

2023-2024 ANNUAL REPORT



GIPPSLAND
SPORTS
ACADEMY



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ACKNOWLEDGEMENT OF COUNTRY

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

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



CHILD SAFE COMMITMENT

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

CONTENTS

- 1** CONTENTS
- 2** OVERVIEW
- 3** VISION, MISSION & ABOUT US
- 4-5** GIPPSLAND SPORTS ACADEMY SPONSORS
- 6** ACADEMY BOARD OF MANAGEMENT 2022-2023 & ACADEMY CONSULTANTS
- 7** PHOTOS
- 8** CHAIRPERSON'S REPORT
- 9** EXECUTIVE OFFICER'S REPORT
- 10** PHOTOS
- 11** ACADEMY PATRON & AMBASSADORS
- 12** HONOUR ROLL OF ANNUAL ACADEMY AWARD WINNERS
- 13** PHOTOS - AWARDS NIGHT
- 14-15** MORWELL BOWLING CLUB SWIMMING PROGRAM
- 16-17** TENNIS VICTORIA TENNIS PROGRAM
- 18-19** VOLLEYBALL PROGRAM
- 20-21** THE DOC SHOP 'DARE TO DEVELOP A DIAMOND' NETBALL PROGRAM
- 22-23** CLAY TARGET SHOOTING PROGRAM
- 24-25** GOLF PROGRAM
- 26-27** VRAS PARA-SPORT PROJECT
- 28-29** HOCKEY PROGRAM
- 30-31** NETBALL BOYS PROGRAM
- 32-33** ISH PROGRAM
- 34-36** GIPPSTAR AWARDS & PHOTOS
- 37** 2022-2023 FINANCIAL REPORTS

OVERVIEW



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

REGIONAL

53% OF GSA
ATHLETES
REPRESENT
OR
COMPETE
AT A
REGIONAL
LEVEL

STATE

29% OF GSA
ATHLETES
REPRESENT
OR COMPETE
AT A STATE
LEVEL

NATIONAL

17% OF GSA
ATHLETES
REPRESENT
OR COMPETE
AT A
NATIONAL
LEVEL

VISION

INVESTING IN ATHLETE EXCELLENCE

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

- *Gippsland's best high-performance program delivering specialised sport science and personal development for athletes to reach their full potential in their sport.*

MISSION

Through the engagement of specialised sporting experts, State Sporting Associations and the local community, we will enhance sporting pathways and achievements of aspiring athletes within Gippsland

ABOUT US

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

The Gippsland Sports Academy provided services to over 304 athletes in 2023/24. The athletes assisted included many now on the fringe of international recognition and numerous athletes who represented Victoria and Australia.

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

WHAT DO WE OFFER?

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

VALUED SPONSORS OF THE GSA

MAJOR FUNDING AGENCIES



CONTRIBUTING GIPPSLAND COUNCILS



PROGRAM PARTNERS



VALUED SPONSORS OF THE GSA

STRENGTH & CONDITIONING PROGRAM



GOLF PROGRAM



SWIMMING PROGRAM



NETBALL PROGRAM



TENNIS PROGRAM



CLAY TARGET SHOOTING PROGRAM



ACADEMY BOARD OF MANAGEMENT 2023 - 2024

BOARD MEMBER

PROFILE

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

ACADEMY CONSULTANTS

ASSOCIATION

CONSULTANT

ORGANISATION

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



GIPPSLAND
SPORTS
ACADEMY



CHAIRPERSONS REPORT

On behalf of the Board, it gives me great pleasure to present the 2023/2024 Annual report. This year has seen the introduction of a new program; Hockey, alongside our continuation of the other six programs in netball, volleyball, swimming, tennis, golf and clay target shooting. I congratulate the GSA staff, coaches and support staff for the continued commitment they have shown in delivering high quality programs across all of the sports.

I would like to take the opportunity to acknowledge our sponsors who have continued to be supportive and loyal to their commitments and to that end, a huge thank you to the Morwell Bowling Club (swimming), The DocShop (netball), Crane's Civil & Surfacing (clay target shooting) Professional Money Management and Access Boring (strength and conditioning), Victorian Golf Foundation (golf) of their on-going support. In saying this, I would also like to acknowledge the generous support from the state sporting associations in swimming, netball, tennis, clay target shooting and golf.

During the 2023/24 year the GSA was able to have seven of the sports program's athletes complete all components of the program and graduate in May 2024. Those sports were Clay Target Shooting, Golf, Hockey, Netball, Swimming, Tennis and Volleyball, there were also four athlete's that completed the para sport project program, congratulations to all those athletes.

I would like to take this opportunity to thank the efforts of both the GSA staff and members of the Board. To staff, Executive Officer, Anita Pistrin, Finance Administrator, Rebecca Wagner and Program Administrator, Jude Bergmann. To our volunteer Board Directors (Darrell White, Jim Vivian, Howard Williams, Jeni Hardy and Jenni Lewis) who give up their time freely and have all contributed to the success of the GSA over several years. Thank you to you all.

