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

Fast-tracking promising young athletes in daily training and competition performance regimes with individualised programs and the highest calibre coaching and support staff, WAIS also leads in innovation, facilitating research projects in performance analysis technologies and enhancing athlete performance.

Going for Gold – Champions from the West reflects the history and the vision of WAIS.

Going for Gold: Champions of the West chronicles the 25 year history of the Western Australian Institute for Sport and celebrates the achievements of 25 of the best athletes produced at WAIS. Authorised by the Western Australian Institute for Sport (WAIS) with contributions from WAIS staff, Going for Gold is the definitive study of sport in Western Australia.

With a chapter dedicated exclusively to all the Western Australian Hall of Champions, WAIS plans to produce a series of books featuring individual events. This book is the first book in a three-book series, chronicling the achievements of athletes in gymnastics, swimming and athletics.

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

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

BACK COVER Lauren Mitchell continued WAIS’s proud history in gymnastics when she became the first female Australian gymnast to win an individual medal at the 2009 World Championships.
At the 1956 Olympic Games in Melbourne Australia was a dominant force on the world sporting stage. But twenty years later in Montreal Australia didn’t win a single event. To address the decline, federal and state governments began to fund institutes of sport and in 1984 the Western Australian Institute for Sport opened its doors to young West Australian athletes. In the 25 years since then WAIS has produced a disproportionately high number of successful world class athletes for Australia.

Fast-tracking promising young athletes in daily training and competition performance regimes with individualised programs and the highest calibre coaching and support staff, WAIS also leads in innovation, facilitating research projects in performance analysis technologies and enhancing athlete performance.

Going for Gold – Champions from the West reflects the history and the vision of WAIS.

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

WAIS has a charter to develop champions of the future who will be recognising champions of the past. Skylar Bouchet through to the bomb of the dead pool in another villain of the West Australian Institute.

The ‘25 Best Ever’ featured in this book were chosen by a group of prominent West Australian athletes and selected by the 25 of the best athletes of the decade.

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

BACK COVER Lauren Mitchell continued WAIS’s proud history in gymnastics when she became the first female Australian gymnast to win an individual medal at the 2009 World Championships.
GOING FOR GOLD
CHAMPIONS FROM THE WEST
GOING FOR GOLD
CHAMPIONS FROM THE WEST

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

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

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

CONTENTS

Foreword .......................................................... 6
From the Premier ........................................... 7
Introduction THE BEST FROM THE WEST .......... 9

Chapter 1 CONTRIBUTING TO THE REVIVAL ........ 18
Chapter 2 A WESTERN AUSTRALIAN INSTITUTE OF SPORT ........................................... 28
Chapter 3 THE FIRST TEN YEARS 1984–1994 ........ 42
Chapter 4 HEADING FOR A HOME OLYMPICS 1994–2000 ........................................... 50
Chapter 5 MAINTAINING THE MOMENTUM 2001–2009 ........................................... 58
Chapter 6 BECOMING A CHAMPION ................. 68
Chapter 7 COACHING HIGH PERFORMANCE ........ 76
Chapter 8 APPLYING SPORT SCIENCE .................. 84
Chapter 9 BEING FIT AND HEALTHY .................. 92
Chapter 10 BALANCING SPORT AND LIFE .......... 98
Chapter 11 GIVING SOMETHING BACK ............... 104
Chapter 12 LOOKING TO THE FUTURE ............... 108

Acknowledgements and About the Author ........... 114
WAIS Board 1984–2009 ........................................ 115
WAIS Honour Boards ........................................ 116
Index .............................................................. 127
FOREWORD

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

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

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

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

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

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

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

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

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

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

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

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

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

Colin Barnett MLA, Premier

FROM THE PREMIER

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

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

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

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

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

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

Colin Barnett MLA, Premier
THE BEST FROM THE WEST

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

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

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

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

Western Australia’s premier athletics medal, the Winter–Strickland medal, is named after these two legendary athletes, both of whom spent many years coaching junior athletes after they retired from their sport. Fittingly, the winner of the medal in 2008 was the Olympic pole vault champion, Steve Hooker.
Another Western Australian Olympic track and field champion was middle distance runner, Herb Elliott. As a twenty-two-year-old, he won the 1500 metres at the 1960 Rome Olympics by nearly 20 metres, in world record time. He retired from the sport soon afterwards, remaining unbeaten in both the mile and 1500 metres. In 2007 he became the first athlete to be accorded legend status in the Western Australian Hall of Champions.

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

Several other Western Australian swimmers, including Kevin O’Halloran (1956), Neil Brooks and Peter Evans (1980), and Todd Pearson and Bill Kirby (2000), became Olympic gold medallists as members of winning relay teams. Freestyle sprinter Eamon Sullivan set world records for the 50 and 100 metre events in the lead-up to the Beijing Olympics. During the Games he bettered his own 100 metre record in the semifinal but was touched out by the barest margin for the gold medal in the final. Also in the pool, Bridgette Gusterson (captain), her sister Danielle Woodhouse, and Kate Hooper were members of the women’s water polo team that won the gold medal in the inaugural competition for women in the sport at the Sydney Olympic Games.

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

Eight members of the women’s team that tasted Olympic success in Seoul in 1988 came from the state, with Jackie Pereira and Rechelle Hawkes also in the team that repeated the victory in Atlanta in 1996. From that team Kate Starre went on to win her second gold medal and Rechelle Hawkes her third in Sydney four years later.
years later. These teams were coached by two former Australian men’s hockey captains from the state, Brian Glencross in 1988 and Ric Charlesworth in 1996 and 2000.

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

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

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

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

Two world athletics champions among those with disabilities — javelin thrower Bruce Wallrodt and 1500 metre runner Paul Mitchell — also won Paralympic gold medals in 1996 and 2000 respectively while, at the 2000 Paralympics, six cyclists (Paul Clohessy, Darren Harry, Matthew Gray, Mark Le Flisch, Lyn
Lepore and Lyn Nixon) and three sailors (Jamie Dunross, Graeme Martin and Noel Robbins) were victorious. Le Flohic repeated his success in Athens in 2004. Four West Australians (Justin Eveson, Michael Hartnett, Brad Ness and Shaun Norris) were members of the wheelchair basketball team which won the gold medal at the 2008 Beijing Paralympics.

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

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

While cricket was a very popular game during the early part of the twentieth century, it took until 1956 before Western Australia was granted full status in the national Sheffield Shield competition. In the 1960s fast bowler Graham McKenzie became the state’s first regular Test representative. Between 1968 and 1978 the state won the Shield six times as a number of other outstanding players such as Dennis Lillee, Rod Marsh, Kim Hughes and Bob Massie became Test cricketers. It has now won this competition fifteen times and several other cricketers have represented Australia in World Cup and Test matches, most notably Tom Moody, Justin Langer, Michael Hussey, Adam Gilchrist and Damien Martyn.

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

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

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

When a national league was formed, two clubs from Western Australia joined the competition, the West Coast Eagles in 1987 and the Fremantle Dockers in 1995. The Eagles won three...
preamships (1992, 1994 and 2006), and two of their players, Chris Judd and Ben Cousins, won the Brownlow medal, in 2004 and 2005 respectively. Two other footballers from the state, Shane Bowden and Simon Black, won the medal in 2001 and 2002 while representing the Melbourne and Brisbane Clubs.

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

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

Basketball in Western Australia has been influenced to a significant extent by American coaches and players. The two best home-grown basketball players have been Luc Longley and Andrew Vlahov. Longley was the first Australian to play in the NBA in the United States and made his name with the Chicago Bulls during an era when the team won three consecutive championships. He represented Australia in the 1998, 1992 and 2000 Olympic Games. Vlahov remained in Australia as a key player for the Perth Wildcats in the national league and was a four-time Olympian between 1988 and 2000.

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

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

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

With a coastline of excellent surfing beaches and the Swan River estuary on their doorstep it is understandable that many West Australians have excelled in surf riding, surf life saving and sailing. Jan Cairns and Jodie Cooper both achieved international success in surfing during the 1970s, 80s and 90s. Don Morrison was at the forefront of surf life saving from 1945 to 1965 and was followed in the sport by Ken Vidler who not only succeeded in international single ski and iron man competitions, but then turned his on-water skills to kayaking and represented Australia at the 1980 Olympic Games in Moscow.

The first name mentioned in the sport of sailing in Perth is usually that of Rolly Tasker. Following his world championship success in the Flying Dutchman class in 1954, he became the first Australian to win an Olympic medal in his sport when he finished second in the Sharpie class in Melbourne in 1956. He has also designed and built many different types of yachts and set several long distance sailing records. More than forty years later at the Sydney Olympic Games in 2000, Belinda Stawell became the Olympic champion in the 470 class. She is presently coaching several young sailors who are making their mark in world youth competitions. Two of them, Tessa Parkinson and Elise Rechichi, emulated her performance in Sydney by winning the same class event at the Beijing Games in 2008.

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

WAIS Has Played an Increasingly Important Role in the Sporting Success of the Nation.

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

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

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

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

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

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

Above. Pole vaulter Paul Burgess was one of WAIS’s longest serving scholarship holders, going from a world junior champion to a world athletics tour winner.
AUSTRALIAN MEDAL TALLY AT THE OLYMPIC GAMES 1956 TO 2008

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

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

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

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

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

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

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

LEFT Cyclist Peter Dawson won multiple world titles, Olympic and Commonwealth gold, as well as setting a world record as a member of the 4000 metre pursuit team.
over the past thirty years. Many graduates from these courses have played a major part in the preparation of high performance athletes. Some have become associated with professional football clubs and others with national teams and institutes and academies of sport. Sport science is an important component of courses offered within the national coaching accreditation scheme. Several sport scientists have developed close relationships with head coaches in various sports, providing positive benefits for individual athletes and teams. Others have become successful elite coaches or high performance managers themselves, and in these roles have had a direct effect on the quality of athlete development programs.

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

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

Overall, since it was established, WAIS has played an increasingly important role in the sporting success of the nation. The contribution of its athletes to the Australian medal tally at the Olympic Games is shown in the table above. During these six Olympic Games, WAIS athletes contributed to winning 13 of the nation’s 66 gold medals and 37 medals in a total of 235. This is well in excess of any number calculated on the basis of the state being home to 10 per cent of the national population. More importantly, the contributions have continued to increase throughout this period.

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

**CONTRIBUTION OF WAIS ATHLETES TO AUSTRALIAN MEDALS IN OLYMPIC GAMES**

<table>
<thead>
<tr>
<th>Olympic Games</th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
<th>Total</th>
<th>AUS total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seoul 1988</td>
<td>1</td>
<td>–</td>
<td>–</td>
<td>1</td>
<td>14</td>
</tr>
<tr>
<td>Barcelona 1992</td>
<td>1</td>
<td>1</td>
<td>3</td>
<td>2</td>
<td>27</td>
</tr>
<tr>
<td>Atlanta 1996</td>
<td>1</td>
<td>2</td>
<td>5</td>
<td>8</td>
<td>41</td>
</tr>
<tr>
<td>Sydney 2000</td>
<td>5</td>
<td>–</td>
<td>2</td>
<td>7</td>
<td>58</td>
</tr>
<tr>
<td>Athens 2004</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>9</td>
<td>49</td>
</tr>
<tr>
<td>Beijing 2008</td>
<td>2</td>
<td>3</td>
<td>5</td>
<td>10</td>
<td>46</td>
</tr>
</tbody>
</table>

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

She was also a member of the team that won the World Cup in 1994 and 1996, five Champions Trophy tournaments between 1991 and 1999 and the Commonwealth Games tournament in Kuala Lumpur in 1998. She played a record 279 international games for her country between 1986-2000, captaining the team from 1993 in what was a fabulous era of success for Australian women’s hockey.

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

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

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

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

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

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

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

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

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

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

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

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

— Gaye Teede

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

RIGHT WAIS sailors have won two gold medals at Olympic level, including Elise Redichi and Tessa Parkinson in the 470 class in Beijing.
CONTRIBUTION OF WAIS ATHLETES TO AUSTRALIAN MEDALS IN PARALYMPIC GAMES

<table>
<thead>
<tr>
<th></th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
<th>Total</th>
<th>AUS total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barcelona</td>
<td>4</td>
<td>4</td>
<td>1</td>
<td>9</td>
<td>77</td>
</tr>
<tr>
<td>Atlanta</td>
<td>2</td>
<td>2</td>
<td></td>
<td>4</td>
<td>106</td>
</tr>
<tr>
<td>Sydney</td>
<td>11</td>
<td>9</td>
<td>12</td>
<td>32</td>
<td>149</td>
</tr>
<tr>
<td>Athens</td>
<td>1</td>
<td>3</td>
<td>2</td>
<td>6</td>
<td>100</td>
</tr>
<tr>
<td>Beijing</td>
<td>2</td>
<td>3</td>
<td>2</td>
<td>7</td>
<td>79</td>
</tr>
</tbody>
</table>

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

CONTRIBUTION OF WAIS ATHLETES TO AUSTRALIAN MEDALS IN COMMONWEALTH GAMES

<table>
<thead>
<tr>
<th></th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
<th>Total</th>
<th>AUS total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Edinburgh</td>
<td>4</td>
<td>1</td>
<td>4</td>
<td>9</td>
<td>121</td>
</tr>
<tr>
<td>Auckland</td>
<td>5</td>
<td>4</td>
<td>4</td>
<td>13</td>
<td>162</td>
</tr>
<tr>
<td>Victoria</td>
<td>6</td>
<td>6</td>
<td>4</td>
<td>16</td>
<td>182</td>
</tr>
<tr>
<td>Kuala Lumpur</td>
<td>8</td>
<td>5</td>
<td>4</td>
<td>17</td>
<td>198</td>
</tr>
<tr>
<td>Manchester</td>
<td>11</td>
<td>8</td>
<td>4</td>
<td>23</td>
<td>207</td>
</tr>
<tr>
<td>Melbourne</td>
<td>8</td>
<td>6</td>
<td>8</td>
<td>22</td>
<td>221</td>
</tr>
</tbody>
</table>
When the Australian Institute of Sport was established in Canberra in 1981, there were concerns that some of Western Australia’s best athletes might have to relocate in order to further their sporting careers. This would not only require them to move away from their families, friends and coaches, but could interrupt their work and study arrangements. And, at least in the short term, it would affect the calibre of athletic talent in some of the state’s sports programs. It was clear that a similar organisation was needed in Western Australia.

