



ment conducive to the enhancement of coaching and related activities. To  
n the development of innovative programs for the improvement of sport  
assist athletes in their pursuit of improvement and excellence in sports skills  
nduct, commission or join in research, activities in the pursuit of excellence  
o act as trustee of any bond or to administer any foundation established to  
ouragement for talented athletes within the Southern Councils Group (ScG)  
ort of talented athletes with potential. To provide sports science support and  
ies related to sport. To develop and assist talented coaches and foster an  
structure which contributes to the sports development network. To act as a  
ils Group area, including effective talent identification programs. To encourage  
alia & overseas for the purpose of seeking competition, training and experience.  
minister and seek financial assistance to promote excellence among young  
nce or achievement in sport or in activities related to sport. To provide the  
chieve excellence in sport and outstanding sporting citizenship. To facilitate the  
tion and specialist services and resources to assist in the pursuit of excellence  
nductive to the enhancement of coaching and related activities. To maintain  
development of innovative programs for the improvement of sport within the  
st athletes in their pursuit of improvement and excellence in sports skills to travel  
nduct, commission or join in research, activities in the pursuit of excellence in sport.  
act as trustee of any bond or to administer any foundation established to promote  
ouragement for talented athletes within the Southern Councils Group (ScG) area to  
upport of talented athletes with potential. To provide sports science support and  
activities related to sport. To develop and assist talented coaches and foster an  
ational structure which contributes to the sports development network. To act as a  
uthern Councils Group area, including effective talent identification programs. To  
both within Australia & overseas for the purpose of seeking competition, training  
t. To establish, administer and seek financial assistance to promote excellence or  
ote excellence or achievement in sport or in activities related to sport. To provide  
ea to achieve excellence in sport and outstanding sporting citizenship. To facilitate  
evaluation and specialist services and resources to assist in the pursuit of excel  
ment conducive to the enhancement of coaching and related activities. To maintain  
t in the development of innovative programs for the improvement of sport within the  
nd assist athletes in their pursuit of improvement and excellence in sports skills to travel  
nce. To conduct, commission or join in research, activities in the pursuit of excellence in  
ng athletes. To act as trustee of any bond or to administer any foundation established to  
portunity and encouragement for talented athletes within the Southern Councils Group  
ne development & support of talented athletes with potential. To provide sports science  
in sport or in activities related to sport. To develop and assist talented coaches and  
tain an operational structure which contributes to the sports development network. To  
hin the Southern Councils Group area, including effective talent identification programs.  
to travel both within Australia & overseas for the purpose of seeking competition, training  
lence in sport. To establish, administer and seek financial assistance to promote excel  
blished to promote excellence or achievement in sport or in activities related to sport. To  
ouncils Group (ScG) area to achieve excellence in sport and outstanding sporting citizenship.  
ts science support and evaluation and specialist services and resources to assist in the pursuit  
aches and foster an environment conducive to the enhancement of coaching and related  
opment network. To act as a catalyst in the development of innovative programs for the  
identification programs. To encourage and assist athletes in their pursuit of improvement and  
aking competition, training and experience. To conduct, commission or join in research, activities  
e to promote excellence among young athletes. To act as trustee of any bond or to administer  
es related to sport. To provide the opportunity and encouragement for talented athletes with  
sporting citizenship. To facilitate the development & support of talented athletes with potential  
to assist in the pursuit of excellence in sport or in activities related to sport. To develop and assist  
ning and related activities to maintain an operational structure which contributes to the sports  
for the improvement of sport within the Southern Councils Group area, including effective talent  
ment and excellence in sports skills to travel both within Australia & overseas for the purpose of  
research, activities in the pursuit of excellence in sport. To establish, administer and seek financial  
d or to administer any foundation established to promote excellence or achievement in sport or in  
ented athletes within the Southern Councils Group (ScG) area to achieve excellence in sport and  
ed athletes with potential. To provide sports science support and evaluation and specialist services  
ed to sport. To develop and assist talented coaches and foster an environment conducive to the  
ure which contributes to the sports development network. To act as a catalyst in the development of  
roup area, including effective talent identification programs. To encourage and assist athletes in their  
ustralia & overseas for the purpose of seeking competition, training and experience. To conduct,  
establish, administer and seek financial assistance to promote excellence among young athletes. To act  
e excellence or achievement in sport or in activities related to sport. To provide the opportunity and  
area to achieve excellence in sport and outstanding sporting citizenship. To facilitate the develop  
and evaluation and specialist services and resources to assist in the pursuit of excellence in sport or in  
r an environment conducive to the enhancement of coaching and related activities. To maintain the  
To act as a catalyst in the development of innovative programs for the improvement of sport within the  
ams. To encourage and assist athletes in their pursuit of improvement and excellence in sports skills to  
tation, training and experience. To conduct, commission or join in research, activities in the pursuit of  
romote excellence among young athletes. To act as trustee of any bond or to administer any foundation  
lated to sport. To provide the opportunity and encouragement for talented athletes within the Southern  
sporting citizenship. To facilitate the development & support of talented athletes with potential. To provide  
to assist in the pursuit of excellence in sport or in activities related to sport. To develop and assist talented

# ILLAWARRA ACADEMY OF SPORT ANNUAL REPORT 2009

This annual review covers the activities of the Illawarra Academy of Sport.  
Incorporated for the period 1st January 2009 to 31st December 2009.

This report highlights the establishment, operation and achievements of the Academy, and presents a detailed source of information for the promotion of the Academy and its athletes.

Enquiries regarding scholarships or sponsorship and donations, to further enhance the Illawarra Academy of Sport as one of the prominent sporting organisations in NSW and Australia, can be directed to:

PO Box 241 Fairy Meadow NSW 2519  
Telephone: (02) 4283 5611 Facsimile: (02) 4284 0149  
Web: <http://www.ias.org.au>  
Email: [info@ias.org.au](mailto:info@ias.org.au)

## PARTNERS 2009

NSW Sport & Recreation  
Wollongong City Council Shoalhaven City Council  
Shellharbour City Council Wingecarribee Shire Council  
Kiama Municipal Council University of Wollongong

## Sponsors 2009

BlueScope Steel Credit Union Australia  
Sydney Water AHA Illawarra Sub-branch  
Warilla Bowls and Recreation Club  
The Illawarra Mercury

## Affiliate Sponsors

Go Hire

## Friends 2009

Aceit Sportswear Graphic Connection  
Fairy Meadow Demonstration School

## Academy Patrons 2009

Professor Stephen Martin  
Professor Gerard Sutton Vice - Chancellor,  
University of Wollongong

## TABLE OF CONTENTS

Chairperson's Report.....	2
Executive Director's Report.....	3

### Who We Are

Mission, Aims and Objectives, History.....	5
Board of Directors.....	6
Academy Position & Structure.....	8
Administrative Operations.....	9
Funding Sources.....	11
Special Events.....	12
Graduate Highest Achievers.....	14
Total Scholarships Offered.....	17

### Sports Programs

Scholarship Programs.....	18
Core Program Components.....	19
Cricket.....	20
Cycling.....	22
Golf.....	24
Hockey.....	26
Individual Athletes.....	28
Lawn Bowls.....	30
Netball.....	32
Rugby Union.....	34
Swim Sports.....	36
Tennis.....	38

### Athletes

Athlete Awards 2009.....	40
Scholarship Holders 2009.....	44
Current Scholarship Holders.....	45
Scholarship Holders by Sport & Region 2009.....	47
Athlete Achievements 2009.....	48

## CHAIRMAN'S REPORT

The past twelve months since my last report has seen a continuation of outstanding achievement by young local athletes. However, my report is tinged with great sadness with the passing, in the last six months, of Vic Burrows and Ted Tobin.

Vic and Ted, whilst they had very different personalities, they had several shared traits. Both had a deep love for the Academy and for its programs. Ted obviously had the broader experience and love for the Academy, being a founder, whereas Vic's passion, notwithstanding that he loved the Academy as a whole was very much the golf program of which he was the coordinator.

They also, in their final months despite worsening health, both continued to care about the Academy and to offer assistance and advice to people they thought might need it. They epitomised the quality of giving rather than taking.

I am pleased that family representatives – Diana Burrows and son Simon and Bev and Ian Tobin were able to attend our presentation night in February 2010.

I know I speak for everyone at the Academy to say that we miss them both very much, not only as workers for and supporters of the Academy, but as good friends to us all.

We are now in our 25th year. As you all know we were the first regional academy and we are determined to keep the Illawarra Academy at the forefront of regional academies in Australia.

I attended a function in Sydney in early 2010 which provided a clear testament to the growth of regional academies and their significance to the Australian sporting landscape.

Some 54 members of NSW parliament met with academy athletes & representatives to celebrate the role that regional academies play in nurturing young aspiring athletes. The function was hosted by the Speaker of the House, Hon Richard Torbay. The Minister for Sport, Hon Kevin Green made the keynote speech and during his speech he made special reference to Ted Tobin's role in establishing the regional Academies network in NSW.

The Minister for the Illawarra, Paul McLeay and Member for Kiama, Matt Brown, and Lylea McMahan, Member for Shellharbour were in attendance to support our Academy.

Our Academy has grown from a fledgling organisation in 1986 to one which has now supported more than 4,000 scholarship athletes.

Currently we have 10 active sport programs – hockey, the individual athletes program, netball, rugby, cricket, golf, lawn bowls, tennis, cycling and swim sports.

Once again, the Illawarra Mercury Sports Star of the Year nominees for 2009 featured Academy graduates. Three of those graduates, Robert Hurley, Airlie Ogilvie & last year's Tobin Family Award recipient, Ryan Gregson, all made their international senior team debuts in the last 18 months.

A glance at the 2009 sports calendar reveals the impact the Academy athletes, past and present, are having on sport at the state, national and international levels.

Our current athletes continue to do great things, as you would have noted in our newsletters.

We have 170 athletes in our 10 sport programs. Our programs are guided and supported by some 35 coaches, managers and support staff who are backed up by an office staff of 3 full-time and 1 part time employee.

Fundamental to our existence is the role of sponsors. Economic times are tough and we are most grateful for the continued support of government at both state and local levels and local business and sports associations in these challenging times.

The NSW Government, through NSW Sport & Recreation, along with the support of the five local councils and the University of Wollongong are our major partners.

Our major corporate sponsors are BlueScope Steel, Illawarra Hotels Association, ACEIT Sports Wear, Credit Union Australia, the Illawarra Mercury, Sydney Water, Pubstay and of course the University of Wollongong. Together with other program sponsors, our cycling team sponsors and local and state sporting associations which number more than 20, from Cricket, Cycling, Golf, Hockey, Lawn Bowls, Netball, Rugby, Swimming and Tennis.

We also have many in-kind sponsors, including Go Hire as well as fantastic support from the media throughout the Illawarra.

On behalf of the Academy Board, Executive Director, Mark Brogan, staff, coaches and support staff and especially our athletes and their very supportive parents, I extend to all sponsors and supporters, a sincere thank you for your ongoing support of our Academy and I trust this support will continue. We need your continued support. To Mark and to the Academy staff and support staff including coaches and managers I offer a special thank you for your untiring efforts again in 2009.

**Brian Weir PSM** | Chairperson

## EXECUTIVE DIRECTOR'S REPORT

The excellence of athletic achievements of Academy scholarship holders continues with athletes competing at regional, state through to international level competition – a detailed list of achievements is contained in the Athlete Achievements pages.

Our sports staff of coaches, managers, trainers and officials deserve acknowledgement here for their many hours of voluntary service to the Academy and its athletes. In most instances, although they are working with athletes and addressing performance now, they do so with 2010 and beyond in mind.

These achievements only highlight one aspect of sports performance. The Academy's holistic approach seeks to develop other areas of personal development and a sense of community.

These aspects are core elements in the Academy's Athlete of the Year Award, the Tobin Family Award. Last year's recipient, Ryan Gregson used his \$5,000 scholarship from the Illawarra Mercury to travel to Europe for several months to experience top quality senior competition. We are elated that this experience assisted Ryan in gaining selection in his first senior Australian team.

Another aspect of community is the increasing number of former athletes who return as coaches to the Academy - a true testament to the value they place on an Academy scholarship and recognition of their changing role in the community.

In late 2009, the Academy's administrative headquarters moved to the University of Wollongong. In many ways this was a move "Back to the Future" as it was the University who provided a base when the Academy first started in late 1980's.

It is anticipated the move will improve links with the University in a number of areas including liaison with consultants, improved access to field of play and off-field facilities and closer links with other business areas of the University.

The Academy works closely with a range of other sporting groups. One such relationship is with the collective of regional academies in NSW – the Academies of Sport Inc. A positive outcome of this relationship is the development of The Academy

Games - a multi sport event to be held between academies with a focus on promoting values of competition and sport and personal development.

2009 saw the Games hosted by the Northern Inland Academy of Sport. More than 90 athletes and support staff travelled to Armidale and enjoyed the competition and camaraderie of this three day festival.

As always, my thanks go to our existing partners, sponsors and supporters. Clearly, without their financial and in-kind support the Academy could not continue to provide for local athletes.

Specifically, thanks goes to the five council areas of Wollongong, Shellharbour, Kiama, Shoalhaven and Wingecarribee, and the University of Wollongong. Sports program sponsors, BlueScope Steel, City Coast Credit Union, Pubstay, Sydney Water, and Warilla Bowls & Recreation Club. Thanks also to Aceit Sportswear, the Illawarra Mercury and Go Hire. And, to the tens of sporting organisations, both local and at state level, that support our programs.

Our stakeholders should take comfort that the Board continues to provide good governance and guidance; the Academy's office staff delivers a professional and dedicated service and that sports program staff supply it 'on the field of play'.

Accordingly, thank you to the office staff, Pasco, Kurt, Violetta and Selin and the special event staff who add great value to all that we do.

Particular thanks to the Board led by Brian Weir for its support of the all staff and volunteers and its continued commitment to pursuing excellence and opportunities for talented young athletes of the Illawarra.

I am confident that at the end of 2009, the Illawarra Academy of Sport is well placed to expand on, and further develop, the significant achievements of the past.

**Mark Brogan** | Executive Director

# CUA, committed to the development of the youth of our region



**cu**a™

A change for the better

Proud sponsors of the Illawarra  
Academy of Sport since 1985.

For all enquiries please contact Michael Buchanan 0425 306 914

# **CORPORATE VISION FOR THE ILLAWARRA ACADEMY OF SPORT**

To be recognised locally and nationally as the most effective and professional Regional Academy of Sport.

## **MISSION**

To provide opportunities and services for sport, talented athletes and coaches within the Southern Group of Councils area to achieve excellence.

## **AIMS AND OBJECTIVES**

- To provide the opportunity and encouragement for talented athletes within the Southern Councils Group (SCG – Illawarra region) to achieve excellence in sport and outstanding sporting citizenship.
- To facilitate the development & support of talented athletes with potential.
- To provide sports science support and evaluation and specialist services and resources to assist in the pursuit of excellence in sport or in activities related to sport.
- To develop and assist talented coaches and foster an environment conducive to the enhancement of coaching and related activities.
- To maintain an operational structure which contributes to the sports development network.
- To act as a catalyst in the development of innovative programs for the improvement of sport within the Southern Councils Group area, including effective talent identification programs.
- To encourage and assist athletes in their pursuit of improvement and excellence in sports skills to travel both within Australia & overseas for the purpose of seeking competition, training and experience.
- To conduct, commission or join in research, activities in the pursuit of excellence in sport.
- To establish, administer and seek financial assistance to promote excellence among young athletes.
- To act as trustee of any bond or to administer any foundation established to promote excellence or achievement in sport or in activities related to sport.

