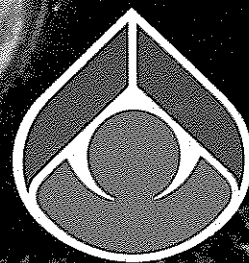
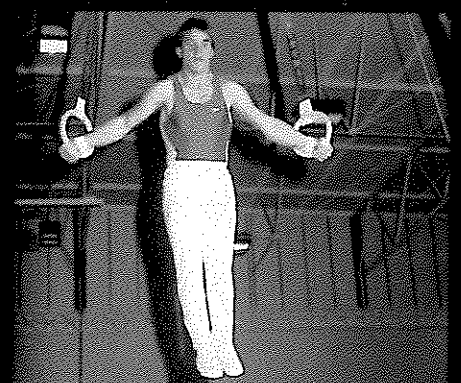
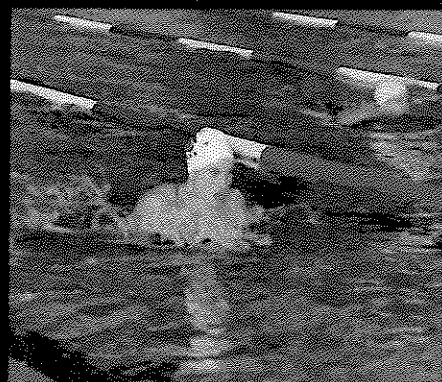
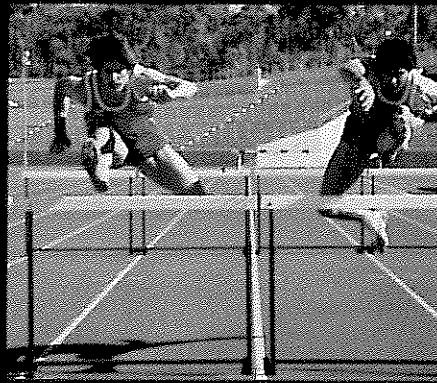


AUSTRALIAN INSTITUTE OF SPORT

A N N U A L • R E P O R T • 1 9 8 3 • 8 4

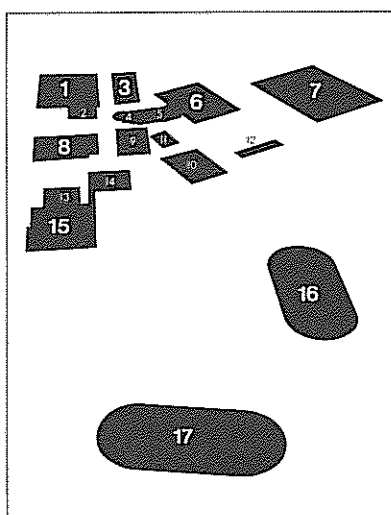




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Front Cover: Aerial photograph of the National Sports Centre, home of the Australian Institute of Sport.



- 1 Residential block (320 beds) (under construction).
- 2 Administration block (under construction).
- 3 Indoor basketball/netball hall (5 courts).
- 4 Weightlifting theatre and training rooms.
- 5 Indoor soccer hall.
- 6 Poligras soccer pitch.
- 7 Grass soccer pitch.
- 8 Swimming hall.
- 9 Indoor tennis hall.
- 10 Outdoor tennis courts.
- 11 Sports science/medicine complex (under construction).
- 12 Throwing area.
- 13 Outdoor netball courts.
- 14 Gymnastics training hall.
- 15 Indoor sports centre.
- 16 Outdoor stadium.
- 17 Athletics warm-up track.

Foreword

The progress made by the staff and athletes at the Australian Institute of Sport since its beginnings in 1980 has been remarkable.

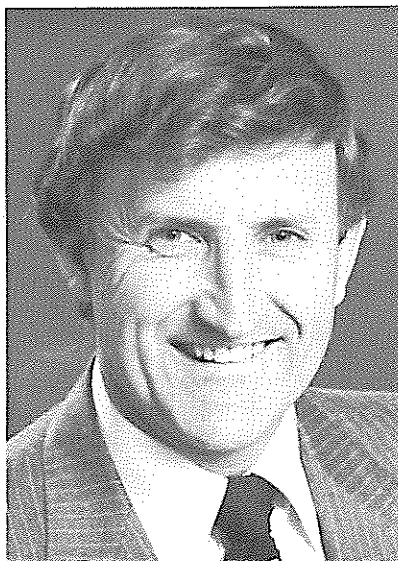
Nobody watching television coverage of the Los Angeles Olympic Games would have failed to see the results of the hard work and expertise that had gone into the training of the Australian team, many of whom had either trained full-time or had completed their training at the Institute.

The fact that just about all of the Australian team produced their best performances at the Olympic was widely reported and much of the credit was deservedly given to the Institute staff and the athletes.

The Government is proud of the progress made to date and looks forward to even better results.

The provision of significantly increased funds for operation costs and an even greater commitment for development of accommodation and facilities at the National Sports Centre is firm evidence of the Government's support for the Institute. This support is rapidly developing the Institute into one of the most advanced of its kind in the world.

There were a number of significant developments during the past year which should be noted.



The Hon. John Brown MP.

The addition of hockey to the AIS program and its establishment in Perth as the first decentralised sport was a most important development.

It was the first new sport since the Institute's program began and it will be the forerunner of further decentralisation.

The expansion of the National Training Centre Program to enable elite athletes from non-resident sports to make use of the facilities and expertise at the Institute was another major step.

During the year a new Director took over at the Institute and I would like to place on record my thanks for the hard work and dedication shown by Mr Don Talbot, OBE, who guided the Institute through its early years.

I also welcome Dr John Cheffers who has taken over as Director and wish him every success in this demanding position.

My thanks also go to the staff of the Institute who have shown spirit and determination during the past year and to the students who have put in so much effort to produce excellent results.

The Australian Institute of Sport has shown in a very short time that it has the potential to reach even greater heights in the future and my best wishes go to all involved in this progress.

JOHN BROWN
Minister for Sport, Recreation and
Tourism

Aims & 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.

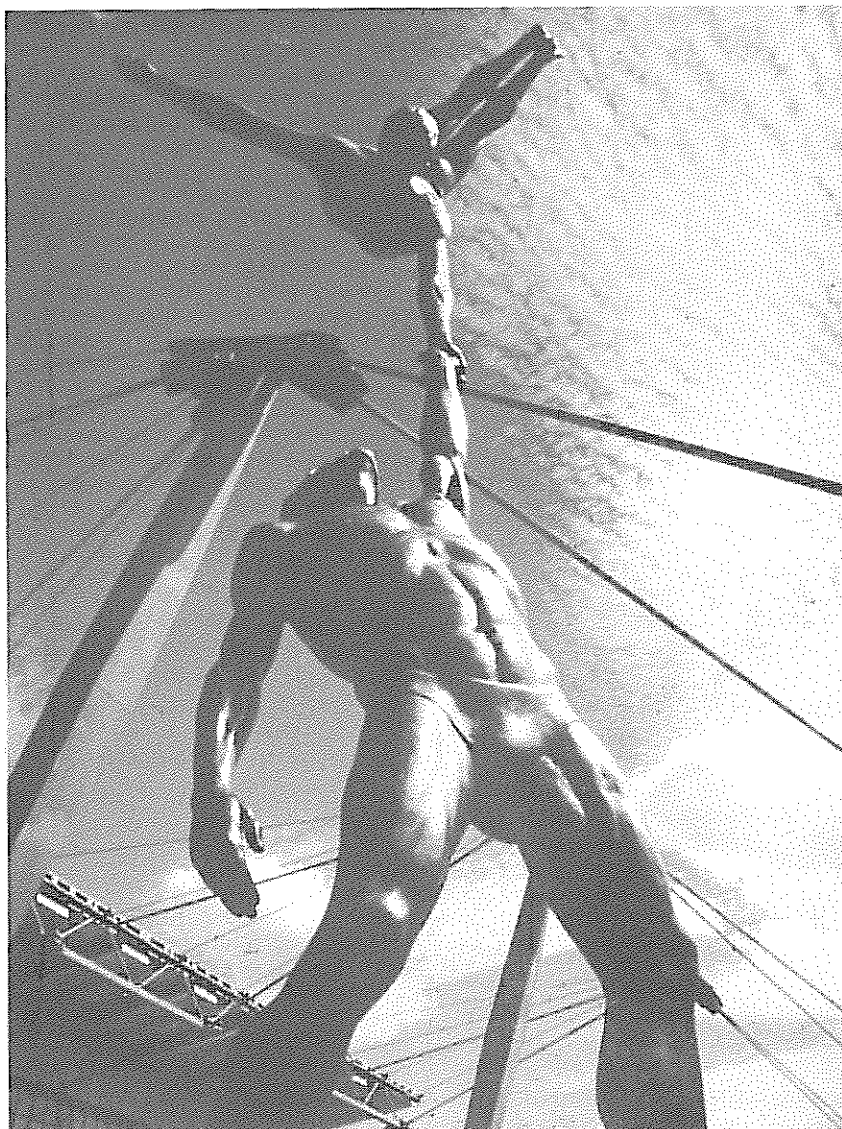
i. to encourage and assist sportsmen and sportswomen in their pursuit of personal improvement and excellence of their sporting skills to travel whether within Australia or overseas for the purpose of seeking competition, training and experience.

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.

"The Acrobats" by John Robinson.



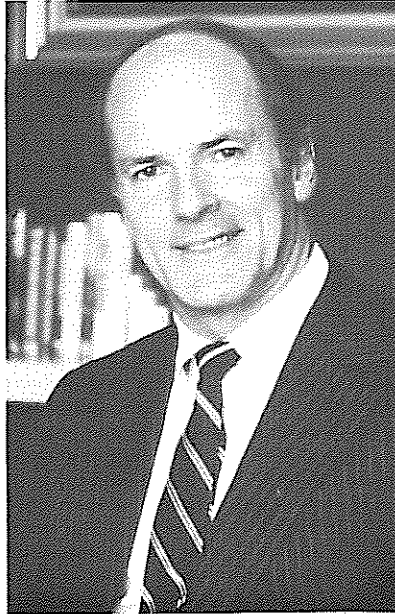


The Prime Minister the Right Honourable R. J. Hawke MP at the launching of Brian Lenton's book 'Through the Tape' at the AIS with Robert de Castella, Pat Clohessy and the author.

Chairman's Report

The highlight of Australian sport during the past year was undoubtedly the 1984 Olympic Games in Los Angeles. This offered the Australian Institute of Sport its first opportunity to prepare athletes for this ultimate sports event. Over sixty athletes and staff from the Institute were directly involved in the Australian team's outstanding performance.

The gymnastics team and the majority of the swimming team were based at the Institute during pre-Games training, where they were able to make intensive use of the facilities and expertise. Many other athletes and teams, including track and field, men's and women's basketball, rowing, cycling, weightlifting, canoeing, hockey and equestrian teams, all visited for shorter periods of time leading up to the Olympics.



R. Kevan Gosper.

As well as contributing successfully at the Games, the Institute is helping maintain high standards in netball, tennis and soccer in other national and international competitions. Apart from winning major tournaments within Australia, the netball team won a major International Club Tournament in Hawaii. The soccer team won in the National Youth League, while the men's and women's basketball teams competed exceptionally well in the National League. In tennis, the Institute has been closely involved in the development of players in the sixteen to nineteen year age group, with some notable individual successes, and is contributing to the resurgence in Australian tennis.

These results reflect the hard work and dedication of some thirty coaches who work with the athletes; and, of course, our athletes themselves — which is what the Australian Institute of Sport is all about — deserve the highest praise for their efforts.

The facilities available at the Institute have grown considerably in the past year. Newly completed are the Sports Training Facilities for netball,

basketball, soccer and weightlifting, with one of the features being an outdoor synthetic soccer/hockey pitch. Rapid progress has been made on the Sports Science Medicine building, the new residences to house 320 athletes, and the new administration building, all due to be completed late in 1985.

Gratitude must be expressed for the continuing interest and support of the Commonwealth Government in the work of the Institute. Without the support of the Minister for Sport, Recreation and Tourism, Mr John Brown, and officers of his Department, progress would not have been as rapid and the beneficial impact of its efforts slower to take effect.

The Institute would also like to thank its corporate sponsors: Speedo Australia, Colgate Palmolive, Kimberley Clark, TAA, Qantas, Allied Grocery Products, Adidas and Puma. Their gifts in money and in kind greatly assist the Institute and its athletes. We also recognise and thank all those other sponsors that assist the Institute in many other ways. Their ongoing support is essential.

Don Talbot, the foundation Director of the Institute, played a major role in its establishment and early development. Dr John Cheffers, who took up his appointment in December, 1983, was an important choice as Don Talbot's successor. Previously Assistant Professor of Education and Co-ordinator of The Human Movement Program at Boston University, Dr Cheffers has brought with him international sports administrative strength and an extensive knowledge of Sports Science, as well as former coaching experience in track and field and Australian Rules football. Already he has encouraged the development of the satellite coach scheme in which selected coaches from around Australia are assisted by the Institute. In this way the benefits of the Institute are able to reach a greater number of athletes in each State.

Chairman's Report

My thanks go to Paul Brettell, in particular, and to all the other members of staff, for so capably sustaining the momentum of the Institute's administration between Don Talbot's departure and Dr John Cheffer's arrival.

Both of the current programs for athletes at the Institute are producing gratifying results. The Residential Program is continuing to provide for athletes attending the Institute on a full time basis, while the National Training Centre Program allows those who are unable to accept full time scholarships to make use of the Institute's facilities for shorter periods of time.

As this report goes to press, the additional sports of rowing, water polo, diving and squash are in the process of being included in the Institute's program, giving a larger number of young people the opportunity to benefit from the excellent coaching and training facilities which the Institute offers in a centralised form at both national and State levels.

The Institute, which is fast establishing itself as one of the finest in the world, provides an incentive not only for the elite, but for all Australians in sport, to develop their talents to the best of their potential. The benefits of the Institute are inevitable stimulating the base of the sports participation pyramid. As a result Australia is once again able to compete proudly and successfully at the international level.



AIS Board Chairman Mr R. Kevan Gosper presenting the Prime Minister the Right Honourable R J Hawke MP with an AIS banner.

R. Kevan Gosper
Chairman

From the Executive Director

People move for many reasons. Well known Canadian educator, Gerald Kenyon, traces six reasons:

- health and fitness
- social experience
- cathartic experience
- ascetic trials
- aesthetic revelations and
- the pursuit of vertigo

Each of these reasons is embodied in our central mission—to provide young Australians with the opportunity to compete successfully against the best in the world in their chosen speciality. It is a noble objective and worthy.

The movement of our young aspirants is predictable and frequently predetermined but the substance is the stuff of which poetry is made. So exacting is the challenge of the athletic world today that little can be accomplished through part-time effort. So we embark each year on a quest to discover personal ultimacy in a plethora of activity experiences.

The little french word "elite" is in common use when determining criteria for the Institute, but it is fragile and probably misused. I prefer the term "ultimacy of performance" because it better describes the individual effort needed to achieve; to locate that elusive intersection of human potential and human effort.



Dr John Cheffers.

Not all AIS athletes can win medals nor can they break world records, but they can all develop their ultimate potential. And we have to stimulate the thirst for this ultimate achievement. A philosophy which places the onus of expectation on individuals makes the whole enterprise worthwhile. Each scholarship is vital, each student is challenged and reasonable goals are obtained only with unexpurgated motivation. Enough of the superficial medal count generalised across sport contestant and country. Let's have more of the model which teases the best out of each participant to the point where the whole community is stimulated and genuine effort is inspired. And ultimacy of effort will repay this investment in the fullest and sometimes most unexpected ways. We will not lose one single medal through pursuing ultimate effort. Indeed, we will add to that total considerably. Champions come from surprising directions with strongly differing backgrounds and preparations, but the common denominator of all genuine success remains identifiable—effort, effort and more effort efficiently performed and confidently displayed. We will model effort in all its virile forms.

Gerald Kenyon's six theoretical constructs have immediate positive and practical application through the medium of effort. The country is ready for health and fitness pursuits after a mediocre and befuddled mid-70's. Denial or testing oneself is a ritual with ultimate achievers as is the need for "letting it all out". The loneliness of the effort prompts the action of making friends as does the need for experiences which stimulate the emotions. But perhaps, above all, ultimacy seeks vertigo, that state where pleasure and responsibility are lasting and deeply satisfying. The need to better a mark, defeat an older or revered opponent or reach the same standards of a childhood hero burns brightly in those with ambition and desire. As we gear up for the next Olympiad I hope all young people will energise and elevate effort to the point of ultimate goal achievement. At the Australian Institute of Sport many forces combine to help youngsters to achieve this ultimacy and we are grateful for their contribution.

Government, board members, commercial groups and the community in general have played strong roles in this enterprise, as have the efforts of the coaches, managers, sports medicine personnel, sports scientists and office personnel. They are original, important daily influences on our young people. The complex business of chasing ultimacy is our challenge and our standard. We are equal to this task.

Dr John Cheffers
Executive Director

General Manager's Report

The past twelve months were ones of continued growth, consolidation and significant changes. During this period there was a change in Executive Director; development of a new senior management structure; encouragement of a much higher public profile; bridging of the gap between the 'haves and the have nots' through the expansion of the National Training Centre Program and visiting athletes scheme; contribution to the preparation of many athletes striving for selection in the Los Angeles Olympic Team; and achievement of a well-respected national and international reputation. The last twelve months has seen the AIS come of age.

Board of Management

In late 1983 four of our original board members, Miss Deirdre Hyland, Mr John Devitt, Mr Wayne Reid and Mr John Newcombe ended their membership of the Board. The contribution by all four in the early difficult days of establishing the AIS cannot be over-emphasised.

Fortunately talent was replaced by persons equal to the task and the Board welcomed new members Ms Libby Darlison, Mr Geoff Pollard and Mr Michael Wenden.

The full Board met on five occasions during 1983-84 and on a range of other occasions in smaller committees. Much of the Board's time was spent in defining policy and assessing future directions. Amongst other things the Board considered the case for new sports, further development of decentralisation, the need for facility management to be vested in the AIS as 'principal users', and an appropriate balance between training and education.

Senior Management

The last year saw the resignation of the first Executive Director, Don Talbot, who accepted a position in Canada. Don's enthusiasm, drive and energy contributed significantly to the rapid growth and acceptance of the AIS.

The new Executive Director, Dr John Cheffers, took up duty in May 1984, bringing to the task a wealth of experience in all areas of sport.

The Board of Management approved a new senior structure during the year with the creation of a General Manager position and an Administrator-Sports position. The General Manager is secretary to the Board, provides senior executive support to the Executive Director and is responsible for day to day management of all aspects of the AIS. The Administrator-Sports works closely with all coaches on sports related issues, coordinates the National Training Centre Program and liaises with national federations.

Other changes in staff, mainly due to additional approved positions with the ever growing levels of activity, are reflected elsewhere in this report.

Facilities

The capacity of the AIS to host a range of functions and visitors will be enhanced once on-site accommodation is available in mid-1985. Management control of the sports science/medicine and the residential/administration complexes will be in the hands of the AIS. The other facilities on-site are presently managed by the Department of Territories and Local Government. It is the view of the AIS that eventually all facilities on the Bruce site should be the management responsibility of the AIS as principal users.

Awareness of AIS

Through a concerted public relations campaign, and the increasing successes of athletes helped by the AIS, the awareness of the AIS has continued to grow. A regular flood of requests for information on the AIS; visits by delegations and tour groups to the facilities; increasing positive media coverage; and contacts with overseas institutes all reflect a 'coming of age and acceptance'.



Paul Brettell.

Formal links are being developed with Institutes in China, Papua New Guinea, Italy, USA, France, West Germany, Holland and Switzerland. Other countries, especially New Zealand, Canada and a number in the Asian region are all showing interest in the initiatives of the AIS.

National Training Centre Program

More details on this program are contained elsewhere in this report. However, it is important to recognise the enormous success of this program in opening the doors of the AIS to non-resident sports and athletes. Whilst resources are constantly strained to meet the many requests of visiting sports, the real benefits of the program are appreciated by all at the AIS.

Decentralisation

The success of the hockey unit in Perth has exceeded the most optimistic predictions. This has been due to much hard work on the part of all staff in Perth and Canberra; marvellous co-operation from the Western Australian Minister and his Department and hockey authorities; help and assistance of the Western Australian Institute of Technology, the University of Western Australia and many others in the

West too numerous to mention. Of course, both National Hockey Associations have gone out of their way to ensure the success of the unit and to encourage our top young talent to participate. A special thanks must go to Professor John Bloomfield who coordinated so much of the early work. Hockey has shown that decentralisation can work. The AIS is keen to develop units in other States and work is presently underway in this regard.

Services

The services of the AIS in the area of sports science, medicine, information and public relations continue to be of assistance not only to resident athletes but to sports and athletes at large. The dedication of all staff ensures continued progress in all these areas.

Future Initiatives

While so much has happened in such a short time we need to remember that there is much which can still be done. The next few years will continue to be challenging and exciting as new facilities are completed; new sports are hopefully added; programs in cooperation with the States are developed; visiting opportunities are enhanced; and new initiatives occur in sports science, information and coaching areas.

The AIS looks forward to working closely with the new Sports Commission when established; to being of assistance to the World Cup Organising Committee as 1985 draws nearer; and to continuing our already close and productive relationship with national federations, the Australian Olympic Federation, the Confederation of Australian Sport and the various Government departments at Federal and State levels who are always helpful and cooperative.

Special Thanks

At the end of this report the many people and organisations who have helped the AIS in a range of ways is recognised. My own thanks go to:

- our Executive Director, John Cheffers who has fired us all with a new zeal and enthusiasm.
- the Federal Government, especially the Minister John Brown for his enthusiastic help and support.
- members of the Board of Management for their special help and advice.
- staff at the AIS who are amongst the most dedicated and competent group I have worked with.
- the various Government departments especially Sport, Recreation and Tourism; Territories and Local Government and NCDC who have always been cooperative and patient.
- Mr Keith Wilson, WA Minister for Sport, his assistant David Hatt and the WA Department.
- the Sir Robert Menzies Foundation for health, fitness and physical achievement for funds to allow the publication of the Sports Science/Medicine Quarterly.
- the staff of the National Sports Centre.
- our many sponsors and supporters, especially Kimberly Clark, Speedo, Allied Grocery Products, Colgate-Palmolive, Qantas, TAA, Adidas, Puma and Dunlop.

- the many national sporting federations, Confederation of Australian Sport, Australian Olympic Federation and interim Sports Commission.
- the staff of the CCAE, Bruce TAFE, ANU, Dickson College and Lyneham High School.
- our solicitors and other consultants in a number of areas, especially Mrs Judi Maxted.
- the very supportive national media and our own Capital 7 and The Canberra Times.
- the staff of Arscott House, John XXIII, Burgmann College and the many billets who care for our athletes.
- all others who cannot be thanked because of lack of space.

Summary

The AIS has made much progress in three and a half years due to the commitment of many dedicated people. One gets the feeling, however, that our task has just begun and that the next three and a half years will be no less exciting and active. The real benefits of the AIS programs will I'm sure be felt in the ensuing five years.

P L BRETTELL
General Manager

Board of Management

BOARD OF MANAGEMENT

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Professor John BLOOMFIELD
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(Oreg.) CIT. WA.
Deputy Chairman
WESTERN AUSTRALIA

Dr John CHEFFERS
Dip. Phys. Ed., Ed.M., Ed.D.
VICTORIA

Mr John CHEADLE LLB
NEW SOUTH WALES

Dr John DALY Dip.P.E., B.A., M.Sc.,
Ph.D. (Ill.)
SOUTH AUSTRALIA

Mr Herbert Bruce MacDONALD
AUSTRALIAN CAPITAL TERRITORY
Appointed 6th April, 1983

Dr S.S. RICHARDSON C.B.E.
A.O., M.A. (Oxon) LL.D. (A.Bello)
of Lincoln's Inn, Barrister at Law
AUSTRALIAN CAPITAL TERRITORY

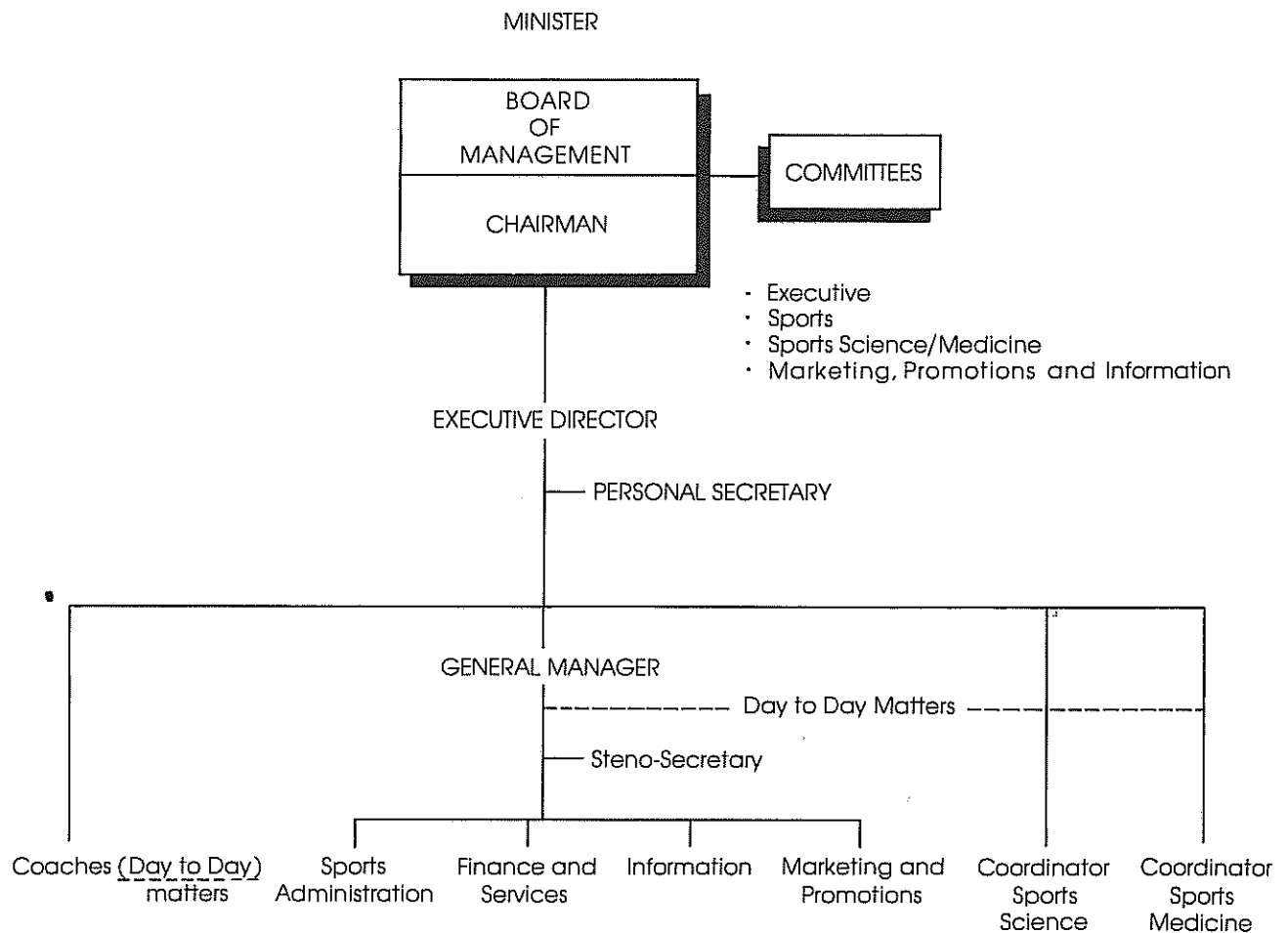
Michael WENDEN M.B.E.
B.Comm.
QUEENSLAND

Elizabeth DARLISON
Dip.Ed. B.A. (Hons)

Geoff POLLARD M.Sc.
NEW SOUTH WALES

Mr P.L. BRETTELL B.A.
Company Secretary

ORGANISATION STRUCTURE



Administration

During 1983-84 the Board of Management and the Public Service Board approved a major restructuring of the Australian Institute of Sport's Administration. In the initial period of setting up the AIS, staffing priority was given to coaching staff and in the Sports Science and Sports Medicine areas. However, with the continued growth and the initiatives already planned for the immediate future, a restructuring of the administration was inevitable.

