

ANNUAL REPORT

2017



illawarra
academy of sport
"a pathway to excellence"

CONTENTS

5 President’s Report

6 General Manager’s Report

ILLAWARA ACADEMY OF SPORT 2017 OVERVIEW

10 Corporate vision statement

12 Board of Directors

13 Administrative Operations

14 Academy Position & Structure

16 Scholarship Programs

18 Core Programs Components

19 Total Scholarships Offered

20 Honour Roll

ILLAWARA ACADEMY OF SPORT 2017 PROGRAMS

24 AWD

26 Basketball

28 Cycling

30 Golf

32 Hockey

34 Lonestar

36 Netball

38 Rugby 7s

40 Tenpin bowling

42 Triathlon

ILLAWARA ACADEMY OF SPORT 2017 AWARDS

44 Tobin Award

46 Ben Mikic Award

48 Vic Burrows Award

49 Athlete of the Year Awards by sport

56 Class of 2017

57 Scholarship Holders by Sport & Region

ILLAWARA ACADEMY OF SPORT 2017 FINANCIALS

60 Financial Reports

Because your personal best is yet to come.

UOW degrees are constantly evolving; giving you the skills employers want and preparing you for future careers. Our practical approach to learning means you'll graduate even more job-ready.

After all, the finish line is just the beginning.

uow.edu.au

TOP TEAM

#1 university in NSW¹

TOP COACHES

#1 in NSW/ACT for Teaching Quality¹

TOP EQUIPMENT

#1 in NSW/ACT for Learning Resources¹

IMPRESS SELECTORS

Employers are more satisfied with graduates from the University of Wollongong (UOW) than graduates from all other NSW universities²



UNIVERSITY
OF WOLLONGONG
AUSTRALIA

1. QILT 2017
2. Australian Government's Quality Indicators for Learning and Teaching 2017 Employer Satisfaction Survey (QILT ESS)



PRESIDENT'S REPORT 2017 AGM

It is my pleasure to present the President's Report for 2016 for consideration at the 2017 Annual General Meeting.

Over the past year, as we have now become accustomed, we have taken great pride in the outstanding achievements of, not only our current athletes but also our past athletes who compete with great success globally. We have produced alumni who are household names around the world.

Last year was the year of the Rio Olympics and so, once again our athletes performed on the Olympic stage.

The majority of the Illawarra's Rio Olympians were Academy alumni. They all performed with great distinction in Rio, with Emma McKeon at the forefront.

Such was the Illawarra's pride in the performance and achievements of the region's Olympians that a Welcome Home function was held in Wollongong. The Academy was invited to participate in the organisation of this event. The general public attended in significant numbers

and the Academy received excellent recognition on the day.

In September we held a very successful Presentation Night with the highlight being Chloe Heffernan, from our Cycling Program, being named as the Illawarra Mercury Tobin Family Award winner.

Later in the year the 2016 Parliamentary Reception hosted by the Speaker, Hon. Shelly Hancock, the Member for South Coast, was held at Parliament House. The Minister for Sport, Hon. Stuart Ayres, was the special guest.

GOVERNANCE

The Academy's financial position continues to be satisfactory and I thank everybody, whose commitment and support assists us to remain financially viable, especially our Finance and Audit Sub Committee and our Auditors, O'Donnell and Hennessy and Co.

SPONSORS

Fundamental to the Academy's existence is the support from our sponsors. We are most appreciative of the continued support from our sponsors the N.S.W. Government through the Office of Sport, the Local Governments in our region, the Illawarra business community, State and local sporting associations, the University of Wollongong, our Event Sponsor Southern Phone, and most importantly our Platinum Sponsor Collegians Rugby League Football Club, to whom we are especially grateful. To these and all our loyal Sponsors I offer our sincere thanks for your ongoing support of our talented young athletes. You are integral to our ongoing operations.

MEDIA

To the media of the Illawarra, I express our appreciation for your ongoing support of the Academy and our athletes past and present. You are a key conduit to our community for us.

COACHING/SUPPORT STAFF/ CONSULTANTS

To the coaches, managers, supporters and consultants, I also offer a big

"thank you" from the Board and staff for your contribution in 2016. We are fundamentally an educational organisation, and, as such, you are the key to our success- on and off the field, and, like our sponsors, are fundamental to the Academy's success in producing outstanding young sports citizens.

ACADEMY STAFF

To the Academy staff - General Manager Shannon Fraser, the Programs and Athlete Development Manager Andrew Barrett and office support staff Angela and Selin, I thank you, too, for your efforts in 2016 which reflect your deep interest in, and support for, our athletes.

THE BOARD

The Board, despite most having numerous other commitments, continue to show a passion for this organisation, just as the founding Board did, and work tirelessly to uphold their responsibilities as Directors of this Academy. I thank you for your great work. You are great role models for volunteering.

CONCLUSION

I will be standing down as the Academy President at this Annual General Meeting.

It has been an absolute honour and privilege to have served as President (Chair).

I wish to thank the Members, my fellow Directors, especially Vice President John Wells, and staff (past and present), the region's MPs, the Council General Managers and everybody associated with the Academy during my years as President (Chair), and externally- the Academy network in N.S.W. and the staff of the N.S.W. Office of Sport, who have all offered friendship and support during this time. It has been a great experience in my life and I am most grateful to the successive Mayors of Shellharbour Municipal/City Council for giving me the opportunity to be their delegate. Thank you.

Brian Weir PSM
PRESIDENT



GENERAL MANAGER'S REPORT 2017 AGM

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.

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

COLLEGIANS

RUGBY LEAGUE FOOTBALL CLUB WOLLONGONG

A PLACE FOR ALL OCCASSIONS

4 DINING AREAS
OVER 70 TAP & BOTTLE BEERS
\$6.50 LUNCH SPECIALS MON - FRI



COLLEGIANS.COM.AU | PH: 4229 7711
3A CHARLOTTE STREET WOLLONGONG

BaiMed

Reach your full Potential

Performance Centre | Wollongong | Woonona | Kiama | Shoalhaven



BaiMed. Providing access to the same level of service and care that the professional sporting population demand. No matter who you are, we can help you with all your physiotherapy needs.



Our specialist staff will help you be stronger, faster, fitter, reduce injury risk and perform better in your chosen sport.



More than just the pelvic floor, we guide you through pregnancy and beyond with techniques to help you avoid unnecessary pain and discomfort.



Orthotics, footwear and so much more! Biomechanical assessment, injury screening and video analysis in combination with strength testing and sports specific footwear advice. Comprehensive management of the entire lower limb.



Whether it's a lifestyle goal, a medical condition or to enhance performance at sport, let us help you optimise your nutritional intake for the best results.



Sports injuries, headaches, pregnancy and musculoskeletal issues. Our holistic approach to how the skeleton, joints, muscles, nerves and circulation work together aims for total wellbeing.



Remedial massage or simply for relaxation, our therapists specialise in a variety of techniques to treat your individual requirements.



A range of advice and treatment for kids from newborns to adolescents in a family friendly and stress free environment. Let us help your child move, play and flourish in a fun and practical way.



www.baimedphysio.com.au

02 4227 1990

OVERVIEW

2017



illawarra
academy of sport
"a pathway to excellence"

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 Southern Councils Group area, including effective talent identification programs.

- To encourage and assist athletes in their pursuit of improvement and excellence in sports skills to travel both within Australia & overseas for the purpose of seeking competition, training and experience.
- To conduct, commission or join in research, activities in the pursuit of excellence in sport.
- To establish, administer and seek financial assistance to promote excellence among young athletes.
- To act as trustee of any bond or to administer any foundation established to promote excellence or achievement in sport or in activities related to sport.

HISTORY

“The concept of the Illawarra Academy of Sport emanated from a community based investigation into sport and lifestyle opportunities in the Illawarra. A committee which comprised of representatives from government, education, business and community sport

recommended the establishment of an Academy to expand sporting opportunities for talented athletes of the region.”

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

SPORTS PROGRAMS

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

“Currently there are programs offered for golf, netball, hockey, cricket, rugby union, cycling, an individual athletes program, lawn bowls and triathlon. Since 1985, there have been over 4600 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. Ten independent regional academies are in operation across NSW with the national network of regional academies now totally nineteen.

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



“To provide opportunities and services for sport, talented athletes and coaches within the Illawarra Area to achieve excellence.”



BOARD OF DIRECTORS

Mr. Brian Weir, President
Representative of Mayor of Shellharbour,
Cr. Marianne Saliba

Mr. John Wells, Vice President
Representative of Mayor of Shoalhaven,
Cr. Amanda Findley

Ms. Amy Duggan, Community member
Wollongong representative

Mr. Peter Bowman, Director
Representative of the Director of
Australian Institute of Sport

Mr. Canio Fierravanti, Director
Representative of the Vice Chancellor
of University of Wollongong

Mr. David Goodman, Director
Community member,
Shoalhaven representative

Ms. Jenny Towers, Director
Representative of the Lord Mayor
of Wollongong, Cr. Gordon Bradbery

Mr. Garry Turland, Director
Representative of the Mayor of
Wingecarribee, Mr. Ken Halstead

Mrs. Clare Rogers, Member
Representative of the Mayor of Kiama,
Mr. Mark Honey

Mr. Gary Lord, Community member,
Shellharbour representative

Mr. Grant Hughes, Community member,
Wollongong representative

Mr. Scott Parr, Community member
Wollongong representative

Mr. Bill Dowson, Community member
Wollongong representative

Mr. Gregg Rowland, Community member
Kiama representative

Mr. Brian Baird, Community member
Wollongong representative

Mr. Phill Parle, Representative of the NSW
Branch President of Sports Medicine Australia

Ms Megan Hutchison, Director
Community member, Kiama representative

Mr. Reg Smith, Community member
Wingecarribee representative



Brian Weir



John Wells



Peter Bowman



Canio Fierravanti



David Goodman



Amy Duggan



Brian Baird



Bill Dowson



Jenny Towers



Garry Turland



Gary Lord



Gregg Rowland



Scott Parr



Grant Hughes



Clare Rogers

Not pictured - Reg Smith & Phill Parle



ADMINISTRATIVE OPERATIONS

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

The Academy employed three full-time staff and one part-time staff in 2017. Academy coaching staff are all contracted on a casual basis and as volunteers receive a small honorarium to cover their costs.

| STAFFING LEVELS DURING 2017 | |
|---|---|
| Full Time | |
| General Manager | 1 |
| Program and Athlete Development Manager | 1 |
| Administrative Officer | 1 |
| Part Time | |
| Finance Manager | 1 |

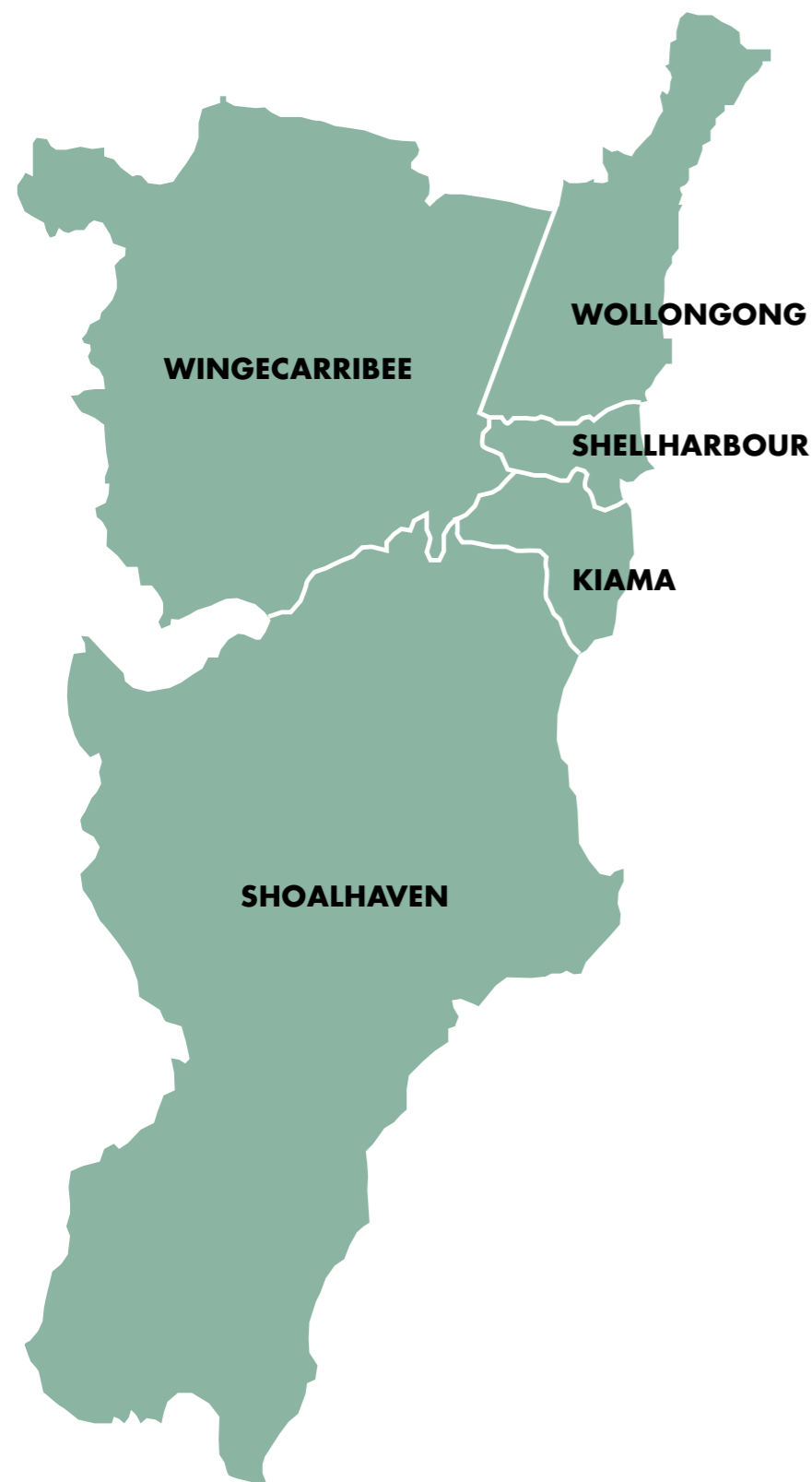
SOTO
CONSULTING ENGINEERS



Soto Consulting Engineers a proud sponsor of the Illawarra Academy of Sport

SOTO is a world leading engineering design consultancy that has a unique value proposition to offer to clients and partners. We provide innovative engineering solutions through our experienced and motivated engineers that utilise the latest in cutting edge technology and software

ACADEMY POSITION IN SPORTS STRUCTURE



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

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

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

LINKS TO SPORTING GROUPS
The Academy operates within the sports system at several pre elite athlete levels.

