



illawarra
academy of sport
"a pathway to excellence"

YEARBOOK 2013

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PRESIDENT'S REPORT

It is my pleasure to present the President's Report for 2013.

It was a year of recognition, review and improvement to our operations at all levels as summarised in this Report, the Acting General Manager's Report and the respective Program Reports.

I acknowledge and congratulate our high performing current and former athletes. Our graduates continue to perform remarkably well on the world and national stages.

In February the Academy held a very successful Presentation Night at the Novotel Wollongong. Blake Govers was named the 2012 Tobin Award winner. We were honoured to have the Minister of Sport, Hon. Graham Annesley, in attendance.

The Minister was a strong supporter of Regional Academies, as evidenced by his attendance at numerous Academy functions across NSW during the year. Late in the year the Minister resigned from Parliament and was replaced by Hon. Gabrielle Upton.

A particular highlight in 2013 was attending the NSW Parliamentary Function, hosted by the Speaker of the House and Member of the South Coast, Hon. Shelly Hancock (who is a former Member of our Academy Board) and attended by Minister Upton.

The event provided an opportunity for Academy Board Members, staff and athletes from throughout NSW to thank the NSW Government for its continuing strong support of Regional Academies, and for the academies to present some of their outstanding athletes to the Speaker, Minister and other dignitaries present. Our Academy was represented by the General Manager, athletes (Joshua Kentwell, Kieran Richards and Mecenzi Howard) and myself.



Governance

Having adopted a new constitution in 2011, in 2013 the four major Sub-Committees, together with the Executive and the General Manager, continued to review the Academy policies, governance and operations. A steady stream of updated policies were presented to the Executive and/or Board for adoption.

These included:

- Social Media Policy
- Athlete Code of Conduct Policy
- Athlete Selection Policy
- Working Relationships Policy
- Medical Policy
- WHS Policy
- Sports Matrix Policy
- New Sports Policy
- Child Protection Policy
- Drugs in Sport Policy

In addition to the AGM and Sub Committee Meetings, the Directors attended eight Board meetings and thirteen Executive Committee Meetings during 2013.

The year of review culminated in the Strategic Plan 2012/17 and Business Plan 2012/13 being adopted at the December Board Meeting.

The Academy's finances continue to be carefully managed so as to be able to provide services to our athletes as cost effectively as possible.

In 2013, Board Member Jason Gordon (representative of the Wingecarribee Shire Council Mayor) resigned and I thank him for his service.

At the beginning of the year Mr Phil Parle became a Member representing Sports Medicine Australia, NSW Branch President.

The resignation of the General Manager late in the year resulted in Mr Shannon Fraser, the Program and Athlete Development Manager, being appointed Acting General Manager to lead the Academy until after the ClubsNSW Regional Academy Games in April 2014.

ClubsNSW Regional Academy Games

In April the Illawarra Academy hosted the Games, on behalf of the Regional Academies of Sport incorporated (RASi), for the second of three years. Almost one thousand athletes and their supporters visited the Illawarra. The feedback was that they very much enjoyed the experience despite heavy rain disrupting some events on the Saturday.

The facilities utilised in Wollongong, Shellharbour and Shoalhaven were much appreciated, with the University of Wollongong proving to be the perfect base for the Games. We received excellent cooperation from the University, the Councils, tourism bodies, sporting associations, media, volunteers and RASi so as to ensure the Games' continued success.

We look forward to another successful Games in 2014.

I place on record our appreciation of ClubsNSW and the NSW Government for their sponsorship of the Regional Academy Games.



Sponsors

Fundamental to the Academy's existence is the support of our sponsors. We are most grateful for the continued support of government at both State and Local levels, the Illawarra Business community, sports associations and the University of Wollongong.

The NSW Government, through Office of Communities - Sport and Recreation is our major sponsor and along with five councils and the University of Wollongong are our major financial partners. All councils in the Illawarra have recently increased their financial support to the Academy and for this we are most grateful.

We were pleased to welcome Collegians Rugby League Football Club as a Platinum Sponsor and Southern Phone as an Gold Major Event Sponsor late in 2013.

Our major corporate sponsors are now Collegians, Southern Phone, BlueScopeWIN Community Partners, BaiMed Sports Physiotherapy, Battlewin, Aceit Teamwear, Warilla Bowls and Recreation Club, Field Hockey Equipment, Illawarra Credit Union and the Illawarra Mercury (sponsor of the Tobin Award).

There are also program sponsors, especially our Cycling team corporate sponsors and local and state sporting associations, from Cycling, Golf, Hockey, Netball and Rugby Union as well as numerous in-kind sponsors.

On behalf of the Academy Board, Staff, Coaches and support staff and especially our athletes and their very appreciative parents, we extend, to all our sponsors and supporters, a sincere thank you for your ongoing support of our Academy and we trust this support will continue.

Media/Community

The Academy is fundamentally a community based Illawarra organisation. So to the media of the region thank you for your ongoing great support. You are a key conduit to our community.

To the parents, coaches, managers, volunteers and supporters, I also offer a big thank you from the Board, and our Staff, for your strong support in 2013.

Conclusion

In my report last year I stated that 2013 would see us focus on improving the Academy's financial and operational efficiency.

I believe we have made considerable progress during 2013 as evidenced by the various reports contained within this Annual Report.

This quest is an continuing journey.

To Shannon, Angela, Selin and support staff (coaches/ manager) volunteers, sponsors, media and everybody associated with the Academy- on behalf of the Board, I offer a special thank you for your support and assistance in 2013, as I do to the Board Members and especially the Executive, for your hard work and support over the last 12 months.

Brian Weir PSM
President



ACTING GENERAL MANAGER'S REPORT

The 2013 scholarship year commenced in late November 2012 some 12-days after I started in the position of Program and Athlete Development Manager with the IAS. It is my intention to focus this report on the achievements of the Academy along with its athletes from the perspective of the Program and Athlete Development Manager role.

Throughout 2013 the IAS made a number of significant improvements to the various sport programs delivered and as a result has further enhanced the sport development experience for its scholarship athletes.

The IAS identified three major areas to focus on for the holistic development of its athletes. These include sports specific skill development, sport related education and athlete physical development.

The IAS has again assembled an extremely talented group of coaches and managers to facilitate the delivery of our nine (9) sport programs. Quality coaching is paramount for the technical and tactical development of our athletes.

In 2013 the IAS sports education curriculum began to evolve to better align with that of state and national sporting programs. For example the Sports Nutrition module has become more sports specific and training/competition related while the Injury prevention module took on a more practical application through initiatives such as athlete musculoskeletal screenings.



To ensure athletes are provided every opportunity to improve it is imperative that they are exposed to age and developmental appropriate physical development programs.

The Athlete Long Term Development model which has recently been adopted by the IAS identifies a number of physical competency markers which athletes must achieve to progress, thus providing an effective foundation for future strength and conditioning programs.

2013 also saw the consolidation of the IAS's relationship with the University of Wollongong through the integration of Exercise Science students with the IAS resistance training program. This is a partnership that is being further strengthened throughout the 2014 Scholarship year with the alignment of the IAS Elite Sport Education Curriculum with the Science, Medicine and Health Faculty at the University of Wollongong.



Many of our current athletes achieved sporting excellence in 2013. These include

- Cameron Scott – Won both State & National Cycling titles
- Jessica Rosskelly – 2013 Australian Olympic Hopes Team
- Grace Stewart – Australian Hockey Futures Squad
- Joshua Kentwell – Oceanic Athletic Championships
- Mecenzi Howard – Paralympics preparation team—Boccia
- Dylan Skinner – Australian U18's Lawn Bowls team.

I would like to acknowledge and thank all the national, state and local associations who support our programs and therefore our athletes. I would also like to thank our extremely dedicated, passionate and talented coaches, managers, education consultants and the various other volunteers who allow us to continually achieve great results both on and off the field.

I would personally like to thank the IAS staff including Angela Ratini and Selin Kaharaman for their hard work and dedication to the daily running of the IAS.

I am extremely proud of what the IAS has achieved in 2013 and excited about the challenges ahead in 2014.

Shannon Fraser
Acting General Manager





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ILLAWARRA ACADEMY OF SPORT ANNUAL REPORT 2013

This annual review covers the activities of the Illawarra Academy of Sport Incorporated for the period 1st January 2013 to 31st December 2013.

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:

Illawarra Academy of Sport

Post: PO Box U39 University of Wollongong NSW 2500

Telephone: (02) 4225 3899 | **Facsimile:** (02) 4225 3252

Email: Info@ias.org.au | **Website:** <http://www.ias.org.au>

IAS Staff Contact Details:

SHANNON FRASER | Acting General Manager

Phone: (02) 4225 3899 | **Mobile:** 0458 214 394

Email: gm@ias.org.au

ANGELA RATINI | Business Administration Officer

Phone: (02) 4225 3899 | **Email:** admin@ias.org.au

SELIN KAHRAMAN | Accountant

Phone: (02) 4225 3899 | **Email:** accounts@ias.org.au

ANDREW BARRETT | Sport Program Coordinator

Phone: (02) 4225 3899 | **Email:** sports@ias.org.au

IAS PARTNERS 2013

NSW Office of Communities, Sport and Recreation
Wollongong City Council
Shoalhaven City Council
Shellharbour City Council
Wingecarribee Shire Council
Kiama Municipal Council
University of Wollongong

IAS SPONSORS 2013

Collegians Rugby League Football Club
Southern Phone
BlueScopeWIN Communities Partners
BaiMed Sports Physiotherapy
Battlewin Premium Sports Tape
Warilla Bowls and Recreation Club
Illawarra Mercury
F-H-E.com.au
Wollongong Psychology
Aceit Sportswear
Illawarra Credit Union

IAS LIFE MEMBERS

Mr. Ted Tobin OAM

Mr. Brian Weir PSM



A large, red, stylized star or four-pointed shape with curved edges, positioned diagonally across the page. It serves as a background for the title text.

Overview of Illawarra Academy of Sport

Sports Training Camps

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

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

For more information please phone 13 13 02 or visit www.dsr.nsw.gov.au



The Illawarra Academy of Sport acknowledges the support
of our five Local Councils.



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 Illawarra Area to achieve excellence.

AIMS AND OBJECTIVES

- To provide the opportunity and encouragement for talented Athletes within the Illawarra area 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 Illawarra 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 in early 1985. A committee, 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. The Illawarra Institute of Sport was launched in December 1985, becoming Australia's first Regional Academy of Sport. Programs commenced in early 1986. 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.

Currently there are nine (9) sports programs offered. These include golf, netball, hockey, cricket, rugby union, cycling, an individual athletes program, lawn bowls and triathlon. Since 1985, there have been almost 5000 scholarships offered to local athletes. The IAS will continue to build on the range of sports available to local athletes.

A Growing Example

The regional academy format, pioneered in the Illawarra, has now been replicated across Australia and overseas. Eleven 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 the University of Wollongong.





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BOARD OF DIRECTORS

The Academy is an independent, incorporated sporting organisation that is governed by a sixteen (16) member Board of Directors which is comprised of 9 permanent representatives and 7 elected community representatives. Board of Directors meetings are held bi-monthly and each of the five local Council hosts the meetings on rotation.

Board of Directors

Mayor of Kiama

Cr. Brian Petschler. Represented by Clare Rogers

Mayor of Shellharbour City

Cr. Marianne Saliba. Represented by Brian Weir PSM

Mayor of Shoalhaven

Cr. Joanna Gash. Represented by Cr. John Wells

Mayor of Wingecarribee

Cr. Juliet Arkwright. Represented by Jason Gordon (Resigned)

Lord Mayor of Wollongong

Cr. Gordon Bradbery. Represented by Mark Bond

University of Wollongong Vice Chancellor

Represented by Gregg Rowland

Australian Institute of Sport Director

Represented by Peter Bowman

Sports Medicine Australia, NSW Branch President

Represented by Phil Parle

Department of School Education Regional Director Illawarra & South Coast

Represented by Mark Hume

Community Members - Wollongong

Bill Dowson

Brian Baird

Rosita O'Keefe

Community Member – Shellharbour

John O'Dwyer OAM

Community Member - Kiama

Jeff McCarthy

Community Member - Shoalhaven

TBA

Community Member - Wingecarribee

Peter Tomlinson



Executive Elected

PresidentBrian Weir
Vice PresidentJohn Wells
Public OfficerBrian Baird
TreasurerBill Dowson

Business Plan & Policy
Sub-Committee ChairBrian Baird

Finance & Audit
Sub-Committee ChairBill Dowson

Sports & Education
Sub-Committee ChairJohn Wells

Marketing & Events
Sub-Committee ChairGregg Rowland



Brian Weir PSM



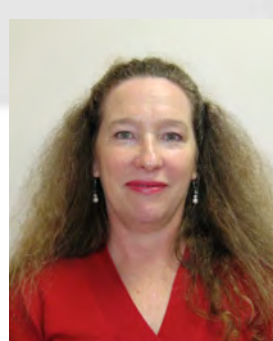
John Wells



Bill Dowson



Brian Baird



Clare Rogers



Mark Bond



Mark Hume



Phil Parle



Peter Bowman



Gregg Rowland



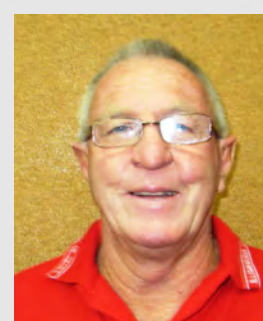
Peter Tomlinson



John O'Dwyer OAM



Rosita O'Keefe



Jeff McCarthy

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 Illawarra's pre-elite young 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 a pre-elite athlete level.

