

# 2022-2023

## ANNUAL REPORT



GIPPSLAND  
**SPORTS**  
ACADEMY



[WWW.SPORTGIPPSLAND.ORG.AU](http://WWW.SPORTGIPPSLAND.ORG.AU)

## **ACKNOWLEDGEMENT OF COUNTRY**

Gippsland Sports Academy acknowledges the traditional custodians of the lands upon which we work and we pay our respects to them, their culture and elders, past, present and emerging.

Gippsland Sports Academy is a supportive organisation and upholds the principles of diversity and inclusion



## **CHILD SAFE COMMITMENT**

The GSA is committed to providing the highest level of safety for all involved with all GSA's boarding programmes this includes protecting members privacy promoting positive behaviours and attitudes protecting their health and safety and wellbeing of members particularly children and delivering the GSA's activities while acting in the best interest of children in the sport.

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# OVERVIEW



Gippsland has a combined population of approximately 300,000 over 6 Local Government Authorities: Bass Coast Shire; Baw Baw Shire; East Gippsland Shire; Latrobe City; South Gippsland Shire & Wellington Shire. Stretching from outer Melbourne to the eastern-most point of Victoria, Gippsland is the home to 162 of our athletes who are on high performance pathways across a range of sports..

## REGIONAL

49% OF GSA  
ATHLETES  
REPRESENT  
OR  
COMPETE  
AT A  
REGIONAL  
LEVEL

## STATE

32% OF GSA  
ATHLETES  
REPRESENT  
OR COMPETE  
AT A STATE  
LEVEL

## NATIONAL

24% OF GSA  
ATHLETES  
REPRESENT  
OR COMPETE  
AT A  
NATIONAL  
LEVEL



## VISION

### AN INVESTMENT IN EXCELLENCE

Our vision for the Gippsland Sports Academy is that of excellence:

- *Aspiring Gippsland athletes will be exposed to expert technical coaching and personal development sessions allowing them to be their best in their chosen sport and life.*

## MISSION

The Gippsland Sports Academy (GSA) will provide the opportunity for talented Gippsland athletes based in Gippsland to reach their potential in their chosen sport and personal life.

## ABOUT US

The Gippsland Sports Academy was established in 1997 and is a community-based organisation providing developmental opportunities for talented Gippsland athletes within their own region. The Gippsland Sports Academy covers the full extent of Gippsland, from the south-eastern fringe of Melbourne through to the New South Wales border, including the mountain communities of the Great Dividing Range, and the diverse areas of South Gippsland.

The Gippsland Sports Academy provided services to over 170 athletes in 2022/23. The athletes assisted included many now on the fringe of international recognition and numerous athletes who represented Victoria and Australia.

The Gippsland sporting community relies heavily on the Gippsland Sports Academy to help break down the obstacles and disadvantages for local athletes such as travel, lack of expert coaching and development programs. The Gippsland community is extremely passionate about sport and the region has an immense nursery of natural talent.

### WHAT DO WE OFFER?

- *A pathway for Gippsland athletes in a local environment, to State & National level in consultation with the State Sporting Associations, Sport & Recreation Victoria and the Victorian Institute of Sport*
- *Exposure to expert coaches*
- *Fitness and skill development*
- *Sport science programs covering, strength & conditioning, psychology, nutrition & hydration, goal setting, time management and injury management.*
- *Work with other Victorian Regional Academies, State and Local Government, State and National Sporting Associations and organisations regarded as leaders in the sports industry.*
- *Integration of people with disabilities or disadvantages.*
- *Evaluate programs on an ongoing basis to ensure relevance to Academy aims and objectives are not only maintained but improved.*
- *Provide resources through sponsorship, grant and donations to promote excellence among talented sports people at an affordable price.*

# VALUED SPONSORS OF THE GSA

## MAJOR FUNDING AGENCIES



Education  
and Training



**TAFE  
GIPPSLAND**

## CONTRIBUTING GIPPSLAND COUNCILS



## PROGRAM PARTNERS



# VALUED SPONSORS OF THE GSA

## STRENGTH & CONDITIONING PROGRAM



## GOLF PROGRAM



## SWIMMING PROGRAM



## NETBALL PROGRAM



## TENNIS PROGRAM



## CLAY TARGET SHOOTING PROGRAM



# ACADEMY BOARD OF MANAGEMENT 2022 - 2023

## BOARD MEMBER

## PROFILE

<b>Jim Vivian</b> Chair	Finance Sub Committee Clay Target Shooting Advisory Panel Representative
<b>Sandra Timmer-Arends</b> Deputy Chair	Head of Sport, St Pauls Grammar School, Traralgon Netball Advisory Panel Representative Programs Subcommittee
<b>Darrell White</b> Treasurer	Tennis Advisory Panel Representative Finance Sub Committee Programs Subcommittee
<b>Howard Williams</b> Secretary	Secretary Victorian Volleyball Development Foundation Past President Volleyball Victoria Programs Subcommittee
<b>Jenni Lewis</b>	Community College Gippsland Teacher Harness Racing Industry Volunteer Swimmingl Advisory Panel Representative
<b>Jen Hardy</b>	Review Committees Child Safety Working Group
<b>Rachael Millar</b>	Sponsorship & Marketing Committee
<b>Dave Roberts</b>	Sponsorship & Marketing Committee ISH Advisory Panel Representative