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

NSW OFFICE OF SPORT - SPORT & RECREATION
As the largest single partner of the Academy, there are close operational links with the 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 sports programs are structured to ensure the athletes have

the greatest opportunity to feed into the NSW Institute of Sport programs (where appropriate).

NSW REGIONAL ACADEMY NETWORK
The eleven independent Regional Academies in NSW maintain close links for athlete competition and training and sport management information sharing.

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 480,000. ■



SCHOLARSHIP PROGRAMS

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

COMMON ATHLETE ELIGIBILITY CRITERIA

- The athlete must:
1. Reside in the Illawarra region (Wollongong, Shellharbour, Kiama, Shoalhaven and Wingecarribee);
 2. Display an ability to apply coaching and technical instruction;
 3. Demonstrate, through past performance and/or potential capacity, the potential to improve performance to a high level;
 4. Be a registered participant of an association within the Illawarra area.

SELECTION CRITERIA AND PROGRAM DESIGN

In addition to the eligibility criteria

outlined above sport programs have additional selection criteria which varies from program to program. At time of nomination this criteria is outlined to all applicants.

PROGRAM BENEFITS & SERVICES

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

Sport Specific Skill Development

- Elite coaching by the region's leading coaches include 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.

Athlete Performance Development

- Musculoskeletal screening with individualised pre-had 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

- Sport specific education modules including:
- Performance Psychology,
 - Sports Nutrition,
 - Drugs in sport, and;
 - Athletic movement and injury prevention

Athlete personal development modules including:

- Goal-setting and time management
- Media awareness and public speaking
- Athlete professionalism
- 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 emphasize individual development concentrating on the strengths and weaknesses of the athletes together with activities to improve and athlete's knowledge and ability in the tactical aspects of their sport.

Sport 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 the athletes on the physical fitness and training levels of the athletes.

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

Competition Opportunities

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

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

Personal Development

A key objective of the Academy is to develop outstanding sports citizens and 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. ■



CORE PROGRAM COMPONENTS

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

TRAINING & TECHNICAL DEVELOPMENT

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

SPORTS SCIENCE

To supplement the coaching and training component of the program, the athlete

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

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

COMPETITION OPPORTUNITIES

Academy squads participate in selected competitive fixtures during their scholarship program. Competition is primarily against selected opponents including other Regional Academies, State Academies, representative sides,

or strong club teams and is valuable to the coaches in providing feedback on the progress of the athlete and the effectiveness of the coaching program.

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

PERSONAL DEVELOPMENT

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

A key objective of the Academy is to develop outstanding sports citizens and education and awareness sessions based on public speaking, drugs in sport, media and sponsor servicing are incorporated into the program.



TOTAL SCHOLARSHIPS OFFERED 1986-2017

| ATHLETES WITH A DISABILITY | |
|----------------------------|----|
| Male | 49 |
| Female | 35 |

| BASKETBALL | |
|------------|-----|
| Male | 144 |
| Female | 136 |

| CRICKET | |
|---------|-----|
| Male | 559 |
| Female | 95 |

| CYCLING | |
|---------|-----|
| Male | 163 |
| Female | 73 |

| GOLF | |
|--------|-----|
| Male | 206 |
| Female | 56 |

| GYMNASTIC | |
|-----------|----|
| Female | 26 |

| HOCKEY | |
|--------|-----|
| Male | 476 |
| Female | 484 |

| INDIVIDUAL ATHLETES | |
|---------------------|----|
| Male | 74 |
| Female | 75 |

| LAWN BOWLS | |
|------------|-----|
| Male | 104 |
| Female | 54 |

| LONESTAR | |
|----------|-----|
| Male | 125 |
| Female | 160 |

| NETBALL | |
|---------|-----|
| Female | 676 |

| RUGBY LEAGUE | |
|--------------|-----|
| Male | 666 |

| RUGBY 7S | |
|----------|----|
| Male | 21 |
| Female | 24 |

| RUGBY UNION | |
|-------------|-----|
| Male | 443 |

| SAILING | |
|---------|----|
| Male | 81 |
| Female | 25 |

| SOCCER | |
|--------|-----|
| Male | 144 |
| Female | 1 |

| SURFING | |
|---------|----|
| Male | 45 |
| Female | 5 |

| SWIMMING | |
|----------|----|
| Male | 92 |
| Female | 79 |

| TENNIS | |
|--------|----|
| Male | 0 |
| Female | 26 |

| TENPIN BOWLING | |
|----------------|---|
| Male | 2 |
| Female | 3 |

| TOUCH | |
|--------|----|
| Male | 35 |
| Female | 3 |

| | |
|----------------------------|------|
| TOTAL SCHOLARSHIPS OFFERED | 5465 |
|----------------------------|------|

ILLAWARRA ACADEMY OF SPORT HONOUR ROLL

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

| SPORT | ATHLETE | ACHIEVEMENT | 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 Medalist | 1998 |
| AWD | MEGAN NEWELL | 2011 Special Olympics Gold Medalist | 2002 |
| AWD | JESSICA SMITH | 2004 Paralympic Games | 2003 |
| AWD | BRETT STIBERS | 2016 Paralympian and 2008 Paralympic Gold Medalist | 1996 |
| Cricket | BRETT LEE | 2003 Cricket World Cup | 1990 |
| Cricket | SHANE LEE | 1999 Cricket World Cup | 1989 |
| Cycling | ROCHELLE GILMORE | World Champion and Commonwealth Games Medalist | 1996 |
| Cycling | BEN KERSTEN | 2006 Commonwealth Games and Gold Medalist | 1995 |
| Cycling | JOSH KERSTEN | 1998 Commonwealth Games Bronze Medalist | 1994 |
| Cycling | JAMES WILLIAMSON | MTB 24 hour Solo World Championships Gold Medalist | 2002 |
| Cycling | CALEB EWAN | 2014 Commonwealth Games | 2010 |
| Hockey | KIERAN GOVERS | World Champion, 2012 Olympic Bronze Medalist and 2014 Commonwealth Games Gold Medalist | 2004 |
| Hockey | BLAKE GOVERS | 2016 Olympic Games | 2012 |
| Hockey | GRACE STEWART | 2016 Olympic Games | 2014 |
| Hockey | TRISTAN WHITE | 2014 Commonwealth Games Gold Medalist and Australian Kookaburras | 2006 |
| Hockey | FLYNN OGILVIE | 2015 Indoor Hockey World Cup and Australian Kookaburras | 2007 |
| Hockey | MELISSIA SIMPSON | 2007 Indoor Hockey World Cup | 2002 |
| Hockey | EMMA MACLEASH (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 OGLVIE | 2011 and 2015 Indoor Hockey World Cup | 2000 |
| Hockey | LYNDAL OGILVIE | 2011 Indoor Hockey World Cup | 2001 |
| Hockey | KYLIE SMITH | 2011 Indoor Hockey World Cup | 1999 |

| SPORT | ATHLETE | ACHIEVEMENT | YEAR |
|--------------|------------------------|--|------|
| Kayaking | ZOE LYNAM (NEE UPHILL) | 2008 Olympic Games | 1999 |
| Lawn Bowls | KAREN MURPHY | World Champion & Commonwealth Games Gold Medalist | 1990 |
| Lawn Bowls | LEIF SELBY | World Champion & 2010 Commonwealth Games Silver Medalist | 1990 |
| Lawn Bowls | BRET DUPREZ | World Champion & 1998 Commonwealth Games Gold Medalist | 1990 |
| Rowing | DAVID SMITH | 2012 Olympic Games Gold Medalist | 2001 |
| Rugby League | JOSH MORRIS | 2013 Rugby League World Cup Winner | 2001 |
| Rugby League | BRETT STEWART | 2008 Rugby League World Cup | 1999 |
| Rugby League | KANE LINNETT | 2013 Rugby League World Cup | 2005 |
| Rugby League | KEITH LULIA | 2013 Rugby League World Cup | 2002 |
| Rugby League | CRAIG FITZGIBBON | 2008 Rugby League World Cup | 1994 |
| Rugby Union | TOM CONNOR | Australian Rugby 7's Team, 2018 Commonwealth Games | 2010 |
| Soccer | LUKE WILKSHIRE | 2010 World Cup and 2004 Olympic Games | 1996 |
| 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 | 2012/2014/2016 Olympic Games & Commonwealth Games Gold Medalist | 2010 |
| Swimming | JARROD POORT | 2016 and 2012 Olympic Games | 2010 |
| Swimming | EMMA MCKEON | 2014 Commonwealth Games Gold Medalist 2016 Olympic Games Gold Medalist 2018 Commonwealth Games multiple Gold & Bronze medalist | 2010 |
| Swimming | ROBERT HURLEY | 2010 Commonwealth Games | 2006 |
| Swimming | JASON CRAM | World Champion and 2002 Commonwealth Games Gold Medalist | 2000 |
| Swimming | LORI MUNZ | 1998 Commonwealth Games Gold Medalist | 1997 |
| Swimming | SARAH KASOULIS | 2002 Commonwealth Games | 1999 |

ILLAWARRA ACADEMY OF SPORT HONOUR ROLL

IAS Graduates Who Have Represented at International Level

| SPORT | ATHLETE | ACHIEVEMENT | YEAR |
|--------------|-------------------------|---|------|
| AWD | SAM HARDAKER | Australian Disability Swim Team | 2001 |
| AWD | JACQUELINE CHARLESWORTH | Australian Women's Wheelchair Basketball Team | 1999 |
| Cricket | PHIL JAKUES | Australian Cricket Team | 1993 |
| Cricket | 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 |
| Hockey | STEPHEN MADGE | Australian Kookaburras | 2000 |
| Hockey | KYAH GRAY | Australian Indoor Hockey Team | 2009 |
| Lawn Bowls | SARAH BODDINGTON | Australian Women's Team | 2008 |
| Netball | MARNI HANSELL | Australian Netball Team | 1996 |
| Netball | SARAH BARRETT | Australian Netball Team | 1996 |
| Rugby League | LUKE BAILEY | Australian Kangaroos | 1995 |
| Rugby League | SHAUN TIMMINS | Australian Kangaroos | 1993 |
| Rugby League | JOHN SIMON | Australian Kangaroos | 1990 |
| Rugby League | BEN HORNBY | Australian Kangaroos | 1995 |
| Rugby Union | MARTIN SCHLIEBS | Australian Rugby 7's Team | 1998 |
| Rugby Union | PAUL ASQUITH | Australian Rugby 7's Team | 2007 |
| Rugby Union | ALEXANDER KANAAR | Australian Wallabies | 1999 |
| Rugby Union | DAN PALMER | Australian Wallabies | 2004 |
| Swimming | BEN DENNER | Australian Swimming Team | 2000 |
| Swimming | KAINE LOVE | Australian Swimming Team | 2000 |

PROGRAM REPORT

2017



illawarra
academy of sport
"a pathway to excellence"

AWD REPORT 2017

The 2017 season for the IAS Athlete With a Disability Program (AWD) has once again produced great results and continued to develop over the year. This illustrates the high level of talent within the Illawarra and wider region. Since the first AWD Program in 1998 the AWD program has produced four Paralympians, 11 Paralympic Medals and a number of athletes who have represented on both the National and International stage in World Championships. This year we have quite possibly unveiled a number of future Paralympic Champions.

In 2017 we have continued to see great results, improvements and development from all athletes within the program. This year several new young athletes joined the squad and embrace the program producing amazing results both in the gym and in their sports. Kirra

Lockett a promising young field athlete improved her strength and mobility allowing her to perform at a high level throughout a range of competitions, gaining a number of places and setting a few records. Despite several setbacks with injury Kirra proved resilient and bounced back into her training each time to continuing to improve and perform.

