

# ANNUAL REPORT

2019



**illawarra**  
academy of sport  
"a pathway to excellence"

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## PRESIDENT'S REPORT 2019

We review the past year with considerable satisfaction as we witness not only the achievements of our current athletes, but also as we follow the success of our past athletes, our alumni – who have competed with considerable success at national and international level. Surfer Sally Fitzgibbon, swimmer Emma McKeon and cyclist Caleb Ewan immediately come to mind.

A series of significant events have marked the calendar for athletes of the 2018-19 year. The Tobin Family award winner and athlete of the year of 2018 was skateboarder Kieran Woolley. Since receiving the award Kieran has performed outstandingly in Australia and across the globe and is placing himself in a good position to represent Australia in the 2020 Tokyo Olympics.

Our Orientation Day for athletes and their families was a great success, with the presentation by Dr Juanita Weissensteiner of the NSW Office of Sport being particularly well received. Juanita introduced athletes and parents to the FTEM model of athlete development and the elevation of expectation, demands and performance as athletes progress through to the level of mastery in their sport.

Around 110 Academy athletes and staff attended the annual "Your Local Club" Regional Academy Games held in the Hunter. Our athletes again performed well, and their behaviour and sportsmanship brought great credit to the Academy.

The Academy hosted a most successful Golf Day fundraiser held at the Shellharbour Links Course. Around 60 golfers enjoyed a great day with a number of our golf scholarship holders helping more than one 'duffer' out when in trouble. The event was great fun and was organised by our recently recruited Communications and Event Officer Emily Robinson. Well done Emily.

### FINANCES

The Academy's financial position continues to be sound. I extend my thanks to the many financial supporters of the Academy for continuing to invest in the Regions youth, and therefore the Regions future. The past year has, however, been financially challenging

as the Academy's commitment to investing in its coaching quality via coach education and development. Additionally, building essential strength and conditioning programming into our scholarships, has carried with it cost implications. Added to this is the expiry of a couple of sponsorship arrangements and the non-indexation of government and members contributions. This combination of factors has led to a deficit result for the year, albeit much lower than had been anticipated.

Achieving a financially sustainable Academy is the Board's foremost priority going forward. Particular thanks go to staff member Selin Kahraman and auditors O'Donnell Hennessy and Co for their stewardship of the Academy's accounts.

### PROGRAMS

It is clear that Regional Academies continue to have a role to play in the talent identification and athlete development pathway – the mention of the success of our Alumni this year is ample testimony to this fact. In year 2018-19, whilst the sport of surfing chose to withdraw from the Academy system, the sports of Rugby and Swimming re-joined our program, and the AFL Women's 16's squad was expanded to 16's and 18's. At years end, we have some 245 athletes undergoing programs.

Program Manager Dane Robinson has now been with the Academy for a full scholarship year and is doing a great job. Dane is himself an elite athlete who has represented at the highest level, so has firsthand experience of what it takes to get to the 'mastery' level. He brings drive, enthusiasm and innovation to his role and his personable manner is very popular among the squads.

As foreshadowed in last year's report, the Academy has extended itself by offering to its athletes the services of our new Physical Performance Coach Mitchel Neilson. Mitch provides excellent programmed activity out of the various gyms operated by the Councils of the Region. The Academy is deeply grateful for the Councils offering these facilities on a no-charge basis to the athletes. This is an extremely valuable in-kind giving.

### GOVERNANCE

The governance of the Academy is overseen by the Academy membership and a sub-set of that membership, the Academy Board. The membership comprises the Mayors of the Region or their nominees, the Vice-Chancellor of the University of Wollongong or his/her nominee, community representatives from the five Local Government areas of the region and a representative of the Australian Institute of Sport. All members are volunteers who give unstintingly of their skills, experience and time. I extend the community's gratitude to each of them.

During the years, the Academy has had a series of full agendas which has seen the introduction of a risk register, consideration of which is now a standing item of business. Close monitoring of the Academy's financial position and the pursuit of sponsorships and additional funding support has been and will continue to be a high priority. The structure of the Regional Academy system and the Illawarra Academy's capacity to assist other Academies has exercised our minds and resulted in discussion with both government and the Regional Academies of Sport incorporated. The introduction of a strength and conditioning resource and program was delivered this year as part of the roll-out of the recently adopted Strategic Plan.

### ACADEMY PARTNERS

As mentioned elsewhere, the term of some sponsorship arrangements is concluding in the near future. One of these is the valuable and much appreciated support by the Collegians Club. "Colliers" have been a significant contributor to the Academy over the past five years for which we are very thankful – we wish the Board, membership and staff of Collegians every success in the future.

Registered clubs play a pivotal role in the support of sport across the nation. We welcome the interest of one or more, or perhaps a consortium of clubs in the activities of the Academy going forward.

The Academy has many longstanding partners. The NSW Government's Office

of Sport is our most significant financial supporter. Without that support the Academy system of state-wide Regional Academies would be unlikely to survive. The five Councils of the Illawarra Academy's region are generous financial and in-kind supporters, particularly through their annual Mayoral receptions. Our home, the University of Wollongong provides not only finances but access to a range of quality facilities and advice.

BluescopeWIN Community Partners and Aceit Sportswear have been longstanding private sector supporters. BaiMed has been pivotal in the Academy's strength and conditioning space. WIN has contributed strong media support. The sporting associations themselves contribute financially and in-kind to the delivery of our scholarships. To all our supporters, a very big thank you from all our athletes.

The Illawarra Academy of Sport is a multi-faceted support network for developing athletes in the region. The Academy endeavours to secure coaches, support staff and educators / consultants of the highest calibre and this is a pursuit which is being better resourced following adoption of the Academy's Strategic Plan. Your pivotal role in our athlete development programs is greatly appreciated by the athletes, the Academy and its staff.

### ACADEMY STAFF

Chief Executive Officer John Armstrong is a person of great sporting experience, high qualification in sports administration, development and coaching, and who has great networking and negotiating skills. He has led from the front in addressing the diverse range of issues arising from athlete selection, coaching, sports inclusion, staff management, inter-governmental relations, partner servicing, financial management – the list goes on and on. Without his suite of capabilities and enthusiasm the progress made by the Academy in recent years would not have been possible in my view.

Program Manager Dane Robinson also brings strong enthusiasm and commitment to our athletes' development. I anticipate great things going forward as Dane shapes and re-

shapes the Academy's athlete development offerings. The more recent addition of Mitchell Nielsen as Physical Performance Coach adds a strong contribution to overall programming through strength and fitness enhancement together with faster recovery and injury management results.

The engagement of Emily Robinson as Communications and Event Officer has brought about a tangible improvement in Academy communications at all levels. A calm and super-efficient operator, Emily demonstrated her versatility by delivering an excellent Golf Day for our partners and friends, a clear display of her event management capability. Selin Kahraman continues to efficiently provide excellent financial management and reports to the Academy. Her membership of our team is appreciated by all.

On behalf of Vice President Amy Duggan and myself I extend our genuine gratitude to all associated with the Academy. We will continue to commit to the region's future by preparing our young scholarship holders for excellence in both competition and lifelong citizenship.

JOHN WELLS  
PRESIDENT





## CEO'S REPORT 2019

The task of the Illawarra Academy of Sport is to provide the best level of support to the developing athletes of the region, within the resources available. 2018-19 year has been an exciting year in seeking to achieve that goal.

Sport is such a "people" business. Good people provide good outcomes and often that is expressed in the enthusiasm of those involved, and that enthusiasm and knowledge spreading through the organisation to create a culture.

The IAS has worked hard to create a positive culture and supportive environment for the athletes, coaches and support staff of the region. We have sought to be a strong community partner, supporting the local Office of Sport in establishing the Illawarra Coaching Network, and a more active player in charities such as the Red Shield Appeal and The Disability Trust.

Our communications, both internally and with the outside world, has improved markedly by driving the social media channels and feeding the traditional media sources with results and activities of all.

At the heart of an effective Regional Academy is its programs and the level of support offered through those programs. 2019 saw the marked increase in attention to the provision of some core activities to enhance the athlete's capacities. These included a level of support for the coaches through professional development and specific expertise and guidance in skills acquisition. The introduction of a sports psychology support mechanism for all athletes was unique to the IAS and well received. The increased focus of attention on nutritional support was provided. The provision of supervised, structured and regionally located physical conditioning sessions was provided with the support of the local councils. Education delivery was revised to include the use of interactive webinars to minimise the level of travel for some athletes. We will continue to strive

to ensure that all education sessions are interactive and athlete focussed.

Nothing works without partners. The support of the University of Wollongong, coupled with the Your Local Club education programs provides integrated support for our suite of education modules. The support of the councils through the use of the local gym facilities, coupled with the enhanced conditioning development opportunities offered by BaiMed provides for an integrated physical performance solution for the athletes. The use of Premier coach service coupled with the support of Clubs NSW enables transport to and provision of the Academy Games. We are nothing without our partners and we thank them for their ongoing support.

The staff of the Academy are integral to delivering the message, effecting the operations and carrying the culture of the IAS. To Selin Kahraman in accounts, Dane Robinson as Athlete, Coach and Program Manager, Mitch Nielsen as Physical Performance Coach and Emily Robinson as Communications and Event Officer, we are in debt to their dedication, enthusiasm and skill in making the cogs to this machine work so effectively.

Ultimately we do all of this to provide opportunity for the athletes of the region. It is the recognition by the athletes, the vicarious joy associated with seeing all athletes progress and grow that maintains the enthusiasm of the board, the staff, the sponsors and the support network. We seek to mould good athletes and good citizens, and the behaviours displayed by all athletes at the Your Local Club Academy Games in the Hunter, gives testimony to identifying the year of 2018-19 as one of the best! Be assured that the IAS will continue to lead the provision of opportunities for athletes into the future.

JOHN ARMSTRONG  
CEO

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### TOP TEAM

Highest ranked university in NSW<sup>1</sup>

### TOP EXPERIENCE

5 star rating for overall student experience<sup>2</sup>

### TOP EQUIPMENT

Top-rated university in NSW/ACT for Learning Resources<sup>1</sup>

### AHEAD OF THE COMPETITION

75.5% of UOW graduates gained full-time employment within four months of completing their course, this is above the national average<sup>1</sup>



UNIVERSITY  
OF WOLLONGONG  
AUSTRALIA

1. Quality Indicators for Learning & Teaching 2019  
2. Good Universities Guide 2019



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**looking after families,** giving kids confidence,

**welcoming and inclusive,**

and we're always there for our communities

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# OVERVIEW

## 2019



**illawarra**  
academy of sport  
"a pathway to excellence"



# CORPORATE VISION FOR THE ILLAWARRA ACADEMY OF SPORT

## VISION

To enable athletes of the Illawarra the maximum opportunity for holistic success and development through excellence in program delivery.

### Success looks like ...

- An engaged and competent, functioning Board and staff.
- Long-term sustainability is evident.
- There is viability in future growth opportunities.
- The IAS is perceived as an integral part of the success of the Illawarra community.
- The IAS is perceived as a leading player in sports development and outcomes of the Illawarra sporting community.
- There is continual and regular exposure of the IAS in the community.
- Sponsors and sporting organisations look to the IAS for inclusion.
- Athletes, coaches and program staff have improved understanding, increased competence and modified behaviour due to their engagement in effective programs.
- There are diversified delivery

options in education and skills development, and training is provided to best meet the needs of the program / coaches / athletes.

- The IAS is seen as a leader in coach / athlete / program development from within the industry.

### We will be measured by ...

- Allocation of sufficient resources to deliver the desired program outcomes through financial and operational efficiency.
- A positive perception of personnel by community and partners.
- The level of involvement of the Academy in the community.
- The level of inclusion in broader sporting outcomes in the Illawarra.
- The regular, appropriate and timely engagement in internal and external communications.
- The development and deployment of a Communications Strategy.
- The way participants respond to the

delivery of programs.

- A capacity to meet the holistic needs of the athletes / coaches / staff of the IAS.

## 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.

Since 1985, there have been over 5890 scholarships offered to local athletes. The IAS will continue to build on the range of sports available to local athletes.

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

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 enable athletes of the Illawarra the maximum opportunity for holistic success and development through excellence in program delivery."





## BOARD OF DIRECTORS AND MEMBERS

- Cr. John Wells, President**  
Representative of Mayor of Shoalhaven,  
Cr. Amanda Findley
- Ms. Amy Duggan, Vice President**  
Community member, Wollongong representative
- Mr. Canio Fierravanti, Director**  
Representative of the Vice Chancellor of University  
of Wollongong
- Mr. Grant Hughes, Director**  
Community member, Wollongong representative
- Ms Megan Hutchison, Director**  
Community member, Kiama representative
- Ms. Jenny Towers, Director**  
Representative of the Lord Mayor  
of Wollongong, Cr. Gordon Bradbery
- Mr. Brian Weir PSM, Director**  
Representative of Mayor of Shellharbour,  
Cr. Marianne Saliba
- Ms. Sharon Wingate, Director**  
Community member, Shellharbour representative
- Mr. Grahame Andrews, Member**  
Representative of the Mayor of  
Wingecarribee, Cr. Duncan Gair
- Mr. Peter Bowman, Member**  
Representative of the Director of  
Australian Institute of Sport
- Ms. Lisa Kennedy, Member**  
Community member, Shoalhaven representative
- Mr. Scott Parr, Member**  
Community member, Wollongong representative
- Mr. Mark Way, Member**  
Representative of the Mayor of Kiama, Mr. Mark  
Honey



John Wells



Amy Duggan



Canio Fierravanti



Grant Hughes



Megan Hutchison



Jenny Towers



Brian Weir



Sharon Wingate



Grahame Andrews



Peter Bowman



Scott Parr



Mark Way

Not pictured - Lisa Kennedy



## 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 two part-time staff in 2019. Academy coaching staff are all contracted on a casual basis and as volunteers receive a small honorarium to cover their costs.

### STAFFING LEVELS DURING 2019

Full Time		Part Time	
Chief Executive Officer	1	Finance Manager	1
Program, Coach and Program Manager	1	Physical Performance Coach	1
Communications and Event Officer	1		

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 Government - Office of Sport

As the largest single partner of the Academy, there are close operational links with the Office of Sport 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 Regional Academies in NSW maintain close links for athlete competition and training and sport management information sharing.

Academies of Sport Inc (RASi)

The nine independent Regional Academies in NSW, constitute the Regional Academies of Sport Incorporated (RASi). RASi provides integrated and cohesive support across the regional areas. This enables coordinated and integrated pathway development opportunities for regional athletes from NSW and culminates in the Regional Academy Games.

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. ■





# WHAT DOES THE ACADEMY OFFER EACH ATHLETE?

The major focus of Academy activity is the delivery of sport coaching, physical development and education programs for its scholarship athletes to improve an individual athlete’s sporting ability.

