



**Western Australian Institute
of Sport Athlete Handbook**

2008

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Athlete Agreement

Terms and Conditions

WAIS Anti-doping Policy

WAIS Sports Medicine Policy

WAIS Infectious Diseases Policy

ADMINISTRATION

Western Australian Institute of Sport Governance and Management Structure

Western Australian Institute of Sport - Administration Personnel

The object of the Administration staff is to provide managerial, financial and administrative support to the Coaches, Program and Athlete and Coach Services staff of the Institute.

Steven Lawrence, Executive Director

As Director of the Institute, Steve is responsible for the overall functioning of the various aspects of the organisation. Steve is also responsible for ensuring that WAIS is represented in National forums influencing elite sport.

Nat Graham, Executive Secretary

Nat provides secretarial and administrative support to the Director and the Board.

Simon Moore-Crouch – Public Relations Manager

Simon is responsible for the public relations functions of the Institute, including media and communications, athlete appearances, branding and sponsorship.

Chris Abbott – Public Relations Officer

Chris assists with the public relations functions of WAIS with major responsibilities for generating news for the WAIS website and co-ordinating the "Go for 2 and 5" WAIS Community Development Program.

Kaushik Bhowmick, Finance & Administration Manager

Kaushik is responsible for the financial planning, administration and reporting of the Institute and for human resources issues relating to staff.

Honnie Butler, Finance & Administration Officer

Honnie has responsibility for the daily financial administration of the Institute and for coordinating the WAIS facility services.

Adrian Broughton, Software Developer

Adrian provides computer software analysis, design, development, implementation, and support services to WAIS staff and to other institutes who use the software developed in-house by WAIS.

Kristin Chabrel & Lorren Portolan - Administration Assistant

Kristin and Lorren provide administrative support across the departments at WAIS and share the responsibility of reception duties.

Western Australian Institute of Sport - Programs Personnel

It is the aim of the Program Staff to assist athletes and coaches in achieving excellence in performance. This is facilitated by the administration of individual and squad funds for competition and training purposes.

Tim Mahon, Program Manager

Tim is responsible for the overall management of the Program Department and the Individual Scholarship Scheme for athletes not in WAIS squad programs.

Brian Glencross, Senior Program Coordinator

Brian is specifically responsible for the squad programs in Track & Field, Pole Vault, Sailing and Men's Water Polo

Simon Jones, Senior Program Coordinator

Simon is specifically responsible for the squad programs in Swimming, Flat-water Canoeing and Baseball

Ruth Prenter, Program Coordinator

Ruth is specifically responsible for squad programs in Men's Hockey, Women's Hockey, Netball, Softball and Women's Water Polo.

Liz Chetkovich, Head of Gymnastics

Liz is specifically responsible for the squad program in Women's Artistic Gymnastics (WAG).

Andy Smith, Senior Program Coordinator

Andy is specifically responsible for the squad programs in Rowing and Cycling.

Organisational Structure Personnel

The diagram below indicates the organisational structure for WAIS.

There are specific people to make first point of contact with if you have queries relating to the various areas.

If you need to take a matter further, you should make contact with the next person on the flow chart, in the appropriate section, to resolve the matter.

If a WAIS staff member is contacted in the incorrect sequence on the flow chart, you will be referred back to the appropriate individual, to see if the issue can be dealt with at that level.

Order of point of Contact	ISSUE			
	Athlete	Administration	Medical / Sport Science	Finance
First contact	Individual squad coach	Program Coordinator	Coach	Program Coordinator
Second contact	Head Coach	Program Manager	Sport Medicine / Science Providers	Finance & Admin Officer
Third contact	Program Coordinator	Executive Director	Sport Medicine Coordinator	Finance & Administration Manager
Fourth contact	Program Manager	Board	Athlete & Coach Services Manager	Executive Director
Fifth Contact	Executive Director		Executive Director	Board
Sixth Contact	Board		Board	

