

ANNUAL REPORT

2021



illawarra
academy of sport
"a pathway to excellence"

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PRESIDENT'S REPORT 2021 AGM

In 2020 I suggested that if that year had been called 'challenging' it would have been an understatement. In retrospect the challenges of 2020-21 made the experience of the previous year almost palatable. There was a time whereby the lockdown separated Wollongong and Shellharbour from Kiama, Shoalhaven and Wingecarribee and physical interaction was no longer possible.

The necessary restrictions imposed in order to manage a global pandemic in our midst has severely curtailed the opportunity for face-to-face contact between Academy staff and our scholarship holders.

However, necessity is the mother of invention. Much of our educational content on the wide range of subjects we deliver has been placed online. Whilst we were able to deliver a good portion of strength and conditioning as planned, staff have delivered many outcomes by electronic means. Academy coaches have employed similar educational techniques to facilitate remote learning opportunities.

The Academy is indebted to its staff, led by CEO John Armstrong, in endeavouring to deliver a meaningful scholarship experience to the scholarship holders of 2021. Supported in his role initially by Athlete, Coach and Program Manager Dane Robinson and followed in January 2021 by Scott Hatch in the same position following Dane's departure to Brisbane. Scott is a highly credentialed educator and coach who has added value to all our program offerings. Mitchell Nielsen completes his third year as the Academy's Head of Performance and welcomed part-time Strength and Conditioning Coach Bradley Genova to assist the team. The Strength and Conditioning team, supported by a bank of casuals, were highly mobile, travelling around the region to conduct sessions in the several council-provided facilities as well as sessions

at the Academy's headquarters at the University of Wollongong. We are all indebted to communications and marketing staffer Emily Robinson who effectively lubricates the link between the Academy, its athletes and the community and drives content on the Academy websites and social media platform and the Academy's regular newsletters.

I particularly extend my thanks to each of the highly accredited squad coaches, assistant coaches and managers for your endeavours throughout the year. I am sure that each of the 300 plus athletes who undertook scholarships this year have substantially benefitted from your knowledge and experience. This was evident in our athletes' performances in the 2021 Your Local Club Academy Games, held in the Hunter in April. IAS athletes performed creditably, and their behaviour and attitude were exemplary.

OLYMPIANS AND PARALYMPIANS

A highlight of the year, and some might say the events that have made the latter months bearable have been the delayed 2020 Olympics and Paralympics held in Tokyo, Japan. The Illawarra Academy of Sport had several former scholarship holders in Australia's Olympic and Paralympic teams.

Olympians

Emma McKeon (Swimming - 4 gold, 3 bronze); Blake Govers (Hockey - silver); Flynn Ogilvie (Hockey - silver); Sarah Carli; Jye Edwards; Sally Fitzgibbons; Ellen Perez; Grace Stewart; and Kieran Woolley.

Paralympians

Jasmine Greenwood (Swimming - silver) and Brett Stibners.

Each of our athletes performed with distinction, with several winning

medals.

Whilst I hesitate to single out any individual athlete - they are all champions - it would be remiss of the Academy not to acknowledge the outstanding achievements of Emma McKeon. The four gold and three bronze medals together with the four medals she won in 2016 at Rio de Janeiro, make Emma the most decorated Olympian in Australia's history. Some achievement!

We also acknowledge other Olympians from the region who represented Australia in Tokyo in sports where the Academy doesn't offer a program.

OUR SPONSORS

My report this year focusses particularly on the Academy's sponsors - our financial and in kind supporters.

The Academy has a diverse group of supporters. Each of the five councils of the region provide significant financial support. They also grant academy scholarship holders access to their leisure centres to undertake strength and conditioning. Each Mayor of the region also holds a reception for the athletes from their local government area - though for 2021, this was severely curtailed. The Academy is very grateful for the support if its regional councils.

The Academy also has numerous private sponsors and it is to them, given the curtailed activities and profile the Academy has been able to deliver in 2021 that I am particularly grateful. Providing financial and in kind support is a sacrifice in the good times - to continue such support in the tough times is a deeply appreciated act of loyalty.

To the primary financier of the Academy - indeed all Regional Academies - the NSW Government

through the Office of Sport, thank you. The policy vacillations around sports funding over the past year has caused some heartburn. The Academy system appreciates the significant pressure government budgets are under responding to the black summer bushfires and now COVID-19. To seek savings across a spectrum of activities is understandable. To have maintained Academy existing funding for at least 12 months is appreciated. Thanks to all local members who contributed to the government's deliberations on the funding issue, thanks particularly to the leadership of the Regional Academies of Sport Incorporated for its advocacy on this issue.

FINANCES

As a result of the ongoing support of our private and public supporters, the Academy is in a sound financial position - I refer readers particularly to the independent auditor's report and financial statements included later in this Annual Report. The Academy thanks its auditors O'Donnell Hennessy & Taylor. Thanks also to the Risk, Finance and Audit sub-committee capably chaired by board member Paul Knight with the assistance of immediate past President Brian Weir and immediate past Vice-President Amy Duggan.

Special thanks also to the Academy's financial administrator Selin Kahraman for her sound stewardship of the Academy's finances.

GOVERNANCE

The Academy is governed by a board and membership which is comprised of nominees from each of the regional mayors, a nominee of the Vice Chancellor of the University of Wollongong, and community members from each local government area. The board and membership met several times over the past year, initially in person under COVID rules

but more latterly by zoom meetings. Communication by telephone, text and email has become the norm in Academy operations.

During the year, the Academy undertook a review of its strategic plan with the assistance of sport consultant, Jak Carroll. The review reaffirmed the Academies strategic objectives all of which are "To provide emerging athletes of the Illawarra the maximum opportunity for success and development through excellence in athlete programs and associated support services".

To our CEO, John Armstrong who services the board with information, advice and initiatives and represents the board on the Regional Academies of Sport Inc, I extend my thanks. To all Board members and other members of the Academy, thank you for your ongoing support.

A special thanks to Academy Vice-President Sharon Wingate who provides me with a level of support, advice and encouragement which has helped sustain me and the Academy generally throughout the past 'annus horribilis'. We look forward to better, more normalised times ahead.

JOHN WELLS
PRESIDENT



CEO'S REPORT 2021

We stand on the shoulders of giants – and can only operate effectively when all the cogs are turning in the right direction. This last year's program delivery provided the IAS the opportunity to consolidate the good stuff and rethink some of our programs – in both delivery and practice. In accepting the largest intake to the IAS (over 300 athletes), we worked hard to provide effective support in all the right areas without neglecting the smaller items that make the place work.

The Your Local Club Academy Games are always a highlight – but it is the details and the personnel involved that make it work well. In every facet of an individual athlete's development, the squad coaches and managers are a key to their success. The highly competent administration staff of the IAS support these personnel and seek to make their job easy. The 2020-21 year enabled us to consolidate the direction set and re-establish new priorities. We expanded and introduced a strong Mental Health support mechanism across all programs. We utilised the opportunity that the Olympics and Paralympics provided via interviews with athletes and highlighting our present and past athletes that performed.

Whilst the COVID restrictions in the later part of the program limited the capacity to expand programs such as the MCR Indigenous Support Program and the Leadership program, we did provide alternative delivery options – highlighted by the exceptional online delivery of the 2020-21 Presentation Evening in September.

We have been heartened by the reaffirmation of support that we have received from each Council area and each sponsor in seeking to provide

the best opportunities available for the athletes. And I am personally heartened by the dedication of each staff member, supported by the Board, to providing their expertise in enabling the IAS to be one of the best community-based organisations in the Illawarra and one that athletes, sponsors, parents and councils alike want to be a part of. We are humbled by their support.

We will continue to invest in the development of coaches and managers, in expanding the support for the athletes, in diversifying and targeting the educational delivery and increasing the exposure of the IAS to the community through an effective strategic direction.

We hope that all those associated with the IAS for the 2020-21 year thoroughly enjoyed the ride, were proud of the efforts of all and were able to contribute in their own way to a successful year for the athletes. But we cannot wait to provide a bigger, better and hopefully uninterrupted 2021-22 year.

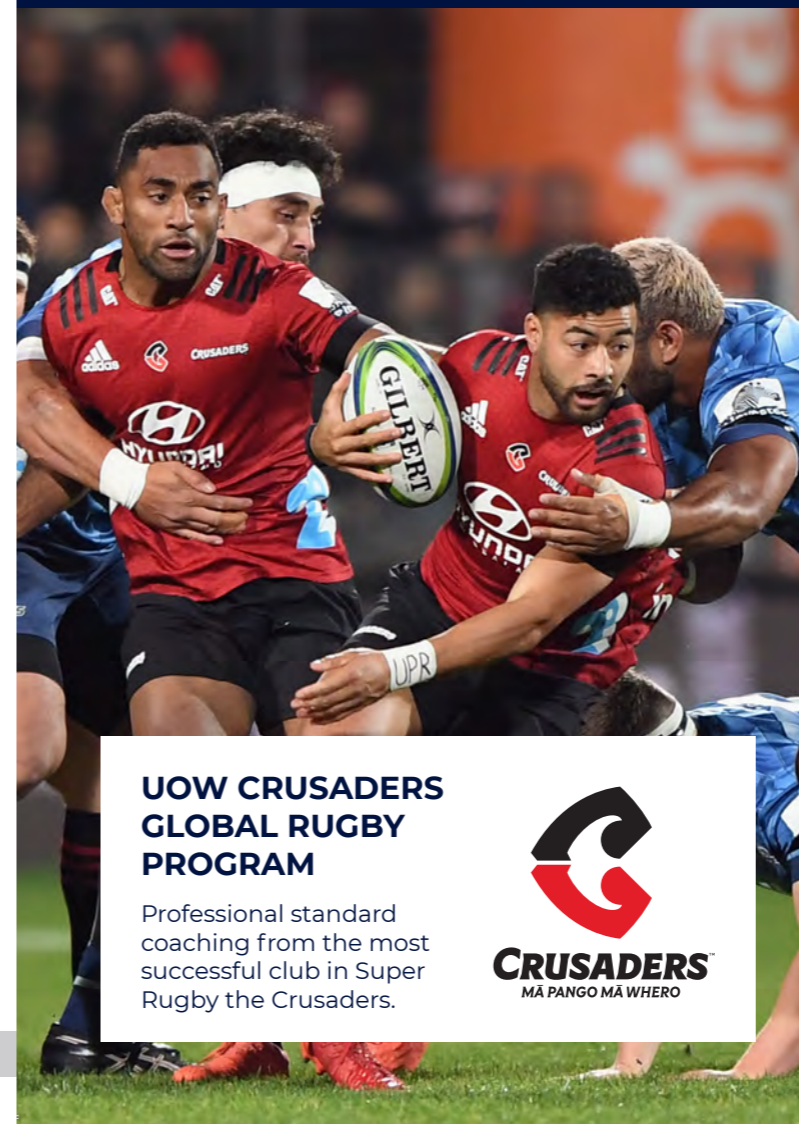
JOHN ARMSTRONG
CEO

Make it count on and off the field



UOW TOTTENHAM HOTSPUR GLOBAL FOOTBALL PROGRAM

Training provided by qualified coaches from English Premier League club Tottenham Hotspur.



UOW CRUSADERS GLOBAL RUGBY PROGRAM

Professional standard coaching from the most successful club in Super Rugby the Crusaders.



UOW has combined a world-class education with professional coaching from some of the best sports teams in the world.

Not only do we have partnerships with two elite sporting organisations to deliver their global sporting academies right here on campus with our Global Sports Programs, we support our many elite student athletes via our Elite Athlete Program.

UOW offers a range of sports related degrees to take your passion for sport to the next level.

Among the top 1% of Universities in the world¹, we're proud of our position. But we're most proud of our students—determined to reach their potential—determined to make it count.

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TO START IN 2022**

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UNIVERSITY
OF WOLLONGONG
AUSTRALIA

1. QS World University Rankings 2022

The University of Wollongong attempts to ensure the information contained in this publication is correct at the time of production (August 2021); however, sections may be amended without notice by the University in response to changing circumstances or for any other reason. Check with the University for any updated information. UNIVERSITY OF WOLLONGONG CRICOS: 00102E



OVERVIEW

2021



| www.mcraill.com.au



illawarra
academy of sport
"a pathway to excellence"

CORPORATE VISION FOR THE ILLAWARRA ACADEMY OF SPORT

VISION

To enable athletes of the Illawarra the maximum opportunity for holistic success and development through excellence in program delivery.

Success looks like ...

- An engaged and competent, functioning Board and staff.
- Long-term sustainability is evident.
- There is viability in future growth opportunities.
- The IAS is perceived as an integral part of the success of the Illawarra community.
- The IAS is perceived as a leading player in sports development and outcomes of the Illawarra sporting community.
- There is continual and regular exposure of the IAS in the community.
- Sponsors and sporting organisations look to the IAS for inclusion.
- Athletes, coaches and program staff have improved understanding, increased

competence and modified behaviour due to their engagement in effective programs.

- There are diversified delivery options in education and skills development, and training is provided to best meet the needs of the program / coaches / athletes.
- The IAS is seen as a leader in coach / athlete / program development from within the industry.

We will be measured by ...

- Allocation of sufficient resources to deliver the desired program outcomes through financial and operational efficiency.
- A positive perception of personnel by community and partners.
- The level of involvement of the Academy in the community.
- The level of inclusion in broader sporting outcomes in the Illawarra.
- The regular, appropriate and timely engagement in internal and external communications.
- The development and deployment of a

Communications Strategy.

- The way participants respond to the delivery of programs.
- A capacity to meet the holistic needs of the athletes / coaches / staff of the IAS.

HISTORY

The concept of the Illawarra Academy of Sport emanated from a community based investigation into sport and lifestyle opportunities in the Illawarra. A committee which comprised of representatives from government, education, business and community sport recommended the establishment of an Academy to expand sporting opportunities for talented athletes of the region.

With the University of Wollongong facilitating its progress, the committee's vision became a reality. Then the Illawarra Institute of Sport was launched in December 1985, becoming Australia's first Regional Academy of Sport. For funding reasons, the term Institute, was replaced with Academy prior to incorporation in 1988.

Since 1985, there have been 6470 scholarships offered to local athletes. The IAS will continue to build on the range of sports available to local athletes.

The regional academy format, pioneered in the Illawarra, has now been replicated across Australia and overseas. Nine independent regional academies are in operation across NSW with the national network of regional academies increasing.

The strength of the IAS has always been its strategic alliances and partnerships with Illawarra business, local government, sporting associations at regional and state level and the University of Wollongong.



"To provide emerging athletes of the Illawarra the maximum opportunity for success and development through excellence in athlete programs and associated support services."



BOARD OF DIRECTORS AND MEMBERS

Cr. John Wells, President

Representative of Mayor of Shoalhaven,
Cr. Amanda Findley



John Wells

Ms. Sharon Wingate, Vice President

Community member, Shellharbour representative



Sharon Wingate

Mr. Grahame Andrews, Director*

Representative of the Mayor of Wingecarribee,
Cr. Duncan Gair*



Grahame Andrews



Amy Duggan



Canio Fierravanti

Ms. Amy Duggan, Director

Community member, Wollongong representative

Mr. Canio Fierravanti, Director

Representative of the Vice Chancellor
of University of Wollongong

Ms. Megan Hutchison, Director

Community member, Kiama representative



Megan Hutchison



Paul Knight



Matt Ohara

Mr. Paul Knight, Director

"Special" Community member

Mr. Matt Ohara, Director

Community member, Wollongong representative

Mr. Brian Weir PSM, Director

Representative of Mayor of Shellharbour,
Cr. Marianne Saliba



Brian Weir



Ian Campbell



Scott Jones

Mr. Ian Campbell, Member

Community member, Wingecarribee representa-
tive

Mr. Scott Jones, Member

Community member, Wollongong representative

Mr. Alex Mackay, Member

Alumni representative



Alex Mackay



Jenny Towers



Mark Way

Ms. Jenny Towers, Member

Representative of the Lord Mayor
of Wollongong, Cr. Gordon Bradbery

Mr. Mark Way, Member

Representative of the Mayor of Kiama,
Mr. Mark Honey

* Suspended representation whilst Wingecarribee Shire Council under administration



ADMINISTRATIVE OPERATIONS

The Academy Administration Centre is based at the University of Wollongong. The location offers access to IAS training facilities for a range of sports, access to lecture and tutorial rooms, physiotherapy facilities and close links with key volunteer, sports groups and consultants.