Another new recruit to the program was Andrew Pearson. Our first baseball player worked hard to improve his overall strength and conditioning, and performed at a high level throughout the season. He made a number of representative teams throughout the year and we commend him on his consistent effort and improvements in the gym.

In the program we have a strong contingent of swimmers who always do us proud and have achieved some amazing

results both in and out of the pool. We've seen a high level of consistency and development through this year in swimmer Tarren Dyer; 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, greeting any challenge with a smile. His brother Jarrod is a promising young swimmer who had an amazing year, winning a range of first places and breaking a number of records both at national and state level. Jarrod has immense potential in swimming and is a young athlete to watch out for in the near future. Another athlete with a strong work ethic and good humour.

Two female swimmers, new to the program, but developing in leaps and bounds both in and out of the pool are Georgia Smyth and Jasmine Greenwood.

Georgia is an outstanding young athlete, who displays aptitude in all demands of her training and continues to build her strength and achieve outstanding results both at state and national level. She is to be commended on outstanding efforts at every session, pushing herself in all aspects of her training, which was reflected in her competition results. Jasmine, who was a new young swimmer to our program this year is an amazing and extremely talented young athlete who's brilliant results this year. She made the National Swim team to compete at the World Championships and smashed some records throughout the year. Jasmine has continued to perform at a high level due to her strong work ethic—and the support from her mother with whom she travelled up from Sussex Inlet weekly, as well as to Canberra on a monthly basis as part of the AIS junior talent swim squad. Jasmine has produced great results and proven herself to be a huge contender as a professional swimmer in the near future. Well done on a great and successful year.

We also have, what I like to call, our experienced athletes of the AWD program, those athletes who have served several years within the program. Timothy Walsh is known to all for his great sense of humour, never say die attitude and willingness to push himself and others throughout all sessions. He has continued to perform at a high standard in basketball making the Special Olympics team and representing at both a state and national level. Timothy is also known as a bit of an all rounder, by being selected at representative level in tennis, futsal and also swimming, however due to his busy schedule he strongly focused on his basketball for the year.

Our next experienced athlete and also an all-rounder is Matthew Hearne, an extremely talented and promising young

athlete. He excels in soccer and swimming, as well as being an extremely talented actor. Matthew has a focused and diligent attitude towards his training and academic life and he balance the two aspects of life very well. He also represented Australia, playing for the Pararoos at the World Cup in Argentina this year. Matthew is a hard working athlete who displays a high level of proficiency and enthusiasm in whatever he does, which has seen him take on advanced programing and weight training this year.

All our athletes have developed not only as young athletes but all as positive and driven young people, many of them overcoming hurdles throughout the year, including injuries and the stresses of work and school. Despite these hardships all demonstrated resilience and dedication to their sports and training. The athletes completed weekly strength and conditioning sessions at Beaton Park Leisure Centre, gaining full memberships compliments of Wollongong City Council which has allowed them to have access to the facilities and train more frequently.

They 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, and 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'd also like to thank each of the athletes; they all have showed dedication and commitment to the program. I would like to congratulate them on what they have been able to achieve over 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 2017 with the AWD program and I am excited and look forward to what we can achieve in 2018. ■

AWD PROGRAM CO-ORDINATOR
Kurt Freeme



PROGRAM SNAPSHOT

AGES: 14 – 25 years during scholarship

SQUAD: 2 Females and 5 Males

PROGRAM YEAR: October – September (11 months)

KEY PEOPLE: Kurt Freeme (AWD Coach & Educator, Andrew Barrett (Co-ordinator)

BASKETBALL REPORT 2017

The Illawarra Academy of Sport 2017 Squad comprised athletes from the Illawarra, Moss Vale and District and Shoalhaven Basketball Associations.

The scholarship period focused on fundamental skills training giving the athletes a chance to improve their basic skills, gameplay and fitness before

the start of the upcoming season and representative duties.

The athletes took on basketball-specific training sessions as well as classroom sessions as part of the education and self-development direction of the scholarship. These sessions included sports nutrition, performance psychology, presentation

skills, sporting pathways, media skills and athlete professionalism and were conducted by professionals in their respective fields. The athletes were able to attend strength and conditioning training at the University of Wollongong, supervised by the IAS staff to help them to remain fit and healthy and to underpin their fitness and skills required for the game. Athletes were also given the opportunity to take their individual fitness programs and train at various gyms which is a great opportunity for all athletes involved.

The Basketball skills sessions focused on further development of their core basic skills, game awareness, space creation, fast breaks, attacking and defence structures, shooting and dribbling. 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 matches which were played as part of the NSW Clubs Academy games. Throughout the year athletes were lucky enough to receive guest coaching to help learn new skills. Illawarra Hawks Assistant Coach and IAS Graduate, Matt Flinn led a number of sessions which was an invaluable experience for many athletes to see one of Australia's best coaches and hopefully this relationship will continue.

A number of athletes travelled with other IAS squads to the Central Coast for the 2017 ClubsNSW Academy Games. While the Illawarra Academy of Sport was unable to enter a standalone team because of a late change in the age eligibility, the six ballers who did meet the requirements competed in an IAS-SWSAS combined team under the coaching of IAS Basketball Head Coach and Illawarra Hawks player

Rhys Martin. Zoe Roulston played an outstanding tournament and was selected in the Female All Stars Team.

The Illawarra Academy of Sport Basketball program would like to thank Basketball NSW, the three local basketball associations, local councils, business sponsors and external coaches who have given up their time to increase the ability of basketball players from Illawarra, Shoalhaven and the Southern Highlands. ■

HEAD COACH: Rhys Martin
ASSISTANT COACH: Lauren Sparks
ASSISTANT COACH: Wendy Brown



Developing your sport. Developing your athletes.

The Office of Sport offers a range of services to help you develop your sport and your athletes, from direct service delivery to invaluable advice.

Stay, train and take advantage of our Berry Sport and Recreation Centre, offering state-of-the-art facilities and tailored, specialist programs to suit your needs.

Utilise the expertise of our Regional Office staff and discuss the future of your sport, its coaches and its volunteers to help make sure you get the best results.

Whatever your vision, the Office of Sport is here to help you get the best out of your sport and your athletes.

Berry Sport and Recreation Centre
02 4464 2258
Wollongong Regional Office
02 4228 5355



sport.nsw.gov.au



CYCLING REPORT 2017



During the 2016/17 Track & Road seasons, IAS Cycling Program athletes competed in major Track, Road and BMX Cycling events including the Australian Junior Road Championships.

The Cycling Program has continued to build upon the success of the 2016 squad. The 2017 squad consisted of 13 athletes in age divisions from U15 to U19.

The 2017 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 2017 program year.

During the 2016/17 Track & Road seasons, IAS Cycling Program athletes competed in major Track, Road and BMX Cycling events including the Australian Junior Road Championships (Bendigo, Victoria), Oceania Track Cycling Championships (Melbourne), National Junior Track Series (Sydney, Launceston, Melbourne, Adelaide),

NSW Track Championships (Sydney), Australian Junior Track Championships (U15/U17) Australian Junior BMX Championships, National Track & Road Championships (Under 19) Brisbane & Geelong, Victoria. One squad athlete (Mitchell Wright) also gained selection and

represented Australia at the Youth Commonwealth Games, Bahamas and World Road Championships in Norway. One IAS cycling coach (Mick Marshall) was also chosen as Head Coach Australian Cycling Team for Youth Commonwealth Games, Bahamas.

Seven IAS Cycling Program athletes were selected to represent NSW at the Australian Junior & Elite Track & Road Cycling Championships. One athlete was selected to represent Australia at the Youth Commonwealth Games & World Road Cycling Championships. ■



PROGRAM SNAPSHOT

AGES: 12 – 18 years during scholarship
SQUAD: 11 Athletes (6 females | 7 males)
PROGRAM YEAR: October – September (12 months)
KEY PEOPLE: Mick Marshall (Coach)
Mick Kejda (Coach)
Kieran Heffernan (Manager)

ATHLETE OUTSTANDING ACHIEVEMENTS

Mitchell Wright

Track Results:

- 4th Individual Pursuit
19 Men National Elite Track Championships

Road Results:

- Gold Medal National Champion
19 Men's Road National
19 Men's Road Championships
- Bronze Medal Individual Time Trial National
19 Men's Road Championships

Zachary Marshall

Track Results:

- Bronze Medal Kerin 19 Men National Elite Track Championships
- Silver Medal Team Sprint National Elite Track Championships

Shari Heffernan

- Bronze Medal Team Pursuit Junior National Track Championships

Tahlia Dole

Track Results:

- Bronze Medal 17 Women's Team Pursuit Junior National Track Championships

Ryan Britton

Track Results:

- Bronze Medal 15 Men's Kieran Junior National Track Championships

2017 IAS CYCLING SQUAD

Luke BRITTEN, Mitchell WRIGHT, Tane MATTHEWS-OBRIEN, Samuel ESTELL, Emily STRUMFIN, Zachary MARSHALL, Kirk CLEAVEN, Chloe HEFFERNAN, , Shari HEFFERNAN, Tahlia DOLE, Amelia Trukulja, Ryan BRITTON, Sarah CLIFF

GOLF REPORT 2017



The 2017 IAS Golf Program 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, shot shaping, putting, fitness, swing, strength and weakness analysis as well as using hi-tech equipment.

A testing day was held to select the Athletes for the 2017 squad at Par Tee Golf in Albion Park. The simulators give information back to the players and coaches instantly and show the strengths and weakness of each Athlete.

Practical sessions were conducted at the Grange Golf Club 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. These 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 (ALTD) 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.

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 JNIG Peter O'Malley Junior Masters and the second trip was to the Central Coast for the Clubs NSW 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.

The IAS Golf Day fundraising again provided some assistance to the IAS Golf Squad The Golf Day was hosted at the Russell Vale Golf Club with management supporting the event along with Sponsors and Parents.

On behalf of the IAS and the Golf Squad, a special thank you to all who attended and assisted in the successful day.

There were some fantastic results from past IAS Golf Athletes in 2017 with Jordan Zunic finishing 2nd after a hard fought play off in the Australian PGA Championship. We also saw recent graduate Tom Heaton competing in the NSW Open and having a hole in one on his second hole showing that he was not intimidated from the older more experienced field. There were also numerous achievements from a number of our Athletes in 2017 that showed that the group were working hard and reaping the rewards for doing so.

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. ■



HOCKEY REPORT 2017

The Illawarra Academy of Sport 2016/17 Hockey Squad, sponsored by _____ consisted of athletes from the Illawarra, Southern Highlands and Shoalhaven regions. During the program trainings took place fortnightly utilising synthetic hockey pitches at the University of Wollongong, Unanderra Hockey Stadium, Welby hockey field and Croome Road Hockey Centre.

The scholarship period focused on training in the outdoor hockey season from October 2016 through until May 2017. This gave the athletes a chance to improve their basic skills, gameplay and fitness before the start of the upcoming season and representative duties.

The athletes under took hockey specific training session while also undertaking 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 able to attend strength and conditioning training at the University of Wollongong, provided by the IAS staff to help them to remain fit and healthy and to underpin their fitness and skills required for the game. Athletes were also given the opportunity to take their individual fitness programs and train at various Jetts gyms which is a great opportunity for all athletes involved.

While on the Hockey 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 matches which was played as part of the NSW Clubs Academy games. Throughout the year athletes were lucky enough to receive guess coaches to help learn new

skills. Kookaburra Flynn Ogilvie and Queensland Scorchers player Tegan Richards assisted in counter attacking plays and various individual 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.

As previously mentioned both men's and women's squads travelled to the Central Coast to play against the best athletes from around NSW in other Academies. This year again the competition was a 9 aside format, which allowed for open play and for the athletes to test out their skills they had acquired throughout the training sessions previously. This was overseen by Hockey NSW Regional Coaching Directors who sought out potential athletes to move into the Hockey NSW age group state squads.

The strength of the program in the past, present and future should be accredited to the hard work of the Academy Staff, Supporting councils and especially the parents of scholarship holders. Currently the past IAS players play for the Kookaburras, Hockeyroos, Australian Development squads, Australian Indoor Hockey Squads and various junior NSW age groups.

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. ■

HEAD COACH: Alexander Mackay
WOMEN'S COACH: Karina Smallhorn
ASSISTANT COACH: Caitlyn Rosser



The athletes under took hockey specific training session while also undertaking classroom sessions to develop a well-rounded athlete



LONESTAR REPORT 2017

In 2017 the BlueScopeWIN LoneStar Program was made up of (37) athletes from (16) different sports, including athletics, equestrian, fencing, football, gymnastics, hockey, karate, lawn bowls, surf life saving, surfing, swimming, tennis, volleyball and water polo.

Due to the challenges of the athletes participating in a variety of sports, the squad is not provided regular skill development training, however the athletes were provided core skills that transcend across most sports such as speed and agility sessions. In addition to these sessions, through regular discussions between the IAS, our athletes and their coaches targeted support was provided as required.

The 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, Mental Health and Public Speaking.

