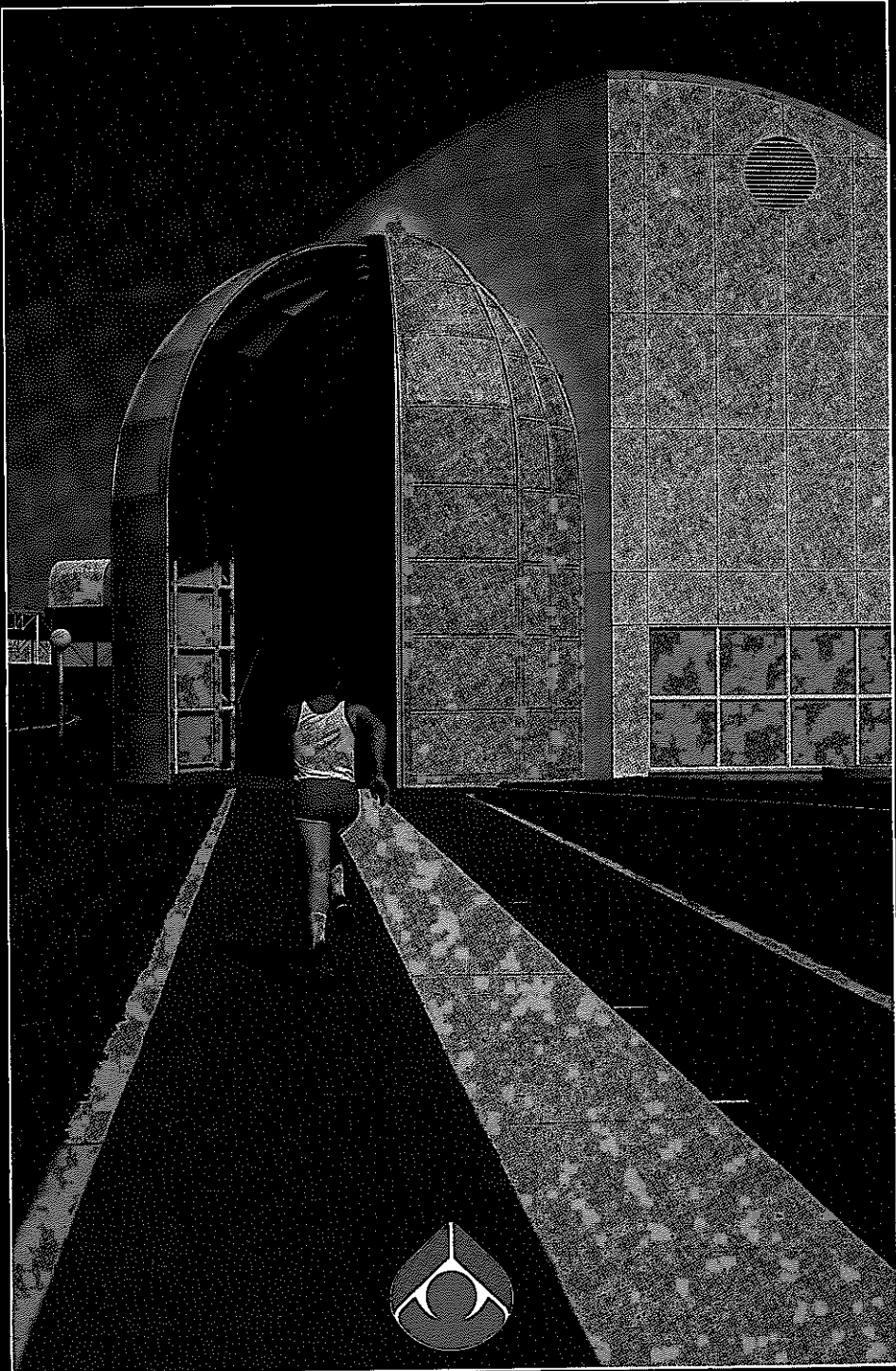
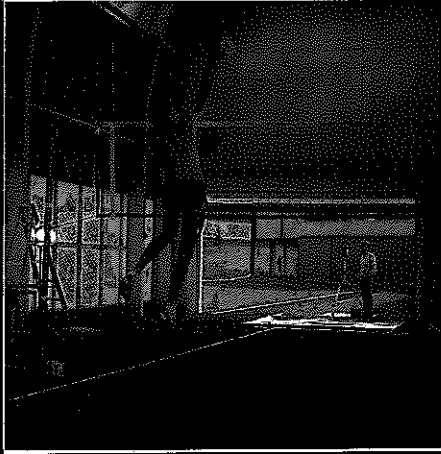


AUSTRALIAN INSTITUTE
OF SPORT

ANNUAL REPORT
1984-85





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Cover:

Biomechanics Laboratory, Sports Science and Medicine Centre, Australian Institute of Sport. Gary Minihan, AIS Track scholarship holder on the 100m Rekortan track running through the facility. Photo: Cliff Russell

Back cover:

Volleyball players participating in a research program funded by the Australian Sports Commission at the Sports Science and Medicine Centre. Photo: Cliff Russell

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FOREWORD

Australian sportspeople have provided examples of dedication and achievement for generations of Australians to emulate. They have been the heroes in our nation's annals.

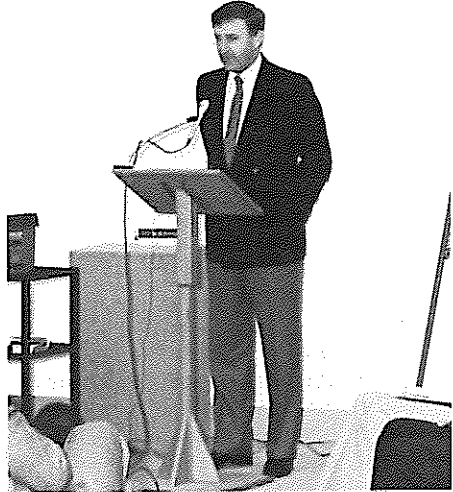
However, for far too long Australian sportspeople have achieved their outstanding results while receiving little if any support from the Australian community — certainly not the support their achievements warranted. They gave unstintingly of their best, and by their example encouraged others to do so, but received little in return.

The establishment of the Australian Institute of Sport, which will celebrate its 5th birthday on Australia Day 1986, was a belated acknowledgement of the debt owed to Australian sportspeople, and a recognition that if, as a nation, we valued sporting achievement, no longer could we rely on individuals being able to devote time and their own resources to such endeavours. We must support, in a material sense, our sportspeople as they strive to achieve their very best performances.

Elsewhere in the world the recognition had come of the need to provide the best in facilities, coaching techniques and sports science and medicine support. Australia had to do likewise if our sportspeople were to be able to compete on an equal footing.

Since 1980 the pace of development of facilities at the Australian Institute of Sport has been truly remarkable. Thirteen sports are now part of the Institute, four having been introduced in the past year — rowing and water polo in Canberra, diving and squash in Brisbane as part of the decentralisation program which commenced with the establishment of hockey in Western Australia in the previous year.

Another milestone in the Institute's development during this year was the completion of the Sports Science and Medicine Centre, a world-class facility which puts Australia in the forefront in this area in the world. Work carried out at



The Hon. John Brown MP, Minister for Sport, Recreation and Tourism

the Sports Science and Medicine Centre will benefit not only high performance athletes, but will influence general community understanding regarding ways in which general health standards can be improved.

The growing international reputation of the Institute has resulted in numerous requests from overseas athletes participating in both individual and team sports to be able to spend time training at the Institute. On a small scale such access has been granted already.

Further close examination of the implications of this development is taking place. It provides an exciting new challenge for the Institute and its staff. Such challenges and the benefits which can accrue from them have been characteristic of the development of the Institute and the attitude of athletes and staff from its inception, and, I believe, will continue to characterise its further development, as Australian sportspeople, coaches and administrators strive to maintain the standards set in its early years.

I wish all concerned every success.

John Brown
Minister for Sport, Recreation and Tourism

AIMS AND OBJECTIVES

The objectives of the Institute are provided for in Clause 2 of the Articles of Association and are as follows:

- (a) to promote, provide, encourage and develop opportunities for Australians to pursue and to achieve excellence in sport and activities associated with sport;
- (b) to arrange or provide for the pursuit of object (a) so that Australians, particularly young Australians, are able to further their training or careers in sport in conjunction with or as part of their education or work;
- (c) to provide, equip and conduct laboratories and other research facilities designed to assist in the pursuit of excellence in sport or in activities related to sport;
- (d) to conduct, commission or join in research designed to assist in the pursuit of excellence in sport or in activities related to sport;
- (e) to develop and disseminate and encourage the development and dissemination of sports science and sports medicine information and to undertake, coordinate and commission sports research;
- (f) to make the courses, coaching and facilities of the Institute available to the sportsmen and sportswomen of other countries, and to otherwise foster international cooperation in sport;
- (g) to develop, encourage and provide improved coaching standards, better training and competition facilities so as to assist and encourage Australians to achieve improved sporting skills;
- (h) to promote, organise and administer sporting competitions, events, meetings and games of all kinds for the purpose of developing the personal skills and excellence of all sportsmen and sportswomen;
- (i) to encourage and assist sportsmen and sportswomen in their pursuit of personal improvement and excellence of their sporting skills to travel whether within Australia or overseas for the purpose of seeking competition, training and experience;
- (j) to establish, administer and seek donations to a fund or funds to be used to promote excellence among Australians in sport, or in particular sports, by any means whatever, including the provision of financial assistance to individuals, teams or sporting bodies or the holding of competitions or the provision of facilities or equipment;
- (k) to act as trustee of any kind or to administer any foundation established to promote excellence or achievement in any sport or any particular sport or sports or in activities related to any particular sport or sports.



Gymnast
Sculptor: John Robinson

CHAIRMAN'S REPORT

The Australian Institute of Sport, in its first half decade, has seen remarkable growth, both in the facilities constructed and, most importantly, in the scope, variety and depth of the programs now operating to allow Australian athletes maximum opportunity to fully develop their potential.

The number of AIS resident sports has increased from eight to thirteen, decentralisation programs for resident sports have been introduced, a satellite coaching program developed and there has been rapid and continuing growth of the National Training Centre Program which offers short-term training opportunities for many sports groups at the AIS — more than fifty-five in 1984/85.

While these and other developments are cause for pride in an Institute so recently established, what we can all take greatest pride in is that the Australian Institute of Sport is now regarded as an integral element of Australian sports life. We attract both praise and criticism for our efforts but our existence within the Australian sporting framework is unquestioned. That in itself is a notable achievement in an area of Australian life where there are many competing organisations, all viewing their contributions as worthy of consideration.

In the past year four sports have joined the AIS — Diving and Squash in Brisbane, Water Polo and Rowing in Canberra. The decentralisation program, placing AIS sports in venues throughout the nation which offer them optimum training facilities, is a challenging innovation undertaken by the Institute and one which the Board of Management believes will be highly successful.

In Brisbane two of Australia's greatest athletes, Geoff Hunt and Heather Mackay have become the foundation AIS Squash



Mr. R. Kevan Gosper, Chairman of the Board of Management, AIS (ret. September 1985)

coaches. No group of athletes could be granted better opportunities to develop their potential to the utmost than to train with such talented practitioners of their game.

The Diving unit, based at the Chandler Pool at the QEII Centre, joined the AIS in November 1984. Coach Bruce Prance and his assistant Steven Foley have in their squad divers with results in international competition which put them in higher world rankings than any Australians have hitherto attained. We believe this potential will enable them to achieve even better results in the future.

In Canberra Water Polo joined the Institute, sharing the Swimming Hall training facilities with the AIS Swim team. Under the leadership of Charles Turner, a fine Water Polo representative for Australia over many years and now a member of the NSW Sports Hall of Fame, the AIS Water Polo squad prepared for a very successful northern hemisphere competition tour and later in the year will host the inaugural AIS International Cup which will bring representative teams from a number of Australian States. The Rowing squad, both men and women, joined the Institute most recently. Lake Burley Griffin is their training venue. Australian rowers have performed well over the years and we believe that with the resources of the Institute behind them this level of performance will be enhanced.

All four newly-introduced sports, together with the nine which were already members of the AIS, have active programs

designed to make available to participants in their sport throughout Australia, both athletes and coaches, the fruits of their work and training at the Institute. Coaching techniques, sports science and medicine research of benefit to the respective sports and the sport resource centre support the athletes' efforts to attain their ultimate performance.

During this past year the new Sports Science and Medicine Centre at the AIS became operational. The benefits of the work being carried out in the Centre both to high performance athletes and the wider community will be incalculable both in the long and short term. Internationally it is regarded as one of the finest such facilities operating anywhere and the Institute anticipates that requests from overseas bodies for access to it will be numerous. It may be possible to develop fruitful exchange programs with similar facilities to build up the data bank being developed by the Centre:

Construction of the Administration Centre and Halls of Residence this year was completed and outfitting of them begun. The Halls of Residence will provide a permanent home for the Institute's athletes resident in Canberra and will provide accommodation for participants in the National Training Centre Program during their periods at the Institute.

A Dining Hall within the residential complex will enable athletes to eat a well-balanced diet designed for their needs. To function at optimum efficiency a well-balanced diet is essential for a top-class athlete.

During 1984/85 the responsibility for management of the facility was assumed by a newly-formed Facilities Management Section, a role hitherto exercised by the Department of Territories and Local Government. This involved transfer of some staff who had been employees of the Department of Territories to the Institute and the formation of a new section, Facilities Management, headed by Mr. Laurie Jackson. The new arrangement should result in a better integrated and efficient structure and allow the Institute much greater control over its own destiny.

I have touched on the efforts being made by AIS personnel to develop

existing contacts with coaches in their disciplines throughout Australia. The Satellite Coaching Scheme formalises the arrangement, providing AIS support services to coaches in the field.

In addition, satellite coaching units have been established in two sports, weightlifting at Hawthorn (Vic.) and gymnastics at Homebush (N S W) and Bulleen / Templestowe (Vic.). The AIS sees this development as one to be built on in the coming years. Allied to this is the concept of regional institutes, providing already-existing centres with AIS-trained staff and other support services.

The past year has seen a huge growth in the National Training Centre Program, with more than fifty-five sports coming to the Institute for varying periods. There were others who made requests which could not be accommodated in this financial year. It is anticipated that these requests will increase in the coming year.

Overseas interest in the Institute is developing. In the near future a New Zealand basketball group will train at the AIS for a brief period and the Republic of Korea national weightlifting team will be resident here for some weeks. Both groups are funded by their respective national organisations. With the advent of the World Cup in athletics, which will take place at the AIS National Athletics Stadium and the Institute's consequent exposure to the world track and field community, such requests for access can be expected to increase in number. Careful consideration will have to be given to the capacity for the AIS to deal with such requests, weighing the benefits they undoubtedly can bring to Australian sports people through contact with overseas exponents of their sport, while at the same time not reducing the quality of the services the AIS renders to its own athletes whose needs remain our paramount concern.

Continued commitment and generous support has come from the Commonwealth Government. The Minister for Sport, Recreation and Tourism, the Hon. John Brown, maintains a close relationship with the Institute and, together with the officers of his Department, are to be thanked for their efforts to facilitate the

progress of the Institute.

Once again, our corporate team sponsors must be thanked for their continuing support of the Institute: Speedo Australia, Kimberly-Clark, TAA, QANTAS, Allied Grocery Products, Adidas and Puma. Digital Electronic Equipment have been of assistance in setting up the new computer centre in the Sports Science and Medicine Centre. Many other sponsors support the Institute in a variety of ways, all of which assist it to render maximum assistance to athletes.

Two programs, a seat sponsorship program for the Weightlifting Theatre and a room sponsorship for the Halls of Residence have begun and are generating broad interest.

During the year a 23-minute video on the activities of the AIS, *Ultimate Performance*, was produced with the financial assistance of Shell Australia, to bring to as wide an audience as possible the activities of the Institute, its aims and objectives. This has generated wide interest and the AIS Resource Centre and the Marketing/Public Relations Section are making it available on a borrowing or sale basis to a wide cross-section of tourist organisations, schools, community service groups and the private sector.

My thanks go to my Board of Management colleagues for their continuing interest and involvement in the policies and development of the AIS. During the year we welcomed as Board Members John Coates, Joyce Brown, Peter Montgomery and Lisa Curry, all of whom bring expertise which will benefit the Institute. John Cheadle and Sam Richardson, both of whom have contributed constructively to the early policy development of the AIS, retired as Board Members during the year. We all wish them well in their future endeavours.

To Dr. John Cheffers, Executive Director of the AIS and his dedicated and hard-working staff, my thanks for your work during this past year, providing an ideal situation in which Australian athletes can develop their potential to the fullest. To John Bloomfield, my successor, I convey my best wishes as he takes on the challenging responsibility of charting new paths for the Institute.



Soccer Players, sculptor John Robinson in front of the Sports Training Facility, AIS

Finally, thank you to everyone for five of the most stimulating and exciting years of my life with sport. And my last word; never forget the AIS is there for our most vital asset—the young athletes of Australia.

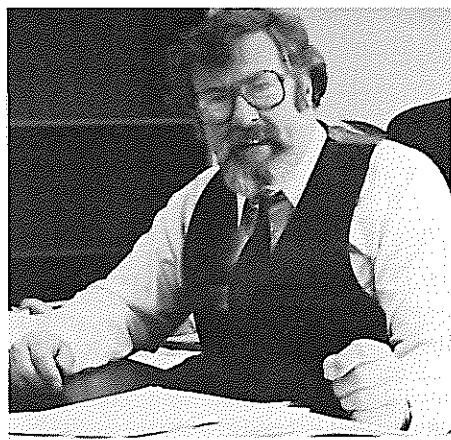
R. Kevan Gosper

EXECUTIVE DIRECTOR'S REPORT

Paolo Friere, the great Brazilian educator, reasoned that nothing has ever been learned without a risk being involved. We can develop this thought into a compelling rationale for risk training and ultimate achievement. Learning implies a changed state and that involves such re-settling processes where uncertainties, and frustrations, and insecurities, result. People take risks when they learn. These risks may be physical, social, emotional, intellectual, or spiritual in nature, or a combination of these parameters, but the risk is there, without which change or learning will not take place. Risks at the ultimate end of the achievement curriculum are often accompanied by pain. There is an untravelled nature to risks involving world records and ultimate achievements, and a status that brings the hair on the back of watching necks to the standing position. Young people who wish to succeed must go through this experience. It appears that individuals surround themselves with a comfort circle, something which prevents them from taking risks, endangering health, and breaking the hindering aspects of daily habits systems. For self preservation, some sort of protective circle is essential, but in most people this factor becomes too restrictive giving rise to mediocrity in attitude, and athletic performance. New solutions are denied because of the avoidance of the risk factor, and disinclination leads to reduction in achievements which eventually eat away at whatever self concept remains.

One of the primary objectives of the new curriculum sweeping United States schools today is the acquisition of skills to cope with risk. New games, adventure education, initiative tasks, ropes courses, trust activities, cooperative-competitive games, environmental risk activities, orienteering, and social risk activities comprise this curriculum.

The Greeks began the search for personal growth through risk education, and intrepid nationalists today have taken up the goal for greater daring in all forms of identification. Consequently we have seen new sport forms evolve — acrobatic skiing, hang gliding, wind surfing, and various forms of commando regimens are



Dr John Cheffers, Executive Director, AIS

found within this new curriculum. If risk is essential in the educational process, as Paolo Friere insists, then coaches need to incorporate these forms in the training of their charges. We have come to realise at the Institute that whenever athletes are put on stretch, the risks involved are educational, challenging, and inspiring and, in turn, act as models for those who follow. As we seek to reach our objective — giving young people the opportunity to compete with the world's best through the unlimited development of their competitive skills — we will incorporate risk training in many of its ultimate forms. Safety, properly designed equipment, and graded programs will always be paramount in our peripheral activities, but it must be realised by all who attend the activities of the Institute of Sport in 1986, and beyond, that nothing will be spared to help our young athletes experience the calculated risk: this attitude obtains for all sections of the modern Institute. Athletes, coaches, administrators, scientists, medicos, resource people, advisors, and those who operate the physical plant are all involved. I am sure, too, the end result of this kind of training will benefit our people well beyond the boundaries of the sport training under consideration. Risk stems from ideas, and ideas are universal in the development of new directions. Alfred North Whitehead considered the full life to be an adventure of ideas. Risks then are endemic to the Institute of Sport, part of our daily regimen, and the pathway to ultimate results.

My thanks for this past year are extended to athletes, staff, board members, and friends in sport. The ensuing year involving the Commonwealth Games, and the various world championships, will involve risks of a profitable, and unprofitable, nature. May we survive the troubled waters and sail smoothly with accuracy, and speed, and product.

Dr John Cheffers

GENERAL MANAGER'S REPORT

The past twelve months were highlighted by a range of new initiatives, the addition of four new sports, further consolidation of the significant role of the AIS at the national and international levels, the completion of a range of new facilities, and an increasing involvement of the AIS with a broader range of athletes and coaches.

Board of Management

The Board met on six occasions during the year and considered many issues relevant to policy setting and future directions. Amongst key matters addressed were developments of regional centres; a satellite coaches' program; management structure of the new residences; marketing and public relations activities; facility development and management; evaluation of AIS programs; the addition of four new sports; and education/work requirements of the athletes.

During the year we farewelled two of the original members, Dr Sam Richardson and Mr John Cheadle, and welcomed to the Board Mrs Joyce Brown, Mr John Coates, Miss Lisa Curry and Mr Peter Montgomery. The Board continues to be an outstanding mix of people from a variety of backgrounds.

Staffing

With the transfer of facility management from the Department of Sport, Recreation and Tourism to the AIS, and planning for the opening of the residences, staff increases were inevitable. The organisation continues to feel the strain due to the heavy demands on all sections and it is a reflection on the dedication and competence of all staff that so much has been achieved over the past year.

Changes to the overall staff structure have been necessary to absorb additional staff and to take into account new and expanded responsibilities. These changes are reflected elsewhere in this report. The key areas in the organisation relate to coaches, sports science, sports medicine, information resource centre, administration, marketing and public relations, sports administration, and management of the residences and wide range of facilities on site.



Mr Paul Brettell, General Manager, AIS

Facilities

The magnificent sports science and medicine complex was occupied in May 1985 and provides facilities second to none in the world. Work continues on the new hall of residence and the administration complex due for completion in September 1985 prior to World Cup in track and field.

In the report last year I foreshadowed that the AIS believed that facility management at Bruce should be transferred to the AIS, given that facilities were primarily constructed for, and used by, the AIS.

The Minister, the Hon. John Brown, accepted the arguments of the AIS and agreed to transfer day to day management responsibility effective from 24 May 1985. The AIS is now better able to maximise facility usage and plan for the future. The cooperation of the Department of Sport, Recreation and Tourism in assisting with the transfer is appreciated.

Awareness of the AIS

Interest from the media and general public continues to grow with numerous tours on a daily basis. The AIS is now firmly established as a major tourist attraction in the ACT and more details are contained elsewhere in this report.

Overseas links continue to grow and visiting athletes and coaches from China, South Korea, New Zealand, USA and Great Britain are but a few who have spent a short time working with AIS athletes and coaches. The focusing of a number of

Oceania Olympic Committee activities at the AIS has allowed a wide range of visitors from nearby countries to see at first hand what is being undertaken.

New Sports

During 1984/85 we were delighted to welcome rowing, water polo, squash and diving into the program. The latter two are based in Brisbane which becomes the second decentralised unit. The help and cooperation of the Queensland State Government, the Brisbane City Council and the relevant national associations is greatly appreciated.

Satellite Programs

Efforts were made during 1984/85 not only to open the doors in Canberra to a wide range of high performance athletes, but to create an AIS presence around Australia. Cooperation with Homebush Bay in NSW, Bulleen and Hawthorn in Victoria saw the establishment of developmental units in those places. This would not have been possible without the cooperation and support of the State Governments concerned.

A satellite coach program was also initiated which has allowed more coaches "in the field" to be associated with the AIS and to assist with the identification of talent and athlete recruitment.

Visiting Programs

The number of short term visitors to the AIS continues to grow with visiting athletes spending varying times working with resident squads and an ever increasing number involved under the National Training Centre Program. It is anticipated that this level of activity will expand further once the residences are available for full occupancy.

Decentralisation

The AIS unit in Brisbane catering for squash and diving increases our presence in the States and reinforces the value of cooperation with state authorities.

The relative ease of commencing the Brisbane program was due, not only to the constant support of the Queensland and Brisbane authorities but also to the lessons learnt from initiating the hockey program in Perth. Separate reports on both units are contained elsewhere.

Services

The sports science, medicine, information and public relations services of the AIS are in ever increasing demand. The expansion in the visiting athlete program and the larger numbers involved in the national training scheme continues to give access to essential services to a large cross-section of the sporting community. Close cooperation continues with outside agencies in these areas.

Australian Olympic Federation

The links with the AOF grow closer as a range of activities become focused on the AIS. A successful colloquium in association with the AOF on "the Road to Seoul" and a number of Oceania Olympic Committee workshops have been focused on the AIS. Planning is underway by the AOF to focus the first Olympic Academy meeting at the AIS in December 1985.

The AIS is delighted to continue to be of assistance to the AOF as we move towards our mutual objectives.

National Sporting Associations

The links with national associations are close, and many AIS coaches are involved as national coaches or on long term planning issues. We will continue to work in harmony with national associations to ensure consistency in long term planning, and to maximise the benefits available to athletes.

Private Sector

The marketing report will spell out in more detail the variety of assistance received from many generous companies. The AIS is not only grateful for such assistance but also appreciates the interest and enthusiasm shown by the companies concerned. We look forward to continuing our close association.

Future Initiatives

So much is happening, but so much remains yet to be undertaken. The challenge is still in front of the AIS as the standards of international performance are ever rising. The next few years will continue to be frantic, but exciting, as consolidation of facility development allows a wider range of access by athletes and coaches to AIS programs.

The AIS looks forward to the World Cup in October 1985; to hosting a variety of seminars and workshops; and to 'opening the doors' to as many people involved in high performance sport as is possible.

Special Thanks

There are many people who help the AIS and they are recognised later in the report. My personal thanks go to the following:

- the Executive Director, Dr John Cheffers, for his enthusiasm, advice and friendship;
- staff of the AIS who are all contributing significantly to making the AIS such a magnificent organisation;
- the Federal Government, especially the Minister, John Brown, for his help and support;
- members of the Board of Management, both present and past, for their special help and advice;
- the Chairman, Kevan Gosper, who has foreshadowed that he will step down once his membership expires in September 1985. Kevan's guidance since the inception of the AIS has been immeasurable;
- the Department of Sport, Recreation and Tourism; the Department of Territories; NCDC; and the Australian Sports Commission;
- the Governments and officers of Western Australia and Queensland for their help and assistance with the decentralised units;
- the Sir Robert Menzies Foundation for health, fitness and physical achievement, and especially the local ACT Committee, for Menzies Scholarships and funds to publish the Sports Science and Medicine Quarterly;
- our many sponsors and supporters especially TAA, Qantas, Adidas, Speedo, Dunlop Australia and Kimberley Clark;
- the many national sporting federations who enthusiastically work with us;
- the staff of the CCAE, TAFE Colleges, ANU, Dickson College and Lyneham High School;
- the media, especially our own Capital 7 and *The Canberra Times*;
- our solicitors and consultants in a number of areas;
- the staff at Arscott House, John XXIII College, Burgmann College and the many caring billets who look after our athletes;
- all others who have contributed to the functioning of the AIS and who are too numerous to mention.