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

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 Office of Communities - Sport & Recreation

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

NSW Institute of Sport

The Illawarra Academy of Sport 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 eleven independent Regional Academies in NSW maintain close links for athlete competition and training and sport management information sharing.

Regional Academies of Sport Inc (RASi)

The eleven independent Regional Academies in NSW, in 2003, formed RASi. 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 is based at the University of Wollongong. The location offers access to IAS training facilities for a range of sports, access to lecture and tutorial rooms, physical training facilities and close links with key volunteer, sports groups and consultants.

The Academy employed three (3) full-time staff and one (1) part-time staff in 2013.

Academy coaching staff are all contracted on a casual basis and as volunteers receive a small honorarium to cover their costs.

Staffing Levels During 2013

Full Time:	
General Manager	1
Program & Athlete Development Manager	1
Business Administrative Officer	1
Part Time:	
Accountant	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, 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 2013 after its establishment a number of years ago. Again, the feature proved extremely popular with athletes & families, sponsors and supporters.

The IAS monthly eNewsletter continues to gain in popularity. This electronic newsletter has a distribution reach to more than 3000 contacts across the Illawarra.

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



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Like the Illawarra Academy of Sport, we also believe in helping talented people from the Illawarra reach their goals. Whether on field or in the classroom, we think everyone deserves the chance to achieve their best.

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Our Vision

To be widely regarded as the leading provider of physiotherapy and health care services throughout the Illawarra and South Coast. BaiMed will strive to achieve exceptional patient focused care in a friendly environment whilst maintaining the highest quality of professional integrity and standards.

IAS scholarship holders able to access Sports Physiotherapy services as utilised by

- St George Illawarra Dragons and u20s • NSW Country Rugby Union • NSW State of Origin
- Australian Rugby League (u20s) • NSWIS Strength Conditioning Coaches

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Woonona, 44 Hopetoun Street
p.4285 8532
woonona@baimedphysio.com.au

Shoalhaven, 78 Bridge Road
p.4422 7715
shoalhaven@baimedphysio.com.au

SCHOLARSHIP PROGRAMS

The major focus of Academy activity is the delivery of sport coaching, physical development 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 Illawarra area (Wollongong, Shellharbour, Kiama, Shoalhaven and 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 Illawarra 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 to all applicants.

PROGRAM BENEFITS & SERVICES

A generic Academy scholarship provides the following benefits and services to the region's talented youth:

Sport Specific Skill Development

- Elite coaching by the region's leading coaches including high level guest coaches.
- Technical and tactical skill acquisition with video analysis support
- Exposure to high level competition including the ClubsNSW Academy Games as well as regional and inter-state tours.

Athletic Performance Development

- Musculoskeletal screening with individualised pre-hab exercise programs.
- Movement competency evaluations
- High performance resistance training programs in line with the '*long term athlete development model*' and weekly access to a HP training facility.
- Sports specific fitness testing and evaluation
- Specialist training including athletic movement and speed development training

Elite Sport Education Curriculum

- Sports specific education modules including:
 - i. Performance psychology,
 - ii. Sports nutrition,
 - iii. Drugs in sport, and;
 - iv. Athletic movement and injury prevention
- Athlete personal development modules including:
 - i. Goal-setting and Time management
 - ii. Media awareness and public speaking, and;
 - iii. Athlete professionalism



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.

IAS 2013 education consultants included:

Kate Battocchio—Activate Fitness & Nutrition
Gareth Mole—Condor Performance
Marijeta Miller—Wollongong Psychology
Neryl East—Neryl East Communications
Hilton & Marianne King—Toastmasters
ASADA—Australian Sports Commission
Ian Hatfield—Athletic Development Coach
Mick Baines—BaiMed Sports Physiotherapy

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 therefore 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 breadth of sports development and community service opportunities.



IAS SPECIAL EVENTS

Mayoral Receptions

A reception, hosted by the Mayor or Council of the 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 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. They also provide a personal opportunity to thank each council for its support.

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



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 nor the 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 2013, the eighth year of the Games, the Illawarra Academy hosted the Academy Games at venues throughout Wollongong, Shellharbour and the Shoalhaven. The IAS had a team of 110 athletes and coaches from five of its sports programs: golf, hockey, lawn bowls, netball and triathlon.

The IAS will again host the ClubsNSW Regional Academy Games in 2014.



Athlete Inductions

In 2013 the Academy coordinated the alignment of our sports programs, excluding cricket, to the same scholarship period, with an induction being held in late October to allow for increased service time prior to the Christmas period.

This multi-sport induction provided a professional introduction and involved both athlete and parent specific information and education sessions as well as sport specific training and physical testing.

Education sessions include drugs in sport, performance psychology, nutrition, media awareness and time management and goal setting.



Presentation Night 2012

The Annual Athlete Graduation and Award Presentation Night was held at the Novotel North beach. The event attracted over 350 people including dignitaries, athletes, coaches and family members.

Amy Duggan from WIN Television oversaw the presentation of awards as master of ceremonies. The event acknowledged the achievements of the 2012 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.



Golf Day 2013

The IAS hosted its annual Golf Day in mid November at the Shellharbour Links Golf Course. The major sponsor for the day was Fenton & Associates, a financial planning group based in Wollongong.

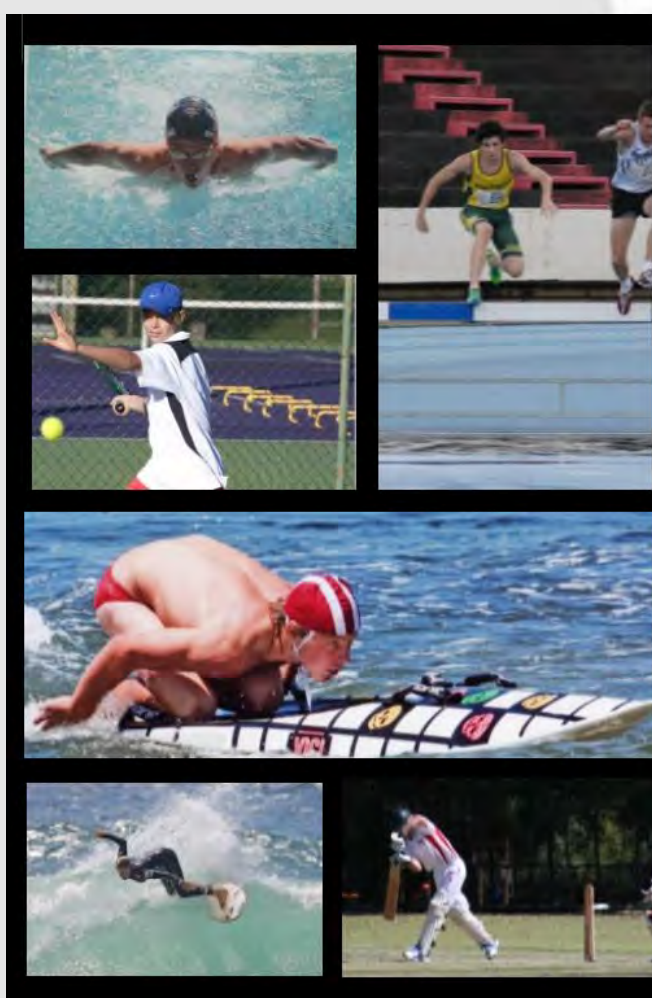
Additional sponsors who supported this event include Big Fat Smile, Jack Newton Junior Golf, Rapidcool, URAC, RM Chartered Accountants, MMJ Wollongong, Cancer Council, Aceit, Subway, Kevin Marsh, BaiMed, Shellharbour Links, Wisdom, Illawarra Golf Association & Balanced Imaged Studio.

It was a highly successful day and the revenue raised will support the IAS Golf program moving into 2014.

Sponsorship Recognition Function

The Academy Sponsors recognition function was held in early July at the Novotel North Beach to acknowledge and thank sponsors for their ongoing support of the Academy and pay tribute to the success of the Academy and its athletes as a result of their generous support.

IAS Athlete's Jessica Rosskelly (kayaking), Joshua Kentwell (athletics), Khalia Rasch (netball) as well as 2012 IAS Athlete of the Year Blake Govers (hockey) were on hand to thank sponsors on behalf of all scholarship athletes.





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Total Scholarships Offered 1986 –2013

ATHLETES WITH DISABILITIES

Male	32
Female	29

BASKETBALL

Male	130
Female	128

CRICKEY

Male	512
Female	95

CYCLING

Male	135
Female	57

GYMNASTICS

Female	26
--------	----

GOLF

Male	174
Female	40

HOCKEY

Male	423
Female	429

INDIVIDUAL ATHLETE

Male	81
Female	85

LAWN BOWLS

Male	90
Female	39

NETBALL

Female	580
--------	-----

RUGBY LEAGUE

Male	666
------	-----

RUGBY UNION

Male	467
------	-----

SAILING

Male	81
Female	25

SOCCER

Male	144
Female	1

SURFING

Male	45
Female	5

SWIMMING

Male	92
Female	79

TOUCH

Male	35
Female	23

TENNIS

Male	20
Female	26

TRIATHLON

Male	4
Female	3

TOTAL SCHOLARSHIPS	4801
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Illawarra Academy of Sport Honour Roll			
<i>IAS Graduates that have represented at an Olympic Games, World Cup or Commonwealth Games</i>			
Sport	Athlete	Achievement	IAS Scholarship Year
Athletics	Ryan Gregson	2012 Olympic Games	2005
AWD	Siobhan Paton	2000 Paralympics Gold Medallist	1998
AWD	Megan Newell	2011 Special Olympics Gold Medallist	2004
AWD	Jessica Smith	2004 Paralympics Games	2003
AWD	Brett Stibners	2008 Paralympics Gold Medallist	1996
Cricket	Brett Lee	2003 Cricket World Cup	1990
Cricket	Shane Lee	1999 Cricket World Cup	1993
Cycling	Rachelle Gilmore	World Champion and Commonwealth Bronze Medallist	1996
Cycling	Ben Kersten	2006 Commonwealth Gold Medallist	1995
Cycling	Josh Kersten	1998 Commonwealth Gold Medallist	1994
Cycling	James Williamson	MTB 24 hour Solo World Championships Gold Medallist	2002
Hockey	Kieran Govers	2012 Olympic Bronze Medallist	2000
Hockey	Melissia Simpson	2007 Indoor Hockey World Cup	2002
Hockey	Emma Cobbin (MacLeish)	2011 Indoor Hockey World Cup	2004
Hockey	Kurt Oglivie	2011 Indoor Hockey World Cup	2000
Hockey	Lyndal Ogilvie	2011 Indoor Hockey World Cup	2001
Hockey	Gaye Tarrant	2003 Indoor Hockey World Cup	1988
Kayaking	David Smith	2012 Olympic Gold Medallist	2001
Rowing	Zoe Uphill	2008 Olympic Games	1999
Lawn Bowls	Karen Murphy	World Champion and Commonwealth Gold Medallist	1990
Lawn Bowls	Leif Selby	2010 Commonwealth Games Silver Medallist	1990
Lawn Bowls	Bret Duprez	1998 Commonwealth Games Gold Medallist	1990
Rugby League	Josh Morris	2013 Rugby League World Cup Winner	2001
Rugby League	Brett Stewart	2008 Rugby League World Cup	1999
Rugby League	Kane Linnett	2013 Rugby League World Cup	2005
Rugby League	Keith Lulia	2013 Rugby League World Cup	2002
Rugby League	Craig Fitzgibbon	2008 Rugby League World Cup	1994
Soccer	Luke Wilkshire	2010 World Cup and 2004 Olympic Games	1996

Illawarra Academy of Sport Honour Roll *cont.*

IAS Graduates that have represented at an Olympic Games, World Cup or Commonwealth Games

Sport	Athlete	Achievement	IAS Scholarship Year
Surfing	Michael Lowe	World Surfing Championships	1990
Surfing	Sally Fitzgibbon	World Surfing Championships	2005
Surfing	Kim Wooldridge	World Surfing Championships	1988
Surfing	Chad Ryan	World Surfing Championships	1990
Surfing	Jake Spooner	World Surfing Championships	1988
Surfing	Todd Prestage	World Surfing Championships	1988
Swimming	David McKeon	2012 Olympics Games	2012
Swimming	Jarrod Poort	2012 Olympics Games	2009
Swimming	Emma McKeon	2013 World Championships	2008
Swimming	Robert Hurley	2010 Commonwealth Games	2003
Swimming	Jason Cram	2002 Commonwealth Games Gold Medallist	2000
Swimming	Lori Munz	1998 Commonwealth Games Gold Medallist	1997
Swimming	Sarah Kasoulis	2002 Commonwealth Games	1999



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Illawarra Academy of Sport Honour Roll *cont.*

IAS Graduates that have represented at an International Level

Sport	Athlete	Achievement	IAS Scholarship Year
AWD	Sam Hardaker	Australian Disability Swim Team	2001
AWD	Jacqueline Charlesworth	Australian Women's Wheelchair Basketball Team	1999
Cricket	Phil Jaques	Australian Cricket Team	1993
Cycling	Amiel Cavalier	Australian MTB Team	2003
Cycling	Josh Wall	Australian Cycling Team	2001
Hockey	Stephen Madge	Australian Kookaburras	2000
Hockey	Tristan White	Australian Indoor Hockey Team	2005
Hockey	Flynn Ogilvie	Australian Indoor Hockey Team	2007
Hockey	Simon Beaton	Australian Indoor Hockey Team	2000
Hockey	Kylie Smith	Australian Indoor Hockey Team	1999
Hockey	Kyah Gray	Australian Indoor Hockey Team	2009
Lawn Bowls	Sarah Boddington	Australian Women's Team	2008
Netball	Marni Hansell	Australian Netball Team	1996
Netball	Sarah Barrett	Australian Netball Team	1996
Rugby League	Luke Bailey	Australian Kangaroos	1995
Rugby League	Shaun Timmins	Australian Kangaroos	1993
Rugby League	John Simon	Australian Kangaroos	1990
Rugby League	Ben Hornby	Australian Kangaroos	1995
Rugby Union	Martin Schliebs	Australian Rugby 7's Team	1998
Rugby Union	Paul Asquith	Australian Rugby 7's Team	2007
Rugby Union	Alexander Kanaar	Australian Wallabies	1999
Rugby Union	Dan Palmer	Australian Wallabies	2003
Swimming	Ben Denner	Australian Swimming Team	2000
Swimming	Kaine Love	Australian Swimming Team	2000



A large, red, stylized star or flower-like shape with four points, each having a curved, organic edge. The shape is centered on the page and serves as a background for the text.

