SOUTH WEST ACADEMY OF SPORT

ANNUAL REPORT

2017 2018

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OVERVIEW

MISSION STATEMENT

Supporting aspiring athletes and coaches across the South West region to achieve sporting excellence.

VISION

Regional talented athletes achieving excellence in sport and life.

PURPOSE

The purposes of the Academy are to develop the skills and experiences of talented athletes in the South West region of Victoria by:

- Providing a pathway to the high-performance sport through educational and personal development opportunities
- Enhancing the quality of coaching and support services
- Providing a nurturing and team environment to support sporting excellence
- Developing networks for promotion and leadership
- Any other action to support these purposes

VALUES

Our values guide our work and our people:

- Sportsmanship
- Leadership
- Access and Equity
- Professionalism
- Integrity

REGION

The South West Academy of Sport covers the local government areas of:

- Corangamite Shire
- Glenelg Shire
- Moyne Shire
- Shire of the Southern Grampians
- Warrnambool City

BOARD MEMBERS

Kathryn Emeny
Chair

Mark Taylor
Vice Chair

Joel Kavanagh
Treasurer

Louise Cameron
Member

Tony Curran
Member

Ian Cairns
Member

Stephen O'Leary
Member

Melanie Starr
Member

Jarrod Woff*
Member (*till October 2017)

STAFF MEMBERS

Nic Kaiser
Chief Executive Officer

Emma Chapman
Administration & Athlete Liaison Officer

CHAIRPERSON'S REPORT

The 2017-2018 year has been a positive year for the South West Academy of Sport (SWAS) and our athletes.

SWAS has offered six specialist sporting programs throughout the year and has also supported a range of individual athletes and coaches in their pursuit of sporting excellence.

In the forthcoming year, we will be extending the specialist sporting programs to include an Athletics program. While we are also in initial talks with a number of other sports as we look to expand the support SWAS provides to local aspiring athletes.

This year the Board of Directors, in company with CEO Nic Kaiser, have focused on the following: -

- the review and development of a strategic plan for 2018 – 2022;
- the implementation of a business development plan; and
- extending upon the services offered to SWAS athletes and coaches including sessions on sports psychology, nutrition, and physiotherapy as well as an increase in online learning content.

Board meetings have been held in Warrnambool, Hamilton, and Portland. This year, we say goodbye to two long-standing board members, Mark Taylor and Tony Curran who have served on the Board since 2009 and 2012 respectively. I take this opportunity to thank them for their contribution to SWAS over this period.

On a happier note, we have welcomed two new board members throughout the year including Melanie Starr and Jeremy Dixon.

I'd like to thank the Victorian Institute of Sport, Victorian Government and each of the five municipalities for their continued support in helping regional athletes to achieve their sporting goals.

On behalf of the board, I'd also like to thank Nic Kaiser (CEO) and Emma Bellman (Athlete Liaison Officer) for their ongoing commitment to SWAS including the athletes and coaches.

I'd encourage all SWAS athletes to take this opportunity to reflect on the last twelve months including their achievements and the progress that they have made. To succeed as an elite athlete takes perseverance, motivation, hard work, and a strong support network. SWAS recognises that in regional area athletes can face additional challenges and barriers. At SWAS we continue to strive to assist athletes in overcoming these challenges and barriers so that they can achieve their full potential.

Should you have any feedback or comments about SWAS's direction and how we might best assist athletes in achieving their goals, please feel free to contact me or any of the board members.

Kathryn Emeny
Chairperson

CEO'S REPORT

The past 12 months have been jam-packed, of particular highlight in each area has been:

ATHLETE ACHIEVEMENT

We increased the number of athletes supported in the academy from 63 in the 2017 calendar year to 85 in 2018. While most pertinently, the level of athletic success of our athletes has risen over and above the athlete intake with 69 out of the 85 athletes representing regional or South West Victoria in state championships events, and 21 athletes competing for Victoria at the national level. Additionally, we had 5 athletes compete in international competitions during the year.

- Our athletes engaged with their local community throughout the year, from taking part in the Corangamite Eat Well! Move Well! Be Well! program, coaching at their local clubs and presenting to shire councils.

ATHLETE SUPPORT & SERVICES

- Our support and service delivery network, grew as we welcomed in a local Physiotherapist with Zoe Douglas from Axis Physiotherapy joining the team. Additionally, our Moyne and Warrnambool City athletes moved to a fantastic new training facility with Momentum Fitness Warrnambool coming on board to provide a high-quality venue for the delivery of Strength and Conditioning.
- In a significant step forward for SWAS, we were able to partner with the Australian Institute of Sport to deliver the myAISbasecamp program to all academy athletes. The myAISbasecamp program allowed athlete access to physical sessions and educational resources through an online program with the aim to improve the readiness of pre-elite athletes for the physical and mental demands that will be placed on them when entering the elite performance environment.

The AIS supported program is a fantastic step forward for the academy and the athletes; we are thrilled to be bringing this program into the academy.

- SSA's Athlete support was also improved during 2018 with the provision of athlete equipment to each athlete, along with increased access to program information with the production of a home program, prehab and progressive strength and flexibility resources. This has assisted with an ongoing focus on service access and individual development that continued through in athlete education sessions. In 2018 we ran our first Webinar series, as we strive to find innovative and accessible ways to provide a high level of services to all athletes.

