

ILLAWARRA ACADEMY OF SPORT ANNUAL REPORT 2010

This annual review covers the activities of the Illawarra Academy of Sport Incorporated for the period 1st January 2010 to 31st December 2010.

This report highlights the establishment, operation and achievements of the Academy, and presents a detailed source of information for the promotion of the Academy and its athletes.

Enquiries regarding scholarships or sponsorship and donations, to further enhance the Illawarra Academy of Sport as one of the prominent sporting organisations in NSW and Australia, can be directed to:

PO Box U39 University of Wollongong NSW 2500
Telephone: (02) 4221 3899
Web: <http://www.ias.org.au>
Email: info@ias.org.au

PARTNERS 2010

Communities NSW
Wollongong City Council
Shoalhaven City Council
Shellharbour City Council
Wingecarribee Shire Council
Kiama Municipal Council
University of Wollongong

Sponsors 2010

BlueScope Steel
Sydney Water
Warilla Bowls and Recreation Club
The Illawarra Mercury

Affiliate Sponsors

Go Hire

Friends 2010

Aceit Sportswear
Graphic Connection

Academy Patrons 2010

Professor Stephen Martin
Professor Gerard Sutton Vice - Chancellor,
University of Wollongong

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CHAIRMAN'S REPORT

To come?

Brian Weir PSM | Chairperson

EXECUTIVE DIRECTOR'S REPORT

To come?

Mark Brogan | Executive Director

A Five-Star Education

The 2011 Good Universities Guide confirms UOW's longstanding position as one of the country's leading research institutions. UOW received five stars in seven key areas, where only the top 20 per cent of universities in Australia can be awarded five stars in any one category.

- ★★★★★ Getting a Job
- ★★★★★ Positive Graduate Outcomes
- ★★★★★ Staff Qualifications
- ★★★★★ Research Intensity
- ★★★★★ Graduate Satisfaction
- ★★★★★ Generic Skills
- ★★★★★ Staff to Student Ratio

UOW shares the Illawarra Academy of Sport's vision of helping talented young people from in and around the Illawarra reach their goals. Whether on the field or in the classroom, we think everyone deserves the chance to achieve their best.

www.uow.edu.au

University of Wollongong



UOW CRICOS 00102E



Future Champions

Great Ambassadors

Dedicated Sportspeople



Outstanding Achievements

CORPORATE VISION FOR THE ILLAWARRA ACADEMY OF SPORT

To be recognised locally and nationally as the most effective and professional Regional Academy of Sport.

MISSION

To provide opportunities and services for sport, talented athletes and coaches within the Southern Group of Councils area to achieve excellence.

AIMS AND OBJECTIVES

- To provide the opportunity and encouragement for talented athletes within the Southern Councils Group (SCG — Illawarra region) to achieve excellence in sport and outstanding sporting citizenship.
- To facilitate the development & support of talented athletes with potential.
- To provide sports science support and evaluation and specialist services and resources to assist in the pursuit of excellence in sport or in activities related to sport.
- To develop and assist talented coaches and foster an environment conducive to the enhancement of coaching and related activities.
- To maintain an operational structure which contributes to the sports development network.
- To act as a catalyst in the development of innovative programs for the improvement of sport within the Southern Councils Group area, including effective talent identification programs.
- To encourage and assist athletes in their pursuit of improvement and excellence in sports skills to travel both within Australia & overseas for the purpose of seeking competition, training and experience.
- To conduct, commission or join in research, activities in the pursuit of excellence in sport.
- To establish, administer and seek financial assistance to promote excellence among young athletes.
- To act as trustee of any bond or to administer any foundation established to promote excellence or achievement in sport or in activities related to sport.

HISTORY

The concept of the Illawarra Academy of Sport emanated from a community based investigation into sport and lifestyle opportunities in the Illawarra. A committee which comprised of representatives from government, education, business and community sport recommended the establishment of an Academy to expand sporting opportunities for talented athletes of the region.

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

Sports Programs

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

Currently there are programs offered for golf, netball, hockey, cricket, rugby union, cycling, an individual athletes program, lawn bowls and swim sports. Since 1985, there have been over 4000 scholarships offered to local athletes.

A Growing Example

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

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

BOARD OF MANAGEMENT



Brian Weir
Chairperson



Jeff McCarthy
Vice President



William Dowson
Treasurer



Brian Baird
Public Officer



Peter Bowman
Business Plan Chair



Mark Brogan
Executive Director



Gregg Rowland



Ross Fuller



John O'Dwyer



John Wells



Peter Tomlinson



Julie Steele



Vicki Tiegs



Trevor Fredricks



Richard Davis



Paul Tuddenham



Anthony Horne

BOARD OF DIRECTORS

The Academy is an independent, incorporated sporting organisation that is governed by a eighteen (18) member Board of Directors which is comprised of 10 permanent representatives and 8 elected community representatives. Board of Directors meetings are held bi-monthly and each of the five local Council hosts the meetings on rotation.

PERMANENT BOARD REPRESENTATIVES

University of Wollongong

Vice Chancellor Prof. Gerard Sutton
Represented by Dr Gregg Rowland

Australian Institute of Sport

Director Dr Peter Fricker. Represented by Peter Bowman

Sports Medicine Federation

South Coast Branch. Represented by Prof Julie Steele

Department of School Education

Regional Director Illawarra & South Coast Graeham Kennedy
Represented by Ross Fuller

Administrators of Wollongong

Represented by Mark Bond (From Nov 2010)

Mayor of Wingecarribee

Cr. Ken Halstead. Represented by Cr. Paul Tuddenham

Administrator of Shellharbour City

Administrator David Jesson. Represented by Brian Weir

Mayor of Kiama

Cr. Sandra McCarthy. Represented by Cr. Trevor Fredericks

Mayor of Shoalhaven

Cr. Paul Green. Represented by Anthony Horne

Executive Director

Mark Brogan

Community Board Representatives

Brian Baird	John O'Dwyer
Richard Davis	Vicki Tiegs
William Dowson	Peter Tomlinson
Jeff McCarthy	John Wells

Executive elected 22 April 2010

Chairperson	Brian Weir
Senior Vice President	Position vacant
Vice President	Jeff McCarthy
Public Officer	Brian Baird
Treasurer	William (Bill) Dowson
Business Plan Chair	Peter Bowman
Executive Director	Mark Brogan

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. Links are maintained with:

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.

Communities NSW

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

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 ten independent Regional Academies in NSW maintain close links for athlete competition and training and sport management information sharing.

Academies of Sport Inc (ASi)

The ten independent Regional Academies in NSW, in 2003, formed ASi. The principal purpose of this organization is the planning and support of the Academy Games - a multi sport festival involving all Academies.

Australian Institute of Sport

The links with the AIS were established when the Academy was formed in 1985. Academy athletes have the opportunity of gaining entry to the AIS and a number of Academy athletes have graduated into AIS programs.

ACADEMY CATCHMENT AREA

The Academy operates through the Illawarra's geographic region comprising the five local government areas of: Wollongong, Shellharbour, Kiama, Shoalhaven, and Wingecarribee. Illawarra covers an area of 8,485 square kilometres and extends from Helensburgh in the north, Ulladulla in the south and across to the Southern Highlands in the west. The region has a population of 405,000.

Sports Training Camps

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

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

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



ADMINISTRATIVE OPERATIONS

The Academy Administration Centre moved to the University of Wollongong in October 2009. The new location offers increased access to IAS training facilities for a range of sports, access to lecture & tutorial rooms, physiotherapy facilities and closer links with key volunteer & sports groups and consultants.

The Academy employed three (3) full-time staff and one (1) part-time staff in 2010. Academy coaching staff are all contracted on a casual basis and as volunteers receive a small honorarium to cover their costs.

Staffing Levels During 2010

Full Time

Executive Director 1

Program Manager 1

Administrative Officer 1

Part Time

Bookkeeper 1

Media and Public Relations

The flagship of Academy public communications is 'Academy Corner'. This newspaper column which is produced weekly is published in the Illawarra Mercury, Northern Leader, Lake Times, South Coast Register and the Southern Highlands News.

The one page weekly feature published in the Illawarra Mercury, as part of junior sport, continued in 2010 after its establishment in 2008. Again, the feature proved extremely popular with athletes & families, sponsors and supporters.

This feature was expanded to include the South Coast Register which which published its biweekly version from July 2010.



Once again eNEWS had its following. This weekly electronic newsletter is now distributed to close on 800 locals, athletes, coaches, parents, sponsors & supporters.

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

FUNDING SOURCES

The Academy operates as an independent and autonomous sporting organisation. Funding for the sports programs and the administrative operations is achieved through a variety of sources including government grants, University funding, sports funding, athlete contributions, corporate sponsorship and business support.

The Academy has four primary sponsor categories: Partners, Program Sponsors, Affiliate Sponsors, Supporters and Friends.

Partners

Partners provide substantial 'value in money' by way of donation or funding and 'value in kind' services to benefit a range of Academy activities. Our Partners include the NSW Department of Sport & Recreation, the University of Wollongong and the Southern Councils Group of Councils: Wollongong, Shellharbour, Kiama, Shoalhaven and Wingecarribee.

The New South Wales Government through NSW Sport and Recreation is the largest single sponsor of the Academy providing an annual grant of \$143,000. The five councils of the Southern Councils Group grants total more than \$60,000.

The University of Wollongong provides financial assistance as well as support services and access to facilities. The University assists the Academy with access to staff and sport science support services as does the University Recreation and Aquatic Centre.

Program Sponsors

Program sponsors provide 'value in money' by way of funding and/or substantial 'value in kind' to specific Academy programs or projects including:

- Sports Programs
- Regional Programs
- Special Projects & Events

Our team of Program Sponsors include BlueScope Steel, Sydney Water, Warilla Bowls and the Mercury.

In 2010, Cycling Program sponsors included: Bowral & Katoomba NRMA, Raine & Horne Wollongong, Frank Soto & Associates, the Ben Mikic Foundation, Roadworx, Bikesportz and Hot Design.

Affiliate Sponsors

Assisting the Academy across several sport or event programs was Go Hire.

Supporter 'Sports'

A policy of the Academy is that any sport, which has an Academy program, is required to contribute financially to that program.

This funding represents approximating 25 - 50% of base program costs. Sources include assistance from governing associations of that sport, local clubs, associations, state associations, or a combination of these.

Sports funding includes 'value in money' and may also include 'value in kind' (goods or services) in support of a specific Academy sports program or project.

Friends of the Academy

We gratefully acknowledge the support of Graphic Connection for their graphic design and publication expertise and ACEIT Sportswear who are official suppliers of sportswear.

SCHOLARSHIP PROGRAMS

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

Common Athlete Eligibility Criteria

The athlete must:

1. Reside in the Southern Councils Group area (Wollongong, Shellharbour, Kiama, Shoalhaven & Wingecarribee);
2. Display an ability to apply coaching and technical instruction;
3. Demonstrate dedication to improving performance;
4. Demonstrate, through past performance and/or potential capacity, the potential to improve performance to a high level;
5. Be a registered participant of an association within the SCG area.

Selection Criteria and Program Design

In addition to the eligibility criteria outlined above, sport programs have additional selection criteria which varies from program to program. At time of nomination this criteria is outlined.

CORE PROGRAM COMPONENTS

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

Training & Technical Development

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

Sports Science

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

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

BENEFITS & SERVICES

A generic Academy scholarship provides the following benefits and services:

- Coaching by accredited and experienced coaches (except IAP program) including high level guest coaches
- Subsidized Academy uniforms and specialised equipment
- Sport science support and evaluation
- Specialist training including sprint training and fitness advice
- Sport psychology, nutrition and sports medicine advice from leading experts
- Video analysis of technique and tactical appreciation
- Public speaking and personal development opportunities
- Exposure to high level competition
- Travel assistance for competition and Academy activities
- Academy tours in NSW & interstate
- Drug education seminars
- Log books for educational information and monitoring of training and competition
- Tours/camps at some of Australia's premier elite coaching facilities.

Competition Opportunities

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

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

Personal Development

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

SPECIAL EVENTS

Mayoral Receptions

A reception, hosted by the Mayor or Council of each of the five Councils of the Illawarra, provide an annual opportunity for the athletes and coaches to be officially recognised by their own community.

These functions also serve to develop social and personal aspects of the scholarship holders and an understanding of the range of community and government groups who support their development.

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



Athlete Inductions

Inductions have been part of each Academy sport program since day one. Two major Athlete Inductions involving several sport programs were held in 2010 - an autumn induction in May and a spring induction in October 2010.

The multi-sport induction, is a major event in its own right in which athletes, parents and sports program staff, which may total over 300 on each occasion, participate in several education seminars and undertake their introduction to the Academy.

This format allows more professional presentations and parental involvement in specialist presentations including Drugs in Sport, Female Athlete, and Nutrition.

Academy Games

Although various sporting and events based organisations exist in the market place none have the specific focus of talented athlete development across a broad range of key sports and a combined capacity to bring together the State's athlete development Academies at one time for the conduct of an 'Academy Games'.

This gives rise to the opportunity to create a unique 'brand' which becomes synonymous with talented athlete development and competition, and the conduct of a high quality and professional major event over a three day period. The 'Academy Games' brand also enables the development and implementation of a highly marketable corporate and media program with coverage across NSW through key agencies who are well known for their support of regional development.

