



illawarra
academy of sport
"a pathway to excellence"

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PRESIDENT'S REPORT

It is my pleasure to present an interim President's Report for 2014 to coincide with the 2014 Presentation Night.

So far in 2014 the Academy has continued to review and refine our operations whilst meeting the needs of our athletes who have applied great dedication to their tasks.

We also take great pride in the outstanding achievements of our alumni in competition around the globe.

In February, the Academy held a very successful Presentation Night with Cameron Scott named as the 2013 Illawarra Mercury, Tobin Family Award winner. We were honoured by having the Minister for Sport, Honourable Gabrielle Upton as our guest.

I am very pleased that in 2014, the Academy reintroduced the Athlete with Disability Program (AWD) in conjunction with the Disability Trust and Choice Home Loans. Years ago we were pioneers in establishing an AWD Program and of course, our star alumni was *Siobhan Paton* who won six gold medals at the Sydney Para Olympics.



Governance

Having adopted a new Constitution in 2011, this year the Academy's Committees have continued to review our governance and operations. Policies adopted so far include:- Medical, Tour (revised), New Sport (revised), Athlete with Disability Program and General Manager's Job Description.

In addition negotiations continue with various sports to identify the appropriate pathways and, more importantly, ages of athletes entering our programs. The lowering of ages, as required by some sports, presents difficulties for us especially in setting appropriate and valuable education content.

A challenge for us was the release by the Office of Sport and Recreation of the Independent Review of Regional Academies in NSW. This report identified areas in which each Academy should review its governance. We welcome this Report and accept the challenge to review our operations where we consider it necessary so as to serve our athletes and community to the best of our ability.

Major improvement in our transparency and communication was in the review and upgrade of our website, facilitated by Aftershock Solutions – a new Academy Sponsor. This upgrade greatly enhances our links to our athletes and beyond. The Academy's financial position continues to improve. I thank everybody whose commitment and support assists us to remain financially viable including our Auditor Murray Reid. We strive to be as cost effective as possible.

In 2014 Board Members John O'Dwyer OAM (Shellharbour), Jeff McCarthy (Kiama), Peter Tomlinson (Wingecarribee) & Gregg Rowland (University of Wollongong, Vice Chancellor's Representative) resigned. I acknowledge their excellent service to the Academy, especially John O'Dwyer who has served on the Board since 1987.

They have been replaced by Gary Lord (Shellharbour), Reg Smith (Wingecarribee) & Canio Fierravanti (University of Wollongong, Vice Chancellor's Representative). Gregg Rowland returned as the Kiama Community representative. In addition Amy Duggan has been elected as our Special Community Member. Cllr Garry Turland joined the Board earlier in the year as the representative of the Mayor of Wingecarribee.

ClubsNSW Regional Academy Games

In April the Illawarra Academy hosted the Games, on behalf of the Regional Academies of Sport incorporated (RASi), for the third of three years. Academy athletes and their supporters from throughout NSW, as well as Queensland and New Zealand visited the Illawarra to compete in seven sports. The feedback was that they very much enjoyed the experience.

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. I once again thank ClubsNSW and the NSW Government (Office of Sport) for their financial support which was exemplified by Minister Upton's official opening the Games.



Sponsors

Fundamental to the Academy's existence is the support from 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 the Office of Sport 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 maintained their strong financial support to the Academy and for this we are most grateful.

The Mayoral Receptions for our athletes continue to be an annual highlight.

We were pleased to welcome Collegians Rugby League Football Club as a Platinum Sponsor and Southern Phone as a Gold Major Event Sponsor late in 2013 and these two very worthy supporters have pledged to continue their sponsorship in 2014.

Our major corporate sponsors are now Collegians, Southern Phone, BlueScopeWIN Community Partners, Subway, After-shock Solutions, BaiMed Sports Physiotherapy, Battlewin Sports Tape, Aceit Teamwear, Field Hockey Equipment, Print Media, Choice Home Loans, Disability Trust, Win TV, Hume Coal 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.

Last month we held a Sponsor Appreciation Function to personally thank our many 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 support. You are a key conduit to our community.

Conclusion

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 2014.

Our coaching staff and support staff are the key to our success on the field and like our sponsors, we can't operate without you.

To Shannon, Angela, Selin, Andrew 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 2014, as I do to the Board Members and especially the Executive, for your hard work and support over the last 12 months.

Finally, to our graduating athletes, I offer our best wishes for your every success not only in your sporting career but also in your life beyond sport.

Brian Weir PSM
President



ACTING GENERAL MANAGER'S REPORT

The Illawarra Academy of Sport (IAS) provides young talented athletes with the means and opportunity to pursue sporting excellence through the holistic development of both the athlete and the person.

In doing this, the IAS focus on three major areas for the holistic development of our scholarship holders. These include technical and tactical skill development, a high performance sport education curriculum and the physical development of the athlete.

2014 saw the long overdue re-launching of the Athletes with a Disability (AWD) Program. After 9 years in the wilderness the program was re-established with the support of The Disability Trust and Choice Home Loans and provided seven athlete scholarships from across the region.

The IAS is extremely proud to once again have the ability to provide disabled regional athletes with an elite pathway to state and national representative levels.



Throughout 2014 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 has again assembled an extremely talented group of coaches and managers to facilitate the delivery of our ten (10) sport programs. Quality coaching is paramount for the technical and tactical development of our athletes.

The IAS has further entrenched itself in the local community with a number of community based initiatives undertaken by staff and athletes, including the support and participation of the BaiMed 100 100's for Charity, the Cancer Council's Blue Mile Dash as well as numerous sports development clinics and coach education sessions across the region.

The IAS hosted the ClubsNSW Academy Games for the third consecutive year in 2014 with over 1000 athletes and coaches competing across seven sports competitions representing eleven regional academies. The IAS would like to acknowledge the continued support of ClubsNSW, the University of Wollongong, the Illawarra Mercury, WIN Television and i98fm.



2014 also saw the consolidation of the IAS's relationship with the University of Wollongong through a number of initiatives established for mutual benefit. These included the integration of exercise science rehabilitation and exercise prescription students with the IAS resistance training program, the alignment of UOW Science, Medicine and Health faculty with the IAS through the undertaking of numerous research projects as well as. It's a partnership that will continue to strengthen throughout the 2015 Scholarship year with the IAS recently partnering with the newly created International Bachelor of Science degree.



The IAS was well represented at the 2015 Glasgow Commonwealth Games with eight IAS Graduates competing in this highly prestigious event. They were Swimming siblings Emma and David McKeon, Kookaburras' Kieran Govers and Tristan White, runners Ryan Gregson and Madeline Hiener, lawn bowler Karen Murphy and Cyclist Caleb Ewan.

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, Selin Kaharaman and Andrew Barrett for their hard work and dedication to the daily running of the IAS.

Finally I would like to personally thank Brian Weir and the board for their support and guidance over the past twelve months. I am extremely proud of what the IAS has achieved in 2014 and excited about the challenges ahead in 2015.

Shannon Fraser
Acting General Manager

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ILLAWARRA ACADEMY OF SPORT ANNUAL REPORT 2014

This annual review covers the activities of the Illawarra Academy of Sport Incorporated for the period 1st January 2014 to 31st December 2014.

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 2014

NSW Office of Communities, Sport and Recreation

University of Wollongong

Kiama Municipal Council

Shellharbour City Council

Shoalhaven City Council

Wingecarribee Shire Council

Wollongong City Council

IAS CORPORATESPONSORS 2014

Collegians Rugby League Football Club

Southern Phone

BlueScopeWIN Communities Partners

Subway Restaurants

BaiMed Sports Physiotherapy

Battlewin Premium Sports Tape

Warilla Bowls and Recreation Club

Illawarra Mercury

Aftershock Solutions

F-H-E.com.au

Wollongong Psychology

Aceit Sportswear

Choice Home Loans

Raine & Horne

Soto Engineering Consultants

IAS LIFE MEMBERS

Mr. Ted Tobin OAM (Deceased)

Mr. Brian Weir PSM

Mr. John O'Dwyer OAM

A large, red, stylized star or flower-like shape with four points, positioned diagonally across the page. The shape is solid red and has a modern, geometric design.

Overview of Illawarra Academy of Sport

4 DINING AREAS

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Friday - Saturday
9:30am - 6am



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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 (10) sports programs offered. These include Golf, Netball, Hockey, Cricket, Rugby Union, Cycling, Lawn Bowls, Triathlon as well as an individual athletes program and Athlete with a Disability program. 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 seventeen (17) member Board of Directors which is comprised of 9 permanent representatives and 8 elected community representatives. Board of Directors meetings are held bi-monthly and each of the five local Council hosts the meetings on rotation.

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 Cr. Garry Turland

Lord Mayor of Wollongong

Cr. Gordon Bradbery. Represented by Mark Bond

University of Wollongong Vice Chancellor

Represented by Dr Gregg Rowland until June 2014

Represented by Canio Fierravanti since July 2014

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 until June 2014

Gary Lord since July 2014

Community Member - Kiama

Jeff McCarthy until June 2014

Dr Gregg Rowland since July 2014

Community Member - Shoalhaven

David Goodman

Community Member - Wingecarribee

Peter Tomlinson until June 2014

Reg Smith since August 2014

Special Community Member

Ms Amy Duggan since July 2014

Executive Elected

PresidentMr Brian Weir PSM

Vice PresidentCr John Wells

Public OfficerMr Brian Baird

TreasurerMr Bill 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



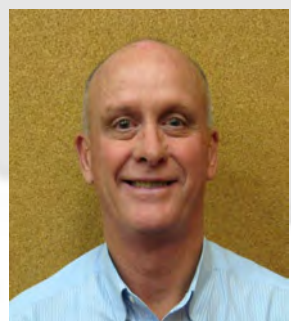
Brian Baird



Clare Rogers



Mark Bond



Mark Hume



Phil Parle



Peter Bowman



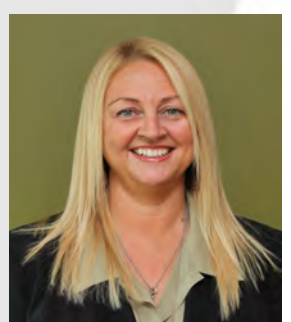
Canio Fierravanti



David Goodman



Gary Turland



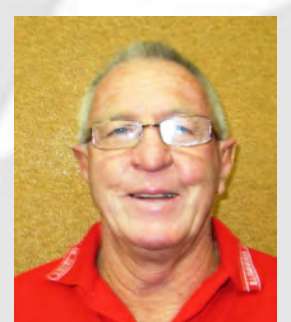
Rosita O'Keefe



Gregg Rowland



Amy Duggan



Jeff McCarthy



Peter Tomlinson



John O'Dwyer OAM

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.

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.

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 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 Winge Carrabee. 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 approximately 440,000.



ADMINISTRATIVE OPERATIONS

The Academy offices are based at the University of Wollongong. The location offers easy access to lecture and tutorial rooms, physical training facilities and close links with key volunteer, sports groups and consultants.

The Academy employed two (2) full-time staff and two (2) part-time staff in 2014.

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

Staffing Levels During 2014

Full Time:

General Manager (acting)	1
Business Administrative Officer	1

Part Time:

Spots Program Coordinator	1
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 2014. 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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TUESDAY NIGHT
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250g rump steak,
chips, salad & gravy
*Tuesday night only. Members \$10, Guests \$12

WEDNESDAY NIGHT
\$10 SCHNITZEL*
200g chicken schnitzel,
chips, salad & gravy
*Wednesday night only. Members \$10, Guests \$12

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





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WOLLONGONG**
AUSTRALIA



PERSONALISED EXPERIENCES : WORLD-CLASS RESULTS

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 region (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 2014 education consultants included:

- Kate Battocchio—Activate Fitness & Nutrition
- Marijeta Miller—Wollongong Psychology
- Blake Thomas—Pulse Fitness
- 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 region, 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, Wingecaribee, 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 best regional athletes to compete under the academy umbrella. 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 2014, the ninth year of the Games, the Illawarra Academy hosted the Academy Games at venues throughout the Illawarra, Wingecaribee and the Shoalhaven. The IAS had a team of 107 athletes and coaches from seven of its sports programs: golf, hockey, lawn bowls, netball and rugby union, cycling and triathlon.

The Central Coast Academy of Sport will host the 2015 ClubsNSW Regional Academy Games.



Athlete Inductions

In 2014 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.

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.



IAS Southern Phone Presentation Night 2013

The Annual Athlete Graduation and Award Presentation Night was held at the Novotel North beach. The event attracted over 300 people including dignitaries, athletes, coaches and family members.

Tim Robinson from WIN Television oversaw the presentation of awards as master of ceremonies. The event acknowledged the achievements of the 2013 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.

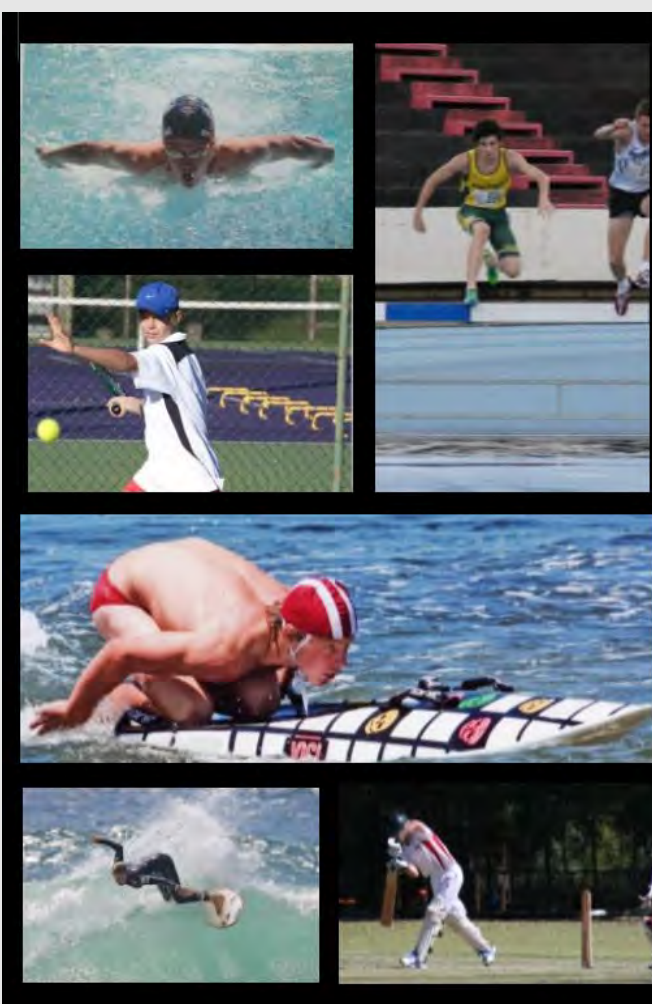
Additional sponsors who supported this event include Big Fat Smile, Jack Newton Junior Golf, Rapidcool, URAC, RM Chartered Accountants, MMJ Wollongong, Cancer Council, Aceit, Subway, Kevin Marsh, BaiMed, Shellharbour Links, Wisdom, Illawarra Golf Association & Balanced Imaged Studio.

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

Partner Appreciation Networking Afternoon

The IAS Partner Appreciation Networking Afternoon was held in early August at the Wollongong Golf Club to acknowledge and thank sponsors and partners 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 partners, sponsors and friends enjoyed an afternoon in the spectacular view room at Wollongong Golf Club where IAS President Mr. Brian Weir PSM addressed the room to acknowledge and thank those who support the Academy. Lord Mayor Cr Gordon Bradbery OAM responded on behalf of the sponsors and partners.







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Total Scholarships Offered 1986 –2014

ATHLETES WITH A DISABILITY

Male	38
Female	30

BASKETBALL

Male	130
Female	128

CRICKET

Male	524
Female	95

CYCLING

Male	142
Female	62

GYMNASTICS

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

GOLF

Male	179
Female	42

HOCKEY

Male	439
Female	444

INDIVIDUAL ATHLETE

Male	94
Female	100

LAWN BOWLS

Male	95
Female	47

NETBALL

Female	602
--------	-----

RUGBY LEAGUE

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

RUGBY UNION

Male	481
------	-----

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	9
Female	4

TOTAL SCHOLARSHIPS	4953
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Proudly sponsoring the IAS

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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 Year
Athletics	Ryan Gregson	2012 Olympic Games and 2014 Commonwealth Games	2005
Athletics	Madeline Heiner	2014 Commonwealth Games	2005
AWD	Siobhan Paton	World Champion and 2000 Paralympics Gold Medalist	1998
AWD	Megan Newell	2011 Special Olymics Gold Medalist	2004
AWD	Jessica Smith	2004 Paralympic Games	2003
AWD	Brett Stibners	World Champion and 2008 Paralympic Gold Medalist	1996
Cricket	Brett Lee	2003 Cricket World Cup	1990
Cricket	Shane Lee	1999 Cricket World Cup	1993
Cycling	Rachelle Gilmore	World Champion and Commonwealth Gold Medalist	1996
Cycling	Ben Kersten	2006 Commonwealth Games Gold Medalist	1995
Cycling	Josh Kersten	1998 Commonwealth Games Bronze Medalist	1994
Cycling	James Williamson	MTB 24 hour Solo World Championships Gold Medalist	2002
Cycling	Caleb Ewan	2014 Commonwealth Games	2010
Hockey	Kieran Govers	World Champion, 2012 Olympic Bronze Medalist and 2014 Commonwealth Games Gold Medalist	2000
Hockey	Tristan White	2014 Commonwealth Games Gold Medalist	2005
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	Kylie Smith	Australian Indoor Hockey Team	1999
Kayaking	Zoe Uphill	2008 Olympic Games	1999
Lawn Bowls	Karen Murphy	World Champion and Commonwealth Games Gold Meadlist	1990
Lawn Bowls	Leif Selby	World Champion and 2010 Commonwealth Games Silver Meadlist	1990
Lawn Bowls	Bret Duprez	World Champion and 1998 Commonwealth Games Gold Meadlist	1990
Rowing	David Smith	2012 Olympic Games Gold Medalist	2001
Rugby League	Josh Morris	2013 Rugby League World Cup Winner	2001
Rugby League	Brett Stewart	2008 Rugby League world cup	1999
Rugby League	Kane Linnett	2013 Rugby League world cup	2005
Rugby League	Keith Lulia	2013 Rugby League world cup	2002
Rugby League	Craig Fitzgibbon	2008 Rugby League world cup	1994
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 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 and 2014 Commonwealth Games Gold Medalist	2012
Swimming	Jarrood Poort	2012 Olympics Games	2009
Swimming	Emma McKeon	2013 World Championships and 2014 Commonwealth Games Gold Medalist	2008
Swimming	Robert Hurley	2010 Commonwealth Games	2003
Swimming	Jason Cram	World Champion and 2002 Commonwealth Games Gold Medalist	2000
Swimming	Lori Munz	1998 Commonwealth Games Gold Medalist	1997
Swimming	Sarah Kasoulis	2002 Commonwealth Games	1999



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- 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

Illawarra Academy of Sport Honour Roll *cont.*

IAS Graduates that have represented at an International Level

Sport	Athlete	Achievement	IAS 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	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 main points and four smaller points between them, creating a total of eight points. The shape is solid red and occupies the lower half of the page.

