





ANNUAL REVIEW 2021/2022

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ACKNOWLEDGEMENT OF COUNTRY

The Victorian Institute of Sport acknowledges the Traditional Custodians of the land we live and work on, the people of the Kulin Nation and recognise their continuing connection to this land and waterways.

We pay our respects to their Elders, past and present and extend this to all Aboriginal and Torres Strait Islander People.

COVER PHOTO: DYLAN ALCOTT (top) & WOMENS FOUR (bottom)  
CREDIT: GETTY IMAGES












PHOTO: REBECCA COLE  
CREDIT: GETTY IMAGES / KELLY DEFINA

VIS MOTTO  
"Success in  
Sport and  
Life"



ABOUT VIS

# BOARD OF DIRECTORS

BOARD MEMBER	PROFILE	START DATE ON VIS BOARD
 <b>Nataly Matijevic</b> (Chair)	Nataly has extensive expertise in government, politics, communications and stakeholder engagement across a range of sectors including planning, sport, infrastructure, higher education and major events. She was previously the senior adviser for the M2006 Commonwealth Games in the Office of the Minister for the Melbourne 2006 Commonwealth Games. She has also been involved in delivering large scale public infrastructure projects and is a Board Member of the Royal Melbourne Showgrounds Redevelopment Joint Venture.	2016
 <b>Tina De Young</b>	Tina brings considerable corporate advisory experience within a range of sectors including health, resources, infrastructure & agriculture. Her previous role was Associate Director at Grant Samuel and she is currently a Director at the Richmond Football Club, a member of the Finance Audit & Risk Committee and a Consultant to the Bendigo and Adelaide Bank.	2016
 <b>Amelia Lynch</b>	Amelia is a specialist sports lawyer, Partner, Special Counsel and Head of the Sport & Leisure Team at Lander & Rogers Lawyers. She provides commercial advice to organisations in the sports and events industry with expertise in the application of the law for not-for-profit organisations, for-profit companies and government agencies. Amelia has also been appointed to the Victorian Racing Integrity Board.	2016
 <b>Prof David Bishop</b>	David is a Professor of Exercise Physiology and Research Leader (Sport) and Professorial Research Fellow at Institute of Sport, Exercise and Active Living (ISEAL) Victoria University, with research focus on exercise as mitochondrial medicine, and human performance. He is also Adjunct Professor, School of Medical and Health Sciences, Edith Cowan University.	2019
 <b>Shelley Ware</b>	Shelley is a proud Yankanjatjara and Wirangu woman from Adelaide, South Australia, an Australian Aboriginal media and TV personality, corporate speaker and educator. Shelley has 25 years experience as a teacher and currently works for Culture is Life as a Curriculum Developer, highlighting First Nation People's history and culture. She is passionate about espousing her personal journey, perspectives on females in sports, Aboriginal issues and childhood education.	2019
 <b>Lisa Alexander</b> (Leave of Absence from October 2021)	Lisa Alexander is Performance Director and Coach at London Pulse VNSL UK and a Consulting Specialist to Leading Teams. Lisa was the Head Coach of the Australian Netball Diamonds Team from 2011-2020. She coached the Diamonds for 102 test matches, becoming the most capped Australian coach of all time. She coached the team to gold medal successes at the 2014 Commonwealth Games and 2015 Netball World Cup, and silver medals at the 2018 Commonwealth Games and 2019 Netball World Cup.	2019
 <b>Greg Lee</b>	Greg brings to the Board the skills and experience gained from being involved in a large range of businesses and organisations at senior management and board level. His experience encompasses tertiary education, professional recruitment & labour hire, advertising & marketing, elite sport, disadvantaged youth programs, and disruptive technology. Greg is a Fellow of the Australian Institute of Company Directors and currently holds board positions with the Judicial College of Victoria, Youth Activating Youth and Entire HR.	2020
 <b>Nicole Pratt</b> (Alternate from October 2021)	Nicole is a former professional tennis player, who was Australia's No. 1 ranked female player in January 2001. Nicole made the Australian Olympic team in 2000 and 2004 and was a professional player on the WTA tour for 19 years. Nicole is currently the Head of Women's Tennis Australia/ Fed Cup Coach. She was a Player Council representative from 2000-2008 and WTA Board Director Player Representative from 2008-2012.	2021
 <b>Julie Ryan</b>	Julie holds a Bachelor of Applied Science (Coaching and Sport Administration) and a Diploma in Business (Governance) and has been involved in soccer as an administrator, club board member, Football Victoria Standing Committee member, referee, coach and coach educator. Julie was previously the goal keeper coach for the VIS tier 2 women's soccer program, a founding director for women's football advocacy group Women Onside and president of LGBTIQ+ group Proud 2 Play.	2022
 <b>Mark Coughlin</b> (Independent Member – Finance Committee)	Mark sits on the VIS Finance Committee as an independent member. He has over 30 years experience in working in and advising utility and infrastructure business in Australia and internationally. His experience includes commercial management, CFO, general management and CEO-like roles in large Australian utility corporations, encompassing strategy, deals, restructuring, regulatory, operational and financial management elements of utilities businesses.	2015
 <b>Tim Matthews</b> (Independent Member – Performance Committee)	Tim is a past VIS scholarship holder and an Australian Paralympic athlete who competed at three Paralympic Games between 1996-2004. He won three Paralympic gold medals in the 4x100m T42-46 and 4x400m T46 relays, and two bronze medals in the Men's 100m and 200m T46 athletics events. He received an Order of Australia medal for his achievements following the 1996 Atlanta Olympics. He currently holds the role of Senior Manager Para Sport at Paralympics Australia and sits on the VIS Performance Committee as an independent member.	2020

2021/2022

# MINISTER'S MESSAGE



**THE HON STEVE DIMOPOULOS MP**  
Minister for Tourism, Sport and Major Events

There were some outstanding performances from homegrown athletes in 2021, from Emily Petricola's inspirational Paralympic Gold medal performance in Tokyo to Dylan Alcott becoming the first man in tennis to win a calendar year Golden Slam at the US Open.

It was great to see VIS athletes lead the way, with many finishing on the podium in a range of national and international events.

The year saw the return of the Summer Tokyo Olympic and Paralympic Games where 83 VIS athletes competed and took home a total of seven and 21 medals in respective events.

Key highlights included rowers Lucy Stephan, Rosie Popa and Jessica Morrison's inspirational gold win in the coxless four.

The International Olympic Committee granted VIS athlete Elena Galiabovitch the ultimate honour of carrying the Olympic flag at the opening ceremony.

The Beijing Winter Olympic Games saw our own Scotty James dazzling spectators in the snowboard halfpipe and claiming a well-deserved silver medal.

It was also great to see Victorian Institute of Sport alumni Dylan Alcott's athletic career hit new heights. The 2022 Australian of the Year has helped shatter stereotypes and increase the visibility and profile of athletes with a disability.

After a finals appearance at this year's Australian Open, Dylan announced his retirement from competitive sport with an extraordinary five Paralympic medals and 23 tennis Grand Slam titles. His efforts have left a lasting legacy to Victorian sport.

To ensure even more Victorians get their chance to shine on the world stage, the 2021-22 Victorian Budget has provided an additional \$24.5 million over three years for the VIS.

This brings the total VIS funding to \$47.5 million over the next three and a half years (2021-24) and increases funding to our Regional Academies of Sport by 50 per cent from 1 January 2022.

In April 2022, the Victorian Government was proud to announce that regional Victoria will host the 2026 Commonwealth Games.

We'll be working with our stakeholders to ensure the Games on home soil are the best ever. I look forward to seeing our next crop of champions do us proud at home and abroad, thanks to the tireless work of the VIS.

Thanks to all the athletes, coaches and support staff for representing this great state and nation, I wish you all the best for the year ahead.

**\$47.5**  
MILLION  
VIS FUNDING  
2021-24

PHOTO: SCOTTY JAMES  
CREDIT: GETTY IMAGES / TIM CLAYTON



# CHAIR & CEO REPORT



**NATALY MATIJEVIC**  
Chair

2021-22 saw the gradual transition of those staff who had been working from home back into the office, and the eventual relaxation of lockdowns as we entered the new pandemic world. International competitions resumed with a unique feast of Olympic and Paralympic Games, Winter Olympics and Winter Paralympic Games as the major multisport events of the same period.



**ANNE MARIE HARRISON**  
Chief Executive Officer

The delayed 2020 Tokyo Olympic Games commenced at the end of July 2021. Australia's Women's Four rowing crew, including VIS scholarship holders Lucy Stephan, Rosie Popa and Jessica Morrison, took out a well-deserved gold medal in the event which has not been on the Olympic program since 1992. We were delighted with so many other VIS performances across a range of sports.

Other outstanding performances during the reporting period include Dylan Alcott's achievement of completing the Golden Slam in 2021 – winning the Australian Open, French Open, Wimbledon, the US Open and the Paralympic Games gold medal all in the same calendar year. Alcott is the first male in tennis history to have claimed the Golden Slam in the Quad Singles.



**CATHRYN PRUSCINO**  
Strategic Projects & Partnerships

The Paralympics Games showcased some outstanding gold medal performances by our Para table tennis athletes, Qian Yang and Lina Lei, as well as Para-cyclist Emily Petricola in the C4 3km Women's Pursuit and Dylan Alcott in Wheelchair Tennis.

These performances are outstanding in their own right but are further evidence of the hard work and effort by VIS athletes and staff over the two preceding years of interrupted training and competition.

In the winter equivalent, six VIS athletes represented Australia on the slopes of Beijing, and Scotty James at his fourth Winter Olympics once again displayed his acrobatic strength and technical ability to bring home a silver medal in the men's halfpipe, whilst Laura Peel finished 5th in the women's aerial event. Mitch Gourley was our sole representative in the Winter Paralympics bringing to an end his career which spanned four Winter Paralympic Games.

Just as we emerged from the lockdown, we also launched a 'New Beginnings' plan for the organisation. This is an opportunity brought about by the successful outcome in the 2021/22 State Government Budget. This significant increase in funding enables the VIS to offer support to all categorised Victorian athletes.

An organisational restructure was thoughtfully planned and implemented in early 2022, incorporating four defined areas of the

organisation: Performance, Performance Health Services, Corporate Services, People & Community, with each area of the organisation overseen by a Director. There has been an increase in staff experts of approximately 30% to support the increase in the number of Victorian athletes we now support. We have welcomed the creation of four new Tier 1 sport programs: archery, combat, triathlon and wheelchair basketball and have transitioned rowing to the individual athlete scholarship program.

To accommodate the additional athletes and staff and ensure that the VIS facility is fit for purpose within our existing footprint, we are currently undertaking a review of our internal building design and plan to commence building works in late 2022.

With new beginnings come new opportunities and the VIS were pleased to launch some exciting new initiatives throughout 2022. Professional development of staff and a push for innovation and research were identified as top priorities. As such, a packed schedule of modules were run in-house by the team at The Artem Group, providing VIS staff with the opportunity to identify areas of interest which would assist their own personal and professional development, along with a focus on working as part of an embedded team within a sport or individual athlete program.

The launch of the VIS Research Council and Innovation Fund took place in 2022 with dedicated funding available for VIS projects and research aimed at enhancing the support provided to VIS athletes. Inspirational guest speakers in addition to

innovation and creativity sessions were also offered to staff to stimulate creative thinking and new ideas.

A number of significant reviews took place during 2021-22 including a refresh of the VIS Wellbeing & Mental Health Strategy, the introduction and implementation of our Gender Equity Action Plan, and the initiation of our first Reconciliation Action Plan (RAP). Our Reflect RAP is currently under development by a VIS working group consisting of staff and athletes and led by VIS Board member and proud Yankanjatjara and Wirangu woman, Shelley Ware. These important projects ensure we continue to create a safe and equitable environment for an inclusive and diverse VIS family.

With the recent updates to the Child Safe standards, additional staff training opportunities included very important child safe training conducted by Vicsport and is compulsory for all VIS staff. A new Enterprise Agreement 2021-2025 was successfully agreed with staff representatives, and our Board commenced a new organisation-wide risk review process to understand and address any identified risks to the organisation.

We acknowledge Board member and former Diamonds head coach, Lisa Alexander, who stepped down from the Board in 2022 to take up an opportunity in London. We thank Lisa for her valuable insights and guidance during her tenure as a Director and welcome former tennis player Nicole Pratt to the Board, bringing an athlete and coach perspective, and Football Victoria coach and administrator, Julie Ryan.

We were delighted with the announcement of Victoria as the host of the 2026 Commonwealth Games. We look forward to the opportunities this provides to Victorian and VIS athletes and the positive impact of such a significant sporting event on the Victorian community.

We thank and acknowledge our partners for their ongoing contributions: Paralympics Australia, Department of Education and Training, School Sport Victoria, the Carbine Club, 2XU, Open Universities Australia, Maribyrnong Sports Academy, Australian Institute of Fitness, The School Locker. Further appreciation is expressed to our National and State Sporting Organisation partners, together with the AOC, CGA, AIS and State and Territory Institute colleagues. Our thanks to all these organisations and their staff for their interest and commitment to our athletes and programs.

As 67 of our athletes make their way to the Birmingham 2022 Commonwealth Games, we acknowledge them for their dedication to training and in seeking selection, supported by their coaches and staff. We are enormously proud of each of them and their endeavours and hope they will be rewarded.

Finally, we thank and farewell Minister Pakula who has been a valued supporter of the VIS and Victorian sport more generally, and the ongoing support and guidance of Sport and Recreation Victoria in the Department of Jobs, Precincts and Regions. With their assistance, the Board and staff look forward to our exciting future of helping more Victorian athletes than ever before, to achieve their best.



PHOTO: (from left to right) ANNE MARIE HARRISON (VIS CEO), LIZ WATSON, REBECCA COLE, KATHARINA HAECKER, AOIFE COUGHLAN, MARTIN PAKULA (MINISTER FOR SPORT), BRENNAN KEAN, ANGELA YU, GRONIA SOMERVILLE, NATALY MATIJEVIC (VIS CHAIR)



ABOUT VIS

# WHO WE ARE

The Victorian Institute of Sport (VIS) was established in 1990 by the State Government to assist Victoria's best athletes achieve national and international success. The VIS is a private trustee company with a Board of Directors appointed directly by the Victorian Minister for Sport.

The VIS receives most of its funding from the State Government through Sport and Recreation Victoria, and additional funding from the Commonwealth Government through the Australian Institute of Sport and National Sporting Organisations, together with Paralympics Australia.

The VIS is based in its own facility at Lakeside Stadium in Albert Park which provides a state of the art training environment for athletes, including a training gym, sprung floor, pool and recovery facilities, sport science laboratories, treatment rooms and offices.

The VIS offers three scholarship programs to athletes to enable them to achieve their sporting potential: Tier 1 scholarships, Individual scholarships and Future Talent scholarships.

## SCHOLARSHIP PROGRAMS

### Tier 1 Scholarship Program

Athletes with scholarships compete in sports which have a Tier 1 sports program with the VIS. AIS sport categorisation guides the VIS Tier 1 sports selection, based on the identified role of the VIS within the NSO plan. Tier 1 sports during the 2021-22 period: aerial skiing, athletics, cycling, diving, golf, hockey, netball, rowing, sailing, shooting and swimming. Four new Tier 1 programs commenced during the second half of the reporting period and these include archery, combat, triathlon and wheelchair basketball. Tier 1 sports programs have tri-partisan agreements with the National and State sporting organisations and are coordinated by a Head Coach or Program Manager.

### Individual Athlete Scholarship Program

Individual scholarships are offered annually to athletes from sports which do not have a Tier 1 sports program. AIS athlete categorisation identifies athletes who are eligible for Individual VIS Scholarships covering Emerging through to Podium.

### Future Talent Scholarship Program

Future Talent scholarships are for talented athletes who show outstanding potential for future success but are not yet eligible for a full VIS scholarship due to their age or selection criteria restrictions; once identified they are provided with VIS support services to "fast track" their development. There are athletes from Tier 1 and non-Tier 1 sports, as well as Para athletes. The program is supported by the Carbine Club.

The VIS acknowledges the Australian Olympic and Paralympic Committees for their endorsement of the VIS as an Olympic and Paralympic Training Centre.

# VIS STRATEGIC PLAN

## VIS MOTTO

Success in Sport and Life.

## VISION

Victorians are proud and inspired by our national and international sporting success.

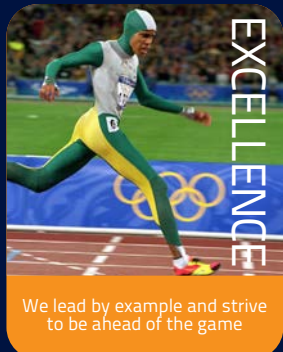
## MISSION

To provide leadership that enables talented Victorian athletes to excel in sport and life.

## STRATEGIC PRIORITIES

- ✓ Drive high performance outcomes with sports
- ✓ Stay ahead of the game
- ✓ Tell our story

## VALUES



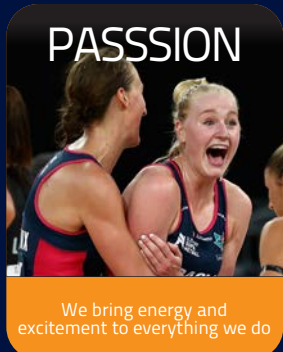
We lead by example and strive to be ahead of the game



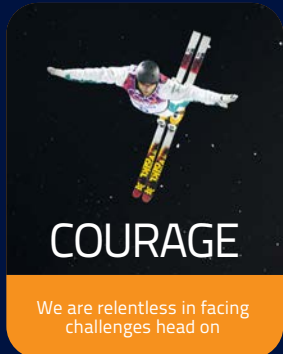
We work on small things each day which allow us to reach our goals



We see the potential in everyone and support each other to collectively do amazing things



We bring energy and excitement to everything we do



We are relentless in facing challenges head on



We strive for greatness and celebrate success

PHOTO CREDITS: GETTY IMAGES AND MARK DADSWELL PHOTOGRAPHY

## DEFINITION OF SUCCESS

The aspirations of the VIS are consistent with the National High Performance Sports Strategy (NHPSS).

### Podium Success

- ✓ All our athletes and staff strive to be world's best in sport and are supported in their journey
- ✓ Victorian athletes representation and performance progressively increases at each major Games
- ✓ Victorian athletes are well positioned to contribute to Australia's 2032 Olympic and Paralympic ambitions

### World Leading Systems

- ✓ We lead, influence and collaborate to drive high performance sport
- ✓ We are the experts in talent development
- ✓ Sport daily training environments optimise athlete talent

### Pride and Inspiration

- ✓ Our community engagement contributes to "Get Active Victoria"
- ✓ Our athletes are a positive influence on the Victorian community

# ORGANISATIONAL CHART





# ATHLETES RESULTS WORLD CHAMPIONSHIPS SUMMARY

## 2020 OLYMPIC & PARALYMPIC GAMES

**28**  
**5**

PODIUM LEVEL  
RESULTS ACHIEVED  
BY VIS ATHLETES

GOLD MEDALS WON  
BY 7 VIS ATHLETES

## 2022 WINTER OLYMPIC GAMES

**1**

PODIUM LEVEL  
RESULTS ACHIEVED  
BY A VIS ATHLETE

## 2022 WORLD CHAMPIONSHIPS

**10**  
**2**

PODIUM LEVEL  
RESULTS ACHIEVED  
BY VIS ATHLETES

CHAMPIONSHIP  
TITLES WON BY  
1 VIS ATHLETE

## PODIUM LEVEL RESULTS AT OLYMPIC GAMES, PARALYMPIC GAMES & WORLD CHAMPIONSHIPS

### AUSTRALIAN MEDALS WON BY VIS ATHLETES

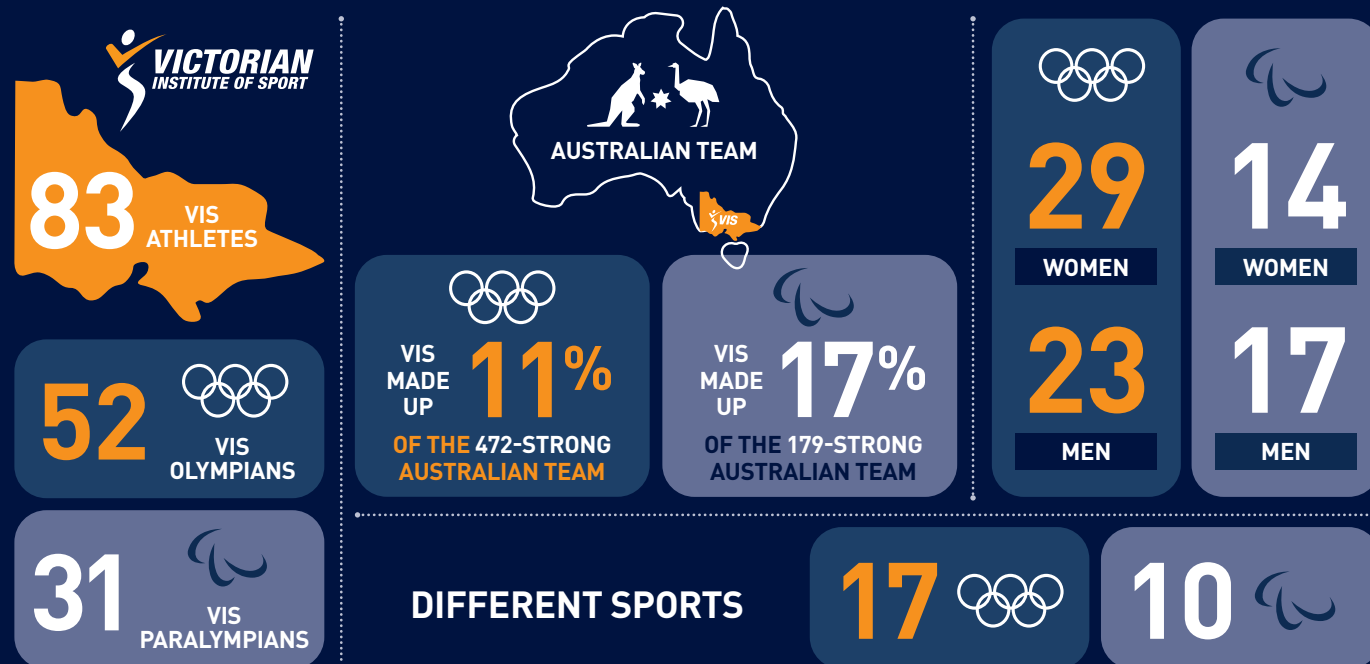
Athlete	Sport	Event/Discipline	Event
<b>1</b> Dylan Alcott	Wheelchair Tennis	Quad Singles	Wimbledon
Dylan Alcott	Wheelchair Tennis	Quad Singles	US Open
Dylan Alcott	Wheelchair Tennis	Quad Singles	2020 Paralympic Games
Emily Petricola	Para-Cycling	C4 - 3km Pursuit - Women	2020 Paralympic Games
Jessica Morrison/Lucy Stephen/Rosie Popa	Rowing	Four - Women	2020 Olympic Games
Lina Lei	Para Table Tennis	Singles Class 9 - Women	2020 Paralympic Games
Qian Yang	Para Table Tennis	Singles Class 10 - Women	2020 Paralympic Games
<b>2</b> Alistair Donohoe	Para-Cycling	C5 - 4km Pursuit	2020 Paralympic Games
Carol Cooke	Para-Cycling	T1-2 - Time Trial - Women	2020 Paralympic Games
Col Pearce	Para-Swimming	200m Individual Medley SM10 - Men	2022 World Para Swimming Championships
Col Pearce	Para-Swimming	100m Butterfly S10 - Men	2022 World Para Swimming Championships
Dylan Alcott	Wheelchair Tennis	Quad Doubles	Wimbledon
Dylan Alcott	Wheelchair Tennis	Quad Singles	Australian Open
Dylan Alcott/Heath Davidson	Wheelchair Tennis	Quad Doubles	US Open
Dylan Alcott/Heath Davidson	Wheelchair Tennis	Quad Doubles	2020 Paralympic Games
Emily Petricola	Para-Cycling	C4 - Time Trial - Women	2020 Paralympic Games
Isis Holt	Para-Athletics	100m T35 - Women	2020 Paralympic Games
Isis Holt	Para-Athletics	200m T35 - Women	2020 Paralympic Games
Jaryd Clifford	Para-Athletics	5000m T13 - Men	2020 Paralympic Games
Jaryd Clifford	Para-Athletics	Marathon T12 - Men	2020 Paralympic Games
Joshua Simmonds	Hockey	Team - Men	2020 Olympic Games
Lin Ma	Para Table Tennis	Singles Class 9 - Men	2020 Paralympic Games
Lin Ma	Para Table Tennis	Team Class 9-10 - Men	2020 Paralympic Games
Lina Lei/Melissa Tapper/Qian Yang	Para Table Tennis	Team Class 9-10 - Women	2020 Paralympic Games
Lucas Plapp	Cycling	Individual Time Trial - Men	UCI Road World Championships 2021- U/23
Michal Burian	Para-Athletics	Javelin Throw F64 - Men	2020 Paralympic Games
Scotty James	Snowboard	Halfpipe - Men	2022 Winter Olympic Games
<b>3</b> Alistair Donohoe	Para-Cycling	C5 - Time Trial - Men	2020 Paralympic Games
Brendon Smith	Swimming	400m Individual Medley - Men	2020 Olympic Games
Col Pearce	Para-Swimming	100m Butterfly S10 - Men	2020 Paralympic Games
Dylan Alcott/Heath Davidson	Wheelchair Tennis	Quad Doubles	Australian Open
Heath Davidson	Wheelchair Tennis	Quad Singles	Australian Open
Jaryd Clifford	Para-Athletics	1500m T13 - Men	2020 Paralympic Games
Kelland O'Brien/Lucas Plapp	Cycling	Team Pursuit Men	2020 Olympic Games
Mack Horton	Swimming	4 x 200m Freestyle Relay - Men	2020 Olympic Games
Maria Strong	Para-Athletics	Shot Put F33 - Women	2020 Paralympic Games
Matthew Temple	Swimming	4 x 100m Medley Relay - Mixed	2020 Olympic Games
Matthew Temple	Swimming	4 x 100m Freestyle Relay - Men	2020 Olympic Games
Nicholas Hum	Para-Athletics	Long Jump T20 - Men	2020 Paralympic Games



