NSWIS gratefully acknowledges the financial support the Australian Sports Commission provides to its programs and is pleased to assist with the delivery of NTC programs and services.
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The buildup to a major event is almost as exciting as the event itself, because we often see NSWIS scholarship holders achieving incredible athletic feats which get us excited for what’s ahead. The 2011/12 reporting period was no different, with several NSWIS athletes succeeding on the world stage in preparation for the 2012 Olympic and Paralympic Games.

During the course of the reporting period, 17 NSWIS athletes were crowned world champions, five NSWIS athletes were crowned junior world champions and one NSWIS athlete won a youth world championship. While not all of these victorious athletes will compete at the 2012 London Games, the world class results achieved across seven different sport programs highlights the great depth of sporting talent in NSW.

Of course we all saw the results of NSWIS swimmers at the 2011 FINA Aquatic World Championships, finishing with some historic performances, but elsewhere there were some equally memorable feats achieved by NSWIS athletes.

Three netballers were part of the victorious Australian Diamonds team at the 2011 Netball World Championships in Singapore, where Australia defeated arch-rivals New Zealand 58-57 in an extra time thriller. Four rowers and four sailors won world championship gold at their respective events, paving the way to representation at the 2012 London Olympic and Paralympic Games, while canoe slalom athletes Jessica Fox and Rosalyn Lawrence combined to win women’s team C1 gold at the 2011 ICF Canoe Slalom World Championships.

Perhaps most importantly our junior athletes continue to excel on the world stage. Cyclists Jackson Law and Caleb Iwan triumphed at the 2011 UCI Junior Track Cycling World Championships, three NSWIS rowers achieved world champion status at the junior rowing world championships, and Jake Stein triumphed at the 2011 IAAF World Youth Championships.

Stein’s performance at the youth world championships was of significant importance as he set a new world record in the men’s decathlon en route to gold. Australia’s track & field stocks have grown significantly in recent years, and Stein’s performance in France is a sign of the strength of our rising stars.

It would be remiss of me not to highlight the 2012 London Games, as the Institute is again expected to field a strong contingent of athletes competing for Australia, with 85 athletes scheduled for Olympic representation and 43 for Paralympic representation. I have experienced over 50 years of the Olympic movement, and every Games is exceptional in its own right.

The preparation for an Olympic and Paralympic Games is always a special time, and while the athletes often receive the plaudits for their accomplishments I must also mention the hard work of the NSWIS staff behind the scenes. The Institute’s coaches, sport science and administration staff works tirelessly to ensure the athletes are as prepared for the Games as they can be, and for that they must be thanked.

Following that I would like to mention the ongoing support of the NSW State Government. They have been pivotal to the Institute since our inception in 1996, and without their backing we would not have achieved the success seen during this reporting period and in years past.

I would also like to express my sincere thanks to ClubsNSW, the Institute’s Principal Partner. ClubsNSW provide over $1 million a year in sponsorship support, and during an Olympic and Paralympic year this assistance is paramount to our success.

Finally, I wish to thank the NSWIS Board, Deputy Chairman Alan Jones AO and CEO Charles Turner for their continued contribution to successful operation of the NSWIS.

On behalf of the Institute I congratulate all NSWIS athletes, coaches, and staff for their efforts in the preparation for the 2012 London Games. We have a proud history of success at the Games and I’m sure London will be no different.
The 2011/12 reporting period was of particular importance for the Institute as the 2012 London Olympic and Paralympic Games drew ever closer, with a number of significant athletic achievements posturing NSWIS athletes as potential medalists at the Games. The Institute will contribute over 80 athletes to the Australian Olympic team and over 40 athletes to the Australian Paralympic team in 2012. Our contribution to the Olympic team is expected to be similar to the 85 who represented the Institute in Beijing, while our Paralympic contingent is expected to be greater than the 36 who competed in 2008.

As a leading high performance sport Institute, our four-year focus is the Olympic and Paralympic Games.

Over the past 12 months discussions regarding sport inclusion for the next four years have taken place between the Institute and its respective state and national sporting organisations. Although a difficult process, given the current economic climate it is a necessity for the Institute to carefully consider all aspects of sport inclusivity for the next four years and make decisions accordingly.

As we embark on this time of change it is important to note those who continue to provide support to the Institute.

The 2011 NSWIS Awards Dinner, held at the Australian Turf Club, once again recognised NSWIS athletes, coaches and sport programs for their achievements around the world. Magnussen was awarded the ClubsNSW Male Athlete of the Year for his world championship-winning performances, while the Samsung Female Athlete of the Year went to Holly Crawford. Crawford became Australia’s first female snowboard half-pipe world champion in January 2011, an amazing accomplishment and a sign of Australia’s talent in the winter sport arena.

The reporting period has also seen the Institute begin its preparations for the London Olympic and Paralympic Games.
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.

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, ethics, accountability, team work 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.
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 encouraged alignment of athlete performance and encompassed key service priorities:

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

The NSWIS continued to offer a decentralised approach to supporting athletes across NSW and provided opportunities in a variety of home based, central, regional, interstate and offshore environments. Athletes were given extensive access to the NSWIS medical and sport psychology networks, with the Institute continually advancing its technology to enable effective communication and servicing to any athlete no matter their location.

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

The NSWIS provided additional coaching resources in targeted programs allowing top coaches to focus on achieving Olympic and Paralympic performance targets with athletes. Coaches were encouraged and supported to work directly with national teams to assist in achieving national performance targets and international success.

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

Coach Development

The Institute’s Coach Excellence Program continued to focus on the identification, recruitment, development, supportive management and succession management of potential international, developing international, senior international and world class coaches.

This reporting period was emphasised on the development & supportive management of coaches in the lead up to Olympic and Paralympic events. Strategic discussions with sports regarding the retention of effective coaches and succession management commenced.

The NSWIS provided additional coaching resources in targeted programs allowing top coaches to focus on achieving Olympic and Paralympic performance targets with athletes. Coaches were encouraged and supported to work directly with national teams to assist in achieving national performance targets and international success.

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

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 acquired and diversified funding opportunities, and, through the effective management of resources, was able to offer world class support services in an innovative manner.

NSWIS athletes were provided access to performance services on a prioritised basis. The NSWIS developed a nationally consistent athlete selection criteria and scholarship categories for gradual adoption and full implementation by 1 January 2013. By implementing the national framework for athletic scholarships, the NSWIS/rainbow support for the principle of supporting athletes in a more equitable fashion, regardless of location.

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

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. Further to this, comprehensive support and training for NSWIS coaches was provided by the NSWIS Information, Communication and Technology (ICT) Department.

New technology and use of existing technology were constantly being assessed for innovative applications to improve the information provided to coaches and athletes, ensuring the best tools were available to produce results.

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 portal, private webmail enabled through the webmail access emails via the internet from any location, and ‘push a mail’ allowing NSWIS emails to be pushed to iPhones and other smart phones.

The development of the Athlete Logic client relationship system continued with the system now available to all units within the NSWIS. A web version of the system has been developed which will provide our partners with access to essential data required during JMC meetings towards the end of 2012. An online athlete scholarship module was also developed, this will enable athletes to review forms and accept scholarships electrically from 2013. Microsoft SharePoint 2010 was also introduced within Sport Science and Medical Services and Programs Units to help provide a more functional records management system and ERP system. The Share system is to be rolled out to the remaining business units in the next 12 months.

See also: Coaching, Athlete and Program Services, page 16, the Applied Research Program, page 25, and Marketing, page 34, sections of this report for further information.

Values and Image

The Institute presented values in action, an initiative ensuring 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, helping to provide a desirable working environment by recognising the importance of staff, coaches, athletes and program partners in the effective functioning of the NSWIS.

The NSWIS enhanced its public image through a number of promotional activities including the 2011 NSWIS Annual Awards Dinner and the launch of the Institute’s new athlete training facility at Sydney Olympic Park Aquatic Centre.

The NSWIS Marketing Department continued to develop and maintain relationships with key contacts across a range of media.

The growth of the Institute’s social media presence continued during the reporting period, with a particular focus on the 2012 London Games. The platforms, including Twitter, Facebook and YouTube, were used to promote the achievements of athletes, coaches and sport programs to a larger audience than ever before, while also affirming the general public’s opportunity to interact with the NSWIS on a daily basis.

The Institute worked with Sport Communication Australia to implement the Olympic and Paralympic media plan. The core of the plan saw NSWIS athletes gain exposure through various media opportunities in preparation for the 2012 London Games.

As part of the focus in the London 2012 Games, the NSWIS developed its website. The website provided an improved opportunity to promote the NSWIS brand and complements the Institute’s decentralised approach to athlete, coach and sport program support. The redevelopment included a public facing website and a secure section, which will allow coaches, athletes and key stakeholders access to information and resources from a decentralised location.

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.

Telecommunications and security support was also provided for the building’s clients, Communities NSW, Sydney Sports Medicine Centre, Australian Sports Drug Agencying, Australian Waterpolo Incorporated, Diplomat Consulting and Movita Travel.

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

Leadership

Through engagement with key stakeholders, the Institute supported the NSWIS ACTU in the development of the Institute’s strategic 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 athletic performance outcomes. The NSWIS supported views from the Commonwealth of prospective 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.

During the reporting period, the NSWIS worked with sport program partners to establish placards for inclusion as NSWIS quad sport programs for the period 1 January 2013 to 31 December 2016. Sport inclusion is based on NSWIS Board approval.

- Squad sport accreditation criteria, which determines sports to be included
- Sports Priority Framework, which determines the level and term of support sports are eligible for

The 2013-2016 Sports Priority Framework was developed in line with the nationally consistent framework for athlete scholarship categories, and includes the following quad sport categories:

- World Class focus – provides a world class daily training environment, and supports a senior elite, elite development and emerging talent pathway to achieve sustainable success at the senior international level of competition
- International Development focus – provides a high performance training environment that supports sustainable international success
- International Campaign focus – provides selective support for a high performance training environment or campaign to achieve success at a designated international event(s) (e.g. Olympic / Paralympic Games and Commonwealth Games)

Success profiles were established for the three quad sport categories. All current NSWIS sports were invited to discuss their proposed 2013-2016 quad sport program in line with those profiles. The profiles focused on nine key elements:

- Finance for the NSWIS program
- Organisation and structure of the NSWIS program
- Emerging talent development and pathway within the NSWIS program
- Coaching provision and development within the NSWIS program
- Foundation and culture of the NSWIS program
- Sport partnerships and post-career support within the NSWIS program
- Training environment (global and local elements)
- High performance services, for the NSWIS program
- Opportunities for competition (national and international elements) within the NSWIS program
- Scientific research and application within the NSWIS program
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<th>NO. OF INTERNATIONAL EVENTS ATTENDED</th>
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<td>Diving</td>
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<td>36</td>
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<td>Triathlon</td>
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<td>Winter Sports</td>
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<td><strong>OTHER PROGRAMS</strong></td>
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<td>Individual Scholarships (including campaign 2012)</td>
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<td>18</td>
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<td><strong>TOTAL</strong></td>
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<td><strong>288</strong></td>
<td><strong>136</strong></td>
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*Wheelchair Track & Road results included in Track & Field
* Wheelchair Basketball results included in Basketball
* Campaign 2012 results included in Individual Scholarship

NB: Total number of NSWIS Sport Programs was reduced from 30 (for 2005-2008) to 26 (2009-2012) – affecting scorecard totals.
The 2011 NSWIS Annual Awards Dinner was held on Thursday 17 November 2011 at the Australian Turf 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

The Australian College of Physical Education
Academic Excellence – General
Gabrielle King – Sailing

The University of Sydney Academic Excellence
Kenneth To – Swimming
Jenny Blow – Goalball

The University of NSW Career Development
Eamon Sullivan – Swimming

2011 NSWIS AWARDS DINNER

Ian Thorpe Outstanding Achievement
Nathan Johnstone – Winter Sports

Out & About Marketing and Media Junior Athlete of the Year
Caleb Ewan – Cycling

Classic Sportswear Most Memorable Moment
Men’s 4x100m Freestyle Relay (Matthew Abood, James Magnussen, Eamon Sullivan) – Swimming

Office of Communities, Sport and Recreation
Regional Excellence
Nathan Outteridge – Sailing

Sydney City Toyota Team Athlete of the Year
James Magnussen – Swimming

Ian Thorpe Outstanding Achievement
Nathan Johnstone – Winter Sports

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Regional Excellence
Nathan Outteridge – Sailing

Sydney City Toyota Team Athlete of the Year
James Magnussen – Swimming
NSWIS ANNUAL REPORT 2011/2012

MARKETING

The NSWIS Marketing Department delivered the following services during the reporting period:

- Sponsorship and partnership procurement and servicing
- Media and publications
- Event development and management
- Branding and promotions

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 Rio de Janeiro 2016 Olympic and Paralympic Games.

During the reporting period the NSWIS and ClubsNSW worked together on a number of initiatives including the Employ an Athlete program. ClubsNSW presented the 2011 NSWIS Male Athlete of the Year award to NSWIS world champion James Magnussen at the 2011 NSWIS Awards Dinner.

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
- Strategic Partners
- Sponsors & Partners
- Media & Publications
- Website
- Providers & Sponsors

Principal Partner

ClubsNSW

Strategic Partners

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

Sponsors & Partners

- Classic Sportswear
- Mingenew Recreation Club
- Parisher Blue
- Parrish White Water Stadium
- Sydney Academy of Sport
- Sydney International Equestrian Centre
- Sydney Olympic Park Aquatic Centre
- Sydney Olympic Park Domestic Centre
- Sydney Olympic Park Sports Centre
- The Forum Sports & Aquatic Centre (University of Newcastle)
- Kincob 

Sponsors & Partners

- Creative Stars Events & Experiences
- Coca Cola
- GraysOnline
- Hutchings Pianos
- Getty Images
- The Australian College of Physical Education
- Classic Sportswear
- Out & About Marketing and Media
- Office of Communities, Sport and Recreation
- The University of Sydney
- The University of NSW
- Sydney Olympic Park Sports Centre
- Dunc Gray Velodrome
- The Australian College of Physical Education
- FIAFitnation
- The University of Wollongong
- Sydney Olympic Park Sports Centre
- Creative Stars Events & Experiences
- Emerton.

Media & Publications

The NSWIS Marketing Department continued to produce news stories, press releases, weekly e-newsletters, and promote opportunities for NSWIS athletes, staff, and sport programs. The NSWIS worked with key media contacts to develop news worthy opportunities and to promote NSWIS initiatives.

During the reporting period the marketing department continued to develop its social media channels including its dedicated Facebook, Twitter and YouTube pages. In 2012 the Marketing Department aimed to expand the Institute’s reach and engagement with the global sporting community, promoting the wonderful achievements of our athletes and coaches, as well as developing an increasingly diversified network of contacts via social media tools.

The new site saw a secure section built for NSWIS athletes and coaches, allowing the Institute to provide improved online high performance services to all NSWIS athletes, including regionally based athletes.

The secure site features a resources section for athletes and coaches that include ACE workbooks, sport psychology updates, coaching manuals, etc. It also provides the opportunity for the NSWIS sport science team to upload video analysis feedback for athletes and coaches and the site will provide the opportunity for all athletes and coach forms to be submitted online.

The 2011 NSWIS Annual Awards Dinner was a sparkling success. Held on Thursday 17 November 2011 at the Australian Turf Club, over 700 guests attended the occasion to celebrate the achievements of our athletes, coaches and sport programs.

Events

The 2011 NSWIS Athletic Awards Dinner was a success. Held on Thursday 17 November 2011 at the Australian Turf Club, the NSWIS and Altitude Technology Solutions launched revolutionary new attitude training system. The facility, a post-focused training system, is a canopy which covers two, 25 metre lanes of a swimming pool. The design includes a hydraulic system that generates an environment similar to that experienced during altitude training.

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

- ClubsNSW
- Creative Stars Events & Experiences
- Sydney Olympic Park Sports Centre
- Sydney Olympic Park Aquatic Centre
- Sydney Olympic Park Domestic Centre
- Creative Stars Events & Experiences
- Emerton.

The 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 present an image and message of respect and responsibility in the community. During 2012 the NSWIS saw an increase in the interest of sport speakers due to the 2012 London Games approaching.
Coaching – Tim Jacobs travelled with the Australian Para-Panama team coach and deputy vice president of the International Canoe Federation.  

Canoe sprint – Tim Jacobs travelled with the 2012 Identify, Recruit, Plan and access development opportunities.  

Opportunities were provided to 21 coaches based on their role and future aspirations, with 27 coaches competing for formal development plans with coach development staff and UMSA partners. Some of the opportunities offered included:  

Basketball – Damian Crittenden travelled to Germany as coach to the Australian wheelchair basketball team competing at the Albert Schweitzer tournament and was then invited into the Australian Blonde senior program as an assistant coach.  

Canoe sprint – Tim Jacobs travelled with the national program’s European campaign for pre-Olympic training and world cup competition in Munich, Duisburg, and Moscow.  

Cycling – in the lead up to the London Games, Gary Sutton toured Europe with the national team’s endurance programs.  

Cycling – Michael Densley attended an Olympic training camp with the South Korea national team as a specialist coach during May.  

Weightlifting – Luke Bronborg was supported to attend the 2012 National Coaching Conference in the USA.  

Wheelchair track and road – Louise Sauvage travelled to Canada to present a keynote address and travelled domestically for competitions and camps.  

London Olympic Tor  

USWIS coaches who have been working at the USWIS for a minimum of three years from 2008 – 2012 and have averaged an excellent and / or outstanding performance rating were offered the opportunity to nominate for inclusion in London 2012 development activities as part of the USWIS coaching management system.  

A group of USWIS coaches will attend Olympic Games events and cross sport development activities during the Olympic Games.  

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 / leaders  

Cross Sport – feedback collected from coach development plans allowed the NSWIS to deliver development opportunities including:  

- Reaction training workshop  

- CPR and first aid training workshop  

- Media training workshop  

- Urban feedback workshop  

- AIS assistant coaches workshop  

- Coaching Skills for High Performance Leaders  

- Pre-Olympic Games information session  

- Gender / Olympian presentation  

Career  

Career individual and specialised services were offered to 260 athletes across the reporting period, including career counselling and planning, assistance with job seeking, resume development and assistance with interview techniques. A total of 186 athletes were employed full time or self employed full time; six were undertaking apprenticeships or traineeships and 263 were combining part time / casual work with study and work commitments.  

National Career Development Week (14 – 18 May)  

Careers event held in Sydney on Wednesday 16 May, with a career setup in the athlete lounge with a dedicated page listing information for Emerging Athlete Program (EAP) scholarship holders via ACEonline.  

Educational inquires for Emerging Athlete Program (EAP) scholarship holders via ACEonline.  

‘My Life 1:1 Annual Assessments’ and follow-up activities as part of the NSWIS performance rating were offered the opportunity to have averaged an excellent and / or outstanding balance to their lives, and provide necessary work income to further their sporting careers, provide an opportunity for athletes to mingle with their peers.  

The Institute’s Principal Partner, ClubsNSW, assisted athletes in finding employment and setting up a specific career setting in sport. Individuals were approached who were working in the sporting field to form a network and to forge a career path. Over 25 careers in sport were identified, including, coach, Minister for Sport (political), physio, strength and conditioning, physio, data analyst, physio, athlete and team manager.  

Athletes were invited to participate in Career Development workshop promoting the ultimate ‘Be Your Best’ award in the reporting period included: Aimee Deaves (basketball) and Katrina Porter (AWD swimming).  

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 athletes to access flexible employment with flexible work hours.  

These opportunities have enabled athletes to earn an income while continuing their sport, provide balance to their lives, and provide necessary work experience for life after sport.  

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17
Other casual employment opportunities were provided by Balmain Bowl Before Work. In previous years, in addition, the NSWIS employed athletes on a casual basis as pin runners.

Financial assistance was offered to NSWIS scholarship holders who required certification to pursue casual work in the hospitality industry. 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 Catholic University, Victorian College of Performing Arts and Open Universities Australia.

NSWIS Australia Continued with the London Olympic and Paralympic Games

NSWIS continued the traditional strategy of the summer sports for the 2012 London Olympic and Paralympic Games to provide support and resources to the lead-up to the Games. This included:

• Access to the London Olympic Planning Team.

• Access to the London Olympic and Paralympic Games.

• Support for athletes in the Games

• On the ground support from the AEI

• Access to the London Olympic and Paralympic Games.

The NSWIS collaborated and shared resources with the usual support from the Australian Olympic Committee (AOC) with National ACE. National ACE-supported athletics were involved in such applications as Skype, SMS, Email, YouTube, Live Meeting and various other applications such as telephone, as outlined in the following public speaking workshops were conducted:

Public Speaking - Level 1 (trainer) (12 speakers)

Public Speaking - Level 2 - Advanced (no attendees)

At the conclusion of each series of classes, athletes were provided with an opportunity to join the NSWIS scholarship program based on their training and competition levels.

NSWIS and the Technology

A way forward for the NSWIS in 2011/2012 was the continuation of technology to engage and deliver services to NSWIS athletes regardless of where they were located. Technology enabled the NSWIS to engage with young athletes at any location at any time. The NSWIS used technology to encourage social responsibility and spread awareness of social responsibility in the community, and provided educational assistance to athletes, both in schools and throughout the country.