Illawarra Academy of Sport Programs



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Sport Program Co-ordinator's Report 2014

2014 was a fantastic year for the Academy, with one hundred and forty nine (149) graduating athletes of ten (10) sport programs covering twenty two (22) different sports.

This year our sport programs included Cricket, Cycling, Golf, Hockey, Lawn Bowls, Netball, Rugby Union, Triathlon, Athlete With a Disability (AWD) and Individual Athletes (IAP).

2014 saw the long overdue relaunching of the Athletes With a Disability (AWD) Program. After 9 years in the wilderness, it is one of the greatest achievements of the year for the IAS to again be able provide disabled athletes with an elite pathway to represent at a National level. Conducted as a pilot program from June till September with 7 pioneering athletes it has been a great success and will now be rolled out as a full 12 month program in 2015.



Once again the scholarship year started in October 2013 with our induction weekend. This weekend saw all athletes and parents from all programs (excluding cricket and AWD) gather at the University of Wollongong for two days of education sessions and testing.

The newly developed IAS Sports Education Curriculum was implemented across all sports with better alignment to that of professional athletes and State and National sporting programs. This saw a sports specific approach with nutrition, psychology and athletic movement, while injury prevention became more practical with musculoskeletal screenings and rehab exercises prescribed in resistance programs.

The Academy's resistance program is based on the Athlete Long Term Development Model which identifies a number of physical competency markers which Athletes must achieve to progress, thus providing an effective foundation for future strength and conditioning programs.

The resistance program became ingrained in each sport with Athletes having access to three resistance sessions a week at the High Performance Training Area in the UOW Sports Hub.



Many of our current athletes achieved sporting excellence in 2014. These included:

Mitchell Wright	–	Won 6 Australian Junior Cycling Championships
Christian Foster	–	Australian Junior Athletics Team
Grace Stewart	–	Australian Hockey Futures Squad
Kirra Jones	–	Australian Netball U17's Squad and a NSWIS Scholarship
Lucy Cliff	–	NSW All Schools Triathlon Team
Stefanie Hall	–	Golf NSW Development Squad



I would personally like to congratulate all athletes on their achievements over the past 12 months and thank our extremely dedicated, passionate and talented coaches, managers, education consultants and the various other volunteers for their hard work that allows us to continually achieve great results both on and off the field. The sport programs would not run successfully without their commitment and willingness to succeed.

I hope you enjoy the following sport reports, which will give an insight into what each sport is accomplishing within their programs.

Andrew Barrett
Sport Programs Co-ordinator

IAS Athlete with a Disability Program Report 2014

2014 saw the relaunching of the Academy's Athlete With a Disability (AWD) Program after a 9 year absence. The Academy ran an AWD program from 1998 till 2004 with some outstanding success producing 4 Olympians and 11 Olympic Medals. Once again the Academy now has a program that provides disable athletes with an elite pathway to represent at a National level.

Conducted as a pilot program from June till September with 7 pioneering athletes it has been a great success and will now be rolled out as a full 12 month program in 2015.

The AWD program has been able to come about due to the financial support of Choice Home Loans and our partnerships with The Disability Trust and BaiMed Physiotherapy.



I would like to thank Paul and Julie Wright owners of Choice Home Loans Wollongong, for their support and commitment to the program, not only sponsoring the program but also purchasing each athlete an IAS hoodie. The Wright family has gone above and beyond not only financially but Mitchell Wright has assisted at AWD resistance sessions providing support and encouragement to the athletes.

I would also like to thank The Disability Trust for their assistance and involvement with the program. Michael Norris, Amy Carroll and Kurt Freeme have been outstanding in their level of support that they have provided to assist in facilitating such a program

The athletes completed weekly resistance training sessions at The Disability Trust's gym, Fitness 4 All in Fairy Meadow and fortnightly education sessions at the University of Wollongong.

Kurt and Amy also helped facilitate the delivery of the education modules with the athletes completing, Goal setting & Time management, Sports Nutrition, Athletic Performance and Sports Psychology.

All Athletes were given a musculoskeletal screenings from BaiMed Physiotherapy to identify areas for improvement and were provided with a personalised prehab program to minimise their risk of injury.

The athletes were also put through their paces by IAS Speed coach Ian Hatfield with 2 sessions to improve movement and technique ensuring they are performing at their biomechanical best.

I would like to thank the athletes, they all have showed dedication and commitment to the program and I would like to congratulate them on what they have been able to achieve in such a short period of time. It has been an absolute pleasure to be associated with such a wonderful group of young Men and Women.

I am very proud of what the Academy has been able to achieve in 2014 with the re-establishing of the AWD program and I am excited about what we can achieve in 2015 with a full 12 month program.

Program Snapshot

Ages:	16 – 25 years during scholarship
Squad:	7 Athletes (1 Female & 6 Males)
Program Year:	May– September (5 months)
Key People:	Andrew Barrett (Co-ordinator) Amy Carroll (TDT Coordinator)

Athlete Achievements:

Rocco Musumeci	- NSW Thunder AWD Team (Tournament MVP)
Nathan Whalen	- NSW Thunder AWD Team
Koby Banks	- NSW Special Olympic Basketball Team

2014 IAS Athlete with a Disability Squad

K. Banks, S. Forrest, L. Harley, P. Mitchell, R. Musumeci, T. Walsh, N. Whalen



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IAS BlueScopeWIN Cricket Program Report 2014

The IAS BlueScopeWIN Cricket Squad this year continued in its focus in changing direction of talent identification by targeting young athletes aged 14 years and younger. The aim is to get the athletes ready to advance into CNSW Kookaburra State Program.

The IAS BlueScopeWIN Cricket program though shortened this season continually works with the governing bodies throughout the IAS council regions, making sure the IAS program continues its long tradition in developing quality athletes within the Cricket landscape.

Skill development aspects that have been covered as part of program include batting, bowling and fielding both in attacking skills, defensive skills, as well as tactical strategies in all 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 help develop decision making skills under pressure in game situations as part of their 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 the relevance of such techniques in their skill 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 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:	11 Athletes
Program Year:	May – September (5 months)
Key People:	Paul Brockley (Head Coach) Mark Waldock (Assistant Coach)

Highlights:

Athlete Achievements:

Dominic O’Shannessy: NSW PSSA Schools Team



2014 IAS BlueScopeWIN Cricket Squad

J. Bown, B. Denney, R. Emmerick, J. Gallen, J. Keyes, L. Macpherson, D. O’Shannessy, K. Phillips, B. Silcox, J. Stojanovski, T. Warrington, R. Wikramanayake



IAS Cycling Program Report 2014

The Cycling Squad has built upon the success of 2013. The 2014 squad consisted of 12 athletes in the age divisions U15—U19.

The 2014 IAS Cycling Program required athletes to attend weekly sports specific training sessions during both the track and road season. Athletes also completed the educational curriculum of Sports Nutrition, Performance Psychology, Athletic Movement, 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 2014 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 (U19 Adelaide & U15 -17 Sydney). Seven IAS athletes were selected for the 2014 NSW Junior Track Teams.

During the 2014 Road Race season, to date, IAS Cycling Program athletes competed in the Australian Mountain Climb Championship in Bright and two day tours at Wagga Wagga, Goulburn, Canberra and Tamworth. The athletes will round out the road season with the NSW Junior Championships and Australian Junior Championships.



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

The IAS Cycling staff wishes to acknowledge and thank Cycling NSW as well as our sponsors; Raine & Horne Wollongong, Soto Engineering Consultants, Bike Sportz, Netti and Ben Mikic Foundation.





PROGRAM SNAPSHOT	
Ages:	13 – 18 years during scholarship
Squad:	12 Athletes (5 females 7 males)
Program Year:	October – October (12 months)
Key People:	Wal Mullany (H/Coach Sep13-Feb14) Tom Dowson (H/C Feb14-Oct14) Greg Scott (Assistant Coach) Joshua Kersten (Manager)
Athlete Achievements:	
Mitchell Wright (JM15)	2014 Australian Junior Champion of Champions (6 Gold Medals) 2014 NJTS Champion (1st Overall) 2014 NSW Junior Championships (5 Gold Medals)
Cameron Scott (JM17)	2014 Australian Junior Championships (4 Gold / 3 Silver Medals) 2014 NJTS –Champion (1 st Overall) 2014 NSW Junior Championship (4 Gold / 1 Silver Medals) 2013 NSW Cyclist of the Year
Bridget Mullany (JW19)	2014 NSW Championships (5 Gold Medals) 2013 NSW Cyclist of the Year
Natasha Mullany (JW17)	2014 Australian Junior Championships (2 Silver Medal) 2014 NSW Junior Championships (3 Gold Medals) 2013 Cyclist of the Year
Chloe Heffernan (JW17)	2014 NSW Junior Championships (2 Gold Medals)
Zac Marshall (JM15)	2014 Australian Junior Championships (1 Silver / 2 Bronze Medals) 2014 NSW Junior Championships (1 Gold / 4 Silver)



2014 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, Z. Marshall

IAS Golf Program Report 2014

The 2014 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 Golf Complex. 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 Saturdays from 10 am – 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 Matt Howe involved at the Illawarra Golf Complex applying integrated principles gained through his wealth of reading and practical involvement. There was a greater focus upon playing a golf course lower scoring in addition to technical swing analysis.



To reduce the financial impost upon parents of squad members, a decision was made to raise funds through a golf day. 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:

13 – 17 years during scholarship

Squad:

7 Athletes (5males | 2 female)

Program Year:

November – October (11 months)

Key People:

Richard Jumrukovski (Head Coach)
Greg Drummond (Squad Coach)
Ralph Stevenson (Manager)

Highlights

Tours:

2014 Peter O’Malley Junior Masters
2014 ClubsNSW Academy Games
2014 Collegians 36
2014 State age
2014 South Coast Junior Masters

Athlete Achievements:

Jack Kessell

State Age Champion of Champions
State Age Country Champion of Champions
2014 Collegians 26 Champion

Stefanie Hall

Golf NSW Development Squad
JNJG South African Junior International
City of Sydney Junior Champion

Tom Heaton

State Age Championships—Champion

2014 IAS Golf Squad
T. Fay, J. Woolmer, S. Hall, J. Kessell, K. Krzyszczak, D. Vasquez, T. Heaton



IAS Southern Phone Hockey Program Report 2014

The 2014 Illawarra academy of sport hockey squad, sponsored by southern phone consisted of 16 male and 15 female athletes. With weekly training held at University of Wollongong, Unanderra hockey centre, Welby hockey field and Shoalhaven hockey centre.

Trainings ran from October 2013 until July 2014 with outdoor hockey being the main focus while also including indoor sessions in the cooler months. The sessions were broken into 2 main sections, training and theory sessions. Within the theory sessions athletes were given information about how they can become a better athlete. These sessions were taken by some of the Illawarra's most experience lectures in the field which gave the athletes an insight into sports nutrition, performance psychology, presentation skills, sports pathways, media skills and athlete professionalism. Athletes were also given the chance to improve their speed skills with an external coach able to assist.



The Training sessions were focused on core skills, game toughness, space creation and counter attacks, defensive structures, goal scoring and game sense. As fitness is becoming more important into the modern game this was a focus of each session with improvement being made by all athletes in speed, agility, flexibility, core strength and aerobic endurance. All of these focuses were tested at the introduction in October 2013, then from this data a specific training program was created for all athletes. They then had the opportunity to use the university of Wollongong facilities for resistance training and fitness.

The Illawarra academy of sport was lucky enough to hold the 2014 academy games with both then male and female hockey teams entering a side.

The men's side was without a large number of players who were away on state duties, to make some young local hockey players took advantage of the chance to train and play with the Illawarra academy. These players plus the existing athletes had a great tournament with three wins and three losses.

The female team was also down 8 players allowing for some athletes that just missed out on Scholarships to test their skills against the other academies. They were very successful winning all but 1 game and coming out equal top.



The Illawarra academy of sport hockey program would like to thank hockey Australia, hockey NSW, the NSW institute of sport, local hockey associations, local councils, business sponsors and external coaches who have given up their time to create better hockey players from Illawarra, Shoalhaven and the Southern Highlands.

Program Snapshot

Ages:	15 – 17 years during scholarship
Squad:	32Athletes (16 males 15 females)
Program Year:	October – October (12 months)
Key People:	Gaye Tarrant (Head Coach Girls) Alex Mackay (Head Coach Boys) Katie Thomson (Assistant Coach Girls) Laurie Nyrhinen (Assistant Coach Boys) Ernie Betts (Manager)

Highlights

Tours: ClubsNSW Academy Games – Wollongong

Athlete Achievements:

IAS Girls Hockey:

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

IAS Boys Hockey:

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

2014 IAS Southern Phone Hockey Squads

Boys: J. Adams, B. Anderson, R. Castle, T. Condon, J. Davies, J. Donovan, P. Everett, M. Galea, M. Hanrahan, C. Mackay, J. Mauger, J. Mayo, T. Miotto, Z. Nyrhinen, D. Richards, K. Richards

Girls: C. Ferguson, K. Hughes, T. Johnston, M. Kelly, M. Marsh, E. Massie, K. McCauley, R. Pabis, J. Riley-Whitworth, B. Smallhorn, M. Smith, R. Smith, L. Stewart, G. Stewart, K. Wishart



IAS BlueScopeWIN Individual Athlete Program Report 2014

In 2014 the BlueScopeWIN Individual Athlete Program (IAP) celebrated eleven (11) years as a Sports Scholarship program with the Illawarra Academy of Sport.

The IAP was made up of twenty eight (28) athletes from twelve (12) different sports, including Athletics, Boccia, Cyclo-cross, Equestrian, Fencing, Gymnastics, Mountain biking, Rowing, Sailing, 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 the athletes were provided core skills that transcend across most sports such as speed and agility sessions. In addition to these sessions, through regular discussions between the IAS, our athletes and their coaches targeted support was provided as required.

The IAP squad attended regular sport specific education sessions to add value to their training programs. These included sports nutrition, performance psychology, Athletic Movement, 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 regular high performance resistance training sessions.



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:	28 (15 Females & 13 Males)
Sports:	Athletics, Fencing, Swimming, Gymnastics, Boccia, Mountain Bike, Tennis, Sailing, Equestrian, Rowing, Surf Life saving, Cyclo-cross.
Program Year:	October – September (11 months)
Key People:	Shannon Fraser (Co-ordinator)

Athlete Achievements

Christian Foster	Australian Junior Track & Field Team 2014 Australian Juniors Athletic Championships (2 Silver Medals)
Jarrold Twigg	2014 Australian Juniors Athletic Championships (2 Gold Medals)
Olivia-Rose McEwan	2014 Australian Juniors Athletic Championships (100m Hurdles Finalist)
Ellie Jordan	Australian U17's Fencing Squad
Courtney Buchanan	Australian U17's Fencing Squad
Jamie Priestley	3rd Australian Junior Equestrian Championships

2014 IAS BlueScopeWIN Individual Athlete Squad

T. Barklay, C. Bedford, C. Buchanan, T. Dyer, J. Dyer, K. Falconer, C. Foster, A. Gaviglia, S. Gomes, J. Head, M. Howard, J. Hutchinson, S. I'Ons, E. Jordan, R. McBryde, O. McEwan, G. McEwan, D. Olivieri, J. Priestley, A. Pryde, L. Smileski, D. St George, K. Szakacs, J. Twigg, A. Ullrich, E. Millims, B. Wilhms, N. Smith



IAS Lawn Bowls Program Report 2014

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 fortnightly 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. The program took a 'back to basics' type of approach covering topics such as Mental Match and Training preparation, Head Reading, Shot Selection and Tactics, Pre Shot Technique Routines, Maintaining Concentration and Focus, Consistency.

It was a highly successful year for the squad with a number of bowlers representing NSW including Luran Shaw, Danyon Christie, Jayden Gebbie, Brooke Johnston and Rylee Lawrence.

The annual City v Country fixture which doubles as a NSW State Squad selection trial is scheduled for the weekend of 23-24th November 2014. This event is regarded as the big finale of trails for each calendar year with the NSW Squad named at it's completion. Illawarra has a large participation in this event and would expect a number of junior's to be rewarded with selection into this elite NSW squad.



The Academy Games was held at Bomaderry Bowling Club and included all of our IAS members, this year the format was reduced to 2 teams of 3 (6) players total in a round robin style event. IAS entered 2 teams IAS Red and IAS Blue, whilst the Western Academy and the Hunter Academy also competed rounding off the 4 team event.

The IAS Blue team were victorious finishing undefeated with 3 wins +45 shot margin whilst the Red team finished in 3rd position with 1 win, the Western Academy which included 4 of our loaned players finished in 2nd position recording 2 wins and a 6 shots margin.

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. The program is also well supported by Bowls NSW, Zone 16 Bowls Association (South Coast District).



Program Snapshot

Ages: 14 – 18 years during scholarship
Squad: 13 Athletes (5 male | 8 female)
Program Year: October – September (12 months)
Key People: Leif Selby (Head Coach)
Wes Falconer (Manager)

Highlights: 2013 ClubsNSW Academy Games – Gold Medal

Athlete Achievements:

Lauren Shaw NSW Junior State Team vs Qld at Australian Junior Championships

NSW State Squad Members:

Rylee Lawrence, Lauren Shaw, Jayden Gebbie, Danyon Christie.

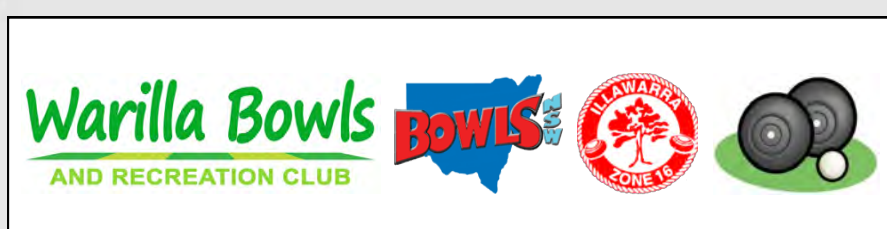
Zone 16 Representatives.

