

## ANNUAL REPORT

# 2019 2020





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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.

## PURPOSES

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

## SWAS REGION

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

- › Corangamite Shire
- › Glenelg Shire
- › Moyne Shire
- › Southern Grampians Shire
- › Warrnambool City



## BOARD MEMBERS

**Jeremy Dixon**  
Chairperson

**Simon Illingworth**  
Member

**Sharyn Stevenson**  
Member

**Chrissy Hawker**  
Member (till October 2019)

**Kathryn Emeny**  
Vic Chair

**Tamara Bull**  
Member

**Kimberley Ransfield**  
Member

**Kerri Jennings**  
Member (till October 2019)

**Joel Kavanagh**  
Treasurer

**Mark Bridge**  
Member

**Mel Starr**  
Member (till October 2019)

**Stephen O'Leary**  
Member (till October 2019)



# CHAIRPERSON'S REPORT

**It would be remiss not to open by acknowledging that like most organisations, 2019/2020 was a difficult and complex year.**

I would like to recognise the impact COVID 19 has, and continues to have, on our members, athletes and their families, not to mention the important sporting sector that supports critical social, physical and mental health outcomes.

**"SWAS was well positioned to adapt quickly to COVID 19 with a number of programs and initiatives already occurring or in the pipeline prior to restrictions."**

Jumping back to the start of the year, 2019/2020 Board members Melanie Starr, Kerri Jennings, Stephen O'Leary and Chrissy Hawker stepped down and I would like to thank them for their involvement and contribution. While remaining on the Board, Kathryn Emeny also decided to vacate the Chair position after several years in the role. In this time, Kathryn displayed great leadership and commitment that has supported SWAS to be where it is.

Through the course of the year we welcomed new Board members Sharyn Stevenson, Tamara Bull, Kimberley Ransfield and Simon Illingworth. Each of them bringing a depth of expertise from a broad range of sporting backgrounds in addition to strong administration and commercial capabilities. It was also great to be able to achieve 50% gender diversity.

SWAS was well positioned to adapt quickly to COVID 19 with a number of programs and initiatives already occurring or in the pipeline prior to restrictions. From a resourcing perspective, this included the appointment of Tim White who brought with him a strong background in Graphic Design and team management and the launch of Own Your Goal, an athlete load management application. Once restrictions were introduced, SWAS was able to

implement a number of new programs or existing programs in a different way. Some of these included Webex online sport program meetings, online strength and conditioning, and weekly athlete education sessions. This was supported by increased digital engagement through Facebook, YouTube and Team App.

The Board would like to recognise CEO Nic Kaiser and his leadership, well supported by Tim, through this difficult period.

I would also like to thank all Board members over the preceding 12 months. The contributions and informed perspectives have directly supported the strong position SWAS finds itself in as we look to continue to deliver on our purpose and provide critical support to our region's top sporting athletes. In the coming months the new Board will be undertaking a review of strategy, governance and programs to ensure we remain relevant and agile to the needs of our various sporting athletes and delivering programs in a way that continues to make a difference.

We were fortunate to be the recipient of several important grants during the year that will enable us to deliver on a number of exciting initiatives. Sources of funding included the Victorian Government's Together More Active and Change our Game (Women in Sport).

The Together More Active funding was provided to support a Future Leaders project aimed at supporting emerging female athletes to become leaders in their community and their sport, while additionally providing visible role models to the broader South West community. A second element of funding also included a Para Sport Linkages Project aimed at identifying opportunities, improving and developing pathways within the disability sport sector, talent identification, classification, education and athlete development in the South West region of Victoria.

Funding from Change Our Game supported the incredibly successful Women Leaders in Sport dinner we ran in September 2019. We look forward to delivering on these programs and more in the coming years.

On behalf of the Board I would like to thank our key stakeholders and supporters including 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. The support and funding provided to SWAS confirms the growing reputation and trust of the organisation and enables us to use our capability to help contribute to improved sporting equity outcomes and high performance.

Well done to all of the SWAS athletes and their commitment over the past 12 months. It has not been easy, however I have been fortunate to have experienced firsthand the dedication and positive attitude that the athletes have brought to their sessions.

These qualities act as cornerstones for future success in both sport and life. Congratulations and don't underestimate the resolve and growth you would have experience over the past year.

Regional athletes are often at disadvantage to their larger metropolitan peers however that is where SWAS steps in to break down these barriers and provide our local talent every opportunity to succeed, regardless of circumstance. If you are passionate about supporting this outcome, I would encourage you to contact us to uncover how you can make a difference, whether as a Board member, coach, specialist, or financial supporter.

All the best.

**Jeremy Dixon**  
**Chairperson**

# CEO'S REPORT

**The past 12 months have been jam-packed of highlights and challenges:**

## **ATHLETE ACHIEVEMENT**

SWAS has continued to grow and increase both in number and level and performance of our athletes. Across the past 12 months, we supported over 152 athletes and 21 coaches. We had 79 athletes represent the South West region and 17 state representative, although this number would have been higher as we had 5 athletes who were set represent the state did not get the chance due to their respective state championships being cancelled due to COVID 19 restriction during 2020. Additionally, we had 5 athletes compete in international competitions during the year, highlighted by Cayty Sharp and Kirstie Newcombe competing in the INAS Global Games in October 2019. While 15-year-old Jaylen Brown's competed at the World U23 Australian Basketball championships in Japan. We also had 5 SWAS coaches coach at the state or national level during the year.

## **ATHLETE SUPPORT & SERVICES**

For the 2020 programs, we were able to expand our SWAS Prehab, Rehab and Strength & conditioning resources. Additionally, we were able to expand on our Gym deliver services through an MOU with Corangamite shire which gave us access to the Timboon stadium for our athletes to train in. We also welcomed Nicole Oberin as the Strength & Conditioning coach at Timboon.

Our continued partnership with Leader of Evolution, programs exist which link the skills being developed in sport to critical skills young people will need to develop for a successful future in the workforce. While during the statewide lockdown in March 2020 SWAS was able to move our Athlete Education Session into an online format. Through the online delivery, we were able to provide a mixture of physical engaging sessions along with some guest speakers and topic experts. With 10 sessions delivered online we were able to provide access to more education sessions them we would have otherwise been able to.

In addition to this, we provided athletes with access to BelievePerform the world's leading source of performance psychology, well-being and mental health content for the sport community.

We were able to support our sport program with a number of additional training and playing opportunities, some of the real highlights included our Netball program's sessions with NetFit's Sarah Wall and an online session with Jamaican national team player Kadie Anne Dehaney. The Golf program had an awesome experience with pro Marc Leishman, while Hockeyroo's Sophie Taylor and Rachel Lynch shared their experience with our new athletes.

We also had several inter academy sessions through the year with our Interacademy Tennis Challenge in Bendigo, a High-performance Golf session at 13th beach. While our Hockey program had a joint day with South Australian counterpart Limestone Coast Academy of Sport and the Cycling team was able to do some race practise with WestVic Academy of Sport.

