

YEARBOOK 2016





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PRESIDENT'S REPORT

It is my pleasure, on behalf of the Board of Directors of the Illawarra Academy of Sport, to congratulate the graduating scholarship holders for 2016

Each year, the Board takes a very keen interest in what is our fundamental role as a community based regional academy of sport - the advancement of the Illawarra's pre- elite young athletes.

Our involvement starts with our participation in the pre selection interviews where we meet the athletes and their parents. Then we hold a Special Board Meeting to select the respective squads for the year-giving particular consideration to borderline or special circumstance situations.

We have strict criteria governing the process of trial and selection to ensure that all aspects are transparent and equitable

The selected athletes are then offered an Academy scholarship. Upon acceptance the scholarship year begins with an Induction Week-end where the athletes receive their first "taste" of what is to be an IAS scholarship holder.

During the year we presented the respective athletes to each of the Illawarra's Mayors to thank the Mayors, and the Councils, for their financial support during the year. So too, several of our athletes joined athletes from around N.S.W. at a Parliamentary Reception at Parliament House to thank the N.S.W. Government, through the Office of Sport, for its commitment to Academies across the State.

During this scholarship year the Academy has celebrated its 30th year. Our first intake of athletes took place in February 1986. The Celebration has highlighted the rich pool of talent who have passed through the Academy over the past 30 years and who serve as fabulous role models for our graduating athletes.

I have been told that approximately 30% of Australia's total medal tally were obtained by graduates from Regional Academies of Sport.

Many of our greatest athletes have achieved success, not just through ability and hard work, but by also displaying incredible discipline and focus in overcoming the various adversities that befall elite athletes from time to time. Greatness is hard earned!

During the year the Board has received regular reports on the progress of each of our squads and the personal achievements of our athletes

As part of our governance operations we are continually reviewing our policies and practices to reflect best practice as a regional academy across all aspects of our operations and these are featured in our reporting to our Annual General Meeting.

To our sponsors, media partners, parents, staff, coaches and consultants, I, on behalf of the Board, thank you all for your support of our athletes during 2016.

To the graduating athletes I say "thank you" for your dedication to the coaching and education tasks you were set. We trust you have benefitted greatly from your time with us and we wish you every success in your future endeavours on, and off, the field.

BRIAN WEIR PSM | President Illawarra Academy of Sport





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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 four major areas for the holistic development of our scholarship holders. These include technical and tactical skill development, a high performance sport education curriculum, the physical development of the athlete and the athlete's engagement with the community.

Throughout 2016 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 sport programs. Quality coaching is paramount for the technical and tactical development of our athletes



In 2016 the IAS once again had the ability to provide disabled regional athletes with an elite pathway to state and national representative levels. Special acknowledgment must go to The Disability Trust for their investment and assistance with the delivery of this program.

The IAS attended the ClubsNSW Academy Games on the Central Coast with over sixty-five athletes, twelve coaches and two officials competing across four sports competitions including Golf, Hockey, Netball and Triathlon. The IAS would like to acknowledge Premier Transport Group for their support of our squad in the provision of transport to and from the games.

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 raising funds for The Disability Trust, The Salvation Army's Red Shield Appeal, Ride-4-Rotary raising funds for under privileged youth in the Illawarra and the Pleds, Probs & Personalities raising awareness for Suicide Prevention Australian. Additionally, numerous scholarship holders provided mentoring, coaching and officiating assistance to the various clubs and associations across the region.

In 2016 the IAS received continued support from major partners, the Office of Sport – Sport & Recreation, Platinum Sponsor Collegians Rugby League Football Club, Education partner the University of Wollongong, Gold Sponsor BlueScopeWIN Community Partners, Silver Sponsors the Illawarra Mercury, BaiMed Physiotherapy, Big Fat Smile, Peoplecare, Hume Coal, Cram Fluid Power, Choice Home Loan, Soto Engineering Consultants as well as welcomed new partners MTC Solutions.

2016 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. IAS Scholarship holders were for the first time provided access to academic support through the In-2-UNI education module.

Additionally, throughout the past year the IAS has been working closely with students of the Factalty of Engineering & Imformation Science, School of Computing & Information Technology to develop and build the IAS Online Education Portal - iLearn. In 2017, IAS Scholarship holders will complete a number of education modules online.

The IAS was well represented at the 2016 Rio Oympic Games with seven graduates competing across three sports including athletics, swimming and hockey.



Regional Academies of Sport. graduates accounded for 30% of Australia's total medal tally with IAS graduate Emma McKeon crowned Australia's most successful athlete.

I would like to acknowledge and thank the various 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 Andrew Barrett, Angela Ratini and Selin Kahraman for their hard work and dedication to the daily running of the Academy.

Finally I would like to personally thank the Board for their support and guidance over the past twelve months. I am extremely proud of what the IAS has achieved in 2016 and excited about the challenges ahead in 2017.

SHANNON FRASER | General Manager Illawarra Academy of Sport

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

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



ILLAWARA ACADEMY OF SPORT ANNUAL REPORT 2016

This annual review covers the activities of the Illawarra Academy of Sport Incorporated for the period 1st January 2016 to 31st December 2016.

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 Email: Info@ias.org.au Website: http://www.ias.org.au

IAS Staff Contact Details:

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SELIN KAHRAMAN | Finance Manager

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

ANDREW BARRETT | Program & Athlete Development Manager Phone: (02) 4225 3899 | Email: sports@ias.org.au

IAS PARTNERS 2016

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

IAS CORPORATESPONSORS 20156

Collegians Rugby League Football Club
University of Wollongong
Southern Phone
BlueScopeWIN Community Partners
BaiMed
Illawarra Mercury
MCT Solutions
Big Fat Smile
CRAM Fluid Power
Hume Coal
Premier Transport Group
Aceit Sportswear
Choice Home Loans
Soto Engineering Consultants
Peoplecare

IAS LIFE MEMBERS

Mr. Ted Tobin OAM (Deceased) Mr. Brian Weir PSM Mr. John O'Dwyer OAM Ms Margaret Corbett OAM



ILLAWARRA ACADEMY OF SPORT 2016 OVERVIEW







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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 ten (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 has been 537 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.



BOARD OF DIRECTORS

The Academy is an independent, incorporated sporting organisation that is governed by a sixteen (16) member Board of Directors which is comprised of 9 permanent representatives and 7 elected community representatives. Board of Directors meetings are held bi-monthly and each of the five local Councils 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. Larry Whipper Represented by Cr. Garry Turland

Lord Mayor of Wollongong

Cr. Gordon Bradbery. Represented by Mark Bond/Jenny Towers

University of Wollongong Vice Chancellor

Represented by Canio Fierravanti

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 (retired December 2015)

Community Members - Wollongong

Bill Dowson

Brian Baird

Amy Duggan

Community Member - Shellharbour

Gary Lord

Community Member - Kiama

Dr Gregg Rowland

Community Member - Shoalhaven

David Goodman

Community Member - Wingecarribee

Reg Smith

Executive Elected

President	Cr John Wells Mr Brian Baird
Business Plan & Policy Sub-Committee Chair	Brian Baird
Finance & Audit Sub-Committee Chair	Bill Dowson
Sports & Education Sub-Committee Chair	John Wells
Marketing, Communication & E Sub-Committee Chair	







Brian Weir PaM

John Wells

Bill Day con





Brian Baird

Clare Rogers

Jenny Towers







Reg Smith

Peter Bowmen







Canio Flerravanti

David Goodman

Phil Parle

Garry Turiand







Gary Lord

Gregg Rowland

Amy Duggan





Mark Hume (retired)

Mark Bond (retired)

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 Sport - 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.

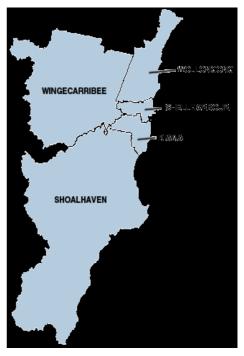
Australian Institute of Sport

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 Wingecarribee. Illawarra covers an area of 8,485 square kilometres and extends from Helensburgh in the north, Ulladulla in the south and across to the Southern Highlands in the west.

The region has a population of approximately 440,000.



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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 three (3) full-time staff and one (1) part-time staff in 2016.

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

Staffing Levels During 2016

Full Time

General Manager	1
Administrative Officer	1
Program & Athlete Development Manager	1

Part Time:

Finance Manager

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 2015. Again, the feature proved extremely popular with athletes & families, sponsors and supporters.

The IAS monthly eNewletter, STAR NEWS, 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.



