



*WestVic Academy of
Sport Inc.*

*Annual Report
2011 - 2012*

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)
- Mr. Dan McGlade (Director: Legal)
- Mr. Ian Rossiter
- Mr. Garry Gullock
- Mr Tavis Baker
- Mr Gavin McGrath
- Mr Leigh Skelton – Resigned February 2012



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Sponsors & Supporters of the Academy

The WestVic Academy of Sport thanks all of these organisations for their valued contribution to our work.

Major Funding Agencies



Local Government Supporters



<http://visithorsham.com.au/>



Naming Rights Sponsor

Corporate Support Sponsors



Sport Program Sponsors



Cason Sports Badminton Program



McDonalds Football Program

Wimmera District Golf Association

Golf Program



McCain Foods Tennis Program



McCain Foods Cycling Program

Athletics Program

Services Sponsors



Strength and Conditioning Program Sponsor



Academy Sponsors

ACE Program Sponsors



Sport Program Funding Bodies



Badminton Program
Funding Body Partner

Football Program
Funding Body Partner

Golf Program
Funding Body Partner



Tennis Program
Funding Body Partner

Cycling Program
Funding Body Partner

Athletics Program
Funding Body Partner

Supporting Sponsors - Venue, Administrative Support



Badminton
Venue Provider



Football
Venue Provider



Golf
Venue Provider



Tennis
Venue Provider



Cycling
Venue Provider

Athletics
Venue Provider



Administrative Venue Provider



Admin. Support Provider



Admin. Support Provider



Academy Consultants

The WestVic Academy of Sport wishes to thank the following consultants for their work during 2011 / 2012.

Nutrition

- Ms. Michelle Ryan (Ballarat Community Health)
- Ms. Kerri Gordan (Ballarat Community Health)

Sports Psychology

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

Biomechanics

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

Musculo-Skeletal Assessment

- Ms. Deb Pascoe (University of Ballarat)
- Mr. Ryan Bradshaw (University of Ballarat)
- Mr. Simon Feros (University of Ballarat)
 - Deb, Simon and Ryan acted as supervisors for post-graduate students in exercise rehabilitation to complete the screenings and exercise prescription. They also completed screenings themselves.

Physical Preparation (Professional Practice Students)

- Ryan Bradshaw - Manager (University of Ballarat - Post Graduate Student)
- Kate Surman Badminton
- Zoe Cetinich Badminton
- Kate Hellenen Badminton
- Chris Radford Badminton
- Scott Talpey Golf (University of Ballarat – Post-Graduate)
- Mitch Bruns Football
- Carly Schintler Football
- Alex Bauer Tennis
- Ian Miller Tennis
- Ryan Dunoon Cycling
- Nathan Rogers Individual Memberships (Post-Graduate)



Chairman's Report

Success for a Regional Academy of Sport can be measured in different ways. In the first instance the success of our athletes is an indication of the health of the Academy.

We are very healthy because so many of our athletes have been successful in attaining their own goals, and those of their coaches, and those of the Academy. They are all related, and reliant on each other.

Our objective is for our athletes to achieve a level of excellence as set out by our sport coordinators and coaches. Most athletes achieve this through having the right attitude. Some do not, and that needs to be addressed.

We have also had a successful year in that we have expanded the sports that are part of the WVAS, and that we have been sought out by even more sports as prospective participants in the Academy.

Our Executive Officer, Rob Ward, has been very active, hard working and very successful in putting forward what we do and how we do it. Congratulations are due to him for excellent PR, and a great working relationship with all of the sports we have contact with. Kelly Dunn, our Manager of Sport Programs, has been a great achiever in the practical execution of programs for all of our sports.

My thanks go out to our small but very effective Board whose wise counsel has been invaluable, and I do value their hard work and expertise.

I have spoken before about change. It is an inevitability that we welcome as a challenge to be taken advantage of, and used as an asset for the Academy.