In 2010, the fifth year of the Games, the Illawarra Academy sent a team of 90 athletes and coaches from five of its sports programs: golf, hockey, lawn bowls, netball and rugby to Armidale in April 2010.



Presentation Night 2010

The Annual Athlete Graduation and Award Presentation Night was held AT THE Novotel Northbeach. The event attracted over 300 people including dignitaries, athletes, coaches and family members.

Amy Taylor from WIN Television again oversaw the presentation of awards as master of ceremonies and graduate, Ryan Gregson (Athletics) spoke about his international career and what elements led to his on-going success.

The event acknowledged the achievements of the 2010 Academy athletes and recognised the level of commitment and dedication they showed in striving for excellence in their sport.

The evening also paid tribute to the supporters of the Illawarra Academy of Sport who ensure that opportunities exist for the region's talented junior sportspeople to progress to a high level within their sport.

There were a number of special presentations made on the night. The Vic Burrows Memorial Award was presented to Travis Smyth. Service awards were presented to members of the board, Peter Bowman for 15 years service, Gregg Rowland

SPECIAL EVENTS *CONTINUED*

and Ross Fuller for 10 years service and Peter Tomlinson for 5 years service. Also 2 coaches were recognised: Craig Nealon (5 years - Hockey) and Sean Barrett (10 years - Rugby Union).

Acknowledged also were sport staff volunteers who are departing: Kurt Ogilvie, Jamie Swindells, Mark Scott, Shaun O'Toole and Peiti Johnson.

Sports Breakfast 2010

In March 2010, the Academy held its inaugural Sports Breakfast "Breakfast with the champions". The event was broadcast over ABC radio Illawarra and attended by 150 local business, sport and political dignitaries.

Features of the event included a Sport panel of Academy graduates including Ryan Gregson, Shaun Timmins, Robert Hurley, Karen Murphy and Keiran Govers as well as professor



Julie Steele. The breakfast also featured "live" interviews with Josh Kersten, Sally Fitzgibbons and Brett Lee. The morning's events were capped off by an engaging talk from Ken Sutcliffe, who provided an insight into sport, media and Kerry Packer and the genesis of World Series Cricket.

The event proved such a success it is now part of the Academy's annual schedule of major events.



Sydney **WATER**

Proud to be associated with the Illawarra Academy of Sport and take this opportunity to wish all members of the Academy success in 2011



PAST ACADEMY ATHLETES ACHIEVEMENTS

Sport	Athlete	Event Name	Achievement
AWD	Brett Stibners	Rollers World Cup Team	Selected
ROWING	David Smith	Hungarian Kayaking championships 2009	1st K2 1000m
	David Smith	World Kayaking Championships 2009	2nd K2 1000m
SOCCER	Luke Wilkshire	Australian Soccerroo Squad for World Cup	Selected
	Brendan Santalab	Chinese National League	Playing for Chengdu Blades
IAP	Ryan Gregson	Australian Track Championship	1st Open Mens 1500m
	Ryan Gregson	Commonwealth Games Team	Selected
	Ryan Gregson	1500m Track	Set new Australian open record
	Sally Fitzgibbons	ASP Girls 6 Star Estoril Event	Won
	Sally Fitzgibbons	ASP Women's Tour	Ranked number 2
	Shane Barrie	World University Triathlon Championships	Selected in Australian Team
	Shane Barrie	Oceania Triathlon Championships	3rd U23 Category
	Ben Allen	World University Triathlon Championships	Selected in Australian Team
	Ben Allen	Asian Continental Cup in Singapore	4th
CYCLING	Ben Kersten	Tour of Somerville (USA)	1st
	Ben Kersten	Boise Twilight Criterium (USA)	1st
	Ben Kersten	OCBC Cycle Singapore Criterium	1st
	Rochelle Gilmore	2010 Jayco Womens Classic	Overall Winner
	Rochelle Gilmore	Commonwealth Games	Won women's road race
	Scott Law	Australian Track Championship	1st Open Mens 15km Scratch Race
	Scott Law	Australian Track Championship	3rd 1000m Time Trial, 4000m Teams Pursuit & Omnium
	Aaron Donnelly	Australian Institute of Sport	Gained Scholarship
SWIMMING	Robert Hurley	Australian Swimming Championships	Won 400m, 800m & 1500m Freestyle
	Robert Hurley	Commonwealth Games Team	Selected
	Robert Hurley	NSW State Open Championships	1st 400m Freestyle
	Emma McKeon	NSW State Open S/C Championships	1st 50m Freestyle
GOLF	Lincoln Tighe	NSW State Open Squad	Selected
	Jordan Zunic	NSW Colts Squad	Selected
	Aaron Keevers	NSW Par 3 Championship	Won U19 Category
CRICKET	Brett Lee	Australian 20/20 Squad for WORLD Cup	Selected
	Phil Jaques	"NSW Sheffield Shield Team, One Day & 20/20 Team"	Selected
	William Sheridan	Victorian Sheffield Shield Team	Selected
	Phillip Wells	NSW 2nd XI	Selected
	Phillip Wells	Sydney 1st Grade Cricket Competition	Captained St George to 3rd consecutive win
	Nic Maddinson	Australian U19 One Day Squad for World U19 Cup	Selected
	Nic Maddinson	World U19 Cup	Won
	Nic Maddinson	NSW High Performance Awards	Won U19 Male player of the year
	Nic Maddinson	Australian Institute of Sport	Gained Scholarship
	Nic Maddinson	"NSW Sheffield Shield Team, One Day & 20/20 Team"	Selected
	Adam Zampa	Australian U19 One Day Squad for World U19 Cup	Selected
	Adam Zampa	World U19 Cup	Won
	Adam Zampa	NSW 2nd XI	Selected
	Melissa Harrison	NSW High Performance Awards	Won U19 Female player of the year

PAST ACADEMY ATHLETES ACHIEVEMENTS *CONTINUED*

RUGBY LEAGUE	Luke Bailey	Playing NRL with Gold Coast Titans	1st team player
	Luke O'Donnell	Playing NRL with North Queensland Cowboys	1st team player
	Luke Patten	Playing NRL with Canterbury Bulldogs	1st team player
	Ben Hornby	Playing NRL with St George - Illawarra Dragons	1st team player
	Brett Stewart	Playing NRL with Manly Sea Eagles	1st team player
	Keith Luila	Playing NRL with Newcastle Knights	1st team player
	Josh Morris	Playing NRL with Canterbury Bulldogs	1st team player
	Michael Lett	Playing NRL with Roosters	1st team player
	Beau Henry	Dragons U20 - Toyota Cup Team	Playing in Toyota Cup competition
	Mitchell Neilson	Dragons U20 - Toyota Cup Team	Playing in Toyota Cup competition
	Chris Astill	Dragons U20 - Toyota Cup Team	Playing in Toyota Cup competition
	Simon Maslanka	Dragons U20 - Toyota Cup Team	Playing in Toyota Cup competition
	Mitchell Rein	Dragons U20 - Toyota Cup Team	Playing in Toyota Cup competition
	Nathan Jones	Dragons U20 - Toyota Cup Team	Playing in Toyota Cup competition
	Tyson Frizell	Cronulla U20 - Toyota Cup Team	Playing in Toyota Cup competition
LAWN BOWLS	Karen Murphy	Australian Trans Tasman Team	Selected
	Leif Selby	World Cup	Won Open Mens crown
	Leif Selby	Australian Team	Selected
NETBALL	Leah Shoard	West Coast Fever	Playing in National League
	Melissa Tallent	Australian U19 Squad	Selected
BASKETBALL	Lauren Sparks	US College Basketball	Gained Scholarship
RUGBY UNION	Daniel Palmer	NSW Waratahs	Selected
	Tyson Frizell	Australian U19 Team	Selected
HOCKEY	Melissa Eastwood	Australian Womens Indoor Team	Selected
	Kylie Smith	Australian Womens Indoor Team	Selected
	Lyndal Ogilvie	Australian Womens Indoor Team	Selected
	Emma Cobbin	NSW Arrows Squad	Selected
	Airlie Ogilvie	Australian Women's Open Team	Selected
	Airlie Ogilvie	NSW Arrows Squad	Selected
	Keiran Govers	Australian Mens Open Team	Selected
	Keiran Govers	World Cup	Won
	Keiran Govers	NSW Waratahs Team	Selected
	Kurt Ogilvie	Australian Indoor Mens Team	Selected
	Kurt Ogilvie	NSW Waratahs Team	Selected
	Simon Beaton	Australian Indoor Mens Team	Selected
	Jye Bunt	Australian Indoor Mens Team	Selected
Tristan White	NSW Waratahs Team	Selected	



My Paper.

**“HAVE IT HOME DELIVERED
TODAY”**

PH: (02) 4221 2251



Talented Local Athletes Need Your Help

The Academy recently teamed up with the Australian Sports Foundation (ASF) to help raise funds to assist local athletes through the Academy Athlete Development project. All ASF grants will go to core program assistance such as:

- Quality Coaching • Sports science support
- Facilities & Equipment • Athlete Education
- Specialist Consultants • Sports Development Opportunities

Donations of \$2 or over are tax deductible!

**Please call the Academy on 02 4225 3899 or
download the form from the Academy website www.ias.org.au**

The Illawarra Academy of Sport has registered the Athlete Development project with the Australian Sports Foundation (ASF) to help with our fundraising efforts. Donations of \$2 or more to the ASF are tax deductible. While donations must be made unconditionally to the ASF, donors are able to nominate the IAS project as their preferred beneficiary. ASF grants will be used to support the provision of core Academy programs.

TOTAL SCHOLARSHIPS OFFERED 1986 - 2010

Athletes with a Disability

Male.....	32
Female.....	29

Basketball

Male.....	130
Female.....	128

Cricket

Male.....	464
Female.....	955

Cycling

Male.....	114
Female.....	46

Gymnastics

Female.....	26
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Golf

Male.....	148
Female.....	37

Hockey

Male.....	372
Female.....	380

Individual Athletes

Male.....	60
Female.....	57

Lawn Bowls

Male.....	65
Female.....	18

Netball

Female.....	514
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Rugby League

Male.....	666
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Rugby Union

Male.....	388
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Sailing

Male.....	81
Female.....	25

Soccer

Male.....	144
Female.....	1

Surfing

Male.....	45
Female.....	5

Swimming

Male.....	90
Female.....	75

Touch

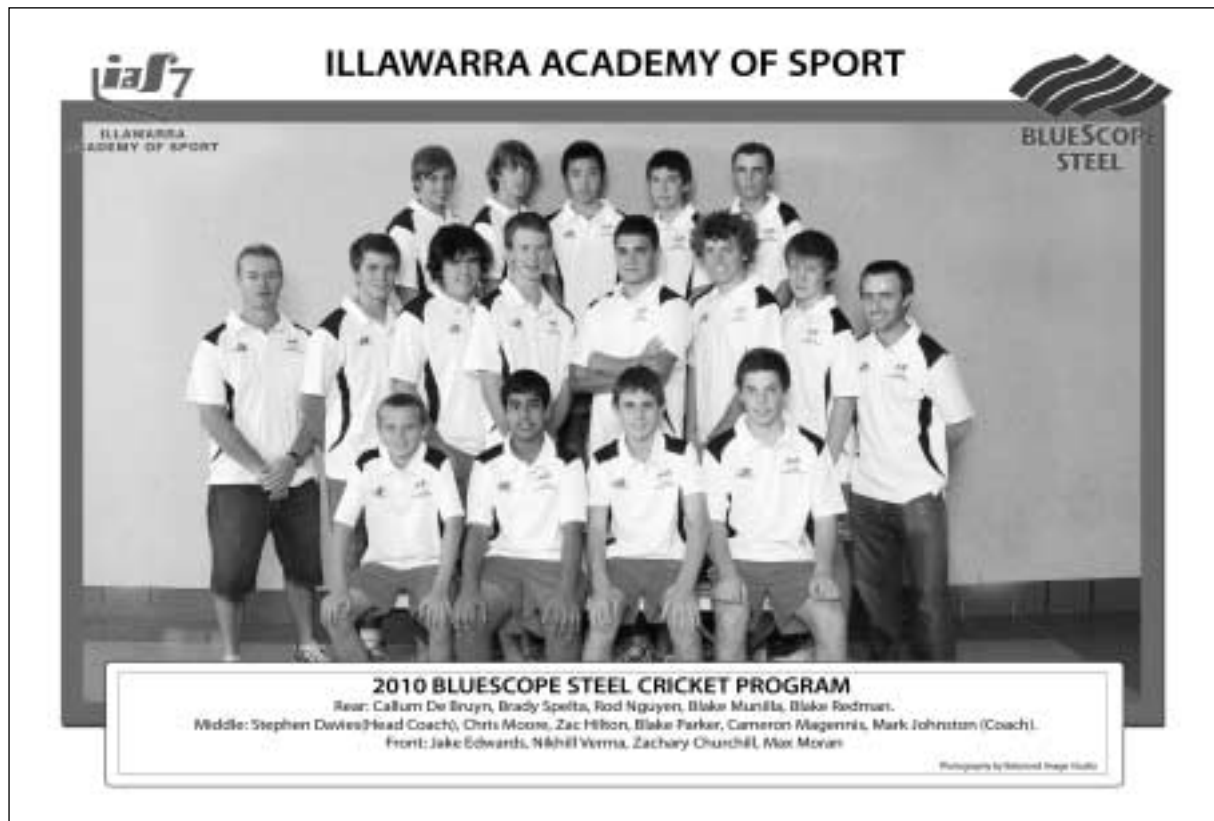
Male.....	35
Female.....	23

Tennis

Male.....	20
Female.....	21

TOTAL 4334

2010 CRICKET



The Academy appreciates the support and financial assistance from Cricket Associations across the region: South Coast, Illawarra, Shoalhaven, Southern Highlands, NSW Cricket and sponsor BlueScope Steel.