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











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:

- Reside in the Illawarra region (Wollongong, Shellharbour, Kiama, Shoalhaven and Wingecarribee);
- Display an ability to apply coaching and technical instruction;
- 3. Demonstrate dedication to improving performance;
- 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

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
 - iv. In-2-Uni Academic Support









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 2016 education consultants included:

- Jodie Hurst BaiMed Nutrition
- David Baracoa—Condor Performance
- Tim Robinson-WIN Television
- Hilton & Marianne King-Toastmasters
- ASADA—Australian Sports Commission
- Ian Hatfield—Athletic Development Coach
- Mick Baines-BaiMed

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.



STAY AND TRAIN



Sport and Recreation has 11 Centres in NSW, set in scenic river, beach, bush or alpine locations.

With state-of-the-art facilities and modern accommodation, the Centres are popular not just with elite athletes but also sporting groups, families, corporates and community groups for all types of functions and events.

Visit sportandrecreation.nsw.gov.au or call 13 13 02.



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, Wingecarribee, Shell-harbour, 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 2016, the eleventh year of the Games, the Illawarra Academy attended the Academy Games on the Central Coast of NSW and had a team of 74 athletes (and coaches) from four of its sports programs: golf, hockey, netball and triathlon.





Athlete Inductions

In 2015 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.



Margaret Corbett OAM-IAS Life Member

Margaret Corbett OAM was the Academy's first Netball Coordinator and served from 1985 to 1992. For much of this time she was also the NSW Open Team Coach and the NSW Director of Coaching, a member of the Australian Team selection panel, as well as holding a number of other Netball positions at a State and National level.

The structure and high standard of the Academy's netball program since 1985 has been due to Margaret's strong input, exceptional knowledge and love of netball.

Margaret was made a Life Member of Netball NSW in 1982. In 2006 she was inducted into the NSW Netball Hall of Fame and in 2013 was awarded an Order of Australia Medal for her services to Netball. The Illawarra Academy of Sport is privileged to have had the very valuable services of Margaret for so many years.

IAS Southern Phone Presentation Night 2016

The Annual Athlete Graduation and Award Presentation Night was held at the Novotel Wollongong Northbeach The event attracted over 430 people including dignitaries, athletes, coaches and family members.

Tim Roberson from WIN TV oversaw the presentation of awards as Master of Ceremonies. The event acknowledged the achievements of the 2016 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 2016

The IAS hosted its annual Golf Day in mid November at the Russell Vale Golf Course. The event was once again highly successful with all proceeds raised going directly to the development of young golfers within the region through the IAS Golf Program.

The sponsors who supported this event include the Wollongong City Council, Go Hire, Big Fat Smile, Jack Newton Junior Golf, URAC, IRT, Bob Jane T-Mart - Wollongong, Illawarra Golf Association, Dapto Leagues Club, Illawarra Hawks, Print Media, UOW, Warilla Bowls, Par-Tee Virtual Golf & Ziems Butchers.



RAS Parliamentary Reception

A highlight of the year was the 2016 Regional Academies of Sport Parliamentary Reception. This annual event is hosted by the Speaker of the House and member for the South Coast Hon. Shelly Hancock .

The Minister for Sport, Hon. Stuart Ayres MP provided the official address while local members Gareth Ward MP, Noreen Hay MP and Mayor of Shellharbour, Cr Marianne Saliba's representative on the IAS Board, Mr Brian Weir PSM along with IAS General Manager Mr. Shannon Fraser were also in attendance.

Athletes Chloe Heffernan (cycling), Emily Lord (equestrian) and Matthew Hearne (AWD) represented the IAS.







Total Scholarships Offered 1986 -2016

ATHLETES WITH A DISABILITY	
Male	44
Female	32
BASKETBALL	
Male	130
Female	128
CRICKET	
Male	559
Female	95
CYCLING	
Male	156
Female	68
GYMNASITCS	
Female	26
GOLF	
Male	199
Female	53
HOCKEY	
Male	462
Female	472

LONESTAR (aka IAP)	
Male	112
Female	135
LAWN BOWLS	
Male	104
Female	54
NETBALL	
Female	652
RUGBY LEAGUE	
Male	666
RUGBY UNION	
Male	494
SAILING	
Male	81
Female	25
SOCCER	
Male	144
Female	1

SURFING	
Male	45
Female	5
SWIMMING	
Male	92
Female	79
тоисн	
Male	35
Female	23
TENNIS	
Male	20
Female	26
TRIATHLON	
Male	15
Female	15
RUGBY SEVENS	
Male	10
Female	10
TOTAL SCHOLARSHIPS	5267



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The MCT team proactively manage your IT systems, delivering exceptional up-time & minimising business risks. We manage your IT, while you get on with managing your business without IT down-time interruption.

Illawarra Academy of Sport Honour Roll

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

Sport	Athlete	Achlevement	IAS Year
Athletics	Ryan Gregson	2012 & 2016 Olympic Games and 2014 Commonwealth Games	2008
Athletics	Madeline Hills (nee Heiner)	2016 Olympic Games and 2014 Commonwealth Games	2004
AWD	Siobhan Paton	World Champion and 2000 Paralympics Gold Medallist	1998
AWD	Megan Newell	2011 Special Olympics Gold Medallist	2002
AWD	Jessica Smith	2004 Paralympic Games	2003
AWD	Brett Stibners	2016 Paralympian and 2008 Paralympic Gold Medallist	1996
Cricket	Brett Lee	2008 Cricket World Cup	1990
Cricket	Shane Lee	1999 Cricket World Cup	1989
Cycling	Rochelle Gilmore	World Champion and Commonwealth Gold Medallist	1996
Cycling	Ben Kersten	2006 Commonwealth Games Gold Medallist	1995
Cycling	Josh Kersten	1998 Commonwealth Games Bronze Medallist	1994
Cycling	James Williamson	MTB 24-hour Solo World Championships Gold Medallist	2002
Cycling	Caleb Ewan	2014 Commonwealth Games	2010
Hockey	Kieran Govers	World Champion, 2012 Olympic Bronze Medallist and 2014 Commonwealth Games Gold Medallist	2004
Hockey	Blake Govers	2016 Olympic Games	2012
Hockey	Grace Stewart	2016 Olympic Games	2014
Hockey	Tristan White	2014 Commonwealth Games Gold Medallist & Australian Kookaburras	2006
Hockey	Flynn Ogilvie	2015 Indoor Hockey World Cup & Australian Kookaburras	2007
Hockey	Melissia Simpson	2007 Indoor Hockey World Cup	2002
Hockey	Emma MacLeish (nee Cobbin)	2011 Indoor Hockey World Cup	2004
Hockey	Simon Beaton	2015 Indoor Hockey World Cup	2000
Hockey	Heath Ogilvie	2015 Indoor Hockey World Cup	2008
Hockey	Kurt Ogilvie	2011 & 2015 Indoor Hockey World Cup	2000
Hockey	Lyndal Ogilvie	2011 Indoor Hockey World Cup	2001
Hockey	Kylie Smith	2011 Indoor Hockey World Cup	1999
Kayaking	Zoe Lynam (nee Uphill)	2008 Olympic Games	1999
Lawn Bowls	Karen Murphy	World Champion and Commonwealth Games Gold Medallist	1990
Lawn Bowls	Leif Selby	World Champion and 2010 Commonwealth Games Silver Medallist	1990
Lawn Bowls	Bret Duprez	World Champion and 1998 Commonwealth Games Gold Medallist	1990
Rowing	David Smith	2012 Olympic Games Gold Medallist	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. 1A5 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 Fitzgibbons	World Surfing Championships	2007
Surfing	Kim Wooldridge	World Surfing Championships	1988
Surfing	Chad Ryan	World Surfing Championships	1990
Surfing	Jake Spooner	World Surfing Championships	1988
Surfing	Todd Prestage	World Surfing Championships	1988
Swimming	David McKeon	2016 and 2012 Olympics Games and 2014 Commonwealth Games Gold Medallist	2010
Swimming	Jarrod Poort	2016 and 2012 Olympics Games	2010
Swimming	Emma McKeon	2016 Olympic Games Gold Medallist and 2014 Commonwealth Games Gold Medallist	2010
Swimming	Robert Hurley	2010 Commonwealth Games	2006
Swimming	Jason Cram	World Champion and 2002 Commonwealth Games Gold Medallist	2000
Swimming	Lori Munz	1998 Commonwealth Games Gold Medallist	1997
Swimming	Sarah Kasoulis	2002 Commonwealth Games	1999

IAS Graduates tha	t have represented at an interr	national Level	
Sport	Athlete	Achievement	LAS Year
AWD	Sam Hardaker	Australian Disability Swim Team	2001
AWD	Jacqueline Charlesworth	Australian Women's Wheelchair Basketball Team	1999
ricket	Phil Jaques	Australian Cricket Team	1993
ricket	Adam Zampa	Australian Cricket Team	2007
cycling	Amiel Cavalier	Australian MTB Team	2005
Cycling	Josh Wall	Australian Cycling Team	2001
Golf	Jordan Zunic	Winner of the New Zealand Open	2007
fockey	Stephen Madge	Australian Kookaburras	2000
Hockey	Kyah Gray	Australian Indoor Hockey Team	2009
Lawn Bowls	Sarah Boddington	Australian Women's Team	2008
Vetball	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 Wallables	1999
Rugby Union	Dan Palmer	Australian Wallabies	2004
9wimming	Ben Denner	Australian Swimming Team	2000
Swimming	Kaine Love	Australian Swimming Team	2000