The revised organisation structure for the AIS is depicted in Appendix VII. Essentially the revised administration organisation provides for four key areas under the control of a General Manager:

- A. Finance and Services
- B. Sports Administration
- C. Marketing and Promotions
- D. Information Centre

Finance and Services

Finance and Accounts

The Finance and Accounts Section is responsible for the financial estimating process in the context of the government budget system. It is also responsible for the accountability of allocated funds.

The Section was responsible for the Institute's 1983-84 budget of \$5,560,000. This allocation represented an increase of 35% and included \$200,000 for the introduction of Hockey in Western Australia. The West Australian Government contributed \$67,049 to the setting up of Hockey.

With the continued rapid growth of the AIS, the Finance and Accounts Section has absorbed significant workload increases mainly through more efficient processing systems. During the year, development of a computerised accounting system commenced. Further work on this system is planned for in 1984-85.

Robyn Lorraway (long jumper) at work in the administration area.

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, 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. We have introduced, this year, supervised study sessions, four times a week at Arscott House and John XXIII College, designed primarily for school age athletes, but others may also attend. Additional staff have been allocated to Athlete Administration solely to provide assistance to athletes in the area of tertiary and technical education. These and other measures taken by the AIS have resulted in significant improvements in the attrition rate, attendance, attitude and results from students undertaking all levels of study.



Administration

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 to provide suitable accommodation for are athletes under the age of sixteen. We have in past years placed individual youngsters with Canberra families, with a great deal of success but each year it has become more difficult to attract sufficient number of interested families. In an attempt to solve a problem that threatened to close down the women's gymnastics programme, we advertised for House Parents to look after six female gymnasts and Rick and Ann Patten of Aranda accepted the responsibility. All involved with the project agree that it is a great success and special thanks should be extended to the Patten's for providing a home away from home for our young gymnasts.

Mindful of the need to supervise all athletes, not only those under 16, residential tutors have been employed to live at John XXIII and Arscott House giving the AIS 24 hour supervision.

Employment

A number of athletes, for a variety of reasons, prefer to work rather than study. Considerable improvement has been achieved in our ability to find suitable employment for them, particularly career oriented positions. It is gratifying to note that the

number who are unable to find suitable employment now is a very small percentage.

The improvement is a direct result of an additional member of staff, obviously increasing the time that can be devoted to job seeking. As a result of radio, television and newspaper advertising plus talks to local community groups there is a greater awareness and sympathy in the business community of the special employment needs of athletes but unfortunately little or no support is forthcoming from the public sector.

Athletes are given assistance to write job applications and with interview techniques also 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.

Facilities

Sports Science/Sports Medicine Centre

Work commenced in March 1984 on the new Sports Science/Sports Medicine Centre, which is located on the

eastern side of the tennis hall. Building is progressing according to schedule and should be completed in March 1985. This new facility will remove problems associated with the currently overcrowded temporary accommodation and will allow for programmed expansion in the areas of sports science and sports medicine.

Administration/Residential Complex

March 1984 also saw construction work commence on the Administration and Residential Complex. The complex, due for completion in July 1985, comprises:

- a two storey administration building which will house the administrative staff of the AIS as well as a comprehensive Information Centre.
- 250 single bedrooms, built in groups of 12, each with common bathroom and living areas, to cater for AIS resident athletes.
- 19 motel type accommodation units for visiting AIS guests (eg. visiting coaches from Commonwealth countries) or married AIS athletes.
- National Training Scheme short-term accommodation catering for 50 persons.
- Common use facilities including recreation areas, kitchen/dining and laundry facilities.

Attachment

Staffing of the Australian Institute of Sport at 30 June 1984

	FULL TIME	PART TIME
Executive	4	—
Coaches	33	2
Sports Science/Medicine	16	3
Administration	17	10
	70	15
Inoperative	1	

The Menzies Foundation

The Menzies Foundation was established to encourage and support research into and programs for:

- health, fitness and physical achievement
- public education in the improvement of health and quality of life of Australians, and
- increased participation in sporting and leisure activities

The Menzies Foundation has been associated with the AIS since its inception in 1981 with the provision of scholarships to selected athletes and sponsorship of relevant experts from overseas to the AIS.

In 1984, money was allocated for the establishment of the Sports Science and Medicine Quarterly. This publication is distributed free to coaches, administrators, athletes, tertiary institutions and sports science and medicine personnel and presents information on the applied research being undertaken

by the sports science and medicine units at the AIS. The provision of funds by the Menzies Foundation has enabled the sports science and medicine units to employ a research and publication office to draw together much of the research being undertaken in the unit and edit and co-ordinate the Quarterly.

It is hoped that this Quarterly will permit the wide dissemination of research in the two units to sports practitioners throughout Australia.

1983 Menzies Scholars:

Sue Cook	Track and Field
Garry Brown	Track and Field
Ken Lorroway	Track and Field
Matthew Brown	Swimming
Chris Ford	Weightlifting
Janet Bothwell	Netball
Ron McKeon	Swimming

1984 Menzies Scholars:

Sue Cook	Track and Field
Chris Ford	Weightlifting

Dr Gwyn Howells (CB) Chairman of the ACT committee of the Menzies Foundation, Hon John Brown MP, Minister for Sport, Recreation and Tourism, Mrs Sue Cook (walker) and Mr Chris Ford (weightlifting) at the official launch of the Sports Science and Medicine Quarterly and presentation of the 1984 Menzies scholarships.

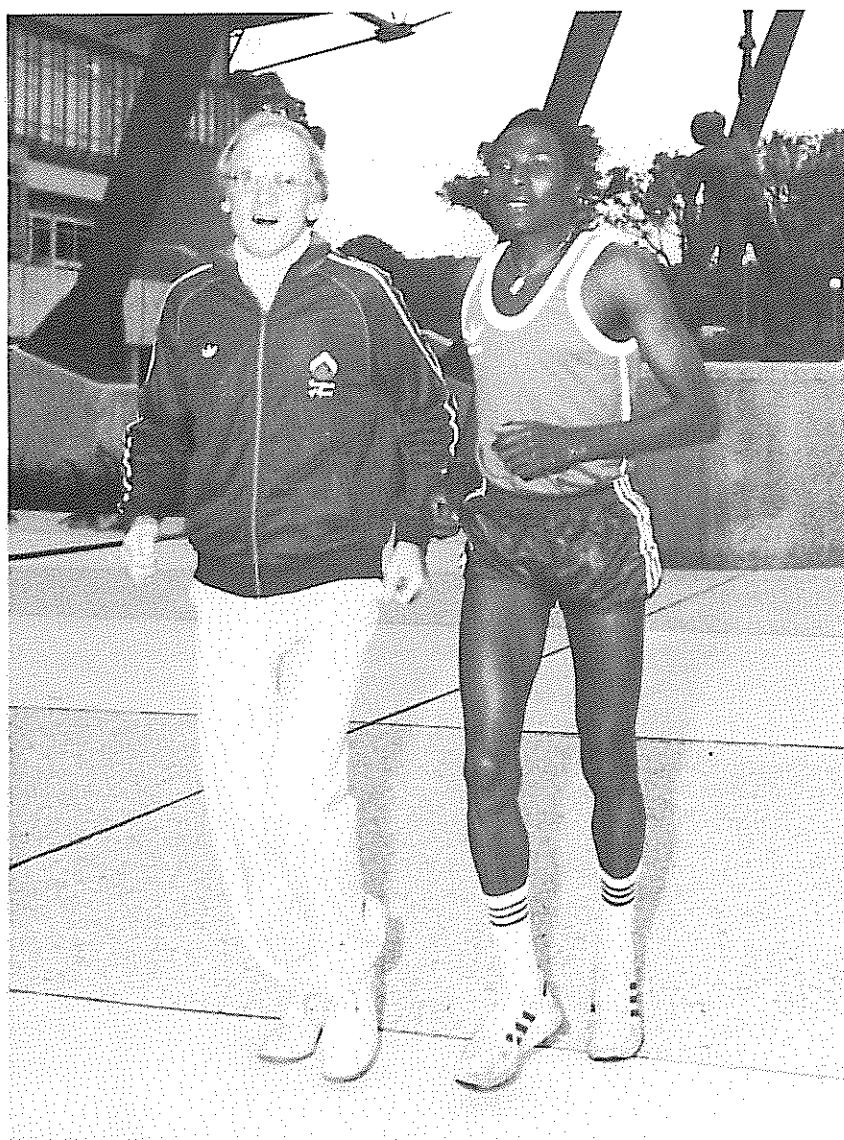


Commonwealth Developing Countries Scholarships

In 1982 the AIS assumed responsibility for the scholarship programme for elite athletes and coaches from developing countries in the Commonwealth.

The programme was set up to give promising athletes and coaches access to the very high level of training and facilities of the AIS. The scholarships are funded by the Australian Development Assistance Bureau, and administered by the AIS and the Department of Sport, Recreation and Tourism. The programme, while it had some initial administrative problems, has generally been very successful.

All Commonwealth athlete/coaches have fitted in well. This year the AIS requested primarily coaches, as it was felt this would have greater all round benefit to the applicant's country. Only three athletes were chosen (Bassey, Ochieng and Ncube) and all qualified for the Olympic Games in their respective countries. Patrick Bassey was tenth in his competition, Ochieng lifted a personal best, and Zeph Ncube made the finals of the 5000 and 10 000 metres events and carried his country's flag in the opening ceremony. Most of the coaches were sent to various coaching courses in order to upgrade their qualifications and this has had significant benefits for them.



Middle and long distance coach Mr Pat Clohessy with Commonwealth developing country scholarship holder Zeph Ncube of Zimbabwe. Zeph made the finals of the 5,000 and 10,000m at the Los Angeles Olympics.

Marketing

The AIS Marketing Program has continued to create income for the Australian Institute of Sport. It is the responsibility of marketing staff and consultants to:

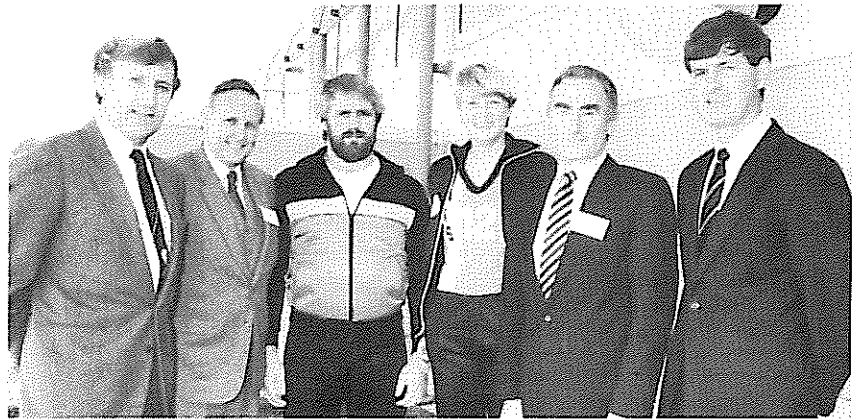
- a) devise the marketing program
- b) seek sponsorship from private companies for the marketing program
- c) develop marketing projects
- d) provide assistance and services to sponsors
- e) produce promotional projects and programs
- f) assist where necessary with public relation programs

Companies have become involved with the Australian Institute of Sport in the following ways:—

- a) sponsorship of the teams competing for the AIS
- b) provision of yearly scholarships
- c) supply and endorsement of products required by the AIS
- d) sponsorship of special projects

Amongst the numerous benefits available to companies are:

- a) the use of the AIS symbol for promotion
- b) endorsement by coaches and teams
- c) use of coaches and athletes for advertising
- d) corporate identification on tracksuits and other clothing
- e) identification on brochures of sponsors and companies who provide team scholarships
- f) editorial material in newsletters
- g) public relations



The companies involved with the Australian Institute of Sport during this past financial year are:

Team Sponsors:

Speedo (Swimming)
 Colgate-Palmolive (Tennis)
 Kimberley-Clark (Soccer)
 Allied Grocery Products (Gymnastics)
 Qantas (Weightlifting)
 TAA (Basketball)

} new sponsors for 1984

Team Scholarships:

Monier
 Riker Laboratories
 Comalco (Swimming)
 Rexona (Track and Field)

Endorsement and Suppliers:

Adidas
 Boots Co.
 Cooper Tool
 Dunlop Footwear
 Fighting Fit
 Jackel International
 Megavitamins
 Metsal
 Mitre Balls
 Plough (Tinaderm)
 Puma
 Sheer-Eze (Supalene)
 Smith & Nephew (Elastoplast)
 Speedo
 Sports Care (Halftime)
 Aircast

Licensing:

Maxipower

Special Projects:

Shell Australia (sponsorship of film)

During the past financial year number two and three of a series of collectable posters were distributed and sponsored by a number of companies. The first poster was of Robert de Castella, followed by Lisa Curry, the third was of a collage representing our involvement in the 1984 Olympic Games.

A merchandising program with a new licensing symbol is underway. This program will involve a full range of merchandise being sold for souvenir and revenue purpose. These will initially be sold from an outlet at the AIS, to service the needs of the visitors, groups and schools who express the desire to purchase some form of memorabilia.

An external promotion is being planned at present, to increase our overall visibility in the marketplace. This will be in the form of a 15 minute AIS presentation, involving coaches, athletes and an audio-visual presentation.

Above

L/R Minister for Sport, Recreation and Tourism, Mr John Brown MP, Brian Wild Director of Sales Qantas, National Heavyweight weightlifting champion Tony Hills, AIS basketballer Kathy MacDonald, Bryan Palmer, Marketing Director TAA and Paul Brettell, General Manager at the official announcement of the appointment of TAA and Qantas as the official domestic and international air carriers for the AIS and their sponsorship of basketball and weightlifting respectively.

Marketing

Promotions

This financial year has seen the introduction of a Canberra-based Marketing and Public Relations section with the employment of John Purnell and Kate Smith.

The major role of Public Relations is to increase public and media awareness of the AIS through direct contact, information releases and publications.

Public Relations functions as a contact point at the AIS to arrange tours, interviews with coaches and athletes and book speakers. Members of staff, from specific fields, are now regular speakers at conferences and functions held by sporting and medical organisations both locally and interstate.

A monthly average of 400 people now visit the AIS. As this number increases so does the opportunity for athlete employment as more tour guides are needed.

With the introduction of a telex, information and news releases can now be sent to all media instantaneously, thus capitalising on our achievements and developments.

In addition to these releases, the AIS now subscribes to the AAP press release network. A regular fortnightly update—forward program, covering all AIS sports, is broadcast to sports editors across Australia.

Media

Media access has increased considerably with both press and the electronic media visiting the AIS to interview athletes, coaches and sports science/medicine staff.

With the build up to the Olympics, publishing companies joined the media journalists with requests for interviews with our Olympic prospects.

General interest in the AIS and its expertise is highlighted by a series of soccer coaching clinics which were filmed at the AIS using our players.

Radio stations throughout Australia are booking a growing number of telephone interviews with coaching staff and athletes. Stations appreciate being able to follow the progress of local athletes attending the AIS.

As marketing and presentation tools, information folders have been developed and an audio-visual presentation and film is currently being prepared.

This presentation folder can hold an Annual Report, team brochures, information bulletins and give-away items such as ties and banners.

AIS publications have extended from the Annual Report, diary, team brochures and information and monthly Bulletins to the new Sports Science and Medicine Quarterly. This Menzies Foundation funded document provides sports science and medicine breakthroughs and research reviews from tests carried out at the AIS, libraries, sporting and medical organisations from both Australia and overseas.

The AIS Public Relations section now conducts media and interview technique classes for athletes, as it is essential for our up-and-coming athletes to be able to perform well and comfortably in an interview situation. They are able to attend 2-hour weekly lessons over 5 weeks. In order to develop their public speaking techniques, athletes are prepared for and taken through television interviews at local station

Capital 7. Athletes also visit schools where they address classes on sports topics. All players appreciated the benefits of participating in the course.

Considerable preparation was done as a lead-up to the 1984 Olympics. Olympic accredited journalists from all Australian media were provided with biographies on current AIS Olympians, and a list of past and current athletes as well as AIS staff attending the Olympics was also enclosed.

As a further assistance, John Purnell, himself an accredited journalist, was in Los Angeles to help journalists contact AIS Olympic athletes and provide extra background material on the athletes and the AIS.

Information Centre

1983/84 has witnessed the continued development of the Information Centre which is now established as an essential support service for the staff, coaches and athletes of the AIS and the National Training Centre Program.

Despite the lack of space in the present facility, the collection of the Information Centre has continued to grow with storage space in the Indoor Stadium now being utilized. 1983/84 has also seen the extension of information services offered by the Information Centre, a development which has been assisted by the appointment of a temporary part-time Library Officer to the staff of the Information Centre.

The Collection

In 1983/84 approximately 1000 new book titles were added to the Information Centre, many of these titles being coaching manuals which have been acquired in order to develop the Information Centre into a true coaching resource centre for all sports.

Of particular significance during 1983/84 was the purchase of the Arthur Hodsdon collection of historical and contemporary information on track and field, which is considered by some to be the most comprehensive collection of books and journals on track and field in Australia, containing over 3000 books and journals. Included in the Hodsdon Collection are valuable publications on the history of the

Olympic and Commonwealth Games which will add depth to the Information Centre collection and allow a wider variety of reference enquiries to be answered. In addition to the Hodsdon Collection, the Information Centre has also acquired historical information on swimming and gymnastics. It is the intention of the Information Centre to continue to collect this sort of information which will supplement the collection of contemporary material and in the future provide documentary backup for an Australian Museum of Sport.

The establishment of hockey in Western Australia has had implications for the Information Centre and has necessitated the purchase of a collection of books, journals and audio visual material to support the hockey program. While this collection of material is housed in Western Australia, the Information Centre processes all material and records details of items for inclusion in the AIS catalogue and the Australian Bibliographic Network, the national union catalogue. It is anticipated that as other sports decentralize, the Information Centre will establish decentralized collections of information to support these sports.

1983/84 has also seen the continued growth of the Information Centre's audio visual collection with the addition of several hundred videotapes. The Information Centre now has a collection of 550 videotapes providing coaching information, records of world sporting events and visual records of AIS and National Training Centre Program athletes in training and competition. Approximately 500 slides and photographs have also been added to the Information Centre collection. Slides and photographs provide essential material for public relations activities and also provide a pictorial record of the activities of the Institute. A computerized keyword index to the Information Centre's audio visual resources is currently being developed to give greater access to the collection.

Information Services

Demands for information services have increased during the past year with the addition of hockey to the AIS program, new staff in the sports science laboratory and a greater community awareness of the AIS. In addition to handling requests for information from staff and athletes of the AIS, the Information Centre has replied to some 150 written requests and numerous telephone requests for information from people outside of the AIS. This demand for information from the public is indicative of the need for a national sport information resource centre.

Current awareness services have been expanded during 1983/84 with the production of regular new titles, lists and a monthly Journal Update service. The aim of these services is to maximize use of the Information Centre's resources. The Information Centre has also expanded the distribution of current awareness services to include the National Directors of Coaching.

During 1983/84 the Information Centre has continued to produce occasional bibliographies on a variety of topics including marathon running, children in sport, stress fractures, the triathlon as well as bibliographies tailored to meet the needs of individuals. A bibliography of AIS staff publications has also been developed which will be continuously updated. The Information Centre has also begun to compile biographical files on AIS and prominent Australian athletes which is proving to be a useful reference source particularly in this Olympic year.

On-line information services have been used extensively during the past years with over 200 literature searches having been conducted for staff on a variety of data bases. 1983/84 saw the Information Centre gain access to three new data bases — Leisureline: an Australian data base of sport information, SIRLS: a Canadian data base covering the Sociology of Sport and

Information Centre

Leisure and the WA Department for Youth, Sport and Recreation's in house data base.

Inter-library loan services provided by the Information Centre have been used heavily during 1983/84 with 650 items having been requested from other libraries on behalf of AIS staff. The Information Centre has been asked by other libraries to supply 150 items, an indication that the Information Centre collection is becoming more widely known.

Technical Services

During 1983/84 a concentrated effort has been made to add to the Australian Bibliographic Network (ABN), details of the book and journal material held by the Information Centre. To date, details of some 1500 monographs and 400 journal titles have been added to ABN which functions as a cataloguing facility and a computerized national union catalogue. In the next twelve months the Information Centre will endeavour to catalogue the entire Hodsdon Collection and thus make its contents accessible to the widest possible community. 1984/85 has seen the production of a separate microfiche catalogue of serials held by the Information Centre. This catalogue has been distributed to other libraries and details of the AIS holdings have been added to two union lists, Biomedical Serials in ACT libraries and Health, Recreation and Physical Education Serials in Australian libraries as well as to ABN. A separate microfiche catalogue of books and journals has been forwarded to Western Australia so that hockey staff and athletes have access to the same resources as staff and athletes based in Canberra.

Information Centre.

National Training Centre Program

The Information Centre has provided assistance to visiting coaches and athletes under this Program in a number of ways over the past year. Audio visual equipment has been lent, the videotaping of training sessions arranged, talks on information services given and displays of relevant information sources arranged by Information Centre staff.

The National Training Centre program provides the Information Centre with an excellent opportunity to make contact with coaches and athletes from a wide variety of sports and to discuss with them their information requirements.

Liaison with other Organizations

During the past twelve months the Information Centre staff have worked in close co-operation with other providers of sport information, including the newly established Federal Department of Sport, Recreation and Tourism. The Information Centre was represented at the 4th ACHPIRST Advisory Committee Meeting which met in Adelaide in April to discuss the future of Australian sport information services. In August 1983, Nerida Clarke the Co-ordinator of the Information Centre attended the Australian Medical Librarians Conference and the Australian Special Librarians

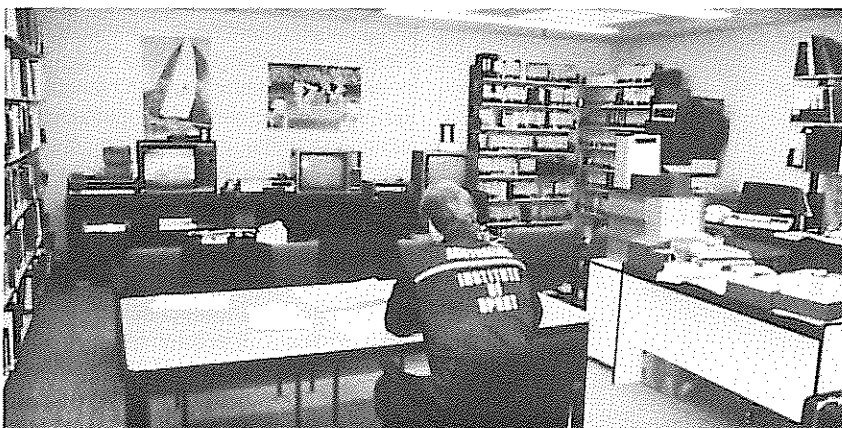
Conference presenting two papers, one on sources of sports medicine information and one on the experiences of a small special library in the Australian bibliographic Network.

In 1983/84 the Information Centre has also undertaken co-operative ventures with the Australian Athletic Union and the Australian Gymnastics Federation for the dissemination of information relevant to these sports. In the case of athletics, dissertations were distributed, and for gymnastics, copies of coaching videotapes were made. It is hoped that in the future the Information Centre will be able to engage in more co-operative ventures with sporting bodies.

New Facility for Information Centre

Currently Information Centre staff are involved in the final stages of planning for the new Information Centre which is to be incorporated in the administration building due for completion in July 1985.

The prospect of the move to a new building is very exciting as it will allow the total Information Centre collection to be brought together making it more accessible to a greater number of users. It is hoped that with the move to a new facility that services will be able to be extended to AIS staff and athletes and possibly to a greater number of outside users.



Sports Science

Introduction

Sports science staff were kept busier than ever during this last year. This was due to the ongoing planning of the new sports science/medicine building (due for occupation in March 1985) and the increased involvement in the National Training Centre Program (NTCP). About 50% of staff time is with the 20 plus National Training camps and the other 50% with the 8 AIS sports during the year. Naturally with just 2 or 3 staff members in each area the demand is greater than supply.

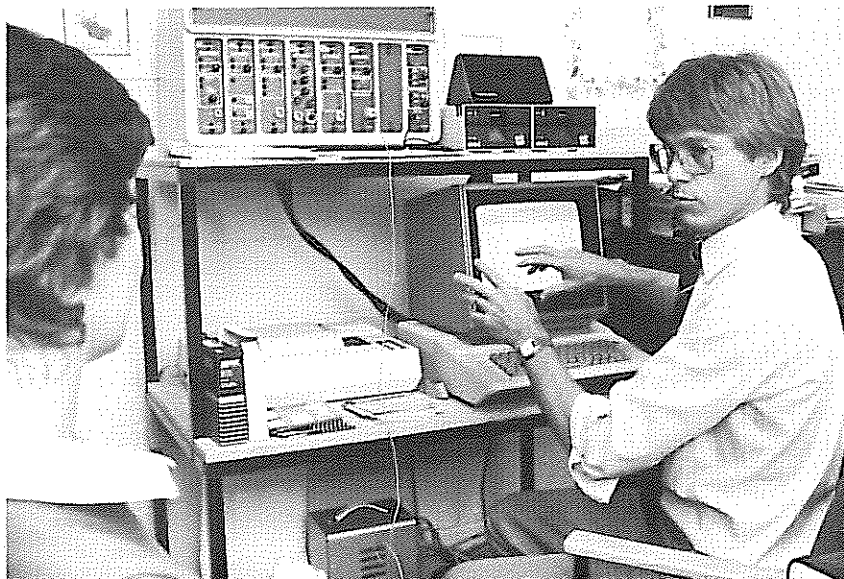
We are often asked how information from testing etc. is being conveyed to coaches, athletes and scientists outside the AIS. Staff in the last year have endeavoured to accept lecture/talk invitations whenever possible to various groups ranging from coaches to the general public. Papers have been published in international journals and some articles done for coaching and popular magazines. A major step forward in this area is the publication of a small Sports Science and Medicine Quarterly. We are grateful to the Sir Robert Menzies Foundation for health, fitness and physical achievement for their grant that enabled the appointment of Ms Sue Choquenot. Sue will coordinate the publishing of this Quarterly, the first of which was released in June.