The annual Awards evening was held in May at the Morwell Bowls Club and was attend by distinguished guests, family and athletes. I wish to congratulate all graduating athletes and acknowledge the main award winners. Those are:

Tim Forsyth Ash Nicholes - Swimming
Darrell White Leila Roberts - Hockey
David Drane Zakari Shieffelbein - Hockey
Phil Shelley Dan Auteri - Swimming
Rising Star Lucas Furlan - Clay Target Shooting

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

We also continue to support our commitment to the 64-year-old tradition of the Gippstar Awards at the Morwell Bowls Club with our monthly junior and open nominee awards being acknowledged. Special congratulations to all our award winners on the night. I wish to thank Darrell White and his panel who assess and vote on all applications. Their dedication to this evening is very much appreciated.

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

Sandra Timmer-Arends

EXECUTIVE OFFICER'S REPORT

Introduction

It is with pleasure that I reflect on yet another successful year for the Gippsland Sports Academy (GSA). Over the past 12 months, we have once again found numerous reasons to be proud as we continue to establish our presence on State and National sporting platforms.

Program Developments

This year we were proud to commence two new programs with a Netball – Boys program and Hockey. We had overwhelming responses for hockey with 42 athletes this year. Netball-boys was a pilot program with only 10 athletes, however still a successful program which incorporated a tournament to finish off the program. We are looking to continue both these programs in 2024/25. In the 2023-24 year we assisted 304 athletes, a huge achievement.

I extend my gratitude to our nutritionist Lauren Nicholls, Christopher Shen from Christopher Shen Consulting, and Trent Morrow, Stuart Goddard and Sam Fenton of Control High Performance for their unwavering support, which has been instrumental in our athletes' training and overall development.

Athlete Education

This year, we hosted an Athlete Education Day featuring a diverse range of topics. Our special guests included VIS athlete Alex Vuillermin, a past GSA, who spoke to our athletes of her journey from GSA Volleyball athlete to VIS rowing athlete. Evolve Education once again educated our athletes on the best uses of social media. The day concluded with an engaging Public Speaking session led by Brian Ford

Athlete Achievements

We are incredibly proud of our athletes, who have achieved remarkable results both locally and internationally. Your hard work and dedication deserve recognition, and I encourage you to take pride in your accomplishments. I would like to thank the parents for their unwavering support and sacrifices made in pursuit of their children's dreams.

Coach and Support Staff Recognition

A heartfelt thank you goes to our coaches for their countless hours dedicated to developing our aspiring athletes. Your passion and commitment to improving our programs are truly appreciated. Congratulations on the positive outcomes achieved this year.

Our State Sporting Associations continue to play a crucial role in providing support and opportunities for Gippsland athletes. We are grateful for the ongoing collaboration with Netball Victoria, Swimming Victoria, Tennis Victoria, the Victorian Golf Association, the Victorian Golf Foundation, and the Victorian Clay Target Association. We also extend our thanks to the Victorian Institute of Sport for their resources and support.

Sponsorship and Community Support

The success of the GSA is largely due to the generosity of our sponsors. We are thankful for their continued support and for choosing us as partners in promoting their organizations.

I would like to express my gratitude to our Board for their trust in the day-to-day operations of the GSA, allowing for the implementation of new initiatives that foster growth. Additionally, I appreciate the dedication of our office staff Jude Bergmann and Rebecca Wagner.

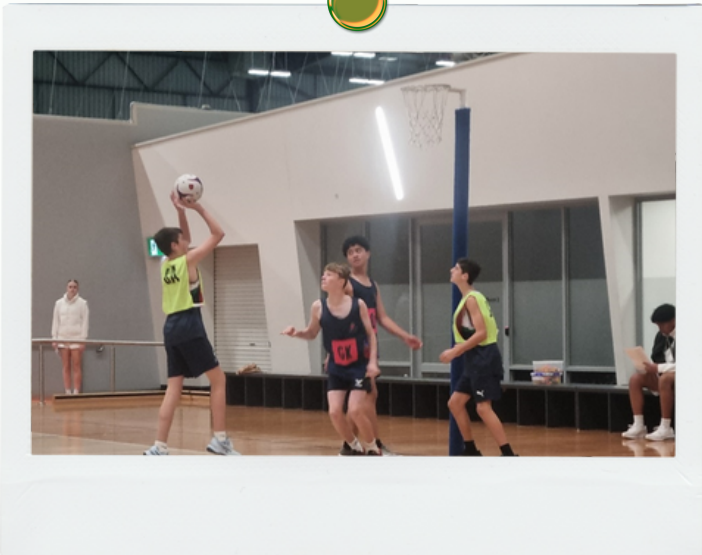
Future successes

As we look to the future, I want to acknowledge those athletes and program support staff who will be leaving us. We hope your time with the GSA has been memorable, and we look forward to hearing about your future successes. To our current athletes, I wish you the best in the upcoming year—remember, you are all investments in excellence.

Conclusion

In closing, we look forward to another year of successfully developing young athletes and assisting them on their journeys to greatness.