## Common Athlete Eligibility Criteria

- All athletes should;
- Reside within the catchment area of the IAS.
  - Be open to advancing their technical and personal development through coaching and associated support services.
  - Demonstrate a specific level of achievement that meets the squad’s entry level technical criteria (if appropriate).
  - Be a registered participant of an association within the Illawarra region.

## PROGRAM BENEFITS & SERVICES

- Access to high quality coaches from within their sport
- Regular identified training sessions that are designed to meet the specific needs

of that sport (squads only)

- Targeted skills development progression based upon the FTEM model of athlete development
- Specific parental education in athlete development options and strength and conditioning basics
- All IAS head coaches receive specific, personalised and additional coach development opportunities and support services to enable them to be a better coach
- All assistant or support coaches will have access to generic coach development opportunities specifically provided for the IAS coaches network
- Access to leading edge Sports Psychology support with video and webinar back-up and reduced rates for one-on-one sports psychology support if required
- Access to Mayoral receptions and sponsor relationship evenings enabling

utilisation of presentation skills

- Access to unique competition opportunities including the “Your Local Club” Regional Academy Games (squad dependant)
- Sports specific, physical performance testing and musculo-skeletal assessments
- Access to a broad range of education and personal development support topics including;
  - ◇ Sports Psychology (up to 5 separate topics)
  - ◇ Drugs in Sport
  - ◇ Sports Nutrition (3 separate topics)
  - ◇ Athlete Movement and Injury Prevention
  - ◇ Strength and conditioning – the basics
  - ◇ Media awareness, social media usage and public speaking (2 sessions)
- A comprehensive Strength and Conditioning service to all athletes (subject to age restrictions) that includes
  - ◇ Free access to council-based strength

- and conditioning facilities in local areas
  - ◇ 1 x local area supervised S&C session at local gym per week
  - ◇ Access to 2 x centralised S&C supervised sessions per week
  - ◇ Squad specific, age specific program design
  - ◇ 3 x generic advancements in S&C programming across the Academy year as appropriate
  - ◇ Specific squad based training focusing on any aspect of performance at Head Coach’s discretion (eg. conditioning, speed, agility, mobility)
  - ◇ Capacity to access improved, individualised programming and supervision via approved providers
  - ◇ Musculoskeletal screening and performance testing twice a year upon commencement of scholarship and at mid-point
  - ◇ Open education session covering the importance and benefits of youth resistance training, long term athlete development and training guidelines for youth athletes
  - ◇ The utilisation of UOW Exercise Science Interns
- Community development opportunities including;
  - ◇ BaiMed 100 100s (Disability Trust fundraiser)
  - ◇ Red Shield Appeal

## 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 breadth of sports development and community awareness.

In 2019 athletes attended a personal development camp which challenged the athletes and provided leadership and team building activities. ■

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.





## ADVANCEMENTS IN 2019

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

### STRENGTH AND CONDITIONING

From a physical performance stand-point 2019 proved to be a landmark year for the IAS. For the first time, a Physical Performance Coach was appointed to support the long term athletic development of scholarship holders. The delivery of a comprehensive strength and conditioning service provided athletes with unprecedented access to high quality programming, supervision, support and education in the area of physical performance. The increased emphasis on strength and conditioning resulted in many athletes benefitting significantly through their sporting performance and improved testing

outcomes. The IAS Physical Performance Program continues to evolve rapidly, and we look forward to further improving the provision of strength and conditioning to our athletes, ensuring a strong foundation is established for both their present and future physical development.

### COMMUNICATIONS

The past 12 months have seen rapid improvements to our communication channels and online presence. The utilisation of 'TeamApp' for communication to Athletes from IAS Staff and Coaches has proved beneficial in accessibility and ease of communication to specific groups or squads. Since the start of 2019 our online presence has increased with our Social Media pages, in particular Facebook and Instagram being at the forefront to display athlete and coach achievements, IAS activities and other resources. The

IAS also increased activity on Twitter and LinkedIn. The Academy's Instagram page has seen a follower increase of over 800% and the Facebook following grew by over 16%, both experiencing peak activity and reach during April at the time of Academy Games. Going forward we look to continue the growth of these platforms and mechanisms for engagement. The Academy has developed a series of videos, following the engagement of Atmosphere Productions, showcasing who we are, our strong history, and our value to athletes, sponsors and community.

### EDUCATION

The inclusion of webinars, the utilisation of videos and the addition of specific education topics for delivery has advanced the capacity for the IAS to provide quality education services. We have moved Sports Psychology from the classroom to an integrated level of education mediums that includes questionnaires, videos, feedback and identified videos.

### COACH DEVELOPMENT

The best way to reach the athletes is to through the coaches. The IAS is providing a renewed focus upon the continued development of the coaches within our programs. One-on-one Sports Psychology support, the utilisation of specialist presenters in Skills Acquisition and the ongoing advancement of coaches in each discipline are some of the elements that has been utilised in 2018-19 and we will continue to seek the best outcomes for our coaches. ■



## TOTAL SCHOLARSHIPS OFFERED 1986-2019

AFL	
Female	51
ATHLETES WITH A DISABILITY	
Male	59
Female	37
BASKETBALL	
Male	155
Female	148
CRICKET	
Male	559
Female	95
CYCLING	
Male	180
Female	84
GOLF	
Male	223
Female	58
GYMNASTIC	
Female	26
HOCKEY	
Male	488
Female	498
INDIVIDUAL ATHLETES	
Male	74
Female	75
LAWN BOWLS	
Male	104
Female	54
LONESTAR	
Male	145
Female	198
NETBALL	
Female	737

RUGBY LEAGUE	
Male	666
RUGBY 7S	
Male	30
Female	24
RUGBY UNION	
Male	468
Female	9
SAILING	
Male	81
Female	25
SOCCER	
Male	144
Female	1
SURFING	
Male	64
Female	19
SWIMMING	
Male	104
Female	88
TENNIS	
Male	0
Female	26
TENPIN BOWLING	
Male	2
Female	3
TOUCH	
Male	35
Female	3
TRIATHLON	
Male	25
Female	22

TOTAL SCHOLARSHIPS OFFERED	5891
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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 OGILIVE	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 and Commonwealth Games Gold Medalist	1990
Lawn Bowls	LEIF SELBY	World Champion and 2010 Commonwealth Games Silver Medalist	1990
Lawn Bowls	BRET DUPREZ	World Champion and 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
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	2016 and 2012 Olympic Games and 2014 Commonwealth Games Gold Medalist	2010
Swimming	JARROD POORT	2016 and 2012 Olympic Games	2010
Swimming	EMMA MCKEON	2016 Olympic Games Gold Medalist and 2014 Commonwealth Games Gold 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 JAQUES	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

2019



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# PROGRAM MANAGER'S REPORT 2019



2019 was another great year for the Academy with over 226 athletes from 11 sporting programs covering 26 different sports.

It has been a privilege to work for such a great organisation with an amazing team of staff, coaches, managers and supporters. The continual pursuit to find innovative ways to assist the talented athletes of the Illawarra in their athletic and personal development has been rewarding. We are continually proud of the achievements of the Academy's athletes and hope that the services that we provide play a role in those achievements.

However, the Academy isn't just about athletic success. One of the Academy's goals is to develop well-rounded athletes and it is safe to say that, primarily this is being achieved. Across the board, the athletes have been polite, considerate,

and importantly, grateful for the opportunities they have been provided.

Some of these opportunities include the education component of the program and this year saw the Academy utilise webinars for the first time in the delivery of an education program. The idea was simple – how can the Academy better cater for those families that have previously been required to travel longer distance to such sessions. We engaged the use of webinars for both Nutrition and Sport Psychology. The feedback was positive and they enabled the athletes to spend less time traveling and more time on their education and provide the parents with some much need respite in their travelling time.

This year also saw Mitch Nielsen come on board as the Physical Performance Coach. The work he has done with structuring the Strength and Conditioning program and working with the athletes has been excellent. The athletes that took full advantage of Mitch's programs and use of the access to local councils gym facilities are those that witnessed consistent improvement in their development and their performances. We are looking to continually improving this area of delivery for the IAS athletes.

Emily Robinson (Communications and Event Officer) has played a pivotal role in increasing the media exposure through the standard press as well as making full utilisation of the social media platforms (Twitter - @iasport; facebook.com/iasport; Instagram - @illawarra\_academy\_of\_sport) to promote not only the Academy but importantly celebrating and promoting the athlete's success and hard work. Being

able to provide exposure to the athletes and assisting them in promoting their brand is exciting for all concerned.

A big thank you must go out to the coaches and managers who are the backbone of the IAS. Without them none of what the IAS strive to achieve would be possible. All of our coaches go above and beyond with their time and they do it all for their love of sport and their desire to help the athletes develop. They have all been a pleasure to deal with and on behalf of the Academy and the athletes we extend a thank you for everything you do and the time you give to the academy.

A special thank you must go out to Netball Head Coach Marji Parr, who has been with the Academy for five years and Netball Manager Sharon Briggs who has been with the Academy for six years, including being an apprentice coach when the netball program first commenced at the IAS. Unfortunately, this year was their last at the Academy. They will be a great loss, as they have been a huge reason for the netball program success.

The role of an Athlete, Coach and Program Manager has been a rewarding one for 2018-19 and we are confident that a great majority of the athletes will go on to achieve great things – be it in their sporting pursuits or in their progress in life, and we hope the Illawarra Academy has been an important part of that. We look forward to following your careers as they progress.

Train hard, train smart.

**DANE ROBINSON**  
**ATHLETE, COACH & PROGRAM**  
**MANAGER**





# AFL GIRLS REPORT 2019

2019 was the second year of the AFL Girls Program, consisting of 25 U16's girls and 15 U18's girls, this was 22 more athletes than the inaugural year in 2018. These numbers were narrowed down from 52 trialists.

Training began in November focusing on basic kicking and handballing skills before the Christmas break. After the break in the lead up to the Academy Games and U18 State Trials the squad focused on more competitive drills and working their skills under pressure.

**PROGRAM STAFF**

<b>Ben Hyndes</b>	Head Coach
<b>Lyn Robinson</b>	Assistant Coach
<b>Nicola Kennedy</b>	Manager

## OUTLINE OF AFL PROGRAM COMPONENTS AND SKILL TARGETS

- Program Components
- Weekly training prior to Academy Games
  - Education sessions
  - Media skills sessions
  - Nutrition Webinars
  - Strength and Conditioning programs

- Focus Skill Points
- Basic kicking and handballing skills
  - Communication and Teamwork
  - Decision making with the football
  - Training under pressure through competitive and contested drills

## ATHLETE ACHIEVEMENTS

Sophie Phillips was selected from the U18 trials to represent the NSW/ACT Rams in the AFLW Under 18 Championships.

Sophie then progressed onto the Eastern Allies (NSW, ACT & Tasmania) where she travelled to the Gold Coast for the National Championships.

- For the U/16 girls, the Your Local Sport Academy Gamers was also a selection trial for the Sydney Swans U/16 squad. Based upon the strong performances at the Academy Games, 5 girls were selected for the Sydney Swans side to take on the GWS Giants in the U16's State Trials:
- Amelia Anderson
  - Serena Cooper
  - Grace Hughes
  - Lily King
  - Ruby Sargent-Wilson

From the State Trial performances, Lily King and Ruby Sargent-Wilson were selected for the U16's NSW/ACT Rams team to travel to Melbourne to partake in the National Championships.



Dakota Mason and Claudia Decker were selected in the NSW team for the School Sport Australia National Football Championships.

## OTHER DEVELOPMENTS ATHLETES HAVE MADE FROM THE PROGRAM

The girls have all come a very long way in their development since the commencement of the program in October 2018. Their commitment and motivation for the program has been impressive and the comradery that they have built as a team has been special to witness. Their confidence in their ability has led to dramatic improvements in their skill development. Overall, the girls have improved in almost every possible way over the course of the year.

## OVERALL 2019 SUMMARY

This year has been a special year for the development of the AFL girls' program and all credit belongs to the girls, who took the opportunity the program offered with both hands as they all wanted to improve as much as they possibly could. Head Coach Ben Hyndes, Assistant Coach Lyn Robinson, and Manager Nicola Kennedy led the girls from very raw AFL athletes to a team that performed well beyond expectations at Academy Games and put numerous girls on state teams. This program is a perfect example of what can be achieved when you have athletes wanting to learn and a coaching environment facilitating this learning. There are more big things expected to come for the IAS AFL girls program moving forward. ■



**Congratulations IAS athletes of 2019 and welcome to the athletes of the future!**

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# AWD REPORT 2019

The 2018-19 IAS Athlete With a Disability Program (AWD) is a structured program focusing on specific and continued skill development for athletes with a disability – with a performance focussed outcome. The athletes within the program come from a range of sports and are supported in their strength and conditioning, skills development and technical proficiency in order to perform at a high level in their respective sports. The program is structured around weekly strength and conditioning sessions supervised and monitored by Kurt Freeme as well as skills development sessions. This is supported by the IAS's education programs, integrating the AWD athletes with other IAS athletes. The athletes within the program present with a range of physical and intellectual disabilities and come to the program with widely different experiences and levels of expertise within their sports. The program's primary responsibility is to give AWD athletes a supportive environment, leading to higher level of opportunity to participate in their chosen sport.

PROGRAM STAFF

Kurt Freeme

Head Coach

- OUTLINE OF AWD PROGRAM COMPONENTS AND SKILL TARGETS
- Individualised Strength and conditioning for each athlete specific for the needs of their sports.
  - Individualised skill development and skill proficiency / mastery throughout programs
  - Transfer of skills for athletes to apply across sports or across events.
  - Provision of targeted feedback surrounding their own athletic development.

### ATHLETE ACHIEVEMENTS

Jarrold Dyer (swimming) excelled in 2018-19:

- Selection into the Swimming NSW Para Potential Squad
- Selected to represent Australia in the INAS Global Games for Swimming
- Australian Age Champs
  - o 1st – 100 FS / 50 FLY
  - o 2ND – 50 FS / 50 BS / 100 FLY / 200 IM
  - o 3RD – 50BK / 100 BK / 100 BS

Tim Walsh was also selected to represent Australia at the INAS Global Games.

Chelsea York and Caleb Jordan: regional team selection, Basketball.

Charlize Colwell State and Regional selection – T&F



and enthusiasm for learning new skills and pushing himself to the limit, gives him the ability to achieve in a range of sporting arenas.

Jarrold Dyer is a very successful young swimmer who has developed remarkably over the last 12 months with an outstanding array of medals. He has achieved at both state and national level in both individual and team events and has been successful in gaining a spot on the Paralympic development squad. Jarrold sets himself a high standard and his hard work has paid off. He is to be commended on his positive attitude towards his training which is evident in his achievements in the pool.