## **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.

### **Sports Programs**

As the Academy evolved, the range of sports expanded and since 1986 programs have been conducted in 18 different sports. Although, gymnastics, touch, basketball, soccer and surfing are no longer in the Academy, eleven sports programs remain.

Currently there are programs offered for golf, netball, hockey, cricket, rugby union, cycling, an individual athletes program, lawn bowls, swim sports & tennis. Since 1985, there have been over 4000 scholarships offered to local athletes.

### **A Growing Example**

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

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



## BOARD OF MANAGEMENT



Brian Weir  
Chairperson



Jeff McCarthy  
Vice President



William Dowson  
Treasurer



Brian Baird  
Public Officer



Peter Bowman  
Business Plan Chair



Mark Brogan  
Executive Director



Gregg Rowland



Ross Fuller



John Morris



Gordon Lewis



John O'Dwyer



John Wells



Peter Tomlinson



Julie Steele



Vicki Tiegs



Trevor Fredricks



Richard Davis



Paul Tuddenham



Anthony Horne

## BOARD OF DIRECTORS

The Academy is an independent, incorporated sporting organisation that is governed by a eighteen (18) member Board of Directors which is comprised of 10 permanent representatives and 8 elected community representatives. Board of Directors meetings are held bi-monthly and each of the five local Council hosts the meetings on rotation.

## PERMANENT BOARD REPRESENTATIVES

### University of Wollongong

Vice Chancellor Prof. Gerard Sutton  
Represented by Dr Gregg Rowland

### Australian Institute of Sport

Director Dr Peter Fricker. Represented by Peter Bowman

### Sports Medicine Federation

South Coast Branch. Represented by Prof Julie Steele

### Department of School Education

Regional Director Illawarra & South Coast Graeham Kennedy  
Represented by Ross Fuller

### Lord Mayor of Wollongong

Position vacant

### Mayor of Wingecarribee

Cr. Duncan Gair.  
Represented by Cr. Paul Tuddenham (from Nov 2009)

### Administrator of Shellharbour City

Administrator David Jesson. Represented by Brian Weir, PSM

### Mayor of Kiama

Cr. Sandra McCarthy. Represented by Cr. Trevor Fredericks

### Mayor of Shoalhaven

Cr. Paul Green. Represented by John Morris (to Sep 2009) and Anthony Horne (from Nov 2009)

### Executive Director

Mark Brogan

## Community Board Representatives

Brian Baird	Richard Davis
William Dowson	Jeff McCarthy
John O'Dwyer, OAM	Vicki Tieg
Peter Tomlinson	John Wells

## Executive elected 23 April 2009

Chairperson	Brian Weir
Senior Vice President	Position vacant
Vice President	Jeff McCarthy
Public Officer	Brian Baird
Treasurer	William (Bill) Dowson
Business Plan	Peter Bowman
Executive Director	Mark Brogan



## **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 programs are designed to complement the activities the athletes receive through their club and representative structure..

## **LINKS TO SPORTING GROUPS**

The Academy operates within the sports system at several pre elite athlete levels.

It maintains links with a range of organisations to ensure that the local talented athletes receive the best possible support in their path to excellence. Links are maintained with:

### **Local & State Sports Associations**

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

### **NSW Sport & Recreation**

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

### **NSW Institute of Sport**

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

### **NSW Regional Academy Network**

The ten independent Regional Academies in NSW maintain close links for athlete competition and training and sport management information sharing.

### **Academies of Sport Inc (ASI)**

The ten independent Regional Academies in NSW, in 2003, formed ASI. The principal purpose of this organization is the planning and support of the Academy Games - a multi sport festival involving all Academies.

### **Australian Institute of Sport**

The links with the AIS were established when the Academy was formed in 1985. Academy athletes have the opportunity of gaining entry to the AIS and a number of Academy athletes have graduated into AIS programs.

## **ACADEMY CATCHMENT AREA**

The Academy operates through the Illawarra's geographic region comprising the five local government areas of: Wollongong, Shellharbour, Kiama, Shoalhaven, and Wingecarribee. Illawarra covers an area of 8,485 square kilometres and extends from Helensburgh in the north, Ulladulla in the south and across to the Southern Highlands in the west. The region has a population of 405,000.

## ADMINISTRATIVE OPERATIONS

The Academy Administration Centre moved to the University of Wollongong in October 2010. The new location offers increased access to IAS training facilities for a range of sports, access to lecture & tutorial rooms, physiotherapy facilities and closer links with key volunteer & sports groups and consultants.

The move, came nearly 20 years after establishment of the base at Fairy Meadow Demonstration School. The Academy is most grateful for the hospitality and sponsor support of the Department of Education over this extended time.

The Academy employed three (3) full-time staff and one (1) part-time staff in 2009. Academy coaching staff are all contracted on a casual basis and as volunteers receive a small honorarium to cover their costs.

### Staffing Levels During 2009

#### Full Time

Executive Director	1
Program Manager	1
Administrative Officer	1

#### Part Time

Bookkeeper	1
------------	---

### Media and Public Relations

The flagship of Academy public communications is 'Academy Corner'. This newspaper column which is produced weekly is published in the Illawarra Mercury, Northern Leader, Lake Times, South Coast Register and the Southern Highlands News.

The one page weekly feature published in the Illawarra Mercury, as part of junior sport, continued in 2009 after its establishment



in 2007. Again, the feature proved extremely popular with athletes & families, sponsors and supporters.

Once again eNEWS had its following. This weekly electronic newsletter is now distributed to close on 800 locals, athletes, coaches, parents, sponsors & supporters.

The Academy appreciates the excellent coverage afforded by the various regional media outlets within Illawarra and gratefully acknowledges their support.



**Champions of the future are being nurtured  
at the Illawarra Academy of Sport**

**Congratulations on another year of  
outstanding achievements**



NSW Sport and Recreation

# Sports Training Camps

Maximise your team's sporting  
performance at a NSW Sport and  
Recreation Centre

Our Sports Training Camps combine specialist sports  
training facilities and services with accommodation  
and catering packages. Sports Training Camps are  
available at Myuna Bay, Jindabyne, Sydney Academy  
and Lake Ainsworth.

For more information call  
**13 13 02**  
or visit [www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au)



## FUNDING SOURCES

The Academy operates as an independent and autonomous sporting organisation. Funding for the sports programs and the administrative operations is achieved through a variety of sources including government grants, University funding, sports funding, athlete contributions, corporate sponsorship and business support.

The Academy has four primary sponsor categories: Partners, Program Sponsors, Affiliate Sponsors, Supporters and Friends.

### Partners

Partners provide substantial 'value in money' by way of donation or funding and 'value in kind' services to benefit a range of Academy activities. Our Partners include the NSW Department of Sport & Recreation, the University of Wollongong and the Southern Councils Group of Councils: Wollongong, Shellharbour, Kiama, Shoalhaven and Wingecarribee.

The New South Wales Government through NSW Sport and Recreation is the largest single sponsor of the Academy providing an annual grant of \$143,000. The five councils of the Southern Councils Group grants total more than \$60,000.

The University of Wollongong provides financial assistance as well as support services and access to facilities. The University assists the Academy with access to staff and sport science support services as does the University Recreation and Aquatic Centre.

### Program Sponsors

Program sponsors provide 'value in money' by way of funding and/or substantial 'value in kind' to specific Academy programs or projects including:

- Sports Programs
- Regional Programs
- Special Projects & Events

Our team of Program Sponsors include BlueScope Steel, Credit Union Australia, Sydney Water, Pubstay, AHA Illawarra Sub-branch, Warilla Bowls and the Mercury.

In 2009, Cycling Program sponsors included: Bowral & Katoomba NRMA, Raine & Horne Wollongong, Frank Soto & Associates, the Ben Mikic Foundation, Roadworx, Bikesportz and Hot Designs.

### Affiliate Sponsors

Assisting the Academy across several sport or event programs was Go Hire.

### Supporter 'Sports'

A policy of the Academy is that any sport, which has an Academy program, is required to contribute financially to that program.

This funding represents approximating 25 - 50% of base program costs. Sources include assistance from governing associations of that sport, local clubs, associations, state associations, or a combination of these.

Sports funding includes 'value in money' and may also include 'value in kind' (goods or services) in support of a specific Academy sports program or project.

### Friends of the Academy

We gratefully acknowledge the support of Fairy Meadow Demonstration School for hosting our office and meeting facilities; Graphic Connection for their graphic design and publication expertise; ACEIT Sportswear who are official suppliers of sportswear; and, Aleks Rachlewicz for information technology support.

## SPECIAL EVENTS

### Mayoral Receptions



A reception, hosted by the Mayor or Council of each of the five Councils of the Illawarra, provides an annual opportunity for the athletes and coaches to be officially recognised by their own community.

These functions also serve to develop social and personal aspects of the scholarship holders and an understanding of the range of community and government groups who support their development.

Again we thank our local Councils of Wollongong, Wingecarribee, Shellharbour, Kiama and the Shoalhaven for showing such support for the Academy.

### Athlete Inductions

Inductions have been part of each Academy sport program since day one. Two major Athlete Inductions involving several sport programs were held in 2009 - an autumn induction in May and a spring induction in October 2009.

The multi-sport induction, is a major event in its own right in which athletes, parents and sports program staff, which may total over 300 on each occasion, participate in several education seminars and undertake their introduction to the Academy.

This format allows more professional presentations and parental involvement in specialist presentations including Drugs in Sport, Female Athlete, and Nutrition.



*Minister Greene, Brian Weir and Ryan Gregson*

### Academy Games

Although various sporting and events based organisations exist in the market place none have the specific focus of talented athlete development across a broad range of key sports and a combined capacity to bring together the State's athlete development Academies at one time for the conduct of an 'Academy Games'.

This gives rise to the opportunity to create a unique 'brand' which becomes synonymous with talented athlete development and competition, and the conduct of a high quality and professional major event over a three day period. The 'Academy Games' brand also enables the development and implementation of a highly marketable corporate and media program with coverage across NSW through key agencies who are well known for their support of regional development.

In 2009, the fourth year of the Games, the Illawarra Academy sent a team of 90 athletes and coaches from five of its sports programs: golf, hockey, lawn bowls, netball and rugby.



*Academy Games 2009*



## SPECIAL EVENTS *CONTINUED*

### Presentation Night 2009

For the eighth year, the Annual Athlete Graduation and Award Presentation Night was held in the Union Hall at the University of Wollongong. The event attracted over 300 people including dignitaries, athletes, coaches and family members.

Amy Taylor from WIN Television again oversaw the presentation of awards as master of ceremonies and two graduates, Michael Lowe (surfing) and Robert Hurley (swimming) spoke about their international careers and what elements led to their on-going success.

The event acknowledged the achievements of the 2009 Academy athletes and recognised the level of commitment and dedication they showed in striving for excellence in their sport.

The evening also paid tribute to the supporters of the Illawarra Academy of Sport who ensure that opportunities exist for the region's talented junior sportspeople to progress to a high level within their sport.

There were a number of special presentations made on the night. The Inaugural Vic Burrows Memorial Award was presented to Tahnia Ravnjak. Service awards were presented to member of the board, Brian Baird for 10 years service so too golf coach, Shaun O'Toole. His golf colleague, Neil Spiers, received a 5 year award.



Acknowledged also were sport staff volunteers who are departing: Grant Law, Tony Leeder-Smith, Mark Simpson, Melissa Davis, Sam Gillard, Mark Pritchard, Greg Royle, Michelle Masterson and John Hufton.

# A FIVE-STAR EDUCATION

The 2009 Good Universities Guide confirms UOW's longstanding position as one of the country's leading universities. UOW received five stars in six key areas—under the Guide's ranking system, only the top 20 per cent of universities can be awarded a five-star rating in any one category.

- ★★★★★ Getting a Job
- ★★★★★ Positive Graduate Outcomes
- ★★★★★ Graduate Starting Salary
- ★★★★★ Research Intensity
- ★★★★★ Graduate Satisfaction
- ★★★★★ Generic Skills

UOW shares the Illawarra Academy of Sport's vision of helping talented young people from in and around the Illawarra reach their goals. Whether on the field or in the classroom, we think everyone deserves the chance to achieve their best.

[www.uow.edu.au](http://www.uow.edu.au)

University of Wollongong 

University of Wollongong, CHICOS 01/10/08



## GRADUATE HIGHEST ACHIEVERS

The graduates listed below have achieved, as a minimum, senior/open national team selection or competition, or have won a medal at a world junior event in 2009. The group represents the highest achievements gained by academy graduates. The Academy is justly proud of its role in supporting their development.

<b>Sport</b>	<b>Athlete</b>	<b>Event Name</b>	<b>Achievement</b>
Athletics	Ryan Gregson	Australian Athletics Team for World Championships	Selected
	Ryan Gregson	4 x 1500m Relays	Set New National record as part of the relay team
Cricket	Brett Lee	Australian 2009 Ashes Team	Selected
	Brett Lee	NSW Team	Selected
	Phil Jaques	NSW Team	Selected
	Will Sheridan	Victorian Team	Selected
	Adam Zampa	Australian U19 Squad for World Cup	Selected
	Nic Maddinson	Australian U19 Squad for World Cup	Selected
	Nic Maddinson	Australian U19 Team	Won U19 World Cup
Cycling	Rochelle Gilmore	Cronulla International Grand Prix	Won
	Rochelle Gilmore	Tour of Prince Edward Island (Canada)	1st
	Rochelle Gilmore	Australian Open Criterium Championships	2nd
	Rochelle Gilmore	Oceania Championships	3rd Road Race
	Rochelle Gilmore	UCI Road World Cup (Germany)	2nd
	Ben Kersten	Cronulla International Grand Prix	Won
	Ben Kersten	Pro Men National Criterium Championships (USA)	1st
	Ben Kersten	Track World Cup (USA)	3rd Team Sprint
	Ben Kersten	Oceania Championships	3rd Team Sprint
	Scott Law	Oceania Track Cycling Championships	Won U23 Scratch Race
Hockey	Airlie Ogilvie	Australian Women's Open Team	Selected
	Melissa Eastwood	Australian Women's Indoor Squad	Selected
	Kylie Smith	Australian Women's Indoor Squad	Selected
	Emma Cobbin	Australian Women's Indoor Squad	Selected
	Lyndal Ogilvie	Australian Women's Indoor Squad	Selected
	Kieren Govers	Australian Men's Open Team	Selected
	Kieren Govers	Australian Men's Indoor Squad	Selected
	Simon Beaton	Australian Men's Indoor Squad	Selected
	Anthony Charge	Australian Men's Indoor Squad	Selected
	Jye Bunt	Australian Men's Indoor Squad	Selected
	Kurt Ogilvie	Australian Men's Indoor Squad	Selected
	Shane McLeish	Australian Men's Indoor Squad	Selected
	Lawn Bowls	Leif Selby	NSW Awards
Leif Selby		Hong Kong International Classic	Won Singles
Leif Selby		Asia Pacific Championship	Won Gold in Triples
Leif Selby		Asia Pacific Championship	Won Silver in Singles
Leif Selby		World Indoor Cup	Singles Champion
Karen Murphy		NSW Open	Won Pairs & Fours
Karen Murphy		Australian Open	Won Pairs & Triples
Karen Murphy		Australian Indoor	Won Singles Championship
Karen Murphy		Asia Pacific Championship	Bronze medal in Pairs

## GRADUATE HIGHEST ACHIEVERS *CONTINUED*

Netball	Leah Shoard	West Coast Fever	Selected
Soccer	Luke Wilkshire	Socceroo Squad	Selected
	Mitchell Prentice	Sydney FC club	Selected
	Brendan Santalab	Chengdu Club in Chinese League	Selected
Surfing	Sally Fitzgibbons	Women's ASP World Tour	Finished the year ranked #5 in the World
Swimming	Robert Hurley	Stockholm World Cup Meet	Set Australian Record for 100m Short Course Backstroke
	Robert Hurley	Australian Swimming Championships	1st Men's 400m Freestyle

***The Academy acknowledges the support of the five councils in the Southern Councils Group***





# Sydney **WATER**

*Managing our environment  
for future generations*

**Proud to be associated with  
the Illawarra Academy of Sport  
and take this opportunity to  
wish all members of the  
Academy success in 2010**



Your local hotels are part of the community and our heritage.  
We are proud to be supporting The Illawarra Academy of Sport  
as sponsors of the Rugby Union Program

#### OUR MISSION

Keeping talented youth, our future leaders, in the region

## TOTAL SCHOLARSHIPS OFFERED 1986 - 2009

### Athletes with a Disability

Male.....	32
Female.....	29

### Basketball

Male.....	130
Female.....	128

### Cricket

Male.....	449
Female.....	95

### Cycling

Male.....	109
Female.....	41

### Gymnastics

Female.....	26
-------------	----

### Golf

Male.....	136
Female.....	37

### Hockey

Male.....	356
Female.....	364

### Individual Athletes

Male.....	54
Female.....	48

### Lawn Bowls

Male.....	54
Female.....	11

### Netball

Female.....	494
-------------	-----

### Rugby League

Male.....	666
-----------	-----

### Rugby Union

Male.....	359
-----------	-----

### Sailing

Male.....	81
Female.....	25

### Soccer

Male.....	144
Female.....	1

### Surfing

Male.....	45
Female.....	5

### Swimming

Male.....	85
Female.....	72

### Touch

Male.....	35
Female.....	23

### Tennis

Male.....	13
Female.....	14

---

**TOTAL**

**4161**

## SCHOLARSHIP PROGRAMS

The major focus of Academy activity is the delivery of sport coaching and education programs for its scholarship athletes. Services are provided to a select group who must satisfy eligibility and selection criteria.