Finally, we welcome Dr John Cheffers to the AIS and wish Don Talbot continued success in his work in Canada.

Physiology/Biochemistry

A very pleasing new appointment is that of Allan Hahn currently completing his Ph.D whilst on leave from the Canberra College of Advanced Education. Allan is expected to take up his appointment in August 1984.

Whilst it is impossible to describe the breadth of our physiology/biochemistry work in a paragraph or two it is worth mentioning that there was a trend to doing more work out in the field this last year. Most of this



Sports psychologist Jeff Bond working with an AIS athlete.

took place in the form of heart rate/blood lactic acid analysis during training and competition in various sports. The purpose of this work was to provide coaches with more information relating to the intensity of effort of training and competition. Furthermore the information was used to design and modify training programs.

Another development was in the applied research area where the cooperative Little Athletics Study with the Phillip Institute of Technology continued and the first paper written. Of a number of minor studies which relate to coaching questions, two stand out. One is an ongoing study of the effect of low salt diet on athletic performance and the other on the vitamin/mineral status of athletes in hard training. The latter is a joint venture between the Sports Medicine department at the AIS and the Sydney-based company Diagnostic Services.

Along with Dr Bruce Mason in biomechanics, Dr Dick Telford was involved in the pre-Olympic Sports Science Congress in Oregon. Whilst Bruce sat on an international panel, Dick was presenting a paper on the comparison of 1982 and 1983 swim programs at the AIS. With Jeff Bond in

psychology, Dick was invited by the Australian Swimming Union to consult to the Olympic team at the pre-Olympic training camp at Stanford University. Thanks go to the Australian Olympic Federation Medical Committee for approving this position.

Psychology

The latter half of 1983 saw a continuation of the increasing demand for sport psychology services from AIS athletes and coaches, and from the National Training Centre Program athletes. In addition to an increasing individual athlete caseload and requests from coaches for group sessions, there were further opportunities for travel with teams. The netball coaches are to be commended for providing an opportunity for the sport psychologist to travel with the AIS team on its very successful tour of England.

The sport psychology testing/profiling program received a welcome boost with the addition of a software report generation system in July 1983. This has enabled a quicker and more detailed turn-around of results and confidential individual reports. Interpretations of some of the psychological profiling now

have more meaning, not only for AIS athletes, but also for the many NTCP athletes who have passed through the Institute.

The AIS advertised for an additional sport psychologist at the end of 1983, and we were fortunate to gain the services of Mr John Crampton who took up a temporary position in February 1984, until the permanent appointment is made. John has successfully contributed his skills and expertise in the sports of gymnastics, soccer and netball.

We are pleased to announce the appointment of Mr Brian Miller from UK who will take up a permanent position in psychology later in 1984.

The sport psychology program has expanded its range of biofeedback equipment. We have recently received shipment from the US of a multimodal psychophysiology bio-lab which is micro-computer based, and the addition of telemetry devices will enable us to measure and monitor athlete responses during performances. This type of data will be extremely useful as a basis for the design of psychological skills training programs.

The continued use by many athletes from all sports of the recently acquired salt-water flotation tank, demonstrates the development of the type of attitude to new advances in the field which is proving to be typical of our highly talented athletes. The tank (a North American development) has proven very useful as a technique for stress management, a controlled environment for mental rehearsal and as a medium for training in self-hypnosis.

Liaison with overseas organisations and prominent sport psychologists continues. International visitors during the year included Dr Len Zalchowsky (USA) and Dr Lars-Eric Unestahl (Sweden). These visits confirm that our AIS sport psychology program is progressing along sound lines. The opportunity we have in the sport sciences at AIS for the development of integrated

programs is a unique one, and one which is viewed with understandable envy by sport scientists around the world. The sport psychology section has, like all other sections of sport science and medicine, received many visitors and enquiries from around Australia. The number of conference presentations, involvements with government and national sporting bodies and discussions with media has been too many to list.

1983-84 has been an extremely busy year in terms of the buildup for the Los Angeles Olympics. Jeffery Bond was appointed by the Australian Swimming Union to travel with the Olympic Swim Team to Los Angeles. This position is primarily funded by AIS with limited financial support from ASU.

The sport psychologists at AIS look forward to the challenge in developing their assessment and psychological training programs to continue to meet the requirements of high-level international competition.

Biomechanics

This last year saw the temporary appointment of Grahame Burton as biomechanics laboratory technician to assist Dr Bruce Mason with the technique analysis of athletes' skill performance. Dr Mario Laforune from Canada has recently been appointed as a second biomechanist at the AIS and is expected to take up duty in November 1984.

During the year, biomechanical assistance was provided for coaches in most of the sports permanently based in Canberra at the AIS and for many sports which attended the Institute as part of the National Training Centre Program. Most effort was expended on behalf of swimming, track and field and gymnastics. Here the coaches were assisted by providing technique analysis information about the athletic performance of their respective athletes.

Once again high speed cinematography was utilised extensively in the analysis process. A new Calcomp Digitiser and Vanguard Analysing projector system was designed and implemented by the biomechanics staff. This enabled information obtained on film to be processed by computer. The sports science workshop designed and built a timing system incorporating photoelectric cells and touch pads which, when operated, are linked to the computer. This equipment has been used to provide information about the velocity and acceleration profiles of athletes in soccer, netball, and track and field athletics. A Kistler force transducer was utilised to gain information about skill performance in gymnastics and rowing. Force profiles have been obtained of gymnasts performing on the Roman Rings and oarsmen performing on a rowing ergometer. The biomechanics laboratory has recently purchased two large Kistler force platforms which have been utilised to examine shooting stability of the Australian archery team. This was achieved by examining the ratio of ground reaction forces on each foot located on separate force platforms.

A great deal of effort has also been directed toward the establishment of the biomechanics laboratory within the new sports science/medicine complex. Many features of sports science laboratories in Western Europe, which were observed by Drs Richard Telford and Bruce Mason on a brief but extensive tour in September 1983, have been incorporated into the plans of the new complex. The prospective capabilities of the new laboratory will make it one of the most modern and exciting biomechanics facilities in the world.

Workshop and Computing

The technical support group was expanded to three members with the employment of Graham Hausler as the second electronics technician. As well as his normal electron-

Sports Science

ics duties, Graham is responsible for the development of systems to be used for the collection of data in the field. Graham has developed a high speed data acquisition system for recording forces in situations away from the laboratory, and a hand-held timer which can record hundreds of events to one thousandth of a second and accept inputs from timing beams, touch plates, sound triggers and other devices.

In addition to developing the hardware for the field data acquisition, Ross Johnson has finished building and assembling the components of the underwater weighing apparatus (for body density determination) and is currently automating the process. Ross is also working on a project which, in conjunction with the new heart trace telemetry equipment, will enable coaches and sports scientists to monitor four athletes simultaneously, with instant display as well as complete records of heartrate.

The acquisition of data in the laboratory using the DEC network has been a major priority and the system developed has been used successfully for a number of sports. Development of our own breath-by-breath gas analysis system proceeds well and should be in use in the laboratory before the end of the year.

The purchase of a high speed, continuous-feed colour plotter and the establishment of preliminary databases has enhanced our ability to provide good quality feedback to athletes and coaches soon after testing.

The planned purchase of a larger computer promises to greatly speed up the establishment of large databases of the information being collected, as well as providing enough processing power to engage in some of the more sophisticated data analysis procedures.

Dr Richard Telford taking a blood sample from Graham Brewer during a training session.



Sports Medicine

July 1983 to June 1984 has seen an unbelievable amount of effort by all in the sports medicine unit. The unit has evolved into a centre providing a thorough diagnostic, rehabilitative, treatment and preventive service to athletes "in residence" and to athletes attending under the National Training Centre Program and visiting scholarship scheme.

The unit has been averaging around 100 treatments per day and this has ranged from dealing with minor infections of the throat to severe ligament injuries of the knee requiring protracted therapy (with full recovery).

Our staff now includes a full-time masseur, Mr Barry Cooper, who works alongside the three full-time physiotherapists, nurse and doctor.

With the increase in service provided to athletes, the unit has purchased a Kin-Com computerised exercise, testing and research system which is the state of the art in the application of technology to physical therapy.

Planning and construction of the new sports medicine and sports science building has also taken up a large part of the year's activity and it is hoped that the building will be in "full swing" by March 1985.

Professional development by the staff has included attendance at spinal therapy (manipulation and mobilisation) courses, the ASMF Annual Conference in Canberra, a visit to the USA to study the use of Kin-Com (sponsored by the manufacturing company), presentation of papers at the ANZAAS Congress in Canberra and at the Institute and of Sports Medicine Lewisham's Annual Conference and postgraduate training in counselling and management of gynaecological problems in athletes.

Dr Peter Fricker and Mr Craig Purdam (Physiotherapist) checking the progress of Olympian Darren Clark's hamstring injury. Darren attended the AIS under the visiting scholarship scheme.

The unit was proud to have Mr Craig Purdam appointed physiotherapist to the Australian Olympic team which is an honour entirely deserved by Craig.

Teaching has been of vital concern to the unit and all the staff have spent many hours teaching at tertiary institutions and at seminars, courses and informal sessions held for trainers, coaches, athletes, doctors, physiotherapy and medical students and the community at large.

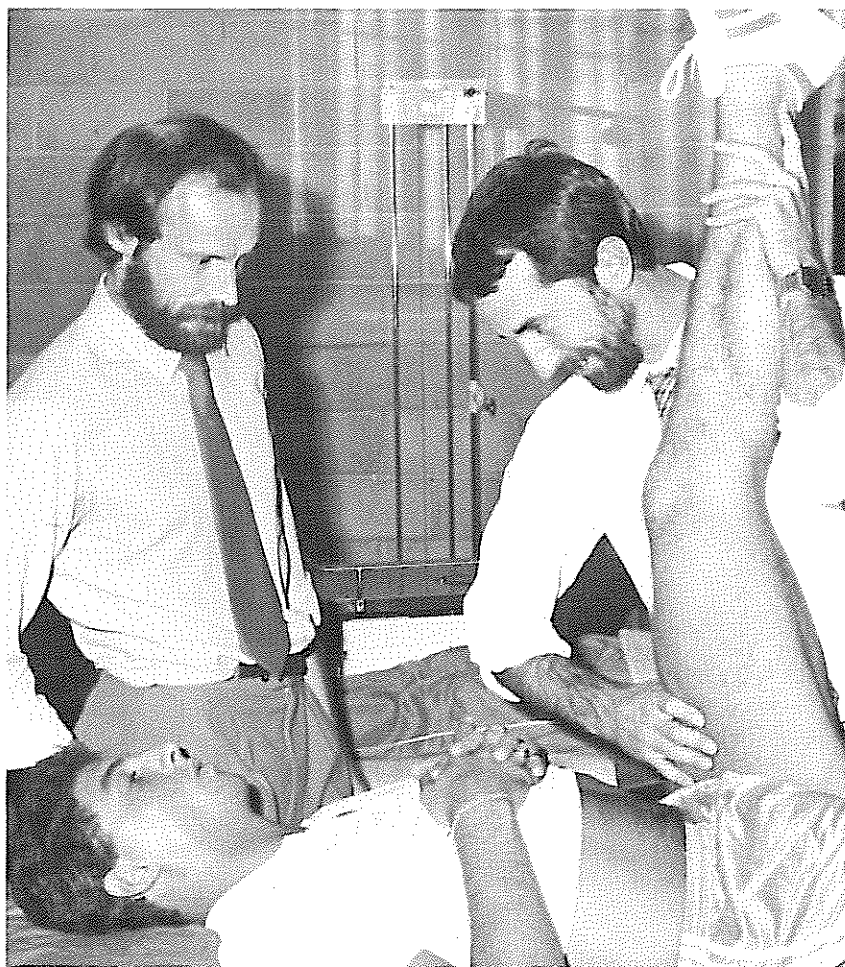
The unit has been visited by numerous professional sports medicine practitioners from home and overseas (USA, China, England and Switzerland to name a few countries of origin).

The unit has also produced several

papers for publication in several journals including the AIS' own Quarterly, the British Journal of Sports Medicine and various sports magazines.

Our staff has supported several teams on international tours including basketball and soccer in Europe and basketball in Taiwan. There have also been a number of domestic tours and competitions supported by our staff to great effect.

The next year should see a further development of sports medicine—we hope to research and apply new ideas to the prevention of injury, we want to teach as much as we can, treat effectively and support coaches and athletes in all their endeavours.



Opening of AIS Hockey Unit

In warm sunny conditions the first of the AIS's decentralised programs, men's and women's field Hockey was opened in Perth, WA.

On Saturday 7 April 1984 the Federal Minister for Sport, The Honourable John Brown MP, opened the complex situated at the Commonwealth Hockey Stadium on the West Australian Institute of Technology Campus in Perth. He was accompanied by the State Minister for Sport in WA Mr Keith Wilson MP, Professor John Bloomfield deputy Chairman of the AIS Board of Management and other Civil dignitaries.

The opening included a parachute display, an exhibition of "MINKEY" (Junior Hockey) and after the official opening both the AIS men's and women's team played exhibition matches against a President's XI respectively.

The opening attracted considerable media attention and was well attended including National and State officials of the men's and women's Hockey associations. The AIS Hockey unit in Perth has 32 scholarships for the men's and women's programs. The Head coaches are Richard Aggiss (men) and Brian Glencross (women). The administrator of the Hockey unit is Mr Peter Crowe and assistant administrators are Pam Glossop and Terry Walsh.

Skydivers "Shooting Stars" at the opening of the Hockey Unit carrying the AIS colours.



Official opening of the hockey unit (L to R) Mr John Purnell AIS Marketing Manager, Mr Frank Yeend President Australian Hockey Association, Honourable Mr John Brown MP, Federal Minister for Sport Recreation and Tourism, Mr Keith Wilson West Australian Minister for Sport and Professor John Bloomfield Deputy Chairman AIS.

National Training Centre Program (NTCP)

This was the first full year of the NTCP and \$400,000 was allocated within the AIS' appropriation from the Government.

The primary purpose of this Program is to provide an opportunity for non-resident sports to use the AIS facilities and services for national team training and to conduct seminars for coaches and other officials.

During the year, Australian teams in eight Olympic sports conducted camps as an integral part of their build-up to the Los Angeles Olympics. The sports concerned were:

- Water Polo (2 camps)
- Cycling
- Rowing
- Basketball (2 camps)
- Swimming
- Canoeing
- Equestrian
- Archery

Other Olympic sports which conducted camps for their respective national squads were pistol shooting and judo.

1984 is also an important year for disabled sportsmen and the AIS hosted visits by the Australian Wheelchair Basketball team and the Amputee Olympic Team in swimming and track and field.

As outlined in the Appendix K, a total of 828 athletes participated in 43 camps in 27 sports during the year.

Under the guidelines of the Program, financial assistance is provided towards the cost of travel to and

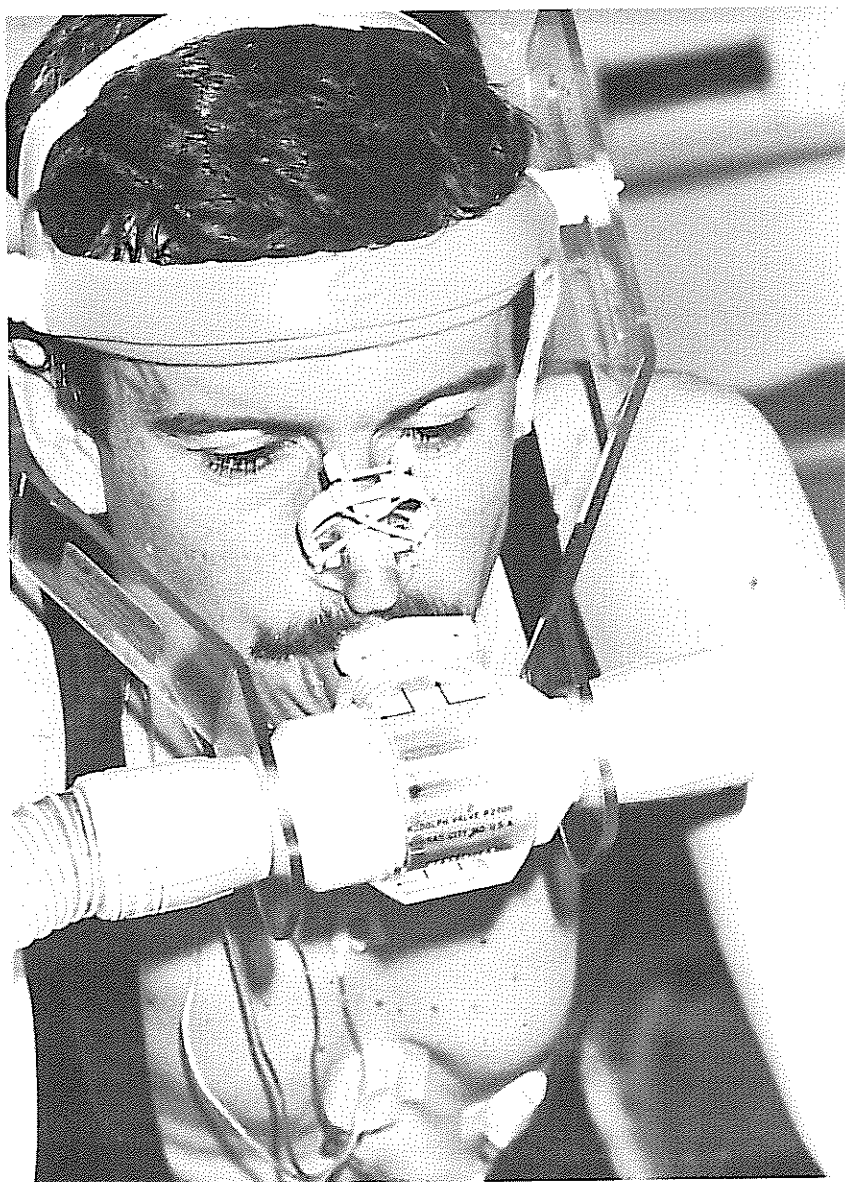
from Canberra, accommodation and internal travel. While in Canberra, teams have extensive use of facilities at the National Sports Centre (NSC) and services of the AIS (sports science, sports medicine, library and audio-visual centre).

Details of assistance provided by each branch of the AIS is detailed elsewhere in this Report.

In those sports which are not catered for at the National Sports Centre (NSC), arrangements are

made to use facilities in the Canberra district and the AIS is grateful to the following for assistance during the year:

- Canberra College of Advanced Education
- Bruce TAFE
- National Exhibition Centre
- Canberra Grammar School
- Department of Territories and Local Government
- ACT sporting organisations which have made their respective facilities available.



John Walters road cyclist in the 1984 Australian Olympic team being tested in the physiology laboratory. The track and road cycling team attended the AIS under the National Training Centre Program.

National Training Centre Program

1983-84

Month	Sport	Program	Partici- pants
1983			
July			
6-10	Pistol Shooting	National Training Squad	30
24-29	Squash	Junior Training Camp	15
29-31	Volleyball	National Men's Team	20
7 May-14 Aug	Rowing	Australian Junior Team	12
August			
16-20	Lacrosse	Australian Women's Team	17
Aug/Sept	Volleyball	Series of camps for National Men's and Women's Teams	40
September			
5-18	Rowing	Australian Junior Rowing Team	9
October			
17-21	Yachting	National Coaching Course	18
	Volleyball	National Men's & Women's Teams	40
November			
	Volleyball	National Men's & Women's Teams	40
13-19	Skiing	Freestyle Skiing—Senior Team	9
December			
24 Nov-4 Dec	Pistol Shooting	National Training Squad	48
1984			
January			
6-15	Athletics	National Level II Coaching Course	30
8-15	Water Polo	Australian Men's Team	16
14-29	Judo	National Training Camp	20
22-28	Squash	Australian Junior Men's Team	15
20-22	Weightlifting	National Coaching Seminar and Junior Boys Camp	14
28-9 Feb	Badminton	National Senior Squad and Development Squad	26

Gary Knoke — A Tribute



Gary Knoke.

The staff and athletes of the AIS deeply regret the passing of their friend and colleague, Gary Knoke, on 9 July after a 12 month battle against cancer.

Formerly one of Australia's top athletes, Gary had been the Sprints and Hurdles coach at the AIS since its inception in 1981.

Gary, 43, represented Australia at the 1964, 1968 and 1972 Olympic Games and the 1962, 1966 and 1970 Commonwealth Games. He held the Australian 400m Hurdles record and won 7 national titles between 1965 and 1973. In 1966 Gary was ranked No 1 in the world after winning the US vs Commonwealth match in Los Angeles.

A leading coach since 1975, Gary trained many top sportspersons including Los Angeles Olympians Paul Narracott and Don Wright, as well as Commonwealth Games gold medallist Garry Brown. Brown broke Gary's 10 year old 400m Hurdles record in Brisbane in 1982.

AIS Executive Director, Dr John Cheffers, expressed his condolences saying "Gary's efforts in the final days reflected his lifelong devotion to his beloved athletics. His courage, application and effort make us proud to have been associated with him".

Auditor's Report to the Members of the Australian Institute of Sport

I have audited the accounts of the Australian Institute of Sport, comprising the income and expenditure statement, balance sheet, notes to and forming part of the accounts and statement by the board of management.

In my opinion:

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

- the state of affairs of the company as at 30 June 1984 and of the loss of the company for the year ended on that date,
- the other matters required by Section 269 of that Act to be dealt with in the accounts,

and are in accordance with Australian Accounting Standards; and

(b) the accounting records and other records and the registers required by that Act to be kept by the company have been properly kept in accordance with the provisions of that Act.

(signed)

K.F. Brigden
Auditor-General

Statutory Report of the Board of Management

The Board of Management of the Australian Institute of Sport ('AIS') has pleasure in presenting its Report together with the Accounts of AIS for the financial year ended June 30, 1984 and the Auditor's Report thereon.

Directors in Office at the date of this Report

(a)

R.K. Gosper	Chairman
Professor J. Bloomfield	Deputy Chairman
Dr J. Cheffers	Executive Director
J.B. Cheadle	Director
Dr J.A. Daly	Director
E. Darlison	Director
G.N. Pollard	Director
Dr S.S. Richardson	Director
M.V. Wenden	Director
H.B. MacDonald	Director

Principal Activities

(b)

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 nine sports, viz. basketball, gymnastics, hockey, netball, soccer, swimming, tennis, track and field and weightlifting. Also the programs, which were implemented last year viz. the National Training Centre and Scholarships to Athletes from developing Commonwealth Countries continued. There were no significant changes in the nature of those activities during the financial year.

Net Profit or Loss

(c)

The ACT Branch of the Australian Taxation Office has ruled that it will not be necessary for the Institute to lodge returns of income tax.

The operating loss of the AIS for the financial year was \$45,504.

Subsidiaries

(d)

AIS was not a holding company at any time during the financial year.

Transfers To or From Reserves or Provisions

(e)

There were no transfers to or from reserves during the financial year. However the following provisions were made out of revenue during that year:

- (i) \$144,142 for depreciation;
- (ii) \$83,600 for recreation leave; and
- (iii) \$62,449 for long service leave.

Issue of Shares or Debentures

(f)

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

Dividends

(g)

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

Bad and Doubtful Debts

(h)

Before the Income and Expenditure Statement and the Balance Sheet were made out, the Board of Management took reasonable steps to ascertain, so far as debts owing to AIS are concerned, what action had been taken in relation to the writing off of bad debts and the making of provision for doubtful debts. The Board of Management is not aware of any circumstances which would require debts to be written off as bad, or a provision to be made for bad or doubtful debts.

(i)

At the date of this Report, the Board of Management is not aware of any circumstances which would require debts to be written off as bad or a provision to be made for bad or doubtful debts.

Current Assets

(k)

Before the Income and Expenditure Statement and Balance Sheet were prepared, the Board of Management took reasonable steps to ascertain whether any current assets of AIS were unlikely to realise in the ordinary course of business their values as shown in the accounting records of AIS.

(l)

At the date of this Report, the Board of Management is not aware of any circumstances that would render the values attributed to current assets in the Accounts misleading.

Charge on Assets—Contingent and Other Liabilities

(m)

At the date of this Report:

- (i) no charge on the assets of AIS has arisen since the end of the financial year and secures the liabilities of any other person; and
- (ii) no contingent liability of AIS has arisen since the end of the financial year.

(n)

No contingent or other liability of AIS has become enforceable or is likely to become enforceable within the period of 12 months after the end of the financial year being a liability that, in the opinion of the Board of Management, will or may substantially affect the ability of AIS to meet its obligations as and when they fall due.

Items of an Unusual Nature

(o)

At the date of this report, the Board of Management is not aware of any circumstances, not otherwise dealt with in this Report or Accounts, that would render any amount stated in the Accounts misleading.

(p)

The results of the operations of AIS during the financial year, were not, in the opinion of the Board of Management, substantially affected by any item, transaction or event of a material and unusual nature.

(q)

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 likely, in the opinion of the Board of Management, to affect substantially the results of the operations of AIS for the next succeeding financial year.

Options Granted Over Unissued Shares

(r)

AIS has not at any time granted to any person an option to have issued to him shares in AIS as it is unable to do so.

Directors' Benefits

(s)

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.

Dated at Melbourne this 30th day of October 1984
and signed in accordance with a resolution of the Board of Management

R. Kevan Gosper
Chairman

E. Darlison
Director

Statement Made by the Board of Management

In the Opinion of the Board of Management of the Australian Institute of Sport ('AIS'):

(a)

the accompanying Income and Expenditure Statement of AIS is drawn up so as to give a true and fair view of the result of AIS for the financial year ending on June 30, 1984;

(b)

the accompanying balance sheet of AIS is drawn up so as to give a true and fair view of the state of affairs of AIS for the financial year ending on June 30, 1984; and;

(c)

there are reasonable grounds to believe that AIS will be able to pay its debts as and when they fall due.

Dated at Melbourne this 30th day of October 1984
and signed in accordance with a resolution of the Board of Management

R. Kevan Gosper
Chairman

E. Darlison
Director

Income and Expenditure Statement for the Year ended 30 June 1984

Income	Note	1984 \$	1983 \$
Parliamentary Appropriations			
— Commonwealth		5,560,000	4,504,700
Sponsorship—Cash	2	234,059	197,608
— Other	2	52,368	50,657
Special Grants	18	216,858	—
Sundry Income	3	79,856	43,697
		6,143,141	4,796,662
Expenditure			
Salaries & Assoc. Payments	12	2,229,182	1,532,177
Travelling & Subsistence	13	956,686	924,886
Recruitment of Staff	4	94,992	29,629
Expenses of the Board	5	29,880	31,150
Administration	6	386,795	266,827
Professional Services	7	195,287	192,335
Scholarships	8	945,239	684,498
Facilities	9	537,947	428,409
National Training Centre	16	324,438	167,896
Special Grants Programmes	17	150,562	58,214
(Profit)/Loss on Disposal of Assets	1	7,463	1,016
Decentralisation—Hockey WA	19	186,032	—
Depreciation	1	144,142	94,643
		6,188,645	4,411,680
Excess of expenditure Over Income		(45,504)	384,982
Balance transferred to Capital Accumulation Account		(45,504)	384,982

The Accompanying Notes form an Integral Part of these Accounts.

