

# 21 years of champions

*21st Anniversary 1984-2005*

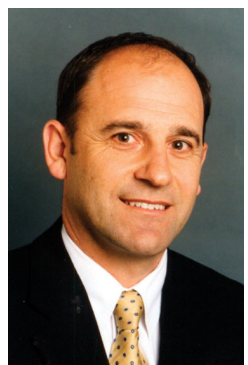


# Gamagori World Championships

# without compromise



# Director's Report



The WAIS scoreboard will show that 2005 has been an incredibly successful year for our athletes – four world champions in a single year in four sports is a result that exceeds our own very high expectations. We have also celebrated our 21st year of operation and taken the opportunity to reflect

on the changes and achievements that have come during this time. With the celebrations complete and our memories enhanced with the knowledge and pride that comes with success, we continue our work towards future goals.

The final selection process is well underway for some of our athletes who's next sporting goal is to compete in Melbourne in March. We remain confident that a good number of younger WAIS athletes will secure places on the Australian team alongside experienced international athletes such as Ryan Bayley, Lara Carroll, Paul

Burgess and Emily Halliday. We also expect to see some of our senior athletes who took time off after Athens return to the Australian team. No doubt all those selected will gain from the opportunity to compete before an Australian crowd and spectators will be enriched through the endeavours of passionate, committed and talented athletes.

One of the key lessons learnt from sustained success is that what you did yesterday is no longer good enough. Working in an environment where every day you need to strive to be better than you were the day before can be extremely rewarding. However, it can also place a great deal of stress on individuals and the relationships between them. It is for this reason that organisations such as WAIS must, like all winning teams, maintain an environment in which the pursuit of excellence is based on relationships in which trust leads to respect between each member of the team.

I remain confident of the continued success of our athletes in the sporting arena and our staff, each and every day.

Steven Lawrence  
Executive Director

## News In Brief

### New Sport and Recreation Minister

The resignation of Bob Kucera from the position of Minister for Sport and Recreation was a disappointment for WAIS. Bob was a committed and enthusiastic minister for sport and had been a strong supporter of WAIS. However, no doubt Bob's passion for sport remains and he will continue to be an active supporter of sport. The appointment of John Bowler MLA as the new minister demonstrates the government's continued commitment to sport and recreation and WAIS looks forward to developing an equally positive relationship with John and his staff.

### WAIS signs Olympic agreement with AOC

WAIS has just become the first Australian sports institute to sign a new agreement with the Australian Olympic Committee, confirming WAIS as a recognised preparation centre for Olympic athletes. On signing the agreement, AOC president John Coates said WAIS had played a major role in Australia's Athens Olympic success. "Given the performances it is only logical that the Australian Olympic Committee recognises the commitment of the athletes, coaches, sports scientists and health experts, and administrative staff by declaring WAIS an Olympic Training Centre. Since its formation in 1984 WAIS has been a breeding ground for outstanding Olympic athletes and the AOC is delighted to forge closer ties as we head towards the 2008 Olympic Games in Beijing."

### WAIS to work with Western Force

WAIS has been contracted by the Australian Rugby Union to do physical testing on the Western Force players as part of the Force's elite player monitoring process.

### Carmel Goodman appointment

Congratulations to WAIS Medical Coordinator Dr Carmel Goodman who has been appointed Principal Medical Officer for Rowing Australia for the Beijing Olympiad.

### WAIS athletes do their bit for Telethon

Athletes Adam Lucas (swimming), Emma Knox (water polo), Eamon Sullivan (swimming) and Sarah Outwaite (rowing) showed outstanding professionalism during their stints on Channel Seven's Telethon in November, helping out on the panel and in the phone rooms. Chasing audience donations, the panel took their shirts off and Adam caused a bit of a stir when he showed up a few of the West Coast Eagles and Fremantle Dockers with his chiselled physique – he even made the Telethon highlights reel, all in the name of charity of course!

### Wedding bells

Congratulations to cyclist Peter Dawson and canoeist Lisa Oldenhof who both celebrated marriages in December. Peter tied the knot with Pauline Hone on December 10 and a week later, Lisa celebrated her marriage to Duane Russ.

### John Worsfold shares experience

West Coast Eagles coach John Worsfold took time out from his busy schedule in winter 2005 to speak to WAIS athletes and their parents about how, in his earlier days, he managed to balance his sport as an elite footballer with his studies in pharmacy. It was a popular talk and a second evening was held to cater for demand. WAIS thanks John for taking the time to provide our athletes with a valuable insight into his experiences and strategies.



John Worsfold with Wally Foreman and ACE Staff

**wais**



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### Cover Picture:

Foreground: Peter Robertson  
Background: Athlete of the Year  
Winners (1984-2004)



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# Late call up turns to victory for Robbo



Peter Robertson reckoned he only had 40 to 45 minutes of real racing in him going into the World Triathlon Championships in Japan in September. A last-minute addition to the Australian team, Robbo knew he was in trouble if he was forced to "race" for the full two hours.

"I knew I was running really well – the best I had in years – but I knew my overall fitness was not up to it." However, up to it or not (and obviously he was), he won the world title.

After an up-and-down year in which he sustained a broken rib, lost a lot of training and ultimately missed Australian team selection, Robbo got the call 12 days before the world championships.

"I initially said I didn't want the spot. There was not enough time to prepare mentally."

But after taking some time (a day or so) to think about his decision, it was eventually his dad who convinced him. "Dad said: 'What have you got to lose? There's no pressure. It's just another opportunity – go and enjoy it!'"

So enjoy it he did – at the finish line at least! "I thought if I could get through the swim and bike without using too much energy, I might be OK..."

"I probably cruised too much in the swim and was about 15 seconds behind the main pack but then caught up early in the bike. I stuck to my plan but I had to run smart (not least of all because of the 35 degree day and 90 per cent humidity).

"I went straight to the front within the first 500m of the run. I felt really comfortable. There were about 10 athletes about 20 to 30 metres behind, keeping the same distance for about 5km. Then guys started to fade and drop off.

"The last kilometre I really started to pick the pace up. The crowd was yelling and it felt like they all wanted me to win. It was such a nice feeling – it gave me something extra. That last kilometre was the most pain I had ever experienced – I had run out of my 45 minutes!"

Robbo recalled that he really had to concentrate to hold it together. "I had been passed in the last little bit before. I had to hurt more than I had ever hurt before and more than anyone else."

The pain was obvious as he collapsed after the finish line and a mixture of agony and joy plagued his face.

Robbo said he had never understood how people collapsed at the finish line. He now understands. "I can't even remember crossing the tape," he marvelled. "One step later I seriously collapsed and was on the ground for a while."

It was his third world title and fifth medal out of five starts. However, this world championships success has not been replicated in either of his Olympic campaigns.

After starting 2000 as a virtual unknown with a world ranking of around 100, Robbo then won the Oceania championships to qualify for the World Cup in Sydney. He won that race to qualify for the Sydney Olympics and in doing so, gained recognition for the first time.

Triathlon was accepted into the Olympic movement in 1994 and Sydney 2000 was the first time it was included in the Olympics. Robbo went in as one of the favourites but finished a disappointing 34th.

"The night before the race I think something I ate affected me... but it could have just been nerves. Whatever it was, it affected my race. It's the only race I can ever remember being nervous for..."

Robbo won the 2001 world championships after qualifying just two weeks before the championships. "It was awesome, just an awesome feeling

being the best in the world... It was a bit of redemption from the Olympics. I proved I could be the best in the world."

His second win came in 2003, where he said he backed up everything he had ever done. Disappointment struck again in 2004 when he finished 24th in the Athens Olympics. However, he said he was prepared for disappointment that time, focusing more on enjoying the Olympic experience rather than placing everything on winning.

Robbo is now looking towards the Melbourne 2006 Commonwealth Games and plans to spend more time in the gym getting stronger.

And beyond that? "In interviews four years ago after I won my first world title, I said I'd retire after the Melbourne Commonwealth Games. But I can't see that happening – it's only a few months away."

Robbo is 30 this year. "People don't tend to get results after 30. I reckon it's because they don't look after themselves very well. My health is probably my main focus in life. I am very passionate about being healthy and I want to end my career with good health."

Robbo owes much of his attitude and success to George Zgirski, who was initially his masseuse but became Robbo's main influence. "He taught me to look after myself – physically, healthy diet and mentally. I doubt I would have got to where I am without him. He had so much belief in me."

Over the years, Robbo has learnt to take a more relaxed approach to life, training and competing. "I'm getting into the more spiritual side of things now and am looking at a holistic approach to life and happiness.

"Results don't mean you're happy. I was happy before I was winning. I don't want my life to be based on results."



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# WAIS Annual Dinner

## Celebrates 21 years



WAIS Athlete of the Year, Peter Robertson, with Steve Lawrence.

Twenty-one years were celebrated in style at the WAIS Annual Dinner held at Challenge Stadium in October, with audio visual displays and speeches reflecting the tireless work and dedication that has made WAIS what it is today.

During the evening, WAIS staff, athletes and special guests relived some of the many memorable moments from WAIS's history and paid tribute to some of

the many people who had contributed to its success (see 21<sup>st</sup> anniversary feature four page article starting on page 14).

As always, the annual dinner was an incredible showcase of current world-class athletes, heroes of the past and champions of the future.

Guests enjoyed a delectable selection of food and beverages from Oakover Wines and long time WAIS supporters Swan Brewery and Coca Cola, while applauding WAIS's 21 years of growth and achievements and recognising the 2004/05 finalists for WAIS Athlete of the Year and the new inductees to the WA Hall of Champions.

Triathlete Peter Robertson won the crown of WAIS Athlete of the Year from fellow finalists, rower Sarah Outhwaite and equestrian athlete Clayton Fredericks.

In September in Japan, Robertson won the ITU World Championship to claim his third world championship victory, making it five world championship medals out of five starts. Other nominees for the award were rowers Natalie Bale and Todd Skipworth, swimmer Lara Carroll and canoeist Kate Forgione.

Hockey player Rechelle Hawkes, WAFL star goal kicker Bernie Naylor and cricket fast bowler Bruce Reid joined the growing list of sporting legends to be named in the WA Hall of Champions.

In an international career spanning 16 years, Rechelle Hawkes won three Olympic, two World Cup, five Champions Trophy and one Commonwealth Games gold medals to become the world's most decorated hockey player. Her fitness, work ethic and skill made her a world-class midfielder and a pre-eminent member of the Hockeyroos during their golden era between 1988 and 2000.

Bernie Naylor kicked 1034 goals in 195 senior games at the remarkable average of 5.3 goals per game. He headed the WAFL's goal kicking six times, five with totals of more than 100 and his 1953 tally of 156 stood as an Australian record for 15 years. His total of 23 goals against Subiaco in 1953 remains an Australian record for a single senior game.

Outstanding left-arm fast bowler Bruce Reid took 113 wickets at an average of 24.63 runs per wicket in a brief but highly successful Test career, despite suffering with a debilitating back injury. In successive Boxing Day Tests at the MCG, he took 13 wickets against England and 12 against India.

Past WA Hall of Champion inductees who were present at the dinner were also introduced, serving as a reminder of the wealth of sporting talent WA has produced over the past century.



Hall of Champions inductees Rechelle Hawkes, Bruce Reid and Pat Naylor accepting on behalf of Bernie Naylor.

# Melbourne 2006

## Commonwealth Games Update



Time is quickly ticking towards the Commonwealth Games in March 2006. With only two WAIS athletes so far confirmed on the team, the remaining contenders are making final preparations for outstanding selection events, spurred on by thoughts of competing in front of an Australian crowd in Melbourne.

Twelve individual and four team sports make up the Melbourne 2006 program, encompassing a total of 24 disciplines. WAIS is likely to have representation across aquatics (swimming and possibly diving), athletics, badminton, boxing, cycling, gymnastics (artistic), hockey, netball, shooting and triathlon and the goal is to better the 24 medals won by WAIS athletes in Manchester in 2002 – WAIS's best ever result at a Commonwealth Games.