## ATHLETE RECRUITMENT

The past 12 months have been prosperous for SWAS, we supported 152 athletes coming from 24 different sports. One of the biggest highlights was in September 2019 when we welcomed 18 athletes into our inaugural Hockey program under the coaching of Jessie McCartney from sportDS. This grew our sport programs to seven and in February 2020 we welcomed 23 athletes into the Individual Athlete Program, including athletes from AFL, Circus Art, Gymnastics, Football and Swimming.

### **"SWAS was successful in procuring two grants under the Victorian Governments Together More Active program."**

A very pleasing development was the growth of both our Clay Target Shooting and Surfing programs, both of the programs are relatively newer sport programs for SWAS. Squad numbers for the majority of our programs improved most notably with our Clay Target Shooting program that welcomed 4 new athletes in 2020. While our Golf and Surfing programs grew by 2 and 4 athletes respectively, these improvements would not have been possible without the efforts of the respective Head Coaches Paul White (Surfing) and Craig Bonney (Golf).

## BRANDING & FUNDING

SWAS was successful in procuring two grants under the Victorian Governments Together More Active program. The program supports initiatives increasing the equity, diversity and inclusiveness of sport within Victoria. Our first grant; The Future Leaders Program will support emerging female athletes to become leaders in the community and their sport, while additionally providing visible role models to the broader South West community. While the second Program is aimed at identifying opportunities,

improving and developing pathways within the disability sport sector, talent identification, classification, education and athlete development in the South West region of Victoria.

In September we hosted a Women in Sport Dinner 'Breaking Barriers in Sport' as part of some Change

Our Game funding. The night was a fantastic opportunity for our coaches, athletes and wider SW community as we engaged with 3 prominent leaders in sport Carol Fox, Penny Smith and Sarah Wall to showcase the brilliant women who are models of success and inspiration. The event also provided an example and calling card of women leaders in sport throughout the South West and how those in attendance can be involved with local clubs and associations to provide positive change.

Use of our YouTube and an increased focus on digital media presence was assisted through our staff recruitment. In October 2019 we welcomed Tim White to SWAS in the position of Communications Officer, Tim brings a passion for local sport, experience playing coaching and supporting athletes in Football plus graphic design and social media background. The recruitment of a communication officer followed the departure of Athlete & administration liaison Emma Chapman who moved to a full-time job outside of SWAS. I thank Emma for all her effort during her time with us.

## GOOD GOVERNANCE & CAPABILITY

At the 2019 AGM, SWAS welcomed four new Board members: Tamara Bull, Kimberley Ransfield, Sharyn Stevenson and Simon Illingworth who all bring connections and counsel complementing existing Board members. SWAS is pleased to continue to have a 50% representation of women on the board. The board as a whole thoroughly deserves thanks and acknowledgement for their contribution. The SWAS Board finalized our policies relating to Working with Children, Child Protection and Harassment and Bullying and continued to ensure SWAS remains compliant with best practice regarding all aspects of our operations.

A large part of 2020 was affected by the restriction in place during the COVID 19 lockdown periods. As an organisation SWAS needed to be flexible and nimble to provide support, guidance and assistance to our athletes during this time. One of the first steps we took was to provide ease of access to resources by establishing our TeamApp site, merging the login from Athlete load management site OwnUrGoal. While athlete Strength & conditioning sessions were moved to an online format and 6 sessions were provided each week for the athletes.

## PARTNERSHIPS & SUPPORTERS

To each of our service suppliers, I offer my thanks without the input of each and every one of the partners, supporter, volunteers and members of the wider SWAS community we could not deliver such quality services.

Our strength & conditioning coaches and gym providers (Chris Radford & the Team at RADCentre, Kerri Jennings, Brodie Jenkins and Portland YMCA, Scott, Kris and the awesome team at Momentum Fitness Warrnambool, Kale Rout, Leigh Finlayson, Barry Wurlod and Terang stadium, Nick Hose and his support at Nick Hose Fitness, Luke Frost and HILAC staff); musculoskeletal screenings (Zoe Douglas, Axis physiotherapy); nutrition (Ilana Jorgensen, EatFit Nutrition); sport psychology (Dr Jodie Fleming, The Psychology of It) exercise physiotherapist (Dallas Jones, Ultimate Performance & Rehab) and Ray Smith and Bruce Alexander (AquaZone) for

their partnership work. Also to Leaders of Evolution (Damien Hecker & Team) for the athlete education partnership and Fitz Media productions (Liam Fitzgerald) for media support and local media across our region, particularly The Standard, The Spec, 3YB Ace Radio and ABC Warrnambool, for their promotion of SWAS and our athletes.

To our sponsors, both cash and in-kind (which are equally important to us), for your support and contributions - we wouldn't be here if you weren't. So, thank you to: WestVic Staffing solutions, Victorian State Government (Erin Trebley), Victorian Institute of Sport (Anne Marie Harrison), SW TAFE (Mark Fridge and staff), Corangamite Shire (Jane Hinds and Councillors), Moyne Shire (Jacquie Anderton and Councillors), Glenelg Shire (Hayley Rowe and Councillors), Southern Grampians Shire (Susannah Milne and Councillors) and Warrnambool City Council (Kyme Rowe, Kim White and Councillors). Additionally, again thank you to all sport partners for their cash and/or in-kind contributions toward their programs and athletes.

To all the schools, commercial facilities and sport-specific facilities who very generously allow us the use of their training facilities, court space and resources; we couldn't do what we do without you.

Personally to Cam Loftus, Corey Saitta, Graham Gordon, Anita Pistrin, Susan Watts and the extended VRAS group thank you. To all of our board members past and current I thank you for your time and input.

This year and in particular the past twelve months has thrown up some huge challenges for everyone involved at SWAS, notably from the athletes we have seen them take huge steps forward in their personal development and pursuit of sporting goals, even during this challenging period. For the organisation and all of our partners, friends, supporters and sport partners the growth, achievements and community building that has taken place has been fantastic. Thank you all.

**Nic Kaiser**  
**Chief Executive Officer**



# CLAY TARGET SHOOTING

With monthly coaching days across the past 12 months, we have been able to support the growth of the Clay Target Shooting program. Athletes are able to train with Head Coach Gary Hayden and learn from each other as they fine tune their technique and skills.

In addition to coaching and shooting days, the athletes also worked the mental discipline and training that is needed to perform at a high level. The emphasis once again this year was placed on these young competitors pursuing competition opportunities, with these taking many athletes to all parts of Australia. This underlines the level of focus and commitment that these athletes delivering year in and year out.

The program wouldn't be possible without the support of the local Clay Target Associations across SW Victoria and we would like to take this opportunity to thank those clubs and numerous volunteers involved. Support also continues to be provided by the Victorian Clay Target Association and we take this chance to thanks in particular president Mal Dyson, Jeff Bell and the board for their assistance and support.



SWAS Shooter Tom Clarke & Harry Clarke with Coach Gary Hayden at Noorat Gun Club



### 2019 SWAS ACADEMY ATHLETES

- › Evan Porter
- › Harry Clark
- › Nea Gordon
- › Jesse Sullens
- › Tom Clark
- › Rebecca Linke
- › Jack Skinner

### 2020 SWAS ACADEMY ATHLETES

- › Harry Clark
- › Tom Clark
- › Rebecca Linke
- › Jack Skinner
- › Ruby Lawrence
- › Matt Moylan
- › Sam Carmody
- › Harry Payne
- › Angus Murfitt
- › Charlie Carmody
- › Matthew Negrello

### PROGRAM STAFF

#### State Sporting Association

Malcolm Dyson  
Victorian Clay Target Assoc.