Balance Sheet at 30 June, 1984

	NOTE	1984 \$	1983 \$
Capital			
Accumulation Account			
—Opening Balance 1 July 1983		667,879	282,897
—Balance Transferred 30 June 1984		(45,504)	384,982
		<u>622,375</u>	<u>667,879</u>
Current Liabilities			
—Provision for Long Service Leave		77,800	38,338
—Accrued Expenses	11	390,900	148,309
—Provision for Rec. Leave		167,600	84,000
—Sundry Creditors		68,775	2,750
		<u>705,075</u>	<u>273,397</u>
Total Funds		<u>1,327,450</u>	<u>941,276</u>
Represented by			
Fixed Assets—At cost and Valuation	14	1,195,963	814,027
Less Accumulated Depreciation	14	<u>270,332</u>	<u>133,541</u>
Net Fixed Assets	14	<u>925,631</u>	<u>680,486</u>
Current Assets			
—Cash at Bank and in Hand		250,024	169,986
—Prepayments	15	119,966	66,709
—Sundry Debtors		30,446	24,095
—Stock on Hand		1,383	—
		<u>401,819</u>	<u>260,790</u>
Total Assets		<u>1,327,450</u>	<u>941,276</u>

The Accompanying Notes form an integral part of these Accounts.

Notes To and Forming Part of the Accounts

Note 1

Statement of Accounting Policies

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.

DEPRECIATION

Furniture, Training equipment, Laboratory equipment, Plant and Motor Vehicles are depreciated over their estimated economic lives in equal amounts each year, or at rates allowed by the Taxation Office by the Prime Cost method.

Profits and losses on the disposal of fixed assets are brought to account through the Income and Expenditure Statement. In determining these profits and losses, current book values are used.

INVESTMENTS

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

Recreation Leave

Policy provides that Recreation Leave pay be accrued for all Employee Leave Entitlements.

Auditor's Remuneration

Audit fees paid were:

	1984	1983
	\$	\$
Auditing Fee	14,100	13,300
Total	<u>14,100</u>	<u>13,300</u>

The Auditors received no other benefits.

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.

Note 2**Sponsorship**

Cash sponsorship was received from:

	1984	1983
	\$	\$
Menzies Foundation	45,413	14,000
Speedo Knitting Mills P/L	40,230	33,553
Dunlop Footwear	1,500	12,060
All Australia Netball Assoc.	4,500	4,500
Allied Grocery Products (ETA)	33,000	30,000
The Cooper Tool Group Ltd	2,000	1,500
Colgate-Palmolive	36,960	33,000
Riker Laboratories	6,776	6,160
Monier	6,160	5,500
Adidas	3,500	2,500
Comalco	5,000	5,000
Mitre Sports	1,100	1,000
Kimberly-Clark	37,200	33,600
Megavitamin Lab	3,000	—
Smith, Kline & French	—	2,500
Puma	—	1,000
Streets Ice Cream P/L	—	5,000
Plough Aust P/L	4,000	—
Jackel International P/L	1,120	1,000
The Boots Co. Aust	1,500	1,120
SUB TOTAL	232,959	192,993
Friends of Institute Program	1,100	4,615
TOTAL	234,059	197,608

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

Smith & Nephew	Edgell-Birdseye
Adidas	Riker Laboratories (Aust) P/L
Dunlop Footwear	AANA Sportswear
The Boots Co.	Puma (Aust) P/L
Speedo Knitting Mills P/L	Smith, Kline & French
Overseas Indents	J.C. Marconi
Organon Aust	Megavitamin Lab
Sheer-Eze	Canberra Medical Supplies
Syntex Aust	Plough Aust P/L
S.O.S. ACT	

Notes To and Forming Part of the Accounts

	1984	1983
	\$	\$
Note 3		
Sundry Income		
Tennis prize- money	3,253	3,688
Interest from short-term investments	67,287	18,737
Commissions received	1,224	10,738
Sundry	3,229	9,434
Johnson & Johnson	—	100
Nicholas Kiwi	—	500
News Ltd	—	500
Royalty receipts	1,344	—
Product Evaluations	600	—
Workshops	2,919	—
	<u>79,856</u>	<u>43,697</u>
Note 4		
Recruitment of Staff		
Advertising/Interviews	38,138	14,816
Travel/Accom/Removal Exp.	56,854	14,813
	<u>94,992</u>	<u>29,629</u>
Note 5		
Expenses of the Board		
Travel and Accommodation	24,690	26,521
Sitting Fees paid to Directors	4,695	4,469
Miscellaneous	495	160
	<u>29,880</u>	<u>31,150</u>
Note 6		
Administration		
Lease improvements	4,540	—
Printing & Stationery	30,011	27,326
Local Travel	2,650	2,357
Typing Services	5,548	4,437
Photocopier	12,244	8,569
Freight	3,226	7,443
Advertising general	1,396	2,544
Telephone	99,524	62,200
Postage	17,935	12,898
Newspapers/Clipping Services	2,133	2,423
Running costs of Motor Vehicles	31,654	17,030
Bank Charges	4,713	2,767
Insurance	26,278	22,932
Staff Amenities	418	216
Payroll services	4,057	2,925
Hire of Indoor plants	3,000	2,434
Entertaining (visiting VIPs)	8,282	1,581
Miscellaneous	4,084	3,222
Sports Information Centre	32,770	24,797
Staff Uniforms	6,757	7,584
Science Laboratory (Consumables)	62,982	34,781
Repairs & Maintenance — Admin.	4,174	2,263
Equipment Room Consumables	6,194	2,290
EDP Software & Consumables	12,225	11,808
	<u>386,795</u>	<u>266,827</u>

Notes To and Forming Part of the Accounts

Note 7	1984	1983
	\$	\$
Professional Services		
Legal		
Expenditure	3,849	1,627
Consultants Fees	5,455	345
Audit Fees	14,100	13,300
Medical Expenses	36,214	30,876
Promotions & Marketing	133,122	128,068
Visiting VIPs (Fellowship)	2,547	18,119
	<u>195,287</u>	<u>192,335</u>

Note 8

Scholarships

Athletes Home Travel	33,684	30,929
Accommodation	652,922	522,681
Travel in Canberra	26,359	20,003
Educational	16,877	14,133
Menzies Living Allowance	5,300	9,750
Personal Training Equip—at cost	97,023	47,107
Personal Training Equip—sponsors	52,368	37,595
Special Living Allowance	5,106	2,300
Visiting scholarships	55,600	—
	<u>945,239</u>	<u>684,498</u>

Note 9

Facilities

Subvention payable to the Dept of Territories & Local Government for the use of National Sports Complex	517,000	350,000
Hire of Deakin Pool	14,667	43,999
Hire of Deakin Pool—extra heating	—	30,669
Hire of Deakin Gym	—	3,375
Hire of Other Fac.	2,336	366
Hire of temp Office	3,944	—
	<u>537,947</u>	<u>428,409</u>

Note 10

Commitments

A. Capital expenditure contracted but not provided for in the accounts was	43,164	18,000
--	--------	--------

Lease Commitments

B. Aggregate amount contracted but not provided for in accounts:		
—In respect of lease of facilities in Canberra		
Due within 12 months	\$622,000	Nil
Due after 12 months	\$685,000	Nil

Notes To and Forming Part of the Accounts

Note 11	1984	1983
	\$	\$
Accrued Expenses		
Group Travel	51,854	48,979
National Training Centre	46,620	33,550
Audit Fees	5,000	4,900
Administration	93,031	26,243
Wages	41,622	6,036
Capital Purchases	110,175	5,078
Scholarships	20,007	10,973
Information Centre	4,721	2,500
Medical Supplies	1,110	6,964
Other	16,760	3,086
	<u>390,900</u>	<u>148,309</u>

Note 12

Salaries and Associated Payments

Salaries—Administration	489,469	267,940
Coaches	866,840	683,867
Sports Science/Medic.	376,717	255,067
Casual Staff	93,946	76,946
Recreation Leave Provision	83,600	37,000
Allowances	2,637	3,802
Overtime/Meal Allowances	10,155	7,942
Superannuation*	146,758	108,479
Payroll Tax	96,611	65,934
Long Service Leave Provision	62,449	25,200
	<u>2,229,182</u>	<u>1,532,177</u>

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

Note 13

Travelling and Subsistence

Administration	49,142	33,363
Sports Science/Medicine	27,509	14,650
Basketball	118,982	138,057
Gymnastics	105,086	86,383
Netball	86,989	88,489
Soccer	73,779	59,248
Swimming	151,983	137,189
Tennis	82,047	117,681
Track & Field	173,762	161,206
Weightlifting	65,907	61,567
Professional Development (Coaches)	21,500	27,053
	<u>956,686</u>	<u>924,886</u>

Notes To and Forming Part of the Accounts

Note 14	1984	1983
Fixed Assets	\$	\$
Furniture & Fittings at cost	120,979	86,466
Staff Amenities at cost	2,020	1,429
	<u>122,999</u>	<u>87,895</u>
Less Accumulated Depreciation	16,050	8,670
	<u>106,949</u>	<u>79,225</u>
Computer Hardware at cost	32,889	28,889
Less Accumulated Depreciation	7,592	2,800
	<u>25,297</u>	<u>26,089</u>
Motor Vehicles at cost	211,643	103,297
Less Accumulated Depreciation	29,297	17,296
	<u>182,346</u>	<u>86,001</u>
Laboratory Equipment at cost	568,037	399,332
Less Accumulated Depreciation	146,545	68,556
	<u>421,492</u>	<u>330,776</u>
Training Equipment at cost	109,377	74,695
Less Accumulated Depreciation	37,767	21,423
	<u>71,610</u>	<u>53,272</u>
Training Equipment at valuation	12,134	16,164
Less Accumulated Depreciation	2,976	2,673
	<u>9,158</u>	<u>13,491</u>
Information Centre & Audio Visual Equipment at cost	91,228	74,805
Less Accumulated Depreciation	21,046	7,590
	<u>70,182</u>	<u>67,215</u>
Telephones at cost	20,456	2,302
Less Accumulated Depreciation	331	—
	<u>20,125</u>	<u>2,302</u>
Laundry facilities at cost	27,200	26,648
Less Accumulated Depreciation	8,728	4,533
	<u>18,472</u>	<u>22,115</u>
Total at Cost	1,183,829	797,863
Less Accumulated depreciation	267,356	130,868
	<u>916,473</u>	<u>666,995</u>
Total at Valuation	12,134	16,164
Less Accumulated Depreciation	2,976	2,673
	<u>9,158</u>	<u>13,491</u>
TOTAL FIXED ASSETS (NET)	<u>925,631</u>	<u>680,486</u>

Notes To and Forming Part of the Accounts

Note 15	1984	1983
	\$	\$
Prepayments		
The prepayments by the Institute at June 30 1984 were:		
Hockey expenses	4,087	—
Overseas travel	57,589	25,728
Scholarships accom/travel	46,286	30,518
Domestic travel	5,032	4,678
Hire of Deakin Pool	—	3,666
Administration expenses	4,887	—
Other	2,085	2,119
	119,966	66,709

Notes to and forming part of the account

	1984	1983
	\$	\$
Note 16		
National Training Centre		
VISITING TEAMS	Total	324,438
Australian Rugby Union		167,896
Aust Amateur Water Polo Assoc — Women		
Aust Amateur Water Polo Assoc — Men		
Australian Canoe Federation		
The Aust Squash Rackets Assoc		
Aust Amateur Rowing Council Inc		
Aust Baseball Federation		
Aust Volleyball Federation Inc		
National Football League of Aust Ltd		
Aust Clay Target Association		
Amateur Pistol Shooting Union Aust		
Aust Amateur Cycling Federation		
Equestrian Federation of Australia		
Aust Women's Lacrosse Council		
Paraplegic & Quadriplegic Sports Fed		
AAU Coaching Coordinating Committee		
Australian Ski Federation		
Australian Yachting Federation		
Judo Federation of Aust		
Aust Underwater Fed (Hockey)		
Aust Basketball Federation		
Amateur Swimming Union of Aust		
All Australia Netball Assoc		
Australian Badminton Assoc		
Australian Cricket Board		
Lawn Tennis Association of Aust		
Australian Table Tennis Assoc		
Australian Amateur Weightlifting Fed		
Archery Association of Australia		
Amputee Sporting Assoc of Aust		
ACT Gymnastic Assoc		

Notes To and Forming Part of the Accounts

Note 17	1984	1983
	\$	\$
Special Grants — Expenditure		
A. Commonwealth Developing Countries —		
Scholarships:		
Accommodation-Athlete	24,195	13,687
Education	1,119	41
Travel in ACT	2,359	1,296
Home/AIS/Home Travel	34,742	12,619
Competition/Training Equip.	4,009	1,468
Living Allowance	11,592	8,180
Clothing Allowance	2,392	2,260
Sub Total	<u>80,408</u>	<u>39,551</u>
Competition Programme	28,941	16,942
Medical Expenses	2,930	1,721
Administration Costs	26,500	—
Sub Total	<u>138,779</u>	<u>58,214</u>
B. Menzies Found.—Adoles.Devp.Study	394	
Menzies Found.—Sc/Med Publication	6,185	
NZ Tennis Assoc.—Scholarships	3,477	
Rexona-de Castella Grant	727	
AANA-Gweneth Benzie Award	500	
NSWNA-Award	500	
Sub Total	<u>11,783</u>	<u>—</u>
Total	<u>150,562</u>	<u>58,214</u>

Note 18

Special Grants — Revenue

Western Aust. Govt to asst. in setting up Hockey in WA	11,500
Menzies Foundation	
—Adolescent Development Study	7,100
—Sports Science/Medicine Qly	10,000
New Zealand Tennis Association	10,000
Department of Foreign Affairs*	170,000
Rexona-de Castella grant	6,000
AANA award	1,129
NSWNA award	1,129
	<u>216,858</u>

* These funds are for the Commonwealth Developing Countries Scholarships programme. In prior years funds were received through the Dept of Sport, Recreation & Tourism. Last year figures are therefore included in Govt Appropriations in the Income and Expenditure Statement.

Notes To and Forming Part of the Accounts

Note 19	1984	1983
	\$	\$
Decentralisation — Hockey WA		
Competition Program	14,949	
Scholarships	59,525	
Salaries and Allowances	78,008	
Recruitment of Staff	13,507	
Administrative Expenses:		
—Telephone	5,323	
—Printing & Stationery	2,666	
—Postage/Telex	1,898	
—Motor Vehicle Costs	1,827	
—Special Functions	2,118	
—Lab testing	2,200	
—Cleaning	675	
—Entertainment	882	
—Travel	1,211	
—Hire Stadium	700	
—Hire Indoor Plants	440	
—Insurance	429	
—Sundry	1,235	
—Sundry income	(1,561)	
	<u>186,032</u>	

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

* Building cost	\$40,549
* Furniture and Fittings	\$10,000
* Contingency sum (including an electrical sub-main)	<u>\$5,000</u>
TOTAL	<u>\$55,549</u>

Sports Reports

INTRODUCTION

The Australian Institute of Sport is primarily concerned with the servicing of its residential sports and associated coaching and training programs, including the National Training Centre Program. In 1984, the Institute's concept of decentralisation was introduced by the establishment of the AIS hockey unit in Perth. The completion of this exercise was the result of the excellent cooperation and working relationship between the Australian Government, Western Australian Government, the Australian national men's and women's hockey associations and the AIS, together with a great deal of support from numerous institutions, including the Western Australian Institute of Technology and the University of Western Australia.

There are many high performance athletes who for genuine reasons (family commitments, employment etc.) cannot attend the AIS on full-time scholarships. In order to assist these people our coaches have brought numerous athletes into the Institute for training camps which also involve the Institute's sports science and sports medicine personnel. A large number of 1984 Olympians attended the Institute under this program.

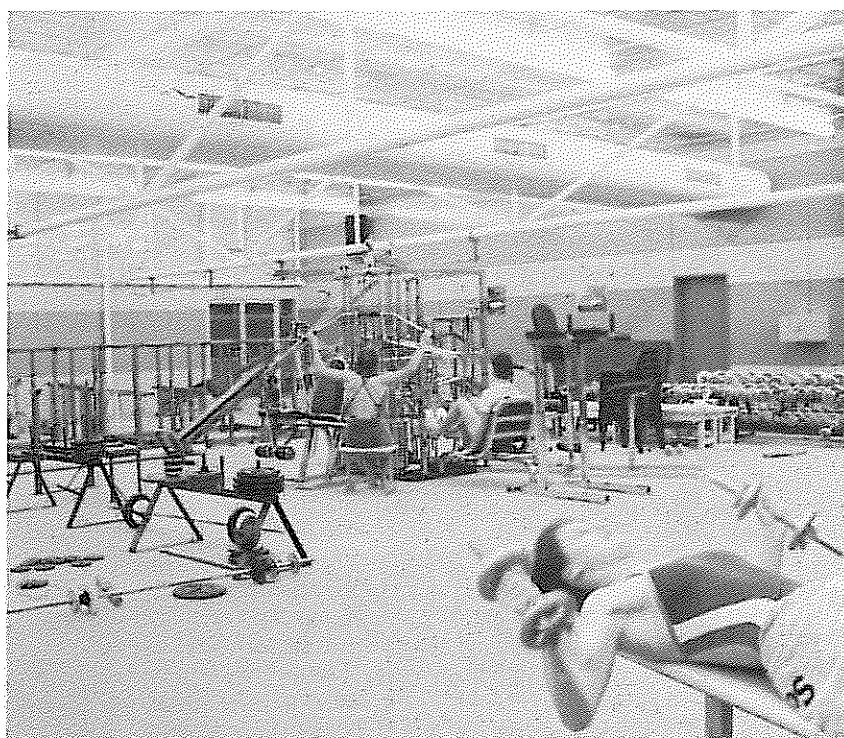
The National Training Centre Program continued this year with great success, enabling numerous high performance athletes from non-resident sports to take advantage of the Institute's facilities and sports science/medicine services. In 1984, over 1000 athletes are expected to participate in 50 training camps involving 35 sports.

Our coaches were also involved in the scholarship program for visiting coaches and athletes from developing Commonwealth countries, details of which are included elsewhere.

The eight residential sports in Canberra which are now into their fourth year, have now passed through their formative period and an evaluation of these sports is now in progress. A continuous assessment of the athlete to coach ratio has been carried out since the commencement of the Institute in 1981. It is now felt that we are much closer to a satisfactory ratio in each of the sports. Bearing in mind that a satisfactory ratio depends upon the nature of the particular sport and the number of athletes from each sport attending the AIS under the visiting scholarship scheme, the Institute has moved from 12 coaches and 155 athletes (eight sports) in 1981, to 33 coaches to 220 athletes (nine sports) in 1984.

The following reports from the Institute's Head Coaches reflect without exception, a very successful athletic year for their respective sports.

PETER BOWMAN
Administrator of Sport



New weight training facility in swim hall.

Soccer



Jimmy Shoulder.

Head Coach—Jimmy Shoulder

Assistant Coach—Ron Smith

The AIS squad is the basis for the development and preparation of the Australian Youth team and its involvement in the World Youth Championship every two years. The AIS squad is complemented by players playing in the National Soccer League and the AIS staff and facilities are utilised extensively in the production of the National Youth team.

The AIS has developed a nationwide scouting system via the National Coaching Scheme, National Under-age Championships and the State and Regional Directors of Coaching which enables the best young talent to be identified and monitored from 14 years onwards prior to selection into the AIS squad at 16 or 17 years of age. The final AIS squad always contains a number of younger players who form the nucleus of the National Youth team for the following World Youth Cup.

Outstanding Achievements

1983-84

- Finalists in the 1983 National Youth League play-offs.
- Current leaders of the 1984 National Youth League.

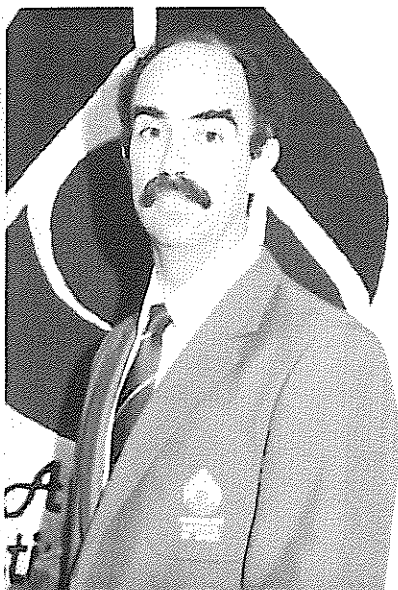
- Successful tour of Holland and West Germany in May-June 1984 including runners-up to Real Madrid in the 6th International Culture Cup in Dortmund.
- Outstanding performances by AIS players in National Youth and Under-16 Championships.
- Selection of former AIS players Tony Franken and Frank Farina for Australia in full international matches.
- Completion of world class training and coaching facilities for the AIS soccer squad. These facilities include grass training pitches, shooting boxes, full-size synthetic pitch, indoor synthetic training hall, fitness course, conditioning room, sauna and spa, lecture theatre and seminar rooms.
- Appointment of Jimmy Shoulder as the National Youth Team coach.

**KIMBERLY
CLARK**



AIS soccer players.

Basketball



Brendan Flynn.

Women's Team:

Mr Brendan Flynn—Head Coach

Ms Jenny Cheesman

Mr Phil Smyth—Skills Coach to both teams

The basketball program at the AIS is primarily for junior men and women.

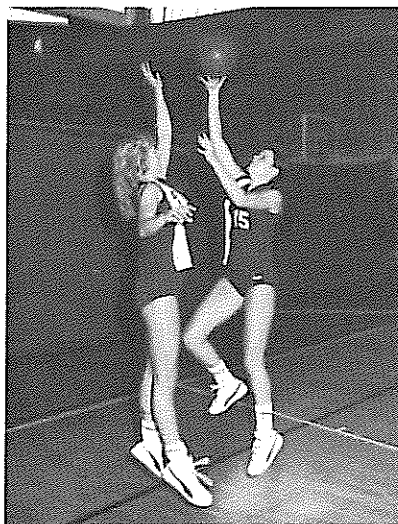
The 1983 Men's team finished in third place in the South Eastern Basketball League. The team performed outstandingly for such a young side against senior clubs. The 1984 team is a completely new team with an average age of seventeen years and has performed creditably in the SEBL. The women's team competed in the Women's Basketball League in 1983 and finished third in the League, Australia's premier league. The 1984 team is younger but is performing once again with credit. The 1983 team also finished second in the Australian Club Championships and confirmed its ranking as one of Australia's premier sides. An outstanding result for such a young group.

The women's team toured Europe in November-December 1983, winning thirteen games and losing three. Wins were recorded over the best club teams in Germany, England, France and Italy. The team also defeated the French national team. The women also toured New Zealand in September 1983 and won all seven games which included four wins over the New Zealand national women's team. The men's team competed on the west coast of the USA and recorded 8 wins and 2 losses. Wins were recorded over highly ranked junior college teams.

Seven of the 1983-84 men's group represented Australia in the World Junior Men's Championships in Spain where they finished a creditable tenth. Patrick Hunt was Assistant Coach. Nine members of the team had been through the AIS program. Bronwyn Marshall represented Australia at the World Women's Championships in Brazil. In 1984 Sue Geh represented Australia at the Olympic Qualification tournament in Cuba. The 1984 Olympic team includes 1983 AIS graduates Donna Quinn and Bronwyn Marshall, as well as Sue Geh and Jenny Cheesman. Brendan Flynn is the

Olympic team coach and Jenny Cheesman is captain. Mark Dalton and Peter Wain were selected in the Australian men's team to tour the USA in December 1983. Phil Smyth (captain) and Mark Dalton will represent Australia in the 1984 Olympics.

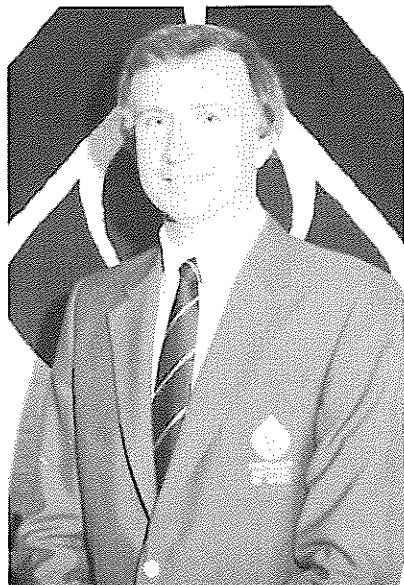
Jenny Cheesman, Sue Geh, Donna Quinn, Bronwyn Marshall and Brendan Flynn (coach) were members of the Australian women's team which competed in the Olympic qualification tournament in Cuba. The team became the first Australian women's team ever to qualify for the Olympics. In the Olympics they will compete against the world's six top teams for the three medals.



Jenny Peterson and Tracey Browning in training.

TAA. The friendly way.

Basketball



Dr Adrian Hurley.

Men's Team:
Dr Adrian Hurley—Head Coach
Mr Patrick Hunt

Past and present AIS scholarship holders are performing with credit in the men's and women's National Leagues. They are Bill Ward (Brisbane), Brett Flanigan (Sydney), Scott Fenton (Bankstown), Tim Morrissey (Illawarra), Jamie Kennedy, Mark Sinderberry, Mark Dalton (Canberra), Michael Lee (Nunawading), Peter Wain (St Kilda), Simon Cottrell, Brennan Stanwix (Hobart), Robert Dempster, Ned Coten, Eric Watterson, Trevor Pugh (Perth), Bronwyn Marshall, Bridgette Lane, Christine Christie (Brisbane), Jo Piper (Bankstown), Jenny Coffey (St Kilda), Marisa Rowe (Nunawading), Paula Hetenyi, Tracey Browning (Coburg), Sandra Morgan, Sandra Prettejohn and Donna Quinn (Noarlunga). Jamie Kennedy was the 1983 NBL Rookie of the Year and Simon Cottrell the 1984 NBL Offensive Rebounder of the Year.

Lectures and Coaches Courses

The AIS-ABF Workshop was a big success again in 1983. The Workshop draws upon Australia's top coaches and is four days of intensive coaching. The 1983 Workshop staff included Paul Westhead, coach of the World Champions Los Angeles Lakers. The 1984 Workshop will include Jack Donohue, the Canadian Olympic team coach.

The Institute is the official National Training Centre for the sport of basketball. In 1983 all three national teams prepared at the AIS for overseas competition.



AIS basketballers contesting the ball.

Women's Artistic Gymnastics



Kazuya Honda.

Head Coach: Mr Kazuya Honda
Coordinator: Ms Frances Thompson

Programme

Fourteen gymnasts accepted places in the AIS program for 1984—12 on full scholarship. Their ages range from 12 years to 17 years. Most girls are billeted with families in Canberra, with one at John XXIII College.