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

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

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

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

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

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

Following the appointment of Wally Foreman, the first senior staff positions were filled by Steve Lawrence as sports science coordinator and Craig Davies as program coordinator. Initially, programs were established in seventeen different sports — eight individual sports (athletics, cycling, golf, gymnastics, rowing, squash, swimming and tennis) and nine team sports (Australian football, baseball, basketball, cricket, hockey, netball, soccer, volleyball and water polo). Ten of these sports were on the Olympic Games schedule at the time (athletics, basketball, cycling, gymnastics, hockey, rowing, soccer, swimming, volleyball and water polo), and tennis and baseball became medal sports in subsequent Olympics. Individual scholarships were awarded to nine athletes in another five sports which meant that, in its first scholarship year, WAIS supported a total of 257 athletes in twenty-two sports.
improve their international performances. Initially, they received a history of Olympic success and the potential to continue in cycling, gymnastics, hockey, rowing, and swimming. Each had additional funding — these were athletics, basketball, canoeing, sports were targeted by the Australian Sports Commission for immediately after the 1988 Seoul Olympic Games, eight participating in WAIS programs. The availability of some of Australia’s leading coaches greatly enhanced the effectiveness of these programs. They included Daryl Foster (cricket), Liz Chetkovich (gymnastics), Graeme Worth (hockey), Jill McIntosh (netball), Ron Tindall (soccer), Gerry Stachewicz (swimming) and David Neesham (water polo). Several members of the Western Australian Hall of Champions (established and coordinated by WAIS in 1985) also provided specialist coaching assistance for scholarship holders participating in WAIS programs.

Immediately after the 1988 Seoul Olympic Games, eight sports were targeted by the Australian Sports Commission for additional funding — these were athletics, basketball, canoeing, cycling, gymnastics, hockey, rowing, and swimming. Each had a history of Olympic success and the potential to continue to improve their international performances. Initially, they received extra support for what were termed intensive training centre (ITC) programs throughout the country. Of the eight, all except canoeing had WAIS programs.

The additional funding enabled WAIS to appoint its first two full-time coaches, Gerry Stachewicz in swimming and Liz Chetkovich in gymnastics. Others soon followed, including Tudor Bidder (athletics) from England, Stephan Muhlenberg (rowing) from Germany, Larry McDonough (gymnastics) from the USA and Western Australian hockey coaches David Bell and Don Smart. The success of the targeted approach is demonstrated by the threefold leap in the number of Olympic medals won by Australia in these sports between Seoul (12) and Athens (36). WAIS athletes contributed significantly to this increase. After having two representatives in the women’s hockey team which won one of the twelve medals in Seoul, twelve WAIS athletes played a part in winning nine medals in Athens (three gold in cycling and one in men’s hockey, a silver in athletics and one in swimming and a silver and two bronze in rowing). This level of achievement continued in Beijing where seven WAIS athletes contributed to winning seven medals in the targeted sports. WAIS was clearly making its mark on the national agenda.

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

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

However in 1991, when the staff had increased to twenty-three full-time and ten part-time employees, the administrative structure changed. The sports science manager was assigned the task of coordinating extra staff in each of the scientific disciplines and the program manager supervised the coaches involved in each of the sport programs. Corporate affairs, later renamed finance and administration, was also headed by a full-time manager. The first appointee to this position was Wayne Harding.

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

The AIS and national women’s coach Ju Ping wanted the states to send their best female gymnasts to Canberra to live and train. Because of the young age of the athletes involved and concerns expressed by their parents, there was strong resistance from many quarters, none more so than at WAIS. After a period of vigorous and divisive debate with Gymnastics Australia, WAIS made the decision early in 1996 to close its gymnastics programs immediately following the Atlanta Olympics. The WAIS stance attracted political attention, with the state premier, Richard Court, communicating directly about the matter with the prime minister of Australia, John Howard. Subsequent discussions between the federal and state ministers for sport ultimately led to a moderation in the national plan and removal of any financial penalty to a state institute or academy of sport if its gymnasts did not relocate to Canberra to prepare for the Sydney Olympics. Consequently WAIS agreed to continue its involvement in women’s gymnastics and, as history shows, many of its athletes have been successful at the international level of the sport.
Herb Elliott was the greatest miler of all time. He ran the distance in under four minutes seventeen times, the first as a nineteen year old in 1958. Shortly after winning the 880 yards and the mile at the 1958 Empire Games in Cardiff, he ran in Dublin, Ireland, taking nearly three seconds off the world mile record with a time of 3:54.5. He then went to Gothenburg in Sweden and broke the world record for the metric equivalent of the mile, the 1500 metres, with a time of 3:36.0. These performances won him the 1958 Helms Award for the best track and field athlete in Australasia.

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

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

Herb prepared himself for a business career by studying at Melbourne and Cambridge universities. He became the CEO of Puma in North America where he lived with his family for several years before returning to Australia. Since then he has contributed to sport and the wider community through his involvement with the Australian Olympic Committee, Athletics Australia and various charitable organisations. He was awarded an MBE in 1964 and a Companion of the Order of Australia in 2002. He was an inaugural inductee into the Western Australian Hall of Champions in 1985 and was the first athlete to be accorded legend status in 2007.
gymnasium. It was also in close proximity to several sports specific training facilities and enabled regular exchange between the staff involved in providing a full range of athlete services. It was the first of its kind among the state institutes and academies and provided an ideal shopfront for WAIS. The new facility was officially opened in 1996, the same year that the state government significantly increased its funding to WAIS. The combination of a new building and increased funding, both from the state government and from the federal government via the Olympic Athlete Program, gave WAIS a great platform to prepare its athletes for the Sydney Olympics.

Between the 1996 Olympic Games and the 1998 Commonwealth Games in Malaysia, the WAIS Board, under new chairman Neil McKerracher QC, went through an extensive process of strategic planning aimed at reaffirming the fundamental objectives of the organisation and the means of attaining them. The representation and performance of WAIS athletes in international sport was the principal objective and image, funding, staffing and the identification of new talent became organisational priorities.

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

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

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

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

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

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

Justin was born into a cricketing family, his uncle Rob also representing Western Australia. He attended Linwall Catholic School and Newman and Aquinas Colleges. He has authored and co-authored several books about his experiences in cricket and life. He is also an accomplished and popular motivational speaker in the corporate and sporting sectors. As patron or ambassador for several charitable associations and foundations associated with community health, he is actively involved in fundraising. In 2008 he was made a Member of the Order of Australia (AM) for his services to cricket and the community.
The period following the Sydney Games began with a changing of the guard at WAIS. The departure of two key figures in its development, Wally Foreman as the inaugural director and Craig Davies as the first program manager, represented a significant milestone. Wally had overseen the growth of the institute with a starting budget of $300,000 in 1984 to an organisation comprising more than fifty people and with an operating budget of five million dollars. He returned to the ABC as a sports commentator.

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

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

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

Craig Davies was replaced early in 2001 by former national men’s hockey coach, Frank Murray, who held the position for a four-year term which included the Athens Olympic Games. Following that he became coach of the national women’s hockey team, the Hockeyroos.

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

With these changes in management, the WAIS Board took the opportunity to partition its administrative structure into two main areas, performance enhancement and corporate services. The performance enhancement area comprised sport programs and athlete and coach services. The coaching staff and program coordinators were accountable to a program manager. Athlete and coach services, which includes sport science, sport medicine, athlete career and education, talent search and strength and conditioning, were managed separately. The corporate services area consisted of finance and administration, including information and communication technology, and marketing, now public relations. Both sections were managed separately. The move from a marketing to a public relations focus was a strategic one, based on the difficulty that WAIS was experiencing in raising significant financial resources from the corporate sector.

The other significant change with which WAIS had to contend was the reduction in federal government funding associated with the cessation of the Olympic Athlete Program. This had a direct effect on the quality of the national training centre programs and required some internal reallocation of resources and continued lobbying of governments. A comprehensive
strategic plan was formulated by the Board and endorsed by the state government, which made a commitment to maintain its pre-Sydney Olympic Games funding support.

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

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

The Wally Foreman Foundation has been established by the Foreman family to ensure that Wally’s passion for sport continues in the future. The foundation provides talented athletes with financial support on an individual needs basis, enabling them to attend specific events or meet training-related costs.

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

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

At the end of the 2008 Olympic cycle a major organisational change occurred in the programs area. In order to promote a focus on leadership development among the institute’s coaching group, the program department was renamed the coaching department and became home to three senior managers with extensive international coaching experience. Each took responsibility for a cohort of coaches involved in three groups of sports, based on the similarity of their technical and tactical requirements. Each has the task of developing the knowledge, skills and leadership capacities of the coaches within their group.

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

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

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

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

VISION
To produce champions.

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

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

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

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

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

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

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

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

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

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

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

At the 1986 Commonwealth Games in Edinburgh, WAIS was represented by nine athletes: five swimmers, three track and field athletes and a badminton player. High jumper Christine Stanton cleared 1.92 metres to win her event as well as the WAIS Athlete of the Year award for 1986–87. She had the distinction of competing in three consecutive Summer Olympics (1980, 1984, 1988), becoming the first Western Australian athlete to achieve this since Shirley de la Hurty (Strickland) did so thirty years earlier. Swimmers Neil Brooks, Tom Stachewicz and Sarah Thorpe were members of winning relay teams that set Games records and brought the tally of medals won by WAIS athletes to four gold among a total of nine.

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

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

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

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

Meanwhile progress was also being made by several athletes in other sports. Professional golfer Craig Parry and tennis player Jenny Byrne, both of whom retained an association with the institute though did not receive funding from it, were becoming increasingly prominent on the international stage. Parry won the WAIS Athlete of the Year award in 1987–88 for his performances in winning the New South Wales Open and finishing second in the Australian Masters after a sudden death play-off. The following year he won Open tournaments in both Japan and England.
Louise Sauvage is one of Australia's most successful and best-known Paralympians. As a wheelchair track and field athlete, she won nine gold medals at the Paralympic Games (1992, 1996, 2000) and two in the 800 metre demonstration events at the 1996 and 2000 Olympic Games. She also won the Boston marathon for wheelchair athletes four times (1997, 1998, 1999, 2001).

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

‘Walter was a real wizard. There’s no doubt about that. I would gladly spend an entire day pulling balls out for him because I would be right there watching everything he did and learning from it.’
— Bob Marshall, World Amateur Billiards Champion

THE WESTERN AUSTRALIAN HALL OF CHAMPIONS

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

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

A number of WAIS athletes contested finals, including high jumper Alison Inverarity, road cyclist Jacqui Uitten, diver Vyninka Arlow, gymnast Brooke Gysen and Jane Warrilow, rower Robert Scott and swimmer Ian Brown. It is noteworthy that Scott was the first Western Australian oarsman to stroke an Olympic eight for thirty years and that the first two swimmers in the 400 metre swimming final, in which Brown finished fifth, actually broke the world record.

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

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

Ramon Andersson followed his bronze medal at the Olympics with a gold in the K2 event at the world marathon championships. This won him the WAIS Athlete of the Year in 1992–93. Robyn Lambourne won the deciding match in the teams event at the 1992 world squash championships in Vancouver, Canada to give Australia its first ever world title.
In Australia the Quit WAIS Breakers, coached by Tom Maher, won the women’s national basketball league title and captain Michelle Timms was selected in the all star team for the fifth time. Golfers Stephen Leaney and Stephen Collins were both chosen in the Eisenhower Cup team, the first time that two Western Australians had been selected. Leaney also won the Western Australian and Malaysian championships before he turned professional.

The tenth anniversary year saw WAIS assisting 192 athletes in 25 sports, many of whom were starting to exert their presence in both national and international sport. Sprint cyclist Darryn Hill won three national titles and road cyclist Henk Vogels won the Tour of Holland. Amateur golfers Greg Chalmers and Jarrod Moseley were winning state and national championships and, after recently turning professional, Sarah Gautrey finished second in the Evian Open in France. In team sports, the Perth Thundersticks, with six players now in the Australian team, won the national hockey league for the second successive year and the lightweight four in women’s rowing won the national title.

