



FedUni WestVic
Academy of Sport

ANNUAL REPORT

2018/2019

SPONSORS

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NAMING RIGHTS



MAJOR PARTNERS



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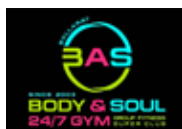


SILVER SPONSORS

BRONZE SPONSORS



SPORT PROGRAM SUPPORTERS



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Cover Photo:

Graeme Frislie - Australian Track Cycling National Championships

1: Ruby Rothman (Left) Swan Hill - AMT Doubles Winners

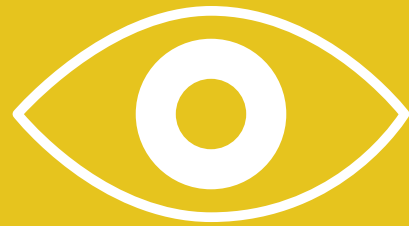
2: Olympian's Address Group Photo

WESTVIC ACADEMY OF SPORT INC.



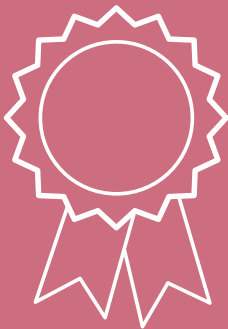
OUR MISSION

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



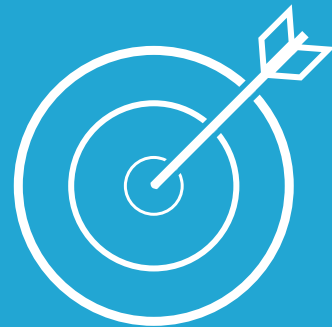
OUR VISION

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

HONOUR ROLL

YEAR	CHAIRMAN	DEPUTY CHAIRMAN	EXECUTIVE OFFICER
2003 – 2004	John Abraham	N/A	Michael Hynes
2004 – 2005	John Abraham	N/A	Michael Hynes
2005 – 2006	John Abraham	Prof. Warren Payne	Michael Hynes & Kris Payne
2006 – 2007	John Abraham	Prof. Warren Payne	Kris Payne
2007 – 2008	John Abraham	Prof. Warren Payne	Kris Payne
2008 – 2009	John Abraham	Prof. Warren Payne	Kris Payne
2009 – 2010	John Abraham	Prof. Warren Payne	Kris Payne & Rob Ward
2010 – 2011	John Abraham	Prof. Warren Payne	Rob Ward
2011 – 2012	John Abraham	Ian Rossiter	Rob Ward
2012 – 2013	John Abraham	Ian Rossiter	Rob Ward
2013 – 2014	Ian Rossiter	John Abraham	Rob Ward
2014 – 2015	Chris Gleeson	Tavis Baker	Rob Ward
2015 – 2016	Chris Gleeson	Tavis Baker	Rob Ward
2016 – 2017	Chris Gleeson	Tavis Baker	Rob Ward
2017 – 2018	Chris Gleeson	Tavis Baker	Corey Saitta
2018 – 2019	Alan Campbell	Tavis Baker	Corey Saitta

OLYMPIAN'S

Collis Birmingham

Athletics (WestVic Athlete
Member 2004 – 2006)

*Selected for Australia at the
2008 Beijing Olympic Games*

SENIOR WORLD CHAMPIONSHIPS

Shane Nankervis

Athletics (WestVic Athlete
Member 2004 – 2005)

*Selected for Australia at the
2003 World Championships*

COMMONWEALTH GAMES

Shane Nankervis

Athletics (WestVic Athlete
Member 2004 – 2005)

*Selected for Australia
at the 2006 Melbourne
Commonwealth Games*

Sam Rizzo

Para Athletics
(WestVic Athlete Member
2015 – Present)

*Selected for Australia
at the 2018 Gold Coast
Commonwealth Games*

VICTORIAN INSTITUTE OF SPORT (VIS)

SCHOLARSHIP

HOLDERS

- 2008** Collis Birmingham
- 2009** Shane Nankervis
- 2018** Graeme Frislie
and Brad Saunders
- 2019** Max Noble

IN APPRECIATION

FEDUNI WESTVIC ACADEMY OF SPORT 2018 - 2019

SUPPORT PARTNERS AND KEY PERSONNEL

FedUni WestVic Academy of Sport would like to thank the following key personnel from its support partners for the continued support they provide to the Academy:

Sport & Recreation Victoria

Erin Trebley	Senior Project Officer - High Performance and Pathways
Michelle Anderson	Manager Sport and Recreation, Grampians

Victorian Institute of Sport

Anne Marie Harrison	Chief Executive Officer
Cathryn Pruscino	Executive Administrator
Rob Leeds	Performance Manager (Pathways)
Nerissa Turner	Senior Performance Coordinator (Pathways)
Dean Kinney	Golf Head Coach
Noel Donaldson	Rowing Head Coach
Ben King	Physical Preparation Coach
Camilla Blands	Marketing & Community Projects Coordinator

Federation University

Prof. 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. Scott Talpey	Senior Lecturer Exercise & Sport Science; Masters Strength & Conditioning
Dr. Chris Mesagno	Senior Lecturer, Exercise and Sports Science (Sport Psychology)
Dr. Warrick Chiltern	Lecturer, Exercise and Sports Science
Dr. Matthew Wallen	Lecturer, Exercise and Sports Science
Dr. Brendan O'Brien	Lecturer, Exercise and Sports Science
Dr. Mandy Plumb	Program Coordinator & Lecturer, Exercise & Sports Science
Ass. Prof. Warren Young	Sports Science (Masters)

Neville Down	Lecturer, Exercise and Sports Science
Megan Charity	Lecturer, Exercise and Sports Science
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

Bacchus Marsh Grammar

Andrew Neal	Principal
Kevin Richardson	Deputy Principal
Andrew Perks	Director of Sport

Badminton

Rhonda Cator	Manager, Ballarat Badminton Association
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Ballarat Football Umpires Association

Scott Carey	Operations Manager, AFL Goldfields
Justin Davey	President
Billy Mitchell	Coach

Cycling

Craig Eastwood	Chief Executive Officer, Cycling Victoria
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Golf

Matt Cutler	High Performance Manager - Victoria & Tasmania, Golf Australia
Dean Kinney	Golf Head Coach
Andrew Milligan	Secretary, Ballarat & District Golf Association

Horsham College

Rob Pyers	Principal
Rod Kirkwood	WestVic Academy of Sport Partnership Leader

Netball

Hayley VanDenBoom	<i>Performance Operations Manager, Netball Victoria</i>
Sarah Collett	<i>Pathways Coordinator – Netball Victoria</i>
Mel Taylor	<i>General Manager Netball Participation, Netball Victoria</i>

Rowing

Jen Szuster	<i>State Pathway Coordinator, Rowing Victoria</i>
Noel Donaldson	<i>Rowing Head Coach</i>
Brendan Scott	<i>Performance Manager & Head Rowing Coach, St. Patrick's College</i>
Gabi Howard	<i>Rowing Coordinator, Loreto College</i>
Robert Simmonds	<i>Head of Sport & Head Rowing Coach, Ballarat High School</i>
Nicole Hexter	<i>Sports Coordinator, Damascus College</i>
Paul Blanchfield	<i>Head Coach, Damascus College</i>

Special Olympics

Catherine Kennedy & Special Olympics, Ballarat Committee

Swimming

Josh Busch	<i>Performance & Development Services Co-ordinator, Swimming Victoria</i>
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Tennis

Andrew Reynolds	<i>Associations Leader, Tennis Victoria</i>
Jessica McCormack	<i>Player & Event Support Administrator, Tennis Victoria</i>
Rob Benoit	<i>Ballarat Regional Tennis Centre</i>
Geoff Reese	<i>Tennis Ballarat (Indoor)</i>

SPORT & SCHOOL PROGRAMS

(COORDINATORS & COACHES)

Bacchus Marsh Grammar

Andrew Perks	<i>Director of Sport & Program Coordinator</i>
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Badminton

Rhonda Cator	<i>Program Coordinator & Head Coach</i>
Brandon Olver	<i>Coach</i>

Ballarat Football Umpires

Billy Mitchell	<i>Head Coach</i>
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Cycling

Cam McFarlane	<i>Head Coach</i>
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Golf

Andrew Cartledge	<i>Head Coach</i>
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Horsham College

Rod Kirkwood	<i>Program Coordinator & WestVic Academy of Sport Partnership Leader</i>
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Netball

Kate McMahon	<i>Head Coach</i>
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Swimming

Mark Stahl	<i>Head Coach</i>
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Tennis

David Laird	<i>Head Coach</i>
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FEDERATION UNIVERSITY

(STUDENT STRENGTH & CONDITIONING COACHES)

Jonah O'Brien
Michael Donaldson
Jesse Johnson
Kellie Egan
Chloe Dunmore
Connor Macdonald
Cianne Howden
Matt Uebergang
Riley Thompson
Ryley McDougall
Makaelah Clarke
Patrick Graham
Brendan Connor
Alek Robertson
Mitchell Kennedy
Madeleine Ogilvie
Chloe Forster

FEDERATION UNIVERSITY

(STUDENTS - MUSCULOSKELETAL SCREENINGS)

Zoe Mayberry

Nic Moran

Teagan Dodds

CITY OF BALLARAT

Cr. Samantha McIntosh *Mayor*

Justine Linley *Chief Executive Officer*

Neville Ivey *Director Community Development*

Mark Patterson *Executive Manager Sport & Active Living*

Michael Hynes *Senior Advisor - Strategy & Planning*

Rochelle Wynne *Ballarat Aquatic & Lifestyle Centre*

BALLARAT RENAULT AND CARWORKS

Ric & Emma De Ruiter *Co-Dealer Principal*

Carl Morandi *Co-Dealer Principal*

NORTH BALLARAT SPORTS CLUB

Scott Seward *Chief Executive Officer*

Lee Prentice *Functions/Events*

BALLARAT SPORTSMEN'S CLUB

Mark Boswerger *President*

Bruce Valpied *Secretary*

CASON SPORTS

Rhonda Cator *Director*

RIX/AVIS GROUP

Darren Rix *Managing Director*

EUERKA CONCRETE

Troy Beaston

General Manager

UFS DISPENSARIES

Heather Taylor

Marketing and Business Development Manager

ATHLETE EDUCATION PROGRAM - GUEST PRESENTERS

Rob Leeds *Culture, Talent & Growth - Victorian Institute of Sport*

Dr. Scott Talpey *Strength & Conditioning - Federation University*

Dr. Bronwyn Sudholz *Sleep Hygiene - Ballarat OSM*

Dr. Stephen Rendall *Parenting for Performance & Introduction to Sport Psychology - Sport Psychologist*

Dr. Bronwyn Sudholz *Mindfulness - Ballarat OSM*

Steve Moneghetti AM *High Performance - Olympian's Oration*

Gav McGrath *Personal Brand/Digital Footprint - ABC Radio Ballarat*

Michael Pierce & Tharindu Ranabahu *Injury Management & Prevention - Lake Health Group*

Michelle Ryan *Diet, Nutrition & Hydration - Paediatrics Ballarat*

Kellie Dunn *Resilience - CAFS*

ATHLETE SUPPORT SERVICES - CONSULTANTS

Strength & Conditioning

Chris Radford *Radford Athletic Development*

Sport Psychology

Dr. Chris Mesagno *Federation University*

Mental Skills Coach

Sue Anderson

Dieticians

Michelle Ryan *Paediatrics Ballarat*

Kerri Gordon *Lake Health Group*

Personal Development

Karen Smythe



CHAIRMAN'S REPORT

I am delighted to present the 2019 Annual Report as my first such report for the FedUni WestVic Academy of Sport (WVAS).

In so doing, I must acknowledge the fine work of past Chairman, Chris Gleeson, whose work as Chairman has been greatly valued. I would also like to acknowledge the work of all of our Board members – Tavis Baker (Vice Chairman), Gavin McGrath, Rhonda Cator, Craig Wilding, David Broadbent, Chris Gleeson (who remained on the Board) and to our new Board members in Dr. Deb Pascoe, Karla Treweek and Rebecca McIntyre. WVAS farewelled long serving Board members in John Abraham and Mandy Plumb whose input over the years was greatly appreciated.

