

2019/20 ANNUAL REPORT



*FedUni WestVic
Academy of Sport*

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SPONSORS

MAJOR FUNDING AGENCIES



NAMING RIGHTS



MAJOR PARTNERS



RENAULT



NORTH
BALLARAT
SPORTS CLUB



PLATINUM



GOLD



Bendigo Bank

SILVER



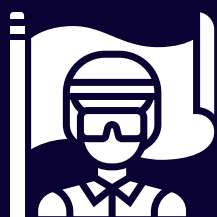
BRONZE



SPORT PROGRAM PARTNERS



WHO WE ARE



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.



OUR 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





YEAR	CHAIRMAN	DEPUTY CHAIRMAN	EXECUTIVE OFFICER
2003 - 04	John Abraham	N/A	Michael Hynes
2004 - 05	John Abraham	N/A	Michael Hynes
2005 - 06	John Abraham	Prof. Warren Payne	Michael Hynes & Kris Payne
2006 - 07	John Abraham	Prof. Warren Payne	Kris Payne
2007 - 08	John Abraham	Prof. Warren Payne	Kris Payne
2008 - 09	John Abraham	Prof. Warren Payne	Kris Payne
2009 - 10	John Abraham	Prof. Warren Payne	Kris Payne & Rob Ward
2010 - 11	John Abraham	Prof. Warren Payne	
2011 - 12	John Abraham	Ian Rossiter	Rob Ward
2012 - 13	John Abraham	Ian Rossiter	Rob Ward
2013 - 14	Ian Rossiter	John Abraham	Rob Ward
2014 - 15	Chris Gleeson	Tavis Baker	Rob Ward
2015 - 16	Chris Gleeson	Tavis Baker	Rob Ward
2016 - 17	Chris Gleeson	Tavis Baker	Corey Saitta
2017 - 18	Chris Gleeson	Tavis Baker	Corey Saitta
2018 - 19	Alan Campbell	Tavis Baker	Corey Saitta
2019 - 20	Alan Campbell	Tavis Baker	Corey Saitta

IN APPRECIATION

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:



Erin Trebley - Group Manager - Sport Performance

Tom Madden - A/Manager High Performance & Pathways

Michelle Anderson - Manager Sport and Recreation, Grampians



Prof. Dara Twomey - Dean, School of Science, Psychology and Sport

Andrea Davies - Executive Assistance to the Dean

Dr. Deborah Pascoe - Discipline Leader, School of Science, Psychology and Sport

Dr. Sue Brown - Director International Sport 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 Chilton - Lecturer, Exercise and Sports Science

Dr. Matthew Wallen - Lecturer, Exercise and Sports Science

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

Lindy Hall - Program Coordinator & Lecturer, Exercise & Sports Science

Neville Down - Lecturer, Education and Teaching

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 of Science, Psychology and Sport



Anne Marie Harrison - Chief Executive Officer

Cathryn Pruscino - Executive Administrator

Bill Tait - Performance Manager (Podium)

Rob Leeds - Performance Manager (Pathways)

Nerissa Turner - Senior Performance Coordinator (Pathways)

Dean Kinney - Golf Head Coach

Noel Donaldson - Rowing Head Coach

Camilla Blands - Marketing & Community Projects Coordinator

Sport & School Programs



Andrew Neal - Principal

Kevin Richardson - Deputy Principal

Andrew Perks - Director of Sport



Craig Eastwood - Chief Executive Officer, Cycling Victoria



Matt Cutler - State High Performance Manager - Victoria & Tasmania, Golf Australia

Dean Kinney - Head Coach Golf, (VIS)

Travis Harrison - PGA Coach



Rob Pyers - Principal

Rod Kirkwood - WestVic Academy of Sport
Partnership Leader



Daniel Weller - Principal

Sally Kuchel - Head of Senior School

Matt McLoughlin - Secondary Health & Physical
Education Teacher



Hayley VanDenBoom - Performance Operations
Manager, Netball Victoria

Sarah Collett - Pathways Coordinator,
Netball Victoria

Mel Taylor - General Manager Netball
Participation, Netball Victoria



Noel Donaldson - Rowing Head Coach (VIS)

Jen Szuster - State Pathway Coordinator,
Rowing Victoria

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

Gabi Howard - Rowing Coordinator, Loreto College

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

Nicole Hexter - Sports Coordinator,
Damascus College

Paul Blanchfield - Head Coach, Damascus College

Tom Nash - Sports Coordinator, Ballarat Clarendon
College

Sam Pullin - Rowing Coordinator, Ballarat Grammar

Dean Rossato - Sports Coordinator, Ballarat Grammar

Special Olympics
Australia
Ballarat



Catherine Kennedy - Special Olympics Ballarat
Committee Member



Josh Busch - Performance & Development Services
Co-ordinator, Swimming Victoria



Andrew Reynolds - Associations Leader, Tennis
Victoria

Jessica McCormack - Player & Event Support
Administrator, Tennis Victoria

Rob Benoit - Ballarat Regional Tennis Centre

Geoff Reese - Tennis Ballarat (Indoor)

Sport & School Programs Coaches/Coordinators

Bacchus Marsh Grammar

Andrew Perks - Director of Sport & Program
Coordinator

Cycling

Cam McFarlane - Head Coach

Golf

Andrew Cartledge - Head Coach

Horsham College

Rod Kirkwood - Program Coordinator & WestVic
Academy of Sport Partnership Leader

Holy Trinity Lutheran College

Matt McLoughlin - Secondary Health & Physical
Education Teacher

Netball

Kate McMahon - Head Coach

Tracy Howard - Assistant Coach

Swimming

Mark Stahl - Head Coach

Tennis

David Laird - Head Coach

James O'Sullivan - Assistant Coach

Student Strength & Conditioning Coaches

Abbey Bertram
Ebony Halliwell
Erin McDonald
Gemma Foord
Isaac Quick
Jesse Johnson
Josh Driscoll
Kristine Megson
Lachlan Dean
Lachlan Ross
Louis Armitage
Patrick Dwyer
Patrick Parr
Rebecca Langley
Sean Cooney
Siobhan Redmond
Taylah Marino
Tom Hannett
Tyler Frost

Student Musculoskeletal Screenings

Declan Hennessy
Dylan Blake
Rachael Giblett
Sharon Briggs
Stephanie Hogan
Zoe Mayberry