### Common Athlete Eligibility Criteria

The athlete must:

1. Reside in the Southern Councils Group area (Wollongong, Shellharbour, Kiama, Shoalhaven & Wingecarribee);
2. Display an ability to apply coaching and technical instruction;
3. Demonstrate dedication to improving performance;
4. Demonstrate, through past performance and/or potential capacity, the potential to improve performance to a high level;
5. Be a registered participant of an association within the SCG area.

### Selection Criteria and Program Design

In addition to the eligibility criteria outlined above, sport programs have additional selection criteria which varies from program to program. At time of nomination this criteria is outlined.

## BENEFITS & SERVICES

A generic Academy scholarship provides the following benefits and services:

- Coaching by accredited and experienced coaches (except IAP program) including high level guest coaches
- Subsidized Academy uniforms and specialised equipment
- Sport science support and evaluation
- Specialist training including sprint training and fitness advice
- Sport psychology, nutrition and sports medicine advice from leading experts
- Video analysis of technique and tactical appreciation
- Public speaking and personal development opportunities
- Exposure to high level competition
- Travel assistance for competition and Academy activities
- Academy tours in NSW & interstate
- Drug education seminars
- Log books for educational information and monitoring of training and competition
- Tours/camps at some of Australia's premier elite coaching facilities.



**ILLAWARRA**  
**MERCURY**

**My Paper.**

**“HAVE IT HOME DELIVERED  
TODAY”**

**PH: (02) 4221 2251**

## CORE PROGRAM COMPONENTS

The primary objective of the Academy is to improve an individual athlete's sporting ability and to equip them with skills to enhance their prospects of future success.

### Training & Technical Development

Coaching and training sessions form the major component of the scholarship program (except individual athlete program). The coaching staff design programs that emphasise individual development concentrating on the strengths and weaknesses of the athletes together with activities to improve an athlete's knowledge and ability in the tactical aspects of their sport.

### Sports Science

To supplement the coaching and training component of the program, the athlete receives advice in specialist areas of athlete development. The sport science program elements aim to provide regular and relevant feedback to the coaches and athletes on the physical fitness and training levels of the athletes.

Athletes annually complete sessions in nutrition, sport psychology and sports injury prevention and management. The aim of these sessions is to provide information to make athletes aware of the role these areas play in enhancing individual performance.

### Competition Opportunities

Academy squads participate in selected competitive fixtures during their scholarship program. Competition is primarily against selected opponents including other Regional Academies, State Academies, representative sides, or strong club teams and is valuable to the coaches in providing feedback on the progress of the athlete and the effectiveness of the coaching program.

Sporting tours overseas, interstate and within NSW may also be conducted to provide competitive opportunities in the unique touring environment.

### Personal Development

A key objective of the Academy is to develop outstanding sports citizens and education and awareness sessions based on public speaking, drugs in sport, media and sponsor servicing are incorporated into the program. In addition, athletes are exposed to social and promotional situations to develop their personal understanding of the breath of sports development and community awareness.



## Talented Local Athletes Need Your Help

The Academy recently teamed up with the Australian Sports Foundation (ASF) to help raise funds to assist local athletes through the Academy Athlete Development project. All ASF grants will go to core program assistance such as:

- Quality Coaching
- Facilities & Equipment
- Specialist Consultants
- Sports science support
- Athlete Education
- Sports Development Opportunities

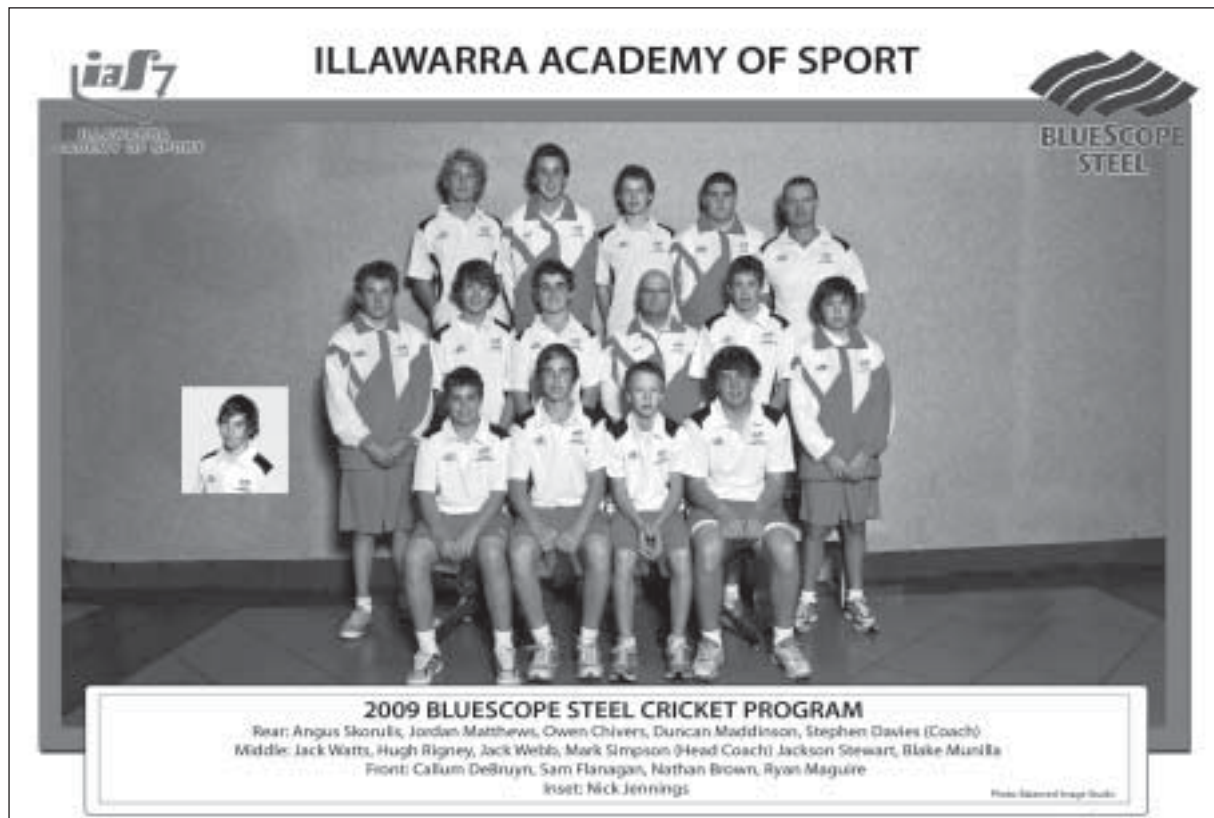
***Donations of \$2 or over are tax deductible!***

**Please call the Academy on 02 4283 5611 or  
download the form from the Academy website [www.ias.org.au](http://www.ias.org.au)**

The Illawarra Academy of Sport has registered the Athlete Development project with the Australian Sports Foundation (ASF) to help with our fundraising efforts. Donations of \$2 or more to the ASF are tax deductible. While donations must be made unconditionally to the ASF, donors are able to nominate the IAS project as their preferred beneficiary. ASF grants will be used to support the provision of core Academy programs.



## 2009 CRICKET



The Academy appreciates the support and financial assistance from Cricket Associations across the region: South Coast, Illawarra, Shoalhaven, Southern Highlands, NSW Cricket and sponsor BlueScope Steel.

## CRICKET PROGRAM 2009

In 2009, Mark Simpson and Steve Davies designed and delivered a program which included a number of key elements.

The program again maintained its focus on off-season athlete development which linked with the zone & state representative season.



### Program Snapshot

**Ages:** 14 - 16 years during scholarship

**Squad:** 14 males

**Program Year:** March - September (7 Months)

**Key People:** Mark Simpson (Head Coach)  
Stephen Davies (Coach)

### Highlights

**Tours:** 4 days to NSW Far North Coast

**Camp:** 3 days at Berry Sport & Recreation

**Matches:** End of Program match Illawarra U17's

### Athlete achievements:

Australian All Schools – Jordan Matthews

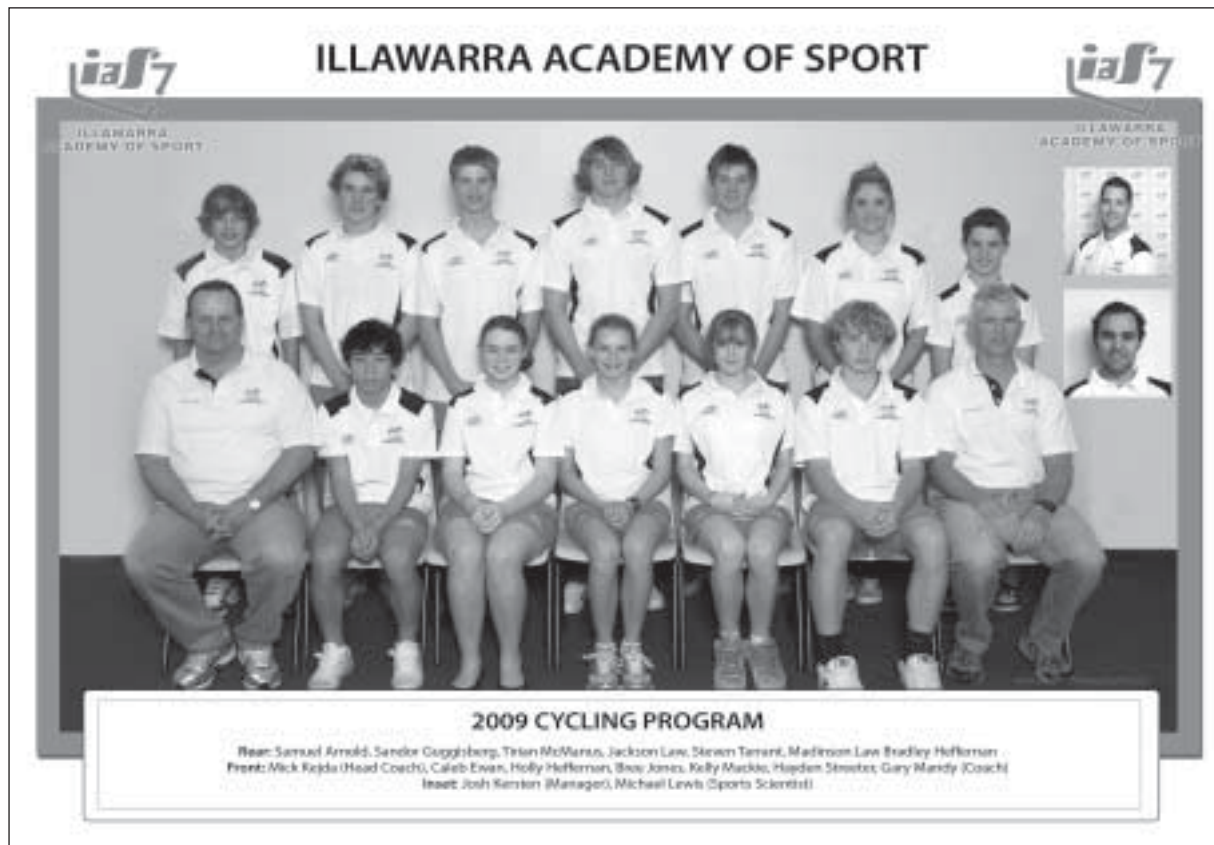
The program included an initial weekend camp at Berry, a series of day camps around the region, an end of program match against a Sydney representative team in Mittagong and regular education sessions including speed & agility, throwing technique, pilates and injury prevention & management.

The highlight of the program was the August tour to Murwillumbah to compete for 4 days against regional representative teams in two 20-20 matches and two 1-day matches.

In addition to a partnership with BlueScope Steel, the Cricket Program is also supported by the cricket associations of Illawarra, South Coast, Shoalhaven, Southern Highlands and NSW.



## 2009 CYCLING



The Academy appreciates the support and financial assistance from the NSW Cycling Federation and Cycling Clubs of the Illawarra, Shoalhaven and Southern Highlands.



## CYCLING PROGRAM 2009

In 2009, Cyclists undertook their daily training sessions – mainly with their area coaches. This training regime was determined on an individual basis depending on discipline whether road or track.



The squad attended two overnight camps in Canberra and had regular tours around the state and country. A number of education sessions were held including sports psychology sessions with consultants from the Australian Institute of Sport.

The cycling squad also had the introduction of a regular sports science coach who provided education and advice for core strength, flexibility, injury prevention and physical conditioning.

### Program Snapshot

**Ages:** 13 - 18 during scholarship  
**Squad:** 11 athletes - 8 male, 3 female  
**Program Year:** March - March (12 months)  
**Key People:** Mick Kejda (Head Coach)  
Garry Mandy (Coach)  
Peter Tomlinson (Coach)  
Josh Kersten (Manager)  
Michael Lewis (Sports Science)

### Athlete Highlights

**Squad Tours:** Wagga - Gwen French Memorial Junior 2 Day Tour  
Canberra - Kawolski Junior Tour & AIS education session.