WAIS Sport Programs

Sport	Head Coach	Coaches	Program Coordinator
Baseball	Don Kyle		Simon Jones
Canoeing	Ramon Andersson		Simon Jones
Cycling	Darryl Benson		Andy Smith
Gymnastics– Women	Liz Chetkovich (Head of Sport)	Dhana Antulov Carly Brockis Martine George Vladimir Joura Tatiana Lapchina Nikolai Lapchine	Liz Chetkovich
Hockey–Men	David Bell		Ruth Prenter
Hockey–Women	Neil Hawgood		Ruth Prenter
Netball	Michelle Wilkins		Ruth Prenter
Pole Vault	Alex Parnov		Brian Glencross
Rowing	Antonio Maurogiovanni	Jason Lane Sean Leyland	Andy Smith
Sailing	Belinda Stowell		Brian Glencross
Softball	Kere Johanson		Ruth Prenter
Swimming		Roger Bruce Simon Redmond Matt Magee Nick Watkins Dion Mephram Grant Stoelwinder	Simon Jones
Track & Field	Lyn Foreman		Brian Glencross
	Grant Ward		
Water Polo–Men	Andrei Kovalenko		Brian Glencross
Water Polo–Women	Peter Szilagyi		Ruth Prenter

Athletics – Pole Vault

Program Staff

Program Coordinator Brian Glencross

Head Coach Alex Parnov

Athletics Program Support Personnel

Physician/Doctor Dr Carmel Goodman/Dr Ken Maguire

Physiotherapist Jocelyn Young/Chris Perkin/Alison Low

Massage Therapist Lauren Brown/Malcolm Calcutt

WAIS Sport Psychologist Heather McGregor-Bayne

WAIS Nutritionist Deborah Kerr

WAIS Exercise Physiologist Ben Dascombe

WAIS Athlete Career and
Education Advisor Tim Chambers

WAIS Biomechanist Andrew Lyttle

WAIS Strength and
Conditioning Supervisor Greg Morgan

Athletics – Track & Field

Program Staff

Program Coordinator	Brian Glencross
Head Coach	Lyn Foreman / Grant Ward

Athletics Program Support Personnel

Physician/Doctor	Dr Carmel Goodman/Dr Ken Maguire
Physiotherapist	Jocelyn Young/Chris Perkin/Alison Low
Massage Therapist	Lauren Brown/Malcolm Calcutt
WAIS Sport Psychologist	Heather McGregor-Bayne
WAIS Nutritionist	Deborah Kerr
WAIS Exercise Physiologist	Ben Dascombe
WAIS Athlete Career and Education Advisor	Tim Chambers
WAIS Biomechanist	Andrew Lyttle
WAIS Strength and Conditioning Supervisor	Greg Morgan

Baseball

Program Staff

Program Coordinator Simon Jones

Head Coach Don Kyle

Baseball Program Support Personnel

Physician/Doctor Dr Carmel Goodman

Physiotherapist Craig Hewson

WAIS Sport Psychologist Matt Burgin

WAIS Nutritionist Deborah Kerr

WAIS Exercise Physiologist Ben Dascombe

WAIS Athlete Career &
Education Officer Jenny Marsh

WAIS Strength and
Conditioning Supervisor Greg Morgan

Canoeing – Flat Water

Program Staff

Program Coordinator	Simon Jones
Head Coach	Ramon Andersson

Canoeing Program Support Personnel

Physician/Doctor	Dr Carmen Goodman/Dr Peter Steele/Dr Duncan Sullivan
Physiotherapist	Brett Slocombe
WAIS Sport Psychologist	Heather McGregor-Bayne
WAIS Nutritionist	Deborah Kerr
WAIS Exercise Physiologist	Ben Dascombe
WAIS Athlete Career and Education Advisor	Jenny Marsh
WAIS Biomechanist	Matthew Doyle
WAIS Strength and Conditioning Supervisor	Gilman Barnitt

Cycling

Program Staff

Program Coordinator	Andy Smith
Head Coach	Darryl Benson

Cycling Program Support Personnel

Physician/Doctor	Dr Carmel Goodman
Physiotherapist	Alison Low and John Annear
Massage Therapist	Bernd Adolf
WAIS Sport Psychologist	Matthew Burgin
WAIS Nutritionist	Deborah Kerr
WAIS Exercise Physiologist	Ben Dascombe
WAIS Athlete Career and Education Advisor	Jenny Marsh
WAIS Biomechanist	Matthew Doyle
WAIS Strength and Conditioning Supervisor	Greg Morgan