ATHLETE RECRUITMENT

- The number of athletes in the Individual Athlete Program grew from 9 to 23. An exciting development was our flexibility to assist across a wider variety of sports with many new athletes coming from sports that SWAS has not previously had within our programs; meaning young talented athletes of the future will have greater accessibility to us.
- We continued to slowly build and consolidated relatively new programs, Surfing, and Clay target shooting while welcoming in a pilot group from Football (soccer). With support from Pro Iitha Academy and South West Victoria Football Association, we were able to provide a service delivery program to five Football athletes in 2018. Adding to these developments has been the strengthening of continuing programs – Golf, Tennis, Cycling, and Netball. While in exciting news, we were able to run an Athletics specific training day in June 2018 as we build towards a full Athletics program in 2019.

BRANDING & FUNDING

- Introduction of multiple branding-building initiatives with the support of Garth Baulch and the team at Genr8, namely the 'Athlete Profile Video Series' featuring periodically on our Facebook, YouTube, and website; creation of new website and creation of 'a 'Prospectus' to help tell our story succinctly to new stakeholders.
- The launch of a new fundraising and donations project, through the Australian Sports Foundation which will enable us to seek support from local businesses and the community through a tax-deductible gift donation. This project is aimed to grow services available and the capacity to deliver for all athletes we support, without raising their costs.

GOOD GOVERNANCE & CAPABILITY

- We welcomed a new Board member: Melanie Starr; who brings High-Performance sporting experience, local connections and counsel complementing existing Board members. Additionally, the Board was very productive in developing and finalising our new 2018-2022 Strategic Plan.
- Through the year we have improved our capability in a number of systems, including upgrades to our athlete application and athlete monitoring process, moving them into an online system to allow great collaboration with our service providers and assisting with ease of access.
- In August 2017 we welcomed in a new staff member in Administration and Athlete Liaison Officer Emma Chapman (nee Bellman), Emma has been extremely busy in her time at SWAS working with the athletes on engaging with myAISbasecamp, education and personal excellence sessions, running the fitness testing days and so much more. In short, I feel much of the success these past 12 months can be attributed to Emma's hard work behind the scenes.

We were also fortunate to have three Deakin University interns work with us across the year, Katherine Tremul a Deakin Psychology student, Jashan Sangwan and Micah Nuske who were studying IT. Their input was of great assistance to me and SWAS.

- To our service providers in the strength and conditioning space, we thank you as well – you have been a terrific team this year and have left a great legacy in being able to service our constantly growing athlete group.

PARTNERSHIPS & SUPPORTERS

- To our sponsors, both cash and in-kind (which are equally important to us), your support and contributions are greatly appreciated and we would not be here without your assistance. So, thank you to: Victorian State Government (Phil Jones & Erin Trebley), Victorian Institute of Sport (Anne Marie Harrison), South West Tafe (Mark Fidge), 3YB Radio (Peter Headen & Beccy O'Grady), Corangamite Shire (Jarrod Woff, Lucy Vesey and Councillors), Moyne Shire (Jacquie Anderton and Councillors), Glenelg Shire (Hayley Rowe and Councillors), Southern Grampian Shire (Melanie Starr and Councillors) Warrnambool City Council (Kyme Rowe and Councillors). Additionally, again thank you to all sports partners for their contributions toward our programs and athletes.
- To all local clubs, schools, commercial facilities and sport specific facilities; all of who very generously allow us to use of their courts, gyms, rooms and general facilities.
- The local media across our region, particularly The Standard, The Spec, WD News, 3YB Radio and ABC Radio, for their promotion of us and our athletes within news stories and articles across the year.

2017 and 2018 have been a huge step forward for the organisation and all of our partners, friends, supporters and most importantly the athletes and sports partners we service. The growth and development along with athlete achievements and community involvement is a credit to everyone involved.

Nic Kaiser
CEO

CLAY TARGET SHOOTING

The Clay target program runs from February to December each year and has developed into a program that is loaded with local state and national level athletes. We are fortunate to have such a high-quality coach in Shooting Australia national team athlete and current World Champion Penny Smith to assist in guiding the shooters.

In addition to coaching and shooting days the athletes also worked with a Sports Psychology and Head Coach Penny Smith to focus on the mental discipline and training that is needed to perform at a high level.

The numerous coaching days were held at various Clay Target Associations across SW Victoria and we would like to take this opportunity to thank those clubs and numerous volunteers involved.

Athletes also continue to get assistance at local, state and national competitions with Penny often providing some words of wisdom and insight before regional and state shooting competitions. Support also continues to be provided by the Victorian Clay Target Association and in particular Mal Dyson and Judith Kent.

SWAS ACADEMY ATHLETES 2017

- Sara Kosch
- Harry Clark
- Jourdain Patterson
- Ethan Domney
- Matt Molan
- Daniel Demasi
- Daniel Hawtin
- Benjamin Thow
- Mishay Chambers
- Makenzie Chambers

SWAS ACADEMY ATHLETES 2018

- Sara Kosch
- Harry Clark
- Nea Gordon
- Ruby Lawrence
- Justin Rundell
- Rebecca Linke
- Jesse Ryan

PROGRAM STAFF

State Sporting Association
Malcolm Dyson
Victorian Clay Target Assoc.