The NSWIS also continued with the London Olympic and Paralympic Games workshop including on-camera interviews and tips for on-camera interviews.

Workshops and events

The 11th Annual NSWIS Education and Career Expo and Seminar was hosted by the NSWIS and the University of New South Wales, Australia. The session provided important information regarding distance education, pathways to and from university, and engagement with athletes and coaches in an informal setting.

On a monthly basis, breakfast was provided which centred on a themed topic, which often included a guest speaker. On one occasion Patrick Johnson from the National Curriculum and Standards Development Centre at the Department of Education, Victoria provided travel advice to the families.

The BTN – London Olympic and Paralympic Games scholarship provided athletes with the shadow squads for the 2012 London Olympic and Paralympic Games were provided with support and resources to the lead-up to the Games. This included:

• Access to the London Olympic and Paralympic Games scholarship provided to 28 NSWIS athletes and six targeted athletes to assist them with tuition and education expenses such as textbooks.

• $80 Special Education Assistance Grants were provided to NSWIS athletes who were experiencing hardship to assist with educational expenses.

• Education Assistance Grants (a maximum of $500) were provided to 28 NSWIS athletes and six targeted athletes to assist them with tuition and education expenses such as textbooks.

In tissue tutoring support was provided for 28 athletes participating in the Higher School Certificate across the subject areas English, maths, chemistry, biology and psychology.

As a part of a 2012 initiative, NSWIS ASE partnered with Australia’s most successful online education support provider, Tutoring Australia in the form of on-demand, fee-free tutoring support. The Online Study Centre at yourtutor.com.au offers offered athletes an on-demand support, with no appointments needed. With this flexibility, you could provide NSWIS athletes with immediate support, the moment it was needed, and whenever they were around Australia or around the world. This program was piloted to 15 athletes in September of 2011. In February of 2012, the program was expanded and offered to all NSWIS scholarship holders, and was extended to include a dedicated line to assist year 12 athletes in the reporting period. In 2012, 49 student / athletes applied for the tutoring program.

Information for Family and Friends of Olympic and Paralympic Teams

Population of Foreign Affairs and Trade provided travel advice to the families.

Guests were entertained by the lively words of an expert panel that shared all the information necessary to ensure a smooth Games experience for the partners, parents and friends. The panel included representatives from the AOC, ACS and NSWIS.

An invitation to the ‘Towards London’ breakfast for athletes and NSWIS staff to celebrate selections to the Games. The major event held in the reporting period in lead-up to the Games was the:

2012 London Athletics, Partners, Parents and Friends Information Evening and Dinner (23 May)

NSWIS Annual Report 2011/2012
NSWIS ANNUAL REPORT 2011/2012

3. SPORT PSYCHOLOGY

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

- Performance planning
- Performance in the moment
- Performance debriefing

The combined resources of the coordinated, two ‘in house’ sport psychology, external network of service providers and EAP scholarship students allowed for targeted individual training of priority athletes.

Flexible service delivery and group sport delivery for emerging talents.

Network - sport psychologists

A system for criteria based evaluation of potential network providers continued to allow NSWIS coaches and athletes to access the highest standard of quality service providers in metropolitan and regional locations as required.

- Dr. Patsy Tremayne – sport psychologist
- Lisa Adams – Associate Sport Psychologist
- Kerry Lee – NSWIS Sport Psychologist
- Ian Coe – Project Officer
- Jim Harford – Project Officer
- Fiona McCarthy – Project Officer
- Linda Waddell – Project Officer
- Peter Faure-Brac – Head of Sport Science
- Gerard Faure-Brac – Inhouse sport psychologist

NSWIS sport psychology network breakdowns

Monthly sport psychology network breakdowns ensured communication and development amongst registered NSWIS Sport Psychology Network, Providers and coaches. The following breakdowns were held during the reporting period.

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Sport Program

Rowing

2011 FISA Rowing World Championships

2012 UCI Para-Cycling Track World Championships

Canoe Slalom

2011 470 World Championships

2011 FINA Aquatic World Championships – 4x100m Freestyle Relay

FOR FURTHER INFORMATION ON THE NSWIS VISIT

2011 FISA Rowing World Championships

Track & Field

Cycling

• Work successfully with the national women’s track & field coaching team to prepare athletes for the 2012 London Olympic Games. Having successfully gained sufficient equipment to prepare for and compete in the 2012 London Olympic Games, through daily training environment enrichment activities for the NSWIS Men’s and Women’s World Slalom Polo Programs and optimise athlete performance for international competition.

Resources were specifically targeted towards outcomes of:

• Access to altitude hypoxic training facilities

• Access to recovery resources

• Access to a world class training environment

• Provision of additional performance analysis, equipment support

• Access to additional biomechanical support & equipment

• Provision of additional performance analysis and scientific support

• Direct athlete payments for rental assistance

• Capacity to travel internationally for specialist coaching

Swimming

The NSWIS continued to provide targeted opportunities to athletes who showed potential to progress to international success in the future. As part of the Institute’s emerging talent pathway, 10 talented athletes who showed potential to progress to international success in the future. As part of the Institute’s emerging talent pathway, 10 talented athletes who showed potential to progress to international success in the future.

In addition, the NSWIS Women’s World Slalom Polo Program was supported during the reporting period.

2011 / 2012 NSWIS World Champions

Andrew Taylor

2011/12 UCI Para-Cycling Track World Champions

Polina Lourenz

2011 ICF Canoe Slalom World Champions

Eamon Sullivan

2011/12 UCI Para-Cycling Track World Champions

Grant Stoelwinder

2011 ICF Canoe Slalom World Champions

Iain Jensen

2011 UCF Canoe Slalom World Champions

Katherine Ross

2011 ICF Canoe Slalom World Champions

John Maclean

2011 ICF Canoe Slalom World Champions

Daniel Johnsgaard

2011/12 UCI Para-Cycling Track World Champions

McKenzie Gerrard

2011 UCF Canoe Slalom World Champions

Kimberley Green

2011 UCF Canoe Slalom World Champions

Nick Chadburn

2011 UCF Canoe Slalom World Champions

Catherine Cox

2011 UCF Canoe Slalom World Champions

Nicola Pennec

2011 U岳 AWC Para-Cycling Track World Champions

Eamon Sullivan

2011 ICF Canoe Slalom World Champions

Katherine Ross

2011 UCF Canoe Slalom World Champions

John Maclean

2011 ICF Canoe Slalom World Champions

Daniel Johnsgaard

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2011 UCF Canoe Slalom World Champions

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2011 UCF Canoe Slalom World Champions

Catherine Cox

2011 UCF Canoe Slalom World Champions

Nicola Pennec

2011 U岳 AWC Para-Cycling Track World Champions

Eamon Sullivan

2011 ICF Canoe Slalom World Champions

Katherine Ross

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John Maclean

2011 ICF Canoe Slalom World Champions

Daniel Johnsgaard

2011/12 UCI Para-Cycling Track World Champions

The athletes were coached by Vyninka Arlow and Alexandra Croak, Melissa Wu and Scott Robertson. The ETS 2 endurance (track & road) training and camps based program coordinated by David Willmott. The ETS 2 endurance track & road program included 34 athletes. The endurance program consists of a daily training and camps based program coordinated by Paul Pett. Cycling is also a key component of the Institute’s coaching Development Pathway. Pett’s role is to work with the National Academy of Sport (NAS) coaches and work with the national and state programs to design the training pathway to Cycling NSW. The ETS program consists of a daily training and camps based program coordinated by David Willmott. The ETS 2 endurance track & road program included 34 athletes. The endurance program consists of a daily training and camps based program coordinated by Paul Pett. Cycling is also a key component of the Institute’s coaching Development Pathway. Pett’s role is to work with the National Academy of Sport (NAS) coaches and work with the national and state programs to design the training pathway to Cycling NSW. The ETS program consists of a daily training and camps based program coordinated by David Willmott. The ETS 2 endurance track & road program included 34 athletes. The endurance program consists of a daily training and camps based program coordinated by Paul Pett. Cycling is also a key component of the Institute’s coaching Development Pathway. Pett’s role is to work with the National Academy of Sport (NAS) coaches and work with the national and state programs to design the training pathway to Cycling NSW.
access to individual sessions with former Australian head coach Wayne Yuett and Olympic gold medalist Stuart Sidey, as well as network coaches Sam Lyle, Rod Brown and Craig Barrett.

• Hockey – 45 athletes participated in the camps based program with four centralized camps being conducted in conjunction with NSWIS scholarship holders and ETS coach Judy Lang. NSWIS men’s head coach Larry McIntosh and NSWIS women’s head coach Anthony Finnemore.

• Hockey – coaching sessions were conducted in nine regional hockey centres across NSW, Armidale, Ilukaen, Orange, Tamworth, Newcastle, Lithgow, Parkes, Goulburn and Grafton. Two six week blocks of sessions were held for Sydney metropolitan based athletes, with coaching from former national players.

• Rowing – Rowing Australia has established a national approach with a High-Performance Development Program Coordinator employed in each state with the aim of an Emerging Talent Laser, to identify five athletes each year. These athletes are provided with an introduction to high performance services including nutrition, strength and conditioning and sport psychology, while complying national testing requirements.

• Sailing – the program provided weekly on water coaching sessions to the camps or education sessions provided. Through the ETS camps based program coordinated by Tennis NSW and the offer of individual strength & conditioning services provided at The Forum.

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

6. REGIONAL / MOBILE SERVICES

The NSWIS continued a hub-based service delivery and support model for the regional / mobile program, supporting over 170 regionally based NSWIS scholarship athletes across nine regions in NSW. This model 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 Southern Northern program, based at the Australian University sports centres. The Forum.

The program supported 55 athletes from the men’s and women’s sports and utilised the strength & conditioning services provided at The Forum. In addition to the NSWIS Southern Northern Program, the partnership with The Forum provided 35 athletes across nine sports access to the fitness centre with the option of individual strength & conditioning servicing.

For further instruction the coaching impact in regional areas, financial assistance is provided to coaches to attend training camps and competitions with their athletes. In kind support is provided through the NSWIS Coach Excellence Program for professional development opportunities to further enhance their coaching skills.

Regional athletes at the Olympics

Regional athletes selected on the Australian Olympic team to compete at the 2012 London Olympic Games include:

• Hockey (men) – Matthew Burton (Tweed), Kieran Brown (Wollongong) and Simon Orchard (Canberra). (women) – Casey Easton (Wollongong), Kate Jenner (Tamworth) and Emily Smith (Cronulla). and the offer of individual strength & conditioning services.

Another key focus for the southern area was the

Jindabyne Sport & Recreation Centre, which provides office facilities year round for the NSWIS Winter Sports Program as well as a training base for the Program during the domestic season. Forty athletes and coaches accessed the dry land training facilities at the centre, in addition to NSWIS sport science, athletes

• Swimming – four camps for a total of 67 athletes were conducted, with two camps held at the AIS. One of the highlights was the opportunity for tier 1 and 2 ETS athletes in comparison to tier 1 and 2 NSWIS scholarship athletes across nine regions in NSW.

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Targeted Areas

The ARP supports NSWIS sport programs through housing on research.

• 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 for Powerade to produce sports drinks which assist athletes in achieving optimal sporting performance.

• Siemens – the ARP’s research and development on design and effectiveness of compressive clothing continues. Most recently, a research project examining the impact of compression on proprioception (body position awareness) was undertaken in conjunction with the University of Western Sydney.

• Altitude Technology Solutions – a pool based training system consisting of a twin lane canapy and portable hypoxic generating systems have been developed. This is the first known sea-level system for hypoxic training for swimmers. The trailer allows for re-positioning, providing transport for athletes to train under hypoxic conditions.

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Registered Research Agency

The ARP has maintained continuous Research Agency status by the Australian Department of Innovation, Industry, Science and Research. This allows the ARP to conduct research in the areas of commercial projects

Conferences

• The University of Wollongong – project being conducted on the effects of controlled frequency manoeuvres. Additional funds from the Australian Sports Commission have been used to conduct real time 3D analysis of the divers at the pool. This project may also allow the 3D analysis of swimmers.

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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 discipline of physiology, strength & conditioning, biomechanics and performance analysis, while the medical team provides medical, physiotherapy, massage, nutrition, injury prevention and recovery services.

The units work closely with the NSWIS Principal 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 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 performance. Real time & delayed video, as well as statistical data collected during competition and performance. Real time & delayed video, as well as statistical data collected during competition and performance.

**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 Brody 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 including electrocardiography exams, priority access to a network of physicians and medical staff, documented medical imaging and pathology services, assistance in case management and referrals.

The NSWIS employs a physiotherapist on a part-time basis to coordinate our rehabilitation services, to develop resources, and to educate staff in 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 of innovation 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 successful NSWIS priority framework and the level of the scholarship offered. Head coaches work with a designated sport science service team to plan, service and focus on assessing athlete parameters with respect to targeted qualities, and services necessary to bridge any identified gap.

**Competition support**

• Competition support for the 2012 Australian Canoe Sprint Championships, Australian grand prix events and Olympic trials
• Support through the NSWIS Altitude at Home Program
• Support during training for strength & conditioning and physiotherapy
• Competition support for the 2012 Australian Track Cycling Championships, Olympic trials and the 2011 Sydney International Sprint Grand Prix
• Support for the Australian team at the 2011 UCI Junior Track Cycling World Championships
• Support through the NSWIS Altitude at Home Program
• National talent identification testing for the ‘Ride to Rio’ initiative
• Support for athletes preparing for the 2012 Olympic Games and 2012 FINA Diving World Series
• Use of accelerometers and force plates in training to review fatigue and to profile & develop power
• Intensive feedback through high speed video, at training prior to major competitions
• Extensive injury rehabilitation and preventative exercise programs
• Competition support for the international three day events in Sydney and Melbourne
• National squad camps in Sydney including video feedback
• GPS modelling of races and Olympic preparation support

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 partners, The Mod Network and BLP.

**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 state-wide, consisting of around 100 service providers. The network is involved in the annual musculoskeletal screening of all NSWIS athletes, 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 access 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 Dietitian is available to athletes at NSWIS facilities for nutrition consultations, and assists the training centre several times per week to be available to discuss issues with athletes. The NSWIS has developed a series of information guidelines, and a blog, on the NSWIS website.

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 in 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.

**Equestrian**

• Extensive injury rehabilitation and preventative exercise programs
• Competition support for the 2012 Australian Equestrian Championships and Olympic trials
• Support for athletes preparing for the 2012 Olympic Games and 2012 FINA Diving World Series
• Use of accelerometers and force plates in training to review fatigue and to profile & develop power
• Intensive feedback through high speed video, at training prior to major competitions
• Extensive injury rehabilitation and preventative exercise programs
• Competition support for the international three day events in Sydney and Melbourne
• National squad camps in Sydney including video feedback
• GPS modelling of races and Olympic preparation support

**Cycling**

• Competition support for the 2012 Australian Track Cycling Championships, Olympic trials and the 2011 Sydney International Sprint Grand Prix
• Support for the Australian team at the 2011 UCI Junior Track Cycling World Championships
• Support through the NSWIS Altitude at Home Program
• National talent identification testing for the ‘Ride to Rio’ initiative
• Competition support for the 2012 Australian Diving Championships and Olympic trials
• Support for athletes preparing for the 2012 Olympic Games and 2012 FINA Diving World Series
• Use of accelerometers and force plates in training to review fatigue and to profile & develop power
• Intensive feedback through high speed video, at training prior to major competitions
• Extensive injury rehabilitation and preventative exercise programs
• Support for athletes preparing for the 2012 Olympic Games and 2012 FINA Diving World Series
• Use of accelerometers and force plates in training to review fatigue and to profile & develop power
• Intensive feedback through high speed video, at training prior to major competitions
• Extensive injury rehabilitation and preventative exercise programs
• Competition support for the international three day events in Sydney and Melbourne
• National squad camps in Sydney including video feedback
• GPS modelling of races and Olympic preparation support
Hockey
- Competition support for NSW teams competing in the Australian Hockey League
- 2D motion analysis of penalty corner drag flick technique
- Introductory hypoxic training, SPS and heart rate monitoring during small sided games
- Pre-departure support for the Australian under-21 team to compete in India

Netball
- Competition support for the 2012 ANZ Championship, 2012 Australian National League and national age championships
- Testing and analysis for jump power, stiffness, sprints and landing analysis
- Modelling of training load in developing players

Rowing
- Competition support for the 2012 Australian Rowing Championships and Olympic trials including diet, physiology and technical feedback
- National physiology testing and targeted force plate power reviews
- Detailed nutrition reviews for targeted athletes

Soccer
- Competition support for the 2011 / 12 Women’s W-League

Swimming
- Competition support for the 2011 FINA World Cup, 2012 Australian Swimming Championships and national & state age championships
- Altitude training support for camps in Thredbo and Sydney
- A web plate biomechanical review in Canberra
- Full functional screenings for strength programming
- Preparation support for the 2012 Olympic Games

Track & Field
- Competition support for the 2012 Australian Athletics Championships and Australian Grand Prix series
- 3D analysis of discus technique and ongoing training support
- A comprehensive review of running gait for targeted novice athletes including 2D biomechanical analysis, strength and power profiles, and technique review with an implemented strength & conditioning plan
- Targeted physiological testing including altitude training

Triathlon
- Competition support for the 2012 ITU Triathlon Grand Prix
- Altitude training camp
- 3D running gait review, step tests, and cycling power profiles

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

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
The NSWIS Training Centre has been utilised during the reporting period by the Australian men’s and women’s water polo teams, USA water polo team, several Australian swimming crews, Australian men’s and women’s national volleyball team, 2012/13 hockey team, several National Rugby League teams, tennis players from the Medibank International, Sydney Roosters, Australian junior cycling team, Australian Netball Diamonds, Greater Western Sydney AFL team, Sydney Kings basketball team, Western Sydney Academy of Sport, 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 and archived competition, particularly when travelling from our winter to the northern hemisphere summer.

NSWIS Sport Science and Medical Services staff presented and attended presentations nationally and internationally to ensure the NSWIS remains 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 lower limb and shoulder preparation & rehabilitation program
- Expansion on the harnessing preparation and rehabilitation project developed in 2010 / 11, the NSWIS sport science staff have developed, in conjunction with NSWIS physiotherapists and an analysis of the latest research, a progressive model to assist athletes to prepare and rehabilitate the lower limb and the shoulder. This program enables an easy transfer of training progressions from the physiotherapists to strength & conditioning staff ensuring an optimal return to full training and competition. The programs are 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 instigated. The next area to be targeted in the Hip.

- Altitude at home
The NSWIS Altitude at Home Program provides an artificial altitude environment for targeted athletes that allows for de-training in training 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 Centre and Sydney Olympic Park Aquatic Centre, including a two lane, 25m pool-based chamber. Athletes may train in a variety of modes (bike, rower, swimming etc at oxygen levels equivalent to an altitude of up to 5000m. This type of training, train high / live low, especially for younger 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 stress 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 ever or under training in athletics. Sports including diving, netball and soccer are being utilised to pilot new technology and processes in this area. Additionally, new information from small accelerometers and gyroscopes is being used to add additional information to the measure of work within training.

- Biomechanics and sport
The biomechanic facilities at the NSWIS are used to investigate running technique across a number of sports; landing technique in netball, aerobatic 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 these plates, a high speed camera and the Bendix dynamometer. This has made the non-invasive 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 in the SportsCode software program. The NSWIS provides the ISF, as well as training and support, to ensure that all applicable coaches are utilising this game analysis software. It allows for the real-time analysis of games to determine efficiency and look at player strategies. This assists coaches in gauging 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. Increasingly this software is being used in our functional screening process to assist the tagging and analysis of movement.

- Video
With the continual 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 sprinting events and over the internet are being expanded. The NSWIS extended video review at the pro-tr to have synchronised over and under water vision for applicable water sports. The NSWIS also installed several semi-permanent cameras and screens in the training centre allowing for simplified daily delayed feedback options.