#### State Sporting Association

Jeff Bell  
Victorian Clay Target Assoc.

#### Coach

Gary Hayden  
Corangamite



# CYCLING

**The South West Academy of Sports (SWAS) Cycling Program in 2019/20 has produced some great results from a talented group of young riders. Riders this year covered many disciplines of cycling (Triathlon, Road, Mountain Biking, Criterium, Time Trialing, Track) and brought home a collection of State and Regional level medals. Unfortunately National Championships were cancelled due to Covid-19 this year and didn't allow some athletes to truly test their abilities against the best in Australia.**

It is the continued desire of the SWAS Cycling Program to provide the regional juniors quality sports-science education and training tools that are available to Metropolitan juniors. This has been achieved by providing the juniors access to TrainingPeaks, quality coaching, individualised programs, local and regional cycling workshops, and access to an array of programs provided by SWAS.

The squad members have all been provided weekly personalised training programs through TrainingPeaks to provide focused training that allows them the best opportunity to meet their sporting goals. All athletes were provided with 22 weeks coaching through SWAS, but most athletes chose to extend the program privately. Best Bike Split software has continued to be utilised to provide the juniors with world-leading data analysis to help them prepare and plan for their races.

The program's partnership with Royal Bikes is going very well with the shop providing mechanical support and mentoring to all the riders involved with the program. It has seen some great friendships form and training groups start so that the juniors can train with and learn from senior riders.

It has again been a joy to work with all of the squad members, and I'm ever grateful for being given the opportunity to partner with them on their cycling journey. I am hopeful that the juniors can get back to racing soon as they have all improved so much and are keen to test their fitness.



SWAS – Royal Bikes Junior Cycling Squad members Louis O'Callaghan, Eddie Worrall, Cadel Howie & Noah Morton on the Wal Smith Velodrome in Hamilton.



### **2019 SWAS – POWERED BY ROYAL BIKES ATHLETES**

- › Cadel Howie
- › Louis O'Callaghan
- › Noah Morton
- › Michael Hurley
- › Eddie Worrall
- › Ruben de Silva-Smith

### **2020 SWAS – POWERED BY ROYAL BIKES ATHLETES**

- › Cadel Howie
- › Louis O'Callaghan
- › Noah Morton
- › Johanna Jephcott
- › Eddie Worrall
- › Ruben de Silva-Smith

### **PROGRAM STAFF**

#### **State Sporting Association**

Craig Eastwood  
Cycling Victoria

#### **Head Coach 2018 & 2019**

Kerry King  
Royal Bikes - Warrnambool

#### **Coach 2019**

Nathan McLaren  
Port Fairy Cycling Club



# GOLF

The South West Academy of Sports' Golf program runs with the support of Golf Australia and the Victorian Golf Foundation. With the best athletes from the SW region selected to be part of the program. The athletes are selected based on single figure handicaps, competition performance and attendance in Victorian junior events and identified talented athletes. The SWAS Golf program also assisted the Western District Golf Association junior development squads, partnering where possible to collaboratively improve junior golfers within the SWAS program and those aspiring to high-performance levels.

The athletes attended a Golf Australia High-Performance training camp at 13th beach in Torquay where they learnt from VIS and Golf Australia coaches, service professionals and competed in the 13th beach junior tournament. During the 13th beach tournament the SWAS team narrowly finished in 2nd place by one stroke in the VRAS Academy golf challenge.

In December 2019 the athletes has a fantastic training opportunity with Pro Golfer Marc Leishman kindly taking time out of his schedule to offer some coaching and advice to the group. Across the year athletes also had coaching and training activities from Victorian Institute of Sport Golf Head Coach Dean Kinney and Golf Victoria Coach Travis Harrison.

Special Thanks must go to Head Coach Craig Bonney, and especially Golf Victoria's High-Performance manager Matt Cutler whose belief in the regional pathway provides opportunities for our talented athletes.



Golf Athletes Will McKenzie, Daniel Battista, George Beasley, Noah Best & Bailey Borgmeyer with Pro Marc Leishman at Warrnambool Golf Course.





### **2019 SWAS ACADEMY ATHLETES**

- › Noah Best
- › Josh Brown
- › Logan Lilley
- › Daniel Battista
- › Bailey Borgmeyer
- › George Beasley

### **2020 SWAS ACADEMY ATHLETES**

- › Noah Best
- › Will McKenzie
- › Daniel Battista
- › Bailey Borgmeyer
- › George Beasley
- › Fred Beasley
- › Riley Scanlon
- › Lachlan Walker

### **PROGRAM STAFF**

#### **Golf Victoria High-Performance Manager**

Matt Cutler  
Golf Victoria

#### **VIS Golf Coach**

Dean Kinney  
VIS

#### **Golf Victoria Regional Development Officer**

Chris Crabbe  
Golf Victoria

#### **Pro & Head Coach**

Craig Bonney  
Warrnambool

#### **Golf Victoria High-Performance Coach**

Travis Harrison  
Victoria

# NETBALL

**Our Netball program continues to produce skilful SW athletes for progression to the Netball Victoria Talent Academy programs. Our 2019 skill session finished off in August 2019 with all 20 athletes progressing to the NV talent Academy trials. For our 2020 program we started off with a change in head coach, with Mel Starr appointed and a new trial system set up allowed over 70 athletes to trial for a position in our netball academy program. The large number that we received pushed us to have an extended trial selection process with a squad of 20 successfully selected. A positive outcome from a lot of hard work.**

A solid start to our first session showed the selected squad the hard work and dedication the remainder of 2020 would require from them. Then COVID-19 struck and all our hard work was put on hold. However we were able to hold two modified sessions in between the two Stage 3 lockdown requirements.

The challenges from both lockdown periods were:

- › rescheduling of skills sessions,
- › restricted training ability once we could return to skill sessions – with sessions reduced to non-contact requirements and physical distancing
- › local competitions also cancelled, losing the ability for the players to enhance skills but also for coaches to observe outside of program
- › Uncertainty around Netball Vic trial dates and requirements
- › Uncertainty around when or even if we would be able to recommence.

These above challenges were also compounded by two of the three coaches leaving the program during the midst of both lockdowns. However I am positive we can return strong in 2021.