Gymnastics

Program Staff

Head of Gymnastics	Liz Chetkovich
Senior Coaches	Nikolai Lapchine
Coaches	Vladimir Joura Martine George
Part-time Coaches	Dhana Antulov Carly Brockis Tatiana Lapchina Caroline Wright

Gymnastic Program Support Personnel

Physician/Doctor	Dr Ken Maguire
Physiotherapist	Joanne Norcott
Massage Therapist	Alison Slattery
WAIS Sport Psychologist	Matt Burgin
WAIS Nutritionist	Deborah Kerr
WAIS Exercise Physiologist	Claire Rechichi
WAIS Athlete Career and Education Advisor	Jenny Marsh
WAIS Performance Analysis	Matthew Doyle
WAIS Strength and Conditioning Supervisor	Greg Morgan

Men's Hockey

Program Staff

Program Coordinator	Ruth Prenter
Head Coach	David Bell

Men's Hockey Program Support Personnel

Physician/Doctor	Dr Peter Steele
Physiotherapist	Dean Whittington/Michael Wood
WAIS Sport Psychologist	Heather McGregor-Bayne
WAIS Nutritionist	Deborah Kerr
WAIS Exercise Physiologist	Ted Polglaze
WAIS Athlete Career and Education Officer	Jenny Marsh
WAIS Performance Analysis	Matthew Doyle
WAIS Strength and Conditioning Supervisor	Naruhiko (Geish) Hori

Women's Hockey

Program Staff

Program Coordinator	Ruth Prenter
Head Coach	Neil Hawgood

Women's Hockey Program Support Personnel

Physician/Doctor	Dr Carmel Goodman
Physiotherapist	Fiona Chromiak
WAIS Sport Psychologist	Heather McGregor-Bayne
WAIS Nutritionist	Deborah Kerr
WAIS Exercise Physiologist	Ben Dascombe
WAIS Athlete Career and Education Officer	Jenny Marsh
WAIS Performance Analysis	Matthew Doyle
WAIS Strength and Conditioning Supervisor	Naruhiko (Geish) Hori

Netball

Program Staff

Program Coordinator	Ruth Prenter
Head Coach	Michelle Wilkins

Netball Program Support Personnel

Physician/Doctor	Dr Carmel Goodman
Physiotherapist	Jacinta Downey
WAIS Sport Psychologist	Matthew Burgin
WAIS Nutritionist	Deborah Kerr
WAIS Exercise Physiologist	Claire Rechichi
WAIS Athlete Career and Education Officer	Jenny Marsh
WAIS Strength and Conditioning Supervisor	Greg Morgan

Rowing

Program Staff

Program Coordinator	Andy Smith
Head Coach	Antonio Maurogiovanni
Senior Coaches	Jason Lane Sean Leyland

Rowing Program Support Personnel

Physician/Doctor	Dr Carmel Goodman
Physiotherapists	Alison Low JP Caneiro
WAIS Sport Psychologist	Matthew Burgin
WAIS Nutritionist	Deborah Kerr
WAIS Exercise Physiologist	Ted Polglaze
WAIS Athlete Career and Education Advisor	Matthew Burgin
WAIS Biomechanist	Matthew Doyle
WAIS Strength and Conditioning Supervisor	Gilman Barnitt Naruhiko (Geish) Hori

Softball

Program Staff

Program Coordinator	Ruth Prenter
Head Coach	Kere Johanson

Softball Program Support Personnel

Physician/Doctor	Dr Carmel Goodman
Physiotherapist	Damien Oldmeadow
WAIS Sport Psychologist	Matthew Burgin
WAIS Nutritionist	Deborah Kerr
WAIS Exercise Physiologist	Ben Dascombe
WAIS Athlete Career and Education Officer	Tim Chambers
WAIS Biomechanist	
WAIS Strength and Conditioning Supervisor	Greg Morgan