P L Brettell
General Manager

BOARD OF MANAGEMENT

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Professor John Bloomfield
 AM, Dip. P.E., B.Sc., M.Sc(Hons) PhD
 (Oregon)
 Deputy Chairman
 WESTERN AUSTRALIA

Mrs Joyce Brown, Dip.P.E. (Melb)
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Dr John Cheffers
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 NEW SOUTH WALES

Mr Geoff N Pollard M.Sc (Sydney)
 NEW SOUTH WALES

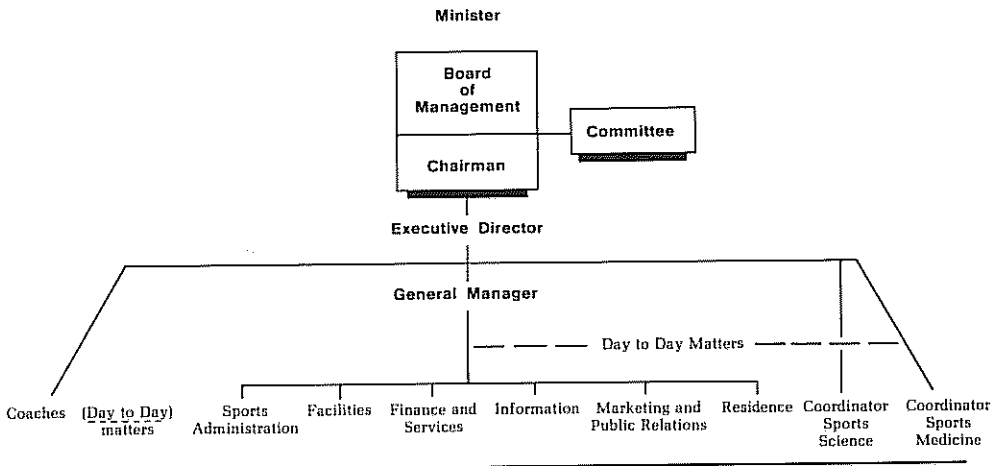
Mr Michael V Wenden MBE B. Comm.
 QUEENSLAND

Mr P L Brettell
 Company Secretary

Board of Management, Australian Institute of Sport
 Front Row, L to R: Professor John Bloomfield, Deputy
 Chairman, Mr. R. Kevan Gosper, Chairman, Mr.
 John Coates. Second Row, L to R: Mr. Peter
 Montgomery, Miss Lisa Curry, Mrs. Joyce Brown, Dr
 John Cheffers, Mr. Bruce McDonald. Back Row, L to
 R: Mr. Michael Wenden, Mr. Paul Brettell, Company
 Secretary (Not pictured: Ms. Elizabeth Darlison,
 Dr. John Daly, Mr Geoff Pollard).



ORGANISATION STRUCTURE



ADMINISTRATION

1984/85 was a year of consolidation for Administration.

The most significant change concerned the transfer of facilities management to the Institute which took effect on 24 May 1985. To accommodate the transfer of facilities a number of organisational changes were made. A chart depicting the approved structure is included in this report.

Finance and Services

The Finance and Accounts Section is responsible for the financial functions of the AIS, including obtaining funds through the Federal Government budgeting system and being accountable for the funds as assets of the Institute.

The Section controlled a total budget of \$9.64 million in 1984/85, largely contributed by the Federal Government, but supplemented by sponsorship, special grants, contributions by the Western Australian and Queensland State Governments and sundry income. The budget represented a 57% increase over 1983/84.

Detailed financial statements appear later in this report.

Development of a computerised accounting system continued during the year. This includes the General Ledger, Assets Register, Creditors, Commitments Register and File Index.

Personnel & Athlete Administration

The Section is responsible for the personnel function of the AIS relating to both staff and athletes. In the case of athletes, this means all aspects of the scholarship not directly related to their sport, eg education, employment and accommodation.

The needs of staff are obviously different and relate to terms and conditions of employment including salaries, with particular emphasis in developing our own personnel policies and priorities. The Section is also responsible for the AIS typing services and all travel-related matters.

Education

Athletes attending the AIS have the choice of enrolling at the Canberra College of Advanced Education, Australian National University, Bruce and Canberra Colleges of Technical and Further Education,



The Hon. John Brown, Minister for Sport, Recreation and Tourism at the official ceremony marking the admission of rowing and water polo to the AIS. L to R: Mr. Reinhold Batschi, Head Coach, Rowing, the Hon. John Brown, Mr. Charles Turner, Water Polo Coach

Dickson College or Lyneham High School, depending on age and academic requirements. All institutions are in close proximity to the AIS.

Academic institutions in Canberra continue to provide AIS athletes with support and assistance well above and beyond normal expectations. Particular mention must be made of the support of teaching staff of Dickson College and Lyneham High School who have cheerfully taken on the very difficult and time consuming task of educating our school age athletes whilst at the same time making it possible for them to train and compete at international level.

Education receives a high priority at the AIS and considerable time and effort is expended in our endeavour to provide athletes with an environment conducive to pursuing an academic course of study. This very great responsibility of providing an education particularly for school age athletes is acknowledged. Supervised study sessions have continued at the places of residence which are designed primarily for school age athletes but which others also attend. A change in the education component of the scholarship for athletes was introduced during 1984/85. Different levels of entitlement are paid depending on the level of study being undertaken and achieved. The educational results achieved in the academic year of 1985 have been most encouraging. With the continued support offered through athlete administration the attrition rate has declined and significant improvements in attendance, attitude and results have continued.

Accommodation

Accommodation is currently provided by:

- John XXIII College, Australian National University.
The majority of our female athletes and athletes/coaches from Commonwealth Developing Countries.
- Arscott House, Canberra College of Advanced Education.
65 males from all sports.
- Burgmann College, Australian National University. A small number of senior track and field athletes.
- Married and some senior athletes receive a rent allowance and provide their own accommodation.

The most difficult group for whom to provide suitable accommodation are athletes under the age of sixteen. In past years individual youngsters have been placed with Canberra families, with a great deal of success but each year it has become more difficult to attract a sufficient number of interested families. The Institute again has been fortunate in having a number of Canberra families accommodate a number of its younger athletes. In particular Rick and Anne Patten have again provided accommodation for six female gymnasts. The Institute thanks all who have been concerned in providing accommodation to its athletes. With the Halls of Residence nearing completion the first of the Institute athletes will move in early in the new financial year. These athletes will mainly come from Arscott House. Other athletes will not move out of their current accommodation until January 1986.

Employment

A number of athletes, for a variety of reasons, prefer to work rather than study. Considerable improvement has been achieved in the Institute's ability to find suitable employment for them, particularly career oriented positions. It is gratifying to note that there now is only a very small percentage who are unable to find suitable employment.

The Institute continues to use radio, television and newspapers to advertise for employment opportunities for athletes. In addition discussions with local community groups ensure there is a greater awareness

and sympathy in the business community of the special employment needs of athletes. Athletes are given assistance to write job applications and with interview techniques, as well as guidance and advice as to the type of employment that will best suit their needs. They are actively discouraged from applying for unemployment benefits. Under the terms of their scholarship athletes are required to be gainfully occupied for approximately 15 hours per week. Because of high unemployment there are occasions when this is not possible and unemployment benefits are legitimate. Any athlete who is unable to get work is now required to fulfil their scholarship agreement by gaining work experience at the Institute.

Staffing of the Australian Institute of Sport at 30 June 1985:

| | Full Time | Part Time |
|-----------------------------|-----------|-----------|
| Executive | 4 | — |
| Coaches | 37 | 8 |
| Sports Science/ Medicine | 20 | 3 |
| Administration | 30 | 10 |
| | 70 | 15 |
| Inoperative | 1 | |

Executive Staff

| | |
|-------------------------------------|-------------------|
| Executive Director | Dr. John Cheffers |
| General Manager | Paul Brettell |
| Assistant General Manager | |
| - Administration | Robert Hobson |
| Assistant General Manager | |
| - Sports | Peter Bowman |
| Manager | |
| - Marketing and Public Relations | John Purnell |
| Manager | |
| - Facilities Branch | Laurie Jackson |
| Co-ordinator | |
| - Sports Science | Dr. Dick Telford |
| Co-ordinator | |
| - Sports Medicine | Dr. Peter Fricker |

MARKETING AND PUBLIC RELATIONS

During 1984/85 the marketing and public relations activities of the Australian Institute of Sport have been varied. While the Australian Institute of Sport remains primarily government funded, as a public company it has, from the beginning, sought the active involvement of private sector groups in its projects and activities. Staff in the area have devised new marketing and promotional projects, continued to seek sponsorship from companies in the private sector and have endeavoured to provide assistance and services to sponsors and act as liaison between them and other areas of the Institute.

Ways in which companies have involved themselves with the Institute include team sponsorship of one of the AIS resident sports, funding of AIS scholarships, endorsement programs and, finally, sponsorship of special projects.

Those companies who are successful in setting up an endorsement arrangement with the AIS are able to use the AIS symbol on their product and/or packaging. In team brochures and general information material published by the Institute sponsorship support is acknowledged by the use of company logos and, in some cases, in editorial. Athletes and coaches make themselves available for participation in activities associated with particular sponsors.

New Programs

During the past year a notable special project in which Shell Australia co-operated with the Institute was the production of two audio-visual presentations. The first was *Ultimate Performance*, a 23-minute audio visual presentation covering all aspects of life at the Institute, featuring athletes and coaches from a range of resident sports, sports science and medicine staff, and administrators. The second, produced in conjunction with *Ultimate Performance* and called *Coming On Strong* had a specially commissioned theme accompanying an impressionistic sweep of the Institute's range of activities.

Both have been made available for borrowing or for purchase in VHS and Beta video form. Both productions are available for borrowing as 16 mm film or commercial 3/4" videos. Response to both productions has been very positive, with

requests from community and school groups for viewing and strong interest from the private commercial sector.

A new licensing symbol was designed during the year and merchandise bearing the symbol is now available for sale from the Institute. Tour groups viewing the complex form the bulk of purchasers for items that range from T-shirts to coasters to badges. When a permanent display and sale area is set up these activities and the revenue from them should increase markedly.

Two additional innovative sponsorship programs were introduced this year to encourage public involvement in the Institute. At one end of the spectrum was the seat sponsorship program for the Weightlifting Theatre in the Sports Training Facility. This was aimed at individuals and families who have had some involvement with the Institute and would like to have a permanent acknowledgement of it. A seat can be named in perpetuity according to the donor's wishes.

Room sponsorships in the new Halls of Residence are aimed at companies who can then name their room in honour of a past Australian Olympian, in addition to having their company recognised.

Tours of the Institute

Tours of the Institute are now handled by the AIS Public Relations staff. A nominal charge to cover salary costs for the athlete guides in the program is made for tour groups and those joining weekend public tours. The numbers of tour groups including the Institute on their Canberra itinerary grow continually, particularly school tour groups. Response is very favourable and it is noticeable that regular annual school visitors to Canberra were sufficiently impressed to place it on their agenda two years in succession.

Availability of the tours has been advertised in publications distributed to Australian schools. All State Government and Federal Government Tourist Offices have been informed of the accessibility of the Institute.

Publications

To maintain contact with organisations and individuals with an interest in the Australian Institute of Sport, a monthly

Information Bulletin with reports submitted by all AIS sports is distributed to a continually-expanding mailing list.

During the year a special general Information Bulletin giving details of the aims and objectives of the Institute, its history, numbers of athletes and information answering other frequently asked questions was published. It proved so successful that regular updates are planned.

Information folders continue to be a very effective means of maintaining interest in the Institute following the initial visit. The information folders can be tailored to particular needs — sponsorship proposals, VIP kits, and general information for school visits, for example.

The AIS diary has now become a regular part of the publications activities. It includes information on all AIS sports and their competition calendar for the coming year.

With the financial assistance of the Sir Robert Menzies Foundation, the *Sports Science and Medicine Quarterly* was published and is proving to be a great success, with a rapidly increasing domestic and overseas circulation.

Media Liaison

As this was an Olympic year media contact with the Australian Institute of Sport was at a very high level, with frequent visits from both the print and electronic media to interview coaches,

athletes and sports science and medicine staff. Prior to the Olympics all Australian media accredited to the Olympics were provided with biographical material on AIS athletes, coaches and other personnel who were members of the Olympic team. It is planned to do this for the World Cup Athletics in Canberra in late 1985.

Media and interview technique classes for athletes were continued during the year, providing them with useful practical information regarding being able to perform well in an interview situation. As athletes are asked frequently to address school and community groups, this training is of great practical value.

The Marketing and Public Relations areas at the Australian Institute of Sport have continued to fulfil their dual responsibilities creating income for the Institute and increasing public awareness of the role of the AIS within the Australian sporting spectrum.

Major Sponsors

Adidas
 Dunlop Footwear
 Kimberly-Clark
 McDonalds Junior Tennis Australia
 Puma Australia
 Qantas
 Speedo
 TAA

Sponsors

A.G. Thompson
 Allied Grocery Products (ETA)
 The Boots Company
 Budget Rent-a-Car
 Comalco
 Frank Falzon
 Megavitamin Laboratories
 Mitre Sports Balls
 Monier
 Physical Therapeutics Australia
 Plough Australia
 Playsafe Mouthguards
 Overseas Indent
 Rexona
 Riker Laboratories Australia
 Sheer-Eze Products
 Smith and Nephew Australia
 Stellar International
 Monocraft
 The Cooper Tool Company
 Jackel International
 L'Oreal of Paris
 Shell Australia
 Fighting Fit Products



L to R: Dr. John Cheffers, AIS Executive Director, Mr. Herb Elliott, The Hon. John Brown, Minister for Sport, Recreation and Tourism at the AIS Sponsors Presentation Night, 1984

INFORMATION CENTRE REPORT

The Information Centre's role of providing information services to the Institute continued to expand in 1984/85. The number of clients serviced by the Information Centre doubled through the inclusion of diving, squash, rowing and water polo, the implementation of the Satellite Coaches Program and the increase in sports using the National Training Scheme Program. Due to the increased demand for information services, the Library Officer position was upgraded to full-time and an audio visual technician position was created in June.

During the year the staff of the Information Centre were involved in the planning of the enlarged Information Centre in the new administration building and the evaluation of automated integrated library systems. The move to the new administration building will allow the Hodson and Arthur Miller Collections to be housed in the Information Centre and lead to an improvement and expansion of information services, especially audio visual services to Institute staff, athletes and outside users.

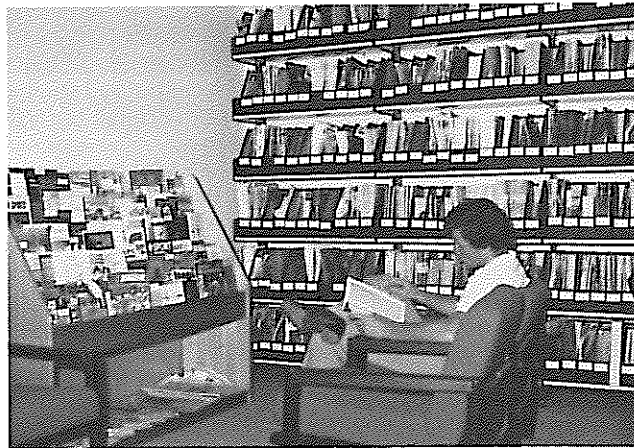
The Collection

The Information Centre continued its policy of developing a comprehensive collection in sports science/medicine, coaching science and high profile sports. Approximately 1,000 monographs were purchased with many of these titles in rowing, squash, diving and water polo. In addition, Arthur G Miller, Emeritus Professor at Boston University kindly donated his sports collection. This collection contains nearly every issue of *Sports Illustrated*, which was first published in 1954 and about 400 monographs on sport and physical education. The Miller Collection will be of great benefit to sports researchers. The Information Centre's collection now contains over 5,000 monographs.

Journals are a major source of current sports information. As a result 450 journals are subscribed to in the areas of sport, and sports science/medicine. Journal subscriptions are also now being placed for high profile sports not at the Institute. This will ensure that the collection is more representative and meets the needs of

National Training Centre. Program athletes and outside users.

The audio visual collection continues to grow at a rapid rate and approximately 1,500 videotapes and films are held. This collection covers coaching and training techniques, and local and international competitions. The slide and photograph collection contains 140 sets which are used extensively by the Institute's Marketing and Public Relations and outside organisations. A sports poster collection is being developed to meet display and archival needs.



The Information Centre maintains a comprehensive collection of sport and sport science journals

Information Services

The demand for information services from both within and outside the Institute increased during the year. The addition of four sports, the Satellite Coaches Program and the National Training Centre Program contributed to the higher demands for information services. In addition, many sporting organisations such as the Australian Sports Medicine Federation are now locating their headquarters in Canberra and consequently using the Information Centre's services.

Online information services, particularly the "Sport" and "Medlars" data bases are still being heavily used. Over 150 Online searches were done during the year. Current awareness services which comprise the distribution of the inhouse

Journal Update, the Sport and Fitness Index and Medline SDI profiles continue to generate many requests. The online searches and current awareness services resulted in 800 inter-library loan and 2,000 photocopy copy requests being processed. The installation of a telex machine at the Institute has greatly reduced the delivery time of articles from the Canadian Sport Information Resource Centre (SIRC). The Information Centre greatly appreciates the excellent inter-library loan service provided by SIRC.

The Institute's move toward decentralisation has meant that the Information Centre is now providing information services to sports in Brisbane and Perth and to satellite coaches located throughout Australia. These decentralised clients receive the same services offered to staff and athletes in Canberra.

The Olympic Games and the Australia Games raised the profile of the Institute in the Australian community. This higher profile meant that many people from outside the AIS made requests for information. The Information Centre replied to 250 written requests and numerous telephone requests. The requests ranged from biographical information on Australian and overseas athletes to coaching and sports medicine/science information. An analysis of the requests indicates that they come from all sections of the community.

The number of inter-library loan requests from other organisations increased dramatically, with 300 requests processed. This increase is due to the promotion of the Information Centre's collection via the Australian Bibliographic Network database and the distribution of the serials holdings list.

The Information Centre subscribes to several major foreign language journals. This year an outside track and field coach was contracted to translate major track and field German articles into English. AIS coaches have found these translations to be very informative and these translations will be listed in Australian Athletic Union News in the near future. Translations from languages other than German are contracted to outside organisations. This service means that coaches and athletes are gaining access to world wide information.

The appointment of an audio visual technician in July will result in greatly improved and expanded audio visual services. At present, the Information Centre is responsible for photographic and filming services and the organisation of audio visual equipment for training sessions, competitions and seminars.

Technical Services

During 1984/85 several automated library systems were evaluated with the purchase of the Institute's new computing facility in mind. The Information Centre is interested in an integrated circulation, cataloguing, serials and acquisitions system. The proposed library system will give staff and athletes access to the Information Centre's resources from their desk and greatly improve the efficiency of technical service functions.

Public access to the enlarged Information Centre in the new administration building is likely to increase the risk of material being stolen. A security system is being installed to prevent the loss of valuable information resources. During 1984/85 the majority of items held by the Information Centre had magnetic security tags placed in them.

Monographs, journals and audio visual material continue to be added to the Australian Bibliographic Network (ABN). Fifteen hundred items were input onto ABN during the year. The majority of items in the Arthur Hodson collection have now been catalogued and work has recently commenced on the Arthur Miller collection.

Liaison with Other Sport Information Centres

Nerida Clarke, the Co-ordinator of the Information Centre, visited the major sports information centres in Europe and Canada whilst on recreation leave during December and January. The trip resulted in many valuable contacts being made and provided valuable information on the services that are provided by overseas national sport information centres.

In June 1985, the Co-ordinator attended the annual ACHPIRST Advisory Committee Meeting in Melbourne. This meeting discussed issues related to sport information services in Australia. During the year the Information Centre prepared work sheets for the 'Leisureline' database run by ACHPIRST.

The Information Centre continues to liaise with major Australian sporting organisations. In particular, monthly current awareness bulletins are distributed to National Directors of Coaching. The demand for information from these coaches and other members of the community indicates that there is a need for an Australian sport information service such as SIRC in Canada.



Men's Basketball Coach Patrick Hunt discusses an information search with Information Centre co-ordinator Nerida Clarke.

SPORTS SCIENCE REPORT

In May 1985 Sports Science transferred operations to their new permanent home in the AIS Sports Science and Medicine Centre.

The transfer to the new building has been like a shot in the arm to Sports Science. It has enabled more effective use of staff time and equipment in that now certain tests can run simultaneously. Included in the new facilities are:

- a) a large open-plan Physiology Laboratory
- b) a Sports Psychology area which includes consulting offices and two laboratories
- c) a Biomechanics Laboratory.

In the brief period since the commissioning of the centre there have been many visitors from overseas and around Australia. It is envisaged that there will be a considerable number of sports scientists and students who will visit for varying periods of time throughout each year in future. This will be one step in the right direction for the development of a co-operation and communication network of sports science personnel throughout the nation. Steps are proceeding towards establishing a computer link between various centres as well.

All sports science personnel have been very busy in their own areas and whilst considerable development has taken place during the past year, all look forward to further progress over the ensuing years.

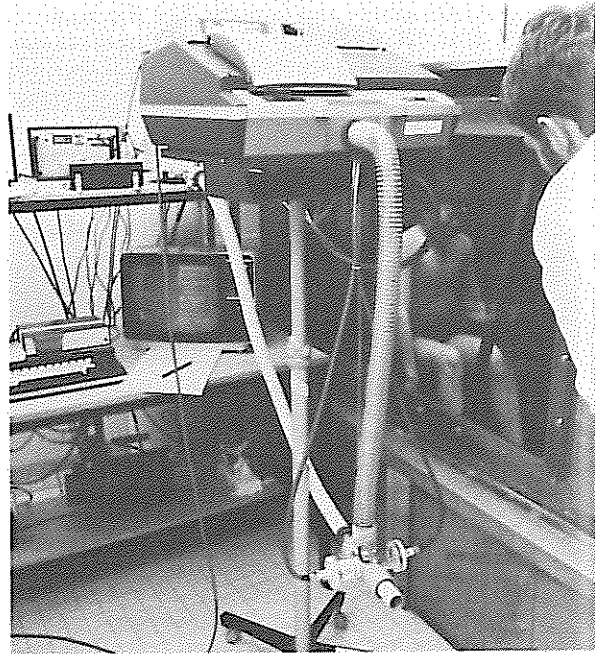
Physiology and Biochemistry

The physiology staff are involved in three types of work:

- a) ongoing specific fitness assessment with the athletes in order to provide information as to the optimal training routines;
- b) applied research projects which attempt to answer questions relating to improving athletic performance.
- c) education programs.

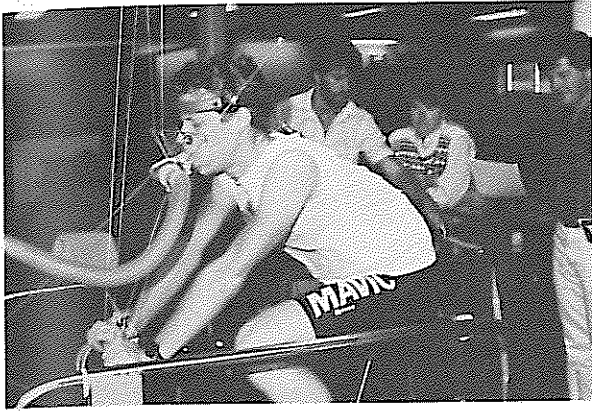
Due to demands placed on the physiologists' time, it has become essential to carefully define the tests that are carried out in various sports — in Physiology some seven sports are tested comprehensively both in the laboratory and in the field. They are swimming, rowing, gymnastics, track, cycling, canoeing and

The underwater weighing chamber in the AIS Physiology Laboratory is used to assess body composition



nordic skiing. Other sports are not tested as thoroughly but advice is given as to how the coaches themselves can carry out field tests which are equally appropriate. This applies in particular to most of the ball sports.

The accompanying table outlines the range of services offered by the physiology department during the 1984/85 period. With the advent of the new building it has been possible to accommodate more sports scientists from around Australia to help with our program and to share knowledge. It is envisaged that this will increase even more in the future. It is vital that the physiology staff receive support from outside to help run a National Training Centre Program and Institute program effectively.



Laboratory technicians Mike Lancaster, Julie Barnes and Gary Cassidy test cyclist Steven Hodge on the bicycle ergometer

Research in the 1984/85 period has included an investigation of the value of vitamin and mineral supplementation in a variety of athletes. This study is to be completed at the end of 1985.

A further on-going study is being conducted in cooperation with the Phillip Institute of Technology (Melbourne) which is investigating differences in growth and fitness characteristics of children who are training hard with those who are not involved in organised physical activity. This study is funded by the Australian Sports Commission. Another study already initiated involves the analysis of sweat during long-term physical activity in an attempt to design more appropriate fluid replacement drinks.

Considerable effort has been applied to dissemination of information. Physiology staff are writing articles for the *AIS Sports Science and Medicine Quarterly*, for *Australian Runner Magazine* and for *Sports Coach*. Two members of the staff presented papers at the annual Australian Sports Medicine Foundation (ASMF) Conference held in Perth in 1984. Dr Telford presented a paper on the physiological changes accompanying two different swimming programs to an audience at the Pre-Olympic Sports Science Conference in Oregon USA in July 1984.

Staff are also involved continually in lecturing on physiology and nutrition to National Training Centre Program teams and to conferences organised by various sporting organisations.

Prior to the Los Angeles Olympics, staff members consulted with various teams. Dr Dick Telford was appointed team physiologist with the Australian Swimming squad at a training camp prior to the Olympic Games, working in conjunction with AIS sports psychologist, Jeff Bond.

The new facilities open an exciting new era for the physiology and biochemistry staff. The new Physiology laboratory is an open plan design and includes rooms for underwater weighing where estimates of percentage body fat can be obtained. Adjacent to the laboratory is a kinanthropometry room where a variety of physical measurements are made of the athletes, including height, weight, leg length and arm length. An environmental chamber that can be used to acclimatize athletes who may be due to compete in very hot climates, having lived in the cold of the winter in Canberra for a lengthy period is planned. Positioned in the open-plan laboratory there are various types of ergometers and gas analysis apparatus to enable a variety of fitness tests on specific athletes. Adjacent to the Physiology Laboratory is the biochemistry area where blood samples taken during physiological tests are analysed.

Biomechanics

In November, 1984, Dr Mario Lafortune joined Dr Bruce Mason as a second biomechanist at the AIS. Mr Grahame Burton, the biomechanics laboratory technician, resigned his position in January, 1985, to pursue a college course in recreation and leisure management at the Canberra College of Advanced Education. Ms Julie Barnes was later appointed to the reduced half time position as technical officer in the biomechanics section.

In May 1985, the biomechanics section was relocated from quarters in the National Outdoor Stadium to the new Sports Science and Medicine Centre. The biomechanics laboratory in this building represents the most exciting and modern sports biomechanics facility in the world. Among its inclusions are; a laboratory floor which is comprised of some 550 square metres of Rekortan track surface in which force platforms may be located in excess of 100 positions; a gymnastics pit filled with foam; an athletics sand pit for the jumping events; a weight lifting platform; a circular track which passes through a corner of the laboratory; and a portion of the 100 metre track which passes through the entire length of the laboratory. The new biomechanics laboratory allows the staff to assess athletic performance for the resident AIS sports, as well as sports which attend the Institute as part of the National Training Centre Program.

Most of the resident AIS sports were assisted with biomechanical support by way of technique analysis during the last twelve months, with special emphasis directed toward swimming and track and field athletics. Many of the national sporting groups who attended the AIS in the National Training Centre Program were serviced with biomechanical analysis.

High speed cinematography was used extensively in conjunction with a digitising system to analyse skill performance. The new laboratory provided the first opportunity to utilise the two large Kistler force platforms for biomechanical analysis



Wendy Kupkee carrying out chemical testing in the Biochemistry Laboratory, AIS

in dynamic activities such as running and jumping. A photoelectric timing system as well as force transducers in instrumented apparatus supplemented this equipment. A three dimensional kinematic analysis system is being developed to more closely examine sporting skills, when the second high speed camera is received. Many new systems are presently being refined to speed up the analysis process.

Future biomechanical research projects include forming a biomechanical research group from the biomechanical community in the various educational institutions around Australia, to film and analyse performance at the 1985 World Cup in Track and Field Athletics. The biomechanical section received a grant from the Australian Sports Commission to examine the spiking skills of elite Australian volleyball players. This research project includes an intervention program designed to improve the spiking capabilities of the Australian mens' and womens' national teams. Mr Phil Borgeaud, a post graduate student in Biomechanics at Queensland University, was appointed in June 1985, as a research assistant for the project.

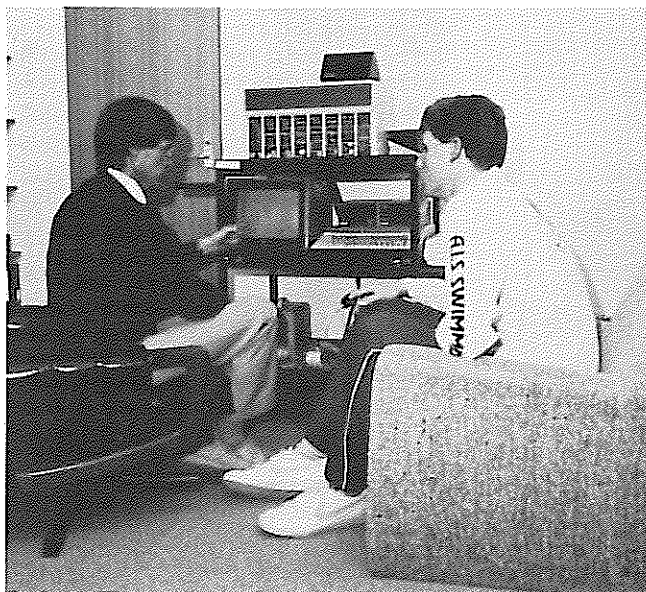
Dr Bruce Mason, Biomechanist, AIS

Sports Psychology

In May 1985 the sport psychology section moved from temporary facilities at the AIS track and field stadium to the new, modern Sports Science and Medicine Centre situated in the centre of the AIS campus. These facilities include specialist consulting/individual athlete training rooms for up to four sport psychologists, a large group processes laboratory which is used for a number of purposes including group meetings, athlete profiling, National Training Centre sessions, a psychophysiology laboratory, a two-tank flotation laboratory and a nearby computer workshop and conference/amenities areas. The proximity of these unique facilities to other sports science, medical and physiotherapy areas and staff permits the free flow of information and ideas between the scientists, a potential for integration which is not possible currently in other facilities.