Brooke Johnston, Madeline Goncalves, Jayden Tzortzis, Jayden Gebbie, Courtney Sopher, Kayleigh Darlington, Rylee Lawrence, Lauren Shaw, Perry Avnell, Jessie Bonham, Chloe Koziol, Tobias Smith, Danyon Christie.



2014 IAS Lawn Bowls Squad

P. Avnell-Rehardt, J. Bonham, D. Christie, K. Darlington, J. Gebbies, M. Goncalves, B. Johnston, C. Koziol, R. Lawrence, L. Shaw, T. Smith, C. Sopher, J. Tzortzis



IAS Battlewin Netball Program Report 2014

It has been a very active and eventful year for this year's Netball squad. The players have undergone specific fitness training as directed by Netball Australia through their Develop a Diamond Program and are now preparing for the upcoming under age 2015 State selections. Squad members have also had the opportunity to play against teams and squads from both New Zealand and South Africa.

Players were selected into the squad in September 2013 with the initial training days focussing on strength and fitness as well as establishing foundation skills within both a squad and team environment.

Many of the squad attended the 2013 Netball NSW selections, for the 2014 Nationals, with some excellent results. Six of the squad make it through to Phase II and four through to the final phase. Chelsea Bolton and Kirra Jones were selected into the 2014 NSW 17 and under Netball Team to play at Nationals. Chelsea was selected as a midcourt player and Kirra as a circle defender. Kirra was further selected into the NSW Institute of Sport and is a member of the NSW Blues team playing in the Australian National League (ANL).



At the start of 2014 the squad attended a combined weekend camp with the Western Academy of Sport Netball squad at Lithgow. The weekend camp saw the players combine in all aspects of training and games with great success. Having an opportunity to run the squad as a team was excellent preparation for the Academy Games in April.

The Netball team played well at the Academy Games achieving some outstanding results.

The squad was invited to play against a New Zealand High Performance side with Sutherland Netball Association.

The squad was visited by Sue Hawkins, NSWIS Netball Coach, and also accommodated a touring South African school girl squad. Both the IAS and the newly formed South East Region Academy of Sport netball squad participated in a combined training and round robin competition learning many new plays from the South African coaches and players.

The Netball squad attended the Hunter Academy nib games having two teams playing over a three day competition. The division one team performed exceptionally well, considering they had only seven players able to play, coming in 3rd overall against ten other academies. The division two also performed well achieving sixth place from twelve teams.

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 academy coaching staff worked directly with regional associations, both coaches and players, through their Development Days at Southern Highlands and Shoalhaven. These days had an emphasis on player development and identification, with a training emphasis on safe landing, player posture, balance and stability. Coaches were provided with specific training ideas and activities that could be directly incorporated into current coaching programs.

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.

PROGRAM SNAPSHOT

Ages: 15 – 18 years during scholarship
Squad: 22 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:

Events/Tours: Training Camp with WRAS at Lithgow
Training / games—NZ High Performance Squad
ClubsNSW Academy Games – Wollongong
Training / games—South African squad
NIB Games – Maitland

Athlete Achievements:

Kirra Jones: Australian U17's, NSWIS, NSW Blue ANL, NSW U17's
Chelsea Bolton: NSW U17's, NSW CHS Team
Abby McFadden: Academy Games—IAS MVP
Jazmin TweddleO'Donnell: Phase-3 NSW U17 State Trial



2014 IAS Battlewin Netball Squad

C. Bolton, T. Bradley, L. Davenport, C. Davey, A. Golub, J. Golub, H. Golub, K. Jones, S. Mallon, A. McFadden, E. Meier, R. Murphy, L. Neto, N. Pather, H. Prouten, M. Roberts, E. Sylvester, G. Taylor-Helme, J. Tweddle-O'Donnell, L. Wayne-Boyle, J. Went, J. Wilson



IAS Rugby Union Program Report 2014

The 2014 Rugby Union Program was conducted between November 2013 and April 2014. 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 compliment the work they were undertaking with their club and representative sides, and to increase the opportunities for Illawarra representative players to press for selection into high representative honours

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 player time to understand each step until reaching the end goal. The sessions were designed to challenge the players abilities, with the coaches able to offer individual assistance when needed. The squad also had a number of education lectures such as public speaking, core strength and nutrition, which the boys approached with great enthusiasm. They also derived a lot from the lectures, as did the coaches.



IAS Rugby Union Head Coach, Tony Leeder-Smith, along with assistant coaches John Noonan, Brendan Schoupp 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.



Program Snapshot

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

Athlete Achievements:

Bailey	Antrobus	NSW Country U14's
Joseph	Dickson	NSW Country U14's
Cian	Duffy	NSW Country U14's
Sione	Lufe	NSW Country U14's



2014 IAS Rugby Union Squad

B. Antrobus, J. Barnes, L. Brailey, J. Dickson, C. Duffy, J. Fullerton-Harvey, E. Hennessy, S. Lufe, J. McConnell, R. Owen, A. Schoupp, A. Swan, O. Taufahema, J. Willdin



IAS Subway Triathlon Program Report 2014

The IAS Triathlon Program completed its 2nd year in 2014 and once again was a very successful year for our Athletes.

All Athletes achieved great results and excelled beyond expectations with a number of them being selected in the NSW Squads.

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 discipline.

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



The highlight of our training sessions would have to be at the Academy Games when Australian Representatives Grace Musgrove and Aaron Royle put the Athletes through their paces conducting a bike skills session.

I would like to acknowledge and thank the IAS Triathlon Sponsor Subway. If it was not for their generous support programs such as ours would not be possible.

To the IAS Board and Staff I would like to thank you your support and devotion to providing the means for Athletes in the Illawarra to pursue their sporting dreams.



Program Snapshot

Ages: 14 – 17 years during scholarship
Squad: 1 Females & 5 Males
Program Year: November – October (12 months)
Key People: Nathan Miller (Head Coach)

Highlights: ClubsNSW Academy Games

Athlete Achievements:

Lucy Clift : Australian Schools Triathlon
-7th in 15-16 years Females &
-1st in All age Female Relay
NSW All Schools Triathlon Team

Gus Frank : Selected in NSW Triathlon Academy
2nd overall in the NSW Sprint Series
Won 2 NSW Sprint Races



2014 IAS Triathlon Squad

J. Cleary, L. Cliff, G. Frank, J. Frank, A. Rodwell, J. Seal



2014 Scholarship Graduates

INDIVIDUAL ATHLETE PROGRAM

Kayleigh Falconer (<i>gymnastics</i>)	Casey-Lee Bedford (<i>athletics</i>)
Lauren Smileski (<i>tennis</i>)	Astel Gaviglia (<i>swimming</i>)
Teghan Barkley (<i>athletics</i>)	Sarah Gomes (<i>athletics</i>)
Renee McBryde (<i>tennis</i>)	Courtney Buchanan (<i>fencing</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>)	Christian Foster (<i>athletics</i>)
Tarren Dyer (<i>swimming</i>)	Jarrold Twigg (<i>athletics</i>)
Jarrold Dyer (<i>swimming</i>)	Joshua Head (<i>athletics</i>)
Sarah l'Ons (<i>mountain Bike</i>)	Olivia-Rose McEwan (<i>athletics</i>)
Ellie Jordan (<i>fencing</i>)	Georgia McEwan (<i>athletics</i>)
Dante Olivieri (<i>sailing</i>)	Angus Pryde (<i>athletics</i>)
Abbey-May Ullrich (<i>equestrian</i>)	Emily Willims (<i>rowing</i>)
Nicholas Smith (<i>cyclo-cross</i>)	Brett Willims (<i>surf lifesaving</i>)

LAWN BOWLS

Brooke Johnston	Danyon Christie
Kayleigh Darlington	Rylee Lawrence
Jayden Gebbie	Tobias Smith
Courtney Sopher	Jayden Tzortzis
Lauren Shaw	Perry Avnell-Rehardt
Jessie Bonham	Madeline Goncalves

NETBALL

Chelsea Bolton	Laura Davenport
Te-Arn Bradley	Chelsea Davey
Hannah Prouten	Kirra Jones
Emma Sylvester	Abby Golub
Shelby Mallon	Jenna Golub
Abbey McFadden	Hayley Golub
Jazmin Twedde O'Donnell	Emily Meier
Rachel Murphy	Lauryn Neto
Natasha Pather	Mackenzie Roberts
Gabriella Taylor-Helme	Levana Wayne-Boyle
Jessica Went	Jade Wilson

RUGBY UNION

Bailey Antrobus	Logan Brailey
Jarred Barnes	Cian Duffy
Ethan Hennessy	Joseph Dickson
Reece Owen	Sione Lufe
Jack Mcconnell	Aaron Schoupp
Opeti Taufahema	Alex Swan
James Willdin	Joshua Fullerton-Harvey

CRICKET

John Bowern	Jack Gallen
Ravi Wikramanayake	Blake Denney
Dom O'Shannessy	Kaleb Philips
Ryan Emmerick	Tyler Warrington
James Stojanovski	Jonathon Keys
Jye Phillips	Brandon Silcox
Liam Macpherson	

CYCLING

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

GOLF

Thomas Heaton	Stefanie Hall
Jarrold Woolner	Jack Kessell
Travis Fay	Jamie Krzyszcak
Danielle Vasquez	

HOCKEY—GIRLS

Comfort Ferguson	Reagan Pabis
Kelsey Hughes	Grace Stewart
Teagan Johnston	Montanna Marsh
Erin Massie	Brittony Smallhorn
Riley Smith	Mikayla Kelly
Maddi Smith	Keeleigh McCauley
Jasmine Riley-Whitworth	Lily Stewart
Kelsey Wishart	

HOCKEY—BOYS

Josh Adams	Patrick Everett
Brady Anderson	Mitchell Galea
Rhys Castle	Thomas Miotto
Thomas Condon	Jack Donovan
Joshua Davies	Callum Mackay
Kieren Richards	Jesse Mauger
Max Hanrahan	Daine Richards
Joshua Mayo	Zac Nyrhinen

TRIATHLON

Julius Cleary	Gus Franks
Lucy Cliff	Jed Franks
James Seal	Aaron Rodwell

ATHLETE WITH A DISABILITY

Koby Banks	Lachlan Harley
Rocco Musumeci	Timothy Walsh
Sarah Forrest	Patrick Mitchell
Nathan Whalen	

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Illawarra Academy of Sport Programs



Athlete of the Year Awards

The IAS annually recognises a number of outstanding athlete across the nine (10) sports programs run by the academy each year.

The Illawarra Mercury 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 Illawarra Mercury 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.

2014 is the thirteenth 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 chosen 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)
 2013—Cameron Scott (Cycling)

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



Cameron Scott: 2013 IAS Illawarra Mercury Tobin Family Award Winner

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.

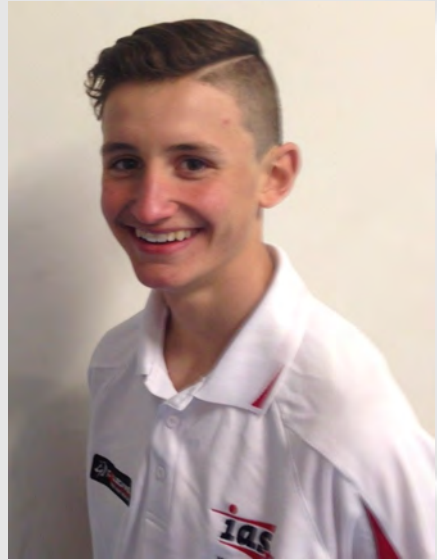
The recipient of the Vic Burrows Memorial Award receives a \$500.00 scholarship courtesy of Golf Illawarra.

The Recipient in 2013 was Jack Kessel

2014 IAS Illawarra Mercury Tobin Family Award

Mitchell Wright

IAS Illawarra Mercury Tobin Family Award 2014



Mitchell has won both the National Junior Track Series and the Australian Junior Track Championships over the preceding twelve months as well as numerous state titles.

Throughout the 2013/14 National and State season, Mitchell won an unprecedented medal haul of 11 Gold, 1 Silver and 1 Bronze as well as claiming overall Champion of Champions at the Wagga, Canberra, Goulburn, Hunter Tours and the Queensland Road Race Championships.

It is a unique achievement in Australian Junior Cycling for a junior cyclist to win six Australian Junior Championships in a little over six weeks. Such an achievement demonstrates superior dedication and commitment together with the ability to make the transition from Track Cycling to Road Cycling in a short period of time.

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

His conduct is exemplary and sets a positive example in terms of sportsmanship, disciplined and achievement.

Mitchell actively contributes to community through his regularly involvement with the IAS Athlete with a Disability Program where he assist in the running of weekly gym sessions. Mitchell will also be travelling to Cambodia in September 2014 to undertake a community service project with Allkids – a Cambodian/Australian foundation that assists in running of sports, craft, art and reading programs for children from 5-17 years of age.

Mitchell is a strong ambassador for the sport of Cycling, the Illawarra Academy of Sport and their partners.

The IAS Illawarra Mercury Tobin Family Award is proudly sponsored by

ILLAWARRA
MERCURY



Illawarra Academy of Sport Athlete Awards 2014

Rocco Musumeci

Disability Athlete of the Year 2014



Rocco was selected in the NSW Thunder AWD Team to compete at the National Futsal Championships in Canberra and was named MVP of the Tournament.

Rocco is a dedicated and focused athlete that applies himself to everything that is asked of him.

He has shown outstanding commitment to the program and has shown great improvement during his scholarship.

Rocco is a polite and well spoken young man that is an exceptional leader both on and off the field and a pleasure to work with.

Liam McPherson

Cricket Athlete of the Year 2014



Liam is a cricketer of immense talent who has the potential to be a great fast bowler.

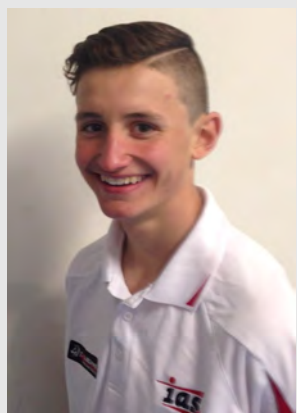
In 2014 Liam was selected in the Cricket NSW Southern Zone Academy.

Liam is 100% committed to everything that is asked of him and works hard to continually improve his ability, especially with his bowling.

Liam is extremely passionate and dedicated to his cricket and has a unquestioned commitment to his development. A tremendous young man to work with.

Mitchell Wright

Cycling Athlete of the Year 2014



Mitchell has won both the National Junior Track Series and the Australian Junior Track Championships over the preceding twelve months as well as numerous state titles.

Throughout the 2013/14 National and State season, Mitchell won an unprecedented medal haul of 11 Gold, 1 Silver and 1 Bronze as well as claiming overall Champion of Champions at the Wagga, Canberra, Goulburn, Hunter

Tours and the Queensland Road Race Championships.

It is a unique achievement in Australian Junior Cycling for a junior cyclist to win six Australian Junior Championships in a little over six weeks. Such an achievement demonstrates superior dedication and commitment together with the ability to make the transition from Track Cycling to Road Cycling in a short period of time.

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

Grace Stewart

Hockey Athlete of the Year 2014



Grace has had another huge year with selection (second year running) in the Australian Futures Squad, Australian All Schools Hockey Team, NSW U18's, NSW U21's as well as the NSW AAP development program.

The Australian Futures Squad is selected by senior national selectors as a development group to become the next Jilaroo (U21 Australian Team) and Hockeyroo (Open Australian Team).

Grace is an immense talent who has not just made every possible team for her age group but also NSW U18's and U21's at the age of 17. These selections are a huge achievement and certainly speak 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

Joshua Mayo

Hockey Athlete of the Year 2014



Joshua has had a strong year in Hockey having been selected in the Australian All Schools Hockey Team, NSW U18's as well as the NSW AAP development program.

Joshua is extremely coachable and always willing to learn new concepts. He picks up new and different skills very quickly and is proactive in seeking out assistance to expand his knowledge of the game. His tactical

knowledge and ability to remain calm under pressure is second to none.

Joshua gives back to his sport by coaching and umpiring Juniors at his local club.

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

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Phone: 0401 645 543

Illawarra Academy of Sport Athlete Awards 2013 *cont.*

Stefanie Hall

Golf Athlete of the Year 2014



Stefanie is an extremely talented golfer who while being involved in the IAS has gone from strength to strength seeing her selected in the Golf NSW State Development Squad.

In 2014 Stephanie has won a number of tournaments including the Sydney Junior Championship, Western Sydney Junior masters, ACT Week of Golf and Mollymook Junior Classic.

Stefanie is committed to her development and possesses a high work ethic that influences other members of the group in a positive way to achieve focus and results.

Stefanie has achieved a great deal at a young age and if supported will succeed on the world circuit and be a real role model for young female golfers.

Jazmin Tweddle O'Donnell

Netball Athlete of the Year 2014



This is Jazmin's third year in the IAS which is testament to her ability and enthusiasm. Jazmin is a dedicated player who challenges herself to do her best at all times. She is a natural leader and is an excellent role model.

In 2014 Jazmin played State League Div 3 and was selected in the Sydney East Regional CHS Team to compete at the NSW All School Championships.

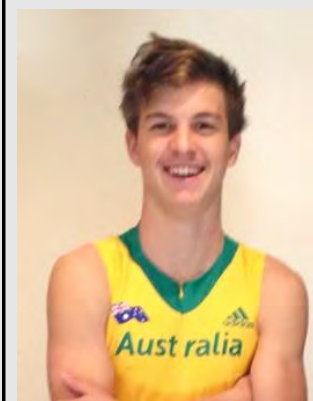
Jazmin is extremely competitive and as a result of her skill and determination progressed through to the final phase for the highly contested NSW U17's State Team for a second year in a row.

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

Jazmin leads by example at games and training; she gives positive feedback, is a good role model and always remains in control.

Christian Foster

Individual Athlete of the Year 2014



Christian has had an exceptional year in 2014 having been selected in the Australian Team that competed at the World Junior Track & Field Championships in the United States.

Christian won 2 silver Medals at the Australian Junior Track & Field Championships in the 200m & 400m and took out 3 gold at the NSW Track & Field Championships in the

100m, 200m and 400m.

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

Christian is a great example of an athlete who has the capacity to balance his life and without compromising his sport or studies can achieve excellence in both.

Joseph Dickson

Rugby Union Athlete of the Year 2014



Joseph is an extremely talented rugby union player who throughout 2014 reached the pinnacle of his age division by representing NSW Country Under 14's.

Joseph was a member of the Illawarra side that won the NSW Country Championships and was also named NSW Country Player of the Tournament.