Swimming

Program Staff

Program Coordinator	Simon Jones
WAIS Coaching Panel	Roger Bruce Dion Mepham Matt Magee Nick Watkins Simon Redmond Grant Stoelwinder
WAIS Mentor Coach	Bernie Mulroy

Swimming Program Support Personnel

Physician/Doctor	Dr Carmel Goodman
Physiotherapist	Brett Slocombe/Jeremy Hunter
Massage Therapist	Bernd Adolph
WAIS Sport Psychologist	Matthew Burgin
WAIS Nutritionist	Deborah Kerr
WAIS Exercise Physiologist	Ben Dascombe
WAIS Athlete Career and Education Advisor	Heather McGregor-Bayne
WAIS Biomechanist/Performance Analysis	Andrew Lyttle
WAIS Strength and Conditioning Supervisor	Gilman Barnitt

Men's Water Polo

Program Staff

Program Coordinator	Brian Glencross
Head Coach	Andrei Kovalenko

Men's Water Polo Program Support Personnel

Physician/Doctor	Dr Jane Purdie
Physiotherapist	Danielle Woodhouse
WAIS Sport Psychologist	Heather McGregor-Bayne
WAIS Nutritionist	Deborah Kerr
WAIS Exercise Physiologist	Ted Polglaze
WAIS Athlete Career and Education Officer	Jenny Marsh
WAIS Biomechanist	Andrew Lyttle
WAIS Strength and Conditioning Supervisor	Greg Morgan

Women's Water Polo

Program Staff

Program Coordinator	Ruth Prenter
Head Coach	Peter Szilagyi

Women's Water Polo Program Support Personnel

Physician/Doctor	Dr Jane Purdie
Physiotherapist	Peter Gregory/Danielle Woodhouse/JP Caneiro
WAIS Sport Psychologist	Heather McGregor-Bayne
WAIS Nutritionist	Deborah Kerr
WAIS Exercise Physiologist	Ted Polglaze
WAIS Athlete Career and Education Officer	Jenny Marsh
WAIS Performance Analysis	Matthew Doyle
WAIS Strength and Conditioning Supervisor	Naruhiko (Geish) Hori

ATHLETE SCHOLARSHIP

Program Coordinator Meeting

It is the responsibility of the scholarship holder to arrange a meeting with their Program Coordinator. This will provide the athletes with the opportunity to discuss their program and their schedule of benefits and at the same time, they must submit the signed Athlete's Agreement form, Medical forms and their Personal Information forms. It will also provide them with the opportunity to have a digital photo taken and to raise any unanswered queries. You will need to provide a detailed competition and training plan in addition to a budget for the year with specific reference to the expenditure of the WAIS Scholarship. Scholarship funds will not be reimbursed until this meeting has occurred and all necessary details have been provided.

Athlete Agreement

The Athlete's Agreement is a contractual arrangement between the athlete and the Institute. The athlete must be fully aware of the content of the document (see "Forms to be Returned") and in particular the "Athlete's Obligations". Two Agreements will be provided and both must be signed in the presence of the appropriate Program Coordinator. One copy is to be retained by the athlete and the other will be maintained on Institute records. It is essential that the Agreement is signed and returned to WAIS (refer to the form in the "Forms to be Returned" folder). Scholarship funds will not be available until the documents are signed and returned.

Sponsorship Support

The Institute has the support of several sponsors and suppliers, in addition to the major support provided by the State Government. While sponsors logos do not appear on WAIS clothing it is important that sponsors receive recognition through association.

Sponsorship Hierarchy

Principal Partner

Western Australian Government

Strategic Partners

Department of Sport and Recreation

Australian Sports Commission

Western Australian Sports Centre Trust

Corporate Sponsors

Channel 7

Healthway

Program Sponsors

Go for 2&5 – WAIS Community Development Program
Carbine Club – International Scholarship Fund
Ross’s Auctioneers and Valuers – Men’s Water Polo
Advance Energy – Men’s Water Polo
Odin Energy – Men’s Water Polo

Suppliers

KEA Sportswear
Bekkers IT
Powerade

It is strongly recommended that athletes and staff use only sponsor products when engaged in any public activity or appearances, during training, competitions and other WAIS business. Please note that drinks covered under the WAIS sponsorship agreement include; Coca-Cola, Diet Coke, Coke Zero, Mount Franklin bottled water, Powerade, Sprite, Fanta, Lift and Goulburn Valley Juice.