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

The LoneStar athletes along with those athletes from sport specific programs were offered complementary Gym Memberships at one of the IAS Performance Partner's clubs, Jetts Fitness, or one of our Council Partners facilities. This enabled all athletes

regardless of their sport or location to have access to a facility within a 15 minute drive of their home.

All Academy athletes were supplied a sports specific strength and conditioning program by IAS Performance Partner BaiMed. These sports specific strength and conditioning programs 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. ■



NETBALL REPORT 2017

The Netball Squad made considerable advances throughout the 2016-2017 program, seeing another productive and competitive year for the squad.

The players have undergone specific fitness training as directed by Netball Australia Develop a Diamond Athlete Program (DADA) and have been provided with leading edge Strength and Conditioning program, assessments and treatments under IAS Sponsor Bai Med High Performance Centre in line with the age group of 14-16yrs. September 2016 was the commencement of the program seeing over 70 athletes from the IAS five regional council areas participate in the two phase trial, a final squad of 24 athletes were 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.

Majority of the squad are currently preparing with determination for the upcoming 2018 Netball NSW under age selections commencing in November, off the back of a successful 2017 trialling squad – 9 of the squad selected through to Phase II and 4 members continue through to the final phase. Rose Hughes, Bilyana Milevski and Courtney Edwards all successful in

selection into the newly formed NSW U17 Regional Development squad.

At the commencement of 2017 the squad attended a combined inter- Academy training and match play session with Western Sydney Academy of Sport at ‘Netball Central’ NNSW home at Olympic Park Homebush. The IAS also hosted a combined inter-academy training and matchplay with Western Sydney Academy of Sport attending the IAS home at the University Of Wollongong Sports Hub. The session drew the 2 Academy squads together with players undertaking self-evaluation of positional play, and squad skill activities. The IAS also had the exciting opportunity to mix our Academy squad coaches, providing the squad with several court attacking and defending options to enhance their growing repertoire of skillsets. The IAS squad completed both days with some exciting inter match play.

The ability to run the squad as teams over these full day sessions is a positive approach in preparation for the Academy Games in April 2017.

The Netball squad attended the Clubs NSW Academy games held over two days and hosting its final games was Central Coast Academy. Recognising NNSW approach to building the holistic athlete to this year’s program, the IAS entered the competition as two mostly aged based teams. 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. Stand out matches for team 1 was contesting hard under pressure against the top Academies SWAS, Central Coast and Sydney Netball. The games certainly didn’t reflect the momentum nor IAS spirit with the players revelling in each match-up. The division two team conducted a strong tournament, performing well through all aspects of the court, development within this team featuring several strong combination options and ‘wild cards’ throughout the rounds. Tournament MVP players were Ruby Sargent-Wilson (team 1) and Sophie Rodwell (team 2). This was a pleasing recognition for our two youngest athletes in the squad at the age of 13yrs.

The Netball squad participated the Australian Youth Invitational Games (formerly NIB games) with having two teams playing over a three day competition. Team 1 had their stand out match was South West Sydney Academy of Sport, and being very competitive throughout every match (deficits never greater than 8), division one proving itself tough each and every round. Whilst Team 2 found wins and had to work hard to maintain momentum into the next game. Both team completed respectful placing’s with Team 1 at 7th and Team 2 at



8th. During the tournament the squad was visited by NSW Swifts Coach Rob Wright and Anita Keelan, NSW Manager Mardi Aplin and NSW General Manager Margeret Hamley throughout rounds providing sideline feedback to both team and coaches, all excited about the performance oncourt and energy that the IAS coaching brings to the tournament.

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. 2017 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 a positive impact on player development, load management with 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 and SnC programs developed inline within the NA under age selection criteria and DADA skill pathway driven 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 and 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: 13 – 16 years during scholarship
SQUAD: 24 Athletes
PROGRAM YEAR: October – August (10 months)
KEY PEOPLE: Marji Parr (Head Coach)
Elise Edney (Assistant Coach)
Jessica Davis (Assistant Coach)
Ashlee Scofield (Trainee Coach)
Sharon Briggs (Manager)

HIGHLIGHTS
Events/Tours:
Training Camp – Western Sydney Academy of Sport
Training Camp – Western Sydney Academy of Sport
Regular training session match play
ClubsNSW Academy Games – Avoca
AYI Games – Maitland

ATHLETE ACHIEVEMENTS
Bilyana Milevski
• NSW U17 Regional Development Squad
• Metro League Selection
• Final Phase NNSW U17’s trial

Rose Hughes
• NSW U17 Regional Development Squad
• Final Phase NNSW U17’s trial

Emma Davey
• NSW U17 Regional Development Squad
• Metro League Selection

Courtney Edwards
• NSW U17 Regional Development Squad
• Metro League Selection
• Final Phase NNSW U17’s trial

RUGBY 7s REPORT 2017

IAS fielded both a Girl's and a Boy's 7s team in 2017.

There were 10 Girls and 10 Boys who trained together on Wednesdays.

The 7s teams played in two tournaments throughout the year.

The first one was in Tathra on the far south coast run by ACT rugby.

Boys played on the Saturday with a young team, which worked hard all day but secured no wins. However they did try to play a good brand of 7s. The girls 7s team supported the boys, running water for them.

The girls played on Sunday with support

from some of the boys. They won all their pool games playing a great style of 7s.

Girls played the semi-final and won, going through to the grand final.

The grand final was a hard game where the girls came from behind to within one point, but could not get past Tathra High School.

The next tournament was the Academy Games on the Central Coast.

The boys played so well for one half of each game but could not put two halves together. Again they played a good brand of 7s rugby. However, in the last game, everything came together and they won the game to go out on a high. It was a great win for the boys.

The girls played so well at this tournament not only winning it but not conceding a point the whole weekend. This was a great effort on the girl's part.

Abby Holmes made the Australia youth 7s team which went on to win gold at the Youth Commonwealth Games. Abby has now played for Australia in three tournaments. So well done to Abby.

I would like to thank all the mums and dads who helped me throughout the program.

I would also like to thank the IAS staff for all their hard work. ■

Thank you
Tony Leeder-Smith
IAS RUGBY 7S HEAD COACH



The girls played so well at this tournament not only winning it but not conceding a point the whole weekend.



Aceit

our passion **your brand**

CUSTOM SPORTS TEAMWEAR
Design Your Own and Stock Service

02 4226 4054
E: sales@aceit.com.au
W: aceit.com.au

sport

work

promo

TENPIN REPORT 2017

Tenpin Bowling joined the Illawarra Academy of Sport for the first time in 2017, offering athletes aged 13 - 18 years of age and with an average over 155 a scholarship. For a first for the sport, Tenpin Bowling NSW partnered with the Regional Academy of Sport Network to provide an Academy Program across the state for all developing bowlers.

The Illawarra Academy of Sport in 2017 Squad consisted of athletes from the Shellharbour and Southern Highlands Centres.

The program was focused on developing the bowlers skills and understanding of the game, from different oil patterns, technique and equipment that all affect the outcome. The scholarship period focused

on fundamental skills training giving the athletes a chance to improve their basic skills leading in to the State Team Trials.

The athletes undertook Tenpin Bowling specific training sessions while also undertaking 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 able to attend strength and conditioning training at the University of Wollongong, provided by the IAS staff to help them to remain fit and healthy and to underpin their fitness and skills required for the game. Athletes were

also given the opportunity to take their individual fitness programs and train at various local gyms which is a great opportunity for all athletes involved.

The athletes were able to develop their individual games which transferred through to the ClubsNSW Academy games. Throughout the year athletes were lucky enough to receive guest coaching from the Australian National Coach Andrew Frawley to help their skill development. This was an invaluable experience for many athletes to see one of Australians best coaches and hopefully this relationship will continue.

A number of athletes were able to travel with other IAS squads to the Central

Coast for the 2017 ClubsNSW Academy Games. The IAS was represented by two of the region's leading bowlers Zowie Dregghorn and Samuel Sutton. The Bowlers competed in three divisions including singles, doubles and teams over the two-day tournament. The competition format was more suited for the academies with four or more bowlers however the IAS made the conscious decision to use this competition as a development tool with a focus on the technical process. The athletes set a number of goals around reading the oil patterns, identifying issues and subsequent changes that needed to be made and had a real focus on their mental performance. The development was evident in both Zowie and Samuel who bowled above their personal average on the Sunday.

The Illawarra Academy of Sport Tenpin Bowling program would like to thank Tenpin Bowling NSW, the two local centres, local councils, business sponsors and external coaches who have given up their time to increase the ability of Tenpin Bowlers from across the region. ■

HEAD COACH: Luke Hannon



PERMIAN
SELF STORAGE

100 Montague St, North Wollongong

02 4227 1222

www.permian.net.au

Proud to provide storage solutions to the Illawarra for 35 years

Congratulations
IAS athletes 2018
and welcome to
the athletes of the
future



TRIATHLON REPORT 2017

2016-2017 saw a very successful year for the IAS triathlon program with a larger squad of both new and returning athletes. Alex Price returned as head coach for his 3rd year in the role with assistance from Melinda Witchard and James Davy.

The program offered monthly skills sessions targeted at refining skills and developing proficiency across all three disciplines. Special attention was given to developing and practicing bike skills resulting in all members of the squad achieving draft legal certification.

Athletes raced regularly throughout the season to put to their new skills to the test with fantastic results being consistently achieved across the board. At All Schools Brooklyn Henry had a break through performance winning the junior boys event. In the intermediate division Jacinta Cliff and Grace Mahon had strong performances finishing 11th and 12th respectively and in the senior girls Freya Robinson-Mills finished in 12th.

This year also saw our largest group of athletes (10) compete at Academy Games with more outstanding results. Thomas Knight placed second and Brooklyn

Henry third in the short course event and Liam Hinchcliffe took the bronze medal in the junior long course event. The girls also featured on the podium in the junior long course event with Grace Mahon placing second and Jacinta Cliff in third.

The athletes are to be commended on their unwavering positive attitudes, enthusiasm to learn and wonderful team moral which made this year's program a thoroughly enjoyable and successful experience for all involved. A big thankyou to all athletes parents for their support and positive involvement throughout the year. ■



The program offered monthly skills sessions targeted at refining skills and developing proficiency across all three disciplines.

ATHLETE OF THE YEAR AWARDS

2017



illawarra
academy of sport
"a pathway to excellence"



ABBY HOLMES – TOBIN AWARD

ILLAWARRA MERCURY IAS TOBIN FAMILY AWARD & 2017 RUGBY 7'S ATHLETE OF THE YEAR

The Illawarra Academy of Sport, in 2002 created a new annual perpetual award which recognises excellence in junior sport in the Illawarra. The award, presented to the Illawarra Academy of Sport's Athlete of the Year, was named "The Tobin Family Award" in recognition of that family's contribution to sports in the Illawarra for more than sixty-five years.

The Illawarra Mercury Tobin Family Award is given to the Academy

athlete who, during the course of their scholarship, displays an exception level of sports performance, a commendable attitude to competition, persistent dedication to learning and strong community focus. All Academy sports program athletes are eligible for the award.

2017 is the 16th year the award has been presented. With past winners include Kieran Govers, Sally Fitzgibbons, Ryan Gregson, Emma McKeon and Blake Govers.

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

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

Abby Holmes is a member of the IAS Rugby 7's Program who in 2017 represented at all levels from Illawarra, NSW Country, NSW and tasted international success as part of the Australian Women's Youth Rugby 7's Team, who swept the competition to claim Gold at the 2017 Commonwealth Youth Games, the highest honour achievable in Rugby 7's for her age.

After Guiding the NSW team to Second Place at the National Championships Abby was Selected for the Australian Team for the Commonwealth Youth Games in the Bahamas where they were undefeated on their way to claiming the Gold Medal.

Abby has achieved all of this as a 16-year-old with another year in the National side, which is looking to back up their Commonwealth Games Gold with Olympic Gold at the 2018 Youth Olympic Games in Buenos Aires

The year 11 Illawarra Sports High School Student is leading the way both on and off the field, achieving academic success, finishing 2nd in two of her subjects while missing many days due to her sporting success. A testament to her dedication and commitment to both sport and studies.

Abby is an outstanding athlete achieving success in Touch Football, Oz Tag, Rugby League and all forms of Rugby Union including 15s, 10s and 7's.

Abby has great potential in Rugby 7's with 2018 set to be another big year with the Youth Olympics and is one to watch who will be able to assist the Australian Women's Team defend their Rio Gold Medal in Tokyo in 2020. ■

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

ILLAWARRA
MERCURY



MITCHELL WRIGHT - BEN MIKIC AWARD

2017 CYCLING ATHLETE OF THE YEAR

The 2014 Illawarra Mercury Tobin Family Award Winner has had another exceptional year. Mitchell was once again selected for the Australian National Road Championships where he was crowned National Road Race Champion and won Bronze in the Time Trial.

Mitchell was then selected to represent Australia at the Commonwealth Youth Games in the Bahamas, where he finished 8th in the Time Trial and 12th in the Road Race.

Mitchell was then selected to make his Cycling Australia National Team debut at the 2017 UCI Road World Championships to be held in Norway in September, where he once again competed in the Time Trial and Road Race, finishing 17th in the time trial and 52nd in the road race after two crashes.