The sports psychology area has three full-time sports psychologists. Each of the sport psychologists has specialised training in the sport sciences/physical education, psychology and sport psychology. In addition to this training, their backgrounds include experience as competitors, coaches and teachers, and as consultants to national sporting teams. It can be argued that the AIS sport psychology staff represent the nucleus of Australian applied sport psychology.

The section has acquired a large range of specialised equipment which serves to enhance data acquisition/feedback, athlete training/monitoring and research functions. All areas of the sport psychology facility are connected to the AIS Vax 750 computer network and each sport psychologist has portable micro-computer facilities for use when travelling with teams. Each of the consulting rooms is also equipped with sophisticated audio/video facilities. The flotation laboratory has audio/video provisions for each tank and the group processes laboratory has a variety of audio-visual equipment. The section has been progressively building a supply of quality biofeedback monitoring equipment, based on the most recent technology available. This equipment includes a range of heart rate, electromyogram, galvanic skin response, and temperature



Psychologist Jeff Bond discusses the results of a test with AIS swimmer Peter Gee

training and research devices, a computerised multi-modal monitoring system and the beginnings of telemetric monitoring facilities. The expansion of what is already an impressive array of high technology equipment will continue as the program develops.

A comprehensive sport psychology workbook has been made available to all AIS scholarship holders and this serves as a resource reference for both group and individual sessions.

Research activity understandably has been limited in the formative years of the sport psychology program at the AIS. Every effort has been made to provide the AIS sports with applied services, and this philosophy, coupled with a small staff, has restricted research capabilities. The sport psychology section is currently undertaking several small research projects in the area of psychological test evaluation, psychophysiology and nutrition. It is important to note that the AIS sports

scientists enjoy a unique situation, being able to conduct integrated research involving psychology, physiology, biomechanics and medicine. The future will undoubtedly see more of this type of research. Many international figures in the sports sciences are showing intense interest in coming to the AIS to assist the staff in conducting essential research.

During 1984/85 the sport psychology staff have been involved in a comprehensive group and individual work program with AIS resident sports and the National Training Centre Program. Each of the three sport psychologists focuses on three or four AIS resident sports, and is available as required for group and individual sessions and for competition travel. The sport psychology section has provided services for more than fifty National Training Centre groups during 1984/85. Usually this work has taken the form of group sessions covering topics selected by the coaches and athletes and, where possible, has involved psychological profiling for each athlete in the group. In addition to the notes prepared by the sport psychologist, each athlete has received a confidential individualised psychological report.

Staff members have been appointed to various Australian representative teams during the year. Jeff Bond was invited by the Australian swimming team management to accompany the team to Stanford University (USA) for a three week training camp prior to the Olympic Games. From here an invitation to join the Australian Olympic Team in the Los Angeles village was extended by the Medical Commission of the AOF. This permitted the continuation of the work at that time underway with the swimmers, and an extension to other Olympic Team members during the course of the competition. This was the first time the AOF had contemplated accrediting a sport psychologist and the opportunity represented a major advancement for the sport psychology field. During the inaugural Australia Games in Melbourne, Jeff Bond was accredited with the weightlifting team, John Crampton with gymnastics and Brian Miller with track and field.

The sport psychology staff have continued their work program with AIS team

members at a number of national and state championships. Thanks should be given to the AIS coaches and athletes for their support in the continuation of sport psychology on-site involvement at competitions. The sport psychology staff continue to learn more at competitions which increases their ability to assist athletes and coaches.

On numerous occasions each of the sport psychologists has been involved in presentations to coach accreditation courses conducted by a wide range of national sporting bodies. Sport psychology is now a regular inclusion in coaching courses, presenting an ideal opportunity for coaches to learn more of the work with which applied sports psychologists are involved.

Professional development is an important part of the attempt to maintain the highest possible standards for AIS athletes and coaches. To this end Jeff Bond attended the Olympic Congress in Oregon prior to the Olympic Games in 1984.

The general response by sport psychologists from around the world to the AIS and specifically to the sport psychology program, was very positive. An increasing number of key international sport psychologists are planning visits to the AIS at some time in the future.

Locally, the AIS sport psychologists have addressed a number of national sports medicine, physical education and psychology conferences, the culmination being presentations at Olympic Solidarity and Australian Olympic Federation (AOF) conferences.

During 1984/5 a number of internationally recognised sport psychologists with enviable international reputations (Nideffer, Rushall, Unestahl, Halliwell) representing the USA, Canada and Sweden, and other overseas guests have spent time at the AIS.

The sport psychology staff look forward to the continuing development of their programs and to the further development of the professional attitudes now being shown by Australian athletes, coaches and administrators.

| | | |
|---|---|-----------------------------|
| Jeffery Bond John Crampton Brian Miller | } | Sports Psychologists AIS |
|---|---|-----------------------------|

SUMMARY OF THE SERVICES SPORTS SCIENCE PROVIDES TO AIS SPORTS AND NATIONAL TRAINING CENTRE PROGRAM SPORTS

| SPORT | Comprehensive Fitness Profile | Field Test Design | Nutrition Counselling, Body Composition | Blood Profiles | Training Discussions | Energy systems Investigations (Heart Rates, Lactic Acid in Field) |
|-----------------|-------------------------------|-------------------|---|----------------|----------------------|---|
| (a) AIS | | | | | | |
| Basketball | | ● | ● | ● | ● | ● |
| Gymnastics | ● | ● | ● | ● | ● | ● |
| Netball | | ● | ● | ● | ● | ● |
| Rowing | ● | | ● | ● | ● | ● |
| Soccer | | ● | ● | ● | ● | ● |
| Track and Field | ● | | ● | ● | ● | ● |
| Water Polo | | ● | ● | ● | ● | ● |
| Weightlifting | | | ● | ● | ● | |
| Swimming | ● | | ● | ● | ● | ● |

Nutrition lecture/discussion only

| | | | | | | |
|-----------------------|---|---|---|--|---|--|
| (b) NTC | | | | | | |
| Wrestling | | ● | ● | | ● | |
| Cycling | ● | | ● | | ● | |
| Squash | | ● | ● | | ● | |
| Orienteering | | ● | ● | | ● | |
| Paraphlegic (T & F) | | ● | ● | | ● | |
| Deaf | | ● | ● | | ● | |
| Paraplegic (Swim) | | ● | ● | | ● | |
| Volleyball | | ● | ● | | ● | |
| Tabletennis | | ● | ● | | ● | |
| Pistol shooting | | ● | ● | | ● | |
| Hockey | | ● | ● | | ● | |
| Canoeing (Sprint) | ● | | ● | | ● | |
| Canoeing (Whitewater) | ● | ● | ● | | ● | |
| Canoeing (Marathon) | ● | ● | ● | | ● | |
| Rugby | | ● | ● | | ● | |
| Archery | | ● | ● | | ● | |
| Softball | | ● | ● | | ● | |
| Tennis (Development) | | ● | ● | | ● | |
| Skiing (Nordic) | ● | | ● | | ● | |
| Skiing (Grass) | | ● | ● | | ● | |
| Baseball | | ● | ● | | ● | |
| Swimming (Synch.) | | ● | ● | | ● | |
| Skating | | ● | ● | | ● | |

- Major Funded Research Work (1985)...
1. Vitamin/Mineral Supplementation in athletes involving physiology, psychology, medical staff.
 2. Spiking techniques in Volleyball. Biomechanical staff.

SPORTS MEDICINE

Over the past year Sports Medicine at the Australian Institute of Sport has been busier than ever. The staff of the Unit now consists of Dr Peter Fricker, Co-ordinator of Sports Medicine, who will be assisted by Dr Ken Maguire FRACP, a consultant in rheumatology, working five half days per week. In addition there are three full-time physiotherapists and two full-time masseurs working in the physiotherapy area. A nursing sister staffs the medical area and controls the dispensary under the consultant eye of pharmacist Mr Rod Moore who practises in Canberra. Also housed within the Sports Medicine Unit is Ms Sue Choquenot, the Publications and Research Officer, who takes responsibility for the *Sports Science and Medicine Quarterly* which is produced here and supported by the Menzies Foundation.

The activities of the Sports Medicine Unit include the day-to-day treatment of sports injuries and the development of programs to prevent injury in the various sports resident at the AIS and in National Training Centre Programs. There is a great deal of teaching of undergraduate physiotherapists and undergraduate medical practitioners, as well as involvement with community seminars and tertiary institutions such as the Canberra College of Advanced Education.

Research is still on the priority list at the Unit. When time permits the physiotherapists are working on development of better rehabilitative programs. Work has begun on finding alternatives to anabolic steroids in sport and studies have been performed on evaluating the impact of amino acids and exercise on the production of natural growth hormones and testosterone in our athletes. Results of this research are encouraging and much more is anticipated over the next few years.

The movement of the Sports Medicine Unit into the Sports Science and Medicine Centre building has of course enhanced the function of the Unit in delivering its service to the athletes and coaches at the



Sue Beasley administering routine tests in the Sports Medicine Facility, AIS

AIS. The convenience of the building's location and the excellent facilities, which include a dispensary, hydrotherapy facility and casualty/work area for the treatment of acute medical problems, make the Sports Medicine Unit one of the best of its kind in the world. This is a matter of great pride to the sports medicine staff at the AIS and provides an incentive for good results from the treatment given and for dissemination of the results of the applied research as widely as possible as often as possible.

As to the future for the Sports Medicine Unit, there is no doubt that the personnel will continue to progress in producing a better quality service to the athlete and coach in Australia. With increased interest in applied research in sports medicine it should be possible to undertake research into some of the problems confronting athletes and to work with other investigators around Australia in putting Australian work at the forefront of the international scene. It is to be hoped that the national sporting organisations recognise and utilise the service that sports medicine has to offer. Sports medicine staff look forward to working with them in achieving their aspirations.

Dr Peter Fricker
Co-ordinator, Sports Medicine

TECHNICAL SUPPORT GROUP

This year has seen major changes in the technical support area of Sports Science/Medicine. The new premises into which all of Sports Science and Medicine have moved allow far greater scope for providing computing, electronic and, in particular, mechanical engineering support.

In addition to these changes, the work of the technical group was greatly enhanced by the purchase of a new computer system by the Australian Institute of Sport from Digital Equipment Corporation. This provides the Centre with much needed resources for the long-term storage and retrieval of Sports Science and Medicine information, as well as more sophisticated means of processing and evaluating this data. The technical support group is currently working very closely with the computer services group in implementing these new facilities.

Many projects have been progressing. The full automation of Physiology's underwater weighing apparatus for body fat determination was completed in June. This allows the composition of an athlete's body to be accurately determined in only a few minutes. A device for the display and logging of heart rates from four athletes simultaneously over long periods of time is complete and in the process of being built into a portable carrying case. Considerable work has gone into the automation of Cybex tests in Physiology.

Several psychological profiling and analyses systems have been developed for sports psychology, and these are regularly used at the Institute and on portable computers at competitions around Australia and overseas.

In Biomechanics there has been development and support for several sport-specific analyses, as well as development of general data acquisition systems. Data analysis and graphic presentation of results to coaches is continually increasing in sophistication. Devices for additional types of data capture are being developed. These include an ultrasonic device for the dynamic measurement of distance, as in the measurement of oar displacement in rowing.

Menzies Foundation Scholarship presentation: LtOr Dr John Cheffers, Dr Frank Pyke, Menzies Scholarship holder Karen Phillips, Dr Margaret Wallner, Mr Fulton Muir and Mr Graham Dempster



THE SPORTS SCIENCE AND MEDICINE QUARTERLY

Four editions of the *Sports Science and Medicine Quarterly* were produced in the 1984/85 financial year and the publication continues to be an outstanding success. The magazine, which is distributed free to all interested organizations and individuals, is designed to provide information on the applied research being conducted in the Sports Science and Medicine Units at the AIS. It is not intended to be an international referred journal but rather provide information on small studies in a form that is easily read by coaches and busy sports science and medicine personnel. With the June 1985 edition a system of guest reviewers from tertiary institutions and in private practice around Australia has been introduced. The time that these busy people devote to critically analysing the articles and offering suggestions to *Quarterly* contributors is much appreciated by all concerned.

Despite the absence of any active promotion, more than 800 requests have been received for this publication from both Australia and overseas. With those already on the mailing list and the use that is made of the *Quarterly* in coaches education courses and conferences held in Canberra, the print run has been increased to 3000, twice the original estimate made when the *Quarterly* was established. It is also pleasing to note the number of requests we are receiving for permission to reprint articles in coaches' magazines both here and overseas. To date 16 requests and enquiries have been received.

The Institute is grateful for the continued support given to this project by the Sir Robert Menzies Foundation for health, fitness and physical achievement and especially the active interest shown by the ACT Committee of this organization.

NATIONAL TRAINING CENTRE PROGRAM

The NTCP, established in 1982, has the primary objective of providing an opportunity for national sporting organisations, particularly non-resident sports, to use the facilities and services available at the AIS for national team training or technical seminars for coaches, judges and referees.

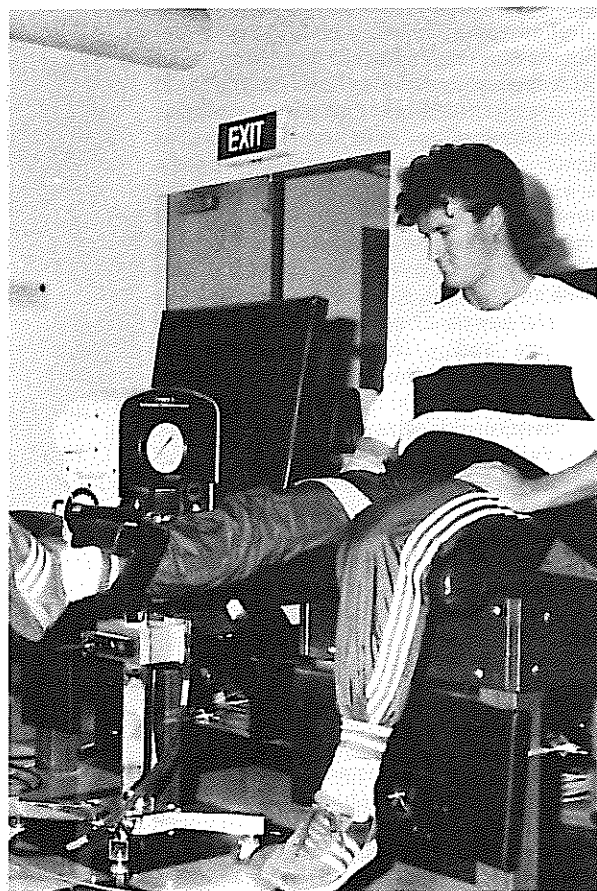
The NTCP is becoming an integral part of pre-competition training and development programs of a large number of sports. This has been shown by the increasing number of sporting organisations applying for assistance under the scheme as well as many sports requesting multiple visits during the year.

Applications were received from thirty-seven (37) sporting organisations, request-

ing funding in excess of \$1.12m for the \$400,000 made available from the Government appropriation to the AIS. Thirty-three (33) sports participated in the 1984/85 program, which consisted of 52 camps and involved over 1100 athletes.

Under the guidelines of the Program the financial assistance is provided towards the cost of travel to and from Canberra, accommodation and internal travel.

Prior to the Olympic Games in Los Angeles many of these teams participated in the NTCP for their final preparations. Following the Olympic Games, many sports required preparation for World Championships and other international commitments. Those teams who held training camps prior to World Championships are as follows:



National Training Centre Program participant, Stephen Lee, Australian Ski representative undergoing physiological testing.

| | | |
|-------------|---------------------------|--|
| AUGUST 1984 | Water Polo | Junior Men |
| | Hockey | Junior Men |
| SEPTEMBER | Judo | Senior Women |
| OCTOBER | Freestyle Skiing | Senior Men & Women |
| | Clay Target Shooting | Senior Men |
| DECEMBER | Squash | Senior Men & Women |
| | Orienteering | Senior Men & Women |
| JANUARY | Paraplegic & Quadraplegic | Track & Field Team |
| | Paraplegic & Quadraplegic | Swimming Team |
| MARCH | Table Tennis | Senior Men & Women |
| APRIL | Archery | Senior Men & Women |
| MAY | Paraplegic & Quadraplegic | Basketball Men |
| | Grass Skiing | Senior Men & Women |
| JUNE | Squash | Senior Men & Women |
| | Australian Deaf Team | Track & Field, Swimming, Basketball, Cycling |

In assessing the quality of the applicant sport and its importance to Australian sport, priority is given to the following criteria:

- senior national teams preparing for international competitions (eg Olympics, World Championships) with pre-embarkation training adding to the importance of the program;
- national junior teams preparing for major international events;
- general training camps for national senior and junior teams;
- technical national seminars involving: (a) Coaches, eg National Coaching Courses, and (b) Judges/Referees.

While at the Institute, teams have extensive use of the facilities and in addition, many of the services of the AIS are offered to supplement the sports' established training programs. These services involve access to the Information Centre, counselling from sports psychologists, discussions on nutrition and injury prevention, discussions on training program design and field test evaluation. For some sports involved in heavy endurance training such as cycling, sprint canoeing and cross country skiing, comprehensive fitness profiling is carried out. However, this service is limited because of the time and staffing constraints.

The major advantages of the NTCP are that:

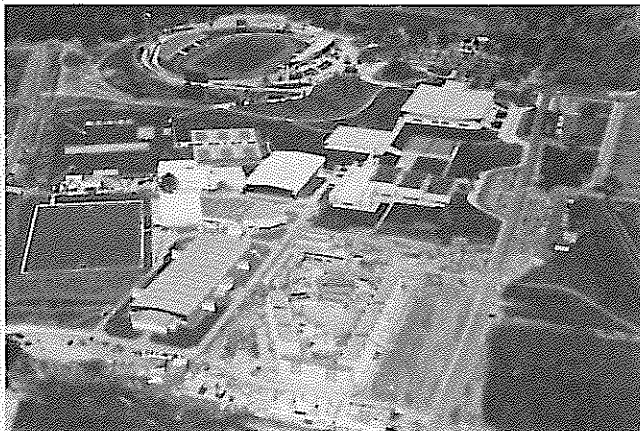
- team and individual sports can finalise preparations for major championships in world class facilities;
- national teams can use the Institute as a focal point to build cohesive teams prior to competition;
- all sportspersons can benefit from the expertise of AIS Sports Science and Medicine staff;
- National Coaching Seminars can disseminate information to many centres throughout Australia from the resources and information available at the Australian Institute of Sport;
- the NTCP funding provides the resources, often denied individual associations, for teams to assemble for training prior to major competitions;

- the Australian Institute of Sport provides an impetus for junior squads to strive for promotion into senior ranks.

For those sports not catered for at the AIS, arrangements are made to use facilities in the Canberra area and the AIS is grateful for assistance during the year from:

Canberra College of Advanced Education
Bruce TAFE
Canberra Girls Grammar School
Deakin Squash Courts
Department of Territories and Local Government
ACT sporting organisations which have made their respective facilities available.

SPORTS REPORTS



Aerial view of AIS complex

Introduction

Visiting Athletes

The Institute's thirteen resident sports cater for 284 athletes who have travelled to the AIS from every state. These athletes leave their home for approximately 48 weeks each year. Some have been at the Institute for four years. However, the Institute cannot satisfy the needs of all high performance athletes for various reasons. For example, an athlete may be completing a university course that is not available in Canberra. Other athletes have long-term employment in their home cities that may not be interrupted. There will always be many similar reasons no matter where a sports institute is situated. In addition, at this stage we are restricted to a certain number of athletes in respect of each sport (eg thirty two athletes for track and field). Therefore, in order to assist high performance athletes who cannot attend the Institute on full time scholarships, AIS coaches have brought numerous athletes into the Institute for training camps. In this way we can make available not only the expertise of our high performance coaches, but also world class training facilities and support staff particularly in sports medicine and science.

The AIS coaches also were involved in carrying out very successful coaching seminars and training camps for developing athletes, working very closely with their respective national sporting bodies.

Decentralisation and Satellite Programs

The General Manager in his report has touched on the various decentralised and satellite programs initiated in 1984/85. These programs were very well received throughout Australia. One program in particular, the Satellite Coaching Program, already is proving to be highly successful.

There were thirty six AIS satellite coaches operating around Australia this year, covering track and field, weightlifting, gymnastics, swimming and tennis. The main aim of this program is to assist these high performance coaches in carrying out their coaching duties, which they have been performing for many years with little or no assistance. The Institute also has asked these coaches to, inter alia, act as agents for it and to assist in the location of new talent and then to help with the provision of adequate coaching and support services for these young athletes.

National Training Centre Program

The National Training Centre Program has proven to have the same high profile as the resident sports program. Applications from thirty seven sports were received in 1984/85, stretching AIS resources to the limit. It is hoped that the completion of the new AIS residence for athletes and the sports science and medicine centre will assist substantially in catering for applications from over fifty sports including sports for the disabled, involving more than 2000 athletes, covering 105 training camps. A separate report covering details of the program is included in this Annual Report.

Currently the training schedule of each sport which has participated in the National Training Centre Program is being assessed. The first conclusion is that squads not having a well structured program for at least five to seven days are not really doing the right job. This criticism, where relevant, is not only directed to the administrators and coaches but also to those athletes who are not prepared to give sufficient time to reach world class level.

Resident Sports

The Institute receives many applications each year from national sporting bodies

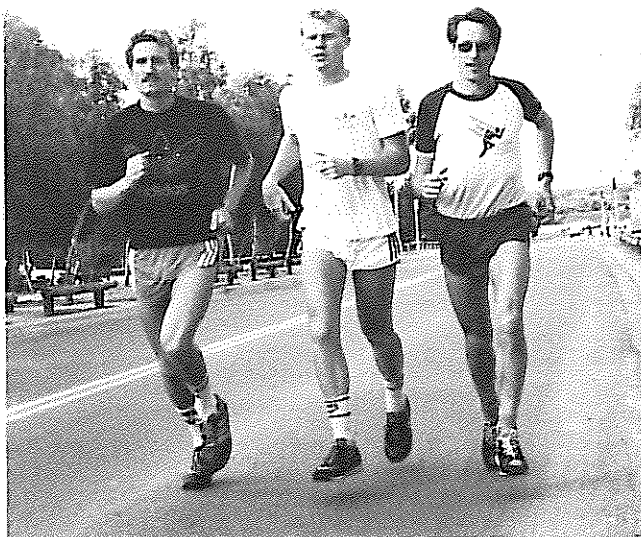
who wish to become full resident AIS sports. Because of the large number of sports desiring to be AIS sports and the very high cost of maintaining a sport, it is a very difficult exercise for a sport to join the AIS family.

In view of the strong competition to become an AIS resident sport and the high cost involved, perhaps a successful sport should be brought into the Institute in stages. This could be achieved initially by providing funds for satellite coaches, working through the sport's National Coaching Director. If and when the sport proves its high performance both in respect of discipline and administration, it could be moved up to a second stage where the Institute then would employ full time coaches working out in the field. The final stage would be full residential acceptance.

On the other hand, sports at the AIS, including all the present thirteen sports, should compete to remain in the AIS. With this in mind, the ongoing assessment that is being carried out in each of the sports, together with the level of co-operation the AIS has received from national sporting bodies, is relevant.

The following reports from the Institute's Head Coaches reflect a very successful athletic year for the Australian Institute of Sport.

PETER BOWMAN
Assistant General Manager
Sports



AIS track squad members out for a training run. L to R: Gerard Ryan, Tony Ford and Gerard Barrett
(Photo: The Canberra Times)

BASKETBALL

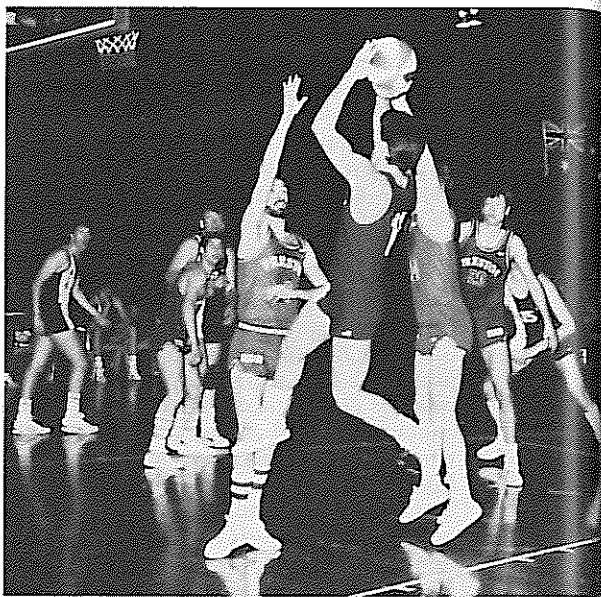
| | |
|--------------------------------|------------------|
| Head Coach | Dr Adrian Hurley |
| Men's Coach | Patrick Hunt |
| Men's Assistant Coach | Phil Smyth |
| Women's Coach | Brendan Flynn |
| Women's Assistant Coach | Jenny Cheesman |

Head Coach Dr Adrian Hurley; Head Coach, Australian Institute of Sport, 1981-1985; Head Coach, National Men's Team 1985-1988; Assistant Coach, National Men's Team 1981-1984; National Selector 1977-1988; Vice-President, World Coaches Association; President, Oceania Coaches Association; Member, Technical Committee, Australian Coaching Council; Chairman, National Basketball Coaching Advisory Panel.

In 1984/85 there were 28 scholarship holders in the men's and women's basketball program at the AIS. The athletes range in age from fifteen years to nineteen years. The program aims at development of juniors to add depth and talent to the national junior and senior programs.

During 1984/85 the women's squad contested the Women's Basketball League and the Women's Conference League, while the men contested the South Eastern Basketball League. All three Leagues are interstate competitions which provide our athletes with excellent opportunities to gain experience against senior players and top class teams. All three AIS teams finished with creditable performances in the Leagues.

Graduates of 1984 have made an impact in the interstate and National Leagues. Currently there are forty eight graduates of the AIS playing in the various top Leagues in the country.



AIS Men's Basketball team playing the Preston, Victoria team

In 1984, AIS players Mark Dalton, Sue Geh, Donna Quinn and Bronwyn Marshall represented Australia at the Olympic Games, as did assistant coaches Phil Smyth and Jenny Cheesman. Adrian Hurley and Brendan Flynn were coaches with the Olympic Basketball Squad.

The AIS was very well represented by graduates and current scholarship holders on national senior and junior teams throughout the year.

TAA. The friendly way.



The Institute program hosted the Australian Olympic teams in their preparation and the National Junior Men's and Women's Teams prior to overseas competition. In January the Institute conducted the first All Australian Camps for Under 16 and Under 18 men and women.

The 1984 AIS-ABF Workshop attracted coaches from all over Australia and Oceania. The guest lecturer was Canadian Olympic coach Jack Donohue.

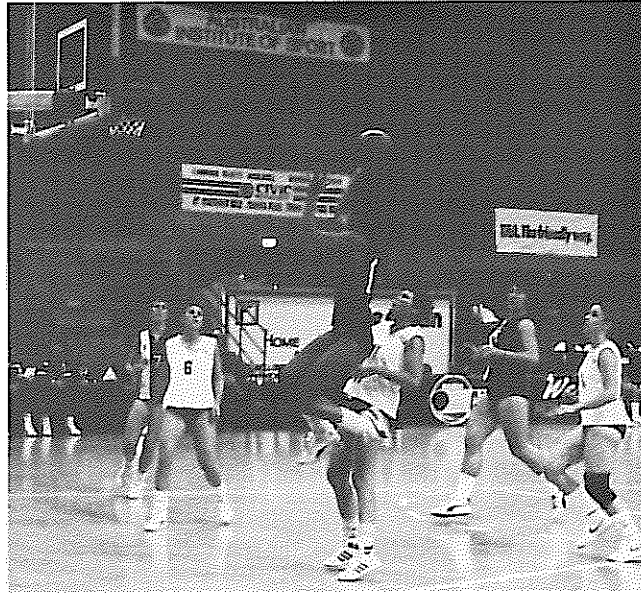
As 1984 was an Olympic year, the AIS men's and women's teams did not travel overseas as a unit. They did tour Queensland and Western Australia respectively, where they were undefeated. The teams conducted coaching clinics at each centre on tour.

The basketball program moved quarters in August 1984 to their new training hall. The new facilities and the current building program will ensure the very best facilities for the future.