WAIS recognises the support of private sponsors. However, we need to be made aware of private sponsorships and the Public Relations Manager MUST be informed before any new arrangement is entered into. This will allow WAIS to resolve potential problems, which may impact on both your private sponsors and WAIS sponsors. A “Private Sponsor Register” form (forms to be returned) requires completion and return to your WAIS Program Coordinator.

Timeframe

The scholarship will operate for a 12-month period. For WAIS programs, this time frame coincides with the agreed program competition year; for non-WAIS programs, the time frame is November 1 to October 31. Funds are available for expenses incurred which relate to performance within the said period. Any funds not expended will be returned to consolidated revenue.

It is the responsibility of all scholarship holders in non-WAIS programs to reapply each year where as those athletes within WAIS programs will be allocated as part of squad memberships.

Budget

It is important that each athlete financially plans the year taking into account all expenses (budget column) and then allocating the income to offset these expenses. It is recommended that an athlete’s budget be discussed with their program Coordinator. This form must be completed prior to any expenditure of scholarship funds.

Scholarship holders are advised to maintain an accurate record of scholarship expenditure as a cross-referencing mechanism.

Funding

The finance provided through the scholarship has been allocated on a performance based system measured against set criteria.

These funds aim at alleviating the financial burden of elite performance. They can be used to offset certain legitimate training and competition expenses **up to the limit indicated**.

WAIS SPORT PROGRAMS							
	L1	L2	L3	L4	L5	L6	L7
Competition	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited
Training	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited
Coaching	Up to 1K pa	Up to 1K pa	Up to 1K pa	Up to 1K pa	Up to 1K pa	Up to 1K pa	Up to 1K pa
Clinical	Up to \$500 pa	Up to \$500 pa	Up to \$500 pa	Up to \$500 pa	Up to \$500 pa	Up to \$500 pa	Up to \$500 pa
Equipment & X training	Up to \$500 pa	Up to \$500 pa	Up to \$500 pa	Up to \$500 pa	Up to \$500 pa	NA	NA
Sustenance	Up to 2K pa	Up to 2K pa	Up to 1K pa	Up to 1K pa	NA	NA	NA
Sport Science	As required & available	As required & available	As required & available	As required & available	As required & available	As required & available	As required & available
Special	As agreed	As agreed	As agreed	As agreed	As agreed	As agreed	As agreed

All athletes should meet with their Program Coordinator and to obtain material that outlines which training and competition expenses qualify for reimbursement. This material will also outline the process for reimbursement and give some indication of what is an acceptable level of verification of the incurred expense.

Goods and Service Tax (GST)

With reference to the Individual Scholarships the following should be noted.

Athletes who are receiving prize money or income from sponsorship arrangements should immediately schedule a meeting with their financial advisor with the aim of investigating the need for an Australian Business Number (ABN).

If an athlete has an ABN they can send an invoice to WAIS and WAIS can claim a GST credit.

Any request for reimbursement that is accompanied by a tax invoice will only have the non-GST amount offset against the scholarship.

A GST credit will be claimed on any expense when a company issues the Institute with an invoice (as opposed to the athlete). Only the non-GST amount will be offset against the scholarship.

If the athlete is directly reimbursed for the expense, WAIS cannot claim a credit and the scholarship will be charged for the expense and the GST.

Personal Details

WAIS has developed a sophisticated data base system, which necessitates the entry of personal and medical details. This information is deemed confidential and will only be made available to relevant staff.

Scholarship funds and access to WAIS services will not be possible until all relevant material is provided. Any delay in the return of these documents can have a pro-rata affect on the total amount of scholarship allocated i.e. 3 month delay in returning the forms can result in a 25% reduction in total scholarship amount.