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

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

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

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

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

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

He was named the Australian male Track Cyclist of the Year in 2001 and 2004 and won the Hubert Opperman Medal as Australian Cyclist of the Year in 2004. He was WAIS Athlete of the Year in 2003–04 and, on Australia Day 2005, he received the Order of Australia (OAM) for his contribution to the sport.
The second significant period in the history of WAIS followed the announcement in 1993 that Sydney would host the 2000 Olympic Games. Being a home Olympics, it attracted additional funding to resource high performance programs throughout the country. It also engendered a spirit of cooperation between state and national sporting organisations that was a forerunner for the great success of Australian athletes at the Games.

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

Despite this, six WAIS athletes won Commonwealth Games gold medals. These included high jumper Alison Inverarity, gymnasts Rebecca Stoyel (uneven bars) and Salli Wills (balance beam), road cyclist Henk Vogels in the team time trial, and pistol shooters Ben Sandstrom and Mike Giustiniano.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Triple Olympic gold medallist Rechelle Hawkes won her second WAIS Athlete of the Year award in 1997–98 for her performances as captain of the Australian women's hockey team during a period in which it won two successive World Cups and became the Commonwealth Games champion.
Barry Cable was the king of the big stage in Australian football. He was able to produce his best when it mattered most. His five Simpson medals as the best player in grand finals (1966, 1967, 1968) and interstate matches (1969, 1977) attest to this.

He was a brilliant and dedicated rover whose hand and foot skills were second to none. He won three Sandover medals (1964, 1968, 1973) in the West Australian Football League, a Tassie Medal at the 1966 Australian Championship and selection in the All-Australian team in 1966 and 1969. He was a key member of three premiership sides with the Perth club (1966, 1967, 1968), two with North Melbourne (1975, 1977) and one as captain-coach of East Perth (1978). He played 386 league games, plus 21 interstate matches.

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

He started in the league side as a wingman and more than held his own against some of the best players in the state. However, his astute coach at the time, Ern Henfry, felt that turning Barry into a rover would serve the club better and enable him to maximise his exceptional talents.

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

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

He continues to work tirelessly for the Community Development Foundation to raise funds to help needy children improve their education, health and fitness. He was awarded an MBE in 1978 for his services to football and was a foundation member of the Western Australian Hall of Champions in 1985; inducted into the Australian Football Hall of Fame in 1996 and an inaugural legend in the WA Football Hall of Fame in 2004.
And then came the much awaited home Olympic Games in Sydney. It was a huge and unqualified success, not only in the way it was staged but in the outstanding performance of the Australian team, which finished fourth on the medal tally among the competing countries.

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

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

At the Paralympics Games that followed the Olympics, twenty-one WAIS athletes contributed to winning 32 medals, including 11 gold, in four different sports — athletics, cycling, sailing and swimming. The list of gold medallists comprised several athletes who had already become world champions in their particular sport. These were Paul Mitchell (athletics), Paul Clohessy (cycling) and Priya Cooper, Matthew Gray and Kingsley Bugarin (swimming).

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

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

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

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

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

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

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

Belinda now thrives on the challenge of coaching young sailors as well as developing her own talent as a windsurfer. She won the WAIS Athlete of the Year in 1999–2000 and with Armstrong was named the Australian Female Sailor of the Year in 2000–01 and 2001–02. She has been awarded a medal of the Order of Australia (OAM) for her contribution to her sport.
IT WAS TIME TO SEE WHETHER THE PERFORMANCES PRODUCED AT A HOME OLYMPICS COULD BE MAINTAINED ON FOREIGN SOIL.

Chapter Five

MAINTAINING THE MOMENTUM 2001–2009

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

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

In Antwerp, Belgium, twenty year old cyclist Ryan Bayley beat a quality field of Olympic and world champions in the keirin to become the youngest Australian to win an individual event at the world championships. Rower Joanna Latz became a dual world champion as a member of the winning coxed eight and coxless four in Lucerne, Switzerland. Rebecca Sattin was also a member of the eight-oared crew that won Australia’s first ever gold medal in this event.

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

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

ABOVE World champion Amber Bradley (front) was one of the new generation of WAIS rowers at the start of the decade.
THE WESTERN AUSTRALIAN HALL OF CHAMPIONS

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

Dennis Lillee

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

Dennis made his Test debut in the sixth Test of the 1970-71 Ashes series against England in Adelaide and took five wickets in the first innings. During his Test career, which ended after the 1983-84 series against Pakistan, he took 365 wickets in 70 Test matches, a world record at the time. This tally didn’t include a further 46 wickets in the 14 Super Tests that he played as part of World Series Cricket in the late 1970s. He took five wickets in an innings in a Test match twenty-three times and his best figures were 7/83 in the sixth Test of the 1981 Ashes series at The Oval.

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

However, life in the fast lane had its downsides. Early in his career in 1973 he broke down with stress fractures in his lower back. After a lengthy period of rehabilitation, in which he showed all the steel and fibre of a champion athlete, he returned to the fray. This time he was less of a tearaway and more clinical in his approach, systematically exploiting faults in a batsman’s technique. He had two great allies. The Dennis Lillee/ Jeff Thomson fast bowling partnership proved a fearsome test for opening batsmen around the world and the famous ‘caught Marsh [wicket-keeper Rod], bowled Lillee’ combination accounted for a world record 95 Test dismissals. Since his retirement from the game, he has dedicated himself to assisting other players and is considered one of the finest fast bowling coaches in the world. He founded the Dennis Lillee Disabled Sports Foundation which gives young people with disabilities the opportunity to take part in sport and physical activity.

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

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

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

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

As a member of the team’s pursuit in cycling which broke the world record both at the Commonwealth Games and in the following year at the World Championships in Stuttgart, Germany, Peter Dawson won both 2001-02 and 2002-03 WAIS Athlete of the Year. He also competed successfully in a series of road races in Europe and joined fellow cyclist Darryl Hill and hockey’s triple Olympic gold medallist, Rebelle Hawkes, in winning the award twice.

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

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

ABOVE Paul Gaudoin was captain of the Australian men’s hockey team in the early 2000s.
ABOVE RIGHT Dmitri Markov became the first West Australian to win an individual athletics world title when he won the pole vault in 2001.
quad scull crews that won their respective world championships in Milan, Italy. Emily Halliday was a member of the national hockey team that won the champions trophy in Sydney and swimmer Antoni Matkovich was in the 4 x 200 metre freestyle relay team that won the world championship in Barcelona.

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

In Athens, twelve WAIS athletes contributed to winning nine medals, four of them gold, in five different sports, improving on the total number won in Sydney. It was the best ever in Western Australia's history of participation in the Olympic Games. The standout performer was undoubtedly sprint cyclist Ryan Bayley, with two victories in the sprint and keirin events. He became the first West Australian and the first Australian cyclist to win two gold medals in individual events at the one Olympic Games. It won him the WAIS 2003-04 Athlete of the Year award. Other gold medals went to cyclist Peter Dawson in the team pursuit event and to hockey player Bevan George.

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

Following her appointment as the WAIS sailing coach, Sydney Olympic gold medalist Belinda Stowell tutored Elise Rechichi and Tessa Parkinson to victories in the 420 class youth and open world championships and the 490 class junior world championships in 2004.

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

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

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

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

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

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

The WAIS 2005–06 Athlete of the Year was pole vaulter Paul Burgess. Despite missing the Commonwealth Games due to injury, he cleared 5.42 metres to win the 2006 world athletics grand prix final in Stuttgart, Germany. The year before he had become the eleventh person in history to clear 6.00 metres. These performances came almost ten years after he had won the 1996 world junior championship in Sydney as a seventeen year old, vaulting over 5.35 metres.

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

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

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

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

Forty-nine Western Australian athletes, including forty-five WAIS scholarship holders, were chosen to represent Australia in sixteen sports at the Olympic Games in Beijing. This comprised 11.3 per cent of the national team. The following graph clearly
demonstrates the progress WAIS has made in achieving one of its key goals — to increase the number of Western Australian and WAIS athletes representing Australia at the Olympic Games.

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

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

The second gold medallist was pole vaulter Steve Hooker who broke the Olympic record with a leap of 5.96 metres on his final attempt. He became the first Australian male track and field athlete to win an Olympic gold medal in forty years and the first in a field event since John Winter won the high jump in London in 1948. Earlier in the year Hooker had joined his training partner, Paul Burgess, as a member of a group of only fifteen athletes who have ever vaulted over 6.00 metres.

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

At the Beijing Paralympics, twelve of the fifteen athletes from WAIS contributed to a total of seven medals, two of them gold, across five different sports. Katrina Porter set a world record in winning the 100 metre backstroke and Justin Eveson, Michael Hartnett, Brad Ness and Shaun Norris won gold as members of the men’s wheelchair basketball team. Other medals came in the sports of sailing, powerlifting, wheelchair rugby and women’s wheelchair basketball.
The gold medal performances of sailors Tessa Parkinson and Elise Rechichi and pole vaulter Steve Hooker at the Beijing Olympic Games saw them share the WAIS 2007–08 Athlete of the Year award.

Following the Olympic Games there were some outstanding performances from some of WAIS’s younger athletes. Gymnast Lauren Mitchell won the all around event in the Massilia Cup in France to which the top eight countries at the Beijing Olympics were invited. She followed this by winning on the balance beam in the World Cup final in Madrid — all in the same year she represented Australia at the Beijing Olympics and completed her tertiary entrance examinations. She was well on the way to becoming Australia’s most successful gymnast and displayed more of the same form at the 2009 world championships in London where she won silver medals on both the beam and floor.

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

Later in the year in Berlin, Steve Hooker added a world pole vault championship to his Olympic gold medal and became the third athlete to win successive WAIS Athlete of the Year awards (the others were track cyclists Darryn Hill and Peter Dawson). The Smoke Free WA Thundersticks defeated Queensland for the second year in succession in the 2009 Australian hockey league grand final. Several players from WAIS were subsequently selected in the national squad, and began training under the direction of national coach Ric Charlesworth. The stage was being set for an assault on the Hockey World Cup and the Commonwealth Games, both to be held in Delhi, India in 2010.

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

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

CHAPTER SIX

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

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

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

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

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

The willingness to work hard seems to come naturally to some who have been encouraged from an early age. In others it has to be learned. It is the role of the coach to instil this mindset in all members of the training squad, because, as it is often
Ross Glendinning was one of the best, and certainly the most versatile, key position players to have played Australian football. Standing 190 centimetres and strongly built, he played with equal competence in the forward and back lines and made a significant impact on the game in Western Australia and Victoria.

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

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

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

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

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

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

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

Ultimately, however, athletes must take responsibility for their own training and performance. Self determination is a quality which sets champions apart. As part of the development process, coaches need to encourage athletes to put themselves in charge of their own destiny rather than remain dependent on others. Athletes should set themselves short-term goals and focus on specific aspects of their performance which they feel need improving, while long-term goals should be oriented towards achieving their best results.
One of the basic philosophies of WAIS is that its athletes should have balance in their lives and develop personal skills and careers beyond sport. This is based on the understanding that the complementary development of the mind and body is performance enhancing. There are many examples of champion athletes who have also been successful in other areas of their lives.

A quality which stands out among champions is their mental toughness during training and competition. The top end of sport provides a very exacting test. The margin between winning and losing can be very small and success is determined by the capacity to perform under pressure. The challenges associated with performing in adverse conditions against top opponents require great mental strength and resolve. It is said that when the going gets tough, the tough get going. While this mindset comes easier to some than others, developing mental toughness is all part of the development process. Athletes learn to respond in a positive way to the challenging circumstances confronting them and the best are able to focus their attention on the relevant aspects of performance.

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

Lyn McKenzie had a short but illustrious swimming career. After winning her first national championship as a seventeen year old, she was selected in the Australian team to compete at the Olympic Games in Mexico City in 1968. She won the 100 metres butterfly, becoming the first Australian woman to do so. She led all the way and set an Olympic record in defeating two American swimmers and the Dutch world record holder, Ada Kok, who later won the 200 metres butterfly.

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

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

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

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

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

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

— Lyn McKenzie

Lyn McKenzie had a short but illustrious swimming career. After winning her first national championship as a seventeen year old, she was selected in the Australian team to compete at the Olympic Games in Mexico City in 1968. She won the 100 metres butterfly, becoming the first Australian woman to do so. She led all the way and set an Olympic record in defeating two American swimmers and the Dutch world record holder, Ada Kok, who later won the 200 metres butterfly.

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

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

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

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

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

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

— Lyn McKenzie

Lyn McKenzie had a short but illustrious swimming career. After winning her first national championship as a seventeen year old, she was selected in the Australian team to compete at the Olympic Games in Mexico City in 1968. She won the 100 metres butterfly, becoming the first Australian woman to do so. She led all the way and set an Olympic record in defeating two American swimmers and the Dutch world record holder, Ada Kok, who later won the 200 metres butterfly.

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

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

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

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

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

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

— Lyn McKenzie

Lyn McKenzie had a short but illustrious swimming career. After winning her first national championship as a seventeen year old, she was selected in the Australian team to compete at the Olympic Games in Mexico City in 1968. She won the 100 metres butterfly, becoming the first Australian woman to do so. She led all the way and set an Olympic record in defeating two American swimmers and the Dutch world record holder, Ada Kok, who later won the 200 metres butterfly.

