



*FedUni
WestVic
Academy
of Sport*

WestVic Academy of Sport Inc.

*Annual Report
2013 - 2014*

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. Ian Rossiter (Chairman)
- Mr. John Abraham (Deputy Chair)
- Mr. Dan McGlade
- Mr Tavis Baker
- Mr Gavin McGrath
- Ms. Rhonda Cator
- Ms. Katie Foulkes
- Mr. Chris Gleeson

Table of Contents

WestVic Academy of Sport Inc. Mission	2
WestVic Academy of Sport Inc. Objectives.....	2
WestVic Academy of Sport Inc. Board of Directors.....	2
Academy Consultants	4
Sponsors & Supporters of the Academy	5
Chairman's Report.....	6
Executive Officer's Report	9
Manager of Sports Program's Report	14
Bacchus Marsh Grammar Program Report.....	18
Badminton Program Report	19
Cycling Program Report.....	20
Golf Program Report.....	21
Netball Program Report	23
Special Olympics Ballarat Program Report.....	24
Swimming Program Report.....	25
Table Tennis Program Report.....	26
Tennis Program Report.....	27
Academy Financial Statements & Audit Review	28

Academy Consultants

The WestVic Academy of Sport wishes to thank the following consultants for their work during 2014

Musculoskeletal Assessment

- Ms. Deb Pascoe (Federation University)
- Mr. Warwick Chilton (Federation University)
- Mr. Simon Feros (Federation University)
 - All of the above listed people acted as supervisors for post-graduate students in exercise rehabilitation to complete the screenings and exercise prescription. They also completed screenings themselves at stages throughout the year.
- Ms. Nicole Dixon
- Ms. Clare Berto
- Mr. Peter Gray
- Fourth year Exercise Physiology students at Federation University.
 - The above mentioned people completed screenings

Physical Preparation (Professional Practice Students)

- | | |
|---------------------|----------------------------|
| • Ryan Bradshaw | Manager |
| • Harrison Bennett | Golf and Special Olympics |
| • Diane Boult | Special Olympics |
| • Annabelle Brennan | Bacchus Marsh Grammar |
| • Sarah Bruce-Smith | Netball and Tennis |
| • Nicole Doyle | Basketball |
| • Carlin Gyoffry | Cycling and Swimming |
| • Luke Holloway | Basketball |
| • Luke Jongebloed | Table Tennis & Emma Werner |
| • Claye Kelson | Lawn Bowls |
| • Gabrielle Moloney | Badminton |

Biomechanics

- Simon Feros (Federation University – PhD staff member)
- Luke Jongebloed (Federation University student)

Nutrition

- Ms. Michelle Ryan (Ballarat Community Health)

Sports Psychology

- Dr. Christopher Mesagno (Federation University)
- Ms. Sue Anderson (good2gr8 Transformational Coaching)
- Mr. Chris Waters (Catalyst ODP)

Athlete Career & Education Workshops

- Claire Mitchell-Tavner (Induction keynote speaker)
- Ryan Waight (Leadership Behaviours)
- Karen Smythe (Public Speaking & Marketing)

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



Major Corporate Sponsors



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

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

Chairman's Report

The past 12 months have seen a number of challenges, changes and achievements for the Board and Staff of the Academy.

We commenced the year charged with enthusiasm to implement the Academy's Strategic Plan prepared by Wayne Strong and adopted by the Board in the latter stages of 2013. Initially we invested time to welcome and induct newly appointed board members Chris Gleeson, Katie Foulkes and Rhonda Cator and to introduce the new brand of *Federation University Westvic Academy of Sport*. I would like to acknowledge the input of departing board members Stephen Brown and Gary Gullock who both resigned from the board due to changes in their professional and personal responsibilities.

I would like to acknowledge the energy, support and passion that our Executive Officer Rob Ward and the Manager of Sports Programs Kelly Dunn have provided over the last 12 months to our Board, Friends of the Academy, and in particular coordination of our project groups:

1. Finance
2. Human Resources
3. Branding/ Marketing
4. Fundraising
5. Policy
6. Athlete Recruitment
7. Athlete Services

The year began with an obvious need to seek ongoing funding and in kind support from Federation University and local government authorities. A series of meetings with our key stakeholders solidified ongoing support from Federation University and the City of Ballarat to supplement the significant ongoing contribution received from Sport and Recreation Victoria. The support of our many other program sponsors and supporters is appreciated and will be acknowledged personally at our function on 11 November.

Key achievements of the Academy in 2014 have been:

1. The refinement of our individual athletes program.
2. The development of the Academy's capacity to operate as a service provider and its growing relationship with Bacchus Marsh Grammar School.
3. Key performance indicators show improvement in the quality of our programs.
4. Closer alignment with state sporting association's objectives and building flexibility from year to year in the suite of services provided.
5. The delivery of events and activities across the region including our Sporting Champions Dinner held in Horsham to build awareness of our program.

I would like to acknowledge the efforts of my fellow board members and Friends of the Academy in the delivery of the 2014 program and wish them every success in the coming year as this will be my final term as a Board member.

Mr. Ian Rossiter: Chair WestVic Academy of Sport Board

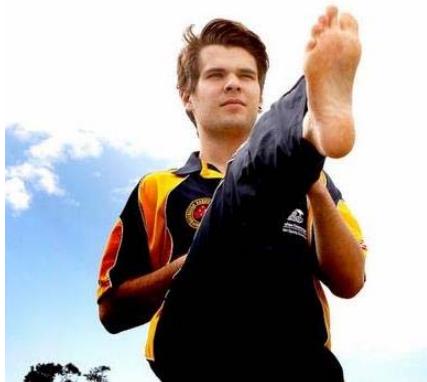


Academy Individual Member, Hudson Irwin competing on the rings at the Gymnastics Australia National Championships. Hudson won a silver medal in the Individual rankings, with 7 personal best results on all apparatus at the these events in May 2014.

Courtesy: Winkipop Media

Julia Bourke, competing in the Shot Put at the 2014 National Athletics Championships. Julia threw a personal best of 13.11m with the 4kg shot put.

Courtesy: John Bourke



Joel Hennessy. Academy athlete (Karate) not long after his return from the 16th Annual Oceania Karate Championships in Fiji.

Courtesy: Melton and Moorabool Star Weekly newspaper
<http://www.melton.starweekly.com.au/story/1812929/fijian-joy-for-toolern-vale-karate-kid-joe-hennessy/>

Table Tennis athlete, Rory Carroll. Pictured here with his Silver medal from the Class 11 teams event at the Italian Para Table Tennis Open.

Courtesy: Source unknown



Hammer Thrower Emma Werner upon her third consecutive selection to the Australian team for the IAAF Oceania Games in June.

Courtesy: Paul Carracher



Basketballer Kasey Burton going through her paces in a v02 test as part of her strength & conditioning program with WestVic.

Courtesy: Nicole Doyle

Tennis athletes, Steffi and Jess McDonald have returned from July's Warrnambool Winter Junior Championship with two three winners trophies and one runner up.

Steffi also made the Victorian State Team for 12/U Foundation Cup Interstate Challenge in January.



Executive Officer's Report

To the entire WestVic Academy of Sport community,

It with great pleasure that I present a reflection on what has been a golden year in many ways for our entire organisation and its community; one filled with highlights and successes enjoyed.