In 2021, the Academy employed four full-time staff members, two part-time staff member and nine casual staff members in. Academy coaching staff are all contracted on a casual basis and as volunteers receive a small honorarium to cover their costs.

STAFFING LEVELS DURING 2021

Full Time			
Cheif Executive Officer	1		
Athlete, Coach and Program Manager	1		
Communications and Event Officer	1		
Head of Physical Performance	1		
		Part Time	
		Physical Performance Coach	1
		Finance Manager	1
		Casual	
		Strength & Conditioning Coach	10

ACADEMY POSITION IN SPORTS STRUCTURE



As a provider of talent development services, the Academy aims to position itself within the sports system at a level which will be of most benefit to athletes.

As an independent autonomous organisation, the Academy is in effect, working on behalf of the local and state sporting associations to develop talented athletes for the benefit of both the athletes and the sport.

The Academy operates within the sports system at several pre elite athlete levels. The programs are designed to complement the activities the athletes receive through their club and representative structure.

NSW GOVERNMENT OFFICE OF SPORT

As the largest single partner of the Academy, there are close operational links with the Office of Sport with regular interaction with the South Coast Region and at senior officer level.

LOCAL & STATE SPORTS ASSOCIATIONS

The IAS maintains links with a range of organisations to ensure that the local talented athletes receive the best possible support in their path to excellence.

Administrative and coaching links are maintained with local and State sporting associations in the scholarship sports that have programs in the Academy.

NSW INSTITUTE OF SPORT

IAS sports programs are structured to ensure the athletes have the greatest opportunity to feed into the NSW Institute of Sport programs (where appropriate).

REGIONAL ACADEMIES OF SPORT INC (RAS)

The Regional Academies of Sport (RAS) is a unique network that covers the regional areas of NSW and constitutes nine (9)

independent Regional Academies (including the IAS) and, in conjunction with two (2) Academies operated by the Office of Sport, forms the network.

The RAS network shares information on best-practice in athlete development and enables shared utilisation of resources, education and sports management knowledge and practices. Inter-Academy camps and competition occurs as does the culmination of competition for the Academies through the Your Local Club Academy Games (normally held in the April). The 2021 Regional Academy Games were held in the Hunter District. The role of the RAS network is

becoming increasingly relevant with many State Sporting Organisations forming agreements with RAS to enable consistency of outcome across the state.

ACADEMY CATCHMENT AREA

The IAS operates through the Illawarra's geographic region comprising the five local government areas of: Wollongong, Shellharbour, Kiama, Shoalhaven, and Wingecarribee. Covering an area of 8,485 square kilometres, extending from Helensburgh in the north, Ulladulla in the south and across to the Southern Highlands in the west, with a population of approximately 480,000.



WHAT DOES THE ACADEMY OFFER EACH ATHLETE?

The major focus of Academy activity is the delivery of sport coaching, physical development and education programs for its scholarship athletes to improve an individual athlete's sporting ability.

COMMON ATHLETE ELIGIBILITY CRITERIA

All athletes should;

- Reside within one of the five local government areas of the IAS.
- Be open to advancing their technical and personal development through coaching and associated support services.
- Demonstrate a specific level of achievement that meets the squad's entry level technical criteria (if appropriate).
- Be a registered participant of an association within the Illawarra region.

PROGRAM BENEFITS & SERVICES

- Access to high quality coaches from within their sport
- Regular identified training sessions that are designed to meet the specific needs of that sport (squads only)
- Targeted skills development progression based upon the FTEM model of athlete development
- Specific parental education in athlete development options and strength and conditioning basics
- Access to leading edge Sports Psychology education and support and reduced rates for one-on-one sports psychology support if required
- Access to mayoral receptions and sponsor relationship evenings
- Access to a broad range of education and personal development support topics including;
 - Sports Psychology
 - Drugs in Sport and anti-doping
 - Sports Nutrition
 - Sports Medicine
 - Strength and conditioning
 - Media skills and awareness
 - Social media, safety and bullying
 - Parent education
 - Mental Health
- Access to unique competition opportunities including "Your Local Club" Academy Games
- Sports specific, physical performance testing and musculo-skeletal assessments
- A comprehensive Strength and Conditioning service to all athletes (subject to age restrictions) that includes
 - Free access to council-based gym facilities in local areas

- 1 x local area supervised S&C session at local gym
- Access to 2 x centralised S&C supervised sessions
- Squad specific, age specific program design
- 3 x generic advancements in S&C programming across the Academy year as appropriate
- Specific squad-based training focusing on conditioning, speed, agility, mobility, etc.
- Capacity to access improved, individualised programming and supervision
- Open education session covering the importance and benefits of youth resistance training, long term athlete development and training guidelines for youth athletes

- Community development opportunities including (e.g. Red Shield Appeal; Healthy Cities)

COACH SERVICES

- All IAS head coaches receive specific, personalised and additional coach development opportunities and support services to enable them to be a better coach through the QUBE Ports Coach Development program.

- All assistant or support coaches will have access to the QUBE Ports Coach Development program, including access to the 6-week "Mindful Coaching" Development sessions and support opportunities.

PERSONAL DEVELOPMENT

A key objective of the Academy is to develop outstanding sports citizens, utilising education and awareness sessions based on public speaking, sport psychology, drugs in sport, media skills and sponsor servicing. In addition, athletes are exposed to community-driven and promotional opportunities to develop their personal understanding of the breath of sports development and community awareness.

During the scholarship, athletes attended a personal development day, designed to physically and emotionally challenge the athletes and provide leadership and team building activities.



A key objective of the Academy is to holistically develop young athletes through skill training, education curriculum and personal development, in turn developing outstanding sports citizens and future leaders in the local community.



ADVANCEMENTS IN 2021

The Academy's mission is to provide emerging athletes of the Illawarra the maximum opportunity for success and development through excellence in athlete programs and associated support services. During the 2020-21 period we continued to improve opportunities for athletes and coaches.

COACH DEVELOPMENT

One of the most effective ways to influence the direction of an athlete is through the coach and the IAS is committed to providing the best opportunities to the coaches to enable their development through the support of QUBE Ports.

The QUBE Ports Coach Development program enabled one of Australia's most respected Skills Acquisitionists, Derek Pan-chuk to visit the IAS to observe coaches and provide immediate feedback, followed up with a debrief and survey.

IAS Coaching staff completed the Mental Health Response Training Course with the Mental Health Movement, preparing participants with awareness, education, training and resources.

COMMUNICATIONS

In a regional academy first, the IAS streamed the annual Awards Night live on-line, drawing in over 4000 views. Host Tim

Robinson crossed to Olympians Ellen Perez and Kieran Woolley, and Paralympians Brett Stibners and Jasmine Greenwood. Valued IAS sponsors revealed the 2021 award winners, culminating to the announcement of the prestigious DRB Group Tobin Family Award. Huge thank you to Atmosphere Productions for producing the event.

The IAS was fortunate to be featured on national television in January 2021 when Channel 7's Sunrise weather broadcast live from the IAS at the University of Wollongong. Current and former IAS athletes were featured in seven live crosses.

The Academy's social media continued to grow in engagement and content variety. Our Instagram, Facebook, LinkedIn and Twitter followers grew by 44%, becoming the most followed Regional Academy.

STRENGTH AND CONDITIONING

In 2020-21 the IAS was able to offer individualised training on a user pay basis for athletes that required a higher level of service and more advanced programming. The IAS continued to provide strength and conditioning services for the UOW Tottenham Hotspur Global Football Program and local NSWIS athletes, including Olympian Sarah Carli and Paralympian Brett Stibners.

The increase of S&C services, also saw



an increase in staff. The IAS recruited an additional ten strength and conditioning casual staff and one part-time physical performance coach.

VOLLEYBALL

For the first time in our 36-year history, the Illawarra Academy of Sport was excited to welcome a Volleyball Program in a mid-year intake. The Volleyball program came to fruition as part of the Volleyball NSW partnership with the NSW Regional Academies of Sport, as an official part of the volleyball performance pathway.

38 budding athletes were selected but unfortunately were only able to participate in physical testing and one on-court session before the COVID lockdown put a pause on the program. During lockdown athletes continued to participate in virtual volleyball sessions on Zoom, at home strength and conditioning and education sessions.



TOTAL SCHOLARSHIPS OFFERED 1986-2021

AFL	
Female	138
ATHLETES WITH A DISABILITY	
Male	65
Female	43
BASKETBALL	
Male	198
Female	187
CRICKET	
Male	559
Female	95
CYCLING	
Male	204
Female	93
GOLF	
Male	239
Female	65
GYMNASTICS	
Female	26
HOCKEY	
Male	507
Female	528
INDIVIDUAL ATHLETES (IAP)	
Male	74
Female	75
LAWN BOWLS	
Male	104
Female	54
LONESTAR	
Male	172
Female	239
NETBALL	
Female	797
NETBALL UMPIRES	
Female	16

RUGBY LEAGUE	
Male	666
RUGBY 7S	
Male	30
Female	24
RUGBY UNION	
Male	522
Female	22
SAILING	
Male	81
Female	25
SOCCER	
Male	144
Female	1
SURFING	
Male	64
Female	19
SWIMMING	
Male	110
Female	93
TENNIS	
Male	0
Female	26
TENPIN BOWLING	
Male	2
Female	3
TOUCH	
Male	35
Female	3
TRIATHLON	
Male	46
Female	33
VOLLEYBALL	
Male	19
Female	23
TOTAL SCHOLARSHIPS OFFERED	
	6470

ILLAWARRA ACADEMY OF SPORT HONOUR ROLL

IAS Graduates representing at Olympics, Paralympics, World Championships or Commonwealth Games

SPORT	ATHLETE	ACHIEVEMENT	IAS
Athletics	SARAH CARLI	2020 Olympic Games	2010
Athletics	JYE EDWARDS	2020 Olympic Games	2011
Athletics	RYAN GREGSON	2012 & 2016 Olympic Games, 2014 Commonwealth Games	2008
Athletics	MADELINE HILLS (NEE HEINER)	2016 Olympic Games, 2014 Commonwealth Games	2004
AWD	JASMINE GREENWOOD	2020 Paralympic Silver Medalist	2017
AWD	SIOBHAN PATON	World Champion, 2000 Paralympic Gold Medalist	1998
AWD	MEGAN NEWELL	2011 Special Olympics Gold Medalist	2002
AWD	JESSICA SMITH	2004 Paralympic Games	2003
AWD	BRETT STIBNERS	2008 Paralympic Gold Medalist, 2008-2020 Paralympian	1996
Cricket	BRETT LEE	2003 Cricket World Cup	1990
Cricket	SHANE LEE	1999 Cricket World Cup	1989
Cricket	ADAM ZAMPA	2021 T20 World Champion	2007
Cycling	ROCHELLE GILMORE	World Champion, Commonwealth Games Medalist	1996
Cycling	BEN KERSTEN	2006 Commonwealth Games Gold Medalist	1995
Cycling	JOSH KERSTEN	1998 Commonwealth Games Bronze Medalist	1994
Cycling	JAMES WILLIAMSON	MTB 24 hour Solo World Championships Gold Medalist	2002
Cycling	CALEB EWAN	2014 Commonwealth Games	2010
Hockey	KIERAN GOVERS	World Champion, 2012 Olympic Bronze Medalist, 2014 Commonwealth Games Gold Medalist	2004
Hockey	BLAKE GOVERS	2016 & 2020 Olympic Games Silver Medalist	2012
Hockey	GRACE STEWART	2016 & 2020 Olympic Games	2014
Hockey	TRISTAN WHITE	2014 Commonwealth Games Gold Medalist	2006
Hockey	FLYNN OGILIVE	2020 Olympic Games Silver Medalist	2007
Hockey	KYLIE SMITH	2011 Indoor Hockey World Cup	1999
Kayaking	ZOE LYNAM (NEE UPHILL)	2008 Olympic Games	1999
Lawn Bowls	KAREN MURPHY	World Champion and Commonwealth Games Gold Medalist	1990

SPORT	ATHLETE	ACHIEVEMENT	YEAR
Lawn Bowls	LEIF SELBY	World Champion and 2010 Commonwealth Games Silver Medalist	1990
Lawn Bowls	BRET DUPREZ	World Champion, 1998 Commonwealth Games Gold Medalist	1990
Rowing	DAVID SMITH	2012 Olympic Games Gold Medalist	2001
Rugby League	JOSH MORRIS	2013 Rugby League World Cup Winner	2001
Rugby League	BRETT STEWART	2008 Rugby League World Cup	1999
Rugby League	KANE LINNETT	2013 Rugby League World Cup	2005
Rugby League	KEITH LULIA	2013 Rugby League World Cup	2002
Rugby League	CRAIG FITZGIBBON	2008 Rugby League World Cup	1994
Skateboarding	KIERAN WOOLLEY	2020 Olympic Games	2021
Soccer	LUKE WILKSHIRE	2010 World Cup and 2004 Olympic Games	1996
Surfing	MICHAEL LOWE	World Surfing Championships	1990
Surfing	SALLY FITZGIBBONS	World Surfing Championships, 2020 Olympic Games	2007
Surfing	KIM WOOLDRIDGE	World Surfing Championships	1988
Surfing	CHAD RYAN	World Surfing Championships	1990
Surfing	JAKE SPOONER	World Surfing Championships	1988
Surfing	TODD PRESTAGE	World Surfing Championships	1988
Swimming	DAVID MCKEON	2016 and 2012 Olympic Games, 2014 Commonwealth Games Gold Medalist	2010
Swimming	JARROD POORT	2016 and 2012 Olympic Games	2010
Swimming	EMMA MCKEON	2020 Olympic Games 4 x Gold & 3 x Bronze Medalist, 2016 Olympic Games Gold, 2 x Silver & Bronze Medalist, 2014 Commonwealth Games Gold Medalist	2010
Swimming	ROBERT HURLEY	2010 Commonwealth Games	2006
Swimming	JASON CRAM	World Champion and 2002 Commonwealth Games Gold Medalist	2000
Swimming	LORI MUNZ	1998 Commonwealth Games Gold Medalist	1997
Swimming	SARAH KASOULIS	2002 Commonwealth Games	1999
Tennis	ELLEN PEREZ	2020 Olympic Games	2010

IAS HONOUR ROLL

IAS Graduates Who Have Represented at International Level

SPORT	ATHLETE	ACHIEVEMENT	YEAR
AWD	SAM HARDAKER	Australian Disability Swim Team	2001
AWD	JACQUELINE CHARLESWORTH	Australian Women's Wheelchair Basketball Team	1999
Cricket	PHIL JAQUES	Australian Cricket Team	1993
Cricket	NIC MADDINSON	Australian Cricket Team	2007
Cycling	AMIEL CAVALIER	Australian MTB Team	2005
Cycling	JOSH WALL	Australian Cycling Team	2001
Golf	JORDAN ZUNIC	Winner of the New Zealand Open	2007
Hockey	STEPHEN MADGE	Australian Kookaburras	2000
Lawn Bowls	SARAH BODDINGTON	Australian Women's Team	2008
Netball	MARNI HANSELL	Australian Netball Team	1996
Netball	SARAH BARRETT	Australian Netball Team	1996
Rugby League	LUKE BAILEY	Australian Kangaroos	1995
Rugby League	DAMIEN COOK	Australian Kangaroos	2006
Rugby League	KEELEY DAVIS	Australian Jillaroos	2016
Rugby League	TYSON FRIZELL	Australian Kangaroos	2007
Rugby League	RIKEYA HORNE	Australian Jillaroos	2016
Rugby League	SHAUN TIMMINS	Australian Kangaroos	1993
Rugby League	JOHN SIMON	Australian Kangaroos	1990
Rugby League	BEN HORNBY	Australian Kangaroos	1995
Rugby Union	MARTIN SCHLIEBS	Australian Rugby 7's Team	1998
Rugby Union	PAUL ASQUITH	Australian Rugby 7's Team	2007
Rugby Union	TOM CONNOR	Australian Rugby 7's Team	2008
Rugby Union	ALEXANDER KANAAR	Australian Wallabies	1999
Rugby Union	DAN PALMER	Australian Wallabies	2004
Swimming	BEN DENNER	Australian Swimming Team	2000
Swimming	KAINE LOVE	Australian Swimming Team	2000



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PROGRAM REPORT 2021



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ATHLETE, COACH & PROGRAM

MANAGER'S REPORT 2021



The 2020/21 Scholarship year started off with excitement and a sense of freedom after the tumultuous time behind us of 2020. The IAS saw growth in its programs and scholarship numbers, with 324 athletes spread across 13 different programs and a remarkable 23 different sports. In 2020/21, the IAS offered Sports Scholarships across 13 programs: AFL Girls, Athletes with a Disability, Basketball, Cycling, Golf, Hockey, Lonestar, Netball, Rugby, Swimming, Triathlon, and the newly launched Volleyball program. This year also saw the exciting creation of the Indigenous Athletes Program ably managed by Michelle Wilson and supported by the generous sponsorship of MCR.

