



*WestVic Academy of
Sport Inc.*

*Annual Report
2010 - 2011*

www.westvicsport.org.au

Certificate of Incorporation Number: A0044529G

WestVic Academy of Sport Inc. Mission

The 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.

WestVic Academy of Sport Inc. Board of Directors

- Mr. John Abraham (Chairman)
- Prof. Warren Payne (Deputy Chairman) – Resigned August 2011
- Mr. Dan McGlade (Director: Legal)
- Mr. Ewen Fletcher (Director: Finance)
- Mr. Ian Rossiter
- Mr. Garry Gullock
- Mr Tavis Baker
- Mr Ray Woods – Resigned September 2011
- Mr Leigh Skelton – Appointed April 2011
- Mr Gavin McGrath – Appointed May 2011



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Academy Sponsors

Major Funding Agencies



Local Government Supporters



Naming Rights Sponsor

Sport Program Sponsors



Wimmera
District
Golf
Association



Cason Sports
Badminton Program

McDonald's
Football Program

Golf Program

McCain Foods
Basketball Program

Tennis Program

Services Sponsors



Strength and Conditioning Program & Sport Science
(Screenings & Biomechanics) Program Sponsor

Athlete Diary Sponsor

Uniform Sponsor



Academy Sponsors

ACE Program Sponsors



Ballarat

Wendouree



Ballarat Branch
Broad ACE Program

Nutrition ACE Program

Sport Psychology ACE Program

Sport Program Funding Bodies



Tennis Program
Funding Body Partner

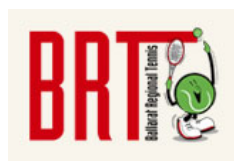


Football Program
Funding Body Partner



Golf Program
Funding Body

Supporting Sponsors - Venue, Administrative Support



Tennis
Venue Provider



Basketball
Venue Provider



Badminton
Venue Provider



Golf
Venue Provider



Football
Venue Provider



Fitness Facility
Provider



Administrative
Venue Provider



Admin. Support
Provider



Admin. Support
Provider

Supporting Bodies



Academy Consultants

The WestVic Academy of Sport wishes to thank the following consultants for their work during 2010 / 2011.

Nutrition

- Ms. Michelle Ryan (Ballarat Community Health)

Sports Psychology

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

Musculo-Skeletal Assessment

- Ms. Deb Pascoe (University of Ballarat)

Physical Preparation

- Ryan Bradshaw (University of Ballarat - Post Graduate Student)
- Zoe Wathen (University of Ballarat - Post Graduate Student)
- Steve Grace (University of Ballarat - Post Graduate Student)
- Scott Talpey (University of Ballarat - Post Graduate Student)
- Dave McLaughlin (University of Ballarat - Post Graduate Student)
- Dallas Jones (University of Ballarat - Post Graduate Student)

Biomechanics

- Simon Feros (University of Ballarat - Post Graduate Student)
- Scott Beaumont (Zenolink/Welch-E Technologies)

Professional Placement Students (University of Ballarat)

- Nick Willox Marketing & Public Relations
- Megan Saunder Marketing & Public Relations
- Jeff Rosolin Physical Preparation (Badminton)
- Kaye Surman Physical Preparation (Basketball)
- Alex Bauer Physical Preparation (Basketball)
- Nathan Rogers Physical Preparation (Soccer)
- Dale Missen Physical Preparation (Tennis)



Chairman's Report

We have had a very successful year. A great deal of that success can be attributed to the hard work and skills of Rob and Kelly. They have both contributed greatly to the planning and execution of the detailed programs that have helped the success of each sports program

We have had some athletes contribute to our fundamental goals. That is that the WVAS develops elite athletes to the level of State and National selection and recognition.

Several of our sports programs have produced results that have done this, and all of our sports and athletes have strived to achieve that excellence. All of our sports programs seem to be in a state of constant improvement and change, because we need to do this to achieve our goals. Progress, improvement, and achievement are what we aim for.

The Board of the WVAS are to be thanked for their efforts and contribution, and for their willingness to be part of our process.

