NSWIS Annual Report
2010/11
The Hon. Graham Annesley MP
Minister for Sport and Recreation
Governor Macquarie Tower
Level 36, 1 Farrer Place
Sydney NSW 2000

31 October 2011

Dear Minister

It gives us great pleasure to submit to you the 15th Annual Report for the NSW Institute of Sport – the state’s elite sporting centre of excellence, for presentation to Parliament.

The report is for the 12 months to 30 June 2011 and has been prepared in accordance with section 8 of the Annual Report (Statutory Bodies) Act, 1984.

Our Annual Report provides an overview of the Institute’s sporting achievements for the year.

Yours sincerely

Phil Coles AM
Chairman

Charles Turner
CEO

For further information on the NSWIS visit www.nswis.com.au
The NSW Institute of Sport, its athletes, coaches and sport programs have continued to build in the lead up to the 2012 London Games by setting a number of outstanding benchmarks during the 2010 / 11 reporting period, most notably at the 2010 Commonwealth Games in Delhi, India.

One of the great stories of the Commonwealth Games came from Geoff Huegill, who won two gold and one silver medal at the Games. In late 2008 the Institute extended a scholarship offer to Geoff in support of his return to competitive swimming. Since that time Geoff has transformed to become one of Australia’s most successful athletes, and has inspired the nation throughout his journey back to the podium.

Following on from Geoff’s success in India was his announcement to continue swimming with a focus on competing at the 2012 London Olympic Games. The Institute is proud to continue supporting Geoff in his quest for Olympic representation, as we are with all NSWIS athletes who dream of competing in sport’s pinnacle event.

The Institute’s Commonwealth Games success was led by NSWIS Campaign 2010 scholarship holder and gymnast, Naazmi Johnston. Naazmi won three gold and two silver medals in India, an achievement made possible by the Institute’s commitment to support individual scholarship holders with the aim of competing at major international events.

Twenty gold, 15 silver and seven bronze medals were won by NSWIS athletes at the Games, an outstanding achievement that also included Games’ debutant Megan Dunn winning two gold medals, one male and eight female NSWIS hockey players winning gold, and reigning Olympic champion Matthew Mitcham finishing with four silver medals.

It is also important to pay tribute to the outstanding results of other NSWIS athletes, most notably the three winter sport athletes who were crowned snowboarding world champions in early 2011. Alex Pullin (snowboard cross), Nathan Johnstone (snowboard half-pipe) and Holly Crawford (snowboard half-pipe) became Australia’s first ever snowboarding world champions after winning gold in their respective events at the 2011 FIS Snowboarding World Championships in Spain.

Having three winter sport athletes being crowned world champions is a sign of Australia’s improved standings in the winter sports arena, especially following the success of NSWIS gold medallist Torah Bright at the 2010 Vancouver Winter Olympic Games.

A special mention must go to canoe slalom athlete, Jessica Fox, who has quickly become one of Australia’s most promising athletes. An outstanding year saw Jessica win two gold medals at the 2010 ICF Canoe Slalom Junior World Championships, the first ever gold medal at the 2010 Singapore Youth Olympic Games and a bronze medal at the 2010 ICF Canoe Slalom World Championships against senior international opponents. Jessica’s performances on the international stage have her well suited to vie for selection on the 2012 Australian Olympic team.

The NSW State Government has supported the Institute since its inception in 1996, and we are grateful for its ongoing support. Working with the Government allows the NSWIS to support the state’s developing and elite talent, so our athletes can achieve domestic and international success now and in the future.

The Government’s support is complemented by the Institute’s Principal Partner ClubsNSW, which provides over $1 million a year in sponsorship support. The work of the NSWIS would not be possible without the ongoing commitment of ClubsNSW. The Institute appreciates the support provided by ClubsNSW, particularly during a time in which ClubsNSW Member Clubs are faced with their own adversity.

I would also like to sincerely thank the NSWIS Board, Deputy Chairman Alan Jones AO, Chief Executive Charles Turner and his staff at the Institute for their ongoing contribution to the Institute’s success.

We are now less than a year away from the start of the 2012 London Games. The next 12 months in the lead up to the Games are pivotal for many of our athletes who wish to represent Australia on the world’s largest sporting stage, and on behalf of the Institute I wish them the best of luck and hope to see them in London.

Phil Coles AM
CHAIRMAN
The Institute’s athletes continued to achieve record breaking performances during the 2010 / 11 reporting period, and Australia’s sporting future seems to be in safe hands with the emergence of several NSWIS athletes who are likely to continue our national sporting success in the years ahead.

The NSWIS contributed 66 athletes to the Australian team that competed at the 2010 Commonwealth Games in Delhi. Of those 66 athletes, 42 returned home with medals, including 20 gold, 15 silver and seven bronze medals. Athletes from the Institute contributed to nearly one quarter of all of Australia’s medals, and if the NSWIS was a nation we would have finished fifth on the medal tally.

Geoff Huegill’s stunning gold medal performance in the pool was a highlight for the NSWIS. Geoff successfully completed another step in his journey since returning to the pool in 2008, and we wish him well in the lead up to London 2012.

Joining Geoff on the gold medal dais were 19 other NSWIS athletes, including dual gold medallist Prashanth Sellathurai, our wonderful diving duo of Alexandra Croak and Melissa Wu, and wheelchair track & road star Kurt Fearnley.

Following on from the Commonwealth Games was the 2010 NSWIS Awards Dinner, held at the Australian Jockey Club in Randwick. A winter wonderland themed event encapsulated all that was wonderful about the 2010 Vancouver Winter Olympic and Paralympic Games, and it was only fitting that Torah Bright was awarded the Samsung Female Athlete of the Year award following her snowboard half-pipe gold medal in Vancouver. Matthew Mitcham was named the ClubsNSW Male Athlete of Year after an outstanding season which included four silver medals at the Commonwealth Games.

A special mention must be made to wheelchair basketballer Jeremy Doyle, who received the Ian Thorpe OAM Outstanding Achievement award at the NSWIS Awards Dinner. Jeremy experienced a number of personal difficulties during 2010 and was still able to play a pivotal role in Australia’s gold medal success at the 2010 IWBF World Championships.

The achievements of our athletes during the reporting period are a promising sign in the lead up to the 2012 London Olympic and Paralympic Games. To complement our chances for success was the announcement of increased Direct Athlete Support (DAS) funding by the Federal Government, hosted at the Institute’s world-class facilities at Sydney Olympic Park in April 2011.

The DAS funding has been made available to 665 elite athletes in Australia, including approximately 70 NSWIS athletes. The funding for athletes is an important step in securing the Olympic and Paralympic success of our country, as many athletes are likely to be travelling throughout the next 12 months to high quality international events to improve their chances of competing for Australia in 2012.

There have been a number of contributors to the Institute’s success over the past 12 months including the NSW State Government, our Principal Partner ClubsNSW, the NSWIS Board and our many sponsors and partners. On behalf of the Institute I would like to thank everyone involved in allowing the Institute to support Australia’s best athletes. I would also like to thank my hard working staff for their ongoing support to creating a positive and successful working environment at the NSWIS.

With less than 12 months until the 2012 London Games, I wish all our athletes the best of luck as they complete their Olympic and Paralympic preparations. I have no doubt that we will achieve success in 2012 and beyond.

Charles Turner
Chief Executive
There are two consistencies in my life, and not surprisingly they go hand in glove. The subjects to which I refer are clubs and sport.

I’ve been playing and watching sport my entire life. The vast majority of this ‘playing and watching’ has been possible only through the continuing financial support of registered clubs.

There are almost 1,400 clubs in NSW, and virtually every one of them supports junior and amateur sporting groups. Some also support professional teams and organisations such as the NSW Institute of Sport (NSWIS). It is a role they perform with passion and enthusiasm, and indeed is the central reason many clubs were formed so many decades ago.

ClubsNSW, on behalf of registered clubs, has been the Principal Partner of the NSWIS since its inception in 1995. This year that support ticked over to a financial contribution of $15 million. It’s a commitment we have already guaranteed until the end of 2012 so as to cover the London Olympics.

Given their strong performance at the 2010 Commonwealth Games, NSWIS athletes will no doubt be yet again looking forward to a series of record breaking and history making performances.

I especially look forward to seeing the performances of the comeback kid Geoff Huegill who has inspired us all with his remarkable re dedication to a sport he had long given up on. I also will be hoping fellow gold medal winning swimmer Ben Austin qualifies for London. Ben was another retired world champion swimmer who launched a comeback for India, one ClubsNSW and his local club Harbord Diggers both supported him in achieving.

Unfortunately, Clubs’ ongoing support for the NSWIS and sporting teams in general, has this year been placed into doubt. Our industry is facing proposed legislation from the Tasmanian Independent MP Andrew Wilkie, who is threatening to bring down the Federal Government unless clubs are forced to install mandatory pre-commitment technology on their poker machines.

This technology requires every single poker machine in Australia be linked and players tracked via a government database. Alarmingly for the social gambler players will be required to register for a licence, essentially making them feel like a problem gambler. The cost of installing this technology is approximately $3 billion and will reduce club income by 40%. It is a technology that will decimate club income and therefore club funding of sport.

On a positive note, ClubsNSW’s Employ an Athlete program has enjoyed its most successful year since launching in 2007. This year clubs have employed nine athletes in NSW clubs, providing them job stability, security and flexibility. Such employment terms are of course needed for the professional athlete who must juggle training and performance with work commitments.

Athletes such as Kate Jenner who won gold with the Hockeyroos in India, is now developing a career for her inevitable retirement courtesy of the Dooleys Club in Lidcombe. I look forward to many more athletes participating and gaining from the Employ an Athlete program.

Programs such as these require substantial work from staff at ClubsNSW and the NSWIS. I thank both teams for the work and achievements of the past year. A similar thank you must be extended to my fellow NSWIS Board Members who are passionate and tireless workers for our state and sporting excellence.

Peter Newell OAM
ClubsNSW Chairman

For further information on the NSWIS visit www.nswis.com.au
BOARD PROFILES

Chairman
Phil Coles AM
» Three-time Olympian, canoeing (1960, 1964 and 1968)
» Member, International Olympic Committee (IOC)
» Captain, Australian Surf Lifesaving team on US tour (1965)
» Member, IOC Radio and Television Commission
» Member, IOC Program Commission
» President, Oceania Taekwondo Union
» Honorary Life Member, International Triathlon Union
» Chef de Mission, Moscow Olympic team (1980)
» Member, IOC Sport for All Commission
» Vice President, World Taekwondo Federation

Peter Newell OAM
» Chairman, ClubsNSW, President ClubsAustralia
» Chairman, ClubKeno Holdings
» Chairman and Life Member, Illawarra Steelers
» Director, St George Illawarra Dragons
» Trustee Director of ClubPlus Superannuation
» Member, Club Directors Institute
» Foundation Director and Life Member, The Illawarra Connection (a regional umbrella business organisation)

Libby Darlison BA (Hons) DipEd
» Director, The Miller Group – Social Policy and Management Consultants
» Member, Australian Institute of Social and Ethical Accounting
» Member, Board of the NSW Tow Truck Authority
» Member, International Association of Public Participation
» Member, American Association of Evaluation

Robert [Bob] Adby BEc CPA
» Former Director-General, the NSW Department of the Arts, Sport and Recreation
» Former Director-General, Olympic Coordination Authority
» Chairman, Sydney Cricket Club
» Director, Football New South Wales

Deputy Chairman
Alan Jones AO BA AED SDES (Oxon)
» Australia’s most successful radio broadcaster
» Former Australian Rugby Union coach (1984-88)
» Former Deputy Chairman, the Australian Sports Commission
» Former speech writer / senior advisor to former Prime Minister Malcolm Fraser
» Confederation of Australian Sport, Coach of the Year 1985
» Rostrum Speakers Award 1985
» Inaugural winner of the Sir Roden Cutler Medal for services to charity 2003

Darryl Clout
» General Manager, Sport and Recreation, Office of Communities, Department of Education and Communities
» Former Member, State Sports Centre Trust
» Member, Board of Management, Office of Communities NSW
» Board member, Johnny Warren Football Foundation
» Board member, NSW Sporting Injuries Committee
» Oceania Vice President, International Softball Federation
» Chair, Federations Legislative Commission

Liz Ellis AM (BA LLB)
» Former Captain, Australian Netball Team
» Former Captain, Sydney Swifts
» Director, Liz Ellis Netball Clinics
» Board member, Sydney Olympic Park Authority
» Board member, Australian Sports Commission

Donna Ritchie
» General Manager, Investment, Telstra Business
» Captain, Australian Women’s Wheelchair Basketball Team, Barcelona 1992, Atlanta 1996 and Sydney 2000 Paralympic Games

For further information on the NSWIS visit www.nswis.com.au
CENTRE OF SPORTING EXCELLENCE

Purpose
The NSW Institute of Sport (NSWIS) is a leading high performance sport Institute that provides world class coaching, services, and flexible innovative training environments. In conjunction with a holistic approach to athlete welfare, career and educational assistance the NSWIS supports and develops targeted elite and emerging athletes to achieve their highest potential.

Operations
The NSWIS operates with a decentralised philosophy, which allows flexible training options for elite athletes, allowing them to remain in their home environment and minimise disruption to family, career and educational pursuits.
Our athlete focused approach, combined with our values and culture, will encourage development of the 'complete' athlete in a supportive high performance environment that promotes:
- Sporting progression
- Health management
- Balance and attitude
- Ethical behaviour

Principles for Success

Athlete Environment
We will meet the needs of individual athletes in sport and life by providing an environment that is flexible and of the highest quality.

Coaching
We will provide athletes with access to world class coaching expertise.

Service, Support, and Innovation
Through a proactive, targeted approach athletes will benefit from the provision of high quality services, resources, innovative practices and applied research.

Competition
We will provide targeted athletes with access to world class competition opportunities.

Emerging Talent
We will work with targeted partners to identify and develop emerging talent.

Values and Image
We will promote our values and image through an environment that recognises the importance of excellence, teamwork, accountability, ethics and social responsibility.

Leadership
Through engagement with key stakeholders we will provide leadership in the sporting environment to coordinate, develop and deliver high performance sporting outcomes.

NSWIS Values

Excellence
We are committed to achieving success across all operations through continuous improvement, innovation, efficiency and professionalism.

Ethics
We will engage high standards of integrity, respect and fairness.

Accountability
We demonstrate commitment and self-responsibility to nurture valued relationships and provide effective and efficient operations.

Team Work
We collaborate through a team based approach to deliver integrated and high quality outcomes.

Social Responsibility
We undertake all activities in a socially responsible manner and support initiatives that create an eco-friendly environment.

For further information on the NSWIS visit www.nswis.com.au
OPERATIONAL OVERVIEW

Athlete Environment
The NSWIS continued to meet the needs of individual athletes in sport and life by providing an environment that is flexible and of the highest quality. The Institute’s athlete focused approach supported athletic performance and encompassed four key service priorities:

- Sporting progression
- Health management
- Balance and attitude
- Ethical behaviour

The NSWIS continued to offer a decentralised approach to athletes across NSW and provided opportunities in a variety of home based, central, regional, interstate and off-shore environments. Services were offered at world class venues across a wide range of sports from leading providers as part of the NSWIS medical and sport psychology networks, and technology was utilised to enable effective communication and servicing.

Regional athlete assistance included support for travel to competition and NSWIS training camps, subsidised local gym memberships and mobile service delivery. Service delivery included coaching, physiology, biomechanics, strength & conditioning, sport psychology, sport medicine, nutrition, technical analysis and program management.

The NSWIS home at Sydney Olympic Park offered a number of world class facilities including the NSWIS Training Centre and sport science laboratories, the NSWIS Athlete Lounge, a demonstration kitchen, seminar rooms and the Ian Thorpe Theatrette.

The Institute created an environment in which athletes were able to achieve balance and develop life skills, making the most of their individual circumstances. Achieving the right balance between sport and life began with My Life 1:1 Annual Assessments and extended access to these services.

Service, Support and Innovation
Through a proactive, targeted approach, NSWIS athletes benefited from the provision of high quality services, resources, innovative practices and applied research.

The Institute successfully secured and diversified funding opportunities, and, through the effective management of resources, was able to offer world class sporting services in an innovative manner.

NSWIS athletes were provided access to effective performance services on a prioritised basis. The NSWIS worked as part of the National Elite Sport Council to implement nationally consistent athlete scholarship selection criteria and scholarship categories for gradual adoption and full implementation by January 1, 2013. By implementing a national framework for athlete scholarships, the NSWIS reinforced support for the principle of supporting athletes in a more equitable fashion, regardless of location.

Athlete performance was strengthened through research partnerships with various institutions, established by the Applied Research Program (ARP), enhancing the scope of information available to coaches and athletes.

The Institute established a number of initiatives and projects that aimed to enhance athletic performance, including international training and competition opportunities, rehabilitation funding for athletes and coach development opportunities. In addition, 2012 Olympic and Paralympic projects and initiatives commenced, encouraging targeted support and management of opportunities aimed at enhancing athlete performance at the 2012 London Games.

See also: Coaching, Athlete and Program Services section of this report, page 16.

Competition
World-class competition opportunities were provided to targeted NSWIS athletes and select NSWIS sport programs during the reporting period. These opportunities included both national and international competition, as well as targeted training camps.

The Institute delivered these opportunities in a cost effective manner, with additional funding made available through the Talent on Tour program, supported by the Carbine Club of NSW. The program assisted athletes who gained selection on junior national teams with the cost of tours not fully funded by national or state sporting bodies.

See Coaching, Athlete and Program Services section of this report for further information, page 16.

Emerging Talent
The NSWIS continued to provide opportunities to talented athletes who showed potential to progress to NSWIS scholarship standards and international success in the future.

The Institute supported 10 Emerging Talent Squad (ETS) programs during the reporting period and worked with targeted partners to identify and develop emerging talent.

The ETS programs underpinned NSWIS sport programs and the success of these programs was demonstrated with 54 athletes progressing from the Emerging Talent Squads to full scholarship status over the past 12 months.

See Coaching, Athlete and Program Services section of this report for further information, page 16.
Values and Image
The Institute promoted values in action, an initiative supporting all staff to consider and engage in a review of organisational values. The values of excellence, ethics, accountability, teamwork and social responsibility were affirmed as the foundation of the Institute, providing a desirable working environment by recognising the importance of staff, coaches, athletes and program partners in the effective functioning of the NSWIS.

Supporting the Institute’s decentralised approach, the NSWIS ICT Department provided solutions for effective communication. These solutions included a unified communication system with Presence, Microsoft Office Communicator and Live Meeting, voice mails in each users inbox, remote access via the Firepass VPN system, Outlook Anywhere enabling access to emails via the internet from any location, and ‘push e-mail’ allowing NSWIS emails to be pushed to iPhones and other smart phones.

The development of the Athletic Logic client relationship system continued with the system now used by all units within the NSWIS.

Telecommunications and security support for the building clients’ Communities NSW, Sydney Sports Medicine Centre and Australian Sports Drug Anti-Doping Agency was also provided.

The Institute enhanced its public image through a number of promotional activities including the 2010 NSWIS Annual Awards Dinner; the launch of the Institute’s new rowing facility at Sydney Olympic Park and hosting the Direct Athlete Support payment announcement made by Senator. the Hon Mark Arbib, which outlined Federal Government support for elite Australian athletes.

The NSWIS Marketing Department continued to develop and maintain relationships with key contacts across all forms of media. A major promotional initiative was the introduction of NSWIS social media channels, including Twitter, Facebook and YouTube. These three platforms allowed the NSWIS to promote the achievements of its athletes, coaches and sport programs to a larger audience than ever before, while also affording the general public the opportunity to interact with the NSWIS on a daily basis.

The Institute worked with Sports Communication Australia to develop and begin the implementation of an Olympic and Paralympic media plan. The core of the plan sees NSWIS athletes gain exposure through various media opportunities in preparation for the 2012 London Games.

To further this, the NSWIS began the process of redeveloping its website. The website, to be completed ahead of the 2012 London Olympic and Paralympic Games, complements the Institute’s decentralised approach to athlete, coach and sport program support.

A consistent, recognisable image was achieved across all marketing activities as the Institute actively developed creative opportunities to generate interest in the NSWIS brand in a cost effective manner.

See also: Marketing, page 14, and Coaching, Athlete and Program Services, page 16, sections of this report for further information.

Leadership
Through engagement with key stakeholders, the Institute provided leadership in the sporting environment to coordinate, develop and deliver high performance sporting outcomes.

The Institute positioned itself to influence strategic outcomes in sport by developing targeted relationships critical to achieving athlete performance outcomes.

The NSWIS supported the principles of national planning and resource allocation; consistent frameworks for athlete scholarship categories and support regardless of their daily training environment; partnerships focused on delivery of national outcomes; and commitment to developing emerging talent.
For further information on the NSWIS visit www.nswis.com.au
## ATHLETE SCORECARD

<table>
<thead>
<tr>
<th>SPORT</th>
<th>NSWIS Sports Squad Programs</th>
<th>National Teams / Squads Selection</th>
<th>NO. of International Events Attended</th>
<th>NSWIS Athletes Winning at Significant International Events</th>
<th>World Champions Senior and Junior</th>
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<tr>
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<td>09/10 10/11</td>
<td>09/10 10/11</td>
<td>09/10 10/11</td>
<td>09/10 10/11</td>
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<td>Basketball (including Wheelchair)</td>
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<td>14 14</td>
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<tr>
<td>Cycling</td>
<td>12 13</td>
<td>8 11</td>
<td>18 9</td>
<td>4 2*</td>
<td></td>
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<tr>
<td>Diving</td>
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<td>7 7</td>
<td>17 10</td>
<td>1 1</td>
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<td>Hockey – Men</td>
<td>9 18</td>
<td>5 4</td>
<td>7 6</td>
<td>3 3</td>
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<td>Hockey – Women</td>
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<td>Netball</td>
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<td>3 3</td>
<td>4 3</td>
<td>1 3*</td>
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<tr>
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<td>9 14</td>
<td>14 11</td>
<td>6 4*</td>
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<tr>
<td>Soccer – Women</td>
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<td>3 2</td>
<td>8 7</td>
<td>0 0</td>
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<tr>
<td>Swimming</td>
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<td>7 11</td>
<td>30 7</td>
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<td>0 0</td>
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<td>Track &amp; Field (incl Wheelchair)</td>
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<td>25 12</td>
<td>21 14</td>
<td>3 1</td>
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<td>3 0</td>
<td>0 0</td>
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<tr>
<td>Water Polo - Women</td>
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<td>4 5</td>
<td>0 3</td>
<td>0 0</td>
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<td>55 8</td>
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<td>1 2</td>
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<td><strong>SUB TOTAL</strong></td>
<td><strong>340 370</strong></td>
<td><strong>187 133</strong></td>
<td><strong>198 126</strong></td>
<td><strong>19 23</strong></td>
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**OTHER PROGRAMS**

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<tr>
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<th><strong>09/10 10/11</strong></th>
<th><strong>09/10 10/11</strong></th>
<th><strong>09/10 10/11</strong></th>
<th><strong>09/10 10/11</strong></th>
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<td>AWD</td>
<td>9 8</td>
<td>2 6</td>
<td>12 8</td>
<td>2 0</td>
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<tr>
<td>Individual Scholarships (including campaign 2010)</td>
<td>20 4</td>
<td>6 1</td>
<td>5 9</td>
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<td><strong>TOTAL</strong></td>
<td><strong>369 382</strong></td>
<td><strong>195 140</strong></td>
<td><strong>215 143</strong></td>
<td><strong>21 23</strong></td>
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</table>

*Wheelchair Track & Road results included in Track & Field  * Wheelchair Basketball results included in Basketball  *Campaign 2010 results included in Individual Scholarship

For further information on the NSWIS visit [www.nswis.com.au](http://www.nswis.com.au)
We would like to congratulate all the NSWIS medallists from 2010 Commonwealth Games.

**GOLD**
Alexandra Croak
Alison Bruce
Ben Austin
Casey Eastham
Eamon Sullivan
Emily Hurtz
Fabrice Lapierre
Fiona Johnson
Geoff Huegill
James Magnussen
Joel Milburn
Kaarle McCulloch
Kate Hollywood
Kate Jenner
Kevin Moore
Kurt Fearnley
Matthew Gray
Megan Dunn
Megan Rivers
Melissa Wu
Naazmi Johnston
Prashanth Sellathurai
Rochelle Gilmore
Simon Orchard
Toni Cronk

**SILVER**
Andrew Pasterfield
Catherine Cox
Claire Duke
Geoff Huegill
Julie Keegan
Kaarle McCulloch
Kimberlee Green
Leif Selby
Matthew Mitcham
Melissa Wu
Mc’onia Gerrard
Naazmi Johnston
Rebecca Bulley
Samantha Marshall
Sharyn Renshaw
Susan Pratley
Wayne Turley

**BRONZE**
Alexandra Croak
Donna Urquhart
Eamon Sullivan
Kelsey Cottrell
Olivia Wright
Prashanth Sellathurai
Scott Robertson

CLOCKWISE FROM TOP LEFT: GEOFF HUEGILL, MEGAN DUNN, KURT FEARNLEY, MELISSA WU AND ALEXANDRA CROAK
The 2010 NSWIS Annual Awards Dinner was held on Thursday 18th November 2010 at the Australian Jockey Club, Randwick. The dinner was a sparkling success with the Institute recognising the outstanding achievements of our athletes, coaches and programs over 12 months of competition.

**NSWIS Award Winners**

**Australian College of Physical Education**
- **Academic Excellence – General**
  - Johnno Cotterill – Water Polo (Men)

**University of Sydney Academic Excellence**
- Alexandra Croak – Diving

**University of NSW Career Development**
- Grant Mizens – Wheelchair Basketball

**Ian Thorpe Outstanding Achievement**
- Jeremy Doyle – Wheelchair Basketball

**Out & About Marketing and Media Junior Athlete of the Year**
- Jessica Fox – Canoe Slalom

**Classic Sportswear Most Memorable Moment**
- Geoff Huegill – Swimming

**Communities NSW, Sport and Recreation Regional Athlete of the Year**
- Megan Dunn – Cycling

**Sydney City Toyota Team Athlete of the Year**
- Kaarle McCulloch – Cycling
  - Simon Orchard – Hockey (Men)

**Sydney Olympic Park Authority Program of the Year**
- Cycling

**Sportspro Coach of the Year**
- Chava Sobrino – Diving
  - Gary Sutton – Cycling

**Samsung Electronics Australia Female Athlete of the Year**
- Torah Bright – Winter Sports

**ClubsNSW Male Athlete of the Year**
- Matthew Mitcham – Diving
MARKETING

The NSWIS Marketing Department delivered the following services:

- Sponsorship and partnership procurement and servicing
- Media and publications
- Event development and management
- Branding and promotion
- Online marketing

ClubsNSW

ClubsNSW is the Principal Partner of the NSW Institute of Sport, providing over $1 million a year in sponsorship support.

The $1 million annual contribution from ClubsNSW ensures that the NSWIS remains one of Australia’s leading sporting Institutes. Through this affiliation, ClubsNSW has contributed over $15 million to elite sport in NSW since 1995 and has committed to support the NSWIS through the London 2012 Olympic and Paralympic Games.

During the reporting period the NSWIS and ClubsNSW worked together on a number of exciting initiatives including the Employ an Athlete Program which now sees NSWIS athletes employed at the following ClubsNSW member clubs:

- Dooleys Lidcombe Catholic Club
- Gosford RSL
- Souths Juniors Maroubra
- Burwood RSL
- Manly Warringah League Club
- Parramatta RSL Club
- Castle Hill RSL Club
- South Sydney Junior Rugby League Club
- Club Totem
- St Mary’s Band Club
- Penrith Panthers

By offering flexible employment opportunities to elite athletes across NSW, registered clubs have assisted many athletes achieve the necessary balance between sport and work while equipping athletes for life after sport.

See page 18 for further information on the Employ an Athlete program.

As part of the partnership, ClubsNSW presented the 2010 NSWIS Male Athlete of the Year award to NSWIS diving Olympic gold medallist Matthew Mitcham upon his return from the Commonwealth Games in Delhi.

Sponsorships & Partnerships

The NSWIS Marketing Department aims to secure and diversify revenue sources for the Institute. The NSWIS has a number of valuable sponsors, providers and venue supporters including:

Principal Partner

- ClubsNSW

Strategic Partners

- The NSW Government
- Communities NSW, Sport and Recreation
- The University of Sydney
- The Australian Sports Commission

Sponsors & Partners

- Bankstown Sports
- Classic Sportswear
- Lion (formerly Lion Nathan)
- The Carbine Club of NSW

For further information on the NSWIS visit www.nswis.com.au
featured a preview of the London 2012 Games and the edge

The June 2011 edition of the edge magazine, along with a Sydney 2000 - Where Are They Now? article celebrating the 10 year anniversary of the Sydney 2000 Olympic and Paralympic Games. This edition also included the winners from the 2010 NSWIS Annual Awards Dinner.

Other publications produced included the 2009 / 10 Annual Report, the 2010 NSWIS Business Plan and weekly e-newsletters.

The NSWIS website continued to show strong growth in visitations during the reporting period. Updated daily and reviewed regularly, the NSWIS website is a useful promotional tool for the Institute, showcasing the achievements of our athletes, coaches and sport programs as well as promoting NSWIS initiatives.

In 2011 the NSWIS commenced a website redevelopment project to be completed prior to the 2012 London Olympic and Paralympic Games. The aim of the redevelopment project is to increase the Institute’s ability to integrate social media on the website and to develop a communication tool that will assist in the servicing of athletes and coaches.

Events

The 2010 NSWIS Annual Awards Dinner was a sparkling success. Held on Thursday 18th November 2010 at the Australian Jockey Club, over 750 guests attended the occasion that celebrated the achievements of our athletes, coaches and sport programs.

See page 13 for award winners at the 2010 NSWIS Awards Dinner.

In April 2011 the Institute welcomed the Hon. Graham Annesley MP, Minister for Sport and Recreation, and Federal Minister for Sport Senator the Hon. Mark Arbib to the NSWIS Facility. The event provided the opportunity for the Institute to showcase our wonderful facility and to introduce the Ministers to several of our world class athletes, as well as providing the opportunity for the Federal Government to announce additional Direct Athlete Support funding in the lead up to the 2012 Games.

The NSWIS would like to thank the following event sponsors and providers for their support:

- ClubsNSW
- Communities NSW, Sport and Recreation
- Samsung Electronics Australia
- Classic Sportswear
- Sydney Olympic Park Authority
- Out & About Marketing and Media
- Australian College of Physical Education
- The University of Sydney
- The University of NSW
- Sportspro
- Sydney City Toyota
- Carrone
- Lion (formerly Lion Nathan)
- De Bortoli Wines
- Southern Design
- Roses Only
- Fruit Only
- Getty Images
- Hutchings Pianos
- Coca Cola
- Australian Jockey Club
- Creative Stars Events & Experiences

NSWIS Sport Speakers

The NSWIS Sport Speakers Program continued to provide NSWIS athletes with a range of public speaking and presentation opportunities. Sport Speakers aims to provide role models that successfully promote an image and message of respect and responsibility in the community. Increased promotion of the program occurred throughout the reporting period.

For further information on the NSWIS visit www.nswis.com.au
The following high performance sport services were delivered through the NSWIS Coaching, Athlete & Program Services (CAPS) Department:

- Coaching services
- Athlete career and education (ACE) services
- Sport psychology services
- Sport program services
- Emerging talent
- Regional/mobile services

1. COACHING SERVICES

Coaching was promoted and supported as a priority within the NSWIS. The Coach Excellence program continued to focus on identification, recruitment, development, performance management and succession planning of effective coaching.

Coach Excellence – identification, recruitment, development, supportive management

Last year’s emphasis on recruitment and retention of effective coaches was strengthened through a range of development opportunities and supportive management strategies during the reporting period.

Targeted and flexible engagement strategies were included to support the existing base of international standard coaches as follows:

- Cycling – In partnership with Cycling NSW (CNSW), the NSWIS appointed Kurt Pollock as Regional Coaching & Development Coordinator to work with regional academies of sport (RAS) in an effort to develop emerging talent
- Swimming – Brian Sutton commenced his role as swimming’s High Performance Coaching Consultant, supporting coach development and emerging athletes
- Rowing – Curtis Jordan continued a targeted five month coaching stint for priority rowing athletes

A buddy system and resources aimed at assisting coaches to survive and thrive at the NSWIS were provided to all newly appointed coaches and any progressing to the NSWIS annual report 2010/2011 a central electronic space was established to allow coaches access to information, resources and links encouraging coach excellence.

Coaching opportunities for women in high performance sport

In 2010/2011 the NSWIS continued to provide opportunities to women in high performance coaching roles, including athletes transitioning from competition. These roles included:

- Cycling – In partnership with CNSW, Natalie Bates continued as a scholarship coach for the NSWIS Cycling Scholarship Program, the NSWIS Cycling Emerging Talent Squad and the CNSW Development Squad
- Diving – Vininka Arlow was provided ongoing support as the NSWIS Assistant Diving Coach
- Wheelchair Track & Road – Ongoing support was provided to Louise Sauvage as the part time NSWIS Wheelchair Track & Road Elite Development Coach, with opportunities offered to extend her role

National teams and programs

A wide variety of NSWIS coaches contributed to international performances while in national team roles:

- Basketball – Damian Cotter, Australian men’s under-19 basketball team head coach
- Basketball – Ben Osborne, Australian women’s wheelchair basketball team assistant coach
- Canoe slalom – Yann Le Pennec, Australian senior canoe slalom team coach, 2010 ICF Canoe Slalom World Championships coach
- Canoe sprint – Jimmy Walker, Australian under-23 canoe sprint team coach
- Canoe sprint – Tim Jacobs, Australian under-23 canoe sprint team assistant coach
- Cycling – Gary Sutton, Australian women’s track endurance team and 2010 Commonwealth Games coach
- Cycling – Sean Edie, 2010 UCI Junior World Championships coach, Australian sprint cycling coach, 2010 Commonwealth Games coach
- Diving – Chava Sobrino, Australian diving coach, 2011 FINA Aquatics World Championships coach, 2010 Commonwealth Games coach
- Diving – Joel Rodriguez, Australian assistant junior diving coach, 2010 FINA Junior Diving World Championships coach
- Equestrian – Prue Barrett, Equestrian Australia national young rider coach, National Eventing Performance Director
- Equestrian – Rod Brown, 2010 World Equestrian Games jumping coach
- Equestrian – Brett Parbery, NSWIS eventing riders dressage coach
- Hockey (Women) – Anthony Thornton, Australian development tour coach, 2011 Australia-A team coach
- Men’s artistic gymnastics – Songliang Xiong, 2010 Commonwealth Games coach
- Rowing – Curtis Jordan, 2010 FISA World Rowing Championships senior A men’s lightweight eight coach
- Swimming – Bruce Vyyvan, 2011 FINA Aquatic World Championships coach
- Swimming – Grant Stoelwinder, 2010 Pan Pacific Championships coach, 2010 Commonwealth Games coach
- Swimming – Brant Best, 2011 FINA Aquatic World Championships coach
- Swimming – Ron McKeon, 2010 Youth Olympic Games coach, 2010 FINA Swimming World Championships (25m) coach, 2010 Junior Pan Pacific Championships coach
- Swimming – Zane King, Australia-A team coach
- Tennis – Sandon Stolle, Tennis Australia Fiji ITF junior tour coach
- Tennis – Jaslyn Hewitt, Tennis Australia tour coach
- Tennis – Ben Pyne, Grand Slam tour coach
- Tennis – Michael Tebbutt, ITF Tour to Asia tour coach
- Tennis – Rudolf Sopta, Tennis Australia ITF Fiji junior tour coach
- Track & field – Larry Spencer, 2010 Oceania Regional Championships team coach
- Track & field – Ken Green, 2010 Commonwealth Games coach
- Track & field – Nicole Boegman-Stewart, 2011 Commonwealth Youth Games coach
- Track & field – Ian Harfield, 2011 Commonwealth Youth Games coach
- Track & field – Penny Gillies, 2011 Commonwealth Youth Games coach
- Triathlon – Jamie Turner, Triathlon Australia coach
- Water polo – Andrew Yanitsas, Australian men’s sport science coordinator
- Water polo – Ryan Moar, Australian women’s assistant coach, born 1994 national coach
- Water polo – Chris Wybrow, Australian men’s assistant coach, born 1994 national coach
- Wheelchair track & road – Andrew Dawes, Australian coach
- Wheelchair track & road – Louise Sauvage, Australian assistant coach, 2011 IPC World Championships coach
- Winter sports – Ben Alexander, Australian snowboard half-pipe head coach
- Winter sports – Peter Popovich, Australian development mogel team head coach
- Winter sports – Nick Almoukov, Australian team coach
Coach Excellence – targeted coach development opportunities

The NSWIS Coach Excellence Program encouraged identified coaches to work with NSWIS Coach Development Consultants and Joint Management Committee (JMC) members to identify, plan and access development opportunities.