The scholarship year started in October with our induction weekend. This weekend offered an insight into each specific program, started the connection and communication amongst athletes and offered an opportunity for all

athletes to test their physical capabilities. Another significant event to start the year off was the SAAVY Leadership Day. This day allowed the athletes to showcase their problem-solving skills, communication and gave them an opportunity to shine as leaders. The final act of 2020 was to see the sun set on Dane Robinson's time at the IAS, and the beginning of mine; to which I was quickly made aware of the large shoes that were left by Dane.

Each of our programs were supported by on-field training sessions by some of the best coaching staff available in the Illawarra. We ran program camps for a range of different sports and utilised specifically skilled individuals to come into programs and run targeted skills sessions.

2021 saw the athletes presented with a range of Community Outreach Program opportunities for them to get involved in. This is a particularly important activity run by the IAS, supporting each athletes holistic development and increasing our footprint on the local community. The IAS continued to develop new relationships with a variety of local community organisations which saw IAS athletes and staff volunteer their time to support various fundraising events or projects.

In 2021, the education curriculum received an overhaul with webinars and workshops being run, including Sports Psychology, Sports Nutrition, Mental Health, Sports Medicine, Financial Fitness and Personal Development sessions for both athletes and coaches. With many more new and unique educational

opportunities planned for the 2021/22 scholarship year, it truly is an exciting time in this space.

A shining light for the IAS scholarship year was the Your Local Club Academy Games that saw nearly 180 IAS athletes and coaches take to the fields and the courts in April. All athletes were able to come away with an opportunity to put their training and learned skills to the test against some exceptional opponents from other Academies across the state. Our Triathletes proved to be our best on ground, coming away with two gold medals. Honourable mentions must go out to all athletes though, we definitely punch above our weight, competing with heart and determination, but also sportsmanship and character in the face of adversity; the later that I am probably most proud of.

From here, COVID raised its ugly head and put a hold on our on-field sessions, and events like the Indigenous Talent ID Day, the Indigenous camp and a range of educational workshops. However, our athletes managed to kick on without fault, with home training and a range of challenges created by Mitch and Emily.

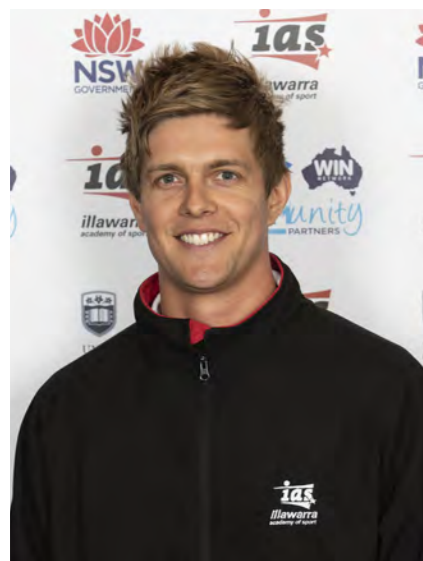
It has definitely been a roller-coaster of a ride for my first year in charge of the IAS Programs. A massive thanks to Mitch, Brad, Emily and of course John, who have supported me throughout the year. Here's to a great scholarship year and an even better one in 2021/22.

SCOTT HATCH
ATHLETE, COACH & PROGRAM
MANAGER



STRENGTH & CONDITIONING

REPORT 2021



Although 2020/21 presented challenges to session delivery, the IAS continued to provide a comprehensive strength and conditioning service which supported the long-term athletic development of all scholarship holders.

To ensure a strong foundation was established for both present and future physical development, each IAS athlete had access to three sport specific strength programs designed for varying levels of experience. Successful progression to each phase of programming was determined by movement competency tests and consistent attendance at gym sessions.

The attendance at weekly strength and conditioning sessions was extremely pleasing and continues to grow each year. Around 190, or 70% of IAS athletes either fully or partially progressed through all available strength training programs.

While our sport specific strength programs provide a strong foundation for physical development, they are generic in nature and are not designed to take into account individual characteristics such as injury history, testing results or personal goals. To address this, in 2020/21 we were able to offer an individualised training option for athletes that required a higher level of service and more advanced programming.

Unfortunately, gym access was once again restricted for a period of the scholarship season. In response, bodyweight-based strength programs

and conditioning drills were delivered remotely through a series of online videos.

Further strength and conditioning support was provided this year through the recruitment of Brad Genova as a part-time Performance Coach. Additionally, a further ten Performance Coaches were employed by the IAS to assist on a casual basis. The recruitment of these coaches strengthened the delivery of strength and conditioning sessions in regions outside the Wollongong area, ensuring all IAS athletes are provided with the same opportunities for supervised strength and conditioning sessions.

Additionally, the IAS continued its partnership with the NSW Institute of Sport (NSWIS) which primarily involved delivering strength and conditioning sessions for NSWIS athletes based in the Illawarra, including Olympian Sarah Carli and Paralympian Brett Stibners. This partnership helps strengthen pathway opportunities for our athletes and provides direct access to world class physical performance expertise.

We look forward to continuing to improve the provision of strength and conditioning to our athletes in 2021/22.

Thanks to the local councils for providing gym access to the athletes, and to Northy Gym and Ocean Fitness Shellharbour for providing facilities to conduct weekly supervised sessions.

MITCH NIELSEN
HEAD OF PHYSICAL PERFORMANCE



AFL GIRLS REPORT 2021

After COVID cruelled the AFL program the opportunity to compete in 2020, 2021 was approached with hope and excitement that the girls would get a chance to test themselves both personally and as a team at the Your Local Club Academy Games in 2021.

PROGRAM STAFF

Lee Murray	Head Coach
Sheree Mason	Manager
Cameron Bailey	Assistant Coach
Thomas Dore	Assistant Coach
Bentley Murphy	Assistant Coach
Mikayla Sheahan	Assistant Coach

A squad of 38 players was selected with the view to develop their own game, their team play and hopefully take away something to club football that would only increase the standard of the local competition. Over the past year these athletes have grown and developed markedly, with over one third of the squad was selected for the Sydney Swans Academy or NSW teams.

With the Your Local Club Academy Games in mind, the AFL training program was firstly aimed at developing overall skills (November-December), then teaching a game plan and how each position contributed to that plan (February – March). The football IQ was the goal as the aim was to increase awareness on the field with and without the ball.

It was encouraging signs for Head Coach Lee Murray as players really started to develop their skill set. He was buoyed by

the way everything was coming together for a tilt against the other Academies, which although not the be all and end all of the program, would definitely show how the squad was shaping up.

At the Your Local Club Academy Games in Newcastle, the IAS was able to field two teams (16s and 18s), and Lee Murray described it as one of the best team environments he have been a part of in his sporting career. The girls were a team, they were spirited on and off the field, encouraged each other and displayed fantastic sportsmanship. Our under 16s backed up for our low numbered u18s to ensure we always had the full complement of players with Ivy Halliwell and Jasmine Cook playing all 8 matches across the weekend.

Our u16s lost two matches for the weekend and finished 3rd, a fantastic effort, with some

great passages of play. Standouts in a great team effort included Ivy Halliwell, Ellecia Brooks, Sarah Eagleton, Jasmine Cook and Ellie Veerhuis.

Our u18s were 1 point away from the grandfinal and finished the tournament in 3rd position. They played exciting, attacking football the entire weekend and we could not have been prouder of their efforts. Standouts included Nellie Hicks, Grace Hughes and Rylee Jansen.

With AFL changing the direction and role of the Academy programs, this is the last year for the IAS AFL Girls Program. We have loved the journey and the vibrancy that the squad has provided over the past 4 years and wish the athletes all the best in their sport.

ATHLETE ACHIEVEMENTS

Sydney Swans NAB League U19s

- Nellie Hicks and Ruby Sargent-Wilson

Sydney Swans Academy Top-End U19s

- Amelia Anderson, Yasmin Anderson, Nellie Hicks, Ruby Sargent-Wilson

Sydney Swans Top-End U17s

- Ivy Halliwell, Dakota Mason, Claire Ridding

Sydney Swans Super 24 Series U16s

- Ivy Halliwell and Claire Ridding

Sydney Swans Super 24 Series U15s

- Amelia Martin and Ellie Veerhuis

NSW All Schools U15s Team

- Grace Crittenden

NSW CCC U15s

- Amelia Martin

NSW CHS U15s

- Grace Crittenden, Abby Eldridge, Ellecia Brooks



AWD REPORT 2021

The AWD program is a structured and elite program focusing on a high level of skill and performance development for Athletes with a Disability. The athletes within the program come from a range of sports and throughout the scholarship are supported in the strength and conditioning, skills development and proficiency in order to perform at a high level in their respective sports.

The program is structured around weekly strength, conditioning and skill development sessions which is coupled by the IAS educational programs in a supportive environment. The athletes within the AWD program present with a range of physical and intellectual disabilities and different experiences levels within their sports. The programs primary goal is to give para-athletes a supportive and leading opportunity to participate in high end sports / skill development and education.

2021 has been eventful, challenging, and successful year for the IAS AWD program with athletes having great success in their sports. Despite the ongoing challenges the AWD athletes have encountered during the 2021 season, all athletes remained motivated and consistent with their training and performance.

In 2021, we welcomed new athletes, Rosie Boyland and Charlize Colwell who have both settled in well to the squad for the 2021 season and worked extremely hard in the respective sports from the start.

The squad had our returning athletes Jarred and Tarren Dyer, Patrick Mitchell, Telaya Blacksmith and Chloe Williamson giving us a squad of seven athletes this year. Our athletes have been put through their paces with weekly strength and conditioning sessions and skill specific training directly related to their sports, allowing them to transfer these skills and aspects of strength and conditioning into their competitions.

PROGRAM STAFF

Kurt Freeme Head Coach

Georgia Flynn Assistant Coach

All athletes balance a huge training load with them all having multiple training sessions for their specific teams and coaches as well as their weekly AWD squad training sessions.

There has been a big focus on supporting all athletes with understanding the most effective ways to recover and rest during each week to ensure they remain at peak performance and eliminate the chance of injury. More recently with the COVID-19 restrictions athletes have still engaged and kept up their training via Zoom sessions and weekly training challenges.

The 2020/21 AWD program has had another successful year with all athletes working hard and consistently overcoming the obstacles.



ATHLETE ACHIEVEMENTS

Telaya Blacksmith: Australian Athletics Championships – 1st Long Jump (National Record), 1st 100m (National Record), 3rd 200m, Sydney Swans AFL Academy.

Rosie Boyland: NSW Athletics Championships – 1st Shot Put

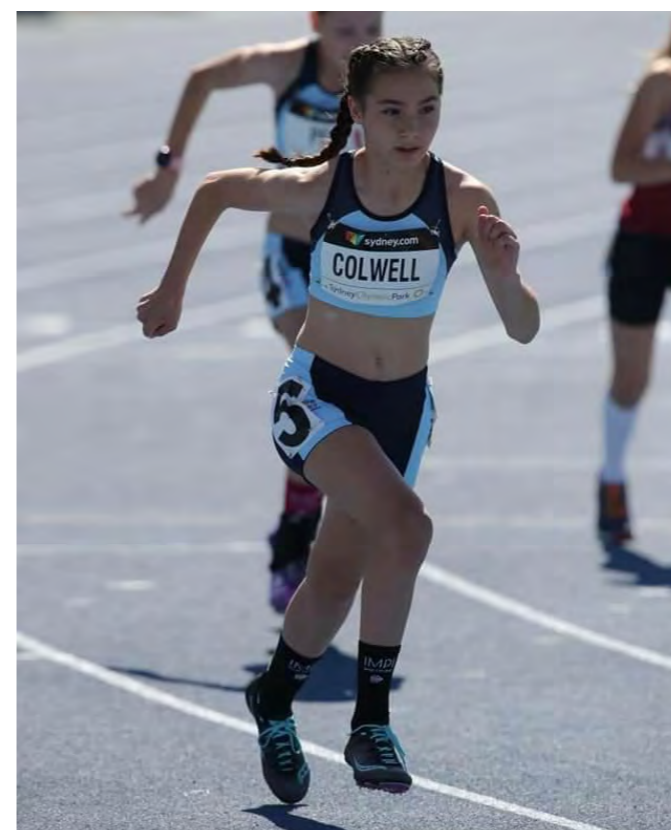
Charlize Colwell: Australian Athletics Championships – 1st 800m, 2nd 200m, 2nd 400m, 3rd 100m

Jarred Dyer: Australian Swimming Championships – 1st 50m Fly, NSW Para Potential Squad

Tarren Dyer: Australian Swimming Championships - finalist

Patrick Mitchell: NSW Athletics Championships – 2nd 1500m

Chloe Williamson: Swimming Regional Championships - finalist



BASKETBALL REPORT 2021

PROGRAM STAFF

- Tori Forrester** Head Coach
- Maddison Delaney** Coach
- Georgia Ohrdorf** Coach
- Glen Saville** Coach
- Kerrie Jamieson** Manager
- Jackson Paulic** Apprentice Coach

The 2020/21 IAS BluescopeWIN Basketball Program saw 39 athletes gain scholarships, forming 4 sides: U14 Boys, U14 Girls, U16 Boys and U16 Girls. In addition, the program was driven by a coaching staff of five. Training was weekly on the UOW courts but also included a range of academic and community events.

This year our focus was on overall skills development, concentrating on both individual and team skills by putting the athletes through different styles of drills and training methods. All of our athletes not only met the challenges put in front of them but excelled at them. As we had a huge number of athletes in our squad this year, it was good to see their development and enjoyment of the game shine through.

The Your Local Club Academy Games in Newcastle definitely proved to be a highlight for both athletes and coaches. Leading up to the Academy Games the athletes learnt new offences and a style of play that most of them had never seen before. Once again, our athletes stood to the challenges before them, with all players gelling together as a squad and showing tremendous character and leadership on the court. Some players of note included Braydan Daly, Alina Pasakarnis, and Cooper Delaney who led the way on the court. The outstanding achievements culminated in our sides coming away with 3 silver medals at the Games. Off the court, it was impressive to see how mature the athletes were at the Basketball venue and back

at the accommodation. Another highlight was the daily basketball wrap ups from Alec Forbes.

During the scholarship period we had several athletes attend Basketball NSW camps and tournaments with a few of our athletes named in the Basketball NSW squad for their respective ages. It was great to hear of our athletes firstly making these squads but then bringing back to the IAS some of the skills and positive attitudes that they had developed.

In review of the program, moving into the next scholarship year all coaches and players reported their interest to play more contested games and we look to play against other Academies. Another recommendation from the coaches is the inclusion of a coach mentor to support the new coaches within the program.

It was a tough year for everyone, but all of our BluescopeWIN Basketball athletes have developed new skills and a new style of play, and we look forward to following their future success.



CYCLING REPORT 2021

PROGRAM STAFF

Chloe Heffernan Coach

Lynne Vaughan Coach

Joel Walsh Coach

The 2021 Cycling Program saw a change in the coaching team this year as well as riders from mountain biking, track and road disciplines, and from all regions across the Illawarra including Ulladulla, Bowral, Bomaderry, Shellharbour, Gerringong, Berry, Culburra Beach and Wollongong with ages ranging from 13-18.

The Cycling Program had 3 coaches driving the cycling program: Chloe Heffernan, Joel Walsh and Lynne Vaughan. Each coach brought a wealth of knowledge and experiences in a range of different cycling disciplines.

The squad committed to meeting every Monday night for track sessions held on



the Unanderra Velodrome, for 90-120 mins and typically focused on skill development, variety and above all fun!

