



Australian Government
Australian Sports Commission

AIS ALUMNI NEWS

Edition 10 | Summer 2006 | www.ausport.gov.au



AUSTRALIAN
INSTITUTE OF SPORT

IN THIS EDITION

- 2 New AIS Assistant Director

- 2 Minister opens extension to AIS Diving complex

- 3 New book celebrates achievements of Indigenous athletes at the AIS

- 3 Coaching changes

- 4 Sport snippets

- 6 World championships results

RECOGNITION OF FIVE AND TEN-YEAR AIS SCHOLARSHIP ATHLETES

At the final AIS Athlete Assembly for 2005 in November, AIS athletes who had been scholarship holders for five years and longer, and over ten years, received recognition. Senator Rod Kemp, Minister for the Arts and Sport, Mark Peters, Chief Executive Officer, Australian Sports Commission, and Professor Peter Fricker, Director, AIS, presented the recognition awards.

Ten-year scholarship holders who received certificates were Shane Kelly (Cycling); Melanie Roche, Natalie Ward, Peta Edebone, Tanya Harding, Natalie Titcume and Brooke Wilkins (Softball); Hamish MacDonald (Athletics); Stewart Boswell and Anthony Ricketts (Squash); Adam Pine (Swimming); Craig Jones (Rowing); Hidde Van Beest, Dan Howard and Ben Hardy (Volleyball); and Michael Milton (Australian Paralympic Committee Alpine Skiing).

Five-year scholarship holders who received certificates were Philippe Rizzo (Gymnastics); Rachel Imison (Hockey); Craig Victory,

Continued next page



AIS athletes receiving five-year recognition awards at the AIS Athlete Assembly, November 2005

(Back row L-R) Professor Peter Fricker (Director, AIS), Melissa Rippon (Water Polo), Tracey Mosley (Softball), Yvette Balla-Gow (Water Polo), Nathan Deakes (Athletics), Patrick Johnson (Athletics), Mark Peters (CEO, Australian Sports Commission)

(Front row L-R) Philippe Rizzo (Gymnastics), Manuela Berchtold (Winter Sports), Mathew Helm (Diving), Rebecca Rippon (Water Polo), Elise Norwood (Water Polo)

Continued from page 1

Bevan George and Robert Hammond (Hockey); Fiona Crawford, Kelly Hardie, Marissa Carpadios, Sandra Allen, Kerry Wyborn, Tracey Mosley, Zara Mee, Simone Morrow and Natalie Hodgskin (Softball); Craig Rodgers (Flatwater Canoe); Chris Guccione (Tennis); Chantelle Newbery, Mathew Helm and Robert Newbery (Diving); Patrick Johnson and Nathan Deakes (Athletics); Elise Norwood, Emma Knox, Melissa Rippon, Rebecca Rippon, Nikita Cuffe and Yvette Balla-Gow (Water Polo); Amber Bradley and Jason Day (Rowing); Luke Campbell and Brett Alderman (Volleyball); and Alisa Camplin, Jacqui Cooper and Manuela Berchtold (Winter Sports).



AIS athletes receiving ten-year recognition awards at the AIS Athlete Assembly, November 2005.

(L-R) Craig Jones (Rowing), Shane Kelly (Cycling), Michael Milton (Australian Paralympic Committee Alpine Skiing), Senator Rod Kemp, Minister for the Arts and Sport, Hamish MacDonald (Athletics), Adam Pine (Swimming)



Phil Borgeaud

NEW AIS ASSISTANT DIRECTOR

Dr Robert (Bob) Murphy, AIS Assistant Director, AIS Sport Programs, has left to take up a position with Queensland Rugby Union as their High Performance Manager. AIS Director Professor Peter Fricker paid tribute to Bob's enormous contribution to Australian sport over the past nine years in his role as Assistant Director.

Phil Borgeaud has been appointed AIS Assistant Director, AIS Sport Programs. Phil has a distinguished background in coaching and management, including seven years as the AIS/Volleyball Team Australia Head Coach and his more recent experience as General Manager of the Sport Innovation and Best Practice section.

MINISTER OPENS EXTENSION TO AIS DIVING COMPLEX

The Minister for the Arts and Sport, Senator Rod Kemp, has opened the extension to the AIS Diving dry-land training facility at the Sleeman Centre at Chandler in Queensland. The 270-square-metre extension, costing \$475 000, is part of the Australian Government's \$70 million funding package for the redevelopment of the AIS. It will enable dry-land training for synchronised diving and provide improved dry-land training conditions. It includes upgrades to ventilation and insulation, enabling greater flexibility in training times during the hot summer months in Queensland.