Cr. Ben Taylor - 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



Ric & Emma De Ruiter - Co-Dealer Principal

Carl Morandi - Co-Dealer Principal



Scott Seward - Chief Executive Officer

Lee Prentice - Functions/Events



Mark Boswerger - President

Bruce Valpied - Secretary



Rhonda Cator - Director



Darren Rix- Managing Director



Troy Beaston - General Manager



Tharindu Ranabahu - Physiotherapist



Travis Britt - Managing Director



Sue & Ralph Brayshaw - Owners & Operators



Cameron Montgomery - Chair

David Sproules - Board Member

ATHLETE EDUCATION PROGRAM - GUEST PRESENTERS

Kraig Grime	Performance Improvement Program & End of Year Review - Leading Teams
Dr. Scott Talpey	Strength & Conditioning & Return To Play After COVID-19 - Federation University
Michael Pierce	Injury Prevention & Management - Lake Health Group
Tharindu Ranabahu	Injury Prevention & Management & Return To Play After COVID-19 - Lake Health Group
Dr. Stephen Rendall	Striving & Thriving Through COVID-19 & Introduction To Sport Psychology, Visualisation & Overcoming COVID Fatigue - Sport Psychologist
Bill Tait	There Are No Secrets To Success - Victorian Institute of Sport (VIS)
Sue Anderson	Building Unshakeable Self-Esteem - Mental Skills
Jake Bridges	Mid-Year Review & Personal Trademark - Leading Teams
Michelle Ryan	Diet & Nutrition For Sport Performance - Paediatrics Ballarat
Dr Bronwyn Sudholz	Mindfulness - Ballarat OSM

ATHLETE SUPPORT SERVICE PROVIDERS - CONSULTANTS

Strength & Conditioning

Chris Radford - RAD Centre

Steph Mundy - RAD Centre

Tim Welsh - RAD Centre





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CHAIRMAN'S REPORT

It gives me great pleasure to present the 2020 Annual Report. This year has been like no other and I would like to acknowledge the efforts of the Board to adjust to the vastly different circumstances we have had to face.

Throughout the second half of this year when faced with the impact of the global pandemic there has been some considerable uncertainty regarding how our organisation could cope with the challenges of reduced income, cancellation of face to face gatherings, cancellation of sporting events and the inability for our athletes to meet with coaches and train as they would have hoped.

I would like to highlight the work of our Executive Officer (EO) Corey Saitta, who has been outstanding in his work to guide WVAS through this extremely difficult year. Corey has been most ably assisted by our Administration & Operations Officer, Nick Wealands, and together they have been able to navigate their way through all the problems working from home for the past seven months.

Despite an understandable reduction in sponsorship and membership receipts WVAS remains at present in a healthy financial position largely due to our success in receiving Grants from the VIS as a response from the State Government to support community sporting organisations responding to the impact of pandemic regulations. Federal Government monies made available through the Job Keeper program was also gratefully received. Without these grants our financial position would be significantly worse off and would threaten our viability.

Our programs have largely been confined to online offerings whereby athletes and their families can log in remotely to their coaches and group information sessions. Hopefully our efforts in this way will leave our athletes in the best possible position to eventually return to normal training and competition. Online attendance at these sessions has been very pleasing and will no doubt change the way we offer group information sessions in the future.

Next year will bring with it many challenges as there is still quite a degree of uncertainty about how we can all come together again. However, I am heartened that given the understanding and support from athletes and their families, our coaches and training staff, sponsors, our administration staff, the Board, Federation University and Government at all three levels will see us continue to provide a valued service to the young athletes of our region.

Alan Campbell
Chairman

Photos

1. WVAS Netball Squad Training at Federation University
2. Joel Horton & Logan Casey - Hume Bronze Tournament
3. WVAS Cycling Group at Wal Smith Velodrome
4. Liam Howlett - Picture Courtesy Edwina Williams Ballarat Times News Group



DIRECTORS & STAFF

BOARD MEMBERS

ALAN CAMPBELL
Chairman

TAVIS BAKER
Deputy - Chairman

CRAIG WILDING

KARLA TREWEEK

DAVID BROADBENT

REBECCA MCINTYRE

RHONDA CATOR

DEBORAH PASCOE

GAVIN MCGRATH

WVAS PATRON

STEVE MONEGHETTI
AM

WVAS STAFF

COREY SAITTA
Executive Officer

NICK WEALANDS
Admin and Operations
Officer



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EXECUTIVE OFFICER REPORT

I am pleased to present this report at the Annual General Meeting of the FedUni WestVic Academy of Sport (WVAS) for the year 2019-2020.

State Government and Victorian Institute of Sport (VIS) Support

The State Government, via the Department of Jobs, Precincts and Regions – Sport and Recreation Victoria (SRV), and the Victorian Institute of Sport (VIS), remain the largest funding provider of WVAS.

The continued financial support, advocacy and other forms of assistance, is essential to the prosperity and growth of WVAS.

WVAS is particularly appreciative of the outstanding support provided from VIS CEO Anne Marie Harrison and her staff, Erin Trebley and Tom Madden from DJPR/SRV – Melbourne and Michelle Anderson from DJPR/SRV – Grampians region.

Both organisations have supported WVAS unconditionally since the onset of the COVID-19 Coronavirus situation. WVAS is extremely grateful to all personnel for the support provided to our sport program during the challenging and difficult circumstances we have been forced to navigate as a result of the pandemic.

Federation University

The support Federation University continues to provide the Academy is critical to our existence and capacity to support and service our athlete members.

I would like to extend my thanks and appreciation to Federation University staff from the school of Health & Life Sciences, who continue to foster a positive relationship between the respective organisations, in particular: Professor Dara Twomey – Dean, Dr. Deb Pascoe – Discipline Leader, Dr. Sue Brown and Dr. Scott Talpey.



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City of Ballarat

The City of Ballarat continues to support the WVAS through a Strategic Partnership. WVAS continues to benefit from a close working relationship with the City of Ballarat.

I would like to acknowledge and thank Cr. Ben Taylor – Mayor, his fellow Councillors, Neville Ivey – Director Community Development, Mark Patterson – Executive Manager Sport & Active Living and Michael Hynes – Senior Advisor Strategy & Planning.



Commercial Partners, Media & Communications

Fortunately, WVAS receives ongoing support from our commercial partners, which include: Ballarat Renault, Carworks & Jeep, North Ballarat Sports Club, Ballarat Sportsmen's Club, Ballarat Connected Communities, RSM Australia – Ballarat, Rix/Avis Group, Eureka Concrete, Cason Sports, Create Infinity, Lake Health Group and Ballarat OSM.