CRICKET PROGRAM 2010

In 2010, Stephen Davies designed and delivered a program which included a number of key elements.

The program again maintained its focus on off-season athlete development which linked with the zone & state representative season.



The program included an initial weekend camp at Berry, a series of day camps around the region, an end of program match against an Illawarra representative team and regular education sessions including speed & agility, throwing technique, pilates and injury prevention & management.

The highlight of the program was the August tour to Murwillumbah to compete for 4 days against regional representative teams in two 20-20 matches and two 1-day matches.

In addition to a partnership with BlueScope Steel, the Cricket Program is also supported by the cricket associations of Illawarra, South Coast, Shoalhaven, Southern Highlands and Cricket NSW.

Program Snapshot

Ages: 14 - 16 years during scholarship

Squad: 15 males

Program Year: March - September (7 Months)

Key People: Stephen Davies (Head Coach)
Mark Johnston (Coach)

Highlights

Tours: 4 days to NSW Far North Coast

Camp: 3 days at Berry Sport & Recreation

Matches: End of Program match Illawarra U17's

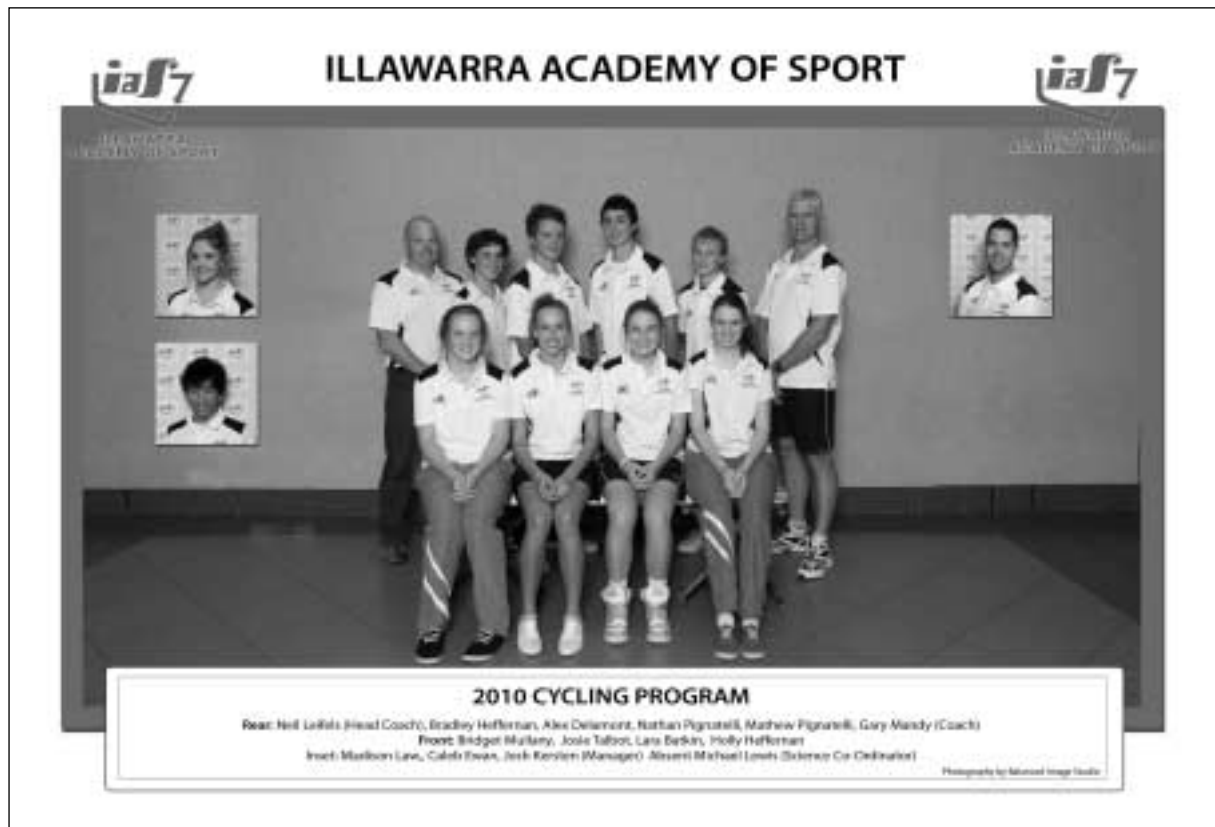
Athlete achievements:

William McGrane U14 Highlands Cricket rep player of the year.

Nikhil Verma selected in the NSW Combined Independent School U15's.



2010 CYCLING



The Academy appreciates the support and financial assistance from the NSW Cycling Federation and Cycling Clubs of the Illawarra, Shoalhaven and Southern Highlands.

CYCLING PROGRAM 2010



In 2010, Cyclists undertook their regular training regime which was determined on an individual basis depending on discipline whether road or track.

The squad attended two overnight camps in Canberra and had regular tours around the state and country. A number of education sessions were held including sports psychology sessions with consultants from the Australian Institute of Sport.

The cycling squad also benefited from the involvement of a sports science coach who provided education and advice for core



Program Snapshot

Ages:	13 - 18 during scholarship
Squad:	10 athletes - 5 male, 5 female
Program Year:	March - Feb (12 months)
Key People:	Neil Leifels (Head Coach) Garry Mandy (Coach) Peter Tomlinson (Coach) Josh Kersten (Manager)

Athlete Highlights

Squad Tours:

Wagga - Gwen French Memorial Junior 2 Day Tour
Canberra - Kawolski Junior Tour & AIS education session.

Athlete Achievements:

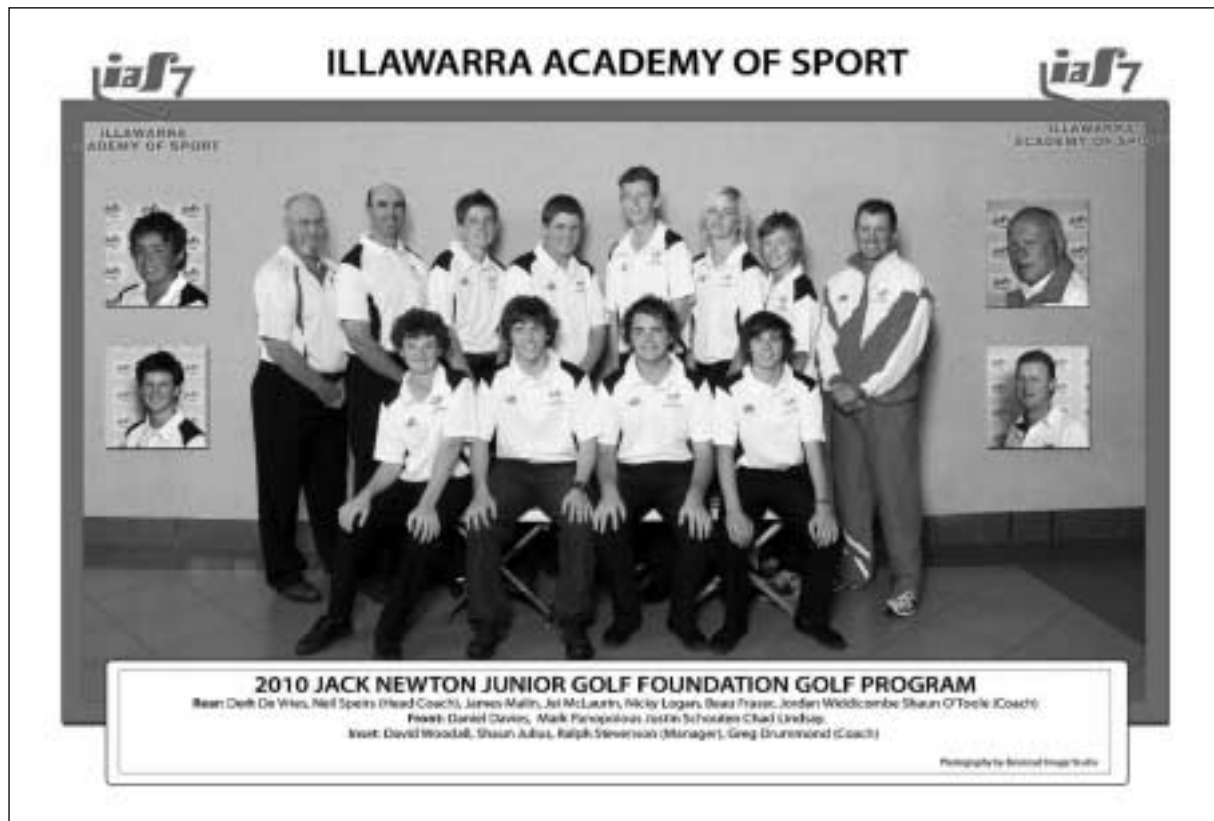
Caleb Ewan & Brad Heffernan win gold at Aust Junior Road Champs.

Bridget Mullany wins gold at Aust Criterium Championships.

strength, flexibility, injury prevention and physical conditioning.

The Academy thanks Cycling NSW and the NSW Institute of Sport for their valued assistance with the Cycling Program as well as its collective of sponsors: Raine & Horne Wollongong, Roadworx, Frank Soto & Associates, Hot Designs, Bike Sportz, NRMA Bowral and Katoomba, and the Ben Mikic Foundation.

2010 GOLF



The Academy appreciates the support and financial assistance from the Illawarra District Golf Association and the Jack Newton Junior Golf Foundation.

GOLF PROGRAM 2010



The 2010 squad commenced their program with a squad tour to compete at Tuggerah Lakes, they then settled into monthly training and education sessions at Kiama and Port Kembla Golf Clubs.

The education sessions included regular sports psychology workshops, goal setting, public speaking, and nutrition. The squad also had their swing analysed on recorded video and undertook two squad fitness tests.

The squad finished the program with a tour to Goulburn — athletes were in-camp and worked on course review and preparation with their coaches.

The Golf Program is supported by the Illawarra Golf Association and the Jack Newton Junior Golf Foundation.

Program Snapshot

Ages: 15 - 16 years during scholarship
Squad: 12 athletes - 12 males
Program year: March - November (9 Months)
Key people: Neil Spiers (Head Coach/Professional)
Greg Drummond (Coach/Professional)
Shaun O'Toole (Coach/Professional)
Ralph Stevenson (Coordinator)

Highlights

Tours: Tuggerah - Tuggerah Lakes Junior Open
Goulburn - Brett Ogle Junior Masters

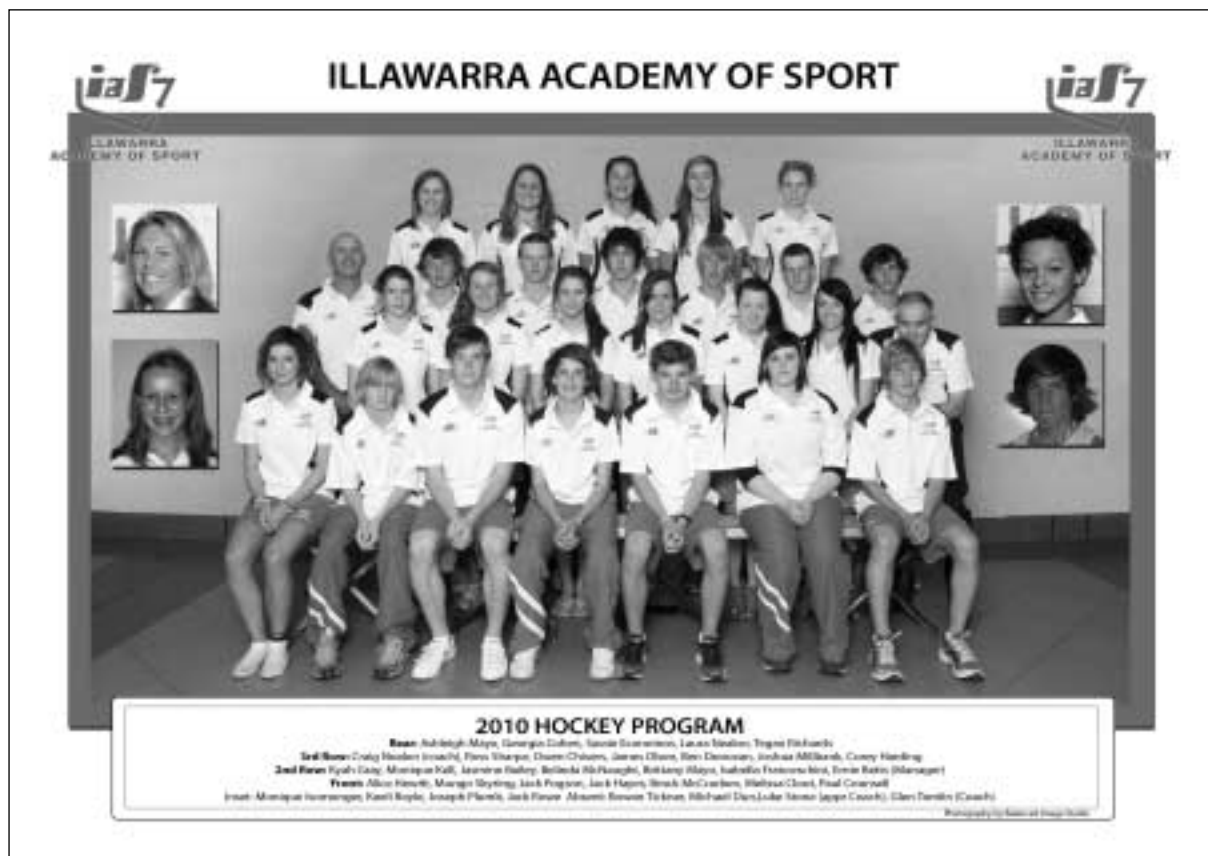
Athlete Achievements:

James Malin wins overall net section of the prime 90 tournament.