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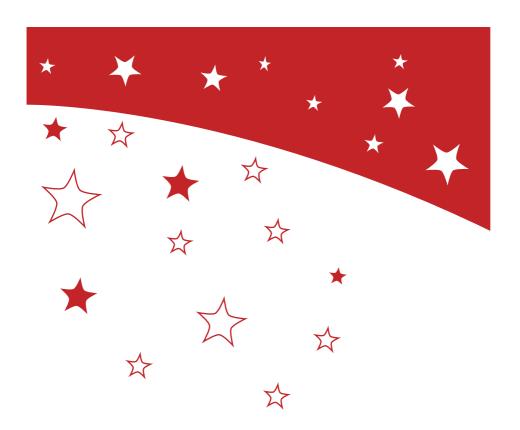












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IAS Program Manager Report 2016

2016 was a fantastic year for the Academy, with one hundred and sixty-five (165) graduating athletes of ten (10) sport programs covering twenty-one (21) different sports.

In 2016 the IAS offered Sports Scholarships across 10 programs: Cricket, Cycling, Golf, Hockey, Lawn Bowls, Netball, Rugby 7's, Triathlon, as well as non-sport specific LoneStar Program and Athletes with a Disability Program.

Once again, the scholarship year started in October 2015 with our induction weekend. This weekend saw all athletes and parents from all programs (excluding cricket) gather at the University of Wollongong.

In 2016 the IAS Community Outreach Program provided opportunities for scholarship athletes to get involved in targeted community projects as part of their holistic development and support of local community. The IAS continued and developed new relationships with a variety of local community organisations including The Cancer Council, The Disability Trust, The Salvation Army Southern Highlands Tulip Festival and Big Fat Smile to which IAS athletes and staff volunteered their time to support various fundraising events or projects.

The IAS Sports Education Curriculum was further enhanced 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. In 2017 this will be further developed with the development underway for an on line training platform to provide a greater service to scholarship athletes.



The resistance program was further developed, with the assistance of BaiMed and was initiated in each sport with Athletes having access to three resistance sessions a week at the High Performance Training Area in the UOW Sports Hub. 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.



Many of our current athletes achieved sporting excellence in 2016. These included:

- Chloe Heffernan -
- 1 Gold, 1 Silver and 1 Bronze at the U19 Oceania Track Championships
- Courtney Buchanan -

Bronze Medal at the South East Asian & Pacific Fencing Championships

• Maddy Eaton -

Achieved the highest honour for her age in Netball being selected in the Under 17's Australian Netball Squad at the age of 15. Maddy has also been awarded a NSW Institute of Sport Scholarship for 2016/2017.

· Abby Holmes -

Selection in the Australian Rugby Union's National Youth Rugby 7's De velopment Squad.

· Lucy Cliff -

NSW All Schools Triathlon State Champion and selected into the NSW Triathlon Emerging Talent Squad for 2016/2017.

• Thomas Dolby -

Selected in the Hockey NSW Accelerated Athlete Program and subsequently the NSW U18's Men's Hockey Team

• Matthew Hearne -

Selected in the Open Australian Pararoos Paralympic Football Team

- Mitchell Wright -
- 3 Gold at the Australian Junior Track Cycling Championships



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 am extremely proud of what the Academy has been able to achieve in 2016 and I am excited about the challenges ahead in 2017.

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

Andrew Barrett

Programs & Athlete Development Manager

IAS Athlete with a Disability Program Report 2016

After being relaunched in 2014, the Academy's Athlete With a Disability Program (AWD) has come along in leaps and bounds illustrating the high level on talent within the Illawarra and wider region. Since the first AWD Program in 1998 the AWD has produced 4 Paralympians and 11 Paralympic Medals and this year we have quite possibly unveiled a number of future Paralympic Champions.

In 2016 we have continued to see great results, improvements and development from all athletes within the program. We have seen both Patrick Mitchell and Rocco Musumeci representing New South Wales and Australia in Futsal where the boys played at the National Championships in Canberra and Special Olympics tournaments. Similarly we have had Timothy Walsh continue to perform at a high standard in basketball making the Special Olympics teams representing at both a state and national level. In swimming this year we have had both Jarrod Dyer and Georgia Smyth continue to display an exceptional level of application, enthusiastic and consistency throughout the program, which has resulted in both of them being selected as part of the New South Wales swim squad for their respective age groups. Additionally both have continued to impress in the pool, setting numerous NSW and Australian records and collecting an array of medals at nearly every swimming meet they compete at.

We have seen a high level of consistency and development through this year in swimmer Tarren Dyer where he has displayed a comprehensive level of improvement through not only his racing but also his overall strength and fitness levels. His somewhat cheeky attitude and humour are always present throughout all training sessions, greeting any challenge with a smile. Athletes Kyle Jesshope and Matthew Hearne have both continued to display a high level of commitment and performance in their sports. Both athletes have been in the program for consecutive years and have achieved outstanding results and personal development during 2016. Kyle plays hockey at a state level and also continues to play in the highest representative level in the open men's division. Matthew is a talented swimmer who continues to perform both in the pool and at all training session with significant improvements throughout all areas of his training.

We are lucky to have two females join our squad this year; Georgia Smyth and Kirra Lockett. Kirra is the athletics – thrower in our squad and is one young lady who always has a smile on her face and has embraced the program immensely. She displays a positive attitude towards all she does and has continued to develop at a high level throughout all aspects of her training and competition. All athletes have developed not only as young athletes but all as young, positive and driven young people, most overcoming hurdles throughout the year round including injuries, hardships and the stresses of work and school, yet have all demonstrated resiliency and dedication to their sports and training.

The athletes completed weekly strength and conditioning sessions at Beaton Park Leisure Centre, with them also gaining full memberships compliments of Wollongong City Council to allow them to have access to the facilities and train more frequently.

The athletes also completed monthly education sessions at the University of Wollongong in Goal Setting, Time Management, Drugs in Sport, Media Awareness, Public Speaking, Sports Nutrition, Athletic Performance, Fitness testing and Sports Psychology.



The AWD program has been able to achieve these great results due to the support of Choice Home Loans and our partnerships with The Disability Trust and Beaton Park Leisure Centre.

I would like to thank Paul and Julie Wright owners of Choice Home Loans Wollongong, for their financial investment and commitment to the program, their son Mitchell Wright who is a current IAS Scholarship holder for his assistance 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, Kurt Freeme and Michelle Bourke have been outstanding in their level of support that they have provided to assist in facilitating such a program.

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 the last 12 months. It has been an absolute pleasure to be associated with such a wonderful group of young and outstanding athletes.

I am very proud of what the Academy has been able to achieve in 2016 with the AWD program and I am excited and look forward to what we can achieve in 2017.

PROGRAM SNAPSHOT

Ages: 14 – 25 years during scholarship
Squad: 2 Females and 7 Males
Program Year: October – September (11 months)
Key People: Kurt Freeme (AWD Coach & Educator)
Andrew Barrett (Co-ordinator)

2016 IAS Athlete with a Disability Squad

Timothy WALSH (basketball), Jarrod DYER (swimming), Tarren DYER (swimming), Kirra LOCKETT (athletics), Rocco MUSUMECI (soccer), Kyle JESSHOPE (hockey), Patrick MITCHELL (soccer), Georgia SMYTH (swimming), Matthew HEARNE(swimming)









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IAS BlueScopeWIN Cricket Program Report 2016

The Illawarra Academy of Sport Program is an off-season development program for male athletes aged 12 to 17. The program is a constituent of the Cricket NSW Elite Pathway for Youth Males and provides the opportunity for scholarship holders to develop their cricketing skills, as well as gain experience and exposure to other elements of high performance sport.

The skills sessions were aimed at addressing technical deficiencies and improving strengths of players, as well as developing their ability to translate the technical skills into match situations. The players responded well when discussing their technical deficiencies and actively took on advice where provided, demonstrating a strong willingness of the players to learn and improve.

Players also looked to learn a second skill throughout the program, to become more multi-dimensional players moving forward.

Game sense strategies is an area that has been identified by Country Cricket NSW as an area of improvement for country cricketers. As such, he IAS Program incorporated different match sense activities and drills to allow scholarship holders to improve their skills in one day and T20 cricket, as well as the traditional longer formats. The aim of this is to develop cricketers that are adaptable to different formats, and have the ability to manipulate their style of play to suit the situation of the game.



