



FedUni WestVic
Academy of Sport

ANNUAL REPORT

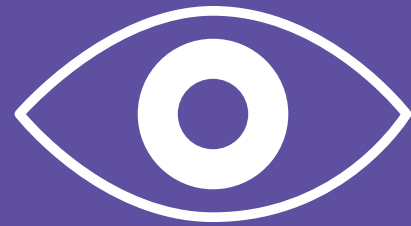
2017/2018

WESTVIC ACADEMY OF SPORT INC.



OUR MISSION

To provide talented Western Victorian athletes with high performance services in order to enhance their chances of State & National representation.



OUR VISION

To be an Academy people can be proud of because of how we compete, live our values, conduct business and engage with the community.



VALUES

Respect
Honesty
Hard Working
United
Integrity
Humility



STRATEGIC AIMS

1. Athlete Services & Supports
2. Sport Programs & Partnerships
3. Leadership, Management & Administration
4. Financial
5. Improved Profile & Awareness

CONTENTS

3

Sponsors

4

Highlights

13

Chairman's Report

14

Directors & Staff

15

Executive Officer's Report

17

Sport & School Program Operations



- 1 Eliza Lepair (Athletics)
- 2 Rowing training session
- 3 Jessica Robertson (Motorcross)

SPONSORS

MAJOR FUNDING AGENCIES



NAMING RIGHTS



MAJOR PARTNER



PLATINUM SPONSOR



RENAULT

GOLD SPONSOR



BRONZE SPONSORS



SPORT PROGRAM SUPPORTERS



RIZZO FINISHES SIXTH IN

MEN'S T54 1500M FINAL

Buninyong's wheelchair athlete Sam Rizzo took centre stage at the Carrara Stadium track as he competed in a Commonwealth Games final on Tuesday night.

The 17-year-old appeared composed ahead of his biggest event yet, the men's T54 1500m final, and remained close to the middle of the pack for most of the race.

Rizzo finished sixth with a time of 3:14.16 minutes.

Canadian Alexandre Dupont took out the gold medal, clocking 3:11.75, while legendary Australian Para-athlete Kurt Fearnley and fellow Australian Jake Lappin, claimed the silver and bronze medals respectively in a strong showing for the green and gold.

It was a stirring finish, with the veteran Fearnley in his final career track event pushing hard in the last few hundred metres to edge in front of Dupont but just falling short.

Rizzo, a year 12 student at Damascus College, won four medals at the World Para-Athletics Junior Championships last year and now has his sights on the 2020 Paralympics in Tokyo.

Before heading to the Gold Coast on the weekend to cheer Rizzo on in the stands, mother Debbie Rizzo told The Courier her son had felt the support of the community and he was grateful for everyone who had helped him along the way.

Those who have provided invaluable support to Rizzo on his journey have included Paralympic gold medallist Richard Colman, who travels from Geelong once a week to train with Rizzo and is always just a phone call away, Fed Uni WestVic Academy providing support through strength and conditioning programs, a dietitian and sport psychology, and the Australian and Victorian Institutes of Sport.

But the community has also played a huge role. Financial support through fundraisers and sponsorship has helped the Rizzo family pay for travel, registration fees and other costs associated with the sport. Variety Children's Charity even supplied Rizzo with his race chair, which was custom-made to fit his dimensions and has helped him improve his times. Up until then, Rizzo had been racing with a second-hand chair.

"There has been a lot of assistance as well as just his general can-do attitude, he just does things... training, races, he doesn't think how, he just goes ahead and does them," Ms Rizzo said.

"He is grateful for all the people who have helped him out. It has just been amazing and he would be wanting to say thank you to all those people so much, it's a bit of a surreal experience that he is there."

By Siobhan Calafiore
Courtesy: Ballarat Courier

Image: Sam Rizzo (Right) AAP Image/Dean Lewins

HIGHLIGHTS



FEDUNI WESTVIC ACADEMY OF SPORT

ATHLETES AWARDED VICTORIAN

INSTITUTE OF SPORT SCHOLARSHIPS

The Victorian Institute of Sport (VIS) selected two athletes from the FedUni WestVic Academy of Sport for VIS Scholarships for 2017/2018.

Seventeen-year-old cyclist, Graeme Frislie, a student at Bacchus Marsh Grammar, was awarded a Tier 1 Sports Program Scholarship, whilst sixteen-year-old Skateboarder Brad Saunders, a student at Beaufort Secondary College, was awarded a Future Talent Program Scholarship.

This is the first time FedUni WestVic Academy of Sport athletes have received a VIS Scholarship, since inception.

Corey Saitta, Executive Officer, FedUni WestVic Academy of Sport, said, *"We are delighted for Graeme, Brad and both families. Graeme and Brad possess outstanding character and are a credit to themselves, their family, school and sport in the way that they conduct themselves"*.

In addition, Saitta added, *"We are not surprised by these results. Rather, they reinforce the value of the work undertaken*

by many since the Academy was formed, the quality of the people that have been or continue to be involved, the overarching philosophy of the Academy, the strength of our systems and the type of athlete services we offer. We have always been of the view that this moment would arrive and we look forward in anticipation to the next evolution of the WestVic Academy of Sport".

The VIS awards scholarships to talented Victorian athletes on an annual basis. VIS scholarships provide athletes with access to advanced coaching, sport science and sports medicine services, career and education advice, and training and competition support.

Brad Saunders (Skateboarding) (Left)
Graeme Frislie (Cycling) (Right)

RIZZO & PEART DEFEND FEDUNI WESTVIC ACADEMY OF SPORT "ATHLETE OF THE YEAR" AWARDS

Sam Rizzo and Alanna Peart were named FedUni WestVic Academy of Sport Female and Male 'Athletes of the Year' for 2017/2018 at the Ballarat Sportsmen's Club monthly presentation dinner in August. The pair claimed back-to-back titles, capping off a highly successful year with strong performances on the international and national stage during the previous 12 months.

Rizzo and Peart were presented with their awards by FedUni WestVic Academy of Sport patron and former Olympic and Commonwealth Games Marathon Champion athlete, Steve Moneghetti OAM.

Rizzo, 18, from Buninyong, represented Australia at the Gold Coast Commonwealth Games in April earlier this year, competing in the Para track T54 1500m event where he finished fourth in his heat to qualify for the final.

In the final, he produced a highly competitive and spirited performance, his first in open company at international level, which saw him finish just out of medal contention, placing sixth overall. In the lead-up to the Commonwealth Games, during a qualifying event in Canberra in January, Rizzo recorded a personal best time of 3:08.35. Rizzo's time is the Australian U18 record for the T54 1500m. Since the Commonwealth Games, Rizzo showed no signs of slowing down. In May, he recorded two impressive victories, claiming the 14km Great Ocean Road Race and Sydney's Balmoral Burn, respectively.

Meanwhile, Peart, 15, from Ballarat, is currently ranked number 1 in Australia for Race Walking in the Under 16 3km

Road Walking classification and ranked number 2 in Australia for Race Walking in the Under 16 3km Track category. In March, Peart won the Under 15 1500m Walk at the Little Athletics Track & Field Championships in Melbourne, claiming victory for a record 7th consecutive year. Peart has remained undefeated in 1500m Walk from Under 9's through to Under 15's. Peart also claimed the U16 5km event at the Victorian Road Walking Championship (VRWC) in Melbourne, securing victory in a personal best time of 23:39. Her time is a new VRWC Under 15 record.

Both Rizzo and Peart have been selected by Athletics Australia (AA) in the Under 17 and Under 18 Talent Recognition List as part of AA's High Performance program.

Corey Saitta, Executive Officer of the WestVic Academy of Sport said, "Our aim at the WestVic Academy of Sport is to maximise Western Victoria's contribution to Australian world-class performances".

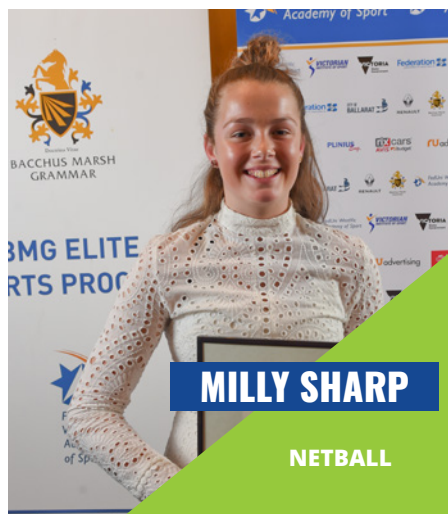
Saitta, added, "It is no coincidence, nor is it through good fortune, that Sam and Alanna consistently produce high performance. They both have outstanding character and have an unwavering commitment to becoming the best version of themselves as athletes and as young people making their way in the community. They exemplify the values of our organisation in that they are respectful, honest, disciplined and they conduct themselves with the utmost integrity and humility all of the time".

