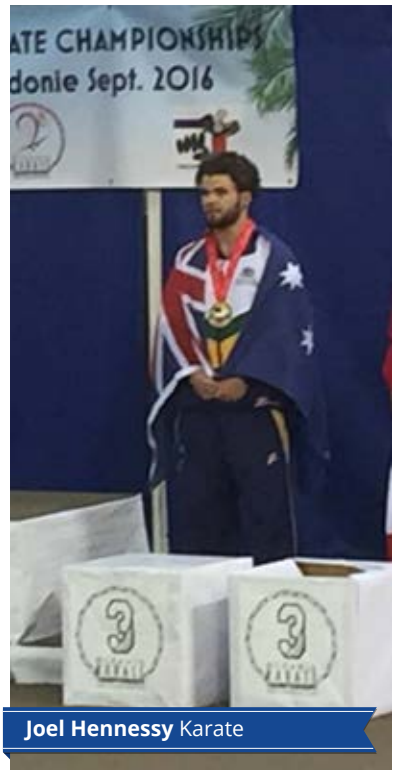
FedUni
WestVic
Academy
of Sport

WestVic Academy of Sport Inc.

Annual Report 2015 - 2016

"We are working with athletes and their supporters to deliver specialist services to help them succeed".

Certificate of Incorporation Number: A0044529G



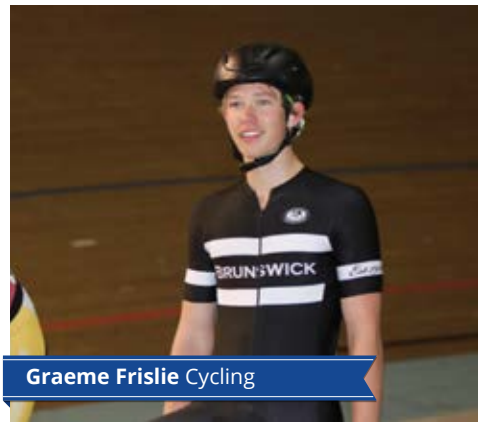
Joel Hennessy Karate

Shaun Findlay Alpine Skiing

Sam Rizzo Wheelchair Track

Max Noble & Ben DeBortoli Karate *2nd & 3rd left to right*

Laura Butler Sprints & Throws



Graeme Frislie Cycling

Jack Carr Swimming

Josh Jolly BMX

Ruby De Ruiter Taekwondo

Julia Bourke Throws

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Sponsors & Supporters of the Academy

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

Major Funding Agencies

Naming Rights Sponsor

Major Partners

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

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

WestVic Academy of Sport 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 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 Board of Directors & Staff

- Mr. Steve Moneghetti *(Patron)*
- Mr. Chris Gleeson *(Chair)*
- Mr. Tavis Baker *(Deputy Chair)*
- Mr. John Abraham
- Ms. Rhonda Cator
- Mr. Gavin McGrath
- Mr. Craig Wilding
- Mr. David Broadbent
- Ms. Melanie Robertson
- Ms. Talia Holloway-Roden
- Ms. Amanda Plumb
- Ms. Alethea Sedgman, Ms. Chloe McIntosh *(Ambassadors)*

Staff

- Mr. Rob Ward *(Executive Officer)*
- Mr. Talia Slater *(Programs Manager)*
- Mr. Matt Bacon *(Intern)*
- Mr. Gavin Nash *(Marketing Consultant)*
- Mr. Chris Radford *(Strength and Conditioning Co-Ordinator)*
- Ms. Julie Bicknell *(Accountant)*

WestVic Academy of Sport "Friends of the Board"

WestVic has many "friends" who provide counsel, contacts and concepts at the strategic level to the Board and Staff. This group, along with the Board, provides all necessary skills and expertise for the achievement of objectives.

We are indebted to:

- Ms. Michelle Anderson
- Mr. Peter Blackburn
- Ms. Sue Brown
- Mr. John Burt
- Mr. Ian Corcoran
- Mr. Grant Cosgriff
- Mr. Ewen Fletcher
- Mr. Michael Flynn
- Ms. Anne Marie Harrison
- Ms. Bernadette King
- Mr. Paul Kiteley
- Mr. Dan McGlade
- Mr. Andrew Milligan
- Mr. Andrew Perks
- Mr. Ben Reeve
- Mr. Ian Rossiter
- Mr. Craig Schepis
- Mr. Wayne Strong
- Mr. Brad Tressider
- Ms. Dara Twomey
- Mr. Bruce Valpied
- Mr. Ryan Waight
- Ms. Fiona Werner
- Mr. Warren Young

(Closest to front of photo) **Josh Brien, Laura Foley & Amity Musgrove** At VRAS VIS Day

Academy Consultants

A heartfelt thank you to all of the following consultants for their work during 2016

Musculoskeletal Assessment

- Ms. Deb Pascoe, Mr. Warwick Chilton & Ms. Megan Charity *(Federation University)*
  - o Supervisors of post-graduate students in exercise rehabilitation to completing screenings and exercise prescription.
- Mr. Simon Feros
- Ms. Annabel Brennan
- Ms. Abby Byrne
- Mr. Peter Grey
- Mr. Julien Knuppel

Biomechanics

- Mr. Simon Feros

Nutrition

- Ms. Michelle Ryan *(Ballarat Community Health)*
- Ms. Kerri Gordon *(Ballarat Community Health)*
- Ms. Whitney Atkinson

Sports Psychology

- Ms. Sue Anderson *(good2gr8 Transformational Coaching)*
- Mr. Chris Waters *(Catalyst ODP)*
- Ms. Kellie Dunn
- Ms. Kellie Wilson & FedUni Clinical Psychology Students

Other Athlete Services

- Karen Smythe *(Public Speaking & Marketing)*
- Peter Blackburn & Steve Moneghetti *(Ballarat Olympians)*

Physical Preparation *(Professional Practice Students)*

• Mr. Chris Radford	Manager/Supervisor & I/M
• Mr. Finn Anscombe	Badminton
• Mr. Will Barber	I/M
• Mr. Zac Collyer	I/M & Golf
• Ms. Bec Dale	I/M & Rowing
• Ms. Tiana Drever	Swimming & I/M
• Mr. Billy Feben	Bacchus Marsh Grammar (BMG)
• Ms. Tamara Girdwood	Swimming & Tennis
• Ms. India Griffith	Sovereign VNL Netball & Rowing
• Ms. Gemma Harris	Special Olympics & I/M
• Ms. Brooke Jarry	Special Olympics & Cycling
• Mr. Brendan Jory	I/M
• Mr. Riley Marsh	I/M
• Mr. Will McCullough	Special Olympics & Sovereigns VNL
• Mr. Jonah O'Brien	Special Olympics & Table Tennis
• Mr. Ryan Shaw	Sovereigns VNL & Swimming
• Ms. Lauren Shiell	I/M
• Ms. Eryn Stoddart	BMG

Athlete Honour Roll

These athletes competed in National competition or higher during 2015:

Athlete	Sport	Achievements
Rory Carroll	Table Tennis	• Thai Para Open (Bronze in Teams Event) • Para National Championships – Class 11 (Gold in Doubles, Silver in Team, Bronze in Singles)
Max Noble	Karate	• Karate World Cup • Oceania Championships (Gold in "Individual Event"; also part of Australian team that won Gold in "Teams Event") • National Championships (Gold in "Individual Event"; also part of Victorian team that won Gold in "Teams Event") • Australian Open (Gold in "Individual Event") • #4 in world rankings for Junior Kumite 76+ kg
Ben DeBortoli	Karate	• Karate World Cup • Oceania Championships (Silver in "Individual Event"; also part of Australian team that won Gold in "Teams Event") • National Championships (Gold in "Individual Event"; also part of Victorian team that won Gold in "Teams Event") • Australian Open (Gold in "Individual Event") • #5 in world rankings for Junior Kumite 76- kg,
Joel Hennessy	Karate	• Karate World Cup • Oceania Karate Cup (Bronze in "Individual Event"). • Oceania Championships (Bronze in "Individual Event"). • National Championships (Bronze in "Individual Event"). • Australian Open (Bronze in "Individual Event"). • #20 in world rankings for U/21 Kumite 84+ kg
Shaun Findlay	Alpine Skiing	• FIS Racing events • SSA Australian Championships