The men's and women's teams were outfitted on and off the court by PUMA again in 1984. TAA became the official airline of the Institute, and consequently sponsors of the basketball program.

Overview:

The Australian Institute of Sport basketball program provided leadership, expertise and facilities in all areas of basketball again in 1984/85. The particular inputs into coaching, junior and senior national teams, the domestic Leagues and sports science added further depth and thrust to all levels of basketball in Australia. The rapid growth and stature of basketball in Australia in the period 1981-1984 has coincided with the growth of the AIS. The combined thrust of both groups working in close harmony enhances basketball's climb to world prominence in challenging international competition.



AIS Women's Basketball team playing in the National Indoor Sports Centre

DIVING

Head Coach Bruce Prance
Assistant Coach Stephen Foley

The Australian Institute of Sport Diving Squad commenced operations at the Chandler Pool, Brisbane, in November 1984, with eight scholarship holders. Head Coach Bruce Prance is assisted by Stephen Foley, who is continuing his diving career.

Most scholarship holders joined the Diving Squad in late November or early December, following completion of their 1984 scholastic commitments.

At Australian diving meets during 1984/85 divers who were members of the Australian Institute of Sport squad were entered by their home states, with equal emphasis being given to their AIS relationship in program information and listings of results. In this way the identity and successes of the AIS divers were documented clearly.

During the initial period of AIS Diving Squad operation, there was a need to be

very flexible in approach to solely AIS trips to ensure that AIS Diving Squad members were afforded the greatest possible international exposure and the best possible opportunities to enhance their selection claims for and participation in major international meets.

Close liaison was maintained with the Australian Amateur Diving Federation. This approach ensured that AIS divers received maximum possible international exposure and experience with the funds made available to the squad.

A number of AIS divers have competed with consistent success in all events available to Australian divers, both in Australia and overseas.

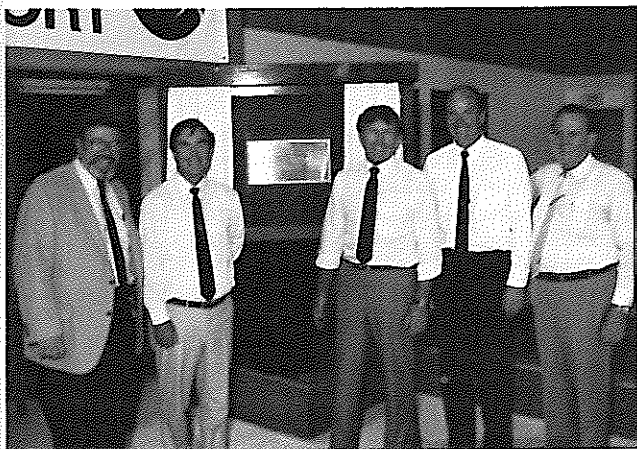
A number of divers from other Australian states have visited the AIS squad facilities in Brisbane at their own expense during their school and university vacations. One example of such an exercise was the visit of South Australian coach Daryl Hocking, and eight members of his diving squad. The group drove from Adelaide to Brisbane for a four day clinic. The experience has been beneficial for all concerned.

The AIS Diving Squad has had a close liaison with leading USA coach Mr Ron O'Brien, who has assisted in the development of the program. He visited the squad in Brisbane in January 1985, and travelled to Canberra and Melbourne to attend championships at which AIS divers competed.

The AIS diving squad has developed a harmonious working relationship with the Brisbane City Council Aquatic Centre personnel, led by manager Mr Andrew Tambakis. During 1984/85 the AIS squad installed a trampoline and spotting harness on the pool deck of the Aquatic Centre.

Two members of the 1984/85 AIS Diving Squad, Carol Boots and Carol Smith, appeared as the subjects of an Education Department film produced to emphasise the relationship between science and sport for high school students.

The majority of AIS divers are fulfilling the training program and gaining the competition and experience necessary to lead to their inclusion in 1986 Commonwealth Games and World Championship teams.



At the official admission of the AIS Diving squad based at the Sleeman Complex, Brisbane. L to R: Dr. John Cheffers, AIS Executive Director, Mr. Bruce Prance, AIS Diving Coach, the Hon. John Brown, Minister for Sport, Recreation and Tourism, Mr. R. Kevan Gosper, Chairman, AIS Board of Management and Mr. Jack Sanders, National Executive Director/ Australian Amateur Diving Federation



WOMEN'S GYMNASTICS

| | |
|------------------------------------|--|
| Co-ordinator/ Coach | Frances Thompson Crampton |
| Head Coach | 1984 Kazuya Honda 1985 Ju-Ping Tian (former Chinese National Coach) |
| Rhythmic Coach | Illeana Vogelaar (NSW) |
| Regional Artistic Coach | 1985 Kazuya Honda (Vic) |

The past year (1984/85) has seen many changes and developments in Australian Women's Gymnastics.

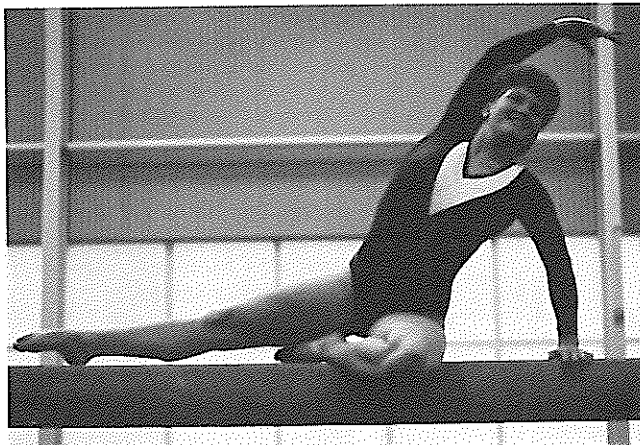
Olympic Report

All members of the Australian Olympic competitive team for Los Angeles, both athletes and coaches, came from the Australian Institute of Sport. For the first time since the introduction of the qualification system for Olympic entry the Australian team included a coach per discipline. This is a positive development which, if continued, will assist in Australian gymnasts achieving better results.

All Australian gymnasts qualified for Competition II, the top 36 All Round Individual Competition. In Women's Artistic Competition Keri Battersby and Kellie Wilson placed 33rd and 34th respectively. In Rhythmic Gymnastic competition Anne-Marie Kerr placed 26th and Linda Douglas placed 33rd. Frances Thompson and Illeana Vogelaar were the respective coaches.

National Championships

Australian Senior National Championships were held in Brisbane two weeks following return from the Los Angeles Olympics. Institute gymnasts attained their highest scores and best ever results. Debbie Graham won the International Level, with Kellie Wilson gaining third place. In the Senior Elite Stream Tina Fleesen and Gabrielle Allen placed first and second.



Kellie Wilson, AIS gymnast and 1984 Los Angeles Olympian, carrying out a beam routine

AIS athletes took honours in all apparatus, winning 7 gold, 6 silver and 4 bronze medals, the results being a great credit to coach Kazuya Honda.

At the Junior National Championships held at the AIS in May 1985, AIS gymnasts gained outstanding results, with Monique Allen winning the title for the second year in succession and being named Junior Gymnast of the Year. All current AIS squad members were named in the Junior National Squad.

OTHER COMPETITIONS

Artistic

International

AIS squad members competed in a number of international and national competitions during 1984/85. International competitions included the Pacific Alliance, USA in December 1984, the Chinese Taipei International Invitational immediately following it, the prestigious Golden Sands International Competition, held in Bulgaria and the Australia Games, held in Melbourne in early 1985, which included a major international gymnastics event.

National

New and difficult compulsories have been introduced for the 1988 Olympics. To provide experience for Australian gymnasts a national compulsories competition for aspiring World Championship Team



members was conducted in conjunction with the Juniors Finals in May. AIS squad members Leanne Rycroft and Cathy Blake placed first and second.

National Club Competition was held at the AIS in June 1985, attracting more than 200 competitors. AIS gymnasts have the opportunity to compete with their home club. Karen Thompson and Kellie Wilson placed first and second in the International Class, and Monique Allen won the Junior/Senior Elite section.

Rhythmic

International:

The annual Trans Tasman exchange with New Zealand took place in October 1984 with AIS squad members participating as part of a larger Australian team. Anne-Marie Kerr and Antionetta Guida competed in the prestigious Four Continents Meet in the USA in October 1984.

All Rhythmic gymnasts retired in 1984.

Clinics, Symposia and Seminars

Frances Crampton, AIS Gymnastic Co-ordinator, attended the International Judges Course in Filybach, Switzerland in October/November 1984 to renew the International Judges Licence which she holds, the first in Australia to have done so.

Prior to the Australian Games in Melbourne Frances Crampton and other members of the National Technical Executive schooled local gymnastic officials in the new, complex regulations. Prior to the Junior Nationals in May 1985 a National Judges School was held at the AIS, utilising both the Sports Training Facility and the services of AIS staff.

Two clinics were held at the AIS during 1985, one in January for approximately 100 gymnasts and coaches and one for National Squad members and their coaches in June. This was held in conjunction with the National Club competition again utilising both AIS staff and facilities.

Regional Squads and Coaches

Dr. John Cheffers, Executive Director of the Australian Institute of Sport has instigated a decentralisation program for gymnastics in New South Wales and Victoria. Regional artistic gymnastic squads have been established in Victoria and New South Wales, and rhythmic gymnastic squads in Western Australia, South Australia, New South Wales and Victoria. The aim in setting up regional courses is to form developmental squads where correct technique and methods can be taught to young gymnasts who can retain the advantages of home and family life. Eventually the regional squads will develop into a feeder system for the central program. However, first squads must be established in all States. It is hoped that all States will follow the AIS lead, as they have done with facilities, and establish regional branches within their States, particularly in country areas.

Summary

The aim of the AIS Gymnastic Program is to have the current top international squad and a further group of younger, potentially world-class gymnasts. At the Elite level a very low ratio of coaches to gymnasts is required for positive results to be achieved.

The many changes made during 1984/85 will raise the standard of Australian gymnastics. The AIS squad forms part of the total program, the Elite. The co-operation between all sectors of the sport must continue to allow improvement.

MEN'S ARTISTIC GYMNASTICS

| | |
|-------------------------|-----------------------------------|
| Head Coach | Warwick Forbes |
| Assistant Coach | Paul Szyjko |
| Apprentice Coach | John Curtin |
| Dance Teacher | Stephanie Burridge (Part time) |

Aims

The main aim of the Australian Institute of Sport (AIS) Men's gymnastic program is to enable Australian gymnasts to be competitive in the international arena.

The Institute also works along side the Australian Gymnastics Federation in improving national calibre gymnasts by conducting coaching clinics and training camps.

The Institute is also involved in the implementation of a national talent identification and squad monitoring program and is assisted by the AIS satellite coaches.

Program

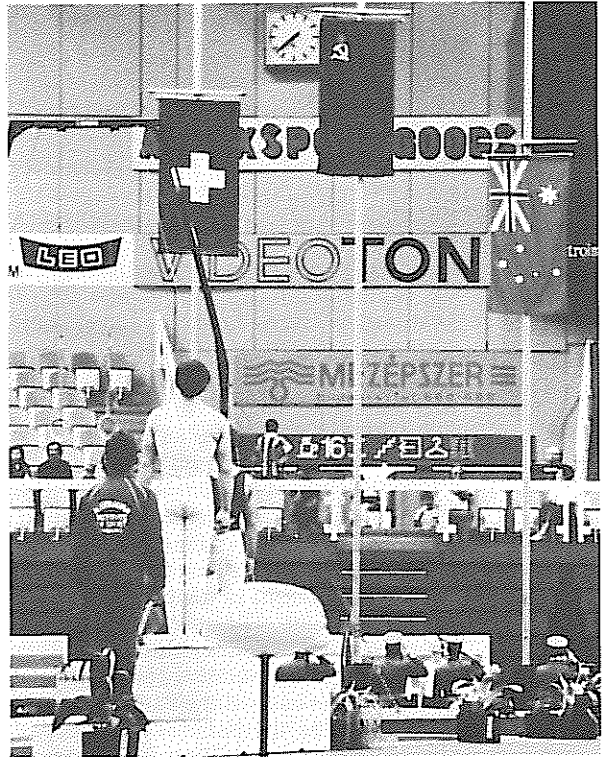
The Men's gymnastic program has expanded since 1984. This expansion has been made possible by the introduction of an apprentice coach scheme, whereby a young and promising coach is given the opportunity to work in the AIS program under the direction of the Head Coach. Thus the composition of the Institute program is as follows:

| | | |
|-------------------------|-----------------------------------|--------|
| Head Coach | International and Senior gymnasts | (six) |
| Assistant Coach | Talented Junior gymnasts | (five) |
| Apprentice Coach | Junior Boys | (four) |

This working situation enables the younger gymnasts to have excellent coach contact time while giving the coach time to concentrate on perfect technical preparation and strong physical preparation of each individual gymnast.

The continuation of ballet classes taught by Stephanie Burridge has been of great benefit to all as the rhythm and artistic presence taught is beginning to grow in the younger members of the squad. Although ballet assists in the technical preparation of gymnasts it also helps the gymnasts realise the meaning of 'artistic' in Men's Artistic gymnastics.

All gymnasts attend a morning training session for one and one half hours before



Werner Birnbaum gaining the highest ever placing in international competition - a bronze medal at the Hungarian Centenary Competition

leaving for school, college or university. The afternoon training session is of four hours duration and concentrates on the skill acquisition and strengthening programs. This regime is followed on week days while on Saturday the gymnasts will train either in one four hour session or two three hour sessions. Total training time is from twenty eight hours to thirty two hours per week.

Selection

Fourteen gymnasts were awarded either full or part scholarships in 1985. The scholarships are allocated on the basis of the following selection tests:

- optional competition
- national gymnastic profile test
- physiological and morphological tests (Sports Science)
- medical examination (Sports Medicine Unit)
- interview

International Competition

Olympic Games

Two AIS gymnasts represented Australia at the Los Angeles Olympics, Werner

Birnbaum (NSW) and Robert Edmonds (Qld). Werner demonstrated the impact the AIS has had on Australian gymnastics by taking thirty first in the all-round final. Only last year Werner finished 88th in the world championships as Australia's No.1 gymnast. Werner also created gymnastic history in Australia by being the first gymnast to receive a 9.9 score. Both gymnasts made a strong impact on the international gymnastic scene in Los Angeles.

Pacific Alliance Championships

This Australian team was selected entirely from the AIS squad and included Werner Birnbaum, Robert Edmonds, Shaw Byng and Ken Meredith. In the first team competition in Reno, Nevada the Australian team finished 0.1 points behind Canada in fifth place, demonstrating that Australia is close on the heels of the Pacific nations, which include the Peoples' Republic of China, the USA, and Japan which took out the first, second and third places in the competition.

Individually Werner Birnbaum qualified for the ring finals and parallel bars finals while Robert Edmonds qualified on the rings, vault and horizontal bar. Robert finished with a 9.75 on the horizontal bar but could not budge the US and Chinese performers from the medals.

Australia Games

Again gymnasts representing Australia were all from the AIS. Led by Werner Birnbaum, Australian gymnasts acquitted themselves well against very tough opposition. Shaw Byng and Grant Carlyon both competed in the all-round competition and also qualified for some apparatus finals. The highlight of these games was Shaw Byng winning a silver medal on vaulting. To round the evening off Werner Birnbaum finished a close second behind the Russian Pogorelov on the parallel bars.

Shaw Byng and Werner Birnbaum represented Australia in this compulsory and optional international competition and

were pitted against some of the best gymnasts from the Eastern Bloc as well as many western gymnasts. Werner had a good all-round competition to finish 13th, the second highest score from a western gymnast.

Hungarian Centenary, Budapest

This was an optional competition with only the world's best competing. Shaw Byng and Werner Birnbaum both produced exceptional performances on their strong events, the vault and parallel bars respectively, each finishing third. They were the first Australian Institute of Sport gymnasts to win places in overseas events.

Junior Competition

In January of 1985 the AIS juniors participated in a National Junior Competition tour of Great Britain. The AIS boys twice competed as an AIS team in Regional competitions and each time were too strong for their opponents, defeating both the North England and South of England teams.

The boys competed twice more as members of the Australian Junior team, once as a 16 and Under side against the British Schools team and once against the Great Britain Under 18 team. The team easily won the first of these and lost the second by a narrower margin, though to a substantially older team. It was commendable that all of the AIS boys made the National team on both occasions.

The youngest members of the AIS squad competed in the Australian Junior Championships in Adelaide in June 1985. This also proved to be a successful meet for the boys with Brennon Dowrick, the youngest in the AIS men's program at 13, winning the Under 16 competition. Mark Shaw also participated, moving up many positions from 1984 to place 6th.

National Championships, Brisbane

Although the two Olympians had to compete in this championships only two weeks after the Los Angeles Olympics there were still outstanding performances from both and it was clear that they were going to challenge for the National title. Robert just edged out Werner Birnbaum for the title, followed by Ken Meredith AIS/Qld and Gennady Gleyberman AIS/Vic.

It is clear that these four gymnasts are the only gymnasts that Australia can truly call international competitors and it is a great shame that all four could not have competed in Los Angeles.

Clinics

The Annual National Junior Clinic was conducted in January at the Australian Institute of Sport with boys attending from all over the country. At this clinic a National Junior squad and team were selected and leading the selections were the AIS junior boys.

In June the second National Junior Clinic was held in Adelaide. The Institute contributed the expertise of our coaches Paul Szyjko, John Curtin and dance teacher Stephanie Burridge to make this another successful junior clinic.

Summary

The Australian Institute of Sport Men's gymnastic program has made its first impact on the international gymnastic scene. The 2nd places at the Australia Games and the third places at the Hungarian Centenary International prove that Australian gymnasts are steadily climbing the international rankings. As the Institute's junior boys progress it can be expected that they will follow in the footsteps of the senior gymnasts by winning medals at major competitions.

Despite the fact that Australian senior gymnasts are competitive on their best events and that the junior boys are acquiring a very thorough grounding in gymnastics, Australia lacks depth to enter a very strong team of six gymnasts in the World Championships. It also appears that unless professional coaching programs are set up in the states, either decentralised institutes or state institutes in the near future, only the strong individuals from the AIS can be expected occasionally to crack this eastern-bloc-dominated sport.

MEN'S HOCKEY

Head Coach

Richard Aggiss
 Australian Coach
 1981-85
 Olympic Coach 1984
 Federation of International Hockey Coach
 1984/85
 AIS Head Coach
 1984/85
 Coached Australia to eight wins out of eleven tournaments in five years including prestigious Champions Trophy 1983 and 1984.

Assistant Administrator/Coach

Terry Walsh
 Represented Australia since 1974 playing over 140 internationals.
 Olympian 1976, 80, 84.
 World Cup 1975, 78, 1982.

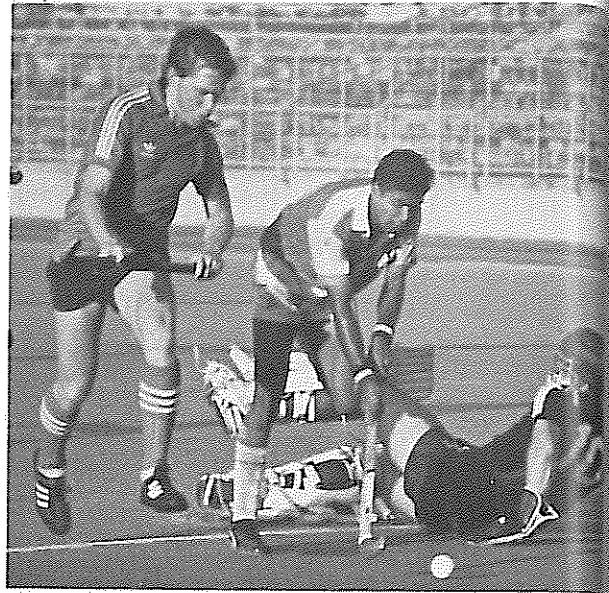
The 16 players who comprised the AIS men's hockey unit in its inaugural year built up an imposing record of successes. From early July when they defeated the Australian Olympic Team on its way to the Los Angeles Olympics, the team went undefeated despite very strong opposition from local first division clubs, and some even tougher games in India and Pakistan, during the overseas tour in October. The overseas program involved ten games (eight wins and two draws) in countries where winning is very important.

Throughout 1984 many of the AIS players represented Australia either at the senior or junior level.

Olympians were Grant Mitton (SA), Nigel Patmore (Vic.), and Neil Snowden (Vic.).

AIS squad members in the Junior World Cup Qualifying Team (Kuala Lumpur 1984) were: Brett Butcher (Tas), Chris Love (SA), Peter Noel (SA), Bryon Zekulich (WA), Graham Reid (Qld), Mark Hagar (Qld), John Bestall (WA) and Ross Harper (Vic).

The Australian Senior Team which carried off the Champions Trophy in Karachi 1984 included Nigel Patmore (Vic), Warren Birmingham (NSW), Graham



AIS men's hockey team playing Pakistan

Reid (Qld), John Bestall (WA), Grant Mitton (SA) and Steven Colledge (WA).

The Australian Senior Team which played in the Tournament in the Australia Games, Melbourne in early 1985 included: Ken Wark (NSW), Warren Birmingham (NSW), Graham Reid (Qld), Grant Mitton (SA), Nigel Patmore (Vic), Steve Colledge (WA) and John Bestall (WA).

Eleven new players were selected in the 1985 AIS squad of 18. With the improved level of fitness of the new intake, the 1985 program emphasized the necessity for speed, mobility and a high level of skills. Specialist speed coach Mrs Lyn Foreman worked the players hard for 16 sessions in an effort to improve speed, through improved technique. In addition the weight training program was designed to build up power in wrists, forearms, thighs and overall body strength.

The domestic program began in late March, with Esanda and Western Underwriters agreeing to sponsor the Midweek Hockey Challenge against the first division clubs. Early performances were spasmodic with four excellent wins counter balanced by losses to two bottom teams.

During April and early May, the AIS players returned home to prepare for and

compete in the Australian Senior Championships in Hobart. It is to be hoped this will be the last occasion the Championships will be played on a grass surface. Top hockey in the future should always be on an artificial surface. Following the Nationals in Hobart eight AIS players were selected in the twenty two man squad to play against England in the Esanda Series in July.

These were: Grant Mitton (SA), Nigel Patmore (Vic), Warren Birmingham (NSW), Neil Hawgood (Qld), John Bestall (WA), Ken Wark (NSW), Graham Reid (Qld) and Dean Evans (WA).

Over the past year many developments have occurred to improve the quality of performance of the individual athletes at the AIS hockey unit in Perth.

1. Miss Sue Lindgren has been appointed for fifteen hours a week as AIS physiotherapist. She has received excellent back-up support from Viv Waters and other staff at the West Australian Institute of Technology Physiotherapy Centre.
2. Steve Lawrence and Dr Bruce Elliott from the Department of Human Movement at the University of WA have provided expert testing and measuring of all athletes in the areas of sports physiology and biomechanics.
3. Dr Bob Grove, sports psychologist from the University of WA has worked closely with the AIS men, both in group and individual sessions.

With the Olympic Games only three years away, major tournaments in the interim attract even greater attention from the AIS hockey players. En route to Seoul many players will encounter the Junior World Cup (Vancouver), three Champions Trophy Tournaments, and the World Cup (London). Even our very short history tells us that come 1988 the AIS will have provided the grounding for many of the Australian Olympic players.

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KOOKABURRA 
DIMPLE BALLS

WOMEN'S HOCKEY

Head Coach Brian Glencross

Coach Pam Glossop

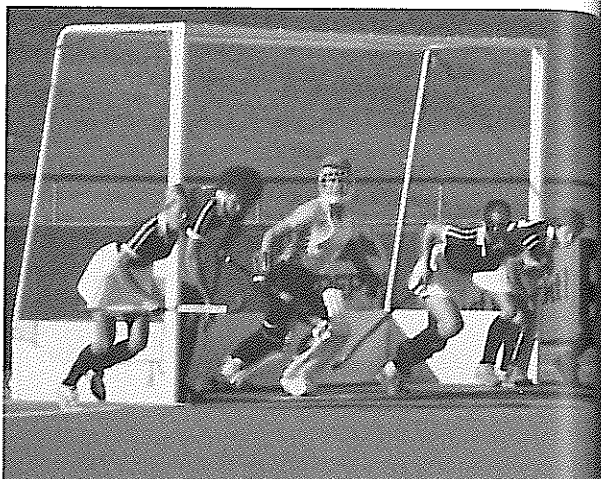
All AIS squad members who played in the Australian Championships performed creditably. Following the Championships Australian teams and squads were selected. All AIS squad members were selected in a national team or squad.

Selected in the Senior Australian Team were: Sharon Buchanan, Michelle Capes, Loretta Dorman, Trisha Heberle, Debbie Bowman, Kathy Partridge, Sandra Pegrum, Liane Tooth, Anne Stevenson and Kim Small.

The Senior Australian Squad included: Jill Cassidy, Jackie Pereira, Tracey Belbin, Carolyn Banks and Di Walmsley.

In the Under 21 Australian Team were: Carolyn Banks (Capt), Tracey Belbin (V. Capt), Tammy Hall, Lee MacLeod, Jackie Pereira and Di Walmsley.

The Australian Senior team participated in a four nation tournament in Holland in which the team finished fourth on goal difference. After the tournament the team played in Germany and Scotland during which they won four out of the five games and drew the remaining one. The AIS players in the National team gained valuable international experience from the tour.



AIS womens hockey players in action

Tour Statistics

During the tour the team played a total of ten matches, won 6, lost 2 and drew 2. The team scored 22 goals and had 9 scored against them. Top goal scorers were Kim Small and Sharon Buchanan, both from the AIS.

The Under 21 National Team played a four test series against New Zealand in Australia. The Australian team won the series 3-1.

The National Selectors chose a squad of 18 players to play a 5 test series against England in September. The squad included 11 AIS players: Sharon Buchanan, Michelle Capes, Trisha Heberle, Debbie Bowman, Kathy Partridge, Tracey Belbin, Sandra Pegrum, Liane Tooth, Anne Stevenson, Kim Small and Lee Macleod

Esanda/Western Underwriters AIS Hockey Challenge

The AIS women's team participated in the Esanda/Western Underwriters AIS Hockey Challenge to the end of June 1985, enjoying an undefeated record.

Hockey Training

All the players have been concentrating on Individual Training Programmes (ITP). These programs include each player working at specific advanced skills under the guidance of the coaching staff. They work up to two hours per week in addition to group training and fixtures.

Continuing Research Programs

- a. All players have been tested again for back problems and related injuries peculiar to hockey players. Professor L. Twomey reported that there had been a significant improvement in the flexibility and abdominal strength of all players.
- b. All players have been tested on the Kin Kom apparatus for quad and hamstring strength and are at present having their forearms and wrists tested. From these reports the players will be able to reassess their weight programs in conjunction with the weight training advisors.
- c. Some of the players have been retested for percentage body fat by using the under water weighing equipment at the University of Western Australia. Skin-fold tests were done on the same players. All players had reduced their percentage body fat and skinfolds.
- d. All players had blood tests taken in June to re-check iron levels. Dr Greg Blight of the WAIT Medical Centre is researching in this area and is closely monitoring the athletes. All are taking iron supplements.
- e. Miss Ruth Burnett, sports nutritionist, has received records of food intake from the players. She will report to each player on their diet and adjust it to meet the demands of the heavy training and playing programs.

Mental Training

Sports psychologist Dr Bob Grove has been conducting sessions on:

- a) player profile
- b) self analysis of playing skills
- c) self analysis of mental skills
- d) assessment for tension and anxiety indicators

These sessions will continue until the end of August 1985.

Future Programs

Visiting Scholarships

A group of talented players will be invited to the Institute in late November 1985 for an intense training program. These players will also have the opportunity to watch the last four days of the Champions Trophy Tournament.

Visiting State Coaches

A coaching seminar will be held at the same time as the Visiting Scholarship Program for all State Senior Coaches. This will give the coaches the opportunity to be involved in the Institute programs as well as updating their coaching knowledge. Mr Richard Aggiss and Terry Walsh will be conducting sessions at the seminar.

NETBALL

Head Coach Wilma Shakespear
Coaches Margaret Caldwell BEM
 Gaye Teede

The AIS Netball Squad focuses on identifying potential national representative players as they complete their secondary school careers. Offering them scholarships at this time has proved to be most effective educationally. Scholarships are reviewed annually with those who perform well staying on for a second year. During 1984/85 two squad members became the first netballers to move into the third year of a scholarship. Both remained as part-time scholarship holders as they do not require the same degree of developmental work needed by less experienced squad members. Currently the AIS has twenty members in its resident squad.

The Netball Squad had developed two other forms of scholarships to assist in maintaining a supply of world-class netballers in Australia.