Anita Pistrin



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

- Emily Beecroft
- Ruby Storm
- Ashley Delaney
- Amanda Drennan
- Lichelle Clarke

PATRON OF THE ACADEMY



Tim Forsyth

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

AMBASSADORS OF THE ACADEMY

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



Tim Matthews



Don Elgin

TIM FORSYTH OUTSTANDING ACHIEVEMENT AWARD

YEAR

2023
2022
2021
2020
2019
2018

AWARD WINNER

Ash Nicholes
Lucas Furlan
Chelsea Beechey
Jordyn Cargill
Elayna Pistrin
Jack Stockdale

SPORT PROGRAM

Swimming
Clay Target Shooting
Swimming
Swimming
Clay Target Shooting

DARRELL WHITE SPECIAL ACHIEVEMENT AWARD

YEAR

2023
2022
2021
2020
2019
2018

AWARD WINNER

Layla Roberts
Lara Noblett
Mackenna Whiteside
Chris Axford
Lachlan Chester
Lily Kerrison Male

SPORT PROGRAM

Hockey
Netball
Netball
Volleyball
Volleyball
Netball

DAVID DRANE ENCOURAGEMENT AWARD

YEAR

2023
2022
2021
2020
2019
2018

AWARD WINNER

Zac Shieffelbein
Ash Nicholes
Alexandra Luders
Olivia Baillie
Jordan Johnston
Molly Cargill

SPORT PROGRAM

Hockey
Swimming
Tennis
Swimming
Tennis
Swimming

PHIL SHELLEY SPORTS DEVELOPMENT AWARD

YEAR

2023
2022
2021
2020
2019
2018

AWARD WINNER

Lisa Auteri
Joanne Ballinger
Judi Buhagiar
Keith Ferguson
Brian Ford
Dave Jones

SPORT PROGRAM

Swimming
Netball
Netball
Clay Target Shooting
Swimming
Clay Target Shooting

RISING STAR AWARD

YEAR

2023
2021
2017
2016

AWARD WINNER

Lucas Furlan
Chelsea Beechey
Ruby Storm
Emily Beecroft

SPORT PROGRAM

Clay Target Shooting
Clay Target Shooting
Swimming
Swimming



TIM FORSYTH AWARD:
Ash Nicholes
Swimming



DARRELL WHITE AWARD:
Layla Roberts
Hockey



DAVID DRANE AWARD:
Zac Shieffelbein
Hockey



PHIL SHELLEY AWARD:
Dan Auteri
Swimming

MORWELL BOWLING CLUB SWIMMING PROGRAM 2023/2024



Program Patron: Ashley Delaney

Coaching Staff

Brian Ford	Coach Co-ordinator
Leigh Nugent	Specialist Coach
Dean Gooch	Performance Coach
Dylan Muir	Performance Coach
Paul Myers	Development Coach
Garry Cole	Development Coach

Advisory Panel

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

Performance Squad Graduates

Emily Auteri	Claudia Croatto	Hugh Munro	Zac Sherar
Olivia Baillie	Billy Fisher	Ash Nicholes	William Simmons
Phoebe Balcombe	Cormac Flynn	Campbell Nicholson	Will Upston
Lockie Bellion	Olivia Holmes	Trinity O'Keefe	Maddi Vivian
Max Brocklesby	Lara Landels	Ruby Paulet	Sam Wells
Billy Boyd	Riley Lowe	Emma Pankhurst	Jess Whiting
Brody Cargill	Mostyn Lumsden	Aidan Pendlebury	Kayla Wilson
Kade Cannon	Rahni Matheson	Cooper Quaife	Nicolette Wight
Layla Chapman	Sienna Matheson	Miah Roberts	
Darcy Connell	Sophie McKenzie	Kody Said	

Annual Award Nominees for Swimming

Tim Forsyth: Ash Nicholes

David Drane: Kody Said

Phil Shelley: Dan Auteri

Morwell Bowling Club Swimming

Program Report 2023/24

The swimming program was a fantastic experience for swimmers and coaches this season. Again led by Olympic 2004 and 2012 head coach Leigh Nugent who was involved in every session with the bulk of the Gippsland coaches in attendance.

For 3 years the program has had a Performance and Development group of athletes working together and separately in activities throughout the 4 sessions held at Traralgon, Warragul and Leongatha. It was of great benefit to the whole program having all the coaches and best swimmers in Gippsland unite and the feedback from coaches, parents and swimmers alike is more of the same for 2024/25. Major competitions of the year - Victorian Country Championships, Gippsland Championships, Victorian State Championships culminating in Australian Championships in April - were outstanding both with results and medals. At the highest level we had a number of swimmers make finals with no National medal this year but a wealth of experience learnt for future years.

National Finals to Ash Nicholes, Molly Cargill, Olivia Baillie and Lockie Bellion from Traralgon; and ,Rahni Mathieson from South Gippsland Bass was a great result for the program this year.