Throughout the program, the Illawarra Academy of Sport offered a number of other high performance sessions to develop well-rounded athletes. There were 5 education sessions conducted by various industry professionals to provide expert advice to players regarding sports psychology, nutrition and media awareness.

The scholarship holders also underwent 8 strength and conditioning sessions where they developed cricket-specific functional movement patterns, muscular strength and cardiovascular fitness to prepare them for future resistance training sessions as they progress as athletes.



The Illawarra Academy of Sport program is a pathway program to allow scholarship holders the opportunity to gain experience of life as a professional cricketer and improve their skill base in preparation for future pathway programs through the Cricket NSW system. The squad selected have all demonstrated a positive attitude and willingness to learn which will hold them in good stead moving forward.

This program is the only program in the Cricket NSW program without an athlete levy, and as such would not be possible without the support of the sponsors, particularly major partners Collegians RLFC, NSW Office of Sport and Recreation and the University of Wollongong Australia. Recognition must also go towards the assistant coaches Ty Barton (South Coast) and Jacob Hand (Illawarra) for their tireless efforts throughout the duration of the program. They have enabled the athletes to develop their on-field skill sets and cricket-specific knowledge, allowing growth and improvement amongst the squad.

PROGRAM SNAPSHOT

Ages: 14 – 16 years during scholarship

Squad: 21 Athletes Program Year: June – October

Key People: Mitch Calder (Head Coach)
Ty Barton (Assistant Coach)
Jacob Hand (Assistant Coach)

2016 IAS BlueScopeWIN Cricket Squad

Callum BARTON, Harrison BENN, Rhys BURINAGA, Ryan CHARD, Seth COLLIER, Jack COLLIMORE, Aidan COOK, Blake DENNEY, Ryan EMPSON, Cameron FERNIE, Brodey FIEN, Harry HOBSON, Luke HUARD, Hugo IKEDA, Bailey LEADBITTER, Liam MACKRELL, James MORTON, Thomas NOLEN, Ky NUNN, Nathan TREBEL, Cooper WARD









IAS Cycling Program Report 2016

The Cycling Program has continued to build upon the success of the 2015 squad. The 2016 squad consisted of 11 athletes in age divisions from U13 to U19.

The 2016 IAS Cycling Program required athletes to attend two sports specific training sessions per/week during the track season and two sports specific training session per week during the road season.

Athletes also completed the educational curriculum of Sports Nutrition, Performance Psychology, Media Training, Injury Management and Public Speaking.



The IAS Cycling Program Coaches provided expert skills development sessions to members of the IAS Triathlon Squad during the 2016 program year.

During the 2015/16 Track & Road seasons, IAS Cycling Program athletes competed in major Track, Road and BMX Cycling events including:

- 1. Australian Junior Road Championships (Shepparton, Victoria),
- 2. Oceania Track Cycling Championships (New Zealand),
- 3. National Junior Track (Sydney, Launceston, Melbourne, Adelaide),
- 4. NSW Track Championships (Sydney),
- 5. Australian Junior Track Championships (U15/U17 Melbourne)'
- 6. Australian Junior BMX Championships,
- 7. National Track & Road Championships (Under 19) Adelaide & ACT.

 $Five IAS\ Cycling\ Program\ athletes\ were\ selected\ to\ represent\ NSW\ at\ the\ Australian\ Junior\ \&\ Elite\ Track\ Cycling\ Championships.$



Highlights the Oceania Track Championships included:

1. Chloe Heffernan – Gold Oceania Individual Pursuit Champion, Silver Omnium

Highlights of the Australian Junior Track Championships included:

- 1. Mitchell Wright Three Individual and two team National Championship Gold Medals, NSW Team Male Captain
- $2.\ {\rm Kirk}\ {\rm Cleaven}$ Two Gold individual national championship and one Silver medals.
- 3. Zac Marshall One Silver Individual and Two Gold Team National Championship medals, Vice-Captain Male NSW Team.

PROGRAM SNAPSHOT

Ages: 12 – 18 years during scholarship Squad: 11 Athletes (4 females | 7 males) Program Year: October – September (12 months)

Key People: Mick Marshall (Coach) Mick Kejda (Coach) Kieran Heffernan (Manager)

Athlete Outstanding Achievements:

Kirk Cleaven:

BMX - 6th 2016 National Titles 14 boys

Gold 500 Time Trial 15 Men's National Junior Track Championships Gold Sprint 15 Men's National Junior Track Championships

Mitchell Wright:

Gold Individual Pursuit, Points Race, Scratch Race, Team Pursuit & Team Sprint National Junior Track Championships National Junior Track Series: 1st Overall 17 Men's

Chloe Heffernan

Gold Individual Pursuit Oceania Track Championships Silver Omnium Oceania Track Championships Gold Team Pursuit Australian Track Championships

Zachary Marshall

Silver Kerin National Junior Track Championships Gold Team Pursuit National Junior Track Championships Silver Team Sprint National Junior Track Championships

2016 IAS Cycling Squad

Luke BRITTEN, Ryan BRITTEN, Mitchell WRIGHT, Tearloch CARR, Tahlia DOLE, Samuel ESTELL, Chelsea OATEN, Zachary MARSHALL, Kirk CLEAVEN, Chloe HEFFERNAN & Amelia TRUKULIA



IAS Golf Program Report 2016

The 2016 IAS Golf Program again focused on the holistic development of the athletes through Sports Specific Skill Development, Athletic Movement Development, Elite Sports Education Curriculum, as well as Competition Performance and Strategy Development.

The sport specific training sessions involved coaching staff taking the athletes through a full range of skills and drills to improve their game and were of immense value to the athletes. The skill components included course management, short game, long irons, short irons, putting, fitness, swing analysis via iPod analysis, as well as using hi tech equipment such as Trackman, a specialist device owned by Jack Newton Junior Golf and delivered by Khan Pullen, Manager, coaching and development JNJG, 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, the Grange GC, Kiama GC, Kangaroo Valley GC and Par Tee Golf in Albion Park. 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 driving range, simulator 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. The industry leading screenings were provided by the IAS physiotherapy partner, BaiMed Sports Physiotherapy and Injury Clinic and are an essential component for the foundation of the Athlete Long Term Development (AITD) model. Adding to the IAS's holistic approach, the Athletes also received best practice guidance on warm up and cool down exercises and drills and recovery methods to implement in their training and competition.

The squad regularly trained Saturdays from 12pm – 5:00pm. These sessions involved both skill development training, educational sessions and maintained an emphasis on practical involvement based upon the principles gained through the theory sessions. This was particularly so with sports psychology, with Condor Performance involving the driving range at Kangaroo Valley. Things that were focused on in this session were, greater focus upon playing a golf course, lower scoring, increasing focus, switching on and off in addition to technical swing analysis.





The Squad travelled to two events to test their skills against the best athletes in the state, the first trip was to Bathurst for the JNJG Peter O'Malley Junior Masters and the second trip was to the Central Coast for the ClubsNSW Academy games. The trips were great for the athletes and coaches to see how competitive the athletes were in comparison to the best players in the state and to see how their ability and training performed in a high-pressure environment

In 2016 the IAS established a Talent Identification Program which saw 20 athletes identified at the Illawarra Junior Masters in January. These athletes were identified as having potential to receive an IAS Scholarship within the next 2 years.

The program was introduced this year to help give the younger less experienced athletes the opportunity to develop their game with access to extra coaching, basic swing fundamentals, Sport Specific training, learning how to practice with purpose and to give the coaches an opportunity to identify the next crop of athletes. The athletes attended a specialist session held at the Grange golf course. The junior Athletes were put through a series of tests to help the coaching staff gauge the ability level of each individual player with athletes provided feedback and training drills to help with their development. This is the first year that the IAS has introduced the Talent Identification Program and it was a huge success with the IAS now considering running an additional Development Squad in 2017.

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

2016 IAS Golf Squad

Kelsey BENNETT (Hilltop GC); Cassidy GRAHAM (The Links GC); Sarah JOHNSON (Kiama GC); Dannielle VASQUEZ (Bonnie Doon GC); Jarrod CALLAHAN (Russell Vale GC); Jakson HALL (Wollongong GC); Thomas HEATON (Port Kembla GC); Benjamin McMECHAN (Russell Vale GC); Jake REAY (Kiama GC); Jarrod WOOLMER (Russell Vale GC); Che SANDIFORD (Shoalhaven GC); Selena BOSEVSKI (Port Kembla GC); Sam MATTERS (Gerringong GC); Matthew LUKE (Gerringong GC); Luke TAYLOR (Gerringong GC)



IAS Hockey Program Report 2016

The Illawarra Academy of Sport Hockey Squad, sponsored by Southern Phones consisted of 26 athletes from the surrounding area. Training took place each fortnight over the summer period at local hockey fields including the University of Wollongong, Unanderra Hockey Stadium, Welby Hockey field and Croome Road Hockey Centre.