Sam Rizzo (Para Track T54) (Left), Steve Moneghetti (Centre) and Alanna Peart (Race Walking) (Right)

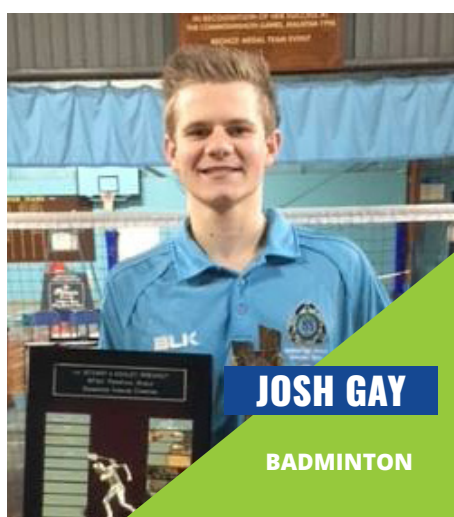
ATHLETE OF THE YEAR FINALISTS

The following athletes were nominated for this year's WestVic Academy of Sport "Athlete of the Year" award at the Ballarat Sportsmen's Club August presentation dinner:

FEMALE AWARD FINALISTS



MALE AWARD FINALISTS



Thank-you to Ballarat Sportsmen's Club President, Barry Packham, Secretary, Bruce Valpied, and the Committee for the club's generous sponsorship of the WestVic Academy of Sport and for offering the WestVic Academy of Sport to partner with the Club for the August presentation dinner.



SPORTSPower



INTERNATIONAL PERFORMANCES

SAM RIZZO

18, ATHLETICS

Gold Coast 2018 Commonwealth Games, Australia

Australian Para Track Athletics Team
Senior/Open Age
T54 1500m – Qualified for Final, finished in 6th place overall

MAX NOBLE

18, KARATE

24th World Karate Federation World Senior Championships, Madrid, Spain

Senior/Open Age
Australian Male Team
Held November – Finished TBC

World Karate Federation Series A, Santiago, Chile

Senior/Open Age
Australian Male Team
Finished in 4th place overall

ELIZA WALES

15, KARATE

19th Oceania Karate Championships, Auckland, New Zealand

Cadet Kumite Female 54+kg
Finished in 3rd place, Bronze Medal

BRAD SAUNDERS

16, SKATEBOARDING

International Skateboarding Open, Nanjing, China

Senior/Open Age
Street – Finished in 22nd place overall

Grand Prix, Beroun, Czech Republic

Senior/Open Age
Street – Finished in 16th place overall

Mystic Sk8 Cup Men's Street, Prague, Czech Republic

Senior/Open Age
Street – Finished in 35th place overall

Green Anger, GRAZ at Austria's Men's Street

Senior/Open Age
Street – Finished in 8th place overall

BEN DE BORTOLI

18, KARATE

19th Oceania Karate Championships, Auckland, New Zealand

Under 21 75kg event
Finished in 1st place, Gold Medal
Under 21 75kg Merged event
Finished in 3rd place, Bronze Medal

ELIZABETH NUSPAN

16, CYCLING

Oceania Track Championships, Adelaide, South Australia

Junior Women's Scratch Race
Finished in 1st place, Gold Medal
Junior Women's Keirin
Finished in 2nd place, Silver Medal

GRAEME FRISLIE

17, CYCLING

Oceania Track Championships, Adelaide, South Australia

Male Under 19 Madison & Team
Finished in 1st place, x2 Gold Medals
Male Under 19 Scratch Race
Finished in 2nd place, Silver Medal

RUBY DE RUITER

15, TAEKWONDO

World Taekwondo Expo and Tournament, Muju County, South Korea

Under 18
Female Black Belt Division
Finished in 2nd place, Silver Medal



This page

- Left** Ruby De Ruiter (Taekwondo) at the World Taekwondo Expo and Tournament
- Centre** Sam Rizzo competing in the 2018 Commonwealth Games
- Right** Graeme Frislie (Cycling) wins Oceania Track Championships
- 1** Brad Saunders (Skateboarding)
- 2** Eliza Wales (Karate)

Next page

- Left** Ben De Bortoli (Karate) (Centre) wins gold medals at National Karate Championships
- Centre** Jemma & Alanna Peart (Racewalking) at the Australian Winter Walking Championships
- Right** Ruby Rothman (Tennis)



NATIONAL PERFORMANCES

SAM RIZZO

18, ATHLETICS

City2Surf, Sydney, NSW
Senior/Open Age
Elite Wheelchair Category 14km
Finished in 1st place, Gold Medal

GRAEME FRISLIE

17, CYCLING

National Under 19 Track Championships in Brisbane, QLD
Victorian Men's U19 Teams Pursuit Final
Finished in 1st place, Gold Medal
Men's U19 1km Time Trial Final
Finished in 3rd place, Bronze Medal

BRAD SAUNDERS

16, SKATEBOARDING

Queensland Street Skateboarding Championships, Mackay, QLD
Senior/Open Age
Mixed & Best Trick
Finished in 1st place overall

BEN DE BORTOLI

18, KARATE

2018 Australian Karate Federation Championships, Caloundra, QLD
Under 21 Kumite Individual Male -75kg event
Finished in 1st place, Gold Medal
Under 21 Victorian Senior Male Team Event
Finished in 1st place, Gold Medal

RONAN KELEHER

16, TAEKWONDO

2018 Oceania Taekwondo Championships Team Selection, Canberra, ACT
Male Kyorugi Black 15-17yrs
48/55kgs
Finished in 1st place, Gold Medal

2018 Australian Taekwondo National Championships, Bendigo, VIC

Sparring Black Male 15-17yrs
51/55kgs
Finished in 1st place, Gold Medal

ALANNA PEART

15, RACEWALKING

Australian Winter Walking Championships, Sunshine Coast, QLD
Under 16 Girls 5000 Meter Race Walk
Finished in 1st place, Gold Medal

MAX NOBLE

18, KARATE

2018 Australian Karate Federation Championships, Caloundra, QLD
Under 21 Victorian Senior Male Team Event
Finished in 1st place, Gold Medal

ELIZA WALES

15, KARATE

2018 Australian Karate Federation Championships, Caloundra, QLD
Female Cadet 54+kg Kumite Division
Finished in 1st place, Gold Medal

JEMMA PEART

17, RACEWALKING

Australian Winter Walking Championships, Sunshine Coast, QLD
Under 18 Girls 5000 Meter Race Walk
Finished in 2nd place, Silver Medal

ELIZABETH NUSPAN

16, CYCLING

National Under 19 Track Championships in Brisbane, QLD
Women's U19 7.5km Scratch Race Final
Finished in 2nd place / Silver Medal

RUBY DE RUITER

15, TAEKWONDO

2018 Australian Taekwondo National Championships, Bendigo, VIC
Sparring Black Female 15-17yrs
49/52kg
Finished in 2nd place, Silver Medal

JESSE NORTON

16, CYCLING

2018 National Road Championships, Bunbury, WA
Under 17 14km Time Trial
Finished in 15th place of 52 riders
Under 17 Road Race
Finished in 12th place of 52 riders
Under 17 Criterium
Victorian Team – finished 1st place, Gold Medal

MATTHEW O'BRIEN

13, ATHLETICS

National Track & Field Championships, Gold Coast, QLD
Selected for Victorian in 100m, 200m & 400m

LACHLAN O'KEEFE

13, HIGH JUMP

Australian Junior Track and Field Championships, Sydney, NSW
Under 14 High Jump
Finished 1st place, Gold Medal

MORGAN LANE

15, EQUESTRIAN

Welsh Pony and Cob Society Australia's 2018 Welsh National Show, Tatura, VIC
Open Category
Finished 1st place, Gold Medal

SOPHIE MARTIN

16, TEN PIN BOWLING

2018 Asian Schools Championships in Taiwan, China
Selected for Australian Schools Team

ZALI WARD

15, HOCKEY

Hockey Australia National U15 Hockey Championships Wollongong, NSW
Victorian Team
Finished in 2nd place, Silver Medal
Selected in Victorian Under 18 Hockey Squad