State Sporting Association
Judith Kent
Victorian Clay Target Assoc.

Manager
Susan Kosch
Southern Grampians

Coach
Penny Smith
Corangamite

HIGHLIGHTS

- Daniel Demasi and Sara Kosch were both selected to be part of the 2018 Australian Clay Target Association National Academy.
- SWAS Shooting Coach Penny Smith SWAS Clay Target Shooting Coach was awarded the 2017 Female Shooter of the Year Award. Penny was also the 2017 winner of the overall Athlete of the Year Award taking home the Ashley Adams Perpetual Trophy. She was recognized as the best and fairest athlete of 2017 as voted upon by Aiming4Gold squad athletes.
- Jesse Ryan won the National overall C Grade High Gun. Jesse continued his good form at the National Clay Target Championships with 2nd in C grade in the Champion of Champions and he won C grade Double Barrel.
- Harry Clark was the Overall winner of the 2017 South West Zone school shoot, finishing with a perfect 20/20.

CYCLING

The South West Academy of Sports' Cycling program aims to provide support and training for regionally based athletes. The number one focus for all academy programs is athlete education; part of this in the cycling program is working with local professional coaches and state/national elite coaches. In 2018 we were able to provide a link with Pro racing team Anchor point South Coast Cycling team and creating pathways and opportunities for athletes to progress in their chosen sport.

From a coaching perspective, the various program Training Camps were focused on skill development. The training camps covered drills and activities as determined by the coach, based on athlete needs. Athletes were also provided with a personalised "Riding Program" through the online Training Peaks program. With an athlete-centred approach, the cycling program provided a structure that integrates the physical, technical and mental aspects of cycling. Athletes also engaged in a series of activities around personal excellence and athlete education, these sessions include sports psychology and nutrition, as well as strength & conditioning programs.

All cyclists have competed in state-level events over the winter and summer seasons, some have also gone on to test themselves at the National level.

SWAS ACADEMY ATHLETES 2017

- Nicolas Callahan
- Prudence Riddoch
- Ty Widdicomb
- Khris Clementson

SWAS ACADEMY ATHLETES 2018

- Cadel Howie
- Louis O'Callaghan
- Luke McLaren
- Justin Beecher

ANCHOR POINT SOUTH COAST CYCLING DEVELOPMENT SQUAD

- Kris Clementson
- Jack Patzel
- Jack Atken

PROGRAM STAFF

State Sporting Association
Craig Eastwood
Cycling Victoria

Coach (2017)
Cam McFarlane
Cycling Victoria

Coach (2017)
Andrew Graham
Moyne

Coach (2018)
Dylan Lindsey
Anchor Point South Coast Cycling

HIGHLIGHTS

- Khris Clementson and Ty Widdicombe raced well without placing at the 2017 Victorian Junior Road Championships
- Ty Widdicombe finished as the Series winner in the M15B category of the 2017 RACV Victorian Junior Road Series. With some great results also from Nicholas Callahan.
- Cadel Howie finished 1st in the Time trial U15 Boys B grade 2nd in the Road race at the Ararat stage and 2nd in both the time trial and road race of the Bendigo stage of the 2018 Victorian Junior Road Series.

GOLF

The South West Academy of Sports' Golf program aims to provide support and training for regionally based athletes. With the aid of the Victorian Golf Foundation, athletes represent the academy in a broad range of competitions and tournaments throughout the year.

The SWAS Golf program has consolidated in 2017-18 and has delivered another year of terrific support to a handful of young local talent through exposure to training activities and support they could not otherwise access so readily. Athlete cohort this year was smaller than past years, but the dedication of these athletes has been first rate.

The work being done now and toward 2019 to strengthen the program through fresh faces, together with the solid relationships with the local professionals in the region plus Golf Victoria, and the established structure of the program, puts the program in great position to deliver ongoing in the future.

SWAS ACADEMY ATHLETES 2017-18

- Logan Lilley
- Josh Brown
- Georgia Bryden

PROGRAM STAFF

State Sporting Association
Ashley Marshall
Golf Victoria

District Junior Liaison
Matt McLeod
Western District Golf Association

Coach
Brook Salmon
Corangamite

Coach
Craig Bonney
Warrnambool

Coach
Jack Redford
Warrnambool

HIGHLIGHTS

- Logan Lilley and Josh Brown were the top performers in the Western District Golf Association team Victorian Country Championships at Rosebud Country Club.
  - Logan was the winner of the under 18 nett section with a total of 139 while Josh was three shots behind in second place.
- Josh Brown finished the season as the 2018 East Framlingham club champion

NETBALL

The program content works from the Netball Australia "Dare to Develop a Diamond" curriculum; running monthly on-court sessions from February – July each year with athletes services delivered across the calendar year to each athlete.

Each court sessions covered the skills and theories essential for the athletes to develop their netball and reach the requirements of regional representation. Head Coaches Sara & Stacey's enthusiasm and extensive understanding of netball ensured all of the sessions were incredibly beneficial to the girls.

