



*WestVic Academy of
Sport Inc.*

*Annual Report
2012 - 2013*

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



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Academy Consultants

The WestVic Academy of Sport wishes to thank the following consultants for their work during 2013

Musculoskeletal Assessment

- Ms. Deb Pascoe (University of Ballarat)
- Mr. Warwick Chilton (University of Ballarat)
- Ms. Megan Charity (University of Ballarat)
- Mr. Ryan Bradshaw (University of Ballarat)
- Mr. Simon Feros (University of Ballarat)
 - All of the listed people 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)
- Mitch Bruns (Friend of the Academy)
- Matthew Blood Athletics
- Nicole Whyte Badminton
- Carly Schintler Badminton
- Diane Boulton Basketball
- Matt Patterson Cycling
- Abby Byrne Football
- Liam Towell Football
- Andy Melville Golf
- Callum Goode Individual Members and Table Tennis
- Darcy Dalton Lawn Bowls
- Jess Lowe Netball
- Claye Kelson Tennis
- Chloe McDonald Tennis

Biomechanics

- Simon Feros (University of Ballarat - Post Graduate Student)

Nutrition

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

Sports Psychology

- Dr. Christopher Mesagno (University of Ballarat)
- Ms. Sue Anderson (good2gr8 Transformational Coaching)

Athlete Career & Education Workshops

- Kelly Cartwright (February Induction Keynote Speaker)
- Victoria Bown (March Induction Keynote Speaker)
- Mitch Bruns (Injury Prevention – Induction Sessions)
- Karen Smythe (Social Media)
- Ryan Waight & Jake Bridges (Leadership Behaviours)
- Jo Hocking (Career Planning)
- Jonathan Langton (Financial Planning)



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



Naming Rights Sponsor

University of Ballarat
Learn to succeed



Sport Program Supporters – SSA Funders, Corporate Sponsors, Local Support Bodies

All sponsors connected to sport programs are displayed on that sport's report page.



Chairman's Report

As this is my last Chairman's Report after nearly 10 years of the Westvic Academy of Sport, I think it is reasonable for a little reflection on our history, and a lot more on our outlook.

Rob Ward is our fourth Executive Officer, and they have all performed well for their period in office, and have progressed the Academy towards overall objectives. In the same way our Board has varied in its membership and composition and has been excellent in being a Board of Directors who have mentored and guided our Executive Officers of the time, towards our objectives. In recent times we have had a small compact Board who have all made huge contributions.

Through our recent strategic review we have recognised the time for an expanded board, and have recruited some new members all with excellent credentials. We can look forward to added vitality in our Board.

Today we are running at record levels of sports whom are part of the Academy. Much of our operation has changed substantially from our original template of "what is a sport". How we operate with athletes varies according to the sport, with custom made variations made to suit that sport. Our relationships with State Sporting Bodies and Local Sporting Bodies have never been better

These relationships are due to the hard work of Rob and Kelly, and I want to express the Board's thanks and appreciation of what they have and are achieving. We are very fortunate to have staff of such outstanding ability.

The combination of a new vibrant Board, Talented staff, and outstanding connections with many sports, both in and outside our Academy, give me great optimism for the prosperous and successful future of the FedUni WestVic Academy of Sport.

Mr. John Abraham: WestVic Academy of Sport Chairman



Chairman's Report



Paralympic Gold (Long Jump) and Silver (100m) Medallist at London 2012 and 2012 VIS "Athlete of the Year" Winner, Kelly Cartwright, at February's induction.

Olympic Water Polo Bronze Medallist from London 2012, Victoria Brown, at March's induction.



WestVic Academy Individual Member, Hammer Thrower Emma Werner, readying for the IAAF Oceania Games in June in Tahiti – she placed 5th after completing all throws with no fouls and setting a personal best.

Courtesy: The Courier
[http://www.thecourier.com.au/story/1493366/athletics-werner-ready-to-don-the-green-and-gold/...](http://www.thecourier.com.au/story/1493366/athletics-werner-ready-to-don-the-green-and-gold/)

Basketballers Sam Short and Kasey Burton, both on the "National Performance Program" and being supported by WestVic through weekly Strength & Conditioning and Annual Sport Psychology and Nutrition workshops.