# VICTORIAN INSTITUTE OF SPORT AT THE TOKYO AND BEIJING GAMES



## VIS TOKYO 2020 RESULTS OLYMPICS & PARALYMPICS



### OLYMPICS



**15%**

**OF AUS MEDALS**

#### ROWING



#### CYCLING



#### HOCKEY



#### SWIMMING



### PARALYMPICS



**26%**

**OF AUS MEDALS**

#### ATHLETICS



#### CYCLING



#### SWIMMING



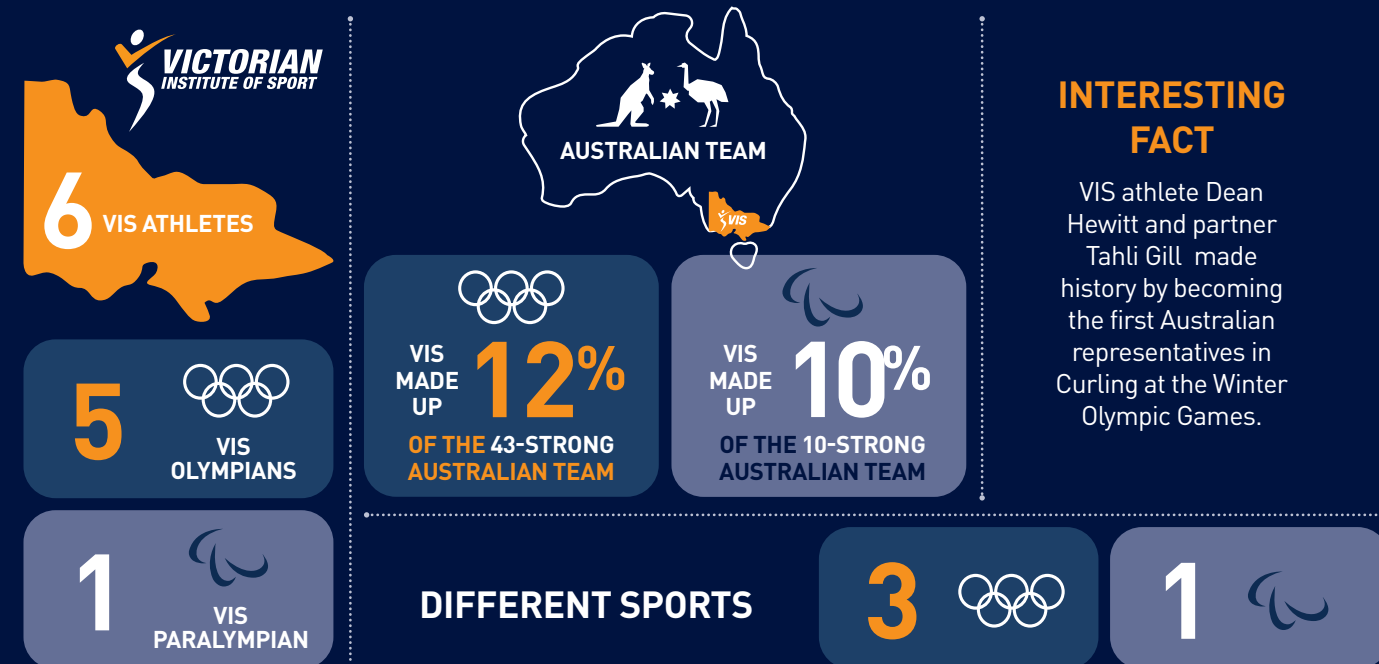
#### PARA TABLE TENNIS



#### WHEELCHAIR TENNIS



## VIS BEIJING 2022 RESULTS WINTER OLYMPICS & PARALYMPICS



### INTERESTING FACT

VIS athlete Dean Hewitt and partner Tahli Gill made history by becoming the first Australian representatives in Curling at the Winter Olympic Games.

### OLYMPICS



SILVER

TOTAL MEDALS

**25%**

**OF AUS MEDALS**

### SNOWBOARDING



Photo: Scotty James Credit: Getty Images

### PARALYMPICS

#### PARA-ALPINE SKIING

Photo: Mitch Gourley Credit: Getty Images

### INTERESTING FACT

Para-alpine skier and Australian flag-bearer, Mitch Gourley, a long-term scholarship holder at the VIS, competed at his fourth Paralympic Games in Beijing.



## AERIAL SKIING

Continuing its strong tradition as being one of Australia's leading talent transfer programs, the VIS aerial skiing program continued to produce strong and consistent results on the world stage in 2021-22.

The program is run in partnership with the Olympic Winter Institute and Snow Australia, with the program identifying and recruiting athletes who have an acrobatic background, with the long term aim of developing them into World Cup and Olympic level aerial skiers. With the opening of the Geoff Henke Olympic Winter Training Centre in Brisbane and the performance of the athletes in 2021-22 the program is in a great position as we begin the next Winter Olympic cycle.

## KEY ACHIEVEMENTS

## 2022 Winter Olympics - Beijing, China

- 5th - Laura Peel
- 10th - Danielle Scott
- 14th - Gabi Ash

## Laura Peel

- 4th FIS World Cup - Ruka, Finland
- 13th FIS World Cup - Ruka, Finland
- 7th FIS World Cup Teams Event - Ruka, Finland
- 9th FIS World Cup - Ruka, Finland
- 2nd FIS World Cup - Ruka, Finland
- 16th FIS World Cup - Le Relais, Canada
- 1st FIS World Cup - Deer Valley, USA

## Danielle Scott

- 8th FIS World Cup - Ruka, Finland
- 5th FIS World Cup - Ruka, Finland
- 7th FIS World Cup Teams Event - Ruka, Finland
- 28th FIS World Cup - Ruka, Finland
- 1st FIS World Cup - Ruka, Finland
- 8th FIS World Cup Teams Event - Ruka, Finland
- 4th FIS World Cup - Le Relais, Canada
- 4th FIS World Cup - Deer Valley, USA

## Abbey Willcox

- 14th FIS World Cup - Ruka, Finland
- 31st FIS World Cup - Ruka, Finland
- 13th FIS World Cup - Ruka, Finland
- 11th FIS World Cup - Ruka, Finland
- 8th FIS World Cup Teams Event - Ruka, Finland
- 15th FIS World Cup - Le Relais, Canada
- 22nd FIS World Cup - Deer Valley, USA

## Gabi Ash

- 27th FIS World Cup - Ruka, Finland
- 26th FIS World Cup - Ruka, Finland
- 6th FIS World Cup - Ruka, Finland

- 34th FIS World Cup - Ruka, Finland
- 17th FIS World Cup - Le Relais, Canada
- 13th FIS World Cup - Deer Valley, USA

## Airleigh Frigo (first year on the World Cup circuit)

- 32nd FIS World Cup - Ruka, Finland
- 37th FIS World Cup - Ruka, Finland
- 21st FIS World Cup - Ruka, Finland
- 19th FIS World Cup - Ruka, Finland
- 11th Nor-Am Cup - Utah Olympic Park, USA
- 6th Nor-Am Cup - Utah Olympic Park, USA
- 2nd Nor-Am Cup - Utah Olympic Park, USA
- 8th Nor-Am Cup - Utah Olympic Park, USA

## Wesley Naylor (first year on the World Cup circuit)

- 28th FIS World Cup - Ruka, Finland
- 41st FIS World Cup - Ruka, Finland
- 7th FIS World Cup Teams Event - Ruka, Finland
- 42nd FIS World Cup - Ruka, Finland
- 38th FIS World Cup - Ruka, Finland
- 8th FIS World Cup Teams Event - Ruka, Finland
- 24th FIS World Cup - Le Relais, Canada
- 35th FIS World Cup - Deer Valley, USA

## PROGRAM STAFF

**Dr Harry Brennan**  
General Manager High Performance

**Rachel Johnson**  
Program Manager (until May 2022)

**Matthew Thompson**  
Performance Coordinator

## COACHES

**Leigh Delahoy**  
Development Ski Coach

**Liz Gardner**  
Aerial Skiing Development Program Lead (OWIA)

**Ryan Hatfield**  
Talent Transfer Coordinator & Acrobatics Coach (OWIA)

**Dave Morris**  
Aerial Skiing Apprentice Coach (OWIA)

## SERVICE PROVIDERS

**Kylie Andrew**  
Nutrition Manager, Advanced Sports Dietitian (until March 2022)

**Amber Bennett**  
Physiotherapist (OWIA)

**Dr Peter Braun**  
Chief Medical Officer (OWIA)

**Peter Cain**  
Medical Services & Rehabilitation Manager (OWIA)

**Leesa Gallard**  
Performance Lifestyle Manager (until March 2022)

**Eliza Graham**  
Physiotherapist and Rehabilitation (OWIA)

**Rebecca Hall**  
Sports Dietitian (OWIA)

**Farhan Juhari**  
Physical Preparation Coach

**Barbara Meyer**  
Sport Psychology Consultant (OWIA)

**Rachel Stentiford**  
Sports Dietitian (from April 2022)

**Will Morgan**  
National Physical Preparation Lead

**Sarah Thompson**  
Performance Lifestyle Advisor (from April 2022)

**Dr Susan White**  
Chief Medical Officer / Director Performance Health Services

**Sylvie Withers**  
Lead Performance Scientist (until May 2022)

## ATHLETES

Gabi Ash  
Elise Coleiro  
Amanda Cordeiro  
Mia Davis  
Amber Downes  
Brigitta Evans  
Reilly Flanagan  
Airleigh Frigo  
Eleanor Higginbotham  
Wesley Naylor  
Laura Peel  
Miriana Perkins  
Akayla Quinton  
Danielle Scott  
Sidney Stephens  
Annalise Tighe  
Abbey Willcox

## TRAINING VENUES

VIS Gymnasium  
North American Ski Training Base - Snowbasin Ski Resort, Utah, USA  
North American Water Ramp & Aerial Jump Site Facility - Utah Olympic Park, Utah, USA  
Switzerland Water Ramping Base - Mettmensstetten, Switzerland  
Airola Ski Resort, Switzerland

Ruka Ski Resort, Finland  
Saas-Fee Ski Resort, Switzerland

Ski Training and Aerial Skiing, Mt Buller, Victoria  
Water Ramp Training Facility, Wandin, Victoria  
Geoff Henke Olympic Winter Training Centre - Brisbane, Queensland

## SPONSORS

Karbon  
Mt Buller Resort  
XTM

## PARTNERS

Olympic Winter Institute of Australia  
Snow Australia

We currently have a quality group of young recruitment athletes that have entered the program over the last two years, and I am really excited to see them progress as we embark on the new Winter Olympic cycle.  
—Liz Gardner, Aerial Skiing Development Program Lead (OWIA)

PHOTO: GABI ASH  
CREDIT: GETTY IMAGES / IAN MACNICOL



# USE THE ATHLETICS

The VIS athletics support team have been amazing in supporting the athletes over the last period and they continually go above and beyond to provide high quality services and support to the athletes and coaches which no doubt contributed to the great success the athletes have had over the last 12 months

—Ben King - VIS Athletics Performance Pathway Coordinator.

In partnership with Athletics Australia (AA) and Athletics Victoria (AV), the program supports Victorian-based athletes to become world's best and to compete on the international stage at major events including the Olympics, Paralympics and Commonwealth Games, World Athletics and Para Athletics World Championships.

The Athletics Performance Advisor and Athletics Performance Pathway Coordinator works closely with the coaches and athletes to provide access to training facilities and support services with an aim to provide a world class daily training environment for the athletes in their pursuit of international success.

## KEY ACHIEVEMENTS

### 2020 Olympic Games - Tokyo, Japan

- Rhydian Cowley - 8th Men's 50km Walk
- Linden Hall - 6th Women's 1500m
- Kathryn Mitchell - 6th Women's Javelin
- Jemima Montag - 6th Women's 20km Race Walk
- Brooke Stratton - 7th Women's Long Jump

### 2020 Paralympic Games - Tokyo, Japan

- Michal Burian - 2nd Men's F64 Javelin
- Jaryd Clifford - 2nd Men's T13 5000m, 2nd Men's T12 Marathon (Tim Logan - Guide), 3rd Men's T13 1500m
- Isis Holt - 2nd Women's T35 100m, 2nd Women's T35 200m
- Nichols Hum - 3rd Women's T20 Long Jump
- Sam McIntosh - 4th Men's T52 100m
- Maria Strong - 3rd Women's F33 Shot Put

### 2021 Diamond League Meet Results

- Hana Basic - 5th Women's 100m (Oslo, Norway)
- Catriona Bisset - 4th Women's 800m (Oslo, Norway), 5th Women's 800m (Stockholm, Sweden), 8th Women's 800m (Monaco), 7th Women's 800m (Zurich, Switzerland)
- Linden Hall - 2nd Women's 1500m (Eugene, USA), 2nd Women's 1500m, Lausanne, Switzerland), 3rd Women's Mile (Brussels, Belgium), 6th Women's 1500m (Zurich, Switzerland)

### 2021 London Marathon - London, England

- Sinead Diver - 12th Place

### 2022 Zatopek 10 (Australian 10,000m Championships) - Melbourne, Australia

- Jack Rayner - 1st Men's 10,000m

### 2022 Australian & Oceania 20km Race Walk Championships - Adelaide, Australia

- Rebecca Henderson - 2nd Women's 20km Race Walk
- Jemima Montag - 2nd Women's 20km Race Walk
- Kyle Swan - 2nd Men's 20km Race Walk
- Declan Tingay - 1st Men's 20km Race walk

### 2022 World Athletics Race Walking Team Championships - Muscat, Oman

- Declan Tingay/Kyle Swan/Rhydian Cowley/Will Thompson - 4th Men's Team Event

### 2022 World Athletics Indoor Championships - Belgrade, Serbia

- Catriona Bisset - 5th Women's 800m
- Linden Hall - 6th Women's 1500m

### 2022 Australian Track & Field Championships - Sydney, Australia

- Catriona Bisset - 1st Women's 800m
- Peter Bol - 1st Men's 800m
- Michal Burian - 1st Men's Javelin Ambulant
- Abbey Caldwell - 1st Women's 1500m
- Linden Hall - 3rd Women's 1500m
- Aiden Harvey - 1st Men's Shot Put
- Rebecca Henderson - 3rd Women's 10km Race Walk
- Guy Henley - 3rd Men's Shot Put Ambulant
- Nicholas Hum - 1st Men's Long Jump Ambulant
- Jemima Montag - 1st Women's 10km Race Walk
- Celeste Mucci - 2nd Women's 100m Hurdles
- Sam Rizzo - 1st Men's 1500m Wheelchair
- Maria Strong - 2nd Women's Seated Shot Put
- Kyle Swan - 1st Men's 10km Race Walk
- Will Thompson - 2nd Men's 10km Race Walk

### 2022 Athletics Australia Awards

- Jaryd Clifford - Russel Short Award for Male Para Athlete of the Year

### 2022 Oceania & Australian 35km Race walking Championships - Melbourne, Australia

- Rhydian Cowley - 2nd Men's 35km Race Walk

### 2022 Diamond League Meet Results

- Peter Bol - 2nd Men's 800m (Doha, Qatar), 9th Men's 800m (Birmingham, England), 2nd Men's 800m (Paris, France)
- Catriona Bisset - 7th Women's 800m (Rome, Italy), 7th Women's 800m (Oslo, Norway), 3rd Women's 800m (Stockholm, Sweden)
- Linden Hall - 9th Women's 1500m (Rabat, Morocco), 1st Women's 1500m (Stockholm, Sweden)
- Jack Rayner - 6th Men's 5000m (Oslo, Norway), 9th Men's 3000m (Stockholm, Sweden)

### 2022 Oceania Championships, Mackay, Queensland

- Abbey Caldwell - 2nd Women's 1500m
- Rhydian Cowley - 1st Men's 500m Race Walk, 1st Men's 10,000m Race Walk
- Rebecca Henderson - 2nd Women's 10,000m Race Walk
- Chris Mitrevski - 1st Men's Long Jump
- Jemima Montag - 1st Women's 10,000m Race Walk
- Celeste Mucci - 1st Women's 100m Hurdles

### World Record

- Michal Burian - 66.29m in the Men's F44 Javelin at the Paralympic Games (29.8.21)

### Australian Records

- Peter Bol - 1:44.00 in the 800m at the Paris Diamond League Meet (18.6.22)

- Linden Hall - 4:21.38 in the Mile at the Brussels Diamond League Meet (1.9.21)
- Jack Rayner - 27:15.35 in the 10,000m at 'The Ten' (5.3.22)
- Maria Strong - 6.63m in the Women's F33 Shot Put at the Paralympic Games (2.9.22)

## PROGRAM STAFF

**Bill Tait**  
General Manager High Performance

**Adam Basil**  
Athletics Performance Advisor (until September 2021)

**Nicky Frey**  
Athletics Performance Advisor (from December 2021)

**Ben King**  
Athletics Performance Pathway Coordinator

**Matthew Thompson**  
Performance Coordinator

## SERVICE PROVIDERS

**Laura Cosgrove**  
Performance Psychologist (from December 2021)

**Kevin Craigie**  
Physiotherapist

**Anita Durlik**  
Assistant Physical Preparation Coach (until September 2021)

**Cory Innes**  
Lead Physical Preparation Coach

**Alison Low**  
Physiotherapist

**David Madigan**  
Performance Lifestyle Advisor (until April 2022)

**Stephanie Mundy**  
Physical Preparation Coach (from April 2022)

**Nick Owen**  
Performance Science - Physiologist (until July 2021)

**Jessica Rothwell**  
Sports Dietitian

**Avish Sharma**  
Performance Scientist - Physiology (from February 2022)

**Mark Spargo**  
Performance Psychologist (until October 2021)

**Dr Patrick Sunderland**  
Sports Physician

**Danielle Trowell**  
Performance Scientist - Biomechanics

## ATHLETES

Hanna Basic  
Catriona Bisset  
Peter Bol  
Michal Burian  
Abbey Caldwell  
Declan Carman  
Jaryd Clifford  
Rhydian Cowley  
Corey Dickson  
Sinead Diver  
Georgia Griffith  
Linden Hall  
Georgia Hansen  
Aiden Harvey  
Rebecca Henderson  
Guy Henley  
Isis Holt  
Nicholas Hum  
Anthony Jordan  
Elyssia Kenshole  
Reece Langdon  
Tim Logan  
Jack Lunn  
Sam McIntosh  
Mackenzie Mielczarek  
Kathryn Mitchell  
Chris Mitrevski  
Jemima Montag  
Celeste Mucci  
Bendere Oboya  
Ellie Pashley  
Jack Rayner  
Sam Rizzo  
Brett Robinson  
Darcy Roper  
Brooke Stratton  
Maria Strong  
Kyle Swan  
Declan Tingay  
Will Thompson

## TRAINING VENUES

Lakeside Stadium  
VIS Gymnasium

## PARTNERS

Athletics Australia  
Athletics Victoria



# VIS SPORTS CYCLING

Through the AusCycling National Performance Pathway, the VIS cycling program supports the progression of categorised athletes from track endurance, sprint, BMX and Mountain Bike Cross Country (MTB XCO) racing. With BMX and MTB XCO racing introduced in June 2022, the VIS cycling program has broadened its support to the Olympic and Paralympic disciplines. All programs operate in partnership with AusCycling and AusCycling Victoria to support and assist identified high performance Victorian athletes and coaches to achieve excellence and success at an international level.

The VIS cycling program provides high quality coaching and performance support services to achieve world class performances as part of an effective, nationally coordinated, high performance sport network. Six Olympic/ Paralympic medals were won at the Tokyo 2020 Games by five athletes, which is reflective of the program's strength and pathway.