Achievements on the Field – Athlete highlights

Everything we do is driven toward helping more of the best athletes in our region be the best they can be. In 2014, we had some 23 of our 85 athletes compete in a state team or better. This is by far the best return in years, if ever, for our organisation. These achievers were:

- Hammer Thrower Emma Werner's third consecutive selection into the Australian team for the IAAF Oceania Games in June; backing up with a Northern Territory State Championship in September. Earlier in the year, she made her debut at the Australian National Championships, having also done the New Zealand Nationals.
- Rory Carroll's back up from winning the "Teams" event at the 2013 Oceania Table Tennis Para-Open with a Fourth and Second in the same event at the Hungarian and Italian Para-Opens in February; then finishing with a four-medal haul at the Australian Athlete With Disability Table Tennis Titles. In early 2015 Rory goes for a spot at Rio.
- Joel Hennessey winning Silver at the Australian Karate Open, Gold at the South Australian Championships, Silver at the Oceania Championships and fourth at the Australian Championships across the year.
- Hudson Irwin finishing second in his competition at both the State and National Gymnastics Championships; including a slew of personal bests at each competition.
- Julia Bourke and her Shot Put won Bronze in the Victorian Junior Titles, Gold in the U/17 Nationals and finished 6th in the Senior Australian National Championships. Julia then went to an AIS Talent Camp on the Gold Coast after the Athletics season finished and won two Bronze Medals – in the U/18 and U/21 classes.
- Kasey Burton was part of the National Champion Victorian U/20 Womens Basketball Team; with her year's work in the SEABL competition earning her a WNBL contract.
- Alice Lorincz played in the Australian International Junior U/19 Championships in Ballarat, playing the Oceania Championships the week prior (also in Ballarat) as well.
- Shanae Kelleher won Gold at the Victorian Taekwondo Championships in her category; and was rewarded with a training opportunity in Korea later in the year – where she trained with the Korean World Cup team and then won a Silver medal at the Korean Taekwondo festival.
- Mitch Gervasoni played in the Australian International Junior U/19 Championships in Ballarat; following that achievement with appointment to the Victorian U/19 team captaincy for the National Championships in July, also winning nine of ten matches.
- Sam Short represented Victoria Country in the U/18 Male National Basketball Championships; being part of a team which won seven of its eight matches.
- Mitch Braiden was part of the Victorian U/16 Boys Hockey team which won Silver in the National Championships in April; which were held in Perth.
- Steph Storey (BMG program) and Josh Brien, Winona Hoffman, Maaike Vrij and Hayley Tucker all competed at the Swimming Age Nationals at Easter time. Among the group there were multiple personal bests and some terrific swims.
- Bailey Hollway winning the handicap title at the Victorian Boys & Girls Golf Championships, and with this win earning admission to the U/16 State Golf Squad.
- Steffi McDonald making the Regional State 12/U Tennis Team that played in January's Foundation Cup Interstate Challenge at Royal South Yarra Lawn TC.
- Special Olympic athletes Marion McKenzie, Kellie Hughes, Kez Glenane, Madee Townsend and Fran Wellard competed for Victoria at the National Games in October.
- Taylah De Petrooro trained with the Singapore National Taekwondo team while part of a Bacchus Marsh Grammar school trip to the Singapore Sports School in July.

Achievements off the Field – Highlights of achievements under the Strategy Plan

Our 2014-2017 strategy plan, completed this time last year by the Board and Staff with the generous support of Wayne Strong, has provided us a clear map to build on the work done and platforms in place already. 2014 has seen the achievement of some encouraging heights:

- **Athlete Recruitment:**
 - We set out to explore three new markets we wanted to get into to add to our existing market of 'sport programs' in our traditional sense – more individual athlete members; schools and state competition teams and squads.
 - It has been particularly exciting to achieve some success in gaining a presence in all three in year one; doubling our individual athlete member numbers, having an awesome first year with the Bacchus Marsh Grammar School 'elite sport program' and partnering with the Ballarat Sovereigns VNL.
 - These successes have been underpinned somewhat by new relationships established with the "Ballarat Associated Schools" network, the Ballarat Sportsmens Club and continued contact with the Local Government network.
- **Athlete Support:**
 - Upon accepting the challenge set down by SRV and the VIS to "do more for our best athletes", we have created the 'extra services program' to launch in 2015. This initiative sees athletes who attain one or more of a state team, national team or national recognition performance become eligible for additional services to add to their existing program of services with WestVic; with such services being funded by WestVic through our terrific sponsors.
 - It is with great pride that we have 23 athletes from our 2014 group and five new athletes eligible to receive such support in 2015.
 - A review of our strength and conditioning service also reached some important conclusions which will see a better service from 2015 onward; meaning not only are we creating new partnerships for new services, but working on our existing ones to improve our offering from all angles.
 - Here, we are very pleased to welcome Simon Feros into the management post here for 2015; taking over from Ryan Bradshaw. Simon has been with us for 8 years in a variety of service supply capacities. We thank Ryan for his contribution and wish him well.
 - Finally, we are proud to announce we have established a partnership with the "Ballarat Olympians" group; where each of our sport programs will have one member of that prestigious group of sportsmen and women attend their program during the year to talk to athletes about their story in sport.
- **Branding & Profiling:**
 - Among the many key areas, this is perhaps the most important one we have tackled in 2014 – redefining and refining the message we put to the market around what we do and where we fit. It is work that is ongoing, but is crucial to our future sustainability and success; and has achieved some early wins:
 - Our work expressed in one sentence: "working with athletes and their supporters to deliver specialist services to help them succeed".
 - Reinforcing the culture that we are a service provider to talented sport; open for any talented athlete to come in and get their services while they continue to compete for their club/association and identify there.
 - Broadening the offering we have to sports and athletes; through not only being able to deliver technical services, but advocacy as well.
 - We are also pleased to have continued our media presence over the year, thanks to terrific supporters in Dom Brine at ABC, Allan Steinman at Voice FM and *The Courier* in the main, with other media outlets also covering us.

- **Sponsorship & Fundraising:**

- Our organisation is very fortunate to have a group of great sponsors; who provide not just cash and/or in-kind support to allow us to run, but also provide critical connections for us to recruit more athletes and build services.
 - In particular, our partnership with Federation University through Dean Dr Penny Paliadelis and her Faculty of Health – School of Health Sciences & Psychology senior management delivers over \$40,000 of in-kind support through office and amenity provision as well as student resources via their various professional placement programs. It is our lifeblood to have a partnership which supplies us students to do work in strength and conditioning, sport science, musculoskeletal screenings, and psychology.
 - Further, our partnerships with both City of Ballarat and Bacchus Marsh Grammar provide us with people who help us in every facet as well as provide much needed funds to deliver our stated value propositions.
- Of course, we must acknowledge the state government and the Victorian Institute of Sport for their ongoing funding; which has been in place for a dozen years now. Like our sponsors, it is not just funds they provide, but vital connections to people who help make us better and deliver better value.
- We must not forget our many program-based sponsors; who have been with us for some time and have stuck with us – Cason Sports, UFS and all sporting facility providers across our sport programs.
 - This extends to our State and Local Sporting Association partners for our sport programs, as the vast majority of them provide cash and/or in-kind sponsorship into their programs to ensure our services can be delivered without athletes and families having to bear full costs.
- Further, we held our first function in some years in October; having a 'Sporting Champions Dinner' in Horsham to raise more awareness of our offering to the good people of that region. Although not run to make money primarily, we are pleased to have an extra stream for revenue and publicity.

- **Good Governance & Management:**

- None of the other achievements would come true if it were not for a solid infrastructure underpinning the organisation – sound policy and practices, prudent financial policy/systems and also progressive personnel management. Although not headline grabbing like some others; the achievements in each of these spaces to progress our policy suite, further refine our budget and improve financial performance and strengthen recruitment, selection, induction and appraisal practices to make our people better once they come into the organisation do just as much to help us.
- Further, good governance and management takes the contribution of many people; and it is inspiring to have recruited so many people to help our cause:
 - *Board Members:* We have a stable team that leads the organisation; one that has been refreshed by the injection of three new members in Chris Gleeson, Kate Foulkes and Rhonda Cator this time last year.
 - *Friends of the Board:* People who provide the same style of concept, connection and counsel as a board member does; but are not on the Board for any number of good reasons. However, the fact every person asked to be a 'Friend of the Board' has been willing to contribute to working parties, mentor staff and help us in all areas of our business relevant to their expertise says we are on the right track.