I would also like to thank the broad media coverage WVAS received in the past 12 months through broadcast, online and print media, including but not limited to: 9News Western Victoria, WIN Television, Ballarat Courier, Ballarat Times, 3BA/Power FM, ABC Radio Ballarat and Voice FM.

Athletes & Coaches

I would like to take this opportunity to commend all athlete members and coaches on their efforts and performance during the past year. Many regional, state, national and international championships had to be cancelled due to the Coronavirus pandemic. Notwithstanding that the training and event schedule was severely disrupted, all athletes and coaches remained stoic and determined to return to training and competition with renewed vigour when the situation allows.



Athlete Education Program

WVAS was proud to partner with program sponsor, Ballarat Connected Communities, to deliver the year's Athlete Education Program.

The program was expanded and included the most experienced and diverse range of speakers and presenters assembled by the Academy.

Athletes, parents, coaches and supporters enjoyed listening to the following industry experts:

- Kraig Grime, Leading Teams – Performance Improvement Program / Leadership Development
- Dr. Scott Talpey, Federation University – Strength & Conditioning / Physical Performance
- Michael Pierce (Director & Physio), Lake Health Group – Injury Prevention & Management
- Dr. Stephen Rendall, Psychologist – Parenting For Performance
- Dr. Stephen Rendall, Psychologist – How To Survive & Thrive During COVID-19
- Tharindu Ranabahu (Lead Physio), Lake Health Group & Dr. Scott Talpey, Federation University – Training & Competition Workload Management for during and post COVID
- Bill Tait, Victorian Institute of Sport – High Performance
- Dr. Stephen Rendall, Psychologist – Introduction to Sport Psychology
- Sue Anderson – Unshakeable Self Esteem
- Jake Bridges, Leading Teams – Mid-Year Performance Review
- Michelle Ryan – Diet and Nutrition
- Dr. Bronwyn Sudholz (Psychologist), Ballarat OSM – Mindfulness

Thank-you to all presenters for delivering outstanding, knowledgeable and experienced, presentations to athletes, parents, coaches and conditioning staff throughout the year.

Board & Patron

WVAS continues to benefit from the vision, direction and oversight provided by the Board. The organisation is fortunate to have a Board which is totally committed to supporting young athletes from across the region with opportunities that will ultimately improve performance. I would like to thank, Chairman, Mr. Alan Campbell, and his fellow Directors, for the time, effort and assistance provided to the organisation as a whole and staff, in particular.

In addition, thank-you to our Patron, Mr. Steve Moneghetti AM, for his preparedness to support the WVAS cause and the current generation of athletes.

Finance

The Academy's financial position continues to strengthen and I extend my thanks to the many financial supporters of the Academy for continuing to invest in the region's youth. The Academy continues to operate sustainably with additional revenue generation being a focus for now and for the future.

Corey Saitta Executive Officer



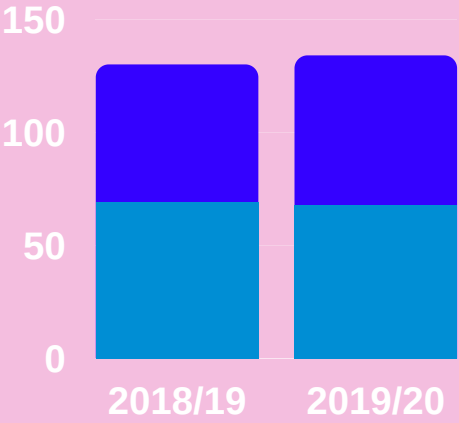
Photos

1. Horsham College students with VIS athlete Milly Tapper.
2. Alanna Peart 2019 Sydney Oceania Track Championships.
3. Jesse Norton 2019 Road Nationals Photo: *Courtesy Dylan Burns*
4. 2019 Rowing Squad training at Melbourne Uni Boat Club.
5. Milly Tapper presenting at VIS/WVAS High Performance Day.
6. Kraig Grime presenting to WVAS athletes and parents.