Joseph was also a member of the under 15's Junior Gold Cup Squad that competed in the newly formed National Competition.

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

Joseph 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.

Danyon Christie

Lawn Bowls Athlete of the Year 2014



Danyon is an exceptional young Lawn Bowler who has achieved great results in 2014 which included being selected as a member of the NSW State Squad.

In 2014 Danyon won the NSW State Junior Fours Championship and was a finalist in the NSW CHS Singles, as well as numerous zone and Club titles.

Danyon approaches his training with a committed and determined attitude which has separated him from the rest. Dylan is definitely an athlete with a huge future in the sport of Lawn Bowls.

Lucy Cliff

Triathlon Athlete of the Year 2014



Lucy is a committed and extremely talented triathlete

In 2014 Lucy was selected in the NSW All Schools Triathlon Team to compete at the Australian Championships after finishing an impressive 5th in her age group at the NSW All Schools Championships.

Lucy displays a maturity well above her years and the coach ability to continually improve her techniques and training methods.

SPORT	WOLLONGONG	SHELLHARBOUR	KIAMA	SHOALHAVEN	WINGECARRIBEE	TOTAL
Cricket						
Male	4	0	0	3	4	11
Female	0	0	0	0	0	0
Cycling						
Male	3		0	2	0	5
Female	1		1	3	0	5
Golf						
Male	3	2	0	0	0	5
Female	0	2	0	0	0	2
Hockey						
Male	8	3	1	1	3	16
Female	5	4	6	0	0	15
Individual Athletes						
Male	8	2	1	1	1	13
Female	7	5	1	1	1	15
Lawn Bowls						
Male	3	2	0	0	0	5
Female	2	4	1	1	0	8
Netball	13	5	0	3	1	22
Rugby Union	9	4	1	0	0	14
Triathlon						
Male	3	0	0	2	0	5
Female	1	0	0	0	0	1
Athlete with a Disability						
Male	5	1				6
Female			1			1
TOTALS	75	34	13	17	10	149



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ATHLETE ACHIEVEMENTS 2014

Academy athletes achieved at all levels in 2014. The following lists athletic achievement in the 2014 scholarship year for Athletes on Scholarship in that period.

INTERNATIONAL ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Tim Walsh	AWD	Basketball	Asian Pacific Games	Bronze
Stefanie Hall	Golf	Golf	2013 Srixon International – Girls 13yrs	3 rd Gross (Overall), Nett Runner Up, Girls Long Drive Champion
Stefanie Hall	Golf	Golf	2013 Aaron Baddley Junior International (JNJG Team Member)	Selected
Stefanie Hall	Golf	Golf	2014 Curro South African Junior International (JNJG - Team Member)	Selected
Jamie Presitly	IAP	Equestrian	Represented Australia in Asten Holland	Open competition for 2nd Place
Nicholos Smith	IAP	Cylocross	2014 Cyclocross World Championships Netherlands	50 th
Dante Olivieri	IAP	Sailing	Hobie 16 Youth World Championships	26 th
Dante Olivieri	IAP	Sailing	ISAF Sailing World Cup	8 th
Dante Olivieri	IAP	Sailing	Australian Sailing Team International 420 World Championships	Selected



ATHLETE ACHIEVEMENTS 2014 *Cont.*

Academy athletes achieved at all levels in 2014. The following lists athletic achievement in the 2014 scholarship year for Athletes on Scholarship in that period.

NATIONAL ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Nathan Whalen	AWD	Futsal	Nationals Futsal in Canberra	1st
Nathan Whalen	AWD	Futsal	Nationals Futsal Canberra	2nd
Rocco Musumeci	AWD	Futsal	National Futsal Championship Canberra NSW Thunder	Most Valued Play of Tournament
Tim Walsh	AWD	Basketball	NSW Special Olympics Team	Selected for Nationals in October
Tim Walsh	AWD	Soccer	National Futsal Championships	Runners up
Tim Walsh	AWD	Swimming	Down Syndrome championships Novice Challenge	3x2nds, 1x 3rd
Koby Banks	AWD	Basketball	NSW Special Olympics Team	Selected
Lachlan Harley	AWD	Basketball	Special Olympics Australia	NSW rep player
Dominic O'Shannessy	Cricket	Cricket	SSA Primary Boys Cricket Championships	Highest individual score 67 v ACT
Dominic O'Shannessy	Cricket	Cricket	SSA Primary Boys Cricket Championships	1 st - tournament Champion Player (27.8 points by margin 4.5)
Bridget Mullany	Cycling	Cycling	2014 Australian Sprint Championship	4th
Bridget Mullany	Cycling	Cycling	Selected to represent NSW at Australian Junior Track Championships	Selected
Cameron Scott	Cycling	Cycling	Australian Junior Championships-500m Time Trial (Australian record)	1st
Cameron Scott	Cycling	Cycling	Australian Junior Championships-Scratch Race	1st
Cameron Scott	Cycling	Cycling	Australian Junior Championships-Points Race	1st
Cameron Scott	Cycling	Cycling	Australian Junior Championships- NJTS	1st
Cameron Scott	Cycling	Cycling	Australian Junior Hill Climb Championships	1st
Chelsea Oaten	Cycling	Cycling	Australian Junior Championships	
Lachlan Scott	Cycling	Cycling	Australian Junior Championships - National Junior Track Series	12th
Lara Batkin	Cycling	Cycling	2014 Australian Kierin Championship	Silver Medal
Lara Batkin	Cycling	Cycling	2014 Australian Team Pursuit Championship	Silver Medal
Lara Batkin	Cycling	Cycling	Selected to represent NSW at Australian Junior Track Championships	Selected
Mitchell Wright	Cycling	Cycling	Cycling Australia Junior Track National Championships – JM15	Gold – Individual Sprint
Mitchell Wright	Cycling	Cycling	Cycling Australia Junior Track National Championships – JM15	Gold – Scratch Race
Mitchell Wright	Cycling	Cycling	Cycling Australia Junior Track National Championships – JM15	Gold – Points Race
Mitchell Wright	Cycling	Cycling	Cycling Australia Junior Track National Championships – JM15	Gold – Individual Pursuit
Mitchell Wright	Cycling	Cycling	Cycling Australia Junior Track National Championships – JM15	Bronze – 500 Time Trial
Mitchell Wright	Cycling	Cycling	Cycling Australia Junior Track National Championships – JM15	Awarded Australian Junior Track Cycling National Championships “Champion of Champions”
Mitchell Wright	Cycling	Cycling	Cycling Australia Junior Mountain Climb National Championships – JM15	Gold – Time Trial
Mitchell Wright	Cycling	Cycling	Cycling Australia Junior Mountain Climb National Championships – JM15	Gold – Road Race
Mitchell Wright	Cycling	Cycling	Cycling Australia Junior Mountain Climb National Championships – JM15	1 st Place General Classification
Mitchell Wright	Cycling	Cycling	Cycling Australia Junior Mountain Climb National Championships – JM15	1 st Place King of Mountain
Mitchell Wright	Cycling	Cycling	National Junior Track Series – JM15	1 st Place

ATHLETE ACHIEVEMENTS 2014 *Cont.*

Academy athletes achieved at all levels in 2014. The following lists athletic achievement in the 2014 scholarship year for Athletes on Scholarship in that period.

NATIONAL ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Natasha Mullany	Cycling	Cycling	4 th Australian Sprint Championship	4th
Natasha Mullany	Cycling	Cycling	4 th Australian Keirin Championship	4th
Natasha Mullany	Cycling	Cycling	4 th 2014 NSW Individual Pursuit Championship	4th
Natasha Mullany	Cycling	Cycling	5 th 2014 Australian 500m Time Trial Championship	5th
Natasha Mullany	Cycling	Cycling	5 th 2014 Australian Mountain Climb Championship	5th
Natasha Mullany	Cycling	Cycling	Selected to represent NSW at Australian Junior Track Championships	Selected
Sean Oaten	Cycling	Cycling	2014 Australian Team Sprint Championship	Silver Medal
Zac Marshall	Cycling	Cycling	Australian Junior Championships	U/15 Men: Silver Medal Points Race
Zac Marshall	Cycling	Cycling	Australian Junior Championships	U/15 Men: Bronze Medal Individual Pursuit
Zac Marshall	Cycling	Cycling	Australian Junior Championships	U/15 Men: Bronze Medal Scratch Race
Stefanie Hall	Golf	Golf	2014 Australian Junior Girls Championships (NSW State Development Squad Team Member)	Selected
Grace Stewart	Hockey	Hockey	Australian Future team	Selected
Grace Stewart	Hockey	Hockey	Australian All Schools Open team	Selected
Joshua Mayo	Hockey	Hockey	Australian All Schools boys team. (South Africa tour)	Selected
Kieran Richards	Hockey	Hockey	Australian All Schools boys team. (South Africa tour)	Selected
Riley Smith	Hockey	Hockey	Australian All Schools girls team. (South Africa tour)	Selected
Astel Gaviglia	IAP	Swimming	2014 GHSF Australian Age & MC Championships	27th - Boys 15 100m Breaststroke
Casey-Lee Bedford	IAP	Athletics	Australian Juniors 4 x 200m	Bronze
Casey-Lee Bedford	IAP	Athletics	Australian Juniors 200m	9th
Christian Foster	IAP	Athletics	Australian All Schools Championships	400m - 1st
Christian Foster	IAP	Athletics	Australian Team	Selected
Courtney Buchanan	IAP	Fencing		Selected to Australian u17 Women's Foil Squad
Courtney Buchanan	IAP	Fencing	National Schools Championship	Gold winning NSW Intermediate Women's Foil Team

ATHLETE ACHIEVEMENTS 2014 *Cont.*

Academy athletes achieved at all levels in 2014. The following lists athletic achievement in the 2014 scholarship year for Athletes on Scholarship in that period.

NATIONAL ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Ellie Jordan	IAP	Fencing	Australian Fencing Squad	Selected
Ellie Jordan	IAP	Fencing	Australian U15's Fencing Championships	3rd - Women's Epee
Ellie Jordan	IAP	Fencing	Australian U15's Fencing Championships	3rd - Women's Foil
Ellie Jordan	IAP	Fencing	Australian U15's Fencing Championships	2nd - Women's Sabre
Ellie Jordan	IAP	Fencing	Australian U15's Fencing Championships	1st - Women's Epee Team
Ellie Jordan	IAP	Fencing	Australian U15's Fencing Championships	1st - Women's Foil Team
Ellie Jordan	IAP	Fencing	Australian U15's Fencing Championships	1st - Women's SabreTeam
Ellie Jordan	IAP	Fencing	Australian Cadet (U17's) Fencing Championships	3rd - Women's Epee
Ellie Jordan	IAP	Fencing	Australian Cadet (U17's) Fencing Championships	1st - Women's Epee Team
Ellie Jordan	IAP	Fencing	Australian Cadet (U17's) Fencing Championships	2nd - Women's Foil Team
Ellie Jordan	IAP	Fencing	Australian Schools Intermediate (U15's) Championships	1st - Women's Foil
Ellie Jordan	IAP	Fencing	Australian Schools Intermediate (U15's) Championships	1st - Women's Epee Team
Ellie Jordan	IAP	Fencing	Australian Schools Intermediate (U15's) Championships	1st - Women's Foil Team
Jamie Presitly	IAP	Equestrian	Australian Junior Championships	3rd
Jarred Twigg	IAP	Athletics	AUSTRALIAN ALL SCHOOL- TOWNSVILLE	NATIONAL CHAMPION 1ST IN 100 M HURDLES IN U16'S UP ONE AGE 12.98 new state record
Jarred Twigg	IAP	Athletics	AUSTRALIAN ALL SCHOOL'S KNOCKOUT	FIGTREE HIGH SCHOOL CROWNED NATIONAL CHAMPIONS (Jarrod captained team)
Jarred Twigg	IAP	Athletics	Australian Youth and Juniors	1st 200m Hurldes, 1st 4 x 100 Relay, 2nd in 100m Hurdles, 4th in 100 metres, 6th in Pole Vault, 7th in Long Jump
Jarred Twigg	IAP	Athletics	Australian Little Athletics Championships	3rd
Jarrold Dyer	IAP	Swimming	Australian Age Championships	400 Freestyle - 12th
Jarrold Dyer	IAP	Swimming	Australian Age Championships	100 Backstroke - 11th
Jarrold Dyer	IAP	Swimming	Australian Age Championships	100 Butterfly - 6th
Jarrold Dyer	IAP	Swimming	Australian Age Championships	200 Individual Medaly
Jarrold Dyer	IAP	Swimming	Australian Age Championships	50m Freestyle
Jarrold Dyer	IAP	Swimming	Australian Age Championships	50m Backstroke
Jarrold Dyer	IAP	Swimming	Australian Age Championships	50m Breaststoke
Jarrold Dyer	IAP	Swimming	Australian Age Championships	50m Freestyle
Jarrold Dyer	IAP	Swimming	Australian Age Championships	100m Breaststoke
Jayden Hutchinson	IAP	Swimming	2014 Australian Age Championships at SOPAC.	16 years 400m Individual Medley placed 20
Jayden Hutchinson	IAP	Swimming	2014 Australian Age Championships at SOPAC.	16 years 200m Butterfly placed 25
Jayden Hutchinson	IAP	Swimming	2014 Australian Age Championships at SOPAC.	16 years 200m Freestyle placed 33
Jayden Hutchinson	IAP	Swimming	2014 Australian Age Championships at SOPAC.	16 years 200m Freestyle placed 36
Jayden Hutchinson	IAP	Swimming	2014 Australian Age Championships at SOPAC.	16 years 100m Butterfly placed 41
Jayden Hutchinson	IAP	Swimming	2014 School Sport Australia Swimming Championships at MSCA (Melbourne)	Bronze Medal Boys 15-16 yrs 200m Butterfly
Jayden Hutchinson	IAP	Swimming	2014 School Sport Australia Swimming Championships at MSCA (Melbourne)	4 th Place Boys 15-16 yrs 400m Freestyle
Jayden Hutchinson	IAP	Swimming	2014 School Sport Australia Swimming Championships at MSCA (Melbourne)	4 th Place Boys 15-16 yrs 400m Individual Medley
Jayden Hutchinson	IAP	Swimming	2014 School Sport Australia Swimming Championships at MSCA (Melbourne)	5 th Place Boys 16 yrs 200m Free-style

ATHLETE ACHIEVEMENTS 2014 *Cont.*

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NATIONAL ACHIEVEMENTS				
Name	Squad	Sport	Event Name	Achievement
Kayleigh Falconer	IAP	gymnastics	National Clubs Championships	4th Floor
Kayleigh Falconer	IAP	gymnastics	National Training Squads	Selected for Green Squad
Nicholos Smith	IAP	Cylocross	U/19 National Cylocross Series	Won
Nicholos Smith	IAP	Cylocross	National Cyclocross Series round 1 Melbourne	2nd
Nicholos Smith	IAP	Cylocross	National Cyclocross Series round 2 Melbourne	4th
Nicholos Smith	IAP	Cylocross	National Cyclocross Series round 3 Perth	1st
Nicholos Smith	IAP	Cylocross	National Cyclocross Series round 4 Perth	2nd
Nicholos Smith	IAP	Cylocross	National Cyclocross Championships Adelaide	3rd
Nicholos Smith	IAP	Cylocross	National Cyclocross Series round 5 Adelaide	4th
Nicholos Smith	IAP	MTB	2014 Australian All-Schools MTB Championships Thredbo-Division 1	5th
Nicholos Smith	IAP	MTB	2014 National Time Trial Championships ACT	58th
Olivia-Rose McEwan	IAP	Athletics	100m hurdles, Australian Junior Championships	7th
Tarren Dyer	IAP	Swimming	Australian Age Championships	50 Freestyle
Tarren Dyer	IAP	Swimming	Australian Age Championships	50 Butterfly
Tarren Dyer	IAP	Swimming	Australian Age Championships	50 Backstroke
Tarren Dyer	IAP	Swimming	Australian Age Championships	50 Breaststoke
Tarren Dyer	IAP	Swimming	Australian Age Championships	100 Freestyle
Tarren Dyer	IAP	Swimming	Australian Age Championships	100 Backstroke
Tarren Dyer	IAP	Swimming	Australian Age Championships	200 IM
Tarren Dyer	IAP	Swimming	Australian Age Championships	400m Freestyle
Teghan Barklay	IAP	Athletics	Australian Junior Athletics Championship Sydney	10th - Long Jump
Teghan Barklay	IAP	Athletics	Australian Junior Athletics Championship Sydney	6th - High Jump
Teghan Barklay	IAP	Athletics	Australian Junior Athletics Championship Sydney	15th - 90m Hurdles
Teghan Barklay	IAP	Athletics	Australian Junior Athletics Championship Sydney	10th - 200m Hurdles
Chelsea Bolton	Netball	Netball	National Titles	Competed
Kirra Jones	Netball	Netball	Selection Australian U/17s squad 2014	CAMP AIS Canberra
Kirra Jones	Netball	Netball	Selection Netball NSW Australian Netball League Blues Team 2014	ANL league
Alex Swan	Rugby Union	Rugby Union	Australian Rugby Interstate Exchange	Placed 1 st in tournament
James Seal	Triathlon	Triathlon	Australian All Schools Triathlon	Selected
James Seal	Triathlon	Triathlon	Australian Junior Championships	3000m - Silver
James Seal	Triathlon	Triathlon	Australian Junior Championships	2000m - Silver
Lucy Cliff	Triathlon	Swimming	Australian School Sport – National Swimming Championships	Selected in Relay
Lucy Cliff	Triathlon	Swimming	Swimming Australia – Australian Age Championships	50 m free – equal 10 th in heats then in a swim-off placed 11 th .
Lucy Cliff	Triathlon	Triathlon	School Sport Australia Triathlon	7 th
Lucy Cliff	Triathlon	Triathlon	School Sport Australia Triathlon	1 st