Thanks & Acknowledgements

Of course, none of what has been achieved could become reality without the generous concept, connection and counsel of a very large group of people who have given so readily:

- The WestVic Academy of Sport Board, for their engagement and enthusiasm; led so magnificently well this year by Ian Rossiter.
 - Although saddened to see Ian Rossiter leave the Chair and the Board after seven years of contribution; I am thrilled to have him remain as a 'Friend of the Board' who will help us continue the work he has helped set up.
- The "Friends of the Board" who, as explained earlier, are just as valuable as our Board members in many ways; as their concept, connection and counsel combined with that of the Board members creates a 'dream team'. These fine people are:
 - Michelle Anderson, Peter Blackburn, Ewen Fletcher, Steve Moneghetti, Peter Osman, Ben Reeve, Wayne Strong, Warren Young, Fiona Werner.
 - Steve has played an important role as our Patron ongoing also.
 - It is with further excited anticipation that we expand this group in 2015 and welcome existing friends and mentors into this group and include them further in our business and our journey beyond their help this year – Sue Brown, Andrew Burgess Ian Corcoran, Michael Flynn, Craig Schepis.
 - Two very special friends from FedUni, in Lindy Hall and Deb Pascoe, also fit here; thanks to their tireless efforts in recruiting students to complete fieldwork with us in strength and conditioning and musculoskeletal screens.
- All of our Sport Partners; through their Advisory Groups, Coordinators, Coaches; who help us build the programs that will meet their needs. 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 an endorsement of our direction. I say this every year, but it is more and more crucial as without their input, we could not deliver such quality services because our understanding of our sports would be lacking.
- Each of our service suppliers, across strength & conditioning (Ryan Bradshaw for his leadership and the FedUni Exercise Science students carrying out the work as their fieldwork placement); nutrition (Michelle Ryan, who gives countless seminars and consults by taking the entire workload of nutrition on herself); sport psychology (Sue Anderson, Chris Waters, Chris Mesagno and Kellie Wilson and her masters students); all-around sport science (Simon Feros) and other workshops (Claire Mitchell-Tavener on her career, Ryan Waight on leadership behaviours, Karen Smythe on marketing).
 - To our fieldwork students in all sport science spaces; we thank you as well.
- Our Sponsors as mentioned earlier (Cash and In-Kind, which are equally important to us), for their support and contributions - we wouldn't be here if they weren't.
- The Local Governments of our region, in particular the sporting and recreation officers, for their networking support in putting us in touch with local people and parties in their part of the world where we can help by providing our services.
- The local media across our region for their promotion of us and our athletes'.
- Grant Cosgriff, for during his time at SRV; where his quality guidance on the broadest range of topics possible has been second to none. Although he has now moved on to Triathlon Victoria as their Executive Director, I trust Grant takes some pride and reward with him around the outcomes and enhancements we have been able to deliver, which have been driven in large part by his guidance and mentorship over many years (including my entire tenure to date). We wish him well at Triathlon Vic.
- Cam Loftus and Graham Gordon at Barwon and Bendigo Academies respectively. They have each driven VRAS forward and it has been my pleasure and privilege to help them deliver key projects. They are terrific men and have continued to be a great help to WestVic. Also, my acknowledgements to the entire VRAS group for its work.
- Anne Marie Harrison and Paul Kiteley for the advice and support in a very similar vein to Grant, Graham and Cam. I continue to admire both Anne Marie and Paul's availability and willingness to help us – their advice has helped shape our improvements as much as Grant, Graham and Cam; and will continue to.
- Finally, to our Manager of Sport Programs, Kelly Dunn; for her dedication to our cause. Kelly is the "frontlady" of our service delivery and has the job to make sure everything we promise our partners gets done. It is great to see her deliver time and time again. It is also great to see her take additional leadership roles and be such a respected person by all of our community.

Executive Officer's Report

In closing, this past year has been a huge step forward for the organisation and all of our partners, friends, supporters and most importantly the athletes and sport partners we service. I thank everyone for their contribution to the golden year we've had; and trust they've found their contribution satisfying and rewarding.

Having exactly 100 people involved in the organisation one way or another, all helping to make us better at what we do, because they believe in what we can do and the credibility we have really is a support base to behold and makes every day we get the chance to work with them and the wonderful 85 athletes and 10 sport partners of who we are so proud to service and support, one to savour. The days these athletes achieve the euphoric heights they do are then the ones to remember. 2014 has brought us so many of each of these opportunities; and we are hungry for more – because we want everyone connected to us to be rewarded for their efforts and to feel that winning feeling again and again.

To have this success again and again and make it long term success, we must build further on the platform of this year by going to the next level in all of our key working areas; and I look very much forward to having everyone on board now along for what promises to be an exciting journey to have more of those opportunities to savour, and those days to remember. It has been my pleasure to serve you as your Executive Officer on this journey to date.

May there be many more golden years ahead for the WestVic Academy of Sport and everyone a part of our community.

Mr. Rob Ward: FedUni WestVic Academy of Sport Executive Officer

Manager of Sports Program's Report

2014 has been another busy year for me in the office, with new sporting partners commencing their year with us. The introduction of the partnership with Bacchus Marsh Grammar has been very pleasing, with the high quality of athletes involved, as well as the enthusiasm of their staff.

Special Olympics Ballarat were a new partner in 2014, giving athletes with a disability an opportunity to access the level of services we can provide. This partnership has been increasingly pleasing to be involved in, and I look forward to their continued involvement.

The existing partnerships we had in place have continued to grow throughout the year, and this is in no doubt due to the great people that are involved with them. With the relationships that have been built in the past years, these partnerships will continue to flourish and there is no doubt the Academy itself will continue to develop.

We were fortunate to hear from dual Olympian and Commonwealth Games Hockey representative Claire Mitchell Taverner at our Induction afternoon. Claire spoke on the journey of an elite athlete, and the demands of the training and competition environment. Ryan Waight also spoke to the athletes on Building character and your personal brand, and the hard work that goes in behind the scenes that often isn't talked about. These two professionals were incredibly insightful and I have no doubt that those present, gained a lot from their presentations.

Thanks & Acknowledgements

My sincere thanks go out to the following people, for without their assistance throughout the year my job would have been incredibly difficult.

- Michelle Ryan; her willingness to assist our athletes with their Nutritional needs has been fantastic. She has been accommodating in their needs, and has given up many hours after work and on weekends in order to suit the schedules of our many sporting partners. At times I have felt like I have overloaded her with requests for work, however she has always come through with delivering quality sessions.
- Simon Feros for his work in musculoskeletal screenings, biomechanical analysis and fitness testing. Being a man of so many positions has led him to be an invaluable team member for the Academy, and I am looking forward to working with him again in 2015.
- Deb Pascoe and Warrick Chiltern from the Rehabilitation Clinic at Federation University. Their supervision of the students whilst they undertook the Musculoskeletal (MS) screenings, as well as finalisation of the written programs benefits our athletes, as well as giving the students valuable experience. The time they give up for their students, and for me, is appreciated and I cannot thank them enough.
- Following on from Deb and Warrick is the students themselves who undertook the above mentioned MS screens. All students at all times were professional and efficient in their dealings with me, the athletes and their families.
- For their continued services to our athletes, I pass on my sincere thank you; Dr. Chris Mesagno from Federation University for his personalised Sports Psychology work with our Individual athletes; Chris Waters for his sessions on Psychology with our sporting programs; and Kellie Wilson and her Psychology students from Federation University on their group work with our sporting programs. All these mentioned professionals are aiding our athletes off course in order to be better athletes, as well as individuals, and with the experience and knowledge they are proving, our athletes are certainly in good hands.
- Sue Anderson from good2gr8 Transformational coaching in her work with our athletes. Her sessions on mental thinking and transformational coaching have no doubt prepared our athletes for the upcoming challenges that lay in front of them.

Manager of Sports Program's Report

- Sue and Ralph Brayshaw at Impact Teamwear- As our uniform supplier, they always deliver on time and the orders are never wrong. In the world of uniform suppliers, their professionalism and dedication continue to make my job at the other end of the line all the more easier. I could not think of another supplier to work with, and recommend them to all and sundry.

My sincere thank you also goes out to the following Sport Coordinators, who are in most instances, my primary source of contact for the sport. Their tireless work within their sport does not go un-noticed from this office, and I for one am very thankful for them. So to Rhonda Cator (Badminton), Alois Rosario and Neville Monson (Table Tennis); Andrew Perks (Bacchus Marsh Grammar); Stuart Bates and Lachlan Smith (Special Olympics Ballarat); Chris Lysaght (Golf); Mark Stahl (Swimming) and Nick Hinneberg and Emily Rae (Tennis), I thank you for your dedication and hard work, and am looking forward to 2015 and the continuing partnerships we can develop.