- With the support of the Australian Sports Commission and Sydney Olympic Park Aquatic Centre, the NSWIS installed several fixed roof and wall mounted cameras that will allow regular technical analysis of swimming, water polo and diving from angles previously not available.
SIGNIFICANT ACHIEVEMENTS

James Magnusson (NSWIS / SOPAC)
• Gold, men’s 100m freestyle – 2011 FINA Aquatic World Championships
• Gold, men’s 4x100m freestyle relay – 2011 FINA Aquatic World Championships
• Gold, men’s 50m freestyle – 2012 Australian Swimming Championships
• Silver, men’s 100m freestyle – 2012 Australian Swimming Championships
• Silver, men’s 4x100m medley relay – 2011 FINA Aquatic World Championships

Eamon Sullivan (NSWIS / SOPAC)
• Gold, men’s 100m freestyle relay – 2011 FINA Aquatic World Championships
• Silver, men’s 50m freestyle – 2012 Australian Swimming Championships

Geoff Hoagill (NSWIS / SOPAC)
• Silver, men’s 4x100m medley relay – 2011 FINA Aquatic World Championships

Jessica Ashwood (NSWIS / SOPAC)
• Silver, women’s 800m freestyle – 2012 Australian Swimming Championships

Daniel Arnemann (NSWIS / SOPAC)
• Silver, men’s 100m backstroke – 2012 Australian Swimming Championships
• Silver, men’s 50m backstroke – 2012 Australian Swimming Championships

Robert Hurley (NSWIS / SOPAC)
• Bronze, men’s 400m freestyle – 2012 Australian Swimming Championships

NATIONAL TEAM SELECTIONS

2012 Olympic Games
Daniel Arnamnart, Jayden Hadley, James Magnusson, Daniel Tranter, Eamon Sullivan, Jessica Ashwood, David McKeon, Jarrod Poort

Coaches: Brant Best, Grant Stowlender

2012 Commonwealth Games
Emma McKeon (Wests Illawarra Aquatic)

2012 Commonwealth Youth Games
Seán Maloney, Hugo Morris, Jarrod Poort, Laura Crossland, Ann Mardell, Ellen O’Hara

2011 FINA Aquatic World Championships
Matthew Heide, Geoff Hoagill, James Magnusson, Eamon Sullivan, Kenneth To, Jessica Ashwood, Olivia Halasek

2011 USA Tour Team
Mitchell Dixon, David McKeon, James Stacey

2011 USA Tour Team
Robert Hurley, Daniel Tranter

2011 FINA World Junior Championships
Hugh Morris

2011 Commonwealth Youth Games
Toa Haunui-Maxwell, Jarrod Poort, Amy Matsuo

2011 FINA World Cup – Europe
Matthew Abed, Geoff Hoagill, Eamon Sullivan, Kenneth To

2011 FINA World Cup – Asia
Matthew Abed, Robert Hurley, David McKeon, Eamon Sullivan, Olivia Halasek, Emma McKeon

2011 – 2012 SWIMMING SQUAD

World Class – Gold
James Magnusson (SOPAC), Daniel Arnemann (SOPAC), Jessica Ashwood (SOPAC), Jayden Hadley (SOPAC), David McKeon (Wests Illawarra Aquatic), Eamon Sullivan (SOPAC), Daniel Tranter (SOPAC), Jarrod Poort (Wests Illawarra Aquatic)

Developing International – Silver
Matthew Abed (Cranbrook Eastern Edge), Andrew Abed (Cranbrook Eastern Edge), Joseph Carthy (SOPAC), Olivia Halasek (UNSW), Robert Hurley (SOPAC), Amy Matsuo (Carlile), Emma McKeon (Wests Illawarra Aquatic), Melissa Mitchell (Macquarie University), Stephen Parker (Sydney University), James Stacey (Asquith), Kenneth To (Wests Illawarra Aquatic), Adam Povey (Eckerton), Matthew Patterson (Cranbrook Eastern Edge)

Coaches:

NSWIS / NSW Head Coach: Jim Fowle
International Training Program Coach: Grant Stowlender
High Performance Coach: Brant Best
Swimming High Performance Consultant: Brian Suter
Training Assistant: Adam Kahli

Home Coaches:
Matt Brown (Trinity Grammar), Bobby Felos (Sydney University), Ron McKinnon (Wests Illawarra Aquatic), Jaan Murphy (Ginninderra), Justin Rothwell (Carlile), Jon Shaw (Bayside), Ben Tuxford (Liverpool), Bruce Vynne (UNSW), Brett Winkworth (Aquaborn), Steve Young (Woden), Cameron McDonald (Macquarie University), Tony Condon (Carlile), Grah McGovern (Cranbrook Eastern Edge), Angela Baulot (Cranbrook Eastern Edge)

VENUES // Sydney Olympic Park Aquatic Centre // Ian Thorpe Aquatic Centre
PROGRAM PARTNERS // Swimming NSW / Swimming Australia

FOR FURTHER INFORMATION ON THE NSWIS VISIT WWW.NSWIS.COM.AU
The NSWIS Cycling Program saw the rise of several exciting athletes throughout the reporting period, as well as continued success for some established NSWIS stars.

Kaelie McCulloch was again in the thick of the action, partnering with Natalie Bates at the 2012 UCI Track Cycling World Championships. The three-time world champions looked to add to their trophy cabinet at the world championships, and did so by winning silver in the women’s team sprint. The fighting pair forced eventual champions Germany to say no to a new world record to ensure victory. McCulloch then went on to claim fifth in the women’s sprint.

Junior cyclists from the program showed why the future of Australian cycling is in good hands, with three gold medals at the 2011 UCI Junior Track Cycling Championships.

Jackson Law won gold in the men’s madison and team pursuit, as well as bronze in the men’s 3km individual pursuit, while Caleb Ewan won gold in the men’s omnium. Fellow NSWIS athlete Tim McMillan finished fourth in the men’s team sprint, as well as ninth in the men’s sprint and scratch.

The international success continued for Ewan and Jack Beckinsale at the 2011 Commonwealth Youth Games, with several promising results. Ewan won gold in the men’s road race, team mad race and team time trial, teaming up with Beckinsale to win gold in the team events. Individually Beckinsale also won silver in the men’s time trial and bronze in the men’s road race and criterium. To cap off a memorable 2011, Ewan’s exceptional results were awarded at the 2011 NSWIS Awards Dinner by being named the Out and About Marketing & Media Junior Athlete of the Year.

Success was also achieved on the mad at the 2012 Jayco Bay Cycling Classic, most notably from Ewan and Amanda Spratt. Ewan clocked two stage wins in the men’s event to claim second overall, while Spratt finished first, second and fourth in three separate stages to place second overall in the women’s event.

The 2012 Oceania Track Cycling Championships were a success for several NSWIS cyclists, including Ashlee Ankudinoff, Scott Law and Alex Carver. Ankudinoff won the women’s omnium. Law won gold in the men’s scratch and silver in the men’s madison, with Carver winning silver in the men’s scratch and madison. The reporting period also saw McCulloch and Spratt selected on the 2012 Australian Olympic team.

SIGNIFICANT ACHIEVEMENTS

Kaelie McCulloch (St George Cycling Club)
- Gold, women’s omnium – 2012 Oceania Track Cycling Championships
- Bronze, women’s individual pursuit – 2012 UCI Track Cycling World Championships

Jackson Law (Illawarra Cycling Club)
- Gold, men’s team pursuit – 2011 UCI Junior Track World Championships
- Gold, men’s madison – 2011 UCI Junior Track World Championships
- Bronze, men’s individual pursuit – 2011 UCI Junior Track World Championships

Caleb Ewan (Southern Highlands Cycling Club)
- Gold, men’s omnium – 2011 UCI Junior Track World Championships
- Gold, men’s road race – 2011 Commonwealth Youth Games
- Gold, men’s team road race – 2011 Commonwealth Youth Games
- Gold, men’s time trial race – 2011 Commonwealth Youth Games
- 10th, men’s scratch race – 2011 UCI Junior Track World Championships

Jack Beckinsale (Southern Cross Cycling Club)
- Gold, men’s team time trial – 2011 Commonwealth Youth Games

Ashlee Ankudinoff (St George Cycling Club)
- Gold, women’s omnium – 2012 Oceania Track Cycling Championships
- Bronze, women’s individual pursuit – 2012 UCI Track Cycling World Championships

Madison Law (Illawarra Cycling Club)
- Bronze, women’s team pursuit – 2012 Oceania Track Cycling Championships

Scott Law (Illawarra Cycling Club)
- Gold, men’s 1km scratch race – 2012 Oceania Track Championships
- Silver, men’s madison – 2012 Oceania Track Championships

Alex Carver (Lidcombe – Auburn Cycling Club)
- Silver, men’s madison – 2012 Oceania Track Championships
- Silver, men’s 15km scratch final – 2012 Oceania Track Championships

Andrew Taylor (Hobba Cycling Club)
- Bronze, men’s keirin – 2011 UCI Track World Cup, China
- Silver, men’s team sprint – 2012 UCI Junior Track World Championships
- Ninth, men’s sprint – 2011 UCI Junior Track World Championships
- Ninth, men’s keirin – 2011 UCI Junior Track World Championships

Kaarle McCulloch (St George Cycling Club)
- Fourth, men’s team sprint – 2011 UCI Junior Track World Championships
- Ninth, men’s sprint – 2011 UCI Junior Track World Championships
- Ninth, men’s keirin – 2011 UCI Junior Track World Championships

NATIONAL TEAM SELECTIONS

2012 Olympic Games
- Kaelie McCulloch, Amanda Spratt

2012 UCI Track Cycling World Championships
- Kaelie McCulloch, Ashlee Ankudinoff
- Jaime Green (Wagga Wagga Cycling Club), Timothy McMillan (St George Cycling Club)
- Jack Cullen (Eastern Cup Cycling Club), Maddison Law (Illawarra Cycling Club), Laura_Batkin (St George Cycling Club), Jodie Tallent (Macarthur Colliery Cycling Club), Lauren Travis (Southern Cross Cycling Club), Holly Heffernan (Illawarra Cycling Club), Tiran McManus (St George Cycling Club)
- Melissa O’Keefe, Ashlee Ankudinoff, Amanda Spratt, Jackson Law, Caleb Ewan, Timothy McMillian

2011 – 2012 CYCLING SQUAD

Gold
- Ashlee Ankudinoff (St George Cycling Club), Amanda Spratt (Perth Cycling Club), Lauren Kitchen (Perth Maquarie Cycling Club), Scott Mitchell (Illawarra Cycling Club)
- Silver
- Jackson Law (Illawarra Cycling Club), Caleb Ewan (Southern Highlands Cycling Club), Cassandra Kell (Central Coast Cycling Club), Mitchell Bullen (Amrodale Cycling Club), Andrew Taylor (Shublin Cycling Club), Jamie Green (Wagga Wagga Cycling Club), Timothy McMillan (St George Cycling Club)
- Bronze
- Madison Law (Illawarra Cycling Club), Rebecca Dunn (Shublin Cycling Club), Lara Batkin (St George Cycling Club), Jodie Tallent (Macarthur Colliery Cycling Club), Laura Travis (Southern Cross Cycling Club), Holly Heffernan (Illawarra Cycling Club), Tiran McManus (St George Cycling Club), Jack Edwards (Penrith Cycling Club), Mark Bullen (Amrodale Cycling Club), Brad Heffernan (Illawarra Cycling Club), Nathan Bradshaw (St George Cycling Club), Jack Backsina (Southern Cross Cycling Club), Max Houdsen (Wagga Wagga Cycling Club), Travis Smalley (Bankstown Sports Club), Luke Williams (St George Cycling Club)

Training Scholarship
- Jack McCulloch (St George Cycling Club), Harrison Carter (Bathurst Cycling Club)

Associate
- Katherine Baxas, Rohelle Gilmore, Kaelie McCulloch, Peter Lewis, Graeme Brown, Mark Rorschach, Chris Suton, Ben Karsten, Laclanh Merten, Alex Carver, Aaron O’Reilly, Richard Lang, Sam Spokes

Total number of scholarships holders 2010: 40
Total number of scholarships holders 2011: 40

COACHES

Head Coach: Gary Sutton
Assistant Coach – Men’s Endurance: Michael Kyjda
Sprint Coach: Sean Eadie
Sprint Assistant Coach: David Willmott
NSWIS / NSWIS Women in High Performance Sport Scholarship Coach: Natalie Bates
ETS Program Coordinator: Kurt Pollock
Home Coaches: Gus Dawson (Dubbo Cycling Club), Mark Bullen (Amrodale Cycling Club)

VENUES // Dunc Gray Velodrome
PROGRAM PARTNERS // NSW Cycling Federation / Cycling Australia / Jayco

FOR FURTHER INFORMATION ON THE NSWIS VISIT WWW.NSWIS.COM.AU

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NSWIS ANNUAL REPORT 2011/2012

NSWIS ANNUAL REPORT 2011/2012
The NSWIS Winter Sports Program once again produced a number of outstanding performances across a spectrum of winter sport disciplines.

Snowboarder Alex Pullin, Nathan Johnstone and Molly Crawford continued their winning ways from the 2011 season, where they were all crowned world champions, with each athlete securing a medal from a world cup event.

Pullin won gold in the men’s snowboard cross at the 2011 Cardrona World Cup in New Zealand, an event where Crawford won silver in the women’s snowboard halfpipe, while Johnstone picked gold in the men’s snowboard halfpipe at the 2012 Stoneham World Cup event in Canada.

Elsewhere on the slopes, rising star Alex Pullin won his first world cup medal after taking bronze in the women’s freestyle moguls at the 2012 Deer Valley World Cup. Cox became the first Australian female to ever make the podium in women’s freestyle moguls world cup.

Jenny Owens secured bronze in the woman’s ski cross at the 2012 Winter X Games, Sami Kennedy-Sim achieved her first top-10 world cup results in the woman’s ski cross and Russell Henshaw finished fifth in the men’s ski cross during the course of the 2011 / 12 Winter Dew Tour.

Winter Olympian Emma Lincoln-Smith continued to impress in the women’s skeleton, winning silver medals at the 2011 European Cup and 2011 Igls World Cup, while the ice dancing pair of Greg Morrisinan and Danielle O’Brien finished ninth at the 2012 Four Continents Championships.

The reporting period also uncovered a number of athletes who have the potential to shine on the same stage in the future, with NSWIS athletes Alex Finch and Lucy Glanville competing at the 2012 Winter Youth Olympic Games in Austria. Both athletes performed strongly at the Games, with Finch winning bronze in the women’s slopestyle and taking fourth in the women’s snowboard halfpipe. Glanville finished 31st and 34th in the women’s sprint cross country and women’s cross country events, respectively.

Following the success of the NSWIS Winter Sports Program in 2010 / 2011, the program was recognised as the Sydney Olympic Park Authority Program of the Year at the 2011 NSWIS Awards Dinner.

Johnstone, who was crowned snowboard halfpipe world champion after recovering from a serious ankle injury, was given the Ian Thorpe OAM Outstanding Achievement award, and Crawford, the reigning women’s snowboard halfpipe world champion, was recognised as the Samsung Electronics Australia Female Athlete of the Year.

VENUES: // Parishir Ski Resort / Kosciuszko 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 / Parishir Ski Resort / Kosciuszko Thredbo Pty Ltd / Jindabyne Sport and Recreation Centre

FOR FURTHER INFORMATION ON THE NSWIS VISIT WWW.NSWIS.COM.AU
The NSWIS Sailing Program achieved another successful reporting period as four NSWIS athletes were crowned world champions.

Sailing to the top in 2011 was NSWIS athlete Malcolm Page, whose gold medal on the man’s 470 at the 2011 ISAF Sailing World Championships, the fifth 470 world championship, saw Page claim his first world title. The win in December 2011 was preceded by gold medal victories in the man’s 470 class at the 2011 ISAF Youth Olympic Event and 2011 ISAF European Championships, while in early 2012 Page won gold in the man’s 470 at the Miami and Palma World Cup events.

Joining Page on the winner’s dais were fellow NSWIS athletes Nathan Outteridge, Iain Jensen and Tom Slingsby with all three athletes also winning a world championship crown.

During 2012 Outteridge and Jensen combined in the man’s 470 to win his world championship crown at the 2012 Miami World Cups. As a pair it was their third world title, but for Outteridge it was his fourth, a feat that no other sailor has achieved in the 470 class.

Slingsby’s resurgence as the sailor to beat continued as he triumphed in his man’s laser class world championship for his career. The win in December 2011 saw Slingsby claim gold in the man’s 470 at the 2011 Australian Team Trials, with all three athletes also winning a world championship crown.

There were several other NSWIS athletes who achieved successes in the world stage, including the trio of Olivia Price, Nina Curtis and Lucinda Whitty, who won silver in the woman’s match racing at the Miami 2012 World Cup, and bronze at the 2011 ISAF World Cup and 2012 ISAF Palma World Cup.

Athletes from the program also raced offshore with Outteridge and Gabrielle King winning awards at the 2011 NSWIS Awards Dinner. King was presented with the Australian College of Physical Education Academic Excellence – General award for her efforts in the academic arena, with Outteridge picking up the Office of Connexions, Sport and Recreation Regional Athlete of the Year.

The conclusion of the reporting period saw eight NSWIS athletes (Page, Slingsby, Outteridge, Jensen, Price, Curtis, Whitty and Jessica Crisp) selected for the 2012 Australian Olympic team.

SIGNIFICANT ACHIEVEMENTS

Malcolm Page
• Gold, man’s 470 – 2011 ISAF Sailing World Championships
• Gold, man’s 470 – 2011 470 European Championships
• Gold, man’s 470 – 2012 ISAF Weymouth World Cup

Nathan Outteridge
• Gold, man’s 470 – 2011 ISAF Sailing World Championships
• Gold, man’s 470 – 2011 ISAF Olympic Test Event
• Gold, man’s 470 – 2011 ISAF European Championships

Tom Slingsby
• Gold, man’s 470 – 2012 Laser World Championships
• Gold, man’s 470 – 2012 ISAF Olympic Test Event
• Gold, man’s 470 – 2012 ISAF World Cup

Olivia Price, Nina Curtis, Lucinda Whitty
• Gold, woman’s match racing – 2012 ISAF Weymouth World Cup
• Silver, woman’s match racing – 2012 ISAF Miami World Cup
• Bronze, woman’s match racing – 2012 ISAF Palma World Cup

Robert Crawford
• Fifth, man’s 470 – 2011 470 Junior European Championships

Jessica Crisp
• Eighth, woman’s RS:X – 2011 ISAF Olympic Test Event


ROWING

Four NSWIS rowers were crowned world champions during the reporting period, with a further three athletes winning medals at the 2011 FISA World Rowing Championships.

Daniel Noonan, John Maclean, Kathryn Ross and Red Chisholm all triumphed at the championships, with Noonan winning gold in the men’s coxless four, Maclean and Ross collecting mixed pair and double scull gold, and Chisholm prevailing in the men’s lightweight eight.

Follow NSWIS athlete James Chapman took silver in the men’s coxed pair; Samuel Locht (NSWIS / Sydney University Boat Club) won silver in the men’s four, Francis Hegarty, Matthew Ryan, Fergus Pragnell and Toby Lister finished fourth in the men’s eight, with Amy Hoy and Brooke Pratley achieving the same result in the women’s quad scull.

The domestic season was highlighted by the NSW’s men’s eight winning Australia’s most prestigious rowing event, the King’s Cup, for the fifth consecutive time, with the team comprised of nine NSWIS athletes (excluding coxswain). Junior rowers Louis Snaun, Aaron Wright and Phillip Adams gave a strong indication of the future of the program by winning gold in the men’s coxless four at the 2011 FISA World Rowing Junior Championships, while another eight NSWIS athletes competed.

The reporting period also saw 12 NSWIS athletes being selected on the 2012 Australian Olympic team, and nine rowers being selected on the 2012 Australian Paralympic team.

SIGNIFICANT ACHIEVEMENTS

Daniel Noonan (NSWIS / AIS / Mosman Rowing Club)
• Silver, men’s eight – 2011 FISA World Rowing Championships

Kathryn Ross (NSWIS / AIS / Lakes Rowers)
• Silver, men’s eight – 2011 FISA World Rowing Championships

John Maclean (NSWIS / AIS / Mosman Rowing Club)
• Gold, men’s coxless four – 2011 FISA World Rowing Championships

Kathryn Ross (NSWIS / AIS / Lakes Rowers)
• Gold, men’s coxless four – 2011 FISA World Rowing Championships

Phillip Adams (NSWIS / AIS / Sydney University Boat Club)
• Gold, men’s coxless four – 2011 FISA World Rowing Championships

Louis Snaun (NSWIS / AIS / Sydney University Boat Club)
• Gold, men’s coxless four – 2011 FISA World Rowing Championships

Matthew Ryan (NSWIS / AIS / Sydney University Boat Club)
• Gold, men’s coxless four – 2011 FISA World Rowing Championships

James Chapman (NSWIS / AIS / Mosman Rowing Club)
• Silver, men’s eight – 2011 FISA World Rowing Championships

Red Chisholm (NSWIS / UTS)
• Silver, men’s eight – 2011 FISA World Rowing Championships

James Chapman (NSWIS / AIS / Sydney University Boat Club)
• Gold, men’s four – 2012 Munich World Cup

Rowing Coach:

Kurtis Jordan

Network Coaches:

Gonzalo Bruno (Sydney University Women’s Rowing Coach), Nick Garratt, Tom Larkin & Albie Young (Mannering Rowing Club), Stu Laker & Iain Baird (UTS Rowing Club), Tom Morris & Adam Vinn Hall (Sydney Rowing Club), Mark Pratt & Rick Van Hoonik (Sydney University Boat Club)


SAILING

The NSWIS Sailing Program achieved another successful reporting period as four NSWIS athletes were crowned world champions.

Sailing to the top in 2011 was NSWIS athlete Malcolm Page, whose gold medal on the man’s 470 at the 2011 ISAF Sailing World Championships, the fifth 470 world championship, saw Page claim his first world title. The win in December 2011 was preceded by gold medal victories in the man’s 470 class at the 2011 ISAF Olympic Test Event and 2011 ISAF European Championships, while in early 2012 Page won gold in the man’s 470 at the Miami and Palma World Cup events.

Joining Page on the winner’s dais were fellow NSWIS athletes Nathan Outteridge, Iain Jensen and Tom Slingsby with all three athletes also winning a world championship crown.