The gymnasts' weekly program is as follows:

Monday to Friday

6 am

Rise and prepare for the day

7-8 am

Conditioning and training

8-8.30 am

Prepare for school, and breakfast at the gym

8.30 am

Driven to school by AIS staff

3.10 pm

Collected from school by AIS staff

3.30-8 pm

Training

Saturday

9 am-1 pm

Training

Sundays

Free, except when competitions are scheduled

Over the complete year the program is divided into preparation, pre-competition, competition, and skills periods.

Domestic Competition

Domestic competition consists mainly of State Trials and Championships. AIS gymnasts competed very well in all State Championships throughout July.

In the 1983 Australian National Championships, Kellie Wilson, the 1982 National Champion, was consistent and retained her title from Keri Battersby, Sue Miller and Michelle White.

Results:

Level 9—

1st Carolyn Wootton (AIS-Vic)

Level 10

1st Kellie Wilson (AIS-Qld)

2nd Keri Battersby (AIS-Vic)

5th Sue Miller (AIS-NSW)

6th Debbie Graham (AIS-NSW)

Apparatus gold medalists:

Floor exercise—

Kellie Wilson

Bars—

Keri Battersby

Beam—

Keri Battersby

Vault—

Kellie Wilson

In the Olympic Trial, Keri Battersby was placed first with Kellie Wilson second.

The AIS' four junior gymnasts competed extremely well in the Australian Junior National Championships.

Results:

1st Monique Allen (AIS-NSW)

2nd Debbie Graham (AIS-NSW)

3rd Joanne Marshall (AIS-SA)

7th Natalie Abreu (AIS-ACT)

Apparatus gold medalists:

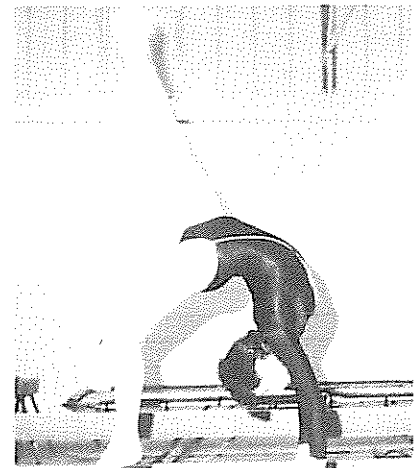
Floor exercise—

Natalie Abreu (AIS-ACT)

Balance beam—Joanne Marshall (AIS-SA)

Vault—Natalie Abreu (AIS-ACT)

Bars exercise—Monique Allen (AIS-NSW)



Gymnast Carolyn Wootton in training.



Women's Artistic Gymnastics

International Competition

New Zealand North Shore Competition 6 August 1983

Grade 1 competition:

Team:

1st AIS

Individual:

1st Sue Miller (AIS)

2nd Joanne Marshall (AIS)

3rd Tracey Parnell (AIS)

Elite competition:

Team:

1st AIS

Individual:

2nd Carolyn Wootton

3rd Keri Battersby

The AIS women's gymnastic squad to New Zealand was a highlight of this year's program. In terms of team work experience it was an excellent opportunity for our programme.

World Championships—Hungary, October 1983

The AIS gymnasts Keri Battersby, Sue Miller, and Michelle White were selected to compete in this championship. (Kellie Wilson withdrew because of injury.)

Results were:

Keri Battersby 122nd

Sue Miller 138th

Michelle White 145th

Australia vs New Zealand 17 May, 1984, Liverpool NSW

AIS gymnasts Monique Allen, Debbie Graham, Joanne Marshall and Natalie Abreu were selected in the Australian team.

Results were:

Team:

1st Australia 171.05

2nd New Zealand 152.05

Individual:

1st Monique Allen

2nd Debbie Graham

4th Joanne Marshall

Golden Sands, Bulgaria 1-2 June 1984

Keri Battersby and Kellie Wilson travelled to Varna to compete in this Eastern-block competition, as a pre-Olympic trials.

Keri Battersby made the final on the Beam (which is for the top 8).

Keri Battersby 18th

Kellie Wilson 20th

Pan Am International Competition, 9 June 1984, Canberra

Five nations took part in this competition (USA, NZ, W. Germany, Japan and Australia).

Team results:

2nd AIS team (Kellie Wilson, Keri Battersby, Debbie Graham)

Individual:

5th Kellie Wilson (overall)

1st Kellie Wilson (Australia overall)

3rd Monique Allen (Australia overall)

Athletes Selected for National Teams

Keri Battersby

1983 World Championships Australian Team

1984 LA Olympic Games

Kellie Wilson

1983 World Championships Australian Team

1984 LA Olympic Games

Sue Miller

1983 World Championships Australian Team

Michelle White

1983 World Championship Australian Team

Debbie Graham

1983 Canadian Junior Elite Competition Australian Team

1983 Junior Australian Team to compete vs New Zealand

Joanne Marshall

1983 Canadian Junior Elite Competition Australian Team

1983 Junior Australian Team to compete vs New Zealand

Cathy Frank

1983 Canadian Junior Elite Competition Australian Team

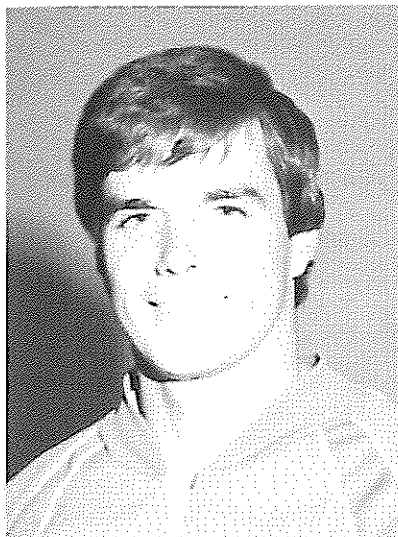
Monique Allen, Natalie Abreu

1984 Junior Australian Team to compete vs New Zealand

Performances of Note

- In 1982 Kellie Wilson attained a 9.70 on Vault, the highest score ever given to a female Australian gymnast. Now in 1984 Natalie Abreu is consistently scoring around this for a Vault known as a 'Tsukahara'—full twist (Round off approach with a tucked back salto, combined with a twist). She is also the best Australian gymnast to perform this Vault. Natalie and others at the AIS are currently working this same Vault in a straight salto position.
- Joanne Marshall became the first Australian gymnast to perform two double saltos in her Floor exercise.
- For the first time, all members of the Australian Team returned to eagerly continue training for future tours. In the past nearly all representatives have retired in the belief they were so far behind the rest of the world, and the difficult, complex skills were beyond them. Now, a great deal of credit must go to the development of the AIS for making the bridge a very narrow one. Our gymnasts know the skills are within their grasp, the facility and time available and dedicated coaches, and appropriate back-up personnel are all working to help them. All that is needed is greater exposure and international competition.

Men's Artistic Gymnastics



Warwick Forbes.

Head Coach: Warwick Forbes
Assistant Coach: Paul Szyjko

Aims

The aim of the AIS Gymnastics program is to improve the standard of Australian gymnasts in the international arena.

In conjunction with the Australian Gymnastic Federation the AIS conducts training camps and coaching clinics to assist State gymnasts and coaches.

Implementation of talent identification program through the national, regional coaches for the development of junior talent teams.

Program

The Men's artistic gymnastic program in 1983-84 has expanded upon the 1982-83 concept of a junior and senior squad. Eight of Australia's top senior gymnasts, six of whom are international calibre, train at the AIS. Six junior boys selected from around the country are being prepared for future national teams by assistant coach Paul Szyjko.

The junior program concentrates on basic physical preparation in flexibility, strength and power, with fundamental skill practice and psychological competition preparation. The junior program emphasises a developmental approach in addition to being competitive while the senior program is mainly competitive in structure.

A welcome addition to the 1984 program is the introduction of ballet classes taught by Stephanie Burridge. The ballet tuition aids in postural alignment and awareness, flexibility and rhythm thus assisting all areas of competitive gymnastics. Both junior and senior squads participate in the ballet tuition three times per week. All gymnasts attend a morning training session for one and one half hours before leaving for school, college or university. The afternoon session is of four hours duration and concentrates on skill acquisition and strength conditioning. This regime is followed on week days while only one four hour training session is held on the weekend.

Selection

Fourteen gymnasts were awarded either full or part scholarships in 1984. The senior team is composed of 8 level 10 gymnasts and the junior team is comprised of three level 7 gymnasts, two level 8 gymnasts and one level 9 gymnast.

Selection tests include:

- National gymnastic profile shapes
- Physiological tests (sports science unit)
- Medical examination (AIS sports medicine unit)
- Optional Competition Interview

Competition

1983 was an extremely important year in international gymnastics as Olympic selection hinged on performances at the World Championships in Budapest.

World Championships, Budapest

The Australian men's team for the World Championships was composed of six AIS gymnasts, five of whom made up the competitive side. Results were most encouraging as all team members qualified for an international gold pin awarded to all gymnasts averaging a 9.0 or better. Australia's team score was 556.00, an enormous leap of 20 points from the 1981 World Championships. Top scores were:

- Werner Birnbaum
NSW/AIS1 12.25 Av. 9.35
- Gennady Gleyberman
VIC/AIS 111.25 Av. 9.27
- Robert Edmonds
QLD/AIS 110 Av. 9.16
- Shaw Byng NSW/AIS 109 Av. 9.08
- Ken Meredith
QLD/AIS 108.95 Av. 9.08

Australia has made significant progress in men's gymnastics but as the scores from Budapest indicate, that depth in our international team remains our major concern.

German Cup 1983

Three Australians were invited to attend the DTRB Pokal or German

Men's Artistic Gymnastics

Cup in Stuttgart, and Werner Birnbaum, Gennady Gleyberman and Robert Edmonds competed. Inspired by recent World Championship results the trio produced a strong team score to finish third behind Switzerland and West Germany in Group II of the competition. Robert Edmonds competed excellently to come third in the allround with 55.45 points.

These results clearly demonstrate that Australia's top gymnasts are equal to most Western European nations and that with more international experience will produce exciting results.

Switzerland	167
West Germany	165
Australia	164

Golden Sands, Varna, Bulgaria

The two AIS Olympians, Werner Birnbaum and Robert Edmonds, participated in this Eastern Bloc competition as part of their preparation for the Los Angeles Olympics. Despite an obvious Eastern Bloc bias in the judging, both gymnasts competed well, Robert making the Floor finals and Werner making finals on Pommel Horse, Rings and Parallel Bars. Simply a lack of international exposure and experience prevented the gymnasts from winning Australia's first event medals.

1983 National Championships

Werner Birnbaum again emerged as the most consistent gymnast by defending his National Title from Robert Edmonds and Gennady Gleyberman.

1st Werner Birnbaum AIS/NSW 109.50

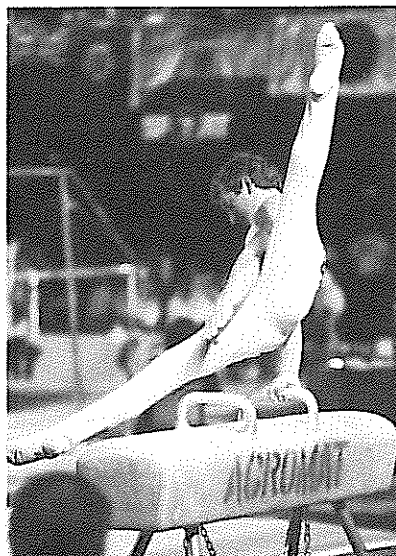
2nd Robert Edmonds AIS/QLD 108.95

3rd Gennady Gleyberman AIS/VIC 107.40

4th Ken Meredith AIS/QLD 104.35

Olympic Trials

Australia's Olympic gymnasts were selected from performances at national titles, world championships and Olympic trials. In all three competitions Werner Birnbaum



Werner Birnbaum

proved to be the strongest gymnast and Robert Edmonds second, followed closely by Gennady Gleyberman. At the Olympic trials held in March 1984, the results were:

- 1st Werner Birnbaum 112.25
- 2nd Robert Edmonds 111.85
- 3rd Gennady Gleyberman 111.25

State Championships

Each State association conducted their State titles on separate weekends thus allowing AIS gymnasts to attend all titles and gather valuable competition experience.

Junior National Championships

1983 was the second year that AIS junior gymnasts competed in the junior national championships. Results indicate that the AIS junior boys are streaking ahead of all other gymnasts in the country. We expect that the junior boys will make even more substantial improvements in 1984-85.

Results were: Level 7:

- 1 Glen Parker
- 2 Anthony Gianotti

Level 8:

- 1 Mark Mommsen
- 2 Russell Stevens

Tours and Clinics

Junior Boy's tour to USA:

Paul Szyjko took five junior boys to the United States for a three week training tour. The boys trained with America's top junior coaches and gymnasts. The tour achieved all goals and the AIS boys returned with aspirations of achieving greater heights.

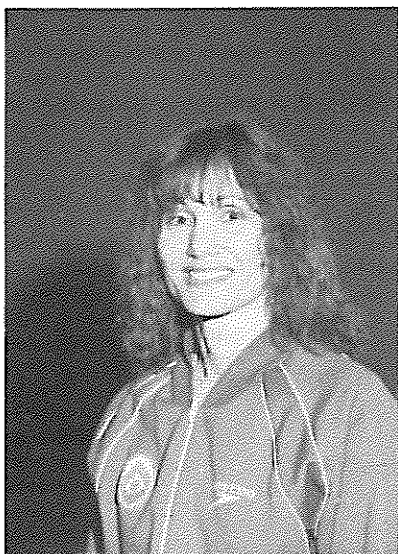
Clinics:

The British National Coach Mr John Atkinson ran a clinic at the AIS in January which provided many boys with the opportunity to refine their basics and to learn much from Mr Atkinson's vast experience and Russian inspired training methods.

Summary

1983-84 saw continued progress at the top and developments at the base of Australian gymnastics, much of which can be directly attributed to the program at the Australian Institute of Sport. Despite the fact that our top gymnasts are reaching into the international ranks and the junior boys are as talented and as well prepared as any other juniors in the world, Australia lacks the depth to enter a very strong team of six gymnasts. With the junior national regional coaches working alongside the AIS, a larger base of gymnasts will develop, allowing for greater depth in future teams.

Rhythmic Sportive Gymnastics



Ileana Vogelaar.

Head Coach: Mrs Ileana Vogelaar

Program

There were four girls in the program. Three of the girls were accommodated at John XXIII College and one junior girl was billeted with a family in Canberra.

All girls trained from 5-9pm Monday to Friday, plus 4-5 hours on Saturdays, with frequent training on Sundays. The senior girls, with a less stringent scholastic commitment, train 2½-3 hours every weekday morning, with particular emphasis on the Olympics.

Domestic Competition

AIS gymnasts dominated the 1983 NSW, Vic and WA State titles and at the 1983 National Championship filled the first four places as follows:

- 1st Karen Ho
- 2nd Gail Duquemin
- 3rd Cathy Byrne
- 4th Ann-Maree Kerr

At the Olympic Trials in Sydney on 30-31 March 1984, AIS gymnasts Ann-Maree Kerr and Linda Douglas were the two athletes selected for the Australian team.

International Competition

World Championships, Strasbourg (France) November 1983

All gymnasts selected for the Australian team were from the AIS. They competed very well; the best that

any Australian has ever done in this sport. Out of 92 competitors we achieved the following results:

- 54th Karen Ho 36.350
- 64th Ann-Maree Kerr 36.00
- 90th Gail Duquemin 34.150

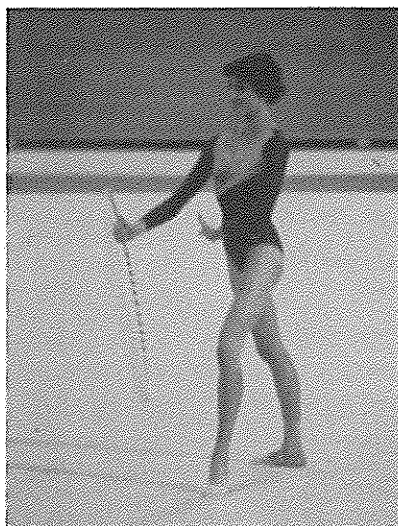
Cathy Byrne was reserve and also performed very well at the judging course.

FIG gold pins were awarded to Karen Ho and Ann-Maree Kerr for an average over 9.00. They also made possible two places (maximum per country) to qualify for the Olympics.

Pre-Olympic Tour May 1984

Ann-Maree Kerr and Linda Douglas, with coach Ileana Vogelaar and Gail Duquemin (former AIS athlete) travelled to Europe to gain some valuable pre-Olympic competition and exposure. This was a very demanding tour with the girls competing in events in Austria, the Netherlands, France and West Germany over two weeks and travelling between competitions by train.

All these events were of a high standard. They were quite competitive against world class gymnasts. For example, Ann-Maree Kerr at the competition in Corbeil-Essonne (France) against the best gymnasts in the world achieved scores of 9.15, 9.20 and 9.10. She is now well recognised at high international standard.



Rhythmic sportive gymnast, Linda Douglas.

Hockey — Men



Richard Aggiss.

Head Coach: Richard Aggiss
Assistant Administrator: Terry Walsh

The inclusion of men's and women's hockey in the Australian Institute of Sport from January 1984, in Perth, Western Australia, was the pioneer step in the decentralisation program of the AIS. For hockey it was a major step towards preserving Australia's number one world ranking (men) and number two world ranking for the women.

The very close and harmonious relationship between the national bodies and the Australian Institute of Sport saw the Australian selectors and the respective head coaches select the sixteen men and fifteen women into the hockey program which began on February 14, 1984. The Institute's hockey programs focused on developing players to the highest level of skill, hockey intelligence, fitness, mental preparation and competitiveness. By the time a player is selected to represent Australia, he/she should have shown the ability to handle tough competitive situations only gained from high standard international, interstate and intrastate matches.

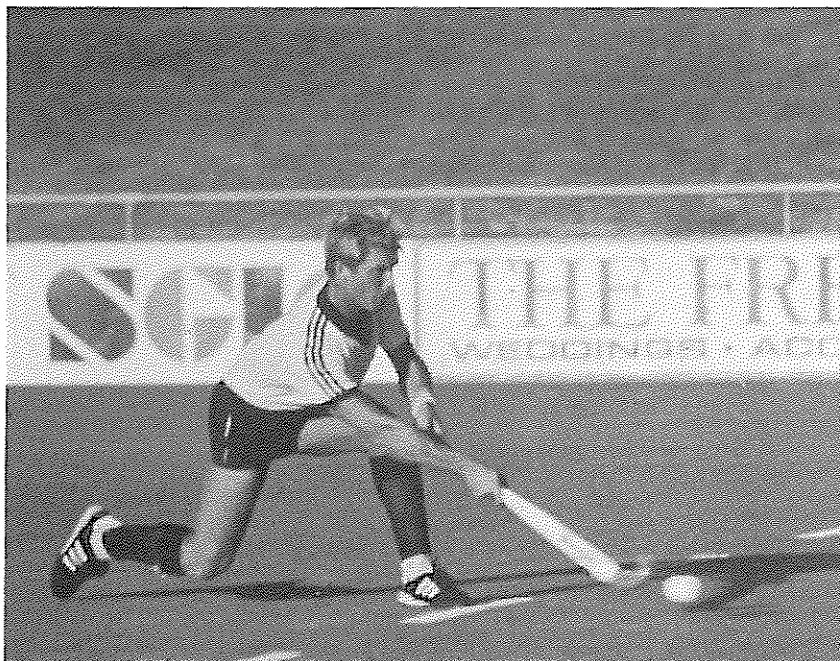
Domestic Competition—Men

The first division hockey competition in Perth is one of the strongest in the world. With this in mind the Australian Institute of Sport athletes have been exposed to as many competitive situations as possible.

(1) As a team: The Australian Institute of Sport men compete in a sponsored mid-week competition of twenty games against the ten first division clubs.

This Esanda/Western Underwriters Hockey Challenge has generated enormous interest in the hockey community and has provided Australian Institute of Sport men with top class competition.

(2) As individuals: The sixteen men were drafted to the ten first division clubs and consequently will play another eighteen games in the Winter competition against and with some of the best hockey players in the world.



Warren Birmingham

Hockey — Men

International Competition—Men

1. The Australian Institute of Sport played their first international team in Perth, in March, in a series of three matches against Canada. The outstanding results of 4-1, 3-0 and 4-1 indicated the strength of the Australian Institute of Sport team and showed the depth of Australian hockey as Canada is ranked tenth in the world.
2. On the weekend of July 7 and 8 the Australian Olympic Team assembled in Perth for games against the Australian Institute of Sport on Saturday and 'the Rest of Australia' on Sunday. Several AIS players (John Bestall, Brett Butcher, Graham Reid, Neil Snowden, Nigel Patmore, Grant Mitton, Warren Birmingham, Bryan Zekulich and Peter Noel) will be involved on the Sunday.

National Selection

Olympians Neil Snowden, Nigel Patmore and Grant Mitton were joined by John Bestall for the April tournament in Berlin and preceding games in Los Angeles and Barcelona.

Other

The decentralised program in Perth called for harmony and co-operation between many various instrumentalities. The level of cooperation in the first six months of this new concept has been a major factor in the smooth start to the hockey unit in Perth.

Special thanks go to:

The Western Australian State Government

The Department of Youth, Sport and Recreation and their accommodation facilities at Noalimba Reception Centre

The University of Western Australia and their Sports Science Department

The Western Australian Institute of Technology Council and their Sports Medicine, weight training and medical facilities

The Shenton Park Rehabilitation Annex

The Western Australian Hockey Associations (Men and Women) and the Hockey Stadium Council

The support and sponsorship of Adidas has been appreciated with the supply of excellent footwear and clothing for the men's and women's teams.

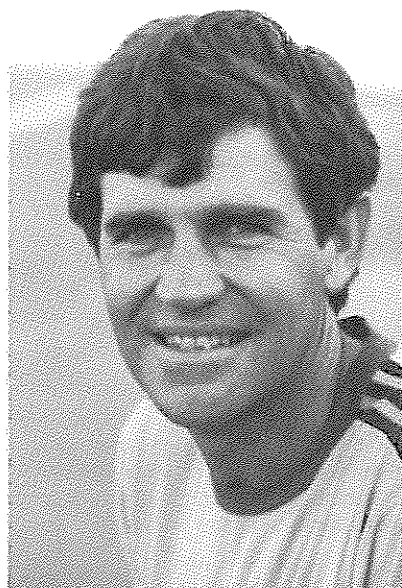
The National Training Centre Program will be utilised in Perth towards the end of 1984 with developmental schemes for the Under 21 national team and the Australian Talent Squad.

Summary

1982/83/84 were the most exciting and successful years in Australian hockey history with the men winning five consecutive tournaments and the women ranked number two. The AIS program should cater for the immediate and long-term future of Australian hockey. Aims and objectives have been established, these must be continually reviewed in the light of the AIS program and the success of the Australian teams.

The impact of the AIS program is already evident in Australian hockey but the real assessment of this first decentralised program cannot be made until several years of operation have passed.

Hockey — Women



Brian Glencross.

Head Coach: Brian Glencross
Assistant Administrator:
Pam Glossop

Fourteen scholarships were awarded to players from Queensland, New South Wales, ACT, South Australia and Western Australia. One athlete had her scholarship terminated due to injury and was replaced by a player from New South Wales. In April a fifteenth player from Western Australia was added to the squad.

Six AIS players were selected in the Australian Olympic Women's Hockey team—Marian Aylmore, Sharon Buchanan, Loretta Dorman, Trisha Heberle, Lorraine Hillas and Colleen Pearce. Stand-by players for the Olympic team were Kathy Partridge, Liane Tooth and Sandra Pegrum.

Domestic Competition

- (1) As a team: The AIS women competed in the Esanda/Western Underwriters hockey challenge a sponsored mid-week competition of sixteen games against the eight 1A grade clubs. These games provide the AIS women with regular top class competition.
- (2) As individuals: The fifteen players were drafted to the eight 1A clubs and play regularly with their respective clubs giving them additional match play.
- (3) Country tour: The AIS team toured the Busselton district in June and played games against the Western Australian

Under 21 women's team, twice against a composite rest team which included several current Australian players and against the Busselton team. This tour gave the team experience of playing under different conditions in a tour situation and also exposed the Australian Institute of Sport to the strongest women's hockey centre in Western Australia.

Olympic Team Development

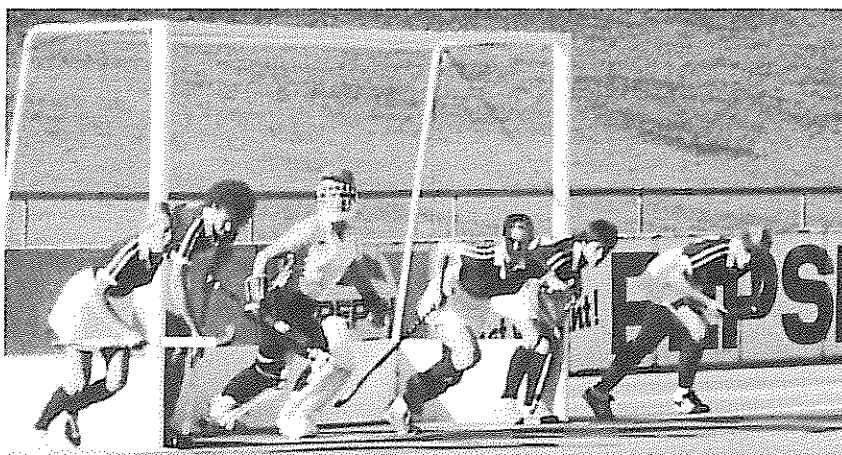
The AIS women's team played an important part with the development of the Australian Olympic team in playing a number of games against the team during their training camps in Perth in May and June.

Other Competition and Coaching

Matches have been played against Western Australian representative teams also the AIS players have been involved in coaching seminars with State under age and college teams.

International Competition

In September/October the AIS team will tour Germany, England, Wales and Zimbabwe. They will play a total of twelve matches against national senior and youth squads from these countries. The tour will give the players international experience which is an essential part of their development into outstanding Australian women hockey players.



AIS hockey women defending a corner.

Netball



Wilma Shakespear.

Head Coach: Wilma Shakespear

General Comment

Australia's domination of international netball is unique—four victories and one tied title in the six series contested.

The AIS netball program aims to maintain this international standing by providing Australia with a greater depth of players fully prepared to meet the challenge of international competition.

It aims to give players the experience necessary to compete with distinction at national and international levels. As national players need a blend of top Australian and international experience, AIS training focuses on the skills and tactics employed by Australian teams and their major international rivals.