The same is to be said of the coaches for our sporting programs, those who dedicate their time, expertise and knowledge to our athletes in order to develop them, as well as their chosen sport. To Rhonda Cator, Andrew Perks and Stuart Brehaut (Badminton); Alois Rosario (Table Tennis); Cam McFarlane (Cycling) and Micha Fisher (Tennis), thank you for your work.

And to our Strength and Conditioning staff who were responsible for the conditioning programs of our athletes, Annabel Brennan; Gabrielle Moloney; Nicole Doyle; Luke Holloway; Carlin Gyerffy; Harrison Bennett; Luke Jongbloed ; Claye Kelson; Sarah Bruce Smith and Dianne Boult.

The quality of work that I have seen come from these students has been fantastic. The high esteem that some of our sporting partners hold you in is a reflection of not only your quality of work, but also that of your professionalism and dedication.

And finally my thanks to Rob Ward. This time last year I thanked him his continued and unwavering support, and this has not changed. In order for us to work together in the small confines that we do, it is important that we have a good relationship. To know that I have his support in all the work that I do ensures an effective workplace, which in turn ensures quality work for all stakeholders.

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

Individual Members Program Report



Program Administration/Coaching Staff

Athletes complete sport-specific work away from WestVic. However, we are proud to have strong relationships with each of our "Individual Members" sport-specific coaches.

Program Report

Now in its third year as part of 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. In 2014 we had three athletes, with a fourth added towards the end of the year. Below highlights the work done with each athlete.

Hudson Irwin (Gymnastics):

Hudson competed at the Australian Gymnastics Championships in Melbourne in May, finishing the event with personal best scores in the Parallel Bars, High Bar, Pommel horse and Rings en route to a second overall placing in his age category – the Level 8 14 & Under.

Hudson then backed this performance up on Queen's Birthday weekend, winning a second overall placing in the State Championships; collecting another slew of personal bests here.

Hudson regularly travels to Melbourne from his home in the Wimmera to the Gymnastics High Performance Centre in Prahran. This dedication to his sport saw him improve his personal best scores at the recent Australian Gymnastics Championships in June.

His attitude towards his training, as well as continued improvement sees him as one of the most promising young Gymnasts in the Country; and is something we are incredibly proud to be a part of.

Away from the Gymnastics floor; Hudson has been seeing Sue Anderson from good2gr8 Transformational Coaching to improve his mental thinking and attitude towards competitions, and also completed a public speaking course under the tutelage of Karen Smythe from Speak Up for Sport. The Academy is proud to have facilitated and devoted some funding to these.

Emma Werner (Hammer Throw):

Emma has had a standout year, competing at the following competitions: Tasmanian Grand Prix; Victorian Country Championships; Victorian State Titles; New Zealand Nationals; Australian Athletics Championships; Northern Territory Championships and the Oceania Athletics Championships.

Standout results came from the Northern Territory Championships where she won Gold in her pet event, the Hammer Throw, as well as in the Shot Put, and a third place in the Javelin.

Throughout the year, Emma has been working with her Strength and Conditioning coach Luke Jongebloed in the gym, as well as regular biomechanical analysis filming. This filming allows the vision to be sent to her coaches in Tasmania and Melbourne, so he can stay up to date with her progress.

She has undertaken multiple sessions with Sports Psychologist, Dr. Chris Mesagno from Federation University. During these sessions, Dr. Mesagno and Emma have been working on her mental thinking and approach to her competition, which has invariably seen her improve her personal best distance by a great margin. This is a credit to herself, her coaches, and all those involved with her program.

Individual Athlete's Report

Chloe Bibby, Kasey Burton, Sam Short (Basketball):

2014 has seen us support three athletes from the Basketball National Performance Program (NPP); Chloe Bibby, Kasey Burton, Sam Short.

We have supported all athletes through strength and conditioning programming and delivery assistance over the year; as directed by our friends at Basketball Victoria and in particular High Performance Manager Justin Schueller.

All athletes have been introduced to the Academy by Basketball Victoria with the sole purpose of delivering the athlete's strength and conditioning programs under the NPP. This program calls for nine hours per week of 'Green and Gold Development', as athletes in the program are identified as potential future Boomers and Opals. The nine hours is made up of group training, individual tutoring, shooting practice and strength & conditioning. It is WestVic's pleasure to bring the strength & conditioning support to these fine athletes through weekly gym sessions.

Each of the three athletes supported at different stages in 2014 have had some terrific achievements on the court, as follows:

- **Sam Short:** Represented Victoria Country at the Under 18 National Championships. Sam also played D-League for the Ballarat Miners in the SEABL.
- **Kasey Burton:** Represented Victoria at the Under 20 National Championships. Kasey also played D-League and SEABL for the Ballarat Rush, and has earned a contract with the Bulleen Boomers in the WNBL.
- **Chloe Bibby:** Represented Australia in the Under 17 World Championships in Czech Republic; WNBL play for Dandenong Rangers and represented Victoria Country in Under 18 National Championships.

We thank Luke Holloway for his work with Sam and Nicole Doyle for her work with Kasey. Chloe, being a very recent addition to our group, has had her early strength & conditioning work done by Simon Feros.

Also, a significant thanks to Scott Talpey; who in his role as strength & conditioning director at the Ballarat Miners & Rush SEABL, has made himself available to mentor and guide Luke and Nicole in their work.

Finally, we thank Justin Schueller for his efforts and support over the year. His guidance and vision have been key to some very successful outcomes.

Ms. Kelly Dunn and Mr. Rob Ward: On behalf of the Individual Membership Program

Bacchus Marsh Grammar Program Report



Program Administration/Coaching Staff

Although athletes complete sport-specific work away from WestVic, we acknowledge the teachers of 'Elite Sport' program; Mr Andrew Perks, Mrs Rebecca Perks & Mr Bryce Durham

Advisory Group

Mr. Rob Ward & Ms. Kelly Dunn (WestVic Academy of Sport)
Mr. Andrew Perks & Mr. Andrew Neal (Bacchus Marsh Grammar)

Program Report

2014 saw the beginning of a collaboration between the FedUni WestVic Academy of Sport and the Bacchus Marsh Grammar (BMG) Elite Sports Program. With an already established Elite Sports Program the intention was to develop a partnership/ program with WestVic in the hope of further developing our finest athletes.

The BMG Elite Sports Staff under the direction of Andrew Perks selected ten athletes to enter the WestVic Program with selection criteria based around State or National rankings. The program allowed these athletes to continue their strength and conditioning and recovery programs within the 5 hours allocated curriculum time at BMG.

Conditioning staff at BMG hold Australian Strength and Conditioning Association (ASCA) accreditation as well as further University qualifications in Strength and Conditioning and are expanding this next year with additional University qualifications. These staff proved to be fine role models and of great assistance to the WestVic conditioning staff member and a fine collaboration between staff was formed.

The WestVic Staff member Annabel Brennan not only greatly helped out all athletes but also built up fantastic relationships with all athletes, particularly the female athletes.

It was very beneficial for the WestVic program to provide our athletes with additional nutritional, career and goal setting seminars and the musculoskeletal screening, although late in the year, was a fantastic "tool" for our strength and conditioning staff.

Highlights throughout the year included State, National and International titles for BMG athletes:

- Julia Burke (Shot Put)
- Joel Hennessy (Karate)
- Shenae Keleher (Taekwondo)
- Taylor De Pretoro (Taekwondo)
- Stephanie Storey (Swimming)
- Mitchell Braiden (Hockey)
- Renato Moutzouris (Swimming)
- Dillon Johnson (Motor Cross)

Another highlight was a training camp for the athletes in Singapore at the Singapore Sports School which was a fabulous training and cultural experience for our athletes, teaching them about international travel as an athlete and the training in hot and humid temperatures.