In life one can always be sure that change will happen. We revel in that and look forward to the developments that change will bring to our academy.

Mr. John Abraham: WestVic Academy of Sport Chairman



Executive Officer's Report

2011 has been a busy but productive and enjoyable year at WestVic Academy of Sport. We have made many of the gains we set out to achieve and are now in a stronger position than ever as we look back on the year that was 2011.

In terms of Administration, we have installed "Advisory Committees" in all of our programs. These committees are intended to secure the sustainability of programs through having representation from WestVic, the Local Sport Body and the State Sport Body to ensure that it is organisational relationships that drive the programs and their success – so programs survive beyond current personnel. Further, they will ensure we service our most important partners as best possible through their direct involvement in the building, monitoring and reviewing of their sport's program with us.

For Marketing, we ran a series of five come and try days in five different Local Government Areas. These were built around promoting the sports we have programs running for, through the local clubs as well as promoting our own brand. These were successful in building brand presence and relationships among the local communities, but were not well attended by participants in the target market. We will tinker with the formula as we continue to work on building brand presence across our region.

Also in the marketing and promotion area, we are pleased to have links with local media across all of our Local Government Areas. Being in the local newspaper helps promote our brand through local champions. We have been successful in getting media exposure in every area of our region. We also emphasise regular communication with all of our stakeholders regarding their work with us, and this has helped fortify relationships and promote our work and opportunities. This should take a further step forward in 2012 as we appoint a "Public Relations Officer".

For Sponsorship, it has been pleasing to have some success with our packages as revised during 2010 to have them be smaller in monetary value so to spread risk and open the opportunities to chase more businesses. We are glad to have retained University of Ballarat, Cason Sports and McDonald's, as well as add Sport Development Programs, McCain Foods and UFS Dispensaries to our sponsor family. This is a tough area to succeed in and we are certainly leaving no stone unturned.

It would be remiss of me to not take this chance to thank all of our cash and in-kind sponsors, all of which are terrific supporters and help us achieve what we work towards. We can not thank them enough for the contribution they make.

In terms of Finance, the Financial Report showed a better than expected financial result on the year. We need to continue to be prudent in our work here to secure our financial sustainability. I will take the chance to give special thanks to our Treasurer Ewen Fletcher for his skilled counsel and plentiful assistance to myself in this space.

Our major funding work this year has been around building our lobby effort to State Government for maintaining and discussing the possibility of increasing funding beyond June 30 2012. This has been done in conjunction with the other five Academies across the state which form "Victorian Regional Academies of Sport" (VRAS). The VRAS group meet bi-monthly with the VIS and SRV to work on various projects, with this project being front and centre. So far, WestVic has taken a leading role in developing this lobby effort and we are happy with our current position in terms of developing this lobby effort. Hopefully this translates into a positive outcome.



Further with VRAS, the group has taken giant leaps forward in 2011, with the funding effort being just one area we work on – the other major one being the forum for which state sporting bodies looking to get into the Regional Academy network lobby in order to get involved. So far, WestVic has benefited through new relationships with Gymnastics, Hockey, Cycling, and other bodies that have presented (Victorian Olympic Council, DHB Insurance) being born. This area only promises more in future.

In terms of sports, there have been so many gains in every aspect of our sport programs, the future looks as bright as ever – as evidenced through these highlights:

New Sport Acquisition

- It is by far our most important gain that we are in discussions with four sports regarding starting up programs within the Academy. Although not the most obvious gains compared to other areas of sport, these are some of the most critical as we are behind other Academies in the number of programs and thus need to meet a Government KPI to increase our program number. It is pleasing to say that at the time of the AGM, we have had every positive meetings with Cycling and Rowing and are looking forward to meeting with the State and Local bodies together shortly after the AGM to take the next step toward getting a program for these sports. Further, we are about to start exploratory talks with Swimming and Athletics along the same path. Although nothing is secured in this area at this point, we are confident the work done to plan our attack in this area and execution of our plan thus far will yield results.
- It is pleasing that the above 'Sport Acquisition' work is being done from a platform of stability in other sports, given four of the five were renewed for three years at the end of 2010 and Tennis is due for renewal at end of 2011.