OUR 2020 ATHLETES AT A GLANCE

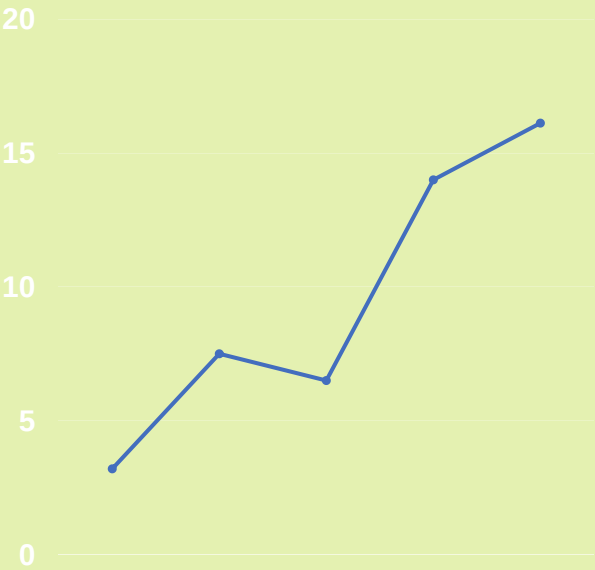
IN 2019/20 WE SERVICED 134 ATHLETES



OUR GENDER DATA



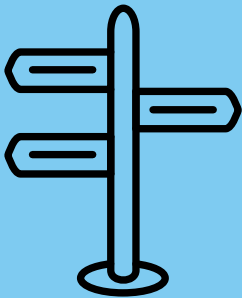
AN AVERAGE ATHLETE AGE OF 16.12 YEARS



ATHLETES FROM
25 DIFFERENT
SCHOOLS



ACROSS 68
DIFFERENT
POSTCODES





2019/20 ATHLETE HONOUR ROLL

Alanna Peart - Racewalking

Alex Craven - Tennis

Alexandra Salter - Athletics/HTLC

Alicia Todd - Golf

Alistair Sims - Tennis

Amy Bregazzi - Swimming

Amy O'Hara - Basketball/BMG

Angus Murnane - Rowing

Angus O'Keefe - Rowing

Anna Leighton - Swimming

Archie Caldwell - Athletics

Aseka Ratnayake - Basketball/BMG

Ben Grima - Swimming

Breanna Smith - Netball

Callum Parkinson - Swimming

Cameron Brito - Mutunayagam -
Soccer/HTLC

Cassidy Miller - Netball

Chanel Scollary - Cycling/HTLC

Charles Chandler - Swimming

Charlotte Bodey - Swimming

Charlotte Ashley - Rowing

Chelsea Oellering - Netball

Chloe Warmington - Athletics

Claire Mahony - Netball

Codi Kenny -

Football/Athletics/HTLC

Connor Chivell - Tennis

Cooper Sutherland - Swimming

Darcy Frigo - Tennis

Darcy Williams - Triathlon

Deacon Briggs - Swimming

Dyson Parish - Athletics/HTLC

Edward Meddings - Swimming

Eli Smart - Golf

Elijah Niehus - Rowing

Elise Pierce - Spec Olym

Eliza Wales - Karate/BMG

Ella Closter - Netball

Ella Walscott - Triathlon/Horsham
College

Ellie McClure - Rowing

Emily Davies - Netball

Ethan McMinimee - Athletics/BMG

Ethan Rae - Swimming

Eugene Read-Spinks - Athletics

Eve Thomas - Netball

Fraser Saunderson - Racewalking

Gemma Gale - Golf

Gemma Walker - Tennis/Horsham
College

George Wills - Tennis

Georgia Bodey - Netball

Georgina Mees - Athletics

Giles Peters - Swimming

Harry Bentley - Tennis

Harvey Young - Golf/BMG

Henry Kinsman - Cycling/HTLC

Holly Draffin - Netball

Hugh Myers - Tennis

Isabella McNeill - Netball

Jacob Hanrahan - Golf

Jacob Attard - Karate/BMG

Jacob Casey - Cycling/Horsham
College

James Caligari - Rowing

James Meddings - Swimming

James Oro - Athletics

Jesse Norton - Cycling

Jessica Santurini - Tennis

Jethro Gomez - Tennis

Joel Frejiah - Basketball/Horsham
College

Joel Horton - Tennis

Joel Smith - Golf

John McGill - Swimming

Jordan Friberg - Tennis/HTLC

Josh Kennedy - Spec Olym

Julia Seddon - Swimming

Juliette Parlange - Swimming

Jy McGrath - Tennis

Kate Ellis - Athletics/Horsham
College

Katie Jackson - Netball

Keelan Perry - Athletics

Keylah Walker - Rowing

Lachlan Clark - Rowing

Lachlan Langley - Rowing

Lachlan O'Keefe - Athletics

Lauren Bodman - Netball

Lewis Hall - Spec Olym

Liam Howlett - Golf

Lily McGuinness - Netball

Logan Casey - Tennis/Horsham
College

Lucas Kent - Swimming

Lucy Alcock - Tennis

Macey Mayberry - Netball

Madelyn Toet - Rowing/HTLC

Manish Puvanendran - Golf

Matilda Myers - Netball



2019/20 ATHLETE HONOUR ROLL

Matthew O'Brien - Athletics

Mia Lepair - Athletics

Millie Cassidy - Golf

Mo Haintz - Golf

Morgan Lane - Equestrian/Horsham College

Nathan Rokebrand – Cycling/Gymnastics/HTLC

Olivia Ashby - Netball

Olivia Brilliant - Football/Horsham College

Olivia Daly - Swimming

Olivia Ogston – Basketball/BMG

Paige Fraser - Rowing

Paige Livingston - Swimming

Ren Asai - Tennis

Rhianna Watts – Athletics

Roman Filipovic - Tennis

Ronan Keleher – Taekwondo/BMG

Rory Carroll – Para Table Tennis

Rose Britt - Golf

Ruby De Ruiter - Taekwondo

Ruby Rothman - Tennis

Ryan Fischer - Athletics/HTLC

Rye Penny – Volleyball/BMG

Sabian Panozzo - Soccer/HTLC

Sabrina Gauci - Tennis

Sarah Hanmer- Netball

Sarah Netherway – Cross Country/Horsham College

Sarah Augustine - Netball

Sebastian Le Roux - Athletics/HTLC

Shannon Craggill - Cycling

Shenali Rajendran - Tennis

Sophie Adamson - Netball

Tahlia Thompson - Tennis/Horsham College

Tamara Petrov - Rowing

Taylor Mason - Swimming

Thomas Yorke - Golf

Tom Bosworth - Golf

Tyler Theodore - Swimming

Wil Barbary - Athletics

Will Reid - Tennis

William Hexter - Rowing

Winifred Tayler - Netball

Zali Ward – Hockey/BMG

Ziggy Lee - Rowing

HIGHLIGHTS



VIS High Performance Day



November of 2019, in partnership with the Victorian Institute of Sport (VIS) and Federation University Australia, the WVAS was able to deliver its' first high performance day.

The day consisted of 75 athletes from a variety of schools within the Western region of Victoria come to Federation University, Mt Helen and undergo a series of tests and performance measures carried out by VIS elite performance staff.

To begin the day, VIS athlete and Olympian table tennis athlete Milly Tapper shared her own personal story of both her life and how she became an elite performer. Having been born with a disability in one of her hands, Milly has gone on to represent Australia in both the Para and able bodied Olympics.

Milly was able to share with athletes her passion and desire to overcome adversity and become the best version of one's self as possible, truly inspiring every single member of the auditorium.

From there athletes participated in a number of activities on the day including:

- Strength and Conditioning session
- Vertical jump testing.
- Diet + Nutrition workshop
- Yoga & pilates session

A big thanks to Camilla Blands of the VIS for organising the day as well as all of the VIS staff who attended on the day.

We must also thank Federation University for their support in delivering the day as well as all of the schools in the region which attended this fabulous opportunity.