We look forward to the expansion of the relationship between BMG and the FedUni WestVic Academy of Sport and thank Rob Ward CEO and Manager of Sports Programs, Kelly Dunn for their valuable assistance and support of the BMG Elite Sports Program.

Mr. Andrew Perks: Director of Sport at Bacchus Marsh Grammar

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 had another successful year in 2014

The program continued to focus on 2 on court training sessions a week, with one strength and conditioning session on a Monday prior to the on court session. Our 3 coaches continue to rotate through the Monday and Wednesday sessions, meaning all athletes have access to a wide variety of strengths that the coaches bring to the program. Our Fed Uni student Gabrielle Moloney has been a fantastic addition to this years' program with all athletes improving their fitness levels. One great aspect of this year's program was the addition of mentor athletes Joel Findlay, Nathan David, Brandon Olver, Beth Smith and Matt Nevett who attended training when their work and university commitments allowed.

At a representative level, all athletes competed at the Victorian Regional Championships. Mitchell Gervasoni was not only selected in the Victorian Under 19 Team, but was given the great honour of captaining the team. Nathan David and Joel Findlay were selected in Victorian Open Teams, with Joel topping off a great year by winning the Australian Closed Mens Doubles title.

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 and out of competition nutrition.

2015 sees some minor changes to the program, all of which will ensure we are keeping up with best practice.

Thanks must go to our coaches Stuart Brehaut and Andrew Perks who are amongst the best coaches in Australia, Thanks also 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 10 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

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. Phil Orr (Ballarat-Sebastopol Cycling Club)

Mr. Matt Argall (Ararat and District Cycling Club)

Program Report

The cycling program though low in membership this year compared to previous enjoyed success on many levels.

The first was the preparedness of it's athletes to test themselves in open competition at state level. Their willingness to push their limits in all areas of their sporting, scholastic and working lives has seen them develop and mature as individuals and as a team of like-minded athletes.

Through the programs services the athletes have developed their awareness and ability to plan and implement strategies to assist in their nutritional requirements, mental preparation, flexibility, strength and conditioning and general training.

The cycling program relies heavily on the facilities at Federation University Mt Helen and the tireless support from WestVic Director Rob Ward and Kelly Dunn, this combination ensures the cycling program will continue to grow.

The cycling program looks forward to the challenges ahead in 2015 with some exciting new services to be offered.

On a side note two previous program athletes are enjoying the fruits of their labour with Josh Liston becoming a member of the Seight Cycling Development Team and Will Key gaining experience as a guest athlete with the VIS on occasions.

Mr. Cam McFarlane: Cycling coach

Golf Program Report



Program Administration/Coaching Staff

Mr. Chris Lysaght – Coaching Coordinator
Mr. Andrew Cartledge – Golf Professional > Golf City
Mr. Michael Cooke – Golf professional > Midlands Golf Course
Mr. Phil O'Brian – Golf Professional > Bacchus Marsh Golf Course
Ms. Lisa Jeans- Golf Professional > Horsham Golf Course

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, Mr. Ashley Marshall & Ms. Jo Charlton (Golf Victoria)

Program Report

The WestVic Academy of Sport Golf program is closing for the 2014 year, with the last Golf camp planned for November 16 at the Bacchus Marsh Golf Course, and to be run by Phil O'Brian.

Touching on the other camps, Moonah Links Golf course played host to the Victorian Regional Academies of Sport (VRAS) annual golf camp, with a 3 day camp held. They covered a great deal of all aspects of the game, including nutrition and sports psychology. This camp is a must for young golfers to attend.

The next camp was conducted by Andrew Cartledge at Mount Xavier Golf Course, covering all the golfing skills.

Michael Cook took a camp at Midlands Golf Course, with the Nutrition session also delivered on this day by Michelle Ryan. In this session she looked at food diaries from the athletes, and provided suggestions on alternate foods to increase the athletes performances throughout the competition/training sessions.

Lisa Jeans the professional at Horsham Golf Course conducted a camp as well, with Simon Feros and Luke Jongebloed attending to conduct biomechanical filming of all athletes. Those that were not in attendance are planned, at time of writing this report, to have their filming done at the final camp in November.

All services that were delivered throughout the program were of great assistance to the athletes involved in the program.

A highlight of the year from an athlete perspective, was the inclusion of Bailey Holloway in the Golf Victoria Junior and High Performance Under 16 Junior Squad. This inclusion comes after a successful tournament at the Boys and Girls Championships, and a lot of hardwork on and off the course from Bailey. He will now be exposed to tuition from Golf Victoria's State Coaches. Bailey was also selected by Golf Victoria to compete in the Murray River Junior Masters tournament in mid-December of this year.

I am looking forward to again working with Rob and Kelly in order to build more services in the 2015 and beyond programs.

Mr. Chris Lysaght: Coaching Coordinator

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)
Mrs. Val Savage (Central Highlands Area & Bowls Victoria)
Mr. Murray Rowe (Central Highlands Area & Bowls Victoria)
Mr. Peter Nixon (Bowls Australia) & Mr. Graeme Bridge (Bowls Victoria)

Program Report

The small number of athletes involved in this year's program benefited from the coaching sessions they were exposed to throughout the year. The aim was to provide these athletes with exposure to top level coaches, and to experience the rigours of what a top level Bowler would go through.

A visit to the Australian Open at the Darebin International Sports Centre (DISC) allowed our athletes to view some of the best Bowlers in the Country in a major tournament. The experience of this tournament saw our athletes gain an insight into a major tournament, and see first-hand the pressure that top level athletes can be under.

Training sessions were held on the following dates, with the coaching and services included:

- May 25 at Sebastopol Bowling Club. Mark Cowan (National Training Centre coach) took athletes through Match play and tactics.
- August 10 saw us cover Sports Psychology and Nutrition. Combined with Golf and Netball for these programs in order to deliver to high number of athletes, and also to allow some interaction with other sports.
 - Chris Waters and Michelle Ryan took these sessions respectively, with "dealing with pressure and overcoming adversity" and "breaking down a food diary, and suggestions for replacements" were the two topics covered.
- September 14 at Ararat Bowling Club done by Peter Nixon (Regional Bowls Manager, Bowls Australia). Peter talked the group through preparation for team selection and shot preparation and head reading scenarios.
- September 29 at City Oval Bowling Club, run by Peter Nixon. Peter took the athletes through tactical play for different games- i.e. singles, set plays, fours.

Thanks to Sebastopol Bowling Club for their sponsorship and facility use during training sessions for this years programs. To Mark Cowan and Peter Nixon for conducting the training sessions and allowing our athletes to gain as much possible knowledge from them.

And to our Advisory Committee members who have at all times been open and forthcoming with their assistance and feedback, and allowed us to as best we can, develop and strengthen the sport of Bowls in the region.

Ms. Kelly Dunn: 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.

Advisory Group

Mr. Rob Ward & Ms. Kelly Dunn (WestVic Academy of Sport)
Ms. Melanie Taylor & Ms. Hayley VanDenBoom (Netball Victoria)

Program Report

With a different format in 2014, the Netball program was able to deliver a structure of training sessions to the 8 involved athletes. The players invited to apply for the program are all playing high level netball, and were Talent Identified by prominent netball identities and Netball Victoria staff members. Invitations to apply for the program were sent out, and as a result 8 athletes became a part of the 2014 program.

Training sessions held in various locations in Geelong, and were combined with other athletes from the Barwon and South West Academies of Sport. This lead to an increased number of athletes and more value for money, as there was a significant increase in the exposure to high quality coaching and learning's in the program.

All sessions were planned by Nikki Cooke (Netball Manager from AFL Barwon), and conducted by various coaches as highlighted below:

- Former Australian player Susan Meaney
- Australian 21 and under selector Nicole Richardson, who is also the Netball Victoria Coaching Coordinator and VNL 19 and Under Coach for the Hume City Falcons.
- Sascha Veldhuis, Geelong Netball Club Division 1 coach

Our thanks go to the athletes and families involved in the program, and we trust that you have taken aspects of the program, and implemented them into your club netball.

