

GOING FOR GOLD

CHAMPIONS FROM THE WEST



Wais



Going for Gold: Champions of the West chronicles the 25 year history of the Western Australian Institute of Sport and celebrates the achievements of 25 of the best athletes produced in Western Australia – sporting heroes who achieved great things on the world stage, both prior to the birth of WAIS and after it.

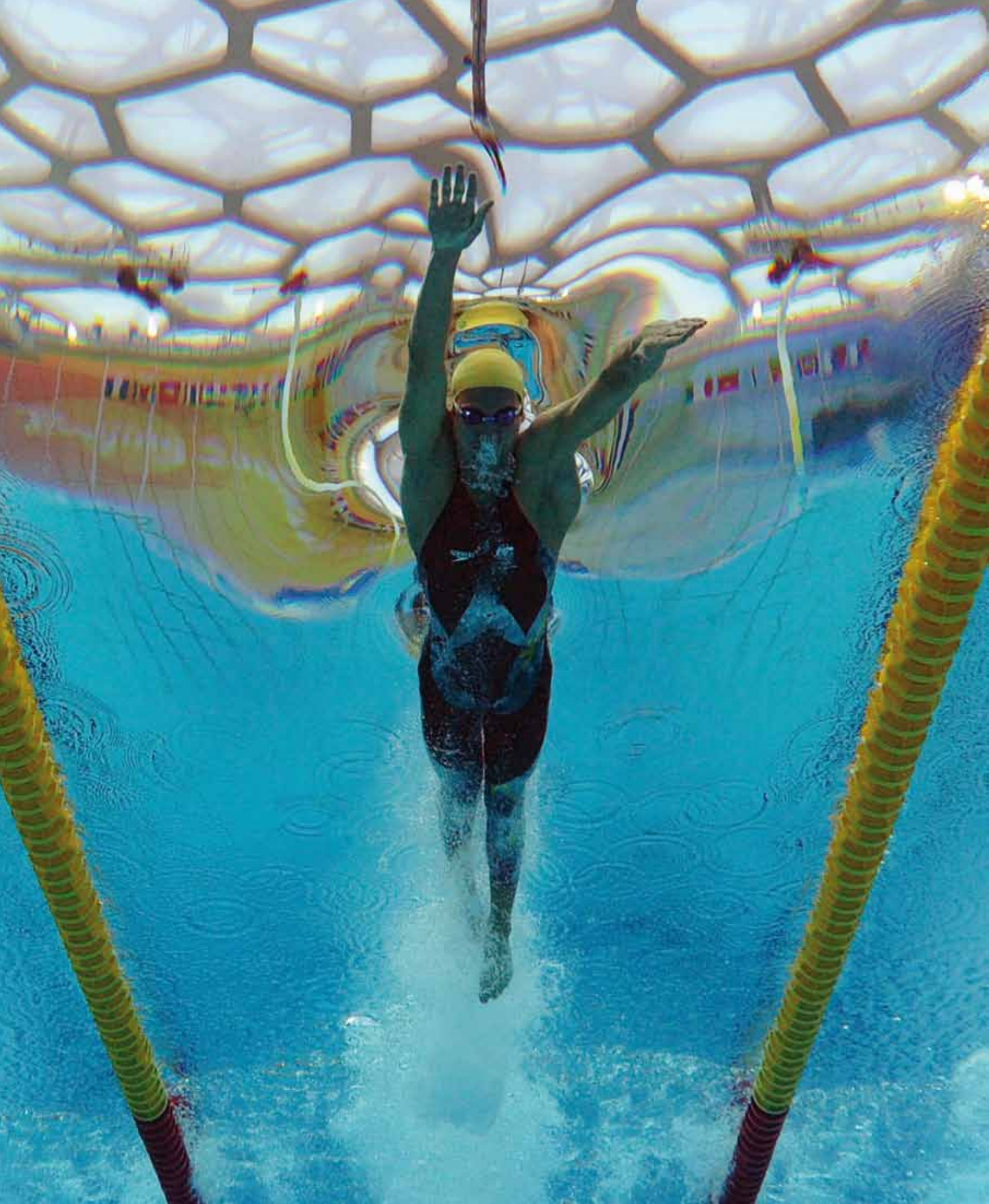
WAIS has a charter to develop champions of the future while recognising champions of the past, the latter achieved through the Institute's role as custodian of the West Australian Hall of Champions.

The '25 Best Ever' featured in this book were chosen by a group of prominent West Australian sporting and media identities who serve as the selection panel for the Hall of Champions.

FRONT COVER Ryan Bayley crosses the line inches ahead of Theo Bos to claim the gold medal in the sprint at the Athens 2004 Olympics.

BACK COVER Lauren Mitchell continued WAIS's proud history in gymnastics when she became the first female Australian gymnast to win an individual medal at the 2009 World Championships.

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WESTERN AUSTRALIAN INSTITUTE of SPORT • 25 YEARS

FRANK PYKE



PREVIOUS Eamon Sullivan is one of the best swimmers produced in WA.

LEFT WAIS pole vaulter Steve Hooker clears the bar to win the gold medal in Beijing.

ABOVE Two WAIS athletes Bill Kirby (far left) and Todd Pearson (left) celebrate winning gold in the 4 x 200 m relay in Sydney.

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FOREWORD

Western Australia has a rich sporting history. Many of its champion athletes and teams have left indelible marks, not only on their sport but on the community in which they live.

When I was a schoolboy, the feats of Olympic champions John Winter and Shirley de la Hunty fired my sporting ambitions. I went to the 1956 Olympic Games in Melbourne as a spectator and Australia was a dominant force on the world sporting stage. Our swimmers and runners carried all before them. Their achievements were nothing short of inspirational.

And then gradually we went into decline. Twenty years later in Montreal we couldn't win a single Olympic event. This was followed by an equally poor performance at the 1978 Commonwealth Games in Edmonton. It was more than disappointing. It was devastating for a sports loving nation such as ours.

The Australian public voiced its displeasure and insisted that its best athletes deserved more support. The federal and state governments agreed and a national network of institutes and academies of sport was progressively established throughout the country. It commenced with the Australian Institute of Sport (AIS) in Canberra and it wasn't too long before the Western Australian government funded its own institute. Twenty-five years ago WAIS opened its doors to talented young West Australian athletes intent on climbing to the top of their sport.

Going for Gold describes how WAIS has produced world class athletes during an era of unparalleled success for sport in Australia. It has been a magnificent resurgence and now our country is once again rightfully regarded as a world power in sport.

All Western Australians should be inspired by the young athletes who simply believe that they can be the best and then show us how. More importantly, WAIS has provided a training environment where the health and welfare of athletes has been given priority, allowing them to balance success in their sport with success in other areas of their lives.

Congratulations to the state government for its initiative in establishing WAIS and then supporting it through the past 25 years. Congratulations also to the WAIS Board, staff and athletes for their dedication, commitment and achievements during this time. WAIS has accomplished what it set out to do — make a difference — and I am confident that it will continue to do so in the future. It has become an essential component of sport in Western Australia and a wonderful contributor to the sporting success of the nation.

Herb Elliott AC MBE

1960 Olympic 1500 metre track champion and the first athlete to be elevated to legend status in the Western Australian Hall of Champions

FROM THE PREMIER

When the late Hon R.G. Pike, Chief Secretary and Minister for Recreation and Cultural Affairs, introduced a Bill to allow instant lotteries to be played in Western Australia his aim was to create a new way of funding sport, recreation, culture and the arts. For the first time, lottery funds would be used to support arts and sports initiatives. Not only was the change innovative, it proved to be hugely popular with the community and in the first six months alone, instant lotteries yielded an unprecedented \$6.4 million for sporting, arts and cultural groups in Western Australia. Since the introduction of the new Lotteries Commission Act in 1990, the Sports Lottery and Arts Lotteries accounts have received two per cent of annual sales turnover respectively. In 2009 that amounted to a record \$13.4 million.

Each year, these funds allow sporting associations to run development programs, events and competitions for thousands of West Australians, from young children enjoying weekend club sports to our sporting heroes featured in the WA Hall of Champions. Involvement in sport is highly valued by West Australians and widely recognised as crucial for building strong and healthy communities and enduring friendships.

One of the early initiatives supported by instant lotteries revenue was the 1984 opening of the Western Australian Institute of Sport to support a new generation of potential Olympians and Commonwealth Games competitors.

Lotterywest takes great pride in supporting our state's highest achievers in the sporting field and has followed the success of the champions produced by the institute with interest and admiration.



ABOVE Cyclist Darryn Hill entered the Hall of Champions in 2009 after many years' success on the world stage as a WAIS athlete.

While most of us will never become sporting champions, West Australians take inspiration from the achievement of our elite athletes. As well as representing the state at a national and international level, these men and women are role models for our young people. We are proud that funds raised by Lotterywest, whose charter it is to contribute to the well being of all West Australians, are directed both to our community-based sporting activities and to our most talented athletes.

Initiatives such as this book document the incredible success story that WAIS has enjoyed in its twenty-five year history. I congratulate all the sporting heroes profiled in these pages and applaud the achievements of our athletes, coaches and support staff and the various sport and recreation programs being organised throughout the state. They have an enormous impact on community health and fitness and provide inspiration for the future well being of all West Australians.

Colin Barnett MLA, Premier



LEFT Hockey player Rechelle Hawkes will go down in WA's sporting history as one of the best athletes produced in the state.

THE BEST FROM THE WEST

INTRODUCTION

The mounted bronze busts of several of Western Australia's greatest sporting champions greet you at the main entrance to Challenge Stadium in Perth. Many of their names and achievements are instantly recognised, even by overseas visitors — Olympic track and field gold medallists Herb Elliott and Shirley de la Hunty (Strickland), and Test cricketers Dennis Lillee and Rod Marsh. If you are an Australian football fan from interstate, the faces of Graham 'Polly' Farmer and Barry Cable will also be very familiar. And if you enjoy billiards or snooker, world champions Walter Lindrum and Bob Marshall are sure to have been mentioned at some time around the pool table.

These champions are but a few of those who grew up in Western Australia and went on to become household names. Thirty men and women from the state have reached the pinnacle of their sport by winning gold at the Olympic Games. Another twenty-two have become Paralympic champions and many others World and Commonwealth Games champions.

The first Western Australian Olympic champion was John Winter, who won the high jump at the 1948 Games in London. Sixty years elapsed before another Australian athlete won an Olympic gold medal in a field event. Pole vaulter Steve Hooker accomplished this in Beijing.

Winter was joined as an Olympic champion four years after the London Games by sprinter/hurdler Shirley de la Hunty (Strickland) who won the 80 metre hurdles in Helsinki. In total, she won seven Olympic medals in the 1948, 1952 and 1956 Games. Three of these medals were gold; two in the 80 metre hurdles in 1952 and 1956 and one in the 4 x 100 metre relay in 1956.

Western Australia's premier athletics medal, the Winter-Strickland medal, is named after these two legendary athletes, both of whom spent many years coaching junior athletes after they retired from their sport. Fittingly, the winner of the medal in 2008 was the Olympic pole vault champion, Steve Hooker.

RIGHT Herb Elliott was the first athlete elevated to legend status in the Western Australian Hall of Champions.

Another Western Australian Olympic track and field champion was middle distance runner, Herb Elliott. As a twenty-two year old, he won the 1500 metres at the 1960 Rome Olympics by nearly 20 metres, in world record time. He retired from the sport soon afterwards, remaining unbeaten in both the mile and 1500 metres. In 2007 he became the first athlete to be accorded legend status in the Western Australian Hall of Champions.

As a seventeen year old, swimmer Lyn McKenzie (McClements) was the first Australian to win an Olympic Games butterfly gold medal. She achieved this in the 100 metres in Mexico City in 1968 and was also a member of the 100 metre medley relay team which won the silver medal.

Several other Western Australian swimmers, including Kevin O'Halloran (1956), Neil Brooks and Peter Evans (1980), and Todd Pearson and Bill Kirby (2000), became Olympic gold medallists as members of winning relay teams. Freestyle sprinter Eamon Sullivan set world records for the 50 and 100 metre events in the lead-up to the Beijing Olympics. During the Games he

bettered his own 100 metre record in the semifinal but was touched out by the barest margin for the gold medal in the final. Also in the pool, Bridgette Gusterson (captain), her sister Danielle Woodhouse, and Kate Hooper were members of the women's water polo team that won the gold medal in the inaugural competition for women in the sport at the Sydney Olympic Games.

Western Australia has a rich hockey history, highlighted during the 1950s and 60s by the five legendary Pearce brothers and their participation in several Olympic Games. Such was the strength of the sport in the state that the national men's and women's programs were located in Perth in 1984 and have remained there since.

Eight members of the women's team that tasted Olympic success in Seoul in 1988 came from the state, with Jackie Pereira and Rechelle Hawkes also in the team that repeated the victory in Atlanta in 1996. From that team Kate Starre went on to win her second gold medal and Rechelle Hawkes her third in Sydney four





LEFT Louise Sauvage is one of the best Paralympians produced in WA.

ABOVE Bevan George was the sole WA representative in the Kookaburra's historic men's hockey gold medal in Athens in 2004.

years later. These teams were coached by two former Australian men's hockey captains from the state, Brian Glencross in 1988 and Ric Charlesworth in 1996 and 2000.

Meanwhile the men's hockey team had been finding Olympic victory very elusive. However, after being a medallist on several occasions, the team finally achieved success in Athens in 2004. The sole Western Australian member of this team was the outstanding defender, Bevan George.

At the velodrome in Athens, cyclist Ryan Bayley became the first Western Australian athlete since swimmer Lyn McKenzie to win an individual gold medal at the Olympic Games. He did this in both the sprint and the keirin events. Track endurance rider Peter Dawson was a member of the successful 4000 metre pursuit team. By succeeding at the Olympics, Dawson and Bayley had taken success one step further than their predecessors in the sport in Western Australia — the 1983 world pursuit champion Steele Bishop, and the 1995 world sprint champion Darryn Hill.

Several Western Australians have been successful at the Paralympic Games. The first was swimmer Lorraine McCoulough-Fry (Dodd) who won three gold medals in 1968, all in world record time. Priya Cooper won a total of nine gold medals in three successive Games (1992, 1996 and 2000). Other Paralympic swimming champions included Tracey Cross (1992 and 1996), Mandy Maywood (1992), Paul Barnett and Kingsley Bugarin (2000) and Katrina Porter (2008).

The best known Western Australian-born Paralympics champion is wheelchair track athlete Louise Sauvage, who won a total of nine gold medals at the 1992, 1996 and 2000 Games. She also won two gold medals in Olympic Games demonstration events in Atlanta and Sydney as well as four Boston Marathons.

Two world athletics champions among those with disabilities — javelin thrower Bruce Wallrodt and 1500 metre runner Paul Mitchell — also won Paralympic gold medals in 1996 and 2000 respectively while, at the 2000 Paralympics, six cyclists (Paul Clohessy, Darren Harry, Matthew Gray, Mark Le Flohic, Lyn

RIGHT Adam Gilchrist was one of the most exciting cricketers during the 1990s and 2000s.

Lepore and Lyn Nixon) and three sailors (Jamie Dunross, Graeme Martin and Noel Robbins) were victorious. Le Flohic repeated his success in Athens in 2004. Four West Australians (Justin Eveson, Michael Hartnett, Brad Ness and Shaun Norris) were members of the wheelchair basketball team which won the gold medal at the 2008 Beijing Paralympics.

Remarkably, from a state which only experiences temperate and tropical climatic conditions, Richard Nizielski contributed to winning Australia's first ever Winter Olympic medal at the 1994 Games in Lillehammer, Norway. He was a member of the short track speed skating relay team which finished third in the 5000 metre event.

Outside the Olympic and Paralympic arenas there is a long list of World and Commonwealth champions from Western Australia who have led the way in their particular sport. And then there are many others in major participation sports such as cricket, netball and golf who have become famous names at the international level of their sport.

While cricket was a very popular game during the early part of the twentieth century, it took until 1956 before Western Australia was granted full status in the national Sheffield Shield competition. In the 1960s fast bowler Graham McKenzie became the state's first regular Test representative. Between 1968 and 1978 the state won the Shield six times as a number of other outstanding players such as Dennis Lillee, Rod Marsh, Kim Hughes and Bob Massie became Test cricketers. It has now

won this competition fifteen times and several other cricketers have represented Australia in World Cup and Test matches, most notably Tom Moody, Justin Langer, Michael Hussey, Adam Gilchrist and Damien Martyn.

The state also has its share of champions in domestic sports, including several outstanding Australian football players as well as some of the best trainers, jockeys and drivers in the thoroughbred and harness racing industries.

The champions in Australian football during the early years included William 'Nipper' Truscott, George Doig and George Moloney. They were followed during the 1950s and 1960s by the great ruckmen Merv McIntosh, Jack Clarke and Graham 'Polly' Farmer, and then by two outstanding rovers, Barry Cable and Bill Walker. Between them, these five players won a total of fourteen Sandover medals as the best in Western Australian league competition.

A gradual exodus of top players to Victoria, enticed by money and fame, began during the sixties and continued for the next two decades. During this time, three West Australians won the Brownlow medal as the best player in the Victorian league: Graham Moss (1976), Ross Glendinning (1983) and Brad Hardie (1985).

When a national league was formed, two clubs from Western Australia joined the competition, the West Coast Eagles in 1987 and the Fremantle Dockers in 1995. The Eagles won three



premierships (1992, 1994 and 2006), and two of their players, Chris Judd and Ben Cousins, won the Brownlow medal, in 2004 and 2005 respectively. Two other footballers from the state, Shane Woewodin and Simon Black, won the medal in 2001 and 2002 while representing the Melbourne and Brisbane Clubs.

The name Kersley is synonymous with the sport of harness racing in Western Australia. Fred Kersley jnr became the first West Australian to obtain a dual license to train pacers and gallopers. After heading the list of winning drivers a record 17 times, and the trainer's table a record 14 times, including several major races, he turned his skills to training thoroughbreds in 1989. Kersley's greatest success with gallopers was with Northerly in Melbourne's 2001 weight for age classic, the Cox Plate, ridden in this race by champion West Australian born jockey, Damien Oliver, who has also been astride the winners of two Melbourne and four Caulfield Cups as well as a second Cox Plate.

Netball is the major winter participation sport for women. Western Australian teams have usually featured prominently in interstate competition and, more recently, in international competition against teams from New Zealand. Among its star performers over the years have been Gaye Teede (Switch), Annette Simper (Foley), Elisma Merillo (Harris) and Jill McIntosh, daughter of football's triple Sandover medallist, Merv McIntosh. All have represented Australia, coached at the international level and played a role in the organisation and administration of their sport.

Basketball in Western Australia has been influenced to a significant extent by American coaches and players. The two best home-grown basketball players have been Luc Longley and Andrew Vlahov. Longley was the first Australian to play in the

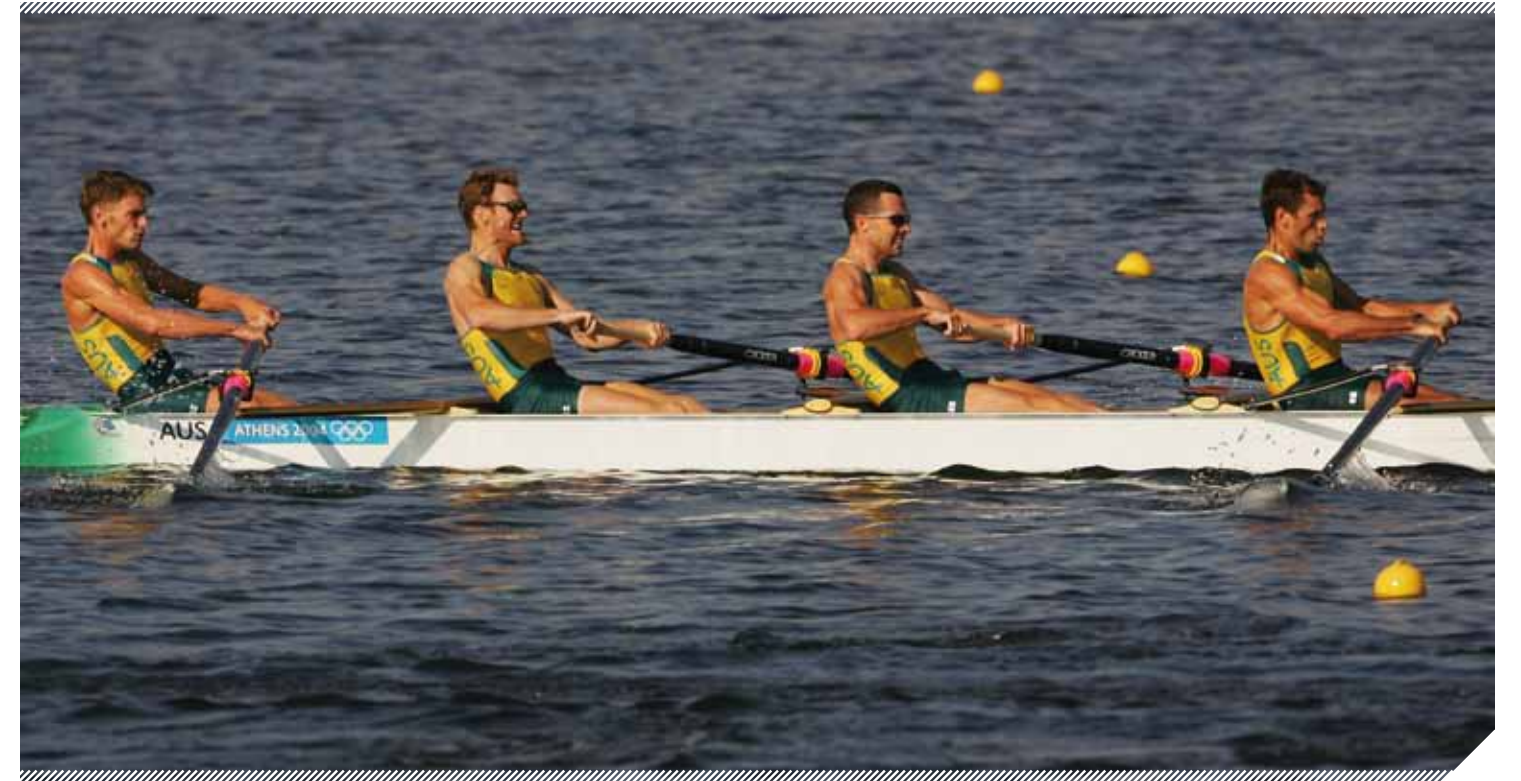
NBA in the United States and made his name with the Chicago Bulls during an era when the team won three consecutive championships. He represented Australia in the 1988, 1992 and 2000 Olympic Games. Vlahov remained in Australia as a key player for the Perth Wildcats in the national league and was a four-time Olympian between 1988 and 2000.

Clive Wilderspin was the first Western Australian tennis player to be selected in the Davis Cup squad and, in 1953, partnered Lew Hoad to win the Dutch Open doubles championship and then joined Mervyn Rose to finish runner-up in the French doubles, a grand slam event. Lesley Hunt was consistently among the top six tennis players in Australia during the 1960s and 70s and was a member of the winning 1971 Federation Cup team. The leading female squash player during this time was Barbara Wall who won the British Open championship in 1979.

Golf is another popular sport in the state and several West Australian professional players have won tournaments both in Australia and overseas. These include Graham Marsh, Terry Gale and, more recently, Nick O'Hern.

Marsh, older brother of Test cricketer Rod, won several tournaments, including the World Matchplay championship, the Heritage Classic in the USA and the Australian Masters and PGA Championships. Gale won a number of tournaments in Australia as well as the New Zealand, Malaysian and Dunlop (Japan) Opens. O'Hern won the Australian PGA championship in 2007 and is currently playing on the US tour.

With a coastline of excellent surfing beaches and the Swan River estuary on their doorstep it is understandable that many West Australians have excelled in surf riding, surf life saving and sailing. Ian Cairns and Jodie Cooper both achieved international



ABOVE Rowing has enjoyed medal winning success since WAIS's inception in 1984. Pictured are Athens 2004 silver medallists Ben Cureton (second from right) and Glen Loftus (far left).

success in surfing during the 1970s, 80s and 90s. Don Morrison was at the forefront of surf life saving from 1945 to 1965 and was followed in the sport by Ken Vidler who not only succeeded in international single ski and iron man competitions, but then turned his on-water skills to kayaking and represented Australia at the 1980 Olympic Games in Moscow.

The first name mentioned in the sport of sailing in Perth is usually that of Rolly Tasker. Following his world championship success in the Flying Dutchman class in 1954, he became the first Australian to win an Olympic medal in his sport when he finished second in the Sharpie class in Melbourne in 1956. He has also designed and built many different types of yachts and set several long distance sailing records. More than forty years later

at the Sydney Olympic Games in 2000, Belinda Stowell became the Olympic champion in the 470 class. She is presently coaching several young sailors who are making their mark in world youth competitions. Two of them, Tessa Parkinson and Elise Rechichi, emulated her performance in Sydney by winning the same class event at the Beijing Games in 2008.

These achievements highlight the quality of athletes in the state. Since it was established in 1984, the Western Australian Institute of Sport has played a significant role in the process of developing athletes who are internationally competitive. The specific contribution that the institute has made is the subject of the remainder of this book. Its title, 'Going for Gold – Champions from the West', reflects both the purpose and vision of WAIS.

CONTRIBUTING TO THE REVIVAL

CHAPTER ONE

WAIS HAS PLAYED AN INCREASINGLY IMPORTANT ROLE IN THE SPORTING SUCCESS OF THE NATION.



ABOVE Pole vaulter Paul Burgess was one of WAIS's longest serving scholarship holders, going from a world junior champion to a world athletics tour winner.

Australia is known around the world as a sports loving nation. It is one of only three countries to have participated in each of the modern Olympic Games. Back in the 1950s and 60s we were renowned for our great tennis players, swimmers and distance runners. Our achievements in winning 35 medals, 13 of them gold, at the 1956 Olympic Games in Melbourne and finishing third on the medal table behind the USA and the Soviet Union, astounded many larger nations.

However, by the 1970s many of these countries had established systematic development programs for their athletes who were now clearly outperforming our best. The low point came at the 1976 Olympic Games in Montreal where we didn't win a single event and finished thirty-second on the medal table.

Then came the revival. The first tangible signs of improvement appeared in Seoul in 1988. Three gold medals among a total of fourteen, and fifteenth position on the medal table, was a significant step forward.

There was more compelling evidence that we were on the move four years later in Barcelona when we won seven events and a total of 27 medals in twelve different sports. This display of breadth and depth was underlined by gold medals in five of these sports, and the performance earned us tenth position on the medal table.

The Australian tally increased further to eight gold among a total of 41 medals in Atlanta in 1996 and then, at a home Olympics in Sydney in 2000, a total of 58, with 16 gold. We were able to repeat this at the birthplace of the modern Olympic Games in Athens in 2004 by winning 49 medals with a record 17 of them gold. The momentum had clearly been maintained.

Both in Sydney and Athens, Australia finished fourth on the medal tally. Furthermore, the number of sports in which we won medals increased from four in 1976 to 19 in Sydney and 14 in Athens. In finishing sixth on the medal tally in Beijing, the Australian team won 14 gold medals and a total of 46 medals across thirteen different sports.



LEFT Cyclist Peter Dawson won multiple world titles, Olympic and Commonwealth gold, as well as setting a world record as a member of the 4000 metre pursuit team.

AUSTRALIAN MEDAL TALLY AT THE OLYMPIC GAMES 1956 TO 2008

Year	City	Gold	Silver	Bronze	Total
1956	Melbourne	13	8	14	35
1960	Rome	8	8	6	22
1964	Tokyo	6	2	10	18
1968	Mexico City	5	7	5	17
1972	Munich	8	7	2	17
1976	Montreal	0	1	4	5
1980	Moscow	2	2	5	9
1984	Los Angeles	4	8	12	24
1988	Seoul	3	6	5	14
1992	Barcelona	7	9	11	27
1996	Atlanta	9	9	23	41
2000	Sydney	16	25	17	58
2004	Athens	17	16	16	49
2008	Beijing	14	15	17	46

The same level of international success has been achieved at the Paralympic Games, the Commonwealth Games and in several sports with high participation rates such as cricket, netball, golf and rugby. Despite having a population of only 21 million, Australia has re-emerged as a world power in sport. So, how did this dramatic turnaround in our capacity to match it with the best come about?