Thank you to the following staff, personnel and organisations who provided wonderful assistance to the program:

Dean Gooch - Traralgon coach

Dylan Muir - South Gippsland Bass coach

Paul Myers - Warragul coach

Garry Cole - East Gippsland coach

Anita Pistrin - Academy EO - an organised and efficient administrator who understands swimming and made the program run like clockwork,

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

We have already started the 2024/25 season well and once again look forward to a successful year ahead.

Brian Ford

Coaching Coordinator

TENNIS VICTORIA TENNIS PROGRAM 2023



Coaching Staff

Jason Yap

Head Coach

Advisory Panel

Darrell White

Anita Pistrin

Jason Yap

Bree Sharp

GSA Board

GSA EO

Head Coach

Tennis Victoria

Tennis Program Graduates

Roberto Bianco

Candice Bramwell

Patrick Dorian

James Harman

Paige Hosford

Heath Kamphuis

Noah Keltie

Louis Lazzaro

Milla Lazzaro

William Martin

Riley Nave

Riley Nicholas

Bella Prince

Campbell Scott

Henry Seeber

Ethan Sutherland

Andrew Thompson

Tom Wood

Annual Award Nominees for Tennis

Tim Forsyth:

Henry Seeber

David Drane:

Louis Lazzaro

Tennis Victoria Tennis

Program Report 2023

As I sit down to reflect on this year with the Gippsland Sports Academy, I am overwhelmed with gratitude and emotion. 2024 marks my final year leading this program, I am filled with a sense of pride for what we have achieved together, as well as a bittersweet feeling for the journey ahead.

2024 had 16 athletes involved in the program: 11 returning and 5 new athletes. The year was focused towards assisting the athletes to become well-rounded on a physical, mental and strategic level. Another focus was to teach GSA athletes how to get the strategic and mental edge in matchplay situations. All players showed incredible improvement throughout the year, with all athletes increasing their Universal Tennis ranking (UTR). This year has been nothing short of transformative. We witnessed our athletes not only grow in skill but also blossom as individuals. From the competitive matches on the court to the laughter shared during training sessions, each moment has contributed to fond memories.

Witnessing the personal growth on and off the court reaffirms why I'm so passionate in this line of work. It's about more than just tennis; it's about fostering a love for the game and life itself.

Our dedicated support staff have been the backbone of our program. Their unwavering commitment and expertise have been instrumental in shaping our athletes' journeys. Together, we have built a nurturing environment where athletes feel valued and motivated to strive for excellence. I want to extend my deepest appreciation to each of you for your hard work, dedication, and passion.

Thanks to all the GSA athletes support crew for all their contributions throughout the year.

Appreciation goes out to Bairnsdale, Sale, Traralgon & Leongatha Tennis Club that allowed us the use of their facilities. Lastly a big thanks to the athletes for trusting me as their Head Coach. I look forward to seeing what these GSA future stars will achieve in the future.

In closing, thank you for the countless memories, the challenges, and the triumphs. It has been a joy and an honour to serve as your coach. The future of the Gippsland Sports Academy tennis program is bright, and I have no doubt that you will all reach new heights.

To your tennis, health & fitness,

Jason Yap
Head Coach

VOLLEYBALL PROGRAM 2023/2024

Coaching & Support Staff

Andrew Papalaskaris	Head Coach
Lachlan Morland	Assistant Coach

Advisory Panel

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

Volleyball Program Graduates

Jeremiah Bermudez	Ayla Grbic	Antonella Olmedo
Blake Burgess	Jack Johnson	Magnus Percy
Sienna Carruthers	Josh Markum	Will Roberts
Jacob Churchill	Amber Mazon	Casey Slater
Natalie Churchill	Georgia Mills	Ace Yasana
Capucine Gandon		
Seth Germaine		
Ayla Grbic		
Ayoshe Herbert		

Annual Award Nominees for Volleyball

Darrell White: Magnus Percy

David Drane: Natalie Churchill

Volleyball

Program Report 2023/2024

In the 2024 season, we had huge growth in the volleyball program. With 25 total athletes (11 girls and 14 boys) there were plenty of new faces including that of a new program head coach in Andrew Papalaskaris. Among this new coaching addition were the welcome return of assistant coach Locky Morland, a former GSA athlete and strong ambassador of volleyball in the region. Locky is an invaluable member of the program that we were delighted to have on board for another season.

With some athletes being new to the program there was plenty of focus on development of base skills and with plenty of returning athletes there was scope for these individuals to continue to grow and further develop their skill and play styles through focus and hard work.

To our athletes: congratulations on your progress! While it's important to celebrate your achievements, remember to keep pushing forward on your volleyball journey.

A big thank you to Locky and Andrew for their coaching efforts this year, as well as to Anita and the office staff for their ongoing support.

As we look ahead to the 2025 program, our goal is to retain this year's athletes and attract even more quality players, making a greater impact in state programs and beyond.