Opportunities were provided to 17 coaches based on their role and future aspirations, with 27 coaches completing formal development plans with coach development staff and JMC representatives. Some of the opportunities offered included:

- Canoe Sprint – Tim Jacobs, attended the 2010 ICF Canoe Sprint World Championships in Poland in an observation role
- Cycling – Gary Sutton, supported to attend a month long tour of the Netherlands with the Australian women’s track endurance squad
- Cycling – Michael Kjøda, attended the Yunca Tour, New Zealand
- Cycling – Sean Edie, supported to attend the Australian Sports Commission’s (ASC) ‘podium coaches forums’
- Diving – Chava Sobrino, presented at a FINA Conference in Mexico and attended the ASC’s ‘podium coaches forums’
- Diving – Joel Rodríguez, provided with financial support to attend the 2010 FINA Junior Diving World Championships in the USA
- Netball – Rob Wright, attended the Sportstec Conference in USA and travelled to various US teams which utilise Sports Code
- Soccer – Alen Stajcic and Wayne O’Sullivan, provided financial assistance to attend a Football Federation Australia Pro-Diploma coaching course
- Swimming – Brant Best, attended the 2010 Pan Pacific Championships in the USA with Jim Fowlie as a mentor
- Swimming – Brett Winkworth, attended the 2010 Pan Pacific Championships in the USA with Jim Fowlie as a mentor
- Swimming – Jim Fowlie, presented at a FINA conference in Mexico
- Swimming – Grant Stoelwinder, supported to accompany NSWIS athlete Matthew Abdo to a sprint training camp in Switzerland with Guennadi Touretski and attended an NSWIS altitude training camp in Mexico
- Swimming – Ron McKeon, attended an NSWIS altitude training camp in Mexico under the guidance of Grant Stoelwinder
- Track & field – Denis Knowles, provided with ongoing financial support as a volunteer coach of discus world champion Dani Samuels
- Water polo – Chris Wybrow, supported to attend a European development tour
- Weightlifting – Luke Borreggine, supported to attend the 2010 NSCA National Conference in the USA
- Weightlifting – Jim Fowlie, presented at a FINA conference in Mexico
- Weightlifting – Ron McKeon, attended an NSWIS altitude training camp in Mexico
- Weightlifting – Luke Borreggine, supported to attend the 2010 NSCA National Conference in the USA
- Weightlifting – Brant Best, attended the 2010 Pan Pacific Championships in the USA with Jim Fowlie as a mentor
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- Water polo – Chris Wybrow, supported to attend a European development tour
- Weightlifting – Luke Borreggine, supported to attend the 2010 NSCA National Conference in the USA

Coach networking and workshops

A series of informal workshops and opportunities identified by coaches were delivered to encourage the development and sharing of information across sports:

- NSWIS Coach Connect – Linking NSWIS coaches to experienced coaches and leaders
- Cross Sport – Feedback collated from coach development plans allowed the NSWIS to deliver development opportunities including:
  - Reaction training workshop
  - CPR and first aid training workshop
  - Media training workshop
  - Video feedback workshop
  - Australian Institute of Sport (AIS) assistant coaches workshop
  - The Vern Gambetta series
  - NSWIS values in action workshop (presented by Brian Fitzpatrick)
  - Coaching philosophies, expectations and engaging a winning team series (presented by Bill Sweetenham)
  - Alcohol, drugs and the athlete – what you should know workshop
  - Dividing the space workshop
  - Pre-Commonwealth Games information session
  - Establishing your coaching philosophies workshop
  - Guennadi Touretski presentation
- ASC supported workshops, including:
  - National Institute of Dramatic Art communication workshop for targeted coaches
  - What now? Supporting coach development workshop
  - Performance consultant training workshop
- ASC coaching and orctechning conference
- Podium coaches forums
- Peer Presentations at CEO Updates:
  - Chava Sobrino (diving), ‘The performing brain’
  - Jim Fowlie (swimming), ‘Contemporary issues in sport’
  - Geoff Campbell (bowls), ‘Coaching – an overview of communication and conflict resolution’
- Technology
  - Intermediate Mac users training course
  - GPS tracking forum

London 2012

Coaches who will have been working at the NSWIS for a minimum of three years from 2008 – 2012 and have achieved an excellent and / or outstanding performance rating were offered the opportunity to nominate for inclusion in London 2012 development activities as part of the NSWIS performance management recognition system. A group of 12 NSWIS coaches will attend Olympic Games events and cross sport development activities during the Olympic Games.

2. ATHLETE CAREER AND EDUCATION (ACE)

As part of the National Athlete Career and Education (NACE) Program, NSWIS ACE staff assisted elite athletes to achieve sport and life goals through integrating learning, work and sporting performance. There were 804 athletes who accessed ACE services on 4580 occasions during the reporting period, with recommendations made to coaches and key service staff as required.

Initial ACE information for NSWIS athletes was captured during the scholarship application process. ‘My Life 1:1 Annual Assessments’ and follow-up with NSWIS gold and silver scholarship holders was provided, as was assistance with educational inquires for Emerging Athlete Program (EAP) scholarship holders via ACEonline. During the reporting period, NACE extended access to ACEonline to Australian athletes in emerging programs such as the NSWIS Emerging Talent Squad (ETS) program.

The service agreement between the NSWIS and NACE guided the provision of quality ACE services to targeted AIS and national senior team athletes. The NSWIS was responsible for servicing 170 AIS and / or national senior team athletes under the agreement. On 1178 occasions, these athletes visited, or had direct contact with, ACE staff for assistance in areas such as education guidance, job search and / or career counselling. In addition, the NSWIS assisted with processing paperwork and ACE assessments for Direct Athlete Support payments, as well as follow-up ACE services for NSW athletes as needed.

There were 584 visits recorded by athletes in the ACE professional development / life skills program, with 47 seminars and workshops delivered on various topics. These included public speaking, time management, media skills, HSC tutoring, social media, alcohol awareness and cooking classes.

On July 1 2010, the NSWIS extended the transition period for athletes leaving NSWIS scholarship from six months to one year, giving athletes access to ACE services for an additional six month period.

The NSWIS continued to support initiatives of the NACE network including the development of resources. During the reporting period, ACE staff were actively involved on behalf of the national network in the setting up of and staffing of the NACE information booths at both the 2011 Australian Swimming Championships and the 2011 Australian Rowing Selection Trials held in Sydney.

Career

Individual and specialised services were offered on 226 occasions to athletes during the reporting period, including career counselling and planning, assistance with job seeking, resume development and assistance with interview techniques. Sixty-one athletes were employed or self employed full time, 14 were undertaking apprenticeships / traineeships and 256 were combining part time / casual work with study and / or training.

National Career Development Week (May 16–20)

A targeted career focused display was setup in the athlete lounge, with two key events held during the National Career Development Week.
The first workshop was delivered by Olympic gold medallist Kerri Pottharst, who provided athletes with an opportunity to learn and gain skills to assist them to maximise their potential both in and out of sport. Kerri covered topics such as: creating a winner’s toolbox; goal setting; sponsorship and marketing and a champion’s mindset. The 35 attendees all received a copy of Kerri’s book ‘The Business of Being an Athlete’.

In addition, an athlete breakfast featuring representatives from the NSW Fire Brigade was held, giving athletes information on the requirements of a career as a fire fighter.

The NSWIS / ClubsNSW Employ an Athlete Program
The NSWIS / ClubsNSW Employ an Athlete Program assisted athletes in attaining flexible employment by linking athletes with employers within the community.

The Institute’s Principal Partner, ClubsNSW, assisted suitably qualified elite athletes to attain flexible employment at registered clubs throughout NSW. These opportunities have enabled athletes to earn an income to further their sporting careers, provide balance to their lives, and provide necessary work experience for life after sport.

Other casual employment opportunities were provided by Baker’s Delight Rhodes and Sydney Olympic Park, and over 10 NSWIS athletes applied, and were interviewed for, casual positions with the Commonwealth Bank. In addition, the NSWIS employed athletes on a casual basis as opportunities arose.

Financial assistance was offered to NSWIS scholarship holders who required certification to pursue casual employment opportunities through the NSWIS / ClubsNSW Employ an Athlete Program. Courses covered by this program included Responsible Service of Alcohol, Responsible Conduct of Gambling, barista, clubsNSW Employ an Athlete Program.

The NSWIS continued to work closely with The University of Sydney to ensure a strong relationships with staff and attended events and presentations as applicable.

The Annual NSWIS Education and Career Expo and Seminar
The 10th Annual NSWIS Education and Career Expo and Seminar was held, with 123 year 10-12 athletes and their parents in attendance. Athletes were provided with relevant post-school options to assist with making career or study choices while considering the flexibility and commitments required of elite athletes. During the expo, athletes and their parents were provided with an opportunity to meet with and discuss study options directly with providers.

Various providers attended the seminar and set up booths for the expo including the University Admissions Centre, Australian Training Company and NSWIS education providers; Fitness Institute Australia (FIA), the APM Training Institute, the Australian College of Physical Education (ACPE), The University of Sydney and a number of Elite Athlete Friendly Universities.

ClubsNSW, and more specifically Dooley’s Catholic Club, sent a representative to give an outline of the benefits of the NSWIS / ClubsNSW Employ an Athlete Program.

Board of Studies seminar
The NSWIS invited athletes from years 7-12 and their parents to listen to a presentation given by the Board of Studies. The session provided important information regarding distance education, Pathways, bonus points and athlete flexibility whilst at school: Forty - five athletes, parents, coaches and staff attended the information session.

Elite Athlete Friendly Universities (EAFU)
The NSWIS continued to promote and work closely with contacts in the EAFU network. The EAFU network supports Australia’s elite athletes to achieve academic excellence while also pursuing a sporting career, recognising the demands on elite athletes and making a commitment to develop policies and practices to assist athletes. The NSWIS continued to develop relationships with the NSW based EAFU contacts by hosting meetings, a state based EAFU conference, professional development opportunities and invitations to applicable NSWIS functions. In addition, ACE staff attended various functions at the universities in support of NSWIS athletes.

NSW institutions currently recognised as part of the EAFU network are: The University of NSW, the Australian Catholic University, Macquarie University, Southern Cross University, The University of New England, University of Technology Sydney, University of Western Sydney, The University of Newcastle, Charles Sturt University, University of Wollongong, The Australian College of Physical Education and Open Universities Australia.

NSWIS ACE Consultant Justine Whipper was the State Institute of Sport / State Academy of Sport (SIS / SAS) representative on the EAFU Committee. The NSWIS assisted NACE and the EAFU by developing resources for distribution around the SIS / SAS network.

Technical and Further Education (TAFE) and Open Training and Education Network (OTEN)
During the reporting period, ACE continued to strengthen its links with TAFE NSW and OTEN. These links provided NSWIS athletes with options for flexible study using distance education, classroom teaching or both to complete their field of study. OTEN was utilised to provide distance education options.

Educational scholarships and assistance
Several organisations continued agreements with the NSWIS to provide educational scholarships and services to NSWIS athletes. Agreements continued between the NSWIS and the APM Training Institute, FIA and ACPE.

Recipients of FIA scholarships were NSWIS athletes Lea Barta (water polo), Jade Close (hockey), Holly Webster (hockey), Nicole Parkes (ski cross), Aaron Wright (rowing), Pireeene Steinert (track & field), Andrew Taylor (cycling) and Lachlan Staples (swimming).

NSWIS athletes Luke Noblett (hockey) and James Magnussen (swimming) received an NSWIS / ACPE scholarship and ACPE Young Leaders scholarship, respectively, while Johanna Rowlands was awarded a scholarship from the APM Training Institute.

The NSWIS provided assistance to athletes through educational grants:

> $500 Special Education Assistance Grants were provided to seven NSWIS athletes who were experiencing hardship to assist with educational expenses
> $200 Education Assistance Grants were provided to 23 NSWIS athletes to assist them with tuition and education expenses such as textbooks
> Extensive tutoring support was provided to three NSWIS athletes requiring assistance due to time away at competitions / training camps.

Additional in-house tutoring support for 36 athletes preparing for the Higher School Certificate (HSC) across four subject areas (English, maths, science and PDHPE) was provided.

An initiative introduced this year was the NSWIS Small Business Education Grant scheme. Funding was provided to athletes who run small businesses or for those who were interested in establishing a business, to gain the necessary skills to run a small business. Two grants were awarded to:

> Trent Franklin (water polo), who completed the Australian Institute of Company Directors course to further his small business, Enrizen
> Karen Murphy (bowls), who completed a web design course to enhance her small business, Karen Murphy Bowls Clinics

Workshops and events
ACE held 47 workshops and events during the reporting period, attended by 1006 athletes, parents, coaches and staff.

The expertise of NSWIS athletes was utilised on a number of occasions, including:

> Grant Mizens (basketball), winner of the 2010 University of NSW Career Development award, presented to athletes from the NSWIS Basketball Program. Grant is an Investment Management Consultant at MLC and his responsibilities include researching and appointing investment managers from

For further information on the NSWIS visit www.nswis.com.au
all over the world. In conjunction with this, he is completing a Masters of Applied Finance and, in recent years, completed a Bachelor of Economics and a Diploma of Financial Markets.

Jeremy Rolleston (campaign 2010), conducted a two-part workshop for athletes on mental preparation in sporting performance. The workshop also provided practical tips, visualisation techniques and ideas on controlling your thoughts in order to remain focused and fully prepared for sports training and competition.

Workshops / Events Held With Total Attendees

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<th>Topic</th>
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<th>Coaches</th>
<th>Staff</th>
<th>Parents</th>
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<td>Time Management</td>
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<td>647</td>
<td>91</td>
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</table>

NSWIS athlete education and support for the 2010 Commonwealth Games

NSWIS athletes on the targeted list for the 2010 Commonwealth Games were provided with support and resources in the lead-up to, during and after the Games. This included:

- An information handbook for athletes, parents, partners and friends: developed and widely distributed through the NSWIS and made available to the national network.
- An information evening for athletes, parents, partners and friends, featuring an in-depth presentation from the Australian Commonwealth Games Association on the Games and preparations for the Australian team. Author and travel writer Brendan Shanahan gave a presentation on his travels through India. At the conclusion of the formalities, everyone was treated to a traditional Indian meal along with a Bollywood dancing demonstration. The Consulate General of India and representatives from India Tourism were on hand with information.
- Non-selected athletes were provided with ongoing ACE support as needed.
- Selected team members received a letter of congratulations from Charles Turner and the NSWIS Board, along with a Delhi selection pack which contained resources and giveaways to assist athletes, coaches and support staff in preparing for the Games.
- ACE hosted public speaking courses, targeted at returning Commonwealth Games athletes, to aid them in capitalising on their results / experiences in Delhi.
- Further follow-up with athletes was provided as needed post Games.

NSWIS athletes in the community

The NSWIS promoted the importance of respect and social responsibility in the community to athletes, and provided enhanced opportunities for promotion of a positive public image. NSWIS sport programs were encouraged to become involved in a cause or community event. During the reporting period, staff assisted athletes and coaches to promote social responsibility through volunteerism and community activities:

- The NSWIS assisted Swimming Australia to deliver the Federal Government’s Club Champions Program. This program was designed to increase awareness and education around alcohol and binge drinking, as well as encourage and promote responsible attitudes and practices to alcohol through leadership and support. The NSWIS hosted a series of workshops, delivered by experts from the National Drug and Alcohol Research Centre, with athletes from a range of NSWIS sport programs invited to participate in the workshop.
- The NSWIS promoted opportunities with ARMtour, a touring program that connects athletes with children in remote Aboriginal communities in the Northern Territory delivering education, sports and healthy lifestyle activities. Four NSWIS athletes participated on tours in the reporting period; Libby Trickett (swimming) and Elysha O’Neill (water polo) attended tours twice during the reporting period, with Laura Cornford (track & field) and Sarah Roy (cycling) each attending one tour.
- Matthew Smith (NSWIS ACE) and seven netball scholarship holders participated in the Night Patrol Program, an initiative of St. Vincent de Paul. The program involved preparing and serving food to homeless people in Sydney.
- Athletes baked and decorated cupcakes to sell at the NSWIS in support of the RSPCA Cupcake Day.
- Promoted the importance of ANZAC Day, McHappy Day and blood donation at the mobile blood bank when onsite at Sydney Olympic Park.
- The NSWIS hosted the 4th Annual Pink Ribbon Breakfast, with over 100 people attending. The event raised $800 in support of those with breast cancer.
- A breakfast in support of Youngcare was hosted by the NSWIS Swimming Program. NSWIS swimmers, including Eamon Sullivan, Libby Trickett, Matthew Aboud and James Magnussen, cooked for fellow athletes and staff to raise awareness of the needs of young people requiring appropriate care. Close to $500 was raised.
- A breakfast with Santa was held in support of The Smith Family’s Toy and Book Appeal, with over 50 athletes and staff in attendance. Three large bags of books and toys were collected and donated to disadvantaged children.
- A Girls Night In was hosted by the NSWIS Women’s Water Polo Program. The girls organised a night of pampering, food and live entertainment to raise money for women suffering from cancer. The night was a great success with over $2300 raised.
- Four NSWIS athletes and one coach attended the Brekky for the Boys event as role models for high school students in Southwest Sydney.
- NSWIS ACE hosted a barbeque breakfast in celebration of Australia Day and in support of victims of the floods in Queensland and NSW. The NSWIS ETS Diving Squad baked items for a bake stall, with over $335 being raised and donated to the Flood Appeal.
- The NSWIS Women’s Soccer Program continued their involvement with Life Changing Experiences, working with young girls at risk during the year and as a part of their annual Sister2Sister Bootcamp.
- The NSWIS Golf Program sent two athletes to participate in The Smith Family’s annual golf day.

For further information on the NSWIS visit www.nswis.com.au
NSWIS Sport Speakers

The NSWIS Sport Speakers Program encouraged the development of role models who successfully promoted a message of respect and responsibility in the community. The NSWIS Marketing Department administered the program, with ACE providing training for the athletes. The following public speaking classes were conducted:

- Public Speaking Level 1 - Beginner (eight athletes)
- Public Speaking Level 2 - Intermediate (10 athletes)
- Public Speaking Level 3 - Advanced (12 athletes)

At the conclusion of each series of classes, athletes were provided with an opportunity to join the NSWIS Sport Speakers Program based on their training and competency levels.

The NSWIS and technology

A key emphasis for the NSWIS in 2010/11 was the continued use of technology to engage and deliver services to athletes and coaches in any location at various times. The ACE staff utilised various mediums such as Skype, SMS, email, Youtube, Live Meeting and the ACE Virtual Lounge to connect with stakeholders.

The ACE Virtual Lounge, which forms part of @nswis, was used as the primary source of information distribution via links to the site for the delivery of athlete inductions. It was also the preferred mode of communication and central repository of ACE information for athletes, coaches and parents. The ACE Virtual Lounge features career, education and professional development resources and links, information on grants, a calendar and an Ask ACE page allowing athletes direct contact with their ACE consultant. The site also featured the Balance e-newsletter and an archive of past issues.

ACE worked with the NSWIS Marketing Department to develop a guide to social media to educate and staff on the benefits and pitfalls of social media. To complement the initiative, the Australian Federal Police (AFP) delivered a workshop to athletes, coaches and staff on social media. Additional resources on the topic from the AFP were provided by link on the ACE Virtual Lounge.

The NSWIS facility

Staff, athletes and coaches made excellent use of:

- The Athlete Lounge: including computers with internet access, printer and scanner facilities, resource library, large screen TV with DVD player and kitchen
- Athlete breakfasts were available three mornings per week (Monday / Wednesday / Friday) in the Athlete Lounge, and included bread provided by Bakers Delight Rhodes. The breakfast provided:
  - Refuelling post training
  - A platform for ACE consultants to engage with athletes and coaches in an informal setting on a regular basis
  - A themed topic on a monthly basis, including guest speakers
  - Seminar rooms and the Ian Thorpe Theatrette were used on a regular basis for workshops
  - Demonstration kitchen was used for monthly hot breakfasts as well as cooking classes

3. SPORT PSYCHOLOGY

The NSWIS Sport Psychology team continued to assist athletes to develop the mental skills required to manage high intensity situations and deliver personal best performance on demand. The team assisted athletes with preparation, performance and recovery around selection events and major competitions. Services included:

- Performance planning
- Performance in the moment
- Performance debriefing

The combined resources of the coordinator, senior sport psychologist (until February 2011), two sport psychologists (from March and April 2011), external network of service providers and EAP scholarship students allowed for targeted individual servicing of priority athletes, flexible service delivery and group service delivery for emerging talent.

Network – sport psychologists

A system for criteria based evaluation of potential network providers continued to allow NSWIS coaches and athletes to access a variety of quality service providers in metropolitan and regional locations, including:

- Hands on experience working with EAP and ETS athletes to deliver group based sport psychology services
- Negotiating and communicating directly with high performance coaches

For further information on the NSWIS visit www.nswis.com.au
Developing sport psychology service plans in consultation with coaches and allocated service providers

Developing resources for future use within the NSWIS EAP Sport Psychology Scholarship Program

Attending monthly NSWIS sport psychology network development breakfasts

Mentoring with senior sport psychology staff

Observing and learning from network service providers

Monthly organisational supervision

NB: students were required to arrange and complete regular professional / technical supervision externally

Sport psychology survey of NSWIS coaches

As part of the Institute’s commitment to delivering relevant and effective services, coaches were asked to complete a short online survey regarding sport psychology services. Those coaches who had not accessed sport psychology services were then provided with information on how these services can be accessed and utilised.

The coaches who accessed NSWIS sport psychology services provided suggestions for possible improvement on service delivery, with all recommendations taken on board for service delivery in 2011, including:

- Continuation of flexible delivery options through in house and network providers
- Confirming outcomes that the sport program would like to achieve as well as agreed measures of effectiveness as part of planning processes
- Applying the outcomes of interaction / interventions in the training / competition environment
- Service providers enhanced their knowledge of sport, understanding of culture, performance dynamics, team dynamics through attendance and observation at events, training and preparation sessions
- Remote servicing that complements face to face delivery could be better understood as a servicing option

4. PROGRAM SERVICES

During the reporting period, program services staff worked with coaches and program partners to support delivery and management of NSWIS sport programs and identify opportunities and resources which:

- Enhanced the daily training environment of NSWIS athletes
- Enhanced NSWIS athlete development and progression
- Enhanced NSWIS athlete performances

A strong commitment to continuous improvement was reinforced bi-annually through the sport program review process. Program coaches, partners including National Sporting Organisations (NSOs) and State Sporting Organisations (SSOs), service staff and other key stakeholders were provided with the opportunity to:

- Assess the program against the achievement of key performance indicators
- Assess the impact of a program within international and national contexts
- Assess athlete development and progression across four areas; sporting progression, health management, balance and attitude and ethical behaviour
- Assess strategies and actions implemented to improve programs
- Identify key focus areas and any critical issues

Athlete scholarships

In late 2010 the NSWIS worked as a part of the National Elite Sport Council to implement nationally consistent athlete scholarship selection criteria and scholarship categories for gradual adoption and full implementation.

NSWIS Scholarship Categories

World Performance – gold scholarship

- Tier 1 – World Class – World Class scholarships are awarded to senior international athletes in an individual or team event with medal round performances at benchmark competitions. These athletes generally achieve an individual top eight world ranking, or team top four world ranking, meaning it is likely for them to medal at major benchmark events.
- Tier 2 – International Class – International Class scholarships are awarded to senior international athletes in an individual or national team event at benchmark competitions, and are progressing towards the world class performance tier within the cycle.

International Development – silver scholarship

Developing international – These scholarships are awarded to athletes who have the capability and commitment to achieve, at least, an international class athlete status in one to three years, progressing within the current or next cycle.

Members of national teams at benchmark competitions who are not included in world performance – gold scholarship categories may be included as silver scholarship holders.

Emerging / Potential International – green scholarship

Potential (emerging) international scholarships are awarded to athletes with the capability and commitment to achieve, at least, international class athlete status within four to seven years, progressing within the current, next or following cycle.

Associate scholarship

Associate scholarships are provided to athletes who meet the relevant NSWIS selection criteria, and whose daily training environment is predominately based outside of the NSWIS sport programs, such as athletes training at the AS or internationally.

Training scholarship

Training scholarships are awarded to athletes who, at the recommendation of the relevant NSWIS head coach, enhance the NSWIS sport program’s daily training environment.

Visiting athlete scholarship

Visiting athletes are generally those accessing NSWIS training facilities and / or services for a short term period, and meeting criteria in at least one of seven sporting categories.

Emerging Talent Squad – talent development

The Emerging Talent Squad is comprised of talented up and comers with the capability to achieve NSWIS scholarship status and world class performance in the future, progressing within the next two to three cycles. These athletes are not NSWIS scholarship holders and the programs are partnered by state sporting organisations.

By supporting a national framework for athlete scholarships, the NSWIS reinforced support for the principle of supporting athletes more equitably regardless of location.

During the reporting period 746 athletes were selected to the 24 NSWIS sport programs. Additional scholarship opportunities were also offered to NSW athletes through the Individual Scholarships Program, Athletes with Disabilities and Campaign 2010 Programs.

For further information, please refer to the individual sport program pages 30 to 56.

Athlete welcomes

NSWIS scholarship holders were welcomed to the Institute by coaches, service staff and program partners, providing an opportunity for athletes to become familiar with the services available to them.

Athletes were provided with information regarding anti-doping guidelines and safe sporting environments, including harassment free sport requirements, and were advised of NSWIS policies and procedures and where these can be accessed.

Athlete welcomes also provided the opportunity for athletes to undertake their annual medical and musculoskeletal screenings, which from July 1 2011 will include electrocardiogram screenings. A large majority of the sport programs also used this opportunity to conduct sport science testing, including strength and conditioning, physiology and biomechanical analysis.

Athlete progression

Athlete progression is monitored, reviewed, communicated and reported against in four key ‘outcome’ focused areas:

- Sporting progression; physical, technical and tactical progression, as well as progression made in training and competitive performance
Daily training environment
The NSWIS continued to explore flexible service options that promote balance and opportunity in a variety of ways and environments. The centralised NSWIS facility provides high performance training opportunities, combined with expert support services.

Programs staff work in conjunction with Sydney Olympic Park venue providers to utilise on-site venues for squad training sessions including: basketball, diving, hockey, men’s artistic gymnastics, netball, rowing, soccer, swimming, tennis, water polo and weightlifting. Canoe slalom, canoe sprint and equestrian use the Olympic legacy centres of the Penrith Whitewater Stadium, the Sydney International Regatta Centre and Sydney International Equestrian Centre, respectively.

To complement and provide enhancement to the centralised daily training environment, the NSWIS Programs Services Unit continued to utilise leading edge technology. The @nswis sport pages allowed off-site access to regionally based athletes, coaches, parents and academies of sport, as well as travelling athletes. Bowls, canoe sprint, diving, golf, hockey, sailing, swimming and track & field all made use of internet resources providing information about programs including program focus, news, media file share and development opportunities while establishing remote coaching options for athletes and coaches.

Additional opportunities beyond the daily training environment were provided to athletes. The NSWIS supported a number of international training and competition opportunities for targeted individuals and continued to develop international training partnerships aimed at improving athlete performance.

International training opportunities
- Swimming – Matthew Abood and NSWIS coach Grant Stoolwinder were supported to train in Switzerland with Guennadi Touretski prior to a European tour
- Hockey – International skills coach Alyson Annan, based in Holland, provided individual coaching to NSWIS athletes Jacklyn McRae, Tamsin Lee and Mardi Watts. The athletes were also linked with Dutch club teams to play games in their domestic league
- Cycling – Ashlee Ankudinoff, Megan Dunn, Kate Bates and NSWIS coach Gary Sutton were provided with support to attend a Dutch training and competition camp in preparation for the 2012 London Olympic Games
- Diving – The program hosted international divers and their coaches from Japan, Italy and the USA, providing an elite training environment and opportunities for NSWIS athletes to train alongside world class athletes
- Equestrian – Brett Parbery, Rod Brown and Pru Barrett travelled to the United Kingdom (UK) to provide coaching support to UK based athletes
- Basketball – The NSWIS men’s basketball squad attended a four nations tournament in China in January 2011, providing an opportunity to train and compete against elite athletes from China, USA and New Zealand
- Netball – NSWIS coach Anita Keelan and four athletes were selected to tour with other SIS / SAS athletes and coaches in New Zealand. The team played a number of teams including the ANZ Championship’s Waikato Bay of Plenty Magic, and trained with former athlete and New Zealand national coach Yvonne Willering
- Soccer – The NSWIS Men’s Soccer Program toured China during September 2010. Teams competing in the tournament included local Chinese and Hong Kong representative teams. This tour provided exposure for athletes to high quality international training and competition opportunities, as well as valuable international competition exposure not available through the domestic NSW competition

Initiatives and enhanced competition opportunities
From July 2010 the NSWIS Board approved the use of NSWIS reserve funds to support the 2012 London Olympic and Paralympic Games Initiative Program. The initiatives aim to:

» Support identified NSWIS athletes to achieve podium performances in London
» Better equip NSWIS athletes, coaches and staff to perform at their best in London as a part of Australian Olympic and Paralympic teams

London Olympic and Paralympic projects
A number of initiatives and projects were approved during the reporting period including:

Cycling
To provide every opportunity for Gary Sutton to:
» Work successfully with the national women’s track & road endurance program by supporting a pre-Olympic competition tour to the Netherlands for four to six weeks
» Work successfully with the national women’s track & road endurance program in Adelaide to achieve medal winning performances at the 2012 London Olympic Games

Men’s artistic gymnastics
To enhance Prashanth Sellarathurui’s and coach Songliang Xiong’s daily training environment and competition opportunities, to achieve a podium performance at the 2012 Olympic Games through:
» Access to world class gym facilities when training at the AIS and world class rings and bars facilities when training at the NSWIS
» Additional sport services such as massage and physiotherapy
» Additional competition access

Swimming
To strengthen the NSWIS daily training environment and further support identified priority athletes and their coaches to achieve podium performances at the 2012 Olympic Games by providing:
» A focus on the men’s 4x100m freestyle relay
» Support to priority athletes including Eamon Sullivan, Geoff Hegill, Robert Hurley, Matthew Abood, Kenneth To, Emma McKeon, David McKeon, James Magnussen, Jessica Ashwood, Olivia Halicek and Ian Thorpe
» A performance team leader
» The opportunity for Brian Sutton to enter a coach education and ETS support role, allowing Jim Fowlie to focus on Olympic performance
» Further enhancement of the daily training environment at the Sydney Olympic Park Aquatic Centre through engagement of an NSWIS training assistant, provision of pool deck direction through NSWIS coaches Brian Sutton and Jim Fowlie and additional initiatives that support quality coaching and services.
» An ice bath and iCool Lite for Ian Thorpe

Wheelchair track & road
To strengthen the NSWIS Wheelchair Track & Road Program by identifying additional support in order for the assistant coach to focus on both direct coaching and pick up of administration; for example:
» Additional duties for Louise Sauvage

Track & field
To provide additional resources, including sport science and health management focus, for the NSWIS Track & Field Program to further support identified priority athletes and their coaches in achieving podium and top eight performances at the 2012 London Olympic Games, including:
» Dani Samuels – discus
» Ryan Gregson – 1500m
» Isaac Ntimoah, Anthony Alorzie, Jacob Groth, Patrick Fakiye, Liam Gander, Jake Hammond, Nicholas Hough – men’s 4x100m relay
» Laura Whaler – women’s 4x100m relay
» Joel Milburn, Kevin Moore, John Steffensen, Steven Solomon – men’s 4x400m relay
» Pirreneen Steinert, Anneliese Rubie – women’s 4x400m relay

Additional funding opportunities
A number of additional funding opportunities were provided by the NSWIS during the reporting period, including venue access and capital equipment, as well as specialist programs for international tours, coach development and women in high performance sport.

For further information on the NSWIS visit www.nswis.com.au
Initiatives

Initiative support of $100,000 was available for non-Olympic specific proposals. Eight programs benefited from the funding:

- Cycling – support provided to Scott Law to subsidise the purchase of a new bike frame
- Diving – continued to support Vyninka Arlow as assistant coach to the diving program, allowing head coach Chava Sobrino to focus on international success without compromising talent development
- Men’s artistic gymnastics – relocation support for an additional coach, allowing head coach Songliang Xiong to focus on training targeted athletes for world championships and the 2012 Olympic Games
- Hockey – additional support was provided to athlete Ryan Betts to assist with hip surgery and associated rehabilitation costs
- Rowing – support was provided to NSWIS Rowing Manager Marty Rabjohns and two nationally targeted coaches to attend the 2010 FISA World Rowing Championships in New Zealand for professional development
- Soccer – supported NSWIS athletes to attend specialist coaching opportunities for NSW based goalkeepers
- Swimming – supported International Training Program athletes and coach to attend altitude and acclimatisation camp in Mexico in the lead up to the 2011 FINA Aquatic World Championships
- Track & field – supported Klaus Bartontie, international coach and biomechanist, to work with world champion Dani Samuels and her coach Denis Knowles, as well as the opportunity for Klaus to present to NSWIS athletes and coaches
- Winter sports – Provided subsidised accommodation costs for NSWIS athletes during the domestic season, and supported Jenny Owens during her international training opportunity in Chile

Venue access

A total of $255,000 was available for venue access during the reporting period. This funding provided NSWIS athletes with valuable access to world class and Olympic venues in 13 sport programs; basketball, canoe sprint, cycling, equestrian, golf, MAG, netball, rowing, soccer, swimming, track & field, water polo and weightlifting.

Capital equipment

A total of $233,695 was available for additional capital equipment support. This funding assisted the NSWIS to achieve sporting success through the provision of the latest technology in sport related equipment, benefiting seven sport programs; canoe sprint, diving, MAG, rowing, sailing, triathlon and winter sports.

Talent on tour

A total of $66,638 was available through Talent on Tour funding to assist athletes who gained selection in national teams with the cost of tours not fully funded by the NSOs or SSOs. Athletes from six sport programs benefited from funding; canoe sprint, diving, rowing, track & field, wheelchair track & road and winter sports.