Courtesy: The Courier
<http://www.thecourier.com.au/story/1491162/basketballers-receive-training-scholarships/?cs=63>



Executive Officer's Report

2013 has brought us yet another busy but productive and enjoyable year at WestVic Academy of Sport. We have continued to build on the past three years and have moved forward significantly in a number of very important areas. Let's look back:

Off the Sporting Surface

- In terms of Administration, our "Advisory Groups" have continued to make important and valued contributions to their programs. Without their input, we could not deliver such quality services because our understanding of our sports (who are our customers) would be lacking. My thanks to the representatives of both state and local sporting bodies on their sport program's "Advisory Group" for their time, passion, work and thoughtfulness.
- Further, we again reviewed our Job Design/Work Spread at management level to cope with the increase in partnerships we have and the increasing need to challenge our employees to keep them interested and performing.
- Our main work in promotion is through public and media relations – getting our name on the radio and in the newspaper. This work was shared across staff and has been successful in getting us and our work in the local media.
- 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, and UFS Dispensaries, we thank you so very much for your sponsorship of sports.
- 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, Bacchus Marsh Golf Club, Ballarat & District Soccer Association, Football Federation South West Victoria and University of Ballarat.
- On the University of Ballarat front, we are excited by the appointment of a new Dean of the School of Health Sciences and her willingness to take time early in her tenure to learn about us and what benefits our relationship has. This relationship is always among our most important (with VIS and SRV) and we are incredibly lucky to be well supported at the Dean level but also the School Staff Level – through Deb Pascoe and Lindy Hall in particular for support around student placements and work within the Academy.
- In terms of Finance, it is sad to report a loss on the profit and loss sheet. However, we have taken further positive measures in budget structuring from 2012 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 will continue to work as hard as we can to make inroads against this 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 demonstrate our value to sport and community in the most positive of lights. Our work here has been detailed and will be ongoing, and I need to thank the VIS and SRV for their assistance to the VRAS Group here.



- Further with VRAS, the group has taken giant leaps forward again in 2013. Specifically, the group builds a more 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 – we now have five consistent sport programs across the network.
- Finally, the most important and the most sizeable project undertaken behind the scenes this year has been that of developing the 2014-2017 Strategy Plan. As far back as February, we enquired with Wayne Strong of Strong Consulting around helping us and he commenced work in April and concluded with delivery of the new Strategy Plan in September. The new plan's themes are around consolidation of current and exploration of new:
 - Consolidating current policy, process and systems in place for work.
 - Exploring new branding and revenue raising opportunities through new initiatives and leveraging existing relationships.
 - Consolidating current sport partners and working to bring in new ones.
 - Consolidating current/exploring new services, working to add value.
 - Exploring new ways to partner with sports and new partnership types
 - Exploring new ways of doing business in all facets.
 - The new plan has already delivered an early win, with the recruitment of four new Board Members. We approached many wonderfully qualified people, some who joined the Board and some who agreed to help the Board as a Friend. We welcome those people to join the exciting journey we're on.

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

- In this space last year, I said the following:
“Expansion of thinking around ‘what is a sport program?’ and ‘what ways can we partner with sports to service athletes?’ This has been/will be 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 – increasing our state/local value”.
- This year, I reflect on that statement and reiterate its gravity and relevance – because of our willingness to explore new opportunities, we now have 11 partners on board after bringing on Bowls, Table Tennis, Netball, Basketball and Swimming in 2013, using newly developed partnership products to do so.
- Further, our Strategy Plan calls for further evolution here to explore yet more new frontiers – we are excited to have commenced this exploration already.
- Broadly, the shift of thinking here has also made for a shift in culture – we are a service provider to talented sport, open for any talented athlete to come in. We work for them to organise and deliver services they need to succeed.

Current Sport Program & Service 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 servicing for our clients – our sport partners.
 - The fact the 2014 programs have only been tweaked and had more services added compared to 2013 shows we have a great platform.
- Further, we've made adjustments again to our ACE and Strength & Conditioning services – all around making sure we “complement” the daily and yearly training environment for athletes > both in activities and timing.



Thanks and Acknowledgements

We couldn't achieve all we do without a lot of help from a lot of people So, thanks to:

- The WestVic Academy of Sport Board, for all of their skilled counsel for, and support of, our new initiatives and ideas. I am also particularly excited to welcome the new Board Members to the Academy.
 - I would also like to thank and acknowledge our outgoing Chairman, John Abraham. John has been our Chairman since the dawn of our time and has led the Academy through many evolutions and changes. It is a credit to him to stay the course for so long and work with many different people and personalities in the staffing positions. His experience is unrivalled, his strength unbreakable, his guidance unwavering. I am thrilled he will stay on the team as a Board Member.
- The "Friends of the Board", who provide the same input, counsel, contacts and assistance our Board Members do, albeit less formally. Particularly:
 - Wayne Strong for his work on the Strategy Plan and commitment to continue to help us as we rollout the new initiatives called for.
 - Michelle Anderson of State Government – for her connecting us with new sports and opportunities and challenging our ways.
 - Peter Osman for his skilled and thoughtful counsel around all HR.
 - Ewen Fletcher for his accounting assistance across the year.
- 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 as glad as ever she's on our team.
- All of our Sport Coordinators, Coaches and Advisory Group Members, 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 – I say this every year, but it is more and more crucial.
- Our Strength & 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.
- 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 – meaning we can return their favour to their local community.
- The local media across our region for their promotion of us and what we do.
- Grant Cosgriff at SRV for his guidance on the broadest range of topics possible. Grant continues to provide quality advice on any business matter imaginable and has been a personal mentor also. I am thankful for his time.
- In a similar vein to Grant, both Cam Loftus and Graham Gordon at Barwon and Bendigo Academies respectively. They have each led VRAS wonderfully well and it has been my pleasure and privilege to help them deliver key projects. They are terrific men and have been a great help to WestVic.
- Anne Marie Harrison and Paul Kiteley for the advice and support in a very similar vein to Grant, Graham and Cam. 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.



In closing, I said the below in this space last year:

"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".

It is exciting to report that the above statement rung true every single day we went to work in 2013, with the reward being we have set ourselves a great platform to deliver the 2014-2017 Strategy Plan from – a wonderful legacy of three years of hard work. We farewell those three years with great memories and legacies, and with the excitement that a new Strategy Plan and its new ideas brings – roll on 2014!

Mr. Rob Ward: WestVic Academy of Sport Executive Officer



Manager of Sports Program's Report

It is pleasing to see the introduction of several new sports (Basketball, Lawn Bowls, Netball, Swimming and Table Tennis), to have our sport programs grow, and give more opportunities to our local talented athletes. These new programs bring our number of sport programs to 11, a dramatic increase from 2012.

Inductions

- The introduction of a new format this year saw Keynote Speakers at program inductions, with dual Paralympian Kelly Cartwright and London 2012 Olympian Victoria Brown speaking to our athletes at the two separate inductions. Reports from both of these talks were incredibly positive, and both women spoke of the achievements, low times in their careers, and also their highlights. Kelly especially is a great story, as she is a graduate of the Barwon Academy, and has won Gold medals at the Paralympics, showing that your small beginnings can lead to great success.
- During these program inductions, athletes were also exposed to a talk on Strength & Conditioning, giving them an insight into what will be undertaken in the upcoming program.
- An Australian Sports Anti-Doping Agency (ASADA) video on "Pure Performance" was also shown to the athletes as part of the induction days; which highlights what you can and can't do, how drug testing works and a lot more.

Athlete Career & Education

This year we covered the following topics at our ACE days.

Topic	Presenter
Strength and Condition introduction	Mitch Bruns
Drug testing awareness	Australian Sports Anti-Doping Agency (ASADA)
Dealing with setbacks/injuries and resetting goals. Ways to hold your concentration/focus when under pressure. How not to be intimidated by your competitors.	Sue Anderson from good2gr8
Social media- what to do and what not to do	Karen Smythe from Speak up for Sport
Career planning	Jo Hocking from People @ Work
Basic financial planning for young individuals	Jonathan Langdon from UB
Motivation and priorities	Jake Bridges from GLO
Sports Psychology- Sport/Individual specific topics	Dr. Chris Mesagno from UB
Nutrition- sport specific topics	Michelle Ryan

My sincere thanks go to the following for their continued support of the Academy; Mitch Bruns, Michelle Ryan, Dr. Chris Mesagno, Simon Feros and Sue Anderson. Their willingness to assist in any way they possibly can makes my position a lot easier, as I am able to provide our athletes with some of the best services in the area. Without the continued support of the above mentioned people through contributing across many programs and spaces, I can only imagine how difficult my position would be.



Thanks & Acknowledgements

- Thanks also to the following suppliers in their dealings with the Academy over the past 12 months;
 - Karen Smythe from The Vibrant Edge.
 - Jake Bridges, Steve Monaggetti and Ryan Waight at GLO.
 - People @ Work HR Consulting Firm.
 - Deb Pascoe from the School of Health Sciences at UB.
 - Kerri Gordon.
- My dealings with all these professionals have at all times been pleasant, and have made my role a lot easier by their professionalism and eagerness to assist in our sporting program development and ultimately athlete development.
- Of course I must thank Sue and Ralph Brayshaw at Impact Teamwear in their capacity as our uniform suppliers. My position is hard enough collating all the respective sport orders, I can only imagine the troubles they go through in processing all my orders. Their prompt and efficient delivery of service has ensured our athletes and coaches are able to receive their uniforms in a timely manner. At all times they have been professional in their dealings with me, and I am looking forward to working with them again in 2014 and beyond.