Tarren Dyer has continued to improve and all aspects of his training and performance during swimming competitions. Tarren's attitude and focus toward his training have been the primary factors that led to his improvement and he should be commended for such application.

Charlize is a new athlete to the program and is a promising young runner in both short and middle distance events. She has continued to achieve at a high level in both her age category and above age categories at regional and state levels. Charlize always attends sessions with a positive attitude and is willing to give it her all. She has responded well to the Strength and Conditioning and is showing immense potential for her sport in the coming years.

### OVERALL 2019 SUMMARY

2019 has been a busy and successful year for the IAS' AWD program with the program retaining the athletes from 2018 and welcoming a number of athletes (Charlize, Chelsea, Caleb and Patrick) into the squad for 2019 to form a total squad of 8 athletes. Weekly strength and conditioning sessions and skill-specific training directly related to their sports has allowed effective skill transfer into their competition enabling high level performances.

Our most experienced athlete, Timothy Walsh has applied a high level of application and hard work – allowing him selection in a number of

representative teams in basketball and also being selected for state teams in tennis. Tim has continued to develop and perform in all sessions and his skill development both at training and during competition has been at the highest level.

Chelsea and Caleb are both promising Basketball players who have represented at Special Olympic and regional team levels. They have embraced the demands of the IAS program and participate at a high level. Patrick is an athlete who has displayed a high level of skill proficiency and skill transfer. Representing at state level in soccer for numerous years, he is now also focussing on track events in Athletics. Patrick's openness



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# BASKETBALL REPORT 2019

The IAS basketball Program was designed to provide coaching, training and competition to improve athlete development with a view to

- Develop the fundamental skill level of athletes
- Prepare athletes to a level where their transition to any NSW State Team is seamless in terms of pathways
- Increase the level of success of those

athletes at competition and events

**PROGRAM STAFF**

<b>Tori Forrester</b>	Coach
<b>Jaydon Beveridge</b>	Coach
<b>Rhys Martin</b>	Coach
<b>Kerrie Jamieson</b>	Manager

## OUTLINE OF BASKETBALL PROGRAM COMPONENTS AND SKILL TARGETS

The IAS Basketball Program for 2018/19 had a great emphasis on training and teaching the athletes to become complete basketball players. The program consisted of weekly skill and game concept development training sessions where the athletes were exposed to new and advanced skills and relevant game concepts that are common in today's game. Along with the weekly training sessions, athletes were given specific individual 'homework' which provided the athletes with goals and focus points to continue to develop their individual weaknesses. Athletes were also able to access strength and conditioning sessions to become bigger, stronger and faster on the court.

## ATHLETE ACHIEVEMENTS

- On the court some basketball athletes have taken strides in their development with numerous athletes making selections. These selections include:
- Jessica Weston, Remy Martin & Samuel Brannon were selected to attend the Basketball NSW U14 Talented Athletes Program Camp in Sydney
  - Jessica Weston, Remy Martin, Samuel Brannon, Ruby Brannon, Asha Phillips, Alicia Widjaja were selected for the NSW Country Cup teams to compete in Country Junior Basketball Championships in Albury.
  - Benjamin Lu was selected in the NSW Country team to compete in the Southern Cross Challenge in Melbourne.
  - Mason Broadhead, Jackson Paulic, Imogen Thompson were selected to attend the NSW Country Development Tour Camp in Newcastle
  - Asha Phillips and Benjamin Lu were selected for the U16 NSW Country State Team to compete in National in Darwin. (highest selection available).

## OTHER DEVELOPMENTS ATHLETES HAVE MADE FROM THE PROGRAM

The IAS Basketballers have grown in numerous aspects throughout the year. The most noticeable is their confidence and communication skills. A crucial step in their development, effective communication on the court is paramount to any successful basketball team and the improvement in the IAS athlete's communication skills has been evident. This development has coincided with the athletes having more confidence in themselves and their ability. The combination of these attributes has led to improved performance on the court. Witnessing the athletes develop these skills and grow not only as athletes but as young men/women has been a gratifying experience for all involved in the program.

## OVERALL 2019 SUMMARY

The IAS Basketball Program for 2018/19 was a great success for all involved. We saw marked improvements for all the athletes and saw athletes develop greater understanding in game concepts both offensively and defensively as well as an improvement in their overall skillsets. We had a number of athletes represent the IAS and compete in a variety of different tournaments and programs. The Basketball program had a great emphasis on training and teaching the athletes the benefits of holistic development and how it leads to a "complete" basketball player. Overall the IAS basketball program for 2018/19 was a great program to be a part of and we would like to wish our graduating athletes, Ruby Brannon, Yasmin Butler, Asha Phillips, Alicia

Widjaja and Jake Bradley the best of luck with their basketball careers and eagerly await to see their future progress to their potential. ■



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# CYCLING REPORT 2019

## PROGRAM STAFF

- Mick Marshall** Head Coach
- Michelle Vermonde** Coach
- Chloe Heffernan** Assistant Coach
- Gavin Cliff** Manager

The IAS Cycling Program was designed to provide coaching, training, competition and facilities to improve athlete development with a view to:

- Develop the fundamental skill level of athletes in all areas on and off the bike.
- Provide advanced competition skills in the chosen discipline of cycling
- Prepare athletes to a level where their transition to the NSWIS squad is seamless in line with the Cycling Australia Development Pathway.
- Increase the level of success of those athletes at cycling competition and events



## OUTLINE OF CYCLING PROGRAM COMPONENTS AND SKILL TARGETS

### TRACK SPRINT/BMX.

- Natural riding style and handling skills. High anaerobic capacity and lactate tolerance (repeated short efforts). Have an ability to achieve very high cadence.
- Peak Power outputs of (Guide Only) Male U15 800w & 15w/kg; U17 1000w & 17w/kg; U19 1200w & 19w/kg Female U17 800w & 15w/kg; U19 1000w & 17w/kg. Athlete Age and potential for growth to be taken into consideration.

### TRACK ENDURANCE / ROAD / MOUNTAIN BIKE/ CYCLE CROSS

- Natural riding style and handling skills. Team player Adaptability Relevant Competition Performances in the Individual Pursuit, Track Endurance events and or Road events. High Power to weight ratio. High Aerobic capacity (ability to sustain effort for extended Period) Background ion other endurance sport, Triathlon, rowing etc.
- 3 min average power test outputs to be considered (Guide Only) Male U15 280w & 3.8w/kg; U17 300w & 4.5 w/kg; U19 360w & 5.2 w/kg. Female U15 230w & 3.5w/kg; U17 250w & 4 w/kg; U19 275 w & 4.5 w/kg

### MENTAL & OTHER DESIRABLE CHARACTERISTICS DEVELOPMENT FOCUS:

- The Athlete has a desire and motivation to be a high Performance athlete.
- Athlete is receptive to coaching and follows instructions.
- The Athlete behaves and conducts themselves in a fashion that promotes performance and does not bring the sport of cycling or the Illawarra Academy of Sport into disrepute.



## ATHLETE ACHIEVEMENTS

### LUKE BRITTEN

- Bronze team pursuit – Australian National Track Championships
- Bronze Maddison – Australian National Track Championships
- Silver Maddison – Oceania Track Championships (Currently ranked 6th in the World UCI Ranking)
- Bronze Team Pursuit - Oceania Track Championships

### RYAN BRITTEN

- Silver National Junior Road Race Championships
- Bronze National Junior Road Race Championships - Criterium
- Cycling NSW Cyclist of the Year 2018

### MAIZY EVANS

- Bronze U17 Women at the Cross Country- Olympic 2019 Australian National Championship.
- Bronze U17 Women at the Cross Country- Olympic 2019 Continental Oceania (AUS + NZL) Championship.
- Silver U17 Women at the Cross Country Marathon 2019 Australian National Championship.

### TAHLIA DOLE

- Oceania U19 Team Pursuit Gold medalist
- NSW Individual Pursuit U19 Gold Medalist
- NSW Points Race U19 Gold Medalist.
- 4th place Australian National Road Race

### SARAH CLIFF

- Australian Junior Road National Championships - 3rd Individual Time Trial, 2nd Road Race, 3rd Criterium
- Cycling Australia Junior Road JW15 Champion of Champions (best overall Under 15 Women's road cyclist)
- National Junior Road Series Champion

### HARRY DENINGTON

- Silver State Critérium Championships
- Bronze State road race Championships
- Bronze Country NSW championships

### AMELIA TRKUJJA

- Bronze Medal U17 Women's Kerin – NSW Junior Track Championships
- Selected for NSW Junior Track Team to contest Australian Junior Track Championships

### EMILY STRUMFIN

- Bronze U17 Women's Points Race - NSW Junior Track Championships

### CURTIS TRKUJJA

- 4th in the Individual Pursuit - State Track
- Silver NSW Hill climb Championships



## OVERALL 2019 SUMMARY

The Cycling Program has continued to build upon the success of the 2017/18 squad.

The 2018/19 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.

During the 2018/19 Track, Road & Mountain Bike seasons, IAS Cycling Program athletes competed in major Track, Road and Mountain Bike Cycling events including: Australian Junior Mountain Bike

Championships, Oceania Junior Mountain Bike Championships, National Junior Track Series, NSW Country Championships Road & Track, NSW Track Championships, Australian Junior Track Championships, Australian Elite Track Championships, Australian Omnium Championships, Australian Madison Championships, Oceania Track Championships, National Junior Road Championships and National Junior Road Championships.

The IAS Cycling staff & athletes wish to acknowledge and thank Cycling NSW as well as our sponsors; Soto Engineering Consultants, and Ben Mikic Foundation. ■



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# GOLF REPORT 2019



IAS golf program was designed to provide coaching, training and competition to improve athlete development with a view to

- Develop the fundamental skill level of athletes
- Prepare athletes to a level where their transition to the next level of the pathway is seamless
- Increase the level of success of those athletes at competition and events in golf competition
- Ensure the Athletes have knowledge of best practice
- Continue to guide the athletes with their holistic development across all areas of their chosen sport.

### OUTLINE OF GOLF PROGRAM COMPONENTS AND SKILL TARGETS

The Golf program covers a wide variety of skill targets to ensure the athletes gain knowledge in all areas of the sport. The coaching staff also ensure the athletes have on-course training to development their course management, mental

toughness and resilience, learn the art of pre and post shot routines, how to better cope in a pressure situation and how to get the best possible outcome from their game. The Golf coaching staff also work hard on other area such as strength and conditioning, warm up, recovery, rest, nutrition, public speaking, mental health, psychology, teamwork and helping to ensure each athlete has the correct equipment for their individual games. All of this is done in a team environment.

### ATHLETE ACHIEVEMENTS

On the course our golf athletes have taken strides in their development with numerous athletes making selections in various teams.

These selections include:

- Bradley Wills won the U15 Australian Championships on the Gold Coast
- Eddie Ward was chosen in the NSW State Development Squad, was given the Travis Smyth Scholarship and

was chosen as a development player in the NSW Team for the Australian Championships

- Andrew Brown and Ethan Harvey represented the Southern Regional Academies in the North Vs South Cup
- IAS finished Tied first at the Greg Chalmers Junior Masters at Shelly Beach
- Daniel Marsden won the Boys Academy Games
- Sienna Clarke finished 2nd at the Academy Games
- Ethan Harvey was selected in the NSW State Development Squad
- The IAS Team won the Inter Academy Challenge against all of the other Academies from across NSW at the Bathurst Junior Masters.

### OTHER DEVELOPMENTS ATHLETES HAVE MADE FROM THE PROGRAM

The Athletes have learnt a number of skills they can use both on and off the course. Time Management is one of the most important skill acquisitions a athlete can possess, especially as they work towards completing their education while trying to compete at a high level in their chosen sport. Every Athlete in the program set Short, Mid and Long-term Goals at the start of the program and each athlete is continuing to achieve these goals now and in the future. The IAS was successful in giving the Athletes all of the tools they require to raise their game to the next level and continue to progress through the Golf NSW Pathway.

### OVERALL 2019 SUMMARY

The 2018/19 Golf Program was another very successful one. In addition to the achievements outlined, every athlete was successful in reducing their handicap from the start of the program. ■

### PROGRAM STAFF

<b>Luke Grinham</b>	Head Coach
<b>Richard Harvey</b>	Manager
<b>Matt Carter</b>	Coach
<b>Tahniah Ravnjak</b>	Coach
<b>Toby McGeachie</b>	Coach
<b>Richard Jumrukovski</b>	Coach





# HOCKEY REPORT 2019

The IAS program underpins the AAP (Athlete Acceleration Program) and focuses on assisting athletes from the Illawarra region develop their skills and be given the support they need to progress to the next level of the pathway.

IAS has provided support to our athletes both on and off the pitch which has included access to on field technical training, a broad range of education, and strength and conditioning.

We are very lucky to have the services of Alex Mackay as our head coach and have invested in his development both through the IAS in the area of a constraints-based coaching and through his nomination and acceptance as the RAS Talent Coach Scholarship Program through the NSW Office of Sport and conducted by the AIS.

**PROGRAM STAFF**

Alexander Mackay Head Coach



### OUTLINE OF HOCKEY PROGRAM COMPONENTS AND SKILL TARGETS

Many sessions utilised fitness development as outlined by the IAS Strength and Conditioning coach to increase the physical attributes of the athletes in attendance. This would then be followed by activities to maintain and improve core skills such as receiving, hitting, pushing, slapping, tackling and goal shooting. This would then be worked in with new skill development such as specialist short corner skills, overheads, tomahawks and 3D skills. A "game sense" approach was then often used to encourage athletes to perform what they had learnt in a fluid and safe environment where problem solving and decision making were fostered.

Throughout the program initiative games and creative activities were used to develop universal skills related to all sports. The aim of this was to improve the problem solving, decision making, communication, teamwork and metacognitive strategies relevant in team sports.

### ATHLETE ACHIEVEMENTS

- Imogen Fowles
- Selected into the AAP for NSW U18 state squad
  - Selected in the NSW U16 girls All Schools team to compete at Nationals where NSW won the competition

Many Athletes made their 1st grade debut in both men's and women's competitions

At the Academy Games the girls team which combined with (Northern Inland Academy of Sport) finished 3rd while the boys finished 6th.

### OTHER DEVELOPMENTS ATHLETES HAVE MADE FROM THE PROGRAM

There was a large focus at the skills-based training sessions on challenging all the athletes on their communication skills, showing initiative and problem-solving skills. The group regularly completed different 'games' to improve all these aspects that are aimed to develop them as all-round athletes. In witnessing the progression of the athletes over the course of the year it was clear the athletes took a lot away from these exercises.