The 'overall development' of each participant was our centralised theme as another talented induction of South West district netball talent were given a taste of what elite level netball encompasses this year. With 22 girls chosen to participate in 2018, netball within the South West District is defiantly strong and we are proud at the high level each girl has reached during the year.

SWAS ACADEMY ATHLETES 2017

- Tara Elliot
- Isabella Rea
- Samantha Telfer
- Madeleine Casey
- Indiana Ryan
- Courtney Ball
- Tayla Telfer
- Bethany Wilson
- Krystal Baker
- Zali Searle
- Meg Attrill
- Laura Coffey
- Hayley Eldridge
- Meg Kelson
- Ebony Marris
- Laura Richie
- Kyah Chisholm
- Amber Sanderson

SWAS ACADEMY ATHLETES 2018

- Ashley Evans
- Ava Bishop
- Bailey Ryan
- Bridget Delany
- Chelsea Riddle
- Emma Stacey*
- Erin Russell
- Georgia Lynch
- Jessica Perry
- Jordyn Templeton
- Maggie Conheady
- May Suhan
- Molly Farley
- Montana Wallace
- Olivia Marris*
- Rachel Vickery
- Tahni Porter
- Tatum Cassidy
- Taylor Bowie

PROGRAM STAFF

State Sporting Association
Benjamin Sharpe
Netball Victoria

Head Coach
Sara Quinn
Warrnambool

Coach
Meagan Forth
Warrnambool

State Sporting Association
Sarah Collett
Netball Victoria

Coach
Raewyn Poumako
Warrnambool

Head Coach†
Stacey O'Sullivan
Warrnambool

State Sporting Association
Hayley Van Den Boom
Netball Victoria

Coach
Fran Bell
Warrnambool

* NV Western Region Zone Academy supported athletes † 2017 Staff

HIGHLIGHTS

- We were privileged to have Sara Wall run some Netfit sessions for the athletes, Sara also presented to the athletes during our Women In Sport Breakfast, sharing her journey from grassroots netball to representing Australia at the top level. It was fantastic for the girls to hear from an elite athlete who was in the same place as them as a junior, and to learn about her experiences and her advice for what it would take for them to compete at the highest level.
- 13 past and present SWAS athletes and 2 of our current coaches were named in the 2018 Western Region Netball team to compete in the state titles in October. With 11 SWAS athletes competing in the 2017 Western Region teams.

SURFING

The SWAS Surfing program is proudly supported by Surfing Victoria, Glenelg Shire, and the Portland Boardriders Club. Started in 2017 the Surfing program was created for talented SW surfers to join benefit from coaching and competition, strength and conditioning and an athlete well-being program.

In the 2018 intake of Surfing athletes, SWAS was able to increase both the services delivered in the program and the athletes, the Port Campbell Boardriders club and a number of athletes from the Corangamite Shire joining the program.

The SWAS Surfing program also conducted a number of training camps in Torquay under the guidance of Surfing Victoria coaches. The SWAS program works on aspects such as the technical and psychological factors on surfing bigger waves, how to approach surf comps and mastering airs.

SWAS ACADEMY ATHLETES 2017

- Jade Beattie
- Zahn Beattie
- Rhys Jones
- Izaak Johnstone
- Braiden Malady
- Joe Mulvey

SWAS ACADEMY ATHLETES 2018

- Jade Beattie
- Zahn Beattie
- Izaak Johnstone
- Braiden Malady
- Emily Elizabeth
- Frances Mulvey
- Ned Deppler
- Ted Johnson
- Sullivan Wallace
- Harry Stinchcombe