Athletes at the launch of the extension to the AIS Diving dry-land training facility.

(L-R): Mathew Helm, Chantelle Newbery, Robert Newbery, Minister for the Arts and Sport, Senator Rod Kemp, Nicole Ng, Sharleen Stratton, Bree Cole, Matthew Mitcham

COACHING CHANGES

Dean Kinsman has been appointed to succeed Phil Brown as Head Coach of AIS Women's Basketball. Kinsman has been the SA Country Development Officer and SA National ITC Program Country Head Coach for the past five years. He was Assistant Coach of the Australian junior women's team from 2003 to 2005, and Assistant Coach of the Adelaide Lightning when they won the WNBL championships in 1995 and 1996.



Dean Kinsman

Long-time AIS Women's Basketball Assistant Coach Debbie Cook has left the program. Cook will be working in the Australian Sports Commission's Active After-school Communities program and will be based on the south coast of New South Wales. Cook will continue to be involved with basketball. AIS Women's Basketball Scholarship Coach, Nikki Bairstow, has been appointed to replace Cook. Bairstow is a graduate of the Australian Sports Commission's successful National Coaching Scholarship Program. She is a former physical education teacher and has represented Queensland both as a player and a coach.

The Head Coach of the highly successful AIS Triathlon program, Jackie Fairweather, has taken up a new role in the Australian Sports Commission's Sport Innovation and Best Practice section. Fairweather will provide specialist advice and help to maximise the performance of elite athletes and teams in a range of sports.

The inaugural Head Coach of AIS Archery, Mr Ki Sik Lee, has left the program to take up an appointment overseas.

In his time at the AIS, Mr Lee developed a very successful scholarship program, which in recent years has put Australia at the forefront of world archery.

Kyo Moon Oh has been appointed as the Head Coach to replace Mr Lee. Kyo Moon Oh has an impressive record as an archer, with individual and team medals at world championships and the Olympic Games, and is the current men's FITA world record holder. He has also had considerable coaching success since his retirement as an athlete in 2001.

Andrew Strugnell has been appointed Assistant Coach in the Men's Volleyball program.

AIS Netball Senior Coach Michelle Wilkins and Assistant Coach Roselee Jencke have resigned to return to their home states.

Coach Xin Min Guo has left the AIS Gymnastics program.

The AIS Alumni Association thanks all departing coaches for their commitment to their AIS athletes and wishes them every success for the future.

NEW BOOK CELEBRATES ACHIEVEMENTS OF INDIGENOUS ATHLETES AT THE AIS

At a special ceremony at the AIS in Canberra in September, the Minister for the Arts and Sport, Senator Rod Kemp, launched a new book, *Indigenous Athletes at the Australian Institute of Sport*, which celebrates the contribution of Indigenous athletes and coaches to Australia's sporting successes.

The book provides an insight into what it takes for Indigenous Australians to succeed at the highest level in sport, adjusting to the rigours of competition, the pressure to maintain success, and pursuing their dreams against the odds. It also chronicles their sacrifices and hardships, such as homesickness and family separation. There have been nearly 100 Indigenous scholarship holders since the AIS opened its doors in 1981.

'AIS Indigenous athletes have a rich and proud history of competing at the national

level and representing Australia at the Olympics and world championships. Who will ever forget the achievements of Cathy Freeman at the Sydney 2000 Olympic Games and her historic victory in the 400-metre final?' Senator Kemp said. 'Many Indigenous AIS athletes have reached the top of their sports, such as Australia's first Indigenous Olympic gold medallist, former Hockeyroo Nova Peris, test cricketer Jason Gillespie and AFL 2004 premiership player for Port Adelaide, Shaun Burgoyne.' Senator Kemp said that these Indigenous athletes are great sporting icons and inspiring role models for the next generation.

Guests of honour at the launch were the first Indigenous athletes to receive AIS scholarships, Marcia Ella-Duncan (Netball, 1983-85) and Sammy Mills (Basketball, 1983), the uncle of current AIS Basketball athlete Patrick Mills, who also attended the launch. Other 2005 AIS scholarship holders at the launch were Patrick Johnson (Athletics), Bianca Franklin and Kirby Bentley (Netball), and Nathan



Jawai (Basketball), as well as Hawthorn footballer and former AIS/AFL Academy athlete Lance Franklin.