## KEY ACHIEVEMENTS

- Blake Agnoletto
- 3rd Men's Omnium Tempo Race, Adelaide Track League – Adelaide, South Australia
  - 1st Elite Men Team Pursuit Gold Final, 3rd Elite Men Individual Pursuit, 2022 Track National Championships- U19, Elite & Para- Brisbane, Queensland
  - 2nd Elite Men Scratch Race, 3rd Elite Men Team Pursuit, 3rd Elite Men Madison, 2022 Oceania Track Championships- Brisbane, Queensland
- Belinda Bailey
- Australian National Team Selection - 2022 UCI Junior Road World Championships
  - Carol Cooke
  - 1st Para\_ WT2 Time Trial, 1st Para\_ WT2 Road Race, Federation University Road Nationals- Ballarat, Victoria
  - 1st Tricycles, Santos Festival of Cycling UCI Para Cycling- C1 Event – Adelaide, South Australia
  - 1st Women T2 Time Trial, 1st Women T2 Road Race, Oceania Road Championships- Brisbane, Queensland
  - 1st T2 Individual Time Trial, 2nd T2 Individual Road Race, UCI Para-Cycling Road World Cup 1- Ostend, Belgium
  - Australian National Team Selection - 2022 UCI Para-cycling Road World Championships
  - Silver, T1-2 - Time Trial – Women, 2020 Paralympic Games- Tokyo, Japan

Tarun Cook

- Australian National Team Selection - 2022 UCI Junior Track World Championships
- Alistair Donohoe
- AusCycling Kask Para-Cyclist of the Year (Track) Men
  - 1st Para Individual Pursuit Men C5 Gold Final, 2nd Para TT Men C5, 2022 Track National Championships- U19, Elite & Para - Brisbane, Queensland
  - 1st Para IP Men C5, 1st Para Male Scratch Race Final C5, 1st Para Team Sprint, 1st Para Omnium Men's C5, 2nd Para Men's TT Final C5, 2022 Oceania Track Championships - Brisbane, Queensland
  - Silver, C5 - 4km Pursuit, Bronze, C5 - Time Trial – Men, 2020 Paralympic Games- Tokyo, Japan

Henry Dietze

- 1st Elite Men Team Pursuit Gold Final, 2022 Track National Championships- U19, Elite & Para- Brisbane, Queensland

Patrick Eddy

- 2021/22 AusCycling Podium Potential Academy Selections (October 2021)

Graeme Frislie

- 1st Men's Omnium Elimination Race, 2nd Men's Omnium Scratch Race, 2nd Men's Omnium Tempo Race, 3rd Men's Omnium Points Race, Adelaide Track League- Adelaide, South Australia

- 1st Elite Men Team Pursuit Gold Final, 2nd Elite Men Scratch Race Final, 2022 Track National Championships- U19, Elite & Para - Brisbane, Queensland
- 1st Elite Mean Team Pursuit, 1st Elite Men Elimination, 3rd Elite Men Omnium, 2022 Oceania Track Championships- Brisbane, Queensland
- 1st Men Elite Team Pursuit, Tissot UCI Track Nations Cup- Milton, Canada

Jessica Gallagher

- 1st Para Tandem TT 100m Final, 2022 Track National Championships- U19, Elite & Para- Brisbane, Queensland
- 1st Para Tandem TT Final 1000m, 2022 Oceania Track Championships- Brisbane, Queensland

Sam Gallagher

- 3rd Elite Men Team Sprint, 2022 Track National Championships- U19, Elite & Para - Brisbane, Queensland
- 3rd Elite Men Keirin, 3rd Elite Men Team Sprint, 2022 Oceania Track Championships- Brisbane, Queensland

Sophie Marr

- 1st Junior Women Road Race, 2nd Junior Women Individual Time Trial, 2nd Junior Women Criterium 2022 Federation University Road Nationals- Ballarat, Victoria

- 1st J19 Women Team Pursuit Gold Final, 1st J19 Women Scratch Race Final, 1st J19 Women Individual Pursuit Gold Final, 2022 Track National Championships- U19, Elite & Para- Brisbane, Queensland
- 1st J19 Women individual Pursuit Gold Final, 2nd J19 Women Points Race Final, 3rd J19 Women Scratch Race Final, 2022 Oceania Track Championships - Brisbane, Queensland
- 1st Junior Women Time Trial, 2022 Oceania Road Championships- Brisbane, Queensland
- Australian National Team Selection - 2022 UCI Junior Track World Championships

Bella May

- Australian National Team Selection - 2022 UCI BMX Racing World Championships

Alessia McCaig

- 2021/22 AusCycling Podium Potential Academy Selections (October 2021)
- Sport Australia Hall of Fame
- 2nd Elite Women Keirin 1-6 Final, 3rd Elite Women Sprint, 2022 Track National Championships- U19, Elite & Para- Brisbane, Queensland
- 1st Para Tandem TT Final 1000m, 2022 Oceania Track Championships- Brisbane, Queensland
- 2nd Elite Women Team Sprint, 2022 Oceania Track Championships- Brisbane, Queensland

Kelland O'Brien

- WorldTour Cycling Team Signings - Bike Exchange
- Bronze, Team Pursuit Men, 2020 Olympic Games- Tokyo, Japan

Domenic Paolilli

- 2nd U23 Men, 2022 Oceania Cycling Championships- Mountain Bike- Nerang, Queensland

Emily Petricola

- 1st Para\_ WC4 Time Trial, 2nd Para\_ WC4 Road Race, 2022 Federation University Road Nationals- Ballarat, Victoria
- AusCycling Argon 18 Para-Cyclist of the Year (Road) Women

- Australia Day Honours- Medal of the Order of Australia (OAM)
- 1st place WC4, Santos Festival of Cycling UCI Para Cycling- C1 Event – Adelaide, South Australia
- 1st Para TT C1 Final, 1st Para Individual Pursuit Women C4 Gold Final, 1st Para Scratch Race Women C4, 1st Para Omnium Women C4, 2022 Track National Championships- U19, Elite & Para- Brisbane, Queensland
- 1st Para TT Women's C4, 2nd Para IP Women C4, 2022 Oceania Track Championships- Brisbane, Queensland
- 1st Women C4 Time Trial, 2022 Oceania Road Championships- Brisbane, Queensland
- Australian National Team Selection - 2022 UCI Para-cycling Road World Championships
- Gold, C4 - 3km Pursuit – Women, Silver, C4 - Time Trial, 2020 Paralympic Games- Tokyo, Japan

Lucas Plapp

- 2nd Men's U23 Time Trial, 2021 UCI Road World Championships- Flanders, Belgium
- WorldTour Cycling Team Signings, Ineos Grenadier
- Bronze, Team Pursuit Men, 2020 Olympic Games- Tokyo, Japan

Jensen Plowright

- Stage.1: 8th place/ Stage.3: 11th place/ Stage.4: 2nd place/ Overall: DNF, 2021 Tour De Lavenir Australian Squad Selections
- WorldTour Cycling Team Signings, FDJ-Continental
- 1st Men's Omnium Points Race, Adelaide Track League – Adelaide, South Australia

Alyssa Polites

- 2021/22 AusCycling Podium Potential Academy Selections (October 2021)
- 1st (U/23)/ 3rd Elite Women Road Race, 2nd (U/23)/ 11th Elite Women Individual Time Trial, 2022 Federation University Road Nationals- Ballarat, Victoria

- 1st, Elite Women Omnium Tempo Race, 2nd Elite Women Scratch Race Final, 3rd Elite Women Omnium Scratch Race, 3rd Elite Women Individual Pursuit, 2022 Track National Championships- U19, Elite & Para- Brisbane, Queensland
- 2nd Elite Women Team Pursuit Gold Final, 3rd Elite Women Individual Pursuit, 2022 Oceania Track Championships- Brisbane, Queensland
- 3rd U23 Women Time Trial, 2022 Oceania Road Championships- Brisbane, Queensland
- 2nd Women Elite Team Pursuit, Tissot UCI Track Nations Cup- Milton, Canada

Ned Pollard

- 3rd Elite Men Team Sprint, 2022 Track National Championships- U19, Elite & Para- Brisbane, Queensland

Dylan Proctor-Parker

- Australian National Team Selection - 2022 UCI Junior Track World Championships

Ruby Roseman-Gannon

- WorldTour Cycling Team Signings - Bike Exchange
- 1st Elite Women Criterium, 2022 Federation University Road Nationals- Ballarat, Victoria

- Stage.1: 2nd place/ Individual General Classification: 1st place, Stage. 2: 2nd place/ Individual General Classification: 1st place, Stage.3: 1st place / Individual General Classification: 1st place, Santos Leaders Jersey, Ziptrak Sprint Jersey, 2022 Santos Tour Down Under- Adelaide, South Australia

Lucinda Stewart

- 1st Junior Women Criterium, 2nd Junior Women Road Race, 3rd Junior Women Individual Time Trial, 2022 Federation University Road Nationals- Ballarat, Victoria
- 1st J19 Women Team Pursuit Gold Final, 1st J19 Women Points Race Final, 2022 Track National Championships- U19, Elite & Para- Brisbane, Queensland
- 1st J19 Women Scratch Race Final, 2nd J19 Women Individual Pursuit Gold Final, 2022 Oceania Track Championships- Brisbane, Queensland
- Australian National Team Selection - 2022 UCI Junior Track World Championships

Stuart Tripp

- 1st Para\_ MH5 Time Trial, 1st Para\_ MH5 Road Race, 2022 Federation University Road Nationals- Ballarat, Victoria

- 1st Men Hand Cycle 5 Time Trial, 1st Men Hand Cycle 5 Road Race, 2022 Oceania Road Championships- Brisbane, Queensland
- Australian National Team Selection - 2022 UCI Para-cycling Road World Championships
- 8th, Men H5 Time Trial, 7th Men H4 Road Race, 2020 Paralympic Games- Tokyo, Japan

Jordan Villani

- 1st Elite Men Team Pursuit Gold Final, 2022 Track National Championships- U19, Elite & Para- Brisbane, Queensland
- 3rd Elite Men Team Pursuit, 2022 Oceania Track Championships- Brisbane, Queensland

## PROGRAM STAFF

Bill Tait

General Manager High Performance (until June 2022)

Dr Harry Brennan

General Manager High Performance (from June 2022)

Natalie Cross

Performance Coordinator (until June 2022)

Nicole Tumblety

Performance Coordinator (from June 2022)

## COACHES

Vanessa Bof

Endurance Coach

Shane Kelly

Sprint Coach

## SERVICE PROVIDERS

Caroline Anderson

Performance Psychologist (from April 2022)

Kylie Andrew

Nutrition Manager, Advanced Sports Dietitian (Para)

Mitch Gourley

Performance Lifestyle Advisor (from May 2022)

Rebecca Hall

Sports Dietitian (until December 2021)

Ana Holt

Performance Scientist - Physiology (from January 2022)

Alison Low

Physiotherapist

David Madigan

Performance Lifestyle Advisor (until May 2022)

Dr Alice McNamara

Sports Physician (from January 2022)

Dr Emily Meehan

Sports Dietitian (from February 2022)

Nick Owen

Performance Scientist (until July 2021)

Ben Willey

Physical Preparation Coach

## ATHLETES

Blake Agnoletto

Belinda Bailey  
Tarun Cook  
Carol Cooke  
Riley Corke  
Alistair Donohoe

Henry Dietze  
Ruby Dobson  
Patrick Eddy  
Graeme Frislie  
Jessica Gallagher  
Sam Gallagher  
Cohen Jessen

Joshua Jolly  
Alex Jones  
Ashlee Jones  
Alex Welsh  
Lilyth Jones  
Hannah MacDougall  
Sophie Marr  
Bella May  
Alessia McCaig  
Kelland O'Brien  
Domenic Paolilli  
Emily Petricola  
Lucas Plapp  
Jensen Plowright  
Alyssa Polites  
Ned Pollard  
Dylan Proctor-Parker  
Ruby Roseman-Gannon  
Lucinda Stewart  
Stuart Tripp  
Jordan Villani  
Jack Ward

## TRAINING VENUES

Darebin International Sports Centre (DISC)  
VIS Gymnasium  
Various metropolitan and country road, BMX and MTB training courses

## PARTNERS

AusCycling  
AusCycling Victoria

INTERESTING FACT  
Mountain Bike and BMX was added to the program in 2021/22

PHOTO: EMILY PETRICOLA  
CREDIT: GETTY IMAGES

CYCLING



VIS SPORTS

# DIVING

The VIS diving program aims to create the optimum training environment for athletes competing at an international level, along with supporting emerging junior athletes with the potential to achieve success on the world stage. Working in partnership with Diving Australia (DA) and Diving Victoria (DV), the VIS divers are provided with elite coaching and support services to achieve this.

The current VIS squad is a mix of youth and experience with a number of young exciting junior divers including four athletes in DA's Dream 2428 Squad and six senior athletes in DA's National Squad.

KEY ACHIEVEMENTS

2020 Olympic Games - Tokyo, Japan

- Shixin Li – 27th Men's 3m Springboard
- Anabelle Smith – 14th Women's 3m Springboard

2022 Australian Open Championships - Melbourne, Australia

- Domonic Bedggood – 1st Men's 10m Platform Synchro
- Jonah Mercieca – 3rd Men's 10m Platform Synchro
- Charli Petrov – 1st Women's 10m Platform Synchro
- Georgia Sheehan – 2nd Women's 1m Springboard, 2nd Women's 3m Springboard
- Anabelle Smith – 1st Women's 3m Springboard Synchro

PROGRAM STAFF

- Bill Tait**  
General Manager High Performance (until May 2022)
- Rebekah Webster**  
General Manager High Performance (from May 2022)
- Belinda Kennedy**  
Program Manager (until December 2021)
- Matthew Thompson**  
Performance Coordinator

COACHES

- Mathew Helm**  
National Diving Coach – Melbourne (employed by DA)
- Harriet Jones**  
Head Coach (from May 2022)

SERVICE PROVIDERS

- Caroline Anderson**  
Performance Psychologist
- Kylie Andrew**  
Nutrition Manager, Advanced Sports Dietitian
- Andrew Cameron**  
Physiotherapist (from March 2022)
- Louise Cato**  
Sports Dietitian (from February 2022 to April 2022)
- Chris Fonda**  
Sports Dietitian (from April 2022)
- Leesa Gallard**  
Performance Lifestyle Manager (until January 2022)
- Steve Hawkins**  
Physiotherapy and Soft Tissue Therapy Manager
- Sarah Thompson**  
Performance Lifestyle Advisor (from February 2022)
- Matthew Vassie**  
Lead Physical Preparation Coach
- Dr Susan White**  
Chief Medical Officer / Director Performance Health Services
- Sylvie Withers**  
Lead Performance Scientist (until May 2022)

ATHLETES

- Domonic Bedggood  
Lizzie Browne  
Emily Chinnock  
James Connor  
Lucy Dovison  
Laura Hingston  
Allie Klein  
Shixin Li  
Jonah Mercieca  
Charli Petrov  
Natalie Phan  
Olivia Roche  
Georgia Sheehan  
Anabelle Smith

TRAINING VENUES

- Melbourne Sports and Aquatic Centre  
Aquanation  
VIS Gymnasium

PARTNERS

- Diving Australia  
Diving Victoria

PHOTO: ANABELLE SMITH

It has been fantastic working with such a great support team and talented group of athletes over the last twelve months in what has been quite a challenging period at times.

—Mathew Helm,  
DA National Coach  
Melbourne



# MEN'S HOCKEY



PHOTO: JOSH SIMMONDS  
CREDIT: GETTY IMAGES

## MEN'S HOCKEY

The VIS men's hockey program, which underpins the national men's program based in Perth, is an elite program which aims to provide a world class daily training environment that enables athletes to continually improve and gain selection in Australia senior and junior development squads.

Four VIS athletes represented Australia during the reporting period with Craig Marais making his international debut against Malaysia in Perth, and a further sixteen athletes were members of national squads over the last twelve months.

### KEY ACHIEVEMENTS

#### 2020 Olympic Games - Tokyo, Japan

Australia finished 2nd  
• Josh Simmonds

#### Australia vs Malaysia - Perth, Australia

Australia won the 4-match series 4-0

- Johan Durst
- Nathan Ephraums
- Craig Marais (International debut)
- Josh Simmonds

#### Australia vs New Zealand - Auckland, New Zealand

Australia won the 4-match series 4-0

- Johan Durst
- Nathan Ephraums
- Craig Marais
- Josh Simmonds

#### Hockey Australia National Senior Squad

- Johan Durst
- Nathan Ephraums
- Craig Marais
- Josh Simmonds

#### Hockey Australia National Development Squad

- Kiran Arunasalam
- Jonathan Bretherton
- Jayshaan Randhawa
- Damon Steffens

#### Hockey Australia National Junior Squad

- Cooper Burns
- Liam Henderson
- Connor Holland
- Sam Lowndes
- Daniel McBride
- Connor Otterbach
- Jed Snowden
- Trent Symss
- Ben White

#### Hockey Australia Futures Squad

- Lachlan Paice
- Oliver Thompson
- Oliver Will

### PROGRAM STAFF

#### Bill Tait

General Manager High Performance  
(until May 2022)

#### Rebekah Webster

General Manager High Performance  
(from May 2022)

#### Matthew Thompson

Performance Coordinator

### COACHES & SERVICE PROVIDERS

#### Jay Stacy

Head Coach

#### Peter Browne

Performance Scientist – Performance Analysis & Skill Acquisition

#### Andrew Fooks

Physiotherapist (until January 2022)

#### Leesa Gallard

Performance Lifestyle Manager

#### Emma Hall

Performance Psychologist  
(from April 2022)

#### Dr Philippa Inge

Sports Physician

#### Ben King

Physical Preparation Coach  
(from March 2022)

#### Sarina Lococo

Sports Dietitian  
(from February 2022)

#### Mark Spargo

Performance Psychologist  
(until October 2021)

#### Katherine Taylor

Physiotherapist  
(from February 2022)

#### Matthew Vassie

Lead Physical Preparation Coach  
(until February 2022)

### ATHLETES

Kiran Arunasalam  
Jonathan Bretherton  
Cooper Burns  
Johan Durst  
Nathan Ephraums  
Liam Henderson  
Joshua Henderson  
Connor Holland  
Sam Lowndes  
Brad Marais  
Craig Marais  
Daniel McBride  
Connor Otterbach  
Lachlan Paice  
Jayshaan Randhawa  
Joshua Simmonds  
Jed Snowden  
Damon Steffens  
Trent Symss  
Oliver Thompson  
Ben White  
Oliver Will

### TRAINING VENUES

State Netball and Hockey Centre  
VIS Gymnasium

### PARTNERS

Hockey Australia  
Hockey Victoria



VIS SPORTS

# WOMEN'S HOCKEY

Underpinning the national women's program in Perth, the VIS women's hockey program is responsible for preparing and developing Victorian-based athletes for national and junior squad selection. The VIS is the daily training environment for the Victorian-based athletes and provides world's best hockey coaching, strength and conditioning, sport science, performance lifestyle, performance psychology and medical services along with exposure to high level competition opportunities.

There were two VIS athletes selected for senior national duties in 2021/22, and a further eighteen athletes were selected in national squads with many of them expected to push towards national senior squad selection in the coming years.

KEY ACHIEVEMENTS

2020 Olympic Games – Tokyo, Japan

Australia finished 5th  
• Amy Lawton, Rachael Lynch

Australia vs New Zealand - Auckland, New Zealand

Australia won the 4-match series 2-0 (2 draws)  
• Amy Lawton

Hockey Australia National Senior Squad

• Laura Barden, Amy Lawton, Rachael Lynch, Sophie Taylor, Ashlee Wells

Hockey Australia National Development Squad

• Kristina Bates, Nicola Hammond, Carly James, Aisling Utri, Zali Ward

Hockey Australia National Junior Squad

• Isabella Colasurdo, Oliva Downes, Emily Hamilton-Smith, Josie Lawton, Bridget Laurance, Evie Stansby, Ciara Utri

Hockey Australia National Futures Squad

• Charlotte Hodgson, Samantha Love, Aurelienne Pywell

Awards

• Rachael Lynch was one of five athletes to be inducted into Olympians for Life by the World Olympians Association at the Olympics.

PROGRAM STAFF

Bill Tait

General Manager High Performance (until May 2022)

Rebekah Webster

General Manager High Performance (from May 2022)

Matthew Thompson

Performance Coordinator

COACHES

Stacia Strain

Head Coach

Daniel Mitchell

Assistant Coach (from March 2022)

Tim Strapp

Assistant Coach (until September 2021)

SERVICE PROVIDERS

Peter Browne

Performance Scientist – Performance Analysis & Skill Acquisition

Leesa Gallard

Performance Lifestyle Manager

Emma Hall

Performance Psychologist (from April 2022)

Dr Phillipa Inge

Sports Physician

Ben King

Physical Preparation Coach

Sarina Lococo

Sports Dietitian (from February 2022)

Daniel Mirecki

Physiotherapist (until January 2022)

Jessica Rothwell

Sports Dietitian (until January 2022)

Katherine Taylor

Physiotherapist (from February 2022)

ATHLETES

Laura Barden

Kristina Bates

Isabella Colasurdo

Olivia Downes

Emily Hamilton-Smith

Nicola Hammond

Charlotte Hodgson

Carly James

Bridget Laurance

Amy Lawton

Josie Lawton

Samantha Love

Rachael Lynch (retired February 2022)

Aurelienne Pywell

Evie Stansby

Jessie Stewart

Sophie Taylor

Aisling Utri

Ciara Utri

Zali Ward

Ashlee Wells (retired February 2022)

TRAINING VENUES

State Netball and Hockey Centre

VIS Gymnasium

PARTNERS

Hockey Australia

Hockey Victoria

PHOTO: AMY LAWTON  
CREDIT: GETTY IMAGES

There is currently a large cohort of young athletes in the program with amazing potential and I am excited to see what they can achieve over the next few years. I really want to acknowledge the careers of two wonderful servants to the VIS and national programs over an extended period of time in Rachael Lynch and Ashlee Wells who made the decision to retire after the Olympics. The impact they have had on Australian and Victorian hockey has been immense and they have been great role models for our athletes.

—Stacia Strain, VIS Women's Hockey Head Coach.



In a season like this there is heaps to learn... you learn about yourself and learn about your squad. I've certainly learnt that I've got amazing staff and an amazing group of athletes that have gone above and beyond to keep competing this season and I'm really fortunate.  
—Simone McKinnis

The primary aim of the VIS netball program is to prepare Victorian athletes for competition at elite domestic level, both within the Suncorp Super Netball competition and the Australian National Competition (ANC), and to prepare athletes for selection into senior national teams and underage squads.

The program works in partnership with Netball Victoria to provide coaching and performance support to the Melbourne Vixens for their Suncorp Super Netball campaign. After a disappointing 2021 season, the Vixens returned to stellar form in 2022, securing the Minor Premiership. The team farewelled Sharelle McMahon as assistant coach, and celebrated Di Honey stepping into the full-time role.

The VIS development program works in partnership with Netball Australia and Netball Victoria, to deliver an underpinning program that provides world class coaching, training, and support services to targeted nationally identified underage squad athletes to assist them to improve their competitive performance and reach their full potential on and off the court. After two years of COVID19 interruptions, the National Netball Championships were back on the calendar in April 2022, with VIS representatives in the Victorian U/17 team securing silver, and U/19 team securing bronze.

## KEY ACHIEVEMENTS

### 2021/22 Origin Australian Diamonds Squad Selection

- Kate Moloney
- Liz Watson
- Jo Weston

### 2021/22 Australian Development Squad Selection

- Kate Eddy
- Emily Mannix
- Hannah Mundy

### Origin Australian Diamonds Captain Announcement

- Liz Watson

### 2022 Victorian 17/U State Team Selection

- Tara Watson (V/C)

### 2022 Victorian 19/U State Team Selection

- Emily Andrew (V/C)
- Dee Dee Lambert
- Sussu Liai (V/C)
- Charli Nicol
- Zara Walters (C)
- Olivia Wilkinson

### 2022 Victorian 19/U Development Squad

- Keeley Burgmann
- Fionnuala McKeagney-Stubbs

### 2022 National Netball Championships - Victorian 17/U Silver Medal

- Tara Watson (V/C)

### 2022 National Netball Championships - Victorian 19/U Bronze Medal

- Emily Andrew (V/C)
- Dee Dee Lambert
- Sussu Liai (V/C)
- Charli Nicol
- Zara Walters (C)
- Olivia Wilkinson

### 2022/23 Australian 17/U Squad Selection

- Tara Watson

### 2022/23 Australian 19/U Squad Selection

- Emily Andrew
- Charli Nicol
- Zara Walters
- Olivia Wilkinson

### SSN 2022 Season

- Melbourne Vixens- Season 2022- regular season: 1st position (Minor Premiership)

## PROGRAM STAFF

### Bill Tait

General Manager High Performance

### Natalie Cross

Performance Coordinator

## COACHES

### Simone McKinnis

Head Coach - VIS/Vixens Netball

### Di Honey

Assistant Coach -VIS/Vixens Netball

### Sharelle McMahon

Assistant Coach - Vixens (until September 2021)

### Elissa Kent

Netball Development Coach (on maternity leave from January 2022)

### Caitlin Thwaites

Netball Development Coach (from December 2021)

## SERVICE PROVIDERS

### Kylie Andrew

Nutrition Manager, Advanced Sports Dietitian

### Emily Athanasiou

Soft Tissue Therapist (Vixens)

### Peter Browne

Performance Scientist - Performance Analysis & Skill Acquisition

### Lyndsay Clarke

Lead Physical Preparation Coach (Development Program) (from February 2022)

### Andrea Farrow

Performance Lifestyle Advisor (until September 2021)

### Tony Glynn

Performance Psychologist (Vixens) (until March 2022)

### Kim Gray

Performance Lifestyle Advisor (from September 2021)

### Steve Hawkins

Physiotherapy / SST Manager

### Emma Iacovou

Physiotherapist (Vixens) (from November 2021)

### Sharna Lamb

Soft Tissue Therapist (Vixens)

### Felicity Lebbon

Physiotherapist (Vixens) (until November 2021)

### Dr. Samantha May

Sports Physician (Vixens)

### John Tascone

Lead Physical Preparation Coach (Vixens) (until November 2021)

### Katherine Taylor

Physiotherapist (Vixens) (until November 2021)

### Dr. Susan White

VIS Chief Medical Officer

### Matthew Vassie

Lead Physical Preparation Coach (Development Program) (until February 2022)

### Dave Veli

Lead Physical Preparation Coach (Vixens) (from November 2021)

## ATHLETES

Nyah Allen  
Emily Andrew  
Kiera Austin  
Ruby Barkmeyer  
Taylah Brown  
Keeley Burgmann  
Maggie Caris  
Gabrielle Coffey  
Jordan Cransberg  
Kadie-Ann Dehaney  
Poppy Douglass  
Kate Eddy  
Tayla Honey  
Mwai Kumwenda  
Dee Dee Lambert  
Sharni Lambden  
Olivia Lewis  
Sussu Liai  
Sasha McDonald  
Fionnuala McKeagney-Stubbs  
Emily Mannix  
Kate Moloney  
Hannah Mundy  
Jacqueline Newton  
Charli Nicol  
Melissa Oloamanu  
Uneeq Palavi  
Ochre Renwick  
Rahni Samason  
Allie Smith  
Kaylia Stanton  
Ruby Turner  
Emma Walters  
Zara Walters  
Elizabeth Watson  
Tara Watson  
Jo Weston  
Olivia Wilkinson  
Brooke Wilson

## TRAINING VENUES

VIS Gymnasium  
State Netball and Hockey Centre  
Melbourne Sports and Aquatic Centre

## PARTNERS

Netball Australia  
Netball Victoria

PHOTO: LIZ WATSON  
CREDIT: MELBOURNE VIXENS



VIS SPORTS

# ROWING

The VIS' involvement in rowing as a formal tier 1 program ended on 31 October 2021, following a comprehensive review by the VIS of all programs. The decision was reached jointly between all partners, with the pathway now managed by Rowing Victoria (RV) with the support of Rowing Australia (RA) and the clubs. Categorised Victorian rowers continue to be supported by the VIS via the Individual Athlete Scholarship Program.