Photos

1. VIS High Performance Day group photo
2. Presentation on diet and nutrition
3. Young athletes using the S & C room

HIGHLIGHTS

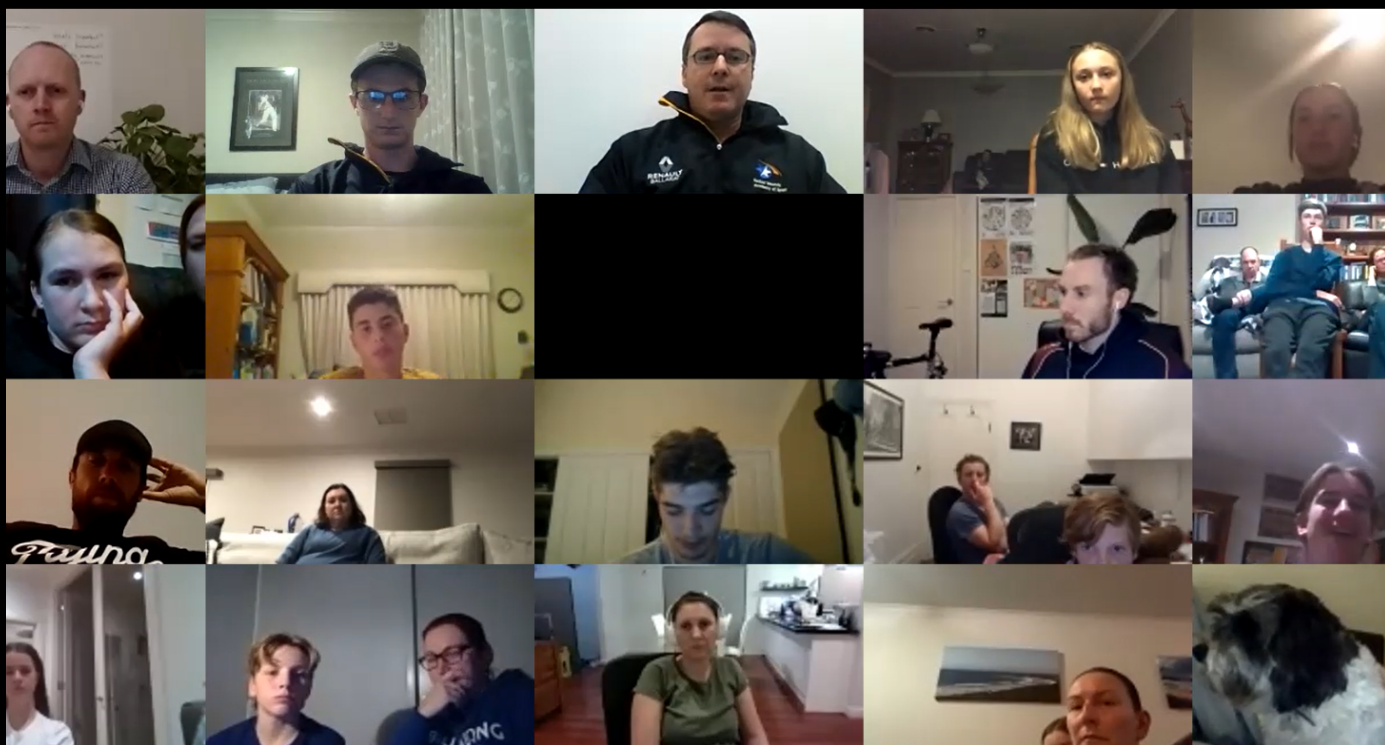
This year has been like no other in terms of the amount of technology we have had to use in order to stay connected and allow our programs to operate at some capacity.

Despite the steep learning curve and forced adoption of new practices, the WVAS is proud of the way it has been able to integrate members over a digital platform to service and provide them with the necessary means to pursue their ambitions in sport.

In particular our Athlete Education Program, has progressed in leaps and bounds providing athletes with more useful knowledge and resources than ever before.

A big thanks to the following presenters on taking the time out of their schedules to help support our program in 2019/20

- Kraig Grime, Leading Teams – Performance Improvement Program / Leadership Development
- Dr. Scott Talpey, Federation University – Strength & Conditioning / Physical Performance
- Michael Pierce (Director & Physio), Lake Health Group – Injury Prevention & Management
- Dr. Stephen Rendall, Psychologist – Parenting For Performance
- Dr. Stephen Rendall, Psychologist – How To Survive & Thrive During COVID-19
- Tharindu Ranabahu (Lead Physio), Lake Health Group & Dr. Scott Talpey, Federation University – Training & Competition Workload Management for during and post COVID
- Bill Tait, Victorian Institute of Sport – High Performance
- Dr. Stephen Rendall, Psychologist – Introduction to Sport Psychology
- Sue Anderson – Unshakeable Self Esteem
- Jake Bridges, Leading Teams – Mid-Year Performance Review
- Michelle Ryan – Diet and Nutrition
- Dr. Bronwyn Sudholz (Psychologist), Ballarat OSM – Mindfulness



A photograph of two female hockey players in action on a field. The player on the left is wearing a yellow jersey with the number 15 and a 'STATE TEAM' logo. The player on the right is wearing a dark blue jersey with 'STR' on the front and 'VIC' on the sleeve. They are both holding hockey sticks and appear to be competing for the ball. The image is framed by a dark blue border with yellow diagonal stripes.

BACCHUS MARSH GRAMMAR



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.

In 2020, 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.

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



Photos

1. Zali Ward at the 2019 Hockey State Championships
2. Ronan Keleher (Taekwondo) cross training on an exercise bike.



CYCLING





The 2020 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. 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.



Many are exploring new disciplines of the sport including 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 COVID -19 putting a stop to competition and regular group training, all athletes made themselves accountable for their own training by using resources provided by the academy to maintain strength and physical preparation standards required for their sport. 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 with the newly created Health and Sport precinct which offers world class training and testing facilities and look forward to providing athletes their strength and conditioning sessions in the new facility in the near future.

Cam McFarlane
Head Cycling Coach

Photos

1. Cycling training at Victoria Park Ballarat.
2. Cycling session at the Wal Smith Velodrome
3. Jesse Norton training in Spain (2019).

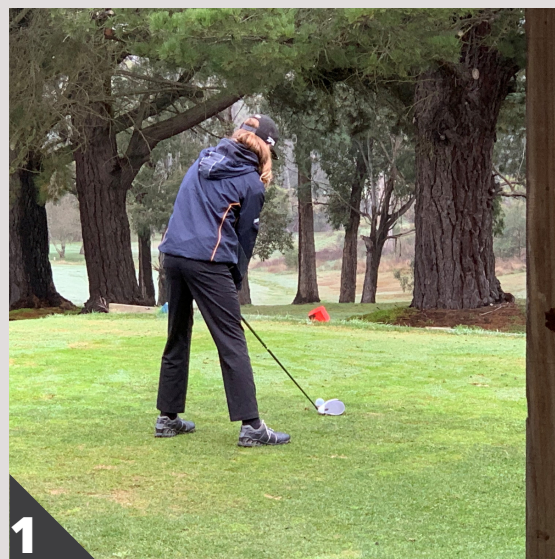


GOLF

The 2020 year commenced with twelve (12) 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 seventeen.

The athletes selected for the 2020 Golf program, included:

- Joel Smith,
- Millie Cassidy,
- Liam Howlett,
- Tom Yorke,
- Mo Haintz,
- Gemma Gale,
- Alicia Todd,
- Jacob Hanrahan,
- Eli Smart,
- Tom Bosworth
- Rose Britt.
- Manish Puvanendran



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.