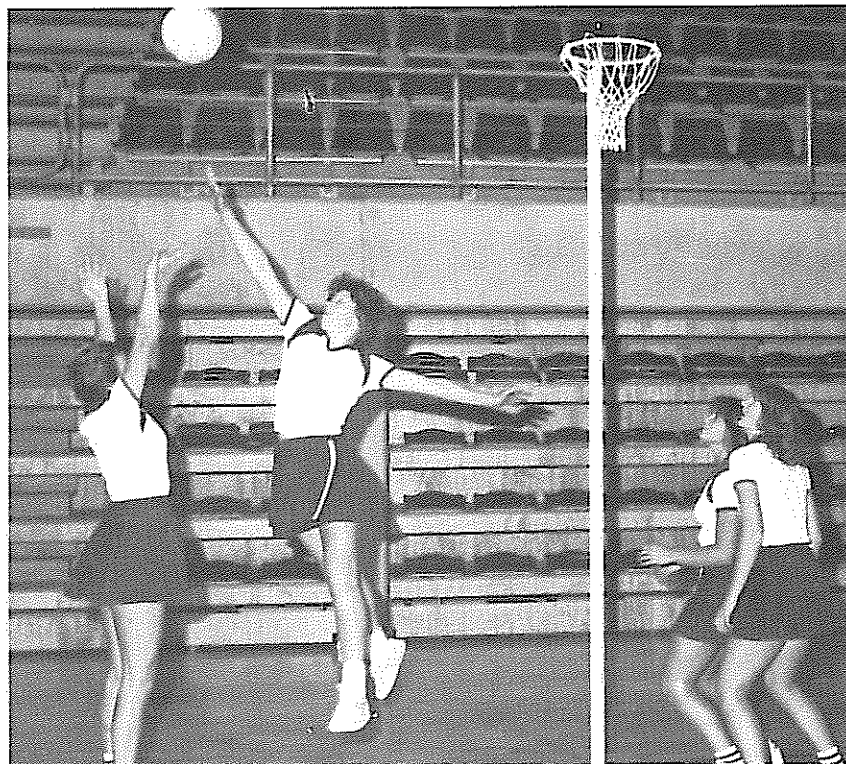
The national team is the accomplished performers' arena—the AIS is the learning arena. The winning or losing of matches is not of major importance to our program. The development of the individual player's potential is. This

is achieved by offering a wide range of meaningful learning experiences.

Our programme begins by focusing on the individual's skill, progresses to local competition then State fixtures, culminating in a major international event. Such a program allows us to compete in most major events on the netball calendar.

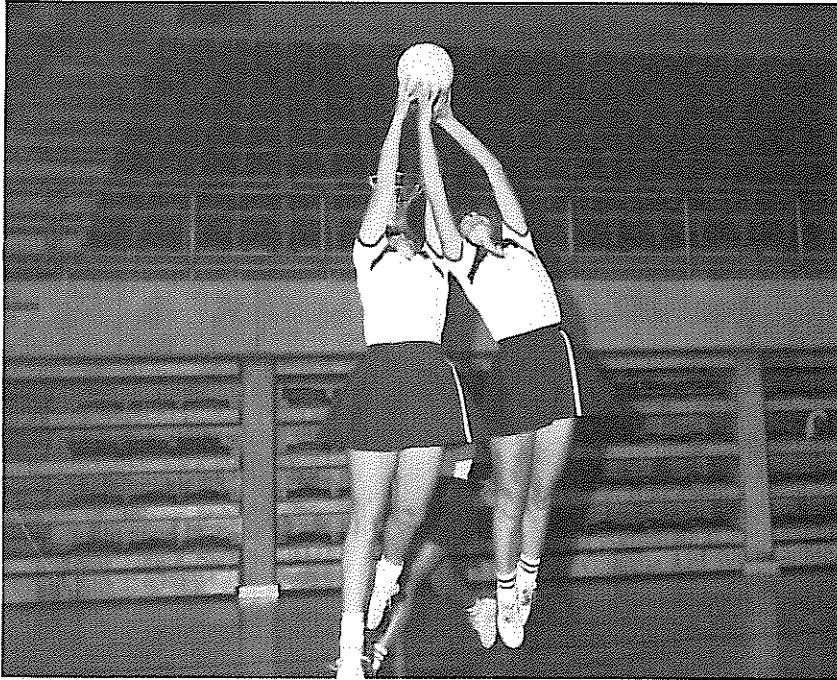
The change of emphasis in recruitment began in 1983 and continued in 1984. With the defence of the World Championship three years away and the selection of the inaugural 'Young Australia' (Under 21) team, recruitment now focuses chiefly on the 'under-age' players.

The National Talent Identification program now feeds strongly onto the AIS. Our program aims to initially feed onto the National Under-Age ranks, with the most successful later gaining National Open selection. Before the defence of the next World Title (Scotland 1987) the AIS should have made a significant contribution to broadening the base of our top-level competitors.



AIS Netballers in training.

Netball



AIS netballers practising.

Results

In a year which had many 'high points', two events perhaps stand out more notably than the rest.

Firstly, the selection of six players with an AIS background in the inaugural Young Australia team. The team's subsequent successful tour of New Zealand where they completely outclassed their traditional arch rivals—being undefeated in their eight matches and winning the Test Series 3-0. Secondly, the AIS team's UK tour where again they more than adequately accounted for their English counterparts—defeating the National U21 team at Wembley and recording a string of notable wins against leading counties.

Both tours indicate the traditional dominance of Australia at the Open level is now permeating the Under Age ranks. Comments in both nations' netball magazines tend to support this view. The New Zealand special correspondent wrote:

"The Young Australian team's recent tour gave New Zealanders a look

at the sort of talent Australia has waiting in the wings.

Their clean sweep of the eight match tour showed clearly the depth and strength of Australian netball."

Whilst the English editor stated:

"Even with an unbeaten record on their tour preceding Wembley, no one was prepared for the seven Australian girls so skilful and clean in their play; so disciplined in their manner; so determined in their efforts to win while still providing entertaining netball, that the spectators were often left silent and speechless in admiration.

Their performance highlighted for many the mammoth task ahead of new England Coach..."

She went on to add that "it is the total netball environment of the Australian Institute of Sport... which undoubtedly gives the Australian players, even at the U21 stage, the look of potential champions and must surely leave other countries looking on with envy."

Results

Representative Honours:

a) Current National Team:

Sue Hawkins (AIS 1981)
Christine Harris (AIS 1981)
Karan Bullock (AIS 1981)
Roselee Jencke (AIS 1982-83)

b) Inaugural Young Australia:
Roselee Jencke (AIS 1982-83)

Captain
Julie Gibb (AIS 1981)
Gillian Walsh (AIS 1982-83)
Marcia Ella (AIS 1983-84)
Keeley Devery (AIS 1983-84)
Debbie Johnson (AIS 1983-84)

c) State:

At both Open and U21 levels AIS players have gained numerous representative honours.

We wish to acknowledge the support given to AIS players by the ACTNA in allowing athletes who could not seek representation in their home State to attend selection trials in Canberra. This support was invaluable to us, providing many players with the opportunity to compete which would otherwise have been denied them.

Competitive Schedule

International:

a) English Tour

The highlight of the tour was undoubtedly the Wembley match where we defeated the English U21 team 29-11 in a 2 x 20 min game. It was a tremendous experience to be part of this event.

In all we played sixteen games of varying playing time in fourteen days, resulting in just one loss to the "Roos" who lined up six of the current English Senior team.

b) Fiji—South Pacific Club Tournament

AIS defeated Newcastle in the final to remain undefeated throughout the series and win this inaugural event.

Netball

Domestic:

Esso Gold International Club Championship

AIS defeated Melbourne Blue 39-36 to become the inaugural winner of this event. The series received national TV exposure. Major National Competitions

1) Australian Club Championships—Adelaide, Easter

AIS(1) undefeated in preliminary round of Open section. Lost final play-off to Melbourne Blue by one goal.

AIS(2) undefeated in preliminary rounds of second division. Defeated North Melbourne to win the City of Hobart Challenge Shield.

2) South Australia/Western Australia Tour, July

AIS(1) lost to national title holders SA Open. Defeated all other opponents including the WA Open and U21 teams.

3) Darwin Tour

AIS(2) defeated the NT Open team. It remained undefeated in its matches against the Darwin Association's A grade teams.

4) Tasmania Challenge Series

AIS defeated Tasmania Open and U21 teams in Hobart.

State Competitions

NSW State League.

AIS plays two teams by invitation in first round fixtures, travelling to Sydney each Saturday in season to compete.

AIS(1) won 8 games and lost one (to Manly Warringah).

AIS(2) won 5 games.

Inter-district Competition—ACTNA, Canberra.

AIS players were spread throughout the competing teams for this season's matches.

Initiatives

- An important initiative in 1984 was the appointment of Margaret Caldwell BEM, to the AIS coaching staff as a shooting specialist. The importance of accurate shooting cannot be over-emphasised in netball. Conversion rates are crucial, technique and concentration vital, constant practice essential. AIS shooters' daily workouts are now under Margaret's expert eye.
- The Inaugural AANA/AIS Coaching and Umpires Seminar will be held at our Bruce headquarters late September. All States and Territories will be represented along with many overseas delegates. Early estimates indicate one hundred participants will endeavour to update their netball knowledge throughout the weekend. AIS staff have worked closely with the National Coaching Director, Mrs Pamela Barham, to ensure the success of this venture.
- The National Talent Identification Squad will attend the AIS for training as the second phase of this scheme. This will bring AIS coaches/players into direct contact with some of the most talented U17 players in the country.
- The Young Australia Team held two weekend training camps at the AIS providing our current scholarship holders with valuable match play. AIS sports science staff provided valuable testing facilities for this highly successful national group.

Acknowledgements

- The All Australia Netball Association, particularly through its Coaching Director and Management Committee have been of invaluable support and assistance to us.
- Dunlop Footwear Australia for their sponsorship of our netball squad. We are indebted to them for their support.

Swimming — Women



Bill Sweetenham.

Head Coach: Bill Sweetenham

During our 1983-1984 year the women's swimming team enjoyed outstanding success in achieving the following results.

- 22 international gold medals in international competition.
- 1983 World Student Games—Edmonton, Canada.
Susie Woodhouse—2 gold medals—2 meet records.
100m Butterfly 1:01.790
200m Butterfly 2:13.5
- Undefeated internationally in 1983 (AIS v Canada, West Germany, Sweden)
- Women's Team point score winner—Canada Cup (Vancouver)
1 national record—5 meet records
16 personal best times
11 out of a possible 17 gold medals
Meet high point
winner—Sue Landells
runner-up—Suzi Baumer
- Defeated USA National Championship Club—Mission Viejo (USA National Champion Club since 1973)
- 9 out of Australia's 13 world rankings and 10 national records. All but 2 of our AIS short course records were broken
- Placed 7 members on the 1984 Olympic team. (The enormous success our team achieved at the Olympics is included in a supplementary report.)

World Rankings (top 25)

The original AIS swimming team (men and women) had accounted for 4 of Australia's 24 world rankings in 1980. The same group of swimmers earned 11 rankings in 1981. In 1982, AIS swimmers were responsible for 21 of Australia's 42 world ranked performances. Based on this figures, it can be seen that the 75% increase in Australia's ranking output coincides almost exactly with the progress the AIS has made in this area.

This progress continued in 1983 with our women's team achieving 9 out of 13 of Australia's world ranked performances in women's swimming.



The Prime Minister the Honourable R J Hawke MP meeting AIS swimmers.

Swimming — Women



Start of a backstroke event in the indoor swimming pool (Australian Information Service).

New Initiatives

1983 saw the introduction of our AIS Talent Identification and Development Scholarships, designed to give promising young swimmers the opportunity to participate in the program for one or two weeks and to talk with our staff about schooling or employment availability should they win a scholarship. This scheme was expanded in 1984 to include coaches. Finally, our thanks go to the Australian Swimming Union for their help and cooperation and to Speedo for their outstanding contribution they make to our team.

The team's achievements are many and with a broadening of our horizons and with our future plans and new initiatives our continued success is assured.

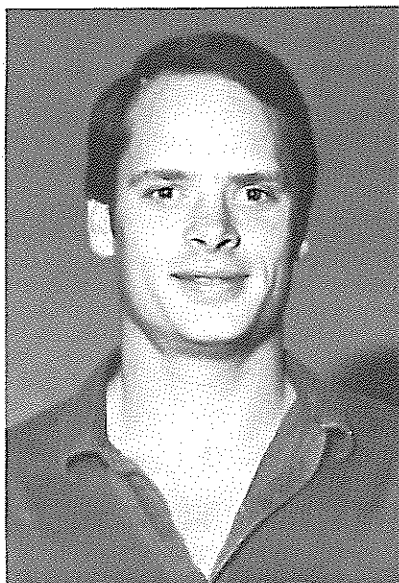
1983 AIS Annual Awards

Team Captain
Michele Pearson
Outstanding Swimmer
Sue Landells
Outstanding Performance
Susie Woodhouse
Most Valuable Swimmer
Suzi Baumer
Most Dedicated Swimmer
Karen Phillips
Most Spirited Swimmer
Georgina Parkes

There were some significant gains and excellent results by a number of our women in the academic areas during the season. This area is important in our overall program where the development of character and dedication will always be essential ingredients for ultimate success.

With our new swim facility and gym now in full operation, we can look forward to many great years of swimming.

Swimming—Men



Dennis Pursley.

Head Coach: Dennis Pursley

In every respect, the AIS Men's swimming team continued to progress in 1983. The AIS men demonstrated significant improvement in all three areas of evaluation:

1. International Competition

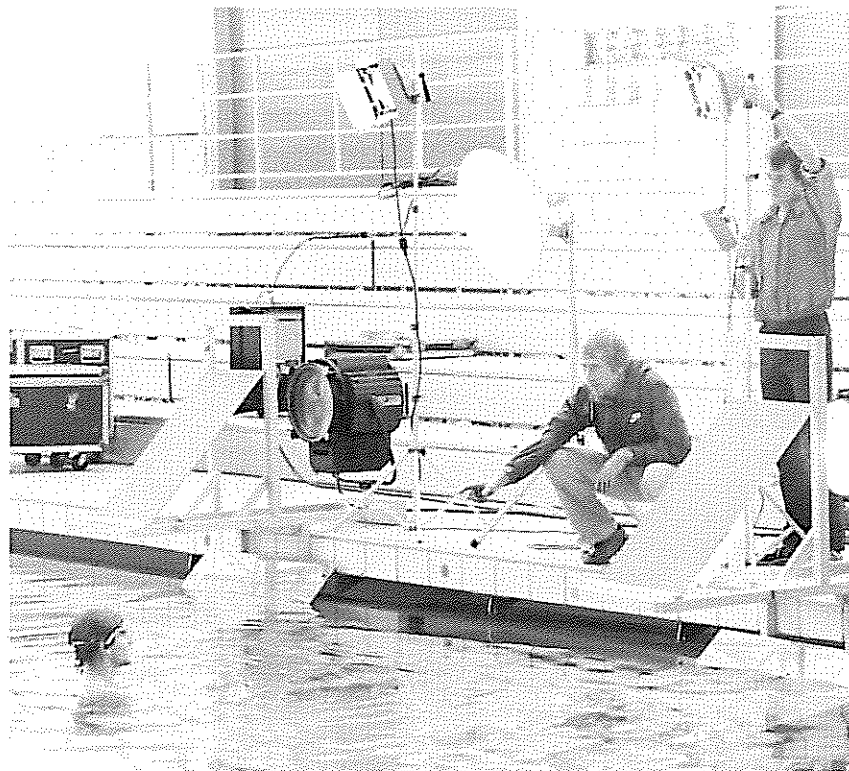
A. Mission Viejo International Invitational

This event marked the first time since the AIS was founded that AIS swimmers defeated world record holders. Stephen Cook earned his first gold medal in major international competition by defeating world record holder Steve Lundquist in the 100m breaststroke. Mark Stockwell's victory over world record holder Rowdy Gaines in the 100m freestyle was good for the silver medal. In the 50m freestyle, Mark surpassed his previous achievement by touching ahead of Gaines and NCAA Champion Tom

Jager for the gold. Glenn Beringen and Stephen Cook provided a 1-2 finish in the 200m breaststroke ahead of US Olympian and World Championships medalist John Moffet. Competing against the best teams from the US and Canada, our men's 800m freestyle relay was victorious in meet record time.

B. McDonald's Los Angeles pre-Olympic meet

The two swimmers representing the AIS men's team were highly successful in this prestigious international event. In finishing third behind world record holder Ricardo Prado of Brazil, Rob Woodhouse became the first Australian in history to break the 4:30.0 barrier in the 400mIM. Stephen Cook followed suit with a personal best silver medal performance in the 100m breaststroke.



Dr Bruce Mason biomechanist and laboratory technician Graham Burton briefing a swimmer for some underwater shots.

C. West Germany/Sweden/AIS Tri-meet

As West Germany and Sweden are generally considered to be two of the top five men's swimming nations in the world, we were very proud to have won the battle in regard to the point score and the gold medal tally. Paul Rowe provided the meet's major upset in defeating world record holder Michael Gross in the 200m butterfly. However, the highlight of the meet was Greg Fasala's victory in the 100m freestyle which will be remembered as the first Commonwealth record for the AIS men's team. Equally impressive was the 400m freestyle relay which missed the Commonwealth record by less than 0.3 seconds! Peter Dale earned his first gold in international competition by defeating a field of world renowned 200m freestylers. Other gold medals were won by Glenn Beringen in the 200m breaststroke, Brett Stocks in the 100m breaststroke and David Orbell in the 200m backstroke.

D. Tokyo International Invitational

Several world record holders were featured in this event which included national teams from eight countries. Australia finished second to the United States in the total medal count ahead of third placed Canada. AIS athletes accounted for 7 of Australia's 8 medals in the men's individual events and the AIS placed three swimmers on each of Australia's three silver medal winning relays!

2. World Rankings (Top 25)

In 1983, the AIS men accounted for 10 of Australia's 17 world rankings and earned two more than the 1981 and 1982 squads combined. Congratulations to the following world ranked swimmers:

1. Greg Fasala—
50m freestyle
2. Greg Fasala—
100m freestyle
3. Rob Woodhouse—
400m IM
4. Paul Rowe—
200m butterfly
5. Glenn Beringen—
200m breaststroke
6. Stephen Cook—
100m breaststroke
7. Brett Stocks—
100m breaststroke
8. Mark Stockwell—
50m freestyle
9. Greg Fasala,
Mark Stockwell,
Peter Dale and
Ron McKeon—
400m freestyle relay
10. Peter Dale,
Ron McKeon,
Paul Rowe and
Greg Fasala—
800m freestyle relay

3. National Records

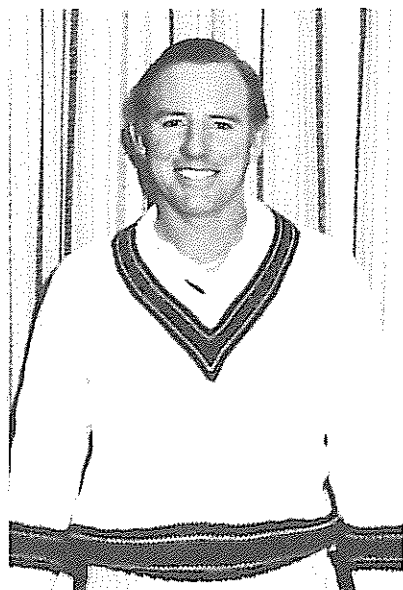
After re-writing the books with an incredible 12 national record breaking performances in the 1983 AIS short course invitational, the AIS men later accounted for three additional long course records equalling the total output of the two previous years. Congratulations are due to the following long course record breakers:

1. Greg Fasala—
100m freestyle 50.96
(Commonwealth record)
2. Greg Fasala—
50m freestyle 22.97
3. Rob Woodhouse—
400m IM 4:28.44



Greg Fasala seen through the underwater viewing chamber.

Tennis



Ray Ruffels.

Head Coach—Ray Ruffels

**Assistant Coaches—Helen Gourlay
Brett Edwards
John Marks**

The Australian Junior teams coached by Ray Ruffels have continued to perform with outstanding results over the past five years. Many of these players have been from the AIS. Australia is once again a major force in world junior tennis, and we are beginning to make our presence felt more and more in Open competition. Former AIS athletes, Pat Cash and Anne Minter graduated from these Junior teams to represent Australia—Pat to play his part in winning the Davis Cup; Anne remaining undefeated in taking Australia through to the final of the Federation Cup. Each year changes occur within our program and it was with regret that Bob Carmichael left the AIS and returned to the lucrative "over 35" tennis tour. Bob played a large part in the outstanding improvement of Simon Youl and Des Tyson. Bob has been replaced by former Australian Open finalist John Marks. Brett Edwards, a previous AIS scholarship holder, has also been added to the staff. Together with Helen Gourlay and Ray Ruffels, this staff is the equal of any in the world.

The realistic staff numbers now make it possible for the program to be intense and also allows the coaches to make more realistic assessment of the athletes' international capabilities.

The domestic program of the AIS tennis team supported the Junior Development program of the LTAA. The stars of the year were Simon Youl and Des Tyson while new arrival Janine Thompson and Louise Field have led the girls' results.

Simon Youl won the Australian Hardcourt Championships and had wins over Wimbledon semi-finalist Kevin Curran and Davis Cup player Brad Drewett at the Brisbane Indoor Championship. Both these events were in Open company.

Des Tyson won the major junior titles of NSW and SA from all the best juniors in Australia plus some international representation. The Australian junior rankings for 1983

- No 1—Simon Youl (AIS)
- No 2—Des Tyson (AIS)
- No 4—Mark Kratzman (AIS 1983)



Louise Field.

COLGATE
PALMOLIVE



Tennis

While the rest of the world was unable to defeat AIS athletes Simon Youl and Mark Kratzman as a doubles team, fellow AIS athletes Darren Cahill and Anthony Lane did in the semi-final of the Australian Junior Championships. This prevented Simon and Mark completing the Grand Slam. In an all-AIS final, Tyson and Harty won the title from Cahill and Lane.

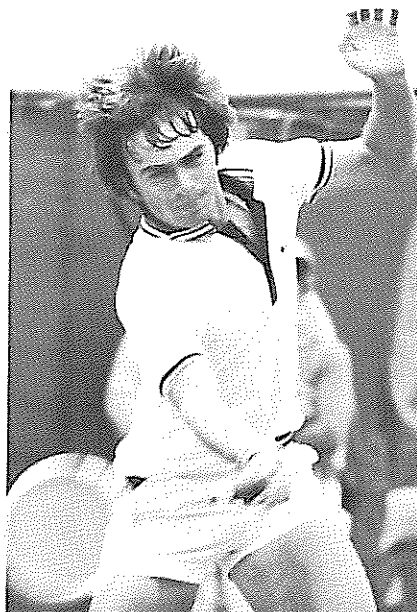
Kim Staunton played well early on the Australian Circuit winning the Junior Championship of Queensland. Louise Field's persistence is beginning to pay dividends as she reached the Masters of the Australian Women's Satellite, semi-final of the Australian Junior Championship and was runner-up to 1st year AIS athlete Janine Thompson in the NSW Hardcourt title.

Todd Viney had an outstanding performance to lead SA to its first Linton Cup victory in 18 years.

Simon Youl was brilliant all year and won three International Tennis Federation Junior tournaments as well as being a runner-up to the outstanding Stefan Edberg (Sweden) who completed the first ever Junior Grand Slam. In 1984 Simon has already won the \$25,000 Lee-on-Solent (England) tournament as well as winning through the tremendously tough qualifying rounds for the French Open for the second successive year. Simon Youl and Mark Kratzman in Junior doubles during 1983 won 3 of the 4 major championships. They won the French, Wimbledon and US titles.

Des Tyson was the top performer in AIS International Satellite competition as he reached the Masters of the Swiss Satellite singles and doubles.

Janine Thompson has been the most successful Australian girl for her age since the late sixties. During 1984 she has won one International Tennis Federation Junior tournament and was a semi-finalist at the recent Wimbledon Junior Championships.



Wally Masur.

1983 National Teams

BP Achievers Squad
None
Australian Junior Team
S. Youl
M. Kratzman
K. Staunton
Australian 16 & Under Team
M. Turk
C. Carney
L. Field
Galea Cup Team
S. Youl
M. Kratzman

1984 National Teams

BP Achievers Squad
S. Youl
Australian Junior Team
J. Thompson
Australian 16 & Under Team
P. Flynn
Galea Cup Team
S. Youl
D. Tyson
Annie Soisbault Cup Team
J. Thompson
Australian Olympic Team
S. Youl
R. Ruffels (Manager)

World Rankings

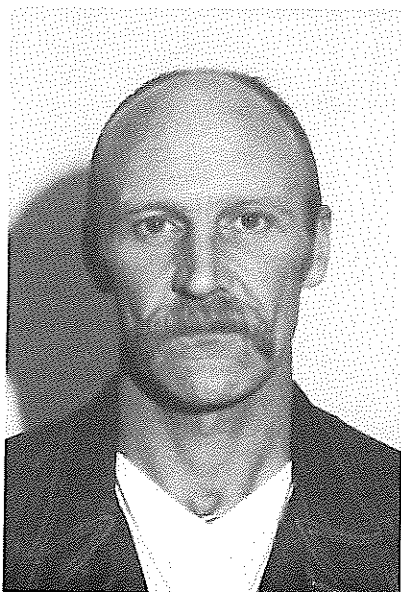
1983

Simon Youl
Junior Singles No 2 World Tennis
Junior Doubles No 2 ITF
Mark Kratzman
Junior Singles No 14 ITF
Junior Doubles No 1 ITF
Kim Staunton
Junior Singles No 15 ITF

Notable achievements of former AIS tennis players:

Pat Cash
Wimbledon semi-finalist
Davis Cup Winner
Wally Masur
Davis Cup Squad
Anne Minter
Federation Cup Team
Mark Kratzman
Wimbledon Junior Champion
Brett Edwards
Coach at the AIS
Kerryn Pratt
Sports Journalist Channel Seven,
Sydney

Track and Field



Kelvin Giles.

Head Coach: Kelvin Giles

Coaches:

Gary Knoke (deceased 9.7.84)
—sprints and hurdles
Craig Hilliard—walks
Merv Kemp—throws
Pat Clohessy—endurance

1983-1984 contained two major commitments, the inaugural World Championships, Helsinki (August 7-14) and the domestic season January-March. Other competitive programs undertaken during the year included:

Eschborne/Lugano Cups—Walks, Norway
World Cross-Country Championships, New York
World Walking Championships—Women, Italy
European Tour—Throws Squad
Under 20 USA Tour
Japan Tours—November and January

The number of major championships and high quality meets now available to athletes each year requires great emphasis to be placed on the careful structuring of long and short term programming to prepare and peak athletes for these championships. In essence, track and field cannot be classified as a seasonal sport; we have to be ready to respond to the competitive elements of the year.

Visiting Scholarships

Owing to the enormous response and success of the Visiting Scholarship scheme inaugurated last year, it was decided that only 29 of the 32 places would be filled by residential scholarship holders. The visiting scholarships are being funded from the remaining scholarship budget.

Six athletes left the squad during the 1984 season. Three athletes failed to meet the performance criteria and three athletes departed Canberra for personal reasons. Under the Visiting Scholarship scheme, 10 of the non-AIS 21 Olympic team members were also assisted.

In addition, a total of 39 athletes took advantage of this scheme and it is envisaged that many of Australia's highly ranked athletes will continue to do so over the ensuing years and in essence comprise the majority of our future national teams.