Women in High Performance Sport

A total of $50,000 of additional funding was available through the NSWIS to support the development of women in service and coaching roles. The NSWIS coaches benefiting from the program were Natalie Bates (cycling), Vyninka Arlow (diving) and hockey network coaches.

See Coaching Services section of this report, page 16.

Coaching excellence

A total of $50,000 was available for coach coaching excellence initiatives during the reporting period, enabling sports to access additional funding to enhance and improve coaching expertise. Coaches that utilised these funds included Gary Sutton (cycling), Joel Rodriguez and Vyninka Arlow (diving), Glenn Whittle (golf), Judy Laing (hockey), Alen Stajic and Wayne O’ Sullivan (soccer), Jim Fowlie (swimming), Chris Wybrow (water polo) and Louise Sauvage (wheelchair track & road)

See Coaching Services section of this report, page 16.

Outstanding Performances

During the reporting period the NSWIS supported three junior world champions and 18 world champions:

**2010 / 2011 Junior World Champions**

<table>
<thead>
<tr>
<th>NSWIS Athlete</th>
<th>Sport Program</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jessica Fox</td>
<td>Canoe Slalom</td>
<td>2010 ICF Junior Canoe Slalom World Championships</td>
</tr>
<tr>
<td>Jackson Law</td>
<td>Cycling</td>
<td>2010 UCI Junior World Track Cycling Championships</td>
</tr>
<tr>
<td>Paul Darmanin</td>
<td>Sailing</td>
<td>2010 ISAF Youth Sailing World Championships</td>
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**2010 / 2011 World Champions**

<table>
<thead>
<tr>
<th>NSWIS Athlete</th>
<th>Sport Program</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Matthew Levy</td>
<td>AWD Swimming</td>
<td>2010 IPC Swimming World Championships</td>
</tr>
<tr>
<td>Andrew Pasterfield</td>
<td>AWD Swimming</td>
<td>2010 IPC Swimming World Championships</td>
</tr>
<tr>
<td>Rosalyn Lawrence</td>
<td>Canoe Slalom</td>
<td>2011 ICF Wildwater Sprint Canoe World Championships</td>
</tr>
<tr>
<td>Kaarle McCulloch</td>
<td>Cycling</td>
<td>2011 UCI Track Cycling World Championships</td>
</tr>
<tr>
<td>Jayme Paris</td>
<td>Para-Cycling</td>
<td>2010 UCI Para-Cycling World Championships</td>
</tr>
<tr>
<td>Dominic Grimm</td>
<td>Rowing</td>
<td>2010 FISA Rowing World Championships</td>
</tr>
<tr>
<td>Malcolm Page</td>
<td>Sailing</td>
<td>2010 470 World Championships</td>
</tr>
<tr>
<td>Nathan Outeridge</td>
<td>Sailing</td>
<td>2011 Zhik Moth World Championships</td>
</tr>
<tr>
<td>Tom Slingsby</td>
<td>Sailing</td>
<td>2011 World Laser Standard Senior Championship</td>
</tr>
<tr>
<td>Tristan Knowles</td>
<td>wheelchair Basketball</td>
<td>2010 IWBF Wheelchair Basketball Championships</td>
</tr>
<tr>
<td>Jeremy Doyle</td>
<td>wheelchair Basketball</td>
<td>2010 IWBF Wheelchair Basketball Championships</td>
</tr>
<tr>
<td>John McPhail</td>
<td>wheelchair Basketball</td>
<td>2010 IWBF Wheelchair Basketball Championships</td>
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<tr>
<td>Grant Mizens</td>
<td>wheelchair Basketball</td>
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</tr>
<tr>
<td>Brett Stibners</td>
<td>wheelchair Basketball</td>
<td>2010 IWBF Wheelchair Basketball Championships</td>
</tr>
<tr>
<td>Kurt Fearnley</td>
<td>wheelchair Track &amp; Road</td>
<td>2010 IPC World Championships</td>
</tr>
<tr>
<td>Holly Crawford</td>
<td>Winter Sports</td>
<td>2011 FIS Snowboard World Championships</td>
</tr>
<tr>
<td>Nathan Johnstone</td>
<td>Winter Sports</td>
<td>2011 FIS Snowboard World Championships</td>
</tr>
<tr>
<td>Alex Pullin</td>
<td>Winter Sports</td>
<td>2011 FIS Snowboard World Championships</td>
</tr>
</tbody>
</table>

For a summary of athlete results, please refer to the Athlete Scorecard page 11
For more detailed results, please refer to the individual sport program pages 30 to 56

5. EMERGING TALENT

The NSWIS continued to provide opportunities to talented athletes who showed potential to progress to NSWIS scholarship standards and international success in the future.

As part of the Institute’s emerging talent pathway, 11 ETS programs were supported during the reporting period. These programs were established in conjunction with a number of state and national sporting organisations, including Australian Canoeing, Bowls NSW, Cycling NSW, Diving NSW, Equestrian Australia, Hockey NSW, Rowing NSW, Swimming NSW, Athletics NSW, NSW Water Polo and Wheelchair Sports NSW.

The ETS programs underpinned NSWIS sport programs and provided a pathway to the NSWIS scholarship program. The success of the ETS programs was demonstrated with 54 athletes progressing from the emerging talent squads to full scholarship status over the past 12 months.
Several of these athletes, including canoe slalom athlete Reilly Edwards and track & field athlete Steven Solomon gained selection on Australian teams to compete at senior competitions.

The ETS programs encompassed a combination of ongoing and camps based training opportunities that utilised national coaches, former elite athletes and guest presenters as mentors to the next generation of Australian talent.

Below is an outline of how ETS programs provided motivation and enhanced development opportunities:

- **Canoe slalom** – utilised Australian head coach Yann Le Pennec and included four ETS athletes in NSWIS and national under-23 training sessions and camps.
- **Canoe sprint** – 10 ETS scholarships were awarded during 2010 / 11. ETS athletes Allison Bryant and Kirsty Higgison progressed to emerging international scholarships for 2011.
- **Cycling** – the national talent identification track program was delivered by NSWIS coach and former world champion Sean Eadie. The ETS program included a camp coordinated by Natalie Bates for 35 athletes, with the highlight of the camp being an opportunity to listen to presentations from NSWIS world champions Kaarle McCulloch and Jackson Law.
- **Cycling** – Kurt Pollock was appointed the new NSWIS / Cycling NSW Regional Coaching Development Coordinator. Pollock’s role is to work with the Regional Academies of Sport to develop their cycling programs and the pathway to Cycling NSW ETS level. Pollock held an inaugural camp for RAS athletes and coaches in Bathurst during April 2011, which was a huge success. The inaugural camp also provided Pollock with the necessary development and strategies required to host future camps in regional NSW.
- **Diving** – the ETS program encompassed daily training based at Sydney Olympic Park Aquatic Centre for 20 athletes alongside NSWIS divers Matthew Mitcham, Alexandria Croak, Melissa Wu and Scott Robertson. The athletes were coached by Vyninka Arlow and Joel Rodriguez.
- **Equestrian** – the ETS program included 19 athletes in NSWIS monthly training camps. ETS athletes had access to individual sessions with former Australian head coach Wayne Roycroft and Olympic gold medalist Stuart Tinney, as well as network coaches Sam Lyle, Rod Brown and Craig Barrett.
- **Hockey** – 48 athletes participated in the camps based program with four centralised camps being conducted with NSWIS scholarship holders. Josh Miller, Josh White, Jade Warrender, Emma Cobbin, Harriet Moore and Adam Imer provided coaching direction in conjunction with ETS coach Judy Laing. NSWIS men’s head coach Larry McIntosh, NSWIS women’s head coach Anthony Thornton and former Australian goalkeeper Lisa Naughton provided 31 NSWIS athletes across nine sports access to the fitness centre and the Wollongong sports facility, URAC. An agreement was established with URAC which identified sport programs:

<table>
<thead>
<tr>
<th>Sport</th>
<th>No. of camps &amp; clinics</th>
<th>No. of education sessions</th>
<th>No. of athletes in ETS program</th>
<th>No. of athletes progressing to NSWIS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canoe Slalom</td>
<td>2</td>
<td>0</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>Canoe Sprint</td>
<td>N / A</td>
<td>0</td>
<td>10</td>
<td>2</td>
</tr>
<tr>
<td>Cycling</td>
<td>2</td>
<td>6</td>
<td>35</td>
<td>0</td>
</tr>
<tr>
<td>Diving</td>
<td>N / A</td>
<td>2</td>
<td>20</td>
<td>1</td>
</tr>
<tr>
<td>Equestrian</td>
<td>11</td>
<td>2</td>
<td>19</td>
<td>2</td>
</tr>
<tr>
<td>Hockey</td>
<td>17</td>
<td>8</td>
<td>48</td>
<td>11</td>
</tr>
<tr>
<td>Rowing</td>
<td>N / A</td>
<td>0</td>
<td>22</td>
<td>7</td>
</tr>
<tr>
<td>Swimming</td>
<td>5</td>
<td>15</td>
<td>101</td>
<td>5</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>6</td>
<td>15</td>
<td>180</td>
<td>15</td>
</tr>
<tr>
<td>Water Polo</td>
<td>N / A</td>
<td>0</td>
<td>125</td>
<td>9</td>
</tr>
<tr>
<td>Wheelchair Track &amp; Road</td>
<td>5</td>
<td>14</td>
<td>10*</td>
<td>1</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>48</td>
<td>62</td>
<td>574</td>
<td>54</td>
</tr>
</tbody>
</table>

* National ETS program includes one NSWIS athlete

6. REGIONAL / MOBILE SERVICES

The NSWIS continued a hub-based service delivery and support model for the regional / mobile program, supporting over 192 regionally based NSWIS scholarship athletes across nine regions in NSW. Service delivery included the use of local service providers, which allowed athletes greater access to services, and continuity of service delivery throughout the year from two main high performance centres:

The central high performance area was home to the NSWIS Soccer Northern Program, based at the Newcastle University sports complex, The Forum. The program supported 53 athletes from the men’s and women’s squads and utilised the strength & conditioning services provided at The Forum. In addition to the NSWIS Soccer Northern Program, the partnership with The Forum provided 26 athletes across 11 sports access to the fitness centre with the option of individual strength & conditioning servicing.

The NSWIS re-established an NSWIS office and athlete hub at The Forum, providing a home away from Sydney Olympic Park for northern program coaches and athletes as well as other athletes and coaches within the area.

Key partners in this area included The University of Newcastle and Mingara One Leisure Centre, as well as official training venues The Forum, Glendale Athletics Centre, Mingara Regional Athletics Centre and Mingara One pool and gym.

The southern high performance area was home to the NSWIS Triathlon Program, which based itself at the Beaton Park Leisure Centre and the University of Wollongong sports facility, URAC. An agreement was established with URAC which provided 31 NSWIS athletes across nine sports access to the fitness centre and the offer of individual strength & conditioning servicing.
Another key venue for the southern area was the Jindabyne Sport & Recreation Centre which was the training base of the NSWIS Winter Sports Program. In an Olympic / Paralympic year, the delivery of targeted service support for Winter Olympic and Paralympic athletes through sport science, athlete career and education, sport psychology and strength & conditioning was a primary objective and was initiated at the winter sports induction week in July.

Key partners in this area included the University of Wollongong and Jindabyne Sport & Recreation Centre, as well as the official training venues; URAC, Beaton Park Leisure Centre, Jindabyne Sport & Recreation Centre, Perisher Blue Ski Resort and Kosciuszko Thredbo Alpine Resort.

Regional Athlete & Coach Assistance

Athletes residing in regional areas were able to access NSWIS support through Regional Athlete Assistance Grants. Assistance included support for travel to competition and official NSWIS training camps, subsidised local gym memberships and mobile service delivery; including coaching, physiology, biomechanics, strength & conditioning, sport psychology, sport medicine, nutrition, ACE, technical analysis and program management. $75,000 in additional funding was available across nine sports.

To further enhance the coaching impact in regional areas, an initiative to award five regional coaching grants was continued in 2011. The regional coaching grants were awarded to coaches that were working with gold and silver scholarship athletes on a daily basis. The additional $16,500 assisted qualifying coaches in attending training camps and competitions with their athletes, and provided them with professional development opportunities to further enhance their coaching.
APPLIED RESEARCH PROGRAM

The Applied Research Program’s (ARP) role is to undertake and manage both independent and cooperative research across the NSWIS, which is designed to add value to NSWIS athletes, coaches and sport programs. It does this by undertaking and applying the outcomes of research to develop improved training methodology in conjunction with industry partners, universities and coaches as well as external companies through the ARP’s Registered Research Agency status.

Targeted Areas
The ARP supports NSWIS sporting programs through focusing research on the areas of:

» Technology for monitoring athletes and athletic performance
» The health of the athlete
» Refining training

Strategic Partnerships
The ARP has established a number of key partnerships including:

» Powerade – The NSWIS continues its research partnership with Powerade with continued support of the ARP as an Official Research Partner. The NSWIS continues to provide expert advice and conduct research to Powerade to produce sports drinks which assists athletes in achieving optimal sporting performance
» ITSports – research and development on design and effectiveness of compressive clothing continues. Most recently, a research project examining the impact of compressive clothing on proprioception (body position awareness) has been developed in conjunction with Dr. Kyle Steel of the University of Western Sydney. A positive result from this project will provide us with an improved technique for assisting in the technical development of athletes
» Altitude Technology Solutions – conducting pilot work on mobile altitude facilities, including a portable pool based tent for aquatic athletes, for the training of NSWIS athletes. The pool tent is the first known sea-level system for hypoxic training for swimmers, with the trailer component of this system being integrated with the current NSWIS environment room to provide flexibility for aquatic and non-aquatic options for athletes to train under hypoxic conditions
» University of Sydney – multiple projects in conjunction with the following faculties and schools: Exercise Science, Engineering, Mathematics and Statistics, and Education. Most notably, the Bodies in Space Project which examines how athletes in the aerial sports of diving, gymnastics, skiing and potentially pole vaulting, manipulate their body shape to achieve their competition objectives. An improved understanding of how changes in body position facilitate spins and somersaults may lead to advising athletes how to safely perform increasingly difficult manoeuvres. Contacts for this project have been finalised with the University of Sydney, and pilot work and trials have commenced, including the trialing of an autonomous robot to track the somersaulting diver
» University of Wollongong – project being conducted on the effects of controlled frequency breathing on the physiology and stroke characteristics of elite swimmers
» Samsung - A meeting was held with technical staff from Samsung regarding potential research and development links. Discussions focused on investigating the application of 3D TV technology, and the evolution in screen scanning, to the development of a new approach to 3D biomechanics analysis
» Army Special Services - Discussions have commenced with senior staff from the Army Special Services about cooperative research opportunities. Potential areas of collaboration include “travel to different climatic conditions” and “performing under fatigue”. There is ongoing work and liaison with the Special Forces Training Centre on monitoring techniques and procedures for exercise in different environments and the sharing of knowledge for the benefit of both organisations
» SPORT Business Hub - There are plans for a Sports Business Hub at Sydney Olympic Park through a relationship with the Sydney Olympic Park Authority (SOPA) and Industry and Investment, continuance of “Connector” position and Techvoucher R & D contracts. NSWIS ARP staff have met with SOPA and the developer of the building regarding the inclusion of NSWIS R&D partners as tenants of a new facility in Sydney Olympic Park. The co-location should enhance R&D activities

Registered Research Agency
The ARP has been granted continuation of Registered Research Agency status by the Australian Department of Innovation, Industry, Science and Research. This allows the ARP to be contracted to undertake commercial research and development projects on behalf of companies while still allowing them to retain their R&D tax benefits.

TechVoucher Program
Two companies were each awarded TechVoucher grants from the NSW government to undertake separate studies to be conducted through ARP. These are:
» HypO2: The effectiveness of increasing both oxygen concentration and air pressure changes on tissue oxygenation, using the HypO800 Mild Hyperbaric Chamber
» Pulford: The changes in inspired oxygen concentration, both at rest and during exercise on blood and tissue oxygenation saturation levels, during training under simulated altitude conditions.

Corinne Turner joined the ARP as the TechVoucher Connector, to assist with the refinement of ARP’s R&D and commercial operations. Corinne has a background in biochemistry and as a research scientific officer at a number of hospitals. She has also worked with the South Australian Enterprise Workshop, The Warren Centre, The University of Sydney, NSW Department State & Regional Development and the CSIRO.

Consultancies
ARP staff members provided expert advice through on-going consultancies and seminar presentations to the Institute of Physical Education (IPE) of Thailand. The ARP hosted seven IPE staff over three weeks for training in sports biomechanics. Key elements of the course were conducted by NSWIS biomechanists Dr. Damien O’Meara and Mark Moresi. The group also attended diving and water polo training and analysis sessions, as well as the 2011 NSW Track & Field Championships.

Seminars and Conferences
» Kenneth Graham and Erin McCleave attended the American College of Sports Medicine Annual Conference in June 2011. With over 3200 oral and poster presentations, Kenneth and Erin focused their attendance on training, hypoxia and the effect of training in immune function of athletes
» The ARP held a breakfast seminar in March 2011, targeted to NSW sports related businesses and athletes. Kerry Doyle, Executive Director of Innovation and Science from Industry and Investment NSW opened the seminar, which had over 40 people in attendance
» Commonwealth Games: Specific advice in relation to the preparation of athletes for the climatic conditions expected in Delhi 2010, as well as practical sessions in the NSWIS environmental chamber were undertaken. Initial feedback from athletes was that this advice and preparation was effective
» Catapult Innovations ran a seminar at the NSWIS for the application of GPS technology in monitoring sports performance, which may act as the basis for research into the application of this technology into other NSWIS sports
» Staff attended the International Sports Nutrition Conference in Canberra in November 2010

For further information on the NSWIS visit www.nswis.com.au
SPORT SCIENCE & MEDICAL SERVICES

The Institute’s Sport Science and Medical Services units collaborate to provide athletes with world class services across a range of areas. NSWIS sport science services include the high performance disciplines of physiology, strength & conditioning, biomechanics and performance analysis, while the medical team provides medical, physiotherapy, massage, nutrition, injury prevention and recovery services.

The unit works closely with the NSWIS Principle Scientist and the Applied Research Program and services are offered in an integrated manner to provide athletes and coaches with information for optimising training and maximising performance. This is achieved by working with coaches to analyse and develop annual programs to produce an integrated service plan.

Athletes have access to a state of the art training and recovery centre located at the NSWIS facility. The training centre and physiology laboratory are both fully accredited by the National Sports Science Quality Assurance Program and contain resources and equipment to assist athletes achieve world class performance. Mobile service delivery also regularly takes place to service athletes.

Sport Science Services

Performance analysis and skill acquisition

The NSWIS performance analysis team has an extensive range of equipment and expertise to assist coaches in analysing competition and training performance. Real time & delayed video, as well as statistical data collected during competition and training are used to provide athletes and coaches with feedback regarding skills and game tactics. Technique development and skill acquisition are key components of the training process, providing measurable insight into elements of performance as well as assessing how coaching and feedback impacts upon athlete learning and development. The NSWIS has a dedicated facility where coaches are educated in utilising the equipment and software.

Physiology

The NSWIS physiology team uses equipment and expertise to monitor the influence of training, competition and the environment on the physiologic function of athletes. The facilities at the NSWIS provide physiology staff with a comprehensive range of monitoring equipment as well as an environmental chamber that can be used to prepare athletes for competition.

Physiology staff also assist athletes through the process of altitude training, real or artificial, to improve certain desired physical qualities required for performance.

Biomechanics

NSWIS biomechanists measure and assess movement in sports using a variety of techniques and equipment. A high speed multi-camera Vicon system, Kistler force plate and Laveg Laser Gun, built around a 55 metre synthetic indoor running track, are used to provide feedback on modifications needed to improve technical components of performance.

NSWIS biomechanists are also able to assist in providing information to coaches, doctors and physiotherapists, aimed at minimising injury risks for athletes.

Strength & conditioning

NSWIS strength & conditioning specialists work closely with athletes to build the desired qualities demanded by their sport. The strength & conditioning staff use video feedback and power monitoring systems including force plates and a Biodex dynamometer, to optimise technique and training methods, plus a range of equipment that can be utilised on the training field to assist with speed and agility development. NSWIS strength & conditioning specialists work actively to develop resources that will enhance the training practices of NSWIS athletes.

Medical services

Medical services available to athletes include; medical screenings, priority access to a network of physicians and medical staff, discounted medical imaging and pathology services, assistance in case management and referrals. When required, athletes may also gain access to bone stimulators to aid in the recovery from bone injuries.

The medical services unit is able to provide advice in relation to anti-doping issues, community medical issues and targeted emergency medical funding, as well as providing ongoing contact with coaches to manage issues. These services are supported by NSWIS Medical Program providers; The I-Med Network and MBF.

Medical

The NSWIS medical network consists of over 40 service providers (most of whom are specialist sports physicians). The network is involved in the annual medical screenings of NSWIS athletes, and is available state-wide to assist athletes in managing medical and musculoskeletal issues.

Physiotherapy

The NSWIS physiotherapy network is statewide, consisting of around 100 service providers. The network is involved in the annual musculoskeletal screening of athletes, ongoing treatment of injuries, and is represented and coordinated by two part-time physiotherapy coordinators.

Massage

The NSWIS coordinates a network of massage therapists who are available to treat athletes in private practices throughout NSW.

Nutrition

The NSWIS nutrition program aims to ensure athletes receive exposure to nutrition services, and the support and education they require to apply sound nutrition concepts to training and lifestyle, resulting in optimal nutrition strategies for high performance sport. The NSWIS Dietician is available to athletes at NSWIS athlete breakfasts and attends the training centre several times per week to be available to discuss issues with athletes. The NSWIS has developed a series of information guidelines, along with a question and answer section, and a blog, on the dedicated section of the NSWIS website ‘Fuelling Performance’.

We aim to provide services that decrease the risk of injury, illness, diet & hydration status, and incorrect supplement use. Coaches and athletes are also provided with opportunities to attend educational workshops, discuss nutrition issues directly with our dietician, and obtain detailed information sheets.

Injury prevention and recovery

The NSWIS employs a physiotherapist on a part-time basis to coordinate our rehabilitation services, to develop resources, and to educate staff on best practices for the training of athletes to avoid injuries and improve recovery post injury. Our rehabilitation expert is also directly involved in the advanced treatment of some of our targeted athletes to assist them back to training and competition at the earliest opportunity. The NSWIS aims to be at the forefront when prescribing training which minimises the risk of injury, while focusing on performance.

Service delivery

The planning of sport science and medical services provided to athletes and sport programs are based on the established NSWIS priority framework and the level of the scholarship holder. Head coaches work with a designated sport science service team to plan servicing and focus is placed on assessing athlete parameters with respect to targeted qualities, and services necessary to bridge any identified gap.
During the year support was provided in all areas including biomechanics, performance analysis, physiology, nutrition, and strength & conditioning, with some of the highlights being:

**Basketball**
- Landing analysis and feedback

**Canoe sprint**
- Competition support for the 2011 Australia Canoe Sprint Championships and Australian grand prix events
- Support through the NSWIS Altitude at Home Program
- Support during the introduction of start gates at the Sydney International Regatta Centre

**Cycling**
- Competition support for the 2011 Australian Track Cycling Championships and the Australian junior world championship team
- Support at the junior world championships sprint training camp and national women’s endurance camp
- NSWIS Altitude at Home Program
- National talent identification testing for the ‘Ride To Rio’ initiative

**Diving**
- Competition support for national and state diving championships
- Support for athletes preparing for, and competing at, the 2011 FINA Aquatic World Championships, 2010 Commonwealth Games and 2011 FINA Diving World Series
- Use of accelerometers and force plates in training to review fatigue and power
- Intense feedback, through high speed video, at training prior to major competitions
- Video feedback and analysis of judges scores during a mock competition ahead of the 2010 Commonwealth Games

**Equestrian**
- Competition support for international three day events in Sydney and Melbourne
- National squad camps in Sydney
- GPS modeling of races

**Hockey**
- Competition support for NSW teams competing in the Australian Hockey League and the Australia-A series against Argentina
- 3D motion analysis review of penalty corner drag flick technique
- Intermittent hypoxic training, GPS and heart rate monitoring during small sided games

**Netball**
- Competition support for the 2011 ANZ Championship, 2011 Australian National League and national age championships
- Testing and analysis for jump power, sprints and landing analysis

**Rowing**
- Competition support for the 2011 Australian Rowing Championships and world championship selection trials
- National physiology testing, targeted force plate power reviews, detailed nutrition reviews
- Heat acclimation initiatives for selected crews

**Soccer**
- Competition support for the 2010 / 11 Women’s W-League
Swimming
- Competition support for the 2010 FINA Swimming World Championships (25m), 2011 Australian Swimming Championships and national age & state championships
- Altitude training support for camps in Mexico, Thredbo and Sydney
- A wet plate biomechanical review in Canberra
- Preparation support for the 2010 Commonwealth Games and 2011 FINA Aquatic World Championships

Tennis
- Competition support for various national championships and the International Tennis Federation’s summer circuit

Track & field
- Competition support for the 2011 Australian Athletics Championships, world championship selection trials, Australian grand prize series, 2011 NSW Athletics Championships
- World championship support including heat acclimation and strength & conditioning initiatives
- 3D analysis of discus technique
- A comprehensive review of running gait for targeted relay athletes including 3D biomechanical analysis, strength and power profile, and technique review with an implemented strength & conditioning plan

Triathlon
- Competition support for the 2011 Oceania Championships and ITU grand prix
- Altitude training camp
- 3D running gait review, swim test reviews and cycling power profiles

Water polo
- Competition support for water polo national championships
- Use of high speed, above and below synchronised split screen cameras, a ball speed laser velocity device; biomechanical analysis of shooting technique, team heart rate monitoring and functional shoulder screenings
- Development of dry land throwing techniques and drills for the national program

Winter sports
- Competition support in Australia and New Zealand
- Aerials and pre-world cup training camps

Wheelchair track & road
- Performance analysis for major domestic competitions
The NSWIS Training Centre has been utilised during the reporting period by the Australian men’s and women’s water polo teams, Japanese national water polo team, Australian under-23 rowing team, members of the Australian Youth Olympic team, members of the Australian Commonwealth Games team, elite Italian divers, Australian men’s hockey team, tennis players from the Medibank International, Sydney FC, Australian junior cycling team, Australian Netball Diamonds, Greater Western Sydney AFL team, Sydney Kings basketball team, visiting international swimmers and track & field athletes and many other athletes from across the SIS / SAS and AIS networks.
Specific use was made of the NSWIS Environment Room to prepare athletes for hot and humid competition, particularly when travelling from our winter to the northern hemisphere summer.
The NSWIS Sport Science and Medical Services staff presented and attended presentations nationally and internationally, to ensure the NSWIS retains a strong member of the national and international network of providers.

PROJECTS
A number of projects were undertaken by the NSWIS during the reporting period, including:

Progressive hamstring prehabilitation – rehabilitation program
In 2010 / 11, NSWIS sport science staff developed, in conjunction with NSWIS physiotherapists and an analysis of the latest research, a progressive model to assist athletes to rehabilitate from hamstring injuries. This program enables an easy transfer of training progression from the physiotherapists to strength & conditioning staff ensuring an optimal return to full training and competition. The program is now fully functional, including a resource manual and training workshops, and most importantly a program for identification of ‘at risk’ athletes so that efforts of prevention can be initiated.

Altitude at home
The NSWIS Altitude at Home Program provides an artificial altitude environment for targeted athletes that allows for sleeping or training at altitude whilst still having the support structures of the home environment.
The NSWIS has developed the infrastructure to provide on-site hypoxic (artificial altitude) training at both the NSWIS training facility and Sydney Olympic Park Aquatic Centre including a two lane, 25m pool based chamber. Athletes may train in a variety of modes (cycling, rowing, swimming etc) at oxygen levels equivalent to an altitude of up to 5000m. This type of training, train high / live low, especially for power athletes, has not been used extensively around the world, primarily due to the technological and cost issues. However, there is increasing positive research being released regarding the benefits. The NSWIS is working to be at the forefront of understanding this type of training, and will continue to research this modality to provide our athletes with the best opportunity for success.

Monitoring training stress and strain
NSWIS sport science staff are implementing methods to monitor and manage athlete stress and strain during training and competition. This includes quantifying training loads via GPS, heart rate and training logs and cross referencing with changes in heart function by focusing on heart rate variability.
Levels of fatigue are monitored by measuring power and hydration and this work provided information on over or under training in athletes. Sports including diving, netball and soccer are being utilised to pilot new technology and processes in this area.

Biomechanics and sport
The biomechanic facilities at the NSWIS are used to investigate running technique across a number of sports; landing technique in netball, acrobatic technique in diving & gymnastics, the drag flick in hockey and discus technique in track & field.
The unit enhanced its comprehensive system for objectively evaluating running gait through video analysis, and has added information from force plates, a high speed camera and the Biodex dynamometer. This has made the running gait screening an effective and repeatable screening process. The information is used by strength & conditioning staff and coaches to correct technical flaws that may reduce performance and lead to injury.

Performance analysis and sport
The Institute’s primary tool for game analysis is the SportsCode software program. The NSWIS provides the licence, as well as training and support, to ensure that all applicable coaches are utilising this game analysis software. It allows for real time analysis of games to determine efficiency and look at player strategies. This assists coaches in gaining the ideal tactics and mix of players for a specific game situation. The netball, hockey and water polo programs frequently utilise mobile coding devices that allow for real time coding of multiple individuals and wireless sharing during games.

Video
With the advancement of camera technology and matching hardware and software, the Institute has developed improved applications of high speed video looking at technique at a much greater level of accuracy. Applications and devices for wireless video sharing and review at sporting venues and over the internet are being expanded. We have also extended video review at the pool to have synchronized over and under water vision for applicable water sports. Additionally we have installed several semi-permanent cameras and screens in the training centre allowing for simplified daily delayed feedback options.
SWIMMING

The NSWIS Swimming Program produced a number of excellent international sporting performances during the reporting period, including the emergence of a new breed of swimming talent ahead of the 2012 London Olympic Games.

NSWIS International Training Program (ITP) members continued to lead the way with Geoff Huegill maintaining his climb up the international rankings, culminating in a gold medal winning performance in the men’s 100m butterfly at the 2010 Commonwealth Games in Delhi. Huegill’s performances in Delhi, which also included gold in the men’s 4x100m medley relay and silver in the men’s 50m butterfly, were remarkable and led to the comeback king being awarded the Classic Sportswear Most Memorable Moment at the 2010 NSWIS Awards Dinner.

Fellow ITP training partner Eamon Sullivan also wrapped up the Commonwealth Games with two gold and one silver, while rising stars James Magnussen and Samantha Marshall performed brilliantly on international debut finishing with gold and silver, respectively.

The 2010 Pan Pacific Championships also proved to be a successful venture for NSWIS swimmers, with Sullivan and Magnussen taking home silver in the men’s 4x100m freestyle relay. Huegill finished with bronze in the men’s 4x100m medley relay, along with a number of other top five performances by NSWIS athletes including Robert Hurley’s fourth place finish in the men’s 800m freestyle.

Sprinter Olivia Halicek upstaged some of Australia’s most well known swimmers en route to winning the women’s 50m freestyle at the 2011 Australian Swimming Championships. The win earned Halicek a spot on the Australian team competing at the 2011 FINA Aquatic World Championships, along with seven other NSWIS athletes.

The NSWIS Swimming Program also successfully facilitated an Emerging Talent Squad (ETS) underpinning program in conjunction with Swimming NSW. The underpinning program provides greater opportunity for head coach Jim Fowlie to harness the talent of young, up and coming swimmers with the hope that they will lead Australia’s elite swimmers in the future.

The success of the ETS program was demonstrated by former ETS scholarship holder Emma McKeon who achieved a fourth place finish at the 2010 FINA World Short Course Championships, her first major senior international competition.

The next generation of NSWIS swimming talent was also boosted with the introduction of NSWIS Swimming High Performance Consultant Brian Sutton. Sutton is primarily responsible for the provision of technical advice and support to develop coaches and athletes in NSW, and he will be a key member in the Institute’s push for future success.

SIGNIFICANT ACHIEVEMENTS

Eamon Sullivan
- Gold, men’s 4x100m freestyle relay – 2010 Commonwealth Games
- Gold, men’s 4x100m medley relay – 2010 Commonwealth Games
- Silver, men’s 4x100m freestyle relay – 2010 FINA Pan Pacific Championships

Geoff Huegill
- Gold, men’s 100m butterfly – 2010 Commonwealth Games
- Gold, men’s 4x100m medley relay – 2010 Commonwealth Games
- Silver, men’s 50m butterfly – 2010 Commonwealth Games
- Bronze, men’s 4x100m medley relay – 2010 FINA Pan Pacific Championships
- Fourth, men’s 50m butterfly – 2010 FINA Pan Pacific Championships
- Fifth, men’s 100m butterfly – 2010 FINA Pan Pacific Championships
- Fifth, men’s 50m butterfly – 2010 FINA World Short Course Championships
- Winner, Classic Sportswear Most Memorable Moment – 2010 NSWIS Awards

James Magnussen
- Gold, men’s 4x100m freestyle relay – 2010 Commonwealth Games
- Silver, men’s 4x100m freestyle relay – 2010 FINA Pan Pacific Championships
- Fifth, men’s 4x100m freestyle relay – 2010 FINA World Short Course Championships

Samantha Marshall
- Silver, women’s 100m breaststroke – 2010 Commonwealth Games

Robert Hurley
- Fourth, men’s 800m freestyle – 2010 FINA Pan Pacific Championships

Matthew Aboord
- Fifth, men’s 4x100m freestyle relay – 2010 FINA World Short Course Championships
- Fifth, men’s 100m freestyle – 2010 FINA World Short Course Championships
- Fifth, men’s 4x100m medley relay – 2010 FINA World Short Course Championships

Mitchell Dixon
- Fifth, men’s 4x200m freestyle relay – 2010 FINA World Short Course Championships

Emma McKeon
- Fourth, women’s 4x100m freestyle relay – 2010 FINA World Short Course Championships

Kenneth To
- Fifth, men’s 100m individual medley – 2010 FINA World Short Course Championships

NATIONAL TEAM SELECTIONS

2010 Commonwealth Games
Daniel Arnamnart, Geoff Huegill, Robert Hurley, Andrew Lauterstein, James Magnussen, Samantha Marshall, Mitchell Patterson, Eamon Sullivan

2010 FINA World Short Course Championships
Matthew Aboord, Daniel Arnamnart, Mitchell Dixon, Geoff Huegill, James Magnussen, Emma McKeon, Kenneth To

2010 FINA Pan Pacific Championships
Daniel Arnamnart, Geoff Huegill, Robert Hurley, Andrew Lauterstein, James Magnussen, Mitchell Patterson, Eamon Sullivan, Stacey Hainsford, Samantha Marshall

2010 FINA Junior Pan Pacific Championships
Josh Beard, Te Haumi Maxwell, Kenneth To, Daniel Trantar, Jessica Ashwood, Emma McKeon

2010 Oceania Championships
Jarrod Killey, Jessica Ashwood

2010 Youth Olympic Games
Kenneth To, Emma McKeon

2011 FINA Aquatic World Championships
Matthew Aboord, Jessica Ashwood, Olivia Halicek, Geoff Huegill, James Magnussen, Eamon Sullivan, Kenneth To

2011 Australia A Team
Robert Hurley, Daniel Trantar

2011 World University Games
Andrew Aboord, Joseph Carty, Mitchell Dixon, David McKeon, James Stacey

For further information on the NSWIS visit www.nswis.com.au
2011 FINA World Junior Championships
Hugo Morris

2011 Youth Commonwealth Games
Ami Matsuo, Te Haumi Maxwell, Jarrod Poort

2010 - 2011 SWIMMING SQUAD

Gold
Matthew Abood, Olivia Halicek, Stacy Hansford, Geoff Huegill, Andrew Lauterstein, James Magnussen, Eamon Sullivan, Robert Hurley, Samantha Marshall, Kenneth To

Silver
Jessica Ashwood, Adam Pine, Daniel Arnamnart, Joseph Carty, James, Stacey, Lachlan Staples, Mitchell Patterson, Ami Matsuo, David McKeon, Emma McKeon, Jarrod Poort

EAP
Andrew Abood, Andrew Beato, Mitchell Dixon, Daniel Tranter, Jarrod Killey, Josh Beard, Te Haumi Maxwell, Hugo Morris

Associate
Libby Trickett

Total number of scholarship holders 2010: 25
Total number of scholarship holders 2011: 22

COACHES
NSWIS / SNSW Head Coach: Jim Fowlie
NSWIS International Training Program Coach: Grant Stoelwinder
NSWIS Swimming High Performance Consultant: Brian Sutton
Home Coaches: Brant Best, Matt Brown, Bobby Folan, Steve Garner, Ron McKeon, Jaan Murphy, Justin Rothwell, Jon Shaw, Ben Tuford, Bruce Vyvyan, Brett Winkworth, Steve Young, Zane King

VENUES // Sydney Olympic Park Aquatic Centre / Ian Thorpe Aquatic Centre
PROGRAM PARTNERS // Swimming NSW / Swimming Australia
The NSWIS Cycling Program produced several outstanding performances throughout the reporting period, including the continued brilliance of Kaarle McCulloch who won her third consecutive world title at the 2011 UCI Track Cycling World Championships, partnering with Anna Meares in the women’s team sprint. McCulloch’s remarkable list of achievements during the reporting period also included a gold and silver at the 2010 Commonwealth Games in Delhi, as well as wins at world cup events in Manchester and the Netherlands before returning home to claim silver in the women’s keirin at the 2010 Melbourne World Cup.