And finally I must thank Rob Ward for his continued and unwavering support throughout this past year. To know I have his full support and backing in all work that I carry out, ensures a smooth and confident work place. This in turn ensures I am able to deliver the best possible level of work to all of our athletes, parents, coaches and stakeholders.

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



Athletics Program Report

Program Administration/Coaching Staff

Mr. Rod Griffin – Coach
Mr. Chris White – Coach
Ms. Julianne Scealy – Coach

Advisory Group

Mr. Rob Ward & Ms. Kelly Dunn (WestVic Academy of Sport)
Mr. Clinton Gray (Athletics Victoria/Little Athletics Victoria)

Program Report

This year saw us continue with a three camp model program, with two camps based at Llanberris Reserve in Ballarat - arguably the premier location for Athletics in the Ballarat area and one camp focusing on completing all Musculoskeletal Screens and Athlete Workshops.

Most of our athletes were again all based in the Wimmera for the 2013 year, and regularly made the drive down the highway. They were rewarded for their efforts with access to premier level coaching from our coaches this year, making the amount of distance they travelled greatly worthwhile.

Our small group of dedicated athletes have continually improved in their performances, with Annaliese Bush one of these. Her results are mentioned below.

- First place in the triple jump; third in the 100m sprint ; and fourth in the long jump (jumping a personal best distance) at the Little Athletics State Championships
- Fourth in the triple jump at the National Little Athletics State Championships
- As a result of her results at the above Championships, she was one of a small selection of athletes from Victoria to attend a Little Athletics training camp at the Australian Institute of Sport. During this camp, she was afforded the luxury of extensive high quality coaching and an insight into the life of an elite athlete.

Additional to the coaching sessions provided to the athletes, we provided a Sports Psychology session on dealing with competition anxiety and how to block out external pressures and a Nutrition session on the best types of food to slowly release energy during competition. Both sessions were attended by all athletes, and invaluable information was learnt. Each training camp also had a workshop covering season training and competition planning and goal setting.

This year the athletes received a musculoskeletal screen and off of this a personalised Strength and condition program, designed specifically for them by accredited Exercise Physiologists.

Finally, thank you to Clint Gray for his continued work and efforts to ensure high level coaches were available to our athletes; his dedication to the growth of Athletics in our region, and his passion for our continued success.

Ms. Kelly Dunn: On behalf of the Athletics Program



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

The WestVic Academy Badminton Program has continued to evolve and made further progress in 2013.

Changes to the program saw us focus on 2 on court training sessions a week, and expand the Strength & Conditioning sessions to 2 per week. Our 3 coaches now rotate through the Monday and Wednesday sessions, meaning all athletes have access to the a wide variety of strengths that the coaches bring to the program. Our UB students Carly Schintler and Nikky White have been a fantastic addition to this years' program with all athletes improving their fitness levels.

At a representative level, all athletes competed at the Victorian Regional Championships. Alice Lorincz and Tylah Bruhn were selected for Victoria at Under 17 level, Matt Nevett represented Victoria at Under 19 level, and Brandon Olver joined graduates Nathan David and Joel Findlay to represent Victoria at Open level. Graduate Tara Pilven continues to compete at international level and is currently based in Denmark to be closer to high quality training and competition.

All our athletes continue to compete weekly within the local Ballarat Badminton Association competitions, as well as travel to several State Level tournaments, with competition being a vital part of the development of our members as elite athletes.

The ACE program continues to develop our athletes as well, focusing on both on court issues such as sports psychology and in competition nutrition, as well as off court activities like introductory finance to ensure the athletes learn all the skills necessary to develop as a person as well. We were very fortunate to hear the experiences of Paralympian Kelly Cartwright and race walker Kelly Ruddick, to inspire not only the athletes, but all in attendance.

2014 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. The program is very fortunate to have Australia's highest quality coaches involved.

Thanks must go to the Ballarat Badminton Association, who supports the program with courts in the best venue in Australia, as well as allowing me to coordinate the program whilst undertaking my managerial duties for the Association. Our naming rights sponsor, Cason Sports Pty Ltd has been with us for 9 years, and continues to provide not only financial support, but quality equipment.