PROGRAM STAFF

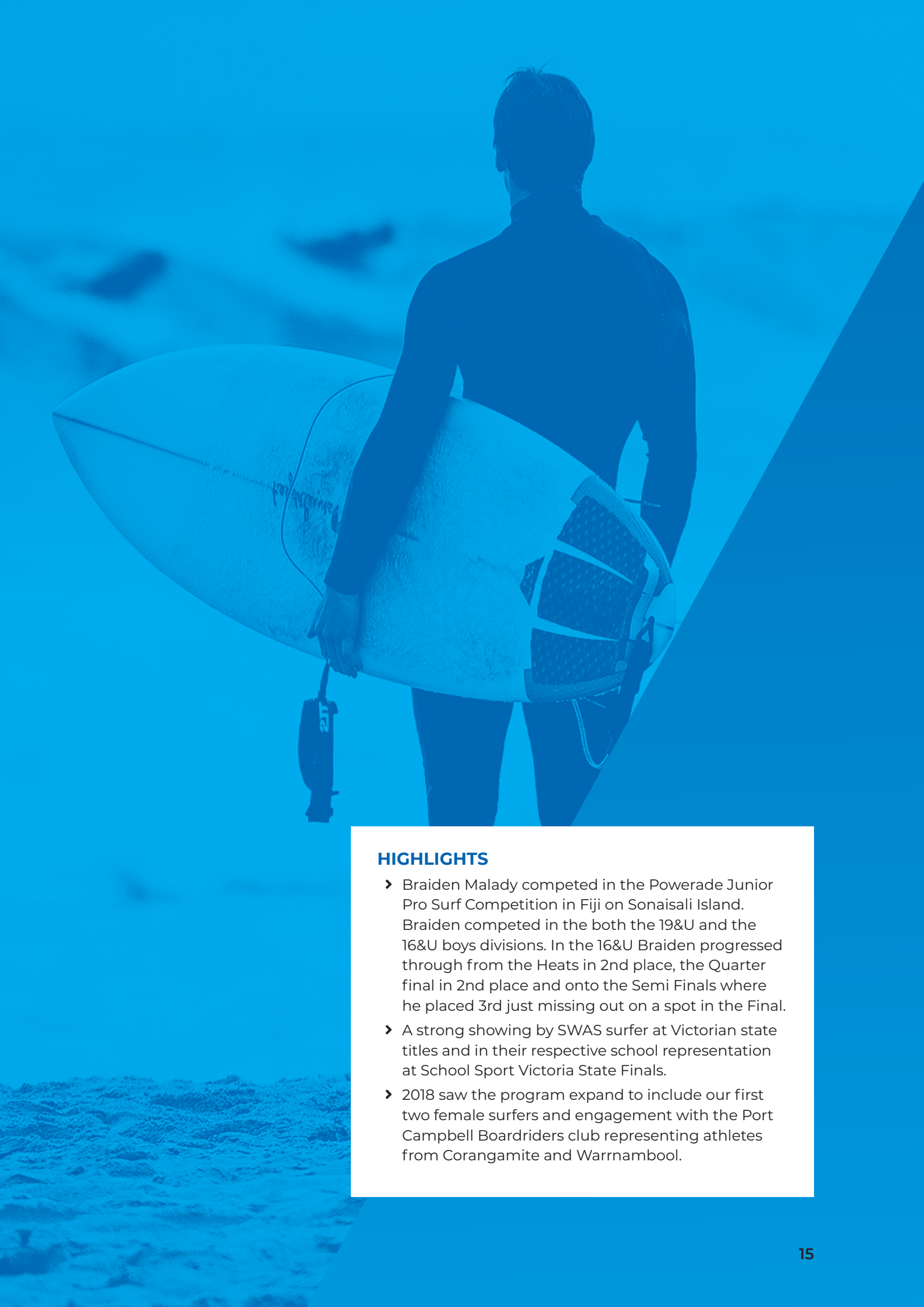
State Sporting Association
Adam Robertson
Surfing Victoria

Program Manager (2017)
Head Coach (2018)
Paul White
Glenelg

Coach (2018)
Clare Atchison
Glenelg

Head Coach (2017)
Marcus Eldridge
Glenelg

Coach
Aaron Campbell
Glenelg



HIGHLIGHTS

- Braiden Malady competed in the Powerade Junior Pro Surf Competition in Fiji on Sonaisali Island. Braiden competed in the both the 19&U and the 16&U boys divisions. In the 16&U Braiden progressed through from the Heats in 2nd place, the Quarter final in 2nd place and onto the Semi Finals where he placed 3rd just missing out on a spot in the Final.
- A strong showing by SWAS surfer at Victorian state titles and in their respective school representation at School Sport Victoria State Finals.
- 2018 saw the program expand to include our first two female surfers and engagement with the Port Campbell Boardriders club representing athletes from Corangamite and Warrnambool.

TENNIS

The South West Academy of Sport Tennis program aims to provide support and training opportunities for aspiring South West tennis players. Players are selected and invited by Tennis Victoria based on player rankings and potential.

The academy enables athletes from SW tennis regions the opportunity to be part of a comprehensive development program. The program provides additional services and training to assist the athletes' development to complement their existing coaching.

The SWAS tennis program is one of seven regional programs supported by Tennis Victoria. During each calendar year, the Tennis program involved 4 one day camps. These were held at Warrnambool Indoor Tennis Centre and the Warrnambool Lawn Tennis Centre. Each camp provided the players with four hours of on-court activities, as well as sessions of Nutrition, Psychology and a Tennis specific Pilates session.

Tournament Support was also given to the athletes at various Australian Ranking tournaments held throughout the years. Tournament support provides the opportunity for players to prepare for and compete in tournament play. Head Coach Doug Hill was on hand to provide support and guidance on and off the court.

Once again, athletes from all seven regional academies participated in the Inter-Academy Challenge at Melbourne Park in October 2017. On a very pleasing note, SWAS were the doubles champions with two pairs going undefeated on the double day of competition.