Wright has been riding a wave of success that has seen him racing against the world's best riders and The 17 year old Wollongong resident, who is a first year Under 19 rider, has a very bright future and is still eligible to compete in the Junior Men's Category again next year.

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.

Established in 1985 and the pioneer for the Regional Academy model in Australian sport, the Illawarra Academy of Sport with the support of our many partners, provides athletes with the programs to develop, excel and achieve through sport. The IAS is at the forefront of pre-elite athlete

development in NSW and prides itself on the ability to engage the region's leading coaches and industry experts to deliver life-changing programs.

Talented young athletes and coaches within the Illawarra Region not only achieve excellence through sport but become respected young ambassadors for the community, the Illawarra Academy of Sport and their valued partners.

The Illawarra has a rich history in developing and elevating athletes to higher representative honours, with the Academy a significant vehicle in the process. Over three decades, the IAS has supported more than 5500 young people

from across the region in their pursuit of sporting excellence.

The IAS has produced 15 Olympians (17 medals), 17 Commonwealth Games Representatives (25 medals), 11 World Champions and 72 Senior National Team Representatives over the past three decades.

The IAS welcome nominations for the following Sports Program Scholarships; **Basketball, Cycling** (now including **BMX**), **Golf, Hockey, Netball, Rugby 7's, Surfing, Tenpin Bowling** and **Triathlon** as well as non-sport specific **LoneStar Program** and **Athletes with a Disability Program**. ■



BLUESCOPEWIN COMMUNITY PARTNERS

Investing in the **FUTURE**
of our region's rising
STARS

Proud sponsor of the IAS Hockey & Lonestar Program
Providing aspiring sports persons with industry
leading support through education, skill coaching
and physical development



Your Technology
Business Partner

Level 1, 140 Crown Street, Wollongong NSW 2500
Ph: 1300 070 361
www.mctsolutions.com.au

MCT don't just provide IT solutions. **We are your technology business partner.**

At MCT, we work in partnership with businesses to ensure holistic technology services & long-term client relationships are forged.

MCT are managed
IT service specialists.

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.

KELSEY BENNETT - VIC BURROWS AWARD

2017 GOLF ATHLETE OF THE YEAR

Kelsey has played some outstanding golf this year picking up several tournament wins and even a Hole in one.

A Member of Kiama and Mollymook Golf Clubs, Kelsey is currently the Junior Girls champion at both clubs and the Women's champion at Mollymook.

Kelsey took out Golf Illawarra's most prestigious tournament The Collegians 36 and was also crowned Golf Illawarra District Champion. She also won the ClubsNSW Academy Games, Cronulla Junior Masters, Kiama Junior Masters, Macarthur Junior Masers and Catalina Junior Open.

Kelsey was selected to Represent NSW All Schools at the National Schools Championships and qualified for the Australian Girls Amateur championships, where she made the cut and finished in the top 50 young female golfers in Australia.

Established in 1985 and the pioneer for the Regional Academy model in Australian sport, the Illawarra Academy of Sport with the support of our many partners, provides athletes with the programs to develop, excel and achieve through sport. The IAS is at the forefront of pre-elite athlete development in NSW and prides itself on the ability to engage the region's leading coaches and industry experts to deliver life-changing programs.

Talented young athletes and coaches within the Illawarra Region not only achieve excellence through sport but become respected young ambassadors for the community, the Illawarra Academy of Sport and their valued partners.

The Illawarra has a rich history in

developing and elevating athletes to higher representative honours, with the Academy a significant vehicle in the process. Over three decades, the IAS has supported more than 5500 young people from across the region in their pursuit of sporting excellence.

The IAS has produced, (including Rio 2016), 15 Olympians (17 medals), 17 Commonwealth Games Representatives

(25 medals), 11 World Champions and 71 Senior National Team Representatives over the past three decades.

In 2017 the IAS will offer Sports Scholarships across 10 programs which are; **Basketball, Cycling, Golf, Hockey, Netball, Rugby 7's, Tenpin Bowling, Triathlon** as well as non-sport specific **LoneStar Program** and **Athletes with a Disability Program.** ■



JASMINE GREENWOOD

2017 AWD ATHLETE OF THE YEAR

Jasmine is 12-year-old Swimmer who has had a breakout 12 month, winning 5 Gold Medals at the Australian Age Swimming championships in girls, 11-14 yrs.

Jasmine then stepped up this year to Compete for the first time at the Australian National Open Championships where she won a silver medal in the Women's 50m Breaststroke Multi Class, gaining selection in the Australian Dolphins Para Swim Team, to swim at the 2017 IPC world swimming championships to be held in Mexico starting September 30th and conclude on October 3rd just 3 days before her 13th Birthday.

In 2017 Jasmine also competed as an able body swimmer at the NSW Country Championship where she won two Bronze Medals in the 12-year Girls in the 100m and 200m breaststroke events

Established in 1985 and the pioneer for the Regional Academy model in Australian sport, the Illawarra Academy of Sport with the support of our many partners, provides athletes with the programs to develop, excel and achieve through sport. The IAS is at the forefront of pre-elite athlete development in NSW and prides itself on the ability to engage the region's leading coaches and industry experts to deliver life-changing programs.

Talented young athletes and coaches within the Illawarra Region not only achieve excellence through sport but become respected young ambassadors for the community, the Illawarra Academy of Sport and their valued partners.

The Illawarra has a rich history in developing and elevating athletes to higher representative honours, with the Academy a significant vehicle in the process. Over three decades, the IAS has supported more than 5500 young people



from across the region in their pursuit of sporting excellence.

The IAS has produced 15 Olympians (17 medals), 17 Commonwealth Games Representatives (25 medals), 11 World Champions and 72 Senior National Team Representatives over the past three decades.

The IAS welcome nominations for the following Sports Program Scholarships; **Basketball, Cycling** (now including **BMX**), **Golf, Hockey, Netball, Rugby 7's, Surfing, Tenpin Bowling** and **Triathlon** as well as non-sport specific **LoneStar Program** and **Athletes with a Disability Program.** ■

BROOKLYN HENRY

2017 TRIATHLON ATHLETE OF THE YEAR



Brooklyn a promising 14 year old Triathlete from North Nowra and the Jervis Bay Triathlon Club.

Introduced to Triathlon at the age of 9 by his father Josh, a triathlete in his own right, who qualified for this year’s Hawaiian Ironman. Brooklyn gets great inspiration from his father who he regards as his favourite athlete.

“I don’t really have a favorite professional athlete, If I had to have one it probably be my Dad.”

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

With the high training demands for a sport like triathlon, needing to train in 3 disciplines, Brooklyn has not only achieved consistent results in his Triathlons, but he has also achieved academically, receiving several A’s at School. The Year 8 Nowra Anglican College Student is determined to become a Professional athlete however has plans to ensure he can meet the life demands after sport.

“Beyond school I would really like to become a professional triathlete but if I don’t make it in that career I’d like to go to a university and study something that I’m interested in”.

In 2017 Brooklyn has won the Husky Enticer Triathlon, Callala Enforcer Triathlon and was crown Age Champion at the NSW All Schools Championships. Henry went on to represent NSW at the National Championships and finished 10th in Australia.

Brooklyn was also a member of the NSW All Schools Cross Country Team.

“I love the sport of triathlon and feel as though I have developed greatly because of my involvement with the IAS throughout this year. My physical and mental development has benefited from education sessions and the various training sessions.”

Brooklyn has now capped of a great year by gaining selection into the NSW Triathlon Talent Identification Squad for 2017/2018. ■

BILYANA MILEVSKI

2017 NETBALL ATHLETE OF THE YEAR

Bilyana is a promising netballer from Shellharbour who has been in the Academy for 3 years.

In 2017 Bilyana has represented South Coast Schools Opens, Shellharbour Premier League and Illawarra.

Bilyana is a well rounded holistic Netballer who is achieving success both on and off the court. The Lake Illawarra High School Student has achieved a high level of academic success finishing first in Visual Arts, Awared a Year Advisers Cirtifiате of Achievement and received the School ROSE Award -Recognition Of Student Excellence.

Illawarra Academy of Sports Netball Head Coach Marji Parr said “Bilyana has been an absolute pleasure to coach and have within the IAS program over the past 3 years, her courtside manner and maturity and ongoing retention and performance of skill is exemplary of the athlete each IAS netball program should have.”

At the 2017 NSW Under 17s Trials as a 15-year-old Bilyana narrowly missed out on selection after making through to the 3rd and final phase of the top 30 girls in the State. With another year in the Academy completed this will put her in good stead for the 2018 Trails.

With the 2018 The Trials now underway, Bilyana once again was selected for Phase 3 which was conducted on November 5th with the final Team announced this month she will be hoping to go one better and make the final squad of 12 girls.

Bilyana is also a very community minded person always will to provide assistance where she can, she is a graduate of the Links to Learning Program at Lake Illawarra High School where she



has volunteered with Multicultural Communities Council of the Illawarra cooking with the elderly and the Illawarra PCYC graffiti removal program. In addition to this she has also being giving back to her sport and club by umpiring each week and coaching the Shellharbour under 10’s team.

Bilyana’s quiet confidence and nature provides her with strong leadership and measurement. Bilyana’s positive comments and support of her team

mates both on and off the court displays maturity and sportsmanship, along with her high level of self control wich is a strong attribute for a Netball Devender, is going to ensure future success.

“Bilyana’s fair play is exemplary of her peers, she has always competed with a high self-discipline and a leader on court against all opposition” Parr added when asked to what separated Milevski from her fellow team members. ■



Proud to sponsor the Illawarra Academy of Sport

MoneyQuest Wollongong is proud to support both athletes and homeowners realise their dreams. Whether you're looking to buy your first home, buy an investment property or simply refinance. Paul your local Wollongong MoneyQuest finance specialist, can help find the loan that meets your needs!

To discuss your home loan needs, speak to Paul Wright today on 02 4229 5459

Paul Wright is a Credit Representative (No. 396716) of Money Quest Australia Pty Ltd, Australian Credit Licence 487623.



NOAH MARTIN

2017 BASKETBALL ATHLETE OF THE YEAR



Coming off an outstanding 2016 season where he won Illawarra Defensive player of the Year and the MVP for the Grand Final in the NSW Southern Junior League, in January Noah was selected in the NSW Country Team to compete at the Australian Country Junior Basketball Cup.

Continuing his great form, he was then selected in the NSW State Team to compete at the Australian National Championships.

Established in 1985 and the pioneer for the Regional Academy model in Australian sport, the Illawarra Academy of Sport with the support of our many partners, provides athletes with the programs to develop,

excel and achieve through sport. The IAS is at the forefront of pre-elite athlete development in NSW and prides itself on the ability to engage the region’s leading coaches and industry experts to deliver life-changing programs.

Talented young athletes and coaches within the Illawarra Region not only achieve excellence through sport but become respected young ambassadors for the community, the Illawarra Academy of Sport and their valued partners.

The Illawarra has a rich history in developing and elevating athletes to higher representative honours, with the Academy a significant vehicle in the process. Over three decades, the IAS has

supported more than 5500 young people from across the region in their pursuit of sporting excellence.

The IAS has produced 15 Olympians (17 medals), 17 Commonwealth Games Representatives (25 medals), 11 World Champions and 72 Senior National Team Representatives over the past three decades.

The IAS welcome nominations for the following Sports Program Scholarships; **Basketball, Cycling** (now including **BMX**), **Golf, Hockey, Netball, Rugby 7’s, Surfing, Tenpin Bowling** and **Triathlon** as well as non-sport specific **LoneStar Program** and **Athletes with a Disability Program**. ■

KIERAN WOOLLEY

2017 BLUESCOPEWIN LONESTAR ATHLETE OF THE YEAR

Keiran is a 13-year-old Nationally Ranked skate boarder who has the world at his feet.

Kieran has been skating from an early age in between his surfing. His dad built him a half pipe in the back yard when he was 10 with skating taking over and now he lives for skating.

Competing in both the under 16’s and Open divisions throughout 2017 Kieran has had some outstanding results.

In 2017 Keiran was crowned Australian Junior Bowlridding Champion, The peak and most competitive Australian Skateboarding Title, which he ranks as his greatest achievement to date in his sporting career.

In the under 16s, Keiran has won, King on Concrete St Kilda and King of Concrete Newcastle, Skate Park League NSW Finals before then going on to finish 3rd at the Skate Park League National finals.

In the open division, he won Karnage at Kurnell and Wolves of Street Wollongong and finished 6th at the Vans Continental Cup Global Series.

These results have seen Keiran gain selection into the Australian Skateboarding Federation Olympic Training Squad to attend 3 camps a year which are funded by the Australian Olympic Committee and designed to support athletes with the potential to medal in the 2020 Olympics.

It is no surprise that Woolley’s favourite subject at school is Physical Education but he is excited to be extending his subjects in year 9 to include Wood Work and Photo and Digital Media. Keiran is already a budding video producer collaborating on a number of skateboarding videos both in front of and behind the camera lens.