Those who have been assisted by the Visiting Scholarship program:

Glynis Nunn, Gail Martin, Darren Clarke, Gary Honey, John Minns, Werner Reiterer, Yvette Ykema, Steve Larsson, Eugene Bria, Martin Hesse, Ben Laidler, James Highland, Sean Carlin, Andrew Jachno, Willie Sawall, Simon Baker, Bill Dyer, Rachel Thompson, Michael Harvey, Nicole Boegman, Angus Waddell, Ken Gordon, Debbie Flintoff, Sue Alton, Donna Gould, Melissa Smith, Gerrard Ryan, Heather Barralet, Andrew Lloyd, Malcolm Norwood, Adam Hope, Morgan Morris, Wayne Martell, Grenville Wood, Krishna Wood, Jenny Flaherty, Rick Mitchell, Stuart Gyngell.

Once again track and field was involved in the scholarship program for athletes from developing Commonwealth countries.

Of the 31 strong Olympic track and field team the AIS will be represented by 9 athletes:

P. Narracott	R. Lorraway
D. Wright	K. Lorraway
D. Smith	V. Browne
L. Martin	R. de Castella
	P. Scammell

Zephaniah Ncube (Zimbabwe) returned to complete his preparation for the Olympic Games. Zeph's performances have been excellent, recording personal bests in both 5 and 10km and taking out the 5 and 10km National Titles. Zeph has benefited enormously from this program. In addition, we assisted Nigerian coach James Obajimi who has had considerable international experience and was a team coach at the recent Helsinki World Championships and Brisbane Commonwealth Games.

Apart from ongoing duties at the AIS, our coaches have extended their guidance and counselling services to many other athletes unable to attend the AIS on a permanent basis. Further to these duties, coaching staff have committed themselves to coaching seminars, workshops, clinics and lectures.

Track and Field

The squad is divided into event blocks as follows:

Sprints/Hurdles

P. Narracott J. Low
G. Keating J. Caliguri
G. Brown M. Carroll
D. Wright

Throws

S. Howland
P. Nandapi
P. Nettle
P. Spivey

Jumps

K. Lorroway
R. Lorroway
V. Browne
J. Parker
P. Beames

Walks

S. Cook
D. Smith

Endurance

R. de Castella M. Favier
N. de Castella C. Schuwalow
P. Scammell S. Collins
S. Austin D. Forbes
G. Briggs P. Gilbert
J. Andrews L. Martin

Coach

G. Knoke
(C. Hilliard)

M. Kemp

K. Giles
(Head Coach)

C. Hilliard

P. Clohessy



Garry Brown, 400m hurdler at training.

Results

J. Andrews	(Endurance)	Competitive programme curtailed through injury. Season's best 5km 13.45
S. Austin	(Endurance)	Season's best for 5km 13:53.52
M. Barratt	(HJ)	Season's best 2.12
P. Beames	(TJ)	2nd National Championships, PB 16.22
G. Briggs	(Endurance/ Steeplechase)	Season's best 8.43 -S/C, 13.47—5km, Silver medallist Aust X-Country Championships, Qld.
G. Brown	(400mH)	Narrowly missed qualifying for Olympic Games. Season's best 50.3. Europe Tour 1984
V. Browne	(HJ)	9th World Championships. National Champion and record holder 1.94. Olympic Games representative.
J. Caliguri	(110mH)	Joined AIS in April 1984. 3rd in National Championships.
M. Carroll	(110mH)	Season's best of 14.39
S. Collins	(800/1500)	Joined AIS June 1984. National Champion U18 400m (55.9) & 800m (2:05.08)

Track and Field

S. Cook	(Walks)	Established world records 5km track 22:04.42 and 10km track 45:47.0. World best performances over 1500, 15km and 20km. 3rd Eschborne Cup.
R. de Castella	(Marathon)	World Champion. Olympic Games representative. Recently recorded PB for 10km 28:02.73.
N. de Castella	(Endurance)	Best performance 2:15.04. Narrowly missed qualifying for Olympic Games in Marathon. Ranked No 2 in Australia.
M. Favier	(800m)	Undefeated in USA tour 1984 Junior National Champion, PB 1:48.91
J. Fleming	(400/800m)	Season's best of 1:49.54, 47.4.
D. Forbes	(1500m)	Joined AIS April 1984 NSW Champion 3:39.89. 2nd National 5km.
P. Gilbert	(800m)	2nd National Titles, Attained Olympic qualifying time. PB 1:45.6
S. Howland	(Javelin)	Resumed full training after further surgery.
P. Kaine	(200/400m)	Season's best of 48.05. Competitive program curtailed through injury.
G. Keating	(100/200m)	World Championship representative. Europe Tour 1984. Narrowly missed qualifying for Olympic Games. 100m 10.39. PB 200 21.16
K. Lorraway	(TJ)	World Championship representative. Olympic Games representative. National champion and record holder. Season's best 16.60. Ranked No. 1
R. Lorraway	(LJ)	8th World Championships. Ranked No. 1. Olympic Games representative. National champion and record holder. PB 6.74.



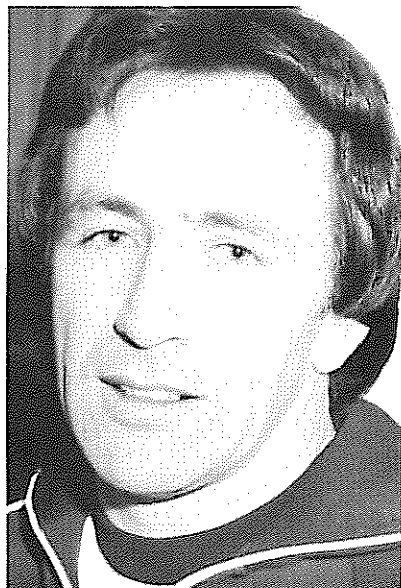
AIS Hammer thrower in action.

Track and Field

J. Low	(100mH/400mH)	Victorious in 2 State Titles. PB 100mH 13.79 and 400mH 59.6
L. Martin	(Marathon)	National 10km record holder. Olympic Games representative.
P. Nandapi	(Discus)	National Champion. European Tour 1984 3rd—British AAA Championships. PB 60.40
P. Narracott	(100m/200m)	World Championships 7th 100m. Olympic Games representative. National 100m champion and record holder, 10.26. 9.9 hand timed Jan, Qld. Defeated Carl Lewis over 60m, Osaka, Japan 6.62.
P. Nettle	(Shot Put)	National record holder 18.52. 2nd—National Titles. Europe Tour 1984. 2nd—British AAA Championships.
J. Parker	(HJ)	Season's best of 2.11. Won S.A. and NSW Junior Titles.
J. Rennie	(1500/3000m)	Season's best of 4.29. Competitive program curtailed through injury.
P. Scammell	(1500m)	European Tour 1983. Olympic Games representative—qualified in both 800 and 1500m. PB 800m 1:45.72 and 1500m 3:37.86
C. Schuwalow	(Endurance)	Joined AIS June 1984 3km 9.20, 1500m 4:23.0.
D. Smith	(Walks)	Joined AIS December 1983. National Champion and record holder. Olympic Games representative. PB 20km 80:22.7. National 10km track record 39:41.7. Ranked No. 1.
P. Spivey	(Hammer)	2nd National Titles. PB 68.10—European Tour 1984
D. Wright	(100mH)	World Championships semi-finalist. Ranked No. 1 National Champion and record holder. Olympic Games representative. Season's best of 13.72.

National Champions	9
National Record Holders	7
World record/best performances	3
International representatives	10
Personal bests	23

Weightlifting



Lyn Jones.

Head Coach: Mr Lyn Jones

Assistant Coach: Mr Harry Wardle

Domestic Competition

- July 17
NSW Youth and Schoolboy Championships, Sydney
- July 24
NSW Senior Championships, Newcastle
- August 27/28
National Youth and Schoolboy Championships, Brisbane
- September 11
National Championships, Sydney
- March 4
NSW Junior Championships, Sydney
- March 17
Ballarat Youth Tournament
- March 18
NSW Olympic Trials, Sydney
- April 7
Olympic Trials, Melbourne
- April 14
National Junior Championships, Sydney
- May 20
NSW Youth Championships, Sydney
- June 24
Sydney Championships
- June 30
Victorian Junior Championships, Ballarat

International Competition

AIS lifters competed in several overseas competitions. The whole team travelled to Auckland for a match against New Zealand in July, which AIS won narrowly.

In November the senior team competed in the World Cup event, the Czech Cup, in Sturovo, Czechoslovakia where some excellent performances were recorded. The team then met up with our junior group in UK for a team match v Wales in Cardiff which AIS won. The senior group then travelled home to Australia while the juniors beat SW England in team match in Bristol. The junior team finally competed in the Belgrade Cup Tournament where at the end of this arduous tour all members produced best ever performances.

International competitions entered by AIS lifters:

*signifies as member of National Team.

- July 10
AIS v New Zealand, Auckland, New Zealand
- *October 18/29
World Championships, Moscow, USSR
- November 4/5/6
Czech Cup, Sturovo, Czechoslovakia
- November 12
AIS v Wales, Cardiff UK
- November 19
AIS Juniors v SW England, Bristol, UK
- November 25/26
Belgrade Cup, Belgrade, Yugoslavia
- March 10
Moomba International, Melbourne
- *May 10/12
Oceania Championships, Tahiti
- May 17/18
Australia v USA v Oceania, Tahiti
- *May 20/30
World Junior Championships, Lignano Sabbiadoro, Italy

QANTAS



Weightlifting

National Team Selection

Chris Ford 82.5K
 World Championships, Moscow
 Tony Hills 110K
 World Championships, Moscow
 Danny Mudd
 Cameron Menhenick
 Goran Vukojevic
 Chris Ford
 Tony Hills
 Oceania Championships, Tahiti

Danny Mudd
 Goran Vukojevic
 Chris Ford
 Tony Hills
 Australia v USA v Oceania, Tahiti

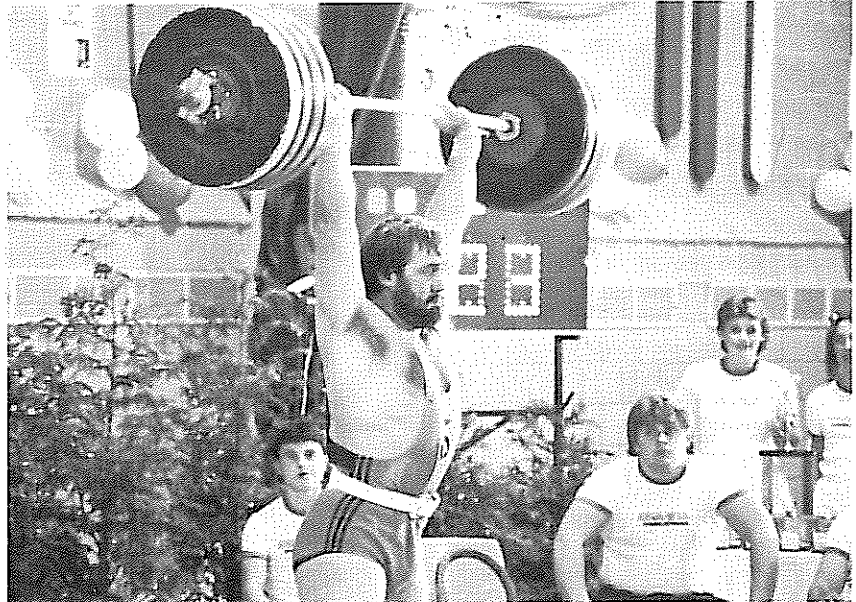
Ron Laycock
 Paul Harrison
 Fadi Chemaisssem
 World Junior Championships, Lignano Sabbiadoro, Italy

AIS lifters selected in International Teams:

Patrick Bassey
 Nigerian Olympic Team

Pius Ochieng
 Kenyan Olympic Team

Cameron Menhenick
 Oceania Team



Tony Hills, lifting in the 100Kg class at the 1984 Olympic selection trials in Hawthorn, Victoria.

Records

Commonwealth Records

Anthony Hills (110K) Jerk 207K
 Olympic Trials
 Ron Laycock (67.5K) Jerk 165K
 Olympic Trials
 Patrick Bassey (67.5K) Snatch 138.5K
 Olympic Trials
 Total—3 Commonwealth Records

Australian Records

Fadi Chemaisssem	Schoolboy Record	Snatch 110.5 Jerk 155
	Youth Record	Total 265K—Belgrade
Paul Harrison	Youth Record	Snatch 111K ACT Championships
Anthony Hills	Senior	Jerk 292.5, 203.5, 205, 207. National Senior Olympic Trials
Ron Laycock	Youth Record	115 Snatch, 150 Jerk, 265K Total
	Junior Record	165 Jerk, 282, 287K Total National Senior Olympic Trials
	Junior Records	173.5 Jerk, 300 Total National Junior Olympic Trials
Danny Mudd	Senior	Snatch 113, 117, Total 252.5K NSW Olympic Trials

Total: 28 National Records

Weightlifting

Commonwealth Rankings

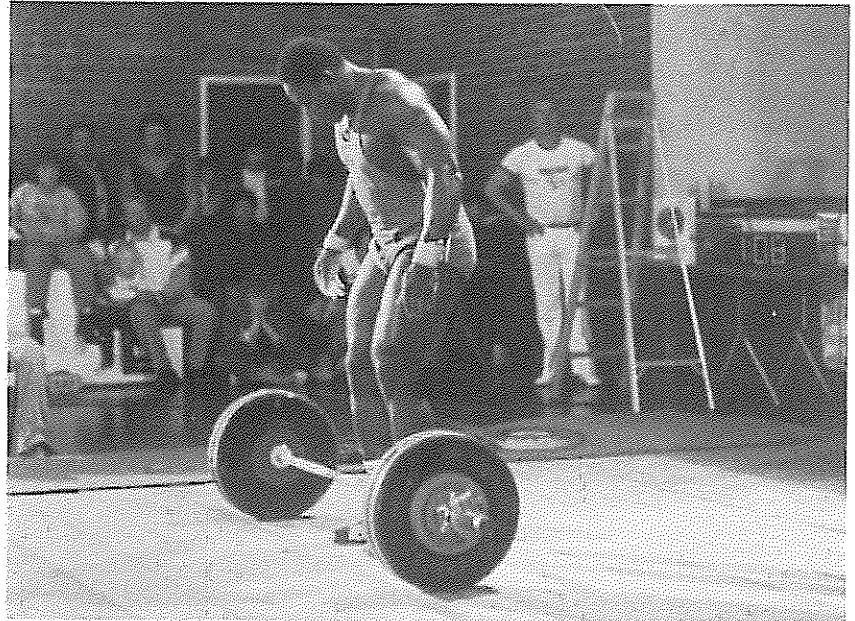
- 60K—
Danny Mudd 4th 252.5K
- 67.5K—
Cameron Menhenick 5th
Ron Laycock 5th 287.5K
- 75K—
Goran Vukojevic 8th 295K
- 82.5K—
Chris Ford 3rd 327.5K
- 110K—
Tony Hills 1st 357.5K

The outstanding performance of the year was undoubtedly Ron Laycock's silver medal on the jerk at the World Junior Championships in Italy. This was the highest ever placing by an Australian in world weightlifting competition. Ron is still a junior (U20) next year so hopes are high for an even better result in 1985.

Together with this notable achievement, Laycock was also selected in the Australian Olympic Weightlifting team. However, the AOF Justification Committee excluded Laycock from the official team.

The AIS weightlifting section continued with its support of the New Zealand weightlifting team. Two New Zealand lifters came to AIS in 1983-84 on self-funded scholarships. Both made significant improvements—Kevin Blake gained selection in their national team and Alister Walder became the only New Zealand lifter to qualify for their Olympic team.

Our Commonwealth lifters, Patrick Bassey (Nigeria) and Pius Ochieng (Kenya) have settled well into the program and both have made significant improvement. Bassey—22.5K, Ochieng—50·K. Both have been selected in their nation's Olympic teams.



Ironbar Bassey—Commonwealth Scholarship holder.

Visiting Scholarship Scheme

The visiting scholarship scheme has been continued with excellent results and the following lifters attended AIS:

G. Hayman (NSW)	2nd National Championships 52K
K. Harper (Vic)	3rd National Championships 67.5K
G. Garzarella (Vic)	National Junior Team 110·K
J. Pereval (Vic)	" 110K
P. Mancuso (Vic)	" 100K
G. Parisi (NSW)	" 100K
P. Drakopoulos (NSW)	" 90K
R. Rogers (NSW)	" 82.5K
D. Lowenstein (Vic)	" 60K
B. Stelios (Vic)	Olympic Team 62.5K
T. Pignone (NSW)	" 75K
R. Kabbas (Vic)	" 82.5K
N. Voukelatos (NSW)	" 56K
D. Lukin (SA)	" 110·K

The Institute assisted the Olympic team members who trained at AIS for extended periods of time before and after the Olympic trials.

Visiting Scholarship Scheme

The visiting scholarship scheme has been in operation since 1983. Under this scheme, one or more scholarships from a resident sport are not allocated to one particular athlete. The money is then used to bring to the AIS athletes from around Australia. Some athletes are accompanied by their coach.

While at the AIS the athlete has complete access to AIS coaching staff, the sport science and medicine units and facilities.

The two main categories of athletes who have taken advantage of this scheme are:

- Senior athletes who because of family, scholastic or work commitments are unable to move to Canberra on a full-time basis.
- Junior athletes who are normally part of a sports development squad. The visiting scholarship scheme gives these athletes the opportunity to receive intensive training and testing and allows them to observe first hand the AIS.

Basketball

Four women (juniors and seniors) and nine junior men attended the AIS under this scheme.

Weightlifting

Seven junior and seven senior lifters attended the AIS. The senior lifters included Dean Lukin (Olympic gold medalist), Robert Kabbas (Olympic silver medalist), Tom Pignone, Bill Stellios and Nick Voukelatos (Olympic team member).

Netball

One member of the 1984 Young Australians Team.

Track and Field

39 track and field athletes from around Australia came to the AIS under this scheme. Of these, 10 were non-AIS Olympians and included athletes such as Glynnis Nunn, Garry Honey, Gail Martin and Darren Clarke.

Robert de Castella, Pat Clohessy and Derek Froude.



Olympic Update

AIS athletes figured prominently in the Australian Olympic team which competed in the Games of the XXIIIrd Olympiad held in Los Angeles from 28 July to 12 August 1984. A complete list of present and past scholarship holders and AIS staff who were members of the 1984 Australian Olympic team can be found in Appendix VI.

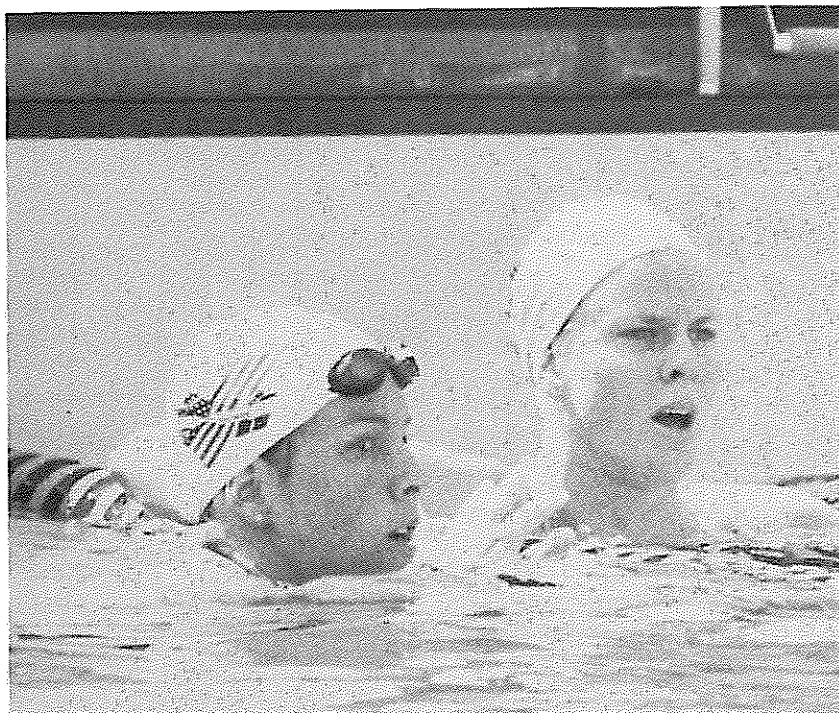
A summary of performances by present AIS athletes follows.

Swimming

Personal Best efforts by current AIS swimmers

Peter Dale AIS 1981-84	National record	Heats 200m F/S 1:51.42
Peter Dale Ron McKeon AIS 1981-84	National record	4th 4x200m F/S Relay 7:25.63
Greg Fasala AIS 1984-84 Mark Stockwell AIS 1982-3 (and part 1984)	National record	Silver medal 4x100 F/S Relay 3:19.63
Suzanne Landells AIS 1982-84	National record	Silver medal 400mIM 4:48.30
Michele Pearson AIS 1981-84	Commonwealth record	Bronze medal 200mIM 2:15.16
	Commonwealth record	4th 200 F/S 1:59.79
	National record	5th 100 F/S 56.75
Karen Phillips AIS 1983-84	Commonwealth record	Silver medal 200m Fly 2:10.56
	Personal best	4th 400mIM 4:54.25
Brett Stocks AIS 1983-84	Personal best	6th 100m B/S 1:03.36
Mark Stockwell AIS 1982-83 and part 1984	Personal best	Silver medal 100 F/S 50.24
	National record	Bronze medal 4x100 Medley Relay 2:43.25
Rob Woodhouse AIS 1983-84	National record	1st Consolation Final—200mIM 2:04.86
	Personal best	Bronze Medal 400m IM 4:20.50

14 swimmers from the 31 member Australian Olympic swimming team were current AIS scholarship holders. 12 qualified for the finals in at least one race. Current AIS athletes won 7 of the 12 swimming medals.



Suzanne Landells (Silver medallist) with Olympic Gold medallist Tracy Caulkins U.S.A. just after the end of the olympic 400m final.

Track and Field

Robyn Lorroway AIS 1981-84 Long Jump

Robyn competed in a very strong field and finished 6th in the finals of the long jump with a leap of 6.67m.

Vanessa Browne AIS 1981-84 High Jump

Vanessa equalled her national record with a jump of 1.94m to finish 6th from the 15 finalists.

Lisa Martin AIS visiting scholarship end of 1983-84. Marathon.

Lisa created a new national record with a time of 2:29.3 and finished 7th in the women's marathon. Lisa entered the marathon knowing there were 16 women with faster times ahead of her and this was only her 3rd marathon. This former South Australian, now based in the USA, came to the AIS to train under Australia's top distance coach, Pat Clohessy.

Robert de Castella AIS 1983-84 Marathon.

After a gruelling marathon in one of the toughest fields ever assembled at a marathon, de Castella ran a 5th place time of 2:11.27. He ran in ahead of fellow pre-race favourites Seiko, Salazar and Ikangaa.

Pat Scammell AIS 1983-84 800m and 1500m.

In his first Olympic Games Pat reached the 2nd round of the 800m and finished 10th overall in the semi-final of the 1500m.

David Smith AIS 1983-84 20km Walk. David finished very strongly in 10th place in 1:26.48—just outside his Commonwealth record of 1:20.22.

Ken Lorroway AIS 1981-84 Triple Jump

Don Wright AIS 1983-84 110m Hurdles

Paul Narracott AIS 1982-84 100m.

It was a devastating blow not only to these three athletes but to Australian sport, when injury eliminated Lorroway, Wright and Narracott from medal contention.

Men's Artistic Gymnastics

Werner Birnbaum AIS 1981-84

Robert Edmonds AIS 1981-84

Werner brought Australian gymnastics to the forefront in taking 31st place in the men's All-round final. Only last year Werner finished 88th in the World Championships as Australia's No.1 gymnast.

In the Compulsory section Werner was placed 26th with a performance that included a 9.9 on the Vault—only .1 away from a magical 10.

Women's Artistic Gymnastics

Keri Battersby AIS 1981-84

Kellie Wilson AIS 1981-84

In finishing 33rd and 34th in the women's All-round final of the 1984 LA Games Keri and Kellie achieved their Olympic goals.

Their coach at the AIS, Kazuya Honda, groomed the girls towards two main aims:

- to be placed in the top 36
- to receive FIG pins for scoring an average of over 9 points

Rhythmic Sportive Gymnastics

Rhythmic sportive gymnastics was introduced to the AIS in 1983 and to the Olympics in the 1984 Games.

Ann-Maree Kerr AIS 1983-84

Linda Douglas AIS 1984

Overall, Ann-Maree finished 25th and Linda 33rd in a field of 34 gymnasts—a phenomenal achievement having had such a limited period of time to consolidate their skills under AIS Coach Ileana Vogelaar.

This has been the best ever performance by Australian gymnasts at an Olympic Games.

Team Performances

Basketball

Women's Team

Jenny Cheesman AIS Assistant Coach, Team Captain

Sue Geh AIS 1983-84

Bronwyn Marshall AIS 1981-83

In their first ever Olympic competition the Australian women improved their world ranking from 11th to 5th. AIS and Olympic women's Basketball coach, Brendan Flynn, said on his return to Australia "It was clear from the girls' performance that the AIS is essential to the Australian Basketball program. The world class performances by Quinn and Marshall were so good because their fundamental techniques are better and after Sue Geh's game against Yugoslavia she's shown she's a player of the future."

Men's Team

Phil Smyth AIS Assistant Coach, Team Captain

Mark Dalton AIS 1982-84

The men's team equalled their previous best Olympic performance, finishing 7th.

Hockey

Both the men's and women's teams finished in 4th place overall.