Travis Smyth wins the 2011 Prime 90 tournament.



2010 HOCKEY



The Academy appreciates the support and financial assistance from Hockey Associations across the region: Illawarra, Shoalhaven, Southern Highlands and South Coast.

HOCKEY PROGRAM 2010

The 2010 Hockey program consisted of regular training and education sessions alternating between Albion Park, Unanderra, Mittagong and the University of Wollongong.



There were a number of specialist sessions including speed and agility, core strength and dealing with the media/public speaking. Several new coaches were introduced, and athletes were subjected to regular testing of both physical and technical skills. The squad had a series of home and away matches against South West Sydney Academy of Sport.

The highlight of the program was the annual Academy Games in Armidale, whilst results are not a key focus of this event, the boys and girls squads combined to be the best performed Academy overall in Hockey.

As has been the case for a number of years, a number of athletes were selected for a variety of different NSW and Australian teams, both for field and indoor hockey.

The Hockey Program thanks the NSW Institute of Sport, and all the local Hockey Associations - Illawarra, South Coast, Shoalhaven, and Southern Highlands, as well as Hockey NSW for their support.



Program Snapshot

Ages: Pre-elite program -
15 - 17 during scholarship

Squad: Pre-elite program - 30 athletes:
15 males and 15 females

Program year: October - October (12 months)

Key people: Craig Nealon (Coordinator)
Luke Stone (Coach)
Glen Tomlin (Coach)
Ernie Betts (Manager)

Highlights

Tours: Academy Games - Armidale (April 2010)

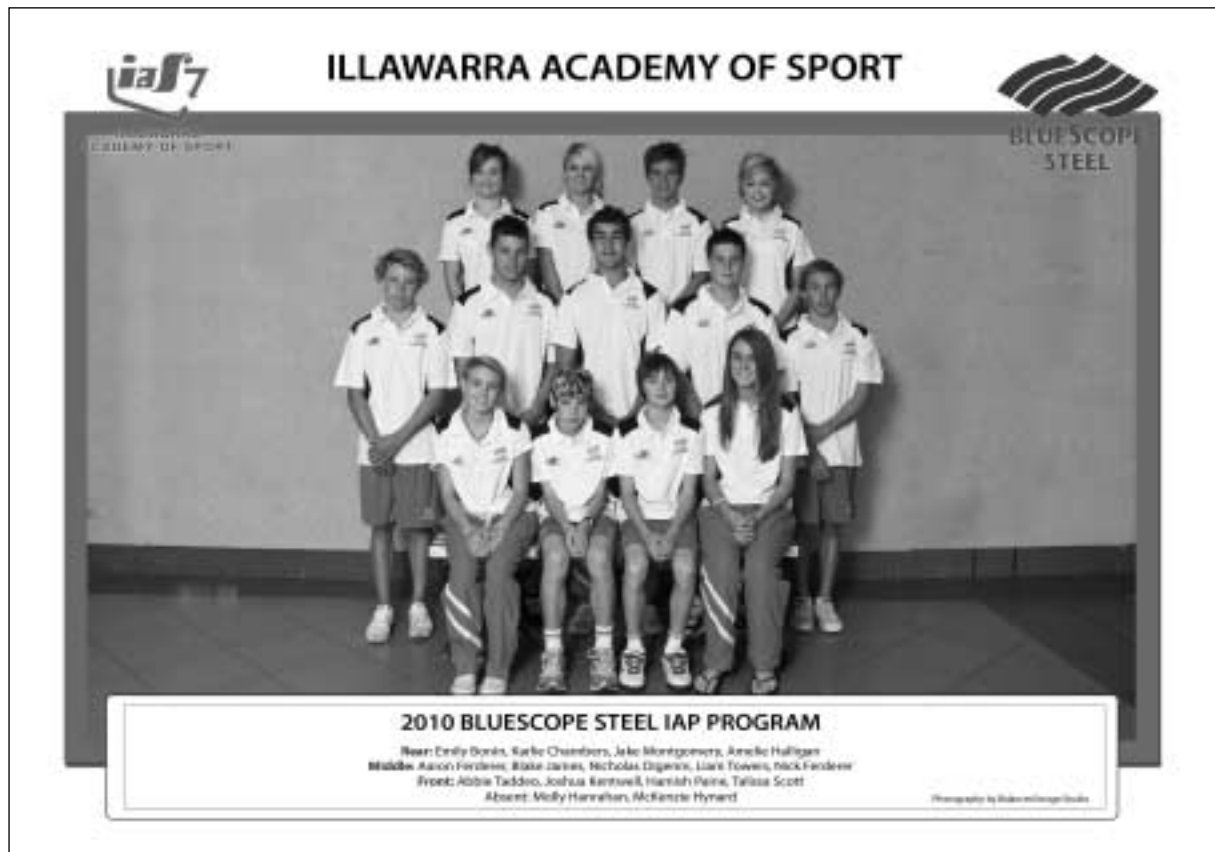
Athlete Achievements:

Tegan Richards selected in NSW U18 team.

James Olsen & Kyah Gray selected in Australian Allschools side.



2010 INDIVIDUAL ATHLETE PROGRAM



The Academy appreciates the support and financial assistance from sponsor BlueScope Steel.

INDIVIDUAL ATHLETE PROGRAM 2010



Program Snapshot

Ages: 14 - 18 years during scholarship
Squad: 15 athletes - 9 males and 6 females
Program year: October - October (12 months)
Key people: Pasco Coppolaro (Co-ordinator)

Highlights

Athlete Achievements:

Karlie Chambers wins gold and silver at Australian Junior Track Champs.

Talissa Scott wins 8 gold medals at the NSW Country Championships.

2010 was the seventh year for the Individual Athlete Program, with athletes from 8 different sports, including surf life-saving, open water swimming, athletics, mountain bikes, gymnastics, triathlon, surfing & pistol shooting.

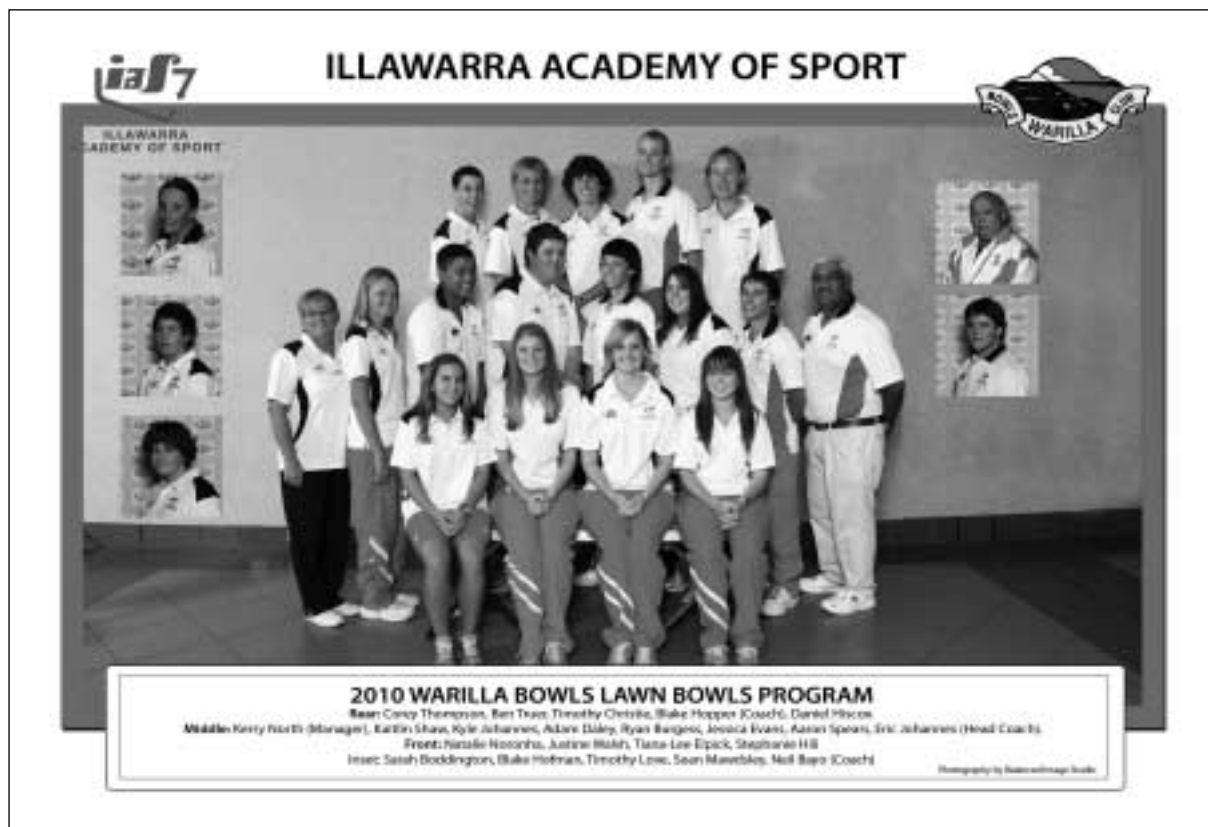
The program provided financial assistance, sport science and education sessions which were tailored to suit each individual and the demands of their sport.

Education sessions included, time management, goal setting, core strength, nutrition and public speaking .

This too was the seventh year of sponsorship by BlueScope Steel and the Academy greatly values their contribution to the program.



2010 LAWN BOWLS



The Academy appreciates the support and financial assistance from Royal NSW Bowls Association, Zone 16 Bowls, South Coast District Bowls, Southern Tablelands Bowls and Warilla Bowls & Recreation Club.

LAWN BOWLS PROGRAM 2010



The 2010 Lawn Bowls Program provided the squad with a number of competitive opportunities. The Academy Games was the first event of the year with the Illawarra squad running a close second to the strong north coast squad.

Two games were played against the Zone 16 U/25 squad and wins were recorded by the Academy squad in both games. Towards the end of the year the Academy challenge was held in Merimbula with Illawarra running second beaten by just 1 point.

The Lawn Bowls Program is sponsored by Warilla Bowls & Recreation Club and supported by Bowls NSW, Zone 16 and the South Coast District Bowling Associations.

Program Snapshot

Ages:	14 - 18 during scholarship
Squad:	18 athletes - 11 male, 7 female
Program year:	May to December (8 months)
Key people:	Eric Johannes (Head Coach) Blake Hopper (Coach) Neil Bayo (Manager) Kerry North (Asst Manager)

Highlights

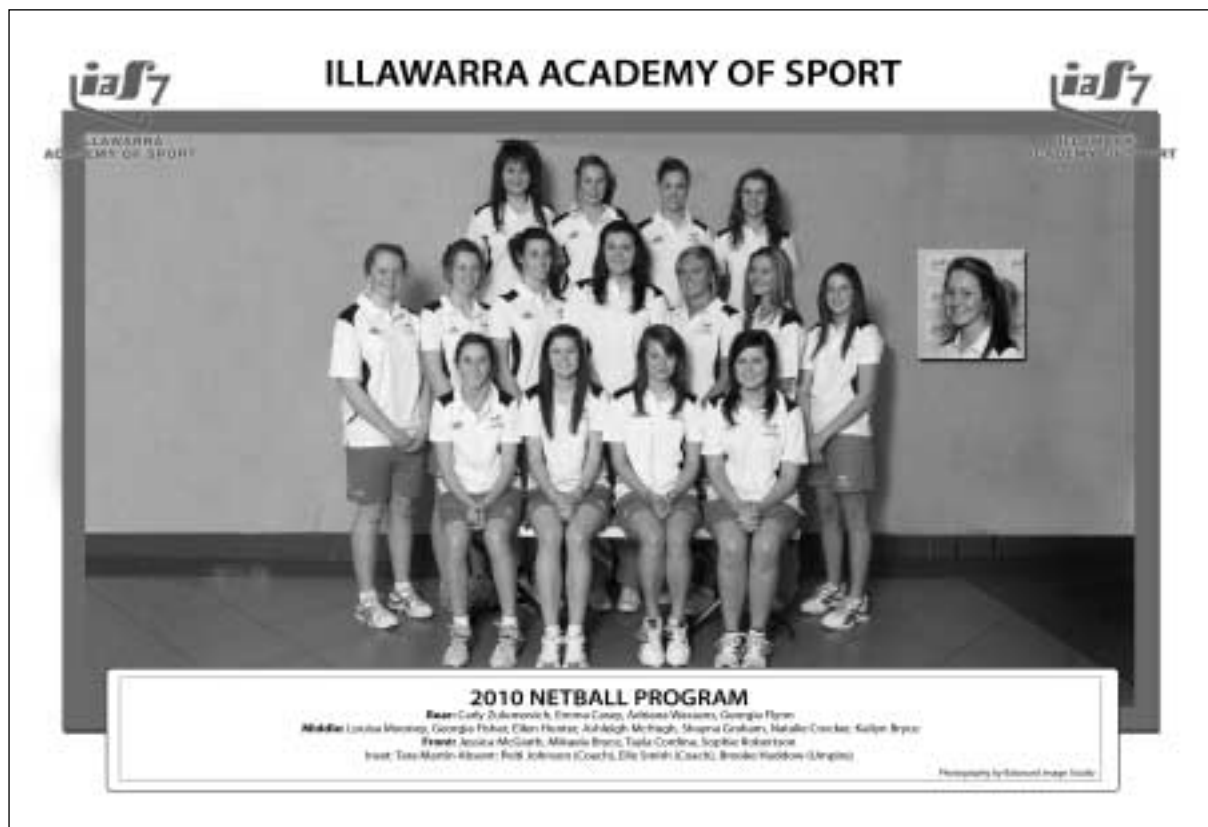
Academy Games - Armidale (April 2010)
Day camp at Warilla Bowls & Recreation Club

Athlete Achievements:

Sarah Boddington selected in NSW U25 team.
Australian Junior Championships Medallist — Kyle Johannes.