When asked to describe himself in one sentence Woolley said “A never ending ball of energy that is always up for a challenge”. For those who know Keiran or have met the Shellharbour pocket rocket are left in ore of his energy, commitment and dedication to everything he puts his mind too. There is no doubt this is only the start of a very long and successful career for this athlete and Keiran Woolley is name we will be hearing a lot more of in the future. ■



TOM DAVID

2017 BLUESCOPEWIN HOCKEY ATHLETE OF THE YEAR



Tom is a 17-year-old Goal keeper who has great potential from the Dapto Hockey Club.

In the last 12 months Tom was a member of the Australian Wonders tour of Europe, Illawarra Hockey's Under 18 Men's indoor and outdoor division 1 teams, NSW Christian Schools tams and NSW Combined Independent Schools

Team, where he was crowned the CIS Player of the Tournament at the NSW All Schools Championships.

Established in 1985 and the pioneer for the Regional Academy model in Australian sport, the Illawarra Academy of Sport with the support of our many partners, provides athletes with the programs to develop, excel and achieve through sport. The IAS is at the forefront of pre-elite athlete development in NSW and prides itself on the ability to engage the region's leading coaches and industry experts to deliver life-changing programs.

Talented young athletes and coaches within the Illawarra Region not only achieve excellence through sport but become respected young ambassadors for the community, the Illawarra Academy of Sport and their valued partners.

The Illawarra has a rich history in developing and elevating athletes to higher representative honours, with the Academy a significant vehicle in the process. Over three decades, the IAS has supported more than 5500 young people from across the region in their pursuit of sporting excellence.

The IAS has produced **15 Olympians (17 medals), 17 Commonwealth Games Representatives (25 medals), 11 World Champions and 71 Senior National Team Representatives over the past three decades.**

In 2017 the IAS will offer Sports Scholarships across 10 programs which are; **Basketball, Cycling, Golf, Hockey, Netball, Rugby 7's, Surfing, Triathlon** as well as non-sport specific **LoneStar Program and Athletes with a Disability Program.** ■

ZOWIE DREGHORN

2017 TENPIN BOWLING ATHLETE OF THE YEAR

As a member of the pilot IAS Tenpin Bowling Program Zowie is a fine example of how an Academy Program can assist in elevating athletes to higher representative honours.

The 13 year old bowler applied for an Academy Scholarship as she thought it was a great opportunity to improve her game, which it clearly has.

In 2017 Zowie has increased her average by 20 pins, seeing her finish 3rd at the NSW State Titles qualifying for the 2018 National Championships to be Held in Melbourne in April.

Bowling out of Shellharbour Bowl under the tutelage of National coach Andrew Frawley and Jen Jones Zowie's first coach and who has been with her ever since. Both coaches have been major influences on her career so far and who Zowie attributes her love for Bowling.

Starting bowling when she was 6 at a friend's birthday party, she kept asking to go bowling and soon after joined her first Junior League, where she finished third. Enjoying her bowling and developing an understanding that hard work pays off, Dreghorn now is looking at what possibilities Tenpin Bowling can now provide including a College education in the United States.

Established in 1985 and the pioneer for the Regional Academy model in Australian sport, the Illawarra Academy of Sport with the support of our many partners, provides athletes with the programs to develop, excel and achieve through sport. The IAS is at the forefront of pre-elite athlete development in NSW and prides itself on the ability to engage the region's leading coaches and industry experts to deliver life-changing programs.



Talented young athletes and coaches within the Illawarra Region not only achieve excellence through sport but become respected young ambassadors for the community, the Illawarra Academy of Sport and their valued partners.

The Illawarra has a rich history in developing and elevating athletes to higher representative honours, with the Academy a significant vehicle in the process. Over

three decades, the IAS has supported more than 5500 young people from across the region in their pursuit of sporting excellence.

The IAS has produced, (including Rio 2016), 15 Olympians (17 medals), 17 Commonwealth Games Representatives (25 medals), 11 World Champions and 71 Senior National Team Representatives over the past three decades. ■

CLASS OF 2017

AWD
Timothy Walsh, Georgia Smyth, Matthew Hearne, Tarren Dyer, Jarrod Dyer, Jasmine Greenwood, Andrew Pearson, Kirra Lockett

BASKETBALL
Maddison Delaney, Balin Rowley, Paige Nancarrow, James Turner, Blake McDougall, Mackenzie Roddam, Riley Chrystal-Foy, Georgia Chrystal-Foy, Ebony Petre, Brodie Howson, Tazmin Fulcher, Sienna Timev, Darcy Bartlett, Jayden Wright, Ethan-James Laudato, Sam Giles, Zoe Roulston, Noah Martin, Alexander Lees, Kyle Leslie, Bailey Benson

CYCLING
Chloe Heffernan, Mitchell Wright, Shari Heffernan, Tane Mathews O'Brien,

Zachary Marshall, Emily Strumfin, Luke Britten, Samuel Estell, Ryan Britten, Kirk Cleaven, Tahlia Dole, Amelia Trkulja

GOLF
Selena Bosevski, Eddie Ward, Ethan Harvey, Jamie Reay, Luke Taylor, Kelsey Bennett, Dillon Granger, Jye Halls, Blake Halls

HOCKEY
Ella Gibson, Riley Harper, Sage Mcateer, Hayley Burrell, Taryn Castle, Emily McKinnon, Jake Sheppard, Kristin Steenkamp, Manie Steenkamp, Ben Hayman, Tom David, Callum Joyce, Matthew Tyler, Hayley Rieck, Cara Haupt, Toby Jennings, Denzel Bambridge, Ryan Morton, Sarah Pride, Kaelan Read, Ashley Stone, Ellie Connell, Sophia Dummer, Tara Bevan, Alexander Dunn

LONESTAR
Courtney Buchanan, Jessica McDonnell, Luke Morgan-Monk, Caitlin Nastovski, Sebastian Buchanan, Ben Giason, Courtney Lendvay, Summer Simon, Charli Hurst, Taj Simon, Jake Beaumont, Kaimana Fittock, Rosie Tozer, Keanu Sonny Miller, Rhiannon Bainat, Harrison Iliffe, Hannah Crinnion, Elena Delaveris, Tenaya Hegarty, Raches Cooney, Matthew Gigliotti, Emily Lord, Zarko Selak, Zayn Timev, Hannah Sheridan, Noel Stopher, Kiara Meredith, Miranda Blades, Ruby Pass, Alyssa Norris, Nathan Sopher, Shiira De Horta, Isabella (Ellie) Burnett, Tahlia Collinge, Kieran Woolley, Olivia Falconer, Valentina Aliprandi

NETBALL
Emma Davey, Sophie Rodwell, Lilly Sellers, Aishah Muhammed, Ruby Sargen-Wilson, Cartia Taranto, Jade Frankham, Paris Mason, Bilyana Milevski, Teana Woods, Jessica Almond, Tailah Wagner, Georgia Deen, Emily Stewart, Tayla Hall, Elyssa Franey, Courtney Edwards, Rose Hughes, Chelsie



McKnight, Victoria Guest, Emily Bow, Adiel Mcolo, Eloise Austin

RUGBY 7S
Abby Holmes, James Wilson, Liam Surgeoner, Keeley Kopara, Seamus King, Cooper Hansen, Nathaniel Malaki, Stephanie Ball, Michael Ford, Jack Morris, Calvin Watts, Megan Hamaty, Aroha Spillane, Jackson Forde, Ruari Van Pratt, Blake Gurney, Molly Parkes, Tessa Good, Molly Good, Lily Mauger, Kody Tozer, Viena Tinao

TENPIN BOWLING
Zowie Dreghorn, Samuel Sutton

TRIATHLON
Taj Hooper, Jacinta Cliff, Lauren Myers, Thomas Knight, Ruby Sawtell, Aiden Wingate, Skye Reid, Grace Mahon, Freya Robinson-Mills, Brooklyn Henry, Liam Hinchcliffe ■

SCHOLARSHIPS HOLDERS BY SPORT & REGION

| REGION | | | | | | | |
|---------------------------|-------|--------------|------------|---------------|------------|-------------|-------|
| SPORT | KIAMA | SHELLHARBOUR | SHOALHAVEN | WINGECARRIBEE | WOLLONGONG | OUT OF AREA | TOTAL |
| Athlete with a Disability | 0 | 0 | 2 | 1 | 5 | 0 | 8 |
| Basketball | 0 | 3 | 3 | 2 | 14 | 0 | 22 |
| Cricket | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Cycling | 1 | 2 | 0 | 0 | 9 | 0 | 12 |
| Golf | 3 | 3 | 4 | 0 | 0 | 0 | 10 |
| Hockey | 0 | 3 | 2 | 9 | 12 | 0 | 26 |
| LoneStar | 4 | 6 | 0 | 1 | 27 | 0 | 38 |
| Netball | 4 | 3 | 5 | 3 | 9 | 0 | 24 |
| Rugby 7's | 1 | 0 | 6 | 2 | 15 | 1 | 25 |
| Tenpin Bowling | 0 | 2 | 0 | 1 | 2 | 0 | 5 |
| Triathlon | 1 | 3 | 2 | 1 | 5 | 0 | 12 |
| TOTAL | 14 | 25 | 24 | 20 | 98 | 1 | 182 |

| GENDER | | | |
|---------------------------|------|--------|-------|
| SPORT | MALE | FEMALE | TOTAL |
| Athlete with a Disability | 5 | 3 | 8 |
| Basketball | 14 | 8 | 22 |
| Cricket | 0 | 0 | 0 |
| Cycling | 7 | 5 | 12 |
| Golf | 7 | 3 | 10 |
| Hockey | 14 | 12 | 26 |
| LoneStar | 13 | 25 | 38 |
| Netball | 0 | 24 | 24 |
| Rugby 7's | 11 | 14 | 25 |
| Tenpin Bowling | 2 | 3 | 5 |
| Triathlon | 5 | 7 | 12 |
| TOTAL | 78 | 104 | 182 |

SCHOLARSHIPS HOLDERS BY SPORT & REGION - CONTINUED

| AGE CATEGORY | | | | | | | | |
|---------------------------|----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|
| SPORT | <13YRS | 13YRS | 14YRS | 15YRS | 16YRS | 17YRS | >17YRS | TOTAL |
| Athlete with a Disability | 0 | 1 | 0 | 1 | 2 | 1 | 3 | 8 |
| Basketball | 0 | 0 | 5 | 6 | 7 | 4 | 0 | 22 |
| Cricket | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Cycling | 0 | 3 | 1 | 2 | 3 | 2 | 1 | 12 |
| Golf | 0 | 3 | 2 | 0 | 1 | 3 | 1 | 10 |
| Hockey | 0 | 0 | 0 | 0 | 16 | 7 | 3 | 26 |
| LoneStar | 3 | 5 | 5 | 13 | 3 | 5 | 4 | 38 |
| Netball | 0 | 0 | 7 | 12 | 5 | 0 | 0 | 24 |
| Rugby 7's | 0 | 0 | 0 | 8 | 14 | 3 | 0 | 25 |
| Tenpin Bowling | 0 | 0 | 1 | 1 | 1 | 0 | 2 | 5 |
| Triathlon | 0 | 1 | 3 | 6 | 2 | 0 | 0 | 12 |
| TOTAL | 3 | 13 | 24 | 49 | 54 | 25 | 14 | 182 |

| YEAR IN SPORT | | | | | | |
|---------------------------|------------|-----------|-----------|----------|----------|------------|
| SPORT | 1ST YEAR | 2ND YEAR | 3RD YEAR | 4TH YEAR | 5TH YEAR | TOTAL |
| Athlete with a Disability | 2 | 2 | 2 | 2 | 0 | 8 |
| Basketball | 22 | 0 | 0 | 0 | 0 | 22 |
| Cricket | 0 | 0 | 0 | 0 | 0 | 0 |
| Cycling | 3 | 3 | 3 | 2 | 1 | 12 |
| Golf | 5 | 3 | 1 | 0 | 1 | 10 |
| Hockey | 19 | 4 | 3 | 0 | 0 | 26 |
| LoneStar | 25 | 7 | 5 | 1 | 0 | 38 |
| Netball | 17 | 5 | 2 | 0 | 0 | 24 |
| Rugby 7's | 20 | 5 | 0 | 0 | 0 | 25 |
| Tenpin Bowling | 5 | 0 | 0 | 0 | 0 | 5 |
| Triathlon | 8 | 3 | 1 | 0 | 0 | 12 |
| TOTAL | 126 | 32 | 17 | 5 | 2 | 182 |

FINANCIAL REPORTS

2017

ILLAWARRA ACADEMY OF SPORTS INCORPORATED
ABN: 31 659 625 641

Annual Financial Report For The Year Ended
30 June 2018

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

Your committee members submit the financial report of the Illawarra Academy of Sports Inc. for the financial year ended 30 June 2018.