First, there was public outrage about the poor performances of Australian athletes in Montreal. It was regarded as unacceptable. There was a loud call for changes in the sports system to bridge the gap that now existed between us and our overseas rivals. The intensity of the community response underlined how closely we link our national identity to success in sport.

The main catalyst for the revival was the additional funding provided by federal, state and territory governments. A national network of institutes and academies of sport enabled the provision of a more effective elite sport system which gave athletes better training facilities, more full-time coaches

and support personnel and greater access to international competition.

After the opening of the centralised, residential Australian Institute of Sport in Canberra in 1981, non-residential institutes or academies of sport were established in each state or territory over the next fifteen years. WAIS was the second of these, opening in 1984.

One of the keys to our success has been high performance coaching. We imported experienced coaches from overseas countries to provide immediate high level technical expertise in certain sports, and at the same time developed a coaching accreditation scheme, tertiary courses in sport science and coaching, and mentor and apprentice coach programs, all of which are continuing to bolster the ranks of home-grown coaches.

Australia has also led the way internationally in the application of sport science and performance technology, the result of the influence of several university courses established in Australia



LEFT West Australian Olympians and Paralympians celebrate returning to Perth following successful campaigns in Beijing in 2008.

RIGHT With three gold medals, Rechelle Hawkes is WA's most decorated Olympian.

over the past thirty years. Many graduates from these courses have played a major part in the preparation of high performance athletes. Some have become associated with professional football clubs and others with national teams and institutes and academies of sport.

Sport science is an important component of courses offered within the national coaching accreditation scheme. Several sport scientists have developed close relationships with head coaches in various sports, providing positive benefits for individual athletes and teams. Others have become successful elite coaches or high performance managers themselves, and in these roles have had a direct effect on the quality of athlete development programs.

From the outset, strong links were established between WAIS and the Department of Physical Education and Recreation at the University of Western Australia. The department initially housed WAIS and several of its graduates have played key roles in the programs offered by the institute.

Coaches and service providers from overseas countries have also had a positive impact on sport programs at WAIS in athletics, cycling, gymnastics, swimming and rowing, and have contributed to the delivery of sport science, sport medicine, strength and conditioning, and career and education support services.

Overall, since it was established, WAIS has played an increasingly important role in the sporting success of the

CONTRIBUTION OF WAIS ATHLETES TO AUSTRALIAN MEDALS IN OLYMPIC GAMES

	Gold	Silver	Bronze	Total	AUS total
Seoul 1988	1	–	–	1	14
Barcelona 1992	–	1	1	2	27
Atlanta 1996	1	2	5	8	41
Sydney 2000	5	–	2	7	58
Athens 2004	4	3	2	9	49
Beijing 2008	2	3	5	10	46

nation. The contribution of its athletes to the Australian medal tally at the Olympic Games is shown in the table above.

During these six Olympic Games, WAIS athletes contributed to winning 13 of the nation's 66 gold medals and 37 medals in a total of 235. This is well in excess of any number calculated on the basis of the state being home to 10 per cent of the national population. More importantly, the contributions have continued to increase throughout this period.

Before WAIS was established only seven Western Australians had become Olympic champions. Another twenty-four athletes have now achieved this distinction. WAIS athletes have also contributed significantly to Australia's performance at the Paralympic and Commonwealth Games during this period.

25
BEST
EVER

THE WESTERN AUSTRALIAN HALL OF CHAMPIONS



RECHELLE HAWKES

Rechelle Hawkes is the most successful player in the history of international women's hockey. Her gold medals at the Olympic Games in 1988, 1996 and 2000 make her one of only three Australian athletes to have won Olympic gold at three separate games.

She was also a member of the team that won the World Cup in 1994 and 1998, five Champions Trophy tournaments between 1991 and 1999 and the Commonwealth Games tournament in Kuala Lumpur in 1998. She played a record 279 international games for her country between 1985-2000, captaining the team from 1993 in what was a fabulous era of success for Australian women's hockey.

Hockey has always been an important part of her life. Rechelle was born in Albany and first started playing the game as a six year old. She developed into an A-grade player in Perth as a fourteen year old and was selected in the national team four years later. She became a skilful attacking mid-fielder with a strong work ethic and a high level of fitness. Early in her international career she suffered several injuries but her tenacity and resilience enabled her to overcome them and become the youngest member of the team that won the gold medal at the 1988 Olympic Games in Seoul.

Rechelle was appointed captain of the Hockeyroos in 1993. After a prolonged run of success in international matches leading up to the 1996 Atlanta Olympic Games, the team went into the tournament as clear favourites for the gold medal. Aided by a brilliant performance in the mid-field by the captain, Australia defeated South Korea 3-1 in the final.

With a home Olympics in sight in 2000 she committed to continue her career for another four years. As testimony to her standing in Australian sport, Rechelle read the athletes' oath at the Games and then led her team to victory in the final against Argentina in what was her last international match.

During her career she prepared herself well for life beyond competition. After attending Northam and Hollywood high schools, she gained qualifications in physical education at Edith Cowan University and in marketing at the University of Western Australia. In addition to her work in corporate relations, she has been actively involved in her sport, as a Board member of the International Hockey Federation and in junior development programs. She is a regular member of the Channel Seven television commentary team for major international tournaments.

Rechelle received a Medal of the Order of Australia (OAM) in 1989 for her services to hockey and was inducted into the Sport Australia Hall of Fame in 2002 and the Western Australian Hall of Champions in 2005.

'Many athletes are blessed with natural talent but the best are those who work harder than the rest to fully develop the physical and mental attributes required for their sport. They never give up when faced with adversity and actually make it happen rather than remain among those who could make it happen.'

— Rechelle Hawkes

25
BEST
EVER

THE WESTERN AUSTRALIAN HALL OF CHAMPIONS

GAYE TEEDE NEE SWITCH

'In team sports like netball, basketball and football, the champions are the ones who seem to have all the time in the world to execute their skills. Their ability to anticipate and make quick decisions allows them to fully capitalise on their physical talent.'
— Gaye Teede

Gaye Teede was an outstanding schoolgirl sprinter who brought her athletic talent to netball to become an agile and fast centre and wing attack. The highlights of her playing career were victories in two world championships in Jamaica, the first in 1971 as captain of the Australian team. She retired immediately after this initial success at the summit of her sport to raise a family, but returned for a second world championship victory eight years later, as the team's vice-captain.

Gaye was born in Midland and attended St Michael's Primary School and St Brigid's College in the Swan Valley before spending her final two years at Governor Stirling Senior High. She later completed a teaching certificate at Claremont Teachers College.

As a teenager she combined track and field and netball but gradually developed a preference for the latter, enjoying the social interaction and camaraderie it provided. She first represented Western Australia at the under 16 level in 1961 and won a position in the senior team two years later. In the same year she was selected in the All-Australian team at the Australian championships, the first of many inclusions in the national team. She played in her first world championship in Perth in 1967 when Australia finished runners-up, and was a key player in Western Australia's first victory in the national championship in Adelaide in 1969.

After sustaining a knee injury during the 1979 world championship she retired as a player but continued to make an outstanding contribution to her sport as a coach and selector at state and national levels. She was an assistant coach and then head coach at the Australian Institute of Sport in Canberra between 1981 and 1998, after which she returned to Western Australia to coach the Perth Orioles in the National Netball League until 2002.

Since then, and until recently, she has been involved in establishing the indigenous netball program at Balga Senior High. She won the 1971 Western Australian Sportsman of the Year Award after the world championship victory, Sport Australia coaching awards in 1986 and 1988 for her success with national under 21 teams, was inducted into the Western Australian Hall of Champions in 1989 and the Australian Netball Hall of Fame in 2009.



LEFT Danielle Woodhouse was part of the historic women's water polo gold medal winning team in Sydney in 2000.

RIGHT WAIS sailors have won two gold medals at Olympic level, including Elise Rechichi and Tessa Parkinson in the 470 class in Beijing.





ABOVE WAIS has been highly successful on the cycling world stage.

RIGHT Wheelchair basketballer Justin Eveson was a key player in Australia's Paralympic gold medal winning team in Beijing.

CONTRIBUTION OF WAIS ATHLETES TO AUSTRALIAN MEDALS IN PARALYMPIC GAMES

		Gold	Silver	Bronze	Total	AUS total
Barcelona	1992	4	4	1	9	77
Atlanta	1996	2	2	-	4	106
Sydney	2000	11	9	12	32	149
Athens	2004	1	3	2	6	100
Beijing	2008	2	3	2	7	79

CONTRIBUTION OF WAIS ATHLETES TO AUSTRALIAN MEDALS IN COMMONWEALTH GAMES

		Gold	Silver	Bronze	Total	AUS total
Edinburgh	1986	4	1	4	9	121
Auckland	1990	5	4	4	13	162
Victoria	1994	6	6	4	16	182
Kuala Lumpur	1998	8	5	4	17	198
Manchester	2002	11	8	1	20	207
Melbourne	2006	8	6	8	22	221

It has been a fabulous era for Australian sport and the results clearly show that WAIS athletes have played a major role in the success that has been achieved.



A WESTERN AUSTRALIAN INSTITUTE OF SPORT

CHAPTER TWO

WAIS PROVIDED AN
EXCELLENT SUPPORT BASE
FOR ATHLETES WHO WANTED
TO STAY CLOSE TO HOME.

When the Australian Institute of Sport was established in Canberra in 1981, there were concerns that some of Western Australia's best athletes might have to relocate in order to further their sporting careers. This would not only require them to move away from their families, friends and coaches, but could interrupt their work and study arrangements. And, at least in the short term, it would affect the calibre of athletic talent in some of the state's sports programs. It was clear that a similar organisation was needed in Western Australia.

It was fortunate that one of the principal architects of the national elite sport system, Professor John Bloomfield, was head of the Department of Physical Education and Recreation at the University of Western Australia. Not only did he set the ball rolling in his 1973 report to the federal government which called for the establishment of a national sports institute, he also chaired a number of sports committees in Western Australia. One of these was the State Sports Council established by the Burke Labor government early in 1983. Later that year a report from the council recommending the formation of the Western Australian Institute of Sport (WAIS) was accepted by the government. Subsequently the minister for sport, the Honourable Keith Wilson, appointed sport scientist Dr Bruce Elliott, from the newly named Department of Human Movement and Recreation at the University of Western Australia, as its inaugural chairman. WAIS was officially opened on 1 July 1984, making Western Australia the second state, behind South Australia (1982), to establish its own sports institute.

Professor John Bloomfield felt that WAIS was an important early development within the emerging national network of institutes and academies of sport. 'It provided an excellent support base for young Western Australian athletes who wanted to stay close to home rather than move to the eastern states to participate in national programs.'

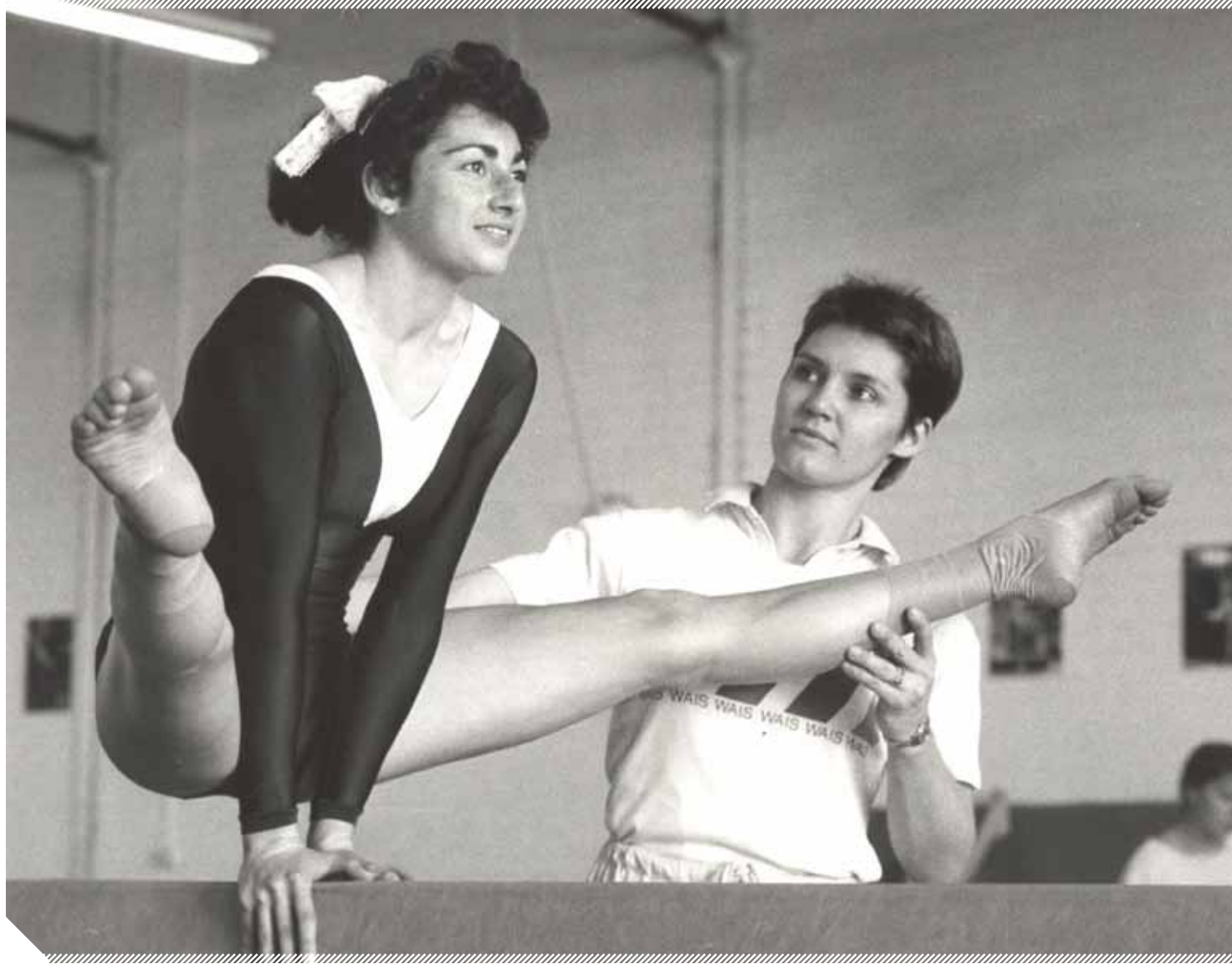
Before moving to its present site at the WA Sports Centre (now Challenge Stadium) in Mount Claremont in 1987, the institute was initially based at the University of Western Australia (UWA). Its chairman for the first ten years, Professor Bruce Elliott, now head of the Department of Sport Science, Exercise and Health at the university, explained its relationship with UWA. 'WAIS commenced with only a small budget, so housing it initially at UWA was its most viable option. I am very pleased that the good relationship formed between the institute and the university is continuing in the sport science facilities being developed as part of the proposed new WAIS building and UWA Sport and Research Park.'

In those early years the deputy chairman was David Hatt who, for the first three years of his term at WAIS, was also the government advisor on sport and recreation, reporting to the minister for sport. Hatt was involved in the appointment of the inaugural director, well known radio and television commentator, the late Wally Foreman, who left the ABC in Adelaide in 1984 to take up the position. 'Wally had a very high profile in the community through his work in the media and an unrivalled passion for sport. I thought that he was the perfect choice for the director's position and I am proud to say that he proved this to be the case.'

At the outset the state government encouraged the corporate sector to supplement its own contribution to the institute and, in its first year, eight foundation sponsors became involved, providing cash or in-kind assistance. Some of the longest serving private sector sponsors of WAIS have been Coca Cola Bottlers, Swan Brewery Ltd, Channel Seven, Town and Country Bank, Woodside Petroleum and Healthway. However, the support from the corporate sector has gradually declined over the years and WAIS now relies heavily on the state government to provide its income.

This decline in corporate support was associated with the development of several professional sporting teams in Western Australia which offered better sponsorship opportunities for business organisations than could be provided by WAIS. Furthermore, the athletes supported by WAIS were also being marketed by state and national sporting organisations, affecting the likelihood of further sponsorship.

Following the appointment of Wally Foreman, the first senior staff positions were filled by Steve Lawrence as sports science coordinator and Craig Davies as program coordinator. Initially, programs were established in seventeen different sports — eight individual sports (athletics, cycling, golf, gymnastics, rowing, squash, swimming and tennis) and nine team sports (Australian football, baseball, basketball, cricket, hockey, netball, soccer, volleyball and water polo). Ten of these sports were on the Olympic Games schedule at the time (athletics, basketball, cycling, gymnastics, hockey, rowing, soccer, swimming, volleyball and water polo), and tennis and baseball became medal sports in subsequent Olympics. Individual scholarships were awarded to nine athletes in another five sports which meant that, in its first scholarship year, WAIS supported a total of 257 athletes in twenty-two sports.



LEFT Liz Chetkovich (right), one of the first full-time coaches at the institute, is also one of WAIS's longest-standing staff members, having served as a coach and administrator for more than 20 years.

The availability of some of Australia's leading coaches greatly enhanced the effectiveness of these programs. They included Daryl Foster (cricket), Liz Chetkovich (gymnastics), Graeme Worth (hockey), Jill McIntosh (netball), Ron Tindall (soccer), Gerry Stachewicz (swimming) and David Neesham (water polo). Several members of the Western Australian Hall of Champions (established and coordinated by WAIS in 1985) also provided specialist coaching assistance for scholarship holders participating in WAIS programs.

Immediately after the 1988 Seoul Olympic Games, eight sports were targeted by the Australian Sports Commission for additional funding — these were athletics, basketball, canoeing, cycling, gymnastics, hockey, rowing and swimming. Each had a history of Olympic success and the potential to continue to improve their international performances. Initially, they received

extra support for what were termed intensive training centre (ITC) programs throughout the country. Of the eight, all except canoeing had WAIS programs.

The additional funding enabled WAIS to appoint its first two full-time coaches, Gerry Stachewicz in swimming and Liz Chetkovich in gymnastics. Others soon followed, including Tudor Bidder (athletics) from England, Stephan Muhlenberg (rowing) from Germany, Larry McDonough (gymnastics) from the USA and Western Australian hockey coaches David Bell and Don Smart.

The success of the targeted approach is demonstrated by the threefold leap in the number of Olympic medals won by Australia in these sports between Seoul (12) and Athens (36). WAIS athletes contributed significantly to this increase. After having two representatives in the women's hockey team which won one

of the twelve medals in Seoul, twelve WAIS athletes played a part in winning nine medals in Athens (three gold in cycling and one in men's hockey, a silver in athletics and one in swimming and a silver and two bronze in rowing). This level of achievement continued in Beijing where seven WAIS athletes contributed to winning seven medals in the targeted sports. WAIS was clearly making its mark on the national agenda.

Since 1984, Perth has also been the home of the AIS men's and women's hockey program, in which a large number of Western Australian athletes have participated. WAIS has been the main provider of support services to these programs. Brian Glencross, former Australian hockey captain and coach of the Australian women's team that won the gold medal at the 1988 Olympics, speaks very highly of the quality of the services that WAIS has provided to his sport. 'For the past twenty-five years the excellent sport science program offered at WAIS has played a vital role in the outstanding success of our national men's and women's hockey teams.'

As WAIS gradually increased its national responsibilities, its budget and staffing structure expanded. In the early years, the sports science and sports program coordinators and an administrative secretary reported directly to the director. The finance and marketing areas of the organisation were handled by consultants and advisors.

However in 1991, when the staff had increased to twenty-three full-time and ten part-time employees, the administrative structure changed. The sports science manager was assigned the task of coordinating extra staff in each of the scientific disciplines and the program manager supervised the coaches involved in each of the sport programs. Corporate affairs, later

renamed finance and administration, was also headed by a full-time manager. The first appointee to this position was Wayne Harding.

At the outset, the philosophy behind the development of state institutes and academies of sport was for them to act as feeder programs to the national institute. However, this view was not always shared by the states and there were many arguments with the AIS, particularly in the early 1990s, about funding, national selection policies and the place of the respective institute programs within the sports. The argument was most public in the sport of gymnastics.

The AIS and national women's coach Ju Ping wanted the states to send their best female gymnasts to Canberra to live and train. Because of the young age of the athletes involved and concerns expressed by their parents, there was strong resistance from many quarters, none more so than at WAIS. After a period of vigorous and divisive debate with Gymnastics Australia, WAIS made the decision early in 1996 to close its gymnastics programs immediately following the Atlanta Olympics.

The WAIS stance attracted political attention, with the state premier, Richard Court, communicating directly about the matter with the prime minister of Australia, John Howard. Subsequent discussions between the federal and state ministers for sport ultimately led to a moderation in the national plan and removal of any financial penalty to a state institute or academy of sport if its gymnasts did not relocate to Canberra to prepare for the Sydney Olympics. Consequently WAIS agreed to continue its involvement in women's gymnastics and, as history shows, many of its athletes have been successful at the international level of the sport.

RIGHT Herb Elliott on his way to winning Olympic gold in Rome in 1960.



HERB ELLIOTT

'Without having a solid philosophical reason for endeavouring to become a champion, it is unlikely that a good athlete will become one. For me, the base reason was that the commitment and perseverance required in athletics would make me a better person — self-reliant, self-confident and compassionate. Just wanting to run four laps faster than anyone else would not have sustained me through difficult times.' — Herb Elliott

Herb Elliott was the greatest miler of all time. He ran the distance in under four minutes seventeen times, the first as a nineteen year old in 1958. Shortly after winning the 880 yards and the mile at the 1958 Empire Games in Cardiff, he ran in Dublin, Ireland, taking nearly three seconds off the world mile record with a time of 3:54.5. He then went to Gothenburg in Sweden and broke the world record for the metric equivalent of the mile, the 1500 metres, with a time of 3:36.0. These performances won him the 1958 Helms Award for the best track and field athlete in Australasia.

However, his greatest achievement in a short and illustrious international career was winning the 1500 metres at the 1960 Olympic Games in Rome. This performance, in which he improved his own world record for the distance with a time of 3:35.6 and won the race emphatically by nearly 20 metres, established him as one of Australia's greatest Olympic champions. His time for the race was not bettered for seven years and would have won several subsequent Olympic 1500 metre championships, including those in Seoul 1988, Barcelona 1992 and Atlanta 1996. He retired from the sport after the Rome Olympic Games at the age of twenty-two without having been beaten over a mile or 1500 metres.

Herb was born in Subiaco in 1938 and attended Aquinas College during the 1950s, where he became head prefect. He was an outstanding schoolboy distance runner and was inspired by watching the performances of the Russian Vladimir Kuts when he won the 5000 and 10,000 metre track events at the Melbourne Olympic Games. Legendary coach Percy Cerutti convinced Herb to stay in Melbourne after the Games and train at his seaside camp in Portsea on the Mornington Peninsula with punishing runs through the scrub and over sand dunes.

Herb prepared himself for a business career by studying at Melbourne and Cambridge universities. He became the CEO of Puma in North America where he lived with his family for several years before returning to Australia. Since then he has contributed to sport and the wider community through his involvement with the Australian Olympic Committee, Athletics Australia and various charitable organisations. He was awarded an MBE in 1964 and a Companion of the Order of Australia in 2002. He was an inaugural inductee into the Western Australian Hall of Champions in 1985 and was the first athlete to be accorded legend status in 2007.



ABOVE One of the greatest changes in WAIS's history was the construction of a purpose-built facility at Challenge Stadium in 1996. Pictured from left are Wally Foreman, Sports Minister Norman Moore and government advisor Hallam Pereira.

Liz Chetkovich, present head of gymnastics, speaks in glowing terms of the part played in this dispute by the director, Wally Foreman, who gained the support of both the state and federal ministers for sport. 'Without any regard for his position, Wally backed us, fought the battles and won. Our program remained at WAIS, our girls stayed at home in Perth and many of them went on to represent Australia. His efforts helped assure the future of our sport both in Western Australia and nationally.'

The situation in gymnastics underlined the emerging and powerful role of the state institutes and academies in the national system. Today national and state cooperation occurs through national training centres which, in Western Australia, are jointly funded by WAIS and the national sporting organisations involved.

The decision to award the 2000 Olympic Games to Sydney was announced in 1993. With it came the federally funded Olympic

Athlete Program (OAP) which brought additional resources to the national training centres in each state. In the case of WAIS, this extra support was matched by the state government and new programs commenced in canoeing, cycling and diving, bringing the total number to fifteen. This increased financial assistance provided WAIS with the opportunity to develop a multidisciplinary team approach to preparing athletes for international competition. Additional scientific, technical and professional staff were engaged to support the sport programs.

These developments coincided with the appointment of the second chairman of the WAIS Board, Charles 'Chilla' Porter, who won the silver medal in the high jump at the 1956 Olympic Games in Melbourne. He held the position from 1994 to 1996 and was instrumental in WAIS developing a new purpose-built facility at Challenge Stadium. It comprised three floors and housed its administrative headquarters, staff offices, sport science laboratories and a strength and conditioning



ABOVE Hockey player Kate Starre was one athlete to benefit as WAIS geared up for a home Olympics in 2000.

gymnasium. It was also in close proximity to several sports specific training facilities and enabled regular exchange between the staff involved in providing a full range of athlete services. It was the first of its kind among the state institutes and academies and provided an ideal shopfront for WAIS. The new facility was officially opened in 1996, the same year that the state government significantly increased its funding to WAIS. The combination of a new building and increased funding, both from the state government and from the federal government via the Olympic Athlete Program, gave WAIS a great platform to prepare its athletes for the Sydney Olympics.

Between the 1996 Olympic Games and the 1998 Commonwealth Games in Malaysia, the WAIS Board, under new chairman Neil McKerracher QC, went through an extensive process of strategic planning aimed at reaffirming the fundamental objectives of the organisation and the means of attaining them. The representation and performance of WAIS athletes

in international sport was the principal objective and image, funding, staffing and the identification of new talent became organisational priorities.

The establishment of the federally funded Olympic Athlete Program during the lead-up to the Sydney Games facilitated the employment of more staff. This included coordinators for some of the specific support service areas as well as for some of the sports programs which had close national links.

Athlete career and education program coordinator Annette Walker and talent search coordinator Morag Croser were appointed and Liz Chetkovich became the coordinator of both the gymnastics and swimming programs. Andrea Cavanagh became the first marketing manager and Dr Carmel Goodman took over the position of medical coordinator from Dr Tony Galvin who had retired after many years of service to sport in Western Australia as well as to the national hockey teams.

25
BEST
EVER

THE WESTERN AUSTRALIAN HALL OF CHAMPIONS



LEFT Justin Langer reinvented himself to become one of Australia's best ever opening batsmen.

JUSTIN LANGER

'Being successful in sport requires vision and a plan of motivated action. It needs to be based on self-understanding, a strong work ethic, the persistence to overcome adversity and believing that the pain of discipline is nothing like the pain of disappointment.'

— Justin Langer

Justin Langer was one of Australia's greatest top order batsmen and is the highest run scorer in Western Australian cricket history. During his fourteen-year international cricket career he averaged 45.3 runs in 105 Tests, including 23 centuries and a highest score of 250 at the MCG in the 2002–03 series against England. He also played with Middlesex and captained Somerset in the English County Championship. He played 360 first-class matches, including 100 for Western Australia where he captained the team between 2003 and 2007. He averaged over 50 runs and scored 86 centuries, and achieved a top score of 342 while playing for Somerset.

His work ethic, determination and mental toughness provide a great model for young athletes. He had the reputation of being able to grind his way to big scores and always placed a high price on his wicket. His combative approach to the game was similar to how he tackled the martial arts, where he earned a black belt in Zen Do Kai.

The slightly built left-hand batsman made his Test debut against the West Indies in Adelaide in 1993. He played five games batting at No. 3 before being dropped from the team. Showing his customary determination, he earned a recall four years later for the tour of Pakistan and then, in 2001, was elevated in the batting order to open. Later in his career he reinvented himself and became a brilliant stroke player.