Track cycling sessions are often used to target very specific areas of training. However, with a mix of track experience within the 2020/21 IAS scholarship group, it was also important to work on skills and communication to ensure rider safety. In addition, other forms of training included cognitive decision making under physiological load, race tactics and tactical debriefing, including:

- Skill/cognition session – athletes would pair up in groups of two. One athlete would be riding rollers and complete a set of repeated, short duration (~20 seconds) intervals. Following completion of the interval set, the other rider would ask the athlete a combination of mathematical or general interest questions (i.e., what is $2x5+8$? or who was the winner of the 2020 Tour de France?). The aim of this session was to challenge the athlete's ability to separate cognitive decision making from the fatigue associated with having just completed an interval set and therefore, be better able to fulfil race tactics.

- Race tactics session – here the benefits of the skills/cognition sessions would be put into practise. Athletes were separated into groups, usually between 3-5 riders per group. Each athlete would then be assigned a number which corresponded to a race tactic. Riders only knew their race tactic and not that of the other riders. The group would then perform a 4-5 lap scratch race where they would have to calculate, based on the real-time race situation, when they would complete their race tactic. Races would continue and with riders being assigned different numbers.

Over the course of the 2020/21 IAS scholarship season the improvement of



the athletes has been fantastic to see and hope that each athlete has enjoyed each session and has been able to learn from the sessions and improve as riders. The squad this year were very supportive of each other and worked safely and well together at IAS specific training and in their own training.

During the 2021 Track, Road and Mountain Bike seasons, IAS Cycling Program athletes competed in major Track, Road and Mountain Bike Cycling events including: Australian Junior Mountain Bike Championships, National Junior Track Series, NSW Track and Road Championships, Australian Junior Track and Road Championships, Australian Elite/U19 Track and Road Championships.

ATHLETE ACHIEVEMENTS

EMILY STRUMFIN

- NSW Track State Team
- Bronze in U19 Team Pursuit at Track Nationals
- Gold in NSW U19 Team Time Trial

JONAH HAMER

- 1st U17 Road Race Hunter Junior Tour
- 5th U17 Individual Pursuit NSW Track Championships
- NSW Track and Road State Team Selection

TOM I'ONS

- Bronze in U13 Road Race Championships

LUKE SKELLY

- Silver U19 Australian MTB XCC Championship
- 7th U19 Australian MTB XCO Championship

- 9th U19 King of the Mountains Australian Road Championship

AMELIA TRKULJA

- 4th U19 Women Australian Criterium Championship
- Bronze U19 Women NSW Individual Pursuit Championship
- Bronze U19 NSW Criterium

CURTIS TRKULJA

- Silver U17 NSW Individual Pursuit Championship
- 3rd Goulburn Junior Tour
- NSW State Track Team Selection



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GOLF REPORT 2021

2020/21 was another tough season that ended with tough restrictions. The Golf Program focused on the holistic development of the athlete through skill development, athletic movement, performance, education curriculum, as well as competition strategy development.

The program was made up of 8 very talented athletes that had the opportunity to develop their game with access to extra coaching, basic swing fundamentals, education sessions, Zoom meetings during COVID, use of Flight Scope, sport specific training, learning how to practice with purpose and to give the coaches an opportunity to spot potential for a rise into the Jack Newton Junior Golf Development squad at the end of the season.

The IAS was well represented once again with three athletes making it onto the JNJD Development Squad - Andrew Brown, Ethan Harvey, and Sienna Clarke.

The sport specific training sessions involved coaching staff taking the athletes through a full range of skill and drills to improve their game and add value for the athletes. The skill components included course management,



short game, long irons, short irons, shot shaping, trajectory control, fitness, swing analysis using technology. Theory sessions were conducted mostly at home via Zoom communication to allow the athletes to better utilize their time to the best of their ability rather than spending

their time on the road to attend the sessions.

The squad regularly trained on Monday afternoons from 4:30pm – 6:30pm. These sessions involved both skill development training, educational sessions and maintained an emphasis on practical involvement based upon the principles gained through the theory sessions. A big thank you to all facilities who allowed us to conduct sessions - The Grange, Wollongong, and Kiama.

The 2021 Your Local Club Academy Games was a competition of four seasons, with the Illawarra Academy of Sport represented by Bella-Rose Pond and Thomas Eagleton. Saturday had tough, rainy conditions leading to delays and only 14 rounds able to be played. Sunday saw more favourable



conditions. Bella-Rose Pond finished 2nd in the Girls NETT.

The North Vs South Cup was held at Mt Broughton and Moss Vale from 29-30 May 2021. The IAS were represented by Sienna Clarke and Broc Callaghan, the team was narrowly defeated by the North Team, but a great experience was had by both athletes.

The Golf Squad enjoyed a trip to Bathurst where they were successful in winning the Academy Challenge for the second consecutive time. There were several great results at this event and a big thank you to Richard and Justin who travelled with the squad offering advice and assistance whenever requested from the Athletes.

The Golf Program had amazing achievements throughout the year with athletes competing all over the country.



PROGRAM STAFF

- Luke Grinham** Head Coach
- Justin Clarke** Assistant Coach
- Aaron Keevers** Assistant Coach
- Tahnja Ravnjak** Assistant Coach
- Richard Harvey** Manager



HOCKEY REPORT 2021

PROGRAM STAFF

Alex Mackay
Head Coach

Zac Nyrhinen
Assistant Coach

The focus for the 2020/21 Illawarra Academy of Sport Hockey program was to improve the basic skills of the athletes, learn more advanced skills and develop the mental aptitude of the athletes involved. The core skills that were continually developed over the summer months to improve their consistency and develop healthy patterns in preparation for the 2021 hockey season. These skills include active receiving, hitting, pushing, slapping, tacking and various types of goal shooting. To also develop the athletes in the more advanced skills time was taken to develop specialist skills, including overheads, tomahawks and 3D skills. The expert coaching of Zac at this time was

well utilised while guest coaches such as Daine Richards added an extra level of understanding to the athletes.

Within all of these sessions athletes were asked to develop their problem-solving skills and decision making in game based scenarios and various questioning techniques that the coaches had discussed with Derek Panchuk through the IAS Coach Development program assisted by QUBE Ports. Throughout the program initiative games and creative industries activities were used to develop universal skills related to all sports. The aim of this was to improve the problem solving, decision making, communication, teamwork and metacognitive strategies relevant in team sports.

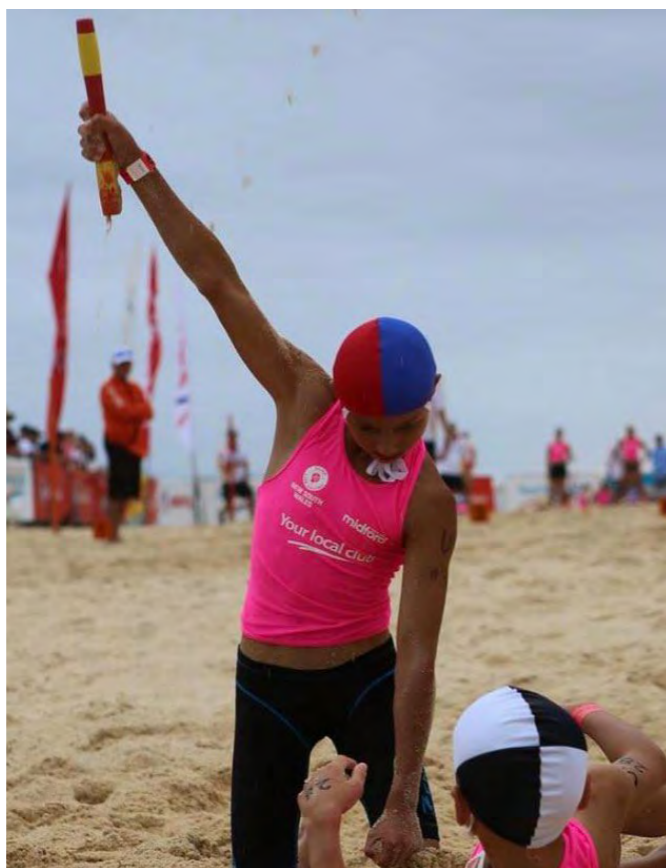
Athletes had the opportunity to improve their strength and conditioning with sport specific programs through the IAS which was utilised by most athletes within their various Local Government Area. Although these were impacted in some part by COVID most athletes displayed their

dedication to improve by finding ways to best improve themselves. By utilising the education programs offered athletes have been able to continue to develop the holistically and improve in various facets of what it means to be an athlete.

The Your Local Club Academy Games was held in the Central Coast with the IAS sending a team in both the men's and women's competitions. Over the 3 days of competition the boys team managed 3 goals for and 6 against. All of their matches tight encounters with many of the goals against coming late in the match. Player's player was given to Oliver Hawker. A thank you must also go to the three SWSAS athletes who joined the side for the tournament. In the girl's side, they had 2 goals for and 5 goals against. Some sterling defence and free flowing attack was on display, however, not being able to convert on chances created led to some tight matches. Player's player went to Mia Vorster.

The 2020-21 Illawarra Academy of Sport Hockey program has been a success. On the hockey field all athletes have taken strides forward as they set their sights for AAP and state teams into the future. In this progression athletes have made their respective NSW School's teams such as NSW Combined Independent Schools. At a more local level many athletes have made their 1st grade debut in both the men's and women's competitions which is a wonderful achievement considering the age and standard being set within the competition. A result of sixth place for both programs at the Academy Games shows the determination and skillset shown by the athletes and their willingness to learn is commended.





LONESTAR REPORT 2021

In 2020/21, the BluescopeWIN Lonestar squad was made up of 36 athletes from 16 different sports. These athletes proved to be some of our greatest athletes in individual achievements. Given the large array of different sports within the Lonestar program, skills-based sessions are not available to these athletes. However, they have access to all other support the IAS offers their athletes and many of these athletes were among our frequent volunteers for community events, regularly participated in education sessions and offered their support to countless IAS promotional opportunities.

The goal of the BluescopeWIN Lonestar program is to support the developmental needs of the region's young talented athletes by providing high level support services to the athletes to achieve their sporting goals. In the 2020/21 scholarship year we had multiple athletes reach State, National and International levels. A major highlight was Kieran Woolley who became world famous with his performances at the Tokyo Olympics and created our own little piece of IAS history becoming the first ever IAS athlete to go to an Olympic Games while still being on scholarship.

A big congratulations and thanks go out to all of the athletes individual coaches for all the time, effort and skill development that you put in, to achieve the exceptional results that all of our Lonestar athletes achieve.

ATHLETE ACHIEVEMENTS

Mischa Boniface (Surf Lifesaving)

- NSW State Opens Championships: Silver medal – Flags
- Australian Championships: finalist

Tayissa Buchanan (Athletics)

- Athletic National Junior Championships: 4th in 800m + 1500m
- NSW All Schools: 1st 800m + 1500m
- Athletics NSW State Juniors: 1st 800m + 1500m

Keira Buckpitt (Surfing)

- NSW Championships: 3rd NSW U16's
- NSW Team Elite Surfing program
- Australian Open of Surfing - Far South Coast 2nd place

Chelsea Jones (Swimming + Surf Lifesaving)

- 2020 NSW Open Super Surf team member
- 2021 Aussies: 2 bronze medals
- 2021 NSW Surf Championships: 3 gold medals, 2 silver medals
- 2020 NSW Swimming Champs: 4 gold medals, 3 silver medals
- 2021 National Swimming Champs: 2 gold medals, 1 silver medal

Ivy Miller (Surf Lifesaving + Swimming)

- Aussies Surf Lifesaving Championships: Finalist
- South Coast Surf Life Saving Branch U14 Athlete of the Year
- National Age Swimming Championships: 6th 200m Butterfly, 8th 400m Individual Medley

Elias Oldfield (Athletics + AFL)

- NSWCCC AFL U15 team
- Sydney Swans Academy Super 24 team
- National Athletics Championships: 400m finalist

Mia Parker (Water Polo)

- NSW U15's Water Polo Squad
- U18's Cronulla Sharks MVP

Stephen Pearson (Baseball)

- NSWCS All Schools Baseball Team

Jacob Roulstone (Moto GP)

- Moto GP Junior World Championships
- 2021 Estoril: 1st - first Australian to ever win in this championship
- 2021 Valencia: 6th
- 2021 Aragon: Lap record, 1st in the session

Miller Siasat (Surf Lifesaving + Athletics)

- NSW Surf Lifesaving State Titles: Gold -

- Beach Flags, Silver - Beach Sprint
- South Coast Surf Life Saving Branch U12 Athlete of the Year

Alexandria Smith (Volleyball + Beach Volleyball)

- NSW U17 Phoenix Beach Volleyball Squad
- NSW All Schools Open Secondary Volleyball Tri Series: 1st
- NSW U19 Volleyball Phoenix Team

Mireille Smith (Volleyball + Beach Volleyball)

- 1st U15's Australian Youth Beach Volleyball Championships
- NSW JBVT Manly: 4 gold, silver, bronze

Mali Towers (Volleyball + Beach Volleyball)

- Australian Youth Beach Volleyball Championships U17's: 4th
- NSW Junior Beach Volleyball Championships U17's: 1st
- Sydney Volleyball League U18's: 1st

Felicity Turner (Skateboarding)

- Australian Street Skateboarding U16 Champion 2021

Daniel Woolley (Skateboarding)

- Australian Street Skateboarding U13 Champion 2021

Kieran Woolley (Skateboarding)

- Tokyo 2020 Olympic Games finalist: 5th
- ASF Australian Park Champion 2021
- ASL Australian Street Champion 2021
- ASF Australian Park Champion 2020



NETBALL REPORT 2021

PROGRAM STAFF

Ashlee Scofield

Head Coach

Fiona Ryan

Assistant Coach

Alex McNeil

Assistant Coach

Matt Scofield

Assistant Coach

Shaye Wilkinson

Assistant Coach

Karen Clark

Manager

The Netball squad consists of 14-16 year old athletes, with the program's main aim being to develop a holistic athlete who is confident in implementing the skills they have gained during their time within the program and use these to continue on their own player pathway. The program is also there to prepare athletes for the upcoming Netball NSW State and/or Emerging Talent Team selections.

After a difficult 2020, it seemed as though 2021 was shaping up to be a much more positive year, and for the most part it was. The Netball squad began the season with face-to-face training sessions the norm once again and were lucky enough to attend Netball NSW's Academy Camp in March where they were exposed to some of

NSW's coaching greats and players from both the Swifts and Giants.

The squad was fortunate to be able to attend the Your Local Academy Games in 2021, travelling to Maitland in April to match their skills against the best of the state's up and coming talent. The focus of the netball competition differs from others within the Academy Games format, as it concentrates on player and umpire development in an elite sporting environment, as opposed to competition ladders.

The coaching staff were impressed both on and off the court over the weekend, particularly with the camaraderie amongst the whole squad. It was fantastic to witness the great chemistry and bond within the squad. They



were always supporting and cheering each other on. It was special to watch the younger squad members grow in confidence and show improvement through the weekend.

The second half of our 2021 program was again plagued by lockdown issues, with physical squad training suspended. However, the squad embraced online Zoom sessions run by our coaching staff – keeping up with their home fitness sessions and keeping mentally fit with some fun squad Zoom sessions. With the Academy Challenge in Orange being cancelled due to COVID, the NSW Regional Academies competed in the Netball NSW X NETFIT Academy Challenge. The challenge involved weekly zooms featuring netball style HIIT Zoom sessions and inspire talks with some greats of the game.

During the 2021 season, the athletes undertook a full strength and conditioning program overseen by Mitch Nielsen and his team and were also provided with skill programs that they could complete at home when in lockdown. Face-to-face training focused

on getting the foundation skills re-established as well as touching on some match play scenarios and structures while promoting athlete led feedback and improvement.

One of the focuses during the 2021 program was to work with each athlete on their strengths, their own individually accountability and the role each of them played in a team environment. The sessions were designed to challenge the athletes to continue to step out of their comfort zones in a safe and encouraging environment.

Athletes also attended various online education sessions facilitated by IAS which covered topics such as mental toughness and social media use. Many athletes commented on the benefits they received from these additional programs, both physically and mentally.

We would like to congratulate each athlete who remained committed to attending sessions and the improvement they have shown through another disjointed program year. A special mention to our Captains for

the 2021 year: Gabby Eaton, Danielle Avtarovski and Emilia Krstevski these three athletes have not only shown great leadership skills on court but also led by example off court.