Mr. John Abraham: WestVic Academy of Sport Chairman



Executive Officer's Report

2012 has brought us yet another busy but productive and enjoyable year at WestVic Academy of Sport. We have continued to build on 2011's platform and have moved forward significantly in a number of very important areas. Let's look back on the year:

Off the Sporting Surface

- In terms of Administration, our "Advisory Groups" have performed the exact function they were created to perform – be an organised forum for advice and communication so to improve our sport programs through stakeholder buy-in, engagement, advice. It is no fluke that the best performing programs in terms of stakeholder satisfaction as those with the most functional "Advisory Groups". My thanks to the representatives of both state and local sporting bodies on their sport program's "Advisory Group".
- Further, we reviewed our Job Design/Work Spread at management level to cope with the increase in partnerships we have – we are more efficient now. This has been an important project and I will thank here our Board Member Tavis Baker and a professional mentor of mine, Peter Osman for their help.
- For Marketing, we condensed our brand-building efforts into pre-established events, so we could be seen to lend a hand to worthy causes and build our brand. Specifically, we participated in the Wimmera Regional Sport Assembly's "Sport Expo", the "Wimmera Career Fair", and the Ararat "Children's Day". We also utilised our networks within Local Government and Regional Sports Assemblies to promote our products and programs in the Individual Membership space – because we don't have state or local bodies to help us source athletes like we do for the "Full Sport Programs" (although we should thank the state sporting bodies who helped promote our Individual Memberships program – Cricket, Hockey, Gymnastics).
- Our other work in promotion is through public and media relations – getting our name on the radio and in the newspaper. We appointed Kelly Thompson from the School of Health Sciences Professional Practice program as an experiment around outsourcing this work. Kelly did a very good job and has been a valuable team member for us.
- For Sponsorship, it is a struggle in difficult economic times when your business doesn't field a team each week which gets media exposure – we have little to sell a sponsor around "money can't buy experiences" or publicity/promotion. Having said that, we have a small stable of sponsors to who we are most grateful for their support and for seeing the value we can offer young athletes – Cason Sports, McDonald's of Ballarat, Sport Development Programs and UFS Dispensaries, we thank you so very much.
- Although not rich in cash sponsors, we are well looked after by in-kind supporters around facility use, etc., particularly in sport programs and administration resources. These sponsorships are as good as cash sponsors because they reduce costs!
 - So Thanks to: Ballarat Badminton Association, Horsham Golf Club, Football Federation South West Victoria, and University of Ballarat.
- In terms of Finance, it is sad to report a loss on the profit and loss sheet. However, we have taken positive measures in budget structuring to ensure the number of athletes we have in a program has minimal impact on our bottom line, through having those fees pay for individually provided services as much as possible. This should provide some protection on the profit line, but not completely – we need to continue to think of new ways to generate revenue and reduce spending without impacting service quality. This is not easy, but I am confident we can meet the challenge.



- Our major funding work this year has been to continue to build a lobby effort as a collection of Regional Academies (Victorian Regional Academies of Sport – VRAS) to be ready for a time in the future that we can lobby State Government. Our work here has been detailed, and I need to thank the VIS and SRV for their assistance here.
- Further with VRAS, the group has taken giant leaps forward again in 2012. Specifically, the group has now become a powerful forum for partnership building with state sporting bodies around new programs and renovating current ones to make them more consistent across the network of VRAS. The forum has certainly helped us in building new partnerships and improving current programs. I have been the Secretary of the group, and am proud of what has been achieved at VRAS – for me the group has been a key feature in the evolution of our Academy from a local sport body driven collection of programs to a collection of state sport body driven programs – which should mean more relevant programs in terms of athlete pathways and more value.