The work of our Executive Officer, Corey Saitta, has been outstanding and has contributed greatly to the greater public awareness of WVAS. Corey has also overseen a continued growth in the programs and support services offered to our athletes with a consequent improvement in the quality of their performances. Nick Wealands joined Corey as our Administration & Operations Officer (Part-time) in October last year and has been a great asset to our organisation.

WVAS this year has seen a number of major achievements. Our athletes continue to shine with a number of them performing at the highest level both nationally and internationally. You will find a detailed listing of athletes and their achievements in other sections of this Annual Report. You could not help but be impressed. Significantly, these performances were recognized once again when our Athlete of the Year presentations were made at a gala dinner, when we were delighted to partner with the Ballarat Sportsmen's Club's August dinner. It was great to see such large numbers in attendance and gave us the opportunity to mix with athletes and their families.

We have witnessed a continued growth in sponsorship which has seen further consolidation of our financial position. In particular, our major sponsors, namely, State Government – Sport & Recreation Victoria, Victorian Institute of Sport,

Federation University, City of Ballarat, Ballarat Renault & Carworks, North Ballarat Sports Club (New), Ballarat Sportsmen's Club, RSM Ballarat (New), Cason Sports, Create Infinity (New), Rix/Avis Group, Eureka Concrete (New) and UFS Dispensaries (New). Thank-you to the following organisations who provided in-kind support to all athletes who were nominated for our Male and Female Athlete of the Year award, including, Sportspower Ballarat, Ballarat Aquatic Centre, Griffin Burger and again, the North Ballarat Sports Club. I must also mention the support provided to us by the many local and state sporting organisations.

The continuing work of Bacchus Marsh Grammar and the growing commitment of Horsham College to our suite of programs has seen athlete participation in their regions grow steadily. Again, I would like to praise the work of Federation University, without whom we could not offer our athletes the access they have to our wide range of performance improvement programs.

Next year will once again present WVAS with many challenges and I am sure that given the quality of the people and organisations involved in our work we will continue to succeed.

On behalf of all of us here at WVAS I commend this Annual Report to you.

Alan Campbell
Chairman

(L-R): WVAS Patron and former Olympian and World Champion Marathon Runner, Steve Moneghetti AM, Alanna Peart & WVAS Chairman, Alan Campbell, presenting Alanna the perpetual trophy for being named WVAS Female Athlete of the Year for 2018/2019.
Picture: Courtesy of Jeremy Bannister Photography

DIRECTORS & STAFF

WVAS BOARD OF DIRECTORS

ALAN CAMPBELL

CHAIRMAN

TAVIS BAKER

VICE CHAIRMAN

CHRIS GLEESON

DAVID BROADBENT

RHONDA CATOR

GAVIN MCGRATH

REBECCA MCINTYRE

CRAIG WILDING

DEB PASCOE

KARLA TREWEEK

WVAS PATRON

STEVE MONEGHETTI AM

WVAS STAFF

COREY SAITTA

EXECUTIVE OFFICER

NICK WEALANDS

*ADMINISTRATION &
OPERATIONS OFFICER
(PART-TIME)*



Left Olympians Address Steve Moneghetti **Centre** Tennis athletes and coach, after being named runners-up at this year's Inter-Academy Challenge tournament **Right** Ryan Wilson, Joel Smith and VIS Golf Head Coach Dean Kinney performing a drill.



EXECUTIVE OFFICER'S REPORT

I am pleased to present this report at the Annual General Meeting of the FedUni WestVic Academy of Sport (WVAS) for the year 2018-2019.

State Government and Victorian Institute of Sport (VIS) Support

The State Government, through Sport and Recreation Victoria (SRV) and the Victorian Institute of Sport (VIS), continues to be the largest financial supporters of the WVAS. The continued financial support, advocacy and other assistance, is vital to the ongoing existence and growth of the WVAS.

WVAS is particularly appreciative of the ongoing support from Anne Marie Harrison, Chief Executive Officer at the VIS, Erin Trebley, Senior Project Officer – High Performance and Pathways at SRV and Michelle Anderson, Manager Sport & Recreation – Grampians from SRV.

Federation University

WVAS was delighted when Federation University extended its Sponsorship of the Academy for a further three years in October 2018. The support Federation University provides WVAS is essential to the organisation's existence and in particular I would like to extend a sincere thank-you to the following staff from the School of Health and Life Sciences for continuing to foster the relationship between the two organisations, namely: Professor Dara Twomey – Dean, Dr. Deborah Pascoe – Deputy Dean, Dr. Sue Brown – Sport Management Program and Dr. Scott Talpey – Senior Lecturer Exercise and Sport Science.



(L-R): Corey Saitta WVAS Executive Officer, Bill Tait Performance Manager at the Victorian Institute of Sport, WVAS Athlete Harry Sharp and The Hon. Martin Pakula Minister for Tourism, Sport and Major Events at the VRAS Day at the VIS in Melbourne in July.

City of Ballarat

WVAS and the City of Ballarat continued with our Strategic Partnership and WVAS subsequently benefitted from a close professional relationship with the City of Ballarat. My sincere thanks goes to Madam Mayor Cr. Samantha McIntosh and to her fellow Councillors, and to senior staff members Justine Linley - Chief Executive Officer, Neville Ivey – Director Community Development, Mark Patterson – Executive Manager Sport & Active Living and Michael Hynes – Senior Advisor Strategy & Planning.



Commercial Partners & Communications

An increased focus on our commercial operations has continued to produce a number of pleasing business development outcomes that assist us to consolidate our financial position and to increase our capacity to deliver a greater suite of support services to WVAS athletes.

WVAS was delighted to announce that Ballarat Renault and Carworks re-committed to an increased level of sponsorship of the Academy in 2019. This investment from Ballarat Renault and Carworks has enabled us to enhance our program by providing some of our high-performing athletes with additional support to cover some of the additional expenses incurred through international and interstate training and/or competition. WVAS is very fortunate and grateful for the support provided by Co-Dealer Principals Ric and Emma De Ruiter and Carl Morandi at Ballarat Renault and Carworks, a Ballarat owned and operated local business.

WVAS was thrilled to secure the North Ballarat Sports Club (NBSC) as our 'Events and Hospitality' partner this year. In particular, my thanks is extended to Scott Seward, Chief Executive Officer of the NBSC, whose support and encouragement of our program has been outstanding.

WVAS was very fortunate to benefit from the support of sponsors and corporate supporters throughout 2019 which included: Ballarat Sportsmen's Club (Mark Boswerger – President, Bruce Valpied – Secretary and the club's members), RSM Ballarat (Brad Eppingstall – Director & Karla Treweek – Manager, Business Advisory), Ballarat OSM (Dr. Greg Harris, Dr. Anthony Hipsley and Rosemarie Calvert – Business Manager), Cason Sports (Rhonda Cator – Director), Create Infinity (Travis Britt – Managing Director), Rix/Avis Group (Darren Rix – Director), Eureka Concrete (Troy Beaton – General Manager), UFS Dispensaries (Heather Taylor – Marketing and Business Development Manager) and Lake Health Group (Michael Pierce – Director, Tharindu Ranabahu – Physiotherapist and Kerri Gordon – Practice Manager).

These partners are acknowledged in other sections of this Annual Report, and collectively enable WVAS to continue to deliver on its broad range of activities. I acknowledge and thank each of our partners for their ongoing support and encourage the extended WVAS community to support those businesses that support us!

Furthermore, WVAS communications activity continued to progress throughout the reporting period, with major achievements including the continued refinement of the updated WVAS website, which provides a communications hub for athletes, parents, sponsors and members of the wider community. Our thanks is extended to Gavin Nash and Kate Bayley at Mulchay & Co. Marketing for enabling WVAS to grow and develop on trend in this space. In addition, I would like to thank the broad media coverage WVAS received in the past twelve months through broadcast, online and print media including, but not limited to: 9News Western Victoria, WIN Television, Ballarat Courier, Ballarat Times, Ararat Advertiser, Moorabool News, Wimmera Mail Times, 3BA/Power FM, ABC Radio Ballarat and Voice FM.



1 Alanna and Jemma Peart
2 Jesse Norton - Cycling

Of particular note is the continued growth of the WVAS social media capability, primarily through Facebook and YouTube, which has provided the ability for WVAS to engage more directly with athletes, families, supporters and consumers.



WestVic In Business

WVAS held its inaugural 'WestVic in Business Luncheon' in May this year at the North Ballarat Sports Club. In what was a successful event, 160 guests enjoyed listening to the thoughts and views of our special guest, former AFL Champion player, premiership coach and current media personality Paul Roos. The opportunity to entertain so many local people from the sporting, business and community sector was significant as we look to make the event an annual offering on the calendar. Special thanks to Lee Prentice from the North Ballarat Sports Club for her assistance with the event-build and on the day of the function and to our Patron, Steve Moneghetti AM, for fulfilling the MC duties expertly.



Sport & School Programs

It is clear that Regional Academies of Sport continue to have a valid and important role to play in providing a talent identification and development pathway for athletes in the region. Whilst several sporting codes have their own pathway/academy-style programs, many do not. Providing a pathway for those sports contributes significantly to their survival and success. In this regard, WVAS retained all sport and/or school programs in 2019 including: Bacchus Marsh Grammar, Badminton (and Table Tennis), Ballarat Football Umpires, Cycling, Golf, Horsham College, Individual Athlete Members, Netball, Rowing, Special Olympics, Swimming and Tennis. For the first time, WVAS formed a partnership with St. Brigid's College in Horsham to produce some introductory 'outreach' support services to athletes within their school's Academy program.

Athletes

It is both pertinent and timely to look back on the past year with considerable pride at the achievements of not only our current athletes but also our past athletes who compete with great success on the national and international stage. I commend all athletes on their efforts during the past year and encourage you to read other sections of this Annual Report to develop an even greater understanding of what our athletes are achieving globally and domestically.

It is an honour and a privilege to serve and support our athletes so that they can become the best possible version of themselves in life, through sport.

Athlete Education Program

In 2019, the WVAS Athlete Education Program was expanded to include the following lecture presentation sessions:

- Rob Leeds, Victorian Institute of Sport – Elite Athlete Behaviours: Personal Development & Growth;
- Dr. Scott Talpey, Federation University – Strength & Conditioning;
- Dr. Bronwyn Sudholz, Ballarat OSM – Sleep Hygiene;
- Dr. Stephen Rendall (Private Practice) – The Adolescent Brain/Parenting for Performance;
- Dr. Stephen Rendall (Private Practice) – Sport Psychology;
- Dr. Bronwyn Sudholz, Ballarat OSM – Mindfulness;
- Steve Moneghetti AM, Olympic Dinner & the Olympian's Oration, Key-note address: 'High Performance – Being an Elite Athlete';



- Gav McGrath, ABC Radio Ballarat, Personal Branding & Digital Footprint;
- Michael Pierce & Tharindu Ranabahu, Lake Health Group – Injury Prevention & Management;
- Michelle Ryan – Diet, Nutrition & Hydration; and
- Kellie Dunn – Resilience and Mental Toughness

My sincere thanks to all presenters for their positive and impactful presentations to our athletes, parents and coaches throughout this year.

Sport and Strength & Conditioning Coaches

WVAS strives to secure coaches, support staff and educators/consultants of the highest calibre. Our coaches are the key to our success. On behalf of the Academy, thank you for your commitment and effort towards maximising the experience for our athletes and for preparing them in training for future challenges and success.

Athlete of the Year Awards Dinner

Our Athlete of the Year awards dinner was once again conducted in conjunction with the Ballarat Sportsmen's Club (BSC) August dinner and was held at the Ballarat Golf Club. I would like to extend my thanks to BSC President,



Mark Boswenger and Secretary Bruce Valpied and the Committee for their continued support of WVAS.

An outstanding audience of 200 members and guests enjoyed seeing the nominees in our Male and Female categories presented to those gathered. In addition to our athletes, parents, families, coaches, sponsors and supporters, WVAS was delighted to secure the services of former VFL/AFL Premiership player, coach and highly respected sports administrator, Neil Balme – General Manager of Football at the Richmond FC as our key-note speaker. Thank-you to Wes Cusworth from Microphone Media who did an outstanding job in the role of event MC.

Ultimately, Graeme Frislie and Alanna Peart were named Federation University WestVic Academy of Sport Male and Female 'Athlete of the Year' for 2018/2019. The pair capped a highly successful year with strong performances on the international and national stage, respectively.