Individual Memberships Launches

- It is exciting to launch this program which now makes us accessible to every athlete in the region, no matter what sport. We can now truly say that we service the entire community with more solidarity than ever.
- This membership scheme will see athletes able to access our off-surface surfaces with existing delivery models in strength and conditioning, ACE and sport science. This means we offer our services in a way that makes it easier for more people to become more active with WestVic and do so more often.

Off-Surface Benefit Delivery

- In the off-surface delivery area, we have also made gains that have been well received and give a platform to further enhance in 2012. Specifically:
 - The introduction of 'ACE Days' has reduced the number of days away from training athletes are required to be with us. This will be further refined to make ACE more beneficial for athletes in 2012.
 - The expansion of the strength and conditioning staff has led to prompter program provision. In 2012, we are expanding our staff to have a pathway of three years for students working for us in this area with the aim of making the program more sustainable year on year. We are also looking to have more program updates done over a year.
 - The athlete diary was simplified, but still needs more work to tailor it to each sport and its athletes. We are now developing an in-house diary more about educating than performance management.
 - Overall, we still have some work to do, but our direction is on the right track and have the support of our sport stakeholders.



Current Sport Program Improvement

- For our current Sports, we continue to go from strength to strength with better relationships between the triangle of parties involved in a program (WestVic, State Body, Local Body) being the major reason here. Overall, we are delivering better curriculum and are a more streamlined part of the talented player pathway for our sports than ever before.
- We must also pay tribute to all of our coaches in all of our sports, who continue to dedicate themselves to making our programs' most tangible product, on-surface training, the best it can be to develop athletes.
- Overall, I can not speak highly enough of all program staff in all sports.

Additionally in strength and conditioning and ACE, we are making exciting gains to further improve our value proposition to athletes and partner sports. These include the work currently being done to: have partnerships with gyms in each major town, have program inductions/activities in towns across the region other than Ballarat, and building partnerships with community organisations to build our networks. We have only just begun to scratch this surface in my view, and we can only get better here.

Finally, my thanks and acknowledgement to the following people and parties:

- The WestVic Academy of Sport Board, for all of their skilled counsel for, and support of, our new initiatives and ideas.
- Our Manager of Sport Programs, Kelly Dunn, for her dedication to our cause. It has been a highlight of mine to watch Kelly develop in her role over time.
- All of our Sport Coordinators and Coaches, who turn the dream of high quality programs into a reality for our athletes. They have done this through delivery of training but also through contribution to developing and implementing the new benefit delivery systems. Their support has been unwavering in terms of changes made to benefit delivery from contribution and support perspectives.
- Our sponsors, for their support and contributions.
- Our Local Governments, for their networking support in putting us in touch with local people and parties in their part of the world that can help us achieve our goals and we can return that favour to the local community.
- The local media across our region for their promotion of us and what we have to offer through their local champions.
- The other local community bodies that we have built partnerships with (Primary Care, Sports Assemblies, Schools, etc.) that help us broaden our network, build capacity, and better impact our community for the good.
- Grant Cosgriff at SRV, for his guidance on almost every area of our business where I have sought his counsel. Grant has shown me a lot on many levels.
- Anne Marie Harrison and Paul Kiteley for the advice and support in a very similar vein to Grant Cosgriff. I am confident they are happy with our position.
- The VRAS group, in particular Cameron Loftus of Barwon Sports Academy (VRAS Chairman), for taking the next step in our evolution at VRAS level. We are a great team and have helped each other in many areas.
- Our athletes, for their hard work, professionalism, and achievements.

In closing, our 2012 work plans are nearing completion in all areas, as we build on a direction set in 2010 and 2011 to make our Academy the very best it can be. We are in a strong position because of our people, our structures, and our key values of Being good for sport, Improvement, Building Capacity and Flexibility - from the strategic plan downward. We are excited to look to 2012 and what it holds.