ATHLETE ACHIEVEMENTS 2014 *Cont.*

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STATE ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Koby Banks	AWD	Basketball	State Basketball Special Olympics	First
Koby Banks	AWD	Basketball	U20 & Ivor Burge Championships	4 th Place
Koby Banks	AWD	Basketball	State Basketball	Selected
Lachlan Harley	AWD	Swimming	Combine Catholic Championships (NSW)	3 rd 50 Freestyle
Lachlan Harley	AWD	Swimming	Combined Schools (NSW)	Finalist 50 Freestyle & 50 breastroke
Lachlan Harley	AWD	Basketball	Special Olympics Basketball (Sutherland round)	Finalist “C” grade
Lachlan Harley	AWD	Basketball	Special Olympics Basketball (Wollongong round)	Finalist “B” grade
Nathan Whalen	AWD	Fustal	Fustal State Titles in Windsor	2nd
Rocco Musumeci	AWD	Fustal	McAlpine Cup FFA Interstate Futsal Competition	Grand Final Winner
Rocco Musumeci	AWD	Fustal	National Futsal Championship Windsor	Grand Final Winner
Rocco Musumeci	AWD	Fustal	Special Olympics Gala Day at Keiraville	participated
Rocco Musumeci	AWD	Futsal	National Futsal Championship Canberra NSW Thunder	Runners Up
Rocco Musumeci	AWD	Futsal	Taipans AWD Team	Grand Final Winners/Premiership Winners
Rocco Musumeci	AWD	Futsal	Sports4All and Disability Trust Gala day competitions	participated
Rocco Musumeci	AWD	Soccer	AWD Football NSW Gala Day at Kellyville	participated
Tim Walsh	AWD	Swimming	NSW Swinming Championships	3rd b/fly
Tim Walsh	AWD	Tennis	NSW Tennis Championships	2nd
Dominic O’Shannessy	Cricket	Cricket	NSW PSSA Carnival	Selected for CIS (only Year 5 player)
Dominic O’Shannessy	Cricket	Cricket	CIS PSSA trials	Selected
Dominic O’Shannessy	Cricket	Cricket	NSW PSSA Championship	Captained CIS to 2 nd place of 14 teams
Dominic O’Shannessy	Cricket	Cricket	NSW PSSA development squad	Selected
Dominic O’Shannessy	Cricket	Cricket	NSW PSSA team	Selected
Dominic O’Shannessy	Cricket	Cricket	NSW PSSA camp	Selected Captain
Jack Gallen	Cricket	Cricket	Under 13’s Orange Carnival	Selected in Shoalhaven under 13’s representative squad
John Bower	Cricket	Cricket	NSW PSSA State Carnival	participated
John Gallen	Cricket	Cricket	NSW PSSA State Carnival	participated
Ryan Emmerick	Cricket	Cricket	2014 NSW PSSA State Carnival	2014 NSW PSSA State Development Squad (Top 24 in the state)
Ryan Emmerick	Cricket	Cricket	2014 State Junior Rep Cricket Carnival – Lismore	‘Outstanding Performance’ award recipient
Bridget Mullany	Cycling	Cycling	2014 NSW Sprint Championship	Gold Medal
Bridget Mullany	Cycling	Cycling	2014 NSW 500 m Individual Time Trial Championship	Gold Medal
Bridget Mullany	Cycling	Cycling	2014 NSW 250 m Standing Lap Championship	Gold Medal
Bridget Mullany	Cycling	Cycling	2014 NSW Scratch Race Championship	Gold Medal
Bridget Mullany	Cycling	Cycling	2014 NSW Criterium Championship	Gold Medal
Bridget Mullany	Cycling	Cycling	2014 NSW Omnium Championship	Silver Medal
Bridget Mullany	Cycling	Cycling	2014 NSW Points Race Championship	Bronze Medal
Bridget Mullany	Cycling	Cycling	2014 NSW Keirin Championship	Bronze Medal
Bridget Mullany	Cycling	Cycling	2014 Sydney Road Titles	1st
Bridget Mullany	Cycling	Cycling	2013 Cyclist of the Year (65 points)	

ATHLETE ACHIEVEMENTS 2014 *Cont.*

Academy athletes achieved at all levels in 2014. The following lists athletic achievement in the 2014 scholarship year for Athletes on Scholarship in that period.

STATE ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Cameron Scott	Cycling	Cycling	NSW Championships-500m Time Trial	1st
Cameron Scott	Cycling	Cycling	NSW Championships-Scratch Race	1st
Cameron Scott	Cycling	Cycling	NSW Championships-Individual Pursuit	1st
Cameron Scott	Cycling	Cycling	NSW Championships-Madison	1st
Cameron Scott	Cycling	Cycling	NSW Championships-Sprints	1st
Cameron Scott	Cycling	Cycling	NSW Championships-Sprints	2nd
Cameron Scott	Cycling	Cycling	NSW Championships-Team Pursuit	2nd
Cameron Scott	Cycling	Cycling	NSW ChampionshipsTeam Sprint	2nd
Cameron Scott	Cycling	Cycling	NSW Championships- Team Sprint	2nd
Cameron Scott	Cycling	Cycling	Wagga Tour	1st
Cameron Scott	Cycling	Cycling	Goulburn Tour	4th
Cameron Scott	Cycling	Cycling	Canberra Tour	6th
Chelsea Oaten	Cycling	Cycling	NSW Championships	
Chloe Heffernan	Cycling	Cycling	Under 17 country track champion	
Chloe Heffernan	Cycling	Cycling	Under 17 Academy Games champion	
Dylan Oaten	Cycling	Cycling	Wagga Wagga Junior Tour	1 st road race , 5 th criterium
Dylan Oaten	Cycling	Cycling	Canberra Junior Tour	3 rd ROAD RACE, 5 TH ROAD RACE,
Dylan Oaten	Cycling	Cycling	Goulburn Junior Tour	15 th TT, 2 ND R/R, 8 TH TT, 2 nd Road
Lachlan Scott	Cycling	Cycling	NSW Championships– Team Sprint	2 nd
Lachlan Scott	Cycling	Cycling	NSW Championships– Madison	5 th
Lachlan Scott	Cycling	Cycling	NSW Championships– Scratch Race	11 th
Lachlan Scott	Cycling	Cycling	NSW Championships– Time Trial	11 th
Lachlan Scott	Cycling	Cycling	NSW Championships–Individual Pursuit	12 th
Lachlan Scott	Cycling	Cycling	Wagga Tour	3rd
Lachlan Scott	Cycling	Cycling	Goulburn Tour	11th
Lachlan Scott	Cycling	Cycling	Hunter Tour	16th
Lara Batkin	Cycling	Cycling	2014 NSW Sprint Championship	Silver Medal
Lara Batkin	Cycling	Cycling	2014 NSW Keirin Championship	Silver Medal
Lara Batkin	Cycling	Cycling	2014 NSW 250 m Standing Lap Championship	Silver Medal
Lara Batkin	Cycling	Cycling	2014 NSW Scratch Race Championship	Silver Medal
Lara Batkin	Cycling	Cycling	2014 NSW Omnium Championship	Bronze Medal
Lara Batkin	Cycling	Cycling	2014 NSW 500 m Individual Time Trial Championship	Bronze Medal
Lara Batkin	Cycling	Cycling	3 rd 2014 Sydney Road Titles	
Matt Pignatelli	Cycling	Cycling	2014 NSW 250m Time Trial	4th
Matt Pignatelli	Cycling	Cycling	2014 NSW Keirin Championship	4th

ATHLETE ACHIEVEMENTS 2014 *Cont.*

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STATE ACHIEVEMENTS				
Name	Squad	Sport	Event Name	Achievement
Mitchell Wright	Cycling	Cycling	Clarence Street Cup – JM15	1 st Place
Mitchell Wright	Cycling	Cycling	Wagga Wagga Junior 2 Day Tour – JM 15	1 st Place – Road Race
Mitchell Wright	Cycling	Cycling	Wagga Wagga Junior 2 Day Tour – JM 15	1 st Place - Criterium
Mitchell Wright	Cycling	Cycling	Wagga Wagga Junior 2 Day Tour – JM 15	1 st Place – Individual Time Trial
Mitchell Wright	Cycling	Cycling	Wagga Wagga Junior 2 Day Tour – JM 15	3rd Place – Road Race 2
Mitchell Wright	Cycling	Cycling	Wagga Wagga Junior 2 Day Tour – JM 15	1 st Place – Overall General Classification
Mitchell Wright	Cycling	Cycling	Goulburn Junior 2 Day Tour – JM15	1 st Place - Prologue
Mitchell Wright	Cycling	Cycling	Goulburn Junior 2 Day Tour – JM15	1 st Place – Road Race
Mitchell Wright	Cycling	Cycling	Goulburn Junior 2 Day Tour – JM15	1 st Place- Individual Time Trial
Mitchell Wright	Cycling	Cycling	Goulburn Junior 2 Day Tour – JM15	2 nd Place – Road Race 2
Mitchell Wright	Cycling	Cycling	Goulburn Junior 2 Day Tour – JM15	1 st Place – Overall General Classification
Mitchell Wright	Cycling	Cycling	Hunter Junior and Womens Cycling Tour – JM15	1 st Place – Individual Time Trial
Mitchell Wright	Cycling	Cycling	Hunter Junior and Womens Cycling Tour – JM15	1 st Place – Road Race
Mitchell Wright	Cycling	Cycling	Hunter Junior and Womens Cycling Tour – JM15	1 st Place - Criterium
Mitchell Wright	Cycling	Cycling	Hunter Junior and Womens Cycling Tour – JM15	1 st Place – Overall General Classification
Mitchell Wright	Cycling	Cycling	Tamworth Junior Tour – JM15	1 st Place – Road Race 1
Mitchell Wright	Cycling	Cycling	Tamworth Junior Tour – JM15	2 nd Place – Road Race 2
Mitchell Wright	Cycling	Cycling	Tamworth Junior Tour – JM15	1 st Place – Individual Time Trial
Mitchell Wright	Cycling	Cycling	Tamworth Junior Tour – JM15	1 st Place – Road Race 3
Mitchell Wright	Cycling	Cycling	Tamworth Junior Tour – JM15	1 st Place – Overall General Classification
Mitchell Wright	Cycling	Cycling	Tamworth Junior Tour – JM15	1 st Place – King of Mountain
Mitchell Wright	Cycling	Cycling	NSW Junior Track Cycling Championships – JM15	Gold – Individual Sprint
Mitchell Wright	Cycling	Cycling	NSW Junior Track Cycling Championships – JM15	Gold – 500m Time Trial
Mitchell Wright	Cycling	Cycling	NSW Junior Track Cycling Championships – JM15	Gold – Individual Pursuit
Mitchell Wright	Cycling	Cycling	NSW Junior Track Cycling Championships – JM15	Gold – Scratch Race
Mitchell Wright	Cycling	Cycling	NSW State Track Team	Selected
Mitchell Wright	Cycling	Cycling	QLD Junior State Road Cycling Championships	1 st Place – Road Race
Mitchell Wright	Cycling	Cycling	Canberra Junior Tour/ACT Junior State Road Cycling Championships – JM15	Gold – Road Race
Mitchell Wright	Cycling	Cycling	Canberra Junior Tour/ACT Junior State Road Cycling Championships – JM15	Gold - Criterium
Mitchell Wright	Cycling	Cycling	Canberra Junior Tour/ACT Junior State Road Cycling Championships – JM15	1 st Place – Individual Time Trial
Mitchell Wright	Cycling	Cycling	Canberra Junior Tour/ACT Junior State Road Cycling Championships – JM15	1 st place – General Classification
Mitchell Wright	Cycling	Cycling	Canberra Junior Tour/ACT Junior State Road Cycling Championships – JM15	1 st place – King of Mountain
Mitchell Wright	Cycling	Cycling	2013 NSW Roadman of the Year	
Mitchell Wright	Cycling	Cycling	NSW Club Team Sprint Junior Track Cycling Championships – JM15	Gold – Team Sprint
Mitchell Wright	Cycling	Cycling	2014 ClubsNSW Academy Games – JM15	1 st Place
Natasha Mullany	Cycling	Cycling	Gold Medal 2014 NSW Sprint Championship	Gold Medal
Natasha Mullany	Cycling	Cycling	Gold Medal 2014 Individual Time Trial Championship	Gold Medal
Natasha Mullany	Cycling	Cycling	Gold Medal 2014 NSW Team Sprint Championship	Gold Medal
Natasha Mullany	Cycling	Cycling	Gold Medal 2014 ACT Road Race Championship	Gold Medal
Natasha Mullany	Cycling	Cycling	Bronze Medal ACT Criterium Championship	Bronze Medal
Natasha Mullany	Cycling	Cycling	Silver Medal 2014 Australian Team Sprint Championship	Silver Medal
Natasha Mullany	Cycling	Cycling	Silver Medal 2014 Australian Team Pursuit Championship	Silver Medal
Natasha Mullany	Cycling	Cycling	2013 Cyclist of the Year (70 points)	
Zac Marshall	Cycling	Cycling	NSW Championships	U/15 Men: Silver Medal Individual Pursuit
Zac Marshall	Cycling	Cycling	NSW Championships	U/15 Men: Silver Medal Scratch Race
Zac Marshall	Cycling	Cycling	NSW Championships	U/15 Men: Silver Medal Individual Time Trial
Zac Marshall	Cycling	Cycling	NSW Championships	U/15 Men: Silver Medal Sprint
Zac Marshall	Cycling	Cycling	NSW Championships	U/15 Men: Gold Medal Team Sprint

ATHLETE ACHIEVEMENTS 2014 *Cont.*

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STATE ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Danielle Vasquez	Golf	Golf	2014 NSW Subaru Country Championship	Girls Runner-up Scratch
Danielle Vasquez	Golf	Golf	2014 Academy Games	Girls Scratch Runner-Up
Danielle Vasquez	Golf	Golf	2014 NSW Subaru Championship	14Yrs Nett Champion
Danielle Vasquez	Golf	Golf	2014 NSW Subaru Championship Champions of Champions	3 Rd Place Scratch
Danielle Vasquez	Golf	Golf	NSW State Development squad	Selected for 2014
Jack Kessell	Golf	Golf	Harvey Norman Week of Golf Juniors	8 th under 16s
Jack Kessell	Golf	Golf	Harvey Norman Week of Golf Juniors	25 th overall
Jack Kessell	Golf	Golf	Bathurst Junior Masters	7 th overall
Jack Kessell	Golf	Golf	State chs matchplay	Semi finals
Jack Kessell	Golf	Golf	Nsw country boys championship	1 st overall
Jack Kessell	Golf	Golf	Nsw champions of champions junior event	1 st overall
Jack Kessell	Golf	Golf	Nsw subaru state age junior championship	Tied 7 th overall
Jack Kessell	Golf	Golf	Nsw subaru state age junior championship	Tied 1 st 17 years
Stefanie Hall	Golf	Golf	2013 JNJG / Golf NSW State Development Squad	Selected
Stefanie Hall	Golf	Golf	2013 JNJG Bonville Champions Trophy	Qualified
Stefanie Hall	Golf	Golf	2014 JNJG Harvey Norman Week of Golf – Girls 14yrs	Runner Up
Stefanie Hall	Golf	Golf	2014 Concord Cup (Womens)	Gross Runner Up – Nett Champion
Stefanie Hall	Golf	Golf	2014 City of Sydney Junior Championships	CHAMPION
Stefanie Hall	Golf	Golf	2014 JNJG Western Sydney Junior Masters (Girls 14 & 15 yrs)	Nett Champion
Stefanie Hall	Golf	Golf	2014 All Schools State Championships (CIS State Team Member)	Selected
Stefanie Hall	Golf	Golf	2014 JNJG Macarthur Junior Masters (Girls 14 & 15yrs)	3 rd
Stefanie Hall	Golf	Golf	2014 Australian Golf Club Medal (Womens)	6 th , (Day One Nett Winner)
Stefanie Hall	Golf	Golf	2014 JNJG / Golf NSW State Development Squad	Selected
Stefanie Hall	Golf	Golf	2014 ACT Junior Week of Golf	CHAMPION
Stefanie Hall	Golf	Golf	2014 Mollymook Junior Classic	CHAMPION
Stefanie Hall	Golf	Golf	2014 Golf NSW Mixed Foursomes State Championships	CHAMPION
Thomas Heaton	Golf	Golf	Subaru 2014 State Age	1st
Brittony Smallhorn	Hockey	Hockey	NSWCIS Opens Girls Hockey Team	Selected
Brittony Smallhorn	Hockey	Hockey	2014 U15 Girls NSW Squad	Selected
Brittony Smallhorn	Hockey	Hockey	Top Age U15 Girls High Performance Squad	Selected
Brittony Smallhorn	Hockey	Hockey	U15 Girls State Championships	1 st Division State Champions
Callum Mackay	Hockey	Hockey	NSW U15 team	Selected
Callum Mackay	Hockey	Hockey	NSW U18 team	Selected
Callum Mackay	Hockey	Hockey	NSW Accelerated Athlete programme (AAP)	Selected
Callum Mackay	Hockey	Hockey	NSW AICES Team	Selected
Callum Mackay	Hockey	Hockey	NSW U16 All Schools team	Selected
Callum Mackay	Hockey	Hockey	NSW All Schools merit team	Selected
Comfort Ferguson	Hockey	Hockey	NSW U15 team	Selected
Comfort Ferguson	Hockey	Hockey	NSW Christian Schools SA U16 team	Selected
Comfort Ferguson	Hockey	Hockey	NSW Christian Schools SA Open team	Selected
Comfort Ferguson	Hockey	Hockey	NSW Combined Independent Schools U16 team	Selected
Comfort Ferguson	Hockey	Hockey	NSW U15 High performance Squad	Selected

ATHLETE ACHIEVEMENTS 2014 *Cont.*

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STATE ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Daine Richards	Hockey	Hockey	NSW U15 Country team	Selected
Daine Richards	Hockey	Hockey	NSW U15 team	Selected
Daine Richards	Hockey	Hockey	NSW U16 All Schools team	Selected
Daine Richards	Hockey	Hockey	NSW Accelerated Athlete programme (AAP)	Selected
Grace Stewart	Hockey	Hockey	NSW U17 Country Team	Selected
Grace Stewart	Hockey	Hockey	NSW U18 Team	Selected
Grace Stewart	Hockey	Hockey	NSW U18 2015 Squad	Selected
Grace Stewart	Hockey	Hockey	NSW U21 2015 Squad	Selected
Grace Stewart	Hockey	Hockey	NSW CHS Open Team	Selected
Grace Stewart	Hockey	Hockey	NSW All ISchools Open Team	Selected
Grace Stewart	Hockey	Hockey	NSW IS Scholarship	Selected
Jack Donovan	Hockey	Hockey	NSW U18 team	Selected
Jack Donovan	Hockey	Hockey	NSW Accelerated Athlete programme (AAP)	Selected
Jack Donovan	Hockey	Hockey	CHS South Coast open team	Selected
Joshua Davies	Hockey	Hockey	NSW U15 Squad	Selected
Joshua Davies	Hockey	Hockey	NSW U15 country team	Selected
Joshua Mayo	Hockey	Hockey	NSW U18 country team	Selected
Joshua Mayo	Hockey	Hockey	NSW U18 team	Selected
Joshua Mayo	Hockey	Hockey	NSW Accelerated Athlete programme (AAP)	Selected
Joshua Mayo	Hockey	Hockey	NSW CHS team	Selected
Kelsey Hughes	Hockey	Hockey	NSW U14 Country team	Selected
Kelsey Hughes	Hockey	Hockey	NSW U14 team	Selected
Kelsey Hughes	Hockey	Hockey	NSW U15 High performance Squad	Selected
Kelsey Wishart	Hockey	Hockey	NSW U15 team (2013)	Selected
Kelsey Wishart	Hockey	Hockey	NSW U18 Team	Selected
Kelsey Wishart	Hockey	Hockey	NSW U18 squad (2015)	Selected
Kelsey Wishart	Hockey	Hockey	NSW High performance Squad.(AAP)	Selected
Kelsey Wishart	Hockey	Hockey	NSW CHS U16 team	Selected
Kelsey Wishart	Hockey	Hockey	NSW CHS Open Team	Selected
Kieran Richards	Hockey	Hockey	NSW U18 team	Selected
Kieran Richards	Hockey	Hockey	NSW U17 Country team	Selected
Kieran Richards	Hockey	Hockey	NSW Accelerated Athlete programme (AAP)	Selected
Kieran Richards	Hockey	Hockey	NSW open CCC team	Selected
Kieran Richards	Hockey	Hockey	NSW All Schools Open team	Selected
Lily Stewart	Hockey	Hockey	NSW U15 country team	Selected
Lily Stewart	Hockey	Hockey	NSW U15 Team	Selected
Lily Stewart	Hockey	Hockey	NSW U15 High performance Squad	Selected
Maddi Smith	Hockey	Hockey	NSW U 15 team	Selected
Maddi Smith	Hockey	Hockey	NSW All Schools team	Selected
Max Hanrahan	Hockey	Hockey	NSW CHS team	Selected

ATHLETE ACHIEVEMENTS 2014 Cont.