Andrew Papalaskaris
Head Coach

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

2023/2024



Coaching

Jae Evans	Head Coach
Jo Ballinger	Head Coach
Carol Gregorovich	Assistant Coach
Jodie Whykes	Assistant Coach
Angela Chittem	Assistant Coach

Advisory Panel

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

Netball Dare to Develop a Diamond Graduates

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

Annual Award Nominees for Netball

Darrell White: Ruby Fullgrabe

David Drane: Kira Hamilton

The Doc Shop 'Dare to Develop a Diamond' Netball Program Report 2023/2024

Assuming the position of head coach for the Dare to Develop a Diamond Program has been an absolute privilege. The reward of seeing an athlete's continued growth, not only on the court but off the court, has been immeasurable. Witnessing their transformation into confident, disciplined athletes who excel and contribute positively to their communities fills us with immense pride.

Our coaching team worked seamlessly as a cohesive unit, collaborating effectively to enhance the skills of all our athletes with a carefully planned sequence of training sessions with valuable input from all coaches. They displayed leadership, provided encouragement, and showed unwavering dedication to the improvement of every athlete.

We are proud to announce that 23 of our athletes have participated in the Diamond program. Among these talented individuals, an impressive 16 athletes have progressed to the Netball Victoria Talent Academy, a testament to their hard work and the guidance they have received through our program.

Furthermore, we celebrate the remarkable achievements of our athletes, with Ruby Fullgrabe securing a position in the SSV state team. Many of our athletes represented their regions at Associations Championships with opportunities to be Talent Identified to progress to Talent Academy and selection in State Teams.

We hosted a round-robin competition against Casey Future Demons, an associated program with Casey VNL. This was a great opportunity to challenge our athletes against talented opposition and connect with VNL-connected coaches, while showcasing to our athletes the next level of netball in their development.

The VRAS inter academy tournament provided a platform for development and competition. We delivered exceptional results, showcasing our talent and competitiveness. This highlighted our ability to compete with all regions in the state. Our athletes displayed a high level of skill, game sense, and sportsmanship. Each match was a testament to their dedication and training as they implemented all the skills and strategies we had focused on throughout the program. The camaraderie among the team members was impressive, as they cheered each other on and celebrated every victory, no matter how small. The inter-academy tournament was not just a competition; it was a celebration of our collective spirit, hard work, and determination.

As we reflect on the achievements of our program, we are filled with pride and gratitude for the incredible support we have received from The Doc Shop, Netball Victoria, the GSA board, Anita and the GSA staff. Together, we have created a platform for our athletes to thrive, and we look forward to continued success and collaboration in the future.

Jae Evans and Jo Ballinger
GSA Netball Head Coaches

CLAY TARGET SHOOTING PROGRAM 2023/2024



Coaching Staff

Andrew Brady Head Coach

Advisory Panel

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



Clay Target Shooting Program Graduates

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

Annual Award Nominees for Clay Target Shooting

Tim Forsyth: Lucas Furlan

David Drane: Kira Waldron

Phil Shelley: Adrian Cousens

Clay Target Shooting

Program Report 2023/2024

The programs progression continued well in the 2023/2024 program, with the addition of the Inter Academy training day and competition at the Werribee Clay Target Club, between the Gippsland Sports Academy the other Victorian Sports Academies that have clay target shooting programs, Bendigo Academy of Sport and the South West Academy of Sport. The training day was very successful, and the competition was of a high level as expected, with Lucas Furlan from the Gippsland Sports Academy taking out the overall individual honours and the South West Academy of Sport the inaugural teams event perpetual trophy. (Special thank you to Beretta Australia for providing the major prizes for the athlete's competition on the day)

Throughout the program we also ran training sessions at the Melbourne Gun Club, Korumburra Gun Club and the Bairnsdale Field and Game, which was really good to be able to expose our athletes to different training facilities that some of them had not been to before and the different venues also brought in some new guest coaches from the local areas which was much appreciated by all involved.

Lucas Furlan & Ollie Zielezna both represented Australia again at World Championship level in their chosen disciplines, with Lucas winning a bronze medal individually and a gold medal for the second year in a row as part of the Australian Under 21 Universal Trap Team. Both Lucas & Ollie were selected as part of the Shooting Australia Open Pathway Squad as well.

Overall, the program continued its growth and is set to continue growing, with great results from our senior athletes at the highest level and good progression from the next generation coming through.

Thank you to all the guest coaches who assisted throughout the program, particular Adrian Cousen's from Bairnsdale who has been assisting with the program coaching for several years now.

Thank you to all the program sponsors, particularly our major individual one Cranes Civil & Surfacing, the program would not be what it is without your continued support.

As always to our Executive Officer Anita Pistrin, thank you for everything you do to make our programs run smoothly.

Andrew Brady
Head Coach

GOLF PROGRAM 2023



Coaching Staff

Richard Cooney Head Coach

Advisory Panel

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

Golf Graduates

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

Annual Award Nominees for Golf

Tim Forsyth: Lenny White

David Drane: Cooper Rimington

Golf

Program Report 2023

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

The squad is very young compared to previous years.

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

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

We then moved into the normal routine of squad coaching sessions conducted at Warragul Golf Club and Traralgon Golf clubs.

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

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

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

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

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

We would like to acknowledge the support and funding given to our program from Victorian Golf Foundation and the three Gippsland associations.