- 3 Matthew O'Brien - Athletics
- 4 Ella Walscott - Triathlete

Special presentations were also made to Brad Saunders (Skateboarding) and Frislie, acknowledging their receipt of a Victorian Institute of Sport Scholarship and to Anna Leighton (Swimming) who won a Gold medal at the Special Olympics World Games in Abu Dhabi in March this year.



Governance

The Board of the WVAS, through the leadership of Chairman Alan Campbell, achieved the State Government's mandatory requirement of 40 per cent female representation on our Board. The minimum 40 per cent female requirement applies to State Government-funded state sports associations and peak bodies to redress a long-standing imbalance between genders at board level. WVAS has four female representatives on its Board of ten members.

Finance

WVAS financial position continues to be sound and I extend thanks to the many financial sponsors and supporters of the Academy for continuing to invest in the region's youth. The Academy continues to operate sustainably with additional income generation being a focus for now and for the future. I extend particular thanks to the Academy's Auditors, RSM Ballarat, in particular to Director Brad Eppingstall and staffer Karla Treweek and to Olver & McCarthy and, in particular, to Director Ian Olver for their support of our organisation in the preparation of our financial statements and the auditing and review process.

Conclusion

As this Annual Report demonstrates, WVAS has made pleasing progress in a number of key areas throughout 2018/2019. The year was highlighted by some fantastic performances from our high-performing athletes at both the international and domestic level. In addition, WVAS realised some key achievements in attracting additional revenue streams into the program, whilst maintaining a healthy athlete membership participation base. I am excited to lead WVAS to build on these successes, in particular to oversee WVAS pursuit



of its ambitious strategic agenda that will drive the Academy across all areas of its operation i.e. Athlete Services and Supports, Sport Programs and Partnerships, Leadership, management and Administration, Financial/Commercial and Profile/Awareness.

WVAS continues to benefit from the vision and direction provided by the Board. Success would not be attainable without the governance, oversight and support of our Board Members. In particular, the organisation is fortunate to benefit from the leadership of Chairman Alan Campbell, Vice Chairman Tavis Baker, and General Members: Gav McGrath, Rhonda Cator, Chris Gleeson, Craig Wilding, David Broadbent, Dr. Deb Pascoe, Karla Treweek and Rebecca McIntyre.

Thanks to our Patron, Steve Moneghetti AM, 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.

I would like to take this opportunity to recognise and acknowledge Nick Wealands for the quality of the work he has performed for the WVAS since his appointment as our part-time Administration and Operations Officer in October 2018. Nick is an enthusiastic and committed young professional, who regularly goes above and beyond the call of duty in support of the athletes in the program and I look forward to working with Nick in 2020.

In conclusion, our challenge at WVAS for the year ahead is to be better than we were. I look forward to working with everyone in the next 12 months in our pursuit of continuous improvement.

Corey Saitta

Executive Officer

- 5 VRAS Inter Academy Tennis Tournament
- 6 VIS High Performance Day





GRAEME FRISLIE WINS SILVER

MEDAL AT THE 2019 UCI

JUNIOR TRACK WORLD

CHAMPIONSHIPS IN GERMANY

Graeme Frislie won a Silver medal in the Omnium event at the 2019 UCI Junior Track World Championships in Germany.

After finishing third in the scratch and tempo races, Frislie, unfortunately, was involved in two crashes in the elimination race before amazingly finishing in third place, before an epic battle in the points race to finish with the Silver medal overall.



Bacchus Marsh
Grammar

Image:

Graeme Frislie (Left) accepts his Silver Medal for Australia at the 2019 UCI World Junior Track Championships in Frankfurt, Germany.

HIGHLIGHTS

FEDERATION UNIVERSITY

EXTENDS NAMING RIGHTS

SPONSORSHIP OF THE

WESTVIC ACADEMY OF SPORT

Federation University retained the naming rights to the WestVic Academy of Sport, Western Victoria's premier pathway for talented athletes.

Federation University, which has housed the WestVic office at its Mt. Helen campus since its inception in 2003, signed a new three-year deal with WestVic to continue sponsoring the Academy, until 2021.

Commenting on the extension of the naming rights deal, WestVic Academy of Sport Executive Officer, Corey Saitta, advised *"Federation University has been associated with the Academy since the organisation's inception and has been a significant supporter and generous contributor to the Academy for many years. We look forward to continuing to work alongside Federation University over the next three years in various capacities across all facets of the program."*

Federation University Dean, School Health and Life Sciences, Professor Dara Twomey said, *"The University is delighted to confirm the continued partnership with the WestVic Academy of Sport. Practicum placements are a fundamental and highly regarded part of the Fed Uni programs and in many instances shape the futures of our graduates. This partnership serves to enrich the student experience through practical placements with elite and emerging top class athletes across a range of sports."*

Twomey, added, *"The partnership also provides opportunities for staff to undertake high quality research, share their expertise with the athletes and contribute to the future of sporting success in the Western region."*



HIGHLIGHTS



BRAD SAUNDERS

QUALIFIES FOR X GAMES

FedUni WestVic Academy of Sport Skateboarder and VIS Scholarship holder, Brad Saunders sensationally qualified for the X Games in Sydney. The X Games were held from 19-21 October, 2018.

The X Games is the world's biggest and best action sports competition. For the first time, the world's number 1 action sports event, X Games was held in Australia. The event saw the world's biggest names compete for X Games Gold in Skateboarding, BMX and Moto X at Spotless Stadium, Sydney.

Saunders, 17, who attends Beaufort Secondary College, qualified for the X Games after an exhaustive series of selection trials in Sydney. Saunders won through to the X Games after securing a Golden Ticket into the event, defeating over 40 skateboarders in the process.

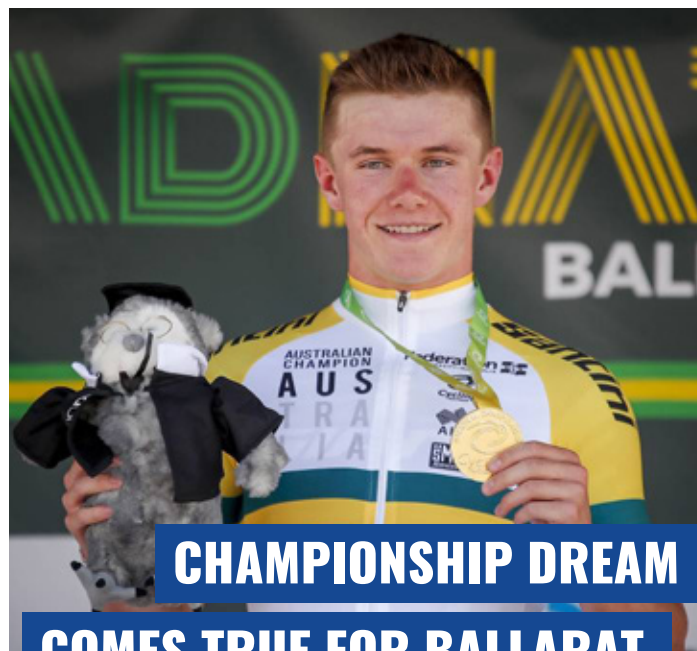
Subsequently, Saunders competed in the Open Men's Skateboard Street category against athletes from the United States, Brazil, Canada, Japan, France and Australia. Saunders is one of only five Australian skaters to qualify for the world-class event.

Corey Saitta, Executive Officer of the WestVic Academy of Sport said, "Brad is a trailblazer for his sport and in this part of the world. He is paving the way for future athletes to want to participate in a fledgling sport like Skateboarding. The Skateboarding community and economy in North and South America, Asia and Europe is considerable in its size and scale. It would surprise many in Australia as to the popularity and demand for Skateboarding and the opportunities available to athletes to compete on a world tour. Brad's continued success augers well with his goal being to represent Australia at the Olympic Games in Tokyo, Japan in 2020".



Image:

Brad Saunders (left), receiving his Golden Ticket into the X Games 2018 in Sydney last October.



CHAMPIONSHIP DREAM

COMES TRUE FOR BALLARAT

TEENAGE CYCLIST

Ballarat cyclist Jesse Norton says having the support of former professional rider Pat Shaw was a key to his triumph in the national men's under-19 road criterium championship in Ballarat on Friday.

The Ballarat Sebastopol Cycling Club 16-year-old upstaged his older rivals to do the green and gold jersey for the first time.

Norton said having hometown-based Shaw in his corner was a massive bonus, "It's special to have his knowledge of the criterium and Buninyong (road race) circuits." Shaw knows the Ballarat circuits inside out, having ridden thousands of kilometres on the roads in training and had top 10 finishes in the criterium and road race in the nationals. He now nurtures a number of young cyclists in Ballarat.

Norton said winning a national title was a dream come true. "It was pretty special to get the green and gold. It's a dream come true," Norton said.

"I didn't put too much pressure on myself being pretty young in the under-19 category, I just wanted to have a crack on the home streets which I train on. I didn't have any expectations. Just a matter of seeing what happens on the day," he said.

Norton said not having teammates meant he had to put it all on the line to get the win. "You can't expect anyone else to help you do it, so that's what I did and it paid off."

Article Courtesy: Ballarat Courier, January 5, 2019



Image:

Courtesy of Dylan Burns



SAM RIZZO WINS JUNIOR SPORTSPERSON OF THE YEAR AWARD

Sam Rizzo was awarded the 2018 Junior Sportsperson of the Year award, the Wunhym Trophy, at the Ballarat Sportsmen's Club's annual Sportsperson of the Year Awards presentation dinner which was held at the Ballarat Golf in February this year.

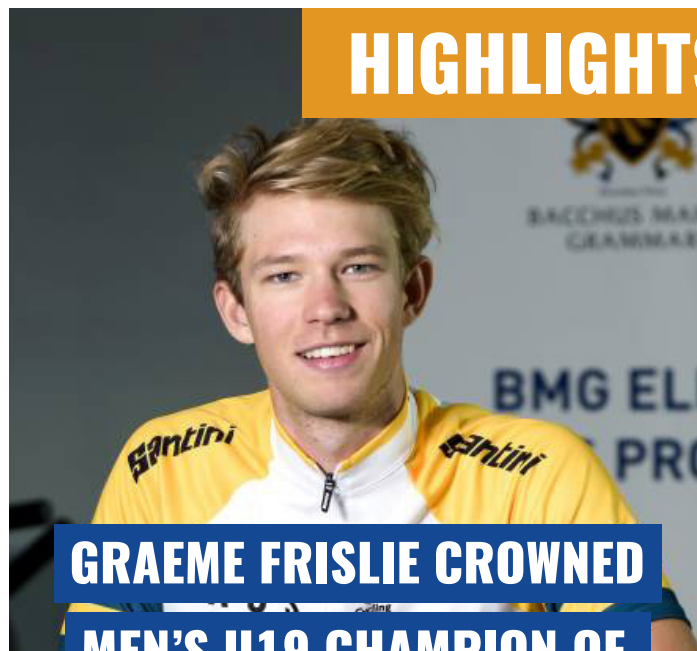
In what was a successful year for Rizzo, the highlight was when he was selected for the Australian team for the Gold Coast Commonwealth Games where he competed in the T54 1500m Para event where he qualified for the Men's Final, ultimately finishing in 6th place overall.

The late Jack Wunhym, after whom the trophy is named, spent many years of his life watching and encouraging junior sports people across many sports in Ballarat.

Congratulations to the Ballarat Sportsmen's Club for conducting another highly successful evening.



Image:
Sam Rizzo – 2018 Commonwealth Games.



HIGHLIGHTS

GRAEME FRISLIE CROWNED MEN'S U19 CHAMPION OF CHAMPION'S AT AUSTRALIAN TRACK CYCLING NATIONAL CHAMPIONSHIPS

FedUni WestVic Academy of Sport athlete and Bacchus Marsh Grammar student, Graeme Frislie, was crowned Men's U19 Champion of Champion's at the Australian Track Cycling National Championship at the Anna Meares Velodrome in Brisbane in April this year.

Frislie, a current Victorian Institute of Sport (VIS) scholarship holder, was simply outstanding across several races, winning two Individual Gold medals in the 1km Time Trial and Scratch Race and a further two Team Gold medals by claiming the Team Pursuit and the Madison. Frislie had already won the Gold medal in the Omnium National Championship in October 2018.

Frislie, 18, and studying Year 12 at Bacchus Marsh Grammar, won the Men U19 Time Trial 1000m Final by producing a blistering 4 laps, winning in a time of 1:03.582. In the Men U19 Scratch Race 10km Final, Frislie again reigned supreme, completing the race in a time of 11:54.76 defeating opponents from New South Wales and ACT, Victoria, South Australia, Queensland and Western Australia, on his way to claiming another Gold medal.