On his retirement Justin had scored more Test centuries than several others with bigger reputations as attacking batsmen. His opening partnership with Matthew Hayden was the most successful in Australian Test cricket history and included a world record six double century stands. It was fitting that the pair was at the crease to score the winning runs in Justin's final Test match which returned the Ashes to Australia in a 5-0 victory over England in 2007. His first-class total of 28,382 runs is the most scored by an Australian batsman, while his number of centuries is bettered by only one other Australian, the legendary Sir Donald Bradman (117).

Justin was born into a cricketing family, his uncle Rob also representing Western Australia. He attended Liwara Catholic School and Newman and Aquinas Colleges. He has authored and co-authored several books about his experiences in cricket and life. He is also an accomplished and popular motivational speaker in the corporate and sporting sectors. As patron or ambassador for several charitable associations and foundations associated with community health, he is actively involved in fundraising. In 2008 he was made a Member of the Order of Australia (AM) for his services to cricket and the community.

The period following the Sydney Games began with a changing of the guard at WAIS. The departure of two key figures in its development, Wally Foreman as the inaugural director and Craig Davies as the first program manager, represented a significant milestone. Wally had overseen the growth of the institute with a starting budget of \$300,000 in 1984 to an organisation comprising more than fifty people and with an operating budget of five million dollars. He returned to the ABC as a sports commentator.

The chairman of the Board at the time, Neil McKerracher QC, applauded Wally's work. 'Wally's impact on sport in Western Australia has been significant over a long period of time. He has represented the state in many spheres of federal activity in sport to ensure that there are fair and equitable opportunities for Western Australian athletes. His uncompromised integrity always reflected positively on the reputation of WAIS.'

Wally regarded the loss of Craig Davies to the organisation as a critical one. 'Craig lent a wealth of knowledge and experience in sport to the position and his personal traits, including his humour and his courage in the face of personal health issues, were great assets to WAIS.'

In turn, Craig had great respect for Wally Foreman. 'I learned a lot from Wally, who became my mentor. I always admired the way he fought hard for what he believed was best, both for the athlete and for WAIS. He gave me the opportunity to grow with the organisation and provided significant guidance when I was working with coaches and administrators from a wide range of sports, all of which have different high performance systems and pathways.'

Craig Davies was replaced early in 2001 by former national men's hockey coach, Frank Murray, who held the position for a four-



LEFT Two West Australian sporting identities with significant links with WAIS: David Hatt (right) was deputy chairman for nine years and Ric Charlesworth was a Board member for twelve years.

FAR LEFT Kylie Wheeler was one young athlete who benefited from the institute's focus on providing opportunities for talented youngsters to train in their home environment.

year term which included the Athens Olympic Games. Following that he became coach of the national women's hockey team, the Hockeyroos.

Wally Foreman's successor was Steve Lawrence who had been an outstanding contributor to WAIS as its sport science manager for the previous sixteen years. He brought the same passion and commitment to the position as Wally, but had a different background and skill set.

With these changes in management, the WAIS Board took the opportunity to partition its administrative structure into two main areas, performance enhancement and corporate services. The performance enhancement area comprised sport programs and athlete and coach services. The coaching staff and program coordinators were accountable to a program manager. Athlete

and coach services, which includes sport science, sport medicine, athlete career and education, talent search and strength and conditioning, were managed separately. The corporate services area consisted of finance and administration, including information and communication technology, and marketing, now public relations. Both sections were managed separately. The move from a marketing to a public relations focus was a strategic one, based on the difficulty that WAIS was experiencing in raising significant financial resources from the corporate sector.

The other significant change with which WAIS had to contend was the reduction in federal government funding associated with the cessation of the Olympic Athlete Program. This had a direct effect on the quality of the national training centre programs and required some internal reallocation of resources and continued lobbying of governments. A comprehensive



LEFT Two titans of WAIS: inaugural director Wally Foreman (left) and inaugural chairman Professor Bruce Elliott.

strategic plan was formulated by the Board and endorsed by the state government, which made a commitment to maintain its pre-Sydney Olympic Games funding support.

In 2003 chairman Neil McKerracher QC retired from the WAIS Board after serving for nine years, seven as chairman, through the period of the Sydney Olympic Games. He was replaced by deputy chairman and former Australian hockey player, Grant Boyce. During the period leading up to the 2004 Athens Olympic Games, the state government announced a funding boost of \$1.86 million dollars per year from Lotterywest, to take WAIS through to the Beijing Olympics.

Late in 2006 the sporting world was rocked by the death of WAIS's inaugural director Wally Foreman. The person within the organisation who had the longest association with him was director, Steve Lawrence. 'I had great respect for Wally and his unswerving commitment to providing the best possible support for our athletes. Even after he left the organisation, he generated great media support not only for WAIS but for the national network of institutes and academies of sport. His tragic and untimely death was a great blow for sport, which was felt not only in this state but right around the nation.'

The Wally Foreman Foundation has been established by the Foreman family to ensure that Wally's passion for sport continues in the future. The foundation provides talented athletes with

financial support on an individual needs basis, enabling them to attend specific events or meet training-related costs.

The Carbine Club also provides additional financial support to athletes through its scholarship fund to assist them with travel to international competition, while the D'Arcy Slater Foundation makes an annual contribution to WAIS to encourage young athletes to reach their potential in sport through a scholarship program.

The present chairman, Grant Boyce, who has been a Board member for the past ten years, is very positive about the contribution WAIS has made to the national elite sport system and is confident about its capacity to meet the challenges of the future. 'While we are proud of what has been achieved at WAIS, we understand how competitive international sport has become these days and our vision is to produce champions from Western Australia. We respect that athletes have a choice of where they wish to live and train and our role is to provide whatever support is best for those who are engaged in our programs. WAIS is a very focused organisation where all staff have a common purpose.'

At the end of the 2008 Olympic cycle a major organisational change occurred in the programs area. In order to promote a focus on leadership development among the institute's coaching group, the program department was renamed the coaching department

BELOW WAIS Chairman Grant Boyce (second from left) and Executive Director Steve Lawrence (far right) pictured with Minister for Sport and Recreation Terry Waldron and 2008 Athletes of the Year Tessa Parkinson (far left), Steve Hooker and Elise Rechichi.



and became home to three senior managers with extensive international coaching experience. Each took responsibility for a cohort of coaches involved in three groups of sports, based on the similarity of their technical and tactical requirements. Each has the task of developing the knowledge, skills and leadership capacities of the coaches within their group.

Gymnastics coach Liz Chetkovich, one of the institute's first two full-time coaches, became the manager of the coaches in the acrobatic sports group (diving and gymnastics). Former Australian NBL basketball coach Alan Black provided leadership and direction for coaches of the invasion sports (hockey, netball, water polo and women's football) and former Great Britain track cycling coach Simon Jones took responsibility for the racing sport coaches (athletics, canoeing, cycling, rowing, sailing and swimming).

In three of the racing sports (athletics, rowing and swimming), where WAIS supports the high performance pathway at several different levels, sports performance managers have been appointed to coordinate the program. Time-consuming tasks such as arranging travel and clothing is now left to the corporate services team.

At the end of June 2009 WAIS had been in existence for twenty-five years. With an outstanding record of achievement and a winning culture within the organisation, it was now looking forward confidently to its next two multi-sport challenges, the 2010 Commonwealth Games in Delhi and the 2012 Olympic Games in London. By fulfilling its charter, it will continue to maximise the performance of the sporting talent in the state and contribute to the success of the nation.

THE WAIS CHARTER

PURPOSE

To provide opportunities for talented Western Australian athletes to achieve excellence in elite sport with support from their home environment.

VISION

To produce champions.

GUIDING PRINCIPLES

The philosophies guiding WAIS operations are defined by the following principles:

International focus

WAIS will allocate resources to support the ultimate attainment of elite athlete performance at the open international level.

Western Australian significance

WAIS will focus its efforts on assisting athletes competing in sports that are culturally significant to the Western Australian community. WAIS will also be cognisant of local infrastructure and environmental factors potentially influencing elite and potential elite athlete training and competition performance.

Partnerships

WAIS recognises that it is a specialist provider to sport and must act in partnership with sport. WAIS will allocate resources to enhance the support provided by sports to their athletes. Partnerships should reflect an inclusiveness of Western Australia in the national system.

Community values

WAIS will maintain community values in all aspects of its operation. This includes the right and responsibility of athletes to train and compete in a fair, ethical, healthy and safe environment. WAIS also recognises that its athletes are role models for the community and therefore must reflect community values and contribute to the community.

ORGANISATIONAL VALUES

Organisational culture is core to WAIS to achieving long-term sustainable success. Our culture is defined by valuing people and excellence in all aspects of our operations.

GOALS

To maximise Western Australian representation on Australian teams.
To enhance the performance of Australian teams.

KEY PERFORMANCE INDICATORS

Representation of WAIS athletes on Australian teams.
World class performance of WAIS athletes.

RIGHT World record holder Eamon Sullivan chats with his coach Grant Stoelwinder during a training session at Challenge Stadium.



THE FIRST TEN YEARS 1984–1994

CHAPTER THREE

WAIS TOOK GIANT STEPS
FORWARD IN FUNDING,
FACILITIES AND PERFORMANCE
DURING ITS FIRST DECADE.

During its first ten years as an elite sporting organisation, WAIS grew at a rapid rate. It moved into new headquarters at the Superdome (now Challenge Stadium), it received substantially more funding from both the state and federal governments and, consequently, was able to appoint more full-time staff, most importantly world class coaches. Together these factors provided greater opportunities for young West Australians to pursue excellence in sport. It showed in their performances. This chapter highlights what some WAIS scholarship holders were able to achieve during this period.

In its first year more than 250 athletes from twenty-two different sports received assistance through the institute. Glancing through the list of scholarship holders you find many well-known names. Australian footballers John Worsfold, Guy McKenna and Chris Lewis (who went on to play a significant role in the success of the West Coast Eagles Club in the 1990s), Test cricketers Tom Moody and Bruce Reid, golfer Craig Parry, basketballers Luc Longley and Andrew Vlahov, and hockey players Rechelle Hawkes and Sally Carbon, who both became Olympic champions.

Jenny Byrne underlined her potential as a tennis player with a string of achievements, including a stunning performance as a seventeen year old at Wimbledon in 1985 where she reached the third round of the women's singles before losing to Chris Evert. She also finished runner-up in the junior girls' singles.

Another young athlete, cyclist Robert Waller, won the individual points score and finished second in the individual pursuit at the world junior championships in Stuttgart, Germany in 1985. These performances won Byrne and Waller the first two WAIS Athlete of the Year awards.

At the 1986 Commonwealth Games in Edinburgh, WAIS was represented by nine athletes: five swimmers, three track and field athletes and a badminton player. High jumper Christine Stanton cleared 1.92 metres to win her event as well as the WAIS Athlete of the Year award for 1986–87. She had the distinction of competing in three consecutive Summer Olympics (1980, 1984, 1988), becoming the first Western Australian athlete to achieve this since Shirley de la Hunty (Strickland) did so thirty years earlier. Swimmers Neil Brooks, Tom Stachewicz

and Sarah Thorpe were members of winning relay teams that set Games records and brought the tally of medals won by WAIS athletes to four gold among a total of nine.

The Australian men's hockey team won the 1986 World Cup in London. This tournament is effectively the world championship of men's hockey. WAIS Board member Ric Charlesworth and WAIS scholarship holder Dean Evans were both members of the team. Other Western Australians included the captain, David Bell who has since coached at state and national levels, and Craig Davies who was the WAIS programs manager.

In 1987 WAIS moved from the University of Western Australia to its new home at the State Sport Centre. It was a year of consolidation while its athletes contributed to Western Australia winning several interstate competitions, including cricket, men's and women's hockey, women's basketball and squash.

And then came WAIS's first big challenge in world sport, the 1988 Olympic Games in Seoul. Twenty of the twenty-eight Western Australian athletes selected in Australia's Olympic team in seven different sports were scholarship holders at WAIS. This was the largest ever contingent of Western Australian athletes to compete in an Olympic Games and demonstrated the growing influence of WAIS. More than half of these athletes were members of the baseball, basketball, hockey and water polo teams.

The standout performer was the women's hockey team, which had two WAIS athletes, Rechelle Hawkes and Sally Carbon, and was coached by triple Olympian Brian Glencross. The team won the gold medal beating the host country, South Korea, in the final.

Meanwhile progress was also being made by several athletes in other sports. Professional golfer Craig Parry and tennis player Jenny Byrne, both of whom retained an association with the institute though did not receive funding from it, were becoming increasingly prominent on the international stage. Parry won the WAIS Athlete of the Year award in 1987–88 for his performances in winning the New South Wales Open and finishing second in the Australian Masters after a sudden death play-off. The following year he won Open tournaments in both Japan and England.



LOUISE SAUVAGE

'You never know what you can do or achieve until you try.'
— Louise Sauvage

Louise Sauvage is one of Australia's most successful and best-known Paralympians. As a wheelchair track and field athlete, she won nine gold medals at the Paralympic Games (1992, 1996, 2000) and two in the 800 metre demonstration events at the 1996 and 2000 Olympic Games. She also won the Boston marathon for wheelchair athletes four times (1997, 1998, 1999, 2001).

She was first selected to represent Australia as a sixteen year old at the IPC world championships in Assen, in The Netherlands, where she won a gold medal and set a world record in the 100 metres. Two years later at the Barcelona Paralympics she won gold medals in the 100, 200 and 400 metres as well as a silver in the 800 metres. She competed over longer distances at the Atlanta and Sydney Paralympics and produced winning performances in the 400, 800, 1500 and 5000 metre events.

Louise was raised in the northern suburb of Joondanna and attended Tuart Hill primary and Hollywood high schools. On leaving school she completed a TAFE course in secretarial studies.

She was born with a spinal condition which required her to have more than twenty operations in the first ten years of her life. She always had a great passion for sport and a determination to succeed and started to use a wheelchair at eight years of age so she could take part in a range of activities. As a ten year old, she became the youngest athlete to compete in the national Paralympic and Quadriplegic Games. She won medals in five swimming events but, after surgery in her early teens to insert steel rods in her spine, she decided to focus on track racing.

Her outstanding success as an elite athlete with a disability resulted in her being named the Australian Paralympian of the Year four times and the World Sports Person of the Year for Athletes with a Disability in 2000. Her standing in sport was underlined at the Sydney Paralympic Games when she was chosen to light the cauldron. She carried the Australian flag at the opening ceremony of the Paralympic Games in Athens in 2004 and was a television commentator at the Beijing Games.

Louise has worked tirelessly — speaking to school and community groups and attending awards presentations and civic functions — to raise awareness of the extent of disability in the community and the profile of Paralympic sport. The Louise Sauvage Aspire to be a Champion Foundation is dedicated to encouraging and assisting promising athletes with disabilities. She is also the assistant coach to the National Wheelchair Track and Road program, has been a Board member of the Australian Paralympic Committee and was inducted into the Sport Australia Hall of Fame in 2007.

LEFT Louise Sauvage won gold at the Paralympics and in demonstration events at the Olympic Games in the 1990s.

Former cricket squad members Tom Moody and Mike Veletta were chosen in the Australian team for the 1989 Ashes Tour of England, squash player Robyn (Friday) Lambourne improved her world ranking to five and cyclist Jacqui Uttien, after winning the Australian and Oceania track pursuit titles, turned her attention to the road and finished sixteenth in the Tour of Italy. Michelle Telfer was named Australian junior female gymnast of the year in a forerunner to her medal-winning performances at the 1990 Commonwealth Games.

In the early 1990s, WAIS program manager Craig Davies announced his intention to bow out of international hockey. He had earned the reputation of being one of the best full backs in world hockey during the 80s and was the Olympic team captain in 1988. He won the WAIS Athlete of the Year award in 1988–89.

At the 1990 Commonwealth Games in Auckland WAIS was represented by twelve athletes in four sports. They won a total of 13 medals, five of which were gold. Swimmer Ian Brown won the 400 metre freestyle, finished second in the 200 metre freestyle and was a member of the winning 4 x 200 metre freestyle relay team. This won him the 1989–90 WAIS Athlete of the Year award. Meanwhile his team-mate Tom Stachewicz took his tally of Commonwealth Games gold medals to three as a member of two winning freestyle relay teams. Shooter Ben Sandstrom won two gold and two silver medals in singles and pair events in both the free and air pistol disciplines, and gymnast Michelle Telfer won silver as a member of the women's artistic gymnastics team in the all around event. She was the first of many young WAIS women gymnasts to taste international success in this sport.

In terms of performance, 1990–91 ranks as WAIS's best year in its short history. Its athletics, hockey and women's basketball programs set the standard nationally and its gymnastics and swimming programs produced a number of national champions.

Ice speed skater Richard Nizielski and disabled track and field athlete Bruce Wallrodt both won world titles, Nizielski as a member of the 5000 metre relay team and Wallrodt in setting world records in the shot put and javelin and discus throws. Renee Poetschka became a world junior athletics champion as a member of the national 4 x 400 metre relay team. Platform diver Vyninka Arlow continued her remarkable rise from junior ranks to become the Australian Open Champion and then finished ninth at the World Championships. A year later she had further improved her ranking to sixth in the world.

Squash player Robyn Lambourne (Friday) won the Canadian and New Zealand Open events and reached the semifinals in the Australian Open, British Open and World championships. These performances saw her ranking continue to improve to second in the world. She was named the WAIS Athlete of the Year in 1990–91.

Eight members of the Australian women's hockey team that won the Champions Trophy Tournament in Berlin in 1991 were WAIS scholarship holders. The captain and player of the tournament was Sharon Buchanan, who won the WAIS Athlete of the Year in 1991–92.

Another major international multi-sport test for WAIS came at the 1992 Olympic Games in Barcelona. Forty Western Australian

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WALTER LINDRUM

Walter Lindrum was the finest billiards player of all time. During a long and illustrious career he set 57 world records, some of which are still standing. He was such an imposing presence in his sport that, at one stage of his career, officials changed the rules to restrict his scoring. When he died in 1960 he was referred to as the Bradman of billiards.

There was a prominent billiards lineage in the Lindrum family. His grandfather was a world professional champion and his father and elder brother were both Australian champions. Walter always had someone close by to help him learn and practise the game.

Walter was born in Kalgoorlie in 1898, brought up in the south-west town of Donnybrook and then lived in the eastern states for most of his life. When he was three years old he caught the top joint of a finger on his right hand in a washing mangle and had it amputated. His father taught him to play billiards left-handed and he regularly spent up to twelve hours a day practising the game.

He entered his first professional event at thirteen years of age. A year later he made his first 500 break and, by the age of sixteen, was regularly making 1000 breaks in practice. Subsequently he scored breaks in excess of 3000 seventeen times and set a world record of 4137 in 1932, in just under three hours. In 1927 he set a world speed record of 816, which took him just 23 minutes.

Such was his dominance during the 1920s that his rivals would only play exhibition matches against him. He won the world championship in London in 1933 and then defended the title in Australia a year later.

During his career Walter played many exhibition games, one in 1931 before the King of England at Buckingham Palace and as many as 4000 others which raised more than \$1 million for the World War II effort. Don Bradman and members of the Australian cricket team would often attend these games when they were in London.

He was awarded an MBE in 1951 and an OBE in 1958 for his charity work and achievements in his sport. In 1985 he was inducted into the Sport Australia Hall of Fame as an inaugural member, and became a foundation member of the Western Australian Hall of Champions the same year. He has recently been honoured as a legend of Australian sport by the Sport Australia Hall of Fame.

“Walter was a real wizard. There’s no doubt about that. I would gladly spend an entire day pulling balls out for him because I would be right there watching everything he did and learning from it.”

— Bob Marshall, World Amateur Billiards Champion



LEFT Craig Davies was influential at WAIS both on and off the hockey field, working as program manager while playing for Australia.

NEXT PAGE Ice skater Richard Nizielski created Australian Olympic history as a member of the relay team that won the country’s first Winter Olympic medal in 1994 – earning the WAIS Athlete of the Year Award in the process.

athletes (thirty-six from WAIS) were selected in the national team. This was the highest yet and, at nearly 14 per cent of the total, was well in excess of what might be expected on the basis of the state being home to 10 per cent of the national population. The state representation in the Olympic team had almost doubled between 1984 and 1994.

Performance highlights came from the five Western Australian players (John Bestall, Warren Birmingham, Greg Corbitt, Damon Diletti and Dean Evans) and two coaches (Frank Murray and David Bell) in the men’s hockey team which won the silver medal, and Ramon Andersson’s bronze medal as a member of the K4 1000 metre canoeing crew.

A number of WAIS athletes contested finals, including high jumper Alison Inverarity, road cyclist Jacqui Uttien, diver Vyninka Arlow, gymnasts Brooke Gysen and Jane Warrilow, rower Robert Scott and swimmer Ian Brown. It is noteworthy that Scott was the first Western Australian oarsman to stroke an

Olympic eight for thirty years and that the first two swimmers in the 400 metre swimming final, in which Brown finished fifth, actually broke the world record.

At the Paralympics soon afterwards swimmer Tracey Cross won the 100 and 400 metre freestyle events, Mandy Maywood the 100 metre breaststroke and Bruce Wallrodt the javelin throw.

These performances in both the Olympic and Paralympic Games fully justified director Wally Foreman’s comment, ‘In Barcelona WAIS athletes matched strokes and strides, strengths and strategies with the world’s best.’

Ramon Andersson followed his bronze medal at the Olympics with a gold in the K2 event at the world marathon championships. This won him the WAIS Athlete of the Year in 1992–93. Robyn Lambourne won the deciding match in the teams event at the 1992 world squash championships in Vancouver, Canada to give Australia its first ever world title.



In Australia the Quit WAIS Breakers, coached by Tom Maher, won the women's national basketball league title and captain Michelle Timms was selected in the all star team for the fifth time. Golfers Stephen Leaney and Stephen Collins were both chosen in the Eisenhower Cup team, the first time that two Western Australians had been selected. Leaney also won the Western Australian and Malaysian championships before he turned professional.

The tenth anniversary year saw WAIS assisting 192 athletes in 25 sports, many of whom were starting to exert their presence in both national and international sport. Sprint cyclist Darryn Hill won three national titles and road cyclist Henk Vogels won the Tour of Holland. Amateur golfers Greg Chalmers and Jarrod Moseley were winning state and national championships and, after recently turning professional, Sarah Gautrey finished second in the Evian Open in France. In team sports, the Perth

Thundersticks, with six players now in the Australian team, won the national hockey league for the second successive year and the lightweight four in women's rowing won the national title.

Richard Nizielski was a member of the 5000 metre short track speed skating team that won Australia's first ever Winter Olympic medal, a bronze in Lillehammer, Norway. The same team went on to claim the silver medal at the world championships in England later in the year. These achievements won Nizielski the 1993-94 WAIS Athlete of the Year award.

WAIS had taken giant steps forward during its first decade. Its funding had increased, its staff numbers grown, its athlete representation on national teams had improved and these athletes were now making a significant statement on the world sporting stage. The road to a home Olympic Games in Sydney looked very rosy.

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Ryan Bayley shows off one of his gold medals from the 2004 Olympic Games.



wais
**RYAN
BAYLEY**

'From the first moment that I saw 'Ray' on a bike I realised he had extraordinary talent. He matured into a big game hunter; waiting quietly in hiding until a big race came around, then unleashing his enormous power.'

— Martin Barras, Coach

Ryan Bayley was attracted to track cycling as a fourteen year old while watching on television the West Australian sprinter Darryn Hill in action at the 1996 Olympic Games in Atlanta. Ryan had already made a mark as a junior in BMX and motocross and started track racing a year later as a member of the Northern Districts Cycling Club.

Ryan was born in Subiaco and attended Ballajura Community College in the northern suburbs of Perth — within easy reach of cycling's Speed Dome. Speed was in his blood. He always had an interest in fast cars and becoming a car mechanic and it was no surprise to many when he became a dominant force in the sport.

In 1998 he was selected to the cycling squad at WAIS and trained under the direction of Canadian-born coach Martin Barras. Their relationship continued when Barras was appointed as the senior track cycling coach at the National Training Centre in Adelaide in 2001 where he supervised Ryan's preparation for the Athens and Beijing Olympic Games.

It didn't take long for Ryan to make a mark in international sprint cycling. He was selected in national teams and represented Australia at the world junior championships in Italy in 2000 where he was successful in the individual sprint and the team sprint. A year later he won the keirin event at the world senior championship in Belgium, followed by further gold medals in the sprint and team sprint at the Commonwealth Games in Manchester in 2002.

However, it was at the 2004 Athens Olympic Games that he made an indelible mark on his sport, becoming the first Australian cyclist to win two individual gold medals at the Olympic Games when he triumphed in the keirin and the sprint. He was also the first West Australian to win an individual gold medal at the Olympics since 1968.

Ryan was a member of the Australian cycling team at the 2006 Commonwealth Games in Melbourne where he won the sprint and keirin, but was unplaced in both events at the 2008 Olympic Games in Beijing.

He was named the Australian male Track Cyclist of the Year in 2001 and 2004 and won the Hubert Opperman Medal as Australian Cyclist of the Year in 2004. He was WAIS Athlete of the Year in 2003-04 and, on Australia Day 2005, he received the Order of Australia (OAM) for his contribution to the sport.

HEADING FOR A HOME OLYMPICS 1994–2000

CHAPTER FOUR

THE SYDNEY OLYMPIC AND PARALYMPIC GAMES WERE THE CLIMAX OF A VERY SUCCESSFUL ERA IN WESTERN AUSTRALIAN AND AUSTRALIAN SPORT.



ABOVE Allana Slater was the flag bearer for the WAIS gymnastics program and the Australian team during the lead-up to the 2000 Olympics.

The second significant period in the history of WAIS followed the announcement in 1993 that Sydney would host the 2000 Olympic Games. Being a home Olympics, it attracted additional funding to resource high performance programs throughout the country. It also engendered a spirit of cooperation between state and national sporting organisations that was a forerunner for the great success of Australian athletes at the Games.

The first test of the capabilities of WAIS athletes during the lead-up to the Sydney Olympics was at the 1994 Commonwealth Games in Victoria, Canada. The institute was represented by eighteen athletes in seven sports, double the number selected in the Games team in Edinburgh eight years earlier. While winning 16 medals in five sports was commendable, the overall performance of WAIS athletes was marred by injuries and scheduling conflicts with world championship events.

Despite this, six WAIS athletes won Commonwealth Games gold medals. These included high jumper Alison Inverarity, gymnasts

Rebecca Stoyel (uneven bars) and Salli Wills (balance beam), road cyclist Henk Vogels in the team time trial, and pistol shooters Ben Sandstrom and Mike Giustiniano.

Alison Inverarity followed up her Commonwealth Games performance by equalling the Australian high jump record of 1.98 metres at an international meet in Ingolstadt, Germany. She still shares this record with another WAIS athlete, Vanessa Ward.

During this period the national women's hockey team, captained by Rechelle Hawkes and comprising six WAIS representatives, won the World Cup in Ireland. The sustained excellence of Hawkes as the Australian captain saw her win the WAIS Athlete of the Year in 1994–95.

Nineteen year old sprint cyclist Darryn Hill showed his potential for the future by winning a silver medal at the 1994 World Championships in Italy. He fulfilled this potential by winning the same event in Bogota, Colombia one year later.



LEFT Cyclist Darryn Hill celebrates a world title victory on the track.

Then in the following year in Manchester, England he won gold again, this time in the Olympic or team sprint. He was the bronze medallist in the individual sprint when the same championships were held in Perth in 1997 and then won two World Cup events. These performances earned him the 1995–96 and 1996–97 WAIS Athlete of the Year award. He was the first athlete to become a dual winner of the award.

Belinda Stowell and Anna Coxon won the 1995 World 420 class sailing championship on home waters in Fremantle and, in the same year in Gothenburg, Sweden, Renee Poetschka became the first West Australian to win a bronze medal at a world athletics championships as a member of the 4 x 400 metre relay team.