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

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

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

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

Lyn works in finance and administration at the Royal Life Saving Society and is a former patron of the National Heart Foundation in Western Australia. She was a foundation member of the Western Australian Hall of Champions in 1985 and was inducted to the Sport Australia Hall of Fame in 1991.
or injury, or non-selection at a vital time. The capacity to overcome these roadblocks and return to the sport stronger, smarter and better able to cope with adversity is a quality of champions. They possess an abundance of perseverance and resilience — and self-belief. Champions are true believers in themselves and do not even contemplate failure. They have a positive ‘can do’ attitude which leaves no room for uncertainty and self-doubt. Their view is that this mindset, backed up with action, will give them the competitive edge required to succeed.

Finally, champions take great pride in their performance. It shows in how they go about their training, their event preparation and their performance in competition. They simply want to be as good as they can be, every time they appear on stage. They are an inspiration to us all.
GOOD COACHES CONDUCT BETTER PROGRAMS AND HELP ATHLETES ACHIEVE THEIR BEST RESULTS.

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

During the past twenty-five years there have been significant changes in the approach to high performance coaching. Rather than having just a single coach in charge of a program, there are often now several coaching assistants involved. Advances have been made in the technology of sport, including the use of GPS and high-speed video systems in both the training and competition environment. Coaches need to understand the value of the information provided by these technologies for enhancing performance and be willing to go beyond their own observations and instincts.

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

It is also essential that the athletes themselves are involved in the planning of their own programs. This includes having them...
As a triple Olympic gold medalist, sprinter and hurdler Shirley de la Hunty was one of the greatest women athletes in track and field history. In London in 1948 she became the first Australian woman to win an individual Olympic track and field medal with a bronze in both the 100 metre sprint and the 80 metre hurdles. She also won a silver medal in the 4 x 100 metre relay.

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

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

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

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

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

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

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

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

Olympic sailing champion Belinda Stowell, who is now coaching young sailors at WAIS, has found the transition from athlete to coach to be a big challenge. ‘You need to be so much on your game to stay a step ahead. I have found a huge difference from being on the boat as an athlete to being off the boat as a coach. You must do the research in order to feel confident about what you are saying and become a well-rounded coach.’

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

Tim Mahon, manager of sport programs 2005–08, shares this view. He has a very high opinion of WAIS coaches. ‘Many are world class. Their planning is excellent, they pay close attention to detail and they are always trying to find a competitive edge. Those with a European background seem to blend well with the mindset of Western Australians who take great pride in their performance in sport and don’t accept second best.’

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

Key success factors in the development of an individual athlete need to be understood and reinforced regularly by the coach as part of the process of establishing a high performance culture.
Natural talent must be matched by a strong desire to succeed through hard work, perseverance and self-belief.

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

The behaviour of athletes on and off the field is another aspect of athlete welfare that comes under the jurisdiction of the coach. This includes any involvement with alcohol and illicit and performance enhancing drugs. The role of the coach in educating athletes about these substances is crucial in establishing a high performance culture within the program, the organisation and the sport.

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

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

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

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

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

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

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

“To be successful in a sport you must be well suited to it, prepared to evaluate yourself honestly, have good coaches and mentors and be willing to do the hard work required to realise your potential. It requires a strong sense of self-belief and being resilient following failures and setbacks.” — Luc Longley
One of the significant factors associated with Australia’s improved performance in international sport during the past three decades has been the use made of science and technology in preparing athletes for competition. Increasingly this has involved field-based applications requiring close working relationships between scientists and coaches.

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

Adopting a scientific or systemic approach involves understanding the demands of the sport, evaluating the attributes of individual athletes and then prescribing suitable training programs for each of them. The key word is “individual” — every athlete is different, which makes communal or group training programs only appropriate for some members of a squad.

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

Many team sports require athletes to have a more balanced mix of endurance, speed and technical and tactical skills. Being able to anticipate what is about to happen and give
their performance. The mind and the body work together in sport and a weakness in one area can readily expose flaws elsewhere.

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

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

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

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

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

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

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

The staff in areas such as strength and conditioning, biomechanics and psychology are very innovative and enthusiastic and always looking for a competitive edge. The program is about excellence and we are very innovative and enthusiastic and always looking for a competitive edge. The program is about excellence and we are very

Effects extraordinary — Julian Pearce

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

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

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

Julian was one of the finest defenders in the game. He was tall, well built and skilful, and was well known for his fearless play and the manner in which he set up attacks downfield. He played 65 international and 60 interstate matches between 1960 and 1970 before retiring from this level and continuing his playing career for the Trinity Club in Perth. After six years of club hockey, he retired from the game, but returned four years later to coach during the 1980s and 90s. His work with the senior team helped Trinity regain A-grade status in the mid-80s; he then turned his attention to coaching its junior teams during the 90s.

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

Winning performance is about being able to execute ordinary skills extraordinarily well under extreme and sometimes unfair duress.” — Julian Pearce
Our involvement with PhD research students enables us to target areas where we need new knowledge. This helps improve our understanding of performance limitations and identifies more precisely the areas where our coaches should be concentrating in trying to make a difference. The planned physical proximity of the two organisations in the future offers some very exciting possibilities.

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

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

In the sport physiology area several research projects were conducted in field hockey during the late 1990s under the direction of Steve Lawrence. One involved trialling a more comfortable body suit for women players to wear during matches. Tests conducted in a hot climate chamber showed that the suit had no negative effects on their ability to regulate their body temperatures. Hence the playing uniform was changed and used during their successful campaign at the Atlanta Olympic Games.

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

During the last few years, several members of the sport science staff have had their services contracted or have moved on to national and international organisations involved in high performance sport, including professional football clubs in Western Australia such as the Fremantle Dockers and the Western Force, reflecting the standing that WAIS has established in the high performance sport industry.
Since becoming the Australian age-group swimming champion in the 50 metre freestyle in 2002, Eamon Sullivan has progressed to be one of the fastest swimmers in the world. He has held the world 50 and 100 metre freestyle records and is the only Western Australian swimmer to have achieved this distinction in any stroke.

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

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

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

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

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

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

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

When an athlete sustains a soft tissue injury, the recovery process requires regular communication and collaboration between the medical, physiotherapy, soft tissue therapy and strength and conditioning staff involved. This ensures that progress is closely monitored and the rate of return to sport is optimised.
The principles and practices of good nutrition must be clearly understood by the athletes and coaches. Diet plays a role in providing the energy resources required for training and competition, but it is also an important factor in healthy growth, particularly among younger athletes. Short courses that cover the principles and processes involved in ensuring that high performance athletes are eating the right foods are valuable in this regard.

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

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

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

Head strength and conditioning coach Gil Barnitt and his staff have developed specific programs for different sports and individual athletes. ‘Our job is to ensure that athletes train with the exercise and movement patterns critical for effective technique in their sport. We also have to develop in them a capacity and robustness which enables them to tolerate heavy sport-specific training loads.’ This was the approach taken with world champion sprint swimmer Eamon Sullivan during his recovery from recurring hip and shoulder injuries. Regular communication between his coach, the medical staff and the strength and conditioning team was essential in this process.

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

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

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

Tessa was also born in 1986 and was sailing at the Fremantle Sailing Club as an eight year old and competing by the time she was eleven. She attended Peppermint Grove and Methodist Ladies College and is presently completing the requirements to attain a commercial airline pilot’s licence. Her first major success in sailing was with Raychel Martin in the 420 class at the world ISAF youth championships in Portugal in 2003.

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

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

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

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

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

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

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

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

He was always highly regarded by team-mates and opposition players alike, not only as a superb bowler and a great competitor, but as a true sportsman. He was inducted into the Western Australian Hall of Champions as a foundation member in 1985 and the Cricket Australia Hall of Fame in 2000.

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

The specialised training programs conducted in the gymnasium are also prescribed for the purposes of injury prevention and rehabilitation. They are closely supervised by the staff who monitor their effectiveness with regular assessment of muscular strength and power. This process is aided by computer feedback technology designed by WAS. Additional feedback is provided by video filming of athletes during training to evaluate their technique and to ensure that their movement patterns are smooth and efficient and not injurious. This is motivating for the athletes and allows the coach to closely monitor the effectiveness of the training program.

Keeping athletes healthy and fit for their specific sport, particularly during intensive training blocks and in contact sports, is a constant challenge. It is closely related to the performance of an individual athlete or a team and the record of achievements of a multi-sport organisation such as WAS.
The philosophy of WAIS has always been to encourage its athletes to develop their life skills and careers beyond sport. There are several good reasons for adopting this approach.

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

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

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

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

Athletes can feel a loss of identity, sense of belonging and status after departing from the adrenaline-charged environment of competitive sport for the future. This is essential not only for young athletes who set their sights on a professional sporting career and then fall short of their goals, but for any athlete following their retirement from sport.

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

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

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

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

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

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

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

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

In the wider area of health services, there are WAIS athletes who are students or graduates in dental therapy (Glencora Ralph, water polo), nursing (Natalie Bale, rowing), pharmacy (Oliver Dziubak, athletics; Susan Fuhrmann, netball) and physiotherapy and occupational health and safety (Lisa Russ [Oldenhof]).
Ric Charlesworth's contribution to Australian hockey, as a player and a coach, has been enormous. Between 1972 and 1988 he played 227 games for his country, more than half as captain, and was widely regarded as the best inside forward in the game. His speed, agility and stick skills befuddled many opposition defenders and saw him score more than 90 goals in international matches. His standing as one of Australia’s foremost athletes was recognised when he carried the nation’s flag at the opening ceremony of the 1988 Olympic Games in Seoul.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Through the Oliver Foundation he is an active supporter of racing families who have fallen on hardship. He is the patron of Spinal Cure Australia and the No. 1 ticket-holder for the West Coast Eagles in Melbourne.
WAIS has always actively encouraged its staff and athletes to give something back to the community. It does this by arranging visits to schools, clubs and organisations, by hosting tours of their training facilities, by becoming involved in special events and fundraising activities, and through appearances and presentations at functions and conferences, particularly in association with Sport and Recreation WA and with some of its sponsors.

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

The involvement of WAIS athletes in these community-based programs also reflects well on the institute. Athletes can play a significant role in public fundraising activities as well as assist in maintaining positive relationships with specific sponsors.

This can enhance the community profile of both the sponsor and WAIS, provide the sponsor’s staff with some insights into what it takes to succeed in sport, and simply share the sport experience throughout the wider community.

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

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

The WAIS Tours program provides an insider’s look at the life of an elite athlete. More than 500 children from schools and junior sporting clubs visit the institute annually. Their tour guides have included Olympic swimmers Adam Lucas and Eamon Sullivan, canoeist Jesse Phillips and rower Sally Robbins. When Adam Lucas hosted a Year Five class from the Mandurah Catholic College, their teacher sent a note back to WAIS saying, ‘Adam was fantastic. The children were engrossed in what he was saying. They said it was the best excursion they have ever been on. Adam now has thirty-two more huge fans.’

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

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

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

The WAIS Community Development program was developed to promote the key health messages associated with physical activity and nutrition. It is sponsored by Healthway and involves
WAIS athletes visiting schools to convey the ‘Go for 2 and 5’ message among children, encouraging them through physical activities and games to include two fruits and five vegetables in their diet.

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

Several WAIS athletes have written ‘blogs’ on the WAIS website, describing some of the experiences of their journey in high performance sport. These include gymnasts Olivia Vivian and Daria Joura, rower Amber Bradley, cyclist Travis Meyer and hockey player Aaron Hopkins. Daria Joura’s blog became a regular column for Perth Now in the Sunday Times newspaper.

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

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

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

He played 343 senior games, 254 with Claremont and 89 with Essendon, and represented Western Australia 20 times.

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

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

During his professional career Graham has made a contribution to many sports as a member of the WA Olympic Council Appeal Committee and as past president of the Carbine Club, which provides an international scholarship fund for WAIS athletes who are financially disadvantaged.

He was inducted into the Western Australian Hall of Champions in 1990, the Australian Football Hall of Fame in 1996 and was accorded legend status of the Western Australia Football Hall of Fame in 2006.

“'Go for 2 and 5'...”

Graham Moss

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

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

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

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

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

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

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

As a child, Bridgette Gusterson was a key player in Australia’s historic women’s water polo gold medal in Sydney.
WAIS STAFF AND ATHLETES ARE COMMITTED TO EXCELLENCE KNOWING THERE IS NO PLACE FOR COMPLACENCY OR COMPROMISE.

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

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

While sport is presently important to the community, participation rates need to be maintained, better still, increased. Furthermore, the most talented individuals need to be given every opportunity to succeed in the sport for which they are most suited.

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

The search process can be assisted during the adolescent years by talent identification programs for specific sports. The transfer of
While it is important for each sport to have control over its talent between sports can often locate a young athlete in a sport which is more suitable for them. Talent identification programs have been implemented successfully at WAIS in cycling, rowing and canoeing and should be expanded to other sports.

Once talented young athletes have been identified by a particular sport they need to be fast-tracked into a challenging daily training environment and competition schedule. They must be matched by commitment and hard work.