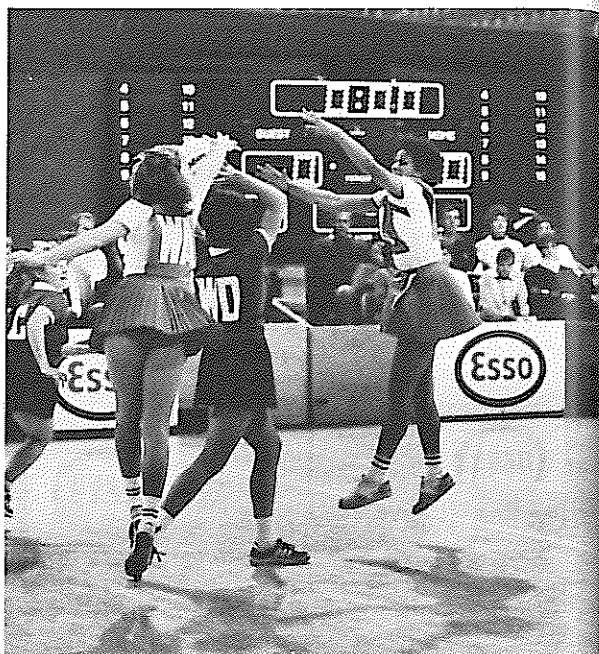
Visiting Scholarships have been set up for those players who cannot relocate to Canberra for a long term stay because of the non-transferrability of tertiary education courses or because of career demands. This program also will assist national level players who wish to sharpen their technique.

Developmental Scholarships have been offered to players and coaches in the Northern Territory and Tasmania as neither have had representatives on the AIS squad for the past two years. The program offers a coach and three players from both areas a period of intensive work with the AIS squad. It is left to the judgement of the relevant state and sport associations as to how these scholarships are used.

Both developments will facilitate the efforts being made by the AIS Netball squad to reach as great a part of the Australian netball community as possible.



DUNLOP SPORTS FOOTWEAR



AIS netballers competing in the inaugural Esso Super League competition

Competition

International

During November/December 1984 an AIS team toured the Caribbean. In a period of 15 days the squad played eighteen games, losing only three of them. They spent the first four days in Barbados and the remainder of the time in Trinidad. Their opponents included national squads, youth squads and local club teams.

In early 1985 the Australia Games took place in Melbourne. An international netball tournament involving Australia, New Zealand, Trinidad/Tobago and the United Kingdom contested matches. A number of AIS squad members were members of this team. Prior to the tournament the AIS squad played a number of preliminary games.

There has been a very strong impact on the membership of the Australian National Open Team, the National Open Squad and the Under/21 team by both former and current AIS scholarship holders.

In the Open Australian Team Debbie Johnson, (AIS 1983/84), Jane Searle (AIS 1982), Roselee Jencke (AIS 1982/83), Sue

Hawkins, (AIS 1981), Vicki Wilson (AIS 1984/85) and Keeley Devery (AIS 1983/85) won places.

Sue Kenny (AIS 1984/85), Marcia Ella (AIS 1983/85), Cheryl McCormack (AIS 1981) and Anne Lawson (AIS 1984) were chosen in the Open Australian Squad.

The Australian U/21 Squad included Nicole Cusack, (AIS 1984/85), Lisa Beehag (AIS 1983/84), Sue Kenny (AIS 1984/85), Stacey Gregory (AIS 1983), Jennie Longhurst (AIS 1985), Karen Schuly (AIS 1983), Shelly Oates (AIS 1984/85), Andrea Mason (AIS 1984/85), Paula Harwood (AIS 1983), Sally Ironmonger (AIS 1984/85), Vicki Wilson (AIS 1984/85), Roselee Jencke (AIS 1982/83) and Michelle Jones (AIS 1985).

Competition

Domestic

The inaugural Esso Super League competition, incorporating eight club teams from throughout Australia, took place over a five week period ending in June 1985. The AIS Netball Squad has been very supportive of the development of the League and worked with the All Australia Netball Association to encourage its setting up.

The AIS competed by invitation in the All-Australia Night Tournament in March 1985, going through the competition undefeated. In the NSW state league the AIS were undefeated. At the interdistrict level AIS fielded one team and spread other squad members throughout other competing teams.

Initiatives

In September 1984 the inaugural AANA/AIS Coaching and Umpires Seminar was held. More than 120 representatives from all states and territories and international delegates attended. AIS staff worked closely with the National Coaching Director, Mrs Pamela Barham, to ensure the success of the venture.

The Netball Talent Identification Squad attended the AIS in September 1984, bringing to the AIS coaches and players with some of the most talented U/17 players in the country.

The All Australia Netball Association, particularly the National Coaching Director and Management Committee, has offered support and encouragement to the AIS Netball Squad.

Dunlop Footwear Australia and Mitre Sports Balls have sponsored and supported the netball squad during the past year and the squad is grateful for their continued support.

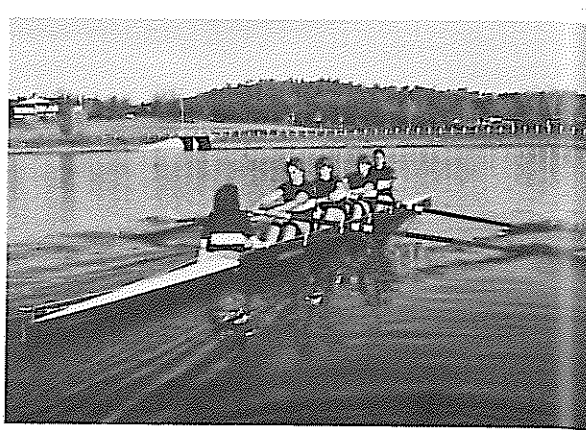
ROWING

Head Coach Reinhold Batschi
Assistant Coaches Peter Shakespear
 Robert Marlow
Apprentice Coach Matthew Draper

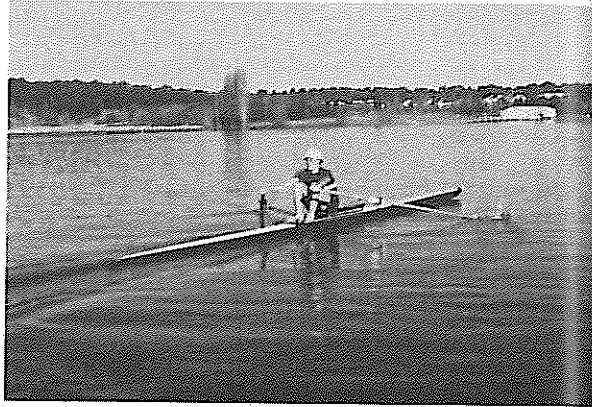
The aim of the AIS Rowing Program is to develop rowers to Olympic medal standard by offering a superior training environment to the elite rowers of the nation, and also through coach education and the Apprentice Coach Scheme to improve the level of Australian coaching talent. The format of the Rowing Program has been designed by the Australian Rowing Council and at all times the Australian Institute of Sport will work closely with the National Rowing Scheme to maintain Australia's position as one of the top five rowing nations.

The first rowing scholarship holders arrived at the end of April 1985. These were the nationally selected Senior B (Under 23) team. They trained for two months in Canberra in preparation for their trip to Europe to compete in the Lucerne International Regatta against senior competitors, and in Banyoles, Spain, at the International Championships for Under 23 rowers. Their final objective was the Test Series against New Zealand, to be held in September. By June 1985 a squad of eighteen rowers had commenced training in Canberra. This comprised a men's eight oared crew with cox'n, a women's four oared crew with cox'n, two women scullers and two men scullers. The Australian Junior Team took up visiting scholarships and trained in preparation for their events later in the year as well.

Prior to April, equipment to facilitate rowing squad training was purchased. An excellent fleet of boats was acquired from Australian boat-builders and from the Australian Olympic Team in Los Angeles in 1984. These were complemented by carbon-fibre oars from America and the best quality wooden oars from Germany. The final addition to the fleet was three catamaran coaching launches designed to minimize wash on Lake Burley Griffin, which serves as an excellent training venue for the Rowing Program.



AIS Women's coxed four training on Lake Burley Griffin: Marilyn Kidd (bow), Amanda Ridgley, Kate Hall, Debbie Bassett (stroke) and Kay Fry (cox)



Bruce Hick, training for the single sculls event on Lake Burley Griffin, Canberra

The coaching program has been able to assist other areas of Australian rowing. The appointment of Matthew Draper as an apprentice coach has enabled him to avail himself of the expertise of international coaches at the Institute, and also to use the facilities at the Information Centre and Sports Science and Medicine Centre to develop his knowledge. He will be able to put this knowledge and experience to use when he returns to his home State. By offering places to two apprentice coaches per year, each on a six month stay, Institute coaches will be able to maintain contact with the Australian club level of rowing. All three Institute rowing coaches are members of the Australian National Coaching Committee and in that capacity have helped run Level 1 and Level 2 Coaching Courses throughout the nation, thus providing an AIS presence and a source of up to date information for all Australian rowing coaches.

Although only in action for two months of this year, the rowing program has laid a firm base in co-operation with the Australian Rowing Council to provide an exciting future for Australian rowers as they look to improve on the three Olympic medals of 1984.

SQUASH

Coach: Geoff Hunt AM, MBE
 Seven times World Champion
 Eight times British Open
 Champion
 Sixteen times Australian
 Champion (Open, Pro, Amateur)
 1981 ABC Sportsman of the
 Year

Program for 1985

As the AIS Squash Unit only commenced in late January 1985 there was only five months on which to report. Basic training took the following form:

- a) Squash technique — five days a week from one to two hours a day was spent on developing the various strokes, with initial emphasis on the backhand and forehand drives.
- b) Squash games — six days a week, an hour to two hours a day, was spent playing practice games against other squad members.
- c) Running — four days a week some form of running was undertaken, usually three days of repetition 400 metre runs and on one day a long continuous run.
- d) Swimming — in the initial two months, three days a week swimming 6-12 50m laps was done.
- e) Gym Training — twice a week a gym program was conducted by the Queensland University Sports Science Unit.
- f) Stretching exercises — before each training session athletes warmed up with a stretching program and at completion of the day's activities a more extensive stretching routine was observed. The video camera was used on some occasions to help improve understanding of technique.

Domestic Competitions

The squash unit is fortunate that there are weekly competitions in Brisbane and on the Gold Coast enabling athletes to compete in either one or both on a weekly basis.

Also there are numerous weekend tournaments of a high standard within two hours drive of Brisbane.



The Hon. John Brown, Minister for Sport, Recreation and Tourism, congratulating Mr. Geoff Hunt, newly-appointed AIS Squash Coach, at the official opening of the AIS Squash Unit Brisbane

Results of tournaments in which AIS Squad members competed

North Coast Open Nambour
Mens — Rodney Martin won
Womens — Sarah Fitzgerald won

Southport Open
Mens — Rodney Martin won
Womens — Sarah Fitzgerald won

Wavel Open Brisbane
Mens — Austin Adarraga won beating Australia's No. 3 player Ross Thorne
Womens — Danielle Drady won

Townsville — North Qld Open (half players)
Mens — Steve Durbridge runner up
Womens — Sarah Fitzgerald runner up

Erina Open (half players)
Mens — Rodney Martin won
Womens — Danielle Drady won

Brisbane Open (Men)
 Phillip Larmer won, beating Chris Robertson

Tweed Heads Open
Mens — Austin Adarraga runner up
Womens — Sarah Fitzgerald runner up

Dubbo Open
Mens — Rodney Martin (semi finalist)
Womens — Danielle Drady won

NSW Open
 Rodney Martin and Brett Newton semi finalists

NSW U/23 Titles
Mens — Austin Adarraga won
Womens — Sarah Fitzgerald runner up

NSW Junior Titles
Mens — Brett Newton won
Womens — Michelle Martin won

No overseas trips were undertaken by the Squad. Overall the athletes performed well in the tournaments played but only one State Championship was held during this period.

SOCCER

Head Coach Jimmy Shoulder
National Youth
Coach

Coach Ron Smith
ASF Staff Coach

Assistant Coach Tony Franken
National
Representative

The past year has been extremely satisfying both in terms of development and achievement. The National Youth League has again proved to be an excellent competition for developing the skills of young players, while the tour of Holland once again underlined the fact that young Australian soccer players are competitive with the best of Europe's young professionals.

Members of the AIS squad once again formed the basis of the Australian Youth Team which has qualified for the third successive time for the World Youth Championship finals. Jimmy Shoulder is the Coach of this team which includes 9 AIS players. In addition, the Institute supplied 6 current and 3 former AIS players to the Australian Under/23 squad which performed with great credit in the Merlion Tournament in Singapore in October, 1984. The AIS Soccer Complex has been utilised extensively in the selection and preparation of these teams.

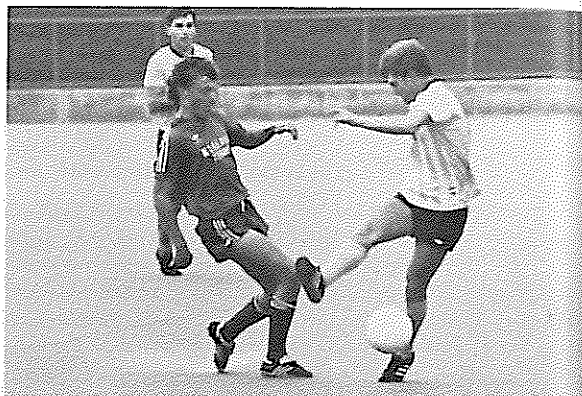
Soccer sponsored by



Kimberly-Clark Australia
Players use



and wear



AIS Soccer Squad member Kurt Leitner in match competition on the AIS poligrass pitch

Notable Achievements of Former and Current AIS Players

Frank Farina — 1983 Most Entertaining National League Player

Oscar Crino — 1983 National Under-21 Player of the Year

Tony Franken — 1984 National Under-21 Player of the Year

1984/85 Australian National Team Representatives:

Oscar Crino, Rodney Brown, Tony Franken and Frank Farina

1984 Australian Under-23 Representatives: Tony Franken, Robert Hooker, Andrew Bernal, John Mihailidis, Frank Farina, Sean Ingham, David Sharpe, Warren Spink and Paul Jones

1985 Australian Youth Team Representatives:

Andrew Bernal, Robert Hooker, Lou Hristodoulou, David Sharpe, Sean Ingham, Michael McLennan, Paul Jones, Warren Spink and Mirko Runje

Satellite Coaches

The nationwide scouting and recruiting system which was established in early 1981 has again proved to be most successful in the recruitment of quality young players and in this regard special thanks must go to the following for their assistance to the AIS coaching staff: Ron Tindall (WA), Jim Foley (Northern NSW), Mike Wells (SA), Alan Vest (New South Wales), Tim White (Victoria), Bruce Stowell (Queensland), Les Bee (ACT) and Ross Wesson (Tasmania).

Sponsors

Excellent support has again been received from Kimberly-Clark, manufacturers of Kleenex Tissues, and from Adidas and Mitre Sports. Adidas has supplied all playing and training kit and footwear while Mitre has supplied all of our footballs and ancillary equipment. Kimberly-Clark's large cash donation to the Institute was supplemented by their excellent joint venture with the AIS coaching staff in the production of a superb Soccer Skills poster.

Seminars

An Australian Soccer Federation Level 3 Coaching Course directed by Ron Smith was held at the Institute in December 1984, while Australia's first ever Level 4 Coaching Seminar took place in September 1984 attended by virtually all of Australia's leading Soccer Coaches.

Adopt-a-Player Scheme

Close links have been forged with ACT Primary Schools with each of the AIS players being adopted by a primary school. The player attends the school each week to take part in activities with the children and in return the children attend AIS matches and special coaching sessions.

Acknowledgements

Special thanks to Dr Peter Fricker, Henry Wajswelner and all of the medical staff for their excellent service during the year, and to John Crampton for his valuable contribution to the coaching program.

Domestic Competition

1984 National Youth League — Northern Division Champions

Played 24, Won 16, Drawn 4, Lost 4,
Goals For 59 Against 24, Points 36
Leading Scorers: Warren Spink 21

Lou Hristodoulou 11

1985 National Youth League — up to July 20th, 1985

Played 18, Won 9, Drawn 4, Lost 5,
Goals For 56 Against 39, Points 22
Leading Scorers: Paul Foster 14

Lou Hristodoulou 12

Tim Mullen 10

1985 Friendly Matches

Played 7, Won 7, Drawn 0, Lost 0,
Goals For 37, Against 7,

International Competition — Holland,
May 13 — June 6

Eurovoetbal Youth Tournament — Groningen

Group Matches

| | |
|-----------------------------|---|
| AIS 0 v Czechoslovakia | 0 |
| AIS 1 v Groningen | 2 |
| AIS 1 v Ajax | 0 |
| AIS 0 v Queens Park Rangers | 2 |
| AIS 5 v Haarlem | 0 |

Final Placings and Play-off Results

1st & 2nd Czechoslovakia 1 East Germany 0

3 & 4 Queens Park Rangers 1 Holland 0

5 & 6 Feyenoord 3 AIS 1

7 & 8 Ajax 4 Glasgow Celtic 0

9 & 10 Haarlem 3 Olympiakos 0

11 & 12 Euro City 2 Groningen 1

Note The tournament was played before a crowd of 28,000.

Panasonic Youth Tournament — Hertogenbosch

Group Matches

| |
|---------------------|
| AIS 1 v Leuven 2 |
| AIS 2 v Den Bosch 0 |
| AIS 7 v East Ham 0 |

Final

AIS 0 v Utrecht 2

Friendly Matches

| |
|--------------------------|
| AIS 5 v FC Lisse 1 |
| AIS 0 v RVV Bevrijding 0 |
| AIS 0 v Holland 1 |

Leading tour goalscorer:

Lou Hristodoulou 11

SWIMMING

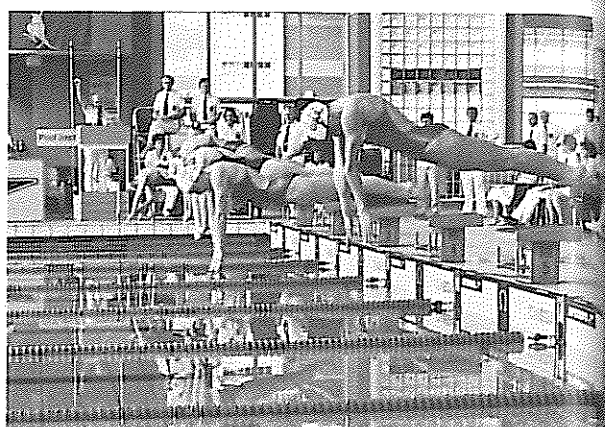
Head Coach Mr Bill Sweetenham
 Head Coach, 1980 Olympic Team. Swimmers he coaches currently hold 2 world records and 8 Commonwealth records. Only Australian coach to have medal winners at most recent three Olympics.

Coaches Mr Bernie Mulroy
 Miss Judy Hudson
 Mr Ron McKeon

The AIS Swimming Squad under the leadership of Head Coach Bill Sweetenham has been successful in achieving a standard of excellence in all of the objectives set for 1984/85.

The Institute Swimming program, following the 1984 Olympic Games, was aimed at developing the new and younger members of the team and motivating the older team members. This involved the following objectives:

- laying the foundations of endurance for the 1986 Commonwealth Games year;
- ensuring exposure to adequate national and international competition;
- ensuring all team members make significant gains in their academic areas;
- making significant gains in the strength program;
- overcoming weaknesses as a team and as individuals;
- swimming fast and committing themselves to the team purpose which is 'To promote excellence in swimming and career and to foster individual and national pride through a dedicated commitment to our total program.'



A perfect take-off in a women's relay event in the AIS pool

In the year ending December 1984 the men's and women's squads achieved 16 world ranked performances and broke 25 national level records. Over the four-year period to December 1984 the AIS swim team has won 110 International Gold Medals, set 90 national level records and achieved 66 world ranked performances.

Competition

Nineteen eighty four was an Olympic year. On the Australian Olympic swim team the AIS had 14 members, seven women and seven men. AIS women representatives provided all the medals in Australian women's swimming at the Los Angeles Olympics.

Sue Landells — Silver Medal 400m Individual Medley

Karen Phillips — Silver Medal 200m Butterfly (Commonwealth record)

Michele Pearson — Bronze Medal 200m Individual Medley (Commonwealth record) 5th — 100m Freestyle (Commonwealth record) 4th — 200m Freestyle (first Australian woman to break 2 minutes)

AIS men were in the medal tally also:

Robbie Woodhouse — Bronze 400m Individual Medley

Mark Stockwell — Silver 100m Freestyle (Commonwealth record) Silver 4x100m Freestyle Relay

Greg Fasala — Silver 4x100m Freestyle Relay



Other major competitions in which the AIS team has competed in 1984/85 are:

- United States Championships (Florida)
Michele Pearson, in winning both the 200m freestyle and 200m individual medley, became the first Australian woman to win a US National Championship.

Rob Woodhouse won the 400m individual medley and took out a second place in the 200m individual medley, Mark Stockwell had two wins, in the 50m freestyle and 100m freestyle and the men took out the 4x100m freestyle. These swimmers became the first Australian trained and coached swimmers to take out US Championship wins.

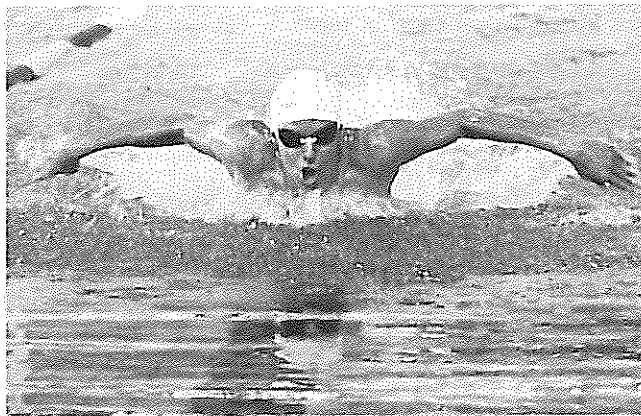
- Australian Short Course Championships, Melbourne

In Melbourne AIS swimmers once again produced excellent results. Brett Stocks, swimming in the 100m breaststroke clocked 1.01.66 giving him a world No.2 ranking. Jackie Grant broke a national record in the 50m freestyle.

- Canada Cup, Toronto, December 1984
The AIS team of only 17 swimmers was second only to the USA in team point score and ahead of the much larger Canadian contingent who had homeground advantage. AIS swimmers took out 7 Gold, 4 Silver and 5 Bronze Medals. Outstanding performances were recorded by Cindy Lu Fitzpatrick who won 2 Gold and one Silver, in the process setting two national Short Course records, and by Julie West who won the 200m individual medley.

Coach Eric Arnold from Newcastle joined the AIS coaching staff for this tour.

- Canada Cup, Vancouver, May 1985
In May a seven-member AIS swim team competed in the Canada Cup in Vancouver. Overall the team was 4th in point scoring, with outstanding performances coming from Jenny Messenger who won the 50m freestyle and Gary Lord who came first in the 100m freestyle.



AIS butterfly swimmer, Robbie Woodhouse, competing in the AIS Swimming Hall, Canberra

- Meet of Champions, Mission Viejo, California June 1985,

The seven-member AIS team registered outstanding performances at this meet, gaining six international gold medals. Michele Pearson won the 200m freestyle and 200m individual medley, Rob Woodhouse the 400m individual medley and 200m freestyle and Georgina Parkes the 100m backstroke and 200m backstroke.

Other magnificent swims and placings came from Sue Landells, 4th in the 400m individual medley, Michele Pearson, second in the 400m freestyle and fourth in the 100m freestyle, and Rob Woodhouse second in the 200m individual medley.

- Santa Clara Meet, California, 28 - 30 June 1985

At this meeting AIS swimmers gathered seven international gold medals, seven silver medals and two bronze medals. Michele Pearson won three gold medals in the 200m individual medley, 400m individual medley and 200m freestyle, Georgina Parkes gained first placings in both the 100m and 200m backstroke and Matthew Renshaw took out the 100m freestyle. The women's 4x100m individual medley relay team, Karen Phillips, Sue Landells, Michele Pearson and Georgina Parkes, also took first placing in their event.

Further fine results were recorded by Sue Landells who finished second in both the 200m and 400m individual medleys, Matthew Renshaw with two seconds in the 50m freestyle and 100m backstroke, Lance Leech runner-up in both the 100m breaststroke and 200m breaststroke, Georgina Parkes who was second in the 200m freestyle and Michele Pearson who, in addition to three individual wins also took out a second in the 100m freestyle and a third in the 50m freestyle.

These two meets, coupled with the WIN/Killarney meet in Sydney, 14-16 June immediately prior to leaving for the US West Coast provided a fine beginning for the AIS season. At the WIN/Killarney Meet the AIS Squad recorded 38 personal best times.

For the World Student Games scheduled in August-September 1985 in Kobe, Japan, 13 of the 21 positions on the team were taken by AIS swimmers. For the Pan Pacific Meet scheduled for Tokyo in August, AIS swimmers comprise 10 of the members of the team.

Each month from March to July of 1985 the AIS team has broken national records including taking 10 seconds off the women's 4x100m Freestyle National and Australian record.

Achievements

Michele Pearson and Karen Phillips both were inducted into the Hall of Fame by winning Olympic medals in Commonwealth record time. Michele Pearson received further recognition for having four consecutive years of world ranked performances at the AIS.

Academic achievement awards were made to Paul Rowe (Business Administration) and Susie Woodhouse (Science).

The swim program has 44 resident scholarships for 1985, 86 visiting scholarships and 46 coaching scholarships. Eight satellite coaching programs are now in place.

The AIS Swim Coaching staff, in December 1984, conducted Australia-wide Rothmans Coaching Clinics in conjunction with the National Coaching Coordinator, Paul Quinlan. They also conducted an AIS Coaching Clinic in October 1984, a series of state-wide talent development camps and a Lend Lease Coaching Clinic and instruction sessions.

An exchange program involving the AIS swim team and the Jubilee Sports Centre, Hong Kong, with renowned breast stroke coach Dave Haller spending time at the Institute and AIS Coach Bill Sweetenham spending time in Hong Kong has been established.

The AIS swimming program thanks Australian swimming, Speedo and all those who have contributed to the team and its success, especially the swim club coaches who unselfishly support their swimmers coming to the Institute.

TENNIS

Head Coach AIS Ray Ruffels

National Coach
National Men's
Selector

Assistant coaches

Helen Gourlay
(National Women's Selector)

John Marks

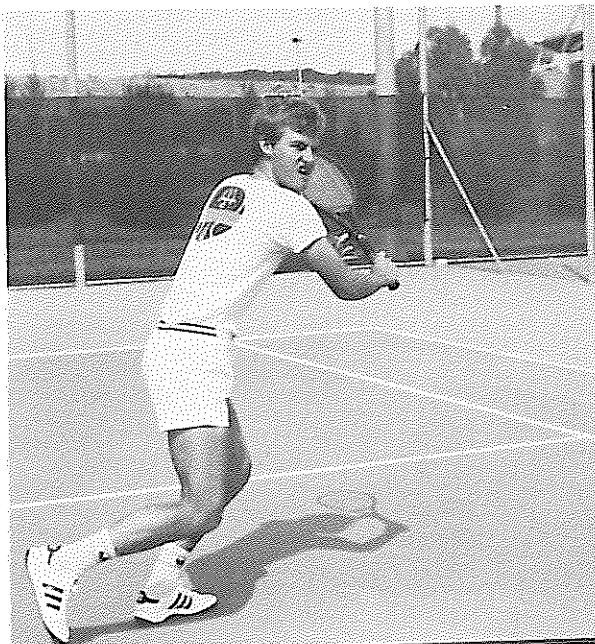
Brett Edwards

The Australian Institute of Sport cemented its position at the pinnacle of the Junior Development ladder in 1984/85 in two important areas.

Firstly, the results achieved demonstrated the benefit of a disciplined competitive environment coupled with education. Secondly, with the sponsorship of the revamped Junior Development Program in Australia by McDonalds it became obvious that it was necessary that the AIS tennis program be sponsored by McDonald's Junior Tennis Australia. McDonald's Junior Tennis Australia is the development arm of the LTAA, funded jointly by McDonalds and the Lawn Tennis Association of Australia (LTAA). It is governed by a nine-member board headed by John Newcombe, Ken Rosewall, Ashley Cooper, Australian Institute of Sport board member Geoff Pollard, AIS Head Coach and National Coach Ray Ruffels, with Chief Executive Barry McMillan.

Included in the sponsorship is support for the Satellite Coaching Program and the creation at the AIS of a satellite women's tennis tournament. This development is vital for young Australian players in gaining their initial foothold in a tennis career.

The new sponsorship is welcomed, but the AIS tennis program also wishes to express its gratitude for the support given



AIS Tennis Squad member Pat Flynn in training

over the preceding 3 years by Colgate Palmolive. They supported the program in its initial stages and have in all ways been a perfect sponsor.