Meanwhile, golfers Greg Chalmers, Jarrod Moseley, Brett Rumford and Tanya Holl were gradually establishing themselves as leading amateur players, both within Australia and in overseas tournaments.

A record number of forty-two West Australians, including forty from WAIS, were selected in the 1996 Atlanta Olympic Games team. They contributed to eight of the 41 medals won by Australia. These were in beach volleyball, cycling, hockey, rowing and swimming.

The women's hockey team, comprising captain Rechelle Hawkes, Michelle Andrews, Karen Marsden, Jackie Pereira and Kate Starre, won the gold medal under the tutelage of Ric Charlesworth and Chris Spice. The men's team, which included Stuart Carruthers, Damon Diletti, Paul Gaudoin and Mark Hager, won the bronze medal.

In rowing, Rob Scott won a silver medal as a member of the coxless pair and Ron Snook a bronze in the quad scull crew. Swimmers Helen Denman and Julia Greville won silver and bronze medals respectively as members of relay teams. Cyclist Lucy Tyler-Sharman became the bronze medallist in the individual points race as did Natalie Cook and Kerri Pottharst in beach volleyball.

At the Paralympics, swimmer Tracey Cross won two gold medals in the 100 metre butterfly and 200 metre individual medley as well as a silver in the 50 metre freestyle. Cyclist Matthew Gray was the silver medallist in his sport in the omnium event.

The junior world championships in Sydney in 1996 saw the emergence of pole vaulter Paul Burgess who, at seventeen years of age, was the youngest ever winner, with a leap of 5.35 metres. In junior rowing, Stuart Reside won the single sculls and Jonathon Fievez and Tim Perkins the double sculls in Scotland under the tutelage of coach Nick Garrett. A year later in Belgium, Amber Bradley, another rower coached by Garrett, won the world junior single sculls championship.

The 8th World Swimming Championships were held in Perth in January 1998. Julia Greville produced a career best in the 200 metre freestyle to win the bronze medal. A similar performance in the 4 x 200 metre freestyle relay earned her a second bronze and proved ideal preparation for the Commonwealth Games later in the year.

In May the national women's hockey team continued its domination of the sport by winning the 1998 World Cup in the Netherlands, with Rechelle Hawkes as captain and Kate Starre as vice captain. This victory was a repeat of the performance four years earlier in Ireland in the tournament which is regarded as the world championship of women's hockey.

At the 1998 Commonwealth Games in Kuala Lumpur, twenty-two athletes represented WAIS in eight different sports. Eleven of them won gold medals in six of these sports: Rechelle Hawkes (captain), Kate Starre and Michelle Andrews in women's hockey, Damon Diletti and Paul Gaudoin in men's hockey, sprint cyclist Darryn Hill, platform diver Vyninka Arlow, artistic gymnast Allana Slater (team all around), swimmers Julia Greville (freestyle relay) and Rachel Harris (800 metres freestyle) and shooter Mike Giustiniano (pistol pairs).

WAIS athletes also contributed five silver and four bronze medals to the WAIS medal tally of seventeen. It was an impressive Games performance, particularly by some of the younger athletes who were progressing rapidly at international level.

Triple Olympic gold medallist Rechelle Hawkes won her second WAIS Athlete of the Year award in 1997–98 for her performances as captain of the Australian women's hockey team during a period in which it won two successive World Cups and became the Commonwealth Games champion.



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BARRY CABLE

'To excel in a sport you need to have the talent and the passion for it and be dedicated and committed. You must also to be prepared to listen and learn to keep improving yourself.'
— Barry Cable

Barry Cable was the king of the big stage in Australian football. He was able to produce his best when it mattered most. His five Simpson medals as the best player in grand finals (1966, 1967, 1968) and interstate matches (1969, 1977) attest to this.

He was a brilliant and dedicated rover whose hand and foot skills were second to none. He won three Sandover medals (1964, 1968, 1973) in the West Australian Football League, a Tassie Medal at the 1966 Australian Championship and selection in the All-Australian team in 1966 and 1969. He was a key member of three premiership sides with the Perth club (1966, 1967, 1968), two with North Melbourne (1975, 1977) and one as captain-coach of East Perth (1978). He played 384 league games, plus 21 interstate matches.

Barry was born in the country town of Narrogin in the south-west of Western Australia as one of a family of eleven children. He was raised by his mother after his father died when he was six years old. During his boyhood, football became his passion and he spent hours practising the skills of the game and developing his fitness. He persisted with this attitude throughout his playing career.

He played for the Imperials club in Narrogin before being recruited by Perth, where he began playing as an eighteen year old in 1962. He started in the league side as a wingman and more than held his own against some of the best players in the state. However, his astute coach at the time, Ern Henfry, felt that turning Barry into a rover would serve the club better and enable him to maximise his exceptional talents.

Despite some initial concerns that roving would not provide him with the same challenge as playing on the wing, Barry threw himself into the new role with his customary energy and confidence and was an immediate success. The rest is history and he went on to become one of the greatest rovers the game has seen.

He retired in 1979 and shortly afterwards suffered a terrible tractor accident in which his right calf was torn to shreds. When he recovered he returned to the Victorian Football League to coach North Melbourne between 1982 and 1984. His determination to succeed was exemplified in 1993 when he cycled from Perth across the Nullarbor Plain to Melbourne in nine days to toss the coin at the AFL grand final.

He continues to work tirelessly for the Community Development Foundation to raise funds to help needy children improve their education, health and fitness. He was awarded an MBE in 1978 for his services to football and was a foundation member of the Western Australian Hall of Champions in 1985; inducted into the Australian Football Hall of Fame in 1996 and an inaugural legend in the WA Football Hall of Fame in 2004.



LEFT Todd Pearson was the flag bearer for the WAIS swimming program in the early 2000s, winning two Olympic gold medals.

ABOVE Emma George joined the WAIS pole vault program following the recruitment of Alex Parnov as coach.

In the 1998 World Championships for athletes with disabilities, swimmers Priya Cooper, Petrea Barker and Kingsley Bugarin, and cyclists Matt Gray, Paul Clohessy, Eddie Hollands, Steve Gray and Dave Murray all won gold medals, some in world record times. In the same year, Lucy Tyler-Sharman won the world individual pursuit championship in cycling while Caroline Pileggi and Cynthia Cameron won Commonwealth championships in weightlifting and taekwondo respectively.

With the Sydney Olympic Games rapidly approaching, WAIS athletes continued to meet the challenges of international competition. The national gymnastics team, which included Allana Slater and Jenny Smith, finished fifth at the World Championships in China and Allana Slater became the first Australian to rank in the top ten in the all around competition.

Stuart Reside was a member of the quad scull crew that won a bronze medal at the World rowing championships as well as a gold medal at the Commonwealth regatta in Canada. He also stroked the Western Australian quad sculls and King's Cup crews

to national championships and won the 1998–99 WAIS Athlete of the Year award.

The immediate future of rowing and cycling seemed assured as a result of performances at the 1999 world junior championships. The men's coxless four, comprising rowers Luke Pritchard, Stefan Szczurowski, David McGowan and Neil Dennis won in Bulgaria and the pursuit cycling team, which included the rapidly developing Peter Dawson, won in Greece.

Meanwhile, back in Australia, the Western Heelers baseball team and the Perth Thundersticks men's hockey team won both their respective national league titles. World class pole vaulters Emma George and Dimitri Markov joined the WAIS squad. George celebrated her move to Perth by improving her own world pole vault record to 4.60 metres and Markov came to join his coach Alexander Parnov immediately after winning a silver medal at the world championships. The appointment of Parnov was a masterstroke and underpinned the outstanding success that the program has enjoyed since that time.



LEFT Priya Cooper was a dominant figure in Paralympic swimming during the Sydney Games.
RIGHT Gold medallist Belinda Stowell (left) in her 470 class boat on Sydney Harbour with partner Jenny Armstrong.

And then came the much awaited home Olympic Games in Sydney. It was a huge and unqualified success, not only in the way it was staged but in the outstanding performance of the Australian team, which finished fourth on the medal tally among the competing countries.

A record number of fifty-one West Australian athletes, including forty-five associated with WAIS, competed at the Games in twenty different sports. This was a considerable increase on the twenty-two athletes from the state who represented Australia in six sports in 1984, WAIS's inaugural year.

The gold medallists included Rechelle Hawkes and Kate Starre in women's hockey, Bridgette Gusterson, Danielle Woodhouse and Kate Hooper in women's water polo, sailor Belinda Stowell and swimmers Todd Pearson and Bill Kirby. Between them they contributed to nearly a third of the gold medals won by Australia at the Games.

At the Paralympics Games that followed the Olympics, twenty-one WAIS athletes contributed to winning 32 medals, including

11 gold, in four different sports — athletics, cycling, sailing and swimming. The list of gold medallists comprised several athletes who had already become world champions in their particular sport. These were Paul Mitchell (athletics), Paul Clohessy (cycling) and Priya Cooper, Matthew Gray and Kingsley Bugarin (swimming).

Belinda Stowell won the 1999–2000 WAIS Athlete of the Year award for her success at the Sydney Olympic Games as well as victories in the Australian and European sailing championships and winning a silver medal at the world championships in Hungary.

The Olympic and Paralympic Games in Sydney were the climax of a very successful era in Western Australian and Australian sport. The re-emergence of the state and the nation as a sporting power affirmed the quality of the high-performance programs that had been put in place to assist athletes to achieve international success.

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'You don't just let it happen. You have to make it happen. In order to be the best that you can be, you have to love the journey and accept that coming second isn't good enough.' — Belinda Stowell

BELINDA STOWELL *wa*is



Olympic and world sailing champion Belinda Stowell was born in Harare in Zimbabwe in 1971. Her mother was Australian and Belinda became an Australian citizen at birth. She started sailing at four years of age and also enjoyed swimming, kayaking and windsurfing. Such was her talent in swimming that, when she went to high school in Lafayette, Indiana in the USA as an exchange student, she was selected in the state school team. After some excellent performances, she was offered swimming scholarships at several American universities.

Belinda arrived in Perth in 1991 to undertake a business degree at Edith Cowan University before going on to work in finance and workplace operations. Initially, she preferred other sports to sailing, but as she became stronger, she developed a greater interest in the sport and joined Royal Freshwater Bay Yacht Club. Success was not far away. She teamed up with Anna Coxon in the 420 Class to win at the 1995 world championship when they were staged on home waters off Fremantle.

After sailing from England to Sydney via Cape Town and Perth in an all-girl crew on a Whitbread 60, Belinda moved to Sydney to train at the Olympic Games venue. She subsequently joined skipper Jenny Armstrong in the 470 Class under the direction of national sailing coach Victor Kovalenko.

After winning the Olympic gold medal in 2000, the pair continued their international success by winning the world championship in France in 2002. It was Belinda's second world championship which she can place alongside twelve victories in grade four World Cup events during her international sailing career.

Following an unsuccessful campaign at the 2004 Olympic Games in Athens, she turned her mind to coaching and was appointed as the WAIS sailing coach later that year. Since then, several of her athletes have won world junior and youth sailing championships, including Tessa Parkinson and Elise Rechichi, emulating Belinda's success in Sydney by winning the Olympic gold medal in the same class in Beijing in 2008.

Belinda now thrives on the challenge of coaching young sailors as well as developing her own talent as a windsurfer. She won the WAIS Athlete of the Year in 1999–2000 and with Armstrong was named the Australian Female Sailor of the Year in 2000–01 and 2001–02. She has been awarded a medal of the Order of Australia (OAM) for her contribution to her sport.

MAINTAINING THE MOMENTUM 2001–2009

CHAPTER FIVE

IT WAS TIME TO SEE WHETHER
THE PERFORMANCES PRODUCED
AT A HOME OLYMPICS COULD BE
MAINTAINED ON FOREIGN SOIL.



ABOVE World champion Amber Bradley (front) was one of the new generation of WAIS rowers at the start of the decade.

Following significant changes in management staff and structure, the next chapter in the life of WAIS was about to be written. Its biggest tests over the next eight years would be at two Commonwealth Games, in Manchester and Melbourne, and two Olympic Games, in Athens and Beijing. It was time to see whether the performances produced at a home Olympics could be maintained on foreign soil.

It started promisingly in 2001 when several athletes became world champions in their sport. Dmitri Markov became the first West Australian and only the third Australian to win an individual event at an athletics world championship when he pole vaulted 6.05 metres in Edmonton, Canada. This performance won him the WAIS 2000–01 Athlete of the Year award.

In Antwerp, Belgium, twenty year old cyclist Ryan Bayley beat a quality field of Olympic and world champions in the keirin to become the youngest Australian to win an individual event at the world championships. Rower Joanna Lutz became a dual world champion as a member of the winning coxed eight and

coxless four in Lucerne, Switzerland. Rebecca Sattin was also a member of the eight-oared crew that won Australia's first ever gold medal in this event.

Several of the younger athletes were showing great potential by winning world junior and youth championships during 2001. These included javelin thrower Kimberley Mickle and long jumper Shermin Oksuz as well as 420 class sailors Melissa Bryant and Martha Leonard, and Stefan Szczurowski and Neil Dennis rowing as a coxless pair. Sally Robbins and Amber Bradley were members of the quad sculls crew which won the world under 23 championships in Austria.

Among the elite athletes with a disability, runner Paul Mitchell continued his gold medal form by winning world 1500 and 5000 metre titles in Tunisia in 2001. The following year, seated shot putter Bruce Wallrodt won the world championship in France and cyclists Matthew Gray (track sprints) and Mark Le Flohic (road) did the same in their sport in Germany.

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RIGHT Dennis Lillee in a trademark pose as he prepares to bowl.



'Even being naturally gifted, the key to success in sport is work, work and more work, so that if the wheels fall off you will know what to do to fix it.'

— Dennis Lillee

DENNIS LILLEE

If you ever wanted to see total commitment on the cricket field you watched Dennis Lillee in action. Not only was he an exceptionally fast bowler, but he could sustain it for long periods. He was every captain's dream. His enormous talent and highly competitive approach to the game brought him great success. The crowd chant 'Lillee, Lillee' as he ran in to bowl will always ring in our ears. He became a legendary figure in his sport.

Dennis made his Test debut in the sixth Test of the 1970–71 Ashes series against England in Adelaide and took five wickets in the first innings. During his Test career, which ended after the 1983–84 series against Pakistan, he took 355 wickets in 70 Test matches, a world record at the time. This tally didn't include a further 46 wickets in the 14 Super Tests that he played as part of World Series Cricket in the late 1970s. He took five wickets in an innings in a Test match twenty-three times and his best figures were 7/83 in the sixth Test of the 1981 Ashes series at The Oval.

Dennis grew up in the eastern suburbs of Perth and attended Belmay Primary School and Belmont High School. As a young lad he loved playing a number of sports and learned to appreciate the value of physical fitness. But it was cricket that was closest to his heart. He was inspired by great fast bowlers such as West Indian Wes Hall, England's Fred Trueman and Western Australia's Graham McKenzie and at first he became what was termed a 'tearaway quick'.

However, life in the fast lane had its downsides. Early in his career in 1973 he broke down with stress fractures in his lower back. After a lengthy period of rehabilitation, in which he showed all the steel and fibre of a champion athlete, he returned to the fray. This time he was less of a tearaway and more clinical in his approach, systematically exploiting faults in a batsman's technique.

He had two great allies. The Dennis Lillee/Jeff Thomson fast bowling partnership proved a fearsome test for opening batsmen around the world and the famous 'caught Marsh [wicket-keeper Rod], bowled Lillee' combination accounted for a world record 95 Test dismissals.

Since his retirement from the game, he has dedicated himself to assisting other players and is considered one of the finest fast bowling coaches in the world. He founded the Dennis Lillee Disabled Sports Foundation which gives young people with disabilities the opportunity to take part in sport and physical activity.

In 1985 he was inducted as a foundation member of the Western Australian Hall of Champions and in 1996 was one of the two inaugural inductees into the Cricket Australia Hall of Fame. He is a member of the ICC's Cricket Hall of Fame and in 2010 was appointed a Member of the Order of Australia (AM) for his contribution to cricket and the community.



ABOVE Paul Gaudoin was captain of the Australian men's hockey team in the early 2000s.

RIGHT Hepathlete Kylie Wheeler won Commonwealth Games gold in Manchester.

ABOVE RIGHT Dmitri Markov became the first West Australian to win an individual athletics world title when he won the pole vault in 2001.

As a member of the 4 x 200 metre freestyle relay team that won the gold medal in the 2002 World Short Course Championships held in Moscow, Todd Pearson showed he had the capacity to do well at the 2002 Commonwealth Games in Manchester.

At the Manchester Games, WAIS was represented by twenty athletes from eight sports and their success rate was outstanding. Twelve of them won gold medals and between them they contributed a total of twenty medals, a 20 per cent increase on the number won at the previous Games in Kuala Lumpur. The gold medallists were Allana Slater and Sarah Lauren (gymnastics), Ryan Bayley and Peter Dawson (cycling), Jennifer Reilly and Todd Pearson (swimming), Kylie Wheeler (track and field athletics), Caroline Pileggi (weightlifting) and members of the men's hockey team, Paul Gaudoin (captain), Bevan George, Aaron Hopkins and Scott Webster.

As a member of the team's pursuit in cycling which broke the world record both at the Commonwealth Games and in



the following year at the World Championships in Stuttgart, Germany, Peter Dawson won both 2001–02 and 2002–03 WAIS Athlete of the Year. He also competed successfully in a series of road races in Europe and joined fellow cyclist Darryn Hill and hockey's triple Olympic gold medallist, Rechelle Hawkes, in winning the award twice.

Athletes in non-Commonwealth Games sports were also emerging onto the world stage. Sarah Outhwaite was a member of the coxless four that won the world under 23 rowing championship in Italy, Tina Morgan won the Korean Open in taekwondo and Casey Dellacqua and her playing partner won the Australian junior girls doubles championship in Melbourne.

Meanwhile several athletes were fine-tuning their Olympic preparation with some outstanding performances. Allana Slater led the national gymnastics team to an unprecedented third place at the 2003 World Championships in Anaheim, California. Rowers Amber Bradley and David McGowan were members of the



ABOVE Long-time WAIS scholarship holder Robin Bell was crowned slalom canoeing world champion in 2005.

quad scull crews that won their respective world championships in Milan, Italy. Emily Halliday was a member of the national hockey team that won the champions trophy in Sydney and swimmer Antony Matkovich was in the 4 x 200 metre freestyle relay team that won the world championship in Barcelona.

Fifty-four Western Australian athletes competed at the 2004 Athens Olympic Games. Forty-six of them held WAIS scholarships. This was more than twice the number of athletes from the institute who represented Australia sixteen years earlier at the Seoul Olympics and three more than in Sydney, when the national team comprised 150 more athletes.

In Athens, twelve WAIS athletes contributed to winning nine medals, four of them gold, in five different sports, improving on the total number won in Sydney. It was the best ever in Western Australia's history of participation in the Olympic Games.

The standout performer was undoubtedly sprint cyclist Ryan Bayley, with two victories on the track in the sprint and keirin events. He became the first West Australian athlete and the first Australian cyclist to win two gold medals in individual events at

the one Olympic Games. It won him the WAIS 2003–04 Athlete of the Year award. Other gold medals went to cyclist Peter Dawson in the team pursuit event and to hockey player Bevan George.

At the Paralympics, nineteen athletes competed in six sports and won six medals. Five of these came in cycling, with Mark Le Flohic repeating his success in Sydney by winning gold in the road race and silver in the road time trial. The head cycling coach at WAIS, Darryl Benson, was the assistant coach of the national Paralympic team.

Following her appointment as the WAIS sailing coach, Sydney Olympic gold medallist Belinda Stowell tutored Elise Rechichi and Tessa Parkinson to victories in the 420 class youth and open world championships and the 470 class junior world championships in 2004.

The following year saw the emergence of gymnast Daria Joura, who won a gold medal on the floor at the 2005 Australian Youth Olympic festival as WAIS's newest member of the national women's gymnastics team.

Four WAIS athletes won world championships in 2005. These were slalom canoeist Robin Bell at Penrith in New South Wales, rower Sarah Outhwaite as a member of the women's eight in Japan and triathlete Peter Robertson, also in Japan. Robertson, who decided to stay in Perth after the Athens Olympics, won his third world triathlon championship and his fifth medal from five starts. He was the 2004–05 WAIS Athlete of the Year.

In March 2006 the Commonwealth Games came to Melbourne. Thirty WAIS athletes took part, compared to twenty and twenty-two in the previous two games. Between them they contributed to winning a total of 22 medals in seven different sports.

Sprint cyclist Ryan Bayley repeated his Athens performance by winning the same two events, the sprint and the keirin; members of the men's hockey team (Bevan George and Aaron Hopkins) and the women's team (Emily Halliday, Kobie McGurk and Kim Walker) won their respective tournaments, and Eamon Sullivan swam the freestyle leg for the successful 4 x 100 metre medley relay team.

In athletics, Kym Howe broke her own Commonwealth record in clearing 4.62 metres in the pole vault and John Steffensen won the 400 metres to become the first West Australian to win an individual track event since Dixie Willis triumphed in the 800 metres at the 1962 Games in Perth. Steffensen was also a member of the team (along with Chris Troode) that won the 4 x 400 metre relay.

Meanwhile there were a number of excellent performances by WAIS athletes and teams in sports that were not included in the Commonwealth Games. The baseball team won the national under 18 youth championship in 2006 and 2007, and several players were selected to represent Australia in the under 17 and 19 world championships. WAIS softballers Leah Quackenbush and Sharon Bell were members of the Aussie Spirit which beat the USA in the final of the Canada Cup, and Gemma Beadsworth and Gemma Hadley were in the national women's water polo team that won the Commonwealth Championships in Perth.

The WAIS 2005–06 Athlete of the Year was pole vaulter Paul Burgess. Despite missing the Commonwealth Games due to injury, he cleared 5.82 metres to win the 2006 world athletics grand prix final in Stuttgart, Germany. The year before he had

become the eleventh person in history to clear 6.00 metres. These performances came almost ten years after he had won the 1996 world junior championship in Sydney as a seventeen year old, vaulting over 5.35 metres.

Other athletes to succeed at the world championship level included disabled cyclist Claire McLean in the road time trial in Switzerland, and wheelchair basketballers Justin Eveson, Brad Ness and Shaun Norris in the Netherlands. Amber Bradley and Joanna Lutz were members of the coxless four that won the gold medal at the world rowing championships in Eton, England, and Annika Naughton became a world under 23 rowing champion as a member of the winning crew in the same event in Belgium.

Sailors Belinda Kerl and Chelsea Hall repeated the earlier success of Elise Rechichi and Tessa Parkinson, becoming the 2006 World Youth Champions in Weymouth and Portland in England. Unfortunately, Elise contracted a viral illness from contaminated water, and the Rechichi–Parkinson combination was unable to reach their top ten goal at the world sailing championships in China.

Track endurance cyclist Cameron Meyer claimed three gold medals at the 2006 junior world track championships in Belgium. He was joined by his brother Travis in victories in the team pursuit and madison events. Scott Sunderland won the one kilometre time trial. In the same championships held in Mexico in 2007, Travis Meyer and Josie Tomic won five gold medals between them, Tomic setting a world under 19 record in the individual pursuit.

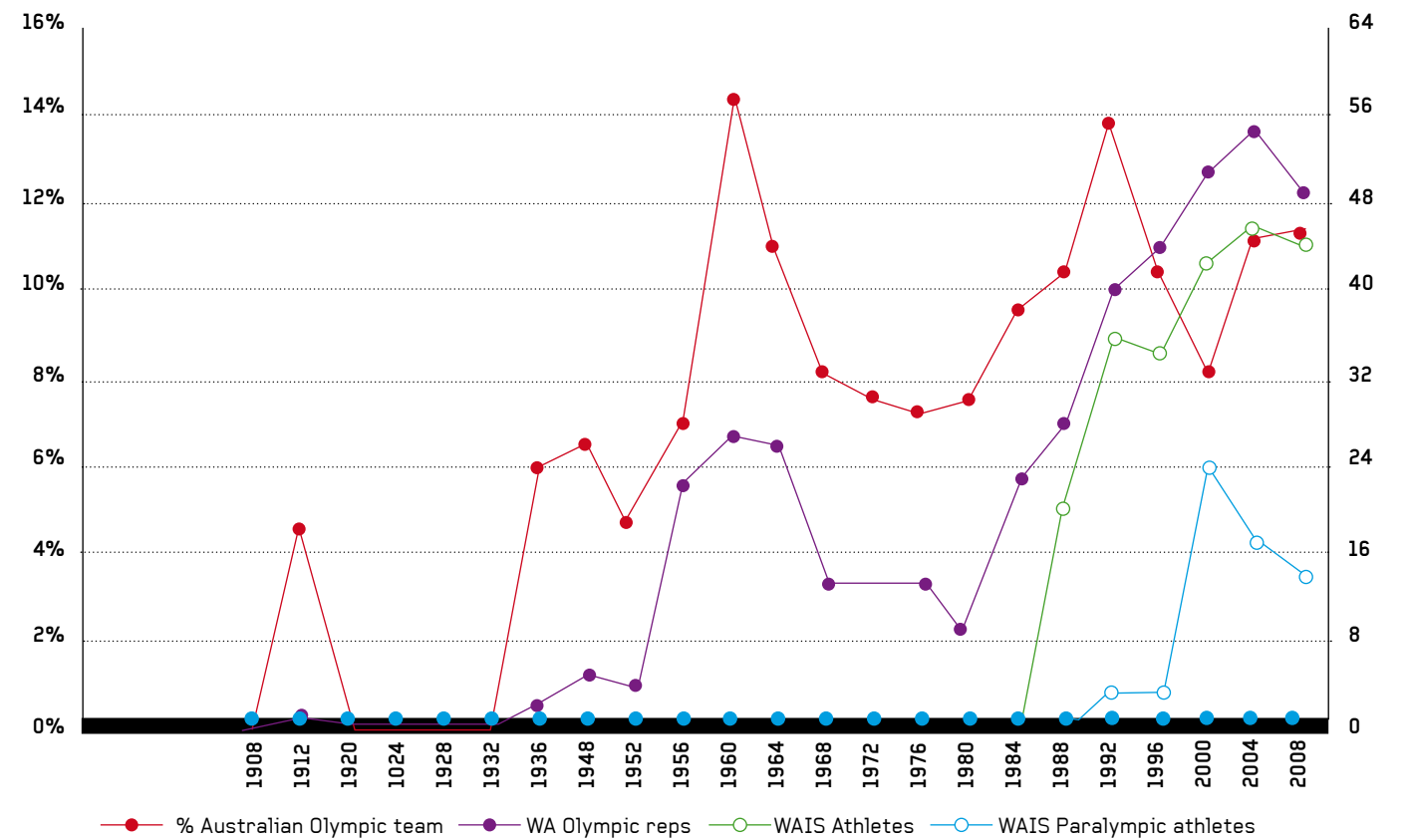
Early in 2007, freestyle sprint swimmer Eamon Sullivan continued to play a key role in the Australian team which won the 4 x 100 metre medley relay at the world championships in Melbourne. He also won a bronze medal in the individual 100 metre freestyle, as well as several other events in international meets, and was WAIS Athlete of the Year for 2006–07. He continued this form in 2008, setting world records for the 50 metre freestyle in both the New South Wales championships and the Olympic selection trials.

Forty-nine Western Australian athletes, including forty-five WAIS scholarship holders, were chosen to represent Australia in sixteen sports at the Olympic Games in Beijing. This comprised 11.3 per cent of the national team. The following graph clearly



LEFT Triathlete Peter Robertson, an individual scholarship holder at WAIS, represented Australia at Olympic and Commonwealth Games during the 2000s.

WESTERN AUSTRALIAN REPRESENTATION ON AUSTRALIAN OLYMPIC AND PARALYMPIC TEAMS 1908–2008 (EXCLUDES 1916, 1940 AND 1944)



demonstrates the progress WAIS has made in achieving one of its key goals — to increase the number of Western Australian and WAIS athletes representing Australia at the Olympic Games.

The first Olympic medal won by a WAIS athlete at the Beijing Games went to Eamon Sullivan when he broke the world record for the 100 metre freestyle in the first leg of the 4 x 100 metre relay in which Australia won the bronze. He broke the record again in the semifinal of the individual 100 metres but was beaten by a touch in the final to take silver.