Illawarra Academy of Sport Programs



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IAS BlueScopeWIN Cricket Program Report 2013

The IAS BlueScope Cricket Squad this year made a major change in direction of talent identification by choosing to head in a direction to target younger athletes aged 14 years and younger. This was targeted to get the athletes ready to advance into CNSW Kookaburra State Program.

This decision by the IAS was done through extensive discussion with the governing bodies throughout the IAS council regions, as well as making sure the IAS program continued its long tradition in developing quality athletes within the Cricket program.

Skill development aspects that have been covered as part of program include batting, bowling and fielding in attacking skills, defending skills, as well as tactical strategies in the various disciplines.



Various levels of intensity were incorporated into specific training aspects to replicate “game scenarios”. Athletes were also exposed to overload training principals to develop decision making skills under pressure in game situation’s as part of technique/strategy development.

Technique development in the athlete is always the emphasis – there is a logical and sequential progression to the training. Players are introduced to these techniques through various means – including skills progression development and game sense activities to ensure players are competent and fully understand relevance of such technique in their skills performance.

Athletes were active participants in all educational sessions and were able to transfer information from these into both their personal playing repertoire as well as other teams that they were members of. The sessions were interactive and supportive of their needs and form a valuable component of the athlete’s holistic development.



Athletes had the privilege of working with numerous professionals in the delivery of an athletic performance program inclusive of individual Musculoskeletal Screenings, Resistance Training programs, athlete movement and speed development, as well as sports specific fitness testing.

Finally, we would like to acknowledge and thank IAS Cricket sponsor BlueScopeWIN Community Partners for their support of the Cricket program and providing the means for the athletes to pursue their sporting dreams.

PROGRAM SNAPSHOT

Ages:	13-14 years during scholarship
Squad:	17 Athletes
Program Year:	May – April (12 months)
Key People:	Paul Brockley (Head Coach) Mark Waldock (Assistant Coach) Darren Zampa (Assistant Coach)

Highlights:

Tours:	SCG Tour Bradman Museum
--------	----------------------------

Athlete Achievements:

Billy McGuinness	:	NSW PSSA Schools Team
Tane Nunn	:	Kookaburra Merit Team



2013 IAS BlueScopeWIN Cricket Squad

B. Barge, W. Booth, R. Castles, M. Calder, C. Fernie, A. Imber, J. Keys, H. Magennis, B. McGuinness, L. Murchie, T. Numm, J. Phillips, W. Van Kempen, J. Weekes, R. Wikramanayake, T. Woods



IAS Cycling Program Report 2013

The Cycling Squad has built upon the success of 2012. The 2013 squad initially consisted of 11 athletes with an additional athlete being inducted in October 2013.

The 2013 IAS Cycling Program required athletes to attend two sports specific training sessions per/week during the track season and one sports specific training session per week during the road season. Athletes also completed the educational curriculum of Sports Nutrition, Performance Psychology, Media Training, Injury Management and Public Speaking.

IAS Cycling Squad competed in both the Road Race season and the Track Racing season with exceptional results.

The 2013 National Junior Track Series required athletes to travel to Sydney, Melbourne, Launceston, and Adelaide. Athletes also competed in major track events including NSW and Australian Junior Track Championships. Six IAS athletes were selected for the 2013 NSW Track Teams (junior & senior).



During the 2013 Road Race season athletes competed in two day events in Wagga Wagga, Goulburn, Tamworth Canberra and Inverell while also competing in the NSW and Australian and Junior Championships. Seven IAS athletes were selected for the 2013 NSW Junior Road Team.

Cyclists from the IAS Squad claimed eight Gold medals, two Silver medals and one Bronze medal at Australian Junior Championships.

IAS cyclists also dominated the NSW Junior Championships with a total of 24 Gold Medals across both road and track events.

The IAS Cycling staff wishes to acknowledge and thank Cycling NSW as well as our sponsors; Raine & Horne Wollongong, Soto Engineering Consultants, Ben Mikic Foundation, NRMA Bowral & Katoomba, Tibra and Ben Kersten for their continued support.



PROGRAM SNAPSHOT

Ages:	13 – 17 years during scholarship
Squad:	11 Athletes (5 females 6 females)
Program Year:	October – October (12 months)
Key People:	Wal Mullany (Head Coach) Greg Scott (Assistant Coach) Joshua Kersten (Manager)
Athlete Achievements:	
Cameron Scott	2013 JM17 Australian Junior Championships (4-Gold Medals) 2013 JM17 NSW Junior Championship (6-Gold Medals) 2014 JM17 NJTS – 1 st Overall
Bridget Mullany	2013 JW17 Australian Junior Championships (1-Gold) 2013 JW17 NSW Junior Championships (5-Gold Medals) 2013 JW17 NJTS – 3 rd Overall
Natasha Mullany	2013 JW15 Australian Junior Championships (1-Gold Medal) 2013 JW15 NSW Junior Championships (4-Gold Medals) 2013 JW15 NJTS – 2 nd Overall
Chloe Heffernan	2013 JW15 Australian Junior Championships (2-Gold Medals) 2013 JW15 NSW Junior Championships (1-Gold Medal)
Mitchell Wright	2013 JM15 NSW Junior Championships (4-Gold Medals) 2013 JM15 NJTS—2 nd Overall 2014 JM15 NJTS—1st Overall



2013 IAS Cycling Squad

L. Batkin, C. Heffernan, B. Mullany, N. Mullany, C. Oaten, D. Oaten, S. Oaten, M. Pignatelli, C. Scott, L. Scott, M. Wright



IAS Golf Program Report 2013

The 2013 IAS Golf Program again focused on the holistic development of the athlete through skill development, athletic movement development, performance education curriculum as well as competition strategy development.

The sport specific training sessions involved coaching staff taking the athletes through a range of skill components to improve their game and were of immense value to the athletes. The skill components included course management, short game, long irons, putting, fitness, swing analysis via ipod analysis as well as tracking the ball and club head speed assessment by the State Coach who in turn provided functional advice on the application of the principles to improve their game.

Theory sessions were conducted at the local golf clubs including Wollongong GC, Port Kembla GC and the Illawarra Driving Range. The principles in swing analysis and sports psychology were discussed, viewed via use of electronic devices and then the relevant presenting personnel going to the range or onto the course to advise the squad members on the application of the matters discussed.

All IAS Golf members received Musculoskeletal Screenings and individualised pre-hab exercise programs to complete weekly. These were delivered by IAS Physiotherapy partner, BaiMed Sports Physiotherapy and Injury Clinic. This is an essential component for the foundation of the Athlete Long Term Development (ALTD) model.

The squad regularly trained Saturday afternoons from 2:30pm – 4:30pm. These sessions involved both skill development training and educational sessions and maintained an emphasis on practical involvement based upon the principles gained through the theory sessions. This was particularly so with sports psychology, with John Crampton involved on the driving range at Windang applying integrated principles gained through his wealth of reading and practical involvement.



To reduce the financial imposed upon parents of squad members, a decision was made to raise funds through a golf day. In 2013 the day was hosted at the the Links Shell Cove Golf Club with management supporting the event along with sponsors and parents. A special thank you is made to the mentioned parties, the coaching staff along with the staff of the Academy who worked together to exceed financial targets.

The IAS Golf Program would like to thank Jack Newton Junior Golf, the IAS Board and Staff, the parents and of course the athletes for their dedication and commitment to the program.

PROGRAM SNAPSHOT

Ages:

Squad:

Program Year:

Key People:

14 – 17 years during scholarship

8 Athletes (6males | 2 female)

February – October (9 months)

Richard Jumrukovski (Head Coach)

Greg Drummond (Squad Coach)

Ralph Stevenson (Manager)

Highlights

Tours:

2013 Peter O’Malley Junior Masters

2013 ClubsNSW Academy Games

2013 Wollongong Junior Masters

2013 South Coast Junior Masters

Athlete Achievements:

Jack Kessell

Stefanie Hall

Won the ClubsNSW Academy Games

Golf NSW Development Squad

2013 IAS Golf Squad
C. Bond, D. Bond, C. Boreland, S. Hall, J. Kessell, K. Krzyszcak, D. Vasquez, D. Woodall



IAS Southern Phone Hockey Program Report 2013

The 2013 Hockey program consisted of male and female squads. Both squads underwent regular training and education sessions alternating between Unanderra, Mittagong, The University of Wollongong and Nowra.

The Training sessions were focused on core skills, game toughness, space creation and counter attacks, Defensive structures, goal scoring and Game Sense. Past IAS athletes and now Kookaburras, Kieren Govers and Tristan White were kind enough to take a session.

The importance of fitness in the modern game was highlighted weekly and with the introduction of the resistance training from the IAS was reinforced. It was a shame more of the Hockey Athletes did not take advantage of this training, which was made available.

There were a number of specialist education sessions including strapping and injury management, nutrition and hydration, performance psychology and Media Skills.

The squads had a home and away matches against South West Sydney Academy of Sport, which allowed the athletes to practice the skills and concepts learnt, as well as work on team formations and patterns of play.



The highlights of the program were the annual Clubs NSW Academy Games in Wollongong and the Academy challenge on the Gold coast. A number of the girls were not available for either of the tours due to State commitments but this allowed the remainder of the squad to step up and take a lead role in the squad. Both Squads performed very well in these events and showed a great improvement in their base skills and game knowledge over the challenges.

As has been the case for a number of years, a number of athletes were selected for a variety of different NSW and Australian teams, both for field and indoor hockey. As well as this several of our current and past athletes are current NSWIS scholarship holders.



The Hockey Program would like to thank the hockey program major sponsor Southern Phone and equipment sponsor F-H-E.com.au as well as Hockey NSW , the NSW Institute of Sport, and all the local Hockey Associations - Illawarra, South Coast, Shoalhaven, and Southern Highlands for their continued support of this program.

Program Snapshot

Ages:	15 – 17 years during scholarship
Squad:	33 Athletes (16 males 17 females)
Program Year:	October – October (12 months)
Key People:	Gaye Tarrant (Head Coach Girls) Simon Beaton (Head Coach Boys) Katie Thomson (Assistant Coach Girls) Laurie Nyrhinen (Assistant Coach Boys) Ernie Betts (Manager)

Highlights

Tours:	ClubsNSW Academy Games – Wollongong Inter-Academy Challenge – Gold Coast
--------	---

Athlete Achievements:

IAS Girls Hockey:

Grace Stewart	- Australian Futures Squad
	- Australian All Schools Team
Mikaela Patterson	- Australian Futures Squad
Riley Smith	- Australian All Schools Team

IAS Boys Hockey:

Keiran Richards	- Australian All Schools Team
Joshua Mayo	- Australian All Schools Team

2013 IAS Southern Phone Hockey Squads

Boys: J. Adams, B. Anderson, W. Bollinger, P. Cowen, S. Cross, J. Donovan, P. Everett, M. Galea, B. Govers, M. Hughes, C. Mackay, J. Mayo, C. Mayo, C. Menzies, T. Miotto, Z. Nyrhinen, K. Richards

Girls: L. Bennett, E. Brennan, C. Ford, C. Haddon, M. Kelly, K. McCauley, R. Pabis, M. Patterson, T. Petrovich, J. Riley-Whitworth, M. Skyring, R. Smith, G. Stewart, K. Turvey, R. Wishart, K. Wishart



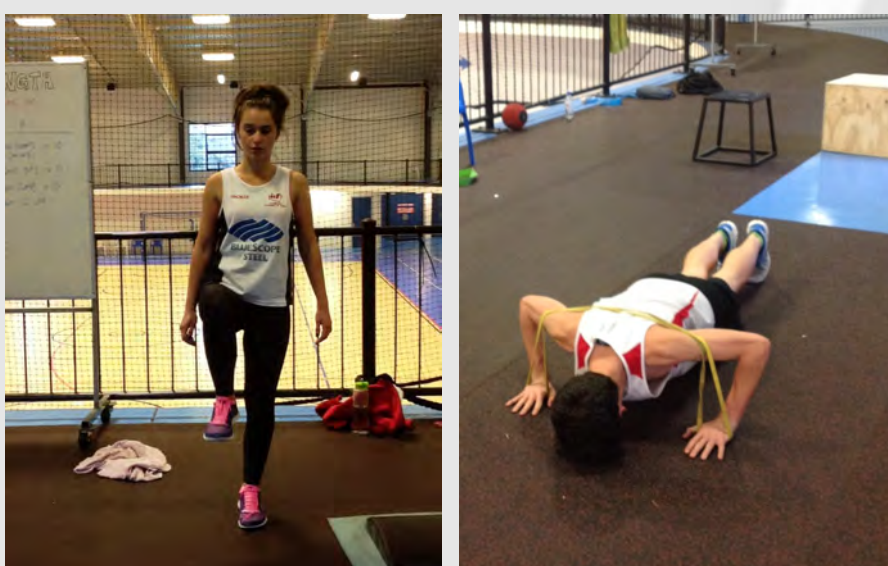
IAS BlueScopeWIN Individual Athlete Program Report 2013

In 2013 the BlueScopeWIN Individual Athlete Program (IAP) celebrated ten (10) years as a Sports Scholarship program with the Illawarra Academy of Sport.