## ACADEMY CONSULTANTS

ASSOCIATION	CONSULTANT	ORGANISATION
<b>Physiotherapy</b>	Rob Stephenson Claire Issell	Latrobe Valley Physiotherapy Claire Issell Physiotherapy
<b>Nutrition</b>	Lauren Nicholls	Hex Health
<b>Psychology</b>	Christopher Shen	Christopher Shen Consulting
<b>Strength and Conditioning</b>	Sam Fenton Trent Morrow	Control High Performance Control High Performance
<b>Finance</b>	John Barclay Linda Gell	Pakenham Taxation & Accounting Elite Bookkeeping Services

# CHAIRPERSONS REPORT

On behalf of the Board, it gives me great pleasure to present the 2022/23 Annual Report. This past year has seen all restrictions lifted and life has returned to normal in the sporting world. I complement the GSA staff, coaches and support staff for the commitment they have shown in delivering quality programs across all of the sports.

I would like to acknowledge sponsors that have remained supportive and loyal to their commitments and to that end a huge thankyou to the Morwell Bowling Club (swimming), The DocShop (netball), Crane Civil & Surfacing (clay target shooting), Professional Money Management and Access Boring (strength & conditioning) for their on-going support. I would also like to acknowledge the generous support from the state sporting associations in the swimming, netball, tennis, clay target shooting programs and golf.

During the 2022/23 year the GSA was able to have five of the sports program's athletes complete all components of the program and graduate in June 2023. Those sports were Tennis, Clay Target Shooting, Swimming, Volleyball, Netball and there were six athlete's that completed the para sport project program, congratulations to all those athletes.

I would like to acknowledge the efforts of both the GSA staff and members of the Board. To the staff, Executive Officer Anita Pistrin, Finance Administrator Tanya Veenman and Programs Administrator Jude Bergmann, thank you for your outstanding efforts in making the past year as positive an experience as possible for all our athletes. To our volunteer Board Directors (Darrell White, Jeni Hardy, Jenni Lewis, Howard Williams, Rachael Millar, David Roberts and Sandra Timmer-Arends) who give of their time freely and have all contributed to the success of the GSA over a number of years thankyou to you all.

As mentioned earlier the annual Awards evening was held in June and I wish to congratulate all graduating athletes and acknowledge the main award winners. Those are - Tim Forsyth: Lucas Furlan (Clay Target Shooting); David Drane: Ash Nicholes (Swimming); Phil Shelley: Jo Ballinger (Netball); Darrell White: Lara Noblett (Netball). Well done to you all.

We also had the presentation of the annual Gippstar Awards at the Morwell Bowling Club on the 10th August and I congratulate all of the nominees throughout the year and a special congratulations to all award winners on the night. I also wish to acknowledge the work of voting panel Chairperson Darrell White and the dedication of the members of the voting panel.

The Board also acknowledges and appreciates the support of the six Gippsland Councils, Bass Coast, South Gippsland, Baw Baw, East Gippsland, Wellington and Latrobe City whose continued involvement maintains a whole of Gippsland approach which is very important. We would also like to thank the State Government for its commitment to Regional Sports Academies through Sport and Rec Victoria. We work closely with the Victorian Institute of Sport (VIS) and the other five Victorian Academy's (VRAS) to deliver consistent, high quality programs across the State.

Finally, thank you to all GSA program coaches, sports science consultants, parents, volunteers and all others connected in some way to the success of each and every program and the on-going success of the Gippsland Sports Academy.

Jim Vivian

# EXECUTIVE OFFICER'S REPORT

It is with pleasure I offer the following reflection on what has been yet another successful year for the Gippsland Sports Academy (GSA).

The past 12 months have once again given us many reasons to stand proud and strong in the community of Gippsland as we continue to make our mark on State and National sporting platforms.

We were excited to be able to return Golf to our list of programs, with 10 juniors joining us in February '23. We are pleased that both our Clay Target Shooting program and Volleyball program had an increase in athletes from across Gippsland, creating strong programs, which is a great result for both the GSA and the sports. Netball & Swimming again showed solid numbers with over 80 athletes between the programs. Tennis had a few changes in '22 and a change in coach in '23 and the program continues to thrive.

Our Strength & Conditioning services continued in 5 LGA's across Gippsland, to better service our athletes in their regional areas. I would like to thank Lauren Nicholls from Hex Health, Christopher Shen from Christopher Shen Consulting, Trent Morrow and Sam Fenton of Control High Performance for their ongoing support to the GSA and our athletes. Your services to our athletes complete their training and assist our athletes to achieve in both sport and life.

Our athletes were exposed to an athlete education day covering a broad range of topics. On the day we had a presentation from inspirational VIS athlete Liam Twomey, social media presentation from Evolve Education, and presentations from Rhonda Noble at TAFE Gippsland and sport psychologist, Christopher Shen. The day ended with an interactive Strength & Conditioning session from Control High Performance.