The first gold medallists from WAIS were the sailing duo Tessa Parkinson and Elise Rechichi in the 470 class. It was a great return to Beijing for Rechichi who had become ill during the world championships two years earlier.

The second gold medallist was pole vaulter Steve Hooker who broke the Olympic record with a leap of 5.96 metres on his final attempt. He became the first Australian male track and field athlete to win an Olympic gold medal in forty years and the first

in a field event since John Winter won the high jump in London in 1948. Earlier in the year Hooker had joined his training partner, Paul Burgess, as a member of a group of only fifteen athletes who have ever vaulted over 6.00 metres.

Other Olympic medallists in Beijing came from slalom and flatwater canoeing, equestrian, women’s water polo and men’s hockey. By contributing to ten medals in the national tally, fourteen WAIS scholarship holders from seven different sports further affirmed the capabilities of Western Australian athletes at the highest level of international competition.

At the Beijing Paralympics, twelve of the fifteen athletes from WAIS contributed to a total of seven medals, two of them gold, across five different sports. Katrina Porter set a world record in winning the 100 metre backstroke and Justin Eveson, Michael Hartnett, Brad Ness and Shaun Norris won gold as members of the men’s wheelchair basketball team. Other medals came in the sports of sailing, powerlifting, wheelchair rugby and women’s wheelchair basketball.

The gold medal performances of sailors Tessa Parkinson and Elise Rechichi and pole vaulter Steve Hooker at the Beijing Olympic Games saw them share the WAIS 2007–08 Athlete of the Year award.

Following the Olympic Games there were some outstanding performances from some of WAIS's younger athletes. Gymnast Lauren Mitchell won the all around event in the Massilia Cup in France to which the top eight countries at the Beijing Olympics were invited. She followed this by winning on the balance beam in the World Cup final in Madrid — all in the same year she represented Australia at the Beijing Olympics and completed her tertiary entrance examinations. She was well on the way to becoming Australia's most successful gymnast and displayed

more of the same form at the 2009 world championships in London where she won silver medals on both the beam and floor.

At the World Cup in cycling, held in Melbourne towards the end of 2008, Scott Sunderland won a gold medal in the team sprint and a silver in the one kilometre time trial while Cameron Meyer and Josephine Tomic both won silver medals. The following year Meyer and Tomic became world champions. Meyer, who had won three junior titles in Belgium in 2006, was the winner of the points race at the open championships in Poland. The nineteen year old Tomic, who also won three events at the junior world championships in Mexico in 2007, was the winner of the inaugural women's omnium event at the 2009 world titles.

LEFT Cameron Meyer continued WAIS's tradition in track cycling, winning world titles in 2009 and 2010.



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GRAHAM FARMER

Graham 'Polly' Farmer is generally regarded as one of the greatest ruckmen to have played Australian football. His ability to leap high at bounce downs and boundary throw ins and either palm the ball to other players or grab it and handball to them over long distances, while still airborne, was extraordinary. He was a playmaker of the highest order.

During his nineteen-year career in Western Australia and Victoria he won three Sandover medals (1956, 1957, 1960) as the best player in the West Australian Football League, four Simpson medals (1956, 1958, 1959, 1969) for best-on-ground performances in grand finals and interstate matches and the Tassie Medal as the outstanding player in the 1956 Australian Championship. He was also runner-up twice in the Sandover Medal and once in the Brownlow Medal, its equivalent in what was the Victorian Football League (now the AFL).

He was a key member of six premiership sides — three at East Perth (1956, 1958, 1959), one at Geelong (1963) and two as captain-coach of West Perth (1969, 1971). In 1971 he guided West Perth to a premiership in his last game of league football. He was named in the All-Australian team three times and, following his playing career, spent five years as a coach at Geelong (1973–75) and East Perth (1976–77).

Graham is of indigenous heritage and was raised at Sister Kate's Home in Queen's Park, a suburb of Perth. He attended Kenwick primary and Forrest high schools and started his football career playing for Maddington in the South Suburban League. He was recruited by East Perth as an eighteen year old in 1953. A reserved and thoughtful young man with an enquiring mind, he was constantly seeking ways to improve himself as a footballer. He gave a lot of attention to his fitness and mental preparation, and consistency became a hallmark of his game. While working as a car salesman in the city in his early years he would spend many hours in the yard handballing a football through an open window of a vehicle.

He played 356 league games and 36 interstate matches in an illustrious career and in 1971 became the first footballer to be awarded an MBE. He was inducted into the Western Australian Hall of Champions as a Foundation Member in 1985; the Australian Football Hall of Fame as a legend of the game in 1996 and an inaugural legend in the WA Football Hall of Fame in 2004.

The Graham Farmer Freeway linking the eastern and western suburbs of Perth was named in his honour in 2000 and the Graham Farmer Make Your Mark Foundation was formed to assist indigenous students reach their potential in life.

'I had a great love for the game and was prepared to put the time in on basics such as running, gym work and football skills. You must always believe that you can do better and this comes down to hard work, practice and more practice.'
— Graham Farmer

Later in the year in Berlin, Steve Hooker added a world pole vault championship to his Olympic gold medal and became the third athlete to win successive WAIS Athlete of the Year awards (the others were track cyclists Darryn Hill and Peter Dawson).

The Smoke Free WA Thundersticks defeated Queensland for the second year in succession in the 2009 Australian hockey league grand final. Several players from WAIS were subsequently selected in the national squad, and began training under the

direction of national coach Ric Charlesworth. The stage was being set for an assault on the Hockey World Cup and the Commonwealth Games, both to be held in Delhi, India in 2010.

The next major multi-sport event was on the horizon and WAIS athletes and staff were readying themselves to maintain the momentum that had been generated in the institute since the turn of the century.

BECOMING A CHAMPION

CHAPTER SIX

THE QUALITIES REQUIRED TO SUCCEED IN SPORT PORTRAY STRENGTH OF BODY, MIND AND SPIRIT.



ABOVE For elite athletes like Elise Rechichi and Tessa Parkinson life isn't just about competing.

There are certain defining qualities that clearly set our best athletes apart from the rest. They underline what it takes to succeed, not only in sport but in other areas of life. Together they represent strength of body, mind and spirit.

We are all born with a mix of physical attributes that define our potential to succeed in particular sports. It may come in the form of endurance, speed, strength, power or skilled movement. The controlling influence is, of course, the brain — it enables us to concentrate, relax, make good decisions, tolerate fatigue and overcome adversity.

Champions are born with a natural talent for the sport they have chosen. This is why it is essential for the individual to select the right sport, to maximise any inborn talents that exist. While any attribute can be improved with systematic training, being genetically gifted provides a significant advantage.

Natural talent needs to be met by an intense passion for the chosen sport. Our best athletes love to train and love to

compete. It fires their souls. Unless athletes are passionate about their sport it is unlikely that they will make the commitment to engage in intensive training and succeed in competition. Passion for sport is fuelled by a natural enjoyment of physical activity and the personal fulfilment associated with achieving success. In this respect, passion depends on the quality of the experience athletes have had in sport in the course of their lives. Encouragement from their family, friends, teachers and coaches is fundamental in this process.

In any area of life, successful people have a strong work ethic. The same applies to sport. Hard work can make the difference between being good and being the best. Success requires dedication, determination, self discipline and a commitment to make the necessary sacrifices.

The willingness to work hard seems to come naturally to some who have been encouraged from an early age. In others it has to be learned. It is the role of the coach to instil this mindset in all members of the training squad, because, as it is often



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ROSS GLENDINNING

Ross Glendinning was one of the best, and certainly the most versatile, key position players to have played Australian football. Standing 190 centimetres and strongly built, he played with equal competence in the forward and back lines and made a significant impact on the game in Western Australia and Victoria.

Ross was born in Subiaco in 1956. He attended Jolimont Primary School and Scotch College, where he was named in the College's Team of the Twentieth Century.

His football career in Western Australia began with East Perth in 1974, following in the footsteps of his father Gus. He played 56 games with the club and was runner-up for the Sandover Medal in 1975. He was a member of the Western Australian team that won the inaugural state of origin match against Victoria in 1977, before being recruited to join North Melbourne in the Victorian Football League in 1978.

After finishing runner-up for the Brownlow Medal in 1982, the next season saw Ross become the second Western Australian footballer, following Graham Moss, to win the coveted award. In both years he won the North Melbourne fairest and best award and, after playing 190 games for the club, was named in its Team of the Century. He was also selected in four All-Australian teams.

In 1987 he returned to Perth and became the inaugural captain of the West Coast Eagles in the expanded Victorian Football League, soon to become the AFL. He played forty games with the club and was its leading goalkicker in each of the two seasons he played before he retired at the end of 1988. Overall he played 286 games during a career that spanned fifteen years. Outside football he developed a career in the business field, most recently involving equipment for the fitness industry.

His magnificent contribution to Australian football is recognised by the Ross Glendinning Medal which is awarded to the best player in the annual western derbies between the West Coast Eagles and the Fremantle Dockers. He is also a former chairman of selectors at the Fremantle club. He was inducted into the Western Australian Hall of Champions in 1995, the Australian Football Hall of Fame in 2000 and the Western Australian Football Hall of Fame in 2004.

'You should always assume that there are others in your sport who are better than you. This will motivate you to do the hard work necessary to narrow the gap between you and them and between your best and worst performance.' — Ross Glendinning

LEFT Athletes like Olympic gymnast Daria Joura spend close to thirty hours a week training at WAIS.

said, 'Hard work will beat talent if talent doesn't work hard.' This does not necessarily mean that if some training is good, more is better. Account must always be taken of the need to balance exercise with recovery, and sport with the rest of life.

While natural talent, a passion for their sport and a strong work ethic are all vital, athletes also need the assistance of organisations such as WAIS to provide them with the best possible training environment. Not only high performance coaches and training facilities, but other personnel offering specialised support in sport science and medicine, strength and conditioning, education and career development.

Collectively, their role is to ensure that the athlete adheres to an individualised training and competition plan that contains clear and realistic short and long-term goals.

Ultimately, however, athletes must take responsibility for their own training and performance. Self determination is a quality which sets champions apart. As part of the development process, coaches need to encourage athletes to put themselves in charge of their own destiny rather than remain dependent on others. Athletes should set themselves short-term goals and focus on specific aspects of their performance which they feel need improving, while long-term goals should be oriented towards achieving their best results.

One of the basic philosophies of WAIS is that its athletes should have balance in their lives and develop personal skills and careers beyond sport. This is based on the understanding that the complementary development of the mind and body is performance enhancing. There are many examples of champion athletes who have also been successful in other areas of their lives.

A quality which stands out among champions is their mental toughness during training and competition. The top end of sport provides a very exacting test. The margin between winning and losing can be very small and success is determined by the capacity to perform under pressure. The challenges associated

with performing in adverse conditions against top opponents require great mental strength and resolve. It is said that when the going gets tough, the tough get going. While this mindset comes easier to some than others, developing mental toughness is all part of the development process. Athletes learn to respond in a positive way to the challenging circumstances confronting them and the best are able to focus their attention on the relevant aspects of performance.

Very few athletes reach the top of their sport without experiencing some form of setback which affects their progress. This might be a crisis event in their lives, a serious illness

RIGHT For an athlete like Eamon Sullivan the elation of winning comes in part from knowing the hard work they put in has achieved a great performance.

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LYN MCKENZIE

(NEE MCCLEMENTS)

'To become the best requires having all the right ingredients in place at the right time. Talent, family, coaching, training and competition all need to be there. You can't afford to have any of them missing.'
— Lyn McKenzie

Lyn McKenzie had a short but illustrious swimming career. After winning her first national championship as a seventeen year old, she was selected in the Australian team to compete at the Olympic Games in Mexico City in 1968.

She won the 100 metres butterfly, becoming the first Australian woman to do so. She led all the way and set an Olympic record in defeating two American swimmers and the Dutch world record holder, Ada Kok, who later won the 200 metres butterfly.

Lyn also won a silver medal in Mexico City as a member of the 4 x 100 metre medley relay team, which included another West Australian swimmer, backstroker Lynne Watson.

A year later she won the 100 and 200 metres butterfly events at the Australian championships but, in the same event in 1970, was disqualified for using an illegal leg action (now no longer regarded as such). This cost her the chance to swim at the Commonwealth Games in Edinburgh. She did not compete in the Australian championships in 1972 and therefore was unable to defend her Olympic title in Munich. Her international swimming career ended before her 21st birthday.

Lyn attended Manning primary and Bentley high schools and joined the Como Swimming Club as an eleven year old to help her asthmatic condition. After swimming several different strokes as a junior, she concentrated on butterfly under coach Kevin Duff at the Melville club. In twelve months she went from being a moderate freestyler to a national butterfly champion.

Following her retirement as a swimmer, she continued to make a significant contribution to sport and the community. She taught sport and physical education for eight years at Santa Maria College in Attadale before operating the Lyn McClements Swimming Academy in Osborne Park for eighteen years. During this time she also coached at the West Coast Swimming Club at Challenge Stadium in Mt Claremont. One of her pupils was her daughter Jacqueline who represented Australia in the 200 and 400 metres individual medley at the 1992 Barcelona Olympic Games.

Lyn works in finance and administration at the Royal Life Saving Society and is a former patron of the National Heart Foundation in Western Australia. She was a foundation member of the Western Australian Hall of Champions in 1985 and was inducted to the Sport Australia Hall of Fame in 1991.





LEFT Paul Burgess in deep concentration as he practises on an elevated pole vault runway at the old Perry Lakes stadium.

ABOVE Ryan Bayley put in the hard yards well before winning two gold medals in Athens in 2004.

or injury, or non-selection at a vital time. The capacity to overcome these road blocks and return to the sport stronger, smarter and better able to cope with adversity is a quality of champions. They possess an abundance of perseverance and resilience — and self belief. Champions are true believers in themselves and do not even contemplate failure. They have a positive ‘can do’ attitude which leaves no room for uncertainty and self doubt. Their view is that this mindset, backed up with action, will give them the competitive edge required to succeed.

Finally, champions take great pride in their performance. It shows in how they go about their training, their event preparation and their performance in competition. They simply want to be as good as they can be, every time they appear on stage. They are an inspiration to us all.

COACHING HIGH PERFORMANCE

CHAPTER SEVEN

GOOD COACHES CONDUCT BETTER PROGRAMS AND HELP ATHLETES ACHIEVE THEIR BEST RESULTS.



ABOVE WAIS coaches like Michelle Wilkins are the leaders of their respective sports programs.

Success in sport doesn't come just by chance. Behind the scenes WAIS has been fortunate to have had some outstanding coaches to prepare its best athletes for the highest level of competition. Coaching at this level is now far more demanding than it was in the past. Along with additional financial support has come increased public interest and expectation, and greater pressure to achieve results.

During the past twenty-five years there have been significant changes in the approach to high performance coaching. Rather than having just a single coach in charge of a program, there are often now several coaching assistants involved. Advances have been made in the technology of sport, including the use of GPS and high speed video systems in both the training and competition environment. Coaches need to understand the value

of the information provided by these technologies for enhancing performance and be willing to go beyond their own observations and instincts.

The head coach has overall responsibility for each athlete's training and competition program. This involves the coordination and management of all support personnel — assistant coaches, physical preparation staff, sport scientists from the various sub-disciplines, physicians, physiotherapists, massage therapists, nutritionists, and career and education advisors — and requires having a clear understanding of the potential contribution of each of them to the program.

It is also essential that the athletes themselves are involved in the planning of their own programs. This includes having them

SHIRLEY DE LA HUNTY

(NEE STRICKLAND)



'Shirl was not only a great athlete but an innovative coach and way ahead of her time. She made a difference to my life, and to that of many others, and was an excellent role model for women.' — Lyn Foreman

As a triple Olympic gold medallist, sprinter and hurdler Shirley de la Hunty was one of the greatest women athletes in track and field history. In London in 1948 she became the first Australian woman to win an individual Olympic track and field medal with a bronze in both the 100 metre sprint and the 80 metre hurdles. She also won a silver medal in the 4 x 100 metre relay.

Four years later in Helsinki she won the 80 metre hurdles and a bronze in the 100 metres. In Melbourne in 1956, as a thirty-one year old mother, she repeated her victory in the 80 metre hurdles and became the first woman, and remains Australia's only track and field athlete, to win back to back Olympic gold medals. She was also a member of the winning 4 x 100 metre relay team in Melbourne, taking her tally of Olympic medals to seven.

She won three gold and two silver medals at the 1950 British Empire Games in Auckland and through her career held world records for the 80 metre hurdles, the 100 metres and as a member of the 4 x 100 metre relay team. She was a recipient of the Helms Award as the most outstanding Australasian athlete in 1956.

Shirley was born at Guildford and grew up in the north-eastern Wheatbelt area. Most of her early education was by correspondence before she attended Northam High School as a boarder. She completed a science degree with honours in physics at the University of Western Australia and later taught high school mathematics before becoming a tertiary college lecturer in physics. She also became actively involved in politics and local government and was a staunch conservationist and spokeswoman for a number of environmental groups.

She coached junior and senior female track and field athletes for many years and assisted with the administration of the Australian Olympic teams at the 1968 and 1976 Games. Her legendary status in Australian sport saw her chosen as one of the torch bearers at the opening ceremony of the 2000 Olympic Games in Sydney.

In 1957 she received an MBE for services to athletics and in 2001 an AO for services to sport and the community. She was inducted as a legend into the Sport Australia Hall of Fame in 1985. In the same year she also became a foundation member of the Western Australian Hall of Champions and in 2008 was the second athlete to be elevated to legend status.



LEFT Shirley de la Hunty (right) was elevated to legend status in the Hall of Champions in 2008.

ABOVE WAIS coaches like David Bell enlist service providers like Geish Hori to assist with developing their athletes to the best of their ability.

acknowledge their own strengths and limitations, commit to an agreed training program and take responsibility for their own development and performance.

Olympic and world pole vault champion Steve Hooker acknowledges what he learned from his two coaches at different stages of his development. 'When I was a young athlete living in Melbourne, Mark Stewart embedded in me a sense of fun and enjoyment and a great love for the sport. Coming to Perth and training under Alex Parnov has taught me the meaning of professionalism and commitment and the need to aim for absolute perfection.'

Realistic goals must be set for the athletes and support team, priorities established, informed decisions made and any existing conflicts resolved. This process needs to be revisited if changes to the program become necessary to improve performances.

While the effort involved in integrating the approach is time consuming, its positive outcomes make it essential.

Management responsibilities also extend to the program budget, where the cost/benefits of the various preparation and competition components need to be evaluated regularly. It is usually not the size of the budget which determines a result; it is how well it has been invested.

The head coach also needs good verbal communication skills for interacting with athletes, assistant coaches and program support staff as well for liaising with administrators, sponsors and the media. Former Australian hockey player and coach Brian Glencross has a firm view on this. 'While coaches need to have a strong technical background in their sport, the best ones are also very good communicators and people managers.'



ABOVE WAIS athletes and coaches often progress to similar positions in national teams. Cyclist Ryan Bayley and coach Martin Barras are two such examples.

Coaches must always be seeking avenues for improvement. That means understanding the scientific basis of performance and being aware of the potential contribution of new knowledge or technologies from the various sport scientists to provide their athletes with a competitive edge. It means keeping their eyes and ears open and being ever ready to try something new and innovative, and it means having regular contact with other coaches and scientists, both in Australia and in overseas countries, working not only in their own sport but in any sport that places similar demands on athletes. The objective of continued improvement is unlikely to be met by a program which builds a fence around itself.

Cycling coach Martin Barras (1995–2000) gives WAIS a lot of credit for his development as an elite coach. 'I was given the freedom to run the program my own way, but received great

support from the sport scientists and valuable opportunities to interact with coaches from other sports. It widened my perspective on the preparation of elite athletes.'

Grant Stoelwinder, who was part of the swimming coaching panel 2001–08, regarded the support from WAIS as invaluable. 'WAIS first helped me develop my coaching skills on a national level and then provided the resources for me to gain international experience. This level of involvement assisted me to further develop my ideas and coaching technique.'

Olympic sailing champion Belinda Stowell, who is now coaching young sailors at WAIS, has found the transition from athlete to coach to be a big challenge. 'You need to be so much on your game to stay a step ahead. I have found a huge difference from being on the boat as an athlete to being off the boat as a coach.



ABOVE WAIS water polo coach Paul Oberman keeps a close eye on his athletes during a training session.

You must do the research in order to feel confident about what you are saying and become a well-rounded coach.'

Liz Chetkovich has been at WAIS since its inception and is pleased with the mix of high quality overseas and Australian coaches who have worked in the gymnastics program. 'While our gymnasts have been significantly influenced by Russian coaches like Andrei Rodionenko and Nikolai Lapchine, it has also been great to watch the development of home grown coaches Joanne Richards and Martine George, who have both contributed a huge amount to the program. Joanne coached Allana Slater to become the first Australian gymnast to be ranked in the top ten in the world.'

Tim Mahon, manager of sport programs 2005–08, shares this view. He has a very high opinion of WAIS coaches. 'Many are world class. Their planning is excellent, they pay close attention to detail and they are always trying to find a competitive edge.

Those with a European background seem to blend well with the mindset of Western Australians who take great pride in their performance in sport and don't accept second best.'

The continuing success of the pole vaulters over the past ten years demonstrates the value of having a world class coach coordinating the program. The recruitment of Alex Parnov in 1998 ultimately led to athletes such as Steve Hooker, Paul Burgess, Kym Howe and Vicky Parnov making an indelible mark on the international stage. Head track coach, Lyn Foreman, is very pleased with the support her sport has received from WAIS. 'Our track and field program has been successful because WAIS invested in it and gave it the time required to succeed.'

Key success factors in the development of an individual athlete need to be understood and reinforced regularly by the coach as part of the process of establishing a high performance culture.



ABOVE WAIS pole vault coach Alex Parnov communicates with one of his charges during a competition.

RIGHT Luc Longley represented Australia at three Olympic Games.

Natural talent must be matched by a strong desire to succeed through hard work, perseverance and self belief.

It is also important that the coach understands the need for athletes to concurrently develop their personal skills and careers outside sport. The coach must have empathy with this 'balanced' approach and understand the demands placed on athletes who are pursuing educational options during intense periods of training and competition.

The behaviour of athletes on and off the field is another aspect of athlete welfare that comes under the jurisdiction of the coach. This includes any involvement with alcohol and illicit and performance enhancing drugs. The role of the coach in educating athletes about

these substances is crucial in establishing a high performance culture within the program, the organisation and the sport.

While the success of a program always relates to the performances of the athletes, the person with the greatest influence is the coach. Good coaches conduct better programs and assist athletes achieve their best results. They are essential to the success of WAIS.

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LUC LONGLEY

Luc Longley was the first Australian to play in the National Basketball Association in the USA. He did this with great distinction, playing as the starting centre alongside the legendary Michael Jordan for the Chicago Bulls, winning three successive championships in 1996, 1997 and 1998.

His passing ability blended ideally with the talents of Jordan and other great players such as Scottie Pippen and Dennis Rodman and he became a regular member of the formidable Chicago line-up which established an NBA record and a 72-10 win/loss record during the 1995-96 regular season. His style and stature drew comparisons with the great American college and professional player Bill Walton, now a television sportscaster, who became his friend and mentor.

Luc was born in 1969 into a basketball family; his father Richard was a founding member of the Perth Wildcats. Luc started playing when he was a student at several primary schools in the western suburbs of Perth before attending John Curtin High School and Scotch College. He then accepted a basketball scholarship at the University of New Mexico in Albuquerque, USA.

In 1991, the 218-centimetre-tall Luc attracted attention from NBA clubs and was chosen by the Minnesota Timberwolves in the first round of the national draft. Subsequently, he was traded to the Chicago Bulls and, after an era of unprecedented success, he went on to the Phoenix Suns and finally to the New York Knicks.

Over a ten-year NBA career he played 567 games, averaging 7.2 points and 4.9 rebounds. He also represented Australia in three Olympic Games, in Seoul (1998), Barcelona (1992) and Sydney (2000). He had to withdraw from the Olympic team in Atlanta due to injury.

He retired from the game with a degenerative ankle injury in 2001 and returned to Perth, where for a time he was part-owner of the Perth Wildcats, the team for which he had played in 1986. He also chaired the Healthway Board for three years and is presently involved in fundraising for the Princess Margaret Children's Hospital Foundation as well as coaching a junior girls basketball team. He was inducted into the Western Australian Hall of Champions in 2007 and the Sport Australia Hall of Fame in 2009.

'To be successful in a sport you must be well suited to it, prepared to evaluate yourself honestly, have good coaches and mentors and be willing to do the hard work required to realise your potential. It requires a strong sense of self-belief and being resilient following failures and setbacks.' — Luc Longley

APPLYING SPORT SCIENCE

CHAPTER EIGHT

SCIENCE AND TECHNOLOGY
HAVE GREATLY ASSISTED WAIS
COACHES TO PHYSICALLY
AND MENTALLY PREPARE EACH
INDIVIDUAL ATHLETE FOR
COMPETITION.



ABOVE Regular scientific monitoring forms a key part of daily training for Olympians like Gemma Beadsworth.

One of the significant factors associated with Australia's improved performance in international sport during the past three decades has been the use made of science and technology in preparing athletes for competition. Increasingly this has involved field-based applications requiring close working relationships between scientists and coaches.

In many ways WAIS has led the way in this regard. From the outset it established a cooperative relationship with the Department of Human Movement and Recreation at the University of Western Australia (UWA). This department has an outstanding reputation, nationally and internationally, for its teaching and research programs in sport science. The link continues today, with UWA graduates working at WAIS, and in collaborative research projects and PhD topics which focus on the application of science to performance enhancement.

Adopting a scientific or systemic approach involves understanding the demands of the sport, evaluating the attributes of individual athletes and then prescribing suitable

training programs for each of them. The key word is 'individual' — every athlete is different, which makes communal or group training programs only appropriate for some members of a squad.

Three factors determine the quality of an athlete's performance: physical fitness, technical and tactical skill, and psychological condition. Each of these factors is important in all sports, but some of them play a more crucial role in certain sports. For instance, it is not possible to compete at the highest level in endurance sports such as distance running, swimming, rowing and cycling without a well developed cardio-vascular system — something that is both inherited and acquired through training. Being a top sprinter requires muscular power and explosiveness — requiring the right genes and the right training. In both cases, efficient movement is also an important component of performance.

Many team sports require athletes to have a more balanced mix of endurance, speed and technical and tactical skills. Being able to anticipate what is about to happen and give

themselves plenty of time to execute a skilled response sets the best players apart. Target sports such as golf and shooting and acrobatic sports such as diving and gymnastics rely less on endurance fitness and more on technical skill and muscular fitness. However in all sports, strength of mind is essential in coping with a highly competitive environment. The mind and the body work together in sport and a weakness in one area can readily expose flaws elsewhere.

The fitness factor is the realm of the sport physiologist who has the task of evaluating the energy demands of the sport, the physical capabilities of the athlete and the effectiveness of the training regime. The skill factor is the domain of the sport biomechanist who measures variables such as force, velocity, acceleration and power in ensuring that the athlete is using the most effective and efficient movement techniques. The mental factor is the sphere of the sport psychologist in assisting the athlete in areas such as anxiety management, concentration and decision making during competition.

Sport science is an important component of courses offered within the national coaching accreditation scheme and high performance coaches receive a solid grounding in each of its sub-disciplines. This has facilitated close working relationships between scientists and head coaches in particular sports. Between them they have had a significant influence on the performances of individual athletes and teams.

Coordinated by the head coach, sport scientists from the various sub-disciplines work together and with other members of the athlete support team to optimise the effectiveness of the program. The value of a coordinated approach is appreciated by the athletes. Olympic pole vault champion Steve Hooker acknowledges the contribution of the staff who support the program built around his coach Alex Parnov. 'The staff in areas such as strength and conditioning, biomechanics and psychology are very innovative and enthusiastic and always looking for a competitive edge. The program is about excellence and we are never allowed to rest on our laurels.'