During 2012 Outteridge and Jensen combined in the man’s 470 to win his world championship crown at the 2012 Miami World Cups. As a pair it was their third world title, but for Outteridge it was his fourth, a feat that no other sailor has achieved in the 470 class.

Slingsby’s resurgence as the sailor to beat continued as he triumphed in his man’s laser class world championship for his career. The win in December 2011 saw Slingsby claim gold in the man’s 470 at the 2011 Australian Team Trials, with all three athletes also winning a world championship crown.

There were several other NSWIS athletes who achieved successes in the world stage, including the trio of Olivia Price, Nina Curtis and Lucinda Whitty, who won silver in the woman’s match racing at the Miami 2012 World Cup, and bronze at the 2011 ISAF World Cup and 2012 ISAF Palma World Cup.

Athletes from the program also raced offshore with Outteridge and Gabrielle King winning awards at the 2011 NSWIS Awards Dinner. King was presented with the Australian College of Physical Education Academic Excellence – General award for her efforts in the academic arena, with Outteridge picking up the Office of Connexions, Sport and Recreation Regional Athlete of the Year.

The conclusion of the reporting period saw eight NSWIS athletes (Page, Slingsby, Outteridge, Jensen, Price, Curtis, Whitty and Jessica Crisp) selected for the 2012 Australian Olympic team.

SIGNIFICANT ACHIEVEMENTS

Malcolm Page
• Gold, man’s 470 – 2011 ISAF Sailing World Championships
• Gold, man’s 470 – 2011 470 European Championships
• Gold, man’s 470 – 2012 ISAF Weymouth World Cup

Nathan Outteridge
• Gold, man’s 470 – 2011 ISAF Sailing World Championships
• Gold, man’s 470 – 2011 ISAF Olympic Test Event
• Gold, man’s 470 – 2011 ISAF European Championships

Tom Slingsby
• Gold, man’s 470 – 2012 Laser World Championships
• Gold, man’s 470 – 2012 ISAF Olympic Test Event
• Gold, man’s 470 – 2012 ISAF World Cup

Olivia Price, Nina Curtis, Lucinda Whitty
• Gold, woman’s match racing – 2012 ISAF Weymouth World Cup
• Silver, woman’s match racing – 2012 ISAF Miami World Cup
• Bronze, woman’s match racing – 2012 ISAF Palma World Cup

Robert Crawford
• Fifth, man’s 470 – 2011 470 Junior European Championships

Jessica Crisp
• Eighth, woman’s RS:X – 2011 ISAF Olympic Test Event

VENUES // Middle Harbour Yacht Club // Royal Sydney Yacht Squadron PROGRAM PARTNERS // Yachting Australia // Yachting NSW

VENUES // Middle Harbour Yacht Club // Royal Sydney Yacht Squadron PROGRAM PARTNERS // Yachting Australia // Yachting NSW
The NSWIS Wheelchair Track & Road Program had another successful season in 2011 / 2012, as athletes from the program continued to record excellent results. Once again a stand out, Kurt Fearnley dominated the marathon scene throughout the reporting period, claiming victory in the 2011 Chicago Marathon and a silver medal in the 2011 New York Marathon. Follow NSWIS athletes Christie Dawes also saw great success, finishing second and fifth at the 2011 Chicago and New York Marathons, respectively.

The 2012 season began strongly at the 2012 Qld 10km road race, with Fearnley blitzing the field in a time of 20.23 minutes, fellow NSWIS athlete Richard Nicholas tying up second place and Angela Ballard and Kristy Pond coming in third and fourth in their respective categories. Fearnley then went on to take silver at the 2012 Boston Marathon. Ballard continued her strong form by taking one gold and two silver medals at the prestigious 2012 Swiss National Championships, before securing selection on the 2012 Australian Paralympic team. She was selected for the Paralympic Games along with Fearnley, Christie Dawes and Dawes.

RESULTS FROM THE NSWIS TRACK & FIELD PROGRAM

The NSWIS Track & Field Program were highlighted by the selection of 12 athletes in the 2012 Australian Olympic team.

Heading the selections was Dani Samuels, who over the course of the reporting period won gold in the women’s 100m hurdles at the 2012 Australian Championships and 2012 Melbourne Track Classic and Olympic trials, as well as bronze in the same event at the 2012 Shanghai Diamond League.

Samuels then went on to represent Australia by fellow NSWIS athletes Youcef Abdi, Anthony Alozie, Jeff Hunt, Ryan Gregson, Joel Milburn, Tim Leathart, Isaac Ntiamoah, Steven Solomon, John Steffensen, Ben St Lawrence and Eloise Wellings.

Several NSWIS athletes competed at the 2011 IAAF Athletics World Championships in South Korea, representing the strength of the program. Samuels, Ntiamoah, Abdi, Gregson, Alozie, Solomon, St Lawrence and Hunt all competed, along with Annissele Rubie, Liam Gander, Patrick Fakiev, Fabrice Lapiere and James Nicholas.

The program also experienced success at the junior and youth level, with a number of athletes continuing their strong progressions throughout the sport. Jake Stein triumphed in the men’s octathlon at the 2011 IAAF World Youth Athletics Championships and Sarah Carli won a silver medal in the women’s 400m hurdles at the same event.

TOTAL NUMBER OF SCHOLARSHIP HOLDERS 2012: 5
TOTAL NUMBER OF SCHOLARSHIP HOLDERS 2012: 5

COACHES

Wheelchair Track & Road Head Coach: Andrew Dawes
Wheelchair Track & Road Elite Development Coach: Louise Saunders

WHEELCHAIR TRACK & ROAD

SIGNIFICANT ACHIEVEMENTS

Kurt Fearnley (T54)

• Gold, men’s marathon – 2011 Chicago Marathon
• Gold, men’s 10km road race – 2012 Qld 10km
• Silver, men’s marathon – 2011 New York Marathon
• Silver, men’s marathon – 2012 Boston Marathon

Christina Davis (T54)

• Bronze, women’s marathon – 2011 Chicago Marathon
• Gold, women’s marathon – 2011 New York Marathon

Kristy Pond (T34)

• Bronze, women’s 10km road race – 2012 Qld 10km

Richard Nicholas (T54)

• Silver, men’s 10km road race – 2012 Qld 10km

Angela Ballard (T53)

• Bronze, women’s 10km road race – 2012 Qld 10km

Solomon, 200m – 2012 Swiss National Championships

Silver, women’s 100m – 2012 Swiss National Championships

Silver, women’s 400m – 2012 Swiss National Championships

NATIONAL TEAM SELECTIONS

2012 Paralympic Games

Kurt Fearnley, Christie Dawes, Angela Ballard, Kristy Pond, Richard Nicholson

Coaches: Andrew Dawes, Louise Saunders

2011 – 2012 WHEELCHAIR TRACK & ROAD SQUAD

World Class

Angela Ballard, Christie Dawes, Kurt Fearnley

Developing International

Kristy Pond

Potential (Emerging) International

Richard Nicholas

Total number of scholarship holders 2011: 5
Total number of scholarship holders 2012: 5

COACHES

Wheelchair Track & Road Head Coach: Andrew Dawes
Wheelchair Track & Road Elite Development Coach: Louise Saunders

TRACK & FIELD

SIGNIFICANT ACHIEVEMENTS

Dani Samuels

• Gold, women’s discus – 2012 Melbourne Track Classic and Olympic trials
• Silver, women’s discus – 2012 Australian Championships

Youcef Abdi

• Gold, men’s 3000m steeplechase – 2012 Melbourne Track Classic and Olympic trials

Anthony Alozie

• Bronze, men’s 300m hurdles – 2012 Melbourne Track Classic and Olympic trials

Jeff Hunt

• Gold, men’s half marathon – 2011 Gold Coast Half Marathon

Sarah Carli

• Silver, women’s 400m hurdles – 2011 Australian Youth Athletics Championships

Nickolas Hough

• Gold, men’s 800m – 2011 Universiade

Eloise Wellings

• Bronze, women’s 800m – 2012 Melbourne Track Classic and Olympic trials

INTERNATIONAL TEAM SELECTIONS

2012 Olympic Games

Ryan Gregson, Eloise Wellings, Anthony Alozie, Isaac Ntiamoah, Joel Milburn, Steven Solomon, John Steffensen, Sam Sawan, Libby St Lawrence, Jeff Hunt, Youcef Abdi, Tim Leathart

2012 IAAF World Junior Championships

Steve Solomon, Nicholous Hough, Brandon Stark, Jake Stein

2012 World Race Walking Cup

Ian Payten, Nicole Fagan

2011 Universiade

Patrick Fakiev, James Kaan, Lachlan Runshaw, James Nicholas, Annissele Rubie, Sihaa Tenrouin, Bridie Delaney, Laura Tamsutt, Laura Corin, Nicole Fagan

2011 IAAF Athletics World Championships

Dani Samuels, Isaac Ntiamoah, Youcef Abdi, Ryan Gregson, Anthony Alozie, John Steffensen, Steven Solomon, Ben St Lawrence, Jeff Hunt, Annissele Rubie, Fabrice Lapiere, Liam Gander

2011 – 2012 TRACK & FIELD SQUAD

World Class – Gold

Dani Samuels, Isaac Ntiamoah, Youcef Abdi, Ryan Gregson, Anthony Alozie, John Steffensen, Steven Solomon, Ben St Lawrence, Jeff Hunt, Annissele Rubie, Fabrice Lapiere, Liam Gander

International Class – Gold

Ben St Lawrence, Jeff Hunt, Patricia Price, Jared Nero

Developing International – Silver

Eloise Wellings, Youcef Abdi

Potential (Emerging) International – Green

Joel Milburn, Lachlan Runshaw, Amy Pigkios, Brandon Stark, James Nicholas, Bridie Delaney, James Kaan, Kevin Moore, Sihaa Tenrouin, Nicholas Hough, Steven Solomon, Elliott Lang, Jake Stein, Annissele Rubie, Anna Laran, Sara Carl, Nicole Fagan, Emily Grist, Ian Dawhurst, Laura Corin, John Steffensen, Isaac Ntiamoah, Laura Whaler, Anthony Alozie, Patrick Fakiev, Jake Hammond, Matt Outzen, Ian Payten, Liam Gander

Training Scholarship

Pierous Stewart, Jacob Girth

Total number of scholarship holders 2011: 40
Total number of scholarship holders 2012: 32

COACHES

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

VENUES // Sydney Olympic Park Athletic Centre / Sydney Academy of Sport and Recreation / Campbeltown Sports Ground / Beaton Park, Wollongong / Bankstown Athletic Centre / Graystanes Sport & Fitness Complex / Blacktown Olympic Park / ETS 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 Raising

PROGRAM PARTNERS // Athletics Australia / Wheelchair Sports NSW

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THE NSWIS ANNUAL REPORT 2011/2012
The NSWIS Basketball Program, which includes wheelchair basketball, experienced another successful year across all levels.

The results of the program were highlighted by the confirmation of Australia’s wheelchair basketball teams at the 2012 London Paralympic Games.

The Australian men’s wheelchair basketball team, featuring NSWIS athletes Tristan Knowles, Grant Mizens, John McPhail and Brett Stibners, faced Japan in the first of its 2011 Oceania Wheelchair Basketball Championships, winning 68-48 to secure a Paralympic spot and the chance to defend their title from Beijing. Knowles’ performance at the championships led to him being recognised as the 2011 NSW Institute of Sport Player of the Year.

The Australian women’s team, starring NSWIS athletes Kylie Gauci, Sarah Stewart, Katie Hill and Tina McKenzie, won gold and secured Paralympic selection in nail-bitting fashion after defeating China 45-44 at the Oceania Championships.

Knowles, McKenzie, Stibners and Nick Taylor were subsequently selected to the men’s Paralympic wheelchair basketball team, while Gauci, Stewart, Hill and McKenzie were selected to the women’s Paralympic wheelchair basketball team.

Another of the bright spots for the program during the reporting period was the inclusion of NSWIS athletes Andrija Dumovic, Jackson Aldridge (NSWIS graduate) and Daniel Trist on the Australian team for the 2011 FIBA U19 World Championships in Latvia. The rising stars of Australian basketball impressed strongly at the event to finish sixth.

There were also several graduates from the NSWIS Basketball Program, including Nick Kay (NSWIS), Paige Mackie (NSWIS), Matt Audronicas (NSWIS), Anel Becic (NSWIS), Stuart McEwen (NSWIS), Sam Romeo (NSWIS), Luet Gau (NSWIS), Modell Choi (NSWIS), Emmett Naar (NSWIS) and Madison Price (NSWIS). The reporting period concluded with NSWIS athlete Alexia Maric being named on the 2012 Australian Olympic team.

SIGNIFICANT ACHIEVEMENTS
Tristan Knowles, Grant Mizens, John McPhail, Brett Stibners and Tristan Knowles
• Gold, men’s wheelchair basketball – 2011 Oceania Wheelchair Basketball Championships
• Gold, men’s wheelchair basketball – 2011 Oceania Wheelchair Basketball Championships

Kylie Gauci, Sarah Stewart, Katie Hill, Tina McKenzie
• Gold, women’s wheelchair basketball – 2011 Oceania Wheelchair Basketball Championships

Andrija Dumovic, Daniel Trist

2011 – 2012 BASKETBALL SQUAD
Basketball
World Class – Gold Associate
Jason Cadee, Katie Ebzery, Alaks Arc, Andrija Dumovic, Steve Markovic, Julian Kazzouh, Alicia Pito

Emerging International – Green
Emerett Naar, Michael Riowwy, Jack Lopez, Laurence Mifsud, Andrija Dumovic, Phil O’Brien, Nathanial Mustien, Matt Logan, Daniel Hill, Dugall Wise, Jordan Barrett, Kristan Dunnion, Ellis, Jordan Young, Chantel Dalton, Madison Breen, Danni Tomlinson, Paige Mackie, Kate Bellingham, Nick Duncan, Branna Kendrick, Natalie Hew, Luei Gau, Modell Choi, Ben Kearns

Wheelchair Basketball
World Class – Gold

Total number of scholarship holders 2011: 36
Total number of scholarship holders 2012: 39

COACHES
Head Coach: Damien Corter
Assistant Coach: Ben Osborne (headcoach)

After a dominant performance at the 2010 Commonwealth Games, the NSWIS Bowls Program continued to see success throughout the 2011 / 2012 reporting period.

The most significant performance of the reporting period came from one of the youngest of the program, Kelcy Cottrell. Cottrell won gold in the woman’s triples and silver in the woman’s singles at the 2011 Asia Pacific Championships, before continuing her form at the 2011 Queensland Open, where she finished on top in the woman’s triples. Cottrell then added more gold to her collection at the 2012 Australian Open in the woman’s triples.

The NSWIS Bowls Program experienced more success at the Asia Pacific Championships through athletes, Mark Berghofer, Karen Murphy and Natasha Van Eddik. Berghofer won gold in the men’s fours and silver in the man’s triples, with Murphy and Van Eddik turning up to take silver in the woman’s fours.

The 2011 Queensland Open showcased the talent of the NSWIS Bowls Program with a number of medal winning performances. Julie Keegan was a standout performer, winning the women’s pairs event alongside Murphy and turning up with Cottrell to take gold in the woman’s pairs. Sharyn Renshaw and Claire Duke formed another formidable team for the NSWIS, claiming silver in the woman’s triples behind Keegan and Cottrell.

Leading the man’s results, Leil Selly scored himself a gold double in the man’s pairs and man’s singles at the Queensland Open, while Aaron Siewert took silver in the man’s triples at the 2012 Australian Open.

SIGNIFICANT ACHIEVEMENTS
Kelcy Cottrell
• Gold, woman’s triples – 2012 Australian Open
• Gold, woman’s pairs – 2011 Queensland Open
• Gold, woman’s triples – 2011 Asia Pacific Championships

Silver, woman’s singles – 2011 Asia Pacific Championships

Leil Selly
• Gold, man’s pairs – 2011 Queensland Open
• Gold, man’s singles – 2011 Queensland Open

Julie Keegan
• Gold, woman’s pairs – 2011 Queensland Open
• Gold, woman’s triples – 2011 Queensland Open

Karen Murphy
• Gold, woman’s triples – 2011 Queensland Open
• Silver, woman’s triples – 2012 Australian Open
• Silver, woman’s fours – 2011 Asia Pacific Championships

Silver, woman’s pairs – 2011 Queensland Open

Anne Johns
• Gold, woman’s triples – 2011 Australian Open

Mark Berghofer
• Gold, man’s fours – 2011 Asia Pacific Championships
• Silver, man’s triples – 2011 Asia Pacific Championships

Aaron Siewert
• Gold, man’s triples – 2012 Australian Open

Natasha Van Eddik
• Silver, woman’s fours – 2011 Australian Open

Sharyn Renshaw
• Silver, woman’s triples – 2012 Australian Open
• Silver, woman’s singles – 2011 Queensland Open

Claire Duke
• Silver, woman’s singles – 2011 Queensland Open

AARON SHERRIFF
• Silver, man’s triples – 2011 Queensland Open

National Team Selections
2011 Trans-Tasman Trophy
Mark Berghofer, Wayne Turley, Kelcy Cottrell, Natasha Van Eddik, Julie Keegan, Sharyn Renshaw

2011 Under-25 Trans-Tasman test series
Matt Pietrasans, Carl Hueley, Sara Boddington

2011 Bowls World Cup
Leil Selly

2012 Australia-A team
Carl Hueley, Anna Johns, Julie Keegan, Kathy Richards, Ben Twist

2011 – 2012 BOWLS SQUAD
International Class – Gold
Matthew Bau, Mark Berghofer, Sarah Bridgerton, Kate Carriage, Kelcy Cottrell, Claire Duke, Shane Garvey, Karen Murphy, Matt Pietarasans, Brett Dunkin, Leif Solby, Ann Siewert, Wayne Turley, Natasha Van Eddik

Developing International – Silver
Carl Hueley, Anna Johns, Julie Keegan, Kathy Richards, Ben Twist

Potential (Emerging) International – Green
Rhizo-Grace Austin, Haydn Briggs, Dawn Hayman, Chris Herden, Stephanie Hill, Sarah Hilyer, Lisa Mitchell, Jazza Norman, Ellen Ryan, Aarne Tays

Total number of scholarship holders 2011: 25
Total number of scholarship holders 2012: 27

COACHES
National Training Centre Coach: Gary Willis

VENUES // Sydney Olympic Park Sports Centre / Auburn Basketball Centre / University of Wollongong / St Josephs College / Ilawarra Sports High School / Alexandra Community School / Newcastle Basketball Stadium / Newcastle University – The Forum / Bermuda Sports High / Snake Pit / Tamora Basketball Court / Shoolhaven Basketball Court / Bathurst Basketball Stadium / Penrith Basketball Stadium / St Dominics High School / North Sydney Basketball Association, PLC / Knox Grammar / Hills Basketball Stadium PROGRAM PARTNERS // Basketball NSW / Basketball Australia / Wheelchair Sports NSW
Canoe Slalom

SIGNIFICANT ACHIEVEMENTS

Jessica Fox
- Gold, women’s team C1 – 2011 ICF Canoe Slalom World Championships
- Gold, women’s C1 – 2011 ICF Canoe Sprint World Championships
- Gold, women’s K1 – 2012 Ozchase Canoe Slalom Championships
- Silver, women’s K1 – 2012 Ozchase Canoe Slalom Championships
- Bronze, women’s K1 – 2012 ICF Canoe Sprint World Championships
- Silver, women’s K2 – 2012 ICF Canoe Sprint World Championships
- Women’s Slalom Team Coach

Wesley Forsythe
- Silver, men’s C1 – 2011 ICF Canoe Slalom World Championships
- Gold, men’s K1 – 2011 ICF Canoe Sprint World Championships
- Silver, men’s K4 500m – 2012 Ozchase Canoe Sprint Championships
- Gold, men’s K4 500m – 2012 Ozchase Canoe Sprint Championships
- Bronze, men’s K4 200m – 2012 Ozchase Canoe Sprint Championships
- Bronze, men’s K2 200m – 2012 Ozchase Canoe Sprint Championships
- Bronze, men’s K1 200m – 2012 Ozchase Canoe Sprint Championships

Katrina Lawrence
- Bronze, men’s C1 200m – 2012 Ozchase Canoe Sprint Championships
- Bronze, men’s C1 500m – 2012 Ozchase Canoe Sprint Championships
- Bronze, men’s K2 500m – 2012 Ozchase Canoe Sprint Championships
- Bronze, men’s K4 500m – 2012 Ozchase Canoe Sprint Championships
- Bronze, men’s K2 1000m – 2012 Ozchase Canoe Sprint Championships

Lachlan Tame
- Silver, men’s K1 1000m – 2012 Australian Canoe Sprint Championships
- Bronze, men’s K4 1000m – 2012 Australian Canoe Sprint Championships
- Bronze, men’s K2 200m – 2012 Australian Canoe Sprint Championships
- Bronze, men’s K1 200m – 2012 Australian Canoe Sprint Championships
- Bronze, men’s K4 500m – 2012 Australian Canoe Sprint Championships

Canoe Sprint

SIGNIFICANT ACHIEVEMENTS

Murray Stewart
- Gold, men’s K4 500m – 2012 Australian Canoe Sprint Championships
- Silver, men’s K1 1000m – 2013 Moscow World Cup
- Silver, men’s K2 500m – 2012 Australian Canoe Sprint Championships
- Silver, men’s K4 1000m – 2011 ICF Canoe Sprint World Championships
- Bronze, men’s K1 200m – 2012 Australian Canoe Sprint Championships
- Bronze, men’s K2 200m – 2012 Australian Canoe Sprint Championships
- Bronze, men’s K4 500m – 2012 Australian Canoe Sprint Championships
- Bronze, men’s K4 200m – 2012 Australian Canoe Sprint Championships

Marius Florian
- Silver, men’s K1 1000m – 2012 Australian Canoe Sprint Championships
- Silver, men’s K2 200m – 2012 Australian Canoe Sprint Championships
- Bronze, men’s K4 1000m – 2012 Australian Canoe Sprint Championships
- Bronze, men’s K2 500m – 2012 Australian Canoe Sprint Championships
- Bronze, men’s K1 200m – 2012 Australian Canoe Sprint Championships
- Bronze, men’s K4 500m – 2012 Australian Canoe Sprint Championships
- Bronze, men’s K2 1000m – 2012 Australian Canoe Sprint Championships

Canoe Slalom

NATIONAL TEAM SELECTIONS

2012 Olympic Games

Jessica Fox
- Coach: Tom Le Page

2012 ICF Canoe Slalom World Cup

Jessica Fox, Rosalyn Lawrence, Katrina Lawrence, Wesley Forsythe, Lucien Delfour, Ian Burrows

2012 Australian Canoe Slalom team

Ian Burrows, Ethan Hodson, Alison Borrows, Joaoy Croft, Jessica Fox, Rosalyn Lawrence

2012 Australian Junior Canoe slalom team

Jessica Fox

2012 Australian Talent squad team

Jessica Fox

2011 Australian Team-22 Canoe Slalom

Ian Burrows, Ethan Hodson, Lucien Delfour, Joaoy Croft, Ben Jones, Jessica Fox, Rosalyn Lawrence, Alison Borrows

2011 Australian Canoe Slalom team

Ian Burrows, Wesley Forsythe, Lucien Delfour, Jessica Fox, Rosalyn Lawrence

2011 – 2012 CANOE SLALOM SQUAD

World Class – Gold
- Ian Burrows, Lucien Delfour, William Forsythe, Jessica Fox, Katrina Lawrence, Rosalyn Lawrence

Developing International – Silver
- Wesley Forsythe, Joaoy Croft, Simon Lyons, Alison Borrows

Potential (Emerging) International – Green
- Ben Jones, Lydia Torres

Total number of scholarship holders: 11

COACHES

Head Coach: Yann Le Pennec

2012 ICF Canoe Slalom World Championships, which doubled as the 2012 Asian Championships, where they competed in the most important Olympic qualifying events. At the 2012 Australian Canoe Sprint Championships, Stewart was the standout performer after making a gold medal clean sweep of the men’s K1 200m, K1 1000m, K2 200m and K4 1000m.