Thank you to our athletes, the focus of the GSA and to their parents who sacrifice so much giving up their time to support their child's dream. Our athletes have achieved some amazing results, not only locally but also on the international stage. We congratulate you on your results and you should all be proud of your achievements.

I sincerely thank our coaches for the amount of hours you contribute to the development of our young aspiring athletes. Your passion and willingness to assist myself and the academy to constantly better our programs is truly appreciated. Congratulations on the developments and results you have achieved.

Our State Sporting Associations continue to provide assistance to ensure Gippsland athletes have the best possible opportunities and in consultation with the Academy regularly review programs to ensure the latest possible techniques and development opportunities are accessible and provided. Thank you to Netball Victoria, Swimming Victoria, Tennis Victoria, Victorian Golf Association, Victorian Golf Foundation and Victorian Clay Target Association. Thank you also to the Victorian Institute of Sport who offer continued resources and opportunities to our athletes and for the administration of the academy.

The Victorian Regional Academies of Sport continue to focus on the overall vision of development of regionally based athletes and it focuses on strong relationships with the State Sporting Associations, Sport & Recreation Victoria and the Victorian Institute of Sport.

The GSA's continued success is thanks to the generosity of our ongoing sponsors who assist us in delivering excellence in sport and life. We not only thank them for their continued support but also for regarding us highly enough to be the vehicle of promotion for their organisations. We continue to develop relationships with more supporters of the GSA and are proud to welcome Cranes Civil & Surfacing and Access Boring for joining the dynamic group of sponsors this financial year.

I would like to thank our Board for their continued encouragement and trust of day-to-day operations, allowing the freedom to develop and implement new initiatives resulting in growth for the GSA. I would also like to thank the office staff, Tanya Veenman and Jude Bergmann, for their continued dedication.

Finally, to those athletes and program support staff who will not continue with the GSA we hope your journey with us has been memorable and please stay in touch as we always look forward to hearing of your continued success. I wish our current athletes the best in the upcoming year and remember you are all an investment in excellence.

Anita Pistrin

## THE ACADEMY HONOURS ITS OLYMPIC, PARALYMPIC AND WORLD CHAMPIONSHIP ATHLETES:

Emily Beecroft

Ruby Storm

Ashley Delaney

Amanda Drennan

Lichelle Clarke

### PATRON OF THE ACADEMY



#### **Tim Forsyth**

Official Patron of the Gippsland Sports Academy. Born in Mirboo North, Gippsland, Victoria. Elite High Jump Achievements.

### AMBASSADORS OF THE ACADEMY

The Academy established an Ambassadors program in 2006. It aims to use the support of prominent sports people to promote the Academy as well as foster and encourage the development of Academy athletes.



**Tim Matthews**



**Don Elgin**



# TIM FORSYTH OUTSTANDING ACHIEVEMENT AWARD

## YEAR

2022  
2021  
2020  
2019  
2018  
2017

## AWARD WINNER

Lucas Furlan  
Chelsea Beechey  
Jordyn Cargill  
Elayna Pistrin  
Jack Stockdale  
Josh Charlton

## SPORT PROGRAM

Clay Target Shooting  
Clay Target Shooting  
Swimming  
Swimming  
Clay Target Shooting  
Tennis

# DARRELL WHITE SPECIAL ACHIEVEMENT AWARD

## YEAR

2022  
2021  
2020  
2019  
2018  
2017

## AWARD WINNER

Lara Noblett  
Mackenna Whiteside  
Chris Axford  
Lachlan Chester  
Lily Kerrison Male  
Madelaine Galea

## SPORT PROGRAM

Netball  
Netball  
Volleyball  
Volleyball  
Netball  
Netball

# DAVID DRANE ENCOURAGEMENT AWARD

## YEAR

2022  
2021  
2020  
2019  
2018  
2017

## AWARD WINNER

Ash Nicholes  
Alexandra Luders  
Olivia Baillie  
Jordan Johnston  
Molly Cargill  
Ben Grumley

## SPORT PROGRAM

Swimming  
Tennis  
Swimming  
Tennis  
Swimming  
Tennis

# PHIL SHELLEY SPORTS DEVELOPMENT AWARD

## YEAR

2022  
2021  
2020  
2019  
2018  
2017

## AWARD WINNER

Joanne Ballinger  
Judi Buhagiar  
Keith Ferguson  
Brian Ford  
Dave Jones  
Jackie Madden

## SPORT PROGRAM

Netball  
Netball  
Clay Target Shooting  
Swimming  
Clay Target Shooting  
Swimming

# RISING STAR AWARD

## YEAR

2021  
2017  
2016  
2015

## AWARD WINNER

Chelsea Beechey  
Ruby Storm  
Emily Beecroft  
Mikaela Cornelissen

## SPORT PROGRAM

Clay Target Shooting  
Swimming  
Swimming  
Swimming





**TIM FORSYTH AWARD:**  
 Lucas Furlan  
**Clay Target Shooting**



**DARRELL WHITE AWARD:**  
 Lara Noblett  
**Netball**



**DAVID DRANE AWARD:**  
 Ash Nicholes  
**Swimming**



**PHIL SHELLEY AWARD:**  
 Joanne Ballinger  
**Netball**

# MORWELL BOWLING CLUB SWIMMING PROGRAM 2022/2023



## Program Patron: Ashley Delaney

### Coaching & Support Staff

Brian Ford	Coach Co-ordinator
Leigh Nugent	Specialist Coach
Dean Gooch	Performance Coach
Dylan Muir	Performance Coach
Paul Myers	Development Coach
Garry Cole	Development Coach
Control High Performance	Strength & Conditioning
Nutritionist	