Richard Cooney
Head Coach

VRAS PARA-SPORT PROJECT

2023/24



Coaching & Support Staff

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

Advisory Panel

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

VRAS Para-Sport Project Graduates

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

VRAS Para-Sport Project

Program Report 2023/24

Gippsland Academy of Sport (within the broader VRAS) has built upon its great foundations.

With the success that the program has had it is being developed into a national program that currently has:

59 supported athletes, with 19 delivery partners

21 supported athletes in the VRAS Para-Sport Program

26 supported athletes in the NSW RASi Para-Sport Program

5 supported athletes in the TIS Para-Sport Academy

7 supported athletes in the NT Para-Futures Program

With New initiatives in scoping for WA, ACT and QLD

Paris Paralympics!

VRAS athletes had success, including national representation for;

Alana Forster - Para-Cycling BRONZE!

Jaylen Brown - Wheelchair Basketball

Patrick French- Para-Archery

Sam Rizzo, recent graduated athlete - Track

The year also saw an introduction of the Paralympics Australia Pathways Academy Grant. The purpose of the Grant is to provide additional financial support to athletes throughout 2024 with international performance opportunities, that contribute to their pathway progression. The initial round provided \$25,000 to athletes across the 4 Regional Academy Networks.

VRAS athletes were also invited to a VIS Para Sport Open Day where they toured and learnt about the VIS, had expert sessions on nutrition and performance lifestyle and got to meet and ask questions of two fantastic Paralympians in Table Tennis; Nathan Pelissier and Millie Tapper (also a dual Olympian)!

Current.

21 Athletes were supported throughout VRAS with 3 through GSA, in Wheelchair Basketball, Para Equestrian and Para Swimming.

Where to next?

We are looking forward to a fantastic 2025 with EOI's opening really soon!

Paralympics Australia will continue to work with sports on identifying the next talent! We have had great interest through the Paralympic campaign and look toward building on a great 23/24!

Campbell Message PLY

Pathways Specialist, Vic and Tas

Paralympics Australia

HOCKEY PROGRAM

2023/2024

Coaching Staff

Daniel Godfrey	Head Coach
Robert Douglas-Green	Assistant Coach
Clio Bergmann	Girls Coach
Mitch Chaffey	Goalkeeper Coach
Jamie Williamson	Assistant Coach

Advisory Panel

Anita Pistrin	GSA EO
Howard Williams	Board Member

INCLUDE ASSOCIATIONS

Hockey Graduates

Kate Allen	Abbie Harrington	Sierra Roberts
Sophie Almond	Bianca Henderson	Maison Shieffelbein
Archie	Isabella Henderson	Zakari Shieffelbein
Bergmann	Andrew Jeffries	Lucy Simpson
Osbourne	Mia Joiner	Regan Smith
Borland	Tara Lambert	Spencer Stephens
Oscar Callanan	Leith Metcalf	Oliver Stephenson
William Callanan	Jack Morley	Sarah Sutton-
Ava Carter	Joseph Murphy	McLellan
Tully Casement	Kara North	Ryan Taylor
Mitch Casse	Ronan North	Cailean Thomas
Seth Christy	Lexi Oliver	Eve Thorpe
Matilda Cleland	Ashlin O'Neill	Sam Winters
Phoebe Findley	Bailey Pembrey	Alex Wong
Annalise Harbert	Leila Roberts	

Annual Award Nominees for Hockey

Darrell White Leila Roberts

David Drane: Zakari Shieffelbein

Hockey

Program Report 2023/24

The GSA 2024 Hockey Program focused on identifying and developing emerging talent for high-performance opportunities, primarily aiming for State team selection. It offered a supportive culture alongside Physical Development (Strength & Conditioning, Physical Therapy) and Personal Development (Time Management, Nutrition, Sports Psychology) as well as Technical Skill Development.

Coaching occurred over six two-hour sessions at Churchill and Sale, tailored to individual player abilities to ensure optimal training. The program emphasized mastery of hockey fundamentals.

Achievements: The coaching team received positive feedback, with all 41 athletes selected for zone or state representative teams in 2024.

- Zone Selections:
 - 13 players – U18 Gippsland Bulls
 - 14 players – U16 Gippsland Bulls
 - 8 players – U14 Gippsland Bulls
- Academy Selections:
 - Tara Lambert, Leila Roberts, Sarah Sutton-McLellan, Regan Smith – Hockey Victoria U18s Academy
 - William Callanan – Hockey Victoria U16s Academy
- State Trials:
 - Leila Roberts, Sarah Sutton-McLellan, Regan Smith achieved final round assessments.
- State Selection:
 - Sierra Roberts – U12s School Sports Victoria

Athlete Development: Significant improvements in skills, fitness, and mental toughness were noted, particularly among younger athletes, showcasing the importance of refining basics and mastering complex skills for future success.

Coaching and Support Staff: We acknowledge the contributions of coaches and staff in facilitating the program's success.

Conclusion: The GSA hockey program has significantly enhanced the skills and fitness of high-performance players in Gippsland, evidenced by feedback and numerous selections for representative teams in 2024. I look forward to the next program.