In the Team Pursuit Final, Frislie and his fellow Victorian riders' claimed the Gold medal by defeating Queensland in a time of 4:07.679.

Whilst in the Men U19 Madison 30km Final, Frislie combined with fellow Victorian, Bill Simpson, to defeat Western Australia and New South Wales teams over 120 laps, claiming the Gold medal in a time of 35:07.34

Image:
Courtesy of Bacchus Marsh Grammar

HIGHLIGHTS



WESTVIC IN BUSINESS LUNCHEON WITH PAUL ROOS



WVAS held its inaugural 'WestVic in Business Luncheon' in May this year at the North Ballarat Sports Club.

In what was a highly successful event, 160 guests enjoyed listening to the thoughts and views of our special guest and key-note speaker, former AFL Champion player, premiership coach and current media personality Paul Roos. The opportunity to entertain so many local people from the sporting, business and community sector was significant as WVAS looks to make the event an annual offering on the calendar. Special thanks to Scott Seward, Chief Executive Officer and Lee Prentice, Functions Manager from the North Ballarat Sports Club for the high-level support and assistance with the event-build and on the day of the function and to our Patron, Steve Moneghetti AM, for fulfilling the MC duties expertly.

Above: Paul Roos stuck to his coaching philosophy after moving to a crippled Melbourne Demons after taking Sydney Swans to lofty premiership heights. *Picture: The Age*
1: Inside the mind of life, leadership and coaching from AFL icon Paul Roos. *Picture: The Age*

WVAS ACKNOWLEDGES THE FOLLOWING ORGANISATIONS FOR HOSTING A TABLE AND/OR PROVIDING A GROUP GUEST BOOKING TO THE LUNCHEON:



Olver & McCarthy
Accountants





UNIVERSITY CELEBRATES ATHLETES OF THE YEAR

The cream of Ballarat's sporting stars were celebrated at the Federation University WestVic Academy of Sport Female and Male Athlete of the Year awards.

The 2018/2019 awards were presented at a formal presentation at the Ballarat Sportsmen's Club monthly dinner on Wednesday 7 August at the Ballarat Golf Club.

The finalists were selected from each WestVic Academy sport and school program, whilst a further five individual member athletes were also nominated.

Fourteen athletes were nominated, with seven athletes considered for the Female Athlete of the Year award and another seven athletes for the Male Athlete of the Year award.

Of the 14 athlete nominees, five had competed at international level, six had competed at the national level, one at state level and two at regional level in the past year.

The seven finalists for the FedUni WestVic Academy of Sport Female Athlete of the Year award were:

- Ella Walscott (Triathlon / Horsham College)
- Alanna Peart (Athletics – Race Walking)
- Jemma Peart (Athletics – Race Walking)
- Milly Sharp (Netball)
- Charlotte Ashley (Rowing)
- Anna Leighton (Special Olympics – Swimming)
- Ruby Rothman (Tennis)

The seven finalists for the FedUni WestVic Academy of Sport Male Athlete of the Year award were:

- Graeme Frislie (Cycling / Bacchus Marsh Grammar)
- Jackson Sleep (Ballarat Football Umpires)
- Jesse Norton (Cycling)

- Paddy Murphy (Golf)
- Sam Rizzo (Para Athletics)
- Brad Saunders (Skateboarding)
- Rory Carroll (Table Tennis)

The winners of the Female and Male Athlete of the Year awards were presented by FedUni WestVic Academy of Sport Patron and former Olympic and Commonwealth Games Champion Athlete, Steve Moneghetti.

Former VFL/AFL Premiership Player, Coach and current Administrator, Neil Balme, General Manager of Football at the Richmond Football Club, was the event's guest speaker.

Executive Officer of the FedUni WestVic Academy of Sport, Corey Saitta, said:

"The presentation evening provides a wonderful opportunity for our athletes to be showcased in front of the broader sporting and general community of Ballarat and the region."

"We look forward to celebrating some of the outstanding performances and achievements the athletes have delivered in the past 12 months."

"To partner with the Ballarat Sportsmen's Club for the August dinner is significant for our organisation and we are grateful for the support provided by the club."

Image:

(L-R): Dr. Deb Pascoe, Deputy Dean, School of Health and Life Sciences at Federation University presents WVAS Athlete Anna Leighton with her award following her Gold medal winning performance at the Special Olympics World Games in Abu Dhabi. Picture: Courtesy of Jeremy Bannister Photography

HIGHLIGHTS



FRISLIE & PEART CLAIM FENUNI WESTVIC ACADEMY OF SPORT “ATHLETE OF THE YEAR” AWARDS

Graeme Frislie and Alanna Peart were named Federation University WestVic Academy of Sport Male and Female ‘Athlete of the Year’ for 2018/2019 at the Ballarat Sportsmen’s Club’s August presentation dinner. The pair capped a highly successful year with strong performances on the international and national stage, respectively.

Frislie was unable to receive his award in person as he was in Germany preparing for the UCI Junior Track World Championships from 14-18 August. However, Peart, was presented with the Female award by WestVic Academy of Sport patron and former Olympic and Commonwealth Games Marathon Champion, Steve Moneghetti AM.

Frislie, 18, from Bacchus Marsh Grammar, has taken all before him in the past 12 months. In April this year at the Australian Track Cycling Championships in Brisbane, Frislie won the Gold Medal in each of the Men’s U19 categories, namely: Time Trial, Scratch Race, Team Pursuit and Madison.

At the conclusion of the championships, Frislie was crowned ‘Champion of Champions’ by Cycling Australia for his outstanding performances throughout the meeting.

In May, he learned of his selection on the Australian Team for the UCI Junior Track World Championships.

Meanwhile, Peart, 16, from Ballarat High School, is currently ranked number 1 in Victoria and ranked number 2 in Australia for Track & Field Racewalking at Under 16 level. Meanwhile, for Road Racewalking Peart is ranked number 1 in both Victoria and Australia in the Under 16 age group.

Frislie is currently on a Victorian Institute of Sport (VIS) Scholarship, whilst Peart is a member of Athletics Victoria’s Target Talent Program which forms part of Athletics Australia’s High Performance program.

Corey Saitta, Executive Officer of the FedUni WestVic Academy of Sport said, “Our aim at the WestVic Academy of Sport is to maximise Western Victorian’s contribution to Australian world-class performances”.

Saitta, added, “It is no coincidence that both Graeme and Alanna consistently produce high-level performances. They are both of outstanding character, live an elite lifestyle in the way that they prepare and train. Both have an unwavering commitment to becoming the best version of themselves as athletes and as young people. They exemplify the values of our organisation in that they are respectful, honest, hard-working and they conduct themselves with utmost integrity and humility all of the time”.

Special presentations were also made to Brad Saunders (Skateboarding) and Frislie, acknowledging their receipt of a Victorian Institute of Sport Scholarship and to Anna Leighton (Swimming) who won a Gold medal at the Special Olympics World Games in Abu Dhabi in March this year.





BALLARAT RENAULT DRIVING LOCAL ATHLETES FORWARD

Ballarat Renault & Carworks is driving FedUni WestVic Academy of Sport athletes forward to ensure that they become the best version of themselves as athletes and as young people.

The Ballarat based dealership has joined forces with the Academy's sport program to support high performing athletes as they strive to achieve sporting success on the international stage. Both organisations are delighted to announce that the following athletes have recently been awarded with a Ballarat Renault & Carworks scholarship, as a result of international and national performances throughout the past 12 months. The athletes are listed below in alphabetical order:

Ben De Bortoli (Karate – Bacchus Marsh Grammar); Graeme Frislie (Cycling – Bacchus Marsh Grammar); Ronan Keleher (Taekwondo – Bacchus Marsh Grammar); Jesse Norton (Cycling – Ballarat College); Elizabeth Nuspan (Cycling – Bacchus Marsh Grammar); Alanna Peart (Race Walking – Ballarat High); Jemma Peart (Race Walking – Ballarat High); Sam Rizzo (Para Athletics – Formerly Damascus



College); Brad Saunders (Skateboarding – Beaufort Secondary College); and Harry Sharp (Athletics – St. Patrick's College).

FedUni WestVic Academy of Sport Executive Officer Corey Saitta said the decision for WestVic to expand its relationship with Ballarat Renault was an easy one for the Academy. *"Ballarat Renault is a highly successful values-driven organisation that is determined to be the best and has been a fantastic partner for the FedUni WestVic Academy of Sport in our efforts to grow our brand and ultimately deliver better support services to the athletes"*.



Above: Ballarat Renault & Carworks Grant recipient, Graeme Frislie, pictured at the dealership, prior to competing in the 2019 UCI Junior World Track Championships in Germany. *Picture courtesy of the Ballarat Times.*

1: Emma De Ruiter, Co Dealer Principal Ballarat Renault & Carworks presents Alanna Peart with her certificate as part of her nomination for this year's Female Athlete of the Year Award. Alanna was also a recipient of a Ballarat Renault & Carworks Grant in 2019. *Picture: Courtesy of Jeremy Bannister Photography*

2: Carl Morandi, Co Dealer Principal Ballarat Renault & Carworks presents Jesse Norton with his certificate as part of his nomination for this year's Male Athlete of the Year Award. Jesse was also a recipient of a Ballarat Renault & Carworks Grant in 2019. *Picture: Courtesy of Jeremy Bannister Photography*

ATHLETE OF THE YEAR FINALISTS

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

FEMALE AWARD FINALISTS



THANK YOU

Thank-you to Ballarat Sportsmen's Club President, Mark Boswerger, Secretary, Bruce Valpied, and the Committee, for the generous sponsorship of the FedUni WestVic Academy of Sport and for the opportunity to partner with the Club for the August presentation dinner.



MALE AWARD FINALISTS





INTERNATIONAL PERFORMANCES

BRAD SAUNDERS

17, SKATEBOARDING

X Games
Sydney, Australia
Open Age

Far n High Mens Finals
Paris, France

World Skate London Mens
Open Street Qualifier
London, England

Dew Tour Long Beach Mens
Street Open Qualifiers
California

World Skate Street League
Pro Tour Men's Street
Qualifiers
Los Angeles, California

International
Skateboarding Open Street
Men's Open Qualifiers
Henan, China

RONAN KELEHER

17, TAEKWONDO

2019 US Open Taekwondo
Championships
Las Vegas, Nevada

Oceania Presidents Cup
Carrara, Queensland
Silver Medal



1

ANNA LEIGHTON

17, PARA SWIMMING

Special Olympics World
Summer Games
Abu Dhabi, United Arab Emirates
• Gold Medal 100m Backstroke
• Silver Medal 4x100m Freestyle
Relay
• Bronze Medal 200m Freestyle

RUBY DE RUITER

16, TAEKWONDO

Sofia Open
Taekwondo Bulgaria

BEN DE BORTOLI

19, KARATE

Senior Oceania
Championships
Silver Medal - 75kg Division

Co-Captain Junior World
Championships
Santiago, Chile

SAM RIZZO

19, PARA ATHLETICS

Para Athletics Grand Prix
Notwill, Switzerland



2

RORY CARROLL

29, PARA TABLE TENNIS

Bangkok Open
Bronze Medal Para Table Tennis

GRAEME FRISLIE

18, CYCLING

World UCI Junior Track
Championships
Frankfurt, Germany
Silver Medal in Omnium

2019 Oceania Track
Championships
Adelaide, Australia
• Male Under 19 Madison - Gold
• Team Race Under 19 - Gold
• Male Under 19 Scratch Race - Silver
• Male Under 19 Omnium - Silver

MORGAN LANE

16, EQUESTRIAN

Represented Australia
in show jumping at Gold
Saddle Equestrian Centre
Guilin, China

ELIZABETH NUSPAN

17, CYCLING

Represented Ireland 'Six
Day Series' Melbourne

2019 Oceania Track
Championships
Adelaide, Australia
• Junior Women Scratch Race - Gold
• Junior Women's Kieran - Silver

Left Graeme Frislie - Cycling
Centre Morgan Lane - Equestrian
Right Brad Saunders - Skateboarding
1 Sam Rizzo - Para athletics
2 Ben De Bortoli -Karate