### Advisory Panel

Jenni Lewis	GSA Board
Anita Pistrin	GSA EO
Brian Ford	Head Coach/Coach Coordinator
Dean Gooch	Gippsland Swimming (TSB)
Dylan Muir	Gippsland Swimming (TSB)
Paul Myers	Gippsland Swimming (SGB)
Jackie Madden	Gippsland Swimming (WGL)

### Performance Squad Graduates

Emily Auteri	Rahni Matheson	Miah Roberts
Olivia Baillie	Sienna Matheson	Zac Sherar
Lockie Bellion	Sophie McKenzie	Kayla Wilson
Brody Cargill	Skye Munro	Claudia Croatto
Molly Cargill	Ash Nicholes	Layla Chapman
Zoe Dowler	Trinity O'Keefe	Aidan Pendlebury
Callum Halloran - Lavelle	Abby Paulet	Riley Lowe
Olivia Holmes	Teddy Ripper	Jess Whiting
Mostyn Lumsden		

## Annual Award Nominees for Swimming

<u>Tim Forsyth:</u>	Olivia Holmes
<u>David Drane:</u>	Ash Nicholes
<u>Phil Shelley:</u>	Lisa Auteri

# Morwell Bowling Club Swimming

## Program Report 2022/23

The swimming program provided a fantastic experience for swimmers and coaches this season. Once again Olympic 2004 and 2012 head coach Leigh Nugent was involved in every session in leading the program with all the coaches in Gippsland. For the second year running the program had a Performance and Development group of athletes which worked together and separately in activities throughout the 4 sessions held at Traralgon, Warragul and Sale. It was a tremendous benefit to the whole program having all the coaches and best swimmers in Gippsland work together and the feedback from the coaches was more of the same for 2023/24.

Major competitions of the year – Victorian Country Championships, Gippsland Championships, Victorian State Championships culminating in Australian Championships in April - were outstanding both with results and volume of medals. At the highest level we must commend 13 year old Olivia Holmes from South Gippsland Bass for winning bronze in the 100 metre backstroke. Additional finals to Ash Nicholes, Molly Cargill, Olivia Baillie, Abby Paulet, Nicolette Wight and Lockie Bellion from Traralgon; and, Callum Halloran-Lavelle from Warragul was a great result for the program this year.

Thank you to the following staff, personnel and organisations who provided great assistance to the program this year:

Dean Gooch – Traralgon coach

Dylan Muir – South Gippsland Bass coach

Paul Myers – Warragul coach

Garry Cole – East Gippsland coach

Mick Hatwell – Sale coach

Bianca Poxon – Moe coach

Anita Pistrin – Academy CEO – an organised and efficient administrator who understands swimming, and the

Morwell Bowling Club – for their outstanding contribution to the sport both in and out of the pool.

The 2023/24 season has already started strongly with a 3 day camp and we once again look forward to a successful year ahead.

Brian Ford

Coaching Coordinator



# TENNIS VICTORIA TENNIS PROGRAM 2022



## Coaching & Support Staff

Jason Yap	Head Coach
Sam Fenton and Trent Morrow	Strength & Conditioning
Hex Health	Nutrition & Hydration
Christopher Shen	Psychology

## Advisory Panel

Darrell White	GSA Board
Anita Pistrin	GSA EO
Jason Yap	Head Coach
Bree Sharp	Tennis Victoria

## 2022 Tennis Program Graduates

Ethan Bahre	Heath Kamphuis	Bella Prince
Anna Banson	Noah Keltie	Campbell Scott
Candice Bramwell	Louis Lazzaro	Ethan Sutherland
Elayna Collison	William Martin	Andrew Thompson
Patrick Dorian	Riley Nave	

## **Annual Award Nominees for Tennis**

<u>Tim Forsyth:</u>	Riley Nave
<u>David Drane:</u>	Patrick Dorian

# Tennis Victoria Tennis

## Program Report 2022

2022 was a year of restructure from Tennis Victoria, which meant a large turn over of players from previous years. It was a great opportunity to get fresh faces into the program and get then to see what the Gippsland Academy was all about.

The year was about the athlete. Their strengths and weaknesses, playing styles and patterns of they can use in different scenario. Also bring in thinks to teach them to be more professional. It was great to have the help of Control High Performance to assist in showing the athletes the correct ways of doing things. This saw all players improve immensely through out the year, with most reaching career best Universal Tennis ranking (UTR) scores.

I would like to thank Control High Performance Fitness for their work throughout the year providing the tennis players with training schedules, conducting the fitness testing, they always go above and beyond. It's great having them on board. To the Tennis Clubs allowing us the use of their facilities. Thanks to all the parents for their support of the program throughout the year and their willingness to spend hours in the car.