### Athlete Achievements:

Tirian McManus wins gold at Australian Junior Road Championships

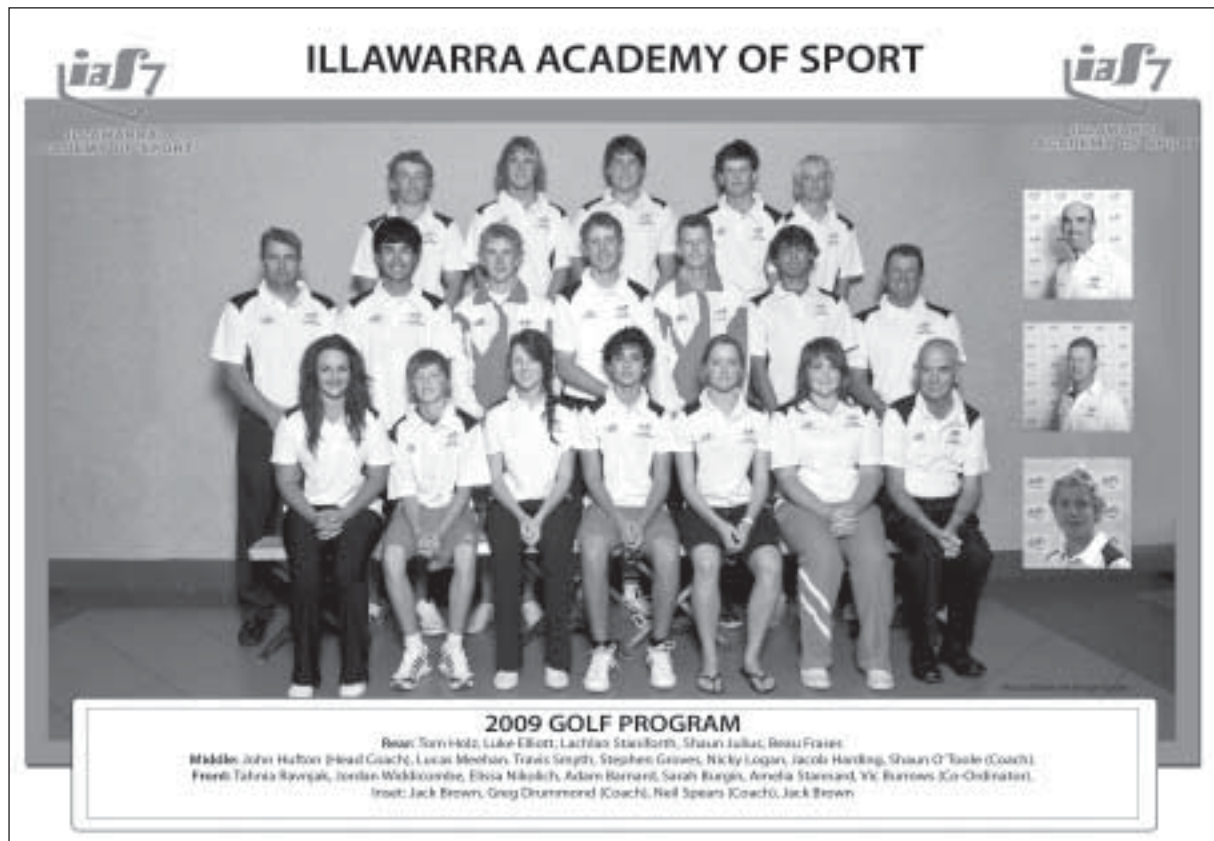
Jackson Law wins Australia's richest Track Race

National Championships Medallists – Jackson Law, Tirian McManus, and Maddison Law.

The Academy thanks Cycling NSW and the NSW Institute of Sport for their valued assistance with the Cycling Program as well as its collective of sponsors.



## 2009 GOLF



The Academy appreciates the support and financial assistance from the Illawarra District Golf Association and the Jack Newton Junior Golf Foundation.

## GOLF PROGRAM 2009

The 2009 squad commenced their program with a squad tour to compete at Tuggerah Lakes, they then settled into monthly training and education sessions at Kiama and Port Kembla Golf Clubs.



The education sessions included regular sports psychology workshops, goal setting, public speaking, and nutrition. The squad also had their swing analysed on recorded video and undertook two squad fitness tests.

The squad finished the program with a tour to Goulburn – athletes were in-camp and worked on course review and preparation with their coaches.

The Golf Program is supported by the Illawarra Golf Association and the Jack Newton Junior Golf Foundation.

### Program Snapshot

**Ages:** 14 - 17 years during scholarship  
**Squad:** 16 athletes - 11 males and 5 females  
**Program year:** March - November (9 Months)  
**Key people:** John Hufton (Head Coach/Professional)  
Greg Drummond (Coach/Professional)  
Shaun O'Toole (Coach/Professional)  
Neil Spiers (Coach/Professional)  
Vic Burrows (Coordinator)

### Highlights

**Tours:** Tuggerah - Tuggerah Lakes Junior Open  
Goulburn - Brett Ogle Junior Masters

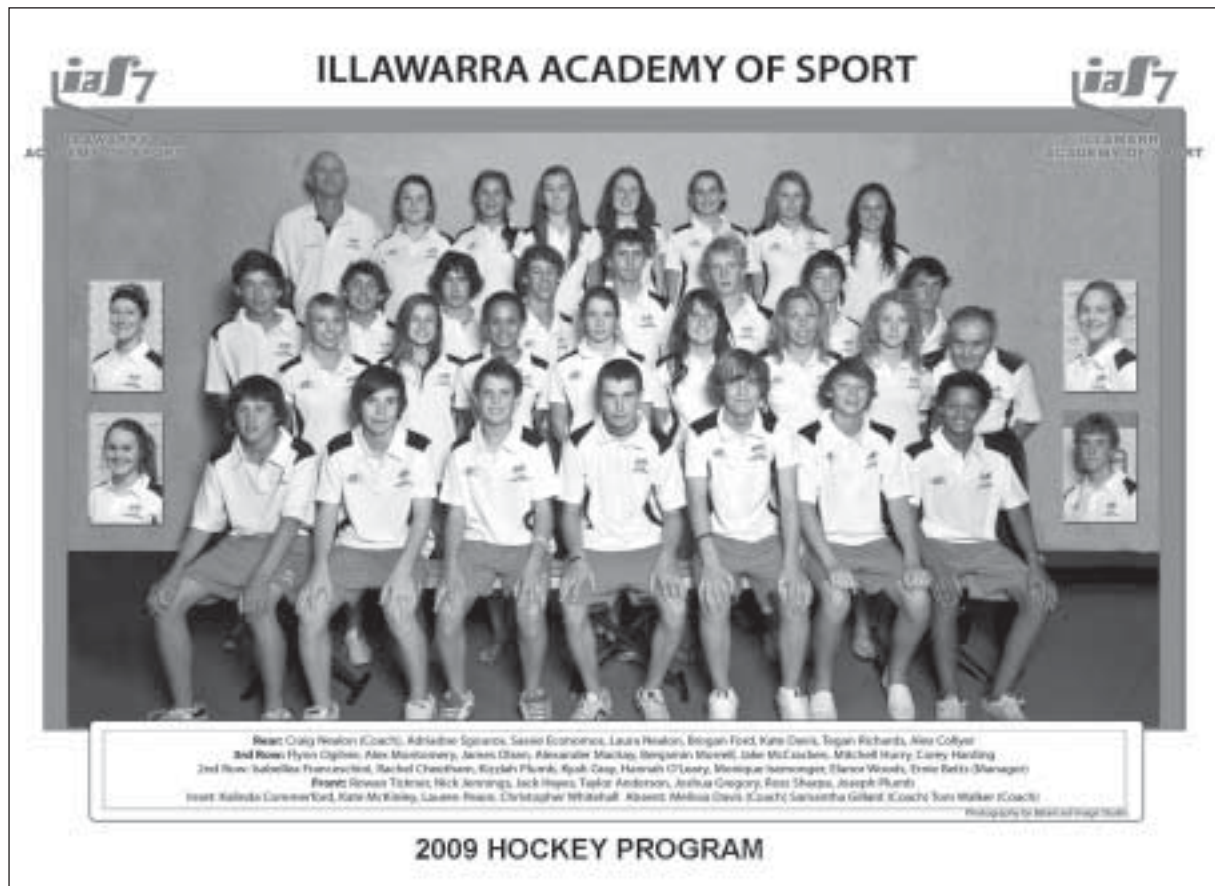
### Athlete Achievements:

Travis Smyth wins back to back Hurstville Junior Masters  
Tahniah Ravnjak selected in NSW State Team





## 2009 HOCKEY



The Academy appreciates the support and financial assistance from sponsor Credit Union Australia and Hockey Associations across the region: Illawarra, Shoalhaven, Southern Highlands and South Coast.

## HOCKEY PROGRAM 2009

The 2009 Credit Union Australia Hockey Program consisted of regular training and education sessions alternated throughout Albion Park, Unanderra, University of Wollongong and Mittagong. There were also specialist sessions including speed and agility, weights technique and core strength. The squad had a series of home and away matches against South West Sydney Academy of Sport where the athletes had exercise science students from the University of Wollongong analyse their physiological output using heart rate monitors and computer tracking.

The highlight of the program was the annual Academy Games competition in Armidale where both the boys and the girls squads were particularly successful.

The Hockey Program thanks the NSW Institute of Sport, and hockey associations of the Illawarra, South Coast, Shoalhaven, Southern Highlands Hockey and NSW for their continued support.



### Program Snapshot

**Ages:** Pre-elite program - 15 - 17 during scholarship

**Squad:** 32 athletes: 16 males and 16 females

**Program year:** October - October (12 months)

**Key people:** Craig Nealon (Coordinator)  
Melissa Davis (Coach)  
Samantha Gillard (Coach)  
Ernie Betts (Manager)

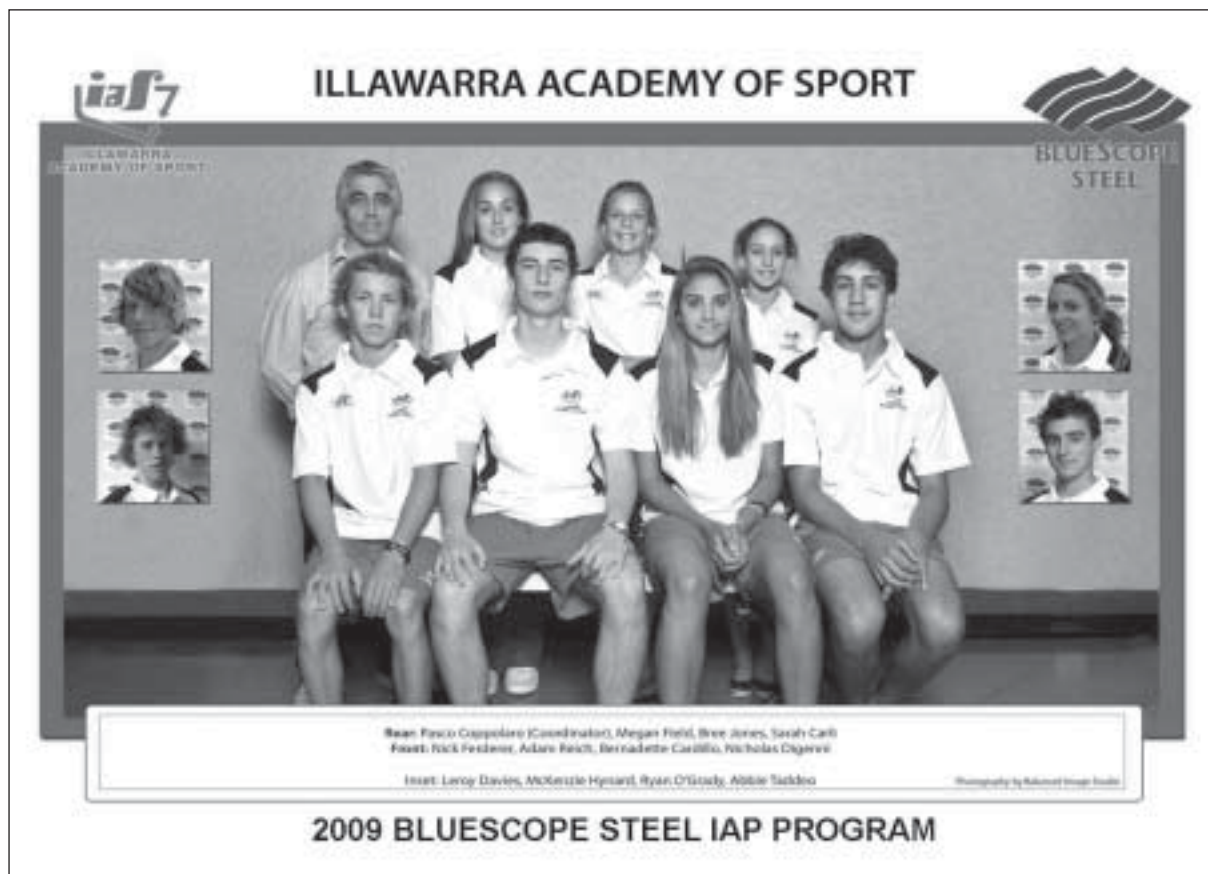
### Highlights

**Tours:** Academy Games -  
Armidale (April 2009)

### Athlete Achievements:

Tegan Richards & Kyah Gray selected in NSW U15 team  
Flynn Ogilvie selected in Australian Schoolboys side

## 2009 INDIVIDUAL ATHLETE PROGRAM



The Academy appreciates the support and financial assistance from sponsor BlueScope Steel.

## INDIVIDUAL ATHLETE PROGRAM 2009



2009 was the sixth year for the Individual Athlete Program, with 10 athletes from 7 different sports, including surf life-saving, athletics, basketball, gymnastics, triathlon, surfing & pistol shooting.

The program provided financial assistance, sport science and education sessions which were tailored to suit each individual and the demands of their sport. Education sessions included,

### Program Snapshot

**Ages:** 14 - 18 years during scholarship  
**Squad:** 10 athletes - 5 males and 5 females  
**Program year:** October - October (12 months)  
**Key people:** Pasco Coppolaro (Co-ordinator)

### Highlights

#### Athlete Achievements:

Australian Teams – Megan Field (Gymnastics),  
National Championship Medallists – Bernadette Cardillo,  
Ryan O'Grady, Bree Jones, Megan Field & Adam Reich

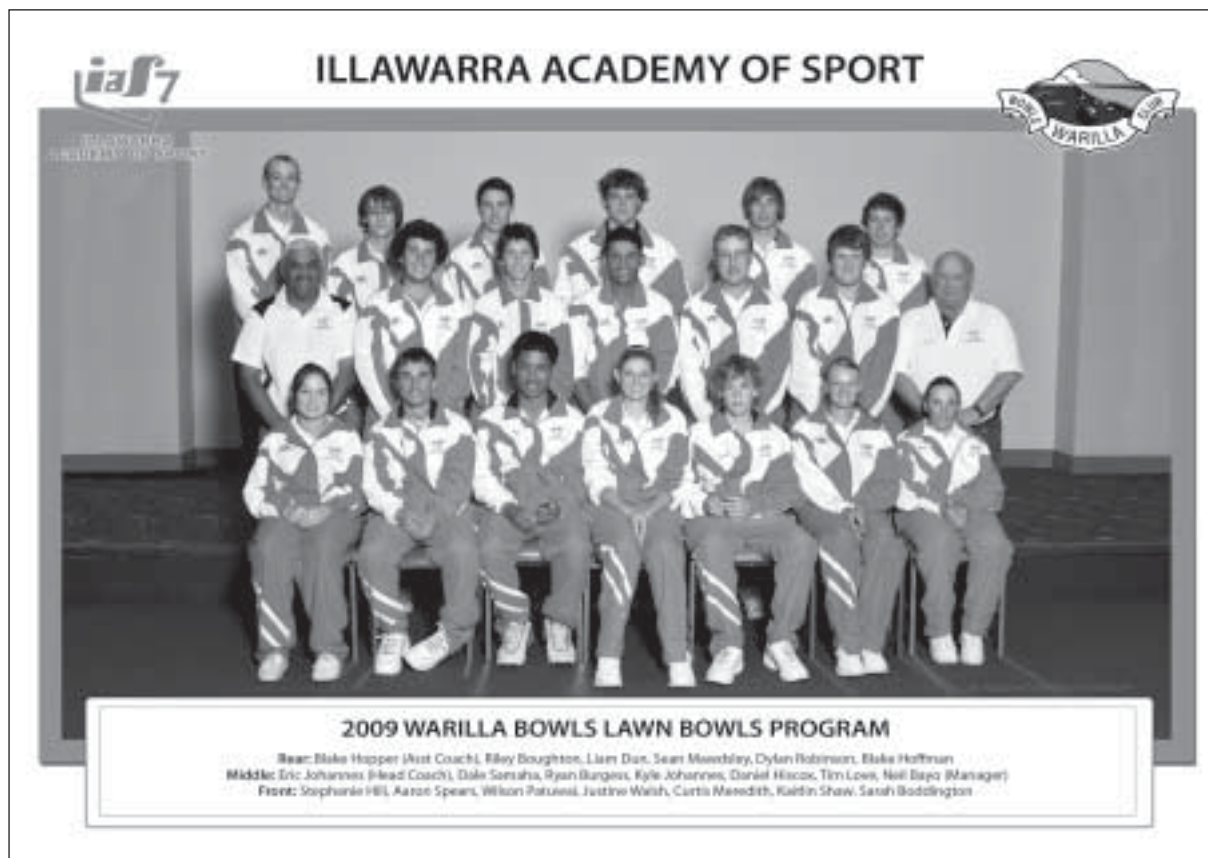
time management, goal setting, nutrition, public speaking, core strength and water based recovery

This too was the sixth year of sponsorship by BlueScope Steel and the Academy greatly values their contribution to the program.