Athlete	Sport	Achievements
Josh Jolly	BMX	• Junior World Championships • National Championships – Bronze in Individual Age Class; Winner in Teams Event and Crusier Category.
Sam Rizzo	T&F – Wheelchair Trk	• IAAF World Challenge (Silver) • Junior National Championships
Dan Hocking	Badminton	• Li-Ning Australian Junior International • Under 17 National Championships
Josh Gay	Badminton	• Li-Ning Australian Junior International • Under 17 National Championships
Hudson Irwin	Gymnastics	• U/17 National Championships (Overall Gold – defending champion & Team Gold)
Jack Carr	Swimming	• New Zealand Age Championships (2 x Silver) • Junior Age National Championships • State Teams Shortcourse Championships • Shortcourse National Championships
Ruby DeRuiter	Taekwondo	• Junior National Championships (Silver)
Dylan Mallia	Boxing	• Junior National Championships (Silver)
Liam Campbell	T&F – Hammer Throw	• Junior National Championships (Silver)
Laura Butler	T&F – Running & Throws	• Junior National Championships (3 X Bronze)
Alanna Peart	T&F – Racewalking	• Junior National Championships (1 x Bronze) • Australian Roadwalking Championship (1 x Bronze)
Jemma Peart	T&F – Racewalking	• Junior National Championships (2 x Bronze)
Graeme Frisley	Cycling	• Junior Track National Championships (2 x Bronze) • Junior Road National Championships

Athlete	Sport	Achievements
Mitch Braiden	Hockey	• Under 18 National Championships (Bronze) • Indoor National Championships
Julia Bourke	T&F – Shot Put	• Senior National Championships • Junior National Championships
Jack Denahy	Boxing	• Australian Gold Gloves Tournament (Silver) • Junior National Championships
Emma Werner	T&F – Hammer Throw	• Senior National Championships
Lewis Cain	T&F – Decathlon	• Senior National Championships
Jessica Robertson	Motor-Cross	• Junior National Championships • Harrah 118km endurance event
Sophie Vandehuevel	Cricket	• Under 18 Female National Championships
Jake Jans	BMX	• Junior National Championships
Sophie McMinimee	T&F – Middle Distance & Cross-Country Running	• Junior National Championships (both)
Mackenzie Cooper	T&F – Throws	• Junior National Championships
Bailey Cooper	T&F – Throws	• Junior National Championships
Abby Bicknell	T&F – Throws	• Junior National Championships
Tom Walker	Cross-Country Running	• Junior National Championships
Josh Brien	Swimming	• Junior Age National Championships
Miette Hopper	Swimming	• Junior Age National Championships

Athlete	Sport	Achievements
Sam Warren	Cycling	• Junior Road National Championships • Australian Mountain Climb Championships
Elizabeth Nuspan	Cycling	• National Junior Track Series
Shannon Craggill	Cycling	• National Junior Track Series
Patrick Gibbs	Cycling	• Junior Road National Championships
Amity Musgrove	Rowing	• Victorian Youth Pathways Eight Crew • School Girls Rowing National Championships
Kristie Hunt	Rowing	• Schoolgirls National Rowing Championships
Jayde Watkins	Rowing	• Schoolgirls National Rowing Championships
Marion McKenzie	Equestrian	• Riding for the Disabled National Championships
David Rak	Equestrian	• Riding for the Disabled National Championships
James O'Sullivan	Tennis	• Junior Grasscourt National Championships • Tennis Victoria "Player Support Program"
Ruby Rothman	Tennis	• Junior Claycourt National Championships • Tennis Victoria "Player Support Program"
Hugh McManus	Tennis	• Tennis Victoria "Player Support Program"
Anna Santurini	Tennis	• Tennis Victoria "Player Support Program"
Amy Leeson	Golf	• Golf Victoria "State Squad"
Ryan Jans	Mountain Biking	• Mountain Bike Junior Development Squad for Western Victoria
Sophie Kurzman	Lawn Bowls	• U/18 State Squad

Chairman's Report

It's well known that a long-term commitment to training is required to produce elite athletes in all sports. This long term development process is often referred to as the athlete pathway. The simple aim of the Westvic Academy of sport is to assist regional athletes through the pathway in order to enhance their performance.

> 2016 was an Olympic year and its worth noting the performances of our Olympic athletes and their regional heritage.

According to AIS Emeritus Researcher Greg Blood who researched the stories of each of the 421 athletes,

- 50.8% were male and 49.2% were female and the average age was 26.1 yrs with ¾ of the team aged between 20-30
- 9 athletes were indigenous and there were 8 siblings
- 125 athletes or 29.7% were rural and regional born with the following sports having at least a quarter of their athletes being regionally developed. These sports included, Hockey (60%) Athletics (23%), Swimming (26%), Rowing (31%), Rugby Sevens (37%) Cycling (23%) Football (33%) Basketball (25%) and Shooting (33%). 5/8 are supported by WestVic.
- Only 55.4% attended Private Schools (233 athletes) with 44.6% attending Government (162) and unknown institutions (26)
- 220 Athletes attended 38 Universities across the country

> 2016 was the most significant year in terms of performance for athletes supported by the Academy.

- Rory Carroll (Table Tennis) - Thai Para Open (Bronze in Teams Event)
- Max Noble (Karate) - Karate World Cup; Oceania Championships (Gold in "Individual Event"; also part of Australian team that won Gold in "Teams Event"); #4 in world rankings for Junior Kumite 76+ kg
- Ben DeBortoli (Karate) - Karate World Cup; Oceania Championships (Silver in "Individual Event"; also part of Australian team that won Gold in "Teams Event"); #5 in world rankings for Junior Kumite 76- kg
- Joel Hennessy (Karate) - Karate World Cup; Oceania Karate Cup (Bronze in "Individual Event"); Oceania Championships (Bronze in "Individual Event"); #20 in world rankings for U/21 Kumite 84+ kg
- Shaun Findlay (Alpine Skiing) - FIS Racing events
- Josh Jolly (BMX) - Junior World Championships
- Sam Rizzo (T&F – Wheelchair Track) - IAAF World Challenge (Silver)
- Dan Hocking & Josh Gay (Badminton) - Li-Ning Australian Junior International

Our 2016 Olympic year continued the good work of the Academy in all areas recent times. We welcomed new board members David Broadbent, Melanie Robertson, Talia Holloway Rodan, Mandy Plumb, and continue to build the knowledge base and experiences of both our board and board friends. This time last year we wanted to

- Enhance our profile and presence via the engagement of consultants in this area and assist in developing strong self-sustaining business models that can be adequately resourced.
- Continue to look for the most talented athletes and aim to fill the gaps in the talent pathway for them and their families.
- Simplify our membership categories and look to add value where we can.
- Strengthen our partnership with Federation University and Ballarat City Council.

- Develop an internship programme.
- Strengthen our relationships with key stakeholders and build on the work of the friends of the board in 2016.

I would like to acknowledge the energy, support and passion that our Executive Officer Rob Ward continues to provide as he looks to build a legacy at the Academy. Congratulations on another fine year Rob. 2016 saw the implementation of new staff and structures and we welcomed Talia Slater in the role of programs manager and congratulate her and Jason also on the new born Harvey during the year.

We also implemented our internship and were able to provide some great outcomes with the addition of 3rd Yr Sport Management student Matt Bacon in this role. Their support to Rob was greatly appreciated by the board. We also welcomed accountant Julie Bicknell in a volunteer capacity to an accounts type role. All three have allowed the concentration and development of Rob in significant other areas of our business. Thank you.

> The 2016 calendar year began with the Academy in a good position.

Key stakeholders in Federation University, The City of Ballarat, The Victorian Institute of Sport through an ongoing grants programme from Sport and Recreation Victoria (SRV) and the various State Sporting Associations were all contributors to this positive start and looking forward to the year ahead. We welcome their representatives tonight and are indebted for their valued and ongoing contribution to the development of regional athletes. The support of our many other program sponsors and supporters including The Ballarat Sportsman's Club, Casson sports and the Ballarat Grammar School is appreciated as we build our story.

Key achievements of the Academy in 2016 have been:

- The most significant year of outstanding results in the history of the Academy
- Continued reach into the wider parts of the region as well as Ballarat servicing sports and individual athletes.
- The engagement of a preferred marketing agency in Naishish to continue to build on our profiling and to build of our social media platforms.
- The joint function conducted with the Ballarat Sportsman's Club highlighting many of our best athletes.
- The continued refinement of our individual athlete's program.
- The maintenance of a sustainable, viable and balanced budget.
- Key performance indicators showing the improvement in the quality of our programs which is being realised with better high quality performances by our members.
- Closer alignment with state sporting association's objectives and building flexibility from year to year in the suite of services provided.
- Staff structure

Moving forward, we aim to strengthen our relationships with key stakeholders and build on the work of the friends of the board in 2017 and beyond and excitingly we aim to reinstate the Academy Sports Stars of the Year awards.