Athletes already confirmed on the Australian team for the games are triathlete Peter Robertson and pistol shooter Pam McKenzie.

Based on current Australian rankings, Lara Carroll, Jim Piper, Travis Nederpelt, Adam Lucas, Eamon Sullivan, Mark Riley, Jen Reilly and Michael Jackson are the most likely contenders to make a splash in the swimming pool. Selection is based on world ranking then top three per event at the Commonwealth Games Selection Trials, which are being held in Melbourne from January 30 to February 4. Forty-five athletes will be selected.

In the diving pool, springboard diver Elise Ntoumenopoulos is WAIS's sole contender. Up to three competitors will be selected for each individual event and one team in each synchronised event based on performances at the 2006 Australian Open Championships in Melbourne in January.

Track and field athletes are already well into the qualifying period, which finishes with the national championships and selection trials in Sydney, February 1 to 5. Best chances for a Commonwealth Games berth are pole vaulters Paul Burgess, Luke Vedelago, Kym Howe and Vicky Parnov, heptathlete Kylie Wheeler, javelin throwers Oliver Dziubak and Kimberley Mickle, 400m runners John Steffensen, Ben Offereins and Chris Troode, high jumper Ellen Pettitt, 3km steeple chase runner Aleisha Anderson, marathon runner Lauren Shelley and 4 x 100m relay runner Ebony Cope. There is an A and B qualifying performance for all events. Up to three athletes per event and six per relay team who have achieved the qualifying standard within the qualifying period may be selected. So far, Steffensen, Troode, Burgess, Howe, Mickle, Shelley, Wheeler (heptathlon) and Pettitt have achieved A qualifiers, while Parnov, Dziubak and Wheeler (high jump) have achieved B qualifiers.

Badminton players Boyd Cooper and Travis Denney are in the running for the Games and have competed in at least four of the Oceania events required for selection, including wins in their last two competitions, the Australian International and Australian Closed

Championships, both in September. Two selection events remain, to be held in New Zealand in February.

Boxer Romesh Fernando has been named for the Games following a win in the 48kg weight division at the Commonwealth Games trials held in August. His place in the team will be confirmed in February.

The cycling team will be selected by the end of January for an announcement in February. Ryan Bayley, Kristine Bayley and Peter Dawson are in the running, with Scott Sunderland and Hayley Brown outside chances. Remaining selection events for the track include the World Track Cup in Los Angeles in January, national track camps, which finish in February, as well as the National Track Championships in February. Remaining road events include the National Open Road Championships, Tour Down Under and Tour of Wellington, all in January. In addition, road and track endurance camps in January will have an influence on both road and track endurance selections.

Gymnasts Dasha Joura, Lauren Mitchell and Olivia Vivian are among 12 girls to be invited to the second Commonwealth Games trial in Canberra on February 7 and 8. Five girls will be selected for the final team, plus a non-travelling reserve.

Bevan George and Aaron Hopkins are strong chances on the hockey field, with performances in the December Champions Trophy playing a large part in selection. Michael Boyce's potential for selection depends on how he recovers from an ankle injury. He remains in the running but will need to prove his fitness when he plays his first games during the WAIS tour of Malaysia in January.

Emily Halliday, Kobie McGurk and Kim Walker are strong contenders for the women's hockey team, which will be named in February or March. All three players have retained their place on the team following recent announcements and will tour Argentina in January. The final team will be selected from a larger national squad.

Jess Shynn is WAIS's sole athlete in the National Open Netball Squad, from which the Commonwealth Games team will be selected on February 10.

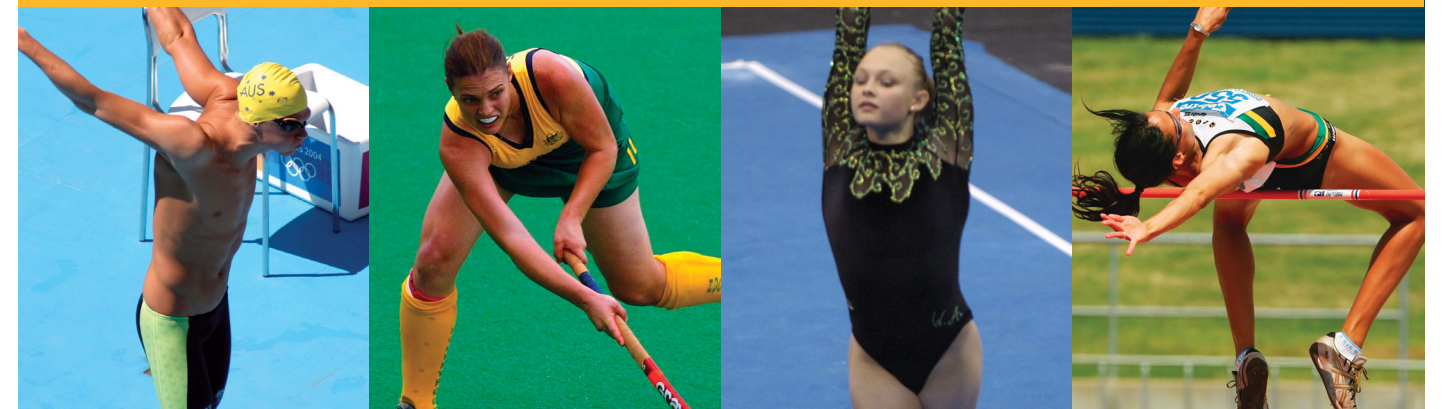
Shooter Pam McKenzie has already been named in the team for the 25m pistol and is also in the running for the 10m air pistol, which still has one spot up for grabs.

Peter Robertson has already been named on the team following his World Triathlon Championship victory in September.

The XVIII Commonwealth Games will be held in Melbourne from March 15 to 26, 2006.

The "2006 Australian Commonwealth Games Team Celebration" lunch will be held at the Perth Convention and Exhibition Centre on Tuesday February 28. This gala luncheon will be a memorable and unique occasion highlighting WA's rich Commonwealth Games history and formally farewelling our WA athletes to the 2006 Games. To purchase tickets to this fantastic event please call the Australian Commonwealth Games Association / WA Division on 9440 4211 or email tania.sullivan@olympics.com.au

Follow the progress of our athletes at: [www.wais.org.au](http://www.wais.org.au)



Commonwealth Games hopefuls: Adam Lucas (Swimming), Emily Halliday (Hockey), Dasha Joura (Gymnastics), Kylie Wheeler (Athletics)

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# Staff Profile

## Brian Glencross



A past champion athlete and champion coach, Brian Glencross has much to offer WAIS as Program Consultant for the sports of track and field, softball, cycling and men's water polo. And while the sports are different to his former high-profile hockey world, he says the principles behind preparing elite athletes for competition are the same.

As a hockey player, Brian represented Australia at the 1964, 1968 and 1972 Olympic Games, winning bronze in 1964 and silver in 1968. Brian was one of the men's national selectors from 1977 to 1988 and coached the national women's team from 1980 to 1992, leading the team to Olympic gold in Seoul in 1988. From 1993 to 2000, Brian was high performance manager of the national women's program and was inducted into the WA Hall of Champions in 1986.

Brian started at WAIS in July 2003, providing administrative support to the coaches of his respective sports. He said it was very challenging moving into new sports. "However, the work I did with the women's national program correlates in a way to other sports," he said. "I can relate to the non-technical aspects of specific sports and the general preparation of elite athletes."

Brian said an important aspect of his role had been in making the coaches more aware of the holistic approach to the development of athletes – the importance of planning, of being very thorough and the importance of sports science in today's sporting world. "The sports scientists are the experts. My role is very much a case of making the coaches aware of the services that are available and what benefits they can give."

Brian continues to take an interest in hockey and plays veterans with YMCC, along with some of his old club and State team mates. "We play every Saturday – assuming I survive from one week to the next. It's great fun as long as I can keep it in context."

Walking is also on Brian's program to keep him fit, as well as yoga, which he does weekly with some of the athletes. "It's good for my fitness and also gives me a good interaction with the athletes," he said.

Eight weeks of the year, Brian coaches a group of girls through Hockey WA. He selects the girls (aged 14 to 18) in conjunction with the under-15 and under-16 coaches. "They're players who I believe could one day play for Australia and this is the best age for them to develop their skills. I want to put this time back into women's hockey so we can try and get more WA players in the national team."

And yes, he does take some time out for himself. About every five weeks, Brian heads south to Augusta with his wife Judith. "I love to fish."



# Athlete Profile

## Nicole Callisto



Australian BMX representative Nicole Callisto won her first national title when she was five years old and has competed in every national championships since.

Now aged 18, and with 15 years of BMX riding under her belt, Callisto was this year named on her first national team and won the junior elite world title in Paris in July.

This followed a sixth place at last year's junior elite world championships and second in 2003 in the girls' 16-years age group.

Callisto has now progressed to the senior elite category and says it's a huge step to be competing at the top level. However, she made the transition look easy when she won the senior elite national title earlier this year.

She's now aiming to compete in as many races as possible in the lead up to the national championships in May, from which the national team will be selected for the world titles in Brazil in July.

And long term, she's looking towards Beijing in 2008 where BMX has recently been added to the Olympic Games program.

Like many athletes, Callisto took up her sport after getting bored watching an older sibling have fun competing.

"When I was three, my five-year-old brother was riding BMX," she said. "I got sick of watching him so I got out and had a pedal around the track and it went from there."

Her passion for the sport shines through in her conversation and she says it's simply the fun and thrill that keeps her going. She trains twice a day, six days a week and generally even on her day off (Sunday), she has a "muck around" at the track.

"I love it. Chances are I'll still be riding when I'm 30."

BMX races are about 40 seconds long, consisting of jumps and corners and "it gets pretty aggressive, with lots of elbows". However, that's just the way Callisto likes it.

"It's a huge adrenaline rush," says an excited Callisto, who gets thrills out of the speed of the races, the jumps and the stopping and starting. "I come off every now and then. I've had a few stitches and grazes and I broke my arm in 2000 but hopefully that will be it."

Callisto, who accepted a WAIS scholarship in July 2005, was named Junior Female BMX Cyclist of the Year at the Australian Cyclist of the Year Awards night in November.

# Hard work leads to Moscow

A trip to Russia in September/October last year affirmed WAIS's and Australia's position on the world gymnastics scene.

Nine gymnasts took part in the training tour to Moscow and WAIS Head of Gymnastics Liz Chetkovich, who travelled as team manager, said the trip was primarily a training camp but was also an opportunity for team bonding and to reaffirm the journey to Beijing.

The gymnasts, who were also accompanied by WAIS coaches Nikolai Lapchine and Martine George, stayed and trained at Dinamo, one of the leading sporting clubs in Moscow. "Dinamo has a very rich history in gymnastics, producing multiple world and Olympic champions," Liz said.

It was an extremely intensive training camp for the WAIS elite squad, with the girls training alongside Dinamo's top gymnasts, as well as some gymnasts from Kazakhstan. "They saw that they are better than they think they are," Liz said. "Australian gymnasts just don't seem to realise that they are world class. Of course it showed some areas where they can improve but it also showed many areas where they are truly world class."

Liz said it was also extremely valuable from a coaching perspective. "It affirmed our standard and that what we are doing is right on track. We just need to continue doing what we're doing and work hard – there are no secrets."

The gymnasts also had an opportunity to do some sightseeing and take in some culture, with visits to the Red Square, the Kremlin, the ballet and the Moscow Circus.

Liz said the trip gave the gymnasts something to strive for during the year. "It showed the girls that if they work hard, they can have an amazing experience."



Nikolai Lapchine and Martine George with WAIS elite gymnasts at St Basil's Cathedral

# Program Focus

## SAILING

2005 was an extremely successful first year for the WAIS Sailing Program. Coached by Sydney Olympic gold medallist Belinda Stowell, the program has enjoyed local and international success and the outlook remains strong.

In conjunction with the partners in the program – Yachting WA, Royal Freshwater Bay Yacht Club (RFBYC) and Yachting Australia – five sailing squads have been established in WA, with the WAIS squad sitting at the top.