Prior to the program's cessation, the Victorian Pathway Program (VPP) involved collaboration between VIS, RA, RV and the two Melbourne based performance clubs, Mercantile Rowing Club and Melbourne University Boat Club, with the aim to develop categorised athletes within the national pathway and progress them towards the Rowing Australian National Training Centres. The VIS provided program leadership, world class coach mentoring, training facilities and athlete services to categorised athletes within the VPP.

KEY ACHIEVEMENTS

2020 Olympic Games – Tokyo, Japan

- Jessica Morrison, Lucy Stephan, Rosie Popa - 1st Women's Four
- Katrina Werry, James Rook (coxswain) - 5th Women's Eight
- Angus Widdicombe, Joshua Booth, Simon Keenan, Timothy Masters - 6th Men's Eight
- Amanda Bateman - 7th Women's Double
- Jessica Morrison – 7th Women's Pair

2020 Paralympic Games – Tokyo, Japan

- Alex Viney - 4th PR3 Mixed Coxed Four

2022 Australian Rowing Championships – Nagambie, Australia

- Will Achermann
- 2nd Men's U23 Pair
  - 1st Men's U23 Four
  - 1st U23 Men's Eight

- Paige Barr
- 2nd Women's Four
  - 2nd Women's U23 Single Scull
  - 2nd Women's U23 Eight

- Louisa Bongrain
- 3rd Women's U23 Double Scull
  - 2nd Women's U23 Eight

- Joel Cain
- 2nd Men's Double Scull

- Ben Canham
- 3rd Men's Four

- Harry Fox
- 1st Men's Eight
  - 3rd Men's U23 Pair
  - 1st Men's U23 Four
  - 1st Men's U23 Eight

- Eliza Gaffney
- 3rd Women's Four
  - 1st Women's Eight
  - 2nd Women's U23 Pair
  - 1st Women's U23 Eight

- Jessica Gallagher
- 1st Women's PR3 Women's Single Scull
  - 1st Women's PR3 Pair
  - 1st Mixed PR3 Coxed Four
  - 1st Women's Interstate PR3 Single Scull

- Phoebe Georgakas
- 1st Women's Eight

- Simon Keenan
- 2nd Men's Pair
  - 1st Men's Eight

- Anna Kirkwood
- 3rd Women's Pair
  - 2nd Women's Four

- Rohan Lavery
- 1st Men's U23 Pair
  - 1st Men's Eight

- Nick Lavery
- 2nd Men's Pair

- Milla Marston
- 3rd Women's Four
  - 1st Women's Eight
  - 3rd Interstate Women's Single Scull (Nell Slater Trophy)

- Red Matthews
- 1st Men's Double Scull
  - 1st Men's Lightweight Single Scull
  - 3rd Men's Interstate Single Scull (President's Cup)

- Fraser Miscamble
- 1st Men's Eight
  - 3rd Men's U23 Pair
  - 1st Men's U23 Four
  - 1st Men's U23 Eight

- Jean Mitchell
- 3rd Women's Pair
  - 3rd Women's Four
  - 1st Women's Eight

- Nick Smith
- 2nd men's U23 Pair
  - 1st Men's U23 Four
  - 1st Men's U23 Eight

- Lucy Stephan
- 1st Women's Pair
  - 3rd Women's Four
  - 1st Women's Eight

- Katrina Werry
- 1st Women's Pair
  - 2nd Women's Four

- Angus Widdicombe
- 3rd Men's Four

- Alex Wolf
- 3rd Men's Four

- Eliza Gaffney, Jean Mitchell, Paige Barr, Lucy Stephan, Katrina Werry, Phoebe Georgakas
- 1st Interstate Women's Eight (Queens Cup)

- Rohan Lavery, Will Achermann, Alex Wolf, Simon Keenan, Ben Canham, Angus Widdicombe, Nick Smith, Nick Lavery
- 2nd Interstate Men's Eight (Kings Cup)

2022 Gavirate International Para Rowing Regatta - Gavirate, Italy

- Jessica Gallagher, Alex Viney - 2nd PR3 Mixed Coxed Four

2022 World Rowing Cup I - Belgrade, Serbia

- Jessica Gallagher, Alex Viney - 2nd PR3 Mixed Coxed Four

2022 World Rowing Cup II – Poznan, Poland

- Ben Canham, Angus Widdicombe, Simon Keenan, Rohan Lavery - 2nd Men's Eight
- Lucy Stephan, Katrina Werry - 1st Women's Four
- Jean Mitchell, Paige Barr - 3rd Women's Eight

PROGRAM STAFF

**Dr Harry Brennan**  
General Manager High Performance

**Matthew Thompson**  
Performance Coordinator

COACHES

**Noel Donaldson**  
VIS/VPP Head Rowing Coach (until October 2021)

SERVICE PROVIDERS

**Elaine Bo**  
Sports Dietitian (until January 2022)

**Andrew Fooks**  
Physiotherapist

**Kim Gray**  
Performance Lifestyle Advisor (until January 2022)

**Farhan Juhari**  
Physical Preparation Coach

**Dr Phillipa Inge**  
Sports Physician

**Emily Meehan**  
Sports Dietitian (from February 2022)

**Tess Rolley**  
Performance Scientist - Physiology

**Mark Spargo**  
Performance Psychologist (until October 2021)

**Sarah Thompson**  
Performance Lifestyle Advisor (from February 2022)

ATHLETES

Will Achermann  
Paige Barr  
Amanda Bateman  
Katrina Bateman  
Louisa Bongrain  
Joshua Booth  
Joel Cain  
Benjamin Canham  
Benjamin Coombs  
Liam Donald  
Laura Foley  
Harrison Fox  
Skyla Froebel  
Eliza Gaffney  
Jessica Gallagher  
Phoebe Georgakas  
Georgie Gleeson  
Kane Grant  
Fergus Hamilton  
Mitchell Hooper  
Andrew Judge  
Simon Keenan  
Anna Kirkwood  
Nick Lavery  
Rohan Lavery  
John Linke  
Milla Marston  
Timothy Masters  
Redmond Matthews  
Fraser Miscamble  
Jean Mitchell  
Jessica Morrison  
Rosemary Popa  
Sophie Reinehr  
Jack Robertson  
James Rook  
Nick Smith  
Lucy Stephan  
Alexandra Viney  
Alex Vuillermin  
Katrina Werry  
Angus Widdicombe  
Alex Wolf

TRAINING VENUES

VIS Gymnasium  
Yarra River (Mercantile and Melbourne University Boat Clubs)  
National Water Sports Centre, Carrum  
Nagambie Lakes Regatta Centre  
Barwon River, Geelong  
Tambo River, Johnsonville

PARTNERS

Rowing Australia  
Rowing Victoria  
Mercantile Rowing Club  
Melbourne University Rowing Club



PHOTO: WOMEN'S FOUR  
CREDIT: GETTY IMAGES





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**U** The Sailing program at VIS has overcome adversity and flourished this year. The Tokyo 2021 Olympics became a highlight and a beacon of hope for our athletes at home during COVID. Tess Lloyd, Will Phillips and Sam Philips represented the VIS exceptionally well in their first Games. Tess Lloyd is continuing the Olympic journey by campaigning for Paris 2024 and is hungry to improve on her world ranking and represent Australia for the second time.

The sailing community in Victoria has done an outstanding job at hosting many national selection events over the summer where we saw many of our VIS sailors achieve their goals, get the results and be selected on national teams. The athletes worked very hard off the water with theory and physical preparation which contributed to their success on the water later in the season. We are looking forward to our athletes competing on the world stage this year and bringing home both learnings and personal bests so we can continue to push the world's best.

— Carrie Smith, VIS Sailing Head Coach

PHOTO: TESS LLOYD (LEFT) AND JAMIE RYAN (RIGHT)  
CREDIT: GETTY IMAGES

The VIS sailing program operates in partnership with Australian Sailing's (AS) high-performance program to provide key support in the performance pathway program through to AS Futures, the Australian Sailing Squad and Australian Sailing Team. The VIS Sailing program works closely with our program partners, state network coaches, national program coaches and performance services staff to provide high quality support to nationally categorised athletes within the high-performance pathway. VIS athletes compete across most Olympic boat classes with a focus on providing a strong domestic training base, while exposing athletes to high quality national and international training and competition opportunities.

In 2021/22, the sailing program celebrated three Tokyo Olympic selections and debuts- Tess Lloyd (49er FX), Sam Phillips and Will Phillips (49er). The VIS program continues to adapt and expand with the introduction of new Olympic Sailing Classes, building numbers and participation rates in these classes.

## KEY ACHIEVEMENTS

- Anna Cripsey
  - 6th 49erFX, 2022 Sail Melbourne- Melbourne, Australia.
- Philip Cripsey
  - 3rd Wing foiling Qualifying Class, 2022 Victorian Youth Championships- Victoria, Australia.
- Jack Eickmeyer
  - 1st Laser, 2022 Victorian Youth Championships- Victoria, Australia.
  - Selection- Australian Sailing Youth Team.
- Chloe Fisher
  - 49th 49erFX, Kiel Regatta- Kiel, Germany.
  - AS Futures Selection- 49erFX.
- Laura Harding
  - 1st 49erFX, 2021 Sail Sydney- Sydney, Australia.
  - 1st 49erFX, 2022 Sail Melbourne- Melbourne, Australia.
  - 17th 49erFX, 2022 French Olympic Week Regatta- Hyeres, France.
  - 26th 49erFX, Kiel Regatta- Kiel, Germany.
  - Australian Sailing Squad Member.
- Casey Imeneo
  - 7th Laser Radial, 2022 Sail Melbourne- Melbourne, Australia.
  - 8th Laser Radial, Kiel Regatta- Kiel, Germany.
  - 18th Laser Radial, 2022 Princess Sofia Regatta- Spain 2022 World Cup Series- Palma, Spain.
  - 21st Laser Radial, 2022 French Olympic Week Regatta- Hyeres, France.
  - 24th Laser Radial, 2021 EurILCA Senior European Championships- Varna, Bulgaria.
  - 52nd Laser Radial, 2021 Laser Radial World Championships- Al Mussanah, Oman.
- Australian Sailing Squad Member
  - James Jackson
    - 3rd 470, 2022 Sail Melbourne- Melbourne, Australia.
    - Australian Sailing Youth Sailor of the Year, 2021.
  - Sophie Jackson
    - AS Futures Selection- 470 Mixed.
  - Tess Lloyd
    - 13th 49erFX, Tokyo 2020 Olympics- Tokyo, Japan.
    - 2nd 49erFX, 2022 Sail Melbourne- Melbourne, Australia.
    - 28th 49er FX, Kiel Regatta- Kiel, Germany.
    - Australian Sailing Team & Squad Member.
  - Zac Pullen
    - AS Futures Selection- Kite Foiling.
  - Sam Phillips
    - 12th 49er, Tokyo 2020 Olympics- Tokyo, Japan.
    - Australian Sailing Team Member.
  - Will Phillips
    - 12th 49er, Tokyo 2020 Olympics- Tokyo, Japan.
    - Australian Sailing Team Member.
  - Lily Richardson
    - 51st 49erFX, Kiel Regatta- Kiel, Germany.
    - AS Futures Selection- 49erFX.
  - Matilda Richardson
    - 51st 49erFX, Kiel Regatta- Kiel, Germany.
    - AS Futures Selection- 49erFX.
  - Linus Talacko
    - 4th Wing Foiling, 2022 Sail Melbourne- Melbourne, Australia.
  - Laura Thomson
    - 49th 49erFX, Kiel Regatta- Kiel, Germany.
  - Lachlan Weber
    - 2nd Laser, 2022 Victorian Youth Championships- Victoria, Australia.

## PROGRAM STAFF

- Bill Tait**  
General Manager High Performance
- Natalie Cross**  
Performance Coordinator
- Carrie Smith**  
Head Coach
- SERVICE PROVIDERS**
- Kylie Andrew**  
Nutrition Manager, Advanced Sports Dietitian (until May 2022)
- Andrea Farrow**  
Performance Lifestyle Advisor (until September 2021)
- Josh Ferguson**  
Physiotherapist (from February 2022)
- Tony Glynne**  
Performance Psychologist (until February 2022)
- Kim Gray**  
Performance Lifestyle Advisor (from September 2021)
- Dr Phillipa Inge**  
Sports Physician
- Michael Inglis**  
Performance Psychologist (from February 2022)
- Sarina Lococo**  
Sports Dietician (from February 2022)
- Alison Low**  
Physiotherapist (until February 2022)
- Sylvie Withers**  
Sport Scientist (until April 2022)
- Ben Willey**  
Physical Preparation Coach

## ATHLETES

- Lachlan Caldwell
- Harrison Chapman
- Anna Cripsey
- Philip Cripsey
- Tana Deyell
- Jack Eickmeyer
- Chloe Fisher
- James Grogan
- Lachlan Grogan
- Laura Harding
- Casey Imeneo
- James Jackson
- Sophie Jackson
- Tess Lloyd
- Jack Marquardt
- Sam Phillips
- Will Phillips
- Zac Pullen
- Lily Richardson
- Matilda Richardson
- Linus Talacko
- Laura Thomson
- Lachlan Weber

## TRAINING VENUES

- VIS Gymnasium
- Royal Brighton Yacht Club
- Sorrento Sailing and Couta Boat Club

## PARTNERS

- Australian Sailing
- Royal Brighton Yacht Club
- Sorrento Sailing and Couta Boat Club



# VIS SPORTS SHOOTING

The VIS plays a crucial role in the development and delivery of Shooting Australia's high-performance Program and their National Centre of Excellence program across both the Shotgun and Pistol disciplines. Within this year, the program has extended its support to the Rifle discipline. Through the partnership between VIS and Shooting Australia (SA), the engagement of the performance support team has provided a significant contribution to the development and preparation of athletes for benchmark ISSF World Championships events. The program supports SA's national coaches to develop, implement and evaluate their individual performance plans for targeted categorised athletes across Shotgun, Pistol, and Rifle disciplines.

Five VIS athletes (3x Shotgun, 2x Pistol) were selected in the 2020 Tokyo Olympic Team- a significant return to international competition that had been heavily impacted due to COVID-19. 'On the ground' VIS support further extended into numerous World Cup and Grand Prix events in 2022, building towards World Championships in Croatia at the end of 2022.

## KEY ACHIEVEMENTS

- Luke Argiro
- 1st Men's Skeet Medal Finals, 2022 ACTA ISSF Commonwealth Championships- Echuca, Australia.
  - 1st Men's Skeet Medal Finals, 2022 ACTA ISSF National Championships- Echuca, Australia.
  - 1st Men's Skeet Final, NSW State Titles- New South Wales, Australia.
  - Competed in ISSF World Cup- Lonato, Italy.
  - Nathan Argiro
  - 1st Men's Trap Medal Finals, 2022 ACTA ISSF National Championships- Echuca, Australia.
  - 2nd Men's Trap Final, NSW State Titles- New South Wales, Australia.
  - Competed in ISSF World Cup- Lonato, Italy.

- Elise Collier
- 1st 50m Rifle Prone, Wingfield Grand Prix- Adelaide, Australia.
  - 1st 10m Air Rifle Women, Wingfield Grand Prix- Adelaide, Australia.
  - 2nd 50m Rifle Prone, Wingfield Grand Prix - Adelaide, Australia.
  - 2nd 10m Air Rifle Women's, Wingfield Grand Prix - Adelaide, Australia.
  - 3rd 50m Rifle 3 Women's, Wingfield Grand Prix, - Adelaide, Australia.
  - 3rd 50m Rifle Women's, Wingfield Grand Prix - Adelaide, Australia.
  - Prior to VIS Scholarship, Elise competed at the 2020 Tokyo Olympic Games- Tokyo, Japan.

- Michael Davis
- 2nd 10m Air Rifle Team Men Gold Medal Match, ISSF World Cup- Baku, Azerbaijan.
  - 2nd 10m Air Rifle Men, Wingfield Grand Prix- Adelaide, Australia.
  - 2nd 50m Rifle 3 Men's, Wingfield Grand Prix- Adelaide, Australia.
  - 3rd 10m Air Rifle Men, Wingfield Grand Prix - Adelaide, Australia.
  - 3rd 50m Rifle 3 Men's, Wingfield Grand Prix - Adelaide, Australia.

- 3rd 10m Air Rifle Men, BISC Cup - Brisbane, Australia.
- 7th 50m Rifle Prone, BISC Cup - Brisbane, Australia.
- 14th 50m Rifle Prone Open, ISSF Junior World Cup- Suhl, Germany.
- Competed in ISSF Junior World Cup- Suhl, Germany & ISSF World Cup- Cairo, Egypt & ISSF World Cup - Baku, Azerbaijan.

- Sergei Evglevski
- 1st Men's 10m Air Pistol Final, BISC Open- Brisbane, Australia.
  - 1st Men's 25m Rapid Fire Pistol, BISC Open- Brisbane, Australia.
  - 1st Men's 25m Rapid Fire Pistol, BISC Cup 1- Brisbane, Australia.
  - 1st 25m Rapid Fire Pistol, Sydney Cup- Sydney, Australia.
  - 1st 10m Air Pistol, Sydney Cup- Sydney, Australia.
  - 1st 10m Air Pistol, BISC Cup 2- Brisbane, Australia.
  - 1st 25m Rapid Fire Pistol, BISC Cup 2- Brisbane, Australia.
  - 2nd Men's 10m Air Pistol, BISC Cup 1- Brisbane, Australia.
  - 3rd 10m Air Pistol Mixed Team, BISC Cup 2- Brisbane, Australia.
  - 17th 25m Rapid Fire Pistol Men, Tokyo 2020 Olympic Games- Tokyo, Japan.
  - Competed in ISSF World Cup- Cairo, Egypt & ISSF World Cup- Baku, Azerbaijan.

- Elena Galiabovitch
- Olympic Flag bearer- Tokyo Olympics- One of Six chosen by the International Olympic Committee.
  - 1st Women's 10m Air Pistol, BISC Cup 1- Brisbane, Australia.
  - 1st Women's 25m Air Pistol, BISC Cup 1- Brisbane, Australia.
  - 1st 25m Pistol, Sydney Cup- Sydney, Australia.
  - 1st 25m Pistol, BISC Cup 2- Brisbane, Australia.
  - 2nd 10m Air Pistol, BISC Cup 2- Brisbane, Australia.
  - 11th 25m Pistol Women, Tokyo 2020 Olympic Games- Tokyo, Japan.
  - 27th 10m Air Pistol Women, Tokyo 2020 Olympic Games- Tokyo, Japan.

- Mitchell Iles
- 2nd Trap Mixed Team Semi Final 1, ISSF World Cup Shotgun- Nicosia, Cyprus.
  - 2nd Trap Men Semi Final, ISSF World Cup Shotgun- Lonato, Italy.
  - 2nd Trap Men's Team Medal Match, ISSF Grand Prix- Granada, Spain.
  - 2nd Men's Trap Medal Finals, 2022 ACTA ISSF National Championships- Echuca, Australia.
  - 3rd Men's Trap Medal Finals, 2022 ACTA ISSF Commonwealth Championships- Echuca, Australia.

- Aislin Jones
- 1st Women's Skeet Medal Finals, 2022 ACTA ISSF Commonwealth Championships- Echuca, Australia.
  - 1st Women's Skeet Medal Finals, 2022 ACTA ISSF National Championships- Echuca, Australia.
  - 1st Women's Skeet Final, NSW State Titles- New South Wales, Australia.
  - 1st Women's Skeet Final, VIC State Titles- Victoria, Australia.

- Laetisha Scanlan
- 1st Trap Team Women Gold Match, ISSF World Cup Shotgun- Nicosia, Cyprus.
  - 1st Trap Team Women Medal Match, ISSF World Cup Shotgun- Lonato, Italy.
  - 1st Trap Mixed Teams Gold Medal Match, ISSF World Cup- Baku, Azerbaijan.
  - 2nd Trap Women's Final, ISSF Grand Prix- Granada, Spain.
  - 2nd Trap Mixed Team Gold Match, ISSF World Cup Shotgun- Nicosia, Cyprus.
  - 2nd Trap Women Medal Match, ISSF World Cup- Baku, Azerbaijan.
  - 2nd Trap Team, Women Gold Match, ISSF World Cup- Baku, Azerbaijan.
  - 2nd Women's Trap Final, NSW State Titles- New South Wales, Australia.
  - 4th Trap Women, Tokyo 2020 Olympic Games- Tokyo, Japan.

- Catherine Skinner
- 1st Trap Team Women Gold Match, ISSF World Cup Shotgun- Nicosia, Cyprus.
  - 1st Trap Team Women's Medal Match, ISSF World Cup Shotgun- Lonato, Italy.
  - 1st Trap Women's Final, ISSF Grand Prix- Granada, Spain.
  - 2nd Trap Team, Women Gold Match, ISSF World Cup- Baku, Azerbaijan.
  - 2nd Women's Trap Medal Finals, 2022 ACTA ISSF National Championships- Echuca, Australia.
  - 3rd Women's Trap Final, NSW State Titles- New South Wales, Australia.
  - 3rd Trap Mixed Team Medal Match, ISSF World Cup Shotgun- Lonato, Italy.
  - 4th Trap Women's Semi Final 1, ISSF World Cup Shotgun- Nicosia, Cyprus.

- Penny Smith
- 1st Trap Team Women Gold Match, ISSF World Cup Shotgun- Nicosia, Cyprus.
  - 1st Trap Team Women's Medal Match, ISSF World Cup Shotgun- Lonato, Italy.
  - 1st Women's Trap Medal Finals, 2022 ACTA ISSF Commonwealth Championships- Echuca, Australia.
  - 1st Women's Trap Final, NSW State Titles- New South Wales, Australia.
  - 2nd Trap Mixed Team Semi Final 1, ISSF World Cup Shotgun- Nicosia, Cyprus.
  - 3rd Trap Women's Final, ISSF Grand Prix- Granada, Spain.
  - 6th Trap Women, Tokyo 2020 Olympic Games- Tokyo, Japan.
  - 6th Trap Mixed Teams, Tokyo 2020 Olympic Games- Tokyo, Japan.

- James Willett
- 1st Trap Mixed Teams Gold Medal Match, ISSF World Cup- Baku, Azerbaijan.

- 1st Men's Trap Medal Finals, 2022 ACTA ISSF Commonwealth Championships- Echuca, Australia.
- 2nd Trap Mixed Team Gold Match, ISSF World Cup Shotgun- Nicosia, Cyprus.
- 2nd Trap Men's Team Medal Match, ISSF Grand Prix- Granada, Spain.
- 3rd Trap Mixed Team Medal Match, ISSF World Cup Shotgun- Lonato, Italy.
- 4th Trap Men Gold Match, ISSF World Cup Shotgun- Nicosia, Cyprus.
- 4th Men's Trap Medal Finals, 2022 ACTA ISSF National Championships- Echuca, Australia.
- 7th Trap Mixed Teams, Tokyo 2020 Olympic Games- Tokyo, Japan.
- 21st Trap Men, Tokyo 2020 Olympic Games- Tokyo, Japan.

## PROGRAM STAFF

**Bill Tait**  
General Manager High Performance

**Natalie Cross**  
Performance Coordinator

**Nicky Frey**  
VIS Shooting Program Manager (Until December 2021)

**Kathryn Periac**  
Shooting Australia Performance Manager (employed by Shooting Australia) (from May 2022)

## COACHES

**Vladimir Galiabovitch**  
National Pistol Coach (Shooting Australia)

**Richard Sammon**  
National Shotgun Coach (Shooting Australia)

## SERVICE PROVIDERS

**Elaine Bo**  
Sports Dietician

**Lyndsay Clarke**  
Physical Preparation Coach (from February 2022)

**Daniel Dymond**  
Performance Psychology Manager

**Josh Ferguson**  
Physiotherapist

**Ben King**  
Physical Preparation Coach (until February 2022)

**David Madigan**  
Performance Lifestyle Advisor (until May 2022)

**Dr Patrick Sunderland**  
Sports Physician

## ATHLETES

Luke Argiro  
Nathan Argiro  
Elise Collier  
Michael Davis  
Sergei Evglevski  
Elena Galiabovitch  
Mitchell Iles  
Aislin Jones  
Laetisha Scanlan  
Catherine Skinner  
Penny Smith  
James Willett

## TRAINING VENUES

VIS Gymnasium  
Various Shooting Ranges throughout Victoria

## PARTNERS

Shooting Australia

PHOTO: LAETISHA SCANLAN  
CREDIT: GETTY IMAGES

It was so nice to come together with all the nations and I hope that it gave the rest of the world some hope. Tokyo was able to pull this event off, of course with a lot of help, and were able to do so in a COVID safe way and still celebrate what sport brings to the world. So, it (Tokyo Olympics, ed.) was a remarkable thing to be a part of. It will take a little more reflection but ultimately, I know that I belong here, and I can do this, and that I can compete with the rest of the world. I really enjoyed this experience and I'd like more of it.