Cycling coach Martin Barras worked closely with sport scientists Marty Fitzsimons and Steve Lawrence, who challenged him to take some of the art out of the program and put in more science. 'They monitored the training program with physiological tests in order to provide a stronger scientific basis for the periodisation and peaking schedules that we were using. It made a difference to our performances.'

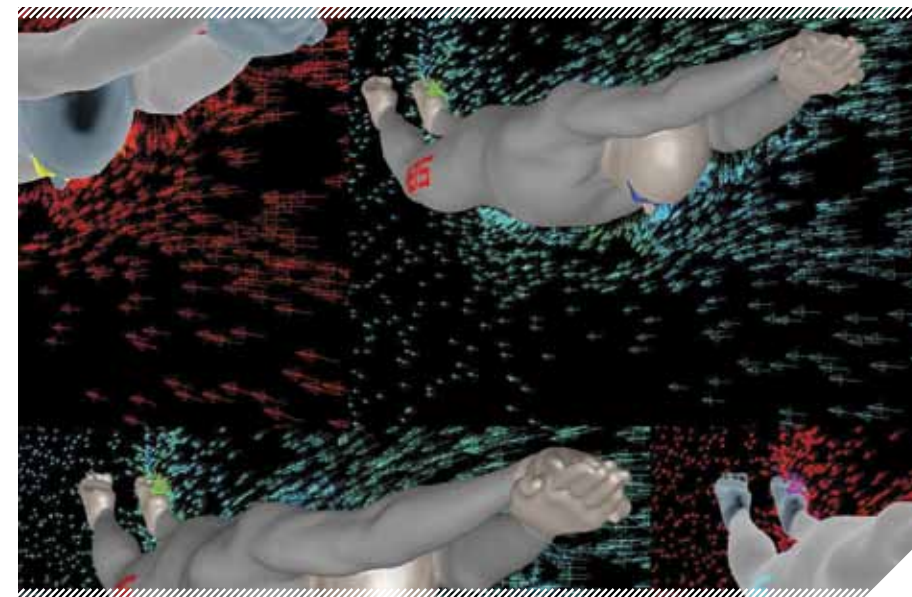
There is no better example of this than with sprint swimmer Eamon Sullivan when he was experiencing persistent hip and shoulder problems in 2002–03. Sport psychologist Matthew Burgin worked closely with Sullivan and his coach Grant Stoelwinder to help the swimmer develop a more positive attitude to dealing with these injuries. It was a catalyst for them creating a successful partnership and re-thinking the training process.

Coach Stoelwinder is very appreciative of the contribution that Matt Burgin made to his program. 'He was there for my athletes during injury, hardship, highs and lows, and I am very grateful for the support that he gave each and every one of them.' Subsequently Sullivan was able to spend more time on a fitness program developed by the head of the strength and conditioning program, Gil Barnitt, to ensure that there would be no recurrence of the problem. The combined efforts of everyone involved, most of all Sullivan himself, led to him being ranked as one of the best sprinters in the world during 2007 and then setting new world 50 metre and 100 metre freestyle records during 2008.

WAIS has been a fertile area for developments in swimming performance analysis. Recently, former WAIS swimmer and PhD exercise science/engineering student at UWA, Matt Keys, and WAIS biomechanist Dr Andrew Lyttle have used computational fluid dynamics to determine the effect of changes in swimming technique and joint flexibility in reducing drag forces. Their work is based on the premise that it is a more effective strategy to change technique to reduce drag forces than increase the capacity to exert force. The strong connections between WAIS and UWA are highlighted here, with these advances following some of the earlier applied research which used towing devices for calculating drag forces in swimmers and instrumented starting blocks and turning boards for analysing their starts and turns.

Communication between the scientist and the coach is essential in ensuring that their findings are put into practice. Coach Stoelwinder acknowledges the patience of scientist Lyttle in this respect. 'At times Andrew and I had language barriers but he always took the time to translate his knowledge into terms that coaches and swimmers understand.'

Athlete services manager Marty Fitzsimons, himself a UWA graduate, highly values the links between the two institutions. 'There has always been a close connection between WAIS and



ABOVE WAIS biomechanics staff are considered world leaders in the field of computational fluid dynamics research.

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JULIAN PEARCE

'Winning performance is about being able to execute ordinary skills extraordinarily well under extreme and sometimes unfair duress.'
— Julian Pearce

Julian Pearce is the youngest of five brothers who migrated to Australia from India and represented the country in hockey. The Pearce family settled in Perth in 1947 when Julian was just ten years old. He had already learned the basic skills of the game and had developed an appetite for it which flourished even further in a state where there was a strong hockey presence. Having four older brothers also gave him regular opportunities to practise the skills of the game in a competitive family setting, which fast-tracked his development.

By the time he was a teenager and attending Christian Brothers College in Perth he had become one of the best young players in Western Australia and was appointed captain of the 1958 state colts team. In the same year he graduated to the state senior team which comprised all five of the famous Pearce brothers (Cec, Mel, Eric, Gordon and Julian) and won the national championship.

His first taste of international hockey came at the 1960 Olympic Games in Rome where the Australian team finished sixth. He followed this in 1962 when he represented the country in a ten-nation tournament in India, which was the forerunner of today's World Cup. He then joined brother Eric in the team that won a bronze medal at the 1964 Tokyo Olympic Games and shared in a silver medal success at the 1968 Mexico City Games with Eric and Gordon.

Julian was one of the finest defenders in the game. He was tall, well built and skilful, and was well known for his fearless play and the manner in which he set up attacks downfield. He played 45 international and 60 interstate matches between 1960 and 1970 before retiring from this level and continuing his playing career for the Trinity Club in Perth. After six years of club hockey, he retired from the game, but returned four years later to coach during the 1980s and 90s. His work with the senior team helped Trinity regain A-grade status in the mid-80s; he then turned his attention to coaching its junior teams during the 90s.

Upon gaining a diploma in structural engineering at the Perth Technical College, he worked as a draughtsman in the Main Roads Department for many years. He was inducted into the Western Australian Hall of Champions in 1987, the Sport Australia Hall of Fame in 1999 and became an inaugural member of the Hockey Australia Hall of Fame in 2008.



ABOVE WAIS sports science staff have played important roles in research studies undertaken by the Perth-based AIS national hockey program.

RIGHT Sports scientists from different disciplines are encouraged to work together at WAIS to develop new knowledge.

UWA. Our involvement with PhD research students enables us to target areas where we need new knowledge. This helps improve our understanding of performance limitations and identifies more precisely the areas where our coaches should be concentrating in trying to make a difference. The planned physical proximity of the two organisations in the future offers some very exciting possibilities.'

Several innovations in the biomechanics and performance analysis areas have been developed by WAIS, some in conjunction with other organisations. These include:

- In-house development of on-water biomechanical analysis systems in rowing and kayaking.
- Design and implementation of immediate video feedback systems for use in gymnastics, pole vault, swimming and strength and conditioning programs.
- Assessment of the validity of inertial sensor suits for motion analysis (in conjunction with several other institutes and universities).

In the sport physiology area several research projects were conducted in field hockey during the late 1990s under the

direction of Steve Lawrence. One involved trialling a more comfortable body suit for women players to wear during matches. Tests conducted in a hot climate chamber showed that the suit had no negative effects on their ability to regulate their body temperatures. Hence the playing uniform was changed and used during their successful campaign at the Atlanta Olympic Games.

WAIS sport science staff have contributed to international forums and exchanges in the field and strong connections have been established with Malaysia, India, USA, South Africa, China, Singapore, Spain and Greece. They have also been active participants in national seminars and workshops, most recently hosting one on the best use of GPS technology in team sports, particularly with the national hockey teams.

During the last few years, several members of the sport science staff have had their services contracted or have moved on to national and international organisations involved in high performance sport, including professional football clubs in Western Australia such as the Fremantle Dockers and the Western Force, reflecting the standing that WAIS has established in the high performance sport industry.





LEFT Eamon Sullivan broke the world record for the 100 metre freestyle twice during the 2008 Olympic Games.

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**EAMON
SULLIVAN**

Since becoming the Australian age-group swimming champion in the 50 metre freestyle in 2002, Eamon Sullivan has progressed to be one of the fastest swimmers in the world. He has held the world 50 and 100 metre freestyle records and is the only Western Australian swimmer to have achieved this distinction in any stroke.

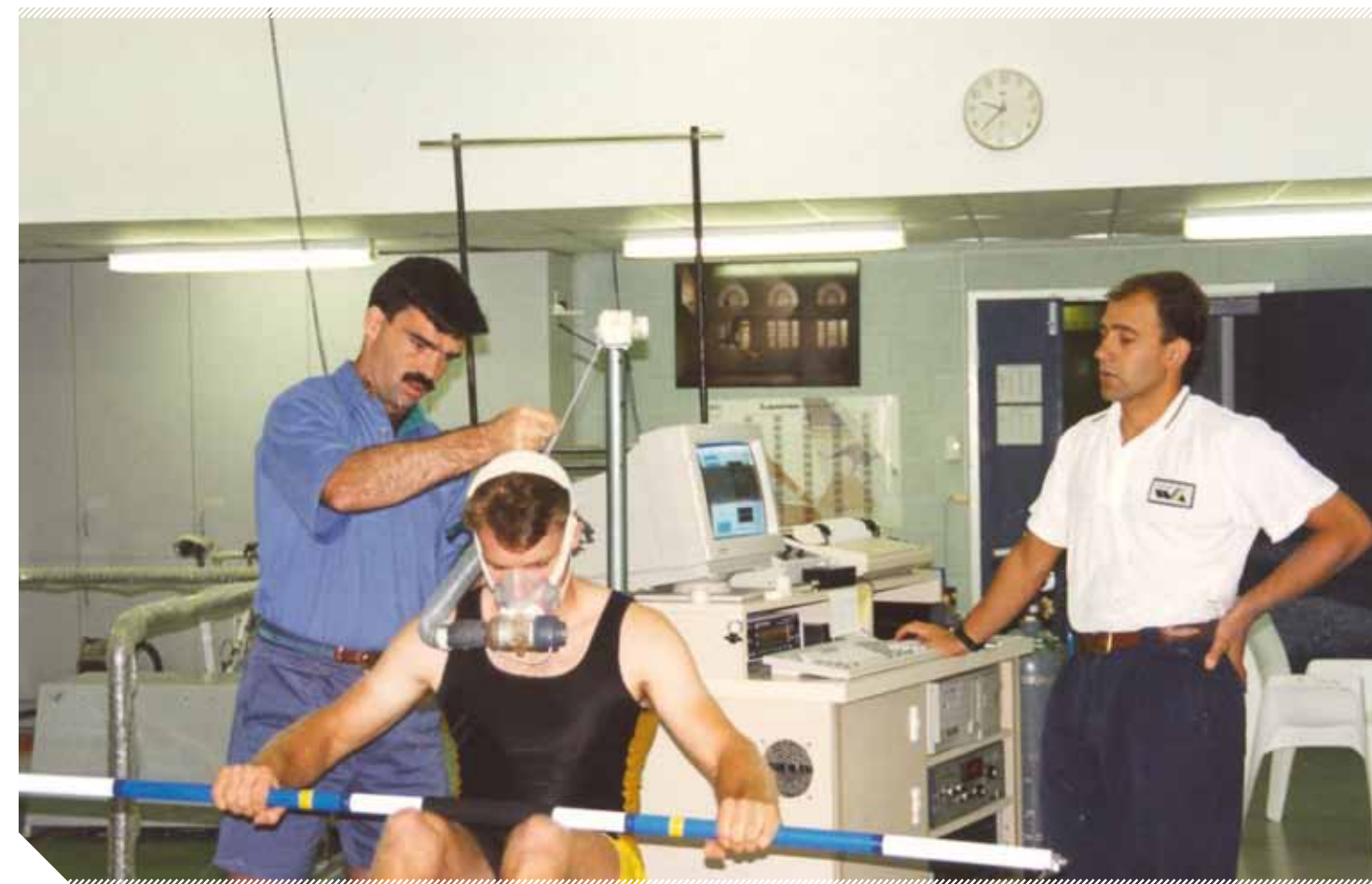
Eamon grew up in Subiaco and attended John XXIII school in Mt Claremont. He suffered from asthma as a child and joined the Uniswim program at the University of Western Australia. He excelled in hockey but swimming took over as his preferred sport when he became a teenager. The proximity of his school to Challenge Stadium allowed him to juggle swimming training and studies. After graduating from high school in 2002, he enrolled in sport science at Edith Cowan University and is completing a degree part-time.

As a nineteen year old he was the youngest male in the Australian swimming team (in the 4 x 100 metre freestyle relay) at the 2004 Olympic Games in Athens. The next year he won his first national title in the 100 metre freestyle. At the 2006 Commonwealth Games Eamon was a member of the winning 4 x 100 metre medley relay team, a feat he repeated at the world championships held in Melbourne a year later. He also won a bronze medal in the 100 metre event at these championships, as well as other international events during this period. These performances won him the 2006–07 WAIS Athlete of the Year Award.

Throughout this period he was dealing with recurring hip and shoulder injuries which he overcame in time to make a significant statement on the world swimming stage in 2008. First, he set a world record in the 50 metre freestyle at the 2008 New South Wales Open, which he broke at the Olympic Games selection trials. At the Beijing Olympics his record-breaking spree continued. He set a world record in the 100 metre freestyle in the first leg of the 4 x 100 metre freestyle relay in which Australia won bronze, and then broke that in the semi-final of the individual 100 metres before being beaten by a narrow margin in the final. He also won a silver medal in the 4 x 100 metre medley relay in Beijing. He has now moved to Sydney to remain with his long-time coach, Grant Stoelwinder.

'Eamon has a unique ability to read his body accurately and manage himself in training and competition. He pays close attention to every detail in his preparation and is very cool under pressure in race situations.'

— Grant Stoelwinder, coach



ABOVE WAIS has been considered a national leader in sports science since its inception in 1984.

LEFT WAIS sports science staff work in collaboration across disciplines to deliver the best outcomes for athletes.

BEING FIT AND HEALTHY

CHAPTER NINE

THE CLOSE WORKING RELATIONSHIP BETWEEN SERVICE PROVIDERS AND COACHES HAS FACILITATED BETTER HEALTH OUTCOMES FOR WAIS ATHLETES.



ABOVE Fit and healthy athletes inevitably perform better when it counts.

Injury and illness can prevent athletes reaching their full potential in sport. While some are unavoidable, their impact on the athlete can be reduced if medical screening, injury and illness prevention and management programs are in place. These require close links between physicians, physiotherapists and massage therapists, strength and conditioning staff, nutritionists and the head coaches of each sports program. The underlying philosophy of WAIS is that all options must be explored in the best interests of improving the functionality of the athlete.

The coordinator of medical services, Dr Carmel Goodman, encounters a number of medical conditions among the athletes in WAIS programs. The most common include musculoskeletal injuries, particularly stress fractures, as well as eating disorders, viral illness and chronic fatigue. She commends the close working relationship between medical staff and coaches at WAIS which has facilitated better health outcomes for the athletes. 'Our coaches are now much better at identifying injury and illness problems at an early stage and seeking medical

support, thereby playing an active role in their prevention and management.'

An excellent example is that of sailor Elise Rechichi who ingested some contaminated water while competing in China and contracted a viral illness. The problem was extremely difficult to diagnose and therefore treat. As Dr Goodman says, 'Elise had to significantly reduce her training load, increase her 'down time' and withdraw from several regattas while undertaking complex antibiotic treatment in order to regain her health. Her coaches, Victor Kovalenko and Belinda Stowell, did a great job in helping her manage the changes to her program.'

When an athlete sustains a soft tissue injury, the recovery process requires regular communication and collaboration between the medical, physiotherapy, soft tissue therapy and strength and conditioning staff involved. This ensures that progress is closely monitored and the rate of return to sport is optimised.



LEFT WAIS strength and conditioning staff play a crucial role in keeping athletes fit and healthy.

RIGHT Elise Rechichi (left) and Tessa Parkinson celebrate their gold medal in Beijing.

NEXT PAGE Athletes must take responsibility for their own health and wellbeing.

The principles and practices of good nutrition must be clearly understood by the athletes and coaches. Diet plays a role in providing the energy resources required for training and competition, but it is also an important factor in healthy growth, particularly among younger athletes. Short courses that cover the principles and processes involved in ensuring that high performance athletes are eating the right foods are valuable in this regard.

An area of great concern is weight management. The need to closely control body weight is an issue in rowing, weightlifting and the combative sports where weight categories exist. There are also sports such as gymnastics and distance running where excess body weight detracts from performance and increases the potential for injury. Again, education programs are necessary to ensure that the athlete follows safe and effective weight management procedures.

WAIS athletes receive up to date nutritional information through individual consultations involving dietary analyses and recommendations, and by attending educational forums on specific topics. Often parents are involved, particularly in the case of young athletes such as gymnasts who are in hard training during a period of rapid growth and need to have their diet closely monitored.

The strength and conditioning gymnasium at WAIS has a full range of equipment to meet the needs of athletes from a variety

of sports. It is mainly equipped with free weights. Two lifting platforms allow the weights to be dropped during technical and power oriented exercises. Machine weights have been modified to suit the wide range of athletes who use the facilities. This includes adding extra weight stacks and increasing the range of motion, which requires extra safety features to be incorporated into the equipment. There is also floor space for flexibility, core body strength and postural exercises not requiring weights. The staff prescribe exercises which have maximum transfer to the skills of the sport. They also adopt an individualised approach to ensure that the athlete's program is meeting their specific needs. Again, close collaboration between the sports medicine and strength and conditioning staff has enabled a team approach in designing these programs.

Head strength and conditioning coach Gil Barnitt and his staff have developed specific programs for different sports and individual athletes. 'Our job is to ensure that athletes train with the exercise and movement patterns critical for effective technique in their sport. We also have to develop in them a capacity and robustness which enables them to tolerate heavy sport-specific training loads.'

This was the approach taken with world champion sprint swimmer Eamon Sullivan during his recovery from recurring hip and shoulder injuries. Regular communication between his coach, the medical staff and the strength and conditioning team was essential in this process.

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ELISE RECHICHI and TESSA PARKINSON *waiss*



'We get on very well with each other but, most importantly, we make a great team and that is what really counts.'
— Elise Rechichi and Tessa Parkinson

Olympic sailing champions Elise Rechichi and Tessa Parkinson personify the meaning of the word 'team'. They think and act as one. This has brought them great international success since they joined forces in 2004 and went on to win the ultimate prize in their sport at the 2008 Beijing Olympic Games.

Their first victories came in 2004 in the 420 class at the ISAF world youth championship in Poland, the world open championship in Victoria and the world junior championship in the 470 class in Italy. Their progress to the Beijing Olympics was seriously disrupted in 2006 when Elise swallowed contaminated water on the Olympic sailing course in Qingdao and took ten months to recover from a viral illness when she lost ten kilos from her 50 kg body. However, the pair demonstrated the resilience of champion athletes by putting the setback behind them as they sailed to Olympic gold.

Elise was born in 1986 and started sailing as a seven year old at the Royal Perth Yacht Club and was competing one year later. She attended Nedlands and Cottesloe primary schools and Methodist Ladies College and is presently completing the requirements to attain a commercial airline pilot's licence. Her first major success in sailing was with Rayshele Martin in the 420 class at the world ISAF youth championships in Portugal in 2003.

Tessa was also born in 1986 and was sailing at the Fremantle Sailing Club as an eight year old and competing by the time she was eleven. She attended Penrhos College in South Perth and is presently enrolled in a physiotherapy degree at the University of Notre Dame Australia, in Fremantle. She teamed up with Elise three months before the 2004 world championships.

Skipper Elise and crew member Tessa share a similar mindset and operate as a tight unit. They won the 2008 Yachting Australia Female Sailor of the Year Award, were joint winners of the 2007-08 WAIS Athlete of the Year with Olympic pole vault champion Steve Hooker and each received an OAM for services to their sport in 2009.

They love their sport and greatly appreciate the assistance they receive from their coaches, Belinda Stowell and Victor Kovalenko, and place a high value on their education and careers for maintaining a balanced perspective on sport and life. They are both still young and intend to remain in their sport as long as they enjoy sailing and competing.



Coach Grant Stoelwinder acknowledges the role of strength and conditioning in swimmer performance. 'This department forms the backbone of my swimmers. Gil's ideas and style of coaching were fresh and really helped me. I was able to apply his thoughts to my pool coaching with huge success.'

The specialised training programs conducted in the gymnasium are also prescribed for the purposes of injury prevention and rehabilitation. They are closely supervised by the staff who monitor their effectiveness with regular assessment of muscular strength and power. This process is aided by computer feedback technology designed by WAIS. Additional feedback is provided

by video filming of athletes during training to evaluate their technique and to ensure that their movement patterns are smooth and efficient and not injurious. This is motivating for the athletes and allows the coach to closely monitor the effectiveness of the training program.

Keeping athletes healthy and fit for their specific sport, particularly during intensive training blocks and in contact sports, is a constant challenge. It is closely related to the performance of an individual athlete or a team and the record of achievements of a multi-sport organisation such as WAIS.

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GRAHAM MCKENZIE

Fast bowler Graham McKenzie was Western Australia's first regular representative in Test cricket. His international career began when he was chosen to tour England as a nineteen year old with Richie Benaud's 1961 team. In his debut Test at Lord's he celebrated his twentieth birthday by taking five wickets in the second innings and playing a key role as a bowler and batsman in Australia winning the match.

He was nicknamed 'Garth' after the tall, powerfully-built cartoon character and rapidly became one of the best fast bowlers in the world in the 1960s. He had a relatively short and relaxed approach to the wicket before generating great speed from a magnificent explosive side-on delivery action. His accuracy combined with an ability to swing the ball, cut it off the wicket and change pace had batsmen constantly under pressure. He was a formidable opponent.

Graham grew up in North Cottesloe and attended Swanbourne primary and Claremont and John Curtin high schools where he showed exceptional sporting talent, particularly as a cricket all-rounder and hockey player. He later obtained teaching qualifications in physical education at the Claremont Teachers College.

He was a quietly determined young man who, during his illustrious career, displayed courage, perseverance and stamina in bowling long spells against the best batsmen in the world. In his prime, he carried the Australian attack and often bowled as many overs in a Test match as any of the spin bowlers. For much of his Test career he never bowled in partnership with someone of genuine pace and hostility. As a result, he became the team's workhorse and fatigue and back soreness were his constant companions.

During his career Graham took 246 wickets in 60 Test matches. This included five wickets in an innings sixteen times and ten wickets in a match three times. His best figures were 8-71 against the West Indies in 1968-69 and he reached 100 Test wickets in the shortest time of any Australian bowler. After his international career ended in 1972 he continued to play first-class cricket for Western Australia and Leicestershire, in the English county championship. He also spent several years in South Africa, where he obtained certification and developed a career in financial planning before returning to live in Western Australia.

He was always highly regarded by team-mates and opposition players alike, not only as a superb bowler and a great competitor, but as a true sportsman. He was inducted into the Western Australian Hall of Champions as a foundation member in 1985 and the Cricket Australia Hall of Fame in 2010.

'I naturally loved the game and was fortunate to have had some great mentors, both in my family and in cricket, to guide me along the way. When I was growing up I learned a lot from participating in a wide range of different sports.' — Graham McKenzie

BALANCING SPORT AND LIFE

CHAPTER TEN

ACHIEVING SUCCESS IN SPORT AND LIFE REQUIRES ATHLETES TO HAVE CLEAR GOALS, TO ESTABLISH PRIORITIES AND BE WELL ORGANISED.

The philosophy of WAIS has always been to encourage its athletes to develop their life skills and careers beyond sport. There are several good reasons for adopting this approach.

First, activities of the mind and the body complement each other. Long hours spent in any single activity, sporting or otherwise, create fatigue and inefficiency and ultimately stifle performance. Athletes involved in arduous physical training need time to recuperate and engage in matters of the mind.

Second, making progress in other areas of life is in itself fulfilling and allows athletes to place less reliance on sport to maintain their self esteem and self worth, both during a career and when it is over. It also widens their perspective on life.

Third, time must be allocated to develop and enjoy personal and family relationships and participate in recreation activities. No athlete should feel compelled to live in a sporting bubble.

Fourth, time spent on the development of an alternative career provides some insurance for the future. This is essential not only for young athletes who set their sights on a professional sporting career and then fall short of their goals, but for any athlete following their retirement from sport.

Athletes can feel a loss of identity, sense of belonging and status after departing from the adrenaline-charged environment of competitive sport with its accompanying media attention. WAIS career and education coordinator Heather McGregor-Bayne places a high priority on assisting athletes to make a smooth transition into other areas of their lives. 'As our longer-standing athletes approach retirement, we try to facilitate the transition process by assisting them in different ways, with enrolment in a chosen course or by targeting work experiences which enable them to build industry networks.'

Just as athletes need to carefully choose their sport they must also choose a career path which suits their individual skills and interests. Preparation for sport requires an individual training prescription, and so does preparation for life. There are differences in the circumstances of each athlete, in their age and educational background, the support available to them, their access to training facilities and their competition schedule. Each of these factors impinges on their opportunities to participate in education and career development programs.

Adopting a balanced approach to sport and life requires the athlete to be well organised, have clear and achievable goals and possess good time management skills. The personal attributes associated with success in sport — commitment, discipline, perseverance, self determination and self belief — are readily transferable to other pursuits in life.

WAIS athletes have obtained qualifications in a wide range of professions and trades while concurrently participating in their sport and have then gone on to establish significant careers. There is no better example of diversity of career interests than in the men's hockey program.

Kookaburras full back Aaron Hopkins graduated in commerce from UWA and is currently completing a graduate diploma in finance from Kaplan Higher Education. After working at Coca Cola Amatil in Perth, he went on to play hockey in the Netherlands. His teammate, Athens Olympic gold medallist Bevan George, finished an apprenticeship as a sheet metal fabricator and worked at CPE Switchboards until he retired from his sport after the Beijing Games. He now works on the family wheat and sheep farm at Cuballing. A former member of the WAIS hockey squad, Michael Boyce, is a graduate in commerce/law and works for the Freehills legal firm. Current player Jonathon Charlesworth is completing his final year in medicine at UWA.

Swimming is a sport that is well known for its early morning and late afternoon training times which can total up to twenty-five hours a week. However, there are many swimmers who have combined swimming with study or work responsibilities. Jennifer Reilly completed an Education degree at Curtin University and has become involved in promotional work and relief teaching in schools. Adam Lucas is a graduate in commerce and now works for Fortescue Metals. Jonathon Van Hazel, an honours graduate in environmental engineering and commerce, worked as an oceanographer at Metocean Engineers but is now a stockbroker for Euroz Securities, and Todd Pearson, who completed a commerce degree majoring in accounting, is now the managing director of Statewide Oil Distributors.

In the wider area of health services, there are WAIS athletes who are students or graduates in dental therapy (Glencora Ralph, water polo), nursing (Natalie Bale, rowing), pharmacy (Oliver Dziubak, athletics; Susan Fuhrmann, netball) and physiotherapy and occupational health and safety (Lisa Russ [Oldenhof]),

RICHARD CHARLESWORTH

Ric Charlesworth's contribution to Australian hockey, as a player and a coach, has been enormous. Between 1972 and 1988 he played 227 games for his country, more than half as captain, and was widely regarded as the best inside forward in the game. His speed, agility and stick skills befuddled many opposition defenders and saw him score more than 90 goals in international matches. His standing as one of Australia's foremost athletes was recognised when he carried the nation's flag at the opening ceremony of the 1988 Olympic Games in Seoul.

While a student at Christ Church Grammar School he showed exceptional sporting talent that saw him progress rapidly through state junior ranks in cricket and hockey. His capacity for leadership was recognised early when he was made captain of the state under 19 cricket team before graduating to the senior side as an opening batsman. He played in forty-seven first-class cricket matches, four as captain, and was a member of three Western Australian teams that won the interstate Sheffield Shield competition in the 1970s.

However, it was in hockey that Ric made his biggest mark. He represented Australia in four Olympic Games between 1972 and 1988 and was a member of the team that won a silver medal in Montreal in 1976. He was an integral part of the national team that won the Champions Trophy in 1983 and 1985. His career highlight came in 1986 when Australia won the World Cup in London. He was the leading goal scorer, best player in the tournament and selected in the World XI for the fifth time.