SWAS ACADEMY ATHLETES 2017

- Willow Sainsbury
- Jeremy Attrill
- Nina Parker
- Harry Boyd
- Patrick Drake
- Tom Gedye
- Joseph Mahony
- Ben Pennington
- Jessica Swarbrick
- Eloise Swarbrick
- Danielle Warren

SWAS ACADEMY ATHLETES 2018

- Willow Sainsbury
- Toby Gedye
- Eloise Swarbrick
- Lachlan Main
- Mitchell Lloyd
- Fletcher Sagnol
- Harrison McLeod

PROGRAM STAFF

State Sporting Association
Andrew Reynolds
Tennis Victoria

State Sporting Association
Jessica McCormack
Tennis Victoria

State Sporting Association
Nick Hinneberg
Tennis Victoria

Program Manager (2017)
Andrew Drake
Warrnambool

Program Manager
Helen Swarbrick
Moyne

Coach
Doug Hill
Tennis Victoria

HIGHLIGHTS

- The SWAS team were the doubles champions of the Inter-Academy Challenge in October 2017 at Melbourne Park where they defeated teams comprised of players from each of the other 5 Victoria Regional Academy of Sports.
- Patrick Drake, Harry Boyd, and Eloise Swarbrick achieved outstanding results at the Silver AMT/ Junior Tournament, Patrick and Harry made it through qualifying and joined Eloise in the AMT main draw. Harry made it into the semi in the 16u singles and placed 3rd in the playoffs. Patrick and Eloise both made it all the way to the AMT doubles finals finishing up as runner-up.
- Eloise Swarbrick was invited to the National Tennis Academy for a three-week tour of New Zealand on January 19 to play in three International Tennis Federation tournaments and also played in the AGL Loy Yang Junior International as a wildcard.

FOOTBALL PROGRAM
(SERVICE DELIVERY)

In partnership with Pro Iithias FE, SWAS delivered a Service Delivery program for five football athletes during 2018. These athletes were provided with Athlete education and performance excellence program, along with strength and conditioning and additional service provision services. While the athletes continued to have their Football skills developed through the Pro Iithias Academy program. This promising partnership is one SWAS is keen to develop further in future years.

SWAS ACADEMY ATHLETES 2018

- Darcy Johnstone
- Nathan Phillips
- Morgan Morland-Hunt
- Asher Keldan
- Wil Mooney

ATHLETE SERVICES

SERVICE PROVIDERS

Strength and Conditioning
Dallas Jones
Warrnambool

Strength and Conditioning
Josh Kearney*
Southern Grampians

Strength and Conditioning
Tyler Frost
Southern Grampians

Strength and Conditioning
Sarah Wilson
Glenelg

Strength and Conditioning
Brodie Jenkins
Glenelg

Strength and Conditioning
Barry Wurlod
Corangamite

Strength and Conditioning
Nick Hose
Corangamite

Physiotherapist
Zoe Douglas
Warrnambool

Exercise Physiologist
Amy Meehan
Warrnambool

Nutritionist, Sports Dietitian
Ilana Jorgensen
Moyne

*2017 personnel

INDIVIDUAL ATHLETES

NAME	SPORT	SHIRE
Finn Bowes*	Alpine Skiing	Moyne
Niamh Jones	Archery	Southern Grampians
Jacob Mibus	Athletics	Southern Grampians
Caytlyn Sharp	Athletics	Corangamite
Haydn Stutchbury	Athletics	Warrnambool
Aaron Skinner*	Rowing	Warrnambool
Riley Alexander*	Cricket	Southern Grampians
Bethany Bates*	Cricket	Glenelg
Jacob Hil*	Cricket	Southern Grampians
Fletcher Cozens	Cricket	Moyne
Sidney Dent	AFL	Glenelg
Ruby Conheady	Athletics	Corangamite
Mitchell Finck	Athletics	Glenelg
Jesse Suter	Athletics	Warrnambool
Cameron Friedrichs	Athletics	Glenelg
Maddison Chesshire	Basketball	Corangamite
Charlie Piergrosse	BMX	Glenelg
Noah Mungean	Bowls	Corangamite
Kaitlyn Fowler	Cricket	Moyne
Callum Bridge	Hockey	Moyne
Maximus Fahey	Carting	Corangamite
Tara Elliott	Netball	Warrnambool
Seamus Kelson	Swimming	Warrnambool
Alexander Johnston	Swimming	Warrnambool
Emily Bartlett	Swimming	Moyne

* 2017 only

EDUCATION

GOAL SETTING AND TIME MANAGEMENT

Athletes engaged with SWAS staff to work through individual planning and goal setting sessions in early 2018. Staff worked with each athlete within our Individual Athlete Program to organize short term and long term goals for the year and a joint plan to achieve them.

MINDFULNESS & SELF REFLECTION

Athletes learned from Psychologist Kate Gordes, on Mastering the mental game. Kate has previously worked with Melbourne and Richmond Football club along with Table Tennis Australia and brought these experiences to the session. The session itself included a practical guide on mindfulness, calming the mind techniques. Energising and pre-game/ competition preparation along with some very useful breathing techniques and visual cues.

INJURY PREVENTION

In July 2017 athletes were taken through an interactive education session with Zoe Douglas from Axis Physiotherapy. Zoe educated the athletes on many of the causes for common injuries, preventative measures to combat them and some practical tasks for before and after competition and training.

MYAISBASECAMP

In July 2017 SWAS became the only Victorian Regional Academy (to date) to have access to the myAISbasecamp program. The program provides physical sessions and educational resources through an online program with the aim to improve the readiness of pre-elite athletes for the physical and mental demands that will be placed on them when entering the elite performance environment. The AIS supported program is a fantastic step forward for the academy and the athletes.