The IAP was made up of 17 athletes from eight (8) different sports, including Athletics, Boccia, Equestrian, Gymnastics, Kayaking, Surf Life Saving, Swimming and Tennis.

Due to the challenges of the athletes participating in a variety of sports, the squad is not provided regular skill development training however through regular discussions between the IAS and our athletes and their coaches targeted support can be provided as required.

The IAP squad attended regular sport specific education session to add value to their training programs. These included sports nutrition, performance psychology, time management,



drugs in sport, media awareness and public speaking.

All IAS Individual Athletes received Musculoskeletal Screenings and individualised pre-hab exercise programs to be complete in their own time on a weekly basis. The screenings form an essential part of the foundation for the Athlete Long Term Development (ALTD) model.

The IAP athletes along with those athletes from sport specific programs were offered the opportunity to participate in regu-



These resistance training sessions were delivered in line with the 'athlete long term development model' recently adopted at the IAS. Athletes received age and developmental appropriate programs to establish efficient movement competencies and therefore provide a strong physical foundation for further development moving forward.

The Illawarra Academy of Sport would like to acknowledge and thank BlueScopeWIN Community Partners for their continued support of the individual athlete program.

Program Snapshot

Ages:	14 – 16 years during scholarship
Squad:	9 Females & 7 Males
Program Year:	October – September (11 months)
Key People:	Angela Ratini (Co-ordinator)

Athlete Achievements

Jessica Rosskelly	2013 Olympic Hopes Team (kayaking)
Joshua Kentwell	2013 Oceania Athletic Championships (2-Gold Medals)
Jamie Priestley	International Equestrian Friendship Games, Germany
Mecenzi Howard	Boccia Paralympic preparation squad



2013 IAS BlueScopeWIN Individual Athlete Squad

K. Falconer, A. Gaviglia, S. Gomes, L. Henderson, M. Howard, J. Hutchinson, J. Kentwell, R. McBryde, A. Parker, J. Priestley, A. Punch, J. Rosskelly, L. Smileski, C. Smith, D. St George, K. Szakacs, J. Twigg



IAS Lawn Bowls Program Report 2013

The Lawn Bowls program once again focused on the holistic development of the athlete with the inclusion of not only practical skills sessions and exposure to high level competition but also provided the athletes with an elite sport education curriculum as well as physical development through fitness programming and testing.

The squad came together on monthly bases at the Warilla Bowls & Recreation Club for skills training under the guidance of IAS Lawn Bowls coach and former World Champion and Commonwealth Games bowler, Leif Selby. These sessions included technical work as well as education including Sports Nutrition, Performance Psychology, Time Management, Public Speaking as well as Injury Prevention & Management.

It was a highly successful year for the squad with a number of bowlers representing at both national and state level. Natalie and Samantha Noronha along with Dylan Skinner represented Australia in the U18 who were victorious against Trans Tasman rivals New Zealand in a test series in Auckland.



The IAS Lawn Bowls Squad had thirteen (13) athletes selected to play in the annual City v Country match which also doubled as the trials for the 2014 NSW Junior Team. It was an outstanding result for the IAS with nine (9) athletes selected for the NSW team.

The IAS Lawn Bowls squad was highly successful at the 2013 ClubsNSW Academy games with one of our teams winning the overall tournament with a nail biting final against the Western Region Academy of Sport. Due to the large size of the IAS Lawn Bowls squad several members were requested to compete with other academy groups where they also performed highly taking these squads to the finals off the back of several strong performances.

All The IAS Lawn Bowls squad is greatly appreciative to the support of the IAS Staff, Sponsors and all the educational consultants who contributed to the delivery of the program.

The IAS Lawn Bowls squad would like to acknowledge and thank Warilla Bowls & Recreation Club for their continued support of the program and we look forward to a continued partnership moving forward. The program is also well supported by Bowls NSW, Zone 16 and Zone 7 Bowls Association (South Coast District).



Program Snapshot

Ages: 14 – 18 years during scholarship
Squad: 17 Athletes (8 male | 9 female)
Program Year: May – May (12 months)
Key People: Leif Selby (Head Coach)
Neil Bayo (Manager)

Highlights: : 2013 ClubsNSW Academy Games – Gold Medal

Athlete Achievements:

Natalie Noronha: Australian U18 Team – v New Zealand NSW U25
Samantha Noronha: Australian U18 Team – v New Zealand NSW U25
Dylan Skinner : Australian U18 Team – v New Zealand NSW Junior State Team

Additional athletes who represented NSW include— Taylor Davis, Lauren Shaw, Jessica Hili, Jayden Gebbie , Brooke Johnston and Danyon Christie.



2013 IAS Lawn Bowls Squad

D. Christie, T. Davis, Kurt Darlington, Kayleigh Darlington, B. Field, J. Gebbies, J. Hili, B. Johnston, R. Lawrence, S. Noronha, N. Noronha, L. Shaw, D. Skinner, C. Sopher, J. Tzortzis, J. Taylor, C. West



IAS Battlewin Netball Program Report 2013

The Netball Squad has made considerable advances throughout the 2013 program.

The IAS program follows the “Develop a Diamond” Program and is adjusted to cater for individuals as well as taking into account regional ‘historic performance’ – specific play style that the region has historically and is currently exhibiting.

Skill development aspects that have been covered as part of the skill syllabus include movement, ball and attacking skills, defending skills, shooting skills as well as tactical strategies.

Technique development is always the session emphasis – there is a logical and sequential progression to the training. Players are introduced to these techniques through various means – including skills progression development and game sense activities to ensure players are competent and fully understand relevance of such technique in their skills performance.

We also use the SWOT analysis of each skill – strengths of the skill, weaknesses (how it can be countered in the game) opportunities of use and any threats to this skill. The Why, What, When and How of each skill.



Athletes were active participants in all educational sessions and were able to transfer information from these into both their personal playing repertoire as well as other teams that they were members of. The sessions were interactive and supportive of their needs and form a valuable component of the athletes holistic development.

Athletes had the privilege of working with numerous professionals in the delivery of an athletic performance program inclusive of individual Musculoskeletal Screenings, Resistance Training programs, athlete movement and speed development, water recovery as well as sports specific fitness testing.

The NSW Netball 17-and-under State Team selections were held over three weekends with 190 players nominated to trial. Six players from the IAS progressed to the 3rd phase of selection and into the last 30 before the final 12 member team were selected.

Each player who attended the trials can be very proud of their efforts as can be their club and association coaches. Well done to all coaches and the players.

The academy netball staff wishes to formally acknowledge all club and association coaches for their work with all their team players, but specifically all academy members. Without the great support from all levels players are not able to fully develop into the elite athlete that they can be.

Finally, we would like to acknowledge and thank IAS Netball sponsor Battlewin Premium Sports Taping for their support of the netball program and providing the means for the athletes to pursue their sporting dreams.

PROGRAM SNAPSHOT

Ages:	15 – 18 years during scholarship
Squad:	23 Athletes
Program Year:	October – October (12 months)
Key People:	Vicki Jansen (Head Coach) Regan Tweddle (Assistant Coach) Margaret Corbett OAM (Mentor Coach) Jan Godfrey (Manager) Debbie Bentley (Manager)

Highlights:

Tours: Inter-Academy Challenge – AIS Canberra
NIB Games – Maitland
ClubsNSW Academy Games – Wollongong

Athlete Achievements:

Khalia Rasch:	Australian U15 All Schools Team
Chelsea Bolton:	NSW U15 All Schools Team
Kirra Jones:	NSW U15 All Schools Team
Hannah Pourton:	NSW U15 Combined Catholic Colleges
Jazmine Tweddle	
O'Donnell:	Phase-3 NSW U17 State Trial



2013 IAS Battlewin Netball Squad

C. Bolton, T. Bradley, R. Bradmore, T. Braiden, L. Ducie, C. Hoddle, A. Holz, K. Jones, R. Malley, K. Murchie, E. Osborne, H. Prouten, K. Rasch, S. Schetor, P. Shirlow, K. Smith, T. Smith, J. Tweddle-O'Donnell, A. Wallace, B. White, C. Williams



IAS Rugby Union Program Report 2013

The 2013 Rugby Union Program was conducted between November 2012 and April 2013. The Program kicked off with trial sessions at the University of Wollongong where athletes were evaluated and a squad eventually selected.

The squad took to the technical sessions with enthusiasm. The boys were taken through a range of skills and drills aimed at improving their ability in contact situations, attacking play, ruck and maul as well as tackle and defence components.

The aim was to complement the work they were undertaking with their club and representative sides and increase the opportunities for non representative player to press for selection in the future.

The sessions were planned in advance and then delivered in stages so that each skill was built up allowing the players time to understand each step until delivering the final product. The sessions were designed to challenge the player's abilities, with the coaches able to offer individual assistance when needed.



IAS Rugby Union Head Coach, Tony Leeder-Smith, along with assistant coach John Noonan and squad manager Gary Howell would like to thank the IAS staff, the Illawarra Rugby Union and the Australian Rugby Union for their ongoing support of the Rugby Union program.

2013 IAS Rugby Union Squad

B. Antrobus, J. Barnes, D. Blackmore, J. Cairns, I. Choice, J. Dickson, C. Duffy, J. Fenwick, L. Fearn, E. Hennessy, K. Holmes, B. Lamb, D. Lucas, S. Lufe, L. Macpherson, C. McDonald, C. McMullen, C. Miller, R. Owen, D. Quinn, K. Roche, B. Stewart, J. Willdin



Program Snapshot

Ages: 13 – 14 years during scholarship
Squad: 23 Athletes
Program Year: November – October (12 months)
Key People: Tony Leeder-Smith (Head Coach)
John Noonan (Assistant Coach)
Gary Howell (Squad Manager)
Sean Barrett (ARU Rep & Mentor Coach)

Athlete Achievements:

Bailey Lamb: NSW Country U14's

NSW U13 State champions—

Bailey Antrobus, Jared Barnes, Cian Duffy, Jaiden Fenwick, Ethan Hennessy, Liam Macpherson, Joseph Dixon, Reece Owen, Kyh Roche, Isaac Choice, Cameron Miller



2013 RUGBY UNION PROGRAM

Rear: Jared Barnes, Campbell McDonald, Kain Holmes, Bailey Lamb, Ethan Hennessy, Ben Stewart, Reece Owen, Joseph Dickson
Middle: John Noonan (Assistant Coach), James Willdin, Stone Lufe, Lachlan Fearn, Connor McMullen,
Deaglan Quinn, Jaiden Fenwick, Cian Duffy, Gary Howell (Manager), Tony Leeder-Smith (Manager)
Front: Liam Macpherson, Cameron Miller, Isaac Choice, Bailey Antrobus, Kyh Roche, Dylan Lucas, Dougal Blackmore, Jeremy Cairns
Photographs by Balanced Image Studio



The Illawarra Academy of Sport gratefully acknowledges the support of national, state and local sporting associations and recognises the assistance provided significantly contributes to the development and success of our talented athletes.

IAS Triathlon Program Report 2013

The IAS Triathlon Program was launched in late 2012 with the first athlete intakes into the 2013 Scholarship year.

In the program’s inaugural year, athletes excelled beyond expectations with a number of them being selected into NSW representative team.

All athletes were keen to learn throughout the training and education sessions and applied themselves well as both individuals and as a team. The squad participated in weekly training sessions which covered the three disciplines of Triathlon – Swimming, Cycling and Running. Some of the specific areas that were covered included bike control and skills, transitions, water entry and exits as well as the technical areas of each disciplined.



The IAS Triathlon squad attended four events throughout the scholarship period and achieve a number of encouraging results. The events included: Wollongong Triathlon – Wollongong, Huski Sprint Race – Huskisson, All Schools Triathlon – Penrith, and ClubsNSW Academy Games – Wollongong.

On behalf of the IAS Triathlon Squad o would like to thank the staff at the IAS for their assistance in delivering the program, the professional consultants.