Mr. Rob Ward: WestVic Academy of Sport Executive Officer



Manager of Sports Program's Report

Having been in my position of Manager of Sports Programs for 16 months now, it is pleasing to see that I have continued and strengthened the working relationships I have all stakeholders. From the Head coaches, to parents, to suppliers and providers, there are strong relationships built throughout my position. Granted, these people are all in their respective positions because they love what they do, which of course makes the running of any business or organisation smooth.

To have a strong involvement in the implementation of the Basketball, Football and Golf programs, as well as assisting in the development of the Individual Memberships, has been very pleasing for me. To see our hard work paying off, and to receive the positive feedback from athletes, parents and State Sporting Bodies that has come into the office, certainly brings a smile to my face.

The working relationship with all of the Professional Practice students has been nothing but pleasant. Students have delivered their work on time and of a high quality, and on instances where there has been some modification needed, the student has cooperated.

There is no student this year whom I have worked with that I would hesitate to provide a reference for, nor would I hesitate in working with them again in the future.

Below is a summary of all 2011 programs, or in the case of Badminton and Tennis the 2010-11 programs.

Cason Sports Badminton Program:

The Badminton squad is exceptionally well run by Rhonda Cator in her role as Sport Coordinator, and any questions I may have regarding the program, are always answered promptly by her. There is no doubt that Badminton would be one of the best runs programs in the Academy. Given the high amount of athletes in the program, there always seems to be an organised chaos. The highlight reel of results delivered by the athletes as shown below, speaks for itself and for the program:

- Tara Pilven - Youth Commonwealth Games in Isle of Man, Under-19 National Title in Sydney, Oceania Junior Championships in Fiji
- 6 athletes competed in the Australian Junior International in Ballarat
- 7 athletes competed in the Australian Under-19 Badminton Championships
- 3 athletes competed in the June Bevan Carnival and the Under-17 Australasian Badminton Championships in New Zealand
- 12 athletes competed in the Victorian State Junior Pennant at the Melbourne Sports and Aquatic Centre (MSAC)
- 6 athletes competed in the Victorian State Under-15 Titles at MSAC

McCains Basketball Program:

With the move to an Under-12's program this year, the number of athletes increased to 24, with 11 boys and 13 girls. This was an increase from 5 athletes last year. The program was made up of a Boys squad and a Girls squad, with each squad training on an alternate Wednesday night at the Ballarat Basketball Stadium.

8 athletes competed in the Under 12 Basketball Jambouree in Echuca. Both the Boys and girls squads competed at the Queens Birthday tournament in Ballarat. The Boys squad made the Semi-Finals, with several good wins throughout the tournament.



Manager of Sports Program's Report

McDonald's Football Program:

10 of 12 athletes from the 2011 McDonalds Football squad gained State selections, which is a great result. A lot of this can be credited to the fantastic work of the coaches, Vaughan Coveney and Brian Shelley. Both of whom are excellent coaches, and a pleasure to work with.

Working with all members of the Football program has been without hassle. If any questions were asked of me to them, it was responded promptly and with clarity. Taylor Brierley in his role as the Day to Day Sport Coordinator has been absolutely fantastic, with his communication to both me and to the athletes/parents, exceptional. It was a pleasure to work with him, and something I am certainly looking forward to doing again in 2012.

Golf Program:

Corey Haase and Taine Pearse were selected in the Victorian Under 16 State Boys Squad, which is a great achievement as both boys are only 13 years old.

Several athletes decreased their handicaps whilst in the program, and all athletes gained knowledge from their time with us. A highlight of the program was the trip to Moonah Links Golf Course for the Victorian Regional Academies of Sport (VRAS) camp. To gain access to such high quality coaches from the Victorian Institute of Sport was incredibly beneficial for all involved.

Tennis Program:

The Tennis program was just commencing when I started in this position, therefore I have been with the program from the very start. This is a transition program into a calendar year program; therefore it has been going for 18 months. I have developed a good working relationship with the coaches in the program, and am able to recognise the athletes whilst visiting training.