On the Sporting Surface

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 was said in this space this time last year that we had built a process with which to acquire new sport programs and partners, and do so through a sustainable, considered and thorough approach. I am excited to now highlight what has been a successful delivery here, well beyond our expectations:
 - Bringing on of Cycling, Track and Field as new sports for 2012.
 - Bringing on Bowls as a new sport for 2013 (getting us to our target 7).
 - Partnering with Local Table Tennis and State Hockey, Swimming and Netball Bodies to bring athletes into the Academy through the “Individual Memberships” program – as groups where best to do so. The final details around all four partnerships are falling into place at the time of writing this annual review, and we are excited by this.
 - Expansion of thinking around “what is a sport program?” and “what ways can we partner with sports to service athletes?”
 - This has been one of the most important discussions of the Academy’s recent history, because it has allowed us to both be more flexible yet not “sell our soul” and change everything we have in place as well as bring on more sports than we imagined – which increased out state and local level value.

Current Sport Program Evolution

- 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 – “Advisory Group”) 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.
 - The fact the 2013 programs have only been tweaked and had more services added compared to 2012 shows we have a great platform.
- Further, we’ve made adjustments again to our ACE and Strength & Conditioning delivery – all around making sure we “complement” the daily and yearly training environment for athletes > both in activities and in time needed.
- For next year, we are introducing: competition opportunities as part of programs, better streamlining selection criteria, introducing measures to better manage athlete quality and program quality on a daily/monthly basis.
 - To this end, it is sad that some athletes have not shown the commitment to get the most from us – a key point to address in 2013.



Thanks and Acknowledgements

It is always fun to write this reflection on the past 12 months when we have achieved some really positive things. But we sure couldn't achieve them alone. So, thanks to:

- 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. Kelly's workload has expanded along with the expansion of sport partnerships and services we offer within each program. It has been terrific to see her achieve the quality and reliability of service she has. I think highly of Kelly both personally and professionally and am glad she's on our team.
- All of our Sport Coordinators and Coaches, who turn the dream of high quality programs into a reality for our athletes. Their openness to change for the sake of improvement continues to inspire me and fill me with confidence that we are heading in the right direction. They are high quality people and to note they contribute to and endorse our theme of constant evolution and improvement is a real credit to them and a telling factor in our growth.
- Our Strength and Conditioning Team, who are all students within the University of Ballarat's Human Movement/Sport Science system. I must pay particular tribute to Ryan Bradshaw, who has taken on the role of managing the delivery of this important value-driving service. Ryan's professionalism and rock-solid philosophical approach has made this service better still. I am glad Ryan has committed again for 2013 and will improve the service again.
 - I will also note the terrific team of students this year that worked within the sport programs with delivery of the strength and conditioning service – their professionalism and quality of work was outstanding.
- Our Sponsors (both Cash and In-Kind, which are equally important to us), for their support and contributions - we wouldn't be here if they didn't help us be.
- 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.
- Grant Cosgriff at SRV and Michelle Anderson at DPCD (Ballarat Office), for their guidance on the broadest range of topics possible. They both have helped me individually become able to think about issues in a range of different ways, which has translated into new thinking about how we do business. This has helped us widen our horizons and be better for it.
- Anne Marie Harrison and Paul Kiteley for the advice and support in a very similar vein to Grant and Michelle. I admire both Anne Marie and Paul's availability and willingness to help us – their advice has helped shape our improvements and will continue to do so.
- The VRAS group, in particular Cameron Loftus of Barwon Sports Academy (VRAS Chairman). As was said in the body of this reflection, the VRAS group has evolved so much for the better and has made the Academies more valuable to both State and Local levels of sport in the process. To his credit, Cameron has been a terrific leader of the group and this evolution.

In closing, our 2012 has seen us make key gains both in a big picture and little picture sense. We plan to consolidate our gains from this year in 2013 and bring in some further initiatives to again bring us forward as we end this strategic plan time. If we are able to achieve our aims in 2013, we will have the best platform to build our next strategic plan from. I have every confidence in our ability to achieve our aims.

Mr. Rob Ward: WestVic Academy of Sport Executive Officer





Manager of Sports Program's Report

With 2012 almost over, it is extremely pleasing to look back on the year and all of the accomplishments and achievements, both in and out of the office.