### OVERALL 2019 SUMMARY

The 2018/19 IAS Hockey program has been a success. On the hockey field all athletes have taken strides forward as they set their sights for AAP and state teams into the future. In this progression, athletes have made their respective NSW school's teams such as NSW Combined Independent Schools. At a local level, many athletes have made their 1st grade debut in both the men's and women's competitions, a wonderful achievement considering the age and standard being set within the competition. A result of 3rd and 6th at Academy Games shows the determination and skillset exhibited by the athletes. Their willingness to learn is commendable. ■



The athletes undertook hockey specific training session whilst also undertaking classroom sessions and initiated games to develop a well-rounded athlete





# LONESTAR REPORT 2019

In 2018/19 the BluescopeWIN Lonestar squad was made up 33 athletes from 14 different sports. These sports ranged from acrobatic gymnastics, snowboarding, tennis, water polo, motorcycle racing, surfing and surf lifesaving. Given the large array of different sports within the Lonestar program, skills-based sessions are not available to these athletes. However, they have access to all other support services that the IAS offers their athletes.

## ATHLETE ACHIEVEMENTS

As always, our Lonestar athletes have had some incredible achievements. Although every single one of our Lonestar athletes have achieved something of note this year we would run out of pages to list them all. Below are a few standouts:

### Kieran Woolley (Skateboarding)

- Selected to represent Australia at every Olympic Qualifying Event
- Current World ranking of 21

### Jacob Roulstone (Motorcycle Racing)

- Accepted into Asia Talent Cup – Road to Moto GP Program
- Australian Oceania Junior Cup – Currently sitting in third place

### Caycee Stratten (Snowboarding)

- New Zealand Nationals – 1st freeride / 2nd halfpipe / 3rd Boardercross
- 3rd Half Pipe USASA National Championships

### Mia Parker (Water Polo)

- Selection in NSW Waratahs team & NSW Development Squad
- Metro Championship Champion & leading goal scorer

### Omar Matar (AFL Boys)

- Represented NSW At Australian All Schools Carnival
- Coaches Award & Best & Fairest for Swan's Team Kennedy at Joss State U14 Trials

### Parri Barrele (Tennis)

- Improved world ranking from 1800 to 1037
- Junior Development Series – 3rd in Championship & representative at NSW JDS State final

### Zara Sharman (Surf Lifesaving & Swimming)

- Australian SLS championships - 1st 2km ocean swim, 4th U17 surf swim, 7th U17 iron
- NSW state swimming championships- 2nd 800m freestyle, 3rd 400m freestyle

### Holly Holmesby (Surf Lifesaving)

- U16 Royal Life Saving Australian Pool Lifesaving Champion
- Selected for NSW Surf Life Saving Team Youth Pathway Cup

### Mikayla Carr & Ella Treanor – (Acrobatic Gymnastics)

- Vegas International Acro Cup - 2nd & 3rd respectively
- Australian National Championships - National Champions, 1st - Balance, 1st Combined, 3rd – Dynamic
- Named in Australian National Squad (highest level in acro)

## OVERALL 2019 SUMMARY

The goal of the Lonestar program is to support the developmental needs of the regions young talented athletes by providing high-level support services for the athletes to achieve their sporting goals. The program is for athletes who compete in various sports, individual or team, that the IAS does not have a specific program.

Lonestar athletes regularly provided the Academy with some of their highest achieving athletes and this year was no different. The quality of athletes across the program was exceedingly high with every athlete looking to progress to State, National and/or International success.

The Lonestar athletes have been amongst the most consistent in attending Strength and Conditioning sessions throughout the year and the improvements in their athletic development and achievements have been impressive. For their commitment, consistency and determination to improve they are to be commended.

We look forward to seeing the athletes progress in the careers and fully anticipate that their experience at the IAS has enriched their capacity for growth and enabled them to develop – irrespective of whether they end up having careers in sport or elsewhere. ■





# NETBALL REPORT 2019

## PROGRAM STAFF

<b>Marji Parr</b>	Head Coach
<b>Sharon Briggs</b>	Manager
<b>Ashlee Scofield</b>	Squad Coach
<b>Sarah Bowen</b>	Squad Coach
<b>Jessica Davis</b>	Satellite Coach
<b>Michelle Hendrie</b>	Satellite Coach
<b>Tonille Smith</b>	Apprentice Coach

The purpose of the IAS Netball Program is to:

- Provide a training environment that allows eligible Illawarra Academy of Sport athletes to access quality services and programs as they progress through the NNSW Athlete Pathway;
- Implement a program around the

three core components technical and tactical skill development, physical preparation and athlete wellbeing, as set by Netball NSW and Netball Australia.

- Prepare athletes for NSW State Team trials in 2019;
- Provide coach education and promote continuous improvement to develop the region's coaches;
- Provide umpire education and promote continuous improvement to develop the region's umpires.

The program targets 14 – 16 year olds, in preparation for the start of the NSW 17/U program. This is a very important step in confirming individual athletes', umpires' and team officials' holistic talents, and provides all involved with the opportunity to grow in the sport.

The Netball Academy program includes on and off court education and training, a high performance camp and two competitions – the Academy Games and Academy Challenge.

## OUTLINE OF NETBALL PROGRAM COMPONENTS AND SKILL TARGETS

The program is committed to delivering the continual development of a holistic athlete by providing elite training in Netball specific skills development, education and development around strength and conditioning, as well as a sports education curriculum.

Sports Specific Skill Development  
Each athlete is provided elite Netball skill development sessions targeting core skills, whilst building towards the NSW U17 underage pathway selection. This also provides each Netballer the opportunity to be exposed to high

quality instruction from the region's leading Netball coaches.

## ATHLETE ACHIEVEMENTS

On the court some netball athletes have taken strides in their development with numerous athletes making selections. These selections include:

- Mia Evans & Sharnee Behr**
- NSW All Schools Netball Team - came 3rd overall in Caloundra QLD
  - NSW Emerging Talent Squad
  - NSWCHS U15 Team

- Emma Keane**
- NSW Emerging Talent Squad

- Claudia McGoldrick**
- 2019 NSWCCC U15's team

- Selene Chadrawy**
- Australian U17 Team
  - NSWIS Scholarship Recipient
  - National Development Pathway Program
  - NSW U17 Team – 2nd National Championships

## OTHER DEVELOPMENTS ATHLETES HAVE MADE FROM THE PROGRAM

Each Netballer has developed throughout the program to utilise their scholarship time effectively by sourcing additional skill work and feedback to implement outside of IAS court sessions, to continue to hone not only their individual but broader game sense knowledge. The confidence to apply this learning and in a self-disciplined controlled environment has given the IAS coaches a better understanding of each athlete's mindset and personal goal.

This was demonstrated at the Academy



Games with both teams delivering strong competitive performances and maturity in their decision making and match play.

The squads motivation to strive for excellence has been a noticeable improvement as each have developed under strong commitment constraints. Each coach has delivered tailored skill acquisition sessions to enhance each individual communication strategies.

## OVERALL 2019 SUMMARY

It has been a productive and competitive year for this year's Netball squad. The players have undergone specific fitness training as directed by Netball Australia through their Develop a Diamond Program (DADA) and are now preparing for the upcoming 2020 Under Age State selections. Squad members have also had the opportunity to train and play against other NSW Regional Academies squads (RAS), during the NSW High Performance Camp in March 2019.

With a refreshed program, players from the age 14-16 were selected into the

squad in September 2018 with the initial training days focusing on delivering and understanding strength and conditioning as well as re-establishing strong foundation skills for the individual, the team and the squad environment.

The program also conducted squad training sessions across the Illawarra Regional of Councils (IROC) to ensure that the IAS had maximum visibility to all regions. It also enabled the opportunity to allow all court sessions were open to associations and outside audiences. All sessions are open.

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 for their continued support of the netball program and to the IAS program staff to providing the means for the athletes to pursue their sporting goals. ■





# RUGBY UNION REPORT 2019

IAS Rugby Program was designed to support the developmental needs of the regions young talented rugby players by providing industry leading high-performance sport developmental programs. The program focus is targeted for the off-season, leading into representative programs.

The main goals of the program was to increase the core rugby skills of the athletes so they could progress to Illawarra and NSW Country and ultimately NSW Gen Blue representation, the provision of a targeted physical performance program and the provision of increased education around sport psychology, nutrition, media skills and other life skills for their athletic development.

### OUTLINE OF RUGBY PROGRAM COMPONENTS AND SKILL TARGETS

Early sessions were regularly separated, with one half undertaking strength and conditioning and the other half skill based technical work. This would then be followed by activities to maintain and improve core skills such as tackle contest, tackle technique, passing and body shape. The program had two (2) professional guest coaches take sessions - Alan Gaffney and Jay Tregonning. Their experience, approach and insight added great value to the sessions. The athletes also completed

a referees course to give them an increase understanding of the rules of the game.

### ATHLETE ACHIEVEMENTS

On the field some rugby athletes have progressed well as they set their sights on NSW Gen Blue representation. Some athletes have made their respective NSW Country and Illawarra teams. The selections include:

- Jaydon Viliamu – NSW Gen Blue Selection (Highest level of achievement) & U15 NSW Country Team
- Zintori Makene made the U16 NSW Country Team
- Zac Stevenson and Jack Cesare made the U14 NSW Country Team
- Oliver McCrae, Jaydon Ropata, Harrison Valevatu, Micah Gibson made the U15 NSW Country Team
- Ryan Hodson made the NSW U16 President XV
- Angus McIlwaine was selected for the NSW Gen Blue squad for the 2020/21 Academy

### OVERALL 2019 SUMMARY

The IAS Rugby Program for 2018/19 was a great success and enjoyed by all athletes, coaches and managers. Training commenced in September 2018 and finished in March 2019. During this time the athletes trained across the Illawarra at



locations including Bowral, Shoalhaven, Kiama and Wollongong. During the program the athletes also completed nutritional and psychological education and development components. The athletes were also given the opportunity to attend a day camp in Berry to work on team building and other skills outside of rugby.

The 2018-19 program was the first in seeking to reinvigorate a men's and women's program in rugby by supplementing the main club and representative selection period. This program has now formed the basis for future programs with some additional modifications to reinforce the program outcomes.

On top of the IAS Rugby Program many athletes succeeded within representative areas of rugby. A total of 26 athletes were selected to represent Illawarra in both 7's and 15s. 6 of those players were then selected to represent NSW country.

Thank you to everyone involved in making the rugby program such a success. Thank you to Illawarra Rugby for your support in running the program to further develop rugby in the Illawarra. Thank you to Mitch for running the strength and conditioning programs. Thank you to Bowral, Shoalhaven and Kiama Rugby Clubs for allowing us to use your facilities. Finally, thank you to the athletes and parents for working hard throughout the program to get the greatest outcomes and improve rugby in the Illawarra. ■

### PROGRAM STAFF

- TONY LEEDER SMITH** HEAD COACH
- STEPHANIE BALL** ASSISTANT COACH
- BROOKE HARPER** ASSISTANT COACH



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# SWIMMING REPORT 2019

Whilst swimming has been within the IAS in the past, the 2019 program is a reinvigorated program and is the first of its kind within the IAS. It commenced in June 2019 and is run in conjunction with South Eastern Swimming Association. The programs runs very differently from the traditional IAS sporting programs.

The squad was selected following each athlete's qualification to compete at the Australian Age Championships earlier in the year. The programs goal is to then take them from qualifying for Nationals to finishing in the top 10 at the 2020 National Championships.

The Swimming Program will hold camps in the lead up to the 2020 Nationals,

where the athletes and coaches can continue to fine tune their technique and training methods through the utilisation of the biomechanics, swimming physiology and skill acquisition techniques.

The Academy will work with the athletes and coaches to deliver an effective program in providing access to quality technical and educational development opportunities.

The IAS Swimming Program will provide support services to improve athlete development with a view to:

- Improve the performance of identified talented athletes;

- Enhance opportunities for selection into state performance squads and state teams / squads;

- Increase the level of success of those athletes at competition and events;

- Increase athlete exposure to sports science, personal development and education;

- Provide coach development opportunities for the swimming coaches in the squad

## ATHLETE ACHIEVEMENTS

All the athlete within the program have already achieved great results,

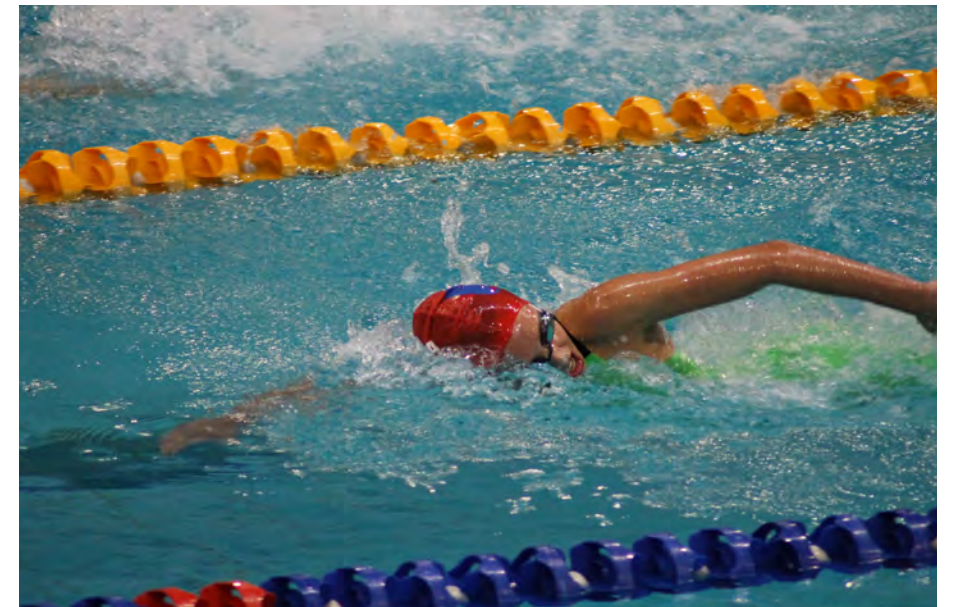
in particular achieving qualifying times for the National Age Championships in 2019. It will be exciting seeing how these athletes develop and improve on their results to not only better their personal best times but to hopefully medal at the 2020 National Championships.

## OVERALL SUMMARY

The Swimming program officially commenced the start of June and to date have had one of their camps focusing on athlete and coach development. This camp had all 21 athletes and 6 coaches engaged in a range of theory and practical sessions at the University of Wollongong, in both group and individual settings.

The participants had access to four industry experts, enabling a fantastic environment for knowledge sharing and learning. These leading experts - David Pyne, swimming physiologist; Derek Panchuk, skill acquisition; David Pease, biomechanics; and Jodie Hirst, nutrition. All of which, shared their diverse knowledge to the athletes and coaches to enhance all areas of their development.