A different structure will follow for the 2015 program, with a partnerships formed with the newly created Ballarat Sovereigns (formerly Ballarat Pride). This new relationship is exciting and all involved are looking forward to a healthy and strong working relationship.

Ms. Kelly Dunn: On behalf of the Netball Program

Special Olympics Ballarat 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. Stuart Bates (Special Olympics Ballarat)

Mr. Lachlan Smith (Sports Central and Special Olympics Ballarat)

Program Report

Special Olympics Ballarat participated in the 2014 program with WestVic Academy of Sport. This is an inaugural link between the 2 organisations and likely one of only a few, if any, across Australia.

For our athletes to be recognised as achieving through elite athlete pathways has brought a genuine legitimacy to the work of Special Olympics and the efforts of our athletes.

Of these 7 athletes, 6 had been selected to participate in the 2014 National Games and 5 accepted that invitation. The other athlete involved had recently competed at the Asia-Pacific Games 2013.

Our athletes participated in an ongoing conditioning program supervised by WestVic staff. This has helped our athletes to work on required areas in preparation for the National Games. Our athletes had the training available to refine their fitness schedule according to their own needs and goals.

Our athletes also participated in tailored nutrition sessions. In these sessions, our athletes received basic advice on sports nutrition. This has helped all involved to better understand the role of quality nutrition in elite performances.

The flexible and tailored training package delivered by WestVic has allowed all of our athletes to get something from the program at various times.

We thank WestVic for their progressive vision to set up this local link and we look forward to a continuing partnership in 2015.

Mr. Stuart Bates: Special Olympics Ballarat Chair

Swimming Program Report



Program Administration/Coaching Staff

Mark Stahl - Ballarat Gold Swimming Club

Advisory Group

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

Mr. Mark Stahl, Ms. Yasna Macola & Mr. Anthony Hoffman (Ballarat Gold Swimming Club)

Program Report

This has been a challenging but very exciting time for the swimmers at Ballarat Gold to be involved in the WestVic Program. After a slow start to the program a number of initiatives have commenced which the swimmers have enjoyed while at the same time gaining new knowledge as well as consolidating current knowledge.

The swimmers and their parents have had the opportunity of both whole group Nutrition and Psychology sessions. The intention of these sessions was to get a feel for where the athletes are in terms of their knowledge with the aim of then providing some one on one sessions to address specific needs of each swimmer. All of the swimmers and parents have found these sessions very informative which has maintained interest and enthusiasm.

The swimmers have also had their muscular-skeletal assessments done and programs have been put into place to build upon their strengths and address any problem areas. This is worked in well with the swimmers training sessions so it allows myself as Head Coach to see what is happening and to be informed about where my swimmers are been taken. This is a win-win situation, which I hope can be continued in the future.

This is a great opportunity for our swimmers to be skilled up in their own backyard without having to move out of our local area. I believe that if we continue to tap into the great resources at our fingertips then we will be able to retain our National level athletes for longer thus enhancing the profile of swimming in Ballarat.

Well done to Kelly and Rob for their efforts, enthusiasm and energy that they have committed to this program for our swimmers who are truly grateful and excited by the future possibilities.

Mr. Mark Stahl: Head Coach Ballarat Gold Swimming Club

Ballarat Gold Swimming Club has been associated with WestVic Academy of Sport for approximately 16 months now. We have worked hard with Rob in particular to develop a partnership program based on the needs/requirements of the swimmers.

The program has developed after 12 months into a quality package designed to assist the athletes from our Club take on the next level of their personal development into elite athletes.

The program's consist of strengthening and conditioning, diet, psychology and other developmental opportunities as they arise. After the initial 12 month period where Swimming Victoria transitioned developmental athletes into the program, Ballarat Gold together with Rob, identified the athletes who were either at National standard or very close to National standard in order to offer the personalised program to them. We have 6 currently completing the program and look forward to offering this program to swimmers in the next swimming season.

The feedback we receive from the athletes (and parents) who undergo this program is very positive. As a result there is genuine excitement in the program. Our Club has seen our athletes develop with the assistance of WestVic and we are proud to have a great ongoing relationship with WestVic. We look forward to strengthening our partnership in what will be a win-win for our athletes and the Club.

Mr. Anthony Hoffman: Vice President Ballarat Gold Swimming Club

Table Tennis Program Report



Program Administration/Coaching Staff

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, Mr. Alois Rosario & Mr. Kelvin Putt (Ballarat Table Tennis Association)

Program Report

This year has seen a growth of the Table Tennis program in numbers and also the level of the players. The focus of this year's program has been their training ability as well as focusing on some of the other keys that make elite level players.

In April the Academy provided the players with physical screenings for all the players. While not all players were able to attend on this occasion we were able to get most players through the screening process through the year. This provided a good basis for the Strength and conditioning program.

On table training has involved regular sessions on Wednesday evenings from 6.30 to 8pm. These were primarily conducted by Alois Rosario with assistance from several people. Neville Monson assisted by coaching, hitting with, and feeding multi ball where required. Some parents were also able to assist including Neil Richardson.

This was preceded each week by their Strength & conditioning sessions conducted by Luke Jongebloed. Luke provided motivation and a variety of sessions for the players working with the screenings provided at the start of the year. These sessions ran for 30 minutes from 6.00 to 6.30pm each Wednesday of the school term.

This year we have also been able to involve players from Ballarat and Warrnambool as part of our school holiday training programs. This has provided the WestVic players with both variety and increased strength of players to train with.

An initiative that we appreciated this year was to be provided with the opportunity to watch a training session by the WestVic Badminton squad. This provided our young squad a good reference point of what was possible for them as far as the attitude to training and application during the session. Thanks to Rhonda Cator for allowing this to take place. I think it is an initiative that could be spread through the different sports in the Academy. The two sports talked of a challenge between the two sports that we will pursue in the future.

The players had a nutrition session provided by Michelle Ryan, Dietician, Ballarat Community Health Centre. . The Psychology session was conducted in Term 4 by fifth year students from Federation University. Both were well received by all the players and parents

Performance Highlights: Rory Carroll is part of the National Para squad and this year competed in Hungarian and Italian Para Open championships. He was able to win a silver medal in Italy Class 11 Mens Teams event. Rory also competed in National Para Championships winning a bronze medal in the Class 11 Singles and silver in the team event. Rory was also provided two extra Psychology sessions with Dr Chris Mesagno. This was identified as an area of improvement that could assist Rory in the year ahead.

Mr. Neville Monson: Ballarat Table Tennis Association – Juniors Manager

Mr. Alois Rosario: Ballarat Table Tennis Association – Juniors Coach

Tennis Program Report



Program Administration/Coaching Staff

Mr. Mischa Fischer – Head Coach

Advisory Group

Mr. Rob Ward & Ms. Kelly Dunn (WestVic Academy of Sport)
Mr. Nick Hinnenberg & Mrs. Emily Rea (Tennis Victoria)

Program Report

The WestVic Academy of Sport Tennis Program (WVAS) has provided 14 motivated athletes within Tennis Victoria's Central Highlands and Wimmera country tennis regions, a comprehensive developmental program in 2014. This program aims to assist players by providing access to additional services to assist in their development alongside the work they are doing with their Private Coaches. In 2014, the WVAS Tennis Program was one of 7 programs supported by tennis Victoria, across regional Victoria, impacting over 100 regionally based tennis athletes.

In 2014 the WVAS Tennis Program was once again delivered by Tennis Victoria's Regional State Coach, Micha Fischer. Micha travelled from Melbourne to deliver four 1 day camps across the calendar year. Each camp provided the players with 4 hours of on-court activities, as well as a presentation by a Sports Science provider. Presentation topics included Sports Nutrition and Sports Psychology and these presentations were extremely well received and beneficial for all. Players were also exposed to physical testing to allow them to measure their tennis specific fitness and monitor their progress across the year.

Members of the WVAS tennis program also have access to 'Tournament Support' at three Australian Ranking Tournaments throughout the year. Tournament Support provides the opportunity for players to prepare for and compete in tournament play, with the support of their regional state coach. Players who were able to take part in these events gained valuable developmental experience, through professional behaviours, before, during and after their matches.