2010 NETBALL



The Academy appreciates the support and financial assistance from Netball NSW and Netball Associations across the region: Illawarra, Shoalhaven, Kiama, Ulladulla and Southern Highlands.

NETBALL PROGRAM 2010



Program Snapshot

Ages: 15 - 17 years during scholarship

Squad: 16 females

Program year: October - September (12 months)

Key people: Peiti Johnson (Coach)
Michelle Masterson (Manager)
Kaylee Burnie (Umpire)
Brooke Haddow (Umpire)

Highlights

Camps & Tours:

Squad Camp - Chevalier College, Bowral

Academy Games - Armidale (April 2010)

NIB Games - Maitland Tournament

Inter Academy matches in Canberra (2 rounds)

Athletes Achievements:

Ashleigh McHugh reached phase 2 of the NSW U17 trials.

Shayna Graham reached phase 3 of the NSW U17 trials.

The netball scholarship program in 2010 provided the athletes with an increased number of competition opportunities. The squad had two round robin weekends in Canberra, competed in a tournament in Liverpool and participated in a curtain raiser prior to a Sydney Swifts match against one of the Metropolitan squads.

This was on top of regular training and education sessions and a training day in Bowral. The squad was also introduced to a range of education topics including sports psychology, time management and organisation skills, and an introduction to speed & agility training.

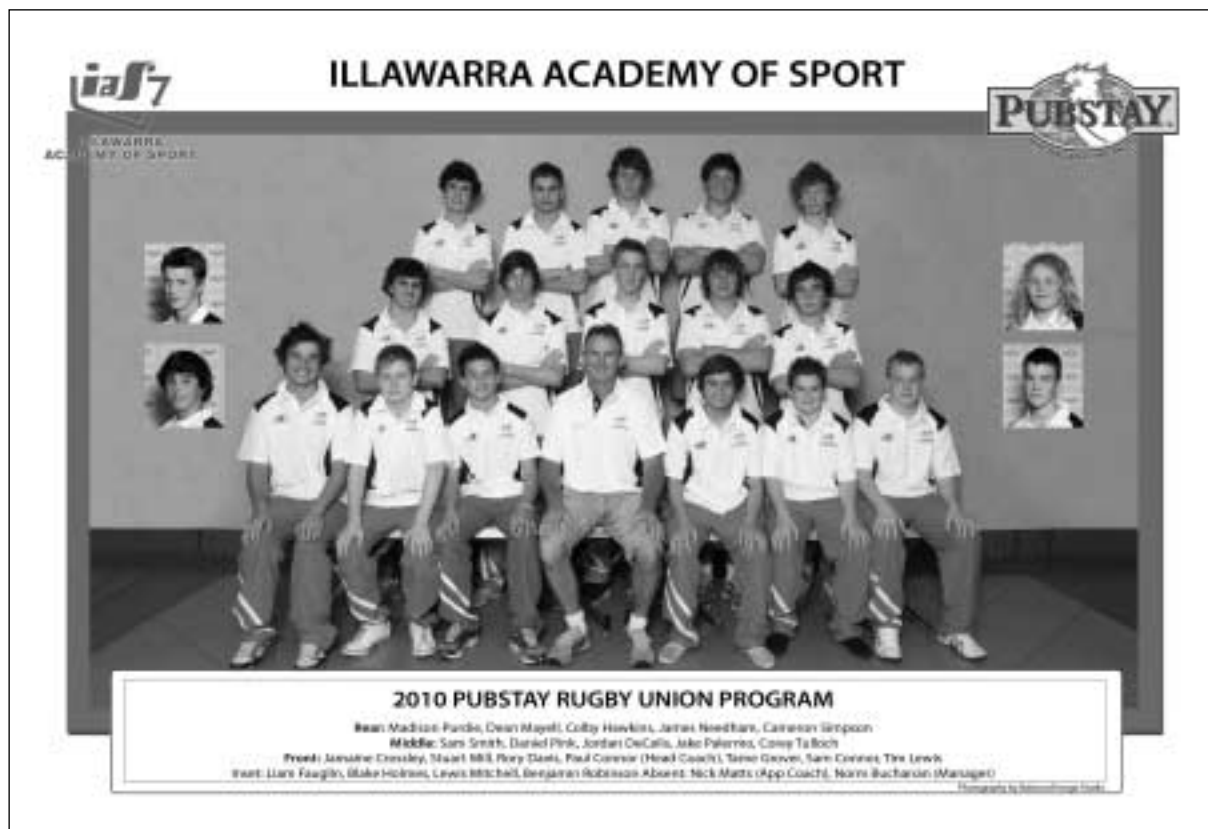
The squad performed exceptionally well at the Academy Games competition in Armidale where they competed against other regional academies and invitational teams and placed very highly over the course of the competition.

The entire squad also competed at the NIB Games in Maitland where both teams were able to improve on their court play and team work.

The Netball Program receives great support from Netball NSW and the Illawarra, Kiama, Shoalhaven, Ulladulla and Southern Highlands Netball Associations.



2010 RUGBY UNION



The Academy appreciates the support and financial assistance from Illawarra District Rugby Union and Australian Rugby.

RUGBY UNION PROGRAM 2010



The 2010 Rugby Union program was run in the off-season, allowing Academy scholarship holders to further their skills, knowledge and fitness to complement their club and representative commitments.

At the end of January, the 2010 squad attended the NSW Waratahs Regional Academy Training Camp and were treated to a NSW Waratahs pre-season trial. The camp, held in Orange, gave the athletes access to HSBC Waratahs coaches, and ARU staff. The camp allowed athletes to pit their skills against their peers from other Academies.



Program Snapshot

Ages: 15 - 16 during scholarship
Squad: 20 athletes (male)
Program year: October to October (12 months)
Key people: Paul Connor (Head Coach)
Nick Matts (Squad Coach)
Sean Barrett
(ARU Rep and Mentor Coach)
Norm Buchanan (Squad Manager)

Highlights

Tours: Berry Camp
Academy Games & Waratah camp - Armidale (April 2010)

Athletes Achievements:

Rory Davis selected to attend National Junior Gold Camp.
Colby Hawkins-Boyd selected in NSW U15 team.

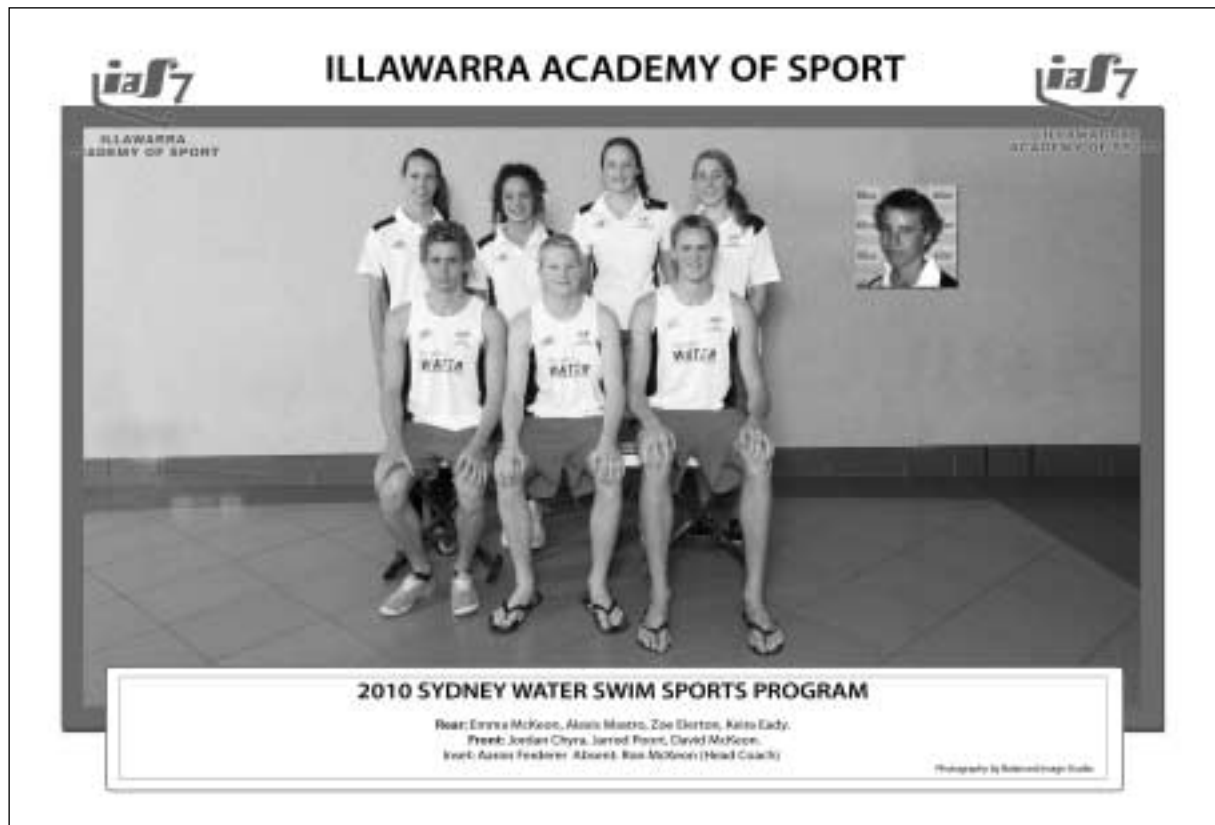


In April, the squad travelled to Armidale for the annual Academy Games. The competition was conducted across three days where athletes competed against other regional academies. At this event, athletes not only showcased their technical skills but also their public speaking and interpersonal skills, developed through the academy's athlete education program.

The Academy thanks Illawarra District Rugby Union and NSW Rugby Union for their continued support of the program.



2010 SWIM SPORTS



The Academy appreciates the support and financial assistance from sponsor Sydney Water.

SWIM SPORTS PROGRAM 2010



2010 saw the Academy Swim Sports program continue under the guidance of coach, Ron McKeon.

The program focused on developmental activities throughout the latter half of 2010 to supplement the athlete's daily training programs and regular competition opportunities.



Program Snapshot

Ages: 14 - 18 during scholarship
Squad: 8 athletes - 4 male, 4 females
Program year: May to April (12 months)
Key people: Ron McKeon (Coordinator)

Highlights

Athletes Achievements:

Jarrood Poort gains selection in the Australia Flipper Squad.

Emma McKeon selected in the Aust Open World Short Course Team.

Zoe Elkerton wins gold at the Australian Schools Championships.

The Academy provided initial fitness & strength testing, physiological screening and video analysis. Education sessions throughout the year included a series of injury prevention and injury management session, sports psychology, media skills, and a core strength workshop.

Several squad members also travelled to Melbourne in December 2010 for a tour which included competing in the Victorian state titles.

The program is sponsored by Sydney Water.

2010 TENNIS



The Academy appreciates the support and financial assistance from Tennis NSW.

TENNIS PROGRAM 2010



In 2010 the tennis program was run by Tennis Australia Talent Development Coach Jamie Swindells. All athletes underwent video analysis and quarterly fitness testing to monitor their progress. During squad sessions, specialists in fitness, speed and agility, sports psychology and nutrition were included to apply a holistic approach to athlete development.

The highlight of the year was the stay at the Australian Institute of Sport in late April. Athletes were immersed in the hi-tech atmosphere of high performance training and competed in the ACT Junior Open.