JOSH GAY

18, BADMINTON

2018 Australian U19 Championships - Badminton Australia, Hobart, TAS

Singles, Doubles & Mixed Doubles

RORY CARROLL

28, TABLE TENNIS

2018 Australian National Para Table Tennis Championships, Canberra, ACT

Men's Doubles, Class 11

Finished in 1st place, Gold Medal

Men's Singles & Teams Event, Class 11

Finished in 2nd place, x2 Silver Medals

AIDEN HAYWARD

17, TABLE TENNIS

2018 Australian Junior Championships, Townsville, QLD

Selected in Victorian Male Team

MILLY SHARP

13, NETBALL

2017 Pacific School Games, Adelaide, SA

Victorian Team Captain

Finished in 2nd place, Silver Medal

CONNOR SHUGG

17, ROWING

Rowing Australia 2018 Sydney International Rowing Regatta, Sydney, NSW

A Final - St. Patrick's College Crew Member

Finished in 1st place, Gold Medal

BEN LOCKE

13, ATHLETICS/DISCUS

Victorian 12 Years and Under Track And Field Team

12 Year Boys Discus

Finished 1st place, Gold Medal

JESSICA ROBERTSON

12, MOTOCROSS

Australian Junior Motocross Championships, TAS

12-16 Girls 85/150cc

Finished in 5th place

LAURA FOLEY

18, ROWING

Rowing Australia 2018 Sydney International Rowing Regatta, Sydney, NSW

A Final - Loreto College Crew Member

Finished in 2nd place, Silver Medal

TEGAN BLYTHE

16, ROWING

Rowing Australia 2018 Sydney International Rowing Regatta, Sydney, NSW

A Final - Loreto College Crew Member

Finished in 2nd place, Silver Medal

CHARLOTTE ASHLEY

16, ROWING

Rowing Australia 2018 Sydney International Rowing Regatta, Sydney, NSW

A Final - Damascus College Crew Member

Finished in 6th place

MILLCENT HOCKEY

18, ROWING

Rowing Australia 2018 Sydney International Rowing Regatta, Sydney, NSW

A Final - Damascus College Crew Member

Finished in 6th place

ELLA GLENWRIGHT

17, ROWING

Rowing Australia 2018 Sydney International Rowing Regatta, Sydney, NSW

A Final - Ballarat High Crew Member

Finished in 7th place

RUBY ROTHMAN

14, TENNIS

2018 Kooyong Lawn Tennis Club's Under 16 Girls Singles Champion

Various Gold Level Tournaments throughout Australia

ELLA LUKICH

17, ROWING

Rowing Australia 2018 Sydney International Rowing Regatta, Sydney, NSW

A Final - Ballarat High Crew Member

Finished in 7th place

DAVID RAK

32, EQUESTRIAN

2018 Special Olympics National Games, Adelaide, SA

English Equitation - Level A

Finished in 4th place

Working Trails - Level A

Finished in 6th place

STEFFI MCDONALD

18, TENNIS

2018 Pizzey Cup, Brisbane, QLD

Selected for Victorian Female Team

JESSICA MCDONALD

16, TENNIS

2018 Pizzey Cup, Brisbane, Queensland

Selected for Victorian Female Team (Emergency)

JAMES O'SULLIVAN

15, TENNIS

14 and Under Junior Hard Court Championships

Semi-Finalist

2018 Kooyong Lawn Tennis Club's Under 16 Boys Singles Champion

SOPHIE MCMINIMEE

18, ATHLETICS

Australian U18 Championships, Sydney, NSW

3000m

Finished in 9th place

LUCAS KENT

14, SWIMMING

National School Sports, Swimming, Hobart, TAS

Selected for Victorian Team

MILES SHERIDAN

13, TENNIS

Australian Team Championships, Melbourne, VIC

13/Under Boys Regional State Team

LIAM HOWLETT

11, GOLF

Australia 12 Years and Under Golf Championship, Bellarine Peninsula, VIC

Victorian Team (Emergency)

ELIZA LEPAIR

17, CROSS COUNTRY

2018 Australian Cross Country Championships, Maleny, QLD

Under 18 Girls

ETHAN MCMINIMEE

17, CROSS COUNTRY

2018 Australian Cross Country Championships, Maleny, QLD

Under 18 Boys

ANNA LEIGHTON

18, SWIMMING

2018 Special Olympics National Games, Adelaide, SA

100m Backstroke, Division F1

Finished in 1st place, Gold Medal

100m Breaststroke, Division F1

Finished in 1st place, Gold Medal

100m Freestyle, Division F1

Finished in 2nd place, Silver Medal

ETHAN RAE

14, SWIMMING

National School Sports, Swimming, Hobart, TAS

Selected for Victorian Team

ELLIE HENNIG

17, SWIMMING

2018 Australian Age Swimming Championships, Sydney, NSW

100m Breaststroke

Finished in top 20

HUGH MCMANUS

16, TENNIS

2018 Pizzey Cup, Brisbane, QLD

Selected for Victorian Male Team

ATHLETE HONOUR ROLL

Alcock Charlie – Tennis	Hall Lewis – Special Olympics	McMinimee Ethan – Bacchus Marsh Grammar, Cross Country, Athletics	Robertson Jessica – Motocross
Alcock Jono – Tennis	Harbour Matthew – Rowing	Meade-Sweet Keeley – Netball	Rofe Benjamin – Ballarat Football Umpires
Anderson Jack – Ballarat Football Umpires	Hardiman Claudia – Ballarat Football Umpires	Meddings James – Swimming	Rothman Ruby – Tennis
Ashley Charlotte – Rowing	Hayward Aiden – Table Tennis	Morrow Jarrod – Horsham College, HPV	Ryan Maggie – Rowing
Atkinson Hannah – Netball	Hennig Ellie – Swimming	Murphy Paddy – Golf	Sands Brayden – Rowing
Barry Thomas – Rowing	Hill Ruby – Horsham College, Swimming	Nash Ben – Rowing	Saunders Brad – Skateboarding
Bicknell Abby – Athletics	Hockey Millicent – Rowing	Noble Max – Karate	Seddon Julia – Swimming
Blackmore Jessica – Netball	Hocking Daniel – Badminton	Noonan Chelsea – Netball	Sharp Milly – Netball
Blythe Teagan – Rowing	Howlett Liam – Golf	Noonan Caleb – Bacchus Marsh Grammar, Tennis	Sheridan Miles – Tennis
Bodey Charlotte – Swimming	Huber Rachel – Rowing	Norton Jesse – Cycling	Shugg Connor – Rowing
Bregazzi Amy – Swimming	Hutton Holly – Swimming	Nuspan Elizabeth – Bacchus Marsh Grammar, Cycling	Sims Nicole – Rowing
Britt Isaiah – Ballarat Football Umpires	Keleher Ronan – Bacchus Marsh Grammar, Taekwondo	O'Beirne Patrick – Cycling, HPV	Smith Jack – Golf
Britt Rose – Golf	Kennedy Josh – Special Olympics	O'Beirne Megan – Tennis	Smith Joel – Golf
Byrne Sophie – Golf	Kent Lucas – Swimming	O'Brien Matthew – Athletics	Snibson Matthew – Badminton
Carroll Rory – Table Tennis	Kirwan-Hamilton Kacee – Golf	O'Keefe Lachlan – Athletics	Stahl Josh – Swimming
Casey Logan – Tennis	Lakin Molly – Horsham College, Basketball	O'Sullivan James – Tennis	Stephens Ruby – Netball
Chivell Connor – Tennis	Lane Morgan – Horsham College, Equestrian	O'Sullivan Matthew – Tennis	Todd Rosie – Netball
Clark Bella – Netball	Lawson Neve – Horsham College, Callisthenics	Parkinson Callum – Swimming	Van De Heuvel Sophie – Cricket & AFLW
Clark Zarli – Netball	Leighton Anna – Special Olympics, Swimming	Pearl Alanna – Racewalking, Athletics	Wales Eliza – Bacchus Marsh Grammar, Karate
Coutts Mason – Rowing	Leonard Olivia – Netball	Pearl Jemma – Racewalking, Athletics	Walsgot Ella – Horsham College, Triathlon
Cowan Annie – Netball	Lepair Eliza – Cross Country, Athletics	Perry Keelan – Racewalking, Athletics	Ward Zali – Bacchus Marsh Grammar, Hockey
Craggill Shannon – Cycling	Livingston Paige – Swimming	Peters Giles – Swimming	Warfe Daniel – Cycling
Cronin Charlie – Tennis	Loader Amy – Rowing	Peucker William – Rowing	Warwick Hamish – Ballarat Football Umpires
De Bortoli Ben – Bacchus Marsh Grammar, Karate	Locke Ben – Athletics	Pierce Abbey – Swimming	Warwick Lachlan – Ballarat Football Umpires
De Ruiter Ruby – Taekwondo	Lukich Ella – Rowing	Pierce Elise – Special Olympics	Watts-Holmes Tahlia – Netball
Dunn Elissa – Rowing	Malcolm Max – Ballarat Football Umpires	Pope Brody – Horsham College, Basketball	Welbourn Flynn – Tennis
Eason Scarlett – Netball	Martin Sophie – Horsham College, Ten Pin Bowling	Poulton Connor – Bacchus Marsh Grammar, Cricket	Western Jonathan – Cycling, HPV
Elderfield Carly – Netball	McCahon Zenay – Netball	Puls Hailey – Horsham College, Gymnastics	Western Patrick – Cycling, HPV
Fitzgerald Janessa – Swimming	McClure Tate – Horsham College, Motocross	Rae Ethan – Swimming	Whittle Toby – Ballarat Football Umpires
Foley Amy – Rowing	McDonald Jessica – Tennis	Rak David – Special Olympics, Equestrian	Wilson Ryan – Golf
Foley Laura – Rowing	McDonald Steffi – Tennis	Reid Brock – Ballarat Football Umpires	Wood Emmerson – Swimming
Friberg Jordan – Tennis	McDougall Hamish – Swimming	Reid Tyla – Ballarat Football Umpires	Yorke Thomas – Golf
Frislie Graeme – Bacchus Marsh Grammar, Cycling	McManus Hugh – Tennis	Rizzo Sam – Para-Track & Road, Athletics	Young Harvey – Bacchus Marsh Grammar, Golf
Gay Josh – Badminton	McMinimee Sophie – Bacchus Marsh Grammar, Cross Country, Athletics		
Gear Andrew – Special Olympics, Equestrian			
Gladman Marshall – Badminton			
Gleeson Jenna – Tennis			
Gleeson Tayla – Tennis			
Glenwright Ella – Rowing			
Gore Erin – Rowing			
Grima Ben – Swimming			
Haase Annika – Rowing			
Haintz Mo – Golf			