Program Snapshot

Ages: 14 – 17 years during scholarship
Squad: 3 Females & 4 Males
Program Year: November – October (12 months)
Key People: Nathan Miller (Head Coach)

Highlights: ClubsNSW Academy Games

Athlete Achievements:

Abby Tozer : NSW All Schools Triathlon Team
4th Place – NSW All Schools Champs
Tayla Croudson: NSW All Schools Triathlon Team
6th Place – NSW All Schools Champs
Brad Gullick : NSW All Schools Team – reserve
8th Place – NSW All Schools Champs



2013 IAS TriathlonSquad

J. Cleary, T. Croudson, B. Gullick, L. Hand, E. l’Ons, J. Mackenzie-Wood, A. Tozer



2013 Scholarship Graduates

INDIVIDUAL ATHLETE PROGRAM

Kayleigh Falconer (<i>gymnastics</i>)	Joshua Kentwell (<i>athletics</i>)
Lauren Smileski (<i>tennis</i>)	Astel Gaviglia (<i>swimming</i>)
Cassandra Smith (<i>surf lifesaving</i>)	Sarah Gomes (<i>athletics</i>)
Renee McBryde (<i>tennis</i>)	Liam Henderson (<i>athletics</i>)
Daniel St George (<i>swimming</i>)	Mecenzi Howard (<i>boccia</i>)
Kade Szakacs (<i>athletics</i>)	Jayden Hutchinson (<i>swimming</i>)
Jamie Priestley (<i>equestrian</i>)	Jessica Rosskelly (<i>kayaking</i>)
Alexandra Parker (<i>surf lifesaving</i>)	Jarrood Twigg (<i>athletics</i>)
Avalon Punch (<i>surf lifesaving</i>)	

LAWN BOWLS

Danyon Christie	Kayleigh Darlington
Lauren Shaw	Dylan Skinner
Taylor Davis	Caitlin West
Jessica Hilli	Jordan Taylor
Brooke Johnston	Jayden Tzortzis
Samantha Noronha	Bradley Field
Natalie Noronha	Rylee Lawrence
Jayden Gebbie	Kurt Darlington
Courtney Sopher	

NETBALL

Chelsea Bolton	Rachel Malley
Kayley Smith	Tamika Smith
Te-Arn Bradley	Romy Bradmore
Kimberley Murchie	Taylah Braiden
Jazmin Tweddle O'Donnell	Casie Hoddle
Hannah Prouten	Amelia Holz
Emma Sylvester	Kirra Jones
Emily Osborne	Phoebe Shirlow
Abby Wallace	Braiya White
Khalia Rasch	Caitlin Williams
Sophie Schetor	

RUGBY UNION

Bailey Antrobus	Connor McMullen
Lachlan Freat	Jarred Barnes
Cameron Miller	Dougal Blackmore
Ethan Hennessy	Jeromy Cairns
Reece Owen	Isaac Choice
Kain Holmes	Joseph Dickson
Deaglan Quinn	Cian Duffy
Bailey Lamb	Jaiden Fenwick
Campbell McDonald	James Willdin
Liam Macpherson	Kyh Roche
Ben Stewart	Sione Lufe
Dylan Lucas	

CRICKET

James Weekes	Billy McGuinness
Ravi Wikramanayake	Trent Woods
Will Booth	Cameron Fernie
Billy Barge	Lachlan Murchie
Aiden Imber	Jonathon Keys
Jye Phillips	Matthew Calder
Harry Magennis	Wesley Van Kempen
Ryan Castles	Tane Nunn

CYCLING

Lara Batkin	Lachlan Scott
Matthew Pignatelli	Chloe Heffernan
Cameron Scott	Mitchell Wright
Natasha Mullany	Bridget Mullany
Chelsea Oaten	Dylan Oaten
Sean Oaten	

GOLF

Darcy Bond	Stefanie Hall
Connor Bond	Jack Kessell
David Woodall	Jamie Krzyszczak
Chase Boreland	Danielle Vasquez

HOCKEY—GIRLS

Lilli Bennett	Reagan Pabis
Eliza Brennan	Grace Stewart
Mikaela Patterson	Tiarne Petrovich
Chelsea Ford	Carly Haddon
Riley Smith	Mikayla Kelly
Kristen Turvey	Keeleigh McCauley
Jasmine Riley-Whitworth	Maudie Skyring
Riley Wishart	Kelsey Wishart

HOCKEY—BOYS

Josh Adams	Patrick Everett
Brady Anderson	Mitchell Galea
Wesley Bollinger	Thomas Miotto
Blake Govers	Max Hughes
Peter Cowan	Callum Mackay
Kieren Richards	Callum Mayo
Sean Cross	Jack Donovan
Colin Menzies	Zac Nyrhinen

TRIATHLON

Julius Cleary	Abby Tozer
Lachlan Hand	Brad Gullick
Jack MacKenzie-Wood	Emily l'Ons
Tayla Croudson	

A large, red, stylized star or flower-like shape with four points, each having a curved, organic edge. The shape is centered on the page and serves as a background for the text.

Illawarra Academy of Sport Programs

Illawarra Academy of Sport Athlete Awards 2013

Athlete of the Year Awards

The IAS annually recognises a number of outstanding athlete across the nine (9) sports programs run by the academy each year.

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 sports 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 exception level of sports performance, a commendable attitude to competition. Persistent dedication to learning and strong community focus. All Academy sports program athletes are eligible for the award.

2013 is the twelfth year the award has been presented.

The recipient of the award receives a trophy and a \$5000.00 scholarship to assist in their continued development within their sport.

Past recipients include:

2002—Rebecca Borgo (Cycling)
2003—Anita Cowley (Freestyle Canoe)
2004—Kieran Govers (Hockey)
2005—Amiel Cavalier (Mountain Bike)
2006—Sally Fitzgibbons (Surfing)
2007—Sally Fitzgibbons (Surfing)
2008—Ryan Gregson (Athletics)
2009—Jackson Law (Cycling)
2010—Emma McKeon (Swimming)
2011—Sarah Carli (Athletics)
2012—Blake Govers (Hockey)

The Tobin Family Award is proudly sponsored by the Illawarra Mercury.



The Vic Burrows Memorial Award

In 2009, the Academy introduced the Vic Burrows Memorial Award. Vic was the founding coordinator of the IAS Golf program and devoted ten (10) years to ensuring the program was a success for aspiring young golfers of the region.

The recipient of the Vic Burrows Memorial Award receives a \$500.00 scholarship courtesy of Golf Illawarra.

The Recipient in 2012 was Connor Bond.

Cameron Scott— Winner of the Tobin Family Award 2013



Cameron has won an impressive four (4) national road and track cycling titles over the preceding twelve months as well as numerous state titles.

Cameron finished the 2013 national and state season with an unprecedented medal haul including 11-gold, 1-silver and 2-bronze.

Cameron is a member of the NSWIS ETP (Emerging Talent Program) and takes every opportunity provided to him in order to expand his knowledge or improve his skills.

Cameron is proactive with his development and actively seeks out new challenges and assistance to ensure he continues to achieve excellence.

Cameron is a quiet yet natural leader and takes great pleasure in assisting the IAS coaches in mentoring younger athletes in the program. His conduct is exemplary and sets a positive example in terms of sportsmanship, disciplined and achievement. Cameron is a strong ambassador for Cycling and the Illawarra Academy of Sport

Cameron has continued his level of excellence into 2014 having recently claimed the JM17 National Junior Track Series title.



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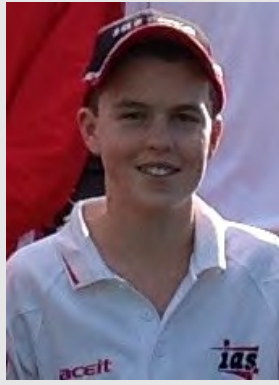
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Illawarra Academy of Sport Athlete Awards 2013 *cont.*

Billy McGuinness— Cricket Athlete of the Year 2013



Billy is a cricketer of immense talent who is just as comfortable with the bat as he is with his wicket keeping gloves.

In 2013 Billy was selected in the NSW PSSA Cricket team to compete at the national championships.

While representing his club Bowral in the southern highlands, Bill has achieved a pair of unbeaten century's to top the associations batting records.

Bill hit a 101 not out and follow this up weeks later with an impressive 102 not out.

Billy is extremely passionate and dedicated to his cricket and has a unquestioned commitment to his development.

Bridget Mullany— Cycling Athlete of the Year 2013



Bridget has had a very successful year on the bike having claimed an Australian Championship title on the track as well as an impressive six runner up silver medals across various other events at the national level.

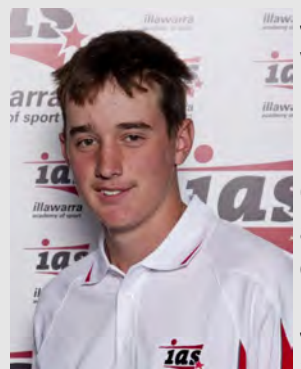
In 2013, Bridget remained undefeated in State level and claimed four individual NSW Championship titles.

As demonstrated by Bridget's results, she has consistently performed well in her age division at both state and nation level. It is a significant and rare achievement to consistently perform at this level in both endurance and sprint events.

Bridget is a member of the NSWIS ETP (Emerging Talent Program) and has continued her form into 2014 where she has again been selected for the NSW Cycling Team.

Bridget is not only a great athlete but an energetic young woman who has a highly developed sense of community involvement.

Jack Kessel— Golf Athlete of the Year 2013



Jack is an extremely talented golfer who while being involved in the IAS has gone from strength to strength.

In 2013 Jack won the annual ClubsNSW Academy Games shooting an impressive -3 under par in the second round to claim the title.

Jack is committed to his development and actively seeks out extra training and knowledge to ensure he continues to improve.

While Jack balances his own development, studies and employment he also finds the time to assist in the coaching of junior golfers around the Illawarra.

Grace Stewart— Hockey Athlete of the Year 2013



Grace has had a huge year with the selection in the Australian Futures Squad, Australian All Schools Hockey Team, NSW U18's, NSW U21's as well as the NSW Teir-1 ETS (Emerging Talent Squad) development program.

The Australian Futures Squad is selected by senior national selectors as a watching brief and to attend a number of development camps with national coaches.

At the age of 16, to be selected in the NSW U21's and the Australian Futures Squad is a huge achievement and certainly speaks volumes about her potential to reach the highest levels of the game.

Grace is an extremely hard worker and disciplined with her training both on and off the pitch. Grace is an excellent role model for younger athletes in the program and is always willing to spend the time to mentor those around her.

Grace receives an \$500.00 gift voucher courtesy of IAS Hockey sponsor F-H-E.com.au

Callum Mackay— Hockey Athlete of the Year 2013



Callum has had a strong year in Hockey having successfully vice-captained the NSW U15's Team to victory at the National Championships.

Callum is quiet reserved off the field but a fierce competitor on it. His tactical knowledge and ability to remain calm under pressure is second to none.

Callum is extremely coachable and always willing to try new things. He picks up new and different skills very quickly and is proactive in seeking out assistance to expand his knowledge of the game.

Callum also umpires locally and coordinates his schools hockey program and training/competition schedule with his sports master.

Callum receives an \$500.00 gift voucher courtesy of IAS Hockey sponsor F-H-E.com.au

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Illawarra Academy of Sport Athlete Awards 2013 *cont.*

Jessica Rosskelly— IAP Athlete of the Year 2013

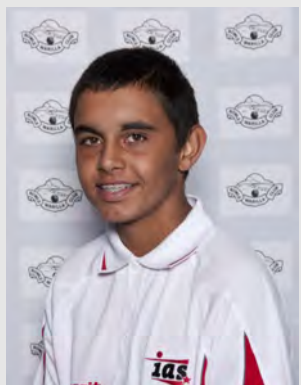


Jessica has had an exceptional year in 2013 having been selected in the Australian Olympic Hopes Team that competed in the Czech Republic where she placed in the top ten for two events. An outstanding achievement considering Jessica is in just her second year competing in the sport.

Jessica has a very competitive streak yet displays strong sportsmanship through competition.

Jessica trains twice a day, 6 days a week including on the water, in the gym, running and any rehabilitation that is required at any stage. Jessica is a great example of an athlete who has the capacity to balance her life and without compromising her sport or studies and can achieve excellence in both.

Dylan Skinner— Lawn Bowls Athlete of the Year 2013



Dylan is an exceptional young Lawn Bowler who has already experienced the highest honour of representing his country in 2013 having been selected in the Australian Junior Team to compete against trans tasman rivals, New Zealand.

Having also recently claimed a bronze medal at the 2013 Australian Junior Championships along with numerous zone and state titles, Dylan is definitely an athlete with a huge future in the sport of Lawn Bowls.

Dylan is very punctual and has fantastic leadership qualities; he is very respected as a senior member in the junior bowls world due to his experience and achievements.

Caitlin Williams— Netball Athlete of the Year 2013



Caitlin has had an impressive development year within the IAS Netball Program.

In 2013 Caitlin was selected in the NSW South Coast CHS team to compete at the NSW All Schools Championships, where they finished third from eleven regional team.

Caitlin is extremely competitive and as a result of her skill and determination progressed through to the final 30 players for the highly contested NSW U19's State Team.

Caitlin has always displayed an outstanding work ethic, is extremely coachable and has a great desire to improve.

Caitlin leads through example at games and training; she give positive feedback, is a good role model and always remains in control.

Bailey Lamb— Rugby Union Athlete of the Year 2013



Bailey is an extremely talented rugby union player who throughout 2013 reached the pinnacle of his age division by representing NSW Country Under 14's.

Bailey also captained his club side to a premiership in the Illawarra Junior competition as well as receiving the regional U14's Best and Fairest Award.

Bailey was also awarded the 'Scott Fava Award' for the most outstanding U14's representative player in 2013.

Bailey is very responsive to guidance and actively seeks out feedback for improvement.

Bailey shows a level of maturity and calmness on and off the field not often found in athletes of his age. His leadership is also a key point of difference and he unknowingly assist his peers by showing and explaining the nuances of the game.

Abby Tozer— Triathlon Athlete of the Year 2013



Abby is a committed and extremely talented triathlete who is yet to fully understand her true ability in the sport.

In 2013 Abby was selected in the NSW All Schools Triathlon Team to compete at the Australian Championships after finishing an impressive 4th in her age group at the NSW All Schools Championships.

Abby displays a maturity well above her years and the coachability to continually improve her techniques and training methods.