## 2009 LAWN BOWLS

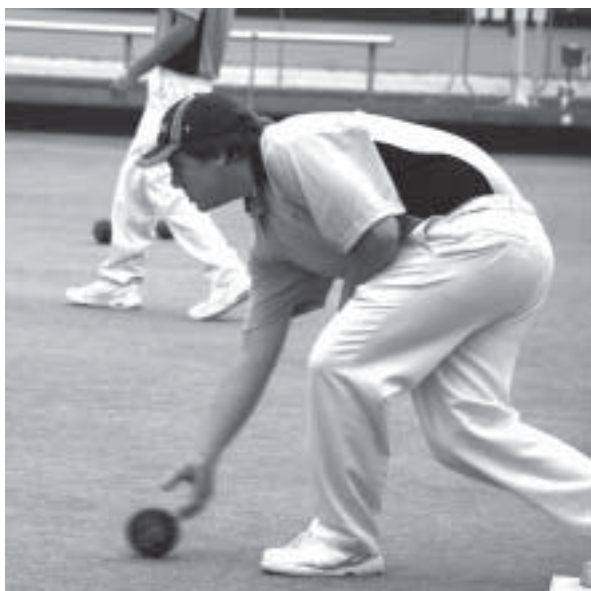


The Academy appreciates the support and financial assistance from Royal NSW Bowls Association, Zone 16 Bowls, South Coast District Bowls, Southern Tablelands Bowls and Warilla Bowls & Recreation Club.

## LAWN BOWLS PROGRAM 2009

The sport of Lawn Bowls returned to the Academy in 2008 for the first time in a number of years and grew strongly throughout 2009. The squad came together monthly for intensive training and education. Education sessions included Nutrition, Core Strength, Public Speaking, Time Management. The squad also had competition opportunities against the Illawarra U25 rep team, the NSW U18 squad and the South East Region Academy of Sport at Warilla Bowls Club and also sent a small squad to compete at the Academy Games in Armidale.

The Lawn Bowls Program receives great support from its major sponsor Warilla Bowls & Recreation Club along with Royal Bowling Association of NSW, Zone 16 Bowls, South Coast District Bowls and Southern Highlands Bowls.



### Program Snapshot

**Ages:** 14 - 18 during scholarship  
**Squad:** 17 athletes - 13 male, 4 female  
**Program year:** May to December (8 months)  
**Key people:** Eric Johannes (Head Coach)  
Blake Hopper (Coach)  
Neil Bayo (Manager)

### Highlights

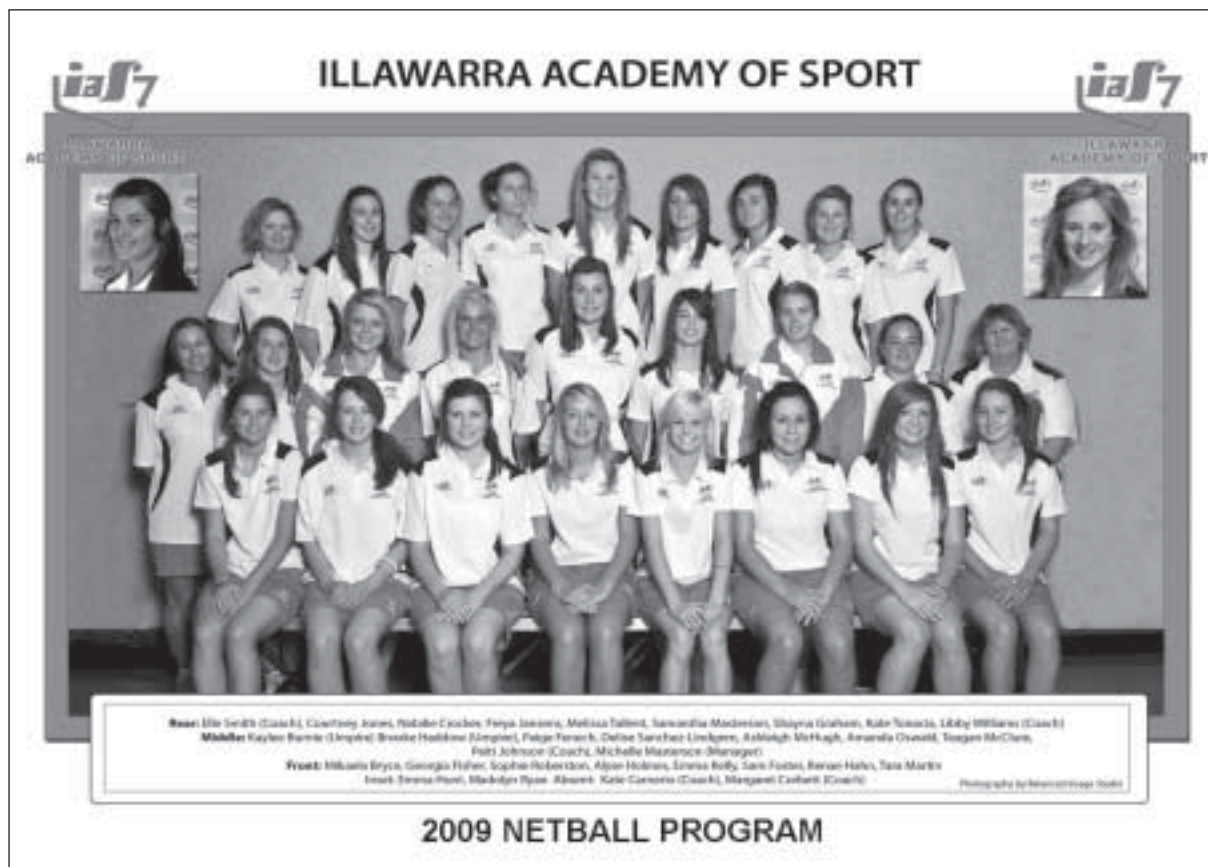
Academy Games - Armidale (April 2009)  
Day camp at Warilla Bowls & Recreation Club

### Athlete Achievements:

Sarah Boddington and Kyle Johannes selected in NSW U18 team  
Australian Jnr Championships Medallists –  
Kyle Johannes & Sarah Boddington



## 2009 NETBALL



The Academy appreciates the support and financial assistance from Netball NSW and Netball Associations across the region: Illawarra, Shoalhaven, Kiama, Ulladulla and Southern Highlands.

## NETBALL PROGRAM 2009

The netball scholarship program in 2009 provided the athletes with an increased number of competition opportunities. The squad had three round robin weekends in Canberra, competed in tournaments in Liverpool, Maitland and Lidcombe and participated in matches against Metropolitan squads throughout winter, including a curtain raiser prior to a Sydney Swifts match. This was on top of regular training and education sessions and a squad camp in Bowral. The squad was also introduced to a range of education topics including sports taping, speed & agility and an introduction to resistance training.

The squad performed exceptionally well at the Academy Games competition in Armidale where they competed against other regional academies and invitational teams.

The Netball Program receives great support from Netball NSW and the Illawarra, Kiama, Shoalhaven, Ulladulla and Southern Highlands Netball Associations.



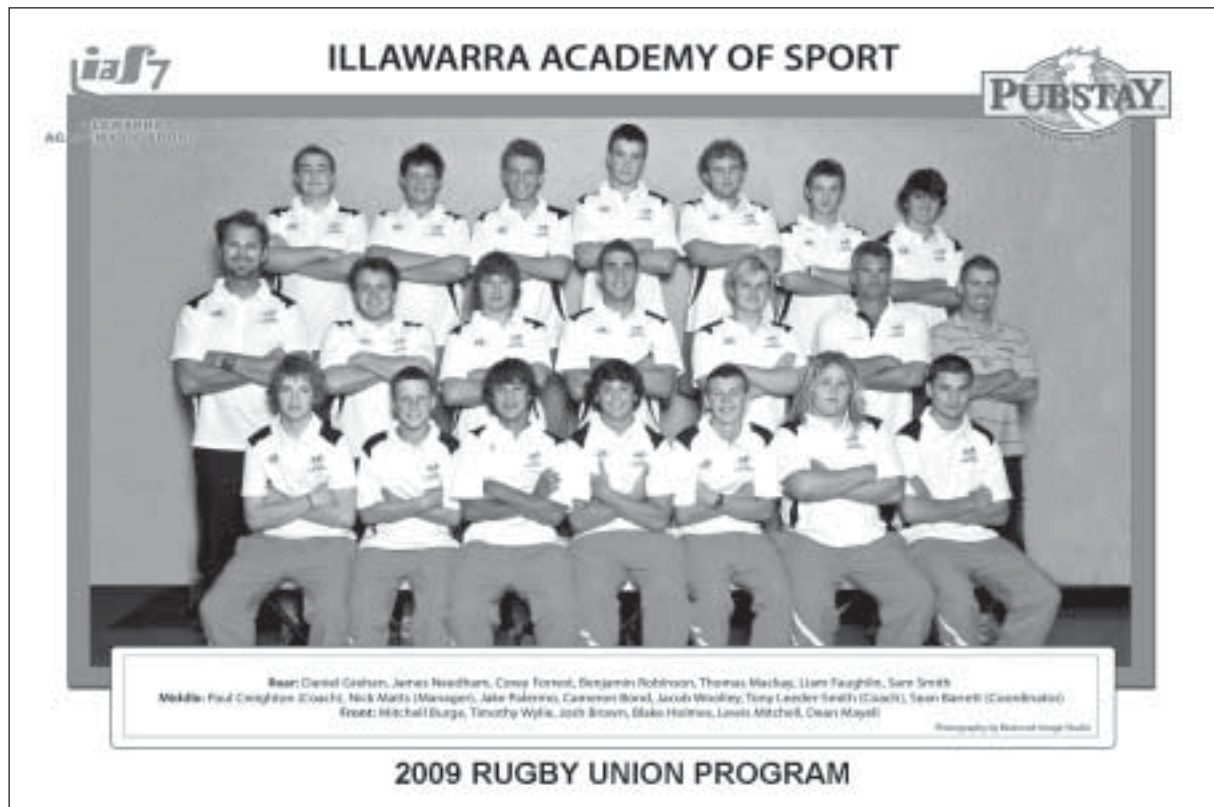
### Program Snapshot

**Ages:** 15 - 18 years during scholarship  
**Squad:** 19 females  
**Program year:** October - September (12 months)  
**Key people:** Peiti Johnson (Coach)  
Elle Smith (Coach)  
Michelle Masterson (Manager)  
Kaylee Burnie (Umpire)  
Brooke Haddow (Umpire)

### Highlights

**Camps & Tours:** Squad Camp -  
Chevalier College, Bowral  
Academy Games -  
Armidale (April 2009)  
NIB Games - Maitland Tournament  
Inter Academy matches in  
Canberra (2 rounds).

## 2009 RUGBY UNION



The Academy appreciates the support and financial assistance from sponsors Pubstay, AHA Illawarra, Illawarra District Rugby Union and NSW Rugby.

## RUGBY UNION PROGRAM 2009

The 2009 Pubstay Rugby Union program was run in the off-season, allowing Academy scholarship holders to further their skills, knowledge and fitness without disruption to their club and representative commitments.

The 2009 squad attended the NSW Waratahs Regional Academy Training Camp held in Armidale where they had access to HSBC Waratahs coaches, and ARU staff. The camp allowed athletes to pit their skills against their peers from other Academies and was immediately followed by the annual Academy Games competition for three days.

The squad also had a day camp at Berry, a demonstration match during the Kiama 7's tournament, specialist coaching sessions, regular fitness testing and a range of education sessions including a coaching kids rugby course, goal setting, time management and media skills.

The Academy thanks Pubstay & the Australian Hotels Association Illawarra, the senior and junior Illawarra District Rugby Union Associations, and NSW Rugby Union for their continued support of the program.