470 sailors Tessa Parkinson and Elise Rechichi remain the standout performers of the WAIS squad and are exciting prospects for Beijing 2008. Achieving outstanding international success this year, they reached all their goals and are now ranked eighth in the world after finishing 10th at the 2005 World Sailing Championships and winning Kiel Week, a grade one event on the Olympic sailing calendar.

Following a break, the girls have now started on the Australian summer circuit, culminating in the 470 National Championships in Fremantle, January 24 to 29. "On home water, the pressure will be on and they will be keen to perform in front of a home crowd," says Stowell. "The Fremantle doctor should visit regularly, but with China 2008 less than three years away, we are searching for light wind conditions to train in. We will therefore have racing starting early

on some days, to get more experience in the lighter winds."

Having the 470 nationals in Perth demonstrates the rapid growth of WA's high performance program. Five 470s train together each week, pushing each other and gaining experience to be able to match it with the top Australian men's teams. WAIS development squad 470 sailors Tim Lynch, Luc Tasker and Brett Sharpe are leading the charge with two other boats in the WA State Sailing Team pushing them all the way.

The youth sailors have all reached a new level in their sailing with three of the four WAIS development squad teams competing overseas and training in as many types of conditions as possible. The waves at Fremantle and the very tricky conditions at RFBYC helped them build their experience in the lead up to the national youth championships in Mooloolaba in December and January, where Steven Thomas and Tim Rechichi finished second overall. The youth nationals combine with the nationals as the selection trials for the Youth World Sailing Championships in Weymouth, England in 2006.

"The experience Tim and Steven gained in 2005 from representing Australia at the youth worlds in Korea, where they finished ninth, will make them a team to beat," Stowell said. "They have lifted their teamwork to new levels and are aiming high."

The WAIS 420 squad is also going strong. Made up of two men's teams and two women's teams, Stowell says it will be great to take the squad to the nationals and help them perform and reach their goals.

WAIS's Paralympic sailors Jamie Dunross, Jeff Milligan and Colin Harrison have also been training extremely well, aiming for a top result at the World Disabled Sailing Championships on their home turf at Royal Perth Yacht Club, January 18 to 25. It is their first opportunity to qualify Australia for a place at the Beijing Paralympics in 2008.

Moving forward, Stowell's aim is to build the level of coaching in WA and create a support network around her as the program grows. "If it continues at the same growth rate as we have had in the past year, the sailing program will soon be huge."



Elise Rechichi (left) and Tessa Parkinson in action on the Swan River



Due to Australia's isolation, athletes in the WAIS Men's Water Polo program have to travel far and wide to play international matches, while European countries have the luxury of stepping over their borders to gain the same experience. Thanks to the support of our program sponsors, BankWest Business and Ross's Auctioneers and Valuers, our WAIS Men's Water Polo players have been able to gain invaluable match experience and, as a result, are developing into fierce competitors ready to place Australia firmly on the world water polo map.



Travelling with 15 teenage boys from Perth to Spain is an arduous task at the best of times, let alone the worry of financing such a trip.

The WAIS Men's Water Polo program is fortunate enough to be sponsored by BankWest Business, which helped fund a trip to Barcelona for the development players at the end of last year. The young athletes played matches against the Catalan junior team as well as other regional club teams, gaining invaluable international match experience.

While WAIS Men's Water Polo players excel – making it onto Australian teams and dominating the national league – their sponsor, BankWest Business, is also making waves within Australia.

According to head of BankWest Commercial Banking Gary Johnson, it is the fastest growing business bank in Australia, creating a network of business centres around the country.

BankWest Business's focus is on key markets, including property finance, small business, commercial, rural and regional and corporate, and provides access to a huge range of clients with centres in capital cities, rural areas and regional locations throughout Australia.

BankWest Business provides a full range of core and specialist business banking products and services to all business market segments from small business to large corporates.

"We've developed business products that give customers the greatest return for the least cost, in both time and money, and are based on specialised industry knowledge," Gary said.

Not only does BankWest Business provide its customers with first-class service, but WAIS was lucky enough to have Gary accompany the development squad to Spain as the team manager. In this role, Gary was kept busy as he ensured the team's activities ran to schedule, drove the athletes to training and generally kept the boys on their best behaviour.

If your business is seeking banking assistance, you can visit the BankWest website at [www.bankwest.com.au/business](http://www.bankwest.com.au/business)

Another program sponsor that has made a huge difference to the WAIS Men's Water Polo program is Ross's Auctioneers and Valuers.

Ross's assisted the development squad in its trips to both Spain and Singapore last year. The company put on lavish lunches and dinners (which is a huge contribution considering how much those boys can eat!) and ensured the team had adequate transport while away.

Ross's Auctioneers and Valuers is, without a doubt, the best place to pick up a bargain. Ross's specialises in a range of auctions, from mining equipment to office and household furniture, vehicles to unclaimed and forfeited property from the WA Police Service. All of the auctioned items come from well-renowned businesses and are new goods, except for the odd pieces of mining equipment which are quality second-hand goods.

Being a Western Australian family-owned company, Ross's prides itself on its professional and quality service. And as the leading auctioneering firm in Western Australia, Ross's conducts more auctions in more categories than any other firm in the State.

Managing director Chris Dodd believes the success comes mainly from the large and flexible full-time staff base.

"We provide a quality service to all customers as our staff members are experienced in all areas of the auction field," Chris said.

The company's values are aligned with WAIS's, continually striving for excellence in service, delivery and products.

Check out [www.rossauction.com.au](http://www.rossauction.com.au) for upcoming auctions – you could find yourself a brand new car, a huge range of top-quality furniture or a notebook computer at unbelievable prices.

If you know of a company or contact who may be interested in becoming a program sponsor of a WAIS sport program and gain the benefits of aligning with a strong Western Australian brand that represents excellence, call WAIS marketing on 9387 8166.



The WAIS Men's Water Polo Team and support staff have some time out to enjoy the sights during their trip to Spain.

## Staying well hydrated during summer – what should athletes drink?



Summer is a time when hydration can become an issue for athletes, so drinking plenty of fluids is important. However, many athletes fall into the trap of quenching their thirst with drinks other than water.

All drinks apart from water or diet drinks contain kilojoules and can lead to skinfold increases and weight gain. For example, a litre of orange juice will contain 1600 kilojoules. If an athlete started to drink this every day during summer then this could lead to an increase in skinfold of around 5mm in two or three weeks.

Sports drinks are designed for use during sport or for post-exercise recovery but athletes should remember they still contain kilojoules and shouldn't over-consume them. Athletes should also keep in mind that drinks such as cordial, soft drinks and sports drinks are a source of carbohydrate but they should also make sure they are having plenty of more nutritious carbohydrate foods such as bread, cereals, pasta and rice.

The bottom line is – when not exercising water really is the best drink.

### How about alcohol?

Summer is also a time when alcohol intake can increase. There are many reasons for athletes to go easy on alcohol, but many are unaware of the kilojoule content of a 'couple of drinks'. The table below shows the number of kilojoules in commonly consumed drinks. The higher the alcohol content, the higher the kilojoules!

### What amount of fluids do athletes need?

This will vary between sports, the exercise conditions and how much an athlete sweats, but as a starting point, athletes should aim for **at least** 40 to 45 ml/kg body weight in hot conditions. There are some excellent fact sheets on "Fluids in Sport" on the Sports Dietitians Australia website (see link from WAIS website) and the Australian Institute of Sport website.

## DRINKS READY RECKONER

Drink	Amount	kilojoules
<b>Acoholic drinks</b>		
Bundaberg rum and cola	1 can	1260
Guinness stout	1 can	945
Beer (full strength)	1 can	590
Beer (2.2%)	1 can	440
Wine	1 glass (160ml)	500
Champagne	1 glass (120ml)	355
Gin and Tonic	1 glass	460
Spirits	1 nip	270
<b>Other drinks</b>		
Lemonade/soft drink	1 can	755
Orange juice	1 cup (250ml)	400
Cordial	1 glass (200ml)	290
Diet lemonade/diet cordial	1 can	10 (minimal)
Sports drinks (Powerade)	600ml	800



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Robin Bell



Sarah Outhwaite (right) with Natalie Bale

Outstanding world championship results in 2005 provide a fine example of WAIS doing what it does – taking Western Australian athletes to success on the world stage.

August to October represented a period of elitism at its best for WAIS, with four athletes achieving ultimate glory – becoming world champions in their respective sports. Equestrian athlete Clayton Fredericks, rower Sarah Outhwaite and slalom canoeist Robin Bell tasted world championship victory for the first time, while triathlete Peter Robertson celebrated his third world title.

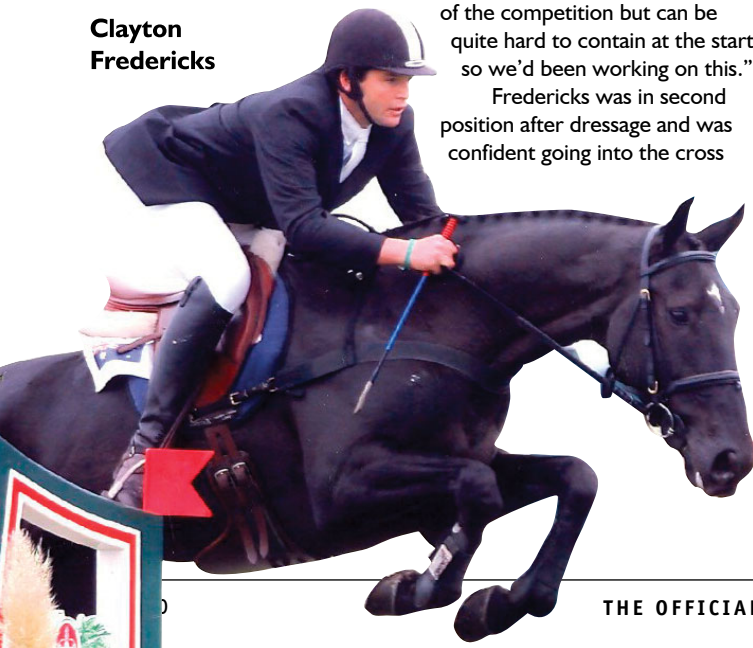
After finishing fifth in last year's FEI World Cup Final, it was UK-based athlete Clayton Fredericks' mission for 2005 to again qualify. Riding his trusted horse Ben Along Time, Fredericks far surpassed this mission by not only qualifying for the World Cup Final in Malmo, Sweden in early August, but winning the event, which is held over three days and comprises dressage, cross country and show jumping.

"I felt pretty good going into the final," Fredericks said. "I knew he (Ben Along Time) was up for the competition. Everything was coming together. Previously dressage had let me down and had probably kept me from winning other qualifiers. He gets a bit fired up and runs on

adrenalin, which is great at the end of the competition but can be quite hard to contain at the start, so we'd been working on this."

Fredericks was in second position after dressage and was confident going into the cross

Clayton Fredericks



country. "But so much can go wrong in cross country," he said. "A split-second decision can be the difference between jumping and not jumping, making a turn or not, and getting clear or not." He said he probably played it a bit safe and ended up with two time faults, which he thought was going to "throw the whole thing out the window".

Fredericks was third after cross country, behind a Finnish competitor and fellow Australian Andrew Hoy. "I thought the Finnish girl was going to jump clear but I was confident I could jump better than Andrew." Which he did – steaming ahead to defeat them both, taking the title with him.

Fredericks now has his sights set on being selected in the Australian team for the world championships in Aachen, Germany next year. He has already qualified for the championships but still needs to be selected on the team, which would be his first official national team. The world championships are held every four years. The World Cup was created to have an individual world championships every year.

Following the disappointment of finishing sixth in the eight at the Athens Olympics, 2005 presented Sarah Outhwaite with a near flawless journey, culminating in a gold medal in the women's eight at the World Rowing Championships in Gifu, Japan in early September. In addition, she won a silver medal in the women's pair, rowing with fellow WAIS athlete Natalie Bale. The result made her one of very few girls in the world to have won two medals in two Olympic specialties at a world championship.