This year was unlike no other due to the constraints of COVID-19 and the impacts that had on each athletes' accessibility to the course and ability to train without it. Luckily for golf, course closures were only minor and existed for one month toward the beginning of the year allowing the athletes to still regularly practice at their home course just with changes to how they distance and who they can play with.

However, we were extremely fortunate to have the support of Travis Harrison - Head Professional & Owner - Harrison Golf Academy (at Spring Valley Golf Club, Melbourne) and Dean Kinney – Head Coach Golf, Victorian Institute of Sport for their support in meeting with our athletes over video conference and supplying them with a whole range of tips and tricks to practice at home.

We remain hopeful that very soon we can carry out our final four remaining training sessions for 2020 once restrictions on gatherings are lifted and keep building each respective athlete's attributes in the game of golf.

Andrew Cartledge
Head Golf Coach



Photos

1. Jacob Hanrahan at the T-box.
2. Joel Smith on the fairway



HOLY TRINITY LUTHERAN COLLEGE



Holy Trinity Lutheran College Specialist Sport Program commenced the first year of partnership with WVAS at the beginning of the 2020 school year. Twelve selected students entered the program, eager for the opportunity to develop their athletic knowledge and skills, in an endeavour to improve their personal performance. A comprehensive program of educational and athletic events filled their diaries for the year ahead and offered a wealth of opportunities for both mental and physical growth.



Musculoskeletal screenings, carried out on the school campus by exercise physiologist Chantelle Petrie, enabled information to be gathered about each student's injury history, and assessed and identified potential risk factors. These results then informed the personalised strength and conditioning programs developed for students by Chris Radford.



Following the program launch at Federation University campus in March, the team began training together twice weekly at the Horsham Aquatic Centre. An increased knowledge and awareness of personal strength and capacity, and the means by which personal performance can be enhanced, grew through attendance at the athlete education sessions.



Whilst competitive sport has been interrupted due to the spread of COVID-19, students have continued to access the online athlete sessions and committed to personal training programs. The live, online training sessions which have commenced more recently have not only provided access to directed physical activity but also supported the maintenance of mental health and wellbeing for students, at a time when they have been largely, socially isolated from their peers.



Holy Trinity looks forward to continuing a partnership with WVAS into 2021 and sincerely thanks Corey Saitta for his genuine and passionate support of each student and their family, and his commitment to the provision of sporting opportunities. It is hoped that 2021 will prove a more rewarding year for our athletes and that through our program we can continue to support our students to improve their competitive performance.



HORSHAM COLLEGE





Olivia Brilliant – Football

Throughout my time in Isolation my footy and training has been a great way to spend my time and keep motivated. We have set up a small gym in the shed that just includes weights, resistance bands and cardio equipment. I used this space regularly, also modifying the program made by Chris Radford and some for short runs along the road near our property. To keep up my playing skills, I regularly kicked the footy with my dad and used the One Touch Ball rebounder which has been great.

Jacob Casey – Cycling (Cross Country)

Due to COVID I haven't been able to race or train in the same way as I would have under normal circumstances, however I still have been able to train and am stronger than I was at the beginning of the year. In February I competed in the 50km Otway Odyssey finishing 11th in the U18 category. This was the last real world race I was able to compete in due to COVID cancelling other races throughout the year. I have however been able to race virtually on platforms such as Zwift and RGT cycling and competed in the National Junior Racing Series which was held on RGT, finishing 9th in round 1, 6th in round 2, and 3rd in each of the final two rounds.

Although I would obviously have preferred to be racing throughout the year it has been good to have a solid block of training without the need to recover for races. This has given me the opportunity to work on weaknesses that I have, such as sprinting, as well as taking the time to build a better endurance base by doing more frequent longer rides. I have also had to reassess my goals in regards to what I was training for, shifting my focus from the 2020 cyclocross season which was set to take place between April and August this year, and instead working towards the road national championships which will hopefully take place in Ballarat in January 2021.



Logan Casey - Tennis

Due to the Covid-19 situation I've had to modify my training for tennis a great deal, seeing as I was not allowed to be on court for a fair bit. Because I was off the court for a while I did a lot more running and improved on my fitness a lot. I also did a fair bit more strength and conditioning work as I didn't have to worry about it impacting on me playing. Now that I can be back on the court I have gone back to tennis coaching once a week for an hour and a half. As well, I am having a regular hit on the weekend with a friend for 2 and a bit hours. I have also begun doing a lot more skipping consistently to work on more tennis specific fitness. This is what I have been doing during the coronavirus situation.



Ella Walscott - Triathlon

This year, I was named captain of the School Sport Victoria triathlon team. Unfortunately, due to COVID-19, I was unable to compete at the national triathlon championships that were to take place in Queensland in March. Many other races have also been cancelled, meaning that the season wasn't completed. I am unsure if I will have a racing season this coming year. Stage 3 restrictions have meant making some modifications to my training.

Training during this time has been challenging as I have three components to train for - running, cycling and swimming. Due to restrictions all pools had to be shut so I'm currently unable to do any swimming training (until the river warms up a bit!). For a brief period during Stage 2 restrictions, I was lucky to have the opportunity to use someone's backyard pool to train in - this training consisted of using a bungee cord around my waist so I could swim on the spot as the pool isn't as big as a normal lap pool. Running training has been reasonably normal as well as cycling training. In some ways I have been benefitted by these restrictions as my triathlon club based in Melbourne has been hosting virtual cycling sessions on Tuesday nights and virtual strength and conditioning sessions on Friday mornings. These virtual training sessions have given me the opportunity to train with my team mates which I hardly ever have the chance to do because I can't travel to Melbourne for training very often. I am part of the TVDP (Triathlon Victoria Development Program) who have also hosted virtual training days, including virtual cycling, strength and conditioning and theory sessions. I am still training hard and hoping to get back into competing very soon.

Sarah Netherway – Cross Country Running

During COVID-19 we haven't been able to compete, but it hasn't really affected how or where I train as a runner. I stopped going to the gym before we got first got locked down because gyms don't let kids under 15 do much. So, we decided to buy some equipment so I could do it all at home. Motivation has been an issue for me because you're not training for anything but to keep your fitness up. So the motivation isn't there for me, but when I run with my brother or do a workout with mum it's a lot more fun and competitive.