This time last year the Academy had 5 sports, and we have now grown to 7 sport programs, as well as the Individual Memberships packages. With this growth in sport programs, this has also seen a growth in athlete numbers, which is pleasing to see many more junior athletes find their way on the path to State and National representation.

Two athletes in our newest of sports have gained Australian representation, with Cyclist Josh Dew competing at the International Triathlon Union World Triathlon Series in Auckland, New Zealand and Hammer Thrower Emma Werner competing in the Oceania Games in Cairns, Queensland. Emma also competed at the University Games in Adelaide, South Australia, gaining a bronze medal for University of Ballarat.

Keeping with Emma, she was part of the "Individual Membership" program. The package was introduced this year, with three talented athletes joining us. Bradley Alexander, a cricketer from Nhill in the Wimmera; Michael Rodger, a swimmer from Ballarat; and Emma, based in Ballarat for her University studies.

All three athletes were provided with a musculo-skeletal screen and subsequent individualised Strength and Conditioning program; Nutrition and Sports Psychology session, as well as a Sport specific biomechanical analysis. All were included in the ACE days throughout the year, taking advantage of hearing from some expert presenters from a range of fields.

Bradley was a member of the West Wimmera Cricket Association premiership side Kiata, contributing 2 wickets and 4 runs to his team's success. He also won the league's Batting aggregate award; the Under 21 batting aggregate award; the Most Valuable Player award and the "Wes Warrick" Memorial Cricketer of the year award. At the age of 17 Bradley is competing in the senior side in his local competition, and showing the benefits of his year in the Academy.

Michael competed in the boys 13 age group at the Victorian age Short Course Championships taking out the following medals: bronze- 200m butterfly; 5th place in 200m individual medley; 6th place in 100m and 200m breaststroke; 7th place in 100m individual medley and 200m freestyle and 8th place in the 200m backstroke. At the age of 13, Michael is an up and coming swimmer of the region, and with the improvement in his times in the past month, we will certainly be seeing more results like these from him in the near future.

Emma represented Australia at the Oceania Games in Cairns this year, throwing a personal best distance. Prior to and after the Oceania Games, she was competing in Tasmania in the Winter Throwers Meet Series, where she was able to gain access to high quality strength and conditioning coaches, Sports Psychologists and sport specific coaches. She also competed at the Australian University Games in Adelaide, South Australia, where she won a bronze medal representing the University of Ballarat.



Manager of Sports Program's Report

Looking at some of our past Academy graduates, Zoe Hives (Tennis) and Tara Pilven (Badminton) have also represented their country at the Junior Fed Cup in Barcelona, Spain and Oceania Badminton Championships in her home town of Ballarat respectively. This was Tara's first Senior Australian representation, and also Zoe's first National representation. Zoe was also named the Junior Athlete of the Year- Female at the Tennis Victoria Champions dinner for 2012. It is pleasing to see graduates of the Academy continue on in their sporting excellence, and we hope there are many more representatives to come from the current group of athletes.

Moving on to Services, the Athlete Career and Education (ACE) sessions this year moved out of Ballarat and for the first time in my tenure, a session was held in Horsham. Athletes from the Wimmera were able to travel only a short distance for this session, with Ballarat athletes making use of the bus provided by the Academy. Through all three ACE sessions, various areas were covered from "Social Media awareness" and "Overcoming your fears" to "the Benefits of massage in sport", all athletes that attended no doubt took something from each session, and are hopefully able to apply this to their everyday lives. I look forward to 2013 for more exciting and relevant topics to be held over these ACE days.

Our Strength and Conditioning team of 2012 have been of an excellent standard, and have definitely raised the bar in terms of attitude, dedication and professionalism. I have nothing but praise for all members of our terrific team, and wish them all the best for what will no doubt be a bright and successful future.