His results were complemented by Brigden-Jones who won gold in the women’s K2 500m and K2 200m, and Flood who placed fifth in the women’s K1 1000m, K2 1000m and K4 1000m, as well as bronze in the men’s K1 200m and K2 200m. Following his performance he was selected in the Australian Olympic team.

Not to be outdone, Brigden-Jones and Flood also secured their spots on the Australian Olympic team. Brigden-Jones was selected as part of the Australian women’s K4 500m after triumphing in that event at the Australian championships, while Flood secured Olympic selection in the women’s K4 500m after taking silver in the event. Fellow NSWIS athlete Maddison Prior also secured selection at his debut Olympic Games, finishing with a flurry in the men’s K1 200m and confirming his spot at the world’s sport’s showpiece event.

The domestic season in 2012 was a successful one for athletes from the program, eventually leading to Fox’s selection on the 2012 Australian Olympic team.

The 2012 Australian Canoe Slalom Championships saw Lawrence win gold in the women’s C1 and silver in the women’s K1. Alison Borrows took silver in the women’s C1 and William Forsythe won bronze in the men’s K1. Rosalyn’s sister, Katrina Lawrence, won bronze in the men’s C1.

Athletes from the NSWIS Canoe Slalom Program once again proved their talent throughout the 2011/12 reporting period, with several key international results including world championship victory.

NSWIS athletes Jessica Fox and Rosalyn Lawrence claimed the highlight of the year by triumphing in the women’s C1 at the 2011 ICF Canoe Slalom World Championships. The NSWIS duo teamed with compatriot Lauren Carson to take gold by nearly 19 seconds from their nearest rivals, China.

The world championship victory came on the back of strong world cup performances from both Fox and Lawrence. Fox won gold in the women’s C1 at the L’Argentiere and Markkleeberg events, while Lawrence won women’s K1 gold in Prague as well as silver in L’Argentiere and bronze in Markkleeberg. Lawrence’s consistency led to her being crowned overall world cup champion in the women’s C1.

The domestic season in 2012 was a successful one for athletes from the program, eventually leading to Fox’s selection on the 2012 Australian Olympic team.

The 2012 Australian Canoe Slalom Championships saw Lawrence win gold in the women’s C1 and silver in the women’s K1. Alison Borrows took silver in the women’s C1 and William Forsythe won bronze in the men’s K1. Rosalyn’s sister, Katrina Lawrence, won bronze in the men’s C1.

Athletes then went on to compete at the 2012 Ozchase Canoe Slalom Championships, which doubled as the Olympic selection trials. It was at the Ozchase championships where Fox showed her class by taking silver in the women’s K1 to earn a berth at the 2012 London Olympic Games. Fox was the leading Australian in the event after an international competitor won gold

VENUES // Parrish Whitewater Stadium

PROGRAM PARTNERS // Australian Canoeing / Australian Institute of Sport

VENUES // St George Kayak Club / Manly Warringah Kayak Club / Sydney International Regatta Centre / Woronora River, Sutherland

PROGRAM PARTNERS // Australian Canoeing

FOR FURTHER INFORMATION ON THE NSWIS VISIT WWW.NSWIS.COM.AU
There were several excellent performances from athletes in NSWIS Diving Program, most notably from Matthew Mitcham and Melissa Wu, who each secured a spot on the 2012 Australian Olympic team.

The reporting period began strongly with Wu and fellow NSWIS athlete Alexandra Croak winning silver in the women’s 10m platform synchro at the 2011 FINA Aquatic World Championships. The duo finished behind the once proven Chinese divers, but nearly 15 points ahead of second place finishers, Germany.

The world championships were followed by the 2012 Australian Diving Championships, where Wu and Croak went one better to secure gold in the women’s 10m platform synchro. Scott Robertson was also on the medal trail, winning bronze in the men’s 1m springboard.

2012 began strongly for the program, with Wu, Croak and Mitcham competing at the 2012 FINA Rostock Grand Prix and 2012 FINA World Cup. Wu and Croak won silver in the women’s 10m platform synchro at the grand prix before going on to achieve the same result at the world cup. Mitcham finished fourth in the men’s 10m platform at the grand prix.

The trio then competed at the 2012 Australian Olympic trials, with Wu and Croak securing Olympic selection. Wu triumphed in the women’s 10m platform synchro event, and took silve in the women’s 10m platform synchro with Croak, while Mitcham earned the opportunity to defend his Olympic title by winning the men’s 10m platform.

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

SIGNIFICANT ACHIEVEMENTS
Matthew Mitcham
• Gold, men’s 10m platform – 2012 Australian Olympic Trials
• Bronze, men’s 10m platform – 2012 Australian Diving Championships
• Bronze, men’s 10m platform – 2012 FINA Montreal Grand Prix
• Bronze, men’s 10m platform – 2012 FINA Madrid Grand Prix
• Fourth, men’s 10m platform synchro – 2012 FINA World Cup
• Fifth, men’s 10m platform – 2012 FINA Fort Lauderdale Grand Prix

Alexander Croak
• Gold, women’s 10m platform synchro – 2012 Australian Diving Championships
• Silver, women’s 10m platform synchro – 2011 FINA Aquatic World Championships
• Silver, women’s 10m platform synchro – 2012 FINA Rostock Grand Prix
• Silver, women’s 10m platform synchro – 2012 Australian Olympic Trials
• Fourth, women’s 10m platform synchro – 2012 FINA World Cup
• Fourth, women’s 10m platform synchro – 2012 FINA Montreal Grand Prix

Melissa Wu
• Gold, women’s 10m platform synchro – 2012 Australian Olympic Trials
• Bronze, women’s 10m platform synchro – 2012 Australian Diving Championships
• Bronze, women’s 10m platform synchro – 2012 FINA Montreal Grand Prix
• Bronze, women’s 10m platform synchro – 2012 FINA Madrid Grand Prix
• Fourth, women’s 10m platform synchro – 2012 FINA World Cup
• Fourth, women’s 10m platform synchro – 2012 FINA Fort Lauderdale Grand Prix

Scott Robertson
• Bronze, men’s 1m springboard – 2012 Australian Diving Championships

NATIONAL TEAM SELECTIONS
2012 Olympic Games
Matthew Mitcham, Melissa Wu
Coach: Chau Sobrino
2012 Diving Australia national team
Matthew Mitcham, Melissa Wu, Alexandra Croak
Target 2012 Squad
Scott Robertson
2011 Diving Australia national team
Matthew Mitcham, Melissa Wu, Alexandra Croak
2011 Australian development team
Scott Robertson

2011 – 2012 DIVING SQUAD
World Class – Gold
Alexandra Croak, Matthew Mitcham, Melissa Wu
International Class – Gold
Scott Robertson

Developing International – Silver
Angus Coltho, Thomas Richards, Iliona Wight
Potential (Emerging) International – Green
Beth Alexander, Genevieve de la Motte, Liam Dummer, Nicholas Jeffreys, Elizabeth Macarounas, Brittany O’Brien, Louise Prell, Esther Sin, Nancy Wang

Total number of scholarship holders 2011: 8
Total number of scholarship holders 2012: 14

COACHES
Head Coach: Chau Sobrino
Assistant Coaches: Joel Rodriguez and Vynna Alvar

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 in the international stage.

Edwina Tops-Alexander continued to show why she is one of the world’s best equestrian athletes, winning several medals at world class events. Tops-Alexander won gold in the grand prix at the prestigious 2011 Chantilly CDI*, silver in the CDIZ at the 2011 Rio de Janeiro CDI and silver in the grand prix at the 2011 Montre Carlo CDI*.

Follow NSWIS equestrian athlete Brett Parbery was also prolific, in the international arena. Parbery won silver in the PSG discipline at the 2011 Vianzo CD3*, as well as silver in the inter one freestyle at the 2011 Pampoudou CDI3*.

Paul Tapner was another strong performer overseas, winning gold medals in the CDIZ at the 2011 Gallocone Park CIC and 2011 Ardingly CDI, while Christopher Burton won CDI2* at the 2011 Barbury Castle CDI. NSWIS equestrian athletes continued to flourish domestically, including Rachael Sanna who won two gold medals at the 2011 Australian Diving Championships. Shane Rose, who won gold at both the 2011 Australian International Three Day Event and 2012 Sydney International, and Stuart Timney, who triumphed in the CDI3* at the 2011 Australian International Three Day Event.

The reporting period concluded with Tops-Alexander, Burton, Rose, Andrew Hey and Julia Hargreaves being selected in the 2012 Australian Olympic team.

SIGNIFICANT ACHIEVEMENTS
Edwina Tops-Alexander
• Gold, grand prix – 2011 Chantilly CDI*
• Silver, CDI3* – 2011 Rio de Janeiro CDI
• Silver, grand prix – 2011 Montre Carlo CDI*

Paul Tapner
• Gold, CDI3* – 2011 Gallocone Park CIC
• Silver, CDI2* – 2011 Ardingly CDI

Brett Parbery
• Silver, PSG – 2011 Vianzo CD3*
• Silver, inter one freestyle – 2011 Pampoudou CDI3*

Rachael Sanna
• Gold, CCI2* – 2011 Australian Dressage Championships
• Gold, grand prix – 2011 Australian Dressage Championships

Shane Rose
• Gold, CDI2* – 2011 Australian International Three Day Event
• Silver, three-day event – 2012 Sydney International

Stuart Timney
• Gold, CDI3* – 2011 Australian International Three Day Event

Christopher Burton
• Silver, CDI2* – 2011 Barbury Castle CDI
• Fourth, CDI2* – 2011 Oliberton CDI

Emma Scott
• Bronze, three-day event – 2012 Sydney International

Rozzie Ryan
• Silver, grand prix – 2011 Sydney CDI-W
• Fifth, grand prix kur – 2011 Sydney CDI-W

Natalie Blundell
• Fourth, women’s CDI – 2011 Australian International Three Day Event

TELEVISION AND NATIONAL TEAM SELECTIONS
THE INTERNATIONAL THREE DAY EVENT
2012 Olympic Games
Edwina Tops-Alexander, Christopher Burton, Shane Rose, Andrew Hey, Julia Hargreaves
2011 – 2012 EQUESTRIAN SQUAD
Gold
Paul Aikman, Christopher Burton, Brett Parbery, Shane Rose, Rozzie Ryan, Emma Mason
Silver
Craig Barrett, Talita Barrick, Christina Bates, Natalie Blundell, Tim Boland, Keira Byrne, Harsh Singh, Claudia Ibrahim, Julia Hargreaves, Alana Helper, Victoria Luckhurst, Emma Mason, Rozzie Ryan, Emma Scott, Kate Taylor, Jamie Winning
Bronze
Edwina Tops-Alexander, William Levett, Lyndal Oatley, Paul Athanasoff, Christopher Burton, Brett Parbery, Shane Rose, Heath Ryan, Rachael Sanna, George Sanne, Stuart Timney

COACHES
Program Coordinator: Nick Chapman
Eventing Head Performance Director: Prue Barrett
Eventing Coaches: Brett Parbery, Craig Barrett, Stuart Timney, Heath Ryan and Sam Lyla
Jumping Coaches: Rob Brown and Gilbert Bodemann
Dressage Coaches: Clement Dierks and Tim de Riddor

TOTAL NUMBER OF SCHOLARSHIP HOLDERS: 33

VENUES: Sydney Olympic Park Aquatic Centre / Sydney Olympic Park Sports Centre
PROGRAM PARTNERS: Sydney Olympic Park Aquatic Centre / Diving Australia / Diving NSW

VENUES: Sydney International Equestrian Centre / Camden Bicentennial Equestrian Park / Wallaby Hill Equestrian Centre (Southern Highlands)
PROGRAM PARTNERS: Equestrian Australia / Equestrian NSW

FOR FURTHER INFORMATION ON THE NSWIS VISIT WWW.NSWIS.COM.AU

NSWIS ANNUAL REPORT 2011/2012

NSWIS ANNUAL REPORT 2011/2012
The NSWIS Men’s Artistic Gymnastics Program was once again led by Prashanth Sellathurai, who excelled on the international stage, while several of his fellow NSWIS athletes also achieved outstanding results during the reporting period.

The highlight for the program was Sellathurai’s gold medal in the men’s pommel horse at the 2011 Universiade in China, where he tallied 15.700 points to triumph over his competitors. His result in China came on the back of a gold in the men’s pommel horse and silver in the men’s rings at the 2011 MG National Championships.

Sellathurai then went on to win gold in the men’s pommel horse and rings at the 2012 MG National Championships, before taking gold in the men’s pommel horse at the 2012 Maribor World Cup in Slovenia, and bronze in the men’s rings at the 2012 Challenger Cup in Belgium.

NSWIS athlete Declan Stacey was another key performer internationally for the program, winning gold in the men’s floor and bronze in the men’s team at the 2011 Youth Commonwealth Games, while also picking up one gold and two bronze medals at the 2011 MG National Championships. Stacey then went on to record a silver medal in the men’s floor at the 2012 MG National Championships.

NSWIS athlete Michael Mercieca was another key performer domestically for the program, winning gold in the men’s vault and parallel bars at the 2011 Youth Commonwealth Games, while also picking up one gold and two bronze medals at the 2011 MG National Championships.

The national championships also saw Michael Mercieca win gold in the men’s floor apparatus, while Declan Stacey picked up one gold and two bronze medals at the 2012 NSWIS Annual Report.

SIGNIFICANT ACHIEVEMENTS

Prashanth Sellathurai
- Gold, men’s pommel horse – 2012 Maribor World Cup
- Gold, men’s pommel horse – 2012 MG National Championships
- Silver, men’s rings – 2012 MG National Championships
- Gold, men’s pommel horse – 2011 Universiade
- Gold, men’s pommel horse – 2011 MG National Championships
- Silver, men’s rings – 2011 MG National Championships
- Bronze, men’s pommel horse – 2012 Challenger Cup
- Sixth, men’s pommel horse – 2011 FIG Artistic World Championships

Declan Stacey
- Gold, men’s floor apparatus – 2011 Youth Commonwealth Games
- Gold, men’s parallel bars – 2011 MG National Championships
- Silver, men’s floor – 2012 MG National Championships
- Bronze, men’s team all rounder – 2011 Youth Commonwealth Games
- Bronze, men’s vault – 2011 MG National Championships
- Bronze, men’s high bar – 2011 MG National Championships

NATIONAL TEAM SELECTIONS

2012 Gymnastics Australia / AIS Australian team
Michael Mercieca, Prashanth Sellathurai, Mitchell Morgan, Declan Stacey

2012 Australian team
Michael Mercieca, Prashanth Sellathurai, Mitchell Morgan, Declan Stacey

2011 – 2012 MAG Squad
World Performance – Gold
Prashanth Sellathurai
International Development – Silver
Michael Mercieca, Jack Rickards, Mitchell Morgan, Declan Stacey, Benjamin Stacey

Total number of scholarship holders 2011: 6
Total number of scholarship holders 2012: 5

COACHES

Head Coach: Songliang Xiong
Assistant Coach: Hongwei Du
Hockey

Athletes from the NSWIS Hockey Program continued to shine internationally and domestically, with several key results ahead of the 2012 London Olympic Games.

Men's Hockey

NSWIS Head Coach: Mark Paterson

• 2011 Under-19 National Championships
• 2011 Under-21 National Championships
• 2012 Under-19 National Championships

Women's Hockey

NSWIS Head Coach: Simon Orchard

• 2012 Under-17 National Championships
• 2012 Under-19 National Championships

SIGNIFICANT ACHIEVEMENTS

Catherine Cox, Meleia Garrard, Kimberlee Green

• Winners (Australian Diamonds) – 2011 World Netball Championships

Carla Dziwoki, April Butters, Susan Pratley, Veity Simmons

• Winners (Australian Fast-Fit Diamonds) – 2011 World Netball Series

Kimberley Burger, Carla Dziwoki, Kimberlee Green, Kristy Guthrie, Meleia Garrard, April Butters, Samantha May, Sophia Mkoloma, Susan Pratley, Jo Sutton, Vanessa Ware, Amy Wild

• 2011 NSWIS Swifts – 2012 ANZ Championships

Nicola Gray, Paige Hadley, April Butters, Abbey Mcdermott, Kristina Brice, Rebecca Bulley, Samara Pateman, Brona Pouloski, Verity Simmons, Melissa Tallent

Silver Associate

Kristina Brice, Paige Hadley, Abbey Mcdermott, Brona Pouloski, Kristina Brice, Rebecca Bulley, Samara Pateman, Brona Pouloski, Verity Simmons, Melissa Tallent

Gold

Kimberley Burger, Ashleigh Bridgall, Rebecca Buckley, Catherine Cox, Carla Dziwoki, Kimberlee Green, Kristy Guthrie, Meleia Garrard, April Butters, Samantha May, Sophia Mkoloma, Susan Pratley, Jo Sutton, Vanessa Ware, Amy Wild

2011 – 2012 Netball Squad

Chloe7/10 National Championships Most Valuable Player

Ashleigh Bridgall, Kristy Guthrie, Carla Dziwoki, Nicola Gray, Paige Hadley, April Butters, Jessica Mandal, Samara Pateman, Brona Pouloski, Verity Simmons, Melissa Tallent

Silver Associate

Kristina Brice, Paige Hadley, Abby Mcdermott, Brona Pouloski, Kristina Brice, Rebecca Bulley, Samara Pateman, Brona Pouloski, Verity Simmons, Melissa Tallent

EAP

Taylum Davies, Giaan Forrester, Zoa Elbert, Tabitha Gooden, Billie Gurr, Sophie Hagan, Madeline Hay, Isabella Keogh, Nirvana Malinga, Kristiana Manu'a, Georgina Marshall, Gloria Masiame, Phoebe Seamen, Tahniya Stanton, Lauren Tapper

• Winners (EAP) – 2012 Under-17 National Championships

Kristina Brice, Taylor Davies, Giaan Forrester, Tahniya Stanton, Sophie Hagan, Madeline Hay, Isabella Keogh, Nirvana Malinga, Kristiana Manu'a, Georgina Marshall, Gloria Masiame, Phoebe Seamen, Tahniya Stanton, Lauren Tapper

• Runners up (EAP) – 2012 Under-19 National Championships

Kimberley Burger

• 2012 Under-17 National Championships Most Valuable Player

Kimberley Ravallo

• 2012 Under-19 National Championships Most Valuable Player

2011 / 2012 National Team Selections

2011 Australian Diamonds

Catherine Cox, Meleia Garrard, Kimberlee Green

2012 Australian Under-21 team

Kristina Brice, Paige Hadley, Samantha Pateman, Kimberley Ravallo, Gabrielle Simpson, Amy Stewart

2012 Australian Under-19 team

Kristina Brice, Paige Hadley, Alex Mcdermott, Brona Miller, Kimberley Ravallo, Gabrielle Simpson, Amy Stewart

For Further Information on the NSWIS Visit www.nswis.com.au

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

PROGRAM PARTNERS // Hockey NSW // Hockey Australia
The NSWIS Tennis Program continued to play a major role in the development of NSWIS athletes on the international and domestic sporting stage. Internationally, the results from the program were led by rising star Alexei Popyrin. In the space of only a few weeks, Popyrin excelled in Italy by taking out the men’s doubles and men’s singles at the 2011 Campionati 12s International ITF BNL D’Italia Giovanili, where he faced some of the world’s best under-12 tennis players. This was then followed by a victory in the men’s singles at the 2011 Nike Masters Championship.