The athletes undertook hockey specific training session plus classroom sessions to develop a well-rounded athlete. These sessions included Sports nutrition, performance psychology, presentation skills, sporting pathways, media skills and athlete professionalism and were conducted by professionals in their fields. The athletes were also asked to attend strength and conditioning training provided by the IAS to help them to remain fit and healthy and to underpin their fitness and skills required for the game.

On the field sessions focused on further development of their core basic skills, game awareness, space creation, counter attacks, attacking and defencing structures, goal scoring and strategical play. With such a wide variety of focuses, athletes were able to understand what to do in different situations that they might face in a game situation.



The athletes were able to develop their individual games which transferred through to the team game as was displayed at the NSW Clubs Academy games. Throughout the year athletes were lucky enough to receive guest coaches to help learn new skills. NSW Arrows squad member Tegan Richards and Kookaburra Blake Govers assisted in counter attacking drills and speciality short corner skills. This was an invaluable experience for many athletes to see some of Australians best athletes and hopefully this relationship will continue with past Illawarra Academy graduates.

The hockey squads travelled to the Central Coast to play against the best athletes from around NSW in other Academies. This year the competition was again a 9 aside format, which allowed for open play and for the athletes to test out their skills they had acquired throughout the year.



The squad was put through a 2 hour training session under the watchful eye of NSW Hockey Regional academy coaches intermingled with the other academy's. Although it was very hot for these sessions the athletes took away some more key learning points and better understood what is required of them to make it to the next level.

At the conclusion of the Academy games a Merit team was announced with Hayden Welsh and Samara Miotto being named from the IAS.



Following the Academy Games Thomas Dolby was elevated to the AAP squad where he went on to gain further selection in the NSW Blues U/18 team. Jessica Potter has also been selected in the 2017 AAP squad.

The strength of the program in the past, present and future should be credited to the hard work of the Academy Staff, Supporting councils and especially the parents of scholarship holders.

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 increase the ability of hockey players from Illawarra, Shoalhaven and the Southern Highlands.

PROGRAM SNAPSHOT

Ages: 16 – 18 years during scholarship Squad: 13 Females and 13 Males Program Year: October – September (11 months) Key People: Gaye Tarrant (Girls Head Coach)

Alex Mackay(Boys Head Coach) Matt Davis (Manager)

2016 IAS Hockey Squad

Alicia VAN GASTEL, Savannah STEENKAMP, Emily McKINNON, Callum JOYCE, Jake SHEPPARD, Hayley BURRELL, Paige HORTON, Matthew TYLER, Erin GOLDING, Hannah PREEO, Samara MIOTTO, Caelam SMITH, Hayden WELSH, Jessica POTTER, Emma FOWLES, Rhys CHIVERS, Ben HAYMAN, Chloe JOHNSTON, Lachan JONES, Zoe MORRELL, Jasmine RILEY-WHITWORTH, Ashley STONE, Georgia WADE, Luke DOWNEY, Thomas DOLBY, Ryan HILL







IAS BlueScopeWIN LoneStar Program Report 2016

In 2016 the BlueScopeWIN Individual Athlete Program (IAP) was rebranded to the BlueScopeWIN LoneStar Program to better reflect the multiple sports that the program serviced not just the individual athlete sports.

The LoneStar Program was made up of twenty-nine (29) athletes from seven different sports, including Athletics, Equestrian, Fencing, Gymnastics, Surf Life Saving, Swimming and Hockey.

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 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 LoneStar 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, injury prevention, media awareness and public speaking.



All IAS LoneStar Athletes received Musculoskeletal Screenings and individualised pre-hab exercise programs to be completed 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.

There were a number of significant achievements made by athletes with BlueScopeWIN LoneStar program including:

Courtney Buchanan (Fencing) – Selected for Australian U17 & U20's Fencing Team

Trey Barlow (Athletics) -

Won gold in the U14's Shot Put and Discus at the Australian Junior Athletics Championships in Perth

Emily Lord (Equestrian) -

The EQUISSAGE Grand National Show Hunter Galloway over 14.2h n/e 15hh Class Champion at the Show Horse Council of Australia's Gallery Equine Grand National Championships

Payton Williams (Gymnastics) – Qualified for the National Championships to be held in Late May

Charlotte Bett (Athletics) – NSW CCC Gold Medal in the 400m and 800m – 13yrs



The LoneStar athletes along with those athletes from sport specific programs were offered the opportunity to participate in regular high performance resistance training sessions conducted 3 times a week at the University of Wollongong High Performance Gym.

These resistance training sessions were delivered in line with the 'athlete long term development model' 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 LoneStar Program.

PROGRAM SNAPSHOT

Ages: 11 - 18 years during scholarship

Squad: 28 Athletes
Program Year: October - September

Key People: Andrew Barrett (Coordinator)

IAS LoneStar Squad

Trey BARLOW (Athletics), Jake BEAUMONT (Surf Life Saving), Charlotte BETT (Athletics), Miranda BLADES (Gymnastics), Courtney BUCHAN-AN (Fencing), Sebastian BUCHANAN (Swimming), Hannah CRINNION (Athletics), Erin DALLEY (Athletics), Elena DELAVERIS (Athletics), Shirar-Paige DE HORTA (Gymnastics), Julia DEVITT (Equestrian), Tierney DUNNE (Athletics), Olivia FALCONER (Gymnastics), Courtney LEND-VAY (Swimming), Kate LEWIS (Athletics), Emily LORD (Equestrian), Joshua PARK (Athletics), James SEAL (Athletics), Hayley SEENEY (Swimming), Rosie TOZER (Athletics), Oriane VILLIERS (Swimming), Payton WILLIAMS (Gymnastics), Emelia WITHERS (Gymnastics), Jazmine YEW (Surf Life Saving), Rachel COONEY (Hockey), Comfort FERGUSON (Hockey), Kelsey HUGHES (Hockey), Daine RICHARDS (Hockey)



IAS Netball Program Report 2016

The Netball Squad has made considerable advances throughout the 2015-2016 program.

It has been a productive and competitive year for this year's Netball squad. The players have undergone specific fitness training as directed by Netball Australia Develop a Diamond Athlete Program (DADA) with a revised identifiable age group 14-16yrs. September 2015 was the commencement of the 2016 program seeing over 90 athletes from the IAS five regional council areas participate in the two phase trial, with a final squad of 24 athletes was selected.

Initial training sessions focused on the delivery and understanding of speed, strength and conditioning as well as re-establishing strong foundation skills for the individual, the team and the squad environment. Squad members have also had the opportunity to train and play against other NSW Regional Academies squads (RAS) and exposure to International, National and State coaching.

The program conducted squad training sessions throughout the Illawarra region of councils (IROC) to ensure that the IAS had maximum visibility to all regions ensuring all court sessions are open to associations, coaches, other athletes, and outside audiences.



The majority of the squad are currently preparing with determination for the upcoming 2017 Netball NSW under age selections commencing in November. Off the back of a successful 2015 trialling squad – 14 of the squad selected through to Phase II and 5 members continue through to the final phase. Laura Davenport and Madeline Eaton both successful in selection as a goal shooters into the NSW 17 and Under Team to play competing at Australian Championships in April 2016. Madeline was then further selected into the Australian U17 squad and attained a 12 month NSW Institute of Sport scholarship.

At the commencement of 2016 the squad attended a combined inter-Academy training and match play session with Western Sydney Academy of Sport and South West Sydney Academy of Sport squads at 'Netball Central' NNSW home at Olympic Park Homebush. The session drew the 3 Academy squads together with players undertaking self-evaluation of positional play, and squad skill activities. The IAS also had the exciting opportunity to undertake centre court attack work run by International Coach Gima Growdy, providing the squad with several mid court attacking options to enhance their growing repertoire of skillsets. The IAS squad completed the day with some exciting inter-match play. The ability to run the squad as in teams over this full day session was a positive approach to preparation for the Academy Games in April.



The Netball squad attended the Clubs NSW Academy games held over two days and hosted by Central Coast Academy. Recognising NNSW approach to building the holistic athlete to this year's program, the IAS entered the competition as two entire blended teams. This provided a completely level learning environment for all IAS athletes allowing self-drive, encouraging on court match shared knowledge development, personal maturity and ownership of roles off court as a part of their individual DADA pathway.

There were some pleasing results during the Academy Games, with the division one team performing against strengthened sides and coming away with some positive passages of play and strong learnings. The stand out match for Team 1 was contesting hard under pressure against the strengthened SWAS to come away with an extreme tight loss of only 1. The game certainly didn't reflect the momentum nor IAS spirit with the players revelling in the match up. Admittingly a very exciting match to watch! The division two team conducted a strong tournament, performing well through all aspects of the court. The development within this team featuring several strong combination options and 'wild cards' throughout the rounds. Tournament MVP players were Stephanie Lockett (Team 1) and Tara Malley (Team 2).