As this program is unique and the first of its kind it is exciting to see if it leads to not only improved performances in the pool for the athletes but improved coaching methods/techniques from the coaches that will in turn lead to them creating more champions in the pool in the future. Stay tuned! ■



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# TRIATHLON REPORT 2019

The IAS Triathlon program was designed to provide coaching, training and competition to improve athlete development with a view to:

- Develop the fundamental skill level of athletes
- Prepare athletes to a level where their transition to the next level of the pathway is seamless
- Increase the level of success of those athletes at competition and events

## PROGRAM STAFF

**BRENDAN SEXTON** HEAD COACH  
**LUCY CLIFF** ASSISTANT COACH

## OUTLINE OF TRIATHLON PROGRAM COMPONENTS AND SKILL TARGETS

Development of draft legal super sprint and sprint distance triathlon. With a wide spectrum of athletes in terms of ability and experience the squad was split into draft legal accredited and non-accredited. Those non accredited had the priority of learning core skills required for triathlon competition across swim, cycle and run. The draft legal accredited group also had a strong skill-based component but balanced the squad time with a strength and fitness focus across swim, cycle and run.

These components were carried out during Academy sessions held roughly every fortnight. There was also a 4 day camp held in both

Berry and Wollongong and also include athletes from Hunter and Central Coast Academies of sport.

In competition the squad was represented in local and state wide competitions including State Championships, the Wollongong Triathlon and NSW All Schools Triathlon.

## OTHER DEVELOPMENTS ATHLETES HAVE MADE FROM THE PROGRAM

A major objective of the program at large is to introduce and develop skills that are specific to draft legal triathlon. An aim of all squad athletes was to gain (or retain) draft legal accreditation that indicates an aptitude for this specific discipline through a series of standardised skill assessments. Through hard work and intra squad cooperation

and encouragement all scholarship holders gained accreditation and competed in the draft legal Academy Games triathlon event.

## ATHLETE ACHIEVEMENTS

Some triathletes have taken great strides in their development with numerous athletes experiencing some great results. These results include:

### School Sport Australia Triathlon Championships

- Jacinta Cliff – 10th Senior Female (2nd NSW Athlete)
- Brooklyn Henry – 18th Intermediate Male (4th NSW Athlete)
- Liam Hinchcliffe – 26th Intermediate Male (6th NSW Athlete)
- Joel Offord – 9th Junior Male (3rd NSW Athlete)

### NSW All Schools Triathlon

- Joel Offord - 2nd Juniors Male (1st CIS)
- Mitchell Blackbourn - 7th Juniors Male (3rd CCC)
- Brooklyn Henry - 1st Intermediate Male (1st CIS)
- Liam Hinchcliffe - 2nd Intermediate Male (1st GOV)
- Taj Hooper - 8th Intermediate Male (3rd GOV)
- Jacinta Cliff - 4th Seniors Female (1st CCC)
- Grace Mahon - 8th Seniors Female (3rd GOV)



## OVERALL 2019 SUMMARY

The IAS Triathlon program in 2018/19 made a mission to provide support and technical advice to young Illawarra triathletes ranging from grass roots, talent ID and established state/national level competitors. In many ways the program was able to achieve this. The entry level and talent ID athletes as a group, were able to

progress their skills to a point where they can understand the demands of competitive draft legal triathlon. The higher-level experienced athletes of the squad were also able to increase their skill base as well as gain fitness and strength improvements to be competitive at NSW super sprint championships, national super sprint weekend and state & national All Schools competitions. ■







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# ATHLETE OF THE YEAR AWARDS 2019



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# ASHA PHILLIPS – TOBIN AWARD

## 2019 IAS TOBIN FAMILY AWARD & BLUESCOPEWIN BASKETBALL ATHLETE OF THE YEAR

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

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

for the award.

2019 is the 17th 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 scholarship to assist in their continued development within their chosen sport.

The 2019 Tobin Family Award winner is basketball star, Asha Phillips.

Asha has had an incredible year

dominating courts, dishing dimes, splitting defenses and coming up clutch in all her games.

During the scholarship year, Asha has had some amazing achievements including all of those listed below:

- Selected into the U16 NSW Country State Team as the starting Point Guard to compete in Basketball Australia National Championships – this is the highest achievement that a basketball player Asha's age can accomplish.
- Selected in the NSW Kookaburras – Came 2nd at the Australian Country Junior Basketball Cup Championships
- Selected in the U18 D league team (top 20 country and metro kids selected)
- Competed at State Championships representing Illawarra (top 4 country and top 4 metro teams in NSW)
- Country Championship league Winners
- Southern Junior League Winners
- Selected in the NSW State Performance Program
- Represented South Coast at NSW combined High School Championships
- Nowra High Junior and Senior Basketballer of the year
- U16 Illawarra Rep Team

Asha's IAS Basketball Coach Tori Forrester described Asha as the "Ultimate competitor who doesn't back down from a challenge and brings the best out of her teammates by leading by example and making everyone around her better".

Asha travels from Nowra to Wollongong a minimum of five times a week to ensure she gets her training sessions in. Again, as her coach states "Asha's attitudes and qualities stand out due to her desire and willingness to get better every day with nothing but intrinsic motivation driving her forward. An athlete that loves the game and wants to get better and be the best at everything she does".

Asha is clearly on the pathway to success in Basketball and we eagerly await to see what the next few years hold for her and it has been a pleasure to play a part in her development over the course of this year.

Congratulations Asha and good luck! ■

# PAST TOBIN AWARD WINNERS

YEAR	NAME	PROGRAM	DISCIPLINE
2002	Rebecca Borgo	Cycling	Cycling
2003	Anita Cowley	IAP	Kayaking
2004	Keiran Govers	Hockey	Hockey
2005	Amiel Cavalier	IAP	Mountain Bike
2006	Sally Fitzgibbons	IAP	Surfing
2007	Sally Fitzgibbons	IAP	Surfing
2008	Ryan Gregson	IAP	Athletics
2009	Jackson Law	Cycling	Cycling
2010	Emma McKeon	Swimming	Swimming
2011	Sarah Carli	IAP	Athletics
2012	Blake Govers	Govers	Hockey
2013	Cameron Scott	Cycling	Cycling
2014	Mitchell Wright	Cycling	Cycling
2015	Courtney Buchanan	LoneStar	Fencing
2016	Chloe Heffernan	Cycling	Cycling
2017	Abby Holmes	Rugby 7's	Rugby 7's
2018	Kieran Woolley	LoneStar	Skateboarding
2019	Asha Phillips	Basketball	Basketball





## JARROD DYER - BRETT STIBNERS AWARD

### 2019 AWD ATHLETE OF THE YEAR

After a standout year in 2018, Jarrod Dyer has gone above and beyond in 2019 continuing to perform and excel at a high level. Jarrod's work ethic and attitude is highly commended and reflects through his outstanding results.

Jarrod competed at the National Open Swimming Championships, making the final in four events. Following on from this he competed in the Australian Age Swimming Championships in the 17-18 Boys category, winning a phenomenal nine medals in:

- Gold – 100m freestyle, 50m fly
- Silver – 50m freestyle, 50m breaststroke, 100m fly, 200m IM
- Bronze – 50m backstroke, 100m breaststroke, 100m backstroke

Jarrod continued his form representing NSW at the School Sport Australia Swimming Championships where he won 6 medals, including gold in the 50m fly, silver in the 100m freestyle and bronze in the 100m fly, 50m backstroke, 200m freestyle and 200m IM.

In addition to all these achievements, Jarrod gained selection into the Swimming NSW Para Potential Squad to further his swimming in the pathway to being part of a National Squad.

Jarrod is always willing to help others and is a positive, respectful athlete amongst his teammates and competitors. We look forward to seeing Jarrod continue his success into the future. ■



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## SOPHIE PHILLIPS

### 2019 AFL GIRLS ATHLETE OF THE YEAR

Sophie started the IAS Scholarship Year in September 2018 by winning the South Coast AFL Grand Final with her team the Bomaderry Tigers and being named the Best on Ground. She then went on to winning the 2018 Maddy Collier Medal for the South Coast AFL League's Best and Fairest and the Bomaderry Tigers Senior AFLW Best and Fairest.

Sophie continued her strong form into 2019 and was selected into the Under 18 NSW/ACT Rams. The Rams competed in the first two rounds of the National AFLW U18 Championships, where Sophie proved she is a force to be reckoned with and was named as one of the Best on Field. For the final two rounds of the Championships, Sophie gained selection in the Eastern Allies, comprising of NSW, ACT and Tasmania. This selection is the highest achievement for an U18 AFL Women's player.

Sophie strong performances also gained her selection within AFL South Coast's Inaugural Women's Representative team.

Sophie is a strong leader in both the IAS AFL Squad and the local community. Sophie travelled to Timor Leste to volunteer in local schools, where she was able to donate sports equipment and educational resources and teach the children basic AFL skills.

Sophie's commitment to the IAS, her local club and own training has been exceptional, showing great leadership and sportsmanship and being an integral part of creating the great culture in the IAS AFL Squad. We wish Sophie all the best in her quest to play in the AFLW. Good luck Sophie! ■





LUKE BRITTEN - BEN MIKIC AWARD

2019 CYCLING ATHLETE OF THE YEAR

The 2019 Ben Mikic Cycling Athlete of the Year award goes to Luke Britten.

The IAS cycling program is a very strong program with some amazing results coming from a number of athletes so for Luke to win athlete of the year reflects just how impressive his results are.

Luke is a second year Under 19 man and the results he achieved during this scholarship period are outstanding. He has improved significantly over the past 12 months as an athlete and these gains are reflected in his results. Some of these results include:

Oceania's 2019 Track Championships (UCI International Event)

Bronze – Team Pursuit

Silver – Maddison (Currently Ranked 6th in the World UCI Ranking)

Australia Nationals Track Championships

Bronze – Team Sprint

Bronze – Maddison

NSW State Track Championships

Silver - Elimination

Silver - Tempo

Bronze – Point's Race

Silver - Elite Maddison (Due to this result CNSW selected Luke to ride the Elite National Maddison)

Road

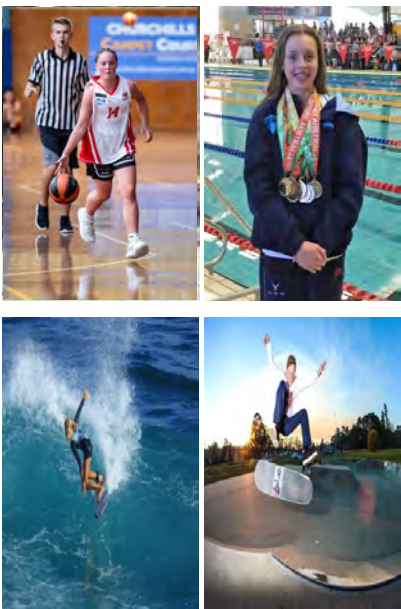
Gold - NSW Country Road Championship.

Selected to race for Cycling NSW at Tour de DMZ in Korea at UCI level U19 World Championship level

Head Coach Mick Marshall describes Luke "as the ultimate teammate sacrificing himself to assist others on

and off the bike". Mick then went on to say, " Luke is a very quiet young man but always conducted himself in a professional manner whilst remaining focused on achieving his goals and being a good role model and representative of his club, IAS, State & Country".

Luke's results are truly world class and it is clear Luke is well on his way to success as a cyclist. We all look forward to seeing your progress on to a successful racing career. ■



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# ANDREW BROWN - VIC BURROWS AWARD

## 2019 VIC BURROWS AWARD

Apart from the IAS Golf Athlete of the Year, an additional IAS golfing athlete who has excelled both in sport and in community engagement is awarded a special award. In 2009, the Academy introduced the Vic Burrows Memorial Award. Vic was the founding coordinator of the IAS Golf program and devoted 10 years to ensuring the program was a success for aspiring young golfers of the region. The recipient of the Vic Burrows Memorial Award receives a \$500 scholarship courtesy of Golf Illawarra.

The 2019 recipient is Andrew

Brown, who has shown great improvement to his game this year, with commitment to practicing 6 days a week and weekly competitions. Despite being one of the younger members of the Golf Program, Andrew shows impressive prospects and results with many wins and high representative honours to his name.

Andrew tied for 1st at the NSW All Schools and was then selected as one of only four golfers to represent NSW at the Australian School 15 Years and Under Championships. Andrew represented the IAS and

Souther Regional Academies in the North vs South Cup.

Andrew was selected to attend Bonville's Champions Trophy, a selection only available to those who have won a Jack Newton Junior Golf Tournament.

An exceptional year of achievements for Andrew, and a testament to his well-respected character. We look forward to seeing Andrew's progress as he continues to excel. ■



# ETHAN HARVEY

## 2019 GOLF ATHLETE OF THE YEAR

After winning the Vic Burrows Award in 2018, Ethan continued his hard work and commitment to training which has led to improved development and success that has led to Ethan being named the 2019 IAS Golfer of the year.

Ethan is a strong competitor, boasting a large array of outstanding performances despite his young age of only 16 and regularly competing in open age categories. Ethan's willingness to learn, dedication, commitment and effort to training doesn't go unnoticed and is reflected through his fantastic results.

- 2018 Brett OGLE Junior Masters - 18th
- 2018 NSW Junior Pennant State Finalist
  - 2019 Golf Illawarra Touchdown Helicopters 36 Boys Overall Champion
  - 2019 Golf Illawarra Touchdown Helicopters Junior Open Series Boys Champion
  - 2019 South Coast CHS Championships - 4th
  - 2019 JNJG North vs South Cup - South Team Member
  - 2019 JNJG Illawarra Junior Masters - T4 Overall Boys
  - 2019 JNJG Illawarra Junior Masters - T2 14-15 Years Boys
  - 2019 JNJG Illawarra Junior Masters Nett Winner 14-15 Years Boys
  - 2019 JNJG State Development Squad Member
  - 2019 Wollongong Men's Club Championships - T2
  - 2019 Wollongong Club Championships - Junior Champion
  - 2019 NSW All Schools Championships - 8th
  - 2019 NSW All Schools Championships - Named in the 2019 NSW Honour Team
  - 2019 NSW Junior Championships - T11th Overall
  - 2019 NSW Junior Championships -



- 2nd Under 16 Years Boys
- 2019 Wollongong Men's Open (NSW Vardon Event) - 3rd
- 2019 Golf Illawarra Representative - Eric Apperly Team
- 2019 Mollymook Junior Open Winner

Ethan's fantastic results earned him state level recognition with his selection in the State Development squad.

Ethan displays a high level of sportsmanship and leadership with other athletes, and is continually assisting others through his own initiative. Ethan has great rapport with

teammates, competitors and the community, which has been demonstrated through his generous involvement with IAS events such as the Golf Day, Mayoral Reception and Partner Appreciation Evening. Ethan volunteers at his local golf club, Kiama, doing Junior Golf Clinics and assisting the greenkeeping staff.