There have been several wins in top level tournaments by our athletes, with certainly the highlight coming from Zoe Hives who has continued her rise up the Tennis Australia Ranking ladder into the top 150 women. Zoe's year was capped with a win in the 14 and Under National Championships in September 2011.

Athlete Career and Education (ACE):

This year ACE was moved to the school holidays in order to be more efficient in its delivery to the athletes and parents. This was well received by parents and athletes, and definitely well attended. Topics covered are shown below:

Topic	Presenter
Physical Preparation and Core Strength	Simon Feros
Time Management	Sue Anderson from good2gr8
Public speaking and different forums	Karen Smythe from Speak up for Sport
Gym clinic education session- all athletes under 14	Ryan Bradshaw, Simon Feros and Scott Talpey
Preparing yourself for the workforce- athletes over 14	People @ Work
Recreational Drugs and Alcohol / Athletes and the law	Leading Senior Constable Michael Hall
Taking ownership of your own control	Ryan Waight, Jake Bridges and Steve Moneghetti from GLO with Steve Clifton

Ms. Kelly Dunn: WestVic Academy of Sport Manager of Sports Programs



Badminton Program Report



This year both the Academy and Badminton Program go from strength to strength.

Our Under 15 Team once again represented the Academy with pride at the Val Nesbitt Regional Trophy at the Australian Under 15 National Championships held in Shepparton, finishing 3rd. These events give our younger athletes great experience both on and off the court. Mitchell Gervasoni, Alice Lorincz and Rachael Rais-Colvin were selected for Victoria to compete in the Interstate Trophy at the same event.

Brooke Castleman and Elijah Dale were selected to represent Victoria at the Under 13 Interstate Series held at Altona in January. Mitchell Gervasoni, Matt Nevett and Natasha David represented Victoria at the Under 17 June Bevan Australasian Championships in Wellington, while Tara Pilven represented Victoria at the CP Maddern Australian Championships in Sydney. The same event saw a group of Academy athletes travel to Sydney to compete in the Individual Championships.

At an open level, Nathan David and WestVic Academy graduate Joel Findlay represented Victoria at the Clendennin Shield and Australian Closed Championships in Adelaide. Nathan was runner-up in the Men's Doubles event.

Tara Pilven continued to be the stand out athlete, winning the Oceania Junior Girls Singles Title, and representing Australia at the Pan Pacs and Australian Junior International, and being selected to compete at the Youth Commonwealth Games.

The Academy as a whole has seen some very positive changes in the last year, none more so than the introduction of 'Super ACE Days'. The ACE program is a valuable aspect of any athlete's long term development, and the Academy can now offer a wide variety of topics in a condensed format. Our strength and conditioning support from the University of Ballarat has also evolved to ensure that our athletes are physically ready for on court training and competition.

With the standard of players increasing every year, our on court sessions produce a greater standard. The athletes continue to train on court 2 – 3 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.

Our naming rights sponsor, Cason Sports Pty Ltd has been with us for 7 years, and continues to provide not only financial support, but quality equipment. Finally a big thank you to Kelly Dunn for all her work behind the scenes and a huge thank you to Rob Ward for his enthusiasm and vision for the WestVic Academy. The future of the Academy is in great hands.

Ms. Rhonda Cator: Cason Sports Badminton Program Coordinator/Head Coach



Basketball Program Report



The program was revamped for 2011 in an attempt by the Ballarat Basketball Association to change direction and delivery of its feeder program into elite U14 Victorian State Championship basketball. Aspiring elite layers in Ballarat at the 10-12 age level are at a distinct disadvantage to metropolitan rivals because Ballarat does not compete in the elite U12 Victorian State Championship.

Normally the Ballarat U12 program concludes with the Victorian Country Championship in March each year. What was proposed was to give these players opportunity for ongoing basketball, sports science, and physical education from April to September.