SWAS 2019 Netball Squad & Coaches

### 2019 SWAS ACADEMY ATHLETES

- › Sophie Rentsch
- › Jedah Huf
- › Madaline Phillips
- › Charlotte Collins
- › Amy Goss
- › Alice Whitehead
- › Bella Nicholls
- › Jemma Nelson
- › Sarah Tunstall
- › Tasha Killen
- › Milla Clarke
- › Chloe Manuell
- › Jenna Cahill
- › Ellie Ryan
- › Victoria McPhee
- › Ruby Wright
- › Kiara Dannatt
- › Kira Gordon
- › Matilda Hutchison
- › Taylor Bowie

### 2020 SWAS ACADEMY ATHLETES

- › Sarah Byrne
- › Hannah Byron
- › Emily Darcy
- › Matilda Darcy
- › Edie Douglas
- › Karoraina  
Karatau-Keightley
- › Charlotte Lenehan
- › Abbey Mack
- › Scarlett O'Donnell
- › Matilda Pollard
- › Stella Rogers
- › Ella Sadler
- › Lilly Sanderson
- › Lily Schroeder
- › Kate Smith

### PROGRAM STAFF

#### State Sporting Association

Sarah Collett  
Netball Victoria

#### State Sporting Association

Hayley Van Den Boom  
Netball Victoria

#### Coach

Sara Quinn  
Warrnambool

#### Coach

Melissa Starr  
Warrnambool

#### Coach

Melissa Burt  
Warrnambool

#### Coach (2019)

Chris Van Kempen  
Warrnambool

#### Coach (2019)

Thalia Robertson  
Warrnambool

#### Program Manager (2019)

Karen Huf  
Southern Grampians



# SURFING

2019 saw ages vary from 12 to 16, our biggest range in ability since the inception of SWAS surfing program. Fantastic to see the development of two surfers in particular, Patrick Blythe and Harry Stinchcombe. Patrick developed his confidence in larger conditions as the year wore on, as well as his skill set. Harry developed some power to add to his “flowing” style, replicating the type of style that holds up well in competition. Ned Deppeler is continuing to work on developing his “flow”, and has vastly improved on the amount of waves caught per session and ability to read the surf.

Many thanks to parents Neil and Linda Fawcett, and Drew Deppeler who gave up their time to assist with the program.

Next year we look forward to bringing in more athletes, with hopefully an increase in our female participation, whilst developing more independent learning within our athletes.



SWAS Surfing athletes waiting for the next set at Cape Bridgewater



### 2019 SWAS ACADEMY ATHLETES

- › Ben Matthews
- › Samuel Fraser
- › Patrick Blythe
- › Deny Fawcett
- › Ned Deppler
- › Sullivan Wallace
- › Harry Stinchcombe

### 2020 SWAS ACADEMY ATHLETES

- › Samuel Fraser
- › Patrick Blythe
- › Deny Fawcett
- › Ned Deppeler
- › Sullivan Wallace
- › Harry Stinchcombe
- › Balun Cummings
- › Astrid White
- › Jamison Cram
- › Samuel Fraser

### PROGRAM STAFF

#### State Sporting Association

Adam Robertson  
Surfing Victoria

#### Head Coach

Paul White  
Glenelg

#### Coach

Claire Eldridge  
Glenelg

#### Coach

Aaron Campbell  
Glenelg

### ATHLETE OF THE YEAR

Harry Stinchcombe

### COACHING STAFF

Marcus Eldridge, Paul White

### PARENT HELPERS

Neil Fawcett, Linda Fawcett,  
Drew Deppeler



# TENNIS

**2019 was a fantastic year for the South West Academy of Sport, we had a total of 16 Athletes and completed 6 on court training sessions. We were lucky to have Ashley Naumman the head of Talent Victoria facilitate one of our training sessions throughout the year.**

The academy competed in the Inter Regional Challenge held in Bendigo, along with the Warrnambool JT Gold Tournament in December. This was a great opportunity for South West players to compete against some of the best players in Victoria.

We created a fun and engaging team environment amongst the squad through the year. The key focus points were the importance of good habits, physical preparation and recovery, consistency, accuracy, maintaining quality shots, serve and return and tactical strategies.

For the 2020 Program we were pleased to add a number of younger athletes as we build the development group within the south west. SWAS was also pleased to welcome the experience and knowledge of local Tennis Coach Nathan Isles, Nathan was able to run some additional hitting and technique preparation sessions for our athletes both pre-tournament and post local JDS competitions. This enabled us to provide additional support to tournament and competition play as our athletes and program develop further.



SWAS 2019 Tennis Squad with Head Coach Olivia Rich



### **2019 SWAS ACADEMY ATHLETES**

- › Bayden Penrose
- › Blair Penrose
- › Charlotte Millear
- › Isaac Brian
- › Jack Prevet
- › Fletcher Sagnol
- › Nash Wollard
- › Marcus McClintock
- › Cooper Marra
- › Miranda Page
- › Orlando Brown
- › Toby Coutts
- › Max Phillips

### **2020 SWAS ACADEMY ATHLETES**

- › Mia Slater
- › Ella Cook
- › Charlotte Millear
- › Isaac Brian
- › Fletcher Sagnol
- › Marcus McClintock
- › Cooper Marra
- › Benjamin Spencer
- › Toby Coutts
- › Max Phillips

### **PROGRAM STAFF**

#### **State Sporting Association**

Jessica McCormack  
Tennis Victoria

#### **State Sporting Association**

Andrew Reynolds  
Tennis Victoria

#### **Coach (2020)**

Nathan Isles  
Warrnambool

#### **Coach (2019)**

Willow Sainsbury  
Southern Grampians

#### **Head Coach (2019)**

Olivia Rich  
Tennis Victoria

# HOCKEY

The SWAS Hockey Academy enjoyed its inaugural training program over the 2019/20 season. The program is supported by Hockey Victoria and consisted of the best hockey athletes in our region, many of whom are looking to build upon their performances at the Junior State & Country Championships to push for selection in Hockey Victoria Academies or State Teams.

Our aim is to develop young players in the South-West region and teach skills, strategies, and game sense to maximise enjoyment of the hockey experience and prepare the players for senior hockey and/or participation in representative teams.

The initial program was incredibly promising, with talent from across the region training fortnightly across the Summer season at Ballarat, Warrnambool, and Hamilton. 18 athletes were selected for the program, which emphasised development of technical skills, decision making and strategies to manipulate the opponent to create more manageable situations on the field.

Over the duration of the program the coaching staff saw an encouraging improvement across the group in all areas. The training sessions were tough, with the group often battling the heat and learning new concepts under fatigue and in a competitive environment.

We were lucky to have assistant coaches Cale Rout (Australian Country Men's Hockey Team rep), and sportDS specialists Holly Stewart (ex-Canadian junior international) and Tom Drury (Developing Goalkeeper Coach from TEM Hockey Club in Melbourne). A big thank you to these coaches for sharing their expertise with our squad.

We are eagerly awaiting the second year of our program and, after Covid-19 cancelled the winter hockey season, we know the group will be raring to go and determined to build on the initial foundations completed in our first year.