—Elena Galiabovitch, Tokyo 2020 Olympian and chosen by the IOC to carry the Olympic flag at the opening ceremony.



The VIS Swimming program, incorporating both able bodied and Para athletes, provides daily training environment support to categorised Victorian swimmers and their coaches. The program aims to produce athletes capable of achieving medal winning performances at international competitions and develop coaches with the expertise to successfully guide athletes as they perform on the world stage.

### KEY ACHIEVEMENTS

#### 2020 Olympic Games - Tokyo, Japan

- Brendon Smith - 3rd Men's 400m IM
- Mack Horton - 3rd Men's 4 x 200m Freestyle Relay (Heat Swim)
- Matthew Temple - 3rd Men's 4 x 100m Freestyle Relay, 4 x 100m Mixed Medley Relay, 5th Men's 100m Butterfly, 5th Men's 4 x 100m Medley Relay

#### 2020 Paralympic Games - Tokyo, Japan

- Col Pearce - 3rd Men's S10 100m Butterfly, 4th Men's SM10 200m IM, 8th Men's S10 100m Backstroke

#### 2022 Australian Para Swimming Championships - Adelaide, Australia

- Ashleigh McConnell - 3rd Women's 100m Freestyle MC
- Ahmed Kelly - 1st Men's 150IM MC

#### 2022 Australian Swimming Championships - Adelaide, Australia

- Sam Williamson - 1st Men's 50m Breaststroke, 3rd Men's 100m Breaststroke

#### 2022 World Para Swimming Championships - Madeira, Portugal

- Col Pearce - 2nd Men's S10 100m Butterfly, 2nd Men's SM10 200m IM, 5th Men's S10 100m Backstroke

#### Australian Records

- Col Pearce - 57.17 in the Men's S10 100m Butterfly at the 2022 World Para Swimming Championships (16.6.22)

### PROGRAM STAFF

**Dr Harry Brennan**  
General Manager High Performance

**Matthew Thompson**  
Performance Coordinator

### SERVICE PROVIDERS

**Kylie Andrew**  
Nutrition Manager, Advanced Sports Dietitian (until January 2022)

**Andrew Cameron**  
Physiotherapist (from March 2022)

**Louise Cato**  
Sports Dietitian (from February 2022 to April 2022)

**Chris Fonda**  
Sports Dietitian (from April 2022)

**Kristal Hammond**  
Performance Science - Physiologist (until January 2022)

**Michael Inglis**  
Performance Psychologist (from April 2022)

**David Madigan**  
Performance Lifestyle Advisor (until January 2022)

**Dr Alice McNamara**  
Sports Physician Registrar (from February 2022)

**Lachlan Mitchell**  
Performance Scientist - Physiology (from February 2022)

**Sarah Thompson**  
Performance Lifestyle Advisor (from February 2022)

**Jono Wallace-Smith**  
Physical Preparation Coach

### ATHLETES

Theo Benehoutsos  
Daniel Cave  
Zoe Deacon  
Jaime-Lee Getson  
Bowen Gough  
Ruby Halliday  
Mack Horton  
Ahmed Kelly  
Tara Kinder  
Ashleigh McConnell  
Noah Millard  
Col Pearce  
Gabriella Peiniger  
William Petric  
Elliot Rogerson  
Brendon Smith  
Matthew Temple  
Sam Williamson

### TRAINING VENUES

VIS Gymnasium  
EC Waves  
Melbourne Propulsion  
Melbourne Vicentre Swimming Club  
MLC Aquatic  
Nunawading Swimming Club

### PARTNERS

Swimming Australia  
Swimming Victoria

The VIS Individual Athlete Scholarships are offered annually to athletes from sports which do not have a VIS Tier 1 program. The program features a range of Australia's leading high-performance athletes across numerous Olympic, Paralympic and Commonwealth sports. The athletes, who are all achieving excellent results in senior national and international competition, can access the full range of comprehensive performance services as well as utilising the outstanding training and recovery facilities at the VIS headquarters at Lakeside Stadium.

Coming out of the COVID-19 pandemic, there were minimal opportunities and events for the Individual group to compete at during the year. Despite the disruptions, the year contained a number of significant major events including the Tokyo Olympic and Paralympic Games where twenty-eight individual scholarship holders attended across the two Games and the Beijing Winter Olympic and Paralympic Games with three individual scholarship holders in attendance.

### KEY ACHIEVEMENTS

#### ARCHERY

**Alec Potts**

- 75th Compound - Indoor World Series, France

**Laura Paeglis**

- 59th Final Qualifier Tournament for the Tokyo Olympics, Paris, France
- 79th World Cup 3, Paris, France

#### BADMINTON

**Kenneth Choo**

- 1st Mixed Doubles - 2022 Yonnex Australia National Championships, Bendigo, Victoria
- 2nd Men's Doubles - 2022 Yonnex Australia National Championships, Bendigo, Victoria

**Kaitlyn Ea**

- 1st Women's Doubles - 2022 Yonnex Australia National Championships, Bendigo, Victoria
- 3rd Women's Singles - 2022 Yonnex Australia National Championships, Bendigo, Victoria
- 3rd Mixed Doubles - 2022 Yonnex Australia National Championships, Bendigo, Victoria
- 13th Uber Cup Finals (BWF World Women's Team Championships)

**Sydney Go**

- 13th Uber Cup Finals (BWF World Women's Team Championships)

**Jayden Lim**

- 2nd Men's Doubles - 2022 Yonnex Australia National Championships, Bendigo, Victoria

**Jacob Schueler**

- 1st Men's Singles - 2022 Yonnex Australia National Championships, Bendigo, Victoria

**Gronya Somerville**

- 1st Mixed Doubles - Victor Oceania Championships, Melbourne, Victoria
- 2nd Women's Doubles - Victor Oceania Championships, Melbourne, Victoria
- 1st Mixed Doubles - 2022 Yonnex Australia National Championships, Bendigo, Victoria
- 1st Women's Doubles - 2022 Yonnex Australia National Championships, Bendigo, Victoria
- 13th Uber Cup Finals (BWF World Women's Team Championships)

**Angela Yu**

- 3rd Women's Doubles - 2022 Yonnex Australia National Championships, Bendigo, Victoria
- 13th Uber Cup Finals (BWF World Women's Team Championships)

#### BASKETBALL

**Jenna O'Hea**

- 8th Womens' Team - Olympic Games, Tokyo, Japan

#### CANOEING

**Tristan Carter**

- 1st Overall Men's C1 - 2022 Paddle Australia Canoe Slalom Oceania Championships, Penrith, New South Wales
- 6th Overall Men's K1 - 2022 Paddle Australia Canoe Slalom Oceania Championships, Penrith, New South Wales
- 2nd Men's C1 - 2022 Paddle Australia Canoe Slalom Championships, Bradys Lake, Tasmania
- 5th Men's K1 - 2022 Paddle Australia Canoe Slalom Championships, Bradys Lake, Tasmania

#### CURLING

**Dean Hewitt**

- 13th Mixed Doubles - Qualico Mixed Doubles Classic, Baniff, Canada
- 1st Mixed Doubles - WFG Okotoks Mixed Doubles Classic, Alberta, Canada
- 1st Mixed Doubles - Olympic Qualification Event, Leeuwarden, Netherlands
- 10th Mixed Doubles - Winter Olympic Games, Beijing, China
- 6th Mixed Doubles Group B - World Mixed Double Curling Championship, Geneva, Switzerland

#### EQUESTRIAN

**Emma Booth (Para Dressage)**

- 5th Individual Freestyle Grade III Open - Olympic Games, Tokyo, Japan
- 8th Individual Championship Test Grade III Open - Olympic Games, Tokyo, Japan

#### FOOTBALL

**Stephanie Catley**

- 4th Women's Team - Olympic Games, Tokyo, Japan
- Quarter Final - AFC Women's Asian Cup, Pune, India

There has been real regeneration of the VIS squad over the last twelve months post the Olympics and there is an exciting crop of youngsters coming through who will no doubt make a name for themselves over the next few years.  
—Harry Brennan, General Manager High Performance

SWIMMING

PHOTO: COL PEARSE  
CREDIT: GETTY IMAGES



# INDIVIDUAL ATHLETE SCHOLARSHIP PROGRAM

PHOTO: TYSON BULL  
CREDIT: GETTY IMAGES / KELLY DEFINA

## GYMNASTICS

### Brock Batty

- 4th Trampoline, FIG Trampoline World Cup, Coimbra, Portugal
- 1st Junior Synchronised Male Trampoline - Australian Gymnastics Championships, Gold Coast, Queensland
- 1st Junior Male Trampoline - Australian Gymnastics Championships, Gold Coast, Queensland
- 2nd Senior International Male Team Double Mini Trampoline - Australian Gymnastics Championships, Gold Coast, Queensland
- 3rd Senior International Male Team Trampoline - Australian Gymnastics Championships, Gold Coast, Queensland

### Miella Brown

- 2nd Junior Team Competition - EnBW DTB Pokal Cup, Stuttgart, Germany
- 1st Junior Uneven Bars - EnBW DTB Pokal Cup, Stuttgart, Germany
- 2nd WAG Junior International Team - Australian Gymnastics Championships, Gold Coast, Queensland
- 2nd WAG Junior International All Around - Australian Gymnastics Championships, Gold Coast, Queensland
- 2nd WAG Junior International Floor - Australian Gymnastics Championships, Gold Coast, Queensland
- 1st WAG Junior International Uneven Bars - Australian Gymnastics Championships, Gold Coast, Queensland
- 2nd WAG Junior International Vault - Australian Gymnastics Championships, Gold Coast, Queensland

### Romi Brown

- 3rd Senior Team Competition - EnBW DTB Pokal Cup, Stuttgart, Germany
- 2nd Senior Uneven Bars - EnBW DTB Pokal Cup, Stuttgart, Germany
- 1st WAG Senior International Team - Australian Gymnastics Championships, Gold Coast, Queensland
- 3rd WAG Senior International Floor - Australian Gymnastics Championships, Gold Coast, Queensland
- 1st WAG Senior International Uneven Bars - Australian Gymnastics Championships, Gold Coast, Queensland

- 3rd WAG Senior International All around - Australian Gymnastics Championships, Gold Coast, Queensland

### Tyson Bull

- 5th Horizontal Bar - Olympic Games, Tokyo, Japan
- 3rd MAG Senior International Team - Australian Gymnastics Championships, Gold Coast, Queensland
- 1st MAG Senior International High Bar - Australian Gymnastics Championships, Gold Coast, Queensland
- 6th Parallel Bars - FIG World Challenge Cup, Osijek, Croatia
- 7th High Bar - FIG World challenge Cup, Osijek, Croatia
- 1st High Bar - FIG World Cup Challenge, Koper, Slovenia

### Marcus Casamento

- 3rd MAG Senior International Team - Australian Gymnastics Championships, Gold Coast, Queensland
- 1st MAG Senior International Floor - Australian Gymnastics Championships, Gold Coast, Queensland

### Flynn Gregor

- 1st Junior Synchronised Male Trampoline - Australian Gymnastics Championships, Gold Coast, Queensland
- 1st Junior U17 Double Mini Trampoline - Australian Gymnastics Championships, Gold Coast, Queensland
- 2nd Senior International Male Team Double Mini Trampoline - Australian Gymnastics Championships, Gold Coast, Queensland
- 3rd Senior International Male Team Trampoline - Australian Gymnastics Championships, Gold Coast, Queensland
- 3rd Trampoline, FIG Trampoline World Cup, Coimbra, Portugal

### Sunday Hollingsworth

- 1st Junior Synchronised Female Trampoline - Australian Gymnastics Championships, Gold Coast, Queensland

### Alex Luyckx

- 3rd Trampoline, FIG Trampoline World Cup, Coimbra, Portugal
- 3rd Senior International Male Trampoline - Australian Gymnastics Championships, Gold Coast, Queensland
- 2nd Senior International Male Team Double Mini Trampoline - Australian Gymnastics Championships, Gold Coast, Queensland

- 3rd Senior International Male Team Trampoline - Australian Gymnastics Championships, Gold Coast, Queensland

### Kate McDonald

- 1st WAG Senior International Team - Australian Gymnastics Championships, Gold Coast, Queensland
- 2nd WAG Senior International Uneven Bars - Australian Gymnastics Championships, Gold Coast, Queensland
- 2nd WAG Senior International Beam - Australian Gymnastics Championships, Gold Coast, Queensland

### Macy Pegoli

- 1st WAG Senior International Team - Australian Gymnastics Championships, Gold Coast, Queensland

### Chloe Saliaris

- 1st WAG Senior International Team - Australian Gymnastics Championships, Gold Coast, Queensland

### Charlotte Shin

- 2nd Junior Team Competition - EnBW DTB Pokal Cup, Stuttgart, Germany
- 6th Junior Floor - EnBW DTB Pokal Cup, Stuttgart, Germany

### Emily Whitehead

- 3rd Senior Team Competition - EnBW DTB Pokal Cup, Stuttgart, Germany
- 3rd Senior Beam - EnBW DTB Pokal Cup, Stuttgart, Germany
- 4th Senior Floor - EnBW DTB Pokal Cup, Stuttgart, Germany
- 1st WAG Senior International Team - Australian Gymnastics Championships, Gold Coast, Queensland
- 2nd WAG Senior International All around - Australian Gymnastics Championships, Gold Coast, Queensland
- 1st WAG Senior International Floor - Australian Gymnastics Championships, Gold Coast, Queensland
- 3rd WAG Senior International Beam - Australian Gymnastics Championships, Gold Coast, Queensland

## JUDO

### Aoife Coughlan

- 7th Women's -70kg - World Judo Championships Seniors, Hungary
- 9th Women's -70kg - Olympic Games, Tokyo, Japan



# INDIVIDUAL ATHLETE SCHOLARSHIP PROGRAM

## SKATEBOARDING

### Shane O'Neill

- 16th Men's Street - Olympic Games, Tokyo, Japan
- 17th Men's Street - Street League skateboarding (SLS), Salt Lake City, USA
- 1st Men's Street - Copenhagen Pro Open - Lurblaster Ledges, Copenhagen, Denmark
- 8th Men's Street - Copenhagen Pro Open - Skatepark Qualifiers, Copenhagen, Denmark
- 1st Men's Street - Tampa Pro, Tampa, Florida, USA
- 6th Men's Street - SLS Super Crown World Championship

### Hayley Wilson

- 16th Women's Street - Olympic Games, Tokyo, Japan
- 3rd ASL Street Championships - Open Female

## SKIING

### Mitchell Gourley (Para Alpine)

- 10th Men's Standing Giant Slalom - World Para Snow Sports Championships, Lillehammer, Norway
- 15th Men's Slalom - World Para Snow Sports Championships, Lillehammer, Norway
- 20th Men's Downhill Standing - Paralympic Winter Games, Beijing, China

- 13th Men's Super Combined Standing - Paralympic Winter Games, Beijing, China
- 10th Men's Slalom Standing - Paralympic Winter Games, Beijing, China

## SNOWBOARDING

### Scotty James

- 11th Men's Halfpipe - World Cup, Laax, Switzerland
- 1st Men's Halfpipe - X-Games, Aspen, USA
- 2nd Men's Halfpipe - Winter Olympic Games, Beijing, China

## SPORT CLIMBING

### Oceana Mackenzie

- 19th Women's Combined - Olympic Games, Tokyo, Japan
- 53rd Bouldering - IFSC Climbing World Cup, Meiringen, Switzerland

## SQUASH

### Rex Hedrick

- 1st Men's Open - Australian Doubles Open, Carrara, Queensland
- 2nd Mixed Open - Australian Doubles Open, Carrara, Queensland
- 9th Men's Doubles - 2022 WSF World Doubles Championship, Glasgow, Scotland

## SURFING

### Willis Droomer

- 1st ISA World Junior Championships, Surf City, El Salvado

### Ellie Harrison

- 2nd Gold Coast Open WQS, Burleigh Heads, Queensland
- 1st Harvey Norman Sydney Pro Junior, Manly Beach, New South Wales

### India Robinson

- 5th Oakberry Tweed Coast Pro, Kingscliff, New South Wales
- 2nd ROXY Pro France, Seignosse, Landes, Nouvelle-Aquitaine, France
- 4th Michelob ULTRA Pure Gold Haleiwa Challenger, Haleiwa, Hawaii, USA
- 5th Hurley Pro Sunset Beach, Oahu, Hawaii, USA
- 5th MEO Pro Portugal, Peniche, Portugal

### Nikki Van Dijk

- 9th Jeep Surf Ranch Pro, Leemore, California, USA
- 5th Boost Mobile Gold Coast Pro, Gold Coast, Queensland
- 2nd GWM Sydney Surf Pro

## TABLE TENNIS

### Rebecca Julian

- 1st WD14 2022 French Para Open

### Lina Lei

- 1st Women's Singles Class 9 - Olympic Games, Tokyo, Japan
- 1st Women's Singles Class 9 - Spanish Para Open, Platja d'Aro, Spain
- 1st Women's Doubles Class WS20 - Spanish Para Open, Platja d'Aro, Spain
- 3rd Mixed Doubles Class XS17 - Spanish Para Open, Platja d'Aro, Spain

### Lin Ma

- 2nd Men's Singles Class 9 - Olympic Games, Tokyo, Japan
- 2nd Team Class 9-10 - Olympic Games, Tokyo, Japan
- 3rd Men's Singles Class 9 - Spanish Para Open, Platja d'Aro, Spain
- 1st Mixed Doubles Class XS20 - Spanish Para Open, Platja d'Aro, Spain

### Nathan Pellisier

- 3rd Mixed Doubles Class XS17 - Spanish Para Open, Platja d'Aro, Spain

### Melissa Tapper

- 9th Mixed Doubles - Olympic Games, Tokyo, Japan
- 9th Women's Team - Olympic Games, Tokyo, Japan
- 5th Women's Singles Class 10 - Paralympic Games, Tokyo, Japan
- 3rd Women's Singles Class 10 - Spanish Para Open, Platja d'Aro, Spain

### Qian Yang

- 1st Women's Singles Class 10 - Olympic Games, Tokyo, Japan
- 1st Women's Singles Class 10 - Spanish Para Open, Platja d'Aro, Spain
- 1st Women's Doubles Class WS20 - Spanish Para Open, Platja d'Aro, Spain
- 1st Mixed Doubles Class XS20 - Spanish Para Open, Platja d'Aro, Spain

## TAEKWONDO

### Jack Marton

- 11th Men's -80kg - Olympic Games, Tokyo, Japan

## TRIATHLON

### Marcel Walkington

- 11th Elite Men - World Triathlon Championship Series, Hamburg, Germany
- 7th Mixed Teams - World Triathlon Championship Series, Hamburg, Germany
- 33rd Elite Men - 2021 World Triathlon Championships Series, Abu Dhabi, UAE

## WATER POLO

### Rowie Webster

- 5th Women's Team - Olympic Games, Tokyo, Japan

## WHEELCHAIR BASKETBALL

### Tristan Knowles, Jeremy Tyndall

- 5th Paralympic Games, Tokyo, Japan

### Isabel Martin, Bree Mellberg

- 9th Paralympic Games, Tokyo, Japan

At the Tokyo 2020 Paralympic Games, Dylan Alcott secured his place in the history books when he won the Quad Wheelchair Singles to win his fourth Paralympic gold medal. Dylan also made history completing the Golden Slam in September 2021 when he won the US Open quad wheelchair singles title, adding to his victories at the Australian Open, Roland Garros and Wimbledon. In doing so, Dylan became the first man in any form of tennis to earn the calendar year Golden Slam of all four major titles and Paralympic or Olympic gold.



## WHEELCHAIR RUGBY

### Andrew Harrison, Jason Lees, Jayden Warn, Ben Fawcett, Shae Graham, Josh Hose

- 4th Paralympic Games, Tokyo, Japan

### Andrew Harrison, Ben Fawcett, Shae Graham

- 4th Canada Cap, Richmond BC, Canada

## WHEELCHAIR TENNIS

### Dylan Alcott

- 1st Quad Singles - French Open, Roland Garros, Paris, France
- 1st Quad Singles - Wimbledon, London, England
- 1st Quad Singles - Paralympic Games, Tokyo, Japan
- 1st Quad Singles - US Open, New York, USA
- 2nd Quad Singles - Australian Open, Melbourne, Victoria

### Health Davidson

- 5th Quad Singles - Mixed - Paralympic Games, Tokyo, Japan
- 2nd Quad Doubles - US Open, New York, USA
- 3rd Quad Singles - Australian Open, Melbourne, Victoria

## PROGRAM STAFF

### Dr Harry Brennan

General Manager High Performance (until June 2022)

### David Madigan

General Manager High Performance - Individual Scholarship Program (from June 2022)

### Nerissa Byrne

Senior Performance Coordinator (until June 2022)

### Emily Andrews

Performance Coordinator (from June 2022)

## SERVICE PROVIDERS

### Kylie Andrew

Nutrition Manager, Advanced Sports Dietitian (Gymnastics)

### Emily Athanasiou

Soft Tissue Therapist

### Amber Bennett

Physiotherapist (Surfing) (from April 2022)

### Elaine Bo

Sports Dietitian (Lawn Bowls, Climbing, Table Tennis)

### Louise Cato

Sports Dietitian (Artistic Swimming, Gymnastics, Skateboarding, Surfing, Water polo) (from February 2022)

### Lyndsay Clarke

Lead Physical Preparation Coach

### Kevin Craigie

Sports & Exercise Physiotherapist (Lawn Bowls, Water Polo, Weightlifting)

### Annie Davies

Soft Tissue Therapist

### Daniel Dymond

Performance Psychology Manager

### Josh Ferguson

Physiotherapist (Skateboarding, Table Tennis)

### Chris Fonda

Sports Dietitian (Maternity Leave cover - Artistic Swimming, Gymnastics, Water Polo) (from April 2022)

### Mitchell Gourley

Performance Lifestyle Adviser (from April 2022)

### Steve Hawkins

Physiotherapy / STT Manager (Basketball)

### Dr Philippa Inge

Sports Physician

### Farhan Juhari

Physical Preparation Coach

### Yosup Kim

Physical Preparation Coach

### Ben King

Physical Preparation Coach

### Nathan Lee

Physical Preparation Coach

### Alison Low

Physiotherapist (Cycling - BMX)  
Dr Alice McNamara  
Sports Physician Registrar

### David Madigan

Performance Lifestyle Adviser (until June 2022)

### Emily Meehan

Sports Dietitian (Canoeing, Cycling - BMX, Rowing, Weightlifting) (from February 2022)



PHOTO: MITCH GOURLEY  
CREDIT: GETTY IMAGES / ALEXANDRE HASSENSTEIN



# INDIVIDUAL ATHLETE SCHOLARSHIP PROGRAM

**Will Morgan**

Physical Preparation Manager

**Stephanie Mundy**

Lead Physical Preparation Coach

**Gillian Niven**

Soft Tissue Therapist

**Ebonie Rio**

Sports Physiotherapist (Artistic Swimming, Badminton, Canoeing, Gymnastics, Sport Climbing, Wheelchair Rugby)

**Rodney Siegel**

Performance Science Manager

**Benjamin Sortino**

Physical Preparation Coach

**Dr Patrick Sunderland**

Sports Physician

**Rachel Stentiford**

Sports Dietitian (Badminton, Equestrian, Squash, Winter) (From April 2022)

**Katherine Taylor**

Physiotherapist (Equestrian, Softball) (From March 2022)