Program Snapshot

Ages: 14 - 16 years during scholarship
Squad: 13 athletes - 6 males and 7 females
Program year: May - September
Key people: Jamie Swindells (Head Coach)

Highlights

Tours: Canberra - ACT Junior Open

Athletes Achievements:

Jack Swindells wins Boys singles at the U16 ACT junior open.

Rochelle Morris wins Girls U16 doubles at the ACT junior open.

Ellen Perez wins Winter National U14 singles & girls doubles.



The outstanding improvers for the year were Ellen Perez and Jack Swindells. Ellen improved her Australian Ranking (open) from 212 to 86. Jack rose from 298 to 143 in the country (open). Both are looking forward towards climbing higher in 2011.

Jamie would like to thank all the athletes for their commitment over the year and staff at IAS for their support.

ILLAWARRA ACADEMY OF SPORT ATHLETE AWARDS 2010

Athlete of the Year Awards

The Academy annually recognises a sport athlete in each of its sports programs.

The Tobin Family Award

The Illawarra Academy of Sport, in 2002 created a new annual perpetual award which recognises excellence in junior sport in the Illawarra.

The Award, presented to the Illawarra Academy of Sport's Athlete of the Year, was named "The Tobin Family Award" in recognition of that family's contribution to sport 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 support. All Academy sports program athletes are eligible for the award.

2010 is the eighth year the award has been presented.

The recipient of the Award receives a trophy and a \$5,000 scholarship to assist their further development in sport.

Past recipients include Rebecca Borgo (2002, Cycling), Anita Cowley (2003, Freestyle Canoe), Kieran Govers (2004, Hockey), Amiel Cavalier (2005, Mountain Bike), Sally Fitzgibbons (2006 & 2007, Surfing) and Ryan Gregson (2008, Athletics).

The Vic Burrows Memorial Award

In 2009, the Academy is pleased to introduce the Vic Burrows Memorial Award. Vic was the founding co-ordinator of the golf program and devoted 10 years to ensuring the program was a success for aspiring young golfers of the region. The Award is supported by the Illawarra District Golf Association with a scholarship of \$500.

The recipient in 2010 was Travis Smyth.

Athlete of the Year Emma McKeon



Emma had a sensational year in 2010 starting with the national age championships where she won 4 gold and 2 silver medals. She followed this up by picking up 2 minor medals at the Australia Open short course championships.

Following that performance Emma gained selection in the national open squad and travelled to Dubai to swim at the World Short Course championships — a remarkable achievement for someone so young.

Currently in Australian open short course rankings, Emma is ranked number 1 in the 100m freestyle and number 2 in the 50m.

Emma is a keen student of her sport and is developing a sound knowledge of the responsibilities and commitment to achieve at a high level.

She has already been targeted by the Swimming Australia as a future Olympian.

Foremost is her goal to qualify for the London Olympics next year.

ILLAWARRA ACADEMY OF SPORT ATHLETE AWARDS 2010 *CONTINUED*



Cricket **Max Moran**

Max has an excellent attitude to improving his cricketing skills. He trains as hard as anyone in the squad and has showed ability as both a batsman and as a wicket keeper. He respects the people around him and has the respect of his team mates.

He embraces all elements of the cricket program particularly the education components. His attention to detail is outstanding.

Max gained selection in the Bradman cup team, the Southern Zone under 16 team and also the NSW Combined Independent Schools under 15 team. He hopes to one day play for Australia.



Cycling **Caleb Ewan**

2010 saw Caleb come of age as a cyclist both on the track and on the road. At the recent national track championships in Sydney, Caleb won 3 gold, 2 silver and 1 bronze medals.

He is the national & state road champion in every discipline in his age division. He is also the State track champion in every discipline of his age group. Earlier this week he was named in the Australian Junior Track Team to compete at the World Junior Track Championships in Moscow this August.

Caleb shows fine leadership qualities and competes with respect and has great pride in his performance. He listens well at education and training sessions and is extremely analytical when it comes training.

He is always there for the younger riders in the squad and is always eager to lend a hand with advice or moral support. He enjoys skateboarding and cooking and hopes to one day compete in the Tour de France.



Golf **Travis Smyth**

Travis has been a solid performer now for the past couple of years. During the 2010 scholarship year, Travis was consistently near the top of the leader board in his age group.

He was placed 5th at the state medals, then had the lowest score

of all competitors at the Brett Ogle Junior Masters.

Travis won the under 16 and overall categories of the Hurstville junior open for the third year in a row last September. Just recently he took out the prestigious Prime 90 event against 87 of the top junior golfers in the state.

Travis is a keen and motivated golfer who is eager to do well. At education sessions he showed a willingness in wanting to improve and learn more. He hopes to one day become a pro golfer and compete on the PGA tour.



Hockey **Kyah Gray**

Kyah has been part of the hockey program for the past 2 years. Last year she achieved the highest honour in her age with her selection into the Australian Allschools side. Kyah has been part of State teams from U13's to now U18's.

Kyah is a highly focused individual, who trains hard, often exceeding expectations and requirements put before her. She plays the game in a competitive and fair spirit at all times.

She is present at all sessions and participates at a high level. Kyah is a keen contributor during group discussion sessions and provides support to younger players.

ILLAWARRA ACADEMY OF SPORT ATHLETE AWARDS 2010 *CONTINUED*



Individual Athlete Program Nic Di Genni

Nic has improved dramatically in the few short years he has been in his sport of pistol shooting.

Last year Nic gained selection in the National performance squad and also the NSW Senior team. At the National age championships he

picked up 4 minor medals and just recently was awarded the NSW Junior Aggregate Handicap champion.

Nic always gives his best and blames no-one but himself when he doesn't perform to the standards he has set for himself. At education sessions he is always keen to participate and is regularly observed asking questions of the presenter. He is a very strong supporter of his local club and is always willing to give a hand.

He has showed his versatility as an athlete by also gaining selection in the Australian Junior Outback Gridiron team that toured Samoa last year.



Netball Shayna Graham

Shayna is a very positive individual who always gives 100%. She attends all the training and education sessions and shows genuine interest in wanting to learn more and to improve.

She helps out with the local representative teams and is involved in club team coaching.

Last year Shayna reached the final stages of the NSW under 17 state squad trials



Lawn Bowls Sarah Boddington

Last year, Sarah gained selection in the NSW U18 team, the U25 team, the state squad and is also in the Australian Silver Tier squad. She recently was named the NSW under 18 female player of the year for the second year in a row. She qualified to compete at the Australian Women's

Open championship in both the singles and the pairs.

Recently, she was selected in the NSW open team to compete at the Australian Teams Championship.

She is a very determined athlete who gives her best every time she steps out. She has had an excellent attendance record in the Academy program and is always willing to learn. She is very supportive within her own club.



Rugby Union Colby Hawkins-Boyd

In 2010 Colby has shown great maturity and leadership and a willingness to improve and to achieve. Colby has always been a very physical player which suits his position.

Last year, he was selected to play for Illawarra, the NSW Country Schools under 16's, the NSW Country under 15's, and NSW under 15's. As part of the Country team, he got to go on a tour of Tonga. He has also been selected in the Australian Rugby Union's Junior Gold Squad, and has therefore reached the top of his sport in his age group.

Colby has always put the maximum effort into his training, and game performance and this is reflected by his achievements. He hopes to one day play in the Super 15's competition.



Swim Sports Jarrod Poort

Jarrod is a long distance swimmer who is equally at home in the pool or out in the surf. He is the Australian 15 years 1500m swimming champion and has gained selection into the Swimming Australian Flipper Squad.

He is a confident and methodical young man, who is not reluctant to take on and mix it up with the big boys in open water events over 10kms.

He enjoys the statistics of the sport and readily seeks to improve his knowledge from both mentors and his wider support network. He likes surfing and motocross and hopes to compete at the World championships and the Olympic Games.



Tennis Ellen Perez

Ellen is a highly focused individual who needs very little encouragement to perform. In 2010 Ellen won a number of titles culminating with her success at the Winter Nationals in Queensland. There Ellen won the girl's 14 years singles and then backed up to win the girls doubles

as well.

Ellen listens well at training sessions and is always eager to learn more. When available, she has volunteered her time to assist younger players as was evident at the local Talent Identification Day that was held at Beaton Park last year.

Her continued improvement has seen her Australian Open ranking drop from 212 in January 2010 down to 86 by December 2010. Her goal is to play on the Women's professional tour.



CYCLING SPONSORS



Roadworx, which are based in Unanderra have operated for 17 years specialising in a wide range of civil construction works, ranging from large residential and industrial subdivisions to driveways.



Since its inception in 1995 www.cyclingnews.com has grown to become the worlds biggest and best source for all the latest news, results and reviews in the sport of cycling.



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NRMA Bowral & Katoomba provide a full range of NRMA insurance & motoring services. Insurance includes home, motor, boat, caravan and business and motoring services offer roadside assistance, member services, and motoring information.



Raine & Horne Wollongong lead the way locally in all forms of property sales and leasing, currently managing over 900 individual tenancies.



SCHOLARSHIP HOLDERS 2010

Cricket

Lain Beckett	William McGrane	Blake Redman
Zachary Churchill	Christopher Moore	Brady Spelta
Callum De Bruyn	Max Moran	Nikhil Verma
Jake Edwards	Blake Munilla	
Zac Hilton	Rod Nguyen	
Cameron Magennis	Blake Parker	

Cycling

Lara Batkin	Holly Heffernan	Matthew Pignatelli
Alexander Delamont	Madison Law	Josie Talbot
Caleb Ewan	Bridget Mullany	
Bradley Heffernan	Nathan Pignatelli	

Golf

Beau Fraser	James Malin	Travis Smyth
Shaun Julius	Mark Panopoulos	Jordan Widdicombe
Nicky Logan	Justin Schouten	David Woodall

Hockey

Jasmine Bailey	Corey Harding	Laura Nealon
Owen Chivers	Jack Hayes	James Olsen
Melissa Clout	Alice Hewitt	Joseph Plumb
Georgia Cohen	Monique Isemonger	Jack Pogson
Paul Counsell	Monique Kell	Tegan Richards
Benjamin Donovan	Ashleigh Mayo	Jack Rowe
Michael Dun	Brittany Mayo	Keeli Royle
Sassie Economos	Brock McCracken	Ross Sharpe
Isabella Franceschini	Belinda McNaught	Mungo Skyring
Kyah Gray	Joshua Millbank	Rowan Tickner

Individual Athlete Program

Emily Bonin	Amelia Halligan	Jake Montgomery
Karlie Chambers	Molly Hanrahan	Hamish Paine
Nick Digenni	Mackenzie Hynard	Talissa Scott
Aaron Ferderer	Blake James	Abbie Taddeo
Nick Ferderer	Joshua Kentwell	Liam Towers

Lawn Bowls

Sarah Boddington	Stephanie Hili	Kaitlin Shaw
Ryan Burgess	Daniel Hiscox	Aaron Spears
Tim Christie	Kyle Johannes	Corey Thompson
Adam Daley	Timothy Love	Ben Treuer
Tiana-Lee Elphick	Sean Mawdsley	Justine Walsh
Jessica Evans	Natalie Noronha	

Netball

Mikaela Bryce	Georgia Flynn	Louisa Mooney
Kaitlyn Bryce	Shayna Graham	Sophie Robertson
Emma Casey	Ellen Hunter	Adriana Wassens
Taylah Cordina	Tara Martin	Carly Zulumovich
Natalie Croker	Jessica McGrath	
Georgia Fisher	Ashleigh McHugh	

Rugby Union

Sam Connor	Blake Holmes	Daniel Pink
Jamaine Crossley	Tim Lewis	Madison Purdie
Rory Davis	Dean Mayell	Benjamin Robinson
Jordan DeCelis	Stuart Mill	Cameron Simpson
Liam Faughlin	Lewis Mitchell	Sam Smith
Tame Grover	James Needham	Corey Tulloch
Colby Hawkins	Jake Palermo	

Swim Sports

Jordan Chyra	Aaron Ferderer	Emma McKeon
Keira Eady	Alexis Mastro	Jarrood Poort
Zoe Elkerton	David McKeon	

Tennis

Stella Crick	Kirsty McRae	Ellen Perez
Mackenzie Edwards	Rochelle Morris	Luke Sullivan
Rachel Frezza	Hannah Muirhead	Jack Swindells
Dominic Marquis	Nathan Paull	

CURRENT SCHOLARSHIP HOLDERS

The scholarship year for many athletes commenced in October 2010. The athletes listed below are part of the 2011 program year.