Lastly thankyou to the athletes. With hard work, passion, and desire to take that next step, these players have a very bright future ahead of them whether it be on or off the court. From a coach's perspective, I couldn't be prouder of all the athletes on what they have achieved this past year, and I look forward to seeing what they will achieve in the future.

Aidan Fitzgerald  
Head Coach

# VOLLEYBALL PROGRAM

## 2022/2023

### Coaching & Support Staff

Luke Campbell	Head Coach
Nic Ryan	Assistant Coach
Lauren Nicholls	Nutritionist (Hex Health)
Christopher Shen	Sport Psychologist (Christopher Shen Consulting)
Trent Morrow & Sam Fenton	Strength & Conditioning (Control High Performance)

### Advisory Panel

Howard Williams	GSA Board Member
Anita Pistrin	GSA EO
Luke Campbell	Head Coach
Nic Ryan	South Gippsland Rep

### 2022/23 Volleyball Program Graduates

Jeremiah Bermudez	Ayla Grbic	Antonella Olmedo
Sienna Carruthers	Jack Johnson	Magnus Percy
Jacob Churchill	Josh Markum	Will Roberts
Natalie Churchill	Amber Mazon	Casey Slater
Travis Colson	Georgia Mills	Ace Yasana
Seth Germaine		

### **Annual Award Nominees for Volleyball**

<u>Darrell White:</u>	Jack Johnson
<u>David Drane:</u>	Will Roberts

# Volleyball

## Program Report 2022/2023

For the 2023 program we had a large player turnover, which meant over half the squad were new athletes. We had 7 girls and 8 boys in the program, which we would love to double in future years.

We welcomed Chris Axford, a GSA alumnus of 5 years, as a permanent assistant coach and Lachlan Moreland, also as an assistant coach. Having these two regional coaches in the program is a nice step forward for us and will hopefully lead to more community engagement in future programs.

All the coaches would like to thank the athletes and parents for their commitment to the program. We had an 81% attendance rate, that included two athletes with serious injuries. Excluding them, we were over 95%, super work! This is a consistent result for GSA Volleyball, we have great attendance which we would like to develop into a larger program.

Making the travel to training can be a challenge, but Gippslanders seem to just make it happen which is endlessly impressive.

To the kids, well done on your improvement. Respect it, but don't be satisfied with it. We want more because you have more to go on your volleyball and sporting journey.

A big thanks to Chris and Lachlan for their coaching work this year., Anita and staff in the office and Trent and Sam for their work in our testing and delivering the strength program online and in the gym.

As we look towards 2024 program, we hope to retain this year's athletes and expand our footprint with more quality athletes to make a bigger impact in State programs and beyond into the future.



# THE DOC SHOP 'DARE TO DEVELOP A DIAMOND' NETBALL PROGRAM

## 2022/2023



### Coaching & Support Staff

Judi Buhagiar	Head Coach
Jo Ballinger	Assistant Coach
Jae Evans	Assistant Coach
Carol Gregorovich	Assistant Coach
Angela Chittem	Assistant Coach
Trent Morrow	Strength & Conditioning (Control High Performance)
Lauren Nicholls	Nutritionist
Christopher Shen	Psychologist

### Advisory Panel

Sandra Timmer-Arends	GSA Board
Anita Pistrin	GSA EO
Sarah Collett	Netball Vic
Judi Buhagiar	Head Coach
Jo Ballinger	Assistant Coach
Jae Evans	Assistant Coach

### 2022/23 Netball Dare to Develop a Diamond Graduates

Natalie Begovic	Lilly Fullgrabe	Brooke Kelly
Claudia Blandford	Jessica Gerrand	Mischa Moore
Kakoda Briar	Indi Glover	Milla Oldham
Millie Brosnan	Kira Hamilton	Ava Pask
Lily Carmody	Tahlia Hammond	Ashly Reid
Laura Casella	Aisha Hibbert	Bonnie Rotheram
Jesse Daly	Ella Higgins	Isobelle Scott
Tara Dihood	Olivia Holmes	Ebony Silvester
Maizy Duck	Kiara Irish	Eva Switzer
Ruby Fullgrabe		

### **Annual Award Nominees for Netball**

<u>Darrell White:</u>	Lara Noblett
<u>David Drane:</u>	Aisha Hibbert
<u>Phil Shelley:</u>	Jo Ballinger



# The Doc Shop 'Dare to Develop a Diamond' Netball

## Program Report 2022/2023

It has been an absolute pleasure to have been involved with the Dare to Develop a Diamond Program since its reintroduction to the Gippsland Sports Academy 7 years ago. The reward of seeing an athlete's continued growth, not only on the court but off the court, as they travel through like achieving their goals, knowing I have played a small role in that is the ultimate coach reward.

Our coach team worked very well as a unit, it is extremely pleasing to see them all taking steps forward in their coaching, Joanne Ballinger being appointed the inaugural coach of the newly formed Victorian Netball League club, Gippsland Stars as well as Carol Gregorovich who was appointed assistant coach for the Netball Victoria Talent Academy. Former Australian Diamond player and England Roses coach Sue Hawkins was an invaluable asset and made all the difference not only to the athletes but to the coaches, Sue was our point of difference.