### Program Snapshot

<b>Ages:</b>	15 - 16 during scholarship
<b>Squad:</b>	15 athletes (male)
<b>Program year:</b>	October to October (12 months)
<b>Key people:</b>	Tony Leeder-Smith (Coach) Paul Creighton (Coach) Nick Matts (Manager) Sean Barrett (NSWRU Rugby Manager and Mentor Coach/Co-ordinator)

### Highlights

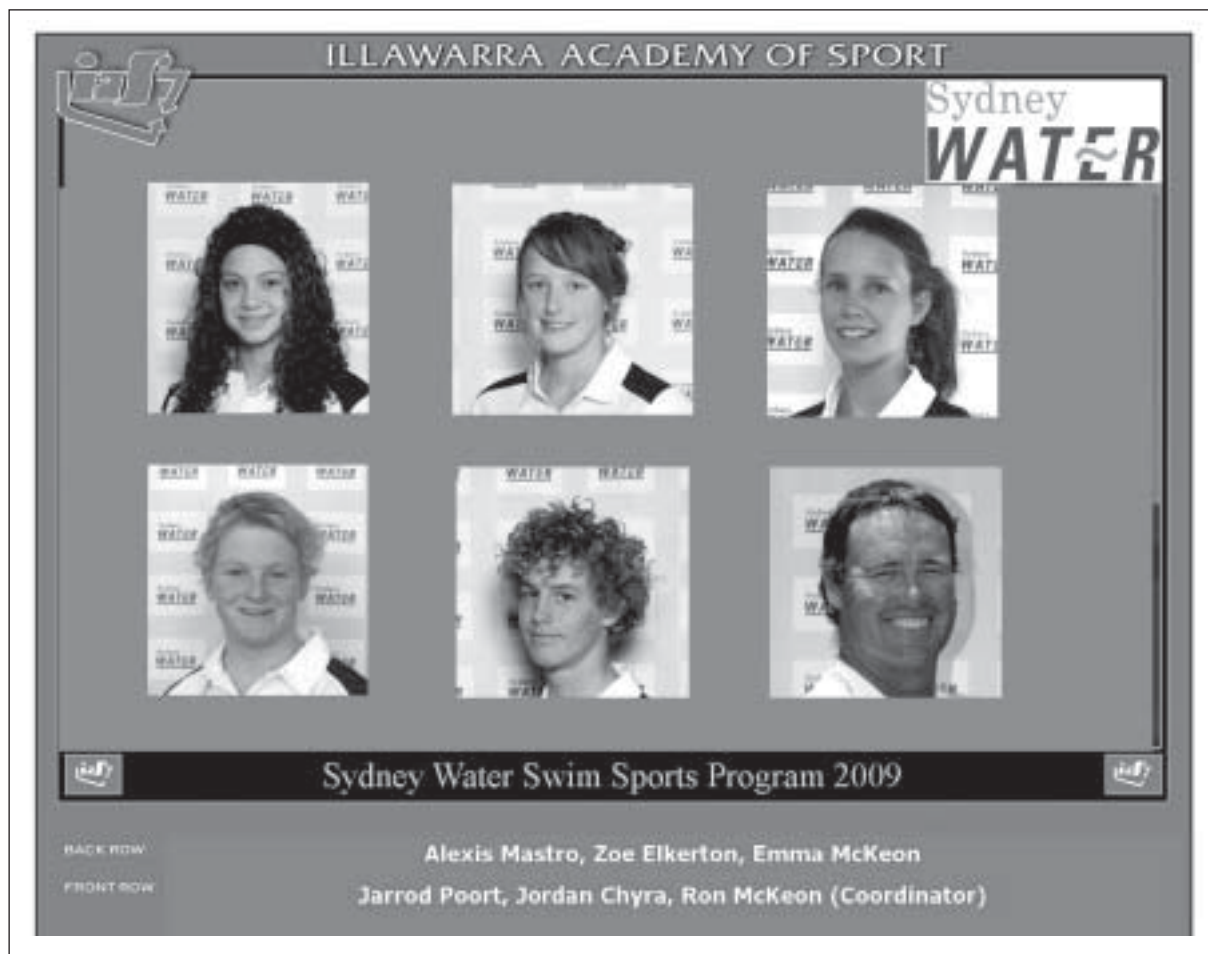
<b>Tours:</b>	Berry Camp Academy Games & Waratah camp - Armidale (April 2009)
---------------	--

### Athletes Achievements:

Ben Robinson & Liam Faughlin selected in NSW U15 team  
Cameron Bond - NSW Schools



## 2009 SWIM SPORTS



The Academy appreciates the support and financial assistance from sponsor Sydney Water and the South Eastern Swimming Association.



## SWIM SPORTS PROGRAM 2009

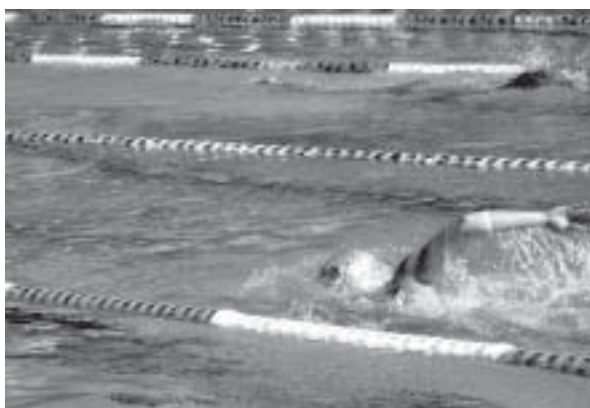
2009 saw the Academy Swim Sports program continue under the guidance of coach, Ron McKeon.

The program focused on developmental activities throughout the latter half of 2009 to supplement the athlete's daily training programs and regular competition opportunities.

The Academy provided initial fitness & strength testing, physiological screening and video analysis. Education sessions throughout the year included a series of injury prevention and injury management session, sports psychology, media skills, and a core strength workshop.

The majority of the squad also travelled to Brisbane in December 2009 for a tour which included competing in the QLD state titles.

In addition to a partnership with Sydney Water, the Swim Sports program is also supported by the South Eastern Swimming Association.



### Program Snapshot

**Ages:** 15 - 16 during scholarship  
**Squad:** 5 athletes - 2 males, 3 females  
**Program year:** May to April (8 months)  
**Key people:** Ron McKeon (Coordinator)

### Highlights

#### Athletes Achievements:

Jarrood Poort wins 5 & 10k U15 at Open Water Nationals  
Emma McKeon selected in School Sport Aust World Games Team

## 2009 TENNIS



The Academy appreciates the support and financial assistance from Tennis NSW.

## TENNIS PROGRAM 2009



The 2009 squad was the inaugural Illawarra Academy of Sport tennis squad. Their program commenced with a squad tour to compete at Parkes, they then settled into regular training and education sessions at Wollongong, Kiama and Bomaderry Tennis Clubs.

The education sessions included sports psychology, nutrition, core strength & flexibility. The squad also undertook video analysis of their swing and stroke play as well as fitness assessments.

The squad finished the program with a tour to Canberra – which coincided with a visit to the AIS for a sports psychology workshop.

### Program Snapshot

**Ages:** 14 - 16 years during scholarship

**Squad:** 13 athletes - 6 males, 7 females

**Program year:** May - September  
(18 months - initial program)

**Key people:** Greg Royle (Coach)  
Mark Pritchard (Coach)

### Highlights

**Tours:** Parkes - Parkes Junior Open  
Gosford - Gosford 'Mentoring'  
Tournament  
Canberra - ACT Junior Open

### Athletes Achievements:

Laura Kent - Junior NSW Team Selection

The Tennis Program is supported by Tennis NSW and the Wollongong Tennis Association.



## ILLAWARRA ACADEMY OF SPORT ATHLETE AWARDS 2009

### Athlete of the Year Awards

The Academy annually recognises a sport athlete in each of its sports programs.

#### The Tobin Family Award

The Illawarra Academy of Sport, in 2002 created a new 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 sport in the Illawarra for more than sixty-five years.

The Tobin Family Award is given to the Academy athlete who, during the course of their scholarship, displays an exceptional level of sports performance, a commendable attitude to competition, persistent dedication to learning and strong community support. All Academy sports program athletes are eligible for the award.

2009 is the eight year the award has been presented.

The recipient of the Award receives a trophy and a \$5,000 scholarship to assist their further development in sport.

Past recipients include Rebecca Borgo (2002, Cycling), Anita Cowley (2003, Freestyle Canoe), Kieran Govers (2004, Hockey), Amiel Cavalier (2005, Mountain Bike), Sally Fitzgibbons (2006 & 2007, Surfing) and Ryan Gregson (2008, Athletics).

#### The Vic Burrows Memorial Award

In 2009, the Academy is pleased to introduce the Vic Burrows Memorial Award. Vic was the founding co-ordinator of the golf program and devoted 10 years to ensuring the program was a success for aspiring young golfers of the region. The Award is supported by the Illawarra District Golf Association with a scholarship of \$500.

### Academy Athlete of the Year - "The Tobin Family Award"



#### Jackson Law (Cycling)

Jackson had a fantastic 2009. At the Australian Track Championships he set 2 new U17 national records on his way to winning 3 titles. At state track champs he won another 3 titles, to go with

his gold medal at the road titles. He has already been targeted by the Australian Institute of Sport as a future Olympian.

Jackson is a well mannered and confident young man, who displays good leadership skills. He never misses a session and blames no one but himself when he doesn't succeed.

Jackson is always there for the younger riders, with advice or just to listen to their concerns. He never misses an opportunity to thank those who have helped him along the way, including sponsors.

## ILLAWARRA ACADEMY OF SPORT ATHLETE AWARDS 2009 *CONTINUED*



### **Cricket Athlete of the Year Jordan Matthews**

Last year Jordan managed to reach the highest level he could for his age group – that is – selection in the Australian Schoolboys U15 team that toured India. He leads by example and is well respected by both players and umpires. His role as an all rounder is demanding, but he

handles it well and has the support of the playing group both on and off the field.

He embraces all elements of the cricket program particularly the education components. His attention to detail is outstanding. He captains the Shoalhaven U16 team & Academy team. He assists in the coaching of juniors at his club and shows great maturity when thanking sponsors and the opposition.



### **Hockey Athlete of the Year Flynn Ogilvie**

Flynn has been part of the hockey program for the past 2 year. Last year he achieved the honour of selection into the Australian Schoolboys side. He was also a vital member of the NSW U16 team that won national championship. He is a highly focused individual, and a

hard worker, often exceeding expectations and requirements put before him.

Flynn has a very high level of skill development, he is present at all sessions and participates at a high level. He plays the game in a competitive but fair spirit at all times and is a popular member of any rep or club side. He now has become a role model for other players.



### **Cycling Athlete of the Year Tirian McManus**

Tirian had a great 2009 season which culminated with his selection in the Australian Junior Track Team. He won gold medals at the Australian Track Championships and the Australian Road Championships as well as numerous state events. His ability to excel in both road & track

events is one of the best attributes to have as a cyclist.

He has never been questioned on his race tactics or his attitude toward others or his dedication to training. If anything he trains harder and longer than all others. Tirian has won many races and is the first to ask for the microphone and thank all those officials, coaches & sponsors involved.



### **IAP Athlete of the Year Bernadette Cardillo**

Bernadette had great results in both the NSW Surf Premiership and the Sydney Water premiership last year. She was unbeatable in the under 17 sprint and flags, winning both for the third year in a row. She has been selected into the NSW Surf Life Savings High Performance team

for the past 2 years.

Bernadette always gives her best and is very gracious in defeat. She is always very active in education sessions and is always willing to help out at her local surf club.



### **Golf Athlete of the Year - "The Vic Burrows Award" Tahnia Ravnjak**

Last year was a breakthrough year for Tahnia with her selection in the NSW State team. This selection saw her compete overseas as part of the state squad. During the year Tahnia won the Tuggerah Lakes junior classic and the Bathurst junior

masters. Just recently she totally demolished her opposition in the Prime 90 tournament winning by a massive 19 shots.

Tahnia is a very keen and motivated individual. She is fiercely competitive in competition but always very courteous and is well liked by her peers. She attends all sessions and shows a keen interest in wanting to learn more and is attentive to all the advice during Academy training and education sessions.



### **Lawn Bowls Athlete of the Year Sarah Boddington**

Has been part of NSW U18 the past couple of years. She was named NSW under 18 female player of the year and in 2009 won a Gold medal at national championships.

She is a determined young lady who gives her best every time she steps out. She has had a 100% attendance record in the Academy program and is always willing to learn. She is very supportive within her own club.



## ILLAWARRA ACADEMY OF SPORT ATHLETE AWARDS 2008 *CONTINUED*



### **Netball Athlete of the Year Alyse Homes**

Alyse has had a strong year in various teams. She represented the South Coast open school team for her seventh consecutive year. She also plays for Wests in A1 division and represented Illawarra under 17's at state championships in the first division. She also played State

League for Illawarra in division two.

For the 3rd year in a row Alyse played for Academy team at the Academy Games. She attends all training and education sessions and shows genuine interest in wanting to learn more. Alyse has a very positive attitude and always tries 100%



### **Rugby Union Athlete of the Year Ben Robinson**

Ben's second year in the Academy proved to be a watershed year for him, achieving his goal of representing NSW under 15's. His form for Illawarra at the Country Championships was excellent and when he was chosen for NSW

Country, he showed great leadership skills against Sydney and the ACT.

His performances for Country gained him state selection and he caught the eye of National Talent Scouts. Ben was invited to the Australian Institute of Sport for a camp, where he was put through his paces by National squad coaches. At the conclusion of the camp he was included in the National Talent Squad – Junior Gold Squad.

He has shown great maturity and leadership this year and showed a willingness to improve and achieve.



### **Swim Sports Athlete of the Year Emma McKeon**

Emma had a great year in 2009. She gained selection in the Australian Youth Team, the Australian women's Prodigious squad and the Target 2012 squad. During her scholarship Emma set 2 new Australian records in the girls 15years 200m

freestyle. She collected 5 silver and bronze medals at national championships then returned to the state champs and won 6 gold medals and set 3 NSW records. She is currently ranked 8th in open 50m freestyle in Australia and & 11th overall in open 200m freestyle rankings of all time.

Emma is a quietly confident individual and sets realistic goals. She gives her best at all levels of competition from local to national level. She is a good student of the sport and despite being on the national team she continues to swim at local Friday night meets and spends time with younger members.



### **Tennis Athlete of the Year Laura Kent**

Laura has been ranked in the top 3 of her age in the state for over a year and is currently ranked #1 in NSW in her age group. She has been part of the state team for the past 2 years and recently she was part of the squad that competed at Melbourne Park in December. Last

year she won the Special Ladies Singles at South Coast Open, won the under 14 doubles at the Wollongong Junior Open and the Girls 14 years doubles at the Gosford Mentor Tournament.

She is a keenly motivated player and requires very little encouragement to perform. Listens well at sessions and is always eager to learn more and trains very hard. Very easy to coach and has done stints at the Kangaroo Valley club in helping to coach junior players over the past year.



## CYCLING SPONSORS

**ROADWORX**

Roadworx, which are based in Unanderra have operated for 17 years specialising in a wide range of civil construction works, ranging from large residential and industrial subdivisions to driveways.

**cyclingnews.com**

the world centre of cycling

Since its inception in 1995 www.cyclingnews.com has grown to become the worlds biggest and best source for all the latest news, results and reviews in the sport of cycling.



**benkersten.com**



NRMA Bowral & Katoomba provide a full range of NRMA insurance & motoring services. Insurance includes home, motor, boat, caravan and business and motoring services offer roadside assistance, member services, and motoring information.

**Raine & Horne**  
Wollongong

Raine & Horne Wollongong lead the way locally in all forms of property sales and leasing, currently managing over 900 individual tenancies.