SCHOLARSHIP HOLDERS BY SPORT AND REGION 2013

SPORT	WOLLONGONG	SHELLHARBOUR	KIAMA	SHOALHAVEN	WINGECARRIBEE	TOTAL
Cricket						
Male	9			1	6	16
Female						0
Cycling						
Male	2			2		4
Female	1		1	3		5
Golf						
Male		2	3	1		6
Female		2				2
Hockey						
Male	7	5	1	1	3	17
Female	6	2	6		2	16
Individual Athletes						
Male	5	2				7
Female	3	6		1		10
Lawn Bowls						
Male	2	4	1	1		8
Female	1	6	1	1		9
Netball	12	2	1	4	3	22
Rugby Union	11	5	4		3	23
Triathlon						
Male	4					4
Female	2				1	3
TOTALS	59	36	18	15	17	145




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ATHLETE ACHIEVEMENTS 2013

Academy athletes achieved at all levels in 2013. The following lists athletic achievement in the 2013 calendar year for athletes on scholarship in that period.

INTERNATIONAL ACHIEVEMENTS

Athlete	Squad	Event Name	Achievement
Mecenzi Howard	Boccia	Asia Oceania Championships	Gold
Joshua Kentwell	Athletics	Oceania Championships	Selected
Joshua Kentwell	Athletics	Oceania Track and Field Championships	1 st U/18 1500m
Joshua Kentwell	Athletics	Oceania Track and Field Championships	1 st U/18 2000m steeple chase
Jamie Priestley	Equestrian	Herford Germany Championships	9th - Overall
Jamie Priestley	Equestrian	Herford Germany Championships	Sportsmanship Award
Kayleigh Falconer	Gymnastics	2016 Rio Preparation Squad	Selected
Jessica Rosskelly	Kayaking	2013 Australian Olympic Hopes Team	Selected
Jessica Rosskelly	Kayaking	2013 Australian Olympic Hopes Team K1-500	7th in world in Women's U18's
Jessica Rosskelly	Kayaking	2013 Australian Olympic Hopes Team K2-500	8th in the world in Women's U18's
Jessica Rosskelly	Kayaking	2013 Australian Olympic Hopes Team K1-200	14th in the world in Women's U18's
Natalie Noronha	Lawn Bowls	Australian U18 Team – v New Zealand	Selected
Samantha Noronha	Lawn Bowls	Australian U18 Team – v New Zealand	Selected
Dylan Skinner	Lawn Bowls	Australian U18 Team – v New Zealand	Selected

NATIONAL ACHIEVEMENTS

Liam Henderson	Athletics	2012 All Schools Athletics Championships	8th U16's 1500m
Liam Henderson	Athletics	2012 All Schools Athletics Championships	2nd U16's 3000m
Liam Henderson	Athletics	2013 ANSW Permit Meet	8th Open Men's 1500m
Liam Henderson	Athletics	2013 NSW Country Championships	1st U16's 1500m
Liam Henderson	Athletics	2013 NSW Country Championships	1st U16's 2000m Steeple
Liam Henderson	Athletics	2013 NSW Country Championships	1st U16's 3000m
Liam Henderson	Athletics	2013 NSW Junior Championships	6th U16's 3000m
Liam Henderson	Athletics	2013 Australian Junior Championships	1st U16's 3000m
Liam Henderson	Athletics	2013 Australian Junior Championships	1st U16's 2000m Steeple
Liam Henderson	Athletics	2013 Australian Junior Championships	10th U16's 1500m
Liam Henderson	Athletics	2013 LANSW State Track & Field Championships	1st U15 3000m
Liam Henderson	Athletics	2013 LANSW State Track & Field Championships	1st U15 1500m
Liam Henderson	Athletics	2013 ANSW Road Championships	1st U16's 5000m
Liam Henderson	Athletics	2013 NSW CPS CCC Cross Country Championships	1st U16's 4000m
Liam Henderson	Athletics	2013 ANSW Cross Country Championships	1st U16's 4000m
Liam Henderson	Athletics	2013 ANSW Road Relays	1st U16's 2000m
Liam Henderson	Athletics	2013 NSW All Schools Cross Country Championships	1st U16's 4000m
Liam Henderson	Athletics	2013 ANSW Short Course Cross Country Championships	1st U16's 2500m
Liam Henderson	Athletics	2013 Australian Cross Country Championships	15th U16's 4000m
Liam Henderson	Athletics	2013 NSW CCC Athletics	1st U16's 800m
Liam Henderson	Athletics	2013 NSW CCC Athletics	1st U16 1500m

ATHLETE ACHIEVEMENTS 2013 Cont.

NATIONAL ACHIEVEMENTS

Athlete	Squad	Event Name	Achievement
Joshua Kentwell	Athletics	Australian All Schools Track and Field	4 th U/18 2000m steeple chase
Joshua Kentwell	Athletics	Australian Junior and Youth Track and Field	5 th 17yrs 1500m
Kade Szakacs	Athletics	Australian Junior Championships	Selected
Sarah Gomes	Athletics	Australian Junior Championships	Selected
Cameron Scott	Cycling	Australian Individual Pursuit	12th
Cameron Scott	Cycling	Australian 500m Time Trial	1st
Cameron Scott	Cycling	Australian Scratch Race	1st
Cameron Scott	Cycling	Australian Team Sprint	2nd
Cameron Scott	Cycling	Australian Team Pursuit	3rd
Cameron Scott	Cycling	National Junior Track Series	2nd
Cameron Scott	Cycling	Australian Hill Climb	6th
Lara Batkin	Cycling	Aust. Criterium	8th place
Jamie Priestley	Equestrian	Australian Youth Festival	Runner up Junior Grand Prix
Jamie Priestley	Equestrian	Weekend of World Cups	Winner of the Junior Championship
Grace Stewart	Hockey	2012 U16 Australian school girls hockey team	Selected
Jessica Rosskelly	Kayaking	2013 U18 National Kayaking Championships	K4-1000 – Gold Medal
Jessica Rosskelly	Kayaking	2013 U18 National Kayaking Championships	K4-200 – Silver Medal
Jessica Rosskelly	Kayaking	2013 U18 National Kayaking Championships	K2-500 – Silver Medal
Jessica Rosskelly	Kayaking	2013 U18 National Kayaking Championships	K2-1000 – Bronze Medal
Jessica Rosskelly	Kayaking	2013 U18 National Grand Prix 3	K1-500 – Silver Medal
Jessica Rosskelly	Kayaking	2013 U18 National Grand Prix 3	K2-1000 – Silver Medal
Avalon Punch	Surf Lifesaving	Australian Surf Lifesaving	Gold - Beach Relay
Avalon Punch	Surf Lifesaving	Australian Surf Lifesaving	4th - Beach Flags
Avalon Punch	Surf Lifesaving	Australian Surf Lifesaving	4th - Cameron Relay
Avalon Punch	Surf Lifesaving	Australian Surf Lifesaving	7th - Beach Sprint
Daniel St George	Swimming	2013 Australian Age Qualifier 50m free	Selected 15 Years
Daniel St George	Swimming	2013 Australian Open Water qualifier 5km	Selected 15 Years
Jayden Hutchinson	Swimming	Australian Open Water Championships	14th place - 5km Open Water
Jayden Hutchinson	Swimming	Australian Age Championships Brisbane	Qualified - 5 events
Jayden Hutchinson	Swimming	Australian Age Championship	17th - 200m butterfly
Jayden Hutchinson	Swimming	Australian Age Championship	34th - 200m freestyle
Jayden Hutchinson	Swimming	Australian Age Championship	34th - 400m freestyle
Kahlia Rasch	Netball	Australian All Schools Under 16's	Selected
Daniel St George	Swimming	Currently seeded 9th in Australia in 50m freestyle	Ranked
Daniel St George	Swimming	Currently seeded 19th in Australia in 1500m freestyle	Ranked
Renee McBryde	Tennis	Australian Tennis Ranking	Ranked 266

ATHLETE ACHIEVEMENTS 2013 *Cont.***STATE ACHIEVEMENTS**

Athlete	Squad	Event Name	Achievement
Joshua Kentwell	Athletics	Athletics NSW Country Track and Field	1 st 17yrs 1500m
Joshua Kentwell	Athletics	Athletics NSW Country Track and Field	1 st 17yrs 2000m steeple chase.
Joshua Kentwell	Athletics	Athletics NSW Country Track and Field	1 st 17yrs 3000m
Joshua Kentwell	Athletics	Athletics NSW Country Track and Field	1 st 17yrs 400m hurdles
Joshua Kentwell	Athletics	Athletics NSW Country Track and Field	1 st 17yrs 800m
Joshua Kentwell	Athletics	Athletics NSW Country Track and Field	3 rd U/18 1500m
Joshua Kentwell	Athletics	Athletics NSW Junior Track and Field	1 st 17yrs 6km cross country
Joshua Kentwell	Athletics	NSW All Schools Track and Field	1 st 17yrs 400m
Joshua Kentwell	Athletics	NSW All Schools Track and Field	Gold - 1500m
Joshua Kentwell	Athletics	NSW Combined Catholic Colleges Cross Country Champs	1 st 17yrs 400m
Joshua Kentwell	Athletics	NSW Combined Catholic Colleges Track and field Champs	1 st 17yrs 1500m
Joshua Kentwell	Athletics	NSW Combined Catholic Colleges Track and field Champs	1 st 17yrs 800m
Joshua Kentwell	Athletics	NSW Combined Catholic Colleges Track and field Champs	Gold - 100m Hurdles
Jarrold Twigg	Athletics	CHS State Championships	Gold - 100m
Jarrold Twigg	Athletics	Little Athletics Australia	Gold - 100m Hurdles
Jarrold Twigg	Athletics	NSW Combined High Schools State Championships	Bronze - Javelin
Jarrold Twigg	Athletics	NSW Combined High Schools State Championships	Gold - 800m
Jarrold Twigg	Athletics	NSW Combined High Schools State Championships	Silver - Long Jump
Jarrold Twigg	Athletics	NSW Country Championships	Gold - 90m Hurdles
Jarrold Twigg	Athletics	NSW Little Athletics Regional Championships	Gold - 200m Hurdles
Jarrold Twigg	Athletics	NSW Little Athletics Regional Champs	Gold - 200m Hurdles
Jarrold Twigg	Athletics	NSW Little Athletics State Championships	Silver - Discus
Jarrold Twigg	Athletics	NSW Little Athletics State Championships	Silver - Long Jump
Jarrold Twigg	Athletics	NSW Little Athletics State Championships	Bronze - 100m
Jarrold Twigg	Athletics	NSW Little Athletics State Championships	Gold - Long Jump
Jarrold Twigg	Athletics	NSW Little Athletics State Championships	Silver - 200m Hurdles
Sarah Gomes	Athletics	State Junior Championships	Bronze - 400m
Sarah Gomes	Athletics	NSW Little Athletics State Championships	Selected
Kade Szakacs	Athletics	NSW Country Championships	Bronze - 400m sprint
Kade Szakacs	Athletics	NSW Country Championships	Silver - 200m hurdles
Kade Szakacs	Athletics	NSW Country Championships	Silver - 2km Steeple
Mecenzi Howard	Boccia	NSW Junior Champion	Winner
Mecenzi Howard	Boccia	NSW Champion	Winner
Cameron Scott	Cycling	NSW 500m Time Trial	Winner
Cameron Scott	Cycling	NSW 500m Time Trial	Winner
Cameron Scott	Cycling	NSW Criterium	Winner
Cameron Scott	Cycling	NSW Hill Climb	4th
Cameron Scott	Cycling	NSW Individual Pursuit	Winner
Cameron Scott	Cycling	NSW Road Race	Winner
Cameron Scott	Cycling	NSW Scratch Race	Winner

ATHLETE ACHIEVEMENTS 2013 Cont.

Athlete	Squad	Event Name	Achievement
Cameron Scott	Cycling	NSW Scratch Race	Winner
Cameron Scott	Cycling	NSW Sprint	Winner
Cameron Scott	Cycling	NSW Team Sprint	Winner
Cameron Scott	Cycling	NSW Time Trial	6th
Lachlan Scott	Cycling	NSW Scratch Race Championship	5th
Lachlan Scott	Cycling	NSW Team Sprint Championship	Gold
Lara Batkin	Cycling	NSW JW19 Individual Pursuit	Bronze
Lara Batkin	Cycling	NSW JW19 Kierin	Silver
Lara Batkin	Cycling	NSW JW19 Sprint	Gold
Lara Batkin	Cycling	NSW JW19 Standing 250m	Gold
Lara Batkin	Cycling	NSW JW19 Women Team Pursuit	Bronze
Matthew Pignatelli	Cycling	NSW Under 17 Individual Time Trial	Bronze Medal
Matthew Pignatelli	Cycling	NSW Under 17 Madison	Silver Medal
Matthew Pignatelli	Cycling	NSW Under 17 Sprints	5th Place
Matthew Pignatelli	Cycling	NSW Under 17 Team Sprint	Gold Medal
Mitchell Wright	Cycling	NSW State 2013 Track and Road Teams	Selected
Mitchell Wright	Cycling	NSW State Champion Road Race (2012 & 2013)	Winner
Mitchell Wright	Cycling	NSW State Champion Road Race Criterium (2012)	Winner
Mitchell Wright	Cycling	NSW State Champion Road Race Time Trial (2012 & 2013)	Winner
Mitchell Wright	Cycling	NSW State Time Trial and Road 2012 & 2013	Winner
Mitchell Wright	Cycling	NSW State Track Time Trial, Derby and Scratch Races 2012	Winner
Jamie Priestley	Equestrian	NSW State Championships	Bronze - Overall
Stefanie Hall	Golf	NSW All Schools Championships	4th
Stefanie Hall	Golf	Subaru State Age Championships - Girls 13yrs & under	3rd
Jack Kessell	Golf	State Age Championships Under 16	11th
Jamie Krzyszczak	Golf	NSW CCC golf team	Selected
Kayleigh Falconer	Gymnastics	NSW State Trial	Bronze Medal - Beam
Blake Govers	Hockey	NSWIS Hockey Squad	Selected
Brady Anderson	Hockey	NSW Combined High Schools Under 16 Team	Selected
Brady Anderson	Hockey	NSW Under 15 Squad	Selected
Brady Anderson	Hockey	NSW Under 18 Squad	Selected
Callum MacKay	Hockey	NSW Under 15 Hockey Team	Gold - 2000m steeple chase
Callum MacKay	Hockey	NSW Under 15 Outdoor Hockey team	Selected
Grace Stewart	Hockey	2012 Under 15 NSW hockey team	Selected
Grace Stewart	Hockey	2012 Under 16 NSW All Schools hockey team	Selected

ATHLETE ACHIEVEMENTS 2013 Cont.