WAIS Clothing

All scholarship holders will receive an allocation of WAIS branded clothing which is to worn when representing WAIS at events or appearances, as well as when taking part in any media opportunities. Generic clothing you may be issued with includes a WAIS polo shirt, WAIS t-shirt, WAIS singlet and a WAIS tracksuit.

You may also be issued with sport specific WAIS clothing by your program co-ordinator. This is also acceptable attire to wear when representing WAIS at events or appearances or during media opportunities.

It is important that the wearing of Institute clothing be a priority during media interviews, promotions and photographs, in addition to victory presentations.

Athlete Appearances

Your availability for appearances on behalf of the Institute is an expected requirement of WAIS athletes. You may be paid for some appearances, while others you will be expected to undertake without payment.

Appearances at schools, sporting clubs and charitable groups are considered an important component of an athlete's development and a method by which WAIS athletes can promote themselves and the Institute and at the same time give back to the community which supports you. A key opportunity to do this is through the "Go for 2&5" WAIS Community Development Program, whereby athletes visit schools and sporting clubs to spread the "be active and eat well" message.

For more information on athlete appearances and the Community Development Program speak to the Public Relations Manager or Public Relations Officer.

WAIS Acknowledgement

It is also essential that all written information that you complete, clearly indicates that you are a WAIS scholarship holder. This includes information provided to State and National organizations, including the Australian Olympic Committee and the Australian Commonwealth Games Association, and incorporates competition entry forms.

ATHLETE & COACH SERVICES

The aim of the Athlete and Coach Services staff is to assist athletes and coaches in achieving excellence in performance through a multi-disciplinary scientific approach.

Martin FitzSimons, Athlete and Coach Services Manager

Martin is responsible for the overall management of the Athlete and Coach Services Department.

Technical Analysis – Biomechanics & Performance Analysis

Biomechanics is the science of technique. The aim of this WAIS service is to optimise athletic performance by assessing and evaluating both qualitative and quantitative aspects of human movement.

Methods of assessment include freeze-frame video analysis, video analysis through image digitising and real time feedback of force production through telemetry.

After assessment and evaluation, recommendations are provided to the coach and athlete to assist in maximising performance potential.

Performance Analysis contributes to the technical analysis of movement using many of the same tools as biomechanics. Video of movement or performance can be broken down to several parts to allow a better understanding of how the parts interact to affect the whole performance. In team sports this provides information on patterns of play and individual performances within the team game.

This area is staffed by Dr Andrew Lyttle and Dr Matthew Doyle.

Physiology

Physiology is the area of science that investigates the production and control of energy within an organism. The aim of this WAIS service is to assess, evaluate and enhance the capacity of an athlete's ability to produce energy.

Methods of assessment include field and laboratory based testing to determine the physiological status of an athlete, from body composition to aerobic and anaerobic ability.

After assessment and evaluation, recommendations for training are provided to the coach and athlete to assist in maximising performance potential. Longitudinal monitoring of the response to training provides crucial feedback to the coach and athlete about the response to training.

Services in physiology are provided by Ted Polglaze, Dr Ben Dascombe and Claire Rechichi.

Psychology

The aim of this WAIS service is to provide athletes and coaches with contemporary psychological training and practices centred at optimising athletic performance.

This service is provided through one-on-one consultation focusing on enhancing self-awareness and mental skills. Our psychologists provide a counselling service as well as educational group forums.

Matthew Burgin and Heather McGregor-Bayne are the WAIS psychologists.

Strength Training

The Strength Training area complements the aims of the other scientific disciplines. Close collaboration between the strength coaches, scientists and the medical providers ensures athletes receive training aimed at meeting the needs of the individual athlete.

Programs are developed that can be utilised both within the WAIS facility and at the training venue. The staff provide expert supervision within the facility and regular assessment of progression in training through testing.

This area is serviced by Head Strength Coach Gilman Barnitt and Strength Coaches Greg Morgan and Dr Naruhiro (Geish) Hori.

Nutrition

The aim of this WAIS service is to provide athletes and coaches with nutritional information and practices centered at optimising athletic performance.

This service is provided through one-on-one consultation, including a diet analysis followed up by recommendations, and educational group forums for athletes and parents on specific nutritional topics.