Dan Godfrey
Head Coach

NETBALL - BOYS

2023/24

Coaching & Support Staff

Leonnie McCluskey	Head Coach
Zac Mabilia	Assistant Coach

Advisory Panel

Anita Pistrin	GSA EO
Sandra Timmer-Arends	Board Member
Judi Buhagiar	Netball Victoria
Leonnie McCluskey	Head Coach
Zac Mabilia	Assistant Coach

Netball - Boys Program Graduates

Nelson Archibald	Ashton McEwen
Spencer Chittem	Kobe Parsons
Lochie Jennings	Belkey Podmore
Oliver Jones	Jaxx Ryan
Harry Martin	

Netball - Boys

Program Report 2023/24

The Boys Netball Program was introduced this year, as part of the GSA program, as a pilot program aimed at increasing the numbers of boys involved in netball.

It was a very positive response and the program began with great enthusiasm and optimism. Leonnie McCluskey was given the Head Coach position, Zac Mabilia the Assistant Coach position, training dates were set, central training locations were organised and the boys were invited to the introductory session with the GSA Administration and fitness instructors.

After the first three training sessions, the Coaches realised the boys needed a goal, a purpose for their training and efforts. Casey Netball were holding a tournament and, like us, were trying to improve/increase boy's participation in netball. They advertised a boy's competition and, after much consideration and discussion with the boys, the GSA boys team entered.

In the end, only two teams competed at the tournament but a full 45-minute game was organised and played. Our opposition were a very strong, representative team but our boys, particularly in the second half, settled into the game and were very competitive. The score line was not important. More importantly, the boys loved it! All players wanted more and were already asking about the next GSA Boys Netball program.

I felt the program ultimately was very successful for those who fully participated and certainly worth offering again. Increased boy's participation in netball is the goal of many Clubs and Associations across Victoria. In fact, it is a goal set by Netball Victoria. Gippsland Sports Academy is beginning small certainly, but the program can only improve and grow from here.

Leonne McCluskey
Head Coach

INDIVIDUAL SCHOLARSHIP HOLDERS

2023/24

Coaching & Support Staff

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

Advisory Panel

Anita Pistrin	GSA EO
Jim Vivian	Board Member

Individual Scholarship Holders

Alicia Cook	Badminton
Roly Durano	Badminton
Ava Harrington	Modern Pentathlon
Lewis Milito	Basketball
Marisal Milito	Basketball
Rhys Pollerd	Archery
Xanthe Wade	Modern Pentathlon / Tetrathlon

Individual Scholarship Holders

Program Report 2023/24

The Gippsland Sports Academy (GSA) Individual Scholarship Holders Program is an initiative designed to offer young athletes from Gippsland the opportunity to excel in both sport and life. The program provides a structured pathway to enhance athletic performance while fostering personal growth and development.

The GSA Individual Scholarship Holders Program aims to provide comprehensive support to athletes through the provision of athlete services and activities, including sport science education sessions and strength & conditioning. This year athletes attended our Athlete Career Education day (ACE day) where they heard from various presenters including social media experts, had a presentation on public speaking and heard from VIS para-athlete, and past GSA athlete, Alex Vuillermin..

The GSA Individual Scholarship Holders Program offers a robust platform for young Gippsland athletes to receive professional training, education, and support as they pursue excellence in their chosen sport. By providing resources in areas such as strength & conditioning, fitness testing, nutrition, injury management, and sport integrity, the program ensures that athletes have the tools they need to succeed both on and off the field.

The program's holistic approach is designed to not only improve athletic performance but to help athletes become well-rounded individuals prepared for success in all areas of life.

THE GIPPSLAND SPORTS ACADEMY PROUDLY ADMINISTERS THE GIPPSTAR AWARDS



Gippstar 2023/2024 Report

It's my pleasure to present the Gippstar Annual Report for the year ended June 2024.

The Gippstar Awards are very highly regarded and respected throughout Gippsland as they play a vital role in recognising Gippsland's highly talented sporting athletes and administrators. Recipients of these Awards have clearly demonstrated their individual outstanding sporting prowess, and they have also provided inspiration to other sporting "Gippslanders" to replicate these endeavours.

These Gippstar Awards have a long and proud history. They were first introduced in 1962. Originally known as the Caltex Sportstar Awards, it was in 1975 that the Awards were "re-badged" as the Gippstar Awards.

This opportunity is taken to gratefully acknowledge with thanks the on-going financial support of the six Gippsland region Councils, namely, Latrobe City Council, Wellington Shire Council, Baw Baw Shire Council, East Gippsland Shire Council, Bass Coast Shire Council and South Gippsland Shire Council. The support of these Councils' is very much valued and is essential for the on-going administration staffing of these Gippstar Awards.

Congratulations are extended to the remarkably diverse range of Gippsland athletes who have been identified as this year's monthly Open and Junior Gippstar Award category winners.