NATIONAL PERFORMANCES

JESSICA ROBERTSON

14, MOTOCROSS

Australian Junior Motocross Championships
Tasmania

5th Place within the Mini Lites BW
Ages 12-16 Girls: 85/150cc

JESSE NORTON

17, CYCLING

Tour of Bright
Gold Coast
3rd Place

Road Nationals U19 Men's Criterium race
1st Place

GRAEME FRISLIE

18, CYCLING

2019 U19 National Omnium Championship
1st Place

Road Nationals U19 Men's Criterium race
2nd Place

Australian Track Cycling National Championships

- U/19 Champion of Champions
- Men U19 Time Trial 1000m – Gold
- Men U19 Scratch Race 10km – Gold
- Men U19 Madison 30km Final – Gold
- Men U19 Team Pursuit Final – Gold

ELIZABETH NUSPAN

17, CYCLING

Road Nationals U19 Women's Criterium race
2nd Place

Open Women's Fixed Gear Criterium National Championship
2nd Place

2019 Australian Track Cycling National Championships

- Silver in the U19 Team Pursuit
- Silver in the 7.5 km U19 Scratch Race
- Bronze in the 20km U19 Madison

SAM RIZZO

19, PARA ATHLETICS

Oz Day 10 Kilometre Open Men Wheelchair Race
Sydney
4th Place

ELLA WALSGOTT

16, TRIATHLON

School Sport Australia Championship
Sunshine Coast
SSV Vice Captain

RORY CARROLL

29, PARA TABLE TENNIS

2019 Para National Championships
Murray Bridge

- 1st Doubles
- 2nd Singles

ZALI WARD

16, HOCKEY

Victorian under 18 Women's Hockey Team

SSV under 16 girls Hockey Team
Bronze Medal

Selected to U/16 All Australian Schools Hockey Team

ELLIE HENNIG

18, SWIMMING

Tasmanian State Swimming Championships

- Female 16-18 200m IM 1st Place
- Female 16-18 200m Breaststroke 1st Place
- Female 16-18 100m Breaststroke 1st Place

JANESSA FITZGERALD

18, SWIMMING

Tasmanian State Swimming Championships

- Female 16-18 100m Fly – 2nd Place

ETHAN MCMINIMEE

18, ATHLETICS (DISTANCE RUNNING)

U/18 Men Junior Victorian Cross Country Team

RUBY ROTHMAN

15, TENNIS

Team Vic 18 Years & under Pizzey Cup Squad

14 & Under Girls Australian Tennis Championships

Bendigo Gold U/16 Girls Singles Champion

LACHLAN O'KEEFE

14, HIGH JUMP

2019 Australian Athletics Championships
U/15 High Jump 2nd Place

BEN DE BORTOLI

19, KARATE

2019 Australian Karate Open

- Under 21 Male -75kgs – Gold Medal
- Senior Male -75kgs – Gold Medal

ALANNA PEART

16, ATHLETICS (RACE WALKING)

Australian Track & Field Championships Team
2nd in U17 5km race-walking

Athletics Aust Racewalking Championship
Adelaide

1st in U18 5km race-walking

Aust Federation Lake Burley Griffin Racewalking Carnival

- U/16 3km: 1st Place
- Open Women's 5km: 1st Place

Left Ellie Hennig - Swimming
Centre Ethan McMinimee - Cross Country
Right Ella Walscott - Triathlon



JEMMA PEART

18, **ATHLETICS** (RACE WALKING)

Australian Track & Field Championships
3rd in U20 10km race-walking

Athletics Aust Racewalking Championship
Adelaide
1st in U20 10km race-walking

Aust Federation Lake Burley Griffin Racewalking Carnival
• U/18 5km: 1st Place
• U/20 10km: 1st Place

MIA LEPAIR

16, **ATHLETICS** (DISTANCE RUNNING)

U/18 Women Junior Victorian Cross Country Team

ELIZA LEPAIR

18, **ATHLETICS** (DISTANCE RUNNING)

U/20 Women Junior Victorian Cross Country Team

HARRY SHARP

16, **ATHLETICS**

U/18 Men Junior Victorian Cross Country Team

MAGGIE RYAN

17, **ROWING**

Rowing Australia 2019 Sydney International Rowing Regatta
Sydney, NSW

MATTHEW O'BRIEN

14, **ATHLETICS**

AIS Training Camp representing Victoria

XANTHIA CHATHAM

15, **CYCLING**

National Cyclocross Series
3rd Overall

LIAM HOWLETT

12, **GOLF**

Selected to U/12 Victorian State Golf Team

RONAN KELEHER

17, **TAEKWONDO**

Australian National Taekwondo Championships
1st Place

RUBY DE RUITER

16, **TAEKWONDO**

Competed at the Australian National Taekwondo Championships

CHARLOTTE ASHLEY

17, **ROWING**

Rowing Australia 2019 Sydney International Rowing Regatta
Sydney, NSW



Left Mia Lepair & Eliza Lepair – Cross Country, Athletics
Centre Ruby De Ruiter - Taekwondo
Right Harry Sharp – Athletics
1 Matthew O'Brien - Athletics
2 Ruby Rothman – Tennis

ATHLETE HONOUR ROLL

Aiden Richardson - Tennis	Elissa Dunn - Rowing	Jasper Nijhof - Rowing	Nash McGrath - Tennis
Alanna Peart - Racewalking, Athletics	Eliza Lepair - Cross Country, Athletics	Jemma Peart - Racewalking, Athletics	Nathan Hayward - Table Tennis
Alistair Sims - Tennis	Eliza Wales - Karate/ Bacchus Marsh Grammar	Jesse Norton - Cycling	Olivia Daly - Swimming
Amy Bregazzi - Swimming	Eliza Martin - Rowing	Jessica Robertson - Motocross	Oscar Broad - Rowing
Andrew Gear - Special Olympics	Elizabeth Nuspan - Cycling/ Bacchus Marsh Grammar	Joel Frejiah - Basketball/ Horsham College	Paddy Murphy - Golf
Andy Wills - Tennis	Ella Walsgot - Triathlon/ Horsham College	Joel Horton - Tennis	Paige Livingston - Swimming
Angus Shillito - Rowing	Eloise Wills - Netball	Joel Smith - Golf	Paris Fiedler - Equestrian/ Horsham College
Anika Jones - Umpiring	Ethan Horsburgh - Rowing	John McGill - Swimming	Patrick O'Beirne - Cycling/ HPV
Anna Leighton - Para Swimming	Ethan McMinimee - Distance Running/Athletics/ Bacchus Marsh Grammar	Jordan Friberg - Tennis	Polly Douglas - Netball
Annie Cowan - Netball	Ethan Rae - Swimming	Josh Clark - Rowing	Ronan Keleher - Taekwondo/Bacchus Marsh Grammar
Antonella Hayward - Umpiring	Eugene Read-Spinks - Athletics	Josh Kennedy - Special Olympics	Rory Carroll - Para Table Tennis
Audrey Wilson - Netball	Felicity Griffiths - Netball	Joshua Di Mieri - Umpiring	Rose Britt - Golf
Ben De Bortoli - Karate/ Bacchus Marsh Grammar	Flynn Welbourn - Tennis	Julia Seddon - Swimming	Ruby De Ruiter - Taekwondo
Ben Grima - Swimming	George Wills - Tennis	Juliette Parlange - Swimming	Ruby Rothman - Tennis
Ben Nash - Rowing	Giles Peters - Swimming	Katie Jackson - Netball	Ryan Wilson - Golf
Brad Saunders - Skateboarding	Graeme Frislie - Cycling/ Bacchus Marsh Grammar	Kayla Kelm - Netball	Samuel Rizzo - Para Athletics
Brock Reid - Umpiring	Hailey Puls - Gymnastics/ Horsham College	Keelan Perry - Racewalking, Athletics	Sarah Hanmar - Netball
Caitlin Filmer - Netball	Harley Pope - Australian Rules/Horsham College	Lachlan Cain-Sultana - Umpiring	Seanna Walsgot - Triathlon/ Horsham College
Callum Parkinson - Swimming	Harry Sharp - Distance Running, Athletics	Lachlan O'Keefe - High Jump, Athletics	Shannon Craggill - Cycling
Campbell Gladman - Badminton	Harvey Young - Golf/ Bacchus Marsh Grammar	Lana Dodd - Rowing	Shenali Rajendran - Tennis
Casey Dodd - Rowing	Holly Skilbeck - Para Badminton	Lewis Hall - Special Olympics	Sophie Adamson - Netball
Charles Chandler - Swimming	Hugh Dougherty - Basketball/Horsham College	Liam Howlett - Golf	Tahlia Thompson - Tennis/ Horsham College
Charlie Goldsworthy - Umpiring	Isaac Rossato - Umpiring	Logan Casey - Tennis	Taruni Prasad - Golf
Charlotte Ashley - Rowing	Isabella Pearce - Tennis	Lotus Martin - Netball	Taylor Mason - Swimming
Charlotte Bodey - Swimming	Isaiah Britt - Umpiring	Lucas Kent - Swimming	Thomas Yorke - Golf
Chloe Hammill - Rowing	Jack Anderson - Umpiring	Maggie Ryan - Rowing	Tyla Reid - Umpiring
Claire Gleeson - Rowing	Jack Liston - Rowing	Matthew O'Brien - Sprints, Athletics	Tyler Theodore - Swimming
Connor Chivell - Tennis	Jackson Sleep - Umpiring	Mia Lepair - Cross Country, Athletics	Xanthia Chatham - Cycling
Cooper Sutherland - Swimming	Jake Polkinghorne - Rowing	Mia McGrath - Netball	Zali Ward - Hockey/Bacchus Marsh Grammar
Darcy Frigo - Tennis	James Meddings - Swimming	Millie Cassidy - Golf	Zarli Clark - Rowing
Deacon Briggs - Swimming	Jamila Jones - Umpiring	Milly Sharp - Netball	
Edward Meddings - Swimming		Mo Haintz - Golf	
Elise Pierce - Special Olympics		Molly Lakin - Basketball/ Horsham College	
		Morgan Lane - Equestrian/ Horsham College	



BACCHUS MARSH

GRAMMAR

REPORT



The Bacchus Marsh Grammar High Performance Elite Sports Program has, since its inception 8 years ago, progressed from providing nine athletes with the opportunity to specifically educate and train Strength and Conditioning/ Fatigue and Recovery, Nutrition and Aerobic Conditioning to one that now has some 45 students across Years Nine to Twelve training up to five hours a week within the normal school structured time table allocation as well as break times. Athletes come from a variety of sports and are selected based on stringent selection criteria. The elite model was developed so that the program could cater for a variety of sports and also cater for individual improvement through specific programming. Specialised coaching was also given to our Martial Arts athletes by Cianne Howden Student Placement S&C Coach from Federation University.

In 2019, musculoskeletal skeletal screening continued 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 in making sure that all athletes enter the program prepared and informed about their athletic abilities and potential.

Athletes are developed firstly to achieve physical literacy in Strength and conditioning concentrating on a model of technical proficiency before progressing to physical and load development.

In consultation with the Academy of Sport, Bacchus Marsh Grammar selected 10 athletes that undertook scholarships to the Academy of Sport. This enabled these athletes to have:

- Coaching and support within the specific structure of the FedUni WestVic Academy of Sports e.g. The ACE Program, musculoskeletal screening, nutritional advice etc.



- Specific Strength and Conditioning coaching 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 2019 there were some outstanding individual results from the BMG athletes including:

- A World Championship Silver Medal in Track Cycling
- Oceania Medals in Karate, Cycling and Taekwondo
- Numerous National and State Medals in Taekwondo, Karate, Surf Life Saving, Cycling, Track and Field and Hockey
- National Representation in Karate, Taekwondo, Cycling and Track and Field
- State Representation in Swimming, Karate, Taekwondo, Hockey, Cycling and X-Country and Golf.

The FedUni WestVic Academy of Sport Athlete of the Year Awards were also a fantastic way that athletes across the Academy were celebrated and Bacchus Marsh Grammar School were extremely proud to have Graeme Frislie win the Male Athlete of the Year award as well as receive a Victorian Institute of Sport Award, after being given a scholarship to the VIS earlier in the year.

Bacchus Marsh Grammar looks forward to the continued partnership with the FedUni WestVic Academy of Sport. Many thanks must go to Corey Saitta EO, who continues to grow elite sporting opportunities in Regional Victoria and has built a strong relationship with, staff, athletes, parents and sporting bodies. 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.