Outhwaite's exceptional world championship results followed two World Cup gold medals. At the Eton World Cup in the United Kingdom in May, Outhwaite won gold in the women's pair, again rowing with Bale, and just missed a second podium appearance, finishing fourth in the women's eight. At the following World Cup in Munich, Germany in June, she was a member of the gold medal-winning women's eight.

WAIS Head Rowing Coach Antonio Maurogiovanni was ecstatic about Outhwaite's year and in particular, her world championships performances. "She had physical problems at the beginning of the preparation in October/November 2004. But her huge motivation and sacrifices brought her to the world championships as one of the top in the world. Very young, Sarah has her strength in her thoroughness and efficiency."

2005 has been a similar success story for Robin Bell, who, after finishing fourth at the Athens Olympics, said it was fantastic to finally achieve the world's pinnacle result in slalom canoeing. "It was fantastic,"

he said of winning the CI at the Canoe Slalom World Championships in Penrith, NSW in October to become the first ever Australian slalom canoeist to win a world championship. "It's been a lot of years of hard work and it has finally paid off. You sacrifice so much. I'm just happy that the sacrifice has been worth it."

It followed on from two World Cup silver medals in Europe earlier in the year, which combined with his world title to crown him winner of the 2006 World Cup series and give him the number-one world ranking.

Bell said he went into the championships fairly relaxed. "I had enjoyed my successes in Europe and, with the worlds being in Sydney, it was easy for me to get on with uni and a few other things in my life. It was fantastic to be in front of a home crowd. I think it definitely helps your performance, but it also means there are more pressures and a lot more distractions. When I compete in Europe, there are no distractions. I'm there to do a job and can just get on with it."

In terms of his performance, Bell thought it was only slightly better than Athens, yet it won him gold. He put this down to the course being fairly tough, which suits him. "But it was a great podium to win, with the Athens Olympic medallists there with me." Now he's looking towards to the 2006 world championships and on to Beijing in 2008.

It was more of a mixed year for Peter Robertson, who was called up just 12 days before the world championships in Japan in September and after initially saying no to a place on the team, turned around and won the world title (see feature on page 3).

WAIS also showed its depth this year, with these world championship victories backed up by other minor placings at various world championship events.

In July at the XI FINA World Swimming Championships in Montreal, Canada, Lara Carroll won bronze in the 200m individual medley and Adam Lucas won bronze for being a part of the 4 x 200m freestyle team. Carroll swam a personal best time of 2:13.32 to win her first long-course international medal and improve on the fifth place she earned at last year's Athens Olympics. It was a fast final with the first two place-getters from the US and Zimbabwe swimming faster than the time that won the gold medal in Athens.

At the World Rowing Championships, Outhwaite and former junior world champion Natalie Bale won silver in the women's pair and Amber Bradley, rowing with Queensland's Sally Kehoe, won bronze in the women's double scull.

On the junior front, Scott Sunderland and Cameron Meyer each won two bronze medals at the World Junior Track Cycling Championships in Austria in August. Sunderland finished third in the junior under-19 men's 1000m time trial and team sprint, while Meyer finished third in the junior under-19 men's madison and teams' pursuit.



Peter Robertson





## Adrenaline junkie

Give Dave McGowan a challenge and chances are he will grasp it with both hands and throw it back at you completed, before you've even had time to figure out if it is actually achievable.

In fact, say it's not achievable and he's sure to have it done even quicker. Dave says he "gets off on proving people wrong" and after completing his most recent challenge, he reckons he's now confident he can do anything he wants.

In November, Dave, who finished fourth in the men's four at the Athens Olympics, did what he says was one of the hardest things he has ever done. He "raced" 180km from Bunbury to Perth on roller skis. The gruelling effort was more than double the distance of the world's longest ski race, the annual 89km Swedish Vasaloppet.

The event did not go completely to plan. Dave's roller ski partner, training partner and fellow adrenaline junkie, Athens silver medalist Ben Cureton was forced to pull out of the race before it even started, because of an injury, and Dave was left to go through with it on his own.

However, he had company most of the way. "Ben did the first 20km and last 30km with me," Dave said. "And Todd Skipworth (another rower), did the middle 100km.

"It was so painful, nearly 13 hours on skis. I could feel myself breaking down... blood noses... I finished the race and went home and had a fever. I seriously thought I might die of exhaustion. I thought I may have finally pushed it too much. I completely broke down. I couldn't talk and I had the shakes."

But a deal he had with his rowing coach meant he was unable to miss any rowing training. So, after racing on the Saturday, he was back at training on the Monday.

By the time the race was over, Dave and Ben had raised \$16,000 for Telethon and were still hoping to reach their target of \$20,000.

It's now become a bit of an annual event for the pair to take on a challenge and raise money for charity. In 2004 they rode from Kalgoorlie to Perth, raising \$3000 in the five days they took to organise and complete the ride (including a specific \$1000 for riding 80km completely naked).

This year they were more organised and the idea for the ski race came up after being asked if they would do the ride again. "I did not want to get back on a bike so one day Ben and I were running and talking and came up with the roller ski idea. We picked up two pairs in Europe and taught ourselves to ski on them in the two months leading up to the race."

The charity side of their challenges became more of a focus after they visited Princess Margaret Hospital after the Athens Olympics. "It really put a lot of things in perspective about what's important," Dave said. "We had no money so this has been our way to give something."

A year ago, Dave was a stranger to skiing of any kind. However, he has now completed the two longest ski races in the world. While living in Sweden early in 2005, a friend suggested he do the Vasaloppet in May. Dave had never before seen snow. It was minus 30 degrees and he had 12km practice two days before the 89km race.

"It was really dreadful," he groaned. "I tore my Achilles after 15km but I managed to finish the race." So what could have possibly spurred him on? "I was staying with the US Olympic team and they'd been saying I wouldn't be able to do it!"

Dave says the challenges have really made him believe that anyone can do anything they want. "I'm sure that anyone can do anything," he said. "I've



Ben Cureton and Dave McGowan take to the streets of Subiaco to sharpen their skills.

never seen myself as an athlete. It's a mental thing – you can do anything you want."

And what's next on the list of challenges? "Next year (2006), we're thinking of rowing bikes from Sydney to Perth. "A Russian guy is making them for us. They're like a (rowing) ergo but they move forward. We've been trialling a prototype and think we'll be able to average about 100km an hour and do around 500 to 600km each day. We have a couple of guys from Italy and Holland who want to do it with us."

For Dave, it's all about channelling energy. "I feel the need to do something exceptional to feel normal," he says. "I've become a junkie to adrenaline. It's everything or nothing."

"My ultimate goal is to race across the Pacific in the rowing boat – maybe after Beijing."



The roller skis Dave raced from Perth to Bunbury on

## From tiny and scared to top 10 in world

Although she became involved in sailing through her father, it certainly wasn't fatherly faith that initially got Elise Rechichi hooked on the sport.

Now 19, Elise has been sailing for 13 years. She used to go down to the yacht club with her dad but she hated it. "I was tiny and scared of jelly fish and was always frightened I'd get left at the river by myself," recalls Elise.

Elise then started giving sailing a go and actually started racing in a one-man boat. "All the marks had names and I used to ask dad to tell me what the marks were that I needed to go around to complete the course.

"He said, 'don't worry, you won't be at the front, just follow everyone else'. Then in a race I was in the lead and I didn't know where to go. I came and asked dad again, 'you've got to tell me what the marks are, I was ahead and I didn't know where to go'. He said it was just a fluke and I wouldn't be ahead again.

"It happened again and I came in really upset and crying. I had started beating the boys. I think that's what kept me going – because I was tiny and was beating the boys."

This determination remains and Elise continues to sail rings around plenty of boys.

After winning the 420 Sailing World Championships, the Youth 420 Sailing World Championships and the Junior 470 Sailing World Championships all in 2004, Elise and her crew Tessa Parkinson last year moved into the senior 470 ranks.

Already they are ranked eighth in the world. They won 2005 Kiel Week, which is one of only five grade-one events in the world, and finished tenth at the world championships.

Elise now has an extremely busy program over the Australian summer and leading into the European summer, yet she is managing to combine her sea time with air time and is hoping to have her private pilot's license by the end February.

She's been flying for 10 months and recently passed her first flight test and is now allowed to take passengers up. "I have now started my aerobatics endorsement ... I'll then start my navigation and cross country flying and when I finish that I'll have my private license. Then I'll start my commercial."

It's been a struggle fitting her flying hours and study in with training but she loves it and is aiming to have her commercial license at the beginning of 2007.

"There's so much theory and work to be done and it's really difficult combining it with training," she says. "In October when I had a bit of time off after the worlds I did heaps of flying. When I'm overseas or interstate I can't fly but I manage to do a fair bit of study."

But time isn't the only issue. "It's really expensive," groans Elise. "I think sailing and flying must be two of the most expensive things in the world."

However, as 'best new student' she's just been awarded an Air BP scholarship worth \$5500.

Despite the time and money, Elise says sailing and flying go well together. "They're actually so similar. They are both weather determined, in terms of wind, and the way the plane flies is like the way a boat sails. They have similar principles. They both require a lot of attention to detail and a lot of concentration. My role in the boat, steering, means I am adjusting things all the time, which is similar to flying."

And of course the isolation. "We train by ourselves, kilometres away from anyone else, just like when I'm in the air."



Above and below: Elise with her Cessna 152  
Bottom: Elise with sailing partner Tessa Parkinson





# A Proud Journey... WAIS Celebrates *21 years*

Since its humble beginnings 21 years ago, WAIS has enjoyed a successful journey, growing from a cottage industry that did little more than hand out grants to a handful of athletes, into a very sophisticated service provider for elite athletes and their coaches.

It has been a journey which owes its outcome to the dedication, passion and tireless energy of many people, but none more so than inaugural director Wally Foreman.

During his time as sports editor at Channel 9 in the early 1980s, Wally had been campaigning for something to be done to assist Western Australia's elite athletes. "There needed to be a system in place that supported athletes in their home environment," reflects Wally. "We had three international athletes working for the Department of Sport and Recreation at the time (Lyn Foreman, Christine Stanton and Marion Aylmore), who had to take leave without pay to represent Australia. During 1982 and 1983, I had been talking to David Hatt (adviser to the Minister for Sport) about what could be done... I didn't hear any more about the discussion."

*It was a major step forward in terms of our identity and our ability to service our athletes ... We were starting to develop a one-stop shop, which was really important in encouraging the athletes to use the resources.*

Wally took a job with the ABC in Adelaide at the start of 1984. He had not been in Adelaide long when the WA cricket team visited and coach Daryl Foster, a friend of Wally's, said he had been asked to speak to Wally about the position of director of the Western Australian Institute of Sport.

"I had never heard of WAIS," laughs Wally. "I said to Daryl, 'I'd be interested and privileged but I've only just returned to the ABC and I can't start applying for other jobs after a month'."

Two weeks later, Wally received a call from David Hatt, who asked if he'd have a different response if the position was offered rather than him having to apply for it. The government offered to fly Wally back for discussions with the minister and with Bruce Elliott, who'd been appointed chairman of the WAIS Board. "I decided it was something I would love to do."

The ABC understood Wally's position. He stayed on for six months and started at WAIS in June 1984. He was to stay in the position for 17 years.

And so the journey of WAIS began. "I had no idea at the time that it would develop into what it has," says Wally. "I thought my involvement would be short term. But every time we climbed a hill, we could see another opportunity in the distance."

Based in the University of Western Australia's Human Movement department, WAIS started as a one-and-a-half man show with a \$300,000 budget. Initially, it was little more than a grants organisation, until the board agreed it needed to be a service provider. Within six months, Steve Lawrence was taken on as a part-time physiologist, before becoming full-

time sports science coordinator in 1985. Craig Davies was employed as program coordinator the following year.

On top of government money, WAIS had secured eight sponsors by the end of the first year, with Town and Country Bank the first major sponsor. "But we needed a shop window. We needed the capacity to promote the institute and its athletes. We needed a base that the athletes could identify with and with which they could develop a sense of belonging. It was difficult to achieve that within UWA."