Athlete	Squad	Event Name	Achievement
Grace Stewart	Hockey	2013 Under 16 NSW All Schools hockey team	Selected
Grace Stewart	Hockey	2013 Under 18 NSW hockey team	Selected
Jack Donovan	Hockey	NSW Under 16 Team	Selected
Jack Donovan	Hockey	Under 18 Hockey NSW Team	Selected
Joshua Mayo	Hockey	NSW Under 16 All Schools Team	Selected
Joshua Mayo	Hockey	NSW Under 18 Squad	Selected
Joshua Mayo	Hockey	NSWIS Emerging Talent Squad	Selected
Keeleigh McCauley	Hockey	NSW CHS Under 16 Team	Selected
Kelsey Wishart	Hockey	NSW Combined High Schools Opens team	Selected
Kelsey Wishart	Hockey	NSW Combined High Schools Under 16's Team	Selected
Kelsey Wishart	Hockey	NSW Country Under 15s Team	Selected
Kelsey Wishart	Hockey	NSW Under 15s Country Team	Selected
Kelsey Wishart	Hockey	NSW Under 15's Indoor Hockey Team	Selected
Kelsey Wishart	Hockey	NSW Under 15s Team	Selected
Kelsey Wishart	Hockey	NSW Under 18's Squad	Selected
Kelsey Wishart	Hockey	Under 15's NSW Development Team	Selected
Kieren Richards	Hockey	2013 NSW Under 16 All Schools Team	Selected
Kieren Richards	Hockey	2013 NSW Under 18 Squad	Selected
Mikayla Kelly	Hockey	NSW Under 15 High Performance Camp	Selected
Mikayla Kelly	Hockey	NSW Under 15 State Squad	Selected
Mikayla Kelly	Hockey	NSW Under 15 Blue Team	Selected
Mitchell Galea	Hockey	NSWIS satellite training	Selected
Mitchell Galea	Hockey	Under 16 All schools NSW 2013	Selected
Patrick Everett	Hockey	NSW Under 15 State Blues Team Selection	Selected
Patrick Everett	Hockey	NSW Under 15 State Squad Selection	Selected
Regan Pabis	Hockey	NSW Under 15 NSW squad	Selected
Riley Smith	Hockey	NSW All Schools Under 16 Team	Selected
Riley Smith	Hockey	NSW Under 15 Team	Selected
Riley Smith	Hockey	NSW Under 18 Team	Selected
Riley Wishart	Hockey	NSW All Schools Under 16's Team	Selected
Riley Wishart	Hockey	NSW Country Under 17's Team	Selected
Riley Wishart	Hockey	NSW Under 15's Country Team	Selected
Riley Wishart	Hockey	NSW Under 15's Indoor Team	Selected
Riley Wishart	Hockey	NSW Under 15's Outdoor Team	Selected
Riley Wishart	Hockey	NSW Under 16's CHS Team	Selected
Riley Wishart	Hockey	NSW Under 18 Squad	Selected

ATHLETE ACHIEVEMENTS 2013 Cont.

Athlete	Squad	Event Name	Achievement
Thomas Miotto	Hockey	NSW Indoor Under 15 Shadow	Selected
Thomas Miotto	Hockey	NSW Under 15 Development Team	Selected
Thomas Miotto	Hockey	NSW Under 15 Squad	Selected
Thomas Miotto	Hockey	NSW Under 16 All Schools Squad	Selected
Thomas Miotto	Hockey	NSW Under 18 Squad	Selected
Tiarne Petrovich	Hockey	Under 15 NSW Indoor Team	Selected
Brooke Johnston	Lawn Bowls	2012 NSW 7 A-Side Zone 7 Bronze Medal	Bronze Medal
Brooke Johnston	Lawn Bowls	2012 NSW City Representative	Selected
Danyon Christie	Lawn Bowls	NSW All Schools	Winner
Danyon Christie	Lawn Bowls	NSW Under 18 Squad	Selected
Lauren Shaw	Lawn Bowls	NSW Combined High Schools State Championships	Winner
Lauren Shaw	Lawn Bowls	NSW State Squad	Selected
Lauren Shaw	Lawn Bowls	NSW vs ACT (NSW reserve) played for ACT	Selected
Taylor Davis	Lawn Bowls	NSW State Representative.	Selected
Natalie Noronha	Lawn Bowls	NSW U25	Selected
Dylan Skinner	Lawn Bowls	NSW Junior State Team	Selected
Samantha Noronha	Lawn Bowls	NSW U25	Selected
Kayleigh Darlington	Lawn Bowls	NSW CHS State Pairs	Bronze Medal
Kayleigh Darlington	Lawn Bowls	NSW CHS State Singles	4th
Kayleigh Darlington	Lawn Bowls	NSW State Girls Championships	5th
Kayleigh Darlington	Lawn Bowls	NSW State 7 a side championship	Selected
Kayleigh Darlington	Lawn Bowls	NSW City/Country Championships	Selected
Chelsea Bolton	Netball	NSW All Schools Team	Selected
Chelsea Bolton	Netball	Under 15 NSW Combined High Schools Team	Selected
Hannah Prouten	Netball	Under 15 NSW CCC Representative	Selected
Jazmin Twedde O'Donnell	Netball	Final phase of NSW Under 17	Selected
Kayley Smith	Netball	2012 NSW State championships – 17s division	Selected
Kayley Smith	Netball	2013 Netball NSW 15 Years Program	Selected
Kayley Smith	Netball	2013 NSW State championships – 17s division	Selected
Kirra Jones	Netball	NSW CIS Netball Team	Selected
Kirra Jones	Netball	NSW All Schools Team	Selected
Kirra Jones	Netball	NSW CSSA Team	Selected
Bailey Lamb	Rugby Union	NSW Country Team	Selected

ATHLETE ACHIEVEMENTS 2013 Cont.

Athlete	Squad	Event Name	Achievement
Bailey Antrobus	Rugby Union	NSW Under 13 State championships	Winner
Bailey Lamb	Rugby Union	NSW Under 13 State championships	Winner
Cameron Miller	Rugby Union	NSW Under 13 State championships	Winner
Cian Duffy	Rugby Union	NSW Under 13 State championships	Winner
Ethan Hennessy	Rugby Union	NSW Under 13 State championships	Winner
Isaac Choice	Rugby Union	NSW Under 13 State championships	Winner
Jaiden Fenwick	Rugby Union	NSW Under 13 State championships	Winner
Jared Barnes	Rugby Union	NSW Under 13 State championships	Winner
Joseph Dixon	Rugby Union	NSW Under 13 State championships	Winner
Kyh Roche	Rugby Union	NSW Under 13 State championships	Winner
Liam Macpherson	Rugby Union	NSW Under 13 State championships	Winner
Reece Owen	Rugby Union	NSW Under 13 State championships	Winner
Avalon Punch	Surf Lifesaving	NSW Surf Lifesaving	Silver - Cameron Relay
Daniel St George	Swimming	2013 NSW Open Water Championships -15 years	9th
Daniel St George	Swimming	2013 NSW State Age Championships	Finalist 50m &1500 Freestyle
Daniel St George	Swimming	NSW Combined High Schools	Finalist
Jayden Hutchinson	Swimming	NSW Age Development Squad- NSW Swimming	Selected
Jayden Hutchinson	Swimming	NSW All Schools Championship	Bronze Medal - Butterfly
Jayden Hutchinson	Swimming	NSW All Schools Championship	Silver Medal - 400m Freestyle
Jayden Hutchinson	Swimming	NSW All Schools Championship	Silver Medal - 400m LC Freestyle
Jayden Hutchinson	Swimming	NSW All Schools Swimming Championships	Bronze - 200m LC Butterfly
Jayden Hutchinson	Swimming	NSW All Schools Swimming Championships	Silver - 400m LC Freestyle
Jayden Hutchinson	Swimming	NSW All Schools Sydney	Gold - 200m Butterfly
Jayden Hutchinson	Swimming	NSW All Schools Sydney	Gold - 200m Freestyle
Jayden Hutchinson	Swimming	NSW All Schools Sydney	Gold - 400m Freestyle
Jayden Hutchinson	Swimming	NSW CHS Swimming Championships	Bronze - 400m freestyle
Jayden Hutchinson	Swimming	NSW CHS Swimming Championships	Gold - 100m butterfly
Jayden Hutchinson	Swimming	NSW CHS Swimming Championships	Silver - 100m freestyle
Jayden Hutchinson	Swimming	NSW CHS Swimming Championships	Silver - 200m freestyle
Jayden Hutchinson	Swimming	NSW Combined High Schools Sydney	Bronze - 100m Butterfly
Jayden Hutchinson	Swimming	NSW Combined High Schools Sydney	Bronze - 100m Freestyle
Jayden Hutchinson	Swimming	NSW Combined High Schools Sydney	Bronze - 200m IM
Jayden Hutchinson	Swimming	NSW Combined High Schools Sydney	Bronze - 6x 50m Freestyle Relay
Jayden Hutchinson	Swimming	NSW Combined High Schools Sydney	Gold - 400m Freestyle
Jayden Hutchinson	Swimming	NSW Combined High Schools Sydney	Silver - 200m Freestyle
Jayden Hutchinson	Swimming	NSW Combined High Schools Team	Selected
Jayden Hutchinson	Swimming	NSW Country LC Championships Sydney	Bronze - 200m Freestyle
Jayden Hutchinson	Swimming	NSW Country SC Championships	Bronze - 200m Freestyle
Jayden Hutchinson	Swimming	NSW Country SC Championships	Silver - 200m Butterfly
Jayden Hutchinson	Swimming	NSW Country SC Championships	Silver - 400m Freestyle
Jayden Hutchinson	Swimming	NSW Distance Development Squad- NSW Swimming	Selected
Jayden Hutchinson	Swimming	NSW State Age 5km Open Water Championships	Bronze - 5 km race
Jayden Hutchinson	Swimming	NSW State Age LC Championships Sydney	Bronze - 400 IM
Jayden Hutchinson	Swimming	NSW State Age LC Championships Sydney	Gold - 200m Butterfly

ATHLETE ACHIEVEMENTS 2013 Cont.

Athlete	Squad	Event Name	Achievement
Jayden Hutchinson	Swimming	NSW State Age LC Championships Sydney	Gold - 200m Butterfly
Jayden Hutchinson	Swimming	NSW State Age LC Championships Sydney	Gold - 200m Freestyle
Jayden Hutchinson	Swimming	NSW State Age LC Championships Sydney	Gold - 400m Freestyle
Jayden Hutchinson	Swimming	NSW State Age LC Championships Sydney	Gold - 800m Freestyle
Jayden Hutchinson	Swimming	NSW State Open Short Course Championships	Selected
Jayden Hutchinson	Swimming	NSW State Open Short Course Championships	Silver - 400m Freestyle
Jayden Hutchinson	Swimming	NSW Team to compete at the School Sport Australia Swimming Championships	selected
Jayden Hutchinson	Swimming	Victorian Age Championships	Gold - 400m Freestyle
Jayden Hutchinson	Swimming	Victorian Age Championships	Silver - 200m Butterfly
Jayden Hutchinson	Swimming	SESA Swimming NSW A Squad	Selected
Lauren Smileski	Tennis	NSW country Junior Championship in Newcastle.	Finalist
Lauren Smileski	Tennis	NSW country Junior Championship in Newcastle.	Finalist
Lauren Smileski	Tennis	NSW JDS state finals in Penrith	Selected
Tayla Croudson	Triathlon	NSW All Schools Cross Country	10th