Academy athletes achieved at all levels in 2014. The following lists athletic achievement in the 2014 scholarship year for Athletes on Scholarship in that period.

STATE ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Mikayla Kelly	Hockey	Hockey	NSW U15 Team 2013	Selected
Mitchell Galea	Hockey	Hockey	NSW U17 Country Team	Selected
Mitchell Galea	Hockey	Hockey	NSW Accelerated Athlete programme (AAP)	Selected
Patrick Everett	Hockey	Hockey	NSW U15 Team	Selected
Rachel Conney	Hockey	Hockey	NSW U15 Team	Selected
Rachel Conney	Hockey	Hockey	NSW U15 High performance Squad	Selected
Regan Pabis	Hockey	Hockey	NSW CHS Open Team (Shadow).	Selected
Riley Smith	Hockey	Hockey	NSW U 18 team	Selected
Riley Smith	Hockey	Hockey	NSW all schools team	Selected
Tegan Johnston	Hockey	Hockey	NSW Combined Independent Schools U16 team	Selected
Tegan Johnston	Hockey	Hockey	NSW Combined Independent Schools Open team	Selected
Thomas Condon	Hockey	Hockey	NSW U18 high performance camp	Selected
Thomas Condon	Hockey	Hockey	NSW U15 Team	Selected
Thomas Condon	Hockey	Hockey	NSW U13 Championships - Umpire	Selected
Thomas Miotto	Hockey	Hockey	NSW U17 Country team	Selected
Thomas Miotto	Hockey	Hockey	NSW U18 Team	Selected
Thomas Miotto	Hockey	Hockey	NSW CHS team	Selected
Angus Pryde	IAP	Athletics	NSW Combined Independant Schools	1st 800m
Angus Pryde	IAP	Athletics	Kombat Allschools Athletes	7th U/15 800m
Angus Pryde	IAP	Athletics	XC Relays NSW	3rd
Angus Pryde	IAP	Surf Life Saving	Intebranch Championships	U/17 Beach Sprint 6th
Angus Pryde	IAP	Surf Life Saving	Intebranch Championships	U/17 Beach Flags 3rd
Angus Pryde	IAP	Surf Life Saving	Country championships	U/17 Beach Flags 3rd
Angus Pryde	IAP	Surf Life Saving	Country championships	Open Beach Flags 4th
Angus Pryde	IAP	Surf Life Saving	State championship	U/17 2km Run 4th
Angus Pryde	IAP	Surf Life Saving	High Performance Surf Sports Squad	Selected
Astel Gaviglia	IAP	Swimming	NSW State Age Championships	8th - Boys 15 100m Breaststroke
Astel Gaviglia	IAP	Swimming	NSW State Age Championships	11th - Boys 15 200m Breaststroke
Astel Gaviglia	IAP	Swimming	NSW Country Championships	5th - Men Open 50m Breaststroke
Astel Gaviglia	IAP	Swimming	NSW Country Championships	6th - Men 15&O 100m Breast-stroke
Astel Gaviglia	IAP	Swimming	NSW Country Championships	9th -Men 15&O 200m Breaststroke
Astel Gaviglia	IAP	Swimming	NSWCCC Swimming 2014	1st - Boys 16 50m Breaststroke
Astel Gaviglia	IAP	Swimming	NSWCCC Swimming 2014	4th - Boys All Age6x50m Freestyle Relay
Astel Gaviglia	IAP	Swimming	NSWCCC Swimming 2014	10th - Boys 15-16 200m IM
Astel Gaviglia	IAP	Swimming	NSWCCC Swimming 2014	3rd - Boys 15-16 100m Breast-stroke
Astel Gaviglia	IAP	Swimming	New South Wales All Schools Swimming 2014	5th - Boys 16 50m Breaststroke
Astel Gaviglia	IAP	Swimming	New South Wales All Schools Swimming 2014	8th - Boys 15-16 100m Breast-stroke
Astel Gaviglia	IAP	Swimming	Carlile Speedo Cup 2014	3rd - 16yrs 100m Breaststroke
Astel Gaviglia	IAP	Swimming	NSW Country Short Course Championships 2014	6th - Men's Open 100m IM
Astel Gaviglia	IAP	Swimming	NSW Country Short Course Championships 2014	7th - Men's Open 50m Breast-stroke
Astel Gaviglia	IAP	Swimming	NSW Country Short Course Championships 2014	8th - 15yrs/Over 100m Breast-stroke
Astel Gaviglia	IAP	Swimming	NSW Country Short Course Championships 2014	3rd - 15yrs/Over 200m Breast-stroke

ATHLETE ACHIEVEMENTS 2014 *Cont.*

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STATE ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Casey-Lee Bedford	IAP	Athletics	NSW AllSchools 10TH October 2013 200m	Silver
Casey-Lee Bedford	IAP	Athletics	NSW Country Championships - 100m	Gold
Casey-Lee Bedford	IAP	Athletics	NSW Country Championships – 200m	Gold
Casey-Lee Bedford	IAP	Athletics	NSW Junior Champs 200m	Bronze
Casey-Lee Bedford	IAP	Athletics	NSW State Little Athletics 200m	Gold
Casey-Lee Bedford	IAP	Athletiics	NSW State Little Athletics 100m	Gold
Casey-Lee Bedford	IAP	Football (Soccer)	Football NSW State Cup	Winners Grand Final

Christian Foster	IAP	Athletics	Wollongong Diocese Combined High Schools Championship	100m - 1st
Christian Foster	IAP	Athletics	Wollongong Diocese Combined High Schools Championship	200m - 1st
Christian Foster	IAP	Athletics	Wollongong Diocese Combined High Schools Championship	400m - 1st
Christian Foster	IAP	Athletics	NSW Comnined Catholic Schools Championships	200m - 1st
Christian Foster	IAP	Athletics	NSW Comnined Catholic Schools Championships	400m - 1st
Christian Foster	IAP	Athletics	NSW All Schools Championships	200m - 4th
Christian Foster	IAP	Athletics	NSW All Schools Championships	400m - 1st
Christian Foster	IAP	Athletics	NSW Country Track and Feild Championships	100m - 1st
Christian Foster	IAP	Athletics	NSW Country Track and Feild Championships	200m - 1st
Christian Foster	IAP	Athletics	NSW Country Track and Feild Championships	400m - 1st
Christian Foster	IAP	Athletics	NSW Junior Trackand Feild Chmapionships	200m - 2nd
Christian Foster	IAP	Athletics	NSW Junior Trackand Feild Chmapionships	400m - 1st
Christian Foster	IAP	Athletics	Australian Junior Track and Feild Championships	200m - 1st
Christian Foster	IAP	Athletics	Australian Junior Track and Feild Championships	400m - 2nd

Dante Olivieri	IAP	Sailing	NSW International 420 State Championships	2 nd
Dante Olivieri	IAP	Sailing	State Team Selections	Selection into NSW Youth Sailing Team

Danyon Christie	IAP	Lawn Bowls	RNSWBA U/18 State Squad	Selected
Danyon Christie	IAP	Lawn Bowls	NSW CHS Team Championship	Gold
Danyon Christie	IAP	Lawn Bowls	NSW CHS Pairs	Bronze
Danyon Christie	IAP	Lawn Bowls	NSW CHS Exchange	Bronze
Danyon Christie	IAP	Lawn Bowls	NSW CHS Single	Silver
Danyon Christie	IAP	Lawn Bowls	Drakes Pride State Carnival	Winner
Danyon Christie	IAP	Lawn Bowls	Drakes Pride State Carnival	3rd
Danyon Christie	IAP	Lawn Bowls	RNSWBA U/18 State Pairs	Champions
Danyon Christie	IAP	Lawn Bowls	NSW U/18 City v Country	Selected
Danyon Christie	IAP	Lawn Bowls	Drakes Pride State Carnival	Runner Up

Ellie Jordan	IAP	Fencing	Permanent NSW Squad	Seleced
Ellie Jordan	IAP	Fencing	NSW State U15's Championships	2nd - Women's Epee
Ellie Jordan	IAP	Fencing	NSW State U15's Championships	3rd - Women's Foil
Ellie Jordan	IAP	Fencing	NSW State U15's Championships	1st - Women's Sabre
Ellie Jordan	IAP	Fencing	NSW State Junior (U20's) Championships	1st - Women's Epee
Ellie Jordan	IAP	Fencing	NSW State Junior (U20's) Championships	3rd - Women's Foil
Ellie Jordan	IAP	Fencing	ACT Open Fencing Championships	3rd - Women's Epee
Ellie Jordan	IAP	Fencing	NSW Glit Junior (U20's)	5th - Women's Foil
Ellie Jordan	IAP	Fencing	NSW Glit Junior (U20's)	2nd - Women's Epee
Ellie Jordan	IAP	Fencing	Robertta Nutt U15's	2nd - Women's Foil
Ellie Jordan	IAP	Fencing	National Schools Qualifier	1st - Women's Epee
Ellie Jordan	IAP	Fencing	National Schools Qualifier	1st - Women's Foil
Ellie Jordan	IAP	Fencing	NSW State Schools U15's Championships	1st - Women's Epee
Ellie Jordan	IAP	Fencing	NSW State Schools U15's Championships	1st - Women's Foil
Ellie Jordan	IAP	Fencing	NSW Junior (U20's) Epee Team	Pre-Selected
Ellie Jordan	IAP	Fencing	NSW 'Super 8' Open	5th - Women's Epee
Ellie Jordan	IAP	Fencing	NSW U15's Team	Pre-Selected

ATHLETE ACHIEVEMENTS 2014 *Cont.*

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STATE ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Georgia McEwan	IAP	Athletics	Nsw country championships 200m	2 nd silver
Georgia McEwan	IAP	Athletics	Little athletics state multi	1 st gold
Georgia McEwan	IAP	Athletics	Little athletics state championships 200m/h	5th
Jamie Presitly	IAP	Equestrian	Nsw Country Young Rider	Champion
Jamie Presitly	IAP	Equestrian	Canberra Royal show 2014	Winner
Jamie Presitly	IAP	Equestrian	Sydney Royal Easter Show 2014	Winner
Jamie Presitly	IAP	Equestrian	Sydney Royal Easter Show 2014	3rd
Jamie Presitly	IAP	Equestrian	Sydney Royal Easter Show 2014	5th
Jamie Presitly	IAP	Equestrian	Sydney Royal Easter Show 2014	6th
Jamie Presitly	IAP	Equestrian	Inter Area Teams Competition,Sydney Royal	Champion
Jamie Presitly	IAP	Equestrian	Sydney Summer World Cup Classic	1st
Jamie Presitly	IAP	Equestrian	Sydney Summer World Cup Classic	2nd
Jamie Presitly	IAP	Equestrian	Junior Championships at the Shepparton World Cup show	Winner
Jamie Presitly	IAP	Equestrian	Wodonga World Cup Show	Winner
Jamie Presitly	IAP	Equestrian	NSW State Championships Tamworth	1st
Jamie Presitly	IAP	Equestrian	Place ACT Junior Championships.	3rd
Jamie Presitly	IAP	Equestrian	Junior Championships at the Australian Youth Festival Cam-den.	3rd
Jamie Presitly	IAP	Equestrian	Open Silver Final Championships Jumping in the Hawkes-bury.	5th
Jarred Twigg	IAP	Athletics	NSW ALL SCHOOLS	1ST IN 100M HURDLES 13.26 (rec) , 3RD LONG JUMP, 1ST POLE VAULT, 2nd in 100M
Jarred Twigg	IAP	Athletics	NSW COUNTRY CHAMPIONSHIPS	1st 100M HURDLES (REC), 1ST 200M HURDLES, 1ST 100 METRES, 1ST JAVELIN, 1ST DISCUS , 2ND LONG JUMP
Jarred Twigg	IAP	Athletics	NSW Youth and Juniors	1ST 200M HURLDES, 1ST 100 METRES HURDLES, 2ND 100 METRES, 2ND Long Jump, 4th Discus
Jarred Twigg	IAP	Athletics	NSW Little Athletics State Multi	2nd place with 4959 points in U15
Jarred Twigg	IAP	Athletics	NSW Little Athletics State Championships	1st in 100M hurdles, 2nd in 100 metres, 3rd in 200m Hurdles, 11th in Long Jump
Jarrodd Dyer	IAP	Swimming	NSW A Squad	Selected
Jarrodd Dyer	IAP	Swimming	NSW Combined High Schools	50 Backstroke - Bronze
Jarrodd Dyer	IAP	Swimming	NSW Combined High Schools	100 Backstroke - Bronze
Jarrodd Dyer	IAP	Swimming	NSW Combined High Schools	50 Freestyle - Bronze
Jarrodd Dyer	IAP	Swimming	NSW Combined High Schools	50 Breaststoke - 5th
Jarrodd Dyer	IAP	Swimming	NSW Combined High Schools	100 Freestyle 4th
Jarrodd Dyer	IAP	Swimming	NSW Combined High Schools	50 Butterfly 4th
Jarrodd Dyer	IAP	Swimming	Country Championships	Finalist
Jarrodd Dyer	IAP	Swimming	NSW All Schools Swimming Championships	50 Freestyle
Jarrodd Dyer	IAP	Swimming	NSW All Schools Swimming Championships	50 Backstroke
Jarrodd Dyer	IAP	Swimming	NSW All Schools Swimming Championships	100 Backstroke
Jarrodd Dyer	IAP	Swimming	NSW All Schools Swimming Championships	Relay
Jarrodd Dyer	IAP	Swimming	NSW Multi Class Meet	Gold
Jarrodd Dyer	IAP	Swimming	NSW Multi Class Meet	Gold
Jarrodd Dyer	IAP	Swimming	State Open Championships	400m Freestyle
Jarrodd Dyer	IAP	Swimming	State Open Championships	200m IM
Jarrodd Dyer	IAP	Swimming	State Open Championships	50m Freestyle
Jarrodd Dyer	IAP	Swimming	State Open Championships	100m Backstroke
Jarrodd Dyer	IAP	Swimming	State Open Championships	100m Breaststoke
Jarrodd Dyer	IAP	Swimming	State Open Championships	100m Freestyle

ATHLETE ACHIEVEMENTS 2014 *Cont.*

Academy athletes achieved at all levels in 2014. The following lists athletic achievement in the 2014 scholarship year for Athletes on Scholarship in that period.