Dr Deborah Kerr is the consultant in this area and is available at no charge for appointments on Monday afternoons. Please call the WAIS reception to make an appointment on 9387 8166.

Recovery

WAIS appreciates the value of hydrotherapy in the recovery of athletes from physical effort. WAIS operates a Recovery Centre within the Challenge Stadium facility. Access to the centre is restricted to WAIS athletes approved by the WAIS Athlete and Coach Services Manager.

To gain access to the Recovery Centre athletes must

- Gain approval from the ACS Manager

- Participate in an induction process with a WAIS physiologist
- Sign the agreement for use of the facility that indicates an understanding of and commitment to the policies and rules to be followed.

Recovery, like other forms of training needs to be planned and considered in terms of the individual athlete's needs and the phase of training/competition.

WAIS is grateful for the cooperation of Challenge Stadium necessary for the operation of the Recovery Centre.

It is crucial that all users of the Recovery Centre respect the efforts of many people to establish and operate the centre along with the public within Challenge Stadium by behaving appropriately at all times

Athlete Career and Education Program (ACE)

Objective

To enhance the personal development and performance of Australia's elite athletes through the provision of career and education counselling services.

Services

Career Counselling

Life and Career Planning
 Vocational Assessments
 Individual Counselling

Transitional Support

Assistance with change in circumstances
 Life after sport

Personal Development

Sponsorship and Networking
 Time Management/Goal Setting
 Cooking and Nutrition
 Public Speaking Skills
 Dealing with the Media
 Communication Skills
 Budgeting

Education Guidance

Negotiation with Educational Institutions
 Year 12, TAFE, University enrolments, subject selection, examination issues, assignment extensions, and University scholarship applications.

Job Search Skills

Résumés and Covering Letter

Applications
Networking
Interview Skills

Process

If necessary, an appointment will be arranged with an ACE Advisor during your meeting with the Program Coordinator.

At this appointment the ACE Advisor will discuss career, education, life balance and personal development issues with you.

Ongoing assistance will be provided in the above areas as needed.

Appointments can be arranged at other times by contacting an ACE Advisor.

Heather McGregor-Bayne coordinates the ACE program at WAIS in addition to providing ACE counseling to certain sports. Jenny Marsh is the ACE Counsellor who provides ACE services to the majority of WAIS sports.

Sports Medicine

Service Providers

The Institute has developed a network of doctors, physiotherapists and massage therapists to cover the metropolitan area. These service providers are highly recommended as individuals who have successfully assisted elite athletes. Athletes should see the recognised service provider for their sport first and foremost. However, should they be unable to consult that specific provider (due to either appointment conflicts or geographical impracticalities), athletes are strongly encouraged to visit only other WAIS recognised service providers.

Private Health Insurance

WAIS strongly recommends that athletes have private health insurance that includes ancillary benefits. Private health insurance will guarantee immediate hospitalisation if required. WAIS will only reimburse gap payments.

Medical Policy

The WAIS Medical Policy addresses issues from drug testing, medical procedures and insurance to vaccinations against infectious diseases. It is important that all athletes familiarise themselves with the details contained in this policy, in addition to the WAIS Anti-doping Policy.

Medical and Physiotherapy Screening

It is a requirement for all athletes upon entry into WAIS, to undertake a WAIS initiated medical and physiotherapy screen. Athletes who participated in the screening process during the past twelve months will not participate in the screening again unless requested to do so by the Medical Coordinator or the athlete's coach. The cost of the screen is met by the Institute, but the expense associated with any subsequent treatment and procedures will be met by the athlete. The Athlete Health Questionnaire (Forms to be Returned) is to be completed by the athlete and/or parent or guardian. It forms the initial component of the medical screen and must be returned to the Program Coordinator prior to servicing through the program.