The following players were selected to the program:

- | <u>Boys</u> | <u>Girls</u> |
|----------------------|--------------------|
| • Will Green | • Remy Hooper |
| • Fletcher Loader | • Remy Lawless |
| • Matthew Aikman | • Alex Downey |
| • Amos Brooks | • Zara Nevett |
| • Josh Gay | • Indiannah Burke |
| • Jordy Clark | • Paris Hamlyn |
| • Ed Tassell | • Ellen Maddern |
| • Kyle Mazzarella | • Hannah LaFranchi |
| • Braeden Isley | • Hannah McGuire |
| • Duami Hayes | • Madison Selmon |
| • Riley Polkinghorne | • Georgia Amoore |
| | • Jayde Mcsparron |
| | • Lucy McKay |

Subsequently, in late 2011, five of the boys and five of the girls were selected into the Ballarat U14 championship program for 2012.

The boys program was ably coached by Miners player Daniel Joyce; the girls program was ably coached by Rush head coach Donna Rinaldi, and the basketball curriculum was set by BBA Elite Programs Manager, Guy Molloy. Athlete physical education was well led by Kate Surman. A number of ACE lectures were delivered to the players in areas of nutrition, sports psychology, and similar.

At the time of writing, the BBA has questioned the future of the program, although not the quality of its delivery as planned in 2011 (which was thought to be beneficial). There is significant opinion that, despite predictions to the contrary, the players were simply too young to benefit from the non-core basketball delivery.

Mr. Guy Molloy: Elite Programs Manager - Ballarat Basketball Association



Golf Program Report



In 2011 there were 10 athletes, and it was pleasing this year to have athletes from both the Ballarat and Wimmera regions. 3 athletes from the Ballarat area were involved, and 7 from the Wimmera area were involved. All athletes who applied in late 2010 were accepted into this current program. Three athletes in this program returned from the 2010 program, with 7 new athletes being accepted.

In terms of major achievements from the athletes, Taine Pearse and Corey Haase both gained selection in the Victorian Under 16 squad, which is a great achievement considering that athletes are both 13 years of age. Also, Casey Schmidt played his first round of sub 80 and won the Horsham Junior Champion, making him the first emergency for the Junior Masters in 2012. Finally, Blake McIntosh won the Scratch division at the Western Victoria Junior Classic at the Horsham Golf Club, which is not his home course.

These achievements are not a surprise when you consider 50% of our athletes have reduced their handicaps, with the most significant decrease coming from Casey Schmidt. Casey is in his first year in the Academy, and has improved his handicap from 20 to 5 in 6 months. All other athletes have maintained their handicaps from the start of the program – some of which had drastically reduced in previous years of Academy membership.

The handicap reduction can be linked to the quality of on-course activities the athletes access as part of their membership. Athletes had 20 lessons with their professional as nominated at the beginning of the program. The athletes have then participated in two of three planned camps at time of writing – the major one being the VRAS Golf Camp at Moonah Links in July, where athletes worked with VIS and State Squad coaches over an entire weekend.

On top of on-course activities, throughout the year there were 8 ACE sessions available to the Golf athletes, with every session having very close to 100% athlete accountability. The biomechanical analysis was a success this year, with the returning athletes (3 in total) having the use of the Zenolink software analysis, whilst the remaining 7 athletes were filmed by Simon Feros using Dartfish software. The feedback from the athletes was positive, especially from those athletes who had access to the Zenolink software. Overall attendance at ACE this year was a success, with Golf by far being the best sport attendance wise.

Our thanks to the Golf Advisory Committee of: Ben Sweeney (GV), Ivan Cato & Chris Lysaght (BDGA) and Allan Mayer (WDGA). Also, thanks to Richard Alsop, Ben Roberts and Andrew Cartledge for their work in the coaching area.

**Ms. Kelly Dunn: WestVic Academy of Sport Manager of Sport Programs
On Behalf of the Golf Program Advisory Committee**



Soccer Program Report



In 2011, a total of 12 athletes participated in the program, ranging from 13 years of age to 15 years of age. The program incorporated two sessions per week on-field.