Hockey

Lilli Bennett	Kiarra Marsh	Timothy Eringa
Georgia Cohen	Ashleigh Mayo	Blake Govers
Ashleigh Crisafi	Mikaela Patterson	Corey Harding
Toni Dekker	Tegan Richards	Jack Hayes
Sassie Economos	Bella Worner-Butcher	Brent Hogg
Holly Furphy	Liam Connolly	Max Hughes
Kimberly Gooden	Paul Counsell	Brock McCracken
Kyah Gray	Alexzander Crawford	Daniel Olsen
Carly Haddon	Benjamin Donovan	James Olsen
Alice Hewitt	Samuel Donovan	Jack Rowe
Monique Kell	Michael Dun	

Individual Athlete Program

Madelyn Bennett	Jemma Chambers	Connor O'dwyer
Emily Bonin	Nicholas Digenni	Naomi Polydoidis
Caitlin Brown	Joshua Kentwell	Susie Seitaridis
Sarah Carli	Jack Millar	Abbie Taddeo
Karlie Chambers	Jake Montgomery	Liam Towers

Netball

Sarah Anderson	Courtney Hughes	Siobhan O'Brien
Annabel Bretag	Caitlin Humphreys	Emily Osborne
Claire Chapman	Rachel Lyon	Kirsty Philpott
Taylah Cordina	Jessica McGrath	Michaela Valesic
Molly Dugan	Ashleigh McHugh	Adriana Wassens
Jordan Field	Louisa Mooney	Jennifer Williams
Georgia Flynn	Alix Newbury	

Rugby Union

Liam Antrobus	Daniel Hughes	Curtis Patton
Luke Asquith	Zachary Jones	Ben Ridgeway
Kieran Bonin	Jordan Jones	Justin Schmidt
Harry Boyce	Lachlan King	Ryan Sorrell
Daniel Bunten	Tim Lewis	Gareth Thomas
Patrick Connor	Iszak Lunney	Corey Tulloch
Lachlan Dash	Stuart Mill	Tobias Winter
Trent Dickenson	Jarrad Newey	
Colby Hawkins-Boyd	Ryan Palermo	
Lachlan Hennessy	William Panayi	

***The Academy acknowledges the support of the
five councils in the Southern Councils Group***



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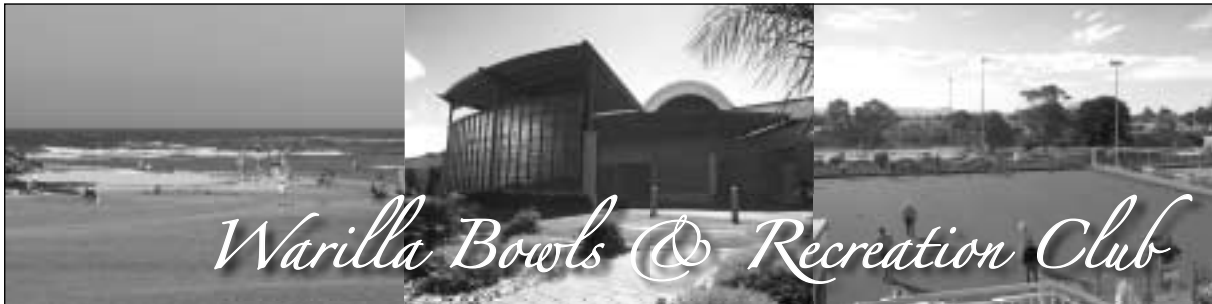
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Information for Members and their guests

Phone: 02 4295 1811 Jason Avenue, Barrack Heights

www.warillabowls.com.au

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SCHOLARSHIP HOLDERS BY SPORT AND REGION 2010

SPORT	WOLLONGONG	SHELLHARBOUR	KIAMA	SHOALHAVEN	WINGECARRIBEE	TOTAL
Cricket						
Male	4	4		4	3	15
Female						0
Cycling						
Male	3				2	5
Female	2	1	1	1		5
Golf						
Male	2	5	2	3		12
Female						0
Hockey						
Male	8	2		3	3	16
Female	4	2	5	2	3	16
Individual Athletes						
Male	6					6
Female	8		1			9
Lawn Bowls						
Male	5	5		1		11
Female	8		1			9
Netball	10	2		4	4	20
Rugby Union	12	2	6	6	3	29
Swim Sports						
Male	2	2	1			5
Female	2	1				3
Tennis						
Male	2	2	1	1	1	7
Female	4	3				7
SCG Totals	74	35	17	28	19	173

ATHLETE ACHIEVEMENTS 2010

Academy athletes achieved at all levels in 2010. The following lists athletic achievement in the 2010 calendar year for athletes on scholarship in that period.

INTERNATIONAL ACHIEVEMENTS

Athlete	Program	Event	Achievement
Emma McKeon	Swim Sports	Youth Olympics	2nd 100m Freestyle
Emma McKeon	Swim Sports	Youth Olympics	3rd 50m Freestyle
Emma McKeon	Swim Sports	Youth Olympics	3rd 200m Freestyle
Emma McKeon	Swim Sports	Youth Olympics	1st 4 x 100m Girls Medley Relay
Emma McKeon	Swim Sports	Youth Olympics	2nd 4 x 100m Mixed Medley Relay
Emma McKeon	Swim Sports	Youth Olympics	3rd 4 x 100m Mixed Freestyle Relay
Emma McKeon	Swim Sports	Junior Pan Pacs	2nd Medley Relay
Emma McKeon	Swim Sports	Junior Pan Pacs	3rd Freestyle Relay
Emma McKeon	Swim Sports	World Short Course Championships	3rd 4 x 100m Medley Relay
Emma McKeon	Swim Sports	World Short Course Championships	8th 100m Freestyle

AUSTRALIAN ACHIEVEMENTS

Athlete	Program	Event	Achievement
Jackson Law	Cycling	Australian Junior Track Team	Selected
Jackson Law	Cycling	Australian Track Championships	Silver medal U19 individual pursuit & 10km scratch race
Madison Law	Cycling	Australian Track Championships	1st Open Women's Team Sprint
Caleb Ewan	Cycling	Australian Junior Track Championships	2nd U17 Team Sprint & Teams Pursuit
Caleb Ewan	Cycling	Australian Junior Track Championships	3rd U17 Scratch Race, Time Trial & Individual Sprint
Caleb Ewan	Cycling	Australian Junior Road Championships	1st U17 68km roadrace final
Bridget Mullany	Cycling	Australian Junior Road Championships	1st Girls U15 Criterium
Josie Talbot	Cycling	Australian Junior Road Championships	3rd U15 25km roadrace final
Holly Heffernan	Cycling	Australian Junior Track Championships	6th Team Sprint
Brad Heffernan	Cycling	Australian Junior Track Championships	6th Time Trial
Brad Heffernan	Cycling	Australian Junior Road Championships	1st U15 34km roadrace final
Madelyn Bennett	IAP	Australian Acrobatic Gymnastics Championships	Won International Division of the 11/16 years Trio
Aaron Ferderer	IAP	National Open Water Championships	3rd U14 10k & 6th U14 5k
Sarah Carli	IAP	Australian All Schools	1st U18 Girls 400m hurdles
Karlie Chambers	IAP	Australian Junior Track Championships	1st U18 4 x 400m Relay
Karlie Chambers	IAP	Australian Junior Track Championships	2nd U17 400m
Jake Montgomery	IAP	Australian All Schools Triathlon Championships	1st Place in Teams Category
Jake Montgomery	IAP	Australian All Schools Triathlon Championships	5th Overall Individual Category

ATHLETE ACHIEVEMENTS 2010 *CONTINUED*

AUSTRALIAN ACHIEVEMENTS *CONTINUED*

Bree Jones	IAP	Australian All Schools Triathlon Championships	3rd Place in Teams Category
Bree Jones	IAP	Australian All Schools Triathlon Championships	8th Overall Individual Category
Nick Di Genni	IAP	Pistol Australia ISSF National Championships	2nd U21 25m Rapid Fire
Nick Di Genni	IAP	Pistol Australia ISSF National Championships	3rd U21 25m Standard Pistol
Nick Di Genni	IAP	AISL Youth National Championships	3rd 25m Rapid Fire 17-20 Years
Nick Di Genni	IAP	AISL Youth National Championships	3rd Sport pistol 17-20 Years
Nick Di Genni	IAP	Pistol Australia National Performance Squad	Selected
Emily Bonin	IAP	Oceania Open Kayaking Championships	4th K2 200m & K2 100m & 5th K2 500m
Emily Bonin	IAP	National Kayaking Championships	2nd Open Women's WK4 1000m
Molly Hanrahan	IAP	Acrobatics Australia National Championship	1 st Place 12-19Y Pairs Routine
Molly Hanrahan	IAP	Acrobatics Australia Awards	Won Junior International 12-19Y Pairs
Molly Hanrahan	IAP	Acrobatics Australia World Age Group Team	Selected
Kyle Johannes	Lawn Bowls	Australia U18 Championships	Gold medal in fours and silver in pairs
Stephanie Hili	Lawn Bowls	Australia U18 Championships	Gold medal in fours
Ellen Perez	Tennis	Australian All Schools Tennis Championships	Won
Emma McKeon	Swim Sports	Australian Youth Olympic Team	Selected
Emma McKeon	Swim Sports	Australian Junior Pan Pacs Team	Selected
Emma McKeon	Swim Sports	Australian Senior Short course Team	Selected
Emma McKeon	Swim Sports	2010 Australian Age Championships	Won gold in girls 15 years 50m, 100m, 200m & 400m freestyle
Emma McKeon	Swim Sports	2010 Australian Age Championships	Won silver in girls 15 years 200m backstroke & 100m butterfly
Emma McKeon	Swim Sports	15 Years 200m freestyle	Set new Australian record
David McKeon	Swim Sports	Australian All Schools Championships	1st Boys 17-19 Years 100m, 200m & 400m Freestyle
David McKeon	Swim Sports	Australian All Schools Championships	2nd Boys 17-19 Years 50m Freestyle
Zoe Elkerton	Swim Sports	Australian All Schools Championships	1st Girls 15-16 Years 100m Freestyle
Zoe Elkerton	Swim Sports	Australian All Schools Championships	2nd Girls 15-16 Years 400m Freestyle & 200m IM
Alexis Mastro	Swim Sports	Australian All Schools Championships	1st Girls 15-16 Years 100m Backstroke
Alexis Mastro	Swim Sports	Australian All Schools Championships	2nd Girls 15-16 Years 50m Backstroke
Kiera Eady	Swim Sports	Australian All Schools Championships	3rd Girls 13-14 Years 100m Freestyle
Sarah Boddington	Lawn Bowls	Australian Open	Qualified in Singles & Pairs
Kaitlin Bryce	Netball	Australian Merit Team	Selected
Kaitlin Bryce	Netball	School Sport Australia Championships	Amy Gillett Safe winner
Kyah Gray	Hockey	Australian All Schools Team	Selected

ATHLETE ACHIEVEMENTS 2010 *CONTINUED*

AUSTRALIAN ACHIEVEMENTS *CONTINUED*

James Olsen	Hockey	Australian All Schools Team	Selected
Bella Worner-Butcher	Hockey	National U15 championships	Won Girls division
Mikaela Patterson	Hockey	National U15 championships	Won Girls division
Blake Govers	Hockey	National U15 championships	Won Boys division
Brock McCracken	Hockey	National U15 championships	Won Boys division
Paul Counsell	Hockey	National U15 championships	Won Boys division

STATE ACHIEVEMENTS

Athlete	Program	Event	Achievement
Sarah Carli	Athletics	NSW All Schools Championships	1st 17 years 400m hurdles
Abbie Taddeo	Athletics	NSW All Schools Championships	1st 16 years 100m hurdles
Karlie Chambers	Athletics	NSW Country Championships	Won 16 years 200m, 3rd in 400m & 800m
Joshua Kentwell	Athletics	NSW Country Championships	1st 2000m steeplechase, 300m trackrace & 1500m
Joshua Kentwell	Athletics	NSW All Schools Championships	3rd 15 years 2000m Steeplechase
Joshua Kentwell	Athletics	Combined Catholic Colleges State Crosscountry	Won 4km race
Susie Seitaridis	Athletics	NSW All Schools Championships	2nd 13 years 80m hurdles
Talissa Scott	Athletics	NSW Country Championships	Won 17 years 100m, 100m hurdles, 200m, 400m, long jump, high jump, 4x 100m relay & opens womens long jump
Talissa Scott	Athletics	NSW All Schools Championships	3rd 17 years 100m Hurdles
Joshua Kentwell	Athletics	NSW Country Championships	1st 14 Years 1500m, 3000m Flat Races & 2000m Steeplechase
Joshua Kentwell	Athletics	Combined Catholic Colleges state championships	1st 800m & 1500m
Joshua Kentwell	Athletics	NSW U16 State Team	Selected
Sarah Carli	Athletics	NSW Team for Australian All Schools	Selected
Sarah Carli	Athletics	NSW All Schools	1st Girls 17 Years 400m hurdles
Naomi Polyzoidis	Athletics	NSW Team for Australian All Schools	Selected
Abbie Taddeo	Athletics	NSW All Schools	1st Girls 16 Years 100m hurdles
Joshua Kentwell	Athletics	NSW All Schools	3rd Boys 15 Years 2000m steeplechase
Susie Seitaridis	Athletics	NSW All Schools	2nd Girls 13 Years 80m hurdles
Nick Di Genni	Pistol Shooting	NSW Junior Aggregate Championships	Won
Nick Di Genni	Pistol Shooting	NSW Junior Pistol Shooting Team	Selected
Nick Di Genni	Pistol Shooting	NSW Senior Team	Selected
Nick Di Genni	Pistol Shooting	NSW APA State Championships	1st Junior Air 60 A grade
Nick Di Genni	Pistol Shooting	NSW APA State Championships	2nd Open 25m Rapid Fire C grade