Finally a big thank you to Kelly Dunn for all her continued 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



Basketball Program Report



Program Administration/Coaching Staff

Not applicable for this program – Athletes complete Sport Specific Work away from WestVic

Advisory Group

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

Mr. David Huxtable (General Manager - Basketball Victoria Country)

Mr. Brendan Joyce & Mr. Justin Schueller (High Performance - Basketball Victoria Country)

Program Report

2013 saw the return of Basketball to the Academy; in a completely different format to the past and due to a re-working of the athlete pathway to introduce a “National Performance Program” for players identified as having potential to progress to national teams in future.

This change to the pathway also saw a change in how the Academy worked with Basketball; with the State Body now identifying and bringing players to the Academy for services off the court – Musculoskeletal Screening, Weekly Strength & Conditioning sessions, Sport Psychology Workshop and Nutrition Workshop. These services intend to compliment the Individual Performance Plans assigned to the players for Basketball-specific work.

The program has had a solid first year, with all services delivered to plan and athletes benefitting. Having just two athletes (Sam Short, who played Under 16 National Championships for Victoria Country and Kasey Burton, who played Under 18 National Championships for Victoria Country and has been included in National Squad camps at the AIS and tours to Hungary with the National Under 20 team following on from Nationals) highlights the level of quality we are working with – the very best of the best locally.

We must thank both Brendan Joyce, for getting the concept off the ground (we also congratulate him on his appointment as coach of the National Women’s Team – The Opals), and more recently Justin Schueller for continuing to work toward a highest quality program. Also, thanks to David Huxtable for his contributions as Manager of Basketball Victoria Country – we are thrilled to be working with such high quality people in this new program.

Mr. Rob Ward: On behalf of the Basketball Program



Cycling Program Report



Program Administration/Coaching Staff

Mr. Cam McFarlane – Training Camps Coach

Advisory Group

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

Mr. Kipp Kauffman & Mr. Mark Drehlich (Cycling Victoria)

Mr. Ian Notting (Ararat and District Cycling Club)

Mr. Phil Orr (Ballarat-Sebastopol Cycling Club)

Program Report

The Cycling program is one that runs from April through to March therefore this report will focus on the first half of the current program.

Our training camps have been delivered by Cam McFarlane, who is in his second cycle as coach of this program. Cam's enthusiasm, passion, knowledge and communication skills have made the Cycling program run efficiently and as productively as possible.

Over the numerous camps that have been held throughout the duration of this camp, Cam has been the driving force behind all session plans and delivery. His enthusiasm is one that is infectious and his depth of knowledge is proving invaluable to our athletes.

Aside from the quality specialist coaching that happens at each camp, we have delivered a Strength & Conditioning session in the Gym and a Pool Recovery at UniSports each Camp. This has been hugely beneficial in exposing athletes to the necessary activities off the bike to be their best. The group also complete Nutrition and Sport Psychology workshops around 'nutrition in the build-up, during and after for endurance races and various intensity training sessions' and 'ways to hold focus under pressure and fatigue, while not being intimidated by higher competitors' respectively.

The first half of 2013 has been relatively quiet in terms of athlete achievements; however this is not to take anything from the quality of the athletes themselves. They have all been competing regularly in their local carnivals, and as the Summer cycling season approaches will be out on the road a lot more frequently.

Ms. Kelly Dunn: On behalf of the Cycling Program



Football Program Report



Program Administration/Coaching Staff

Mr. David Broadbent – Program Coordinator/Coach
Mrs. Carmen Farrell – Program Coordinator

Advisory Group

Mr. Rob Ward & Ms. Kelly Dunn (WestVic Academy of Sport)
Mr. Peter Reid & Ms. Jacinta Antonelli (Football Federation South West Victoria)
Mr. Les Bee (Football Federation Victoria)

Program Report

The 2013 program took a different approach to last year with a greater focus on personal skill development and training intensity. With this in mind we selected a smaller number of participants, but those selected had higher levels of personal motivation.

The program was designed with 30 minutes of Strength & Conditioning work at the start of each session. This had participants fully warmed up and focused by the time they became involved in the skill training. It also meant that we could really push the intensity of skill training which aided participant's development of working under pressure and fatigue.

We used the new Football Federation Australia coaching session model based on the learning the two coaches had developed as part of their FFA C License course. This involved a total planning model based on four key principals with six week cycles of skill development. Skill training sessions were highly focused and structured with participants making full use of their time and working at a higher intensity for longer periods of time.