Finally, let me acknowledge the efforts of my fellow board members and Friends of the Academy in the building of the 2016 story. May we continue to add to Olympic Sport and the opportunities for regional athletes. On behalf of them, the athletes, of the region, I say thank you.

Mr. Chris Gleeson
Chair WestVic Academy of Sport Board

Daniel Hocking, Josh Gay, Rob Ward, Amity Musgrove & Laura Foley
At BSC's "Sportsperson of the Year"

Executive Officer's Report

It is with greatest pleasure I submit another annual reflection at the end of a marvellous year.

> Our key successes this year have been across all five areas of our 2014-2017 strategic plan, and feature a mix of new initiatives and consolidation of existing ones.

Of particular highlight in each area has been:

- Athlete Achievement:
  - o We again increased the number of athletes supported (117 to 129 for at least a portion of the 2016 calendar year); and most pertinently, we broke past 50 athletes to achieve National level participation or equivalent at the last opportunity for them – the final number being 51 such athletes.
- It is with particular excitement that I report more of these athletes are 'home grown'; having been welcomed into our program as an athlete with potential, who have progressed along their pathway while members with us – we take the largest possible pride in having played a role in these athletes' progress, treasuring the endorsement their continued association with us gives.
  - o We had 7 athletes earning selection to represent Australia/compete in International competition – including 5 athletes from the 2015 8 again reaching that distinction.
- Athlete Support & Services:
  - o Our support and service delivery network again grew to welcome in new suppliers while retaining longstanding providers; while we also matched the record-size 2015 FedUni professional practice student placement team delivering strength and conditioning, in both size and quality of the students and whole team.
  - o Consolidation of the "Extra Support Program"; which sees athletes competing at National level able to access more services and have them funded by WestVic via our very generous sponsors. This program continues to see those that progress to pointier ends of their pathway get every opportunity to stay ahead.
- Athlete Recruitment:
  - o We again grew the number of individual athlete members, from 23 to 25. An exciting development was our flexibility to add many new athletes throughout the year; meaning young talented athletes of the future will have greater accessibility to us.
  - o Consolidation of relatively new programs such as Rowing and Football Umpiring, while welcoming in a new program with Netball. Adding to these developments has been the continued strengthening through continuity in all other sport programs – Badminton, Golf, Tennis, Cycling, Table Tennis, Swimming, Special Olympics and our partnerships with Bacchus Marsh Grammar school and Sovereigns VNL club.

Dan Hocking & Josh Gay Badminton

Mitch Braiden Hockey

- Branding & Funding:
  - o Introduction of multiple branding-building initiatives through Gavin Nash and his team at Nashish Marketing, namely: 'Athlete Profile Video Series' featuring periodically on our Facebook page and website; creation of new website; creation of 'Identity Cards' and a 'Prospectus' to help tell our story succinctly to new stakeholders.
  - o Launch of a new fundraising project, the "WestVic Coterie Group"; which will seek support from the business community in order to grow services available and capacity to deliver for all athletes we support, without raising their costs.
- Good Governance & Capability:
  - o Welcoming of 4 new Board members: David Broadbent, Melanie Robertson, Talia Holloway Rodan, Mandy Plumb; each whom bring concepts, connections and counsel complementing existing Board members.
  - o Consolidating the support of the 'Friends of the Board', continuing to have their engagement and active participation in the working parties and projects of the Board.
  - o Having all Board members contribute actively to working parties across: 'Coterie Group' concept creation; recruitment of our new Board members; sport/athlete selection policies and budget.
- Management & Resources:
  - o Expansion of our Management to team to introduce new roles in sport program management, internship and accounts; and new faces in these places in Talia Slater, Matt Bacon and Julie Bicknell. Chris Radford has again been a great asset in the strength and conditioning coordination role, supervising the placement student team. These individuals have gelled incredibly well as a unit and been marvellous support.

There are so many people who deserve thanks and acknowledgement for their contribution:

- The Board and friends – they truly are a wonderful and powerful group we are indebted to. My admiration for their willingness to make time to help is unending.

Jemma & Alanna Peart Racewalking

- All of our Sport Partners; through their advisory groups, coordinators, coaches; who help us build the programs that will meet their needs. I say this every year, but it is more and more crucial as without their input, we could not deliver such quality services.
- Each of our service suppliers, across strength & conditioning (Chris Radford); musculoskelektal screenings (Deb Pascoe, Warwick Chilton, Megan Charirty, Simon Feros); sport science (Simon Feros, Mark Sim and Leo Bell); nutrition (Michelle Ryan, Whitney Atkinson and Kerrie Gordon); sport psychology (Sue Anderson, Chris Waters, Kellie Dunn); Ballarat Olympians (Peter Blackburn and Steve Moneghetti) and other areas (Karen Smythe on marketing, Ben Reeve on job interview skills).
    - To our students completing placement in strength and conditioning/all sport science spaces; we thank you as well – you have been a terrific team this year and have left a great legacy in being able to service our constantly growing athlete group and with their a more complex set of needs. Anything you need help in the future from myself or WestVic on is yours.
- Our sponsors, both cash and in-kind (which are equally important to us), for your support and contributions - we wouldn't be here if you weren't. So, thank you to: Victorian State Government (Bernadette King), Victorian Institute of Sport (Anne Marie Harrison and Paul Kiteley), Federation University (Professor Penny Paliadelis, Dr Dara Twomey and Lecturers), City of Ballarat (Neville Ivey, Talia Holloway-Roden and Councillors), Bacchus Marsh Grammar (Andrew Neal and Andrew Perks), Ballarat Sportsmens Club (Paul Bilson and Committee), Cason Sports (Rhonda Cator). Additionally, again thank you to all sport partners for their cash and/or in-kind contributions toward their programs and athletes.

Jack Denahy Boxing

Hudson Irwin Gymnastics

Rory Carroll Table Tennis

- To all schools, commercial facilities and sport-specific facilities; all of who very generously allow us use of their gyms, classrooms, etc.
- The local media across our region, particularly The Courier, Voice FM and ABC Ballarat, for their promotion of us and our athletes.
- Cam Loftus and Graham Gordon at Barwon and Bendigo Academies respectively. They have each driven VRAS forward and delivered key outcomes. Also, my acknowledgements to the entire VRAS group for its work.

Shaun Findlay, Rob Ward & Rory Carroll
At BSC's "Sportsperson of the Year"

- Anne Marie Harrison and Paul Kiteley at the VIS for the advice and support they so willingly and constructively provide. I continue to admire both of their availability and willingness to help us – their advice has helped shape our evolution and will continue to.
- Lastly, there is a small group of people who have provided crucial support and guidance to me both professionally and personally this year. My appreciation for that and for them goes beyond words. In no particular order: Ian Corcoran, Cam Loftus, Grant Cosgriff, Steve Moneghetti and Fiona Werner; the most personal thanks I can give.

2016, much like 2015 and 2014 before it, 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 – the growth, achievements and community– is a phenomenon to behold. The moments created to remember are truly ones to savour, with everyone having contributed toward those moments.

> A toast to 2016 and to many more golden years ahead for the WestVic Academy of Sport.

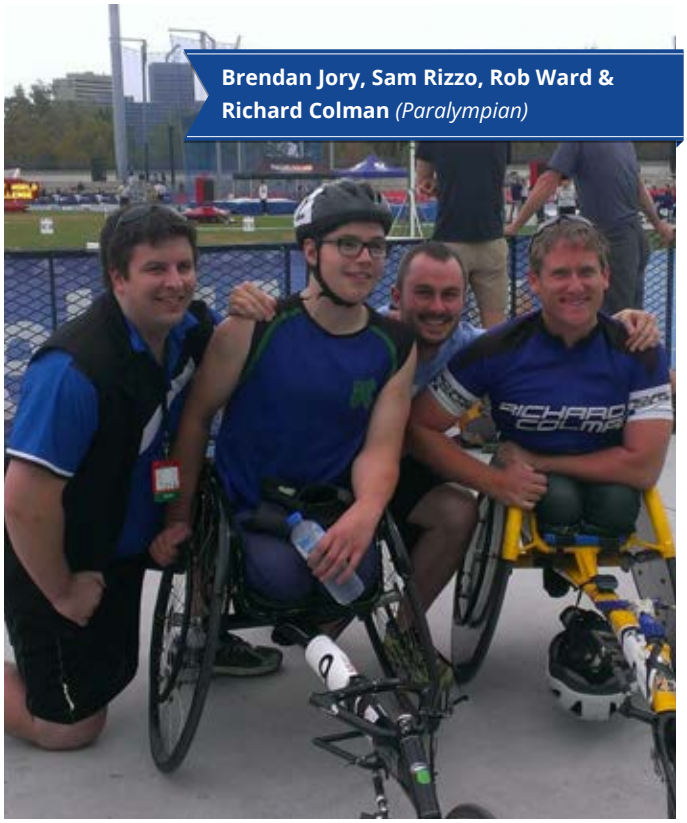
Mr. Rob Ward
FedUni WestVic Academy of Sport Executive Officer

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 and supporters.