We had 17 athletes identified to trial for Talent Academy. In addition, 2021 athlete Grace Van Tilburg was invited to trial for the 17 & Under State Team, meaning she is in the top 50 netball players in the State for her age group.

In 2022 we included competition as part of the program, the athletes were very excited at the prospect of measuring their skills against teams they wouldn't normally compete against, this proved to be extremely successful, allowed coaches the opportunity to plan skill development sessions focusing on areas of improvements and polishing already well-developed skills.

We had exceptional results, finishing first in the State at the Victorian inaugural inter-academy tournament was an absolute fairytale way for me to end my role as head. Congratulations to Lara Noblett who capped off an extraordinary year taking the Darrell White Award and Jo Ballinger who was recognised for her hard work receiving the Phil Shelley award, once again netball had an athlete and a coach on the overall winner list at the Academy awards.

It certainly is pleasing to know the program is in such good shape and in the hands of people who will continue to maintain the standard.

Thank you to the Doc Shop for their continued support of the program, likewise to the GSA Board and Staff but most of all thank you for the opportunity to have been involved since the reintroduction of this program to regional academies, the program is in good hands under the direction of its coaches and the GSA, and I wish you all the best for future programs.

Judi Buhagiar  
GSA Netball Head Coach

# CLAY TARGET SHOOTING PROGRAM

## 2022/2023



### Coaching & Support Staff

Andrew Brady	Head Coach
Trent Morrow	Strength & Conditioning (Control High Performance)
Sam Fentron	Strength & Conditioning (Control High Performance)
Christopher Shen	Psychologist
Lauren Nicholls	Nutritionist (Helx Health)



### Advisory Panel

Anita Pistrin	GSA EO
Jim Vivian	Board Member
Andrew Brady	Head Coach (Trap)

### 2022/2023 Clay Target Shooting Program Graduates

Aiden Bartlett	Zaeln Lynch	Dylan Smith
Jack Bateson	Luke Mainella	Sienna Smith
Spencer Clarke	Alicia McGrath	Kira Waldron
Hunter Crane	Jobe Paliew	Logan White
Andy Daly	Kate Perry	Ollie Witt
Sam Ditchburn	Isaac Robinson	Ollie Zielezna
Lucas Furlan	Gemma Scionti	

### **Annual Award Nominees for Clay Target Shooting**

<u>Tim Forsyth:</u>	Lucas Furlan
<u>David Drane:</u>	Alicia McGrath
<u>Phil Shelley:</u>	Adrian Cousens

# Clay Target Shooting

## Program Report 2022/2023

This year we had a record number of 20 Athlete's in the program, covering trap, skeet & sporting and for the first time we introduced different squad levels within the clay target program by having performance, pathway & development squads which allowed us to provide more specific training sessions to suit our Athlete's needs.

We ran training sessions at 4 different clubs being the Korumburra Gun Club, Bairnsdale Field & Game, Frankston Clay Target Club and the Melbourne Gun Club. It was great for our Athlete's to train at a couple of different grounds to previous years (Frankston & Melbourne) and experience what the bigger training facilities have to offer, which also brought in some new guest coaches for us that are local to those areas.

Lucas Furlan & Ollie Zielezna both represented Australia this year becoming the 6th & 7th GSA Clay Target Athlete's to represent Australia so far, with Lucas bringing home a gold medal from the World Universal Trap Championships in Italy as part of the Australian Under 21 Team.

Thank you to all the guest coaches from all the different clubs that we had throughout the year, particularly to Adrian Cousen's from Bairnsdale who was at every training session and on a couple of occasions travelling a long way from home to get there.

Thank you to all our program sponsors particularly our new major sponsor Mick Crane from Cranes Civil & Surfacing, the support plays a huge part in the program's success.

To our Executive Officer Anita Pistrin as always, thank you for the continued support as we look forward to the 2023/2024 program.

Andrew Brady  
Head Coach

# GOLF PROGRAM

## 2023



### Coaching & Support Staff

Richard Cooney	Head Coach
Trent Morrow	Strength & Conditioning (Control High Performance)
Sam Fentron	Strength & Conditioning (Control High Performance)
Christopher Shen	Psychologist
Lauren Nicholls	Nutritionist (Helx Health)

### Advisory Panel

Anita Pistrin	GSA EO
Richard Cooney	Head Coach
Chris Crabbe	Golf Australia
Sam Kindlen	Golf Australia
Fran Renehan	West Gippsland Golf District Rep
Karin Leidkje	East Gippsland Golf District Rep
Greg Williams	South Gippsland Golf District Rep

### 2023 Golf Graduates

Ben Boers  
Rebecca Boers  
Kaitlyn Boers  
Maddison Kelly  
Brock Mottrom  
Arlen Peavey  
Levi Perkins  
Cooper Rimington  
Lenny White  
Billie Wrigley

## Golf

### Program Report 2023

The Gippsland Sports Academy have reinstated the Golf Program in 2023 with great success.

The squad is very young compared to previous years.

The program commenced in February with all squad members receiving a nutrition session and a fitness test along with Short game testing and individual swing assessment.

Squad members were offered two individual sessions with Richard in Melbourne at Latrobe golf Park using Trackman and the latest video software as part of the program at no extra cost.