The endorsement of our strength and conditioning team's professionalism can also be said of the Rehabilitation students that undertook the musculoskeletal screenings in April and May of this year. Their professionalism and knowledge shone through in all of their work, with screening results making it to the Academy office in record time. Plaudits must go to their supervisor Deb Pascoe for her excellent team.

There are always many people to thank for their efforts, and I wish to single out and thank Simon Feros for his many different roles within the Academy. Simon has undertaken biomechanical analysis filming and feedback; musculoskeletal screenings in both a supervisory role as well completing screenings; has spoken to our athletes on a number of different occasions ranging from Plyometrics to correct pool recovery activities, and has been a great asset to this office. I trust that we will be able to continue this working relationship into 2013 and beyond.

And finally I must thank Rob Ward for his continued support throughout the year. It is assuring to know that each and every day I can come to work in an environment that is supportive and encouraging. Also being able to work alongside someone that I consider to be a friend ensures that the working relationship and environment is at all times pleasant and welcoming. I look forward to continuing this working relationship into 2013.

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



Badminton Program Report



Program Administration/Coaching Staff

Ms. Rhonda Cator – Program Coordinator & Head Coach
Mr. Andrew Perks – Coach
Mr. Stuart Brehaut – Coach

Advisory Group

Mr. Rob Ward & Ms. Kelly Dunn (WestVic Academy of Sport)
Ms. Rhonda Cator & Mr. Orry Pilven (Ballarat Badminton Association)
Mr. Peter Roberts & Mr. Paul Kern (Badminton Victoria)

Program Report

2012 has seen the badminton program continue to be an integral part of the pathway towards elite representation.

- At Under 17 level, Rachael Rais-Colvin, Alice Lorincz, Tylah Bruhn and Mitch Gervasoni were all selected for Victoria to compete at the Australasian Under 17 Championships held in Hobart during April. Rachael and Alice combined extremely well in the Girls doubles event reaching the semi final.
- At Under 19 Level we had our most successful representation in many years, with 6 athletes being selected for Victoria. Brandon Olver, Lucas Rais-Colvin, Matt Nevett, Beth Smith, Rachael Rais-Colvin and Alice Lorincz travelled to Darwin in July for the Australian Under 19 Championships, with the Victoria 2 team winning bronze and Beth Smith awarded a national singles ranking of 9. I (Rhonda Cator) also travelled to Darwin for coaching support during the individual championships.
- At Under 15 Level, Brooke Castleman and Elijah Dale were selected for Victoria for the second consecutive year, with Brooke performing well in the consolation singles and doubles event, and teamed with Elijah to reach the quarter finals of the mixed doubles. The event was this year held in Caloundra, Queensland.
- At an open level, graduates Nathan David, Joel Findlay and Tara Pilven represented Victoria at the Australian Closed Championships in Sydney, helping Victoria retain the Clendennin Shield.

Overall every member of the badminton program has represented us at a regional level, at the Victorian Regional Championships. It is extremely pleasing to have the athletes competing weekly within the region as well. Competition is an important part of athletes developing as elite athletes. This coupled with Strength/Conditioning on a weekly basis, and on court technical and tactical training, and ACE days, ensure we give our athletes the best possible grounding to not only become better badminton players, but better people. Thanks to Chris, Zoe, Kate and Kate for their time and commitment to the Strength and Conditioning programs for the athletes.

2013 sees some minor changes to the program, all of which will ensure we are keeping up with best practice. Stuart Brehaut and Andrew Perks continue to impart their vast knowledge onto the entire group. We are very fortunate to have Australia's highest quality coaches.

Our naming rights sponsor, Cason Sports Pty Ltd has been with us for 8 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.

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



Golf Program Report



Program Administration/Coaching Staff

Mr. Chris Lysaght – Program Coordinator
Mr. Richard Alsop – Coach > Wimmera
Mr. Domonic Azzopardi – Coach > Ballarat

Advisory Group

Mr. Rob Ward & Ms. Kelly Dunn (WestVic Academy of Sport)
Mr. Chris Lysaght (Ballarat District Golf Association)
Mr. Allan Mayer (Wimmera District Golf Association)
Mr. Ben Sweeney (Badminton Victoria)

Program Report

The Golf program delivered another quality program in 2012, benefitting from the stability of personnel involved at the Advisory Group level (being they had been involved as a pseudo-advisory group before the group was official made an advisory group).