This year, our "64th Annual Gippstar Awards Evening", was held at the Morwell Bowling Club on 8th August last. A key feature of the evening was the announcement of this year's 2023/24 annual Gippstar Award Winners, as follows:

Open Champion: Daniel Barry (Triathlon) from Traralgon

Junior Champion: Ash Nicholes (Swimming) from Traralgon

Special Achiever: Barry Lawrence (AFL Football Umpiring) from Morwell
: Del Ahern (Hockey) from Sale

Team of the Year: Maffra Eagles Basketball Under 14 Squad

Club of the Year: Sale United Football Club (Soccer)

Gippsland Champion: Emily Beecroft (Swimming) from Traralgon

Particular thanks is extended to Judi Buhagiar who, once again, did a fine job as our MC for the evening.

To all those community minded sportspeople of Gippsland who provided nominations throughout the year for consideration by our Gippstar Panel - your participation has been vital and very much appreciated.

On behalf of the GSA, I wish to express my sincere thanks and appreciation to all of our Gippstar Panel members who have participated throughout the past year. We've been able to welcome a number of new Panel members recently, and we acknowledge with thanks our past members who have "retired".

Thank you very much to our Gippstar Awards administrator, Jude Bergmann, for your continuing invaluable efforts to keep the Gippstar Awards "ticking", including your on-going social media promotion of these Awards. In addition, thanks are extended to the various Gippsland media outlets for their reporting support, which has been so important for the promotion of excellence in Gippsland sport.

Also, to the Gippsland Sports Academy Board and EO, Anita Pistrin, thank you for your unwavering commitment to the continuing journey of these Gippstar Awards.

Darrell White
Chairman, Gippstar Awards Panel

Panel Members:

Dayd Reid, Judi Buhagiar, Rob Goldie, Rod Twinning, Liam Durkin, Robin Lowe, Rachel Ronaldson, Tanya Helliari, Fred Debono, Darrell White.



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

OPEN ANNUAL GIPPSTAR WINNERS

YEAR	AWARD WINNER	SPORT PROGRAM
2024	Daniel Barry	Triathlon
2023	Paige Barr	Rowing
2022	Cohen Wade	Modern Pentathlon/Tetrathlon
2021	Alex Vuillermin	Rowing
2020	Alex Vuillermin	Rowing
2019	Aislin Jones	ISSF Skeet & American Skeet

JUNIOR ANNUAL GIPPSTAR WINNERS

YEAR	AWARD WINNER	SPORT PROGRAM
2024	Ash Nicholes	Swimming
2023	Lucas Furlan	Clay Target Shooting
2022	Kayla Wilson	Swimming
2021	Jordyn Cargill	Swimming
2020	Cohen Wade	Modern Pentathlon
2019	Sage Goldsbury	Surfing

GIPPSTAR TEAMS AWARDS

YEAR	AWARD WINNING TEAM
2024	Maffra Eagles Basketball Under 14 Squad
2023	Gippsland All Abilities Netball Team & Sale United Football Club Women's Team
2022	Moe U13 Blue Netball Squad team
2021	No Nominations due to Covid
2020	Lindenow South A Grade Netball Team
2019	Gippsland U21 Male Cricket Team

GIPPSTAR CLUB OF THE YEAR AWARDS

YEAR	AWARD WINNING CLUB
2024	Sale United Football Club (Soccer)
2023	Falcons 2000 Soccer Club
2022	Seaspray SLSC
2021	Stratford Football Netball Club
2020	Lindenow South FNC
2019	Gippsland Ranges Roller Derby

GIPPSTAR GIPPSLAND CHAMPIONS AWARDS

YEAR	AWARD WINNER
2023/24	Emily Beecroft, Swimming
2022/23	Aoife Coughlan, Judo
2021/22	Jack White, Basketball
2020/21	Sophie Molineux
2019/20	Peter Siddle, Cricket
2018/19	Cameron White, Cricket

JUNIOR AWARD WINNER:

Ash Nicholes



OPEN AWARD WINNER:

Daniel Barry



CLUB OF THE YEAR:

Sale United Football Club



TEAM OF THE YEAR:

Maffra Eagles Basketball Under 14 Squad



SPECIAL ACHIEVER AWARD:

Barry Lawrence & Del Aherne



GIPPSLAND CHAMPION AWARD:

Emily Beecroft



10 October 2024

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

SCOPE

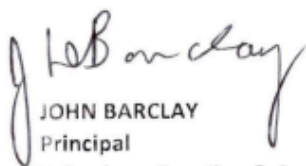
I have reviewed the Financial Statements for the financial year ended 30 June 2024 being the Balance Sheet, Profit & Loss and Cash Flow Statement presented by the Academy.

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

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

REVIEW OPINION

The Financial Statements of the Gippsland Regional Sports Academy present a true and fair view in accordance with the Academy's accounting policies. The Financial Position of the Gippsland Regional Sports Academy as at 30 June 2024 and the results of its operations and cash flow for the financial year ended.



JOHN BARCLAY
Principal
Pakenham Taxation & Accounting

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

Full Financial Statements can be provided upon request



GIPPSLAND
SPORTS
ACADEMY



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