PERSONAL BRANDING

Presented by the Sponsorship Consultants athletes were taken through the process of learning what an Athlete Brand is, why is it important to know yours. How to identify their unique personal brand – and how to communicate it. Learning how their vision and values are an important guide to identifying and communicating their brand.

Plus how their brand can help them create better social media, speak to journalists and engage sponsors in the future. Along with knowing their brand will help them make better choices as an athlete and in life.

MUSCULOSKELETAL SCREENING

For 2018 we welcomed Zoe Douglas from Axis Physiotherapy to the SWAS team to provide musculoskeletal screening to athletes during our 2018 intake period. The screening test is used to provide specific information to each Strength and Conditioning Coach who then tailors training programs to address any postural or muscle imbalances.

2018 INDUCTION DAY

February 2018 saw over 80 athletes plus parents and coaches attend the 2018 Induction day at SW Tafe, Warrnambool. The topics covered were:

- Sport Psychology (parents & athletes)
- Recovery
- Prehab
- MSK
- myAISbasecamp introduction

SPECIAL EVENT HIGHLIGHTS

VRAS

During 2017 and 2018 SWAS was an active member of the Victorian Regional Academies of Sport Inc. the collective of regional academies throughout Victoria. The SWAS CEO represented the academy on the VRAS Committee with Nic Kaiser serving as Secretary of VRAS in 2018.

WOMEN IN SPORT BREAKFAST

The Woman in Sport Breakfast was held in June where athletes had the opportunity to hear from 3 Woman that have all had different experiences in the sporting industry. While athletes enjoyed a breakfast they listened to speakers Sarah Wall (Australian Netballer), Kathryn Enemy (Chairperson of the SWAS Board) and Emma Chapman (SWAS Athlete Liaison, International Coach and Athlete).

VIS VISIT

Five SWAS athletes joined thirty of regional Victoria's most exciting sporting prospects and had the opportunity to rub shoulders with some of Australia's Olympic, Paralympic, Commonwealth, and World Champions during a VIS day. The SWAS athletes, identified through the Regional Academy of Sport network and identified as potential future VIS scholarship holders, visited the world-class facilities at Lakeside Stadium in Albert Park to experience what it takes to be a VIS athlete.

The regionally-based talented athletes had the opportunity to hear from Olympic Bronze Medallist from Rio 2016, archer Alec Potts, about his life as an elite athlete. They also undertook a gym session with an expert Strength & Conditioning Coach, a Talent ID speed and power test with a Sports Scientist, and participated in a practical Pilates session and a cooking class with a Sports Dietician.

SWS 2017 AMAZON SPORTS STAR AWARDS

A number of our athletes were part of the South West Sport awards night in May 2018:

Caytlyn Sharp (threepeat) - Winner of the Female Athlete Disability Award

Ruby Lawrence - Winner Junior Female Award.
Congratulations to SWAS athletes who were nominated on the night:
Jesse Suter (Junior) Male, Josh Brown (Junior Male), Cameron Friedrichs (Junior Female), Niamh Jones (Junior Female), Jacob Mibus (Male Athlete Disability), Maddison Chesshire (Junior Team)
Mention also goes to SWAS staff member Emma Bellman who was nominated in both the Open Team and Coach Elite categories.

GUEST SPEAKERS

Through the year athletes were able to listen to current and past Australian athletes who shared valuable lessons and information for our athletes. These included Table Tennis athlete, Rio Olympian and London Paralympian Melissa Tapper. 4x Paralympian and 2014 Wheelchair Rugby champion Curtis Palmer, Dr Hannah Macdougall dual Paralympian and previous Swimming World Record Holder and Australian and Melbourne Vixen's player Teagan Philip.

ATHLETE PRESENTATIONS AND COMMUNITY ENGAGEMENT

A number of athletes engaged with community work throughout the year, from Coaching junior players, working with local clubs and local primary schools through to presenting to their local council members.

Special mentions to Niamh Jones who presented at the South West Sport, Women in Sport breakfast in June 2018 and Caytlyn Sharp who undertook an International athlete ambassador role in the #WeAreSport program for Sport Inclusion Australia.

PRESENTATION EVENING

In November 2017 we recognised the outstanding achievements of our athletes at the annual awards night. The awards winners for the year were nominated by their respective coaches and with many deserving candidates making it extremely difficult for the selection panel to decide the final winners.

At the Awards night the athletes, parents and supporters were also lucky to hear from Australian Netballer Tegan Philip about her journey from regional Victoria athlete to Commonwealth Games Gold medalist.

2017 AWARD RECIPIENTS

South West Academy of Sport Warrnambool & Moyne Strength and Conditioning Award
Kyah Chisholm

South West Academy of Sport Southern Grampians Strength and Conditioning Award
Willow Sainsbury

South West Academy of Sport Corangamite Strength and Conditioning Award
Krystal Baker & Zali Searle

South West Academy of Sport Glenelg Strength and Conditioning Award
Courtney Ball

South West Academy of Sport Spirit and Determination Award
Khris Clementson

South West Academy of Sport Community and leadership Award
Patrick Drake

South West Academy of Sport Education Award
Sara Kosch

South West Academy of Sport Performance Excellence Award
Niamh Jones

South West Academy of Sport Overall Excellence Award
Caytlyn Sharp

FINANCIAL REPORT

SOUTH WEST ACADEMY OF SPORT INC.