Popyrin’s results were complemented by Abbas Myers, who won gold in the women’s doubles at the 2011 ITF junior circuit events in Turkey, and Alex De Minaur, who took silver in the men’s singles at the 2012 Europe Paces Juniors Cup.

Close to home Jay Andrijic showed why he is considered one of Australia’s next top tennis hopes by winning several events. Andrijic won in the men’s doubles and bronze in the men’s singles at the 2011 Air Pacific Oceania Championships, gold in the men’s singles and doubles at the 2011 ITF Queensland International, and gold and silver in the men’s singles and doubles, respectively, at the 2011 ITF Kowara Junior International.

Elisabeth Jordan Thompson won gold in the men’s doubles at the 2011 Sydney Junior International, while Nick Horton won silver in the men’s singles and bronze in the men’s doubles at the 2011 ITF Noumea Classic.

The NSWIS team of Stephanie Yamada and Ellen Purse also experienced success, combining to win silver in the women’s doubles at the 2011 ITF Noumea Classic.

VENUES // Valentine’s Park Sports // Macquarie University // Sydney Olympic Park Athletics Centre // Hills Sports High / The Forum, Newcastle University
PROGRAM PARTNERS // Football Federation Australia / NSW Football Federation / Northern NSW Football Federation

VENUES // Sydney International Tennis Centre PROGRAM PARTNERS // Tennis Australia / Tennis NSW

NSWIS ANNUAL REPORT 2011/2012

NSWIS ANNUAL REPORT 2011/2012
The reporting period started strongly for athletes from the NSWIS Triathlon Program, with Brad Kahlefeldt winning gold at the Hamburg, Germany leg of the 2011 Triathlon World Championship Series. The race was one of the closest in years, with Kahlefeldt surging ahead in a sprint finish to capture the crown ahead of his competitors from England and France. He then followed up his Hamburg triumph with an eighth-place finish in London, before finishing the world championship series ranked 10th.

In early 2012, Kahlefeldt occupied his form from 2011 by taking silver at the 2012 Mont Tremblant Triathlon World Cup, narrowly missing out on gold after a thrilling sprint finish to the line. Kahlefeldt’s efforts during the reporting period led to him being named on the 2012 Australian Olympic team.

The program also experienced success at a junior level, with NSWIS athlete Ashleigh Baille winning silver in the junior women’s division of the 2011 Triathlon World Championships.

**SIGNIFICANT ACHIEVEMENTS**

**Brad Kahlefeldt**
- Gold, men’s triathlon – 2011 Triathlon World Championship Series (Hamburg)
- Silver, men’s triathlon – 2012 Mont Tremblant Triathlon World Cup
- Eighth, men’s triathlon – 2011 Triathlon World Championship Series (London)
- 10th, men’s triathlon – 2011 Triathlon World Championship Series (London)

**Ashleigh Baille**
- Silver, junior women’s triathlon – 2011 Triathlon World Championships (Beijing)

**NATIONAL TEAM SELECTIONS**

**2012 Olympic Games**
- Brad Kahlefeldt (AIS)

**2011 – 2012 TRIATHLON SQUAD**

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011 – 2012</td>
<td>James Clark</td>
<td>First</td>
</tr>
<tr>
<td></td>
<td>Holly Lincoln-Smith</td>
<td>Second</td>
</tr>
<tr>
<td></td>
<td>Ashleigh Baille</td>
<td>Third</td>
</tr>
<tr>
<td></td>
<td>Rebecca Rippon</td>
<td>Fourth</td>
</tr>
</tbody>
</table>

**COACH**

Head Coach: Jamie Turner

**WATER POLO**

The reporting period also included strong performances from athletes competing in the 2011 FINA Aquatic World Championships. The men’s and women’s 2011 FINA Junior World Championships featured strong performances from Australian athletes, with the junior men’s team finishing fourth at the 2011 FINA Aquatic World Championships.

The reporting period concluded with Lincoln-Smith, McCormack, and Zagame remaining as the current world champions. With Clark, Jeremy Davis, and Ryan Moar finishing fourth at the junior men’s world championships.

**SIGNIFICANT ACHIEVEMENTS**

Holly Lincoln-Smith, Alixia McCormack, Rebecca Rippon, Nicola Zangane
- Silver, women’s water polo – 2012 Pan Pacific Championships
- Silver, women’s water polo – 2012 FINA Women’s World League Final

**COACH**

Head Coach: Jamie Turner

**Women’s Head Coach:** Ryan Moar

**Assistant Coach:** Andrew Yanitas

**Training Coach:** Lou Kay, Tim Harnell

**VENUES**

Sydney Olympic Park Aquatic Centre / Ashfield Aquatic Centre / Ryda Aquatic Centre / Sutherland Leisure Centre / Sydney University / Norwell College

**PROGRAM PARTNERS**

NSW Water Polo Inc / Australian Water Polo Inc
WEIGHTLIFTING

The NSWIS Weightlifting Program, under the guidance of head coach Luke Borreggine, continued to provide athletes with world class coaching, training and competitive opportunities.

Malik Chamoun was once again the standout performer of the program, with his most notable result being a silver medal in the men’s 96kg class at the 2011 Australian Weightlifting Championships.

The result led to selection on the Australian team heading to the 2011 World Weightlifting Championships in Paris, France, where he finished 31st. Chamoun, who is legally blind, became the first blind competitor to compete at a world weightlifting championship.

SIGNIFICANT ACHIEVEMENTS

Malik Chamoun
• Silver, men’s 96kg class – 2011 Australian Weightlifting Championships
• Bronze, junior male 69kg class – 2012 Junior Oceania Championships
• Bronze, youth male 69kg class – 2012 Youth Oceania Championships
• Fourth, youth male 69kg class – 2012 Youth Commonwealth Championships
• Fifth, junior male 69kg class – 2012 Junior Commonwealth Championships

INDIVIDUAL & CAMPAIGN 2012 SCHOLARSHIP

NSWIS Individual and Campaign 2012 scholarship holders achieved significant international results during the reporting period, led by karate athlete Kristina Mah.

Mah began the reporting period strongly by notching gold medals in the women’s 61kg kumite class at the 2011 Commonwealth Championships and 2011 Australian Karate Championships. More success followed for Mah as she triumphed in the women’s 56-61kg kumite at the 2011 German Karate Open, before claiming wins in 2012 at the Dubai Karate Open and Sydney International Open.

Fellow NSWIS athlete Safwan Khalil also experienced success in his sport of taekwondo. Khalil won silver and bronze in the men’s 58kg class at the 2012 Dutch Open and German Open, before being selected on the 2012 Australian Olympic team.

NSWIS archers achieved a number of excellent results during the reporting period, including rising star Elisa Barnard. Barnard won gold medals in the women’s recurve and women’s reserve team event at the 2011 Australian Archery Open, before going on to claim gold at the 2012 Australian Archery Olympic qualifying tournament, securing her position at the 2012 Olympic Games.

Khalil and Barnard were then joined on the 2012 Australian Olympic team by fellow NSWIS scholarship holders Warren Potent (shooting), Daniel Repacholi (shooting), Suzanne Balogh (shooting), Clive Barton (shooting), Vivian Tan (table tennis) and Justin Ran (table tennis).

SIGNIFICANT ACHIEVEMENTS

Kristina Mah (karate)
• Gold, women’s 61kg – 2012 Dubai Karate Open
• Gold, women’s 61-68kg – 2012 Sydney International Open
• Gold, women’s 61-68kg kumite – 2011 German Karate Open
• Gold, women’s 61kg kumite – 2011 Commonwealth Championships

Elisa Barnard (archery)
• Gold, women’s recurve – 2012 Australian Archery Olympic Qualifying tournament
• Gold, women’s recurve – 2011 Australian Archery Open
• Gold, women’s reserve team – 2011 Australian Archery Open
• Gold, women’s recurve – 2012 Australian Archery Open

COACHES

Head Coach: Luke Borreggine
Coach: Stivie Tikkensen

COACHES

Luke Madill
• Gold, women’s 57kg – 2012 Sydney Olympic test event

Fellow NSWIS athlete Tyrone Dole was named as the NSWIS Male Scholar Athlete of the Year.

Ty Swadling (trampoline)
• Gold, men’s trampoline – 2011 Australian Championships
• Silver, men’s synchronised trampoline – 2011 Australian Championships

Jennifer Haas (shooting)
• Gold, women’s 50m prone rifle – 2012 Australia Cup

NATIONAL TEAM SELECTIONS

2012 Olympic Games
• Justin Han, Clive Barton, Vivian Tan, Chiho Esposito, Daniel Repacholi, Suzanne Balogh, Cheryl Chan, Ed Fernon, Safwan Khalil, Elisa Barnard, Warren Potent

2011 World Trampoline Championships
Ty Swadling

2012 UCI BMX World Championships
Luke Madill

2012 Modern Pentathlon/World Championships
Chiho Esposito

2011 – 2012 INDIVIDUAL SCHOLARSHIP / CAMPAIGN 2012 ATHLETES

Individual Scholarship

Campaign 2012
Li Ding, Wei, Matthew Gray, Ty Swadling, Justin Han, Clive Barton, Vivian Tan, Chiho Esposito, Daniel Repacholi, Suzanne Balogh, Cheryl Chan, Ed Fernon, Jennifer Hens, Jessica Brooks, Safwan Khalil

VENUES // Sydney Olympic Park Sports Centre
PROGRAM PARTNERS // NSW Weightlifting Association / Australian Weightlifting Federation
ATHLETES WITH A DISABILITY

The NSWIS Athletes with a Disability (AWD) Program produced a number of world-class results throughout the 2011 / 12 reporting period, including world championship gold.

Cyclists Alexandrea Green and Jayme Paris were two of the shining stars from the program, with Green winning gold in the women’s C4 3000m individual pursuit at the 2012 Para-cycling World Track Championships, before setting fourth in the woman’s C4 500m time trial at the same event.

Paris was also on song during the reporting period, winning gold medals in the women’s C1 5000m individual pursuit and C1 500m time trial at the 2012 Para-cycling World Track Championships, as well as gold in the woman’s C1 time trial at the 2011 UCI Para-cycling World Road Championships.

Five-time Paralympian Liesl Tesch continued to show her class in the sporting arena by winning two sailing medals at international levels. Tesch, who switched from wheelchair basketball to sailing, was gold in the skud 18 class at the 2012 ISAF Sailing World Cup, and silver in the same class at the 2012 IFDS World Championships. She was subsequently selected to the 2013 Paralympic team to compete in her sixth Paralympics.

NSWIS AWD swimmers proved to be a force in the water in the lead up to the 2012 London Paralympics, with Kara Leo impressing in the pool. Leo won broke the world record in the final seven events at each of the Melbourne, Sydney, Brisbane and Adelaide track classic events, while also winning long jump silver in Melbourne.

Three NSWIS athletes were selected on the Australian Paralympics team in women’s goalball, as Australia assured its first appearance at the Games for over 10 years. Janine Blow, Michelle Rozpecki and Ryan Taylor were all selected in the team, with Blow’s selection coming on the back of winning the University of Sydney Academic Excellence award at the 2011 NSWIS Awards Dinner.

SIGNIFICANT ACHIEVEMENTS

Jaye Paris (Cycling)
Gold, woman’s C1 5000m individual pursuit – 2012 Para-cycling World Track Championships
Gold, woman’s C1 500m time trial – 2012 Para-cycling World Track Championships
Gold, woman’s C1 time trial – 2011 UCI Para-cycling World Road Championships

Alexandrea Green (Cycling)
Gold, woman’s C4 3000m individual pursuit – 2012 Para-cycling World Track Championships
Gold, woman’s C4 500m time trial – 2012 Para-cycling World Track Championships
Fourth, woman’s C4 500m scratch race – 2012 Para-cycling World Track Championships

Stephanie Schweitzer (Track & Field)
Gold, woman’s 200m ambulant – 2012 Australian Athletics Championships
Gold, woman’s 100m ambulant – 2012 Melbourne Track Classic and Olympic Trials
Gold, woman’s 100m ambulant – 2012 Sydney Track Classic
Gold, woman’s 200m ambulant – 2012 Melbourne Track Classic and Olympic Trials

Taylor Corry (Swimming)
Gold, men’s 200m freestyle – 2012 Australian Swimming Championships
Gold, men’s 50m backstroke – 2012 Australian Swimming Championships
Gold, men’s 50m butterfly – 2012 Australian Swimming Championships
Gold, men’s 50m breaststroke – 2012 Australian Swimming Championships
Gold, women’s 100m freestyle – 2011 INAS Global Games
Silver, women’s 100m freestyle – 2011 INAS Global Games
Silver, women’s 200m freestyle – 2011 INAS Global Games
Bronze, women’s 200m freestyle – 2012 Australian Swimming Championships

Prue Watt (Swimming)
Gold, woman’s 50m breaststroke – 2012 Australian Swimming Championships
Gold, woman’s 100m breaststroke – 2012 Australian Swimming Championships
Silver, woman’s 200m breaststroke – 2012 Australian Swimming Championships
Silver, woman’s 200m individual medley – 2012 Australian Swimming Championships
Bronze, women’s 200m butterfly – 2012 Australian Swimming Championships

Pasterfield, Michael Auprince, Sean Russo, Kara Leo, Tim Antalfy, Katrina Porter, Prue Watt, Amanda Fowler

Matthew Levy (Swimming)
Silver, man’s 50m freestyle – 2012 Australian Swimming Championships
Silver, man’s 100m freestyle – 2012 Australian Swimming Championships
Silver, man’s 400m freestyle – 2012 Australian Swimming Championships
Silver, man’s 100m breaststroke – 2012 Australian Swimming Championships
Silver, man’s 100m backstroke – 2012 Australian Swimming Championships
Silver, man’s 50m breaststroke – 2012 Australian Swimming Championships

NATIONAL TEAM SELECTIONS

2012 Paralympic Games
Georgia Beikoff, Stephanie Schweitzer, Jayme Paris, Alexandra Green, Hannah Ordill, Jenny Blow, Tim Taylor, Michelle Rozpecki, Liesl Tesch, Stephanie Durr, Jonathan Harris, Ben Weekes, Adam Kellerman, Riley Bitt, Jacqueline Frenny, Matthew Levy, Andrew Pasterfield, Michael Aspin, Sean Russo, Kara Leo, Ben Austin, Tim Antalfy, Katrina Porter, Prue Watt, Amanda Fowler

Training Scholarships (Swimming)
Stu Lucas, Taylor Corry, Michael Kilduff, Keegan O’Chee, Adam Kellerman, Madison Elliott, Amanda Fowler

Wheelchair Rugby
Jonathan Harris, Jenny Blow, Tyan Taylor, Michelle Rozpecki

Tennis
Ron Weekes, Keegan O’Chee, Adam Kellerman

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**NSW Institute of Sport**

**STATEMENT OF COMPREHENSIVE INCOME**

For the Year Ended 30 June 2012

<table>
<thead>
<tr>
<th>Note</th>
<th>Economic Entity</th>
<th>2012</th>
<th>2011</th>
<th>2012</th>
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<td>Grants 2a</td>
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<td>Sponsorships 2b</td>
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<tr>
<td>Other 2c</td>
<td>838</td>
<td>742</td>
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<td>15,645</td>
<td>15,141</td>
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<td>15,141</td>
<td></td>
</tr>
</tbody>
</table>

| Expenditure from Continuing Operations | | | | |
| Employee Related 3a | 7,114 | 6,813 | 108 | 108 |
| Personnel Services 3b | - | - | 7,006 | 6,705 |
| Grants to Sporting Associations 3d | 474 | 572 | 474 | 572 |
| Depreciation and Amortisation 6 | 773 | 933 | 773 | 933 |
| Fees for Services Rendered 3c | 862 | 716 | 862 | 716 |
| Travel Costs | 879 | 714 | 879 | 714 |
| Athlete Services | 1,206 | 1,142 | 1,206 | 1,142 |
| Occupancy | 2,538 | 2,340 | 2,538 | 2,340 |
| Other Expenses 3e | 2,616 | 2,811 | 2,616 | 2,811 |
| Total Expenditure from Continuing Operations | 16,462 | 16,041 | 16,462 | 16,041 |

| Gain/(Loss) on Disposal | 51 | 63 | 51 | 63 |
| Surplus/(Deficit) for the Year | (766) | (837) | (766) | (837) |
| Other Comprehensive Income for the Year | - | - | - | - |
| Total Comprehensive Income for the Year | (766) | (837) | (766) | (837) |

The accompanying notes form part of these financial statements.

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**NSW Institute of Sport**

**STATEMENT OF FINANCIAL POSITION**

As at 30 June 2012

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<th>Note</th>
<th>Economic Entity</th>
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<th>2012</th>
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<td><strong>Total Current Assets</strong></td>
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<td>Non-Current Assets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Depreciation and Amortisation 6</td>
<td>773</td>
<td>933</td>
<td>773</td>
<td>933</td>
<td></td>
</tr>
<tr>
<td><strong>Total Non-Current Assets</strong></td>
<td>3,221</td>
<td>3,542</td>
<td>199</td>
<td>234</td>
<td></td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td>6,142</td>
<td>6,558</td>
<td>6,137</td>
<td>6,556</td>
<td></td>
</tr>
</tbody>
</table>

| **LIABILITIES** | | | | |
| Current Liabilities | | | | |
| Employee Related 3a | 7,114 | 6,813 | 108 | 108 |
| Personnel Services 3b | - | - | 7,006 | 6,705 |
| Grants to Sporting Associations 3d | 474 | 572 | 474 | 572 |
| **Total Current Liabilities** | 2,012 | 1,673 | 2,166 | 1,784 |
| Non-Current Liabilities | | | | |
| Proprietary 5 | 542 | 341 | 542 | 341 |
| **Total Non-Current Liabilities** | 3,221 | 3,542 | 2,060 | 1,660 |
| **Total Liabilities** | 5,233 | 5,215 | 4,226 | 4,444 |
| **Net Assets** | 839 | 3,343 | 831 | 3,112 |

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

#### STATEMENT OF CHANGES IN EQUITY

For the Year Ended 30 June 2012

<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>2012 $'000</td>
</tr>
<tr>
<td></td>
<td></td>
<td>$'000</td>
</tr>
<tr>
<td>Balance at 1 July 2010</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>Total comprehensive income for the year</td>
<td>(837)</td>
<td>(837)</td>
</tr>
<tr>
<td>Balance at 30 June 2011</td>
<td></td>
<td>4,538</td>
</tr>
</tbody>
</table>

| Balance at 1 July 2011 |                 | 4,538        | 4,538        |
| Deficit for the year | (766)             | (766)        | (766)        |
| Other comprehensive income | -                | -            | -            |
| Total comprehensive income for the year | (766)             | (766)        | (766)        |
| Balance at 30 June 2012 |                 | 3,772        | 3,772        |

<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>2012 $'000</td>
</tr>
<tr>
<td></td>
<td></td>
<td>$'000</td>
</tr>
<tr>
<td>Balance at 1 July 2010</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>Total comprehensive income for the year</td>
<td>(837)</td>
<td>(837)</td>
</tr>
<tr>
<td>Balance at 30 June 2011</td>
<td></td>
<td>4,538</td>
</tr>
<tr>
<td>Deficit for the year</td>
<td>(766)</td>
<td>(766)</td>
</tr>
<tr>
<td>Other comprehensive income</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Total comprehensive income for the year</td>
<td>(766)</td>
<td>(766)</td>
</tr>
<tr>
<td>Balance at 30 June 2012</td>
<td></td>
<td>3,772</td>
</tr>
</tbody>
</table>

The accompanying notes form part of these financial statements.