This year we also introduced the idea of 'self-learning', where for three sessions, we provided the equipment and had the participants run their own sessions. This had varied degrees of success depending on who took leadership roles among the participants. We continued with the player feedback sessions begun last year. These proved highly successful again. This year we asked the participants to complete a Goal Setting sheet of their own in light of the feedback from Academy coaches, other coaches and their own thoughts on their skill development. This added more focus on internal motivation and personal planning and commitment for participants.

This new approach proved successful with four participants (2 girls and 2 boys) selected for Ballarat Regional teams and an additional four participants (2 girls and 2 boys) selected for FFV State teams.

The usual attendance issues had a negative impact on the program towards the last month as players missed sessions due to fatigue and injury, along with state training, and other sporting and school commitments. Since we selected less participants this year the lack of numbers often forced us to modify the structure of our sessions during this period.

Overall the 2013 program has been highly successful. There has been a positive and committed group of participants supported by a dedicated and professional team of coaches. Many thanks to Skills Coach Carmen Farrell and Strength & Conditioning coaches Abby Byrne and Liam Towell for their work throughout the season.

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



Golf Program Report



Program Administration/Coaching Staff

Mr. Chris Lysaght – Program Coordinator

Mr. Richard Alsop – Coach > Wimmera

Mr. Phil O'Brien – Coach > Ballarat

Advisory Group

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

Mr. Chris Lysaght & Mr. Ivan Cato (Ballarat District Golf Association)

Mr. Allan Mayer (Wimmera District Golf Association)

Mr. Ben Sweeney (Golf Victoria)

Program Report

The Golf program delivered another quality program in 2013, 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 in 2013 took a different approach, with a focus on training camps and individual coaching lessons, as described below:

- 6 one-hour individual lessons provided between the athlete and the coach in the athletes area. This was negotiated between the coach and the athlete.
- 4 training camps were provided to all athletes, with one of these being a 3 day camp to Tooleybuc Golf Course. These camps were run by the coach in that area, with a focus on skills and drills rather than technique, in order for less confusion between different coaches.
- Sport Psychology and Nutrition Sessions delivered to the group.
 - Sport Psychology was delivered by Dr. Chris Mesagno on the topic of “Anxiety and dealing with pressure” whilst competing
 - Nutrition presented by Michelle Ryan covered “slow release foods, and ideal foods to eat before and during long competitions”.
- Biomechanical Analysis of Swing, delivered by Simon Feros.
- On-going Strength & Conditioning from Professional Practice student, Andy Melville.

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. This year the musculoskeletal screenings were undertaken at this camp, by the Victorian Institute of Sport Golf Program Strength & Conditioning staff. After completion and programs were written, these programs were passed onto WVAS staff, and then provided to the relevant personnel for implementation.

Tom Crawford and Cameron Kaye were selected in the State Under 18 Golf Squad, with our remaining 3 athletes competing in regular tournaments throughout the year.

2014 is taking a similar role with the Golf structure, with this year being a successful model. The only change will be a move to all training camps (all to be at different locations – home club of each pro) and leaving the lessons to private arrangement between athlete and coach.

Finally, my thanks to the Coaches and Advisory Group for their hard work into the program. Especially to our Coaching Coordinator, Mr. Chris Lysaght for his continued efforts in bringing the coaches and athletes together. His efforts have not gone unnoticed, and are greatly appreciated. Without his dedication to the cause, the program would not have run in the fashion that it did, and all involved with the program extend their gratitude to him.

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



Individual Members Program Report



Program Administration/Coaching Staff

Not applicable for this program – Athletes complete Sport Specific Work away from WestVic

Advisory Group

Not applicable for this program

Program Report

Now in its second year of involvement in the Academy, the Individual Members program continues to provide high level talented athletes with elite services in their pursuit of State or National level representation.

This year we had three athletes in our program, Angus Adams (Cricket), Hudson Irwin (Gymnastics) and Emma Werner (Hammer Throw).

Of the three athletes, Emma is the standout with an Australian Representation at the Oceania Games in Tahiti, and increasing her personal best by almost 10 metres in 12 months. During her event at the Oceania games she was able to come out with six throws and no fouls, which was a great improvement on her 2012 performance at the same event (six throws, three fouls). Her continued success and strong results, and positive approach towards not only her continued improvement, but that of the Academy's involvement in her ongoing development (she completes Musculoskeletal Screening and Strength & Conditioning in addition to the services discussed below) makes Emma one of our most prominent and promising athletes. Her attitude towards the Academy and its services are extremely encouraging.