Hockeyroo Sophie Taylor takes the SWAS Hockey athletes through a training session





### SWAS ACADEMY ATHLETES

- › Tigist Lee
- › Callum Bridge
- › Giles Peters
- › Darcy Nelson Hill
- › Ashleigh McNaughton
- › Samara Howie
- › Zoe Klopak
- › Will Merrin
- › Edward De Salis
- › Anne Davis
- › Tyson Jones
- › Hayden Giblin
- › Benjamin Jackson
- › Baden Jones
- › Bradley Coon
- › Emily McNaughton
- › Spencer Ward
- › Ava Sharman

### PROGRAM STAFF

#### Hockey Victoria - SSA

Andrew Skillern  
Hockey Victoria

#### Head Coach

Jessie McCartney  
SportDS

#### Coach

Cale Rout  
Warrnambool

#### Coach

Holly Steward  
SportDS

#### Goal Keeper Coach

Tom Drury  
SportDS

# INDIVIDUAL ATHLETES

NAME	SPORT	SHIRE
Kirstie Newcombe *	Athletics	Moyne
Roxy Mahony- Gilchrist*	Athletics	Warrnambool
Logan Cuthell	Athletics	Corangamite
Emily Morden	Athletics	Corangamite
Caytlyn Sharp	Athletics	Corangamite
Andy Paterson*	Athletics	Glenelg
Sky Treble	Athletics	Glenelg
Sholto Punton	Athletics	Glenelg
Nicholas Castersen	Athletics	Corangamite
Eben White	Athletics	Corangamite
Maddison Drake	Athletics	Warrnambool
Spencer Bourke*	Athletics	Warrnambool
Chelsea Finch*	Athletics	Warrnambool
Sophie Curran	Athletics	Corangamite
Benjamin Matthews	Athletics	Corangamite
Victoria Bell	Athletics	Southern Grampians
Tanielle Knight*	Basketball	Southern Grampians
Keely Burland*	Basketball	Glenelg
Matilda Allen	Circus Art	Warrnambool
Heidi Stansfield	Cricket	Corangamite
Chloe Mutton	Gymnastics	Moyne
Lilly Crawford	Gymnastics	Warrnambool
Asher Keldan	Football	Warrnambool
Benjamin Hawkins	Football	Moyne
William Macdonald*	Football	Corangamite
Tara Elliott *	Netball	Warrnambool
Lauren Ryan	Swimming	Corangamite
Jack Sharp	Swimming	Southern Grampians
Joshua Jellie	Swimming	Southern Grampians
Lachlan Rees	Swimming	Southern Grampians
Gabrielle Loughheed	Volleyball	Warrnambool
Jaylen Brown	Wheel Chair Basketball	Warrnambool

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\*Denotes 2019 only



# ATHLETE SERVICES

## SERVICE PROVIDERS

### Strength and Conditioning

Leigh Finlayson  
Warrnambool

### Strength and Conditioning

Cale Rout  
Warrnambool

### Strength and Conditioning

Will Barber  
Southern Grampians

### Strength and Conditioning

Brodie Jenkins  
Glenelg

### Strength and Conditioning

Barry Wurlod  
Corangamite

### Strength and Conditioning

Nicole Oberin  
Corangamite

### Strength and Conditioning

Nick Hose  
Corangamite

### Physiotherapist

Zoe Douglas  
Warrnambool

### Exercise Physiologist

Dallas Jones  
Warrnambool

### Nutritionist, Sports Dietician

Ilana Jorgensen  
Moyne

### Psychologist

Dr Jodie Fleming  
Warrnambool

### Inner Speed & Power

Jeremy Dixon  
Warrnambool



# EDUCATION & PERSONAL EXCELLENCE 2019-2020

## PHYSICAL LITERACY & FUNCTIONAL MOVEMENT SESSIONS

SWAS delivered a combined physical literacy and functional movement program for all sport athletes across the past 12 months. The program combined face to face functional movement focused sessions with stability and body control session to improve the overall athlete.

The sessions delivered across the year included;

- › Balance & stability
- › Sprinting Speed
- › Running technique
- › Lateral movement and agility
- › Yoga
- › Pilates
- › Core Control.

## SWAS DAY – EDUCATION SESSIONS

SWAS delivers a number of athlete education sessions throughout the year during face to face PD days for all of our athletes. During 2019 and pre COVID restriction we held the following sessions:

- › Leadership – Damien Hecker, Leaders of Evolution
- › Effective Communication - SWAS
- › Recovery Nutrition – Ilana Jorgensen, EatFit Nutrition
- › Media Training – Sean Hardeman, The Standard and Liam Fitzgerald, Fitz Media productions

Mental Toughness and Dealing with Stress, Arousal & Anxiety – Dr Jodie Fleming, the Psychology of It





### ONLINE LEARNING PROGRAMS

During April 2020 athletes were able to access the Leaders of Evolution ELearning platform for Emerging Leaders in Sport online leadership course. The ELearning platform complemented the future work force skills that athletes were undertaking across the past 12 months through some online and face to face sessions with the Leaders of Evolution team.

### BELIEVE PERFORM

To assist athletes with mental health and stress during the lockdown periods SWAS was able to provide access to Believe Perform - The world's leading source of performance psychology, well-being and mental health content for the sport community. With over 50 course and training plans on resilience, anxiety, mindfulness and an abundance of other wellbeing topics athletes were able to find assistance during a challenging period.

### ATHLETE RECOVERY & PREHAB

For 2020 programs we were also able to expand our SWAS Prehab, Rehab and Strength & conditioning documents for our more experience athletes.

Athletes were provided with recovery equipment including Foam Rollers, massage ball and therabands. Along with instruction and management throughout their gym sessions athlete were also provided information around recovery and load management from Ultimate Performance & Rehab, Axis Physio and RADCentre experts.



# EDUCATION & PERSONAL EXCELLENCE 2019-2020 CONT.

## MUSCULOSKELETAL SCREENING

Each year all of our athletes undergo musculoskeletal screening. The screening are then used to provide specific information to each Strength and Conditioning Coach. The S&C coach is then able to tailor each athletes training programs to address any postural or muscle imbalances and complement the performance focus for their sport.

For 2020 programs we were lucky enough to have Zoe Douglas from Axis Physiotherapy and Kerry King from Focus health group providing guidance for our athletes.

## 2020 INDUCTION DAY

February 2020 saw over 70 athletes and coaches attend the 2020 Induction day at SW Tafe, Warrnambool. The topics covered were:

- › Athlete Recovery
- › Injury Prehab
- › Musculoskeletal Screening
- › Future work force skills
- › Own Ur Goal - Athlete load management App
- › Guest Speaker- Penny Smith





## ONLINE ATHLETE EDUCATION SESSION DURING COVID-19

During the state wide lockdown in March 2020 SWAS was able to move our Athlete Education Session into an online format. Athlete from all programs completed weekly session across April- July 2020. Through the online delivery we were able to provide a mixture of physical engaging sessions along with some guest speakers and topic experts. We were also able to record the sessions as we work to expand on our education database and resources to access. The sessions were:

- › Rachel Lynch – Australian Hockey Athlete & R U Ok ambassador
- › Mat Pilates - Dallas Jones, Ultimate Performance & Rehab
- › Prehab & Rehab – Zoe Douglas, Axis Physiotherapy
- › Footwork & Speed – Jeremy Dixon, Inner Speed & Power
- › Yoga – Yoshi Inada-Lane, Pause Chiropractic
- › Active Pilates- Dallas Jones, Ultimate Performance & Rehab
- › Nutrition – Jessica Rothwell, VIS nutrition
- › Jodie Fleming – Mindfulness in Sport, the Psychology of It
- › Leadership – Damien Hecker, Leaders of Evolution
- › Self-Massage – Kerry King, Focus Health group





# SPECIAL EVENT HIGHLIGHTS

## VRAS

As an active member of the Victorian Regional Academies of Sport Inc. the collective of regional academies throughout Victoria SWAS represented the region at VRAS meetings and worked with the VIS and State Sporting Organisations to support regional sport plans. The SWAS CEO represented the academy on the VRAS Committee with Nic Kaiser serving as Chairperson of VRAS for the past two years.