### NSW Institute of Sport

#### STATEMENT OF CASH FLOWS

For the Year Ended 30 June 2012

#### Cash Flows from Operating Activities

<table>
<thead>
<tr>
<th>Payments</th>
<th>Note</th>
<th>2012 Inflows/ (Outflows) $'000</th>
<th>2011 Inflows/ (Outflows) $'000</th>
<th>2012 Inflows/ (Outflows) $'000</th>
<th>2010 Inflows/ (Outflows) $'000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suppliers and Employees</td>
<td>(15,373)</td>
<td>(14,851)</td>
<td>(15,376)</td>
<td>(14,834)</td>
<td></td>
</tr>
<tr>
<td>Grants and Scholarships</td>
<td>(474)</td>
<td>(549)</td>
<td>(474)</td>
<td>(549)</td>
<td></td>
</tr>
<tr>
<td>Total Payments</td>
<td>(15,847)</td>
<td>(15,400)</td>
<td>(15,850)</td>
<td>(15,383)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Receipts</th>
<th>Note</th>
<th>2012 Inflows/ (Outflows) $'000</th>
<th>2011 Inflows/ (Outflows) $'000</th>
<th>2012 Inflows/ (Outflows) $'000</th>
<th>2010 Inflows/ (Outflows) $'000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grants and Sponsorships</td>
<td>3,495</td>
<td>3,816</td>
<td>3,498</td>
<td>3,799</td>
<td></td>
</tr>
<tr>
<td>Interest Received</td>
<td>30</td>
<td>52</td>
<td>30</td>
<td>52</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>1,651</td>
<td>1,356</td>
<td>1,651</td>
<td>1,356</td>
<td></td>
</tr>
<tr>
<td>Total Receipts</td>
<td>5,176</td>
<td>5,224</td>
<td>5,179</td>
<td>5,207</td>
<td></td>
</tr>
</tbody>
</table>

#### Cash Flows from Investing Activities

- Proceeds from the Sale of Equipment | 51 | 70 | 51 | 70 |
- Purchases of Plant and Equipment | (510) | (288) | (510) | (288) |
- Net Cash inflows/(outflows) from Investing Activities | (459) | (218) | (459) | (218) |

#### Net Increase/(Decrease) in Cash held

- (566) | (107) | (566) | (107) |

#### Opening Cash and Cash Equivalents

- 2,216 | 2,323 | 2,216 | 2,323 |

#### Closing Cash and Cash Equivalents

- 1,650 | 1,600 | 1,650 | 1,600 |

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

NOTES TO THE FINANCIAL STATEMENTS

For the Year Ended 30 June 2012

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 2012 has been authorized for issue by the Board on the 18 October 2012. 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 (A(IFRS)). The NSW Institute of Sport is a not-for-profit entity and A(IFRS) have been applied as applicable to not-for-profit entities.

The financial statements have been prepared on historical cost basis using the accrual method of accounting and do not reflect changing monetary 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 entities as at 30 June 2012 and the results of the controlled entity for the period then ended. NSWIS and its controlled entities is referred to in this financial report as the “Group”. 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)(n) results are included in the consolidated entity 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 employee’s service uptodate. 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 12/06. Accrued long service leave is treated as both a current and non-current liability.

On Costs:

(a) The outstanding amounts of payroll tax, workers’ compensation insurance premiums, superannuation and fringe benefits tax, which are not recoverable from the Australian Taxation Office are classified as operating cash flows.

(b) 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.

(c) Revenue Recognition

Revenue, expenses and assets are recognised out of the amount of GST except where:

(i) 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

(ii) receivables and payables are stated with the amount of the GST included.

Cash flows are included in the statement of cash flows on a gross basis. However, the GST components of cash flows arising from investing and financing activities which are recoverable from or payable to, the Australian Taxation Office are classified as operating cash flows.

(iv) 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 realizable value.

(v) Comparative Figures

Comparative Figures have been adjusted to conform to changes in presentation in these financial statements where required.

(vi) Residual

All values in the statements have been rounded to the nearest thousand dollars.

(vii) 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.

(viii) New Australian Accounting Standards Issued but not Effective

(1) 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.

(2) 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.

(3) Revenue Recognition

Revenue is recognised when the Institute has control of the goods 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.

(4) Superannuation

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.

(5) 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.

(6) 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 Board but are not yet operative. Those have not been adopted early by NSWIS as they have been assessed to be not materially affecting the financial statements.

(7) Equity and Reserves

The category “Accumulated funds” includes all current and prior period retained funds. Separate reserves accounts are recognised in the financial statements only if such accounts are required by specific legislation or Australian Accounting Standards.
2. Income

<table>
<thead>
<tr>
<th>Economic Entity</th>
<th>Parent Entity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Note</td>
<td>$'000</td>
</tr>
<tr>
<td>(a) Grants</td>
<td></td>
</tr>
<tr>
<td>State Government:</td>
<td></td>
</tr>
<tr>
<td>Operating:</td>
<td></td>
</tr>
<tr>
<td>Office of Communities - Sport and Recreation</td>
<td>10,261</td>
</tr>
<tr>
<td>Office of Communities Sydney Olympic Park Aquatic Centre</td>
<td>88</td>
</tr>
<tr>
<td>Department Trade &amp; Investment</td>
<td>30</td>
</tr>
<tr>
<td>Commonwealth Government:</td>
<td></td>
</tr>
<tr>
<td>Operating:</td>
<td></td>
</tr>
<tr>
<td>Australian Sports Commission</td>
<td>182</td>
</tr>
<tr>
<td>Australian Sports Foundation</td>
<td>3</td>
</tr>
<tr>
<td>National and State Sporting Organisations</td>
<td>2,493</td>
</tr>
<tr>
<td></td>
<td>13,954</td>
</tr>
<tr>
<td>(b) Sponsorship</td>
<td></td>
</tr>
<tr>
<td>ClubsNSW</td>
<td>1,040</td>
</tr>
<tr>
<td>Other</td>
<td>276</td>
</tr>
<tr>
<td>In-kind contributions</td>
<td>467</td>
</tr>
<tr>
<td></td>
<td>1,783</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.

(c) Other Income

<table>
<thead>
<tr>
<th>Description</th>
<th>2012</th>
<th>2011</th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interest</td>
<td>30</td>
<td>52</td>
<td>30</td>
<td>52</td>
</tr>
<tr>
<td>Rent Income</td>
<td>193</td>
<td>198</td>
<td>193</td>
<td>198</td>
</tr>
<tr>
<td>Recovery of Costs</td>
<td>169</td>
<td>263</td>
<td>169</td>
<td>263</td>
</tr>
<tr>
<td>Other Income</td>
<td>423</td>
<td>229</td>
<td>423</td>
<td>229</td>
</tr>
<tr>
<td></td>
<td>898</td>
<td>742</td>
<td>898</td>
<td>742</td>
</tr>
</tbody>
</table>

NSW Institute of Sport
NOTES TO THE FINANCIAL STATEMENTS

3. Expenditure

<table>
<thead>
<tr>
<th>Economic Entity</th>
<th>Parent Entity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Note</td>
<td>$'000</td>
</tr>
<tr>
<td>(a) Employee Related Expenses</td>
<td></td>
</tr>
<tr>
<td>Board Members Fees</td>
<td>95</td>
</tr>
<tr>
<td>Salaries and Wages</td>
<td>5,727</td>
</tr>
<tr>
<td>Payroll Tax and Fringe Benefit Tax</td>
<td>390</td>
</tr>
<tr>
<td>Employee Entitlements</td>
<td>292</td>
</tr>
<tr>
<td>Superannuation</td>
<td>526</td>
</tr>
<tr>
<td>Other</td>
<td>78</td>
</tr>
<tr>
<td></td>
<td>7,114</td>
</tr>
<tr>
<td>(b) Personnel Services</td>
<td></td>
</tr>
<tr>
<td>Personnel Services - Institute of Sport Division</td>
<td>-</td>
</tr>
</tbody>
</table>
| 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.

(c) Fees For Services Rendered

<table>
<thead>
<tr>
<th>Description</th>
<th>2012</th>
<th>2011</th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consultants</td>
<td>113</td>
<td>123</td>
<td>113</td>
<td>123</td>
</tr>
<tr>
<td>Contract Services</td>
<td>257</td>
<td>210</td>
<td>257</td>
<td>210</td>
</tr>
<tr>
<td>Fees for Service- Non Consultants</td>
<td>492</td>
<td>492</td>
<td>492</td>
<td>492</td>
</tr>
<tr>
<td></td>
<td>862</td>
<td>716</td>
<td>862</td>
<td>716</td>
</tr>
<tr>
<td>(d) Grants</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>State Sporting Associations</td>
<td>310</td>
<td>388</td>
<td>310</td>
<td>388</td>
</tr>
<tr>
<td>Athlete Scholarship Program</td>
<td>164</td>
<td>184</td>
<td>164</td>
<td>184</td>
</tr>
<tr>
<td></td>
<td>474</td>
<td>572</td>
<td>474</td>
<td>572</td>
</tr>
<tr>
<td>(e) Other Expenses</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minor Equipment</td>
<td>321</td>
<td>343</td>
<td>321</td>
<td>343</td>
</tr>
<tr>
<td>Borrowing Costs</td>
<td>23</td>
<td>-</td>
<td>23</td>
<td>-</td>
</tr>
<tr>
<td>Other Costs</td>
<td>223</td>
<td>367</td>
<td>223</td>
<td>367</td>
</tr>
<tr>
<td>Motor Vehicles</td>
<td>332</td>
<td>334</td>
<td>332</td>
<td>334</td>
</tr>
<tr>
<td>Printing &amp; Stationary</td>
<td>144</td>
<td>153</td>
<td>144</td>
<td>153</td>
</tr>
<tr>
<td>Communications</td>
<td>257</td>
<td>257</td>
<td>257</td>
<td>257</td>
</tr>
<tr>
<td>Advertising &amp; Promotion</td>
<td>442</td>
<td>442</td>
<td>442</td>
<td>442</td>
</tr>
<tr>
<td>Maintenance</td>
<td>161</td>
<td>143</td>
<td>161</td>
<td>143</td>
</tr>
<tr>
<td>Insurance</td>
<td>44</td>
<td>44</td>
<td>44</td>
<td>44</td>
</tr>
<tr>
<td>Medical Services</td>
<td>302</td>
<td>188</td>
<td>302</td>
<td>188</td>
</tr>
<tr>
<td>In Kind Contributions</td>
<td>467</td>
<td>484</td>
<td>467</td>
<td>484</td>
</tr>
<tr>
<td></td>
<td>2,616</td>
<td>2,811</td>
<td>2,616</td>
<td>2,811</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).
6. Property Plant And Equipment (cont.)

Reconciliation of Carrying Amounts for Each Class of Property Plant & Equipment for the Year End 30 June 2012.

### Reconciliation of Carrying Amounts for Each Class of Property Plant & Equipment for the Year End 30 June 2011.

#### Net Carrying Value as at 1.7.2010

<table>
<thead>
<tr>
<th>Economic Entity</th>
<th>Note</th>
<th>$'000</th>
<th>$'000</th>
<th>$'000</th>
<th>$'000</th>
<th>$'000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sundry Debtors</td>
<td></td>
<td>39</td>
<td>105</td>
<td>198</td>
<td>161</td>
<td>3,655</td>
</tr>
<tr>
<td>Less: Provision for Impairment</td>
<td></td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Net Carrying Value as at 30.6.2011</td>
<td></td>
<td>29</td>
<td>21</td>
<td>165</td>
<td>165</td>
<td>3,028</td>
</tr>
<tr>
<td>Plus: Additions</td>
<td></td>
<td>15</td>
<td>10</td>
<td>56</td>
<td>73</td>
<td>134</td>
</tr>
<tr>
<td>Less: Transfers</td>
<td></td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Less: Provisions</td>
<td></td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Less: Depreciation</td>
<td></td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Less: Disposals</td>
<td></td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Net Carrying Amount as at 30.6.2011</td>
<td></td>
<td>31</td>
<td>21</td>
<td>405</td>
<td>350</td>
<td>2,409</td>
</tr>
</tbody>
</table>

#### Net Carrying Amount as at 30.6.2012

<table>
<thead>
<tr>
<th>Economic Entity</th>
<th>Note</th>
<th>$'000</th>
<th>$'000</th>
<th>$'000</th>
<th>$'000</th>
<th>$'000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sundry Debtors</td>
<td></td>
<td>31</td>
<td>21</td>
<td>405</td>
<td>350</td>
<td>2,409</td>
</tr>
<tr>
<td>Less: Provision for Impairment</td>
<td></td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Net Carrying Amount as at 30.6.2012</td>
<td></td>
<td>31</td>
<td>21</td>
<td>405</td>
<td>350</td>
<td>2,409</td>
</tr>
</tbody>
</table>

7. Trade and other payables

### Trade and other receivables

<table>
<thead>
<tr>
<th>Economic Entity</th>
<th>Parent Entity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2012</strong></td>
<td><strong>2011</strong></td>
</tr>
<tr>
<td>Note</td>
<td>$'000</td>
</tr>
</tbody>
</table>

#### Current: Sundry Debtors

<table>
<thead>
<tr>
<th>Note</th>
<th>$'000</th>
<th>$'000</th>
<th>$'000</th>
<th>$'000</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>357</td>
<td>208</td>
<td>357</td>
<td>207</td>
</tr>
</tbody>
</table>

#### Other Income Received in Advance

<table>
<thead>
<tr>
<th>Note</th>
<th>$'000</th>
<th>$'000</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>166</td>
<td>124</td>
</tr>
</tbody>
</table>

8. Other

### Provisions

#### Non-Current:

<table>
<thead>
<tr>
<th>Economic Entity</th>
<th>Parent Entity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2012</strong></td>
<td><strong>2011</strong></td>
</tr>
<tr>
<td>Note</td>
<td>$'000</td>
</tr>
</tbody>
</table>

#### Non-Current: Long Service Leave

<table>
<thead>
<tr>
<th>Note</th>
<th>$'000</th>
<th>$'000</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>159</td>
<td>113</td>
</tr>
</tbody>
</table>

#### Provision for Restoration - NSWIS Premises

<table>
<thead>
<tr>
<th>Note</th>
<th>$'000</th>
<th>$'000</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>234</td>
<td>236</td>
</tr>
</tbody>
</table>

#### Non-Current: Long Service Leave

<table>
<thead>
<tr>
<th>Note</th>
<th>$'000</th>
<th>$'000</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>159</td>
<td>113</td>
</tr>
</tbody>
</table>

#### Non-Current: Provision for Restoration - NSWIS Premises

<table>
<thead>
<tr>
<th>Note</th>
<th>$'000</th>
<th>$'000</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>234</td>
<td>236</td>
</tr>
</tbody>
</table>

#### Work-In-Progress

<table>
<thead>
<tr>
<th>Note</th>
<th>$'000</th>
<th>$'000</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9</td>
<td>134</td>
</tr>
</tbody>
</table>

#### Total Non-Current Liabilities

<table>
<thead>
<tr>
<th>Note</th>
<th>$'000</th>
<th>$'000</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>358</td>
<td>347</td>
</tr>
</tbody>
</table>

#### Total Non-Current Liabilities

<table>
<thead>
<tr>
<th>Note</th>
<th>$'000</th>
<th>$'000</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>358</td>
<td>347</td>
</tr>
</tbody>
</table>

#### Total Non-Current Liabilities

<table>
<thead>
<tr>
<th>Note</th>
<th>$'000</th>
<th>$'000</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>358</td>
<td>347</td>
</tr>
</tbody>
</table>

#### Total Non-Current Liabilities

<table>
<thead>
<tr>
<th>Note</th>
<th>$'000</th>
<th>$'000</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>358</td>
<td>347</td>
</tr>
</tbody>
</table>
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>Class</th>
<th>Note</th>
<th>Carrying Amount</th>
<th>2012 $'000</th>
<th>2011 $'000</th>
<th>Total $'000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and Cash Equivalents</td>
<td>N/A</td>
<td>1,650</td>
<td>2,121</td>
<td>3,771</td>
<td>2,388</td>
</tr>
<tr>
<td>Receivables</td>
<td>7</td>
<td>596</td>
<td>471</td>
<td>1,067</td>
<td>1,858</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>2,216</td>
<td>2,388</td>
<td>4,604</td>
<td>4,246</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’s 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 Categories</th>
<th>Note</th>
<th>Carrying Amount</th>
<th>2012 $'000</th>
<th>2011 $'000</th>
<th>Total $'000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and Cash Equivalents</td>
<td>N/A</td>
<td>1,650</td>
<td>2,121</td>
<td>3,771</td>
<td>2,388</td>
</tr>
<tr>
<td>Reserves</td>
<td>7</td>
<td>596</td>
<td>471</td>
<td>1,067</td>
<td>1,858</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>2,216</td>
<td>2,388</td>
<td>4,604</td>
<td>4,246</td>
</tr>
</tbody>
</table>

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’s 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 Categories</th>
<th>Note</th>
<th>Carrying Amount</th>
<th>2012 $'000</th>
<th>2011 $'000</th>
<th>Total $'000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and Cash Equivalents</td>
<td>N/A</td>
<td>1,650</td>
<td>2,121</td>
<td>3,771</td>
<td>2,388</td>
</tr>
<tr>
<td>Reserves</td>
<td>7</td>
<td>596</td>
<td>471</td>
<td>1,067</td>
<td>1,858</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>2,216</td>
<td>2,388</td>
<td>4,604</td>
<td>4,246</td>
</tr>
</tbody>
</table>

(c) 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. Exposure arises 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>Economic Entity</th>
<th>Total</th>
<th>Non-Interest Bearing</th>
<th>1 year or less $'000</th>
<th>Over 1 to 5 years $'000</th>
<th>More than 5 years $'000</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011/2012</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Financial Assets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash at Bank</td>
<td>1,650</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Receivables</td>
<td>-</td>
<td>471</td>
<td>471</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Net Financial Assets/Liabilities</td>
<td>1,650</td>
<td>-</td>
<td>-</td>
<td>(127)</td>
<td>1,523</td>
</tr>
<tr>
<td>2010/2011</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Financial Assets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash at Bank</td>
<td>2,216</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Receivables</td>
<td>-</td>
<td>172</td>
<td>172</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Net Financial Assets/Liabilities</td>
<td>2,216</td>
<td>-</td>
<td>-</td>
<td>(304)</td>
<td>1,912</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.
15. Contingent Liabilities

There were no known contingent liabilities at balance date. However during the reporting period the legal proceedings commenced by former NSWIS scholarship holder Erin Douglass against NSWIS has now been resolved in full. The settlement of the claim was met by NSWIS insurers, the Treasury Managed Fund.


(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 2012 as shown in the Statement of Cash Flows is reconciled to the related items in the Statement of Financial Position as follows:

<table>
<thead>
<tr>
<th>Economic Entity</th>
<th>Parent Entity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Note</td>
<td>$'000</td>
</tr>
<tr>
<td>Cash at Bank</td>
<td>1,650</td>
</tr>
</tbody>
</table>

(b) Reconciliation of Net Cash provided by Operating Activities to Surplus/(Deficit) from ordinary activities

<table>
<thead>
<tr>
<th>Economic Entity</th>
<th>Parent Entity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Note</td>
<td>$'000</td>
</tr>
<tr>
<td>Surplus/(Deficit)</td>
<td>(766)</td>
</tr>
<tr>
<td>Plus (Less) Non-Cash Items</td>
<td></td>
</tr>
<tr>
<td>Depreciation</td>
<td>773</td>
</tr>
<tr>
<td>(Gain)/Loss on Disposal</td>
<td>(51)</td>
</tr>
<tr>
<td>Increase/(Decrease) in Provisions</td>
<td>247</td>
</tr>
<tr>
<td>Decrease in Gross Carrying Value of Leasehold Improvements</td>
<td>58</td>
</tr>
<tr>
<td>Total (including GST)</td>
<td>10,742</td>
</tr>
</tbody>
</table>

The operating lease commitments include 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>Economic Entity</th>
<th>Parent Entity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Note</td>
<td>$'000</td>
</tr>
<tr>
<td>Audit Office of NSW</td>
<td>32</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.