Senator Kemp said the Australian Government, through the Australian Sports Commission, remained committed to encouraging more Indigenous Australians to get involved in organised sport and to identifying up-and-coming young talent. He said the Indigenous Sport Program and the Active After-school Communities program were providing opportunities for Indigenous Australians to get involved in sport at the community level.

Indigenous Athletes at the Australian Institute of Sport is available from the Australian Sports Commission. See www.ausport.gov.au/publications/catalogue/index.asp for more details.

SPORT SNIPPETS

AUSTRALIAN FOOTBALL (AIS/AFL ACADEMY)

Eight former Academy athletes played in the 2005 AFL grand final in September. Lewis Roberts-Thomson and Adam Schneider celebrated the Sydney Swans' nail-biting four-point win over the West Coast Eagles. Sam Butler, Andrew Embley, Adam Hunter, Chris Judd, Daniel Kerr and Ashley Sampi were in the losing side. Judd won the Norm Smith Medal, awarded to the best player in the grand final.

Sixteen former AIS/AFL Academy scholarship holders were selected at the 2005 AFL draft, held in November. The players and their clubs are Clint Bartram (Melbourne), Grant Birchall (Hawthorn), Mitchell Clark (Brisbane), Beau Dowler (Hawthorn), Marcus Drum (Fremantle), Xavier Ellis (Hawthorn), Rhan Hooper (Brisbane), Shannon Hurn (West Coast), Josh Kennedy (Carlton), Marc Murphy (Carlton), Matt Riggio (Kangaroos), Patrick Ryder (Essendon), Danny Stanley (Collingwood), Matthew Stokes (Geelong), Andrew Swallow (Kangaroos) and Travis Varcoe (Geelong).

Murphy was the number one draft pick, the seventh time in the eight years of the AIS/AFL Academy program that an Academy player has been the first selected.

BASKETBALL — MEN

Former AIS basketballer Andrew Bogut was the number one selection in the 2005 US National Basketball Association draft. He plays for the Milwaukee Bucks. Bogut was named the best player in US college basketball in 2005, when he played for the University of Utah.

AIS Men's Basketball Head Coach Marty Clarke was named the 2005 SEABL East Conference Men's Coach of the Year. Clarke led the AIS to a 13–13 season record, but due to an international tournament in Taiwan and four AIS players being selected for the Young Men's World Championship team, the AIS was unable to participate in the SEABL finals.

BASKETBALL — WOMEN

The AIS Women's Basketball team defeated visiting Japanese team Jomo Sunflowers 74–68.

CRICKET — MEN

Former AIS Cricket scholarship holder Jason Gillespie has become only the fifth Australian bowler to take 250 test wickets. In 69 tests Gillespie has captured 251 wickets at 26.61 runs per wicket, with best figures of 7–37.

He has taken five wickets in an innings eight times.

FOOTBALL — MEN

Nine members of the Australian Socceroos squad that defeated Uruguay to qualify for the 2006 World Cup were former AIS scholarship holders. Captain Mark Viduka, Lucas Neill, Vince Grella, Marco Bresciano, John Aloisi, Brett Emerton and Josip Skoko played during the two legs, while Ljubo Milicevic and Luke Wilkshire were also in the squad.

AIS players who had pivotal roles in the deciding home game, played at Sydney Olympic Stadium, were Bresciano, who scored the equaliser in the first half of regulation time, Aloisi who put away the final penalty shot, and man of the match Neill, who also scored from the penalty spot.

The AIS Men's Football team toured Argentina and Uruguay in July. Match results were:

- AIS 1 versus CA Banfield 0 — AIS scorer Matthew Deegan in the 75th minute
- AIS 1 versus River Plate 2 — AIS scorer David Thornton in the 40th minute
- AIS 1 versus Argentina Allboys 3 — AIS scorer David Thornton in the 67th minute
- AIS 2 versus Independiente of Argentina 1 — the scores were nil-all at half-time. Troy Hearfield scored the first goal of the game in the 50th minute before Independiente equalised. Cameron Watson scored the winning goal in the 73rd minute
- AIS 1 versus Uruguay Under-17 2 — the AIS went a goal down in the 35th minute when Uruguay scored after a free kick, and Uruguay scored again in the 59th minute. Matthew Deegan got one back for the AIS in the 75th minute. Although the AIS continued to pressure and created more chances, they were unable to score against a well-organised Uruguay defence.