The services and activities remained the same from 2011, in that the program delivered:

- 15 “Golf Experiences” with the coach, and this was to be a mix of “isolated environment (practice facility)” lessons and “on-course lessons”.
 - This was the major improvement to the program, in that on-course work was increased, so to address the need for athletes to learn how to play the game rather than just learn the technical skills (as had been the case previously).
- Sport Psychology and Nutrition Sessions delivered to the group.
 - Sport Psychology covered re-assessing and re-setting goals.
 - Nutrition covered pre/during/post competition nutrition and balanced eating.
- Biomechanical Analysis of Swing, delivered by Zenolink Australia.
- On-going strength and conditioning support from Professional Practice students.

Our athletes also participated in the annual camp for all Victorian Regional Academies, which is organised and delivered by Golf Victoria. Again, we attended Moonah Links on the Mornington Peninsula for a weekend of Golf Coaching from State Team Coaches and play on the Moonah Links course. The golf was great, but some upgrades are required in the non-golf areas. It is positive to report Golf Victoria are planning on making such upgrades for 2013.

Our athletes have improved through the program, a reflection of their commitment to the program and to working on their golf. We had two of the four eligible to apply for state squad, and all boys played regular competition.

Our program promises another step forward in 2013 with the re-introduction of training camps as a mode of coaching delivery to couple with the individual lessons. Further, our Academy-wide initiatives around competition being part of program services and athlete quality management will also help take us forward.

Finally, my thanks to the Coaches and Advisory Group for their hard work into the program.

Mr. Rob Ward: On Behalf of WestVic Academy of Sport Golf Program



Soccer Program Report



Program Administration/Coaching Staff

Mr. David Broadbent – Program Coordinator/Coach
Mr. Brian Shelley – Coach
Mr. Paul Smalley - Coach

Advisory Group

Mr. Rob Ward & Ms. Kelly Dunn (WestVic Academy of Sport)
Mr. Peter Reid & Mr. Andrew Burgess (Football Federation South West Victoria)
Mr. Les Bee & Mr. Paul Smalley (Football Federation Victoria)

Program Report

The 2012 WestVic Academy program was very successful overall. There were a large number of positives to take away from the program and a number of considerations for 2013.

The Technical Development Program was a very structured and specific program designed to focus on individual and group development. The main components of the program were:

• Spatial Awareness	• Passing movement and support	• Linking and Combination play	• Defending as individuals/ group	• Positioning
• Using space	• Combination Play	• Pressing	• Transition	

Within these areas players worked to develop and improve their own understanding and skills. The focus was not only on players performing the skills but also challenging their decision making around where and when to use which skill.

Having a team of coaches meant that the larger group was usually able to be split into smaller working groups allowing more individual and specific attention. Players were often grouped according to the skills being developed, their common abilities and the positions they played in club teams. This allowed the coaches to tailor the program to better meet the player needs.

The strength and conditioning program linked well with the overall planning in that it focused on core strength, agility, speed and endurance which complemented the skill development.

During the program each player (and their parents) was involved in an individual one-on-one feedback session with an Academy coach to discuss their progress, improvements and areas for further development. This was well received by both the players and parents and the coaching team thought it a worthwhile activity to compliment the program.

Successes:

- Overall improvement in all players, partly through player/coach feedback sessions.
- Six players from the group making FFV State Squads, as follows: **U14 State Squad:** Miles Baker, Jake Francis, Joshua Lynch, Dejan Mitrovic (Em) **U13 State Squad:** Josh DeVoogel, Brandon Lauton. **State Futsal Squad:** Jason Spirovski.