CHAIRMAN'S REPORT



We began 2018 with a new Executive Officer and a renewed commitment to the development of talented young athletes and assisting them through the sporting pathway in the Western region of Victoria. The year has seen us build on our continued successes and I am privileged to present this annual report to our stakeholders. Whilst remaining on the Academy board, this report will also be my last as Chairman. A role I have coveted.

Thank-you to our board members: Vice Chair Tavis Baker, David Broadbent, Mandy Plumb, Craig Wilding, Rhonda Cator, Gav McGrath and John Abraham. Thank you also to the many great people in the community who are friends of the board.

I would like to acknowledge the time and effort of key staff Corey Saitta, Talia Slater and Sarah Cunningham. Congratulations on a fine first year with the Academy, we look forward to many more.

Thank-you to our key stakeholders in Federation University, City of Ballarat, Victorian Institute of Sport, Sport and Recreation Victoria (SRV) and the various State Sporting Associations who were all contributors throughout the year. The support of our many program sponsors and supporters including Ballarat Sportsmen's Club, Ballarat Renault and Cason Sports is greatly appreciated as we continue to build our story.

Key achievements of the Academy in 2018 have included a significant number of high achieving athletes, continued positive financial results, and an expanded sponsorship book. Our second presentation of the sports stars of the year award held in conjunction with the Ballarat Sportsmen's Club

in August was a highlight. A continued positive relationship with students at Federation University, the launch of a program with Horsham College and the launch of our next strategic plan for the organisation.

Looking towards 2019 we have continued challenges ahead. We aim to strengthen our relationships with key stakeholders and build on the work of the friends of the board.

On behalf of the entire WestVic family, I pay our highest regards to our Board, staff and stakeholders.

May we continue to enhance Sport in the region and the opportunities available for our regional athletes.

Mr. Chris Gleeson
Chairman



- 1 Eliza Wales (Karate) (*centre*) won 2 gold medals at the 2018 Australian Karate Federation National Championships in Caloundra
- 2 Jessica Robertson (Motocross) competing in the 2018 Australian Junior Motocross Championships, Tasmania

DIRECTORS & STAFF

WVAS BOARD OF DIRECTORS

CHRIS GLEESON

CHAIRMAN

TAVIS BAKER

VICE CHAIRMAN

JOHN ABRAHAM

DAVID BROADBENT

RHONDA CATOR

GAVIN MCGRATH

AMANDA PLUMB

CRAIG WILDING

WVAS PATRON

STEVE MONEGHETTI OAM

WVAS STAFF

COREY SAITTA

EXECUTIVE OFFICER

TALIA SLATER

*ADMINISTRATION &
OPERATIONS OFFICER
(PART-TIME)*

SARAH CUNNINGHAM

*ADMINISTRATION &
OPERATIONS OFFICER
(PART-TIME)*

WVAS CONTRACTOR

CHRIS RADFORD

*STRENGTH & CONDITIONING
COACH/COORDINATOR
(CONTRACT)*



Left Rory Carroll (Table Tennis) **Centre** Session with Horsham College Students **Right** Shannon Craggill (Cycling)



EXECUTIVE OFFICER'S REPORT

I was honoured to be appointed as the Executive Officer of the FedUni WestVic Academy of Sport (WVAS) in November 2017, and I have thoroughly enjoyed meeting the athletes, parents, coaches, sport and school coordinators, sponsors and program supporters throughout the past year.

I am excited to have joined an organisation which is pursuing ambitious strategic aims in all areas. In July this year, the WVAS Board and Executive Management released a Strategic Plan for 2018 – 2021. Five (5) key strategic aims were identified and will help continue to guide the organisation throughout the next three (3) years. The key strategic aims, in order of importance, include:

1. Athlete Services and Supports;
2. Sport Programs and Partnerships;
3. Leadership, Management and Administration;
4. Financial Management; and
5. Increased Profile and Community Awareness

In particular, I wish to thank our principal funding agencies in Sport and Recreation Victoria (SRV) and Victorian Institute of Sport (VIS), our naming right's sponsor Federation University, City of Ballarat, platinum sponsor Ballarat Renault and Carworks, gold sponsor Ballarat Sportsmen's Club, silver sponsor Cason Sports and bronze sponsors Rix/Avis Group, Schmick Car Wash and Sportspower Ballarat.

I would also like to thank partner organisations including Bacchus Marsh Grammar, Horsham College and the Ballarat Football Umpires Association, as well as state and local sporting associations, local schools and clubs for their significant and valued contribution in the pursuit of achieving these bold strategies.

I have provided below an overview of some of WVAS major achievements throughout 2017/2018.

- Record number of athlete members (150)

- Record number of sport, school and individual program partnerships (12)
- VIS Athlete Scholarships awarded to Graeme Frislie (Cycling) and Brad Saunders (Skateboarding)
- Sam Rizzo being selected to represent Australia at the 2018 Gold Coast Commonwealth Games in the 1500m T54 para-track athletics event (Sam qualified for the final in his event, finishing in 6th place)
- Sam Rizzo on becoming the joint-winner of the 2017 Junior Sportsman of the Year Award (Wunhym Trophy). To fellow WVAS athletes, Alanna Peart and Gemma Peart, on being nominated for the Junior Sportsman of the Year award.
- Rory Carroll on being nominated as a finalist in the 2017 Senior Ballarat Sportsman of the Year Award
- WVAS Athlete and Parent Education Program
- Steve Moneghetti's 'Olympian's Address' to athletes and parents at WVAS 'Olympic Dinner'
- Congratulations to Sam Rizzo (Male) and Alanna Peart (Female) on winning the WVAS 'Athlete of the Year' award 2017/2018 at the Ballarat Sportsmen's Club August dinner
- Well done to all athletes who won or competed internationally, nationally or at state level



- Recording a net profit result after income tax for the financial year ending 30th June 2018
- Increased income on previous financial year (by 12.1%)
- Increase in profitability on previous financial year (by 43%)

I am excited to lead WVAS to build on these successes and, we recognise that there are further opportunities for growth and improvement.

The WVAS continues to benefit from the strong vision and direction provided by the WVAS Board. WVAS successes would not be possible without the professionalism and dedication of its Directors. In particular, the organisation is fortunate to benefit from the vision and leadership of WVAS Chair Chris Gleeson, Vice Chair Tavis Baker, and General Members including: John Abraham, Rhonda Cator, Gavin McGrath, Craig Wilding, David Broadbent and Dr. Mandy Plumb.



The vision of the Board is delivered by the efforts, dedication and commitment of the WVAS management team, staff, contractors and coaches, whose passion and expertise is central to the achievement of the many pleasing outcomes outlined in this Annual Report. I look forward to leading this dedicated and professional team to deliver on the strategic aims over the coming years.

Thanks to our Patron, Steve Moneghetti OAM, for once again being prepared to put his name to the WVAS and for providing sage advice and counsel to staff, coaches and athletes throughout the year.