Ethan is a fine young man who has been a pleasure to work with over the course of the year. His commitment and desire to improve is second to none and if he continues in the same manner it will be exciting to see what he can achieve. Congratulations Ethan! ■



# IMOGEN FOWLES

## 2019 HOCKEY ATHLETE OF YEAR



Imogen has gone from strength to strength throughout 2019, with her consistency to strength and conditioning playing a huge role in her success. Imogen started the year playing for the NSW U/15 Girls team at National Indoor Hockey Championships where they won silver after going down in a shoot-out.

Despite still only being 15 years old, Imogen was selected into the Hockey NSW Athlete Acceleration Program (AAP) which forms the 2020 U/18 NSW squad.

Imogen represented the NSW All Schools U/16 Girls team at the School Sport Australia National Hockey Championships in Newcastle, winning gold to be crowned as National Champions.

She also plays in the Sydney Open Women's competition representing Macarthur/Bankstown where each week she is playing against State and International players.

Imogen is not only a fantastic player, but also is a regular umpire for both club and representative games.

Imogen has been one of the athletes that has taken every opportunity the IAS has offered. Her consistent attendance to strength and conditioning sessions and the education sessions throughout the year has been a testament to her hard work and dedication to wanting to improve.

Imogen's results and selections for 2019 have been fantastic and we are all excited to see how far this hard working, talented hockey player can go. Congratulations Imogen! ■

# KIERAN WOOLLEY

## 2019 BLUESCOPEWIN LONESTAR ATHLETE OF THE YEAR

Kieran Woolley has continued to excel in leaps and bounds throughout the 2018-19 Scholarship Year. This is kieran's third year as Lonestar athlete of the year.

The 2018 Tobin Award winner has yet again some incredible results over the past year, including representing Australia for the Olympic Games qualifying. His results over the past year include:

- Selected to represent Australia at every Olympic qualifying event
- Current Olympic Ranking for Tokyo 2020 – 16th
- Current World Ranking – World Skate - 21st
- 2nd Place Global Qualifier Round of 2019 Dew Tour (Olympic Qualifier), California
- 3rd Place Global Qualifier Round of 2019 International Skateboarding Open (Olympic Qualifier), Nanjing, China
- 2nd Place - Vans Park Series Oceania Regionals Men's Finals
- 5th Place Next X, X Games, Minneapolis
- 1st Australian Championships of Street Skateboarding 16 and Under.
- 1st Place King Of Concrete Noble Park Open
- 31st Open Men Park World Championships 2018
- 1st Place Australian Junior Street Champion (ASL)
- 1st Place King Of Concrete Fivedock Open
- 1st Place HWJS at Tahoe, California - Skateboarding Bowl Advanced
- 1st Place HWJS at Tahoe, California - Skateboarding Street Advanced

With Kieran travelling so much for his sport you would imagine school work would become less of a focus.

However, this is definitely not the case with Kieran being targeted for the CCCHS Gifted and Talented program and this has helped ensure that he can perform to his potential both in and out of school. While at school Kieran has been awarded the Exemplary Student Award, Transformation through Social Responsibility Award and Transformation through Personal Responsibility Award.

Kieran is also very active within the community. Some ways in which he gives back include:

- Creating movies to support and promote local skaters
- Devoting significant time to the promotion and improvement of new Shellharbour Skate Park

- Emailing and lobbying local politicians for better facilities for youth including lighting and improvements for Shellharbour and Kiama Skateparks
- Working on promotion of Skatefest Kiama with Destination Kiama, ASF and the Kiama Council
- Coaching, encouraging and supporting many local and Sydney based developing skateboarders

Kieran will continue to compete at the upcoming World Championships. We wish Kieran the best of luck for Worlds and all his future endeavours. We will eagerly be watching to see if he can make the 2020 Olympic Games! ■





# JAYDON VILIAMU

## 2019 RUGBY UNION ATHLETE OF THE YEAR



Jaydon has had an exceptional year of Rugby Union, continually performing at the highest level and standard. Jaydon is an Illawarra representative in the U15s for both Rugby 7's and Rugby Union.

Jaydon was selected to represent NSW Country and was an integral member of the U15s team.

Following on from his exceptional performances, Jaydon gained selection in the NSW Gen Blue Squad. Selection into the Gen Blue squad is the highest honour an Under 15's Rugby player can achieve, and Jaydon will now represent NSW at the National Championships in October.

Jaydon is a leader within the IAS Rugby program building excellent

rapport with teammates and leading by example with this consistency and commitment to training.

Jaydon is well on his way in the to progressing up the Rugby Union pathway and one day soon we will hopefully get to witness him play on the big stage. Congratulations Jaydon and good luck for your future. ■

# SHARNEE BEHR

## 2019 NETBALL ATHLETE OF THE YEAR

Sharnee has achieved some outstanding results during the 2019 Scholarship year. In 2018, Sharnee was selected into the Netball NSW Regional Talent Squad and in 2019, the NSW Emerging Talent Squad.

Throughout 2019, Sharnee represented the South Coast Opens at the the Combined High Schools (CHS) Championships. Sharnee went on to be selected for the NSWCHSSA 15 Years team and the NSW All Schools 15 Years team. The NSW All Schools team competed at the School Sport Australia U15s National Netball Championship and won Bronze after convincingly defeating QLD.

Sharnee has represented the Sutherland Shire at the Netball NSW Senior State Titles and Night Interdistrict. Sharnee is dedicated to giving back to the Illawarra community by coaching a junior team and umpiring each weekend. Sharnee has also volunteered her time to assist the IAS with the Partner Appreciation Evening.

Sharnee also represented the South Coast at the CHS Championships for Softball and Basketball.

Sharnee has been a stand out for the Academy Netball squad through her high intensity and commitment to the program. We look forward to seeing the progression she will make over the next few years. Congratulations and good luck Sharnee. ■





JACINTA CLIFF

2019 TRIATHLON ATHLETE OF THE YEAR



Jacinta is a promising 17 year old triathlete who has taken big steps in her development this year and is the 2019 Triathlete of the Year.

Jacinta began the 2018/19 season taking out the Junior event at the NSW Super Sprint Championships in Orange. She then competed at the Jackie Fairweather Memorial Triathlon taking home the bronze medal in the Open category draft legal sprint.

Closing out the year Jacinta headed north to the Runaway Bay Super Sprint weekend in Queensland finishing 9th in her first year in the age group in the national title series. In 2019 Jacinta finished 4th in the senior category at

the NSW All Schools championships earning her a place on the NSW team to compete the national event. She returned to Queensland, gallantly finishing 10th in a super competitive age group.

Jacinta bookended her season in style, taking out the Junior girl's category at the Academy Games. At the close of the triathlon season Jacinta turned her attention to the Cross-Country running circuit. With standard Cliff focus she raced through the school's levels making it to the NSW All Schools level where she sprinted to 23rd – in her first season of dedicated cross country. This can be added to her single sport CV of representing NSW at the Cycling Australia Road Nationals in Bunbury at

the beginning of the scholarship year. She represented the state in the Road race, time trial and criterium.

In a super competitive age bracket Jacinta has shown a maturity in her early junior years much more like a senior athlete. She has proven herself competitive on a local, state and national level across swim cycle and run – a rare quality at her age where a “weak leg” is common. This is backed up by her single sport results, particularly cycling, running and surf lifesaving.

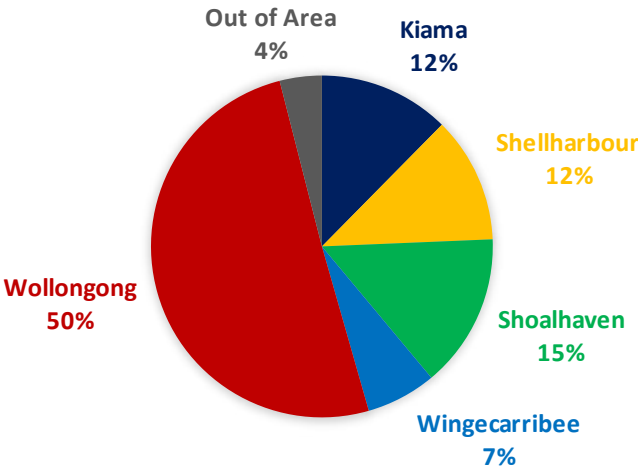
Jacinta is fine young lady who has been an absolute pleasure to work with this year and we look forward to her budding career within triathlon. Congratulations Jacinta. ■

SCHOLARSHIPS HOLDERS BY SPORT & REGION

REGION							
SPORT	KIAMA	SHELLHARBOUR	SHOALHAVEN	WINGECARRIBEE	WOLLONGONG	OUT OF AREA	TOTAL
AFL Girls	2	6	5	2	18	0	33
Athlete with	0	2	0	0	6	0	8
Basketball	0	1	2	0	9	0	12
Cycling	2	1	0	5	8	0	16
Golf	3	2	2	0	2	0	9
Hockey	1	1	3	1	8	0	14
Lonestar	9	4	2	1	17	0	33
Netball	0	5	7	3	10	0	25
Netball	0	0	2	0	1	0	3
Rugby Union	6	2	0	1	17	8	34
Swimming	4	3	5	0	8	1	21
Triathlon	1	0	5	2	10	0	18
TOTAL	28	27	33	15	114	9	226

GENDER			
SPORT	MALE	FEMALE	TOTAL
AFL Girls	0	33	33
Athlete with a Disability	6	2	8
Basketball	6	6	12
Cycling	10	6	16
Golf	8	1	9
Hockey	7	7	14
Lonestar	12	21	33
Netball	0	25	25
Netball Umpires	0	3	3
Rugby Union	25	9	34
Swimming	12	9	21
Triathlon	11	7	18
TOTAL	97	129	226

ATHLETES BY REGION





## CLASS OF 2019

### AFL GIRLS

Alyssa Abbott, Sierra Anastas, Amelia Anderson, Yasmin Anderson, Kiara Camilleri, Majenta Collis, Serena Cooper, Claudia Decker, Kiana Eady, Loagan Garratt, Georgia Genner, Emily Giddings, Hannah Hegarty, Nellie Hicks, Grace Hughes, Rylee Jansen, Lily King, Kristiana Kocyan, Mackenzie Lear, Dakota Mason, Georgia McEvoy, Ella Moate, Lauren Myers, Bindi O'Hara, Sophie Phillips, Ellie Priest, Ruby Sargent-Wilson, Jessie Sheridan-Moules, Rani Sossai, Jade Timbrell, Jemma Turner, Sofia Wilson, Maya Wood

### AWD

Charlize Colwell, Tarren Dyer, Jarrod Dyer, Luke Huska, Caleb Jordan, Patrick Mitchell, Timothy Walsh, Chelsea York

### BASKETBALL

Jake Bradley, Samuel Brannon, Ruby Brannon, Mason Broadhead, Yasmin Butler, Benjamin Lu, Remy Martin, Jackson Paulic, Asha Phillips, Imogen Thompson, Jessica Weston, Alicia Widjaja



### CYCLING

Luke Britten, Ryan Britten, Sarah Cliff, Harry Denington, Tahlia Dole, Samuel Estell, Maizy Evans, Jonah Hamer, Jack Harris, Shari Heffernan, Harrison Johnston, Tane Mathews O'Brien, Luke Skelly, Emily Strumfin, Amelia Trkulja, Curtis Trkulja

### GOLF

Will Blomley, Andrew Brown, Sienna Clarke, Ethan Harvey, Josh Hayes, Harrison Kiteley, Daniel Marsden, Eddie Ward, Bradley Wills

### HOCKEY

Aiden Corbin, Charli Corbin, Isabella Crawford, Imogen Fowles, Ellie Fryer, Damon Harper, Riley Harper, Saxon Perry, Wade Phillips-Hands, Dylan Plumridge, Isabelle Robertson, Archie Smith, Montana Stamp, Alex Stevenson, Gisele Townsend

### LONESTAR

Jessica Adams, Parri Barrele, Mikayla Carr, Jemima Clarke, Cooper Collinge, Bailey Crehan, Hannah Crinnion, Ryan Fleming, Ben Giason, Charlotte Gumm, Mikayla Gumm, Jack Hatcher, Holly Holmesby, Talika Irvine, Molly Jewiss, Omar Matar, Maja Moore, Mia Parker, Ava Parry, Clint Ridding, Kade Roberts, Jacob Roulstone, Zara Sharman, Emer Spiers, Caycee Stratten, Caley Tallon-Henniker, Ella Treanor, Liam Urszulak, Jade van Duin, Erin Willetts, Keegan Willetts, Teagan Williams, Kieran Woolley

### NETBALL

Sharnee Behr, Olivia Bow, Alivia Brown, Selene Chadrawy, Ayla Clark, Ella Dyball, Gabby Eaton, Mia Evans, Taylah Flack, Jemima Graham-Wansey, Ivy Hughes, Chelsea Jones, Emma Keane, Emilia Krstevski, Summer Lewis, Georgia McAlister, Claudia McGoldrick, Halle McKnight, Kate Meurant, Aishah Muhammed, Ruby Sargent-Wilson, Grace Smith, Liana Taufa'ao, Holly Wilson

### NETBALL UMPIRES

Tamsyn Anning, Sophie Eardley, Bella Surace



### RUGBY UNION

Jack Breckenridge, Tahliya Cabo, Jack Cesare, Tahlia Collinge, Blake Crehan, Jack Crehan, Thomas Cusack, Micah Gibson, Marcus Hasler, Blake Hasler, Ryan Hodgson, Jaxon Lavender, Zintori Makene, Oliver McCrea, Angus McIlwaine, Molly Mills, Samuel Milross-Rose, Jack Newhouse, Zali O'Brien, Tyla O'Brien, Lilli O'Dea, Tully Phillips, Luke Platt, Maraia Rorocola, Jack Sprod, Zac Stevenson, Charlotte Tregonning, Harrison Valevatu, Jaydon Viliamu, Holly Whitton, Benjamin Whyte, Nicholas Witheridge, Tommy Wraith

### SWIMMING

Nick Bamford, Jackson Blake, Lachlan Blake, Kaylah Brennan, Sebastian Buchanan, Georgia Caldwell, Callum Elliott, Izzy Green, Bailey Hazlewood, Eva Katkjaer, Matthew Leembruggen, Aya Milton, Madison Newman, Grace Ohara, Clint Ridding, Nathan Robinson, Veronica Simmons-Curcio, Archie Skinner, Regan Smith, Jayden Wells, Sarah Williams

### TRIATHLON

Mitchell Blackburn, Deklan Campbell, Jacinta Cliff, Nash Hay, Brooklyn Henry, Liam Hinchcliffe, Taj Hooper, Thomas Jennings, Zara Jobson, Grace Mahon, Blake McKenna, Mackenzie Miller, Sophie Mills, Lauren Myers, Joel Offord, Kye Robinson, Freya Robinson-Mills, Angus Waddell ■



# FINANCIAL REPORTS

2019



**illawarra**  
academy of sport  
“a pathway to excellence”



ILLAWARRA ACADEMY OF SPORTS INCORPORATED  
ABN: 31 659 625 641

Annual Financial Report For The Year Ended  
30 June 2019

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 2019.