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
Institute of Sport Division

STATEMENT OF COMPREHENSIVE INCOME

For the Year Ended 30 June 2012

<table>
<thead>
<tr>
<th>Note</th>
<th>2012 $’000</th>
<th>2011 $’000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Revenue from Continuing Operations</td>
<td>Personnel Services</td>
<td>7,006</td>
</tr>
<tr>
<td>Total Revenue from Continuing Operations</td>
<td>7,006</td>
<td>6,705</td>
</tr>
<tr>
<td>Expenditure from Continuing Operations</td>
<td>Salaries</td>
<td>5,727</td>
</tr>
<tr>
<td></td>
<td>Superannuation - defined contribution plan</td>
<td>519</td>
</tr>
<tr>
<td></td>
<td>Employee Entitlements</td>
<td>292</td>
</tr>
<tr>
<td></td>
<td>Payroll Tax &amp; Fringe Benefit Tax</td>
<td>390</td>
</tr>
<tr>
<td></td>
<td>Other</td>
<td>78</td>
</tr>
<tr>
<td>Total Expenditure from Continuing Operations</td>
<td>7,006</td>
<td>6,705</td>
</tr>
<tr>
<td>Surplus/(Deficit) for the Year</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Other Comprehensive Income for the Year</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Total Comprehensive Income for the Year</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

The accompanying notes form part of these financial statements.
Institute of Sport Division
STATEMENT OF FINANCIAL POSITION

As at 30 June 2012

<table>
<thead>
<tr>
<th>Note</th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$’000</td>
<td>$’000</td>
</tr>
</tbody>
</table>

**ASSETS**

Current Assets

<table>
<thead>
<tr>
<th>Note</th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$’000</td>
<td>$’000</td>
</tr>
<tr>
<td>Trade and Other Receivables</td>
<td>1,617</td>
<td>1,307</td>
</tr>
<tr>
<td><strong>Total Current Assets</strong></td>
<td><strong>1,617</strong></td>
<td><strong>1,307</strong></td>
</tr>
</tbody>
</table>

**LIABILITIES**

Current Liabilities

<table>
<thead>
<tr>
<th>Note</th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$’000</td>
<td>$’000</td>
</tr>
<tr>
<td>Trade and Other Payables</td>
<td>170</td>
<td>142</td>
</tr>
<tr>
<td>Provisions</td>
<td>1,288</td>
<td>1,052</td>
</tr>
<tr>
<td><strong>Total Current Liabilities</strong></td>
<td><strong>1,458</strong></td>
<td><strong>1,194</strong></td>
</tr>
</tbody>
</table>

Non-Current Liabilities

<table>
<thead>
<tr>
<th>Note</th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$’000</td>
<td>$’000</td>
</tr>
<tr>
<td>Provisions</td>
<td>158</td>
<td>113</td>
</tr>
<tr>
<td><strong>Total Non-Current Liabilities</strong></td>
<td><strong>158</strong></td>
<td><strong>113</strong></td>
</tr>
</tbody>
</table>

**Total Liabilities**

<table>
<thead>
<tr>
<th>Note</th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$’000</td>
<td>$’000</td>
</tr>
<tr>
<td><strong>Total Liabilities</strong></td>
<td><strong>1,617</strong></td>
<td><strong>1,307</strong></td>
</tr>
</tbody>
</table>

**Net Assets**

<table>
<thead>
<tr>
<th>Note</th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$’000</td>
<td>$’000</td>
</tr>
<tr>
<td><strong>Net Assets</strong></td>
<td><strong>-</strong></td>
<td><strong>-</strong></td>
</tr>
</tbody>
</table>

**Equity**

<table>
<thead>
<tr>
<th>Note</th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$’000</td>
<td>$’000</td>
</tr>
<tr>
<td>Accumulated Funds</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total Equity</strong></td>
<td><strong>-</strong></td>
<td><strong>-</strong></td>
</tr>
</tbody>
</table>

The accompanying notes form part of these financial statements.

Institute of Sport Division
STATEMENT OF CHANGES IN EQUITY

For the Year Ended 30 June 2012

<table>
<thead>
<tr>
<th>Note</th>
<th>Accumulated Funds</th>
<th>Total Equity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$’000</td>
<td>$’000</td>
</tr>
<tr>
<td>Balance at 1 July 2010</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Surplus/(Deficit) 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><strong>-</strong></td>
<td><strong>-</strong></td>
</tr>
<tr>
<td>Balance at 30 June 2011</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Surplus/(Deficit) 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><strong>-</strong></td>
<td><strong>-</strong></td>
</tr>
<tr>
<td>Balance at 30 June 2012</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

The accompanying notes form part of these financial statements.

Institute of Sport Division
STATEMENT OF CASH FLOWS

For the Year Ended 30 June 2012

<table>
<thead>
<tr>
<th>Note</th>
<th>2012 Inflows/(Outflows)</th>
<th>2011 Inflows/(Outflows)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$’000</td>
<td>$’000</td>
</tr>
<tr>
<td>Cash Flows from Operating Activities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Payments</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Suppliers and Employees</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total Payments</strong></td>
<td><strong>-</strong></td>
<td><strong>-</strong></td>
</tr>
<tr>
<td>Receipts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Services</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total Receipts</strong></td>
<td><strong>-</strong></td>
<td><strong>-</strong></td>
</tr>
<tr>
<td>Net Cash Flows from Operating Activities</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Net Increase/(Decrease) in Cash held</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Opening Cash and Cash Equivalents</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Closing Cash and Cash Equivalents</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

The accompanying notes form part of these financial statements.
Institute of Sport Division

NOTES TO THE FINANCIAL STATEMENTS

Notes to the Financial Statements for the Year Ended 30 June 2012

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 NGIS Drive, Sydney Olympic Park Hornsby East. The Institute of Sport Division’s objective is to provide personal 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 18 October 2012. 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 2010, and specific directives issued by the Treasurers. Accounting Standards include Australian equivalents to International Financial Reporting Standards.
   The financial statements have been prepared on an accruals accounting basis and on the basis of historical costs and do not take into account changing money values in current valuations.
   All amounts are rounded to the nearest one thousand dollars and are expressed in Australian currency.
   Management’s judgements, key assumptions and estimates are disclosed in the relevant notes to the financial report.
   (c) Income
   Income is measured at the fair value of the consideration received or receivable. Revenue from the rendering of personal 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.
   Any other loss or gain arising when a receivable is derecognised is recognised in the statement of comprehensive income. 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.
   (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 as at the reporting date. Liabilities associated with, but that are not, employee benefit provisions (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 recognised 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 FC 12/05. 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.

3. Trade and Other Receivables

<table>
<thead>
<tr>
<th>Note</th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Receivable- NSW Institute of Sport</td>
<td>1,612</td>
<td>1,305</td>
</tr>
<tr>
<td>Sundry Debtors</td>
<td>5</td>
<td>2</td>
</tr>
<tr>
<td>Total</td>
<td>1,617</td>
<td>1,307</td>
</tr>
</tbody>
</table>

4. Trade and Other Payables

<table>
<thead>
<tr>
<th>Note</th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Payables</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Accruals</td>
<td>170</td>
<td>142</td>
</tr>
<tr>
<td>Total</td>
<td>170</td>
<td>142</td>
</tr>
</tbody>
</table>
5. Provisions

Current:
- Bonus: $38
- Annual Leave: $798
- Long Service Leave: $452
Total: $1,288

Non-Current:
- Long Service Leave: $159
Total: $159

(a) Provision for Annual Leave and Long Service Leave

<table>
<thead>
<tr>
<th></th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Expected to be settled within twelve months</td>
<td>$440</td>
<td>$452</td>
</tr>
<tr>
<td>Expected to be settled outside twelve months</td>
<td>$358</td>
<td>$158</td>
</tr>
<tr>
<td>Total</td>
<td>$798</td>
<td>$611</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 $7,605,530:

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. Financial Instruments

The Institute of Sport Division’s principal financial instruments are short term receivables and arise directly from the Institute of Sport Division’s operations. The Institute of Sport Division does not enter into or trade financial instruments including derivative financial instruments for speculative purposes. The net fair value of the financial assets and liabilities of the Institute of Sport Division reflect their approximate carrying value.

The Institute of Sport Division’s activities exposes it to a variety of financial risks as follows:

(i) Market Risk

The Institute of Sport Division did not identify any material market risk in terms of foreign exchange, pricing or interest rates during the year or at reporting date.

(ii) Credit Risk

The carrying value of short term receivables included in the statement of financial position of the entity is collateralised based on the historical cost net of any provisions for impairment. The collectability of the short term receivables are reviewed on an ongoing basis and the credit risk exposure of the short term receivable has been evaluated and it has been determined that no provision for impairment is required.

(iii) Liquidity Risk

The Institute of Sport Division did not identify any material liquidity risk at reporting date.

(iv) Interest Rate Risk

The Institute of Sport Division is not exposed to any material interest rate risk.
APPENDICES

APPENDIX 1: HUMAN RESOURCES

Staffing
As at 30th June 2012 the NSWIS employed 59 full-time, 18 part-time and 28 casual staff.

Table 1: NSWIS Staffing

<table>
<thead>
<tr>
<th>Reporting Period</th>
<th>2008/09</th>
<th>2009/10</th>
<th>2010/11</th>
<th>2011/12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Established Positions</td>
<td>81</td>
<td>82</td>
<td>81</td>
<td>81</td>
</tr>
<tr>
<td>Actual Staff</td>
<td>68</td>
<td>68</td>
<td>69</td>
<td>59</td>
</tr>
<tr>
<td>Full-Time</td>
<td>15</td>
<td>14</td>
<td>12</td>
<td>18</td>
</tr>
<tr>
<td>Part-Time</td>
<td>36</td>
<td>15</td>
<td>20</td>
<td>24</td>
</tr>
</tbody>
</table>

The NSWIS workforce comprised 69% males and 44% female with 82% of full-time and part-time staff engaged to provide direct support to the NSW athletes in that areas of coaching and high performance services owning 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 NSW Institute of Sport Division.

The salary and on-costs for 2011-2012 reflect the organisational structure. The salary and on costs reflect a 2.5% salary increment (2.5% government increase and 0.5% NSWIS) paid to all staff in January 2012 and performance-based bonuses paid to staff under the NSWIS' performance management system.

Staff Turnover decreased by half from 18% in 2010-2011 to 9% in 2011-2012. The staff turnover for 2011-2012 reflects resignations that were received during the reporting period.

Staff Recruitment
In 2011-2012 the following positions were advertised:
- Sports and Medical Services Administrator
- Executive Assistant
- Netball Assistant Coach/Performance Analysis
- Service Provider – Sport Programs
- Assistant Service Provider – Sport Programs
- Service Provider – Performance Analysis
- Development Coach – WaterPolo

Leave Administration
All employees leave entitlements are reviewed on an ongoing basis. On a fortnightly basis annual leave entitlements are printed on employees pay slips. Any employees whose annual leave entitlements are approaching 40 days in 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 2011-2012 employees attended a variety of courses and seminars conducted by a number of different training providers. The training completed covered leadership management, management, occupational health & safety, finance, IT and specific technical training for NSWIS High Performance Service Staff.

All new employees undertake a formal in-house induction program to ensure that all new employees receive important information about the organisation, our policies, processes and obligations.

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 Athletes’ Career and Education Program provide professional development and education opportunities for our athletes. Our Coaching Athlete & Program Services report provides more detail on coach and athlete professional development.

Policies and Procedures

During the reporting period NSWIS reviewed and updated where necessary all its HR and Finance Policies. All employees have access to all of the NSWIS Policies and Procedures via Sharepoint.

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.

The Code of Conduct and guidelines are available to all staff via Sharepoint.

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 fulfil the inherent requirements of the position. The NSWIS aims to explore opportunities for staff in their present 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 2011-2012 reflect the following:
- A slight decrease in the number of female NSWIS employees as 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 Islander.
- An increase in the people whose first language was not English although it did not reach the benchmark target.

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, 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>Total</td>
<td>77</td>
<td>45</td>
<td>32</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 3: Percent of Total Staff by Salary Level

<table>
<thead>
<tr>
<th>Salary Level</th>
<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>&lt;$40,662</td>
<td>11.1%</td>
<td>27.3%</td>
</tr>
<tr>
<td>$40,662-$53,407</td>
<td>12.1%</td>
<td>58.3%</td>
</tr>
<tr>
<td>$53,407-$69,705</td>
<td>13.3%</td>
<td>63.0%</td>
</tr>
<tr>
<td>$69,705-$75,552</td>
<td>17.7%</td>
<td>76.5%</td>
</tr>
<tr>
<td>$75,552-$88,928</td>
<td>12.1%</td>
<td>66.7%</td>
</tr>
<tr>
<td>$88,928-$97,702</td>
<td>9.1%</td>
<td>88.9%</td>
</tr>
<tr>
<td>$97,702&gt; (non SES)</td>
<td>3.3%</td>
<td>66.7%</td>
</tr>
<tr>
<td>Total</td>
<td>77%</td>
<td>58.4%</td>
</tr>
</tbody>
</table>

Estimated Range 5% 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, Religious Minority Groups</th>
<th>People with 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>77</td>
<td>77</td>
<td>45</td>
<td>32</td>
<td>3</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Temporary Part-Time</td>
<td>24</td>
<td>24</td>
<td>9</td>
<td>15</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Retained Staff</td>
<td>101</td>
<td>101</td>
<td>54</td>
<td>47</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

**Total Staff** 77 24 101

**Men** 63% 37% 45

**Women** 58% 2% 9

**Total** 100%

**Estimated Range 95% confidence level** 4.1% to 4.1% 2.1% to 2.1%

### Table 5: Percent of Total Staff by Employment Basis

<table>
<thead>
<tr>
<th>Subgroup as a percent of Total Staff at Each Level</th>
<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, Religious Minority Groups</th>
<th>People with 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></td>
<td>Permanent Full-Time</td>
<td>77</td>
<td>77</td>
<td>45</td>
<td>32</td>
<td>3</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Temporary Part-Time</td>
<td>24</td>
<td>24</td>
<td>9</td>
<td>15</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Retained Staff</td>
<td>101</td>
<td>101</td>
<td>54</td>
<td>47</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

**Total** 100%

**Estimated Range 95% confidence level** 4.1% to 4.1% 2.1% to 2.1%

### APPENDIX 4: OCCUPATIONAL HEALTH & SAFETY

The NSWIS is committed to providing a safe working and training environment for its staff, athletes, clients and visitors according to its priority. The prime responsibility is ensuring that 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 including an emergency evacuation procedures for all staff. The NSWIS Work Health and Safety Committee met on two occasions during the reporting period with minutes of those meetings posted on notice boards around the office and on the NSWIS SharePoint. Site inspections were carried out at 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 12 injuries: 3 employee work-related injuries and 9 athlete training injuries while training in the NSWIS Training Centre. The employee work-related injuries resulted in no lost time injuries and no 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 Road, Wheelchair Basketball, Individual Scholarships and Athletics with a Disability Programs. The NSWIS continues to maintain a close relationship with the Australian Paralympics Committee and Communities NSW. Sport and Recreation disabled sports unit to encourage involvement and elite performance for disabled athletes.

The NSWIS Athletes 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 2011-12 the NSWIS program provided NSW high performance AWD 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 ACUPO.

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).

### APPENDIX 6: ACTION PLAN FOR WOMEN

The NSWIS provides equal employment opportunity for women to ensure the organisation is well represented. As at 30th June 2012: 44% of employees were women; a decrease from 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 2011-12 NSWIS provided funding to support development opportunities for female coaches in Diving, Football, Hockey and Cycling Programs. 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 for further details).

### APPENDIX 7: MULTICULTURAL POLICY

The 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.

The NSWIS activities are carried on providing services to athletes and coaches that will improve NSW athlete performance on the National and International stage.

### APPENDIX 8: 2011-2012 BUDGET

**INCOME** $100,000

- Grants
  - State Government 10,040
  - Commonwealth 777
  - National & State Sporting Organisations 2,463
- Sub-Total 12,979
- Sponsorship
  - ClubsNSW 1,040
  - Other 262
- Sub-Total 1,322
- Other
  - Interest 607
  - sundries 867
  - Sub-Total 711
- Internal Funds Transfers 431
- Funds from Reserves 1,098
- Total Funds 16,541

**EXPENDITURE**

- Salaries & Associated Payroll Costs 6,681
- Operating Costs - Sports Programs 4,096
  - - Executive 259
  - - Finance & Corporate Services 116
  - - Sport Science 119
  - - Medical Services 179
  - - Programs Support 39
  - - Regional Mobile Services 626
  - - Athlete Career & Education 158
  - - Sports Psychology 110
  - - Applied Research Program 130
- Sub-Total 8,397
- Other
  - Occupancy Costs 2,437
  - Finance & Corporate Services 771
  - Marketing 456
  - ICT 116
- Surplus/(Deficit) 16,541
APPENDIX 9: GUARANTEE OF SERVICES

Our main clients are elite NSW athletes and coaches. The NSW Institute of Sport aims through its 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 coaching services. To enhance the services we provide to our coaches and athletes, the NSWIS 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 2011-12 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: LEGAL CHANGE

The NSWIS operates under the Institute of Sport Act 1995. There were no changes to Act in 2011-12.

APPENDIX 12: COMMITTEES

During the year the NSWIS continued to facilitate meeting for a number of internal committees.

Sports Program Joint Management Committees – includes sport specific Head Coaches, NSWIS Chief Executive Officer, NSWIS Manager- Coach, and Athletics Services, NSWIS Sport Consultant and representatives from the State and National Sporting Organisations. The committee meets every six months and are responsible for overseeing and reviewing sports program performance and the fulfillment of responsibilities included in the sports Annual Plan.

Internal Audit Committee – the committee is chaired by the NSWIS’s Deputy Chairman and is responsible for ensuring that the NSWIS has adequate internal controls in place for managing financial, operational and compliance management requirements of the organisation.

External Committees - NSWIS staff were members on the following external committees: National Elite Sports Council, National Elig Sports Council sub-committees for Sports Science Medicine, Athlete Career and Education and Program Management.

APPENDIX 13: CONSULTANTS

During the reporting period the NSWIS engaged two companies on a remuneration for the provision of marketing, 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 advise and consult to supplement the services provided by our internal staff and coaches. In 2011-12 NSWIS there were three consultants engaged comprising over $35,000 providing IT services, high performance program and coaching services.

APPENDIX 14: PUBLICATIONS AND PROMOTIONS

During the reporting period the following publications were produced:

- 2011-12 NSWIS Annual Report
- 2 issues of the Edge Magazine
- Annual Awards Program 2011

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 15: OVERSEAS TRAVEL

During 2011-12 NSWIS staff, coaches and athletes travelled overseas for professional development opportunities, international competition and training opportunities. Overseas travel by athletes, coaches and service staff is authorised by the NSWIS Chief Executive Officer. Any overseas travel by the Chief Executive Officer is approved by the NSWIS Board. In the 2012 audit the issue of the Minister approving all overseas travel was raised. Subsequently, the Chief Executive Officer has met with the Minister to resolve this matter. The following sports programs funded athletes to train and compete overseas, in some cases costs were either fully or partially recovered from the athlete.

SPORTS PROGRAM

- Track & Field
- Swimming
- Water Polo
- Weightlifting

APART FROM OUR COACHES AND ATHLETES NSWIS STAFF TRAVELLED OVERSEAS FOR PROFESSIONAL DEVELOPMENT OPPORTUNITIES AND TO SUPPORT SPORTS DURING COMPETITIONS AND TRAINING ACTIVITIES.

APPENDIX 16: AUTHORIZATION AND PAYMENT OF ACCOUNTS

The NSWIS processes payment by electronic funds transfer on a weekly basis and aims to pay all accounts within 30 days.

Schedule of Accounts Payable

<table>
<thead>
<tr>
<th>Qtr Ended</th>
<th>O’clock</th>
<th>$’000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep-11</td>
<td>1</td>
<td>3,233</td>
</tr>
<tr>
<td>Dec-11</td>
<td>1</td>
<td>2,952</td>
</tr>
<tr>
<td>Mar-12</td>
<td>1</td>
<td>3,000</td>
</tr>
<tr>
<td>Jun-12</td>
<td>1</td>
<td>2,980</td>
</tr>
</tbody>
</table>

Current

80 100 120

Between 30-60 Days

1 2 3

More than 90 Days

Total

2,750 3,110 2,865 2,831

accounts paid on

time

92% 95% 94% 94%

% accounts paid on

time

100% 100% 100% 100%

Target % paid on time

PAYMENT OF ACCOUNTS

- NSWIS staff were members on the following external committees: National Elite Sports Council, National Elite Sports Council sub-committees for Sports Science Medicine, Athlete Career and Education and Program Management.

SPORTS PROGRAM

- Track & Field
- Swimming
- Water Polo
- Weightlifting

APART FROM OUR COACHES AND ATHLETES NSWIS STAFF TRAVELLED OVERSEAS FOR PROFESSIONAL DEVELOPMENT OPPORTUNITIES AND TO SUPPORT SPORTS DURING COMPETITIONS AND TRAINING ACTIVITIES.

APPENDIX 17: RISK MANAGEMENT AND INSURANCE

Internal Audit

In November 2011 the final report from Deloitte Touche Tomatsu was issued on the 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 of NSW, Australia and Allies. The scheme covers works compensation, motor vehicle, 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 regular inspections of the organisation’s building to ensure that OHS risks & hazards are identified and rectified. NSWIS is committed in 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. Monthly reviews of NSWIS financial statements are undertaken to ensure that the organisation is working within its allocated financial resources.

APPENDIX 18: 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 green technologies. NSWIS has worked with the Director 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 to 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 19: PRIVACY AND PERSONNEL INFORMATION POLICY

In accordance with the Privacy and Personal Information Protection Act 1998 the Institute developed a Privacy and Personal Information Policy in 2005/06 to meet the requirements of the Act. In 2011-12 there were no changes made to the policy and no applications for review during the period.

APPENDIX 20: 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 21: ACCESS

Location

NSWIS Building
6 Figtree Drive
Sydney Olympic Park
Hornsby-Bex 2140

Postal Address

P.O. Box 471
Sydney Markets NSW 2129

Telephone: 02 9763-1222
Facsimile: 02 9763-5250
Website: www.nswis.com.au

Hours of Business

9am to 5pm Monday to Friday

APPENDIX 22: ANNUAL REPORT PUBLICATION DETAILS

Published by:
NSW Institute of Sport
Managing Editor: Janio Young
Editing: Chris Jones
Design:ITS Design Studio
Printing: Southern Design Group

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