 program.

- The implementation of the 32 weekly, 2 hour training sessions consisting of tennis tactics and technique with a small component of fitness will allow the coach to continuously develop the periodised plan. The coach having more contact hours will be able monitor fitness programs, technical changes and diary entries more effectively.
- The annual plan will include two; two day camps and one: three day camp. Sports science components will be included in these camps. These components can be delivered exclusive from the tennis training session or in the case of sport psychology can be delivered and then implemented through a practical application on court.

There are many benefits of the new structure with a hands on holistic approach.

- The private coaches of each athlete were often unavailable to attend the one day tennis sessions. However they would be available for some of the time during the camp to discuss the players' technical, tactical and physical training development in conjunction with the Program Head Coach.
- More time can be allocated for athlete/parent/coach discussion

The performance highlights of the year tier 1 athletes

- Mitchell Burman from Maryborough was winner of 6 tournaments, Pizzy Cup Australian Player of the Year and played the national championships.
- Zoe Hives from Kingston winner of three tournaments and played the national championships.
- Lachlan King from Horsham improved his Australian Ranking and won a tournament in Adelaide.
- Ashley Jolliffe from Newlyn won the Victorian School Girls doubles title.

Mr. Peter Joyce
Tennis Program Head Coach and Co-ordinator
UB WestVic Academy of Sport



Track and Field Program Report

The track and field program run by the UB WestVic Academy of Sport in conjunction with the Ballarat Regional Athletics Association has seen some fantastic young athletes progress along the developmental pathway it offers to athletes based in the western regions of Victoria. The program developed for 2008-09 once again allowed athletes to access services that those competing at club level would not be able to access.

The program started in July 2008 and all athletes were scheduled to undertake physiological testing at the University of Ballarat: Mt Helen Campus. Soon after, a number of sport psychology, ACE and nutrition sessions were held which met the specific needs of the athletes within the program. However, developments during 2008-09 from a state and regional perspective meant that the Track and Field Program would cease at the conclusion of the financial year.

The Academy would like to thank both the Ballarat and Wimmera Regional Athletics Associations for their input into the program over its four year tenure with the Academy. With the program being one of the founding programs of the Academy, and with many athletes progressing through its developmental pathway and achieving state and national representation, all involved in the program over the past four years can be proud of their achievements. Special thanks must be given to Mr Rod Griffin and Mr Lindsay Burgoyne as they have devoted an enormous amount of time developing the program.

Major accomplishments of the program and its past members:

- Collis Birmingham competed at the 2008 Beijing Olympic Games
 - Awarded a full VIS scholarship
- Shane Nankervis competed at the 2006 Melbourne Commonwealth Games
 - Awarded a full VIS scholarship
- Dean Bailey competed at the 2006 World Junior Championships

Mr Kris Payne

**Executive Officer: On behalf of the Track and Field Co-ordinator
UB WestVic Academy of Sport**





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