ATHLETE ACHIEVEMENTS

With some events unfortunately postponed during the 2021 netball season, it was again a hard year for individual athletes to be recognised, however some were still able to make moves in their netball careers, namely:

Gabby Eaton

- NSW Netball U17s Final selection stage
- South Coast Blaze Premier League U23s team member – Debut match MVP
- Academy Games MVP

Emilia Krstevski

- Phase II Netball NSW Netball U17s Trials
- South Coast Regional State Cup team
- South Coast Blaze U23s training partner

Hayley Manning

- Academy Games MVP

Larissa Clarke

- South Coast Blaze U23s training partner



NETBALL UMPIRES REPORT 2021

The main focus as always of the Netball Umpiring program is to provide up to date pathways for both umpires and coaches from across our regional areas that they may not necessarily have exposure to at their home associations.

The Program exposes umpires to Netball NSW for further development including umpiring at higher levels of competition including the Netball NSW Academy camp weekend at Netball Central which incorporates both practical and theory based education listening to quest speakers about their journey through the pathways.

PROGRAM STAFF

Jodie Correia Head Coach

The Netball Umpires program is committed to delivering the continual development of a holistic athlete by providing elite training in Netball umpiring specific skills development, education and development around strength and conditioning as well as sports education.

This year the Netball Umpires program consisted of 6 umpires and 1 coach with an assistant coach leading up to the Your Local Club Academy Games.

The umpires were of different skill set which presents its own challenges for the coach to be able to bring all umpires to the same skill set in a short period of time with new athletes and returning athletes.

In April we were fortunate enough to participate in Your Local Club Academy Games at Maitland. The three selected

umpires continually challenged themselves over the event receiving coaching from elite coaches within NSW what an outstanding reward to all. Each of the three representatives obtained a new umpire badge at Academy Games. Well done;

- Heidi Walton - National B badge
- Molly Farquar - National C badge
- Poppy Calder - National C badge

With another year of unpredictability of games going ahead, the netball umpire athletes have again shown how dedicated they have been to the program. The umpires have shown resilience and commitment to continue to work during each game they had to officiate and continue programs at home while in lockdown.



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RUGBY UNION REPORT 2021

The IAS Rugby Union Program was designed to support the developmental needs of the region's young talented rugby players by providing industry leading high-performance sport developmental programs. The program is targeted for the off season, leading into representative programs. The main goals of the program is to increase the core rugby skills of the athletes so they could progress to Illawarra, NSW Country and ultimately NSW Gen Blue representation. The aim is to provide a targeted physical performance program, and offer increased education around sport psychology, nutrition, media skills and other life skills for their athletic development.

Each session was often broken into half, with one half undertaking strength and conditioning and the other half skill based technical work. This would then be followed by activities to maintain and improve core skills such as tackle contest, tackle technique, passing and body shape.

The 2020/21 Rugby Union squad was made up of 36 athletes both male and female. The squad began training in October and had their last run in March. During this time the athletes trained weekly under the guidance of four coaches, as well as regular strength and conditioning sessions. They also had sprint training sessions, focusing on how small changes result in big improvements.

In early 2021, the athletes were given the opportunity to attend an overnight camp in

PROGRAM STAFF

Tony Leeder-Smith
Head Coach

Ian Westwood
Assistant Coach

Grace Wright
Assistant Coach

Tommy Sawden
Assistant Coach

Penelope Fletcher
Manager

Canberra. This was a fantastic experience, appreciated by the majority of athletes, and an outstanding highlight of this past year. The athletes trained with current Brumbies forwards coach, Laurie Fisher, before utilising a recovery pool. The squad attended the opening round of the Super Rugby season, gaining more insight into where their passion and drive for the game can take them.

Thank you to the coaching staff for their continued hard work and ability to bring new, exciting drills each week. Finally, thank you to the athletes and parents for all your hard work throughout the program, always looking to excel and improve rugby in the Illawarra.



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SWIMMING REPORT 2021

The IAS Swimming Program operates with a different structure to most IAS squads. The swimming athletes train in the pool under the tutelage of their own swim coaches at private pools or local swimming associations. All swimming athletes were given access to the IAS S&C sessions, educational workshops webinars, as well as the variety of opportunities to volunteer in IAS community initiatives.

The swim program had specific goals and entry requirements, these included;

- Selection Criteria: Eligibility was through athlete's attaining a qualification time to compete at the Australian Age Championships (normally held in April)
- The programs goal was to advance athletes to the top 10 at the 2020 National Championships • Education and development of the 48 state performance squads and state teams / squads.
- Increase the level of success of those athletes at competition and events.
- Increase athlete exposure to sports science, personal development and education.
- Provide coach development opportunities for the athlete's swimming coaches in the squad.



In the scholarship year 2020/21, the swim squad included eleven athletes across both pool and open water disciplines.

In March, athletes and their coaches were invited to participate in a Swim Analysis camp run by Biomechanist David Pease. Swimming and Lifesaving athletes from across our AWD and Lonestar programs were also invited to attend. The camp was heralded a great success, as all athletes and many coaches had key takeaways to work on leading up to the National Championships.

Overall, with a great bunch of athletes and dedicated coaches, the Swimming athletes were a brilliant group to work with despite the cancellation of some events and the COVID interruption.

ATHLETE ACHIEVEMENTS

Riley Anthes

- NSW Country Champs: 3rd 100m Back

Bailey Crehan

- Australian Age Championships: Finalist 100m Breaststroke, 200m Breaststroke and 200m IM.
- NSW Combined High School Championships: 1st 100m Breaststroke
- NSW Senior State Age: 2nd 200m Breaststroke, 3rd 200m IM, 3rd 100m Breaststroke, 3rd 400m IM
- NSW Country Champs: 1st 400m IM, 2nd 200m IM, 2nd 200m Free Relay, 2nd 200m Breast, 2nd 200m Breast, 3rd 200m Medley Relay

Talika Irvine

- NSW Senior State Age: 1st 400m IM, 4th 200m Back
- NSW Country Champs: 1st 200m Back, 1st 200m IM, 2nd 200m Breast, 2nd 400m Free, 2nd 100m Back
- Australian Age Championships: 3rd 400m IM, 4th 200m IM.

Regan Smith

- Australian Open Water Championships: 4th 5km swim



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TRIATHLON REPORT 2021

The IAS Triathlon Program has a goal of preparing the squad to be highly skilled, draft legal Triathletes. The athletes acquitted themselves brilliantly throughout the season and it was fantastic to see their ability and confidence grow. The squad has triathletes of varying ability - entry level, talent ID athletes, and seasoned racers.

This year athletes competed in the inaugural NSW draft legal triathlon series. The focus at the beginning of the season was to have the whole squad endorsed as draft legal. It was a steep learning curve

PROGRAM STAFF

BENJAMIN BELL HEAD COACH

SCOTT ASHCROFT COACH

MATTHEW BURGE MANAGER

for the squad as only 3 of them were previously draft legal. Our emphasis on skill development and draft legal race skills, allowed the athletes to perform brilliantly throughout the season.

The IAS program is part of Triathlon NSW Junior Pathways. It is designed to provide the athletes with the skills to compete in the Junior National series which was unfortunately cancelled due to Covid. The IAS is also a stepping stone for athletes to progress to the NSW Emerging Talent Squad.

Fourteen athletes from the IAS squad were also selected to compete at the Australian Junior Invitational Triathlon at Hervey Bay in September. Unfortunately, COVID has caused the cancellation of this race, along with NSW All Schools and National All Schools Triathlons.



We would like to take this opportunity to thank our graduating athletes Zara Jobson and Kye Robison. Thank you for your leadership and the guidance that you have provided to the younger athletes. We wish you continued success for the future.

Thank you to the athletes for their dedication and commitment to the program. The Tri Squad has taken some big steps this year and we look forward to the coming season with great anticipation.



ACHIEVEMENTS

All athletes were successful in obtaining their draft legal accreditation allowing them to participate in the State Series and Academy Games.

We also focused on improving athlete transitions – especially in Mixed Team Relays. The Mixed team relay is included in the Olympics.

The Youth Mixed Relay Team had some outstanding results throughout the season:

- 3rd NSW State Championship - Montana Doubell, Skye Bell, Callum Burge, Harry Fraser
- 3rd Academy Games which also doubled as the National Championship - Montana Doubell, Alexis Bell, Callum Burge, Harry Fraser

Many of these athletes still have another year or two in the youth category. As these athletes progress through the program, the junior team will continue to build.

Our young and relatively inexperienced squad achieved outstanding results, including:

- Montana Doubell - 3rd National Youth Championship, 3rd Stromlo, 3rd Macquarie Fields NSW State Series
- Mitch Blackburn - 1st Junior Males Academy Games, 1st Huskisson Triathlon, 1st Wollongong Triathlon
- Alexis Bell, Skye Bell and Callum Burge also gained top 10 placings in the NSW State Series.





INDIGENOUS SPORTS **PROGRAM**

The **MCR** Indigenous Sports Program (**ISP**) provides increased and specific sporting opportunities.

The program will provide talented Indigenous athletes from within the **IAS** programs an increased level of support to enable their sporting progress.



ATHLETE OF THE YEAR AWARDS

2021



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CHELSEA JONES (LONESTAR - SWIMMING/SURF LIFESAVING)

2021 DRB GROUP TOBIN FAMILY AWARD

Following in Emma McKeon's footsteps, swimming and surf lifesaving sensation Chelsea Jones became the twentieth winner of the DRB Group Tobin Family Award, presented to the Illawarra Academy of Sport's Athlete of the Year.

Chelsea Jones has achieved remarkable results over the past 12 months in swimming and surf lifesaving, winning five National medals across both sports in 2021.

In surf lifesaving, Jones was a member of the NSW Open Super Surf Team. At the NSW Surf Championships, she won three gold and two silver medals, and then went on to gain two bronze medals at the Australian Surf Lifesaving Championships on the Sunshine Coast in April 2021.

The 16-year-old had a phenomenal year in swimming at all levels, leading to her selection in the Swimming NSW

Performance squad.

Jones put on a classy display at the Australian Age Swimming Championships, where she secured silver in a blistering 50m freestyle and narrowly missed out on a medal in the 100m freestyle to finish fourth. Jones and her Wests Illawarra relay team became National champions when they won gold in both the 4x50m and 4x100m freestyle relays, breaking NSW and QLD all-comer records.

At a state level, Jones won four gold medals at NSW All Schools, breaking the NSW record in the 50m and 100m freestyle events. At the NSW Country Championships she persisted to write her name in the record books when she claimed the NSW Country record in the 400m freestyle and won three gold and four silver medals. She continued her form and won four gold and three silver medals at the NSW Championships, and broke the 4x50m freestyle record with her Wests Illawarra relay team.

Being a talented athlete in a range of sports, Jones has been in the Illawarra Academy of Sport since 2018 as part of the BluescopeWIN Lonestar and Netball programs. She is not only the ultimate competitor but also a humble, selfless sportsperson and community member, regularly giving up her time to help others. She is a volunteer lifesaver and junior coach at the Bulli Surf Life Saving Club, and a volunteer timekeeper at West Illawarra Aquatic Swim Club.

"Chelsea has been a fantastic ambassador for the Academy over the past few years, and espouses all the values of the IAS," John Armstrong, IAS CEO said.

"This talented athlete has a big future ahead of her and we look forward to watching her progress, emulating the Tobin Award winners and swimmers from the IAS that have gone before her."

Congratulations Chelsea!

PAST TOBIN AWARD WINNERS

YEAR	NAME	PROGRAM	DISCIPLINE
2002	Rebecca Borgo	Cycling	Cycling
2003	Anita Cowley	IAP	Kayaking
2004	Keiran Govers	Hockey	Hockey
2005	Amiel Cavalier	IAP	Mountain Bike
2006	Sally Fitzgibbons	IAP	Surfing
2007	Sally Fitzgibbons	IAP	Surfing
2008	Ryan Gregson	IAP	Athletics
2009	Jackson Law	Cycling	Cycling
2010	Emma McKeon	Swimming	Swimming
2011	Sarah Carli	IAP	Athletics
2012	Blake Govers	Govers	Hockey
2013	Cameron Scott	Cycling	Cycling
2014	Mitchell Wright	Cycling	Cycling
2015	Courtney Buchanan	LoneStar	Fencing
2016	Chloe Heffernan	Cycling	Cycling
2017	Abby Holmes	Rugby 7's	Rugby 7's
2018	Kieran Woolley	LoneStar	Skateboarding
2019	Asha Phillips	Basketball	Basketball
2020	Ryan Britten	Cycling	Track & Road
2021	Chelsea Jones	LoneStar	Swimming/Surf Lifesaving

In 2002 the IAS created an annual perpetual award which recognises excellence in junior sport in the Illawarra. The award, presented to the Illawarra Academy of Sport's Athlete of the Year, was named "The Tobin Family Award" in recognition of that family's contribution to sports in the Illawarra for more than sixty-five years. The Tobin Family Award is now supported by the DRB Group.

The DRB Group Tobin Family Award is given to the Academy athlete who, during their scholarship, displays an exceptional level of sports performance, a commendable attitude to competition, persistent dedication to learning and strong community focus.

2021 is the 20th year the Tobin Family Award has been presented, past winners include Tokyo Olympians, Emma McKeon, Blake Govers, Sally Fitzgibbons, Sarah Carli, and Kieran Woolley.

The recipient of the DRB Group Tobin Family Award receives a trophy and a \$5000 scholarship to assist in their continued development within their chosen sport. Thanks to DRB Group for their support of the award.

TELAYA BLACKSMITH - BRETT STIBNERS AWARD

2021 AWD ATHLETE OF THE YEAR

The 2021 AWD Athlete of the Year, Telaya Blacksmith is a talented athlete, excelling in both athletics and AFL.

Telaya broke three Australian T20 records at the Australian Track & Field Championships. She put on fantastic performances in the U15 Girls Para National events, to win gold in long jump, silver in the 200m, and bronze in the 100m. She also won gold in all three events at the Little Athletics State Championships and the NSW Junior Athletics Championships.

The talented 13-year-old was a member of the Sydney Swans AFL Academy. She represented the NSW Combined High Schools Under 15s at the NSW All Schools Aussie Rules Championships.

"Telaya is one to watch for the future, being a huge talent in both athletics and AFL," said AWD Head Coach, Kurt Freeme.

Congratulations Telaya!



IVY HALLIWELL

2021 AFL GIRLS ATHLETE OF THE YEAR

Ivy Halliwell has established herself as a player to watch in the future after an impressive past year. Ivy was a standout performer for the IAS at the 2021 Your Local Club Academy Games, playing for both the U17s and U19s teams in all eight games during the weekend.

Ivy was selected into the Sydney Swans Under 17s Top End AFL team as a bottom age athlete, where she impressed in matches against the GWS Giants. Ivy was selected into the U16 Girls Sydney Swans Super 24 Talent series team, although the event did not go ahead due to the COVID restrictions.

The future Sydney Swans AFLW star, also competed for the undefeated Illawarra Storm representative team and now has her sights set of playing in the AFLW in the future.

"I want to follow the lead of other AFLW players, trailblazing their way through competitions and challenge myself to be a proud Illawarra representative in the AFLW playing for the Swans," Halliwell said.

Congratulations Ivy, wishing you all the best in your goal of getting to the AFLW.



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*This photo was taken prior to COVID-19 lockdown restrictions.



BRAYDAN DALY

2021 BLUESCOPEWIN BASKETBALL ATHLETE OF THE YEAR

Braydan Daly's leadership, commitment, sportsmanship and talent made him stand out to both his coaches and peers over the past 12 months. Standing up as a natural leader on and off the court at the Your Local Club Academy Games, Braydan played an integral part in the U14 Boys silver medal.

With his Shoalhaven Tigers Under

14s team, he won the 2021 Southern Junior League Division 1 title and was named tournament Most Valuable Player.

Braydan continually impressed Head Coach, Tori Forrester, "Braydan continually comes to training with a smile on his face and ready to work. His work ethic and competitive nature have been a highlight of his development."

Braydan commits to all aspects of improving himself on and off the basketball court, through his enthusiasm for strength and conditioning, education and all opportunities given to him.

Congratulations Braydan, we look forward to watching you continue to develop in the IAS Basketball program and beyond.



CURTIS TRKULJA - BEN MIKIC MEMORIAL AWARD

2021 CYCLING ATHLETE OF THE YEAR

Curtis Trkulja performed well on both the track and road over the last 12 months, despite COVID-19 restrictions cancelling many events.

Curtis claimed the silver medal in the NSW Individual Pursuit Championships and came third in NSW at the NSW Omnium Championships.