Stand out performances from WVAS Athletes included Steffi McDonald representing Victoria in the Foundation Cup Inter State regional challenge and Hugh McManus, who qualified for the Main Draw at the Tennis NSW Junior State Championships, a Platinum event and one of the most prestigious events on the junior calendar.

It has been a pleasure to oversee the WVAS Tennis program for the past two years and I thank Rob Ward and Kelly Dunn for their work and support throughout this year. All the best to the players for the upcoming Summer of Tennis and I look forward to another successful year at the WestVic Sports Academy tennis program.

Mr. Micha Fischer: Regional State Coach

Academy Financial Statements & Audit Review

WESTVIC ACADEMY OF SPORTS INC.

**FINANCIAL REPORT
FOR THE YEAR ENDING
30 JUNE 2014**

WestVic Academy of Sport Financial Report

WESTVIC ACADEMY OF SPORT INC.

COMMITTEE'S REPORT FOR THE YEAR ENDED 30 JUNE 2014

Your committee members submit the financial report of Westvic Academy of Sport Inc. for the financial year ended 30 June 2014.

Committee Members

The names of the committee members throughout the year and at the date of this report are:

John Abraham (Chair – Resigned November 2013)
Ian Rossiter (Chair – Appointed November 2013)
Dan McGlade
Garry Gullock – Resigned May 2014
Tavis Baker
Gavin McGrath
Rhonda Cator – Appointed November 2013
Katie Foulkes – Appointed November 2013
Chris Gleeson – Appointed November 2013

Principal Activities

The principal activities of the Association during the financial year were providing talented player programs for local sporting bodies, in partnership with state sporting bodies.

Significant Changes

No significant change in the nature of these activities occurred during the year.

Operating Result

The Loss of the entity amounted to \$21,168 (2013: Loss \$14,675).

Signed in accordance with a resolution of Members of the Committee.

IAN ROSSITER (CHAIR)

DAN McGLADE Tavis Baker

Dated this 11th day of November 2014

WestVic Academy of Sport Financial Report

WESTVIC ACADEMY OF SPORT INC.

INCOME AND EXPENDITURE STATEMENT FOR THE YEAR ENDED 30 JUNE 2014

		2014	2013
INCOME	Note	\$	\$
Grants		89,150	107,619
Sponsorship		16,205	6,100
Athlete Contributions		25,573	31,416
Interest Received		1,140	2,225
Other Revenue	2a	278	308
		<u>132,346</u>	<u>147,668</u>
EXPENDITURE			
Accounting Fees		1,800	1,400
Bad & Doubtful Debts		1,267	-225
Ace Program		1,500	2,912
Administration		2,196	2,526
Annual Leave		-742	-824
Audit		2,550	3,100
Computer Costs		1,309	3,649
Depreciation		1,047	424
Insurance		1,503	1,404
Marketing		-	250
Motor Vehicle		10,000	10,000
Program Costs		41,199	46,996
Superannuation Contributions		7,816	7,515
Telephone		1,064	879
Uniforms		779	724
Wages		75,758	74,620
Workcover		828	1,060
Other Expenses	2b	3,640	5,933
		<u>153,514</u>	<u>162,343</u>
Profit/(Loss) before Income tax		<u>(21,168)</u>	<u>(14,675)</u>
Income tax expense		-	-
Profit/(Loss) after Income tax		(21,168)	(14,675)
RETAINED PROFITS AT BEGINNING OF YEAR		<u>46,704</u>	<u>61,379</u>
RETAINED PROFITS AT END OF THE YEAR		25,536	46,704

The accompanying notes form part of these financial statements.

WESTVIC ACADEMY OF SPORT INC.

**BALANCE SHEET
AS AT 30 JUNE 2014**

		2014	2013
ASSETS	Note	\$	\$
CURRENT ASSETS			
Cash and cash equivalents	3	37,386	60,941
Trade and other receivables	4	3,168	6,261
Pre Payments	5	-	1,503
TOTAL CURRENT ASSETS		40,554	68,705
NON-CURRENT ASSETS			
Property, plant and equipment	6	1,440	2,487
TOTAL NON-CURRENT ASSETS		1,440	2,487
TOTAL ASSETS		41,994	71,192
 CURRENT LIABILITIES			
Trade and other payables	7	6,767	9,556
Income received in advance	8	9,860	14,360
Provisions	9	-169	572
TOTAL CURRENT LIABILITIES		16,458	24,488
TOTAL LIABILITIES		16,458	24,488
 NET ASSETS		25,536	46,704
 EQUITY			
Retained Profits	10	25,536	46,704
TOTAL EQUITY		25,536	46,704

The accompanying notes form part of these financial statements.

WESTVIC ACADEMY OF SPORT INC.

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 30 JUNE 2014**

		2014	2013
	Note	\$	\$
		Inflows	Inflows
		(Outflows)	(Outflows)
CASH FLOWS FROM OPERATING ACTIVITIES			
Receipts from Customers & Community		129,159	156,784
Payments to Suppliers & Employees		(153,854)	(177,911)
Interest Received		1,140	2,225
Net cash provided by (used in) operating activities	11	<u>(23,555)</u>	<u>(18,902)</u>
CASH FLOWS FROM INVESTMENT ACTIVITIES			
Purchase of Fixed Assets		-	(1,989)
Net cash (used in) investing activities		<u>-</u>	<u>(1,989)</u>
Net increase in cash and cash equivalents held		(23,555)	(20,891)
Cash and cash equivalents at the beginning of year		60,941	81,832
Cash and cash equivalents at the end of year	3	<u>37,386</u>	<u>60,941</u>

The accompanying notes form part of these financial statements.

WESTVIC ACADEMY OF SPORT INC.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2014**

Note 1: Statement of Significant Accounting Policies

This financial report covers Westvic Academy of Sport Inc as an individual entity. Westvic Academy of Sport Inc is an association incorporated in Victoria under the Associations Incorporation Reform Act 2012.

Basis of Preparation

The financial report is a special purpose financial report prepared in order to satisfy the financial reporting requirements of the Associations Incorporation Reform Act 2012. The committee has determined that the association is not a reporting entity.

The financial report has been prepared on an accruals basis and is based on historical costs, and does not take into account changing values of money, except where specifically stated, current valuations of non-current assets.

The following significant accounting policies, which are consistent with the previous period unless otherwise stated, have been adopted in the preparation of the financial report.

a. Inventories

Inventories are measured at the lower of cost and net realisable value.

b. Property, Plant and Equipment (PPE)

Leasehold improvements and office equipment are carried at cost less, where applicable, any accumulated depreciation.

The depreciable amount of all PPE is depreciated over the useful lives of the asset to the association commencing from the time the asset is held ready for use.

Leasehold improvements are amortised over the shorter of either the unexpired period of the lease or the estimated useful lives of the improvements.

c. Cash and Cash Equivalents

Cash and cash equivalents include cash on hand, deposits held at-call with banks, other short-term highly liquid investments with original maturities of three months or less.

d. Revenue and Other Income

Revenue is measured at the fair value of the consideration received or receivable.

Interest revenue is recognised using the effective interest rate method, which, for floating rate financial assets is the rate inherent in the instrument.

Grant and Donation income is recognised when the entity obtains control over the funds, which is generally at time of receipt.

When Memberships are received the association incurs an obligation to deliver benefits back to the member, the membership revenue is recognised in the balance sheet as a liability until the benefit has been delivered to the member or the membership term has expired.

WESTVIC ACADEMY OF SPORT INC.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2014**

Note 1: Statement of Significant Accounting Policies

e. Goods and Services Tax (GST)

Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Taxation Office. In these circumstances the GST is recognised as part of the cost of acquisition of the asset or as part of an item of the expense. Receivables and payables in the balance sheet are shown inclusive of GST.