Brendan Jory, Sam Rizzo, Rob Ward & Richard Colman *(Paralympian)*

Program Report

2016 was the fifth year of supporting "Individual Athlete Members", and also saw the academy again surpass the record number of supported athletes, from 23 in 2015 to 25 in 2016. Of these 25 athletes there are 19 different sports/ disciplines.

The second year of the "extra support program" was highly successful once again, with 51 of the academy's athletes being consistently involved in the program. Across all 127 of the academy's athletes, 51 of them will be eligible for ESP funding next year because of National representation which is an incredible achievement. Once again, all of the academy's sports were represented in this program

"Individual Athletes" can have a service package which can be large or small; ranging from weekly gym sessions and sport science to nutrition or psychology sessions. In line with the academy's mission statement of working with athletes and their supporters, we always aim to complement their existing coaching or training, not to overshadow it.

Overall, "Individuals" accessed services as wide-ranging as: weekly gym sessions, biomechanical analysis, musculoskeletal screening, sport psychology, nutrition, media skills coaching, mentoring from fellow athletes, trips to the VIS and media promotion. Once again it was fantastic to see the amount of exposure the academy's athlete got over the past year and how professionally they were when representing themselves and Westvic.

> **The academy would like to thank the coaches of our athletes for their encouragement and cooperation throughout the year, without your willingness to work in conjunction with our services, the ESP program as a whole would not function as well as it has.**

I would also like to thank the service providers for their time and commitment to working with our individuals, as we all know, sport services can't always operate within the 9-5 timeframe and your sacrifices do not go unnoticed. The success of our athletes is a testament to your hard work and commitment not just in 2016 but over years of athlete's development.

We thank our athletes for their commitment and engagement over the past year, we could provide dozens of services a year and they would be ineffective if not for the passion and commitment that all of our athletes show.

On a personal note I would like to thank the athletes and their parents, our service providers for working with me during my 6 month internship at the academy. It has been an absolute pleasure working with the athletes and their parents, service providers and friends of the academy. I would like to formally thank Chris Gleeson and the board for giving me the opportunity to work with such a fantastic organisation, working at the regional level in sport is a passion of mine and my time here has been an extremely rewarding experience.

Finally, I would like to thank our executive officer and my supervisor Rob Ward for the opportunity to work with him. His commitment and professionalism is admirable and a characteristic I hope to emulate in my professional career. I have always felt like a functional member of the team during my internship, and is an experience I will always look back on positively.

Mr. Matt Bacon
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. Talia Slater
(WestVic Academy of Sport)

Mr. Andrew Perks & Mr. Andrew Neal
(Bacchus Marsh Grammar)

Ben DeBortoli & Max Noble

Program Report

The Bacchus Marsh Grammar High Performance Elite Sports Program in partnership with the FedUni WestVic Academy of Sport continues to provide young athletes with the opportunity to specifically train and educate themselves in Strength and Conditioning/ Fatigue and Recovery, Nutrition and Aerobic Conditioning. The partnership continued to flourish with 2016 seeing the introduction of muscular skeletal screening for all athletes in the Bacchus Marsh Grammar program from Years 9 to 10. As well as athletes in the specific timetabled curriculum structure at Year 9 and 10 the program also provides opportunities for both Year 11 and 12 athletes from previous year's selection to continue their progressions of training.

2016 saw 10 athlete's scholarship to the FedUni WestVic program specifically and these athletes also not only benefitted from the S and C component on a weekly basis but were also offered additional support through the Academy including;

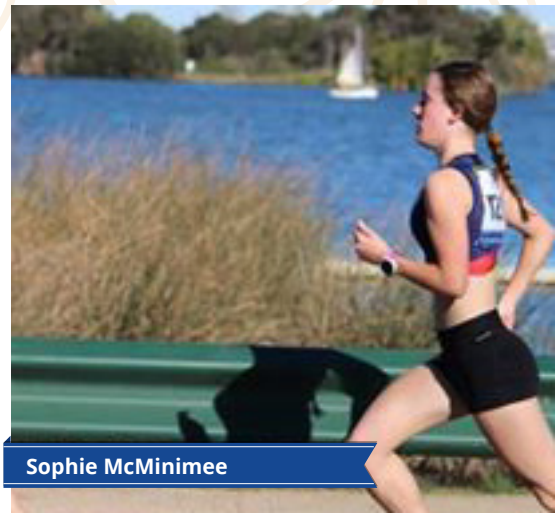
- Coaching and support within the specific structure of the FedUni WestVic Academy of Sports e.g. musculoskeletal screening, nutritional advice, sport psych, etc.
- Specific Strength and Conditioning assistance from WestVic Academy staff and
- Professional workshops based around the notion of being an elite athlete e.g. Career advice, managing finances, social media, sponsorship etc.

In 2016 there were some outstanding individual results from the BMG athletes including:

- Oceania Gold Medals in Karate
- Top 5 World Rankings in Karate
- The acceptance of a NCAA Scholarship in Track and Field
- Numerous State and National Medals in Karate, Swimming, Cycling, Track and Field and Hockey
- National Representation in Karate and Track and Field
- State Representation in Swimming, Hockey, Cycling and X-Country

In its 4th year of implementation the Bacchus Marsh Grammar looks forward to the continued partnership with the FedUni WestVic Academy of Sport. We also look forward to the use of our new S and C facility and the growth of Elite Sport within the school. Many thanks must go to Rob Ward CEO who continues to foster strong relationships between, staff, athletes, parents and sporting bodies within this program. Special thanks must also go to Mr. Andrew Neal, Principal Bacchus Marsh Grammar, who without his vision, support and encouragement this program would not be able to continue.

Mr. Andrew Perks
Director of Sport at Bacchus Marsh Grammar



Sophie McMinimee

Julia Bourke

Badminton
Program Report

Program Administration/ Coaching Staff

Ms. Rhonda Cator – Program Coordinator & Head Coach

Mr. Andrew Perks – Coach

Brandon Olver - Coach

Advisory Group

Mr. Rob Ward & Ms. Talia Slater *(WestVic Academy of Sport)*

Ms. Rhonda Cator *(Ballarat Badminton Association)*

Mr. Peter Roberts *(Badminton Victoria)*

Daniel Hocking & Josh Gay

Program Report

2016 has been a great year for the badminton program. We welcomed 5 new athletes - Alan Martin, Drusilla Stevens, Tom Wilkinson, Matt Snibson and Oliver Watts and together with returning athletes Jasmine Ford, Josh Gay and Daniel Hocking, their improvement in all aspects has been quite remarkable.

Coaching personnel changed again this year with Brandon Olver taking on more coaching duties and continued to develop into one of the best younger coaches we have in Victoria. Brandon replaces Joel Findlay, who has this year focused on his development as a player to chase his dream of representing Australia in the future. Brandon joins Andrew Perks and Rhonda Cator as the regular squad coaches, with Nathan David assisting on a Monday night. Nathan and Brandon are both graduates of the WVAS program.

The weekly program saw 2 on court sessions a week (Monday and Tuesday) with the S & C session on a Wednesday, under the instruction of Finn Anscombe. Having a specific strength and conditioning session meant the athletes could spend more time focusing on their conditioning resulting in great improvements. Finn has been a great asset to the program with his organisation skills and knowledge have been crucial in the improvement.

> **At a representative level, all athletes competed in State Level tournaments with Josh Gay and Daniel Hocking being selected in the Victorian Under 17 2nd Team, and competed at the Australian Under 17 Championships in Perth, with Brandon Olver travelling with the team as coach. Brandon also coached the Victorian Under 19 Team at the National Championships and Andrew Perks continues to coach with the National Squad.**

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

The program continues to develop our athletes off-court as well, focusing on both on court issues such as sports psychology, biomechanics and in and out of competition nutrition. This year saw the addition of monthly sports psychology sessions run by Chris Waters, himself a state and national level badminton player. His knowledge of badminton has made the sessions particularly beneficial.