## VIS VISIT

SWAS athletes, as part of the Regional As part of the Victorian Regional Academy of Sport network, SWAS athletes who may become potential future VIS scholarship holders are invited to visit the world-class Victorian Institute of Sport facilities. On Tuesday 10 July 2019, 8 SWAS athletes visited and experienced what it takes to be an elite athlete.

After listening to VIS athletes Paralympian Mitch Gourley, Melbourne Vixens Lara Dunkley and golfer David Micheluzzi the athletes undertook strength and conditioning gym session with an expert physical preparation coach, a power test with a sport scientist, participated in a practical pilates session, a nutrition workshop and cooking class with a VIS sport dietician and a visit from a vis sport psychologist. The VIS and Regional High-Performance Experiences are part of the VIS' valuable partnerships with the Regional Academies of Sport.

## WOMEN IN SPORT DINNER

We engaged with 3 prominent leaders in sport in our South West Victoria region and surrounds to showcase the brilliant women who are models of success and inspiration for our athletes and community. The event was also designed to engage our wider community and be an example and calling card of women leaders in sport throughout the South West and showcase how those in attendance can be involved. Our guest speakers for the evening were Carol Fox, President / Chair of Women Sport Australia (WSA) an icon in women leaders in sport. Sarah Wall former national Netball Athlete and owner of NetFit Netball and SWAS Alumni and 2017 World Champion Clay Target Shooter Penny Smith.

## AUSTRALIAN REPRESENTATIVES

- › Kirten Newcombe (Athletics)
- › Cayty Sharp (Athletics)
- › Gabby Loughheed (Volleyball)
- › Jaylen Brown (Wheelchair Basketball)
- › Benjamin Hawkins (Futsal)



## ATHLETE GUEST SPEAKERS & COACHES

Through the year athletes had the opportunity to learn from a number of current and ex Australian athletes who shared valuable lessons and advice for our athletes.

- At our 2019 SWAS Awards dinner Sarah Lynch (Katsoulis) recounted her highs and lows during a successful career representing Australia as a swimmer. This included her career-high of her 2008 World Short Course Championship Gold Medal Victory, an excellent insight for all our athletes.
- During the 2020 Induction day SWAS Alumni Penny Smith spoke about her passion and ambition to push the limits and achieve her dreams. Penny a winner of Shooting Australia's Female Shooter of the Year for 2017 was also successful in qualifying for the 2020 Tokyo Olympics before it was rescheduled.
- Athletes were also able to attend an inspiring night with tennis star, media personality and best-selling author Dylan Alcott.
- Our Hockey program had Hockeyroo athletes Rachael Lynch and Sophie Taylor as guest coaches in December 2019. Rachael the world number 1 goalkeeper was able to provide some one on one and group advice and technique improvement to our goalkeeper, while Sophie took the field players through their paces.
- Our Golfers (and some parents) experience a unique coaching opportunity late in December 2019 with a session with Pro Marc Leishman.
- Netball Athletes did an online video training session with Vixen's athlete and Jamaican national team player Kadie Ann Dehaney. Kadie was able to show some examples of Vixen's drills and tips and also took the time to answer the abundance of questions from the athletes in attendance.



# PRESENTATION EVENING

In November 2019 we recognised the achievements of our athletes during 2019 at our 2nd annual awards dinner. Congratulations to all of our Award winners for 2019.

## PROGRAM AWARDS

### **Outstanding Achiever SWAS Netball Program Award**

Jedah Huf

### **Outstanding Achiever SWAS Clay Target Shooting Program Award**

Harry Clarke

### **Outstanding Achiever SWAS Cycling Program Award sponsored by Royal Bikes**

Ruben de Silva Smith

### **Outstanding Achiever SWAS Tennis Program Award**

Max Phillips

### **Outstanding Achiever SWAS Surfing Program Award**

Harry Stinchcombe

### **Outstanding Achiever SWAS Golf Program Award sponsored by Victorian Golf Foundation**

Noah Best

### **Outstanding Achiever SWAS Individual Athlete Program Award sponsored by OntheGo**

Chloe Mutton



### **STRENGTH AND CONDITIONING AWARDS:**

#### **S & C Moyne Shire**

Callum Bridge

#### **S & C Warrnambool**

Gabby Loughheed

#### **S & C Southern Grampians Shire**

Bayden Penrose

#### **S & C Glenelg Shire**

Sarah Tunstall

#### **S & C Corangamite Shire**

Emily Morden

### **SPECIAL AWARDS:**

#### **Perpetual Performance**

#### **Excellence Award**

Caytlyn Sharp

#### **Perpetual Overall**

#### **Excellence Award**

Ruben de Silva Smith



# **FINANCIAL REPORT**

South West Academy of Sport Inc.

**Statement of Comprehensive Income**  
**FOR THE YEAR ENDED 30 JUNE 2020**

	2020 \$	2019 \$
<b>REVENUE</b>		
Government Funding	148,604	116,641
Government Stimulus	21,164	-
Donations	2,321	3,231
Athlete Levy & Fees	34,145	29,015
Sponsorship	-	1,000
Sports Program Income	11,500	15,513
Uniform Sales	1,776	564
Memberships	2,600	1,647
Interest	1,636	2,087
<b>TOTAL OPERATING INCOME</b>	<b>223,746</b>	<b>169,698</b>
<b>EXPENSES</b>		
Advertising & Marketing	3,066	6,107
Athlete Services Expenses	32,981	28,798
Bad Debt Expense	1,866	2,660
Employee Expenses	101,973	109,546
Motor Vehicle Operating Costs	3,033	5,589
Office & Administration	12,327	13,505
Sports Program Expenses	33,366	18,964
Depreciation	4,129	4,129
<b>TOTAL EXPENSES</b>	<b>192,741</b>	<b>189,298</b>
<b>NET RESULT FOR THE YEAR</b>	<b>31,005</b>	<b>(19,600)</b>

The accompanying notes form part of these financial accounts.



# South West Academy of Sport Inc.

## Statement of Financial Position AS AT 30 JUNE 2020

	Notes	2020 \$	2019 \$
<b>ASSETS</b>			
<b>Current Assets</b>			
Cash and Cash Equivalents	2	134,615	107,400
Trade and Other Receivables	3	41,908	8,569
Other Assets	4	5,239	5,843
<b>Total Current Assets</b>		<b>181,762</b>	<b>121,812</b>
<b>Non Current Assets</b>			
Motor Vehicle	5	16,177	20,306
<b>Total Non Current Assets</b>		<b>16,177</b>	<b>20,306</b>
<b>TOTAL ASSETS</b>		<b>197,939</b>	<b>142,118</b>
<b>LIABILITIES</b>			
<b>Current Liabilities</b>			
Trade and Other Payables	6	49,475	27,778
Employee Benefits	7	7,061	3,942
<b>Total Current Liabilities</b>		<b>56,536</b>	<b>31,720</b>
<b>TOTAL LIABILITIES</b>		<b>56,536</b>	<b>31,720</b>
<b>NET ASSETS</b>		<b>141,403</b>	<b>110,398</b>
<b>EQUITY</b>			
Retained Earnings		141,403	110,398
<b>TOTAL EQUITY</b>		<b>141,403</b>	<b>110,398</b>

The accompanying notes form part of these financial accounts.