It was at this time that the government decided to develop the Superdrome and the government agreed it was an opportunity to develop WAIS's profile and facilities. WAIS was catered for in the design and moved into its new premises at the Superdrome (now Challenge Stadium) in 1987.

"It was a major step forward in terms of our identity and our ability to service our athletes. It provided us with a natural rallying point, with strength training plus the Superdrome's training venues. We were starting to develop a one-stop shop, which was really important in encouraging the athletes to use the resources."

WAIS really started to take steps forward as a service organisation, and concurrently, a lot of things were happening nationally on the sporting front.

A big breakthrough came after the 1988 Olympics. The Federal Government and Australian Sports Commission finally agreed to send money to the States through the Intensive Training Centre Program. WAIS and the South Australian Sports Institute had been "fighting tooth and nail" for two years to get federal funding so this was a significant breakthrough.

At the same time, WAIS received State funds to employ two coaches and Liz Chetkovich (gymnastics) and Gerry Stachewicz (swimming) became WAIS's first full-time coaches.

The formation of the National Elite Sports Council (NESC) in the early 1990s was another positive step forward nationally. Whereas previously there had only been ad-hoc meetings between institutes, the NESC provided a forum for discussion and debate and inevitably became an increasingly important medium working towards the 2000 Olympics.

*It will be a very positive legacy to elite athletes of the State for a very long time to come.*

1993 was the Olympic decision to award the 2000 Olympic Games to Sydney. "This really gave the whole network a focus, a sharper focus, and great impetus. There was an understanding that Australia needed to do well at its home Olympics and an enormous amount of energy and resources were directed towards that."

Wally says it was this that gave rise to WAIS building its own state-of-the-art facility. "The government at the time agreed that if WA athletes were going to have the same opportunities as their interstate and overseas counterparts then they needed appropriate resources and facilities."

In 1996, WAIS became the only State institute to have its own purpose-

built facility. It gave WAIS the opportunity to put all its staff under the one roof for the first time. It enabled world-class coaches to "cross-pollinate and share their ideas" and have day-to-day interaction with the service providers, in particular science staff.

"It was a huge bonus to elite sport in this State," says Wally. "It will be a very positive legacy to elite athletes of the State for a long time to come." Other State institutes were critical of WAIS for wasting money on bricks and mortar. Now, 10 years later, those institutes either have, or are getting, their own facilities. The irony hasn't been lost on Wally.

The 2000 Olympics were important to Australia and the whole sporting network. "The home Olympics," smiles Wally. "An enormous amount of time and attention was focused on the performance of our athletes – six years of the OAP (Olympic Athlete Program) culminating in Sydney."

WA produced 51 Olympic athletes across 21 sports.

It marked the end of an era for Wally, who believed a change was in WAIS's best interests and in September 2001 he handed the reins to Steve Lawrence.

Like Wally, Steve has been a major driving force behind WAIS's development. "One of our great strengths has been our science program and Steve's understanding that we needed applied scientists – practitioners – who would communicate and work with athletes and coaches... as opposed to scientists whose priorities were perhaps researching or teaching. He developed the staff to be service providers to the coaches and this was very important in the whole philosophy of the institute – athlete centred but coach driven."

*We talk about the passion and commitment of our athletes and our coaches and our staff to creating excellence in sport and achieving those ultimate goals, then probably Wally personified all of those and led the institute with a passion that was unmatched by anyone else, I believe, in Australian sport.*

**Steve Lawrence, WAIS Executive Director**

"Steve and Craig both brought world-class skills, knowledge and experience to the organisation and I don't use those words lightly."

As WAIS Executive Director, Steve is now looking towards the future and this means continual improvements in order to stay at the top. "Technology will continue to drive us rapidly... But we're at a point in the organisation where we are now hampered by the infrastructure that is available to us. To make sure we remain capable of competing with the rest of the world, we need to improve our infrastructure."

"We can't expand our number of sports because there is not the accommodation for additional staff to provide the services. There's a proposal with the government at the moment to redevelop Challenge Stadium, to bring it back up to world standards. This will give us the potential to increase the number of sports – already there are several

sports that legitimately should be part of WAIS.

"We need to prepare for the future and build the infrastructure to accommodate it."

WAIS Chairman Grant Boyce says the vision for WAIS is very clear – to produce sporting champions. "To continue that success we need access to world-class sporting facilities, and that enables us to assist Western Australia's athletes to compete at the highest level and to be successful. We also strive to be recognised as a world-leading institute amongst our peers."

*"The opportunity WAIS gave me as a professional coach was to allow me to go from virtually being a club coach to coaching at an international level and to realise all of my dreams to be able to take someone all the way to the Olympic Games."*

**Liz Chetkovich, WAIS Head of Gymnastics**

At the Los Angeles Olympics in 1984, 23 WA athletes competed across 6 sports. Twenty years later in Athens, 54 WA athletes competed across 18 sports. It has been a steady growth in WA representation and WAIS can claim much of this success.

Looking now towards Beijing and beyond, WAIS will continue to consolidate its proud history in its exciting future.

## Evolution of the WAIS Ethos

1987-1990

Today's Best.  
Tomorrow's Champions.

1990-1993

From Opportunity  
Comes Success

1993-1997

The Bridge Between  
Dreams and Reality

1998-Present

Without Compromise

WAIS logo then



And now



Wally Foreman and inaugural WAIS Chairman Bruce Elliot in the early days



Wally Foreman, Norman Moore and Hallam Pereira examine the new building plans for WAIS



WAIS Head of Gymnastics Liz Chetkovich, one of WAIS's first coaches



Craig Davies was WAIS's first program manager





# A Proud Journey... WAIS Celebrates *21 years*

## Development of Sports Science

When WAIS started 21 years ago, there was a theoretical knowledge base of sports science but the practical application of it was novel inside Australia. When Steve Lawrence (now WAIS Executive Director) was employed by WAIS in 1985, he became only the fourth full-time physiologist inside Australia and only the second outside the AIS.

"My knowledge base was good, but the understanding of how to apply it in a real life sports situation was not there," recalls Steve. "I had to come up with how to apply it. It was a system of trial and error – observe, interpret, make decisions."

Added to the interpretation barriers, was the rudimentary equipment – 21 years ago, science equipment was significantly less sophisticated. "We had access to a computer which we used for statistical analysis. It read cards punched with little holes. We would punch the cards by hand and then take them to a bloke behind a desk in another building and 24 hours later he would give us back a pile of paper covered in data."

"We had to draw graphs by hand. We had no computers to be able to do that... The only heart rate monitors we had could only be used inside the lab and were connected to a big box with leads, which couldn't be used in the field... If we were videoing someone, the cameras were about the size of the cameras that are now used for TV... All the equipment was clumsy and rudimentary."

Calculating the proportion of fat and muscle, which now takes less than a minute by measurement of skinfold thickness, used to be done by underwater weighing, which took up to seven minutes per person. The person was immersed in a tank of water and weighed, and by knowing the density of various tissues, the fat to muscle proportion could be calculated.

Similarly lactate measurements, which are now performed by a prick to the finger with a portable device, were a much longer process. "We had to mix our own reagents," reflects Steve. "We collected the blood, took it to the lab and spent three or four hours processing the blood in a large benchtop machine."

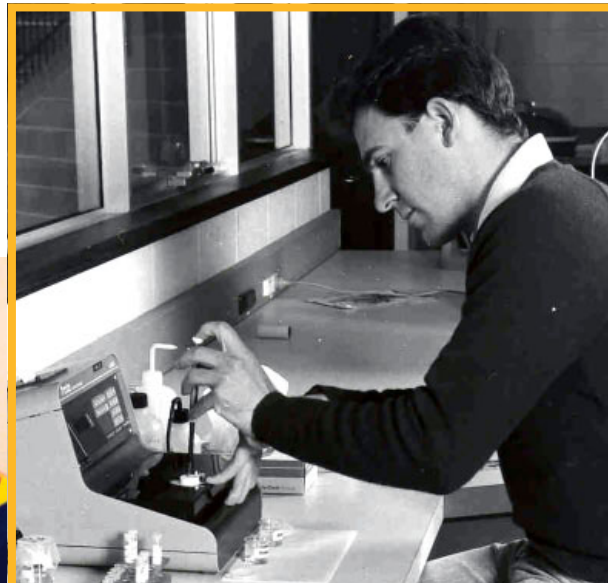


Now, portable hand-held devices spit out readings within seconds.

Steve said the whole process of communicating with coaches was also in its infancy. "It was all new – learning how to talk to coaches. I was professionally trained as an academic so it was also a matter of building the coaches' confidence in you. Today, we create multi-disciplinary teams to support the coach and athlete – that's the way we do business now."

Science has paved the way for progression in sport and concepts which today seem simple common sense, can in fact be owed to science. "The knowledge base that exists today has largely been created through science. Simple things like what to eat before competitions and the importance of fluid intake... Athletes never used to drink during training..."

"However, there's still a lot we don't know. There's still opportunities to improve knowledge and training and figure out how to do things better. How well that knowledge is utilised depends on the ability of the scientists to communicate and the willingness of the coach and the engagement of the athletes. Knowledge is no good unless it can be transferred."



Above: Sports Physiologist Steve Lawrence analysing athlete blood lactates in 1985



Athlete testing in the WAIS climate chamber

## WAIS timeline

- 1981** Australian Institute of Sport commences operations
- 1982** South Australian Sports Institute commences operations
- 1983** Board of Western Australian Institute of Sport appointed
- 1984** WAIS commences operations
- 1987** WAIS moves to Challenge Stadium (then Superdrome)
- 1988** Federal funds allocated to State programs Appointment of full-time coaches at WAIS
- 1992** Every State or territory had an institute or academy except NSW
- 1993** Sydney Olympic decision
- 1996** Development of WAIS purpose-built facility NSW Institute of Sport commences operations
- 2000** Sydney Olympics
- 2001** Steve Lawrence takes over from Wally Foreman as WAIS Executive Director

“WAIS really gave me the tools to perform at my best.”

**Stuart Reside**  
2000 and 2004 Olympic rower

## WA's Olympic progression

		Sports	Athletes
<b>1984</b>	Los Angeles	6	23
<b>1988</b>	Seoul	11	28
<b>1992</b>	Barcelona	14	40
<b>1996</b>	Atlanta	15	44
<b>2000</b>	Sydney	21	51
<b>2004</b>	Athens	18	54



The WAIS building as it looks today





# Searching for talent continues to bring success

The Smarter than Smoking WAIS Talent Search Program has continued to identify new athletes with physical characteristics associated with elite performance. New squads are now training across the sports of canoeing, cycling and rowing.

Results of past TID athletes continue to show WAIS's investment in talent identification is paying off and the progress of the new athletes is also encouraging.

## Rowing

During 2005 the rowing program introduced a new initiative, targeting schools within 10km of Canning Bridge who were not previously involved in the TID program. In addition, children not at a participating school were given an opportunity to be involved in the TID rowing program.

The combination of these two new initiatives resulted in a further 500 students taking part in the 2005 talent search from which a rowing squad of 25 was selected. The squad started training in early November and is now training four times a week on the water at Canning Bridge under the guidance of WAIS Junior Development Rowing Coach Gonzalo Briones and Smarter than Smoking WAIS Talent Search Rowing Coach Mike Quinn.

The program notes with pride the continued rise of Natalie Bale into the elite rowing performance arena. Bale was identified in 1999 and has rapidly developed to achieve a gold medal in the women's pair at the Eton World Cup in May 2005, followed by silver at the World Championships in Gifu, Japan in early September.

## Canoeing

All phases of this year's TID canoeing program were completed in August and 22 young hopefuls accepted an opportunity to join the Smarter than Smoking WAIS Talent Search Kayak Development Squad and train under the experienced guidance of Jerry Alderson.

WAIS Talent Search Coordinator Carlie Gooden says the progress of the new athletes has been extremely impressive. "Since their training began in September, amazing improvements have been made and it won't be long before they are at the heels of former TID athletes."