NSWIS athletes dominated the cycling events at the 2010 Commonwealth Games with Megan Dunn and Rochelle Gilmore adding to McCulloch’s medal winning performances. Dunn, making her Commonwealth Games debut collected two gold medals, winning the 25km point’s race and 10km scratch race. Gilmore led the way on the road, claiming victory in the women’s 112km road race.

The reporting period also saw the return of champion cyclist Katherine Bates, who has quickly put the international cycling community on notice with medal winning performances at various world cup events around the globe. Her year culminated in a silver medal winning performance in the women’s scratch race at the 2011 UCI Track Cycling World Championships, as well as a fourth place finish in the women’s team pursuit.

The cycling program’s stellar year also included a second place finish for road specialist Mark Renshaw in Stage 1 of the 2010 Tour De France. Renshaw continued to play an important role in team mate Mark Cavendish’s success throughout the tour, before going on to win his maiden professional title at the 2011 Tour of Qatar.

Up and coming male cyclists Jackson Law and Jamie Green demonstrated that the future of cycling in Australia is in safe hands after outstanding performances at the 2010 UCI Track Cycling Junior World Championships. Law won gold in the men’s team pursuit, while Green picked up silver in the men’s road race.

The outstanding performances of the NSWIS Cycling Program during the reporting period led to the program being named the Sydney Olympic Park Authority Program of the Year and head coach Gary Sutton being named the Sportspro Coach of the Year at the 2010 NSWIS Awards Dinner.

**SIGNIFICANT ACHIEVEMENTS**

**Kaarle McCulloch**
- Gold, women’s team sprint – 2011 UCI Track Cycling World Championships
- Gold, women’s team sprint – 2011 UCI Track Cycling World Cup (England)
- Gold, women’s team sprint – 2010 UCI Track Cycling World Cup (Netherlands)
- Silver, women’s keirin – 2010 UCI Track Cycling World Cup (Australia)
- Silver, women’s 500m time trial – 2010 Commonwealth Games
- Winner, Sydney City Toyota Team Athlete of the Year – 2010 NSWIS Awards Dinner

**Katherine Bates**
- Gold, women’s team pursuit – 2010 UCI Track Cycling World Cup (Australia)
- Silver, women’s scratch race – 2011 UCI Track Cycling World Cup (Netherlands)
- Fourth, women’s team pursuit – 2011 UCI Track Cycling World Championships

**Megan Dunn**
- Gold, women’s 25km points race – 2010 Commonwealth Games
- Gold, women’s 10km scratch race – 2010 Commonwealth Games
- Winner, Communities NSW, Sport and Recreation Regional Excellence – 2010 NSWIS Awards Dinner

**Rochelle Gilmore**
- Gold, women’s 112km road race – 2010 Commonwealth Games
- Australian Elite Female Road Cyclist of the Year – 2010 Australian Cyclist of the Year Awards

**Jamie Green**
- Silver, men’s team sprint – 2010 UCI Track Cycling Junior World Championships

**Jackson Law**
- Gold, men’s team pursuit – 2010 UCI Track Cycling Junior World Championships

**Ashlee Ankudinoff**
- Bronze, women’s team pursuit – 2010 UCI Track Cycling World Cup (China)

**Mark Renshaw**
- First place, Overall – 2011 Tour of Qatar
- Second place, Stage 1 – 2010 Tour De France

**NATIONAL TEAM SELECTIONS**

**2010 Commonwealth Games**
- Kaarle McCulloch, Ashlee Ankudinoff, Megan Dunn, Rochelle Gilmore, Mark Renshaw, Christopher Sutton

**2010 Oceania Championships**
- Scott Law

**2010 UCI Track Cycling Junior World Championships**
- Jackson Law, Jamie Green

**2011 UCI Track Cycling World Championships**
- Kaarle McCulloch, Katherine Bates

**2010 – 11 UCI Track Cycling World Cup**
- Kaarle McCulloch, Ashlee Ankudinoff

**2010 – 2011 CYCLING SQUAD**

**Gold**
- Ashlee Ankudinoff, Kaarle McCulloch, Megan Dunn, Peter Lewis

**Silver**
- Skye-Lee Armstrong, Alex Carver, Aaron Donnelly, Lauren Kitchen, Richard Lang, Scott Law, Amanda Spratt

**EAP**
- Mitchell Bullen, Caleb Ewan, Jamie Green, Jackson Law, Madison Law, Tirian McManus, Sarah Roy, Sam Spokes, Andrew Taylor, Cassandra Kell, Timothy McMillan, Sarah Roy

**Associate**
- Katherine Bates, Graeme Brown, Rochelle Gilmore, Ben Kersten, Lachlan Morton, Mark Renshaw, Chris Sutton

**Total number of scholarships holders 2010**: 28
**Total number of scholarships holders 2011**: 28

**COACHES**

**Head Coach**: Gary Sutton
**Assistant Coach - Men’s Endurance**: Michael Kejda
**NTID / Sprint Coach**: Sean Eadie
**CNSW / NSWIS Women in High Performance Sport Scholarship Coach**: Natalie Bates
**ETS Program Coordinator**: Kurt Pollock
**Home Coaches**: Gus Dawson

For further information on the NSWIS visit www.nswis.com.au
VENUES // Dunc Gray Velodrome / Tempe Velodrome
PROGRAM PARTNERS // NSW Cycling Federation / Cycling Australia / Jayco / Bankstown Sports Club

For further information on the NSWIS visit www.nswis.com.au
WINTER SPORTS

Following a successful 2010 Vancouver Winter Olympic and Paralympic Games campaign, the NSWIS Winter Sports Program has gone from strenght to strength during the reporting period with a number of athletes achieving outstanding results.

The NSWIS snowboarding trio of Alex Pullin, Nate Johnstone and Holly Crawford created history in 2011 by becoming Australia’s first ever snowboard world champions. Pullin won gold in the men’s snowboard cross, while Johnstone and Crawford won gold in the men’s and women’s snowboard half-pipe, respectively, at the 2011 FIS Snowboard World Championships in Spain.

Pullin and Johnstone then went on to claim overall gold at the 2010 / 2011 FIS World Cup after a series of strong results in the men’s snowboard cross and half-pipe, respectively. Crawford was narrowly defeated in the overall standings of the women’s snowboard half-pipe, finishing the 2010 / 2011 FIS World Cup season with a silver medal.

Ski cross athlete Scott Kneller created his own slice of history by winning his maiden world cup gold medal in the men’s ski cross at the Italian leg of the 2010 / 11 FIS World Cup. Kneller went on to finish the season ranked 12th in the world.

NSWIS scholarship holder and Olympic gold medallist Torah Bright continued to reap the rewards from her history making win at the 2010 Vancouver Winter Olympic Games. Bright was named the Samsung Electronics Australia Female Athlete of the Year at the 2010 NSWIS Awards Dinner in honour of her gold medal win in the women’s snowboard half-pipe.

On the coaching front, NSWIS Snowboard Half-Pipe Head Coach Ben Alexander was named Coach of the Year, and NSWIS Head Moguls Coach Peter Topalovic was named the Development Coach of the Year at the 2011 Ski & Snowboard Australia Awards.

SIGNIFICANT ACHIEVEMENTS

Holly Crawford

- Gold, women’s snowboard half-pipe – 2011 FIS Snowboard World Championships
- Gold, women’s snowboard half-pipe – 2010 / 11 FIS World Cup (Italy)
- Silver, women’s snowboard half-pipe – 2010 / 11 FIS World Cup (Overall)
- Silver, women’s snowboard half-pipe – 2010 / 11 FIS World Cup (China)
- Silver, women’s snowboard half-pipe – 2010 / 11 FIS World Cup (Canada)
- Silver, women’s snowboard half-pipe – 2010 / 11 FIS World Cup (Switzerland)
- Silver, women’s snowboard half-pipe – 2010 / 11 FIS World Cup (Canada)

Nathan Johnstone

- Gold, men’s snowboard half-pipe – 2011 FIS Snowboard World Championships
- Gold, men’s snowboard half-pipe – 2010 / 11 FIS World Cup (Italy)
- Gold, men’s snowboard half-pipe – 2010 / 11 FIS World Cup (Overall)
- Gold, men’s snowboard half-pipe – 2010 / 11 FIS World Cup (Canada)
- Gold, men’s snowboard half-pipe – 2010 / 11 FIS World Cup (Switzerland)
- Silver, men’s snowboard half-pipe – 2010 / 11 FIS World Cup (Canada)

Alex Pullin

- Gold, men’s snowboard cross – 2011 FIS Snowboard World Championships
- Gold, men’s snowboard cross – 2010 / 11 FIS World Cup (Overall)
- Gold, men’s snowboard cross – 2010 / 11 FIS World Cup (Switzerland)
- Silver, men’s snowboard cross – 2010 / 11 FIS World Cup (Austria)
- Bronze, men’s snowboard cross – 2010 / 11 FIS World Cup (USA)

Scott Kneller

- Gold, men’s ski cross – 2010 / 2011 FIS Ski Cross World Cup (Italy)

Torah Bright

- Winner, Samsung Electronics Australia Female Athlete of the Year – 2010 NSWIS Awards Dinner

NATIONAL TEAM SELECTIONS

2011 FIS Snowboard World Championships
Alex Pullin, Nathan Johnstone, Holly Crawford

2010 - 2011 WINTER SPORTS SQUAD

Freestyle moguls
Matthew Graham (gold – associate), Britteny Cox (gold – associate), Emma Chapman-Davies (gold – associate), Sam Hall (gold – associate), Nicole Parks (silver), Brodie Summers (silver), David Graham (silver), Taylah-Paige O’Neill (silver), James Matheson (silver), Rohan Chapman-Davies (silver), Roanna Humphries (silver), Alexander Cassilles (EAP), Ashley Chapman-Davies (EAP), Madi Himbury (EAP)

Snowboard half-pipe
Torah Bright (gold – associate), Holly Crawford (gold – associate), Nathan Johnstone (gold – associate), Patrick Davis-Meehan (silver), Alex Fitch (silver), Stephanie Magiros (silver), Samuel Murphy (silver), Jarred Williams (silver), Jason Maxfield (silver), Charlie Steinbacher (silver)

Snowboard cross
Alex Pullin (gold – associate), Cam Bolton (silver), Andy Fischer (silver)

Ski cross
Jenny Owens (gold – associate), Scott Kneller (gold – associate), Katelyn Crema (gold – associate), Anton Grinus (gold – associate), Sami Kennedy (gold – associate), Brooke Dunleavy (silver)

Individual
Craig Branch (Alpine), Alex Almoukov (Biathlon), Lucy Glenville (Cross Country), Ben Sim (Cross Country), Aimee Watson (Cross Country), Callum Watson (Cross Country), Chelzie Lee (Ice Skating), Danielle O’Brien (Ice Skating), Greg Merriman (Ice Skating)

Total number of scholarship holders 2010: 40
Total number of scholarship holders 2011: 45

COACHES

NSWIS Winter Sports Coach Coordinator and Freestyle Moguls Head Coach: Peter Topalovic
Snowboard Half-pipe Head Coach: Ben Alexander
Cross Country Skiing Coach: Nick Almoukov / Cameron Morton

For further information on the NSWIS visit www.nswis.com.au
For further information on the NSWIS visit www.nswis.com.au

VENUES // Perisher Ski Resort / Kosciusko Thredbo Pty Ltd / Jindabyne Sport and Recreation Centre / Sydney Olympic Park Venues / Sydney Academy of Sport and Recreation

PROGRAM PARTNERS // Olympic Winter Institute of Australia / Ski and Snowboard Australia / NSW Snow Sports / Perisher Ski Resort / Kosciusko Thredbo Pty Ltd / Jindabyne Sport and Recreation Centre / Communities NSW, Sport and Recreation
The NSWIS Rowing Program continued to achieve excellent results, highlighted by Dominic Grimm being crowned world champion in the men’s coxed pair at the 2010 World Rowing Championships in New Zealand.

Grimm, coxswain of the crew, guided the Australian team to a brilliant gold over crews from Italy and Germany in a time of 7:03.32 to claim Australia’s only gold medal at the championships. Grimm then went on to win bronze in the men’s coxed four with fellow NSWIS athlete Nicholas Purnell at the 2010 World Rowing Under-23 Championships in Belarus.

Domestically the program experienced great success with the NSW men’s eight team winning its fourth consecutive King’s Cup at the 2011 Australian Rowing Championships. James Chapman, Sam Loch, Francis Hegerty, Matthew Ryan, Fergus Pragnell, Dan Noonan, Toby Lister and Purnell made up the bulk of the men’s eight as the crew defeated Victoria and South Australia in rowing’s blue riband event.

Success at the national championships came on the back of the Institute’s continued work with world-renowned rowing coach Curtis Jordan. Jordan, after coming to Sydney from Princeton University in the USA, has continued to strengthen the stocks of the NSWIS Rowing Program as it continues to play an important role in Australia’s rowing structure.

Following the 2011 Australian Rowing Championships, 13 NSWIS rowing athletes were selected on the Australian team contesting the 2011 FISA World Rowing Championships in Slovenia. To couple the NSWIS representation on the senior national rowing team, 11 NSWIS rowers were selected to compete at the 2011 World Rowing Junior Championships in England and four NSWIS rowers were selected to compete at the 2011 World Rowing Under-23 Championships in the Netherlands.

**SIGNIFICANT ACHIEVEMENTS**

**Dominic Grimm**
- Gold, men’s coxed pair – 2010 World Rowing Championships

**Nicholas Purnell, Dominic Grimm**
- Bronze, men’s coxless four – 2010 World Rowing Under-23 Championships

**James Chapman, Sam Loch, Francis Hegerty, Nicholas Purnell, Matthew Ryan, Fergus Pragnell, Dan Noonan, Toby Lister**
- Gold, men’s eight – 2011 Australian Rowing Championships

**NATIONAL TEAM SELECTIONS**

**2010 World Rowing Championships**
Fergus Pragnell, Nicholas Hudson, Matthew Ryan, Toby Lister, Francis Hegerty, Nicholas Purnell, Samuel Loch, Daniel Noonan, Brooke Pratley, Dominic Grimm, Ben Houlison, Kathryn Ross

**2010 World Rowing Under-23 Championships**
Nicholas Purnell, Dominic Grimm, Edward de Carvalho, Alexander Belonogoff

**2010 World Rowing Junior Championships**
Nicholas Wheatley, Tom Gunton, Jack Alpe, Thomas Sacre, Michael Bernerius, Aaron Wright

**2010 – 2011 ROWING SQUAD**

Gold
- Daniel Noonan, Brooke Pratley

Gold – Associate
- Francis Hegerty, Nicholas Hudson, Ben Houlison, Toby Lister, Samuel Loch, Fergus Pragnell, Nicholas Purnell, Kathryn Ross, Matthew Ryan, Liz Kell

Silver
- Terrence Alfred, Jack Alpe, Alexander Belonogoff, Michael Bernerius, James Chapman, Roderick Chisholm, Amy Clay, Kylie Duff, Tess Gerrand, Dominic Grimm, John Maclean, Danjels Reedman, Thomas Sacre, Louis Snelson, Aaron Wright

EAP
- Philip Adams, Jessie Allen, Jay Ditmarsch, Edward De Carvalho, Riley Elvery, Georgia Gotch, Jake Grave, Tom Gunton, William Raven, Leah Saunders, Spencer Turnin, Nicholas Wheatley, Daniel Whitehead, Joanna Wood

ETS
- Emma Costello, Eliza Flint, Cameron Girdlestone, Olivia Heath, Kieren Kebelke, Toby Ledgerwood, Tom McClintock, Hamish Playfair, Edward White, Scott Woodward

Total number of scholarship holders 2010: 44
Total number of scholarship holders 2011: 39

**COACHES**

Rowing Manager: Marty Rabjohns
Rowing Head Coach: Curtis Jordan
The highlight of the NSWIS Track & Field Program’s reporting period was the contribution of 15 athletes to the Australian athletics team competing at the 2010 Commonwealth Games in India.

Three NSWIS track & field athletes competing at the 2010 Commonwealth Games won gold medals. Fabrice Lapierre won gold in the men’s long jump, and Joel Milburn and Kevin Moore combined with fellow Australians Brendan Cole and Sean Wroe to take gold in the men’s 4x400m relay. Moore’s appearance at the Games was a fantastic achievement for the 20 year old after switching from sprints to the 400m distance through the NSWIS 400m Fast Track Program.

The reporting period also saw NSWIS athlete Ben St Lawrence achieve an Australian athletics milestone, clocking a new Australian record in the men’s 10000m. St Lawrence’s time of 27 minutes, 29.45 seconds smashed the Australian record by nearly five seconds, and in setting the new record St Lawrence shed over 40 seconds from his personal best.

Dani Samuels, James Kaan and Youcef Abdi were all crowned national champions at the conclusion of the 2011 Australian Athletics Championships. Samuels maintained her dominance in the women’s discus, Abdi chalked up another win in the men’s 3000m steeplechase and Kaan won his maiden national championship in the men’s 800m, edging out fellow NSWIS athlete Lachlan Renshaw.

SIGNIFICANT ACHIEVEMENTS

Fabrice Lapierre
- Gold, men’s long jump – 2010 Commonwealth Games
- Gold, men’s long jump – 2010 Diamond League (England)
- Silver, men’s long jump – 2010 Diamond League (Monaco)
- Fifth, men’s long jump – 2011 Diamond League (USA)

Joel Milburn, Kevin Moore
- Gold, men’s 4x400m relay – 2010 Commonwealth Games

Dani Samuels
- Gold, women’s discus – 2011 Australian Athletics Championships
- Bronze, women’s discus – 2010 Diamond League (Switzerland)
- Bronze, women’s discus – 2011 Diamond League (China)
- Fourth, women’s discus – 2010 Diamond League (France)
- Fourth, women’s discus – 2010 Diamond League (Belgium)
- Fourth, women’s discus – 2010 Continental Cup

Ryan Gregson
- Gold, men’s mile – 2010 Diamond League (USA)
- Gold, men’s mile – 2011 Diamond League (USA)
- Fifth, men’s mile – 2010 Diamond League (France)
- Fifth, men’s 1500m – 2010 Diamond League (Monaco)

Youcef Abdi
- Gold, men’s 3000m steeplechase – 2011 Australian Athletics Championships

James Kaan
- Gold, men’s 800m – 2011 Australian Athletics Championships

NATIONAL TEAM SELECTIONS

2010 Commonwealth Games
Fabrice Lapierre, Ryan Gregson, Youcef Abdi, Joel Milburn, Jeremy Roff, Lisa Flint, Karyne Di Marco, Bronwyn Eagles, Ben St Lawrence, Cheryl Webb, Pirreen Steiner, Olivia Tauro, Isaac Ntiamoah, Jacob Groth, Kevin Moore

2010 - 2011 TRACK & FIELD SQUAD

Gold
Jeffrey Hunt, Ryan Gregson, Fabrice Lapierre, Petrina Price, Jeremy Roff, Dani Samuels, John Steffensen, Cheryl Webb (AIS), Ben St Lawrence

Silver
Lisa Flint, Joel Milburn, Lachlan Renshaw, Eloise Wellings

EAP
Laura Cornford, Bridey Delaney, James Kaan, Kevin Moore, James Nipperess, Matthew Gutzen, Amy Pejkovic, Ian Rayson, Pirreen Steiner, Olivia Tauro, Trudy Thompson, Siwan Toyne, Laura Whaler, Amanda Bartrim, Jake Hammond, Patrick Faulke, Brandon Stark, Mitchell Tysoe, Nicholas Hough, Steven Solomon, Elliot Lang, Jake Stein, Ian Dewhurst, Isaac Ntiamoah, Anthony Alozie, Anneliese Rube, Anna Laman, Sarah Carli, Nicole Fagan, Emily Crichter

Associate
Youcef Abdi, Selma Kajan, Scott Westcott, Justin Merlino, Jacob Groth, Karyne Di Marco, Bronwyn Eagles, Hayley Butler

Total number of scholarship holders 2010: 25
Total number of scholarship holders 2011: 39

COACHES

Program & ETS Coordinator: Nicole Boegman-Stewart
ETS Administration: David Tarbotton

VENUES // Sydney Olympic Park Athletic Centre / Sydney Academy of Sport and Recreation / Campbelltown Sports Ground / Beaton Park, Wollongong / Bankstown Athletic Centre / Greystanes Sporting Complex / Blacktown Olympic Park / ES Marks Field / Hunter Sports Centre / Sylvania Athletics Track / Mingara Recreation Club and Leisure Centre / Parramatta Park / Sydney Olympic Park State Sports Centre / Centennial Park / Newcastle City Track / University of Wollongong / University of Newcastle / Rotary Field Chatswood / The Ridge Athletics Track Illawong

PROGRAM PARTNERS // Athletics Australia / Athletics NSW

For further information on the NSWIS visit www.nswis.com.au
The 2010 / 11 season was another successful one for the NSWIS Wheelchair Track & Road Program with several athletes recording excellent results during the reporting period.

Highlighting the results was Kurt Fearnley's world championship victory at the 2011 IPC World Championships in New Zealand. Fearnley powered home over the final 200m of the men's marathon T54 at the championships to claim victory in one hour, 34 minutes and nine seconds. Fearnley then followed his world championship victory with a silver medal winning performance at the prestigious 2011 Boston Marathon.

The 2011 IPC World Championships also saw appearances from fellow NSWIS athletes Richard Nicholson and Angela Ballard. Nicholson picked up two fourth place finishes in the men's 200m and 400m T54 while Ballard achieved one fourth and two fifth place finishes at the championships in the women's 400m T54, 200m T53 and 100m T53, respectively.

The reporting period also saw the emergence of wheelchair racer Declan Young. Young represented Australia for the first time at the 2010 IWAS World Junior Games in the Czech Republic, winning bronze medals in the men's 100m, 200m, 400m and 800m T54 in his debut international competition. The results are indication of the strength of the NSWIS Wheelchair Track & Road Program, which is led by head coach Andrew Dawes.

**SIGNIFICANT ACHIEVEMENTS**

**Kurt Fearnley**
- Gold, men's marathon T54 – 2011 IPC World Championships
- Gold, men’s 1500m T54 – 2010 Commonwealth Games
- Silver, men’s marathon – 2011 Boston Marathon

**Declan Young**
- Bronze, men’s 100m T54 – 2010 IWAS World Junior Games
- Bronze, men’s 200m T54 – 2010 IWAS World Junior Games
- Bronze, men’s 400m T54 – 2010 IWAS World Junior Games
- Bronze, men’s 800m T54 – 2010 IWAS World Junior Games

**Richard Nicholson**
- Gold, men’s half marathon T54 – 2010 Gold Coast Marathon
- Fourth, men’s 200m T54 – 2011 IPC World Championships
- Fourth, men’s 400m T54 – 2011 IPC World Championships

**Angela Ballard**
- Fourth, women’s 400m T54 – 2011 IPC World Championships
- Fifth, women’s 200m T53 – 2011 IPC World Championships
- Fifth, women’s 100m T53 – 2011 IPC World Championships

**NATIONAL TEAM SELECTIONS**

**2010 Commonwealth Games**
Kurt Fearnley

**2011 IPC World Championships**
Kurt Fearnley, Angela Ballard and Richard Nicholson

**2010 IWAS World Junior Games**
Declan Young

**2010 - 2011 WHEELCHAIR TRACK & ROAD SQUAD**

**Gold**
Angela Ballard, Christie Dawes, Kurt Fearnley

**EAP**
Declan Young

**Associate**
Richard Nicholson

Total number of scholarship holders 2010: 5
Total number of scholarship holders 2011: 5

**COACHES**
Wheelchair Track & Road Head Coach: Andrew Dawes
Wheelchair Track & Road Elite Development Coach: Louise Sauvage

VENUES // Hunter Sports Centre / Newcastle Athletics Field / Sydney Olympic Park Athletic Centre

For further information on the NSWIS visit [www.nswis.com.au](http://www.nswis.com.au)
The 2010 / 11 reporting period commenced in style with NSWIS sailor Malcolm Page winning gold at the 2010 470 World Championships. This result complemented gold medal winning performances during the 2010 / 11 ISAF Sailing World Cup series in the Netherlands, Germany, the USA and Australia, as well as a silver medal winning performance at the 2010 Sail for Gold Regatta and Great Britain leg of the 2010 / 11 ISAF Sailing World Cup series. Page’s results in the world cup series led to him being crowned eventual world cup champion in the men’s 470.

Fellow NSWIS Olympian Tom Slingsby continued his winning ways during the reporting period by securing gold at the 2010 ISAF Laser World Championships in Great Britain. Slingsby also won gold at several other events including the 2010 Perth International Regatta and 2010 Sail for Gold Regatta, while producing a successful world cup campaign with gold medals in the Netherlands and Great Britain. Like fellow NSWIS athlete Page, Slingsby’s world cup results led to him being named overall world cup champion in the men’s laser.

The 49er pair of Iain Jensen and Nathan Outteridge cemented their place as one of the world’s top sailing duos with several key victories throughout the year. These victories included the Great Britain leg of the 2010 / 11 ISAF Sailing World Cup 2010 Sail for Gold Regatta and 2010 Perth International Regatta, placing them in good stead ahead of the 2012 London Olympic Games.

Outteridge’s success also included a world championship victory, winning the 2010 Zhik Moth World Championships at Lake Macquarie. Jensen and Slingsby also competed in the championships, finishing seventh and ninth, respectively.

The future of Australian sailing was solidified with rising star Paul Darmanin demonstrating his talent in winning the men’s SL multihull at the 2010 Youth World Championships, an exciting result as we head towards the London Olympic Games and the 2016 Games in Rio.

SIGNIFICANT ACHIEVEMENTS

Iain Jensen, Nathan Outteridge
- Gold, men’s 49er – 2010 Australian 49er Championships
- Gold, men’s 49er – 2010 Sail for Gold Regatta
- Gold, men’s 49er – 2010 / 11 ISAF Sailing World Cup (Great Britain)
- Gold, men’s moth – 2011 Zhik Moth World Championships (Outteridge)
- Silver, men’s 49er – 2010 / 11 ISAF Sailing World Cup (Netherlands)

Tom Slingsby
- Gold, men’s laser – 2010 ISAF Laser World Championship
- Gold, men’s laser – 2010 Perth International Regatta
- Gold, men’s laser – 2010 / 11 ISAF Sailing World Cup (Great Britain)
- Gold, men’s laser – 2010 / 11 ISAF Sailing World Cup (Spain)
- Bronze, men’s laser – 2010 / 11 ISAF Sailing World Cup (Australia)
- Bronze, men’s laser – 2010 / 11 ISAF Sailing World Cup (France)

Malcolm Page
- Gold, men’s 470 – 2010 470 World Championships
- Gold, men’s 470 – 2010 / 11 ISAF Sailing World Cup (Germany)
- Gold, men’s 470 – 2010 / 11 ISAF Sailing World Cup (Netherlands)
- Gold, men’s 470 – 2010 / 11 ISAF Sailing World Cup (USA)
- Gold, men’s 470 – 2010 / 11 ISAF Sailing World Cup (Australia)
- Silver, men’s 470 – 2010 Sail for Gold Regatta
- Silver, men’s 470 – 2010 / 11 ISAF Sailing World Cup (Great Britain)

Jessica Crisp
- Gold, women’s RS:X – 2010 / 11 ISAF Sailing World Cup (Germany)
- Silver, women’s RS:X – 2010 Perth International Regatta
- Silver, women’s RS:X – 2010 Sail Sydney Regatta
- Silver, women’s RS:X – 2010 / 11 ISAF Sailing World Cup (Netherlands)
- Fifth, women’s RS:X – 2010 / 11 ISAF Sailing World Cup (USA)

Paul Darmanin
- Gold, men’s SL multihull – 2010 Youth World Championships

Jessica Eastwell, Olivia Price, Nina Curtis, Nicky Souter, Lucinda Whitty
- Gold, women’s match racing – 2010 Sail for Gold Regatta
- Silver, women’s match racing – 2010 / 11 ISAF Sailing World Cup (Germany) (Eastwell, Curtis, Whitty)
- Bronze, women’s match racing – 2010 ISAF Women’s Match Racing World Championships
- Bronze, women’s match racing – 2010 / 11 ISAF Sailing World Cup (Germany) (Price)
- Tom Burton
- Silver, men’s laser – 2010 / 11 ISAF Sailing World Cup (Australia)

Laura Baldwin
- Bronze, women’s match racing – 2010 ISAF Women’s Match Racing World Championships

NATIONAL TEAM SELECTIONS

2010 Australian Sailing Team
Malcolm Page, Nathan Outteridge, Iain Jensen, Tom Slingsby, Jessica Crisp, Nina Curtis, Jessica Eastwell, Angela Farrell, Stacey Jackson, Olivia Price, Amanda Scrivenor, Nicky Souter, Katie Pellew, Lucinda Whitty

2011 Australian Sailing Team
Jessica Crisp, Nathan Outteridge, Tom Slingsby, Malcolm Page, Tom Burton, Iain Jensen, Nicky Souter, Nina Curtis, Olivia Price, Katie Pellew, Jessica Eastwell, Lucinda Whitty

2010 Australian Youth Sailing Team
Paul Darmanin

2011 Australian Youth Sailing Team
Paul Darmanin, Annalise Gilbert

2010 - 2011 SAILING SQUAD

Gold – Associate

Silver
Laura Baldwin, James Burman, Alexander Conway, Patrick Conway, Gabrielle King, Alexandra South, Paul Darmanin, Annalise Gilbert, Matthew Crawford, Robert Crawford, Rhys Mara, Sasha Ryan

Green EAP
Thomas Keenner, Byron White, Jessica Russell, Milly Bennett, Dylan Passmore, James Brewer, Sam Treherne, Robert Size, Scott Cotton

Total number of scholarship holders 2010: 30
Total number of scholarship holders 2011: 38

COACHES

Administrator & Scholarship Coach: Larry Cargill

VENUES // Middle Harbour Yacht Club / Royal Sydney Yacht Squadron
PROGRAM PARTNERS // Yachting Australia / Yachting NSW
Led by NSWIS Basketball Head Coach Damian Cotter, the NSWIS Basketball Program, which encompasses both able bodied and wheelchair components, experienced one of its most successful years with a series of strong results.

One of the standout moments for the basketball program was the men’s international trip to China in January 2011. Although the team competed against older, stronger players, the trip provided a key development opportunity for the NSWIS squad with the players being exposed to a high level of international experience.

In July 2010 the program’s success was highlighted with three NSWIS athletes representing Australia at the 2010 FIBA Under-17 Basketball World Championships. Phil Chircu and Andrija Dumovic competed at the men’s championships and showed a lot of promise finishing sixth, while Lauren Nicholson competed as part of the women’s team which finished in seventh place.

NSWIS wheelchair basketball athletes continued to dominate international competition as part of Australian teams. Nine NSWIS athletes were selected on national teams for the 2010 World Wheelchair Basketball Championships in England. NSWIS athletes Jeremy Doyle, Tristan Knowles, John McPhail, Grant Mizens and Brett Stibners were part of the men’s team that won gold at the event. Katie Hill, Sarah Stewart, Kylie Gauci and Tina McKenzie formed part of the Australian women’s team which finished fourth, bumped out of the medals in a close bronze medal playoff against Canada.

At the 2010 NSWIS Awards Dinner, Mizens was honoured with the University of New South Wales Career Development award, while Doyle was recognised as the winner of the Ian Thorpe Outstanding Achievement award.

**SIGNIFICANT ACHIEVEMENTS**

**Phil Chircu, Andrija Dumovic**
- Sixth, men’s basketball – 2010 FIBA Under-17 Basketball World Championships

**Lauren Nicholson**
- Seventh, women’s basketball – 2010 FIBA Under-17 Basketball World Championships

**Jeremy Doyle, Tristan Knowles, John McPhail, Grant Mizens, Brett Stibners**
- Gold, men’s wheelchair basketball – 2010 World Wheelchair Basketball Championships

**Grant Mizens**
- Winner, University of NSW Career Development – 2010 NSWIS Awards Dinner

**Jeremy Doyle**
- Winner, Ian Thorpe OAM Outstanding Achievement – 2010 NSWIS Awards Dinner

**Katie Hill, Sarah Stewart, Kylie Gauci, Tina McKenzie**
- Fourth, women’s wheelchair basketball – 2010 World Wheelchair Basketball Championships

**Andrija Dumovic, Daniel Trist**
- Sixth, men’s basketball – 2011 FIBA Under-19 Basketball World Championships

**Jordan Barry**
- Signed a contract to play for the Wollongong Hawks in the NBL

**Lauren Nicholson**
- Signed a contract to play for the Sydney Flames in the WNBL

**Sam Rowley**
- Committed to play for Albany University (USA)

**Daniel Trist**
- Committed to play for Lafayette University (USA)

**Paige Melville**
- Committed to play for New Mexico State University (USA)

**NATIONAL TEAM SELECTIONS**

**2010 World Wheelchair Basketball Championships**
- Jeremy Doyle, Tristan Knowles, John McPhail, Grant Mizens, Brett Stibners

**2010 World Wheelchair Basketball Championships**
- Katie Hill, Sarah Stewart, Kylie Gauci, Tina McKenzie

**2010 FIBA Under-17 Basketball World Championships**
- Lauren Nicholson

**2010 FIBA Under-17 Basketball World Championships**
- Phil Chircu, Andrija Dumovic

**2011 FIBA Under-19 Basketball World Championships**
- Andrija Dumovic, Daniel Trist

**2010 – 2011 BASKETBALL SQUAD**

**Basketball**
- **Gold** – Associate
  - Jason Cadee, Katie Ebzery, Suzie Batkovic, Alex Maric, Andrew Ogilvy, Steve Markovic, Julian Kazzhough, Jason Cadee

- **EAP**
  - Andrija Dumovic, Anel Bucuk, Daniel Trist, Jordan Barry, Matt Andronicos, Phil Chircu, Sam Rowley, Stuart McTwan, Nathaniel Musters, Anthony Mustapic, Matt Logan, Nick Kay, Ruben Marchar, Emma Mahady, Lauren Nicholson, Ellie Junod, Hannah Young, Chloe Dalton, Hayley Lapeio, Paige Melville, Olivia White, Kate Bellamy

**Wheelchair Basketball**
- **Gold**

- **Silver**
  - Nick Taylor

**Total number of scholarship holders 2010**: 33

**Total number of scholarship holders 2011**: 43

**COACHES**

- **Head Coach**: Damian Cotter
- **Assistant Coach**: Ben Osborne (wheelchair basketball)

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**VENUES** // State Sports Centre / Auburn Basketball Centre / Maitland Basketball Stadium / University of Wollongong / St Josephs College / King George V Recreation Centre / Illawarra Sports High School

**PROGRAM PARTNERS** // Basketball NSW / Basketball Australia / Wheelchair Sports NSW

For further information on the NSWIS visit www.nswis.com.au
The 2010 / 11 reporting period was significant for the NSWIS Bowls Program with eight NSWIS athletes competing at the 2010 Commonwealth Games in Delhi. The result was outstanding as the eight NSWIS athletes contributed to three silver and one bronze medal at the Games.