## South West Academy of Sport Inc.

### Cash Flow Statement FOR THE YEAR ENDED 30 JUNE 2020

	Notes	2020 \$	2019 \$
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>			
Receipts from operating activities		187,054	159,027
Payment to suppliers and employees		(163,796)	(171,680)
Interest received		1,636	2,087
Donations & Sponsorships received		2,321	4,231
<b>NET CASH PROVIDED BY OPERATING ACTIVITIES</b>	10a	<u>27,215</u>	<u>(6,335)</u>
<b>NET INCREASE IN CASH AND CASH EQUIVALENTS HELD</b>		<u>27,215</u>	<u>(6,335)</u>
<b>CASH AND CASH EQUIVALENTS AT START OF THE YEAR</b>		107,400	113,735
<b>CASH AND CASH EQUIVALENTS AT END OF THE YEAR</b>	10b	<u>134,615</u>	<u>107,400</u>

### Statement of Changes in Equity FOR THE YEAR ENDED 30 JUNE 2020

	RETAINED EARNINGS \$	TOTAL \$
<b>BALANCE AT 30 JUNE 2018</b>	<u>129,998</u>	<u>129,998</u>
Net result for the year	(19,600)	(19,600)
<b>BALANCE AT 30 JUNE 2019</b>	<u>110,398</u>	<u>110,398</u>
Net result for the year	31,005	31,005
<b>BALANCE AT 30 JUNE 2020</b>	<u>141,403</u>	<u>141,403</u>

The accompanying notes form part of these financial accounts.

## South West Academy of Sport Inc.

### Notes to the Financial Statements FOR THE YEAR ENDED 30 JUNE 2020

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#### Note 1: Statement of Significant Accounting Policies

The principal accounting policies adopted in the preparation of the financial statements are set out below.

##### **Basis of preparation**

In the board's opinion, the incorporated association is not a reporting entity because there are no users dependent on general purpose financial statements.

These are special purpose financial statements that have been prepared for the purposes of complying with the Australian Charities and Not-for-profits Commission Act 2012 and the Associations Incorporation Reform Act 2012. The board have determined that the accounting policies adopted are appropriate to meet the needs of the members of South West Academy of Sport Inc.

These financial statements have been prepared in accordance with the recognition and measurement requirements specified by the Australian Accounting Standards and Interpretations issued by the Australian Accounting Standards Board ('AASB') and the disclosure requirements of AASB 101 'Presentation of Financial Statements', AASB 107 'Statement of Cash Flows', AASB 108 'Accounting Policies, Changes in Accounting Estimates and Errors', AASB 1048 'Interpretation of Standards' and AASB 1054 'Australian Additional Disclosures', as appropriate for not-for-profit oriented entities.

##### *Critical accounting estimates*

The preparation of the financial statements requires the use of certain critical accounting estimates. It also requires management to exercise its judgement in the process of applying the incorporated association's accounting policies. The areas involving a higher degree of judgement or complexity, or areas where assumptions and estimates are significant to the financial statements are:

##### *Estimation of useful lives of assets*

The incorporated association determines the estimated useful lives and related depreciation charges for its property, property, plant and equipment. The depreciation charge will increase where the useful lives are less than previously estimated lives or become obsolete and written off.

##### *Employee benefits provision*

The liability for employee benefits expected to be settled more than 12 months from the reporting date are recognised and measured at the present value of the estimated future cash flows to be made in respect of all employees at the reporting date. In determining the present value of the liability, estimates of pay increases through promotion and inflation have been taken into account.

#### **(a) Revenue Recognition**

Revenue is recognised when it is probable that the economic benefit will flow to the incorporated association and the revenue can be reliably measured. Revenue is measured at the fair value of the consideration received or receivable.

##### *Donations*

Donations are recognised upon receipt.

##### *Grants*

Grants are recognised at their fair value where there is a reasonable assurance that the grant will be received and all attached conditions will be complied with.



## South West Academy of Sport Inc.

### Notes to the Financial Statements FOR THE YEAR ENDED 30 JUNE 2020

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#### *Interest*

Interest revenue is recognised as interest accrues using the effective interest method. This is a method of calculating the amortised cost of a financial asset and allocating the interest income over the relevant YEAR using the effective interest rate.

#### *Other revenue*

Other revenue is recognised when it is received or when the right to receive payment is established.

#### **(b) Income Tax**

As the incorporated association is a charitable institution in terms of subsection 50-5 of the Income Tax Assessment Act 1997, as amended, it is exempt from paying income tax.

#### **(c) Cash and cash equivalents**

Cash and cash equivalents includes cash on hand, deposits held at call with financial institutions, other short-term, highly liquid investments with original maturities of three months or less that are readily convertible to known amounts of cash and which are subject to an insignificant risk of changes in value. Term deposits with a maturity of greater than 3 months are classified as financial assets.

#### **(d) Trade and other receivables**

Other receivables are recognised at amortised cost, less any provision for impairment.

#### **(e) Motor Vehicles**

Motor Vehicle is stated at historical cost less accumulated depreciation and impairment. Historical cost includes expenditure that is directly attributable to the acquisition of the items.

Depreciation is calculated on a straight-line basis to write off the net cost of each item of asset over their expected useful lives as follows:

Motor vehicles	8 years
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#### **(f) Trade and other payables**

These amounts represent liabilities for goods and services provided to the incorporated association prior to the end of the financial year and which are unpaid. Due to their short-term nature they are measured at amortised cost and are not discounted. The amounts are unsecured and are usually paid within 30 days of recognition.

#### **(g) Employee Benefits**

##### *Short-term employee benefits*

Liabilities for wages and salaries, including non-monetary benefits, annual leave and long service leave expected to be settled wholly within 12 months of the reporting date are measured at the amounts expected to be paid when the liabilities are settled.

#### **(h) Fair value measurement**

When an asset or liability, financial or non-financial, is measured at fair value for recognition or disclosure purposes, the fair value is based on the price that would be received to sell an asset or paid to transfer a liability in an orderly transaction between market participants at the measurement date; and assumes that the transaction will take place either: in the principal market; or in the absence of a principal market, in the most advantageous market.

Fair value is measured using the assumptions that market participants would use when pricing the asset or liability, assuming they act in their economic best interests. Valuation techniques that are appropriate in the circumstances and for which sufficient data are available to measure fair value, are used, maximising the use of relevant observable inputs and minimising the use of unobservable inputs.

## South West Academy of Sport Inc.

### **Notes to the Financial Statements** **FOR THE YEAR ENDED 30 JUNE 2020**

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#### **(i) Goods and Services Tax (GST)**

Revenues, expenses and assets are recognised net of the amount of associated GST, unless the GST incurred is not recoverable from the tax authority. In this case it is recognised as part of the cost of the acquisition of the asset or as part of the expense.