Cash flows are presented in the cash flow statement on a gross basis, except for the GST component of investing and financing activities, which are disclosed as operating cash flows.

f. Comparative Figures

When required by Accounting Standards, comparative figures have been adjusted to conform to changes in presentation for the current financial year.

g. Employee Benefits

Provision is made for the association's liability for the employee benefits arising from services rendered by employees to the end of the reporting year. Employee benefits have been measured at the amounts expected to be paid when the liability is settled.

h. Other

There are no mortgages, charges or securities of any description affecting any property of the Westvic Academy of Sport Inc at 30th June 2014. In addition there is no trust, held on behalf of the Westvic Academy of Sport Inc in which any of its funds or assets are placed.

	2014	2013
	\$	\$
Note 2a: Other revenue		
Miscellaneous income	-	200
R Ward Phone payments	278	108
	<hr/> <hr/> 278	<hr/> <hr/> 308

WESTVIC ACADEMY OF SPORT INC.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2014**

	2014	2013
	\$	\$
Note 2b: Other expenses		
VRAS	269	300
Vic Talent Grant	280	434
Gym memberships	2,091	2,000
Gross loss from trading	0	0
Consultants Fees	1,000	3,000
Perpetual Investment – Market Value Movement	-	199
	3,640	5,933
Note 3: Cash and cash equivalents		
Cheque Account	-	-
CSB Account	33,676	20,104
Petty Cash	1	-
Perpetual Investments	2,963	5,487
Undeposited Funds	746	-
Bendigo Bank Term Deposit	-	35,350
	37,386	60,941
Note 4: Trade and other receivables		
CURRENT		
Trade debtors	3,938	6,391
Provision for doubtful debts	(770)	(130)
	3,168	6,261
Note 5: Pre Payments		
Pre Paid Insurance	-	1,503
	-	1,503
Note 6: Property, plant and equipment		
Plant and equipment at cost	6,337	6,337
Accumulated depreciation	(4,897)	(3,850)
	1,440	2,487

WESTVIC ACADEMY OF SPORT INC.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2014**

	2014	2013
	\$	\$
Note 7: Trade and other payables		
GST Liabilities	2,540	5,033
PAYG Payable	4,123	4,508
Superannuation payable	-	-
Credit card	104	15
	6,767	9,556
Note 8: Income received in advance		
Badminton memberships	3,960	4,960
Tennis memberships	1,700	1,600
Soccer memberships	-	2,200
Golf memberships	2,250	1,400
Netball memberships	800	1,600
Cycling memberships	450	600
Table Tennis memberships	-	600
Other	700	1,400
	9,860	14,360
Note 9: Provisions		
Annual Leave	-169	572
	-169	572
Note 10: Retained Profits		
Retained profits at beginning of the period	46,704	61,379
Net profit/(loss) attributable to the association	(21,168)	(14,675)
Retained earnings at the end of the period	25,536	46,704

WESTVIC ACADEMY OF SPORT INC.
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2014

	2014	2013
	\$	\$
Note 11: Cash Flow Information		
Reconciliation of profit/(loss) to net cash flows from operations as follows -		
Profit/(loss) for year	(21,168)	(14,675)
Adjustment for non-cash items:		
Depreciation	1,047	424
Perpetual Adjustments (Market Value & Other)	-	(120)
Increase/(decrease) in GST Payable	(2,493)	1,284
Increase/(decrease) in PAYG Payable	(385)	(308)
Increase/(decrease) in Superannuation payable	-	(857)
Increase/(decrease) in Other liabilities	(5,152)	(3,749)
(Increase)/decrease in Receivables and other current assets	4,596	(901)
(Increase)/decrease in Inventories	-	-
	<hr/> <u>(23,555)</u>	<hr/> <u>(18,902)</u>

WESTVIC ACADEMY OF SPORT INC.

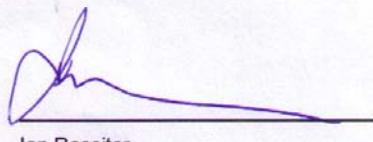
STATEMENT BY MEMBERS OF THE COMMITTEE

The committee has determined that the association is not a reporting entity and that this special purpose report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

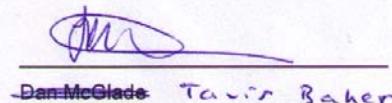
In the opinion of the committee the financial report as set out on pages 1 to 9:

1. Presents a true and fair view of the financial position of Westvic Academy of Sport Inc. as at 30 June 2014 and its performance for the year ended on that date.
2. At the date of this statement, there are reasonable grounds to believe that Westvic Academy of Sport Inc. will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the committee and is signed for and on behalf of the committee by:



Ian Rossiter



Dan McGlade Trevor Baker

11th day of NOVEMBER 2014

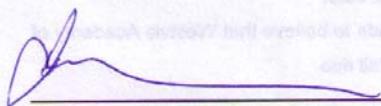
WestVic Academy of Sport Financial Report

WESTVIC ACADEMY OF SPORT INC.
CERTIFICATE BY MEMBERS OF THE COMMITTEE

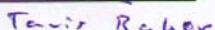
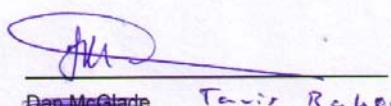
I, Ian Rossiter and I, Dan McGlade, certify that:

- a) We are members of the committee of Westvic Academy of Sports Inc.
- b) We attend the annual general meeting of the association held on **11th November 2014**.
- c) We authorised the attached resolution of the committee to sign this certificate.
- d) This annual statement was submitted to the members of the association at its annual general meeting.

Dated this the **11th** day of **November** 2014



Ian Rossiter



Dan McGlade

Tavis Baker



**QUINNEY
& ASSOCIATES**

17th September, 2014

*Chartered Accountants
& Business Advisors*
ABN 32 968 675 900

The Committee,
Westvic Academy of Sport Inc,
PO Box 663,
Ballarat. VIC 3353

Dear Committee Members,
RE: Review of Financial Statements Year Ended 30th June, 2014

We advise that we have completed a review of the financial statements of Westvic Academy of Sports Inc (the Academy) for the financial year ended the 30th June, 2014. The review has been conducted in accordance with the Financial Statements and Auditing Requirements of the Incorporated Association Reform Act 2012 (the Act).

The Academy falls within the definition of a Tier One association wherein its revenue is less than \$250,000 during the financial year under review. As such, the Act does not require that the Academy have the financial statements audited or reviewed. Accordingly this review is at the request of the Committee of the Academy and we confirm that this is not an audit of the Academy or its financial statements for the year ended 30th June, 2014.

We have conducted the review of the financial statements of the Academy for the 2014 year and confirm the following:

- The financial statements will be presented at the Annual General Meeting and that meeting will be held within five months of the end of the 2014 financial year.
- The signed declaration by Members of the Committee, confirm a true and fair view of the financial performance and position during and at the end of the year under review.
- The financial statements of the Academy contain the required reports and other documents required by the Act
- Notes to the accounts contain information required by the relevant accounting standard, the information necessary to give a true and fair view and the information required by the provisions of the Act and its regulations.

Our review does not require us to form an opinion on the viability of the Academy, however we note in the Statement by Members of the Committee, that they state "there are reasonable grounds to believe that Westvic Academy of Sport Inc. will be able to pay its debts as and when they fall due".

We hereby confirm that in our opinion the financial statements of the Academy meet the reporting standards of the Incorporated Association Reform Act 2012 for the financial year ended 30th June, 2014.


Anthony R Quinney
Chartered Accountant

No.41 Main Road Ballarat Victoria PO Box 1036 Ballarat Mail Centre Victoria 3354
Telephone 5331 6366 Facsimile 53316073 eMail tony@quinney.com.au
-Liability limited by a scheme approved under Professional Standards Legislation-



*FedUni
WestVic
Academy
of Sport*

A0044529G

Telephone: (03) 5327 9890

Mobile: 0417 044 419

E-mail: wvas@federation.edu.au

Post: PO Box 663, Ballarat, Victoria, 3353

Office Location: Office P824, School of Health Science & Psychology,
University Drive, Mt Helen

Visit us on the web at
www.westvicsport.org.au

Follow The Academy on Social Media through:
Facebook – “Like” UB WestVic Academy of Sport
Twitter – “Follow” @WestvicSportsAcademy
LinkedIn – “Join Group” UB WestVic Academy of Sport Supporters