Andrew Perks

*Director of Sport and High Performance
Bacchus Marsh Grammar School*



Title Page Ben De Bortli (Karate)

- 1 Zali Ward (Hockey) – School Sport Australia National Hockey Championships
- 2 Elizabeth Nuspan (Cycling) – Representing Ireland in the 'Six Day Series'
- 3 Kevin Richardson (*left*) and Andrew Perks (*right*) – accepting Graeme Frislie's VIS scholarship acknowledgement



BADMINTON

REPORT

Welcome to the FedUni WestVic Badminton Report for 2019.

The 2019 program has been scaled down from previous years, with 2 new athletes joining the squad. Campbell Gladman has progressed through our junior coaching programs and is enjoying the higher standard of training. Holly Skilbeck is our first Para Badminton athlete in our program and has shown vast improvement since joining.

Our Coaching personnel saw Andrew Perks step away from the program to pursue other exciting opportunities leaving Brandon Olver to take on most of the coaching duties, with Rhonda Cator moving to the coordinator role. Brandon travelled to Perth as coach/manager with the Victorian Under 19 Team in July.

The weekly program saw 1 on court session as week (Mondays) with the Strength and Conditioning session being held off site this year for the first time. Having a specific strength and conditioning session meant the athletes could spend more time focusing on their conditioning resulting in great improvements.

It is a requirement that 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.

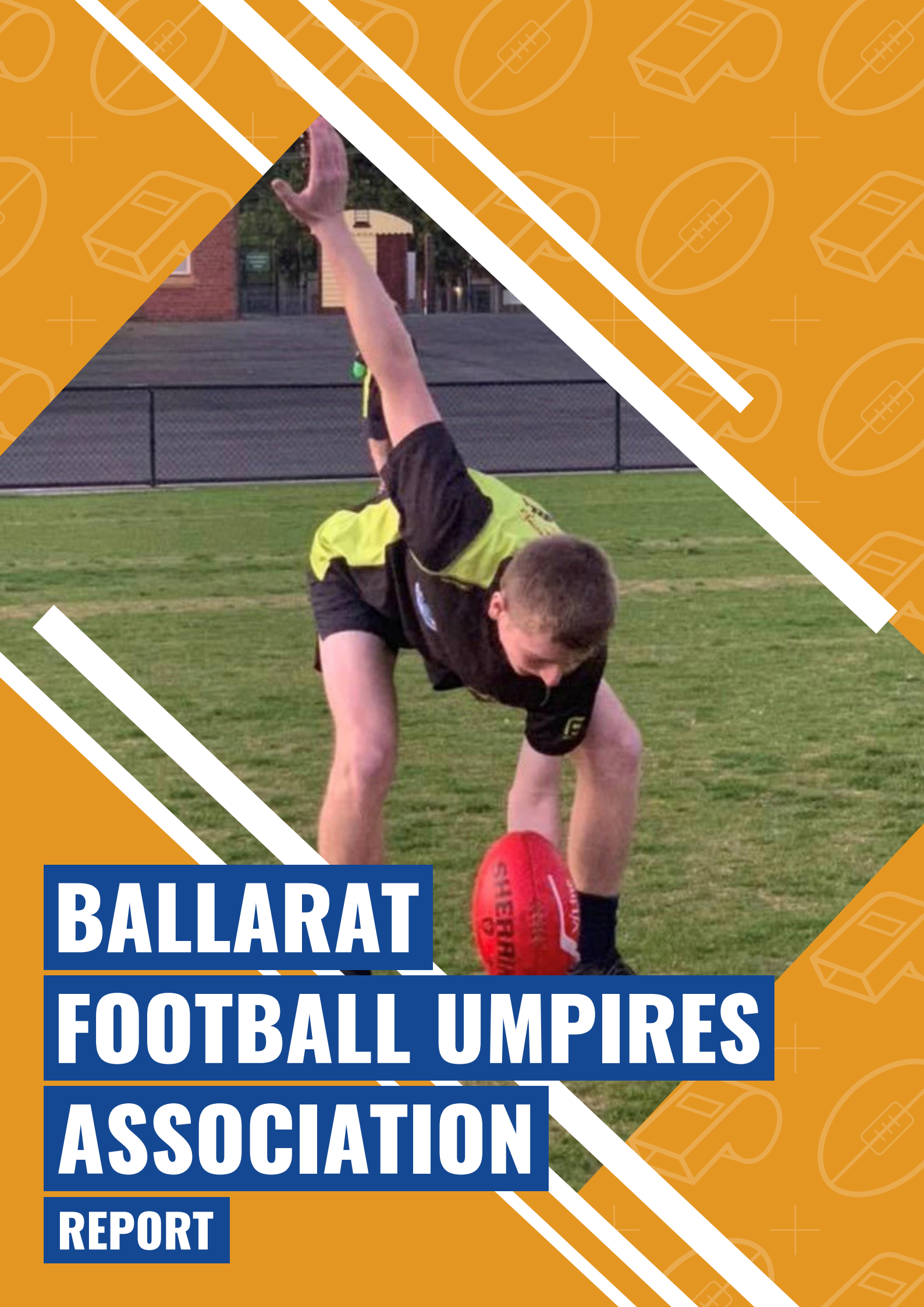
The ACE program continues to develop our athletes as well, focusing on both on court issues such as sports psychology, biomechanics and in and out of competition nutrition.

Thanks must go to our coach Brandon Olver who is continuing to develop into one of the best young coaches in Australia. Thanks also to the Ballarat Badminton Association, who supports the program with courts in the best venue in Australia, as well as allowing me to coordinate the program whilst undertaking my managerial duties for the Association. Our naming rights sponsor, Cason Sports Pty Ltd has been with us for over 12 years, and continues to provide not only financial support, but quality equipment. Finally and a huge thank you to Corey and the WVAS office for all their support and guidance.

Rhonda Cator

Coordinator





BALLARAT

FOOTBALL UMPIRES

ASSOCIATION

REPORT

The Ballarat Football Umpires Association enjoyed a wonderful partnership with the FedUni WestVic Academy of Sport in 2019.

Not only did our individual scholarship holders benefit from the diverse range of development and education opportunities, but also the entire association with access to Scott Talpey during the year. Scott addressed the entire BFUA group during the season on several topics, with a major focus on resilience and determination.

With a growing membership base now reaching over 340 members, it is a fantastic opportunity for the association to tap into the knowledge of the WestVic academy and its coaches.

Our scholarship holders are not only focusing on their own development as athletes, but can now bring back their learnings to the rest of the BFUA group and share information and tips to develop many more future athletes within the BFUA.

We would also like to thank the Federation University Students who, through the WestVic Academy of Sport, were appointed to prepare and deliver our 2019 Fitness Program. Connor Macdonald and Chloe Dunmore did a magnificent job across the season improving the fitness of members and adapting to different training programs across the season.

Finally, a big thank you to Corey Saitta and Nicholas Wealands for their tremendous support of the association throughout the year and coordination of the program.

The BFUA thanks FedUni WestVic Academy of Sport for their involvement in the 2019 BFUA season and congratulates all involved on another successful program.

Scott Carey

Operations Manager

Ballarat Football Umpires Association





CYCLING

REPORT



The 2019 program retained its focus on providing cycling athletes who have a personal desire to gain the best performance from themselves access to training, coaching, conditioning and educational services to help them achieve their objectives.

Giving athletes an understanding of how their sport is managed and the opportunities that their sport can provide “behind the scenes”, allows them to consider a career “off the bike” if they so choose.



Many are exploring new disciplines of the sport including, Cyclo-Cross, Mountain Bike and “HPV” Human Powered Vehicles through various school, club and development programs.

Their application to their sporting dream is to be admired, with standout performances coming from Graeme Frislie with a Silver medal at the Junior World Track Cycling Championships in the Omnium and Elizabeth Nuspan at the Australian Track Championships.

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, this has spread to include athletes taking the group through their own strength and conditioning session or a cycling effort under the supervision and support of the programs coaching staff.

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

Throughout 2019 the program has explored ways to support the Ballarat Sebastopol Cycling Club and explore ways in which it can introduce youngsters in schools to the sport of cycling and in 2020 with support from Cycling Victoria we hope to see this grow.

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 and look forward to providing athletes their strength and conditioning sessions in the new facility in the near future.

Title Page Jesse Norton holding gold at the Road Nationals

1 Elizabeth Nuspan

2 Xanthia Chatham – National Cyclocross Series

3 Graeme Frislie

Cam McFarlane

Head Coach



GOLF REPORT



The 2019 year commenced with nine (9) high quality golfing athletes being selected to participate in the FedUni Westvic Academy of Sport – Golf program.

The ages of the athletes varied from twelve to sixteen. The athletes selected for the 2019 Golf program, included: Paddy Murphy, Joel Smith, Ryan Wilson, Millie Cassidy, Liam Howlett, Tom Yorke, Mo Haintz, Taruni Prasad and Rose Britt.

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 which included presentations on: Elite Athlete Behaviours, 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.



Our athletes have been extremely well supported by Golf Australia and Golf Victoria. Special thanks to Matt Cutler – High Performance Manager, Dean Kinney – Head Coach Golf, Victorian Institute of Sport and Ben King – Physical Preparation Coach, Victorian Institute of Sport for the provision of two high-performance training days at Spring Valley Golf Club and 13th Beach Golf Links near Geelong. Both days offered athletes with challenging training drills and games and the opportunity to practice and/or play on quality courses whilst receiving outstanding coaching instructions.

Other highlights from the 2018/2019 year include: Paddy Murphy – Winner of the Under 15, Under 18 and Under



21 Male Ballarat & District Golf Association Championships, Liam Howlett – Selected in the Under 12 Boys Victorian Squad, 2019 Junior Challenge Boys Under 18 Winner: Mo Haintz (Mount Xavier GC) & Girls Under 18 Winner: Millie Cassidy (Maryborough GC) and Paddy Murphy, Joel Smith, Ryan Wilson, Liam Howlett and Thomas Yorke on being selected in the Ballarat & District Golf Association representative team.

Andrew Cartledge
Head Coach Golf



Title Page Liam Howlett – Golf

- 1 Paddy Murphy – with U/21, U/18 & U/15 Ballarat District Championship Trophies
- 2 Ryan Wilson - Golf
- 3 Paddy Murphy and Millie Cassidy on the Spring Valley Practice Range
- 4 VRAS High Performance Day at 13th Beach





HORSHAM COLLEGE REPORT



The Horsham College and WVAS partnership is now in its second year. Building upon a successful inaugural year, the partnership was refined to give a greater variety of coaching and educational opportunities to our 10 athletes. Horsham College further expanded its relationship with the RAD Centre in Ballarat.

The educational activities completed in 2019 included;

- Musculoskeletal Screenings
- Personalised strength and conditioning programs by Chris Radford
- Sports Physiotherapy – Shaun Casey
- Collingwood Football Club Visit
- Sports Science Experience – Biolab Geelong
- Federation University WVAS Induction – Sports Scholarships
- RAD Centre Visit
- Ballarat Sports and Aquatic Centre Visit
- Olympian Dinner – Steve Moneghetti
- Victorian Institute of Sport – High Performance Experience Day

Our top award winners for 2019 were;

- WVAS Athlete of the Year – Ella Walscott (Triathlon)
- Olympic Change Maker Award – Molly Lakin (Basketball) and Liam Robertson (Dance/Theatre)

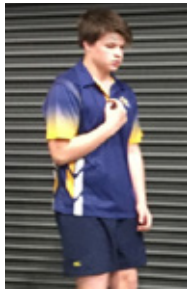


Title Page Athlete visit to RAD Centre

- 1 Athletes after completing a S&C training session at the RAD Centre
- 2 Hailey Puls with Collingwood FC players during a visit to the Holden Centre
- 3 Athlete testing at BioLab
- 4 Athletes undertaking S&C training session at the RAD Centre



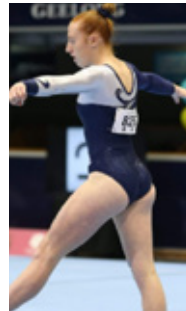
Below is a summary of our 10 athlete's performances and success in 2019.



HUGH DOUGHERTY

BASKETBALL

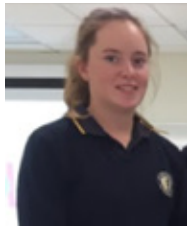
Hugh's season highlight was selection in the Victorian Country Bushrangers u14 team. He competed at the Southern Cross Basketball Challenge. Hugh was also selected for the 2019 U14 Regional Basketball Academy program and the Gold Nugget Basketball Camp held at Ballarat.