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 \$16,128.29.

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

.....  
Committee Member

.....  
Committee Member



Illawarra Academy of Sports Inc.  
PO Box U39  
University of Wollongong  
NSW 2500

Date:

Ms Angela Wang  
O'Donnell Hennessy & Co  
PO Box 1490  
WOLLONGONG NSW 2500

Dear Sir,

This representation letter is provided in connection with your audit of the financial report of Illawarra Academy of Sports Inc. for the year ended 30 June 2019 for the purpose of expressing an opinion as to whether the financial report gives a true and fair view in accordance with the Australian Accounting Standards and the *Associations Incorporations Act 2009*.

We confirm that, to the best of our knowledge and belief, having made such enquiries as we considered necessary for the purpose of appropriately informing ourselves:

*Regarding the Financial Report*

1. We have fulfilled our responsibilities, as set out in the terms of the audit engagement dated 1 May 2019, for the preparation of the financial report in accordance with Australian Accounting Standards and the *Associations Incorporations Act 2009*; in particular the financial report gives a true and fair view in accordance therewith.
2. Where applicable the following have been recorded or disclosed in the financial report:
  - i. Related party transactions, amounts receivable or payable including sales, purchases, loans, transfers, leasing arrangements and guarantees (written or oral);
  - ii. Share options, warrants, conversions or other requirements;
  - iii. Arrangements involving restrictions on cash balances, compensating balances and line of credit or similar arrangements;
  - iv. Agreements to repurchase assets previously sold;
  - v. Material liabilities or contingent liabilities or assets including those arising under derivative financial instruments;
  - vi. Unasserted claims or assessments that our solicitor has advised are probable of assertion;
  - vii. Losses arising from the fulfilment of or inability to fulfil any sale commitments or as a result of purchase commitments for inventory quantities in excess of normal requirements or at prices in excess of prevailing market prices.

3. Significant assumptions used by us in making accounting estimates, including those measured at fair value, are reasonable.
4. Related party relationships and transactions have been appropriately accounted for and disclosed in accordance with the requirements of Australian Accounting Standards.
5. All events subsequent to the date of the financial report and for which Australian Accounting Standards require adjustment or disclosure have been adjusted or disclosed.
6. The effects of uncorrected misstatements are immaterial, both individually and in the aggregate, to the financial report as a whole. A list of the uncorrected misstatements is attached to the representation letter. The effects of uncorrected misstatements are immaterial, both individually and in the aggregate, to the financial report as a whole.
7. Regarding any communications from regulatory agencies concerning non-compliance with, or deficiencies in, financial reporting practices that could have a material effect on the financial report.
8. Any significant assumptions used by us in making accounting estimates, including those measured at fair value, are reasonable.
9. Any other matters that the auditor may consider appropriate.

*Regarding the Information Provided*

10. We have provided you with:
  - i. Access to all information of which we are aware that is relevant to the preparation of the financial report such as records, documentation and other matters;
  - ii. Additional information that you have requested from us for the purpose of the audit;
  - iii. Unrestricted access to persons within the entity from whom you determined it necessary to obtain audit evidence;
  - iv. Minutes of all meetings.
11. All transactions have been recorded in the accounting records and are reflected in the financial report.
12. We acknowledge our responsibility for the design, implementation and maintenance of internal control to prevent and detect fraud. We have established and maintained adequate internal control to facilitate the preparation of a reliable financial report, and adequate financial records have been maintained. There are no material transactions that have not been properly recorded in the accounting records underlying the financial report.



13. We have disclosed to you the results of our assessment of the risk that the financial report may be materially misstated as a result of fraud.
14. We have disclosed to you all information in relation to suspected or founded fraud, error or non-compliance that we are aware of and that affects the entity and involves:
  - i. Management;
  - ii. Employees who have significant roles in internal control; or
  - iii. Others where the fraud could have a material effect on the financial report.
15. We have disclosed to you all information in relation to allegations of fraud, or suspected fraud, affecting the entity's financial report communicated by employees, former employees, analysts, regulators or others.
16. We have disclosed to you all known instances of non-compliance or suspected non-compliance with laws and regulations whose effects should be considered when preparing the financial report.
17. We have disclosed to you all known actual or possible litigation and claims whose effects should be considered when preparing the financial report; and accounted for and disclosed in accordance with Australia version of the International Financial Reporting Standards.
18. We have disclosed to you the identity of the entity's related parties and all the related party relationships and transactions of which we are aware.
19. We have provided you with all requested information, explanations and assistance for the purposes of the audit.
20. We have provided you with all information required by the *Associations Incorporations Act 2009*;
21. We have no plans or intentions that may materially affect the carrying values, or classification, of assets and liabilities.
22. We have considered the requirements of AASB 136, "Impairment of Assets", when assessing the impairment of assets and in ensuring that no assets are stated in excess of their recoverable amount.
23. The entity has satisfactory title to all assets, and there are no liens or encumbrances on such assets nor has any asset been pledged as collateral. Allowances for depreciation have been adjusted for all important items of property, plant and equipment that have been abandoned or are otherwise unusable.
24. The entity has complied with all aspects of contractual agreements that would have a material effect on the financial report in the event of non-compliance.

25. There were no material commitments for construction or acquisition of property, plant and equipment or to acquire other non-current assets, such as investments or intangibles, other than those disclosed in the financial report.
26. We have no plans to abandon lines of product or other plans or intentions that will result in any excess or obsolete inventory, and no inventory is stated at an amount in excess of net realisable value.

We understand that your examination was made in accordance with Australian Auditing Standards and was, therefore, designed primarily for the purpose of expressing an opinion on the financial report of the entity taken as a whole, and that your tests of the financial records and other auditing procedures were limited to those which you considered necessary for that purpose.

Yours Faithfully,



Committee Member – Illawarra Academy of Sports Inc.



## ILLAWARRA ACADEMY OF SPORTS INCORPORATED

NOTES TO AND FORMING PART OF THE FINANCIAL REPORT  
FOR THE YEAR ENDED 30 JUNE 2019

## 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:

## ILLAWARRA ACADEMY OF SPORTS INCORPORATED

NOTES TO AND FORMING PART OF THE FINANCIAL REPORT  
FOR THE YEAR ENDED 30 JUNE 2019

## (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 2019, 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 2019 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.

Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with the Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of this financial report.

As part of an audit in accordance with the Australian Auditing Standards, we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Association's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the committee.
- Conclude on the appropriateness of the committee's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the association to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.

We communicate with the committee regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.



Angela Wang  
Registered Company Auditor Number: 486917  
Chartered Accountants

O'DONNELL HENNESSY & CO.  
1/41 Market Street  
WOLLONGONG NSW 2500  
Date: 24<sup>th</sup> July 2019



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### Balance Sheet [Last Year Analysis]

June 2019

### ILLAWARRA ACADEMY OF SPORT

P.O.Box U39  
University of Wollongong  
NSW 2500

ABN: 31 659 625 641  
Email: accounts@ias.org.au

	This Year	Last Year	\$ Difference	% Difference
<b>Assets</b>				
<b>CURRENT ASSETS</b>				
ICU Business Account	\$9,847.68	\$23,096.62	-\$13,248.94	(57.4)%
ICU IQ Saver	\$281,833.01	\$268,977.70	\$12,855.31	4.8%
ICU Debit Card	\$4,244.84	\$7,751.27	-\$3,506.43	(45.2)%
Trade Debtors	\$20,900.00	\$10,076.00	\$10,824.00	107.4%
Prepaid expenses	\$780.00	\$888.67	-\$108.67	(12.2)%
<b>Total CURRENT ASSETS</b>	<b>\$317,605.53</b>	<b>\$310,790.26</b>	<b>\$6,815.27</b>	<b>2.2%</b>
<b>FIXED ASSETS</b>				
Equipment	\$36,696.38	\$36,696.38	\$0.00	0.0%
Accum Depreciation - Equipment	-\$29,901.00	-\$27,557.00	-\$2,344.00	(8.5)%
Furniture & Fittings	\$2,870.00	\$2,870.00	\$0.00	0.0%
Accum Depreciation - Furniture	-\$4,069.00	-\$3,737.00	-\$332.00	(8.9)%
Vehicle	\$25,450.00	\$25,450.00	\$0.00	0.0%
Accum Depreciation - Vehicle	-\$18,217.00	-\$15,805.00	-\$2,412.00	(15.3)%
<b>Total FIXED ASSETS</b>	<b>\$12,829.38</b>	<b>\$17,917.38</b>	<b>-\$5,088.00</b>	<b>(28.4)%</b>
<b>Total Assets</b>	<b>\$330,434.91</b>	<b>\$328,707.64</b>	<b>\$1,727.27</b>	<b>0.5%</b>
<b>Liabilities</b>				
<b>CURRENT LIABILITIES</b>				
Trade Creditors	\$0.00	\$2,367.50	-\$2,367.50	(100.0)%
Accrued Expenses	\$10,463.33	\$3,667.50	\$6,795.83	185.3%
Superannuation	\$9,648.73	\$3,399.55	\$6,249.18	183.8%
Annual Leave Liability	\$24,681.80	\$15,259.36	\$9,422.44	61.7%
LSL Liability	\$6,665.57	\$5,869.10	\$796.47	13.6%
<b>Total CURRENT LIABILITIES</b>	<b>\$51,459.43</b>	<b>\$30,563.01</b>	<b>\$20,896.42</b>	<b>68.4%</b>
<b>GST</b>				
GST Collected from Sales	\$9,421.01	\$4,370.32	\$5,050.69	115.6%
GST Paid on Purchases	-\$2,675.99	-\$3,552.44	\$876.45	24.7%
<b>Total GST</b>	<b>\$6,745.02</b>	<b>\$817.88</b>	<b>\$5,927.14</b>	<b>724.7%</b>
<b>INCOME IN ADVANCE</b>				
Office of Sport	\$114,000.00	\$114,000.00	\$0.00	0.0%
<b>Total INCOME IN ADVANCE</b>	<b>\$114,000.00</b>	<b>\$114,000.00</b>	<b>\$0.00</b>	<b>0.0%</b>
<b>PAYG TAX PAYABLE</b>	<b>\$3,266.00</b>	<b>\$12,234.00</b>	<b>-\$8,968.00</b>	<b>(73.3)%</b>
<b>Total Liabilities</b>	<b>\$175,470.45</b>	<b>\$157,614.89</b>	<b>\$17,855.56</b>	<b>11.3%</b>
<b>Net Assets</b>	<b>\$154,964.46</b>	<b>\$171,092.75</b>	<b>-\$16,128.29</b>	<b>(9.4)%</b>
<b>Equity</b>				
Retained Earnings	\$171,092.75	\$199,863.43	-\$28,770.68	(14.4)%
Current Year Earnings	-\$16,128.29	-\$28,770.68	\$12,642.39	43.9%
<b>Total Equity</b>	<b>\$154,964.46</b>	<b>\$171,092.75</b>	<b>-\$16,128.29</b>	<b>(9.4)%</b>

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### Profit & Loss [Last Year Analysis]

July 2018 To June 2019

### ILLAWARRA ACADEMY OF SPORT

P.O.Box U39  
University of Wollongong  
NSW 2500

ABN: 31 659 625 641  
Email: accounts@ias.org.au

	This Year	Last Year	\$ Difference	% Difference
<b>INCOME</b>				
<b>SHARED INCOME</b>				
Office of Sport	\$228,000.00	\$228,000.00	\$0.00	0.0%
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	\$27,500.00	\$0.00	0.0%
Cram Fluid Power	\$5,000.00	\$5,000.00	\$0.00	0.0%
Additional Sponsorship	\$24,586.36	\$12,000.00	\$12,586.36	104.9%
<b>Total SHARED INCOME</b>	<b>\$415,686.36</b>	<b>\$403,100.00</b>	<b>\$12,586.36</b>	<b>3.1%</b>
<b>SPORT SPECIFIC INCOME</b>				
<b>AFL INCOME</b>				
AFL NSW/ACT	\$8,000.00	\$0.00	\$8,000.00	NA
<b>Total AFL INCOME</b>	<b>\$8,000.00</b>	<b>\$0.00</b>	<b>\$8,000.00</b>	<b>NA</b>
<b>AWD INCOME</b>				
The Disability Trust	\$0.00	\$2,500.00	-\$2,500.00	(100.0)%
MoneyQuest	\$3,500.00	\$3,000.00	\$500.00	16.7%
<b>Total AWD INCOME</b>	<b>\$3,500.00</b>	<b>\$5,500.00</b>	<b>-\$2,000.00</b>	<b>(36.4)%</b>
<b>CYCLING INCOME</b>				
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	\$2,045.41	\$0.00	\$2,045.41	NA
Athlete Tours	\$0.00	\$681.81	-\$681.81	(100.0)%
<b>Total CYCLING INCOME</b>	<b>\$7,045.41</b>	<b>\$5,681.81</b>	<b>\$1,363.60</b>	<b>24.0%</b>
<b>GOLF INCOME</b>				
State Golf Assoc & Foundations	\$5,500.00	\$5,500.00	\$0.00	0.0%
Golf Illawarra	\$4,500.00	\$4,500.00	\$0.00	0.0%
Golf Day Fundraiser	\$6,420.82	\$3,762.73	\$2,658.09	70.6%
Athlete Tours	\$1,272.75	\$1,022.72	\$250.03	24.4%
<b>Total GOLF INCOME</b>	<b>\$17,693.57</b>	<b>\$14,785.45</b>	<b>\$2,908.12</b>	<b>19.7%</b>
<b>HOCKEY INCOME</b>				
Local Hockey Associations	\$2,004.00	\$2,003.64	\$0.36	0.0%
Hockey NSW	\$3,000.00	\$3,000.00	\$0.00	0.0%
<b>Total HOCKEY INCOME</b>	<b>\$5,004.00</b>	<b>\$5,003.64</b>	<b>\$0.36</b>	<b>0.0%</b>
<b>RUGBY UNION INCOME</b>				
Illawarra District Rugby Union	\$3,000.00	\$0.00	\$3,000.00	NA
<b>Total RUGBY UNION INCOME</b>	<b>\$3,000.00</b>	<b>\$0.00</b>	<b>\$3,000.00</b>	<b>NA</b>
<b>NETBALL INCOME</b>				
NSW Netball Association	\$7,500.00	\$6,750.00	\$750.00	11.1%
Local Netball Associations	\$5,600.00	\$7,840.00	-\$2,240.00	(28.6)%
Additional Uniforms	\$222.73	\$0.00	\$222.73	NA
Athlete Tours	\$7,218.12	\$6,213.56	\$1,004.56	16.2%
<b>Total NETBALL INCOME</b>	<b>\$20,540.85</b>	<b>\$20,803.56</b>	<b>-\$262.71</b>	<b>(1.3)%</b>
<b>TRIATHLON INCOME</b>				
Triathlon NSW	\$909.10	\$1,363.65	-\$454.55	(33.3)%