Principal Activities

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

Operating Result

The loss after providing for income tax amounted to \$28,770.68

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

.....
Committee Member

.....
Committee Member

NOTES TO AND FORMING PART OF THE FINANCIAL REPORT
FOR THE YEAR ENDED 30 JUNE 2018

NOTE 1. STATEMENT OF SIGNIFICANT ACCOUNTING POLICIES

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

(a) Basis of Preparation

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

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

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

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

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

(b) Revenue and Revenue Recognition

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

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

(c) Taxation

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

(d) Receivables and Accounts Payable

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

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

(e) Plant and equipment

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

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

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

ILLAWARRA ACADEMY OF SPORTS INCORPORATED

NOTES TO AND FORMING PART OF THE FINANCIAL REPORT
FOR THE YEAR ENDED 30 JUNE 2018

(f) Provisions

Employee entitlements

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

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

(g) Goods and Services Tax

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

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

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

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

ILLAWARRA ACADEMY OF SPORT INCORPORATED

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

Opinion

We have audited the financial report of Illawarra Academy of Sport Inc., which comprises the Balance Sheet as at 30 June 2018, the Profit and Loss Statement and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the accompanying financial report of Illawarra Academy of Sport Inc. presents fairly, in all material respects, the Balance Sheet as at 30 June 2018 and the Profit and Loss Statement for the year then ended in accordance with the *Associations Incorporation Act 2009 (the Act)* and the Regulations.

Basis for Opinion

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

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

Emphasis of Matter - Basis of Accounting

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

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

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

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

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

ILLAWARRA ACADEMY OF SPORTS INCORPORATED

NOTES TO AND FORMING PART OF THE FINANCIAL REPORT FOR THE YEAR ENDED 30 JUNE 2018

(f) Provisions

Employee entitlements

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

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

(g) Goods and Services Tax

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

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

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

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

Created: 20/07/2018 10:04 AM

Balance Sheet

As of June 2018

| | |
|--------------------------------|--------------|
| Assets | |
| CURRENT ASSETS | |
| ICU Business Account | \$23,096.62 |
| ICU IQ Saver | \$268,977.70 |
| ICU Debit Card | \$7,751.27 |
| Trade Debtors | \$10,076.00 |
| Prepaid expenses | \$888.67 |
| Total CURRENT ASSETS | \$310,790.26 |
| FIXED ASSETS | |
| Equipment | \$36,696.38 |
| Accum Depreciation - Equipment | -\$27,557.00 |
| Furniture & Fittings | \$2,870.00 |
| Accum Depreciation - Furniture | -\$3,737.00 |
| Vehicle | \$25,450.00 |
| Accum Depreciation - Vehicle | -\$15,805.00 |
| Total FIXED ASSETS | \$17,917.38 |
| Total Assets | \$328,707.64 |
| Liabilities | |
| CURRENT LIABILITIES | |
| Trade Creditors | \$2,367.50 |
| Accrued Expenses | \$3,667.50 |
| Superannuation | \$3,399.55 |
| Annual Leave Liability | \$15,259.36 |
| LSL Liability | \$5,869.10 |
| Total CURRENT LIABILITIES | \$30,563.01 |
| GST | |
| GST Collected from Sales | \$4,370.32 |
| GST Paid on Purchases | -\$3,552.44 |
| Total GST | \$817.88 |
| INCOME IN ADVANCE | |
| Office of Sport | \$114,000.00 |
| Total INCOME IN ADVANCE | \$114,000.00 |
| PAYG TAX PAYABLE | \$12,234.00 |
| Total Liabilities | \$157,614.89 |
| Net Assets | \$171,092.75 |
| Equity | |
| Retained Earnings | \$199,863.43 |
| Current Year Earnings | -\$28,770.68 |
| Total Equity | \$171,092.75 |

This report includes Year-End Adjustments.

Created: 20/07/2018 9:01 AM

Profit & Loss [Last Year Analysis]

July 2017 To June 2018

| | This Year | Last Year | \$ Difference | % Difference |
|--------------------------------|--------------|--------------|---------------|--------------|
| INCOME | | | | |
| SHARED INCOME | | | | |
| Office of Sport | \$228,000.00 | \$114,000.00 | \$114,000.00 | 100.0% |
| Wollongong City Council | \$35,000.00 | \$35,000.00 | \$0.00 | 0.0% |
| Shellharbour City Council | \$15,000.00 | \$15,000.00 | \$0.00 | 0.0% |
| Shoalhaven City Council | \$15,000.00 | \$15,000.00 | \$0.00 | 0.0% |
| Wingecarribee Shire Council | \$10,100.00 | \$10,100.00 | \$0.00 | 0.0% |
| Kiama Municipal Council | \$6,000.00 | \$6,000.00 | \$0.00 | 0.0% |
| University of Wollongong | \$25,000.00 | \$25,000.00 | \$0.00 | 0.0% |
| Bluescope Steel | \$20,000.00 | \$20,000.00 | \$0.00 | 0.0% |
| Aceit Sportswear | \$4,500.00 | \$4,500.00 | \$0.00 | 0.0% |
| Collegians | \$27,500.00 | \$25,000.00 | \$2,500.00 | 10.0% |
| Big Fat Smile | \$0.00 | \$10,000.00 | -\$10,000.00 | (100.0)% |
| Cram Fluid Power | \$5,000.00 | \$5,000.00 | \$0.00 | 0.0% |
| Peoplecare | \$0.00 | \$3,000.00 | -\$3,000.00 | (100.0)% |
| KKKK | \$0.00 | \$3,000.00 | -\$3,000.00 | (100.0)% |
| Additional Sponsorship | \$12,000.00 | \$10,000.00 | \$2,000.00 | 20.0% |
| Total SHARED INCOME | \$403,100.00 | \$300,600.00 | \$102,500.00 | 34.1% |
| SPORT SPECIFIC INCOME | | | | |
| AWD INCOME | | | | |
| The Disability Trust | \$2,500.00 | \$0.00 | \$2,500.00 | NA |
| MoneyQuest | \$3,000.00 | \$3,000.00 | \$0.00 | 0.0% |
| Total AWD INCOME | \$5,500.00 | \$3,000.00 | \$2,500.00 | 83.3% |
| CRICKET INCOME | | | | |
| NSW Cricket Association | \$0.00 | \$225.00 | -\$225.00 | (100.0)% |
| Total CRICKET INCOME | \$0.00 | \$225.00 | -\$225.00 | (100.0)% |
| CYCLING INCOME | | | | |
| NSW Cycling Federation | \$3,000.00 | \$3,000.00 | \$0.00 | 0.0% |
| Cycling Sponsors | \$2,000.00 | \$2,000.00 | \$0.00 | 0.0% |
| Additional Uniforms | \$0.00 | \$654.56 | -\$654.56 | (100.0)% |
| Athete Tours | \$681.81 | \$0.00 | \$681.81 | NA |
| Total CYCLING INCOME | \$5,681.81 | \$5,654.56 | \$27.25 | 0.5% |
| GOLF INCOME | | | | |
| State Golf Assoc & Foundations | \$5,500.00 | \$6,500.00 | -\$1,000.00 | (15.4)% |
| Golf Illawarra | \$4,500.00 | \$4,000.00 | \$500.00 | 12.5% |
| Golf Day Fundraiser | \$3,762.73 | \$4,691.82 | -\$929.09 | (19.8)% |
| Athlete Tours | \$1,022.72 | \$0.00 | \$1,022.72 | NA |
| Total GOLF INCOME | \$14,785.45 | \$15,191.82 | -\$406.37 | (2.7)% |
| HOCKEY INCOME | | | | |
| Local Hockey Associations | \$2,003.64 | \$2,839.00 | -\$835.36 | (29.4)% |
| Hockey NSW | \$3,000.00 | \$3,000.00 | \$0.00 | 0.0% |
| Total HOCKEY INCOME | \$5,003.64 | \$5,839.00 | -\$835.36 | (14.3)% |
| RUGBY UNION INCOME | | | | |
| Athlete Tours | \$0.00 | \$5,095.35 | -\$5,095.35 | (100.0)% |
| Total RUGBY UNION INCOME | \$0.00 | \$5,095.35 | -\$5,095.35 | (100.0)% |
| NETBALL INCOME | | | | |
| NSW Netball Association | \$6,750.00 | \$6,000.00 | \$750.00 | 12.5% |
| Local Netball Associations | \$7,840.00 | \$6,185.45 | \$1,654.55 | 26.7% |
| Additional Uniforms | \$0.00 | \$109.10 | -\$109.10 | (100.0)% |
| Athlete Tours | \$6,213.56 | \$3,149.96 | \$3,063.60 | 97.3% |

This report includes Year-End Adjustments.

Created: 20/07/2018 9:01 AM

Profit & Loss [Last Year Analysis]

July 2017 To June 2018

| | This Year | Last Year | \$ Difference | % Difference |
|---------------------------------|--------------|--------------|---------------|--------------|
| Total NETBALL INCOME | \$20,803.56 | \$15,444.51 | \$5,359.05 | 34.7% |
| LAWN BOWLS INCOME | | | | |
| Local Bowls Zones | \$0.00 | -\$100.00 | \$100.00 | 100.0% |
| Total LAWN BOWLS INCOME | \$0.00 | -\$100.00 | \$100.00 | 100.0% |
| TRIATHLON INCOME | | | | |
| Triathlon NSW | \$1,363.65 | \$0.00 | \$1,363.65 | NA |
| Additonal Uniforms | \$0.00 | \$327.28 | -\$327.28 | (100.0)% |
| Total TRIATHLON INCOME | \$1,363.65 | \$327.28 | \$1,036.37 | 316.7% |
| BASKETBALL INCOME | | | | |
| Basketball NSW | \$3,000.00 | \$0.00 | \$3,000.00 | NA |
| Total BASKETBALL INCOME | \$3,000.00 | \$0.00 | \$3,000.00 | NA |
| Total SPORT SPECIFIC INCOME | \$56,138.11 | \$50,677.52 | \$5,460.59 | 10.8% |
| PROGRAM OR PROJECT INCOME | | | | |
| PRESENTATION NIGHT | | | | |
| Paying Guests | \$7,754.72 | \$9,818.30 | -\$2,063.58 | (21.0)% |
| TOBIN FAMILY AWARD | | | | |
| Sponsorship | \$5,000.00 | \$5,000.00 | \$0.00 | 0.0% |
| BERRY TRAINING CAMP | | | | |
| Berry Camp Athlete Levies | \$11,736.83 | \$0.00 | \$11,736.83 | NA |
| ACADEMY GAMES | | | | |
| Athlete Levies | \$15,454.36 | \$28,012.57 | -\$12,558.21 | (44.8)% |
| Registration | \$0.00 | \$1,260.00 | -\$1,260.00 | (100.0)% |
| Total ACADEMY GAMES | \$15,454.36 | \$29,272.57 | -\$13,818.21 | (47.2)% |
| Total PROGRAM OR PROJECT INCOME | \$39,945.91 | \$44,090.87 | -\$4,144.96 | (9.4)% |
| Total INCOME | \$499,184.02 | \$395,368.39 | \$103,815.63 | 26.3% |
| Gross Profit | \$499,184.02 | \$395,368.39 | \$103,815.63 | 26.3% |
| EXPENSES | | | | |
| EMPLOYEE RELATED EXPENSES | | | | |
| Permanent Staff | | | | |
| Salary Costs | \$294,350.43 | \$221,744.59 | \$72,605.84 | 32.7% |
| Annual Leave Provision | -\$27,155.63 | -\$2,538.82 | -\$24,616.81 | (969.6)% |
| LSL Provision | \$1,067.39 | \$1,735.71 | -\$668.32 | (38.5)% |
| Travel Reimbursement | \$3,454.39 | \$1,852.42 | \$1,601.97 | 86.5% |
| Staff Costs | \$25,328.00 | \$0.00 | \$25,328.00 | NA |
| Employsure | \$2,735.98 | \$0.00 | \$2,735.98 | NA |
| Superannuation | \$25,261.17 | \$20,973.07 | \$4,288.10 | 20.4% |
| Advertising/Recruitment | \$930.00 | \$0.00 | \$930.00 | NA |
| Staff Uniforms | \$0.00 | \$250.01 | -\$250.01 | (100.0)% |
| Workers Compensation | \$884.85 | \$953.08 | -\$68.23 | (7.2)% |
| Total EMPLOYEE RELATED EXPENSES | \$326,856.58 | \$244,970.06 | \$81,886.52 | 33.4% |
| ADMINISTRATIVE COSTS | | | | |
| Bank Fees & Charges | \$93.64 | \$130.09 | -\$36.45 | (28.0)% |
| Insurance | \$2,764.68 | \$2,811.10 | -\$46.42 | (1.7)% |
| Staff Professional Development | \$1,000.02 | \$1,295.45 | -\$295.43 | (22.8)% |
| Subscriptions & Memberships | \$2,918.54 | \$2,486.36 | \$432.18 | 17.4% |
| Staff Amenities | \$454.02 | \$802.82 | -\$348.80 | (43.4)% |
| Travel | \$4,160.88 | \$3,339.89 | \$820.99 | 24.6% |
| Motor Vehicle Expenses | \$4,610.49 | \$3,320.29 | \$1,290.20 | 38.9% |

This report includes Year-End Adjustments.