**hotdesigns**  
Customised cycle wear



## SCHOLARSHIP HOLDERS 2009

### Cricket

Nathan Brown	Ryan Maguire	Jackson Watts
Owen Chivers	Jordan Matthews	Jack Webb
Callum deBruyn	Blake Munilla	
Samuel Flanagan	Hugh Rigney	
Nick Jennings	Angus Skorulis	
Duncan Maddinson	Jackson Stewart	

### Cycling

Samuel Arnold	Bradley Heffernan	Tirian McManus
Caleb Ewan	Bree Jones	Hayden Streefer
Sandor Guggisberg	Jackson Law	Steven Tarrant
Holly Heffernan	Madison Law	

### Golf

Adam Barnard	Tom Holz	Emmah Payne
Sarah Burgin	Shaun Julius	Tahniah Ravenjak
Luke Elliott	Millie Kohan	Travis Smyth
Beau Fraser	Nicky Logan	Lachlan Staniforth
Stephen Groves	Lucas Meehan	Amelia Stannard
Jacob Harding	Elissa Nikolich	Jordan Widdicombe

### Hockey

Taylor Anderson	Jack Hayes	Hannah O'Leary
Rachel Cheetham	Mitchell Hurry	James Olsen
Alex Collyer	Monique Isemonger	Lauren Peace
Kalinda Commerford	Nick Jennings	Joseph Plumb
Kate Davis	Alexander Mackay	Tegan Richards
Sassie Economos	Jake McCracken	Ariadne Sgouros
Brogan Ford	Kate McKinley	Ross Sharpe
Isabella Franceschini	Alex Montgomery	Rowan Tickner
Kyah Gray	Benjamin Morrell	Christopher Whitehall
Joshua Gregory	Laura Nealon	Elanor Woods
Corey Harding	Flynn Ogilvie	

### Individual Athlete Program

Bernadette Cardillo	Nick Ferderer	Adam Reich
Sarah Carli	Megan Field	Abbie Taddeo
Leroy Davies	Mckenzie Hynard	
Nicholas Digenni	Bree Jones	

### Lawn Bowls

Sarah Boddington	Blake Hofman	Dylan Robinson
Riley Boughton	Kyle Johannes	Dale Samaha
Ryan Burgess	Tim Love	Kaitlin Shaw
Liam Dun	Sean Mawdsley	Aaron Spears
Stephanie Hili	Curtis Meredith	Justine Walsh
Daniel Hiscox	Wilson Patuwai	

### Netball

Mikaela Bryce	Emma Hunt	Ashleigh McHugh
Natalie Croker	Freya Jansens	Amanda Oswald
Georgia Fisher	Courtney Jones	Sophie Robertson
Sam Foster	Emma Kelly	Madolyn Ryan
Shayna Graham	Tara Martin	Delise Sanchez-Lindgren
Rena Hahn	Samantha Masterson	Melissa Tallent
Alyse Holmes	Teagan McClure	Kate Tonacia

### Rugby

Cameron Bond	Blake Holmes	Benjamin Robinson
Mitchell Burge	Dean Mayell	Brodie Scott
Liam Faughlin	Lewis Mitchell	Sam Smith
Cory Forrest	James Needham	Jacob Woolley
Daniel Grehan	Jake Palermo	Timothy Wylie

### Swim Sports

Jordan Chyra	Alexis Mastro	Jarrood Poort
Zoe Elkerton	Emma McKeon	

### Tennis

Stella Crick	Laura Kent	Cameron Smith
Mackenzie Edwards	Brianna Kostovski	Luke Sullivan
Rachel Frezza	Dael McKenna	Jack Swindells
Bryce Hoerning	Rochelle Morris	
Gabby Hooker	Lachlan Morris	

## CURRENT SCHOLARSHIP HOLDERS

The scholarship year for many athletes commenced in October 2009. The athletes listed below are part of the 2010 program year.

### Hockey

Jasmine Bailey	Corey Harding	Laura Nealon
Owen Chivers	Jack Hayes	James Olsen
Melissa Clout	Alice Hewitt	Joseph Plumb
Georgia Cohen	Monique Isemonger	Jack Pogson
Paul Counsell	Monique Kell	Tegan Richards
Ben Donovan	Ashleigh Mayo	Jack Rowe
Michael Dun	Brittany Mayo	Keeli Royle
Sassie Economos	Brock McCracken	Ross Sharpe
Isabella Franceschini	Belinda McNaught	Mungo Skyring
Kyah Gray	Joshua Millbank	Rowan Tickner

### Individual Athlete Program

Emily Bonin	Amelia Halligan	Jake Montgomery
Karlie Chambers	Molly Hanrahan	Hamish Paine
Nicholas Digenni	Mckenzie Hynard	Talissa Scott
Aaron Ferderer	Blake James	Abbie Taddeo
Nick Ferderer	Joshua Kentwell	Liam Towers

### Netball

Mikaela Bryce	Georgia Flynn	Louisa Mooney
Kaitlyn Bryce	Shayna Graham	Sophie Robertson
Emma Casey	Ellen Hunter	Adriana Wassens
Tayla Cordina	Tara Martin	Carly Zulumovich
Natalie Crocker	Jessica McGrath	
Georgia Fisher	Ashleigh McHugh	

### Rugby

Sam Connor	Blake Holmes	Daniel Pink
Jamaine Crossley	Tim Lewis	Madison Purdie
Rory Davis	Dean Mayell	Benjamin Robinson
Jordan DeCelis	Stuart Mill	Cameron Simpson
Liam Faughlin	Lewis Mitchell	Sam Smith
Tame Grover	James Needham	Corey Tulloch
Colby Hawkins	Jake Palermo	

### Tennis

Stella Crick	Domonic Marquis	Nathan Paull
Mackenzie Edwards	Dael McKenna	Ellen Perez
Rachel Frezza	Kirsty McRae	Luke Sullivan
Bryce Hoerning	Rochelle Morris	Jack Swindells
Gabby Hooker	Hannah Muirhead	



# Fairy Meadow Demonstration School

*Providing quality comprehensive public education since 1858.*

# aceit clothing



manufacturers & suppliers of

**IN-HOUSE**

**Design**

**Screenprinting**

**Embroidery**

**TEAM SPORTSWEAR**

**T-SHIRTS/POLOS**

**BUSINESS UNIFORMS**

**HATS & CAPS**

**BAGS,  
SPECIAL EVENT MERCHANDISE**

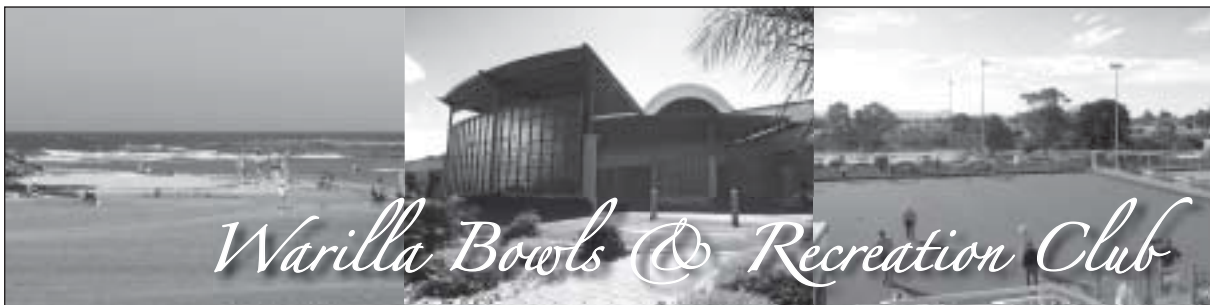
**HEALTHCARE/HOSPITALITY UNIFORMS**

107 Kenny St. Wollongong

Ph: 4226 4054 Fax: 4229 1113

Email: sales@aceit.com.au

[www.aceit.com.au](http://www.aceit.com.au)



## Warilla Bowls & Recreation Club

**Relax** while dining in one of our 3 restaurants. Free live entertainment is available Friday and Saturday nights, and Sunday afternoons during Summer. Enjoy full club facilities and relax on our new outdoor terraces. Our Diamonds Reception Centre is available for your next big function.

**Play** on our world-class indoor and outdoor bowling greens. For the health-conscious, we have a fully-equipped gym and health centre as well as tennis courts.

**Stay** in our 2-bedroom ensuite cabins. Adjacent to the club, these are fully air-conditioned, patrons can enjoy BBQ's, laundry, children's playground, breakfast available. Situated close to the beach, shopping and other activities.



Information for Members and their guests

Phone: 02 4295 1811 Jason Avenue, Barrack Heights

[www.warillabowls.com.au](http://www.warillabowls.com.au)

*Is gambling a problem for you? G-Line (NSW) is a confidential, free counselling service. Free 1800 633 635*



## SCHOLARSHIP HOLDERS BY SPORT AND REGION 2009

SPORT	WOLLONGONG	SHELLHARBOUR	KIAMA	SHOALHAVEN	WINGECARRIBEE	TOTAL
<b>Cricket</b>						
Male	2	3	1	6	2	14
Female						0
<b>Cycling</b>						
Male	3	2			3	8
Female	2	1	1			4
<b>Golf</b>						
Male	3	4	4	2		13
Female	2			2		4
<b>Hockey</b>						
Male	8	2		1	4	15
Female	3	3	3	1	5	15
<b>Individual Athletes</b>						
Male	9	1				10
Female	2	1	3			6
<b>Lawn Bowls</b>						
Male	9	5		1		15
Female		2		2		4
<b>Netball</b>	10			4	2	16
<b>Rugby Union</b>	13	1	1	4	1	20
<b>Swim Sports</b>						
Male		1	1			2
Female	1	2				3
<b>Tennis</b>						
Male	2	2	1	1	1	7
Female	4	3				7
<b>SCG Totals</b>	73	33	15	24	18	163

## ATHLETE ACHIEVEMENTS 2009

Academy athletes achieved at all levels in 2009. The following lists athletic achievement in the 2009 calendar year for athletes on scholarship in that period.

### AUSTRALIAN ACHIEVEMENTS

<b>Athlete</b>	<b>Program</b>	<b>Event Name</b>	<b>Achievement</b>
Jordan Matthews	Cricket	U16 Schoolboys Australian Team	Selected
Aaron Donnelly	Cycling	Australian Youth Olympics	3rd 400m Teams Pursuit
Aaron Donnelly	Cycling	U19 Mens Australian Track Cycling Championships	2nd Team Pursuit & Individual Point Score
Kelly Mackie	Cycling	U17 Junior Womens Australian Junior Track Championships	1st 2000m Individual Pursuit
Kelly Mackie	Cycling	U17 Junior Womens Australian Junior Track Championships	1st 5km Scratch Race
Kelly Mackie	Cycling	U17 Junior Womens Australian Junior Track Championships	3rd Individual Sprint
Kelly Mackie	Cycling	U17 Junior Womens Australian Junior Track Championships	2nd Team Sprint
Kelly Mackie	Cycling	U17 Junior Womens Australian Junior Track Championships	3rd 500m Time Trial
Madison Law	Cycling	U17 Junior Womens Australian Junior Track Championships	2nd Team Sprint
Madison Law	Cycling	Oceania Track Cycling Championships	3rd Time Trial & Team Sprint
Madison Law	Cycling	Oceania Track Cycling Championships	
Jackson Law	Cycling	U17 Junior Mens Australian Junior Track Championships	5th 500m Time Trial
Jackson Law	Cycling	U17 Junior Mens Australian Junior Track Championships	1st 7.5km Scratch Race, 2000m Individual Pursuit & 3000m Teams Pursuit
Jackson Law	Cycling	U17 Junior Mens Australian Junior Track Championships	2nd Team Sprint
Jackson Law	Cycling	Oceania Track Cycling Championships	1st U19 Scratch Race & 3000m Pursuit
Jackson Law	Cycling	Oceania Track Cycling Championships	2nd U19 Points Race
Jackson Law	Cycling	Australian Junior Road Championship	2nd JM17 Time Trial
Tirian McManus	Cycling	U17 Junior Mens Australian Junior Track Championships	1st 3000m Team Pursuit
Tirian McManus	Cycling	U17 Junior Mens Australian Junior Track Championships	3rd 2000m Individual Pursuit
Tirian McManus	Cycling	U17 Junior Mens Australian Junior Track Championships	2nd Team Sprint
Tirian McManus	Cycling	Australian Junior Road Championship	1st JM17 Road Race
Caleb Ewan	Cycling	Australian Junior Road Championship	2nd JM17 Road Race
Caleb Ewan	Cycling	Australian Junior Road Championship	3rd JM17 Criterium
Flynn Ogilvie	Hockey	Australian All Schools Team	Selected
Megan Field	IAP	National 11-16 years Gymnastics Team	Selected
Bree Jones	IAP	U17 National Surf Titles	1st Beach Run
Bree Jones	IAP	Women's SLS U17 Beach Run Championship	1st
Bernadette Cardillo	IAP	Women's SLS U17 Beach Sprint Race Championship	3rd
Nick Di Genni	IAP	Australian National Championships	5th U21 Rapid fire pistol
Nick Di Genni	IAP	Youth National Championships	1st Boys 12-16 years Air Pistol, 25m Pistol, Rapid Fire 50m Pistol & 25m Standard Pistol

## ATHLETE ACHIEVEMENTS 2009 *CONTINUED*

### AUSTRALIAN ACHIEVEMENTS *CONTINUED*

Talissa Scott	IAP	Australian All Schools	2nd U17 Long Jump
Talissa Scott	IAP	Australian All Schools	3rd U17 100m Hurdles & 200m Sprint
Talissa Scott	IAP	Australian All Schools	1st 4 x 100m U18 Relay
Talissa Scott	IAP	Athletics Australian World Junior Shadow Squad	Selected
Adam Reich	IAP	Australian Junior Basketball Cup	Represented NSW Country
Kirra Jones	Swim Sports	U17 National Surf Titles	2nd Surf Teams
Kirra Jones	Swim Sports	U17 National Surf Titles	2nd Board Relay
Kirra Jones	Swim Sports	U17 Women's Surf Teams Race Championship	2nd
Kirra Jones	Swim Sports	U17 Iron Woman Race Championship	5th
Kirra Jones	Swim Sports	U19 Surf Board Relay Championship	4th
Kirra Jones	Swim Sports	U17 Surf Board Relay Race Championship	2nd
Emma McKeon	Swim Sports	Australian Age Championships	2nd 14yrs 100m Freestyle
Emma McKeon	Swim Sports	Australian Age Championships	3rd 14yrs 50m & 200m Freestyle
Emma McKeon	Swim Sports	Australian Age Championships	2nd 14yrs 200m Medley & 200m Freestyle Relays
Emma McKeon	Swim Sports	Swimming Australia Target 2012 Camp	Selected
Emma McKeon	Swim Sports	Australian Flipper Squad - Youth Team	Selected
Emma McKeon	Swim Sports	School Sport Australia World Games Team	Selected
Jordan Chyra	Swim Sports	Australian Age Championships	6th, final 16yrs 200m Butterfly
Sarah Boddington	Lawn Bowls	Australian Junior Championships	Won Gold medal in Girls Pairs
Sarah Boddington	Lawn Bowls	Australian Junior Championships	Won Silver medal in Fours
Kyle Johannes	Lawn Bowls	Australian Junior Championships	Won Silver medal in Fours
Kyle Johannes	Lawn Bowls	Australian Junior Championships	Won Bronze medal in Pairs

### STATE ACHIEVEMENTS

<b>Athlete</b>	<b>Program</b>	<b>Event Name</b>	<b>Achievement</b>
Jordan Matthews	Cricket	Southern NSW CCC Team	Selected
Sam Flanagan	Cricket	Bradman Cup Team for 2010	Selected
Sam Flanagan	Cricket	Southern NSW CCC Team	Selected
Jackson Stewart	Cricket	Bradman Cup Team for 2010	Selected
Jackson Stewart	Cricket	Southern NSW CCC Team	Selected
Jack Watts	Cricket	Southern NSW CCC Team	Selected
Jackson Law	Cycling	NSW Track Championships	1st 2000m Individual Pursuit, Time Trial & Sprint
Jackson Law	Cycling	NSW Country Road Championships	2nd JM17
Jackson Law	Cycling	NSW U19 State Titles	1st 1000m Time Trial, Kierin & 3000m Individual Pursuit
Madison Law	Cycling	NSW Track Championships	1st 500m Time Trial & Sprint JW17
Madison Law	Cycling	NSW U19 State Titles	1st Kierin, 500m Sprint & 200m Sprint JW17