**Pippa Temperley**

Performance Lifestyle Adviser

**Sarah Thompson**

Performance Lifestyle Adviser

**Jono Wallace-Smith**

Physical Preparation Coach

**Matthew Vassie**

Lead Physical Preparation Coach

**Jarrold Vos**

Physical Preparation Coach

**Samuel Wells**

Performance Scientist – Performance Analysis – Para Table Tennis

**Dr Susan White**

Chief Medical Officer / Director Performance Health Services

**ATHLETES****Christopher Addis** / Para Table Tennis**Dylan Alcott** / Wheelchair Tennis**Harvey Allan** / Squash**Anneke Bak** / Artistic Swimming**Jake Ballestrino** / Para Table Tennis**Joshua Barry** / Para Lawn Bowls**Brock Batty** / Gymnastics**Emma Booth** / Para Equestrian**Jontee Brown** / Wheelchair Basketball**Miella Brown** / Gymnastics**Romi Brown** / Gymnastics**Tyson Bull** / Gymnastics**Sarah Cardwell** / Squash**Rory Carroll** / Para Table Tennis**Tristan Carter** / Canoe Slalom**Marcus Casamento** / Gymnastics**Stephanie Catley** / Football**Kenneth Choo** / Badminton**Rebecca Cole** / Basketball**Shanae Collins** / Skateboarding**Aoife Coughlan** / Judo**Tyson Cromie** / Lawn Bowls**Health Davidson** / Wheelchair Tennis**Jarryd Davies** / Lawn Bowls**Shrey Dhand** / Badminton**Daniela Di Toro** / Para Table Tennis**Willis Droomer** / Surfing**Kaitlyn Ea** / Badminton**Blake Edwards** / Water Polo**Lachlan Edwards** / Water Polo**Ben Fawcett** / Wheelchair Rugby**Brendan Gallagher** / Lawn Bowls**Ashari Gill** / Gymnastics**Sydney Go** / Badminton**Justin Goh** / Wheelchair Rugby**Kayson Goh** / Badminton**Mitchell Gourley** / Para Alpine Skiing**Shae Graham** / Wheelchair Rugby**Flynn Gregor** / Gymnastics**Kristy Harris** / Boxing**Andrew Harrison** / Wheelchair Rugby**Ellie Harrison** / Surfing**Connor Hayes** / Squash**Rex Hedrick** / Squash**Dean Hewitt** / Curling**Trevor Hirth** / Para Table Tennis**Sunday Hollingsworth** / Gymnastics**Josh Hose** / Wheelchair Rugby**Scotty James** / Snowboarding**Amanda Jennings** / Para Canoe**Margo Joseph** / Artistic Swimming**Rebecca Julian** / Para Table Tennis**Brenna Kean** / Weightlifting**Tristan Knowles** / Wheelchair Basketball**Carla Krizanac** / Lawn Bowls**Alice Kunek** / Basketball**Anastasia Kusmawan** / Artistic Swimming**Jazmine Lam** / Badminton**Jian Lay** / Table Tennis**Jason Lees** / Wheelchair Rugby**Lina Lei** / Para Table Tennis**Bailey Lewis** / Taekwondo**Bethany Li** / Badminton**Jayden Lim** / Badminton**Yee-Yuan Lim** / Badminton**Yangzi Liu** / Table Tennis**Tara Logan** / Water Polo**Alex Luyckx** / Gymnastics**Andre Lynn** / Squash**Lin Ma** / Para Table Tennis**Oceana Mackenzie** / Sport Climbing**Tess Madgen** / Basketball**Isabel Martin** / Wheelchair Basketball**Jack Marton** / Taekwondo**Kate McDonald** / Gymnastics**James McQuillan** / Wheelchair Rugby**Bree Mellberg** / Wheelchair Basketball**Dylan Molinaro** / Squash**Thomas Ng** / Badminton**Jenna O'Hea** / Basketball**Dean O'Neill** / Lawn Bowls**Shane O'Neill** / Skateboarding**Laura Paeglis** / Archery**Macy Pegoli** / Gymnastics**Nathan Pellisier** / Para Table Tennis**Alec Potts** / Archery**India Robinson** / Surfing**Georgia Rose-Brown** / Gymnastics**Amanda Ross** / Equestrian**Chloe Saliaris** / Gymnastics**Courtney Scholtz** / Squash**Jacob Schueler** / Badminton**Charlotte Shin** / Gymnastics**Charlotte Smith** / Artistic Swimming**Gronya Somerville** / Badminton**Madeleine Steere** / Water Polo**Melissa Tapper** / Para Table Tennis**Joshua Thornton** / Para Lawn Bowls**Jeremy Tyndall** / Wheelchair Basketball**Nikki Van Dijk** / Surfing**Zoe Vorenas** / Para Equestrian**Marcel Walkington** / Triathlon**Jake Wallwork** / BMX Freestyle**Jayden Warn** / Wheelchair Rugby**Rowie Webster** / Water Polo**Emily Whitehead** / Gymnastics**Kylie Whitehead** / Lawn Bowls**Aaliyah Wilson** / Skateboarding**Hayley Wilson** / Skateboarding**Keefer Wilson** / Skateboarding**Qian Yang** / Para Table Tennis**Angela Yu** / Badminton**Chauncey Yu** / Badminton**Yuelin Zhang** / Badminton**Frederick Zhao** / Badminton**Otto Zhao** / Badminton**TRAINING VENUES**

VIS &amp; various venues around Victoria

**FINN LUU**  
**TABLE TENNIS****911****56%**WINS FROM  
1238 MATCHESOF MATCHES NEVER  
DROPPED A GAME

The role of the Future Talent Program is to identify and support the “next generation” of athletes who will represent Australia at marquee events such as the Olympic, Paralympic and Commonwealth Games. During the COVID-19 pandemic, there were minimal opportunities and events for the Future Talent group to compete at during the second half of 2021. Opportunities became available during 2022 and preparations for the Commonwealth Games in July 2022 were also in full swing.

**KEY ACHIEVEMENTS****Doug Crawford** / Ski Cross

- 42nd World Cup, Secret Garden China
- 22nd World Cup, Val Thorens, France
- 59th World Cup, Arosa, Switzerland
- 54th World Cup, Innichen, Italy
- 45th World Cup, Nakiska, Canada
- 40th World Cup, Idre Fjall, Sweden
- 2nd European Cup, Grasgehren, Germany
- 5th European Cup, Reiteralm, Austria
- 1st FIS Races, Alleghe, Italy

- 2nd FIS Races, Alleghe, Italy
- Selected – Snow Australia National Alpine Ski Team 2022/2023

**Mark Crosbee** / Canoe Slalom

- 10th overall Men's K1 - 2022 Paddle Australia Canoe Slalom Oceania Championships, Penrith, New South Wales
- 3rd U18 Men's K1 - 2022 Paddle Australia Canoe Slalom Oceania Championships, Penrith, New South Wales
- 4th U23 Men's K1 - 2022 Paddle Australia Canoe Slalom Oceania Championships, Penrith, New South Wales
- 1st U18 Men's C1 - 2022 Paddle Australia Canoe Slalom Oceania Championships, Penrith, New South Wales
- 2nd U23 Men's C1 - 2022 Paddle Australia Canoe Slalom Oceania Championships, Penrith, New South Wales
- 3rd Men's C1 - Australian Open, Penrith, New South Wales
- 9th Men's K1 - Australian Open, Penrith, New South Wales
- 6th Men's K1 - 2022 Paddle Australia Canoe Slalom Championships, Bradys Lake, Tasmania
- 7th Men's C1 - 2022 Paddle Australia Canoe Slalom Championships, Bradys Lake, Tasmania

- 2022 Paddle Australia Canoe Slalom National Junior Team – Selection (MK1 & MC1)
- 2nd Men's C1 - ECA Junior Canoe Slalom Cup, Valstagna, Italy

**Alec Danelutti** / BMX Freestyle

- 6th ULT.X, Africa
- 3rd Victorian State Championships, Braybrook, Victoria

**Xavier Huxtable** / Surfing

- 33rd Oakberry Tweed Coast Pro, Kingscliff, New South Wales
- 2nd Victorian Open Series, West Coast Surf Festival
- 1st Victorian Open State Championships, Phillip Island, Victoria
- 17th Phillip Island Pro, Phillip Island, Victoria
- 25th CARVE Great Lakes Pro, Boomerang Beach, New South Wales
- 33rd Gage Roads Port Stephens Pro, Port Stephens, New South Wales
- 13th Vissla Central Coast Pro, Avoca Beach, New South Wales
- 33rd Oakberry Tweed Coast Pro, Tweed Coast, New South Wales
- 65th City of Newcastle Pro, Newcastle, New South Wales
- 2nd Ripcurl Pro Trials, Bells Beach, Victoria
- 17th Gold Coast Open, Burleigh Heads, Queensland

PHOTO: FINN LUU  
CREDIT: TABLE TENNIS AUS



Renae Jones / Shooting

- 3rd Trap (Commonwealth & National) 2022 Australian Clay Target Association ISSF Nationals, Echuca, Victoria
- 3rd Women's Trap Team Junior - ISSF Junior World Cup, Suhl, Germany
- 4th Mixed Trap Team Junior - ISSF Junior World Cup, Suhl, Germany

Nicholas Lum / Table Tennis

- 1st U17 Boys singles - WTT Youth Contender, Lignano, Italy
- 2nd U17 Boys singles - World Table Tennis Youth Contender, Szombathely, Hungary
- 1st Men's singles - Szombathely Vorsas Kupa, Hungary
- 1st Men's doubles - Szombathely Vorsas Kupa, Hungary
- 1st U17 Boys singles - World Table Tennis Youth Contender, Slovakia
- 3rd U19 Boys singles - World Table Tennis Youth Contender, Slovakia
- 1st U19 boy's doubles - World Table Tennis Youth Star Contender, QAT
- Selected - Commonwealth Games, Birmingham, England
- 2nd U17 Boys' singles - World Table Tennis Youth Contender, Linz, Austria

Finn Luu / Table Tennis

- 3rd U17 Boys singles - WTT Youth Contender, Lignano, Italy
- 1st Men's doubles - Szombathely Vorsas Kupa, Hungary
- 1st U19 boy's doubles - World Table Tennis Youth Star Contender, Qatar
- Selected - Commonwealth Games, Birmingham, England

Sebastian Montalto / Canoe Slalom

- 9th Men's K1 - 2022 Paddle Australia Canoe Slalom Age Championships
- 5th overall Men's K1 - 2022 Paddle Australia Canoe Slalom Oceania Championships, Penrith, New South Wales
- 1st U18 Men's K1 - 2022 Paddle Australia Canoe Slalom Oceania Championships, Penrith, New South Wales
- 1st U23 Men's K1 - 2022 Paddle Australia Canoe Slalom Oceania Championships, Penrith, New South Wales
- 5th Men's K1 - Australian Open, Penrith, New South Wales
- 2022 Paddle Australia Canoe Slalom National Junior Team – Selection (MK1)

Kiplin Smith / Gymnastics

- Selected - 2022 Men's Artistic Gymnastics State Team – Senior International
- 3rd MAG Senior International Team - Australian Gymnastics Championships, Gold Coast, Queensland
- 2nd MAG Senior International High Bar - Australian Gymnastics Championships, Gold Coast, Queensland

Celine Vinot / Para Badminton

- 1st Women's singles SL3 &4 - Para Badminton State Championships, Victoria
- Selected - 2022 Badminton Australia Para Falcons

PROGRAM STAFF

**Dr Harry Brennan**  
General Manager High Performance (until June 2022)

**David Madigan**  
General Manager High Performance - Individual Scholarship Program (from June 2022)

**Nerissa Byrne**  
Senior Performance Coordinator (Pathways) (until June 2022)

**Emily Andrews**  
Performance Coordinator (from June 2022)

SERVICE PROVIDERS

**Kylie Andrew**  
Nutrition Manager, Advanced Sports Dietitian (Gymnastics)

**Emily Athanasiou**  
Soft Tissue Therapist

**Amber Bennett**  
Physiotherapist (Surfing) (from April 2022)

**Elaine Bo**  
Sports Dietitian (Lawn Bowls, Climbing, Table Tennis)

**Louise Cato**  
Sports Dietitian (Gymnastics, Skateboarding, Surfing) (from February 2022)

**Annie Davies**  
Soft Tissue Therapist

**Daniel Dymond**  
Performance Psychology Manager

**Josh Ferguson**  
Sports Physiotherapist (Skateboarding, Table Tennis)

**Chris Fonda**  
Sports Dietitian (Maternity Leave cover - Gymnastics, Skateboarding, Surfing) (from April 2022)

**Steve Hawkins**  
Physiotherapy / STT Manager

**Dr Philippa Inge**  
Sports Physician

**Farhan Juhari**  
Physical Preparation Coach

**Ben King**  
Physical Preparation Coach

**Alison Low**  
Physiotherapist (Cycling – BMX)

**Dr Alice McNamara**  
Sports Physician Registrar

**David Madigan**  
Performance Lifestyle Adviser (until June 2022)

**Emily Meehan**  
Sports Dietitian (Canoeing, Cycling BMX) (from February 2022)

**Will Morgan**  
Physical Preparation Manager

**Gillian Niven**  
Soft Tissue Therapist

**Ebonie Rio**  
Sports Physiotherapist (Badminton, Canoeing, Gymnastics)

**Dr Patrick Sunderland**  
Sports Physician

**Rachel Stentiford**  
Sports Dietitian (Badminton, Winter) (from April 2022)

**Jono Wallace-Smith**  
Physical Preparation Coach

**Jarrold Vos**  
Physical Preparation Coach

**Dr Susan White**  
VIS Chief Medical Officer / Director Performance Health Services

ATHLETES

**Doug Crawford** / Ski Cross

**Mark Crosbee** / Canoe Slalom

**Alec Danelutti** / BMX Freestyle

**Charlotte Heath** / Skateboarding

**Xavier Huxtable** / Surfing

**Renae Jones** / Shooting

**Nicholas Lum** / Table Tennis

**Finn Luu** / Table Tennis

**Sebastian Montalto** / Canoe Slalom

**Kiplin Smith** / Gymnastics

**Celine Vinot** / Para Badminton

TRAINING VENUES

VIS & various venues around Victoria

PARTNERS

The Carbine Club



The VIS Performance team provides high level integrated support to VIS sport programs and individual athletes through an inter-disciplinary service delivery model.

The staff work closely with our National and State program partners, to deliver world class programs and ensure that key performance objectives are achieved at a National and International level.

PERFORMANCE TEAM

**Dave Crosbee**  
Director High Performance

**Bill Tait**  
General Manager High Performance

**Dr Harry Brennan**  
General Manager High Performance

**Rebekah Webster**  
General Manager High Performance (from May 2022)

**David Madigan**  
General Manager High Performance (from May 2022)

**Emily Andrews**  
Performance Coordinator (started June 2022)

**Natalie Cross**  
Performance Coordinator

**Matthew Thompson**  
Performance Coordinator

**Nicole Tumblety**  
Performance Coordinator (started June 2022)

**Nerissa Turner**  
Senior Performance Coordinator – (until May 2022)

**Peter Kyffin**  
Data Intelligence Lead (until May 2022)

**Richard Little**  
Data Scientist

**Claire Lamb**  
Coach Development Lead (from June 2022)

**Sylvie Withers**  
Project Manager – Innovation & Research (started April 2022)

“NEW BEGINNINGS” FOR THE VIS

In May 2021, the Victorian State Government budget provided a significant increase in funding for the VIS to Paris 2024. This is the

biggest single increase in investment in the VIS since the start of the VIS in 1990 and offered an opportunity to reassess the approach taken to athlete support. During 2021 and 2022 there has been a review of our existing support approaches and restructuring of the support teams and employment models (moving to more staff being full time employees, as opposed to part-time contractors) around the various sport programs resulting in a significant increase in support levels and staffing, which will increase VIS staffing levels by approximately 30%.

The increase in funding has also allowed the VIS to not only increase the quantity and quality of the support given to the sports/ athletes the VIS already supported – but also increase the number of athletes and sports that can be supported, with the aim of offering support to every nationally categorised athlete based in Victoria.

This approach has seen a significant increase in numbers of athletes offered scholarships through the Individual Athlete Scholarship Program (IASP), plus several new sport programs commencing during the first half of 2022.

These programs were identified during the review process of all the existing VIS programs that was completed in 2020. The process included looking at the future potential and opportunities within a sport and if there is a clearly defined role for the VIS in the sport's pathway, followed by discussions and an agreement being put in place with the respective NSOs.

The new programs that have commenced in 2022 are:

1. **Combat** – to support the Combat Australia National Performance Centre based in Albert Park
2. **Wheelchair Basketball** - this is the first solely Paralympic program the VIS has run.
3. **Archery** – to support both Olympic and Paralympic athletes in Victoria.
4. **Triathlon** – to support a Talent Transfer approach based in Victoria and support a camps-based approach to the Paralympic National Triathlon hub in Victoria.

LEADERSHIP

In order to achieve alignment with the national sporting strategic direction and support the Australian Sports Commission's key performance sport outcome of 'Creating national pride and inspiration through international sporting success' the VIS continues to apply resources to targeted programs in order to achieve athlete performance impact and development. This is achieved through leading the development of relationships with high performance sport partners which positions the VIS to make a significant contribution to the following national high performance sport outcomes:

- Performance progression of emerging and developing categorised Australian athletes
- Success of Australian athletes at benchmark senior elite international events, particularly World Championships.
- Success of Australia as a top 15 nation at the Winter Olympic and Paralympic Games
- Success of Australia as a top 5 nation at the Olympic Games
- Success of Australia as a top 2 nation at the Commonwealth Games.

ATHLETE ENVIRONMENT

The VIS aims to meet the needs of its scholarship holders to deliver 'success in sport and life' by providing a world class athlete training environment, to help them improve their sporting performances while promoting continuous personal development and supporting athlete welfare and engagement with the wider community.

In conjunction with the performance services provided at the VIS facility in Albert Park, the VIS continues to facilitate opportunities in a variety of home-based, central, regional, interstate and international training and competition environments.

COACHING

The VIS continues to prioritise world class coaching, developing relationships with National and State Sporting Organisations to identify, recruit, develop and performance manage coaches within the VIS sporting programs. Coach progression and



development is supported via the provision of professional development opportunities and funded initiatives.

A strong working relationship between the VIS and the AIS Centre for Performance Coaching and Leadership continues to enhance these opportunities, with the VIS fully supportive of their aim to deliver world best approaches to learning and development, formalising pathways for professional development and driving knowledge growth.

As well as developing the employed VIS coaches, various educational and development opportunities are developed and offered to coaches in the wider Victorian sporting community.

The VIS has been chosen by the AIS as one of the locations for deployment of the Coach Development Lead positions with the appointment of Claire Lambe in June 2022.

The VIS is also a strong supporter of the 'Gen-32' Coaching initiative, with a number of the new positions being based within VIS programs.

## PERFORMANCE SERVICES

Performance services assist athletes to develop their performance capabilities, at the same time as supporting athlete personal development, welfare and community engagement and is delivered through physical preparation; sport science;

performance analysis; biomechanical analysis; physiotherapy; sports medicine; sport massage; sports nutrition; sport psychology and Performance Lifestyle.

In March 2022, the restructure of the organisation saw the performance services listed above divided across two teams of the organisation: Performance and the newly created Performance Health Services team.

The services of performance science (formerly sport science) and physical preparation remain in the Performance team, with the other services migrating across to Performance Health Services.

## DATA INTELLIGENCE

The Data Intelligence team have continued to develop and refine support processes that have allowed the VIS to continue to support athletes through the restrictions in place due to COVID-19.

The overall aim of the Data Intelligence team is to help develop processes that allow sports to better collect, utilise and understand data collected in training and competition to enhance future training and athlete development.

At an organisational level they are also developing processes to collate broader data, such as that utilised in the program review process to help inform the strategic decisions taken by the VIS.

## COVID-19

As with the wider community, COVID-19 continued to present challenges for the athletes, coaches and support staff throughout 2021-22. The (hopefully) final Melbourne lockdown during the 2021 winter meant athletes and staff had to be resourceful in how to train and deliver support yet again – but this challenge was met with the usual VIS 'can do' spirit and approach.

Once lockdown restrictions eased – sports moved quickly to resume competition and training camp opportunities and regaining some semblance of 'normality'. This was then tempered with the emergence of the 'Omicron' variant in late 2021 and the focus shifted from managing restrictions and rules/laws/mandates to managing the inevitable positive cases amongst athletes and staff to again minimise disruptions to training and competition.

This has remained the focus, as authorities around the world are indicating there will not be a return to major restrictions and mandates, even with high levels of infections, along with the ethos of 'living with COVID' – which in the sporting world has meant the risk management approach has shifted from one of direct infection management to one of minimising performance risks. This will be an ongoing area that we will need to keep monitoring and adapting our approach.

## PHYSICAL PREPARATION AND PERFORMANCE SCIENCE

The VIS physical preparation & performance science (formerly sport science) staff are constantly striving to support our athletes and coaches improve their performance. Translating the latest scientific research and applying scientific principles they seek to enhance the athlete's physical and physiological capabilities, measure and monitor their progress and look for new and innovative ways to enhance their performance.

The last year was marked by a significant transformation of the team as staff moved into new roles following the Olympics/ Paralympics and a number of new staff were recruited into the team. The restructure saw Harry Brennan move into a General Manager of High Performance role with Will Morgan stepping up to the new Physical Preparation Manager role and Rod Siegel into the Performance Science Manager role. Will is supported by Jono Wallace Smith and Cory Innes who both moved into Assistant Manager roles to assist with the line management of staff while continuing to lead their sports of swimming and athletics respectively. John Tascone left the team after initially starting as a trainee ten years ago. John finished with the Vixens in September 2021 before supporting the aerial skiing program through to the Beijing Winter Olympics. Over the years John also made a significant impact to the rowing, swimming, women's hockey and Individual Scholarship programs. The team welcomed seven new physical preparation coaches – Dave Veli, Dean Ritchie, Jarrod Vos, Lyndsay Clarke, Steph Mundy, Yosup Kim and Nathan Lee.

In performance science, Lewis Quinn finished in September to take up a full time position with the wheelchair rugby team and Sam Wells moved from a part-time into a full time position in a partnership position with Para Table Tennis and Paralympics Australia as a performance analyst. New additions included Avish Sharma supporting the athletics program, Ana Holt returning to the organisation to provide physiology support to triathlon and cycling and Lachlan Mitchell commenced in a new National Pathways Support Manager role with swimming. Also joining the swimming support team was Victoria Brackley in a biomechanics role and Matt Harris commenced as the performance analyst for hockey and projects.

In professional development, Rod Siegel, Will Morgan and Lachlan Mitchell commenced the AIS Team Leadership (Performance Support) program and Peter Browne commenced the AIS Practitioner Development Pilot program. Sam Wells and Ana Holt commenced the VU Graduate certificate in Data Analytics. Ben Willey and John Tascone attended the Australian Strength and Conditioning Association Annual conference, and Harry Brennan attended the World Class to Worlds Best conference. Cory Innes and Jono Wallace Smith started their ASCA Level 3 accreditation.

Salesi Uhi undertook a number of projects within the facility. The facial recognition

system was linked to the AMS COVID-19 screening to provide system integration to assist with COVID-19 screening protocols. The air exchange in the sprung floor was upgraded with the installation of a new air conditioning system. Will Morgan has re-designed the sprung floor area to incorporate a new gym facility to cope with the increase in athlete numbers and Sal has led a project to redesign the building to cater for the increased number of staff and consultation rooms needed.