Tahlia Thompson - Tennis

During quarantine motivation has been hard. The West Vic program has been a great way to keep me active and training. I've had to modify the program in some ways so I could do it at my own house, but it hasn't been too hard to adjust. Adding some things on like running has also been a good alternative for the exercises that required gym equipment. I've been going for regular hits of tennis with my family which has helped my motivation. Winter being cold has also made it hard so I make the most of the sunny days. I can't wait to get back to sport itself and to get back into regular training schedules.



Kate Ellis – Athletics

Recently, with restrictions I've had to limit the amount of training I can do without the use of gyms and the track. However, with this, I've started working on my cardio, running middle and long distance virtually for my Athletics club, Eureka. I went through a period of no motivation and didn't train, but I'm picking it back up and I am starting my strength work again. When restrictions were lifted, I was training with my coach. However, that has had to stop due to Stage 3 Restrictions.

Gemma Walker - Tennis

During being in and out of state 3 restrictions it's been hard to keep having to adjust, to what we can and can't do. I love the game of tennis but I haven't ever really trained by myself. I would train with others or in a group but have never trained myself. But due to the restrictions I have had to adjust, some days I feel unmotivated and barely get out of bed. Other days it's a completely different story I'm wanting to workout, go for a bike ride. So during COVID-19 I have struggled with keeping a consistent training routine. But thanks to WVAS with their fitness and strength training zoom meetings I have started to feel motivated again and slowly creating a consistent training routine.



Joel Freijah – Basketball

It's definitely been a challenging year, especially in the sporting front. My training has mostly been home based. I alternate daily gym sessions, with running, basketball and football training. My training sessions include strength and conditioning 4-5 days a week. I have also incorporated skills and endurance training 2-3 days a week. Chris Radford's program has been great, as has the support and guidance of WVAS. I have had to modify parts of my program and to be creative in what I do. We have a home gym, which has been excellent, as I have been able to access everything I need for my program.

Morgan Lane – Equestrian

At the beginning of this year we managed a couple of competitions before Covid-19 began to impact on us all. The most notable being Geelong Grammar School Interschool Dressage, where Penstewart Isabella and I finished third in the jackpot from a strong field. I have been relatively lucky during quarantine, as I am able to continue training basically as normal. I have taken this time to get my young horses up and going. One of my other main projects has been bringing on my off the track standardbred, Polar Opposite. We were able to attend a clinic before stage three restrictions were enforced on rural Victoria and I was pleased that he was able to hold his own against much more established horses.

The biggest challenge for me has been the border closures between South Australia and Victoria. Luckily we have still been able to receive instruction locally. I have also been able to instruct a couple of young riders just starting out which I have really enjoyed. It has been super to watch them progress. I have commenced the process of getting my National Coaching Accreditation Scheme (NCAS) Preliminary Coaches Accreditation and attended a Clinic in Warrnambool earlier this year. I also was pre-assessed for my B Certificate with Pony Club Australia. It was nice to have a change in pace and be able to practise on improving ourselves without the pressure of competitions, but I really am missing them now. Hopefully if we all keep abiding by the rules associated with our restrictions, we will all be back out there soon enough!



A photograph of an indoor netball court. The court has a polished wooden floor with yellow and blue boundary lines. A central black pole supports a netball hoop and net. Several players in athletic wear are on the court. The background shows a wooden wall and a large glass window. The image is framed by dark blue triangular shapes with yellow diagonal stripes.

NETBALL

FedUni WestVic Academy of Sport has continued their partnership with Netball Victoria for 2020, and commenced the delivery of the 'FedUni WestVic Academy of Sport Netball Talent Academy Preparation Program' in July this year. This program has been designed to provide regionally talent-identified 13-15 year old athletes the opportunity to participate in an eight-session training program in preparation for the 2021 Netball Victoria Talent Academy trials process, is based upon Netball Australia's 'Dare to Develop a Diamond' program, and focusses 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)

Throughout the program, the athletes have also been provided the opportunity to participate in face-to-face and online informative and elite-athlete specific development sessions as part of the Athlete Education Program. These sessions provide great opportunities for athletes to develop their on- and off-court knowledge, and include sessions on strength and conditioning, sports psychology, injury prevention/management, resilience/leadership, diet/nutrition etc.

The 2020 FedUni WestVic Academy of Sport Netball Talent Academy Preparation Program squad is comprised of 21 netball athletes from Ballarat, Maryborough, Central Highlands, and Wimmera regions, and instructed by Kate McMahon (Head Coach), and Tracy Howard (Assistant Coach). The two-hour on-court training sessions provide 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 will not only prepare the athletes for the 2021 Netball Victoria Talent Academy Program trials process, but also provide a fantastic opportunity for the athletes 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. We have been fortunate to deliver two (of the eight) sessions so far in 2020, and look forward to being able to deliver the remaining six training sessions later this year.

Each training session is both physically and mentally testing for the athletes, however the group should be commended for the effort and commitment they have shown so far in the program this year, with all the participants showing consistent eagerness to learn, and strong respect and adherence to the COVID-19 training protocols that have been in place at each training session.

The athletes have also recently had the opportunity to have an online question-and-answer session with Melbourne Vixens' player Liz Watson. Liz spoke to the group about her journey from junior-level to elite-level netball, and answered questions regarding training in isolation this year, and offered information and tips on how she prepares for training sessions, selection processes, and match days. This was an incredibly valuable discussion, and a unique opportunity for our athletes to discuss netball with an elite-level athlete.

I would like to extend my thanks to Tracy Howard for attending training sessions in an Assistant Coach role, and also to Liz Watson from the Melbourne Vixens for making herself available to have an online discussion with our athletes. Finally, thank you to Corey Saitta and Nicholas Wealands, who have been present at every training session, have coordinated and implemented all required COVID-19 training protocols, and who have also provided consistent and continued support for the parents, athletes, and coaches.

Kate McMahon
Head Netball Coach



Photos

1. WVAS Netball session conducted by head coach Kate McMahon





ROWING

The 2020 Rowing program enjoyed a healthy intake of 14 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: Ballarat Grammar, Ballarat Clarendon College, St. Patrick's College and Damascus College. WestVic is grateful for the support and assistance provided by Dean Rossato (Ballarat Grammar) Tom Nash (Ballarat Clarendon College) Brendan Scott (St. Patrick's College) and Nicole Hexter (Damascus College).