## ATHLETE ACHIEVEMENTS 2009 *CONTINUED*

### STATE ACHIEVEMENTS *CONTINUED*

Kelly Mackie	Cycling	NSW Track Championships	1st Pursuit JW17
Tirian McManus	Cycling	NSW Track Championships	2nd Sprint & Pursuit JW17
Tirian McManus	Cycling	NSW Track Championships	3rd Time Trial JW17
Tirian McManus	Cycling	NSW Metropolitan Junior Road Championships	2nd JM17
Tirian McManus	Cycling	NSW Metropolitan Junior Road Championships	1st JM17
Caleb Ewan	Cycling	NSW Country Road Championships	1st JM17
Bree Jones	Cycling	NSW U19 State Titles	4th Individual Pursuit
Lachlan Staniforth	Golf	16-17 Years TLGC Junior Classic 2009	Nett Runner-up
Elissa Nikolich	Golf	Junior Girls TLGC Junior Classic 2009	Overall Runner-up
Sarah Burgin	Golf	Junior Girls TLGC Junior Classic 2009	Nett Runner-up
Lucas Meehan	Golf	Junior Boys TLGC Junior Classic 2009	Overall Runner-up
Amelia Stannard	Golf	Secondary Golf- Individual- Girls Strokeplay	Nett Winner
Amelia Stannard	Golf	State Age Championship	Girls 15y Nett winner
Amelia Stannard	Golf	Brett Ogle Junior Masters	Scratch runner up
Amelia Stannard	Golf	Wollongong Junior Masters	3rd Girls 15 Years and over
Sarah Burgin	Golf	Brett Ogle Junior Masters	Nett runner up
Adam Barnard	Golf	Bathurst Junior Masters 14/15 Years Boys	Overall Winner
Roland Krelle	Golf	Harvey Norman Week of Golf Tournamnet	1st Boys 16 Years
Roland Krelle	Golf	U18 Prime 90 Tournament	Runner up
Tahnia Ravnjak	Golf	NSW State Junior Squad	Selected
Tahnia Ravnjak	Golf	Bathurst Junior Masters Girls 15 Years and Over	Overall Winner
Tahnia Ravnjak	Golf	Junior Girls TLGC Junior Classic 2009	Overall Winner
Tahnia Ravnjak	Golf	U18 Prime 90 Tournament	Runner up
Tahnia Ravnjak	Golf	Harvey Norman Week of Golf Tournamnet	3rd Girls 15 Years Nett
Tahnia Ravnjak	Golf	Jack Newton Junior International Classic	Won Girl's 16 Years Nett Category
Tom Holz	Golf	U18 Prime 90 Tournament	Gross winner
Tom Holz	Golf	Brett Ogle Junior Masters	3rd place
Tom Holz	Golf	Harvey Norman Week of Golf Tournamnet	2nd Boys 17 Years Nett
Jason Bond	Golf	U18 Prime 90 Tournament	Nett winner
Jordan Widdicombe	Golf	Wollongong Junior Masters	1st Boy's 14-15 Years
Travis Smyth	Golf	Wollongong Junior Masters	2nd Boy's 14-15 Years
Travis Smyth	Golf	Hurstville Junior Open	1st Overall

## ATHLETE ACHIEVEMENTS 2009 *CONTINUED*

### STATE ACHIEVEMENTS *CONTINUED*

Flynn Ogilvie	Hockey	NSW Under 18s 2010 Mens Squad	Selected
Flynn Ogilvie	Hockey	NSW Boys U16 All Schools Team	Selected
Tegan Richards	Hockey	NSW Under 15 Girls Hockey Squad	Selected
Tegan Richards	Hockey	NSW institute of Sport Emerging Talent Squad	Selected
Tegan Richards	Hockey	NSW Girls U'16s All Schools Team	Selected
Tegan Richards	Hockey	NSW U15 Hockey Team	Selected
Kizziah Plumb	Hockey	NSW Girls U'16s All Schools Team	Selected
Kyah Gray	Hockey	NSW Under 15 Girls Hockey Squad	Selected
Kyah Gray	Hockey	NSW U15 Hockey Team	Selected
Pippin Saunders	Hockey	U18 Girls NSW Team	Selected
Sassie Economos	Hockey	NSW Under 15 Girls Hockey Squad	Selected
Corey Harding	Hockey	NSW Boys U'16s All School Squad	Selected
Corey Harding	Hockey	NSW U15 Hockey Team	Selected
Alex Mackay	Hockey	NSW Boys U'16s All School Squad	Selected
Jack Hayes	Hockey	NSW Boys U'16s All School Squad	Selected
Jack Hayes	Hockey	NSW U15 Hockey Team	Selected
James Olsen	Hockey	NSW Boys U'16s All School Squad	Selected
James Olsen	Hockey	NSW U15 Hockey Team	Selected
Elanor Woods	Hockey	NSW U18 Women's Indoor Team	Selected
Elanor Woods	Hockey	NSW U21 Women's Indoor Team	Selected
Bernadette Cardillo	IAP	U17 NSW Premiership Series	1st Overall in Sprint
Bernadette Cardillo	IAP	U17 NSW Premiership Series	1st Overall in Beach Flags
Bernadette Cardillo	IAP	U17 NSW Surf Life Saving Team	Selected
Mackenzie Hynard	IAP	NSW Surf Life Saving Team	Selected
Leroy Davis	IAP	U18 Illawarra Surfing Titles	1st
Abbie Taddeo	IAP	U15 Surf Life Saving Country Chamionships	1st Beach Sprint & Flags
Abbie Taddeo	IAP	U15 Surf Life Saving Country Chamionships	1st in the Sprint Relay & Cameron relay
Abbie Taddeo	IAP	U15 Country Chamionships	1st 100m, Long Jum & 90m Hurdles
Abbie Taddeo	IAP	U15 Country Chamionships	1st 4 x 100m Female Relay & 4 x 100m Mixed Relay
Abbie Taddeo	IAP	U15 Country Chamionships	2nd Triple Jump
Abbie Taddeo	IAP	U16 NSW State Athletics	1st Triple Jump, Long Jum & 90m Hurdles
Abbie Taddeo	IAP	U16 NSW State Athletics	Bronze Medal
Abbie Taddeo	IAP	NSW All Schools Athletics	2nd 15 Years 90m Hurdles
Bree Jones	IAP	U16 NSW All Schools / CHS Triathlon	1st Age Group



## ATHLETE ACHIEVEMENTS 2009 *CONTINUED*

### STATE ACHIEVEMENTS *CONTINUED*

Nick Di Genni	IAP	NSW Tri State Pistol team	Selected
Nick Di Genni	IAP	NSW APA Junior Championships	1st B grade Air Pistol
Nick Di Genni	IAP	NSW APA Junior Championships	2nd C grade Rapid Fire, Standard Pistol & Free Pistol
Nick Di Genni	IAP	NSW APA Junior Championships	3rd A grade Sport Pistol
Aaron Ferderer	IAP	NSW Open Water Championships	1st U14 5000m
Aaron Ferderer	IAP	NSW Open Water Championships	2nd U14 10,000m
Nick Ferderer	IAP	NSW Open Water Championships	3rd U16 10,000m
Adam Reich	IAP	NSW State Basketball Championships	Represented Illawarra U18 Team
Joshua Kentwell	IAP	NSW All Schools Athletics	1st 13 Years 1500m
Talissa Scott	IAP	NSW All Schools Athletics	1st 16 Years Long Jump
Talissa Scott	IAP	NSW All Schools Athletics	2nd 16 Years 100m Hurdles
Talissa Scott	IAP	NSW All Schools Athletics	3rd 16 Years 200m
Karlie Chambers	IAP	NSW All Schools Athletics	2nd 15 Years 400m
Kyle Johannes	Lawn Bowls	U25 NSW State Team	Selected
Kyle Johannes	Lawn Bowls	U18 NSW State Team to play Queensland	Selected
Kyle Johannes	Lawn Bowls	U18 NSW State Team to play ACT	Selected
Kyle Johannes	Lawn Bowls	NSW U18 Squad for 2010	Selected
Kyle Johannes	Lawn Bowls	NSW CHS Team	Selected
Sarah Boddington	Lawn Bowls	U18 NSW State Team to play Queensland	Selected
Sarah Boddington	Lawn Bowls	U18 NSW State Team to play ACT	Selected
Sarah Boddington	Lawn Bowls	NSW U18 Squad for 2010	Selected
Sarah Boddington	Lawn Bowls	NSW U25 Squad	Selected
Sarah Boddington	Lawn Bowls	NSW CHS Team	Selected
Wilson Patuwai	Lawn Bowls	U18 NSW State Team to play Queensland	Selected
Wilson Patuwai	Lawn Bowls	NSW U18 Squad for 2010	Selected
Aaron Spears	Lawn Bowls	NSW State U18 junior championships	Semi finalst
Aaron Spears	Lawn Bowls	NSW U18 Squad for 2010	Selected
Aaron Spears	Lawn Bowls	NSW CHS Team	Selected
Stephanie Hili	Lawn Bowls	NSW U18 Squad for 2010	Selected
Tom Shapcott	Lawn Bowls	NSW U18 Squad for 2010	Selected
Shaun Mawdsley	Lawn Bowls	NSW U18 Squad for 2010	Selected
Shaun Mawdsley	Lawn Bowls	NSW CHS Team	Selected
Daniel Hiscox	Lawn Bowls	NSW CHS Team	Selected
Melissa Tallent	Netball	U19 NSW State Squad	Selected

## ATHLETE ACHIEVEMENTS 2009 *CONTINUED*

### STATE ACHIEVEMENTS *CONTINUED*

Shayna Graham	Netball	U17 State Trials	Reached Phase 3 of Trials
Mikaela Bryce	Netball	U17 State Trials	Reached Phase 2 of Trials
Ashleigh McHugh	Netball	U17 State Trials	Reached Phase 2 of Trials
Laura Kent	Tennis	Girls 14 years Gosford Mentor Tournament	1st Doubles
Laura Kent	Tennis	Girls 14Y Hunter Valley Junior Grasscourt Championships	Singles & Doubles finalist
Laura Kent	Tennis	South Coast Open	Special ladies singles winner
Laura Kent	Tennis	South Coast Open	Semi finalist
Laura Kent	Tennis	Wollongong Junior Open	Semi finalist 14 girls singles
Laura Kent	Tennis	Wollongong Junior Open	Won U14 Girls doubles
Gabby Hooker	Tennis	Girls 14 years Gosford Mentor Tournament	Singles finalist
Gabby Hooker	Tennis	Girls 14Y Hunter Valley Junior Grasscourt Championships	Finalist
Gabby Hooker	Tennis	2009 ACT Junior Open	Girls 16y doubles semi finalist
Gabby Hooker	Tennis	NSW Country Closed Junior Championships	Semi finalist U15 girls singles
Gabby Hooker	Tennis	NSW Country Closed Junior Championships	Finalist U16 girls singles
Gabby Hooker	Tennis	2009 Medibank Cup	Semi finalist U16 girls Singles & Doubles
Dael McKenna	Tennis	U15 NSW CHS Championships	Singles & Doubles winner
Dael McKenna	Tennis	Newcastle Junior Open	16y Singles finalist
Dael McKenna	Tennis	Newcastle Junior Open	16y Girls doubles winner
Dael McKenna	Tennis	Newcastle Junior Open	16y Mixed doubles finalist
Dael McKenna	Tennis	2009 NSW CHS Championships	Singles & Doubles winner
Dael McKenna	Tennis	NSW Country Closed Junior Championships	Won U18 & U16 girls doubles
Dael McKenna	Tennis	NSW Country Closed Junior Championships	Won U18 girls singles
Dael McKenna	Tennis	NSW Country Closed Junior Championships	Semi finalist U17 girls singles
Dael McKenna	Tennis	Wollongong Junior Open	Semi finalist U16 girls singles & Doubles
Bryce Hoerning	Tennis	2009 ACT Junior Open	Boys 14y doubles semi finalist
Bryce Hoerning	Tennis	2009 Medibank Cup	Semi finalist U16 Doubles
Jack Swindells	Tennis	2009 ACT Junior Open	Boys 16y doubles semi finalist
Jack Swindells	Tennis	2009 Medibank Cup	Semi finalist U16 Singles & Doubles
Stella Crick	Tennis	2009 ACT Junior Open	U14 Doubles winner
Stella Crick	Tennis	2009 Medibank Cup	Semi Finals U16 Doubles
Rochelle Morris	Tennis	2009 Illawarra Junior Open	U16 Semi finalist
Rochelle Morris	Tennis	2009 ACT Junior Open	Girls 16y doubles semi finalist
Ellen Perez	Tennis	2009 Medibank Cup	Runner up Girl's 14 Years Singles
Ellen Perez	Tennis	2010 Medibank Cup	Semi Finals U14 Doubles

## ATHLETE ACHIEVEMENTS 2009 *CONTINUED*

### STATE ACHIEVEMENTS *CONTINUED*

Emma McKeon	Swim Sports	NSW State Age Short Course Team	Selected
Emma McKeon	Swim Sports	NSWIS/SNSW Elite Training Squad Level 3	Selected
Emma McKeon	Swim Sports	U14 NSW State Age Championships	1st 50m & 100m Freestyle & 100m Butterfly
Emma McKeon	Swim Sports	NSW Country Championships	1st 15 & Over 50m & 100m Freestyle, 50m Butterfly & 200m Freestyle relay
Emma McKeon	Swim Sports	NSW Country Championships	2nd 15 & Over 100m Butterfly, 200m Freestyle & 200m Medley Relay
Emma McKeon	Swim Sports	NSW Open Short Course Championships	1st 50m & 100m Freestyle
Emma McKeon	Swim Sports	NSW Open Short Course Championships	2nd 400m Freestyle
Emma McKeon	Swim Sports	NSW Open Short Course Championships	3rd 50m Butterfly & 100m Freestyle
Emma McKeon	Swim Sports	Queensland Swimming Championships	2nd 15 Years 200m Freestyle
Emma McKeon	Swim Sports	Queensland Swimming Championships	3rd 15 Years 100m Butterfly
Zoe Elkerton	Swim Sports	NSW State Age Short Course Team	Selected
Zoe Elkerton	Swim Sports	Womens NSW Age Development Squad	Selected
Zoe Elkerton	Swim Sports	U15 NSW State Age Championships	2nd 400m & 800m Freestyle
Zoe Elkerton	Swim Sports	U15 NSW State Age Championships	3rd 100m & 200m Freestyle, 200m Butterfly
Zoe Elkerton	Swim Sports	NSW Country Championships	1st 200m Freestyle Relay
Zoe Elkerton	Swim Sports	NSW Country Championships	2nd 200m Medley Relay
Zoe Elkerton	Swim Sports	NSW Country Championships	3rd 15 & Over 400m IM, 100m Freestyle
Zoe Elkerton	Swim Sports	NSW Open Short Course Championships	3rd 400m Freestyle
Alexis Mastro	Swim Sports	Womens NSW Age Development Squad	Selected
Alexis Mastro	Swim Sports	NSW Country Championships	1st 13-14y 50m & 100m Backstroke & 50m Freestyle
Alexis Mastro	Swim Sports	NSW Country Championships	2nd 13-14y 50m Butterfly & 200m Medley Relay
Alexis Mastro	Swim Sports	NSW Country Championships	3rd 13-14y 200m Backstroke
Jordan Chyra	Swim Sports	NSW State Age Short Course Team	Selected
Jordan Chyra	Swim Sports	Mens NSW Age Development Squad	Selected
Jordan Chyra	Swim Sports	NSW Country Championships	1st 15 & Over 200m Butterfly
Jordan Chyra	Swim Sports	NSW Country Championships	2nd 15 & Over 100m Butterfly
Jarrood Poort	Swim Sports	Queensland Swimming Championships	1st 15 Years 400m & 1500m Freestyle
Jarrood Poort	Swim Sports	NSW Open Water Championships	1st U15 5000m & 10,000m

**The Illawarra Academy of Sport gratefully acknowledges  
the support of a number of local businesses and clubs.  
We thank them for their financial support  
or in-kind support in 2009.**



NEW SOUTH WALES  
DEPARTMENT  
OF EDUCATION  
AND TRAINING







## **ILLAWARRA**

### **ACADEMY OF SPORT**

Administration Centre:

Level 1,

URAC Building (Bldg13)

University of Wollongong

PO Box 241

Fairy Meadow NSW 2519 Australia

Telephone: (02) 4283 5611

Fax: (02) 4284 0149

[www.ias.org.au](http://www.ias.org.au)