The Netball squad participated the Australian Youth Invitational Games (formerly NIB games) having two teams playing over a three day competition. Team 1 (led by co-captains Tara Malley and Emily Prouten) had their stand out match was against Sydney Netball Academy, and being very competitive throughout every match (deficits never greater than 5). Division one proving itself tough each and every round. Whilst Team 2 (led by co-captains Karlia Cook and Charlotte Lourey) found wins early being a front runner and undefeated by day 1 end. Both team completed respectful placings with Team 1 at 5th and Team 2 also at 5th.



During the tournament the squad was visited by NSW Coach Mentor Marion Van Munster, NSW HP coach & Selector Briony Akle, NSW Workforce Manager Di Brown and NSW Coaching Development Coordinator Jodi Rosenthal. Throughout round providing sideline feedback to both team and coaches, all excited about the performance oncourt and energy that the IAS coaching brings to the tournament. The squad performed exceptionally well, considering this tournament is competed just days post State Age Championships. Division one placing 5th overall against ten other academies. The division two performed well achieving 5th against twelve teams (narrowly missing 4th position). Congratulations to IAS Umpire Georgia Sturman achieving her National B Badge accreditation, testament to the IAS Umpire Program lead by Head Umpires Jodie Correia and Emma Corfield.



It is important to note that IAS is one of many Regional Academies positioned outside of the NSW Metro area. It is crucial to recognise the depth of talent and work rate that has been involved the past season to improve our consistency and performances throughout the program. 2016 has been a positive result for the program and all involved. The academy coaching staff worked directly throughout the program with regional associations, both coaches and players. This has had a positive impact on player development and load management with a strong emphasis on communication and responsibilities. Squad members have had the privilege of having exciting opportunities provided to them; 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 and High Performance Screening provided by IAS sponsors Bai Med.





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

Finally, the coaching & management team would like to acknowledge the IAS sponsors for their support of the netball program and to the IAS program staff to providing the means for the athletes to pursue their sporting dreams.

PROGRAM SNAPSHOT

Ages: 14 - 16 years during scholarship

Squad: 22 Athletes

Program Year: October - August (10 months) Key People: Marji Parr (Head Coach)

Elise Edney (Assistant Coach) Jessica Davis (Squad Coach) Sharon Briggs (Manager)

Highlights:

Events/Tours: Training Camp - Western Sydney

Academy of Sport

South Western Academy of Sport Regular training session match play ClubsNSW Academy Games - Avoca

AYI Games - Maitland

Athlete Achievements:

Netball NSW U17 State team Maddy Eaton

Australian U17 squad, NSWIS Scholarship holder

U20 Premier League contract - Team UTS

U20 Premier League contract - Team GWS Final Phase NNSW U17's trial

Academy Games (Div 2) MVP South Coast

2016 IAS Netball Squad

Emily Prouten

Tara Malley

Georgia BARR, Tahlia BOUKE, Rachel BURNETT, Hanna CASTLE, Sara CLARK, Karlia COOK, Emma DAVEY, Maddy EATON, Holly FURLONG, Rose HUGHES, Steffanie LOCKETT, Charlotte LOUREY, Tara MALLEY, Chelsie McKNIGHT, Bilyana MILEVSKI, Alexia MORLANDO, Elecia PARROTT, Emily PROUTEN, Cartia TARANTO, Courtney TEMPLE, Rebekah TUNSTALL, Karlie ZWOLSMAN, Eloise AUSTIN











IAS Lawn Bowls Program Report 2016

The Lawn Bowls Squad consisted of 8 Athletes for this year's program, after Warilla's superstar Toby Peters withdrew from the program early in the session due to other commitments. The squad training was based on the Athletes competition schedule during October 2015 through to August 2016. Training sessions were held at Warilla Bowls and Recreation Club, Figtree Bowling Club, Dapto Bowling Club and Bomaderry Bowling Club.

This year's squad saw the inclusion of 4 new faces and 4 previous members aging from 14 - 18.

The program took a back to basics 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.
- Team work.

With the inclusion of the IAS provided educational sessions such as:

- Sports Nutrition.
- Performance Psychology.
- Sports Pathways.
- Public Speaking.
- Drugs in Sport
- Time Management & Goal Setting

The program covered all aspects of our game on and off the green and was therefore extremely beneficial to all.



The Lawn Bowls squad did not compete in this years Academy games. However a NSW based 7 A-side competition was introduced this year consisting of 3 Academy squads, NSW State Boys Team, NSW State Girls Team and the National Training Center Squad. Illawarra Academy of sport competed against NSW and Australia's best players ranging from Junior's to Under 25 year competitors, finishing in 4th place and catching the attention from several State and National selectors.



All of the IAS members have represented at junior zone level at which they retained the Metropolitan Shield earlier this year. Kayleigh Darlington represented NSW and was successful in an Interstate Test Series versus QLD held at the Tugun Bowls Club QLD. Other Junior NSW Squad members are; Courtney Sopher, Perry Avnell and Chloe Koziol yet to debut in the State side.

Chloe Koziol won the Zone 16 Pairs event to advance through to the NSW State Junior Championships held at the Warilla Bowls Club, however was defeated in the sectional rounds.

The annual City v Country fixture which doubles as a NSW State Squad selection trial is scheduled for the weekend of 19-20th November 2016. This event is regarded as the big finale of traials for each calendar year with the NSW Squad named at its completion. Illawarra has a large participants in this event and would expect a number of junior's to be rewarded with selection into this elite NSW squad.

In this year's annual NSWCHS State Championships Kayleigh Darlington won Gold in the Triples discipline, whilst Perry Avnell, Noel Stopher, Chloe Koziol and Justin Rumble won Gold in the NSWCHS State Carnival defending the title 3 years running.

PROGRAM SNAPSHOT

Ages: 14 – 18 years during scholarship
Squad: 3 Females and 5 Males
Program Year: October – September (11 months)
Key People: Leif Selby (Head Coach)
Wes Falconer (Manager)

2016 IAS Lawn Bowls Squad









IAS Rugby Sevens Program Report 2016

The 2016 year was the first year that the Illawarra Academy of Sport conducted Rugby 7s for both boys and girls.

Illawarra Academy of Sport Rugby Union Program was conducted between September 2015 and April 2016.

A number of venues throughout the region were utilised and we would like to express our gratitude to Kiama, Shoalhaven, Bowral, Vikings and Wollongong University Rugby Union Clubs for use of their grounds.

Each training session saw the girls and boys turn up and enthusiastically embrace the range of skills and drills aimed at adding value to themselves as players in Rugby 7s.

These skills and drills involved contact situations, attacking and defensive work and the tackle contest.

The squad also attended lectures on Media Awareness, Sports Nutrition, Athletic Movement, Performance Psychology and they were also screened for Musculoskeletal ability by BaiMed Physiotherapy.



In addition to these activities the squad also attended weekly Resistance Training at the University gymnasium. The girls and boys demonstrated good sportsmanship and best behaviour at all times and are to be congratulated for their efforts.

Additional thanks must also go to the parents and gardians of all our girls and boys for their support

IAS Rugby Union Head Coach, Tony Leeder-Smith , Tammy Fletcher and Ranay Hall would like to thank the IAS staff, and the Australian Rugby Union for their ongoing support of the IAS Rugby Union Program .

We would also like to take this opportunity to congratulate the General Manager and staff of the IAS for their contribution to the success of the Illawarra Academy of Sport over its thirty year period of operation.



PROGRAM SNAPSHOT

Ages: 13 – 17 years during scholarship Squad: 8 Females and 12 Males

Program Year: October – April Key People: Tony Leeder-Smi

Tony Leeder-Smith (Head Coach) Tammy Fletcher (Squad Manager)

Ranay Hall (Manager)

Highlights:

The girls and boys competed in a 7s tournament in Newcastle where both the boys and girls finished with the silver medal.

We also had four girls make the NSW blue bells training squad - Majenta Collis, Keeley Davis, Abby Holmes and Rikeya Horne.

Abby Holmes was also selected in the Australian youth training squad.

2016 IAS Rugby Sevens Squad

Majenta COLLIS, Keeley DAVIS, Abby HOLMES, Rikeya HORNE, Maddison WEATHERALL, Leah SCHWEICKLE, Stefanie BALL, Ruari VON PROTT, Manaia CAIRNS, Tolson KENNERLEY, Jack MORRIS, Kane RODWELL, Jackson TIKKEROS, Reece APOLO, Opeti TAUFAHEMA, Valere MOISE, Ben BEACHE, Darcy COTTON, Harry VAUGHAN, Jeromy CAIRNS



IAS Triathlon Program Report 2016

The Illawarra Academy of Sport Triathlon program was a very successful one for the 2015/16 season.