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

It is also important that the programs offered provide athletes with a competitive edge. Everyone involved must embrace the concept of continual learning and be looking to innovative methods and technologies that will enhance performance. Again, this is an area in which WAIS has been active. Its connection methods and technologies that will enhance performance. Above all, there should be nothing in these relationships which prevents any elite athlete receiving what they need and deserve. Harmony between the organisations involved in the program and in the athlete development pathway is critical to success. The WAIS gymnastics program is an excellent example of how good cooperation with clubs can facilitate the progress of young gymnasts along existing development pathways. Compared to the eastern states, Western Australia has less than a quarter of the number of gymnasts enrolled in club programs, yet WAIS is presently providing half the national team. This underlines both the quality of the development programs in the state, and the effectiveness of the high performance pathways.

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

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

One factor in funds allocation is certain. WAIS can never be everything to everyone. It will always have to decide on the funds that should be spent on preparing athletes for competition and on getting them there. International travel can consume a large proportion of program budgets and needs to be closely monitored. The training hubs being developed in Europe should help in reducing these expenses in future years.

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

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

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

Once talented young athletes have been identified by a particular sport they need to be fast-tracked into a challenging daily training environment and competition schedule. They must be matched by commitment and hard work. Talent must be matched by commitment and hard work.

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

It is also important that the programs offered provide athletes with a competitive edge. Everyone involved must embrace the concept of continual learning and be looking to innovative methods and technologies that will enhance performance. Again, this is an area in which WAIS has been active. Its connection methods and technologies that will enhance performance. Above all, there should be nothing in these relationships which prevents any elite athlete receiving what they need and deserve. Harmony between the organisations involved in the program and in the athlete development pathway is critical to success. The WAIS gymnastics program is an excellent example of how good cooperation with clubs can facilitate the progress of young gymnasts along existing development pathways. Compared to the eastern states, Western Australia has less than a quarter of the number of gymnasts enrolled in club programs, yet WAIS is presently providing half the national team. This underlines both the quality of the development programs in the state, and the effectiveness of the high performance pathways.

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

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

One factor in funds allocation is certain. WAIS can never be everything to everyone. It will always have to decide on the funds that should be spent on preparing athletes for competition and on getting them there. International travel can consume a large proportion of program budgets and needs to be closely monitored. The training hubs being developed in Europe should help in reducing these expenses in future years.

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

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

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

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

His progress was interrupted by World War II and, in its latter stages, he served in the RAAF in Great Britain. After the war he returned to Australia to win the 1947 and 1948 national championships, producing his best jump at the 1948 championships in clearing 2.02 metres. In the lead-up to the Olympic Games he also won the 1944 British and Irish high jump titles. After his Olympic success, John was appointed captain of the British Empire team that competed against the USA and again he beat the Americans who had been at the Olympic Games in London. He maintained his consistency at the highest level of competition.

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

During and beyond his athletic career John was always willing to spend time coaching young athletes, attending inter-school and club athletic competitions and contributing to the Olympic movement in Western Australia. He won the 1947 Helms Award for the best athlete in Australasia, was a foundation member of the Western Australian Hall of Champions in 1985 and inducted into the Sport Australia Hall of Fame in 1986. Western Australia’s premier athletics honour, the Winter–Strickland Medal, commemorates the legendary status of John Winter and Shirley de la Hunty (Strickland) in their sports.
Finally, we must make sure sport remains a community priority, not just at the performance level to engage our best athletes in national and international competition, but at the participation level, to enhance the health and fitness of everyone involved and to maintain the large pool of athletes essential for producing champions. The deeds of our champions rouse the aspirations of others. This is why the WAIS tours, ambassador and community development programs are so important in the overall development of sport in Western Australia. Participation and performance are inextricably linked, and should remain so, to ensure that sport maintains its rightful place in the Australian culture and continues to enrich our lives.

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

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

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

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

He first represented Australia in a one-day international against South Africa in India in 1996. His entry into the Test arena came three years later against Pakistan in Brisbane. During his illustrious career he played in 96 Tests, averaging 47.6 runs, and in 287 one-day internationals, where he averaged 35.8. He usually opened the batting in one-day matches and batted in the middle order in Tests. He took part in 416 Test dismissals, the most in history at the time of his retirement and scored the most Test centuries by a wicket-keeper. For these reasons he is considered to be the best wicket-keeper batsman to have played the game.

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

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

**Adam Gilchrist**

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

— Tom Moody, captain Western Australia

Wicket-keeper batsman Adam Gilchrist was renowned for his dynamic batting and aggressive strokeplay.
ACKNOWLEDGEMENTS

LotteryWest is gratefully acknowledged for its outstanding support of this project via its Community Histories Grant Program. LotteryWest has been a long term supporter of WAIS via the Sports Lotteries account and its support of this historical account of Western Australia’s sporting history is an extension of that.

The Hall of Champions committee members, David Hatt, Pam O’Connell, Alan East, Wendy Pritchard, Ken Casellas, Ray Wilson, Liz Chetkovich and Glenn Mitchell, are acknowledged for giving of their time and expertise in selecting the ‘25 Best Ever’ athletes.

Simon Moore-Crouch is gratefully acknowledged for compiling the photographs and writing the captions, and Loren Portolan for her assistance in typing the manuscript and compiling the summary tables.

Thank you also to the WAIS staff and athletes, members of the Western Australian Hall of Champions and all those who contributed source material or special comments.

ABOUT THE AUTHOR

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

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

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

WAIS BOARD 1984–2009

Executive

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professor Bruce Elliott</td>
<td>Chairman</td>
<td>1984–94</td>
</tr>
<tr>
<td>Mr Charles ‘Chillie’ Porter</td>
<td>Chairman</td>
<td>1995–96</td>
</tr>
<tr>
<td>Mr Neil McKerrascher QC</td>
<td>Chairman</td>
<td>1996–2003</td>
</tr>
<tr>
<td>Mr Grant Boyle</td>
<td>Deputy Chairman</td>
<td>2003–Present</td>
</tr>
<tr>
<td>Mr David Halt</td>
<td>Deputy Chairman</td>
<td>1984–91</td>
</tr>
<tr>
<td>Mrs Jennifer Edmonds</td>
<td>Deputy Chairman</td>
<td>1997–2001</td>
</tr>
<tr>
<td>Mr Kevin Wadsland</td>
<td>Deputy Chairman</td>
<td>2001–05</td>
</tr>
<tr>
<td>Mr Michael O’Neill</td>
<td>Deputy Chairman</td>
<td>2005–Present</td>
</tr>
<tr>
<td>Mr Wally Foreman</td>
<td>Director</td>
<td>1986–2001</td>
</tr>
<tr>
<td>Mr Steven Lawrence</td>
<td>Executive Director</td>
<td>2003–Present</td>
</tr>
</tbody>
</table>

Members

<table>
<thead>
<tr>
<th>Name</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professor Brian Blanksby</td>
<td>1984–90</td>
</tr>
<tr>
<td>Professor John Bloomfield AM</td>
<td>1984–88</td>
</tr>
<tr>
<td>Dr Richard Charnovworth AM</td>
<td>1984–91, 2003–05</td>
</tr>
<tr>
<td>Professor Bruce Elliott</td>
<td>1994–97</td>
</tr>
<tr>
<td>Mr John Fulkemaan OAM</td>
<td>1984–88, 1996–99</td>
</tr>
<tr>
<td>Mr Tom Hoad</td>
<td>1984–93</td>
</tr>
<tr>
<td>Mr John Morgan</td>
<td>1984–89</td>
</tr>
<tr>
<td>Professor Alan Morton AM</td>
<td>1984–87</td>
</tr>
<tr>
<td>Mrs Val Norris-Buffham</td>
<td>1984–87</td>
</tr>
<tr>
<td>Mrs Yvonne Rate OAM</td>
<td>1984–91, 1992–94</td>
</tr>
<tr>
<td>Mr Keith Slater</td>
<td>1984–91</td>
</tr>
<tr>
<td>Professor Don Watts OAM</td>
<td>1984–87</td>
</tr>
<tr>
<td>Mrs Jennifer Edmonds</td>
<td>1987–93</td>
</tr>
<tr>
<td>Mr Ross Kelly OAM</td>
<td>1987–90</td>
</tr>
<tr>
<td>Mr Jack Busch</td>
<td>1989–98</td>
</tr>
<tr>
<td>Mr Ian Brown</td>
<td>1991–95</td>
</tr>
<tr>
<td>Mr Lesley Hunt</td>
<td>1991–96</td>
</tr>
<tr>
<td>Mr John Inverarity NBE</td>
<td>1991–2001</td>
</tr>
<tr>
<td>Mr Glenn Stewart</td>
<td>1991–94</td>
</tr>
<tr>
<td>Mr Shane Williams</td>
<td>1991–94</td>
</tr>
<tr>
<td>Mrs Elsma Merillo</td>
<td>1992–2004</td>
</tr>
<tr>
<td>Mr Richard Apps AM</td>
<td>1994–99</td>
</tr>
<tr>
<td>Mr Ron Alexander</td>
<td>1994–98, 2003–Present</td>
</tr>
<tr>
<td>Mrs Lynne Bates OAM</td>
<td>1994–95</td>
</tr>
<tr>
<td>Mr Barry Dunstan AM</td>
<td>1994–95</td>
</tr>
<tr>
<td>Mr Neil McKerrascher QC</td>
<td>1994–98</td>
</tr>
<tr>
<td>Dr Michelle Teifer</td>
<td>1998–2002</td>
</tr>
<tr>
<td>Dr Jamie Lutz</td>
<td>1998–2001</td>
</tr>
<tr>
<td>Dr Carmel Goodman</td>
<td>1997–2001</td>
</tr>
</tbody>
</table>

About the WAIS Board 1984–2009

The WAIS Board was established in 1984 to ensure that the Western Australian Institute of Sport (WAIS) was governed by a group of people who represented the interests of Western Australians. The Board was responsible for setting the strategic direction of WAIS and ensuring that its activities were conducted in a manner that achieved the objectives of the Institute.

The Board was composed of a mix of full-time and part-time members, including representatives from both the sport and education sectors. The Board was also responsible for the appointment of the executive director of WAIS and for overseeing the Institute’s financial affairs.

In 1990, the Board began a comprehensive restructuring of WAIS, which included the creation of the Victorian Institute of Sport (VIS) and the Financial Management Board (FMB). This restructuring was aimed at improving the Institute’s financial sustainability and its ability to deliver high-quality services to athletes.

The Board also oversaw the development of the Institute’s facilities, including the construction of the WAIS Centre in Ascot Vale, which opened in 1993.

Over the years, the Board has been instrumental in shaping the direction of WAIS and ensuring that it remained at the forefront of state-of-the-art sports training and education.

Acknowledgements

LotteryWest is gratefully acknowledged for its outstanding support of this project via its Community Histories Grant Program. LotteryWest has been a long term supporter of WAIS via the Sports Lotteries account and its support of this historical account of Western Australia’s sporting history is an extension of that.

The Hall of Champions committee members, David Hatt, Pam O’Connell, Alan East, Wendy Pritchard, Ken Casellas, Ray Wilson, Liz Chetkovich and Glenn Mitchell, are acknowledged for giving of their time and expertise in selecting the ‘25 Best Ever’ athletes.

Simon Moore-Crouch is gratefully acknowledged for compiling the photographs and writing the captions, and Loren Portolan for her assistance in typing the manuscript and compiling the summary tables.

Thank you also to the WAIS staff and athletes, members of the Western Australian Hall of Champions and all those who contributed source material or special comments.

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

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

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

Thank you also to the WAIS staff and athletes, members of the Western Australian Hall of Champions and all those who contributed source material or special comments.

Acknowledgements

LotteryWest is gratefully acknowledged for its outstanding support of this project via its Community Histories Grant Program. LotteryWest has been a long term supporter of WAIS via the Sports Lotteries account and its support of this historical account of Western Australia’s sporting history is an extension of that.

The Hall of Champions committee members, David Hatt, Pam O’Connell, Alan East, Wendy Pritchard, Ken Casellas, Ray Wilson, Liz Chetkovich and Glenn Mitchell, are acknowledged for giving of their time and expertise in selecting the ‘25 Best Ever’ athletes.

Simon Moore-Crouch is gratefully acknowledged for compiling the photographs and writing the captions, and Loren Portolan for her assistance in typing the manuscript and compiling the summary tables.

Thank you also to the WAIS staff and athletes, members of the Western Australian Hall of Champions and all those who contributed source material or special comments.

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

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

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

Thank you also to the WAIS staff and athletes, members of the Western Australian Hall of Champions and all those who contributed source material or special comments.