The on-field coaching was lead by Vaughan Coveny. Vaughan is a highly celebrated former member of the New Zealand International football team and has a significant history of playing high level football here in Australia. Assisting Vaughan was Brian Shelley, an Irish recruit who currently plays for the Ballarat Red Devils. He has also had a lengthy illustrious career in Ireland, winning 3 League of Ireland titles before moving to Australia to play in Ballarat. The on-field coaching involved mainly development of each individual athlete's skills and tactics, covering all aspects of the game of football including defence, midfield and attacking skills and tactics as well as fundamental skills.

The on-field Strength & Conditioning training sessions were conducted by Nathan Rogers, a third-year Bachelor of Exercise Rehabilitation student at the University of Ballarat. The off-field Strength & Conditioning programs were delivered by David McLaughlin, he is currently completing a Graduate Diploma of Exercise Rehabilitation studying at the University of Ballarat. The on and off field Strength & Conditioning sessions and programs are vital to the development of each athlete. Through the use of Musculo-skeletal screenings (MS screens), we were able to easily discover if any of the athletes had physiological issues with their muscles and bones. Once the data collected from these screens was collated, David was able to tailor an individual Strength & Conditioning program for each athlete, which was then implemented by both the athlete at home and by Nathan during weekly sessions.

In addition to the ACE program delivered Academy-wide, the Football program had Sport Psychology and Nutrition sessions in July. The Sport Psychology lecture presented by Dr. Chris Mesagno who is a lecturer at the University of Ballarat and the second was a Nutrition information session given by Michelle Ryan from the Ballarat Community Health & Nutrition Centre.

Of the 12 athletes that participated in the WestVic Academy's football program, 10 of these athletes were selected in their respective state squads. This is a success rate of 83.33%. Specifically, the selections earned were as follows:

- Miles Baker, Jake Francis, Joshua Lynch and Jason Spirovski were all selected to represent Victoria Country in the Under-13 Boys squad.
- Matthew Gibbs, Samuel Hayden, Stefan Nigro, Joel Wilkinson and Samuel Wines selected to represent Victoria Country in the Under-14 Boys squad.
- Special congratulations must be given to Hannah Kozaris who was the only girl in this year's football program, Hannah was selected to represent Victoria Country in the Under-13 Girls squad.

Mr. Taylor Brierley: McDonald's Football Program Team Manager



Tennis Program Report



This year's tennis program went for 18 months as we transitioned from financial to calendar year in terms of operations. During the first six months of the program we had a record we did not want – eight weeks in a row washed out due to rain. To make up these sessions, we have run sessions on allocated make-up weeks, run Sunday sessions and done whatever we could to get the sessions made up.

Additionally to the weekly training sessions at Ballarat Regional Tennis Centre, we had numerous camp days on weekends, as well as off-surface benefits in biomechanics, sport psychology, nutrition and strength and conditioning. Overall, all benefits have been beneficial to our athletes and their on-court performances.

It was pleasing to see all players represent the Central Highlands or Wimmera Regions in regional tournaments and perform well. It was also pleasing to have Zoe Hives, with her 14 and Under Singles National Championship, lead the way of so many terrific athlete achievements on the Optus Junior Tour and Australian Money Tournament circuits during the program.

All athletes have shown dramatic improvement in the Australian Rankings, thanks to a combination of the weekly training environment we provide and the fact all athletes played in at least three to six more tournaments this year than in previous years.

The program would not be as successful without the help of the following people:

- Assistant Coach Blair Hart and hitting partner Maddy Barnett.
- Ryan Bradshaw for his work in the fitness and testing areas.
- Dale Missen for his delivery of the weekly training's strength and conditioning.
- Kelly Dunn at WestVic Academy of Sport for her hard work.

The 2012 program will see more emphasis on tournament support from WestVic Academy coaches. This is critical to all athletes, especially as we look to bring in new young athletes for the first time as some of our program stalwarts move on.

Mr. Peter Joyce: Tennis Program Head Coach and Co-ordinator





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Academy
of Sport*

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