This year the Triathlon program continued under the tutelage of Head Coach Alex Price with the additional support of new assistant coaches Melinda Witchard and Steve Crossman.

The program consisted of monthly group skills training sessions and competition races.

Skills sessions ranged from;

- Open water swim technical practice
- Bike skills and transition practice
- Run technique, including running hills well
- Group riding practicing riding in a draft legal race, which is the race format for most of the athletes at representative level
- Cycling Skills with IAS Cycling Program Head Coach Mick Marshall at Unanderra Velodrome



The competition races gave the athletes an excellent opportunity to race under the watchful eyes of the Coaches with key objective focuses for each race. They also provided a key opportunity for the athletes to learn, discover and begin to refine the 'art' of racing.

There were some excellent results through the year, both at local races and also at representative races, including All Schools and Academy Games.

Lucy Cliff won the NSW All Schools Senior Female Division, going on to finish 16th at the National All Schools Championships and subsequently gaining selection into the Triathlon NSW Emerging Talent Squad.



Troy Whittington had a strong year finishing 3rd at ClubsNSW Academy Games and 15th at NSW All Schools.

A big congratulations and thank you to the athletes on their commitment, dedication and application to learning and progression this year. There is some fantastic potential within the group. Also a big thank you to the parents of the athletes, their support is instrumental in the program and the athletes progression.

We are very much looking forward to a successful 2016/17 season!



PROGRAM SNAPSHOT

Ages: 13 – 18 years during scholarship Squad: 6 Females and 2 Males Program Year: October – September (11 months) Key People: Alex Price (Head Coach)

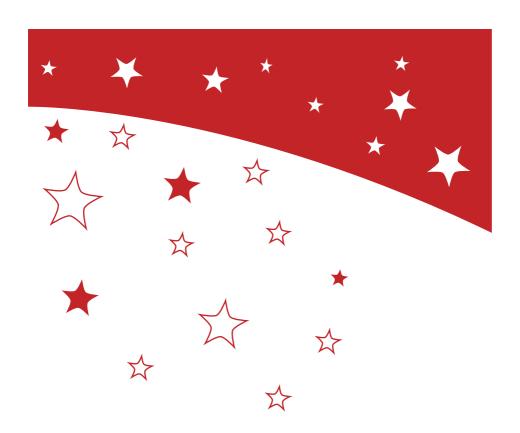
> Steve Crossman (Assistant Coach) Melinda Witchard (Assistant Coach)

2016 IAS Triathlon Squad

Grace MAHON, Riby SAWTELL, Troy WHITTINGTON, Lauren MY-ERS, Georgia ROBSON, Austin PALLONE, Jacinta CLIFF, Lucy CLIFF







ILLAWARRA ACADEMY OF SPORT 2016 AWARDS







PROUD FOUNDATION PARTNER OF THE ILLAWARRA **ACADEMY OF SPORT,** WITH JUNIOR SPORT FEATURED EACH THURSDAY.

I ERCURY



Athlete of the Year Awards

The IAS annually recognises a number of outstanding athlete across the ten 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 families 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 exceptional 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.

2015 is the fourteenth 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)

2014—Mitchell Wright (Cycling)

2015 — Courtney Buchanan (Fencing)

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 ensuing 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 2015 was Stefanie Hall

The Ben Mikic Memorial Award

In honour of former IAS Cycling Athlete Ben Mikic who tragically died in a cycling accident in 2007, the IAS Cyclist of the Year will receive the Ben Mikic Memorial Award.

The recipient of the Ben Mikic Memorial Award receives a \$500.00 scholarship courtesy of the Ben Mikic Foundation.

The recipient in 2015 was Kirk Cleavan



Courtney Buchanan: 2015 IAS Illawarra Mercury Tobin family Award Winner



Mitchell Wright: 2014 IAS Illawarra Mercury Tobin family Award Winner



Cameron Scott: 2013 IAS Illawarra Mercury Tobin family Award Winner

The IAS Illawarra Mercury Family Award is proudly sponsored by



2016 IAS Illawarra Mercury Tobin Family Award

Chloe Heffernan

IAS Illawarra Mercury Tobin Family Award Winner

Chloe Heffernan is a star of the future and a female athlete to watch out for in Tokyo 2020.

The 17 year old St Mary's Star of the Sea College student is a leader both on and off the track, part of the 2016 School Leadership Team as house captain, responsible for leading the house in sporting carnivals and community events.

Chloe has supported and raised funds for a number of charities throughout 2016 including Australia's Biggest Morning Tea and Vinnies Winter Appeal.



Chloe has been performing at high level in both track and road cycling and is a consistent competitor across all facets of cycling. Her results on the track and road at State, National & International Level are impressive and she will continue this form & momentum into the upcoming 19 women's ranks as a second year on the track at Oceania's and National Championships in 2017.

In 2016 Chloe won 1 Gold, 1 Silver and 1 Bronze at the U19 Oceania Track Championships and has been selected in to the 2016 Subaru NKC NSWIS Women's Cycling Team and the 2016 NSW High Performance State Talent Squad.







2015/16 Cycling Results

2015 U17 National Road Championships Silver - Time Trial

2016 U
19 Oceania Track Championships Gold - Pursuit, Silver - Omnium & Bronze - Scratch Race

2016 U19 State Omnium Championships Silver

2016 U
19 State Track Championships Silver- Points Race, Silver - Pursuit & Bronze
 – Time Trial

2016 National Track Championships Silver - Teams Pursuit (elite women category)

2016 U19 State Hill Climb Championships Gold

2016 U19 State Road Championships Gold - Road Race & Bronze - Time Trial

2016 U19 Junior World Road Championship selection race 3rd place Selected into the 2016 Subaru NKC NSWIS women's cycling team Selected into the 2016 High Performance state talent squad



Matthew Hearne IAS AWD Athlete of the Year 2016

After winning the National Championships with the NSW Paralympic Football Team, Matthew was selected in the open Australian Pararoos Paralympic Football Team to compete in Denmark at the World Championship Qualification Tournament in July. Matthew had an outstanding Tournament and was integral to the team qualifying for the World Championships in Argentina in 2017.

Matthew is also an outstanding swimmer and currently holds 4 Australian records and 5 NSW records in the 16 years S10 Multiclass classification



Luke Huard IAS Cricket Athlete of the Year 2016

Luke is a 16yr old cricketer from the North Nowra-Cambewarra Junior Cricket Club in the Shoalhaven. He is a classy right handed top order batsman who also bowls accurate medium pace.

Luke is a very disciplined cricketer and is dedicated to improving all aspects of his game. He is a natural leader amongst his peers and shows this through his actions on and off the field.



Chloe Heffernan

IAS Cycling Athlete of the Year 2016 (Ben Mikic Award)

On the Road in 2016, Chloe Won Gold at the U19 State Hill Climb Championships and at the U19 State Road Championships won Gold in the Road Race and Bronze in the Time Trial.

On the Track 2016, Chloe Won Silver at the U19 State Omnium Championships, another two silvers at the U19 State Track Championships in the Points Race and Pursuit and a Bronze in the Time Trial.

She then went on to represent at the U19 Oceania Track Championships where she won \underline{a} Gold in the Pursuit, Silver in the Omnium and a Bronze in the Time Trial.



Danielle Vasques IAS Golf Athlete of the Year 2016 (Vic Burrows Award)

Danielle is a dedicated Golfer who has reached great heights in 2016. Danielle won a number of tournaments including The Harvey Norman Week of Golf, Wagga Wagga Junior Masters, Collegians Illawarra Masters, Golf Illawarra District Girls Championship and NSW Golf Club's Women's Silver Cup.

She has been a member of the Jack Newton Junior Golf NSW Development Squad since 2013 and this year was named captain of the NSW All Schools Golf Team.



Thomas Dolby IAS Hockey Athlete of the Year 2016

Thomas is a dedicated athlete who in 2016 has excelled on the Hockey NSW State Development Pathway.

At the 2016 ClubsNSW Academy Games, Thomas was identified and Selected in the Hockey NSW Accelerated Athlete Program and subsequently the NSW U18's Men's Hockey Team that competed at the Australian National Hockey Championships held in Launceston, Tasmania.



Courtney Buchanan IAS LoneStar Athlete of the Year 2016

Courtney was the winner of the IAS Illawarra Mercury Tobin Family Award in 2015 and in 2016 has continued her success in her sport of Fencing.

In 2016 Courtney has represented Australia at the under 17 and under 20 age levels and won a Bronze Medal at the South East Asian & Pacific Fencing Championships. Courtney is a member of the NSW Fencing Squad, Australian Fencing High Performance Program and the Australian Fencing Squad.

Courtney was also recognized this year in the Wollongong City Council Australia Day Awards with a Highly Commended Sports Award and awarded the Illawarra Women's Day Kerryn McCann Award for Women in Sport.