## Cycling

Following TID cycling testing during the year, a squad of 14 athletes was selected in September to undergo an intensive training program coached by former WAIS rider Kerry Cohen. In just a few weeks the riders have come a

long way in their development and WAIS Head Cycling Coach Darryl Benson is very excited about the future for these athletes.

Rebecca MacPherson, who was identified in 2002, and Josephine Butler, identified in 2003, continue to build on the skills learnt during their training in the TID cycling development squad and were recently offered a place in the 2005/2006 WAIS Cycling Development Squad, joining 2002 TID athlete Adam O'Connor.

Former TID cycling athletes performed well at the national championships in September. Camille Pallett (2004 TID) and MacPherson were second in the under-17 women's team time trial and O'Connor finished fourth in the under-19 men's road race.

## Sponsorship

Healthway continues to fund the Smarter than Smoking WAIS Talent Search. In collaboration with the Heart Foundation, the Smarter than Smoking WAIS Talent Search program is designing a new range of exciting merchandise/educational tools in an effort to increase the awareness of the Smarter than Smoking message and promote increased levels of physical activity in young Western Australians.

## INTERESTING FACTS

### How long is your arm span?

Elite rowers generally have an arm span that is greater than their height.

### How do you measure your Arm Span?

While standing straight against a wall with your arms outstretched at shoulder height, measure the distance from the tip of the middle finger on one hand to the tip of the middle finger on the other hand.

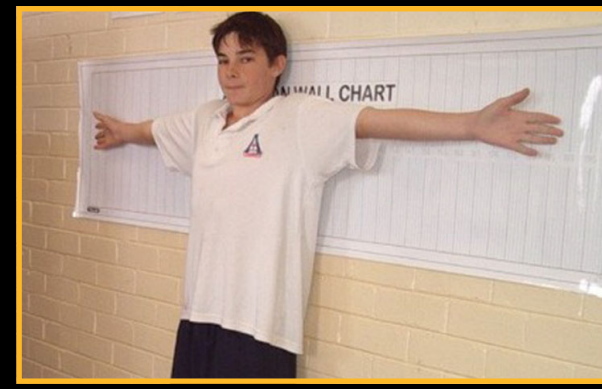
2005 Smarter than Smoking WAIS TID Development Squad average measurements (age range 12-15 years):

#### Males

Arm span = 184.2cm  
Height = 180.2cm

#### Females

Arm span = 181cm  
Height = 178cm



Carlie Gooden (right) with TID canoeing athletes

# Coaches Corner

## Carol Byers



It's been a positive year for Orioles and WAIS Elite Netball Squad Coach Carol Byers – from both a results perspective and a personal coaching perspective.

This year was Carol's third year as Orioles coach and the work she has put into the team during this period is now paying off. The Orioles finished the season sixth but throughout the season defeated the bottom teams quite comfortably and, for the first

time, were one of three teams vying for fourth spot.

All matches against these teams were close and Carol says next year will be about winning these pressure games. She's now got players in national teams and the outlook over the next few years is extremely bright. "It's been a struggle but the work we've done will make for a really successful era," she said.

Carol said it started three years ago with a decision to develop players rather than import them. Although this has resulted in losing three or four players to the AIS each of the past couple of years, it has built depth in the squad and prepared more athletes for the necessary standard. "Importing players was not going to take us into the future," Carol said.

Carol has also realised the importance of investing in the coaching. "I think as coaches we don't prioritise our own development," she said. "It's all about the athletes and other administrative duties." So this year, Carol took up an opportunity for some personal

development and went on a coaches' study tour with Basketball Australia, visiting about eight different colleges in the US over a 10-day period.

She said the tour was a "real eye-opener". "Their system is so different," she said. "They have so many athletes so they don't have to look after them as much – there's always someone who can take their place. We have to be so much more careful of our athletes in terms of workload and recovery."

Carol said she took a lot out of the tour that she will trial in coaching sessions with her athletes. She's planning on putting more pressure on the athletes during training sessions so they get used to being under pressure; use the clock more to make the most of every second; and pitch the training at the best athletes and work with the developing athletes to come up to the expected standard.

But for now, Carol is focused on helping national squad athlete Jess Shynn through her final preparations for Commonwealth Games selection.



# Careers in sport

## Few jobs but much fulfillment



Psychology as a career fits very much into the elite sporting environment. However, sports psychology jobs are scarce and only two universities in Australia offer sports psychology as a course.

The University of Victoria takes about six students every two years and the University of Queensland takes six to eight students every year, with four of these usually being international students.

WAIS Sports Psychologist Matt Burgin pursued a career which combined his love of sport with his interest in assisting people to achieve their best and he believes these qualities are necessities for anyone even slightly considering a similar career path.

"They would need to be wonderfully passionate about sport, have outrageous perseverance and recognise what most elite

athletes do," he said. "They must genuinely be interested in helping people be as fantastic as they can be.

"Elite sport is not glamorous. As a sports psychologist, you're not in the spotlight. You need a level of humility. You do your job and leave while the athletes do their bit in the actual performance."

English-born Matt was always involved in sport and although he was always competitive and successful in soccer and cricket, his "short legs, only just-above-average talent and a genuine lack of speed", contributed to him looking elsewhere to maintain an involvement in sport.

"The study of psychology seemed to combine all things I was interested in – people, learning how to assist people to achieve their best and no matter how strange (or normal) the human experience might be, being able to provide support when things just don't seem to be going right."

When Matt started his psychology studies at Murdoch he received quizzical looks when he said sport was the area of psychology in which he wanted to work. He quickly learnt to become self-reliant when it came to finding how to relate the established theories and models of psychology to his passion for sport.

However, he said his undergraduate training at Murdoch was an outstanding

grounding in psychology and in particular the perspectives of social psychology, learning theories and human development.

Matt then undertook post-graduate studies in sports psychology at the University of Southern Queensland (which no longer offers it) and on graduation, started working in a part-time role at WAIS.

He works closely with the coaches and together they decide what they want to achieve within the program. He says the work he does with the athletes varies for each individual. "Some need help with motivation. For others it's addressing how they respond to coaching; others need help balancing their sport with other aspects of their lives; and there's also personal development and dealing with different behaviours."

Matt said the importance of psychology in sport could vary greatly. "It's part of the game," he said. "From time to time it becomes a thing that defines whether an athlete will get there or not. Other times, it's just an assistance."

The fast approaching Beijing Olympics are providing Matt with an opportunity to work alongside this State's finest athletes, coaches and support and science staff and to put into practice what he has learnt from previous athletes, coaches, and teachers. "Other than getting to be a commentator on the opening day of a Test match at the WACA, I could not think of a better job or place to work."

## Is your talent going to WAIS?



The Smarter than Smoking WAIS Talent Search is proudly sponsored by Healthway



# Rising Star

## KOBIE MCGURK



Twenty-year-old Kobie McGurk is very much a star on the rise. In just one year she has gone from being a club player to being named on every national touring team.

She debuted in the Australian Hockey League at the start of 2005 and it's been full steam ahead since.

"Last year's AHL has made her," WAIS Head Women's Hockey Coach Neil Hawgood said. "Everything has come together. It's her athleticism – she's an athlete who can run anywhere."

McGurk was named in the national squad at the conclusion of the AHL and had a busy year with national senior and junior commitments. She was selected in the team for the World Cup qualifiers in New Zealand and Sydney in early November, but sustained a quad tear and couldn't go. "Yet she was still picked on the team for the Champions Trophy, which is outstanding," Hawgood said.

And for McGurk, it's all been an exhilarating blur. "It's pretty exciting to be playing against

the top five nations in the world," she said of the Champions Trophy. "The Junior World Cup was pretty full on, but it's another step up again to be playing in the national senior team."

But at this early age, she's got it all ahead of her and her athleticism and her ability to learn put her in a strong position to realise her dreams. "As a kid growing up, of course it was my dream to go to the Olympics," she said.

"In the short term though, I just want to keep progressing and improving and gain more opportunities to play for Australia."

Hawgood said McGurk, one of the youngest players on the team, equipped herself extremely well playing against the top five teams in the world in the Champions Trophy in early December. Netherlands recorded a penalty stroke victory over Australia after a 0-0 final score in the gold medal match to claim their second consecutive Champions Trophy title. Hawgood believed the Australians played above most people's expectations.



# Diary of an athlete

## PAUL BURGESS

**When we last spoke to high flying pole vaulter Paul Burgess, he was gearing up for a successful world championships campaign after becoming the 11th man in history to clear six metres outdoors. He now tells Without Compromise how his dreams were shattered by injury.**

In June, I competed in my first competition in Perth (since summer), clearing 5.85 metres, which I was really happy with. A few days later, I was training, just doing some running drills, and I tore my calf.

I went to Europe a week later assuming I was going to get better for the competitions leading into the worlds. I was just aiming to get better for each comp but as the comps came up, I was never quite ready.

I should have stayed in Perth. I should not have worried about competing in the competitions in the lead-up to the worlds and just concentrated on recovering – all good in hind sight. I probably set myself back but it was devastating that I kept missing these comps. I'd be training and running fine but then I'd put my spikes on and it didn't feel right.

It was so devastating because I was so hopeful each time of being able to compete. There were

so many ups and downs.

Then on July 20, I felt good. I was getting ready to do a vault session. I was doing some running drills and it went again. I turned to Alex (WAIS Pole Vault Coach) and said: 'It's all over, let's go home'.

It was almost a relief. At least then I knew it was finished – rather than continuing to hope and then getting let down. I accepted my fate and decided to get stuck into training and make up for it in 2006.

It was devastating but I moved on fairly quickly and immediately started planning my training.

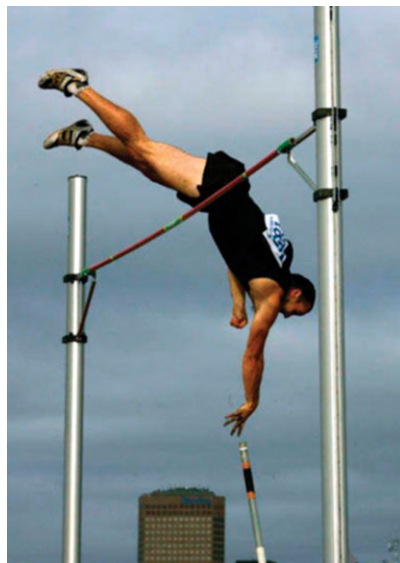
I stayed in Europe for a couple of weeks and rested and I got better really quickly. I was back home in Perth and fine by the end of August. The worlds were around August 10 so it had been bad luck and bad timing.

I started training again and then rolled my ankle. I briefly thought the world was turning against me. But I got over it.

Now, training is going really well. I competed on December 18 off a short approach and plan to compete off a full approach this month. I'm really happy and confident with where things are at.

Commonwealth Games is my next focus and while it won't make up for a possible world

championship medal, it's my major competition for 2006 so I will treat it as seriously as the worlds. My other goals are to get my ranking up and do well in Europe. But jumping another PB is my biggest goal.



# Quality assurance leading the way

WAIS boasts a quality assurance program on par with the best in the world and while it's a big financial commitment, WAIS Athlete and Coach Services Manager Martin FitzSimons says it's essential in providing WAIS athletes and coaches with equitable results.

Introduced in 1989, the Laboratory Standards Assistance Scheme largely focused on consistency and methodology in lab and physiology testing around the country. It was aimed at giving coaches and athletes confidence that they were being measured in the same way, wherever they were.

"Everyone agreed, 'this is the way it should be done' and each year we had to present a report that showed we were using the right methodology," Marty said.

"For example, it standardised the testing for gas analysis, including VO2 max, as well as skin folds and field testing. In addition, we had to start showing we were maintaining and calibrating equipment. It was about the processes, the equipment and the testing."

Marty said the system then expanded to include strength training and biomechanics and WAIS was one of the first institutes to be accredited to the new system.

It is now called the National Sport Science Quality Assurance Program (NSSQA) and WAIS is extremely supportive of it.

The program includes a policy for conducting strength testing in the gym. Equipment must be a minimum standard, with weights calibrated every year, and trainers must be accredited.