The coaching staff comprises Ray Ruffels, Head Coach AIS; assistant coaches Helen Gourlay, National Women's Selector, John Marks and Brett Edwards. As usual the coaching staff has given time and effort well beyond what is expected of them.

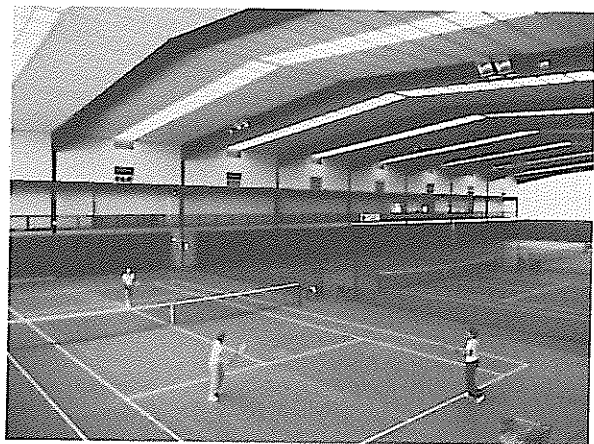
The domestic program of the AIS Tennis Team supported all major tournaments of the LTAA and State Associations. AIS team members who have performed outstandingly during the past year include Darren Cahill, Pat Flynn and Simon Youl in the men's squad and Michelle Turk, Louise Field and Colleen Carney from the women's squad.

Darren Cahill climbed out of the ruck and emerged as a leading Australian prospect, his performances earning him a place in the BP Achievers Squad under Neale Fraser. This is the first Australian team for which Darren has been selected. Darren has had solid performances throughout 1984/85. He qualified for the Australian Open and defeated Rodney Harman in the 1st round. While a member of the 1985 BP Achievers Squad Darren qualified for the French Open. In a pre-Wimbledon tournament he defeated 1985 Wimbledon runner-up Kevin Curran.



Players wear

adidas 



Training at the AIS Indoor Tennis Centre

Simon Youl, with consistent performances qualified for both the 1984 and 1985 French Open Championships. He also won a place in the BP Achievers Squad. In 1985 Simon was Number 3 on the Australian Satellite Circuit.

Pat Flynn displayed even more rapid improvement. As a member of the 1984 Australian 16 and Under Team he recorded the best performances ever by an Australian on that tour, reaching the semi-finals of the US National Hardcourt 16 and Under Championship. By the end of the year Pat had jumped ahead of many older players to be Australia's Number 2, 18 and under ranked junior, one position behind World and Australian Number 1 junior Mark Kratzmann. Pat then gained selection in the Australian 18 and under team for 1985. Pat was a runner-up in the Victorian Junior Championships. Not content with having good performances in the junior events only, Pat finished sixth on the 1985 Australian Satellite Tour and ninth on the English Satellite Tour. In achieving these rankings he had wins over seasoned professionals Peter Renert (US), Leo Palen (Finland), Glen Layendeker (US) and Eric Korita (US). He also reached the final of the NSW Hardcourt Championships, losing to Simon Youl in a hard-fought three-set match.

Michelle Turk and Louise Field improved tremendously throughout the year and with constant effort and results of consistently high quality forced their way into the Australian Junior Team. Michelle Turk was the winner of the South Australian and Victorian Junior Singles Championships and runner-up in the Australian Junior Championships. In open competition on the 1985 Australian Satellite Circuit of three \$10,000 tournaments Michelle was twice a semi-finalist and once a quarter-finalist. Overseas, Michelle won a prestigious junior tournament in England, Junior Wimbledon, prior to becoming a semi-finalist at Wimbledon in the Junior Doubles.

Louise Field has shown great potential throughout the year and has constantly raised the level of her best performance. Louise won the NSW Junior Championship, 2nd only in standing to the Australian Open Junior Championships, the Australian Open Junior Doubles with Suvchenko (USSR) and runner-up in the Queensland Junior Championships. In the 1985 Australian Women's Satellite tour of three \$10,000 events Louise won the South Australian Women's Open. Despite being hampered by a nagging injury, Louise won the pre-Wimbledon International Juniors Tournament at Thames Ditton and the Junior Wimbledon Doubles with Janine Thompson.

Colleen Carney had an inconsistent year sprinkled with some outstanding results. She qualified for the Australian Open, was a semi-finalist in the Australian Open Junior and a semi-finalist in the 1984 Australian Satellite Masters. She qualified and won a round in the 1985 \$175,000 Melbourne Indoor Championships. Colleen's ranking has improved from 248 to 161.

Sally McCann, a new recruit, was chosen in the Australian 16 and under team, her first Australian team selection. During her period in the US Sally achieved a better result than any other Australian male or female participating in this tour in the eight years of its existence. Sally reached the final of the very tough US National Hardcourt Championships losing to Kissell (US) 7-5, 6-4.

TRACK & FIELD

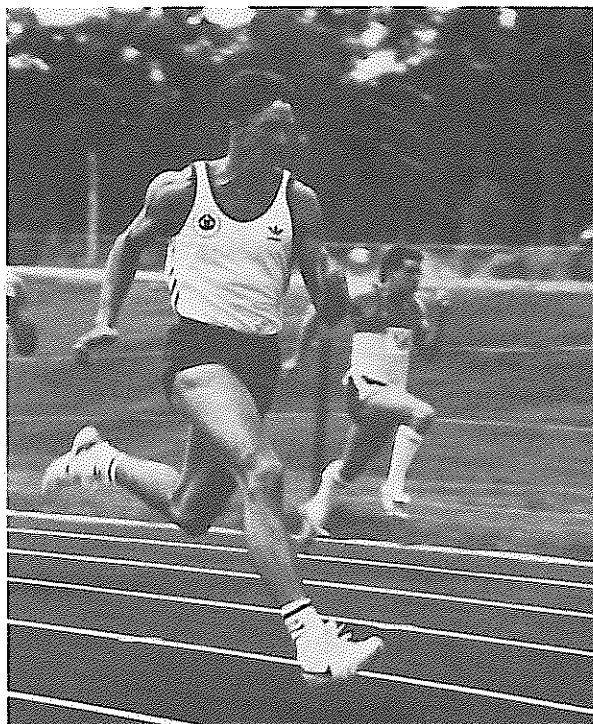
| | |
|---|----------------|
| Co-ordinating Coach; | Tony Rice |
| Coach, (Jumps) | |
| Coach, (Middle and Long Distances) | Pat Clohessy |
| Coach, (Hammer & Pole Vault Development) | Peter Farmer |
| Coach, (Multiple Events, Walks) | Craig Hilliard |
| Coach, (Throws) | Merv Kemp |
| Coach, (Sprints & Hurdles) | Norm Osborne |

During the year a number of changes took place in the coaching staff. Former Head Coach Kelvin Giles left the AIS in October. The sad and untimely death of Gary Knoke in July was recorded in last year's report. In October, three new faces joined the coaching team — Norm Osborne, Peter Farmer and Tony Rice.

As well as their duties coaching residential and visiting scholarship holders, AIS coaches have extended their guidance and counselling services to many other athletes unable to attend the AIS. Coaching staff also have taken a leading part in many coaching seminars, delivered lectures and participated in clinics. Most hold important positions in the National Coaching Structure — Pat Clohessy (National Event Coach, Marathon); Norm Osborne (National Event Coach, 400m; Group Director, Sprints & Hurdles); Merv Kemp (National Event Coach, Shot; Group Director, Throws); Craig Hilliard (National Event Coach, Walks); and Tony Rice (Group Director, Jumps).

In preparation for World Cup IV to be held at the AIS during October 1985 the training facilities have been considerably upgraded. The improvements have included resurfacing of the track and jump facilities with Rekortan in the Main Stadium, and the laying of an eight lane Rekortan warm-up track, with full track and jump facilities. The new surfaces have proved more resilient to the cold of a Canberra winter, and a more acceptable training surface for athletes.

The year contained three major commitments; the Olympic Games during July, the major domestic track and field season from January to March, and the Pacific

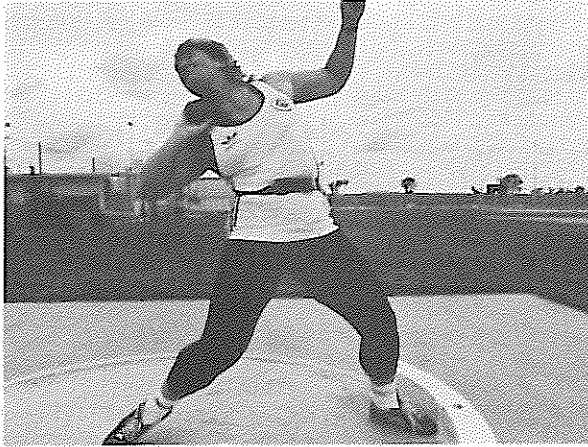


Don Wright, AIS hurdler in competition on the newly-completed AIS warm-up track adjacent to the outdoor stadium (Photo: Robert Ahearn)

Conference Games held at Berkeley, California during June. Other competitive programs undertaken were: European tour — August and September; World Indoor Games — Paris, January; Australia Games — Melbourne, January; World Cross Country Championships — Portugal, March; World Marathon Championship — Japan, April and the Race Walks Tour — Mexico, April.

The variety and timing of major championship and invitational meets available to athletes throughout the year requires careful programming so that each athlete can prepare and peak for the major occasion. This requires a daily operation for each coach giving scope to take individual or group activities to satisfy the requirements of each individual athlete.

Of the 30 scholarships available, funding for two of them has been directed towards budgeting for development of hammer and pole vault. The remaining thirty have been utilised to allow 37 athletes to receive full or part residential scholarships. With 40 international events for men and women, and elite and development components to satisfy, demand for scholarships outweighs the supply.



Gael Martin, AIS shotputter training in the throws area at the Australian Institute of Sport

Thirteen athletes left the program during the year. Five athletes failed to meet the performance criteria set for them, and eight departed for personal reasons. All who left had made a great impact on the program, and these departures left a great hole in the performance levels of the squad. The new, younger group of scholarship holders are training hard to reach, and even better, the levels achieved by the departing group. The Institute has been particularly enriched by the performances of Garry Brown, Paul Narracott, Robyn and Ken Lorroway, Paul Gilbert, Phil Nettle, Gerrard Keating, Jenny Low and Vanessa Browne during their tenure as scholarship holders.

Of the 31 strong Australian Olympic Track & Field Team, the AIS was represented by 9 athletes, whilst a further 10 had been assisted under the Visiting Scholarship Program. Ten AIS scholarship holders were included in the 44 strong Pacific Conference Games team, and another fifteen team members had received Visiting Scholarships.

Visiting Scholarships

The Visiting Scholarship Program is designed to assist athletes not able to move permanently to Canberra. There has been a very positive response to this scheme, which is proving to be enormously successful. It is envisaged that many of Australia's highly ranked athletes will continue to take advantage of the scheme over the ensuing years.

Athletes who have been assisted by the visiting scholarship program are: Steve Saunders, Darren Wright, David Misson, Alan Ozolins, David Vernon, John Yaxley,

Mark Lane, John Atkinson, Neale Smith, Linda Garden, Brad Monk, Eugene Bria, John Minns, Martin Hesse, Lisa McHarg, Stuart Gyngell, Wayne Barber, Neil Honey, Bruce Barbour, Allan Flynn, Darren Clark, Fred Martin, Bill Dyer, Sharon Barber, Loretta Kiss, Jenny Talbot, Phillip Henderson, John Knight, Wayne Dyer, Tim Pugh, Debbie Phillips, Maree Chapman, Debbie Flintoff, Dianne Holden, John Hart, Andrew Jackno, Lorraine Jackno, Willi Sawall, Sally Pierson, Grenville Wood and Sharon Dalton.

Associate Athletes

The Associate Athlete award is a new concept for resident local athletes. Its introduction this year has enabled more ACT based athletes to benefit from AIS facilities. Athletes who have been assisted in this way are Gerrard Barrat, Jonathan Bessell, Anthony Bond, Kerith Duncanson, Mike Carroll, Adrian Faccioni, Paul Grigg, Gerrard Keating, Megan McLean, Stuart Mee, David Murphy, Rohan Nelson, Rachel Thompson, Mike Trushell, Jenny Walker, Krishna Wood, Pat Woods, Andrew Zorzit and Stephen Bews.

Gary Knoke Memorial Scholarship

The Gary Knoke Memorial Scholarship has been instituted to perpetuate the memory of this great Australian athlete and coach. A scholarship will be awarded annually to an Under 20 developing athlete in Australia who shows outstanding potential in either sprints or hurdles events. This aligns with Gary's objectives of identifying and encouraging young talented athletes around the nation. The first recipient of the scholarship is Miles Murphy, who performed well at the 1985 Australian Championship, winning the Open 400m event.

Rexona Grant

The Institute is grateful to the Rexona company for its invaluable assistance; the grant has been made available to help in the development of female middle and long distance runners. Athletes who have benefitted from the scheme are: Sharon Dalton, Kaylene Coster, Donna Gould, Sally Pierson, Kerith Duncanson, Tania Adams, Krishna Wood, Michelle O'Rourke and Anne Lord.

WATER POLO

Head Coach Charles A Turner.
(Former Captain of
Australian Water Polo
team; Triple Olympian).

Water Polo is very fortunate to have been included as the tenth member sport at the Institute in Canberra.

The Water Polo program at the AIS is specifically designed to produce players to represent Australia at the international level. The selection criteria for the AIS squad indicates this emphasis.

The squad was selected largely on performances at the Australian national water polo championships and the Australian national club championships.

At the commencement of the program on 4 March 1985, the squad of 15 players included one current national team member and three members of the national junior squad.

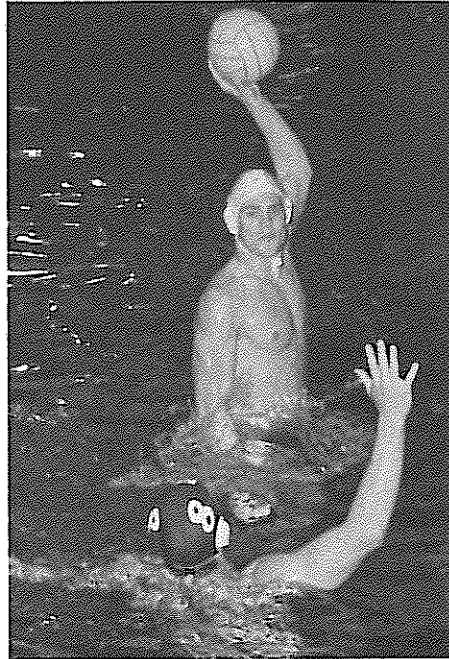
Competition

During the months of March and April the AIS travelled twice to Sydney to play in a series of matches against the Australian champion state, New South Wales. The AIS also hosted members of the national team for a two day training camp. The AIS team performed outstandingly in all games and as a result 4 players were selected for the Australian team to compete in the FINA World Cup. They were Peter Bagster (Qld), Andrew Wightman (Vic), Don Cameron (NSW), Andrew Taylor (WA).

In May the three AIS squad members who were concurrently junior national squad members travelled to Hobart for the final selection trials for the World Championships, to be held in August.

All AIS squad members gained selection, with Andrew Wightman being named captain. The two other squad members to gain national selection were Adam Coffey (Vic) and Brett Dugdale (Qld).

In June a Victorian club side, Clayton, visited the AIS for two days and played two games, resulting in two comfortable wins to the AIS.



AIS water polo player readying to pass to a team mate

Coaching Clinics

In June, in conjunction with the Australian Amateur Water Polo Association, the AIS participated in a Level Two coaching accreditation course. Several members of the Australian team were brought to Canberra and a number of training games were staged, with the AIS as part of the coaching course.

National Team

The National Squad sent a team to Konstance, West Germany, in late June to play in a six-nation tournament. Four members of the Institute squad were selected, two of them for the first time, in the team. The two new international representatives were Ray Younan and Mark Grooby, the others being Martin Callaghan (an LA Olympian) and Andrew Wightman.



➤ **DUNLOP SPORTS FOOTWEAR**

WEIGHTLIFTING

Head Coach Lyn Jones

- Chairman of National Coaching Committee
- National Selector
- President Olympic Weightlifting Federation (OWF)
- Executive Member, International Weightlifting Federation (IWF)
- Team Coach, National Junior Team for World Championships, Edinburgh.
- Delegate, IWF Coaching/Medical/Technical Symposium, Bad Blakenburg GDR

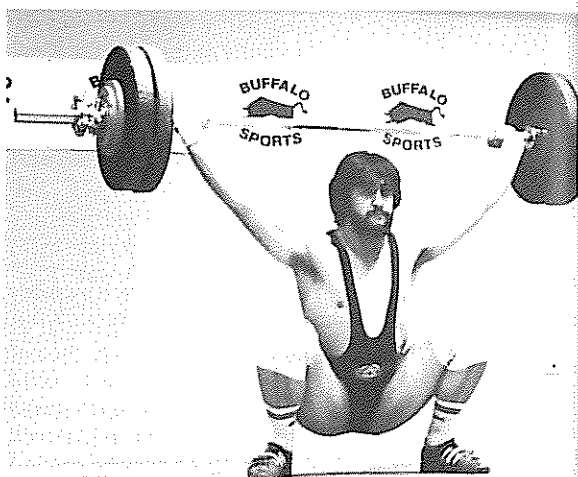
Coaches

Harry Wardle
Paul Coffa (decentralised, Victoria)

Program

The Australian Institute of Sport Weightlifting scholarship holders, for the purpose of competition, fall into four categories: Schoolboys, Youths (U 18), Juniors (U 20) and Seniors. They are prepared for their appropriate national championships with qualifying state championships, and appropriate international competition.

The emphasis for 1985 recruitment was on the 16 years age group, and a number of lifters were brought to the AIS in 1984 and 1985 for trial periods of up to a week before any scholarship offers were made. This emphasis will ultimately produce outstanding results. There are 14 scholarships available. Only 13 were awarded, allowing funds to be made available to bring in promising lifters for shorter periods of time, who cannot accept permanent scholarships.



Brendon Webster. AIS, Hawthorn

Domestic Competitions

AIS lifters competed in 10 domestic competitions in 1984/85, including the National Schoolboy Championships in Melbourne, the National Championships, held at the AIS in Canberra and the National Junior Championships, also held at the AIS.

International Competitions

AIS lifters were members of teams which participated in seven international competitions. These included a U.S. Juniors v Australian Juniors in the USA, the America Cup Tournament, the Czechoslovakian Cup, the Coupe de Quebec and Montreal International.

In January 1985 the National team competed in the Australia Games. In June a National Team competed in the World Junior Championships in Scotland.

National Records

During 1984/85 AIS lifters set 14 National records, for 13 of which Paul Harrison was responsible.

QANTAS 

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Commonwealth Rankings

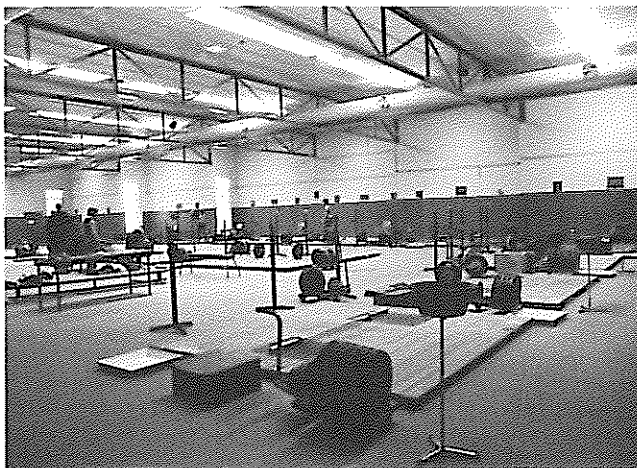
In 1985 1/2 yearly Commonwealth Rankings AIS scholarship holders rank as follows:

| | | | |
|--------|----------------------|------|---------|
| 67.5 k | Julian Jones | 8th | 270 k |
| 75 k | Cameron Menhenick | 7th | 297.5 k |
| 67.5 k | Julian Jones | 8th | 270 k |
| 75 k | Cameron Menhenick | 7th | 297.5 k |
| | Paul Harrison | 10th | 287.5 k |
| | Goran Vukajevic | 14th | 282.5 k |
| 90 k | Chris Ford | 8th | 320 k |
| 110 k | Tony Hills | 2nd | 327.5 k |

Notable Achievements

At the 1984 National Championships, AIS scholarship holders maintained their high standards by winning 3 gold medals from 10 contested. Tony Hills, Cameron Menhenick, Chris Ford and Ron Laycock were selected to represent Australia at the inaugural Australia Games.

There were a series of impressive performances from AIS lifters in the competition. Danny Mudd won the America Cup competition, lifting 67.5 k in the USA. Tony Hills gained the bronze medal at the Czech Cup competition in Plzen, Czechoslovakia. Ron Laycock won the Coupe de Quebec in Canada. The AIS Junior Team beat the USA National Junior Team in the USA and Tony Hills was selected to represent Australia in the four-man team which travelled to the Commonwealth Championships in Western Samoa.



Weightlifting Training Hall, Australian Institute of Sport

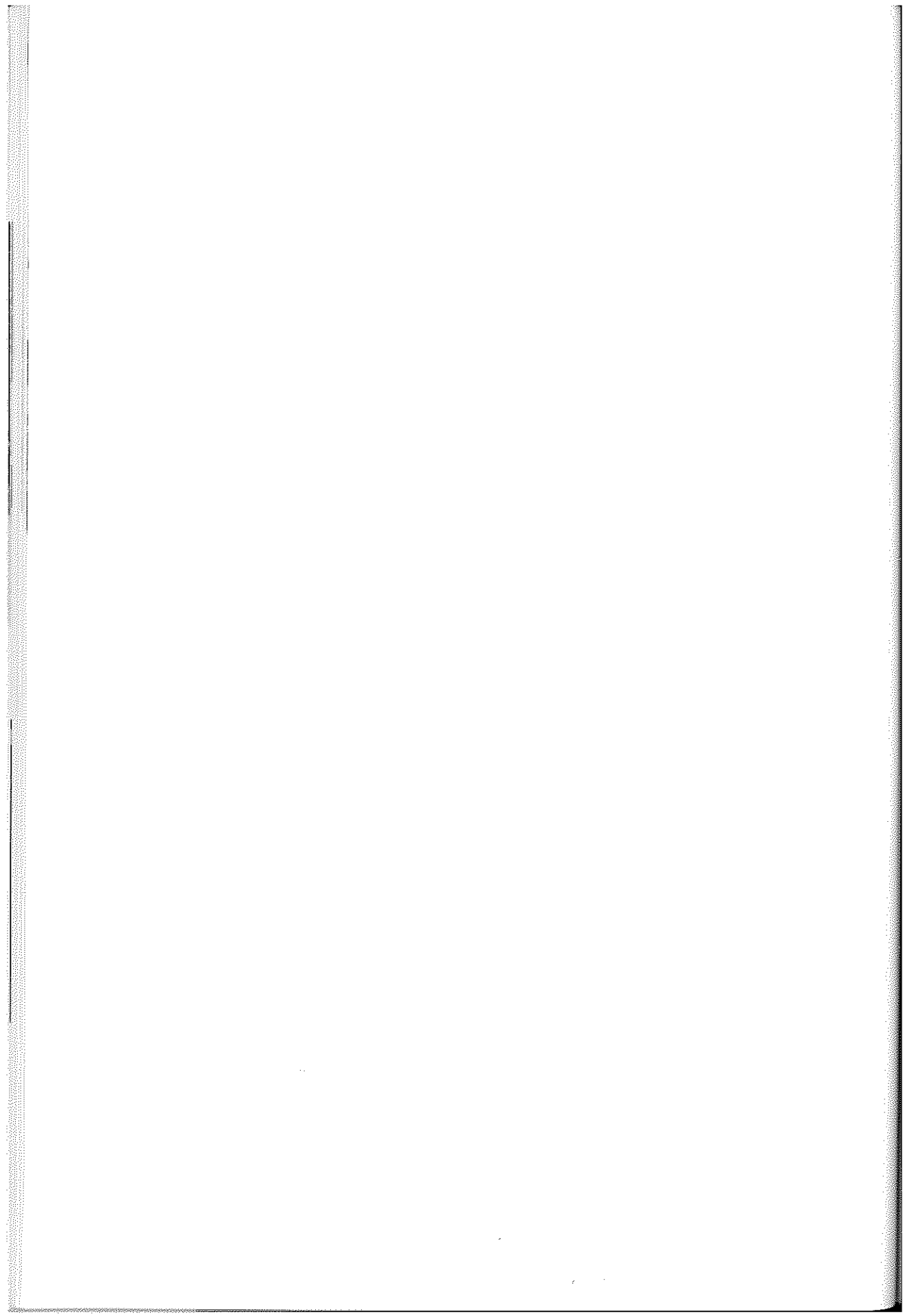
At the National Junior Championships, AIS scholarship holders won two gold medals and one bronze medal.

Julian Jones represented Australia at the World Junior Championships in Scotland.

Hawthorn/AIS Sports Partnership

One of the most exciting and potentially productive developments in 1985 has been the setting up of a partnership scheme between the largest and most successful weightlifting club in Australia, Hawthorn Weightlifting Centre, and the AIS. This is one of the most significant steps in the AIS Decentralization Program. Elite Hawthorn lifters will now become AIS scholarship holders and receive AIS support in terms of specialized training camps in Canberra, and equipment and medical/sports science backup in Melbourne. Elite Hawthorn lifters will also be included in AIS teams for overseas competitions.

Master Hawthorn coach, Paul Coffa, has become an AIS coach and will receive full AIS support. This partnership officially starts in the new financial year but the dramatic potential of the program is already evident. The AIS/Hawthorn alliance accounted for 6 of the 10 members of our National Junior Team to the World Championships. Indications are that there will be a similar participation rate in the National Senior Team.



AUDITOR'S REPORT TO THE MEMBERS OF THE AUSTRALIAN INSTITUTE OF SPORT

I have audited the accompanying accounts being the balance sheet, statement of income and expenditure, statement of sources and applications of funds, notes to and forming part of the accounts, and statement made by the Board of Management of the Australian Institute of Sport.

In accordance with section 285 of the Companies Act 1981 I report that in my opinion:

(a) the accompanying accounts, which have been prepared in accordance with the policies outlined in Note 1, are properly drawn up in accordance with the provisions of the Companies Act 1981 so as to give a true and fair view of:

- the state of affairs of the company at 30 June 1985 and of the results of the operations of the company for the year ended on that date; and
- the other matters required by section 269 of the Companies Act to be dealt with in the accounts;

and are in accordance with Australian Accounting Standards;

(b) the accounting records and other records and the registers required by that Act to be kept by the company provisions of that Act.

J V MONAGHAN
Auditor-General

STATUTORY REPORT OF THE BOARD OF MANAGEMENT

The Board of Management of the Australian Institute of Sport (AIS) presents its Report together with the Financial Accounts of the AIS for the financial year ended June 30, 1985 and the Auditor's Report thereon.

Directors in Office at the date of this Report are:

| | |
|---------------------------|--------------------|
| Professor John Bloomfield | Chairman |
| Ms Joyce Brown | Director |
| Dr John Cheffers | Executive Director |
| Mr John Coates | Director |
| Ms Lisa Curry | Director |
| Dr John A Daly | Director |
| Ms Elizabeth Darlison | Director |
| Mr Herbert B MacDonald | Director |
| Mr Peter Montgomery | Director |
| Mr Geoff N Pollard | Director |
| Mr Michael V Wenden | Director |

Principal Activities

The principal activities of AIS in the course of the financial year were to provide high level coaching, facilities and opportunities for high performance athletes in basketball, diving, gymnastics, hockey, netball, rowing, soccer, squash, swimming, tennis, track and field, waterpolo and weightlifting.

The National Training Centre program which was implemented in 1983 was upgraded to meet demands from a wide range of sports. The Commonwealth Developing Countries program, which was funded through ADAB, was discontinued in December 1984. A Satellite Sports Program was commenced during the year.

Operating Results

The excess of income over expenditure of the AIS for the financial year ended 30 June, 1985 was \$882,991. The Australian Taxation office has ruled that the AIS is a non profit organisation and that any surpluses would be exempt from income tax. Accordingly no provision for income tax has been made in the Financial Statements.

Issues of Shares or Debentures

The AIS does not have share capital and thus did not issue any shares during the financial year nor did it issue any debentures.

Dividends

The AIS is not permitted to distribute amongst its members (either directly or indirectly) its surpluses by way of dividend, bonus or otherwise and in fact has never done so.

Review of Operations

In 1984/85 Government gave approval to increase funding for the AIS to meet initiatives approved by the Board of Management and Government. Four new sports — Diving and Squash in Brisbane, Water Polo and Rowing in Canberra — were introduced in 1984/85 at a cost of \$430,652.