Thanks must go to our coaches Andrew Perks and Brandon Olver 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 has been with us for over 10 years, and continues to provide financial support and quality equipment. Thanks also to all our program suppliers including Finn Anscombe, Chris Waters and Michelle Ryan for their support. Finally, 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

Ballarat Football Umpires

Program Report

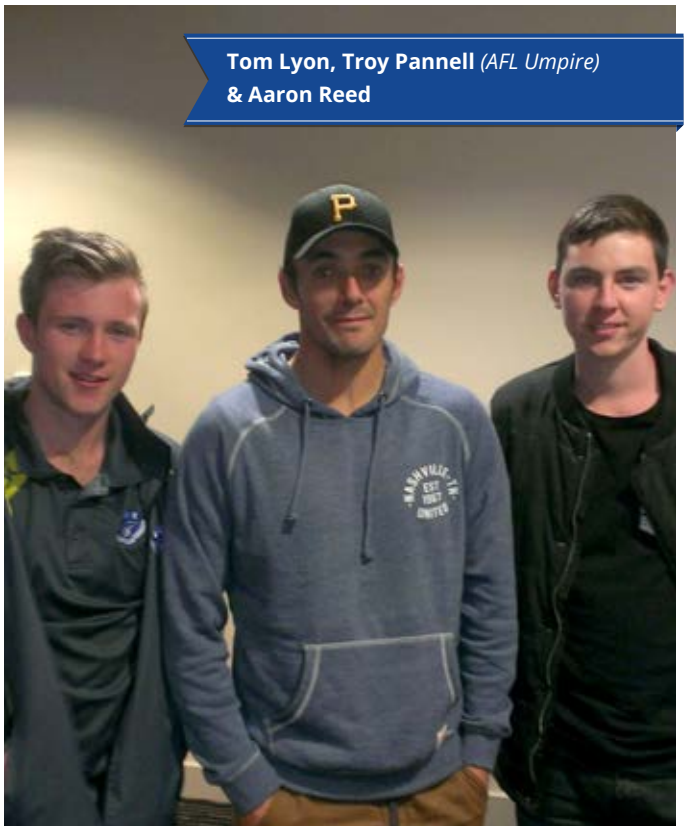
Program Administration/ Coaching Staff

The athletes in the program are coached at the BFUA by Roger LeGrand and Staff.

Advisory Group

Mr. Rob Ward & Ms. Talia Slater
(WestVic Academy of Sport)

Mr. Richard Carroll & Mr. Roger LeGrand
(Ballarat Football Umpires Association)



Tom Lyon, Troy Pannell *(AFL Umpire)* **& Aaron Reed**

Program Report

2016 was the second year of the Ballarat Football Umpires Association's partnership with West Vic.

In 2015 the program comprised a series of development activities, aimed at four talented umpires identified by the BFUA as having potential to progress to the "VFL Rookie List" within the next year or two.

These activities were focused on assisting the athletes to better understand and manage a transition from "local level" to "state level"; focusing on topics such as: Goal Setting, Time Management, Dealing with Adversity and Nutrition.

> In year two of the program, some of the umpires who participated year one remained involved and a number of new athletes were introduced. Our 2016 umpires West Vic Academy umpires were – Aaron Reed (year 2), Brendan Brasser (year 2), Emma Bellenger, Hannah DeBuhr, Tom Lyon (year 2) and Holly McEldrew.

To avoid repetition for the second year umpires, the program became a "stepped two-year" schedule.

Year One Athletes focused on Time management, goal setting, overcoming adversity whilst our Year Two Athletes looked at commitment/focus, resilience, transition from school to Uni/work.

Both Year One and Year Two athletes undertook group sessions on the physical fitness required for VFL/AFL level – testing/biomechanics, nutrition for elite athletes and a workout session with local Conditioning coach.

> West Vic also facilitated a session with Ryan Waight to all BFUA members that discussed resilience, leadership and preparation which was very well received.

As in 2015 a highlight of this year's program was a Dinner with a current listed AFL umpire, in this case Troy Pannell. Troy talked out what a routine week of training looked like, how he reviews his own performance, coach appraisals, match day umpiring and his pathway to national level.

In all the 2016 BFUA / West Vic program was once again an overwhelming success with terrific feedback from all involved.

We'd like to thank Rob and Talia for their efforts this year and look forward to continuing the program in 2017.

Mr. Roger LeGrand
Ballarat Football Umpires Association Head Coach

Cycling
Program Report

Program Administration/ Coaching Staff

Mr. Cam McFarlane – Training Camps Coach

Mr. Greg Hogan – Assistant Coach/Riding Partner

Mr. Stefan Bos – Assistant Coach/Riding Partner

Mr. Jerome Wallace - Assistant Coach/Riding Partner

Mr. Patrick Ruggles - Assistant Coach/Riding Partner

Advisory Group

Mr. Rob Ward & Ms. Talia Slater
(WestVic Academy of Sport)

Mr. Mark Drehlich & Mr. Alan Mok *(Cycling Victoria)*

Mr. Cam McFarlane *(Training Camps Coach)*

Cycling Squad

Program Report

2016 was another successful year for the Westvic Cycling Program. A total of 12 athletes were involved, participating in the monthly camps and Westvic services throughout the year.

The cycling program athletes have benefited from the monthly day camps which focus on the skill and tactical aspect of the sport. A typical camp would include a morning cycle session around Buninyong and afternoon sessions consisting of a gym session & pool recovery as well as theory sessions including Sport Psychology and Nutrition.

> The WestVic Cycling Program entered a new partnership with the Brunswick Cycling Club for 2016 and the program has enjoyed continued improvements thanks to these athletes joining the program as well as those attending on a casual user basis.

The program conducted a road camp on behalf of Cycling Victoria as well as providing Students from both Deakin and FedUni and coaches gaining their accreditation access to the monthly camps to complete contact hours for their courses.

All cyclists have competed in state level events over the winter and summer seasons, some have also gone on to test themselves at National level.

Chloe McIntosh *(WestVic Ambassador)* **& Belinda Bailey**

Shannon Craggil and Elizabeth Nuspan competed at the National Junior track series event in Sydney in October, while Sam Warren competed at the Road Racing Nationals earlier in the year

> While some athletes have enjoyed success in the competition side of the sport all have realised significant improvement through the support services of the academy.

Special mention to the work by Brooke Jarry from the Strength and Conditioning program who gave her time to every camp this year.

The plan for 2017 is to improve the support for the programs athletes at competition level with coach and mentor support.

Mr. Cam McFarlane
Cycling Program Head Coach

Golf
Program Report

Program Administration/ Coaching Staff

Mr. Chris Lysaght – Coaching Coordinator

Mr. Ben Roberts, Mr. Andrew Cartledge & Mr. Richard Alsop – Golf Professionals > Golf City

Mr. Michael Cooke – Golf professional > Midlands Golf Course

Mr. David Wallis & Ms. Ange Tatt – Golf Professionals > Ballarat Golf Club

Advisory Group

Mr. Rob Ward & Ms. Talia Slater
(WestVic Academy of Sport)

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

Mr. Ben Sweeney & Mr. Ashley Marshall
(Golf Victoria)

Amy Leeson

Victorian Golf Foundation

Program Report

The WestVic Academy of Sport Golf program has consolidated again in 2016; and has delivered another year of terrific support to young local talent through exposure to training activities and support they could not otherwise access so readily.

Athlete cohort this year was smaller than past years, but the dedication of these athletes has been first rate. It is a great story for the program that Amy Leeson has been rewarded with a place in the Golf Victoria "State Squad". She's had a terrific year, headlined by entry to the Victorian Boys and Girls Championship, and playing a lead role in helping Southern Golf Club win promotion to Melbourne's prestigious "Division One" pennant competition resulting from a Division Two final berth.

The program again delivered seven camp opportunities, and again leveraged the Golf Australia High Performance Program's curriculum to ensure the offering complements the work athletes do each week with their private professional lessons and on their own. The five camps locally have exposed athletes to: training drills done by VIS and PGA level athletes; the latest technology in course mapping, sport psychology and technique analysis; and opportunities to be coached on-course.

Applause must be given to all five local professionals for their unrivalled passion, enthusiasm and knowledge. They are terrific people to work with and we are highly grateful for their endorsement of our program through their involvement.