HAILEY PULS

GYMNASTICS

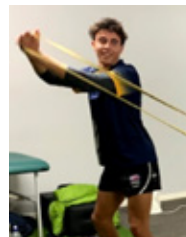
Hailey competed in Victorian Trials at Ballarat and qualified in one of only 2 spots available for our region (South West). She competed in Senior Victorian Championships at the Geelong Arena on Friday the 12th of April. After competing well on all apparatus, Hailey's best results was a sixth place on floor and a seventh place on bars. She finished 14th overall in Vic.



PARIS FIEDLER

EQUESTRIAN

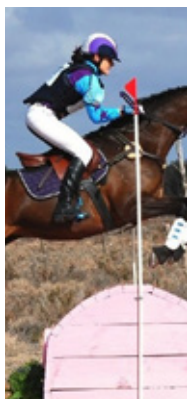
This December Paris will compete at the next level in Dressage (2) on a new horse. She will then compete at the Pony Club Dressage State Qualifiers to qualify to represent our zone.



BRODY POPE

FOOTBALL

Brody was named in the U16s rebels squad. He has had a consistent season with Horsham demons U17s in the Wimmera Football League. Harley is hoping to make bottom age U18 rebels in 2020.



MORGAN LANE

EQUESTRIAN

On Wynara Be My Valentine, Morgan represented my zone at state dressage and represented Horsham College at the Victorian Equestrian Interschool Championships. Morgan also competed at the Welsh National Show. She was runner up in the Australian Stock Horse Society's National Youth Point Score for Eventing in 2018, even though her horse was out of action for over half a season. Morgan has just been selected to represent Pony Club Australia in the Tri-Nations Show jumping Challenge Competition in China at the end of October this year.



TALIA THOMPSON

TENNIS

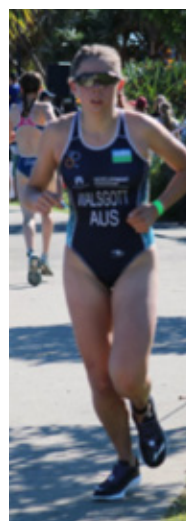
Talia has had a highly successful season in tennis. She got runners up in the interregional doubles (U14) and made it to semi finals in the singles. Talia was undefeated in junior singles in the 2018/19 season and won club aggregate for section 1 girls.



SIENNA WALSGOTT

TRIATHLON

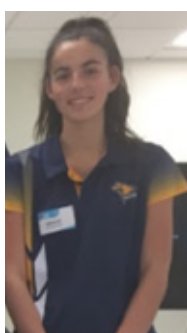
Sienna has used this year to focus on her training to improve her running, swimming and cycling. She is preparing herself physically for the 2019/20 Triathlon Season. Sienna achieved her best swimming result this year (March) was 2nd place at Greater Western Region in the Girls 12-13 50m Breaststroke. Her best running results were 2nd place in the Black Ranges Division Cross Country 12-13 Secondary Girls 3km (May) and 5th place at Greater Western Region Track & Field (September) in the 12-13 Girls 1500m.



ELLA WALSGOTT

TRIATHLON

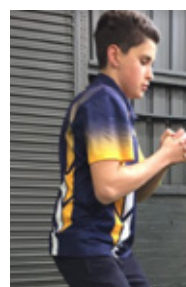
Ella has had a highly successful year, making the School Sport Victoria state triathlon team and was named team vice captain, competing at the School Sport Australia Triathlon Championships, Sunshine Coast, Queensland and finished 22nd Female 15-16 years (3rd Victorian). Earlier in the year, Ella also competed in national level events as part of the Australian Youth Triathlon series 2018/19, with her best result at Devonport, 17th Youth A Female. At state level, Ella finished 2nd overall Youth A Female in the 2XU 2018/19 Series, and also finished 3rd U19 Female at the Triathlon South Australia Aquathlon State Championships. Ella has recently been selected in the Triathlon Victoria Development Program squad for the 3rd year, this year moving up a level to the 'Emerging Athlete' tier. Ella is coached by Mat Tippet from Elite Triathlon Performance Australia.



MOLLY LAKIN

NETBALL/BASKETBALL

Molly has had a highly successful season with the U17 Horsham Demons team – and finished third in the league vote count. She was also an A grade development player. Molly played in the U17 interleague tryouts that went through to state championships in Melbourne. She also played in the Wimmera Mallee team for state titles and received the police spirit of netball award during the season.



JOEL FREIJAH

BASKETBALL

Joel has had a highly success 2019, with Joel being picked in the Basketball Vic Country State Development Program. He was emergency listed for Vic Country Squad. Joel is a Western Region Pathway Program Athlete. He has represented Horsham Basketball Association in the Horsham Hornets U16 squad.



NETBALL

REPORT

In 2019 the FedUni WestVic Academy of Sport continued their partnership with Netball Victoria in conjunction with a newly formed link with Ballarat Football Netball League to deliver the 'FedUni WestVic Academy of Sport Netball Talent Academy Preparation Program'. A renewed format to this program providing regionally talent-identified 14-15 year old athletes the opportunity to participate in an eight-session training program (spread across April-July this year) in order to prepare them for the 2020 Netball Victoria Talent Academy trials process.

This program has been designed based upon Netball Australia's 'Dare to Develop a Diamond' program. The program focussed on three main components:

1. Technical and Tactical (i.e., on-court skill and game-sense 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 key topics)



The 2019 FedUni WestVic Academy of Sport Netball Talent Academy Preparation Program comprised of 13 netball athletes from Ballarat, Maryborough, and Wimmera regions, and who were instructed by head coach Kate McMahon. The two-hour on-court training sessions focussed on providing the athletes with the opportunity to develop individual and game-sense skills such as footwork and landing techniques, passing techniques, preliminary movements, defensive techniques, court awareness, and systems knowledge.

These sessions not only prepared the athletes for selections/trials for the 2020 Netball Victoria Talent Academy Program trials, but also provided an opportunity to develop their overall netball skills, fitness, and game-sense knowledge as they approach their transition from junior-level netball into senior-level club/representative netball. Each session was 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 significant skill improvements and a consistent eagerness to learn. This year the athletes also had Melbourne Vixens' player Lara



Dunkley as a special guest for one of the sessions. Lara spoke with the group about her journey from junior-level to elite-level netball, as well as leading a special warm-up, footwork, and skills session for the athletes. This was an amazing training experience for our athletes.

Throughout the program, 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 included the following areas:

1. Elite Athlete Behaviours - Rob Leeds
2. Strength & Conditioning - Dr. Scott Talpey
3. Sleep Hygiene - Dr. Bronwyn Sudholz
4. Parenting for Performance - Stephen Rendall
5. Introduction to Sports Psychology - Stephen Rendall
6. Mindfulness - Dr. Bronwyn Sudholz
7. Personal Brand/Digital Footprint - Gav McGrath
8. Injury Management/Prevention - Michael Pierce
9. Diet, Nutrition & Hydration - Michelle Ryan
10. Resilience - Kellie Dunn

Thank you to Cameron Banks from Federation University for leading some of the warm-up and cool-down sessions, as well as providing the athletes with a school holiday training program. Thank you to Lara Dunkley from the Melbourne Vixens for being a special guest at one of our training sessions. A big thanks to Bree Sharp for initiating the BFNL/WestVic Academy of Sport partnership, and finally, thank you to Corey Saitta and Nicholas Wealands, who were present at every training session and provided consistent and continued support for the coach, parents, and athletes.

Kate McMahon
Head Coach



Title Page Group Photo with Melbourne Vixen – Lara Dunkley
1 Melbourne Vixen Lara Dunkley running a drill.
2 Group Photo



ROWING

REPORT



The 2019 Rowing program enjoyed a healthy intake of 17 athletes, with some returning from last year, whilst others were selected and invited into the FedUni WestVic Academy of Sport for the first time.

In addition to the assistance received from Rowing Victoria and the Victorian Institute of Sport, the program received outstanding support from local schools, in particular: St. Patrick's College, Loreto College, Ballarat High and Damascus College. WestVic is grateful for the support and assistance provided by Brendan Scott (St. Patrick's), Gabi Howard (Loreto), Rob Simmonds (Ballarat High) and Nicole Hexter (Damascus College).

Athletes undertook musculoskeletal screenings, commenced strength and conditioning programs and attended a series of lectures from guest presenters as part of the WestVic Education Program. A 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 Jen Szuster at Rowing Victoria was outstanding and the itinerary for both training days was exceptional. The opportunity to row on Melbourne's iconic Yarra River was an opportunity enjoyed by all athletes.

Prior to both training days, athletes were offered the opportunity to undertake on-water training sessions on Lake Wendouree by both the Ballarat City Rowing Club and the Wendouree-Ballarat Rowing Club.

Thank-you to Sue Peacock and Danielle Foley at the Ballarat City Rowing Club (and to Brendan Scott and Jamie McDonald who coached and supervised athletes during the session) and to Paul Blanchfield (and to Andy McKinley and Tim Wright who assisted Paul with the coaching) at the Wendouree-Ballarat Rowing Club, for allowing us to train out of both boat sheds and for being so responsive to our request to create additional opportunities for our athletes.

The opportunity to be hosted by the Mercantile and Melbourne University Rowing Club's and to hear from former Olympians and World Cup Rowing athletes including, Cameron McKenzie-McHarg (Silver Medallist at the 2008 Beijing Olympics), Alice Arch (Gold Medallist at the 2017 World Rowing Cup) and Jen Cleary (Silver Medallist at the 2015 and 2016 Rowing World Cup) was a privilege and was not lost on any of the WestVic athletes. Special thanks to Nick Mitchell, Head Coach at the Mercantile Rowing Club and to the Development Coaches at the Melbourne University Boat Club for supervising the on-water training sessions across both days.

The WestVic program during term 2 and term 3 of the current school year has assisted each athlete with his/her preparation for the upcoming school rowing season in term 4 of 2019 and term 1 of 2020.

Finally, the WestVic Academy of Sport wishes each athlete and school, all the very best in the lead up to the 2020 Head of the Lake, State and National Rowing Regatta's.



Title Page Rowing Victoria HP Rowing Day – Yarra River
1 Male Rowing Athletes on Yarra River
2 Group Ergo Session



**SPECIAL
OLYMPICS
REPORT**



In 2019 the WestVic Academy of Sport supported 4 Special Olympics athletes, including: Lewis Hall, Josh Kennedy, Elise Pierce and Andrew Gear. Each athlete undertook weekly strength and conditioning sessions, overseen by FedUni placement coaches Makaelah Clarke and Cianne Howden. Special mention to the Ballarat Aquatic Centre and Genesis Health and Fitness (Formerly Body and Soul) for enabling the athletes and coaches to use the facilities for training purposes. The FedUni WestVic Academy of Sport thanks the Ballarat Special Olympics for their involvement in 2019 and congratulates all involved on another successful program.



Anna Leighton wins Gold medal for Australia at Special Olympics World Games

FedUni WestVic Academy of Sport and Ballarat Gold Swimming Club athlete, Anna Leighton, has won a Gold medal for Australia at the Special Olympics World Games in Abu Dhabi.

Leighton, 19, won the Final of the F01 100m Backstroke event, defeating swimmers from Hong Kong, Belgium and South Africa, in a time of 1:19.28.

In more good news, Leighton, claimed a Bronze medal in the Final of the F06 200m Freestyle event, behind swimmers from Sweden and the United States respectively, in a time of 2:46.92.

Leighton will now compete in the 4 x 100m relay Final later today and will contest her final individual event, 100m Breaststroke, on Wednesday this week before returning home to Australia.

Commenting on Leighton's success, FedUni WestVic Academy of Sport Executive Officer, Corey Saitta, said, "We are ecstatic for Anna and her family. Winning a Gold medal for Australia is not a regular occurrence in the life of any athlete, especially at the pinnacle level of competition. It is also a wonderful outcome for all at the Ballarat Gold Swimming Club, Head Coach Mark Stahl and everyone who has supported Anna and her family throughout her swimming journey".

Title Page Anna Leighton

1 Anna Leighton with Academy Head Coach, Swimming, Mark Stahl



SWIMMING

REPORT

This year (2019) has been a positive growth throughout the various activities and experiences that our swimmers have been exposed to through the WestVic Program.