Hudson is a National level gymnast, who travels from the Wimmera to Melbourne for regular training sessions at the Gymnastics High Performance Centre. His commitment to this cause is extremely encouraging. At his age, just 13 years old, he is an extremely promising athlete, and despite a setback in 2013 through injury, he still manages to train regularly at a high level. We are thrilled to have provided him Sport Psychology and Nutrition workshops and have planned an expanded program of services to him for 2014.

All three of our athletes in this program have had the benefit from one on one Sports Psychology sessions from Dr. Chris Mesagno, as well as individual Nutritional advice sessions from Michelle Ryan.

Additional to this, Emma and Angus have both benefited from biomechanical analysis filming to assist with their ongoing performances. These sessions have been undertaken by Simon Feros, who is a long serving supplier of the Academy.

Ms. Kelly Dunn: On behalf of the Individual Membership Program



Lawn Bowls Program Report

Program Administration/Coaching Staff

Coaches sourced as required, with the advice of the Advisory Group being the driving force.

Advisory Group

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

Mr. Rod Callahan (Central Highlands Area)

Ms. Trish Wilde (Wimmera Area)

Mrs. Val Savage (Central Highlands Area & Bowls Victoria)

Mr. Murray Rowe (Central Highlands Area & Bowls Victoria)

Program Report

The Bowls program is currently part-way through its first cycle, with positive results to date around reception from the Bowls Community.

The program was born through a series of meetings in 2012 between then-Bowls Victoria staff and WestVic Academy; with the concept then presented to the local Divisions and Regions. The support of all bodies toward the program and the support it can provide has been great.

The program exists to provide additional services and specialist coaching to the best Bowlers of the region. Lots of work has been done with the Advisory Group to promote the program and recruit athletes – and we have five quality athletes in this first year's program.

The services delivered to date have focused on Musculoskeletal screening and Strength & Conditioning program, and one training camp covering Psychology, Nutrition and Rules & Etiquette update. Our next two camps will involve specialist Bowls coaching.

With the program being off to a good start in the first year and the support of the Bowls community gratefully accepted, we have a good platform to build on and grow the program.

Mr. Rob Ward: On behalf of the Lawn Bowls Program



Netball Program Report



Program Administration/Coaching Staff

Not applicable for this program – Athletes complete Sport Specific Work away from WestVic. WestVic would however like to acknowledge the Coaches of the Zone Academies serviced:

- Richelle McKenzie, Jody Roth, Kim Jamieson (Coaches) & Marg Morgan (Manager).
- Maxine Wauchope, Belinda Lees, Janelle Hobbs (Coaches) & Sue Anson (Manager).

Advisory Group

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

Mrs. Talia Slater & Ms. Hayley Irvine (Netball Victoria)

Program Report

The Netball program for 2013 was the pilot sport for delivering the new “Service Delivery Partnership” model for working with sports to deliver a program. This was achieved through Netball Victoria approaching the Regional Academy Network (VRAS) collectively in 2012 to negotiate arrangements for the Academies to deliver the Strength & Conditioning, Fitness Testing and Athlete Education & Wellbeing workshops as part of the Zone Academy program.

The system for delivery established saw the athletes of each Zone Academy assigned to their local Regional Academy based on their address for service delivery. This was due to there being four Zone Academies and six Regional Academies – meaning the regions did not match perfectly. This also meant services delivered to some Zone Academies was shared among multiple Regional Academies. Although tricky at times, the strength of VRAS got us through.

WestVic is proud to report that all services were delivered to plan, standard and specification; as confirmed by Netball Victoria staff at the end of year review meeting. The girls in the program were high quality and those who engaged in all activities took out enormous benefit. Our weekly Strength & Conditioning session for Ballarat girls was well attended, and workshops around Time Management, Injury Prevention, Leadership Behaviours, Financial Planning, Career Planning, Social Media, Psychology and Nutrition were also delivered.

In closing, we are thrilled that Netball have also committed to working with us again, albeit in a slightly different space in their athlete pathway. The year has been a successful one both in terms of delivering a Netball program but also in proving that “Service Delivery Partnerships” like this one (where we work with an already convened squad and deliver exclusively non-coaching services) is a viable way to do business.

Mr. Rob Ward: On behalf of the Netball Program



Swimming Program Report



Program Administration/Coaching Staff

Not applicable for this program – Athletes complete Sport Specific Work away from WestVic

Advisory Group

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

Ms. Kirsty Greening (Swimming Victoria)

Program Report

The Swimming program is the most recent of our new programs, starting service delivery through a “Service Delivery Partnership” in early October. That followed many months working with Swimming Victoria through the Regional Academy network (VRAS) to negotiate the details of our working relationship, and then working to promote our opportunities to the clubs.