Touching on the other two camps, these also delivered benefits of the highest quality and complemented local activities. Moonah Links Golf course again played host to the Victorian Regional Academies of Sport (VRAS) annual golf camp, with a 3 day camp held in March taken by VIS and Golf Victoria's high performance coaches. As in past years, our athletes were exposed to the latest training drills, technology and knowledge. They also played on the Open course. Sadly, this is the last time we'll head to Moonah due to ownership changes there and the resulting future of the training facility. However, we are buoyed by early discussions with Golf Victoria on how this crown jewel will be replaced within our program.

Our other excursion camp was to Sandhurst Golf Club and the PGA Training Centre based there. We were showered with more high quality facilities, technology and coaching by host professional Nick Bielawski; and enjoyed nine holes on another of the sandbelt's finest courses.

It would be remiss to not acknowledge the tireless work of Chris Lysaght over the past five years as the program's coordinator; as he is retiring from the role due to moving away from the region. Chris has brought excellent golf acumen, passion for youth and an ability to get things done, that has been a key plank in the program's enhancement and today's high standing and regard from partners.

The work being done toward 2017 to strengthen the program through fresh faces for each of our partners, together with the rock-solid relationship enjoyed with all professionals in the region plus Golf Victoria, and the established structure of the program, puts the program in great position to deliver ongoing in the future.

WestVic Academy of Sport Staff
on behalf of outgoing Coordinator Chris Lysaght

VRAS Moonah Links Camp

Rowing
Program Report

Program Administration/ Coaching Staff

Bill Tait - VIS Head Coach

Addy Dunkley-Smith & Katrina Werry -
VIS athletes & Australian U/23 representatives

Advisory Group

Mr. Rob Ward & Ms. Talia Slater
(WestVic Academy of Sport)

Mr. Andrew O'Brien
(Rowing Victoria)

Rowing Squad, with Josh Dunkley-Smith
(Rio 2016 Silver Medallist)

Program Report

2016 saw the first full calendar cycle of the Westvic rowing program after its pilot year in 2015. The program consisted of Madeline Lamb, Millicent Hockey, Amity Musgrove, Erin Gore, Jayde Watkins, Kristie Hunt and Laura Foley.

Below is an excerpt from Rowing Victoria's annual report:

"The successful piloting of Regional Pathways in 2015 prepared the way for the full program in 2016. Ballarat schools once again benefited from the collaboration between the WestVic Academy of Sport, Ballarat rowing clubs, the Victorian Institute of Sport and Rowing Victoria.

Selected applicants were provided with the opportunity to attend specialist workshops, strength training and Melbourne based camps under the guidance of a national coach and international competitors. The networking opportunities between these bodies and the development of potential rowing talent recommends the program for wider application in 2017." (p. 42 of Rowing Victoria annual report 2015/16)

> **The rowing program for 2016 was packed full of elite level experiences for our athletes. This included trips to the Mercantile Rowing Club to be coached by VIS head rowing Coach Bill Tait. His resume for rowing is undeniable, having coached the silver medal winning women's pair at London Olympics.**

Joining Bill from the VIS were World Championship Under 23 Bronze Medallists Addy Dunkley-Smith and Kat Werry. Both girls gave freely of their time and experiences to date; which provided such an inspiration to all girls in our program, particularly Addy and Kat both coming from Regional Victoria. Addy also organised an extra-special surprise at the second camp; having her brother, Rio 2016 Silver medallist Josh Dunkley-Smith, join us for the final portion of the day to tell his story and share his silver medal with us all.

Rowing Squad members

Our athletes were also fortunate enough to have a biomechanical analysis session with BAT logic's Ed Wittich. This session consisted of Ergo analysis, force tests and functional movement tests, every athlete received their own detailed analysis from the sessions, which they could expand on to develop their rowing, 60th in the boat and in Strength & Conditioning sessions within program.

Athletes also had sessions for sports psychology and nutrition with our ever reliable and outstanding service providers.

Overall the rowing program in 2016 was outstanding, and we look forward to working closely with Rowing Victoria and the VIS in 2017.

WestVic Academy of Sport staff
on behalf of Rowing 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. Talia Slater
(WestVic Academy of Sport)

Mrs. Catherine Kennedy
(Ballarat Special Olympics)

David Rak *(centre)* **&**
Marion McKenzie *(2nd from right)*

Program Report

The partnership between WestVic and Special Olympics Ballarat has enjoyed a successful third year in 2016; with athletes across multiple sports engaged and enjoying great benefits.

> In 2016, our athlete cohort was: Josh Kennedy, Hayden Grant, Miriam Katsoros and Dom McKendry (Swimming); Lewis Hall (Basketball) and Marion McKenzie and David Rak (Equestrian).

These athletes have undertaken weekly strength and conditioning sessions as the main service, and also had a nutrition workshop delivered by Sport Central. Thank you to strength and conditioning coaches Brooke, Riley, Jonah, Will and Gemma; and Dietician Whitney Atkinson and Sport Central's Rachel Murphy.

Highlight achievements by the athletes this year include:

- Josh = Competed in the Basketball State Special Olympic games in July, winning a silver medal
- Hayden = Competed at the State Swimming championships and won his 50m Backstroke final. Competing as an M3 athlete and beating a race full of M1 athletes is an outstanding achievement
- Lewis = Competed in the Basketball State Special Olympic games in July, winning a silver medal
- Marion & David = Riding for the Disabled Victoria State Championships were held on 10th and 11th September at Clyde North. Marion was canter advanced champion and David runner up. David won 60cm show jumping with Marion 3rd in 40cm. David was 4th in Trec canter and Marion 3rd.

David was also the 2015 RDA National Canter champion and competed in the winning Victorian teams in Dressage and Show Jumping.

> Our athletes are looking forward to continuing to develop their sporting prowess via their ongoing relationship with the WestVic Academy of Sport.

Thank you also to Rob and his staff for WestVic's continued involvement with, and enthusiasm for, Ballarat Special Olympics.

WestVic Academy of Sport staff
on behalf of Special Olympics' Catherine Kennedy

Swimming
Program Report

Program Administration/ Coaching Staff

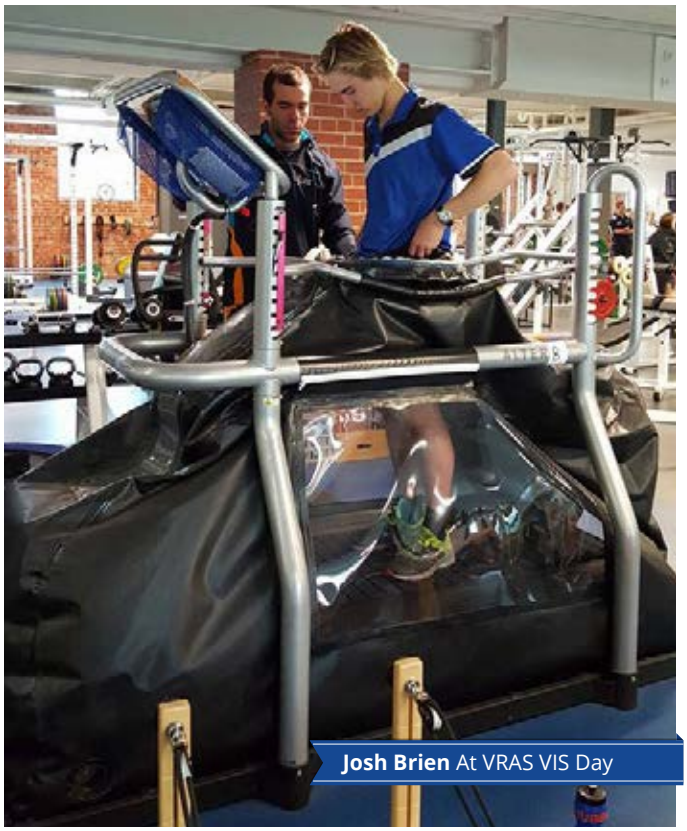
Mark Stahl - Ballarat Gold Swimming Club

Advisory Group

Mr. Rob Ward & Ms. Talia Slater
(WestVic Academy of Sport)

Mr. Mark Stahl & Mr. Rodney Henwood
(Ballarat Gold Swimming Club)

Ms. Linley Frame & Ms. Kirsty Greening
(Swimming Victoria)



Josh Brien At VRAS VIS Day

Program Report

This year (2016) has been one of stabilisation, development and growth throughout the various activities and experiences that our swimmers have been exposed to through the WestVic Program.