As this Annual Report demonstrates, WVAS has made pleasing progress in a number of key areas throughout 2017/2018. I am excited to lead WVAS to build on these successes, and in particular to oversee the WVAS pursuit of its ambitious strategic program that will drive the business across all areas of its operation, namely: High Performance, Talent Pathways, Events, Corporate, Commercial, and Marketing. I thank the entire WestVic Academy of Sport network for their continued dedication, passion and expertise to improve all areas of our sport, school and individual partnerships. I have thoroughly enjoyed meeting the dedicated and highly skilled network throughout the WVAS, and I look forward to working with these individuals and our partners to collectively deliver the key strategic aims that will ensure WVAS growth and strength in the years ahead.

Corey Saitta
Executive Officer
WestVic Academy of Sport

Previous Page Top Left Brad Saunders (Skateboarding) securing a Golden Ticket to compete in the X Games hosted in Sydney
Previous Page Top Right Alanna Peart (Racewalking)

- 1 Chris Radford teaching Horsham College students about strength and conditioning
- 2 Sophie Byrne (Golf) competing in a USGA qualifier in Kapolei, Hawaii
- 3 Graeme Frislie (Cycling) winning gold at the 2019 Oceania Track Championships at the Adelaide Super-Dome
- 4 Rowing training



BACCHUS MARSH

GRAMMAR

REPORT

The Bacchus Marsh Grammar (BMG) High Performance Elite Sports Program, in partnership with FedUni WestVic Academy of Sport entered its 6th year and continues to provide young athletes with the opportunity to specifically train and educate themselves in areas including: Strength & Conditioning/ Fatigue & Recovery, Nutrition & Aerobic Conditioning.

The partnership continued to flourish in 2018 with musculoskeletal screening for all athletes in the Bacchus Marsh Grammar program from Years 9 to 10 as well as athletes under the scholarship umbrella. Initial testing and screening of athletes is fundamental to making sure that all athletes enter the program prepared and informed about their athletic abilities and potential.

Specialised individual training continued both within timetabled curriculum and during student break times, with Lauren McLean from FedUni/WestVic Academy providing great assistance to athletes in relation to their Strength & Conditioning programs.

In 2018, BMG awarded 11 student athletes with a scholarship to the FedUni WestVic Academy of Sport program. The athletes not only benefitted from the Strength & Conditioning component of the program on a weekly basis, but were also offered additional support through the Academy including:

- Coaching and support services in areas such as: ACE Program (Athlete Career Education), Musculoskeletal Screening, Diet & Nutrition and additional Strength & Conditioning coaching and training sessions;
- Victorian Institute of Sport visit/half-day training session in Melbourne;
- Specific Strength and Conditioning assistance; and
- Presentations which included career advice, managing finances, social media, & attracting/servicing sponsorship etc.



In 2018, there were some outstanding individual results from the BMG athletes, including:

- Oceania Medals in Karate;
- Top 5 World Rankings in Karate;
- Numerous State and National Medals in Karate, Taekwondo, Cycling, Swimming, Athletics & Hockey;
- National Representation in Karate, Taekwondo, Cycling & Athletics;
- State Representation in Swimming, Karate, Taekwondo, Hockey, Cycling, Cross Country & Golf.

The FedUni WestVic Academy of Sport Athlete of the Year Awards Dinner was a fantastic way to acknowledge, recognise and celebrate athlete performances from across the Academy. The Bacchus Marsh Grammar School was extremely proud to nominate outstanding Karate athlete, Ben De Bortoli, on behalf of this year's program.

Bacchus Marsh Grammar looks forward to the continued partnership with FedUni WestVic Academy of Sport. Many thanks must go to Corey Saitta in his first year as EO who built strong relationships among staff, athletes, parents and sporting bodies within the program whilst extending the Athlete Education component of the program. Special thanks must also go to Mr. Andrew Neal, Principal of Bacchus Marsh Grammar, who without his vision, support and encouragement, this program would not be able to continue.

Andrew Perks
Director of Sport and High Performance
Bacchus Marsh Grammar School



Bacchus Marsh
Grammar



Title Page Elizabeth Nuspan (Cycling) (Left)

1 Rohan Keleher (Taekwondo) wins gold at 2018 Oceania Taekwondo Championships Team Selection Tournament (Centre)

2 Rohan Keleher (Taekwondo) training



BADMINTON

REPORT



1



2

Welcome to the FedUni WestVic Academy of Sport – Badminton Report for 2018.

This year resulted in a decrease in the number of athletes in the Badminton program, but no drop in standard. Josh Gay, Daniel Hocking, Matt Snibson and Marshall Galdman all returned and continued to show great improvements both on and off the court.

Our Coaching personnel remained unchanged again this year with Andrew Perks and Brandon Olver taking on most of the coaching duties, with Rhonda Cator moving to the coordinator role. Rhonda spent the first few months of 2018 on leave, working on the Gold Coast with the Commonwealth Games while Andrew was the Australian Badminton Team Manager and Brandon volunteering on the badminton event for the 10 days.

The program facilitated 2 on court sessions per week (Monday and Tuesday), with the Strength & Conditioning session being held on a Wednesday, under the instruction of FedUni student Jack Leonard. Having a specific Strength & Conditioning session enabled the athletes to spend more time focusing on their conditioning resulting in great improvements. Jack has been a great asset to the program.

At the representative level, all athletes competed in State level tournaments with Josh Gay competing at the Australian Under 19 Championships. Our coaches are active outside of the WestVic Academy of Sport program, with Brandon Olver coaching at Victorian level, whilst 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 Education Program continues to develop our athletes as well, focusing on both on and off court areas such as Sport Psychology, Biomechanics, Musculoskeletal Screenings, Injury Prevention & Management, Mental Toughness and Resilience and Diet and Nutrition.

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 Pty. Ltd. has been actively sponsoring and supporting the program for over 11 years and continues to provide not only financial support, but quality equipment. Finally, a huge thank you to Corey and the office staff for all their support and guidance.

Rhonda Cator
Coordinator



Title Page Josh Gay

1 Daniel Hocking and Josh Gay training

2 Josh Gay wins the BAS Senior Boys Badminton Title



BALLARAT
FOOTBALL UMPIRES
ASSOCIATION
REPORT

The Ballarat Football Umpires Association have yet again benefited immensely from our partnership with the FedUni WestVic Academy of Sport.

This season we had a record 10 scholarship holders, with each athlete member at different stages of their umpiring development and with representatives from the 3 umpire disciplines – Field, Boundary and Goal.

The scholarship holders in 2018 were: Toby Whittle, Isaiah Britt, Brock Reid, Tyla Reid, Claudia Hardiman, Jack Anderson, Hamish Warwick, Max Malcolm, Ben Rofo and Lachlan Warwick.

The diversity of this year's FedUni WestVic Academy Sport program benefited our athletes greatly. The initial sessions featuring Gerard FitzGerald and Chris Radford were particularly well received by our umpires, as they coincided with our pre-season program.

The 'Parenting for Performance' presentation by Steve Rendall and his subsequent session on Sport Psychology for the athletes, plus the 'Resilience and Mental toughness' lecture, all played a valuable part in assisting our umpires both on and off the field.

We are indebted to FedUni WestVic Academy of Sport for putting together such an enriching and engaging program and feel the change in this year's program worked particularly well. We thank Corey and the staff for facilitating such changes.

We would also like to thank the three Federation University Students who, through the WestVic Academy of Sport, were appointed to prepare and deliver our 2018 Fitness Program. Cameron Banks, Stephanie Hogan and Bronwyn Hemmingway did a wonderful job across the season. Thanks also to the Student's Supervisor, Strength & Conditioning Coordinator, Chris Radford.

The BFUA looks forward to continuing to partner with the FedUni WestVic Academy of Sport in 2019.

Roger Le Grand
Director of Umpiring



Title Page Tom Lyon, Troy Pannell (AFL Umpire) & Aaron Reed
1 Toby Whittle was a finalist for the 2017/2018 WestVic Academy of Sport Male Athlete of the Year



CYCLING

REPORT



The FedUni WestVic Academy of Sport – Cycling program entered its sixth year since its re-commencement in 2012.

This year's program focussed on providing cycling athletes who have a desire to get the best from themselves to access training, coaching, conditioning and educational services to help them achieve their objective.

The program also focusses on making athletes aware that "best performance" can come off the bike as well as on it.

Giving the athletes an understanding of how sport is managed, the opportunities that sport can provide but sometimes occur behind the scenes, and making the most of ones opportunities that can present from a career in sport on the bike, were overarching themes of the program and content was subsequently provided to athletes in relation to the areas previously mentioned.

To this end, all program athletes are active at their clubs and schools in mentoring those new to the sport and new to their school, honing their leadership skills and creating well rounded role models.

On the competition side of the program, all athletes have enjoyed success, be it a personal best, race win or championship result.