Challenges for 2013 program:

- Developing more consistent attendance from some players.
- Addressing the wide skill range and commitment amongst the players so that it doesn't compromise the elite nature of the program.

Mr. David Broadbent: McDonald's Football Program Coordinator/Coach



Tennis Program Report



Program Administration/Coaching Staff

Mr. Peter Joyce – Head Coach
Mr. Blair Hart – Assistant Coach

Advisory Group

Mr. Rob Ward & Ms. Kelly Dunn (WestVic Academy of Sport)
Mrs. Pat Gilchrist & Mrs. Carol Pearce (Victoria Country Tennis Association)
Mrs. Jenny Joliffe (Central Highlands Council) & Mr. Don MacRae (Wimmera Council)
Mr. Nick Hinnenberg & Mrs. Emily Rea (Tennis Victoria)

Program Report

Tennis is a sport dominated locally by private coaches and the support they provide athletes. Our program needs to ensure it remains complimentary to the daily training environment provided by those local coaches and also ensures all of the best athletes join the program with the support of their private coach.

Feedback from the local scene going into 2012 did not reflect that our weekly training program was achieving that, hence a move to a once per term training camp program was implemented. This created opportunity to deliver specialist coaching, training with the best athletes of the region ahead of tournaments, and sport science in one day per term. The model had been trialled in other regional academies with some success – so we joined in.

The program itself was again of high quality in terms of service provision. Peter Joyce as Head Coach again showed why he is such a renowned coach in the local private coach scene, and he was assisted by Blair Hart as needed. Blair operates as a private coach in the Stawell area and does a significant amount of work for Peter in the Ballarat area. Training Camp attendance was good early in the year, but a washout of the June Camp hurt the enthusiasm of the program and September's camp wasn't well attended. We need to work on getting better deals from court providers in 2013 so we can get indoors for winter at a better rate.

Our sport science sessions delivered Nutrition and Sport Psychology (to be delivered at the December 2012 camp – so not before this Annual Review is published). Strength and Conditioning was very well delivered by the students assigned to Tennis, and athletes who committed to their strength and conditioning benefitted from the support provided here.

In closing, 2012 brings to a close the model of having a locally operating private coach deliver the coaching element of the program. Tennis Victoria have taken the initiative of responding to the feedback mentioned above (which is prevalent in most locales) and appointing two coaches to deliver Tennis in five of six regional academies. The training camp model stays. At this point, my thanks and acknowledgements must go to Peter Joyce who helped to found the program and has been the coach from then to now. It is never easy to move on without such people, but we need to adapt to the environment around us to remain valuable.

We must also pat tribute to our Advisory Group, in particular Nick Hinneberg of Tennis Victoria who has led the process to develop and implement the changes discussed. It has certainly not been easy, but Nick's vision and willingness to do the hard work is admirable.

Mr. Rob Ward: On behalf of the Tennis Program Advisory Committee



Cycling Program Report



Program Administration/Coaching Staff

Mr. Cam McFarlane – Training Camps Coach

Advisory Group

NO FORMAL ADVISORY GROUP IN PLACE AT TIME OF ANNUAL REPORT WRITING

- The Academy will acknowledge and thank the following people for their contribution in building and delivering advice to the Academy as required around this first program:
 - Mr. Mark Drelich & Mr. Kipp Kauffman (Cycling Victoria).
 - Mr. Gerard White (Ballarat-Sebastopol Cycling Club).
 - Mr. & Mrs. Graeme & Cathy Nicholson (Ararat and District Cycling Club).

Program Report

2012 has seen the re-introduction of a cycling program into the Academy after a three year absence. The program has been made available to any athlete from a club within the region who competes in competition above club level. We have 6 athletes in the current program, which runs from April to March. This review looks at the first half of the first program.

Originally, the program intended to provide daily training environment support through coaching to athletes who did not already have such coaching support. Additionally, the whole squad would be provided training camps where specialist skills coaching would be provided, as well as the sport science benefits around psychology, nutrition and strength & conditioning. After a few false starts to appoint a coach for the weekly training support, we settled on providing the training camps only, as well as the sport science support mentioned above.