In 1993 he became coach of the Australian women's hockey team, the Hockeyroos, and his great success as a player continued as a coach. The team won the gold medal at the 1996 and 2000 Olympic Games in Atlanta and Sydney and at the 1998 Commonwealth Games in Kuala Lumpur. His tenure as coach also included victories in two World Cups (1994, 1998) and four Champions Trophies (1993, 1995, 1997, 1999). In 2008 he was appointed head coach of the Australian men's hockey team, the Kookaburras.

Ric completed a degree in medicine at the University of Western Australia and was a federal member of parliament from 1983 to 1993. He was made a Member of the Order of Australia (AM) in 1987, the same year he was inducted into the Sport Australia Hall of Fame. He was inducted into the Western Australian Hall of Champions in 1995 and was an inaugural inductee into the Australian Hockey Hall of Fame in 2008.



'The best in sport have skill, physical gifts, tactical awareness and great determination to overcome disappointments. However, it is their keenness for the contest and, from my experience, a certain obsessiveness and love of the activity itself that is essential to be outstanding.'
— Ric Charlesworth



FAR LEFT Ric Charlesworth was known for his determination and skill on the hockey field.

LEFT Netballer Susan Fuhrmann successfully combines her sporting commitments with WAIS, the West Coast Fever and the Australian team with studies in pharmacy at Curtin University.

Paralympic wheelchair basketball champion Justin Eveson also has a human movement/sport science degree and is the membership and participation officer at Wheelchair Sports WA. Another Paralympian, sailing silver medallist at the Beijing Games, Rachel Cox, majored in psychology at UWA and is on the staff of the WA Disability Services Commission.

A number of other athletes, including BMX cyclist Tanya Bailey, decathlete Kyle Rasti and baseballer Daniel Schmidt, have completed certificate courses in sport development and health and fitness at various TAFE colleges.

canoeing). Rachel Harris (swimming) and Michelle Telfer (gymnastics) both have medical degrees and are now doctors at Royal Perth and Royal Children's Hospital in Melbourne, respectively. Another gymnast, Jenny Smith, completed qualifications in health promotion and public health at Curtin University and is now in the final year of her PhD studies in pediatrics and child health at UWA.

Several female athletes have completed university physical education and sport science degrees while still involved in training and international competition. These include Kylie Wheeler (track and field athletics), Rechelle Hawkes (hockey), Gemma Hadley (water polo) and Kate Beveridge (netball). Rechelle Hawkes also completed a graduate diploma in marketing and is presently working in the corporate relations area for Members Equity Bank; Kylie Wheeler is a development officer with Athletics Western Australia; Gemma Hadley is a physical education teacher at Balga Senior High School; and Kate Beveridge has moved to South Australia to play with the Adelaide Thunderbirds in the ANZ championship netball league competition.

In the media studies area, triple world rowing champion Amber Bradley has an arts degree from Deakin University and is a cadet journalist with the *Albany Advertiser*, while high jumper Ellen Pettit, who completed a public relations/journalism degree at Murdoch University, is now studying for a masters degree in accounting at Curtin University.

Athletes who have established careers in commerce and business include canoeist and UWA graduate Brendan Sarson who is the company accountant for Baileys Marine Fuels, and baseballer Ben Rowe who obtained a business administration degree from Oregon State University and works at Pricewaterhouse Coopers in Perth. Olympic pole vault champion Steve Hooker is undertaking a degree in business (property) at RMIT University in Melbourne.

Athens Olympian rower David Dennis completed honours degrees in science and mechanical engineering at UWA and is now working for British Aerospace. Canoeist Lee Davey is an honours graduate in science majoring in geophysics and is presently employed by Western Geco as a seismic engineer.

Cyclist Sophie Cape earned honours in design and visual communications from the University of Technology in Sydney and is a freelance graphic designer and canoeist Rachel Simper completed an arts/design degree at Curtin University and is now working with a communications company on the Gold Coast in Queensland.

Several younger athletes, such as gymnasts Daria Joura, Lauren Mitchell and Olivia Vivian, have progressed through high school while engaged in regular national and international competition. It speaks volumes for their capacity to be organised and focused in a way that allows them to meet the stringent demands of their sport while also preparing themselves for life afterwards.

Other WAIS athletes have concentrated more on their sport but, along the way, have taken short courses on skills such as cooking, managing money, managing tertiary studies and handling the media. Several have also developed their communication and presentation skills by becoming involved in the WAIS tours program for primary and secondary school students and joining various sporting groups. Many of these athletes have completed formal qualifications following their retirement.

The staff in the Athlete Career and Education (ACE) program at WAIS provide athletes with individual assessments, career counselling and education guidance, transition support, job search skills and life skill development. Life skill development includes workshops on topics such as time management, goal setting, study skills, relationships and financial planning.

One of the main tasks of the ACE advisor is to educate coaches and other service providers about the commitments associated with athletes also being students, and to request their flexibility and support when conflicts inevitably occur. By the same token the ACE advisor must be aware of the intensity of the training and competition block in which the athlete is engaged and be able to assess its impact on the time available for personal or career development programs.

Flexibility in both the education and the sport system has been helpful in allowing athletes to progress the development of their careers beyond sport. Churchlands Secondary School, Iona Presentation College and four Western Australian universities (UWA, Edith Cowan, Murdoch and Curtin) are members of the 'Elite Athlete Friendly University' or EAFU network. They have provided much-needed flexibility with examination schedules and assignment submission dates when athletes are involved in international competition.

A partnership with Kaplan Higher Education has made it possible for athletes to receive scholarships to undertake one of its finance courses. Others have received assistance from the WA Olympic Council to undertake transition training and work experience in building key networks in the corporate sector. Participation in short courses, open learning and distance education also offers viable options for the high performance athlete.

Program coordinator Heather McGregor-Bayne is pleased with the diversity of support that its athletes receive through ACE. 'Our close ties with peak sporting bodies, educational institutions and providers and the corporate sector has enabled our athletes to receive some excellent post-sport development opportunities. It means that WAIS is meeting its charter in assisting athletes to achieve excellence, not only in their sport, but also in other areas of their lives.'

This was clearly shown in the results of a survey conducted on WAIS athletes during the lead-up to the 2004 Athens Olympics. While training on average between twenty and twenty-five hours a week, 42 per cent were involved in study, 66 per cent in some form of employment and 17 per cent were active job seekers. When asked to rate their highest priority, 52 per cent indicated their role in their family. It shows that many athletes have established their priorities and are on track to succeed both in sport and life.

25
BEST
EVER

THE WESTERN AUSTRALIAN HALL OF CHAMPIONS

DAMIEN OLIVER

'Above all, you must enjoy what you are doing. This sustains the drive, ambition and hard work necessary to succeed. Also, you must never stop learning from others, both from within and outside your sport.'
— Damien Oliver



One of the most poignant moments in Australian sport came just after the Irish horse Media Puzzle crossed the line to win the 2002 Melbourne Cup. His rider, champion jockey Damien Oliver, waved his arm towards the heavens to dedicate the victory to his brother Jason, who had died in a horse racing accident in Perth the previous week.

Damien's outstanding record of riding winners, particularly at major meetings, entices many racegoers to support the horse that 'Ollie' rides. He has won the coveted Melbourne Cup twice, the Caulfield Cup four times and the Cox Plate twice. In 2007 he completed the grand slam of Australian racing by riding the winner of the Golden Slipper Stakes, the richest race for two year olds in the world. After winning the 2008 Sydney Cup, he had won the major cup in every capital city in Australia.

However, life in the saddle hasn't always been easy for Damien. He was born in Perth and comes from a racing family that has had more than its share of tragedy on the race track. As well as his brother Jason, his father Ray was killed in a race fall in Kalgoorlie in 1975 when Damien was three years old.

Damien suffered serious back injuries in a fall at a night meeting at Victoria's Moonee Valley course in 2005, requiring steel rods to be inserted into his spine to fuse fractured upper vertebral bones. However, he has always enjoyed a challenge and, through dedication and hard work, he returned to race riding the next year.

Damien attended Byford primary and Armadale high schools before riding his first winner as a sixteen-year-old apprentice in Bunbury in 1988. He has now been first across the line more than 1700 times, including 80 Group races. Not only successful in Australia, he has won races in Hong Kong, Japan, England, Ireland, Mauritius, Singapore and New Zealand. His experience and approachable personality have made him a great role model and mentor for many young riders in Australia.

Damien is a winner of the Scobie Breasley Medal for the best jockey in Australia six times between 1996 and 2008, and his achievements on the racetrack saw him inducted into the Australian Racing Hall of Fame in 2008, the youngest of twenty-five jockeys to have achieved this honour since inception.

Through the Oliver Foundation he is an active supporter of racing families who have fallen on hardship. He is the patron of Spinal Cure Australia and the No. 1 ticket-holder for the West Coast Eagles in Melbourne.

GIVING SOMETHING BACK

CHAPTER ELEVEN

THE PARTICIPATION OF WAIS ATHLETES IN COMMUNITY ACTIVITIES HAS A POSITIVE INFLUENCE BOTH ON THEM AND THE COMMUNITY.

WAIS has always actively encouraged its staff and athletes to give something back to the community. It does this by arranging visits to schools, clubs and organisations, by hosting tours of their training facilities, by becoming involved in special events and fundraising activities, and through appearances and presentations at functions and conferences, particularly in association with Sport and Recreation WA and with some of its sponsors.

The program has several valuable benefits. High profile athletes are capable of conveying a powerful and persuasive message, particularly to school children. This can have a positive influence on community participation in sport and physical activity.

The involvement of WAIS athletes in these community-based programs also reflects well on the institute. Athletes can play a significant role in public fundraising activities as well as assist in maintaining positive relationships with specific sponsors. This can enhance the community profile of both the sponsor and WAIS, provide the sponsor's staff with some insights into what it takes to succeed in sport, and simply share the sport experience throughout the wider community.

The experience benefits the athletes who become involved. They become better known in the community and at the same time develop valuable public speaking and media presentation skills, providing them with long-term benefits in other areas of life. The development of these skills is facilitated by a team effort between career and education and public relations staff and the head coaches or program coordinators.

WAIS has excellent connections with the media. In its early days it was sponsored by Channel Seven and it now has strong links with the newspapers, and radio and television stations in Perth. Much of this was originally engineered by Wally Foreman, with his extensive media background and contacts, but it has continued with the present very proactive public relations team.

The WAIS Tours program provides an insider's look at the life of an elite athlete. More than 500 children from schools and

junior sporting clubs visit the institute annually. Their tour guides have included Olympic swimmers Adam Lucas and Eamon Sullivan, canoeist Jesse Phillips and rower Sally Robbins. When Adam Lucas hosted a Year Five class from the Mandurah Catholic College, their teacher sent a note back to WAIS saying, 'Adam was fantastic. The children were engrossed in what he was saying. They said it was the best excursion they have ever been on. Adam now has thirty-two more huge fans.'

Jesse Phillips is an elite canoeist and an actor, and works as a sport development officer for Canoeing WA. He is another favourite with the students, as he has a great ability to interact positively with them. He is also involved with Sport Challenge Australia in a program conducted in remote areas of the state, which encourages children and adolescents to reach their potential. 'Being involved in this program has made me understand the significant role that each and every one of us can play in making a difference.'

Public relations manager Simon Moore-Crouch has a very positive view of the value of WAIS athletes becoming involved in community programs. 'It is amazing how many of our athletes can remember when they were kids and had Olympians or players from the West Coast Eagles or Perth Wildcats visit their school. The impact on them is something they can still recall as if it was yesterday. It gives them a clear perspective on things and the vast majority are always quick to put their hand up to pay it back themselves, by visiting a school or junior sports club to inspire the next generation to achieve great things. The way a room full of ten year olds just lights up when a couple of athletes walk in never fails to bring a smile to my face.'

The WAIS Athlete Ambassadors program has also been in high demand and athletes have made appearances at fundraising events such as Telethon, corporate golf days, football club functions, junior sports awards and promotional and advertising campaigns.

The WAIS Community Development program was developed to promote the key health messages associated with physical activity and nutrition. It is sponsored by Healthway and involves

RIGHT Bridgette Gusterson was a key player in Australia's historic women's water polo gold medal in Sydney.

WAIS athletes visiting schools to convey the 'Go for 2 and 5' message among children, encouraging them through physical activities and games to include two fruits and five vegetables in their diet.

The Active After School Community program, funded by the Australian Sports Commission, has also benefited from the contribution of WAIS athletes in encouraging children to lead active and healthy lives.

Several WAIS athletes have written 'blogs' on the WAIS website, describing some of the experiences of their journey

in high performance sport. These include gymnasts Olivia Vivian and Daria Joura, rower Amber Bradley, cyclist Travis Meyer and hockey player Aaron Hopkins. Daria Joura's blog became a regular column for Perth Now in the *Sunday Times* newspaper.

In short, the WAIS brand is being used to encourage young people to participate in sport and physical activity with the goal of building a fitter and healthier community. In the process, its athletes are getting the opportunity to develop their communication and presentation skills which serves them well in other areas of their lives.

25
BEST
EVER

THE WESTERN AUSTRALIAN HALL OF CHAMPIONS

GRAHAM MOSS

'When I was growing up I developed a great love of football, idolised a number of outstanding players and modelled my game on that of 'Polly' Farmer. Most of all, I hated losing and would work to exhaustion in matches to ensure that this did not happen.' — Graham Moss

During the 1970s, Graham Moss was considered to be the finest ruckman in Australia. In 1976, as captain of Essendon, he became the first West Australian player to win the coveted Brownlow Medal as the best and fairest player in the Victorian Football League. He had been runner-up for the award in his first season with the club in 1973 and finished third in 1975. He was admired for being a great high mark, an excellent long kick, a superb handballer and for rarely being beaten in ruck contests. Consistency was the trademark of his game.

Graham made his league debut as an eighteen year old with Claremont in 1969 and was immediately recognised as an outstanding talent and pursued vigorously by Essendon for several years, until he finally joined the club in 1973. When his career with Essendon was cut short with a knee injury, he returned to Claremont in 1977 as captain-coach. He continued to play until 1983 and remained as the club's coach until 1986. He played 343 senior games, 254 with Claremont and 89 with Essendon, and represented Western Australia 20 times.

One of the highlights of an outstanding career was playing for Western Australia in a resounding state of origin victory against Victoria at Subiaco Oval in 1977. Another was taking Claremont from last on the league ladder in 1975 to win a premiership in 1981, its first for seventeen years. The team was runner-up in the next two seasons and during this era of success Graham led the way magnificently by example, winning the fairest and best award four times.

Graham grew up in the western suburbs of Perth and attended Dalkeith primary and Hollywood high schools where he showed outstanding talent as a footballer. After his playing and coaching career, he became general manager of the West Coast Eagles Football Club and then spent 18 years as the chief executive officer of the WA Sports Centre Trust, followed by a similar position at the Tourism Council of Western Australia.

During his professional career Graham has made a contribution to many sports as a member of the WA Olympic Council Appeal Committee and as past president of the Carbine Club, which provides an international scholarship fund for WAIS athletes who are financially disadvantaged. He was inducted into the Western Australian Hall of Champions in 1992, the Australian Football Hall of Fame in 1996 and was accorded legend status of the Western Australia Football Hall of Fame in 2006.

25
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THE WESTERN AUSTRALIAN HALL OF CHAMPIONS



BRIDGETTE IRELAND (NEE GUSTERSON) *wais*

As a child, Bridgette Ireland always dreamed of going to the Olympic Games. And with the Bicton Pool close to her home, it is no surprise that she was drawn to swimming and water polo. Her older sister Danielle (Woodhouse) did the same, and together in Sydney in 2000 they made a slice of history as members of the team that won the gold medal in the first women's water polo tournament staged at the Olympic Games.

Bridgette went to Iona Presentation College in Mosman Park, where water polo has been a strong sport for many years. She was a tall and athletic girl whose skills and physique made her a standout centre-forward. Her physical attributes were matched by a fierce determination to succeed. She always wanted to be the best — but always within the boundaries of fair play.

She was coached at Bicton by four-time Olympian David Neesham and was selected in the national water polo team in 1992 while still a junior. Between then and 2000 she represented Australia in 212 international matches and scored more than 400 goals. This included winning the World Cup in Sydney in 1995. She earned a reputation as a prolific scorer and was the dominant forward in world water polo. Bridgette worked hard on her quick reflexes, shooting technique and swimming fitness which made her a danger for opposition teams not only around the goals, but when she was defending against a counter-attack.

Bridgette was the first Australian player to receive a professional contract in the tough Italian League and played with the Orrizonte club from 1995 to 1997 before becoming captain of the Australian team in 1998. A year later Australia won the silver medal in the World Cup in Canada and was successful in the Dutch Trophy and the Hungrest and Italian Cups. She was a regular winner of leading goal-scorer and player of the tournament awards. These performances won her the Western Australian Sportswoman of the Year in 1999.

Her greatest achievement undoubtedly came at the Sydney Olympic Games where she scored the winning goal in the semi-final against Russia before Australia clinched the gold medal with victory over the USA in a tough, physical battle, scoring with just over a second remaining in the match.

Bridgette retired after the Sydney Games as a twenty-seven year old, satisfied she had achieved all she had ever dreamt of as a child ... and a little more. Not only had she gone to the Olympics, she had come away a champion. She was inducted into the Western Australian Hall of Champions in 2006.

'Strive to always have clarity, both in your goals and how you will achieve them. The consequence of having a clear mind is simple. It enables the body to perform at its peak.' — Bridgette Ireland (nee Gusterson)

LOOKING TO THE FUTURE

CHAPTER TWELVE

WAIS STAFF AND ATHLETES ARE
COMMITTED TO EXCELLENCE
KNOWING THERE IS NO PLACE FOR
COMPLACENCY OR COMPROMISE.



ABOVE The WAIS facility in 2009.

While Australia certainly has an ideal climate for outdoor activities, a great passion for competition and is presently regarded as one of the world's leading sporting nations, it cannot afford to rest on its laurels. Several countries with much larger populations are now giving sport a higher priority and engaging their athletes in systematic development programs. Consequently, success on the world stage is becoming increasingly difficult.

Maintaining our world ranking will require close attention to all the factors that contribute to the process of producing champions. Some of these are within the province of WAIS and some are not, but, whatever the case, the institute needs to exert what influence it can to ensure that the progress that has been made in elite sport in Western Australia continues into the future.

While sport is presently important to the community, participation rates need to be maintained, better still,

increased. Furthermore, the most talented individuals need to be given every opportunity to succeed in the sport for which they are most suited.

The first consideration is to ensure that the size and quality of the talent pool is sufficient to continue to produce champions. This is dependent on the calibre of the physical education and sports programs being offered in schools. It is essential that fundamental movement skills are taught and a wide range of sports offered to primary school children. With a full range of options they can choose the sports for which they have the most talent and interest. Specialising at an early age on the basis of convenience and opportunity, will not always result in physically talented youngsters finding their way into the sport for which they are best suited.

The search process can be assisted during the adolescent years by talent identification programs for specific sports. The transfer of

talent between sports can often locate a young athlete in a sport which is more suitable for them. Talent identification programs have been implemented successfully at WAIS in cycling, rowing and canoeing and should be expanded to other sports.

Once talented young athletes have been identified by a particular sport they need to be fast-tracked into a challenging daily training environment and competition schedule. They must understand that this is a performance program rather than a participation one, and that it demands excellence, not mediocrity. Talent must be matched by commitment and hard work.

For the optimal development of each athlete individualised programs should build on strengths and rectify limitations. This requires an integrated athlete support network where strong connections exist between the respective service providers. This is one of the strengths of WAIS and it ensures that the combined influence of the coaching and support staff provide maximum benefits for the athlete.

It is also important that the programs offered provide athletes with a competitive edge. Everyone involved must embrace the concept of continual learning and be looking to innovative methods and technologies that will enhance performance. Again, this is an area in which WAIS has been active. Its connection with UWA has facilitated several research projects where the findings have been applied directly to elite athlete development programs. It has also developed new performance analysis technologies for use in several WAIS sports, most notably swimming, rowing and canoeing.

Cooperative relationships are essential between the various organisations that offer support for elite athletes. This includes the national and state sporting bodies as well as the institutes and academies of sport that comprise the national network. While it is important for each sport to have control over its

programs, the roles and responsibilities of an institute such as WAIS need to be clearly defined and understood within the national system.

Above all, there should be nothing in these relationships which prevents any elite athlete receiving what they need and deserve. Harmony between the organisations involved in the program and in the athlete development pathway is critical to success. The WAIS gymnastics program is an excellent example of how good cooperation with clubs can facilitate the progress of young gymnasts along existing development pathways. Compared to the eastern states, Western Australia has less than a quarter of the number of gymnasts enrolled in club programs, yet WAIS is presently providing half the national team. This underlines both the quality of the development programs in the state, and the effectiveness of the high performance pathways.

Our resurgence in international sport over the past thirty years is directly related to the financial contributions made by the federal and state governments and the corporate sector. This level of funding must continue to grow if we are to maintain our standing. We are competing against countries that provide higher levels of funding for high performance sport.

Of course, resources need to be used wisely in order to obtain the best results. That means making careful and informed decisions about the proportion of funds allocated to training facilities, personnel, service provision, national and international competition, and research and development. And about whether certain sports or sub-disciplines or specific athletes should receive priority funding, and if so, whether that funding is based on present performances or the likelihood of future success.

One factor in funds allocation is certain. WAIS can never be everything to everyone. It will always have to decide on

the funds that should be spent on preparing athletes for competition and on getting them there. International travel can consume a large proportion of program budgets and needs to be closely monitored. The training hubs being developed in Europe should help in reducing these expenses in future years.

Another challenge for WAIS is to maintain the high quality of its staff. Valuable information and skills may be lost when a head coach or sport scientist leaves, all the more if they go overseas. Therefore it is important to have a mentoring system in place which prepares others to take the reins. Good succession planning ensures a valuable return from the initial investment.

Staff should also undertake regular development programs, enabling them to stay abreast of international trends in high performance sport. The staff must share with the athletes a philosophy of continual improvement.

In the interests of maintaining community support for elite sport, the continuing battle against athletes using performance enhancing and social drugs must be fought. Exemplary behaviour, on and off the field of play, should always be expected among WAIS athletes; they are the role models for the next generation.

25
BEST
EVER

THE WESTERN AUSTRALIAN HALL OF CHAMPIONS

JOHN WINTER

'What they didn't count on was John's stoicism. Nothing would deter him and, in London, nothing did. He was the ultimate champion.'
— Charles 'Chilla' Porter,
Olympic Silver Medallist, High Jump

John Winter was the first Western Australian to win an Olympic gold medal. He is also the only Australian to be an Olympic high jump champion. He achieved these distinctions in 1948 at the London Olympic Games, where he overcame wet conditions and the noise of the crowd watching the 10,000 metre final on the surrounding track.

The high jump final was a long and drawn out affair involving twenty-six competitors, ultimately reduced to five. Using the outmoded eastern cut-off technique, John cleared 1.98 metres on his first attempt and then watched nonchalantly as his more-fancied American rivals waited for the noise to subside, but then failed at the height three times.

John was always a talented high jumper. While attending Scotch College in 1940 he won the under 16 and open events at the interschool sports, the latter by clearing 1.85 metres — just over the six-foot barrier. At the time his performance was regarded as exceptional for a schoolboy and it stamped him as an athlete with the potential to progress to the highest level of his sport.

His progress was interrupted by World War II and, in its latter stages, he served in the RAAF in Great Britain. After the war he returned to Australia to win the 1947 and 1948 national championships, producing his best jump at the 1948 championships in clearing 2.00 metres. In the lead-up to the Olympic Games he also won the 1948 British and Irish high jump titles. After his Olympic success, John was appointed captain of the British Empire team that competed against the USA and again he beat the Americans who had been at the Olympic Games in London. He maintained his consistency at the highest level of competition.

After the Games he remained in England to pursue an opportunity in banking, but returned home to represent Australia at the 1950 Empire Games in Auckland. Once again he cleared 1.98 metres and won the event. Following the Games he retired from the sport at the relatively young age of twenty-seven.

During and beyond his athletic career John was always willing to spend time coaching young athletes, attending inter-school and club athletic competitions and contributing to the Olympic movement in Western Australia. He won the 1947 Helms Award for the best athlete in Australasia, was a foundation member of the Western Australian Hall of Champions in 1985 and inducted into the Sport Australia Hall of Fame in 1986. Western Australia's premier athletics honour, the Winter-Strickland Medal, commemorates the legendary status of John Winter and Shirley de la Hunty (Strickland) in their sports.



LEFT Adam Gilchrist was renowned for his dynamic batting and aggressive strokeplay.

ADAM GILCHRIST

'Gilly invariably acted on instinct, irrespective of the match situation. The positive angle he always took when batting under pressure could quickly change the momentum of a game. He had an outstanding work ethic which never allowed him to walk away from a practice session without feeling totally satisfied with what he had done.'

— Tom Moody, captain Western Australia

Wicket-keeper batsman Adam Gilchrist was the most exciting cricketer of his era. People went to watch 'Gilly' bat. The hard-hitting left-hander made 17 centuries in Test matches and another 16 in one-day internationals. On his retirement in 2008 he was the only player to have hit a hundred sixes in Test cricket. He also made the second-fastest Test 100, in terms of balls faced, achieving this from 57 deliveries against England at the WACA Ground in 2006.

Adam was born in Bellingen, NSW and spent his childhood in various parts of the state before attending Kadina High School in Lismore where he became the school's cricket captain. He made his first-class debut for NSW in the 1992–93 season as a batsman before moving to Western Australia to further his career with the Western Warriors as a wicket-keeper batsman.

He first represented Australia in a one-day international against South Africa in India in 1996. His entry into the Test arena came three years later against Pakistan in Brisbane. During his illustrious career he played in 96 Tests, averaging 47.6 runs, and in 287 one-day internationals, where he averaged 35.9. He usually opened the batting in one-day matches and batted in the middle order in Tests. He took part in 416 Test dismissals, the most in history at the time of his retirement and scored the most Test centuries by a wicket-keeper. For these reasons he is considered to be the best wicket-keeper batsman to have played the game.

Adam was a key member of the Australian team that won three successive World Cups in 1999, 2003 and 2007. He was the Australian vice-captain in many international matches and was captain in six Tests, including the first series win in India for 35 years in 2004. He is well-regarded for his sportsmanship which was in evidence when he walked from the crease after being given not out in the World Cup semi-final against Sri Lanka in 2003. Fittingly, he made a century in his last international one-day match on his home ground in Perth.

Adam has always been willing to lend support to charities, one instance being as an ambassador for World Vision in India. He funds the Adam Gilchrist Cricket Development Scholarship which helps talented young players gain experience by playing for the Richmond Cricket Club in London during the English summer, an opportunity he received when he was younger. Following his playing days he embarked on a career in the media as a co-host of the Nine television network program Wide World of Sports and a member of its cricket commentary team.



ABOVE Young cyclist Luke Durbridge is one of the new breed of athletes that WAIS is looking to turn into Olympic and world champions.

Finally, we must make sure sport remains a community priority, not just at the performance level to engage our best athletes in national and international competition, but at the participation level, to enhance the health and fitness of everyone involved and to maintain the large pool of athletes essential for producing champions. The deeds of our champions rouse the aspirations of others. This is why the WAIS tours, ambassador and community development programs are so important in the overall development of sport in Western Australia. Participation and performance are inextricably linked, and should remain

so, to ensure that sport maintains its rightful place in the Australian culture and continues to enrich our lives.

As an organisation, WAIS is committed to excellence. Its staff and athletes know that being good enough one day never guarantees success the next. There is no place for complacency or compromise. Their task is to make good even better, until better is best.

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ABOUT THE AUTHOR

Frank Pyke has played a leadership role in sport and physical education in Australia for more than thirty years. He taught at the Universities of Western Australia, Canberra and Wollongong before being appointed professor and head of the Department of Human Movement Studies at the University of Queensland. Following this, he became the inaugural executive director of the Victorian Institute of Sport (VIS) in 1990, a position he held until his retirement in 2006.