Receivables and payables are stated inclusive of the amount of GST receivable or payable. The net amount of GST recoverable from, or payable to, the tax authority is included in other receivables or other payables in the statement of financial position.

Cash flows are presented on a gross basis. The GST components of cash flows arising from investing or financing activities which are recoverable from, or payable to the tax authority, are presented as operating cash flows.

Commitments and contingencies are disclosed net of the amount of GST recoverable.

# South West Academy of Sport Inc.

## Notes to the Financial Statements FOR THE YEAR ENDING 30 JUNE 2020

	2020 \$	2019 \$
<b>Note 2: Cash and Cash Equivalents</b>		
Cash at Bank	39,295	12,866
Credit Card	(274)	(466)
Term Deposits	95,594	95,000
	<b>134,615</b>	<b>107,400</b>
<b>Note 3: Trade and Other Receivables</b>		
Trade Debtors	10,805	11,229
Provision for Doubtful Debt	(3,316)	(2,660)
Sundry Debtors	34,419	-
	<b>41,908</b>	<b>8,569</b>
<b>Note 4: Other Assets</b>		
Uniform at Cost	<b>5,239</b>	<b>5,843</b>
<b>Note 5: Motor Vehicle</b>		
Motor Vehicle	33,033	33,033
Less Accumulated Depreciation	(16,856)	(12,727)
	<b>16,177</b>	<b>20,306</b>
<b>Note 6: Trade and Other Payables</b>		
Accounts Payable	3,535	8,607
GST Payable	2,694	5,969
PAYG	3,246	13,202
Income in Advance	40,000	-
	<b>49,475</b>	<b>27,778</b>
<b>Note 7: Employee Benefits</b>		
Annual Leave	<b>7,061</b>	<b>3,942</b>
<b>Note 8: Contingent liabilities</b>		

The incorporated association had no contingent liabilities as at 30th June 2020.



## South West Academy of Sport Inc.

### Notes to the Financial Statements FOR THE YEAR ENDING 30 JUNE 2020

	2020	2019
	\$	\$

#### Note 9: Events after the reporting year

No matter or circumstance has arisen since 30 June 2020 that has significantly affected, or may significantly affect the incorporated association's operations, the results of those operations, or the incorporated association's state of affairs in future financial years.

#### Note 10: Reconciliation of surplus after income tax to net cash from operating activities

##### (a) Reconciliation of cash flows from operating activities

Net result for year	31,005	(19,600)
Non-cash flows in profit		
Depreciation	4,129	4,129
Changes in Assets & Liabilities:		
(Increase)/Decrease in other assets	603	(884)
(Increase)/Decrease in receivables	(33,339)	(3,469)
Increase/(Decrease) in payables	21,698	9,547
Increase/(Decrease) in employee benefits	3,119	3,942
<b>Net Cash provided by Operating Activities</b>	<b>27,215</b>	<b>(6,335)</b>

## South West Academy of Sport Inc.

### **Statement by the Board Members FOR THE YEAR ENDED 30 JUNE 2020**

In the opinion of the Board Members the financial report, comprising the Statement of Comprehensive Income, Statement of Financial Position, Statement of Changes in Equity, Statement of Cash Flow and notes to the financial report:

1. the incorporated association is not a reporting entity because there are no users dependent on general purpose financial statements. Accordingly, as described in note 1 to the financial statements, the attached special purpose financial statements have been prepared for the purposes of complying with the Australian Charities and Not-for-profits Commission Act 2012 and Associations Incorporation Reform Act 2012;
2. the attached financial statements and notes comply with the Accounting Standards as described in note 1 to the financial statements;
3. the attached financial statements and notes give a true and fair view of the incorporated association's financial position as at 30 June 2020 and of its performance for the financial year ended on that date; and
4. there are reasonable grounds to believe that the incorporated association will be able to pay its debts as and when they become due and payable.

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

Board Member

Board Member

Dated at Warrnambool this 17th day of September 2020.

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

**Report on the financial report**

I have reviewed the accompanying financial report of South West Academy of Sport Inc. (the association) which comprises of the statement of financial position as at 30<sup>th</sup> June 2020, the statement of comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, notes comprising a summary of significant accounting policies and other explanatory information, and the board member's report.

**Board Member's responsibility for the financial report**

The board of the association is responsible for the preparation of the financial report that gives a true and fair view in accordance with Australian Accounting Standards and the Associations Incorporation Reform Act 2012. The board determines that the internal control is necessary to enable the preparation of the financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

**Auditor's responsibility**

Our responsibility is to express a conclusion on the financial report based on my review.

I have conducted my review in accordance with auditing standard on review engagements ASRE 2410/ASRE2415 in order to state whether, on the basis of the procedures described, anything has come to my attention that causes me to believe that the financial report is not presented fairly, in all material respects, in accordance with the Associations Incorporation Reform Act 2012. As the auditor of the association, ASRE2410/ASRE2415 requires that I comply with the ethical requirements relevant to the audit of the annual financial report.

A review of a financial report consists of making enquiries, primarily of persons responsible for financial and accounting matters, and applying analytical and other review procedures.

A review is substantially less in scope than an audit conducted in accordance with Australian Auditing Standards and consequently does not enable me to obtain assurance that I would become aware of all significant matters that might be identified in an audit. Accordingly, I do not express an audit opinion.

**Independence**

In conducting our review, we have complied with the independence requirements of the Australian professional ethical pronouncements.

**Conclusion**

Based on my review, which is not an audit, I have not become aware of any matter that makes me believe that the financial report of the association is not in accordance with the Associations Incorporation Reform Act 2012 including:

- a) giving a true and fair view of the entity's financial position as at 30<sup>th</sup> June 2020 and of its performance for the year ended on that date; and
- b) complying with Australian Accounting Standards as referred to in Note 1 to the financial statements.

**Basis of accounting and restriction on distribution**

Without modifying our opinion, we draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared to assist South West Academy of Sport Inc. to meet the requirements of the Associations Incorporation Reform Act 2012. As a result the report may not be suitable for another purpose.



**Daniel Pearson**  
**Chartered Accountant**  
**Dated: 5<sup>th</sup> October 2020**



## SPONSORS

### PEAK FUNDING BODIES



### LOCAL GOVERNMENT AUTHORITIES



### EDUCATION PARTNER



### MEDIA PARTNERS



### CORPORATE SPONSOR



### UNIFORM SPONSOR



### SPORTING PARTNERS



## NOTES

[illegible]

**WE CREATE  
PATHWAYS TO HIGH PERFORMANCE SPORT  
THROUGH EDUCATIONAL AND PERSONAL  
DEVELOPMENT OPPORTUNITIES.**

**WE ENHANCE  
THE QUALITY OF COACHING  
AND SUPPORT SERVICES.**

**WE PROVIDE  
A NURTURING AND TEAM ENVIRONMENT TO  
SUPPORT SPORTING EXCELLENCE.**

**WE DEVELOP  
NETWORKS FOR PROMOTION  
AND LEADERSHIP.**



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