ATHLETE ACHIEVEMENTS 2010 *CONTINUED*

STATE ACHIEVEMENTS *CONTINUED*

Nick Di Genni	Pistol Shooting	NSW APA State Championships	3rd Junior Sport Pistol A grade
Nick Di Genni	Pistol Shooting	NSW Junior Camp	1st Junior Air 60 A grade & Junior Sport A grade
Mackenzie Hynard	Surf Life Saving	Interstate Surf Life Saving Championships	1st U15 Ironman, Board Rescue & Cameron Relay
Mackenzie Hynard	Surf Life Saving	Interstate Surf Life Saving Championships	2nd U15 Board Race
Mackenzie Hynard	Surf Life Saving	NSW Open Championships	3rd U15 Board Race
Emily Bonin	Kayaking	NSW Kayaking Championships	3rd U18 K2 500m sprint
Jake Montgomery	Triathlon	NSW All Schools Triathlon Championships	4th Overall
Bree Jones	Triathlon	NSW All Schools Triathlon Championships	5th Overall
Connor O'Dwyer	Mtn Bike	NSW Cross Country Mountain Bike Championships	2nd Boys U15 Category
Cameron Magennis	Cricket	Cricket Illawarra U17 Squad	Selected
Blake Redman	Cricket	Cricket Illawarra U17 Squad	Selected
Chris Moore	Cricket	Cricket Illawarra U17 Squad	Selected
Callum De Bruyn	Cricket	South Coast District U16 Development Squad	Selected
Callum De Bruyn	Cricket	South Coast District U16 Team	Selected
Nikhil Verma	Cricket	Illawarra U15 Team	Selected
Lain Beckett	Cricket	South Coast District U16 Team	Selected
Zac Hilton	Cricket	South Coast District U16 Development Squad	Selected
Zac Hilton	Cricket	South Coast District U16 Team	Selected
Blake Munilla	Cricket	South Coast District U16 Team	Selected
Rod Nguyen	Cricket	South Coast District U16 Development Squad	Selected
Holly Heffernan	Cycling	NSW Junior Track Team	Selected
Holly Heffernan	Cycling	NSW Team Sprint championships	Bronze medal U17 Women's category
Holly Heffernan	Cycling	NSW Road Race State Championships	1st Girls U17
Brad Heffernan	Cycling	NSW Junior Track Team	Selected
Brad Heffernan	Cycling	Wagga Wagga Junior Tour	3rd U15 Overall Classification
Brad Heffernan	Cycling	NSW Team Sprint championships	Bronze medal U17 Men's category
Caleb Ewan	Cycling	NSW Junior Track Team	Selected
Caleb Ewan	Cycling	Wagga Wagga Junior Tour	1st U17 Overall Classification
Caleb Ewan	Cycling	NSW U19 Madison Championships	Won
Caleb Ewan	Cycling	NSW Road Race State Championships	1st Men's U17
Caleb Ewan	Cycling	NSW State Junior Team	Selected

ATHLETE ACHIEVEMENTS 2010 *CONTINUED*

STATE ACHIEVEMENTS *CONTINUED*

Josie Talbot	Cycling	Wagga Wagga Junior Tour	1st U15 Overall Classification
Josie Talbot	Cycling	NSW Road Race State Championships	2nd Girls U15
Josie Talbot	Cycling	NSW Metropolitan Championships	1st Girls U15
Josie Talbot	Cycling	NSW State Team	Selected
Bridget Mullany	Cycling	Wagga Wagga Junior Tour	2nd U15 Overall Classification
Bridget Mullany	Cycling	NSW Team Sprint championships	Bronze medal U17 Men's category
Bridget Mullany	Cycling	NSW Road Race State Championships	1st Girls U15
Lara Batkin	Cycling	NSW Team Sprint championships	1st Girls U17 category
Lara Batkin	Cycling	NSW State Junior Team	3rd Girls U15
Travis Smyth	Golf	NSW Combined Catholic Colleges Golf Team	Selected
Travis Smyth	Golf	The Grange Classic	Overall winner
Travis Smyth	Golf	JNJGF State Medals	Placed 5th
Travis Smyth	Golf	Tuggerah Lakes Junior Open	3rd Overall
Travis Smyth	Golf	Hurstville Junior Open	Won Overall
Travis Smyth	Golf	Brett Ogle Junior Masters	1st Boys 15 Years Category
Tahnia Ravnjak	Golf	Prime 90 Tournament	Overall Girls winner
Tom Holz	Golf	Prime 90 Tournament	Overall Boys winner
Jordan Widdicombe	Golf	Prime 90 Tournament	3rd Boys U16 Category
Tegan Richards	Hockey	NSW U18 Team	Selected
Tegan Richards	Hockey	NSW U16 Girls All Schools Team	Selected
Kyah Gray	Hockey	NSW U16 Girls All Schools Team	Selected
Paul Counsell	Hockey	NSW U16 Boys All Schools Squad	Selected
Paul Counsell	Hockey	NSW All Schools Team	Selected
Paul Counsell	Hockey	NSW U15 Squad	Selected
Jack Hayes	Hockey	NSW All Schools Team	Selected
James Olsen	Hockey	NSW All Schools Team	Selected
Blake Govers	Hockey	NSW U15 Squad	Selected
Blake Govers	Hockey	NSW U15 Indoor Squad	Selected
Brent Hogg	Hockey	NSW U15 Indoor Squad	Selected
Hollie Furphy	Hockey	NSW U15 Indoor Squad	Selected
Kiarra Marsh	Hockey	NSW U15 Indoor Squad	Selected
Max Hughes	Hockey	NSW U15 Indoor Squad	Selected

ATHLETE ACHIEVEMENTS 2010 *CONTINUED*

STATE ACHIEVEMENTS *CONTINUED*

Mikaela Patterson	Hockey	NSW U15 Indoor Team	Selected
Mikaela Patterson	Hockey	NSW U15 Team	Selected
Bella Worner-Butcher	Hockey	NSW U15 Indoor Team	Selected
Bella Worner-Butcher	Hockey	NSW U15 Team	Selected
Brock McCracken	Hockey	NSW U15 Squad	Selected
Jack Rowe	Hockey	NSW U15 Squad	Selected
Georgia Cohen	Hockey	NSW U15 Squad	Selected
Sarah Boddington	Lawn Bowls	NSW U25 State Team	Selected
Sarah Boddington	Lawn Bowls	NSW U18 State Team	Selected
Sarah Boddington	Lawn Bowls	NSWIS Squad	Selected
Kyle Johannes	Lawn Bowls	NSW U18 State Team	Selected
Kyle Johannes	Lawn Bowls	Junior Cities Team	Selected
Kyle Johannes	Lawn Bowls	NSW Combined High schools	Selected
Sean Mawdsley	Lawn Bowls	Junior Cities Team	Selected
Sean Mawdsley	Lawn Bowls	NSW Combined High Schools	Selected
Sean Mawdsley	Lawn Bowls	NSW U18 State Team	Selected
Tiana-Lee Elphick	Lawn Bowls	Junior Cities Team	Selected
Willson Patuwai	Lawn Bowls	NSW Combined High schools	Selected
Sarah Boddington	Lawn Bowls	NSW Combined High schools	Selected
Aaron Spears	Lawn Bowls	NSW Combined High schools	Selected
Justine Walsh	Lawn Bowls	NSW Combined High schools	Selected
Justine Walsh	Lawn Bowls	Junior Cities Team	Selected
Jessica Evans	Lawn Bowls	Junior Cities Team	Selected
Kaitlin Shaw	Lawn Bowls	Junior Country Team	Selected
Natalie Noronha	Lawn Bowls	Junior Cities Team	Selected
Natalie Noronha	Lawn Bowls	NSW U18 State Squad	Selected
Aaron Spears	Lawn Bowls	NSW U18 State Team	Selected
Stephanie Hili	Lawn Bowls	NSW U18 State Team	Selected
Stephanie Hili	Lawn Bowls	Junior Cities Team	Selected
Stephanie Hili	Lawn Bowls	NSW Combined High schools	Selected

ATHLETE ACHIEVEMENTS 2010 *CONTINUED*

STATE ACHIEVEMENTS *CONTINUED*

Stella Crick	Tennis	National Goolagong Camp	Selected to attend
Stella Crick	Tennis	NSW U15 Combined Independent Schools	Selected in tennis team
Stella Crick	Tennis	Capital Open	Runner-up Open Mixed Doubles
Ellen Perez	Tennis	Wollongong Junior Open Gold	Runner-up in 16 years single & won doubles
Ellen Perez	Tennis	Bathurst Open	Won Open womens Singles & Open Mixed Doubles
Ellen Perez	Tennis	Nepean Open	Won Open Mixed Doubles & Open Womens Doubles
Ellen Perez	Tennis	Gosford Summer #4 Silver Tournament	Runner up open women's
Gabby Hooker	Tennis	ACT Junior Open	Won Girls U16 Singles & Doubles
Gabby Hooker	Tennis	Capital Open	3/4 in Open Womens Singles & Open Womens Doubles
Hannah Muirhead	Tennis	Capital Open	3/4 in Opens womens Doubles
Rochelle Morris	Tennis	ACT Junior Open	Won Girls U16 Doubles
Jack Swindells	Tennis	Wollongong Junior Open Gold	runner-up 16 years boys
Jack Swindells	Tennis	ACT Junior Open	Won Boys U16 Singles
Jack Swindells	Tennis	ACT Junior Open	Semi finals Boys U16 Doubles
Mackenzie Edwards	Tennis	Metropolitan Hardcourt Championships	Won Boys 14 Years Doubles
Kirsty McRae	Tennis	ACT Junior Open	Semi finals Girls U14 Singles
Kirsty McRae	Tennis	Metropolitan Hardcourt Championships	Semi Finals Girls 14 Years Singles
Emma McKeon	Swim Sports	NSW State Titles	1st 15 Years 50m, 100m, 200m, 400m Freestyle & 100m Butterfly
Emma McKeon	Swim Sports	NSW State Titles	3rd 15Years 200m Backstroke & U16 400m Free Relay
Emma McKeon	Swim Sports	State Open Short Course Championship	Won open 50m & 3rd in 100m & 200m freestyle
Jarrood Poort	Swim Sports	NSW State Titles	1st 15 Years 400m & 1500m Freestyle
Jarrood Poort	Swim Sports	NSW State Titles	3rd 15 Years 200m Freestyle
Jarrood Poort	Swim Sports	NSW State Titles	3rd U16 400m Free Relay
Jarrood Poort	Swim Sports	NSW State Open	2nd 4 x 200m Free Relay
Jarrood Poort	Swim Sports	NSW Open Water Championships	1st Boys 16 years 5k & 10k
Zoe Elkerton	Swim Sports	NSW Open Water Championships	1st Girls 16 years 10k
Zoe Elkerton	Swim Sports	NSW Surf Life Savings Endurance Championships	2nd Girls U19 Category
Aaron Ferderer	Swim Sports	NSW State Titles	3rd 14 Years 1500m freestyle
Alexis Mastro	Swim Sports	NSW State Titles	1st 14 Years 100m Backstroke
Alexis Mastro	Swim Sports	NSW State Titles	2nd 14 Years 100m Butterfly
Alexis Mastro	Swim Sports	NSW State Titles	3rd 14 Years 200m Backstroke & 3rd U16 400m Free Relay
Alexis Mastro	Swim Sports	Victorian State Age Short Course Championships	1st Girls 14 Years 100m Backstroke
Alexis Mastro	Swim Sports	NSW State Age Short Course Team	Selected
Zoe Elkerton	Swim Sports	NSW State Titles	2nd 15 Years 200m Butterfly
Zoe Elkerton	Swim Sports	NSW State Titles	3rd 15 Years 800m Freestyle, 400m I.M. & 16 400m Free Relay
Zoe Elkerton	Swim Sports	NSW State Age Short Course Team	Selected

ATHLETE ACHIEVEMENTS 2010 *CONTINUED*

STATE ACHIEVEMENTS *CONTINUED*

Zoe Elkerton	Swim Sports	NSW State Age Short Course Championships	2nd Girls 16 Years 100m Freestyle
Zoe Elkerton	Swim Sports	NSW State Age Short Course Championships	3rd Girls 16 Years 200m IM & 200m Butterfly
David McKeon	Swim Sports	NSW State Open	2nd 4 x 200m Free Relay
David McKeon	Swim Sports	Victorian State Age	1st Boys 17-18 Years 200m & 400m freestyle
Jordan Chyra	Swim Sports	Victorian State Age Short Course Championships	1st Boys 17-18 Years 100m & 200m Butterfly
Jordan Chyra	Swim Sports	NSW State Age Short Course Team	Selected
Jordan Chyra	Swim Sports	NSW State Age Short Course Championships	2nd Boys 17-18 Years 200m Butterfly
Rory Davis	Rugby Union	National Junior Gold Training Camp	Selected to attend
Kaitlin Bryce	Netball	NSW U15 All Schools Team	Selected
Kaitlin Bryce	Netball	NSW Combined High Schools Team	Selected
Kaitlin Bryce	Netball	NSW Combined Independent Schools	Selected
Shayna Graham	Netball	NSW U17 Trials	Reached Phase 3
Ashleigh McHugh	Netball	NSW U17 Trials	Reached Phase 2

**The Illawarra Academy of Sport gratefully acknowledges
the support of a number of local businesses and clubs.
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or in-kind support in 2010.**