Hockey was decentralised to Perth as an AIS sport in April 1984 and the following players reached Olympic selection:

Men's Team

Neil Snowden

Grant Mitton

Nigel Patmore

Terry Walsh

John Bestall (res)

Steve Colledge (res)

Coach: Richard Aggiss

Women's Team

Marian Aylmore

Sharon Buchanan

Colleen Pearce

Loretta Dorman

Trisha Heberle

Lorraine Hillas

Pam Glossop

Coach: Brian Glencross

Appendix I

AIS Scholarships by Sport and Age as at 1st September 1984

	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Total
Basketball																			
Male	-	-	-	1	1	7	3	2	-	-	1	-	-	-	-	-	-	-	15
Female	-	-	-	-	-	3	6	1	-	-	-	-	1	-	-	-	-	-	11
TOTAL	-	-	-	1	-	10	9	3	-	-	1	-	1	-	-	-	-	-	26
Gymnastics																			
Male	-	2	1	2	-	1	1	2	3	1	-	-	1	-	-	-	-	-	14
Female	1	3	4	3	2	1	-	-	-	-	-	-	-	-	-	-	-	-	14
TOTAL	1	5	5	5	2	2	5	2	3	1	-	-	1	-	-	-	-	-	28
Rhythmic Gymnastics																			
Female	-	-	-	-	1	-	2	-	-	-	-	-	-	-	-	-	-	-	3
Hockey																			
Male	-	-	-	-	-	-	-	4	4	2	3	2	1	-	-	-	-	-	16
Female	-	-	-	-	-	2	-	4	4	1	2	-	1	1	-	-	-	-	15
TOTAL	-	-	-	-	-	2	-	8	8	3	5	2	2	1	-	-	-	-	31
Netball																			
Female	-	-	-	-	2	6	6	1	3	-	-	-	-	-	-	-	-	-	18
Soccer																			
Male	-	-	-	-	6	10	2	-	-	-	-	-	-	-	-	-	-	-	18
Swimming																			
Male	-	-	-	-	-	3	3	-	4	2	2	-	-	-	-	-	-	-	14
Female	-	-	-	-	2	4	3	3	-	1	-	-	-	-	-	-	-	-	13
TOTAL	-	-	-	-	2	7	6	3	4	3	2	-	-	-	-	-	-	-	27
Tennis																			
Male	-	-	-	1	2	2	3	1	-	-	-	-	-	-	-	-	-	-	9
Female	-	-	-	1	4	-	-	-	-	-	-	-	-	-	-	-	-	-	5
TOTAL	-	-	-	2	6	2	3	1	-	-	-	-	-	-	-	-	-	-	14
Track & Field																			
Male	-	-	-	-	-	-	1	-	2	3	3	2	3	1	1	1	1	2	20
Female	-	-	-	-	-	-	2	-	1	1	1	1	-	-	-	-	-	-	7
TOTAL	-	-	-	-	-	-	3	-	3	4	4	3	3	2	1	1	1	2	27
Weightlifting																			
Male	-	-	-	-	1	3	-	-	-	2	1	1	-	-	-	1	-	-	9
Male	-	2	1	4	10	26	13	9	13	10	10	5	5	1	1	2	1	2	115
Female	1	3	4	4	11	16	19	9	8	3	3	1	2	2	-	-	-	-	86
Total	1	5	5	8	21	42	32	18	21	13	13	6	7	3	1	2	1	2	201

Appendix II

AIS Scholarships by Sport and State as at 1st September 1984

	VIC	NSW	WA	QLD	SA	TAS	ACT	NT	Total
Basketball	8	5	1	-	5	2	5	-	26
Gymnastics	2	8	2	8	2	1	4	1	28
RSG	1	-	1	-	1	-	-	-	3
Hockey	3	5	11	6	4	1	1	-	31
Netball	5	7	2	1	2	-	1	-	18
Soccer	2	5	4	-	3	2	2	-	18
Swimming	3	8	-	12	-	3	1	-	27
Tennis	4	6	-	1	1	1	1	-	14
Track & Field	9	3	1	5	2	-	7	-	27
Weightlifting	2	4	-	-	-	1	2	-	9
TOTAL	39	51	22	33	20	11	24	1	201

Appendix III — Scholarship Holders 1983

Scholarship Holders 1983

Basketball (Men)

Brett Flanigan
Mark Dalton
Timothy Morrissey
Scott Fenton
Mark Sinderberry
Peter Wain
Michael Lee
Peter Purins
Edward Cofen
Robert Dempster
Eric Watterson
Karl Luke
Sammy Mills
Chris Appleby
Simon Cottrell

Artistic Gymnastics (Men)

Werner Birnbaum
John Curtin
Shaw Byng
David Guthrie
Gennady Gleyberman
Wayne Van Moorsel
Robert Edmonds
Kenneth Meredith
Randall Redhead
Andrew Burton
Grant Carlyon
Russell Stevens
Mark Mommsen

Rhythmic Sportive Gymnastics

Gail Duquemin
Ann-Maree Kerr
Catherine Byrne
Karen Ho

Soccer

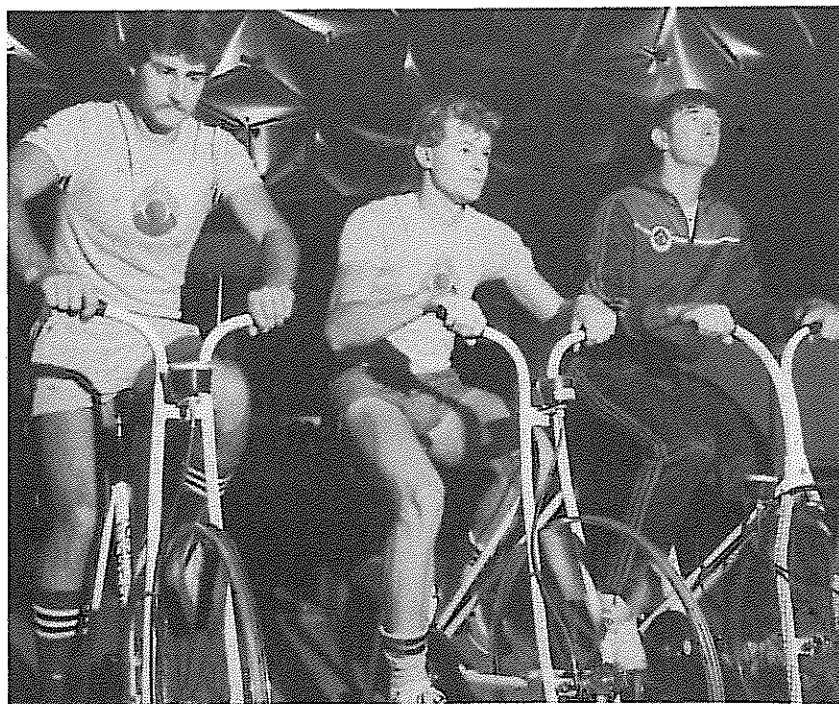
Ian Fergusson
Glenn Cameron
Darren Northam
John Mihailidis
Marcelo Salvo
Warren Spink
Daryn White
Anthony Franken
Roy Jones
Peter Andrews
Michael Barnett
Mark Boyd
Frank Farina
Raymond Junna
Craig McLatchey
Andrew Bernal
George Kulscar
Luciano Fabrizio

Basketball (Women)

Sandra Morgan
(nee Woods)
Tracey Browning
Julie Grace
Jenny Peterson
Fiona Glidden
Sandra Prettejohn
Donna Quinn
Christina Christie
Bronwyn Marshall
Paula Hefenyi
Annette Dejong
Susanna Geh
Marion Brinkman

Artistic Gymnastics (Women)

Susan Miller
Michelle White
Gabrielle Allen
Debbie Graham
Keri Battersby
Gillian Berry
Carolyn Wootton
Julie Briguglio
Tracey Parnell
Joanne Marshall
Kellie Wilson
Natalie Abreu



Appendix III — Scholarship Holders 1983

Netball

Lisa Beehag
Keeley Devery
Marcia Ella
Stacey Gregory
Debbie Johnson
Michelle Murray
Roselee Jencke
Gillian Walsh
Wendy Richards
Noelene Baker
Paula Harwood
Karen Schulz
Janet Bothwell
Melissa Jones
Jenny McGrory
Tracey Duck
Bronwyn Mills
Chree Clarke



Swimming (Men)

Bettina Faux
Stephen Cook
Ronald McKeon
Ian Findlay
Bradley Jones
Stephen Cameron
Ralph Taylor
Richard Ford
Mathew Brown
Gregory Fasala
Rob Woodhouse
Glyn Husdell
Glenn Beringen
Peter Dale
David Orbell
Mark Stockwell
Malcolm Packman
Brett Stocks
Gary Watson
Michael Bohl
Noel Donnelly
Jonathon Cattana
Lindsay Spencer
Paul Rowe

Swimming (Women)

Lynne Prosser
Rickie Binning
Georgina Parkes
Cindy-Lu Fitzpatrick
Dianne Sandberg
Joanne Bell
Elizabeth Grant
Wendy Bowie
Karen Phillips
Susie Woodhouse
Lisa Dedman
Caroline Whitty
Suzie Baumer
Lisa Curry
Michele Pearson
Suzanne Landells
Krista Muir
Jillian Collingwood
Andrea Shaw
Kym Boorman
Audrey Moore
Victoria Moore

Track and Field

Paul Gilbert
Bruce Dengate
Patrick Kaine
Kathryn Welch
Michael Carroll
Helen Davey
Jeffrey Parker
John Andrews
Paul Cleary
Sue Cook
Gerrard Keating
Anne Miller
Phillip Spivey
Paul Nandapi
Nicholas de Castella
John Fleming
Patrick Scammell
Stephen Austin
Vanessa Browne
Andrina Rovis-Hermann
Julie Rennie
Gregory Wainwright
Mark Barratt
Phillip Nettle
Garry Brown
Suzanne Howland
Paul Narracott
Donald Wright
Matthew Favier
Jenny Low
Gary Briggs
Ken Lorroway
Robyn Lorroway
Kathryn Lee
Robyn Sluyters
Robert de Castella

Appendix III — Scholarship Holders 1983

Tennis (Men)

Jamie Harty
Graham Riddle
Desmond Tyson
Mark Bertalli
Peter Carter
Todd Viney
Anthony Lane
Darren Cahill
Mark Kratzman
Wally Masur
Simon Youl

Tennis (Women)

Kim Staunton
Michelle Turk
Colleen Carney
Louise Field
Natalia Leipus
Rebecca Bryant

Weightlifting

Christopher Ford
Cameron Menhenick
Fadi Chemaisssem
Stan Hambesis
Paul Harrison
Jim Pavone
Goran Vukojevic
Daniel Mudd
Julian Jones
Anthony Hills
Ronald Laycock
John Siernicki



1983 Commonwealth Athletes

Neo Chwee Kok
Sunil Muni De Silva
Richard Griffiths
Suito Helu
Charles Kokoyo
Vali Ligo
Zephaniah Ncube
Peter Rwamuhanda
Sadia Aina Sowunmi
Aporosa Tuitokova

Sport

Swimming
Weightlifting
Soccer
Soccer
Track & Field
Track & Field
Track & Field
Track & Field
Track & Field
Basketball

Country

Singapore
Sri Lanka
Jamaica
Tonga
Kenya
Papua New Guinea
Zimbabwe
Uganda
Nigeria
Fiji

Appendix III — Scholarship Holders 1984

Men's Basketball

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

Women's Basketball

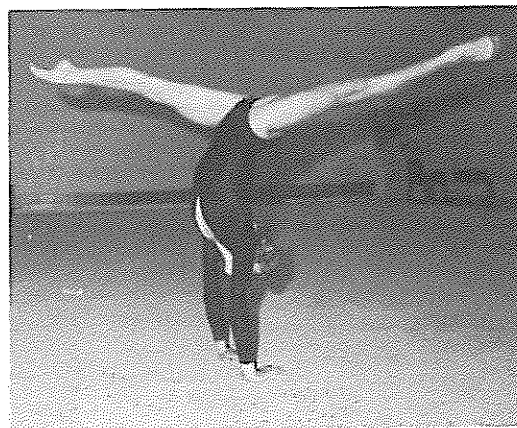
Julie GRACE
Fiona GLIDDEN
Sue GEH
Leanne STROOPER
Katherine DICK
Vicki DAWE
Tracy FEBEY
Linda SMITH
Adrienne PRATT
Kathryn MACDONALD
Jennifer BEHA
Sharon HOLLINGSWORTH

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

Women's Gymnastics

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



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

Netball

Lisa BEEHAG
Georgia BLOMBERG
Marcia ELLA
Keeley DEVERY
Kerry GILLET
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

Appendix III — Scholarship Holders 1984

Rhythmic Sportive Gymnastics

Linda DOUGLAS
Ann-Maree KERR
Lisa BRADLEY

Women's Hockey

Sharon BUCHANAN
Michelle CAPPs
Jillian CASSIDY
Margaret DILGER
Loretta DORMAN
Trisha HEBERLE
Lorraine HILLAS
Kathy PARTRIDGE
Colleen PEARCE
Sandra PEGRUM
Jacqueline PEREIRA
Liane TOOTH
Julie WADDELL
Robyn WINKWORTH
Marian AYLMOORE

Men's Hockey

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

Women's Swimming

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

Men's Swimming

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

Women's Tennis

Janine THOMPSON
Michelle TURK
Louise FIELD
Colleen CARNEY
Allison SCOTT
Kirsty WENZEL

Men's Tennis

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

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 SCHUWOLOW
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)
Plus OCHIENG (Weightlifting)
Zeph NCUBE (Track & Field)
James OBJIMI (Track & Field)
WEE Chong Phor (Basketball)
Steven SALTHOUSE (Tennis)
Willy LABEN (Tennis)

Appendix IV — 1983/84 Billets and Accommodation

1983-84 Billets

Billet

Mr & Mrs Patten

Mr & Mrs Stelco

Mrs F Singleton

Mrs Kerr

Mrs Margaret Barnes

Mrs Ahern

Athlete

Cathy Blake

Susan Miller

Joanne Marshall

Debbie Graham

Keri Battersby

Tina Flessner

Russell Stevens

Anthony Gianotti

Mark Bird

Monique Allen

Cathy Frank

Kellie Larter

Athlete Accommodation

WA

Noalimba Centre

19

Private Accommodation

12

ACT

John XXIII College

55

Burgmann College

5

Arscott House

57

Billeted

14

Private Accommodation

47

209

AIS Athletes

202

Commonwealth Athletes

7

Appendix V

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 Dec. 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 the basketball, gymnastics, netball, tennis and weightlifting. The AIS also made use of indoor and outdoor areas throughout Canberra.

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.

The then Prime Minister, the Rt Hon Malcolm Fraser, announced at the 1982 Commonwealth Games the Developing Commonwealth Countries Scholarship Scheme. Ten scholarships are awarded to selected athletes and coaches from Commonwealth countries. The holder attends the AIS for 1 to 2 years and then returns to his or her own country to assist in that country's sporting development.

On 26 February 1983, the first training camp at the AIS under the National Training Centre Program takes place. This program offers national representative teams and officials from high profile or Olympic sports access to the facilities and services of the AIS. From February 1983 until July 1984, 32 sports have participated in this program.

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.

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.

By February 1984 numbers at the AIS have expanded to 31 coaches, 188 athletes, 20 sports science and medicine staff and administrative personnel.

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 increases to 220.

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

Poligras Soccer/hockey pitch is opened in June 1984 and used for the 1984 Australian Hockey Championships.

Appendix VI – AIS Olympians

The Australian Institute of Sport proudly acknowledges the inclusion of the following *past and present AIS athletes and staff* in the Australian Olympic contingent:

R Kevan GOSPER
AOC Member
AOF Vice-President

Swimming

Women

Suzi Baumer
Karen Phillips
Georgina Parkes
Sue Landells
Michele Pearson
Lisa Curry (AIS 1981, 1982, 1983)
Audrey Moore

Men

David Orbell
Brett Stocks
Ron McKeon
Peter Dale
Greg Fasala
Rob Woodhouse
Graeme Brewer (AIS 1981, 1982, part 1984)
Mark Stockwell (AIS 1982, 1983, part 1984)
Glen Beringen (AIS 1982, 1983)
Neil Brooks (AIS 1981)
Kim Terrell (AIS 1981, 1982)
(Coach: John Rodgers)

Track and Field

Women

Vanessa Browne
Robyn Lorroway
Lisa Martin (visiting scholarship holder 1984)

Men

David Smith
Pat Scammell
Paul Narracott
Don Wright
Rob de Castella
Ken Lorroway
(Coach—middle and long distance:
Pat Clohessy)

Hockey

Women

Marian Aylmore
Loretta Dorman
Sharon Buchanan
Colleen Pearce
Trisha Hebele
Lorraine Hillas
Pam Glossop (Assistant AIS Administrator)
Coach: Brian Glencross

Men

Nigel Patmore
Grant Mitton
Neil Snowden
John Bestall
Steve Colledge (Res)
Terry Walsh (Assistant AIS Administrator)

Coach: Richard Aggis

Appendix VI— AIS Olympians

Basketball

Women

Jenny Cheesman—Team Captain
(Assistant AIS Coach)
Sue Geh
Donna Quinn
Coach: Brendan Flynn

Men

Phil Smyth—Team Captain
(Assistant AIS Coach)
Mark Dalton
Bronwyn Marshall
Assistant Coach: Adrian Hurley

Gymnastics

Women

Artistic—Keri Battersby
Kellie Wilson (Res)
Coach: Frances
Thompson

Rhythmic—Ann-Maree
Kerr
Linda Douglas

Coach: Ileana Vogelaar

Men

Werner Birnbaum
Rob Edmonds (Res)

Coach: Warwick Forbes

Tennis (Demonstration)

Simon Youl
Pat Cash (AIS 1981)
Coach: Ray Ruffels

Weightlifting

Ron Laycock was nominated by the AAWLF, but this was rejected by the AOF.

Support Staff

Craig Purdam (Physiotherapist)
Jeff Bond (Psychologist)

Other

Lyn Jones (Technical Official, International Weightlifting Federation)
John Purnell (Media Liaison)
Dr John Cheffers Guest of the National Olympic Committee
Kevan Gosper (Chairman, AIS Board of Management)
Australian Olympic Committee member
Australian Olympic Federation vice-president
Australian delegate International Olympic Committee

Also Dr Richard Telford (Physiologist) and Kelvin Giles and Craig Hilliard (track and field coaches) were in Los Angeles to assist AIS Olympians.



Appendix VII— Notable achievements by present and past AIS athletes

The following lists notable achievements by present and previous AIS athletes, from January 1981 (opening of the Institute) until June 30 1984.

	Years at AIS	Achievement
Soccer		
Oscar Crino	1981	1981 Australian National Team
Anthony Franken	1982-83	1984 Australian National Team
Frank Farina	1982-83	1984 Australian National Team
Tennis		
Pat Cash	1981	1984 Olympic Games 1984 Wimbledon semi-finalist 1984 US Open semi-finalist 1983 Member victorious Davis Cup Team
Wally Masur	1981-83	1984 Davis Cup Team
Anne Minter	1981-82	1984 Federation Cup Team
Hockey (Women)		
Marian Aylmore	1984	Australian representative 1984 Olympic Games
Sharon Buchanan	1984	Australian representative 1984 Olympic Games
Loretta Dorman	1984	Australian representative 1984 Olympic Games
Trisha Heberle	1984	Australian representative 1984 Olympic Games
Lorraine Hillas	1984	Australian representative 1984 Olympic Games
Colleen Pearce	1984	Australian representative 1984 Olympic Games
Hockey (Men)		
Neil Snowden	1984	Australian representative 1984 Olympic Games
Nigel Patmore	1984	Australian representative 1984 Olympic Games
Grant Milton	1984	Australian representative 1984 Olympic Games
John Bestall	1984	Australian representative 1984 Olympic Games
Men's Artistic Gymnastics		
Shaw Byng	1981-84	Australian representative 1981 World Championships 1982 World University Games 1983 World Championships
Werner Birnbaum	1981-84	Australian representative 1981 World Championships 1982 World University Games 1983 World Championships 1984 Olympic Games 1982 Pacific Alliance
Robert Edmonds	1981-84	Australian representative 1981 World Championships 1983 World Championships 1984 Olympic Games 1982 Pacific Alliance

John Curtin 1981-82 Australian representative
1981 World Championships
1983 World University Games

Ken Meredith 1981-84 Australian representative
1981 World Championships
1983 World Championships

Gennady Gleyberman 1981-83 Australian representative
1981 World Championship
1983 World Championship
1982 Pacific Alliance

Women's Artistic Gymnastics

Keri Battersby 1981-84 Australian representative
1984 Olympic Games
1983 World Championships

Kellie Wilson 1981-84 Australian representative
1984 Olympic Games
1983 World Championships

Susan Miller 1981-84 Australian representative
1983 World Championships

Michelle White 1981-84 Australian representative
1983 World Championships

Rhythmic Sportive Gymnastics

Ann-Maree Kerr 1983-84 Australian representative
1983 World Championships
1984 Olympic Games

Linda Douglas 1983-84 Australian representative
1983 World Championships
1984 Olympic Games

Weightlifting

Chris Ford 1981-84 Australian representative
1982 Commonwealth Games
1984 World Championships
1984 Oceania Championships

Tony Hills 1982-84 Australian representative
1984 World Championships
1984 Oceania Championships

Cameron Menhenick 1982-84 Australian representative
1981-84 Oceania Championships

Danny Mudd 1982-84 Australian representative
1981-84 Oceania Championships

Goran Vukojevic 1981-84 Australian representative
1984 Oceania Championships

Mick Sabljak 1981-83 Australian representative
1982 Commonwealth Games—Bronze medal 90Kg

Basketball

Bronwyn Marshall 1982-83 Australian representative
1984 Pre Olympic qualifying tournament—Cuba
1984 Olympic Games
1983 World Championships
1983 Commonwealth Championships



Appendix VII — Notable achievements by present and past AIS athletes

Donna Quinn	1982-83	Australian representative 1984 Pre-Olympic qualifying tournament—Cuba 1984 Olympic Games
Sue Geh	1983-84	Australian representative 1984 Pre-Olympic qualifying tournament—Cuba 1984 Olympic Games
Jenny Cheesman	1983-84	Australian representative 1984 Pre-Olympic qualifying tournament—Cuba 1984 Olympic Games 1983 World Championships 1983 Commonwealth Championships
Peter Wain	1983-84	1983 National Senior Team
Mark Dalton	1983-84	1983 National Senior Team 1984 Olympic Games
Phil Smyth	1983-84	Australian representative 1984 Olympic Games 1983 Pre Olympic qualifying tournament

Track and Field

Paul Narracott	1982-84	Australian representative 1984 Olympic Games 1983 World Championship—Finalist 100m 1982 Commonwealth Games—Finalist 100m —Finalist 200m 1981 World Cup
Ken Lorroway	1981-84	Australian representative 1984 Olympic Games 1982 Commonwealth Games—Silver medal in triple jump
Patrick Scammell	1984	Australian representative 1984 Olympic Games —800m second round —1500m semi finalist
David Smith	1983-84	Australian representative 1984 Olympic Games—(10th, 20Km Walk) 1983 Commonwealth record holder—5Km & 10Km Track Walk
Don Wright	1981-84	Australian representative 1984 Olympic Games 1983 World Championships 1982 Commonwealth Games—Bronze medal, 100m Hurdles
Garry Briggs	1983-84	Australian representative 1983 SE Asian Tour 1983 Silver Medal Aust 1984 Silver Medal Aust
David Forbes	1984	Australian Representative 1984 SE Asian Tour

Vanessa Browne	1981-84	Australian representative 1984 Olympic Games—6th High Jump 1983 World Championships 1982 Commonwealth Games—8th High Jump
Robyn Lorroway	1981-84	Australian representative 1984 Olympic Games—6th Long Jump 1984 World Cross Championships 1983 World Championships—8th Long Jump 1982 Commonwealth Games—2nd Long Jump
Robert de Castella	1981-84	Australian representative 1984 Olympic Games—5th Marathon 1983 World Championships—1st Marathon 1982 Commonwealth Games—1st Marathon
Garry Brown	1981-84	Australian representative 1983 World Championship 1982 Commonwealth Games—1st 400m Hurdles 1981 World Cup—Finalist 400m
Gerrard Keating	1981-84	Australian representative 1983 World Championships 1982 Commonwealth Games—100m Finalist 1981 World Cup
Lisa Martin	1984	Australian representative 1984 Olympic Games—7th Marathon
Paul Gilbert	1981-84	Australian representative 1983 World Championships—800m 1983 World Student Games—800m
Phillip Spivey	1981-84	Australian representative 1982 Commonwealth Games—Hammer Throw
Sue Cook	1981-84	Australian representative 1981-84 World Championships (Walks) World record holder at various times at 1500m, 3000m, 1 mile, 5Km, 10Km, 20Km, 25Km.
Netball		
Sue Hawkins	1981	Member of the winning Australian team—1983 World Championships
Christine Harris	1981	Member of the winning Australian team—1983 World Championships
Jayne Searle	1981-82	Member of the winning Australian team—1983 World Championships
Karan Bullock	1982-83	Member of the winning Australian team—1983 World Championships
Roselee Jencke	1982-83	1984 Australian Team

Appendix VII — Notable achievements by present and past AIS athletes

Swimming

Max Metzker	1981	Australian Representative 1982 Commonwealth Games 1st 1500m Freestyle
David Orbell	1982-84	Australian Representative 1982 Commonwealth Games 1st 4 x 100m Medley Relay 2nd 200m Backstroke
Tim Ford	1982	Australian Representative 1982 Commonwealth Games 1500m Freestyle
Paul Rowe	1982-84	1982 Commonwealth Games 2nd 200m Butterfly 1st 4 x 200m Freestyle Relay
Glenn Beringen	1982-83	Australian Representative 1984 Olympic Games 2nd 200m Breaststroke 1982 Commonwealth Games 2nd 200m Breaststroke
Graham McGufficke	1981	1982 Commonwealth Games 4 x 200m Freestyle
Ron McKeon	1981-84	Australian Representative 1984 Olympic Games 4th 4 x 200m Freestyle Relay 1982 Commonwealth Games 1st 4 x 200m Freestyle 3rd 200m Freestyle
Neil Brooks	1981	Australian Representative 1984 Olympic Games 2nd 4 x 100m Freestyle Relay 1982 Commonwealth Games 1st 100m Freestyle 1st 4 x 100m Freestyle Relay 1st 4 x 100m Medley Relay
Graham Brewer	1981-82&84	Australian Representative 1984 Olympic Games 4th 4 x 200m Freestyle Relay 1982 Commonwealth Games 1st 4 x 100m Freestyle Relay 1st 4 x 100m Medley Relay
Greg Fasala	1981-84	Australian Representative 1984 Olympic Games 2nd 4 x 100m Freestyle Relay 1982 Commonwealth Games 1st 4 x 100m Freestyle Relay 2nd 100m Freestyle
Rob Woodhouse	1981-84	Australian Representative 1984 Olympic Games 3rd 400m Individual Medley
Mark Stockwell	1982-84	Australian Representative 1984 Olympic Games 2nd 100m Freestyle 2nd 4 x 100m Freestyle Relay 3rd 4 x 100m Medley Relay

Brett Stocks		Australian Representative 1984 Olympic Games Finalist 100m Backstroke
Peter Dale		Australian Representative 1984 Olympic Games 4th 4 x 200m Freestyle Relay
Lisa Curry	1981-84	Australian Representative 1984 Olympic Games 1982 Commonwealth Games 1st 100m Butterfly 1st 200m Medley 1st 400m Medley
Georgina Parkes	1982-84	Australian Representative 1984 Olympic Games 4th 200m Backstroke 1982 Commonwealth Games 2nd 100m Backstroke 2nd 200m Backstroke
Michele Pearson	1982-84	Australian Representative 1984 Olympic Games 3rd 200m Individual Medley Finalist 200m Freestyle Finalist 100m Freestyle 1982 Commonwealth Games 2nd 400m Medley 3rd 200m Medley
Susie Baumer	1981-84	Australian Representative 1984 Olympic Games 1982 Commonwealth Games 3rd 200m Freestyle

Tennis

Additional Notable Achievements

Pat Cash		1981 Ranked No.1 Junior in World
Wally Masur		1982 Won Dunlop Masters-Japan 1983 Won Hong Kong Open 1983 Won W A Open
Simon Youl	1982-84	1983 French, Wimbledon USA Junior Doubles Champion 1983 Australian Hard Court Champion 1983 Ranked No. 2 Junior Doubles Player in World 1984 Galea Cup Team 1984 Won Lee-On-Solent England