FOOTBALL — WOMEN

As part of the preparation for the 2007 FIFA Women's World Cup in China, when Australia will have to qualify through the Asian zone, the Matildas toured Asia in July, North America in October, and played a home series against China in November.

On the Asian tour, the Matildas lost a warm-up game against Chinese team

Tianjin 2–1, then split the two-match international series against China, winning the first game 2–1 but losing the next 2–0. Australia lost 4–2 against Japan, and drew nil-all and lost 3–0 against Korea.

The Matildas were undefeated on their North American tour, drawing nil-all with Olympic champions the United States, and defeating Mexico 2–0 and the Sacramento Storm 2–0. Australia drew nil-all with China then followed up with a convincing 3–0 win on home soil in November.

GYMNASTICS

At the world cup event in Glasgow in October, AIS gymnast Philippe Rizzo turned in an outstanding performance to win the high bars event, beating the world number one gymnast from Slovenia. Rizzo finished fourth on parallel bars. Monette Russo (VIS/AIS) won a silver medal in the women's vault.

In a two-day competition at Caloundra in September to finalise the Australian women's team for the world championships in Melbourne, Monique Blount (AIS) won the vault and beam apparatus and was third in the all-around and floor. Blount was selected in the world championships team, as were Russo, Karen Nguyen (VIS/AIS) and Olivia Vivian (College Park). In the junior international competition, Victoria Williams (AIS) was second in the all-around, first on beam and second on vault and floor, while Melody Hernandez (AIS) was third in all-around, first on bars and third on beam.

HOCKEY — MEN

The Kookaburras completed the first mission of a four-year plan for men's hockey world domination by claiming their eighth Champions Trophy crown in Chennai, India. The Olympic champions beat the Netherlands 3–1 in the final.

HOCKEY — WOMEN

The Hockeyroos lost the final of the Champions Trophy, held in Canberra in November and December, to the Netherlands by a single goal in a penalty shootout. There were ten AIS scholarship holders in the team. The event featured the world's top six nations — the 2004 Olympic gold medallists Germany, Australia, Korea, China, Argentina and the Netherlands.

NETBALL

Captain Susan Pratley won the Gweneth Benzie Player of the Year Award as the AIS Canberra Darters' best player for 2005.

Pratley had an outstanding 2005 Commonwealth Bank Trophy season, finishing seventh in the league for goals scored, at an average of 23.4 goals per game.

Other award winners at the Darters presentation night were Kimberlee Green (Anne Clarke Award), Clare McMeniman (AIS Coaches' Award) and Jackie Murphy (Most Valuable Player Award). The Darters finished the 2005 Commonwealth Bank Trophy season in seventh position, having won two games.

ROAD CYCLING

James Meadley (AIS/ACTAS), riding for the Australian Mapei Aqua national team, finished second in the 154-kilometre first stage of the GP Linz in Austria.

RUGBY LEAGUE

The AIS Rugby League squad began its tour of France and the United Kingdom with a 30–4 win against the French Under-18 side and followed up by defeating the French Under-19 side 42–8. In their first game in Britain they defeated a UK Amateurs (BARLA) combined Under 18/Under 19 team 28–8 in thick fog at Rochdale.

RUGBY UNION

Thirteen AIS Rugby Union scholarship holders were named in the Australian Schoolboys (Under-18) squad for the eight-match tour of the United Kingdom in December. They played tests against England, Wales and Ireland schools.

Eight Rugby squad athletes — Josh Afu, Andrew Barrett, Kurtley Beale, Ben Daley, Brett Gillespie, James Hanson, Langi Setu and Gavin Warren — were selected in the 2005 Australian Schoolboys team to play Japan, Samoa and New Zealand. Another eight players — Jason Lagaali, Jack Lam, Christian Lealiifano, Ben Lucas, Ben McCalman, Rob McMicken, Daniel Palmer and Alex Tallon — were picked in the 2005 Australian Schoolboys 'A' team to play Samoa and New Zealand.

Scott Wisemantel, AIS Rugby Union Coach, has been appointed a Wallabies skills coach.

SAILING

Allison Shreeve (AIS/NSWIS) won the windsurfing class at the Formula Class European Championships in Greece.