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

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

In addition to many articles in professional journals and magazines, he has had ten books published in the areas of sports training, coach education and elite athlete development, including those commemorating the tenth and fifteenth anniversaries of the VIS. He was awarded an Australian Sports Medal in 2000, life membership of the Australian Council for Health, Physical Education and Recreation in 2002 and was inducted into the Sport Australia Hall of Fame in 2003.
Mr Grant Boyce
1999–2003
Mr Rob Clement
1999–2002
Mr Paul Fitzpatrick
1999–2004
Ms Annette Huygens-Tholen
2001
Mrs Fiona Tery
2001–Present
Mr Meredith Eddington
2002–2009
Mr Kevin Wealand
2002–2003
Ms Amanda Wheeler
2002–2009
Mr Michael O’Neill
2003–2005
Ms Jennifer Morris OAM
2004–Present
Reverend Andrew Syme
2005–Present
Ms Deborah Leavitt
2009–Present
Ms Rachel Harris
2009–Present

olympic Gold medAlliSTS

Athletics
Steven Hooker
Pole Vault
2008

Cycling
Ryan Dipalay
Sprint, Keirin
2004

Peter Dawson
Team Pursuit
2004

Hockey
Sally Carbon
Women’s Team
1988

Rachelle Hawkins
Women’s Team

Michelle Andrews
Women’s Team
1996

Karen Marden
Women’s Team
1996

Jackie Pereira
Women’s Team
1996

Kate Starre
Women’s Team
1996, 2000

Bevan George
Men’s Team
2004

Sailing
Belinda Stowell
470 Class
2000

Tessa Parkhiss
470 Class
2008

Elle Reichelt
470 Class
2008

Swimming
Bill Kirby
4 x 200 m Freestyle Relay
2000

Todd Pearson
4 x 100 m Freestyle Relay, 4 x 200 m Freestyle Relay
2000

Water Polo
Brigidte Gusterson
Women’s Team
2000

Kate Hoover
Women’s Team
2000

Daniella Woodhouse
Women’s Team
2000

olympic SILVER medAlliSTS

Athletics
John Steffensen
4 x 400 m Relay
2004

Equestrian
Clayton Fredericks
Eventing Team
2008

Lucinda Fredericks
Eventing Team
2008

Smya Johnson
Eventing Team
2008

olympic BRONZE medAlliSTS

Athletics
John Brestall
Men’s Team
1992

Warren Birmingham
Men’s Team
1992

Greg Corbitt
Men’s Team
1992

Damien DiLieti
Men’s Team
1992

Dean Evans
Men’s Team
1992

Rowing
Robert Scott
Coastal Pair
2004

Ben Carleton
Lightweight Coastal Four
2004

Glen Lofthouse
Lightweight Coastal Four
2004

Swimming
Melan Donnevan
4 x 100 m Medley Relay
1996

Anthony Matichuk
4 x 200 m Freestyle Relay
2004

Todd Pearson
4 x 200 m Freestyle Relay
2004

Eamon Sullivan
100 m Freestyle, 4 x 100 m Midway Relay
2008

Cycling
Darryn Hill
Olympic Sprightly
2000

Lucy Tyler-Sharman
Individual Points Race
1996

Hockey
Stuart Carruthers
Men’s Team
1996

Damon DiLieti
Men’s Team
1996, 2000

Paul Gaudoin
Men’s Team
1996, 2000

Mark Hoger
Men’s Team
2004

Bevan George
Men’s Team
2008

Fergus Kangnaghy
Men’s Team
2008

Kiel Brown
Men’s Team
2008

Rowing
Ron Snook
Quad Scull
1996

Anker Bradley
Quad Scull
2001

Rebecca Sattin
Quad Scull
2004

Stuart Reeside
Eight
2004

Stefan Szczuranko
Eight
2004

Swimming
Julio Grenville
4 x 200 m Freestyle Relay
1996

Eamon Sullivan
4 x 100 m Midway Relay
2008

Ice Speed Skating
Richard Nizielski
5000 m Relay
1994 (Winter Olympics)

Water Polo
Gemma Beadsworth
Women’s Team
2008

Eveanna Kress
Women’s Team
2008

CONTRIBUTION OF WAIS ATHELETES TO olympic GAMES medALS

Gold
Silver
Bronze
Total
Seoul 1988
1
1
1
Barcelona 1992
1
1
1
1
Atlanta 1996
1
2
5
8
Sydney 2000
5
2
7
Athens 2004
6
3
2
Athens 2008
3
2
10

WAIS HONOUR BOARDS

olympic BRONZE medAlliSTS

Cycling
Natalie Cook
Women’s Team
1996

Kerr Patheber
Women’s Team
1996

Rowing
Raven Anderson
K1 Flatwater
1992

Robin Bell
K1 Slalom
2008

Lisa Oldenhof
K1 Flatwater
2008

Cycling
Darryn Hill
Olympic Sprightly
2000

Lucy Tyler-Sharman
Individual Points Race
1996

Hockey
Stuart Carruthers
Men’s Team
1996

Damon DiLieti
Men’s Team
1996, 2000

Paul Gaudoin
Men’s Team
1996, 2000

Mark Hoger
Men’s Team
2004

Bevan George
Men’s Team
2008

Fergus Kangnaghy
Men’s Team
2008

Kiel Brown
Men’s Team
2008

Rowing
Ron Snook
Quad Scull
1996

Anker Bradley
Quad Scull
2001

Rebecca Sattin
Quad Scull
2004

Stuart Reeside
Eight
2004

Stefan Szczuranko
Eight
2004

Swimming
Julio Grenville
4 x 200 m Freestyle Relay
1996

Eamon Sullivan
4 x 100 m Midway Relay
2008

Ice Speed Skating
Richard Nizielski
5000 m Relay
1994 (Winter Olympics)

Water Polo
Gemma Beadsworth
Women’s Team
2008

Eveanna Kress
Women’s Team
2008

CONTRIBUTION OF WAIS ATHELETES TO olympic GAMES medALS

Gold
Silver
Bronze
Total
Seoul 1988
1
1
1
Barcelona 1992
1
1
1
Atlanta 1996
1
2
5
8
Sydney 2000
5
2
7
Athens 2004
6
3
2
Athens 2008
3
2
10

WAIS HONOUR BOARDS

olympic BRONZE medAlliSTS

Cycling
Natalie Cook
Women’s Team
1996

Kerr Patheber
Women’s Team
1996

Rowing
Raven Anderson
K1 Flatwater
1992

Robin Bell
K1 Slalom
2008

Lisa Oldenhof
K1 Flatwater
2008

Cycling
Darryn Hill
Olympic Sprightly
2000

Lucy Tyler-Sharman
Individual Points Race
1996

Hockey
Stuart Carruthers
Men’s Team
1996

Damon DiLieti
Men’s Team
1996, 2000

Paul Gaudoin
Men’s Team
1996, 2000

Mark Hoger
Men’s Team
2004

Bevan George
Men’s Team
2008

Fergus Kangnaghy
Men’s Team
2008

Kiel Brown
Men’s Team
2008

Rowing
Ron Snook
Quad Scull
1996

Anker Bradley
Quad Scull
2001

Rebecca Sattin
Quad Scull
2004

Stuart Reeside
Eight
2004

Stefan Szczuranko
Eight
2004

Swimming
Julio Grenville
4 x 200 m Freestyle Relay
1996

Eamon Sullivan
4 x 100 m Midway Relay
2008

Ice Speed Skating
Richard Nizielski
5000 m Relay
1994 (Winter Olympics)

Water Polo
Gemma Beadsworth
Women’s Team
2008

Eveanna Kress
Women’s Team
2008

CONTRIBUTION OF WAIS ATHELETES TO olympic GAMES medALS

Gold
Silver
Bronze
Total
Seoul 1988
1
1
1
Barcelona 1992
1
1
1
Atlanta 1996
1
2
5
8
Sydney 2000
5
2
7
Athens 2004
6
3
2
Athens 2008
3
2
10
PARALYMPIC GOLD MEDALLISTS

Athletics
Bruce Wallrodt
Javelin Throw
1992
Paul Mitchell
1500 m
2000

Cycling
Paul Clohessy
Tandem Sprint
2000
Matthew Gray
Mixed 1 km Time Trial, Mixed Olympic Sprint
2000
Darron Harris
Tandem Sprint
2000
Mark Le Flohic
Tandem Sprint
2000
Lyn Lepore
Tandem Road Race
2000
Lyn Nixon
Tandem Road Race
2000
Mark Le Flohic
Road Race
2004

Sailing
Jamie Darros
3 Person Sonar
2000
Gráinne Martin
3 Person Sonar
2000
Noel Robbins
3 Person Sonar
2000

Swimming
Tracey Cross
100 m Freestyle, 400 m Freestyle
1992
Mandy Maywood
100 m Breaststroke
1992
Tracey Cross
100 m Butterfly, 200 m Individual Medley
1996
Paul Barnett
100 m Breaststroke
2000
Kingston Baragrey
200 m Individual Medley, 100 m Breaststroke
2000
Priya Cooper
400 m Freestyle
2000
Katherine Porter
100 m Backstroke
2008

Wheelchair Basketball
Justin Eveson
Men’s Team
2008
Michael Heurteaux
Men’s Team
2008
Shaun Norris
Men’s Team
2008
Brad Ness
Men’s Team
2008

PARALYMPIC SILVER MEDALLISTS

Athletics
Bruce Wallrodt
Shot Put, Discus Throw
1992
Bruce Wallrodt
Shot Put
2000
Lynda Holt
Shot Put
2000

Cycling
Matthew Gray
Duration Overall
1996
Lyn Lepore
Tandem 1 km Time Trial
2000
Lyn Nixon
Tandem 1 km Time Trial
2000
Paul O’Neil
Road Race
2000
Mark Le Flohic
Road Time Trial
2004
Claire McLean
Road Race
2004

Powerlifting
Darron Gardiner
100+ kg class
2008

Sailing
Rachel Cox
2 Person Keelboat
2008

Swimming
Tracey Cross
100 m Backstroke, 200 m Individual Medley
1992
Tracey Cross
50 m Freestyle
1996
Kingston Baragrey
400 m Freestyle
2000
Tracey Cross
100 m Freestyle, 400 m Freestyle
2000
Justin Eveson
4 x 100 m Freestyle Relay
2000

Wheelchair Basketball
Justin Eveson
Men’s Team
2004
Brad Ness
Men’s Team
2004
Shaun Norris
Men’s Team
2004

Wheelchair Rugby
Craig Parsons
Men’s Team
2000
Grant Roskill
Men’s Team
2008

PARALYMPIC BRONZE MEDALLISTS

Athletics
Paul Clohessy
Tandem 1 km Time Trial
2000
Eddie Hollands
Tandem 1 km Time Trial
2000
Mark Le Flohic
Tandem 1000 m Time Trial
2000
Lyn Lepore
Tandem Pursuit
2000
Lyn Nixon
Tandem Pursuit
2000
Paul O’Neil
Mixed 1 km Time Trial, Individual Pursuit
2000
Janet Shaw
Road Race, Tandem 1 km Pursuit
2004
Kellie McComb
Road Race, Tandem 1 km Pursuit
2004

Sailing
Colin Harrison
3 Person Sonar
2008
Gráinne Martin
3 Person Sonar
2008
Russell Boulter
3 Person Sonar
2008

Swimming
Mandy Maywood
200m Breaststroke
1992
Paul Barnett
4 x 100m Medley Relay
2000
Priya Cooper
100 m Freestyle, 4 x 100 m Freestyle Relay, 4 x 100m Medley Relay
2000
Tracey Cross
50 m Freestyle
2000
Justin Eveson
4 x 100 m Medley Relay
2000
Stacey Williams
100 m Breaststroke
2000

Wheelchair Basketball
Clare Burzynski
Women’s Team
2008

CONTRIBUTION OF WAIS ATLETES TO PARALYMPIC GAMES MEDALS

<table>
<thead>
<tr>
<th></th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barcelona 1992</td>
<td>4</td>
<td>4</td>
<td>1</td>
<td>9</td>
</tr>
<tr>
<td>Atlanta 1996</td>
<td>2</td>
<td>2</td>
<td>-</td>
<td>4</td>
</tr>
<tr>
<td>Sydney 2000</td>
<td>11</td>
<td>9</td>
<td>32</td>
<td>32</td>
</tr>
<tr>
<td>Athens 2004</td>
<td>3</td>
<td>3</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Beijing 2008</td>
<td>2</td>
<td>3</td>
<td>2</td>
<td>7</td>
</tr>
</tbody>
</table>

COMMONWEALTH GAMES GOLD MEDALLISTS

Athletics
Christine Stanton
High Jump
1986
Allison Swarbrick
High Jump
1994
Kyle Winder
4 x 400 m Relay
2002
Ryan Hewitt
Pole Vault
2006
John Stefansson
400 m, 4 x 400 m Relay
2006
Ellis Tinsley
4 x 400 m Relay
2006

Cycling
Mark Vogels
100 km Team Time Trial
1994
Darryl Hill
Sprint
1998
Ryan Bayley
Sprint, Scratch Sprint
2002
Peter Dawson
Team Pursuit
2002
Ryan Bayley
Sprint, Keirin
2006

Diving
Vyninka Arlow
Platform
1998

Gymnastics—Artistic
Roberta Stoyel
Uneven Bars
1994
Salli Willis
Balance Beam
1994
Allana Slater
Team All Around
1998
Sarah Lauren
Team All Around, Floor
2002
Allana Slater
Team All Around, Vault
2002
Hockey
Damon Diletti Men’s Team 1998
Paul Gaudoin Men’s Team 1998
Michelle Andrews Women’s Team 1998
Rachelle Hawkins Women’s Team 1998
Kate Starne Women’s Team 1998
Paul Gaudoin Men’s Team 2002
Bevan George Men’s Team 2002
Aaron Hopkins Men’s Team 2002
Bevan George Men’s Team 2002
Aaron Hopkins Men’s Team 2002
Emily Holiday Women’s Team 2002
Kylie McGurk Women’s Team 2002
Kim Walker Women’s Team 2002