REGIONAL ACHIEVEMENTS

Athlete	Squad	Event Name	Achievement
Jarrold Twigg	Athletics	ISSSA Zone Carnival Wollongong.	Gold - 100m
Jarrold Twigg	Athletics	ISSSA Zone Carnival Wollongong.	Gold - 100m
Jarrold Twigg	Athletics	NSW Little Athletics Regional Championships	Gold - 90m Hurdles
Jarrold Twigg	Athletics	NSW Little Athletics Regional Championships	Gold - 90m Hurdles
Jarrold Twigg	Athletics	NSW Little Athletics Regional Championships	Gold - Long Jump
Jarrold Twigg	Athletics	NSW Little Athletics Regional Championships	Silver - Javelin
Jarrold Twigg	Athletics	South Coast Regional Schools Carnival	Bronze - 100m
Jarrold Twigg	Athletics	South Coast Regional Schools Carnival	Gold - 100m Hurdles
Jarrold Twigg	Athletics	South Coast Regional Schools Carnival	Gold - 100m Hurdles
Jarrold Twigg	Athletics	South Coast Regional Schools Carnival	Silver - Discus
Jarrold Twigg	Athletics	South Coast Regional Schools Carnival	Gold - High Jump
Jarrold Twigg	Athletics	South Coast Regional Schools Carnival	Silver - Javelin
Jarrold Twigg	Athletics	Wollongong City Little Athletics	Gold - 90m Hurdles
Jarrold Twigg	Athletics	Wollongong City Little Athletics	Gold - 90m Hurdles
Lara Batkin	Cycling	Coonabarrabran to Gunnedah - Queen of the Mountains	Winner
Lara Batkin	Cycling	Cootamundra Road Race	1st JW19
Lara Batkin	Cycling	Gunnedah to Tamworth Road Race	1st female
Mitchell Wright	Cycling	Canberra Junior Tour Road 2012 & 2013	Winner
Mitchell Wright	Cycling	Goulburn Junior Road Tour 2012 & 2013	Winner
Mitchell Wright	Cycling	Tamworth Junior Road Tour 2012 & 2013	Winner
Jamie Priestley	Equestrian	Canberra Royal Show	Champion Horse
Jamie Priestley	Equestrian	Canberra Royal Show	Champion Rider
Jamie Priestley	Equestrian	Junior Sports star of the year 2012/2013 for the shoalhaven	Winner
Jamie Priestley	Equestrian	Sydney Royal show	Winner
Jack Donovan	Hockey	1st Grade Robertson	Selected
Jack Donovan	Hockey	Illawarra Open Mens Team Division 1 Representative	Selected
Jack Donovan	Hockey	South Coast Schools Team	Selected
Jack Donovan	Hockey	Under 17 Illawarra Team	Selected
Jasmine Riley-Whitworth	Hockey	Under 15 State Championships	Selected
Jasmine Riley-Whitworth	Hockey	Under 18 Illawarra Team	Selected
Josh Adams	Hockey	Illawarra Team	Selected
Josh Adams	Hockey	PSSA South Coast Hockey Team	Selected
Joshua Mayo	Hockey	Illawarra Under 17 Team	Selected
Keeleigh McCauley	Hockey	Opens Womens South Coast Team	Selected
Keeleigh McCauley	Hockey	South Coast Opens School Team	Selected
Keeleigh McCauley	Hockey	Under 18 South Coast Women's Team	Selected

ATHLETE ACHIEVEMENTS 2013 *Cont.*

Athlete	Squad	Event Name	Achievement
Kieren Richards	Hockey	2013 Fairy Meadow 1st Grade	Selected
Kieren Richards	Hockey	2013 Under 17 Illawarra Team	Selected
Kristen Turvey	Hockey	MVHS Hockey Team	Selected
Kristen Turvey	Hockey	South Coast Under 15 Team	Selected
Kristen Turvey	Hockey	Southern Tablelands Team - South Coast	Selected
Mikayla Kelly	Hockey	Under 15 Illawarra Hockey	Selected
Mikayla Kelly	Hockey	Under 18 Illawarra Hockey	Selected
Mitchell Galea	Hockey	Under 17 Illawarra A Team	Selected
Patrick Everett	Hockey	Illawarra Under 15 Division 1 Representative	Selected
Patrick Everett	Hockey	Illawarra Under 17 Division 1 Representative	Selected
Patrick Everett	Hockey	Sutherland Hockey Club Under 15 Metro member	Selected
Patrick Everett	Hockey	University Hockey Club Senior member	Selected
Patrick Everett	Hockey	University Hockey Club Under 15 member	Selected
Patrick Everett	Hockey	University Hockey Club Under 17 member	Selected
Regan Pabis	Hockey	South Coast Under 18s Opens	Selected
Thomas Miotto	Hockey	Illawarra Under 15 1st Team	Selected
Thomas Miotto	Hockey	Illawarra Under 17 1st Team	Selected
Tiarne Petrovich	Hockey	Illawarra Under 15 Indoor and Outdoor Teams	Selected
Tiarne Petrovich	Hockey	Illawarra Under 17 and Opens Indoor and Outdoor Teams	Selected
Tiarne Petrovich	Hockey	South Coast School girls Team	Selected
Zac Nyrhinen	Hockey	Illawarra Under 15 A Team	Selected
Zac Nyrhinen	Hockey	Illawarra Under 17 Development Team	Selected
Brooke Johnston	Lawn Bowls	2012 Illawarra Zone 16 Junior Pairs Champion	Winner
Brooke Johnston	Lawn Bowls	2012 Narooma Junior Singles Plate Field Runner Up	Runner Up
Brooke Johnston	Lawn Bowls	2012 Warilla Bowling Club Indoor Mixed Pairs Champion	Winner
Brooke Johnston	Lawn Bowls	2012 Warilla Ladies Bowling Club Major Fours Champion	Winner
Brooke Johnston	Lawn Bowls	2012 Zone 16 Representative	Selected
Brooke Johnston	Lawn Bowls	2013 Academy Games Lawn Bowls Champion	Winner
Brooke Johnston	Lawn Bowls	2013 Metropolitan Shield Champion	Winner
Brooke Johnston	Lawn Bowls	2013 Warilla Bowling Club Easter Pairs Runner Up	Runner Up
Brooke Johnston	Lawn Bowls	2013 Zone 16 Representative	selected
Danyon Christie	Lawn Bowls	Club Fours Championship	Winner
Danyon Christie	Lawn Bowls	Junior District Pairs	Runner Up
Danyon Christie	Lawn Bowls	Selected in Zone 16 7-a-Side team	selected
Danyon Christie	Lawn Bowls	Skipped Grade 2 Pennants	Selected
Danyon Christie	Lawn Bowls	South Coast CHS Pairs	Runner Up
Danyon Christie	Lawn Bowls	South Coast CHS Singles	Winner

ATHLETE ACHIEVEMENTS 2013 *Cont.*

Athlete	Squad	Event Name	Achievement
Danyon Christie	Lawn Bowls	Won Metro Shield	Winner
Jayden Gebbie	Lawn Bowls	Zone 16 Reserve Pairs	Champion
Lauren Shaw	Lawn Bowls	Champions of Champions singles	2nd round
Lauren Shaw	Lawn Bowls	Guildford 6-a-side comp	Winner
Lauren Shaw	Lawn Bowls	Indoor triples	Runner Up
Lauren Shaw	Lawn Bowls	Major singles club	Winner
Lauren Shaw	Lawn Bowls	selection Jnr metro sheild	Winner
Lauren Shaw	Lawn Bowls	South coast schools pairs	Winner
Lauren Shaw	Lawn Bowls	South coast singles	Runner Up
Lauren Shaw	Lawn Bowls	South Coast Team	Selected
Lauren Shaw	Lawn Bowls	Under 18 Golden nugget	5th
Lauren Shaw	Lawn Bowls	Zone 16 7-a-side Selection	Selected
Lauren Shaw	Lawn Bowls	Zone 16 pairs	Winner
Taylor Davis	Lawn Bowls	City representative.	Selected
Taylor Davis	Lawn Bowls	Minor pairs	Runner Up
Taylor Davis	Lawn Bowls	Zone 16 presidents pairs	Winner
Taylor Davis	Lawn Bowls	Zone 16 representative.	Selected
Amelia Holz	Netball	Division 7 state league	Selected
Amelia Holz	Netball	TAP program	Selected
Chelsea Bolton	Netball	Illawarra representative	Selected
Emma Sylvester	Netball	2012- Grand final winners for Corrimal Tigers Intermediate A1	Winner
Emma Sylvester	Netball	2012- Illawarra 14s Representative team.	Selected
Emma Sylvester	Netball	2012- Illawarra representative Night Inter district comp.	Selected
Emma Sylvester	Netball	2013- Illawarra 15s Stage Age 5th place championship grade.	Selected
Emma Sylvester	Netball	2013- Representative of South Coast in Opens in Tamworth.	Selected
Hannah Prouten	Netball	Under 15 Illawarra Representative	Selected
Jazmin Tweddle O'Donnell	Netball	South Coast Opens Team	Selected
Jazmin Tweddle O'Donnell	Netball	State league div 7	Selected
Kayley Smith	Netball	2013 Intermediate A division - Illawarra Netball Association	Selected
Kayley Smith	Netball	2013 Open A division - Kiama Netball Association	Selected
Kirra Jones	Netball	District Representative Team	Selected
Kirra Jones	Netball	Illawarra Under 15 Representative Team	Selected
Sophie Schetor	Netball	Division 4 State League	Selected
Sophie Schetor	Netball	Division 8 State League	Selected
Sophie Schetor	Netball	Under 17 Illawarra Team	Selected

ATHLETE ACHIEVEMENTS 2013 *Cont.*

Athlete	Squad	Event Name	Achievement
Te-Arn Bradley	Netball	Corrimal A1 Intermediate	Selected
Te-Arn Bradley	Netball	Cronulla A3 Senior	Selected
Te-Arn Bradley	Netball	Illawarra Development Team	Selected
Te-Arn Bradley	Netball	Sutherland Representative Team	Selected
Daniel St George	Swimming	2013 Carlile Speedo Cup	Leigh Barnier Memorial Highpoint Award
Daniel St George	Swimming	2013 Georgina Hope Swimmers Foundation Youth Performance Squad Member- bronze level.	Selected
Daniel St George	Swimming	2013 SESA Long Course Championships	15 years Age Champion
Daniel St George	Swimming	2013 SESA Short Course Championships	15 years Age Champion
Daniel St George	Swimming	2013 SESA Squad Member	Selected
Jayden Hutchinson	Swimming	South Eastern Swimming Association (SESA) Summer Area Championships	Bronze - 50m Backstroke
Jayden Hutchinson	Swimming	South Eastern Swimming Association (SESA) Summer Area Championships	Gold - 200m Butterfly
Jayden Hutchinson	Swimming	South Eastern Swimming Association (SESA) Summer Area Championships	Gold - 400m Freestyle
Jayden Hutchinson	Swimming	South Eastern Swimming Association (SESA) Summer Area Championships	Gold - 50m Butterfly
Jayden Hutchinson	Swimming	South Eastern Swimming Association (SESA) Summer Area Championships	Silver - 100m Freestyle
Jayden Hutchinson	Swimming	South Eastern Swimming Association (SESA) Summer Area Championships	Silver - 200m Individual Medley
Lauren Smileski	Tennis	Doubles in Margaret Court Cup in Albury	Winner
Lauren Smileski	Tennis	Made champion of champion South East Tennis.	Selected
Lauren Smileski	Tennis	Margaret Court Cup in Albury	Finalist
Lauren Smileski	Tennis	Pizzy Cup Trials for State High School selection in Bathurst.	Selected
Lauren Smileski	Tennis	Regional Finals for Floris Conway Schools Tennis.	Selected
Lauren Smileski	Tennis	South Coast Tennis Team	Selected
Lauren Smileski	Tennis	South East Tennis training squads. Gold (highest) level.	Selected
Danielle Vasquez	Golf	NSW Catholic High Schools	Selected
Danielle Vasquez	Golf	Illawarra junior girls championship at Port Kembla 2013.	Winner
Stefanie Hall	Golf	IDGA Prime 90	Overall Girls Gross Runner Up
Stefanie Hall	Golf	Port Kembla Junior Classic	Girls Nett Champion
Stefanie Hall	Golf	City of Sydney Junior Championships	Overall Girls Champion
Stefanie Hall	Golf	Jack Newton Shield	Overall Girls Champion
Stefanie Hall	Golf	Russell Vale Junior Club Championships	Club Champion
Stefanie Hall	Golf	St Georges Basin Junior Open	Overall Girls Champion
Stefanie Hall	Golf	Port Kembla Junior Club Championships	Club Champion
Stefanie Hall	Golf	Coonabarabran Junior Open	Overall Girls Champion
Stefanie Hall	Golf	Hurstville Junior Open	Overall Girls Champion
Stefanie Hall	Golf	Srixon International - Girls 12yrs & Under	3rd
Stefanie Hall	Golf	Kiama Junior Classic	Overall Girls Gross Runner Up
Stefanie Hall	Golf	Brett Ogle Junior Masters - Girls 13 yrs & under	Gross Champion
Stefanie Hall	Golf	CIS Regional Team Selection	Girls Gross Runner Up
Stefanie Hall	Golf	Port Kembla Junior Classic	Overall Girls Gross Runner Up
Stefanie Hall	Golf	Peter O'Malley Junior Masters - Girls 13yrs & under	Gross Runner Up
Stefanie Hall	Golf	NSW Academy Games	Girls Nett Champion, Girls Gross Runner Up
Stefanie Hall	Golf	Wollongong Junior Masters - Girls 13yrs & under	Nett Champion, Gross Runner Up, 3rd place Girls Overall

ATHLETE ACHIEVEMENTS 2013 Cont.

Athlete	Squad	Event Name	Achievement
Stefanie Hall	Golf	Russell Vale Junior Club Championships	Club Champion
Stefanie Hall	Golf	Macarthur Junior Masters - Girls 13yrs & under	3rd
Stefanie Hall	Golf	Mollymook Junior Open	Overall Girls Gross Runner Up
Jack Kessell	Golf	Kiama Junior Masters	Winner
Jack Kessell	Golf	Academy Games	Winner
Jack Kessell	Golf	Port Kembla Foursomes	Winner
Jack Kessell	Golf	A Grade pennants player for Port Kembla	Selected
Jamie Krzyszcak	Golf	Links Shell Cove Junior Club Championship	Winner
Jamie Krzyszcak	Golf	Illawarra Junior Champion Junior Pennants	Winner
Kayleigh Darlington	Lawn Bowls	Junior Metropolitan Shield winner	Winner
Kayleigh Darlington	Lawn Bowls	Junior South Coast under 15 Singles Championship	Winner
Kayleigh Darlington	Lawn Bowls	NSW Academy Games winner	Winner

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