Darren Bundock (AIS/NSWIS) and Aaron Worrall finished second in the tornado class at the Holland Regatta in the Netherlands.

At the same regatta Elise Rechichi (AIS/WAIS) and Tessa Parkinson (AIS/WAIS) were second in the 470 women.

Tom Slingsby (AIS/NSWIS) won three laser class grand prix regattas.

SLALOM CANOE

AIS scholarship holder Robin Bell won silver medals in the C1 class at world cup events in Athens and La Seu d'Urgell, Spain, in July and Anthony Brown (AIS/NSWIS) also won a bronze medal in K1 in the 2005 World Cup series.

SOFTBALL

Playing for a place in the final at the inaugural World Cup of Softball in Oklahoma City, United States in July, the Australian/AIS Women's Softball team lost 1–0 to Japan in an eighth innings tiebreak. Australia defeated China 7–1 to win the bronze medal, while Japan defeated the United States 3–1 in the final.

Australia/AIS defeated USA Elite 3–0 in the final of the Canada Cup tournament in Vancouver. AIS scholarship holder Melanie Roche had an outstanding game in the final, shutting out the strong US batting line up, and was named Pitcher of the Series. Fellow scholarship holder Natalie Ward was named the tournament's Most Valuable Player and Best Defensive Player.

SQUASH

Anthony Ricketts defeated England's James Willstrop in straight games to win his first British Open title. This was his seventh career title and his world ranking is now a career-high number three. Stewart Boswell reached the last eight (quarter-finals) to continue his rise back up the rankings. He won eight titles in the six months from April to October after returning from a serious back injury.

Rachael and Natalie Grinham both reached the semi-finals of the women's British Open. Natalie lost the final to Nicol David of Malaysia.

SWIMMING

At the Australian Swimmer of the Year Awards, Brenton Rickard was named Male Breastroker of the Year and Jade Edmestone the Female Discovery of the Year.

Edmestone won the Australian team's only gold medals when she won the 50-metre and 100-metre breaststroke at the first FINA 2005–06 World Cup in Durban in November. At the World Cup in Korea,

Rickard won the 50-metre breaststroke and was second in the 200 metres, and Kirk Palmer won his first world cup medal, finishing third in the 50-metre butterfly.

At the Sydney World Cup in November, AIS swimmers won four gold, six silver and five bronze medals. Edmestone won the women's 50-metre breaststroke, setting world cup records in the heat and final, Rickard the men's 50-metre breaststroke, Alice Mills the 50-metre butterfly and Sarah Paton the women's 800-metre freestyle.

TENNIS

AIS scholarship holder Chris Guccione reached the semi-finals of his last tournament in the United States, a \$50 000 Challenger event, before returning for the Australian summer circuit.

Andrew Coelho (AIS/VIS) and Carsten Ball (AIS) won the \$15 000 Berri Future doubles event, beating fellow AIS players Adam Feeney and Joel Kerley.

Feeney defeated Ball in the final of the Caloundra City Open men's singles and Shayna McDowell won the Caloundra City Open ladies singles. Daniella Dominikovic won two \$25 000 Challenger doubles titles in Queensland.

TRACK CYCLING

Australia's pursuit team — Peter Dawson, Matthew Goss, Ashley Hutchinson and Mark Jamieson — won the opening round of the World Cup Classics Series in Moscow in November. Jamieson also won a silver medal in the 4000-metre individual pursuit, and Belinda Goss claimed a bronze medal in the women's scratch race.

TRIATHLON

AIS triathlete Annabel Luxford has finished the 2005 Women's ITU World Cup competition ranked first, with former scholarship holder Emma Snowsill in second place. AIS men's triathlete Brad Kahlefeldt finished the 2005 Men's World Cup ranked number two.

Snowsill won the world cup race in Edmonton, Canada in July, with Luxford second.

Luxford again finished second in Hamburg in August, her fifth podium finish in as many races. She followed up with a win in Tiszaujvaros, Hungary. In the

WORLD CHAMPIONSHIP RESULTS

Continued from page 5

final world cup race in November in New Plymouth, New Zealand Luxford finished second, just ahead of Snowsill. This was her seventh placing in the series and confirmed her number one ranking for the season.

Kahlefeldt performed brilliantly to finish fourth at the Hamburg World Cup in August and was second, beaten in a photo finish, in Tiszaujvaros, Hungary.