Curtis was selected onto the NSW Track State team due to compete at track

Nationals before COVID put a halt to the event.

On the road, Curtis came 1st in NSW in the Goulburn Junior Road Tour Overall General Classification after finishing 1st in the Prologue, 2nd in the Individual Time Trial and 3rd in the Day 2 Road Race. He came 2nd in the Individual Time Trial, 4th in the Road Race and 3rd in the General Classification at the Port Macquarie Junior Tour. In the Junior Tour

of Sydney, Curtis placed 3rd in NSW in the General Classification after a 2nd in the Prologue and 4th in the Road Race.

As a senior member of the IAS Cycling Squad, he is an excellent role model and ambassador to the sport.

Well done Curtis on a fantastic year!



ETHAN HARVEY - VIC BURROWS AWARD

2021 GOLF ATHLETE OF THE YEAR

Ethan Harvey has been awarded his fourth IAS Golfer of the Year Award, after an exceptional year at not only junior level but also in the open class.

Ethan won his maiden Jack Newton Junior Golf Junior Masters title, when he took out the 2021 Wagga Wagga Junior Masters event making birdie in the playoff. He won his second Junior Masters title in the North Coast Junior Masters scoring record (4 under) and the largest winning margin in JNMG history of 16 shots.

The 18-year-old was member of the JNMG State Development Squad. He finished 12th at the Australian Junior Amateur Championships.

Ethan was the Wollongong Golf Club Men's and Junior Club Champion.

Head Coach, Luke Grinham has been impressed by Ethan's development over the past 12 months, "Ethan has an extremely high level of commitment, and his preparation has been the biggest improvement over the past 12 months. He has matured into an extraordinary young man and a leader for the IAS Golf program leading by example in everything he does on and off the course."

Well done Ethan, wishing you all the best towards your golf career.



CHARLI CORBIN

2021 HOCKEY ATHLETE OF THE YEAR

Charli Corbin has been in the IAS hockey program for over three years and has developed into a leader on and off the pitch.

She was selected as IAS Hockey Captain for the past two years and is continually showing her commitment, leadership and enthusiasm.

In 2021, Charli was the youngest athlete selected into the NSW Open Women's Country team. Unfortunately, Nationals was cancelled due to the COVID outbreak.

Charli won silver medals at both the 2021 Open Women's and U18 Field Hockey State Championships.

"Charli has been eager to improve herself in all areas of the sport and actively seeks opportunities to improve and develop," Alex Mackay, Hockey Head Coach said.

Congratulations Charli, the 2021 Hockey Athlete of the Year!



KIERAN WOOLLEY

2021 BLUESCOPEWIN LONESTAR ATHLETE OF THE YEAR

Kieran Woolley, has taken out his fourth BluescopeWIN Lonestar Athlete of the Year accolade after previously winning the award in 2017, 2018 and 2019.

Kieran was back-to-back Australian Park Skateboarding Champion in 2020 and 2021. He also won the 2021 Australia Street Skateboarding title.

Kieran was selected to represent Australia at the Tokyo Olympics in the inaugural park skateboarding event.

He also made history for the IAS, becoming the first athlete to compete at an Olympic Games while still on scholarship.

Whilst at the Olympics Kieran captured the hearts of the nation when he qualified in second position for the park skateboarding final. Laying out some impressive tricks, Kieran went on to finish fifth in the final.

He has been recognised as the most improved skateboarder in the world over the past 18 months.

In addition to his skateboarding, Kieran also works with the Black Dog Institute and Australian Institute of Sport presenting mental fitness presentations to school students.

"It has been a great way to positively use my social influence to empower youth to improve their lives," Woolley said.

Congratulations Kieran on an incredible 2021 and all the best for your career, we look forward to watching with pride!



GABBY EATON

2021 NETBALL ATHLETE OF THE YEAR

Gabby Eaton has had an outstanding 12 months, progressing rapidly through the ranks.

Gabby was a standout performer at the 2021 Your Local Club Academy Games and was named as IAS Division 1 MVP.

"Gabby was selected as a 2021 squad captain and really excelled in her leadership amongst the newer and younger athletes. She was someone who led by example on and off the court," IAS Head Coach Ashlee Scofield said.

Despite only being 15, Gabby was a member of the South Coast Blaze Under 23s and was named as MVP in her Premier League debut. Gabby was announced as South Coast Blaze Rookie of the Year after a phenomenal first season in the elite competition.

Gabby made the final phase of the 2021 NSW Under 17s team selections as a bottom age athlete.

Not only is Eaton a talented netballer, but is also a skilled AFL player and was member of the IAS AFL Girls 2020/21 squad.

"Being my last year in the IAS, the award was bittersweet, it was nice to see the hard work pay off over the last few years," Gabby Eaton said on reflection of winning the award.

Congratulations Gabby on a breakthrough season, good luck for your future netball endeavours!



HEIDI WALTON

2021 NETBALL UMPIRES ATHLETE OF THE YEAR

Heidi Walton has made major improvements this year, developing into a mature umpire and leader.

Heidi was awarded her National B badge at Your Local Club Academy Games.

She was selected in the Illawarra District Netball Association SUP program for 2021. Heidi regularly umpired local Premier League games and at representative carnivals.

"Heidi has shown such a mature attitude toward her peers and her coaches taking the lead on numerous occasions at events with athletes she has never met before," Head Coach, Jodie Correia said.

Congratulations Heidi on a fantastic year!



VERONICA AGVALE

2021 RUGBY UNION ATHLETE OF THE YEAR

Veronica Agavale's past twelve months have seen her compete at the top level for an athlete her age.

Veronica was selected in the NSW Country Under 14s Rugby Union team, after a standout performance at the 2021 Country Championships representing the Illawarriors.

The talented 13-year-old excels in both Rugby Union and Rugby 7s, and is on track of achieving her goal of playing in the Super W for Rugby Union or representing Australia in Rugby 7s.

She was selected in the NSW Combined High Schools Rugby 7s team and is in the Westfield Sports High Rugby 7s program.

All the best for your future in rugby Veronica. Well done!



TALIKA IRVINE

2021 SWIMMING ATHLETE OF THE YEAR



Talika Irvine has made tremendous improvements in the pool over the past year, leading to her selection into the Swimming NSW Sharks Squad.

Talika made the finals in three events at the Australian Age Swimming Championships, claiming bronze in the 400m Individual Medley.

"My goal this year was to make the top 10 in Australia," Talika Irvine said.

"I was thrilled to do it on the first night at Nationals and go one better by medalling."

The 15-year-old won the 400m IM at the NSW Senior State Age Championships. At the NSW Country Championships she won gold in the 200m Backstroke and 200m IM, and claimed silver in the 400m Freestyle, 100m Backstroke and 100m Breaststroke.

"People like Emma McKeon inspire and motivate me to continue on my journey in swimming. The next goal of mine is to qualify for the Commonwealth Games trials next year," Irvine said.

We look forward to watching the talented athlete continue to progress through the swimming ranks.

Congratulations Talika!

MONTANA DOUBELL

2021 TRIATHLON ATHLETE OF THE YEAR

Montana Doubell is a talented all-round athlete, excelling in a variety of sports including AFL, Surf Life Saving, Cross Country and now Triathlon. She has had a rapid rise in triathlon following her first season in the sport.

Montana placed fourth overall in the NSW Billigence Youth Series, after claiming individual bronze medals at the Canberra and Macquarie Fields events and a team bronze in Orange.

In early 2021, Montana won the Wollongong Super Sprint event.

Montana placed third at the National Championships in the youth division, and with another year still in the division she is looking to continue improving in 2022.

The National Championships took place on the Central Coast during the Your Local Club Academy Games weekend, where Montana also won the Academy Games Gold Medal in the youth female race.

She has impressed teammates, competitors and coaches with her

extreme dedication, humble personality, and fierce competitiveness.

"First year in the sport and she has taken it all in," Head Coach, Ben Bell said. "She has gone from a complete rookie to third in Australia in twelve months. You can't do that with talent alone."

Congratulations Montana on a fantastic breakout season in triathlon. Wishing you all the best for the future!



CLASS OF 2021

AFL GIRLS

Amelia Anderson, Yasmin Anderson, Tara Bancroft, Ellecia Brooks, Jaime Brown, Madison Carr, Taylah Clarke, Jasmine Cook, Grace Crittenden, Sarah Eagleton, Gabby Eaton, Abby Eldridge, Ivy Halliwell, Hannah Hegarty, Nellie Hicks, Emma Lowe, Brielle Luccitti, Indra Marshall, Amelia Martin, Dakota Mason, Isabella Mconville, Nikki Murray, Nayana Patmore, Claire Ridding, Georgia Ridding, Lauren Rooke, Ruby Sargent-Wilson, Courtney Smith, Taylah Stephen, Victoria Summerill, Riley Sutherland, Jade Timbrell, Ellie Veerhuis, Erin Willetts, Claire Wilson, Sofia Wilson

AWD

Telaya Blacksmith, Rosie Boyland, Charlize Colwell, Jarred Dyer, Tarren Dyer, Patrick Mitchell, Chloe Williamson

BASKETBALL

Igor Basrak, Tyson Biermann, Solomon Black, Miller Bonham, Ruben Borg, Kiara Bradley, Sam Brannon, Riley Broadhead, Amy Campbell, Lukas Chiaverini, Sienna Curtis, Braydan Daly, Cooper Delaney, Charli Dignam, Kristian Downie, Milo Fallows, Alec Forbes, Riley Giles, Chelsea Groves, Indiana Hayburn, Nate Hosking, Robbie Lavalle, Remy Martin, Emerson McCrea, Alina Pasakarnis, Catalina Perez, Billy Piggott, Milla Pilon, Lillian Ragan, Disaya Rose, Denali Rowley, Toby Royston, Joshua Spark, Ellie Stokes, Isaac Turton, Slobodan Vukobrat, Maisie Webb, Jessica Weston

CYCLING

Nathanael Burns, Zane Fisher, Ryan Fleming, Jonah Hamer, Jack Harris, Charlotte l'Ons, Tom l'Ons, Harrison Johnston, Flynn Langdon, Joshua Ludman, Coby Muir, Hugh Sessini, Luke Skelly, Emily Strumfin, Amelia Trkulja, Curtis Trkulja, Hugh Vaughan, Liam Wallis

GOLF

Andrew Brown, Broc Callaghan, Sienna Clarke, Thomas Eagleton, Ethan Harvey, Calella Lewis, Bella-Rose Pond, Lara Thomsen

HOCKEY

Jessica Avnell, Abby Bailey, Kuan Brown, Brendan Clinch, Bridget Connors, Charli Corbin, Elizabeth Davies, Max Ferri, Imogen Fowles, Robert Frew, Paris Hales, Damon Harper, Oliver Hawker, Kiarah Inskip, Alexandra Jones, Darcey Kast, Amity Mayo, Ryah Minns, Georgia Mitchell, Ben Morrison, Hayley Murray, Perri North, Isabelle Robertson, Jayden Sandison, Benjamin Thomas, Mia Vorster, Zara Wright

LONESTAR

Riley Anthes, Malia Barrele, Parri Barrele, Joshua Benefiel, Mischa Boniface, Adax Brienens, Kaia Brienens, Tayissa Buchanan, Keira Buckpitt, Celeste Carolan, Samuel Christian, Grace Crittenden, Kirra Dale, Kate Drinkwalter, Oliver Driscoll, Lois Fleming, Ben Giason, Helena Halios-Lewis, Chelsea Jones, Jordyn Martin, Zali Miklas, Ivy Miller, Elias Oldfield, Mia Parker, Stephen Pearson, Lili Rosandic, Jacob Roulstone, Tahlia Sharrock, Miller Siasat, Alexandria Smith, Mireille Smith, Mali Towers, Jake Treyvaud, Felicity Turner, Erin Willetts, Daniel Woolley, Kieran Woolley

NETBALL

Daniella Avtarovski, Lauren Bancroft, Chelsea Blanch, Genevieve Bosker, Ella Brooks, Larissa Clarke, Rhianna Clarke, Hailey Deacon, Savannah Detheridge, Taryn Drewe, Gabby Eaton, Julia Edwards, Imogen Harrison, Madison Jones, Emilia Krstevski, Sienna Lay, Emily Manning, Hayley Manning, Brooke Mayor, Ruby McCallum, Lilly Merrick, Kiana Rieck, Liana Taufua'ao, Sari Thompson, Chloe Vickery, Isabella Wood, Rhian Yeo, Sienna Yeo

NETBALL UMPIRES

Madelyn Black, Poppy Calder, Hannah Deacon, Molly Farquhar, Sophie Jones, Heidi Walton

RUGBY UNION

Veronica Agavale, Jacob Benn, Cade Chapman, Jacob Colwell, Brody Cox, Olivia Davis, Ben Dolan, Isaac Elliott, Jackson Farland, Khye Forrester, Chase Grant, Sarah

Heaton, Noah Joseph-luck, Finn Kiefer, Jacob Kolitagane, Ashton Mason-benn, Jayden Mazoudier, Cruz McGuinness, Kade McQuiggin, Oliver Miles, Molly Mills, Dusty Moffitt, George Newell, Conor Norton, Maria Paseka, Heith Pritchard, Samuel Scott, Liam Searle, Kelera Sigabalavu, Seth To'o, Cailyn Willis, Kai Wilson, Digby Woods

SWIMMING

Nicholas Bamford, Kaylah Brennan, Lukas Burri, Bailey Caple, Bailey Crehan, Talika Irvine, Matthew Leembruggen, Teagan Myers, Madison Newman, Regan Smith

TRIATHLON

Alexis Bell, Skye Bell, Mitchell Blackburn, Callum Burge, Dane Burge, Jazlyn Cleary, Karla Cox, Montana Doubell, Ella Fennell, Harry Fraser, Zara Jobson, Nicholas Laurenson, William Mason, Zac Peters, Kye Robinson, Kelera Sigabalavu, Matthew Smith

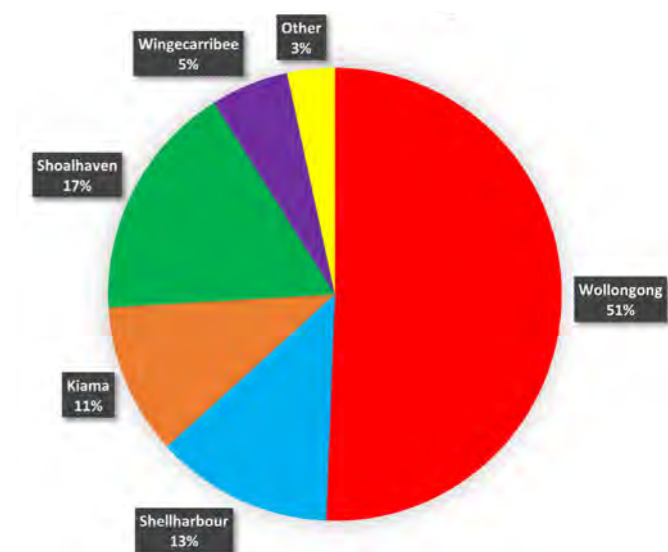


SCHOLARSHIPS BY SPORT & REGION

SPORT	REGION						TOTAL
	WOLLONGONG	SHELLHARBOUR	KIAMA	SHOALHAVEN	WINGECARRIBEE	OUT OF AREA	
AFL	16	13	3	8	1		41
AWD	3	4	0	0	0		7
Basketball	28	3	2	4	3		40
Cycling	7	1	3	4	4	1	20
Golf	4	0	2	2	0		8
Hockey	16	5	5	0	4		30
LoneStar	16	1	9	12	0		38
Netball	14	6	3	4	3		30
Netball Umpires	3	2	0	1	0		6
Rugby Union	19	0	5	1	0	9	34
Swimming	6	2	2	2	0		11
Triathlon	9	4	1	2	1		17
Volleyball	23	0	0	15	2	2	42
	163	41	35	55	18	12	324

SPORT	GENDER		TOTAL
	MALE	FEMALE	
AFL Girls	0	41	41
Athlete with a Disability	3	4	7
Basketball	22	18	40
Cycling	16	4	20
Golf	12	3	8
Hockey	12	18	30
Lonestar	14	24	38
Netball	0	30	30
Netball Umpires	0	6	6
Rugby Union	28	6	34
Swimming	7	4	11
Triathlon	9	8	17
Volleyball	19	23	42
TOTAL	115	161	324

Athletes by Council Region



Your local club is a proud supporter of IAS & RASi

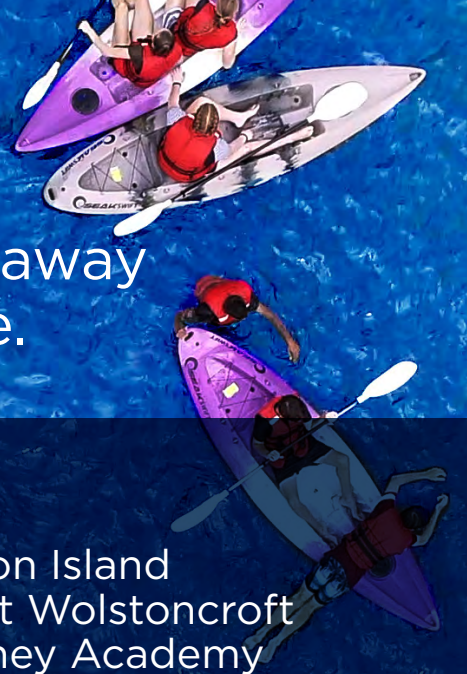


Grassroots
sport
Made local
Your local club



OFFICE OF SPORT

Book your next training camp, community event or family getaway at a Sport and Recreation Centre.