Athletes undertook a wide variety of activities in a COVID affected year including:

- Musculoskeletal Screenings
- Weekly Strength & Conditioning training at the RADCentre
- Lectures and presentations as part of the WVAS Athlete Education Series
- Weekly zoom meetings regarding conditioning and programming of exercises.
- Attendance of live and interactive fitness at home sessions.

The attitude and resilience of all athletes has been incredible considering the situation at hand. With schools closing then reopening, sport and events being postponed and restrictions on social interactions all athletes have been determined and self sufficient in maintaining their training regime. It has been a pleasure to see all our rowing athletes grow, mature, own their training and make it their responsibility to see it through regularly.

A big thanks to Chris Radford and staff at the RAD Centre and Scott Talpey for consistently supplying our rowing athletes with strength and conditioning content to see them through the year as well as offering personalised support when available.

We wish all of our rowing athletes the best for term 4 and the prospect of them re-entering the boat and competing at local, state and national regattas in the near future.



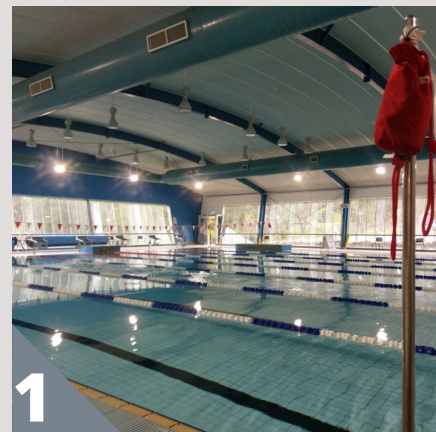


SWIMMING

This year (2019-2020) has been a very different and challenging year with COVID-19. But having said that there have still been a lot of 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, Darcy Williams 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 the WestVic Academy of Sport 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 spin off 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 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 and frustrating 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, Nick 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 Swimming Coach



Photos

1. Unisports swimming pool
2. Ben Grima with J.W Clegg shield



TENNIS

What a pleasure it has been being involved with the 2020 Fed Uni WestVic Tennis program again. It has been an absolute privilege to work with all 22 enthusiastic athletes. The WestVic Tennis program provides additional services and training to assist the athletes' development alongside the work they are doing with their private coaches.

We were extremely lucky this year to acquire an assistant coach in James O'Sullivan, an ex-WestVic tennis star. The athletes loved having James involved with him being able to give great tips on the court and more importantly, information regarding what it takes to develop as an athlete in a regional area. We thank you for your efforts James.

Who would have known what the year 2020 would entail looking back from January 1. The Covid-19 pandemic has certainly changed the landscape of the competitive sports throughout the globe. Luckily, tennis has been one of the sports that has continued in some capacity. Of course, it has meant the athletes have had extremely limited tournament/competition exposure, but they have adapted well and have continued to develop as athletes and as people.

The academy staff supported all our athletes extremely well throughout this time with multiple strength and conditioning programs and multiple online meeting to develop their mental strength, provide motivation and more importantly, provide a platform for the squad to stay in touch. One of Tennis Victoria's initiatives to help support its young talented players is the Player Support Program.

To be eligible for this, athletes must be ranked in the top 75 in the country within their birth year. The WestVic tennis squad was very well represented in this program with 4 athletes being involved. A huge congratulations goes to Ruby Rothman, Sabrina Gauci, Lucy Alcock and George Wills for being invited to this initiative. A simply fantastic accomplishment.

An indicator of how strong the future of WestVic tennis is the representation of athletes we have in the Tennis Victoria's Super 10's league. Super 10's is a competition designed for the states best 10 and under talent. Amazingly, we had another 4 athletes take part in this competition at the end of last year. The players involved were Roman Filipovic, Sabrina Gauci, Lucy Alcock and Harry Bentley. Some of these players were then selected to train with the National Academy staff for a Talent Development Training Camp at Melbourne Park.

A special mention goes to Logan Casey as well for making the Victorian Regional team for the 2020 Judy Dalton Country Cup. It was a huge accomplishment in itself to make this team, but to also help team Victoria finish 2nd is amazing.

Ruby Rothman went back to back again for Pizzey Cup selection. To make the Victorian team in this event once is outstanding, however, to go back to back years is astounding! It was a great shame that Ruby didn't get to compete in this event as Covid-19 stopped it from occurring.



Outstanding individual performances for the year included:

Ruby Rothman

- Winner 2020 Yarra Valley Projects Tennis Class AMT Women's Doubles
- Winner 2019 Inter-Academy Challenge Open Doubles

Alistair Sims

- Winner 2019 Inter-Academy Challenge Open Doubles

Joel Horton

- Runner Up 2020 Bronze Hume Tennis & Community Centre 14/under Boy's Doubles

Logan Casey

- Runner Up 2020 Bronze Hume Tennis & Community Centre 14/under Boy's Doubles
- Runner Up 2020 Inter-Regional Country Championships 14/under Mixed Doubles

Sabrina Gauci

- Winner 2020 Victorian Country Championships 12/under Girl's Doubles
- Runner Up 2020 Victorian Country Championships 12/under Girl's Singles
- Winner 2020 Goulbourn Valley JT/ AMT Championships 10/under Girl's Singles
- Runner Up 2020 Caroline Springs Bronze JT 12/under Girl's Doubles



Even in a year where tournaments and competition have been highly limited, we have had 10 of our tennis athletes reach career high Tennis Australia Rankings in the year 2020. This is quite exciting to think what could have been, if we had a full 12-month tournament schedule at our disposal. These 10 athletes include Ruby Rothman, Joel Horton, Logan Casey, Darcy Frigo, Sabrina Gauci, Lucy Alcock, Will Reid, Harry Bentley, George Wills and Ren Asai. We are excited to see what 2021 brings us once tournaments are back in action.

It truly has been a year full of challenges and adversity for everyone. However, behind the leadership of Corey Saitta, our athletes have always been feeling supported and looked after. A massive thank you goes to Nick Wealands as well for his continual support and great communication of upcoming squad sessions and online zoom meetings. The parents need a huge thank you for the effort they have put in for the hours they have spent on the road travelling to each West Vicsession and for the flexibility/adaptability they have shown in the continual change of squad sessions. It's awesome to know that the kids are in great hands and are learning great life skills from your leadership. Finally, to the athletes themselves, thank you! It has been a difficult year of course, but it has also been a lot of fun along the way! I look forward to what the future brings us as a West Vic group.

David Laird

Head Tennis Coach



Photos

1. Lucy Alcock
2. WVAS tennis group and head coach David Laird
3. Hugh Myers on court
4. Darcy Frigo at the net