NSWIS stalwart Wayne Turley claimed a silver medal in the men’s triples, his second medal from as many games after winning gold at the 2006 Melbourne Commonwealth Games. Julie Keegan, Sharyn Renshaw and Claire Duke put together a stellar performance, making it through to the final of the women’s triples; the team heartbreakingly lost in a tiebreaker, producing a silver medal winning performance.

Leif Selby has been consistently ranked one of the world top singles bowlers and he continued this form at the Commonwealth Games, charging into the men’s final finishing with a silver medal after losing a closely fought tie breaker.

In early 2011, Selby, one of the Institute’s most successful bowlers, retired from competition. He has now taken up a coaching role, assisting with the development of the state’s best bowlers.

The development of the NSWIS Bowls Program was showcased by two young guns, Kelsey Cotterill and Natasha Van Eldik, who at only 21 and 20 years of age, respectively, represented Australia at the Commonwealth Games. Cotterill finished with a bronze in the women’s singles, while Van Eldik finished fourth in the women’s doubles, a remarkable achievement on debut.

**SIGNIFICANT ACHIEVEMENTS**

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<th>Medal</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leif Selby</td>
<td>Silver</td>
<td>2010 Commonwealth Games</td>
</tr>
<tr>
<td>Wayne Turley</td>
<td>Silver</td>
<td>2010 Commonwealth Games</td>
</tr>
<tr>
<td>Julie Keegan, Claire Duke, Sharyn Renshaw</td>
<td>Silver</td>
<td>2010 Commonwealth Games</td>
</tr>
<tr>
<td>Kelsey Cotterill</td>
<td>Bronze</td>
<td>2010 Commonwealth Games</td>
</tr>
<tr>
<td>Natasha Van Eldik</td>
<td>Fourth</td>
<td>2010 Commonwealth Games</td>
</tr>
<tr>
<td>Mark Berghofer, Wayne Turley</td>
<td>Gold</td>
<td>2011 Trans Tasman Trophy</td>
</tr>
</tbody>
</table>

**NATIONAL TEAM SELECTIONS**

2010 Commonwealth Games
Leif Selby, Wayne Turley, Kelsey Cotterill, Julie Keegan, Claire Duke, Natasha Van Eldik, Mark Berghofer, Sharyn Renshaw

2011 Trans Tasman Trophy
Mark Berghofer, Wayne Turley, Kelsey Cotterill, Natasha Van Eldik, Julie Keegan, Sharyn Renshaw

2011 Under-25 Trans Tasman Test Series
Matt Pietersen, Carl Healey, Sarah Boddington

2011 World Cup
Leif Selby

2010 – 2011 BOWLS SQUAD

**Gold – Associate**
Gerard Beath, Mark Berghofer, Kelsey Cotterill, Michael Cronin, Claire Duke, Anne Johns, Julie Keegan, Karen Murphy, Sharyn Renshaw, Leif Selby, Wayne Turley

**Silver**
David Ferguson, Carl Healey, Lisa Mitchell, Natasha Van Eldik

**Green EAP**
Sarah Boddington, John Campton, Alex Cross-Lee, Chris Herden, Loren Katague, Matt Miles, Jesse Noronha, Matt Pietersen, Sarah Rumble, Matt Smith, Aaron Teys, Sarah Vejensak

Total number of scholarship holders 2010: 27
Total number of scholarship holders 2011: 27

**COACHES**

Lead Coach: Geoff Campbell
There were a number of outstanding results from NSWIS canoe slalom athletes during the reporting period, including **Jessica Fox** winning gold medals at junior and senior world championship level.

At just 16 years of age, Fox achieved a remarkable feat at the 2010 ICF Canoe Slalom Junior World Championships, winning two gold medals in the space of an hour in the women’s C1 and K1 events. Fox produced a strong performance in the C1 final to win by 0.31 seconds and then returned shortly after to produce a near flawless run in the K1 to claim her second gold of the championships. Her stellar year also included bronze in the women’s C1 at the 2010 ICF Canoe Slalom World Championships, and gold at the 2010 Youth Olympic Games.

Fellow NSWIS athlete **Rosalyn Lawrence** was another standout performer during the reporting period, winning world championship and world cup gold. After finishing fourth in the women’s K1 at the 2010 ICF Canoe Slalom World Championships, Lawrence went on to win gold in the women’s C1 at the 2011 ICF Wildwater Canoeing Sprint World Championships. The victory was Lawrence’s maiden performance in the wildwater C1, an outstanding performance in unpredictable conditions. Lawrence then went on to claim women’s C1 gold at the Slovenia leg of the 2011 ICF Canoe Slalom World Cup.

**Sam Lyons** led the men’s results with a bronze medal at the 2011 Oceania Championships and rising star **Alison Borrows** placed fourth in the women’s C1 at the 2010 ICF Canoe Slalom Junior World Championships. The fantastic results of the program look set to continue in the lead up to the 2012 London Olympic Games, where several of the Institute’s canoe slalom athletes will aspire for medal winning performances.

**SIGNIFICANT ACHIEVEMENTS**

**Jessica Fox**
- Gold, women’s C1 – 2010 ICF Canoe Slalom World Cup (Spain)
- Gold, women’s K1 – 2010 ICF Canoe Slalom Junior World Championships
- Gold, women’s C1 – 2011 Oceania Canoe Slalom Championships
- Bronze, women’s C1 – 2010 ICF Canoe Slalom World Championships
- Winner, Out & About Marketing and Media Junior Athlete of the Year – 2010 NSWIS Awards Dinner

**Rosalyn Lawrence**
- Gold, women’s C1 – 2011 ICF Wildwater Canoeing Sprint World Championships
- Gold, women’s C1 – 2011 ICF Canoe Slalom World Cup (Slovenia)
- Fourth, women’s K1 – 2010 ICF Canoe Slalom World Championships

**Alison Borrows**
- Fourth, women’s C1 – 2010 ICF Canoe Slalom Junior World Championships

**Katrina Lawrence**
- Gold, women’s K1 – 2011 Oceania Canoe Slalom Championships

**Sam Lyons**
- Bronze, men’s K1 – 2011 Oceania Canoe Slalom Championships

**NATIONAL TEAM SELECTIONS**

**2010 ICF Canoe Slalom World Championships**
Jessica Fox, Rosalyn Lawrence, Katrina Lawrence, Will Forsythe, Ben Hankinson

**2010 ICF Canoe Slalom World Cup**
Jessica Fox, Rosalyn Lawrence, Katrina Lawrence, Will Forsythe, Ben Hankinson, Ethan Hodson

**2010 Youth Olympic Games**
Jessica Fox

**2011 T22 Canoe Slalom Team**
Ian Borrows, Ethan Hodson, Lucien Delfour, Joey Croft, Ben Jones, Jessica Fox, Rosalyn Lawrence, Alison Borrows

**2011 Australian Senior Canoe Slalom Team**
Ian Borrows, Will Forsythe, Lucien Delfour, Jessica Fox, Rosalyn Lawrence

**2011 ICF Canoe Slalom World Cup**
Jessica Fox, Rosalyn Lawrence, Katrina Lawrence, Will Forsythe, Ben Hankinson, Ethan Hodson, Ian Borrows

**2010 – 2011 CANOE SLALOM SQUAD**

Gold
Kate Lawrence, Jessica Fox, Rosalyn Lawrence, Will Forsythe, Ian Borrows, Lucien Delfour

Silver
Ian Borrows, Ethan Hodson, Will Forsythe, Rosalyn Lawrence, Jessica Fox, Joey Croft, Sam Lyons

EAP
Alison Borrows, Joey Croft, Ben Hankinson, Sam Lyons, Reilly Edwards, Lydia Toms, Ben Jones

Total number of scholarship holders 2010: 10
Total number of scholarship holders 2011: 13

**COACHES**
Head Coach: Yann Le Pennec

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**VENUES //** Penrith Whitewater Stadium

**PROGRAM PARTNERS //** Australian Canoeing / Australian Institute of Sport

For further information on the NSWIS visit [www.nswis.com.au](http://www.nswis.com.au)
The most significant achievement of the NSWIS Canoe Sprint Program during the reporting period was Murray Stewart’s fifth place finish at the 2010 ICF Canoe Sprint World Championships, achieving the result in the men’s K2 500m. Fellow NSWIS athletes Jo Brigden-Jones, Sebastian Marczak and Torsten Lachmann also competed at the event held in Poland in August 2010.

Domestically, the 2011 Australian Championships were a successful event with a number of NSWIS athletes producing medal winning performances in Olympic events, an encouraging sign in the lead up to the 2012 London Olympic Games.

Stewart continued his successful year by winning four gold and two silver medals at the championships, while fellow NSWIS athlete Naomi Flood grabbed a handful of medals, winning three gold and one bronze. Steve Burns finished the event with two bronze medals, teaming up with Nigel Hoschke and Mario Versely in the men’s K4 200m.

**SIGNIFICANT ACHIEVEMENTS**

**Murray Stewart**
- Gold, men’s K4 1000m – 2011 Australian Canoe Sprint Championships
- Gold, men’s K2 1000m – 2011 Australian Canoe Sprint Championships
- Gold, men’s K1 200m – 2011 Australian Canoe Sprint Championships
- Gold, men’s K4 200m – 2011 Australian Canoe Sprint Championships
- Silver, men’s K1 1000m – 2011 Australian Canoe Sprint Championships
- Silver, men’s K2 200m – 2011 Australian Canoe Sprint Championships
- Fifth, men’s K2 500m - 2010 ICF Canoe Sprint World Championships

**Naomi Flood**
- Gold, women’s K1 1000m – 2011 Australian Canoe Sprint Championships
- Gold, women’s K2 200m – 2011 Australian Canoe Sprint Championships
- Bronze, women’s K2 500m – 2011 Australian Canoe Sprint Championships
- Bronze, women’s K4 200m – 2011 Australian Canoe Sprint Championships

**Steve Burns**
- Bronze, men’s K1 200m – 2011 Australian Canoe Sprint Championships

**Nigel Hoschke, Mario Versely, Steve Burns**
- Bronze, men’s K4 200m – 2011 Australian Canoe Sprint Championships

**NATIONAL TEAM SELECTIONS**

**2011 ICF Canoe Slalom World Championship**
Murray Stewart, Naomi Flood, Jo Brigden-Jones, Sebastian Marczak, Marius Florian

**2011 ICF Canoe Slalom World Cup Series**
Murray Stewart, Naomi Flood, Jo Brigden-Jones, Sebastian Marczak, Marius Florian

**2011 Junior World Championship**
Scott Smith, Allison Bryant, Kirsty Higginson

**2011 Under-23 Australian Team**
Amy Peters, Maddison Prior, Lachlan Tame, Nick Dawe

**2010 Youth Olympic Games**
Scott Smith

**2010 – 2011 CANOE SPRINT SQUAD**

**Gold**
Jo Brigden-Jones, Murray Stewart, Naomi Flood

**Silver**
Steve Burns, Wayne Dunbar, Torsten Lachmann, Luke Michael, Jake Michael, Maddison Prior, Lauren Smith, Scott Smith, Mitch Thompson, Ellyse Yardley, Sebastian Marczak, Marius Florian, Amy Peters, Lachlan Tame, Nick Dawe

**Green EAP**
Dean Blanche, Danielle Polson, Emma Thompson, Mario Vesely, Sasa Vujanic, Allison Bryant, Kirsty Higginson, Bryce Wetherbee, Nigel Hoschke

**Total number of scholarship holders 2010:** 21

**Total number of scholarship holders 2011:** 18

**COACHES**

*Southside Coach:* Jimmy Walker
*Northside Coach:* Tim Jacobs
*Network Coach:* Terry Prosser
*Network Coach:* Brian Trouville
The NSWIS Diving Program continued to produce fantastic results on the back of the establishment of the International Training Program, including the haul of medals collected at the 2010 Commonwealth Games in India.

The diving duo of Alexandra Croak and Melissa Wu headlined the results from India, winning gold in the women’s 10m synchronised platform. Wu then went on to add to her medal collection with silver in the women’s 10 platform, with Croak winning bronze in the same event.

The duo continued to impress during the 2011 season, winning a number of synchronised bronze medals at events in the 2011 FINA Diving World Series and 2011 FINA Diving Grand Prix.

Reigning Olympic champion Matthew Mitcham secured four silver medals from the Commonwealth Games. Mitcham collected the silverware from the men’s 1m springboard, 3m synchronised springboard, 10m platform and 10m synchronised platform. For his fantastic results at the 2010 Commonwealth Games, Mitcham was awarded the ClubsNSW Male Athlete of the Year at the 2010 NSWIS Awards Dinner.

Although he achieved exceptional results in Delhi, the highlight of the reporting period for Mitcham was a gold medal at the 2011 FINA Diving Grand Prix in Canada. In similar circumstances to his Olympic victory, Mitcham broke the Chinese stranglehold of the men’s 10m platform with an outstanding final dive to seal gold.

Fellow NSWIS athletes Scott Robertson and Olivia Wright also competed at the 2010 Commonwealth Games, winning bronze in the men’s 1m springboard and women’s 3m synchronised springboard, respectively.

To cap off the fantastic year that was enjoyed by the NSWIS Diving Program, head coach Chava Sobrino was recognised as the Sportspro Coach of the Year at the 2010 NSWIS Awards Dinner.

The NSWIS Diving Program is proudly supported by the Sydney Olympic Park Aquatic Centre.

SIGNIFICANT ACHIEVEMENTS

Matthew Mitcham
- Gold, men’s 10m platform – 2011 FINA Diving Grand Prix
- Silver, men’s 1m springboard – 2010 Commonwealth Games
- Silver, men’s 10m synchronised platform – 2010 Commonwealth Games
- Silver, men’s 3m synchronised springboard – 2010 Commonwealth Games
- Silver, men’s 10m platform – 2010 Commonwealth Games
- Winner, ClubsNSW Male Athlete of the Year – 2010 NSWIS Awards Dinner

Melissa Wu
- Gold, women’s 10m platform – 2010 Commonwealth Games
- Silver, women’s 10m platform – 2010 Commonwealth Games
- Bronze, women’s 10m synchronised platform – 2011 FINA Diving World Series (Russia)
- Bronze, women’s 10m synchronised platform – 2011 FINA Diving World Series (China)
- Bronze, women’s 10m synchronised platform – 2011 FINA Diving World Series (England)
- Bronze, women’s 10m synchronised platform – 2011 FINA Diving World Series (Mexico)
- Bronze, women’s 10m platform – 2011 FINA Diving Grand Prix

Alexandra Croak
- Gold, women’s 10m synchronised platform – 2010 Commonwealth Games
- Bronze, women’s 10m platform – 2010 Commonwealth Games
- Bronze, women’s 10m platform – 2011 FINA Diving World Series (Russia)
- Bronze, women’s 10m synchronised platform – 2011 FINA Diving World Series (Russia)
- Bronze, women’s 10m platform – 2011 FINA Diving World Series (China)
- Bronze, women’s 10m synchronised platform – 2011 FINA Diving World Series (China)

NATIONAL TEAM SELECTIONS

2010 Commonwealth Games
Matthew Mitcham, Scott Robertson, Melissa Wu, Alexandra Croak, Olivia Wright

2010 FINA World Junior Championships
Angus Colloff

2010 Diving Australia National Squad
Matthew Mitcham, Melissa Wu, Scott Robertson, Alexandra Croak

2010 Australian Development Squad
Olivia Wright, Angus Colloff

2010 Australian Junior Squad
Beth Alexander

2011 Diving Australia National Squad
Matthew Mitcham, Melissa Wu, Alexandra Croak

2011 Australian Development Squad
Olivia Wright

2010 – 2011 DIVING SQUAD

Gold – World Class
Alexandra Croak, Matthew Mitcham, Melissa Wu

Gold – International Class
Scott Robertson

Associate – Developing International
Scott Robertson

Silver – Developing International
Olivia Wright

Silver – Developing International
Angus Colloff, Thomas Rickards

Green – Potential (Emerging) International
Beth Alexander, Nancy Wang, Genevieve de la Motte, Christian Holman, Josiah Purss

Total number of scholarship holders 2010: 11
Total number of scholarship holders 2011: 8

COACHES

Head Coach: Chava Sobrino
Assistant Coaches: Joel Rodriguez and Vyninka Arlow
The NSWIS Equestrian Program produced an array of fantastic achievements in what was a very successful year for the program, with several athletes achieving high quality results on the international stage.

**Edwina Alexander** topped the results highlights with medals at the prestigious Global Champions Tour. In 2010 Alexander won grand prix bronze at the Chantilly, France leg of the tour, before going on to take grand prix gold at the Cannes, France leg of the 2011 Global Champions Tour.

Alexander was joined by five fellow NSWIS athletes on the Australian team competing at the 2010 World Equestrian Games in the USA; the Games are equestrian’s most prestigious event outside of the Olympic Games. Australia’s results were highlighted with a seventh place finish in the team jumping, with Alexander and **Chris Chugg** contributing to the team result.  

Chugg’s other results internationally included a grand prix gold medal at the 2010 Geesteren CSI4* in the Netherlands and a jumping bronze medal at the 2010 Paderborn CSI4* in Germany. Coupled with his seventh at the World Equestrian Games, Chugg went on to be named the Jumping Rider of the Year at the 2010 Equestrian NSW Annual Awards for Excellence.

**Brett Parbery** was also a winner on the international stage, most notably a silver in the dressage grand prix at the internationally acclaimed 2010 Hickstead CSI5* in Great Britain. Parbery also finished eighth in the team dressage with fellow NSWIS athletes **Rachael Sanna** and **Lyndal Oatley**, and ninth in the individual dressage at the 2010 World Equestrian Games, leading to him being recognised as the Dressage Rider of the Year at the 2010 Equestrian NSW Awards for Excellence. On the domestic scene, **Chris Burton** achieved solid results, including eventing gold at the 2011 Albury CIC3* and eventing silver medals at the 2011 Khikiki and Sydney CIC3*-W. Burton’s results led to him being awarded the Eventing Rider of the Year at the 2010 Equestrian NSW Awards for Excellence.

**SIGNIFICANT ACHIEVEMENTS**

**Edwina Alexander**
- Gold, grand prix – 2011 Global Champions Tour
- Bronze, grand prix – 2010 Global Champions Tour
- Bronze, jumping – 2011 Zurich CSI5*
- Bronze, jumping – 2011 Rio de Janeiro CSI5*
- Seventh, team jumping – 2010 World Equestrian Games

**Chris Chugg**
- Gold, grand prix – 2010 Geesteren CSI4*
- Bronze, jumping – 2010 Paderborn CSI4*
- Seventh, team jumping – 2010 World Equestrian Games
- Winner, NSW Jumping Rider of the Year – 2010 Equestrian NSW Annual Awards for Excellence

**Brett Parbery**
- Silver, dressage grand prix – 2010 CDI5* Hickstead
- Eighth, team dressage – 2010 World Equestrian Games
- Ninth, individual dressage – 2010 World Equestrian Games
- Winner, NSW Dressage Rider of the Year – 2010 Equestrian NSW Annual Awards for Excellence

**Chris Burton**
- Gold, eventing – 2011 Albury CIC3*
- Silver, eventing – 2011 Khikiki CIC3*-W
- Silver, eventing – 2011 Sydney CIC3*-W
- Winner, NSW Eventing Rider of the Year – 2010 Equestrian NSW Annual Awards for Excellence

**Rachael Sanna, Lyndal Oatley**
- Eighth, team dressage – 2010 World Equestrian Games

**VENUES //** Sydney International Equestrian Centre / Camden / Wallaby Hill

**PROGRAM PARTNERS //** Equestrian Australia / Equestrian NSW
Led by head coach Glenn Whittle, athletes from the NSWIS Golf Program have achieved remarkable success during the reporting period.

The success of the program was led by Matthew Stieger, who achieved a string of strong results during 2011 that followed on from a solid 2010. Stieger’s crowning moment came at the 2011 Australian Amateur championship where he defeated Kiwi Ben Campbell 1-up after a tense 36-hole battle.

Prior to victory at the Australian Amateur Championship, Stieger blitzed the field by seven shots to win the 2011 Tasmanian Open, an impressive win by an amateur at a professional tournament.

As well as domestic success, athletes from the NSWIS Golf Program have also achieved success internationally. Stieger won the stroke play at the 2010 PNGA Men’s Amateur Championship in Canada and finished third in the stroke play at the 2010 Pacific Coast Amateur in the USA. Fellow NSWIS athlete Daniel Bringolf was also successful on the international stage, winning the stroke play section of the 2011 Malaysian Amateur Championship.

The NSWIS Golf Program thrived at junior level, with Claudia Lim, Carly Beck and Jarrod Freeman all experiencing international success at the 2011 South African Junior Masters. Lim claimed honours in the women’s individual stroke play championship before combining with Beck, who finished third in the individual championship, to win the women’s team international championship. Freeman joined fellow Australian Josh Cabban in the men’s team international championship, finishing third behind South Africa and Zimbabwe.

After a long and successful partnership supporting elite development athletes in NSW, Golf NSW will continue to work with Golf Australia, independently from NSWIS, to run development, elite development and elite programs for golf athletes in the future.

The NSWIS acknowledges the work of athletes, coaches and program partners over the years. Please contact Golf NSW for further information.

**SIGNIFICANT ACHIEVEMENTS**

**Matthew Stieger**

- Winner, match play – 2011 Australian Amateur Championship
- Winner, stroke play – 2011 Tasmanian Open
- Winner, stroke play – 2010 PNGA Men’s Amateur Championship
- Second, stroke play – 2011 Riversdale Cup
- Second, stroke play – 2010 Dunes Medal
- Third, stroke play – 2010 Pacific Coast Amateur

**Daniel Bringolf**

- Winner, stroke play – 2011 Malaysian Amateur Championship
- Third, stroke play – 2011 Tasmanian Open

**Claudia Lim**

- Winner, stroke play – 2011 South African Junior Masters
- Winner, team event – 2011 South African Junior Masters

**Carly Beck**

- Winner, team event – 2011 South African Junior Masters
- Third, stroke play – 2011 South African Junior Masters

**Jarrod Freeman**

- Third, stroke play – 2011 South African Junior Masters

**NATIONAL TEAM SELECTIONS**

**2011 South African Junior Masters**
Carly Beck, Jarrod Freeman, Claudia Lim

**2011 Malaysian Amateur Championship**
Daniel Bringolf

**2010 - 2011 GOLF SQUAD**
Silver
Justine Lee

**EAP**
Carly Beck, Jayde Turner, Michael Smyth, Dimi Papadatos, John Yim, Belinda Diamond, Olivia Wilson, Jarrod Freeman, Ryan Smith, Jordan Zunic, Claudia Lim, Daniel Bringolf, Zac Mullins, Matthew Stieger, Michael Williams

**Total number of scholarship holders 2010:** 12
**Total number of scholarship holders 2011:** 16

**COACHES**

Head Coach: Glenn Whittle

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**VENUES**


**PROGRAM PARTNERS**

Golf Australia / Golf NSW / Women’s Golf NSW
Results from the NSWIS Men’s Artistic Gymnastics Program were once again highlighted by NSWIS gold scholarship holder Prashanth Sellathurai.

During the reporting period Sellathurai won two gold and one bronze medal at the 2010 Commonwealth Games in Delhi. Gold came in the men’s pommel horse and team all-around, while bronze was achieved in the men’s parallel bars.

Sellathurai then went on to claim bronze in the men’s pommel horse at the 2010 FIG World Championships in the Netherlands, before winning men’s pommel horse gold at the 2011 Challenge Cup and men’s pommel horse silver at the 2011 Moscow World Cup. Sellathurai’s results contributed to him being crowned as Australia’s first ever overall champion of the 2011 FIG World Cup Series, capping off another successful year for the veteran gymnast.

The program’s results were bolstered by several strong performances on the domestic front by fellow NSWIS scholarship holders. Declan Stacey won gold in the men’s vault at the 2010 Australian Championships, while Jack Rickards chipped in with silver medals in the men’s floor and men’s pommel horse. Rickards also won bronze medal in pommel horse final at the 2010 Pacific Rim Championships in Melbourne.

SIGNIFICANT ACHIEVEMENTS

Prashanth Sellathurai
- Gold, men’s pommel horse – 2010 Commonwealth Games
- Gold, men’s team all-around – 2010 Commonwealth Games
- Gold, men’s pommel horse – 2011 Challenge Cup
- Silver, men’s pommel horse – 2011 Moscow World Cup
- Bronze, men’s pommel horse – 2010 FIG World Championships
- Bronze, men’s parallel bars – 2010 Commonwealth Games

Declan Stacey
- Gold, men’s vault – 2010 Australian Championships

Jack Rickards
- Silver, men’s floor – 2010 Australian Championships
- Silver, men’s pommel horse – 2010 Australian Championships
- Bronze, men’s pommel horse – 2010 Pacific Rim Championships

NATIONAL TEAM SELECTIONS

2010 Commonwealth Games
Prashanth Sellathurai

2010 - 2011 MEN’S ARTISTIC GYMNASICS SQUAD

Gold
Prashanth Sellathurai

Silver
Michael Mercieca, Benjamin Astley, Jack Rickards (AIS), Mitchell Morgans, Declan Stacey

Total number of scholarship holders 2010: 6
Total number of scholarship holders 2011: 6

COACHES

Head Coach: Songliang Xiong
Assistant Coach: Hongwei Du

VENUES // Sydney Olympic Park Sports Centre
PROGRAM PARTNERS // Gymnastics Australia / Gymnastics NSW
Hockey

The NSWIS Hockey Program experienced great success during the reporting period, highlighted by the dominance of the men’s team, the Kookaburras, and changing of the guard of the Australian women’s team, the Hockeyroos.

The reporting period began strongly for NSWIS athletes Simon Orchard, Kieran Govers and Mark Paterson, who were part of the Australian men’s team that won gold at the 2010 Champions Trophy in Germany. The victory marked Australia’s third successive triumph at the Champions Trophy, routing England 4-0 in the final.

Orchard then followed his Champions Trophy success with selection on the Kookaburras’ team to compete at the 2010 Commonwealth Games in Delhi, with the Kookaburras thrashing hosts India 8-0 in the final to win their fourth Commonwealth Games crown.

Recognition of Orchard’s outstanding play was also acknowledged at the 2010 NSWIS Awards Dinner where he was name joint winner of the Sydney City Toyota Team Athlete of the Year award.

The victorious Australian women’s team, the Hockeyroos, featured eight NSWIS athletes. Alison Bruce, Toni Cronk, Casey Eastham, Kate Hollywood, Emily Hurtz, Kate Jenner, Fiona Johnson and Megan Rivers all contributed to the Hockeyroos’ gold medal at the Commonwealth Games, which came after a penalty shoot-out in the final against New Zealand.

Following on from their Commonwealth Games success, the Hockeyroos experienced a changing of the guard with a number of new faces being included in the 2011 team. NSWIS athletes Jade Warrender, Jade Close, Jacklyn McRae, Hollie Webster and Kellie White received call-ups to the Australian team. Former Kookaburra and NSWIS athlete Adam Commens was appointed as the new women’s national head coach.

**SIGNIFICANT ACHIEVEMENTS**

**Simon Orchard**
- Gold, men’s hockey – 2010 Champions Trophy
- Gold, men’s hockey – 2010 Commonwealth Games
- Gold, men’s hockey – 2011 Azlan Shah Cup
- Winner, Sydney City Toyota Team Athlete of the Year – 2010 NSWIS Awards Dinner

**Mark Paterson, Kieran Govers**
- Gold, men’s hockey – 2010 Champions Trophy

**Alison Bruce, Toni Cronk, Casey Eastham, Kate Hollywood, Emily Hurtz, Kate Jenner, Fiona Johnson, Megan Rivers**
- Gold, women’s hockey – 2010 Commonwealth Games
- Fifth, women’s hockey – 2010 World Cup

**Jade Close, Toni Cronk, Kellie White, Casey Eastham, Emily Hurtz, Jade Warrender, Megan Rivers, Jacklyn McRae**
- Sixth, women’s hockey – 2011 Champions Trophy

**Casey Eastham**
- Named on the 2010 FHH All-Star Hockey Team

**Luke Noblett, Jordan Willott, Flynn Ogilvie**
- Gold, men’s hockey – 2010 Youth Olympics

**NATIONAL TEAM SELECTIONS**

**2010 Hockeyroos Squad**
- Alison Bruce, Emily Hurtz, Toni Cronk, Casey Eastham, Kate Hollywood, Fiona Johnson, Megan Rivers, Kate Jenner, Airlie Ogilvie

**2011 Hockeyroos Squad**
- Jade Close, Toni Cronk, Kellie White, Casey Eastham, Emily Hurtz, Kate Jenner, Jade Warrender, Megan Rivers, Jacklyn McRae, Hollie Webster

**2010 Australian Women’s Junior Squad**
- Jocelyn Bartram, Eliza Brazel, Kirsten Pearce, Emily Smith, Kellie White

**2010 Kookaburras Squad**
- Matthew Butturini, Simon Orchard, Kieran Govers, Mark Paterson, Brent Livermore

**2011 Kookaburras Squad**
- Matthew Butturini, Simon Orchard, Kieran Govers, Mark Paterson

**2011 Australian Men’s Junior Squad**
- David Collins, Oliver Walker, Adam Imre

**2010 – 2011 HOCKEY SQUAD**

**Women**
- Gold
  - Alison Bruce, Toni Cronk, Casey Eastham, Kate Hollywood, Emily Hurtz, Fiona Johnson, Megan Rivers, Kate Jenner, Jade Close, Kellie White, Jade Warrender, Jacklyn McRae, Hollie Webster, Airlie Ogilvie
- Silver
  - Harriet Moore, Rachel Miller

**EAP**
- Kirsten Pearce, Eliza Brazel, Emily Smith, Tamsin Lee, Emma Cobbin, Eliza Brazel, Claire Jones, Johanna Rowlads, Mardi Watts, Jocelyn Bartram, Lily brazel, Georgina Morgan

**Training**
- Mathilda Carmichael, Hannah Burrell, Cara Simpson, Alyssa Healy

**Men**
- Gold
  - Matthew Butturini, Brent Livermore, Daniel McPherson, Simon Orchard, Mark Paterson, Kieran Govers, Joshua Miller, Duncan Pearce, Tristan White, Matthew Willis
- Silver
  - Ryan Betts, David Collins, Addison Gann, Scott Govers, Adam Imre, Aaron Kershaw, Landon Morley, Luke Noblett, Sam Clifton, Flynn Ogilvie, Joshua White, Oliver Walker, Jordan Willott, Liam Alexander

**EAP**
- Mitchell Allen-Waters, Craig Coulson, Tom Craig, Matthew Dawson, Jack Elliott, Nicholas Hill, Brandon Horner, Matthew Munnik

**Training**
- Jason Coombes

**Total number of scholarship holders 2010**: 47

**Total number of scholarship holders 2011**: 50

**COACHES**

**Men’s Head Coach**: Larry McIntosh
- **Women’s Head Coach**: Anthony Thornton
- **NSWIS / HNSW EAP Hockey Coach**: Judith Laing

**VENUES //** Sydney Olympic Park Hockey Centre / Regional hockey centres

**PROGRAM PARTNERS //** Hockey NSW / Hockey Australia

For further information on the NSWIS visit www.nswis.com.au
NETBALL

The NSWIS Netball Program contributed a number of athletes to teams that achieved great success during the 2010 / 11 season. The highlight of the reporting period was the silver medal winning performance by the Australian Diamonds at the 2010 Commonwealth Games in Delhi in which Australia met arch-rivals New Zealand in the gold medal match.

After a tense battle that went into double overtime, the Diamonds eventually finished their campaign with a silver medal, a brilliant performance despite the disappointment of not finishing atop the table. NSWIS athletes Catherine Cox, Susan Pratley, Rebecca Bulley, Kimberlee Green and Mo’onia Gerrard were the five NSWIS netballers competing at the Games.

Domestically the NSW Swifts finished as semi-finalists in the 2011 ANZ Championship after experiencing an up and down season. The Swifts could not overcome the LG Mystics in a do-or-die match, falling 45-49 in a gallant battle. All NSW Swifts players are NSWIS scholarship holders.

The 2010 Australian Netball Championships were also a successful endeavour for 10 NSWIS netballers. The team, representing NSW, cruised to victory with a 50-39 win over South Australia in the final.