A Satellite sports program was introduced:

- a) A Satellite Coaches Program — coaches from around Australia have been appointed as AIS Satellite Coaches to assist in the identification of talent and to provide training to select athletes;
- b) The Gymnastics Program has been enhanced by establishing satellite centres at Homebush Bay (NSW) and Bulleen Templestowe (Vic);
- c) Assistance in the establishment of a Regional Institute in Wollongong (NSW) was approved also.

The year also saw the continuation of a building program in Canberra. The Sports Science and Medicine Centre was completed and opened in 1984/85. The Halls of Residence and the Administration Complex were commenced and will be completed later in 1985.

State of Affairs

There were no significant changes in the state of affairs of the company during the financial year.

Events Subsequent to Balance Date

The Minister approved the transfer of the National Sports Centre to the AIS to take effect from the 24 May 1985. The formalities of this transfer will not be complete until 1985/86. The transfer will give the AIS responsibility for the effective and efficient management of the National Sports Centre facilities in Canberra. There has not arisen in the interval between the end of the financial year and the date of this Report any item, transaction or event of a material and unusual nature, other than the transfer of the National Sports Centre likely, in the opinion of the Board of Management, to affect substantially the results of the operations of the AIS for the next succeeding financial year.

Likely Developments

Approved Government funding levels will restrict initiatives in 1985/86. The completion of the Halls of Residence will result in a new approach to the housing and supervision of resident and visiting athletes. It is also expected to enable developments in exchange programs with a number of overseas countries on which the Minister has already made announcements.

INFORMATION ON DIRECTORS

- Professor John Bloomfield
- Chairman
 - Diploma of Physical Education, Sydney Teachers' College, 1953
 - Bachelor of Science Degree, University of Oregon, USA, 1962
 - Master of Science Degree (with honours), University of Oregon, USA 1964
 - Doctor of Philosophy Degree, University of Oregon, USA, 1967
- Experience
- 1984 - Professor, Dept. of Human Movement and Recreation Studies, University of WA
 - 1972-73 President, Australian Sports Medicine Federation
 - 1974-76 Counsellor, Australian Sports Council, Australian Government
 - 1980-82 Chairman, Western Australian Institute of Sport
 - 1980 - Deputy Chairman, Australian Institute of Sport
 - 1983- Chairman, Australian Sports Science Council
 - 1984- Chairman, Western Australian Sports Council.
- Ms Joyce Brown
- Qualifications
- Director
 - Diploma PE (Melbourne University)
 - 15 years PE Teaching
- Experience
- National Director Coaching Netball
 - Board Member Olympic Park Mang. Melb.
Member working party on Women, Sport Media (Fed. Govt.)
 - National Player, Coach, Umpire, Netball

Dr John Cheffers

Qualifications

- Executive Director
- 1973 Ed.D. Temple University, Philadelphia, USA
- 1970 Ed.M. Temple University, Philadelphia, USA
- 1957 TPTC Melbourne Teachers College
- 1956 Dip Phys. Ed. Melbourne University

Experience

- 1976-84 Co-ordinator Human Movement Program, School of Education, Boston University, Associate Professor of Education, Boston University.
- 1972-76 Asst. Professor of Education, Boston University, School of Education. Chairman, Faculty Council, School of Education (1975-76)
- 1972-73 Temple University, Educational Psychology Dept.
- 1969 Chief Physical Education Officer, Education Dept. Papua New Guinea.
- 1968 Executive Member of Rhodesian Athletic Association
- 1958-67 Secondary Teaching, Victoria Australia including Adult Education

Ms Lisa Curry

Qualifications

- Director
- No formal qualifications

Experience

- AIS Board Member since Jan. 1985
- International elite swimmer and sportswoman

Dr John A Daly

Qualifications

- Director
- BA Adelaide University
- Masters Degree: M.Sc., Illinois USA
- Doctor of Philosophy: PhD Illinois USA
- Dip PE Adelaide University
- Dip of teaching (secondary) Adelaide University

Experience

- AIS Board Member since inception 1980
- National/Olympic coach Aust. Athletic Team since 1974. (Olympics 1976, 1980, 1984.)
- Principal Lecturer: School of Physical Education Sth. Aust. CAE (Adelaide)
- Member (previous chairman) Aust. Coaching Council
- Sports Historian/Sociologist: Numerous books and articles

Mr John Coates

Qualifications

- Director
- Bachelor of Law (Syd Uni.)
- Solicitor of the Supreme Court NSW
- Solicitor of the High Court of Australia

Experience

- AIS Board Member since Jan. 1985
- Member, Facility Management and Planning Committee
- Vice-president, Aust. Olympic Fed. Inc.
- President, NSW Olympic Council
- President, Aust. Rowing Council Inc.
- Deputy Chairman, NSW Sports House Advisory Committee
- Trustee, NSW State Sports Centre
- Partner, Greaves Wannan & Williams, Solicitors
- Director, Nafare Pty. Limited

- | | |
|------------------------|---|
| Ms Elizabeth Darlison | - Director |
| Qualifications | - Diploma of Physical Education (Sydney College) - BA Dalhousie University, Canada - BA (Hons.) University of Queensland |
| Experience | - AIS Board Member since Nov. 1983 - Consultant, Commonwealth Schools Commission for the Program of National Significance, Girls Physical Education and Self Esteem. |
| Mr Herbert B MacDonald | - Director |
| Qualifications | - Member Australian Society of Accountants (AASA) |
| Experience | - AIS Board Member since 1983 - Secretary, Dept. of Sport, Recreation and Tourism - Member Aust. Sports Commission - Member Aust. Tourist Commission |
| Mr Peter Montgomery | - Director |
| Qualifications | - Bachelor of Law, (Sydney University) - Solicitor of the Supreme Court of New South Wales - Solicitor of the High Court of Australia |
| Experience | - Honorary Secretary, International Water Polo Committee - Trustee of New South Wales State Sports Centre - Australian Institute of Sport Board Member since January 1985 - Member of the Australian Olympic Federation Athletes' Commission - Delegate of Australian Swimming Union to Australian Olympic Federation - Competitor four Olympic Games — Water Polo |
| Mr Geoff N Pollard | - Director |
| Qualifications | - Master of Science, University of Sydney - Associate Institute of Actuaries |
| Experience | - Senior lecturer in Statistics, Macquarie University - Chairman, New South Wales Tennis Association Ltd. - Director Lawn Tennis Association of Australia Ltd. |
| Mr Michael V Wenden | - Director |
| Qualifications | - Bachelor of Commerce (University of NSW) |
| Experience | - AIS Board Member since 1983 |

DIRECTORS' BENEFITS

Since the end of the previous financial year, no member of the Board of Management has received or become entitled to receive a benefit (other than a benefit included in the aggregate amount of emoluments received or due and receivable by the Members of the Board of Management shown in the Accounts or the fixed salary of a full time employee of the AIS) by reason of a contract made by the AIS or a related corporation with such a member or with a firm of which he is a member or with a company in which he has a substantial financial interest.

SIGNED at Nedlands this 17th

day of October 1985

in accordance with a resolution

of the Board of Management

Professor John Bloomfield
Director

John Coates
Director

STATEMENT MADE BY THE BOARD OF MANAGEMENT

IN THE OPINION of the Board of Management of the Australian Institute of Sport (AIS):

The accompanying accounts of the AIS are drawn up so as to give a true and fair view of the results of the AIS for the financial year ended on June 30, 1985, and the state of affairs of the AIS for the financial year ended on June 30, 1985 and have been made out in accordance with applicable approved accounting standards and at the date of this report there are reasonable grounds to believe that the AIS will be able to pay its debts as and when they fall due.

Dated at Nedlands this 17th day of
October 1985 and signed in accordance
with a resolution of the Board of
Management.

Professor John Bloomfield
Director

John Coates
Director

**Statement of Income and Expenditure
for the Year Ended 30 June 1985**

| Income | Note | 1985 \$ | 1984 \$ |
|--|------|------------------|------------------|
| Parliamentary Appropriations | | | |
| — Commonwealth | | 8,920,000 | 5,560,000 |
| Sponsorship — Cash | 2 | 197,669 | 234,059 |
| — Other | 2 | 77,816 | 52,368 |
| Special Grants | 19 | 181,411 | 216,858 |
| Sundry Income | 3 | 263,227 | 79,856 |
| | | <u>9,640,123</u> | <u>6,143,141</u> |
| Expenditure | | | |
| Salaries and Associated Payments | 12 | 2,994,698 | 2,229,182 |
| Travelling and Subsistence | 13 | 1,280,915 | 956,686 |
| Recruitment of Staff | 4 | 81,052 | 94,992 |
| Expenses of the Board | 5 | 43,911 | 29,880 |
| Administration | 6 | 556,485 | 386,795 |
| Professional Services | 7 | 327,687 | 195,287 |
| Scholarships | 8 | 1,032,678 | 945,239 |
| Facilities | 9 | 633,468 | 537,947 |
| National Training Centre | 17 | 380,285 | 324,438 |
| Special Grants Programs | 18 | 115,648 | 150,562 |
| Disposal of Fixed Assets | 1 | 6,328 | 7,463 |
| Decentralisation—Perth WA | 20 | 563,878 | 186,032 |
| Depreciation | 1 | 245,770 | 144,142 |
| Satellite Program | 16 | 63,677 | — |
| New Sports Program | 21 | 430,652 | — |
| | | <u>8,757,132</u> | <u>6,188,645</u> |
| Excess of Income over Expenditure for the Year | | 882,991 | (45,504) |
| Accumulated Funds at 30 June 1984 | | <u>622,375</u> | <u>667,879</u> |
| Accumulated Funds at 30 June 1985 | | <u>1,505,366</u> | <u>622,375</u> |

The Accompanying Notes form Part of these Accounts

Balance Sheet at 30 June, 1985

| | Note | 1985 \$ | 1984 \$ |
|------------------------------------|------|-------------------------|-------------------------|
| Accumulated Funds | | <u>1,505,366</u> | <u>622,375</u> |
| Current Liabilities | | | |
| - Provision for Long Service Leave | | 96,500 | 77,800 |
| - Accrued Expenses | 11 | 333,133 | 390,900 |
| - Provision for Recreation Leave | | 260,200 | 167,600 |
| - Sundry Creditors | | <u>36,007</u> | <u>68,775</u> |
| | | <u>725,840</u> | <u>705,075</u> |
| Total Funds | | <u><u>2,231,206</u></u> | <u><u>1,327,450</u></u> |
| | | | |
| Represented by | | | |
| Fixed Assets | 14 | <u>1,342,352</u> | <u>925,631</u> |
| Current Assets | | | |
| - Cash at Bank and on Hand | | 458,623 | 250,024 |
| - Prepayments | 15 | 354,668 | 119,966 |
| - Sundry Debtors | | 75,563 | 30,446 |
| - Stock on Hand | | <u>Nil</u> | <u>1,383</u> |
| | | <u>888,854</u> | <u>401,819</u> |
| Total Assets | | <u><u>2,231,206</u></u> | <u><u>1,327,450</u></u> |

The Accompanying Notes form Part of these Accounts.

Notes To and Forming Part of the Accounts

Note 1

Statement of Significant Accounting Policies

The principal accounting policies adopted by the AIS are stated to assist in a general understanding of these financial statements. These policies have been consistently applied by the AIS except as otherwise indicated.

a. Basis of accounting

The Institute's statements have been prepared on the basis of historical cost and therefore do not reflect changes in purchasing power of money or current valuations of non-monetary assets, except for training equipment and medical supplies received by way of sponsorship which have been valued at listed wholesale prices.

b. Depreciation of fixed assets

Fixed assets are depreciated over their estimated useful lives using the straight line method. New assets are depreciated from the date of purchase, profits and losses on disposal of fixed assets are taken into account in determining the surplus for the year.

c. Investments

Funds which are not immediately required are invested by way of Commercial Bills endorsed by the Commonwealth Bank. Interest is brought to account through the Income and Expenditure Statement.

d. Employee entitlements

The Australian Institute of Sport is an approved authority for the purpose of Long Service Leave (Commonwealth Employees) Act 1976 and section 47E of the Public Service Act 1922. The Institute is also a prescribed body under part IV of the Public Service Act 1922.

The amount expected to be paid to employees for their pro-rata entitlements to long service and annual leave are accrued annually at current wage rates based on past experience.

e. Income tax

The Australian Taxation Office has ruled that the AIS is a non profit organisation and that any surpluses would be exempt from income tax. Accordingly no provision for income tax is necessary in the financial statements.

f. Sponsorships

Sponsorships are only brought to account as and when received.

Note 2**Sponsorship**

Cash sponsorship was received from:

| | 1985 | 1984 |
|---------------------------------|----------------|----------------|
| | \$ | \$ |
| Menzies Foundation | — | 45,413 |
| Speedo Knitting Mills Pty Ltd | 20,767 | 40,230 |
| Dunlop Footwear | 2,000 | 1,500 |
| All Australian Netball Assoc. | — | 4,500 |
| Allied Grocery Products (ETA) | — | 33,000 |
| The Cooper Tool Group Limited | — | 2,000 |
| Colgate-Palmolive | 40,656 | 36,960 |
| Riker Laboratories Aust | — | 6,776 |
| Monier | 6,776 | 6,160 |
| Adidas | — | 3,500 |
| Comalco | — | 5,000 |
| Mitre Sports | — | 1,100 |
| Kimberly-Clark | — | 37,200 |
| Megavitamin Lab | 3,500 | 3,000 |
| Trans Australian Airlines (TAA) | 60,000 | — |
| Qantas | 30,000 | — |
| McDonalds | 17,000 | — |
| Plough Aust Pty Ltd | 4,250 | 4,000 |
| Jackel International Pty Ltd | — | 1,120 |
| The Boots Co. Aust | — | 1,500 |
| L'Oreal of Paris | 2,000 | — |
| Friends of Institute Program | 320 | 1,100 |
| Dept of Childrens Services Qld | 2,400 | — |
| Smith and Nephew | 8,000 | — |
| Total | <u>197,669</u> | <u>234,059</u> |

Training equipment, medical items and wearing apparel were received by way of sponsorship in kind from the following companies. The value to the AIS was \$77,816 (1984 \$52,368) based on suppliers' wholesale prices.

Smith and Nephew
 Riker Laboratories (Aust) Pty Ltd
 Speedo Knitting Mills Pty Ltd
 Vulkan
 Adidas
 Dunlop Footwear
 Overseas Indents
 Dita/Grays/Gryphon

Note 3

Sundry Income

| | 1985 | 1984 |
|----------------------------------|----------------|---------------|
| | \$ | \$ |
| Tennis prize-money | 11,032 | 3,253 |
| Interest received | 245,200 | 67,287 |
| Commissions received | 5,096 | 1,224 |
| Sundry | 960 | 3,229 |
| Australian Gymnastics Federation | 139 | — |
| Royalty receipts | — | 1,344 |
| Product Evaluations | 500 | 600 |
| Workshops | — | 2,919 |
| Tours of AIS complex | 300 | — |
| | <u>263,227</u> | <u>79,856</u> |

Note 4

Recruitment of Staff

| | | |
|---------------------------------------|---------------|---------------|
| Advertising/Interviews | 15,690 | 38,138 |
| Travel/Accommodation/Removal Expenses | 65,362 | 56,854 |
| | <u>81,052</u> | <u>94,992</u> |

Note 5

Expenses of the Board

| | | |
|--------------------------|---------------|---------------|
| Travel and Accommodation | 34,424 | 24,690 |
| Sitting Fees | 7,472 | 4,695 |
| Miscellaneous | 2,015 | 495 |
| | <u>43,911</u> | <u>29,880</u> |

Note 6

Administration

| | | |
|---------------------------------|----------------|----------------|
| Lease improvements | 2,835 | 4,540 |
| Printing and Stationery | 46,255 | 30,011 |
| Local Travel | 4,332 | 2,650 |
| Typing Services | 13,536 | 5,548 |
| Photocopier | 20,226 | 12,244 |
| Freight | 11,871 | 3,226 |
| Advertising general | 3,981 | 1,396 |
| Telephone | 96,049 | 99,524 |
| Postage | 32,085 | 17,935 |
| Newspapers/Clipping Services | 683 | 2,133 |
| Running costs of Motor Vehicles | 31,357 | 31,654 |
| Bank Charges | 7,594 | 4,713 |
| Insurance | 41,623 | 26,278 |
| Staff Amenities | 460 | 418 |
| Payroll services | 2,347 | 4,057 |
| Hire of Indoor plants | 4,096 | 3,000 |
| Hospitality/Functions | 42,074 | 8,282 |
| Miscellaneous | 5,532 | 4,084 |
| Sports Information Centre | 35,755 | 32,770 |
| Staff Uniforms | 7,042 | 6,757 |
| Science/Medical Laboratory | 105,462 | 62,982 |
| Repairs and Maintenance | 5,169 | 4,174 |
| Equipment Room | 4,519 | 6,194 |
| EDP Software and Consumables | 16,116 | 12,225 |
| Athletes recreation | 733 | — |
| Spot merit program | 4,869 | — |
| Office re-location | 4,761 | — |
| National Sports Centre expenses | 5,123 | — |
| | <u>556,485</u> | <u>386,795</u> |

Note 7

Professional Services

| | 1985 | 1984 |
|--|----------------|----------------|
| | \$ | \$ |
| Legal Expenditure | 9,376 | 3,849 |
| Consultants Fees | 80,813 | 5,455 |
| Auditors remuneration | 23,300 | 14,100 |
| Auditing services. (The auditors receive no other benefit) | | |
| Medical Expenses | 46,587 | 36,214 |
| Promotions and Marketing | 167,229 | 133,122 |
| Visiting VIPs (Fellowship) | 382 | 2,547 |
| | <u>327,687</u> | <u>195,287</u> |

Note 8

Scholarships

| | | |
|--------------------------------------|------------------|----------------|
| Athletes Home Travel | 42,580 | 33,684 |
| Accommodation | 705,035 | 652,922 |
| Travel in Canberra | 26,501 | 26,359 |
| Educational | 32,659 | 16,877 |
| Menzies Living Allowance | 1,069 | 5,300 |
| Personal Training Equipment at cost | 83,749 | 97,023 |
| Personal Training Equipment sponsors | 63,196 | 52,368 |
| Special Living Allowance | 5,113 | 5,106 |
| Visiting scholarships | 67,639 | 55,600 |
| Developing scholarships | 5,137 | — |
| | <u>1,032,678</u> | <u>945,239</u> |

Note 9

Facilities

| | | |
|---|----------------|----------------|
| Subvention payable to the Dept. of Sport, Recreation and Tourism for the use of National Sports Complex | 622,000 | 517,000 |
| Hire of Deakin Pool | — | 14,667 |
| Hire of Other Facilities | 1,082 | 2,336 |
| Hire of temporary office | 10,386 | 3,944 |
| | <u>633,468</u> | <u>537,947</u> |

Note 10

Commitments

| | | |
|---|-----------|---------|
| Capital expenditure contracted but not provided for in the accounts was | 1,128,000 | 43,164 |
| Lease commitments in respect of lease of facilities in Canberra | | |
| Due within 12 months | 650,000 | 622,000 |
| Due after 12 months | 700,000 | 685,000 |

Note 11

Accrued Expenses

| | 1985 | 1984 |
|--------------------------|----------------|----------------|
| | \$ | \$ |
| Group Travel | 43,849 | 51,854 |
| National Training Centre | 30,636 | 46,620 |
| Audit Fees | 6,300 | 5,000 |
| Administration | 120,283 | 93,031 |
| Wages | 30,698 | 41,622 |
| Capital Purchases | 31,300 | 110,175 |
| Scholarships | 46,968 | 20,007 |
| Information Centre | 2,908 | 4,721 |
| Medical Supplies | 716 | 1,110 |
| Other | 19,475 | 16,760 |
| | <u>333,133</u> | <u>390,900</u> |

Note 12

Salaries and Associated Payments

| | | |
|------------------------------|------------------|------------------|
| Salaries — Administration | 859,160 | 583,415 |
| — Coaches | 1,016,629 | 866,840 |
| — Sports Science/Medicine | 562,353 | 376,717 |
| Recreation Leave Provision | 92,600 | 83,600 |
| Allowances | 3,250 | 2,637 |
| Overtime/Meal Allowances | 13,491 | 10,155 |
| Superannuation * | 284,636 | 146,758 |
| Payroll Tax | 140,794 | 96,611 |
| Long Service Leave Provision | 21,785 | 62,449 |
| | <u>2,994,698</u> | <u>2,229,182</u> |

* Amount represents 20% of salaries of employees who contribute to the Commonwealth Superannuation Scheme.

Note 13

Travelling and Subsistence

| | | |
|------------------------------------|------------------|----------------|
| Administration | 155,034 | 70,642 |
| Sports Science/Medicine | 28,517 | 27,509 |
| Basketball | 155,623 | 118,982 |
| Gymnastics | 121,826 | 105,086 |
| Netball | 111,528 | 86,989 |
| Soccer | 82,660 | 73,779 |
| Swimming | 196,156 | 151,983 |
| Tennis | 130,908 | 82,047 |
| Track and Field | 191,570 | 173,762 |
| Weightlifting | 67,683 | 65,907 |
| Overseas visiting coaches/athletes | 12,227 | — |
| General sports travel | 27,183 | — |
| | <u>1,280,915</u> | <u>956,686</u> |

Note 14

Fixed Assets

| | 1985 | 1984 |
|--|------------------|----------------|
| | \$ | \$ |
| Furniture and Fittings at cost | 177,588 | 120,979 |
| Staff Amenities at cost | 2,174 | 2,020 |
| Residence | 25,833 | — |
| | <u>205,595</u> | <u>122,999</u> |
| Less accumulated depreciation | <u>29,985</u> | <u>16,050</u> |
| | <u>175,610</u> | <u>106,949</u> |
| | | |
| Computer Hardware at cost | 55,181 | 32,889 |
| Less accumulated depreciation | <u>15,543</u> | <u>7,592</u> |
| | <u>39,638</u> | <u>25,297</u> |
| | | |
| Motor Vehicles at cost | 258,723 | 211,643 |
| Less accumulated depreciation | <u>58,742</u> | <u>29,297</u> |
| | <u>199,981</u> | <u>182,346</u> |
| | | |
| Laboratory Equipment at cost | 909,031 | 568,037 |
| Less accumulated depreciation | <u>289,033</u> | <u>146,545</u> |
| | <u>619,998</u> | <u>421,492</u> |
| | | |
| Training Equipment at cost | 252,675 | 109,377 |
| Less accumulated depreciation | <u>61,841</u> | <u>37,767</u> |
| | <u>190,834</u> | <u>71,610</u> |
| | | |
| Information Centre and Audio Visual Equipment at cost | 110,450 | 91,228 |
| Less accumulated depreciation | <u>37,704</u> | <u>21,046</u> |
| | <u>72,746</u> | <u>70,182</u> |
| | | |
| Telephones at cost | 21,861 | 20,456 |
| Less accumulated depreciation | <u>1,459</u> | <u>331</u> |
| | <u>20,402</u> | <u>20,125</u> |
| | | |
| Laundry facilities — at cost | 27,047 | 27,200 |
| Less accumulated depreciation | <u>11,849</u> | <u>8,728</u> |
| | <u>15,198</u> | <u>18,472</u> |
| | | |
| Total assets at cost | 1,840,563 | 1,183,829 |
| Less accumulated depreciation | <u>506,156</u> | <u>267,356</u> |
| Net assets at cost | <u>1,334,407</u> | <u>916,473</u> |
| | | |
| Training Equipment at valuation | 12,134 | 12,134 |
| Less accumulated depreciation | <u>4,189</u> | <u>2,976</u> |
| Net assets at valuation | <u>7,945</u> | <u>9,158</u> |
| | | |
| Total Net Fixed Assets | <u>1,342,352</u> | <u>925,631</u> |

| Note 15 | 1985 | 1984 |
|-----------------------------------|----------------|----------------|
| Prepayments | \$ | \$ |
| Overseas travel | 132,770 | 57,589 |
| Scholarships accommodation/travel | 57,402 | 46,286 |
| Domestic travel | 20,897 | 5,032 |
| Administration expenses | 7,633 | 8,974 |
| Capital purchases | 38,978 | - |
| Wages | 89,456 | - |
| Advertising | 2,057 | - |
| Other | 5,475 | 2,085 |
| | <u>354,668</u> | <u>119,966</u> |

Note 16
Satellite Program

| | | |
|---------------------------------|---------------|---|
| Gymnastics - Victoria | 12,770 | - |
| - New South Wales | 7,825 | - |
| - Western Australia | 2,000 | - |
| - South Australia | 4,000 | - |
| Sub Total | <u>26,595</u> | - |
| Coaches | 36,082 | - |
| Regional Institute - Wollongong | 1,000 | - |
| | <u>63,677</u> | - |

Note 17

National Training Centre

Visiting Teams

Total

1985

\$

380,285

1984

\$

324,438

Australian Rugby Football Union
 Australian Amateur Water Polo Association – Women
 Australian Canoe Federation
 Australian Amateur Water Polo Association – Men
 The Australian Squash Rackets Association
 Australian Amateur Rowing Council Inc.
 Australian Baseball Federation
 Australian Volleyball Federation Inc.
 Australian Clay Target Association
 Amateur Pistol Shooting Union
 Australian Amateur Cycling Federation
 Australian Hockey Association – Women
 Australian Women's Lacrosse Council
 Australian Ski Federation
 Judo Federation of Australia
 Australian Basketball Federation
 Amateur Swimming Union of Australia
 All Australian Netball Association
 Australian Badminton Association
 Australian Cricket Board
 Lawn Tennis Association of Australia
 Australian Table Tennis Association
 Australian Wrestling Union
 Archery Association of Australia
 Amputee Sporting Association of Australia
 ACT Gymnastic Association
 Lacrosse Council of Australia
 Australian Hockey Association – Men
 Orienteering Association of Australia
 Australian Track and Field Coach Association
 Australian Soccer Federation
 Australian Softball Federation
 Ice Skating Association of Australia
 Australian Deaf Sports Federation
 Paraplegic and Quadriplegic Sport Federation

Note 18

Special Grants - Expenditure

| | 1985 | 1984 |
|---|----------------|----------------|
| | \$ | \$ |
| A. | | |
| Commonwealth Developing Countries Scholarships | | |
| Accommodation-Athlete | 15,492 | 24,195 |
| Education | 738 | 1,119 |
| Travel in ACT | 1,173 | 2,359 |
| Home/AIS/Home Travel | 8,226 | 34,742 |
| Competition/Training Equipment | 731 | 4,009 |
| Living Allowance | 3,909 | 11,592 |
| Clothing Allowance | — | 2,392 |
| Sub Total | <u>30,269</u> | <u>80,408</u> |
| Competition Program | 28,937 | 28,941 |
| Medical Expenses | 1,175 | 2,930 |
| Administration Costs | <u>5,162</u> | <u>26,500</u> |
| Sub Total | <u>65,543</u> | <u>138,779</u> |
| B. | | |
| Menzies Foundation - Adolescent Development Study | 9,326 | 394 |
| Menzies Foundation - Science and Medicine Publication | 19,979 | 6,185 |
| NZ Tennis Association - Scholarships | 7,367 | 3,477 |
| Rexona - de Castella Grant | 5,876 | 727 |
| AANA-Gweneth Benzie Award | 1,849 | 500 |
| NSWNA-Award | 1,640 | 500 |
| Sports Science Nutrition Study | <u>4,068</u> | <u>—</u> |
| Sub Total | <u>50,105</u> | <u>11,783</u> |
| Total | <u>115,648</u> | <u>150,562</u> |

Note 19

Special Grants - Revenue

| | | |
|--|----------------|----------------|
| Western Australian Government to assist in setting up Hockey in WA | 31,000 | 11,500 |
| Qld Government to assist in setting up Diving and Squash in Brisbane | 31,000 | — |
| Menzies Foundation | | |
| - Adolescent Development Study | 7,100 | 7,100 |
| - Sports Science/Medicine Qtly. | 20,000 | 10,000 |
| New Zealand Tennis Association | 2,500 | 10,000 |
| Department of Foreign Affairs | 85,000 | 170,000 |
| Rexona - de Castella Grant | — | 6,000 |
| AANA Gweneth Benzie Award | 1,349 | 1,129 |
| NSWNA Award | 1,162 | 1,129 |
| Martin and Clark | 800 | — |
| Nth Queensland Games Foundation | 500 | — |
| Coca-Cola North Queensland | <u>1,000</u> | <u>—</u> |
| | <u>181,411</u> | <u>216,858</u> |