Biomechanics is not quite as simple. Marty said biomechanics was

extremely tough to standardise because there was such a complex range of views and it was continuing to grow and develop in response to new equipment and technology. "Everything has to adapt to changes and technology but there needs to be a standard base," he said.

WAIS Technical Officer David Gould has an important role coordinating all the equipment calibration, maintenance and record keeping in the gym, the lab and in the field.

David said it was a big job with a high priority. Equipment calibration and maintenance time lines varied from every three months to every four to eight years and everything had to be constantly "ready to go". David said it was an ongoing process, which had evolved during his eight years in the role.

The updated and constantly-improving program positions WAIS on a level playing field with other sporting institutes around Australia and the world. "Our coaches and athletes can be confident that they are receiving good viable data collected by quality people in a standardised manner," Marty said.

WAIS has been a main driver of the program across the country, and Australia has become a world leader in achieving adherence across the board. NSSQA has an advisory panel and an accredited committee, made up of State institutes and universities and people with a wealth of experience and understanding.

"It is a very positive program for Australian sport," Marty said. "No other country has the same level of cooperation and collaboration."



Main picture: WAIS Technical Officer David Gould at work.  
Inset: Members of the WAIS Sport Science team in action



# SPORT PROGRAM NEWS

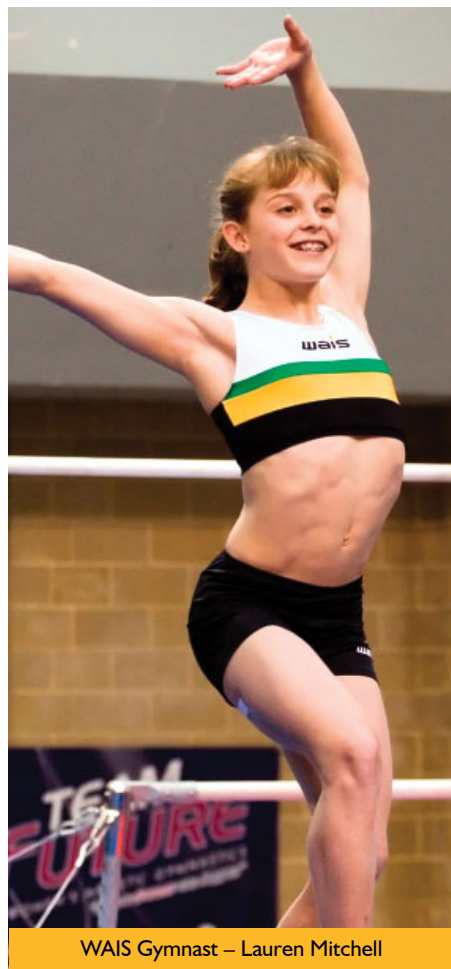
## ATHLETICS:

The successful results continued this year for the WAIS Athletics program with heptathlete Kylie Wheeler winning her second consecutive gold at the IAAF World Combined Events Challenge in Germany.

Young pole vaulter Vicky Parnov recorded a personal best with an enormous vault of 4.15m in July, breaking the world age record, setting a new Australian under-16 record and equalling the Australian under-18 record. Parnov was also the youngest ever Australian representative at the World Youth Championships, where she cleared 4.10m in the final, placing fourth overall and scoring a Commonwealth Games B qualifier.

Athens Olympic silver medallist John Steffensen made his mark in Australian athletics history, after becoming just the second ever Australian to reach the men's 400m final at a World Championships. Kylie Wheeler also competed at the World Championships in Helsinki, where she placed 15th in the heptathlon with a score of 5919 points, the fourth best performance ever by an Australian heptathlete at a World Championships.

High jumper Ellen Pettitt jumped a personal best at an inter-club competition in November with a height of 1.90m, which is a Commonwealth Games A qualifier and 4cm higher than her previous best. Javelin thrower Kim Mickle also scored an A qualifier, improving on her previous best throw by 43cm.



WAIS Gymnast – Lauren Mitchell

## BASEBALL:

Brendan Wise was drafted by the Detroit Tigers in June in the eighth round of the Major League Baseball 2005 draft. Meanwhile, Matthew Kennelly signed a deal with the Atlanta Braves after also receiving an offer from the Philadelphia Phillies.

Since the 2000 Olympic Games, WA hadn't had any players in a major national team. However, 2005 saw a change to that when Aaron McKenzie, Luke Hughes and Dean White were all named in the team to compete at the World Cup in the Netherlands in September.

The Australian team finished fifth in its pool in the 18-team strong competition, which proved to be invaluable experience for the three players.

An impressive 11 of WAIS's 12 elite squad players have been named in the resurrected Perth Heat team. McKenzie, who is playing in the USA this season, was the only omission.

**CANOEING:**  
At the World Flatwater Canoeing Championships in Croatia, Kate Forgione, along with her interstate crew, finished a very credible sixth in the final of the K4 1000m. This was a fantastic result for Forgione who won bronze at a World Cup event earlier in the year.

Slalom Canoeist Robin Bell, a dual Olympian, had a remarkable year on the international scene, winning silver in two out of three World Cup events and winning gold at the Canoe Slalom World Championships in Penrith, NSW in October.

In Marathon news, development squad member Simon Roll was selected into his first Australian Team and competed at the World Marathon Championships in Perth in October. Roll finished a very respectable 20th in the Men's K1 event, in what was regarded as one of the most competitive marathon fields ever assembled.

**CYCLING:**  
Junior cyclists Scott Sunderland and Cameron Meyer achieved outstanding results at the UCI Junior World Track Championships in Austria in August, winning four medals between them for Australia. Sunderland's first bronze medal came in the team sprint followed by a second bronze in the 500m time trial. Also winning two bronze medals, Meyer bagged his first in the madison followed by a second in the team pursuit.

Competing in Germany in August, Kristine Bayley finished third in the Hanover Grand Prix, followed by her first breakthrough win at the Dudenhofen Grand Prix in the sprint event and a third place in the keirin.

Athens Olympic gold medallist Peter Dawson was a member of Australia's gold medal-winning team in the team pursuit at World Cup 1 in Moscow in November.

**GYMNASTICS:**  
Young gymnast Daria Joura defeated one of the world's top gymnasts in an international apparatus challenge against China in June to win a third gold for 2005 at international level on the floor. Joura also won gold on the beam as well as bronze on the uneven bars.

After her excellent performance at this year's National Club Championships, fellow WAIS gymnast Olivia Vivian was named in the Australian team to compete at the 2005 World Gymnastics

Championships held in Melbourne in November. Vivian competed outstandingly on the uneven bars and placed 13th with an impressive score of 9.312, missing out on the final by only 0.088 points.

In December, at the first of two Commonwealth Games trials, Joura and Lauren Mitchell were both selected in the group of 12 girls who were invited to attend the second and final trial in February 2006. Vivian's performance at the World Championships also earned her a place in the trial.

**HOCKEY (M):**  
The Australian Under-21 Men's Hockey Team (the Burras), with WAIS players Jonathon Charlesworth, Ian Burcher and Fergus Kavanagh, finished second in the Men's Rabo Junior World Cup in the Netherlands in July after losing 2-1 to Argentina in the final.

In October, the Australian Senior Men's Hockey Team (Kookaburras), with WAIS players Bevan George, Ben Bishop and Aaron Hopkins, finished second in the Men's Rabobank Trophy. The Kookaburras were defeated 4-3 by Pakistan in the final, following outstanding performances against Germany (5-0) and the Dutch (4-1).

George and Hopkins were named in the Kookaburras line-up to play in the World Cup Qualifier in Fiji, where they beat New Zealand 5-1 to qualify for the BDO World Cup being held in Germany this year.

The Kookaburras finished the year with a sensational win in the Sahara Champions Trophy in India, defeating Netherlands 3-1 in the final. George was named international player of the series.

**HOCKEY (W):**  
Under-21 players Fiona Boyce, Rheannin Kelly, Kate Hubble, Shelly Liddelow, Kobie McGurk and Jayde Taylor represented Australia as members of the Junior World Cup team (Jillaroos) in a four-nations tournament in China in August. The team played four games in which they won three and drew one, finishing first overall.

The Australian Senior Women's Hockey Team (Hockeyroos), with WAIS players Emily Halliday, Kobie McGurk and Kim Walker, completed a 6-0 clean sweep of Korea in the Holiday Inn Women's Challenge that was held in August.

The Hockeyroos continued their good form by winning their second Indira Ghandi International Gold Cup held in India in September, with a 5-3 win against the home side in the final. Defeating New Zealand two matches to one in November, the Australian team, with Halliday and Walker, also qualified for this year's World Cup.

To finish off a successful year, Halliday, McGurk and Walker were all selected to play in the Samsung Champions Trophy in Canberra in December. The Hockeyroos made it to the gold medal match, unfortunately going down to the Netherlands (5-4) in a heart-stopping penalty shoot-out. Australia's result moved them from fourth position to second in the world rankings.

**NETBALL:**  
The Perth Orioles had one of their most successful seasons in the Commonwealth Bank Trophy this year, finishing in sixth position on the final ladder.

WAIS athlete Jessica Shynn retained her spot

on the 2005/06 Australian Netball Squad from which the Commonwealth Games team will be selected.

WAIS athletes dominated the WA Netball Awards night that was held at the Burswood in September. Goal shooter Nikala Smith, who scored 316 goals in the 2005 season, was named Perth Orioles Player of the Year; mid-court player Stacey Rosman won the Perth Orioles Coaches Award; the Jill McIntosh medal was awarded to centre-court player Catherine Devitt; Anna Vidler was named the Division 1 SmokeFree Player of the Year; and the WA Players' Player Award went to Emma Beckett.

The WA open and under-21 teams finished third and first respectively in the National Netball Championships in Canberra in October. Following the conclusion of the under-21 Championships, Jasmine Keene, Josie Janz, Sue Furhmann, Nikala Smith and Janelle Lawson were named in the Australian under-21 squad.

**ROWING:**  
At the first World Cup event for 2005 in Eton, UK Natalie Bale and Sarah Outhwaite won the women's pair and Amber Bradley, rowing with interstate team mate Sally Kehoe, finished third in the women's double scull. Bradley and Kehoe also finished second in the same event at both World Cup 2 in Munich and World Cup 3 in Switzerland and Outhwaite won gold with the women's eight in Munich.

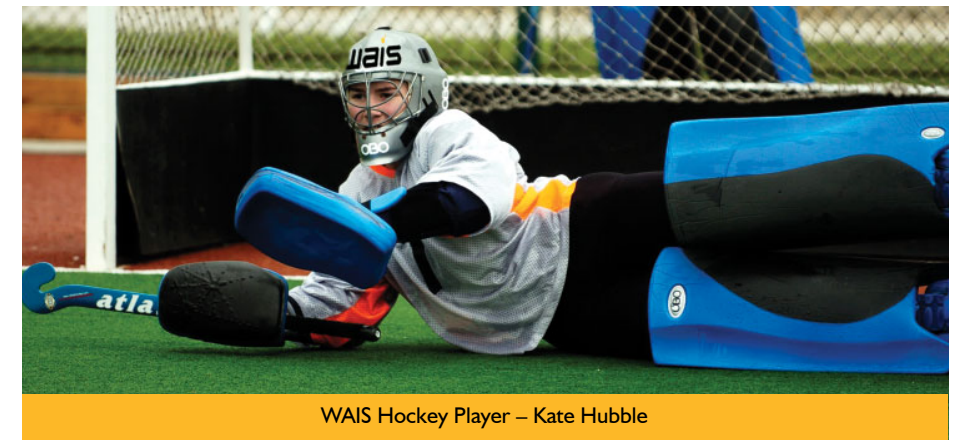
Six athletes represented Australia at the World Under-23 Rowing Championships held in Amsterdam in July, with Jessica Huston and team mate Alice McNamara winning bronze in the women's lightweight double scull.