SIGNIFICANT ACHIEVEMENTS

Catherine Cox, Susan Pratley, Rebecca Bulley, Kimberlee Green, Mo’onia Gerrard
- Silver (Australian Diamonds) – 2010 Commonwealth Games

Catherine Cox, Susan Pratley, Rebecca Bulley, Kimberlee Green, Mo’onia Gerrard, Ashleigh Brazill, Carla Dziwoki, Sonia Mkoloma, Kimberley Smith, Courtney Tairi, Vanessa Ware, Amorette Wild
- Semi-finalists (NSW Swifts) – 2011 ANZ Championship

Ashleigh Brazill, April Letton
- Fourth (Australian Diamonds) – 2010 World Netball Series

Ashleigh Brazill, Sally Cain, Joanne Day, Nicole Deegenaars, Kristy Durheim, Kasey Ledbrook, Jessica Mansell, Samantha May, Melissa Tallent, Amy Wild
- Runners up (NSW Waratahs) – 2010 Australian Netball League

Madeline Smith, Jessica Mansell, Abbey McCulloch, Nicole Deegenaars, Kasey Ledbrook, Breeana Powell, Amy Wild, Ashleigh Brazill, Sally Cain, Alix McDermott
- Winners (NSW) – 2010 Under-21 National Championships

Anita Blanco, Paige Hadley, Hannah Jones, Alix Kennedy, Alix McDermott, Brooke Miller, Kimberley Ravaillion, Gabrielle Simpson, Amy Sommerville, Courtney Torpy
- Winners (NSW) – 2011 Under-19 National Championships

NATIONAL TEAM SELECTIONS

2010 Australian Diamonds
Rebecca Bulley, Catherine Cox, Mo’onia Gerrard, Kimberlee Green, Susan Pratley

2011 Australian Diamonds
Catherine Cox, Mo’onia Gerrard, Kimberlee Green

Australian Under-21 team
Nicola Gray, April Letton, Verity Simmons

Australian Under-19 team
Paige Hadley, Alix McDermott, Brooke Miller, Kimberley Ravaillion, Gabrielle Simpson, Amy Sommerville

2010 – 2011 NETBALL SQUAD

Gold
Ashleigh Brazill, Rebecca Bulley, Catherine Cox, Kimberlee Green, Mo’onia Gerrard, Sonia Mkoloma, Susan Pratley, Kimberley Smith, Courtney Tairi, Vanessa Ware, Carla Dziwoki, Amy Wild, Lara Welham

Silver
Anita Blanco, Nicole Deegenaars, Kristy Durheim, Paige Hadley, April Letton, Jessica Mansell, Samantha May, Abbey McCulloch, Brooke Miller, Breeana Powell, Kimberley Ravaillion, Gabrielle Simpson, Amy Sommerville, Kimberly Borger, Sally Cain, Jo Day, Kasey Ledbrook, Madeleine Smith, Ashlee Weir

Silver Associate
Nicola Gray, Alix McDermott, Samantha Poolman, Verity Simmons, Melissa Tallent

EAP
Kristina Brice, Kathryn Thew, Courtney Torpy, Taylah Davies, Gemma Ferrington, Hannah Jones, Teisha Ojeda, Kaitlyn Bryce, Zoe Gilbert, Tahlia Goodwin, Sophie Halpin, Madeline Hay, Brooke Lawrence, Kristiana Manu’a, Bronte Pulepule, Chloe Saville, Phoebe Seamer, Bridget Abbott, Samantha Davies, Jessica Dorn, Nicole Franks, Devon Halligan, Alix Kennedy, Katie Maguire, Rebecca May, Claudia Russell, Megan Styles, Nicole Styles, Jillian Townsend, Victoria Trist, Emma Turner

Total number of scholarship holders 2010: 61
Total number of scholarship holders 2011: 67

COACHES

NSW Swifts / NSWIS Head Coach: Julie Fitzgerald
NSW Swifts / NSWIS Assistant Coach: Robert Wright
Development Coach: Anita Keelan

VENUES // Anne Clark Centre / Sydney Olympic Park venues / Regional netball venues
PROGRAM PARTNERS // Netball NSW / Netball Australia

For further information on the NSWIS visit www.nswis.com.au
SOCIOLOGY

The NSWIS Soccer Program continued to support men’s and women’s components consisting of a central base in metropolitan Sydney and a northern base in Newcastle. Internationally the program achieved outstanding success, most notably at the 2011 FIFA Women’s World Cup. Seven NSWIS athletes represented the Australian Matildas at the cup, with the team eventually bowing out in the quarter finals, the furthest an Australian team has been at a world cup. Kyah Simon, Servet Uzunlar, Caitlin Foord, Teigen Allen, Leena Khamis, Heather Garriock and Ellyse Perry all competed for the Matildas at the cup, with Simon scoring two goals during the competition.

Prior to the 2011 FIFA Women’s World Cup, seven NSWIS athletes were part of the Matildas team that finished runners-up at the 2010 Peace Queen Cup. Danielle Brogan, Sarah Walsh, Simon, Uzunlar, Allen, Khamis and Garriock contributed strongly to the team’s performance as they went down 1-2 to South Korea in the final. Elsewhere, men’s soccer athlete Luke Remington was selected to play for the Australian Joeys at the 2011 FIFA Under-17 World Cup in Mexico. The Joeys’ campaign was finished by Uzbekistan in the round of 16.

On the domestic front NSWIS Sydney FC team members Teresa Polias, Renee Rollason, Kylie Ledbrook, Linda O’Neill, Alanna Kennedy, Alesha Clifford, Brogan, Uzunlar, Foord, Allen, Khamis, Garriock and Simon produced a successful year to finish runners up in the 2010 / 2011 Westfield W-League championship after losing the grand final. In a closely fought final, Sydney FC was defeated by a strong Brisbane Roar team 2-1, with Ledbrook scoring the team’s only goal.

SIGNIFICANT ACHIEVEMENTS


> Runners up, women’s soccer – 2010 / 11 Westfield W-League

Kyah Simon, Danielle Brogan, Servet Uzunlar, Teigen Allen, Leena Khamis, Heather Garriock, Sarah Walsh

> Runners up, women’s soccer – 2010 Peace Queen Cup

Kyah Simon, Teigen Allen, Leena Khamis, Servet Uzunlar, Heather Garriock, Caitlin Foord, Ellyse Perry

> Quarter-finalists, women’s soccer – 2011 FIFA Women’s World Cup

Luke Remington

> Round of 16, men’s soccer – 2011 FIFA Under-17 World Cup

NATIONAL TEAM SELECTIONS

2010 Peace Queen Cup
Kyah Simon, Danielle Brogan, Servet Uzunlar, Teigan Allen, Leena Khamis, Heather Garriock, Sarah Walsh

2011 FIFA Women’s World Cup
Kyah Simon, Servet Uzunlar, Caitlin Foord, Teigen Allen, Leena Khamis, Heather Garriock, Ellyse Perry

2011 FIFA Under-17 World Cup
Luke Remington

2010 – 2011 SOCCER SQUAD

Central – Men
Daniel DiRusco, Daniel Nizic, Bright Apiah, Jordan Nadalin, Richard Blanco, Blake Tuxford, Aaron Calver, Shayne D’cuhna, Vincent Giannini, Adrian Lara, Anthony Franch, Tony Lo, Nicholas Pepper, Kevin Ly, Hajj Grigor, Darcy Madden, Luke McCann, Jack Madgwick, Samuel Chapple, Steven Drewery, Doler Edosmoven, Stevan Ilic, Sam Kagaras, Jayden Koultrakis, Jake McGing, Jake Morlando, Hayden Morton, Sam Nastic, Michael Neil, Peter Simonoski, Cameron Soleviski, Fabian Sosa, Andreas Vais, Dillon Vorster, David Vrankovic, Marco Vukovic

Northern – Men

Northern - Women

Gold
Hayley Crawford, Amber Neilson, Sasha McDonnell, Kara Mowbury, Melissa Feurriegel

Silver
Tara Andrews, Hannah Brewer, Rhali Dobson, Kate Hensman, Carile Ikonomou, Alison Logue, Madeline Searl, Gena Simon, Leia Smith, Libby Sharpe, Bronette Bates, Emma Stewart, Stacey Day, Libby Sharpe

Green EAP
Brigette Holt, Sarah Gris, Sophie Stapleford, Mekeala Howell, Adriana Jones

Central – Women

Gold
Heather Garriock, Sarah Walsh, Danielle Brogan, Ellyse Perry, Kyah Simon, Leena Khamis, Servet Uzunlar, Renee Rollason, Michelle Heyman, Teigan Allen, Caitlin Foord, Kylie Ledbrook, Catherine Cannulli

Silver
Caitlin Cooper, Teresa Polias, Karina Roweth, Alesha Clifford, Jordan Marsh

Green EAP

Total number of scholarship holders 2010: 116
Total number of scholarship holders 2011: 87

COACHES

Men’s Head Coach: Ian Crook
Women’s Head Coach: Alen Stajic
Northern Head Coach: Wayne O’Sullivan

VENUES // Valentine Sports Park / Macquarie University / Sydney Olympic Park Athletic Centre / Hills Sports High / The Forum, Newcastle University

For further information on the NSWIS visit www.nswis.com.au
Athletes from the NSWIS Tennis Program continued to achieve outstanding results both internationally and domestically. International success was led by NSWIS rising star Alexei Popyrin and his fantastic results in Rome at the 2011 Campionati 12s Internazionali BNL D’Italia Giovanni. Popyrin finished as the runner-up in the men’s singles before going on to be crowned champion in the men’s doubles at the tournament.

Domestically the NSWIS Tennis Program achieved success at a number of tournaments. Jordan Thompson won the men’s doubles at the 2011 Australian 16s Clay Court Championships and 2010 ITF QLD Junior International, and Jacob Sullivan won the men’s singles and doubles events at the 2010 Medibank 16s Cup. Fellow NSWIS athlete Pamela Boyanov was victorious in the women’s singles and doubles at the 2010 Medibank 14s Cup.

The NSWIS Tennis Program is proudly partnered by the Tennis Australia National Academy, which is led by former Australian Davis Cup players Sandon Stolle and Wally Masur.

**SIGNIFICANT ACHIEVEMENTS**

**Alexei Popyrin**
- Winner, men’s doubles – 2011 Campionati 12s Internazionali BNL D’Italia Giovanni
- Runner-up, men’s singles – 2011 Campionati 12s Internazionali BNL D’Italia Giovanni

**Jordan Thompson**
- Winner, men’s doubles – 2011 Australian 16s Clay Court Championships
- Winner, men’s doubles – 2010 ITF QLD Junior International
- Runner-up, men’s doubles – 2010 Australian 16s Championships
- Runner-up, men’s doubles – 2010 Oceania Junior Championships

**Jacob Sullivan**
- Winner, men’s singles – 2010 Medibank 16s Cup
- Winner, men’s doubles – 2010 Medibank 16s Cup

**Pamela Boyanov**
- Winner, women’s singles – 2010 Medibank 14s Cup
- Winner, women’s doubles – 2010 Medibank 14s Cup

**Amne Ghamraoui**
- Winner, women’s singles – 2010 Medibank 12s Cup
- Third, women’s doubles – 2010 Medibank 12s Cup

**Brian Tran**
- Winner, men’s doubles – 2010 Medibank 14s Cup
- Runner-up, men’s singles – 2010 Australian 14s Championships
- Runner-up, men’s doubles – 2010 Australian 14s Championships
- Runner-up, men’s team – 2010 Australian 14s Championships
- Third, men’s singles – 2010 Medibank 14s Cup

**Jordan Smith**
- Runner-up, men’s doubles – 2010 Australian 14s Championships

**Max Purcell**
- Runner-up, men’s doubles – 2010 Australian 12s Championships

**NATIONAL TEAM SELECTIONS**

**2010 World Under-14 Junior team**
- Jake Delaney

**Australian Junior Davis Cup team**
- Jordan Thompson
The NSWIS Triathlon Program continued to achieve strong results during the reporting period, led by Olympian Brad Kahlefeldt and complemented by performances from emerging NSWIS triathletes.

Kahlefeldt’s results were highlighted by a gold medal at the 2011 Mooloolaba ITU Triathlon World Cup. Kahlefeldt posted a winning time of 1:55.05, over three seconds faster than his nearest competitor, Australian Brendan Sexton. Prior to the win in Mooloolaba, Kahlefeldt finished with overall bronze in the 2010 ITU Triathlon World Championship series, as well as fourth in the men’s sprint triathlon at the 2010 ITU Elite Sprint Triathlon World Championships in Switzerland.

Youngsters Scott Llewellyn, Aaron Royle and Tamsyn Moana-Veale also experienced success on the international stage. Llewellyn and Royle finished with gold and silver, respectively, in the men’s triathlon at the 2011 OTU Triathlon Oceania Championships, while Moana-Veale finished with silver in the women’s triathlon at the same event.

Fellow NSWIS athletes Charlotte McShane and Josh McHugh also produced some promising results. McShane finished fifth at the 2011 OTU Triathlon Oceania Championships, as did McHugh at the 2011 Mooloolaba ITU Triathlon World Cup.

**SIGNIFICANT ACHIEVEMENTS**

**Brad Kahlefeldt**
- Gold, men’s triathlon – 2011 Mooloolaba ITU Triathlon World Cup
- Bronze, men’s triathlon – 2010 ITU World Championship Series (Overall)
- Fifth, men’s triathlon – 2011 ITU Triathlon World Championship Series (Austria)

**Scott Llewellyn**
- Gold, men’s triathlon – 2011 OTU Triathlon Oceania Championships

**Aaron Royle**
- Silver, men’s triathlon – 2011 OTU Triathlon Oceania Championships
- Fifth, men’s sprint triathlon – 2011 ITU Sprint Triathlon Oceania Cup

**Tamsyn Moana-Veale**
- Silver, women’s triathlon – 2011 OTU Triathlon Oceania Championships
- Bronze, women’s triathlon – 2011 Mooloolaba ITU Triathlon World Cup
- Fourth, women’s junior triathlon – 2011 OTU Triathlon Oceania Championships

**Josh McHugh**
- Fifth, men’s triathlon – 2011 Mooloolaba ITU Triathlon World Cup

**Charlotte McShane**
- Fifth, women’s triathlon – 2011 OTU Triathlon Oceania Championships

**NATIONAL TEAM SELECTIONS**

**2011 ITU Triathlon World Championships**
Brad Kahlefeldt

**2010 – 2011 TRIATHLON SQUAD**

**Gold**
Brad Kahlefeldt (AIS)

**Silver**
Sam Appleton, Aaron Royle, David Matthews, Joshua McHugh, Shane Barrie, Charlotte McShane

**EAP**
Scott Llewellyn, Tamsyn Moana-Veale

**Total number of scholarship holders 2010**: 7
**Total number of scholarship holders 2011**: 7

**COACH**

**Head Coach**: Jamie Turner
WATER POLO

The NSWIS Water Polo Program continued to support many of Australia’s best water polo players and have a strong presence in both the men’s and women’s national teams. The development of Australian water polo talent was also a key focus for the program with several NSWIS athletes selected in junior teams. The Australian women’s water polo team scored a big win over the United States at the Six-Nation International Women’s tournament in Sydney. Australia’s victory was a fitting end to the tournament, which marked the 10th anniversary of the Stingers gold medal victory against the United States at the Sydney 2000 Olympic Games.

The tournament was followed by the 2010 FINA World Cup in New Zealand where Australia finished with a silver medal after losing to long time nemesis the USA. The NSWIS athletes in the team were Holly Lincoln-Smith, Nicola Zagame and Lea Barta.

The Stingers, featuring Keesja Govers, Alicia McCormack, Rebecca Rippon, Lincoln-Smith and Zagame then went on to finish with silver and bronze at the 2011 Kirishi Cup and 2011 FINA World League Finals, respectively. The team lost to Kazakhstan in the final of the Kirishi Cup, while in the world league the Stingers were able to overcome China in the bronze medal match. Both tournaments served as precursors to the 2011 FINA Aquatic World Championships.

The NSWIS men’s team also had a strong year with the team finishing second at the National Training Centre Challenge. The tournament, comprised of each of the state institutes, provides an opportunity for high quality competition amongst Australian water polo athletes.

The silver medal for the men’s team, among other results on the domestic front, led to five NSWIS athletes being selected on the Australian men’s water polo team, the Sharks, to compete at the 2011 FINA Aquatic World Championships. Selected on the team were NSWIS athletes Richard Campbell, Joel Dennerley, Mitchell Baird, Gavin Woods and Aidan Roach.

Significant Achievements

Holly Lincoln-Smith, Nicola Zagame, Lea Barta
- Silver, women’s water polo – 2010 FINA World Cup
Keesja Govers, Alicia McCormack, Rebecca Rippon, Holly Lincoln-Smith, Nicola Zagame
- Silver, women’s water polo – 2011 Kirishi Cup
- Bronze, women’s water polo – 2011 FINA World League Finals
Lea Barta, Rebecca Rippon, Nicola Zagame, Holly Lincoln-Smith, Patrice O’Neill
- Silver, women’s water polo – 2010 Canada Cup
Johnno Cotterill
- Winner, Australian College of Physical Education Academic Excellence-General – 2010 NSWIS Awards Dinner

National Team Selections

2011 FINA World Aquatic Championships (Men)
Joel Dennerley, Sam McGregor, Mitchell Baird, Richie Campbell, Aidan Roach, Gavin Woods

2011 FINA Aquatic World Championships (Women)
Holly Lincoln-Smith, Nicola Zagame, Rebecca Rippon, Alicia McCormack

2011 Kirishi Cup / 2011 FINA World League Finals
Keesja Govers, Alicia McCormack, Rebecca Rippon, Holly Lincoln Smith, Nicola Zagame

2010 FINA World Cup
Holly Lincoln-Smith, Nicola Zagame, Lea Barta

2010 Canada Cup
Lea Barta, Rebecca Rippon, Nicola Zagame, Holly Lincoln-Smith, Patrice O’Neill

2010 – 2011 Water Polo Squad

Men
- Gold
  Mitchell Baird, Richard Campbell, Chris Dyson, John Hahn, Aidan Roach, Steve Cody, Wade Eames, Mitch Emery, Tyler Martin, Gavin Woods
- Silver
  Mace Rapsay, Adam Polivka, Nathan Cargill, James Clark, Joel Davis, Corrie Eames, Lachlan Hollis, Scott Nicholson, Ross O’Brien, Paul Sindone, Samuel Avolone, Carl Zveken, Trent Franklin, Clayton Whittaker, Connor Martin, Corrie Eames

Women
- Gold
  Alicia McCormack, Holly Lincoln-Smith, Jemma Dessauvagie, Rebecca Rippon, Nicola Zagame
- Silver
  Alicia Brightwell, Danielle Bower, Emily Scott, Joanne Whitehorn, Kayle Leathem, Keesja Gofers, Lea Barta, Maddison Schmidt, Patrice O’Neill

EAP
- Jeremy Davie, Michael DeGail, Hamish Cuthill
- Associate
  Chris Dyson, Samuel McGregor, Johnno Cotterill, Joel Dennerley, Thomas Whalan

VENUES // Sydney Olympic Park Aquatic Centre / Ashfield Aquatic Centre / Ryde Aquatic Centre / Sutherland Leisure Centre / Sydney University / Newington College

PROGRAM PARTNERS // NSW Water Polo Inc / Australian Water Polo Inc
WEIGHTLIFTING

The NSWIS Weightlifting Program is one of the premier weightlifting programs in Australia. Led by head coach Luke Borreggine, athletes from the program are continually challenging the rest of the world.

An international invitational tournament held in Florida was one of the highlights for the program, with a large contingent taking part in the event. Musa Kamara and Elena Palamara achieved fantastic results winning the 69kg men’s and women’s events, respectively.

The tournament also showcased the emerging talent produced by the program, with Patrick Chow and Patrick Canavan gaining places in both under-20 and open events of the 69kg and 77kg classifications. Ryan Pasfield competed in the 94kg classification, finishing with gold in the under-17 and two bronze in the under-20 and open classifications.

Malek Chamoun has long been a high achiever in the weightlifting program and continued to thrive at the 2010 Australian Senior Championships winning the 85kg classification. Kamara claimed victory in the 69kg event.

SIGNIFICANT ACHIEVEMENTS

Musa Kamara
» Gold, men’s 69kg division – 2010 International Invitational
» Gold, men’s 69kg division – 2010 Australian Senior Championships

Elena Palamara
» Gold, women’s 69kg division – 2010 International Invitational

Patrick Chow
» Bronze, men’s under-20 69kg division – 2010 International Invitational
» Fourth, men’s 69kg division – 2010 International Invitational

Patrick Canavan
» Silver, men’s under-20 77kg division – 2010 International Invitational
» Fifth, men’s 77kg division – 2010 International Invitational

Malek Chamoun
» Gold, men’s 85kg division – 2010 Australian Senior Championships

Ryan Pasfield
» Gold, men’s under-17 94kg division – 2010 International Invitational
» Bronze, men’s under-20 94kg division – 2010 International Invitational
» Bronze, men’s 94kg division – 2010 International Invitational

2010 – 2011 WEIGHTLIFTING SQUAD

Gold
Malek Chamoun, Elena Palamara, Ryan Pasfield

Silver
Patrick Chow, Patrick Canavan

EAP
Bassel Rana, Luke Lilli

Total number of scholarship holders 2010: 6
Total number of scholarship holders 2011: 7

COACHES
Head Coach: Luke Borreggine
Coach: Steve Tikkanen

For further information on the NSWIS visit www.nswis.com.au
Individual Scholarships at the NSWIS were established to support athletes that participate in non NSWIS squad sports who aim to qualify for the Olympics and Paralympics, Winter Olympics and Paralympics and world championship events.

The Campaign 2010 Scholarship Program provided support to athletes who were potential 2010 Winter Olympic and Commonwealth Games athletes.

Naazmi Johnston’s performance at the 2010 Commonwealth Games showed why she is one of Australia’s premier gymnasts; claiming three gold and two silver medals at the event. Johnston won gold in the women’s team all-around, individual all-around and the ball, as well as silver in the rope and ribbon events.

The 2010 Australian Championships saw Johnston finish with a clean sweep; winning gold in the women’s all-around, hoop, ribbon, ball and team events. These results confirmed her status as Australia’s top rhythmic gymnast.

Matthew Gray was another athlete with strong performances at the Commonwealth Games. Competing in the men’s recurve archery events, Gray won a gold medal in the team recurve and finished fourth in the individual recurve.

At the completion of the recent squash season, Donna Urquhart was ranked number three in the world. Her performances at the Commonwealth Games were indicative of this, where she finished with a bronze medal in the women’s doubles.

### SIGNIFICANT ACHIEVEMENTS

**Naazmi Johnston**
- Gold, women’s team all-around – 2010 Commonwealth Games
- Gold, women’s individual all-around – 2010 Commonwealth Games
- Gold, women’s ball – 2010 Commonwealth Games
- Silver, women’s rope – 2010 Commonwealth Games
- Silver, women’s ribbon – 2010 Commonwealth Games

**Matthew Gray**
- Gold, men’s team recurve archery – 2010 Commonwealth Games
- Fourth, men’s individual recurve archery – 2010 Commonwealth Games

**Donna Urquhart**
- Bronze, women’s doubles squash – 2010 Commonwealth Games

**Fiona Hyde**
- Fourth, women’s individual compound - 2010 Commonwealth Games

### NATIONAL TEAM SELECTIONS

2010 Commonwealth Games
- Fiona Hyde, Donna Urquhart, Matthew Gray, Naazmi Johnston

2010 – 2011 INDIVIDUAL SCHOLARSHIP / CAMPAIGN 2010 ATHLETES

**Individual Scholarship**

**Campaign 2010**
- Hannah Campbell-Pegg, Anthony Deane, Duncan Harvey, Naazmi Johnston, Emma Lincoln-Smith, Bree McSweeney, Jeremy Rolleston, Li Ching Yew, David Palmer, Donna Urquhart, Matthew Gray, Aimee Deaves, Fiona Hyde, Kyla Bremner, Enid Sung, Michael McNabb, Kyla Bremner
Athletes from the NSWIS Athletes with a Disability (AWD) Program continued to achieve world-class results during the reporting period.

Results from the program were highlighted by the performances of Melissa Perrine and Toby Kane at the 2011 IPC Alpine Skiing World Championships. Perrine won silver in the women’s visually impaired downhill, as well as bronze medals in the women’s visually impaired super G and women’s visually impaired super combined, while Kane picked up a bronze medal in the men’s standing slalom.

Complementing the results from Perrine and Kane were cyclists Jayme Paris and Alexandra Green. Paris and Green won two gold and two silver, respectively, at the 2011 UCI Para-Cycling World Cup, with Green adding a bronze medal at the 2011 UCI Para-Cycling Track World Championships to her resume.

Other results from the reporting period included a bronze medal for powerlifter Cameron Whittington at the 2010 Fazza Cup in Dubai, and two silver medals from swimmer Kara Leo at the 2011 Arafura Games, a world renowned multi-sport event held in Darwin, Australia.

**SIGNIFICANT ACHIEVEMENTS**

**Melissa Perrine**
- Silver, women’s visually impaired downhill – 2011 IPC Alpine Skiing World Championships
- Bronze, women’s visually impaired super G – 2011 IPC Alpine Skiing World Championships
- Bronze, women’s visually impaired super combined – 2011 IPC Alpine Skiing World Championships
- Fourth, women’s visually impaired slalom – 2011 IPC Alpine Skiing World Championships

**Toby Kane**
- Bronze, men’s standing slalom – 2011 IPC Alpine Skiing World Championships
- Fourth, men’s standing super G – 2011 IPC Alpine Skiing World Championships
- Fourth, men’s standing super combined – 2011 IPC Alpine Skiing World Championships

**Jayme Paris**
- Gold, women’s C1 road race – 2011 UCI Para-Cycling Road World Cup
- Gold, women’s C1 individual time trial – 2011 UCI Para-Cycling Road World Cup

**Alexandra Green**
- Silver, women’s C4 road race – 2011 UCI Para-Cycling Road World Cup
- Silver, women’s C4 individual time trial – 2011 UCI Para-Cycling Road World Cup
- Bronze, women’s C4 individual pursuit – 2011 UCI Para-Cycling Track World Championships

**Cameron Whittington**
- Bronze, men’s powerlifting – 2010 Fazza Cup

**Kara Leo**
- Silver, women’s 50m freestyle – 2011 Arafura Games
- Silver, women’s 400m freestyle – 2011 Arafura Games

**NATIONAL TEAM SELECTIONS**

**2010 Commonwealth Games**
- Cameron Whittington

**2011 IPC World Athletics Championships**
- Georgia Beikoff

**2011 IPC Alpine Skiing World Championships**
- Toby Kane, Melissa Perrine

**2011 UCI Para-Cycling Track World Championships**
- Alexandra Green

**2011 Para Pan Pacific Championships**
- Jacqui Freney, Matthew Levy, Andrew Pasterfield

**2010 - 2011 ATHLETES WITH A DISABILITY SQUAD**

**Athletics**
- Georgia Beikoff

**Alpine Skiing / Winter Sports**
- Toby Kane, Marty Mayberry, Shannon Dallas, Nicholas Watts, Bart Bunting, Nathan Chivers, Melissa Perrine

**Cycling**
- Jayme Paris, Alexandra Green

**Equestrian**
- Nicole Kullen, Jan Pike

**Football**
- Sam Larkings, Brett Fairhall, Chris Pyne

**Goalball**
- Jenny Blow, Tyan Taylor

**Powerlifting**
- Cameron Whittington

**Swimming**
- Rick Pendleton, Jacqui Freney, Sian Lucas, Sarah Rose, Matthew Levy, Andrew Pasterfield, Michael Auprince, Sean Russo, Kara Leo

**Sailing**
- Ame Barnbrook, Lindsay Mason

**Shooting**
- Stephen McCormack

**Tennis**
- Ben Weekes, Keegan Oh Chee

**Wheelchair Rugby**
- Ryley Batt

**Total number of scholarship holders 2010**: 25

**Total number of scholarship holders 2011**: 22

For further information on the NSWIS visit [www.nswis.com.au](http://www.nswis.com.au)
FINANCIALS

New South Wales Institute of Sport

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Institute of Sport Division

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<td>Statement by the Members of the Board</td>
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<td>Statement of Cash Flows</td>
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<td>Statement of Changes in Equity</td>
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<td>Notes to the Financial Statements</td>
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</table>
STATEMENT BY THE MEMBERS OF THE BOARD
FOR THE PERIOD 1 JULY 2010 TO 30 JUNE 2011

Pursuant to Section 41C (1)(a) and (1)(c) of the Public Finance and Audit Act 1983 and in accordance with a resolution of the Directors of the NSW Institute of Sport, we declare on behalf of the Board that in our opinion:

1. The Financial Statements exhibit a true and fair view of the financial position at 30 June 2011 and the financial performance for the period 1 July 2010 to 30 June 2011 of the NSW Institute of Sport.

2. The Statements have been prepared in accordance with the provisions of the Public Finance and Audit Act 1983, the relevant provisions of the Public Finance and Audit Regulations 2010 and the Treasurer’s Directions.

Further we are not aware of any circumstances which would prejudice any particulars included in the Financial Statements to be misleading or inaccurate.

Signed in Sydney this 31st day of October 2010

[Signature]
Chairman

[Signature]
Member

I, the Audit Leader, have satisfied myself to the best of my professional knowledge and skill that the Financial Statements have been prepared in accordance with the applicable laws and regulations.

[Signature]
Audit Leader

[Date]

For further information on the NSWIS visit www.nswis.com.au
## NSW Institute of Sport

### Statement of Comprehensive Income

For the Year Ended 30 June 2011

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<th>Economic Entity</th>
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<td>Expenditure from Continuing Operations</td>
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<td>Employee Related Expenses</td>
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<td>Depreciation and Amortisation</td>
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<td>Fees for Services Rendered</td>
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<td>513</td>
</tr>
<tr>
<td>Travel Costs</td>
<td></td>
<td>714</td>
<td>731</td>
</tr>
<tr>
<td>Athlete Services</td>
<td></td>
<td>1,142</td>
<td>1,200</td>
</tr>
<tr>
<td>Occupancy</td>
<td></td>
<td>2,340</td>
<td>2,243</td>
</tr>
<tr>
<td>Other Expenses</td>
<td>3e</td>
<td>2,811</td>
<td>2,596</td>
</tr>
<tr>
<td>Total Expenditure from Continuing Operations</td>
<td>16,041</td>
<td>15,478</td>
<td>16,041</td>
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<tr>
<td>Gain/(Loss) on Sale of Assets</td>
<td></td>
<td>63</td>
<td>(9)</td>
</tr>
<tr>
<td>Surplus/(Deficit) for the Year</td>
<td>(837)</td>
<td>(481)</td>
<td>(837)</td>
</tr>
<tr>
<td>Other Comprehensive Income for the Year</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Comprehensive Income for the Year</td>
<td>(837)</td>
<td>(481)</td>
<td>(837)</td>
</tr>
</tbody>
</table>

*The accompanying notes form part of these statements.*
# NSW Institute of Sport

## STATEMENT OF FINANCIAL POSITION

As at 30 June 2011

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$’000</td>
<td>$’000</td>
<td>$’000</td>
<td>$’000</td>
</tr>
</tbody>
</table>

### ASSETS

**Current Assets**

- Cash and Cash Equivalents: 16a  
  - 2011: 2,216  
  - 2010: 2,323  
  - 2011: 2,216  
  - 2010: 2,323

- Trade and Other Receivables: 4  
  - 2011: 261  
  - 2010: 449  
  - 2011: 259  
  - 2010: 429

- Inventory: 1j  
  - 2011: 198  
  - 2010: 242  
  - 2011: 198  
  - 2010: 242

- Other: 5  
  - 2011: 341  
  - 2010: 198  
  - 2011: 341  
  - 2010: 198

**Total Current Assets**  
- 2011: 3,016  
- 2010: 3,212  
- 2011: 3,014  
- 2010: 3,192

### Non-Current Assets

- Plant and Equipment: 6  
  - 2011: 3,542  
  - 2010: 4,194  
  - 2011: 3,542  
  - 2010: 4,194

**Total Non-Current Assets**  
- 2011: 3,542  
- 2010: 4,194  
- 2011: 3,542  
- 2010: 4,194

**Total Assets**  
- 2011: 6,558  
- 2010: 7,406  
- 2011: 6,556  
- 2010: 7,386

### LIABILITIES

**Current Liabilities**

- Trade and Other Payables: 7  
  - 2011: 497  
  - 2010: 649  
  - 2011: 1,660  
  - 2010: 1,633

- Provisions: 9  
  - 2011: 1,052  
  - 2010: 898  
  - 2011: -  
  - 2010: -

- Other: 8  
  - 2011: 124  
  - 2010: 152  
  - 2011: 124  
  - 2010: 152

**Total Current Liabilities**  
- 2011: 1,673  
- 2010: 1,699  
- 2011: 1,784  
- 2010: 1,785

### Non-Current Liabilities

- Provisions: 9  
  - 2011: 347  
  - 2010: 332  
  - 2011: 234  
  - 2010: 226

**Total Non-Current Liabilities**  
- 2011: 347  
- 2010: 332  
- 2011: 234  
- 2010: 226

**Total Liabilities**  
- 2011: 2,020  
- 2010: 2,031  
- 2011: 2,018  
- 2010: 2,011

**Net Assets**  
- 2011: 4,538  
- 2010: 5,375  
- 2011: 4,538  
- 2010: 5,375

**Equity**

- Accumulated Funds  
  - 2011: 4,538  
  - 2010: 5,375  
  - 2011: 4,538  
  - 2010: 5,375

**Total Equity**  
- 2011: 4,538  
- 2010: 5,375  
- 2011: 4,538  
- 2010: 5,375

*The accompanying notes form part of these statements.*
## Statement of Cash Flows

**For the Year Ended 30 June 2011**

<table>
<thead>
<tr>
<th>Note</th>
<th>Economic Entity</th>
<th>Parent Entity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2011 $'000</td>
<td>2010 $'000</td>
</tr>
<tr>
<td>Inflows/Outflows</td>
<td>(14,734)</td>
<td>(14,046)</td>
</tr>
<tr>
<td>Payments to Suppliers and Employees</td>
<td>(14,185)</td>
<td>(13,372)</td>
</tr>
<tr>
<td>Payments of Grants and Scholarships</td>
<td>(549)</td>
<td>(674)</td>
</tr>
<tr>
<td>Total Payments</td>
<td>(14,734)</td>
<td>(14,046)</td>
</tr>
<tr>
<td>Receipts from Grants and Sponsorships</td>
<td>3,816</td>
<td>3,720</td>
</tr>
<tr>
<td>Receipts from Interest</td>
<td>52</td>
<td>31</td>
</tr>
<tr>
<td>Receipts from Other</td>
<td>690</td>
<td>684</td>
</tr>
<tr>
<td>Total Receipts</td>
<td>4,558</td>
<td>4,435</td>
</tr>
<tr>
<td>Cashflow from Government</td>
<td>10,287</td>
<td>9,970</td>
</tr>
<tr>
<td>Grants from NSW Government Agencies</td>
<td>10,183</td>
<td>9,800</td>
</tr>
<tr>
<td>Grants from Australian Sports Commission</td>
<td>101</td>
<td>170</td>
</tr>
<tr>
<td>Grants from Australian Sports Foundation</td>
<td>3</td>
<td>-</td>
</tr>
<tr>
<td>Net Cash Flows from Government</td>
<td>10,287</td>
<td>9,970</td>
</tr>
<tr>
<td>Net Cash inflows/(outflows) from Operating Activities</td>
<td>16b</td>
<td>111</td>
</tr>
<tr>
<td>Cash flows from Investing Activities</td>
<td>70</td>
<td>43</td>
</tr>
<tr>
<td>Proceeds from the Sale of Equipment</td>
<td>70</td>
<td>43</td>
</tr>
<tr>
<td>Payments for Plant and Equipment</td>
<td>6</td>
<td>(288)</td>
</tr>
<tr>
<td>Net Cash inflows/(outflows) from Investing Activities</td>
<td>(218)</td>
<td>(300)</td>
</tr>
<tr>
<td>Net Increase/(Decrease) in Cash held</td>
<td>(107)</td>
<td>59</td>
</tr>
<tr>
<td>Cash at the Beginning of the Financial Year</td>
<td>2,323</td>
<td>2,264</td>
</tr>
<tr>
<td>Cash at the End of the Financial Year</td>
<td>16a</td>
<td>2,216</td>
</tr>
</tbody>
</table>

The accompanying notes form part of these statements.
### NSW Institute of Sport

**STATEMENT OF CHANGES IN EQUITY**

For the Year Ended 30 June 2011

<table>
<thead>
<tr>
<th>Economic Entity</th>
<th>Accumulated Funds</th>
<th>Total Equity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Note</td>
<td>$'000</td>
</tr>
<tr>
<td><strong>Balance at 1 July 2009</strong></td>
<td></td>
<td>5,856</td>
</tr>
<tr>
<td>Deficit for the year</td>
<td>(481)</td>
<td>(481)</td>
</tr>
<tr>
<td>Other comprehensive income</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total comprehensive income for the year</strong></td>
<td></td>
<td>(481)</td>
</tr>
<tr>
<td><strong>Balance at 30 June 2010</strong></td>
<td></td>
<td>5,375</td>
</tr>
<tr>
<td><strong>Balance at 1 July 2010</strong></td>
<td></td>
<td>5,375</td>
</tr>
<tr>
<td>Deficit for the year</td>
<td>(837)</td>
<td>(837)</td>
</tr>
<tr>
<td>Other comprehensive income</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total comprehensive income for the year</strong></td>
<td></td>
<td>(837)</td>
</tr>
<tr>
<td><strong>Balance at 30 June 2011</strong></td>
<td></td>
<td>4,538</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Parent Entity</th>
<th>Accumulated Funds</th>
<th>Total Equity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Note</td>
<td>$'000</td>
</tr>
<tr>
<td><strong>Balance at 1 July 2009</strong></td>
<td></td>
<td>5,856</td>
</tr>
<tr>
<td>Deficit for the year</td>
<td>(481)</td>
<td>(481)</td>
</tr>
<tr>
<td>Other comprehensive income</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total comprehensive income for the year</strong></td>
<td></td>
<td>(481)</td>
</tr>
<tr>
<td><strong>Balance at 30 June 2010</strong></td>
<td></td>
<td>5,375</td>
</tr>
<tr>
<td><strong>Balance at 1 July 2010</strong></td>
<td></td>
<td>5,375</td>
</tr>
<tr>
<td>Deficit for the year</td>
<td>(837)</td>
<td>(837)</td>
</tr>
<tr>
<td>Other comprehensive income</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total comprehensive income for the year</strong></td>
<td></td>
<td>(837)</td>
</tr>
<tr>
<td><strong>Balance at 30 June 2011</strong></td>
<td></td>
<td>4,538</td>
</tr>
</tbody>
</table>
NSW Institute of Sport

NOTES TO THE FINANCIAL STATEMENTS

For the Year Ended 30 June 2011

1. Summary of Significant Accounting Policies

The following summary explains the significant accounting policies that have been adopted in preparation of these financial statements.