Our squad of Josh Brien, Josh Stahl, Alyssia Jenkins, Miette Hopper, Isabella Geue, Grace Davies, Ben Grima, Elle Hennig and Bryce Henwood have all been involved in various activities ranging from Screening assessments, Strength and Conditioning, Nutrition, Career pathways and Psychology sessions, which have been informative and relevant to the needs of each swimmer in the program.

The screenings of each of the swimmers to pinpoint their strengths and areas for development were both specific and tailored to the individual needs of the swimmers. This specialised assessment has allowed the swimmers to improve not only their strength and flexibility but their overall self-confidence, which has been great to see. Thanks must go to the staff including Tamara Girdwood and Tiana Drever for this growth and development. The girls formed a great rapport with the swimmers which was a crucial factor in the deliverance of these sessions.

The Psychology sessions have been tailored to the requests of the swimmers and have been very professionally presented by Sue Anderson and Kellie Dunn. Their engaging and positive approach to the various topics, including dealing with adversity, positive thinking and self-motivation have been warmly received by both parents and swimmers alike.

> The Nutritional sessions with Whitney Atkinson and Michelle Ryan gave the swimmers and parents some clear guidelines as to what to eat and drink to promote recovery from training and competition as well as what will enhance their overall well-being, which is crucial to the swimmers makeup.

The session on the use of Water and Sports Drinks during training and competition was an eye opener for the swimmers and parents alike. A really informative and thought provoking session that has prompted much discussion and review of the swimmers fluid intake.

> It has been a busy but very worthwhile and challenging year and one that all the swimmers, parents and coaches are looking forward to in the next 12 months and beyond.

Thank you to Rob and all the staff involved in the programs offered to our swimmers through the WestVic Academy. Your dedication, openness and approachability has been fantastic and we look forward to further enhancing the current programs in the future.

Mark Stahl:
Head Coach of the Ballarat Gold Swim Club

Table Tennis

Program Report

Program Administration/ Coaching Staff

Alois Rosario - Ballarat Table Tennis Association

Advisory Group

Mr. Rob Ward & Ms. Talia Slater
(WestVic Academy of Sport)

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

Rory Carroll

Program Report

We have achieved a lot this year through the Table Tennis program. There has been an increased level of participation in competitions and also an increase in the skill level of the academy members.

The squad members have shown a high level of maturity in their training habits, which has led to increases in performances at the competitive level.

> We have conducted regular sessions on Wednesday evenings from 6.30 to 8pm primarily run by Alois Rosario with assistance from several people throughout the year including Neville Monson, Neil Richardson and Jim Montgomery.

Once again physical screenings were completed for all the players. The Strength and Conditioning sessions were run for 30 minutes from 6.00 to 6.30pm each Wednesday of the school term. We were lucky to have Bec Dalc and Jonah O'Brien as the Strength and Conditioning consultants working with the group. They brought a variety of activities and kept the squad enthusiastic with their training and was an asset to the players.

> We were able to run some joint sessions with the Ballarat and Warrnambool players which added to the variety of skill and styles.

The Sport Psychology sessions this year were once again conducted in collaboration with the Badminton group, thanks to the cooperation of Rhonda Cator and the Badminton squad.

Performance Highlights:

Rory Carroll is part of the National Para squad and competed at the Thailand Para Open championships. This has been a building year for Rory with the prospects of the World team's championships in 2017 and will team with the current Silver medallist from the Paralympics. Rory also competed in National Para Championships winning a silver medal in the Class 11 singles.

He also competed in the Thailand Open where he won a Bronze medal in the Class 11 team's event with a partner from Taipei and also made the Quarter final of the Class 11 Singles event.

Mr. Neville Monson & Mr. Alois Rosario
BTTA – Juniors Manager & Juniors Coach

Tennis
Program Report

Program Administration/ Coaching Staff

Mr. Andrew Cameron – Head Coach

Advisory Group

Mr. Rob Ward & Ms. Talia Slater
(WestVic Academy of Sport)

Mr. Nick Hinnenberg & Mrs. Emily Rea
(Tennis Victoria)

Tennis Squad

Program Report

I have thoroughly enjoyed my second year being involved with the West Vic Academy of Sport Program. The academy enables sixteen athletes from Central Highlands and Wimmera Country tennis regions the opportunity to be part of a comprehensive development program. The program provides additional services and training to assist the athletes' development to complement their existing coaching.

> The West-Vic tennis program is one of seven regional programs supported by Tennis Victoria.

In 2016, the West Vic Tennis program involved 4 one day camps. These were held at Buninyong, Ballarat Indoor Tennis Centre and the Ballarat Regional Tennis Centre. Each camp provided the players with four hours of on-court activities, as well as sessions of Nutrition, Psychology and a talk from a former Olympian. The athletes also participated in physical testing to measure fitness and help monitor the athletes' progress throughout the year.

Tournament Support was also given to the athletes at two Australian Ranking tournaments held at Ballarat in April and Altona/Essendon in September. Tournament support provides the opportunity for players to prepare for and compete in tournament play. The regional state coach is there to provide support and guidance on and off the court during the tournament.

> Once again, athletes from all seven regional academies participated in the Inter-Academy Challenge at Melbourne Park in October. On a very pleasing note, WestVic again provided the most athletes from all of the academies for the weekend.

Outstanding performances for the year included:

1. Ruby Rothman, James O'Sullivan, Hugh McManus and Anna Santurini – making the Tennis Victoria player support program for athletes who rank top 25 of their birth year.
2. James O'Sullivan – winner of the Boys 12 and under singles at Ballarat in April. Other results from the Ballarat ranking tournament included Hugh McManus – semi-finalist in the Boys 14 and under singles and Megan O'Beirne R/U in the Girls 12/U singles. James also played the National Junior Grasscourt Championships.
3. At the Altona/Essendon event James O'Sullivan and Caleb Noonan made the Q/F of the boy's 16/U singles and Tayte Fraser made the Q/F of the Girls 16/U singles. James and Matthew O'Sullivan were also R/U in the Boys 16/U doubles.

Finally, I would like to thank Rob Ward and all the staff for their hard work, excellent organisation and great support given to me throughout 2016.

> I would also like to thank the athletes for their positive attitude and work ethic and their determination to improve.

Lastly, thank you to all of the parents for their support, friendship and dedication to the West Vic Program. There have
been a lot of positives this year and I am really looking forward to another successful year in 2017, where we can continue to build upon our good work.

Mr. Andrew Cameron
Regional State Coach

Netball

Program Report

Program Administration/ Coaching Staff

Coach: Kate McMahon

Advisory Group

Mr. Rob Ward, Ms. Talia Slater & Mr. Matt Bacon *(WestVic Academy of Sport)*

Ms. Kim Bailey *(AFL Goldfields)*

Ms Rebekah Webster

Ms. Chelsea Cameron & Ms. Tijanna Bibis *(Netball Victoria)*

Netball Squad

Program Report

Our new netball program was established late 2015, in partnership with Netball Victoria and AFL Goldfields. The program exists be an additional opportunity in the athlete pathway, to assist players working toward Netball Victoria's "Zone Academy" in future years.

> Our program delivered eight sessions, split across two blocks either side of the busy association championships period. This ensured the best young players have access to year-round development opportunities.

The program content works from the Netball Australia "Dare to Develop a Diamond" curriculum; combining on-court activities with classroom sessions to enhance athlete wellbeing in key areas. The first block's classroom sessions focused on the athlete pathway and injury prevention.

The Netball program's second phase commenced on 18th July and ran through until August 15th. 18 girls took part in weekly sessions on Monday nights under the expert coaching of Kate McMahon. A special thankyou to Strength and Conditioning coach India Griffith for her work with the girls during the program and her facilitation of the fitness testing at the end of the program.

> The sessions covered the skills and theories essential for the girls to develop their netball and reach the requirements of regional representation. Kate's enthusiasm and extensive understanding of netball ensured all of the sessions were incredibly beneficial to the girls.

Each week following the training session there was a theory session focusing on a particular aspect of being involved in elite sports. Michelle Ryan ran a nutrition session focusing on positive eating habits and Sue Anderson ran a sports psychology session, which were both very well received by the group.

Netball Squad, with Sharelle McMahon
(former Australian Diamond)

> Former Olympian Steve Moneghetti spoke to the girls about his journey to the elite level and Karen Smythe worked with the girls on their public speaking and media skills.