His academic qualifications include bachelors and masters degrees in education (physical education) from the University of Western Australia and a PhD in exercise physiology and human performance from Indiana University, USA. He has also played first grade Australian football and cricket for the Perth clubs in Western Australia and represented the state in football.

In addition to many articles in professional journals and magazines, he has had ten books published in the areas of sports training, coach education and elite athlete development, including those commemorating the tenth and fifteenth anniversaries of the VIS. He was awarded an Australian Sports Medal in 2000, life membership of the Australian Council for Health, Physical Education and Recreation in 2002 and was inducted into the Sport Australia Hall of Fame in 2003.

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Ms Meredith Eddington	2002–09
Mr Kevin Wealand	2002–03
Ms Amanda Wheeler	2002–09
Mr Michael O'Neill	2003–05
Ms Jennifer Morris OAM	2004–Present
Reverend Andrew Syme	2005–Present
Ms Deborah Leavitt	2009–Present
Ms Rachel Harris	2009–Present

Hockey	John Bestall	Men's Team	1992
	Warren Birmingham	Men's Team	1992
	Greg Corbitt	Men's Team	1992
	Damon Diletti	Men's Team	1992
	Dean Evans	Men's Team	1992
Rowing	Robert Scott	Coxless Pair	1996
	Ben Cureton	Lightweight Coxless Four	2004
	Glen Loftus	Lightweight Coxless Four	2004
Swimming	Helen Denman	4 x 100 m Medley Relay	1996
	Antony Matkovich	4 x 200 m Freestyle Relay	2004
	Todd Pearson	4 x 200 m Freestyle Relay	2004
	Eamon Sullivan	100 m Freestyle, 4 x 100 m Medley Relay	2008

WAIS HONOUR BOARDS

OLYMPIC GOLD MEDALLISTS

Athletics	Steven Hooker	Pole Vault	2008
Cycling	Ryan Bayley	Sprint, Keirin	2004
	Peter Dawson	Team Pursuit	2004
Hockey	Sally Carbon	Women's Team	1988
	Rechelle Hawkes	Women's Team	1988, 1996, 2000
	Michelle Andrews	Women's Team	1996
	Karen Marsden	Women's Team	1996
	Jackie Pereira	Women's Team	1996
	Kate Starre	Women's Team	1996, 2000
	Bevan George	Men's Team	2004
Sailing	Belinda Stowell	470 Class	2000
	Tessa Parkinson	470 Class	2008
	Elise Rechichi	470 Class	2008
Swimming	Bill Kirby	4 x 200 m Freestyle Relay	2000
	Todd Pearson	4 x 100 m Freestyle Relay, 4 x 200 m Freestyle Relay	2000
Water Polo	Bridgette Gusterson	Women's Team	2000
	Kate Hooper	Women's Team	2000
	Danielle Woodhouse	Women's Team	2000

OLYMPIC SILVER MEDALLISTS

Athletics	John Steffenson	4 x 400 m Relay	2004
Equestrian	Clayton Fredericks	Eventing Team	2008
	Lucinda Fredericks	Eventing Team	2008
	Sonja Johnson	Eventing Team	2008

OLYMPIC BRONZE MEDALLISTS

Beach Volleyball	Natalie Cook	Women's Team	1996
	Kerri Pottharst	Women's Team	1996
Canoeing	Ramon Andersson	K4 Flatwater	1992
	Robin Bell	C1 Slalom	2008
	Lisa Oldenhof	K4 Flatwater	2008
Cycling	Darryn Hill	Olympic Sprint	2000
	Lucy Tyler-Sharman	Individual Points Race	1996
Hockey	Stuart Carruthers	Men's Team	1996
	Damon Diletti	Men's Team	1996, 2000
	Paul Gaudoin	Men's Team	1996, 2000
	Mark Hager	Men's Team	1996
	Bevan George	Men's Team	2008
	Fergus Kavanagh	Men's Team	2008
	Kiel Brown	Men's Team	2008
Rowing	Ron Snook	Quad Scull	1996
	Amber Bradley	Quad Scull	2004
	Rebecca Sattin	Quad Scull	2004
	Stuart Reside	Eight	2004
	Stefan Szczurowski	Eight	2004
Swimming	Julia Greville	4 x 200 m Freestyle Relay	1996
	Eamon Sullivan	4 x 100 m Freestyle Relay	2008
Ice Speed Skating	Richard Nizielski	5000 m Relay	1994 (Winter Olympics)
Water Polo	Gemma Beadsworth	Women's Team	2008
	Emma Knox	Women's Team	2008

CONTRIBUTION OF WAIS ATHLETES TO OLYMPIC GAMES MEDALS

	Gold	Silver	Bronze	Total
Seoul 1988	1	-	-	1
Barcelona 1992	-	1	1	2
Atlanta 1996	1	2	5	8
Sydney 2000	5	-	2	7
Athens 2004	4	3	2	9
Beijing 2008	2	3	5	10

PARALYMPIC GOLD MEDALLISTS

Athletics	Bruce Wallrodt	Javelin Throw	1992
	Paul Mitchell	1500 m	2000
Cycling	Paul Clohessy	Tandem Sprint	2000
	Matthew Gray	Mixed 1 km Time Trial, Mixed Olympic Sprint	2000
	Darren Harry	Tandem Sprint	2000
	Mark Le Flohic	Tricycle 5 km Time Trial	2000
	Lyn Lepore	Tandem Road Race	2000
	Lyn Nixon	Tandem Road Race	2000
	Mark Le Flohic	Road Race	2004
Sailing	Jamie Dunross	3 Person Sonar	2000
	Graeme Martin	3 Person Sonar	2000
	Noel Robbins	3 Person Sonar	2000
Swimming	Tracey Cross	100 m Freestyle, 400 m Freestyle	1992
	Mandy Maywood	100 m Breaststroke	1992
	Tracey Cross	100 m Butterfly, 200 m Individual Medley	1996
	Paul Barnett	100 m Breaststroke	2000
	Kingsley Burgarin	200 m Individual Medley, 100 m Breaststroke	2000
	Priya Cooper	400 m Freestyle	2000
	Katrina Porter	100 m Backstroke	2008
Wheelchair Basketball	Justin Eveson	Men's Team	2008
	Michael Hartnett	Men's Team	2008
	Shaun Norris	Men's Team	2008
	Brad Ness	Men's Team	2008

PARALYMPIC SILVER MEDALLISTS

Athletics	Bruce Wallrodt	Shot Put, Discus Throw	1992
	Bruce Wallrodt	Shot Put	2000
	Lynda Holt	Shot Put	2000
Cycling	Matthew Gray	Omnium Overall	1996
	Lyn Lepore	Tandem 1 km Time Trial	2000
	Lyn Nixon	Tandem 1 km Time Trial	2000
	Paul O'Neil	Road Race	2000
	Mark Le Flohic	Road Time Trial	2004
	Claire McLean	Road Race	2004
Powerlifting	Darren Gardiner	100+ kg class	2008
Sailing	Rachel Cox	2 Person Keelboat	2008
Swimming	Tracey Cross	100 m Backstroke, 200 m Individual Medley	1992
	Tracey Cross	50 m Freestyle	1996
	Kingsley Burgarin	400 m Freestyle	2000
	Tracey Cross	100 m Freestyle, 400 m Freestyle	2000
	Justin Eveson	4 x 100 m Freestyle Relay	2000
Wheelchair Basketball	Justin Eveson	Men's Team	2004
	Brad Ness	Men's Team	2004
	Shaun Norris	Men's Team	2004
Wheelchair Rugby	Craig Parsons	Men's Team	2000
	Grant Boxall	Men's Team	2008

PARALYMPIC BRONZE MEDALLISTS

Cycling	Paul Clohessy	Tandem 1 km Time Trial	2000
	Eddie Hollands	Tandem 1 km Time Trial	2000
	Mark Le Flohic	Tricycle 1500 m Time Trial	2000
	Lyn Lepore	Tandem Pursuit	2000
	Lyn Nixon	Tandem Pursuit	2000
	Paul O'Neil	Mixed 1 km Time Trial, Individual Pursuit	2000
	Janet Shaw	Road Race, Tandem 3 km Pursuit	2004
	Kelly McCombie	Road Race, Tandem 3 km Pursuit	2004
Sailing	Colin Harrison	3 Person Sonar	2008
	Graeme Martin	3 Person Sonar	2008
	Russell Boaden	3 Person Sonar	2008
Swimming	Mandy Maywood	200m Breaststroke	1992
	Paul Barnett	4 x 100 m Medley Relay	2000
	Priya Cooper	100 m Freestyle, 4 x 100 m Freestyle Relay, 4 x 100 m Medley Relay	2000
	Tracey Cross	50 m Freestyle	2000
	Justin Eveson	4 x 100 m Medley Relay	2000
	Stacey Williams	100 m Breaststroke	2000
Wheelchair Basketball	Clare Burzynski	Women's Team	2008

CONTRIBUTION OF WAIS ATHLETES TO PARALYMPIC GAMES MEDALS

	Gold	Silver	Bronze	Total
Barcelona 1992	4	4	1	9
Atlanta 1996	2	2	-	4
Sydney 2000	11	9	12	32
Athens 2004	1	3	2	6
Beijing 2008	2	3	2	7

COMMONWEALTH GAMES GOLD MEDALLISTS

Athletics	Christine Stanton	High Jump	1986
	Alison Inverarity	High Jump	1994
	Kylie Wheeler	4 x 400 m Relay	2002
	Kym Howe	Pole Vault	2006
	John Steffensen	400 m, 4 x 400 m Relay	2006
	Chris Troode	4 x 400 m Relay	2006
Cycling	Henk Vogels	100 km Road Team Time Trial	1994
	Darryn Hill	Sprint	1998
	Ryan Bayley	Sprint, Team Sprint	2002
	Peter Dawson	Team Pursuit	2002
	Ryan Bayley	Sprint, Keirin	2006
Diving	Vyninka Arlow	Platform	1998
Gymnastics—Artistic	Rebecca Stoyel	Uneven Bars	1994
	Salli Wills	Balance Beam	1994
	Allana Slater	Team All Around	1998
	Sarah Lauren	Team All Around, Floor	2002
	Allana Slater	Team All Around, Vault	2002

Hockey	Damon Diletti	Men's Team	1998	
	Paul Gaudoin	Men's Team	1998	
	Michelle Andrews	Women's Team	1998	
	Rechelle Hawkes	Women's Team	1998	
	Kate Starre	Women's Team	1998	
	Paul Gaudoin	Men's Team	2002	
	Bevan George	Men's Team	2002	
	Aaron Hopkins	Men's Team	2002	
	Scott Webster	Men's Team	2002	
	Bevan George	Men's Team	2006	
	Aaron Hopkins	Men's Team	2006	
	Emily Halliday	Women's Team	2006	
	Kobie McGurk	Women's Team	2006	
	Kim Walker	Women's Team	2006	
	Shooting	Ben Sandstrom	Free Pistol Pairs, Air Pistol Singles	1990
		Mike Giustiniano	Air Pistol Pairs	1994
Ben Sandstrom		Free Pistol Pairs, Air Pistol Pairs	1994	
Mike Giustiniano		Rapid Fire Pistol Pairs	1998	
Swimming	Neil Brooks	4 x 100 m Freestyle Relay	1986	
	Tom Stachewicz	4 x 200 m Freestyle Relay	1986	
	Sarah Thorpe	4 x 100 m Freestyle Relay	1986	
	Ian Brown	400 m Freestyle, 4 x 200m Freestyle Relay	1990	
	Tom Stachewicz	4 x 100 m Freestyle Relay, 4 x 200m Freestyle Relay	1990	
	Julia Greville	4 x 200 m Freestyle Relay	1998	
	Rachel Harris	800m Freestyle	1998	
	Todd Pearson	4 x 100 m Freestyle Relay	2002	
	Jennifer Reilly	400 m Individual Medley	2002	
	Eamon Sullivan	4 x 100 m Medley Relay	2006	
Weightlifting	Andrew Saxton	Snatch	1994	
	Caroline Pileggi	Over 75 kg Class Snatch	2002	

COMMONWEALTH GAMES SILVER MEDALLISTS

Athletics	Peter Winter	Decathlon	1994
	Paul Burgess	Pole Vault	1998, 2002
	Kym Howe	Pole Vault	2002
	Kylie Wheeler	Heptathlon	2002, 2006
Cycling	Darryn Hill	1000 m Time Trial	1994
	Peter Dawson	Team Pursuit	2006
Gymnastics—Artistic	Michelle Telfer	Team All Around	1990
	Rebecca Stoyel	All Around	1994
	Allana Slater	All Around, Floor	1998
	Allana Slater	Uneven Bars, Beam	2002
Netball	Susan Fuhrmann	Team	2006
	Jessica Shynn	Team	2006
Shooting	Ben Sandstrom	Free Pistol Singles, Air Pistol Pairs	1990
	Les Imgrund	Free Rifle Pairs	1998
	Pam McKenzie	Air Pistol Pairs	2006

Swimming	Neil Brooks	100 m Freestyle	1986
	Ian Brown	200 m Freestyle	1990
	Bill Kirby	200 m Butterfly	1998
	Jennifer Reilly	200 m Individual Medley	2002
	Travis Nederpelt	200 m Butterfly	2006
	Eamon Sullivan	4 x 100 m Freestyle Relay	2006
Weightlifting	Andrew Saxton	99 kg Class Snatch, Clean & Jerk, Total	1994
	Caroline Pileggi	Over 75 kg Class Clean & Jerk, Total	2002

COMMONWEALTH GAMES BRONZE MEDALLISTS

Athletics	James Miller	Pole Vault	1994
	Alison Inverarity	High Jump	1998
	Oliver Dziubak	Javelin Throw	2006
Badminton	Karen Jupp	Team	1986
Cycling	Darryn Hill	Sprint	1994
	Ryan Bayley	Team Sprint	2006
Gymnastics—Artistic	Michelle Telfer	Uneven Bars	1990
	Rebecca Stoyel	Team All Around	1994
	Salli Wills	Team All Around	1994
	Allana Slater	All Around	2002
Gymnastics—Rhythmic	Kristy Darrah	Team	1998
Shooting	Ben Sandstrom	Air Pistol Singles	1994
	Mike Guinstiano	Centre Fire Pistol Pairs	1998
	Pamela McKenzie	Air Pistol Singles	2006
Swimming	Barry Armstrong	4 x 100 m Medley Relay	1986
	Tom Stachewicz	200m Freestyle	1986
	Sarah Thorpe	4 x 200 m Freestyle Relay	1986
	Nicole Redford	200 m Butterfly	1990
	Tom Stachewicz	200 m Freestyle, 4 x 100 m Medley Relay	1990
	Jennifer Reilly	400 m Individual Medley	1998
	Lara Carroll	200 m Individual Medley	2006
	Travis Nederpelt	400 m Individual Medley	2006
	Jim Piper	200 m Breaststroke	2006
Jennifer Reilly	400 m Individual Medley	2006	
Triathlon	Peter Robertson		2006

CONTRIBUTION OF WAIS ATHLETES TO COMMONWEALTH GAMES MEDALS

	Gold	Silver	Bronze	Total
Edinburgh 1986	4	1	4	9
Auckland 1990	5	4	4	13
Victoria 1994	6	6	4	16
Kuala Lumpur 1998	8	5	4	17
Manchester 2002	11	8	1	20
Melbourne 2006	8	6	8	22

WORLD CHAMPIONS

Archery	Sandra Thompson	Field	1986
Athletics	Dmitri Markov	Pole Vault	2001
Canoeing	Ramon Andersson	K2 Marathon	1992
	Robin Bell	C1 Slalom	2006
Cycling	Darryn Hill	Sprint	1995
	Darryn Hill	Olympic Sprint	1996
	Lucy Tyler-Sharman	Individual Pursuit	1998
	Ryan Bayley	Keirin	2001
	Peter Dawson	Team Pursuit	2002, 2003, 2004, 2006
	Cameron Meyer	Individual Points Race	2009
	Josephine Tomic	Omnium	2009
Hockey	Rechelle Hawkes	World Cup	1994, 1998
	Sally Carbon	World Cup	1994
	Tammy Ghisalberti	World Cup	1994
	Karen Marsden	World Cup	1994
	Jackie Pereira	World Cup	1994
	Kate Starre	World Cup	1994, 1998
Ice Speed Skating	Richard Nizielski	5000 m Relay	1990
Rowing	Joanna Lutz	Eight, Coxless Four	2001
	Amber Bradley	Quad Scull	2001
	Sally Robbins	Quad Scull	2001
	Rebecca Sattin	Eight	2001
	Amber Bradley	Quad Scull	2003
	David McGowan	Quad Scull	2003
	Sarah Outhwaite	Eight	2005
	Amber Bradley	Coxless Four	2006
	Joanna Lutz	Coxless Four	2006
	Sailing	Anna Coxon	420 Class
Belinda Stowell		420 Class	1994
Belinda Stowell		470 Class	2002
Tessa Parkinson		420 Class	2004
Elise Rechichi		420 Class	2004
Squash	Robyn Lambourne	Team	1992
Swimming	William Kirby	4 x 200 m Freestyle Relay (Short Course)	1996
	Todd Pearson	4 x 200 m Freestyle Relay (Short Course)	2002
	Antony Matkovich	4 x 200 m Freestyle Relay	2003
	Eamon Sullivan	4 x 100 m Individual Medley Relay	2007
Triathlon	Peter Robertson		2005

WORLD CHAMPIONS—JUNIOR

Athletics	Renee Poetschka	4 x 400 m Relay	1990
	Paul Burgess	Pole Vault	1996
	Kimberley Mickle	Javelin Throw	2001
	Shermin Oksuz	Long Jump	2001
	Vicky Parnov	Pole Vault	2007

Cycling	Robert Waller	Individual Points Race	1984
	Robert Waller	Individual Points Score	1985
	Peter Dawson	Team Pursuit	1999
	Ryan Bayley	Sprint, Olympic Sprint	2000
	Nicole Callisto	BMX	2005
	Cameron Meyer	Individual Pursuit, Team Pursuit, Madison	2006
	Travis Meyer	Team Pursuit, Madison	2006
	Scott Sunderland	1km Time Trial	2006
	Travis Meyer	Individual Pursuit, Scratch Race, Team Pursuit	2007
	Josephine Tomic	Individual Pursuit, Points Race, Road Time Trial	2007
	Sarah Kent	Team Pursuit	2008
Luke Durbridge	Team Pursuit	2008	
Hockey	Dean Evans	World Cup	1986
	Guy Bolton	World Cup	1997
	Bevan George	World Cup	1997
	Cameron Murray	World Cup	1997
	Scott Webster	World Cup	1997
	Rowing	Jonathon Fievez	Double Scull
Tim Perkins		Double Scull	1996
Stuart Reside		Single Scull	1996
Amber Bradley		Single Scull	1997
Neil Dennis		Coxless Four	1999
David McGowan		Coxless Four	1999
Luke Pritchard		Coxless Four	1999
Stefan Szczurowski		Coxless Four	1999
Neil Dennis		Coxless Pair	2001
Stefan Szczurowski		Coxless Pair	2001
Sarah Outhwaite		Coxless Four	2002
Ross Brown		Lightweight Coxless Four	2003
Thomas Nicholls		Lightweight Coxless Four	2003
Sarah Outhwaite		Double Scull	2003
Natalie Bale		Coxless Pair	2004
Annika Naughton		Coxless Pair	2004
Annika Naughton	Coxless Four	2006	
Sailing	Melissa Bryant	420 Class	2001
	Martha Leonard	420 Class	2001
	Rayshela Martin	420 Class	2003
	Elise Rechichi	420 Class	2003
	Tessa Parkinson	420 Class, 470 Class	2004
	Elise Rechichi	420 Class, 470 Class	2004
	Chelsea Hall	420 Class	2006
	Belinda Kerl	420 Class	2006
	Swimming	Robert Jovanovich	4 x 100 m Freestyle Relay, 4 x 100 m Individual Medley Relay
Water Polo		Kelly Heuchan	Women's Team
	Gemma Beadsworth	Women's Team	2007
	Glencora Ralph	Women's Team	2007

WORLD CHAMPIONS—ATHLETES WITH DISABILITIES

Athletics	Bruce Wallrodt	Discus Throw, Javelin Throw, Shot Put	1990
	Paul Mitchell	1500 m	1999
	Paul Mitchell	1500 m, 5000 m	2001
	Bruce Wallrodt	Shot Put	2002

Cycling	Paul Clohessy	Pursuit, 1 km Time Trial	1998
	Matthew Gray	1 km Time Trial, Olympic Sprint	1998
	Steve Gray	Tandem Sprint	1998
	Eddie Hollands	Pursuit, 1 km Time Trial	1998
	Phil Irvine	Olympic Sprint	1998
	Dave Murray	Tandem Sprint	1998
	Mark Le Flohic	1 km Time Trial, Criterium	2001
	Matthew Gray	Team Sprint, 1 km Time Trial	2002
	Mark Le Flohic	Road Time Trial	2002
	Claire McLean	Road Time Trial	2006
Swimming	Petrea Barker	4 x 50 m Medley Relay	1998
	Kingsley Bugarin	100 m Butterfly, 100 m Breaststroke, 200 m Breaststroke, 200 m Individual Medley	1998
	Priya Cooper	400 m Freestyle, 200 m Individual Medley, 100 m Freestyle, 4 x 100 m Freestyle Relay	1998
Wheelchair Basketball	Justin Eveson	Men's Team	2006
	Brad Ness	Men's Team	2006
	Shaun Norris	Men's Team	2006

WAIS ATHLETE OF THE YEAR AWARD WINNERS 1984–2009

Jenny Byrne	Tennis	1984–85
Robert Walter	Cycling	1985–86
Christine Stanton	Athletics	1986–87
Craig Parry	Golf	1987–88
Craig Davies	Hockey	1988–89
Ian Brown	Swimming	1989–1990
Robyn Lambourne	Squash	1990–91
Sharon Buchanan	Hockey	1991–92
Ramon Andersson	Canoeing	1992–93
Richard Nizielski	Ice Speed Skating	1993–94
Rechelle Hawkes	Hockey	1994–95
Darryn Hill	Cycling	1995–96
Darryn Hill	Cycling	1996–97
Rechelle Hawkes	Hockey	1997–98
Stuart Reside	Rowing	1998–99
Belinda Stowell	Sailing	1999–2000
Dmitri Markov	Athletics	2000–01
Peter Dawson	Cycling	2001–02
Peter Dawson	Cycling	2002–03
Ryan Bayley	Cycling	2003–04
Peter Robertson	Triathlon	2004–05
Paul Burgess	Athletics	2005–06
Eamon Sullivan	Swimming	2006–07
Steve Hooker	Athletics	2007–08
Elise Rechichi	Sailing	2007–08
Tessa Parkinson	Sailing	2007–08
Steve Hooker	Athletics	2008–09

WA HALL OF CHAMPIONS

Foundation Members	Sport	Year of Induction
Terry Alderman	Cricket	1999
Marian (nee Bell) Aylmore	Hockey	1992
Lynne (nee Watson) Bates	Swimming	1986
David Bell	Hockey	1997
Trevor Bickle	Athletics	1989
Maxine Bishop	Golf	2009
Steele Bishop	Cycling	1985
Neil Brooks	Swimming	1993
Sharon Buchanan	Hockey	1999
Haydn Jnr Bunton	Australian Football	2003
Barry Cable	Australian Football	1985
Ian Cairns	Surfriding	1990
May (nee Pearce) Campbell	Hockey	1986
Richard Charlesworth	Hockey	1995
Jack Clarke	Australian Football	1991
Sammy Clarke	Australian Football	2009
Jodie Cooper	Surfriding	2001
Priya Cooper	Swimming	2006
Craig Davies	Hockey	2006
Shirley (nee Strickland) de la Hunty	Athletics	1985
Elsbeth (nee Swain) Denning-Clement	Hockey	1996
George Doig	Australian Football	1988
Jerry Dolan	Australian Football	1986
Herb Elliot	Athletics	1985
Peter Evans	Swimming	1992
Ray Evans	Hockey	1989
Graham Farmer	Australian Football	1985
Brian Glencross	Hockey	1986
Ross Glendinning	Australian Football	1994
Mavis (nee Beckett) Gray	Hockey	1990
Brian Griffin	Lacrosse	1986
Bridgette Gusterson	Water Polo	2006
Michelle Hager	Hockey	2007
Decima (nee Norman) Hamilton	Athletics	1986
Brad Hardie	Australian Football	1998
Rechelle Hawkes	Hockey	2005
Ern Henfry	Australian Football	1993
Connie (nee Haigh) Hicks	Lawn Bowls	1997
Darryn Hill	Cycling	2009
Tom Hoad	Water Polo	1996
Kim Hughes	Cricket	1994
Lesley Hunt	Tennis	1993
Dixie (nee Willis) Ingram	Athletics	1987
John Inverarity	Cricket	1986
Ron Johnson	Speedway Racing	1987
Jeff Kennedy	Lacrosse	2004
Frank Kersley	Harness Racing	1987
Fred Jnr Kersley	Harness Racing	2002
John Leonard	Australian Football	1986
Dennis Lillee	Cricket	1985
Walter Lindrum	Billiards	1985
Luc Longley	Basketball	2007
Gary Marocchi	Soccer	1996
Geoff Marsh	Cricket	2001
Graham Marsh	Golf	1998
Rodney Marsh	Cricket	1985

Steve Marsh	Australian Football	1995
Bob Marshall	Billiards	1985
Robert Massie	Cricket	1991
Phil Matson	Australian Football	1986
Phil May	Athletics	1998
Lorraine (nee Dodd) McCoulough-Fry	Disabled Sport	1996
Jill McIntosh	Netball	1993
Merv McIntosh	Australian Football	1987
Graham McKenzie	Cricket	1985
Lyn (nee McClements) McKenzie	Swimming	1985
Elsma Merillo	Netball	2001
Stephen Michael	Australian Football	1999
John Miller	Horse Racing	1995
George Moloney	Australian Football	1985
Frank Moore	Horse Racing	1986
Don Morrison	Surf Lifesaving	1986
Graham Moss	Australian Football	1992
Bernie Naylor	Australian Football	2005
David Neesham	Water Polo	1988
Kevin O’Halloran	Swimming	1990
Percy Oliver	Swimming	1988
George Owens	Australian Football	2004
Ernest Parker	Cricket/Tennis	1992
Brian Peake	Australian Football	2000
Eric Pearce	Hockey	1986
Julian Pearce	Hockey	1987
Jackie Pereira	Hockey	2003
Wendy (nee Butcher) Pritchard	Hockey	2002
Bruce Reid	Cricket	2005
Jim Schrader	Harness Racing	2008
Jack Sheedy	Australian Football	1989
Barry Shepherd	Cricket	1987
Annette (nee Foley) Simper	Netball	1991
Don Smart	Hockey	1986
Christine Stanton	Athletics	2000
Kate Starre	Hockey	2008
Rolly Tasker	Yachting	1986
Gaye (nee Switch) Teede	Netball	1989
John Todd	Australian Football	1997
Ian Tomlinson	Athletics	1988
Frank Treen	Horse Racing	1986
WJ (Nipper) Truscott	Australian Football	1985
Ken Vidler	Surf Lifesaving	1995
Bill Walker	Australian Football	1987
Barbara Wall	Squash	1988
Terry Walsh	Hockey	2000
Evelyn (nee da Lacey) Whillier	Swimming	1994
Clive Wilderspin	Tennis	1988
Dean Williams	Squash	2003
John Winter	Athletics	1985
Graeme Wood	Cricket	2002
Jean (nee Pearce) Wynne	Hockey	1991
Bruce Yardley	Cricket	1989

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At the 1956 Olympic Games in Melbourne Australia was a dominant force on the world sporting stage. But twenty years later in Montreal Australia didn't win a single event. To address the decline, federal and state governments began to fund institutes of sport and in 1984 the Western Australian Institute for Sport opened its doors to young West Australian athletes. In the 25 years since then WAIS has produced a disproportionately high number of successful world class athletes for Australia.

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