(a) Basis of the Preparation of the Financial Statements

The Financial Report for the year ended 30 June 2011 has been authorised for issue by the Board on 21 October 2011. The Financial Statements represent a general purpose financial report which has been prepared in accordance with the Public Finance and Audit Act 1983, its Regulation and the NSW Treasurer’s Directions and applicable Australian Accounting Standards and other professional reporting requirements. The financial statements comply with Australian equivalents to International Financial Reporting Standards (AIFRS). The NSW Institute of Sport is a not-for-profit entity and AIFRS have been applied as applicable to not-for-profit entities.

The financial statements have been prepared on an historical cost basis using the accrual method of accounting and do not reflect changing money values of assets.

Judgements, key assumptions and estimations management made are disclosed in the relevant notes to the financial report.

All amounts are expressed in Australian dollars.

(b) Principles of Consolidation

The consolidated financial report incorporates the assets and liabilities of the NSW Institute of Sport (NSWIS) the “parent entity” and its controlled entity as at 30 June 2011 and the results of the controlled entity for the period then ended. NSWIS and its controlled entity is referred to in this financial report as the “economic entity”. The effects of all the transactions within the economic entity are eliminated in full. There are no outside equity interests.

The controlled entity (Institute of Sport Division) results are included in the consolidated Statement of Comprehensive Income, Statement of Financial Position, Statement of Cash Flows and Statement of Changes in Equity for the reporting period.

The accounting policies adopted in preparing the financial reports are consistently applied by the parent entity, the economic entity and the controlled entity.

The controlled entity also prepares a separate financial report. The financial report is audited by the Auditor-General of NSW.

(c) Employee Entitlements

Annual Leave:

Employee leave entitlements are measured as the amount unpaid at the reporting date at pay rates expected to be paid in respect of employees’ service up to that date. Accrued annual leave is treated as a current liability.

Sick leave:

Unused sick leave does not give rise to a liability as it is not considered probable that sick leave taken in the future will be greater than the benefits accrued in the future.

Long Service Leave:

Long service leave liability is recognized and measured as the present value of expected future payments to be made in respect of services provided by employees up to the reporting date. The liability is calculated in accordance with AASB 119 Employee Benefits and NSW Treasury Circular TC 11/06. Accrued long service leave is treated as both a current and non-current liability.

On costs:

The outstanding amounts of payroll tax, workers’ compensation insurance premiums, superannuation and fringe benefits tax, which are consequential to employment, are recognised as liabilities where the employee entitlements to which they relate have been recognised.

Superannuation:

The employer’s obligation for employee entitlements is recognised as an expense in the period it relates to. Expense is determined based on 9% of employee salaries. All NSWIS employees are members of a defined contribution plan resulting in no unfunded liability for the NSW Institute of Sport.

(d) Plant and Equipment

Acquisitions:

All physical assets costing over $1,000 with an expected useful life of more than one year have been capitalised and recorded in the assets register.

The initial cost of an asset includes an estimate of the cost of dismantling and removing the item. This is particularly relevant to the “make good” provisions in NSWIS property lease where there is an obligation to restore the property to its original condition. These costs are included in capital cost of NSWIS Leasehold Improvements with a corresponding provision for “Make Good” taken up.

Depreciation:

Depreciation is provided on a straight line basis for all depreciable assets so as to write off the depreciable amount of each asset as they are consumed over their useful lives to the entity. The following depreciation rates were used based on the assessment of the useful life of that equipment.

- Computer Equipment range from 25% to 33.3% p.a.
- General Plant and Equipment range from 14.3% to 33.3% p.a.
- Electronic and Scientific Equipment range from 14.3% to 33.3% p.a.
- Sporting Equipment range from 25% to 50% p.a.
- Leasehold Improvements are amortised at 10% based on the term of NSWIS property lease (ten years)
(e) Trade and Other Receivables:
All debtors are recognised as amounts receivable at balance date. Collectability of debtors is reviewed on an ongoing basis. Debts which are known to be uncollectible are written off. A provision for impairment is raised when some doubt as to collection exists. The credit risk is the carrying amount (net of any provision for impairment). No interest is earned on debtors.

(f) Trade and Other Payables:
Liabilities are recognised for amounts due to be paid in the future for goods and services received. Amounts owing to suppliers are settled in accordance with the policy set out in the Treasurer’s Direction 219.01. Where trade terms are not specified, payment is made no later than the end of the month following the month in which the invoice is received. No interest penalty was incurred on creditors during the year.

(g) In-Kind contribution of services:
The Institute receives ‘in-kind contributions’ of goods and services from sponsors. Where this value can be reliably measured it has been included in the Statement of Comprehensive Income for the current period.

(h) Revenue Recognition
Revenue is recognised when the Institute has control of the good or right to receive, it is probable that the economic benefits will flow to the Institute and the amount of revenue can be measured reliably.
State Government funding, along with grants and sponsorships from other bodies (including Commonwealth agencies, national and state sporting associations and private sector organisations) are recognised as revenues when the Institute obtains control over those assets. Such control is normally obtained on a cash receipts basis.
Rendering of Services—control of the right to receive income from the provision of goods and services to external entities and individual athletes, such income is recognised when the fee in respect of those services provided is receivable.
Interest income is recognised using the effective interest method.

(i) Goods and Services Tax
Revenue, expenses and assets are recognised net of the amount of GST except where:
- the amount of GST incurred that is not recoverable from the Australian Taxation Office is recognised as part of the cost of acquisition of an asset or as part of an expense
- receivables and payables are stated with the amount of the GST included.

(j) Inventory
Inventory consists of clothing for Institute staff and athletes and is not for resale. Inventory is valued at cost which is the lower of cost and net realisable value.

(k) Comparative Figures
Comparative Figures have been adjusted to conform to changes in presentation in these financial statements where required.

(l) Rounding
All values in the statements have been rounded to the nearest thousand dollars.

(m) Tax Status
The activities of the Institute are exempt from the provisions of the Income Tax Assessment Act and other Federal Government taxation legislation, with the exception of the requirement to pay fringe benefit tax and goods and services tax.

(n) New Australian Accounting Standards Issued but not Effective
At reporting date a number of Australian Accounting Standards have been issued by the Australian Accounting Standards but are not yet operative. These have not been adopted early by NSWIS as they have been assessed to be not materially affecting the financial statements.
**NSW Institute of Sport**

**NOTES TO THE FINANCIAL STATEMENTS**

2. **Income**

<table>
<thead>
<tr>
<th>Note</th>
<th>Economic Entity 2011 $'000</th>
<th>Parent Entity 2011 $'000</th>
<th>Economic Entity 2010 $'000</th>
<th>Parent Entity 2010 $'000</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(a) Grants</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>State Government:</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Operating:</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Communities NSW - Sport and Recreation</td>
<td>10,009</td>
<td>9,791</td>
<td>10,009</td>
<td>9,791</td>
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<tr>
<td>Communities NSW - Sydney Olympic Park Aquatic Centre</td>
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<td>9</td>
<td>174</td>
<td>9</td>
</tr>
<tr>
<td>Commonwealth Government:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Operating:</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Australian Sports Commission</td>
<td>101</td>
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<tr>
<td>Australian Sports Foundation</td>
<td>3</td>
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<td>3</td>
<td>-</td>
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<td>National and State Sporting Organisations</td>
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<td></td>
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<td>12,383</td>
<td>12,578</td>
<td>12,383</td>
</tr>
<tr>
<td>(b) Sponsorship</td>
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<td></td>
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<td>ClubsNSW</td>
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<td>1,040</td>
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<td>Other</td>
<td>297</td>
<td>289</td>
<td>297</td>
<td>289</td>
</tr>
<tr>
<td>In-kind contributions</td>
<td>1g</td>
<td>484</td>
<td>579</td>
<td>484</td>
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<tr>
<td></td>
<td>1,821</td>
<td>1,908</td>
<td>1,821</td>
<td>1,908</td>
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<tr>
<td>(c) Other Income</td>
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<td></td>
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<tr>
<td>Interest</td>
<td>52</td>
<td>31</td>
<td>52</td>
<td>31</td>
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<tr>
<td>Rent</td>
<td>198</td>
<td>187</td>
<td>198</td>
<td>187</td>
</tr>
<tr>
<td>Recovery of Costs</td>
<td>263</td>
<td>-</td>
<td>263</td>
<td>-</td>
</tr>
<tr>
<td>Other</td>
<td>229</td>
<td>497</td>
<td>229</td>
<td>497</td>
</tr>
<tr>
<td></td>
<td>742</td>
<td>715</td>
<td>742</td>
<td>715</td>
</tr>
</tbody>
</table>

In addition to the figure for "in kind contributions" mentioned above the NSWIS received other goods and services which is not able to be reliably measured and has therefore not been included in these financial statements.

For further information on the NSWIS visit [www.nswis.com.au](http://www.nswis.com.au)
### NSW Institute of Sport

#### NOTES TO THE FINANCIAL STATEMENTS

#### 3. Expenditure

<table>
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<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$'000</td>
<td>$'000</td>
<td>$'000</td>
<td>$'000</td>
</tr>
<tr>
<td>(a) Employee Related Expenses</td>
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<td></td>
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<tr>
<td>Board Members Fees</td>
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<td>107</td>
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<tr>
<td>Salaries and Wages</td>
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<td>5,335</td>
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<td>-</td>
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<tr>
<td>Payroll Tax and Fringe Benefit Tax</td>
<td>390</td>
<td>388</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td>Employee Entitlements</td>
<td>208</td>
<td>136</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Superannuation</td>
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<td>484</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>Other</td>
<td>87</td>
<td>114</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>6,813</td>
<td>6,566</td>
<td>108</td>
<td>119</td>
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<tr>
<td>(b) Personnel Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Personnel Services -Institute of Sport Division</td>
<td>-</td>
<td>-</td>
<td>6,705</td>
<td>6,447</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>During the reporting period the parent entity received personnel services from the Institute of Sport Division due to changes in employment arrangements for State Government statutory corporations.</td>
<td></td>
</tr>
<tr>
<td>(c) Fees For Services Rendered</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Consultants</td>
<td>123</td>
<td>32</td>
<td>123</td>
<td>32</td>
</tr>
<tr>
<td>Contract Services</td>
<td>210</td>
<td>217</td>
<td>210</td>
<td>217</td>
</tr>
<tr>
<td>Fees for Service- Non Consultants</td>
<td>383</td>
<td>264</td>
<td>383</td>
<td>264</td>
</tr>
<tr>
<td></td>
<td>716</td>
<td>513</td>
<td>716</td>
<td>513</td>
</tr>
<tr>
<td>(d) Grants</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>State Sporting Associations</td>
<td>388</td>
<td>477</td>
<td>388</td>
<td>477</td>
</tr>
<tr>
<td>Athlete Scholarship Program</td>
<td>184</td>
<td>197</td>
<td>184</td>
<td>197</td>
</tr>
<tr>
<td></td>
<td>572</td>
<td>674</td>
<td>572</td>
<td>674</td>
</tr>
<tr>
<td>(e) Other Expenses</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minor Equipment</td>
<td>343</td>
<td>336</td>
<td>343</td>
<td>336</td>
</tr>
<tr>
<td>Other Costs</td>
<td>367</td>
<td>152</td>
<td>367</td>
<td>152</td>
</tr>
<tr>
<td>Motor Vehicle</td>
<td>334</td>
<td>312</td>
<td>334</td>
<td>312</td>
</tr>
<tr>
<td>Printing &amp; Stationery</td>
<td>193</td>
<td>159</td>
<td>193</td>
<td>159</td>
</tr>
<tr>
<td>Communications</td>
<td>266</td>
<td>230</td>
<td>266</td>
<td>230</td>
</tr>
<tr>
<td>Advertising &amp; Promotion</td>
<td>448</td>
<td>479</td>
<td>448</td>
<td>479</td>
</tr>
<tr>
<td>Maintenance</td>
<td>143</td>
<td>125</td>
<td>143</td>
<td>125</td>
</tr>
<tr>
<td>Insurance</td>
<td>45</td>
<td>48</td>
<td>45</td>
<td>48</td>
</tr>
<tr>
<td>Medical Services</td>
<td>188</td>
<td>176</td>
<td>188</td>
<td>176</td>
</tr>
<tr>
<td>In Kind Contributions</td>
<td>484</td>
<td>579</td>
<td>484</td>
<td>579</td>
</tr>
<tr>
<td></td>
<td>2,811</td>
<td>2,596</td>
<td>2,811</td>
<td>2,596</td>
</tr>
</tbody>
</table>

Items expensed within ‘Minor Equipment’ includes equipment leasing costs and sports program equipment which do not satisfy the capitalisation criteria detailed under Note 1 (d).
4. Trade and other receivables

<table>
<thead>
<tr>
<th>Note</th>
<th>Economic Entity</th>
<th>Parent Entity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2011</td>
<td>2010</td>
</tr>
<tr>
<td></td>
<td>$'000</td>
<td>$'000</td>
</tr>
<tr>
<td>Current:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sundry Debtors</td>
<td>268</td>
<td>450</td>
</tr>
<tr>
<td>Less: Provision for Impairment</td>
<td>(7)</td>
<td>(1)</td>
</tr>
<tr>
<td></td>
<td>261</td>
<td>449</td>
</tr>
</tbody>
</table>

5. Other

Current: Other Prepayments

| | Economic Entity | Parent Entity |
| | | |
| | | 2011 | 2010 | 2011 | 2010 |
| | | $'000 | $'000 | $'000 | $'000 |
| | 341 | 198 | 341 | 198 |

6. Property Plant And Equipment

**Computer Equipment**

<table>
<thead>
<tr>
<th>Gross Carrying Amount</th>
<th>296</th>
<th>367</th>
<th>296</th>
<th>367</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less: Accumulated Depreciation</td>
<td>(267)</td>
<td>(328)</td>
<td>(267)</td>
<td>(328)</td>
</tr>
<tr>
<td>Net Carrying Amount</td>
<td>29</td>
<td>39</td>
<td>29</td>
<td>39</td>
</tr>
</tbody>
</table>

**Electronic & Scientific**

<table>
<thead>
<tr>
<th>Gross Carrying Amount</th>
<th>1,364</th>
<th>1,428</th>
<th>1,364</th>
<th>1,428</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less Accumulated Depreciation</td>
<td>(1,199)</td>
<td>(1,230)</td>
<td>(1,199)</td>
<td>(1,230)</td>
</tr>
<tr>
<td>Net Carrying Amount</td>
<td>165</td>
<td>198</td>
<td>165</td>
<td>198</td>
</tr>
</tbody>
</table>

**General Plant and Equipment**

<table>
<thead>
<tr>
<th>Gross Carrying Amount</th>
<th>510</th>
<th>503</th>
<th>510</th>
<th>503</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less Accumulated Depreciation</td>
<td>(489)</td>
<td>(398)</td>
<td>(489)</td>
<td>(398)</td>
</tr>
<tr>
<td>Net Carrying Amount</td>
<td>21</td>
<td>105</td>
<td>21</td>
<td>105</td>
</tr>
</tbody>
</table>

**Sporting Equipment**

<table>
<thead>
<tr>
<th>Gross Carrying Amount</th>
<th>1,017</th>
<th>1,186</th>
<th>1,017</th>
<th>1,186</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less Accumulated Depreciation</td>
<td>(852)</td>
<td>(1,025)</td>
<td>(852)</td>
<td>(1,025)</td>
</tr>
<tr>
<td>Net Carrying Amount</td>
<td>165</td>
<td>161</td>
<td>165</td>
<td>161</td>
</tr>
</tbody>
</table>

**Leasehold Improvements**

<table>
<thead>
<tr>
<th>Gross Carrying Amount</th>
<th>6,050</th>
<th>6,050</th>
<th>6,050</th>
<th>6,050</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less: Accumulated Amortisation</td>
<td>(3,022)</td>
<td>(2,395)</td>
<td>(3,022)</td>
<td>(2,395)</td>
</tr>
<tr>
<td>Net Carrying Amount</td>
<td>3,028</td>
<td>3,655</td>
<td>3,028</td>
<td>3,655</td>
</tr>
</tbody>
</table>

Work-In-Progress

| | Economic Entity | Parent Entity |
| | | |
| | | 2011 | 2010 | 2011 | 2010 |
| | | $'000 | $'000 | $'000 | $'000 |
| | 134 | 36 | 134 | 36 |

**Total Property Plant and Equipment**

| | Economic Entity | Parent Entity |
| | | |
| | | 2011 | 2010 | 2011 | 2010 |
| | | $'000 | $'000 | $'000 | $'000 |
| | 3,542 | 4,194 | 3,542 | 4,194 |
6. Property Plant And Equipment (cont.)

Reconciliation of carrying amounts for each class of Property, Plant and Equipment for the year ended 30 June 2011 and 30 June 2010.

<table>
<thead>
<tr>
<th>Economic Entity</th>
<th>Work-In-Progress $'000</th>
<th>Leasehold Improvements $'000</th>
<th>Sporting Equipment $'000</th>
<th>Computer Equipment $'000</th>
<th>General Plant &amp; Equipment $'000</th>
<th>Electronic &amp; Scientific Equipment $'000</th>
<th>Total $'000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Net Carrying Amount as at 1.7.2010</td>
<td>36</td>
<td>3,655</td>
<td>161</td>
<td>39</td>
<td>105</td>
<td>198</td>
<td>4,194</td>
</tr>
<tr>
<td>Plus: Additions</td>
<td>134</td>
<td>-</td>
<td>73</td>
<td>15</td>
<td>10</td>
<td>56</td>
<td>288</td>
</tr>
<tr>
<td>Less: Transfers</td>
<td>(36)</td>
<td>-</td>
<td>36</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Less: Disposals</td>
<td>-</td>
<td>-</td>
<td>(2)</td>
<td>(1)</td>
<td>-</td>
<td>(4)</td>
<td>(7)</td>
</tr>
<tr>
<td>Less: Depreciation</td>
<td>-</td>
<td>(627)</td>
<td>(103)</td>
<td>(24)</td>
<td>(94)</td>
<td>(85)</td>
<td>(933)</td>
</tr>
<tr>
<td>Net Carrying Amount as at 30.6.2011</td>
<td>134</td>
<td>3,028</td>
<td>165</td>
<td>29</td>
<td>21</td>
<td>165</td>
<td>3,542</td>
</tr>
<tr>
<td>Plus: Additions</td>
<td>36</td>
<td>134</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Less: Transfers</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Less: Disposals</td>
<td>-</td>
<td>-</td>
<td>(5)</td>
<td>-</td>
<td>-</td>
<td>(4)</td>
<td>(9)</td>
</tr>
<tr>
<td>Less: Depreciation</td>
<td>-</td>
<td>(609)</td>
<td>(85)</td>
<td>(41)</td>
<td>(93)</td>
<td>(127)</td>
<td>(955)</td>
</tr>
<tr>
<td>Net Carrying Amount as at 30.6.2010</td>
<td>36</td>
<td>3,655</td>
<td>161</td>
<td>39</td>
<td>105</td>
<td>198</td>
<td>4,194</td>
</tr>
</tbody>
</table>

7. Trade and other payables

<table>
<thead>
<tr>
<th>Economic Entity</th>
<th>Note</th>
<th>2011 $'000</th>
<th>2010 $'000</th>
<th>Parent Entity 2011 $'000</th>
<th>Parent Entity 2010 $'000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current: Creditors</td>
<td>208</td>
<td>424</td>
<td>207</td>
<td>424</td>
<td></td>
</tr>
<tr>
<td>Accruals</td>
<td>289</td>
<td>225</td>
<td>148</td>
<td>98</td>
<td></td>
</tr>
<tr>
<td>Amount Payable - Institute of Sport Division</td>
<td>-</td>
<td>-</td>
<td>1,305</td>
<td>1,111</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>497</td>
<td>649</td>
<td>1,660</td>
<td>1,633</td>
</tr>
</tbody>
</table>

8. Other

<table>
<thead>
<tr>
<th>Income Received in Advance</th>
<th>2011</th>
<th>2010</th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>124</td>
<td>152</td>
<td>124</td>
<td>152</td>
</tr>
</tbody>
</table>


| Current: Employee Entitlements - Annual Leave | 641 | 557 | - | - |
| Long Service Leave | 411 | 341 | - | - |
| | 1,052 | 898 | - | - |

| Non-Current: Employee Entitlements - Long Service Leave | 113 | 106 | - | - |

| Provision for Restoration - NSWIS Premises | Opening Balance | 226 | 219 | 226 | 219 |
| Increase in Provision | 8 | 7 | 8 | 7 |
| Closing Balance | 234 | 226 | 234 | 226 |

| Total Non-Current Liabilities | 347 | 332 | 234 | 226 |
NSW Institute of Sport

NOTES TO THE FINANCIAL STATEMENTS

(a) Provision for Annual Leave and Long Service Leave

The leave liabilities that are expected to be settled within twelve months and outside twelve months are shown below:

<table>
<thead>
<tr>
<th></th>
<th>Annual Leave '000</th>
<th>Long Service Leave '000</th>
<th>Total '000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Expected to be settled within twelve months</td>
<td>431</td>
<td>411</td>
<td>842</td>
</tr>
<tr>
<td>Expected to be settled outside twelve months</td>
<td>210</td>
<td>113</td>
<td>323</td>
</tr>
<tr>
<td>Total</td>
<td>641</td>
<td>524</td>
<td>1,165</td>
</tr>
</tbody>
</table>

10. Superannuation

All NSWIS employees are members of a defined contribution plan resulting in no unfunded liability for the NSWIS.

11. Financial instruments

NSWIS’s principal financial instruments and risks associated with those instruments are listed below. These financial instruments arise directly from NSWIS’s operations and are required to finance NSWIS operations. NSWIS does not enter into or trade financial instruments including derivative financial instruments for speculative purposes.

(a) Financial Instruments Categories

<table>
<thead>
<tr>
<th>Financial Assets</th>
<th>Carrying Amount</th>
<th>Note</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2011 $'000</td>
<td>2010 $'000</td>
<td></td>
</tr>
<tr>
<td>Cash and Cash Equivalents</td>
<td>2,216</td>
<td>2,323</td>
<td></td>
</tr>
<tr>
<td>Receivables</td>
<td>172</td>
<td>333</td>
<td></td>
</tr>
</tbody>
</table>

(b) Credit Risk Exposure

The carrying value of financial assets included in the statement of financial position of the Economic Entity are reflected based on historical cost net of any provisions for impairment. The Economic Entity’s financial assets consists of cash and cash equivalents and short term receivables.

<table>
<thead>
<tr>
<th></th>
<th>2011 $'000</th>
<th>2010 $'000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and Cash Equivalents</td>
<td>2,216</td>
<td>2,323</td>
</tr>
<tr>
<td>Short Term Receivables</td>
<td>172</td>
<td>333</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>2,388</strong></td>
<td><strong>2,656</strong></td>
</tr>
</tbody>
</table>

Short Term Receivables excludes statutory receivables and prepayments in accordance with AASB 7. The age of those receivables are:

<table>
<thead>
<tr>
<th></th>
<th>2011 $'000</th>
<th>2010 $'000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current</td>
<td>136</td>
<td>158</td>
</tr>
<tr>
<td>30 Days</td>
<td>6</td>
<td>52</td>
</tr>
<tr>
<td>60 Days</td>
<td>4</td>
<td>66</td>
</tr>
<tr>
<td>90 Days</td>
<td>26</td>
<td>57</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>172</strong></td>
<td><strong>333</strong></td>
</tr>
</tbody>
</table>

Collectability of short term receivables is reviewed on an ongoing basis. After analysing the financial assets of the Economic Entity in particular the credit risk exposure of our short term receivables a provision for impairment of $7,380 was required based on the assessment of the collectability of the short term receivable.
NSW Institute of Sport

NOTES TO THE FINANCIAL STATEMENTS

(b) Interest Rate Risk Exposure
The Economic Entity’s exposure to interest rate risk and the effective weighted average interest rate for each class of financial assets and liabilities is set out below. Exposures arise from cash and cash equivalents bearing variable interest rates. The Economic Entity does not hold fixed rate assets and liabilities. Sensitivity to a +1% movement in rates and -1% movement in rates and its impact is set out below.

<table>
<thead>
<tr>
<th>Interest Rate Risk</th>
<th>-1%</th>
<th>+1%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Carry Value $’000</td>
<td>Profit $’000</td>
</tr>
<tr>
<td>Cash and Cash Equivalents</td>
<td>2,216</td>
<td>(22)</td>
</tr>
</tbody>
</table>

(c) Liquidity Risk
The Economic Entity is not involved in any long-term financial borrowings and our payables are settled within 30 days of receiving the supplier’s invoice.

<table>
<thead>
<tr>
<th>Economic Entity</th>
<th>Variable Interest Maturing in:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weighted Ave Rate</td>
</tr>
<tr>
<td>-----------------</td>
<td>---------------------------------</td>
</tr>
<tr>
<td>2010/2011</td>
<td></td>
</tr>
<tr>
<td>Financial Assets</td>
<td></td>
</tr>
<tr>
<td>Cash at Bank</td>
<td>2.6%</td>
</tr>
<tr>
<td>Receivables</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>2,216</td>
</tr>
<tr>
<td>Financial Liabilities</td>
<td></td>
</tr>
<tr>
<td>Trade Creditors &amp; Accruals</td>
<td>-</td>
</tr>
<tr>
<td>Net Financial Assets/(Liabilities)</td>
<td>2,216</td>
</tr>
</tbody>
</table>

2009/2010

<table>
<thead>
<tr>
<th>Financial Assets</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash at Bank</td>
<td>2.2%</td>
</tr>
<tr>
<td>Receivables</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>2,323</td>
</tr>
<tr>
<td>Financial Liabilities</td>
<td></td>
</tr>
<tr>
<td>Trade Creditors &amp; Accruals</td>
<td>-</td>
</tr>
<tr>
<td>Net Financial Assets/(Liabilities)</td>
<td>2,323</td>
</tr>
</tbody>
</table>

(c) Net Fair Value of Financial Assets and Liabilities
The net fair value of cash deposits and non interest bearing monetary financial assets and liabilities reflect their approximate carrying value.
12. Expenditure Commitments

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Note</td>
<td>$’000</td>
<td>$’000</td>
<td>$’000</td>
<td>$’000</td>
</tr>
<tr>
<td>Other Expenditure:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not later than One Year</td>
<td>123</td>
<td>32</td>
<td>123</td>
<td>32</td>
</tr>
<tr>
<td></td>
<td>123</td>
<td>32</td>
<td>123</td>
<td>32</td>
</tr>
</tbody>
</table>

13. Operating Leases

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Note</td>
<td>$’000</td>
<td>$’000</td>
<td>$’000</td>
<td>$’000</td>
</tr>
<tr>
<td>Operating Lease commitments at balance date were</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not later than One Year</td>
<td>2,858</td>
<td>2,593</td>
<td>2,858</td>
<td>2,593</td>
</tr>
<tr>
<td>Later than One Year &amp; not later than Five Years</td>
<td>10,713</td>
<td>9,956</td>
<td>10,713</td>
<td>9,956</td>
</tr>
<tr>
<td>Later than Five Years</td>
<td>-</td>
<td>2,524</td>
<td>-</td>
<td>2,524</td>
</tr>
<tr>
<td>Total (including GST)</td>
<td>13,571</td>
<td>15,073</td>
<td>13,571</td>
<td>15,073</td>
</tr>
</tbody>
</table>

The operating lease commitments includes the rental commitments on the new building and training facilities that the NSWIS will occupy for the next seven years. The term of the lease was for a ten year period starting in July 2006.

14. Remuneration Of Auditors

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Note</td>
<td>$’000</td>
<td>$’000</td>
<td>$’000</td>
<td>$’000</td>
</tr>
<tr>
<td>Audit Office of NSW</td>
<td>20</td>
<td>22</td>
<td>20</td>
<td>22</td>
</tr>
</tbody>
</table>

Audit Fees paid to the Audit Office of NSW were for the audit of the Financial Statements only. No other benefits were paid to the Audit Office.
15. Contingent Liabilities

A former NSWIS scholarship holder Erin Douglass has commenced legal proceedings against NSWIS and a former employee of NSWIS. These proceedings are listed for trial commencing 19 September 2011. Both NSWIS and the former employee are indemnified by NSWIS’s insurer, the Treasury Managed Fund who will meet any liability of NSWIS and its former employee.

16. Expenditure Commitments

(a) Reconciliation of Cash

For the purpose of the Statement of Cash Flows, cash includes cash on hand and cash at bank. Cash at 30 June 2011 as shown in the Statement of Cash Flows is reconciled to the related items in the Balance Sheet as follows:

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Note $’000</td>
<td></td>
<td></td>
<td>$’000</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash at Bank</td>
<td>2,216</td>
<td>2,323</td>
<td>2,216</td>
<td>2,323</td>
<td></td>
</tr>
</tbody>
</table>

(b) Reconciliation of Net Cash provided by Operating Activities to Surplus/(Deficit) from ordinary activities

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Note $’000</td>
<td></td>
<td></td>
<td>$’000</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Surplus/(Deficit)</td>
<td>(837)</td>
<td>(481)</td>
<td>(837)</td>
<td>(481)</td>
<td></td>
</tr>
<tr>
<td>Plus (Less) Non-Cash Items</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Depreciation</td>
<td>933</td>
<td>955</td>
<td>933</td>
<td>955</td>
<td></td>
</tr>
<tr>
<td>(Gain)/Loss on Sale of Asset</td>
<td>(63)</td>
<td>9</td>
<td>(63)</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Increase/(Decrease) in Provisions</td>
<td>169</td>
<td>85</td>
<td>8</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Changes in Assets and Liabilities</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Increase)/Decrease in Receivables</td>
<td>188</td>
<td>(22)</td>
<td>170</td>
<td>(7)</td>
<td></td>
</tr>
<tr>
<td>(Increase)/Decrease in Other Assets</td>
<td>(143)</td>
<td>41</td>
<td>(143)</td>
<td>41</td>
<td></td>
</tr>
<tr>
<td>(Increase)/Decrease in Inventories</td>
<td>44</td>
<td>178</td>
<td>44</td>
<td>178</td>
<td></td>
</tr>
<tr>
<td>Increase/(Decrease) in Payables</td>
<td>(152)</td>
<td>(515)</td>
<td>27</td>
<td>(452)</td>
<td></td>
</tr>
<tr>
<td>Increase/(Decrease) in Other Liabilities</td>
<td>(28)</td>
<td>109</td>
<td>(28)</td>
<td>109</td>
<td></td>
</tr>
<tr>
<td>Net Cash provided by Operating Activities</td>
<td>111</td>
<td>359</td>
<td>111</td>
<td>359</td>
<td></td>
</tr>
</tbody>
</table>

17. Events Occurring After Balance Date

There were no subsequent events occurring after balance date that have materially affected or may materially affect the results reported.

End of Audited Statements
STATEMENT BY THE CHIEF EXECUTIVE OFFICER

FOR THE PERIOD 1 JULY 2010 TO 30 JUNE 2011

Pursuant to Section 47C (15f) and (1c) of the Public Finance and Audit Act 1989 I declare that I am:

1. The Financial Statements exhibit a true and fair view of the financial position at 30 June 2011 and the financial performance for the period from 1 July 2010 to 30 June 2011 of the Institute of Sport Division.

2. The Statements have been prepared in accordance with the provisions of the Public Finance and Audit Act 1989, the relevant provisions of the Public Finance and Audit Regulation 2010 and the Treasurer’s Directions.

Further I am not aware of any circumstances which would render any particular included in the Financial Statements to be misleading or inaccurate.

Signed at Sydney this 19 day of November 2011

[Signature]

Chief Executive Officer

FOR FURTHER INFORMATION ON THE NSWIS VISIT WWW.NSWIS.COM.AU
### Institute of Sport Division

#### STATEMENT OF COMPREHENSIVE INCOME

For the Year Ended 30 June 2011

<table>
<thead>
<tr>
<th>Note</th>
<th>$’000</th>
<th>$’000</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Revenue from Continuing Operations</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Personnel Services</td>
<td>6,705</td>
<td>6,447</td>
</tr>
<tr>
<td><strong>Total Revenue from Continuing Operations</strong></td>
<td>6,705</td>
<td>6,447</td>
</tr>
<tr>
<td><strong>Expenditure from Continuing Operations</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salaries</td>
<td>5,525</td>
<td>5,335</td>
</tr>
<tr>
<td>Superannuation - define contribution plan</td>
<td>501</td>
<td>478</td>
</tr>
<tr>
<td>Employee Entitlements</td>
<td>208</td>
<td>136</td>
</tr>
<tr>
<td>Payroll Tax</td>
<td>384</td>
<td>384</td>
</tr>
<tr>
<td>Other</td>
<td>87</td>
<td>114</td>
</tr>
<tr>
<td><strong>Total Expenditure from Continuing Operations</strong></td>
<td>6,705</td>
<td>6,447</td>
</tr>
<tr>
<td><strong>Surplus for the Year</strong></td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Other Comprehensive Income for the Year</strong></td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total Comprehensive Income for the Year</strong></td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

The accompanying notes form part of these statements.
## Institute of Sport Division

### STATEMENT OF FINANCIAL POSITION

As at 30 June 2011

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ASSETS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Current Assets</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trade and Other Receivables</td>
<td>3</td>
<td>1,307</td>
</tr>
<tr>
<td><strong>Total Current Assets</strong></td>
<td>1,307</td>
<td>1,131</td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td>1,307</td>
<td>1,131</td>
</tr>
</tbody>
</table>

| **LIABILITIES**        |         |         |
| **Current Liabilities**|         |         |
| Trade and Other Payables | 4       | 142     | 127     |
| Provisions             | 5       | 1,052   | 888     |
| **Total Current Liabilities** | 1,194   | 1,025   |
| **Non-Current Liabilities** |         |         |
| Provisions             | 5       | 113     | 106     |
| **Total Non-Current Liabilities** | 113     | 106     |
| **Total Liabilities**  | 1,307   | 1,131   |

| **Net Assets**         | -       | -       |
| **Equity**             |         |         |
| Accumulated Funds      | -       | -       |
| **Total Equity**       | -       | -       |

The accompanying notes form part of these statements.
Institute of Sport Division

**STATEMENT OF CASH FLOWS**

For the Year Ended 30 June 2011

<table>
<thead>
<tr>
<th>Note</th>
<th>2011 Inflows/(Outflows) $'000</th>
<th>2010 Inflows/(Outflows) $'000</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cash Flows from Operating Activities</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Payments</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Payments to Suppliers and Employees</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total Payments</strong></td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Receipts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Receipts from Services</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total Receipts</strong></td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Net Cash inflows/(outflows) from Operating Activities</strong></td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Net Increase/(Decrease) in Cash held</strong></td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Cash at the Beginning of the Financial Year</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Cash at the End of the Financial Year</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

The accompanying notes form part of these statements.