CENTRE LOCATIONS

Berry
Borambola
Broken Bay

Jindabyne
Lake Ainsworth
Lake Keepit

Milson Island
Point Wolstoncroft
Sydney Academy

YOUR LOCAL OFFICE – **WOLLONGONG**



BUILDING ACTIVE COMMUNITIES
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13 13 02



FINANCIALS

2021



illawarra
academy of sport
"a pathway to excellence"

ILLAWARRA ACADEMY OF SPORTS INCORPORATED
ABN: 31 659 625 641

Annual Financial Report For The Year Ended
30 June 2021

ILLAWARRA ACADEMY OF SPORTS INCORPORATED ABN: 31 659 625 641
COMMITTEE'S REPORT

Your committee members submit the financial report of the Illawarra Academy of Sports Inc. for the financial year ended 30 June 2021.

Principal Activities

The principal activities of the association during the course of the financial year were to provide localised training and education opportunities for talented young athletes, coaches and administrators across the Illawarra region. There have been no significant changes in the nature of these activities during the financial year.

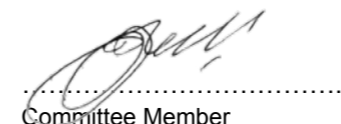
Operating Result

The profit after providing for income tax amounted to \$157,356.86.

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



.....
Committee Member



.....
Committee Member

ILLAWARRA ACADEMY OF SPORTS INCORPORATED
NOTES TO AND FORMING PART OF THE FINANCIAL REPORT
FOR THE YEAR ENDED 30 JUNE 2021

NOTE 1. STATEMENT OF SIGNIFICANT ACCOUNTING POLICIES

This financial report is a special purpose financial report prepared for use by the Committee. The committee have determined that the organisation is not a reporting entity.

(a) Basis of Preparation

The report has been prepared in accordance with the requirements of the following Australian Accounting Standards:

AASB 101: Presentation of Financial Statements
AASB 108: Accounting Policies, Changes in Accounting Estimates and Errors
AASB 110: Events after the Reporting Period

No other Australian Accounting Standards or mandatory professional reporting requirements have been applied.

The report is prepared on an accruals basis and is based on historical costs and does not take into account changing money values or, except where specifically stated, current valuations of non-current assets.

The following specific accounting policies, which are consistent with the previous period unless otherwise stated, have been adopted in the preparation of this report:

(b) Revenue and Revenue Recognition

Revenue is recognised when the amount of the revenue can be measured reliably, it is probable that economic benefits associated with the transaction will flow to the entity and specific criteria relating to the type of revenue as noted below, has been satisfied. Revenue is measured at the fair value of the consideration received or receivable and is presented net of returns, discounts and rebates.

All revenue is stated net of the amount of goods and services tax (GST)

(c) Taxation

The operations of the company are exempt from income tax under section 50-5 and 50-45 of the Income Tax Assessment Act (1997).

(d) Receivables and Accounts Payable

Trade accounts receivable are generally settled within 90 days are carried at amounts due. The collectability of debts is assessed at balance date and specific provision is made for any doubtful accounts.

Liabilities are recognised for amounts to be paid in the future for goods or services received, whether or not billed to the company. Trade accounts payable are generally settled in 30 days.

(e) Plant and equipment

Items of plant and equipment are initially recorded at cost and depreciated as outlined below. Items of plant and equipment are depreciated using the straight-line or diminishing value method over their estimated useful lives.

The depreciation rates used for each class of assets are as follows:

Plant & Equipments	14 - 50%
Furniture & Fixtures	7.5%
Motor Vehicles	25%

ILLAWARRA ACADEMY OF SPORTS INCORPORATED

NOTES TO AND FORMING PART OF THE FINANCIAL REPORT
FOR THE YEAR ENDED 30 JUNE 2021

(f) Provisions

Employee entitlements

The provision for employee entitlements to wages, salaries and annual leave represent the amount that the company has a present obligation to pay resulting from employees services provided up to the balance date. The provisions have been calculated at undiscounted amounts based on current wage and salary rates.

The company contributes to several defined benefit and defined contribution superannuation plans. Contributions are charged against income as they are made. The company is under no legal obligation to make up any shortfall in the funds assets to meet payments due to employees.

(g) Goods and Services Tax

Revenue, expenses and assets are recognised net of the amount of good and services tax (GST), except where the amount of GST incurred is not recoverable from the Australian Taxation Office (ATO). In these circumstances the GST is recognised as part of the cost of acquisition of the asset or as part of an item of expense.

Payables and receivables are stated with the amount of GST included.

The net amount of GST recoverable from, or payable to, the ATO is included as a current asset or liability in the balance sheet.

These notes should be read in conjunction with the attached audit report.

ILLAWARRA ACADEMY OF SPORT INCORPORATED**INDEPENDENT AUDIT REPORT TO THE MEMBERS OF ILLAWARRA ACADEMY OF SPORT INCORPORATED****Opinion**

We have audited the financial report of Illawarra Academy of Sport Inc., which comprises the Balance Sheet as at 30 June 2021, the Profit and Loss Statement and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the accompanying financial report of Illawarra Academy of Sport Inc. presents fairly, in all material respects, the Balance Sheet as at 30 June 2021 and the Profit and Loss Statement for the year then ended in accordance with the *Associations Incorporation Act 2009 (the Act)* and the Regulations.

Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Report section of our report. We are independent of the Entity in accordance with the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 Code of Ethics for Professional Accountants (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Emphasis of Matter - Basis of Accounting

We draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared to assist Illawarra Academy of Sport Inc. to meet the requirements of the *Associations Incorporation Act 2009 (the Act)* and the Regulations. As a result, the financial report may not be suitable for another purpose. Our opinion is not modified in respect of this matter.

Responsibilities of Management and Those Charged with Governance for the Financial Report

Management is responsible for the preparation and fair presentation of the financial report in accordance with the financial reporting requirements of the applicable legislation and for such internal control as management determines is necessary to enable the preparation and fair presentation of a financial report that is free from material misstatement, whether due to fraud or error.

In preparing the financial report, management is responsible for assessing the Entity's ability to continue as a going concern, disclosing, as applicable, matters relating to going concern and using the going concern basis of accounting unless management either intends to liquidate the Entity or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Entity's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with the Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of this financial report.

As part of an audit in accordance with the Australian Auditing Standards, we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Association's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the committee.
- Conclude on the appropriateness of the committee's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the association to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.

We communicate with the committee regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.



Angela Wang
Registered Company Auditor Number: 486917
Chartered Accountants

O'DONNELL HENNESSY & TAYLOR.

1/41 Market Street
WOLLONGONG NSW 2500
Date:

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ILLAWARRA ACADEMY OF SPORT INC

P.O.Box U39
University of Wollongong
NSW 2500

ABN: 31 659 625 641

Email: accounts@ias.org.au

Balance Sheet [Last Year Analysis]

June 2021

	This Year	Last Year	\$ Difference	% Difference
Assets				
CURRENT ASSETS				
ICU Business Account	\$56,296.47	\$22,715.63	\$33,580.84	147.8%
ICU IQ Saver	\$425,121.21	\$278,708.11	\$146,413.10	52.5%
ICU Debit Card	\$3,438.74	\$1,755.35	\$1,683.39	95.9%
Trade Debtors	\$5,879.30	\$4,400.00	\$1,479.30	33.6%
Prepaid expenses	\$0.00	\$4,941.56	-\$4,941.56	(100.0)%
Total CURRENT ASSETS	\$490,735.72	\$312,520.65	\$178,215.07	57.0%
FIXED ASSETS				
Equipment	\$40,617.98	\$36,696.38	\$3,921.60	10.7%
Accum Depreciation - Equipment	-\$33,260.00	-\$31,190.00	-\$2,070.00	(6.6)%
Furniture & Fittings	\$2,870.00	\$2,870.00	\$0.00	0.0%
Accum Depreciation - Furniture	-\$4,733.00	-\$4,401.00	-\$332.00	(7.5)%
Vehicle	\$25,450.00	\$25,450.00	\$0.00	0.0%
Accum Depreciation - Vehicle	-\$21,382.00	-\$20,026.00	-\$1,356.00	(6.8)%
Total FIXED ASSETS	\$9,562.98	\$9,399.38	\$163.60	1.7%
Total Assets	\$500,298.70	\$321,920.03	\$178,378.67	55.4%
Liabilities				
CURRENT LIABILITIES				
Trade Creditors	\$0.00	\$1,270.50	-\$1,270.50	(100.0)%
Superannuation	\$2,863.48	\$0.00	\$2,863.48	NA
Annual Leave Liability	\$39,879.68	\$33,535.82	\$6,343.86	18.9%
LSL Liability	\$8,003.56	\$7,362.57	\$640.99	8.7%
Total CURRENT LIABILITIES	\$50,746.72	\$42,168.89	\$8,577.83	20.3%
GST				
GST Collected from Sales	\$12,398.63	\$3,480.41	\$8,918.22	256.2%
GST Paid on Purchases	-\$10,028.26	-\$3,411.02	-\$6,617.24	(194.0)%
Total GST	\$2,370.37	\$69.39	\$2,300.98	3,316.0%
INCOME IN ADVANCE				
Office of Sport	\$126,818.00	\$114,000.00	\$12,818.00	11.2%
Total INCOME IN ADVANCE	\$126,818.00	\$114,000.00	\$12,818.00	11.2%
PAYG TAX PAYABLE	\$6,982.04	\$9,657.04	-\$2,675.00	(27.7)%
Total Liabilities	\$186,917.13	\$165,895.32	\$21,021.81	12.7%
Net Assets	\$313,381.57	\$156,024.71	\$157,356.86	100.9%
Equity				
Retained Earnings	\$156,024.71	\$154,964.46	\$1,060.25	0.7%
Current Year Earnings	\$157,356.86	\$1,060.25	\$156,296.61	14,741.5%
Total Equity	\$313,381.57	\$156,024.71	\$157,356.86	100.9%

This report includes Year-End Adjustments.

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ILLAWARRA ACADEMY OF SPORT INC

P.O.Box U39
University of Wollongong
NSW 2500

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Profit & Loss [Last Year Analysis]

July 2020 To June 2021

	This Year	Last Year	\$ Difference	% Difference
INCOME				
SHARED INCOME				
Office of Sport	\$325,818.00	\$228,000.00	\$97,818.00	42.9%
Wollongong City Council	\$37,000.00	\$37,000.00	\$0.00	0.0%
Shellharbour City Council	\$17,000.00	\$17,000.00	\$0.00	0.0%
Shoalhaven City Council	\$17,000.00	\$17,000.00	\$0.00	0.0%
Wingecarribee Shire Council	\$12,200.00	\$12,200.00	\$0.00	0.0%
Kiama Municipal Council	\$8,000.00	\$8,000.00	\$0.00	0.0%
University of Wollongong	\$13,636.36	\$25,000.00	-\$11,363.64	(45.5)%
Bluescope Steel	\$22,500.00	\$20,000.00	\$2,500.00	12.5%
Aceit Sportswear	\$4,500.00	\$4,500.00	\$0.00	0.0%
Qube	\$5,000.00	\$0.00	\$5,000.00	NA
Additional Sponsorship	\$57,289.25	\$16,466.00	\$40,823.25	247.9%
Club Sponsor	\$1,000.00	\$0.00	\$1,000.00	NA
Bank Sponsor	\$15,000.00	\$15,000.00	\$0.00	0.0%
Total SHARED INCOME	\$535,943.61	\$400,166.00	\$135,777.61	33.9%
SPORT SPECIFIC INCOME				
AFL INCOME				
AFL NSW/ACT	\$0.00	\$8,000.00	-\$8,000.00	(100.0)%
Athlete Tours	\$0.00	\$4,609.02	-\$4,609.02	(100.0)%
Total AFL INCOME	\$0.00	\$12,609.02	-\$12,609.02	(100.0)%
AWD INCOME				
MoneyQuest	\$500.00	\$3,500.00	-\$3,000.00	(85.7)%
Total AWD INCOME	\$500.00	\$3,500.00	-\$3,000.00	(85.7)%
CYCLING INCOME				
NSW Cycling Federation	\$3,000.00	\$3,000.00	\$0.00	0.0%
Cycling Sponsors	\$2,000.00	\$2,000.00	\$0.00	0.0%
Additional Uniforms	-\$825.55	\$1,445.00	-\$2,270.55	(157.1)%
Total CYCLING INCOME	\$4,174.45	\$6,445.00	-\$2,270.55	(35.2)%
GOLF INCOME				
State Golf Assoc & Foundations	\$5,500.00	\$5,500.00	\$0.00	0.0%
Golf Illawarra	\$5,000.00	\$4,500.00	\$500.00	11.1%
Golf Day Fundraiser	\$0.00	\$4,847.49	-\$4,847.49	(100.0)%
Athlete Tours	\$954.54	\$509.10	\$445.44	87.5%
Total GOLF INCOME	\$11,454.54	\$15,356.59	-\$3,902.05	(25.4)%
HOCKEY INCOME				
Local Hockey Associations	\$4,509.00	\$2,839.00	\$1,670.00	58.8%
Hockey NSW	\$0.00	\$3,000.00	-\$3,000.00	(100.0)%
Total HOCKEY INCOME	\$4,509.00	\$5,839.00	-\$1,330.00	(22.8)%
LONESTAR INCOME				
LoneStar Sponsor	\$0.00	\$3,000.00	-\$3,000.00	(100.0)%
Total LONESTAR INCOME	\$0.00	\$3,000.00	-\$3,000.00	(100.0)%
RUGBY UNION INCOME				
Illawarra District Rugby Union	\$0.00	\$3,000.00	-\$3,000.00	(100.0)%
Athlete Tours	\$3,709.20	\$6,836.33	-\$3,127.13	(45.7)%
Total RUGBY UNION INCOME	\$3,709.20	\$9,836.33	-\$6,127.13	(62.3)%
NETBALL INCOME				
NSW Netball Association	\$9,500.00	\$3,750.00	\$5,750.00	153.3%
Local Netball Associations	\$8,120.00	\$10,640.00	-\$2,520.00	(23.7)%
Additional Uniforms	\$401.37	\$0.00	\$401.37	NA

This report includes Year-End Adjustments.