STATE ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Jayden Hutchinson	IAP	Swimming	2014 Victorian State Age Swimming Championships at MSCA (Melbourne)	Bronze Medal in Boys 15 years 400m Freestyle
Jayden Hutchinson	IAP	Swimming	2014 Victorian State Age Swimming Championships at MSCA (Melbourne)	Bronze Medal in Boys 15 years 400m IM
Jayden Hutchinson	IAP	Swimming	2014 NSW State Age Swimming Championships at SOPAC (Sydney)	Bronze Medal in Boys 15 years 400m Freestyle
Jayden Hutchinson	IAP	Swimming	2014 NSW State Age Swimming Championships at SOPAC (Sydney)	Bronze Medal in Boys 15 years 200M Butterfly
Jayden Hutchinson	IAP	Swimming	2014 NSW Combined High Schools Swimming Championships at SOPAC	Gold medal 16 yrs 100m freestyle
Jayden Hutchinson	IAP	Swimming	2014 NSW Combined High Schools Swimming Championships at SOPAC	Gold medal 16 yrs 200m freestyle
Jayden Hutchinson	IAP	Swimming	2014 NSW Combined High Schools Swimming Championships at SOPAC	Gold medal 16 yrs 400m Individual Medley
Jayden Hutchinson	IAP	Swimming	2014 NSW Combined High Schools Swimming Championships at SOPAC	Silver medal 16 yrs 400m free-style
Jayden Hutchinson	IAP	Swimming	2014 NSW Combined High Schools Swimming Championships at SOPAC	Bronze medal 16yrs 100m butterfly
Jayden Hutchinson	IAP	Swimming	2014 NSW All Schools Swimming Championships at SOPAC	Silver Medal Boys 15-16 yrs 400m Freestyle
Jayden Hutchinson	IAP	Swimming	2014 NSW All Schools Swimming Championships at SOPAC	Bronze Medal Boys 15-16 yrs 200m Butterfly
Jayden Hutchinson	IAP	Swimming	2014 NSW All Schools Swimming Championships at SOPAC	Bronze Medal Boys 15-16 yrs 200m freestyle
Jayden Hutchinson	IAP	Swimming	2014 NSW All Schools Swimming Championships at SOPAC	4 th Place Boys 16 yrs 100m Free-style
Jayden Hutchinson	IAP	Swimming	2014 NSW All Schools Swimming Championships at SOPAC	4 th Place Boys 15-16 yrs 100m Butterfly
Jayden Hutchinson	IAP	Swimming	2014 NSW All Schools Swimming Championships at SOPAC	5 th Place Boys 15-16 yrs 400m Individual Medley
Nicholos Smith	IAP	Cylocross	2014 NSW State Championships Newcastle	3rd
Nicholos Smith	IAP	Cylocross	Capital Cross round 1 ACT	3rd
Nicholos Smith	IAP	Cylocross	Capital Cross round 2 ACT	4th
Nicholos Smith	IAP	Cylocross	Capital Cross round 3 ACT	6th
Nicholos Smith	IAP	Cylocross	cx Newcastle round 1	3rd
Nicholos Smith	IAP	Cylocross	cx Newcastle round 2	6th
Nicholos Smith	IAP	MTB	2013 Camelbak Highland Fling	4th
Nicholos Smith	IAP	MTB	2014 'Yellomundee' schools Team Race	3rd
Nicholos Smith	IAP	MTB	2014 James Williamson Enduro -	22nd
Nicholos Smith	IAP	MTB	2014 State Championships Hill climb Bathurst	9th
Olivia-Rose McEwan	IAP	Athletics	100m, NSW Country Championships	1st
Olivia-Rose McEwan	IAP	Athletics	100m hurdles, Little Athletics NSW State Track and Field Championships	1st
Olivia-Rose McEwan	IAP	Athletics	100m hurdles, NSW Country Championships	1st
Tarren Dyer	IAP	Swimming	Country Championships	Finalist
Tarren Dyer	IAP	Swimming	NSW Combined High Schools	50 Butterfly
Tarren Dyer	IAP	Swimming	NSW Combined High Schools	50 Breaststoke
Tarren Dyer	IAP	Swimming	Winter 2014 Short Course Area Championship	Gold
Tarren Dyer	IAP	Swimming	Winter 2014 Short Course Area Championship	Silver
Tarren Dyer	IAP	Swimming	Winter 2014 Short Course Area Championship	Bronze
Tarren Dyer	IAP	Swimming	NSW All Schools Swimming Championships	50 Butterfly
Tarren Dyer	IAP	Swimming	NSW All Schools Swimming Championships	50 Breaststoke
Tarren Dyer	IAP	Swimming	NSW Multi Class Meet	Gold
Tarren Dyer	IAP	Swimming	NSW Multi Class Championship	Gold
Tarren Dyer	IAP	Swimming	Country Championships	Finalist
Tarren Dyer	IAP	Swimming	State Open Championships	200m IM
Tarren Dyer	IAP	Swimming	State Open Championships	100 Freestyle
Tarren Dyer	IAP	Swimming	State Open Championships	50 Freestyle
Tarren Dyer	IAP	Swimming	State Open Championships	400 Freestyle
Tarren Dyer	IAP	Swimming	State Open Championships	100 Breast
Tarren Dyer	IAP	Swimming	NSW A Squad	Selected

ATHLETE ACHIEVEMENTS 2014 *Cont.*

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STATE ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Teghan Barklay	IAP	Athletics	NSW state All Schools Newcastle	2nd - Heptathlon
Teghan Barklay	IAP	Athletics	NSW state All Schools Sydney	4th - 90m Hurdles
Teghan Barklay	IAP	Athletics	NSW state All Schools Sydney	1st - Long Jump
Teghan Barklay	IAP	Athletics	NSW state All Schools Sydney	3rd - High Jump
Teghan Barklay	IAP	Athletics	NSW state All Schools Sydney	5th - Triple Jump
Teghan Barklay	IAP	Athletics	Australian All Schools Townsville	6th - Long Jump
Teghan Barklay	IAP	Athletics	NSW State Little Athletics Sydney	1st - High Jump
Chelsea Bolton	Netball	Netball	U/17 NSW Team	Selected
Chelsea Bolton	Netball	Netball	State championship	Competed
Kirra Jones	Netball	Netball	Selection Netball NSW U/17s Team 2014	Runners up at National Championships
Kirra Jones	Netball	Netball	NSW Institute of sport scholarship recipient 2014-2015	Emerging talented Athlete scholarship
Kirra Jones	Netball	Netball	St George Illawarra Dragons medal recipient DEC -2013	For achievements in netball
Lauryn Neto	Netball	Netball	NSW State Age Championships	Selected in U15s Illawarra Representative Team
Lauryn Neto	Netball	Netball	NSW Combined High Schools State Netball Championships	Selected in the Opens South Coast Team
Lauryn Neto	Netball	Netball	NSW Combined High Schools State Knockout	Selected in school team
Levana Wayne - Boyle	Netball	Netball	State Age Championships	7 th
Alex Swan	Rugby Union	Rugby Union	NSWJRU u13's Country Championships	1 st place
Alex Swan	Rugby Union	Rugby Union	NSWJRU u13's State Championships	6 th place
Alex Swan	Rugby Union	Rugby Union	NSWPSSA Rugby tournament	Selected for NSWPSSA team, 9 th at carnival
Jack McConnell	Rugby Union	Rugby	Country championship	Won carnival
Jack McConnell	Rugby Union	Rugby	State championship	4 th in carnival
Joseph Dickson	Rugby Union	Rugby	Country championship	1st
Joseph Dickson	Rugby Union	Rugby	Country championship	Best Forward
Aaron Rodwell	Triathlon	Cross country	16 years boys NSW All Schools Cross-Country 2014	41st
Aaron Rodwell	Triathlon	Triathlon	Intermediate boys NSW All-schools Triathlon 2014	11 th in government
Aaron Rodwell	Triathlon	Triathlon	Intermediate boys NSW All-schools Triathlon 2014	34 th overall
Aaron Rodwell	Triathlon	Triathlon	NSW clubs Triathlon(Duathlon) 2014	7 th in 13-15 boys
Aaron Rodwell	Triathlon	Triathlon	NSW clubs Triathlon(Duathlon) 2014	9 th overall male
James Seal	Triathlon	Triathlon	NSW All Schools Triathlon	8th
James Seal	Triathlon	Triathlon	NSW Little Athletics State Track and Feild Chamiponships	1500m - 4th
James Seal	Triathlon	Triathlon	NSW Little Athletics State Track and Feild Chamiponships	3000m - Silver
James Seal	Triathlon	Triathlon	NSW Junior and Youth Chamiponships	1500m - 8th
James Seal	Triathlon	Triathlon	NSW Junior and Youth Chamiponships	3000m 6th
James Seal	Triathlon	Triathlon	NSW Junior and Youth Chamiponships	2000m Steepchase - Silver

ATHLETE ACHIEVEMENTS 2014 *Cont.*

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STATE ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Lucy Cliff	Triathlon	Swimming	NSW Swimming A Squad	Selected
Lucy Cliff	Triathlon	Swimming	NSW State Open Water Championships	16th
Lucy Cliff	Triathlon	Swimming	NSW All Schools Swimming Championships	2 nd place - 50m free
Lucy Cliff	Triathlon	Swimming	NSW All Schools Swimming Championships	3 rd place - 100m free
Lucy Cliff	Triathlon	Swimming	NSW All Schools Swimming Championships	4 th place - 50m fly
Lucy Cliff	Triathlon	Swimming	NSW All Schools Swimming Championships	5 th place – 100m back
Lucy Cliff	Triathlon	Swimming	NSW All Schools Swimming Championships	7 th place – 50m back
Lucy Cliff	Triathlon	Swimming	Swimming NSW – Country Short Course Championships	2 nd place – open age 50m fly
Lucy Cliff	Triathlon	Swimming	Swimming NSW – Country Short Course Championships	2 nd place – 14yrs 100m free
Lucy Cliff	Triathlon	Swimming	Swimming NSW – Country Short Course Championships	2 nd place – 14yrs 100 fly
Lucy Cliff	Triathlon	Swimming	Swimming NSW – Country Short Course Championships	2 nd place – 13-14yrs 50m free
Lucy Cliff	Triathlon	Swimming	Swimming NSW – Country Short Course Championships	4 th place – 13-14yrs 200m free
Lucy Cliff	Triathlon	Swimming	Swimming NSW – Country Short Course Championships	4 th place – 14yrs 100m back
Lucy Cliff	Triathlon	Swimming	Swimming NSW – Country Short Course Championships	4 th place – 13-14yrs 200m back
Lucy Cliff	Triathlon	Swimming	Swimming NSW – Country Short Course Championships	9 th place – 14yrs and under 400m free
Lucy Cliff	Triathlon	Swimming	Swimming NSW – Country Short Course Championships	10 th place – 13-14yrs 200m
Lucy Cliff	Triathlon	Swimming	Swimming Australia – Australian Age Championships	100m free – 35 th
Lucy Cliff	Triathlon	Swimming	Swimming Australia – Australian Age Championships	100 fly – 38 th
Lucy Cliff	Triathlon	Swimming	Swimming Australia – Australian Age Championships	100 back – 13 th
Lucy Cliff	Triathlon	Swimming	NSW Country Championships	1 st place – 13yrs 50m free
Lucy Cliff	Triathlon	Swimming	NSW Country Championships	2 nd place – 14yrs 100m fly
Lucy Cliff	Triathlon	Swimming	NSW Country Championships	3 rd place – 14yrs 100m free
Lucy Cliff	Triathlon	Swimming	NSW Country Championships	3 rd place – 14yrs 100m back
Lucy Cliff	Triathlon	Swimming	NSW Country Championships	5 th place – 13-14yrs 200m back
Lucy Cliff	Triathlon	Swimming	NSW Country Championships	7 th place – 13-14yrs 200m free
Lucy Cliff	Triathlon	Swimming	NSW Country Championships	10 th place – 13-14yrs 200m
Lucy Cliff	Triathlon	Swimming	SESA Short Course Swimming Championship	1 st place – 14yrs – 50m free
Lucy Cliff	Triathlon	Swimming	SESA Short Course Swimming Championship	1 st place – 14yrs – 100m free
Lucy Cliff	Triathlon	Swimming	SESA Short Course Swimming Championship	1 st place – 13-14yrs – 200m free
Lucy Cliff	Triathlon	Swimming	SESA Short Course Swimming Championship	5 th place – Open – 400m free
Lucy Cliff	Triathlon	Swimming	SESA Short Course Swimming Championship	1 st place – 14yrs - 50m back
Lucy Cliff	Triathlon	Swimming	SESA Short Course Swimming Championship	1 st place – 14yrs – 100m back
Lucy Cliff	Triathlon	Swimming	SESA Short Course Swimming Championship	1 st place – 13-14yrs – 200m back
Lucy Cliff	Triathlon	Swimming	SESA Short Course Swimming Championship	1 st place – 14yrs – 50m fly
Lucy Cliff	Triathlon	Swimming	SESA Short Course Swimming Championship	1 st place – 14yrs – 100m fly
Lucy Cliff	Triathlon	Swimming	SESA Short Course Swimming Championship	1 st place – 14yrs - 50m breast
Lucy Cliff	Triathlon	Swimming	SESA Short Course Swimming Championship	1 st place – 13-14yrs – 200m
Lucy Cliff	Triathlon	Swimming	SESA Swimming Championship	1 st place – 14yrs – 50m free
Lucy Cliff	Triathlon	Swimming	SESA Swimming Championship	2 nd place – 14yrs – 100m free
Lucy Cliff	Triathlon	Swimming	SESA Swimming Championship	2 nd place – 13-14yrs – 200m free
Lucy Cliff	Triathlon	Swimming	SESA Swimming Championship	2 nd place – Open – 400m free
Lucy Cliff	Triathlon	Swimming	SESA Swimming Championship	2 nd place – 14yrs - 50m back
Lucy Cliff	Triathlon	Swimming	SESA Swimming Championship	2 nd place – 14yrs – 100m back
Lucy Cliff	Triathlon	Swimming	SESA Swimming Championship	2 nd place – 13-14yrs – 200m back
Lucy Cliff	Triathlon	Swimming	SESA Swimming Championship	2 nd place – 14yrs – 50m fly
Lucy Cliff	Triathlon	Swimming	SESA Swimming Championship	3 rd place – 14yrs – 100m fly
Lucy Cliff	Triathlon	Swimming	SESA Swimming Championship	2 nd place – 14yrs - 50m breast
Lucy Cliff	Triathlon	Swimming	SESA Swimming Championship	2 nd place – 13-14yrs – 200m
Lucy Cliff	Triathlon	Swimming	Carlile Speedo Cup Swimming Championship	1 st place – 13-14yrs – 50m free
Lucy Cliff	Triathlon	Swimming	Carlile Speedo Cup Swimming Championship	1 st place – 13-14yrs – 100m free
Lucy Cliff	Triathlon	Swimming	Carlile Speedo Cup Swimming Championship	1 st place – 13-14yrs – 50m fly
Lucy Cliff	Triathlon	Swimming	Carlile Speedo Cup Swimming Championship	3 rd place – 13-14yrs – 100m fly
Lucy Cliff	Triathlon	Swimming	Carlile Speedo Cup Swimming Championship	5 th place – 13-14yrs – 50m back
Lucy Cliff	Triathlon	Swimming	Carlile Speedo Cup Swimming Championship	2 nd place – 13-14yrs – 100m back
Lucy Cliff	Triathlon	Swimming	Carlile Speedo Cup Swimming Championship	6 th place – Open age – 200m Back
Lucy Cliff	Triathlon	Triathlon	NSW All Schools Triathlon	5th
Lucy Cliff	Triathlon	Triathlon	Elite Energy Triathlon	2nd
Lucy Cliff	Triathlon	Triathlon	Elite Energy Triathlon	1st

ATHLETE ACHIEVEMENTS 2014 *Cont.*

Academy athletes achieved at all levels in 2014. The following lists athletic achievement in the 2014 scholarship year for Athletes on Scholarship in that period.

REGIONAL ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Koby Banks	AWD	Basketball	Leon Burwell Cup Rnd 3 Special Olympics	First
Koby Banks	AWD	Basketball	Leon Burwell Cup Rnd 1 Special Olympics	First
Koby Banks	AWD	Basketball	Leon Burwell Cup Rnd 2 Special Olympics	First
Lachlan Harley	AWD	Swimming	Wollongong Catholic Diocese Regional Swimming	1st 50 Freestyle, 2 nd 50 breastroke
Rocco Musumeci	AWD	Athletics	Mini Olympic Essential Personnel Sky's the Limit	3 Gold 50m, 100m and 200m 2 silver long Jump, 400m
Dominic O'Shannessy	Cricket	Athletics	Gib Gate Primary School Sports carnival	1st- 100m
Dominic O'Shannessy	Cricket	Athletics	Gib Gate Primary School Sports carnival	1st- 200m
Dominic O'Shannessy	Cricket	Athletics	Gib Gate Primary School Sports carnival	1st - 800m
Dominic O'Shannessy	Cricket	Athletics	Gib Gate Primary School Sports carnival	1st - Long Jump
Dominic O'Shannessy	Cricket	Athletics	Gib Gate Primary School Sports carnival	1st - High Jump
Dominic O'Shannessy	Cricket	Athletics	Gib Gate Primary School Sports carnival	1st - Shot Put
Dominic O'Shannessy	Cricket	Athletics	Gib Gate Primary School Sports carnival	1st - Discus
Dominic O'Shannessy	Cricket	Cricket	Highlands v Goulburn	U12 southern zone high score 65 not out
Dominic O'Shannessy	Cricket	Cricket	U12 Southern Zone final	Captained undefeated winning Highlands team
Dominic O'Shannessy	Cricket	Cricket	HDCA Junior Rep. presentation	Batting award
Dominic O'Shannessy	Cricket	Cricket	HDCA Junior Rep. presentation	Bradman Award (U12 player of the year)
Dominic O'Shannessy	Cricket	Cricket	HDCA U12 competition	Batting aggregate (407 runs)
Dominic O'Shannessy	Cricket	Cricket	HDCA U12 competition	Batting average (407)
Dominic O'Shannessy	Cricket	Cricket	U14 Bradman Invitational Carnival	Selected for Highlands
Dominic O'Shannessy	Cricket	Cricket	IAS Cricket Academy	Selected
Dominic O'Shannessy	Cricket	Cricket	Southern Zone Regional Academy	Selected
Dominic O'Shannessy	Cricket	Cricket	CNSW Academy Southern Zone	Youngest player selected
Dominic O'Shannessy	Cricket	Cricket	Berrima District Sports Awards	Named monthly winner - June
Dominic O'Shannessy	Cricket	Soccer	Highlands U12 rep	Selected
Jack Gallen	Cricket	Cricket	Shoalhaven Junior Association Under 12's	Batemans Bay Cricket Club 2013-14 - Batting Award (277 runs avg. 55.4) -Junior Cricketer of the Year
Jack Gallen	Cricket	Cricket	Shoalhaven Junior Association Under 12's	South Coast Register Team of the Year
Jack Gallen	Cricket	Cricket	Southern Zone Cricket	Selected in Southern Zone Cricket Academy
John Bowen	Cricket	Cricket	NSW PSSA State Carnival	Participated
John Bowen	Cricket	Cricket	Southern Zone Cricket Competition	Participated
John Bowern	Cricket	Cricket	Southern Zone Cricket Competition	participated
John Gallen	Cricket	Cricket	Southern Zone Cricket Competition	participated
Ryan Emmerick	Cricket	Cricket	Cricket Illawarra	2013/2014 Under 12's 'Player of the Year'
Ryan Emmerick	Cricket	Cricket	Cricket Illawarra	2013/2014 2 nd Bowling Average (by 0.01) all age groups
Ryan Emmerick	Cricket	Cricket	Cricket Illawarra	2013/2014 3 rd Batting Figures all age groups
Ryan Emmerick	Cricket	Cricket	Wollongong District Cricket Club	2013/2014 Under 12's 'Player of the Year' award
Ryan Emmerick	Cricket	Cricket	Wollongong District Cricket Club	2013/2014 'Junior Cricketer of the Year' award (all junior age groups)
Ryan Emmerick	Cricket	Cricket	Sydney Junior Winter Cricket	'Spirit of Cricket' award recipient
Ryan Emmerick	Cricket	Cricket	2014 Australian Government	'Local Sporting Champion' award recipient

ATHLETE ACHIEVEMENTS 2014 *Cont.*

Academy athletes achieved at all levels in 2014. The following lists athletic achievement in the 2014 scholarship year for Athletes on Scholarship in that period.