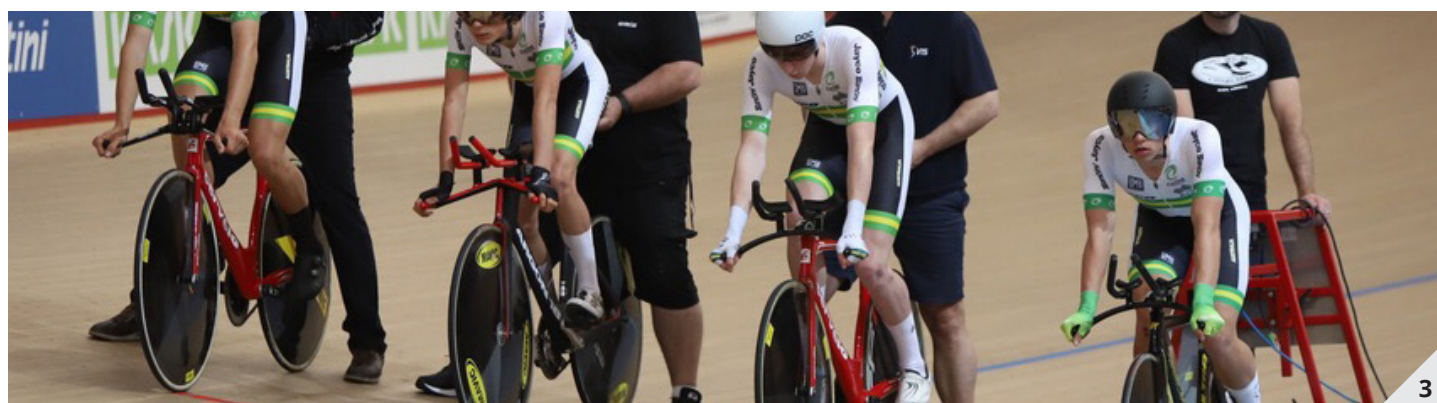
Their application to their sporting dream is to be admired. The program appreciates the efforts of Federation University and WestVic Academy of Sport, for providing access to Strength & Conditioning equipment and to the pool facilities, especially during the current re-development of the P Building.

The outlook for 2019 is to increase the programs competition support and to approach the Ballarat Sebastopol Cycling Club and to explore ways in which we can introduce youngsters in schools in the region to the sport of cycling.

Cam McFarlane
Head Coach



- Title Page** Graeme Frislie wins National Track Championship for Australia
- 1 WestVic cyclists at Cycling Victoria's DISC Velodrome
 - 2 Elizabeth Nuspan wins National Gold at the Oceania Track Championships in Adelaide
 - 3 Graeme Frislie (Right)





GOLF REPORT



1

The 2018 year commenced with 10 high quality golfing athletes being selected to participate in the Westvic Academy of Sport – Golf program.

The ages of the athletes varied from eleven to seventeen.

The athletes selected for the 2018 Golf program, included: Tom Yorke, Liam Howlett, Sophie Byrne, Rose Britt, Jack Smith, Paddy Murphy, Ryan Wilson, Kacee Kirwan-Hamilton, Joel Smith and Mo Haintz.

Throughout the year athletes have all enjoyed the golf instruction, tuition and coaching component delivered by Andrew Cartledge (PGA member).

In addition, athletes benefited from a variety of educational sessions delivered by WestVic and which included presentations on: Healthy Habits/Elite Behaviours for young athletes, Strength & Conditioning, Sport Psychology, Diet & Nutrition, Injury Prevention and Management, High Performance, Resilience and Mental Toughness.

Without fail, all athletes have improved their handicaps within the Australian Handicapping system GolfLink, with the highest recorded drop of ten strokes by Liam Howlett and eight strokes by Mo Haintz.



2

Some other special mentions and highlights from the 2017/2018 year include:

Sophie Byrne - Current Club Champion at the Ballarat GC;
Liam Howlett – Selected in the Victorian State Schools of Victoria representative squad & winner of the regional final in the Victorian Primary School Championship;
Mo Haintz – Trentham Junior Open (Handicap); and
Jack Smith, Paddy Murphy, Kacee Kirwan-Hamilton and Joel Smith being selected in the Ballarat District Golf Association representative team.

Andrew Cartledge
Coach



Title Page Liam Howlett

- 1 Sophie Byrne competing in a USGA qualifier event in Kapolei, Hawaii
- 2 Golfers working on putting drills
- 3 Sophie Byrne in Kapolei, Hawaii



A student in equestrian gear, including a black helmet, green and blue protective vest, and white breeches, is jumping a dark brown horse over a green and white striped fence. The background shows trees and a blurred crowd. The image is framed by a diagonal white line on an orange background.

HORSHAM COLLEGE REPORT



In 2018, a partnership between Horsham College and the FedUni WestVic Academy of Sport was created with the aim of giving greater access to support services to local athletes. Bacchus Marsh Grammar College provided the blueprint for the new partnership at Horsham College. Talented athletes, across a range of sports, now have access to vital supports in their school environment.

The top 10 athletic performers from Horsham College were offered individually-provided services and WestVic provided some services to complement the Year 9-10 elective subject, "Peak Performance". The partnership complimented the Strength & Conditioning coaching within the College and added additional content in areas such as: Diet & Nutrition, Injury Prevention and Sports Psychology.

Early in 2018, Horsham College Principal Rob Pyers said *"We hope this partnership ensures the Wimmera's best emerging talent across a range of sports can access all of the necessary services for them to reach their potential. We look forward to working with the FedUni WestVic Academy of Sport to provide these services"*.

FedUni WestVic Academy Executive (WVAS) Officer Corey Saitta said, *"Partnering with schools means the Academy, in conjunction with staff at Horsham College, can identify the most talented athletes more easily, and then support them in a way that complements existing structures. We are delighted to partner with Horsham College and believe that next year will be the first of many years of successful program and service delivery in the Wimmera region"*.



The College nominated ten students based on a criteria of level of competition and their suitability and willingness to participate in all College and WVAS activities.

The inaugural members were:

- Sophie Martin - Tenpin Bowling
- Morgan Lane - Equestrian
(Horsham College Athlete of the Year)
- Jarrod Morrow - Human Powered Vehicle
- Ella Walsgot - Triathlon
- Tate Reed - Motor Cross
- Brody Pope - Basketball
- Molly Larkin - Basketball
- Ruby Hill - Swimming
- Neve Lawson - Calistenics
- Hailey Puls - Gymnastics

Services provided by WVAS included:

- Musculoskeletal screening incursion
- Strength & Conditioning Support - Chris Radford *(former Horsham College school captain)* from RAD Centre, Ballarat
- Additional financial support *(state level athletes)*
- Excursions to Federation University
- Annual dinner with Steve Moneghetti
- WVAS Athlete of Year Dinner

In addition, the WVAS athletes also visited the Victorian Institute of Sport and participated in a range of engaging activities including a tour of state level athletes training facilities.



Title Page Morgan Lane (Equestrian)

- 1 Horsham College athletes took part in education sessions in Ballarat run by FedUni lecturers.
- 2 Sophie Martin (Bowling)
- 3 Molly Larkin (Basketball)



NETBALL

REPORT

In 2018 the WestVic Academy of Sport continued their partnership with Netball Victoria to deliver the “WestVic Academy of Sport Netball Zone Academy Preparation Program”, which provided an eight-session training program for regionally talent-identified 13-15 year old athletes to prepare them for the Zone Academy try-out process. This program is designed to run off the blueprint set out by Netball Australia’s “Dare to Develop a Diamond” Program.

The program focused on three main components:

1. Technical and Tactical (*i.e., on-court development in line with Netball Australia curriculum*)
2. Physical Preparation (*i.e., musculoskeletal screenings, strength and conditioning sessions*)
3. Athlete Education Program (*i.e., education sessions around approximately six key topics*)

In 2018, there were 15 members of the Sovereigns Netball Academy coming from Ballarat, Maryborough and Wimmera areas and they were expertly managed by head coach Kate McMahon.

The two-hour on-court training sessions focussed on providing the athletes with the opportunity to develop specific individual and game sense netball skills. These sessions not only prepared the athletes for selections/trials for the Netball Victoria Zone Academy Program, but also developed their overall netball skills, fitness and game sense as they soon enter the transition from junior-level netball into more senior-level netball. These sessions were both physically and mentally testing for the athletes, however the group should be commended for the effort they put in over the whole program, with all the participants showing improvements and an eagerness to learn.