At the World Rowing Championships in Gifu, Japan WAIS rowers did their country proud, winning medals in three events. It was double glory for Outhwaite who rowed with Bale to win silver in the women's pair, before winning gold in the women's eight. Amber Bradley and partner Sally Kehoe followed on from their World Cup success to win bronze in the women's double scull. Todd Skipworth was a member of the men's lightweight four which finished a very credible fourth.

**SAILING:**  
Australian top women's 470 sailors Elise Rechichi and Tessa Parkinson won silver in their first ever senior World Cup event at the ISAF Grade 1 Holland Regatta in May. The pair continued to perform outstandingly, placing sixth at their first 470 European Championships in Poland two weeks later.

Rechichi and Parkinson's next competition was the Grade 1 Kieler Woche in Germany, where the duo claimed victory in the 470 class, finishing the nine-race series eight points clear of second place. The girls have risen from 22nd to eighth in the ISAF World Rankings.

Australian Youth representatives Tim Rechichi



WAIS Hockey Player – Kate Hubble

and Steven Thomas competed in the 420 class at the ISAF Youth World Sailing Championships in Korea in July – their first world championship event. They achieved excellent results, finishing ninth overall.

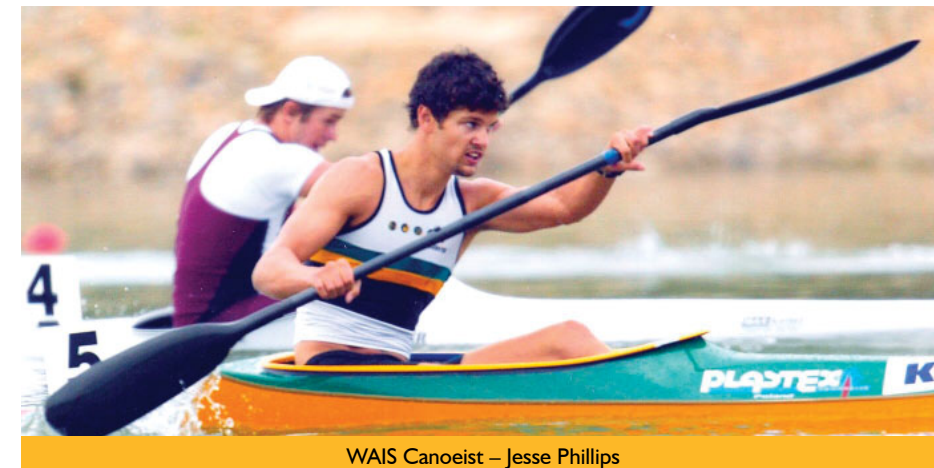
The 2005 Sailors of the Year Awards were held in August with WAIS Paralympians Jamie Dunross, Jeff Milligan and Colin Harrison jointly named as Sailors of the Year with a Disability, following their fifth place in the three-person Sonar class at the 2004 Paralympic Games.

**SOFTBALL:**  
The Australian Softball Team Aussie Spirit, with WAIS players Leah Quackenbush and Sharon Bell, finished second at the International Pacific Rim Tournament in June. Quackenbush and Bell then played in the Canada Cup in July, where the Aussie Spirit team won five out of six games and went on to win the final 3-0 against USA Elite. The World Cup followed a week later with Aussie Spirit picking up bronze behind Japan and USA respectively.

In the first of three grand prix tournaments held in December, the WA state women's team the Western Arrows, with 10 WAIS players, finished in second position after being defeated by NSW 13-9 in the final. This was a fantastic result for WA, who had not made an open women's final in a number of years. Following the competition, Quackenbush was named top batter of the tournament.

**SWIMMING:**  
It has been a very successful year in the pool for the WAIS Swimming program. July saw Olympian Lara Carroll win bronze in the 200m individual medley at the XI FINA World Swimming Championships in Montreal. Carroll also finished fourth in the 400m individual medley, just missing out on a second medal. Fellow Olympian Adam Lucas won bronze in the 4 x 200m freestyle relay and Jim Piper just missed out on a podium finish, placing fourth in the 200m breaststroke.

Following successful performances at the Australian Short Course Championships in August, Lara Carroll, Eamon Sullivan and Michael Jackson



WAIS Canoeist – Jesse Phillips

were selected on the Australian team to compete at the World Short Course Championships to be held in China in April. WAIS Coaches Simon Redmond and Grant Stoelwinder were selected as Australian team coaches, along with Jay Davies as team manager, and Matt Burgin as sport psychologist.

Sixteen-year-old athlete Amy Lucas competed in the FINA World Cup in Korea recently, winning three medals over two days of competition. Lucas won gold in the 200m backstroke and bronze medals in the 50m and 100m backstroke.

**WATER POLO (M):**  
The Australian Men's Water Polo Team the Aussie Sharks, with WAIS players Tim Neesham, James Stanton, Laurie Trettel, Jamie Beadsworth and Peter Tresise, competed in the 2005 Men's Water Polo World League in June, finishing with a 2-4 record, ahead of China and Canada, and behind Olympic Champions Hungary, Spain, Russia and Greece.

The Sharks then competed in the FINA Men's Water Polo World Championships in Montreal, where they recorded wins against China and Cuba, but lost their chance for a semi-finals berth following some questionable refereeing in their match against Croatia.

The Australian Men's Youth Water Polo Team, with WAIS athletes Maui Whitiri, Daniel Lawrence, Nick O'Halloran and Rhys McKinnon, won bronze in the Low Tatras Cup in Slovakia in July followed by bronze in a six-nation tournament in Italy, where they recorded seven wins from 10 matches.

**WATER POLO (W):**  
The National Junior Women's Water Polo Team, with WAIS juniors Glencora Ralph and Leah Nielson, competed in a four-nation tournament in Greece in July. Australia won the tournament in a clean sweep against Greece, Italy and Spain.

Gemma Beadsworth competed with the Australian Women's Water Polo Team in the XI FINA Women's World Water Polo Championships in Montreal in July. The Aussies came up against Olympic silver medallist Greece in a play-off for fifth position, where they lost 10-8 in a tough game to finish sixth overall. Beadsworth was a major contributor to the team throughout the championships.

In local competition, development squad member Libby Alcock captained the under-16 State team to a bronze medal at the Under-16 National Women's Water Polo Championships at Challenge Stadium.

The WAIS Women's Water Polo team finished with bronze recently in a National Institute Challenge in Canberra. Following the end of the tournament, Beadsworth, Gemma Hadley, Jemma Dessauvage, Ralph and Luisa Chaves were all named in the national squad and will travel to Canberra in January for a training camp, where the Commonwealth Championships team will be named.





# WAIS CALENDAR of upcoming events

The complete calendar is available to download at [www.wais.org.au](http://www.wais.org.au)

## JANUARY 2006

<b>Athletics:</b>			
26	Telstra 'A-Series'	Bruce, ACT	
<b>Cycling:</b>			
20-22	UCI World Cup 3	Los Angeles, USA	
<b>Hockey:</b>			
24-29	Women's 4-Nation Tournament	Argentina	
27 & 29	Kookaburras V Spain	Melbourne, VIC	
<b>Ice-Skating:</b>			
23-28	Four Nations Ice-Skating Championships	Colorado, USA	
<b>Sailing:</b>			
23-29	Olympic 470 National Championships	Fremantle, WA	
<b>Swimming:</b>			
30-4 Feb	Telstra Commonwealth Games Swimming Trials	Melbourne, VIC	
<b>Water Polo:</b>			
23-29	Commonwealth Championships	Perth, WA	

## FEBRUARY 2006

<b>Athletics:</b>			
2-3	Aust Open, U/23 & U/20 Comb. Events Championships	Sydney, NSW	
2-5	Telstra Selection Trials & Aust. Championships	Sydney, NSW	
18	Telstra 'A-Series'	Melbourne, VIC	
24-26	WA State Athletics Championships	Perry Lakes, WA	
<b>Canoeing:</b>			
17-19	Australian Flatwater Grand Prix 2	Penrith, NSW	
<b>Cycling:</b>			
6-11	Australian Track Championships	Adelaide, SA	
18	Australian Madison Championships	Melbourne, VIC	
19	Perth International Track Grand Prix	Perth, WA	
<b>Diving:</b>			
5-8	Australian Open Diving Championships	Melbourne, VIC	
<b>Gymnastics:</b>			
3-5	Men's Commonwealth Games Trials	Sydney, NSW	
7-8	Women's Commonwealth Games Trials	Canberra, ACT	
<b>Hockey:</b>			
22-26	3 Test Series - Hockeyroos V Canada	Perth, WA	
<b>Softball:</b>			
10-13	Softball Australia Grand Prix Series	Blacktown, NSW	
14-15	Japan Series	Blacktown, NSW	
<b>Shooting:</b>			
9-12	Australia Cup 2	Melbourne, VIC	
<b>Triathlon:</b>			
12	Australian Triathlon Championships (Long Course)	Sydney, NSW	

## MARCH 2006

<b>Athletics:</b>			
3	Telstra 'A-Series'	Brisbane, QLD	
31-2 Apr	Australian U/20 & U/23 Athletics Championships	Adelaide, SA	
<b>Canoeing:</b>			
8-12	Australian Flatwater Championships	Penrith, NSW	
<b>Cycling:</b>			
3-5	UCI Track World Cup 4	Sydney, NSW	
<b>Hockey:</b>			
2-5	WA Diamonds V Canada	Perth, WA	
7 & 9	Kookaburras V Malaysia	Perth, WA	
27-7 Apr	Women's Under-18 National Championships	Adelaide, SA	

## MARCH 2006 continued

<b>Rowing:</b>			
6-12	National Championships & Selection Regatta	Lake Barrington, TAS	
<b>Shooting:</b>			
25-2 Apr	ISSF World Cup (Rifle & Pistol)	China	

## APRIL 2006

<b>Archery:</b>			
22-30	National Archery Championships	Twin City Archers	
<b>Athletics:</b>			
2	Telstra Australian Club Championships	Adelaide, SA	
<b>Canoeing:</b>			
1-2	Australian Senior Selection Races 1 & 2 (Slalom)	Bradys Lake, TAS	
14-16	Australian Marathon Championships	Adelaide, SA	
<b>Cycling:</b>			
1-4	Australian Junior Track Championships (U/15 & U/17)	Perth, WA	
13-16	World Track Championships	France	
<b>Diving:</b>			
18-21	Australian Age Championships	Adelaide, SA	
<b>Gymnastics:</b>			
11-15	Pacific Alliance Championships	Hawaii	
<b>Hockey:</b>			
8-21 May	Australian Hockey League	Various	
<b>Netball:</b>			
25-30	Australian U/17 & U/19 Netball Championships	Penrith, NSW	
<b>Rowing:</b>			
20-23	National Selection Regatta & Selection Trials	Penrith, NSW	
<b>Shooting:</b>			
25-3 May	ISSF World Cup (Rifle & Pistol)	Brazil	
<b>Softball:</b>			
5-9	Australian U/23 Women's Fastpitch Championships	Hawker, ACT	
14-17	Softball Australia Grand Prix (Round 3)	Blacktown, NSW	
<b>Swimming:</b>			
5-9	FINA World Short Course Championships	Shanghai	
19-23	Australian Age Championships	Sydney, NSW	
24-26	Australian Open Water Swimming Championships	Sydney, NSW	

## MAY 2006

<b>Canoeing:</b>			
12-4	World Cup 1 (Flatwater)	Poland	
26-28	World Cup 2 (Flatwater)	Duisburg	
27-29	World Cup (Slalom)	Athens	
<b>Cycling:</b>			
5-7	Australian BMX Championships	Adelaide, NSW	
<b>Gymnastics:</b>			
14-21	WAG National Championships	Sydney, NSW	
22-25	MAG National Championships	Sydney, NSW	
<b>Hockey:</b>			
23-3 Jun	Men's Under-18 National Championships	Darwin, NT	
<b>Rowing:</b>			
26-28	FISA World Cup 1	Munich	
<b>Shooting:</b>			
22-29	ISSF World Cup (Rifle & Pistol)	Germany	
29-5 Jun	ISSF World Cup (Rifle & Pistol)	Italy	



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