We were privileged to have former Australian Diamond Sharelle McMahon come along to a session to speak to the girls about her journey from grassroots netball to representing Australia at the top level. It was fantastic for the girls to hear from an elite athlete who was in the same place as them as a junior, and to learn about her experiences and her advice for what it would take for them to compete at the highest level. We were incredibly fortunate to have Sharelle available to speak to our group and we thank her for her time.

Overall the 2016 netball program was undoubtedly a success and we look forward to continuing the program next year.

Mr. Matt Bacon
On behalf of the Netball program

Partnership with Sovereigns VNL Club

This year the Sovereigns' second season in the Victorian Netball League (VNL). The VNL is the state league for Netball in Victoria, and has undoubtedly provided the pathway for many players now plying their trade in former ANZ Championship and new-for-2017 National Netball League.

> **WestVic Academy of Sport is very proud to have partnered with the Sovereigns to provide Strength and Conditioning, Primary Care and other support services to the club's 19 & Under team this year.**

Specifically, WestVic provided up to three professional practice placement students throughout the pre and in-season to conduct fitness testing, fitness programming and delivery of sessions.

The 19 & Under team reached the finals for the second year running; and we congratulate players and coaching staff alike for their achievements and hard work invested to reach them.

> **Excitingly, we are putting plans into place for a third season of this partnership.**

This type of partnership remains unique, as our only partnership with a locally-based "semi-professional team" as opposed to a squad of identified athletes to form part of their pathway through the youth stages that is our traditional business. Such partnerships create yet another avenue to ensure WestVic is supporting as many of the best athletes of the region it can.

WestVic is very grateful for the opportunity to continue to work with the Sovereigns in 2017.

Mr. Rob Ward
WestVic Executive Officer

Academy Financial Statements For the year ending 30 June 2016

Committee's Report

For the year ended 30 June 2016

Your committee members submit the financial report of Westvic Academy of Sport Inc. for the financial year ended 30 June 2016.

Committee Members

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

Chris Gleeson (Chair)

John Abraham

Tavis Baker

David Broadbent – Appointed March 2016

Rhonda Cator

Gavin McGrath

Craig Wilding

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

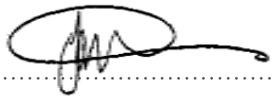
No significant change in the nature of these activities occurred during the year.

Operating Result

The Profit of the entity amounted to $1,468 (2015: Profit $4,095).

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

Chris Gleeson (Chair)



Tavis Baker

Dated this eighth of November 2016

Profit & Loss Report

For the year ended 30 June 2016

	Note	2016 $	2015 $
INCOME			
Grants		89,050	86,300
Sponsorship		24,833	27,114
Athlete Contributions		37,590	29,054
Interest Received		456	578
Other Revenue	2a	123	4,497
		152,052	147,543
EXPENDITURE			
Accounting Fees		1,500	1,746
Bad & Doubtful Debts		686	145
Ace Program		-	-
Administration		1,752	2,029
Annual Leave		659	-19
Audit		500	500
Computer Costs		840	1,154
Depreciation		311	564
Insurance		3,435	1,584
Marketing		6,941	-
Motor Vehicle		10,000	10,000
Program Costs		40,982	28,703
Superannuation Contributions		7,378	8,288
Telephone		1,105	894
Uniforms		2,119	1,301
Wages		68,358	78,421
Workcover		666	1,067
Other Expenses	2b	3,352	7,071
		150,584	143,449
Profit/(Loss) before Income tax		1,468	4,095
Income tax expense		-	-
Profit/(Loss) after Income tax		1,468	4,095
RETAINED PROFITS AT BEGINNING OF YEAR		29,631	25,536
RETAINED PROFITS AT END OF THE YEAR		**31,099**	**29,631**

The accompanying notes form part of these financial statements.

Balance Sheet

As at 30 June 2016

ASSETS	Note	2016 $	2015 $
CURRENT ASSETS			
Cash and cash equivalents	3	38,310	49,295
Trade and other receivables	4	22,560	2,746
Pre Payments	5	-	-
TOTAL CURRENT ASSETS		60,870	52,041
NON-CURRENT ASSETS			
Property, plant and equipment	6	565	876
TOTAL NON-CURRENT ASSETS		565	876
TOTAL ASSETS			
		61,435	52,917
CURRENT LIABILITIES			
Trade and other payables	7	1,971	7,829
Income received in advance	8	27,894	15,645
Provisions	9	471	(188)
TOTAL CURRENT LIABILITIES		30,336	23,286
TOTAL LIABILITIES		30,336	23,286
NET ASSETS		31,099	29,631
EQUITY			
Retained Profits	10	31,099	29,631
TOTAL EQUITY		31,099	29,631

The accompanying notes form part of these financial statements.

Notes to the Financial Statements

For the year ended 30 June 2016

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.

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 2016. 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.

	2016	2015
	$	$
Note 2a: Other revenue		
Fundraising Dinner	0	4,447
R Ward Reimbursement	23	50
Gym Memberships	100	0
	123	4,497

Note 2b: Other expenses		
VRAS	400	300
Vic Talent Grant	-	-
Gym memberships	3,000	2,400
Fundraising Dinner Expense	150	4,345
Rounding	0	0
Perpetual Investment – Market Value Movement	(198)	26
	3,352	7,071

	2016	2015
Note 3: Cash and cash equivalents		
Cheque Account	-	-
CSB Account	18,310	47,730
Petty Cash	-	-
Perpetual Investments	-	1,565
Undeposited Funds	-	-
Bendigo Bank Term Deposit	20,000	
	38,310	49,295

	$	$
Note 4: Trade and other receivables		
CURRENT		
Trade debtors	22,560	2,746
Provision for doubtful debts	-	-
	22,560	2,746

Note 5: Pre Payments		
Pre Paid Insurance	-	-
	-	-

Note 6: Property, plant and equipment		
Plant and equipment at cost	6,337	6,337
Accumulated depreciation	(5,772)	(5,461)
	565	876

Note 7: Trade and other payables		
GST Liabilities	2,274	2,494
PAYG Payable	0	5,632
Superannuation payable	(318)	(398)
Credit card	15	101
	1,971sp	7,829

	2016	2015
	$	$
Note 8: Income received in advance		
Badminton memberships	1,400	1,275
Tennis memberships	3,498	1,890
Table Tennis memberships	1,050	1,395
Golf memberships	1,280	1,890
Netball memberships	1,920	-
Cycling memberships	920	465
Special O memberships	895	880
Individual memberships	3,110	2,850
Sponsorship Income	8,681	5,000
BFUA memberships	1,900	0
Rowing Memberships	3,240	0
	27,894	15,645

Note 9: Provisions		
Annual Leave	471	(188)
	471	(188)

Note 10: Retained Profits		
Retained profits at beginning of the period	29,631	25,536
Net profit/(loss) attributable to the association	1,468	4,095
Retained earnings at the end of the period	31,099	29,631

Statement by Members of Committee

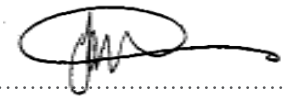
The committee has determined that the association is not a reporting entity and that this special purpose report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

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 2016 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:

Chris Gleeson



Tavis Baker

Dated this eighth of November 2016

Certificate by Members of Committee

I, Chris Gleeson and I, Tavis Baker, certify that:

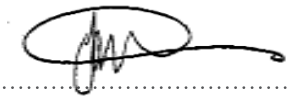
a) We are members of the committee of Westvic Academy of Sports Inc.

b) We attend the annual general meeting of the association held on 8th November 2016.

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.

Chris Gleeson



Tavis Baker

Dated this eighth of November 2016

Audit Review

27th September 2016

WESTVIC/ARQ/cm

THE COMMITTEE

WESTVIC ACADEMY OF SPORT INC.

PO BOX 663

BALLARAT VIC 3353

Dear Committee Members,

RE: Review of Financial Statements for the Year Ended 30th June 2016

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 30th June 2016. The review has been conducted in accordance with the Financial Statements and Auditing requirements of the Associations Incorporation Reform Act 2012 (the Act).

The Academy falls within the definition of a Tier One association wherein its total 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 2016.

We have conducted the review of the financial statements of the Academy for the year ended 30th June 2016 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 2016 financial year.
- The signed declaration by Members of the Committee confirms 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 standards, 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 Westivc Academy of Sports 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 Associations Incorporation Reform Act 2012 for the financial year ended 30th June 2016.

Anthony R Quinney

Chartered Accountant

Quinney & Associates

Chartered Accountants & Business Advisors

ABN 32 965 675 900

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