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Profit & Loss [Last Year Analysis]

July 2018 To June 2019

ILLAWARRA ACADEMY OF SPORT

P.O.Box U39  
University of Wollongong  
NSW 2500

ABN: 31 659 625 641  
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	This Year	Last Year	\$ Difference	% Difference
Athlete Tours	\$4,969.10	\$0.00	\$4,969.10	NA
Total TRIATHLON INCOME	\$5,878.20	\$1,363.65	\$4,514.55	331.1%
BASKETBALL INCOME				
Basketball NSW	\$3,000.00	\$3,000.00	\$0.00	0.0%
Total BASKETBALL INCOME	\$3,000.00	\$3,000.00	\$0.00	0.0%
Total SPORT SPECIFIC INCOME	\$73,662.03	\$56,138.11	\$17,523.92	31.2%
PROGRAM OR PROJECT INCOME				
PRESENTATION NIGHT				
Paying Guests	\$5,310.40	\$7,754.72	-\$2,444.32	(31.5)%
TOBIN FAMILY AWARD				
Sponsorship	\$5,000.00	\$5,000.00	\$0.00	0.0%
BERRY TRAINING CAMP				
Berry Camp Athlete Levies	\$9,420.15	\$11,736.83	-\$2,316.68	(19.7)%
ACADEMY GAMES				
Athlete Levies	\$30,036.61	\$15,454.36	\$14,582.25	94.4%
Total ACADEMY GAMES	\$30,036.61	\$15,454.36	\$14,582.25	94.4%
Total PROGRAM OR PROJECT INCOME	\$49,767.16	\$39,945.91	\$9,821.25	24.6%
Total INCOME	\$539,115.55	\$499,184.02	\$39,931.53	8.0%
Gross Profit	\$539,115.55	\$499,184.02	\$39,931.53	8.0%
EXPENSES				
EMPLOYEE RELATED EXPENSES				
Permanent Staff				
Salary Costs	\$284,065.41	\$294,350.43	-\$10,285.02	(3.5)%
Annual Leave Provision	\$9,422.44	-\$27,155.63	\$36,578.07	134.7%
LSL Provision	\$796.47	\$1,067.39	-\$270.92	(25.4)%
Travel Reimbursement	\$2,379.59	\$3,454.39	-\$1,074.80	(31.1)%
Staff Costs	\$0.00	\$25,328.00	-\$25,328.00	(100.0)%
Employsure	\$5,471.96	\$2,735.98	\$2,735.98	100.0%
Superannuation	\$38,716.10	\$25,261.17	\$13,454.93	53.3%
Advertising/Recruitment	\$6,717.27	\$930.00	\$5,787.27	622.3%
Staff Uniforms	\$173.65	\$0.00	\$173.65	NA
Workers Compensation	\$1,531.25	\$884.85	\$646.40	73.1%
Total EMPLOYEE RELATED EXPENSES	\$349,274.14	\$326,856.58	\$22,417.56	6.9%
ADMINISTRATIVE COSTS				
Bank Fees & Charges	\$29.58	\$93.64	-\$64.06	(68.4)%
Insurance	\$3,108.50	\$2,764.68	\$343.82	12.4%
Staff Professional Development	\$524.96	\$1,000.02	-\$475.06	(47.5)%
Subscriptions & Memberships	\$3,337.42	\$2,918.54	\$418.88	14.4%
Staff Amenities	\$833.47	\$454.02	\$379.45	83.6%
Travel	\$4,090.26	\$4,160.88	-\$70.62	(1.7)%
Motor Vehicle Expenses	\$4,080.35	\$4,610.49	-\$530.14	(11.5)%
Audit Fees	\$2,657.20	\$2,312.00	\$345.20	14.9%
Consultancy Fees	\$8,687.82	\$1,500.00	\$7,187.82	479.2%
Legal Expenses	\$0.00	\$50,788.18	-\$50,788.18	(100.0)%
Total ADMINISTRATIVE COSTS	\$27,349.56	\$70,602.45	-\$43,252.89	(61.3)%
COMMUNICATIONS				
Postage	\$2,256.86	\$471.59	\$1,785.27	378.6%
Telephone & Internet	\$3,207.31	\$2,903.06	\$304.25	10.5%

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Profit & Loss [Last Year Analysis]

July 2018 To June 2019

ILLAWARRA ACADEMY OF SPORT

P.O.Box U39  
University of Wollongong  
NSW 2500

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	This Year	Last Year	\$ Difference	% Difference
Total COMMUNICATIONS	\$5,464.17	\$3,374.65	\$2,089.52	61.9%
IT SERVICES				
Hosting & Registration	\$930.00	\$0.00	\$930.00	NA
IT Support	\$1,975.00	\$273.40	\$1,701.60	622.4%
Total IT SERVICES	\$2,905.00	\$273.40	\$2,631.60	962.5%
PROMOTIONS & FUNCTIONS				
Promotions	\$1,091.82	\$3,356.25	-\$2,264.43	(67.5)%
Advertising - General	\$1,034.84	\$1,503.61	-\$468.77	(31.2)%
Functions	\$1,622.05	\$904.68	\$717.37	79.3%
Sponsorship Servicing	\$0.00	\$1,710.73	-\$1,710.73	(100.0)%
Athlete Induction	\$664.16	\$1,283.37	-\$619.21	(48.2)%
Meetings	\$2,133.43	\$2,168.98	-\$35.55	(1.6)%
RASI Meetings	\$1,109.18	\$3,430.01	-\$2,320.83	(67.7)%
Total PROMOTIONS & FUNCTIONS	\$7,655.48	\$14,357.63	-\$6,702.15	(46.7)%
MARKETING				
Website	\$635.00	\$0.00	\$635.00	NA
Total MARKETING	\$635.00	\$0.00	\$635.00	NA
PUBLICATIONS & PRINTING				
Newspapers	\$261.84	\$23.30	\$238.54	1,023.8%
Photocopier	\$2,372.33	\$2,178.48	\$193.85	8.9%
Stationery	\$1,958.52	\$743.65	\$1,214.87	163.4%
Annual Report	\$7,398.18	\$857.27	\$6,540.91	763.0%
Banners	\$126.36	\$0.00	\$126.36	NA
Total PUBLICATIONS & PRINTING	\$12,117.23	\$3,802.70	\$8,314.53	218.6%
FACILITY & EQUIPMENT				
Office Equipment	\$2,216.49	\$21.82	\$2,194.67	10,058.1%
First Aid Kit	\$70.13	\$0.00	\$70.13	NA
Computer Software	\$2,527.41	\$184.55	\$2,342.86	1,269.5%
Record Storage	\$353.60	\$497.15	-\$143.55	(28.9)%
Rent	\$14,159.86	\$12,500.00	\$1,659.86	13.3%
Total FACILITY & EQUIPMENT	\$19,327.49	\$13,203.52	\$6,123.97	46.4%
SPORT SPECIFIC EXPENSES				
AFL EXPENSES				
AFL Venue Hire	\$946.72	\$1,611.82	-\$665.10	(41.3)%
Equipment	\$1,899.18	\$0.00	\$1,899.18	NA
Staff Support	\$3,250.00	\$1,000.00	\$2,250.00	225.0%
Total AFL EXPENSES	\$6,095.90	\$2,611.82	\$3,484.08	133.4%
AWD EXPENSES				
First Aid	\$70.13	\$0.00	\$70.13	NA
Staff Support	\$1,500.00	\$500.00	\$1,000.00	200.0%
Brett Stibners Award	\$500.00	\$0.00	\$500.00	NA
Total AWD EXPENSES	\$2,070.13	\$500.00	\$1,570.13	314.0%
CYCLING EXPENSES				
Cycling Venue Hire	\$0.00	\$546.66	-\$546.66	(100.0)%
Uniforms & Equipment	\$3,405.00	\$0.00	\$3,405.00	NA
First Aid	\$70.12	\$0.00	\$70.12	NA
Staff Support	\$2,650.00	\$1,400.00	\$1,250.00	89.3%
Tour Expenses	\$0.00	\$920.00	-\$920.00	(100.0)%
Ben Mikic Award	\$500.00	\$500.00	\$0.00	0.0%
Total CYCLING EXPENSES	\$6,625.12	\$3,366.66	\$3,258.46	96.8%

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	This Year	Last Year	\$ Difference	% Difference
GOLF EXPENSES				
Golf Venue Hire	\$0.00	\$1,704.50	-\$1,704.50	(100.0)%
First Aid	\$70.15	\$0.00	\$70.15	NA
Staff Support	\$2,040.00	\$1,000.00	\$1,040.00	104.0%
Golf Day Expenses	\$4,383.17	\$1,891.03	\$2,492.14	131.8%
Tour Expenses	\$1,760.27	\$2,041.98	-\$281.71	(13.8)%
Vic Burrows Award	\$500.00	\$0.00	\$500.00	NA
Total GOLF EXPENSES	\$8,753.59	\$6,637.51	\$2,116.08	31.9%
HOCKEY EXPENSES				
Hockey Venue Hire	\$1,446.82	\$1,842.73	-\$395.91	(21.5)%
Equipment	\$617.56	\$0.00	\$617.56	NA
Staff Support	\$2,250.00	\$2,400.00	-\$150.00	(6.3)%
Total HOCKEY EXPENSES	\$4,314.38	\$4,242.73	\$71.65	1.7%
LONESTAR EXPENSES				
Lone Star Venue Hire	\$0.00	\$730.00	-\$730.00	(100.0)%
Total LONESTAR EXPENSES	\$0.00	\$730.00	-\$730.00	(100.0)%
RUGBY UNION EXPENSES				
Rugby Venue Hire	\$1,593.17	\$567.50	\$1,025.67	180.7%
Equipment	\$444.00	\$0.00	\$444.00	NA
Staff Support	\$1,650.00	\$1,547.50	\$102.50	6.6%
Coach Development	\$0.00	\$679.55	-\$679.55	(100.0)%
Tour Expenses	\$0.00	-\$447.27	\$447.27	100.0%
Total RUGBY UNION EXPENSES	\$3,687.17	\$2,347.28	\$1,339.89	57.1%
NETBALL EXPENSES				
Netball Venue Hire	\$2,821.83	\$1,460.45	\$1,361.38	93.2%
Additional Uniforms	\$63.64	\$300.00	-\$236.36	(78.8)%
Equipment	\$998.59	\$0.00	\$998.59	NA
First Aid	\$70.12	\$0.00	\$70.12	NA
Staff Support	\$2,400.00	\$2,900.00	-\$500.00	(17.2)%
Tour Expenses	\$8,118.82	\$8,023.65	\$95.17	1.2%
Tour Uniforms	\$0.00	\$660.00	-\$660.00	(100.0)%
Total NETBALL EXPENSES	\$14,473.00	\$13,344.10	\$1,128.90	8.5%
TRIATHLON EXPENSES				
Triathlon Venue Hire	\$540.59	\$705.75	-\$165.16	(23.4)%
First Aid	\$70.13	\$0.00	\$70.13	NA
Staff Support	\$1,250.00	\$700.00	\$550.00	78.6%
Tour Expenses	\$7,070.39	\$0.00	\$7,070.39	NA
Total TRIATHLON EXPENSES	\$8,931.11	\$1,405.75	\$7,525.36	535.3%
BASKETBALL EXPENSES				
Basketball Venue Hire	\$1,655.12	\$1,320.00	\$335.12	25.4%
Equipment	\$34.09	\$0.00	\$34.09	NA
Staff Support	\$1,800.00	\$1,900.00	-\$100.00	(5.3)%
Total BASKETBALL EXPENSES	\$3,489.21	\$3,220.00	\$269.21	8.4%
SURFING EXPENSES				
Surfing Venue Hire	\$0.00	\$546.68	-\$546.68	(100.0)%
Total SURFING EXPENSES	\$0.00	\$546.68	-\$546.68	(100.0)%
PROGRAM DEVELOPMENT SUPPORT				
Coach Development	\$4,021.82	\$0.00	\$4,021.82	NA
Education Lectures	\$1,504.50	\$0.00	\$1,504.50	NA
Total SPORT SPECIFIC EXPENSES	\$63,965.93	\$38,952.53	\$25,013.40	64.2%

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	This Year	Last Year	\$ Difference	% Difference
PROGRAM OR PROJECT EXPENSES				
ATHLETE SERVICES				
Physical Performance	\$2,470.06	\$0.00	\$2,470.06	NA
TOBIN FAMILY AWARD				
Tobin Family Award Winner	\$5,000.00	\$5,000.00	\$0.00	0.0%
PRESENTATION NIGHT				
Production	\$23,577.37	\$22,103.03	\$1,474.34	6.7%
BERRY TRAINING CAMP				
Berry Camp Expenses	\$7,973.64	\$11,365.22	-\$3,391.58	(29.8)%
ACADEMY GAMES				
Athlete Expenses	\$26,994.96	\$15,657.58	\$11,337.38	72.4%
Total PROGRAM OR PROJECT EXPENSES	\$66,016.03	\$54,125.83	\$11,890.20	22.0%
Total EXPENSES	\$554,710.03	\$525,549.29	\$29,160.74	5.5%
Operating Profit	-\$15,594.48	-\$26,365.27	\$10,770.79	40.9%
OTHER INCOME				
Credit Interest	\$4,917.83	\$5,606.19	-\$688.36	(12.3)%
Total OTHER INCOME	\$4,917.83	\$5,606.19	-\$688.36	(12.3)%
OTHER EXPENSES				
Depreciation	\$5,088.00	\$6,796.00	-\$1,708.00	(25.1)%
Donations	\$0.00	\$650.00	-\$650.00	(100.0)%
Debit Interest	\$0.00	\$338.33	-\$338.33	(100.0)%
Presidents Relief Fund	\$363.64	\$227.27	\$136.37	60.0%
Total OTHER EXPENSES	\$5,451.64	\$8,011.60	-\$2,559.96	(32.0)%
Net Profit/(Loss)	-\$16,128.29	-\$28,770.68	\$12,642.39	43.9%

This report includes Year-End Adjustments.