Created: 20/07/2018 9:01 AM

Profit & Loss [Last Year Analysis]

July 2017 To June 2018

| | This Year | Last Year | \$ Difference | % Difference |
|-------------------------------|-------------|-------------|---------------|--------------|
| Audit Fees | \$2,312.00 | \$2,250.00 | \$62.00 | 2.8% |
| Consultancy Fees | \$1,500.00 | \$6,011.60 | -\$4,511.60 | (75.0)% |
| Legal Expenses | \$50,788.18 | \$0.00 | \$50,788.18 | NA |
| Total ADMINISTRATIVE COSTS | \$70,602.45 | \$22,447.60 | \$48,154.85 | 214.5% |
| COMMUNICATIONS | | | | |
| Postage | \$471.59 | \$783.96 | -\$312.37 | (39.8)% |
| Telephone & Internet | \$2,903.06 | \$2,263.60 | \$639.46 | 28.2% |
| Total COMMUNICATIONS | \$3,374.65 | \$3,047.56 | \$327.09 | 10.7% |
| IT SERVICES | | | | |
| IT Support | \$273.40 | -\$1,785.00 | \$2,058.40 | 115.3% |
| Total IT SERVICES | \$273.40 | -\$1,785.00 | \$2,058.40 | 115.3% |
| PROMOTIONS & FUNCTIONS | | | | |
| Promotions | \$3,356.25 | \$6,370.00 | -\$3,013.75 | (47.3)% |
| Advertising - General | \$1,503.61 | \$3,511.09 | -\$2,007.48 | (57.2)% |
| Functions | \$904.68 | \$3,170.73 | -\$2,266.05 | (71.5)% |
| Sponsorship Servicing | \$1,710.73 | \$2,010.50 | -\$299.77 | (14.9)% |
| Athlete Induction | \$1,283.37 | \$3,448.28 | -\$2,164.91 | (62.8)% |
| Meetings | \$2,168.98 | \$910.20 | \$1,258.78 | 138.3% |
| RASI Meetings | \$3,430.01 | \$1,171.63 | \$2,258.38 | 192.8% |
| Resistance Training | \$0.00 | \$2,062.73 | -\$2,062.73 | (100.0)% |
| Total PROMOTIONS & FUNCTIONS | \$14,357.63 | \$22,655.16 | -\$8,297.53 | (36.6)% |
| PUBLICATIONS & PRINTING | | | | |
| Newspapers | \$23.30 | \$28.67 | -\$5.37 | (18.7)% |
| Photocopier | \$2,178.48 | \$2,449.77 | -\$271.29 | (11.1)% |
| Stationery | \$743.65 | \$1,612.24 | -\$868.59 | (53.9)% |
| Annual Report | \$857.27 | \$0.00 | \$857.27 | NA |
| Banners | \$0.00 | \$130.00 | -\$130.00 | (100.0)% |
| Total PUBLICATIONS & PRINTING | \$3,802.70 | \$4,220.68 | -\$417.98 | (9.9)% |
| FACILITY & EQUIPMENT | | | | |
| Office Equipment | \$21.82 | \$0.00 | \$21.82 | NA |
| Computer Software | \$184.55 | \$0.00 | \$184.55 | NA |
| Record Storage | \$497.15 | \$235.20 | \$261.95 | 111.4% |
| Rent | \$12,500.00 | \$9,125.00 | \$3,375.00 | 37.0% |
| Total FACILITY & EQUIPMENT | \$13,203.52 | \$9,360.20 | \$3,843.32 | 41.1% |
| SPORT SPECIFIC EXPENSES | | | | |
| AFL EXPENSES | | | | |
| AFL Scholarship | \$1,611.82 | \$0.00 | \$1,611.82 | NA |
| AFL Staff Support | \$1,000.00 | \$0.00 | \$1,000.00 | NA |
| Total AFL EXPENSES | \$2,611.82 | \$0.00 | \$2,611.82 | NA |
| AWD EXPENSES | | | | |
| AWD Scholarship | \$0.00 | \$31.82 | -\$31.82 | (100.0)% |
| Staff Support | \$500.00 | \$0.00 | \$500.00 | NA |
| Total AWD EXPENSES | \$500.00 | \$31.82 | \$468.18 | 1,471.3% |
| CRICKET EXPENSES | | | | |
| Cricket Scholarship | \$0.00 | \$2,099.11 | -\$2,099.11 | (100.0)% |
| Staff Support | \$0.00 | \$2,200.00 | -\$2,200.00 | (100.0)% |
| Total CRICKET EXPENSES | \$0.00 | \$4,299.11 | -\$4,299.11 | (100.0)% |
| CYCLING EXPENSES | | | | |
| Cycling Scholarship | \$546.66 | \$697.69 | -\$151.03 | (21.6)% |
| Additional Uniforms | \$0.00 | \$55.00 | -\$55.00 | (100.0)% |

This report includes Year-End Adjustments.

Created: 20/07/2018 9:01 AM

Profit & Loss [Last Year Analysis]

July 2017 To June 2018

| | This Year | Last Year | \$ Difference | % Difference |
|----------------------------|-------------|-------------|---------------|--------------|
| Staff Support | \$1,400.00 | \$3,000.00 | -\$1,600.00 | (53.3)% |
| Tour Expenses | \$920.00 | \$0.00 | \$920.00 | NA |
| Ben Mikic Award | \$500.00 | \$500.00 | \$0.00 | 0.0% |
| Total CYCLING EXPENSES | \$3,366.66 | \$4,252.69 | -\$886.03 | (20.8)% |
| GOLF EXPENSES | | | | |
| Golf Scholarship | \$1,704.50 | \$1,606.80 | \$97.70 | 6.1% |
| Additional Uniforms | \$0.00 | \$370.00 | -\$370.00 | (100.0)% |
| Staff Support | \$1,000.00 | \$2,750.00 | -\$1,750.00 | (63.6)% |
| Golf Day Expenses | \$1,891.03 | \$1,433.89 | \$457.14 | 31.9% |
| Tour Expenses | \$2,041.98 | \$4,491.53 | -\$2,449.55 | (54.5)% |
| Total GOLF EXPENSES | \$6,637.51 | \$10,652.22 | -\$4,014.71 | (37.7)% |
| HOCKEY EXPENSES | | | | |
| Hockey Scholarship | \$1,842.73 | \$2,079.32 | -\$236.59 | (11.4)% |
| Additional Uniforms | \$0.00 | \$746.00 | -\$746.00 | (100.0)% |
| Staff Support | \$2,400.00 | \$3,100.00 | -\$700.00 | (22.6)% |
| Total HOCKEY EXPENSES | \$4,242.73 | \$5,925.32 | -\$1,682.59 | (28.4)% |
| LONESTAR EXPENSES | | | | |
| Lone Star Scholarship | \$730.00 | \$1,489.75 | -\$759.75 | (51.0)% |
| Total LONESTAR EXPENSES | \$730.00 | \$1,489.75 | -\$759.75 | (51.0)% |
| RUGBY UNION EXPENSES | | | | |
| Rugby Scholarship | \$567.50 | \$1,882.69 | -\$1,315.19 | (69.9)% |
| Additional Uniforms | \$0.00 | \$828.00 | -\$828.00 | (100.0)% |
| Equipment | \$0.00 | \$450.00 | -\$450.00 | (100.0)% |
| Staff Support | \$1,547.50 | \$1,200.00 | \$347.50 | 29.0% |
| Coach Development | \$679.55 | \$0.00 | \$679.55 | NA |
| Tour Expenses | -\$447.27 | \$4,782.41 | -\$5,229.68 | (109.4)% |
| Tour Uniforms | \$0.00 | \$229.02 | -\$229.02 | (100.0)% |
| Total RUGBY UNION EXPENSES | \$2,347.28 | \$9,372.12 | -\$7,024.84 | (75.0)% |
| NETBALL EXPENSES | | | | |
| Netball Scholarship | \$1,460.45 | \$3,135.87 | -\$1,675.42 | (53.4)% |
| Additional Uniforms | \$300.00 | \$1,765.90 | -\$1,465.90 | (83.0)% |
| Staff Support | \$2,900.00 | \$3,500.00 | -\$600.00 | (17.1)% |
| Tour Expenses | \$8,023.65 | \$2,099.27 | \$5,924.38 | 282.2% |
| Tour Uniforms | \$660.00 | \$0.00 | \$660.00 | NA |
| Total NETBALL EXPENSES | \$13,344.10 | \$10,501.04 | \$2,843.06 | 27.1% |
| LAWN BOWLS EXPENSE | | | | |
| Lawn Bowls Scholarship | \$0.00 | \$160.00 | -\$160.00 | (100.0)% |
| Staff Support | \$0.00 | \$1,200.00 | -\$1,200.00 | (100.0)% |
| Total LAWN BOWLS EXPENSE | \$0.00 | \$1,360.00 | -\$1,360.00 | (100.0)% |
| TRIATHLON EXPENSES | | | | |
| Triathlon Scholarship | \$705.75 | \$897.92 | -\$192.17 | (21.4)% |
| Additional Uniforms | \$0.00 | \$85.00 | -\$85.00 | (100.0)% |
| Staff Support | \$700.00 | \$2,700.00 | -\$2,000.00 | (74.1)% |
| Total TRIATHLON EXPENSES | \$1,405.75 | \$3,682.92 | -\$2,277.17 | (61.8)% |
| BASKETBALL EXPENSES | | | | |
| Basketball Scholarship | \$1,320.00 | \$2,194.07 | -\$874.07 | (39.8)% |
| Additional Uniforms | \$0.00 | \$1,971.47 | -\$1,971.47 | (100.0)% |
| Staff Support | \$1,900.00 | \$1,100.00 | \$800.00 | 72.7% |
| Total BASKETBALL EXPENSES | \$3,220.00 | \$5,265.54 | -\$2,045.54 | (38.8)% |
| TEN PIN BOWLING EXPENSES | | | | |

This report includes Year-End Adjustments.

Created: 20/07/2018 9:01 AM

Profit & Loss [Last Year Analysis]

July 2017 To June 2018

| | This Year | Last Year | \$ Difference | % Difference |
|-----------------------------------|--------------|--------------|---------------|--------------|
| Ten Pin Bowling Scholarship | \$0.00 | \$507.29 | -\$507.29 | (100.0)% |
| Additional Uniforms | \$0.00 | \$365.91 | -\$365.91 | (100.0)% |
| Total TEN PIN BOWLING EXPENSES | \$0.00 | \$873.20 | -\$873.20 | (100.0)% |
| SURFING EXPENSES | | | | |
| Surfing Scholarship | \$546.68 | \$0.00 | \$546.68 | NA |
| Total SURFING EXPENSES | \$546.68 | \$0.00 | \$546.68 | NA |
| Total SPORT SPECIFIC EXPENSES | \$38,952.53 | \$57,705.73 | -\$18,753.20 | (32.5)% |
| PROGRAM OR PROJECT EXPENSES | | | | |
| TOBIN FAMILY AWARD | | | | |
| Tobin Family Award Winner | \$5,000.00 | \$5,000.00 | \$0.00 | 0.0% |
| PRESENTATION NIGHT | | | | |
| Production | \$22,103.03 | \$25,451.93 | -\$3,348.90 | (13.2)% |
| BERRY TRAINING CAMP | | | | |
| Berry Camp Expenses | \$11,365.22 | \$0.00 | \$11,365.22 | NA |
| ACADEMY GAMES | | | | |
| Athlete Expenses | \$15,657.58 | \$21,878.37 | -\$6,220.79 | (28.4)% |
| Registration | \$0.00 | \$1,414.00 | -\$1,414.00 | (100.0)% |
| RAFFLE | | | | |
| Raffle Expenses | \$0.00 | \$163.63 | -\$163.63 | (100.0)% |
| Total PROGRAM OR PROJECT EXPENSES | \$54,125.83 | \$53,907.93 | \$217.90 | 0.4% |
| Total EXPENSES | \$525,549.29 | \$416,529.92 | \$109,019.37 | 26.2% |
| Operating Profit | -\$26,365.27 | -\$21,161.53 | -\$5,203.74 | (24.6)% |
| OTHER INCOME | | | | |
| Misc Income | \$0.00 | \$72.73 | -\$72.73 | (100.0)% |
| Credit Interest | \$5,606.19 | \$6,512.57 | -\$906.38 | (13.9)% |
| Total OTHER INCOME | \$5,606.19 | \$6,585.30 | -\$979.11 | (14.9)% |
| OTHER EXPENSES | | | | |
| Legal Cost | \$0.00 | \$7,085.00 | -\$7,085.00 | (100.0)% |
| Bad Debt Expense | \$0.00 | \$3,900.00 | -\$3,900.00 | (100.0)% |
| Depreciation | \$6,796.00 | \$12,104.00 | -\$5,308.00 | (43.9)% |
| Donations | \$650.00 | \$650.00 | \$0.00 | 0.0% |
| Debit Interest | \$338.33 | \$1,235.53 | -\$897.20 | (72.6)% |
| Miscellaneous | \$0.00 | -\$0.10 | \$0.10 | 100.0% |
| Presidents Relief Fund | \$227.27 | \$0.00 | \$227.27 | NA |
| Total OTHER EXPENSES | \$8,011.60 | \$24,974.43 | -\$16,962.83 | (67.9)% |
| Net Profit/(Loss) | -\$28,770.68 | -\$39,550.66 | \$10,779.98 | 27.3% |

This report includes Year-End Adjustments.



illawarra
academy of sport
"a pathway to excellence"

PO Box U39 University of Wollongong
WOLLONGONG NSW 2500

T. 02 4225 3899

E. info@ias.org.au

W. www.ias.org.au