Swimming
Neil Brooks 100 m Freestyle 1986
Ian Brown 200 m Freestyle 1990
Bill Kirkby 200 m Butterfly 1998
Jennifer Reilly 200 m Individual Medley 2002
Travis Nederpelt 200 m Butterfly 2006
Eamon Sullivan 4 x 100 m Freestyle Relay 2006

Weightlifting
Andrew Saxon 89 kg Class Snatch, Clean & Jerk, Total 1994
Caroline Phanggi Over 75 kg Class Clean & Jerk, Total 2002

COMMONWEALTH GAMES SILVER MEDALLISTS
Athletics
Peter Winter Decathlon 1994
Paul Burgess Pole Vault 1994, 2002
Kym Howe Pole Vault 2002
Kylie Wheeler Hurdles 200, 2006

Cycling
Darryl Hill 1000 m Time Trial 1994
Peter Dawson Team Pursuit 2006

Gymnastics—Artistic
Mikelle Teller Team All-Around 1990
Rebecca Stoyel All-Around 1994
Allana Slater All-Around, Floor 1998
Allana Slater Uneven Bars, Beam 2002

Netball
Susan Fuhrmann Team 2006
Jessica Shynn Team 2006

Shooting
Ben Sandstrom Free Pistol Singles, Air Pistol Pairs 1990
Lee Ingend Free Rifle Pairs 1998
Pam McKenzie Air Pistol Pairs 2006

COMMONWEALTH GAMES BRONZE MEDALLISTS
Athletics
James Miller Pole Vault 1994
Alison Jerryarty High Jump 1998
Ollie Brohak Javelin Throw 2006

Badminton
Karen Jopp Team 1986

Cycling
Darryl Hill Sprint 1994
Ryan Rejadey Team Sprint 2006

Gymnastics—Artistic
Mikelle Teller Uneven Bars 1990
Rebecca Stoyel Team All-Around 1994
Sahi Willis Team All-Around 1994
Allana Slater All-Around 2002

Gymnastics—Rhythmic
Kristy Durrah Team 1998

Badminton
Karen Jopp Team 2006

Cycling
Darryl Hill Sprint 1994
Ryan Rejadey Team Sprint 2006

Gymnastics—Artistic
Rebecca Stoyel Team All-Around 1994

Swimming
Barry Armstrong 4 x 100 m Medley Relay 1986
Tom Stachewicz 200 m Freestyle 1986
Sarah Thorne 4 x 200 m Freestyle Relay 1986
Nicolas Bedford 200 m Butterfly 1990
Tom Stachewicz 200 m Freestyle, 4 x 100 m Medley Relay 1990
Jennifer Reilly 400 m Individual Medley 1998
Lara Carroll 200 m Individual Medley 2006
Travis Nederpelt 400 m Individual Medley 2006
Jim Piper 200 m Breaststroke 2006
Jennifer Reilly 400 m Individual Medley 2006

Triathlon
Peter Robertson 2006

CONTRIBUTION OF WAIS ATHLETES TO COMMONWEALTH GAMES MEDALS
Gold Silver Bronze Total
Edinburgh 1986 4 1 4 9
Auckland 1990 5 4 4 13
Victoria 1994 6 6 4 16
Kuala Lumpur 1998 8 5 4 17
Manchester 2002 11 8 3 20
Melbourne 2006 8 6 8 22
### World Champions

<table>
<thead>
<tr>
<th>Sport</th>
<th>Name</th>
<th>Event</th>
<th>Year(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Archery</td>
<td>Sandra Thompson</td>
<td>Field</td>
<td>1986</td>
</tr>
<tr>
<td>Athletics</td>
<td>Dmitri Markov</td>
<td>Pole Vault</td>
<td>2001</td>
</tr>
<tr>
<td>Canoeing</td>
<td>Ramon Andersson</td>
<td>K2 Marathon</td>
<td>1992</td>
</tr>
<tr>
<td>Cycling</td>
<td>Darryl Hill</td>
<td>Sprint</td>
<td>1985</td>
</tr>
<tr>
<td></td>
<td>Lucy Tyler-Sharman</td>
<td>Individual Pursuit</td>
<td>1998</td>
</tr>
<tr>
<td></td>
<td>Ryan Beapley</td>
<td>K1</td>
<td>2001</td>
</tr>
<tr>
<td></td>
<td>Cameron Meyer</td>
<td>Individual Pursuit</td>
<td>2009</td>
</tr>
<tr>
<td></td>
<td>Josephine Torricelli</td>
<td>Downhill</td>
<td>2009</td>
</tr>
<tr>
<td>Hockey</td>
<td>Rechelle Hawkes</td>
<td>World Cup</td>
<td>1994, 1998</td>
</tr>
<tr>
<td></td>
<td>Sally Carter</td>
<td>World Cup</td>
<td>1994</td>
</tr>
<tr>
<td></td>
<td>Tammy Ghislainetti</td>
<td>World Cup</td>
<td>1994</td>
</tr>
<tr>
<td></td>
<td>Karen Marsden</td>
<td>World Cup</td>
<td>1994</td>
</tr>
<tr>
<td></td>
<td>Jodie Peters</td>
<td>Quad Scull</td>
<td>1994</td>
</tr>
<tr>
<td></td>
<td>Kate See</td>
<td>World Cup</td>
<td>1994, 1998</td>
</tr>
<tr>
<td>Ice Speed Skating</td>
<td>Richard Noszloki</td>
<td>5000 m Relay</td>
<td>1980</td>
</tr>
<tr>
<td>Rowing</td>
<td>Joanna Lutz</td>
<td>Eight, Coxless Four</td>
<td>2001</td>
</tr>
<tr>
<td></td>
<td>Amber Bradley</td>
<td>Quad Scull</td>
<td>2001</td>
</tr>
<tr>
<td></td>
<td>Sally Robbins</td>
<td>Quad Scall</td>
<td>2001</td>
</tr>
<tr>
<td></td>
<td>Rebecca Sattin</td>
<td>Eight</td>
<td>2001</td>
</tr>
<tr>
<td></td>
<td>Amber Bradley</td>
<td>Quad Scall</td>
<td>2002</td>
</tr>
<tr>
<td></td>
<td>David McGuigan</td>
<td>Quad Scall</td>
<td>2003</td>
</tr>
<tr>
<td></td>
<td>Sarah Duth挝ow</td>
<td>Eight</td>
<td>2005</td>
</tr>
<tr>
<td></td>
<td>Amber Bradley</td>
<td>Coxless Four</td>
<td>2006</td>
</tr>
<tr>
<td></td>
<td>Joanna Lutz</td>
<td>Coxless Four</td>
<td>2006</td>
</tr>
<tr>
<td>Sailing</td>
<td>Anna Consen</td>
<td>420 Class</td>
<td>1994</td>
</tr>
<tr>
<td></td>
<td>Belinda Stowell</td>
<td>420 Class</td>
<td>1994</td>
</tr>
<tr>
<td></td>
<td>Belinda Stowell</td>
<td>470 Class</td>
<td>2002</td>
</tr>
<tr>
<td></td>
<td>Tessa Parkinson</td>
<td>420 Class</td>
<td>2004</td>
</tr>
<tr>
<td></td>
<td>Elise Reichiei</td>
<td>420 Class</td>
<td>2004</td>
</tr>
<tr>
<td>Squash</td>
<td>Robyn Lambourde</td>
<td>Team</td>
<td>1992</td>
</tr>
<tr>
<td>Swimming</td>
<td>William Kirby</td>
<td>4 x 200 m Freestyle Relay</td>
<td>1998</td>
</tr>
<tr>
<td></td>
<td>Todd Pearson</td>
<td>4 x 200 m Freestyle Relay</td>
<td>2002</td>
</tr>
<tr>
<td></td>
<td>Antony Maltovich</td>
<td>4 x 200 m Freestyle Relay</td>
<td>2003</td>
</tr>
<tr>
<td></td>
<td>Eamon Sullivan</td>
<td>4 x 100 m Individual Medley Relay</td>
<td>2007</td>
</tr>
<tr>
<td>Triathlon</td>
<td>Peter Robertson</td>
<td></td>
<td>2005</td>
</tr>
</tbody>
</table>

### World Champions — Junior

<table>
<thead>
<tr>
<th>Sport</th>
<th>Name</th>
<th>Event</th>
<th>Year(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletics</td>
<td>Renee Poetschicka</td>
<td>4 x 400 m Relay</td>
<td>1990</td>
</tr>
<tr>
<td></td>
<td>Paul Burgess</td>
<td>Pole Vault</td>
<td>1995</td>
</tr>
<tr>
<td></td>
<td>Kimberley Middle</td>
<td>Javelin Throw</td>
<td>2001</td>
</tr>
<tr>
<td></td>
<td>Sherree O’Hara</td>
<td>Long Jump</td>
<td>2001</td>
</tr>
<tr>
<td></td>
<td>Vicky Parer</td>
<td>Pole Vault</td>
<td>2007</td>
</tr>
</tbody>
</table>

### World Champions — Athletes with Disabilities

<table>
<thead>
<tr>
<th>Sport</th>
<th>Name</th>
<th>Event</th>
<th>Year(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletics</td>
<td>Bruce Wallis</td>
<td>Discus Throw, Javelin Throw, Shot Put</td>
<td>1984</td>
</tr>
<tr>
<td></td>
<td>Paul Mitchell</td>
<td>1500 m</td>
<td>1989</td>
</tr>
<tr>
<td></td>
<td>Paul Mitchell</td>
<td>1500 m, 1000 m</td>
<td>2001</td>
</tr>
<tr>
<td></td>
<td>Bruce Wallis</td>
<td>Shot Put</td>
<td>2002</td>
</tr>
</tbody>
</table>
Cycling
Paul Clohessy Pursuit, 1 km Time Trial 1998
Matthew Gray 1 km Time Trial, Olympic Sprint 1998
Steve Gray Tandem Sprint 1998
Eddie Holands Pursuit, 1 km Time Trial 1998
Phil Divine Olympic Sprint 1998
Dave Houston Tandem Sprint 1998
Mark Le Flicic 1 km Time Trial, Criterium 2001
Matthew Gray Team Sprint, 1 km Time Trial 2002
Mark Le Flicic Road Time Trial 2002
Claire McLean Road Time Trial 2005
Swimming
Petra Barker 4 x 50 m Medley Relay 1998
Kingsley Bugarin 100 m Butterfly, 100 m Breaststroke, 200 m Breaststroke, 200 m Individual Medley 1998
Priya Cooper 400 m Freestyle, 200 m Individual Medley, 100 m Freestyle, 4 x 100 m Freestyle Relay 1998
Wheelchair Basketball
Justin Everson Men’s Team 2006
Brad Ness Men’s Team 2006
Shaun Norris Men’s Team 2006

WAIS ATHLETE OF THE YEAR AWARD WINNERS 1984–2009

WA HALL OF CHAMPIONS

Foundation Members

<table>
<thead>
<tr>
<th>Sport</th>
<th>Year of Induction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cricket</td>
<td>1989</td>
</tr>
<tr>
<td>Hockey</td>
<td>1992</td>
</tr>
<tr>
<td>Swimming</td>
<td>1986</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>1987</td>
</tr>
<tr>
<td>Golf</td>
<td>1985</td>
</tr>
<tr>
<td>Rowing</td>
<td>1996</td>
</tr>
<tr>
<td>Sailing</td>
<td>2001</td>
</tr>
<tr>
<td>Cricket</td>
<td>1999</td>
</tr>
<tr>
<td>Hockey</td>
<td>1999</td>
</tr>
<tr>
<td>Swimming</td>
<td>2001</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>2003</td>
</tr>
<tr>
<td>Hockey</td>
<td>2005</td>
</tr>
<tr>
<td>Swimming</td>
<td>2006</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>2007</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sport</th>
<th>Year of Induction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cricket</td>
<td>1999</td>
</tr>
<tr>
<td>Hockey</td>
<td>1992</td>
</tr>
<tr>
<td>Swimming</td>
<td>1986</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>1987</td>
</tr>
<tr>
<td>Golf</td>
<td>1985</td>
</tr>
<tr>
<td>Rowing</td>
<td>1996</td>
</tr>
<tr>
<td>Sailing</td>
<td>2001</td>
</tr>
<tr>
<td>Cricket</td>
<td>1999</td>
</tr>
<tr>
<td>Hockey</td>
<td>1999</td>
</tr>
<tr>
<td>Swimming</td>
<td>2001</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>2003</td>
</tr>
<tr>
<td>Hockey</td>
<td>2005</td>
</tr>
<tr>
<td>Swimming</td>
<td>2006</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>2007</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sport</th>
<th>Year of Induction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cricket</td>
<td>1999</td>
</tr>
<tr>
<td>Hockey</td>
<td>1992</td>
</tr>
<tr>
<td>Swimming</td>
<td>1986</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>1987</td>
</tr>
<tr>
<td>Golf</td>
<td>1985</td>
</tr>
<tr>
<td>Rowing</td>
<td>1996</td>
</tr>
<tr>
<td>Sailing</td>
<td>2001</td>
</tr>
<tr>
<td>Cricket</td>
<td>1999</td>
</tr>
<tr>
<td>Hockey</td>
<td>1999</td>
</tr>
<tr>
<td>Swimming</td>
<td>2001</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>2003</td>
</tr>
<tr>
<td>Hockey</td>
<td>2005</td>
</tr>
<tr>
<td>Swimming</td>
<td>2006</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>2007</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sport</th>
<th>Year of Induction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cricket</td>
<td>1999</td>
</tr>
<tr>
<td>Hockey</td>
<td>1992</td>
</tr>
<tr>
<td>Swimming</td>
<td>1986</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>1987</td>
</tr>
<tr>
<td>Golf</td>
<td>1985</td>
</tr>
<tr>
<td>Rowing</td>
<td>1996</td>
</tr>
<tr>
<td>Sailing</td>
<td>2001</td>
</tr>
<tr>
<td>Cricket</td>
<td>1999</td>
</tr>
<tr>
<td>Hockey</td>
<td>1999</td>
</tr>
<tr>
<td>Swimming</td>
<td>2001</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>2003</td>
</tr>
<tr>
<td>Hockey</td>
<td>2005</td>
</tr>
<tr>
<td>Swimming</td>
<td>2006</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>2007</td>
</tr>
</tbody>
</table>