In the Macau ITU Triathlon in August, all four AIS athletes finished in the placings. Bryce Quirk defended his title in the men's race with Peter Robertson third. Pip Taylor won the women's event and Nicole Hackett, on the comeback trail after illness, was second.

VOLLEYBALL — MEN

Australia qualified, in a tournament in India, for the 2006 world championships. All team members were AIS scholarship holders.

The AIS Men's Volleyball team won a five-match series against the Korean Airlines company team 3–2, but went down 2–1 in a series against Zhe Jiang Province from China, which had a number of players from the current Chinese national team, losing the third match in five sets.

The young AIS squad finished on top of the Australian Volleyball League after the home-and-away season and went on to defeat the Melbourne Falcons 3–2 in the grand final.

WATER POLO — MEN

Current AIS Men's Water Polo scholarship holder, Tom Woudwyk, made his senior team debut for Australia in the 2005 Men's World Water Polo League.

The Australian Youth (18 or under) team won bronze medals in tournaments in Slovakia and Italy in July. The team included eight AIS players and was coached by AIS Men's Water Polo Head Coach John Fox. Richie Campbell was named the tournament's Most Valuable Player in the six-nation tournament in Italy.

WATER POLO — WOMEN

The Australian women's team, all AIS scholarship holders, defeated world champions Hungary 6–4 to win the bronze medal at the 2005 World Water Polo League finals in Russia. Kate Gynther (AIS/QAS) was the leading goal scorer in the tournament finals.

APC Athletics

AIS scholarship holder Ben Hall was second in the 400 metres at the CP World Championships in New York in July.

Archery

At the 2005 World Outdoor Target Championships, former AIS scholarship archer Clint Freeman won the bronze medal in the men's compound competition, a non-Olympic event. In the men's recurve, former AIS archer Matt Gray qualified ninth for match play, but he and Tim Cuddihy (AIS) were eliminated after reaching the round of 16.

Athletics

At the 2005 IAAF World Championships in Helsinki in August, AIS sprinter Patrick Johnson finished sixth in the men's 200-metre final. He also anchored the Australian men's 4 x 100-metre relay team, which included current AIS scholarship athlete Daniel Batman, to fifth place in the final. The result equalled the third-best ever result by an Australian 4 x 100-metre team at a world championships and was the third fastest time ever by an Australian team.

Basketball — Men

Australia finished fourth at the FIBA Under-21 Men's World Championships in Argentina in August, narrowly losing the bronze medal playoff game to Canada 79–74. The team included 2005 scholarship holders Ben Allen, Brad Hill, Adam Gibson and Nathan Jawai, and the other team members were all former AIS scholarship holders.

Basketball — Women

The Australian junior women's team — the Gems — finished the preliminary rounds of the FIBA Junior World Championships, held in Tunisia in July, on top of their pool. However, they were knocked out of medal contention when beaten by Serbia and Montenegro in the quarter-finals. The Gems defeated Hungary 68–62 in the playoff round to finish seventh. All members of the team, coached by Phil Brown and assistant coach Dean Kinsman, were current AIS scholarship holders.

Co-captain Renae Camino top scored for Australia in every game. She topped the points-per-game averages for the tournament and was named in the championships All-star Five.

Boxing

The Australian boxing team (all AIS scholarship holders) competed at the world championships in Mianyang City, China in November. Jarrod Fletcher (75 kilogram) and Ben McEachran (81 kilogram) each won their first bout before bowing out of the championships. Todd Kidd (64 kilogram) narrowly lost his first match 24:21. All other boxers lost their first bouts.

Diving

At the FINA World Championships, Loudy Tourky (former AIS/VIS) was second in the women's ten-metre platform competition and teamed with AIS diver Chantelle Newbery for another silver medal in the women's platform synchronised event. Robert Newbery (AIS) and Steven Barnett (former AIS/NSWIS) finished fourth in the men's three-metre synchronised dive.

Gymnastics

Monette Russo (AIS/VIS) won Australia's first-ever individual world championships medal at the 2005 Artistic Gymnastics World Championships in Melbourne in November. Russo won the bronze medal in the final of the all-around competition. She also qualified for the final of the uneven bars, floor and beam.

Three Australian men reached apparatus finals — Joshua Jefferis (AIS) in the all-around competition, Damian Istria (AIS/QAS) in the horizontal bar, and Prashanth Sellathurai (AIS) in the pommel horse.