Throughout the year, the group were provided with informative and elite-athlete specific development sessions as part of the Athlete Education Program. The objectives of these sessions were to assist the athletes in both their on- and off-court development. The sessions provided included the following:

1. Elite Athlete Behaviours
(*Gerard FitzGerald – High Performance/AFL Level 3 Coach*)
2. Strength & Conditioning
(*Chris Radford - Director, Radford Athletic Development*)
3. Sports Psychology
(*Stephen Rendall - Sports Psychologist, Corio Bay Health Group*)
4. Injury Prevention & Management
(*Deb Pascoe - Associate Dean, school of Health and Life Sciences, Federation University*)
5. Diet & Nutrition
(*Michelle Ryan – Dietician, Paediatrics Ballarat*)
6. Resilience/Mental Toughness
(*Kellie Dunn – Manager, Lifeline Ballarat*)

Thank you to Andrew Smyth for running the warm-up and cool-down sessions within the training sessions, to Melissa Thomas for undertaking an assistant coach role during the training sessions and also to Corey Saitta, who was present at every training session and provided consistent and continued support for the coaches, parents, and athletes.

Kate McMahon
Head Coach





ROWING

REPORT

The 2018 Rowing program enjoyed a healthy intake of 21 athletes, with some returning from last year, whilst others were selected and invited into the WestVic Academy of Sport for the first time. In addition to the assistance received from Rowing Victoria, the program received outstanding support from local schools, in particular: St. Patrick's College, Loreto College, Ballarat High and Damascus College.

The Academy is grateful for the support and assistance provided by Brendan Scott (*St. Patrick's*), Gabi Howard (*Loreto*), Rob Simmonds (*Ballarat High*) and Nicole Hexter and Sharon Waters (*Damascus College*).

In addition to undertaking musculoskeletal screenings, commencing strength and conditioning training programs and listening to guest presenters as part of the WestVic Education Program, the highlight of this year's program was once again the opportunity to travel to Melbourne for two training days, hosted by two elite Melbourne Rowing Club's: Mercantile Rowing Club and Melbourne University Boat Club.

The support provided by Adam Harrison at Rowing Victoria was outstanding and the itinerary for both training days was exceptional.

Our first training day at Mercantile commenced with a guest speaking presentation by former rowing champion, Jane Robinson. As an athlete, Jane's accomplishments in the sport were extensive and included: National Champion, three-time World Champion and triple Olympian. Jane competed at the Summer Olympics in 1996, 2000 and 2004; and at the World Rowing Championships in 1997, 1998, 2001, 2002, and 2003. Jane's address to all of the athletes was insightful, practical, informative and motivational. Jane continued to supervise the athletes during a technical erg training session which was conducted in the gym within the club rooms/boat shed, prior to lunch.

In the afternoon, each athlete had the pleasure of heading out onto Melbourne's iconic Yarra River for a two-hour on-water session supervised by Nick Mitchell (*Head Coach - Mercantile*) and Jane Robinson. In idyllic conditions, athletes benefited from the expert advice and observations both Nick and Jane delivered throughout the session.



Meanwhile, our second training day at the Melbourne University Boat Club commenced with a guest speaking presentation by current Rowing Champion, Lucy Stephan. Lucy's record in the sport is ultra-impressive: Lucy won a silver medal at the 2012 U23 World Championships in Trakai, Lithuania. She then went on to win silver at the 2013 World Cup in Lucerne and gold in the women's four at the U23 World Championships in Linz, Austria. Throughout 2017 and 2018 Lucy won five gold medals at the World Rowing Cup and World Rowing Championships.

Lucy's presentation was authentic, honest and delivered in a way that all athletes could comprehend and appreciate. Lucy is originally from the WestVic region, having been born in Nhill and eventually attending boarding school at Ballarat Grammar prior to moving to Melbourne to attend University and further her Rowing career.

James Smith (*Women's Coach MUBC*) supervised an indoor technical erg session following Lucy's presentation, and then the boys and girls crews hit the water for another two-hour on-water training session overseen by Nick Mitchell (*Head Coach - Mercantile*) and Will Raven (*Head Coach - Banks*). A sincere thank-you to Will Beedham (*Junior Academy Coach - MUBC*) who arranged the itinerary for our second training day in conjunction with Adam Harrison at Rowing Victoria.

The opportunity to be hosted by the Mercantile and Melbourne University Rowing Club's was a privilege and was not lost on any of the WestVic athletes.

The WestVic program during term 2 and term 3 of the current school year has helped each athlete with his/her preparation for the upcoming school rowing season in term 4 and term 1 of 2019.

Congratulations goes to Connor Shugg from St. Patrick's College, who was a finalist in this year's WestVic Male Athlete of the Year award.

Finally, the WestVic Academy of Sport wishes each athlete and school, all the very best in the lead up to the 2019 Head of the Lake, State and National Rowing Regatta's.

Title Page Melbourne Training Day
1 Training at Mercantile Rowing Club, Melbourne
2 Rowing on the Yarra



**SPECIAL
OLYMPICS
REPORT**

In 2018 the WestVic Academy of Sport supported 5 Special Olympics athletes, including: Lewis Hall, Josh Kennedy, Elise Pierce, David Rak and Andrew Gear. Each athlete undertook weekly strength and conditioning sessions, overseen by FedUni placement coaches Connor Macdonald and Brigit Ryan. Special mention to Ballarat Aquatic Centre and Body and Soul for enabling the athletes and coaches to use the facilities for training purposes. All Special Olympics athletes enjoyed successful years in their designated sports, and this was evident at the National Games in Adelaide in April. David Rak (Equestrian) performed incredibly well, winning a silver medal in the Canter Division on his beloved horse, Chief. Congratulations and well done, David and to all of our group members: Lewis, Josh, Elise and Andrew on another enjoyable year.

Congratulations also goes to Anna Leighton for being selected as a finalist in this year's WestVic Female Athlete of the Year award.

In a highlight for both the Special Olympics Ballarat and WestVic, confirmation was received in June that Anna Leighton (Special Olympics – Swimming) has been selected to represent Australia at the Special Olympics World Games in Abu Dhabi in 2019. Well done on this outstanding achievement, Anna!



Title Page Anna Leighton (*Swimming*)



SWIMMING

REPORT

This year (2018) has been one of development and growth throughout the various activities and experiences that our swimmers have been exposed to through the FedUni WestVic Academy of Sport program.

Our squad of Josh Stahl, Anna Leighton, Abbey Pierce, Ben Grima, Elle Hennig, Charlotte Bodey, Julia Seddon, Emmerson Wood, Paige Livingston, Amy Bregazzi, Giles Peters, Hamish McDougall, Holly Hutton, Janessa Fitzgerald, Callum Parkinson, James Meddings, Ethan Rae and Lucas Kent have all been involved in various activities ranging from musculoskeletal screenings, Strength & Conditioning, Nutrition, Career Pathway 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. The specialised assessment 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 Chris Radford and his colleagues for this growth and development. The Strength and Conditioning staff has formed a great rapport with the swimmers which was a crucial factor in the delivery of these sessions in a purposeful and meaningful manner.

The video analysis that was conducted and produced by staff at Federation University was a great experience for all involved and showed how this tool can be so important to the development and improvement of the swimmers technique. This analysis has had a positive spinoff for the swimmers mindset that they are tracking in the right direction, which can have a significant impact with their self-confidence now and in the future.

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

The Diet and Nutrition presentation gave 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 wellbeing, 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.

The swimming sessions have provided the swimmers with a different way of looking at their strokes and practices. It has been great to have all the swimmers together and working to a common cause; to be the best they can be. 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 Corey and staff involved in the programs offered to our swimmers by the FedUni WestVic Academy of Sport. Your dedication, openness and approachability has been fantastic and we look forward to further enhancing the current program in the future.

Mark Stahl
Coach



Title Page Anna Leighton



TABLE TENNIS

REPORT

The WestVic Academy of Sport had two athletes from Table Tennis in 2018 – Rory Carroll and Aiden Hayward. In addition to weekly pennant competition, state and national championships, both players joined our Badminton athletes to undertake their weekly Strength & Conditioning session, in addition to receiving a musculoskeletal screening and attending various sessions as part of our Athlete and Parent Education Program.

Both Rory and Aiden enjoyed a successful year on the tables. Rory remains a member of the Table Tennis Australia Para High Performance squad. At the Para National Championships in Canberra in May, Rory won the Gold Medal in the Men's Doubles, Class 11 and also claimed two Silver Medals in the Men's Singles & the Teams Event, Class 11.

Meanwhile in further good news, Aiden was selected to represent Victoria at the National Junior Championships in Townsville, Queensland in October.

The support provided once again to this year's program by Kellie Smith, Stadium Manager at the Ballarat Table Tennis Association, was significant.

Finally, congratulations also goes to Rory Carroll for being selected as a finalist in this year's WestVic Male Athlete of the Year award.



TENNIS

REPORT



1

I have once again thoroughly enjoyed my year being involved with the FedUni West Vic Academy of Sport – Tennis program. The Academy enabled eighteen male and female athletes from the Central Highlands and Wimmera Tennis regions the opportunity to be part of a comprehensive development program. The program provides additional services and training to assist the athletes' development alongside the work they are doing with their private coaches.

