



## WHO ARE WE?

We provide talented Western Victorian athletes with high performance athlete services in: coaching, physical preparation, sport science, psychology, nutrition, personal development and advice; to enhance their chances of State and National representation.

## OUR CORE BUSINESS

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



## SERVICES DELIVERED

In 2017 we delivered over 1,047 services and used 30 venues for service delivery

<b>63</b> Training Sessions / Camps	<b>24</b> Sports Science Sessions <i>(Biomechanics, Fitness Testing, VO2 max)</i>	<b>732</b> S & C Sessions	<b>77</b> Personal Development <i>(Nutrition, sport psychology, Public Speaking, Job Skills, Mentoring)</i>	<b>151</b> Musculo-skeletal Screenings
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## SUPPORT TEAM

<b>6</b> Staff	<b>22</b> Supply Partnerships	<b>8</b> Board Members	<b>27</b> Friends of WestVic	<b>21</b> Sport Coaches	<b>17</b> S & C Coaches
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## OUR PARTNER ORGANISATIONS & SPONSORS

Victorian Institute of Sport • Victorian Government • Federation University • City of Ballarat • Ballarat Renault Ballarat Sportsmens Club • Plinius Engineering • Rix Cars • Cason Sports • Scmick Car Wash • RU Advertising Bacchus Marsh Grammar • Ballarat Badminton • Ballarat Table Tennis • Netball Victoria • AFL Goldfields Rowing Victoria • Special Olympics Ballarat • Tennis Victoria • Victorian Golf Foundation • Cycling Victoria Swimming Victoria • Ballarat Football Umpires Association



## ATHLETES

During 2017 we supported 146 athletes for at least a portion of the year, 51 of these athletes competing at national level and 10 of these athletes being selected to compete at an International level. These numbers have grown each year since 2013.

## INDIVIDUAL MEMBERS

In 2017 we had 26 individual members. These numbers have grown each year since 2013.

## SPORTS

In 2017 we supported 26 sports.



## OUR VALUES

### Being good for sport in the region:

- Looking to develop and promote local people in all facets
- Constantly improving everything we do
- Focusing on recruiting the best local talent

### Building capacity for sport in the region and in our organisation:

- Using local people and suppliers
- Being flexible but focused in our work



## GREATEST ATHLETE PERFORMANCES OF 2017

### Sam Rizzo

#### (Wheelchair racing)

- World Para-Athletics Junior Championships (3x Bronze and 1x Silver)
- Australian Record in T54 U/18 Men 800m
- AIS U16 Para Development Squad

### Ben DeBortoli

#### (Karate)

- Junior World Championships
- Youth World Cup in Croatia and the Austrian Open (Bronze & silver)
- Australian Open (Gold)

### Brad Saunders

#### (Skateboarding)

- World Final of the Zumies Best Foot Forward skate competition USA. (1st)
- World DamAm event qualifier
- Australasian "Best Foot Forward" event (1st)

### Shaun Findlay

#### (Alpine skiing)

- Austrian, British, Belgian, German, Italian and Slovakian National Titles
- FIS Thredbo & Perisher (Aus and NZ Titles)

### Daniel Hocking

#### (Badminton)

- Selected into the "Badminton Australia U17 Youth Development Squad
- Altona International U19 Badminton tournament
- Victorian Team captain For Badminton Nationals

### Jemma Peart

#### (Race Walking)

- Australian Athletics 2017 Under 17 Development Squad
- Australian Athletics Championships (Bronze)

### Laura Foley

#### (Rowing)

- First emergency for the Australian rowing 4
- Sydney International Rowing Regatta (Bronze)

### Rory Carroll

#### (Table Tennis)

- Para Table Tennis World Championships Slovakia (Bronze).
- Thai Para open (bronze)
- National Para Table Tennis Championships (Gold & Silver)

### Max Noble

#### (Karate)

- Junior World Championships
- Youth World Cup in Croatia and the Austrian Open (Bronze & silver)
- Australian Open (Silver)

### Emma Werner

#### (Throws)

- IAAF Oceania Games (silver)

### Julia Bourke

- Australian Athletics Championships (Gold)
- Scholarship to a US College

### Josh Gay

#### (Badminton)

- Altona International U19 Badminton tournament

### Alanna Peart

#### (Race Walking)

- Australian Athletics Championships (silver)
- Australian Roadwalking Championships (bronze)

### Graeme Frislie

#### (Cycling)

- Track National Championships (Gold x3, Silver x1 & Bronze x1)

### Laura Butler

#### (Special Olympics)

- Special Olympics Australia Junior National Games (4 x Gold)

### Jessica Robertson

#### (Motocross)

- won her class in the largest and most challenging off road motorcycling race in Australia - the iconic Hattah Desert race

## KEY BUSINESS ACHIEVEMENTS OF 2017

### Athlete Achievement

- Increased the number of athletes supported (129 to 146)
- Maintained 51 athletes to achieve national level participation or equivalent; with 10 competing internationally

### Branding & Fundraising

- Reintroduction of the Athlete of the Year awards; incredibly well-received with 189 guests and 15 finalists
- New sponsorship: Ballarat Renault, Plinius Engineering, Rix Cars, Schmick Car Wash and RU Advertising

### Athlete Support & Services

- Welcomed in new suppliers in services while retaining longstanding ones
- Maintained 2014-16 quality and depth of FedUni strength and conditioning student placement team
- Delivered over 1000+ services to our athletes in 2017 for the first time; growth of "extra support program"

### Good Governance & Management Capability

- Consolidating support of both the Board and 'Friends of the Board'