Note 20**Decentralisation - Hockey WA**

| | 1985 | 1984 |
|-----------------------------------|----------------|----------------|
| | \$ | \$ |
| Competition Program | 161,333 | 14,949 |
| Scholarships | 168,120 | 59,525 |
| Salaries and Allowances | 166,191 | 78,008 |
| Recruitment of Staff | 1,846 | 13,507 |
| Training equipment - sponsors | 14,620 | - |
| Administrative Expenses: | | |
| - Telephone | 8,492 | 5,323 |
| - Printing and Stationery | 3,547 | 2,666 |
| - Postage/Telex | 2,616 | 1,898 |
| - Motor Vehicles Costs | 4,789 | 1,827 |
| - Special Functions | - | 2,118 |
| - Sports Science/Medical services | 9,342 | 2,200 |
| - Cleaning | 1,687 | 675 |
| - Hospitality | 669 | 882 |
| - Travel | 1,547 | 1,211 |
| - Hire Hockey Stadium | 14,800 | 700 |
| - Hire Indoor Plants | 1,290 | 440 |
| - Insurance | 286 | 429 |
| - Sundry | 2,703 | 1,235 |
| - Sundry Income | - | (1,561) |
| | <u>563,878</u> | <u>186,032</u> |

Note:

The State Government of Western Australia, through the Department for Youth, Sport and Recreation, provided additional funding as follows:

| | | |
|--|---------------|---------------|
| - Building cost | 4,048 | 40,549 |
| - Furniture and Fittings | 10,778 | 10,000 |
| - Contingency sum (including an electrical sub-main) | - | 5,000 |
| Total | <u>14,826</u> | <u>55,549</u> |

Note 21

New Sports Program

| | 1985 | 1984 |
|--|----------------|------|
| Brisbane Qld: | \$ | \$ |
| Diving — Competition travel, scholarships, wages | 73,075 | — |
| Squash — Competition travel, scholarships, wages | 57,550 | — |
| Administration including wages | 70,523 | — |
| Sports Science/Medical services | 18,300 | — |
| Sub total | <u>219,448</u> | — |
| Canberra ACT: | | |
| Water Polo — Competition travel, scholarships, wages | 58,073 | — |
| Rowing — Competition travel, scholarships, wages | 89,612 | — |
| Administration | 63,519 | — |
| | <u>430,652</u> | — |

Note:

To assist in establishing Diving and Squash in Brisbane the Queensland Government contributed \$31,000 cash and the Brisbane City Council provided the following services at no cost to the AIS. The value shown is a realistic amount that the AIS would have to pay if such services were not provided.

| | |
|---|----------------|
| | \$ |
| Facilities and services | 41,400 |
| Sleeman Sports Complex-Office accommodation, cleaning and power, diving pool | 42,600 |
| QE II Sports Centre-Squash courts, training track and weight gym. | <u>31,000</u> |
| Total | <u>115,000</u> |

**Statement of Sources and Applications of Funds
for the Year ended 30 June, 1985**

| | 1985 | | 1984 | |
|---|---------------|------------------|---------------|------------------|
| | \$ | \$ | \$ | \$ |
| Sources of Funds | | | | |
| Funds from operations | | | | |
| Inflows of funds from operations | | 9,562,307 | | 6,090,773 |
| Less outflows of funds from operations | | <u>8,312,833</u> | | <u>5,838,623</u> |
| | | 1,249,474 | | 252,150 |
| Reduction in Assets | | | | |
| Current Assets | | | | |
| Stock on hand | 1,383 | | | |
| Proceeds from sale of non current assets — Plant and Equipment | <u>11,600</u> | 12,983 | <u>21,321</u> | 21,321 |
| Increase in Liabilities | | | | |
| Current liabilities | | | | |
| Trade creditors | | <u>nil</u> | | <u>308,616</u> |
| Total Sources of Funds | | <u>1,262,457</u> | | <u>582,087</u> |

Application of Funds

| | | | | |
|----------------------------|------------|------------------|--------------|----------------|
| Increase in Assets | | | | |
| Current Assets | | | | |
| Cash at bank and in hand | 208,599 | | 80,038 | |
| Trade debtors | 279,819 | | 59,608 | |
| Stock on hand | <u>nil</u> | 488,418 | <u>1,383</u> | 141,029 |
| Non-current Assets | | | | |
| Plant and equipment | | 680,419 | | 418,071 |
| Reduction in Liabilities | | | | |
| Current liabilities | | | | |
| Trade creditors | | <u>90,535</u> | | <u>nil</u> |
| | | 1,259,372 | | 559,100 |
| Long service paid | | <u>3,085</u> | | <u>22,987</u> |
| Total Application of Funds | | <u>1,262,457</u> | | <u>582,087</u> |

Notes: Reconciliation of funds from operations with operating surplus is as follows:

| | 1985 | | 1984 | |
|------------------------------------|--------------|----------------|--------------|-----------------|
| | | \$ | | \$ |
| Funds from operations | | 1,249,474 | | 252,150 |
| Less: Depreciation | 245,770 | | 144,142 | |
| Provision for long service leave | 21,785 | | 62,449 | |
| Provision for recreation leave | 92,600 | | 83,600 | |
| Loss on sale of non-current assets | <u>6,328</u> | <u>366,483</u> | <u>7,463</u> | <u>297,654</u> |
| Excess of income over expenditure | | <u>882,991</u> | | <u>(45,504)</u> |

**APPENDIX I
AIS SCHOLARSHIP HOLDERS — 1984**

Basketball — Men

Matthew BUCK
Chris APPLEBY
Mark DALTON
David GRAHAM
Graham KUBANK
David INGHAM
Mark FITZGERALD
Darren LUCAS
Tim MORRISSEY
Murray SHIELDS
Darren STANWIX
Peter SEXTON
John STELZER
Trevor TORRANCE
Zoran ZUNIC

Basketball — Women

Julie GRACE
Fiona GLIDDEN
Sue GEH
Leanne STROOPER
Katherine DICK
Vicki DAWE
Tracy FEBEY
Linda SMITH
Adrienne PRATT
Kathryn MACDONALD
Jennifer BEHA
Sharon HOLLINGSWORTH

Gymnastics — Men

Glen PARKER
Mark MOMMSON
Anthony GIANOTTI
Mark BIRD
Russell STEVENS
Andrew BURTON
Mark PHILLIPS
Robert EDMONDS
Grant CARLYON
Gennady GLEYBERMAN
Shaw BYNG
Glen DUNCAN
Werner BIRNBAUM
Ken MEREDITH

Gymnastics — Women

Kellie WILSON
Keri BATTERSBY
Debbie GRAHAM
Sue MILLER
Michelle WHITE
Joanne MARSHALL
Monique ALLEN
Natalie ABREU
Tina FLESSER
Cathy FRANK
Cathy BLAKE
Kellie LARTER
Gabrielle ALLEN
Tracey PARNELL

**Gymnastics — Rhythmic
Sportive**

Linda DOUGLAS
Ann-Maree KERR
Lisa BRADLEY

Hockey — Mens

John BESTALL
Warren BIRMINGHAM
Brett BUTCHER
Steve COLLEDGE
Mark HAGAR
Ross HARPER
Chris LOVE
Grant MITTON
Wayne MORGAN
Peter NOEL
Nigel PATMORE
Ian PAVITT
Graham REID
Neil SNOWDEN
Ken WARK
Bryan ZEKULICH

Hockey — Women

Sharon BUCHANAN
Michelle CAPES
Jillian CASSIDY
Margaret DILGER
Loretta DORMAN
Patricia HEBERLE
Lorraine HILLAS
Kathleen PARTRIDGE
Colleen PEARCE
Sandra PEGRUM

Jacqueline PEREIRA
Liane TOOTH
Julie WADDELL
Robyn WINKWORTH
Marian AYLMOORE

Netball

Lisa BEEHAG
Georgia BLOMBERG
Marcia ELLA
Keeley DEVERY
Kerry GILLETT
Debbie JOHNSON
Susan KENNY
Anne LAWSON
Deanne LINDSAY
Sally IRONMONGER
Nicole MORROW
Michelle OATES
Wendy RICHARDS
Nicole CUSACK
Leanne SMITH
Alison PORRITT
Patricia ELMER
Andrea MASON

Soccer

Paul JONES
Graham McMILLAN
Lou HRISTODOULOU
Warren SPINK
Robert HOOKER
Sean INGHAM
Darren NORTHAM
George KULSCAR
David SHARPE
Tom BURKE
Andrew BERNAL
Peter ANDREWS
Sean GREAVES
Mirko RUNJE
Michael McLENNAN
Carlo AMBROSINO
Alex CUMMINGS
Kurt REYNOLDS

Swimming — Men

Brett GOSPER
 Guy FARROW
 Ron McKEON
 Greg FASALA
 Brett STOCKS
 Peter DALE
 Matthew BROWN
 Michael BOHL
 Rob WOODHOUSE
 Steven CAMERON
 Peter GEE
 Lance LEECH
 Warwick MORTENSON
 David ORBELL
 Glenn BROCKHURST

Swimming — Women

Suzi BAUMER
 Suzanne LANDELLS
 Audrey MOORE
 Georgina PARKES
 Michele PEARSON
 Karen PHILLIPS
 Julie WEST
 Cindy-lu FITZPATRICK
 Kylie HAMMOND
 Victoria MOORE
 Catherine RANDELL
 Rachael WHITE
 Jacqui GRANT

Tennis — Men

Paul MICK
 Todd VINEY
 Pat FLYNN
 Peter CARTER
 Darren CAHILL
 Steve FURLONG
 Mark JEFFREY
 Des TYSON
 Simon YOUL
 Willy LABEN (NZ)
 Stephen SALTHOUSE (NZ)

Tennis — Women

Janine THOMPSON
 Michelle TURK
 Louise FIELD
 Collen CARNEY
 Alison SCOTT
 Kirsty WENZEL

Track & Field

Peter BEAMES
 Gary BRIGGS
 Garry BROWN
 Michael CARROLL
 Sue COOK
 Nicholas DE CASTELLA
 Robert DE CASTELLA
 Mathew FAVIER
 Sue HOWLAND
 Gerrard KEATING
 Ken LORRAWAY
 Robyn LORRAWAY
 Jenny LOW
 Paul NANDAPI
 Phil NETTLE
 Paul NARRACOTT
 Jeff PARKER
 Patrick SCAMMELL
 Phil SPIVEY

Don WRIGHT
 John FLEMING
 David SMITH
 David FORBES
 Caroline SCHUWALOW
 John CALIGURI
 Sarah COLLINS

Weightlifting

Jim PAVONE
 Paul HARRISON
 Julian JONES
 Ron LAYCOCK
 Goran VUKOJEVIC
 Danny MUDD
 Tony HILLS
 Cameron MENHENICK
 Chris FORD
 Craig JACKSON

Commonwealth Athletes 1984

Gajen PRASAD (Soccer)
 Ram NIWAS (Gymnastics)
 Joan CARGILL (Netball)
 TAN Eng Chai (Swimming)
 Kauaaba IBUTANA (Basketball)
 Patrick BASSEY (Weightlifting)
 Pius OCHIENG (Weightlifting)
 Zeph NCUBE (Track & Field)
 James OBJIMI (Track & Field)
 WEE Chong Phor (Basketball)

**APPENDIX I
AIS SCHOLARSHIP HOLDERS — 1985**

Basketball — Men

Matthew BUCK
Martin CLARKE
Scott CROLL
Shane FROLING
David GRAHAM
Mark HOLDER
Graham KUBANK
Lucien LONGLEY
Darren LUCAS
Steven LUNARDON
Peter SEXTON
John STELZER
Trevor TORRANCE

Basketball — Women

Jenny BEHA
Tracey FEBEY
Jenny LIND
Kathy MACDONALD
Joanne MOYLE
Jennifer REISENER
Ann ROBILLIARD
Fiona ROBINSON
Debbie SLIMMON
Karen SMITH
Linda SMITH
Dianne STOKES
Lisa VLAHOV
Carolyn WATTS

Diving

Carol BOOTS
Russell BUTLER
Julie KENT
Craig ROGERSON
Michael RUTHERFORD
Christopher RYAN
Carol SMITH

Gymnastics — Men

Mark BIRD
Werner BIRNBAUM
Andrew BURTON
Shaw BYNG
Grant CARLYON
Brennon DOWRICK
Robert EDMONDS
Anthony GIANOTTI
Ken MEREDITH
Mark MOMMSEN
Glen PARKER

Mark PHILLIPS
Mark SHAW
Russell STEVENS

Gymnastics — Women

Natalie ABREU
Monique ALLEN
Michelle ASTON
Cathy BLAKE
Debbie GRAHAM
Tracey HARRIS
Kellie LARTER
Lee-Ann MURRAY
Samantha RITCHIE
Leanne RYCROFT
Karen THOMPSON
Kellie WILSON

Hockey — Men

Darren BANNERMAN
John BESTALL
Warren BIRMINGHAM
Stephen DALTON
Stewart DEARING
Dean EVANS
Murray FITZPATRICK
Scott FITZPATRICK
Ross HARPER
Neil HAWGOOD
Grant HYMUS
Grant MITTON
Nigel PATMORE
David POPPENBEEK
Greg READ
Graham REID
David WANSBROUGH
Kenneth WARK

Hockey — Women

Carolyn BANKS
Tracey BELBIN
Debbie BOWMAN
Sharon BUCHANAN
Michelle CAPES
Jillian CASSIDY
Loretta DORMAN
Tammy HALL
Patricia HEBERLE
Lee MACLEOD
Kathleen PARTRIDGE
Sandra PEGRUM

Jacqueline PEREIRA
Kim SMALL
Anne STEVENSON
Liane TOOTH
Dianne WALMSLEY

Netball

Kylie AGGISS
Georgia BLOMBERG
Sue BROWN
Leanne COVER
Nicole CUSACK
Keeley DEVERY
Marcia ELLA
Patricia ELMER
Kerry GILLETT
Cheryl GRANT
Paolina HEARN
Sally IRONMONGER
Michelle JONES
Susan KENNY
Jenny LONGHURST
Andrea MASON
Rhonda MITCHELL
Michelle OATES
Leanne SMITH
Vicki WILSON

Rowing

Deborah BASSETT
Malcolm BATTEN
Andrew COOPER
Andrew COX
Andrew FAIRFIELD-SMITH
Richard FINLAYSON
Kaylynn FRY
Katherine HALL
Bruce HICK
Marilyn KIDD
Lisa KNIGHT
Mark McINERNEY
Mike McKAY
Glenn MYLER
Amanda RUDGLEY
Paul THOMPSON
Peter TOMANOVITS
Annelies VOORTHUIS

Squash

Austin ADARRAGA
 Danielle DRADY
 Steven DURBRIDGE
 Leanne ELLIS
 Rodney EYLES
 Sarah FITZGERALD
 Jody GIRANDO
 Phillip LARMER
 Michelle MARTIN
 Rodney MARTIN
 Brett NEWTON

Soccer

Alex CUMMINGS
 Paul FOSTER
 David HEALY
 Robert HOOKER
 Lou HRISTODOULOU
 Sean INGHAM
 Paul JONES
 John KOCH
 George KULSCAR
 Kurt LEITNER
 Michael McLENNAN
 Tim MULLEN
 Darren NORTHAM
 Jim PASAKOS
 Jason POLAK
 Kurt REYNOLDS
 David SHARPE

Swimming — Men

Gary BARCLAY
 Craig BOETTCHER
 Michael BOHL
 Stephen BRICKNELL
 Glen BROCKHURST
 Vincent COSSETTO
 Peter DALE
 Martin DAVIES
 Andrew de VRIES
 Anthony DUDA
 Scott ELLINGSEN
 Peter GEE
 Robert GLERIA
 Brad JONES
 Paul LEE
 Lance LEECH

Gary LORD
 Michael McKEON
 Matthew RENSCHAW
 Paul ROWE
 Colin STORRIE
 Kim TERRELL
 Rob WOODHOUSE

Swimming — Women

Jacqui GRANT
 Caroline HALL
 Suzanne LANDELLS
 Jenny MESSENGER
 Audrey MOORE
 Georgina PARKES
 Michele PEARSON
 Karen PHILLIPS
 Catherine RANDELL
 Julie WEST
 Rebecca WHITEHEAD
 Lauren WILKINSON
 Susie WOODHOUSE

Tennis — Men

Darren CAHILL
 Pat FLYNN
 Steve FURLONG
 John GIBSON
 Paul HOYSTEAD
 Mark JEFFREY
 Michael LYNCH
 David McPHERSON
 Paul MICK
 Roger RASHEED

Tennis — Women

Colleen CARNEY
 Karen DEED
 Stephanie FAULKNER
 Louise FIELD
 Sally McCANN
 Tracey MORTON
 Alison SCOTT
 Edith TATANA
 (NZ Scholarship)
 Michelle TURK

Track and Field — Men

Stuart ANDREWS
 Simon BAKER
 Peter BEAMES
 Daniel BOLTZ

Gary BRIGGS
 John CALIGURI
 Graham CLEWS
 David CULBERT
 Colin DALTON
 Nicholas de CASTELLA
 Matt FAVIER
 David FORBES
 Anthony FORD
 Michael HARVEY
 Dean KENNEALLY
 Andrew LLOYD
 Gary MINIHAN
 Paul NANDAPI
 Malcolm NORWOOD
 Gerard RYAN
 Patrick SCAMMELL
 Dave SMITH
 Donald WRIGHT

**Track and Field —
Women**

Michelle BANCROFT
 Nicole BOEGMAN
 Sarah COLLINS
 Susan COOK
 Astra ETIENNE
 Jane FLEMMING
 Penelope JUST
 Gael MARTIN
 Robin MAY
 Glynis NUNN
 Carolyn SCHUWALOW
 Catherine SHARPE
 Jayne WAINWRIGHT

Water Polo

Peter BAGSTER
 Martin CALLAGHAN
 Don CAMERON
 Doug COCKING
 Adam COFFEY
 Brett DUGDALE
 John FOX
 Mark GROOBY
 Ian McINNES
 Ron MORELLI
 Geoff MORRIS
 Andrew TAYLOR
 Andrew WIGHTMAN
 Ray YOUNAN

APPENDIX I (Cont,d)

Weightlifting

Chris FORD
 Paul HARRISON
 Tony HILLS
 Craig JACKSON
 Julian JONES
 Ron LAYCOCK
 Colin McCURDY
 Cameron MENHENICK
 Danny MUDD
 Jim PAVONE
 Darren ROLPH
 Vince SQUEO
 Dean STANFORD
 Tim VARCOE
 Nick VOOKELATOS

APPENDIX II

BRIEF HISTORY OF THE AIS

The intention to establish an Institute for the pursuit of sporting excellence in Canberra was announced by the Hon Bob Ellicott, Minister for Home Affairs and the Environment on 14 January 1980.

The Australian Institute of Sport was incorporated under the ACT Companies Ordinance as a public company, limited under guarantee, on 1 October, 1980.

Mr Don Talbot was appointed as the first Executive Director and took up the position in December 1980.

The Australian Institute of Sport was officially opened on the Australia Day Weekend in January 1981 by the Prime Minister the Rt Hon Malcolm Fraser at the National Indoor Sports Centre, Bruce.

The AIS opened with 155 athletes, 12 coaches and 7 administrators. The eight sports disciplines at the AIS were association football (soccer), basketball, gymnastics, netball, swimming, tennis, track and field and weightlifting.

The facilities at the National Sports Centre consisted of an outdoor stadium for track and field and association football, outdoor netball courts, four outdoor tennis courts and an indoor stadium which was shared by basketball, gymnastics, netball, tennis and weightlifting. The AIS also made use of indoor and outdoor areas throughout Canberra.

The sports science laboratory opened in June 1981 with 3 staff.

In 1982 the AIS numbers increased to 19 coaches, 178 athletes, administrators and 10 sports science and medicine staff. In 1983 the numbers at the AIS increased to 188 athletes, 24 coaches, 11 administrators and 14 sports science and medicine staff.

At the beginning of 1983, the visiting scholarship system commenced. Under this scheme, some scholarships in the sports are not allocated to one particular athlete. The money is then used to enable top Australian athletes and their coaches to visit the AIS for short periods. Athletes who have taken advantage of this system include Dean Lukin, Glynnis Nunn, Gary Honey and Robert Kabbas.

The gymnastics hall, the most advanced facility of its kind in the southern hemisphere was completed in April 1982.

On 26 February 1983, the first training camp at the AIS under the National Training Centre Program took place. This program offers national representative teams and officials from high profile or Olympic sports access to the facilities and services of the AIS. Since the inception of the program 65 sports have participated in the program.

On 1 March 1983 the Prime Minister the Rt Hon Malcolm Fraser officially opened the Indoor Tennis Hall.

The Swimming Hall which consists of a 50m and 25m swimming pool, weight room, spa, sauna and conference room, was opened on 6 July 1983 by the Federal Minister for Sport, Recreation and Tourism the Hon John Brown.

The Executive Director Mr Don Talbot resigned on 14 September 1983 to take up the position of Master Swimming Coach in Quebec Province, Canada.

Mr Paul Brettell from the Department of Sport, Recreation and Tourism took over as Acting Executive Director pending the appointment of a new Executive Director. During this time, the administrative section was restructured and enlarged.

The appointment of the new Executive Director Dr John Cheffers was announced in December 1983. Dr Cheffers was originally from Melbourne where he played VFL football for Carlton and coached athletics at an international level. At the time of the announcement he was Associate Professor of Education and Coordinator of the Human Movement Program at Boston University, USA.

Dr Cheffers arrived in Canberra to take up his appointment at the AIS on 14 May 1984.

Men's and Women's Field Hockey was introduced to the AIS as the ninth sport in February 1984. The Hockey unit is located in Perth, Western Australia and is the first unit in the decentralisation program of the AIS. With the establishment of the unit, the number of scholarship holders increased to 220.

The Poligrass Soccer/hockey pitch at the AIS was opened in June 1984 and used

Halls of Residence, AIS, under construction (Architects: Allen, Jack and Cottier)



for the 1984 Australian Hockey Championships.

Decentralisation of AIS sports continued during 1984/85, with the setting-up of the Diving and Squash units in Brisbane. In Canberra, Rowing and Water Polo joined the AIS, making a total of 13 sports.

In May 1985, Sports Science and Medicine staff moved into their new headquarters, centrally located within the AIS complex in Canberra.

New halls of residence with accommodation for all full-time AIS scholarship holders based in Canberra and for short-term National Training Centre Program participants, together with a new administration centre will be completed in late 1985.

**APPENDIX III
AIS SCHOLARSHIP BY SPORT AND AGE 1984-85**

| | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | Total |
|--------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-------|
| Basketball | | | | | | | | | | | | | | | | | | | |
| Male | | | | 1 | 1 | 6 | 4 | 1 | | | | | | | | | | | 13 |
| Female | | | 1 | 2 | 2 | 4 | 4 | 2 | | | | | | | | | | | 15 |
| TOTAL | | | 1 | 3 | 3 | 10 | 8 | 3 | | | | | | | | | | | 28 |
| Gymnastics | | | | | | | | | | | | | | | | | | | |
| Male | | 1 | 3 | 2 | 1 | | 1 | | 2 | 2 | 1 | | | | 1 | | | | 14 |
| Female | 4 | 2 | 3 | 2 | | 1 | | | | | | | | | | | | | 12 |
| TOTAL | 4 | 3 | 6 | 4 | 1 | 1 | 1 | | 2 | 2 | 1 | | | | 1 | | | | 26 |
| HOCKEY | | | | | | | | | | | | | | | | | | | |
| Male | | | | | | 1 | 3 | 2 | 5 | 2 | 2 | 2 | 1 | | | | | | 18 |
| Female | | | | | | 3 | 2 | 2 | 3 | 5 | 1 | | | | | 1 | | | 17 |
| TOTAL | | | | | | 4 | 5 | 4 | 8 | 7 | 3 | 2 | 1 | 1 | | | | | 35 |
| Diving | | | | | | | | | | | | | | | | | | | |
| Male | | | | | 1 | 1 | | 1 | | 1 | | | | | | | 1 | | 5 |
| Female | | | | | | 1 | | 1 | | | | | 1 | | | | | | 3 |
| TOTAL | | | | | 1 | 2 | | 2 | | 1 | | | 1 | | | 1 | | | 8 |
| Netball | | | | | | | | | | | | | | | | | | | |
| Female | | | | | 1 | 5 | 8 | 3 | 2 | 1 | | | | | | | | | 20 |
| Soccer | | | | | | | | | | | | | | | | | | | |
| Male | | | | | 6 | 8 | 2 | 1 | | | | | | | | | | | 17 |
| Swimming | | | | | | | | | | | | | | | | | | | |
| Swimming | | | | | | | | | | | | | | | | | | | |
| Male | | | | 2 | 1 | 5 | 5 | 3 | 2 | 2 | 4 | 1 | | | | | | | 25 |
| Female | | | | 1 | 1 | 2 | 3 | 1 | 3 | 1 | 1 | | | | | | | | 13 |
| TOTAL | | | | 3 | 1 | 7 | 8 | 4 | 5 | 3 | 5 | 1 | | | | | | | 38 |
| Tennis | | | | | | | | | | | | | | | | | | | |
| Male | | | | | 2 | 6 | | | | | | | | | | | | | 8 |
| Female | | | | 3 | 3 | 3 | | | | | | | | | | | | | 9 |
| TOTAL | | | | 3 | 5 | 9 | | | | | | | | | | | | | 17 |
| Track & Field | | | | | | | | | | | | | | | | | | | |
| Male | | | | | | 4 | 1 | | 2 | 3 | 5 | 2 | 2 | 2 | 2 | 1 | | 2 | 26 |
| Female | | | | | | 2 | 3 | 2 | | | | 1 | 1 | | 1 | 1 | 1 | 1 | 13 |
| TOTAL | | | | | | 6 | 4 | 2 | 2 | 3 | 5 | 3 | 3 | 2 | 3 | 2 | 1 | 3 | 39 |
| Weightlifting | | | | | | | | | | | | | | | | | | | |
| Male | | 1 | | 1 | 3 | 2 | 1 | | | | 1 | 1 | | | | | 1 | | 11 |
| Rowing | | | | | | | | | | | | | | | | | | | |
| Male | | | | | | 2 | 2 | 6 | 1 | | | | | | | | | | 11 |
| Female | | | | | | 1 | 2 | 2 | 2 | | | | | | | | | | 7 |
| TOTAL | | | | | | 1 | 4 | 4 | 6 | 3 | | | | | | | | | 18 |
| Water Polo | | | | | | | | | | | | | | | | | | | |
| Male | | | | | 1 | 3 | | 1 | 1 | 5 | 3 | | | | | | | 1 | 15 |
| Squash | | | | | | | | | | | | | | | | | | | |
| Male | | | | | | 3 | 2 | 1 | | | | | | | | | | | 6 |
| Female | | | | 1 | | 4 | | | | | | | | | | | | | 5 |
| TOTAL | | | | 1 | | 7 | 2 | 1 | | | | | | | | | | | 11 |
| Male | 2 | 3 | 6 | 16 | 39 | 21 | 12 | 18 | 16 | 16 | 6 | 3 | 3 | 2 | 2 | 1 | 2 | | 169 |
| Female | 4 | 2 | 4 | 9 | 7 | 26 | 22 | 13 | 8 | 9 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 114 |
| Total | 4 | 4 | 7 | 15 | 23 | 65 | 43 | 25 | 26 | 25 | 18 | 7 | 5 | 4 | 3 | 3 | 2 | 3 | 283 |

APPENDIX IV
AIS SCHOLARSHIP BY SPORT AND STATE as at 30.8.85

| SPORT | VIC | NSW | WA | QLD | SA | TAS | ACT | NT/NZ | TOTAL |
|---------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|----------|------------|
| Basketball | 10 | 2 | 4 | 3 | 5 | 3 | 2 | 0 | 29 |
| Diving | 4 | 0 | 1 | 2 | 0 | 1 | 0 | 0 | 8 |
| Gymnastics | 1 | 6 | 1 | 8 | 2 | 1 | 4 | 0 | 23 |
| Hockey | 7 | 9 | 10 | 6 | 2 | 0 | 1 | 0 | 35 |
| Netball | 4 | 7 | 1 | 3 | 3 | 0 | 1 | 0 | 19 |
| Rowing | 6 | 5 | 0 | 2 | 1 | 1 | 3 | 0 | 18 |
| Soccer | 3 | 5 | 2 | 2 | 3 | 1 | 1 | 0 | 17 |
| Squash | 2 | 2 | 2 | 5 | 1 | 0 | 0 | 0 | 11 |
| Swimming | 3 | 12 | 1 | 8 | 1 | 3 | 8 | 0 | 36 |
| Tennis | 2 | 5 | 0 | 7 | 1 | 1 | 1 | NZ | 17 |
| Track & Field | 12 | 9 | 1 | 3 | 1 | 0 | 8 | 0 | 34 |
| Water Polo | 4 | 4 | 3 | 3 | 1 | 0 | 0 | 0 | 15 |
| Weightlifting | 4 | 4 | 0 | 0 | 0 | 3 | 2 | 0 | 13 |
| TOTAL: | 62 | 70 | 26 | 52 | 19 | 14 | 31 | 1 | 275 |