REGIONAL ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Chloe Heffernan	Cycling	Cycling	Under 17 Southern Division champion	
Mitchell Wright	Cycling	Cycling	NSW Country Track Championships – JM15	1 st place
Mitchell Wright	Cycling	Cycling	Illawarra Open Track Carnival	1 st place – Scratch race
Mitchell Wright	Cycling	Cycling	Illawarra Open Track Carnival	1 st place – Handicap
Mitchell Wright	Cycling	Cycling	Illawarra Open Track Carnival	1 st Place – Wheel Race
Danielle Vasquez	Golf	Golf	2014 Illawarra Junior Girls Championship	1 st Champion Girls Scratch
Danielle Vasquez	Golf	Golf	2014 Collegian Championship	Girls Champion Scratch
Jack Kessell	Golf	Golf	Kembla Grange Mens Open	2nd
Jack Kessell	Golf	Golf	Kiama Junior Masters	1 st under 17s
Jack Kessell	Golf	Golf	Kiama Junior Masters	2 nd overall
Jack Kessell	Golf	Golf	Collegians Illawarra Junior Masters	1 st overall
Jack Kessell	Golf	Golf	South Coast CHS Stroke Event	2 nd overall
Jack Kessell	Golf	Golf	South coast chs matchplay	1st
Jack Kessell	Golf	Golf	Port kembla mens championship	4 th overall
Stefanie Hall	Golf	Golf	2013 Metropolitan Junior Pennants (St Michaels Team Member)	Runner Up
Stefanie Hall	Golf	Golf	2014 Golf NSW Srixon Womens Major Metropolitan Pennants (St Michaels Team Member)	WINNER
Stefanie Hall	Golf	Golf	2014 Metropolitan Junior Pennants (St Michaels Team Member)	Selected
Thomas Heaton	Golf	Golf	Port Kembla Junior Classic	1st
Brittony Smallhorn	Hockey	Hockey	AICES U16 Girls Hockey Team	Selected
Brittony Smallhorn	Hockey	Hockey	U15 Girls South Coast Hockey Team	Selected
Callum Mackay	Hockey	Hockey	Illawarra U18 team	Selected
Comfort Ferguson	Hockey	Hockey	Illawarra U15 Team	Selected
Comfort Ferguson	Hockey	Hockey	Illawarra U18 Team	Selected
Daine Richards	Hockey	Hockey	Illawarra U15 team	Selected
Daine Richards	Hockey	Hockey	Illawarra U18 Team	Selected
Erine Massie	Hockey	Hockey	South Coast U18 team	Selected
Grace Stewart	Hockey	Hockey	South Coast U18 team	Selected
Grace Stewart	Hockey	Hockey	South Coast Open team	Selected
Grace Stewart	Hockey	Hockey	South Coast CHS Open Team	Selected
Jack Donovan	Hockey	Hockey	Illawarra No 1 Open team	Selected
Jack Donovan	Hockey	Hockey	NSW U18 Squad for 2015	Selected
Jack Donovan	Hockey	Hockey	NSW CHS open team	Selected
Jasmine Riley Whitworth	Hockey	Hockey	Illawarra U18 Team	Selected

ATHLETE ACHIEVEMENTS 2014 *Cont.*

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REGIONAL ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Jesse Mauger	Hockey	Hockey	Goalie in the South Coast Marlins Team	Selected
Jesse Mauger	Hockey	Hockey	Southern Highlands U18 team	Selected
Jesse Mauger	Hockey	Hockey	CHS South Coast open team	Selected
Joshua Mayo	Hockey	Hockey	NSW Hockey Emerging talent squad (2013)	Selected
Joshua Mayo	Hockey	Hockey	Illawarra U18 team	Selected
Joshua Mayo	Hockey	Hockey	CHS South Coast open team	Selected
Keeligh McCauley	Hockey	Hockey	South Coast U18 team	Selected
Keeligh McCauley	Hockey	Hockey	South Coast Open team	Selected
Kelsey Hughes	Hockey	Hockey	Illawarra U15 Team	Selected
Kelsey Hughes	Hockey	Hockey	Illawarra U18 Team	Selected
Kelsey Wishart	Hockey	Hockey	South Coast U18 team	Selected
Kelsey Wishart	Hockey	Hockey	South Coast Open team	Selected
Kelsey Wishart	Hockey	Hockey	CHS South Coast Open team	Selected
Kieran Richards	Hockey	Hockey	Illawarra U18 team	Selected
Lily Stewart	Hockey	Hockey	South Coast U15 team	Selected
Lily Stewart	Hockey	Hockey	Parramatta U18 Team	Selected
Maddi Smith	Hockey	Hockey	South Coast U15 team	Selected
Maddi Smith	Hockey	Hockey	South Coast U18 team	Selected
Max Hanrahan	Hockey	Hockey	CHS South Coast open team	Selected
Mikayla Kelly	Hockey	Hockey	Illawarra U18 Team	Selected
Mitchell Galea	Hockey	Hockey	Illawarra U18 team	Selected
Mitchell Galea	Hockey	Hockey	Illawarra Open No1 Team	Selected
Mitchell Galea	Hockey	Hockey	Illawarra Open No2 Team	Selected
Mitchell Galea	Hockey	Hockey	CHS South Coast open team	Selected
Patrick Everett	Hockey	Hockey	Illawarra U18 team	Selected
Patrick Everett	Hockey	Hockey	Illawarra Open No2 team	Selected
Rachel Conney	Hockey	Hockey	Illawarra U15 Team	Selected
Rachel Conney	Hockey	Hockey	Illawarra U18 Team	Selected
Regan Pabis	Hockey	Hockey	South Coast U18 team	Selected
Regan Pabis	Hockey	Hockey	South Coast CHS Open Team	Selected
Riley Smith	Hockey	Hockey	South Coast U18 team	Selected
Riley Smith	Hockey	Hockey	South Coast Open team	Selected

ATHLETE ACHIEVEMENTS 2014 *Cont.*

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REGIONAL ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Rys Castles	Hockey	Hockey	Illawarra U 18 team	Selected
Rys Castles	Hockey	Hockey	Sutherland U17 team	Selected
Rys Castles	Hockey	Hockey	CHS South Coast open team	Selected
Rys Castles	Hockey	Hockey	Illawarra U18 team	Selected
Tegan Johnston	Hockey	Hockey	Illawarra U18 Team	Selected
Thomas Miotto	Hockey	Hockey	Illawarra U18 team	Selected
Thomas Miotto	Hockey	Hockey	Illawarra Men's open No2 team	Selected
Thomas Miotto	Hockey	Hockey	CHS South Coast open team	Selected
Zac Nyritrin	Hockey	Hockey	Illawarra U18 team	Selected
Astel Gaviglia	IAP	Swimming	SESA Championships	1st - Men 15&O 50m Breaststroke
Astel Gaviglia	IAP	Swimming	SESA Championships	1st - Men 15&O 100m Breaststroke
Astel Gaviglia	IAP	Swimming	SESA Championships	4th - Men 15&O 50m Backstroke
Astel Gaviglia	IAP	Swimming	SESA Championships	1st - Men 15&O 100m Freestyle
Astel Gaviglia	IAP	Swimming	SESA Championships	3rd - Men 15&O 100m IM
Astel Gaviglia	IAP	Swimming	SESA Championships	3rd - Men 15&O 50m Butterfly
Astel Gaviglia	IAP	Swimming	SESA Championships	4th - Men 15&O 200m Freestyle
Astel Gaviglia	IAP	Swimming	Winter 2014 Short Course Area (SESA) Championships	1st - 15yrs/Over 200m IM
Astel Gaviglia	IAP	Swimming	Winter 2014 Short Course Area (SESA) Championships	1st - 15yrs/Over 100m Breaststroke
Astel Gaviglia	IAP	Swimming	Winter 2014 Short Course Area (SESA) Championships	2nd - 15yrs/Over 50m Backstroke
Astel Gaviglia	IAP	Swimming	Winter 2014 Short Course Area (SESA) Championships	1st - 12yrs/Over 4x100m Medley Relay
Astel Gaviglia	IAP	Swimming	Winter 2014 Short Course Area (SESA) Championships	1st - 15yrs/Over 50m Breaststroke
Astel Gaviglia	IAP	Swimming	Winter 2014 Short Course Area (SESA) Championships	1st - 15yrs/Over 200m Breaststroke
Astel Gaviglia	IAP	Swimming	Winter 2014 Short Course Area (SESA) Championships	2nd - 15yrs/Over 100m Freestyle
Astel Gaviglia	IAP	Swimming	Winter 2014 Short Course Area (SESA) Championships	2nd - 15yrs/Over 50m Freestyle
Astel Gaviglia	IAP	Swimming	Winter 2014 Short Course Area (SESA) Championships	1st - All Age 100m IM
Astel Gaviglia	IAP	Swimming	Winter 2014 Short Course Area (SESA) Championships	2nd - 15yrs/Over 100m Butterfly
Astel Gaviglia	IAP	Swimming	Winter 2014 Short Course Area (SESA) Championships	3rd - 15yrs/Over 200m Freestyle
Astel Gaviglia	IAP	Swimming	Winter 2014 Short Course Area (SESA) Championships	2nd - 15yrs/Over 50m Butterfly
Astel Gaviglia	IAP	Swimming	Winter 2014 Short Course Area (SESA) Championships	1st - 12yrs/Over 4x100m Freestyle Relay
Astel Gaviglia	IAP	Swimming	SESA Championships	4th - Boys 12&O 400m Medley Re-lay
Astel Gaviglia	IAP	Swimming	SESA Championships	3rd - Men 15&O 50m Freestyle
Astel Gaviglia	IAP	Swimming	SESA Championships	1st - Men 15&O 200m Breaststroke
Astel Gaviglia	IAP	Swimming	SESA Championships	4th - Boys 12&O 400m Freestyle Relay
Casey-Lee Bedford IAP		Touch Football	CHS U15 State Touch Football Trial	Selected
Dante Olivieri	IAP	Sailing	Illawarra Youth Championships	1 st
Danyon Christie	IAP	Lawn Bowls	Zone 16 U/25 Team	Selected
Danyon Christie	IAP	Lawn Bowls	Metropolitan Shield	Champions
Danyon Christie	IAP	Lawn Bowls	Zone 16 Junior Fars	Champions
Danyon Christie	IAP	Lawn Bowls	South Coast CHS Pairs	Champions
Danyon Christie	IAP	Lawn Bowls	Zone 16 U/18 v U/25	U/18 Team Captain
Danyon Christie	IAP	Lawn Bowls	Zone 16 U/18 "7 a Side"	Selected
Danyon Christie	IAP	Lawn Bowls	South Pacific Fours	Quarter Finalist
Danyon Christie	IAP	Lawn Bowls	Junior South Pacific Pairs	Semi-Finalist

ATHLETE ACHIEVEMENTS 2014 *Cont.*

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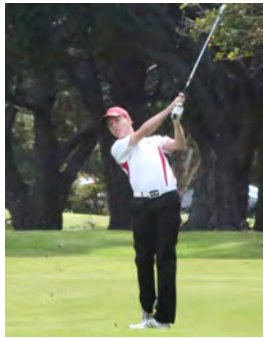
REGIONAL ACHIEVEMENTS

Name	Squad	Sport	Event Name	Achievement
Ellie Jordan	IAP	Fencing	Marconi Cup Open Women's	3rd - Women's U15's Foil
Ellie Jordan	IAP	Fencing	Marconi Cup U15's Women's	2nd - Women's Open Foil
Ellie Jordan	IAP	Fencing	Southern Highlands Challenge	2nd - Women's U15's Foil
Ellie Jordan	IAP	Fencing	Southern Highlands Challenge	1st - Women's Open Foil
Ellie Jordan	IAP	Fencing	Penrith Fencing Academy Three Weapon Challenge	1st Team Member Epee
Georgia McEwan	IAP	Athletics	Little athletics regionals 100m	1 st gold
Georgia McEwan	IAP	Athletics	Little athletics regionals 200m	1 st gold
Jamie Presitly	IAP	Equestrian	Odonell & Hennessy Open Championships at Dapto Show	Winner
Jamie Presitly	IAP	Equestrian	Jack McGee Memorial Championships Berry Show	Winner
Jamie Presitly	IAP	Equestrian	Open Talent Spotter Shepparton World Cup Show	3rd
Jamie Presitly	IAP	Equestrian	Juniors at the Wodonga World Cup Show.	Winner
Jamie Presitly	IAP	Equestrian	Open Stars Of The Future Wodonga World Cup Show.	4th
Jamie Presitly	IAP	Equestrian	Junior Championships Weekend Of World Cups Sydney International Equestrian Centre.	Winner
Jamie Presitly	IAP	Equestrian	Open Championships at Forbes Show	1st
Jamie Presitly	IAP	Equestrian	Open Championships at Forbes Show	2nd
Jarred Twigg	IAP	Athletics	NSW Little Athletics Regionals	1st 100m hurdles (rec) 1st 200m hurdles (rec) 1st 100 metres, 2nd Long Jump
Jarred Twigg	IAP	Athletics	ISSA ZONE CARNIVAL , WOLLONGONG	1ST 100M , 1ST IN 200M, 2nd IN LONG JUMP, 1ST IN DISCUS (R), 1ST IN 100M HURDLES, 1ST IN JAVELIN,
Jarrold Dyer	IAP	Swimming	Winter 2014 Short Course Area Championship	Gold
Jarrold Dyer	IAP	Swimming	Winter 2014 Short Course Area Championship	Silver
Jarrold Dyer	IAP	Swimming	Winter 2014 Short Course Area Championship	Bronze
Jarrold Dyer	IAP	Swimming	Country Regional	Gold
Jarrold Dyer	IAP	Swimming	Country Regional	Silver
Jarrold Dyer	IAP	Swimming	Country Regional	Bronze
Jarrold Dyer	IAP	Swimming	SESA Summer 2014 Area Championships and Speedo Sprint	Silver
Jarrold Dyer	IAP	Swimming	SESA Summer 2014 Area Championships and Speedo Sprint	Bronze
Jarrold Dyer	IAP	Swimming	Country Championships	Finalist
Tarren Dyer	IAP	Swimming	Country Regional	Gold
Tarren Dyer	IAP	Swimming	Country Regional	Bronze
Tarren Dyer	IAP	Swimming	SESA Summer 2014 Area Championships and Speedo Sprint	Gold
Tarren Dyer	IAP	Swimming	SESA Summer 2014 Area Championships and Speedo Sprint	Silver
Tarren Dyer	IAP	Swimming	SESA Summer 2014 Area Championships and Speedo Sprint	Bronze
Teghan Barklay	IAP	Athletics	Regional Athletics Canberra	1st - High Jump
Teghan Barklay	IAP	Athletics	Regional Athletics Canberra	1st - Long Jump
Teghan Barklay	IAP	Athletics	Regional Athletics Canberra	1st - Triple Jump
Teghan Barklay	IAP	Athletics	Regional Athletics Canberra	2nd - 100m sprint
Teghan Barklay	IAP	Athletics	Regional Athletics Canberra	3rd - 200m sprint
Teghan Barklay	IAP	Athletics	Regional Athletics Canberra	1st - 90m Hurdles
Teghan Barklay	IAP	Athletics	Regional Athletics Canberra	1st - 200m Hurdles
Teghan Barklay	IAP	Athletics	Regional little athletics	2nd - High Jump
Chelsea Bolton	Netball	Netball	Premier League Netball	Competed

ATHLETE ACHIEVEMENTS 2014
Cont.

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REGIONAL ACHIEVEMENTS				
Name	Squad	Sport	Event Name	Achievement
Emily Meier	Netball	Athletics	Shot Put	1 st
Emily Meier	Netball	Athletics	Discus	2 nd
Emily Meier	Netball	Athletics	100m Sprint	2 nd
Emily Meier	Netball	Netball	North Nowra Netball Association	Finalists
Emily Meier	Netball	Netball	Shoalhaven Netball Association	Received Coaches award
Emily Meier	Netball	Netball	IAS	Selection for Academy Games
Emily Meier	Netball	Netball	IAS	NIB Games
Emily Meier	Netball	Netball	Nowra Netball Association	Grand-finalists (to be played)
Emily Meier	Netball	Netball	Shoalhaven Netball Association	Team selection (various carnivals)
Emily Meier	Netball	Touch Football	St Johns High School	Team selection
Kirra Jones	Netball	Netball	Illawarra District state league team member 2014	Selected
Kirra Jones	Netball	Netball	Illawarra Night Inter district team 2013-2014	Selected
Kirra Jones	Netball	Netball	Premier league team SMJ Independent 2014	Selected
Lauryn Neto	Netball	Netball	Regional Combined High Schools Knockout	Winners
Levana Wayne - Boyle	Netball	Netball	NIB Games Division 1	Equal 3 rd
Alex Swan	Rugby Union	Athletics	South Coast PSSA Athletics Carnival	200m-6 th place
Alex Swan	Rugby Union	Rugby Union	Illawarra Rugby Union u13's squad	Selected for tour of New Zealand
Alex Swan	Rugby Union	Rugby Union	South Coast SSA Sporting Awards	South Coast Primary Blues award
Alex Swan	Rugby Union	Rugby Union	Kiama Junior Rugby Union u 12's	Grand Finalists- 2 nd place
Jack McConnell	Rugby Union	Athletics	100m	1 st 14 boys
Jack McConnell	Rugby Union	Athletics	200m	1 st 14 boys
Jack McConnell	Rugby Union	League	Illawarra Steelers	2 nd in country cup
Jack McConnell	Rugby Union	League	Illawarra Steelers	Selected
Joseph Dickson	Rugby Union	Rugby	Gold Squad	Selected
Aaron Rodwell	Triathlon	Aquathon	Australia Day Aquathon 2014	10 th in under 20 male long course - 52nd Overall
Aaron Rodwell	Triathlon	Cross country	16 years boys South Coast Regional Cross-country 2014	6th
Aaron Rodwell	Triathlon	Running	Run Wollongong 2013	1 st in under 16 boys 12km
Aaron Rodwell	Triathlon	Running	Run Wollongong 2013	2 nd in under 18 boys 12km
Aaron Rodwell	Triathlon	running	South Coast Regional Athletics 2014	5 th in under 16 boys 1500m (injured)
Aaron Rodwell	Triathlon	Triathlon	Illawarra Tri-club 2013- 2014	13-15 boys Age champion
Aaron Rodwell	Triathlon	Triathlon	Illawarra Tri-club 2013- 2014	Under 19 boys club champion
Aaron Rodwell	Triathlon	Triathlon	Tri the Gong 2014	3 rd in the under 15 boys sprint distance Triathlon
James Seal	Triathlon	Triathlon	Little Athletics Regional Track and Feild Chamiponships	1500m - Gold
James Seal	Triathlon	Triathlon	Little Athletics Regional Track and Feild Chamiponships	3000m - Gold
Lucy Cliff	Triathlon	Cross Country	4000m cross-country	4 th place – 15yrs Girls
Lucy Cliff	Triathlon	Cross Country	4000m cross-country	Selected for Catholic State
Lucy Cliff	Triathlon	Triathlon	Illawarra Triathlon Club Junior Points Score	1st
Lucy Cliff	Triathlon	Triathlon	Hills Triathlon Club Race 5	2nd





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