Monette Russo

Hockey — Men

Australia won the silver medal at the 2005 Junior World Cup in Rotterdam in Holland in July. There were four AIS scholarship holders in the team.

Netball

Eight AIS Netball players — Bianca Franklin, Clare McMeniman, Emily Beaton, Emma Koster, Jackie Murphy, Kate Beveridge, Kimberlee Green and Susan Pratley — and former scholarship holder Kirby Mutton were in the Australian team of 12 selected for the World Youth Netball Championships in the United States in July.

After a 52–51 loss to New Zealand in the semi-final, Australia defeated Jamaica 61–44 in the bronze medal playoff. The team was coached by AIS coaches Michelle Wilkins and Roselee Jencke.



Michael Rogers

Road Cycling

At the road cycling world championships in Madrid, Spain, former AIS and ACTAS cyclist Mick Rogers won the time trial for the third year in a row, becoming the first cyclist ever to achieve a hat trick in the event at the world championships. Rogers finished 23 seconds ahead of second-placed Spaniard Jose Ivan Gutierrez Palacios.

Former AIS and ACTAS scholarship holder Oenone Wood, benefiting from a strong team performance by the rest of the Australian women's team, finished third in the elite women's road race. She is the first Australian woman since Anna Wilson in 1999 to claim a medal at a road cycling world championship.

AIS scholarship holder Chris Sutton finished fifth in the under-23 men's road race, and Mark Jamieson (AIS/TIS) was sixth in the under-23 time trial.

Rowing

AIS rowers and coaches achieved outstanding results at the 2005 World Rowing Championships in Japan in August and September. Australia won four gold, one silver and one bronze medal, and all 14 crews reached the finals or semi-finals.

The women's four — Robyn Selby Smith (AIS), Emily Martin (former AIS/VIS), Pauline Frasca (AIS/VIS) and Kate Hornsey (AIS/TIS) — based at the AIS, won the gold medal. The crew was coached by AIS Women's Rowing Head Coach, Lyall McCarthy, and Bill Tait (VIS). The Australian crew pushed to the front in the second 500 metres of the 2000-metre race and was never headed, to win the first gold medal of the regatta.

All four backed up to win the women's eight gold medal with Sarah Heard (AIS/VIS), Sarah Outhwaite (AIS/WAIS), Fleur Chew (AIS/VIS), Sonia Mills (AIS), Pauline Frasca (AIS/VIS), Kate Hornsey (AIS/TIS) and Lizzie Patrick (AIS/VIS). The young Australian crew took the lead with 400 metres to go. This crew was also based at the AIS and coached by McCarthy and Tait.

McCarthy coached two more crews to medals at the championships. The women's pair, Outhwaite and Natalie Bale (both AIS/WAIS), won a silver medal, and after qualifying through the repechage, Amber Bradley and Sally Kehoe (both AIS) won the women's double scull bronze medal.

AIS Men's Rowing Head Coach Brian Richardson coached the men's coxed pair to a gold medal.

Sailing

Nathan Wilmot and Malcolm Page (both AIS/NSWIS) are the 470 Olympic class world champions. The Australians won six of the 14 races, sailed in San Francisco, and had the title wrapped up with two races to spare. Their win was the tenth world championship for Victor Kovalenko as AIS and National Head Coach.

Nicky Bethwaite (AIS/NSWIS) and Karyn Gojnich (AIS/NSWIS) were fourth in the yngling class at the world championships in Austria.



Nathan Wilmot and Malcolm Page



Robin Bell

Slalom Canoe

AIS scholarship holder Robin Bell became the first Australian ever to win a world slalom canoe championship when he won the C1 event at the Penrith Whitewater Stadium. He finished just 0.21 seconds ahead of dual Olympic gold medallist Tony Estanguet (France), with world champion Michal Martikan (Slovakia) third.

With Bell's gold medal, the men's C1 team finishing fourth and the women's K1 team coming in fifth, this was the best-ever world championship result by an Australian team.

Swimming

At the FINA World Championships in July in Montreal, Canada, AIS swimmer Jodie Henry won the 100-metre freestyle and Jade Edmiston (AIS) won the 50-metre breaststroke in world-record time. Henry and Alice Mills (AIS) won gold medals in the women's 4 x 100-metre freestyle relay, and Linda Mackenzie (AIS) won a silver medal in the women's 4 x 200-metre freestyle relay. Mackenzie was sixth in the women's 400-metre freestyle.