Jenny Byrne Tennis 1984–1985
Christine Stanton Athletics 1986–1987
Craig Parry Golf 1987–1988
Craig Davies Hockey 1988–1989
Ian Brown Swimming 1989–1990
Robey Lambourne Squash 1990–1991
Sharon Buchanan Hockey 1991–1992
Ramesh Anderson Canoeing 1992–93
Richard Hilsink Ski Speed Skating 1993–1994
Darryn Hill Cycling 1995–1996
Darryn Hill Cycling 1996–1997
Stuart Reside Rowing 1998–1999
Belinda Stowell Sailing 1999–2000
Derek Marko Athletics 2000–2001
Peter Dawson Cycling 2001–2002
Peter Dawson Cycling 2002–2003
Ryan Rayley Cycling 2003–2004
Peter Robertson Triathlon 2004–2005
Kamon Sullvion Swimming 2006–2007
Steve Hooker Athletics 2007–2008
Elinie Rochichi Sailing 2007–2008
Tessa Parkinson Swimming 2007–2008
Steve Hooker Athletics 2008–2009

WAIS ATHLETE OF THE YEAR AWARD WINNERS 1984–2009

Jenny Byrne Tennis 1984–1985
Christine Stanton Athletics 1986–1987
Craig Parry Golf 1987–1988
Craig Davies Hockey 1988–1989
Ian Brown Swimming 1989–1990
Robey Lambourne Squash 1990–1991
Sharon Buchanan Hockey 1991–1992
Ramesh Anderson Canoeing 1992–93
Richard Hilsink Ski Speed Skating 1993–1994
Darryn Hill Cycling 1995–1996
Darryn Hill Cycling 1996–1997
Stuart Reside Rowing 1998–1999
Belinda Stowell Sailing 1999–2000
Derek Marko Athletics 2000–2001
Peter Dawson Cycling 2001–2002
Peter Dawson Cycling 2002–2003
Ryan Rayley Cycling 2003–2004
Peter Robertson Triathlon 2004–2005
Kamon Sullvion Swimming 2006–2007
Steve Hooker Athletics 2007–2008
Elinie Rochichi Sailing 2007–2008
Tessa Parkinson Swimming 2007–2008
Steve Hooker Athletics 2008–2009

WA HALL OF CHAMPIONS

Foundation Members

<table>
<thead>
<tr>
<th>Sport</th>
<th>Year of Induction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cricket</td>
<td>1989</td>
</tr>
<tr>
<td>Hockey</td>
<td>1992</td>
</tr>
<tr>
<td>Swimming</td>
<td>1986</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>1987</td>
</tr>
<tr>
<td>Golf</td>
<td>1985</td>
</tr>
<tr>
<td>Rowing</td>
<td>1996</td>
</tr>
<tr>
<td>Sailing</td>
<td>2001</td>
</tr>
<tr>
<td>Cricket</td>
<td>1999</td>
</tr>
<tr>
<td>Hockey</td>
<td>1999</td>
</tr>
<tr>
<td>Swimming</td>
<td>2001</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>2003</td>
</tr>
<tr>
<td>Hockey</td>
<td>2005</td>
</tr>
<tr>
<td>Swimming</td>
<td>2006</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>2007</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sport</th>
<th>Year of Induction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cricket</td>
<td>1989</td>
</tr>
<tr>
<td>Hockey</td>
<td>1992</td>
</tr>
<tr>
<td>Swimming</td>
<td>1986</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>1987</td>
</tr>
<tr>
<td>Golf</td>
<td>1985</td>
</tr>
<tr>
<td>Rowing</td>
<td>1996</td>
</tr>
<tr>
<td>Sailing</td>
<td>2001</td>
</tr>
<tr>
<td>Cricket</td>
<td>1999</td>
</tr>
<tr>
<td>Hockey</td>
<td>1999</td>
</tr>
<tr>
<td>Swimming</td>
<td>2001</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>2003</td>
</tr>
<tr>
<td>Hockey</td>
<td>2005</td>
</tr>
<tr>
<td>Swimming</td>
<td>2006</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>2007</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sport</th>
<th>Year of Induction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cricket</td>
<td>1989</td>
</tr>
<tr>
<td>Hockey</td>
<td>1992</td>
</tr>
<tr>
<td>Swimming</td>
<td>1986</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>1987</td>
</tr>
<tr>
<td>Golf</td>
<td>1985</td>
</tr>
<tr>
<td>Rowing</td>
<td>1996</td>
</tr>
<tr>
<td>Sailing</td>
<td>2001</td>
</tr>
<tr>
<td>Cricket</td>
<td>1999</td>
</tr>
<tr>
<td>Hockey</td>
<td>1999</td>
</tr>
<tr>
<td>Swimming</td>
<td>2001</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>2003</td>
</tr>
<tr>
<td>Hockey</td>
<td>2005</td>
</tr>
<tr>
<td>Swimming</td>
<td>2006</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>2007</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sport</th>
<th>Year of Induction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cricket</td>
<td>1989</td>
</tr>
<tr>
<td>Hockey</td>
<td>1992</td>
</tr>
<tr>
<td>Swimming</td>
<td>1986</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>1987</td>
</tr>
<tr>
<td>Golf</td>
<td>1985</td>
</tr>
<tr>
<td>Rowing</td>
<td>1996</td>
</tr>
<tr>
<td>Sailing</td>
<td>2001</td>
</tr>
<tr>
<td>Cricket</td>
<td>1999</td>
</tr>
<tr>
<td>Hockey</td>
<td>1999</td>
</tr>
<tr>
<td>Swimming</td>
<td>2001</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>2003</td>
</tr>
<tr>
<td>Hockey</td>
<td>2005</td>
</tr>
<tr>
<td>Swimming</td>
<td>2006</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>2007</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sport</th>
<th>Year of Induction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cricket</td>
<td>1989</td>
</tr>
<tr>
<td>Hockey</td>
<td>1992</td>
</tr>
<tr>
<td>Swimming</td>
<td>1986</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>1987</td>
</tr>
<tr>
<td>Golf</td>
<td>1985</td>
</tr>
<tr>
<td>Rowing</td>
<td>1996</td>
</tr>
<tr>
<td>Sailing</td>
<td>2001</td>
</tr>
<tr>
<td>Cricket</td>
<td>1999</td>
</tr>
<tr>
<td>Hockey</td>
<td>1999</td>
</tr>
<tr>
<td>Swimming</td>
<td>2001</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>2003</td>
</tr>
<tr>
<td>Hockey</td>
<td>2005</td>
</tr>
<tr>
<td>Swimming</td>
<td>2006</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>2007</td>
</tr>
</tbody>
</table>
At the 1956 Olympic Games in Melbourne Australia was a dominant force on the world sporting stage. But twenty years later in Montreal Australia didn't win a single event. To address the decline, federal and state governments began to fund institutes of sport and in 1984 the Western Australian Institute for Sport opened its doors to young West Australian athletes. In the 25 years since then WAIS has produced a disproportionately high number of successful world class athletes for Australia.

Fast-tracking promising young athletes in daily training and competition performance regimes with individualised programs and the highest calibre coaching and support staff, WAIS also leads in innovation, facilitating research projects in performance analysis technologies and enhancing athlete performance.

Fast-tracking promising young athletes in daily training and competition performance regimes with individualised programs and the highest calibre coaching and support staff, WAIS also leads in innovation, facilitating research projects in performance analysis technologies and enhancing athlete performance.

Going for Gold – Champions from the West reflects the history and the vision of WAIS.

Going for Gold: Champions of the West chronicles the 25 year history of the Western Australian Institute of Sport and celebrates the achievements of 25 of the best athletes produced in Western Australia. It is aimed primarily at young people interested in the sport of their choice and at all West Australians who are interested in the achievements of their fellow West Australians.

WAIS has a charter to develop champions of the future who will be recognised throughout the country and around the world. This book tells the stories of the development of champions of the future, their achievements and the people that helped them reach their goals.

This book tells the stories of the development of champions of the future, their achievements and the people that helped them reach their goals.

The ‘25 Best Ever’ featured in this book were chosen by a group of prominent West Australian sporting figures who served on the selection panel for the WAIS Hall of Champions.

The ‘25 Best Ever’ featured in this book were chosen by a group of prominent West Australian sporting figures who served on the selection panel for the WAIS Hall of Champions.

Going for Gold – Champions from the West chronicles the 25 year history of the Western Australian Institute of Sport and celebrates the achievements of 25 of the best athletes produced in Western Australia. It is aimed primarily at young people interested in the sport of their choice and at all West Australians who are interested in the achievements of their fellow West Australians.

The ‘25 Best Ever’ featured in this book were chosen by a group of prominent West Australian sporting figures who served on the selection panel for the WAIS Hall of Champions.

WAIS has a charter to develop champions of the future who will be recognised throughout the country and around the world. This book tells the stories of the development of champions of the future, their achievements and the people that helped them reach their goals.

This book tells the stories of the development of champions of the future, their achievements and the people that helped them reach their goals.

The ‘25 Best Ever’ featured in this book were chosen by a group of prominent West Australian sporting figures who served on the selection panel for the WAIS Hall of Champions.

The ‘25 Best Ever’ featured in this book were chosen by a group of prominent West Australian sporting figures who served on the selection panel for the WAIS Hall of Champions.

Going for Gold – Champions from the West reflects the history and the vision of WAIS.

Going for Gold: Champions of the West chronicles the 25 year history of the Western Australian Institute of Sport and celebrates the achievements of 25 of the best athletes produced in Western Australia. It is aimed primarily at young people interested in the sport of their choice and at all West Australians who are interested in the achievements of their fellow West Australians.

The ‘25 Best Ever’ featured in this book were chosen by a group of prominent West Australian sporting figures who served on the selection panel for the WAIS Hall of Champions.

Going for Gold: Champions of the West chronicles the 25 year history of the Western Australian Institute of Sport and celebrates the achievements of 25 of the best athletes produced in Western Australia. It is aimed primarily at young people interested in the sport of their choice and at all West Australians who are interested in the achievements of their fellow West Australians.

The ‘25 Best Ever’ featured in this book were chosen by a group of prominent West Australian sporting figures who served on the selection panel for the WAIS Hall of Champions.

Going for Gold – Champions from the West reflects the history and the vision of WAIS.

Going for Gold: Champions of the West chronicles the 25 year history of the Western Australian Institute of Sport and celebrates the achievements of 25 of the best athletes produced in Western Australia. It is aimed primarily at young people interested in the sport of their choice and at all West Australians who are interested in the achievements of their fellow West Australians.

The ‘25 Best Ever’ featured in this book were chosen by a group of prominent West Australian sporting figures who served on the selection panel for the WAIS Hall of Champions.

Going for Gold – Champions from the West reflects the history and the vision of WAIS.

Going for Gold: Champions of the West chronicles the 25 year history of the Western Australian Institute of Sport and celebrates the achievements of 25 of the best athletes produced in Western Australia. It is aimed primarily at young people interested in the sport of their choice and at all West Australians who are interested in the achievements of their fellow West Australians.

The ‘25 Best Ever’ featured in this book were chosen by a group of prominent West Australian sporting figures who served on the selection panel for the WAIS Hall of Champions.

Going for Gold – Champions from the West reflects the history and the vision of WAIS.

Going for Gold: Champions of the West chronicles the 25 year history of the Western Australian Institute of Sport and celebrates the achievements of 25 of the best athletes produced in Western Australia. It is aimed primarily at young people interested in the sport of their choice and at all West Australians who are interested in the achievements of their fellow West Australians.

The ‘25 Best Ever’ featured in this book were chosen by a group of prominent West Australian sporting figures who served on the selection panel for the WAIS Hall of Champions.

Going for Gold – Champions from the West reflects the history and the vision of WAIS.

Going for Gold: Champions of the West chronicles the 25 year history of the Western Australian Institute of Sport and celebrates the achievements of 25 of the best athletes produced in Western Australia. It is aimed primarily at young people interested in the sport of their choice and at all West Australians who are interested in the achievements of their fellow West Australians.

The ‘25 Best Ever’ featured in this book were chosen by a group of prominent West Australian sporting figures who served on the selection panel for the WAIS Hall of Champions.