The WestVic Tennis program is one of six regional programs supported by Tennis Victoria.

In 2018, the WestVic Tennis program included 8 training sessions. These were held at Ballarat Indoor Tennis Centre and Ballarat Regional Tennis Centre. Each session provided the players with three hours of on-court training and specialist coaching.

Support was also provided to the athletes at the Ballarat JT Australian Ranking tournament. The tournament was held in Ballarat during April. 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 six regional academies participated in the Inter-Academy Challenge at Melbourne Park in October. On a very pleasing note, FedUni WestVic Academy of Sport again provided a full team of 10 athletes.

Outstanding performances for the year included:

1. Ruby Rothman, James O'Sullivan & Hugh McManus on being selected in the Tennis Victoria Player Support Program for athletes who have achieved a ranking in the top 25 of their birth year. Also, congratulations to James who is part of Tennis Australia's National Academy program at Melbourne Park;
2. Hugh McManus and Steffi McDonald on making the Victorian Secondary Schools team for the Pizzey Cup in Brisbane during May;

3. James O'Sullivan and Ruby Rothman on being part of the Tennis Victoria Player support team for the 14/U National Grass Court Championships;
4. Hugh Mc Manus and Jenna Gleeson for being Singles Finalists in their age groups at the Ballarat JT event; and
5. Miles Sheridan for being selected in the Tennis Victoria 13/U Regional State Team.

Congratulations to James O'Sullivan for winning the Tennis Player of the Year at the annual FedUni WestVic Awards presentation dinner, for the second year in a row.

Finally, I would like to thank EO, Corey Saitta, and staff for their hard work, excellent organisation and great support given to me throughout 2018. 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 the support, friendship and dedication to the WestVic Tennis program. There have been a lot of positives this year and I am really looking forward to another successful year in 2019, where we can continue to build upon our good work.

Andrew Cameron
Coach



Title Page James O'Sullivan (left), Paul McNamee (centre - former Australian player) and Ruby Rothman (right) at the gala awards ceremony at the Kooyong Lawn Tennis Club's 2018 Champions Dinner in Melbourne

- 1 10 of our Tennis representatives competed in singles and doubles matches against other academy representatives
- 2 Academy representatives at the National Tennis Centre



2

THANK-YOU

THE WESTVIC ACADEMY OF SPORT EXTENDS A SINCERE THANK-

YOU TO THE FOLLOWING PERSONNEL FOR THE SUPPORT AND ASSISTANCE PROVIDED TO THE ACADEMY IN 2017/2018:

Sport and Recreation Infrastructure | Department of Health & Human Services

Michelle Anderson – Manager Sport and Recreation, Grampians

Victorian Institute of Sport

Anne Marie Harrison – Chief Executive Officer

Rob Leeds – Performance Manager (Pathways)

Nerissa Turner – Senior Performance Coordinator (Pathways)

Cathryn Pruscino – Executive Administrator

Federation University (Staff)

Professor Dara Twomey – Dean, School Health and Life Sciences

Andrea Davies – Administrative Support Officer to the Dean

Dr. Deborah Pascoe – Deputy Dean, Exercise and Sports Science

Dr. Sue Brown – Program Coordinator & Lecturer Sports Management

Dr. Mandy Plumb – Program Coordinator & Lecturer, Exercise and Sports Science

Associate Professor Warren Young – Sports Science (Masters)

Dr. Scott Tapley – Senior Lecturer, Strength & Conditioning

Dr. Chris Mesagno – Senior Lecturer, Exercise and Sports Science

Dr. Brendan O'Brien – Lecturer, Exercise and Sports Science

Warrick Chiltern – Lecturer, Exercise and Sports Science

Dr. Matthew Wallen – Lecturer, Exercise and Sports Science

Neville Down – Lecturer, Exercise and Sports Science

Megan Charity – Lecturer, Exercise and Sports Science

Sallee Caldwell – Lecturer, Professional Practice

Lindy Hall – Lecturer, Fieldwork and Practical Placement

Eammon Gill – UniSports Programs and Operations Officer

Rodney Hall – Technical Officer, School Health and Life Sciences

Sport & School Programs (Officials)

Bacchus Marsh Grammar

Andrew Neal – Principal

Andrew Perks – Director of Sport

Badminton

Rhonda Cator – Manager, Ballarat Badminton Association

Ballarat Football Umpires Association

Richard Carroll – President

Roger Le Grand – Coach

Cycling

Craig Eastwood – Racing Manager, Cycling Victoria

Golf

Ashley Marshall – Manager, Golf Victoria

Paul Skinner – Coaching Consultant, Golf Victoria

Andrew Milligan – Ballarat & District Golf Association

Horsham College

Rob Pyers – Principal

Rod Kirkwood – Physical Education Teacher/WestVic Academy of Sport Partnership Leader

Netball

Hayley VanDenBoom – High Performance Operations Manager, Netball Victoria

Sarah Collett – High Performance Coordinator – Pathway, Netball Victoria

Mel Taylor – Western Region Manager, Netball Victoria

Rowing

Andrew O'Brien – Development, Rowing Victoria

Adam Harrison – Event Manager & Volunteer Workforce

Brendan Scott – Performance Manager & Head Rowing Coach, St. Patrick's College

Gabi Howard – Rowing Coordinator, Loreto College

Robert Simmonds – Head of Sport & Head Rowing Coach, Ballarat High School

Nicole Hexter – Sports Coordinator, Damascus College

Sharon Waters – Head Rowing Coach, Damascus College

Special Olympics

Catherine Kennedy & Committee – Special Olympics, Ballarat

Swimming

Linley Frame – Athlete and Coach Services Coordinator, Swimming Victoria

Kirsty West – Athlete and Coach Services Coordinator, Swimming Victoria

Tennis

Andrew Reynolds – Tournaments & Events Manager, Tennis Victoria

Jessica McCormack – Player & Event Support Administrator, Tennis Victoria

Rob Benoit – Ballarat Regional Tennis Centre

Geoff Reese – Tennis Ballarat (Indoor)

Sport & School Programs (Coaches)

Bacchus Marsh Grammar

Andrew Perks

Badminton

Brandon Olver
Andrew Perks

Ballarat Football Umpires

Roger Le Grand

Cycling

Cam McFarlane

Golf

Andrew Cartledge

Horsham College

Rod Kirkwood
Elizabeth Klinge
John Wood

Netball

Kate McMahon
Melissa Thomas (Assistant)

Swimming

Mark Stahl

Tennis

Andrew Cameron

Federation University (Students – Strength & Conditioning Placement Coaches)

Andrew Smyth (Masters)
Brigit Allan
Cameron Banks
Stacey Edge
Rachael Giblett
Bronwyn Hemingway
Stephanie Hogan
Jack Leonard
Kelsey Long
Connor Macdonald
Lauren McLean
Jonah O'Brien
James Rutherford
Claire Werda

Federation University (Students – Musculoskeletal Screenings)

Declan Hennessy
Jake Romein
Zoe Mayberry
Caroline Matthews
Yang Zhang

City of Ballarat

Councillor Samantha McIntosh – *Mayor*
Justine Linley – *Chief Executive Officer*
Mark Patterson – *Executive Manager Sport & Active Living*
Michael Hynes – *Senior Advisor - Strategy & Planning*
Rochelle Wynne – *Ballarat Aquatic & Lifestyle Centre*

Ballarat Renault & Carworks

Ric & Emma De Ruiter – *Co-Dealer Principal*
Carl Morandi – *Co-Dealer Principal*

Ballarat Sportsmen's Club

Barry Packham – *President*
Bruce Valpied – *Secretary*

Cason Sports Pty. Ltd.

Rhonda Cator

Rix/Avis Group

Darren Rix

Schmick Car Wash

Brooke van Hamond

Guest Presenters – Athlete & Parent Education Program

Gerard FitzGerald – *Elite Behaviours & Healthy Habits for young, talented athletes*
Chris Radford – *Introduction to Strength & Conditioning*
Stephen Rendall – *Parenting for Performance & Introduction to Sport Psychology*
Steve Moneghetti – *High Performance / Elite Athlete Lifestyle*
Dr. Deborah Pascoe – *Injury Prevention & Management*
Michelle Ryan – *Diet, Nutrition & Hydration*
Kellie Dunn – *Resilience & Mental Toughness*

Athlete Support Services (Consultants)

Strength & Conditioning

Chris Radford, Radford Athletic Development

Sports Psychology

Dr. Chris Mesagno

Mental Skills Coach

Sue Anderson

Dieticians

Michelle Ryan
Kerri Gordon


Personal Development

Karen Smythe



*FedUni WestVic
Academy of Sport*

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