STATEMENT OF COMPREHENSIVE INCOME

FOR THE YEAR ENDED JUNE 30, 2018

	2018 $	2017 $
INCOME		
Government Funding	112,391	110,641
Athlete Levy	17,809	13,649
Sponsorship	-	3,844
Sports Program Income	10,571	14,761
Uniform Sales	475	-
Memberships	1,300	2,000
Sundry Income	-	75
Interest	2,069	1,850
TOTAL OPERATING INCOME	**144,615**	**146,820**
EXPENDITURE		
Advertising & Marketing	11,401	7,490
Athlete Services Expenses	24,115	24,001
Employees	94,045	83,034
Motor Vehicle Operating Costs	3,857	4,170
Office & Administration	10,391	6,096
Sports Program Expenses	14,191	9,346
Depreciation	3,303	3,303
TOTAL EXPENSES	**161,303**	**137,440**
Total Surplus / (Deficit)	**(16,688)**	**9,380**

SOUTH WEST ACADEMY OF SPORT INC.

STATEMENT OF FINANCIAL POSITION

AS AT 30 JUNE 2018

	2018 $	2017 $
Current Assets		
Bank Accounts		
Operating Account 372	2,861	148
Statement Account 939	11,238	45,475
Debit Card	(690)	(215)
Bendigo Club Account	220	220
Term Deposits	100,000	67,500
Petty Cash	106	142
Total Bank Accounts	**113,735**	**113,270**
Other Current Assets		
Accounts Receivable	5,100	6,130
Uniforms - At Cost	4,959	6,661
Total Other Current Assets	**10,059**	**12,791**
Total Current Assets	**123,794**	**126,061**
Non-Current Assets		
Vehicles - At Cost	33,033	33,033
Less: Accumulated Depreciation	(8,598)	(5,293)
	24,435	**27,740**
TOTAL ASSETS	**148,229**	**153,801**
Current Liabilities		
Trade Creditors	750	1,500
Payroll Liabilities	331	5,360
GST & PAYG Payable	17,150	5,155
Total Current Liabilities	**18,231**	**12,015**
TOTAL LIABILITIES	**18,231**	**12,015**
NET ASSETS	**129,998**	**141,786**

Mary Bouwman
Accountant
PO Box 630
Warrnambool
ABN: 68 149 648 953

INDEPENDENT REVIEW REPORT TO
THE MEMBERS OF SOUTH WEST ACADEMY OF SPORT INC.

I have reviewed the accompanying annual financial report of South West Academy of Sport Inc. which comprises the statement of financial position as at 30 June 2018 and the statement of comprehensive income.

The financial report has been prepared for distribution to members for the purpose of fulfilling the members' financial reporting requirements under the constitution. I disclaim any assumption of responsibility for any reliance on this report or on the financial report to which it relates to any person other than the members, or for any purpose other than for which is was prepared.

My responsibility is to express a conclusion on the annual report based on a review. The procedures included examination, on a test basis, of evidence supporting the amounts and other disclosures in the financial report. These procedures have been undertaken to form an opinion whether, in all material respects, the financial report is presented fairly in accordance with the accrual basis of accounting whereby revenue is recorded if it is reasonably expected to be received, expenses are recorded as they fall due, and assets or liabilities such as receivables and payables are recorded.

The opinion expressed in this report has been formed on the above basis.

Conclusion
Based on my review, the financial report presents a fair view in accordance with the accrual basis of accounting, as described above, the payments and receipts of the South West Academy of Sport Inc. and its cash and bank balances as at that date.

M. Bouwman.

Mary Bouwman
B. Commerce (Accounting)
Dated: 24 September 2018

SOUTH WEST ACADEMY OF SPORT INC.

STATEMENT BY MEMBERS OF THE BOARD OF MANAGEMENT

The Board of Management declare that the financial statements are in accordance with the Asscociations Incoporation Reform Act 2012 and:

In the Opinion of the Board the financial report:

1. Presents a true and fair view of the financial position of South West Academy of Sport Inc. as at 30 June 30 2018 and its performance for the year ended on that date

2. At the date of this statement, there are reasonable grounds to believe that South West Academy of Sport Inc. will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the Board and is signed for and behalf of the Board by:

Board Member — Date: 1/10/18.

Board Member — Date: 1.10.18.

SPONSORS

PEAK FUNDING BODIES

Victoria State Government

Victorian institute of sport

LOCAL GOVERNMENT AUTHORITIES

Corangamite Shire

Glenelg Shire

Moyne Shire

Southern Grampians Shire Council

Warrnambool Shire Council

EDUCATION PARTNER

South West TAFE

MEDIA PARTNERS

3YB

Coast FM

PROGRAM SPONSORS

Clinton Baulch Warrnambool

Fishtales Cafe

Regional Academies Victoria

Netball Victoria

Golf Victoria

Cycling Victoria

Warrnambool City Netball Association

Victorian Golf Foundation

Victorian Clay Target Association

Warrnambool Auto Group

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