We then moved into the normal routine of squad coaching sessions conducted at

at Warragul Golf Club and Traralgon Golf clubs.

A highlight being the Inter-academy challenge held in conjunction with The Sands Junior Tournament and the VRAS High Performance Golf Day held at 13th Beach in April with other regional academies and Golf VIC high performance coaches.

Squad members were also provided with a Regional high performance day at Australian Golf Centre and Sandy Links with other regional academies from Victoria.

The session gave the athletes an opportunity for a full day of using the world class short game area and having coaches also observe of their on course strategies.

With the success of Melbourne sessions with Richard will be holding more individual sessions so players can get individual coaching rather than just squad sessions.

It is envisaged that squad and individual sessions will make up the program going forward with our S&C coach to be in attendance at individual session days.

We would like to acknowledge the support and funding given to our program from

Victorian Golf Foundation and the three Gippsland associations.

Richard Cooney  
Head Coach



# VRAS PARA-SPORT PROJECT

## 2022/23



### Coaching & Support Staff

Trent Morrow	Strength & Conditioning (Control High Performance)
Sam Fentron	Strength & Conditioning (Control High Performance)
Christopher Shen	Psychologist
Lauren Nicholls	Nutritionist

### Advisory Panel

Anita Pistrin	GSA EO
Jim Vivian	Board Member
Scott Nicholas	Paralympics Australia

### 2022/23 VRAS Para-Sport Project Graduates

Lochie Bellion	Para - Swimming
Melanie Diplock	Para - Equestrian
Will Firth	Wheelchair Basketball
Luke Missen	Para - Badminton
Kayla Wilson	Para - Swimming

# VRAS Para-Sport Project

## Program Report 2022/23

Gippsland Sports Academy (GSA) and Paralympics Australia (PA) are collaborating with the Victorian Regional Academies of Sport (VRAS) to identify and support talented para-athletes across Regional Victoria, which has been made possible by the support of Sport & Recreation Victoria and the Together More Active funding program.

The VRAS Para-Sport program is currently supporting 25 athletes across the state, of which ten have progressed to categorisation and support from the Victorian Institute of Sport, since joining the program highlighting its impact on athlete progression along the performance pathway. In 2023, we've even seen some of our supported athletes win Gold at World Championship level! We have recognised the importance of providing targeted support to athletes before they enter the high performance pathway, to ensure they are progressing and equipped to capitalise on any high performance support and servicing when it does become available to them.

There are currently five para-athletes with Individual Memberships to the Academy; the project focuses on removing barriers for these athletes in regional areas by offering to access strength & conditioning support and education, whilst also receiving additional targeted support from Paralympics Australia and their National Sports Organisation as required. The program aims to complement and elevate an athlete's current training program by building connection, and an understanding of the broader Paralympic Movement.

The 2023 instalment of the program began with an Induction Day at The Hangar (Essendon Football Club). Athletes took part in a number of sessions with VIS, Paralympics Australia and Regional Academy staff to explore Performance Lifestyle support, the importance of aligning members of your performance team such as physio and strength & conditioning, and other sessions with Australian Paralympian Mitch Gourley.

The program will continue in 2023-24, where we will be looking to identify new talent across Regional Victoria.

Scott Nicholas  
Pathways Lead, Paralympics Australia

# THE GIPPSLAND SPORTS ACADEMY PROUDLY ADMINISTERS THE GIPPSTAR AWARDS



## Gippstar 2022/2023 Report

It is with pleasure that I present the Gippstar Annual Report for the year ended June 2023.

These Gippstar Awards continue to fulfil a vital role in recognising Gippsland's highly talented sporting athletes and administrators. Recipients of these Awards clearly demonstrate their individual outstanding sporting achievements and provide practical examples for other up-and-coming "Gippslanders" to emulate.

Our congratulations are offered to the remarkably diverse range of Gippsland athletes who have been identified as this year's monthly Open and Junior Gippstar Award category winners. Sincere appreciation is extended to all those sports-lovers of our community who provided nominations throughout the year for evaluation by our Gippstar Panel.

A critical component for these Gippstar Awards to ensure continuity, is the on-going support, through financial contributions, from our six Gippsland Councils, namely, Latrobe City Council, Wellington Shire Council, Baw Baw Shire Council, East Gippsland Shire Council, Bass Coast Shire Council and South Gippsland Shire Council. This support is very much valued and is essential for the on-going administration of these Gippstar Awards.

This year, our "63rd Annual Gippstar Awards Evening" was held at the Morwell Bowling Club on 10th August last. Particular thanks to Judi Buhagiar for doing such a fine job as our MC for the event. A key feature of the evening was the announcement of this year's 2022/23 annual Gippstar Award Winners, as follows:

- Open Champion: Paige Barr (Rowing) from Lakes Entrance
- Junior Champion: Lucas Furlan (Clay Target Shooting) from Traralgon
- Special Achiever: Lesa Fraser (Sports Administration) from Mirboo North
- Team of the Year: Joint Winners: Gippsland All Abilities Netball Team  
: Sale United Football Club Women's Team
- Club of the Year: Falcons 2000 Soccer Club from Morwell
- Gippsland Champion: Aoife Coughlan (Judo) from Traralgon

Having the "on-line" Gippstar nominations Form on the Gippsland Sports Academy webpage, has positively assisted in increasing the number of nominations received across all categories throughout the year.