Courtney Sopher IAS Lawn Bowls Athlete of the Year 2016

Courtney has a fantastic future in Lawn Bowls purely through her determination, passion and commitment to her training.

Courtney is 2016 Metropolitan Shield Winner, NSWCHS Triples Champion and a member of the NSW Junior State Squad.



Maddy Eaton IAS Netball Athlete of the Year 2016

Maddy's ability to process and harness feedback has seen her develop strong self-drive and expectations when it comes to her own performances both in training and matches.

In 2016 she achieved the highest honour for her age in Netball being selected in the Under 17's Australian Netball Squad at the age of 15.

Maddy has also been awarded a NSW Institute of Sport Scholarship for 2016/2017.



Abby Holmes IAS Rugby 7's Athlete of the Year 2016

Female Rugby 7s has come a long way in 2016, with the Girls bringing home Gold from Rio.

Abby has also had an outstanding year gaining selection in the National Youth Development Squad.

Abby has great potential in Rugby 7's and is one to watch who may be able to assist the Girls defend their Gold Medal in Tokyo in 2020.



Lucy Cliff IAS Triathlon Athlete of the Year 2016

Lucy continues to excel in Triathlon and in each of the three disciplines of Running, Swimming & Cycling.

In 2016 Lucy has won the Wollongong Australia Day Short Triathlon, Wollongong Sprint Distance Triathlon and is the NSW All Schools Triathlon State Champion.

She also won the 2km Mollymook Ocean Swim, achieved 6 top 10 finishes at the Pacific School Games in Swimming. Finished 2nd at the NSW U19 State Road Cycling Championships in the individual time trial and road race.

Illawarra Academy of Sport Class of 2016

IAS Athlete with a Disability Squad

Timothy WALSH (basketball), Jarrod DYER (swimming), Tarren DYER (swimming), Kirra LOCKETT (athletics), Rocco MUSUME-CI (soccer), Kyle JESSHOPE (hockey), Patrick MITCHELL (soccer), Georgia SMYTH (swimming), Matthew Hearne (swimming)

IAS BlueScopeWIN Cricket Squad

Callum BARTON, Harrison BENN, Rhys BURINAGA, Ryan CHARD, Seth COLLIER, Jack COLLIMORE, Aidan COOK, Blake DENNEY, Ryan EMPSON, Cameron FERNIE, Brodey FIEN, Harry HOBSON, Luke HUARD, Hugo IKEDA, Bailey LEADBITTER, Liam MACK-RELL, James MORTON, Thomas NOLEN, Ky NUNN, Nathan TREB-EL, Cooper WARD

IAS Cycling Squad

Luke BRITTEN, Ryan BRITTEN, Mitchell WRIGHT, Tearloch CARR, Tahlia DOLE, Samuel ESTELL, Chelsea OATEN, Zachary MARSHALL, Kirk CLEAVEN, Chloe HEFFERNAN & Amelia TRUKULIA



IAS Golf Squad

Kelsey BENNETT (Hilltop GC); Cassidy GRAHAM (The Links GC); Sarah JOHNSON (Kiama GC); Dannielle VASQUEZ (Bonie Doon GC); Jarrod CALLAHAN (Russell Vale GC); Jakson HALL (Wollongong GC); Thomas HEATON (Port Kembla GC); Benjamin Mc MECHAN (Russell Vale GC); Jake REAY (Kiama GC); Jamie REAY (Kiama GC); Jarrod WOOLMER (Russell Vale GC); Che SANDIFORD (Shoalhaven GC); Selena BOSEVS-KI (Port Kembla GC); Sam MATTERS (Gerringgong GC); Matthew LUKE (Gerringgong GC); Luke TAYLOR (Gerringgong GC)

IAS Hockey Squad

Alicia VAN GASTEL, Savannah STEENKAMP, Emily McKINNON, Callum JOYCE, Jake SHEPPARD, Hayley BURRELL, Paige HORTON, Matthew TYLER, Erin GOLDING, Hannah PREEO, Samara MIOTTO, Caelam SMITH, Hayden WELSH, Jessica POTTER, Emma FOWLES, Rhys CHIVERS, Ben HAYMAN, Chloe JOHNSTON, Lachlan JONES, Zoe MORRELL, Jasmine RILEY-WHITWORTH, Ashley STONE, Georgia WADE, Luke DOWNEY, Thomas DOLBY, Ryan HILL

IAS LoneStar Squad

Trey BARLOW (Athletics), Jake BEAUMONT (Surf Life Saving), Charlotte BETT (Athletics), Miranda BLADES (Gymnastics), Courney BUCHANAN (Fencing), Sebastian BUCHANAN (Swimming), Hannah CRINNION (Athletics), Erin DALLEY (Athletics), Elena DELAYERIS (Athletics), Shiira-Paige DE HORTA (Gymnastics), Julia DEVITT (Equestrian), Tierney DUNNE (Athletics), Olivia FALCON-ER (Gymnastics), Courtney LENDVAY (Swimming), Kate LEWIS (Athletics), Emily LORD (Equestrian), Joshua PARK (Athletics), James SEAL (Athletics), Hayley SEENEY (Swimming), Rosie TOZ-ER (Athletics), Oriane VILLIERS (Swimming), Payton WILLIAMS (Gymnastics), Emelia WITHERS (Gymnastics), Jazmine YEW (Surf Life Saving), Rachel COONEY (Hockey), Comfort FERGUSON (Hockey), Kelsey HUGHES (Hockey), Daine RICHARDS (Hockey)

IAS Netball Squad

Georgia BARR, Tahlia BOUKE, Rachel BURNETT, Hanna CASTLE, Sara CLARK, Karlia COOK, Emma DAVEY, Maddy EATON, Holly FURLONG, Rose HUGHES, Steffanie LOCKETT, Charlotte LOUREY, Tara MALLEY, Chelsie McKNIGHT, Bilyana MILEVSKI, Alexia MORLANDO, Elecia PARROTT, Emily PROUTEN, Cartia TARANTO, Courtney TEMPLE, Rebekah TUNSTALL, Karlie ZWOLSMAN, Floise AUSTIN

IAS Lawn Bowls Squad

Kayleigh DARLINGTON, Chloe KOZIOL, Courtney SOPHER, Perry AVNELL, Darren WOLTER-GUM-LEY, Noel STOPER, Justin RUMBLE, Matthew SOFTLEY.

IAS Rugby Sevens Squad

Majenta COLLIS, Keeley DAVIS, Abby HOLMES, Rikeya HORNE, Maddison WEATHERALL, Leah SCHWEICKLE, Stefanie BALL, Ruari VON PROTT, Manaia CAIRNS, Tolson KENNERLEY, Jack MORRIS, Kane RODWELL, Jackson TIKKEROS, Reece APOLO, Opeti TAUFAHEMA, Valere MOISE, Ben BEACHE, Darcy COTTON, Harry VAUGHAN, Jeromy CAIRNS

IAS Triathlon Squad

Grace MAHON, Riby SAWTELL, Troy WHITTINGTON, Lauren MYERS, Georgia ROBSON, Austin PALLONE, Jacinta CLIFF, Lucy CLIFF



SPORT	WOLLONGONG	SHELUHARBOUR	KIAMA	SHOALHAVEN	WINGECARRIBEE	TOTAL
Cricket				1.000	-Charles 4 44 400	
Male	11	2	1	4	1	19
Female	0	0	0	0	0	- 0
Cycling						
Male	5	1	0	5	1	7
Female	2	- 1	0	4	0	4
Gott						
Male	- 4	0	. 5	A .	0	10
Female	1	3	1	1	0	6
Hockey						
Male	7	1	0	1	2	12
Female	11	2	0	0	1	14
LoneStar						
Male	5	2.	0	.0	0	7
Female	15	4	2	1	0	- 22
Lawn Bowls						
Male	2	1	0	1	0	- 4
Female	- 4	2	0	.0	0	- 5
Nethall	12	3	1	5	2	23
Rugby Sevens						
Male	7	.0	. 2			10
Female	7	0	0	0	0	7
Triathlon						
Male	1	0	. 0	1	0	2 6
Female	- 4	1	- 1	0	0	- 6
Athlete with a Disability						
Male	5	1	0	9	3	7
Female.	- 1			0	1	- 2
TOTALS	101	25	13	16	10	165

SUPPORT OUR STARS OF THE FUTURE

A financial investment with the Illawarra Academy of Sport provides not only the means for our youth to pursue their sporting dreams but also tangible benefits for your business within the community. These include:

- Brand exposure and promotion
- ❖ Health media coverage
- Increase commercial opportunities

- Dedicated marketing campaigns through website, eNews and social media channels
- Community alignment

For more information on sponsorship packages available or to establish a meeting please contact SHANNON FRASER at the Illawarra Academy of sport on 4225 3899 or via email at gm@ias.org.au



































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