Continued next page



Alice Mills and Jodie Henry

Continued from page 7

Former AIS scholarship swimmer Michael Klim won a bronze medal in the men's 4 x 100-metre freestyle relay.

Triathlon

Australia took four of the six medals at the World Triathlon Championships in Japan.

AIS athlete Peter Robertson, who was only named in the team a fortnight before the championships after fellow AIS triathlete Simon Thompson was forced to withdraw through injury, won the men's race. Fellow AIS scholarship holder Brad Kahlefeldt held off the 2004 Olympic champion, Hamish Carter, to win the bronze medal. Robertson had previously won the world championship in 2001 and 2003, and been runner-up in 2000 and 2002.

Former AIS scholarship holder Emma Snowsill won the gold medal in the women's race from current AIS triathlete



Peter Robertson

Annelux Luxford, who won the silver medal. Luxford was ranked number one in the 2005 ITU World Cup standings.

Water Polo — Men

The Australian junior men's water polo team beat Russia 10–9 in extra time in a playoff to finish seventh at the world



Emma Snowsill

championships in Argentina. Australia was the only non-European team to make the playoffs. Australia completed its pool games with two wins and two losses, defeating Venezuela and Brazil but losing to Russia and Italy. Nine of the 13 team members were AIS scholarship holders.

The Australian Sports Commission is the Australian Government body responsible for developing and funding Australian sport through the implementation of the Government's sports policy, Building Australian Communities through Sport. It was established by, and operates under, the *Australian Sports Commission Act 1989*. Its national leadership role is achieved through four operational areas: Australian Institute of Sport, Sport Performance and Development, Corporate Services, and Commercial and Facilities. The Australian Sports Commission forms part of the Communications, Information Technology and the Arts portfolio.

For general enquiries:
Tel: (02) 6214 1111
Fax: (02) 6251 2680
Email: asc@ausport.gov.au
Web site: www.ausport.gov.au

For a complete listing of Australian Sports Commission publications, visit www.ausport.gov.au/publications/catalogue/index.asp

© Australian Sports Commission 2006

This work is copyright. Apart from any fair dealing for the purpose of private study, research, criticism or review as permitted under the *Copyright Act 1968* and subsequent amendments, no part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior written permission from the Australian Sports Commission. Requests and enquiries concerning reproduction should be addressed to copyright@ausport.gov.au.

ISSN 1448-3475

Unless otherwise specified, all images are the property of the Australian Sports Commission

Produced by Australian Sports Commission Publishing staff

Printed by Union Offset Printers

AIS 25TH BIRTHDAY DINNER

We are looking to secure a date in August for the AIS 25th Birthday dinner. Unfortunately at the time of printing, this date has not yet been confirmed.

The dinner will provide a great opportunity for former athletes and staff to reunite after 25 years of excellence at the AIS and we encourage you to attend.

Please email ais25birthday@ausport.gov.au to register your interest for this event and we will send you information as soon as it becomes available.

MISSING ALUMNI

We have lost touch with some of our Alumni members. We have posted a list of 'missing' Alumni on our web site (www.ais.org.au/alumni/news.asp).

We would ask you to take a few moments to look at the list, and if you know the whereabouts of any of the people on the list, we would appreciate it if you could ask them to register with us again.

PLEASE HELP!

If you are still receiving your newsletter by mail, but have an email address, we would really appreciate it if you would provide it to us.

As the number of members has increased, mailing out copies of *Alumni News* has become more labour intensive. The Alumni

Association operates on a limited budget, and mail-out costs are increasing.

If we have managed to reach you through your club, we would like to update our address listings with your personal mailing address. Why not send it to us, and please include your email address if you have one.

Simply complete an Alumni Association registration form at www.ais.org.au/alumni/registration.asp (even if you have already done so), giving us your email address.

ATHLETE SEARCH

If you know the postal address, email address, telephone number or any other contact details (such as a club the athlete is connected with) for any other former AIS athletes, you could help us by asking them to send their contact information to:

Wanda Sipa, AIS Alumni, PO Box 176, Belconnen, ACT 2616, or visit www.ais.org.au/alumni/registration.asp and complete a registration form.

PREVIOUS EDITIONS OF ALUMNI NEWS

Did you miss out on previous editions of *Alumni News*?

We may have added you to our database since the last edition of *Alumni News* was sent out. Visit our web site (www.ais.org.au/alumni/news.asp) to read previous copies of the newsletter.