The importance of these annual Gippstar Awards is undeniable. Over the 63 years of their existence, they have provided the critical framework and medium through which the opportunity is created to recognise and acknowledge the tremendous efforts and achievements by so many talented sportspeople within Gippsland.

Finally, my sincere appreciation is extended to all Gippstar Panel members who have "volunteered" their time and participated throughout the past year to evaluate the many nominations submitted. The continuous support and assistance provided by the Gippsland Sports Academy Board along with EO, Anita Pistrin and staff members, Tanya Veenman and Jude Bergmann, has enabled the on-going continuance of these prestigious Gippstar Awards.

Darrell White  
Chairman, Gippstar Awards Panel

Panel Members: Davyd Reid, Judi Buhagiar, Rob Goldie, Rod Twinning, Brenton Dinsdale, Ryan Evans Liam Durkin, Darrell White



WE WOULD ALSO LIKE TO ACKNOWLEDGE ALL OF GIPPSLAND'S MEDIA FOR THEIR CONTINUED SUPPORT OF THE GIPPSTAR AWARDS



# OPEN ANNUAL GIPPSTAR WINNERS

## YEAR

## AWARD WINNER

## SPORT PROGRAM

2023	Paige Barr	Rowing
2022	Cohen Wade	Modern Pentathlon/Tetrathlon
2021	Alex Vuillermine	Rowing
2020	Alex Vuillermine	Rowing
2019	Aislin Jones	ISSF Skeet & American Skeet
2018	Aislin Jones	ISSF Skeet & American Skeet

# JUNIOR ANNUAL GIPPSTAR WINNERS

## YEAR

## AWARD WINNER

## SPORT PROGRAM

2023	Lucas Furlan	Clay Target Shooting
2022	Kayla Wilson	Swimming
2021	Jordyn Cargill	Swimming
2020	Cohen Wade	Modern Pentathlon
2019	Sage Goldsbury	Surfing
2018	Ruby Storm	Swimming

# GIPPSTAR TEAMS AWARDS

## YEAR

## AWARD WINNING TEAM

2023	Gippsland All Abilities Netball Team & Sale United Football Club Women's Team
2022	Moe U13 Blue Netball Squad team
2021	No Nominations due to Covid
2020	Lindenow South A Grade Netball Team
2019	Gippsland U21 Male Cricket Team
2018	Moe Football Netball Club Under 16s Football Team

# GIPPSTAR CLUB OF THE YEAR AWARDS

## YEAR

## AWARD WINNING CLUB

2023	Falcons 2000 Soccer Club
2022	Seaspray SLSC
2021	Stratford Football Netball Club
2020	Lindenow South FNC
2019	Gippsland Ranges Roller Derby
2018	Bairnsdale Golf Club

# GIPPSTAR GIPPSLAND CHAMPIONS AWARDS

## YEAR

## AWARD WINNER

2022/23	Aoife Coughlan, Judo
2021/22	Jack White, Basketball
2020/21	Sophie Molineux
2019/20	Peter Siddle, Cricket
2018/19	Cameron White, Cricket

## JUNIOR AWARD WINNER:

Lucas Furlan



## OPEN AWARD WINNER:

Paige Barr



## CLUB OF THE YEAR:

Falcons 2000 Soccer Club



## TEAM OF THE YEAR:

Gippsland All Abilities Netball Team &  
Sale United Football Club Women's Team



## SPECIAL ACHIEVER AWARD:

Lesa Fraser



## GIPPSLAND CHAMPION AWARD:

Aoife Coughlin









09 October 2023

**INDEPENDENT REVIEW OF FINANCIAL REPORTS TO THE BOARD OF GIPPSLAND REGIONAL SPORTS ACADEMY INCORPORATED**

SCOPE

I have reviewed the Financial Statements for the financial year ended 30 June 2023 being the Balance Sheet, Profit & Loss and Cash Flow Statement presented by the Academy.

No opinion is expressed as to whether the Academy's accounting policies are appropriate to the needs of the Academy.

The review has been conducted in accordance with the Australian Accounting Standards. The procedures included examination, on a test basis, of evidence supporting the amounts and other disclosure in the Financial Statements, and the evaluation of significant accounting estimates. These procedures have been undertaken to form an opinion whether, in all material respects, the Financial Statements are presented fairly so as to present a view which is consistent with the understanding of the Academy's financial position and performance represented by the results of its operations and its cash flows. The review opinion is expressed in this report has been formed on the above basis.

REVIEW OPINION

The Financial Statements of the Gippsland Regional Sports Academy present a true and fair view in accordance with the Academy's accounting policies. The Financial Position of the Gippsland Regional Sports Academy as at 30 June 2023 and the results of its operations and cash flow for the financial year ended.



JOHN BARCLAY  
Principal  
Pakenham Taxation & Accounting

Pakenham Taxation & Business Services Pty Ltd ACN: 070 826 596 "Liability limited by a scheme approved under professional standards Legislation"

Full Financial Statements can be provided upon request



# GIPPSLAND SPORTS ACADEMY



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