## SPECIALIST STAFF

**Dr Harry Brennan**  
Sport Science/Physical Preparation Manager (until March 2022)

## PHYSICAL PREPARATION STAFF

**Will Morgan**  
Lead Physical Preparation Coach – Winter Sports (until March 2022), Physical Preparation Manager (from March 2022)

**Lyndsay Clarke**  
Lead Physical Preparation Coach – Dev Netball, Shooting, Ind Scholarship (from February 2022)

**Anita Durlack**  
Physical Preparation Coach – Athletics – Rep Stream (until August 2021)

**Farhan Juhari**  
Lead Physical Preparation Coach – Rowing, Ind Scholarship / Future Talent, Winter Sport

**Yosup Kim**  
Physical Preparation Coach – Combat and Ind. Scholarships

**Ben King**  
Lead Physical Preparation Coach – Golf, Shooting and Individual Scholarships/Future Talent (until March 22), Hockey (from March 2022)

**Nathan Lee**  
Lead Physical Preparation Coach – Wheelchair Basketball and Individual Scholarships (from March 2022)

**Cory Innes**  
Lead Physical Preparation Coach – Athletics / Assistant Manager (from April 2022)

**Jono Wallace Smith**  
Lead Physical Preparation Coach– Individual Scholarships/Future Talent, Taekwondo, Swimming (until March 2022), Swimming/ Assistant Manager from April 2022

**Stephanie Mundy**  
Lead Physical Preparation Coach – Athletics Rep Stream & Individual Scholarship (from March 2022)

**John Tascone**  
Lead Physical Preparation Coach – Vixens, Women's Hockey (until August 2021), Aerial Skiing (from August 2021 to March 2022)

**Matt Vassie**  
Lead Physical Preparation Coach – Development Netball, Diving, Men's Hockey (until March 2022), Diving & Triathlon (from March 2022)

**Dave Veli**  
Lead Physical Preparation Coach – Melbourne Vixens (from Nov 2021)

**Jarrod Vos**  
Lead Physical Preparation Coach – Archery & Individual Scholarships (from September 2021)

**Ben Willey**  
Lead Physical Preparation Coach – Cycling, Sailing

## PERFORMANCE SCIENCE STAFF

**Rodney Siegel**  
Lead Sport Scientist – AIS National Physiology Lead / VIS Performance Science Manager (from September 2021)

**Victoria Brackley**  
Performance Scientist – Biomechanics (Swimming & Projects) (from March 2022)

**Peter Browne**  
Performance Scientist – Performance Analysis (Netball & Hockey)

**Kristal Hammond**  
Lead Physiologist – Swimming (until February 2022), Physiology Projects (from February 2022)

**Matt Harris**  
Performance Scientist – Hockey and Projects (from June 2022)

**Ana Holt**  
Performance Scientist – Physiology – Cycling & Triathlon (from January 2022)

**Lachlan Mitchell**  
Performance Scientist – Physiology (Swimming) / Performance Pathway Support Manager (from February 2022)

**Lewis Quinn**  
Sports Scientist (Performance Analysis) – Paralympics Australia, Shooting (until September 2021)

**Dean Ritchey**  
Lead Physical Preparation Coach – Combat Sports (from Apr 2022)

**Tess Rolley**  
Performance Scientist – Physiology (Rowing)

**Avish Sharma**  
Performance Scientist – Physiology – Athletics (from February 2022)

**Dani Trowell**  
Performance Scientist – Biomechanics (Athletics)

**Sam Wells**  
Performance Scientist – Performance Analysis (Para Table Tennis & Paralympic Projects) (Full time from Oct 2021)

**Sylvie Withers**  
Lead Sport Scientist – Sailing, Diving, Aerial Skiing (until March 22), Project Manager – Innovation & Research (from May 2022)

## STUDENT PLACEMENT PROGRAM

### PHYSICAL PREPARATION TRAINEES

Timothy Cheng  
Jason Cox  
Cate Gifford  
Jonathon Kloester  
Steph Pahl  
James Trevenen

### SPORT SCIENCE TRAINEES

Milli Bilson  
Sophie Coltman  
Jordan Hilton  
Brooke Hutchins

## PHYSICAL PREPARATION AND PERFORMANCE SCIENCE TEAM

**20** OF THE 26 STAFF STARTED OUT WITHIN OUR STUDENT PLACEMENT PROGRAM





# PERFORMANCE SERVICES / PERFORMANCE HEALTH SERVICES

PHOTO: LAURA PEEL  
CREDIT: GETTY IMAGES  
/ TOM PENNINGTON

With an increase in Government funding to the VIS, the significant focus over the last year has been the restructure of the organisation. In March 2022, the VIS officially moved to the new structure incorporating four teams: performance, performance health services, corporate services, people & community.

The establishment of the performance health services team saw the migration of the health services to the newly created team led by the Chief Medical Officer/Director Performance Health Services: sports medicine, physiotherapy/soft tissue therapy, nutrition, performance psychology, Performance Lifestyle. Performance science (previously sport science) and physical preparation remain in the performance team under the leadership of the Director High Performance.

The performance health services team has a broad range of knowledge and expertise, that is used to support VIS athletes in their daily training environments and during travel and competition, both interstate and internationally.

As part of the 'new beginnings', the clinical sciences delivery model has undergone a complete transformation, moving from a model of small scale, contracted reactive healthcare provision, to one of employed, embedded, fully integrated proactive healthcare. The team are now embedded within the various sport programs so that they can be involved in proactive planning and delivery of services as well as more immediate triage, diagnosis, and early intervention lead when injury or illness occurs.

The teams are building relationships, assuming management of existing issues and collecting data to inform, maintaining healthy athletes that can perform optimally. Some practitioners have already travelled to major events with their sport programs and some research and innovation projects have already commenced.

Over the past 12 months, the increased opportunities for athletes to travel and compete in major events with the ongoing impact of COVID have presented ongoing challenges for the performance health services team.

A hybrid delivery of services has allowed athlete preparation to continue with a minimisation of COVID risk. Continuation of a mix of face to face, telehealth, virtual

meetings, altered gym space and schedules and strict COVID protocols have allowed VIS Performance services to continue with only minor limitations on the services provided. Importantly there have been no COVID outbreaks originating within the VIS environment

We would like to sincerely thank all the members of the team, who have gone above and beyond over the past year and who have adapted to the current changes to ensure that the VIS operations continued to run smoothly and effectively, enabling our athletes to continue with their training whilst also supporting their wellbeing.

## PERFORMANCE SERVICES / PERFORMANCE HEALTH SERVICES TEAM

**Dave Crosbee**  
Director High Performance (until March 2022)

**Dr Susan White**  
Chief Medical Officer / Director Performance Health Services (from March 2022)

**Nerissa Byrne**  
Performance Health Services Coordinator (from May 2022)

## SPORTS MEDICINE

The VIS sports medicine team includes leading experts and consultants with extensive experience in the high-performance sport environment. They deliver an innovative and proactive program of support aimed at the prevention, early detection and management of injuries and illness in relation to performance. The sports medicine team plays a role in the treatment and rehabilitation of all VIS athletes, focusing on athletes' physical and mental wellbeing, with the core principle of the "healthy human" as the basis on which to develop elite performance.

Emerging from the COVID-19 pandemic, consulting and medical screening continued with a mix of telehealth and face to face consulting, depending on the case. Telehealth remained the safest choice during the lockdowns but also proved popular and practical for many athletes who live in regional Victoria or who find it difficult to get into the VIS building (e.g., younger athletes that can't drive, those juggling VCE studies). When COVID restrictions eased, relatively more consultations began to take place on site at the VIS however as previously noted, telehealth remained a good alternative for many athletes and this service will continue to be an available option going forward.

Consideration has been given to how medical services could optimally operate and what would be required to achieve this with the expanded athlete group. Central to these considerations has been the core principle of the "healthy human" as the basis on which to develop elite performance. Increasing the availability/hours of doctors at the VIS and adding a nurse's skill set to proactively contribute to interdisciplinary care has been implemented. Increasing the medical team's involvement in clinically relevant research that has a demonstrable benefit to staff and athletes has been undertaken with the whole of VIS and has included partnering with universities in applying for and conducting research in the area of elite athlete care and performance.

Ongoing planning/projects have been:

1. Restructuring of the medical department in 2022 - with increased consulting hours and allocated time for interdisciplinary meetings and proactive management.
2. VIS nurse position was investigated and discussed with the AIS. This progressed to the formation of a formal job description and hiring of a nurse.
3. NIN CMO meetings. Collaborative discussions around shared issues including COVID management, medical department servicing and structure and

AMS for doctors. Discussions have already commenced around development of a clinical governance document for use across the NIN group, Iron deficiency management and current COVID protocols.

4. Research. VIS have committed to support a multicentre funding application for multiple PhD research positions in the area of Female Athlete Health with Australian Research Council Industrial Transformation Centre as well as being a partner organisation with Latrobe University Sport and Exercise Research Centre in a bid as an IOC Centre of Research in Female Athlete Health.
5. A VIS position on concussion management has recently been finalised. It confirms that NSO concussion policies will be followed or defaulted to the AIS Position statement. It continues reporting, documentation and return to sport guidelines

As of 1 February, the medical department expanded. Dr Susan White continues in the Chief Medical Officer (CMO) role with two days committed to COVID management, coordination between NIN and NSO medical departments and within the VIS Performance Health Services departments. Dr White has also taken up the role of Director Performance Health Services.

Dr Alice McNamara, a third year registrar on the sports physicians training program and previous VIS rowing scholarship holder, commenced with us two days a week. Dr McNamara hit the ground running with a large number of screens to be conducted due to a large volume of athletes being inducted.

Dr Philippa (Pip) Inge and Dr Patrick Sunderland have increased their hours to one full day a week and Dr Susan White is also doing one full day of athlete care.

Five full days of athlete medical care are now available (up from two days) to allow for more proactive and involved care within the VIS and to cater for the increased athlete numbers.

Nerissa Byrne transitioned into the full-time role of Performance Health Services Coordinator, continuing to provide support to the sports medicine team and the performance health services team as a whole, handling the logistics of a large team across multiple sports programs.

Since April 2022, the VIS doctors have been "allocated" sports or athlete groups and are now attending the various fortnightly interdisciplinary team meetings. The four-person medical team (equivalent to 1.0 FTE) continues to be predominantly focussed on the new scholarship entry medical screens. Each athlete also has an annual medical review to ensure all issues around illnesses, injuries, medications, and supplements are being appropriately managed and considered. The screening also checks for supplement and medication use relative to the WADA Prohibited List. With the increase in athletes, this annual medical review will continue to

take up a significant portion of allocated medical time.

Throughout 2021/2022, sports medicine staff have played key roles and maintained key involvement with a number of high-profile events.

Dr Philippa Inge was the chief medical officer of the Australian Paralympic team for Tokyo. Dr Inge is also due to be attending the Commonwealth Games with the Australian women's cricket team.

Dr Alice McNamara will also be attending the Commonwealth Games with the Australian swimming team and continues her work with St Kilda AFL/VFLW.

Dr Susan White remains Chair of ASDMAC and the WADA TUE Expert Group and will Chair the Therapeutic Use Exemption (TUE) Appeals Body for the Commonwealth Games Federation. She is also Chief Medical Officer for Netball Australia

Dr Patrick Sunderland continues to work with Essendon Football Club and to consult at VIS. Dr Sunderland successfully passed his Sports Physician Fellowship exams during the year and we congratulate him on that achievement.

## SPORTS PHYSIOTHERAPY

The physiotherapy team delivers proactive, athlete centred, performance focused healthcare to VIS athletes. The team is comprised of expert clinicians who leverage their skills to provide an epidemiologically focused service, collaborating with other inter-disciplinary team (IDT) members to keep athletes healthy, engaged, training and competing at their best.

The team are now embedded within the various sport programs so that immediate triage, diagnosis and early intervention lead to faster recovery and return to sport should an injury occur.

The physiotherapy team has undergone a complete transformation, moving from a model of small scale, contracted reactive healthcare provision, to one of employed, embedded, fully integrated proactive healthcare.

Steve Hawkins, in his role as Physiotherapy Manager, has engaged with epidemiologists, organisational psychologists and experienced clinicians from various disciplines within the AIS and NIN, and the wider high performance sport system, to conduct a range of systems analyses and data analytics projects to make recommendations to the VIS executive and Board regarding the structure of the expanded department. This has also aligned with his completion of the Grad Cert of Applied Clinical Epidemiology course run jointly by the University of Canberra and the AIS.



This has seen the team expand from a total FTE of approximately 2.2, spread across 12-13 people, to an employed team of 9.0 FTE across 10 people.

The various clinicians making up the newly structured team have come on board over a period of six months, from November 2021 through until April 2022. This has coincided with Victoria coming out of lockdowns and migrating to a new COVID normal mode of existence. The physiotherapy team have been instrumental in driving the ongoing policies and processes required for the VIS to safely and effectively co-exist with COVID – minimising risk to athletes and staff, while still optimising sporting performance processes and outcomes.

The team have contributed significantly to the reset of the VIS' research strategy, with Dr Ebonie Rio (conducting a leadership training-based project) leading the way, and both she and Steve Hawkins being a part of the research steering group that has resulted in a new Research Council and grant application process being put in place. Ebonie continues to play a key role on the council going forward, as well as expanding her time at the VIS into a part time employed position, also contributing to the Individual Athlete Scholarship program and assuming leadership responsibilities within the physiotherapy team.

Alison Low continues the great work she has been doing within the athletics program, and has expanded her role within the cycling program, as well as assuming leadership

responsibilities within the department. Ali and Ebonie Rio are valuable additions to the leadership of both the physiotherapy team, and the VIS overall.

Josh Ferguson has come on full time across the sailing, shooting and Individual Scholarship programs, and has already been awarded an innovation grant to explore different methods of cross training for board riding/foiling sailors and common training elements of board riding athletes. Josh also continues in his role as the lead physiotherapist for Shooting Australia and has travelled multiple times internationally with the shooters in direct preparation for their Paris 2024 campaign.

Kevin Craigie is now full time within the athletics and Individual Scholarship programs, after supporting the track and field athletes in Tokyo during the delayed Olympics. He also serves as the National Pathways Physiotherapy Lead for Athletics Australia, and has been awarded a VIS research grant to investigate a novel method for measuring calf strength in athletes.

Emma Iacovou has just concluded her first season as the full time physiotherapist for the Melbourne Vixens program. Her collaboration with the interdisciplinary team has seen the team have their lowest number of missed games due to injury on record and has seen her invited by Netball Australia to provide support for the Diamonds in their pre-departure camp that will see them gearing up for a tilt at a gold medal at the upcoming Commonwealth Games.

The Melbourne Vixens program is one of only three women's sporting teams in Australia with a full-time healthcare service provider as part of the team.

Katherine Taylor, previously contracted with the Vixens program, has joined the team full time and is working across the hockey, wheelchair basketball and Individual Scholarship programs. Kath's long involvement with team sports sees her well suited to take on this role, and she has been working her way towards an improved use of the facilities at the newly re-developed State Netball and Hockey Centre to assist in improving athlete performance outcomes.

Andrew Cameron, a former VIS scholarship athlete in swimming, has taken up a role embedded within the swimming and diving programs. This expands on his previous capacity as a contracted physio with swimming, but also sees him working closely with the diving program to work out how to best integrate healthcare into a program that has never had a dedicated physio previously. This has contributed to a number

of successful performances and selections for VIS athletes in national teams and for major benchmark events.

Jacqueline Gurr is another former VIS scholarship athlete (sailing), and has commenced full time with the combat sport program (judo), newly minted archery program and the Individual Scholarship program. She is taking an epidemiological approach to rolling out a proactive healthcare program in two sports that have never had access to this type of service previously.

Amber Bennett comes to us after a successful Beijing cycle with the OWIA. Her experience in managing the competing demands of frequently travelling international athletes sees her perfectly placed to commence her new role with the combat sport program (taekwondo & boxing) and the triathlon program, as well as some work in the Individual Scholarship space. Amber will also be part of a project looking at the physical demands of combat sport athletes.

With the cessation of the rowing program as a standalone VIS program, and the absorption of categorised rowing athletes into the Individual Scholarship program, Andrew Fooks will continue his role contracting to provide care for VIS rowing athletes.

## SOFT TISSUE THERAPY

The soft tissue therapy service has continued to operate with a mix of telehealth and face to face consulting as dictated by COVID over this past year. The therapists have found and explored innovative ways to assist athletes when the traditional face to face consulting approach has not been possible

Anne Davies attended the Tokyo Olympics in support of the athletics team, while Gillian Niven attended the Tokyo Paralympics in a headquarters support role, volunteering to stay on after the conclusion of the Games to care for and chaperone a seriously injured VIS athlete.

## SERVICE PROVIDERS

### SPORTS MEDICINE

**Dr Susan White**  
Chief Medical Officer / Director Performance Health Services

**Dr Philippa Inge**  
Sports Physician

**Dr Samantha May**  
Sports & Exercise Medicine Registrar – Melbourne Vixens

**Dr Alice McNamara**  
Sports Physician Registrar (from February 2022)

**Dr Patrick Sunderland**  
Sports Physician

### SPORTS PHYSIOTHERAPY

**Steve Hawkins**  
Physiotherapy / Soft Tissue Therapy Manager

**Amber Bennett**  
Physiotherapist (from April 2022)

**Andrew Cameron**  
Physiotherapist (from March 2022)

**Kevin Craigie**  
Physiotherapist

**Joshua Ferguson**  
Physiotherapist

**Andrew Fooks**  
Physiotherapist

**Jacqueline Gurr**  
Physiotherapist (from April 2022)

**Emma Iacovou**  
Physiotherapist (from November 2021)

**Alison Low**  
Physiotherapist

**Daniel Mirecki**  
Physiotherapist (until December 2021)

**Dr. Ebonie Rio**  
Physiotherapist

**Katherine Taylor**  
Physiotherapist (from March 2022)

### SOFT TISSUE THERAPY

**Emily Athanasiou**  
Soft Tissue Therapist

**Anne Davies**  
Soft Tissue Therapist

**Gillian Niven**  
Soft Tissue Therapist

### PARTNERS

Club Warehouse



## SPORTS NUTRITION

The VIS nutrition team has expanded to include eight experienced sports dietitians, who provide a comprehensive service to all VIS scholarship holders, sports and programs.

Sports dietitians work closely with coaches and other service providers to ensure that the nutrition programs delivered for each sport are in line with their health and performance goals and areas of focus across the year. Various methods are used to educate and support athletes from screenings to one-on-one dietary consultations, periodised training and competition diet planning, hydration testing, physique assessment, supplement advice and protocols, as well as practical education such as cooking sessions and supermarket tours.

2021/22 has been a year of significant growth for VIS nutrition. With an increase in Government funding to the VIS, the team was able to expand. Kylie Andrew's part time lead role became a full-time role as Nutrition Manager to undertake the recruitment, set up and support the growing team.

This growth saw Elaine Bo and Jessica Rothwell, who have worked with the VIS for a few years, expand their hours and become part time staff. The team was joined by Louise Cato, Siobhan Crawshay, Sarina Lococo, Emily Meehan, and Rachel Stentiford in early 2022. Chris Fonda also joined the team as Louise's parental leave cover in April. We farewelled Rebecca Hall in late 2021, who left to increase her role at ACU and OWIA. We thank Rebecca for her work with the VIS cycling program.

The increase in funding has allowed for greater nutrition support for all sport programs, with embedding of dietitians to work closely with athletes as well as their coaches and support team. The Dietitians are enjoying spending more time in the DTE and getting out to training, camps, and competitions.

The dietitians continue to deliver Nutrition Advancement presentations to secondary school students as part of the Victorian Challenge and Enrichment Series. These sessions which include a mix of theory and practical information, together with real athlete case studies and activities, have been delivered to almost 2000 Victorian Government school students since July 2020. We are thrilled to now be offering these sessions in a face-to-face format at VIS, including a short tour of our facility.

The nutrition and medical teams continue to work closely on areas of overlap, including the monitoring and managing of iron and vitamin D, with protocols developed to best manage these areas.

Kylie, Jess & Emily completed the train-the-trainer workshops to deliver the AIS Eating Disorders in Sport Workshop. Together with Laura Cosgrove (psychologist), we have now delivered this workshop to almost 50 staff, including coaches and service providers,

**94%**  
VIS ATHLETES ARE  
PURSUING A DUAL  
CAREER

to increase awareness in this space, understanding of responsibility, and optimise skills, knowledge and confidence in prevention and early identification of disordered eating and eating disorders. A VIS policy is also being written on prevention, early identification and management of disordered eating and eating disorders.

Further to this, a protocol has been written for monitoring of weight and body composition at VIS to ensure safe and best practices are followed. We are delighted to be working closely with Deakin University who are providing DEXA scan service for our athletes to assist monitoring of bone and body composition.

The nutrition team have continued to closely monitor and advise VIS athletes on supplement use. Supplement education is provided to new scholarship holders, and all athletes are encouraged to log any supplements they take on AMS.

The team worked closely with VIS athletes in the lead up to the Olympic and Paralympic Games in Tokyo, to ensure our athletes were prepared for the environmental conditions and what to expect regarding food provision in the village. We congratulate Jessica Rothwell, who travelled to Sapporo in her role with Athletics Australia, to support the walks and marathon team.

### SERVICE PROVIDERS

**Kylie Andrew**  
Nutrition Manager, Advanced Sports Dietitian

**Elaine Bo**  
Sports Dietitian

**Nerissa Byrne**  
Performance Health Services Coordinator

**Louise Cato**  
Sports Dietitian (from January 2022)

**Siobhan Crawshay**  
Advanced Sports Dietitian (from April 2022)

**Chris Fonda**  
Sports Dietitian (from April 2022)

**Rebecca Hall**  
Sports Dietitian (until December 2021)

**Sarina Lococo**  
Sports Dietitian (from January 2022)

**Emily Meehan**  
Sports Dietitian (from January 2022)

**Jessica Rothwell**  
Sports Dietitian

**Rachel Stentiford**  
Sports Dietitian (from April 2022)

### PARTNERS

Deakin University (DEXA scans)

## PERFORMANCE LIFESTYLE

The VIS motto of "success in sport and life" is at the forefront of all that the Performance Lifestyle team undertake, but perhaps even more so across the 2021/2022 year, as high-performance sport has navigated challenging contexts and developed and adapted to constantly changing environments. The definition of success has also varied and at times, success was very simple small gains and fluid between sport and life to ensure that athletes could continue to develop and flourish as people and as performers. On reflection, it is pleasing to note that there have been many success in sport and life moments across the 2021/2022 year, and the contribution of all at the VIS to this is celebrated.

A significant and valued increase in Victorian Government funding has enabled the VIS to review and redefine across the organisation, and with this the Performance Lifestyle team has undergone growth. This ensures that Performance Lifestyle can support the increased number of scholarship athletes and the new sport programs. It also enables Performance Lifestyle to provide a further embedded and pro-active approach across all programs and athletes.

### Olympic and Paralympic Games

The Performance Lifestyle team supported athletes during the preparation and return phase for both events. With athletes and staff required to spend time in hotel quarantine post the event, the VIS Performance Lifestyle team were part of a national co-ordinated approach to provide wellbeing support and engagement/development opportunities for athletes and staff.

Olympic/Paralympic Insights sessions were hosted online post the Games to share the experience with the wider VIS athlete and staff community as Victoria was in lockdown during this time. These sessions were facilitated by Milly Tapper (table tennis) and Anabelle Smith (diving) with VIS athletes, Lucy Stephan (rowing), Col Pearce (swimming), Michael Burian (athletics) and Rebecca Henderson (athletics) involved on the panels.

### Wellbeing

Our Wellbeing and Mental Health Strategy was reviewed in collaboration with Dr Sue White (Chief Medical Officer/ Director of Performance Health) and Daniel Dymond (Performance Psychology Manager). As part of the strategy the AIS Mental Health in Sport workshop was delivered for staff in May 2022.

R U OK? Day is an opportunity to raise awareness of mental health and to spread the message that looking out for each other

is important on September 7th and every day of the year. A special R U OK? Day biscuit was distributed to athletes and staff to bring awareness to and stimulate conversations around mental health. This was also supported across various VIS social media platforms and a staff session with the AIS mental health team on stress and burnout was held.

A session for parents of U18 athletes was held on Wednesday 15 September 2021. Finding your way through lockdown - provided support, insights, and info on extended lockdown as a parent of an elite athlete.

### Transition

The Year 12 Transition Program focussed on supporting our Year 12 athletes as they embark on the transition from school to further education and/or work. A series of three online sessions - Ready, Steady, Study (Feb), VTAC & Elite Athlete Education Network (July) and Exam Prep (Oct) was held for athletes and their parents.

The Performance Lifestyle team continues to provide transition support to athletes when they finish on scholarship - this includes athlete-centred direct support to athletes for 12-18 months post scholarship, and then athlete driven support for life is available to all VIS Alumni.

### Career Development

An AIS "Advance your Career Management" Program was held onsite on 27 April & 4 May 2022. Current and alumni athletes attended the program which provided the opportunity to explore career development processes and skills with a specialist Career Practitioner, VIS PL Advisers and NSO AW&E Managers.

Careers Week 16 - 22 May, showcased athletes and what they are doing in their careers. The highlight of the week was the National Careers Week Morning Tea on Wednesday 17 May 2022 which involved Alumni (Krissy Bates, Don Elgin, Eloise Boyle and Paul Moloney) in an engaging conversation about career development, networking, role of the VIS in their success in sport and life journey. The event was attended by Alumni, current athletes, staff, NSO AW&E Managers, and our Elite Athlete Education Network University colleagues.

### Community Connection

In 2022, the VIS Parent Series, which is a collaboration between the performance health services, started with the first session in the series hosted online in March. The session titled "Supporting Flourishing athletes beyond the finish line" was facilitated by Performance Lifestyle Manager Leesa Gallard and Performance Psychology Manager Daniel Dymond. Session 2, "Fuelling the Adolescent athlete" was held in person at the VIS in June 2022 and was facilitated by Sarina Lococo Sports Dietitian. Further sessions are planned for 2022.

A partnership with School Sport Victoria and their Team VIC program included the delivery of Performance Lifestyle workshops

- "Performance in Sport and Life" or "Athlete Brand" to a selection of the 2021 Team VIC State teams. Unable to compete in National Championships the addition of this opportunity was of great benefit for these teams. The partnership expanded further with the School Sport Victoria Leadership Program involving VIS athlete Brad Marais (Hockey) as the athlete facilitator for this inaugural program for Victorian secondary school students.