WESTERN AUSTRALIAN INSTITUTE OF SPORT

Medical and Paramedical Service Provider List Feb-2008

Name	Organisation	Address	Telephone	Program Specific
Medical Coordinator				
Dr Carmel Goodman	Institute of Sports Medicine	Challenge Stadium	9387 2699	
Sports Physicians				
Dr Carmel Goodman	Institute of Sports Medicine	Challenge Stadium	9387 2699	
Dr Scott Isbel	Sports Medicine Subiaco	Suite 101, 175 Cambridge Street, Subiaco	9382 9600	Gymnastics Program
Dr Ken Maguire	Perth Orthopaedic & Sports Medicine	31 Outram Street, West Perth	9481 6134	
Dr Peter Steele	Sports Medicine Subiaco	Suite 101, 175 Cambridge Street, Subiaco	9382 9600	
Dr Duncan Sullivan	Sports Medicine Glengarry	1/64 Arnisdale Road, Duncraig	9246 4055	
Dr Gerard Taylor	Sports Medicine Subiaco	Suite 101, 175 Cambridge Street, Subiaco	9382 9600	
Sports Dietician				
Dr Deborah Kerr	WAIS	Challenge Stadium	9387 8166	
Sports Physiotherapists				
Andrew Hayden	MTM Physiotherapy Glengarry	1/64 Arnisdale Road, Duncraig	9246 4066	
Jeremy Hunter	Essence Lifestyle Gym	1 Bay Road, Claremont WA 6010	9386 8588	
Alison Low	Ascend Physiotherapy	Challenge Stadium	9387 2699	
Chris Perkin	Physiotherapy & Physical Medicine	146 Salvado Road, Wembley	9387 5489	
Nick Shannahan	Swan Park Physiotherapy Centre	Gray Drive, Midvale WA	9274 4958	
Brett Slocombe	Cottesloe Sports Physiotherapy	110 Napier Street, Cottesloe	9286 1000	
Jocelyn Young	Ascend Physiotherapy	Challenge Stadium	9387 2699	
Fiona Chromiak	Physiotherapy	77 Scarborough Beach Road, Mount Hawthorn	9444 2024	
Michael Wood	MTM Physiotherapy	99 Loftus St, Leederville	9227 6334	
Mark Finucane	Cottesloe Sports Physiotherapy	110 Napier Street, Cottesloe	9286 1000	
Joanne Norcott	Joanne Norcott Physiotherapy	3 Hanlin Street, Mosman Park	0411 361 414	Gymnastics Program
Robert Colling	Lords Physiotherapy Centre	588 Hay St, Subiaco	9388 2877	
Andrew Stanford	MTM Physiotherapy Glengarry	1/64 Arnisdale Road, Duncraig	9246 4066	Water Polo Program
Joao Paulo (JP) Caneiro*	Ascend Physiotherapy	Challenge Stadium	9387 2699	
John Annear	Sports Medicine Subiaco	Suite 101, 175 Cambridge	9382 9600	Cycling

Street, Subiaco

Program

Physicians

Dr Jane Purdie	Third Avenue Surgery	779 Beaufort St, Mt Lawley	9272 5533
Dr Garry Claydon	Seacrest Medical Centre	28 Seacrest Drive, Sorrento, 6020	9448 4433

Physiotherapists

Peter Gregory	Ascend Physiotherapy	Challenge Stadium	9387 2699
Jacinta Downey	Ascend Physiotherapy	Challenge Stadium	9387 2699
Craig Hewson	Riverton Physiotherapy Clinic	198 High Road, Riverton, WA	9354 2488
Damian Oldmeadow	Physiotherapy Solutions	Floor 3 , 31 Outram Street, W Perth	9481 0003
Danielle Woodhouse	Physiotherapy Department, Curtin University	Hayman Road, Bentley, WA	9266 3620

Water Polo
Program

Massage Therapists

Jaye Thomas	Subiaco Sports Massage Clinic	3/415 Rokeby Road, Subiaco	9382 3969
Bernd Adolph	Subiaco Sports Massage Clinic	3/415 Rokeby Road, Subiaco	9382 3969
Malcolm Calcutt	Sharon and Malcolm Calcutt Massage Therapy	Suite 9, 26 Dugdale Street, Warwick	9243 7052
Alison Slattery	Alison J Slattery Massage Therapist	107 Brookdale St, Floreat	0413 568 359