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ILLAWARRA ACADEMY OF SPORT INC

P.O.Box U39
University of Wollongong
NSW 2500

ABN: 31 659 625 641

Email: accounts@ias.org.au

Profit & Loss [Last Year Analysis]

July 2020 To June 2021

	This Year	Last Year	\$ Difference	% Difference
Athlete Tours	\$2,436.37	\$7,936.30	-\$5,499.93	(69.3)%
Total NETBALL INCOME	\$20,457.74	\$22,326.30	-\$1,868.56	(8.4)%
SWIMMING INCOME				
South East Swimming Associatio	\$1,000.00	\$2,000.00	-\$1,000.00	(50.0)%
Swimming Sponsor	\$5,000.00	\$6,800.00	-\$1,800.00	(26.5)%
Total SWIMMING INCOME	\$6,000.00	\$8,800.00	-\$2,800.00	(31.8)%
TRIATHLON INCOME				
Triathlon NSW	\$1,000.00	\$1,363.64	-\$363.64	(26.7)%
Additional Uniforms	\$200.00	\$210.00	-\$10.00	(4.8)%
Total TRIATHLON INCOME	\$1,200.00	\$1,573.64	-\$373.64	(23.7)%
BASKETBALL INCOME				
Basketball NSW	\$3,000.00	\$6,000.00	-\$3,000.00	(50.0)%
Additional Uniforms	\$1,081.88	\$0.00	\$1,081.88	NA
Athlete Tours	\$0.00	\$5,668.15	-\$5,668.15	(100.0)%
Total BASKETBALL INCOME	\$4,081.88	\$11,668.15	-\$7,586.27	(65.0)%
Total SPORT SPECIFIC INCOME	\$56,086.81	\$100,954.03	-\$44,867.22	(44.4)%
PROGRAM OR PROJECT INCOME				
FUNCTIONS				
RASi SSO Conference	\$24,012.73	\$0.00	\$24,012.73	NA
Total FUNCTIONS	\$24,012.73	\$0.00	\$24,012.73	NA
ATHLETE SERVICES				
Strength & Conditioning Services	\$8,181.90	\$0.00	\$8,181.90	NA
PRESENTATION NIGHT				
Paying Guests	\$0.00	\$8,645.74	-\$8,645.74	(100.0)%
TOBIN FAMILY AWARD				
Sponsorship	\$5,000.00	\$0.00	\$5,000.00	NA
LEADERSHIP TRAINING CAMP				
Leadership Camp Athlete Levies	\$9,218.04	\$10,935.45	-\$1,717.41	(15.7)%
ACADEMY GAMES				
Academy Games Athlete Levies	\$45,854.29	\$0.00	\$45,854.29	NA
Total ACADEMY GAMES	\$45,854.29	\$0.00	\$45,854.29	NA
Total PROGRAM OR PROJECT INCOME	\$92,266.96	\$19,581.19	\$72,685.77	371.2%
COVID -19 INCOME				
Jobkeeper Subsidy (No Gst)	\$72,000.00	\$24,000.00	\$48,000.00	200.0%
Cash Flow Boost	\$48,678.00	\$29,364.00	\$19,314.00	65.8%
Service NSW Grant	\$3,000.00	\$10,000.00	-\$7,000.00	(70.0)%
Total COVID -19 INCOME	\$123,678.00	\$63,364.00	\$60,314.00	95.2%
Total INCOME	\$807,975.38	\$584,065.22	\$223,910.16	38.3%
Gross Profit	\$807,975.38	\$584,065.22	\$223,910.16	38.3%
EXPENSES				
EMPLOYEE RELATED EXPENSES				
Permanent Staff				
Salary Costs	\$376,651.27	\$318,162.91	\$58,488.36	18.4%
Annual Leave Provision	\$6,343.86	\$8,854.02	-\$2,510.16	(28.4)%
LSL Provision	\$640.99	\$697.00	-\$56.01	(8.0)%
Travel Reimbursement	\$433.82	\$1,828.34	-\$1,394.52	(76.3)%
Employment Services	\$6,093.95	\$5,471.96	\$621.99	11.4%
Superannuation	\$35,603.19	\$31,223.04	\$4,380.15	14.0%

This report includes Year-End Adjustments.

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NSW 2500

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Profit & Loss [Last Year Analysis]

July 2020 To June 2021

	This Year	Last Year	\$ Difference	% Difference
Advertising/Recruitment	\$1,094.55	\$0.00	\$1,094.55	NA
Staff Uniforms	\$1,856.44	\$272.60	\$1,583.84	581.0%
Workers Compensation	\$966.70	\$1,328.55	-\$361.85	(27.2)%
Total EMPLOYEE RELATED EXPENSES	\$429,684.77	\$367,838.42	\$61,846.35	16.8%
ADMINISTRATIVE COSTS				
Insurance	\$4,245.02	\$4,103.98	\$141.04	3.4%
Staff Professional Development	\$665.18	\$3,104.54	-\$2,439.36	(78.6)%
Board Professional Development	\$54.55	\$0.00	\$54.55	NA
Subscriptions & Memberships	\$3,813.63	\$2,761.13	\$1,052.50	38.1%
Staff Amenities	\$925.47	\$863.50	\$61.97	7.2%
Travel	\$872.56	\$3,025.89	-\$2,153.33	(71.2)%
Motor Vehicle Expenses	\$8,175.74	\$3,891.12	\$4,284.62	110.1%
Audit Fees	\$2,768.07	\$2,751.97	\$16.10	0.6%
Consultancy Fees	\$6,000.00	\$0.00	\$6,000.00	NA
Legal Expenses	\$2,297.50	\$0.00	\$2,297.50	NA
Total ADMINISTRATIVE COSTS	\$29,817.72	\$20,502.13	\$9,315.59	45.4%
COMMUNICATIONS				
Postage	\$449.00	\$0.00	\$449.00	NA
Telephone & Internet	\$3,027.71	\$3,663.49	-\$635.78	(17.4)%
Communications	\$362.91	\$0.00	\$362.91	NA
Total COMMUNICATIONS	\$3,839.62	\$3,663.49	\$176.13	4.8%
IT SERVICES				
Hosting & Registration	\$0.00	\$360.00	-\$360.00	(100.0)%
Total IT SERVICES	\$0.00	\$360.00	-\$360.00	(100.0)%
PROMOTIONS & FUNCTIONS				
Promotions	\$7,565.59	\$3,762.75	\$3,802.84	101.1%
Advertising - General	\$947.44	\$689.58	\$257.86	37.4%
Functions	\$346.36	\$3,579.93	-\$3,233.57	(90.3)%
Athlete Induction	\$1,527.28	\$2,666.76	-\$1,139.48	(42.7)%
Meetings	\$1,170.04	\$1,612.08	-\$442.04	(27.4)%
RASI Meetings	\$31.36	\$346.74	-\$315.38	(91.0)%
RASi SSO Conference	\$24,125.39	\$0.00	\$24,125.39	NA
Total PROMOTIONS & FUNCTIONS	\$35,713.46	\$12,657.84	\$23,055.62	182.1%
MARKETING				
Website	\$213.79	\$5,087.50	-\$4,873.71	(95.8)%
Total MARKETING	\$213.79	\$5,087.50	-\$4,873.71	(95.8)%
PUBLICATIONS & PRINTING				
Newspapers	\$177.24	\$177.24	\$0.00	0.0%
Photocopier	\$2,496.24	\$2,210.95	\$285.29	12.9%
Stationery	\$32.30	\$388.02	-\$355.72	(91.7)%
Annual Report	\$1,537.27	\$5,105.45	-\$3,568.18	(69.9)%
Banners	\$0.00	\$1,187.27	-\$1,187.27	(100.0)%
Athlete Profile Photos	\$0.00	\$925.00	-\$925.00	(100.0)%
Total PUBLICATIONS & PRINTING	\$4,243.05	\$9,993.93	-\$5,750.88	(57.5)%
FACILITY & EQUIPMENT				
Office Equipment	\$262.56	\$2,376.39	-\$2,113.83	(89.0)%
First Aid Kit	\$0.00	\$390.00	-\$390.00	(100.0)%
Computer Equipment	\$1,082.01	\$375.28	\$706.73	188.3%
Computer Software	\$3,665.92	\$3,752.91	-\$86.99	(2.3)%
Record Storage	\$306.60	\$306.60	\$0.00	0.0%
Rent	\$8,885.98	\$9,749.96	-\$863.98	(8.9)%

This report includes Year-End Adjustments.

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ILLAWARRA ACADEMY OF SPORT INC

P.O.Box U39
University of Wollongong
NSW 2500

ABN: 31 659 625 641

Email: accounts@ias.org.au

Profit & Loss [Last Year Analysis]

July 2020 To June 2021

	This Year	Last Year	\$ Difference	% Difference
Total FACILITY & EQUIPMENT	\$14,203.07	\$16,951.14	-\$2,748.07	(16.2)%
SPORT SPECIFIC EXPENSES				
AFL EXPENSES				
AFL Venue Hire	\$1,636.37	\$1,059.10	\$577.27	54.5%
Additional Uniforms	\$561.82	\$464.00	\$97.82	21.1%
Tour Expenses	\$0.00	\$5,027.27	-\$5,027.27	(100.0)%
Staff Support	\$2,000.00	\$3,300.00	-\$1,300.00	(39.4)%
Total AFL EXPENSES	\$4,198.19	\$9,850.37	-\$5,652.18	(57.4)%
AWD EXPENSES				
Additional Uniforms	\$86.36	\$0.00	\$86.36	NA
Staff Support	\$2,000.00	\$2,250.00	-\$250.00	(11.1)%
Brett Stibners Award	\$500.00	\$500.00	\$0.00	0.0%
Total AWD EXPENSES	\$2,586.36	\$2,750.00	-\$163.64	(6.0)%
CYCLING EXPENSES				
Uniforms & Equipment	\$0.00	\$4,211.72	-\$4,211.72	(100.0)%
Additional Uniforms	\$280.91	\$0.00	\$280.91	NA
Staff Support	\$2,000.00	\$4,200.00	-\$2,200.00	(52.4)%
Coach Development	\$0.00	\$204.55	-\$204.55	(100.0)%
Ben Mikic Award	\$500.00	\$500.00	\$0.00	0.0%
Total CYCLING EXPENSES	\$2,780.91	\$9,116.27	-\$6,335.36	(69.5)%
GOLF EXPENSES				
Additional Uniforms	\$118.18	\$909.10	-\$790.92	(87.0)%
Equipment	\$0.00	\$1,590.00	-\$1,590.00	(100.0)%
Staff Support	\$1,750.00	\$2,720.00	-\$970.00	(35.7)%
Golf Day Expenses	\$0.00	\$2,615.53	-\$2,615.53	(100.0)%
Tour Expenses	-\$1,043.63	\$1,107.27	-\$2,150.90	(194.3)%
Vic Burrows Award	\$500.00	\$500.00	\$0.00	0.0%
Total GOLF EXPENSES	\$1,324.55	\$9,441.90	-\$8,117.35	(86.0)%
HOCKEY EXPENSES				
Hockey Venue Hire	\$1,218.64	\$806.81	\$411.83	51.0%
Additional Uniforms	\$162.73	\$1,272.72	-\$1,109.99	(87.2)%
Staff Support	\$1,250.00	\$2,600.00	-\$1,350.00	(51.9)%
Total HOCKEY EXPENSES	\$2,631.37	\$4,679.53	-\$2,048.16	(43.8)%
LONESTAR EXPENSES				
Athlete Development	\$578.19	\$399.95	\$178.24	44.6%
Total LONESTAR EXPENSES	\$578.19	\$399.95	\$178.24	44.6%
RUGBY UNION EXPENSES				
Rugby Venue Hire	\$1,615.89	\$1,568.18	\$47.71	3.0%
Additional Uniforms	\$211.82	\$742.28	-\$530.46	(71.5)%
Staff Support	\$3,000.00	\$2,500.00	\$500.00	20.0%
Tour Expenses	\$5,387.12	\$6,199.31	-\$812.19	(13.1)%
Total RUGBY UNION EXPENSES	\$10,214.83	\$11,009.77	-\$794.94	(7.2)%
NETBALL EXPENSES				
Netball Venue Hire	\$3,004.09	\$3,220.11	-\$216.02	(6.7)%
Additional Uniforms	\$1,123.18	\$1,042.19	\$80.99	7.8%
Equipment	\$398.31	\$389.00	\$9.31	2.4%
Staff Support	\$3,250.00	\$4,250.00	-\$1,000.00	(23.5)%
Coach Development	\$0.00	\$109.09	-\$109.09	(100.0)%
Tour Expenses	\$12.72	\$8,778.18	-\$8,765.46	(99.9)%
Total NETBALL EXPENSES	\$7,788.30	\$17,788.57	-\$10,000.27	(56.2)%

This report includes Year-End Adjustments.

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Profit & Loss [Last Year Analysis]

July 2020 To June 2021

	This Year	Last Year	\$ Difference	% Difference
SWIMMING EXPENSES				
Swimming Venue Hire	\$245.46	\$90.91	\$154.55	170.0%
Additional Uniforms	\$0.00	\$1,000.00	-\$1,000.00	(100.0)%
Camp expenses	\$913.64	\$3,459.67	-\$2,546.03	(73.6)%
Total SWIMMING EXPENSES	\$1,159.10	\$4,550.58	-\$3,391.48	(74.5)%
TRIATHLON EXPENSES				
Triathlon Venue Hire	\$215.45	\$231.80	-\$16.35	(7.1)%
Additional Uniforms	\$646.03	\$818.18	-\$172.15	(21.0)%
Staff Support	\$1,750.00	\$1,000.00	\$750.00	75.0%
Total TRIATHLON EXPENSES	\$2,611.48	\$2,049.98	\$561.50	27.4%
BASKETBALL EXPENSES				
Basketball Venue Hire	\$5,132.74	\$2,934.10	\$2,198.64	74.9%
Additional Uniforms	\$1,078.35	\$1,090.90	-\$12.55	(1.2)%
Equipment	\$734.33	\$0.00	\$734.33	NA
Staff Support	\$2,000.00	\$3,500.00	-\$1,500.00	(42.9)%
Tour Expenses	\$0.00	\$4,416.07	-\$4,416.07	(100.0)%
Total BASKETBALL EXPENSES	\$8,945.42	\$11,941.07	-\$2,995.65	(25.1)%
PROGRAM DEVELOPMENT SUPPORT				
Coach Development	\$5,370.08	\$3,836.36	\$1,533.72	40.0%
Education Lectures	\$4,479.14	\$3,210.70	\$1,268.44	39.5%
Total PROGRAM DEVELOPMENT SUPPORT	\$9,849.22	\$7,047.06	\$2,802.16	39.8%
Total SPORT SPECIFIC EXPENSES	\$54,667.92	\$90,625.05	-\$35,957.13	(39.7)%
PROGRAM OR PROJECT EXPENSES				
ATHLETE SERVICES				
Physical Performance	\$18,442.18	\$4,779.81	\$13,662.37	285.8%
NSWIS	\$1,363.64	\$0.00	\$1,363.64	NA
Total ATHLETE SERVICES	\$19,805.82	\$4,779.81	\$15,026.01	314.4%
TOBIN FAMILY AWARD				
Tobin Family Award Winner	\$5,000.00	\$5,000.00	\$0.00	0.0%
PRESENTATION NIGHT				
Production	\$4,194.14	\$25,467.42	-\$21,273.28	(83.5)%
Total PRESENTATION NIGHT	\$4,194.14	\$25,467.42	-\$21,273.28	(83.5)%
LEADERSHIP TRAINING CAMP				
Leadership Camp Expenses	\$9,809.09	\$11,168.18	-\$1,359.09	(12.2)%
ACADEMY GAMES				
Academy Games Athlete Expenses	\$44,342.20	\$0.00	\$44,342.20	NA
Total ACADEMY GAMES	\$44,342.20	\$0.00	\$44,342.20	NA
Total PROGRAM OR PROJECT EXPENSES	\$83,151.25	\$46,415.41	\$36,735.84	79.1%
Total EXPENSES	\$655,534.65	\$574,094.91	\$81,439.74	14.2%
Operating Profit	\$152,440.73	\$9,970.31	\$142,470.42	1,428.9%
OTHER INCOME				
Misc Income	\$0.00	\$51.30	-\$51.30	(100.0)%
Donations	\$13,023.17	\$0.00	\$13,023.17	NA
Credit Interest	\$413.10	\$1,486.81	-\$1,073.71	(72.2)%
Total OTHER INCOME	\$13,436.27	\$1,538.11	\$11,898.16	773.6%
OTHER EXPENSES				
Bad Debt Expense	\$1,000.00	\$5,000.00	-\$4,000.00	(80.0)%
Depreciation	\$3,758.00	\$3,430.00	\$328.00	9.6%

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Profit & Loss [Last Year Analysis]

July 2020 To June 2021

	This Year	Last Year	\$ Difference	% Difference
Donations	\$0.00	\$650.00	-\$650.00	(100.0)%
Presidents Relief Fund	\$3,762.14	\$1,368.17	\$2,393.97	175.0%
Total OTHER EXPENSES	\$8,520.14	\$10,448.17	-\$1,928.03	(18.5)%
Net Profit/(Loss)	\$157,356.86	\$1,060.25	\$156,296.61	14,741.5%



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This report includes Year-End Adjustments.

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