Institute of Sport Division

**STATEMENT OF CHANGES IN EQUITY**

For the Year Ended 30 June 2011

<table>
<thead>
<tr>
<th>Note</th>
<th>Accumulated Funds $'000</th>
<th>Total Equity $'000</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Balance at 1 July 2009</strong></td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Surplus for the year</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Other comprehensive income</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total comprehensive income for the year</strong></td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

**Balance at 30 June 2010**

| Balance at 1 July 2010      | -                        | -                 |
| Surplus for the year        | -                        | -                 |
| Other comprehensive income  | -                        | -                 |
| **Total comprehensive income for the year** | -                       | -                 |

**Balance at 30 June 2011**

The accompanying notes form part of these statements.

For further information on the NSWIS visit www.nswis.com.au
NOTES TO THE FINANCIAL STATEMENTS

1. Summary of Significant Accounting Policies

(a) Reporting entity
The Institute of Sport is a Division of the Government Service, established pursuant to Part 2 of Schedule 1 to the Public Sector Employment and Management Act 2002. It is a not-for-profit entity as profit is not its principal objective. It is consolidated as part of the NSW Total State Sector Accounts. It is domiciled in Australia and its principal office is at Building B, Level 1, 6 Figtree Drive, Sydney Olympic Park Homebush Bay.

The Institute of Sport Division’s objective is to provide personnel services to the NSW Institute of Sport.

The Institute of Sport Division commenced operations on 17 March 2006 when it assumed responsibility for the employees and the employee-related liabilities of the NSW Institute of Sport.

The financial report was authorised for issue by the Chief Executive Officer of the NSW Institute of Sport on 21 October 2011. The report will not be amended and reissued as it has been audited.

(b) Basis of preparation
The financial statements are general purpose financial statements which have been prepared in accordance with the requirements of Australian Accounting Standards, the Public Finance and Audit Act 1983, the Public Finance and Audit Regulation 2005, and specific directions issued by the Treasurer. Accounting Standards include Australian equivalents to International Financial Reporting Standards.

The financial statements have been prepared on an accrual accounting basis and on the basis of historical costs and do not take into account changing money values or current valuations.

All amounts are rounded to the nearest one thousand dollars and are expressed in Australian currency.

Management’s judgements, key assumptions.

(c) Income
Income is measured at the fair value of the consideration received or receivable. Revenue from the rendering of personnel services is recognised when the service is provided and only to the extent that the associated recoverable expenses are recognised.

(d) Trade and Other Receivables
A receivable is recognised when it is probable that the future cash inflows associated with it will be realised and it has a value that can be measured reliably. It is derecognised when the contractual or other rights to future cash flows from it expire or are transferred.

A receivable is measured initially at fair value and subsequently at amortised cost using the effective interest rate method, less any allowance for impairment. A short-term receivable with no stated interest rate is measured at the original invoice amount where the effect of discounting is immaterial. An invoiced receivable is due for settlement within thirty days of invoicing.

If there is objective evidence at year end that a receivable may not be collectable, its carrying amount is reduced by means of an allowance for impairment and the resulting loss is recognised in the statement of comprehensive income. Receivables are monitored during the year and bad debts are written off against the allowance when they are determined to be irrecoverable. Any other loss or gain arising when a receivable is derecognised is also recognised in the statement of comprehensive income.

(e) Trade and Other Payables
Payables include accrued wages, salaries, and related on costs (such as payroll tax, fringe benefits tax and workers’ compensation insurance) where there is certainty as to the amount and timing of settlement.

A payable is recognised when a present obligation arises under a contract or otherwise. It is derecognised when the obligation expires or is discharged, cancelled or substituted.

A short-term payable with no stated interest rate is measured at historical cost if the effect of discounting is immaterial.

(f) Employee benefit provisions and expenses
Provisions are made for liabilities of uncertain amount or uncertain timing of settlement. Employee benefit provisions represent expected amounts payable in the future in respect of unused entitlements accumulated as at the reporting date. Liabilities associated with, but that are not, employee benefits (such as payroll tax) are recognised separately.

Annual Leave:
Employee leave entitlements are measured as the amount unpaid at the reporting date at pay rates expected to be paid in respect of employees’ service up to that date. Accrued annual leave is treated as a current liability.

Sick leave:
Unused sick leave does not give rise to a liability as it is not considered probable that sick leave taken in the future will be greater than the benefits accrued in the future.

Long Service Leave:
Long service leave liability is recognized and measured as the present value of expected future payments to be made in respect of services provided by employees up to the reporting date. The liability is calculated in accordance with AASB 119 Employee Benefits and NSW Treasury Circular TC 11/06. Accrued long service leave is treated as both a current and non-current liability.
NSW Institute of Sport Division

NOTES TO THE FINANCIAL STATEMENTS

On costs:
The outstanding amounts of payroll tax, workers’ compensation insurance premiums, superannuation and fringe benefits tax, which are consequential to employment, are recognised as liabilities and expenses where the employee entitlements to which they relate have been recognised.

Superannuation:
The employer’s obligation for employee entitlements is recognised as an expense in the period it relates to. Expense is determined based on 9% of employee salaries. All NSWIS employees are members of a defined contribution plan resulting in no unfunded liability for the Institute of Sport Division.

(g) New Australian Accounting Standards Issued but not Effective
At reporting date a number of Australian Accounting Standards have been issued by the Australian Accounting Standards but are not yet operative. These have not been adopted early by the Institute of Sport Division as they have not been assessed to be not materially affecting the financial statements.

2. RESULT
The Institute of Sport Division did not make any payments to consultants. The audit fee for the entity is met by the NSW Institute of Sport and is estimated at $3,000. The auditors provided no other services other than the audit of the financial statements.

<table>
<thead>
<tr>
<th>Note</th>
<th>2011 $’000</th>
<th>2010 $’000</th>
</tr>
</thead>
<tbody>
<tr>
<td>3. Trade and Other Receivables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sundry Debtors</td>
<td>2</td>
<td>20</td>
</tr>
<tr>
<td>Receivable- NSW Institute of Sport</td>
<td>1,305</td>
<td>1,111</td>
</tr>
<tr>
<td>Total</td>
<td>1,307</td>
<td>1,131</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Note</th>
<th>2011 $’000</th>
<th>2010 $’000</th>
</tr>
</thead>
<tbody>
<tr>
<td>4. Trade and Other Payables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Payables</td>
<td>-</td>
<td>22</td>
</tr>
<tr>
<td>Accruals</td>
<td>142</td>
<td>105</td>
</tr>
<tr>
<td>Total</td>
<td>142</td>
<td>127</td>
</tr>
</tbody>
</table>
Institute of Sport Division

NOTES TO THE FINANCIAL STATEMENTS

5. Provisions

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$'000</td>
<td>$'000</td>
</tr>
<tr>
<td><strong>Current:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Employee Entitlements - Annual Leave</td>
<td>641</td>
<td>557</td>
</tr>
<tr>
<td>- Long Service Leave</td>
<td>411</td>
<td>341</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>1,052</td>
<td>898</td>
</tr>
<tr>
<td><strong>Non-Current:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Employee Entitlements - Long Service Leave</td>
<td>113</td>
<td>106</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>113</td>
<td>106</td>
</tr>
</tbody>
</table>

(a) Provision for Annual Leave and Long Service Leave

The leave liabilities that are expected to be settled within twelve months and outside twelve months are shown below

<table>
<thead>
<tr>
<th></th>
<th>Annual Leave</th>
<th>Long Service Leave</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$'000</td>
<td>$'000</td>
<td>$'000</td>
</tr>
<tr>
<td>Expected to be settled within twelve months</td>
<td>431</td>
<td>411</td>
<td>842</td>
</tr>
<tr>
<td>Expected to be settled outside twelve months</td>
<td>210</td>
<td>113</td>
<td>323</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>641</td>
<td>524</td>
<td>1,165</td>
</tr>
</tbody>
</table>

6. Related Party Information

The following transactions were entered into with the NSW Institute of Sport to provide staff services at cost ($6,704,702)

The Institute of Sport Division received administration and accounting support and payment of external audit fees from the NSW Institute of Sport at no charge.

7. Cash Flow Information

The Institute of Sport Division did not have a bank account at 30 June 2011. All transactions are transacted through the bank account of the NSW Institute of Sport.

8. Events Occurring After Balance Date

There were no subsequent events occurring after balance date that have materially affected or may materially affect the results reported.

End of Audited Statements
APPENDICES

APPENDIX 1: HUMAN RESOURCES

Staffing
As at 30th June 2011 the NSWIS employed 69 full-time, 12 part-time and 20 casual staff.

Table 1: NSWIS Staffing

<table>
<thead>
<tr>
<th>Reporting Period</th>
<th>2007/08</th>
<th>2008/09</th>
<th>2009/10</th>
<th>2010/11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Established Positions</td>
<td>95</td>
<td>81</td>
<td>82</td>
<td>81</td>
</tr>
<tr>
<td><strong>Actual Staff</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Full-Time</td>
<td>85</td>
<td>66</td>
<td>68</td>
<td>69</td>
</tr>
<tr>
<td>Part-Time</td>
<td>10</td>
<td>15</td>
<td>14</td>
<td>12</td>
</tr>
<tr>
<td>Casual</td>
<td>13</td>
<td>26</td>
<td>15</td>
<td>20</td>
</tr>
</tbody>
</table>

The NSWIS workforce comprised 53% male and 47% female with 76% of full-time and part-time staff engaged to provide direct support to the NSW athletes in the areas of coaching and high performance services covering sports science & medical services, program support, athlete career and education, sports psychology and applied research.

Conditions of Employment and Movement in Payroll Costs
All the NSWIS full and part-time staff are employed on a Fixed Term Employment Agreement (most for four years) through the Government Services of NSWIS Institute of Sport Division.

The salary and on-costs for 2010-2011 reflect the organisational structure. The salary and on-costs reflect a 3% salary increment paid to all staff in January 2011 and performance based bonuses paid to staff under the NSWIS’ performance management system.

Staff Turnover increased slightly from 15% in 2009-2010 to 18% in 2010-2011. The staff turnover for 2010-2011 reflects resignations that were received during the reporting period.

Staff Recruitment
In 2010-2011 the following positions were advertised:
- Sports Science Administrator
- Service Provider Strength & Conditioning
- Systems Administrator
- Service Provider – Athlete, Career & Education
- Athlete, Career & Education Administrator
- 2 x Sport Psychologists
- Group Sport Coordinator

Leave Administration
All employees’ leave entitlements are reviewed on an ongoing basis. On a fortnightly basis annual leave entitlements are printed on employee’s pay slips. Any employees whose annual leave entitlements are approaching 40 days or over are contacted to ensure plans are in place to reduce their leave.

Training and Professional Development
All staff are encouraged to participate in a range of learning and professional development activities to expand their technical, operational and strategic skills. Through the NSWIS Performance Management System, training and professional development opportunities are discussed and implemented. During 2010-2011 employees attended a variety of courses and seminars conducted by a number of different training providers. The training included leadership, management, occupational health & safety, finance, IT and specific technical training for NSWIS High Performance Service Staff.

The Coach Excellence Program continued during the reporting period providing professional development opportunities for our coaches. As well as professional development opportunities for our coaches the NSWIS through its Athlete Career and Education Program provide professional development and education opportunities for our Athletes.

See also: Coaching, Athlete & Program Services report, page 16.

Policies and Procedures
During the reporting the NSWIS revisited it’s Values of Excellence, Ethics, Accountability, Team Work and Social Responsibility and as a result the following policies were updated:
- Code of Conduct

All employees have access to all of the NSWIS Policies and Procedures via the intranet.

APPENDIX 2: CODE OF CONDUCT

The NSWIS Code of Conduct sets out the standards of professional behaviour expected by all employees, volunteers and anyone who represents the NSWIS. The Code is incorporated into the Fixed Term Employment Agreement for employees and coaches. As mentioned above the only change to this policy was to reflect the revised NSWIS Values. The Code of Conduct and guidelines are available to all staff via the intranet.

APPENDIX 3: EQUAL EMPLOYMENT OPPORTUNITY

The NSWIS is committed to workplaces that are free of unlawful discrimination and harassment. The NSWIS strives to ensure that practices and behaviour in the workplace do not disadvantage people because they belong to a particular EEO group (Women, Aboriginal and Torres Strait Islander people, people whose first language was not English and people with a disability).

The NSWIS aims to appoint members of a reported EEO group to a vacant position where they are the most suitably qualified applicant and can fulfill the inherent requirements of the position. The NSWIS aims to explore opportunities for staffing vacant positions with members of the presently non-represented EEO groups and increasing the numbers in those categories where representatives are below the target or benchmark.

The EEO statistics for 2010-2011 reflect the following:
- Increase in the number of female NSWIS employees although it did not reach the benchmark target of 50% of total employees.
- The lack of reportable numbers of employees belonging to the Aboriginal and Torres Strait Islanders.
- People whose first language was not English remain the same although it did not reach the benchmark target.
Table 1: Trend in the Representation of EEO Groups

<table>
<thead>
<tr>
<th>EEO Group</th>
<th>Benchmark or Target</th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>50%</td>
<td>38%</td>
<td>37%</td>
<td>40%</td>
<td>47%</td>
</tr>
<tr>
<td>Aboriginal people and Torres Strait Islanders</td>
<td>2.6%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>People whose first language was not English</td>
<td>19%</td>
<td>4%</td>
<td>4%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>People with a disability</td>
<td>12%</td>
<td>3%</td>
<td>1%</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>People with a disability requiring work-related adjustment</td>
<td>7%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 2: Staff Numbers by Level

<table>
<thead>
<tr>
<th>Level</th>
<th>Total Staff</th>
<th>Respondents</th>
<th>Men</th>
<th>Women</th>
<th>Aboriginal People &amp; Torres Strait Islanders</th>
<th>People from Racial, Ethnic, Ethno-Religious Minority Groups</th>
<th>People Whose Language First spoken as a child was not English</th>
<th>People with a Disability</th>
<th>People with a disability requiring work-related adjustment</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;$38,144</td>
<td>8</td>
<td>8</td>
<td>3</td>
<td>5</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$38,144-$50,099</td>
<td>11</td>
<td>11</td>
<td>5</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$50,099-$70,873</td>
<td>13</td>
<td>13</td>
<td>7</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$70,874-$91,652</td>
<td>21</td>
<td>21</td>
<td>14</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$91,653-$114,566</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&gt;$114,566 (non SES)</td>
<td>6</td>
<td>6</td>
<td>5</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&gt;$114,566 (SES)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>81</td>
<td>81</td>
<td>49</td>
<td>32</td>
<td>4</td>
<td>1</td>
<td></td>
<td>4</td>
<td>1</td>
</tr>
</tbody>
</table>

Table 3: Percent of Total Staff by Salary Level

<table>
<thead>
<tr>
<th>Subgroup as percent of Total Staff at Each Level</th>
<th>Subgroup as Estimated percent of total staff at each level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level</td>
<td>Total Staff</td>
</tr>
<tr>
<td>-------------------------------------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>&lt;$38,144</td>
<td>8</td>
</tr>
<tr>
<td>$38,144-$50,099</td>
<td>11</td>
</tr>
<tr>
<td>$50,099-$70,873</td>
<td>13</td>
</tr>
<tr>
<td>$70,874-$91,652</td>
<td>21</td>
</tr>
<tr>
<td>$91,653-$114,566</td>
<td>5</td>
</tr>
<tr>
<td>&gt;$114,566 (non SES)</td>
<td>6</td>
</tr>
<tr>
<td>&gt;$114,566 (SES)</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>81</td>
</tr>
</tbody>
</table>

Estimated Range 95% confidence level

- 3.7% to 3.7%
- 2.4% to 2.4%
### Table 4: Staff Numbers by Employment Basis

<table>
<thead>
<tr>
<th>Level</th>
<th>Total Staff</th>
<th>Respondents</th>
<th>Men</th>
<th>Women</th>
<th>Aboriginal People &amp; Torres Strait Islanders</th>
<th>People from Racial, Ethnic, Ethno-Religious Minority Groups</th>
<th>People Whose Language First spoken as a child was not English</th>
<th>People with a Disability</th>
<th>People with a disability requiring work-related adjustment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Permanent Full-Time</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Permanent Part-Time</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Temporary Full-Time</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Temporary Part-Time</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contract SES</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contract Non-SES</td>
<td>81</td>
<td>81</td>
<td>49</td>
<td>32</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Training Positions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Retained Staff</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Casual</td>
<td>20</td>
<td>20</td>
<td>7</td>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>101</td>
<td>101</td>
<td>56</td>
<td>45</td>
<td></td>
<td></td>
<td></td>
<td>4</td>
<td>1</td>
</tr>
</tbody>
</table>

### Table 5: Percent of Total Staff by Employment Basis

<table>
<thead>
<tr>
<th>Subgroup as percent of Total Staff at Each Level</th>
<th>Subgroup as Estimated percent of total staff at each level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level</td>
<td>Total Staff</td>
</tr>
<tr>
<td>-------------------------------------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>Permanent Full-Time</td>
<td></td>
</tr>
<tr>
<td>Permanent Part-Time</td>
<td></td>
</tr>
<tr>
<td>Temporary Full-Time</td>
<td></td>
</tr>
<tr>
<td>Temporary Part-Time</td>
<td></td>
</tr>
<tr>
<td>Contract SES</td>
<td></td>
</tr>
<tr>
<td>Contract Non-SES</td>
<td>81</td>
</tr>
<tr>
<td>Training Positions</td>
<td></td>
</tr>
<tr>
<td>Retained Staff</td>
<td></td>
</tr>
<tr>
<td>Casual</td>
<td>20</td>
</tr>
<tr>
<td>Total</td>
<td>101</td>
</tr>
</tbody>
</table>

Estimated Range 95% confidence level
APPENDIX 4: OCCUPATIONAL HEALTH & SAFETY

The NSWIS is committed to providing a safe working and training environment for its staff, athletes, clients and visitors accessing its premises. The prime responsibility for ensuring the health, safety and welfare of all employees, athletes and visitors rests with the CEO and Managers whilst all employees are aware of their own responsibilities in maintaining a safe working environment.

During the reporting period the NSWIS conducted training for all staff including training for Managers in line with the NSW Government’s Working Together: Public Sector OHS and Injury Management Strategy. The NSWIS Occupational Health and Safety Committee met on three occasions during the reporting period with minutes of those meetings posted on notice boards around the office and on the NSWIS intranet. Site inspections were carried prior to every meeting and any identified hazards discussed by the committee and brought to the attention of the Manager for appropriate resolution.

For the reporting period NSWIS reported 8 injuries:
- 2 employee work–related injuries;
- 6 athlete–training injuries whilst training in the NSWIS Training Centre.

The 8 employee work–related injuries resulted in 0 lost time injuries and 0 days lost. All athletes received appropriate treatment and are all back training in their respective sports.

APPENDIX 5: DISABILITY ACTION PLAN

The NSWIS continues to support disabled athletes and coaches through the Wheelchair Track and Field, Wheelchair Basketball, Individual Scholarships and Athletes with a Disability Programs. The NSWIS continues to maintain a close relationship with the Australian Paralympic Committee and Communities NSW - Sport and Recreation disabled sports unit to encourage involvement and elite performance for disabled athletes.

The NSWIS Athlete with Disabilities (AWD) Program is a joint funded program between the NSWIS and Communities NSW-Sport and Recreation for high performing athletes with a disability. During 2010-11 the NSWIS program provided AWD high performance athletes with access to competition and training support, as well as a broad range of NSWIS support services, including sports science and medicine, strength and conditioning, sport psychology, nutritional advice and ACE/PD.

The NSWIS continues to ensure that we meet the needs of people with a disability through ensuring appropriate access to head office premises, access to information and improving employment opportunities for people with a disability. (See also: Athletes with a Disability Report on page 56 for further details.)

APPENDIX 6: ACTION PLAN FOR WOMEN

The NSWIS provides equal employment opportunity for women to ensure the organisation is representative of the community it serves. As at 30th June 2011, 47% of employees were women compared to 40% in the previous year. The Government’s action plan for women includes objectives for the position of women in society and improving women’s health and quality of life.

This year NSWIS again provided $50,000 through the Women in High Performance Sport Initiative to support the development of women in service and coaching roles. In 2010-11 NSWIS female coaches from the Diving, Football-Regional, Hockey and Cycling Programs benefited specifically. NSWIS acknowledges the need for more female coaches at the elite level and continue to investigate strategies to develop the skills and opportunities for female coaches. (See also: Coach Athlete and Program Services Report on page 23 for further details.)

APPENDIX 7: ETHNIC AFFAIRS

The NSWIS activities are centered on providing services to athletes and coaches that will improve NSW athlete performance on the National and International stage. The NSWIS respects the rights of Australian citizens and residents who wish to become citizens to seek employment from advertised vacancies.

NSWIS continues to explore opportunities to meet the needs of stakeholders from diverse cultural backgrounds and to provide multi-cultural diversity in our programs where there is a direct benefit to improving the performance NSW athletes and the achievements of NSWIS.

APPENDIX 8: 2010-2011 BUDGET

2010-11 Budget for the economic entity.

<table>
<thead>
<tr>
<th>INCOME</th>
<th>$’000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grants</td>
<td></td>
</tr>
<tr>
<td>State Government-Operating</td>
<td>10,182</td>
</tr>
<tr>
<td>Commonwealth</td>
<td>100</td>
</tr>
<tr>
<td>National &amp; State Sporting Organisations</td>
<td>2,279</td>
</tr>
<tr>
<td>Sub-Total</td>
<td>12,561</td>
</tr>
<tr>
<td>Sponsorship</td>
<td></td>
</tr>
<tr>
<td>ClubsNSW</td>
<td>1,040</td>
</tr>
<tr>
<td>Other</td>
<td>300</td>
</tr>
<tr>
<td>Sub-Total</td>
<td>1,340</td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
<tr>
<td>Interest</td>
<td>60</td>
</tr>
<tr>
<td>Sundry</td>
<td>410</td>
</tr>
<tr>
<td>Sub-Total</td>
<td>470</td>
</tr>
<tr>
<td>Internal Funds Transfers</td>
<td>438</td>
</tr>
<tr>
<td>Funds from Reserves</td>
<td>952</td>
</tr>
<tr>
<td>Total Funds</td>
<td>15,761</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>EXPENDITURE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Salaries &amp; Associated Payroll Costs</td>
<td>6,651</td>
</tr>
<tr>
<td>Operating Costs - Sports Programs</td>
<td>4,019</td>
</tr>
<tr>
<td>- Executive</td>
<td>224</td>
</tr>
<tr>
<td>- Finance &amp; Corporate Services</td>
<td>786</td>
</tr>
<tr>
<td>- Occupancy Costs</td>
<td>2,220</td>
</tr>
<tr>
<td>- Marketing</td>
<td>451</td>
</tr>
<tr>
<td>- ICT</td>
<td>83</td>
</tr>
<tr>
<td>- Sport Science</td>
<td>156</td>
</tr>
<tr>
<td>- Medical Services</td>
<td>180</td>
</tr>
<tr>
<td>- Programs Support</td>
<td>35</td>
</tr>
<tr>
<td>- Regional Mobile Services</td>
<td>670</td>
</tr>
<tr>
<td>- Athlete Career &amp; Education</td>
<td>90</td>
</tr>
<tr>
<td>- Sports Psychology</td>
<td>116</td>
</tr>
<tr>
<td>- Applied Research Program</td>
<td>80</td>
</tr>
<tr>
<td>Total Expenditure</td>
<td>15,761</td>
</tr>
<tr>
<td>Surplus/(Deficit)</td>
<td>-</td>
</tr>
</tbody>
</table>
APPENDIX 9: GUARANTEE OF SERVICES

Our main clients are elite NSW athletes and coaches. The NSW Institute of Sport aims through its internationally acclaimed programs and services to be a leader in high performance sport in Australia. The NSWIS is committed to delivering high performance sports services throughout NSW to all NSWIS scholarship holders. We seek to improve our performance through a commitment to excellence across all areas of our operations.

It is our aim to provide our athletes with cost effective and priority access to daily training facilities together with expert coaches, state of the art equipment and specialist services (sport science, sports medicine, sports psychology and career and education) to enhance athlete and program performance. In dealing with service delivery all NSWIS staff must abide by the Institute’s code of conduct. The NSWIS will consider all complaints carefully and welcomes suggestions to improve its efficiency and effectiveness. The NSWIS has established a Guarantee of Services Policy which includes a Public Complaint/Suggestion Form.

Our organisation also seeks to establish and maintain effective strategic alliances which will enhance the services we provide to our coaches and athletes. The NSWIS also interacts with government organisations; national and state sporting Institutes; national and state sporting organisations; Australian and International Universities; suppliers; the media and the general public.

APPENDIX 10: CONSUMER RESPONSE

The NSWIS did not receive any complaints regarding services in 2010-11 and met the standards set out in the Guarantee of Service. The NSWIS undertook mid-year and annual reviews of each sport program and services provided to athletes.

APPENDIX 11: FREEDOM OF INFORMATION

The NSWIS did not receive any requests in 2010-11 for information under the Freedom of Information Act, 1989.

APPENDIX 12: LEGAL CHANGE

The NSWIS operates under the Institute of Sport Act 1995. There were no changes to Act in 2010-11.

APPENDIX 13: COMMITTEES

During the year the NSWIS continued to facilitate meeting for a number of internal committees.

Joint Management Committee (34 committees across sports) – includes sport specific Head Coaches, NSWIS Chief Executive Officer, NSWIS Manager- Coach, Athlete and Program Services, NSWIS Sport Consultant and representatives from the State and National Sporting Organisations. The committees meet every six months and are responsible for overseeing and reviewing sports program performance and the fulfillment of responsibilities included in the sport’s Annual Plan.

Internal Audit Committee – the committee is chaired by the NSWIS’s Deputy Chairman and meets annually to discuss findings from the annual internal audit conducted by Deloitte Touche Tohmatsu and the audit of the NSWIS’s annual accounts conducted by the NSW Audit Office. The committee is responsible for ensuring that the NSWIS has adequate internal controls in place for managing the financial, operational and statutory compliance requirements of the organisation.

External Committees – NSWIS staff were members on the following external committees: National Elite Sports Council, National Elite Sports Council subcommittees for Sports Science Medicine, Athlete Career and Education and Program Management.

APPENDIX 14: CONSULTANTS

During the reporting period the NSWIS engaged two companies on a retainer for the provision of ongoing legal and HR services. A number of providers on a fee for service contracts basis were engaged to deliver specific IT and finance services as well as specialist coaching, sports psychology, medical and nutrition advice. These external providers provide advice and specialist services that supplement the services provided by our internal staff and coaches. In 2010-11 NSWIS there were three consultants engaged greater than $30,000 providing media services, high performance coaching services and applied research.

APPENDIX 15: PUBLICATIONS AND PROMOTIONS

During the reporting period the following publications were produced:

- 2009-10 NSWIS Annual Report
- 2 issues of the Edge Magazine
- Annual Awards Program 2010

During the reporting period NSWIS continued to upgrade the appearance, functionality and content of its website to make it more user-friendly for people visiting the website. The latest information on the NSWIS, our athletes and sports is available 24 hours daily on our website at www.nswis.com.au.

APPENDIX 16: OVERSEAS TRAVEL

During 2010-11 NSWIS staff, coaches and athletes travelled overseas for professional development opportunities, international competition and training opportunities. The following sports programs funded athletes to train and compete overseas, in some cases costs were either fully or partially recovered from the athlete:

<table>
<thead>
<tr>
<th>Sport</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>1,000</td>
</tr>
<tr>
<td>Diving</td>
<td>4,102</td>
</tr>
<tr>
<td>Rowing</td>
<td>454</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>6,624</td>
</tr>
<tr>
<td>Sailing</td>
<td>462</td>
</tr>
<tr>
<td>Athletes with</td>
<td>2,000</td>
</tr>
<tr>
<td>Disabilities Program</td>
<td></td>
</tr>
<tr>
<td>Winter Sports -</td>
<td>6,135</td>
</tr>
<tr>
<td>Snowboarding</td>
<td></td>
</tr>
<tr>
<td>Cycling</td>
<td>1,987</td>
</tr>
<tr>
<td>Wheelchair T &amp; Road</td>
<td>38,976</td>
</tr>
<tr>
<td>Netball</td>
<td>2,082</td>
</tr>
<tr>
<td>Water Polo Men</td>
<td>11,680</td>
</tr>
<tr>
<td>Swimming</td>
<td>46,133</td>
</tr>
<tr>
<td>Hockey Women</td>
<td>522</td>
</tr>
</tbody>
</table>

Apart from our coaches and athletes NSWIS staff travelled overseas for professional development opportunities and to support sports during competition and training activities.

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Where</th>
<th>Purpose</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>C Turner</td>
<td>Chief Executive Officer</td>
<td>New Zealand</td>
<td>NESC Meeting</td>
<td>2,612</td>
</tr>
<tr>
<td>C Turner</td>
<td>Chief Executive Officer</td>
<td>New York</td>
<td>Professional Development</td>
<td>4,101</td>
</tr>
<tr>
<td>C Turner</td>
<td>Chief Executive Officer</td>
<td>Shanghai/ Europe</td>
<td>World Aquatic Championships Professional Development</td>
<td>11,590</td>
</tr>
<tr>
<td>B Harvey</td>
<td>Sports Science Manager</td>
<td>US</td>
<td>Professional Development Conference</td>
<td>2,383</td>
</tr>
</tbody>
</table>
APPENDIX 17: PAYMENTS OF ACCOUNTS

The NSWIS processes payment by electronic funds transfer or cheque on a weekly basis and aims to pay all accounts within 30 days.

<table>
<thead>
<tr>
<th>Schedule of Accounts Payable</th>
<th>Qtr Ended Sep-10 $'000</th>
<th>Qtr Ended Dec-10 $'000</th>
<th>Qtr Ended Mar-11 $'000</th>
<th>Qtr Ended Jun-11 $'000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current</td>
<td>135</td>
<td>159</td>
<td>26</td>
<td>166</td>
</tr>
<tr>
<td>Between 30-60 Days</td>
<td>17</td>
<td>6</td>
<td>4</td>
<td>18</td>
</tr>
<tr>
<td>Between 60-90 Days</td>
<td>-</td>
<td>-</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>More than 90 Days</td>
<td>17</td>
<td>7</td>
<td>7</td>
<td>20</td>
</tr>
<tr>
<td>Totals</td>
<td>169</td>
<td>157</td>
<td>41</td>
<td>207</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Schedule of Accounts Paid on Time</th>
<th>Qtr Ended Sep-10 $'000</th>
<th>Qtr Ended Dec-10 $'000</th>
<th>Qtr Ended Mar-11 $'000</th>
<th>Qtr Ended Jun-11 $'000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounts Paid on time</td>
<td>2,409</td>
<td>2,835</td>
<td>2,007</td>
<td>2,735</td>
</tr>
<tr>
<td>Total accounts paid</td>
<td>2,567</td>
<td>3,037</td>
<td>2,198</td>
<td>2,921</td>
</tr>
<tr>
<td>% accounts paid on time</td>
<td>94%</td>
<td>93%</td>
<td>91%</td>
<td>94%</td>
</tr>
<tr>
<td>Target % paid on time</td>
<td>100%</td>
<td>100%</td>
<td>100%</td>
<td>100%</td>
</tr>
</tbody>
</table>

APPENDIX 18: RISK MANAGEMENT AND INSURANCE

Internal Audit
In 2010-11 the NSWIS engaged Deloitte Touche Tohmatsu to undertake its annual internal audit. The 2010-11 audit involved an assessment of the organisation’s credit card management function.

Insurance
The NSWIS participates in the Treasury Managed Fund which is the State Government Insurance Scheme. The scheme is administered on behalf of the Government by GIO Australia and Allianz. The scheme covers workers compensation, motor vehicles, property damage and public liability – the major insurance risks of the NSW Institute of Sport.

Risk Management
NSWIS is committed to having an effective risk management process in place to minimise the risk exposure to the business, its staff and athletes. The OHS committee performs quarterly inspections of the organisation’s building to ensure that OHS risks & hazards are identified and rectified. Monthly reviews of NSWIS financial statements are undertaken to ensure that the organisation is working within its allocated financial resources. NSWIS is committed to supporting the health, safety and welfare of athletes and coaches who are travelling overseas and through the Department of Foreign Affairs and Trade monitor the safety of the countries they are travelling to.

APPENDIX 19: ENERGY MANAGEMENT

The NSWIS is committed to responsible energy management for both environmental and financial objectives. The NSWIS aims to achieve cost savings through reduced energy consumption and greater use of greenhouse technologies. NSWIS has worked with the Owner of our premises to implement energy saving options and continues to look at ways to improve and reduce energy consumption.

In relation to our electricity the owner has elected to purchase 100% green power for the NSWIS building for its lighting and air conditioning. Also, the NSWIS building is connected to the SOPA grey water system which has seen our water usage from Sydney Water reduce significantly during the reporting period.

APPENDIX 20: PRIVACY AND PERSONNEL INFORMATION POLICY

In accordance with the Privacy and Personnel Information Protection Act 1988 the Institute developed a Privacy and Personnel Information Policy in 2000/01 to meet the requirements of the Act. In 2010-11 there were no changes made to the policy and no applications for review during the period.

APPENDIX 21: CREDIT CARD CERTIFICATION

The Chief Executive Officer certifies that credit card use in the NSWIS is in accordance with relevant Premier’s Memoranda and Treasurer’s Guidelines.

APPENDIX 22: ACCESS

Location
NSWIS Building
6 Figtree Drive
Sydney Olympic Park 2127

Postal Address
PO Box 476
Sydney Markets NSW 2129
Telephone: 02 9763-0222
Facsimile: 02 9763-0250
Website: www.nswis.com.au

Hours of Business
9am to 5pm Monday to Friday

APPENDIX 23: ANNUAL REPORT PUBLICATIONS DETAILS

Published by: NSW Institute of Sport
Managing Editor: Kirsten Thomson
Editor: Chris Jones
Copywriting: Chris Jones
Photography: Getty Images
Design and Production: Southern Design Group
Printing: Southern Design Group
Print run: 250

For further information on the NSWIS visit www.nswis.com.au
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