Our training camps have been delivered by Cam McFarlane, who also coaches in the South West Academy of Sport's Cycling Program. Cam's enthusiasm, passion, knowledge and communication skills has made the Cycling program quickly as good as any of our others. The athletes enjoy and benefit from these sessions. There have been three thus far, with three to four more planned to take place before the program finishes in March.

Our Sport Science for the program has seen athletes learn about race-day nutrition and hydration, as well as work hard on their strength and conditioning – this program's athletes are among our most committed in this space. We have psychology coming at our next camp.

In terms of athlete achievement, our athletes compete regularly and do themselves proud. Zoe Nicholson has been our star this year, competing in the Victorian State Road Championships where she finished second in both the Under 17s Time Trial and Road Race. She earned selection to the Victorian team for the Junior Road Nationals in September. Also, Josh Dew earned Australian Representation at the International Triathlon Union World Triathlon Series in Auckland, New Zealand.

Our first year has taught us many lessons about how Cycling works and how we can best engage and support our athletes and make them feel part of something special. My thanks to Cam and Mark Drelich at Cycling Victoria especially for their help with this area of work. We are pleased by their engagement and professionalism and look forward to more improvement.

Mr. Rob Ward: On behalf of the Cycling Program



Athletics Program Report

Program Administration/Coaching Staff

Mr. Nick Bowden – Coach

Ms. Jill Taylor – Coach

Ms. Anula Costa - Coach

Advisory Group

Mr. Rob Ward & Ms. Kelly Dunn (WestVic Academy of Sport)

Mr. Clinton Gray (Athletics Victoria/Little Athletics Victoria)

Program Report

Along with Cycling, Athletics re-joined the Academy stable after a three year absence. Again as with Cycling, Athletics has had a good first year punctuated by some good quality services, a group of committed athletes and some lesson learnt that will make us better in year two.

The program aims to support athletes already in or aspiring to make the AVIS or JDS squads, which are run by Athletics Victoria and Little Athletics Victoria respectively – through providing training camps in our region that mirror the camps (and services offered within the camps) of those AVIS and JDS squads. These camps have focused on specialist coaching provision – with the philosophy of reviewing athlete technique and providing feedback that can be taken back to the local coach and daily training environment.

To the topic of local coaches, I must thank the coach of most of our athletes (who are all Wimmera based except for one), Rick Price, for his support of the program as a concept and his knowledge of athletics which has helped us shape the program to make it “complimentary”.

Additionally, I must thank the coaches for the first two camps – Nick Bowden, Anula Costa and Jill Taylor for their contribution and input into program philosophy and structure. We are better positioned to be of value because of them, plus they are high quality coaches in their own right and our athletes have been greatly appreciative of their effort to travel and coach.

Additional to coaching, we have added a seminar on competition day nutrition and hydration, as well as a seminar and practical session on plyometric training. These have added value to our athletes, and our parents have been most grateful for the activities provided.

To that end, our parents of athletes in this program have been some of the most engaged and supportive of management’s work within the entire Academy – thanks for your patience and support as we build a great program to support local athletics.

In terms of growing, next year we keep the three camp model – with two being coaching focused as per the philosophy outlined above, and one being sport science activity focused. We will also add in strength and conditioning support as an extra value drive from this year.

Our athletes must also be acknowledged for their commitment and attitude. They have been respectful and hard working in all interactions with us – we couldn’t ask for more. They’ve been rewarded with numerous great performances in school athletics and trips to Melbourne and Ballarat to compete. We enjoy watching their reward for hard work.

Finally, thanks to Clinton Gray for his efforts at AV/LAVic level to develop and deliver the program. His efforts in sourcing coaches, contributing to program structure has been a key in building this year and making it a springboard to more quality programs in the future.

Mr. Rob Ward: On behalf of the Athletics Program







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