Our work with Swimming leverages the various Swimming Victoria development squads, and invites any athlete from our region that is in any of the squads into our program. There, we provide regular Strength & Conditioning consultation (following Musculoskeletal Screening), with a workshop around Psychology and one around Nutrition planned for the near future.

The program has been taken up by two of the three clubs in our locale, with Ballarat Gold and Ballarat GCO supporting our program – they have been great to work with in these early days.

We also thank Swimming Victoria, in particular CEO Warwick Waters and Development Manager Kirsty Greening for their hard work and support for what we’re offering. We’re pleased by the early returns, and aim to keep working hard to deliver the athletes value.

Mr. Rob Ward: On behalf of the Swimming Program



Table Tennis Program Report



Program Administration/Coaching Staff

Not applicable for this program – Athletes complete Sport Specific Work away from WestVic. The athletes in the program are coached at Ballarat Table Tennis Association by Alois Rosario.

Advisory Group

Mr. Rob Ward & Ms. Kelly Dunn (WestVic Academy of Sport)
Mr. Neville Monson (Ballarat Table Tennis Association - Juniors Manager)
Mr. Aloise Roasario (Ballarat Table Tennis Association - Juniors Coach)
Mr. Kelvin Putt (Ballarat Table Tennis Association - President)

Program Report

The partnership with the Ballarat Table Tennis Association was initiated in 2012 and after many meetings began in early 2013; with the Academy working to provide services to the Association's talented junior athletes through their existing weekly training with Alois Rosario. The partnership focused purely on services away from Table Tennis coaching and was our second "Service Delivery Partnership" established, following Netball.

The program has delivered a Musculoskeletal Screening and then weekly Strength & Conditioning program (delivered for half an hour prior to each weekly training with Alois). Further, one workshop each around Sport Psychology and Nutrition have been delivered.

In the first year of this partnership, there have been several great results, as mentioned below:

- Aiden Hayward competing at the Australian Junior Open Table Tennis Championships, in the Victorian 13 and Under Presidents side.
- Sarah Collins became the first female in over 20 years to win the Ballarat Junior Champion trophy.
- Rory Carroll won a Gold medal in the Class 11 Mixed Doubles and Class 11 Teams events at the Athletes With Disability (AWD) Nationals.

We at WestVic congratulate these athletes on their achievement, and are proud to be of some assistance to these wonderful athletes.

The continued support from Alois Rosario and Neville Monson has lead this partnership to become a very promising one. The support from them, in both the services we provide, and the initial build-up of the program itself has been invaluable and we are very appreciative. Table Tennis Victoria, through Anne King, are also thanked for their support of what we do.

All involved are very much looking forward to the continuation of this partnership into the coming years, and if 2013 is any indication, this program will grow to become one that produces high level quality athletes.

Ms. Kelly Dunn: On behalf of the Table Tennis Program



Tennis Program Report



Program Administration/Coaching Staff

Mr. Mischa Fisher – Head 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

This year saw the Tennis program continue the approach of 2012 rather than that of previous years. The four training camps throughout the year were again spread throughout the catchment area of the athletes, therefore reducing the travel time for some participants.

One change to this structure was the appointment of a coach to come from Melbourne and act as the Regional Coach, this being Micha Fisher. His experience has provided invaluable for our athletes, with the structured coaching plans and training sessions proving to be of an efficient and productive manner.

This 4 camps took the following structure:

- Camp #1- February 10 at Buninyong Tennis Centre
 - Musculoskeletal screenings
 - On court activities
- Camp #2- June 2 at Ballarat Indoor Tennis Centre
 - Sports Psychology session on “smart thinking” and how to stay calm under pressure and to stay motivated
 - On court activities
- Camp #3- September 8 at Central Park Tennis Club Horsham
 - Nutrition session on preparation for tournaments and appropriate foods to eat before and during
 - On court activities
- Camp #4- November 24 at Buninyong Tennis Centre
 - On court activities
 - Please note this camp is planned to be delivered after the publication of this Annual Report

In closing, the program of 2013 has delivered all services as planned and to desired quality. We are pleased to report that the same structure has been maintained for 2014.

Finally thanks is to go to the members of the Advisory Group for their dedication and hard work in getting this program running. The hard work and dedication of Nick Hinneberg and Emily Rea from Tennis Victoria is to be commended. Their passion for the sport shows through their work, and is reflected in the high quality of program that has been delivered throughout the year.

Ms. Kelly Dunn: On behalf of the Tennis Program Advisory Committee





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