Our squad of Anna Leighton, Ben Grima, Charlotte Bodey, Julia Seddon, Paige Livingston, Amy Bregazzi, Giles Peters, Callum Parkinson, James Meddings, Edward Meddings, Taylor Mason, Cooper Sutherland, Olivia Daly, Juliette Parlange, John McGill, Charlie Chandler, Tyler Theodore, Deacon Briggs and Lucas Kent 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 Chris Radford and his team for this growth and development. The Strength and Conditioning staff have formed a great rapport with the swimmers which was a crucial factor in the deliverance of these sessions in a purposeful and meaningful manner.

The video analysis that was conducted and produced by the 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 going forward.

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 Nutritional sessions 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 well being session by Gerard Fitzgerald on how to focus and set goals was a very informative and relevant session that helped the swimmers to realise that focussing on what's important is so crucial to them moving forward and challenging their behaviours and actions.

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, Nicholas 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.

Regards,

Mark Stahl

Head Coach of the Ballarat Gold Swim Club and the Westvic Squad





TABLE TENNIS

REPORT

The WestVic Academy of Sport had two athletes in the Table Tennis program in 2019 – Rory Carroll and Nathan Hayward. In addition to weekly pennant competition, state and national championships, both athletes undertook a 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. Furthermore, congratulations to Rory, who won his first international singles medal, a bronze medal in Class 11, at the Para Table Tennis Bangkok Open.

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 on being selected as a finalist in this year's FedUni WestVic Male Athlete of the Year award.



Title Page Rory Carroll – Representing Australia at the Para Bangkok Open



TENNIS

REPORT

It has been an absolute privilege to be involved with the 2019 FedUni West Vic Academy of Sport program Tennis program. Throughout the year we have had 15 female & male athletes from the Central Highlands and Wimmera Regions come together to train in our comprehensive development program. The athletes involved were Ruby Rothman, Shenali Rajendran, Isabella Pearce, Tahlia Thompson, Alistair Sims, Darcy Frigo, Jordan Friberg, Logan Casey, Connor Chivell, Joel Horton, Flynn Welbourn, Andy Wills, George Wils, Aiden Richardson and Nash McGrath. The West Vic Tennis 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 2019, 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.

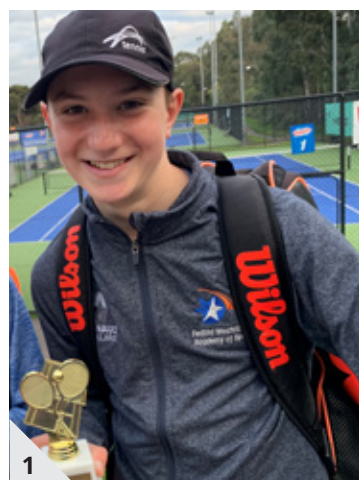
The West Vic Squad travelled together and competed at the 2019 Hume Tennis and Community Centre JT in April. Tournament Support was provided for all athletes throughout the tournament. This experience allows all athletes to first and foremost play and compete in a Tennis Australia National Ranking Tournament while being provided guidance and statistical analysis.

Every year, Tennis Victoria hosts the Inter-Academy Challenge which is where athletes from all six regional academies compete against one another. This year we were lucky enough to play out at Bendigo Tennis Club. West Vic had a leading number of 13 competitors throughout the 6 regional academies.

Outstanding Performances for the year included:

Ruby Rothman & Shenali Rajendran both got selected to into the Tennis Victoria Player Support Program (which is essentially the Victoria Squad). You must be nationally ranked in the top 75 of your birth year to be selected

Ruby Rothman made the Victorian Secondary Schools team for the Pizzey Cup in Adelaide during May.



Joel Horton came Runner up in 12/u boys doubles at the 2019 Boroondara JT Classic

Logan Casey won the 12/u mixed doubles at the 2019 63rd Inter-Regional Country Championship.

Shenali Rajendran won the 14/u Girls doubles (2019 Boroondara Junior Tennis Classic), won the 16/u Girls Doubles (2019 Hume Tennis & Community Centre JT), Runner-Up of the 14/u Girls singles (2019 Boroondara Junior Tennis Classic), Runner-Up of the 14/u Girls doubles (2019 Taylors Lakes Winter Blast JT) & Runner-Up of the 14/u Girls doubles (2019 Ballarat Regional JT Championship).

George Wills won the 10/u Boys Singles (2019 Bendigo Junior Open and Association Championships), won the 10/u Boys Doubles (2019 Bendigo Bank Winter JT), won the 10/u Boys Singles (2019 Bendigo Bank Winter JT) and also won the 10/u Boys Singles (2019 TCAV Age Championships).

Flynn Welbourn won the 14/u Boys Doubles (2019 63rd Inter-Regional Country Championships Victoria).

Ruby Rothman won the 16/u Girls Doubles (2019 Victorian Junior State Clay court Championships), won the 18/u Girls Singles (2019 Bendigo Bank Winter JT), won the 16/u Girls Singles (2019 Mildura Health Fund - Swan Hill JT), won the AMT Women's Doubles (2019 Mildura Health Fund - Swan Hill AMT) and also came Runner-Up in the 16/u Girls Singles (2019 Victorian Junior State Clay court Championships).

I'd like to throw out a huge congratulations to Ruby Rothman for being nominated for the Fed-Uni West Vic Academy of Sport Female Athlete of the Year Award.

It has been an amazing year working with everyone involved in the program this year. Corey Saitta (EO) has been nothing short of brilliant in helping me with my first year of Head Coach of the West Vic Academy. The athletes themselves have been amazing to work with and I have loved their level of commitment. The parents have equally been as great with how they have gone above and beyond to provide for their kids with hours upon hours of travelling. It's safe to say I am beyond excited to work again with the Fed-Uni West Vic Academy in 2020. I'm already looking forward to the 2020 program where we will look to only get stronger.

David Laird
Head Tennis Coach



Title Page Ruby Rothman
1 Joel Horton
2 Shenali Rajendran



MAX NOBLE SECURES VICTORIAN INSTITUTE OF SPORT SCHOLARSHIP

Former WVAS Karate athlete, Max Noble, 19, from Bacchus Marsh, has secured a Victorian Institute of Sport (VIS) Future Talent Scholarship for 2019/2020.

Noble joins two current WVAS athletes in Graeme Frislie (Cycling / Bacchus Marsh Grammar) and Brad Saunders (Skateboarding) on scholarship at the VIS, which now brings to 3 the number of current/former WVAS athletes who are on scholarship at the VIS.

Noble originally commenced with the WVAS through the Academy's program partnership with Bacchus Marsh Grammar (2016-2017). Last year, Noble transferred his studies to Melbourne, however, he remained with WVAS as an Individual Athlete Member (2018).

Recently, Noble, competed at the Australian National Karate Championships where he won three gold medals in the U21-84kg, Senior-84kg and the Men's Team event. Noble won the deciding fight in the finals of the men's team event, and taking to Instagram Max stated, "To finish it off, I won the deciding fight in the finals of the men's team event after some amazing performances from my teammates to take the gold!!!".

WVAS is delighted for Max and his parents, Wayne and Annie, at Max's ongoing success and we are delighted to have contributed to Max's growth and development as both an athlete and young man. WVAS is proud of what Max has achieved to this point in his career and we look forward to supporting Max from afar and monitoring his progress in upcoming major championships.

Image:

VIS Scholarship recipient and former WVAS Karate Athlete, Max Noble, pictured above at the VIS in Melbourne.
Picture: Courtesy of the Victorian Institute of Sport.

TEAGAN BLYTHE REPRESENTS AUSTRALIA

AT THE WORLD ROWING JUNIOR

CHAMPIONSHIPS IN TOKYO

Former WVAS Rowing athlete (2018) and Year 12 Loreto College student, Teagan Blythe gained selection on the Australian team which competed at the World Rowing Junior Championships in Tokyo in August.

Below is an article which appeared in the Ballarat Courier, in May, written by Ben Hopkins.



It's going to be difficult to wipe the smile off the face of Teagan Blythe. The year 12 Loreto student has just found out she will be heading to Tokyo to represent Australia as part of the 2019 Junior Australian Rowing Team in August. "I was just stoked," is what Blythe told The Courier she was feeling when she found out she had been selected. "Obviously (rowing is) a very

hard sport but it's just so rewarding. It's one of those sports that teaches life skills, you get so many good qualities out of it."

Blythe started rowing in year 10, adopting the sport her dad had previously loved.

"My dad was a rower in his day and I decided I wanted to try rowing, Loreto had a program and I just jumped in." Loreto rowing coordinator Gabi Howard said when Blythe started in the rowing program she avoided detection and simply went with the flow.

"Teagan started late, she tried out at the end of year nine for the year 10 program," Howard said.

"She came through and floated under the radar for a bit in year 10 before moving into the senior program in year 11."

Once a part of the senior rowing program, Blythe's determination and will to improve began to shine through. "She started in the open div 3 boat and we just kept watching her develop and get stronger and more confident as a rower," Howard said. "Her testing kept improving and when she came back after summer she had earned her spot in the div 1 boat."

Blythe spoke about how her time as a member of the rowing program helped her through a somewhat difficult time in high school.

"Before I started rowing I was having a bit of trouble finding myself and rowing just provided such an amazing sense of belonging and friendship."

The 17-year-old will be the first Loreto rower to represent Australia as part of the junior rowing team. She spoke about the sense of pride she is feeling in representing not only her school but also her home town.

"It's hard to put into words," Blythe said.

"I have such a sense of pride in not only representing Australia but representing my school and Ballarat. All the people who have pushed me to get to this point are here supporting me."

Going forward, Blythe said she is going to take rowing as far as she can.

"If my rowing career ended after this I could honestly say I'd be happy with what I've achieved, but if I'm lucky enough to keep on rowing that would be a dream."

The 2019 World Rowing Junior Championships took place in Tokyo, Japan from August 7 to 11, where Teagan's crew finished in 6th place overall.

More recently, WVAS was delighted to extend Teagan an invitation to join the 2019 Rowing Program athletes for a training session on Lake Wendouree – an invitation Teagan was only too happy to accept.

WVAS wishes Teagan and her family all the very best for future success.

Image:

Teagan Blythe in her official Australian Team Polo, prior to competing at the World Junior Rowing Championships in Tokyo in August. Picture: Courtesy of www.worldrowing.com



JACK DENAHY CLAIMS SECOND ELITE

MEN'S NATIONAL BOXING CHAMPIONSHIP

Former WVAS Individual Member Athlete – Boxing, Jack Denahy (2017), now 20 years of age, has continued his rapid rise up the ranks in his sport throughout the past two years.

Below is an article which appeared in the Ballarat Courier, in June, written by Kyle Evans.

Ballarat boxing prodigy Jack Denahy has clinched the elite men's national 57-kilogram boxing championship for the second straight year.

The featherweight fighter was all-smiles while speaking to The Courier after clean sweeping the tournament in Melbourne last weekend.

Sporting a black eye, he described the accomplishment as his biggest to date.

"It was awesome, when you work so hard for it, it makes victory so much sweeter, so I'm very pleased with how I won it," he said.

The 20-year-old won a slew of fights across three days en-route to the final against Queensland's Orion Brown.

It was the second time Denahy had faced-off against the Queenslander after he beat Brown to clinch the same title last year. "He was a bit of a back-foot fighter, he likes to counter-punch so I knew I had to put the pressure on him and make the fight myself," Denahy said.

The Ballarat fighter did just that.

Taking the initiative, Denahy took control of the fight early, forcing Brown to the ropes on more than one occasion. With his opponent cornered, Denahy felt a knock-out victory beckoning. It wasn't to be. Brown escaped, and Denahy went on to comfortably win the fight by decision.

But the Queenslander still managed to give Denahy a parting black eye for his efforts.

"I was clean going into the final but he ended up laying one on me in the last round, but that's all right," Denahy said.

The win marks the latest achievement in what has been a big year for Denahy, who won a Victorian title-fight in March to qualify for nationals.

Denahy said his versatile style was the key to his success.

"One of my best assets is my adaptability and being able to suss-out my opponent and understand what I have to do to win early. You've only got three rounds, so you've got to be able to do a bit of everything," he said.

Image:

Jack Denahy, 20, above, following his win at the elite men's national boxing championship for the second consecutive year.
Picture: Courtesy of Adam Trafford.

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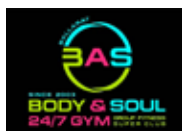


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