Commonwealth Games Australia Internship was a great opportunity for athletes studying specific courses to undertake their university placement via an Internship at Commonwealth Games Australia. In 2021, Georgia Griffith (Athletics) and Gabby Coffey (Netball) took up this experience.

The Australian Institute of Fitness have partnered with us, and this will enable athletes to complete Certificate Fitness qualifications via a Scholarship and provide other courses and opportunities for the wider VIS community.

Open Universities Australia continued their partnership and provided scholarships for athletes to complete one unit of study via OUA. The 2021 Open Universities Australia VIS Performance Lifestyle Award was presented to Elena Galiabovitch. Elena competed at the Tokyo Olympics in the sport of Shooting and had the honour of carrying the Olympic flag into the Opening Ceremony in recognition of her work as doctor in Melbourne hospitals during the COVID pandemic. Elena is a true example of success in sport and life as she pursues further medical studies and work as a doctor alongside her sporting career.

Consultancy continues with the Racing Victoria Apprentice Jockey Training program. An Olympics Insights series was delivered in Sept/Oct 2022 with Rowie Webster (Water Polo) delivering these sessions across all 4 levels of the Apprentice Jockey Training Program.

Connection and collaboration with Maribyrnong Sports Academy (MSA) grew with the Performance Lifestyle team hosting the MSA wellbeing coordinators and sports psychologists at the VIS for a tour and discussion in May 2022 and the MSA High Performance athlete group visited the VIS in June 2022 for a tour and discussion of what it means to be an elite athlete.

### Performance Lifestyle Team

From a staffing perspective exciting changes have occurred with the expansion of the Performance Lifestyle team. We have welcomed new advisers Kim Gray, Sarah Thompson, Pippa Temperley and Mitch Gourley. With further new advisers Sam Waters and Stephanie Moorhouse to start in July 2022.

David Madigan, PL adviser from March 2020 to June 2022, moved into a General Manager High Performance role. David was an integral part of the team, providing great insights and perspective during the COVID lockdowns and was instrumental in the development of the VIS Alumni program.

Andy Farrow, PL adviser from March 2019 to Sept 2021, took up a role with Netball Australia as the performance wellbeing manager.

Nerissa Byrne continues to provide support to the team in the new role of Performance Health Services Coordinator.

The panel (at Careers Week) were informative on ways of networking and had knowledge on what an athlete's mindset and routine can bring to a workplace. We're very fortunate to have access to workshops like these and I encourage more athletes to engage in these opportunities the VIS provides, as you never know what you might learn!  
— Casey Imeneo  
VIS Sailing Athlete

### SERVICE PROVIDERS

**Leesa Gallard**  
Performance Lifestyle Manager

**Nerissa Byrne**  
Performance Health Services Coordinator

**Caroline Anderson**  
Performance Psychologist

**Eloise Boyle**  
Performance Lifestyle Adviser – Australian Wheelchair Rugby AW&E Lead

**Laura Cosgrove**  
Performance Psychologist

**Daniel Dymond**  
Performance Psychology Manager

**Andrea Farrow**  
Performance Lifestyle Adviser (until Sep 2021)

**Mitchell Gourley**  
Performance Lifestyle Adviser (from April 2022)

**Kim Grey**  
Performance Lifestyle Adviser (from September 2021)

**Emma Hall**  
Performance Psychologist

**Michael Inglis**  
Performance Psychologist

**David Madigan**  
Performance Lifestyle Adviser (until June 2022)

**Pippa Temperley**  
Performance Lifestyle Adviser & Table Tennis Para Program AW&E Lead (from January 2022)

**Sarah Thompson**  
Performance Lifestyle Adviser (from December 2021)

### PARTNERS

Open Universities Australia

Maribyrnong Sports Academy

Australian Institute of Fitness

Racing Victoria

Paralympics Australia

Table Tennis Australia – Para Program

Barrett Consulting



# CORPORATE SERVICES

The corporate services team is responsible for the provision of VIS corporate services, including; finance and accounting, human resource administration, information & communication technology services, communications & marketing, facilities management, reception, travel co-ordination, asset management, pay-roll, purchasing, corporate clothing and general office administration.

## CORPORATE SERVICES TEAM

**Simon Gardam**  
Director Corporate Services

**Mark Brown**  
ICT Manager

**Mohsen Salehi**  
ICT Technician

**Alana Thomas**  
Business Services Manager

**Elsa Kwan**  
Accounts Officer

**Katie Nguyen**  
Accounts Payable Assistant

**Miriam Keene**  
Accounts Payable Assistant

**Cathryn Pruscino**  
Manager Strategic Projects & Partnerships

**Ashley Gillespie**  
Communications & Marketing Manager

**Camilla Blands**  
Communications, Media and Community Coordinator

**Chris Tetaz**  
Digital Media Coordinator

**Salesi Uhi**  
Facilities Manager

**Mathew Gay**  
Receptionist

**Sian Whittaker**  
Receptionist

**Alexandra Viney**  
Receptionist

**Gabriella Peiniger**  
Receptionist

**Georgia Griffith**  
Receptionist

**Tara Kinder**  
Receptionist

## INFORMATION & COMMUNICATION TECHNOLOGY SERVICES

The information technology team is responsible for not only ensuring day to day operations but to also offer new opportunities using technology services.

After the announcement of the expansion to the VIS workforce, all new employees were supported in their new roles ensuring they had the right device to meet their needs. Home working kits were allocated to allow staff to work as efficiently from home as they do in the office.

Significant improvements were made to information security including new technology to protect staff working between their home and the office, training and awareness programs in identifying security threats, and collaboration with the Victorian Government Cyber Security Department to help secure and prevent unauthorised external access.

Government funded programs including the Athlete and Expert Speaker Program, Be Fit. Be Well. and the Advancement Series also saw significant improvements to the online booking systems, improving ease of access, communication and automating key administrative processes.

The announcement of the re-design of the VIS office, gives a new opportunity to change onsite technology to better suit the needs of staff, looking at improving how we work and collaborate.

## BUSINESS SERVICES

The finance and accounting team continues to service our staff and stakeholders with our financial management services and meeting our regulatory compliance requirements. Updated budget management and reporting continues to evolve to provide management and programs timely financial insight using Calxa software in addition to XERO.

Regular Government reporting and compliance is also undertaken with Sport & Recreation Victoria within the Department of Jobs, Precincts & Regions.

## FACILITIES

Facility management has continued to adapt across the year in line with the organisation and Government mandated COVID safety plans.

Planning is well underway to significant upgrades and expansion to the gym, treatment suites and office facility to accommodate the additional athletes, staff and services that have been the outcome of the increased funding. This project will be completed during 2022/23.

## CONSULTANT SERVICES

Professional consultants are engaged as required. Our legal services are provided by Lander and Rogers Lawyers and insurance is arranged by the Victorian Managed Insurance Authority. Travel management services are provided via an on-line booking tool with Plan B Travel. Our external audit services are conducted by RSD Audit on behalf of the Victorian Auditor-General's Office.

## COMMUNICATIONS & MARKETING

The communications & marketing services (CAMS) team is responsible for the delivery of the overall communications and marketing functions of the VIS.

The team coordinates the VIS' social media platforms, digital communications, publications (digital and print) and media opportunities for athletes and staff. Its activities also include managing the VIS brand, the coordination of community programs, and the planning and delivery of all VIS' large-scale events, including the Award of Excellence (AOE).

In the 2021-2022 reporting period the team has focussed on making informed decisions based on data while ensuring processes and automations were set up to increase efficiency. This resulted in four successfully implemented actions and some key results for the CAMS team:





#### Creating content based on data from previous content/campaigns

- An average of 1,100 unique opens on MailChimp, compared to 650 in 2020/21.
- Unique website pageviews were increased by 57.7%

#### Automation and digitalisation of the athlete profile process

- Streamlined process, ensuring athlete profiles are up to date and less resources spent on updating the profiles. While connecting the athletes with the CAMS team via an automated 'Welcome' email.

#### Automating website content to ensure efficiency and timeliness

- Application of an automated 'news carousel' ensures that the webpages contain the most recent content automatically allowing us to easily creating news hubs and campaign webpages.

#### Creating a digital booking system for the speaker programs

- Successfully implemented for Term 1 2022 cutting down the team's resources spent on manually logging bookings.
- A survey system was implemented in the system.
- Data automatically exported instead of manually being logged.

Planning for the Birmingham 2022 Commonwealth Games campaign the team took learnings from previous campaigns and an activation plan was implemented across four communications pillars (media, digital, community & internal) in three phases commencing in April 2022.

The collaborative efforts with Fenton, PR Agency to "raise the profile of the VIS and demonstrate the value delivered to the Victorian Community", continued to be a focus for the CAMS team throughout 2021/22. The work with Fenton has resulted in the CAMS team now annually producing and distributing a VIS Spokesperson Guide to key media contacts while also developing a 2022 Media Activity Plan.

The team worked closely with Sport and Recreation Victoria to coordinate the athletes for the media announcement for the Victoria 2026 Commonwealth Games at Mars Stadium in Ballarat with Premier Daniel Andrews, Minister for Sport Martin Pakula and Dame Louise Martin, President of the Commonwealth Games Federation.

The VIS also played host to a media event with the Minister for Sport in June 2022 where he, alongside seven VIS athletes, announced the VIS' athletes and para-athletes selected for the 2022 Commonwealth Games.

The 2021 Award of Excellence was cancelled due to COVID-19. Despite the cancellation, the Award finalists and winners were selected by a judging panel consisting of VIS Board Members and Media Commentator Sam Lane joined the panel as an independent contributor. A full outline of the Award winners can be found on page 54.

## COMMUNITY PROGRAMS

The community programs engaged with a total number of 12,828 participants and 201 Victorian schools during the reporting period.

The programs were heavily impacted by the COVID-19 in the first half of the reporting period. The team was forced to work creatively to find solutions to engage with students during school closures and continuously while external visits to schools were not permitted.

The VIS Tours were suspended for the full duration of the reporting period but the Be Fit. Be Well program, the Athlete & Expert Speaker Program and the VIS Advancement Series continued to operate throughout.

In collaboration with the IT team a new digital booking system was developed that now covers the speaker programs (Be Fit. Be Well and AESP) along with the VIS Tours. The system has optimised the booking process and the long-term goal is to allow for more time to develop, promote, and survey the programs.

The Be Fit. Be Well program engaged with a total of 10,016 students and completed 49 school visits. A digital package for schools were developed for the Tokyo Games and distributed to 102 schools. The Tokyo package promotions resulted in 112 new subscribers for the Community Programs database (an increase of 38%).

Following the Games, the team coordinated 55 live video chats with returning Olympians and Paralympians undertaking hotel quarantine. The live chats included talks from Olympic gold medallist Lucy Stephan and Paralympic gold medallist Emily Petricola. 20 of the speakers participating in the program finished in the top 10 at the Olympics or the Paralympics.

Despite the low number of physical visits (due to COVID-19) the engagement number for the Be Fit. Be Well program has remained high due to the implementation of live video chats and digital packages. Our videos and digital packages have also proven to be a very cost-effective way of reaching a large number of students.

The Athlete and Expert Speaker Program (AESP) coordinates speakers for all other clients outside of Victorian Government schools.

There were 36 speaking jobs completed by VIS athletes and staff in the reporting period and the clients were a mix of regional academies, non-Government schools and sporting clubs. Five Government schools also booked speakers through the AESP program as they had already exhausted their free speaker from the Be Fit. Be Well program.

## STRATEGIC PROJECTS & PARTNERSHIPS

The Strategic Projects and Partnership Manager is responsible for managing the valued partnerships that the VIS enjoys across Government and corporate sectors, in addition to initiating and overseeing special projects that align with the strategic direction of the organisation.

The VIS is primarily funded by the Victorian State Government. We are grateful for this vital support, provided through Sport & Recreation Victoria in the Department of Jobs, Precincts and Regions. The Department of Education and Training supports our community programs via School Sport Victoria, whilst the Australian Institute of Sport, via National Sporting Organisations, provide support to our programs, along with our partnership with Paralympics Australia.

During 2021-22, the VIS engaged in commercial partnerships with 2XU, Open Universities Australia, Maribyrnong Sports Academy, Australian Institute of Fitness and The School Locker. The VIS greatly values financial and in-kind contributions from these partners, supporting the VIS and our athletes both on and off the sporting field.

Annual donations from the Carbine Club allows the VIS to offer up-and-coming Victorian athletes the opportunity to fast track their development with a VIS Future Talent scholarship. Future Talent scholarships are for talented athletes who show outstanding potential for future success but are not yet eligible for a full VIS scholarship due to their age or selection criteria restrictions. The Carbine Club's support and association with the VIS has spanned 11 years making the Future Talent Program an integral part of the VIS.

One of the standout projects that has continued through 2021-22 is the Victorian Institute of Sport Advancement Series, fully funded by the State Government Department of Education and Training as part of the Victorian Challenge & Enrichment Series. The Advancement Series delivers nutrition and sport science education sessions direct to regional and metropolitan Victorian Government secondary schools drawing on the extensive knowledge and experience of VIS dieticians and sport scientists. The program is forecast to have been delivered to just under 5000 Victorian secondary school students by December 2022, with the sessions carefully created and presented under the guidance of Kylie Andrew and Victoria Brackley and their dedicated teams.

A new project initiated during the reporting period includes the Team Vic (School Sport Victoria) High Performance Education program, delivering high performance education sessions to young Victorian athletes across a range of representative sport squads. Leesa Gallard and the Performance Lifestyle team have been instrumental in delivering sessions to these young Victorian athletes on how to manage their wellbeing, how to thrive as a person and a performer and developing their athlete brand, all on their pathway to high performance sport.

The VIS are proud to share knowledge and expertise with the Victorian sporting community and we look forward to continuing our alliances with each of our partners, sponsors and stakeholders, and working together to support VIS and Victorian athletes in achieving success in sport and life.



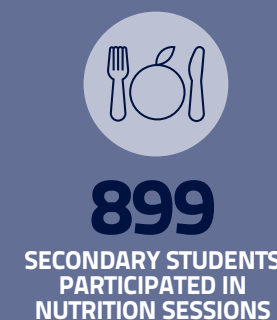
# VICTORIAN INSTITUTE OF SPORT IN THE COMMUNITY



## BE FIT BE WELL



## VIS ADVANCEMENT SERIES



## VIS HIGH-PERFORMANCE EDUCATION PROGRAM FOR TEAM VIC





# AWARD OF EXCELLENCE 2021

It was with great disappointment that the 2021 Award of Excellence was cancelled due to the COVID-19 pandemic. Despite the cancellation, the Award finalists and winners were selected by a judging panel consisting of VIS Board members and independent media contributor and commentator, Sam Lane.

For only the third time in our 31-year history, there were joint winners of the coveted Award of Excellence, with Tokyo gold medallists Dylan Alcott OAM and rowers Lucy Stephan, Jessica Morrison and Rosie Popa (Women's Four), sharing the honours.

Long term VIS scholarship holder Alcott declared 2021 was going to be his fourth and final Paralympic appearance, finishing his Paralympic campaigns with four gold and two silver medals from his tennis and basketball competitions. He successfully defended his wheelchair Quad Paralympics Singles gold medal in Tokyo and won silver with Quad Doubles partner and fellow VIS scholarship holder, Heath Davidson.

The wheelchair tennis ace and well-recognised disability advocate also became the first man in any form of tennis to win a Golden Slam – all four major titles and a Paralympic gold medal.

Alcott is the sixth VIS athlete to be named Award of Excellence winner for a second time, having also won in 2015. He was also awarded the 2021 Para Athlete Award, presented to the Para athlete who has achieved outstanding sporting results during the year, completed by demonstrable success in other areas of their life.

VIS athletes Lucy Stephan, Jessica Morrison and Rosie Popa were three of the four members that won gold in the Women's Coxless Four event at the Tokyo Olympic Games.

The 2020 Games saw the return of the Women's Four event to the Olympic rowing program after a 30-year absence. Australia topped the podium after narrowly holding off the Netherlands by less than half a second to win gold with a time of 6:15.37 — an Olympic record.

The 2XU Rising Star Award, which recognises the young athlete who has achieved outstanding sporting results during the year, complemented by success in other areas of their life, was awarded to Para-athletics sensation Jaryd Clifford.

Legally blind, the 22-year-old produced one of the most courageous campaigns of distance running by a Paralympian in Tokyo – winning a medal in each of his three events; silver in both the Marathon and the 5000m, and a bronze in the

1500m. At the time his devastation was palpable – gold eluded him – but he has since realised that disappointment and immense pride can coexist.

Away from the track, Jaryd is studying a Bachelor of Law & Justice at the University of Melbourne and is a passionate advocate of the Paralympic movement.

The very special Sarah Tait Spirit Award recognises the athlete who most encompasses the spirit of the VIS. This athlete has demonstrated courage, commitment and persistence to achieve their sporting goals, whilst showing the ability to inspire and bring out the best in others, engage with and bring pride to their community. The award was renamed in 2016 in honour of the late Olympic rower.

There were three very worthy finalists in 2021, Elizabeth Watson (Netball), Rachael Lynch (Hockey) and Anabelle Smith (Diving). Smith was narrowly judged the winner.

Like the Award's namesake, Smith is an inspiration in life as well as diving. The triple Olympian is one of the most giving athletes within the Australian sporting community and will always put her hand up to give back to her sport and the community in general to inspire the next generation of athletes and leaders. Hidden beneath her bright, bubbly and unassuming demeanour, Smith is an extremely tough, gritty and resilient athlete. To be able to handle everything that has been thrown her way in the last two years, from cancelled events to several interstate relocations, has been nothing short of remarkable, and she always continues to do so with positive mindset on life.

The Open Universities Australia Performance Lifestyle Award recognises the VIS motto of 'Success in Sport and Life' and was awarded to Dr Elena Galiabovitch.

For the past two years Elena has been working on two frontlines – Dr Galiabovitch has been busy working on Melbourne's medical front line, caring for some of the most seriously ill COVID-19 patients. While as an elite athlete living in Victoria's extended lockdowns, she was forced to adapt, and then re-adapt her training remotely, shooting via a simulator.

Despite the long training hours and unpredictable workload, Elena was rewarded with her second Olympic berth in Tokyo, where she competed in the women's 10m Air Pistol and the 25m Pistol events. She was also recognised for her frontline efforts, chosen by the IOC to carry the Olympic flag at the Opening Ceremony – an honour she describes as the "greatest in her sporting career".

14 athletes were also named winners of the 2021 Coach Awards, which are presented to an athlete in each VIS sport program who is the most deserving within this calendar year.

Following the cancellation of the event an event program and website hub were created to highlight each of the Award finalists and winners and detailing their key achievements.

## AWARD WINNERS 2021

### Award of Excellence

Dylan Alcott OAM & Lucy Stephan, Jess Morrison & Rosie Popa (Women's Four – Rowing)

### 2XU Rising Star Award

Jaryd Clifford

### Sarah Tait Spirit Award

Anabelle Smith

### Para Athlete Award

Dylan Alcott OAM

### Open Universities Australia Performance Lifestyle Award

Elena Galiabovitch

## COACH AWARDS 2021

**AERIAL SKIING** / Laura Peel

**ATHLETICS** / Nicholas Hum

**CYCLING** / Emily Petricola

**DIVING** / Nina Phan

**GOLF** / Aiden Didone

**MEN'S HOCKEY** / Josh Simmonds

**WOMEN'S HOCKEY** / Aisling Utri

**NETBALL** / Taylah Brown

**ROWING** / Alex Viney

**SAILING** / Tess Lloyd

**SHOOTING** / Penny Smith

**SWIMMING** / Col Pearse

**Individual Scholarship** / Shae Graham

**Future Talent** / Kipp Smith

2021  
Award  
OF  
Excellence  
30TH YEAR ANNIVERSARY  
VICTORIAN INSTITUTE OF SPORT

## PREVIOUS AWARD OF EXCELLENCE WINNERS

1991 / ROBERT ALLENBY / Golf  
1992 / PETER ANTONIE / Rowing  
1993 / DANIELLE WOODWARD / Canoeing  
1994 / STEVE MONEGHETTI / Athletics  
1995 / DANIEL KOWALSKI / Swimming  
1996 / OARSOME FOURSOME / Rowing  
1997 / CATHERINE FREEMAN / Track & Field  
1998 / SARAH FITZ-GERALD / Squash  
1999 / CATHERINE FREEMAN / Track & Field  
2000 / CATHERINE FREEMAN / Track & Field  
AARON BADDELEY / Golf  
TOM KING & MARK TURNBULL / Sailing  
2001 / MATT WELSH / Swimming  
2002 / SARAH FITZ-GERALD / Squash  
2003 / ALISA CAMPLIN / Aerial Skiing  
2004 / JAMES TOMKINS & DREW GINN / Rowing  
2005 / KATIE MACTIER / Cycling

2006 / GLENN ASHBY / Sailing  
2007 / CADEL EVANS / Cycling  
2008 / LEISEL JONES / Swimming  
2009 / LEIGH HOWARD / Cycling  
2010 / LYDIA LASSILA / Aerial Skiing  
2011 / CADEL EVANS / Cycling  
2012 / KIM CROW / Rowing  
KELLY CARTWRIGHT / Track & Field  
2013 / KIM CROW / Rowing  
2014 / DAVID MORRIS / Aerial Skiing  
2015 / DYLAN ALCOTT / Wheelchair Tennis  
2016 / MACK HORTON / Swimming  
2017 / CAROL COOKE / Para-Cycling  
2018 / SCOTTY JAMES / Snowboarding  
2019 / SCOTTY JAMES / Snowboarding  
2020 / \*Performance period was included in the 2021 AOE awards



## ATHLETE SUMMARY

## SUMMARY OF VIS ATHLETES

	Male	Female	Total
Tier 1	127	153	280
Individual Athletes	83	83	166
Future Talent	8	3	11
<b>TOTAL</b>	<b>218</b>	<b>239</b>	<b>457</b>

## NUMBER OF PARA ATHLETES

	Male	Female	Total
Tier 1	11	11	22
Individual Athletes	26	12	38
Future Talent	0	1	1
<b>TOTAL</b>	<b>37</b>	<b>24</b>	<b>61</b>

## TIER 1 SPORTS

	Male	Female	Total
Aerial Skiing	2	15	17
Athletics	23	18	41
Cycling	21	13	34
Diving	4	10	14
Hockey – Men's	22	0	22
Hockey – Women's	0	21	21
Netball	0	35	35
Rowing	23	20	43
Sailing	14	9	23
Shooting	6	6	12
Swimming	12	6	18
<b>TOTAL</b>	<b>127</b>	<b>153</b>	<b>280</b>

INDIVIDUAL ATHLETE SCHOLARSHIP  
PROGRAM SPORTS

	Male	Female	Total
Para Alpine Skiing	1	0	1
Archery	1	1	2
Artistic Swimming	0	4	4
Badminton	9	7	16
Basketball	0	5	5
Boxing	0	3	3
Canoeing	6	1	7
Curling	1	0	1
Cycling-BMX	1	0	1
Equestrian	0	2	2
Football	0	1	1
Gymnastics	5	9	14
Judo	8	8	16
Lawn Bowls	5	2	7
Para Canoeing	0	1	1
Para Equestrian	0	1	1
Para Lawn Bowls	1	0	1
Para Table Tennis	6	5	11
Para Triathlon	4	1	5
Skateboarding	2	3	5
Snowboarding	1	0	1
Softball	0	2	2
Sport climbing	0	1	1
Squash	5	3	8
Surfing	1	3	4
Table Tennis	0	2	2
Taekwondo	8	7	15
Triathlon	2	3	5
Water Polo	2	3	5
Weightlifting	0	1	1
Wheelchair Basketball	5	3	8
Wheelchair Rugby	7	1	8
Wheelchair Tennis	2	0	2
<b>TOTAL</b>	<b>83</b>	<b>83</b>	<b>166</b>

## FUTURE TALENT SPORTS

	Male	Female	Total
Canoeing	2	0	2
Cycling	1	0	1
Freestyle Skiing	1	0	1
Gymnastics	1	0	1
Para Badminton	0	1	1
Shooting	0	1	1
Skateboarding	0	1	1
Surfing	1	0	1
Table Tennis	2	0	2
<b>TOTAL</b>	<b>8</b>	<b>3</b>	<b>11</b>

New Tier 1 programs from 2022 onwards

Combat
Triathlon
Wheelchair Basketball
Archery

## SUPPORT PARTNERS







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